



# Body Analyser

## Bluetooth Smart Scales

Body Composition



[www.activ8lives.com](http://www.activ8lives.com)

**Body Analyser** 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 select Android devices running Android 5.0 and above.  
Apple Health App compatible.



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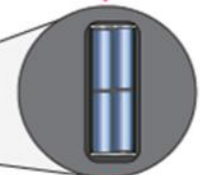
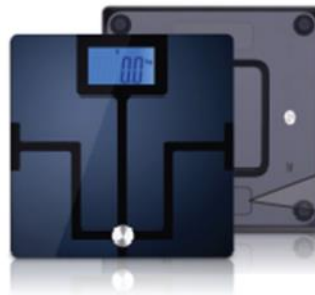


www.activ8lives.com

## Getting Started...



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



**Insert batteries**

**Upload Devices > Bluetooth Body Analyser**

**Follow instructions**

**Web View / App View**  
[www.activ8lives.com](http://www.activ8lives.com)

**Trouble Shooting...**

**Help > Website > Devices > Device Manuals > Body Analyser**



[www.activ8lives.com/support/product-manuals.html](http://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.activ8rlives.com](http://www.activ8rlives.com)



# Body Analyser

Bluetooth Smart Scales



## Your **Activ8lives** Body Analyser

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** Body Analyser Smart Scales is an easy-to-use device that can measure your body's composition — especially useful as part of an exercise schedule or weight loss programme. It sends information to your private personal **Activ8lives** account via your Bluetooth 4.0 enabled Smartphone or Tablet so that you can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8lives** is designed to help you achieve this.

The **Activ8lives** Body Analyser Smart Scales does a lot more than just measure your weight— it helps you understand how your body is changing in response to the lifestyle choices you are now making. It measures your % fat and % protein (muscle). It also measures your visceral fat—a key parameters linked to type 2 diabetes. This manual shows you how to quickly set-up your **Activ8lives** Body Analyser Smart Scales — it will take just 5 minutes if you follow this guide through.

**Optional:** Included is a Smartphone 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.**



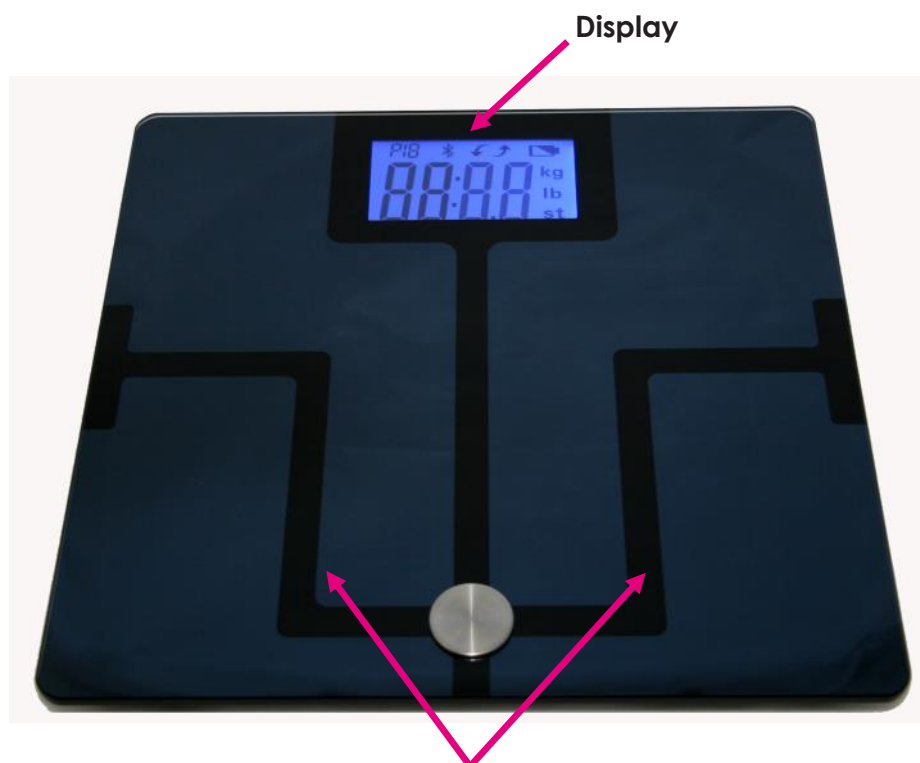


## Your **Activ8lives** Body Analyser

Your **Activ8lives** Body Analyser Smart Scales have several parts: the **Main Unit**, **Display** and the **Film**.

The **Main Unit** houses all the electronics and Bluetooth component. The **Activ8lives** Body Analyser has four replaceable and non-rechargeable batteries (instructions on [Page 12-13](#)).

Other than the battery compartment, the **Device** has no user-serviceable parts and opening the case will void your warranty.



**Film**—place feet on these surfaces

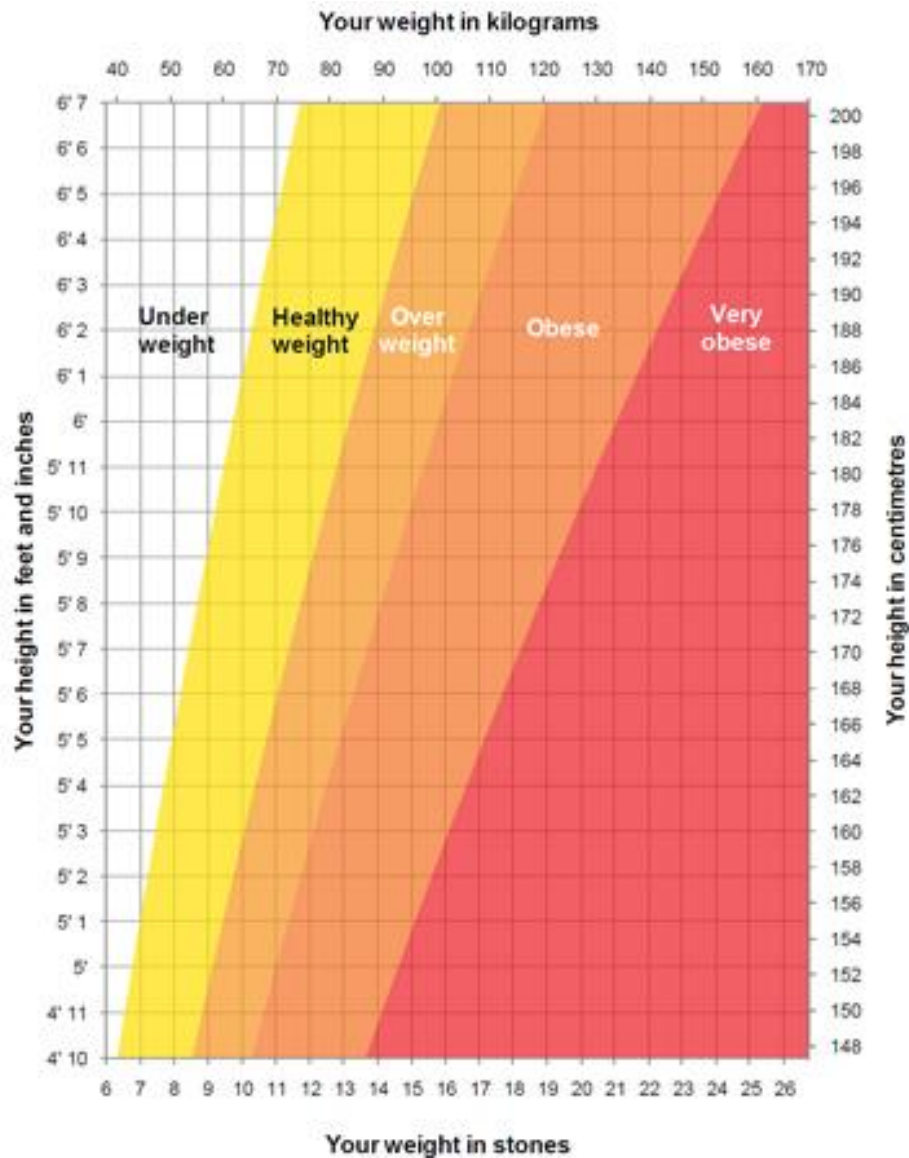


## Health and Safety Notices

**WARNINGS:** The **Activ8lives** *Body Analyser main unit* is **NOT waterproof**. Do not submerge it in water.

- **PLEASE seek medical advice before undertaking strenuous exercise or weight loss programmes. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.**
- **DO NOT use if you have a pace-maker fitted or medical implant with electronic components.**
- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.
- Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8lives** *Body Analyser*. Don't allow sharp objects to scratch the screen of the LCD display as this may damage it.
- Do not allow your **Activ8lives** *Body Analyser* to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Don't expose your **Activ8lives** *Body Analyser* to direct sunlight for long periods of time. Harsh physical treatment may stop your **Activ8lives** *Body Analyser* from working properly.
- Your **Activ8lives** *Body Analyser* is a sensitive instrument and may experience interference if placed near to radio transmitting devices such as walkie talkies and microwave ovens etc. In extreme cases, the **Activ8lives** *Body Analyser* may have to be restarted by removing the batteries.
- Don't remove the back cover 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.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the **Activ8lives** *Body Analyser* are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Contact us if your **Activ8lives** *Body Analyser Smart Scales* does not work properly.

**Call us 7 days a week, between 09:00—18:00**  
**t: +44 (0)1480 352 821 or [support@aseptika.com](mailto:support@aseptika.com)**



Population tables from World Health Organisation and NHS Choices.

For guidance, the Body Fat ranges for men and women are:

AGE	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14-20	15-21	17-23	18-24	19-25
Moderate	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

For Men

AGE	20-29	30-39	40-49	50-59	60+
Low <	19	<20	<21	<22	<23
Optimal	20-28	21-29	22-30	23-31	24-32
Moderate	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

For Women





## What does Your **Activ8lives** Body Analyser Measure?

### **Weight**

Your weight is calculated and stored in the cloud. For a single view of your weight, it will fall either in the **Red**, **Yellow** or **Green** zones of the graph to indicate if you are within a healthy range for your height and age.

### **Body Fat %**

This value can serve as a guide to whether you need to adjust your diet, fitness programme or fluid intake to help you to achieve a healthy balance.

Our bodies comprise of bone, fat and muscle. Fat is vital for a healthy, functioning body - it protects vital organs, cushions joints, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is in short supply. But too much or too little body fat can be damaging to our health. This is why it is important to measure and monitor our body fat percentage using the **Activ8lives** Body Analyser.

Body fat percentage gives us a good measure of wellness when used in conjunction with weight – if we are aiming to lose weight, our weight loss could be because we are losing muscle mass rather than fat - we can still have a high percentage of fat even when a scale indicates 'normal weight'.

For guidance for the Body Fat ranges for men and women, tables are supplied over the page.

