

# Pulse Oximeter2

## Bluetooth Monitor

Pulmonary/Cardiovascular Health



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

**Pulse Oximeter2 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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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)

# Getting Started...

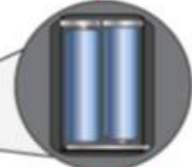


**Need Help?**  
See App for full instructions and download link for manual

## Pulse Oximeter2 Bluetooth Monitor



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



**Insert batteries**

### Trouble Shooting...



Help ? > Website > Devices > Device Manuals > Bluetooth Pulse Oximeter2 Manual



Follow instructions



Upload Devices > Bluetooth Pulse Oximeter2



Print 



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



# Pulse Oximeter2 Bluetooth Monitor

## Your **Activ8lives** Pulse Oximeter2

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** Pulse Oximeter2 is a simple electronic device which allows you to monitor aspects of your cardiovascular and pulmonary function—especially if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) and Bronchiectasis (NCFB) and need to track your oxygen saturation levels and pulse rate.

It sends information to your free **Activ8lives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8lives** is designed to help you achieve this.

The **Activ8lives** Pulse Oximeter2 helps you understand how your cardiovascular and pulmonary functions can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your oxygen saturation levels of your blood and your pulse rate using non-invasive wireless monitoring technology. Population tables for values at rest for SpO<sub>2</sub> and heart rate are shown in the table on [Page 10](#) and these use the traffic light systems of colours to indicate if the readings are within or outside the normal range and the equivalent NEWS score.

Included is the latest free **Activ8lives<sup>4</sup> 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** Pulse Oximeter2 — 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** Pulse Oximeter2

Your **Activ8lives** Pulse Oximeter2 has several parts, the **OLED Display**, the **On/Off Button**, and the **Battery Compartment**. It is also supplied with a storage bag, Quick Guide and Product Manual.

The **OLED Display** has many parts: Oxygen saturation or SpO<sub>2</sub>, Perfusion Index PI, Pulse Rate bpm, Battery symbol, Bluetooth 4.0 symbol, Pulse Rate Bar graph and the Pulse Rate Waveform Display or Plethysmogram.

Your **Activ8lives** Pulse Oximeter2 also has a finger size adjustment, which can accommodate small and large circumference fingers to be measured. See [page 11](#) for full instructions on the correct finger placement.





## Health and Safety Notices

**WARNINGS:** The **Activ8lives Pulse Oximeter2** is **NOT waterproof**. Do not submerge it in water.

**PLEASE** seek medical advice before undertaking strenuous exercise or weight loss programmes. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.

- This device is not a toy. It is not calibrated for newborn babies.
- Do not expose your eyes to the light-emitting component of the Oximeter, as this could cause harm to your eyes.
- Finger nail polish, fake finger nails and tattoos on the finger may cause incorrect readings.
- Do not wash it in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8lives Pulse Oximeter2**. Don't allow sharp objects to scratch the screen of the OLED Display as this may damage it.
- Do not allow your **Activ8lives Pulse Oximeter2** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8lives Pulse Oximeter2** from working properly. Don't expose your **Activ8lives Pulse Oximeter2** 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. Other than the replacement of the batteries, there are no user serviceable parts.
- Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the **Activ8lives Pulse Oximeter2** 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 Pulse Oximeter2** 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](mailto:support@aseptika.com)**



## Charging Your **Activ8lives** Pulse Oximeter2


Your **Activ8lives** Pulse Oximeter2 uses two AAA 1.5V alkaline batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Remove the back cover and add the 2 x AAA 1.5 V alkaline batteries in the direction indicated.

Replace the cover. The **OLED Display** should light up now when you press the **On/Off Button**.

If not used, it will power off after about 10 seconds to save battery power. A faulty operation would make it power off also.

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 AAA) in the right direction when the battery symbol on the **OLED Display**  is shown an empty or low battery symbol.



**Note:** Do not tamper or attempt to open the unit in which the non-rechargeable batteries are housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and 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** Pulse Oximeter2 Work?

The **Activ8lives** *Pulse Oximeter2* is a non-invasive wireless method allowing the monitoring of the saturation of haemoglobin in your blood.

A sensor is placed on a thin part of your body, usually a fingertip or earlobe (separate adapter required).

Light of two wavelengths is passed through the finger (or earlobe) to a photodetector. The changing absorbance at each of the two wavelengths (red 660nm and infrared 905nm) is measured, allowing determination of the absorbances due to the pulsing arterial blood alone (the blood flowing from the heart and lungs), and excludes venous blood (the blood returning to the heart and lungs), skin, bone, muscle, fat, and finger nails.

A blood-oxygen monitor displays the percentage of arterial haemoglobin (Hb) in the oxyhaemoglobin (HbO<sub>2</sub>) configuration. Acceptable normal ranges for patients without COPD with a hypoxic drive problem are from 95-99 percent (%), in those with a hypoxic drive problem would expect values between 88-94%. Values of 100% can indicate carbon monoxide poisoning. For a patient breathing room air at sea level, an estimate of arterial oxygen saturation levels (pO<sub>2</sub>) can be made from the blood-oxygen monitor SpO<sub>2</sub> reading.

The monitored signal fluctuates in time with the heart beat because the arterial blood vessels expand and contract with each heart beat. By examining only the varying part of the absorption spectrum (essentially subtracting minimum absorption from peak absorption), a monitor can ignore other tissues or nail polish (though black nail polish tends to distort readings) and discern only the absorption caused by arterial blood. Detecting a pulse is therefore essential to the operation of the **Activ8lives** *Pulse Oximeter2* and it will not function if there isn't one.

Your **Activ8lives** *Pulse Oximeter2* will give you two important pieces of information: your oxygen saturation levels (SpO<sub>2</sub>) and your pulse rate in beats per minute (bpm).

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



## SpO<sub>2</sub> and Heart Rate Values at Rest

These values have been created from population tables of the normal distribution of oxygen saturation and Heart Rate values within the general population. The colour coding by traffic light colours are a good indicator if the reading is **Normal or Fair (Green zone)**, **Poor or Concern (Amber zone)** or **Alert (Red zone)**.

## NEWS

The National Early Warning Score (NEWS), like many existing Early Warning Score systems, is based on a simple scoring system in which a number is allocated to physiological measurements (Vital Signs) already routinely measured in hospital and recorded on the patient clinical chart. The six simple physiological parameters form the basis of the scoring system:

1. respiratory rate;
2. oxygen saturations;
3. temperature;
4. systolic blood pressure;
5. heart rate; and
6. level of consciousness.

A score is allocated to each of these **Vital Signs** as they are measured and aggregated, and the magnitude of the score reflects how extreme the parameter varies from the norm.

The Royal College of Physicians (RCP) advocates standardising the use of a NEWS system across the NHS in order to drive the 'step change' required in the assessment and response to acute illness.

### ALL VALUES AT REST

#### SpO<sub>2</sub>

<b>94-100%</b>	Normal	NEWS = 0
<b>93-94%</b>	Fair	NEWS = 1
<b>92-93%</b>	Poor	NEWS = 2
<b>87-92%</b>	<b>Alert</b>	<b>NEWS = 3</b>

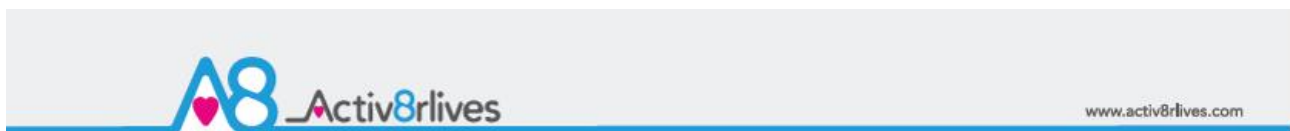
#### Heart Rate (bpm)

<b>30-40</b>	<b>Alert</b>	<b>NEWS = 3</b>
<b>40-50</b>	Poor	NEWS = 1
<b>50-90</b>	Normal	NEWS = 0
<b>90-110</b>	Poor	NEWS = 1
<b>110-130</b>	Concern	NEWS = 2
<b>130-180</b>	<b>Alert</b>	<b>NEWS = 3</b>

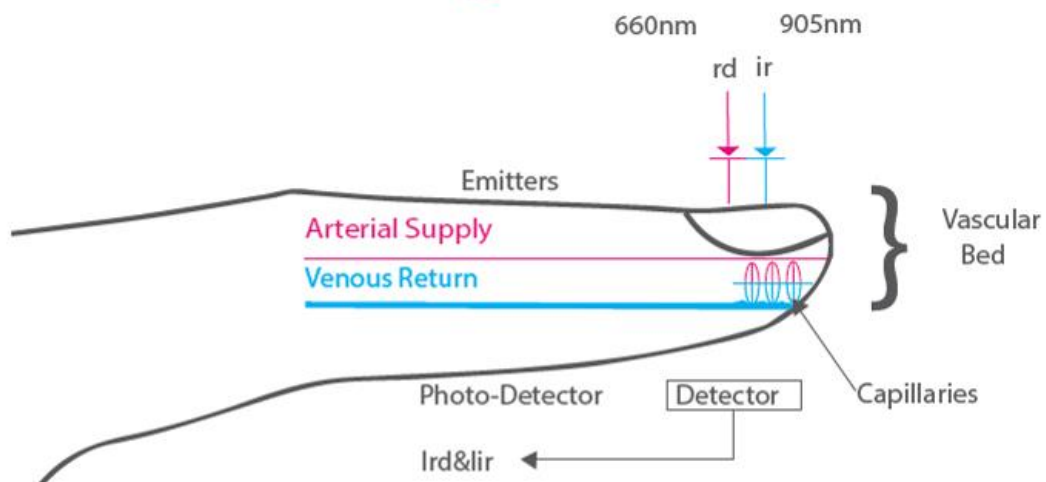
## Perfusion Index

The perfusion index (PI) is the ratio of the pulsatile blood flow to the non-pulsatile or static blood in peripheral tissue. Perfusion Index thus represents a non-invasive measure of peripheral perfusion that can be continuously and non-invasively obtained from the **Activ8lives** Pulse Oximeter2. To make informed patient management decisions, clinicians often need to be aware of changes in peripheral perfusion and circulatory status.

