



Contactless Thermometer

Bluetooth Infrared

Family Health



activ8rives



www.activ8rives.com



Contactless Infrared Thermometer connects via Bluetooth 4.0 (Smart) & upload data to **Activ8rives**.

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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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

Getting Started...

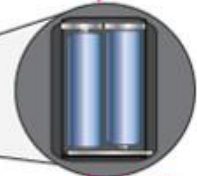


Need Help?
See App for full instructions and download link for manual

Contactless Thermometer
Infrared Bluetooth



Web View / App View
www.activ8rlives.com



Insert batteries

Trouble Shooting...



Help > Website > Devices > Device Manuals > Contactless Thermometer Manual



Print



Upload Devices > Contactless Thermometer

Follow instructions



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



Contactless Thermometer

Bluetooth Infrared

Your **Activ8lives** Contactless Infrared Thermometer

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** Contactless Infrared Thermometer Bluetooth is an easy-to-use device that can measure your body's temperature. It sends information to your free **Activ8lives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see your precise temperature without contact and consumables and to help you keep track of your health and wellbeing and that of your family.

The **Activ8lives** Contactless Infrared Thermometer does a lot more than just measure body temperature — it helps you understand how your body is changing in response to numerous factors, such as age, sex, type and thickness of skin, internal biochemical and physiological changes. It also measures surface temperature, making it a handy addition to any household.

Included is the latest **Activ8lives⁴ Wellness and 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** Contactless Infrared Thermometer — it will take just 5-10 minutes if you follow this guide through.

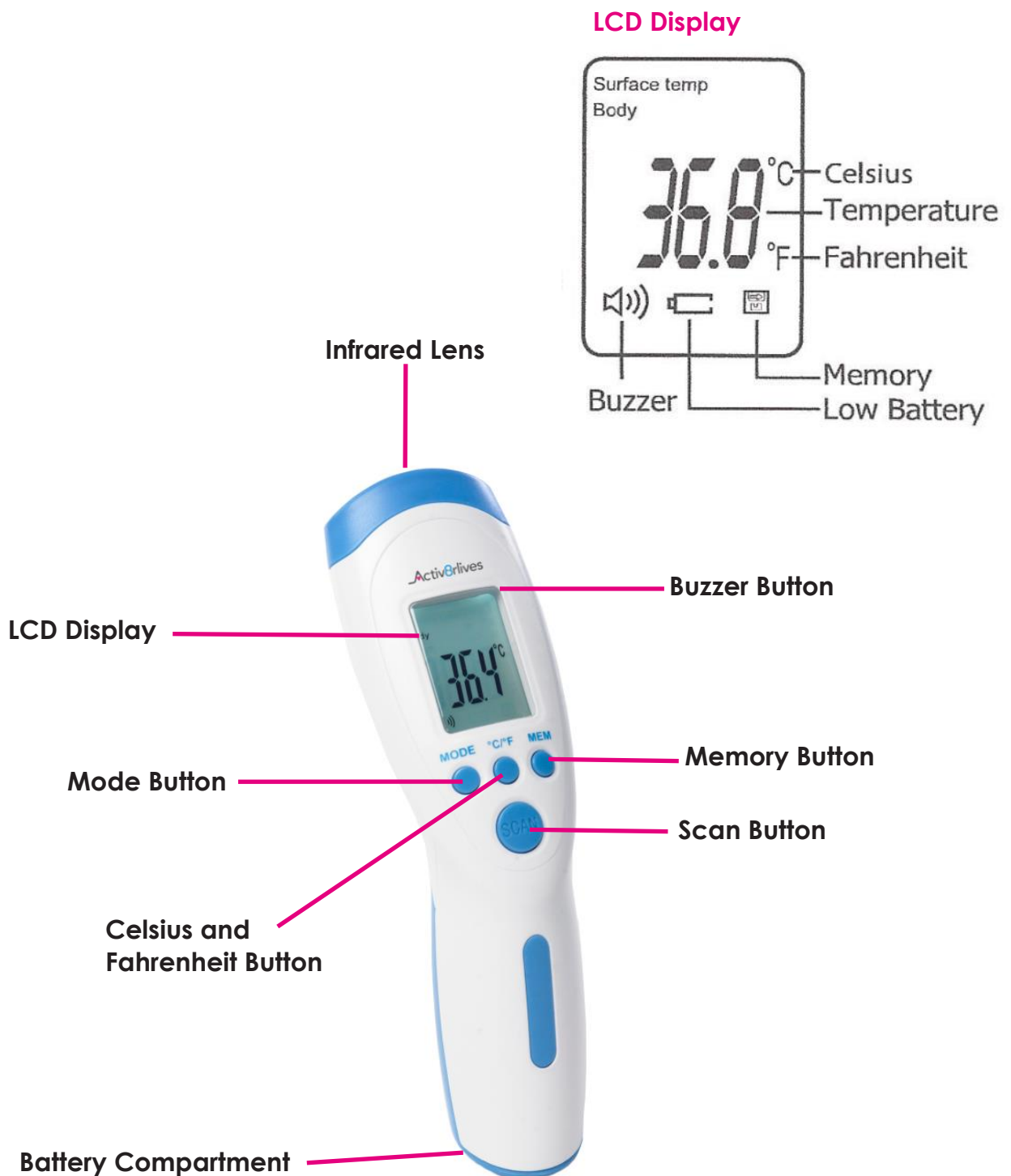
If in any doubt about your health, please consult your medical team first and follow their advice closely.





Your **Activ8lives** Contactless Infrared Thermometer

Your **Activ8lives** Contactless Infrared Thermometer has several parts, the **Infrared Lens**, **LCD Display**, **Operation Buttons**, and the **Battery compartment**. The **Activ8lives** Contactless Infrared Thermometer has no user-serviceable parts.





Health and Safety Notices

WARNINGS: The **Activ8rlives Contactless Infrared Thermometer** is **NOT waterproof**. Do not submerge it in water. **DO NOT** use if you have a pace-maker fitted or medical implant with electronic components.

PLEASE seek medical advice if you are at any time concerned that your body temperature is out of the normal range for your age.

- This device is not a toy. It is calibrated for use with all ages of people, pregnant women, and can be recalibrated to adjust for skin tone.
- Use a soft, microfiber cloth for cleaning. The glass Infrared lens is fragile and can be cleaned with a soft damp cloth moistened with 95% alcohol (not dripping wet). Don't use other harsh cleaning products as these will cause damage to your **Activ8rlives Contactless Infrared Thermometer**. Don't allow sharp objects to scratch the Infrared lens or the LCD display as this may damage it.
- Do not allow your **Activ8rlives Contactless Infrared Thermometer** to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Don't expose your **Activ8rlives Contactless Infrared Thermometer** to direct sunlight for long periods of time. Harsh physical treatment may stop your **Activ8rlives Contactless Infrared Thermometer** from working properly.
- Your **Activ8rlives Contactless Infrared Thermometer** is a sensitive instrument and may experience interference if placed near to radio transmitting devices such as walkie talkies and microwave ovens etc. In extreme cases, the **Activ8rlives Contactless Infrared Thermometer** may have to be restarted by removing the batteries.
- Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock. Take precautions when handling all battery types and when disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge.
- The measurement functions built into the **Activ8rlives Contactless Infrared Thermometer** 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 **Activ8rlives** if your **Activ8rlives Contactless Infrared Thermometer** does not work properly.

Call us 7 days a week, between 9:00-18:00

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





Adding Batteries


Your **Activ8lives** *Contactless Infrared Thermometer* uses two AA 1.5V alkaline batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Remove the blue back cover and add the 2 x AA batteries in the direction indicated.

Replace the cover. The **LCD Display** should light up now.

If it is not used, it will power off after about 30 seconds. If it is overloaded, it will also power off. Also a faulty operation would make it power off.

Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge.

Replace the set of batteries (2 x AA) in the right direction when the battery sign on the **DISPLAY** is shown 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 has 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 **Activ8lives** Contactless Infrared Thermometer Work?

