

# BuddyBand 2

Waterproof Activity & Sleep Tracker



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

**BuddyBand2** 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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Available from [www.activ8rlives.com](http://www.activ8rlives.com)  



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.

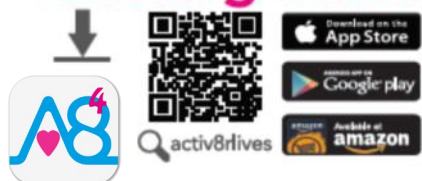
From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at [www.activ8rlives.com](http://www.activ8rlives.com)

# A8 Activ8rlives



www.activ8rlives.com

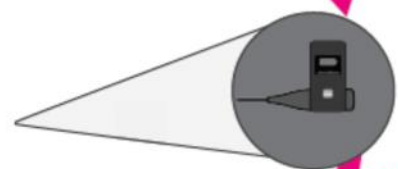
## Getting Started...



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



Web View / App View  
[www.activ8rlives.com](http://www.activ8rlives.com)



Charge 120 min

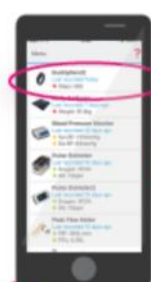
## Trouble Shooting...



Help > Website > Devices > Device Manuals > BuddyBand2 Manual > YouTube



Follow instructions



Upload Devices > BuddyBand2



Print

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

# BuddyBand 2

## Navigating BuddyBand2...



**Need Help Setting-Up?**  
 Call us 7 days a week, between 9:00—18:00  
 UK +44 (0)1480 352 821



## Your **Activ8lives** BuddyBand2

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** BuddyBand2 Bluetooth waterproof activity and sleep tracker is a robust wearable device, with 3D sensor, 24-hour time, upgradable firmware and built-in notifications. The **Activ8lives** BuddyBand2 allows you to monitor your physical activity, energy expenditure and sleep tracking —especially useful as part of an exercise schedule, overall health and wellbeing or weight loss programme.

The **Activ8lives** BuddyBand2 has several innovative features:

- **Sophisticated movement tracking algorithms;**
- **Sleep Tracking**, which you can programme or set each night;
- **Total Daily Distance;**
- **Active Minutes;**
- **Inactivity Alarm** alerts by vibration after a number of minutes of inactivity, we suggest you set this for 60 minutes;
- **Alarms** programmable for three events during your day or night;
- **Custom Trackers** that you can programme to measure anything you like, such as inhaler usage, urinary incontinence, positive mood, smoking cessation, or cravings, almost anything; and
- **Notifications**, which include Text, Email, Voice Message, Calendar Reminders, Social Media, and Incoming Phone calls (function depends on your service provider).

The **Activ8lives** BuddyBand2 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.

Included is the latest **Activ8lives Healthcare, Wellness and Food Diary App**, tracking your food intake via our photo-based Food Diary and these images are sent directly to your **Activ8lives** account. This latest addition allows 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) on iPhones to share data from other health-related Apps.

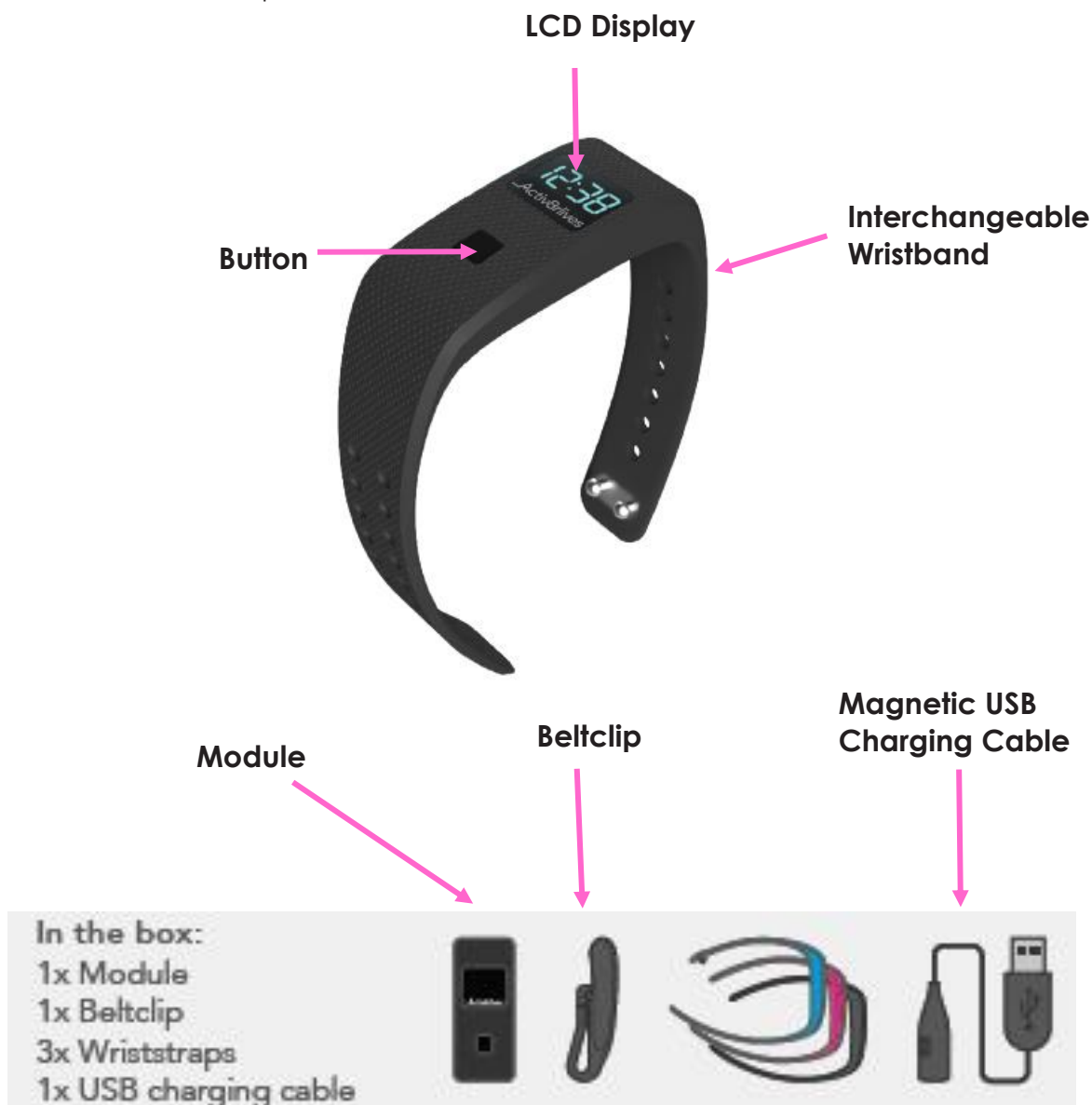
When you view your data with either the **Activ8lives** website or App, this device will help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your **Activ8lives** BuddyBand2 — it will take just 5-10 minutes if you follow this guide through.

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

## Your **Activ8rlives** BuddyBand2

Your **Activ8rlives** BuddyBand2 Bluetooth Smart (4.0) has several parts, the **Module (LCD Display and Button)**, Magnetic **USB Charging Cable**, three **Wristbands** and **Beltclip**. The **Module** can be fitted into the **Wristbands** or **Beltclip**. The **Activ8rlives** BuddyBand2 has a rechargeable battery, which cannot be removed. There are no user-serviceable parts and opening the case will void your warranty.

The **Activ8rlives** BuddyBand2 is made from a comfortable adjustable strap to fit wrists up to 22cm in circumference, comes with 3 interchangeable bands in Blue, Black and Pink. The **Activ8rlives** BuddyBand2 may not be suitable for people who have skin sensitivity to synthetic materials or the metal clip.



## Health and Safety Notices

**WARNINGS:** The **Activ8lives BuddyBand2** is **waterproof to 2 meters for 30 minutes**. Do not submerge it in water below 2 meters or put into a washing machine or dryer, as this is outside the scope of usage and would invalidate your warranty.

**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.

- 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 BuddyBand2**. Don't allow sharp objects to scratch the screen of the **LCD Display** as this may damage it.
- Do not allow your **Activ8lives BuddyBand2** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8lives BuddyBand2** from working properly. Don't expose your **Activ8lives BuddyBand2** 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 BuddyBand2** contains a rechargeable Lithium battery. It takes about 120 minutes to charge and with typical use, will last 7 days before recharging is required. As you turn on more notifications to your **Activ8lives BuddBand2**, your battery will be depleted more quickly.
- Only use the certified Magnetic USB Charging Cable supplied. Avoid rapid chargers over 1amp as these decrease the lifetime 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 BuddyBand2** 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 **Activ8lives BuddyBand2** does not work properly.

