Peak Flow connects via Bluetooth 4.0 and uploads data to Activ8rlives Health+Wellness App. 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 SmartOne 4
Health and Safety Notices 5
Getting Started 6
Parts of SmartOne 7
How does it work? 9
What your measurement mean 10-11
Adding batteries to your device 12-13
Installing Activ8rlives’ Apps 14-15
Register for Activ8rlives account 16-17
Start-up Screens 18-19
Connecting by Bluetooth 20-21
Correct locking and placement 22
Taking a Reading 23
Viewing Data on App 24
Sending data to cloud 25
Viewing data on PC or Mac and Printing Data 26-27
Disposable Turbine and Mouthpiece 28
Apple Health Integration and Quick Record 29
Trouble shooting 30
Manual data entry, Custom trackers and Medication 31
Case Study 33
Specifications 34
Warranty, Label and Symbols 35
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 SmartOne Peak Flow

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 SmartOne® Peak Flow and FEV₁ Meter is intended for home use by patients to monitor PEF (Peak Expiratory Flow) and FEV₁ (Forced Expiratory Volume in one second). The device is designed for adult and paediatric subjects when connect to the Activ8rlives⁴ Health+Wellness Apps or Asthma⁰ me.

The SmartOne Peak Flow and FEV₁ Meter is indicated for monitoring asthma, COPD and other respiratory diseases.

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

® MIR Medical International Research s.r.l.
Health and Safety Notices

⚠️ MEDICAL ALERT: Seek medical advice before undertaking a strenuous exercise programme. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.

⚠️ WARNINGS: The SmartOne Peak Flow & FEV₁ Meter main unit is NOT waterproof. Do not submerge it in water.

Do not wash the Main Unit in water. Use a soft, microfiber cloth for cleaning. Don’t use harsh cleaning products as these will cause damage to your SmartOne Peak Flow & FEV₁ Meter. Don’t allow sharp objects to scratch the surface as this may damage it and make it difficult to clean.

The measurement functions built into the SmartOne Peak Flow & FEV₁ Meter are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

Do not allow your SmartOne Peak Flow & FEV₁ Meter to be subjected to excessive forces or shocks. Harsh physical treatment may stop your SmartOne Peak Flow & FEV₁ Meter from working properly.

Don’t expose your SmartOne Peak Flow & FEV₁ Meter to direct sunlight for long periods of time.

Do not allow the device to be used in direct air currents (e.g. wind or fan), sources of heat or cold, humidity or other sources of light energy, dust, sand or chemical substances.

Do not immerse the Turbine or Mouthpiece in BOILING WATER, ALCOHOL or OILY CLEANING SOLUTIONS. Never try to clean the Turbine under a DIRECT JET of WATER or other liquids. Do not use a JET of HOT AIR from a HAIRDRYER or similar to dry the Turbine or Mouthpiece.

The manufacturer cannot be held responsible for damage caused by the failure of the user to follow instructions correctly.

Only original accessories as specified by the manufacturer must be used with the device. Use of an unsuitable turbine flow sensor may cause errors in measurement or compromise the correct functioning of the device. Use of an unsuitable mouthpiece could also damage the turbine or harm the patient.

Use and store of the device in compliance with the environmental conditions specified in the Technical Specifications. If the device is subjected to environmental conditions other than those specified, it may malfunction and/or display incorrect results.

Do not modify the device without authorization from the manufacturer. All modifications, adjustments, repairs, reconfigurations must be performed by the manufacturer or by authorized personnel.

Don’t remove the back cover to expose the internal electronics or 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.

The Mouthpiece and Turbine can be disconnected from the main unit for washing as per the instructions listed on page 13.

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

If you experience any serious incident that occurs in relation to this device, please report this to Aseptika Limited (Activ8rlives) and the competent authority of the Member State in which you are based.

Call us 7-days-a-week, between 09:00—18:00

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

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
Parts of the SmartOne Peak Flow

Your SmartOne Peak Flow & FEV₁ Meter has several parts, the **Main Unit** or **Device**, **Turbine**, and **Mouthpiece**. The **Main Unit** houses all the electronics and Bluetooth 4.0 component and the **Turbine** and **Mouthpiece** then slot and lock into it. The SmartOne Peak Flow & FEV₁ Meter has two replaceable and non-rechargeable batteries (instructions on Page 12-13).

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

The SmartOne Peak Flow & FEV₁ Meter has a **non-washable Main Unit** and **washable Turbine** and **Mouthpiece**, instructions for cleaning and disinfecting are on Page 13.
Peak Flow: 363L/min
Forced Exhalation Volume: 2.12L

Your Last 3 Peak Flow Readings:
- Tuesday 12 September 2017: 363L/min
- Friday 18 August 2017

Instructions:
- Blow as hard and fast as you can.