The **Activ8lives** *Contactless Infrared Thermometer* uses the latest infrared technology. Infrared technology allows the temporal artery (TA) temperature to be taken at a distance of about 3-5cm away from the forehead.

Precise, instantaneous and without contact with the person. It has been demonstrated that this method of TA temperature measurement is more precise than the tympanic thermometry via the ear canal and better tolerated than rectal thermometry.

However, as with other types of thermometer, it is essential to use the **Activ8lives** *Contactless Infrared Thermometer* properly in order to obtain reliable and stable results. You are, therefore, advised to read these instructions and the **Health and Safety Notes** on [Page 7](#) carefully before use.

Operating Principles

All objects, solid, liquid or gas emit or give out energy by radiation. The intensity of this energy depends on the temperature of the object.

The **Activ8lives** *Contactless Infrared Thermometer* is able to measure the temperature of a person, the surface temperature of a solid or liquid, and able to take a room or ambient temperature of the air (gas). These measurements can be taken by an external temperature probe on the device, which permanently analyses and registers the ambient temperature.

Therefore, as soon as the operator holds the **Scan Button** on the **Activ8lives** *Contactless Infrared Thermometer* near the body and activates the radiation sensor, the measurement is taken instantly by detection of the infrared heat generated by the arterial blood flow near the temples and forehead of the head.

Body heat can be measured without any interference from the heat of the surrounding environment.



Age	°C	°F
0-2 years	36.4—38.0	97.5—100.4
3-10 years	36.1—37.8	97.0—100.0
11-65 years	35.9—37.6	96.6—99.7
>65 years	35.8—37.5	96.4—99.5

Reference: NHS Choices.



Body Temperature

A normal body temperature is around 37°C (Celsius) or 98.6°F (Fahrenheit). However, the concept of there being a normal body temperature is somewhat misleading. In fact normal body temperature can vary according to a wide range of factors, including a person's age, the time of day and whether someone is active or not. It is generally accepted that normal body temperature ranges between 36.1°C (97°F) to 37.2°C (99°F).

The list of factors that influence body temperature depends on:

- the person;
- their age and gender;
- what they've been doing;
- the time of day; and
- which part of the body you take the temperature from.

For example:

- Body Temperature increases by 0.5°C between 6am to 3pm.
- Women have a temperature a little higher, on average, by around 0.2°C.
- Women's temperatures also varies in accordance with their ovarian menstrual cycle and the early stages of pregnancy, rising by 0.5°C.
- When sitting, your temperature is lower by about 0.3°C to 0.4°C than when standing.

In order to ensure that precise and accurate temperature measurements are obtained, it is essential that each user have received adequate information and training in the temperature measurement technique when using different temperature devices.

It is essential to remember that although the procedure such as taking your temperature may be simple, it must not be trivialised. Also it is important to ensure that Body Temperature should be taken in a neutral context, i.e. the person must not have undertaken vigorous physical activity prior to taking their temperature and room temperature must be moderate (i.e. 10°-40° C).

A fever is a temperature of more than 38°C or 100.4°F or over. However, in children under the age of five years, a fever is a body temperature of more than 37.5°C or 99.5°F.

Most fevers are caused by an infection or another illness. Fever helps your body fight infections by stimulating the body's natural defences. By increasing the body's temperature, a fever makes it harder for the bacteria and viruses that cause infections to survive.

If you are concerned about your Body Temperature or that of a child in your care, consult the relevant Self-Help Guide within your Country or contact your medical team.



Recalibration for Different Skin Types

For people with different skin colours (e.g. yellow hue, white, brown or black skin colours) you may need to recalibrate the **Activ8rlives Contactless Infrared Thermometer**.

Recalibration is a simple process of comparing body temperatures taken with the **Activ8rlives Contactless Infrared Thermometer** and a mercury thermometer and either increasing or decreasing the discrepancy between the two devices on the digital device.

- Press the **MODE** and **°C/F°** buttons at the same time for 3 seconds.
- The screen will then display **F4**.
- Press **MODE** to increase by 0.1°C, press **°C/F°** to reduce by 0.1°C.
- Press **MEM** (memory) to save the setting.



3-5 cm away from forehead
and temple.





When Taking a Reading

In order to ensure that precise and accurate temperature measurements are obtained via your **Activ8lives Contactless Infrared Thermometer**, it is essential that each user have received adequate information and training in the temperature measurement technique when using such a device.

- It is essential to remember that although the procedure such as taking your temperature may be simple, it must not be trivialised.
- Body temperature should be taken in a neutral context, i.e. the person must not have undertaken vigorous physical activity prior to taking their temperature and room temperature must be moderate (i.e. 10°-40°C).
- Be aware of physiological variations in temperature which must be taken into consideration when evaluating the results:.
- Temperature increases by 0.5°C between 6am to 3pm.
- Women have a temperature a little higher, on average, by around 0.2°C.
- Women's temperatures also varies in accordance with their ovarian menstrual cycle and the early stages of pregnancy, rising by 0.5°C.
- When sitting, your temperature is lower by about 0.3°C to 0.4°C than when standing.

Use on Infants?

Yes it can be used for babies and infants because it does not require contact so it is more readily tolerated by young infants and babies.

Before Taking a Temperature Reading

Before taking any temperature measurement to ensure a stable and reliable result:

- Push hair back from the forehead.
- Wipe any perspiration from the forehead.
- Avoid any drafts (e.g. from nebulisers, nasal specs, air conditioning etc).
- Allow a one minute interval between two measurements.
- Each time there is a significant change in the ambient (room) temperature due to a change in the environment, allow the **Activ8lives Contactless Infrared Thermometer** at least 15 minutes before using it to take a temperature reading.



OK, let's get started with the Setup

This guide will instruct you how to:

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



- 1 Install the **Activ8lives⁴ Wellness and Diary App** to your iOS or Android Smartphone or Tablet;
- 2 How to operate, use and take care of your **Activ8lives** *Contactless Infrared Thermometer* 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 body temperature and room temperature and connect to the **Activ8lives⁴ Wellness and Diary App**.



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

Website www.Activ8lives.com



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



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

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



Compatible Bluetooth 4.0 Smartphones or Tablets



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



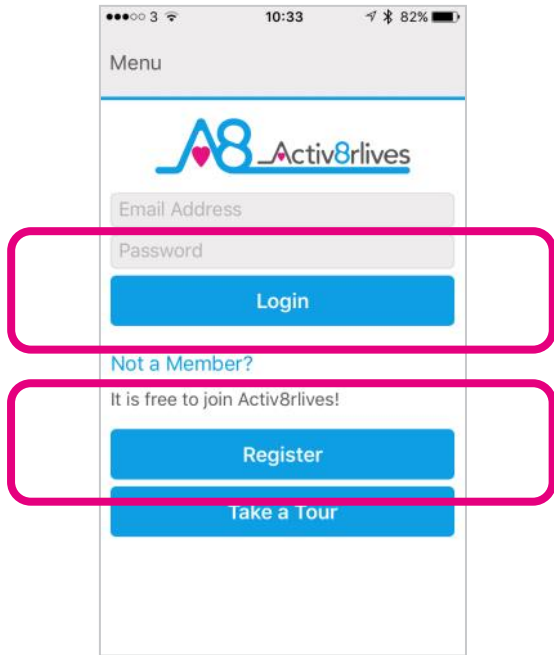
Select Android devices running Android 5.0 or later. Devices must support Bluetooth Smart (4.0).



