

Bluetooth Smart Scales

Body Composition



www.activ8rlives.com

Body Analyser connects via Bluetooth 4.0 and uploads data to **Activ8rlives**⁴ **Health+Wellness, Active**⁺**me REMOTE** and **Asthma**⁺**me Apps.** Works with: Bluetooth Smart Ready device (typically Bluetooth 4.0+), iOS 12+ and Android 10+. Apple Health App compatible.







We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-care 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**







Your Activ8rlives Body Analyser

Please read this manual carefully before you use your new device so that you do not injure yourself or others or cause damage to your new device through improper use.

The Activ8rlives Body Analyser Smart Scales is an easy-to-use device that can measure your body's composition — especially useful as part of an exercise schedule or weight loss programme. It sends information to your private Activ8rlives 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. Activ8rlives is designed to help you achieve this.

The Activ8rlives Body Analyser Smart Scales does a lot more than just measure your weight— it helps you understand how your body is changing in response to lifestyle choices you are making. It measures your % fat and % protein (muscle). It also measures your visceral fat—a key parameter linked to type 2 diabetes. This manual shows you how to quickly set-up your Activ8rlives Body Analyser Smart Scales — it will take just 5 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.



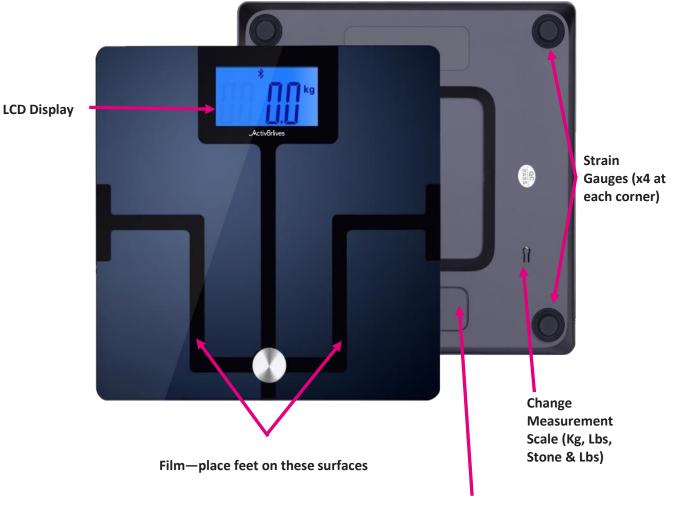
Your Activ8rlives Body Analyser

Your Activ8rlives Body Analyser Smart Scales have several parts: the Main Unit, LCD Display and the Film.

The **Main Unit** houses all the electronics and Bluetooth component. The **Activ8rlives Body Analyser** has four replaceable and non-rechargeable AA batteries (instructions on Page 13).

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

On the reverse side of the Activ8rlives Body Analyser is the Battery Compartment, four Strain Gauges (or feet) and the Change Measurement button.



Battery Compartment



Health and Safety Notices

WARNINGS: The Activ8rlives Body Analyser main unit is NOT waterproof and is sensitive to knocks and bumps. Do not submerge it in water or use in a damp environment and do not subject your device to harsh physical treatment.



MEDICAL ALERT: 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.

WARNING: DO NOT use if you have a pace-maker fitted or medical implant with electronic components.

This device is not a toy. It is not calibrated for persons under 13-years-old, pregnant women or professional athletes.

Use a soft, microfiber cloth for cleaning. Do not use harsh cleaning products as these will cause damage to your Activ8rlives Body Analyser. Do not allow sharp objects to scratch the screen of the LCD display or Film as this may damage them.

Do not allow your Activ8rlives Body Analyser to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Do not expose your Activ8rlives Body Analyser to direct sunlight for long periods of time. Harsh physical treatment may stop your Activ8rlives Body Analyser from working properly, particularly the Strain Gauges (feet).

Your Activ8rlives Body Analyser is a sensitive instrument and may experience interference if placed near to radio transmitting devices such as walkie talkies and microwave ovens etc. In extreme cases, the Activ8rlives Body Analyser may have to be restarted by removing the batteries.