Finish now and save
How Does the SmartOne Work?

The SmartOne Peak Flow & FEV\textsubscript{1} Meter is a non-invasive method allowing the monitoring of the Peak Expiratory Flow (PEF), also called Peak Expiratory Flow Rate (PEFR), which is a person’s maximum speed of expiration (breathe out). Forced Expiratory Flow at 1 second (FEV\textsubscript{1}) is also measured and is the volume of air expelled during the first second of the same exhalation.

The SmartOne Peak Flow & FEV\textsubscript{1} Meter is a small, hand-held device used to monitor a person’s ability to breathe out air. It measures the airflow through the bronchi of the lungs and can be used to estimate the degree of obstruction in the airways. When there is an episode of obstruction the air cannot generally be expelled as forcefully as possible, so your PEF and FEV\textsubscript{1} will be lower.

Peak Flow readings are higher when we are well, and lower when the airways are constricted. From changes in recorded values, we may determine lung functionality, severity of Asthma or other respiratory symptoms and treatment, and how well our treatment is working.

Measurement of PEF requires some practise to correctly use a meter and the normal expected value depends on a patient’s gender, age and height. It is classically reduced in lung disorders such as Asthma, COPD, Bronchiectasis or Cystic Fibrosis.

Due to the wide range of Normal values and high degree of variability, peak flow is not the recommended test to identify respiratory disease. However, it can be useful in some circumstances to monitor the severity of lung health or efficacy of treatment.

It is important to use the same peak flow meter every time to ensure consistency of the readings.

It is generally recommended to take one measurement in the morning and one in the evening, every day, before inhaling your prescribed medication. Also it is advisable to carry out additional measurements whenever you feel unwell or have a perceived shortness of breath.

The highest peak flow value is the measurement of interest. Repeat your measurement three times to get the best possible result for the moment. Take care to have sufficient relaxation time between measurements.

The Normal value (Target value) for PEF varies according to gender, age and height. The chart on Page 10 of this manual can be used to find your Normal value. This is calculated for you automatically in Activ8rlives. Enter this value in your Target PEF when registering for your Free Activ8rlives account.

If in doubt, contact your Doctor or Respiratory Nurse for advice.
What Your Measurements Mean

Peak flow values are often classified into 3 zones of measurement according to the American Lung Association: Green, Amber and Red.

Doctors and health practitioners develop self-management plans based on the Green-Amber-Red zones.

The Activ8rlives® Health+Wellness App or Asthma™me automatically stores the highest or best value to date, with the Green range being any reading above 80% of your Target, set when you Registered for your Activ8rlives account. A reading in the Amber range indicates a reading between 60% and 80% of your Target. A reading in the Red range indicates a reading below 60% your target.

We have calculated your Peak Flow and FEV₁ Targets based on information you’ve already entered at Registration. If you have a different target set by your Clinician then enter it manually within the Settings > Lung Function Targets of the Activ8rlives® Health+Wellness App or Asthma™me.

Green Zone: 80 to 100 percent of the usual or normal peak flow readings indicating that your lungs are clear. A peak flow reading in the Green zone indicates that the lung function management is under good control.

Amber Zone: 50 to 79 percent of the usual or normal peak flow readings indicates caution. It may mean respiratory airways are narrowing and additional medication may be required.

Red Zone: Less than 50 percent of the usual or normal peak flow readings. Indicates a medical emergency. Severe airway narrowing may be occurring and immediate action needs to be taken. This would usually involve contacting a doctor, respiratory nurse or hospital.

The readings for this female volunteer indicates that her Peak Flow (PEF) and FEV₁ on this reading are within the Amber zones and it may mean that there is narrowing of her airways and needs to seek advice from a medical professional.

If in doubt as to what your reading means, contact your Doctor or Respiratory Nurse.
Note: Do not tamper or attempt to open the unit in which the electronics are housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and so there is a risk to electrical shock or burns. When disposing of this product and its batteries, ensure that it is correctly disposed of for special treatment and not as normal household waste.
Adding the Batteries

Your SmartOne Peak Flow & FEV1 Meter uses two AAA 1.5V alkaline batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Open the battery compartment from underneath and insert 2 x AAA batteries in the direction indicated. Replace the cover.

There is no DISPLAY to show whether the device is on, but once you connect the Activ8rlives Health+Wellness App and Bluetooth is switched on, the device’s unique Serial Number will appear on the App screen because it is within Bluetooth range.

