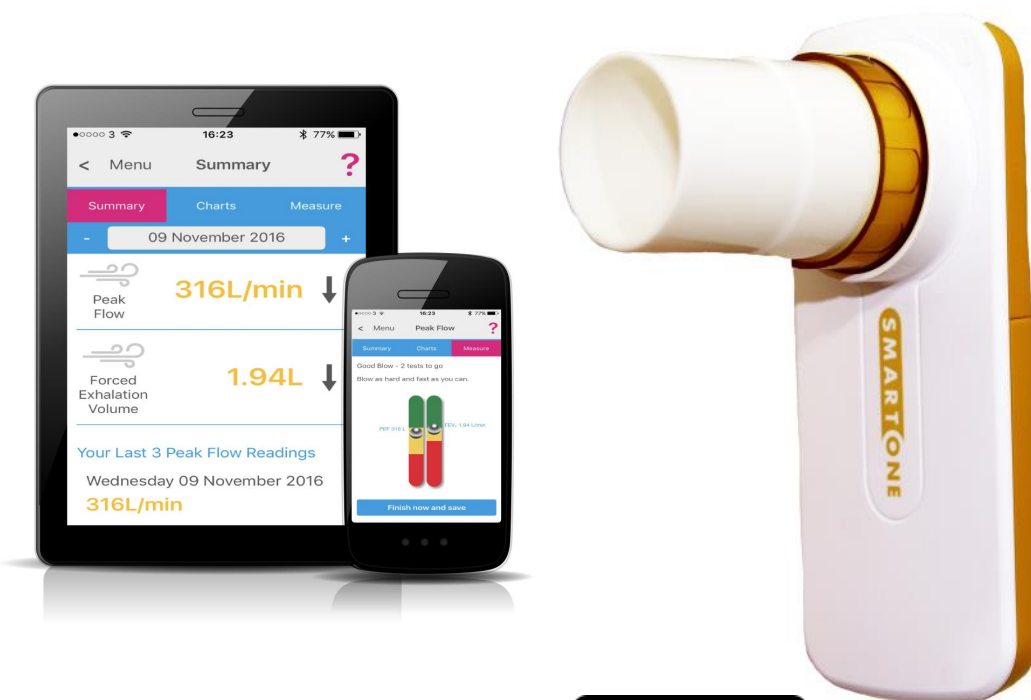


SmartOne

Peak Flow & FEV₁ Meter

Pulmonary Health



SMARTONE[®]

MIR
MEDICAL INTERNATIONAL RESEARCH

www.activ8lives.com

*SmartOne Peak Flow Meter connects via Bluetooth 4.0 (Smart) & upload data to **Activ8lives**.
FREE App that works with: iOS 10 and above (iPhone 5s or later & iPad 4 or later) and select Android devices running Android 5.0 and above.
Apple Health App compatible.*

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

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at www.activ8lives.com

Getting Started...



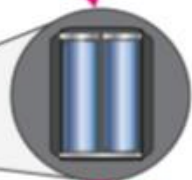
SmartOne
Peak Flow and FEV₁ Meter



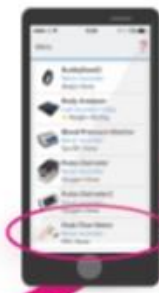
Need Help?
See App for full instructions and download link for manual



Web View / App View
www.activ8lives.com



Insert batteries



Upload Devices > SmartOne Peak Flow Meter



Follow instructions

Trouble Shooting...



Help > Website > Devices > Device Manuals > Bluetooth SmartOne Manual



Print



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



SmartOne

Peak Flow & FEV₁ Meter

Your **Activ8lives** SmartOne Peak Flow & FEV₁ Meter

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

The **Activ8lives** SmartOne® Peak Flow and FEV₁ Meter is a simple electronic device, which allows you to monitor your lung function especially useful if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) or Bronchiectasis and need to track your Peak Expiratory (PEF) and Forced Expiratory Flow at 1 second (FEV₁).

It sends information to your private free **Activ8lives** account via Bluetooth connection to your smart device. You can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8lives** is designed to help you achieve this.

The **Activ8lives** SmartOne Peak Flow Meter helps you to understand how your lung function can change throughout the week, during periods of ill health, change of medication or as you change your weight and activity levels. It measures your Peak Expiratory Flow rate (PEF) and also determines how restricted your airways are (FEV₁) using a non-invasive monitoring technology.

When you view your data with either the **Activ8lives** website or App, this device will help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your **Activ8lives** SmartOne Peak Flow Meter — it will take just 5 minutes if you follow this guide through.

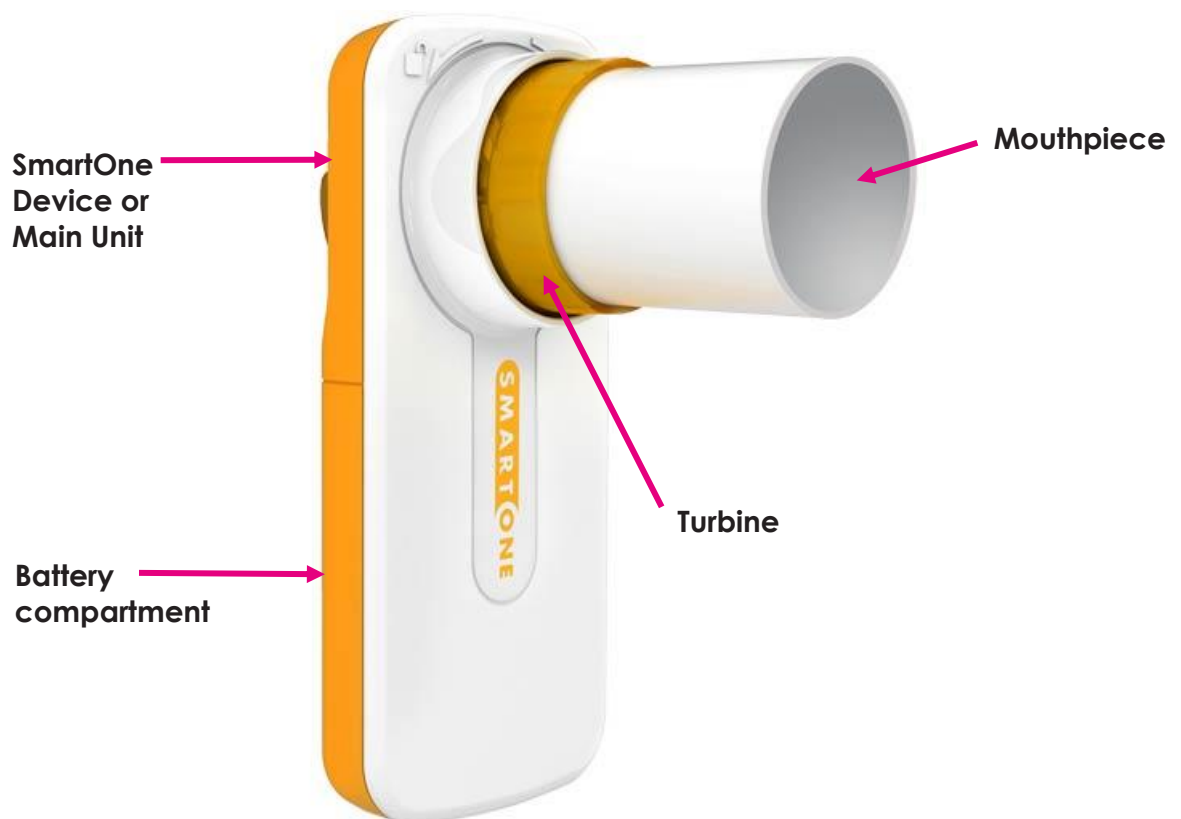
Optional: Included is a Smartphone App, which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your **Activ8lives** account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.

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

Your **Activ8rlives SmartOne Peak Flow**

Your **Activ8rlives SmartOne Peak Flow** Bluetooth has several parts, the **Main Unit** or **Device**, **Turbine**, and **Mouthpiece**. The **Main Unit** houses all the electronics and Bluetooth component and the **Turbine** and **Mouthpiece** then slot into it. The **Activ8rlives SmartOne Peak Flow** has two replaceable and non-rechargeable batteries (instructions on [Page 8-9](#)). Other than the battery compartment, the **Device** has no user-serviceable parts and opening the case will void your warranty.

The **Activ8rlives SmartOne Peak Flow** has a **non-washable Main Unit** and **washable Turbine** and **Mouthpiece** (instructions for cleaning and disinfecting are on [Page 9](#)).





Health and Safety Notices

WARNINGS: The **Activ8rlives SmartOne Peak Flow Meter main unit** is **NOT waterproof**. Do not submerge it in water.

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

- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.
- 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 **Activ8rlives SmartOne Peak Flow**. Don't allow sharp objects to scratch the surface as this may damage it and make it difficult to clean.
- Do not allow your **Activ8rlives SmartOne Peak Flow** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rlives SmartOne Peak Flow** from working properly. Don't expose your **Activ8rlives SmartOne Peak Flow** to direct sunlight for long periods of time.
- Don't remove the back cover to the battery compartment and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the replacement of the batteries, there are no user serviceable parts.
- Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.
- The Mouthpiece and Turbine can be disconnected from the main unit for washing as per the instructions listed on page 9.
- 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 measurement functions built into the **Activ8rlives SmartOne Peak Flow** are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Contact us if your **Activ8rlives SmartOne Peak Flow** does not work properly.

Call us 7 days a week, between 9:00-18:00

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



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



Adding the Batteries

Your **Activ8lives** *SmartOne Peak Flow 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 **Activ8lives** *SmartOne Peak Flow* is on, but once you connect the **Activ8lives⁴ Wellness and Diary App** and Bluetooth is switched on, once selection of the **Upload Devices** page, the App displays all devices serial number within range for more details see [Page 20](#).

