

Buddy Band 2

Waterproof Bluetooth Activity & Sleep Tracker



www.activ8rlives.com

BuddyBand2 connects via Bluetooth 4.0 and uploads data to **Activ8rlives⁴ Health+Wellness** and **Asthma+me Apps**. Works with: Bluetooth Smart Ready device (typically Bluetooth 4.0 or later). iPhone 5 or later, iPad 4th Generation or later, iPad Mini 2 or later, all iPad Air and iPad Pro models or iPod Touch 6th generation. Android devices running 5.0 or later. Amazon Kindle Fire devices running Amazon Fire OS 5.0 or later. Apple Health App compatible.

Contents

Your BuddyBand2	4 and 8
Health and Safety Notices	5
Getting started	6-7
Charging your device	9
How does the device work?	10
Installing Activ8rlives ⁴ App	11
Let's get started	12-13
Register for Activ8rlives account	14-15
Start-up Screens	16-17
Pairing Your Device	18-19
Putting into Pairing mode	20-21
Navigating screens and Settings	22-23
Viewing Data	24
Sending data to Cloud	25
Viewing data on PC/Mac and Printing	26
Apple Health and Quick Record	27
Trouble shooting	28-29
Manual Data Entry and Custom trackers	30
Calculating Stride	31
Specifications	33
Labels and Symbols	34
Warranty	35







Your Activ8lives BuddyBand2

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

Intended Use:

The **Activ8lives BuddyBand2** is a waterproof physical activity counter, worn on the wrist that has been made in compliance with 93/42 EEC Directive for Class I Medical Device, amended by 2007/47/EEC. It connects to the **Activ8lives⁴ Health+Wellness Apps**, which has been certified as Class 1 Medical Device under 93/42 EEC Directive, amended by 2007/47/EEC.

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



Health and Safety Notices

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

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

This device is not a toy. Only recommended for children over 5 years of age and only under responsible adult supervision.

Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8lives BuddyBand2**. Don't allow sharp objects to scratch the screen of the **Module** as this may damage it.

 The **Activ8lives BuddyBand2** may not be suitable for people who have skin sensitivity to synthetic materials.

Do not allow your **Activ8lives BuddyBand2** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified on Page 33. Harsh physical treatment may stop your **Activ8lives BuddyBand2** from working properly. Don't expose your **Activ8lives BuddyBand2** to direct sunlight for long periods of time.

 Don't remove the back cover of the **Module** and tamper with the internal components. If you do, you will damage the device and you will invalidate your warranty and may cause irreparable damage. There are no user serviceable parts.

 The **Activ8lives BuddyBand2** contains small internal components, which present a serious choking hazard for small children and should only be used by a child over 5 years under adult supervision.

The **Activ8lives BuddyBand2** contains a rechargeable Lithium battery. It takes about 120 minutes to charge and with typical use, will last 7 days before recharging is required.

Only use the certified magnetic **USB Charging Cable** supplied. Avoid rapid chargers over 1Amp as these decrease the lifetime of your rechargeable battery. The typical lifetime of this products rechargeable battery is 200-300 charges.

If you are planning to store the device for a long period of time, charge it first before storage.

When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.

The counting functions built into the **Activ8lives BuddyBand2** are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

 For time critical medication reminders or medical procedures, do not solely rely on the Alarm feature within the **Activ8lives BuddBand2** and **Activ8lives⁴ Health+Wellness App**.

 If you experience any serious incident that occurs in relation to this device, please report this to Aseptika Limited (**Activ8lives**) and the competent authority of the Member State in which you are based.

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

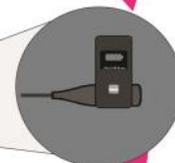
Getting Started...



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



Web View / App View
www.activ8rlives.com

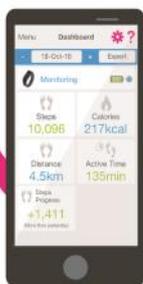


Charge 120 min

Trouble Shooting...



Help > Website > Devices > Device Manuals > BuddyBand2 Help > Help Videos within App