Do not remove the back cover to expose 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 Activ8rlives Body Analyser are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

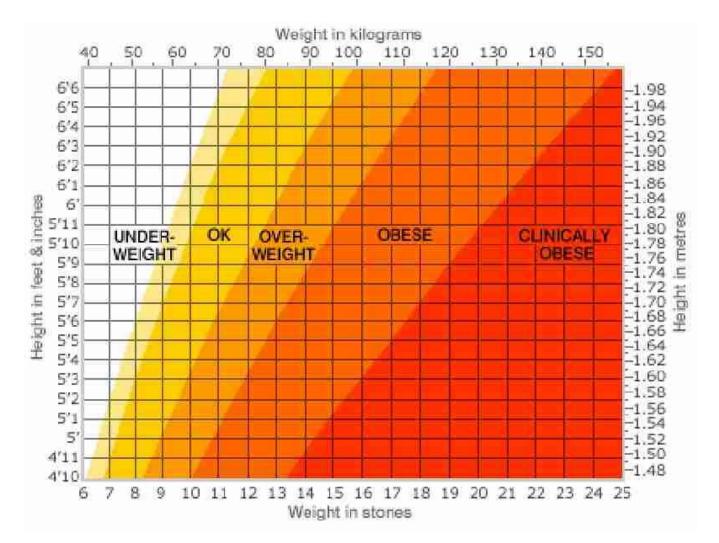


The technical specifications for this product and the contents of the User Manual are subject to change without notice by the manufacturer.

Contact us if your Activ8rlives Body Analyser Smart Scales does not work properly.

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





Population tables from World Health Organisation and NHS Choices.

ACE		20.20	20.20	10.40		601
AGE		20-29	30-39	40-49	50-59	60+
	Low	<13	<14	<16	<17	<18
	Optimal	14-20	15-21	17-23	18-24	19-25
	Moderate	21-23	22-24	24-26	25-27	26-28
	High	>23	>24	>26	>27	>28
For Mer	1					
AGE		20-29	30-39	40-49	50-59	60+
	Low <	19	<20	<21	<22	<23
	Optimal	20-28	21-29	22-30	23-31	24-32
	Moderate	29-31	30-32	31-33	32-33	33-35
	High	>31	>32	>33	>34	>35

For Women



What does Your Activ8rlives Body Analyser Measure?

Weight

Your weight is calculated and stored in the **Cloud** server. For a single view of your weight, it will fall either in the **Red, Amber** or **Green** zones of the charts used in the **Activ8rlives**⁴ **Health+Wellness App** to indicate if you are within a healthy range for your height and weight.

Body Fat %

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

Our bodies comprise of bone, fat and muscle. Fat is vital for a healthy, functioning body - it protects vital organs, cushions joints, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is in short supply. But too much or too little body fat can be damaging to our health. This is why it is useful to measure and monitor our body fat percentage using the Activ8rlives Body Analyser.

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

For guidance for the **Body Fat** ranges for men and women, tables are supplied on Page 8.

Muscle Mass %

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

Visceral Fat

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

The Activ8rlives Body Analyser gives a visceral fat rating between 0 – 29.

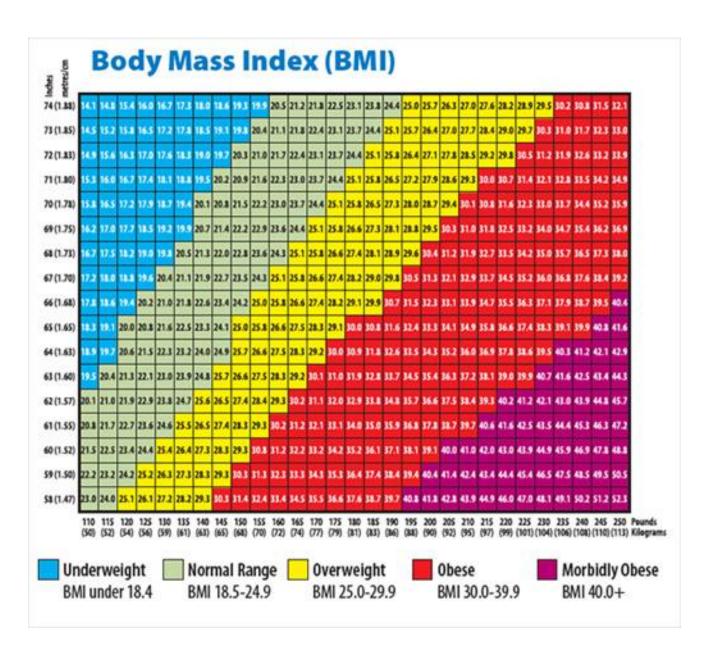
Rating between 1 - 12: Indicates that we have a healthy level of visceral fat.

