

Blood Pressure & Heart Rate Bluetooth Monitor

Cardiovascular Health



www.activ8lives.com

Blood Pressure Monitor connects via Bluetooth 4.0 (Smart) & upload data to **Activ8lives**.

FREE App that works with: iOS 10 and above (iPhone 5s or later & iPad 4 or later and all iPad mini series) and select Android devices running Android 5.0 and above. Apple Health App compatible.



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Blood Pressure & Heart Rate Bluetooth Monitor



www.activ8lives.com

Getting Started...



Need Help?
See App for full instructions and download link for manual



Web View / App View
www.activ8lives.com



Bluetooth SMART

Trouble Shooting...



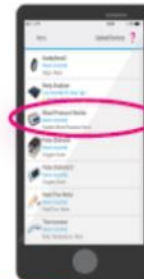
Help > Website > Devices > Device Manuals > Blood Pressure Monitor Manual



Print



Follow instructions



Upload Devices > Bluetooth Blood Pressure Monitor



Charge for 120 Min

www.activ8lives.com/support/product-manuals.html

Need Help Setting-Up?
Call us 7 days a week, between 09:00-18:00
UK +44 (0)1480 352 821



We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-management through self-monitoring.

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at www.activ8lives.com

Blood Pressure & Heart Rate Bluetooth Monitor



Your **Activ8lives** Blood Pressure monitor

Please read this manual carefully before you use your new device so that you do not injure yourself or others, or cause damage to your new device through improper use.

The **Activ8lives** Blood Pressure Bluetooth monitor is an easy-to-use device that can measure your blood pressure — especially useful if you suffer from previously diagnosed conditions which result in high or low blood pressure.

This device is intended for measuring the blood pressure on the upper arm for people with an upper arm circumference of 22 to 42 cm (about 9-17 inches). It is intended for use by adults only and for use indoors.

This product uses the Oscillometric Measuring Method to detect blood pressure. Before every measurement, it establishes a “zero point” equivalent to atmospheric pressure. Then it inflates the cuff. The device detects pressure oscillations generated beat-to-beat by your heart. It measures two pressures called: Systolic pressure and Diastolic pressure, as well as your pulse rate.

The **Activ8lives** Blood Pressure Bluetooth monitor also measures the interval between your pulse waves and determines the standard deviation. If the standard deviation is above a certain level, it gives a warning of an irregular heart beat (IHB).

Self-monitoring is a powerful way to self-manage your health and wellbeing. However, it is not self-diagnosis and you should not use this device to self-diagnose medical conditions.

Optional: Included is **Activ8lives⁴ Wellness and Diary App** which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your **Activ8lives** account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.

If in any doubt about your health, please consult your medical team first and follow their advice closely.

Blood Pressure & Heart Rate Bluetooth Monitor



Your **Activ8lives** Blood Pressure Monitor

Your **Activ8lives** Blood Pressure Monitor Bluetooth has several parts, the **Main Unit**, **LCD Display** and **Arm Cuff**. The **Main Unit** houses all the electronics and Bluetooth component and the Arm Cuff then slot into it. Other than the battery compartment, the **Device** has no user-serviceable parts and opening the case will void your warranty.



Blood Pressure & Heart Rate Bluetooth Monitor



Connected to Smartphone / Tablet

Bluetooth transmitting

Irregular Heart Beat Warning

Data stored ready for upload

Shaking detected —warning of possible inaccurate reading

Health and Safety Notices

WARNINGS: The **Activ8rlives Blood Pressure Monitor** is intended for home indoor use by the user only. It is not intended or certified for use by medical professionals with patients during procedures, treatment or transport.

You should NOT use this device if you:

- are pregnant and are suffering from pre-eclampsia;
 - have an implanted medical device of any kind;
 - have atrial fibrillation;
 - premature ventricular beats; or
 - peripheral arterial disease.
- If you are allergic to Dacron or plastics, you should **NOT** use this device.
 - This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the upper arm or for functions other than obtaining a blood pressure measurement.
 - Please use this device as specified in this manual or the results may become inaccurate.
 - Do not start or end medical treatments based on information obtained from this device. Only make changes on the instruction of your Doctor. If you are taking medication, consult your Doctor as to the best time for you to take measurements. Never change your medication regime other than under the instruction of your Doctor.
 - This device is not suitable for continuous monitoring during medical emergencies, operations or in transporting patients. After the cuff has been inflated for a long period, blood flow to the arm and fingers will be restricted and should be removed.
 - If the pressure in the cuff exceeds 40 kPa (300 mmHg) the unit will automatically deflate. If the cuff does not deflate when its pressure exceeds this limit, detach the cuff from your arm and turn off the device immediately to prevent injury.
 - Do not use this monitor in strong electric or magnetic fields that radiate interference signal or electrical fast transient/burst signal.
 - Do not wash the main unit in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rlives Blood Pressure Monitor**. Don't allow sharp objects to scratch the surface as this may damage it and make it difficult to clean.
 - Do not allow your **Activ8rlives Blood Pressure Monitor** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rlives Blood Pressure Monitor**.
 - Don't remove the back cover to the battery compartment and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the replacement of the batteries, there are no user serviceable parts.
 - Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.
 - The technical specifications for this product and the contents of the user manual are subject to change without notice.
 - Contact us if your **Activ8rlives Blood Pressure Monitor** does not work properly.

t: +44 (0)1480 352 821 or support@aseptika.com

Charging the Device

The **Activ8rlives** Blood Pressure Bluetooth monitor contains a non user-replaceable Lithium ion battery. Please do not attempt to open the unit to access the battery. The battery has been pre-conditioned and charged for you but may require a further charge before first use.

To maximise battery life, charge the device fully each time you recharge it, but do not leave it on charge for long periods once full charge has been achieved. Allow the unit to completely run flat between charges if possible.

It takes approximately 2 hours to recharge.

Only use the chargers supplied. It has been provided with a set of International adaptors should you need to travel overseas. Select the appropriate adaptor for use. Please retain the others should you need to travel abroad.

Under normal use, it can be recharged about 300 times. This is typically the life of a Li-polymer battery.

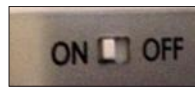
You cannot use the **Activ8rlives** Blood Pressure monitor during charging.



Note: Do not tamper or attempt to open the unit in which the rechargeable batteries are housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and thus is a risk of electrical shock or burns. When disposing of this product and its integrated batteries, ensure that it is collected separately for special treatment and not as normal household waste.



Power Switch



The **Power switch** is located on the top of the **Activ8lives** Blood Pressure Bluetooth monitor.

Turn to **ON** position and the blue display will illuminate. The device has an auto hibernate function to conserve power and the display will turn off if left unattended. To conserve charge and prolong battery life, switch the device **OFF** after use.



Date and Time

The **Activ8lives** Blood Pressure Bluetooth monitor can be quickly set-up the first time it is synchronised with the **Activ8lives⁴ Wellness and Diary App**. There is no need to programme it yourself.

The time set on your **Activ8lives** Blood Pressure monitor will be Standard Time for your region (i.e. not Summer Time etc.), so the time displayed on the monitor may be one hour different from the actual local time depending on the time of year.

Don't worry about this, as the actual time recorded for your measurement will be correctly entered into the **Activ8lives** database.



How the **Activ8lives** Blood Pressure Monitor Works?

Use the blood pressure chart on the following pages to see what your blood pressure means.

The blood pressure chart is suitable for adults of any age. The level for high blood pressure does not change with age.

Blood pressure readings have two numbers, for example 109/71mmHg.

The top number is your **Systolic** blood pressure. The highest pressure when your heart beats and pushes the blood round your body.

The bottom one is your **Diastolic** blood pressure. The lowest pressure when your heart relaxes between beats.

The blood pressure chart on the following page shows ranges of high, low and healthy blood pressure readings.

Globally, around 40% of adults aged 25 and over had raised blood pressure in 2008 (World Health Organisation WHO).

What Blood Pressure Readings Mean?

