

Blood Pressure & Heart Rate 2 Bluetooth Monitor

Cardiovascular Health



Integrated Upper-Arm
Blood Pressure Monitors,
2 Models available:

**Small—Medium Cuff
Circumference**

**Medium—Large Cuff
Circumference**



www.activ8rlives.com

Blood Pressure2 connects via Bluetooth 4.0 and uploads data to **Activ8rives⁴ 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.*



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Getting Started...



activ8rlives

Blood Pressure & Heart Rate 2 Bluetooth Monitor



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



Web View / App View
www.activ8rlives.com



Bluetooth SMART



Charge for 120 Min

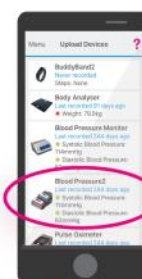
Trouble Shooting...



Help > Website > Devices > Device Manuals > Blood Pressure Monitor Manual



Follow instructions



Upload Devices > Blood Pressure2 Monitor



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



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** Upper-Arm Blood Pressure² Monitor

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** Blood Pressure² Monitor is an easy-to-use device that can measure your blood pressure and heart rate — especially useful if you suffer from previously diagnosed conditions, which result in high or low blood pressure.

There are two models:

PINK for small—medium upper-arm circumference of 17 — 32 cm

BLUE for medium—larger upper-arm circumference of 25 — 48 cm

These devices are intended for measuring the blood pressure on the upper-arm and is intended for use by adults only and for use indoors.

This product uses the **Oscillometric Measuring Method** to detect blood pressure. Before every measurement, it establishes a **zero point** equivalent to atmospheric pressure. Then it inflates the cuff. The device detects pressure oscillations generated beat-to-beat by your heart. It measures two pressures called: Systolic pressure and Diastolic pressure, as well as your pulse rate.

On completion of the measurement, it will display your values on the devices' LCD Display, upload them to the **Activ8rlives⁴ Health+Wellness App** where it will display your data as **Green**, **Amber** or **Red** depending on your blood pressure as it falls according to the WHO Blood Pressure classification (see [Page 12-13](#)).

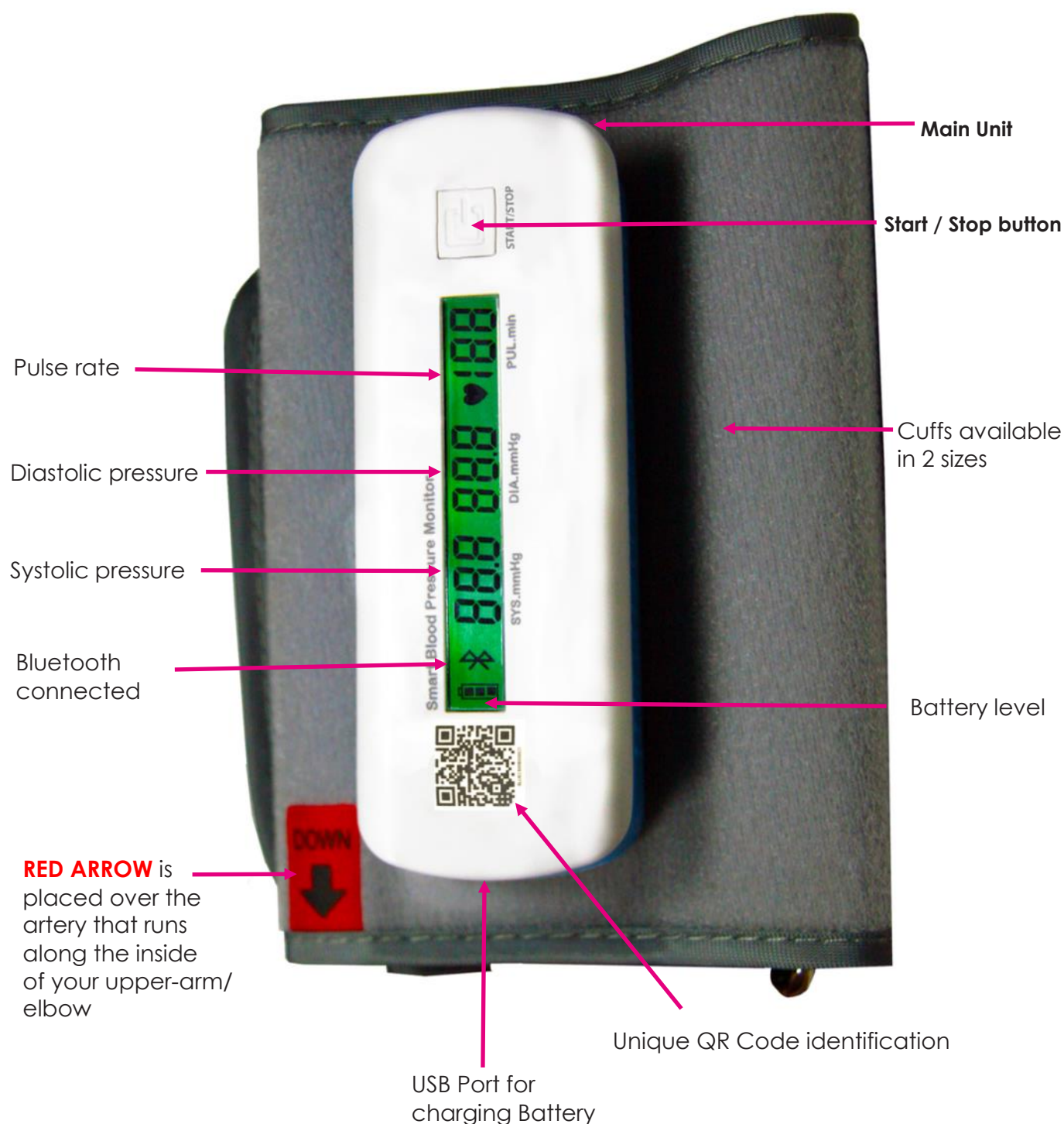
Self-monitoring is a powerful way to self-manage your health and wellbeing. However, it is not self-diagnosis and you should not use this device to self-diagnose medical conditions.

Included is the free **Activ8rlives⁴ Health+Wellness App**, which also tracks your food intake via the photo-based Food Diary, or by adding a full description or carb counting. This information and the images of your food and drink are sent directly to your **Activ8rlives** account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.

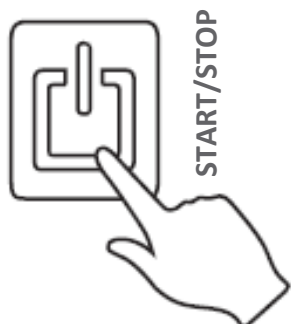
If in any doubt about your health, please consult your medical team first and follow their advice closely.

Your **Activ8rlives** Blood Pressure2 Monitor

Your **Activ8rlives** Blood Pressure2 Monitor has several parts, the **Main Unit**, **LCD Display** and **Upper-Arm Cuff**. The **Main Unit** houses all the electronics, integrated battery, air pump and the Arm Cuff is attached to this. The **Device** has no user-serviceable parts and opening the case will void your warranty. It has a single button to operate it.



Start / Stop Button



The **Start / Stop** Button is located on the front of the **Activ8rlives** Blood Pressure2 Monitor.

The **Start/Stop** button acts to turn **ON** the Power, starts the Inflation and turns **OFF** the power, although your **Activ8rlives** Blood Pressure2 Monitor will automatically switch itself off after a few seconds to save power.

The LCD Display

The **Activ8rlives** Blood Pressure2 Monitor can be quickly set-up the first time it is synchronised with the **Activ8rlives⁴ Health+Wellness App**.

The colour of the background of the **LCD Display** will change from **Green** to **Amber** to **Red** when your reading is with the different WHO Blood Pressure Classification zones (more details on [Page 12](#)).

Diastolic pressure (mmHg)		Systolic pressure (mmHg)	COLOR
Above 90	or	Above 140	RED
Below 60	and	Below 90	AMBER
All other readings			GREEN

Smart Blood Pressure Monitor



SYS.mmHg

DIA.mmHg

PUL.min

Systolic Pressure
Millimetres of mercury
mmHg

Diastolic Pressure
Millimetres of mercury
mmHg

Pulse Rate
Beats per minute
bpm



Charging the Device

The **Activ8rlives** Blood Pressure2 Bluetooth Monitor contains a non user-replaceable Lithium polymer battery. Please do not attempt to open the unit to access the battery. The battery has been pre-conditioned and charged for you but it will require a further charge for 2 hours before first use.