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



Bone Mass percentages for Males and Females.

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





What does Your Activ8rlives Body Analyser Measure?

Bone Mass %

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

Body Mass Index (BMI)

BMI is an index of weight-for-height that is routinely used to classify underweight, overweight and obesity in adults.

The Activ8rlives Body Analyser Smart Scales calculates our BMI value for us. The BMI categories shown in the chart on Page 8 are recognised by the WHO (World Health Organization) and can be used to interpret our BMI value.

The Body Analyser is not calibrated to determine the BMI for children, pregnant women or professional athletes.

Basal metabolic rate (BMR)

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

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

Water or Hydration

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

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

Optimal hydration levels based on population data are:

Female 45-60%

Male 50-65%



Let's get started with the Set-up and Connect to the Activ8rlives⁴ Health+Wellness App

The Activ8rlives Body Analyser is programmed by and uploads information directly to and from your Activ8rlives account each time your Bluetooth Smartphone or Tablet (not included) is connected to it wirelessly by Bluetooth 4.0.

This guide will show you how to:



Install the Activ8rlives⁴ Health+Wellness (free), Active⁺me REMOTE or Asthma⁺me (subscription) Apps to your iOS or Android Smartphone or Tablet.



How to operate, use and take care of your Activ8rlives Body Analyser and connect to your Smartphone or Tablet.



How to take routine readings and upload directly to your Activ8rlives account.

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to measure your weight and body composition and connect to the Activ8rlives⁴ Health+Wellness App.

Intended Use for Activ8rlives⁴ Health+Wellness App:

The Activ8rlives⁴ Health+Wellness App is an application software for mobile device intended for use in the home to assist people to receive and review information from connected medical and non-medical devices, track medication use, for effective health self-management. The user also can share the data via sharing functions. Activ8rlives⁴ Health+Wellness App is a Class I medical device designed for use with persons 5-80+ years-old and 5-12 years-old with adult supervision, who have a health condition for which the App can be used at home for their self-care.

Health and Safety Notices:

Activ8rlives⁴ Health+Wellness App is not intended to monitor vital physiological parameters where variation could result in immediate danger.

Long-term health conditions (LTHC) can be life-threatening. Always take medication as prescribed. If you reperience any LTHC-related symptoms, refer to your **Care Plan** and follow the instructions carefully. If you continue to have symptoms, consult your medical team.

Do not rely on Activ8rlives⁴ Health+Wellness App the to diagnose or treat any long-term health condition. Only recommended for children 5 years of age and over and only under adult supervision.

Do not rely solely on the Reminder capabilities of the Activ8rlives⁴ Health+Wellness App to take your prescribed medication as directed by your medical team.





Installing the Activ8rlives⁴ Health+Wellness App on Your Smartphone or

Tablet (Bluetooth 4.0 Enabled Devices are required to use the Body Analyser)

Download the Activ8rlives⁴ Health+Wellness App from the App Store appropriate to your device. Search for Activ8rlives 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



Apple devices running iOS 12+ that are Bluetooth Smart Ready (typically Bluetooth 4.0+).

Android devices running Android 10+ that are Bluetooth Smart Ready (typically Bluetooth 4.0+).

IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Tablet to be <u>longer</u> than 2 minutes to allow the Activ8rlives Body Analyser time to sync with your device.

