

The Life365 App User Manual

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App available in
Google Playstore
and the App Store

Life365.health

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Symbols & Icons

1 2
3 4

Note: Numbers found in-line with text refers to the section which the symbol is found on the Symbols & Icons page

1



Hamburger Menu



Back Arrow

2



Trash / Delete



Calendar



Log out / Exit

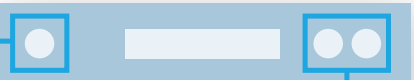


Pencil / Edit

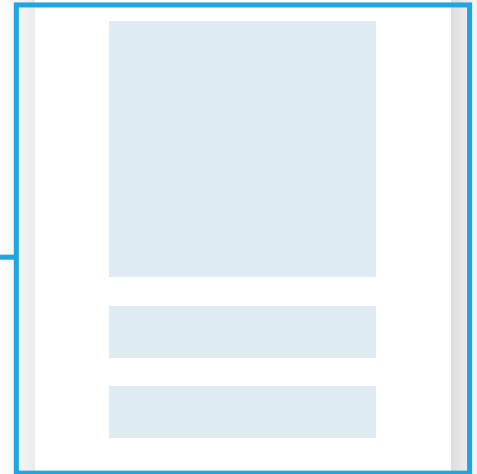


Search / Magnifying Glass

1

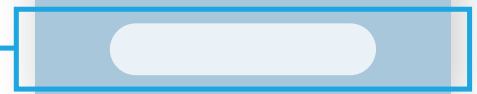


2



3

4



3



Blood Pressure



Blood Glucose



Temperature



Respiration Rate



Blood Oxygen



Weight



Note



Add Manual Reading



Info



Profile Icon (Image or Initials)

4



List View

Chart View

Pie Chart View



Highlight shows selected View Type

DISCLAIMER

Measurement readings collected using the Life365 App (“App”) are not intended to provide time-critical data.

The use of this App is not intended to be a substitute for professional medical judgement, and you should promptly contact your own health care professional regarding any medical conditions or medical questions that you have.

THE APP DOES NOT OFFER MEDICAL ADVICE, AND NOTHING CONTAINED IN THE CONTENT IS INTENDED TO CONSTITUTE PROFESSIONAL ADVICE FOR MEDICAL DIAGNOSIS OR TREATMENT.

Welcome to Life365

Life365 offers an intuitive and easy-to-use app for effective health management for you and your family that is easily accessible at your fingertips.

Whether you keep a blood sugar or blood pressure diary, need to monitor your health condition, or are aiming to reach your Weight Loss goal, Life365 is the perfect companion for you.

Being connected to Life365, you have the ability to access and share your data with family, friends, and healthcare professionals of your choosing.

Now, let's get started.

Your 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.

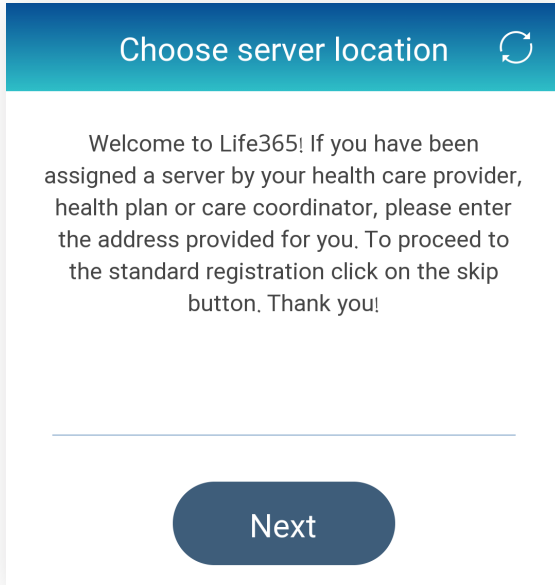
Many Bluetooth medical devices “store-forward”, meaning measurement readings are stored on your Bluetooth medical device, then transmitted once a connection is made or an additional measurement reading is taken. Refer to your Bluetooth medical device user manual for more information.

Supported Devices

To see if your medical devices are supported in the Life365 App, check our compatible devices at <https://www.life365.health/en/supporteddevices-0>. You can also search for your Bluetooth medical device in the “My Devices” pairing settings within the App.

