

# Buddy Step Counter

Family Health



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

The **Buddy Step Counter** connects to PCs via USB to upload data to Activ8rlives.

It does not have Bluetooth capability.

Optional: View uploaded data with a 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.

Connection can also be made via these Apps with the POGO accessory sold separately.

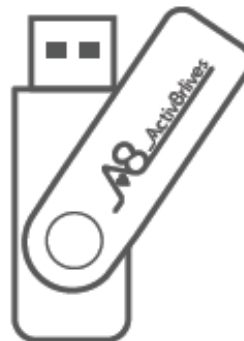
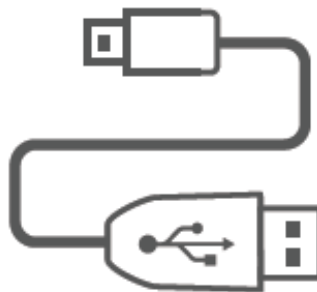
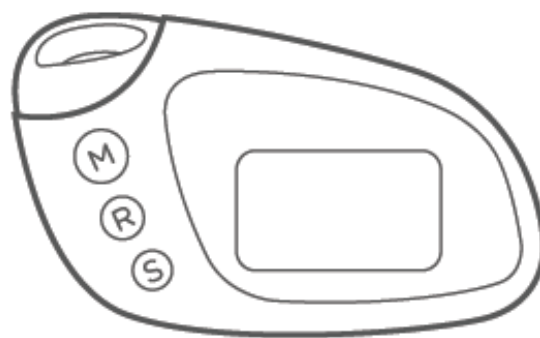
Now compatible with Apple Health App (HealthKit)



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

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DC: 5V 180mAh  
Made in China

## Quick Guide

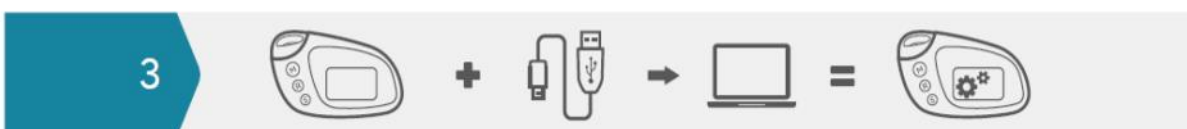


Please read this manual—will only take about 5 minutes!

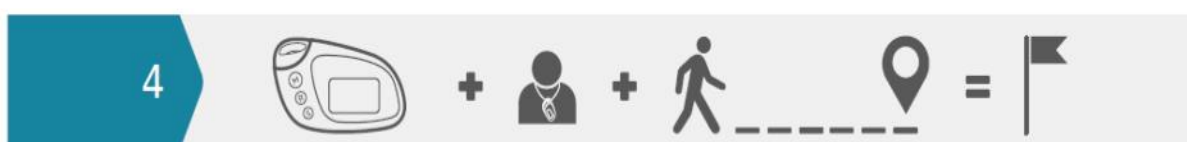


Connect the Buddy with the micro USB cable included using a port on your PC or a USB charger. Charge for 60 minutes. Rapid chargers are not recommended.

[Page 9.](#)



Following the instruction in this guide, go to [www.activ8lives.com](http://www.activ8lives.com) and register as a new users. Enter your information. At the end of registration you will be asked to download and install the SERVICE LINK software. This connects your Buddy to your Activ8lives account. It also automatically sets-up your Buddy for you. Or you can set-up manually. [Page 27.](#)



Wear your Buddy around your neck (or arm or ankle if cycling using the ankle/ arm strap accessory).

NOTE: The Buddy has a 10 step “buffer”. You need to walk **10 STEPS BEFORE IT STARTS COUNTING AT STEP 11**. This is to make it more accurate by eliminating random bumps and knocks in daily life. If unsure about how accurate the Buddy is, just hold it in front of you and start walking!



Open the SERVICE LINK on your desktop, connect Buddy to upload to your Activ8lives account. [Page 22.](#)

**Any problems call us 7 days a week! +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](http://www.activ8lives.com)

# Buddy Step Counter



## Introduction

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 **Activ8rives** Buddy Step Counter is a simple electronic wearable device, which allows you to monitor your physical activity and energy expenditure—especially useful as part of an exercise schedule, overall health and wellbeing or weight loss programme.

It sends information to your free **Activ8rives** account via a USB connection with your PC. 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. **Activ8rives** is designed to help you achieve this.

The **Activ8rives** Buddy Step Counter does a lot more than just count your steps—it helps you understand how your activity changes throughout the week. It measures your activity and calculates your energy expenditure in calories, the distance you have walked or run and the total active time during each day.

When you view your data with either the **Activ8rives** website or App, this device will help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your **Activ8rives** Buddy Step Counter — it will take just 5 minutes if you follow this guide through.

Included is the latest **Activ8rives Smartphone App for Health Monitoring and Food Diary**, which tracks your food intake via our photo-based Food Diary and these images are sent directly to your **Activ8rives** account. This latest addition allows users to record data from Activ8rives' growing range of consumer-focused health monitors and store these data in both the **Activ8rives** web-servers and Apple's Health App (HealthKit) on iPhones to share with data from other health-related Apps.

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

## Health and Safety Notices

**WARNINGS:** The **Activ8lives Buddy Step Counter** is **NOT waterproof**. Do not submerge it in water.

**Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.**

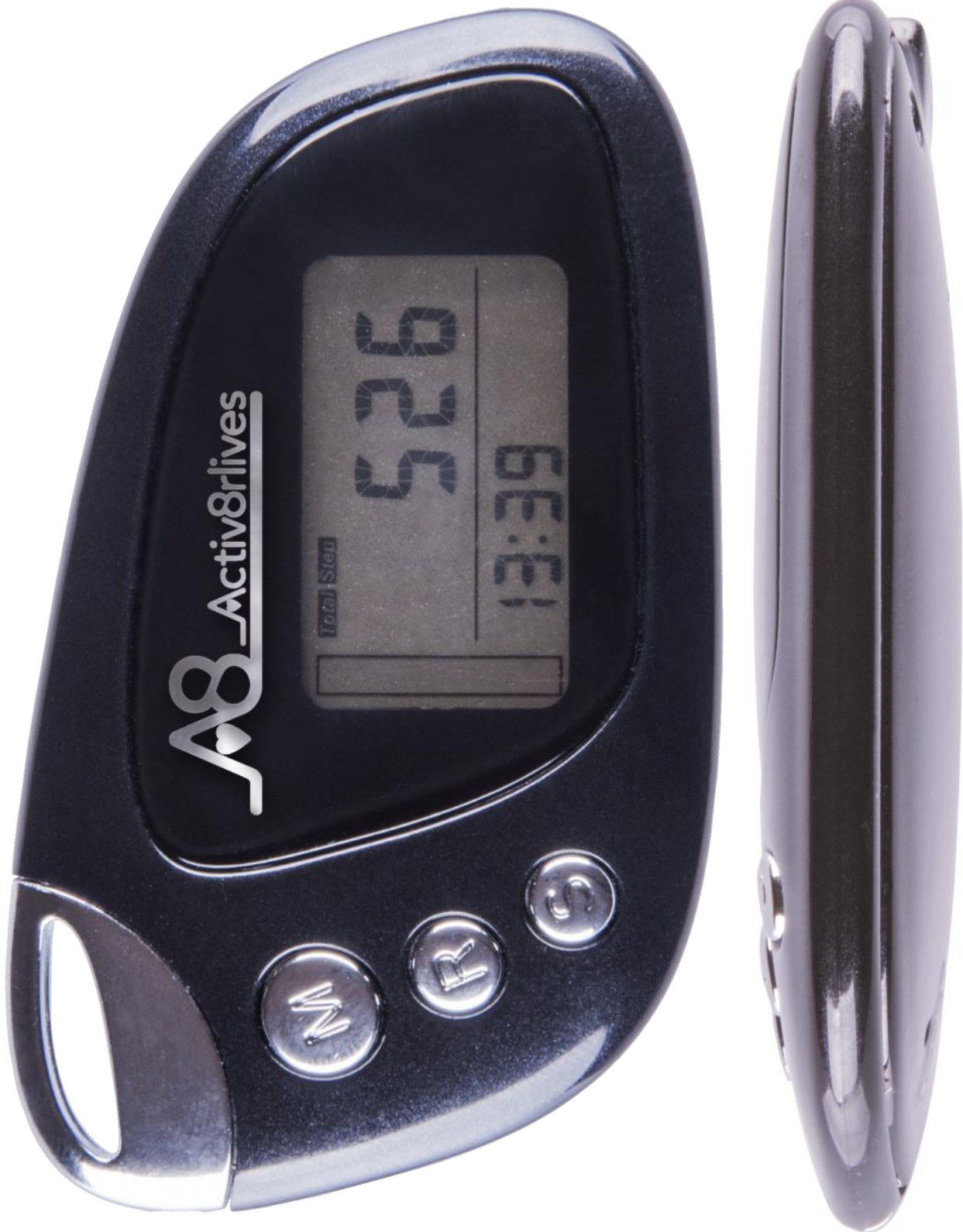
- This device is not a toy. Only recommended for children over 6 years of age.
- Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8lives Buddy Step Counter**. Don't allow sharp objects to scratch the screen of the **LCD Display** as this may damage it.
- Do not allow your **Activ8lives Buddy Step Counter** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8lives Buddy Step Counter** from working properly. Don't expose your **Activ8lives Buddy Step Counter** to direct sunlight for long periods of time.
- 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. There are no user serviceable parts.
- The **Activ8lives Buddy Step Counter** contains a rechargeable Lithium battery. It takes about 60 minutes to charge and with typical use, will last 3 months before recharging is required.
- Only use the certified Micro USB Charging Cable supplied. **Avoid rapid chargers** as these decrease the life time of your rechargeable battery. The typical lifetime of a rechargeable battery is 200-300 charges.
- If you are planning to store the device for a long period of time charge it first before storage.
- 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 Buddy Step Counter** 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 Instruction Manual are subject to change without notice.
- Contact **Activ8lives** if your *Buddy Step Counter* does not work properly.