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



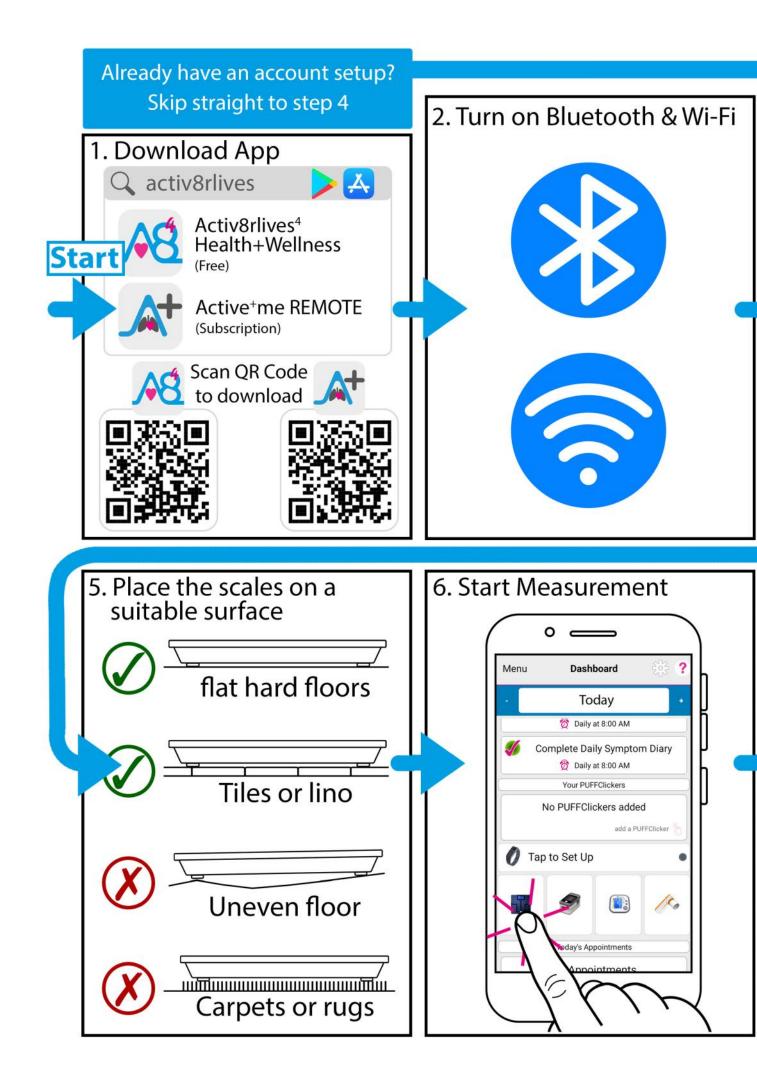
Help Videos in App, follow this?