Follow instructions



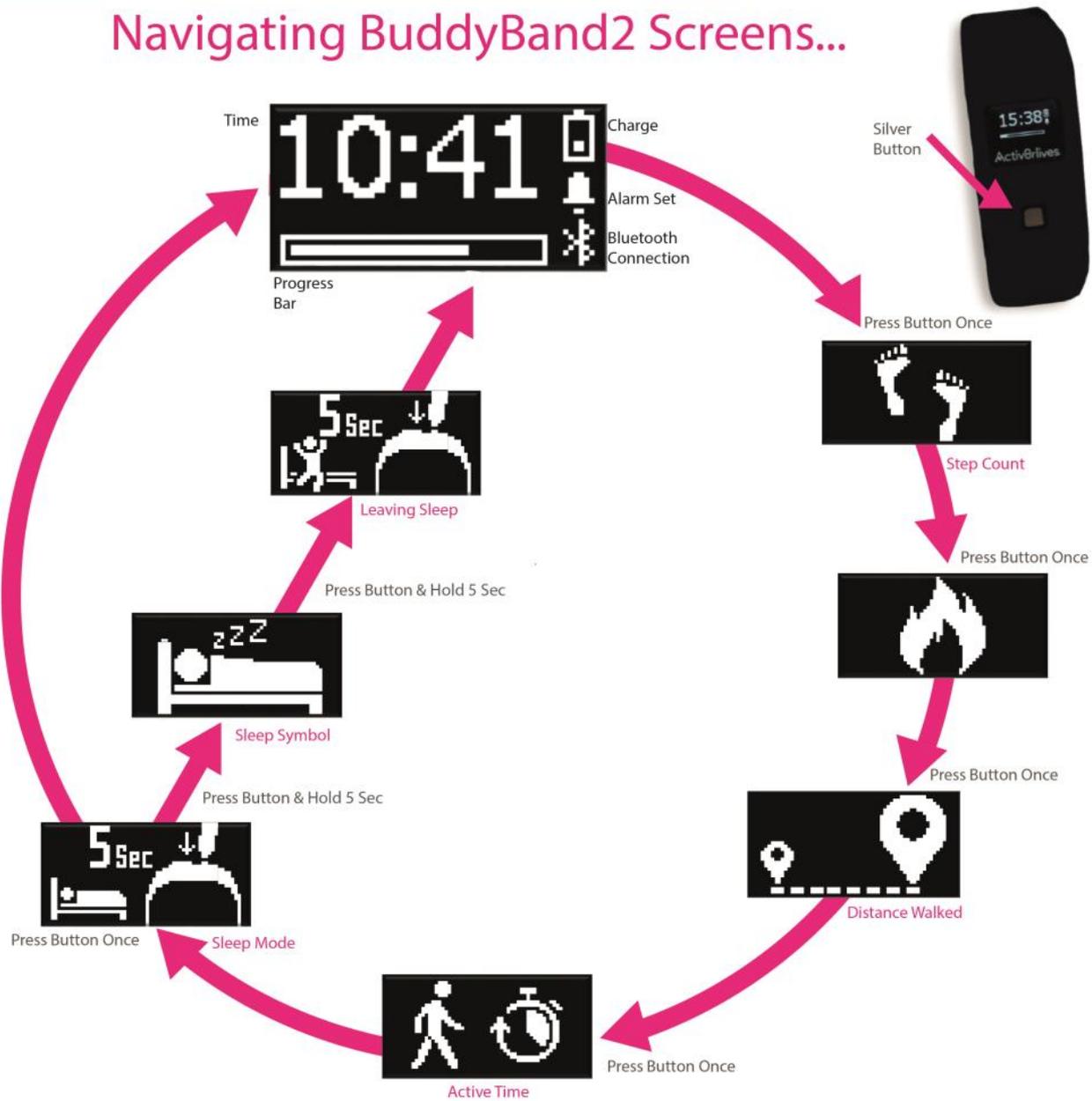
Upload Devices > BuddyBand2



Print

Need Help Setting-Up?
View Help Videos within App
Call us 7-days-a-week, between 09:00—18:00
UK +44 (0)1480 352 821

Navigating BuddyBand2 Screens...



Your Activ8rlives BuddyBand2

Your **Activ8rlives BuddyBand2** has several parts, the **Module (LCD Display and Silver Button)**, **Magnetic USB Charging Cable**, and comes with a **Large and Small Black Wristbands** with Plastic Buckle for easy fitting. The **Module** can be fitted into the **Wristbands**. The **Activ8rlives BuddyBand2** has a rechargeable battery, which cannot be removed. There are no user-serviceable parts and opening the case will void your warranty.

The **Activ8rlives BuddyBand2** wristbands are made from silicon, which is comfortable and adjustable. The **Small Wristband** has a circumference from 14-21cm and the **Large** version has a range of 15-23cm.

The **Activ8rlives BuddyBand2** may not be suitable for people who have skin sensitivity to synthetic materials.

User Manual



Customer Support Line—7-days-a-week



Large and Small Wristband with Plastic Buckle



Module with LCD and Silver Button



Magnetic USB Charging Cable



Warranty and Customer Satisfaction



Charging Your Activ8rlives BuddyBand2

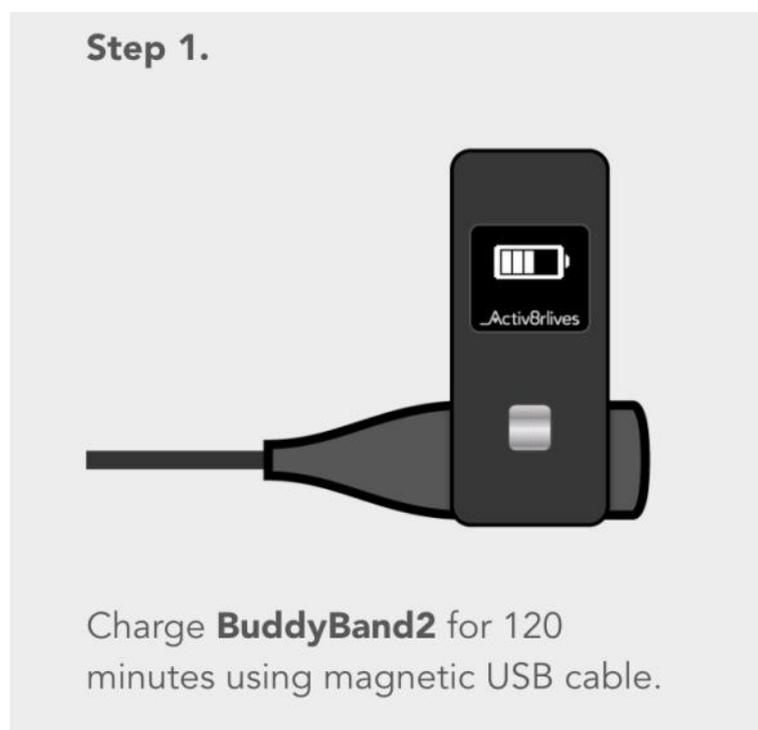
Your **Activ8rlives BuddyBand2** has a 100mAh rechargeable lithium battery integrated in the Module. It takes about **120 minutes** to fully charge with the magnetic **USB Charging Cable** supplied.

A full charge gives anywhere up to 7 days life depending on usage.

You can charge your **Activ8rlives BuddyBand2** by connecting the magnetic end of the **USB Charging Cable** (with the two small round magnets) to the reverse side of the **Activ8rlives BuddyBand2 Module** at the corresponding magnets and the other end of the **USB Charging Cable** (flat end) to a PC or Laptop. Only use the **USB Charging Cable** supplied as others are not compatible.

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

If the **Activ8rlives BuddyBand2** is running low on power, the **LOW BATTERY**  warning symbol will appear on the **LCD screen**. When fully charged the symbol will appear as 



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



How Does the Activ8lives BuddyBand2 Work?

Now to use your **Activ8lives BuddyBand2**! Once you have set-up using the following sections, attach your **Activ8lives BuddyBand2** to your wrist or wear the wrist strap around your ankle inside your sock when cycling. Pockets are not great for step counters—we forget about them and they end-up in washing machines and dryers. Also the **Silver Button** gets pressed and resets inadvertently, it is recommended that you **DO NOT** wear your **Activ8lives BuddyBand2** in your pocket.

The **Activ8lives BuddyBand2** has a 3-axis accelerometer chip and a microprocessor, which detects how you move (accelerate) in three dimensions and it uses this information to count the number of steps you take.

You will notice that the display does not always update as you move. It has a 6 step filter to eliminate inaccuracies due to non-activity related movement and bumps and the screen may even go blank. It has an eco-friendly sleep mode to make the battery last longer but will wake up and update from time-to-time or if you continue moving. It also records how much time you spend exercising, which is useful as part of an exercise or rehabilitation programme.

If you attach the **Activ8lives BuddyBand2** to your wrist as you walk, you will see just how accurately it can detect your steps and starts counting these after you have taken 6-10 consecutive steps. Your **Activ8lives BuddyBand2** will also pick up continuous arm movements, such as washing windows, sweeping or vigorous ironing and we consider these as aerobic activity and will be recorded and converted to steps.

Another ability of the **Activ8lives BuddyBand2** is that it will count and store your steps for up to 30 days, but we recommend uploading daily to the **Activ8lives⁴ Health+Wellness App** incase you should lose your **Activ8lives BuddyBand2**.

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

An approximate Total Distance value is calculated for you based on your steps and average stride length. This is useful for estimating how far you walk during the course of 1 day.

Steps, distance, calories and active time are all saved to your **Activ8lives BuddyBand2** and can be uploaded to your personal **Activ8lives** account. This is covered in later sections.





Let's get started with the Set-up and Connect to the **Activ8lives⁴ Health+Wellness App**

The **Activ8lives BuddyBand2** is programmed by and uploads information directly to and from your **Activ8lives** account each time your Smartphone or Tablet (not included) is connected to it wirelessly by Bluetooth 4.0. This guide will show you how to:



- 1 Install the **Activ8lives⁴ Health+Wellness App** to your iOS or Android Smartphone or Tablet;
- 2 How to operate, use and take care of your **Activ8lives BuddyBand2** and connect to your Smartphone or Tablet; and
- 3 How to upload directly to your **Activ8lives** account.