**Call us 7 days a week, between 9:00—18:00**  
**UK +44 (0)1480 352 821**







## Charging Your **Activ8lives BuddyBand2**

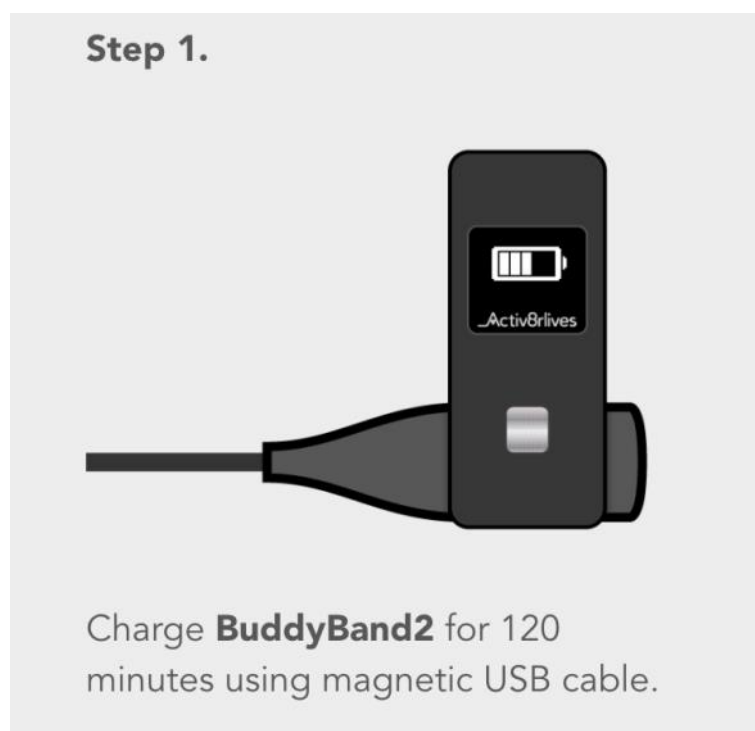
Your **Activ8lives BuddyBand2** has a 100mAh rechargeable lithium battery. It takes about **120 minutes** to fully charge with the **Magnetic USB Charging Cable** supplied.

A full charge give between 4-7 days depending whether you have the **Notifications** switched on (see later section).

You can do this by connecting the magnetic end of the **USB Charging Cable** (with the two small round magnets) to the reverse side of the **Activ8lives BuddyBand2 Module** at the corresponding magnets and the other end of the **USB Charging Cable** (flat end) to a PC or Laptop. Only use the **USB Charging Cable** supplied as others are not compatible.

**DO NOT USE RAPID CHARGERS or chargers outputting more than 1A of current as this will damage the battery. Laptops, PCs or chargers with 0.5A or 1A only should be used.**

If the **Activ8lives BuddyBand2** is running low on power, the **LOW BATTERY**  warning symbol will appear on the **LCD screen**. When fully charged the symbol will appear as 



**Note:** Do not tamper or attempt to open the unit in which the rechargeable batteries are housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and 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.



## How Does the **Activ8lives** BuddyBand2 Work?

Now to use your **Activ8lives** *BuddyBand2*! Once you have set-up using the following sections, attach your **Activ8lives** *BuddyBand2* to your wrist, or attach the **Beltclip** to your waistband or other clothing, or wear the **Beltclip** attached to the inside of your sock when cycling. Pockets are not great for step counters—we forget about them and they end-up in washing machines and dryers. For this reason and also the **Button** gets pressed and reset, it is recommended that you **DO NOT** wear your **Activ8lives** *BuddyBand2* in your pocket.

The **Activ8lives** *BuddyBand2* 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 6 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 attach the **Activ8lives** *BuddyBand2* to your wrist as you walk, you will see just how accurately it can “sense” your steps and starts counting these after you have taken 6-10 consecutive steps.

Another ability of the **Activ8lives** *BuddyBand2* is that it will count and store your steps for up to 30 days, but we recommend uploading daily incase you should lose your *BuddyBand2*.

**Energy expenditure** is calculated based on your stride length and your weight and is shown in calories (Kcal). 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 **Total 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** *BuddyBand2* and can be uploaded to your personal **Activ8lives** account. This is covered in later sections.



# Buddy Band 2

Waterproof Bluetooth Activity & Sleep Tracker  **Bluetooth**  
SMART





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

This guide will instruct you how to:

The **Activ8lives** BuddyBand2 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 Healthcare, Wellness and Food Diary App** to your iOS or Android Smartphone or Tablet;
- 2 How to operate, use and take care of your **Activ8lives BuddyBand2** and connect to your Smartphone or Tablet; and
- 3 How to take routine readings and upload directly to your **Activ8lives** account.

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



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

Website [www.Activ8lives.com](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 Healthcare, Wellness 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.



### Compatible Bluetooth 4.0 Smartphones or Tablets



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



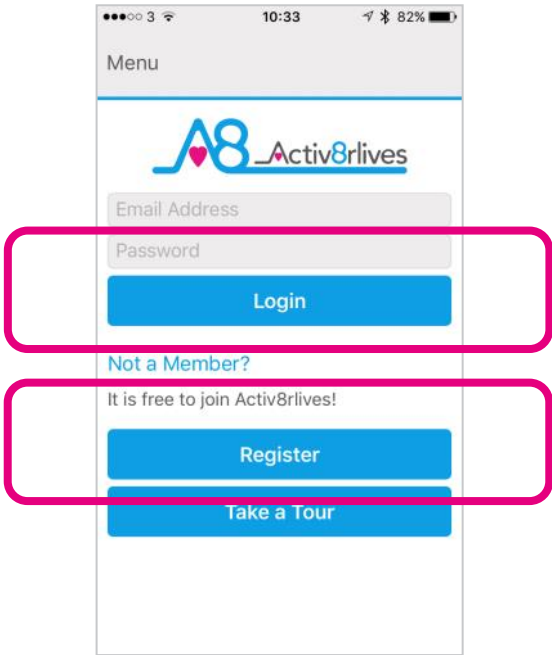
Select Android devices running Android 5.0 or later. Devices must support Bluetooth Smart (4.0).



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

**IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Table to be longer than 2 minutes to allow the **Activ8lives BuddyBand2** time to sync with your device.**

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

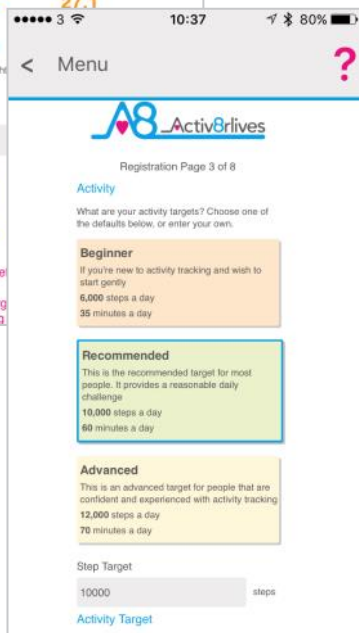
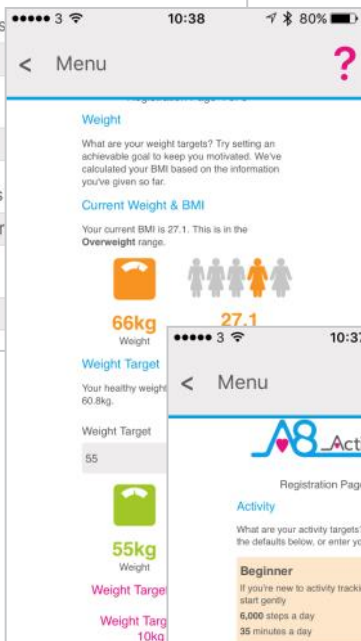
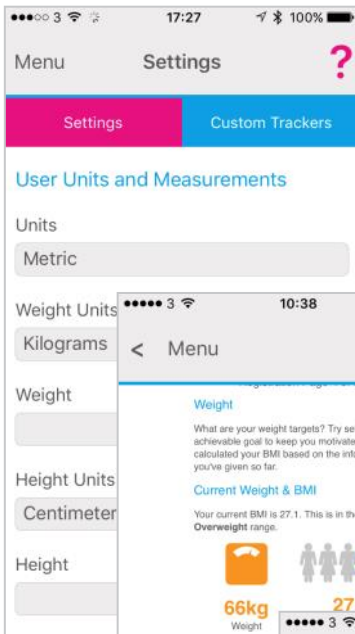


## Register for **Activ8lives** Account

Once you have installed the **Activ8lives** 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.