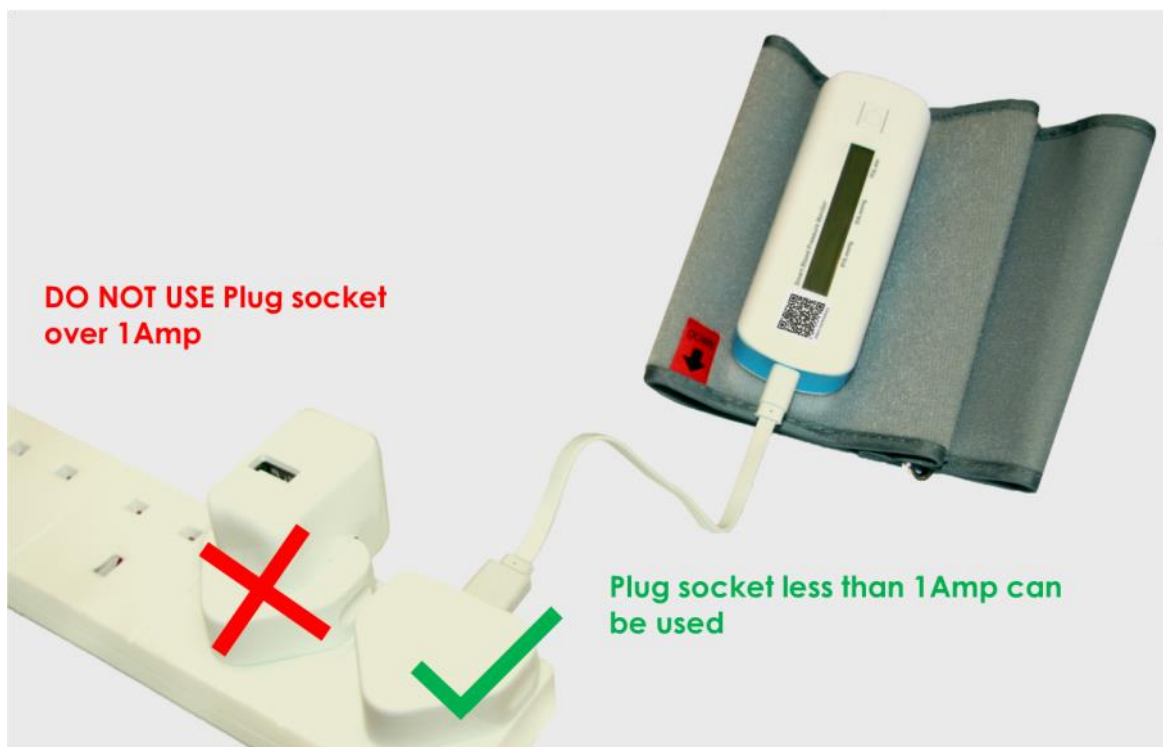
To maximise battery life, charge the device fully each time you recharge it, but do not leave it on charge for longer than 8 hours once full charge has been achieved.

The **LOW** Battery Indicator will show on the LCD panel but it is advisable to allow the unit to completely run flat between charges if possible. Under normal use, it can be recharged about 500 times. This is typically the life of a Lithium polymer battery.

It takes approximately 2 hours to recharge. Only use the charging cable supplied.

DO NOT use rapid chargers that produce a current over 1 Amp as this will reduce the number of charges your unit can take and the life of the product.

DO NOT USE the **Activ8rlives** Blood Pressure2 Monitor during charging.



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



Health and Safety Notices

WARNINGS: The **Activ8rlives Blood Pressure2 Monitor** is intended for home indoor use by the user only. It is not intended or certified for use by medical professionals with patients during procedures, treatment or transport.

You should **NOT** use this device if you:

- are pregnant and are suffering from pre-eclampsia;
 - have an implanted medical device of any kind;
 - have atrial fibrillation;
 - premature ventricular beats; or
 - peripheral arterial disease.
-
- If you are allergic to Dacron or plastics, you should **NOT** use this device.
 - This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the upper-arm or for functions other than obtaining a blood pressure measurement.
 - Please use this device as specified in this manual or the results may become inaccurate.
 - Do not start or end medical treatments based on information obtained from this device. Only make changes on the instruction of your Doctor. If you are taking medication, consult your Doctor as to the best time for you to take measurements. Never change your medication regime other than under the instruction of your Doctor.
 - This device is not suitable for continuous monitoring (ambulatory) during medical emergencies, operations or in transporting patients. After the cuff has been inflated for a long period, blood flow to the arm and fingers will be restricted, detach the cuff from your arm to prevent injury.
 - If the pressure in the cuff exceeds 40 kPa (300 mmHg) the unit will automatically deflate. If the cuff does not deflate when its pressure exceeds this limit, detach the cuff from your arm and turn off the device immediately to prevent injury.
 - Do not use this monitor in strong electric or magnetic fields that radiate interference signal or electrical fast transient/burst signal.
 - Do not wash the monitor in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rlives Blood Pressure2 Monitor**. Don't allow sharp objects to scratch the surface as it will make it difficult to clean and do NOT puncture the cuff as this will damage it.
 - Do not allow your **Activ8rlives Blood Pressure2 Monitor** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rlives Blood Pressure2 Monitor** from working.
 - Don't remove the top cover to the battery compartment or tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. There are no user serviceable parts.
 - The technical specifications for this product and the contents of the user manual are subject to change without notice.
 - Contact us if your **Activ8rlives Blood Pressure2 Monitor** 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



What is Blood Pressure?

When your heart beats, it pumps blood around your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

Having high blood pressure (hypertension) is not usually something that you feel or notice. It does not tend to produce obvious signs or symptoms. The only way to know your blood pressure, is to have it measured.

Blood pressure is measured in 'millimetres of mercury' (mmHg) and is written as two numbers. For example, if your reading is 120/80mmHg, your blood pressure is '120 over 80'.

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other.

The top number is your **Systolic** blood pressure. The highest pressure when your heart beats and pushes the blood round your body.

The bottom one is your **Diastolic** blood pressure. The lowest pressure when your heart rests between beats.

The blood pressure chart on the following page shows ranges of high, low and healthy blood pressure readings.

The blood pressure chart is suitable for adults of any age as the level for high blood pressure does not change with age.

Globally, around 40% of adults aged 25 and over had raised blood pressure in 2008 (World Health Organisation, WHO).

What Do Blood Pressure Readings Mean?

Only **one** of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure:

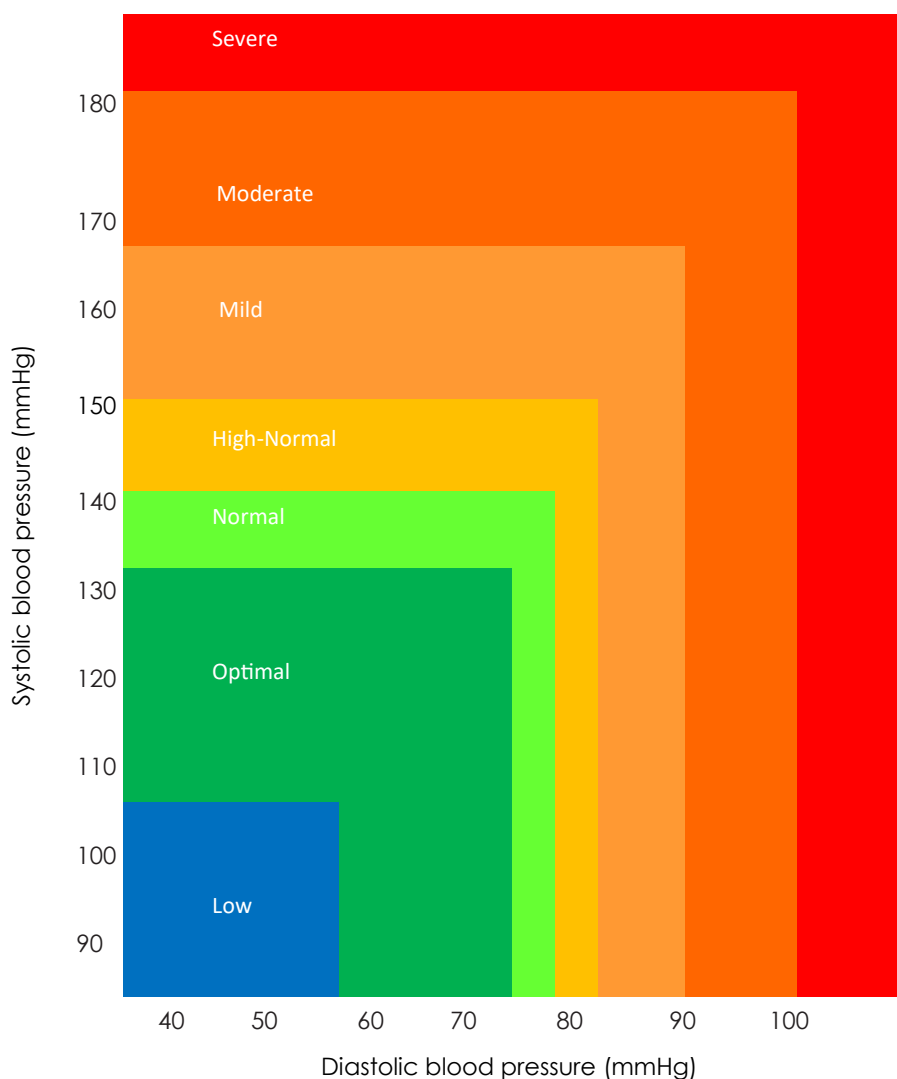
90 over 60 (90/60) or less: You may have low blood pressure.

More than 90 over 60 (90/60) and less than 120 over 80 (120/80): Your blood pressure reading is ideal and healthy.

More than 120 over 80 and less than 140 over 90 (120/80—140/90): You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it.

140 over 90 (140/90) or higher (over a number of weeks): You may have high blood pressure (hypertension) and should seek medical advice.

If in doubt about your readings, contact your healthcare team for advice.



Blood pressure chart: Use the top number (Systolic) on the **Activ8rlives** Blood Pressure2 Monitor and plot on the left side of the blood pressure chart above. Read across, and use the bottom number (Diastolic) on the **Activ8rlives** Blood Pressure2 Monitor on the bottom of the blood pressure chart.

Where the two readings meet, it indicates your blood pressure reading.

	Low	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	70-90	90-120	121-129	130-139	140-159	160-179	>180
DIA	<60	60-79	80-84	85-89	90-99	100-109	>110

The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999.





How the **Activ8lives Blood Pressure2 Monitor** Works

Environmentalists and Governments are against using mercury in clinical practice and this is in line with other countries in Europe. As a result mercury column devices for measuring blood pressure are no longer available.