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 right 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

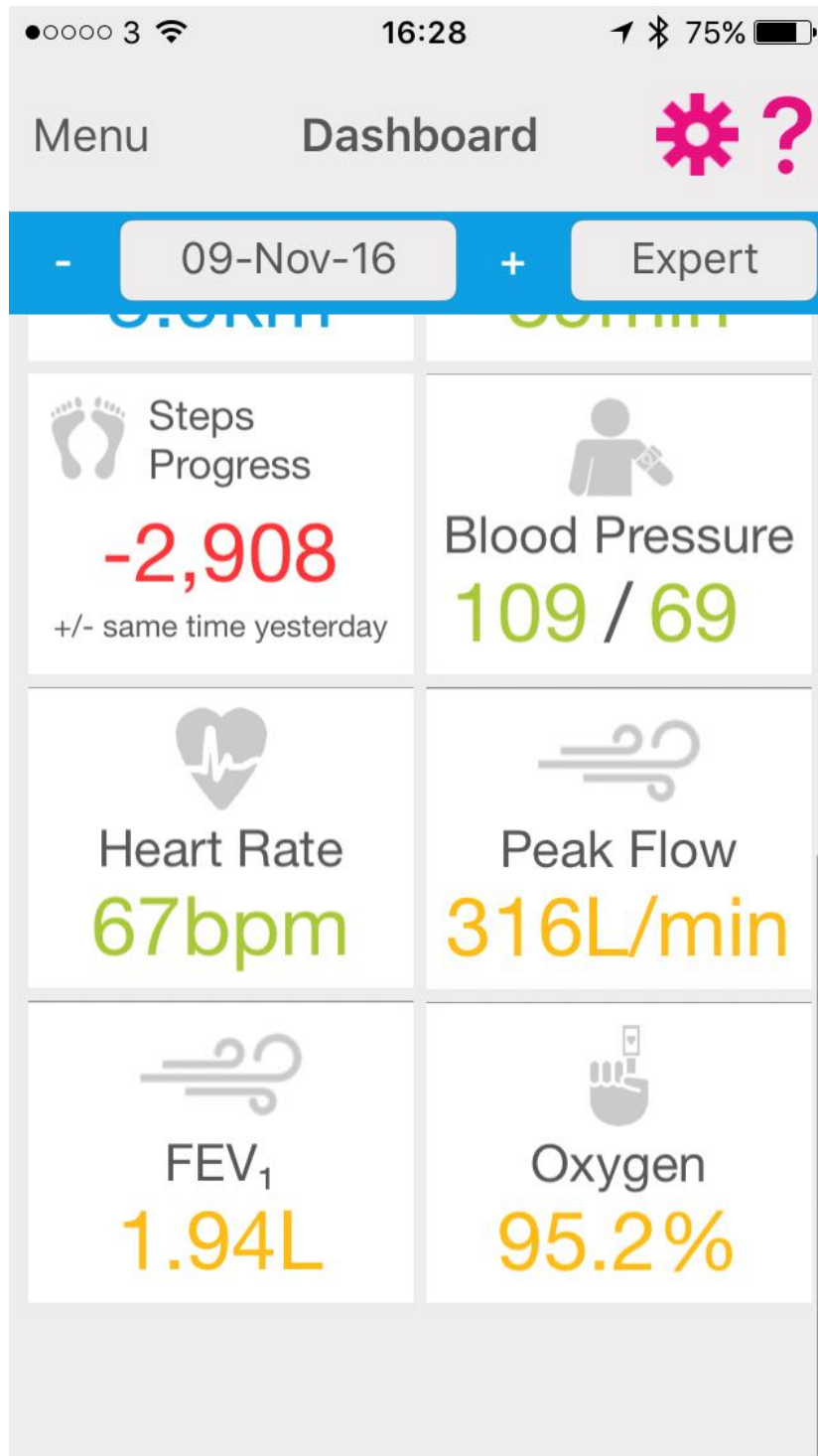
It is recommended that you disinfect the **Mouthpiece** and **Turbine** before its first use and at least once a week using the following procedures. **Never immerse** the **Activ8lives** *SmartOne Peak Flow* meter's central unit in water or disinfecting solution.

Disconnect the Mouthpiece and Turbine from the central 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.

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.





How Does **Activ8rlives SmartOne Peak Flow** Work?

The **Activ8rlives SmartOne Peak Flow and FEV₁ 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. FEV₁ is also measured and is the volume of air expelled during the first second of the same exhalation.

The **Activ8rlives SmartOne Peak Flow 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 FEV₁ 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 it or efficacy of treatment.

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

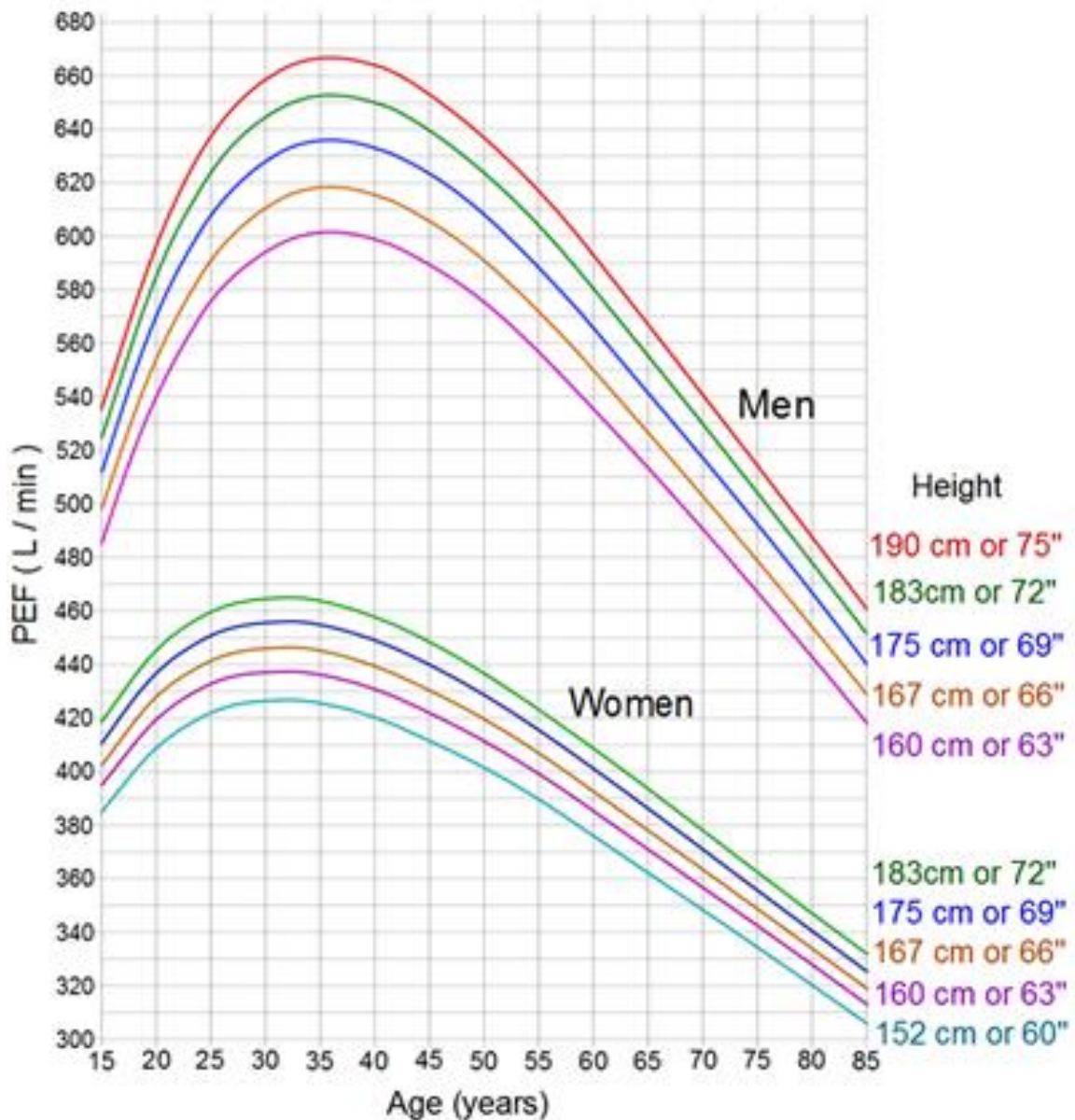
It is generally recommended to take one measurement in the morning and one in the evening, every day, before inhaling your prescribed medication. Also it is advisable to carry out additional measurements whenever you feel unwell or have a perceived shortness of breath.

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 between measurements.

The **Normal** value (Target value) for PEF varies according to gender age and height. The chart on [page 12](#) of this manual can be used to read-off 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.

Normal values for peak expiratory flow (PEF) EN 13826 or EU scale



Reference: Nunn A. J., Gregg I., British Med J, 1989: 298, 1068-70. For use with EN13826 / EU scale peak flow meters.



What Your Measurement Means

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.

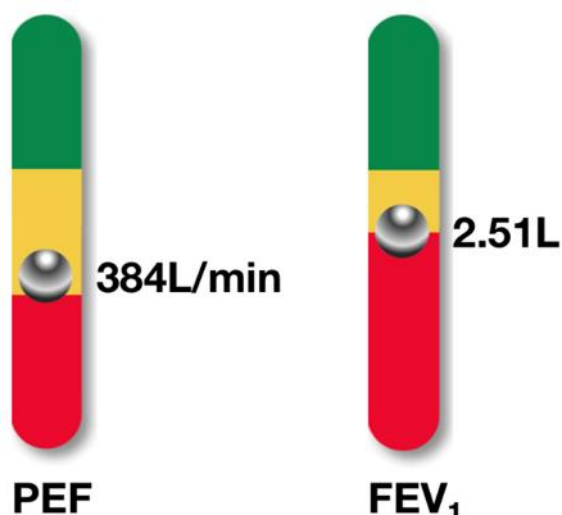
This device automatically stores the highest (best) value to date, with the green range being any reading above 80% of this best value. A reading in the yellow range indicates a reading between 60% and 80% of the best value. A reading in the red range indicates a reading below 60% of the best value. However, these ranges can be set manually within the software.

