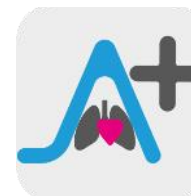





Contactless Thermometer

Wireless



www.activ8rlives.com

Contactless Thermometer connects via Bluetooth 4.0 and uploads data to **Activ8rlives⁴ Health+Wellness App**, **Active⁺me REMOTE** and **Asthma+me**. Works with: Bluetooth Smart Ready device (typically Bluetooth 4.0+), iOS 12+ and Android 10+. Apple Health App compatible.

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

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at www.activ8rlives.com



Contactless Thermometer

Wireless


Your Activ8rlives Contactless Thermometer

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 for **Activ8rlives** Contactless Thermometer:

The **Activ8rlives** Contactless Thermometer is a device that can measure body or core temperature and ambient (room or environment) temperature. It connects to the **Asthma⁺me**, **Active⁺me REMOTE** and **Activ8rlives⁴ Health+Wellness Apps**.


The **Activ8rlives** Contactless Thermometer is a contactless infrared thermometer intended to measure forehead and temple temperature of infants and adults without contacting the human body.

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

Health and Safety Notices

 **WARNING:** The **Activ8rlives Contactless Thermometer** is **NOT waterproof**. Do not submerge it in water.

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

 **MEDICAL ALERT: Please** seek medical advice if you are at any time concerned that your body temperature is out of the normal range for your age. This device is intended to measure body temperature of the temporal artery. The reliability of this measure cannot be guaranteed if the temperature is measured on another part of the body or not using the device as instructed on Page 17.

This device is not a toy. It is calibrated for use with all ages of people, pregnant women and can be recalibrated to adjust for skin tone.

Each time there is a significant change in the ambient (room) temperature, allow the **Activ8rlives Contactless Thermometer** to acclimatise to room temperature for 15-20-minutes and allow 3-5-seconds between readings.

Use a soft, microfiber cloth for cleaning. The glass Infrared lens is fragile and can be cleaned with a cotton bud lightly moistened with 95% alcohol (not dripping wet). Do not use other harsh cleaning products as these will cause damage to your **Activ8rlives Contactless Thermometer**. Do not allow sharp objects to scratch the Infrared lens or the LCD display as this may damage it.



Do not allow your **Activ8rlives Contactless Thermometer** to be subjected to excessive forces, shocks, dust, temperature changes or humidity over 85%. Don't expose your **Activ8rlives Contactless Thermometer** to direct sunlight for long periods of time. Harsh physical treatment may stop your **Activ8rlives Contactless Thermometer** from working properly.



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

Do not expose the **Activ8rlives Contactless Thermometer** to electric shock.

Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock. Take precautions when handling all battery types and when disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.

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, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge.

There are no serviceable parts to the **Activ8rlives Contactless Thermometer** and you should not attempt to repair it.



The measurement functions built into the **Activ8rlives Contactless Thermometer** are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

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



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

Customer Support 7-days-a-week, between 09:00-18:00

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

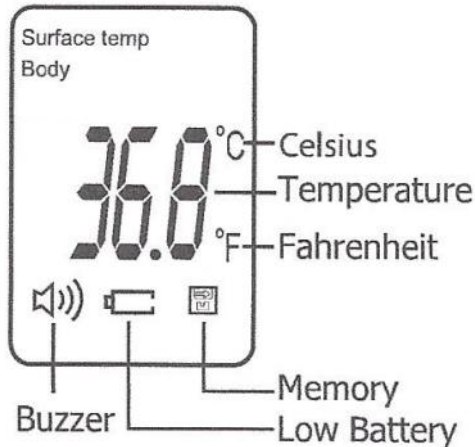


Your Activ8lives Contactless Thermometer

Your **Activ8lives** Contactless Thermometer has several parts, the **Infrared Lens**, **LCD Display**, **Operation Buttons**, and the **Battery compartment**. The **Activ8lives** Contactless Thermometer has no user-serviceable parts.



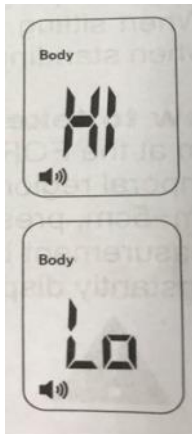
LCD Display



The **LCD Display** will provide the following information and following the reading this will be sent to the [Activ8lives⁴ Health+Wellness](#) (free), [Active⁺me REMOTE](#) and [Asthma⁺me](#) (subscription) **Apps** via Bluetooth.

When measuring in **Body Mode**, the message on the LCD can show "**HI**" on the screen, when the temperature is above 42.9°C (109.2°F).

When measuring in Body Mode, the message on the LCD can show "**Lo**" on the screen, when the temperature is below 32°C (89.6°F).



LCD Colour-Coded Ranges

The LCD display will also show **GREEN**, **AMBER** or **RED** based on the Temperature readings in accordance with WHO guidelines as follows.

Lower Temperature	Upper Temperature	Indication
≤37.3°C (≤99.1°F)	37.3°C (99.1°F)	Normal Temperature
37.4°C (99.3°F)	37.9°C (100.2°F)	Low Fever
38°C (100.4°F)	≥38°C (≥100.4°F)	High Fever

Adding Batteries


Your **Activ8rlives Contactless Thermometer** uses two AA 1.5V alkaline batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Remove the blue back cover and add the 2 x AA batteries in the direction indicated.