### **Muscle Mass %**

Knowing our muscle mass percentage is useful if we are undergoing any changes in our exercise regime or undertaking a programme of weight loss. Lean muscle mass may decrease by nearly 50% between the ages of 20 and 90. We can replace this loss with fat if we don't maintain our exercise levels. We can also lose muscle rather than fat if we undergo starvation-type diets, which are not recommended. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. So if we come off a starvation-type diet, we actually put on more weight as fat. Ideally we want to maintain our muscle mass % while reducing fat %, especially visceral fat.

### **Visceral Fat**

Visceral fat is located in our abdominal cavity (stomach area) and surrounds our vital organs. The more visceral fat you have the greater the chance of developing insulin resistance (leading to type 2 diabetes), heart disease and high blood pressure.

The **Activ8lives** Body Analyser gives a visceral fat rating between 0 – 29.

Rating between 1 – 12: Indicates that we have a healthy level of visceral fat.

Rating between 13 – 29: Indicates that we could have excess visceral fat and we may wish to consider modifying our diet or increasing our exercise levels.



## Body Mass Index (BMI)

inches metres/cm	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
	(50)	(52)	(54)	(56)	(59)	(61)	(63)	(65)	(68)	(70)	(72)	(74)	(77)	(79)	(81)	(83)	(86)	(88)	(90)	(92)	(95)	(97)	(99)	(101)	(104)	(106)	(108)	(110)	(113)
74 (1.88)	14.1	14.8	15.4	16.0	16.7	17.3	18.0	18.6	19.3	19.9	20.5	21.2	21.8	22.5	23.1	23.8	24.4	25.0	25.7	26.3	27.0	27.6	28.2	28.9	29.5	30.2	30.8	31.5	32.1
73 (1.85)	14.5	15.2	15.8	16.5	17.2	17.8	18.5	19.1	19.8	20.4	21.1	21.8	22.4	23.1	23.7	24.4	25.1	25.7	26.4	27.0	27.7	28.4	29.0	29.7	30.3	31.0	31.7	32.3	33.0
72 (1.83)	14.9	15.6	16.3	17.0	17.6	18.3	19.0	19.7	20.3	21.0	21.7	22.4	23.1	23.7	24.4	25.1	25.8	26.4	27.1	27.8	28.5	29.2	29.8	30.5	31.2	31.9	32.6	33.2	33.9
71 (1.80)	15.3	16.0	16.7	17.4	18.1	18.8	19.5	20.2	20.9	21.6	22.3	23.0	23.7	24.4	25.1	25.8	26.5	27.2	27.9	28.6	29.3	30.0	30.7	31.4	32.1	32.8	33.5	34.2	34.9
70 (1.78)	15.8	16.5	17.2	17.9	18.7	19.4	20.1	20.8	21.5	22.2	23.0	23.7	24.4	25.1	25.8	26.5	27.3	28.0	28.7	29.4	30.1	30.8	31.6	32.3	33.0	33.7	34.4	35.2	35.9
69 (1.75)	16.2	17.0	17.7	18.5	19.2	19.9	20.7	21.4	22.2	22.9	23.6	24.4	25.1	25.8	26.6	27.3	28.1	28.8	29.5	30.3	31.0	31.8	32.5	33.2	34.0	34.7	35.4	36.2	36.9
68 (1.73)	16.7	17.5	18.2	19.0	19.8	20.5	21.3	22.0	22.8	23.6	24.3	25.1	25.8	26.6	27.4	28.1	28.9	29.6	30.4	31.2	31.9	32.7	33.5	34.2	35.0	35.7	36.5	37.3	38.0
67 (1.70)	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6	27.4	28.2	29.0	29.8	30.5	31.3	32.1	32.9	33.7	34.5	35.2	36.0	36.8	37.6	38.4	39.2
66 (1.68)	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.4	24.2	25.0	25.8	26.6	27.4	28.2	29.1	29.9	30.7	31.5	32.3	33.1	33.9	34.7	35.5	36.3	37.1	37.9	38.7	39.5	40.4
65 (1.65)	18.3	19.1	20.0	20.8	21.6	22.5	23.3	24.1	25.0	25.8	26.6	27.5	28.3	29.1	30.0	30.8	31.6	32.4	33.3	34.1	34.9	35.8	36.6	37.4	38.3	39.1	39.9	40.8	41.6
64 (1.63)	18.9	19.7	20.6	21.5	22.3	23.2	24.0	24.9	25.7	26.6	27.5	28.3	29.2	30.0	30.9	31.8	32.6	33.5	34.3	35.2	36.0	36.9	37.8	38.6	39.5	40.3	41.2	42.1	42.9
63 (1.60)	19.5	20.4	21.3	22.1	23.0	23.9	24.8	25.7	26.6	27.5	28.3	29.2	30.1	31.0	31.9	32.8	33.7	34.5	35.4	36.3	37.2	38.1	39.0	39.9	40.7	41.6	42.5	43.4	44.3
62 (1.57)	20.1	21.0	21.9	22.9	23.8	24.7	25.6	26.5	27.4	28.4	29.3	30.2	31.1	32.0	32.9	33.8	34.8	35.7	36.6	37.5	38.4	39.3	40.2	41.2	42.1	43.0	43.9	44.8	45.7
61 (1.55)	20.8	21.7	22.7	23.6	24.6	25.5	26.5	27.4	28.3	29.3	30.2	31.2	32.1	33.1	34.0	35.0	35.9	36.8	37.8	38.7	39.7	40.6	41.6	42.5	43.5	44.4	45.3	46.3	47.2
60 (1.52)	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.2	32.2	33.2	34.2	35.2	36.1	37.1	38.1	39.1	40.0	41.0	42.0	43.0	43.9	44.9	45.9	46.9	47.8	48.8
59 (1.50)	22.2	23.2	24.2	25.2	26.3	27.3	28.3	29.3	30.3	31.3	32.3	33.3	34.3	35.3	36.4	37.4	38.4	39.4	40.4	41.4	42.4	43.4	44.4	45.4	46.5	47.5	48.5	49.5	50.5
58 (1.47)	23.0	24.0	25.1	26.1	27.2	28.2	29.3	30.3	31.4	32.4	33.4	34.5	35.5	36.6	37.6	38.7	39.7	40.8	41.8	42.8	43.9	44.9	46.0	47.0	48.1	49.1	50.2	51.2	52.3

- Underweight**  
BMI under 18.4
- Normal Range**  
BMI 18.5-24.9
- Overweight**  
BMI 25.0-29.9
- Obese**  
BMI 30.0-39.9
- Morbidly Obese**  
BMI 40.0+



## What does Your **Activ8lives** Body Analyser Measure?

### Bone Mass %

Similar to **Muscle Mass** percentage, understanding changes in our **Bone Mass** % can be useful, especially during weight reduction programmes.

Male	Weight	60kg less than	60-75kg	75kg more than
	Calculated Bone	2.5kg	2.9kg	3.2kg
Female	Weight	45kg less than	45-60kg	60kg more than
	Calculated Bone	1.8kg	2.2kg	2.5kg

### Body Mass Index (BMI)

**Body Mass Index (BMI)** is an index of weight-for-height that is routinely used to classify underweight, overweight and obesity in adults.

The **Activ8lives** Body Analyser Smart Scales calculates our **BMI** value for us. The BMI categories shown in the chart on Page 10 are recognized by the WHO (World Health Organization) and can be used to interpret our BMI value.

Not suitable to determine the **BMI** for children.

### BMR

**Basal metabolic rate (BMR)** is the amount of energy expended while at rest in a neutrally temperate environment, in the post-absorptive state (meaning that the digestive system is inactive, which requires about twelve hours of fasting).

The release of energy in this state is sufficient only for the functioning of the vital organs, such as the heart, lungs, brain and the rest of the nervous system, liver, kidneys, sex organs, muscles and skin. **BMR** decreases with age and with the loss of lean body mass. Increasing muscle mass increases **BMR**.

### Water of Hydration

**Total Body Water (TBW)** as a percentage gives us an understanding of our hydration level. Water is a vital element in the majority of the body's functions and can be found in every cell, tissue, and organ.

A healthy **TBW%** needs to be maintained to ensure that we are operating at maximum efficiency. Hydration levels fluctuate throughout the day, so use this measurement as a guide and not your absolute and note that eating large meals, drinking alcohol, menstruation, illness, exercising and bathing may cause variations in your hydration level. When starting a diet or exercise programme, it is important to stay hydrated to maximize the positive effects.

Optimal hydration levels based on population data are:

Female 45-60%	Male 50-65%
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Note: Do not tamper or attempt to open the unit in which the non-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 batteries, ensure that it is collected separately for special treatment and not as normal household waste.





## Adding the Batteries

Your **Activ8lives** *Body Analyser Smart Scales* uses four AA 1.5V alkaline batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Open the battery compartment on the rear side of the device and insert 4 x AAA batteries in the direction indicated.

Replace the cover and the **Display** will illuminate. The device will go into sleep economy mode within 30 seconds if not being used. If it is overloaded, it will also power off. Also a faulty operation would make it power off.

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.

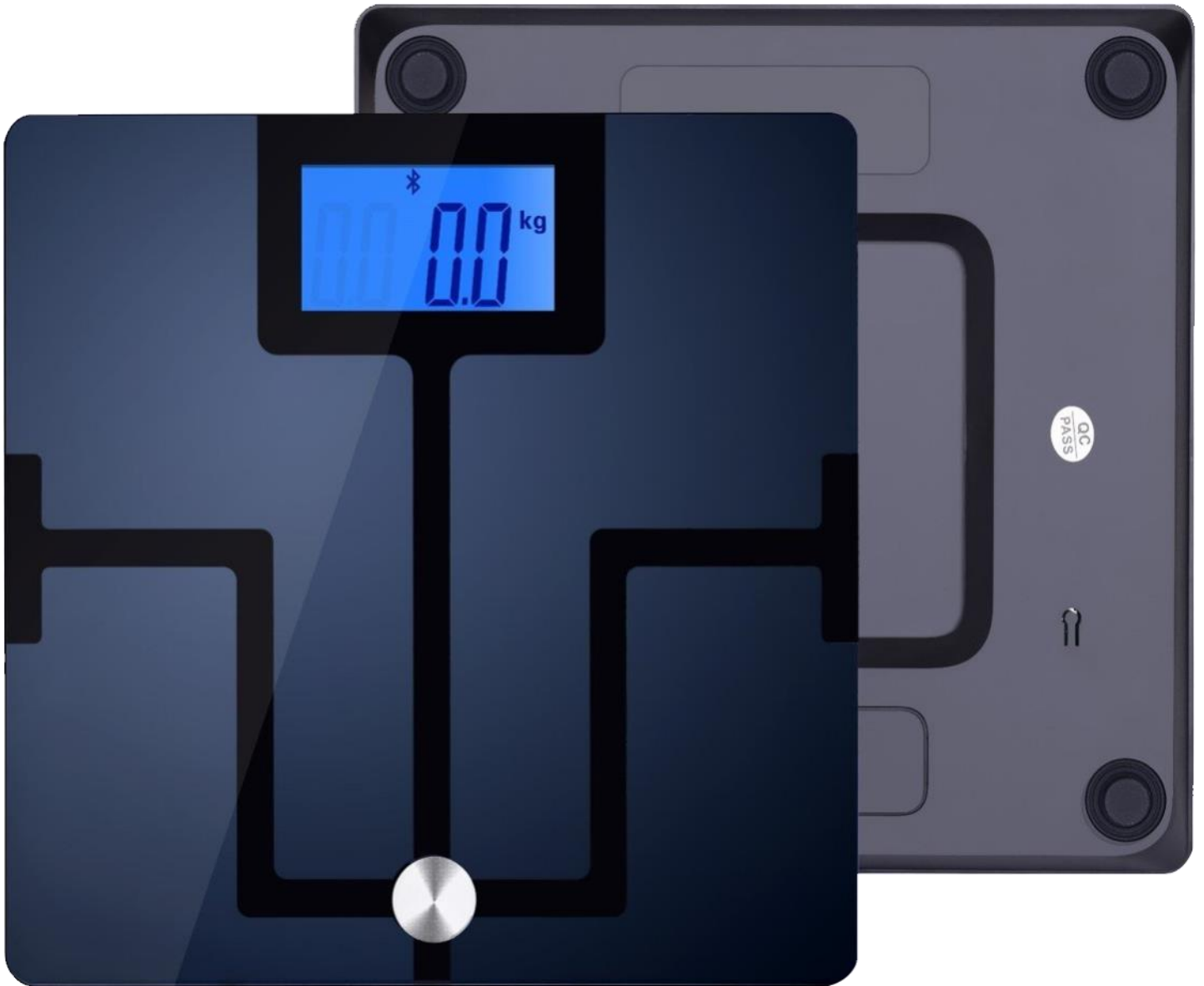
Replace the set of batteries (4 x 1.5V AA) in the right direction when the batteries are exhausted, indicated by "LO" on the Display. No data is stored on the device in memory, so exchange of batteries will not affect data storage.