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to record your steps and connect to the **Activ8lives⁴ Health+Wellness App**.

Intended Use for **Activ8lives⁴ Health+Wellness App**:

Activ8lives⁴ 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. The **Activ8lives⁴ Health+Wellness App** is intended for use with adult and pediatric patients over five years of age. **Activ8lives⁴ Health+Wellness App** is a Class I Medical Device.

Health and Safety Notices:

Activ8lives⁴ 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 experience 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 the **Activ8lives⁴ Health+Wellness App** 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 **Activ8lives⁴ 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 this device).

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.



activ8rlives



Apple devices running iOS 10 or above that are Bluetooth Smart Ready (typically Bluetooth 4.0 or later) - iPhone 5 or later, iPad 4th generation or later, iPad Mini 2 or later, all iPad Air and iPad Pro models or iPod touch 6th generation.



Android devices running Android 5.0 or later that are Bluetooth Smart Ready (typically Bluetooth 4.0 or later).



Amazon Kindle Fire devices running Amazon Fire OS 5.0 or later that are Bluetooth Smart Ready (typically Bluetooth 4.0 or later) - Kindle Fire (5th generation or later), Kindle Fire HD and Kindle Fire HDX (4th generation or later).

IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Tablet to be longer than 2 minutes to allow the Activ8rlives BuddyBand2 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.



1



Register for Activ8lives Account

Once you have installed the **Activ8lives⁴ Health+Wellness 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 on the App screen.

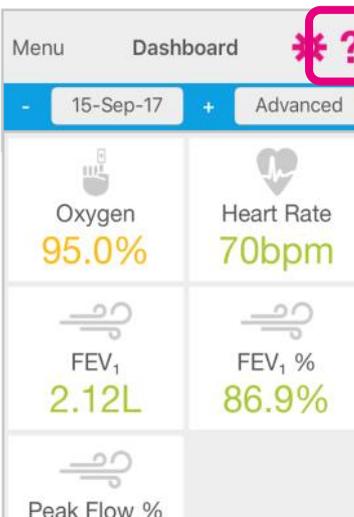
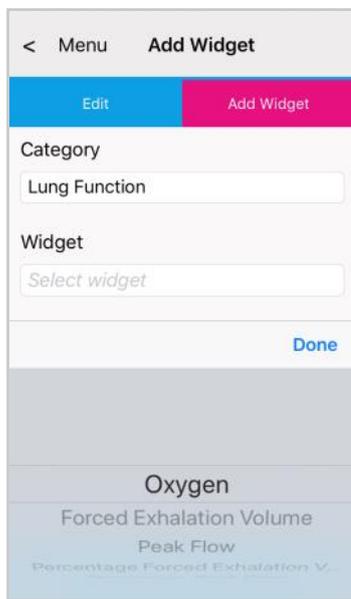
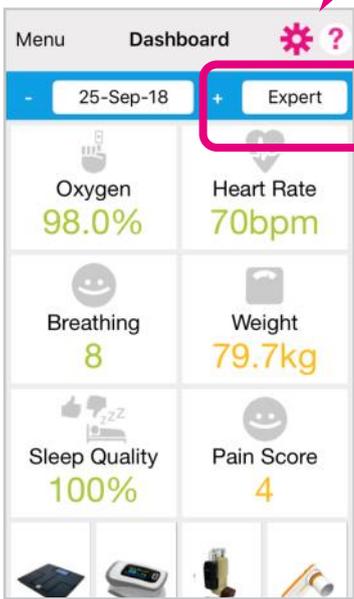
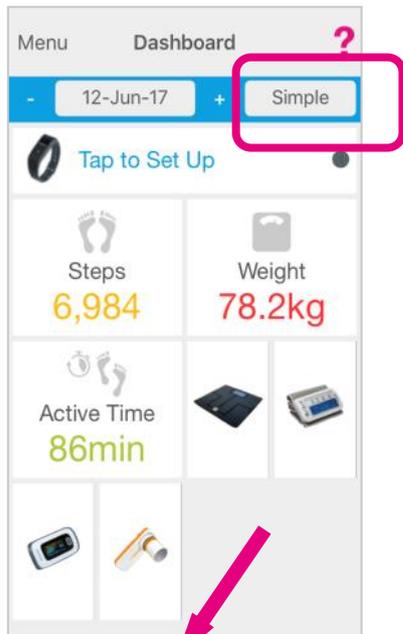
Completing Your Registration

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 in **Settings** if you make an error, but please try to be accurate in entering your weight, height, age and gender. These are important data.

1



Completed Registration

During the **Registration** process you can select the **Activ8lives** devices that you have. 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**. These devices will now show up on your **Dashboard** so that you can **Quick Record** by touching the image of the device and it will start the **Upload** process.

Optimising Your Dashboard

By selecting or deselecting the **Settings Cog** in the top right-hand corner you can choose which data you want to show on your Dashboard. You need to select either the **Advanced** or **Expert Dashboard** in order to do this. Then choose the **Category** and then the **Widget** you want to add and touch **Add to Dashboard**.

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.