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 1.5V AAA) in the correct direction when the batteries are exhausted. No data is stored on the device in memory, so exchange of batteries will not affect data storage.

Cleaning and Disinfection

It is recommended that you disinfect the Mouthpiece and Turbine before its first use and at least once a week using the following procedures. Never immerse the SmartOne Peak Flow & FEV1 Meter’s main unit in water or disinfecting solution.

Disconnect the Mouthpiece and Turbine from the main device by twisting it counterclockwise and simply pulling it out.

Soak the Turbine and Mouthpiece in a cold detergent or disinfection solution and shake it to remove any impurities inside it. Leave it to soak for the length of time suggested by the cleaning or disinfection solution manufacturers.

Rinse both the Turbine and Mouthpiece by dipping it in clean cold water. Drain the Turbine and Mouthpiece and shake it vigorously. Leave it to dry by laying it with the shaft vertical on a clean piece of paper towel. Reassemble the Mouthpiece onto the Turbine and lock into position by turning the Turbine in a clockwise direction and as indicated on the Main Unit.

⚠️ WARNING: Do not immerse the Turbine or Mouthpiece in BOILING WATER, ALCOHOL or OILY CLEANING SOLUTIONS. Never try to clean the Turbine under a DIRECT JET of WATER or other liquids. Do not use a JET of HOT AIR from a HAIRDRYER or similar to dry the Turbine or Mouthpiece as this will cause damage to your device.
Let’s get started with the Set-up and Connect to the Activ8rlives⁴ Health+Wellness App (alternatively you may wish to subscribe to the Asthma+me App)

The SmartOne Peak Flow & FEV₁ Meter 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:

1. Install the Activ8rlives⁴ Health+Wellness App to your iOS or Android Smartphone or Tablet;
2. How to operate, use and take care of your SmartOne Peak Flow & FEV₁ Meter and connect to your Smartphone or Tablet; and
3. 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 lung function and connect to the Activ8rlives⁴ Health+Wellness App.

Intended Use:

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. The Activ8rlives⁴ Health+Wellness App is intended for use with adult and paediatric patients over five years of age. Activ8rlives⁴ Health+Wellness App is a Class 1 Medical Device.

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 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 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 App on Your Smartphone or Tablet
(Bluetooth 4.0 Enabled Devices are required to use the SmartOne Peak Flow & FEV₁ Meter)

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 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 SmartOne Peak Flow & FEV₁ Meter 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

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.
Register for Activ8rlives Account

Once you have installed the Activ8rlives 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 Activ8rlives account. Click the Login icon and enter your Username and Password.

If you have not previously Registered for your Activ8rlives account, then click the Register icon on the App screen.

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.activ8rlives.com.

Completing Your Registration

To complete the Registration for your free Activ8rlives 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 Activ8rlives 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.

We have calculated your Target for Peak Flow and FEV₁ based on information you’ve already entered. If you have a different target set by your Clinician then change it within the Settings, see Page 11 for more details.
Completed Registration

On one of the screens of the Registration you can select the Activ8rlives 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 on your Dashboard 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 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.

Help and Videos on App

Integrated into the Activ8rlives 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 Dashboard

Make sure that Bluetooth on your Smartphone or Tablet is switched on.
From the Dashboard to the Menu, select Upload Devices.

Make sure you have also set your Screen Lock to longer than 2 minutes.
Preparing to Connect SmartOne Peak Flow & FEV₁ Meter

SmartOne Peak Flow & FEV₁ Meter now needs to talk to your Smartphone or Tablet.

Ensure that your Smartphone or Tablet is connected to the Internet and that Bluetooth is switched on.

Open the Activ8rlives® Health+Wellness App on your Smartphone or Tablet. Via the Dashboard touch the image of the SmartOne Peak Flow & FEV₁ Meter, which then takes you through easy steps to prepare your device for a reading.

Or if you do not see an image of the SmartOne Peak Flow & FEV₁ Meter on your Dashboard, from the Menu select Upload Devices > SmartOne Peak Flow & FEV₁ Meter.

Identify your Device

The first time you set-up and try to connect your SmartOne Peak Flow & FEV₁ Meter to the Activ8rlives® Health+Wellness App, you will need to identify your device for added security of your data. Once connected, no-one else will be able to “listen-in” to capture your data when you are taking a reading.

The Activ8rlives® Health+Wellness App will look for nearby monitors within range. You may see more than one displayed here if others are within range. If this Serial Number matches the number on your SmartOne Peak Flow & FEV₁ Meter confirm by touching the serial number on the App screen.
Connecting to SmartOne Peak Flow

After you have identified your SmartOne Peak Flow & FEV<sub>1</sub> Meter the Activ8rlives<sup>4</sup> Health+Wellness App screen will start to connect to your Smartphone or Tablet.