Oscillatory devices, such as the **Activ8lives Blood Pressure2 Monitor**, produce a digital readout and work on the principle that blood flowing through an artery between **Systolic** and **Diastolic** pressures causes vibrations in the arterial wall, which can be detected and transduced into electrical signals.

Common Questions

Why does my blood pressure fluctuate throughout the day?

Individual blood pressure varies throughout the day. Blood pressure can vary throughout the day for many reasons: exercise, weather, stress, eating, drinking etc. It is also affected by the way you wear your cuff and your measurement position, so try to be consistent in the way you take measurements. Always use the same arm to measure with the **Activ8lives Blood Pressure2 Monitor**.

If you are unsure about a measurement and you wish to repeat it, please wait 3-5 minutes before you take a second reading to allow the blood flow in your arm to recover.

Why is the blood pressure reading done in hospital different from the one at home?

There is also the **white coat** factor in hospital, which might make the result higher than the ones at home. More important is the day-to-day changes or longitudinal profile you observe. Is your blood pressure tending towards better or worse values over time?

Can I use it on my Wrist?

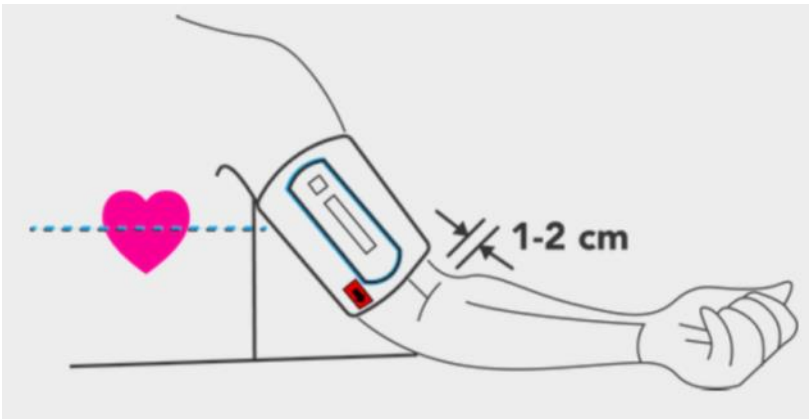
The **Activ8lives Blood Pressure2 Monitor** is **NOT** designed to be used on anywhere other than the Upper-Arm. Do not use it on your wrist, as bones and tendons interfere with an accurate blood pressure reading taken at the wrist and the **Activ8lives Blood Pressure2 Monitor** is not calibrated for use at the wrist.

Do I need to rest between readings?

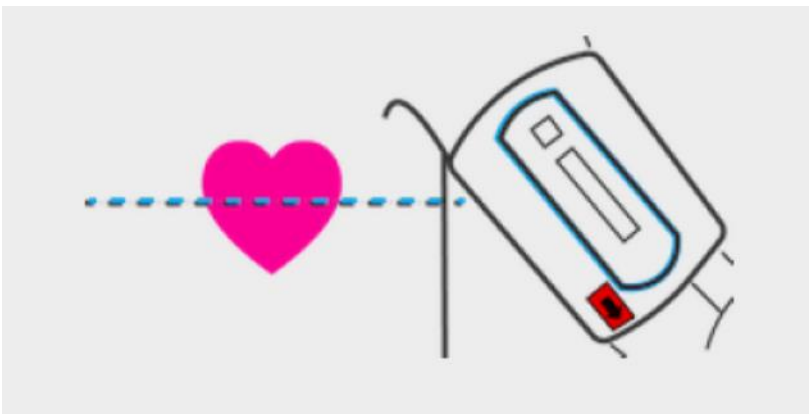
Rest for 3-5 minutes before placing the **Activ8lives Blood Pressure2 Monitor** to your upper-arm and adopting the correct posture as described on [Page 16-17](#).

Correct Placement on Upper-Arm

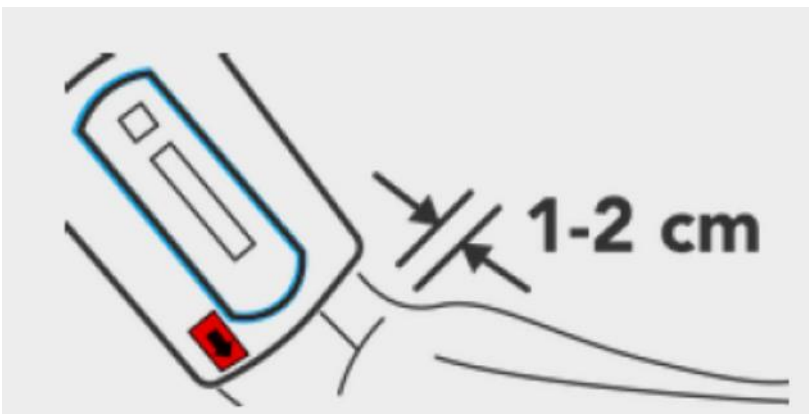
Correct placement on the upper-arm and posture will assure a more accurate use and reading by the **Activ8rlives Blood Pressure2** monitor.



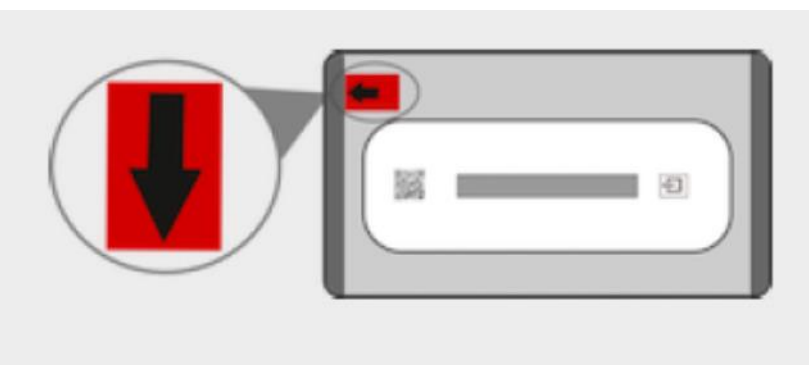
Red Arrow indicating that this part of the cuff should be placed over the **inside artery** closest to your elbow with the arrow direction pointing to the forearm.



Rest your arm on a table so the monitor is level with your heart.



Position the bottom of the cuff two fingers or **1-2cm width** above the inside of your elbow.



Align the red arrow to the large blood vessel on the **inside of your upper arm**.



**Relax for 2-3 minutes
before a measurement**



**Always use the same
arm**



Cuff should be 1-2cm or 1-2 fingers above the fold at your elbow

Wait 3-5 minutes between measurements

Tips Before taking your First Blood Pressure Measurement

Tip #1: Try to take your blood pressure at the same time each day. It will vary throughout the day. Doing this in the morning as part of your daily routine is a good time, or whenever your Doctor recommends you perform a reading.

Tip #2: Sit down and relax for 2-3 minutes before each measurement. This is important to get consistent readings. It is often easier to do this at home when there is less stress.

Tip #3: Sit in a chair, with feet flat on the floor, legs uncrossed. Rest your arms on a table located in front of you so that the **Activ8lives Blood Pressure2 Monitor** is level with your heart.

Tip #4: Remove clothing on the upper-arm so that the cuff can be placed on bare skin.

Tip #5: When placing the **Activ8lives Blood Pressure2 Monitor** on your upper-arm, note how the **RED ARROW** is placed over the artery that runs along the inside of your upper arm/elbow.

Tip #6: The bottom of the cuff should be 1-2 cm (about 1 or 2 fingers) above the bend in your arm.

Tip #7: We provide the **Activ8lives Blood Pressure2 Monitor** in two sized cuffs so that the cuff is secured firmly together at the Velcro patches to stop the cuff slipping up or down on the upper-arm for a more consistent reading.

Tip #8: Keep still for the duration of measurement. Moving, talking, eating, drinking or any other activity will produce errors.

Tip #9: Use the same arm each time. Ideally the left arm (if you are right-handed) or vice versa.

Tip #10: Completely deflate the cuff and wait 3-5 minutes between readings if you decide to take another measurement. Remember that the cuff applies pressure and this restricts blood flow into your lower arm.



OK, let's get started with the Set-up and Connect to the **Activ8lives⁴ App**

The **Activ8lives** Blood Pressure² Monitor 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:



Install the **Activ8lives⁴ Health+Wellness App** to your iOS or Android Smartphone or Tablet;



How to operate, use and take care of your **Activ8lives** Blood Pressure² Monitor and connect to your Smartphone or Tablet; and



How to take routine readings and upload directly to your **Activ8lives** account.

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



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.



Installing the **Activ8lives⁴** App on Your Smartphone or Tablet

(Bluetooth 4.0 Enabled Device are required to use the Blood Pressure² monitor)

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



activ8rlives



Download on the
App Store

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.



GET IT ON
Google Play

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



Available at
amazon

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 **Activ8lives Blood Pressure² Monitor** time to sync with your device.

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



Register for **Activ8lives** Account

Once you have installed the **Activ8lives⁴ 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**.