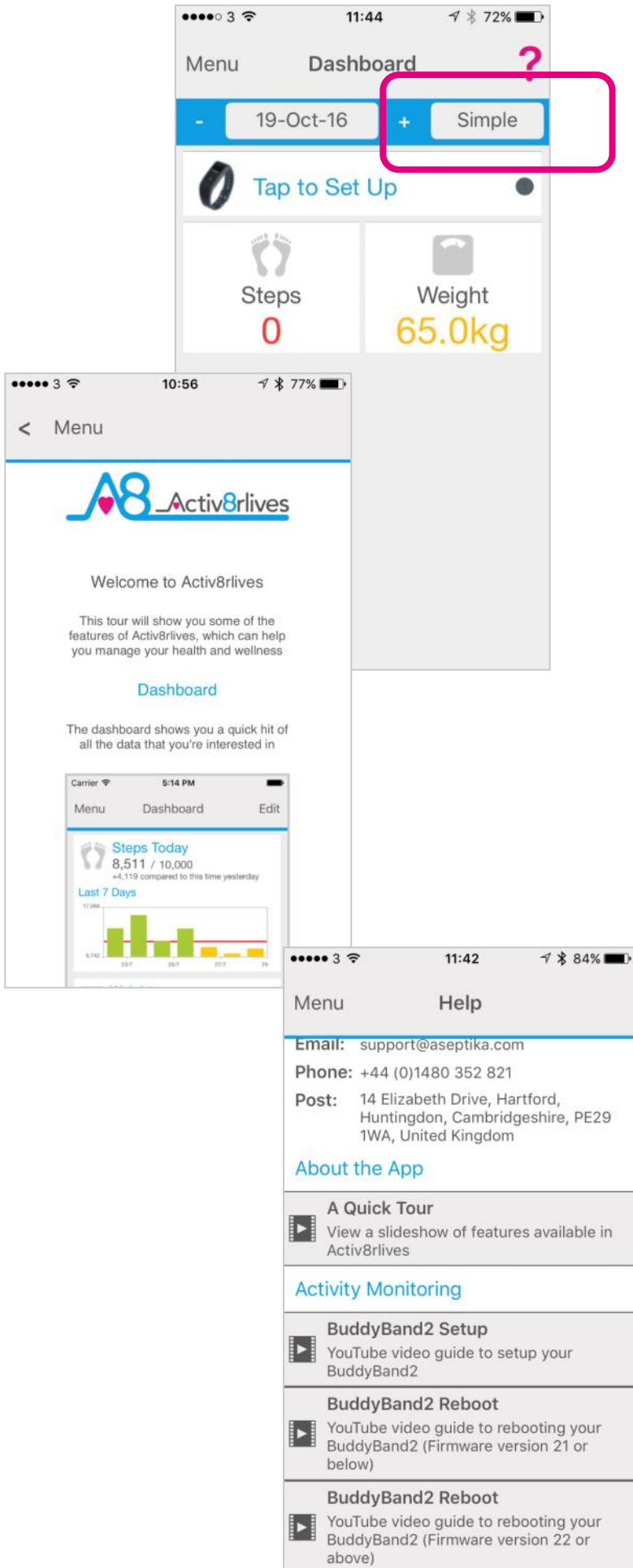


## Completing Your Registration

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. Details of how to calculate your **stride length** can be found on [page 31](#).



## 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** Smartphone App can do is available from the App. Scroll down to see a quick overview of what you can do with this App.

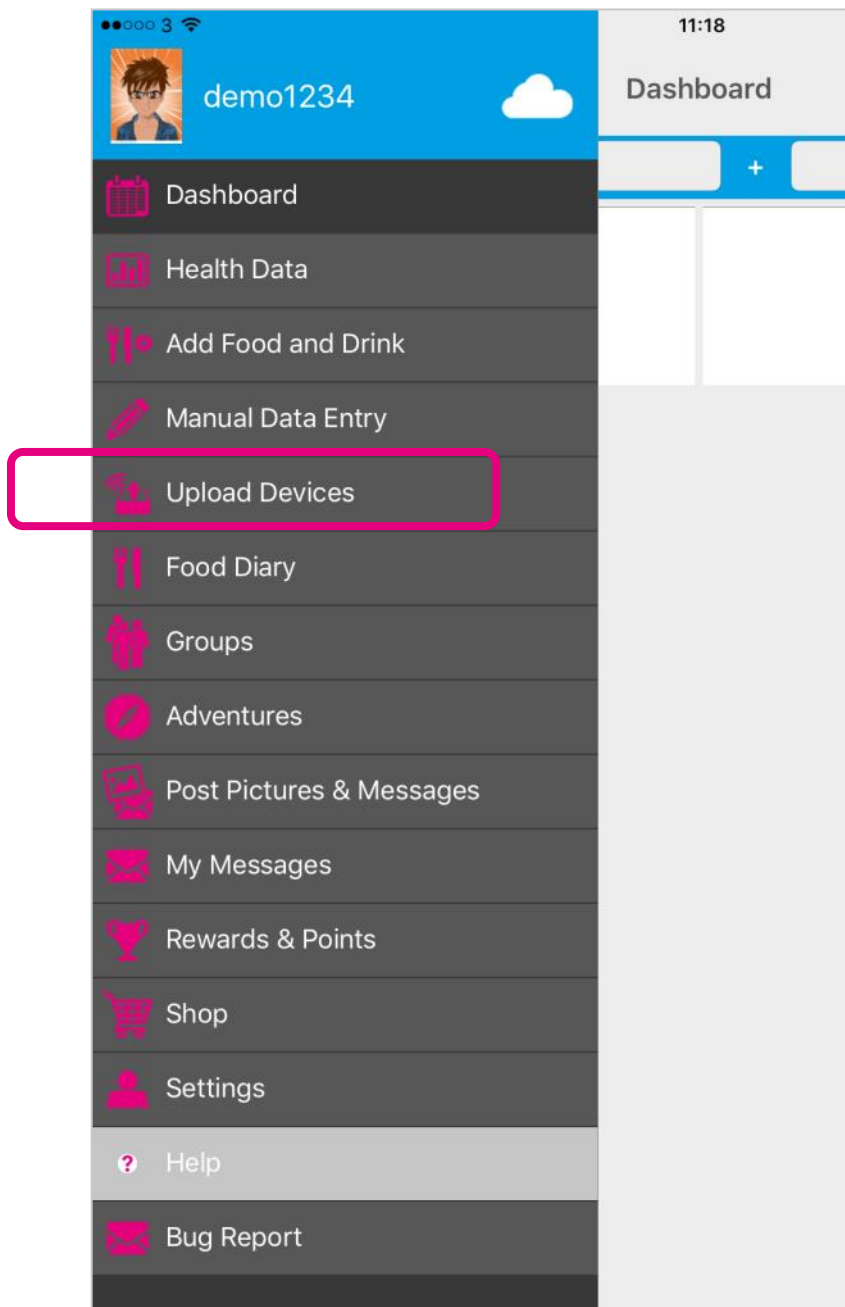
Also access available **Help Videos** from this page.



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

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

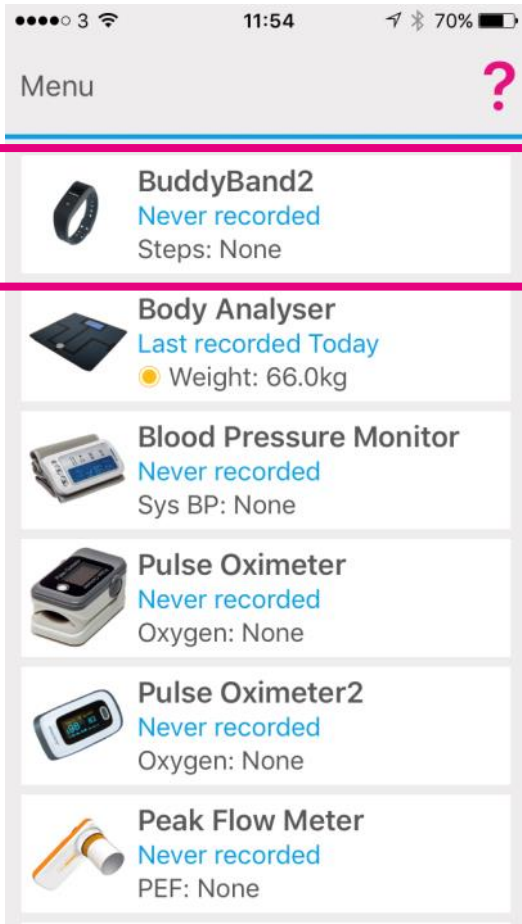




From the **Main Menu**, select **Upload Devices**.

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

2



## Connecting to the **Activ8lives** App by Bluetooth

Ensure that Bluetooth is switched on, on your Smartphone or Tablet. Open the **Activ8lives** App on your Smartphone or Tablet.

Select **Upload Devices** from the **Menu** and touch the image of the **Activ8lives** BuddyBand2, which then takes you through easy steps to prepare your device for connecting by Bluetooth.



## **Activ8lives** BuddyBand2 Ready in Pairing Mode

If your **Activ8lives** BuddyBand2 screen shows either the **interlocked rings and a two digit figure** or the **interlocked rings, cogs and Bluetooth icon** on their screens, they are ready to pair.



## Select your **Activ8lives** BuddyBand2 to Pair

The **Activ8lives** App will display a two digit numerical code of the **Activ8lives** BuddyBand2 that it finds within range, and you may see more than one displayed here if others are in Bluetooth range.

