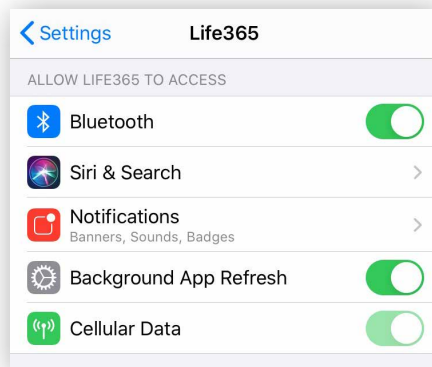# Using the Life365 Health App
with the Philips Ear Thermometer

Life365® health

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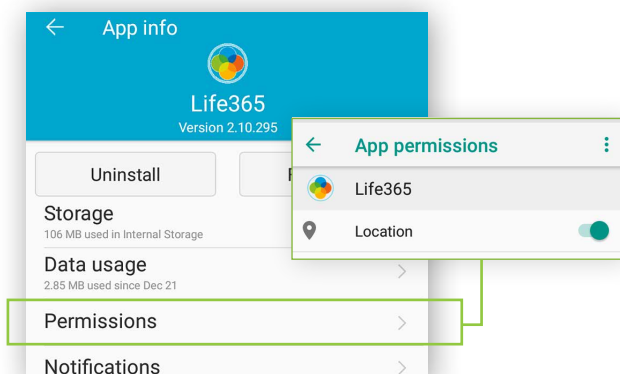
For Apple iOS

1. Access iOS Settings.
2. Search for the app **Life365** and select when found.
3. For Bluetooth, enable the toggle button.

Settings	Life365	
ALLOW LIFE365 TO ACCESS		
🔵 Bluetooth		⬤
Siri & Search		›
Notifications Banners, Sounds, Badges		›
Background App Refresh		⬤
Cellular Data		⬤

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.
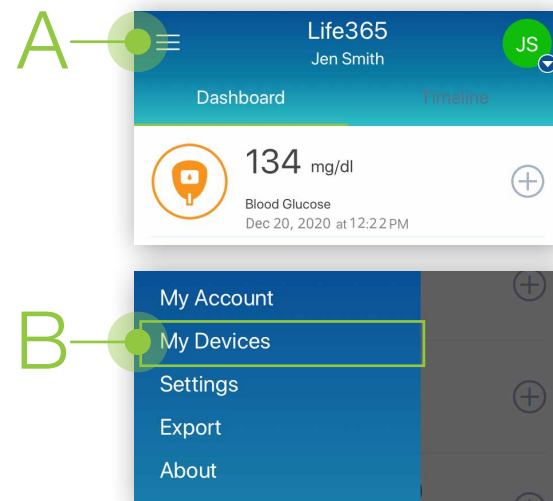5. Allow any / all App permissions available.

← App info

Life365
Version 2.10.295

Uninstall

Storage
106 MB used in Internal Storage

Data usage
2.85 MB used since Dec 21

Permissions

Notifications

← App permissions ⋮

Life365

📍 Location ⬤

When complete – your device is ready to pair.

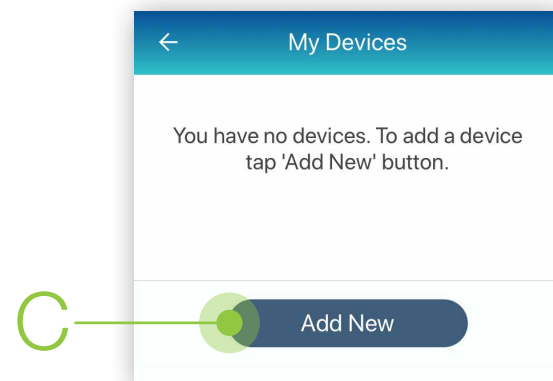## Pairing the Life365 Health App to your device

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)**.

A —

Life365
Jen Smith
JS

Dashboard   Timeline

134 mg/dl

Blood Glucose
Dec 20, 2020 at 12:22 PM

⊕

B —

My Account
My Devices
Settings
Export
About

2 In My Devices, select the button **Add New**. The app will search for the Bluetooth device **(C)**.

← My Devices

You have no devices. To add a device tap 'Add New' button.

C   Add New

Make sure the Bluetooth device is located near the smart device.
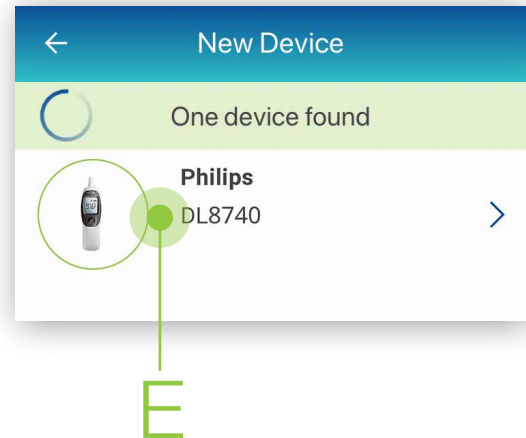
Pairing the Life365 Health App to your device (continued)

3 To pair, press the power button **(D) once** to turn **ON** the ear thermometer.

D

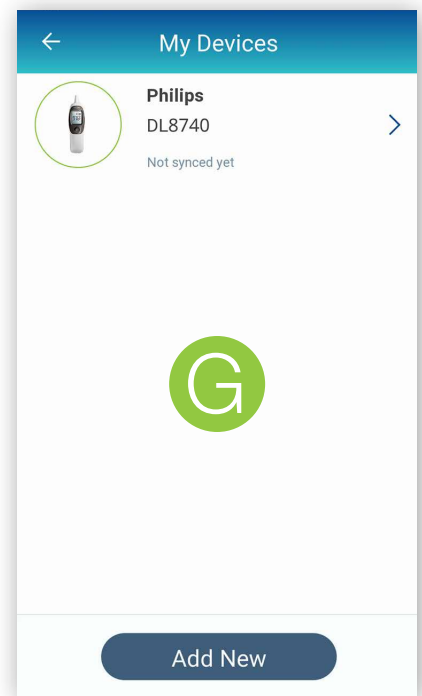**4** **Allow a few moments for the app to find the ear thermometer.**

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

← New Device

⟳ One device found

Philips
DL8740 >

E

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

← Add Device

Philips DL8740

F — Add to My Devices

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

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

← My Devices

Philips
DL8740 >
Not synced yet

G

Add New

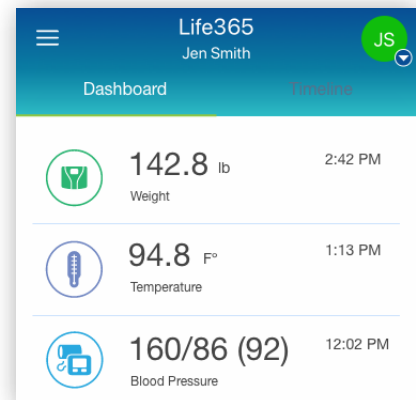**6** **To complete, take a temperature reading.**

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

7   Take a temperature reading.

8   Remove the protection cap before using the ear thermometer.

8.1   Press the power button **(H) once** to turn **ON** the ear thermometer.

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

8.3   Take a measurement reading with the ear thermometer. The thermometer will beep **twice**, indicating temperature reading has been captured.

9   **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.