Only **one** of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure:

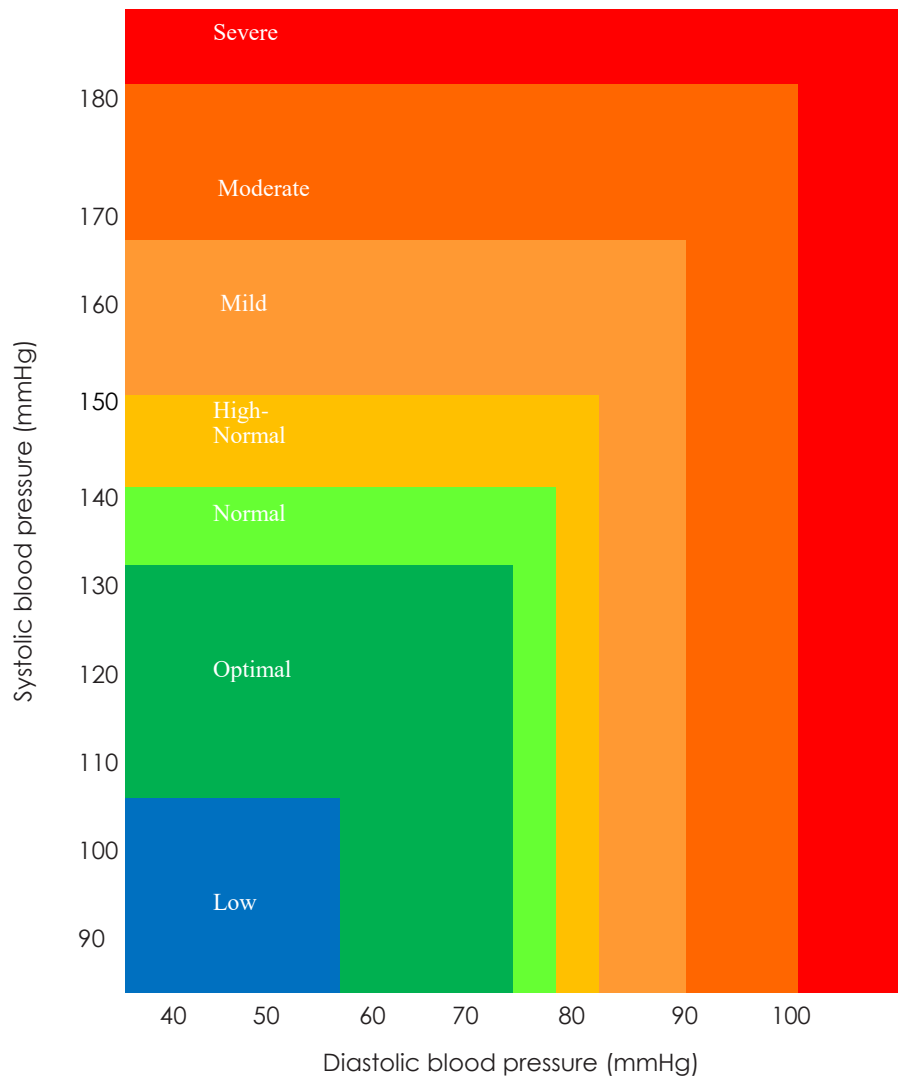
90 over 60 (90/60) or less: You may have low blood pressure.

More than 90 over 60 (90/60) and less than 120 over 80 (120/80): Your blood pressure reading is ideal and healthy.

More than 120 over 80 and less than 140 over 90 (120/80—140/90): You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it.

140 over 90 (140/90) or higher (over a number of weeks): You may have high blood pressure (hypertension) and should seek medical advice.

If in doubt, contact your Doctor for advice.



Blood pressure chart: Use the top number (Systolic) on the **Activ8lives** Blood Pressure monitor and plot on the left side of the blood pressure chart above. Read across, and use the bottom number (Diastolic) on the **Activ8lives** Blood Pressure monitor on the bottom of the blood pressure chart.

Where the two readings meet is your blood pressure reading.

	Low	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	70-90	90-120	121-129	130-139	140-159	160-179	>180
DIA	<60	60-79	80-84	85-89	90-99	100-109	>110

The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999.

Blood Pressure & Heart Rate Bluetooth Monitor



SYMBOL	DESCRIPTION	EXPLANATION
SYS	Systolic Blood Pressure	High blood pressure
DIA	Diastolic Blood Pressure	Low blood pressure
$\frac{\text{Pul}}{\text{min}}$	Pulse	beat/minute
	Low Battery	Low battery and please charge the power.
KPa mmHg	Unit	Measurement unit of blood pressure
	IHB Detector	Irregular Heartbeat Detector
	Data pending to transmit	Measurement data stored in the device
	Data transmitting	Data transmission succeeds.
	Memory Query	Recalling the history records
	User ID	Start measurement for selected user, and transmit the measuring result
	Current time	Year/Month/Day(Hour:Minute)
	Shocking reminder	Shocking will result in inaccurate
	Heartbeat	Heartbeat Detection during the measurement





Irregular Heartbeat Detector

This **Activ8lives** Blood Pressure monitor is equipped with an intelligent function of Irregular Heartbeat (IHB) Detector.

During each measurement, this equipment records the heartbeat intervals and works out the standard deviation.

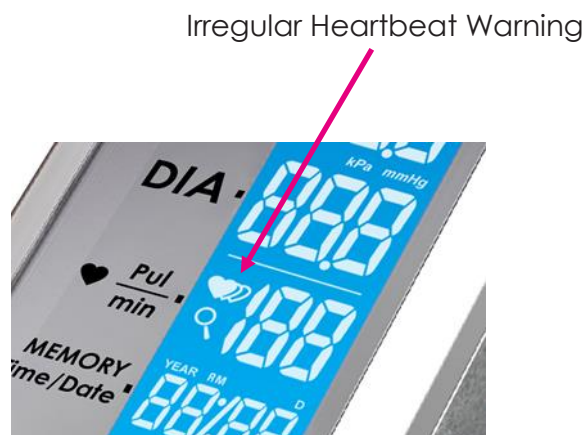
If the calculated value is larger than or equal to 15, this equipment will light up the IHB symbol on the screen when displaying the measuring result.

CAUTION

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement.

Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice.

NOTE: Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.



Common Questions

Why does my blood pressure fluctuate throughout the day?

Individual blood pressure varies throughout the day. It is also affected by the way you wear your cuff and your measurement position, so try to be consistent in the way you take measurements.

If you are unsure about a measurement and you wish to repeat it, please wait 3-5 minutes before you take a second reading to allow the blood flow in your arm to recover.

Why is the blood pressure reading done in hospital different from the one at home?

Blood pressure can vary throughout the day for many reasons: exercise, weather, stress, eating, drinking etc. There is also the "white coat" factor in hospital, which makes the results higher than the ones at home. More important is the day-to-day changes or longitudinal profile you observe. Is your blood pressure tending towards better or worse values over time?



Correct placement on upper arm and posture for accurate use of the **Activ8lives** Blood Pressure Bluetooth monitor.



**Relax for 2-3 minutes
before a measurement**



**Always use the same
arm**

**Wait 3-5 minutes
between
measurements**

Before taking your First Blood Pressure Measurement

Tips for where, when and how:

Tip #1: Try to take your blood pressure at the same time each day. It will vary throughout the day. Doing this in the morning as part of your daily routine is a good time, or whenever your Doctor recommends you perform a reading.

Tip #2: Sit down and relax for 2-3 minutes before each measurement. This is important to get consistent readings. It is often easier to do this at home when there is less stress.

Tip #3: Sit in a chair, with feet on the floor, legs uncrossed. Rest your arms on a table located in front of you so that the **Activ8lives** Blood Pressure monitor is level with your heart.

Tip #4: Keep still for the duration of measurement. Moving, talking, eating, drinking or any other activity will produce errors.

Tip #5: Use the same arm each time. Ideally the left arm (if you are right-handed) or vice versa.

Tip #6: Completely deflate the cuff and wait 3-5 minutes between readings if you decide to take another measurement. Remember that the cuff applies pressure and this restricts blood flow into your lower arm.

1



OK, let's get started with the Setup

This guide will instruct you how to:

The **Activ8lives** Blood Pressure Monitor is programmed by and uploads information directly to and from your **Activ8lives** account each time your Bluetooth Smart (also known as 4.0 or Bluetooth Low Energy BLE) Smartphone or Tablet is connected to it (not included).



1

Install the **Activ8lives⁴ Wellness and Diary App** to your iOS or Android Smartphone or Tablet;

2

How to operate, use and take care of your **Activ8lives** Blood Pressure Monitor and connect to your Smartphone or Tablet; and

3

How to take routine readings and upload directly to your **Activ8lives** account.

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to measure your activity and sleep patterns and connect to the **Activ8lives** Smartphone App.



Help Videos in **App**, follow this ?

Website www.Activ8lives.com



YouTube <http://bit.ly/Activ8lives>



Installing the **Activ8lives** App on Your Smartphone or Tablet requires **Bluetooth 4.0 Enabled Devices**

Download the **Activ8lives⁴ Wellness and Diary App** from the App Store appropriate to your device. Search for **Activ8lives** in the search bar of your App Store or scan the QR code below and it will take you to the appropriate App Store for your device.



Compatible Bluetooth 4.0 Smartphones or Tablets



iOS 10 or above (iPhone 5s or later, iPad 4 or later, all iPad minis, Aird and Pros). Earlier versions do not support Bluetooth Smart (also known as Bluetooth 4.0).



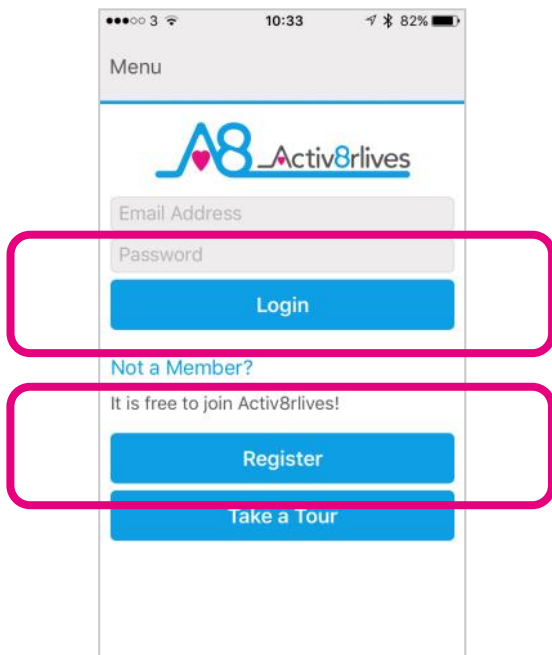
Select Android devices running Android 5.0 or later. Devices must support Bluetooth Smart (4.0).