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

## Your **Activ8rlives** Buddy Step Counter

Your **Activ8rlives** Buddy Step Counter has several parts, the **LCD DISPLAY**, **BUTTONS**, **USB** Port. It is also supplied with a Micro USB Charging Cable and Neck Lanyard Connector with break-away closure for safety. The **Activ8rlives** Buddy Step Counter has a rechargeable lithium battery, which cannot be removed. There are no user-serviceable parts and opening the case will void your warranty.





## Charging your **Activ8rlives** Buddy Step Counter

Your **Activ8rlives** Buddy Step Counter has a 180mAh rechargeable lithium battery. It takes about an hour to charge with a Micro USB Charging Cable supplied.

Before you begin to count your steps, please charge the unit fully.

You can do this by connecting the **Activ8rlives** Buddy Step Counter to the USB port of a PC or Laptop.

If the **Activ8rlives** Buddy Step Counter is running low on power, the **LOW BATTERY** warning symbol will appear on the LCD screen.



Micro USB Port



Connect the USB cable provided to the Micro USB Port of the Buddy Step Counter. Plug the other end (flat end) into a USB port of your PC.



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



## How does the **Activ8lives** Buddy Step Counter work?

Now to use your **Activ8lives** Buddy Step Counter! Attach your *Buddy Step Counter* to the lanyard, hang it around your neck, wear it in your sock or in our Arm/Ankle strap accessory when you are cycling (optional extra). Around the neck gives the most accurate count if you wear it all day. Pockets are not great for step counters—we forget about them and they end-up in washing machines. Also the **BUTTONS** get pressed and reset, and for these reasons it is recommended that you **DO NOT** wear your **Activ8lives** Buddy Step Counter in your pocket.

The **Activ8lives** Buddy Step Counter has a 3-axis accelerometer chip and a microprocessor, which measures how you move (accelerate) in three dimensions and it uses this information to calculate the number of steps you take.

**You will notice that the display does not always update as you move.** It has a 10 step filter to eliminate inaccuracies due to non activity-related movement and bumps and the screen may even go blank. It has an eco-friendly sleep mode to make the battery last longer but will wake up and update from time-to-time or if you continue moving. It also records how much time you spend exercising. Useful as part of a rehabilitation programme and it is very accurate.

If you hold the **Activ8lives** Buddy Step Counter in your hand as you walk, you will see just how accurately it can “sense” your steps and starts counting these after you have taken 10 consecutive steps.

Another ability of the **Activ8lives** Buddy Step Counter is that it will count and store your steps for your last 7 days so that you can upload these at a later time in the week.

Calories are calculated based on your stride length and your weight. The values are approximate but gives you a useful indication of how much effort it takes to burn off the food you have eaten. You will be able to measure how much physical effort it takes to burn-off even 200-300 Kcal—talk about an incentive to reduce your intake of “junk” calories (a chocolate muffin at Starbucks is 500 calories—that takes a lot of walking to burn this snack off!)

Again, an approximate distance value is calculated for you based on your steps and your average stride length. This is useful for estimating how far you walk at work or at school, for example.

Steps, distance, calories and activity time are all saved to your **Activ8lives** Buddy Step Counter and can be uploaded to your personal **Activ8lives** account. This is covered in later sections.



## Getting Started with the PC Setup

This guide will instruct you how to:



Install the **Activ8lives Service Link** to your computer or PC;



Instruct you how to operate, use and take care of your **Activ8lives Buddy Step Counter** and connect to your computer or PC; and



How to view your data in your **Activ8lives** account via your computer or PC.

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to measure your physical activity and view your data.



See our **Activ8lives** Set-Up videos on YouTube

<http://bit.ly/Activ8lives>



## Set-up for Windows or Apple Computers via USB Connection

### Getting your computer up-to-date.....

The **Activ8lives Service Link** is designed to run on Windows 7, 8 and 10 and Apple's Leopard, Snow Leopard, Lion and later versions of its Apple (OSX).

It is strongly recommended that before you install the **Activ8lives Service Link** that you bring your computer's operating system **fully up-to-date** with the latest version of its operating system. You will need an internet connection throughout.

PCs running Microsoft's Windows: Navigate to **Windows UPDATE** in the Control Panel. From there, and depending on the version of the Windows operating system, you can install all of the updates required to make your system current.

This is good practice for all Windows PC users and will make the installation and operation of the **SERVICE LINK** a great deal easier for you if a little time is spent doing this before proceeding.

A special note for Windows XP users. We all loved XP—it was stable and simple—but it has now been left behind by the developers at Microsoft and is no longer supported. You will need to upgrade your operating system:

- But if you are running XP, it must be updated to at least **Service Pack 2**. This free upgrade can be found on the Microsoft support pages. With Windows XP, go to your Start Button (bottom left) and to WINDOWS UPDATE to automatically update your system.

Once you have got your Windows PC up-to-date, we can get started. Worth spending the time doing this though—as it is good practice and keeps your PC in good working order.

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## Creating a FREE **Activ8lives** Account using your PC

You can use the great online facility we have created to help you work in groups, to increase your motivation and to help you achieve your goals.

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

Joining is **FREE FOR LIFE.**

To create your **Activ8lives** account, go to our website: [www.activ8lives.com](http://www.activ8lives.com) and select the **New User** button, which appears on the homepage. If you already have an account, select **User Login** from the top menu bar to open your account.



When you choose the **New User** link, you will be presented with a series of screens that will take you through the registration process and will also give you valuable information about your health status.



## Register for Your **Activ8lives** Account

Some basic details are needed for the calculations used for your Body Mass Index (BMI), the calories you use and the distances you walk.

You can create your own target values for steps and weight to. **Activ8lives** will help you to understand whether your activity levels and weight are in the “healthy” zones. Throughout our website and App, we use the Traffic Light system of colours to denote the health of the parameter:s **Green = Healthy or within normal range**; **Amber = Unsatisfactory and moving out of normal range**; and **Red = Unhealthy and out of normal range**. Simply follow along as the software guides you.

Stride length: a simple way to calculate your stride length is presented on [Page 32](#). A default of 60cm (24 inches) is a pretty good setting for most average sized adults.

If you also track your lung and heart health, there is a screen in which you can enter these details. You can skip these sections if you do not track your heart rate, oxygen saturation, Peak Flow or Forced Expiratory Volume at 1 second (FEV<sub>1</sub>).

The screenshot shows the registration form for Activ8lives. The header includes the logo and 'Personal Login' link. The main heading is 'First, tell us the basics'. The form contains the following fields:

- Your Gender: Radio buttons for Male, Female, and a question mark icon.
- Your Height: A text input field followed by radio buttons for cm, in, and ft/in.
- Your Weight: A text input field followed by radio buttons for kg, lb, and stone.
- Unit Preference: Radio buttons for Metric and Imperial.
- Your Date of Birth: Three dropdown menus for day (1), month (January), and year (1900).

Below the form is a section titled 'Basic Details' with explanatory text: 'Many health parameters, such as BMI, are calculated using age, gender, height and weight. We need to know these parameters for everyone that registers. You can change these settings at any time once registered.' A blue 'Next' button is located at the bottom left of the form area.



## Your Targets

During the Registration process you can set your targets for steps, weight and lung function in the Registration Form online.

Make your targets achievable and realistic for your current level of fitness. These individual targets can easily be changed should you find that you have set your goals too low. We also suggest making small changes to your lifestyle habits and building up to more challenging targets as your level of fitness changes with time.

Once you have worked through the Registration process on the website, you can review and edit your details and parameters used to programme the **Activ8lives Buddy Step Counter** in **My Account** tab at the bottom of the left-hand menu.

The screenshot shows a web interface for 'A8 Activ8lives'. The page title is 'Your Weight and BMI'. It prompts the user to 'Set target weight for a healthy BMI' and notes that '(19-25 is a healthy BMI)'. The interface displays two rows of data: 'Current weight' at 68 kg (with a scale icon) and 'Current BMI' at 28.3 (with five person icons, the fourth being orange); and 'Target weight' at 52.3 kg (with a scale icon) and 'Target BMI' at 21.75 (with five person icons, the third being green). Below this is a horizontal slider with a person icon on the left and a circular handle, used to adjust weight and BMI. A 'Next' button is at the bottom left.

**A8 Activ8lives**

Personal Login

### Your Weight and BMI

Set target weight for a healthy BMI  
(19-25 is a healthy BMI)

Category	Value
Current weight	68 kg
Current BMI	28.3
Target weight	52.3 kg
Target BMI	21.75

Move the slider to see how your BMI varies with weight. Leave the slider at the weight you'd like to be

Next



## Completing Your Registration

To complete the Registration for your **Activ8lives** Account, add the correct details for yourself by following the instructions on the web Registration form.

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.

**Note:** 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.

## Your Health Data Dashboard

You have the choice of using either the **'Simple'**, **'Advanced'** or **'Expert'** dashboard settings by selecting the buttons in the top right-hand corner of the website to switch between increasingly complex dashboard layouts.

The **Advanced Dashboard** provides you with a view of more Health parameters than the **Simple** view. This may be useful for those individuals who are looking at track their health holistically or have a long-term health condition(s) they are self-managing from home. 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.