Replace the cover. The **LCD Display** should light up now.

If it is not used, it will power off after about 30 seconds. If it is overloaded, it will also power off. Also a faulty operation would make it power off.

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, 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 AA) in the right direction when the battery sign on the **LCD** is shown as 





How Does Activ8lives Contactless Thermometer Work?

The **Activ8lives Contactless Thermometer** uses the latest infrared technology. Infrared technology allows the temporal artery (TA) temperature to be taken at a distance of about 3-5cm away from the forehead or temples. The temporal artery runs close to the surface of the skin at the temples and thus it is easily accessible to take a temperature reading from.

Precise, instantaneous and without contact with the person the temporal artery (TA) temperature measurement is more precise than the tympanic thermometry via the ear canal and is better tolerated than rectal thermometry.

However, as with other types of thermometer, it is essential to use the **Activ8lives Contactless Thermometer** properly in order to obtain reliable and stable results.

Operating Principles

All objects, solid, liquid or gas emit or give out energy by radiation. The intensity of this energy depends on the temperature of the object.

The **Activ8lives Contactless Thermometer** is able to measure the temperature of a person and able to take a room or ambient temperature of the air (gas). These measurements can be taken by an external temperature probe on the device, which permanently analyses and registers the ambient temperature.

Therefore, as soon as the operator holds the **Scan Button** on the **Activ8lives Contactless Thermometer** near the body and activates the radiation sensor, the measurement is taken instantly by detection of the infrared heat generated by the arterial blood flow near the temples and forehead of the head. Body heat can be measured without any interference from the heat of the surrounding environment.



Body Temperature

A normal body temperature is around 37°C (Celsius) or 98.6°F (Fahrenheit). However, the concept of there being a normal body temperature is somewhat misleading. In fact normal body temperature can vary according to a wide range of factors, including a person's age, the time of day and whether someone is active or not. It is generally accepted that normal body temperature ranges between 36.1°C (97°F) to 37.2°C (99°F).

The list of factors that influence body temperature depends on:

- The person.
- Their age and gender.
- What they have been doing,
- The time of day.
- Which part of the body you take the temperature from.

For example:

- Body Temperature increases by 0.5°C between 6am to 3pm.
- Women have a temperature a little higher, on average, by around 0.2°C.
- Women's temperatures also varies in accordance with their ovarian menstrual cycle and the early stages of pregnancy, rising by 0.5°C.
- When sitting, your temperature is lower by about 0.3°C to 0.4°C than when standing.

In order to ensure that precise and accurate temperature measurements are obtained, it is essential that each user have received adequate information and training in the temperature measurement technique when using different temperature devices.

It is essential to remember that although the procedure such as taking your temperature may be simple, it must not be trivialised. Also it is important to ensure that Body Temperature should be taken in a neutral context, i.e. the person must not have undertaken vigorous physical activity prior to taking their temperature and room temperature must be moderate (i.e. 10°-40°C).

A fever is a temperature of more than 38°C or 100.4°F or over. However, in children under the age of five years, a fever is a body temperature of more than 37.5°C or 99.5°F.

Most fevers are caused by an infection or another illness. Fever helps your body fight infections by stimulating the body's natural defences. By increasing the body's temperature, a fever makes it harder for the bacteria and viruses that cause infections to survive.

 **MEDICAL ALERT: If you are concerned about your Body Temperature or that of a child in your care, consult the relevant Self-Care Guides within your Country or contact your medical team.**



Recalibration for Different Skin Types

For people with different skin colours (e.g. yellow hue, white, brown or black skin colours) you may need to recalibrate the **Activ8rlives Contactless Thermometer**.

Recalibration is a simple process of comparing body temperatures taken with the **Activ8rlives Contactless Thermometer** and a mercury thermometer and either increasing or decreasing the discrepancy between the two devices on the digital device.

- Press **MODE** button 2 seconds, the screen will then display **F1**.
- Press **MEM** button twice, the screen will then display **F4**.
- Press **MODE** button to choose the Offset Value (the difference between the **Activ8rlives Contactless Thermometer** and a mercury thermometer [-3°C to 3°C or -5.4°F to 5.4°F]).
- Confirm by pressing **MEM** button to save the setting.





3-5 cm away from forehead and temple.

Age	° C	° F
0-2 years	36.4—38.0	97.5—100.4
3-10 years	36.1—37.8	97.0—100.0
11-65 years	35.9—37.6	96.6—99.7
>65 years	35.8—37.5	96.4—99.5

Normal Body Temperature by Age
Reference: NHS Choices.



When Taking a Reading

In order to ensure that precise and accurate temperature measurements are obtained via your **Activ8lives Contactless Thermometer**, it is essential that each user have received adequate information and training in the temperature measurement technique when using such a device.

- It is essential to remember that although the procedure such as taking your temperature may be simple, it must not be trivialised.
- Body temperature should be taken in a neutral context, i.e. the person must not have undertaken vigorous physical activity prior to taking their temperature and room temperature must be moderate (i.e. 10°-40°C).
- Be aware of physiological variations in temperature which must be taken into consideration when evaluating the results.

Use on Infants?

Yes it can be used for babies and infants because it does not require contact so it is more readily tolerated by young infants and babies.