Help and Videos on App

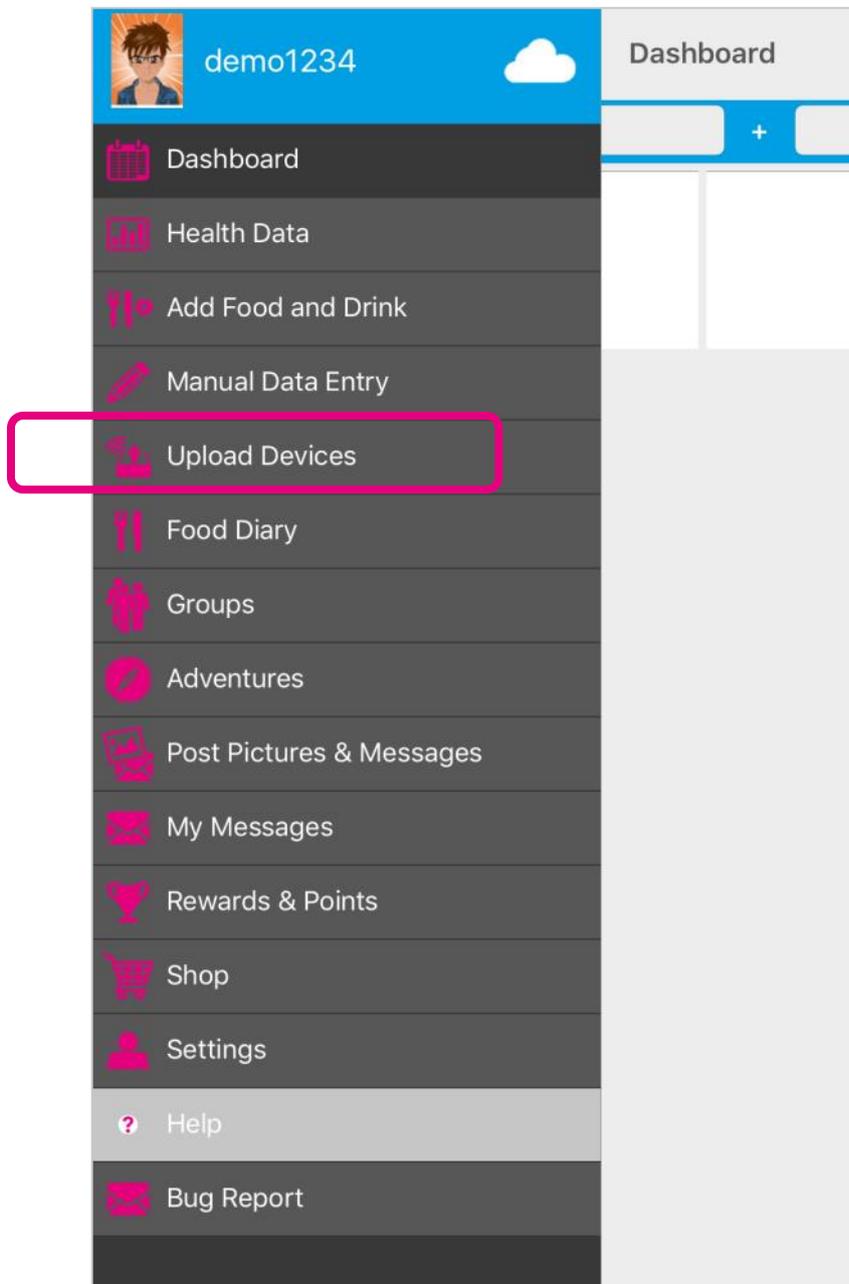
Integrated into the **Activ8lives⁴ Health+Wellness App** is **Help** sections that can be reached from the

Menu or from any page which displays a **?** in the top right-hand corner of the screen. Scroll through this to access helpful information, **PDF Manual**, **Videos** and a **Quick Guide**. Touch the **!** Symbol to reveal helpful hints throughout the App.



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

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



Dashboard to the Menu, select Upload Devices.

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

2



Pairing Your BuddyBand2

The **Activ8lives BuddyBand2** now needs to be paired with your Smartphone or Tablet. Ensure that **Bluetooth is switched on**.

Open the **Activ8lives⁴ Health+Wellness App** on your Smartphone or Tablet and from the **Dashboard** touch the image of the **Activ8lives BuddyBand2** or select from the **Menu > Upload Devices > Activ8lives BuddyBand2**, which then takes you through easy steps to prepare your device for identification.

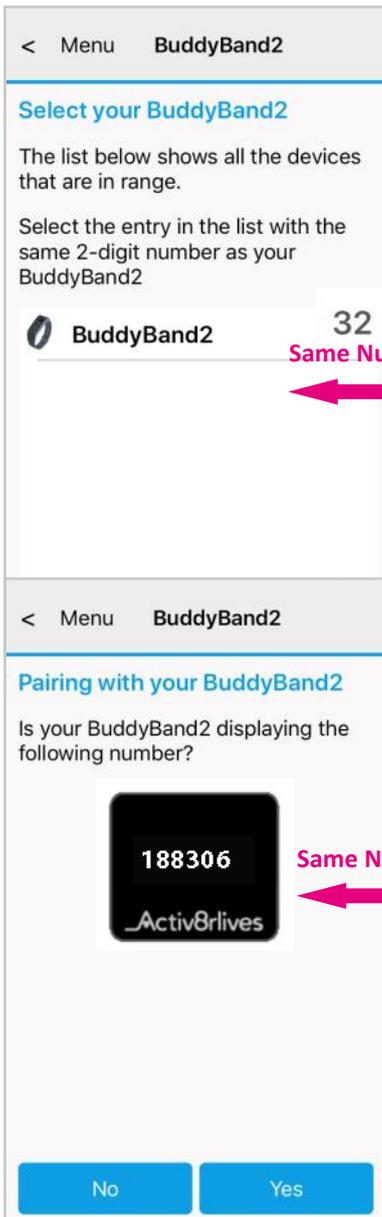
Identifying Device by its Pairing Code

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

If your **Activ8lives BuddyBand2** screen does not display these screens follow the instructions on **Page 20-21**.

The first time you set-up and try to connect your **Activ8lives BuddyBand2** to the **Activ8lives⁴ Health+Wellness App**, you will need to identify your device for added security to protect your data. Once connected, no-one else will be able to “listen in” to capture your data when you are synchronising your data.





Select Your BuddyBand2 to Pair

The **Activ8lives⁴ Health+Wellness App** displays a 2-digit numerical code on the **Activ8lives BuddyBand2** that it finds within range, and you may see more than one displayed here if others are in Bluetooth range.

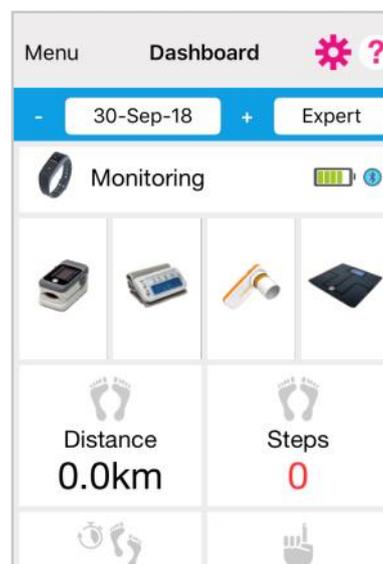
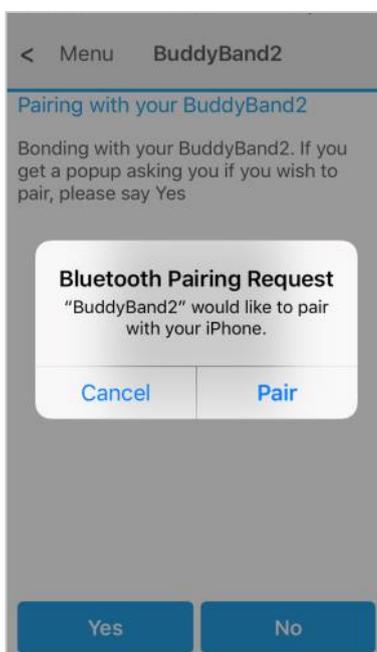
If this code matches the number on your **Activ8lives BuddyBand2**, confirm by touching the number on the App.



Second Secure Pairing Step

As a further step to ensure that your data transmission is secure and cannot be hacked, you are asked to confirm whether the 6-digit unique code on the **Activ8lives BuddyBand2** is the same as that on the App.

If the two numbers are the same, confirm by touching **Yes** on the App screen and the screen will then ask **Bluetooth Pairing Request** > touch **Pair**. You know this pairing has been successful when the **Activ8lives⁴ Health+Wellness App** says **Monitoring** next to the image of the **Activ8lives BuddyBand2**.