## Cleaning and Disinfection

It is recommended that you use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8lives** *Body Analyser*. Don't allow sharp objects to scratch the screen of the LCD display as this may damage it.

**Never immerse** the **Activ8lives** *Body Analyser Smart Scales* central unit in water or disinfecting solution.







## How Does the **Activ8lives** Body Analyser Work?

The **Activ8lives** Body Analyser Smart Scales uses a measurement principle known as Bioelectrical Impedance Analysis (BIA). A very small current is sent through your body, through your feet and legs. The current flows with little electrical resistance through lean muscular tissue, which is full of fluid. By contrast, body fat has a high electrical resistance—it acts as an electrical insulator. By measuring your body's resistance to the current (its impedance), the proportion of muscle can be calculated. From this, the quantity of fat and water can then be estimated.

The size of the current used is only about 1 mAmp—this is a minuscule current and you will not feel it. However, the **Activ8lives** Body Analyser Smart Scales should NOT be used by those fitted with a pace maker or if you have any other electrically-operated medical device fitted.

## Best Time to Measure Your Body Composition

Our water content can vary at different times during the day and since body fat percentage is calculated by measuring the water content, our body fat reading can also vary throughout the day. There is no right or wrong time of the day to take a reading, but we find it most consistent to measure our body weight and water content first thing in the morning before eating or drinking and after using the toilet. It is about making the measurement consistent.

Taking measurement after having a bath or sauna, or following intensive exercise, or within 1-2 hours of drinking in quantity or eating a meal is going to distort the values generated.

Never attempt to take readings when you are wet, after a shower or vigorous exercise.



## OK, let's get started with the Setup

This guide will instruct you how to:

The **Activ8lives** Body Analyser 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 **Activ8lives<sup>4</sup> Wellness and Diary App** to your iOS or Android Smartphone or Tablet;

2

How to operate, use and take care of your **Activ8lives** Body Analyser 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 weight and body composition and connect to the **Activ8lives<sup>4</sup> Wellness and Diary App**.



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

Website [www.Activ8lives.com](http://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 **Activ8lives<sup>4</sup> 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, Airs and Pros). Earlier versions do not support Bluetooth Smart (also known as Bluetooth 4.0).



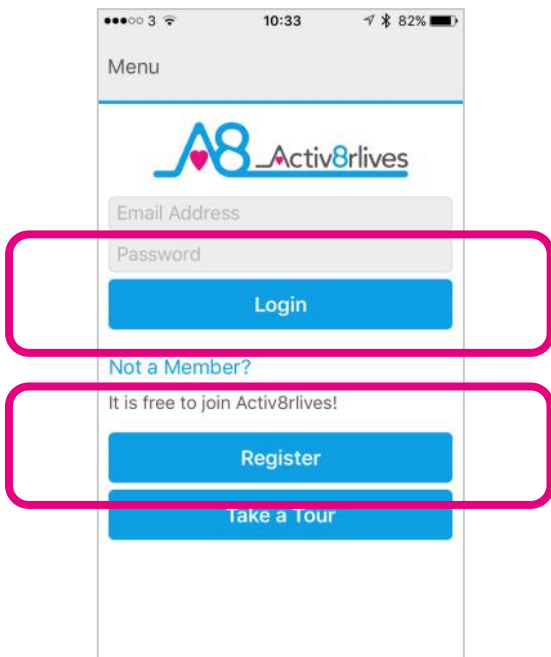
Select Android devices running Android 5.0 or later. Devices must support Bluetooth Smart (4.0).



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 Body Analyser** time to sync with your device.

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

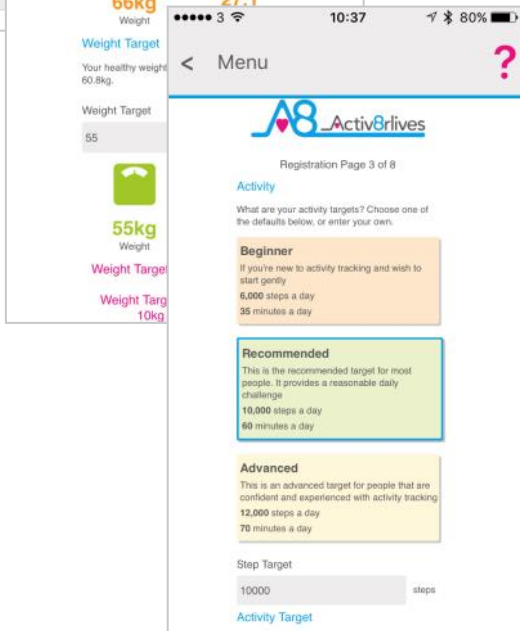
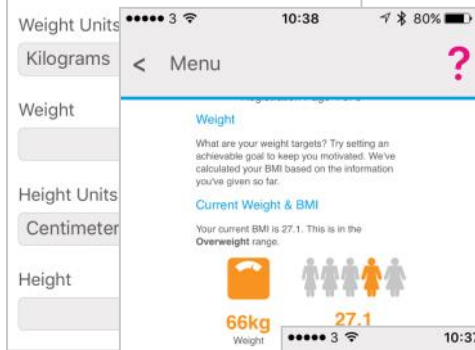
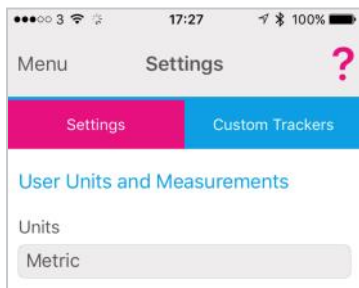


## Register for **Activ8lives** Account

Once you have installed the **Activ8lives<sup>4</sup> 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 **Activ8lives** account. Click the **Login** icon and enter your **Username** and **Password**.

If you have not previously Registered for your **Activ8lives** account, then click the **Register** icon of the App screen.



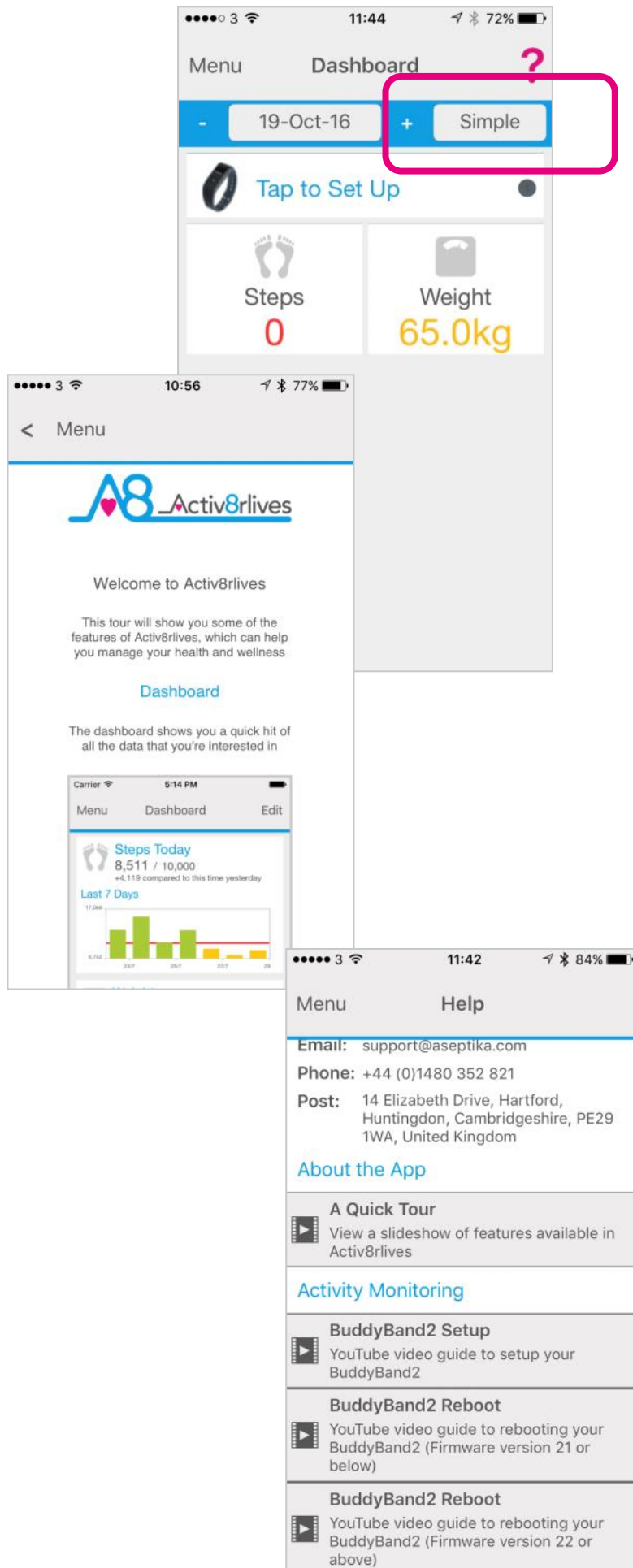
## Completing Your Registration

To complete the Registration for your **Activ8lives** 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 **Activ8lives** 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.