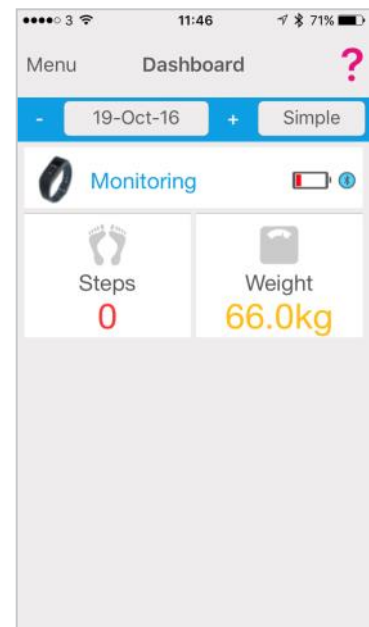
If this code matches the number on your **Activ8lives** BuddyBand2, confirm by touching the number on the App.

## Second Secure Pairing Step

As a further step to ensure that your data transmission is secure and cannot be hacked, you are asked to confirm whether the unique code on the **Activ8lives** BuddyBand2 is the same as that on the App.

If the two numbers are the same, confirm by pressing **YES** on the App screen.

Same number






## Putting your BuddyBand2 into **Pairing Mode**

If your **Activ8lives** BuddyBand2 already shows the time, it needs to be moved into the **Pairing Mode** and you will need to follow **Step 1** through to **Step 5** as shown below.


**No Bluetooth connection** currently but will appear after you **follow these 5 Steps**.

**? Help**

**BuddyBand2™ Pairing Mode**

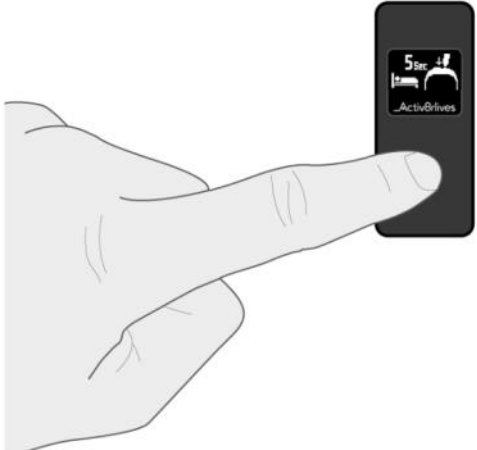


**Step 1.**



Navigate to the **BuddyBand2's** sleep screen.

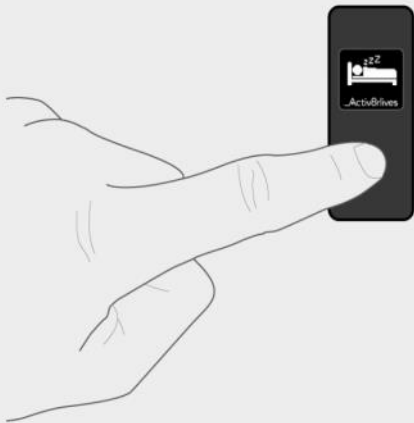
**Step 2.**



Press and hold the button on the **BuddyBand2**.



### Step 3.



When you see the sleep icon, **keep holding the button.**

### Step 3.



**Continue to hold the button and release when two cogs appear, then move on to Step 4.**

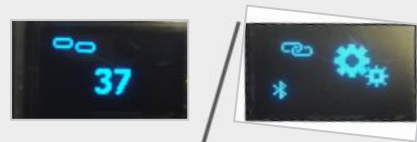
### Step 4.



**Tap Tap**

When you see the progress bar, fast double tap the button before progress bar goes to zero.

### Step 5.



When you see these icons, BuddyBand2 is in pairing mode.

#### Tip.

If the pairing process gets stuck at any point, navigate out to another page in the app and then try again.



## Navigating **Activ8lives BuddyBand2** Screens

Your **Activ8lives BuddyBand2** has 6 screens and to move to the next screen tap the **Silver Button** once.

**Time Screen** (default screen) indicates the time in a 24 hour format, progress bar, battery status, Bluetooth connection and any notifications or alarms



08395



Steps

Today's steps and progress bar.



00192



Calories burnt

Approximate calculation from your steps for today, weight and stride length.



004.2



Distance

Calculated from steps and stride length in Kilometres or Miles.



00:44



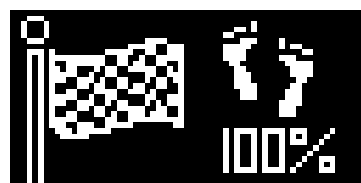
Activity time

Your active time for today of anything over 30 steps.



Sleep timer

Allows you to put your device in/out of Sleep Mode and Pairing Mode.



The **Activ8lives BuddyBand2** will notify you with a vibration when you achieve 50% and then 100% of your personal Step Target. To change your daily Step Target select **My Settings** (from the Main Menu) and scroll down to the Step Target to make changes.

## Scroll Down to Set-up More Features

access via the **Upload Devices** page



**BuddyBand2 Settings**

**Activity Nudge**

Set your BuddyBand2 to remind you to get moving after a period of inactivity. This feature is automatically disabled when Sleep Mode is active.

Inactivity Time: 60 minutes

**Alarms**

Set up to 3 alarms to your BuddyBand2. Once set, it is not necessary for the BuddyBand2 to maintain a connection to the app for the alarms to work.

Alarm 1 - 06:00  
Mon Tue Wed Thu Fri Sat Sun **Edit Alarm 1**

Alarm 2 is Disabled **Edit Alarm 2**

Alarm 3 is Disabled **Edit Alarm 3**

**Sleep Mode Schedule**

Set your BuddyBand2 to automatically enter and leave Sleep Mode at set times each day. This can be manually overridden on your BuddyBand2 if you have a late night or early morning.

Sleep Mode Start Time: 23:00

Sleep Mode End Time: 06:00

**Notifications**

Set your BuddyBand2 to alert you when your smart device receives messages or calls. Choose the types of notification that you wish to receive using the submenu. Note: Turning notifications on will reduce the time that your BuddyBand2 battery lasts between charges.

Selected:

**Custom Trackers**

Choose which of your Custom Trackers you would like to link to your BuddyBand2. Once set, double tap the button on your BuddyBand2 to add a value for that day for your chosen Custom Tracker.

Chosen Tracker: None

Double Tap Speed: Fast

**Unpair BuddyBand2**

Use this control to unpair your BuddyBand2 from this device. If you do this, you will have to re-pair your BuddyBand2 back to this device if you wish to synchronise steps.

**Unpair**

**Alarm 1**

Alarm Time: 06:00

**Alarm Repeat**

Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Weekdays  Weekends

**Done**

**Set Notifications**

Use the toggles below to choose the types of notification that you wish to receive on your BuddyBand2. Please note that not all notification types will work on all smart devices. Some Android devices do not support this feature.

Calendar event  Email  Social media/SMS  Incoming call  Voicemail  Other

**Done**

**BuddyBand2 Settings**

**Custom Trackers**

Choose which of your Custom Trackers you would like to link to your BuddyBand2. Once set, double tap the button on your BuddyBand2 to add a value for that day for your chosen Custom Tracker.

Chosen Tracker: Migraine

Double Tap Speed: Fast



## Viewing Data on Dashboard

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

When your **Activ8lives BuddyBand2** is connected via Bluetooth and WiFi/ Cellular it will update during the day.

These data will display on the **Activ8lives App** and will zero at midnight.

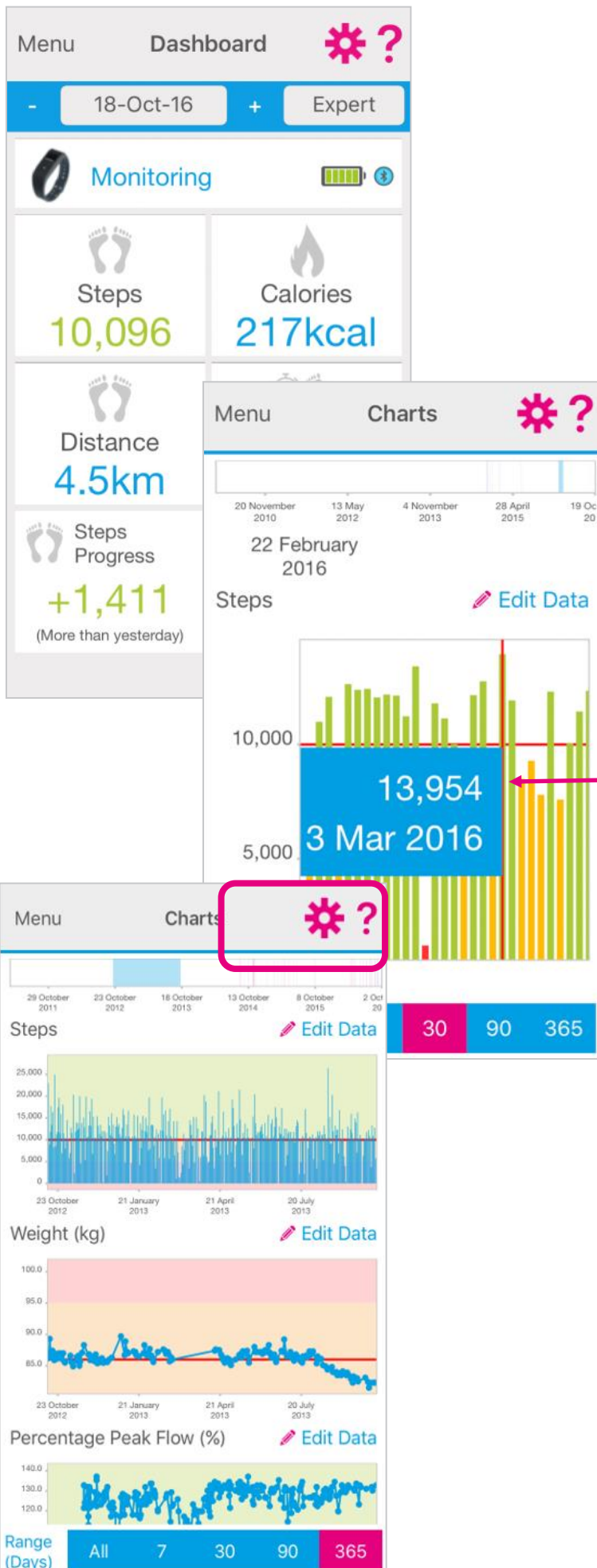
If your **Activ8lives BuddyBand2** is NOT connected to your Smartphone or Tablet, the data will be stored on the device for up to 30 days but we recommend daily upload for motivation and in case you lose your **Activ8lives BuddyBand2**.