Optimal pulse oximetry monitoring accuracy is dependent on the selection of a monitoring site (e.g. fingertip, hand, toe, foot, forehead, ear) characterised by good perfusion with oxygenated blood. The **Activ8lives** Pulse Oximeter2 now records the PI to ensure that a good reading is taken. Once the Plethysmogram (pulse rate waveform) has become stable it is then time to take your reading. See [Page 19](#) for more details but keeping still, calming your heart rate and breathing, and having warmer hands helps get a more accurate pulse oximeter reading.



### Correct Placment of Finger...





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

This guide will instruct you how to:

The **Activ8lives Pulse Oximeter2** is programmed by and uploads information directly to and from your **Activ8lives** account each time your Bluetooth Smart (also known as 4.0 or Bluetooth Low Energy BLE) Smartphone or Tablet is connected to it (not included).



- 1 Install the **Activ8lives<sup>4</sup> Wellness and Diary App** to your iOS or Android Smartphone or Tablet;
- 2 How to operate, use and take care of your **Activ8lives Pulse Oximeter2** 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 saturated blood oxygen and perfusion index and connect to the **Activ8lives<sup>4</sup> Wellness and Diary App**.



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

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



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



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

Download the **Activ8lives<sup>4</sup> Wellness and Diary App** from the App Store appropriate to your device. Search for **Activ8lives** in the search bar of your App Store or scan the QR code below and it will take you to the appropriate App Store for your device.



### Compatible Bluetooth 4.0 Smartphones or Tablets



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

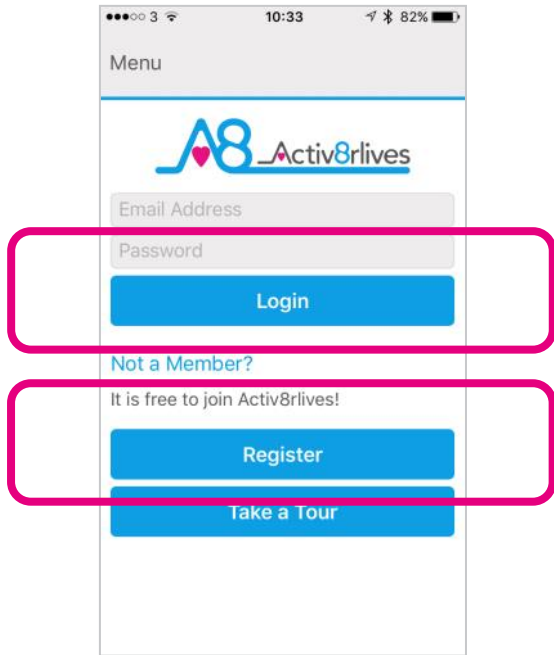


Amazon App Store for Android 5.0 or later is now available for devices that support Bluetooth Smart (4.0).

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

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

1

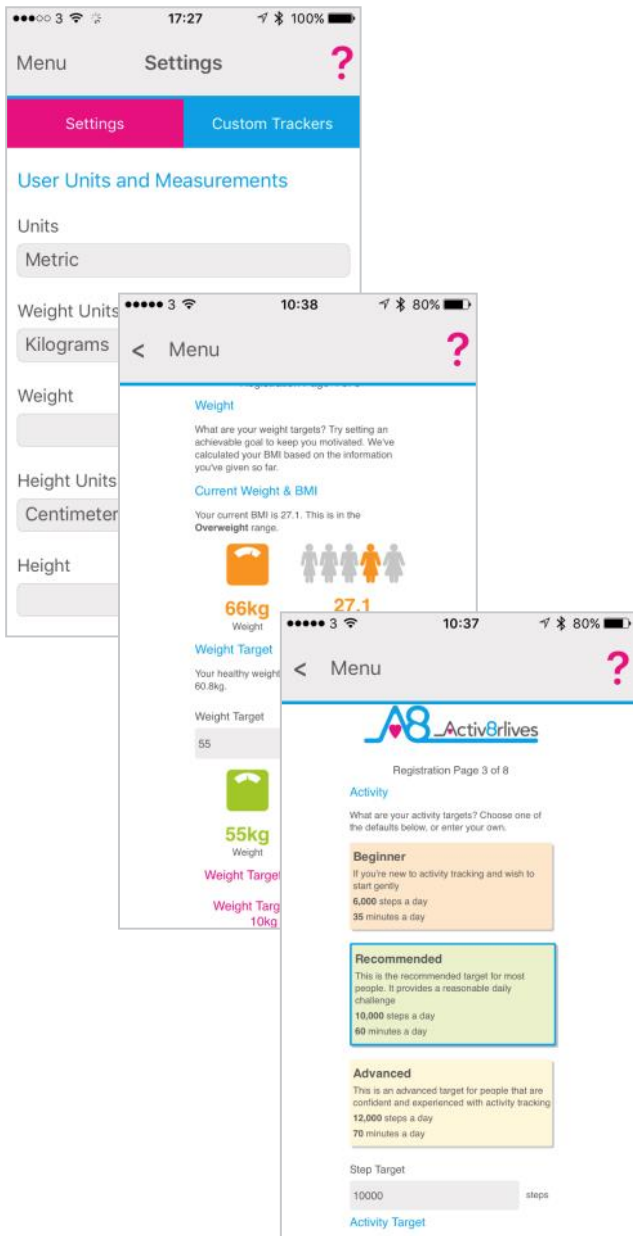


## Register for **Activ8lives** Account

Once you have installed the **Activ8lives<sup>4</sup> Wellness and Diary App**, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth switched on**.

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

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

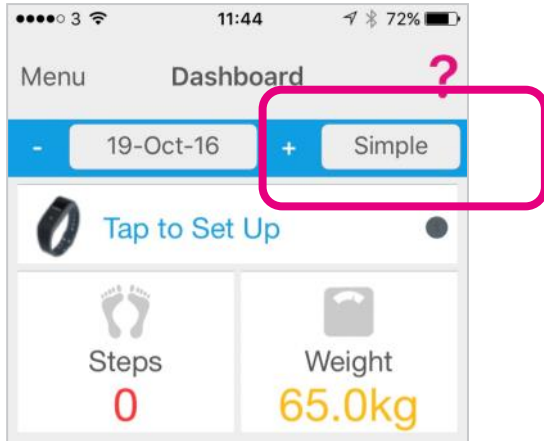


## Completing Your Registration

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

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

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.

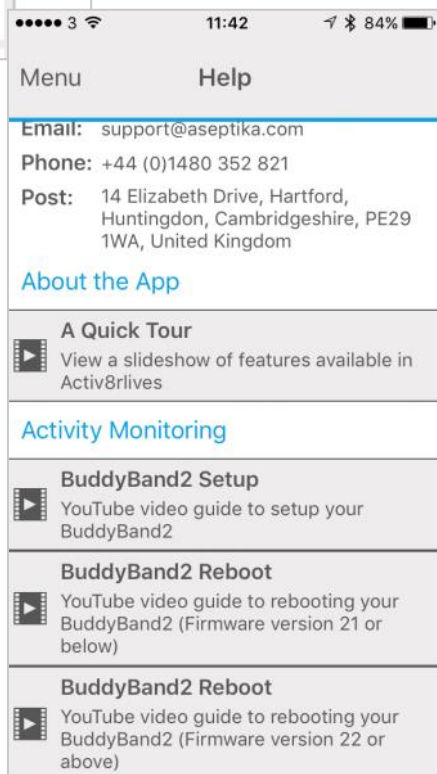
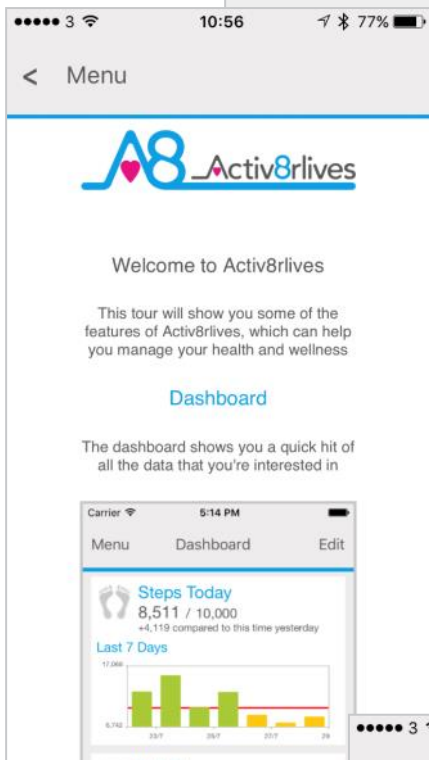
To add other health parameters to your Dashboard, change and select either the **Advanced** or **Expert** Dashboard, that include increasing number of trackers.