The instructions on the Activ8rlives<sup>4</sup> Health+Wellness App screen will ask you to sit down comfortably for the test. You will need to rest for 2-3 minutes to get ready and get your breathe back.

Do allow rest between your 3 blows to allow you to recover your breathe before attempting the second and third blows.

Full instructions and ? Help are also built into the Activ8rlives<sup>4</sup> Health+Wellness App to guide you through this pairing process.

Note: If you have not taken a reading for a while or if the Smartphone or Tablet has been power cycled (i.e. turned off and then on again) you may need to reconnect the SmartOne Peak Flow & FEV<sub>1</sub> Meter with the Smartphone or Tablet by repeating the connection process as described above Page 20-21.
Correctly Locking your SmartOne

Ensure that the Turbine and Mouthpiece is pushed all the way through as far as it can go of the Main Unit so that 8mm of the Turbine sticks out the back. Then firmly lock into position on the Main Unit by turning either left or right to lock it into place.

Note: If it is not completely pushed into place and then locked, the device will not record a reading.

Correctly Holding and Positioning your SmartOne

Hold the SmartOne Main Unit so your hand does not cover the Turbine.

The Mouthpiece is inserted into your mouth beyond your teeth, and your lips should be closed tightly over it so that the air you breathe has to pass only through the Mouthpiece to avoid turbulence that might affect the test result.
Taking a Reading

Taking a reading will require you to blow 3 times and the best reading of the 3 blows will be recorded as your reading.

You will need to blow as hard and as fast as you can to move the silver balls up within the two measuring cylinders on the Activ8rlives Health+Wellness App screen. It takes practice to use the correct technique and this may take you a week or so of regular daily blows.

Peak flow values are often classified into 3 zones of measurement according to the American Lung Association: Green, Amber and Red. You are aiming to move the silver balls from the Red to the Green zone of the cylinders for a good reading.

Note: Do allow enough time for relaxation between each blow.
Viewing Data on App

The best reading of your 3 blows will be recorded as your reading today.

This will display as a Summary on the Activ8rlives Health+Wellness App, as the SmartOne Peak Flow & FEV₁ Meter does not have a display.

The example shown here gives:

- Peak Flow (PEF) as 362 L/minute
- Forced Exhalation Volume (FEV₁) as 2.36 L

Refer to the Normal Values of Peak Flow Chart on Page 10 to see where your reading falls in the population table for your age, gender and height.

The arrows beside your current reading indicate in which direction your reading is heading: i.e, rising, static or falling from your last reading.

Your last 3 readings will be displayed below for your reference.

Colour coding of parameters within normal Green, alert Amber and out of parameter readings Red are easily seen on these text summaries and Charts.

Select Charts from the Menu to see your data in graphical format. You can highlight an individual reading by touching it and it will display the reading value and date on which it was taken.

You can display your data over different timeframes, by changing the time from the bottom Blue selector: 24 hours, 7, 30, 90, 365 days or All your data.
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 in the top bar it Peak Flow 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 UKCloud (Farnborough, UK). No data ever leaves the UK and we work to the NHS Information Governance (IG) Toolkit Level 2 standard and Cyber Essentials Plus.
Viewing Your Data on Your PC or Mac Computer

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.
Disposable Turbine with Cardboard Mouthpiece are available in boxes of 10 via the Activ8rlives website.

www.activ8rlives.com
Apple Health App Integration

Included in the Activ8rlives 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 Activ8rlives 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 Activ8rlives 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.

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 mode), 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 Activ8rlives Monitor. You can also add other Quick Record widgets to appear on your Dashboard for other device(s) you own from the Activ8rlives range.

If you selected the SmartOne Peak Flow & FEV₁ Meter (as image shows) upon registration, the Quick Record widget will have already been set-up for you.
Trouble Shooting SmartOne Peak Flow

Help Menu?

Help can be found on all pages of the Activ8rlives® 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. This symbol ⌂ also provides helpful hints, when found in one of the Activ8rlives® Apps.

Will Not Connect via Bluetooth?

Requires 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 SmartOne Peak Flow Metre will not connect to Bluetooth, first check that you have Bluetooth turned on your Smartphone or Tablet. Or the batteries may be discharged and need changing.

Changing to a Different SmartOne

If for some reason you want to change the device you measure your peak flow with, before you go through the process of Identifying your monitor touch the Change Monitor button and select the device with the correct serial number.