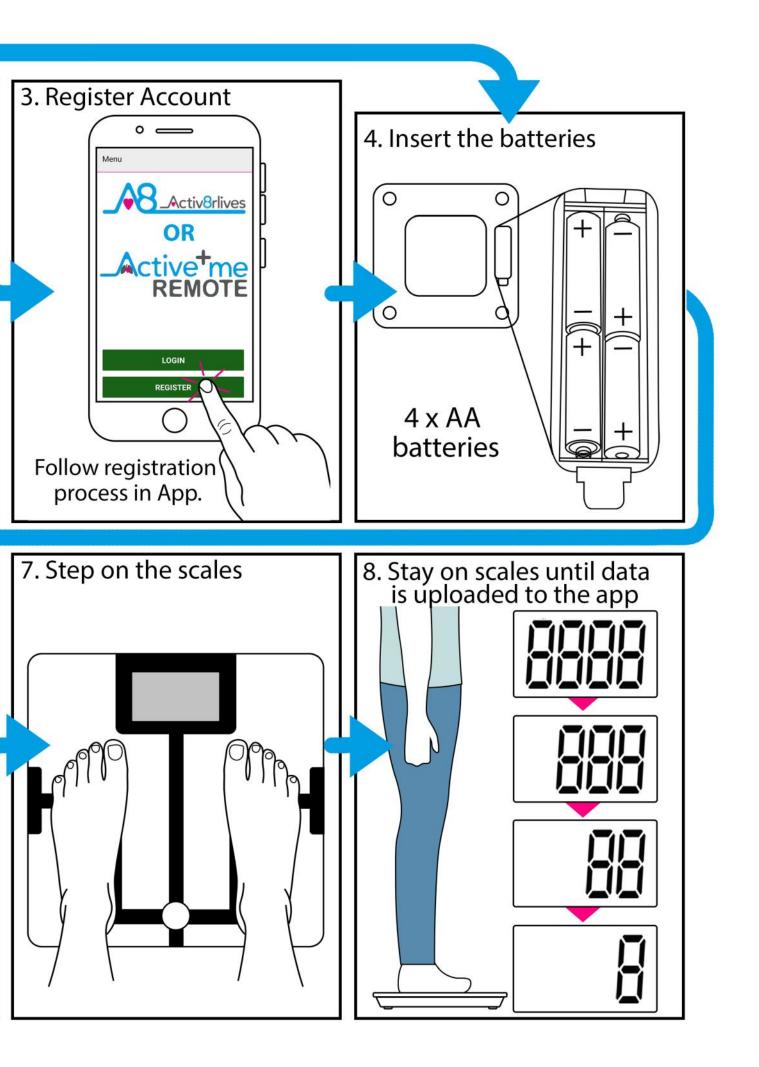
Website www.Activ8rlives.com

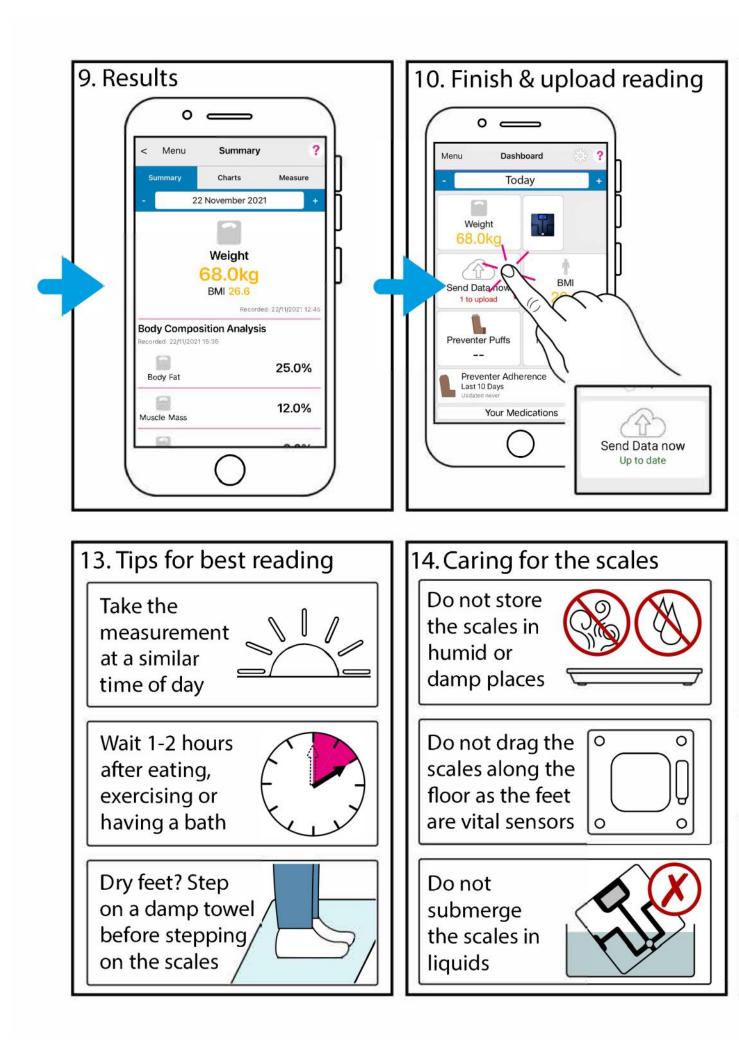
YouTube http://bit.ly/Activ8rlives

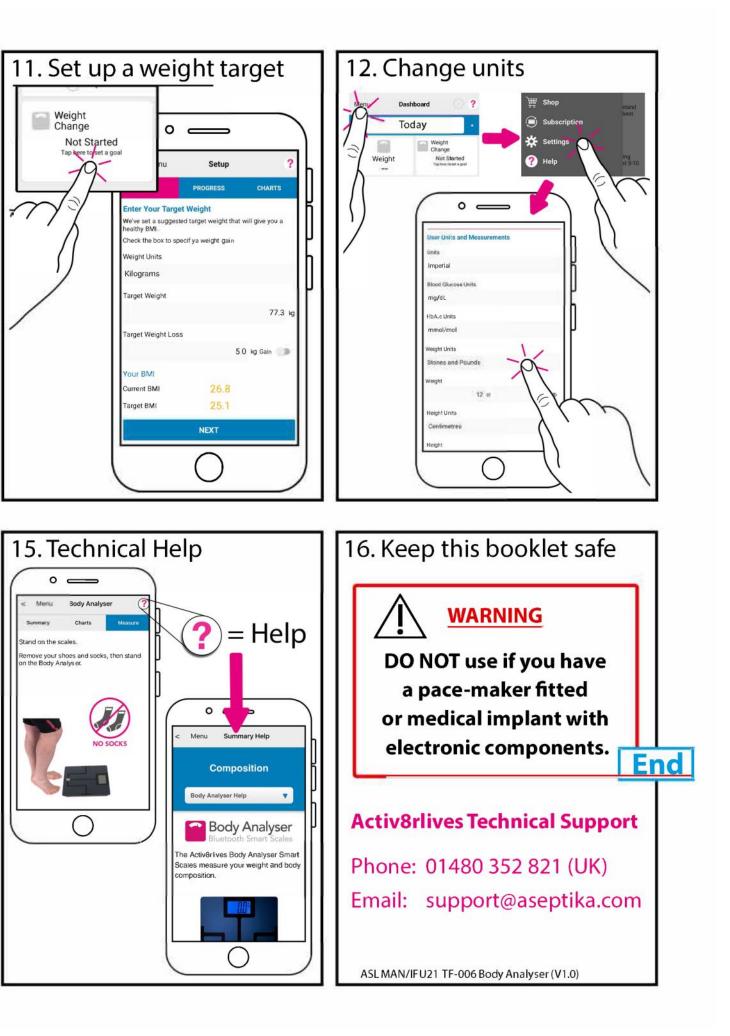
Still Need Help

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.

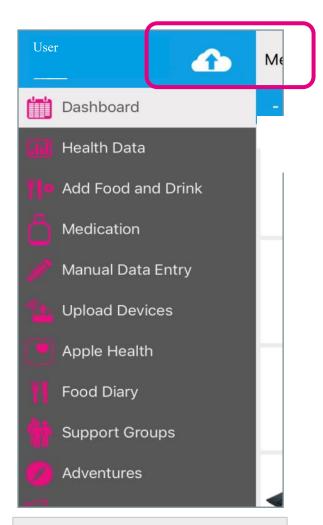














Synchronise Now

This will temporarily override the WiFi Setting. It may use your Mobile data allowance.

Synchronise

Data has been downloaded back to: Thursday, March 12, 2015

Download Data

Your data will be downloaded from the cloud server. The download will stop when you leave this page.

Download

Sending Your Data to Cloud

If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online **Activ8rlives** account automatically.

If there is an arrow in the **Cloud** it indicates that you have data to upload to the **Cloud** Server. Touch the **Cloud** icon and it will automatically detect and synchronise if you are on WiFi.

Touch the **Synchronise** bar to upload via Cellular network to upload the data.

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

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.

When the data is stored in the Activ8rlives 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 Activ8rlives website. www.activ8rlives.com

Data Security

The storage of your data is hosted on our private **Cloud** Server operated by AWS (London, UK). No data ever leaves the UK and we work to the NHS Data Security and Protection Toolkit and Cyber Essentials Plus standards.