Amazon App Store for Android 5.0 or later is now available for devices that support Bluetooth Smart (4.0).

IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Table to be longer than 2 minutes to allow the **Activ8lives Blood Pressure monitor** time to sync with your device.

Short times of less than 2 minutes cause frequent loss of connectivity.

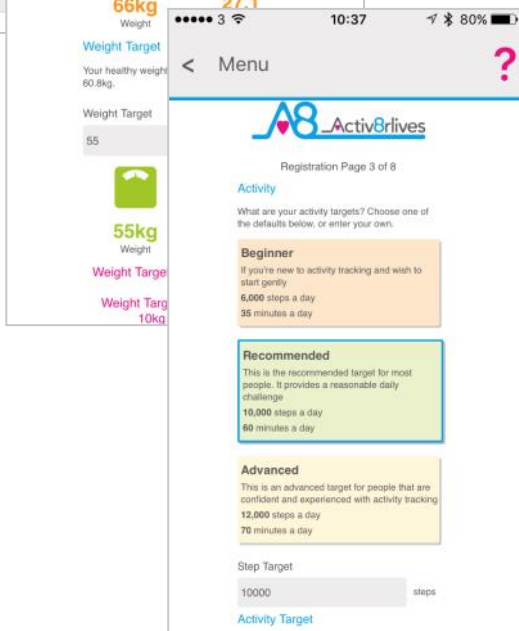
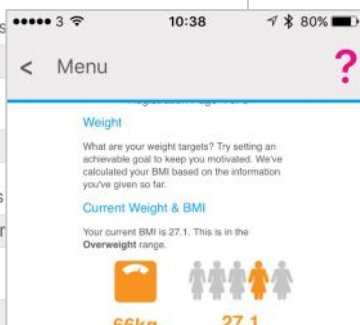
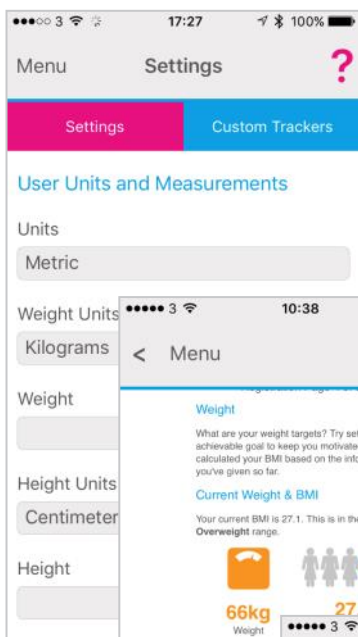


Register for **Activ8rives** Account

Once you have installed the **Activ8rives⁴ Wellness and Diary App**, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth switched on**.

If you have already Registered, you can **Login** to your **Activ8rives** account. Click the **Login** icon and enter your **Username** and **Password**.

If you have not previously Registered for your **Activ8rives** account, then click the **Register** icon of the App screen.



Completing Your Registration

To complete the Registration for your **Activ8rives** Account, add the correct details for yourself by following the instructions on the App and selecting **Next** at the bottom of each page.

As you complete the information, your **Activ8rives** account begins to learn more about you and your health. These data are used to help you with your self-care through self-monitoring. You can always edit these data later if you make an error, but please try to be accurate in entering your weight, your height, your age and gender. These are important data.

A height and weight conversion chart to assist you can be found on our website under the **Information/Data Collected** tab in the top menu.



Completed Registration

Once you have completed your Registration you will automatically be directed to your Dashboard and a summary of your activity and weight targets are set into this **Simple** Dashboard.

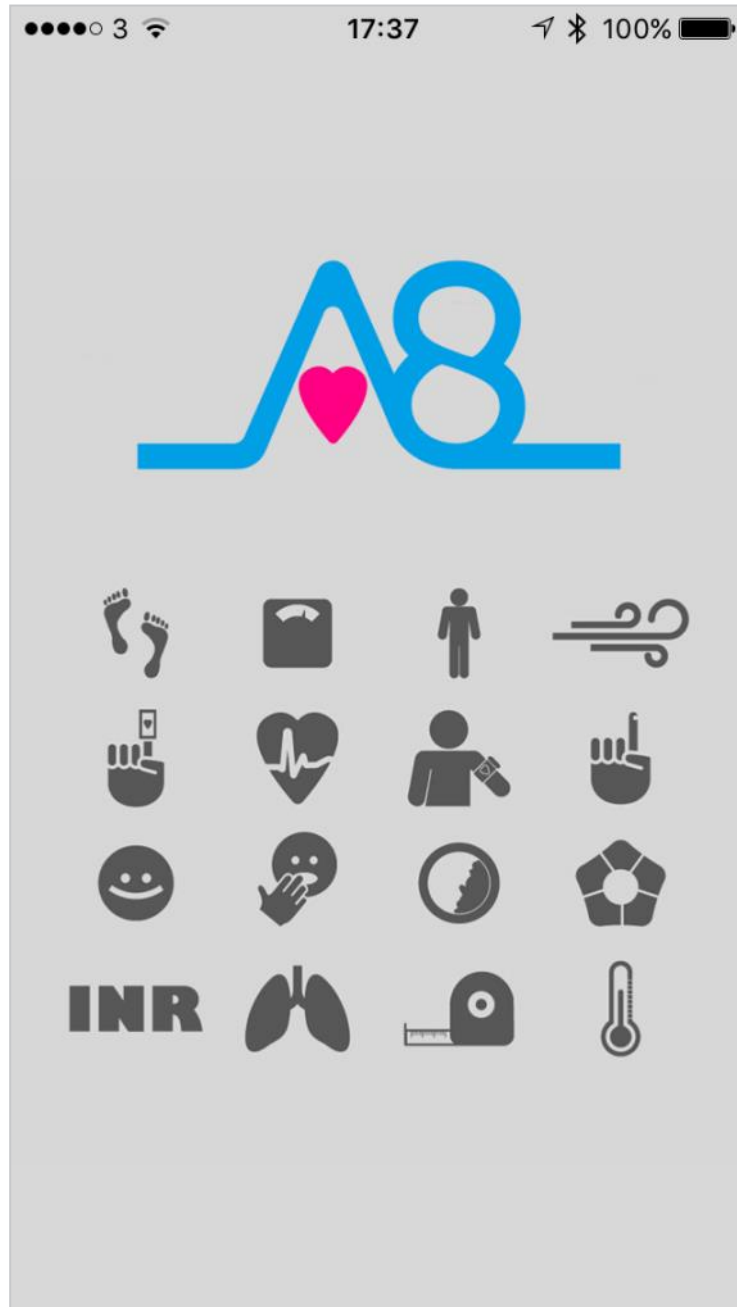
To add other health parameters to your Dashboard, change and select either the **Advanced** or **Expert** Dashboard, that include increasing number of trackers.

Remember your **Username** (email) and **Password** details associated with your account and keep these safe. You use the same **Username** and **Password** to access your account via the web: www.activ8lives.com.

How to Videos on App

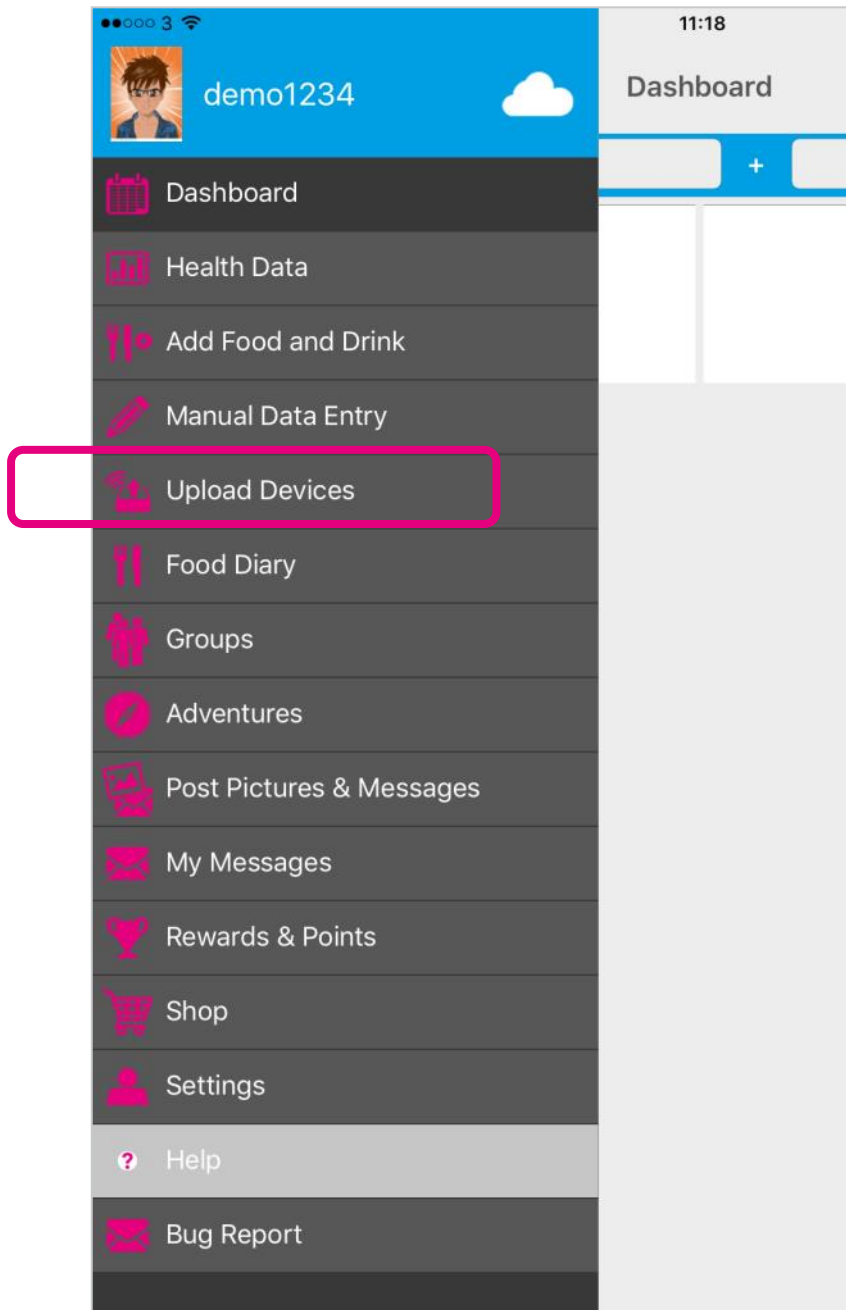
A **Quick Tour** showing what the **Activ8lives⁴ Wellness and Diary App** can do is available from the App. Scroll down to see a quick overview of what you can do with this App.