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

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

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

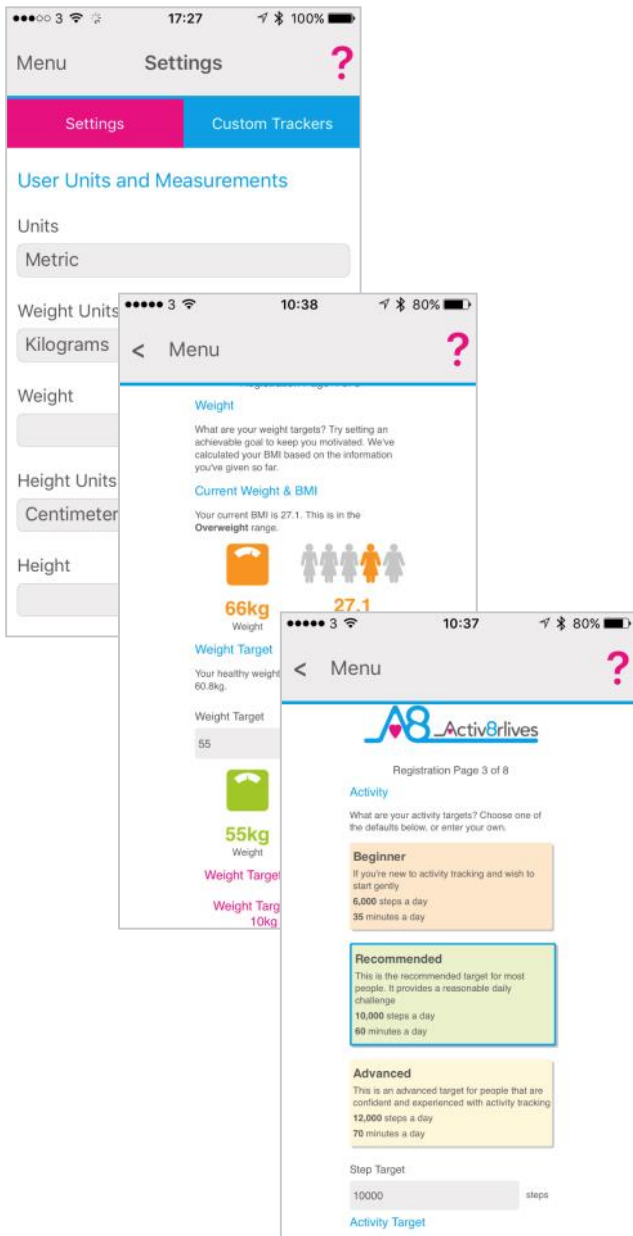


Register for **Activ8lives** Account

Once you have installed the **Activ8lives⁴ Wellness and Diary App**, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth switched on**.

If you have already Registered, you can **Login** to your **Activ8lives** account. Click the **Login** icon and enter your **Username** and **Password**.

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

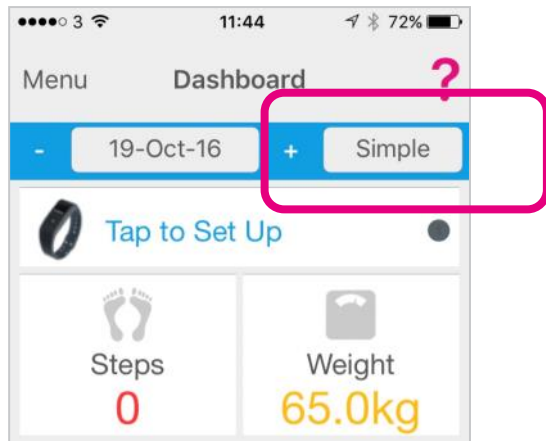


Completing Your Registration

To complete the Registration for your **Activ8lives** Account, add the correct details for yourself by following the instructions on the App and selecting **Next** at the bottom of each page.

As you complete the information, your **Activ8lives** account begins to learn more about you and your health. These data are used to help you with your self-care through self-monitoring. You can always edit these data later if you make an error, but please try to be accurate in entering your weight, your height, your age and gender. These are important data.

1



Completed Registration

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

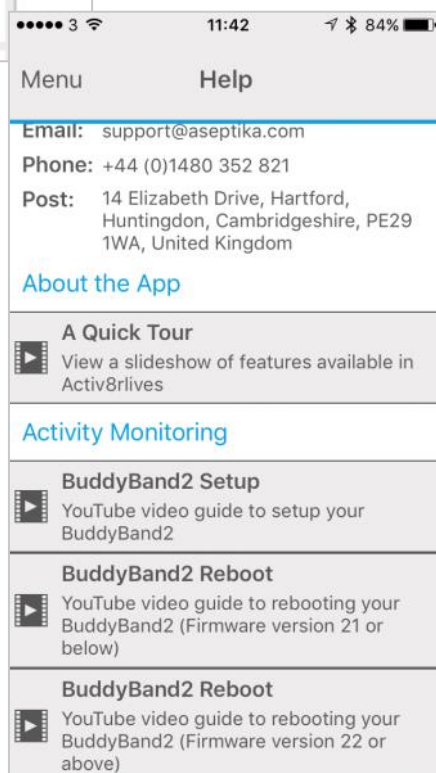
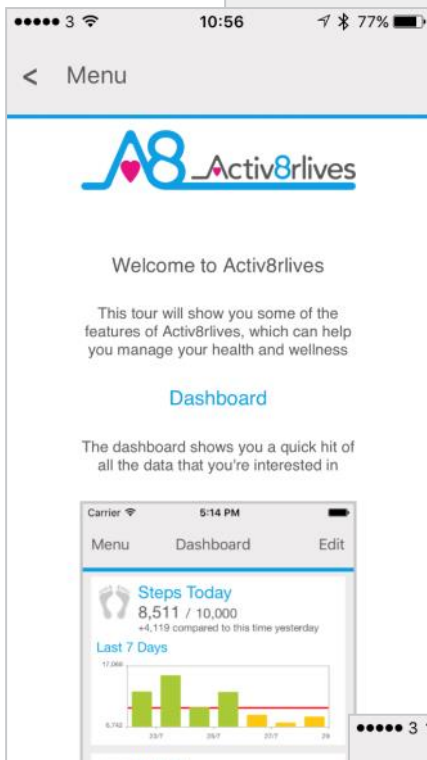
To add other health parameters to your Dashboard, change and select either the **Advanced** or **Expert** Dashboard, that include increasing number of trackers.

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

How to Videos on App

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

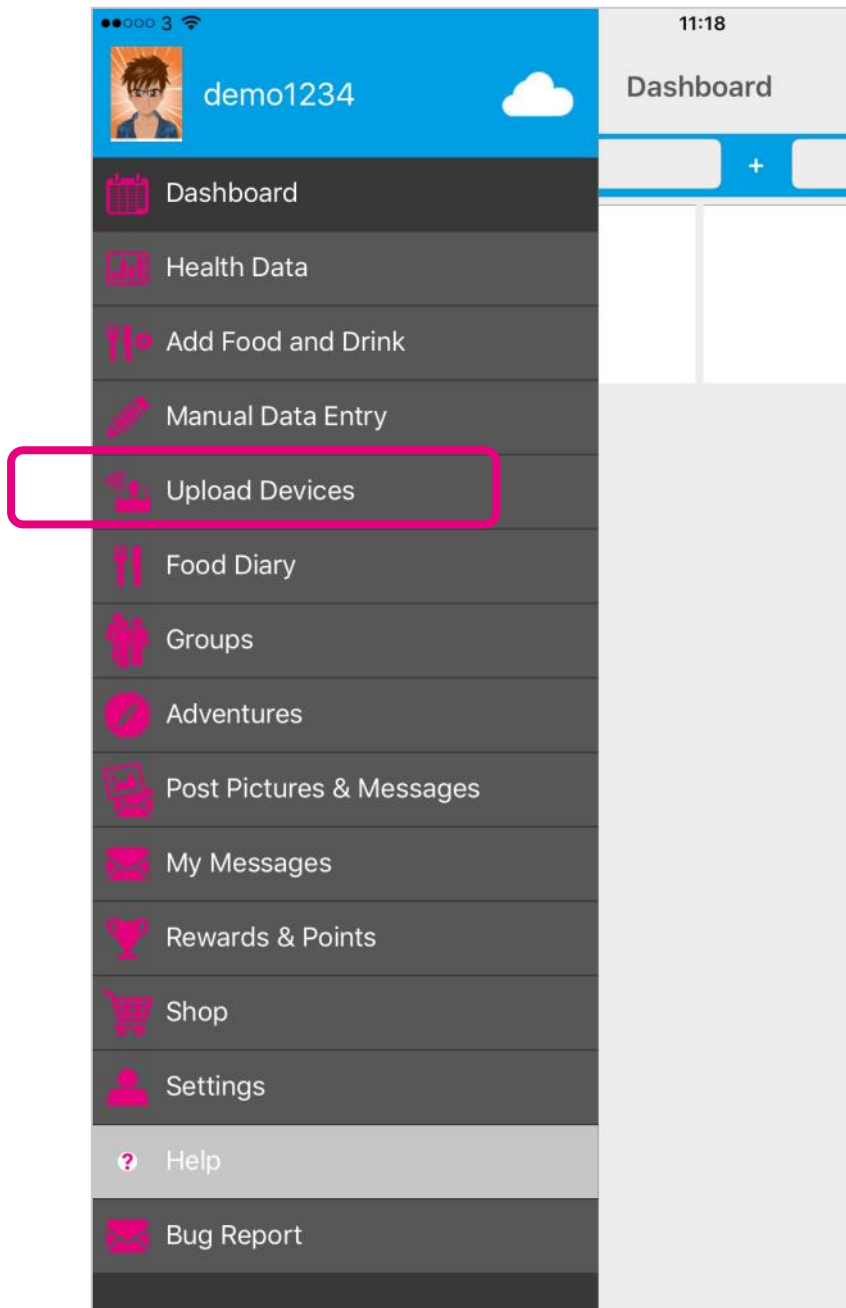
Also access available **Help Videos** from this page.