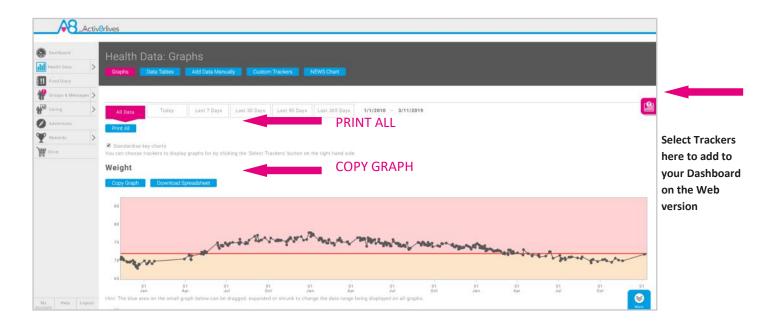
Viewing Your Data on Your PC or Mac Computer

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Login via the Activ8rlives website, go to www.activ8rlives.com using the same Username and Password that you used for your App Login.

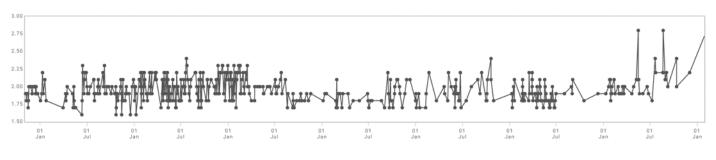
From your Activ8rlives account you can view your Health Data, select the Timeframe and scroll down to view.

The Activ8rlives Data website hosts an enhanced Dashboard. 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.



Printing your Data

Printing your data can be achieved by going to the Web version of your Activ8rlives account and touch the Print All tab or Copy Graph. These will be saved as a PDF file, as the example below, for easy printing or sending via email.



Bone Density



How Does the Activ8rlives Body Analyser Work?

The Activ8rlives Body Analyser Smart Scales uses a measurement principle known as Bioelectrical Impedance Analysis (BIA). A very small electrical current is sent through your body, through your feet and legs. The current flows with little electrical resistance through lean muscular tissue, which is full of fluid. By contrast, body fat has a high electrical resistance—it acts as an electrical insulator. By measuring your body's resistance to the current (its impendence), the proportion of muscle can be calculated. From this, the quantity of fat and water can then be estimated.