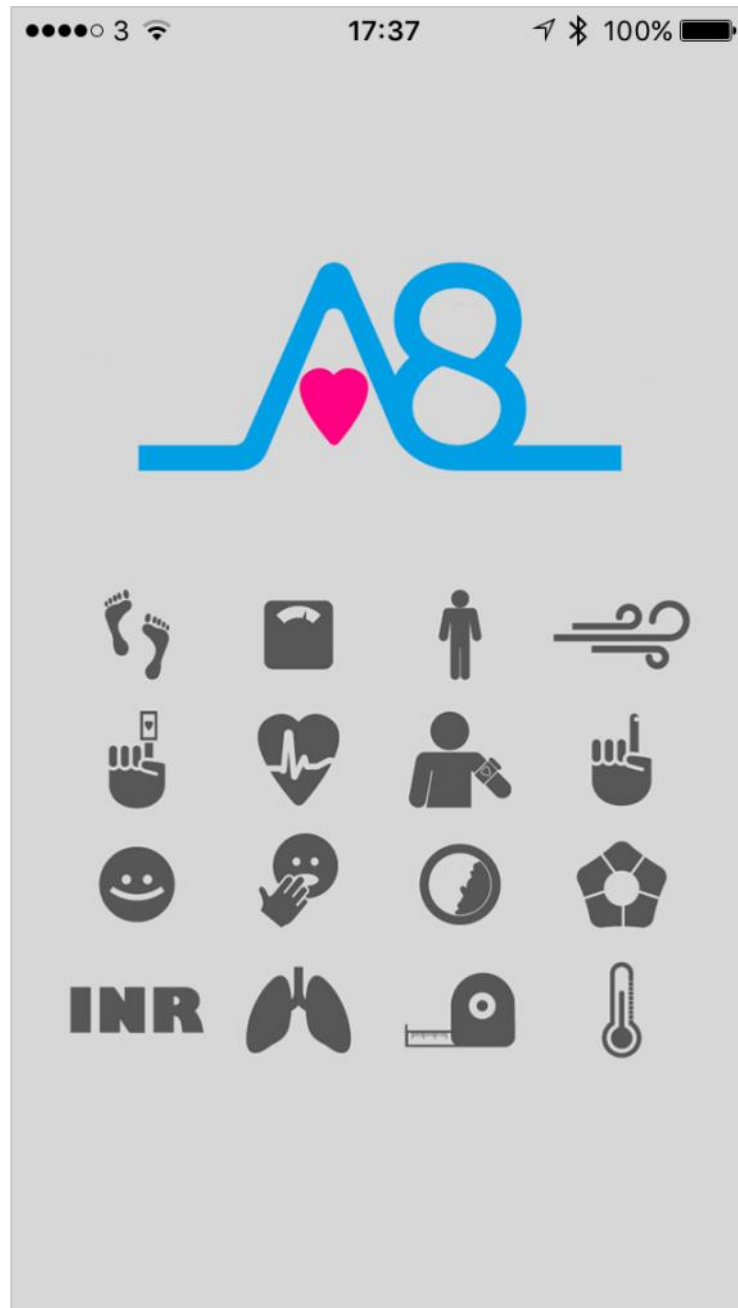
To add other health parameters to your Dashboard, change and select either the **Advanced** or **Expert** Dashboard, that include increasing number of trackers.

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](http://www.activ8lives.com).

## How to Videos on App

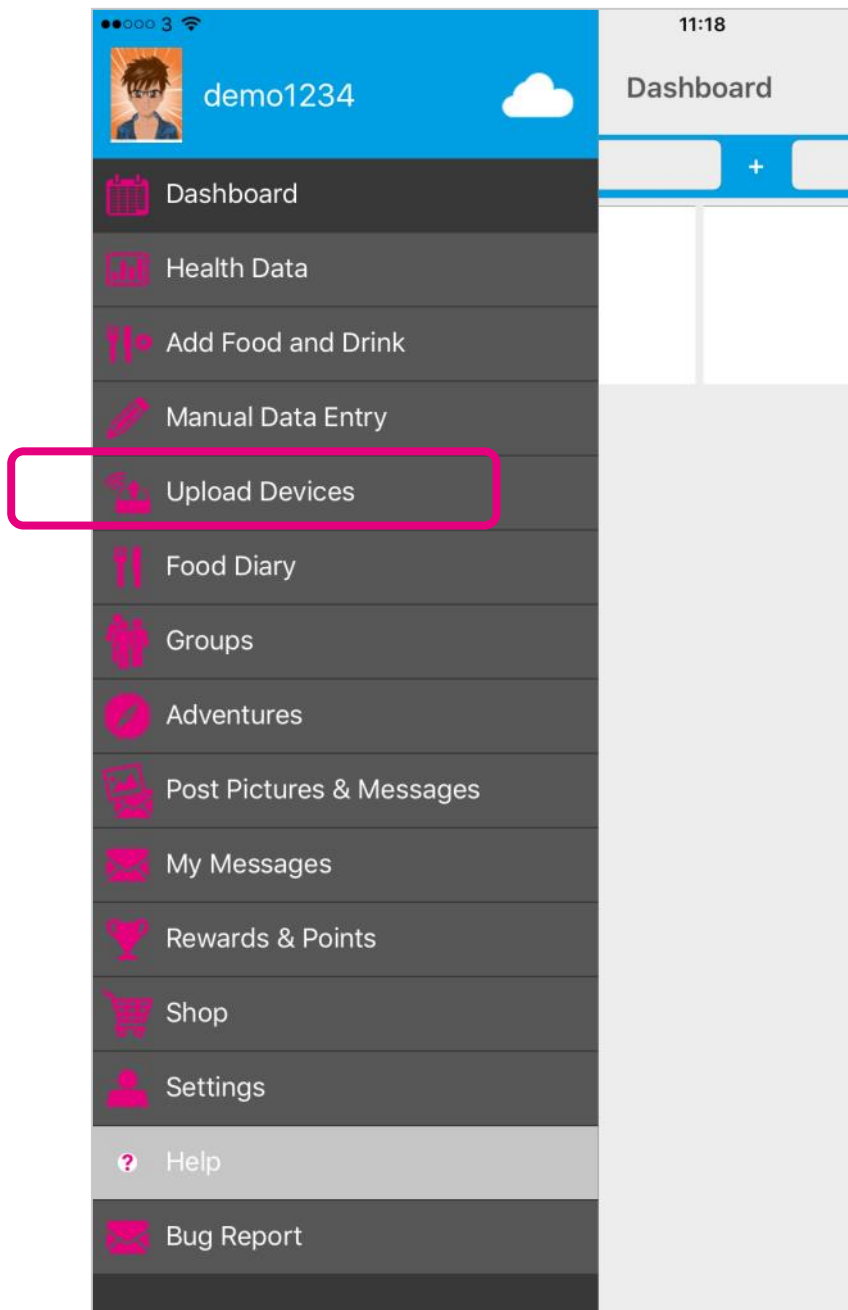
A **Quick Tour** showing what the **Activ8lives<sup>4</sup> Wellness and Diary App** can do is available from the App. Scroll down to see a quick overview of what you can do with this App.

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



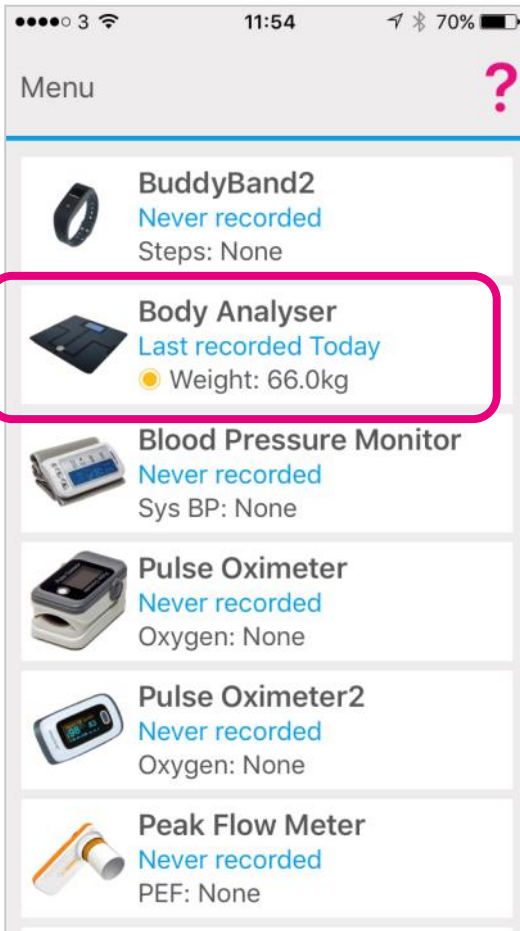
**Start-up Screen** automatically moves to **Menu**

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.**

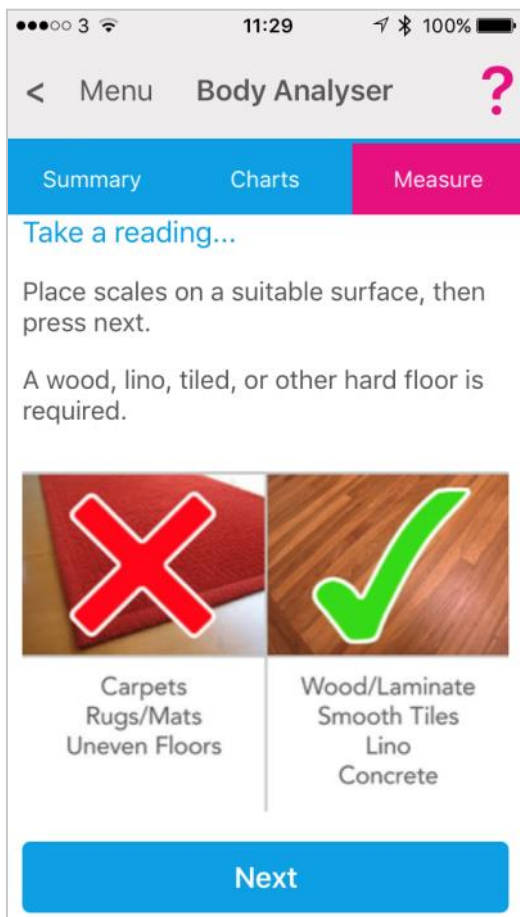


## Connecting **Activ8lives** App by Bluetooth

Ensure that **Bluetooth is switched on**, on your Smartphone or Tablet.

Launch the **Activ8lives<sup>4</sup> Wellness and Diary App** on your Smartphone or Tablet.

Select the **Upload Devices** from the **Menu** and touch the image of the **Activ8lives Body Analyser Smart Scales**, which then takes you through easy steps to prepare your device for connecting by Bluetooth and uploading your reading.

