

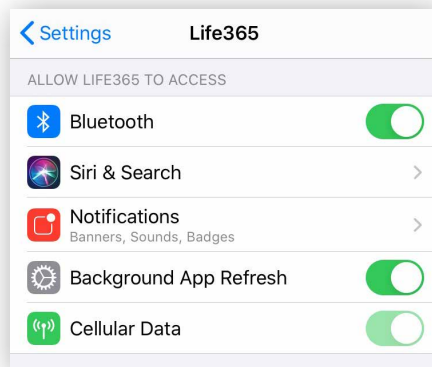


# Using the Life365 Health App with the Arkray Glucose Meter

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

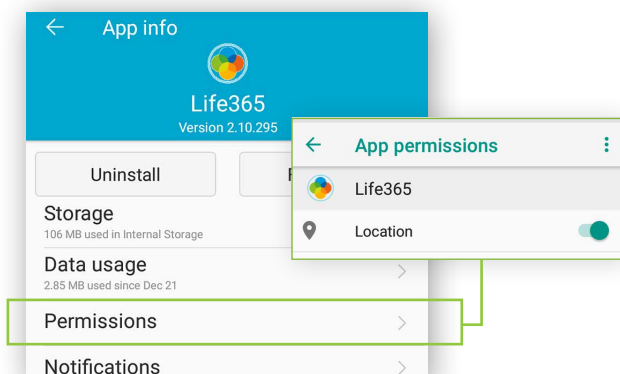
## For Apple iOS

1. Access iOS Settings.
2. Search for the app **Life365** 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** and select when found.
4. Select the option Permissions.
5. Allow any / all App permissions available.



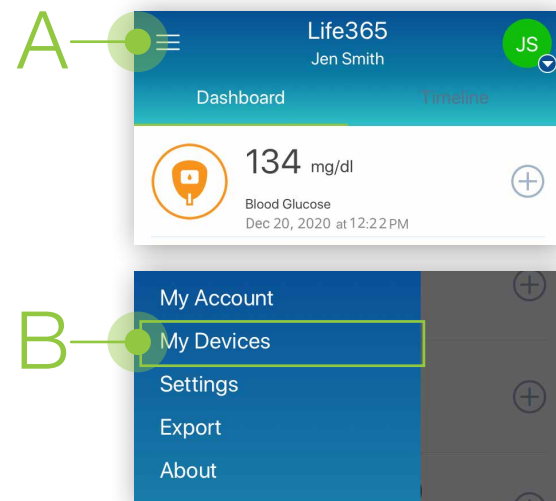
**When complete – your device is ready to pair.**

## Pairing the Life365 Health App to your device

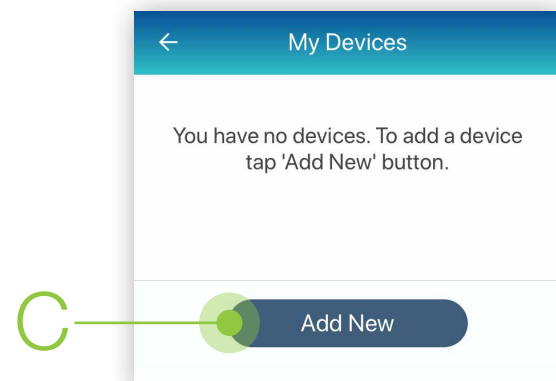
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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)

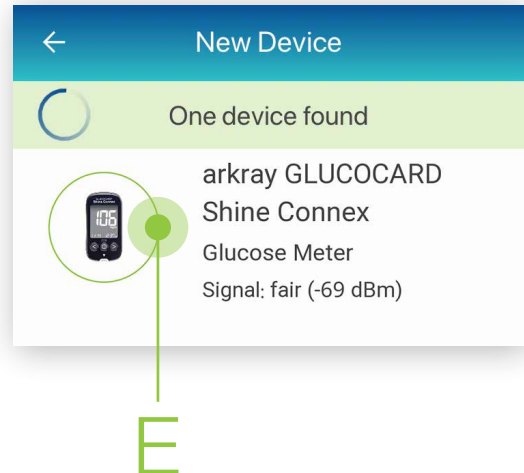
- 3 To pair, hold the **right arrow button (D)** on the glucose meter, for 4-5 seconds.