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

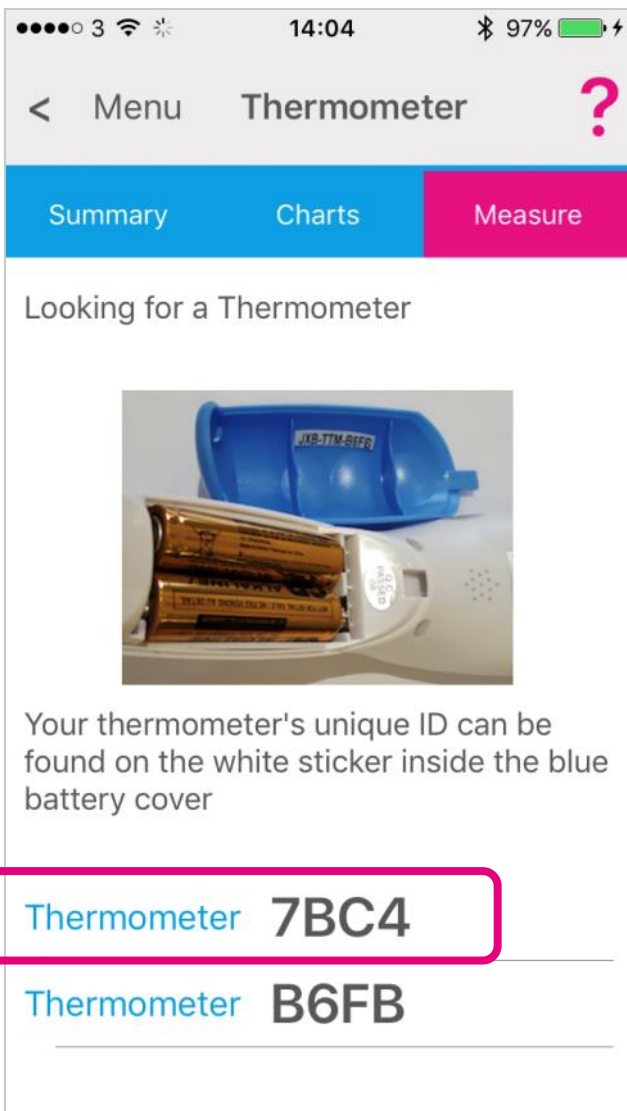
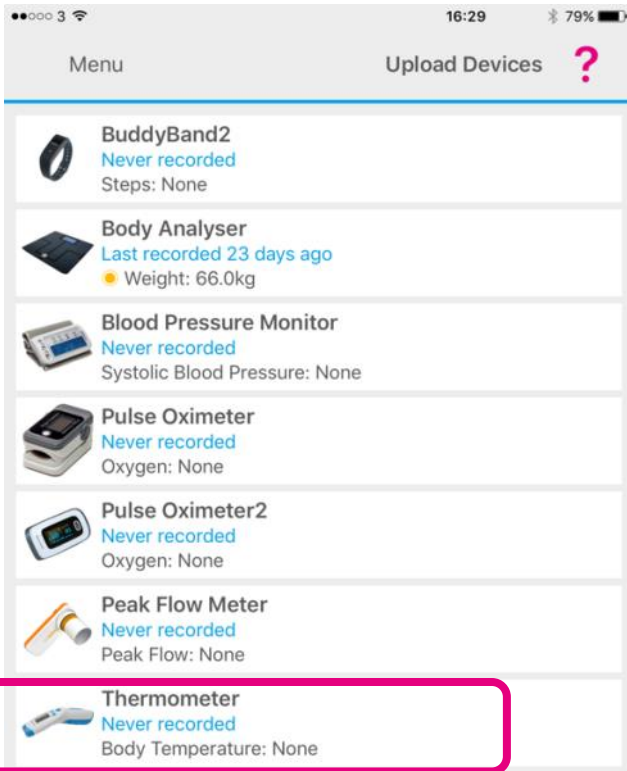
Make sure that Bluetooth on your Smartphone or Tablet is switched on.



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

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

2



Connecting to **Activ8lives** App by Bluetooth

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

Launch the **Activ8lives⁴ Wellness and Diary App** on your Smartphone or Tablet.

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

Pairing **Activ8lives** Contactless Infrared Thermometer

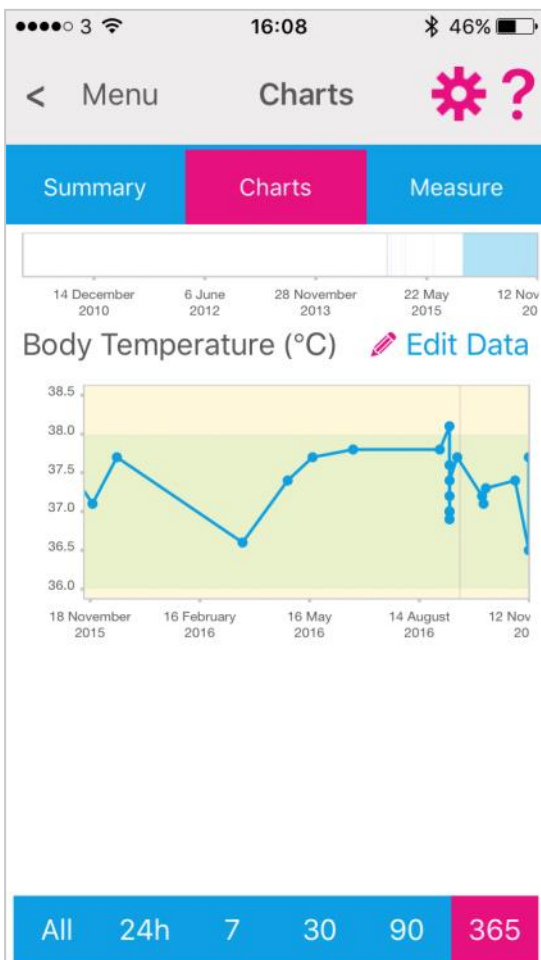
The **Activ8lives Contactless Infrared Thermometer** now needs to be paired with your Smartphone or Tablet. To wake up the device touch the **Scan button** and the **LCD** will light up.