Before Taking a Temperature Reading

To ensure a stable and reliable result follow these instructions:

- Push hair back from the temples and forehead.
- Wipe any perspiration from the temples and forehead.
- Avoid any drafts (e.g. from nebulisers, nasal specs, air conditioning etc).
- Allow 3-5 seconds interval between two measurements.
- Each time there is a significant change in the ambient (room) temperature due to a change in the environment, allow the **Activ8lives Contactless Thermometer** at least 15 minutes to acclimatise to a changed ambient temperature before using it to take a temperature reading.

 **MEDICAL ALERT: If you are concerned about your Body Temperature or that of a child in your care, consult the relevant Self-Care Guides within your Country or contact your medical team.**



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

The **Activ8lives Contactless Thermometer** 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 by Bluetooth 4.0.

This guide will show you how to:



1 Install the **Activ8lives⁴ Health+Wellness** (free), **Active⁺me REMOTE** or **Asthma⁺me** (subscription) **Apps** to your iOS or Android Smartphone or Tablet.



2 How to operate, use and take care of your **Activ8lives Contactless Thermometer** and connect to your Smartphone or Tablet.



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 body temperature and room temperature and connect to the **Activ8lives⁴ Health+Wellness App** (free).

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


Activ8lives⁴ Health+Wellness App is an application software for mobile device intended for use in the home to assist people to receive and review information from connected medical and non-medical devices, track medication use, for effective health self-management. The user also can share the data via sharing functions.


Activ8lives⁴ Health+Wellness App is a Class I medical device designed for use with persons 5-80+ years-old, and 5-12 years-old with adult supervision, who have a health condition for which the App can be used at home for their self-care.

Health and Safety Notices for **Activ8lives⁴ Health+Wellness App**:

Activ8lives⁴ Health+Wellness App is not intended to monitor vital physiological parameters where variation could result in immediate danger.

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

 Do not rely on **Activ8lives⁴ Health+Wellness App** to diagnose or treat any long-term health condition. Only recommended for children 5-years-old and over and only under adult supervision.

 Do not rely solely on the Reminder capabilities of the **Activ8lives⁴ Health+Wellness App** to take your prescribed medication as directed by your medical team.



Installing the Activ8lives⁴ Health+Wellness App on Your Smartphone or Tablet (Bluetooth 4.0 Enabled Device are required to use this device).

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.



Compatible Bluetooth 4.0 Smartphones or Tablets



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



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

IMPORTANT NOTE: Please adjust the screen lock function on your Smartphone or Tablet to be longer than 2 minutes to allow the **Activ8lives** Contactless Thermometer time to synchronise with your device.

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



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.





Menu

 **Activ8lives**

Email Address

Password

Login

Not a Member?

It is free to join Activ8lives!

Register

Take a Tour

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** bar 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 in **Settings** 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.

< Menu Registration ?

Units and Measurements

We use your height and weight to measure your BMI, as well as a few other parameters. Let us know you prefer so that we show you your data in a way that makes sense to you

Units

Metric

Weight Units

Kg

Weight

Height Units

Cm

Height

< Menu Registration ?

Activity

What are your activity targets? Choose one of the defaults below, or enter your own.

Beginner

If you're new to activity tracking and wish to start gently

6,000 steps a day

35 minutes a day

Recommended

This is the recommended target for most people. It provides a reasonable daily challenge

10,000 steps a day

60 minutes a day

Advanced

This is an advanced target for people that are confident and experienced with activity tracking

12,000 steps a day

70 minutes a day

Step Target

< Menu Registration ?

Current Weight & BMI

Your current BMI is 25.8. This is in the **Overweight** range.

66kg Weight

25.8 BMI

Weight Target

Your healthy weight range is between 47.4kg and 77.1kg

Weight Target

55

55kg Weight

21.1 BMI

Menu ? **Upload Devices** ?