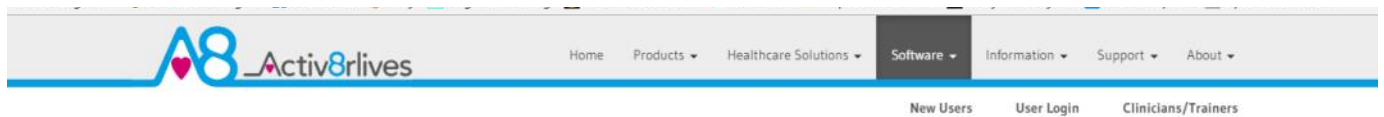
The screenshot shows the Activ8lives Health Data Dashboard in 'Expert' view. The top navigation bar includes 'Simple', 'Advanced', and 'Expert' buttons, with 'Expert' circled in pink. The dashboard displays the following data:

- Steps:** 10,520 (Green)
- Weight:** 71.0 kg (Amber)
- Calories:** 228 kcal (Green)
- BMI:** 29 (Amber)
- Blood Pressure:** 119/65 (Green)
- Body Temperature:** 37.4°C (Green)
- Room Temperature:** 38.1°C (Green)
- Activity Duration:** 2h 4m
- Sleep duration:** 07h 21m
- BMR:** 1,311
- Fat Percentage:** 45.1%
- Muscle Percentage:** 39.5%
- Bone Mass:** 2.2%
- Visceral Fat:** 12%
- Water:** +%



## Downloading Service Link via Internet to your PC

The **Service Link** is a small software programme, which we use to upload and download information to and from devices.



### Software for Windows and Mac PCs



#### Service Link for PC & Mac

You must install this software on your PC to be able to upload information from your device.

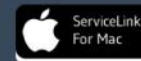
#### Windows PC (7, 8 and 10)

This is the software you need to download if you have a PC and either a Personal or Buddy Step Counter or a set of Body Analyser scales (v2.10).



#### MAC (Leopard, Snow leopard, Lion, Yosemite and El Capitan)

This is the software you need to download if you have a MAC and either a Personal or Buddy Step Counter or a set of Body Analyser scales (v2.10).



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Body Analyser  
Blood Pressure Monitor  
Pulse Oximeter  
Pulse Oximeter2

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Clinical Trials  
Corporate Wellness

#### Software

Smartphone Apps  
Software for Windows and Mac PCs  
Wellness Check

#### Information

Why it works  
Case Studies  
Data Collected  
Demo Videos On YouTube  
Articles  
Groups & Rewards



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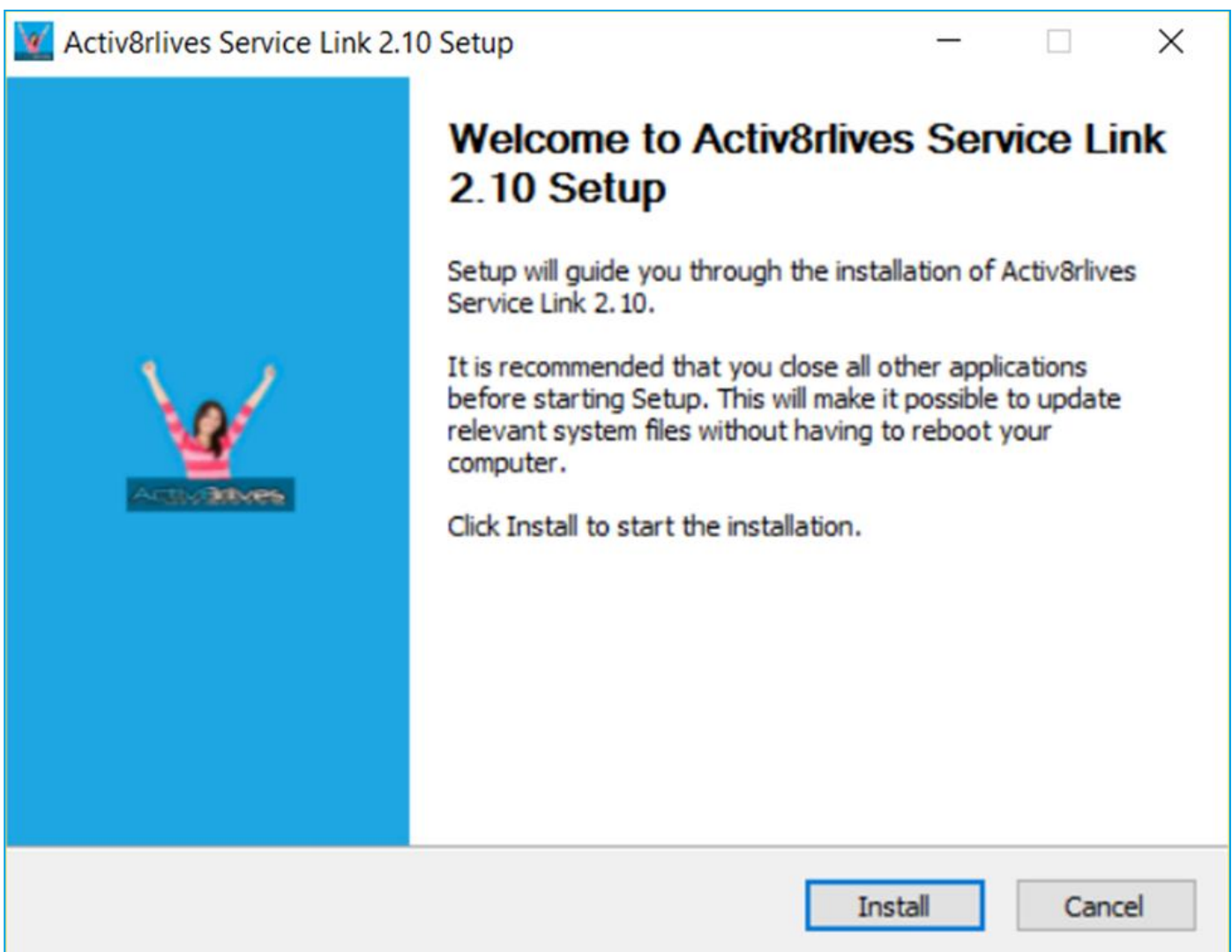


## Update Your Computer

**Note:** Do make sure that your computer is up-to-date with all its operating updates, either Windows or OSX before you start the process to install the **Service Link** Software.

To install the **Service Link** Software, click on the link for the **Service Link**. This will initiate the installation process. Depending on the antivirus protection software you have, our software may trigger various messages and warning about installing software.

Please go ahead and install the software—it has no viruses and there is no malware embedded within it. Click **Next** to proceed with the installation.



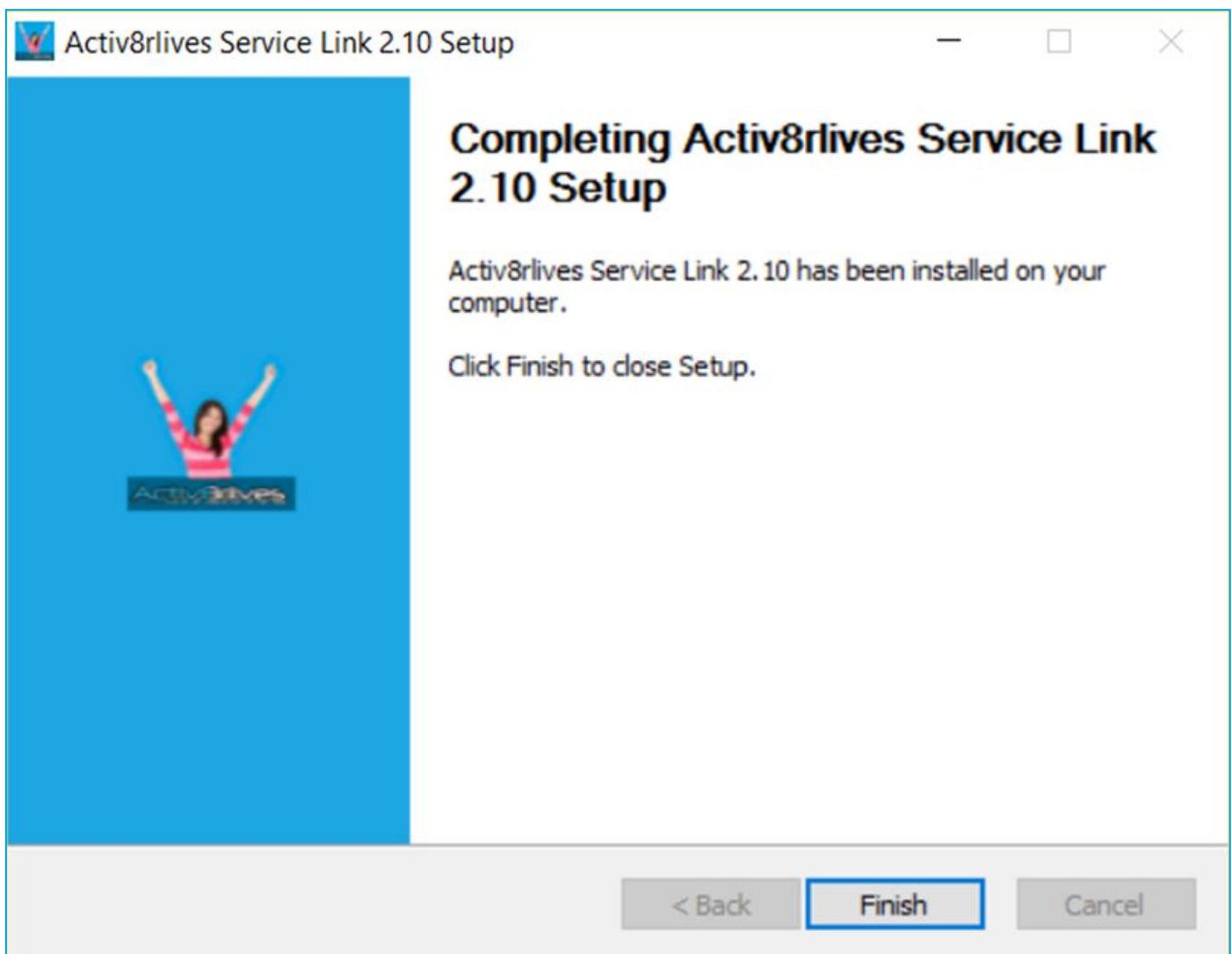
1



## Downloading Service Link to your PC

Once the installation process has been started, the software will automatically install all of the services you need to run it and to download data from any of our devices: the **Activ8lives Buddy Step Counter** USB. Just work through the installation Wizard and the software will do everything for you.

