

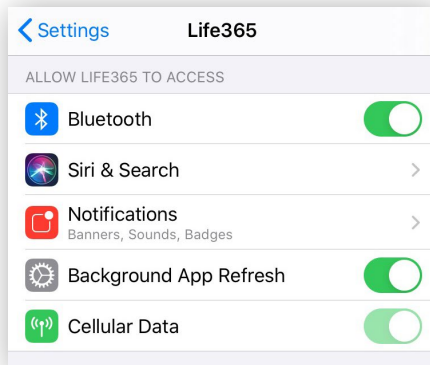


Using the Life365 Health App with the TaiDoc/Fora Ear Thermometer

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

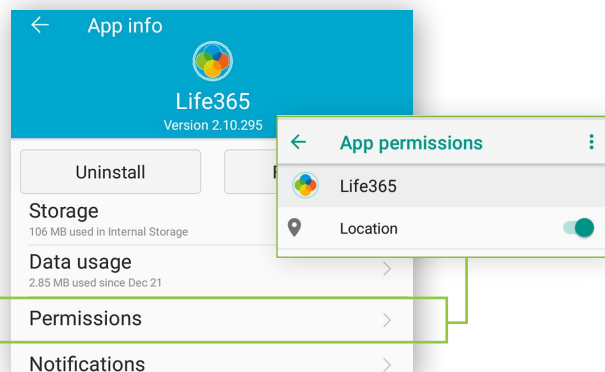
For Apple iOS

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.



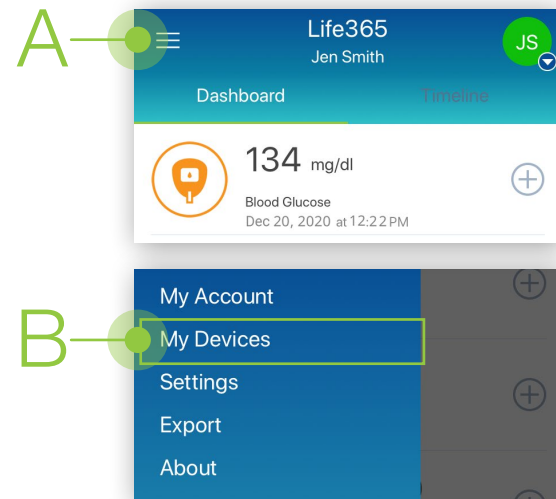
When complete – your device is ready to pair.

Pairing the Life365 Health App to your device

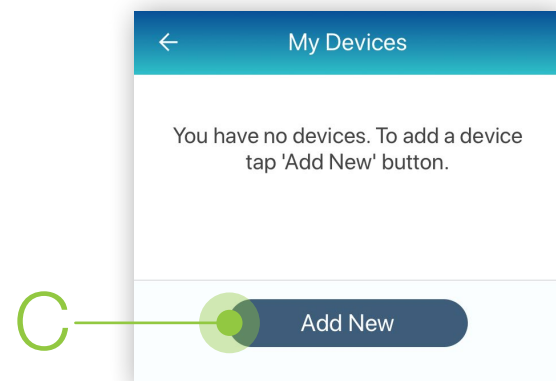
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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, take a temperature reading.

3.1 Insert an ear protection cover on the metal tip of the ear thermometer.

3.2 Press the power button **once** (D) to turn **ON** the ear thermometer.

3.3 Insert the tip of the ear thermometer into your ear.

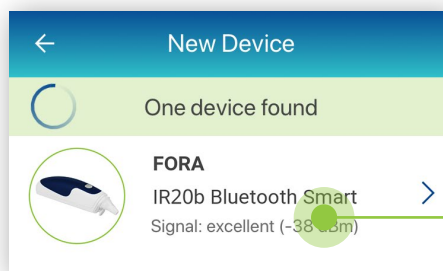
3.4 Take a measurement reading with the ear thermometer (E). The thermometer will beep **once**, indicating temperature reading has been captured.