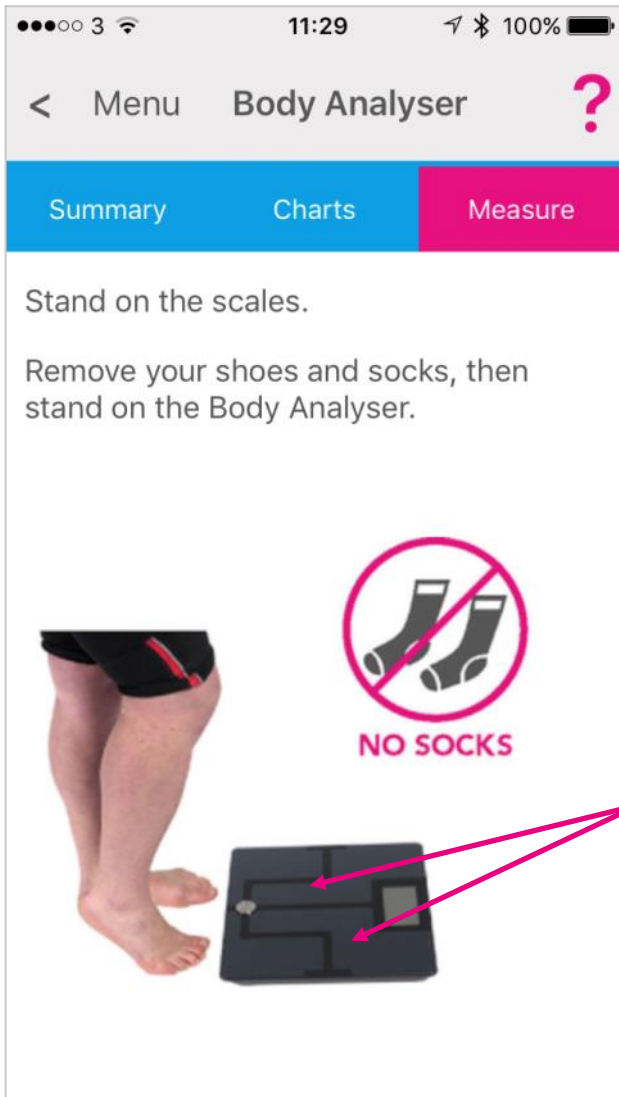


## Correctly Placing your Smart Scales

Place your **Activ8lives Body Analyser Smart Scales** on a **suitable hard surface** such as wooden/laminate or tiled floor so that all four corners of the Smart Scales are level.

Soft or uneven surfaces such as carpet/rugs or mats will cause the reading to be inaccurate, sometimes by up to 40% off the correct reading.

There are strain gauges built in to each corner and if these detect an uneven surface they will throw off the readings.



## Correct Placement of Bare Feet

As the **Activ8lives** Body Analyser Smart Scales use Bioelectrical Impedance Analysis (BIA), a very small current is sent through your body, through your feet and legs. Therefore, **you must remove socks** and foot attire prior to stepping on to the Smart Scales.

Place your feet apart and over the **Film** strip on the **Activ8lives** Body Analyser Smart Scales, with heels towards the back of the Smart Scales.

Never attempt to take readings when you are wet after a shower/bath or sauna/steam room or after vigorous exercise.

## No Socks!

You will be reminded to take off your socks and shoes.

If you have very dry feet and in particular dry and cracked heels, the **Activ8lives** Body Analyser Smart Scales may not be able to take a reading. Try exfoliating your feet and take another reading. If this does not correct the situation a solution is outlined on the **Trouble Shooting** on [Page 30](#).



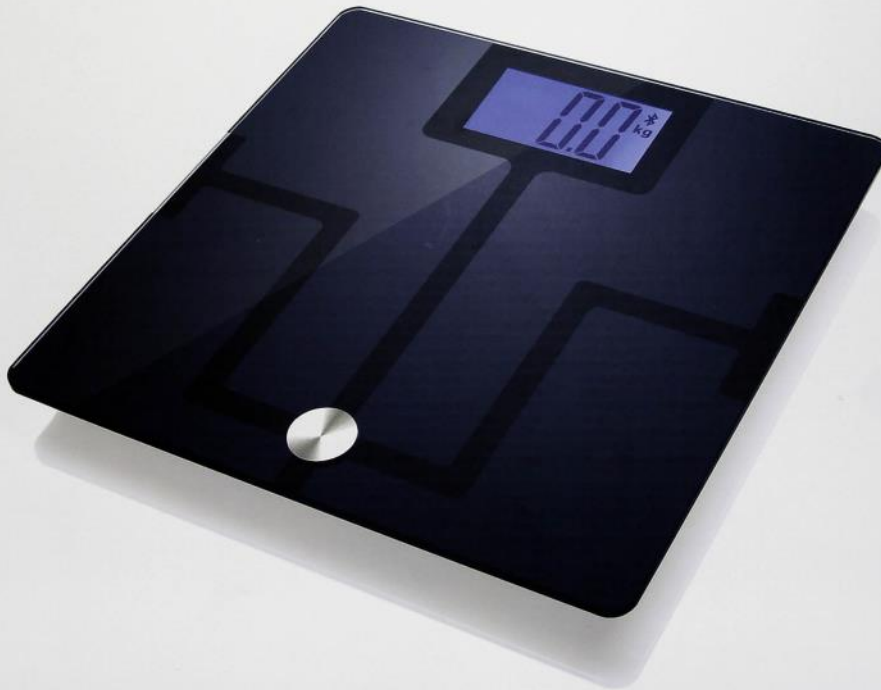


A8 Activ8rlives



# Body Analyser

Bluetooth Smart Scales



-  Weight (Kg/Lbs)
-  Muscle Mass
-  Body Fat
-  Visceral Fat
-  Bone Mass

In the box:  
1x Body Analyser  
4x AA Batteries  
1x Quick Start Guide



 **Bluetooth**  
SMART



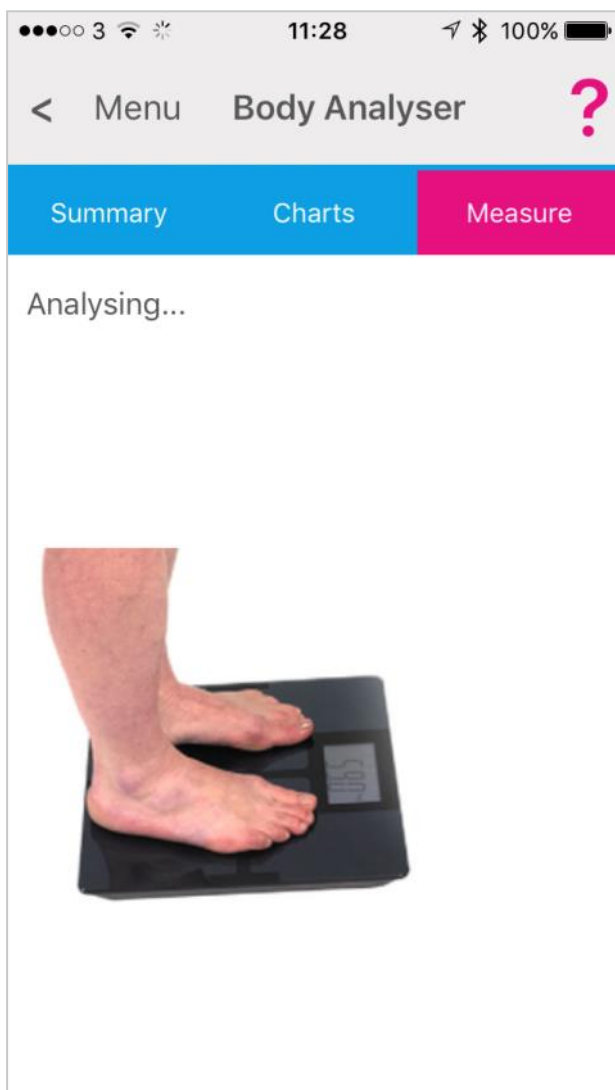
## Pairing Body Analyser

The **Activ8lives** Body Analyser Smart Scales now needs to be paired with your Smartphone or Tablet.

With the **Upload Devices** page open on your **Activ8lives<sup>4</sup> Wellness and Diary App** and when you are standing on the **Activ8lives** Body Analyser Smart Scales, the **Bluetooth symbol will flash**.

Once connection is made, the Bluetooth Symbol remains constant, and stops flashing.

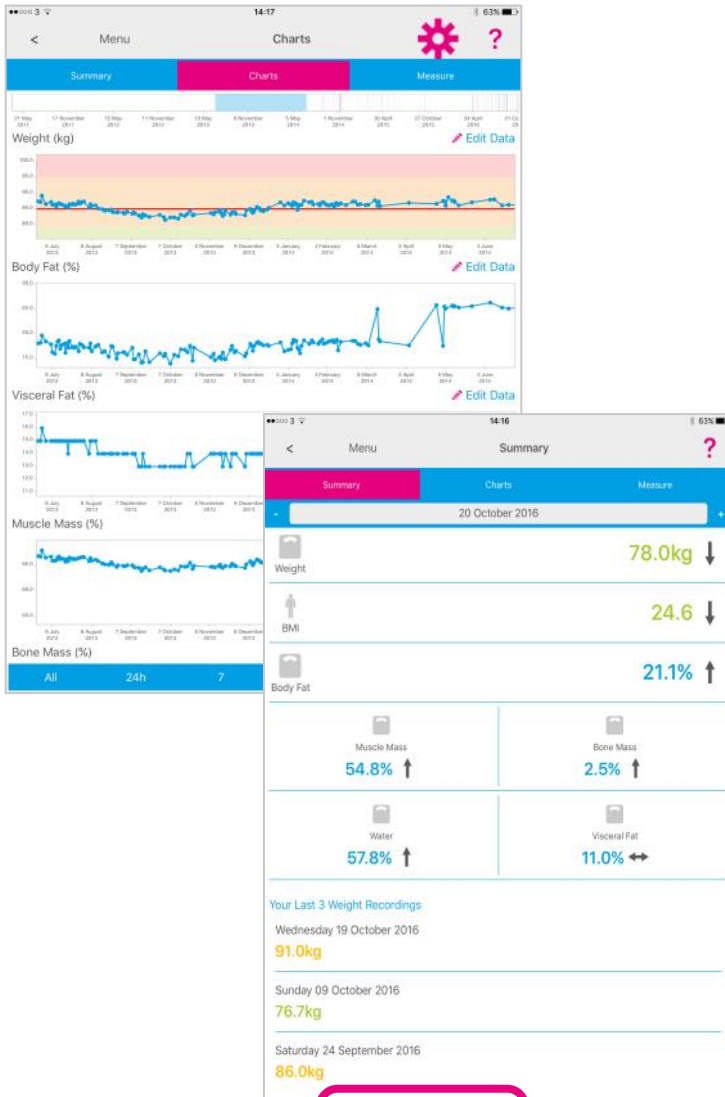
The **Activ8lives<sup>4</sup> Wellness and Diary App** is now talking with your **Activ8lives** Body Analyser Smart Scales.