Also access available **Help Videos** from this page.



Start-up Screen automatically defaults to the **Menu**.

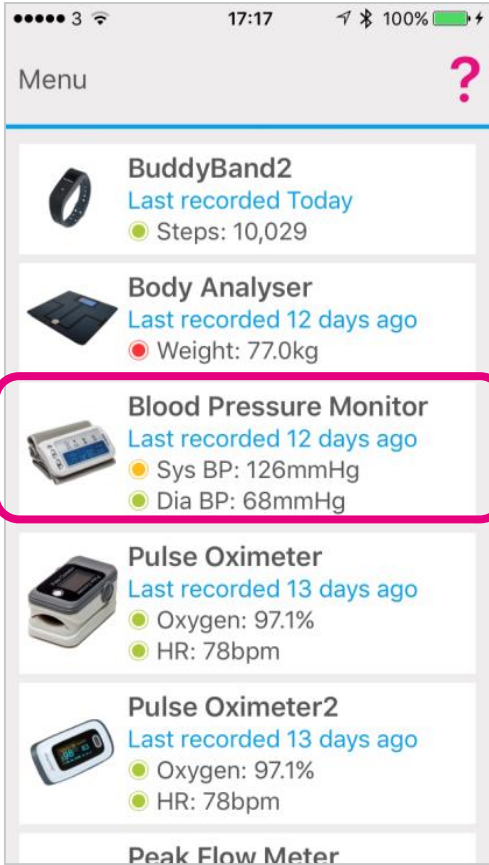
Make sure that **Bluetooth on your Smartphone or Tablet is switched on**.



From the **Main Menu**, select **Upload Devices**.

Make sure you have also set your **Screen Lock** to longer than 2 minutes.

2




Connecting to **Activ8lives** App by Bluetooth

Ensure that Bluetooth is switched on, on your Smartphone or Tablet. Select **Upload Devices** from the **Menu** and touch the image of the **Activ8lives Blood Pressure**, which then takes you through easy steps to prepare your device for connecting by Bluetooth.

Pairing your Monitor For the First Time

The **Activ8lives Blood Pressure** monitor now needs to be paired with your Smartphone or Tablet.

Switch your **Activ8lives Blood Pressure** monitor off and on again at the switch on the top of the monitor.

We need to identify your monitor now, so you need to press and hold the **USER 2** button. Hold until the display shows the  symbol as shown on the monitor and

App screen.

The monitor has now been identified and you will need to switch your monitor off and on again, then press **Next** at the bottom of the App screen.

If you have not taken a reading for a while or if the Smartphone or Tablet has been power cycled (i.e. turned off and then on again) you may need to reconnect the **Activ8lives Blood Pressure** monitor with the Smartphone or Tablet by repeating the connection process as described above.

Press the **Change** button at the bottom of the App screen, as this is a different device or the first time you have tried to pair this device with your App.

Full instructions and **Pairing Help** are also built into the App to guide you through this pairing process.





Taking a Reading

With the **Activ8lives** Blood Pressure monitor located 2-3 cm above the bend in your arm, while you are sitting straight in a chair, resting your elbow on a table in front of you with both feet placed flat on the floor. Press either of the reading buttons on the bottom of the monitor to start the cuff inflating.

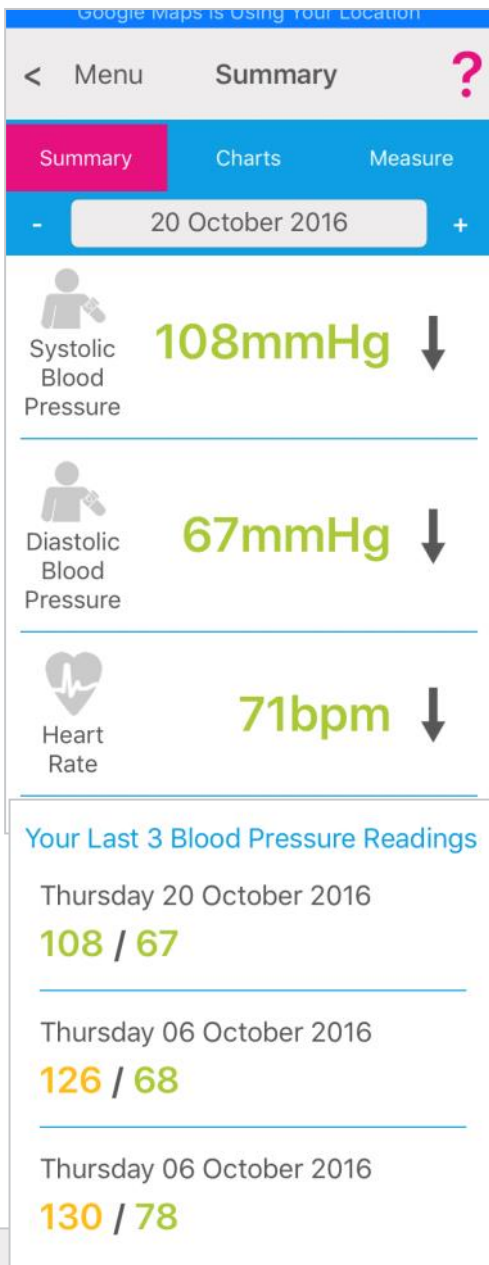
The cuff will inflate and you will feel it constrict your upper arm. When it stops inflating your measurements will be taken automatically and your reading will be displayed on the monitor.

If you are connected to the **Activ8lives⁴ Wellness and Diary App**, your data will be transmitted and displayed on your Smartphone or Tablet and from there, transmitted to your online account.

The display on the **Activ8lives** Blood Pressure monitor switches off to save power after a few seconds.

It is advised to turn off the device at the **On/Off** button after use.

3



Viewing Data on Dashboard

The reading will display on the **Activ8lives⁴ Wellness and Diary App**, as well as the **Activ8lives Blood Pressure Monitor**.

The example shown here gives:



Systolic 108 mmHg

Diastolic 67 mmHg

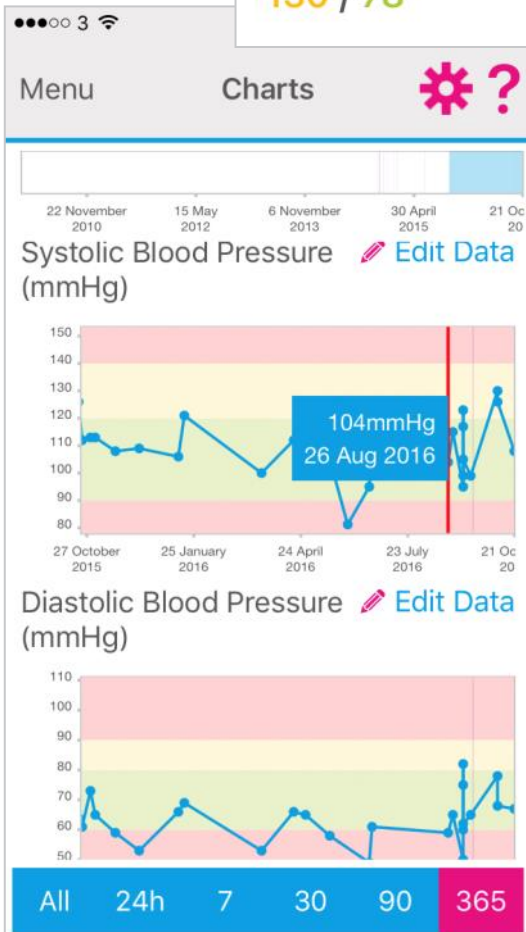


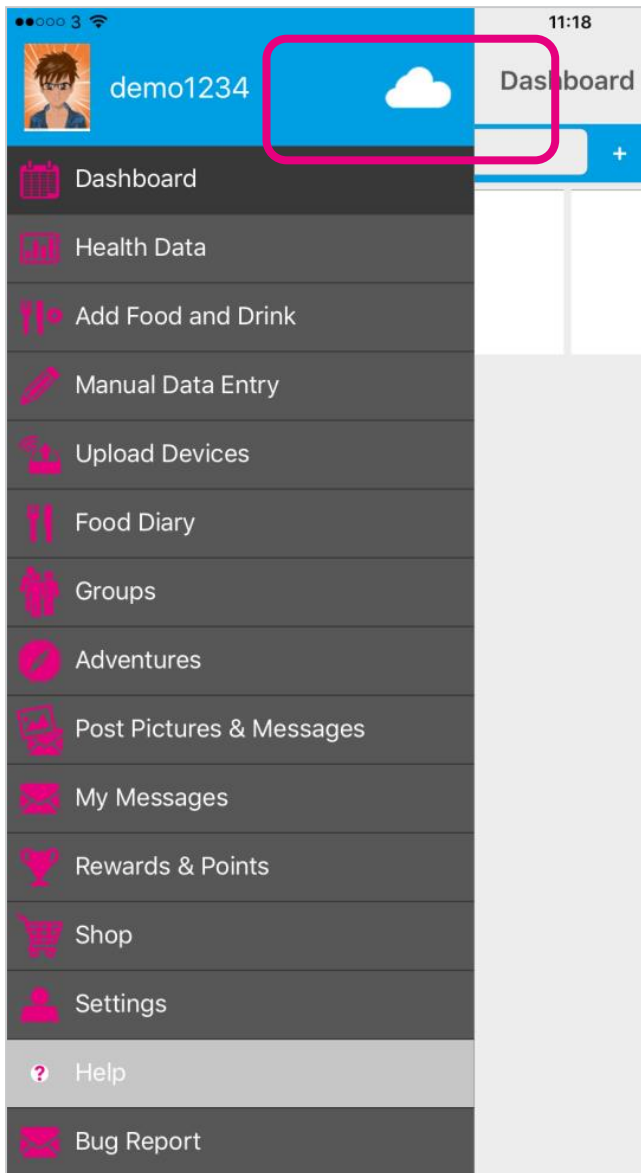
Pulse Rate 71 bpm

Refer to the Blood Pressure Chart on **Page 12** to see where your reading falls in the population table.

You will also see your last 3 readings.

Colour coding of parameters within normal (**Green**), alert (**Amber**) and out of parameter readings (**Red**) are easily seen on these graphs.





Sending Your Data to Cloud

If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online **Activ8lives** account automatically.

Touch the **Cloud** and it will automatically detect and synchronise if you are on WiFi. Touch the **Synchronise** bar to upload via Cellular network to upload the data.

By touching the **Download** bar your data will download from the Cloud for you to view.

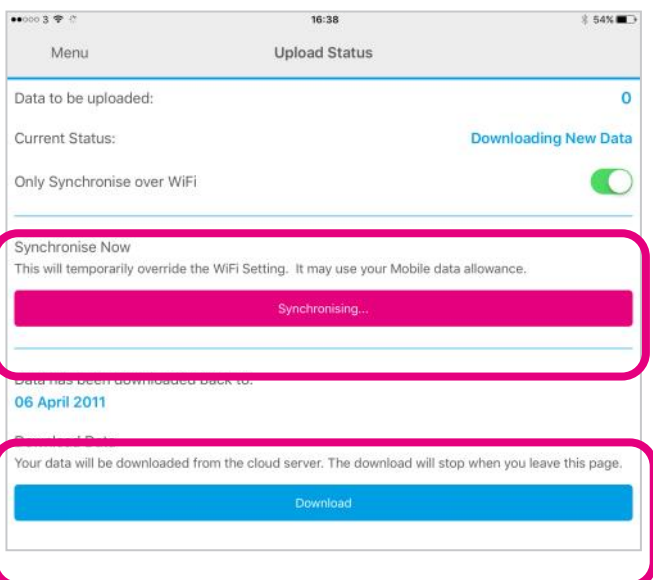
If there are no networks available the data will be uploaded at a later time by either WiFi or Cellular when you are within range. The data is not lost and you do not have to take the reading again.

When the data is stored in the **Activ8lives** secure **Cloud**, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any time via the Smartphone App or **Activ8lives** website.

Settings

Select and deselect using the pink Settings Cog, which data you want to show in this graph. Also change the timeframe from the bottom blue selector.

Within this section you can start to see trends of what affects our other health parameters, and you begin to learn good behaviours or detect declining health.





Viewing Your Data on Your PC or Mac Computer



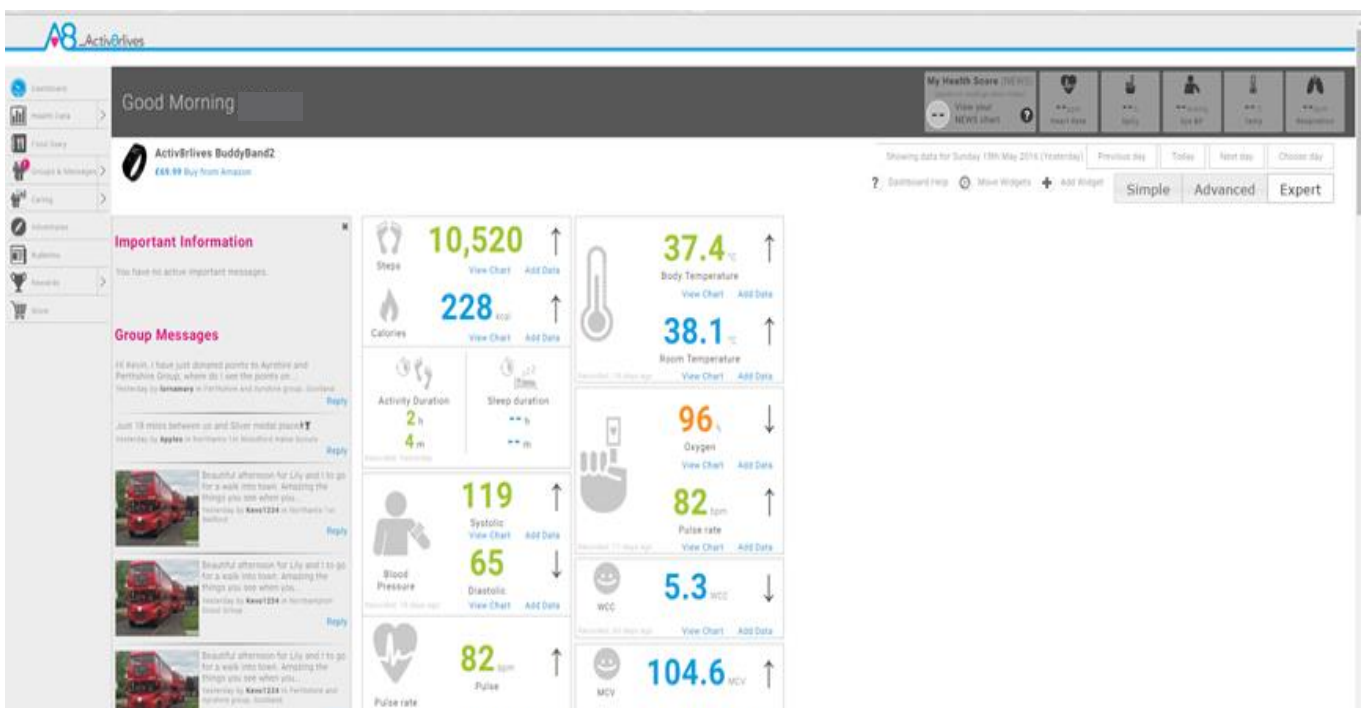
To **Login** via the **Activ8rives** website, go to www.activ8rives.com and **Login** from the top menu of the website using the same **Username** and **Password** that you used for your App **Login**. The website has a lot more features than can be incorporated into the **Activ8rives⁴ Wellness and Diary App**.

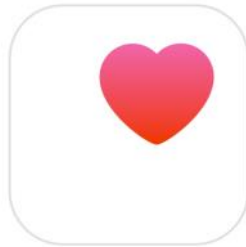
From your **Activ8rives** account you can view your **Health Data**, select the **Timeframe** for which you wish to display your **Data** (Day, Week, Month, Year or all) or limit the timespan on data that is older than a year by compressing the blue bar under the graph so that you can see a specific set of data to view.

By looking at your Health Data in this section you can start to see trends of what affects your health parameters, and you begin to learn good behaviours and see the effects of physical activity increases on parameters, such as your lung function, weight or feelings of wellness.