Putting your BuddyBand2 into **Pairing Mode**

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

This **Activ8lives BuddyBand2** is not paired because there is **No Bluetooth** symbol but this will appear after you **follow these 5 Steps**.

? Help

BuddyBand2™ Pairing Mode

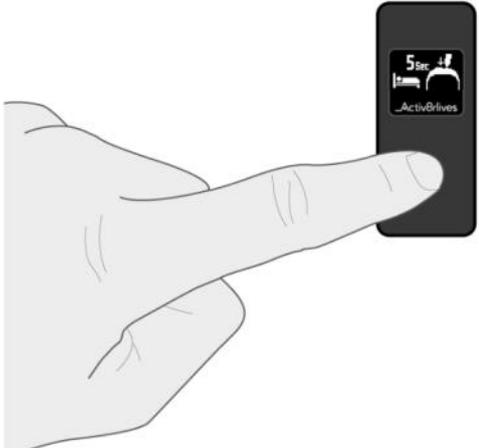


Step 1.



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

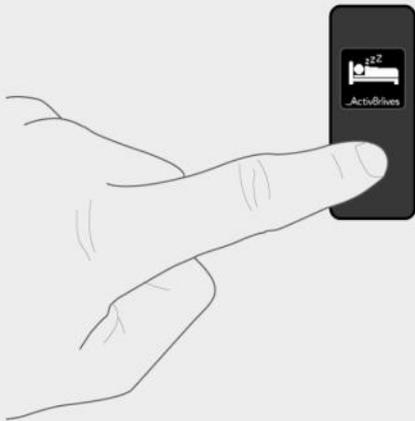
Step 2.



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



Step 3.



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

Step 3.



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

Step 4.



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

Step 5.



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

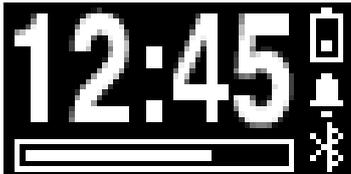
Tip.

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



Navigating Activ8rives BuddyBand2 Screens

Your **Activ8rives** BuddyBand2 has 6 screens and to move to the next screen touch the **Silver Button** once.



Time Screen (default screen) indicates the time in a 24 hour format, progress bar, battery status, Bluetooth connection and set alarms.



08395



Steps

Today's step count and progress bar.



00192



Calories burnt

Approximate calories burnt estimation from your steps for today, weight and stride length.



004.2



Distance

Calculated from steps and stride length in Kilometres or Miles.



00:44



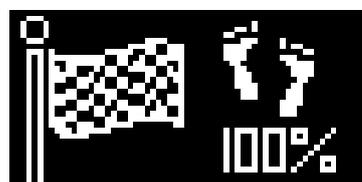
Activity time

Your active time for today is any activity over 1 minute.



Sleep timer

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



The **Activ8rives** BuddyBand2 will notify you with a vibration when you achieve 50% and then 100% of your personal **Step Target**. To change your daily **Step Target** select **Settings** from the **Menu** and scroll down to the **Step Target** to make changes.



BuddyBand2 Settings

Activity Nudge

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

Inactivity Time
60 minutes

Alarms

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

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

Alarm 2 is Disabled **Edit Alarm 2**

Alarm 3 is Disabled **Edit Alarm 3**

Sleep Mode Schedule

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

Sleep Mode Start Time
23:00

Sleep Mode End Time
06:00

Custom Trackers

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

Chosen Tracker
None

Double Tap Speed
Fast

Unpair BuddyBand2

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

Unpair

Scroll Down to Set-up More Features

access via the **Upload Devices** page

Alarm 1

Alarm Time
06:00

Alarm Repeat

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weekdays Weekends

Done

NOTE: For time critical medication reminders or medical procedures, do not solely rely on the Alarm feature within the **Activ8lives⁴ Health+Wellness App** and **Activ8lives BuddyBand2**

BuddyBand2 Settings

Custom Trackers

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

Chosen Tracker
Migraine

Double Tap Speed
Fast



Viewing Data on Dashboard

Detailed data can be viewed from the **Dashboard** on the **Activ8lives⁴ Health+Wellness App**, by selecting **Dashboard** from the **Menu**, as well as the **Activ8lives BuddyBand2**.

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

These data will display on the **Activ8lives⁴ Health+Wellness App** and will zero at midnight.

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

Your data can be shown in **Charts** by selecting it from the **Menu**. You can scroll down the page to see other parameters of your health, such as your weight, BMI, lung function, wellness, stress levels or anything else you would like to record about your health and wellbeing.

You can display your data over different timeframes, by changing the time from the bottom **Range Days**: All, 24h, 7, 30, 90, 365 days of data.

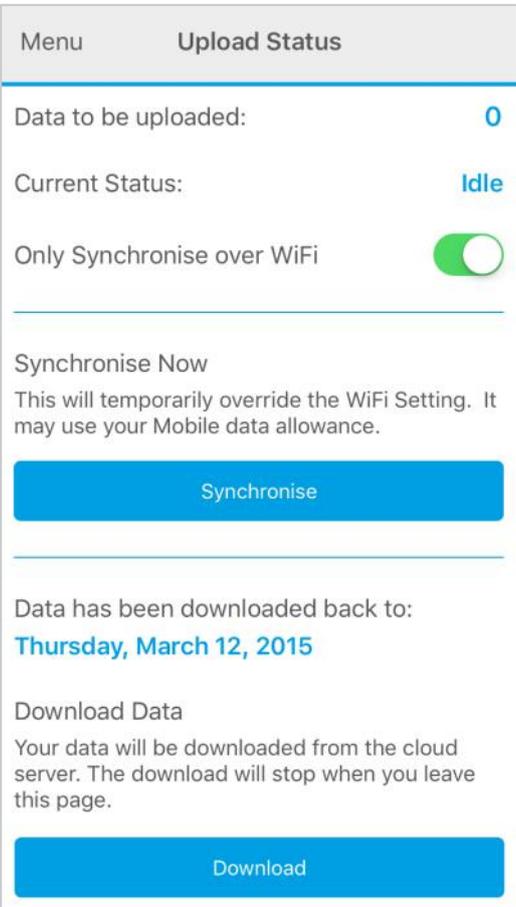
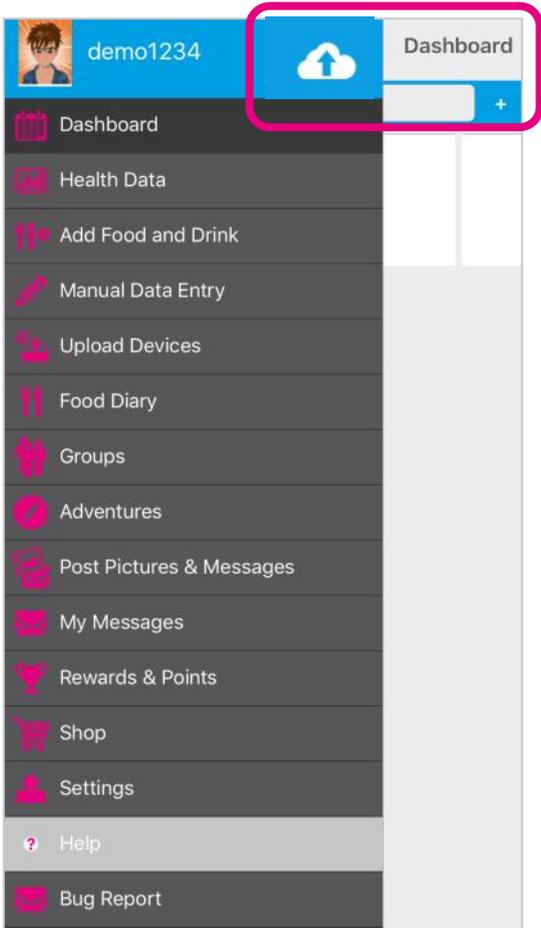
Colour coding of parameters within normal **Green**, alert **Amber** and out of parameter **Red** readings are easily seen on these **Charts** where the background colour indicates the population norms from World Health Organisation (WHO).