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 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 or constriction 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.



OK, let's get started with the Setup

This guide will instruct you how to:

The **Activ8lives SmartOne Peak Flow & FEV₁ Meter** is programmed by and uploads information directly to and from your **Activ8lives** account each time your Bluetooth Smart (also known as 4.0 or Bluetooth Low Energy BLE) Smartphone or Tablet is connected to it (not included).



1 Install the **Activ8lives⁴ Wellness and Diary App** to your iOS or Android Smartphone or Tablet;



2 How to operate, use and take care of your **Activ8lives SmartOne Peak Flow** and connect to your Smartphone or Tablet; and



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

If you follow these directions sequentially, it will take you about 5-10 minutes to learn how to measure your lung capacity and level of congestion and connect to the **Activ8lives⁴ Wellness and Diary App**.



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

Website www.Activ8lives.com



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



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

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



Compatible Bluetooth 4.0 Smartphones or Tablets



iOS 10 or above (iPhone 5s or later, iPad 4 or later, all iPad minis, Aird and Pros). Earlier versions do not support Bluetooth Smart (also known as Bluetooth 4.0).



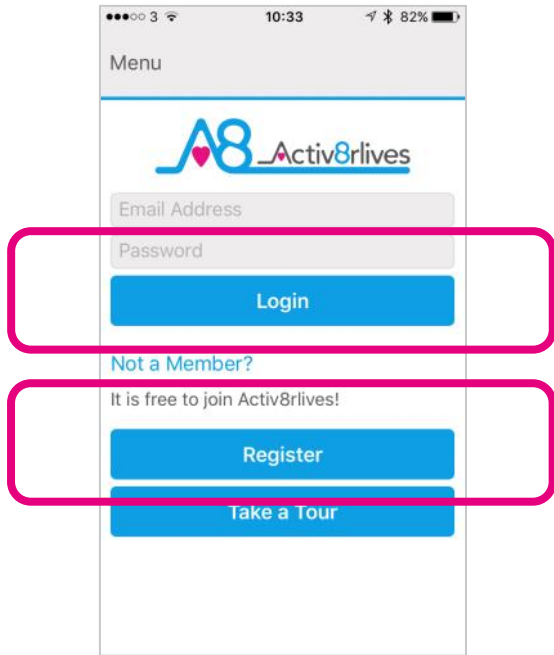
Select Android devices running Android 5.0 or later. Devices must support Bluetooth Smart (4.0).



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

IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Table to be longer than 2 minutes to allow the **Activ8lives SmartOne Peak Flow & FEV₁ Meter time to sync with your device.**

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

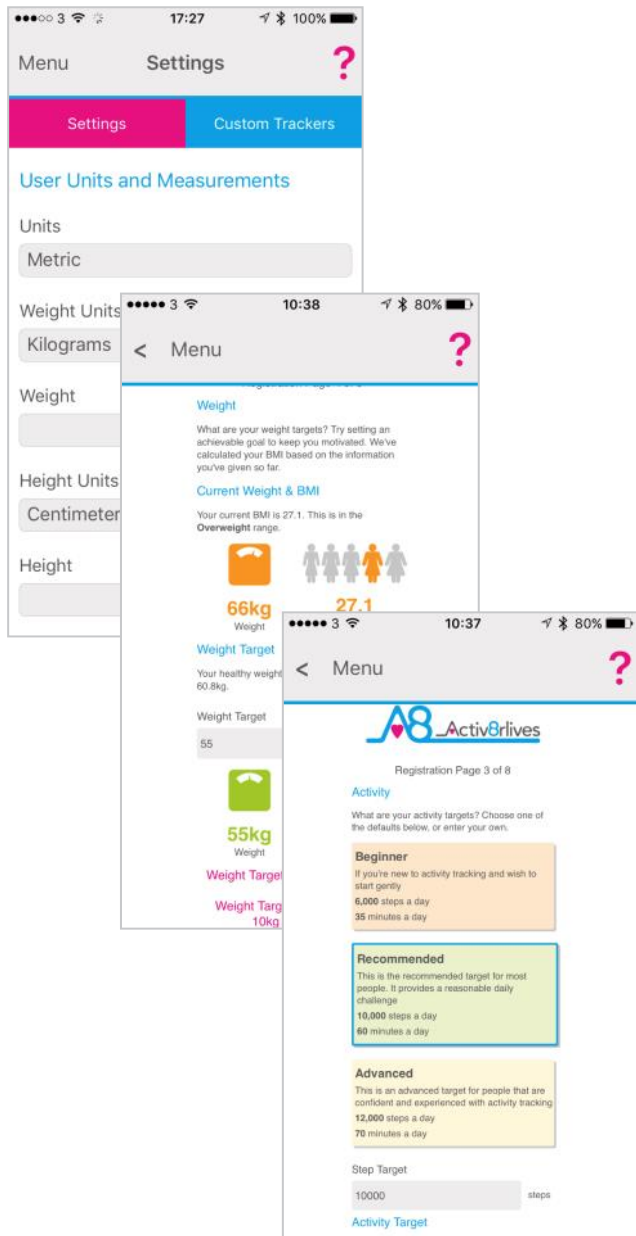


Register for **Activ8lives** Account

Once you have installed the **Activ8lives⁴ Wellness and Diary App**, open the App making sure your Smartphone or Tablet is connected to the internet with **Bluetooth switched on**.

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

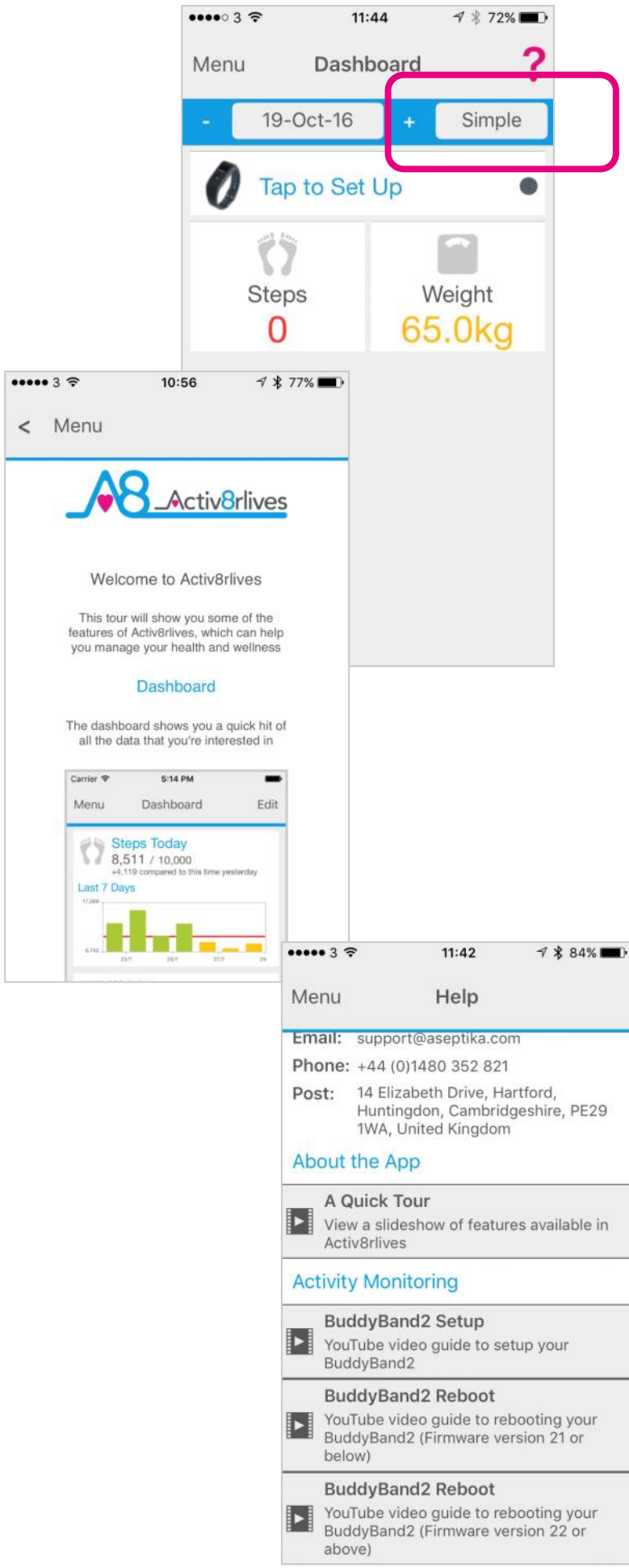
If you have not previously Registered for your **Activ8lives** account, then click the **Register** icon of the App screen.



Completing Your Registration

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

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



Completed Registration

Once you have completed your Registration you will automatically be directed to your Dashboard and a summary of your activity and weight targets are set into this **Simple** Dashboard.