The **Activ8lives BuddyBand2** determines your steps taken and a Trackball function shows the totals by day when you tap on the bar chart for a specific day.

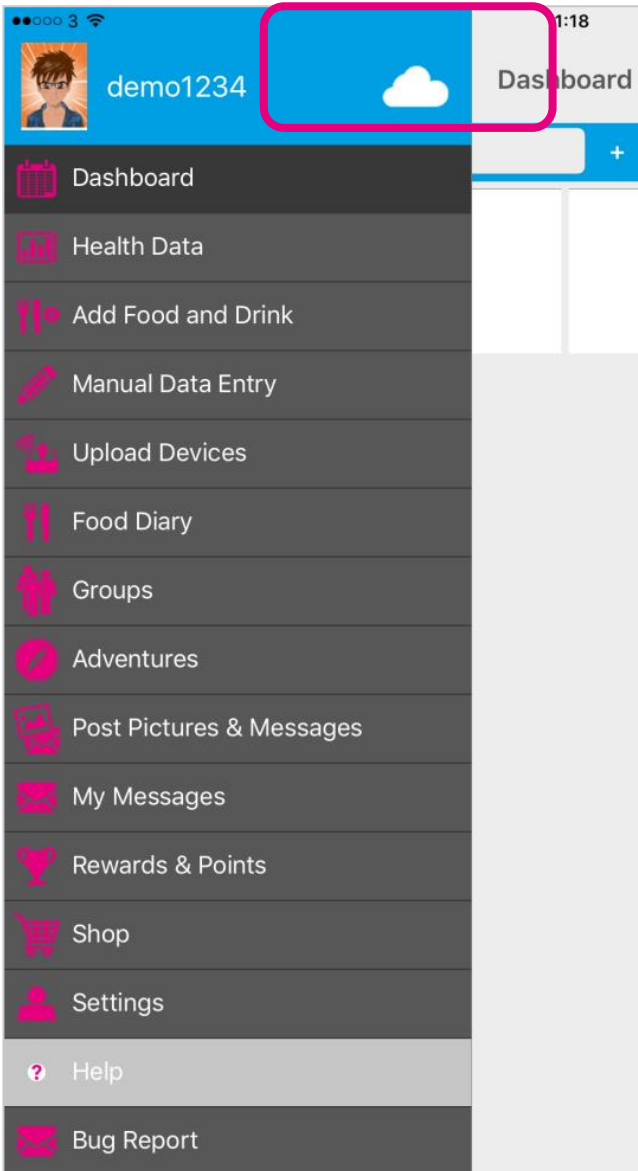
Your data can be displayed singularly or overlaid with other parameters of your health, such as tracking your weight, BMI, lung function, wellness, stress levels or anything else you would like to record about your health and wellbeing.

Select and deselect 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.







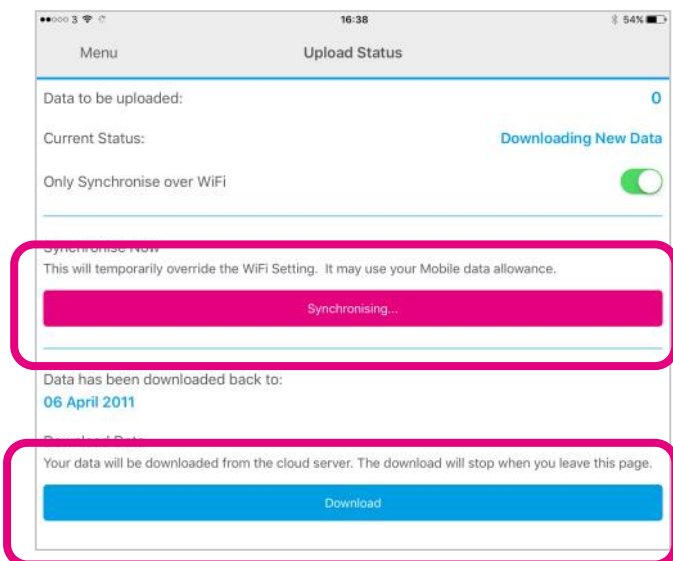
## Sending Your Data to Cloud

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 be downloaded 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** App.

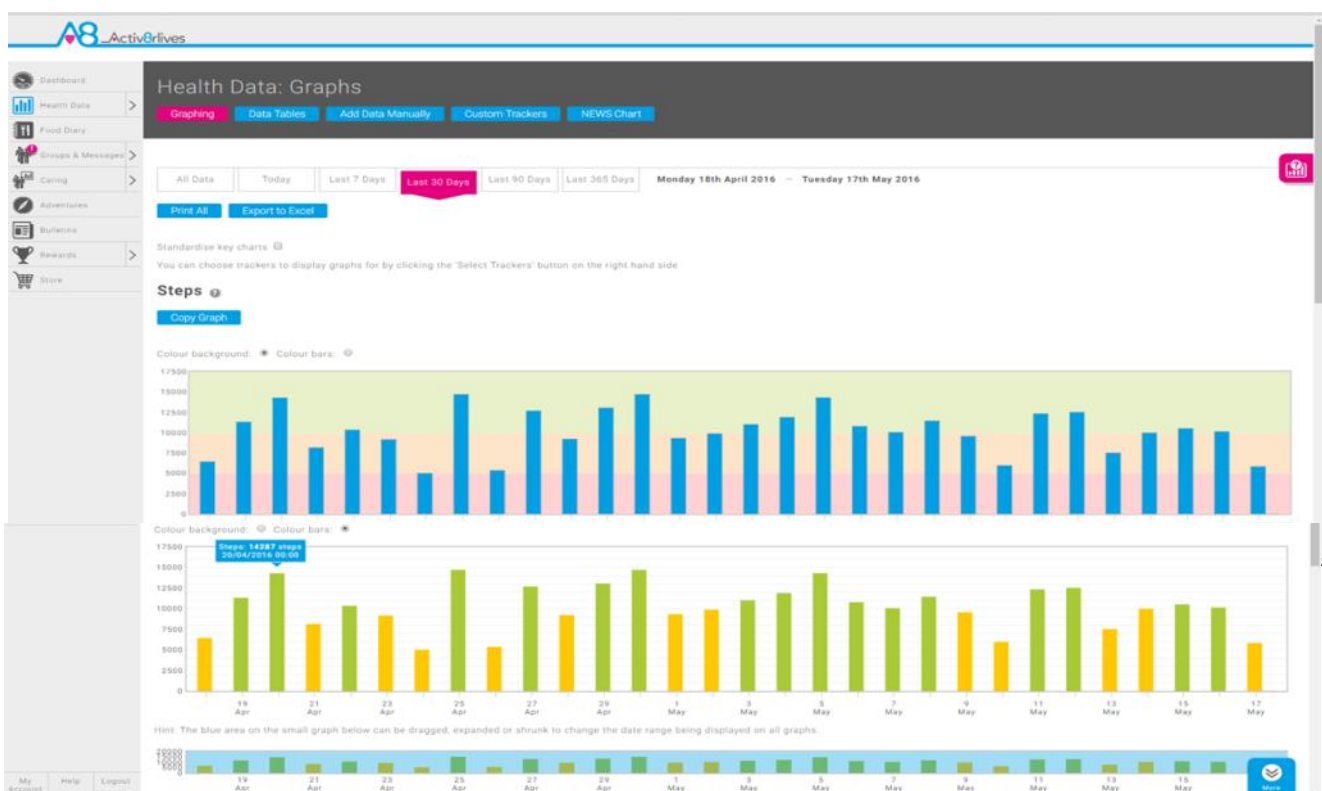
From your **Activ8lives** account you can view your **Health Data**, select the **Timeframe** for which you wish to display your **Data** (Day, Week, Month, Year or all) and scroll down to view.