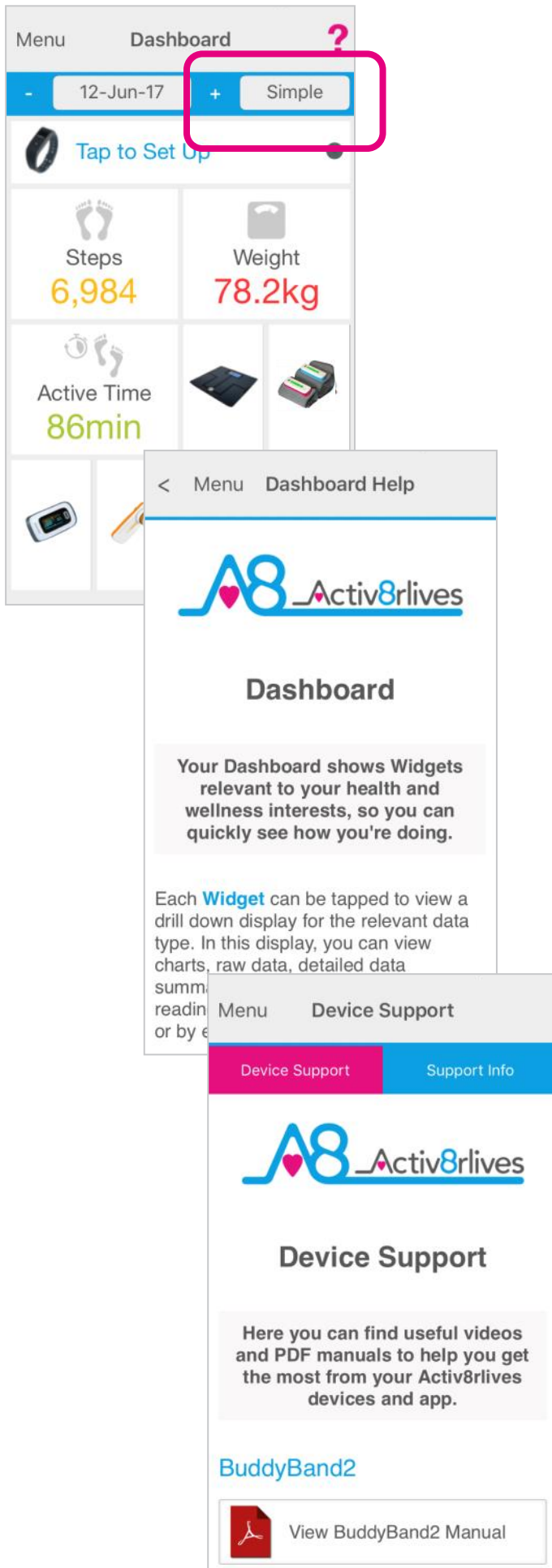
If you have not previously Registered for your **Activ8lives** account, then click the **Register** icon of the App screen.

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.activ8lives.com.

Completing Your Registration

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

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



Completed Registration

On Page 6 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 use the **Quick Measure** option by touching the image of the device on your **Dashboard** and it will start the **Upload** process.

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

Help and Videos on App

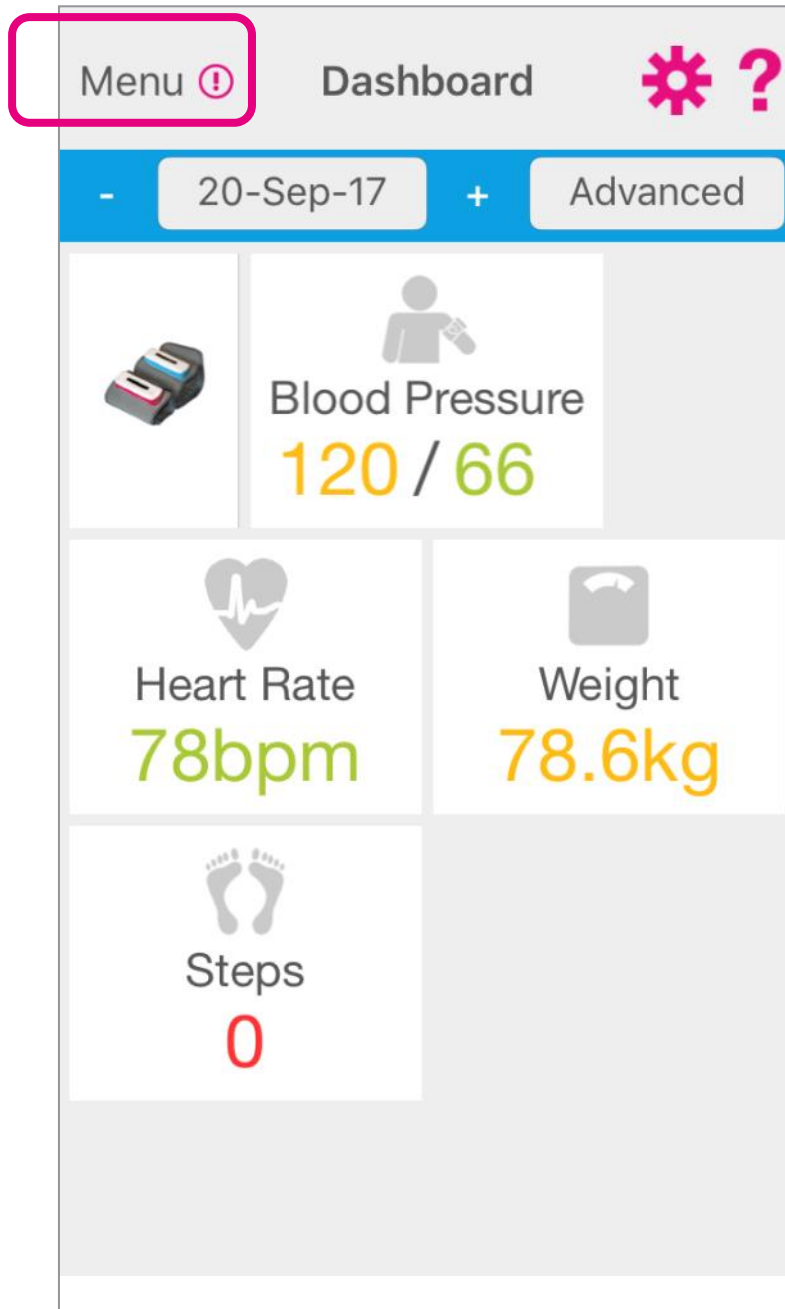
Integrated into the **Activ8rlives⁴ Health+Wellness App** is a **Help** section that can be reached from the **Menu** or from any page

which displays a **?** in the top right-hand corner of the screen. Scroll down to access helpful information and **Help Videos**.



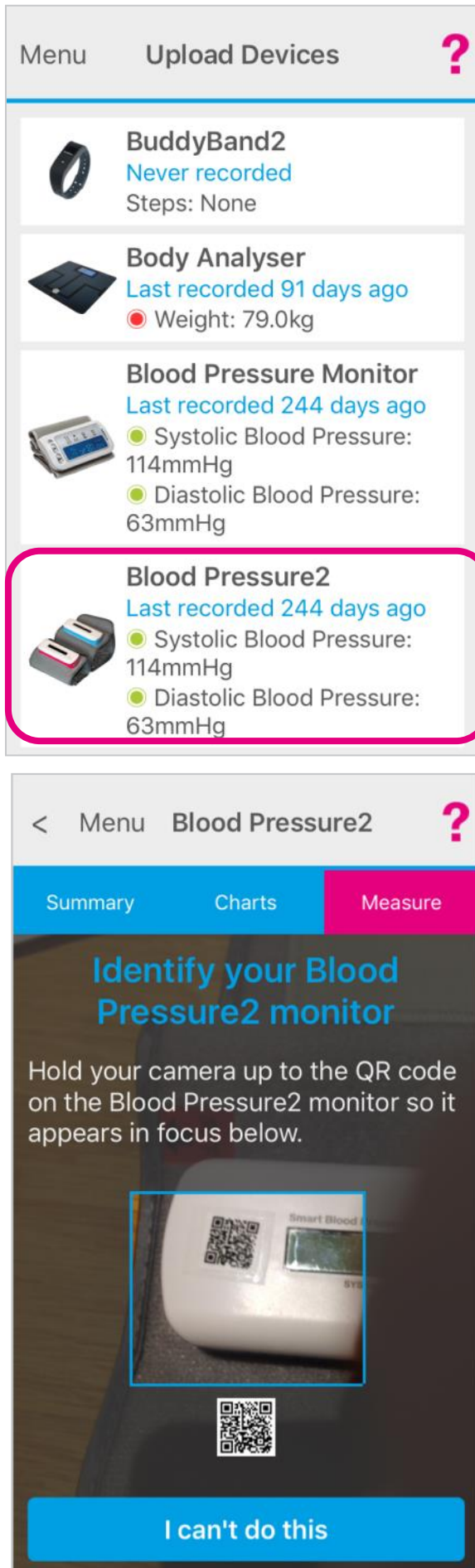
Start-up Screen automatically moves to the **Dashboard**.

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.



Pairing Blood Pressure2

The **Activ8lives** Blood Pressure2 Monitor 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 **Menu** select **Upload Devices** > **Activ8lives** Blood Pressure2.

Touch the image of the **Activ8lives** Blood Pressure2 Monitor, which then takes you through easy steps to prepare your device for identification of your device.