A **Trackball** function allows you to touch a bar chart or data point for a specific day and it will give the steps and date. You can scroll left and right to look at your data.

Optimising your Dashboard

By selecting or deselecting the **Settings Cog** in the top right-hand corner you can choose which data you want to show on your **Dashboard**. You need to select either the **Expert** or **Advanced Dashboard** in order to do this. Then choose the **Category** and then the **Widget** you want to add and touch **Add to Dashboard**.

3



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.

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 **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. www.activ8lives.com

Data Security

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





Viewing Your Data on Your PC or Mac Computer

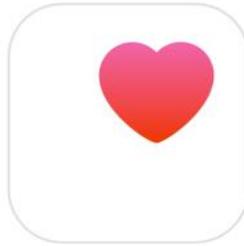
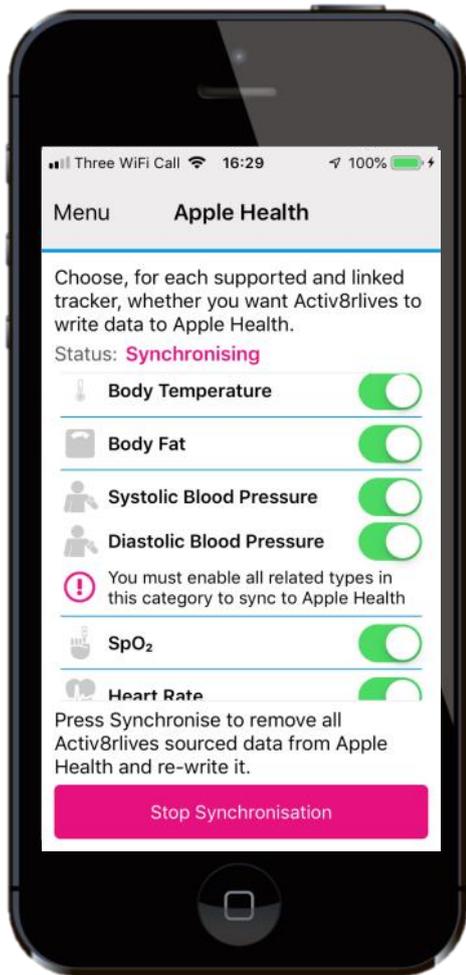
Login via the [Activ8lives](http://www.activ8lives.com) website, go to www.activ8lives.com using the same **Username** and **Password** that you used for your App Login.

From your [Activ8lives](http://www.activ8lives.com) account you can view your **Health Data**, select the **Timeframe** and scroll down to view.

The [Activ8lives](http://www.activ8lives.com) 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 [Activ8lives](http://www.activ8lives.com) 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.



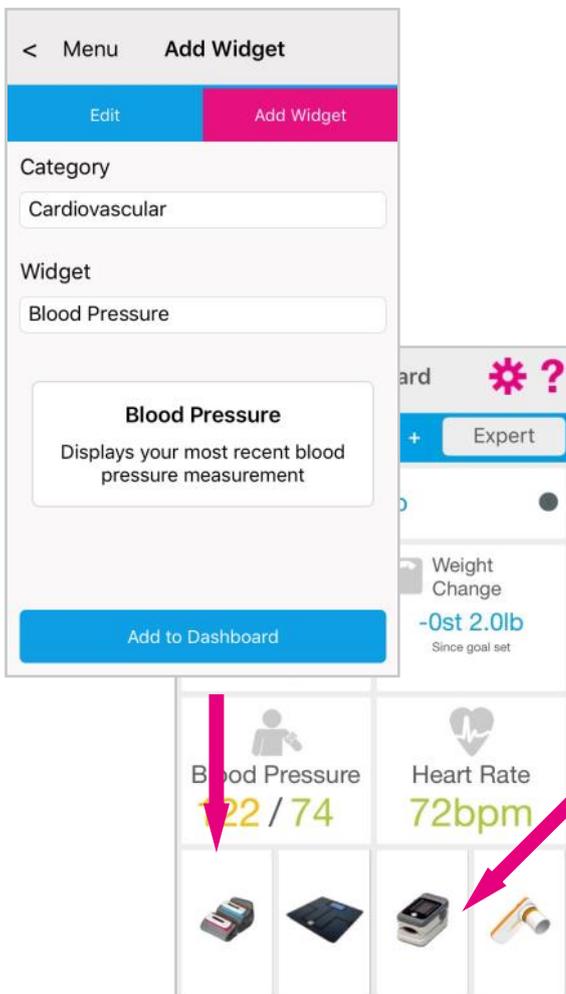
Health

Apple Health App Integration

Included in the **Activ8lives⁴ Health+Wellness App** is the ability to allow users to record data from **Activ8lives⁴** growing range of consumer-focused health monitors and store these data in both the **Activ8lives Cloud** servers and **Apple's Health App** via your iPhone.

From the **Menu** of the **Activ8lives⁴ 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 **Activ8lives⁴ Health+Wellness App**. You must enable all related types 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.



Quick Record

For a quicker way to upload your data add a **Quick Record** widget to your **Dashboard** (when your **Dashboard** is in **Advanced** or **Expert**), these are the widgets showing an image of the device. To add these go to **Menu > Dashboard > touch the pink Cog in top right-hand corner > Add Widget > Quick Record > Blood Pressure**.

This will now appear on your **Dashboard** and touch the **Quick Record** widget to upload your data from your **Activ8lives Monitor**. You can also add other **Quick Record** widgets to appear on your **Dashboard** for other device(s) you own from the **Activ8lives** range.

If you selected the **Activ8lives Pulse Oximeter** (as image shows) upon registration, the **Quick Record** widget will have already been set-up for you.

Trouble Shooting

Help Menu?

Help can be found on most pages of the **Activ8rlives⁴ Health+Wellness App** in the top right-hand corner. Touch the **?** to expand the page and scroll down through the **Help** information, including viewing the **Help Videos**. This **!** symbol also provides helpful hints, when found in one of the **Activ8rlives** Apps.