**It may take a few minutes. Please be patient - allow the auto-installation process to work. At times it may seem as if nothing is happening but watch for the processor light on your computer to see that the software is busy being installed.**



This **Service Link** Software icon will sit on the desktop of your PC and when you want to upload your data from your **Activ8lives Buddy Step Counter** you will need to double click to open the software programme.

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## Downloading the Service Link



### For Windows Vista

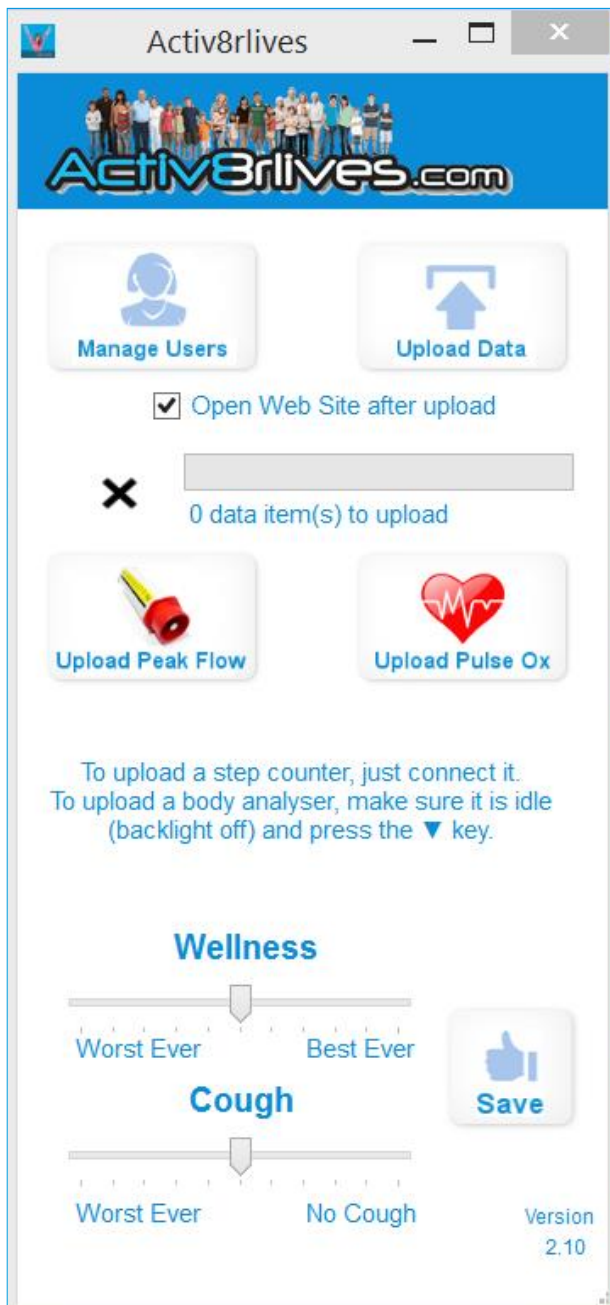
Windows Vista has its own set of oddities, which were removed when Microsoft brought out its successors, Windows 7, 8 and Windows 10. If you are still using Vista, there are some changes which may have to be made to enable you to edit users.

1. First, go to the Start Menu and select Control Panel.
2. Next, choose to see the options in the "Classic View."
3. Open the page called Users.
4. There is an option which is generally checked (selected) called "Turn User Account Control on or off."
5. This takes you to another window, where you simply untick the checkbox to disable UAC.

**Once completed, Reboot your Windows or Apple PC for these changes to take effect.**



## Using the Service Link on Your Computer



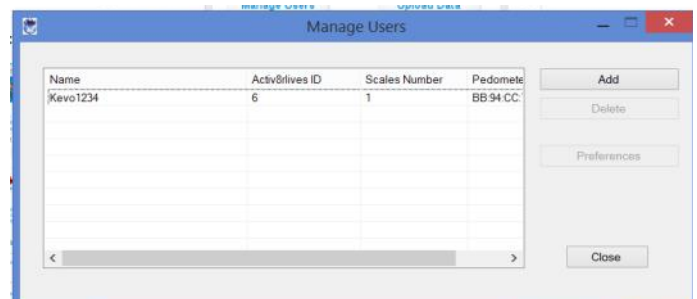
Once you have downloaded the **Service Link**, you must link it to your Account on **Activ8lives**.

Open the software icon that will be in your programmes or on your desktop.

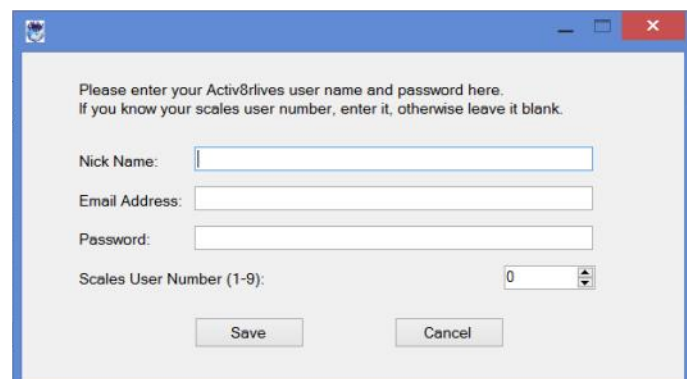
Here, you can connect various devices and you can also record your Wellness and severity of Cough as part of your respiratory health if you wish.

### Connecting to your **Activ8lives** Account.

Click on **MANAGE USERS** to display the window below.



Click on **ADD** and enter your **Nickname** (screen name), **USERNAME** and **PASSWORD**. This connects you to your account via your PC.





## Uploading Your Data via Service Link on your Computer



Connect the **Activ8lives** Buddy Step Counter to your Windows or Apple PC using the Micro USB Charging Cable provided.

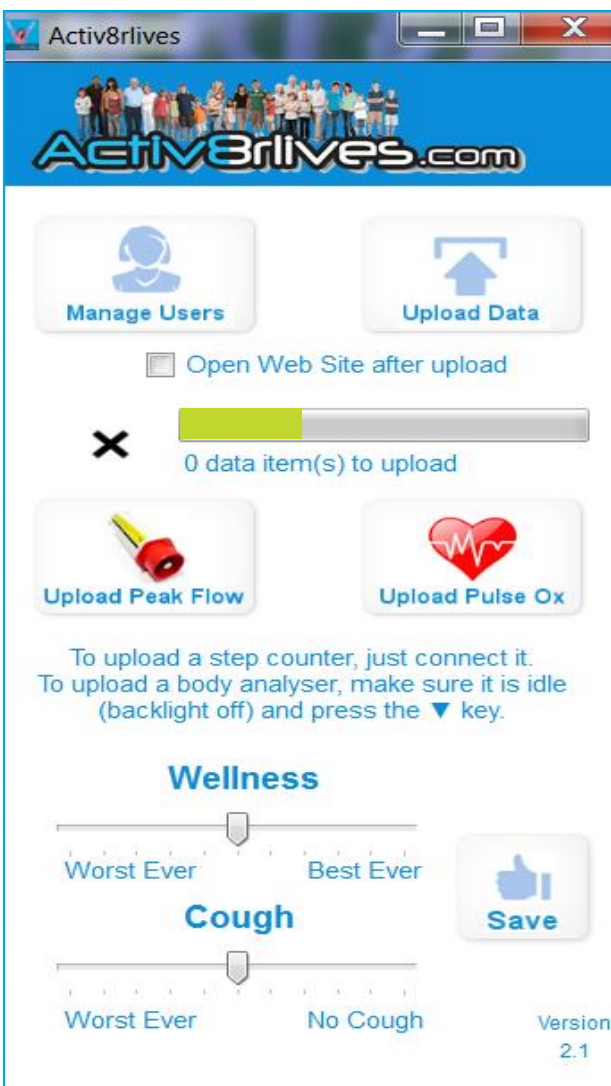
Open the **Service Link** software that can be located on the desktop of your computer.

The **Service Link** software programmes your **Activ8lives** Buddy Step Counter with the current time, and your personal data such as your weight, stride length, and even your preference for metric or imperial units. This all takes place in seconds.

The **Service Link** will recognise the **Activ8lives** Buddy Step Counter but in case you will need to click the mouse on the **SAVE DATA** button. It will prompt you to "Choose the person who uses this Pedometer" and you can select your **Nickname** or **Add a User** if this is the first time you are uploading your data. The uploading of data is shown on the progress bar and you can disconnect the USB and device once this has been completed.

We recommend uploading your data at regular intervals throughout the week to prevent loss of data due to damage or resetting of your **Activ8lives** Buddy Step Counter or in case you lose it.

All you have to do from now on is plug the USB device into your PC with the **Service Link** open (an internet connection is required) to upload your data to your account on **Activ8lives**.