1. App Registration & Login

1.1 Choose Server Location



Choose server location

Welcome to Life365! If you have been assigned a server by your health care provider, health plan or care coordinator, please enter the address provided for you. To proceed to the standard registration click on the skip button. Thank you!

Next

If you are associated with a healthcare organization, enter your assigned server address provided to you by your healthcare provider.

Select **NEXT** to proceed with account login.

If you are unsure what your assigned server address is, or you have not received an email notification to set-up your account login password, consult with your healthcare organization.

For users who are not associated with a healthcare organization, you are not required to enter an assigned server address. To proceed to the standard registration, select **SKIP**.

1.2 Existing Life365 Members

For existing Members, select **LOGIN**.

Enter your email and password associated with your account. Check the Terms of Service and Privacy Policy box. Select Login.

Forgot your account password? Select the **Forgot your password?** link to receive a password reset email notification. Follow the instructions detailed in the email to reset your account password.

Once your password has been reset, proceed to login with your associated email address and newly created password.

1.3 New Life365 Members

New to the Life365 app?

If you are new to the Life365 app and proceeded with the standard server address, select **REGISTER** to create an account.

Enter your email and create a password. Review Life365's Terms of Service and Privacy Policy, then check the box once reviewed.

Select **REGISTER** to proceed.

1.4 Pin Protection

Upon sign in, you can create a **PIN** to PIN Protect your account. Choose 4-digits, confirm, then enter your PIN to access your account.

Don't want to set-up PIN Protection? Select NO to proceed. You can always create a PIN another time.

After PIN Protection set-up or dismissal, a prompt will display to set-up Biometric Protection. Create a PIN to protect your biometric data. Enter a 4-digit PIN, confirm, then enter your PIN to access your vitals data.

Don't want to set-up Biometric Protection? Select NO to proceed. You can always create a PIN another time.

Reminder: For users who are associated with a healthcare organization, an email notification to create your account password should have been sent to your email address by your healthcare provider. If you did not receive this email notification, consult with your healthcare provider for further assistance.

2. Let's Cover the Basics

To complete account set-up and help you understand your account features, let's walk you through the account settings. First, select the **HAMBURGER ICON**¹ located in the top left of the screen.

2.1 My Account

Select **MY ACCOUNT**

To add a picture, select the **PERSON ICON**. Choose a picture from your gallery or take a new picture with your camera. Select **CROP** to preview the image, then select the Check Mark to save. Want to change the image before saving? Select the previewed picture and choose another!

Edit and/or Enter information for the following fields:

First and Last name

Date of Birth (DOB)

Sex

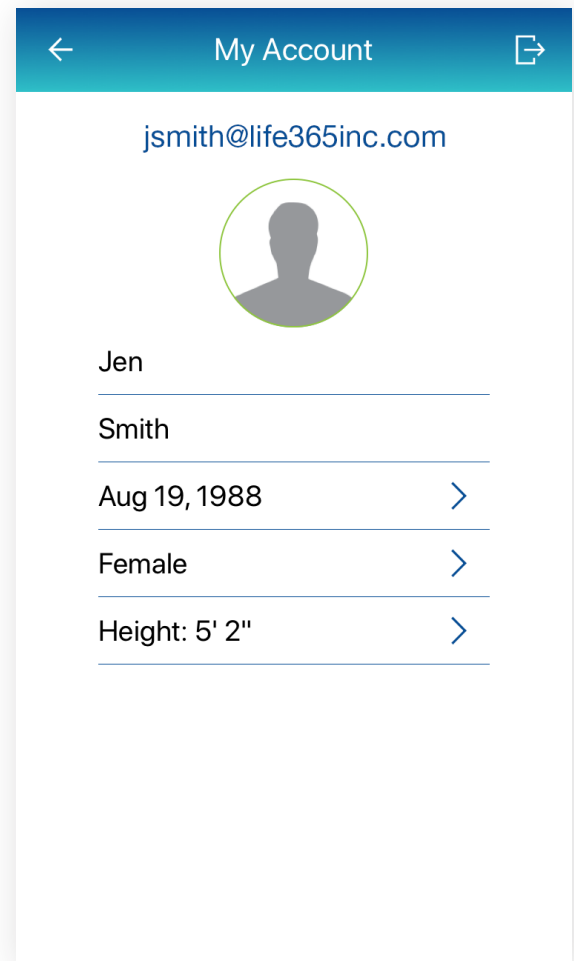
Height


Note: Entering your height is important if you are wanting to track your weight goals. We recommend entering your height to receive the most accurate results possible.