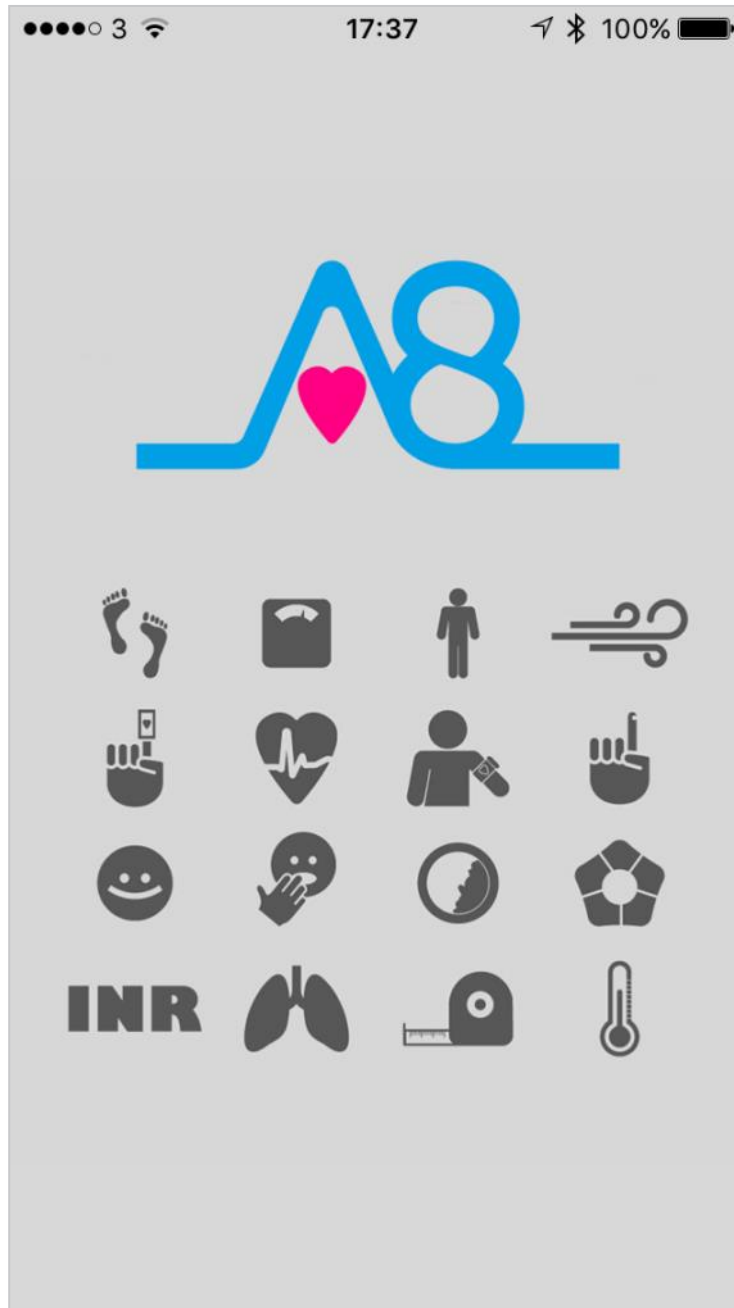
To add other health parameters to your Dashboard, change and select either the **Advanced** or **Expert** Dashboard, that include increasing number of trackers.

Remember your **Username** (email) and **Password** details associated with your account and keep these safe. You use the same **Username** and **Password** to access your account via the web: www.activ8lives.com.

How to Videos on App

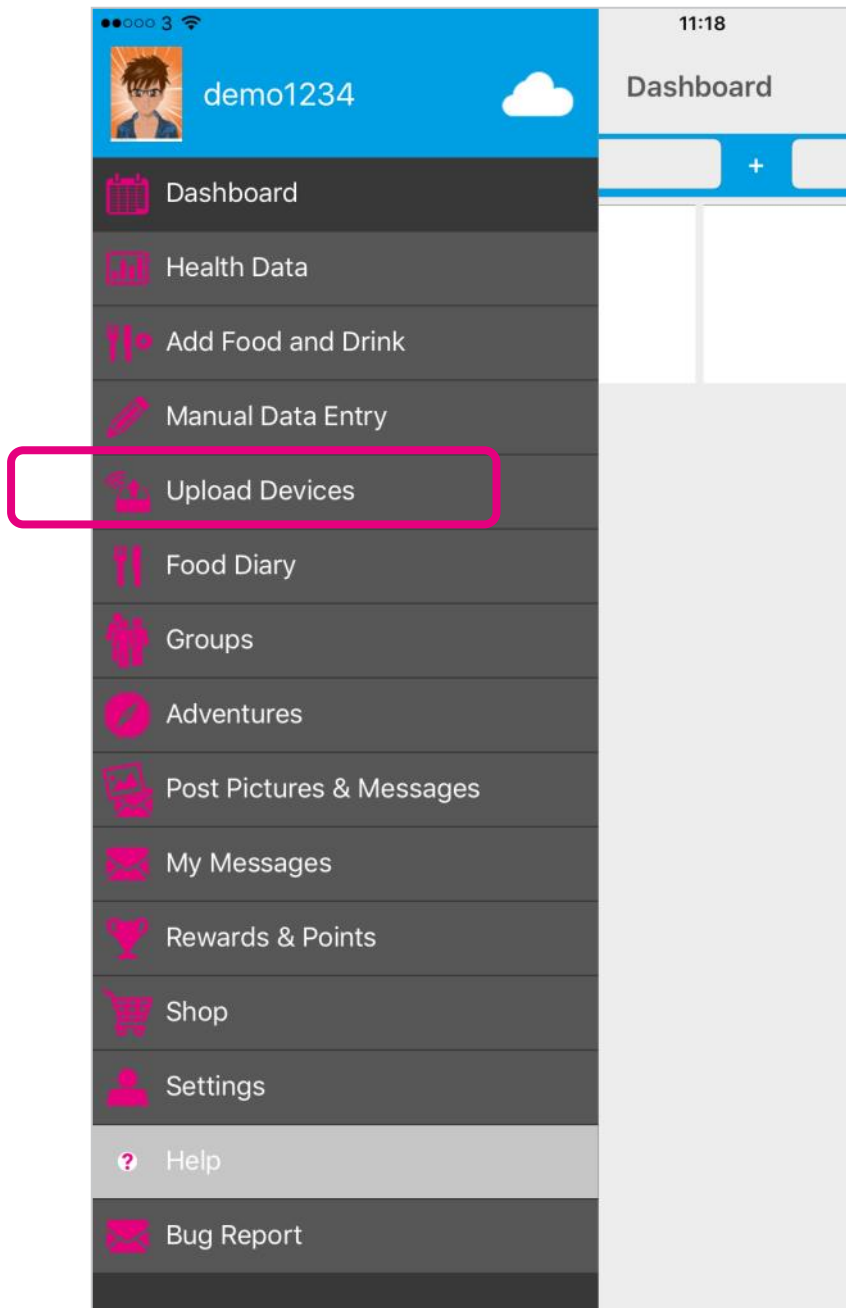
A **Quick Tour** showing what the **Activ8lives Activ8lives⁴ Wellness and Diary App** can do is available from the App. Scroll down to see a quick overview of what you can do with this App.

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



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

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



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

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



Menu



Activ8lives Products

The following products from the Activ8lives range are available to purchase from Amazon:



BuddyBand2

Bluetooth waterproof activity and sleep tracker



Buddy Step

Simple USB activity tracker and step counter



Body Analyser

Bluetooth Body Analyser, measures weight, fat, muscle and more



Blood Pressure Monitor

Bluetooth over arm blood pressure and heart rate monitor



Pulse Oximeter

Bluetooth non-invasive pulse oximeter, also measures heart rate



Pulse Oximeter2

Bluetooth non-invasive pulse oximeter, also measures heart rate



Smart One Peak Flow Met

Bluetooth Peak Flow meter, measures PEF and FEV₁

Connecting to Activ8lives App by Bluetooth

Ensure that **Bluetooth 4.0 is switched on**, on your Smartphone or Tablet.

Launch the **Activ8lives⁴ Wellness and Diary App** on your Smartphone or Tablet.

Select the **Upload Devices** from the **Menu** and touch the image of the **Activ8lives SmartOne Peak Flow**, which then takes you through easy steps to prepare your device for connecting by Bluetooth 4.0 and uploading your first of three readings.

Pairing Activ8lives SmartOne Peak Flow

The **Activ8lives SmartOne Peak Flow** meter now needs to be paired with your Smartphone or Tablet.

The App will display the **Serial Number** of your **Activ8lives SmartOne Peak Flow meter** if it is within Bluetooth range. If this **Serial Number** matches the number on your **Activ8lives SmartOne Peak Flow**, confirm by pressing the corresponding numbered meter.

We use this **Serial Number** so that your data transmission is secure and cannot be hacked.

The **Activ8lives⁴ Wellness and Diary App** will remember your **Serial Number** but if your Smart Device is rebooted you may need to start from the pairing process again. Press the **Change** button to select another device.

Full instructions and **Pairing Help** are also built into the App to guide you through this pairing process and there are also **Help Videos** within the App.

< Menu

Peak Flow



Summary

Charts

Measure

Select your Peak Flow meter

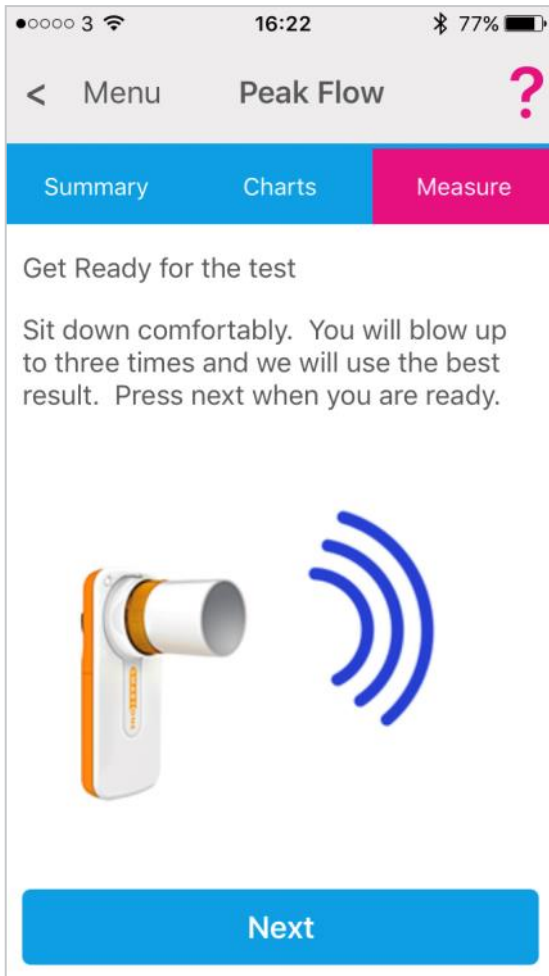
Choose the meter below with the correct serial number. The serial number can be found inside the battery compartment.