547 items uploading

PUFFClicker

Last recorded 178 days ago

Preventer Inhaler: 2puffs

Reliever Inhaler: None

Pulse Oximeter

Last recorded 28 days ago

Oxygen: 96.0%

Heart Rate: 68bpm

Pulse Oximeter2

Last recorded 28 days ago

Oxygen: 96.0%

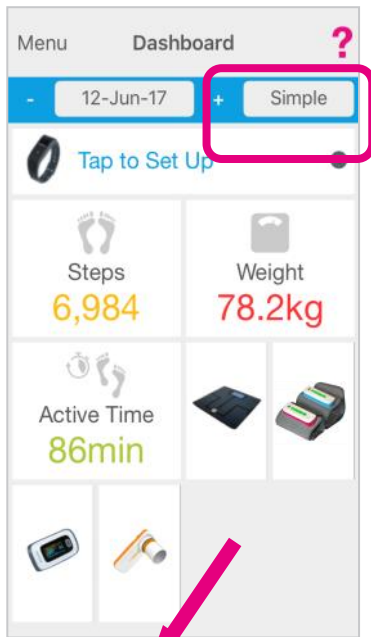
Heart Rate: 68bpm

Thermometer

Last recorded 8 days ago

Body Temperature: 36.7°C

Room Temperature: 24.2°C



Completed Registration

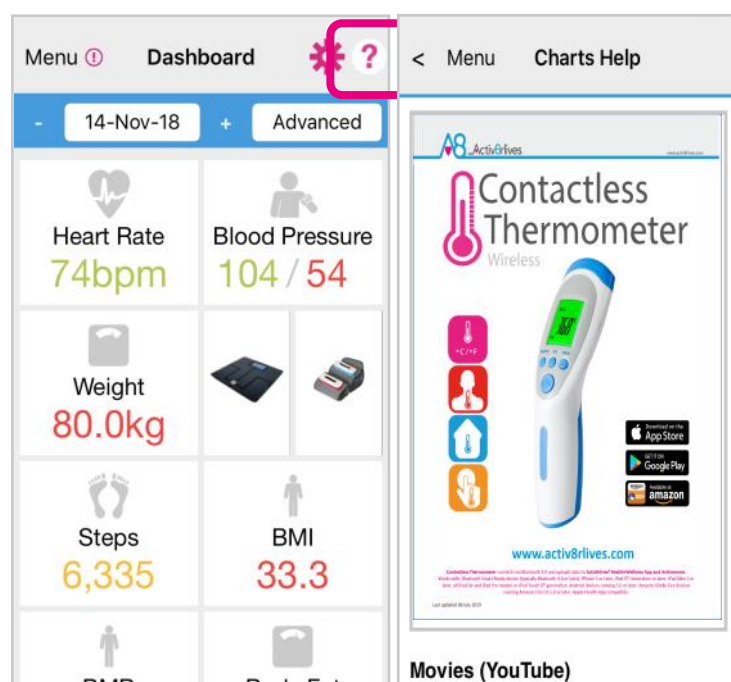
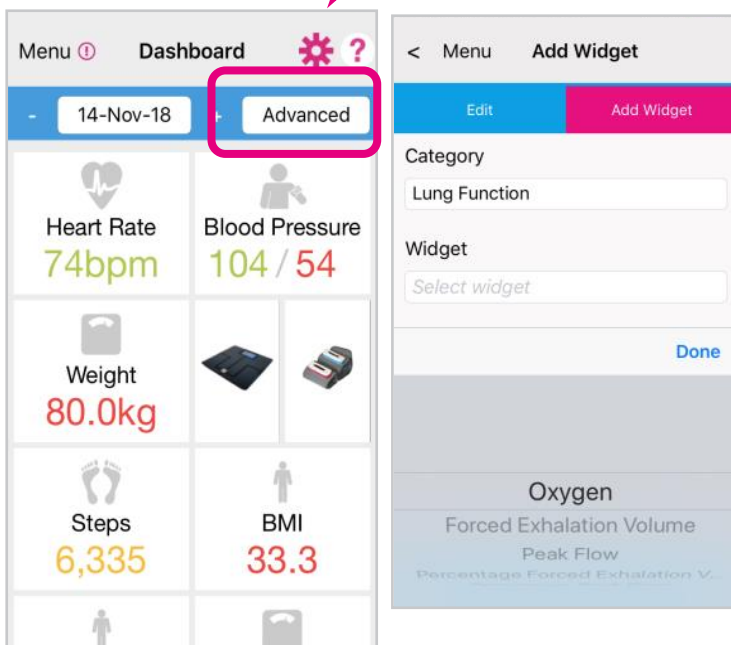
On one of the screens of the **Registration** you can select the **Activ8rlives** devices that you have. Once you have completed your **Registration** you will automatically be directed to your **Dashboard** and a summary of your activity and weight targets are set into this **Simple Dashboard**. These 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.

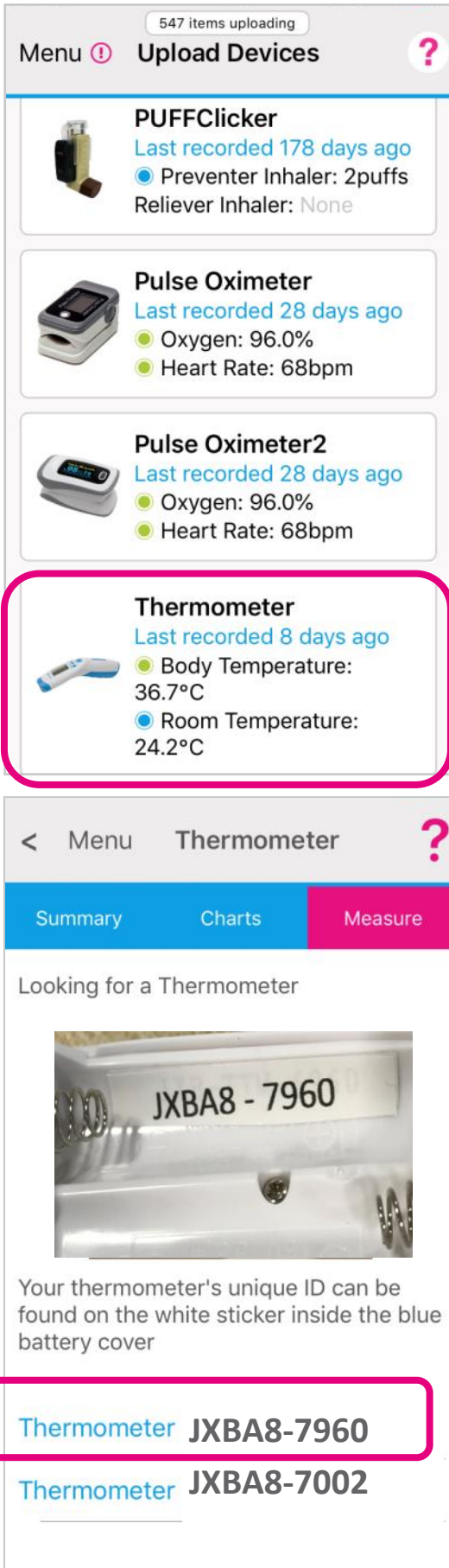
Optimising Your Dashboard

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 **Activ8rlives⁴ 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.