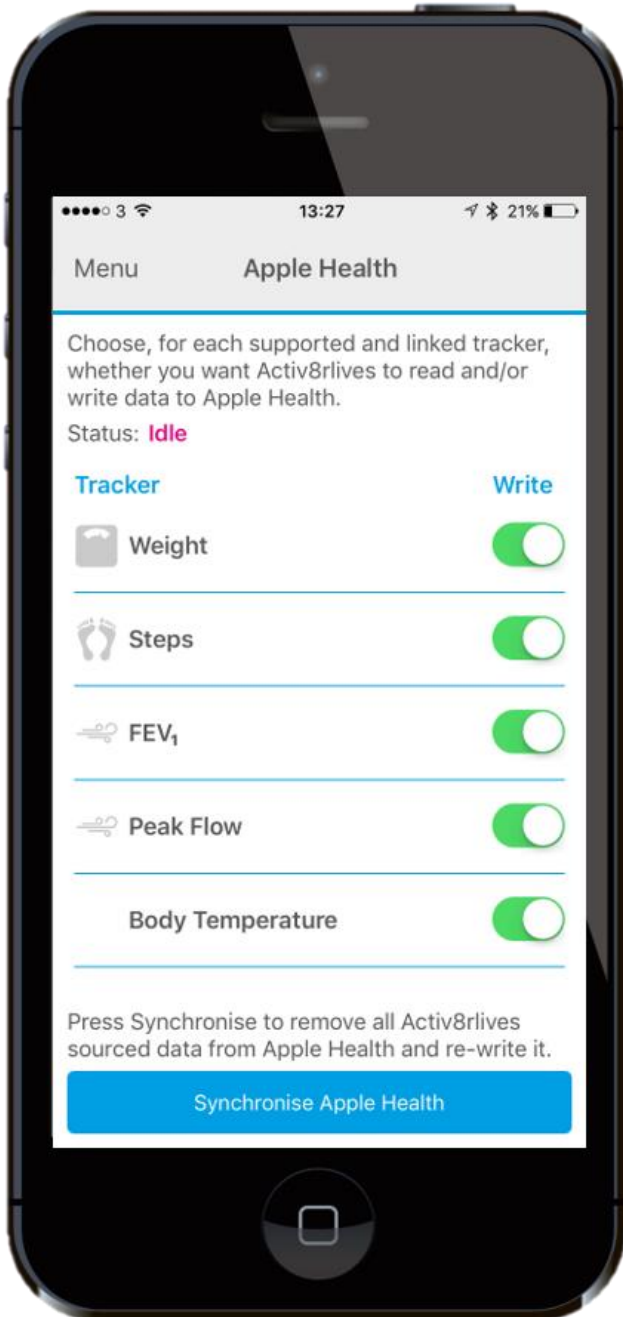
The new version 3.0 of the **Activ8rives Data website**, now hosts an enhanced **Dashboard** and many new features that allow you to be more in control of your **Health Data** and in control of people that you may act as carers. You have the choice of using either the 'Simple', '**Advanced**' or '**Expert**' settings by selecting the buttons in the top right-hand corner to switch between increasingly complex dashboard layouts. The choice you make is saved for the next time you **Login** to your **Activ8rives** account using the same email and password that you use on one of **Activ8rives'** Apps.

Note: each score is indicated in **Green, Amber** or **Red** (Traffic Light system) that indicates whether this parameter is within normal range for your targets, weight, height, age, gender etc.





Health



Apple Health (HealthKit) Integration

Included in the **Activ8lives⁴ Wellness and Diary App** is the ability to allow users to record data from **Activ8lives⁴** growing range of consumer-focused health monitors and store these data in both the **Activ8lives** web-servers and Apple's Health App (HealthKit) via your iPhone to share data from other health-related Apps.

If you have an appropriate iPhone (running iOS 10 or above) you can download the **Activ8lives⁴ Wellness and Diary App** from the App store.

From the **Main Menu** of the App, select **Apple Health** and it will guide you through step-by-step the process of set-up of Apple Health within the **Activ8lives⁴ Wellness and Diary App**.

Note: Apple's Health App option does not appear on iPads or on older iPhones running versions below iOS 10.



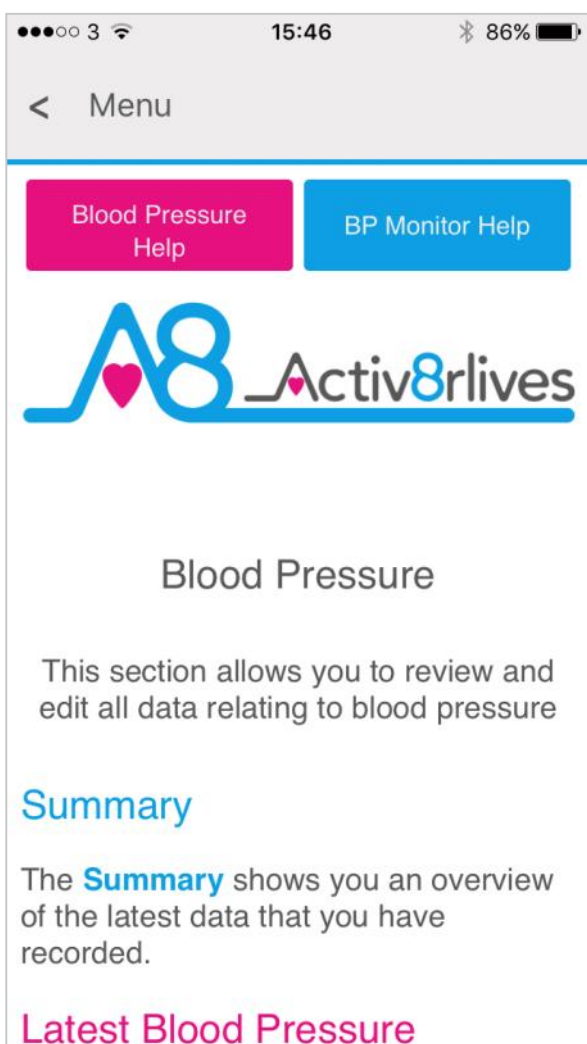
Help Videos in **App**, follow this ?



Website www.Activ8lives.com

YouTube <http://bit.ly/Activ8lives>

Trouble Shooting **Activ8rlives** Blood Pressure Monitor



Help Menu?

Help can be found on all pages of the **Activ8rlives⁴ Wellness and Diary App** in the top right-hand corner. Touch **?** to expand the page and scroll down through the **Help** information.

Will Not Connect via Bluetooth?

Requires Bluetooth 4.0 Smartphone/Tablet (iPhone 5s & above, iPad 4 & above running iOS 10 & Android 5.0 & above).

If the **Activ8rlives** Blood Pressure Monitor device will not connect to Bluetooth, first check that you have Bluetooth turned on, on your smartphone or tablet. If your device is still not seeing the **Activ8rlives** Blood Pressure Monitor, close the **Activ8rlives⁴ Wellness and Diary App** by logging out of the App and **Login** again.

Activ8rlives App Crashes

Close other Apps open on your smartphone or tablet, as these may be using too much memory to allow the **Activ8rlives⁴ Wellness and Diary App** to function.

App says it is Analysing

If you have not taken a reading for a while or if the Smartphone or Tablet has been power cycled (i.e. turned off and then on again) you may need to reconnect the **Activ8rlives** Blood Pressure monitor with the Smartphone or Tablet by repeating the connection process as described on [Page 24](#).

Still Need Help

We are here to help you 7 days a week, so please call us to help you set-up your device on UK 01480 352821.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display will not light up.	Power is exhausted.	Charge the power
Low batteries	Display is dim or shows +Lo	Power is low.	Charge the power
Error message	E1 shows	Communication error	Check if the App is on or not, try data transmission again.
	E 3 shows	The cuff is not secure.	Refasten the cuff and relax for a moment and then measure again.
	E 10 or E 11 shows	The monitor detected motion, talking or the pulse is too poor while measuring.	Relax for a moment and then measure again.
	E 20 shows	The measurement process does not detect the pulse signal.	Loosen the clothing on the arm and then measure again.
	E 21 shows	The treatment of the measurement failed.	Relax for a moment and then measure again.
	EExx, shows on the display.	A calibration error occurred.	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.



Manual Data Entry

You can also manually enter your data from other self-monitoring devices into your **Activ8lives** account.

Login to your **Activ8lives** account in the usual manner and select from the Menu the **Manual Data Entry** page.