Peak Flow Meter **A000444**

Peak Flow Meter **A000448**

Peak Flow Meter **A000360**



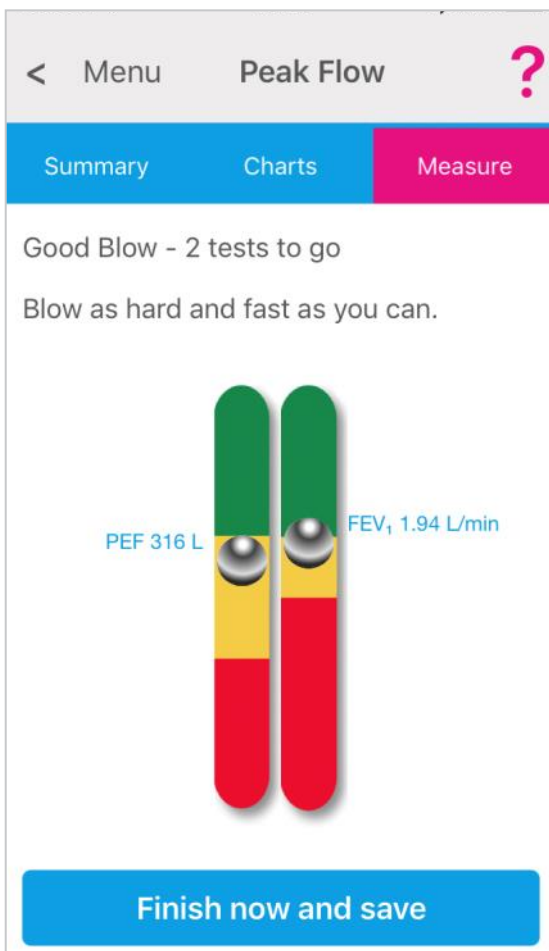


Taking a Reading

If the **Activ8lives⁴ Wellness and Diary App** looks like this, it is ready for you to take one of three readings. Press **Next** to continue and go to the next screen.

The instructions on screen will ask you to sit or stand comfortably for the test. Hold the Main Unit so your hand does not obstruct the **Turbine**.

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



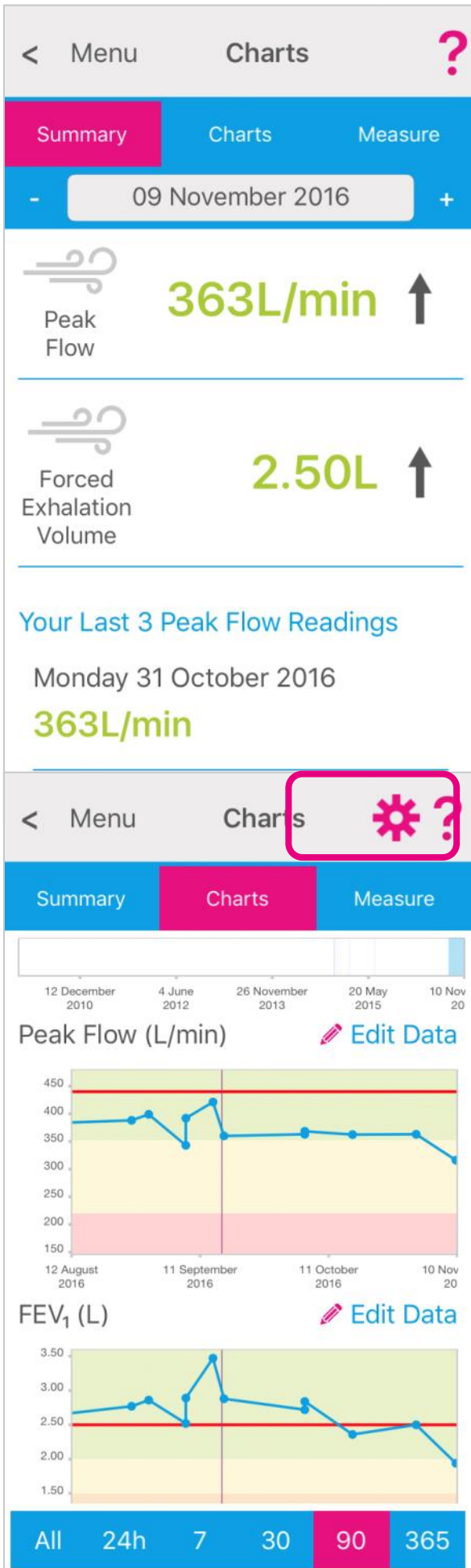
Your Blows

You will need to blow 3 times and the best reading of the 3 blows will be recorded as your reading today.

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 App screen. It takes practise to use the correct technique.

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 from the **Red** to the **Green** for a good reading.

Do allow enough time for relaxation between each blow.





Today's Reading

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

This will display on the **Activ8lives⁴ Wellness and Diary App**, as the **Activ8lives SmartOne Peak Flow** does not have a display.

The example shown here gives:

-  total lung flow rate (PEF) as 363 L/minute
-  restriction to the airways (FEV₁) as 2.50 L

Refer to the Peak Flow Chart on [Page 12](#) to see where your reading falls in the population table.

You will also see your last 3 readings.

Colour coding of parameters within normal (**Green**), alert (**Amber**) and out of parameter readings (**Red**) are easily seen on these graphs.

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

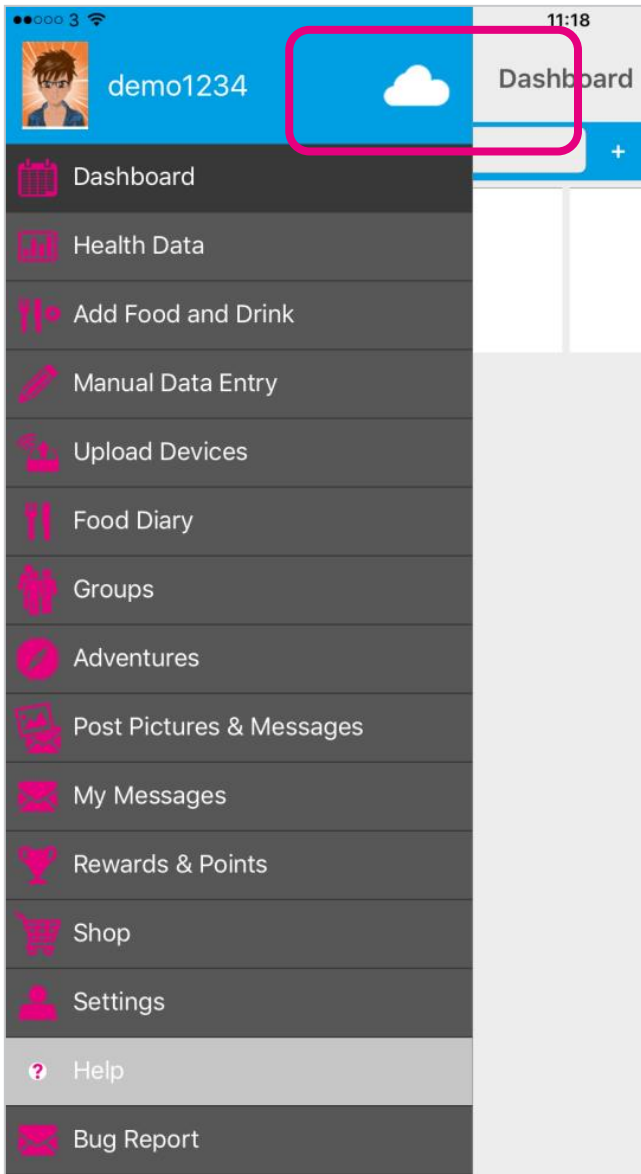
Viewing Data on App

Detailed data Charts can be viewed from the **Activ8lives⁴ Wellness and Diary App** by selecting **Health Data** from the **Main Menu**.

Select and deselect the **Settings Cog** which data you want to show in this graph. Also change the **timeframe** from the bottom blue selector. Within this section you can start to see trends of what affects your other health parameters, and you begin to learn good behaviours or detect declining health.

The data displaying here shows the individuals **Peak Flow** and **Forced Exhalation Volume** over a period of 90 days. You can scroll the Chart left and right to change the timeframe.

3



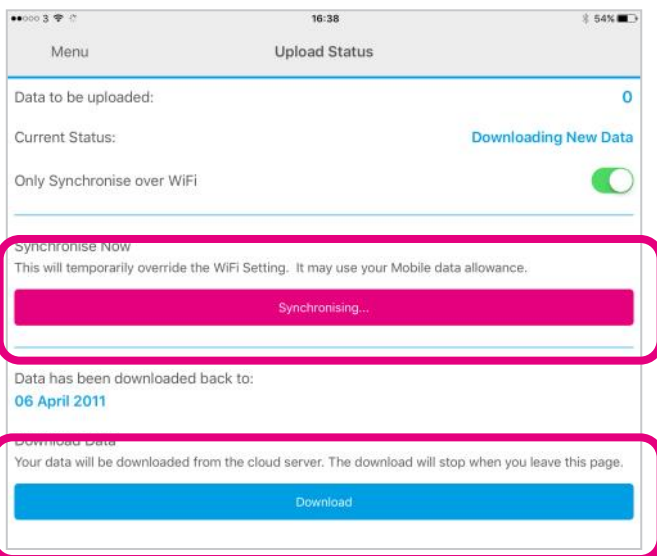
Sending Your Data to Cloud

If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online **Activ8lives** account automatically.