Sign out of your account by selecting the **LOGOUT**² icon

Return to your Dashboard by selecting the **BACK-ARROW**¹ icon.

For quick access to your account settings, select your **PROFILE**² image/initials located in the top-right of the screen.



jsmith@life365inc.com	
	
Jen	
Smith	
Aug 19, 1988	>
Female	>
Height: 5' 2"	>

2.2 Pairing Bluetooth Medical Devices

To pair your Bluetooth medical devices with your account:

Select the **HAMBURGER ICON**¹.

Select My Devices.

2.2 Pairing Bluetooth Medical Devices

In My Devices, select the button Add New.

The Life365 app will search for your Bluetooth medical device. To complete pairing, please reference our Pairing User Manual for Life365's most popular Bluetooth medical devices.

When the application finds your Bluetooth device, select the name of the found device.

Select Add to My Devices.

Your Bluetooth device is now paired!

2.3 Supported Bluetooth Devices

To see if your Bluetooth medical devices are supported in the Life365 App, check our list of compatible devices at <https://www.life365.health/en/supporteddevices-0>.

You can also search for your Bluetooth medical device in the My Devices pairing settings within the app. To search if your Bluetooth medical device is compatible with the app:

Select the **HAMBURGER ICON**¹.

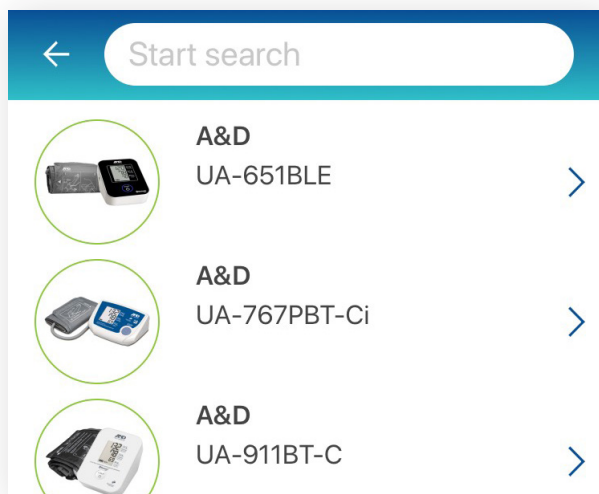
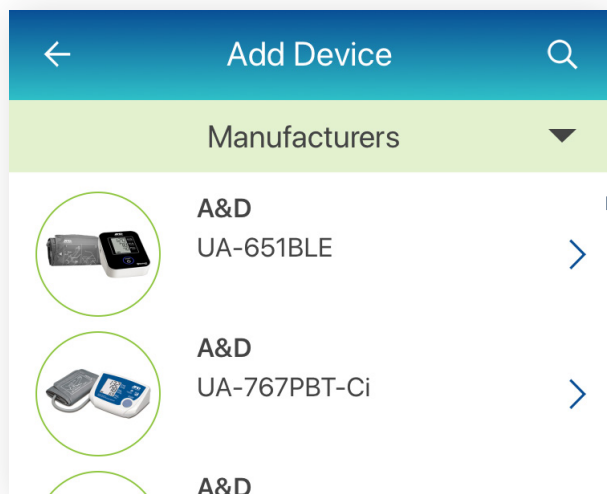
Select My Devices.

In My Devices, select the button Add New.

The Life365 app will search for your Bluetooth medical device.

On the screen Looking for Compatible Sensors, select the button Manually.

With a finger, scroll up or down to find your Bluetooth medical device, or select the **MAGNIFYING GLASS ICON**³ and enter the device manufacturer or model number.



2.3 Supported Bluetooth Devices

If your Bluetooth medical device is listed, it is a compatible Bluetooth medical device and can be paired to the Life365 app.

If your Bluetooth medical device is not listed, it is not a compatible Bluetooth medical device and cannot be paired to the Life365 app.

For instructions on how to manually pair a Bluetooth medical device, refer to our Manual Pairing Bluetooth guides.

3. App Settings

Select the **HAMBURGER ICON** located in the top left of your screen, to access your App settings.

3.1 Units

In UNITS, your Base and Glucose Units are defaulted to **Imperial – mg/dL**. To change the defaulted units, follow these steps:

Select **UNITS** and choose your preference.