4 Allow a few moments for the app to find the Bluetooth device.

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

Models vary. Select the appropriate Bluetooth device name when displayed on the app screen.

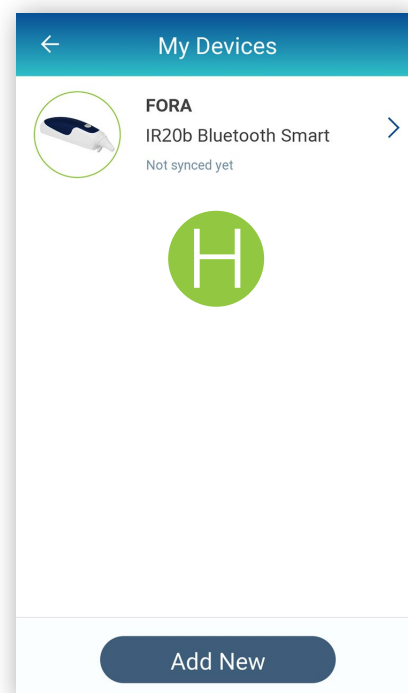


5 Select the button **Add to My Devices** (G).



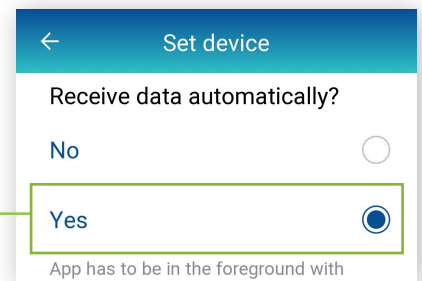
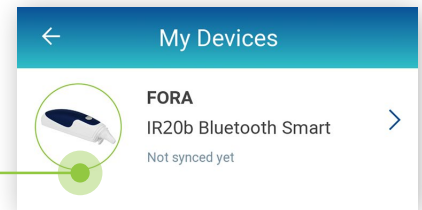
5.1 The app will return to the **My Devices** screen.

The new Bluetooth device will now be listed (H).



Pairing the Life365 Health App to your device (continued)

- 6 Select the Bluetooth device **name (I)** on the **My Devices** screen.
 - 6.1 Tap the **settings icon**, located in the upper right of the app screen **(J)**. You will be navigated to the **Set device** screen.
 - 6.2 Enable the option **Yes (K)** for “**Receive data automatically?**”.
 - 6.3 Tap the back arrow **twice**, located in the upper left of the screen, to return to the **My Devices** screen.
- 7 To complete pairing, take a second temperature reading.



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

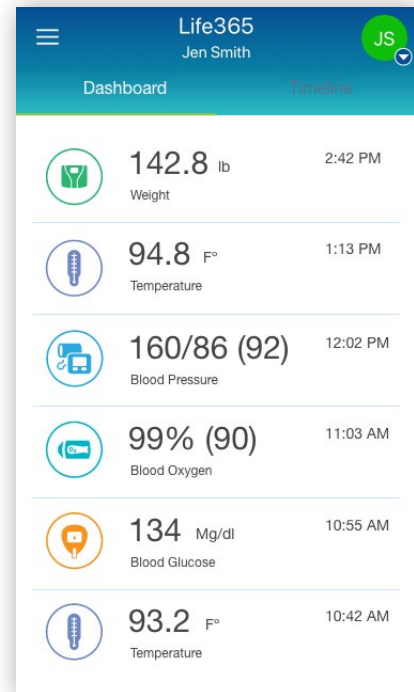
- 8 Take a measurement reading with the ear thermometer.
- 8.1 Insert an ear protection cover on the metal tip of the ear thermometer.
- 8.2 Press the power button **once (L)** to turn **ON** the ear thermometer.
- 8.3 Insert the tip of the ear thermometer into your ear.
- 8.4 Take a measurement reading with the ear thermometer **(M)**. The thermometer will beep **once**, indicating temperature reading has been captured.



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

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

Navigate to the main app Dashboard to review all 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.