Touch the **Cloud** and it will automatically detect and synchronise if you are on WiFi. Touch the **Synchronise** bar to upload via a Cellular network to upload the data. If there are no networks available the data will be uploaded at a later time by either WiFi or Cellular when you are within range. The data is not lost and you do not have to take the reading again.

By touching the **Download** bar your data will be downloaded from the Cloud for you to view.

When the data is stored in the **Activ8lives** secure **Cloud**, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any time via the Smartphone App or **Activ8lives** website.



- Dashboard
- Health Data >
- Food Diary
- Groups & Messages >
- Caring >
- Adventures
- Bulletins
- Rewards >
- Store

Health Data: Graphs

[Graphing](#)
[Data Tables](#)
[Add Data Manually](#)
[Custom Trackers](#)
[NEWS Chart](#)

[All Data](#)
[Today](#)
[Last 7 Days](#)
[Last 30 Days](#)
[Last 90 Days](#)
[Last 365 Days](#)
Wednesday 20th May 2015 - Tuesday 17th May 2016

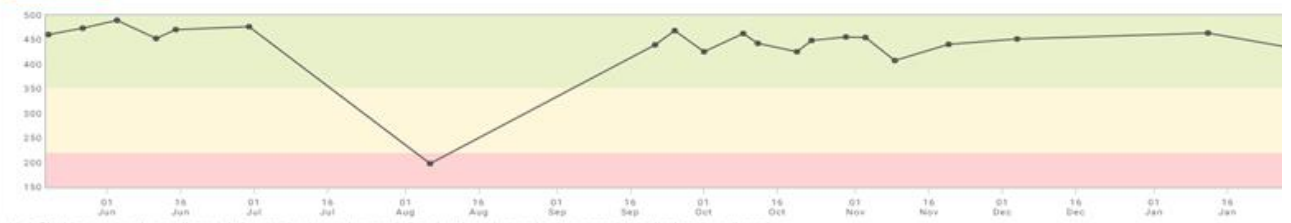
[Print All](#)
[Export to Excel](#)

Standardize key charts

You can choose trackers to display graphs for by clicking the 'Select Trackers' button on the right hand side

Peak Flow

[Copy Graph](#)

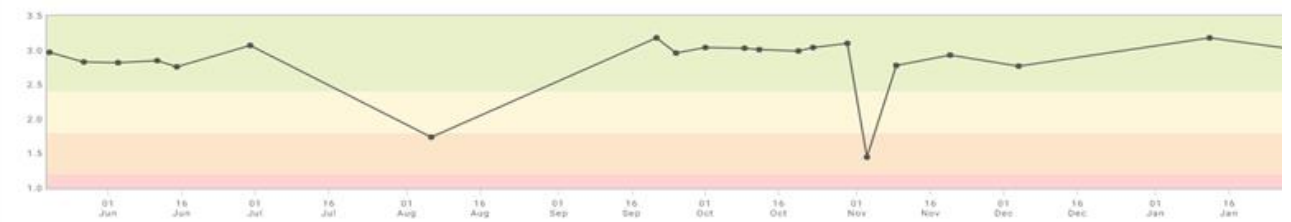


Hint: The blue area on the small graph below can be dragged, expanded or shrunk to change the date range being displayed on all graphs.



Forced Exhalation Volume

[Copy Graph](#)





Viewing Your Data on Your PC or Mac Computer

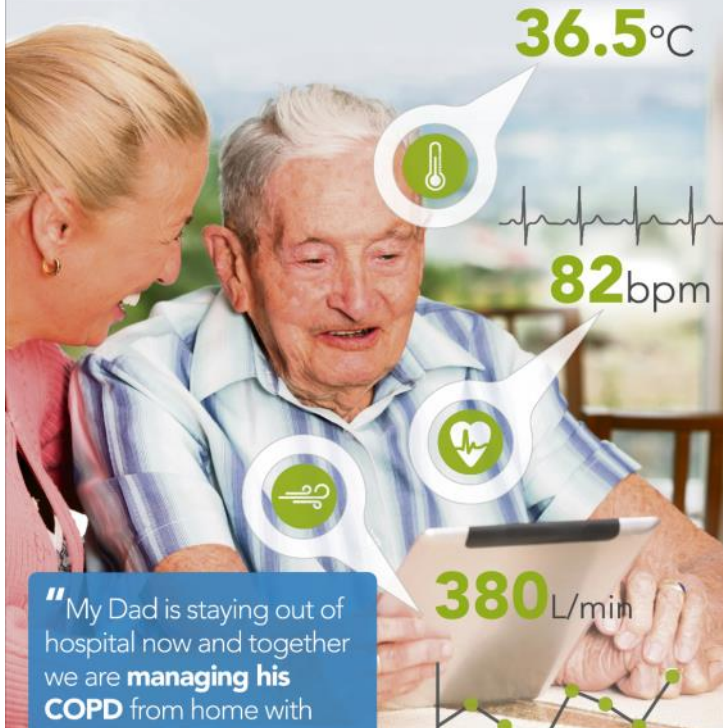
To **Login** via the **Activ8lives** website, go to www.activ8lives.com and **Login** from the top menu of the website using the same **Username** and **Password** that you used for your App **Login**. The website has a lot more features than can be incorporated in to the **Activ8lives⁴ Wellness and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

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










Within this section you can start to see trends of what affects your health parameters, and you begin to learn good behaviors and see the effects of physical activity increases on parameters, such as your lung function, weight or feelings of wellness.

Along with the **Activ8lives SmartOne Peak Flow**, you can monitor and adjust your body composition (from the **Activ8lives Body Analyser Bluetooth**), blood oxygen saturation (**Activ8lives Pulse Oximeter**) and food intake can also be viewed on a single page.

Support your family's health



Simple solutions for self-management

 Blood Oxygen	 Heart Rate	 Blood Pressure
 Lung Function	 Food and Medication Diary	 Weight and Body Composition
 Physical Activity	 Temperature	 Other Biomarkers

www.activ8rlives.com



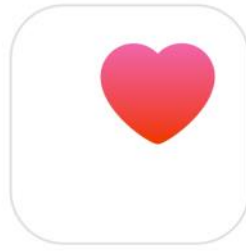
Find [Activ8rlives](#) products at

SPIRIT BUY NOW

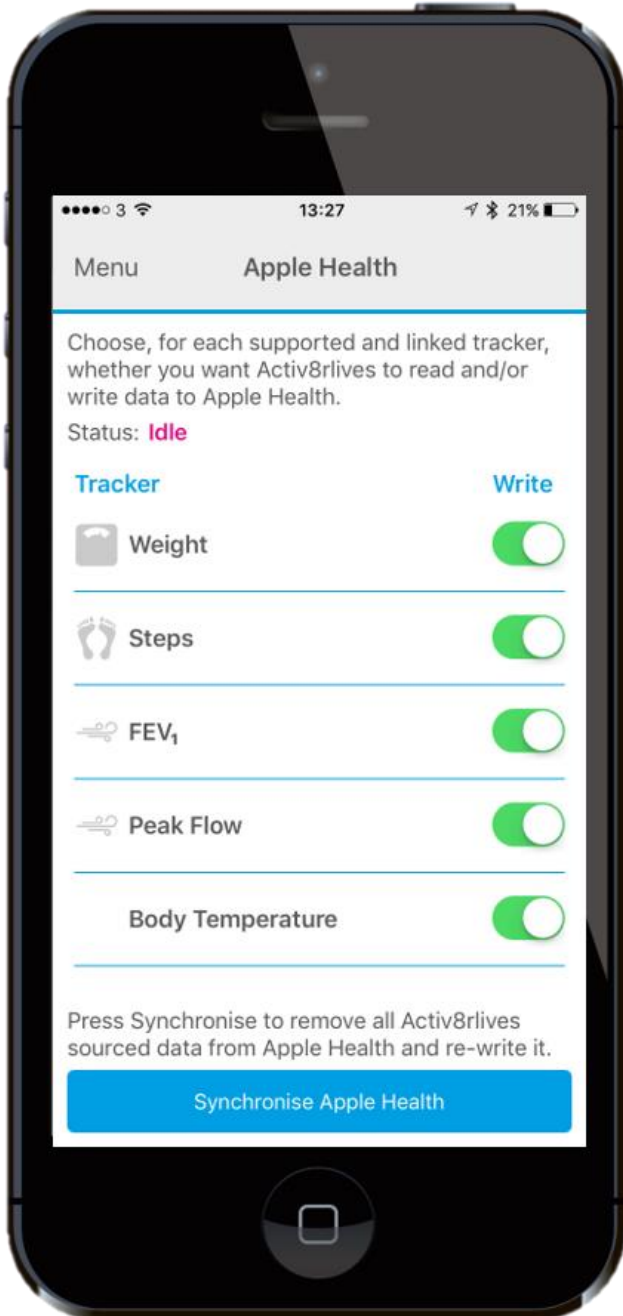


amazon

ebay



Health



Apple Health (HealthKit) Integration

Included in the **Activ8lives⁴ Wellness and Diary App** is the ability to allow users to record data from **Activ8lives'** growing range of consumer-focused health monitors and store these data in both the **Activ8lives** web-servers and Apple's Health App (HealthKit) via your iPhone to share data from other health-related Apps.