Will Not Connect?

Requires a Bluetooth Smart Ready device (typically Bluetooth 4.0 or later). iPhone 5 or later, iPad 4th Generation or later, iPad Mini 2 or later, all iPad Air and iPad Pro models or iPod Touch 6th generation. Android devices running 5.0 or later. Amazon Kindle Fire devices running Amazon Fire OS 5.0 or later.

If the **Activ8rlives BuddyBand2** will not connect to Bluetooth, first check that your Smartphone or Tablet is connected to the internet with **Bluetooth turned on** and then touch the **Silver Button** on the **Activ8rlives BuddyBand2** to wake it up. **Page 20-21** provides help if your **Activ8rlives BuddyBand2** needs to be put back into pairing mode.

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.

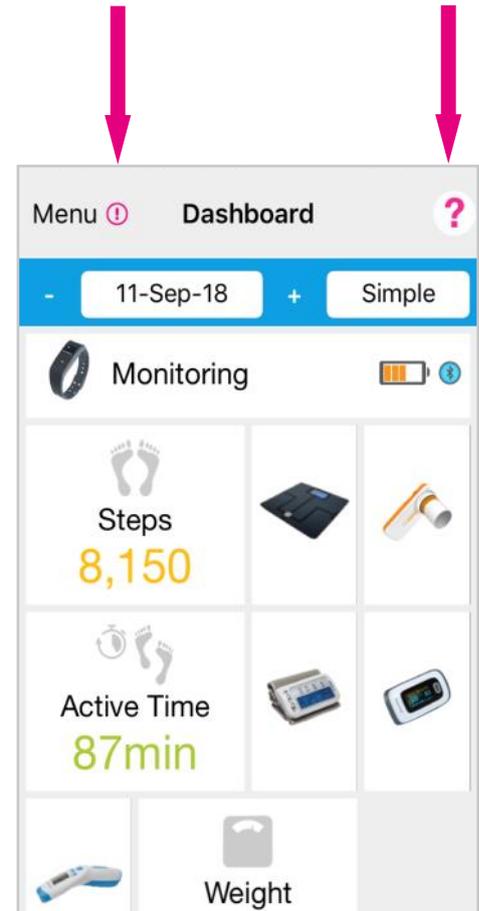
No Steps Recording

There could be 3 reasons for the **Activ8rlives BuddyBand2** not to be counting steps:

1. It may still be in **Pairing Mode** so you need to follow instruction on **page 18-19**.
2. It may be in **Sleep Mode** and Steps are not counted in the **Sleep Mode** and you may see the icon displayed on the **Activ8rlives BuddyBand2** screen with the person in bed. Scroll to the **Sleep Mode** screen and hold your finger down until the icon appears with the person jumping out of bed.
3. Thirdly, your **Activ8rlives BuddyBand2** may be **stuck on 00000** and it may need a Reboot. See **Page 29** for rebooting details.

Alarms and Sleep Settings No Longer Work

If your settings for **Alarms** and **Sleep** are no longer working as you had programmed them, you may need to reset these if you have powered down (i.e. that is turned off) your Smartphone or Tablet.



Scroll to Sleep Mode
Hold down Silver Button until a person jumps out of bed

Reboots

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

Rebooting Without Data Loss

Your **Activ8lives BuddyBand2** has **Firmware Version 45 or above** on it can simply be rebooted by placing it on the **USB Charging Cable** as if you were charging it. Tap the **Silver Button** twice in quick succession.

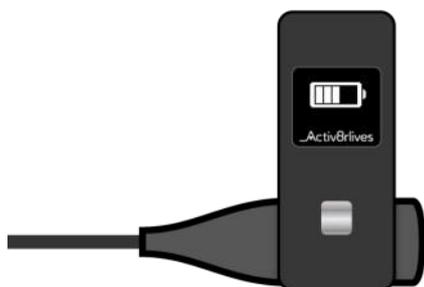
The **Activ8lives BuddyBand2** will vibrate and your Steps should still be on your **Activ8lives BuddyBand2** after the reboot.

Rebooting With Data Loss

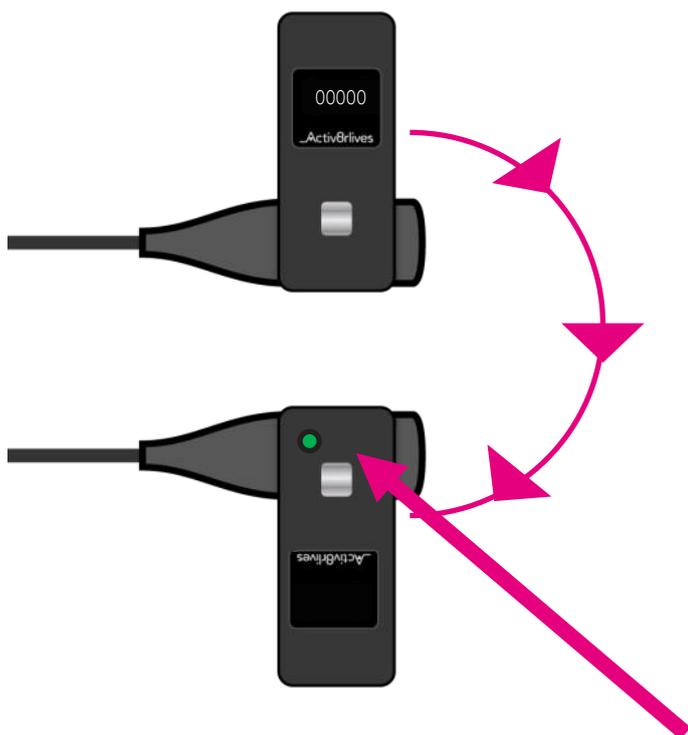
The first method of rebooting above is very effective but with the second method you may lose data unless you have already uploaded data to your **Account**.

Rotate the **Activ8lives BuddyBand2** by 180° or from 12 o'clock to 6 o'clock. The metal magnetic pins on the back of the **Activ8lives BuddyBand2** module will try to push it away as you try to push together the metal magnetic pins on the **USB Charging Cable**.

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



Place on Charging Cable
Double Tap Silver Button
Module vibrates



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



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

Website www.Activ8lives.com

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

Still Need Help

We are here to help you 7-days-a-week, so please call us to help you set-up your device on UK 01480 352821.



Manual Data Entry

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

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

You can use the Data categories we currently offer: 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 [Activ8lives⁴ 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 declining health symptoms.