Pairing Contactless Thermometer

The **Activ8lives Contactless Thermometer** 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 your **Dashboard** touch the image of the **Activ8lives Contactless Thermometer** or select from the **Menu > Upload Devices > Activ8lives Contactless Thermometer**, which then takes you through easy steps to prepare your device for identification.

Identify your Device

The **Activ8lives Contactless Thermometer** now needs to be paired with your Smartphone or Tablet. To wake up the device touch the **Scan button** and the **LCD** will light up.

Take a note of the **Unique Number** indicated on the inside of the battery compartment of your **Activ8lives Contactless Thermometer**. The App will display the **Unique Number** of devices within Bluetooth range. If your **Unique Number** matches the number on your **Activ8lives Contactless Thermometer**, confirm by pressing the corresponding numbered meter on the App screen.

We use this **Unique Number** so that 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 **Activ8lives⁴ Health+Wellness App** will remember your **Unique Number** but if your Smart Device is rebooted or the batteries changed you may need to start from the pairing process again. Press the **Change** button to select another device.

Same Number so touch the number on the App screen



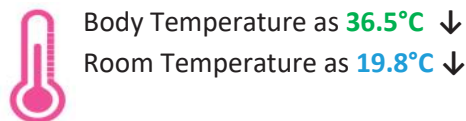
Full instructions and **Pairing Help** are also built into the **Activ8lives⁴ Health+Wellness App** to guide you through this pairing process and there are also **Help Videos** within the App by touching the **?**.



Taking a Reading

After you have identified your device the App screen will move to the next instruction to take a reading. With the device 3-5cm from your temple, press the **SCAN** button. The reading will be shown on the device LCD and on the App.

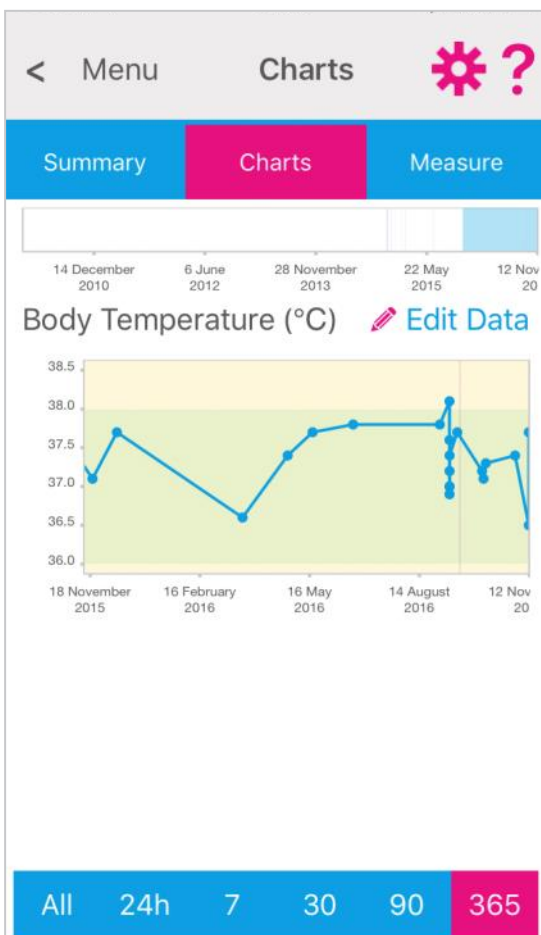
The example shown here gives:



Refer to the Body Temperature Chart on [Page 12](#) 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.

Your data can be shown in **Charts** by selecting it from the top tabs.