The size of the current used is only about 1 mAmp—this is a minuscule current and you will not feel it.

WARNING: The Activ8rlives Body Analyser Smart Scales should NOT be used by those fitted with a pace maker or if you have any other electrically-operated implantable medical device fitted.

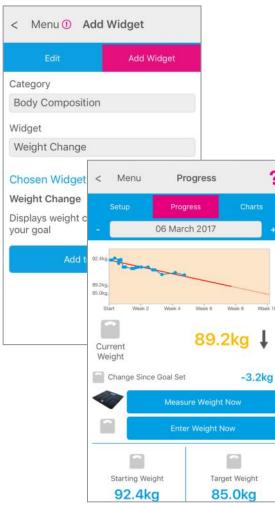
Best Time to Measure Your Body Composition

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

Taking measurements after having a bath or sauna, or following intensive exercise, or within 1-2 hours of drinking in quantity or eating a meal as the water content will distort the values generated.

Never attempt to take readings when you are wet, after a shower or vigorous exercise because of the risk of slipping. Also the accuracy of the measurement will be distorted as the water content of the body would have changed.







Health

Aple Health App Integration

Included in the Activ8rlives⁴ Health+Wellness App is the ability to allow users to record data from Activ8rlives' growing range of consumer-focused health monitors and store these data in both the Activ8rlives Cloud servers and Apple's Health App via your iPhone.

From the Menu of the Activ8rlives⁴ Health+Wellness App, select Apple Health and it will guide you through step-by-step the process of set-up of Apple Health within the Activ8rlives⁴ Health+Wellness App. You must enable all related types of data in the categories to sync to Apple Health then touch Synchronise Apple Health.

Note: Apple's Health App option does not appear on iPads or on older iPhones running versions below iOS 9.

Weight Change Widget

?

Set-up a short-term goal for **Weight Loss** or **Weight Gain** within the **Activ8rlives**⁴ **Health+Wellness App**.

Select to use an **Advanced** or **Expert Dashboard**, then touch the pink **Cog** to add the **Weight Change** widget to your **Dashboard**.

From the **Dashboard** touch the **Weight Change** widget and follow the instructions to **Enter Your Starting Weight** (with an option to take a current reading) and **Enter Your Current Height**. Touch **Next**.

Now **Enter Your Target Weight Loss** (or Gain until it shows Green). Enter a **Target Weight** that is achievable in the short-term, as a suggestion try for 5% of your body weight. Touch **Next**.

The next screen allows you to **Enter Your Target Date** for your Weight Loss or Weight Gain. Try shorter term goals in which to achieve this, and 10 weeks is an ideal length. The **Activ8rlives**⁴ **Health+Wellness App** will then calculate how much each week you will need to change.

The Activ8rlives⁴ Health+Wellness App will display your Weight Change widget on the Dashboard.

Trouble Shooting Activ8rlives Body Analyser

Help Menu?

Help can be found on all pages of the Activ8rlives⁴ Health+Wellness
App in the top right-hand corner. Touch ? to expand the page and scroll down through the Help information, including viewing the Help
Videos and PDF Manual. Touch ! To reveal helpful hints.

Will Not Connect via Bluetooth?

Requires Bluetooth Smart Ready device (typically Bluetooth 4.0+), iOS 12+ and Android 10+.

If the Activ8rlives Body Analyser will not connect to Bluetooth, first check that you have Bluetooth turned on your Smartphone or Tablet and then wake up the Activ8rlives Body Analyser by stepping on it.

No Reading Recorded

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

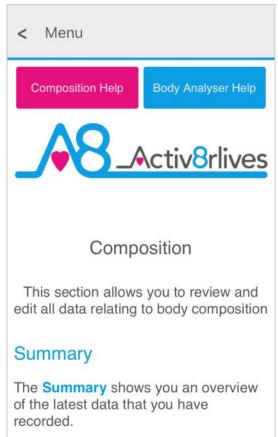
Activ8rlives App Crashes

Close other Apps open on your Smartphone or Tablet, as these may be using too much memory to allow the Activ8rlives⁴ Health+Wellness App to function. Rebooting your Smartphone or Tablet often helps.

Dry Feet

To moisten the feet if you have dry and cracked heels, you can step from a moistened cloth (not wringing wet) onto the Activ8rlives Body Analyser Smart Scales, take care not to slip.