Note: If you are being monitored by a healthcare provider and/or healthcare organization, changing the default units will be reflected back to your healthcare provider and/or healthcare organization. Please consult with your care provider before making these changes.

To save your changes, select the **BACK ARROW** to return to Settings.

3.2 Dashboard

To add or remove measurement types to and from your Dashboard, select the field **DASHBOARD**.

Check the measurement type you would like to add to your account by tapping the **CIRCLE ICON** for the desired measurement type. A Check Mark will display within the Circle to confirm selection.

Uncheck the measurement type you would like to remove from your account by tapping the **CIRCLE ICON** for the desired measurement type.

To create personal notes, Check the **NOTES** option.

Note: If you are being monitored by a healthcare provider and/or healthcare organization, all Notes entered will be reflected back to your healthcare provider and/or healthcare organization. Your healthcare provider and/or healthcare organization can communicate with you by sending a Note to your account. Consult with your care provider for more details.

To save your changes, select the **BACK ARROW** to return to Settings.

3.3 Choose Scale

Your Blood Pressure Scale is defaulted to **JNC (USA)**.

Your Blood Glucose Scale is defaulted to **ADA DIABETES GUIDELINES**.

Please do not adjust the Scales without consulting your care provider first.

3.4 Screen Lock

PIN & Biometric Protection **Enabled**

For users who have PIN and/or Biometric PIN Protection enabled, and would like to disable this feature:

Select **SCREEN LOCK**.

Select **OFF** for PIN Protection.

Select **OFF** for Biometric Protection.

Note: Disabling PIN and/or Biometric Protection requires you to enter the PIN you created for these features.

To save your changes, select the **BACK ARROW**  to return to Settings.

PIN & Biometric Protection **Disabled**

For users who have PIN and/or Biometric PIN Protection disabled, and would like to enable this feature:

Select **SCREEN LOCK**.

Select **ON** for PIN Protection.

Enter a PIN, then confirm PIN.

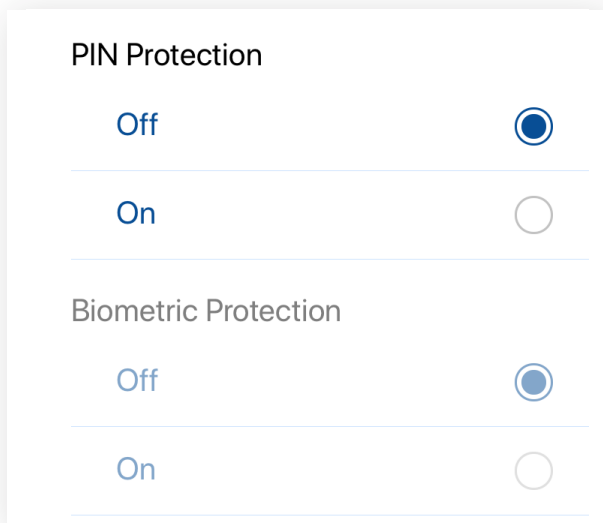
Select **ON** for Biometric Protection.

Enter a PIN, then confirm PIN.

If you have Fingerprint protection for your mobile device, you may use your fingerprint for your Biometric Protection.

Note: Biometric Protection cannot be enabled unless PIN Protection is enabled.

To save your changes, select the **BACK ARROW**  to return to Settings.



PIN Protection

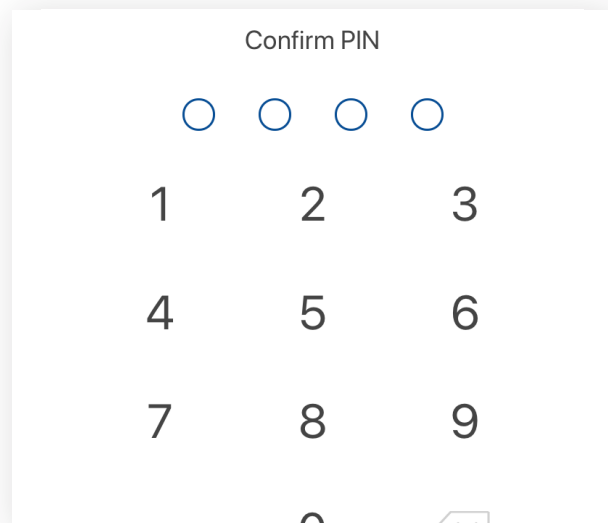
Off ☒

On ☐

Biometric Protection

Off ☒

On ☐




Confirm PIN

1 2 3

4 5 6

7 8 9

0 

3.5 Notifications

To **enable** a sound notification when taking a new measurement reading:

Select **NOTIFICATIONS**.