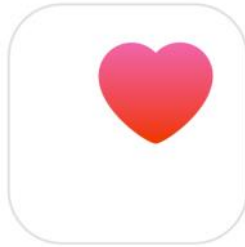
Within this section you can start to see trends of what affects your health parameters, and you begin to learn good behaviors and see the effects of physical activity increases on parameters, such as your lung function, weight or feelings of wellness.

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.

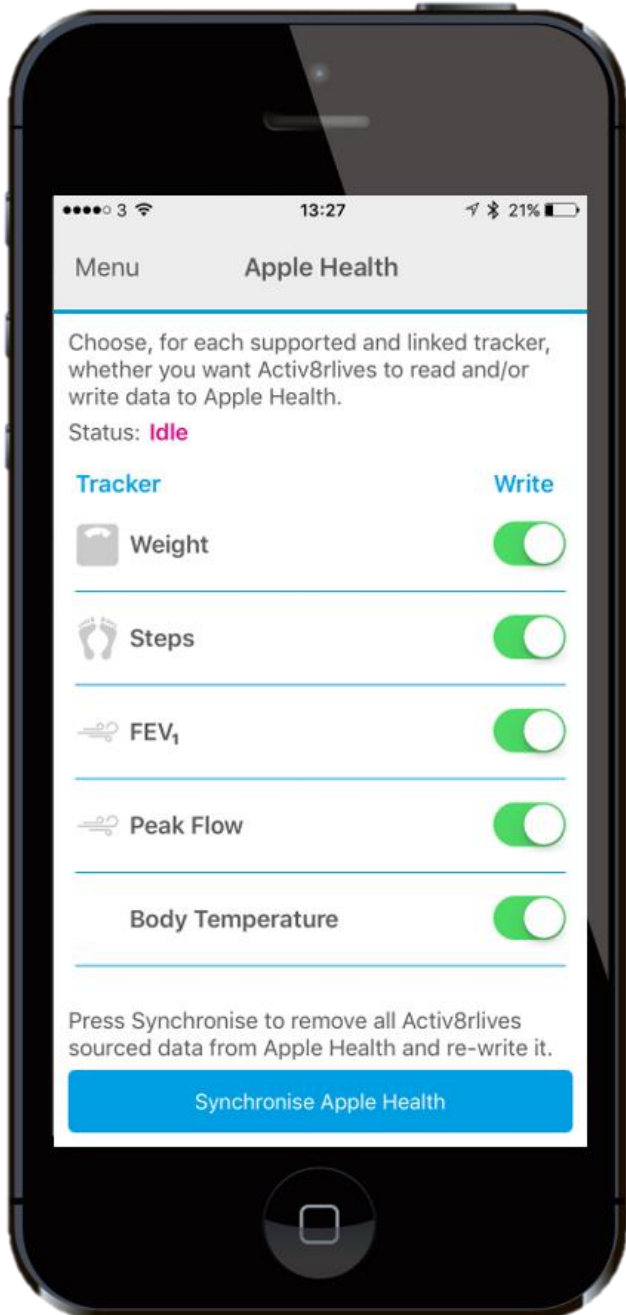
The **Simple** display for the **Dashboard** shows your latest reading for **Steps** and **Weight**. Your latest **Weight** reading and the **Height** you entered when registering is used to calculate your **BMI** (Body Mass Index). Your **BMR** (Basal Metabolic Rate) is how much energy a typical person of your age, height, weight and gender might burn in a day.

**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.





Health



## Apple Health (HealthKit) Integration

Included in the **Activ8lives Healthcare, Wellness 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 versions below iOS 10.



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

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

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



## Trouble Shooting BuddyBand2

### Help Menu?

**Help** can be found on all pages of the **Activ8lives** App in the top right-hand corner. Touch the **?** to expand the page and scroll down through the **Help** information.

### Will Not Connect?

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

If the **Activ8lives** *BuddyBand2* will not connect to Bluetooth, first check that you have Bluetooth turned on, on your smartphone or tablet and then touch the silver button on the **Activ8lives** *BuddyBand2* to wake it up. If your device is still not seeing the **Activ8lives** *BuddyBand2*, close the **Activ8lives** App by logging out of the App and **Login** again.

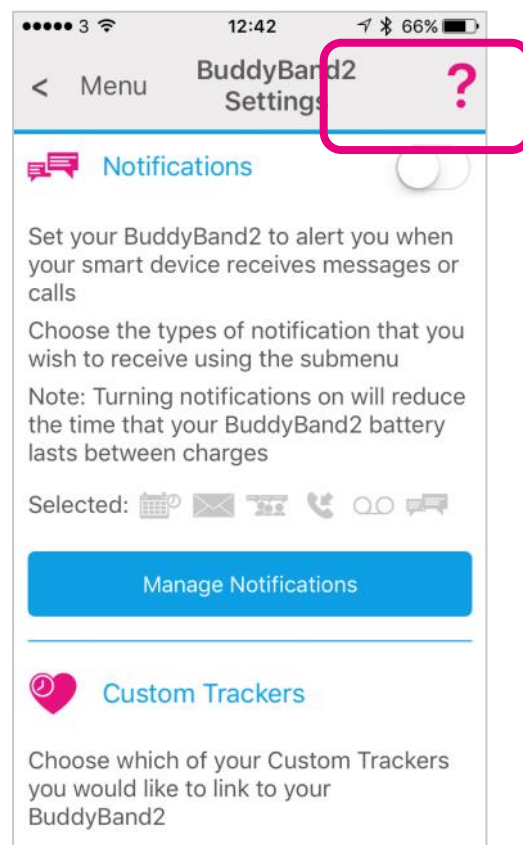
### Activ8lives App Crashes

Close other Apps open on your smartphone or tablet, as these may be using too much memory to allow the **Activ8lives** App to function. Also try rebooting your phone to clear its memory too.

### No Steps Recording

There could be 3 reasons for the **Activ8lives** *BuddyBand2* not to be counting steps:

1. It may still be in **Pairing Mode** so you need to follow instruction on [page 20-21](#).
2. It may be in **Sleep Mode** and Steps are not calculated in the Sleep Mode and you may see the icon displayed on the **Activ8lives** *BuddyBand2* screen with the person in bed. Scroll to the **Sleep Mode** screen and hold your finger down until the icon appears with the person jumping out of bed.
3. Thirdly, your **Activ8lives** *BuddyBand2* may be **stuck on 00000** and it may need a Reboot. See the next section for rebooting details.



**Scroll to Sleep Mode**  
**Hold down Silver Button**  
**Person jumps out of bed**



## Reboots

Just as with many electronic devices, they sometimes need a reboot to take them back to the original or default settings and the **Activ8lives BuddyBand2** is no exception to this. There are two methods for Rebooting:

### Rebooting Without Data Loss

If your **Activ8lives BuddyBand2** is updated with **Firmware Version 22** or above it can simply be rebooted by placing it on the **USB Charging Cable** as if you were charging it. Tap the Silver Button twice in quick succession.

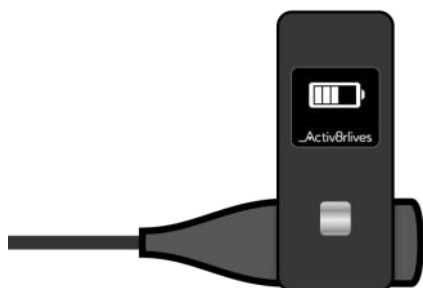
The **Activ8lives BuddyBand2** will vibrate and your Steps should still be on your **Activ8lives BuddyBand2** after the reboot.

### Rebooting With Data Loss

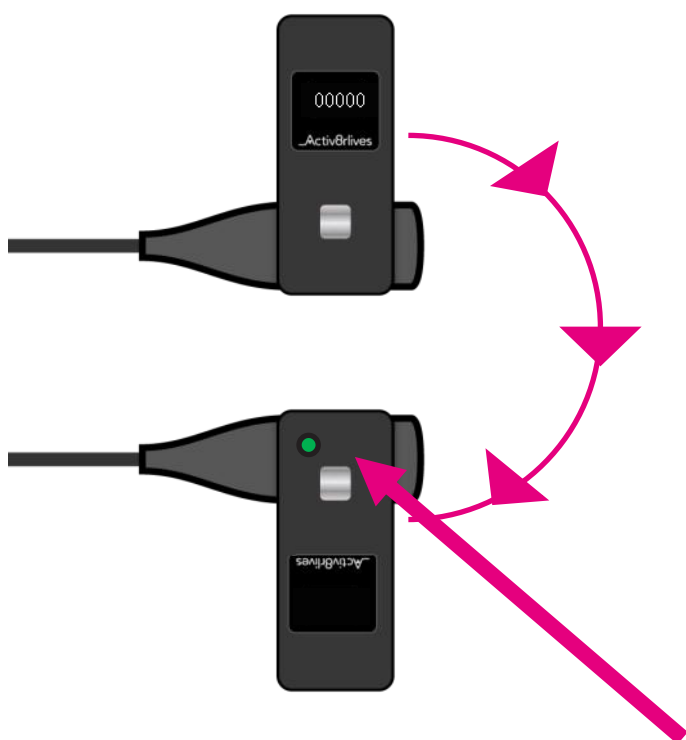
This first method of reboot is very effective but you may lose data unless you have already uploaded data to your **Account**.