The App will display the **Serial Number** of your **Activ8lives Contactless Infrared Thermometer** if it is within Bluetooth range. If this **Serial Number** matches the number on your **Activ8lives Contactless Infrared Thermometer**, confirm by pressing the corresponding numbered meter.

We use this **Serial Number** so that your data transmission is secure and cannot be hacked.

The **Activ8lives⁴ Wellness and Diary App** will remember your **Serial Number** but if your Smart Device is rebooted or the batteries changed you may need to start from the pairing process again. Press the **Change** button to select another device.

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



Today's Reading

When your **Activ8lives Contactless Infrared Thermometer** is connected via Bluetooth and WiFi/ Cellular it will upload to the **Activ8lives⁴ Wellness and Diary App** and will also be displayed on the **Activ8lives Contactless Infrared Thermometer**.

The example shown here gives:

-  Body Temperature as 36.5°C
-  Room Temperature as 19.8°C

Refer to the Body Temperature Chart on [Page 12](#) to see where your reading falls in the population table.

You will also see your last 3 readings.

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

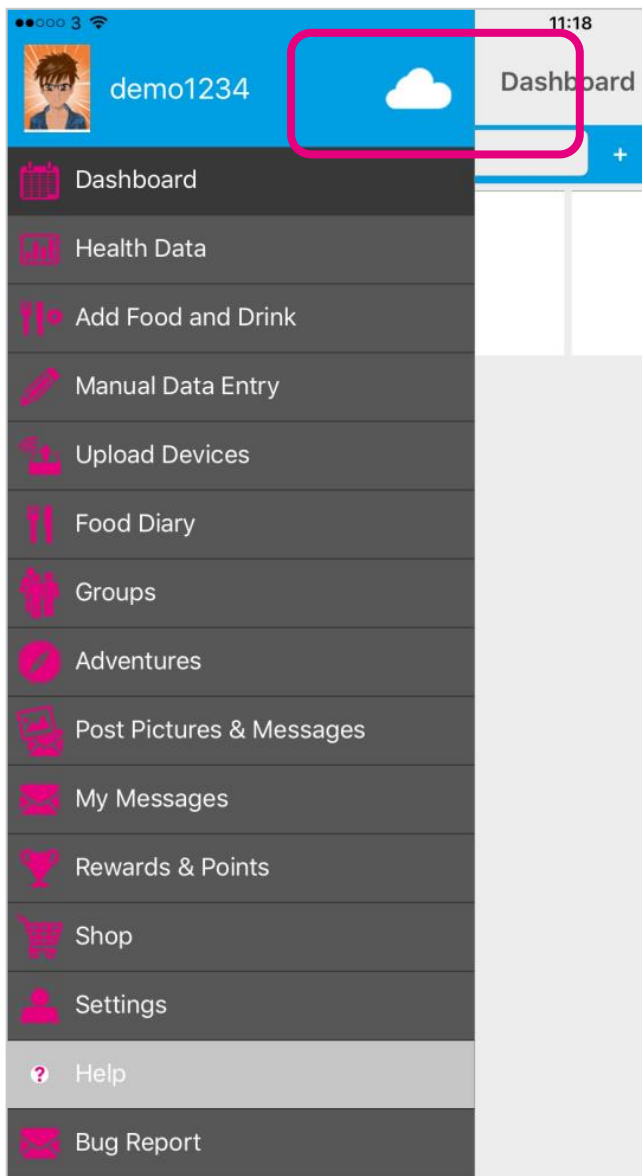
Note: If your **Activ8lives Contactless Infrared Thermometer** is **NOT connected** to your Smartphone or Tablet, the data will be stored on the device for up to 32 days.

Viewing Data on the App

Detailed data Charts can be viewed from the **Activ8lives⁴ Wellness and Diary App** by selecting **Health Data** from the **Main Menu**.

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.

The data displaying here shows the individuals **Body Temperature** over a period of 365 days. You can scroll the Chart left and right to change the timeframe. 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.



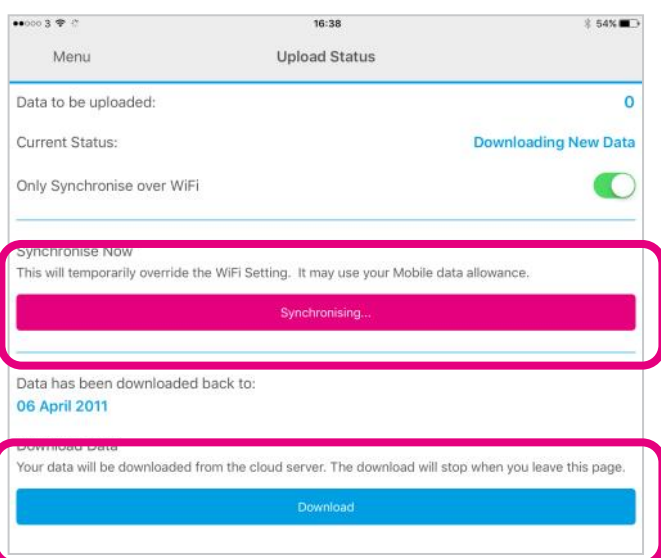
Sending Your Data to Cloud

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

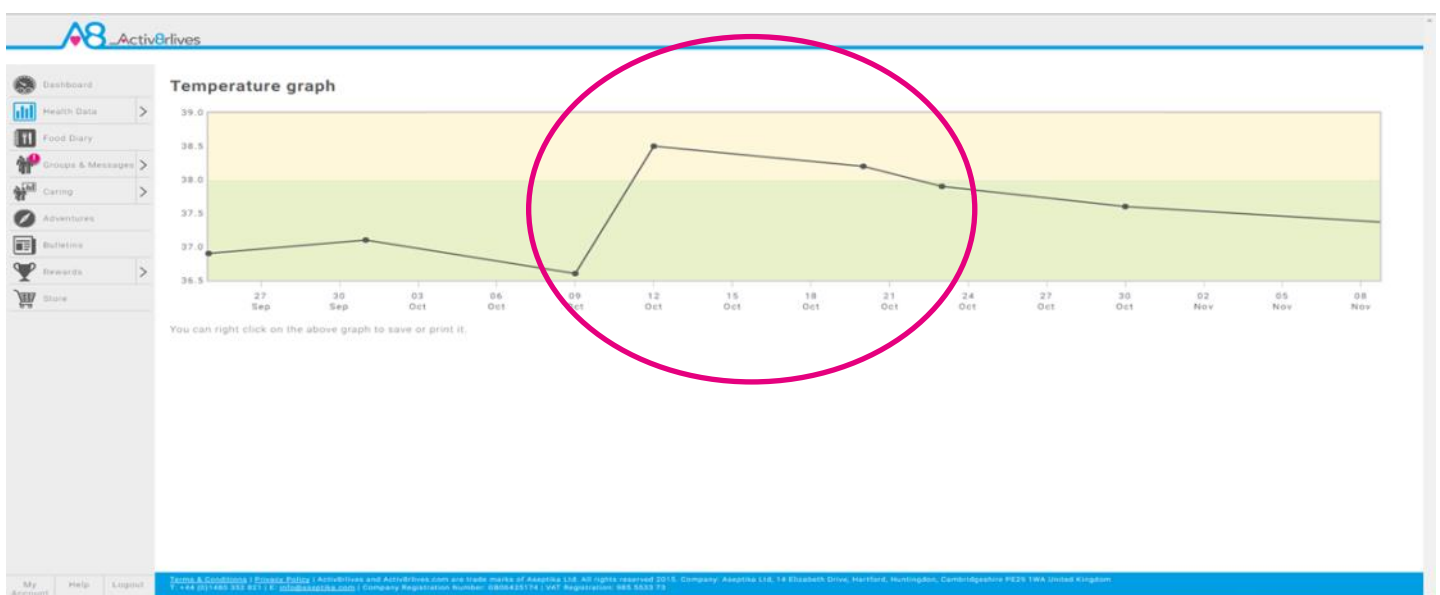
To **Login** via the **Activ8lives** website, go to www.activ8lives.com and **Login** from the top menu of the website using the same **Username** and **Password** that you used for your App **Login**. The website has a lot more features than can be incorporated in to the **Activ8lives⁴ Wellness and Diary App**.