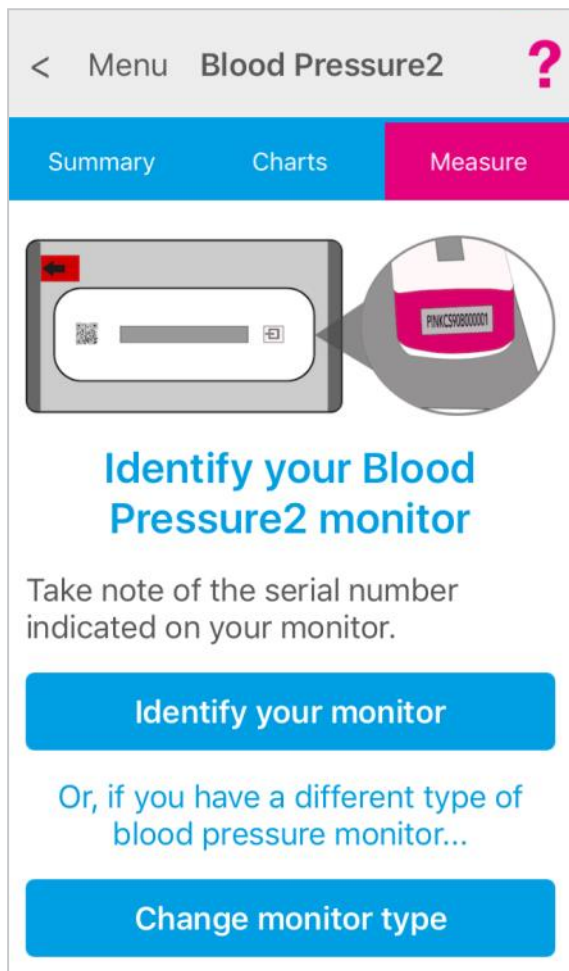
Identify your Device by its QR Code

The first time you set-up and try to connect your **Activ8lives** Blood Pressure2 to the **Activ8lives⁴ 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.

Hold your Smartphone or Tablet up to the **QR Code** that appears on the face of your **Activ8lives** Blood Pressure2 Monitor so that it appears in focus within the box outlined in blue. Once it is within focus it will automatically take a scan of the **QR Code**.

The **Activ8lives⁴ Health+Wellness App** screen will move to the next instructions on **How to fit the cuff correctly**, details over page.

If you are unable to scan the **QR Code** for any reason, touch the **I can't do this** button and follow the instructions on the next **Page 25**.



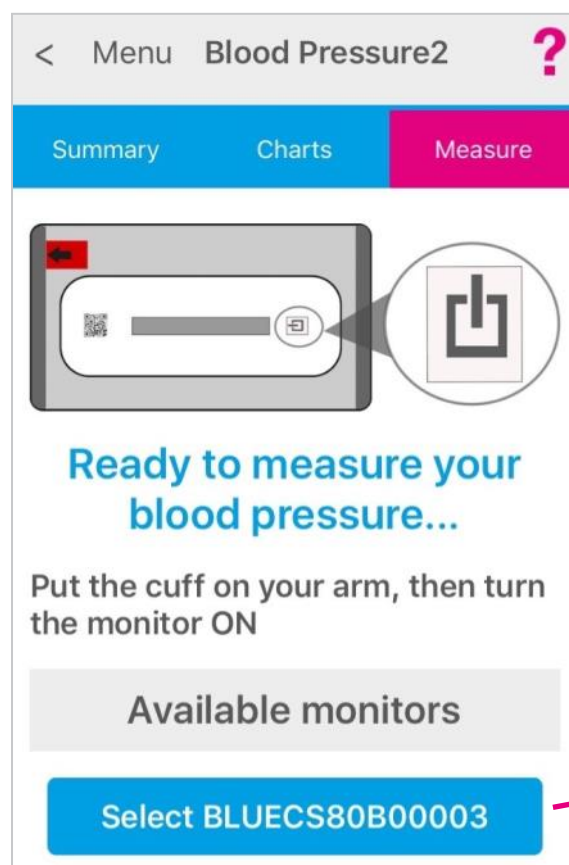
Identify your Device Manually

If you are unable to scan the **QR Code** for any reason, touch the **I can't do this** button to connect your device manually.

Take a note of the **Serial Number** indicated on one end of your **Activ8lives Blood Pressure2 Monitor** and then touch **Identify your monitor**.

The **Activ8lives⁴ Health+Wellness App** screen will move to the next instructions of **How to fit the cuff correctly**.

Once fitted correctly on your upper-arm, touch the **Start/Stop** button. The **Activ8lives⁴ 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 **Activ8lives Blood Pressure2** confirm by touching the **Select serial number** on the App screen.

We use this **Serial Number** so that your data transmission is secure.



same



Taking a Reading

After you have Identified your **Activ8lives Blood Pressure2** ([Page 24-25](#)) the App screen will move to the next instruction of **How to fit the cuff correctly**.

Follow through the 5 steps to correctly fit the cuff on your upper-arm as shown on the App screen by scrolling down through the instructions ([Page 16-17](#)).

If the cuff does not start automatically after you identify your device, touch the **Start/Stop** button to inflate the cuff. **Note:** there may be a short delay while the secure pairing has completed and inflation starts, please be patient.

You will see a dial on the **Activ8lives⁴ Health+Wellness App** screen whilst it is taking a reading and there will a short period where the **Measurement is in progress**.

Once this has been calculated your reading will be transmitted and displayed on your Smartphone or Tablet and on the LCD of the **Activ8lives Blood Pressure2** Monitor. From there it is transmitted to your online account by WiFi or Cellular signal. This may take longer if your WiFi and Cellular Signal are not fast.

The display on the **Activ8lives Blood Pressure2** Monitor switches off to save power after a few seconds. It is advised to turn off the device at the **Start/Stop** button.

Full instructions and **? Help** are also built into the **Activ8lives⁴ 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 **Activ8lives Blood Pressure2** Monitor with the Smartphone or Tablet by repeating the connection process as described above or manually see next [Page 24-25](#).

[<](#)
Menu
Blood Pressure2
[?](#)

Summary
Charts
Measure

How to fit the cuff correctly...

Follow this guide to make sure you get an accurate blood pressure reading.

1

Rest your arm on a table

Sit down at a table with your feet



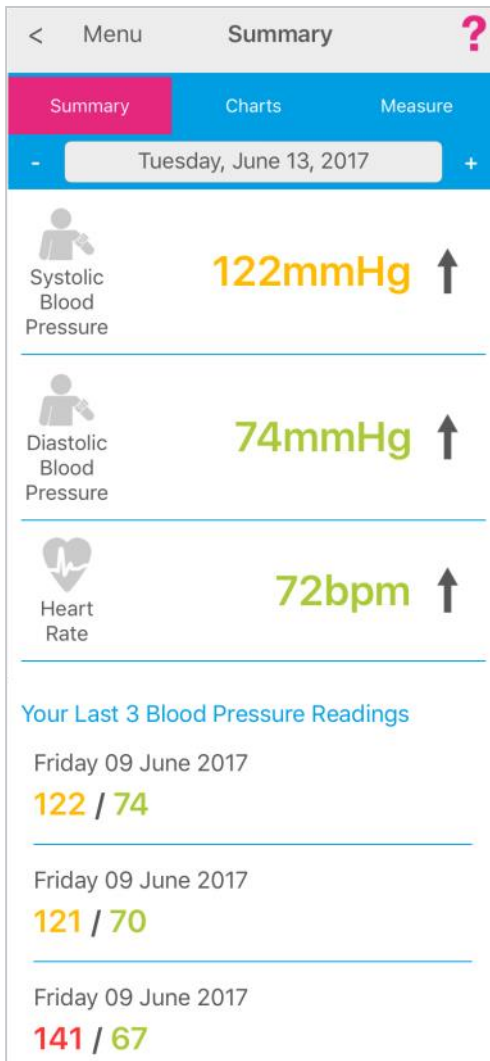
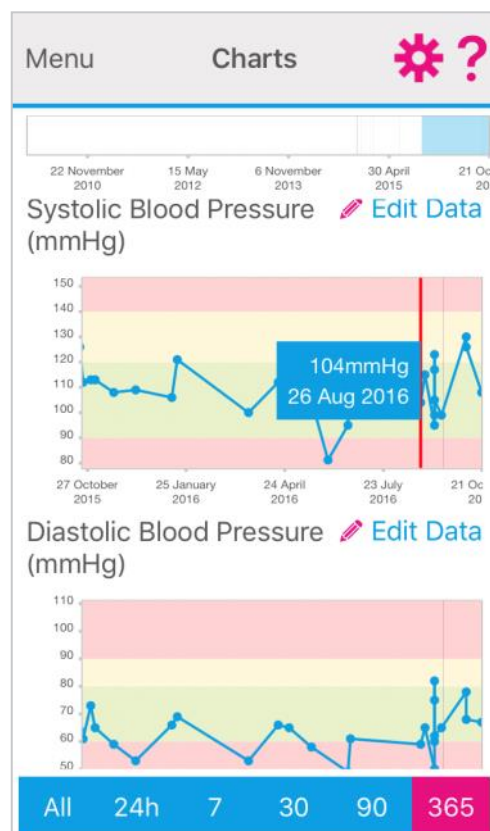
[<](#)
Menu
Blood Pressure2
[?](#)

Summary
Charts
Measure

Measuring your blood pressure...

Stay calm, still and quiet. Try not to talk, as this can affect the result.

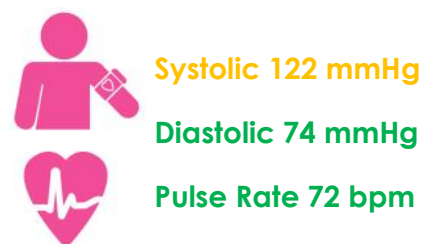
Measurement in progress



Viewing Data on Smartphone or Tablet

The reading will display on the **Activ8lives⁴ Health+Wellness App**, as well as the **Activ8lives Blood Pressure2 Monitor**.

The example shown here gives:



Refer to the Blood Pressure Chart on **Page 11** to see where your reading falls in the population table.

