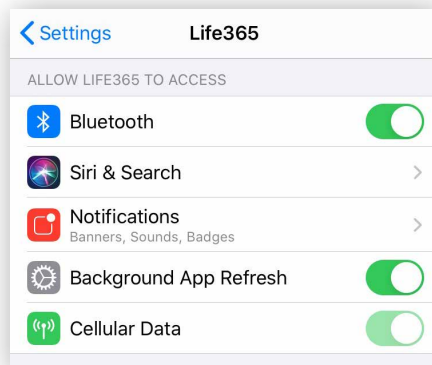


# Using the Life365 Health App with the Arkray Glucose Meter

Once the Life365 Health app is installed, **make sure the Bluetooth settings on your smart device are enabled** by completing the following steps:

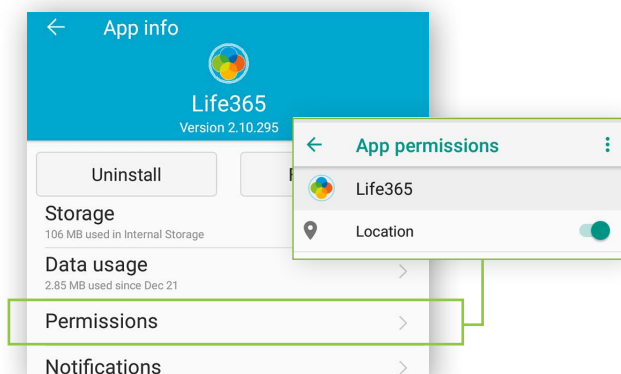
## For Apple iOS

1. Access iOS Settings.
2. Search for the app **Life365 Health App** and select when found.
3. For Bluetooth, enable the toggle button.



## For Android

1. Access Android Settings.
2. Select Apps & Notifications.
3. Search for the app **Life365 Health App** and select when found.
4. Select the option Permissions.
5. Allow any / all App permissions available.



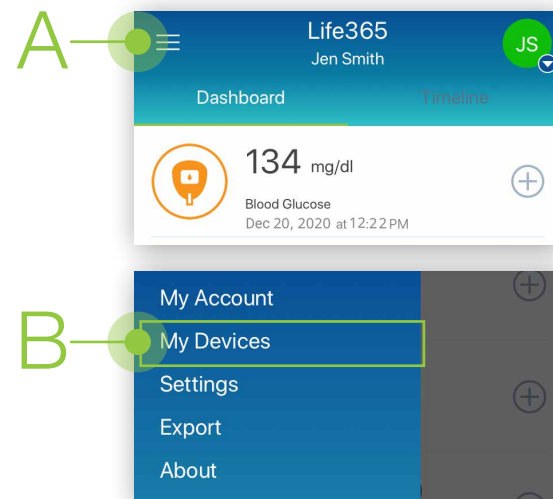
**When complete – your device is ready to pair.**

## Pairing the Life365 Health App to your device

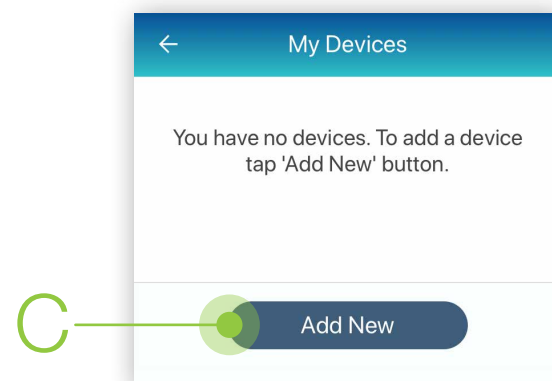
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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.**

## Pairing the Life365 Health App to your device (continued)

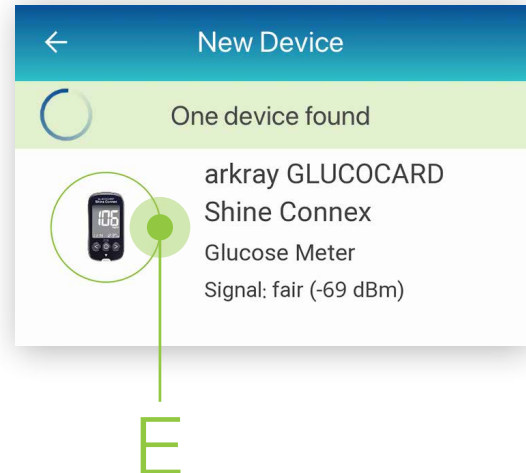
- 3 To pair, hold the **right arrow button (D)** on the glucose meter, for 4-5 seconds.

The screen “BT” will display on the glucose meter screen.