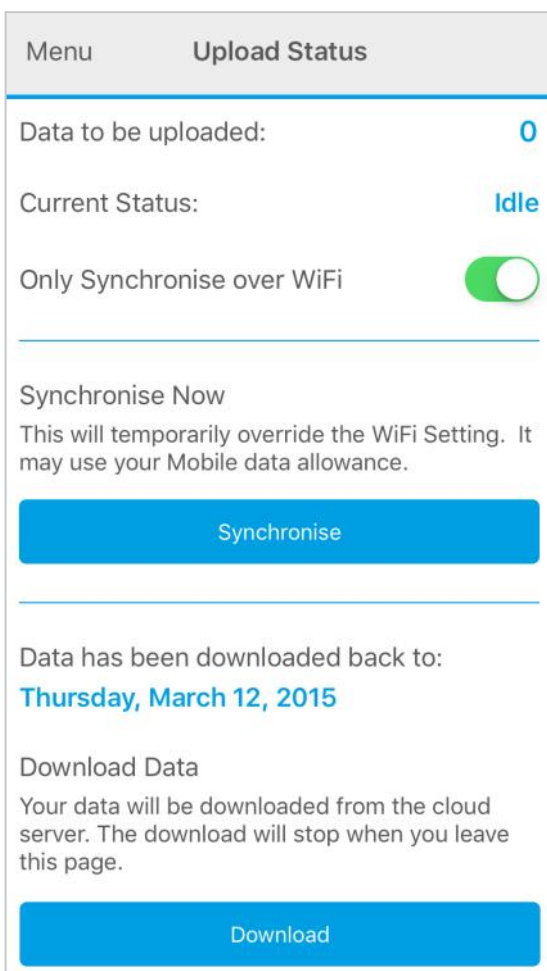
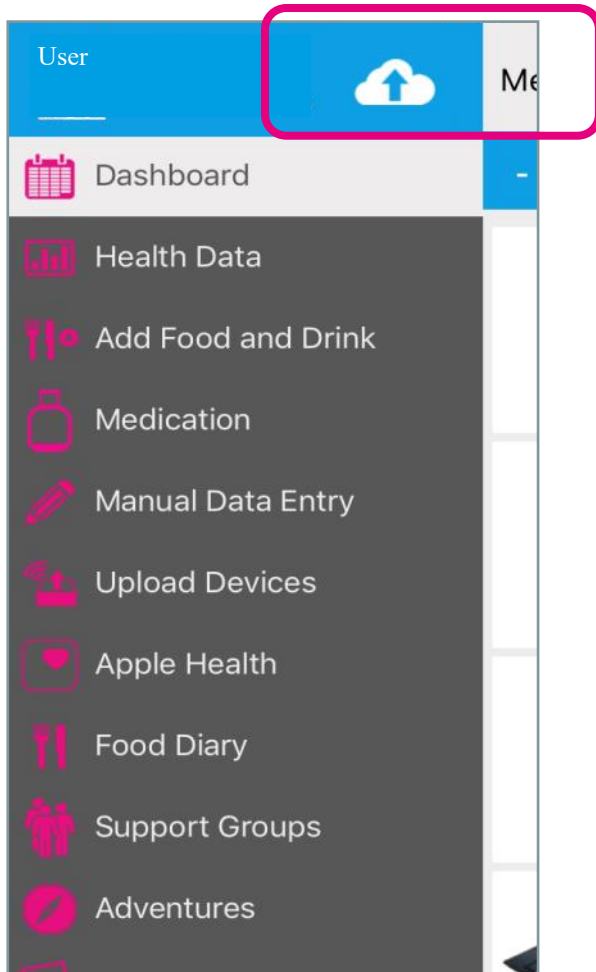
You can display your data over different timeframes, by changing the time from the bottom **Range Days**: All, 24h, 7, 30, 90 or 365 days of data. The data displaying on the left shows the individuals **Body Temperature** over a period of 365 days. You can scroll the **Chart** left and right to change the timeframe.

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

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

Note: When your **Activ8lives Contactless Thermometer** is connected via Bluetooth and WiFi/Cellular it will upload to the **Activ8lives⁴ Health+Wellness App** and will also be displayed on the **Activ8lives Contactless Thermometer**. If your **Activ8lives Contactless Thermometer** is **NOT connected** to your Smartphone or Tablet, the data will be stored on the device for up to 30 days.





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](https://www.activ8lives.com) 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.

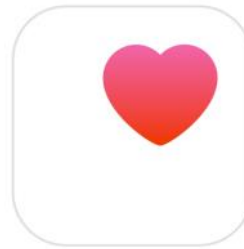
If there are no networks available the data will be uploaded at a later time by either WiFi or Cellular when you are within range. The data is not lost and you do not have to take the reading again.

When the data is stored in the [Activ8lives](https://www.activ8lives.com) 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](https://www.activ8lives.com) website. www.activ8lives.com

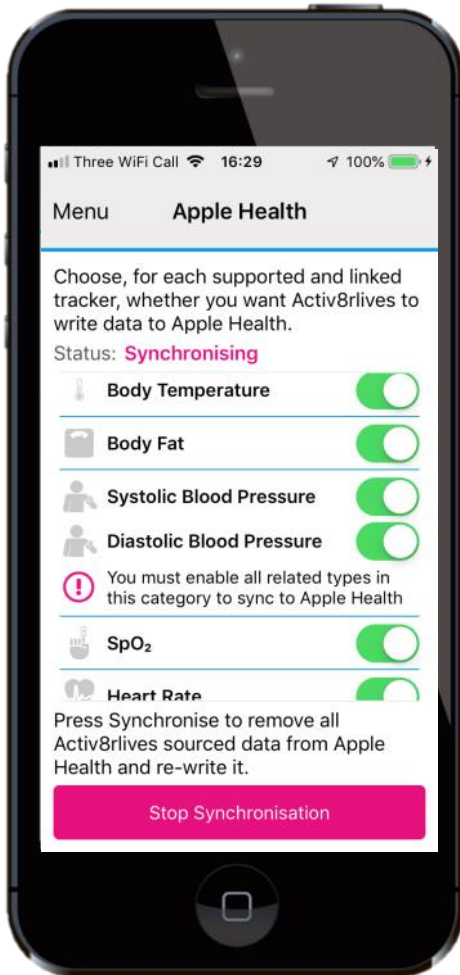
Data Security

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





Health



Apple Health App Integration

Included in the **Activ8lives⁴ Health+Wellness 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 Cloud** servers and **Apple's Health App** via your iPhone.