Tap the **CIRCLE ICON** to enable sound notifications.

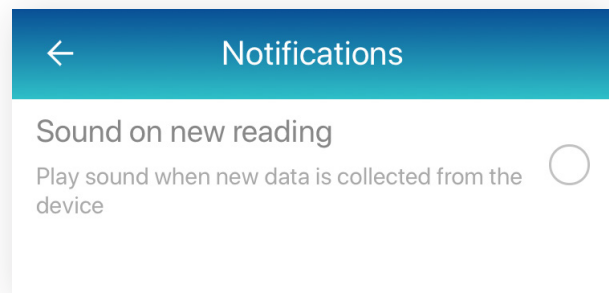
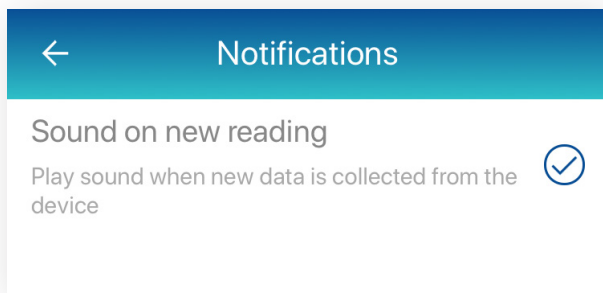
To save your changes, select the **BACK ARROW**  to return to Settings.

To **disable** a sound notification when taking a new measurement reading:

Select **NOTIFICATIONS**.

Tap the **CIRCLE ICON** to disable sound notifications.

To save your changes, select the **BACK ARROW**  to return to Settings.



4. Your Readings

DISCLAIMER

Measurement readings collected using the Life365 App (“App”) are not intended to provide time-critical data.

The use of this App is not intended to be a substitute for professional medical judgement, and you should promptly contact your own health care professional regarding any medical conditions or medical questions that you have.

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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.

Many Bluetooth medical devices “store-forward”, meaning measurement readings are stored on your Bluetooth medical device, then transmitted once a connection is made or an additional measurement reading is taken. Refer to your Bluetooth medical device user manual for more information.

4.1 Export Readings

Vitals data can be shared with your friends, family, and healthcare providers. To share your vitals data:

Select the **HAMBURGER ICON** ¹, located in the top left of your app screen.

Select the option **EXPORT**.

The following measurement types are available to export:

Blood Glucose

Blood Oxygen

Blood Pressure

Temperature

Weight

Select the measurement type that you would like to export.

Choose the desired Time Interval (Week, Month, 3 Months, or Custom).

4.1 Export Readings

| 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 iOS Users: Your default email application will open with an attachment containing your exported vitals data. Enter the recipients email address and send.

4.2 Dashboard: Reviewing Your Vitals

Now that we have covered the account basics, let's move on to how to review your vitals data. In your account Dashboard, you have the ability to review historical and recent vitals taken.

Let's walk-through the common measurement types:

| Blood Glucose
| Blood Oxygen
| Blood Pressure
| Temperature
| Weight

4.3 Blood Glucose (List View)

In **DASHBOARD**, select the Blood Glucose measurement type.

A list of historical and most recent measurement readings will display. With a finger, scroll up and/or down to review your Blood Glucose vitals, or select the **CALENDAR ICON 2** to choose a specific date.

To filter your readings, select **ALL READINGS** and choose the appropriate filter.

Want to review and/or add details about a specific measurement reading? Select the ► arrow to view details. The following details will display:

| Measurement Reading
| Date and Time reading was taken
| Meal Status (Before or After Meal)
| The Bluetooth device used to record reading, or if data was entered manually
| Before and After Meal Range-Bar

To include additional details for a measurement reading, select the **PENCIL ICON 2**. You can include the following:

4.3 Blood Glucose (List View)

How you felt when you completed this reading (Happy, Neutral, or Sad)

Meal information (Before or After Meal, Fasting, Snacks, or Bedtime)

Add a note to include more in-depth information on how you felt, or perhaps what you ate

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW** ¹ to return to blood glucose readings.