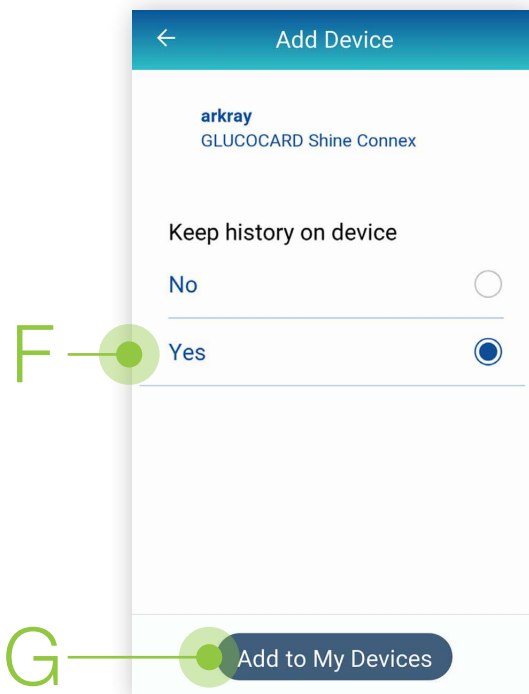


- 4 Allow a few moments for the app to find the glucose meter.

Once found in the app, select the Bluetooth device **name** on the app screen (E).



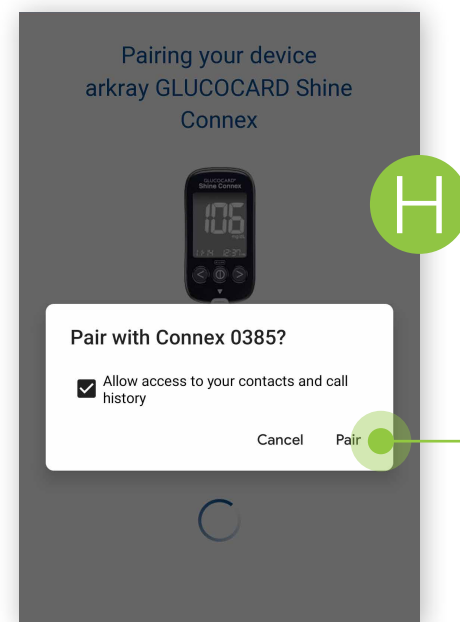
- 5 On the screen **Add Device**, tap “Yes” for **Keep history on device (F)**. Select the button **Add to My Devices (G)**.



- 6 A prompt may display on the app screen.

- 6.1 If applicable, enable the checkbox for **Allow access to your contacts and call history (H)**.

- 6.2 Tap the button “Pair” (I).

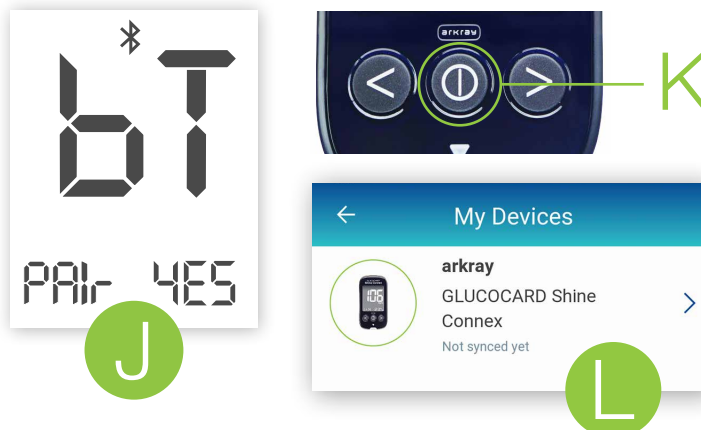


## Pairing the Life365 Health App to your device (continued)

- 7 On the glucose meter, the screen “BT” PAIR YES (J) will display.

7.1 Press the middle power button once on the glucose meter to complete pairing (K).

7.2 The app will return to the **My Devices** (L) screen. The Bluetooth device will now be listed.



- 8 To complete pairing, take a blood glucose reading.

## Using the Life365 Health App: Taking a reading with your device

- 9 Take a measurement reading with the glucose meter.

9.1 Insert the test strip inside the test strip port, located on the bottom of the glucose meter. Take a blood glucose measurement reading.

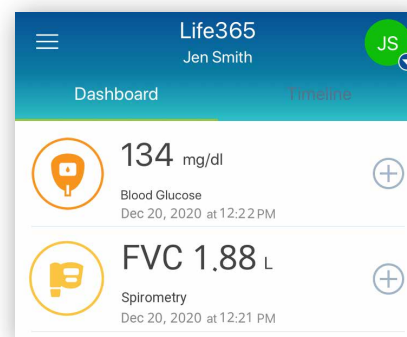
9.2 The glucose meter screen will countdown from 5 upon taking a blood glucose measurement reading (M). Once the countdown is complete, the measurement reading will display on the glucose meter screen.

9.3 **Eject** the test strip from the glucose meter for the Bluetooth device to sync the measurement reading with the app.



- 10 Allow a few moments for the measurement reading to sync and record in the app.

Navigate to the main Dashboard to review measurement readings.



**You have successfully paired and taken a measurement reading!**

Visit: <https://www.life365.health/en/support/app> for instructions and other helpful resources.



Always follow manufacturer instructions for use, included with your Bluetooth device.