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



Latest Body Analyser Reading





Help Videos in App, follow this?

Website www.Activ8rlives.com

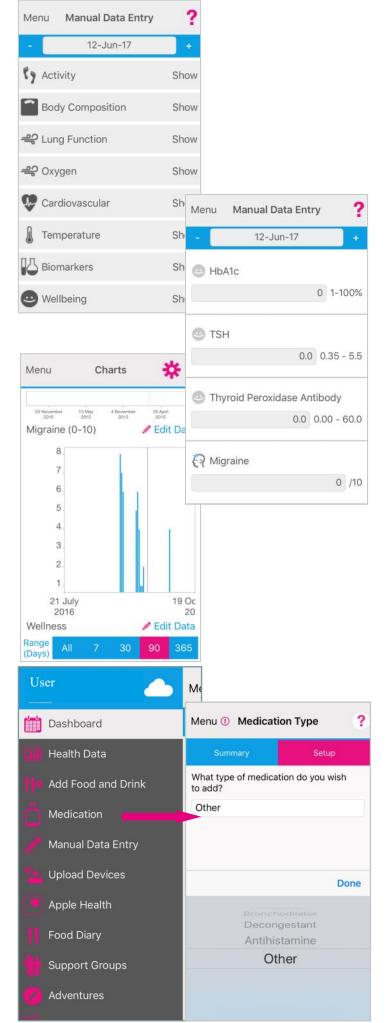
YouTube http://bit.ly/Activ8rlives

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 Activ8rlives account.

Login to your Activ8rlives account in the usual manner and select from the Menu the Manual Data Entry page.

You can use the Data categories we currently offer: Activity, Asthma, Biomarkers, Body Composition, Cardiovascular, Lung Function, Medication, Quick Record, Sleep, Temperature, Wellbeing or you can create your own **Custom Trackers**.

Custom Trackers

Some examples of **Custom Trackers** that can be created in the **Activ8rlives**⁴ **Health+Wellness 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 record and detect declining health symptoms.

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

These **Custom Trackers** can also be displayed in the form of **Charts** over different timeframes.

Medication

From the **Menu** you can select to add your prescribed medications and it allows you to add a reminder when you need to take a dose.

Note: Do not rely solely on the Reminder capabilities of the Activ8rlives⁴ Health+Wellness App to take your prescribed medication as directed by your medical team.



Specifications

Dimension (L x W x H)	325 x 325 x 29 mm		
Weight	3kg (including batteries)		
LCD Display	Back light. 94mm x 56mm		
Weight units	kg, lbs and St/lbs		
Maximum weight measureable	180kg (400 lbs)		
Minimum weight measureable	5kg (11 lbs)		
Muscle % error	± 0.1%		
Weight error	± 0.1kg		
Fat % error	± 0.1%		
Water % error	± 0.1%		
Bone % error	± 0.1%		
Age range	10-99		
Height range	100-220 cm (39.3"-86.6" or 3'33"-7'222)		
Working temperature	10-40°C		
Working humidity	20-90%		
Power	4 x AA 1.5V batteries supplied		



Warranty

Activ8rlives (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 Activ8rlives — details are on the back of this User Manual.

Labels and Symbols



The Legal Manufacturer: Shenzhen Unique Scales Co., Ltd, 6th Floor, Building A, Huafeng Green Energy Innovation Park, No.22 Longteng Road, Pingdi Street, Longgang District, 518117, ShenZhen, China.

UK Dist Distributor in the UK: Aseptika Limited (Activ8rlives): Suite 5, LDH House, St Ives Business Park, Parsons Green, St Ives, Cambridgeshire, PE27 4AA, UK.



Date of Manufacture.



LFCF351201808061449.



 $\operatorname{EU/EC}$ Declaration of Conformity.



The symbol in accordance with IEC EN 60601-1-2: 2007 in section 5.1.1 for products including RF transmitter.



RoHS Directive (2011/65/EU).



FCC Identification number.



In accordance with IEC 60601-1 the product and its applied parts type BF and thus protected against the risks of electrical leakage.



IEC 62321-3-1:2013 Ingress protection.



This symbol is required by European directive 2002/96/EC on waste electrical and electronic equipment (WEEE).



Read instructions before use. https://www.activ8rlives.com/support/manuals



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ASL TF-006 MAN/IFU06 Body Analyser (V5.0)

Last Updated 30.10.2022