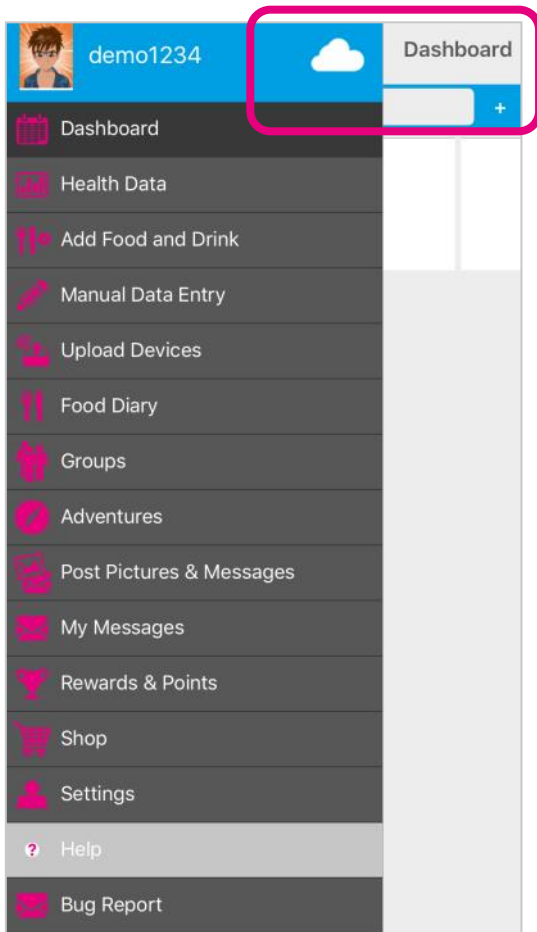
The **arrows** beside your current reading indicate in which direction your reading is going: i.e, rising, static or falling from your last reading.

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 summaries and Charts.

Select **Charts** from the Menu to see your data in graphical format and 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 **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

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.

Menu	Upload Status
Data to be uploaded:	0
Current Status:	Idle
Only Synchronise over WiFi	☒
Synchronise Now This will temporarily override the WiFi Setting. It may use your Mobile data allowance.	
<input type="button" value="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.	
<input type="button" value="Download"/>	



Viewing Your Data on Your PC or Mac Computer



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

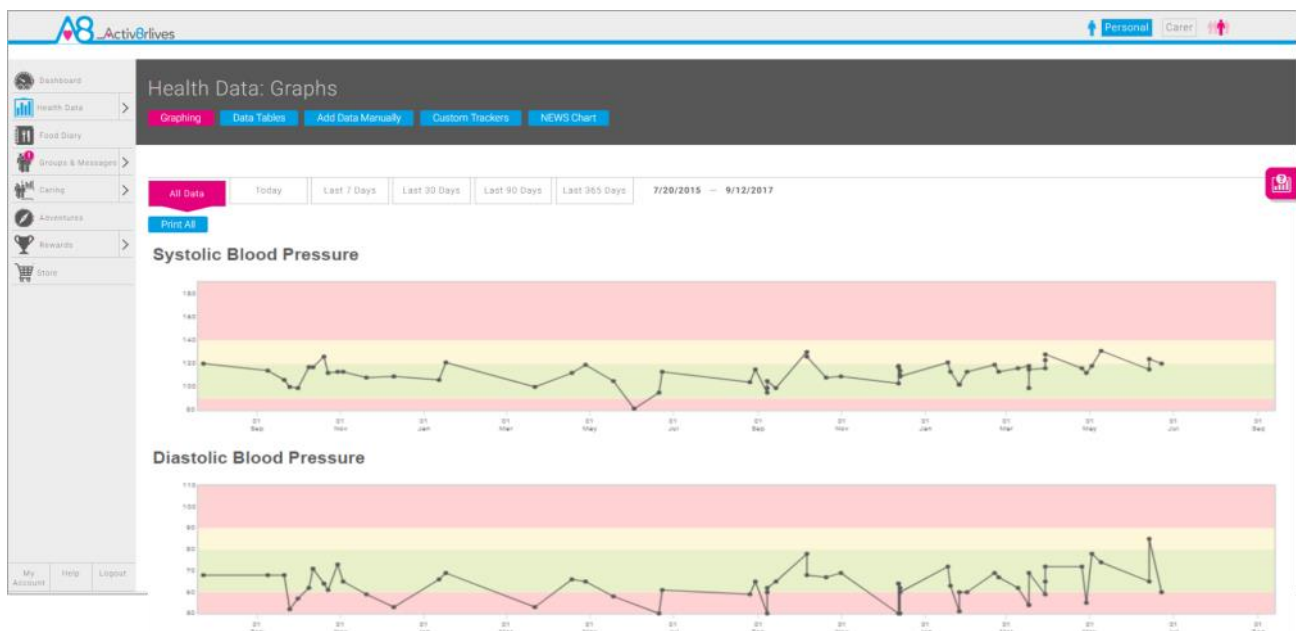
From your **Activ8lives** account you can view your **Health Data**, select the **Timeframe** for which you wish to display your **Data** (Day, Week, Month, Year or all).

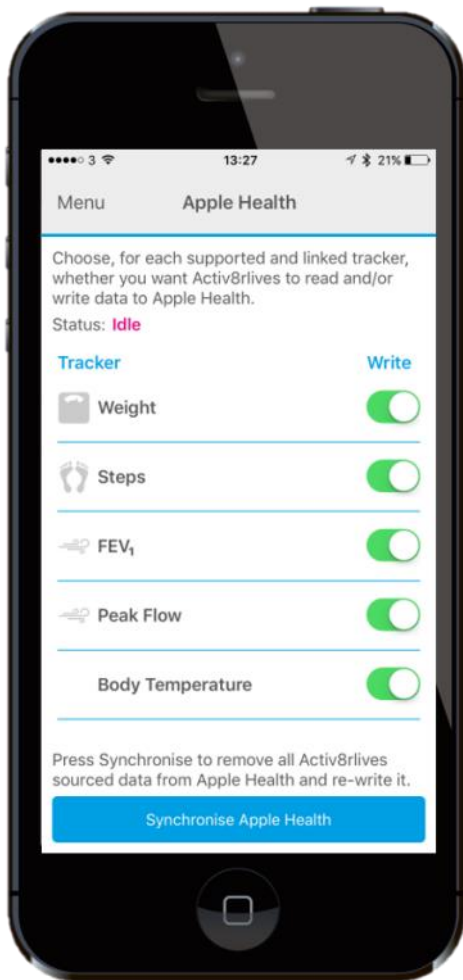
By looking at your **Health Data** in this section you can start to see trends of what affects your health parameters, and you begin to learn good behaviours and see the effects of physical activity increases on parameters, such as your lung function, weight or feelings of wellness.

The **Activ8lives Data website** hosts an enhanced **Dashboard** and many features that allow you to be more in control of your **Health Data** and in control of people that you may act as carer. 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. The choice you make is saved for the next time you **Login** to your **Activ8lives** account using the same **Username** and **Password** that you use on one of **Activ8lives'** Apps.

The **Simple** display for the **Dashboard** shows your latest reading for **Steps** and **Weight**. Your latest **Weight** reading and the **Height** you entered when registering is used to calculate your **BMI** (Body Mass Index). Your **BMR** (Basal Metabolic Rate) is how much energy a typical person of your age, height, weight and gender might burn in a day.

Note: Each score is indicated in **Green**, **Amber** or **Red** (Traffic Light system) that indicates whether this parameter is within normal range for your targets, weight, height, age, gender etc. Those in **Blue** do not have a normal range or target associated with them.





Health



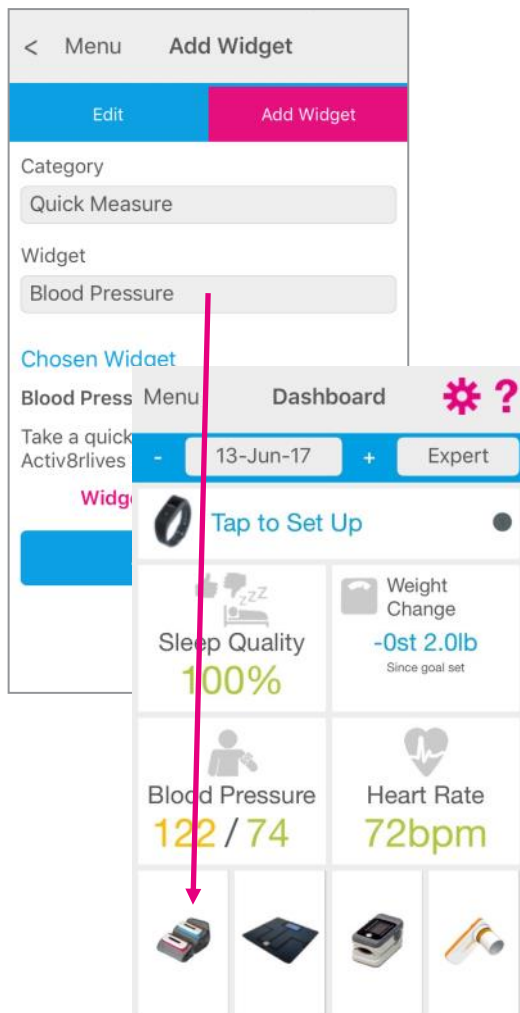
Apple Health App Integration

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 to share data from other health-related Apps.

If you have an appropriate iPhone (running iOS 10 or above) you can download the **Activ8lives⁴ Health+Wellness App** from the App store.

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

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



Quick Measure Widget

For a quicker way to take your reading add a **Quick Measure** 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 this go to **Menu > Dashboard > touch pink Cog in top righthand > Add Widget > Quick Measure > Blood Pressure**.

This will now appear on your **Dashboard** and touch the **Quick Measure** widget to take a reading from your **Activ8lives Blood Pressure2 Monitor**. You can also add other **Quick Measure** widgets to appear on your **Dashboard** for other device(s) you own from the **Activ8lives** range.