Rotate the **Activ8lives BuddyBand2** by 180° or from 12 o'clock to 6 o'clock. The metal magnetic pins on the back of the **Activ8lives BuddyBand2** module will try to push it away as you are trying to get the magnets to touch each other.

**TIP:** Remove the module from the wristband and hold the **Charging Cable** in one hand and the **Activ8lives BuddyBand2** in the other hand until you see a **Green LCD light** come on in the **Activ8lives BuddyBand2** module. This will indicate that it has been rebooted.



Place on Charging Cable  
Double Tap Silver Button  
Module vibrates



Rotate 180°  
Touch pins together  
Push against magnets  
Green light briefly shows



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

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

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

### 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.

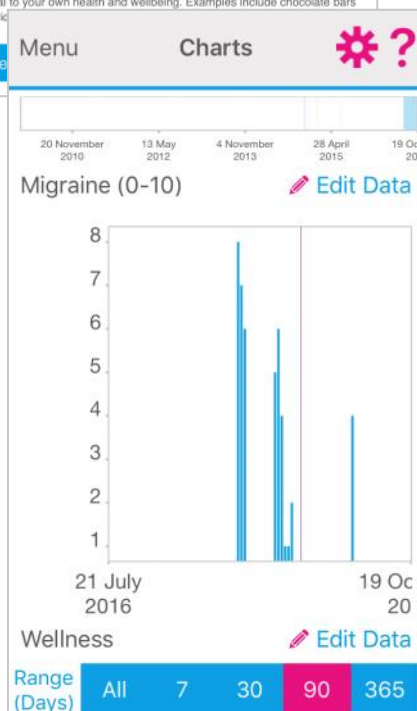
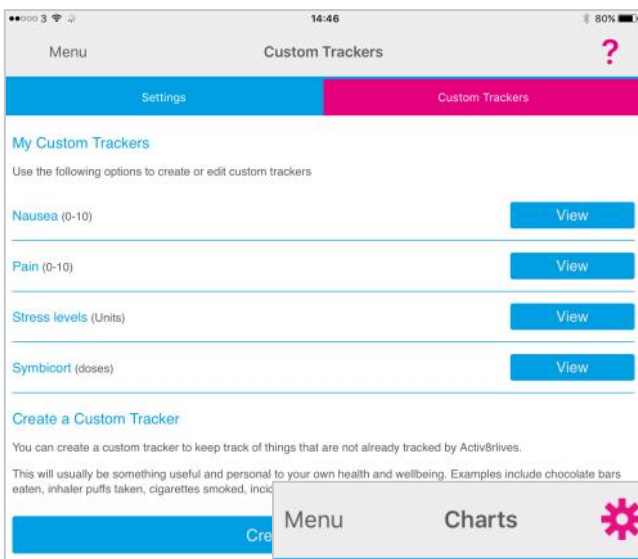
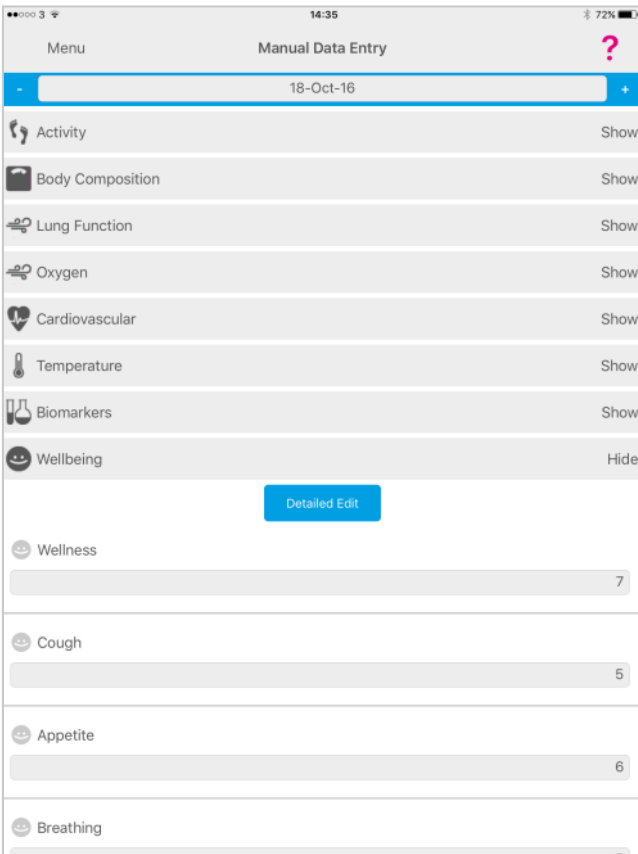
You can use the Data categories we currently offer: Steps and Weight, Body Composition/Shape, Lung Function, Cardiovascular, Biomarkers, Wellbeing or you can create your own Custom Trackers.

## Custom Trackers

Some examples of **Custom Trackers** that can be created in the [Activ8lives](#) 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.



## Calculating Your Stride Length

Your **Activ8rlives** account has some great things you can do with your data from the **Activ8rlives BuddyBand2**. 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 **Activ8rlives BuddyBand2** has a couple of great features, which we use to have fun: it automatically calculates the distance we walk, the total activity time and the calories we use during the day.

For the **Activ8rlives BuddyBand2** to work these out for us, we need to enter our weight (kg or lbs) and our stride length (cm or inches).

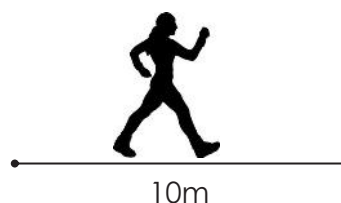
If you have never calculated your stride length before, here is how we do it.

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.

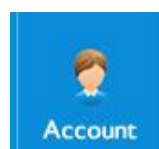


Now the mathematics. Divide 1,000cm (10m expressed as cm) by the number of steps you made.



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 **Activ8rlives BuddyBand2** (via your online **Activ8rlives Account**).

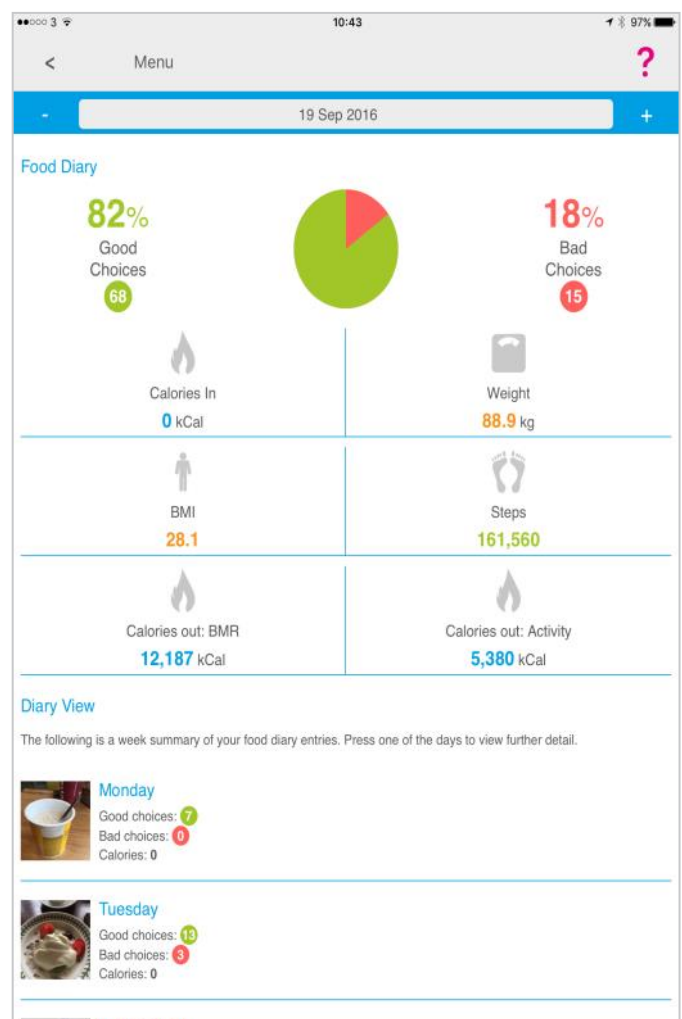
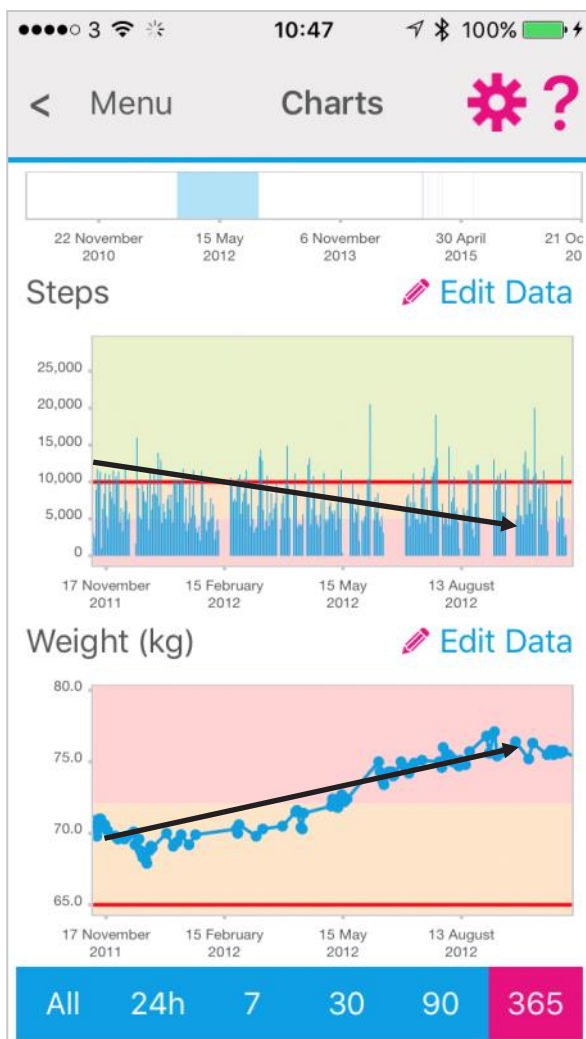