### Two ways to View your Data

Windows or  
Apple OSX  
Computer via  
USB connection



OR

Smartphone or  
Tablet using the  
**Activ8rlives**  
App





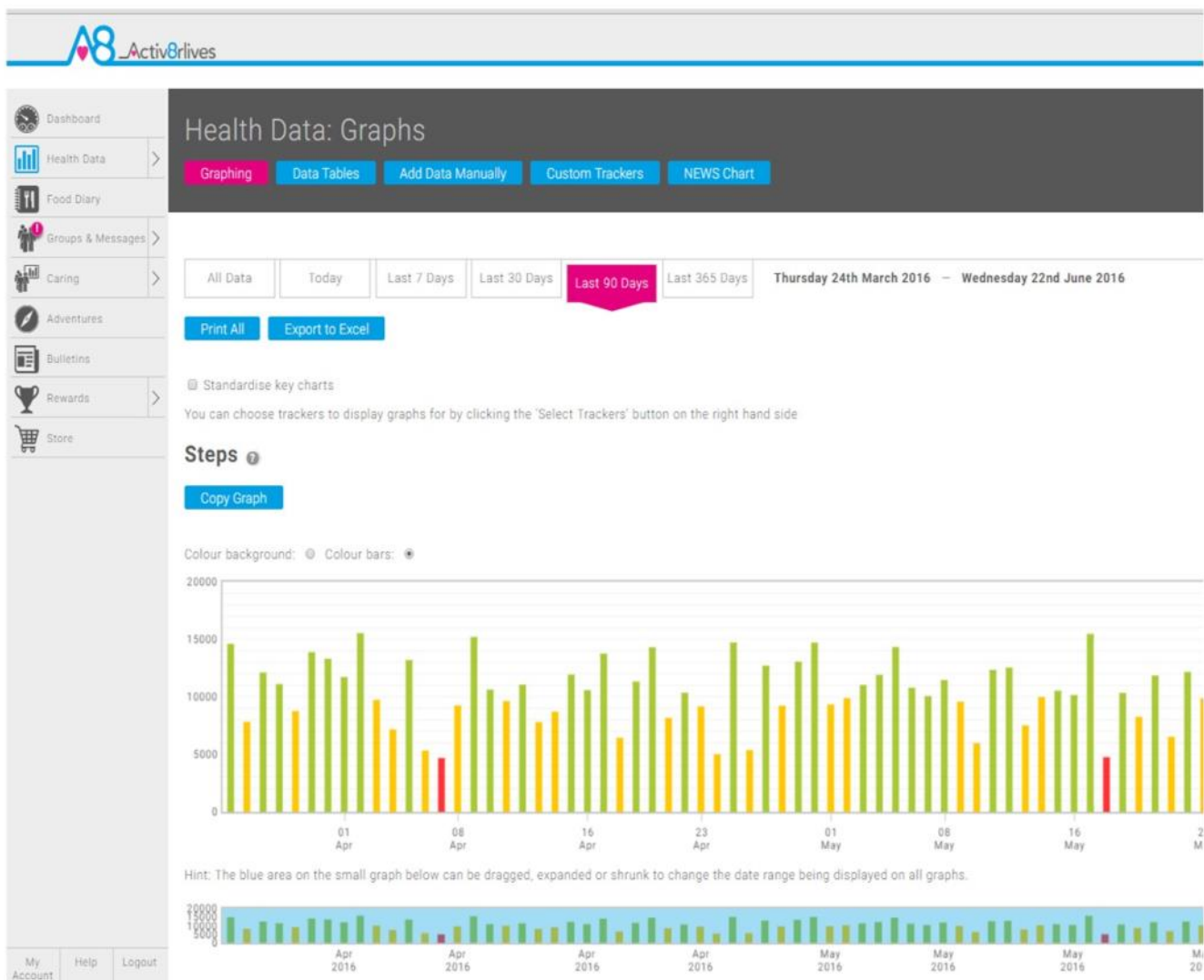
## Viewing your Data on your Computer

From the top menu of your **Activ8lives** account you can view your **Data**. Select the time period for which you wish to display your data (Day, Week, Month or Year) and scroll down to see your data.

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

Along with the **Activ8lives Buddy Step Counter**, you can monitor and adjust your body composition (from the *Body Analyser Bluetooth 4.0*), blood oxygen saturation (Pulse Oximeter2) and food intake can also be viewed on a single page.

Talk about cause and effect - very powerful.





## Installing the **Activ8lives** App on Your Smartphone or Tablet to View your Data—requires **Bluetooth 4.0 Enabled Devices**

The **Activ8lives** *Buddy Step Counter* is programmed and uploads information directly to and from your **Activ8lives** account via your computer or **PC** but you can view your data via a compatible Smartphone or Tablet (not included).

Download the **Activ8lives Health Monitoring and Food 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.



iOS 10 or above (iPhone 5s or later, iPad 4 or later and all iPad minis). 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).

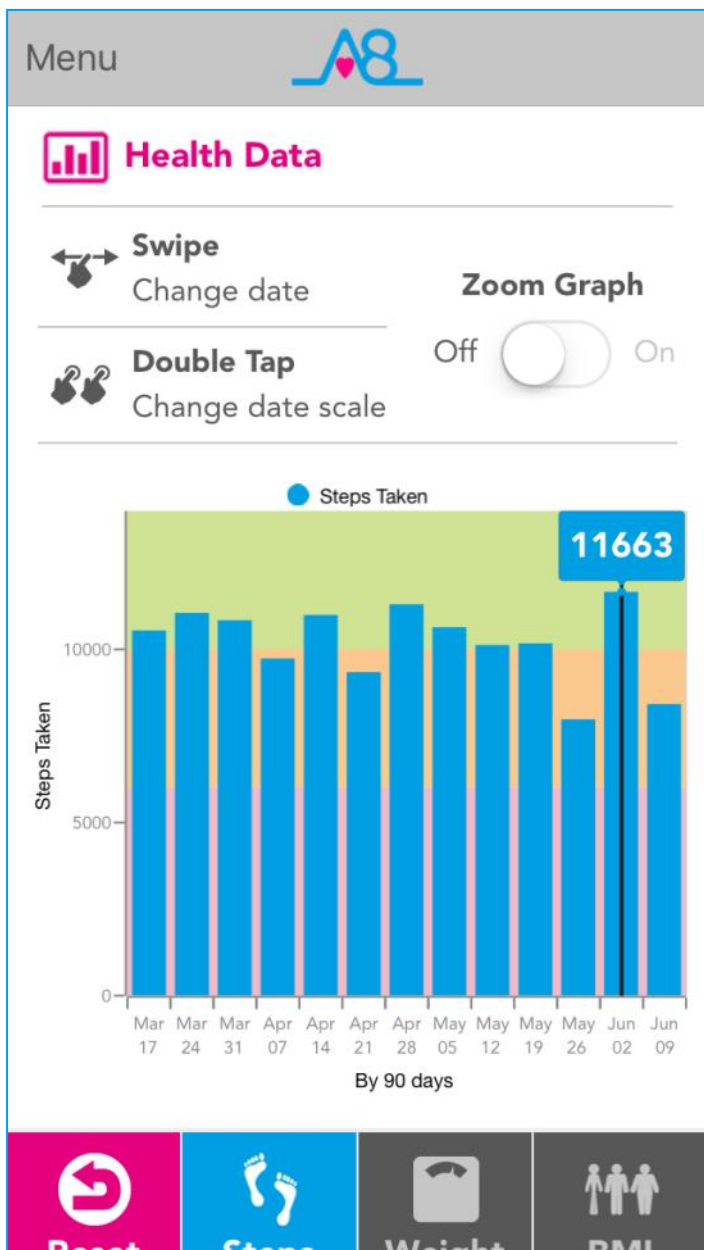


Amazon App Store for Android 5.0 or later is now available for devices that support Bluetooth Smart (4.0).

When logging into the **Activ8lives Health Monitoring & Food Diary App** use the same **Username** and **Password** you use on the online web version to access your details.



## Viewing your Data via a Smartphone or Tablet



Once your data has been uploaded via your Computer you can also view your data from a compatible Smartphone or Tablet (not included).

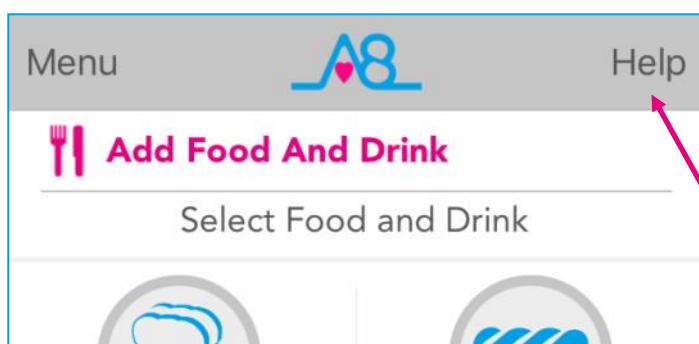
After installing the **Activ8lives** App on your Smartphone or Tablet and logging into your account you can start to view all your data.

From the **Main Menu** of the **Activ8lives** App you can view your **Health Data**.

The **Activ8lives** *Buddy Step Counter*, determines your physical activity. These can be displayed singularly or overlaid with other parameters of your health, such as tracking your weight, BMI or anything else you would like to record about your health and wellbeing.

From the **Health Data** screen, you can select and deselect which data you want to show in this top graph. Within this section you can start to see trends of what affects the other health parameters, and you begin to learn good behaviours or detect declining health.

**Note:** You can also manually enter your data or other data into the **Activ8lives** App from the **Manual Data Entry** page within the **Main Menu**.



### Help

A **Help** section is always found on the **Activ8lives** App in the top right-hand corner. Touch the word **Help** to open to expand this information page.



## Setting up your **Activ8lives Buddy Step Counter** the hard(er) way without a Computer!

### 1. Setting the Date and Time

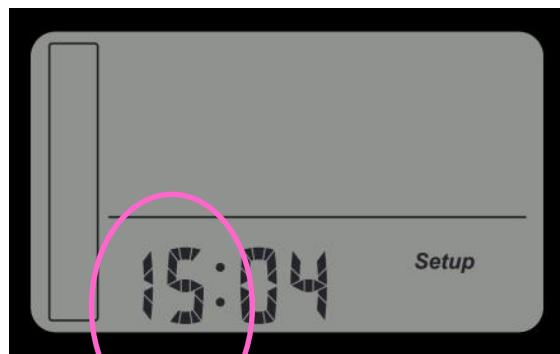


Setting-up the **Activ8lives Buddy Step Counter** manually is not that difficult, but some find the small buttons fiddly. Use the **MODE (M) top** button to advance the display to show **STEPS**.