If you selected the **Activ8lives Blood Pressure2** upon registration, the **Quick Measure** widget will have already been set-up for you.

Trouble Shooting

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**.

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 [Activ8rlives Blood Pressure2 Monitor](#) device will not connect to Bluetooth, first check that you have Bluetooth turned on your Smartphone or Tablet.

Changing the Monitor you Use

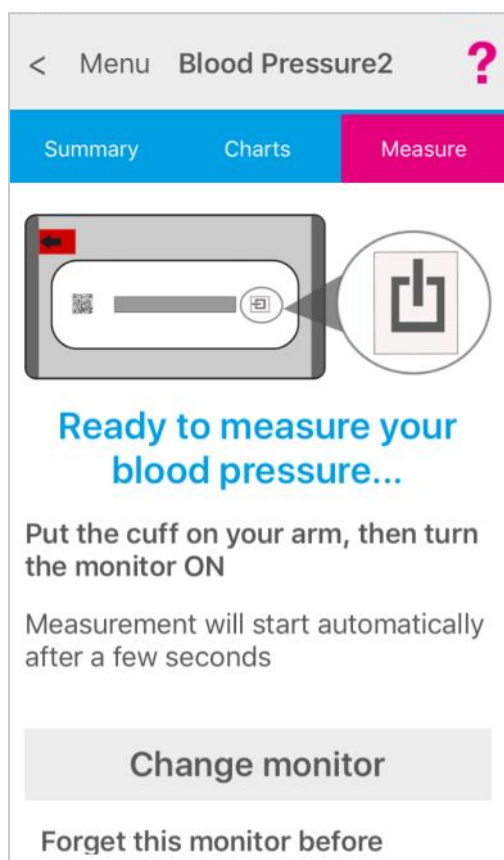
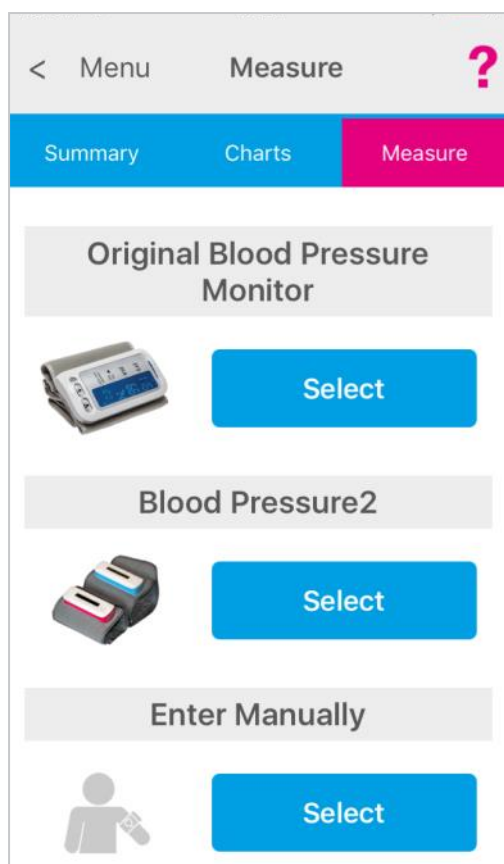
If for some reason you want to change the device you measure your blood pressure with, go through the process of [Identifying your monitor](#). The screen will move to the next instructions of [How to fit the cuff correctly](#) but instead, touch the [Change Monitor](#) button and select between using the original Blood Pressure Monitor, Blood Pressure2 or manually entering your reading.

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 the Smartphone or Tablet often helps.

App Showing 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 [Activ8rlives Blood Pressure2](#) monitor with the Smartphone or Tablet by repeating the connection process as described on [Page 24-25](#).



Trouble Shooting and Error Codes



Error Indicator	Cause	Correction
 Or no display.	Battery power is insufficient.	Recharge the unit using the USB charging cable provided for 2 hours.
No reading recorded or the reading is too high.	The cuff is in the wrong position and therefore not giving an accurate reading.	Re-position the cuff correctly.*
Err1	The sensor detecting the oscillation is not working correctly.	Measure once again.*
Err2	The heart rate or pulse is not detectable and it can not record a blood pressure.	Measure once again.*
Err3	Abnormal reading.	Measure once again.*
Err4	Cuff is too loose or there is an air leakage.	Check the cuff ring is not damaged. Measure once again fitting the cuff more closely to the upper arm.*
Err5	Arm cuff inflation error.	Check the cuff ring is not damaged or twisted. Measure once again after reattaching the cuff.*
Err6	The pressure of the cuff fluctuates during reading.	Check the cuff ring is not damaged or twisted. Measure once again after reattaching the cuff.*
Err7	Pressure exceeds limit.	Stop the device, remove from the arm and check the cuff ring is not damaged or twisted. Measure once again after reattaching the cuff.*

* Wait 3-5 minutes between measurements.



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

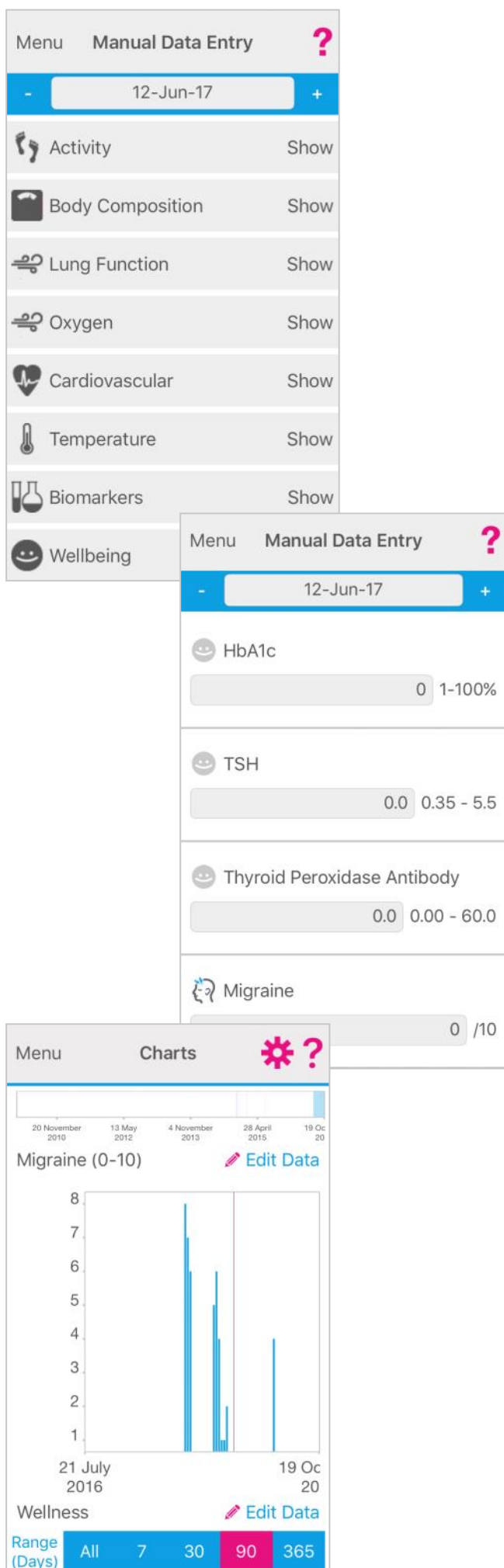
Website www.Activ8lives.com



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.





Blood Pressure & Heart Rate 2

Bluetooth Monitor

Specifications

Display	Coloured LCD
Coloured LC Display Green = Normal range	Max pressure ≤130mmHg Min pressure ≤85mmHg
Amber = Just outside normal ranges	130mmHg<max pressure≤140mmHg 85mmHg<min pressure≤90mmHg
Red = Outside amber ranges	Max pressure >140mmHg Min pressure >90mmHg
Display	Liquid Crystal Display
Measurement method	Oscillometric
Power supply	Integral 3.7V 800mAh Lithium-polymer rechargeable
Battery Life	500 charges
Charging	5V at NO MORE THAN 1Amp using USB provided
Measurement range Pressure	20 — 255mmHg /4-34kPa
Measurement range Pulse	40 — 188 beats per minute
Main unit weight	245g
Main unit size	123(W) x 44(D) x 26(H) mm
Arm Cuff Size PINK (Small—Medium)	170-320(W) x 150(D) x 2(H) mm
Arm Cuff Size BLUE (Medium—Large)	250-480(W) x 150(D) x 2(H) mm
Accuracy / Calibration	Pressure: ± 3mmHg/±0.4kPa Pulse: ± 5%
Operating Temperature/Humidity	10 — 40°C / 30 — 85% RH
Storage Temperature / Humidity	-20 — 60°C / 10% - 80% RH

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.

Labelling and Symbols



This product is manufactured by Kangfu Medical Equipment Factory, No.380 Ninggang East Road, Yueqingzhejiang, China 325600.



Date of Manufacture 2017-06.

Model

Digital Blood Pressure Monitor **BLUECS80B** (25-48cm) and **PINKCS80B** (17-32cm).

Battery

3.7V



This product is a certified Class IIa medical device and complies with the requirements of Directive 93/42/EEC.



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.