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

## How to Videos on App

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

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

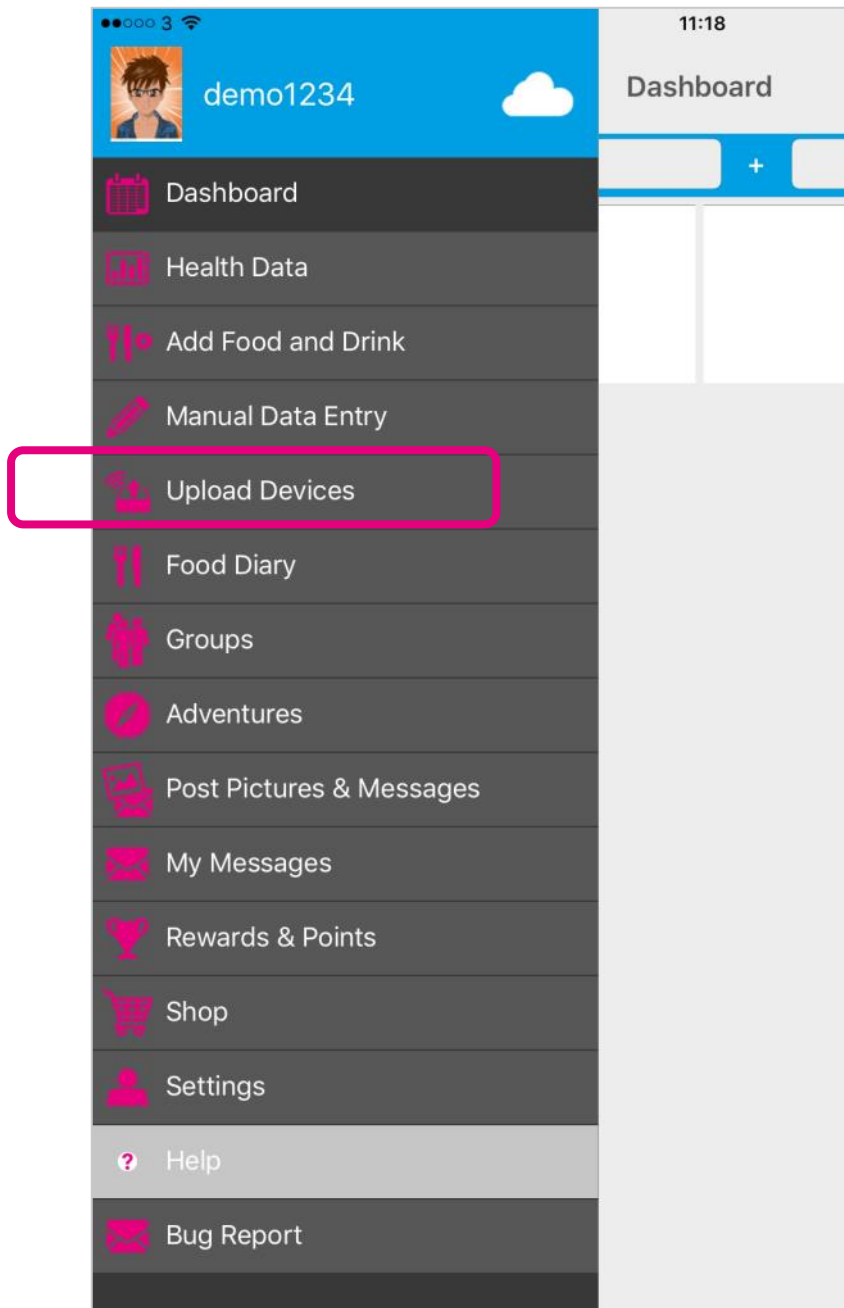




**Start-up Screen** moves to **Main Menu** automatically.

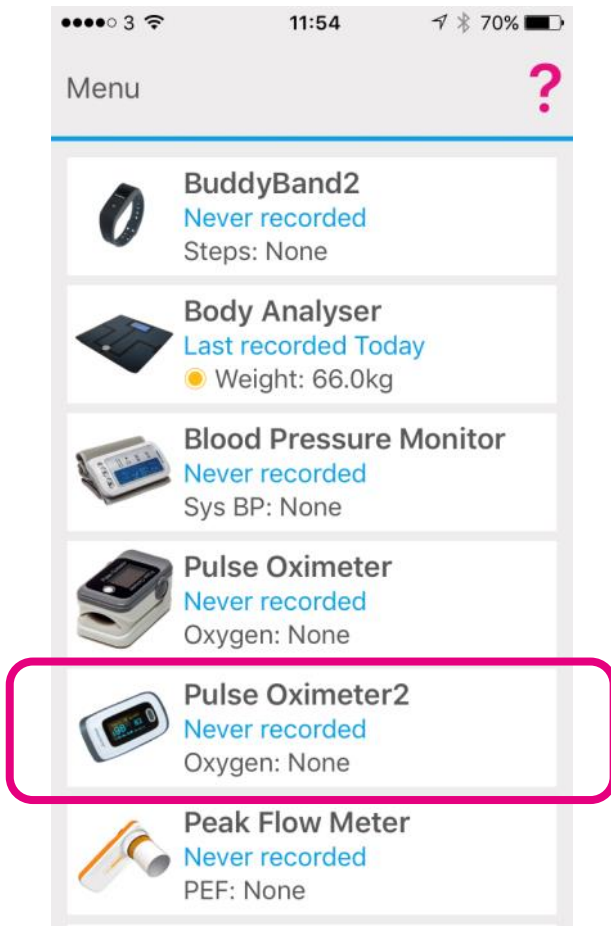
Make sure that Bluetooth on your Smartphone or Tablet is switched on.





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

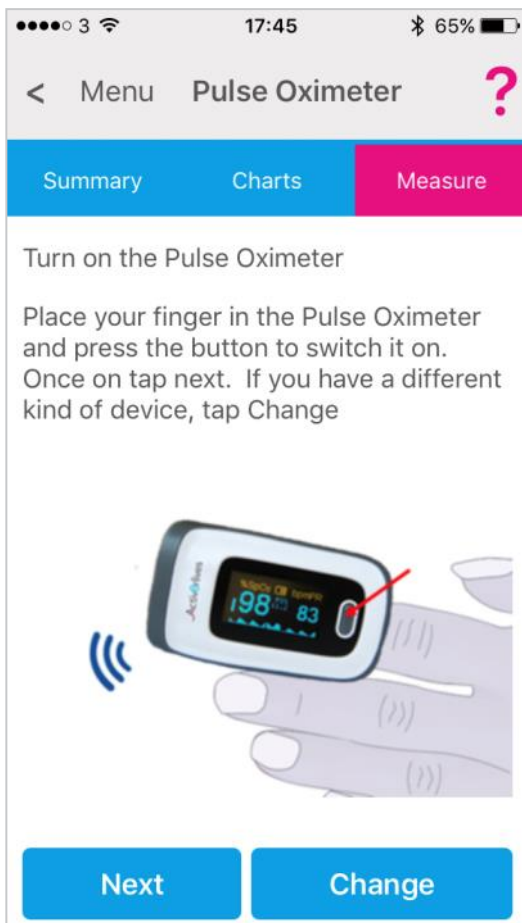
Make sure you have also set your Screen lock to longer than 2 minutes.



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

Ensure that Bluetooth is switched on, on your Smartphone or Tablet. Open the **Activ8lives<sup>4</sup> Wellness and Diary App** on your Smartphone or Tablet.

Select **Upload Devices** from the **Menu** and touch the image of the **Activ8lives Pulse Oximeter2**, which then takes you through easy steps to prepare your device for connecting by Bluetooth.



## Turn on the **Activ8lives** Pulse Oximeter2

Now insert your index finger into the device so that the fleshy tip of your finger overlies the reading window on the inside of the finger cuff and the light shines through your finger nail.