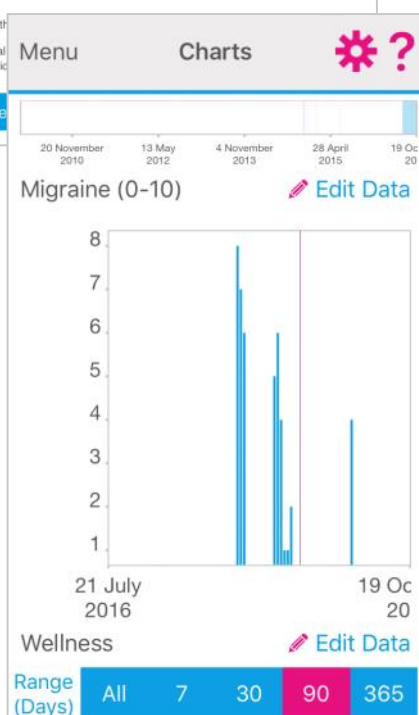
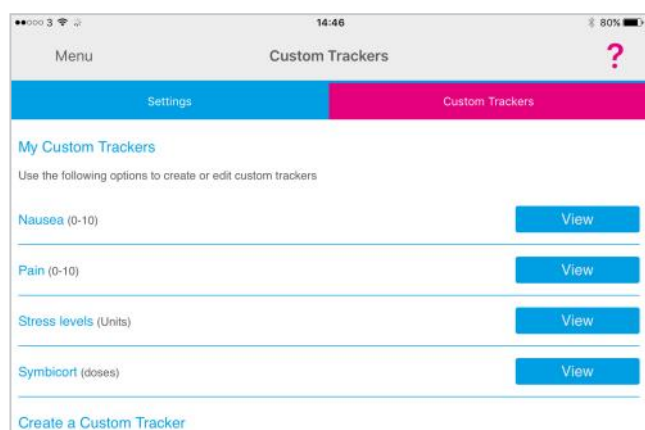
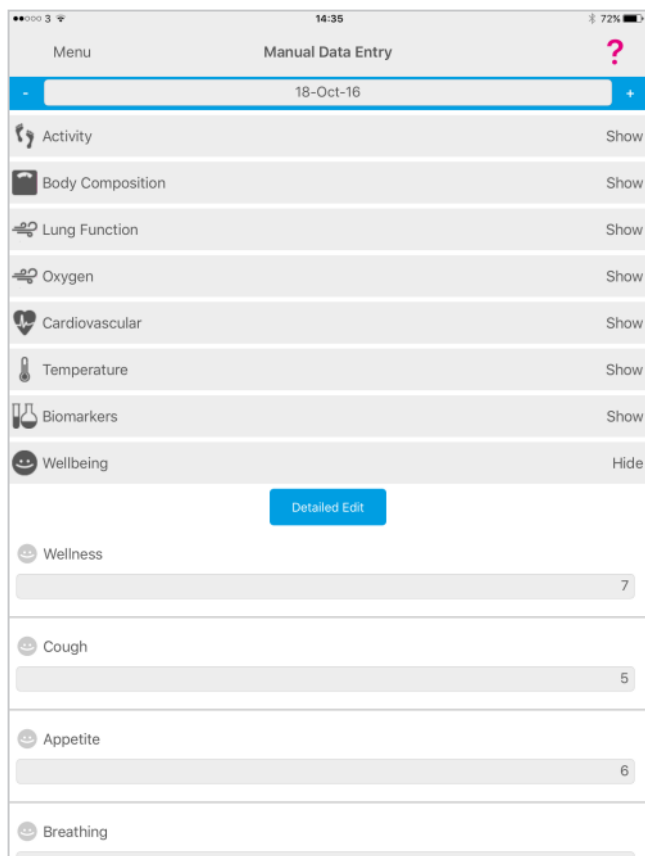
You can use the Data categories we currently offer: Steps and Weight, Body Composition/Shape, Lung Function, Cardiovascular, Biomarkers, Wellbeing or you can create your own Custom Trackers.

Custom Trackers

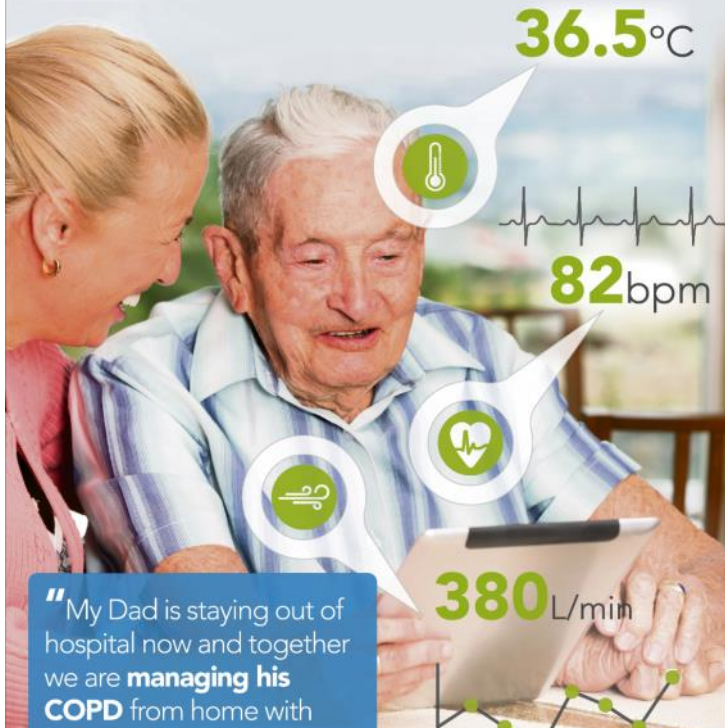
Some examples of **Custom Trackers** that can be created in the **Activ8lives⁴ Wellness and Diary App** or on the website are shown on the left-hand side of this page.

It is all about you. You are unique so you can set-up any **Custom Tracker**. This helps you to learn how your body works and helps you to detect declining health problems or long-term health conditions.

Such trackers might include: Smoking Cessation, migraines, cravings for chocolate, levels of pain, the choices are endless.












Support your family's health



"My Dad is staying out of hospital now and together we are **managing his COPD** from home with

Simple solutions for self-management

 Blood Oxygen	 Heart Rate	 Blood Pressure
 Lung Function	 Food and Medication Diary	 Weight and Body Composition
 Physical Activity	 Temperature	 Other Biomarkers

www.activ8rlives.com



Find [Activ8rlives](#) products at

SPIRIT BUY NOW



amazon

ebay



Case Study

From your **Activ8lives** account you can view your **Health Data**, select the **Timeframe** for which you wish to display your **Data** (Day, Week, Month, Year or all your data) and scroll down to view.

Within this section you can start to see trends of what affects your health parameters, and you begin to learn good behaviors and see the effects of physical activity increases on parameters, such as rising blood pressure, weight or feelings of wellness.

This individual had several periods over 90 days of raised blood pressure and at the end of that period they were able to stabilise and get their blood pressure back into the **Green zone** of optimal blood pressure for their age and gender.





Blood Pressure & Heart Rate

Bluetooth Monitor

Specifications

Power supply	3.7V 1000mAH Built-in rechargeable li-polymer battery, 6V / 1A AC Adaptor
Display mode	Blue LCD with White Backlight V.A.= 86.5mm(L) x24mm(W)
Measurement mode	Oscillographic testing mode
Measurement range	Rated cuff pressure: 0kpa-40kpa (0mmHg-300mmHg) Measurement pressure: 4kPa-34kPa (40mmHg-230mmHg) pulse value:(40-199)beat/minute
Accuracy	Pressure: 5°C-40°C within±0.4kpa(3mmHg) pulse value:±5%
Normal working condition	Temperature:5°C to 40°C Relative humidity ≤85% Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature:-20°C to 60°C RH: 10% to 93% Atmospheric pressure: 50kPa to 106kPa
Measurement perimeter of the upper arm	About 22cm-32cm
Net Weight	Approx.265 g
External dimensions	Approx. 130×72.2×29.4mm
Attachment	AC Adaptor,user manual
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Protection against ingress of water	IP22, It means the device could protected against solid foreign objects of 12.5 mm and greater, and against vertically falling water drops when ENCLOSURE tilted up to 15°
Software version	V01
Device classification	Battery Powered Mode: Internally Powered ME Equipment AC Adaptor charged Mode: Class II ME Equipment



Warranty

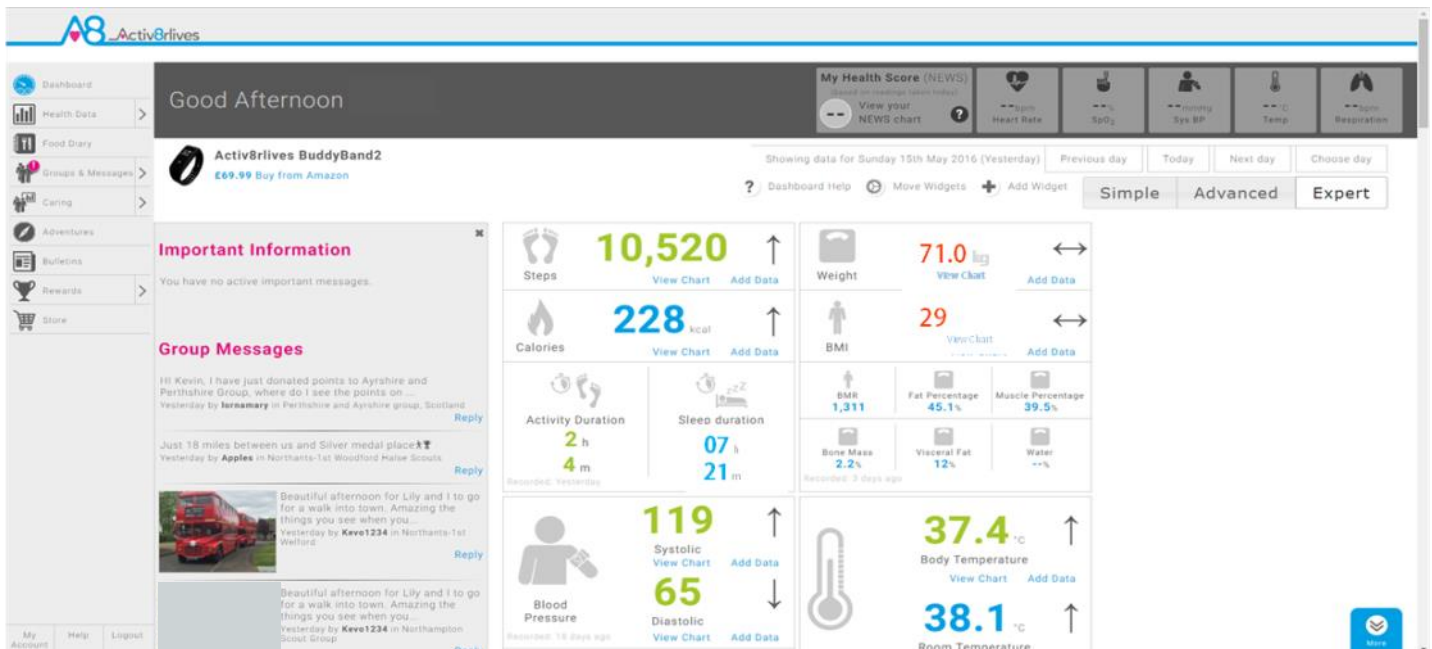
Activ8lives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage outside of the stipulated usage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof-of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8lives** — details are on the back of this User Manual.