LOT

Indicates the lot number for this product. CS-8020170605

EC REP

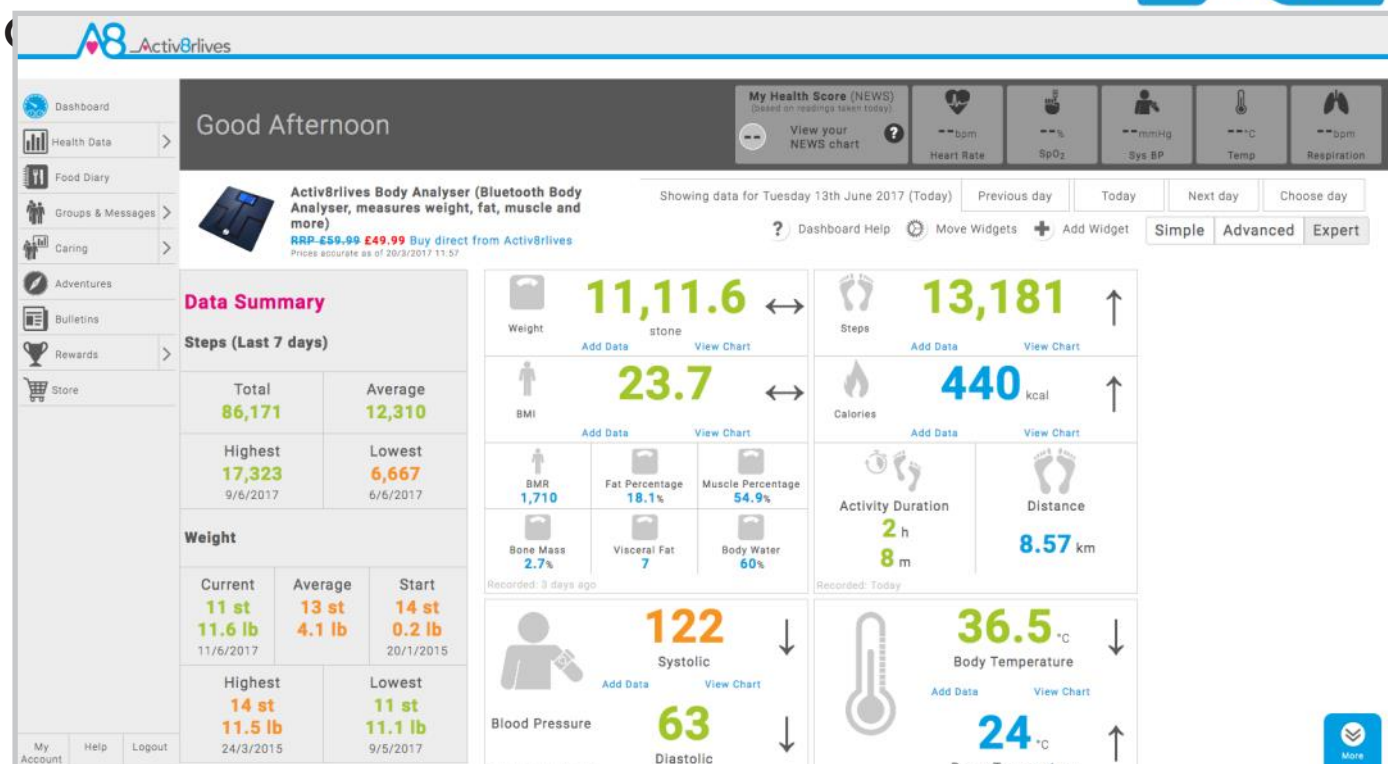
European Representative: Roval Med SRL. Industriilor, NR 2M, Bucharest, 032895, Romania.



Read instructions before use.

SN

Device serial number



The **Activ8lives⁴ Health+Wellness App** is just the start of the self-care experience. There is more to explore online at www.activ8lives.com

Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 9 major sections:

1. **Home Dashboard**—where you can see at a glance your data, and Group Messages in either the **Simple**, **Advanced** or **Expert** layout.
2. **Health Data**—this is information about your activity, weight and health parameters, which only you can see. You can add or delete data and print off details to share with your medical team should you wish.
3. **Food Diary**—powerful tool to track your food and drink intake, to help you manage your weight. Works as part of the free **Activ8lives⁴ Health+Wellness App**.
4. **Groups & Messages**—this is where you can find, join and create groups and chat to your friends.
5. **Caring**—this is a section for those that have given you access to their tracked health data so that you may care for them.
6. **Adventures**—you can join an adventure or set-up your own for your group or work colleagues to walk along with you.
7. **Rewards**—where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
8. **Store**—you can follow this link through to our products on www.activ8lives.com
9. **Account / Help / Logout**—how to change your details, passwords, targets and Help instructions.



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

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

Take an Adventure with your Group

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

My Groups

You are a member of the following groups, clicking a group will show you a group's detail and messages:

**Activ8rlives A8 group**
Created by Kevo1234, 351 members, active today

**Activ8rlives Company Team**
Created by Kevo1234, 9 members, active 36 days ago

**Hunts Runners**
Created by Craig, 1 members, active 50 days ago

Menu

Made it out for a great local walk this evening, helping me reach my 10,000 step target in time for dinner

Choose File 1 photo



☐ What's for dinner

☒ Activ8rlives A8 group

☐ Hunts Runners



WORLD-WALK ADVENTURE
WWW.NORTHAMPTONSCOUTS.CO.UK

Menu

Leaderboard

Press a team's entry in the leaderboard to zoom in on their position

1

Activ8rlives A8 group
8763 / 8763 miles
100%

2

Walk around the World 2
5143 / 8763 miles
58%

3

Northants - World Walk Leaders
3381 / 8763 miles
38%

**Brampton mums**

Rewards and Medals

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

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

Bronze Medal = 7 days of 10,000 steps.

Silver Medal = 35 days of 10,000 steps.

Gold Medal = 175 days of 10,000 steps.

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



Menu

Rewards & Points

Gold Medal progress

155/175 points



Gold Medals

1

20 points needed for next gold medal

Silver Medals

4

20 points needed for next silver medal

Bronze Medals

2

6 points needed for next bronze medal

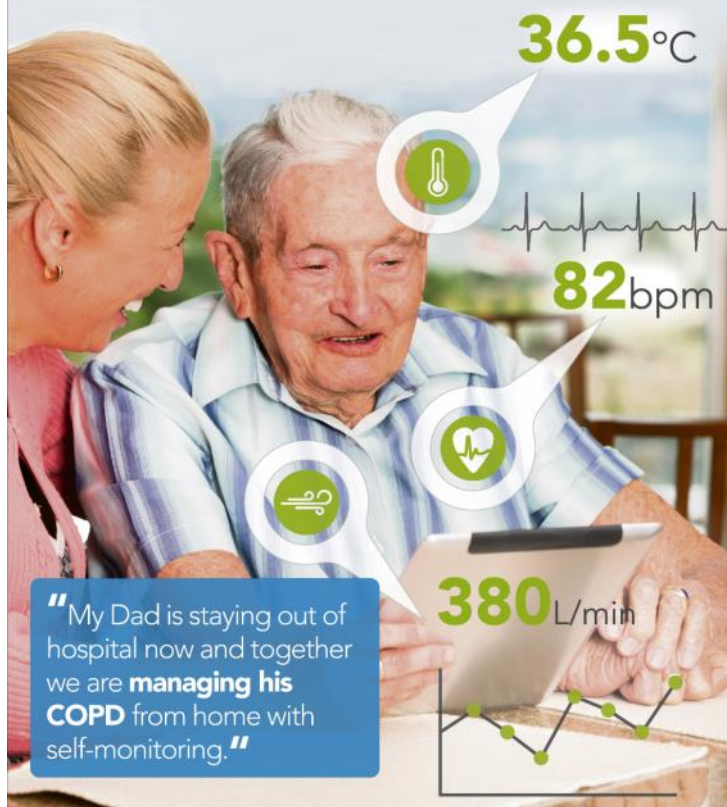
Points

330

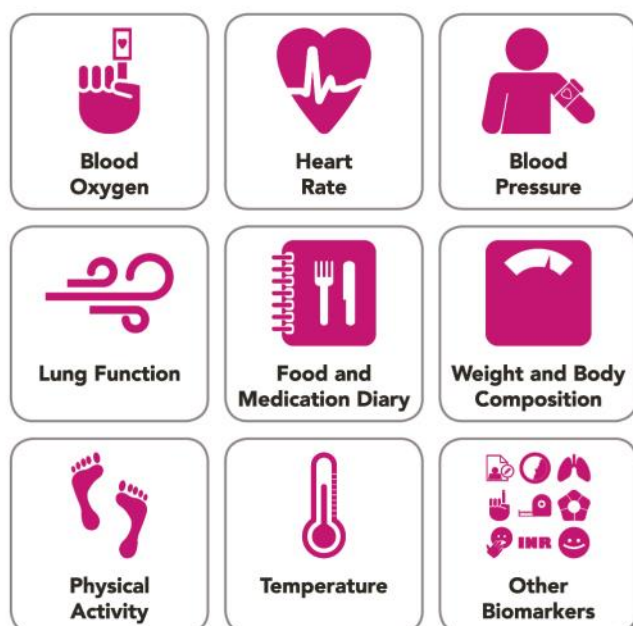
A point is earned every day that you walk 10,000 steps using a **BuddyBand**, **BuddyBand2** or **Buddy Step Counter**

37

Support your family's health



Simple solutions for self-management



www.activ8rlives.com



Find [Activ8rlives](http://Activ8rlives.com) products at



[amazon](http://amazon.com)

[ebay](http://ebay.com)



Activ8rlives⁴ Health+Wellness App

iOS & Android App



Track your food and liquid intake using our free **Activ8rlives⁴ Health+Wellness App**.

- Take pictures of what you eat and drink with your Smartphone or Tablet.
- Brings mindfulness to your eating habits and portion size.
- Records full description of what you eat and drink in your **Activ8rlives⁴ Health+Wellness App**.
- Updates and stores data in your **Activ8rlives** cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- Carb counting for Type II Diabetics.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.



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ASLMAN05 BloodPressure2 v4.6