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

Along with the **Activ8lives Contactless Infrared Thermometer**, you can monitor and adjust your body composition (from the **Activ8lives Body Analyser Bluetooth**), blood oxygen saturation (**Activ8lives Pulse Oximeter**) and food intake can also be viewed on a single page.

This volunteer's data indicates a raised temperature for 3 days (**Amber zone**) before it stabilised and returned to normal within the **Green zone**.



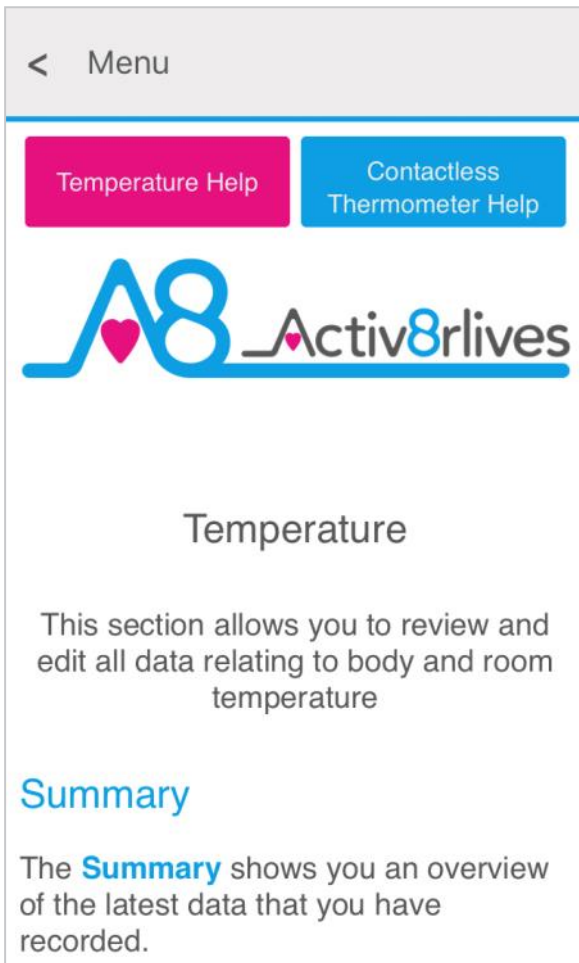


Help Videos in **App**, follow this **?**

Website www.Activ8rlives.com



YouTube <http://bit.ly/Activ8rlives>



Help Menu?

Help can be found on all pages of the **Activ8lives⁴ Wellness and Diary App** in the top right-hand corner. Touch **?** to expand the page and scroll down through the **Help** information.

Will Not Connect via Bluetooth?

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

If the **Activ8lives** *Contactless Infrared Thermometer* will not connect to Bluetooth, first check that you have Bluetooth turned on, on your smartphone or tablet and then touch the **Scan Button** on the **Activ8lives** *Contactless Infrared Thermometer* to wake it up. If your device is still not seeing the **Activ8lives** *Contactless Infrared Thermometer*, close the **Activ8lives⁴ Wellness and Diary 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 drawing too much memory to allow the **Activ8lives⁴ Wellness and Diary App** to function. Also try rebooting your phone to clear its memory too.

No Temperature Recording

There could be 3 reasons for the **Activ8lives** *Contactless Infrared Thermometer* not to be reading:

1. The device is set to **Body Temperature** by using the **Mode Button** you can select **Body**.
2. Batteries are flat or does not have batteries inserted—follow steps on **Page 11**.
3. You are not putting the **Activ8lives** *Contactless Infrared Thermometer* close enough to your temple or forehead to take the reading.
4. You have selected the incorrect **Serial Number** for your device, go back to select to **Change** the device you are reading from.

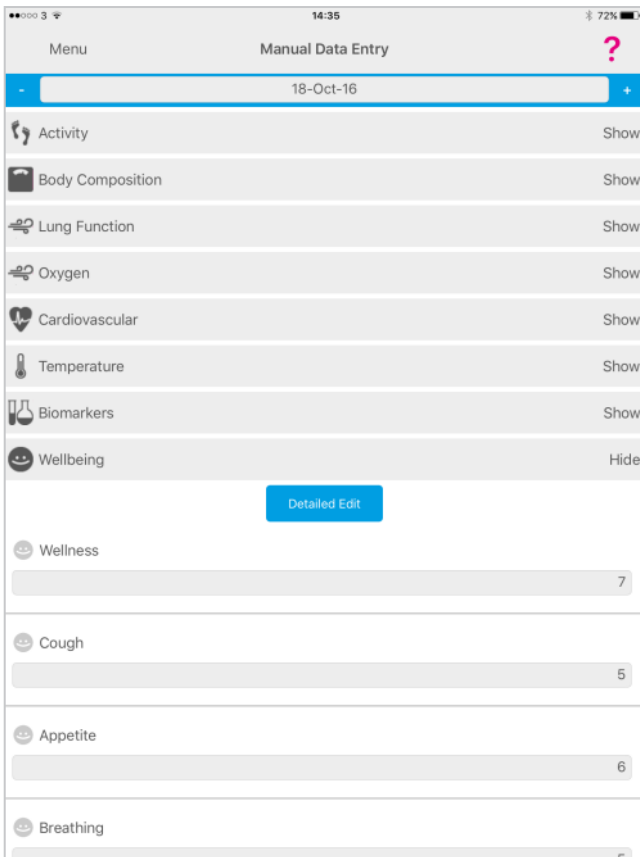


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Website www.Activ8rlives.com



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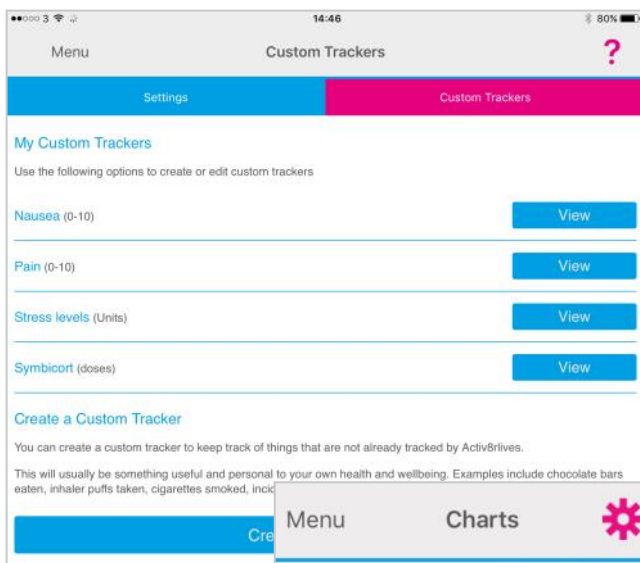


Manual Data Entry

You can also manually enter your data from other self-monitoring devices into your [Activ8lives](#) account.

Login to your [Activ8lives](#) account in the usual manner and select from the **Menu** the **Manual Data Entry** page.