## Case Studies

The relationship between physical activity, weight and food intake is seen in the data below. Note the period of decreased and inconsistent activity over a year of 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)







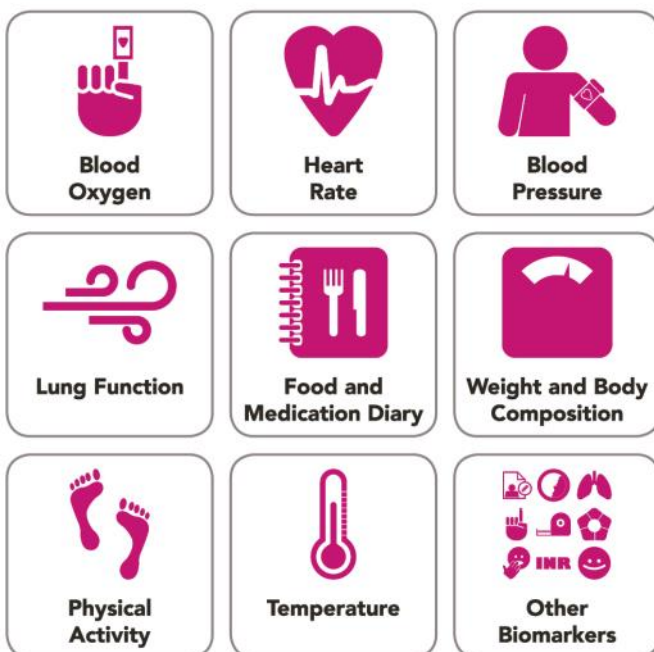
## Specifications

Type	Description
Dimension (L x W X H)	40mm x 20mm x 5mm
Weight of Module	10g (including battery)
Weight of Module and Wrist-band	26g
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 BuddyBand2
Stride distance input range	10—150cm
Age input range	6—90+ years
Body weight input range	10—150 Kg
Units	Metric or Imperial
Clock	24-hour clock
Operating temperature	0—40°C
Storage temperature	0—50°C
Eco-friendly	Auto turn-off without operation
Packaging	Fully recyclable
Rechargeable Battery	3.7V 100mAh rechargeable lithium battery
Magnetic USB Charging Cable	DC 0.5—1 Amp charger. 120 minute charge time, lasts 7-9 days with typical use.

# Support your family's health



Simple solutions for self-management



Find [Activ8rlives](https://www.activ8rlives.com) products at

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



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



## 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** *BuddyBand2* is in compliance with EU Directive 2004/108/EC.



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

**Activ8lives Healthcare, Wellness and Food 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)

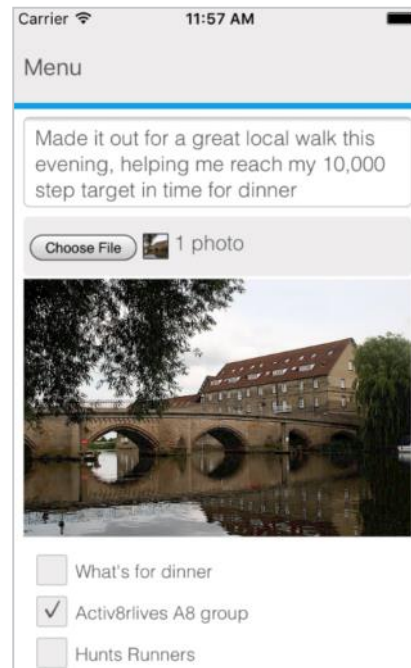
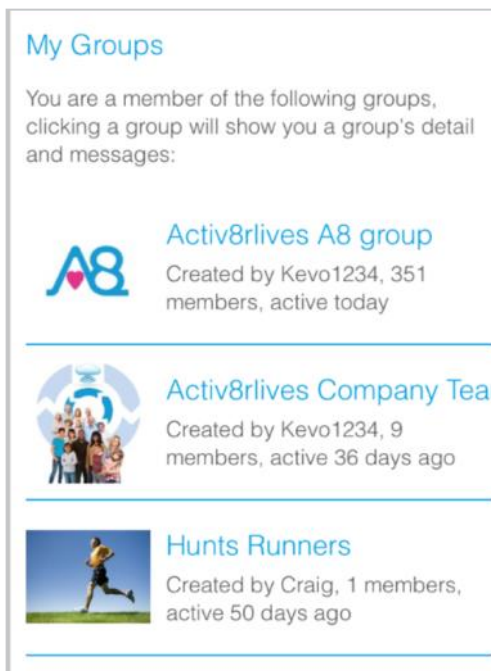
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 10 major sections:

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** 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.



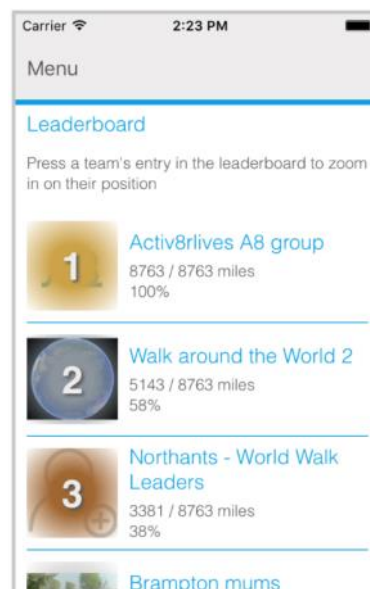
## Join a Group, Start Your Own and Keep in Touch!

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, **Activ8lives** has two rewards systems.

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

Bronze Medal = 7 days of 10,000 steps.

Silver Medal = 35 days of 10,000 steps.

Gold Medal = 175 days of 10,000 steps.

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

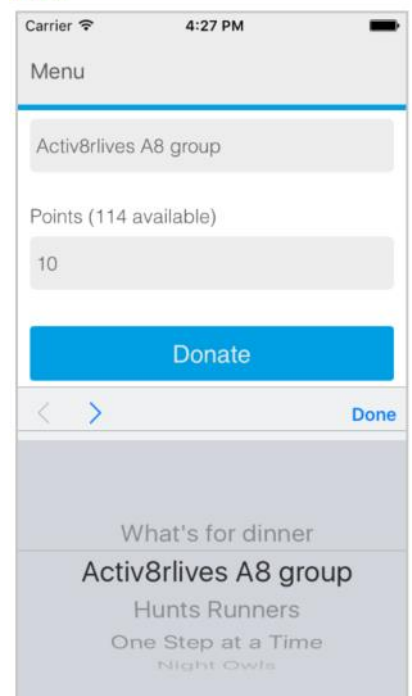
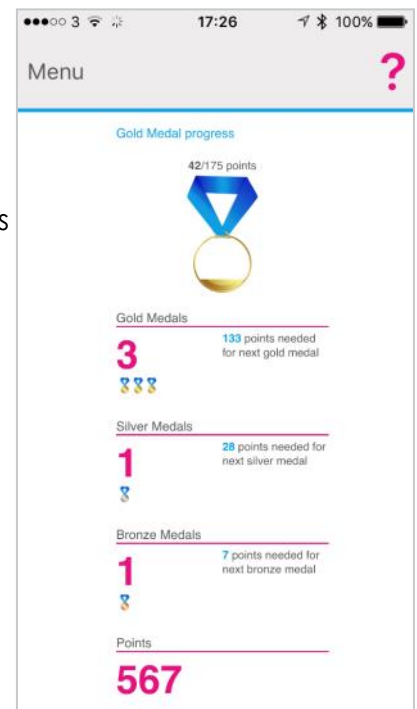


**Points** are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

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 Healthcare, Wellness & Food Diary App

iOS & Android App



Track your food and liquid intake using our photo-based free **Activ8rlives Healthcare, Wellness and Food 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** Smartphone *Food Diary App*.
- Updates and stores data in your **Activ8rlives** cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.



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Award winning



Available at

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

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