To enter the current **TIME**:

Press **SET (S) middle** button for 5 seconds. The 12/24Hr setting will flash. To change to 12/24Hr setting, press the **MODE (M)** button. Press **SET (S)** again to move forwards.

The **HOUR** will flash.



Change the **HOUR** using the **MODE (M)** or **RECORD (R)** bottom buttons. An unusual feature of the design of the **Activ8lives Buddy Step Counter** is that the **RECORD (R)** button increases the value, while the **MODE (M)** button above it decreases the values. It takes a few attempts to get used to this.

Press **SET (S)** again to accept the new **HOUR** value and to move to **MINUTES**.



Change **MINUTES** using the **MODE (M)** or **RECORD (R)** button.

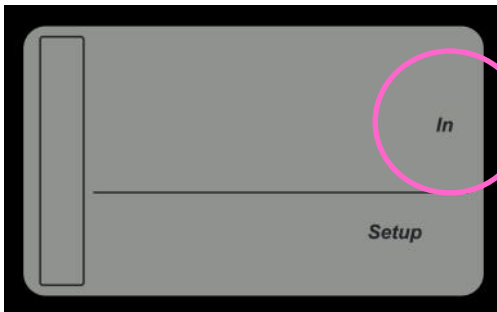
Press **SET (S)** to accept the new **MINUTES** value.

## 2. Personal Information



Adding personal information about your, weight, stride length and choice of metric or imperial measurements, allows the **Activ8lives Buddy Step Counter** to calculate the distance you have walked and the calories you have used. Useful information as you plan your activity schedule.

You can choose to display your information in metric units (Km, cm and Kg) or imperial measurements (miles, inches and lbs). Use the **MODE** or **RECORD** buttons to select which units you want to work in and press **SET** to save.



**PLEASE NOTE: If you change measurement mode after you have started to collect data the DEVICE WILL RESET AND WIPE THE MEMORY.**



Stride length. Press **SET (S)** again to advance to stride length. You can change this using the **RECORD (R)** and **MODE (M)** buttons. If you do not know what your stride length is, choose 60cm or 24 inches to begin with. You can measure your stride length using our suggestions on Page 32. Press **SET (S)** again to move to weight.



Weight. You will then be asked to enter your weight using the **RECORD (R)** and **MODE (M)** buttons to select the right number. Press **SET (S)** to save. Remember to change this value when your weight decreases! Press **SET (S)** again to enter your step target.



Step target. Use the **RECORD (R)** and **MODE (M)** buttons to increase your daily step target. This can be set anywhere from 100 to 99,000 steps per day. Be realistic in setting your target and **take advice from your medical team if you are under medical supervision.** Work up gradually. It is easy to change these values later as your fitness increases. Press **SET (S)** again to return to the main screen.



## Resetting Steps, Distance, Calories and Minutes

The **Activ8lives** Buddy Step Counter has a cool feature— it sets the display to zero at midnight for you but records each day in its 7-day memory for you. So you can set and forget. Your activity information stays in the memory so that you can upload it to your personal **Activ8lives** account later. This allows you to use the **Activ8lives** Buddy Step Counter in a number of powerful ways. Use the **MODE (M)** button to scroll left to right.

1. Display all of the steps you have ever made (continuous count on the display or **TOTAL STEPS**).
2. Measure the number of steps each day (**STEPS**).
3. **Miles** or **Km**.
4. **Kcal**.
5. **Min** (or time you have been active for).

The display sequence is like this:



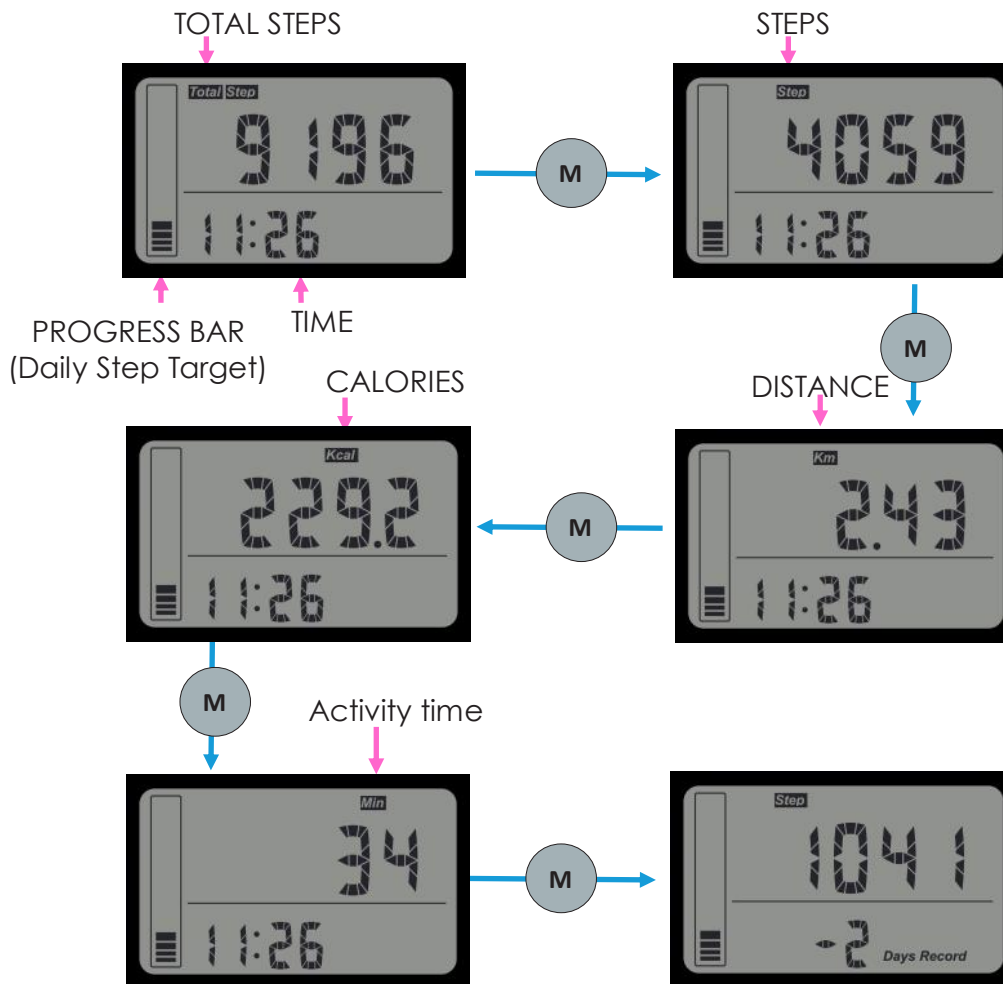
If you wish to, you can reset the steps for **TODAY** by using the **MODE (M)** button to select **STEPS (S)** and then pressing and hold **RECORD (R)**. **WARNING: if you reset your steps during a day, these will be lost and cannot be uploaded.**

If you wish to, you can reset the STEPS for the entire period by using the **MODE (M)** button to select **TOTAL STEPS** and then pressing **RECORD (R)**. **WARNING: if you reset your steps, these will be lost and cannot be uploaded.**

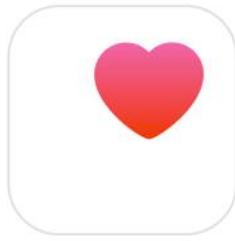
The **Activ8lives** Buddy Step Counter has been designed for you to set it and forget it. The buttons on the rear of the unit are recessed, which makes it difficult to operate and reset your device by mistake. This possibility is completely removed by using a neck protector accessory (separate purchase necessary) with your unit. Not only does this prevent accidental pressing of the buttons, but protects the screen from being scratched and prevents the ingress of dust or moisture. If you wear your **Activ8lives** Buddy Step Counter under your clothes and next to your skin, it is a good idea to use a protector, which can be washed and prevent sweat entering the **Activ8lives** Buddy Step Counter and damaging the electronics.

## Checking your Progress Throughout the Day

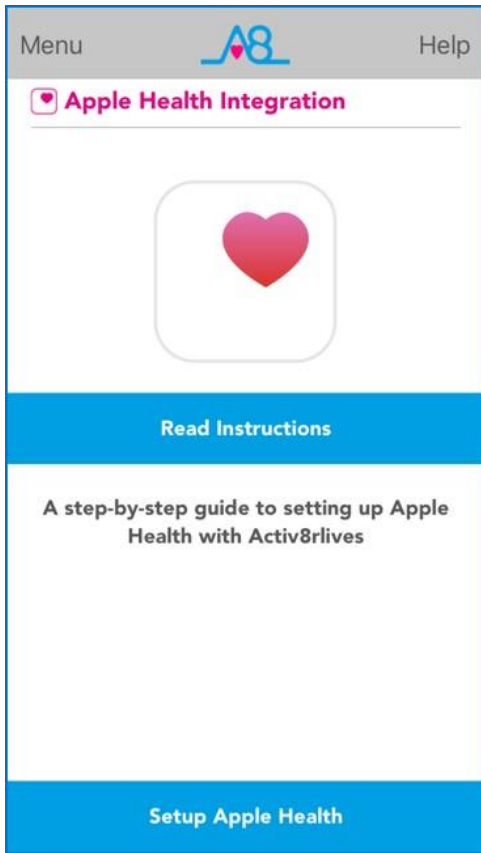
We all like to see how well we are doing throughout the day. The **Activ8lives Buddy Step Counter** allows you to toggle between TOTAL STEPS, STEPS, DISTANCE, CALORIES and TIME. Just press the **MODE** button.



Up to 7 days memory  
Use **RECORD (R)** button to scroll through days.