Inserting your finger too far into the **Activ8lives Pulse Oximeter2** will give a slightly lower reading, see [Page 11](#) for more details on correct placement of your finger.

Follow the instructions on the **Activ8lives<sup>4</sup> Wellness and Diary App** and press the **On/Off Button** on the **Activ8lives Pulse Oximeter2** to wake it up. Tap **Next** on the App screen.



< Menu Pulse Oximeter ?

Summary Charts Measure

Waiting to start the test

Look at the line, and get your finger seated comfortably so the pulse is nice and regular. Click 'Start' to record your value.

94 SpO<sub>2</sub> (%) 0.3 PI% 65 Pulse (bpm)

Start

## Waiting to Start the Test

You will need to wait for the traceline or plethysmogram to become stable with a regular pattern and you need to **remain still throughout**.

Sometimes if your hands are cold the Perfusion Index (PI) will be lower. If you rest and relax for a few minutes and get your breath steady the PI will improve enough for you to take a reading but remember not to touch the **Start** button on the App with the hand you have the **Activ8lives Pulse Oximeter2** attached to.

< Menu Pulse Oximeter ?

Summary Charts Measure

Waiting to start the test

Look at the line, and get your finger seated comfortably so the pulse is nice and regular. Click 'Start' to record your value.

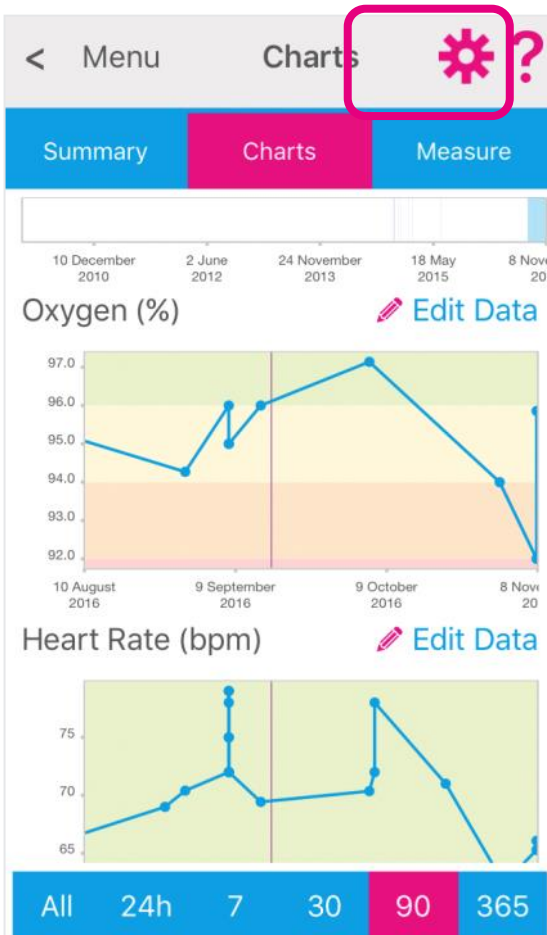
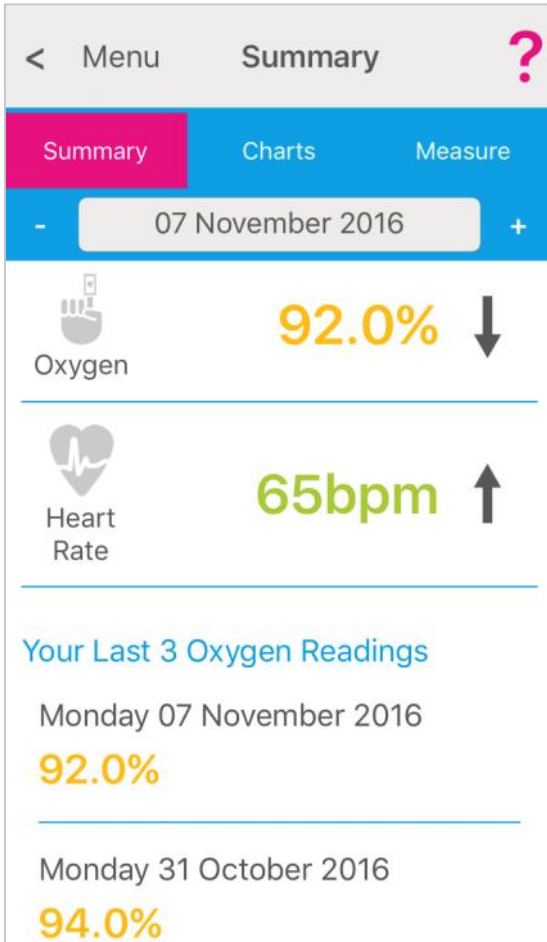
95 SpO<sub>2</sub> (%) 3.8 PI% 67 Pulse (bpm)

Start

## Ready to Take a Measurement

When you feel that the traceline or plethysmogram is stable and has a uniform wave size and the PI% had risen, press **Start** with your other hand.

The **Activ8lives<sup>4</sup> Wellness and Diary App** will give you a countdown from **15 seconds** to the time when the reading will be completed. Continue to **remain still throughout**.



## Today's Reading

After taking a reading your data will display on the **Activ8lives<sup>4</sup> Wellness and Diary App**.

The example shown here gives:

Oxygen Saturation 92.0% **Amber** NEWS = 2

Heart Rate 65bpm Normal NEWS = 0

Refer to the Blood Oxygen Chart on **Page 10** 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.

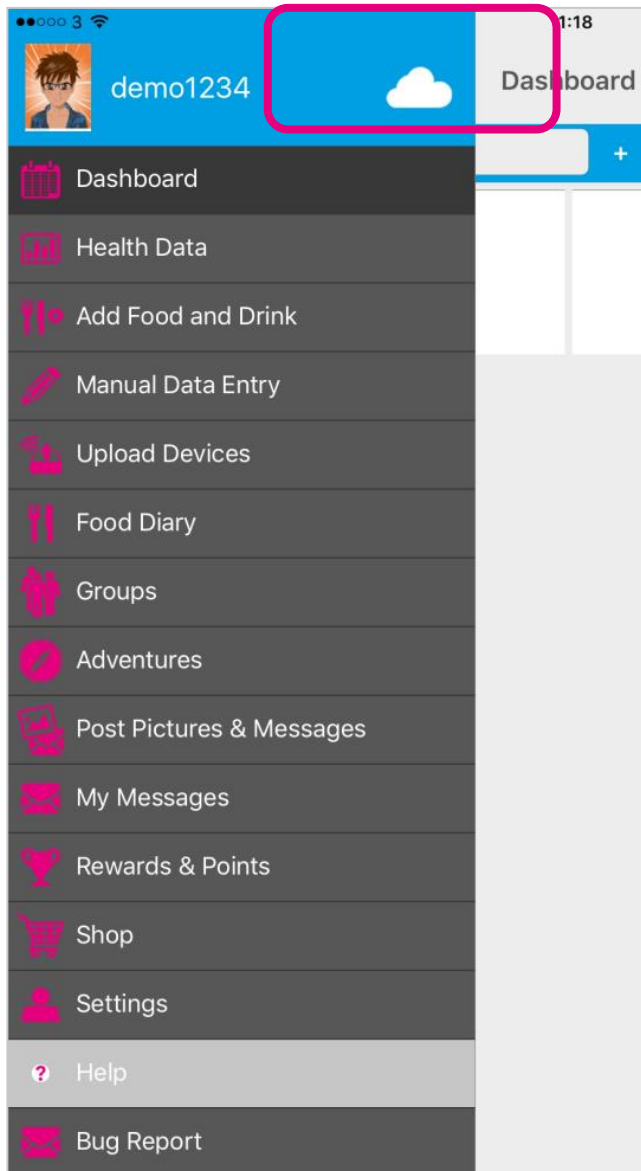
**Note:** If your **Activ8lives Pulse Oximeter2** is **NOT connected** to your Smartphone or Tablet via Bluetooth, the data will **NOT be stored on the Activ8lives Pulse Oximeter2**.

## Viewing Data on App

Detailed data Charts can be viewed from the **Activ8lives<sup>4</sup> 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 **Oxygen Saturation** and **Pulse Rate** over a period of 90 days. You can scroll the Chart left and right to change the timeframe.



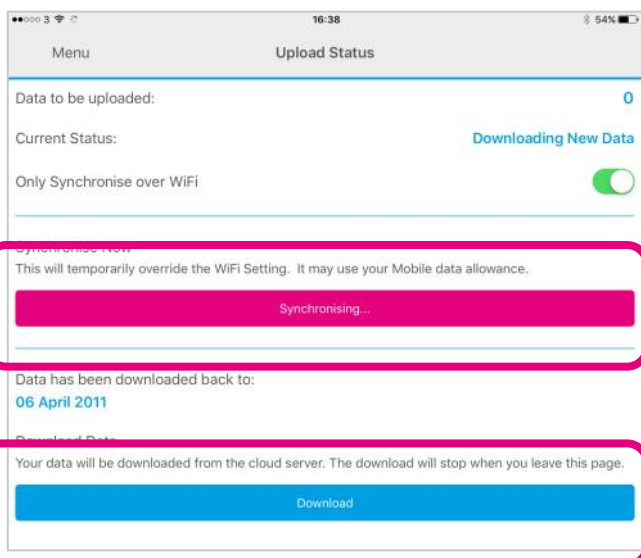
## Sending Your Data to Cloud

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.