4.4 Blood Glucose (Chart View)

To review your Blood Glucose historical and/or recent measurement readings in Chart view, select the **CHART ICON** ⁴.

To filter your readings, select **ALL READINGS** and choose the appropriate filter.

In Chart view, the following time intervals are available:

Day

3 Days

Week

After choosing your time interval, use the chart navigation bar to review your historical and recent measurement readings. The chart will display **POINTS** that you can select to review some additional information, including:

Exact date and time the reading was taken

The measurement reading

Meal status

Details entered

All points are colored to reflect whether the reading was Low, Normal, or High:

Blue – Low Glucose

Green – Normal Glucose

Orange – High Glucose

Select the **INFO ICON** located to the left of the measurement reading to review and edit details for this specific measurement point/reading.

Navigate through all measurement reading points by selecting the left or right arrows **< >**.

4.5 Blood Glucose (Pie-Chart View)

Review your Blood Glucose via Pie-Chart view by selecting the **PIE-CHART ICON** 4.

To filter your readings, select **ALL READINGS** and choose the appropriate filter. Your pie-chart will reflect the percentages of Low, Normal, and High Glucose readings based on the filter.

Return to your accounts Dashboard by selecting the **BACK ARROW** 1.

4.6 Blood Oxygen

In **DASHBOARD**, select the Blood Oxygen measurement type.

A list of historical and most recent measurement readings will display. With a finger, scroll up and/or down to review your Blood Oxygen vitals, or select the **CALENDAR ICON** 2 to choose a specific date.

Want to review and/or add details about a specific measurement reading? Select the ► arrow to view details. The following details will display:

Measurement Reading

Date and Time reading was taken

The Bluetooth device used to record reading, or if data was entered manually

To include additional details for a measurement reading, select the **PENCIL ICON** 2. You can include the following:

How you felt when you completed this reading (Happy, Neutral, or Sad)

Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW** 1 to return to blood oxygen readings.

Return to your accounts Dashboard by selecting the **BACK ARROW** 1.

4.7 Blood Pressure (List View)

In **DASHBOARD**, select the Blood Pressure measurement type.

A list of historical and most recent measurement readings will display. With a finger, scroll up and/or down to review your Blood Oxygen vitals, or select the **CALENDAR ICON** 2 to choose a specific date.

Want to review and/or add details about a specific measurement reading? Select the ► arrow to view details. The following details will display:

4.7 Blood Pressure (List View)

Measurement Reading (Systolic, Diastolic, and Pulse)

Date and Time reading was taken

The Bluetooth device used to record reading, or if data was entered manually

A Hypertension Chart showing if your measurement reading was recorded as:

Low

Normal

Prehypertension

Hypertension Stage 1

Hypertension Stage 2

To include additional details for a measurement reading, select the **PENCIL ICON** ². You can include the following:

How you felt when you completed this reading (Happy, Neutral, or Sad)

Your body position when you completed your reading (Standing, Sitting, or Laying down)

Which arm you measured your Blood Pressure with (Left or Right)

Record whether your pulse rate was irregular or normal

Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW** ¹ to return to blood pressure readings.

Return to your accounts Dashboard by selecting the **BACK ARROW** ¹.

4.8 Blood Pressure (Chart View)

To review your Blood Pressure historical and/or recent measurement readings in Chart view, select the **CHART ICON** ⁴.

To filter your readings, select **ALL READINGS** and choose the appropriate filter.

In Chart view, the following time intervals are available:

Day

3 Days

Week

After choosing your time interval, use the chart navigation bar to review your historical and recent measurement readings.

4.8 Blood Pressure (Chart View)

All points are colored to reflect whether the reading was Low, Normal, Prehypertension, Hypertension Stage 1, or Hypertension Stage 2:

- Blue** – Low Blood Pressure
- Green** – Normal Blood Pressure
- Yellow** – Prehypertension
- Orange** – Hypertension Stage 1
- Red** – Hypertension Stage 2

All points will include the exact measurement reading listed above the point itself.

4.9 Blood Pressure (Pie-Chart View)

Review your Blood Pressure via Pie-Chart view by selecting the **PIE-CHART ICON** ⁴.