Health



## Apple Health (HealthKit) Integration

Included in the **Activ8lives** Health Monitoring and Food 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** 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** App.



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



## Calculating Your Stride Length

Your [Activ8lives](#) account has some great things you can do with your data from the [Activ8lives Buddy Step Counter](#). This makes it fun to use - especially if you are part of a group or team. We all tend to do the things we like doing. So having fun is part of the motivation for changing our lifestyles. Having fun, creating new challenges and goals, while being more active, also means that we enjoy our new healthy lives.

The [Activ8lives Buddy Step Counter](#) has a couple of great features, which we use to have fun: it automatically calculates the distance we walk, the total active time and the calories we use during the day.

For the [Activ8lives Buddy Step Counter](#) to work these out for us, we need to enter our weight (kg or lbs) and our stride length (cm or inches).

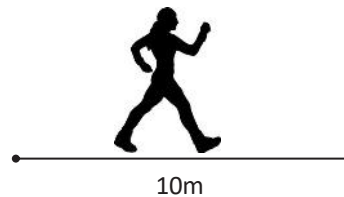
If you have never calculated your stride length before, here is how we do it.

Find a space in which you can measure 10m. This could be anywhere—indoors or outdoors—any place that you can walk without having to stop.



Make sure that you mark the beginning and end of the distance.

Then just walk along this distance. Try to use a normal stride and speed. Count the number of steps you take.



Now the mathematics. Divide 1,000cm (10m expressed as cm) by the number of steps you made.

For example, if you took 16 steps, your stride length is  $1,000 \div 16 = 62.5\text{cm}$ . (Most of us use a calculator to do this).



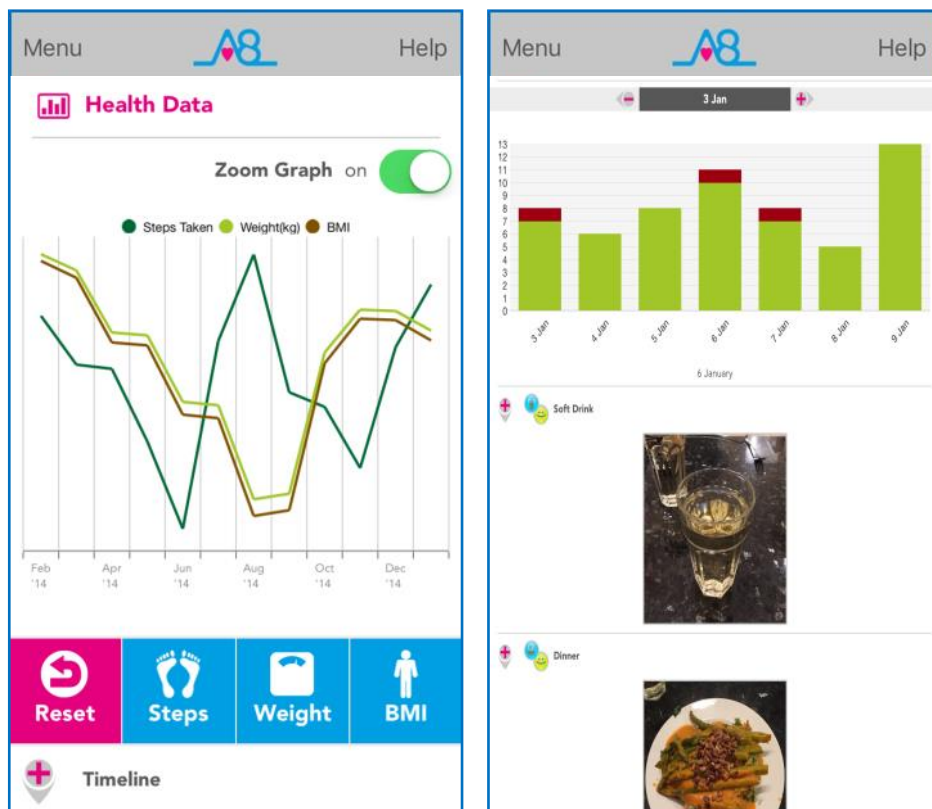
This is the value you enter into the [Activ8lives Buddy Step Counter](#) (via your online [Activ8lives ACCOUNT](#)).

## Case Studies

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

Increased activity and diet management was 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)





## Specifications

Type	Description
Dimension (L x W X H)	800mm x 45mm x 11mm
Weight	2.5g (including battery)
Weight with packaging	10g
Steps taken	0—99,999 steps
Distance travelled	0—999.99 (Km or miles)
Calories burnt	0—99,999.9 Kcal
Memory	7 days on Buddy Step Counter
Stride distance input range	10—150cm
Age input range	6—80 years
Body weight input range	10—150 Kg
Units	Metric or Imperial
Clock	12-24 hour time
Operating temperature	0—40°C
Storage temperature	0—50°C
Eco-friendly	Auto turn-off without operation
Packaging	Fully recyclable
Rechargeable Lithium Battery	3.7V 180mAh rechargeable battery
Micro USB Charging Cable	DC 5V 60 minute charge time, lasts 3 months in typical use



## 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. 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** *Buddy Step Counter* is in compliance with EU Directive 2004/108/EC.



This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please do not dispose of in normal household waste.

## Trouble Shooting Buddy Step Counter



### Help Menu?

After you have logged into your **Activ8rlives** account, you can get **HELP** at the bottom left-hand menu of each page [www.activ8rlives.com/help](http://www.activ8rlives.com/help)

There you will find a page with the latest version of our User Manuals, the latest versions of the **Service Link** software and details about where to contact us for support and help.

If you find the installation process difficult, there are **Help Videos** on our website [www.activ8rlives.com/software/computer-software.html](http://www.activ8rlives.com/software/computer-software.html) or do call us during office hours (9am—6pm) on UK +44(0)1480 352 821 and we can help you over the telephone and by logging into your computer using TeamViewer.

### Will Not Connect via Service Link?

If the **Activ8rlives** Buddy Step Counter will not connect to the Service Link, first check that you have set-up the Service Link correctly, see details on [Page 16-22](#).

### Want to set-up the device by a manual method?

Follow the instructions on [Page 27-31](#) of this User Manual.

### 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.

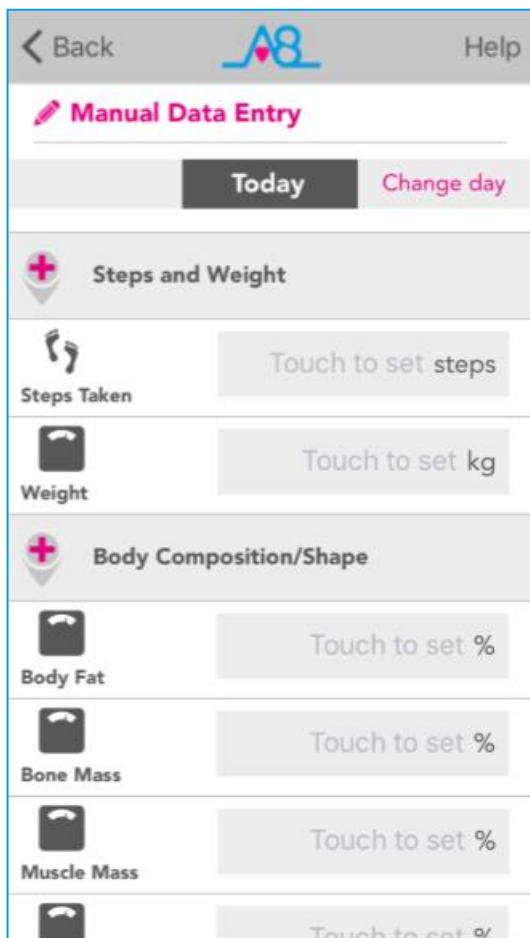


See our **Activ8rlives** Set-Up videos on YouTube

<http://bit.ly/Activ8rlives>



Bluetooth™  
4.0



## Manual Data Entry via App

You can also manually enter your data from other self-monitoring devices you may have at home into the [Activ8rives](#) App.

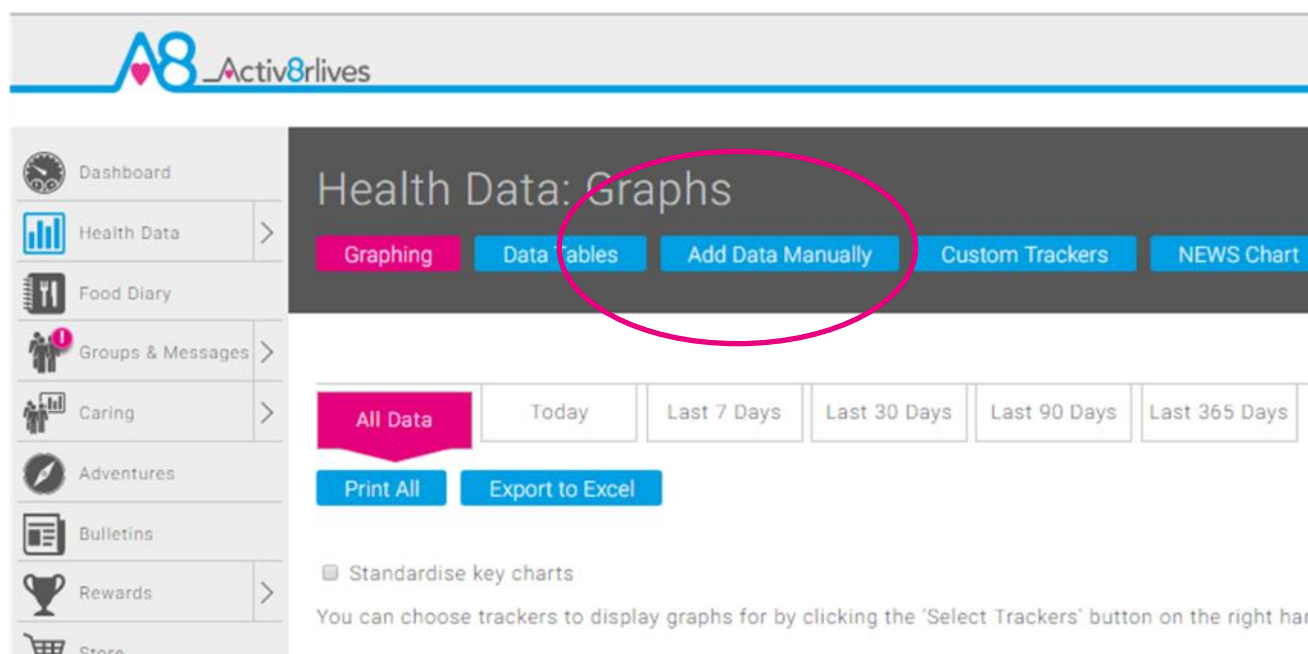
Login to your [Activ8rives](#) account in the usual manner and select from the Menu the **Manual Data Entry** page.