## Taking a Reading

If the **Activ8lives<sup>4</sup> Wellness and Diary App** looks like this, it is taking a reading for you and the Display on the **Activ8lives** Body Analyser Smart Scales will count down from 0000 to 000 to 00 to 0 and then your reading will be displayed on the **Activ8lives<sup>4</sup> Wellness and Diary App**.

Full instructions and **Help** are also built into the **Activ8lives<sup>4</sup> Wellness and Diary App** to guide you through this recording process



## Viewing Data on Dashboard

Detailed data can be viewed from the **Activ8lives Dashboard** by selecting **Dashboard** from the **Menu**.

The reading from the **Activ8lives Body Analyser** will display the weight on the actual scales but will display on the **Activ8lives<sup>4</sup> Wellness and Diary App** as a more comprehensive set of measurements.

The example shown here gives:

Weight 78.0 kg (arrow shows fall)

BMI 24.6 (fall)

Body Fat 21.1% (rise)

Muscle 54.8% (rise)

Bone Mass 2.5% (rise)

Water 57.8% (rise)

Visceral Fat 11.0% (stayed same)

You will also see your last 3 readings, and they indicate with an arrow if these readings are rising, same or falling from the previous reading.

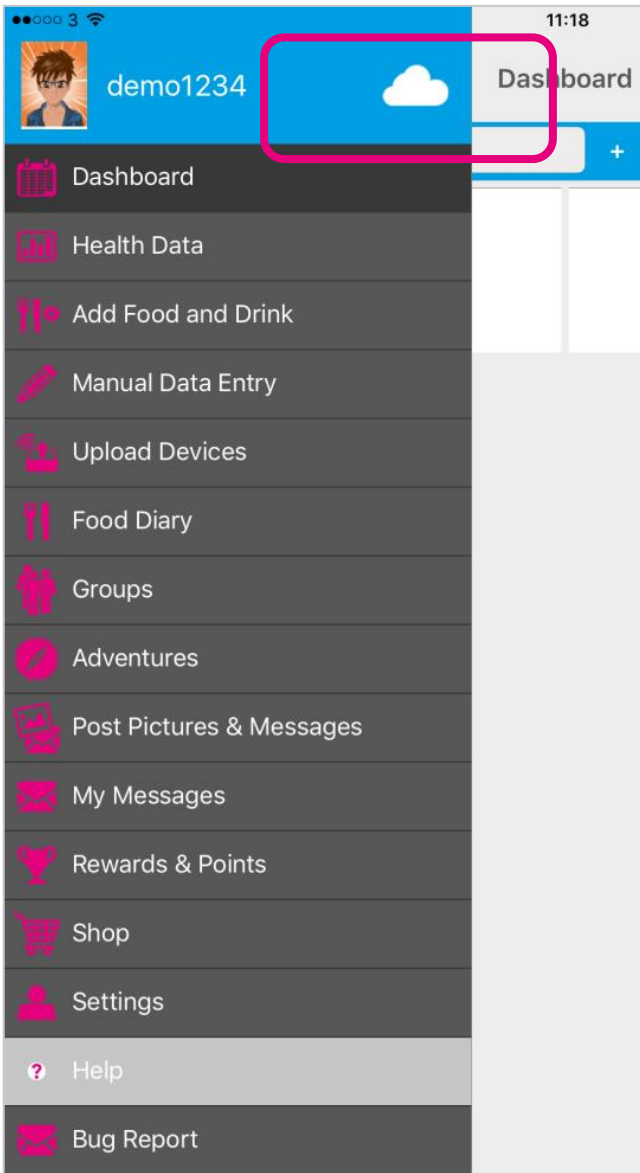
## Settings

Select and deselect using the **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 your other health parameters, and you begin to learn good behaviours or detect declining health.

**Colour coding** of parameters within normal (**Green**), alert (**Amber**) and out of parameter (**Red**) readings are easily seen on these graphs where the background colour indicates the population norms.



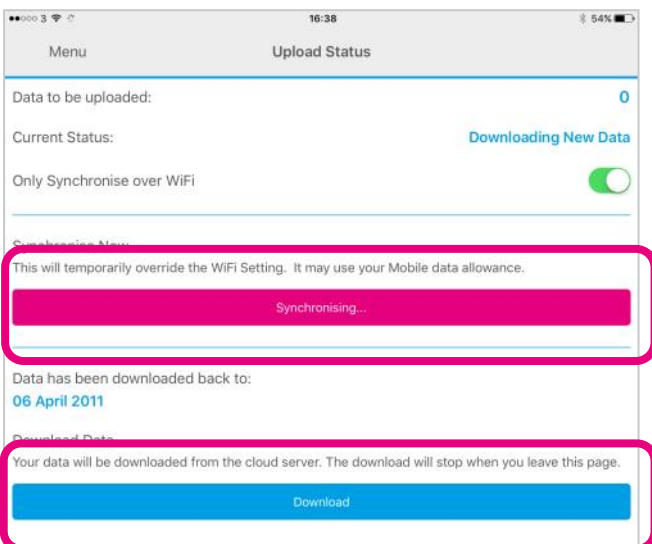


## Sending Your Data to Cloud

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 a Cellular network to upload the data. 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.

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



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.





## Viewing Your Data on Your PC or Mac Computer



To **Login** via the **Activ8lives** website, go to [www.activ8lives.com](http://www.activ8lives.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 **Activ8lives<sup>4</sup> Wellness and Diary App**.

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) 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 **Activ8lives 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 **Activ8lives** account using the same email and password that you use on one of **Activ8lives'** 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. Those in **Blue** do not have a normal range or target associated with them.

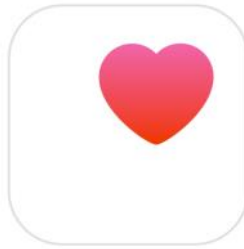
The screenshot shows the Activ8lives dashboard interface. At the top, there's a navigation bar with the Activ8lives logo and a 'Good Morning' greeting. Below this, there's a 'My Health Score' section with a 'View what NEWS chart' button. The main dashboard area is divided into several sections:

- Important Information:** A section with a red header and a message: "You have no active important messages."
- Group Messages:** A section with a red header and several messages from users, each with a 'Reply' button.
- Health Metrics:** A grid of cards displaying various health parameters:
  - Steps:** 10,520 (Green)
  - Calories:** 228 (Green)
  - Activity Duration:** 2h (Green)
  - Sleep duration:** 4m (Green)
  - Systolic Blood Pressure:** 119 (Green)
  - Diastolic Blood Pressure:** 65 (Green)
  - Pulse rate:** 82 (Green)
  - Body Temperature:** 37.4 (Green)
  - Room Temperature:** 38.1 (Green)
  - Oxygen:** 96 (Green)
  - Pulse rate:** 82 (Green)
  - WCC:** 5.3 (Green)
  - MCV:** 104.6 (Green)

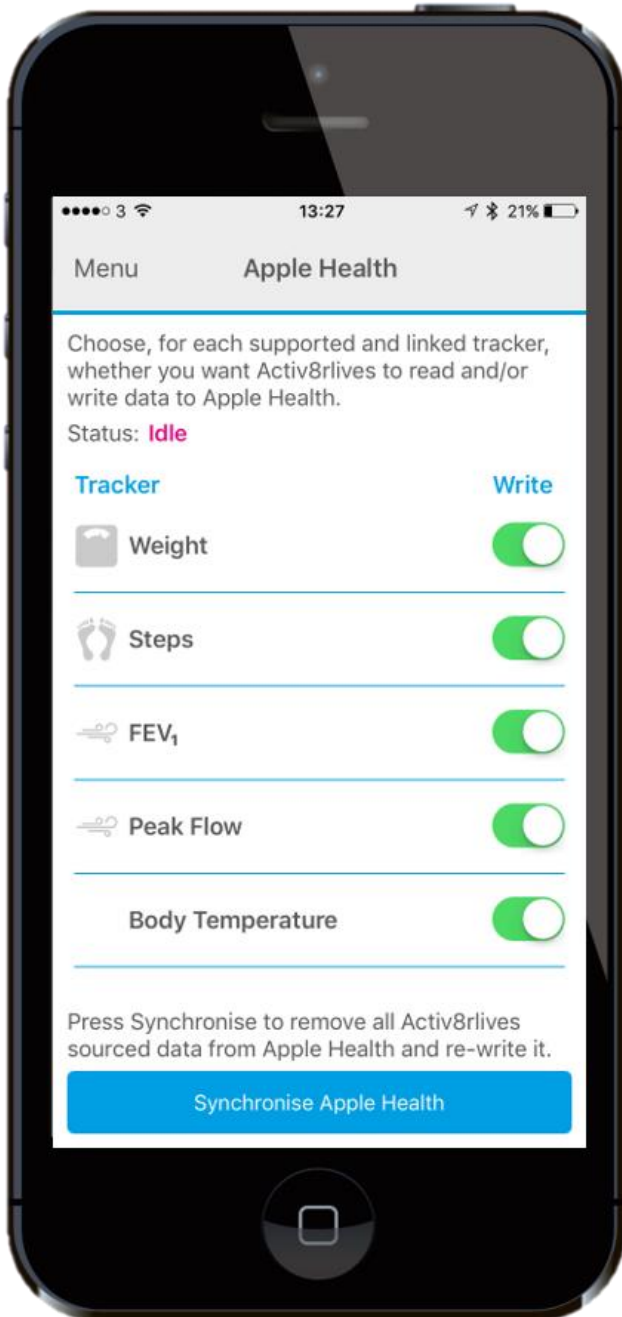
At the bottom right of the dashboard, there are three buttons: 'Simple', 'Advanced', and 'Expert', which allow users to switch between different dashboard layouts. The 'Simple' button is currently selected.

New Dashboard, where you can select to display your data in a Simple, Advanced or Expert way.

Above this is your NEWS score or vital health signs for some of our users self-monitoring their long-term respiratory health.



Health



## Apple Health (HealthKit) Integration

Included in the **Activ8lives<sup>4</sup> Wellness and Diary App** is the ability to allow users to record data from **Activ8lives'** 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 (iOS 10 or above) you can download the **Activ8lives<sup>4</sup> 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 **Activ8lives<sup>4</sup> Wellness and Diary App**.