Your pie-chart will reflect the percentages of Low, Normal, Prehypertension, Hypertension Stage 1, and Hypertension Stage 2. To review your percentages via the Hypertension Chart, select the ➤ arrow.

Return to your accounts Dashboard by selecting the **BACK ARROW** ¹.

4.10 Temperature (List View)

In **DASHBOARD**, select the Temperature measurement type.

A list of historical and most recent measurement readings will display. With a finger, scroll up and/or down to review your Temperature vitals, or select the **CALENDAR ICON** ² to choose a specific date.

Want to review and/or add details about a specific measurement reading? Select the ➤ arrow to view details. The following details will display:


- Measurement Reading
- Date and Time reading was taken
- The Bluetooth device used to record reading, or if data was entered manually

To include additional details for a measurement reading, select the **PENCIL ICON** ². You can include the following:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW** ¹ to return to temperature readings.

4.11 Temperature (Chart View)

To review your temperature historical and/or recent measurement readings in Chart view, select the **CHART ICON** .

In Chart view, the following time intervals are available:


- Day
- 3 Days
- Week


After choosing your time interval, use the chart navigation bar to review your historical and recent measurement readings. The chart will display **POINTS** that you can select to review some additional information, including:

- Exact date and time the reading was taken
- The measurement reading
- Details entered

All points are colored to reflect whether the reading was Low, Normal, or High:

- Blue** – Low Temperature
- Green** – Normal Temperature
- Orange** – High Temperature


Select the **INFO ICON**  located to the left of the measurement reading to review and edit details for this specific measurement point/reading.

Navigate through all measurement reading points by selecting the left or right arrows  .

Return to your accounts Dashboard by selecting the **BACK ARROW** .

4.12 Weight (List View)

In **DASHBOARD**, select the Weight measurement type.

A list of historical and most recent measurement readings will display. With a finger, scroll up and/or down to review your Weight vitals, or select the **CALENDAR ICON**  to choose a specific date.

Want to add a weight goal? Select **Set new weight goal for the best results!**

- Use the weight chart navigation bar to choose your desired weight goal.
- Select the weight loss difficulty goal and choose one of the following:

- Easy*
- Medium*
- Hard*

4.12 Weight (List View)

Aggressive

Custom

The weight loss difficulty goal will provide you with:

The estimated end-goal date

Calorie deficit required

How many lbs. to lose per week

Once you have selected your weight loss difficulty goal, you will be returned to the weight goal screen. Select **SAVE** to save changes and return to your historical and recent weight list.

Want to review and/or add details about a specific measurement reading? Select the ► arrow to view details. The following details will display:

Measurement Reading

Note: An **UP** or **DOWN** arrow will display along with your measurement reading. **UP** reflects weight gain and **DOWN** reflects weight loss.

Date and Time reading was taken

BMI Chart (reflects weight stages)

Reminder: to receive the best weight and BMI results, ensure you include your height within the My Account settings. Can't remember how to enter your height? Review page 3 in this user guide!

The Bluetooth device used to record reading, or if data was entered manually


To include additional details for a measurement reading, select the **PENCIL ICON** ². You can include the following:

How you felt when you completed this reading (Happy, Neutral, or Sad)

Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW** ¹ to return to weight readings.

4.13 Weight (Chart View)

To review your weight historical and/or recent measurement readings in Chart view, select the **CHART ICON** .

In Chart view, the following time intervals are available:

- Day
- 3 Days
- Week

After choosing your time interval, use the chart navigation bar to review your historical and recent measurement readings.

All points will include the exact measurement reading listed above the point itself.

All points are colored to reflect whether the reading was Underweight, Normal, Pre-obesity, Obesity 1, Obesity 2, or Obesity 3:

- Blue** – Underweight
- Green** – Normal Weight
- Yellow** – Pre-obesity
- Orange** – Obesity 1
- Pink** – Obesity 2
- Red** – Obesity 3

If you entered a goal weight, your goal weight will display in the chart.

Return to your accounts Dashboard by selecting the **BACK ARROW** .

4.14 Dashboard: Manually Enter Readings

If your Bluetooth medical device is not listed in our compatible devices, or you prefer to manually enter your measurement readings, you can use the manual entry option.

Let's walk-through the common measurement types:

- Blood Glucose
- Blood Oxygen
- Blood Pressure
- Temperature
- Weight

4.14 Dashboard: Manually Enter Readings

4.14.1 Blood Glucose

In **DASHBOARD**, select the + **ICON**  for the Blood Glucose measurement type.

