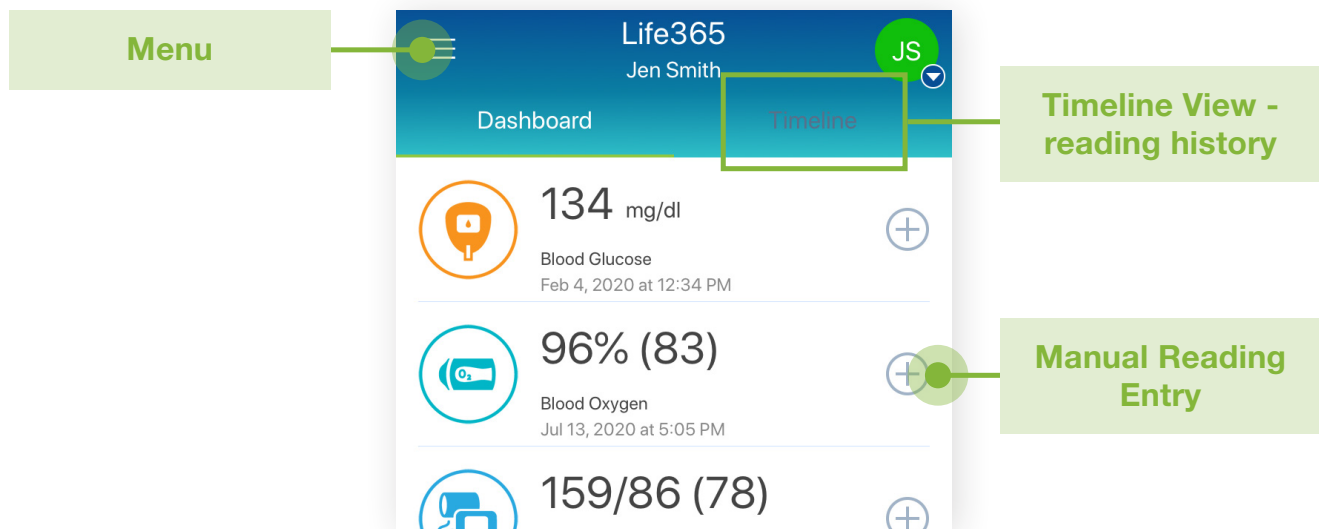


# Mobile App Quick Start Guide

In this guide, you'll learn how to get started quickly using the Life365 App.

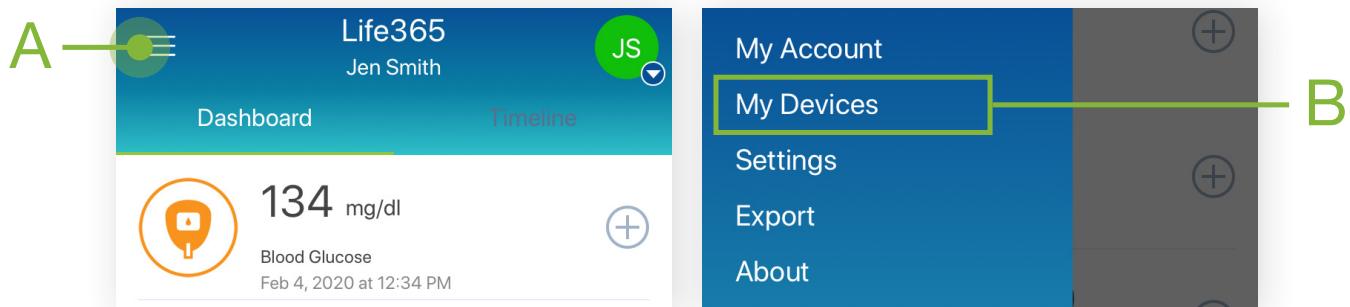
## Dashboard

Upon sign-in you will be directed to the Dashboard. The Dashboard will display your most recent readings by measurement type.



## Pairing Bluetooth Medical Devices

Select the Menu (A). Select My Devices (B).



On the My Devices screen, select the button Add New. The smart device will search for your Bluetooth device.

To pair Bluetooth medical devices with your account, reference our Bluetooth pairing guides and manuals at <https://www.life365.health/en/support/app>.