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



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

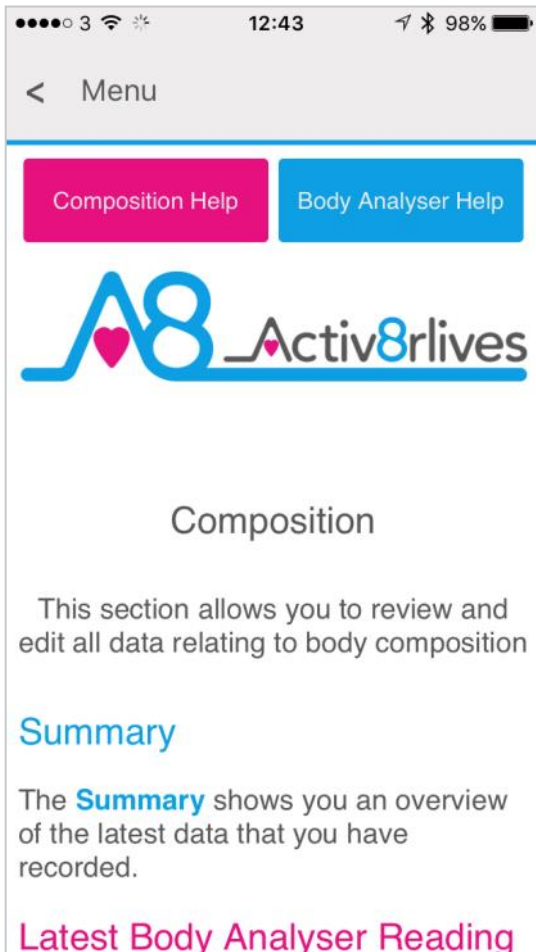
Website [www.Activ8lives.com](http://www.Activ8lives.com)



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



## Trouble Shooting **Activ8lives** Body Analyser



### Help Menu?

**Help** can be found on all pages of the **Activ8lives<sup>4</sup> 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 (iOS 10 or above, iPhone 5s & above, iPad 4 & above & Android 5.0 & above).

If the **Activ8lives** Body Analyser 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 **Activ8lives** Body Analyser Smart Scales, close the **Activ8lives<sup>4</sup> Wellness and Diary App** by logging out of the App and **Login** again.

### No Reading Recording

Check that the batteries are inserted in the correct orientation within the battery compartment or you may need to change the batteries as they may be completely exhausted.

### Activ8lives App Crashes

Close other Apps open on your smartphone or tablet, as these may be using too much memory to allow the **Activ8lives<sup>4</sup> Wellness and Diary App** to function fully.

### Dry Feet

To moisten the feet if you have dry and cracked heels, you can step from a moistened cloth (not wringing wet) onto the **Activ8lives** Body Analyser Smart Scales, Take care not to slip.

Individuals on certain medication will find this a useful tip to overcome the drying effect of their medication.

### 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.



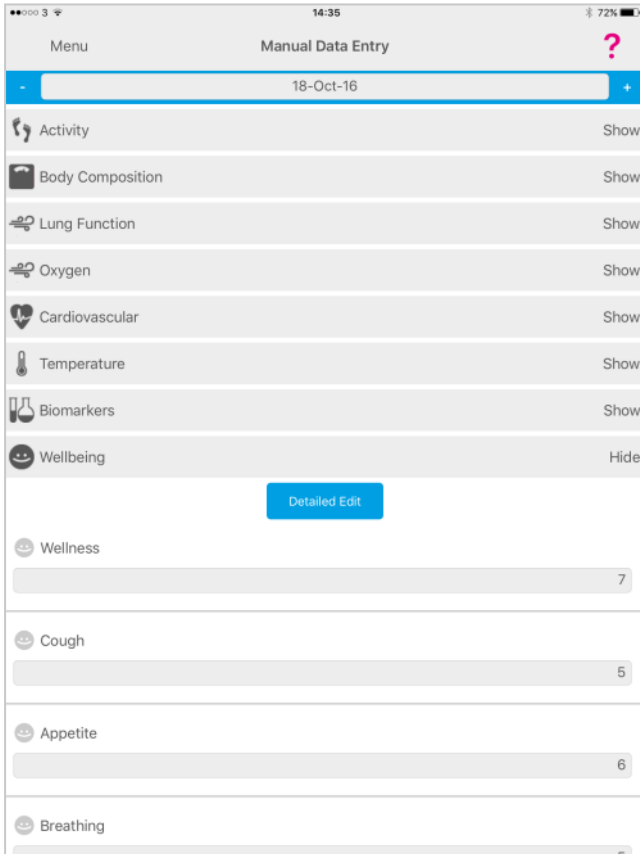


## Manual Data Entry

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.

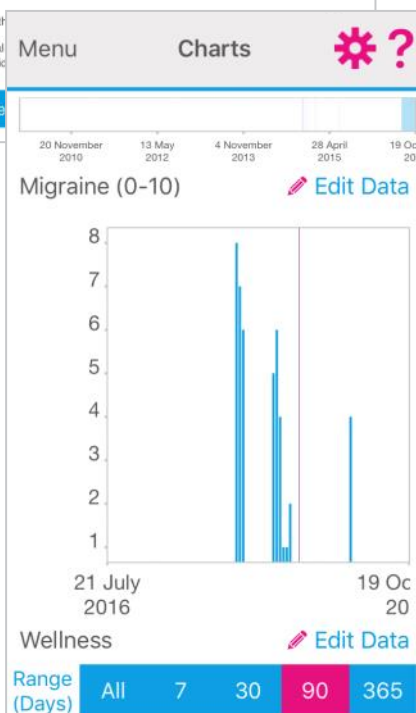
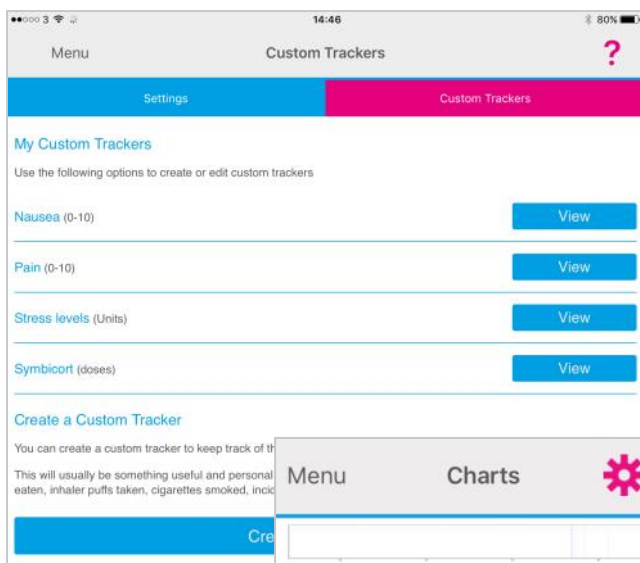


## Custom Trackers

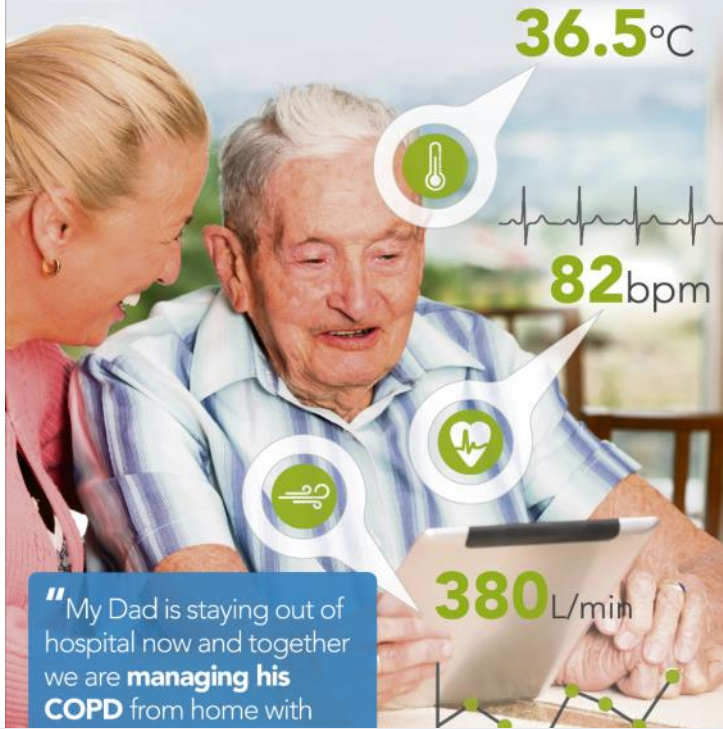
Some examples of **Custom Trackers** that can be created in the **Activ8lives<sup>4</sup> Wellness and Diary App** or on the website are shown on the left-hand side of this page.

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.

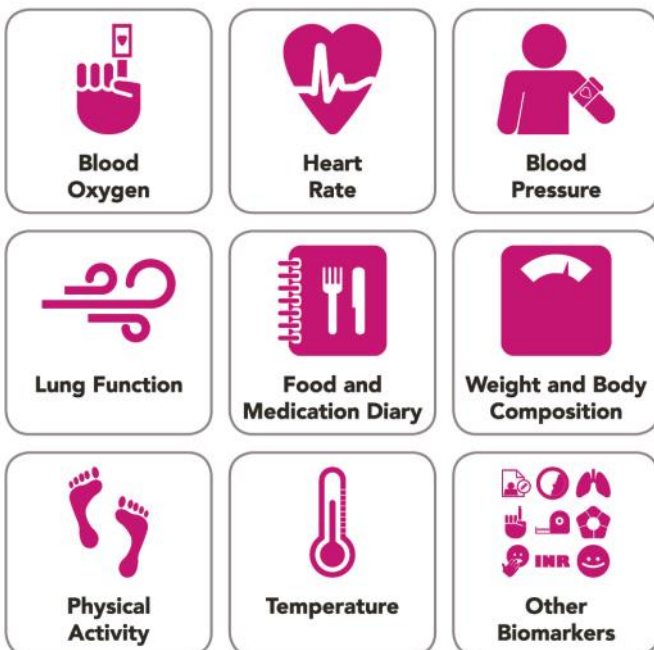
Such trackers might include: Smoking Cessation, migraines, cravings for chocolate, levels of pain, the choices are endless.



