

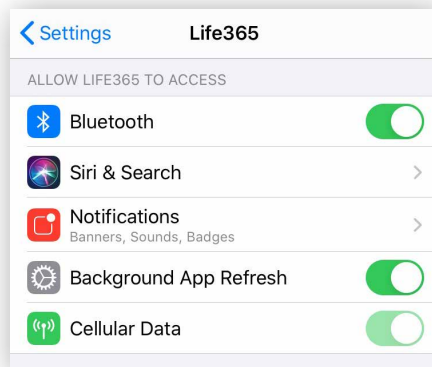


# Using the Life365 Health App with the MIR Spirobank Spirometer

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

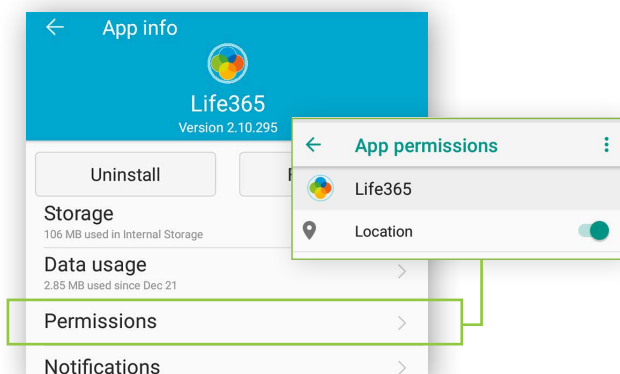
## For Apple iOS

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.



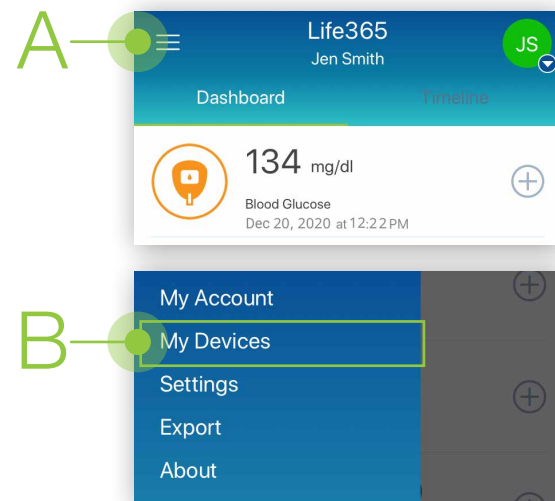
**When complete – your device is ready to pair.**

## Pairing the Life365 Health App to your device

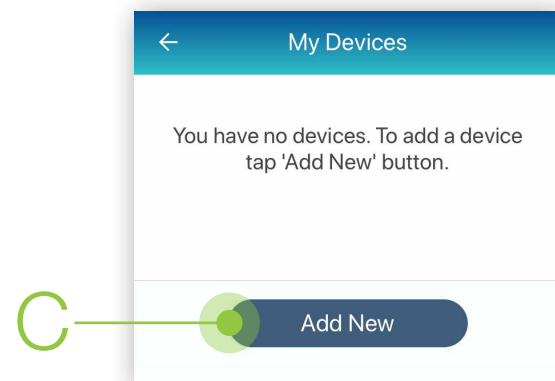
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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)**.



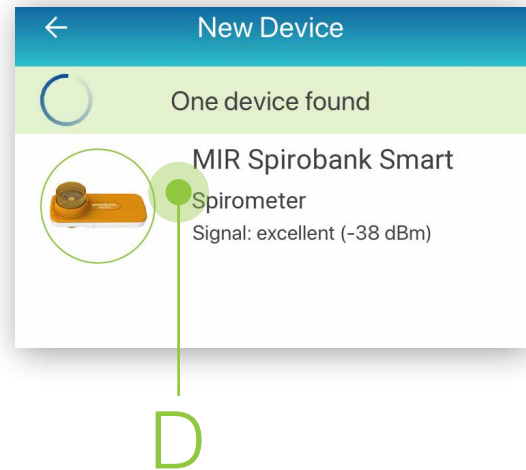
**Make sure the Bluetooth device is located near the smart device.**

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

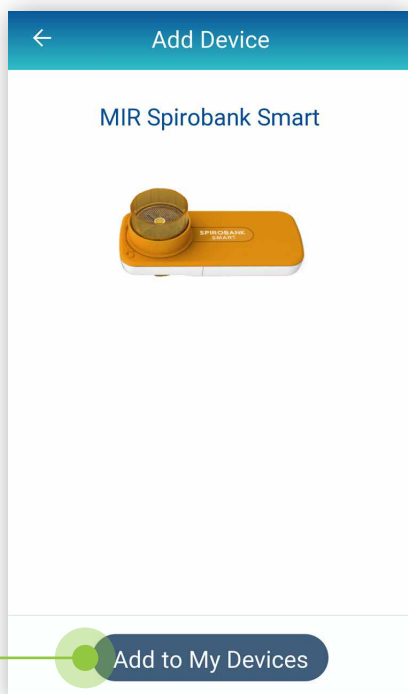
- 3 Allow a few moments for the app to find the spirometer.