EU-Declaration of Conformity

 **Activ8lives** declares that the **Activ8lives** Blood Pressure Monitor complies with the requirements of EMC Directive 2004/108/EC.



Quick Guide to the [Activ8lives](https://www.activ8lives.com) Website Home Page



The [Activ8lives⁴ Wellness and Diary App](https://www.activ8lives.com) is just the start of the self-monitoring experience. There is so much more to explore online at www.activ8lives.com

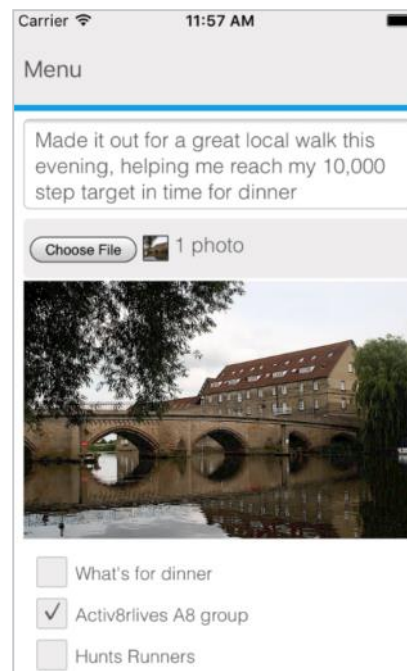
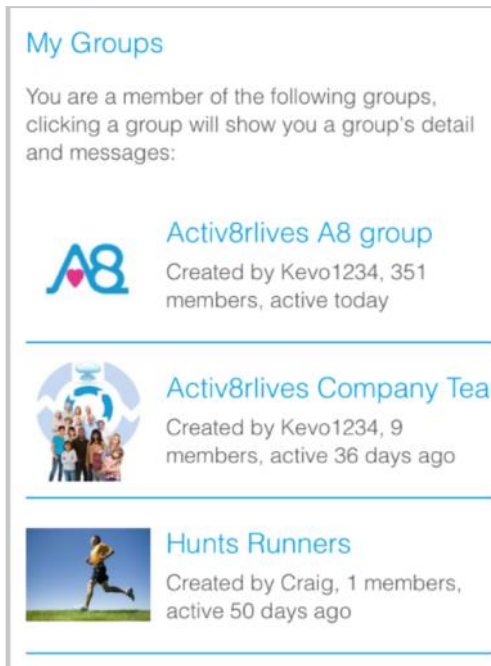
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. The [Activ8lives](https://www.activ8lives.com) website has 10 major sections:

1. **Home Dashboard**—where you can see at a glance your data, Important Information and Group Messages in either the 'Simple', 'Advanced' or 'Expert' layout.
2. **Health Data**—this is information about your activity and health parameters, which only you can see. You can add or delete data and print off details to share with your medical team should you wish.
3. **Food Diary**—powerful tool to track your food and drink intake, to help you manage your weight. Works with the free [Activ8lives⁴ Wellness and Diary App](https://www.activ8lives.com).
4. **Groups & Messages**—this is where you can find, join and create groups and chat to your friends.
5. **Caring**—this is a new section for those that have given you access to their tracked health data so that you may care for them.
6. **Adventures**—you can join an adventure or set-up your own for your group or work colleagues to walk along with you.
7. **Bulletins**—these are messages from [Activ8lives](https://www.activ8lives.com) about updates and products added to our suite of self-monitoring tools.
8. **Rewards**—where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
9. **Store**—you can follow this link through to our products on Amazon.
10. **Account / Help / Logout**—how to change your details, passwords, targets and Help instructions.



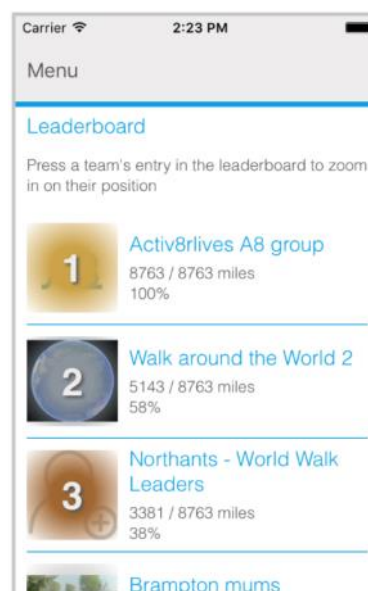
Join a Group, Start Your Own and Keep in Touch!

We work best in groups. This motivates and provides support for this function. This can be used for: family, friends or Corporate teams, for charity events, personal health training or fundraising activities.



Take an Adventure with your Group

Arrange challenges within your group or with other groups. You can use Adventures already created or you can create your own, as did the Northampton Scouts in the example below. 360 Scouts walking to Nyeri, Kenya where the Scouts founder Lord Baden-Powell is buried.





Rewards and Medals

Being active everyday is vital for long-term health and wellbeing. To encourage consistent activity, **Activ8lives** has two rewards systems.

Medals are earned as you gain days of activity. They do not have to be consecutive days.

- Bronze Medal = 7 days of 10,000 steps.
- Silver Medal = 35 days of 10,000 steps.
- Gold Medal = 175 days of 10,000 steps.

When you reach your first Silver and for each Gold Medal, contact us at support@aseptika.com and we will send you a real pin medal for you to wear with pride.

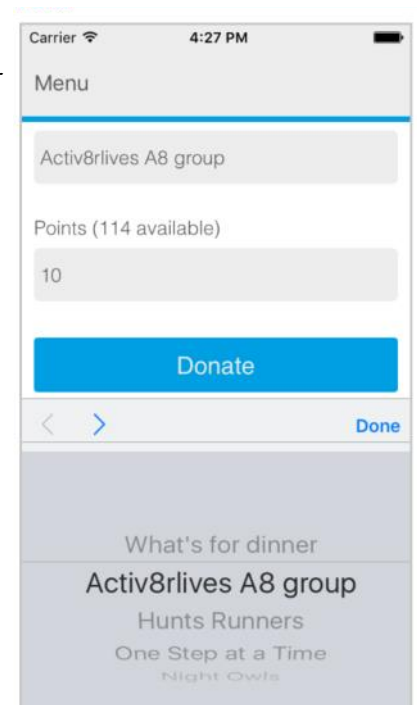
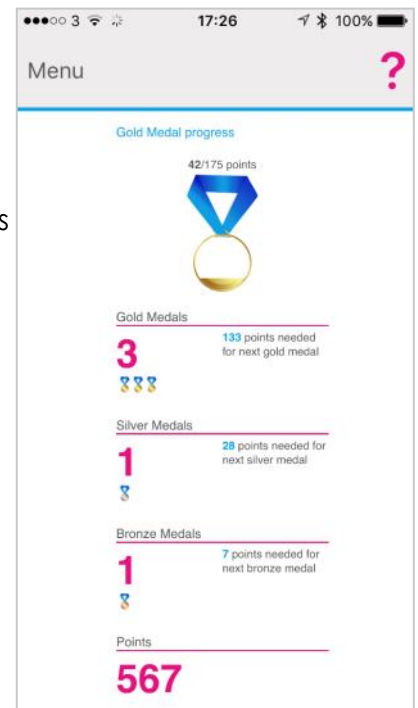


Points are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

You can use points to compare the performance of one group over another. Groups with a high number of donated points have an active membership.

Points can also be used for sponsored charity events. Decide as a group to walk on an adventure: Australia to Paris for example.

Perhaps ask your employer to contribute to your group's chosen charity, a sum for each point raised by the group. It is a way for employers to motivate staff to be active and healthy.





Activ8rlives⁴ Wellness & Food Diary App

iOS & Android App



Track your food and liquid intake using our photo-based free **Activ8rlives⁴ Wellness and Diary App**.

- Take pictures of what you eat and drink with your Smartphone or Tablet.
- Brings mindfulness to your eating habits and portion size.
- Records photos of what you eat and drink in your **Activ8rlives⁴ Wellness and Diary App**.
- Updates and stores data in your **Activ8rlives** cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.



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Award winning



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