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

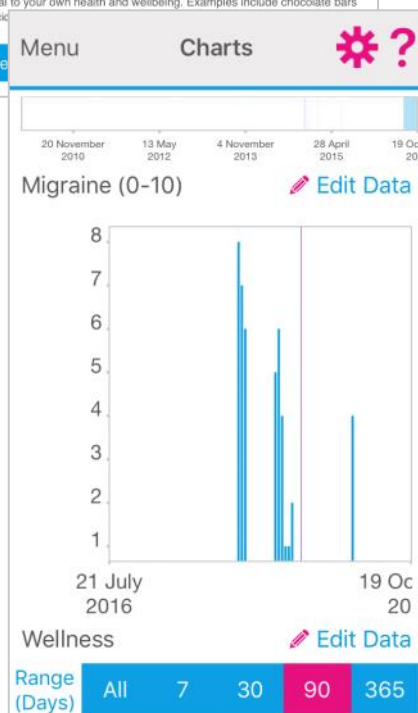


Custom Trackers

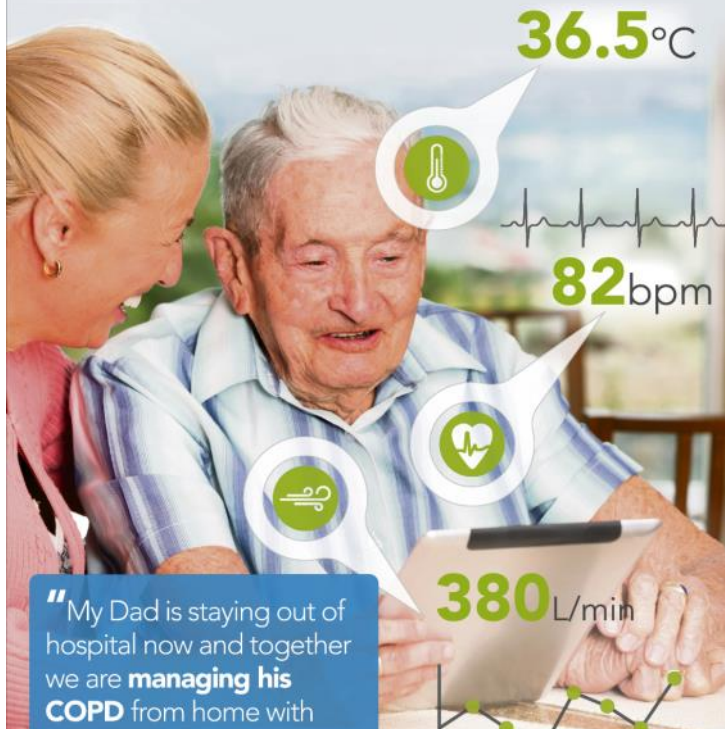
Some examples of **Custom Trackers** that can be created in the [Activ8lives⁴ Wellness and Diary App](#) or on the website are shown on the left-hand side of this page.

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










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



Support your family's health



Simple solutions for self-management

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

www.activ8rlives.com



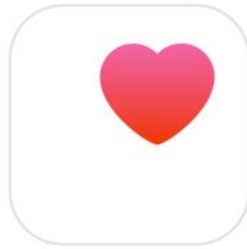
Find **Activ8rlives** products at

SPRINT BUY NOW

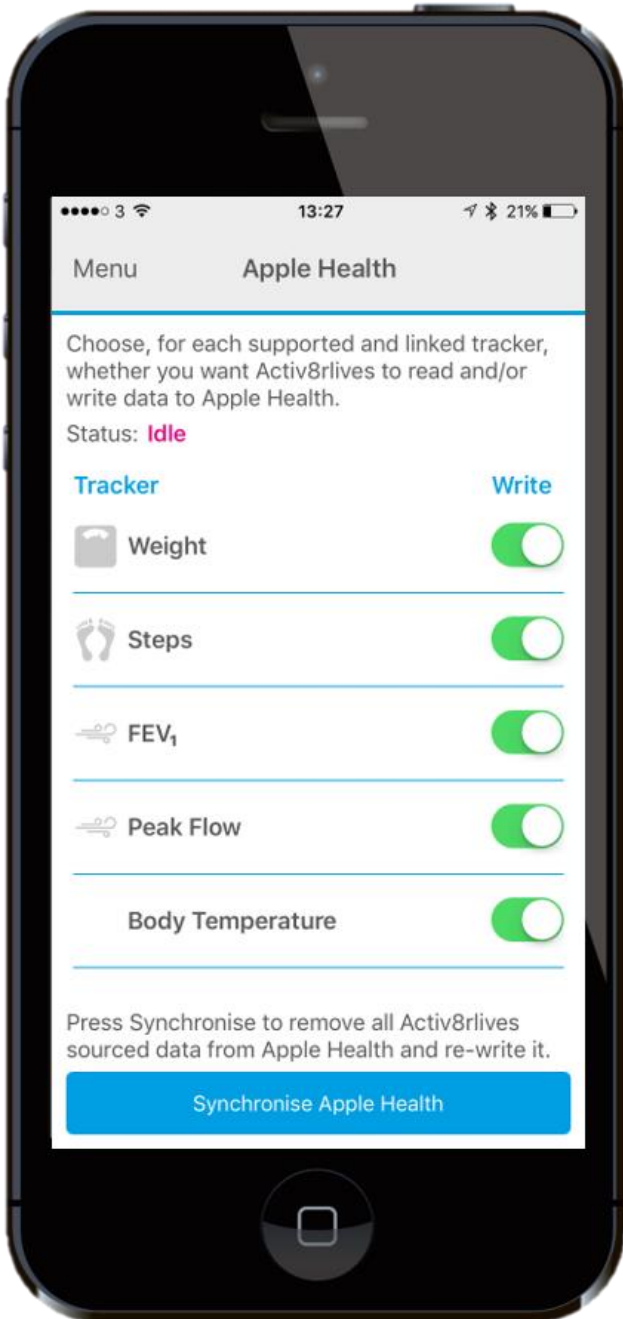


amazon

ebay



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 **Activ8lives⁴ Wellness and Diary App** from the App store.

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

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



Contactless Thermometer

Bluetooth Infrared

Specifications


Dimension (L x W X H)	175 x 50 x 52 mm
Weight	148g (including battery)
LCD Display	Backlight. 24mm x 33mm
Temperature Units	Celsius and Fahrenheit
Normal Ambient Temperature	10°C — 40°C (50°F—104°F)
Normal Relative Humidity	≤85%
Temperature Display Resolution	0.1°C (0.1°F)
Measuring Range Body Mode	32°C—42.9°C (89.6°F—109.2°F)
Measuring Range Surface Mode	0°C—60°C (32°F—140°F)
Measuring Range Room or Ambient	0°C—40°C (32°F—104°F)
Range of Temperature Readings	32°C—42.9°C (89.6°F—109.2°F) precision is not guaranteed outside of this range.
Consumption	≤150mW
Age range	0—120 years
Accuracy	± 0.3°C (0.6°F)
Measuring Distance	3-5 cm (1.2-2")
Memory	32 sets
Power	2 x AA 1.5V alkaline batteries supplied
Longevity	40,000 readings



Warranty

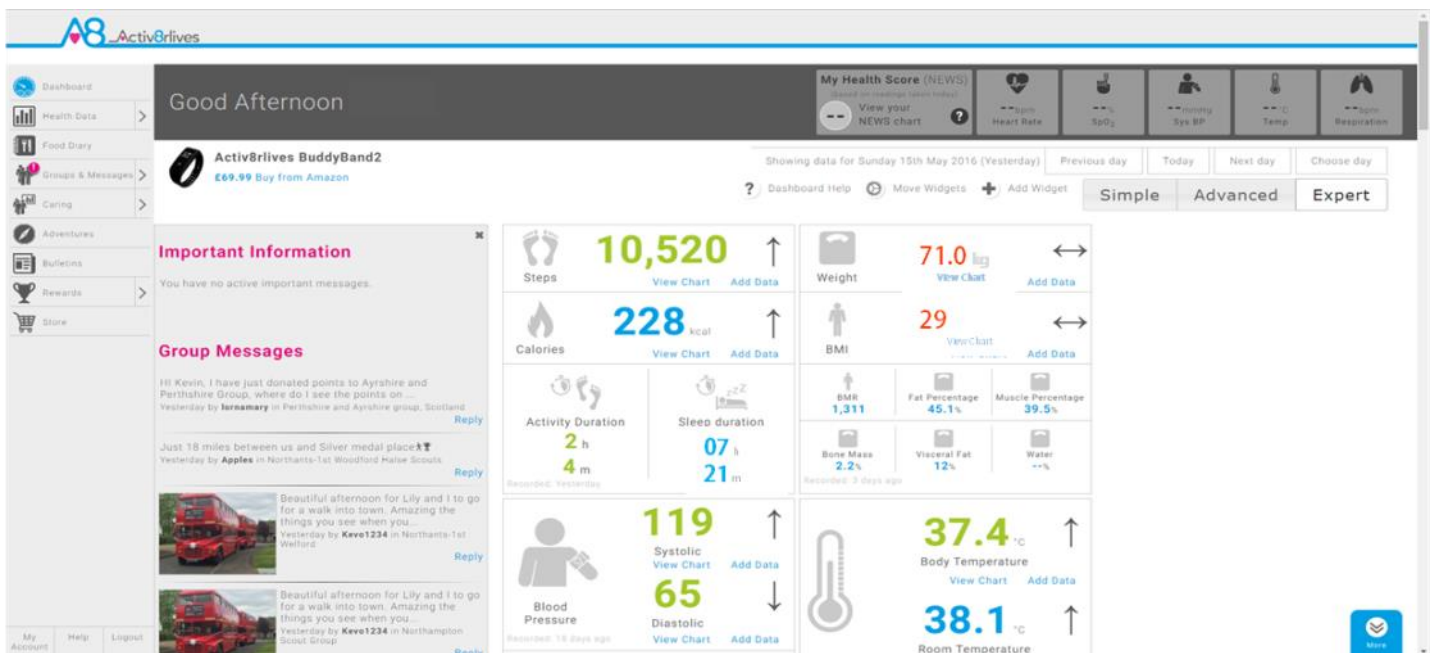
Activ8lives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage outside of the stipulated usage. Claimed 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 Contactless Infrared Thermometer** is in compliance with European Standard EN60601-1-2 and ASTM E 1965-98.