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

## Manual Data Entry via Website

You can also manually enter your data from other self-monitoring devices you may have at home into the [Activ8rives](#) website.

Login to your [Activ8rives](#) account in the usual manner and select from the Menu the **Health Data** tab from the top menu and then select **Add Data Manually**.



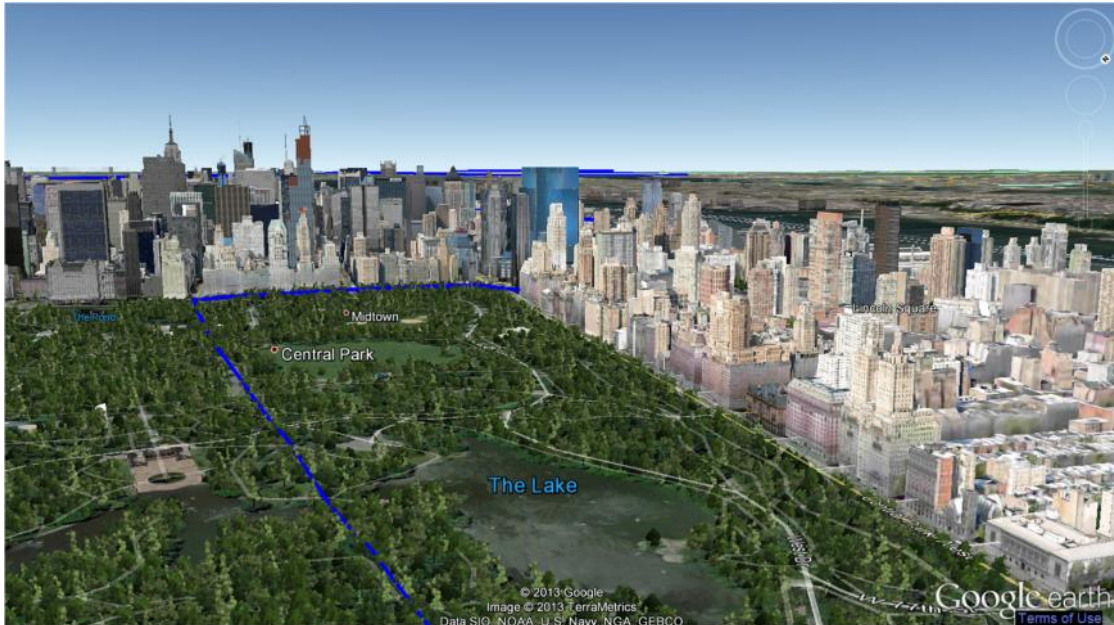


## Quick Guide to the [Activ8lives](https://www.activ8lives.com) Website Home Page

The screenshot shows the Activ8lives website home page. At the top left is the Activ8lives logo. Below it is a navigation menu with icons for Dashboard, Health Data, Food Diary, Groups & Messages, Caring, Adventures, Bulletins, Rewards, and Store. The main content area is titled 'Good Afternoon' and features a 'My Health Score (NEWS)' section with a 'View your NEWS chart' button. Below this are several data widgets: Steps (10,520), Weight (71.0), 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). There are also sections for 'Important Information' and 'Group Messages'.

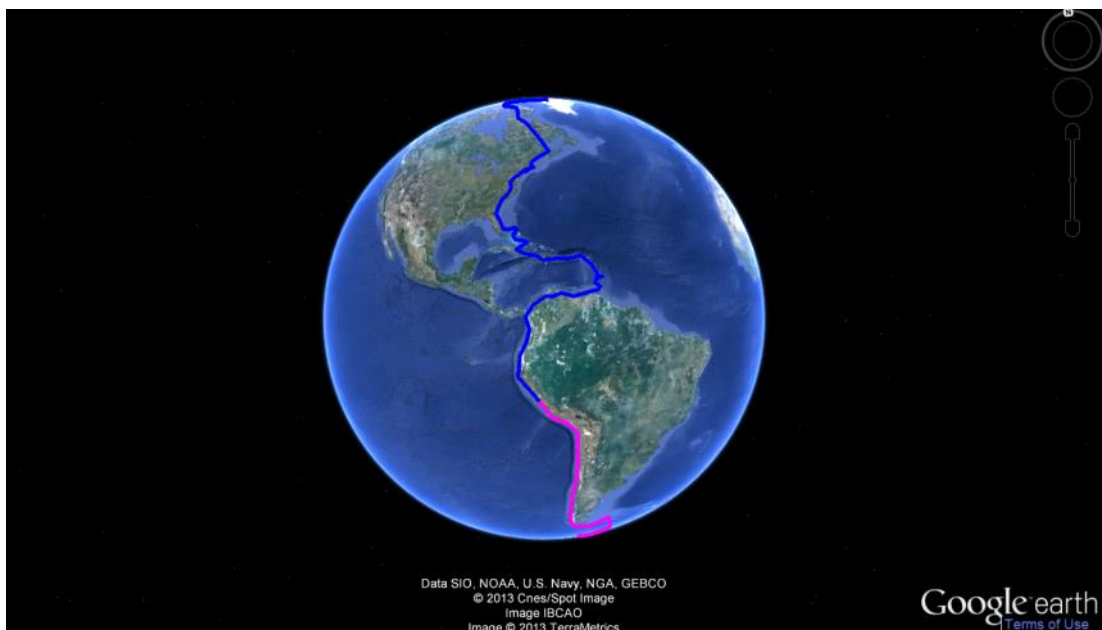
The [Activ8lives Health Monitoring and Food Diary App](https://www.activ8lives.com) is just the start of the self-monitoring experience. There is so much more to explore online at [www.activ8lives.com](https://www.activ8lives.com). Our website has a secure **Login**—you use the same **Username** and **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 [Activ8lives](https://www.activ8lives.com) Smartphone 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](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.



## A Walk in the Park

Google Earth™ is built into [Activ8rlives](#). This tool can be used by group Administrators to design a route for the group to walk along. Steps from each group member are combined or cumulated and progress can be tracked using the stunning imagery available.





## Join a Group or Start Your Own!

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.

Personal Activity Medals are earned for achieving targets. Donation points are also earned for physical activity and for self-monitoring. These Donation points can be awarded to the groups you are a member of: a way of saying "Great Job!" to group members. The more in your group, the more points your group will receive and the higher it moves up in the ranking.



### Some of our best performing groups

#### Walk around the World

This is a group supported by [Activ8lives](#).

We are walking around the World together *in silico* using Google Earth™. The aim is to work together and support each other to be more active. While we do this, we want to have some fun too.

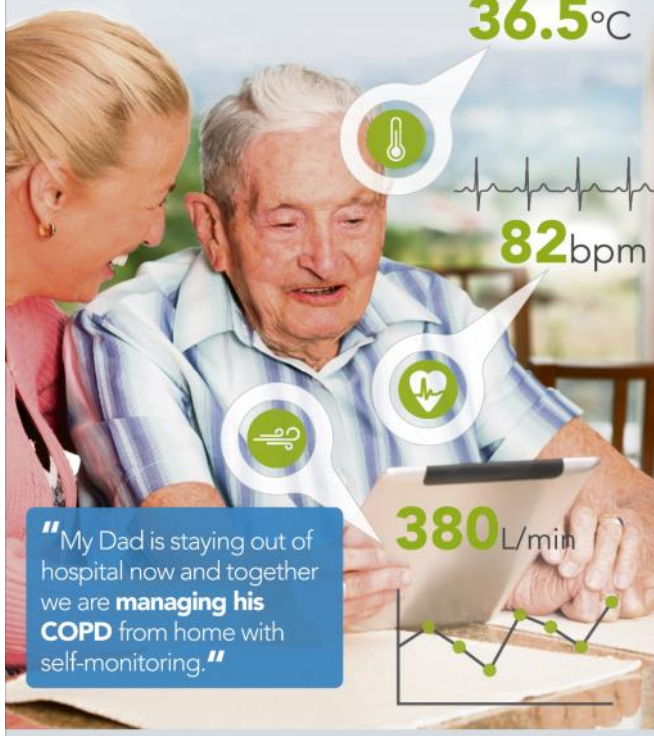


#### Activ8lives A8 Group

This is a demonstration and support group for people who are new to [Activ8lives](#). The purpose is to help you get orientated, supported and up-and-running. Once you understand how the site works, you can unjoin (if you want to) and create your own groups. This is a public group and is open to all [Activ8lives](#) users.



# Support your family's health



Find **Activ8rlives** products on



## Simple solutions for self-management



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





This Instruction manual is available FREE for download at

<http://www.activ8lives.com/information/product-manuals.html>

after **Login** and can be found in the **Help** section.

Make it fun—do it together!

We are more effective when we work in  
groups.

*Be active, eat well and stay healthy.*



*Be active, eat well and stay healthy.*

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

Award winning



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