The screen **"BT"** will display on the glucose meter screen.

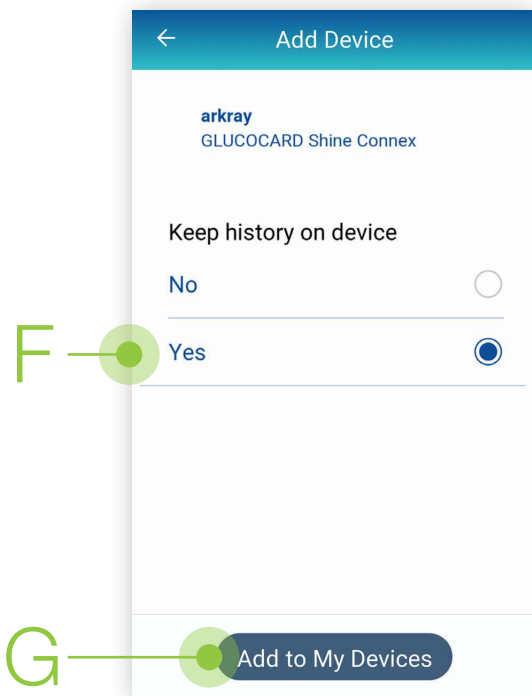


- 4 Allow a few moments for the app to find the glucose meter.

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



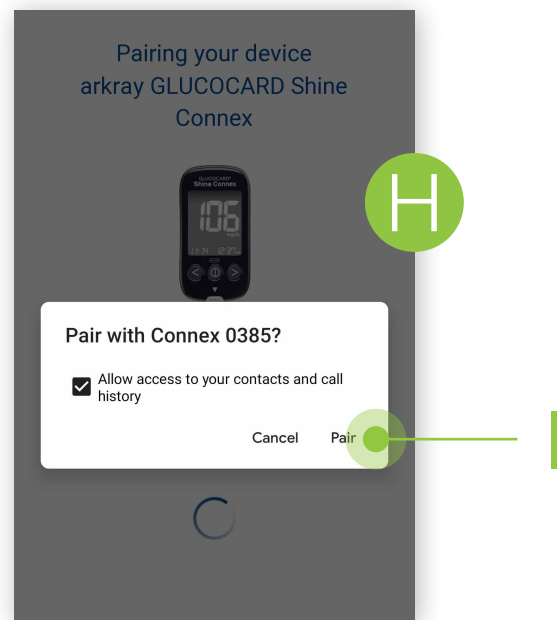
- 5 On the screen **Add Device**, tap **"Yes"** for **Keep history on device (F)**. Select the button **Add to My Devices (G)**.



- 6 A prompt may display on the app screen.

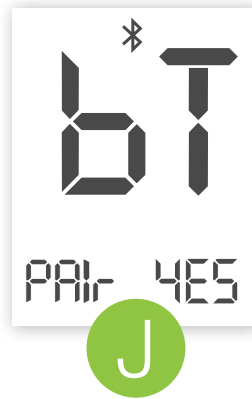
- 6.1 If applicable, enable the checkbox for **Allow access to your contacts and call history (H)**.

- 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.

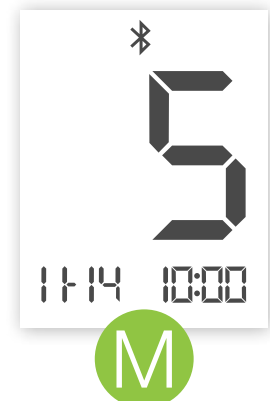
## Using the Life365 Health App: Taking a reading with your device

**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.