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



Activ8lives⁴ Wellness and Diary App is just the start of the self-monitoring experience. There is so much more to explore online at www.activ8lives.com

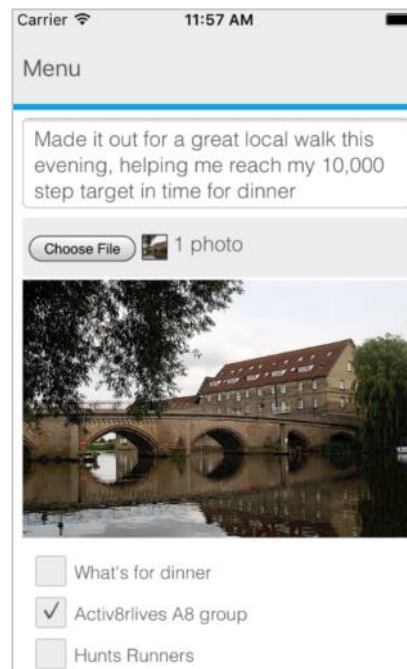
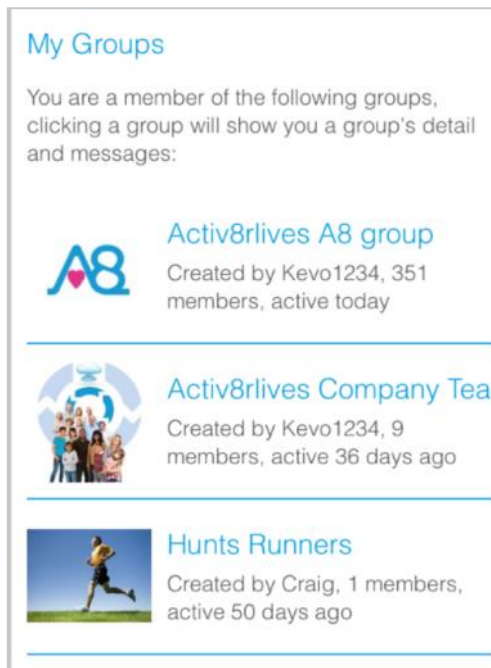
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 10 major sections:

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 **Activ8lives⁴ Wellness and Diary App**.
4. **Groups & Messages**—this is where you can find, join and create groups and chat to your friends.
5. **Caring**—this is a new section for those that have given you access to their tracked health data so that you may care for them.
6. **Adventures**—you can join an adventure or set-up your own for your group or work colleagues to walk along with you.
7. **Bulletins**—these are messages from **Activ8lives** about updates and products added to our suite of self-monitoring tools.
8. **Rewards**—where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
9. **Store**—you can follow this link through to our products on Amazon.
10. **Account / Help / Logout**—how to change your details, passwords, targets and Help instructions.



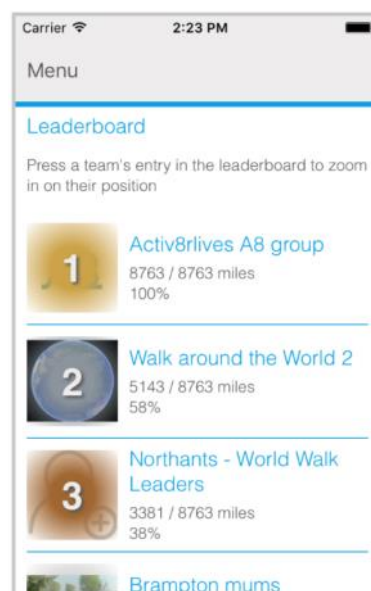
Join a Group, Start Your Own and Keep in Touch!

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



Take an Adventure with your Group

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





Rewards and Medals

Being active everyday is vital for long-term health and wellbeing. To encourage consistent activity, **Activ8rlives** has two rewards systems.

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

Bronze Medal = 7 days of 10,000 steps.

Silver Medal = 35 days of 10,000 steps.

Gold Medal = 175 days of 10,000 steps.

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

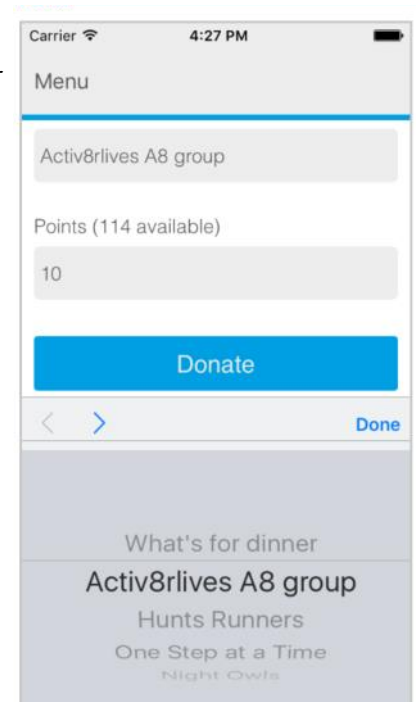
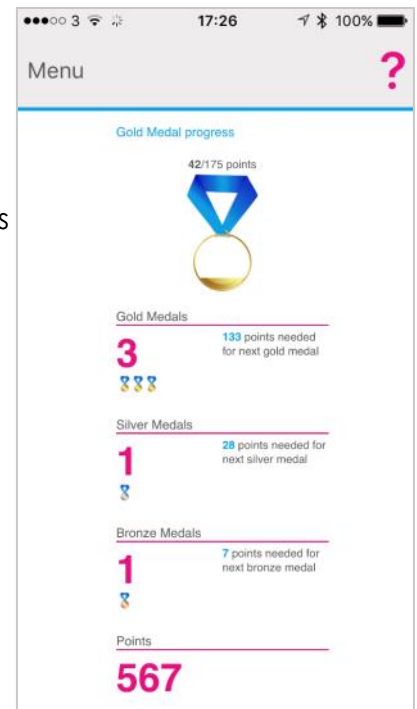


Points are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

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

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

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





Activ8rlives⁴ Wellness & Food Diary App

iOS & Android App



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

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



Aseptika Limited (Activ8rlives)
Part of the **Spirit Healthcare** Group of
companies
14 Elizabeth Drive
Hartford, Huntingdon
Cambridgeshire
PE29 1WA
United Kingdom

t: +44 (0)1480 352 821
e: support@aseptika.com
w: www.activ8rlives.com

Award winning



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