With a finger, use the New Measurement navigation bar by sliding left and right to select the blood glucose measurement reading. Once the correct number displays, select **OK**.

Want to enter more details about this reading? Enter details for the following fields:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Meal information (Before or After Meal, Fasting, Snacks, or Bedtime)
- Add a note to include more in-depth information on how you felt, or perhaps what you ate

When all information has been entered, select **SAVE**. You will return to your account Dashboard.

4.14.2 Blood Oxygen

In **DASHBOARD**, select the + **ICON**  for the Blood Oxygen measurement type.

With a finger, use the New Measurement navigation bars Oxygen % SpO2, and Heart Rate bpm by sliding up and down to select the blood oxygen measurement reading. Once the correct number displays, select **OK**.

Want to enter more details about this reading? Enter details for the following fields:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will return to your account Dashboard.

4.14.3 Blood Pressure

In **DASHBOARD**, select the + **ICON**  for the Blood Pressure measurement type.

In New Measurement, enter the correct information for the following fields:

- Systolic
- Diastolic
- Heart Rate

Select **OK** when entered.

Want to enter more details about this reading? Enter details for the following fields:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Your body position when you completed your reading (Standing, Sitting, or Laying down)

4.14 Dashboard: Manually Enter Readings

4.14.3 Blood Pressure

- Which arm you measured your Blood Pressure with (Left or Right)
- Record whether your pulse rate was irregular or normal
- Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will return to your account Dashboard.

4.14.4 Temperature

In **DASHBOARD**, select the + **ICON**  for the Temperature measurement type.

With a finger, use the New Measurement navigation bar by sliding left and right to select the temperature measurement reading. Once the correct number displays, select **OK**.

Want to enter more details about this reading? Enter details for the following fields:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Add a note to include more in-depth information on how you felt etc.

When all information has been entered, select **SAVE**. You will return to your account Dashboard.

4.14.5 Weight

In **DASHBOARD**, select the + **ICON**  for the Weight measurement type.

With a finger, use the New Measurement navigation bar by sliding left and right to select the temperature measurement reading. Once the correct number displays, select **OK**.

Want to enter more details about this reading? Enter details for the following fields:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Add a note to include more in-depth information on how you felt etc.

You can also review your BMI for the weight that you entered.

***Reminder:** to receive the best weight and BMI results, ensure you include your height within the My Account settings. Can't remember how to enter your height? Review page 3 in this user guide!*

When all information has been entered, select **SAVE**. You will return to your account Dashboard.

4.15 Timeline: Reviewing Your Vitals

Prefer reviewing your vitals data in a timeline view? Select **TIMELINE** to review historical and recent measurement readings for your chosen measurement types.

Timeline view is organized by date and time, with the most recent measurement readings displaying at the top of the list. To review all your measurement readings in timeline view, simply scroll up and down with your finger.

Want to enter more details for a specific reading? Select the measurement type to access the Details screen. In Details, you can review information such as:

- The Measurement Reading
- Date and Time the reading was taken
- The Bluetooth device used to record reading, or if data was entered manually
- Specific details relevant for the measurement type chosen

To include additional details for a measurement reading, select the **PENCIL ICON** . You can include details such as:

- How you felt when you completed this reading (Happy, Neutral, or Sad)
- Add a note to include more in-depth information on how you felt etc.
- Specific details relevant for the measurement type chosen

When all information has been entered, select **SAVE**. You will be returned to your measurement readings Details screen. Review the newly entered information, then select the **BACK ARROW**  to your account Timeline.



DISCLAIMER

Measurement readings collected using the Life365 App (“App”) are not intended to provide time-critical data.

The use of this App is not intended to be a substitute for professional medical judgement, and you should promptly contact your own health care professional regarding any medical conditions or medical questions that you have.

THE APP DOES NOT OFFER MEDICAL ADVICE, AND NOTHING CONTAINED IN THE CONTENT IS INTENDED TO CONSTITUTE PROFESSIONAL ADVICE FOR MEDICAL DIAGNOSIS OR TREATMENT.

Life365 App Support

To download the App or access additional support materials, you can find everything you need at <https://www.life365.health/en/support/app>.

If you are associated with a healthcare organization, consult with your healthcare organization for general questions, advice, or issues.