## Manual Settings for **Activ8rives Pulse Oximeter2**

### Setting OLED Display Orientation



To change the **OLED Display orientation** touch the **On/Off Button** once to rotate the screen 90° and keep rotating by touching the **On/Off Button** until you get to the desired orientation of the **OLED Display**.

## Setting SpO<sub>2</sub> Alarm



Default Interface

The **Activ8rlives Pulse Oximeter2** can be manually programmed to set-off an **Alarm** if your reading is above or below a certain SpO<sub>2</sub> level.

To programme the device:

- Press **On/Off Button** to bring the device to life and show the default screen.
- Press the **On/Off Button** for 1 second to move to **Interface 1**.
- Touch **On/Off Button** once to scroll \* to **Alarm (Alm)** position.
- Press the **On/Off Button** for 1 second to scroll \* to **on** for the **Alm**.
- Touch the **On/Off Button** and scroll \* to **Exit** position.
- Press **On/Off Button** for 1 second to move to **Interface 2**.
- Touch the **On/Off Button** once to scroll \* to **SpO<sub>2</sub> Alm Hi** and enter an upper limit depending on your lung function.
- Touch the **On/Off Button** once to scroll \* to **SpO<sub>2</sub> Alm Lo** and enter a lower limit depending on your lung function.
- Touch the **On/Off Button** once to scroll \* to **Exit** position and the device will return to the default screen ready for you to take a reading.



Interface 1



Interface 2





## Setting Pulse Rate Beep Manually



Default Interface

The **Activ8lives** Pulse Oximeter2 can be manually programmed to set-off a **Beep** to correspond with every Heart Beat.

To programme the device:

- Press **On/Off Button** to bring the device to life and show the default screen.
- Press the **On/Off Button** for 1 second to move to **Interface 1**.
- Touch **On/Off Button** once to scroll \* to **Beep** position.
- Press the **On/Off Button** for 1 second to scroll \* to **on** for the **Beep**.
- Touch the **On/Off Button** and scroll \* to **Exit** position
- Press **On/Off Button** for 1 second to move to **Interface 2**.
- Touch the **On/Off Button** once to scroll \* to **PR Alm Hi** and enter an upper limit depending on your cardiovascular function.
- Touch the **On/Off Button** once to scroll \* to **PR Alm Lo** and enter a lower limit depending on your cardiovascular function.
- Touch the **On/Off Button** once to scroll to **Exit** position and the device will return to the default screen ready for you to take a reading.



Interface 1



Interface 2

## Setting OLED Display Brightness & Restore Factory Setting

The **Activ8lives** Pulse Oximeter2 can be manually programmed to increase the **Brightness** of the **OLED Display** or **Restore Factory Settings** via **Interface 1** screen.





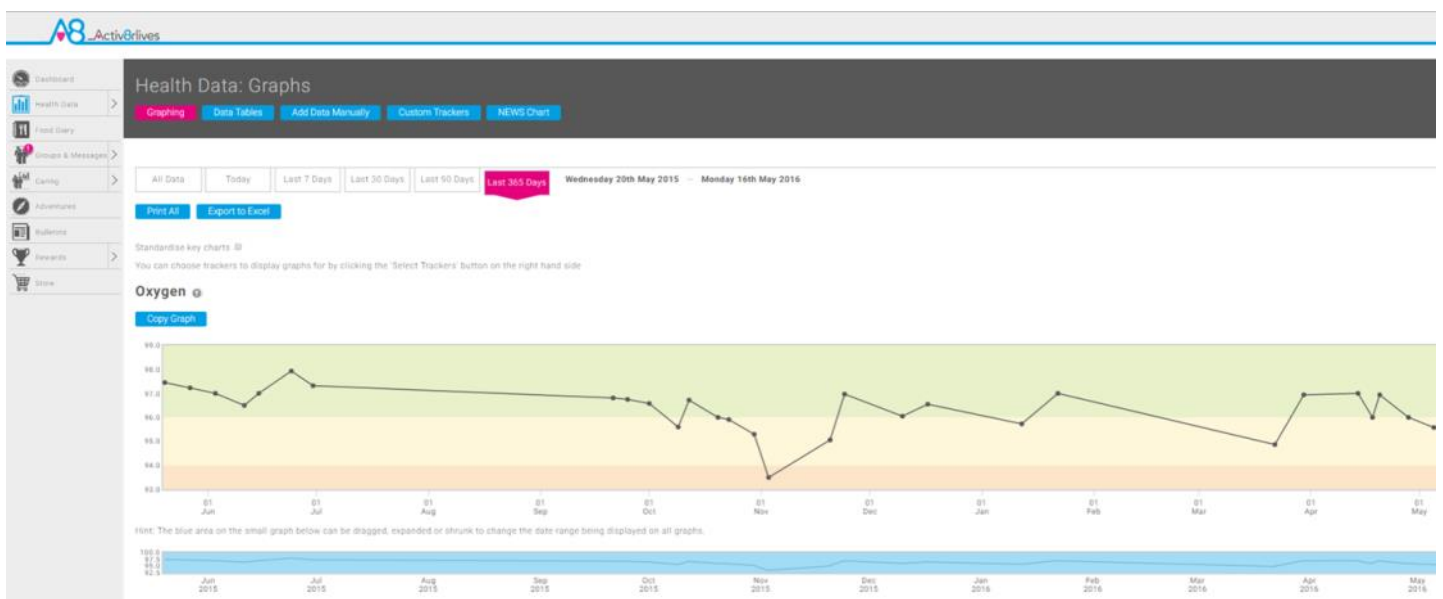
## Viewing Your Data on Your PC or Mac Computer

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

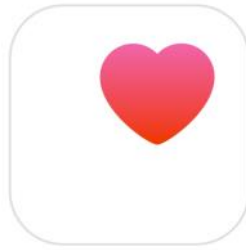
From your **Activ8lives** account you can view your **Health Data**, select the **Timeframe** for which you wish to display your **Data** (Week, Month, 90 days or Year) and select other features from the left-hand menu.

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.

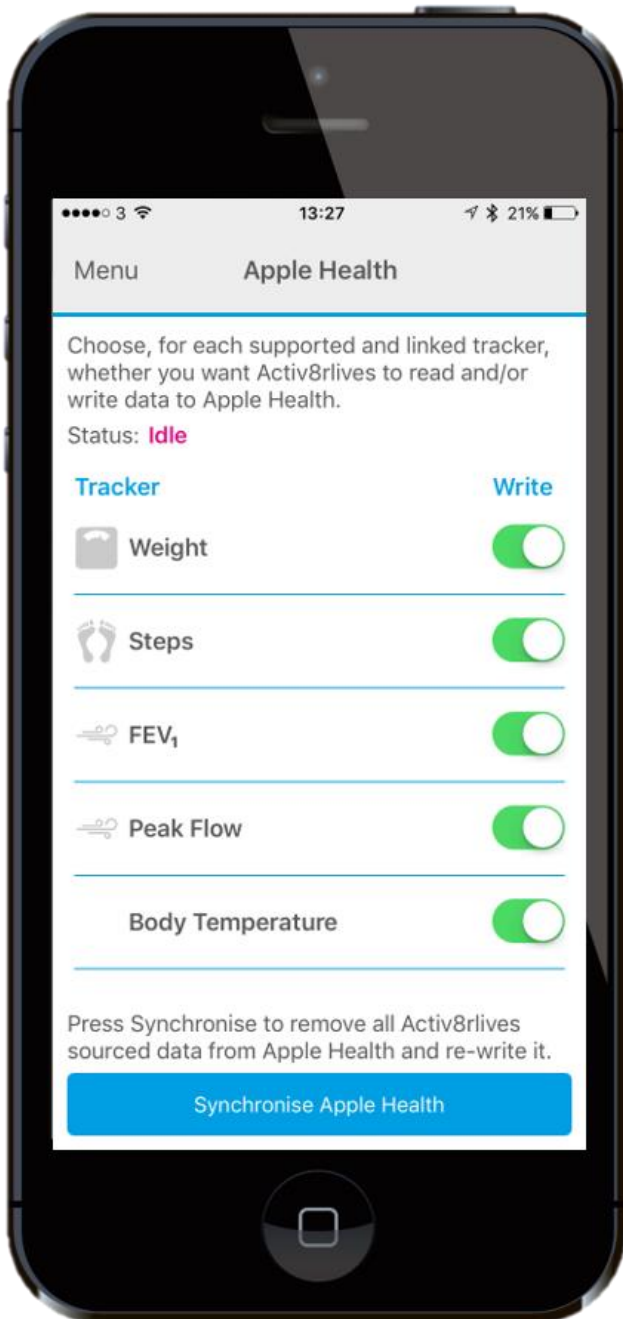
Along with the **Activ8lives Pulse Oximeter<sup>2</sup>**, you can monitor your lung and cardiovascular functions (with the **Activ8lives SmartOne Peak Flow and FEV<sub>1</sub> Bluetooth Monitor**), body composition (**Activ8lives Body Analyser**) and food intake can also be viewed on a single page.