## Taking Measurement Readings

Pair your Bluetooth medical devices to capture readings in your account.

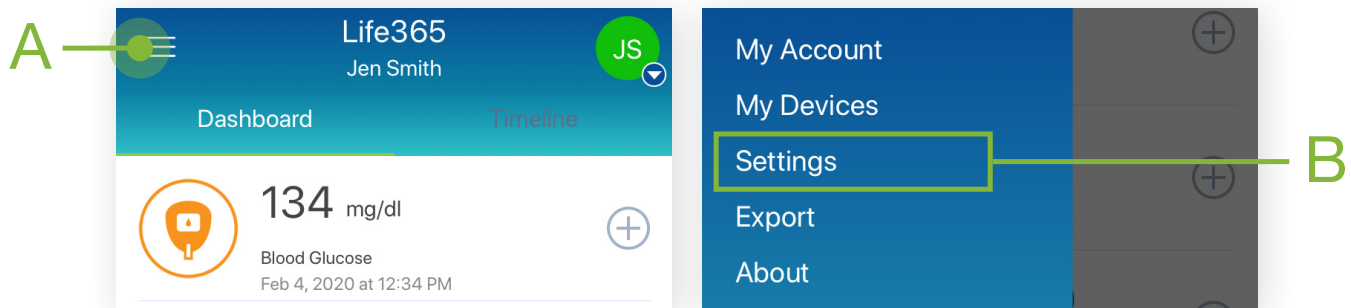
For measurement readings to be recorded in your Life365 account, the Life365 App must be open when a measurement reading is being taken.

For non-compatible medical devices, manual reading entries can be recorded. On the Dashboard screen, select the + icon for the measurement type to manually enter a measurement reading.

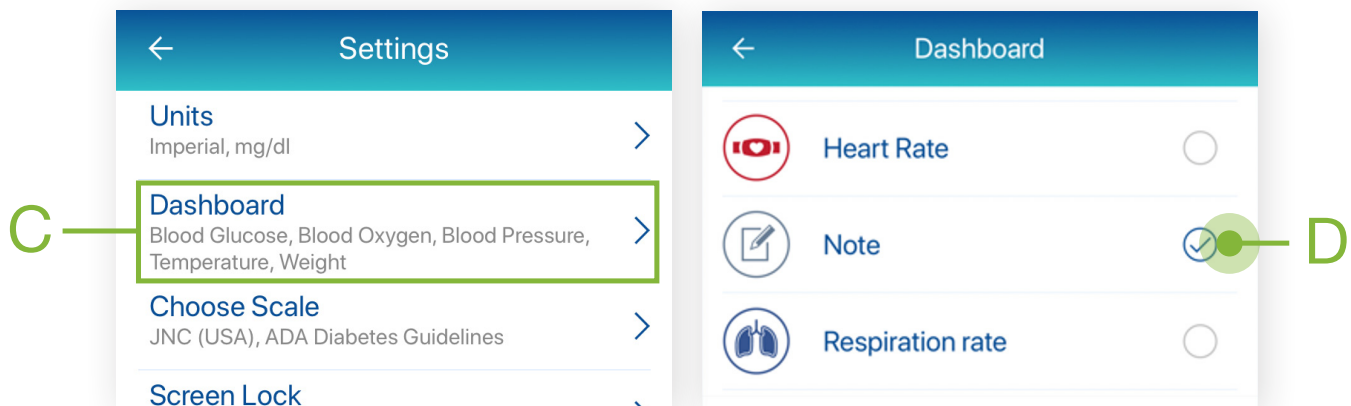
## Personal Notes

To create personal notes, enable the NOTES option. If you are being monitored by a healthcare provider, Notes entered will be reflected back to your healthcare provider and/or healthcare organization. Your healthcare provider can communicate with you by sending a Note to your account.

Select the Menu (A). Select Settings (B).



From the Settings options, Select Dashboard (C). On the Dashboard display options, Select Note (D). Select the Back arrow to exit Settings and return to the Dashboard screen.



## Life365 App Support

Whether you need help navigating through the App, or pairing Bluetooth medical devices, you can find everything you need on our support website at <https://www.life365.health/en/support/app>.

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