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

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

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



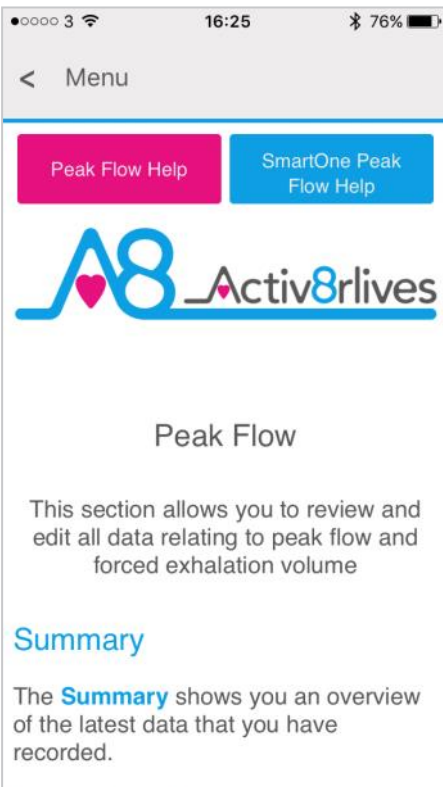
Help Videos in **App**, follow this ?

Website www.Activ8rlives.com



YouTube <http://bit.ly/Activ8rlives>

Trouble Shooting SmartOne Peak Flow



Help Menu?

Help can be found on all pages of the **Activ8lives⁴ Wellness and Diary App** in the top right-hand corner. Touch **?** to expand the page and scroll down through the **Help** information.

Will Not Connect via Bluetooth?

Requires Bluetooth 4.0 Smartphone/Tablet (iOS 10 & above, iPhone 5s & above, iPad 4 & above & Android 5.0 & above).

If the **Activ8lives SmartOne Peak Flow** device will not connect to Bluetooth, first check that you have Bluetooth turned on, on your smartphone or tablet. If your device is still not seeing the **Activ8lives SmartOne Peak Flow** device, close the **Activ8lives⁴ Wellness and Diary App** by logging out of the App and **Login** again.

No Reading Recording

Check that the **Turbine** is clean and is not blocked by debris (see **Page 9**). It is recommended that you disinfect or clean the **Mouthpiece** and **Turbine** once or week or more often if required.

Ensure that the **Mouthpiece** is inserted and locked into place correctly on the Turbine. If it is not, you will not record a blow.

An incorrect technique for carrying out your 3 Blows may also cause failure to record a reading. Check your technique is matching that outlined on **Page 21** of this manual.

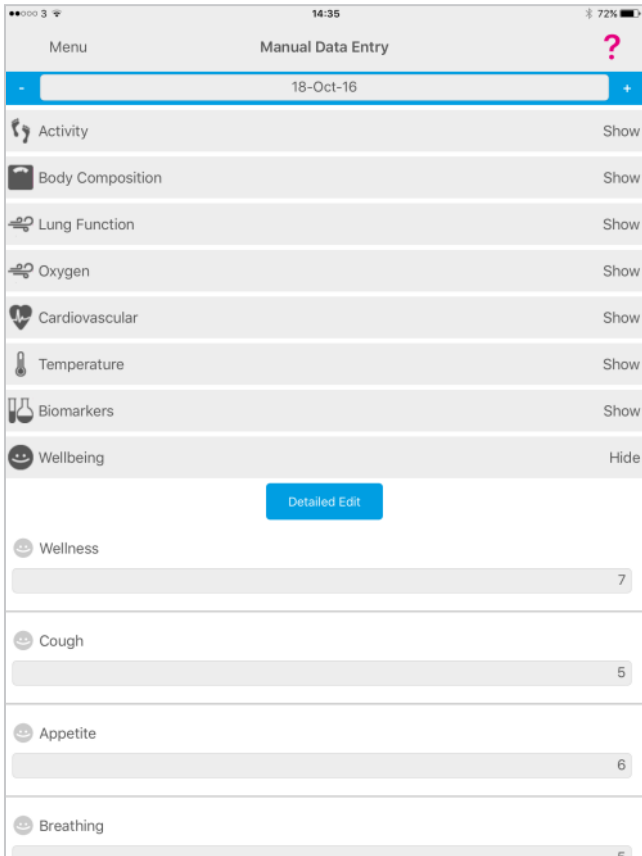
Activ8lives App Crashes

Close other Apps open on your smartphone or tablet, as these may be drawing too much memory to allow the **Activ8lives⁴ Wellness and Diary App** to function.

Still Need Help

We are here to help you 7 days a week (09:00-18:00) so please call us to help you set-up your device on UK 01480 352821.



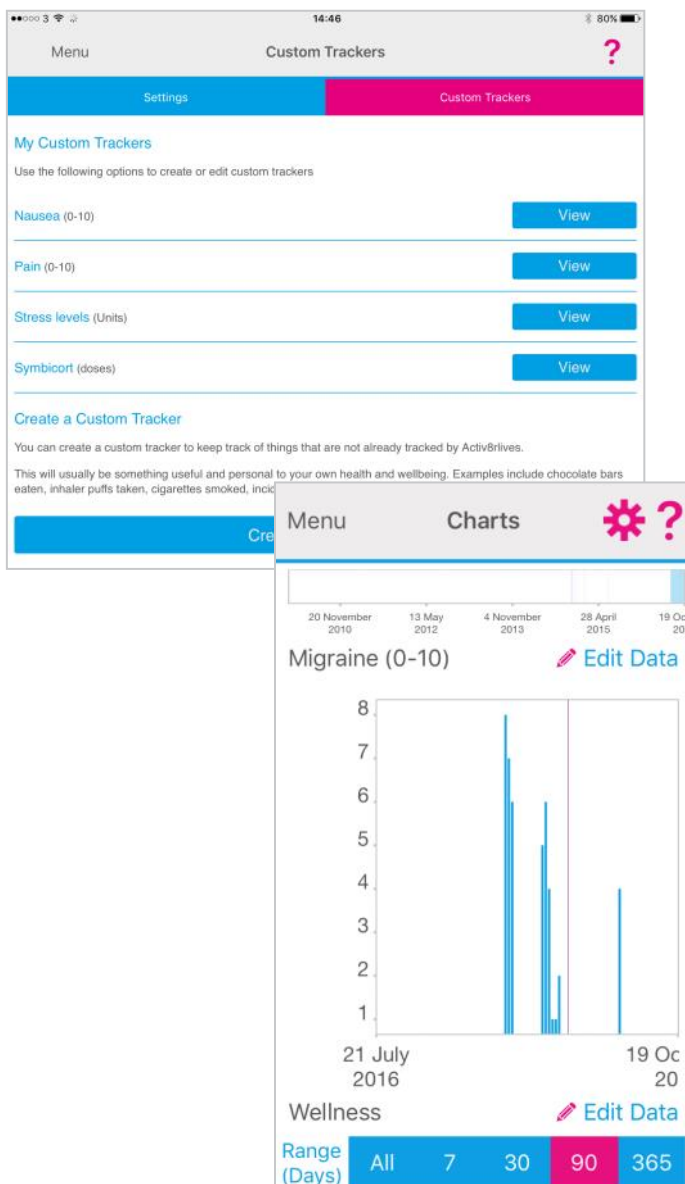


Manual Data Entry

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: Steps and Weight, Body Composition/Shape, Lung Function, Cardiovascular, Biomarkers, Wellbeing or you can create your own Custom Trackers.

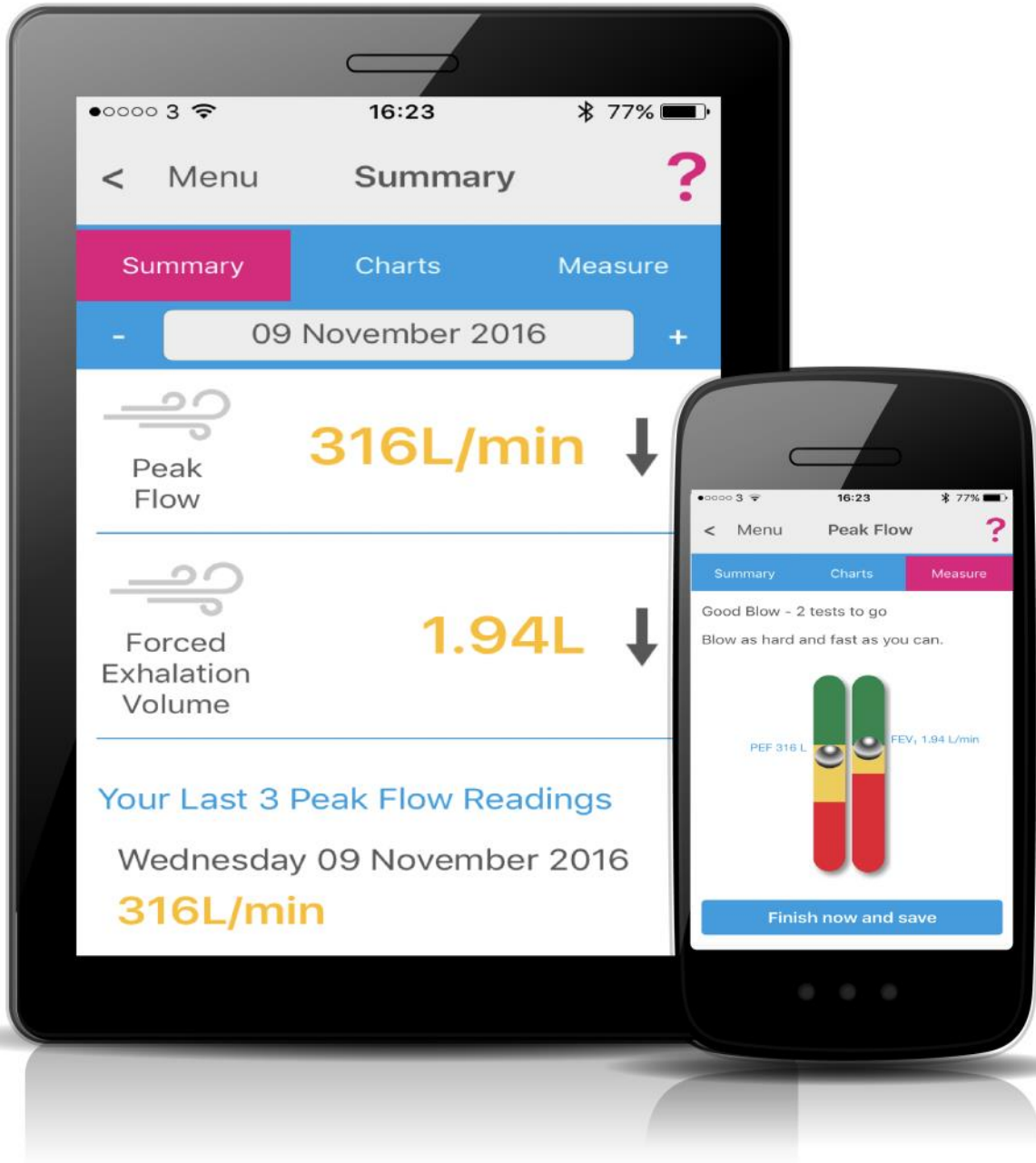


Custom Trackers

Some examples of **Custom Trackers** that can be created in the [Activ8lives⁴ Wellness and Diary App](#) or on the website are shown on the left-hand side of this page.