**Chart**—365 day view of Oxygen Saturation. This individual may have had a mild chest infection during the middle part of this graph as indicated when their Oxygen Saturation dipped into the **Amber zone** (caution) based upon population tables of declining Oxygen Saturation and then their reading returned to the **Green zone** (normal).



Health



## Apple Health (HealthKit) Integration

Included in the **Activ8lives<sup>4</sup> Wellness and Diary App** is the ability to allow users to record data from **Activ8lives'** growing range of consumer-focused health monitors and store these data in both the **Activ8lives** web-servers and Apple's Health App (HealthKit) via your iPhone to share data from other health-related Apps.

If you have an appropriate iPhone (iOS 10 or above) you can download the **Activ8lives<sup>4</sup> Wellness and Diary App** from the App store.

From the **Main Menu** of the App, select **Apple Health** and it will guide you through step-by-step the process of set-up of Apple Health within the **Activ8lives<sup>4</sup> Wellness and Diary App**.

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

## Trouble Shooting

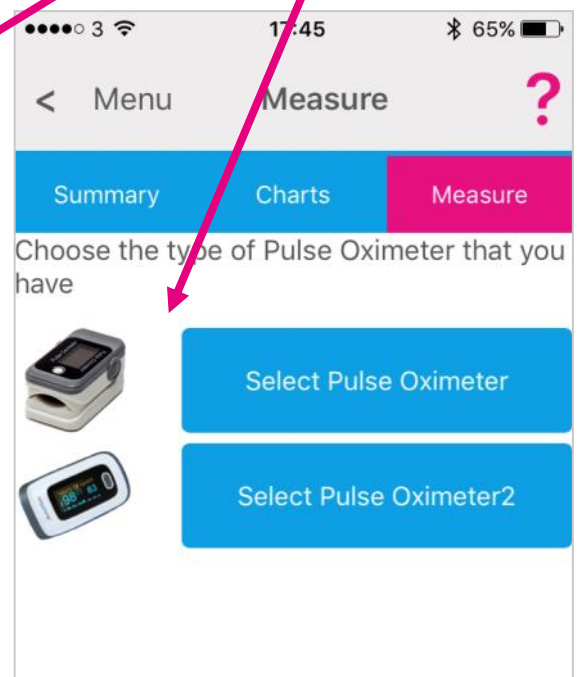
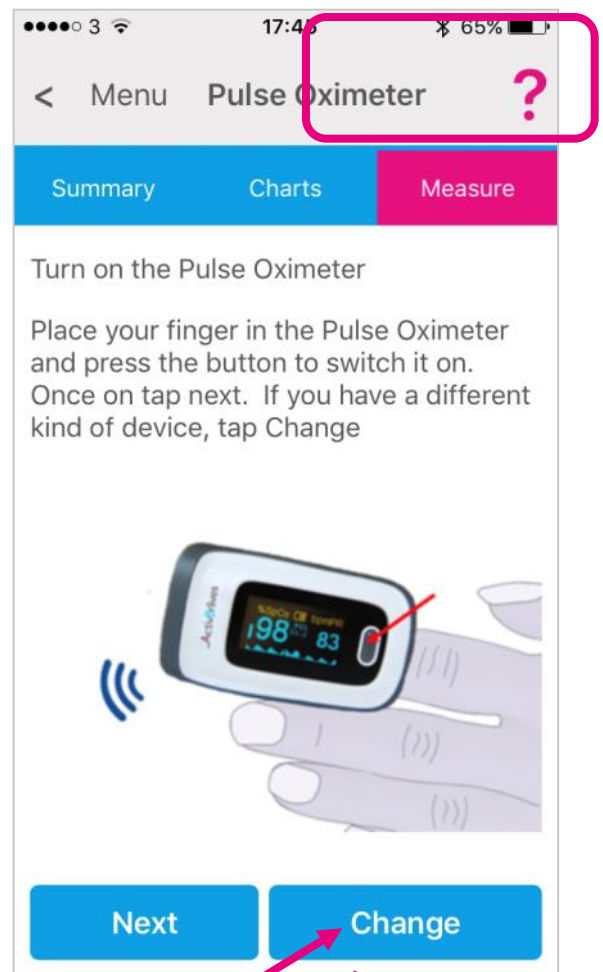
### Help Menu?

**Help** can be found on all pages of the **Activ8rlives<sup>4</sup> Wellness and Diary App** in the top right-hand corner.

Touch **?** to expand the page and scroll down through the **Help** information.

### Will Not Connect via Bluetooth?

1. Requires Bluetooth 4.0 Smartphone/Tablet (iOS 10 & above, iPhone 5s & above, iPad 4 & above & select Android 5.0 & above).
2. If the **Activ8rlives Pulse Oximeter2** will not connect to Bluetooth, first check that you have **Bluetooth turned on, on your smartphone or tablet** and then touch the grey **On/Off Button** on the **Activ8rlives Pulse Oximeter2** to wake it up.
3. If your device is still not seeing the **Activ8rlives Pulse Oximeter2** you may need to go back to **Upload Devices** and the first screen choose **Change** and the next screen you can choose between two Pulse Oximeters.
4. Lastly, try closing the **Activ8rlives<sup>4</sup> Wellness and Diary App** by logging out of the App and **Login** again.





## Trouble Shooting

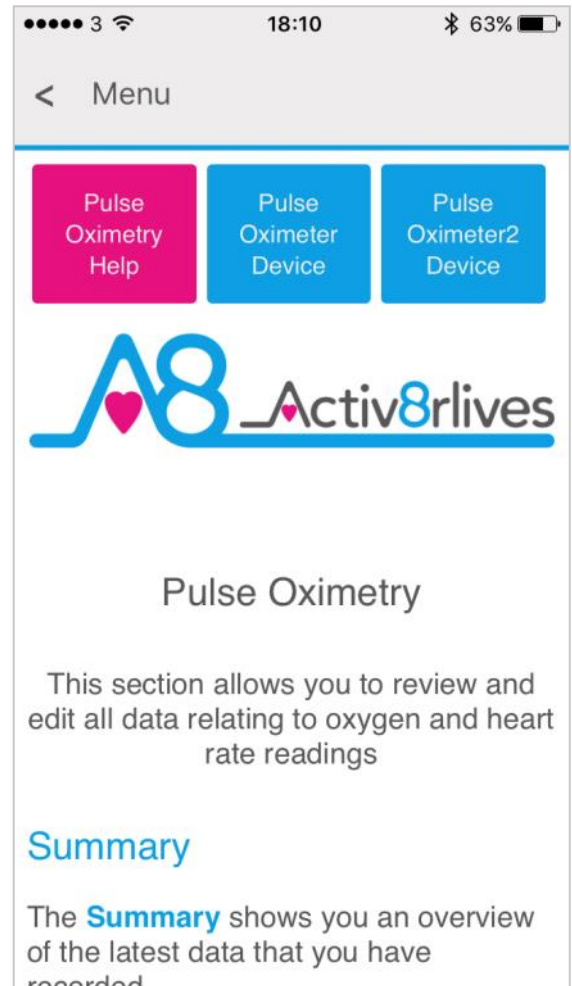
### Activ8lives App Crashes

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

### Stops Monitoring

This may be caused by:

1. You may be **moving slightly during the reading** period of 15 seconds and your pulse traceline will be lost temporarily until you stop moving. **Remain still throughout** the rest period and when the countdown disappears and then your **Reading Today** will show on the **Activ8lives<sup>4</sup> Wellness and Diary App**.
2. You may have to **adjust the screen lock function** (usually found in Settings) on your Smartphone or Tablet to be **longer** than 2 minutes to allow the **Activ8lives Pulse Oximeter2** time to sync with your device. Short times of less than 2 minutes cause frequent loss of connectivity and sometimes loss of new data.
3. Remove nail polish, false nails or other coatings on fingernails that obstruct the light waves going through the finger.