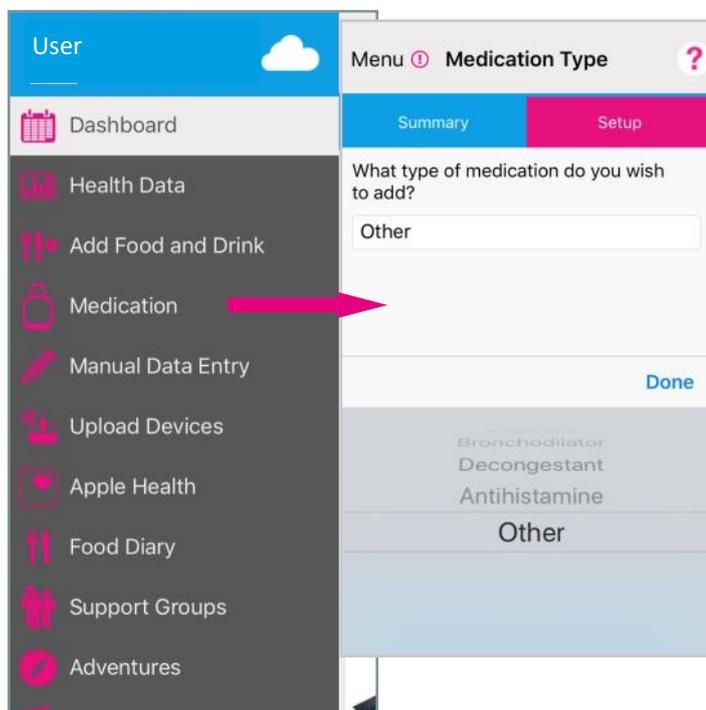
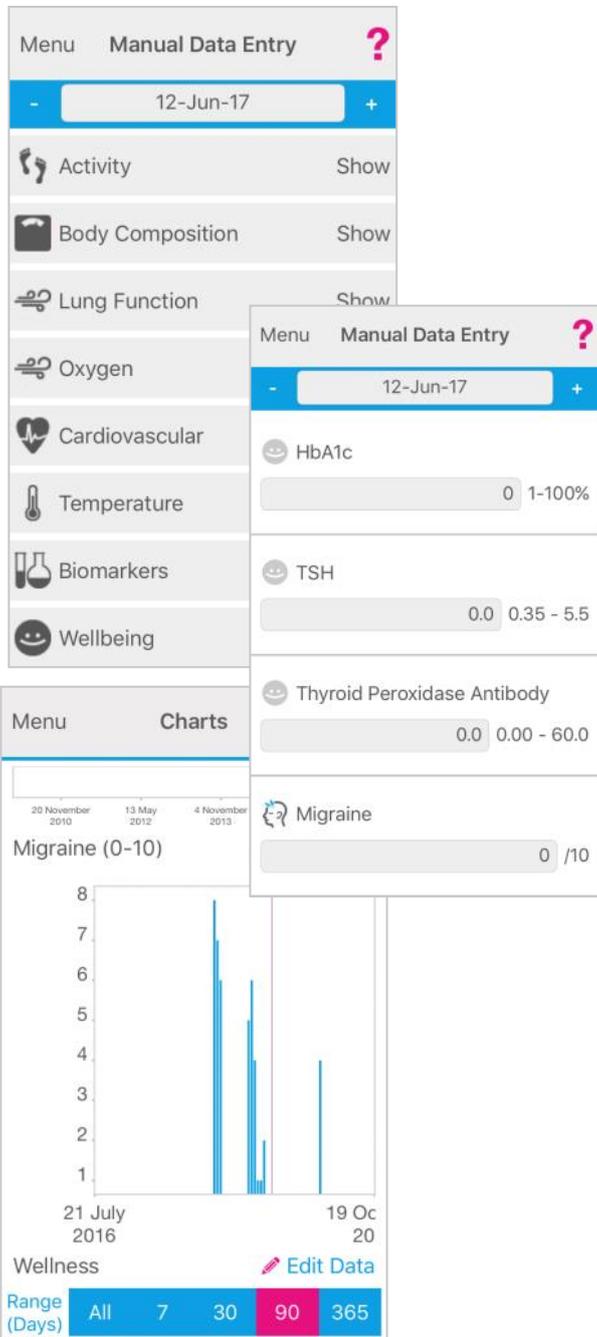
Such trackers might include: Smoking Cessation, migraines, cravings for chocolate, levels of pain, blood test results, the choices are endless.

These **Custom Trackers** can 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 [Activ8lives⁴ Health+Wellness App](#) to take your prescribed medication as directed by your medical team.



Calculating Your Stride Length

Your [Activ8lives](#) account has some great things you can do with your data from the [Activ8lives BuddyBand2](#). This makes it fun to use - especially if you are part of a group or team. We all tend to do the things we like doing. So having fun is part of the motivation for changing our lifestyles. Having fun, creating new challenges and goals, while being more active, also means that we enjoy our new healthy lives.

The [Activ8lives BuddyBand2](#) has a couple of great features, which we use to have fun: it automatically calculates the distance we walk, the total activity time and estimates the calories we use during the day.

For the [Activ8lives BuddyBand2](#) to work these out for us, we need to enter our weight (kg, lbs or stones/lbs) and our stride length (cm or inches).

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

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

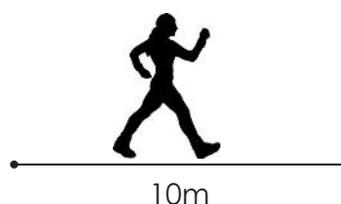
Make sure that you mark the beginning and end of the distance.

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

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

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

This is the value you enter into the [Activ8lives⁴ Health+Wellness App](#) for use with counting steps with the [Activ8lives BuddyBand2](#).







Specifications

Type	Description
Dimension (L x W X H)	40mm x 20mm x 5mm
Weight of Module	10g (including battery)
Weight of Module and Wristband	26g
Steps taken	0—99,999 steps
Distance travelled	0—999.99 (Km or miles)
Calories burnt	0—99,999.9 Kcal
Memory	30 days on BuddyBand2
Stride distance input range	10—150cm
Age input range	5—90+ years
Communication Interface	Bluetooth Smart (4.0 or BLE)
Units	Metric or Imperial
Clock	24-hour clock
Operating temperature	0—40°C
Storage temperature	0—50°C
Eco-friendly	Auto turn-off without operation
Packaging	Fully recyclable
Rechargeable Battery	3.7V 100mAh rechargeable lithium battery
Magnetic USB Charging Cable	DC 0.5—1 Amp charger. 120 minute charge time, lasts 4-7 days with typical use.

Labels and Symbols



This product is manufactured by Aseptika Limited (Activ8rlives), Suite 5, LDH House, St Ives Business Park, Parsons Green, St Ives, Cambridgeshire, PE27 4AA, UK.



Date of Manufacture 2018-09.

Model

BuddyBand2™ 5060293170021.

Battery

Integrated Lithium Ion battery. Input—DC—100mAh.



Made in compliance with 93/42 EEC Directive for Class I Medical Devices—amended by 2007/47/EEC.



RoHS Directive (2011/65/EU).



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



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



This symbol is required by European directive 2002/96/EEC on waste electrical and electronic equipment (WEEE). At the end of its useful life this device must not be disposed of as normal domestic waste. Instead it must be delivered to a WEEE authorised collection centre.



Due to the construction materials used for the device, disposal as normal waste could cause harm to the environment and/or health.



Read instructions before use.





Warranty

Activ8lives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The warranty 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.





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ASL TF-009 MAN02 BuddyBand2 (V3.0)