From the **Menu** of the **Activ8lives⁴ Health+Wellness App**, select **Apple Health** and it will guide you through step-by-step the process of set-up of **Apple Health** within the **Activ8lives⁴ Health+Wellness App**. You must enable all related types 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.



Viewing Your Data on Your PC or Mac Computer

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

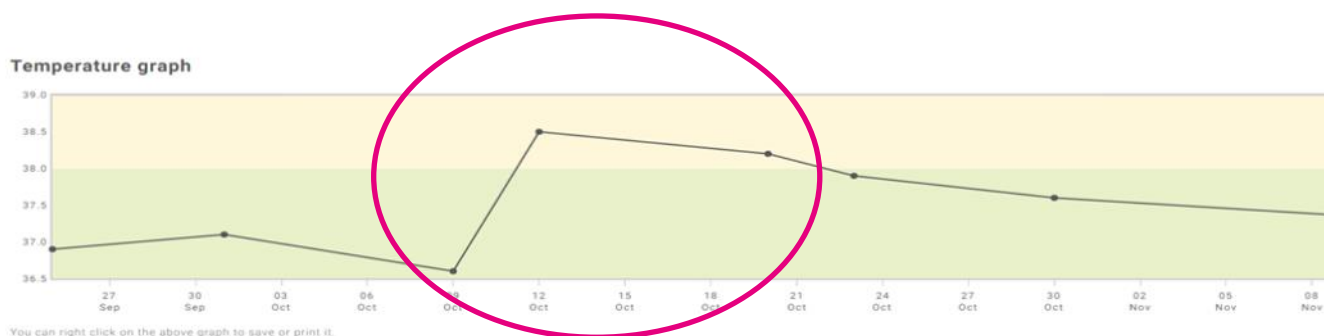
From your [Activ8lives](http://www.activ8lives.com) account you can view your **Health Data**, select the **Timeframe** and scroll down to view.

The [Activ8lives](http://www.activ8lives.com) Data website hosts an enhanced **Dashboard**. You have the choice of using either the **Simple**, **Advanced** or **Expert** settings by selecting the buttons in the top right-hand corner to switch between increasingly complex **Dashboard** layouts.

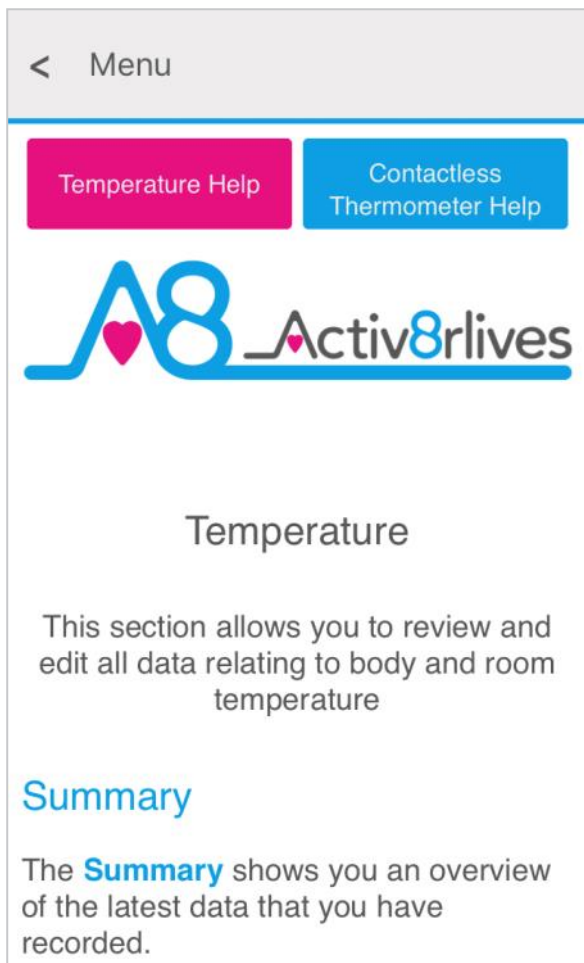
The screenshot shows the 'Health Data: Graphs' interface. At the top, there are navigation tabs: 'Home', 'Data Tables', 'All Data Monthly', 'Custom Trackers', and 'Web Chart'. Below this, there are filters for 'All Data', 'Today', 'Last 7 Days', 'Last 30 Days', 'Last 90 Days', and 'Last 365 Days', along with a date range '1/1/2010 - 9/30/2019'. A 'Print All' button is visible in the top right corner. The main content area displays two line graphs: 'Body Temp' and 'Room Temp'. The 'Body Temp' graph has a 'Copy Graph' button. A pink arrow points to the 'Print All' button with the text 'PRINT ALL'. Another pink arrow points to the 'Copy Graph' button with the text 'COPY GRAPH'. A third pink arrow points to the right-hand side of the dashboard with the text 'Select Trackers here to add to your Dashboard on the Web version'.

Printing your Data

Printing your data can be achieved by going to the Web version of your [Activ8lives](http://www.activ8lives.com) account and touch the **Print All** tab or **Copy Graph**. These will be saved as a PDF file, as the example below, for easy printing or sending via email.



You can right click on the above graph to save or print it.



Help Menu?