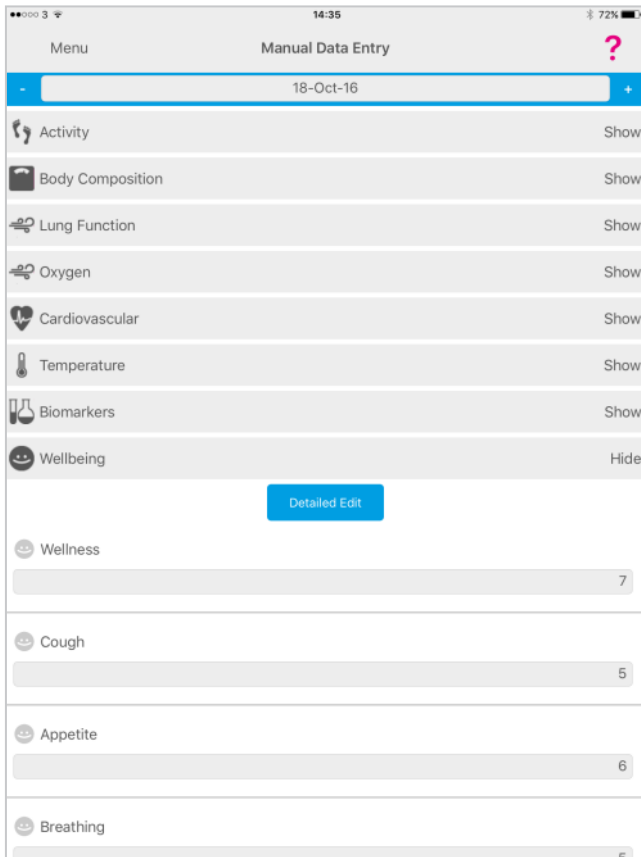


**Help Videos** in **App**, follow this ?

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



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

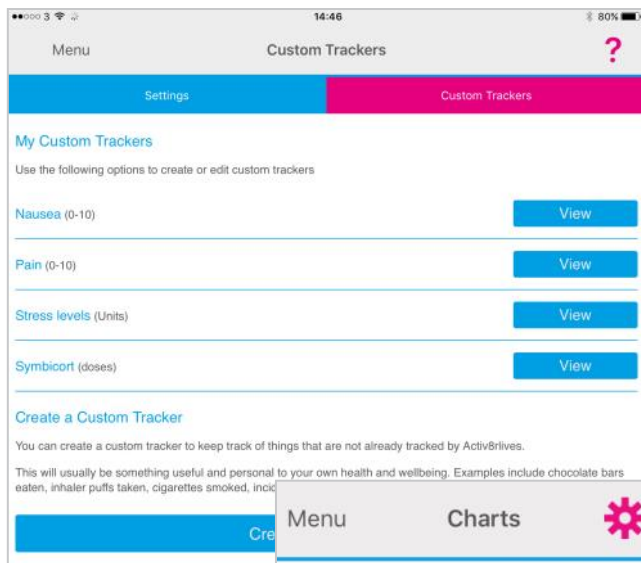


## Manual Data Entry

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

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

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

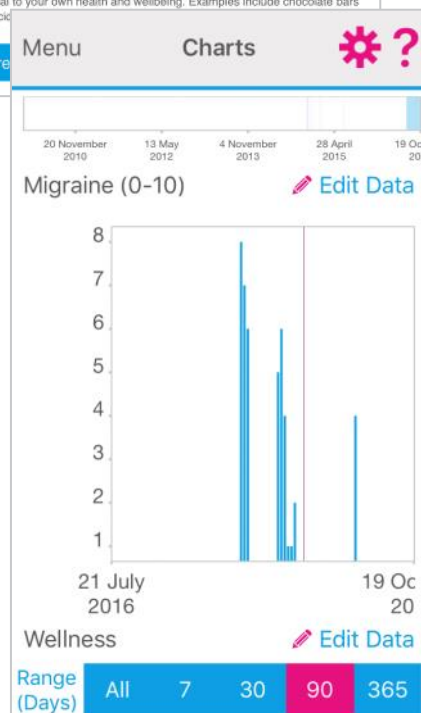


## Custom Trackers

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

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

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

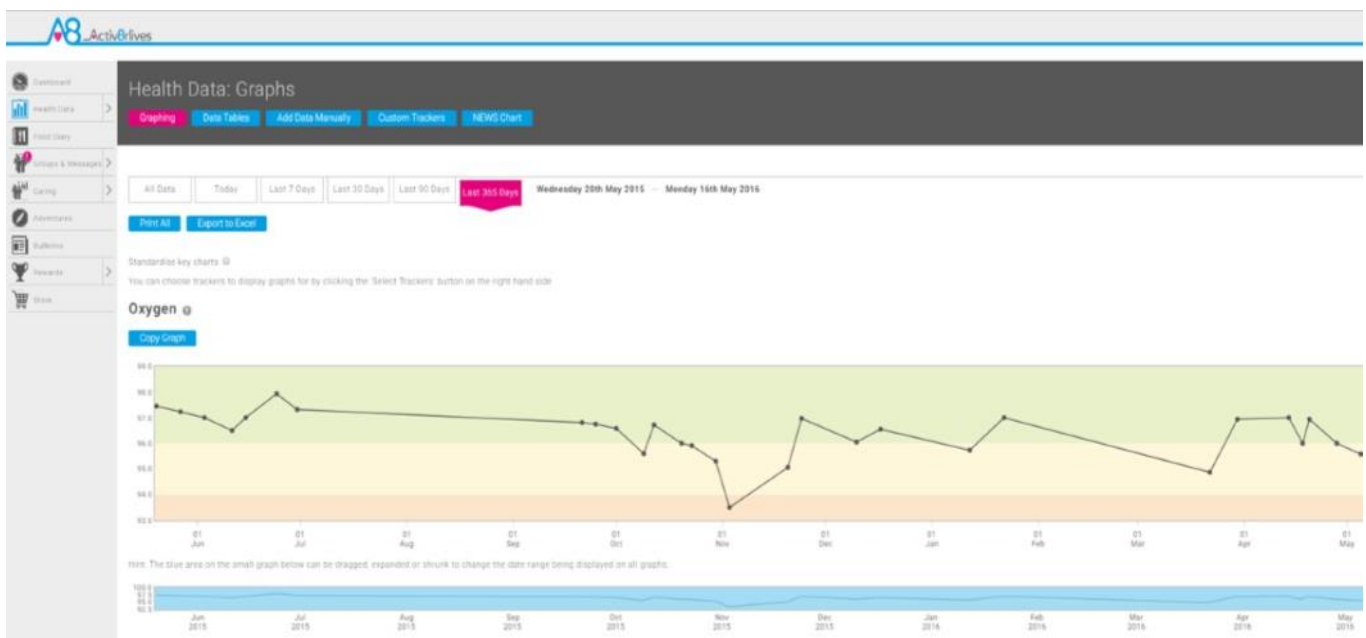


## Case Study

The decline in a patient's health and oxygen saturation is seen in the data below. Note the period of decreased oxygen saturation from the **Green** (healthy) zone to **Amber** (caution) whilst the volunteer is experiencing an exacerbation and a mild chest infection. It soon recovers to a health reading in the **Green** zone.

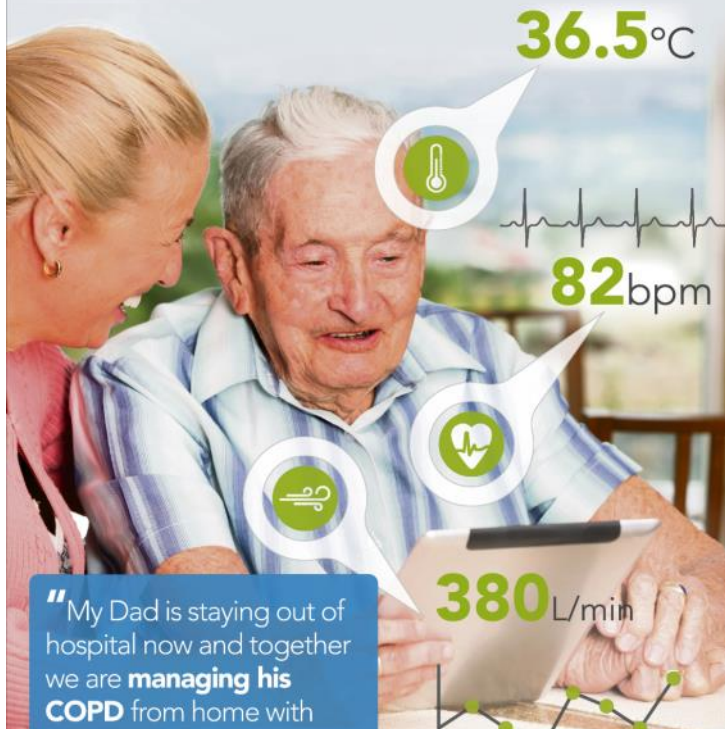
By watching the overall trending of health parameters this volunteer was able to overcome the chest infection and improve their pulse oximeter reading through self-care over a reasonably short period of time and without admission to hospital.

Awareness of declining health allows for rapid adjustment in health behaviours and taking prescribed rescue pack antibiotics according to their self-care plan made in conjunction with their medical team.