# Support your family's health



## Simple solutions for self-management



[www.activ8rlives.com](http://www.activ8rlives.com)



Find [Activ8rlives](#) products at

**SPIRIT BUY NOW**



**amazon**

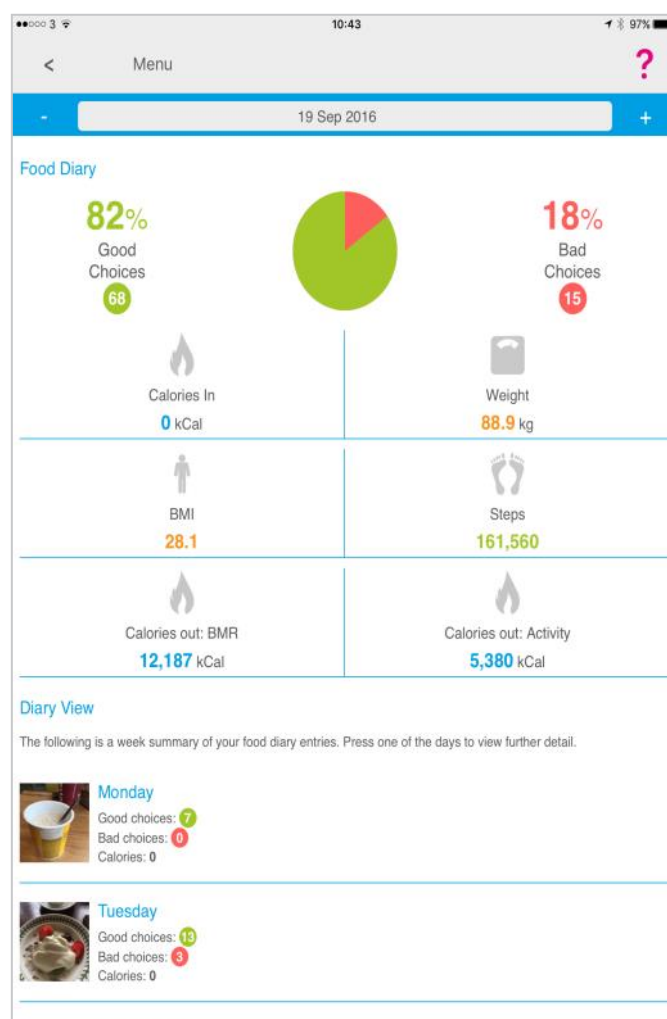
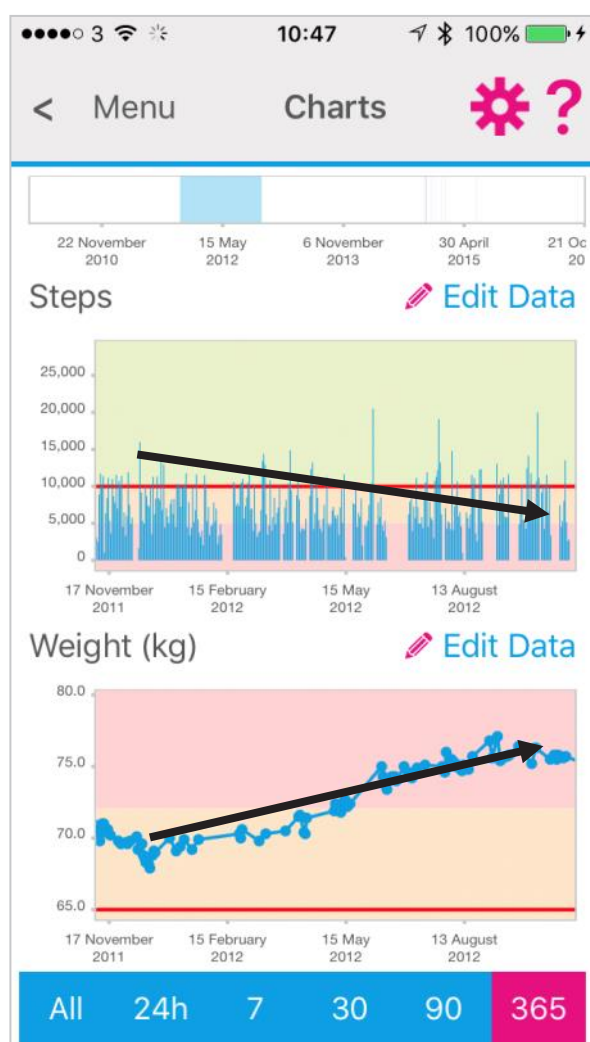
**ebay**

## Case Study

The relationship between physical activity, weight and food intake is seen in the data below. Note the period of decreased and inconsistent activity over the course of a year in the life of our volunteer and the resulting increase in weight.

Increased and consistent activity and diet management is able to bring both parameters back to near normal for this volunteer. Awareness allows for rapid adjustment in activity and food intake and lifestyle.

A Paper describing this in greater detail called: "Why you can't exercise away a bad diet" can be found in the Library section of [www.activ8lives.com](http://www.activ8lives.com)





# Body Analyser

## Bluetooth Smart Scales

### Specifications

Dimension (L x W X H)	325 x 325 x 291 mm
Weight	3Kg (including battery)
LCD Display	Back light. 94mm x 56mm
Weight units	kg, and lbs
Maximum weight measureable	180kg (400lbs)
Minimum weight measureable	5kg
Muscle % error	± 0.1%
Weight error	± 0.1kg
Fat % error	± 0.1%
Water % error	± 0.1%
Bone % error	± 0.1%
Age range	10-99
Height range	100-220 cm
Working temperature	10-40°C
Working humidity	20-90%
Power	4 x AA non-rechargeable batteries supplied





## 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** *Body Analyser Smart Scales* complies with the requirements of EMC Directive 2004/108/EC.





## Quick Guide to the **Activ8lives** Website Home Page

The screenshot shows the Activ8lives website home page. At the top, there's a navigation bar with the Activ8lives logo and a 'Good Afternoon' greeting. Below this, there's a 'My Health Score (NEWS)' section with a 'View your NEWS chart' button. To the right, there are icons for Heart Rate, SpO2, Nightly Eye BP, Temp, and Respiration. The main dashboard area is divided into several sections: 'Important Information' (no active messages), 'Group Messages' (with a message from 'Bernamary' and 'Apples'), and a grid of health metrics. The metrics include Steps (10,520), Weight (71.0 kg), Calories (228), BMI (29), Activity Duration (2h 4m), Sleep duration (07h 21m), Blood Pressure (119/65), Body Temperature (37.4°C), and Room Temperature (38.1°C). Each metric has a 'View Chart' and 'Add Data' link. The dashboard also features a 'Simple', 'Advanced', and 'Expert' layout selector. On the left, there's a sidebar with navigation links: Dashboard, Health Data, Food Diary, Groups & Messages, Caring, Adventures, Bulletins, Rewards, and Store.

**Activ8lives<sup>4</sup> Wellness and Diary App** is just the start of the self-monitoring experience. There is so much more to explore online at [www.activ8lives.com](http://www.activ8lives.com)

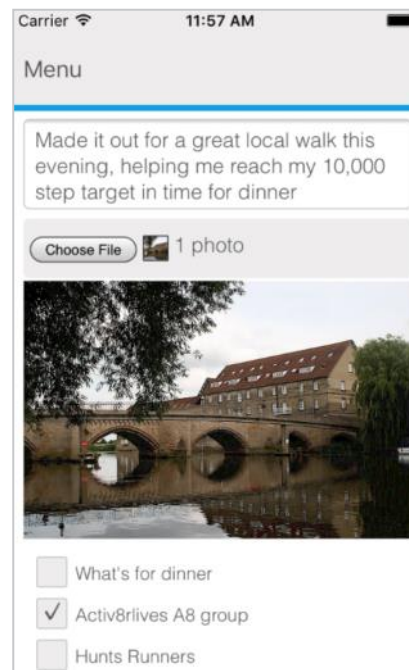
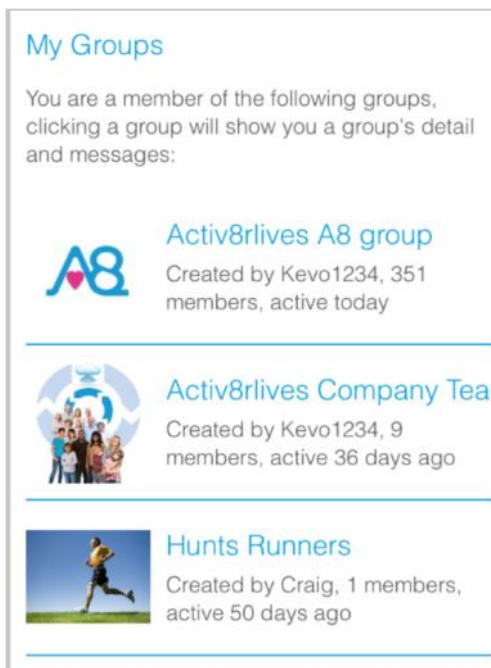
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 10 major sections:

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 **Activ8lives<sup>4</sup> Wellness and Diary App**.
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** 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.



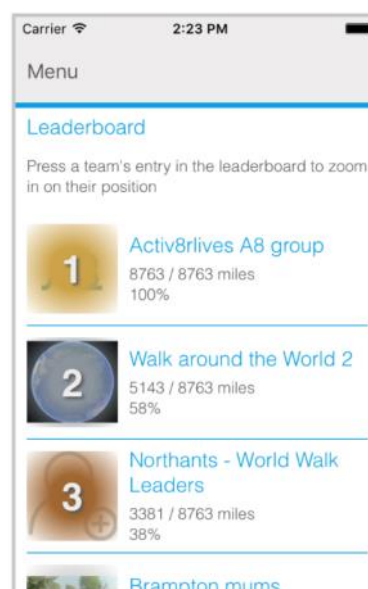
## Join a Group, Start Your Own and Keep in Touch!

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, [Activ8rives](#) 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](mailto:support@aseptika.com) and we will send you a real pin medal for you to wear with pride.

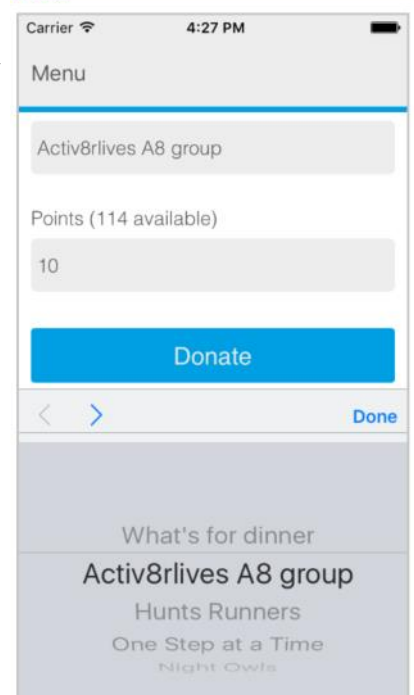
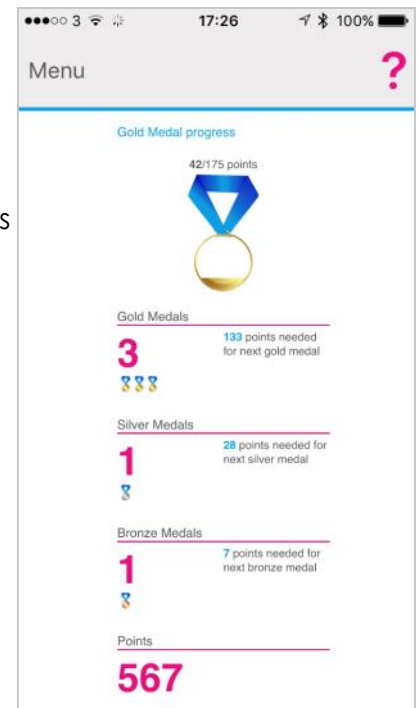


**Points** are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

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.





# Activ8rlives<sup>4</sup> Wellness & Food Diary App

iOS & Android App



Track your food and liquid intake using our photo-based free **Activ8rlives<sup>4</sup> 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 **Activ8rlives<sup>4</sup> 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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w: [www.activ8rlives.com](http://www.activ8rlives.com)

Award winning



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