

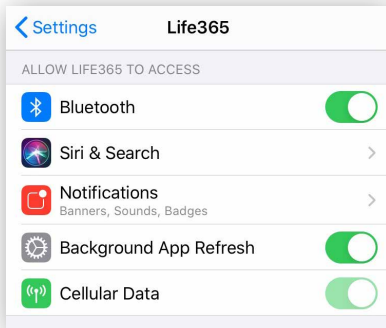


Welcome to the Life365 Health App.
Use this guide to learn the basics and get started.

Download the App and Pair Bluetooth Devices

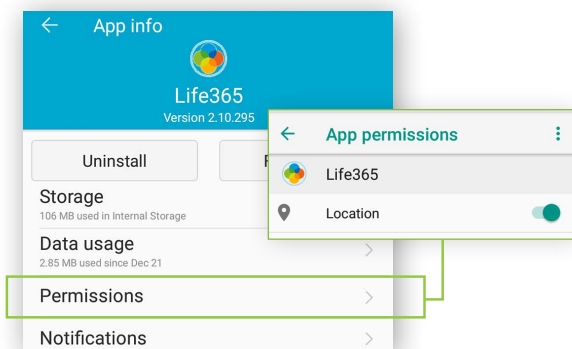
For Apple iOS

1. Go to the App Store and search for **Life365 Health App**. Once found, install it on your device.
2. Access iOS Settings.
3. Search for the app **Life365 Health App** and select when found.
4. For Bluetooth, enable the toggle button.



For Android

1. Go to the Play Store and search for **Life365 Health App**. Once found, install it on your device.
2. Access Android Settings.
3. Select Apps & Notifications.
4. Search for the app **Life365 Health App** and select when found.
5. Select the option Permissions.
6. Allow any / all App permissions available.



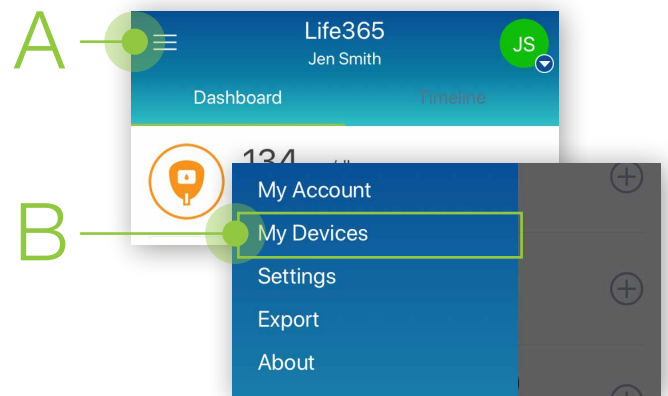
When complete – your device is ready to pair.

Now pair your device(s).

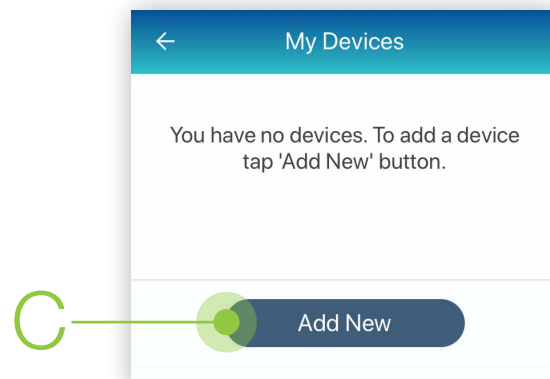
After account setup, the app will open to the main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 1 Tap the **Hamburger Menu**, located in the upper left of the app screen (A).

In the menu list, select **My Devices** (B).



- 2 In My Devices, select the button **Add New**. The app will search for the Bluetooth device (C).



Make sure the Bluetooth device is located near the smart device. For Bluetooth device pairing instructions and other resources, visit <https://www.life365.health/en/support/app>.

Taking Measurement Readings with Bluetooth Devices

After you pair your Bluetooth medical devices, you are ready to capture readings to record in your account. All measurement readings can be viewed in the main app Dashboard.

For measurement readings to be recorded in your Life365 account, the Life365 Health App **must be open** when a measurement reading is being taken.

*For non-compatible medical devices, manual reading entries can be recorded.

On the main app Dashboard screen, tap the **+ icon** for the measurement type to manually enter a measurement reading.

To create personal notes, enable the Notes feature. Select the Menu, select Settings, select Dashboard, and place a checkmark next to the **“Note”** option. If you are being monitored by a healthcare organization, Notes can be entered that will be refracted back to your healthcare provider. Your healthcare provider can communicate with you by sending a Note to your account.

Main App Dashboard: Reviewing Your Vitals

The main app Dashboard will display your most recent readings by measurement type. You have the ability to review historical and recent vitals taken by selecting the measurement type.



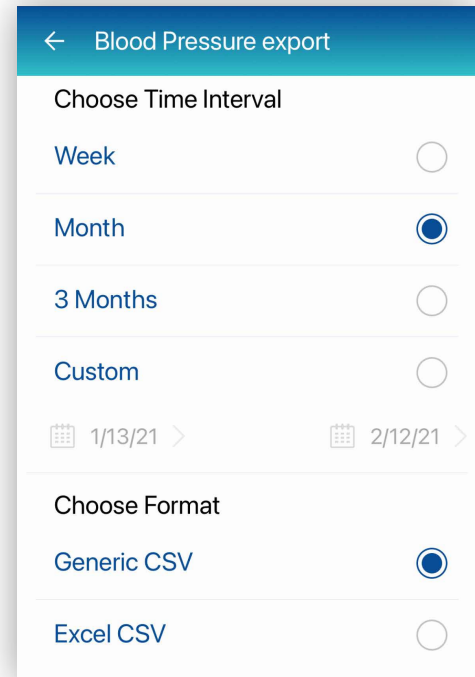
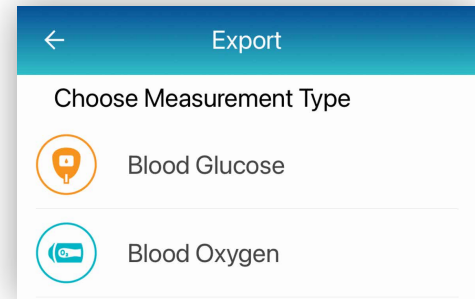
Export and Share Your Measurement Readings

Vitals data can be shared with your friends, family, and healthcare providers.

To share your vitals data:

Select the **HAMBURGER MENU**, located in the upper left of your app screen. Select the option **EXPORT**.

- 1 Select the measurement type that you would like to export.
- 2 Choose the desired Time Interval (Week, Month, 3 Months, or Custom).
- 3 Choose the desired Format (Generic CSV or Excel CSV).



For Android Users

A navigation menu will display on your smart device. Choose the desired application, such as your email application, to export your vitals data.

For Apple iOS Users

Your default email application will open with an attachment containing your exported vitals data. Enter the recipient's email address and send.

Life365 Health App Support

For further information, reference the Life365 Health App User Manual, and other helpful resources, at <https://www.life365.health/en/support/app>.

Consult with your healthcare organization for any medical questions, advice, or issues.