Help can be found on all pages of the **Activ8rlives**⁴

Health+Wellness App in the top right-hand corner. Touch **?** to expand the page and scroll down through the **Help** information, including viewing the Help Videos and PDF

Manual. Touch **!** to reveal helpful hints.

Will Not Connect via Bluetooth?

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

If the **Activ8rlives Contactless Thermometer** device will not connect to Bluetooth, first check that Bluetooth is switched on your Smartphone or Tablet and then touch the **Scan Button** on the **Activ8rlives Contactless Thermometer** to wake it up.

Activ8rlives App Crashes

Close other Apps open on your smartphone or tablet, as these may be drawing too much memory to allow the **Activ8rlives**⁴ **Health+Wellness App** to function. Rebooting your Smartphone or Tablet often helps.



App Showing No Reading

There could be several reasons for the **Activ8rlives Contactless Thermometer** not to be reading:

- The device is **NOT** set to **Body Temperature** by using the **Mode Button** you can select **Body**.
- Batteries are flat or does not have batteries inserted— follow steps on **Page 7**.
- You are not putting the **Activ8rlives Contactless Thermometer** close enough to your temple or forehead to take the reading or hair or perspiration is obstructing the skins surface, see **Page 12-13** for more details.
- You have selected the incorrect **Unique Number** for your device, go back to select to **Change** the device you are reading from.
- The **Activ8rlives Contactless Thermometer** shows the letters **Lo** on the LCD, see next page for further reasons for **Lo** readings.

Error Code Lo

When the LCD displays a “Lo” message when measuring in **Body Mode**, the message on the LCD can show “Lo” on the screen. This does not indicate a low battery but rather that the temperature is below 32°C (89.6° F).

Reason for LO Message Display	Advice
Temperature reading hampered by hair or perspiration.	Make sure there is no obstruction or dampness prior to taking temperature.
Temperature hampered by an air draft or dramatic change in ambient temperature.	Make sure there is no air blowing in the area of use, this could affect the infrared setting.
Temperature reading are too close together, and the thermometer did not have time to reboot.	Pause for 3-5 seconds minimum between readings, a 15 seconds pause is recommended.
The measuring distance is too far.	Take measurements at the recommended distance (3-5cm or 1.2-2 inches).

Wait 3-5 seconds between measurements.

Wait 15 minutes to allow acclimatisation if there has been a significant change in ambient (room) temperature.



Contactless Thermometer

Bluetooth

Specifications

Display	Coloured Liquid Crystal Display with 3 colour back-lite (Green, Amber, Red)
Main Unit Case	White with grey face and blue trim
Battery Save / Power Off	<30seconds
Battery	DC 3V (2x AA 1.5V non-rechargeable alkaline batteries)
Consumption	≤ 300mW
Longevity Use	100,000 readings
Temperature acclimation	10-15 minutes for new environments
Unit weight	80g (without batteries)
Main unit size	187mm(L) x 120mm(W) x 57mm(H)
Measuring Distance	3-5cm (1.2-2in)
Communication Interface	Bluetooth Smart (4.0 or BLE) compatible with Apple iOS, Android and Kindle Fire
Unique Device Identifier	JXB-TTM-7000 in sequence
Normal Using Conditions	Ambient: 10 — 40°C (50-104° F) Relative Humidity: ≤85%
Temperature Resolution	0.1°C (0.1° F)
Measuring Ranges	Body Mode: 32 — 42.9°C (89.6-109.2° F) Green LCD: ≤37.3°C (≤99.1° F) Normal Temperature Amber LCD: 37.4 - 37.9°C (99.3 - 100.2° F) Low Fever Red LCD: ≥38°C (≥100.4° F) High Fever Room Mode: 0 - 40°C (32 - 104° F)
Precision	32 - 34.9°C (89.6 - 94.8° F) ±0.3°C (±0.6° F) 35 - 42°C (95 - 107.6° F) ±0.2°C (±0.4° F) 42.1 - 42.9°C (107.8 - 109.2° F) ±0.3°C (±0.6° F)
Accuracy	±0.3°C (±0.6° F)
Memory	32 sets of data
Sound	Audible Buzz when taking a reading and Buzz Alarm for Body Temperature above 38°C (100.4° F)
Recalibration Enabled	Different skin colours

Labelling and Symbols



The Legal Manufacturer is Guangzhou Jinxinbao Electronic Co., Ltd,
No. 38 Huanzhen Xi Road, Dagang Town, Nansha, Guangzhou, China.

UK Dist

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



Date of Manufacture.

Model

JXB-182B.



2022.

Battery

DC 3V 2x 1.5V AA Alkaline Batteries.

Consumption

≤ 300mW.



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

IP22

IEC 60529 Water Ingress Protection.



Attention, see Instructions for use.



In accordance with IEC 60417-5031 Direct current.



In accordance with IEC 60417-5333, Type BF applied part.



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



This symbol is required by European directive 2002/96/EEC on waste electrical and electronic
equipment (WEEE). At the end of its useful life this device must not be disposed of as normal
domestic waste. Instead it must be delivered to a WEEE authorised collection centre. Due to
the construction materials used for the device, disposal as normal waste could cause harm
to the environment and/or health.



Read instructions before use.

EC REP

European Representative: Wellkang Ltd, Suite B29, Harley Street, London W1G 9QR, UK.

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.



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ASL TF-012 MAN/IFU27 Contactless Thermometer (V2.0)

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