Activ8rlives® App Crashes

Close other Apps open on your Smartphone or Tablet, as these may be using too much memory to allow the Activ8rlives® Health+Wellness App to function. Rebooting the Smartphone or Tablet often helps.

App shows no reading

If you have not taken a reading for a while or if the Smartphone or Tablet has been power cycled (i.e. turned off and then on again) you may need to reconnect the SmartOne Peak Flow & FEV1 Meter with the Smartphone or Tablet by repeating the connection process as described on Page 20-21.

Ensure that the Turbine and Mouthpiece are firmly locked into position of the Main Unit and that the Turbine is protruding by 8mm.

Help Videos in App, follow this ?

Website www.Activ8rlives.com


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 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 Activ8rlives Health+Wellness App to take your prescribed medication as directed by your medical team.
Case Study

The relationship between declining PEF and FEV₁ as a result of not adhering to your medication plan and doses (Symbicort™) is seen in the data below. Note the period of decreased PEF and FEV₁ in the life of our volunteer and the corresponding decline in medication adherence and usage. Awareness of declining health parameters allows for rapid adjustment in medication adherence and the return to normal ranges for this individual.
## Specifications

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dimensions of main unit</td>
<td>109 x 49 x 21mm</td>
</tr>
<tr>
<td>Weight</td>
<td>60.7g (including batteries)</td>
</tr>
<tr>
<td>Communication interface</td>
<td>Bluetooth Smart (4.0)</td>
</tr>
<tr>
<td>FEV₁ – Expiratory volume in one second</td>
<td>Litres (L)</td>
</tr>
<tr>
<td>PEF— Peak expiratory flow</td>
<td>L/minute</td>
</tr>
<tr>
<td>Flow/volume measurement systems</td>
<td>Bi-directional turbine</td>
</tr>
<tr>
<td>Measurement principle</td>
<td>Infrared interruption</td>
</tr>
<tr>
<td>Maximum volume measured</td>
<td>10 L</td>
</tr>
<tr>
<td>Flow range</td>
<td>±960 L/minute</td>
</tr>
<tr>
<td>Volume accuracy</td>
<td>±3%</td>
</tr>
<tr>
<td>Flow accuracy</td>
<td>±5%</td>
</tr>
<tr>
<td>Dynamic resistance at 12 L/s</td>
<td>&lt;0.5 cm H₂O/L/s</td>
</tr>
<tr>
<td>Power supply</td>
<td>2 x 1.5V AAA alkaline batteries</td>
</tr>
<tr>
<td>Type of electrical protection</td>
<td>Class II</td>
</tr>
<tr>
<td>Electrical protection level</td>
<td>BF</td>
</tr>
<tr>
<td>IP protection level</td>
<td>IP22</td>
</tr>
<tr>
<td>Regulations applicable</td>
<td>Electrical Safety IEC 60601-1</td>
</tr>
<tr>
<td></td>
<td>Electromagnetic Compatibility IEC 60601-1-2</td>
</tr>
<tr>
<td></td>
<td>ATS/ERS Standardisation of spirometry 2005</td>
</tr>
<tr>
<td>Conditions of use</td>
<td>Device for continuous use</td>
</tr>
<tr>
<td>Storage conditions</td>
<td>Temperature: Min –40°C, Max +70°C</td>
</tr>
<tr>
<td></td>
<td>Humidity: Min 10% RH; Max 95% RH</td>
</tr>
<tr>
<td>Transport conditions</td>
<td>Temperature: Min –40°C, Max +70°C</td>
</tr>
<tr>
<td></td>
<td>Humidity: Min 10% RH; Max 95% RH</td>
</tr>
<tr>
<td>Operating conditions</td>
<td>Temperature: Min +5°C, Max +40°C</td>
</tr>
<tr>
<td></td>
<td>Humidity: Min 10% RH; Max 95% RH</td>
</tr>
</tbody>
</table>
Labels and Symbols

Legal Manufacturer: This product is manufactured by MIR—Medical International Research s.r.l., Via del Maggiolino 125, Rome, 00155, Italy.

Date of Manufacture 2016.

Model

SMART ONE.

This product is certified Class IIa medical device and complies with the requirements of Directive 93/42/EEC, amended by 2007/47/EEC.

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

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

FCC

FCC Identification number TUKMIR061.

IP22

Indicates the degree of resistance to liquids.

This symbol is required by European directive 2002/96/EC 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 this device, disposal as normal waste could cause harm to the environment and/or health.

Consult operating instructions.

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.
Aseptika Limited (Activ8rlives)
Suite 5, LDH House
Parsons Green
St Ives
Cambridgeshire
PE27 4AA
United Kingdom

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

© 2019. All rights reserved.