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



Find [Activ8rlives](#) products at

**SPIRIT  
BUY NOW**



**amazon**

**ebay**



# **Pulse Oximeter2** Bluetooth Monitor


Specifications	Description
<b>Oxygen Saturation</b>	
Range	35—100% (resolution 1%)
Measurement Precision	$\pm 2$ (70-100%)
Alert Range	50-100%
Alert Error	$\pm 1\%$ of preset value
Accuracy	70—79% accuracy is $\pm 2\%$ , 80—100 accuracy is $\pm 3$
<b>Low Perfusion Index</b>	
Range	0-20%
Weak PI	Min 0.2%
<b>Pulse Rate</b>	
Display Range and Alert Range	25—250 bpm (resolution 1 bpm)
PR Accuracy	$\pm 2$ bpm
Alert Error	The greater of $\pm 10\%$ of preset value & $\pm 5$ bpm
Peak Wavelength Range	Red light 660nm $\pm 3$ ; infrared light 905nm $\pm 5$
Maximum optical output power	1.2mW for infrared light (905nm)
Alkaline	2 x AAA 1.5V batteries (BM1000)
Rated Voltage	DC 3.0V
Working Temperature	5°C—40°C (40°F—104°F)
Relative Humidity	15—80%, non-condensing
Atmospheric pressure	70—106 Kpa



## 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.

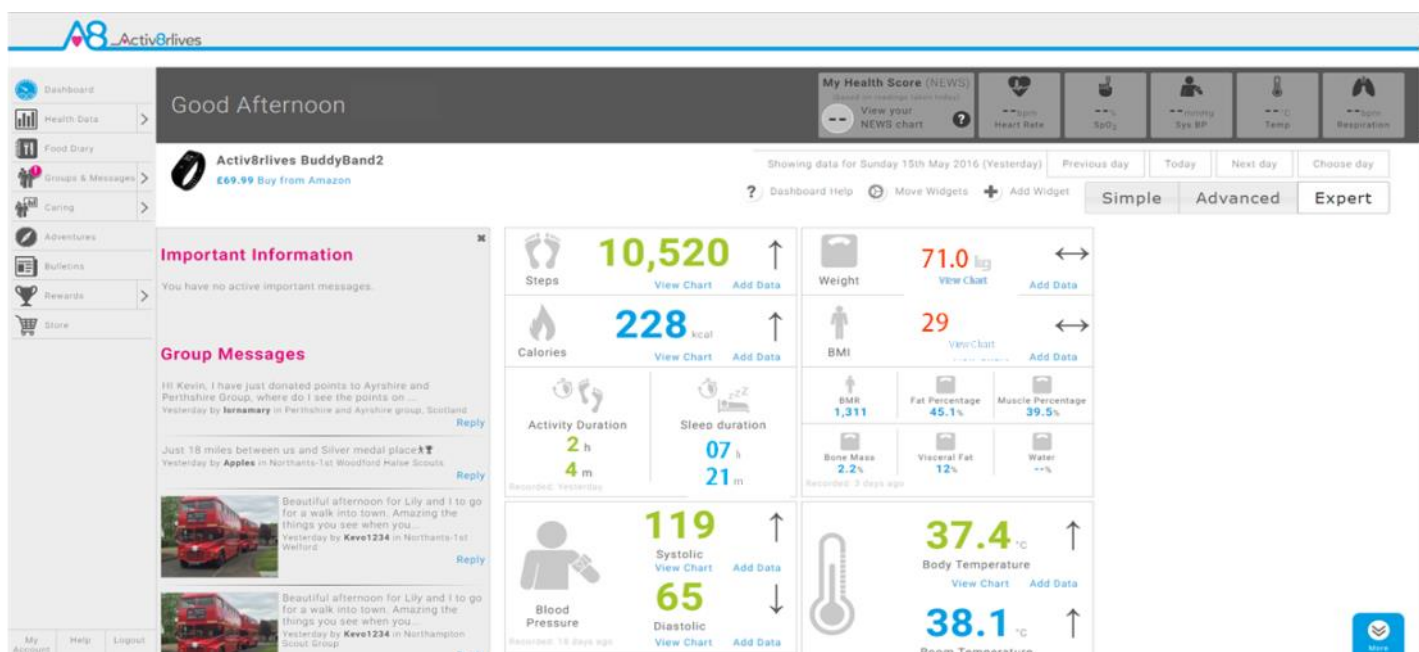
## EU-Declaration of Conformity

 **Activ8lives** declares that the **Activ8lives** Pulse Oximeter2 is in compliance with EMC directive 2004/108/EC.

0482



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



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

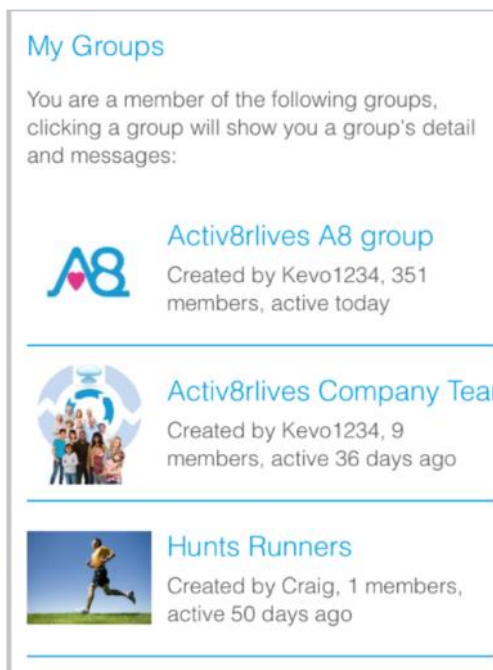
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 10 major sections:

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



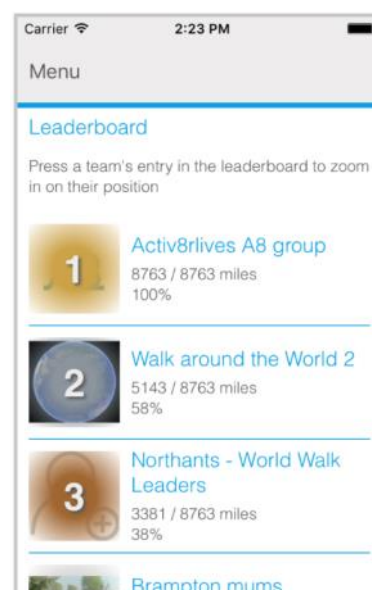
## Join a Group, Start Your Own and Keep in Touch!

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



## Take an Adventure with your Group

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





## Rewards and Medals

Being active everyday is vital for long-term health and wellbeing. To encourage consistent activity, **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.

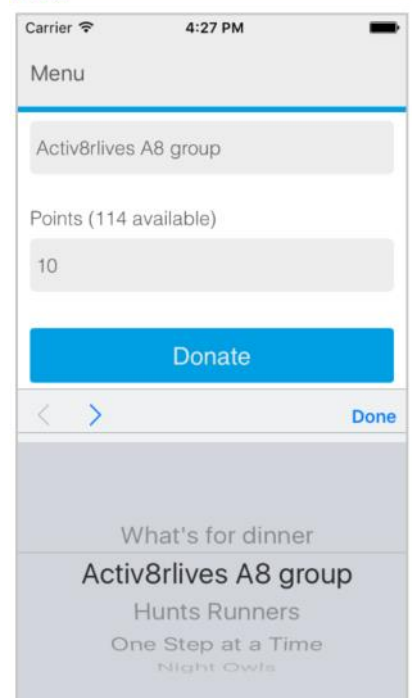
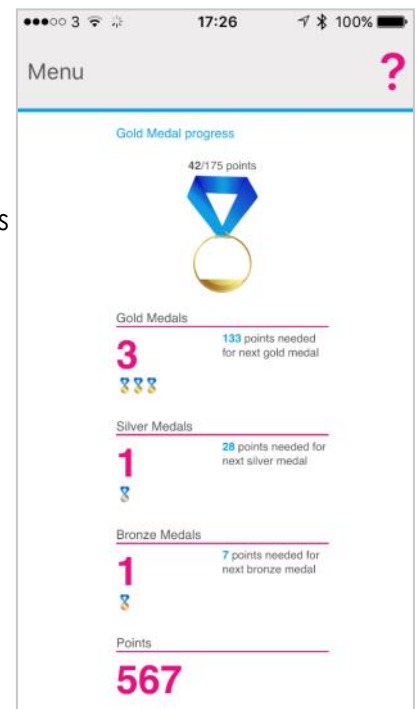


**Points** are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

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

iOS & Android App



Track your food and liquid intake using our photo-based free **Activ8rlives<sup>4</sup> Wellness and Diary App**.

- Take pictures of what you eat and drink with your Smartphone or Tablet.
- Brings mindfulness to your eating habits and portion size.
- Records photos of what you eat and drink in your **Activ8rlives<sup>4</sup> Wellness and Diary App**.
- Updates and stores data in your **Activ8rlives** cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.



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Award winning



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