- 4 Once found in the app, select the new Bluetooth device **(D)**.



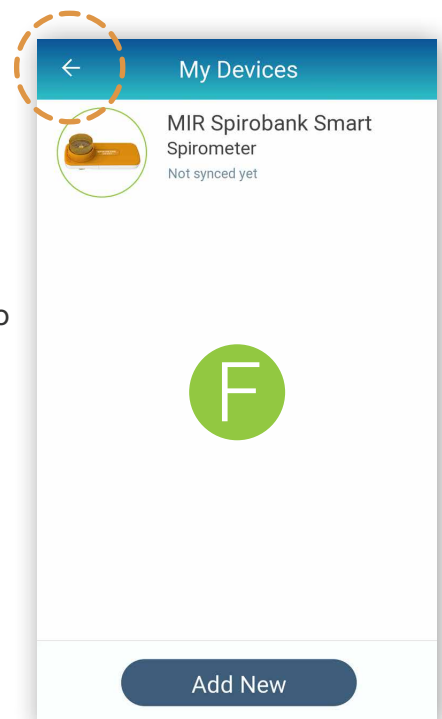
- 5 Select the button **Add to My Devices (E)**.



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

The new Bluetooth device will now be listed **(F)**.

- 5.2 Tap the back arrow **once**, located in the upper left of the app screen, to return to the main app Dashboard.



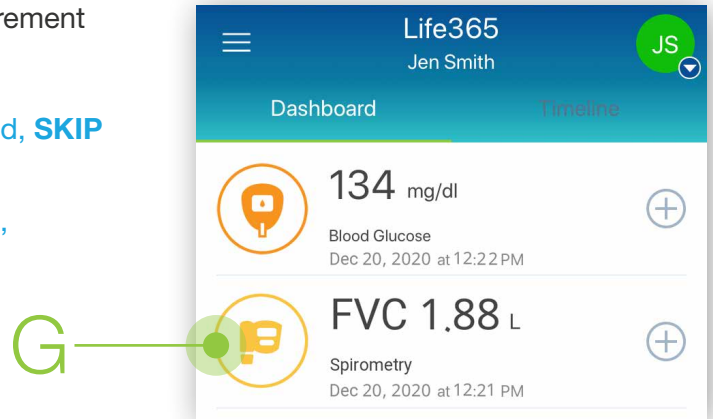
- 6 To complete pairing, take a spirometry reading.

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

- 7 From the main app **Dashboard**, select the measurement type **Spirometry** from the list (G).

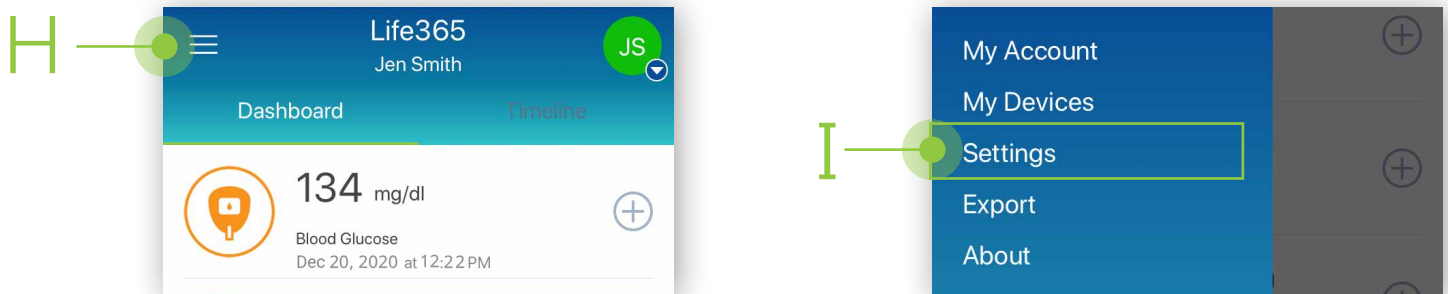
\* \*Note: if Spirometry measurement type is displayed, **SKIP to STEP 9**

If Spirometry measurement type is **NOT** displayed, **PROCEED to STEP 8**



- 8 If Spirometry measurement type is **NOT** displayed on the main app Dashboard, complete the following steps:

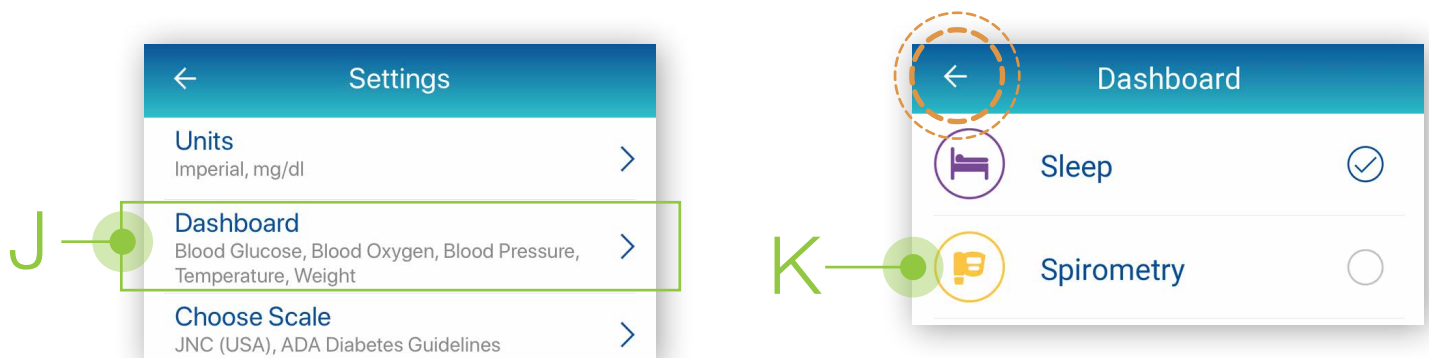
8.1 Select the **Hamburger Menu**, located in the upper left of the app screen (H). In the menu list, select **Settings** (I).



8.2 In Settings, select the option **Dashboard** (J).

8.3 A list of all available measurement types will display. Scroll down the list until **Spirometry** is found. Tap **Spirometry** to enable (K).

8.4 Tap the back arrow **twice**, located in the upper left of the app screen, to return to the main app Dashboard.



## Using the Life365 Health App: Taking a reading with your device (continued from STEP 7)

- 9 In Spirometry measurement type, tap **Tap to connect** (L) or click on the top image. The **New FVC Test** (M) screen will display.

**Note:** Make sure that the mouthpiece is inserted into the spirometer. The larger end of the mouthpiece fits at the end of the spirometer.

- 10 On the screen **New FVC Test** (M), take measurement readings with the Spirometer. Refer to pages 8 and 9 of the Manufacturer User Guide for instructions on how to take a reading.

To take a reading, take a deep breath, and then blow into the mouthpiece for at least 6 seconds. Readings will appear in the chart. You **MUST** take 3 measurement readings to record and sync. Wait 5-10 seconds after each reading to record. You will stay on the same screen until the measurements are complete.

After the third reading, you will automatically be taken to the spirometry data screen which indicates tests are complete.

**Note:** If you do have notification sounds enabled you will hear a notification sound which indicates you are ready to take another reading.

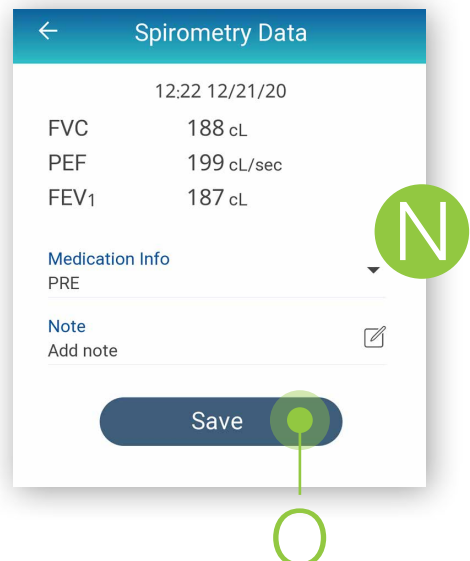
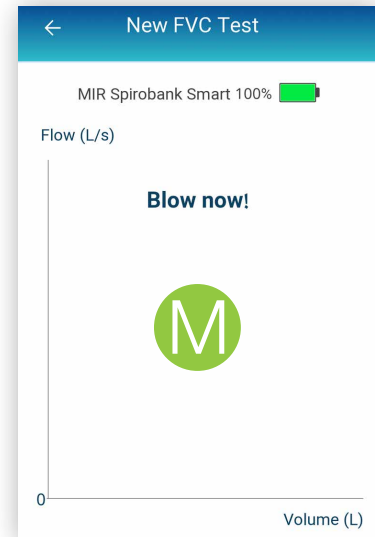
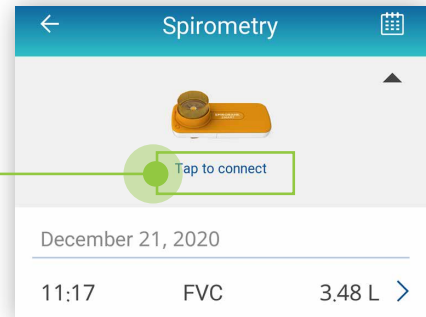
- 11 On the **Spirometry Data** screen (N) you can review the current measurement reading and enter optional **Medication Info** or **Note(s)**.

Select **Save** when finished (O).

- 12 After saving the measurement reading, you will return to the **Spirometry** screen.

**Allow a moment for the measurement reading to sync and record in the app.**

Navigate back to the main 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.