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

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



Case Study

The relationship between declining PEF and FEV₁ and medication doses (Symbicort™) is seen in the data below. Note the period of decreased PEF and FEV₁ in the life of our volunteer and the resulting compliance in medication to bring both parameters back to nearer a normal for this volunteer. Awareness allows for rapid adjustment in medication and lifestyle.





SmartOne

Peak Flow & FEV₁ Meter

Specifications

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



Warranty

Activ8lives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage outside of the stipulated usage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof-of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8lives** — details are on the back of this User Manual.

EU-Declaration of Conformity



Activ8lives declares that the **Activ8lives SmartOne Peak Flow and FEV₁ Meter** is a certified Class IIa medical device, and complies with the requirements of EU Directive 93/42/EEC.



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

The screenshot displays the Activ8lives website dashboard. At the top, there's a navigation bar with the Activ8lives logo and a 'My Health Score' section. Below this, the main dashboard area is divided into several sections: 'Important Information', 'Group Messages', and a grid of health metrics. The metrics include Steps (10,520), Weight (71.0 kg), Calories (228), BMI (29), Activity Duration (2h 4m), Sleep duration (07h 21m), Blood Pressure (119/65), Body Temperature (37.4°C), and Room Temperature (38.1°C). There are also sections for 'Important Information', 'Group Messages', and 'Store'.

Activ8lives⁴ Wellness and Diary App is just the start of the self-monitoring experience. There is so much more to explore online at www.activ8lives.com

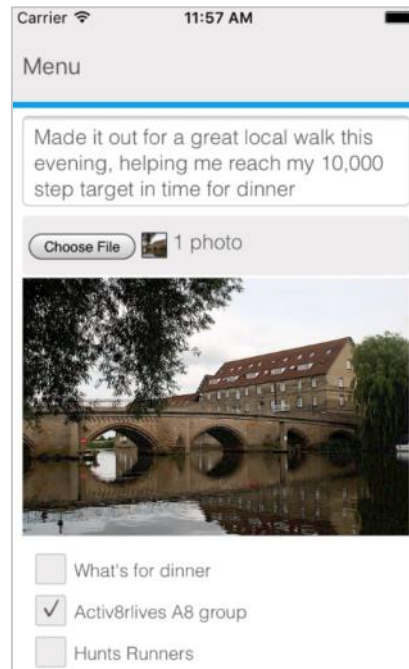
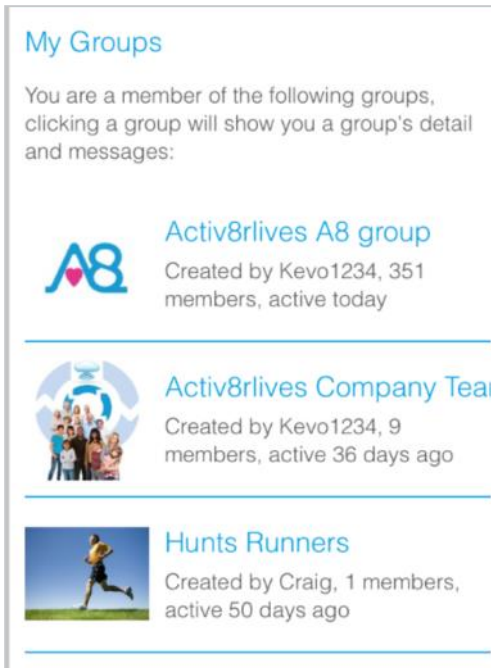
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored securely in a UK-based facility. The **Activ8lives** website has 10 major sections:

1. **Home Dashboard**—where you can see at a glance your data, Important Information and Group Messages in either the 'Simple', 'Advanced' or 'Expert' layout.
2. **Health Data**—this is information about your activity and health parameters, which only you can see. You can add or delete data and print off details to share with your medical team should you wish.
3. **Food Diary**—powerful tool to track your food and drink intake, to help you manage your weight. Works with the free **Activ8lives⁴ Wellness and Diary App**.
4. **Groups & Messages**—this is where you can find, join and create groups and chat to your friends.
5. **Caring**—this is a new section for those that have given you access to their tracked health data so that you may care for them.
6. **Adventures**—you can join an adventure or set-up your own for your group or work colleagues to walk along with you.
7. **Bulletins**—these are messages from **Activ8lives** about updates and products added to our suite of self-monitoring tools.
8. **Rewards**—where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
9. **Store**—you can follow this link through to our products on Amazon.
10. **Account / Help / Logout**—how to change your details, passwords, targets and Help instructions.



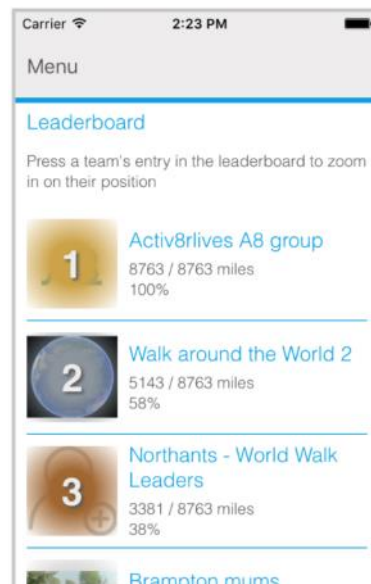
Join a Group, Start Your Own and Keep in Touch!

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



Take an Adventure with your Group

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





Rewards and Medals

Being active everyday is vital for long-term health and wellbeing. To encourage consistent activity, **Activ8lives** has two rewards systems.

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

Bronze Medal = 7 days of 10,000 steps.

Silver Medal = 35 days of 10,000 steps.

Gold Medal = 175 days of 10,000 steps.

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

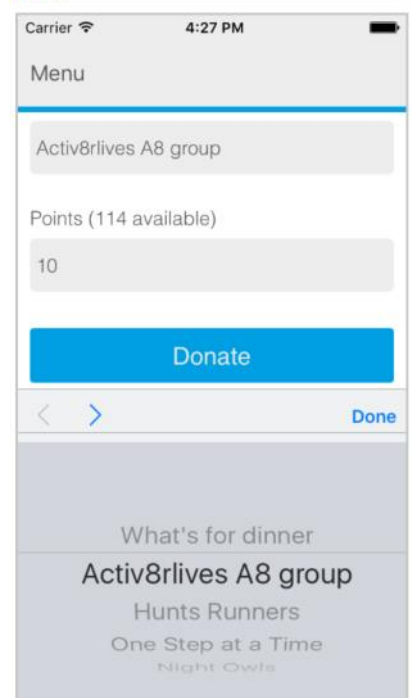
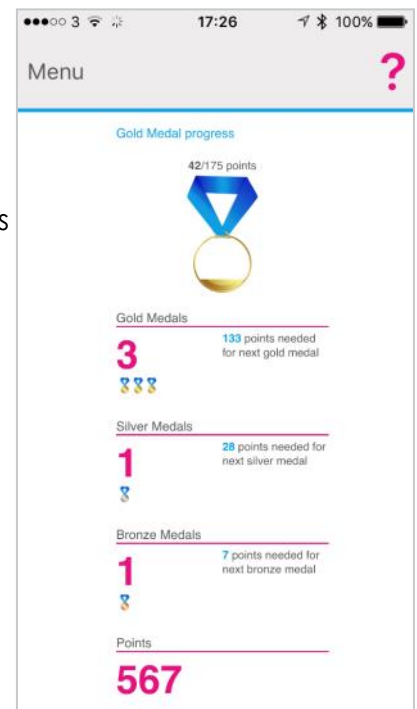


Points are earned each time you achieve 10,000 steps a day. You can donate these points to any of the groups you are in and are a way of saying "Great Job!" The more in your group, the more points your group will receive and the higher it moves up in the ranking.

You can use points to compare the performance of one group over another. Groups with a high number of donated points have an active membership.

Points can also be used for sponsored charity events. Decide as a group to walk on an adventure: Australia to Paris for example.

Perhaps ask your employer to contribute to your group's chosen charity, a sum for each point raised by the group. It is a way for employers to motivate staff to be active and healthy.





Activ8rlives⁴ Wellness & Food Diary App

iOS & Android App



Track your food and liquid intake using our photo-based free **Activ8rlives⁴ Wellness and Diary App**.

- Take pictures of what you eat and drink with your Smartphone or Tablet.
- Brings mindfulness to your eating habits and portion size.
- Records photos of what you eat and drink in your **Activ8rlives⁴ Wellness and Diary App**.
- Updates and stores data in your **Activ8rlives** cloud account and not on your Smartphone.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.



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Award winning



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