

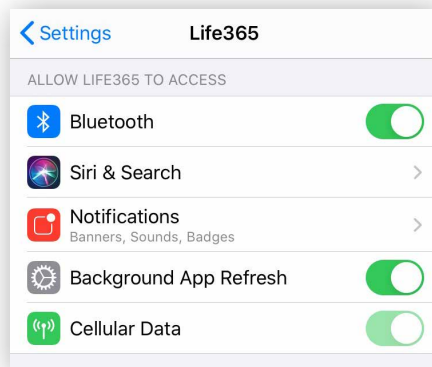


# Using the Life365 Health App with the Trividia True Metrix Glucose Meter

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

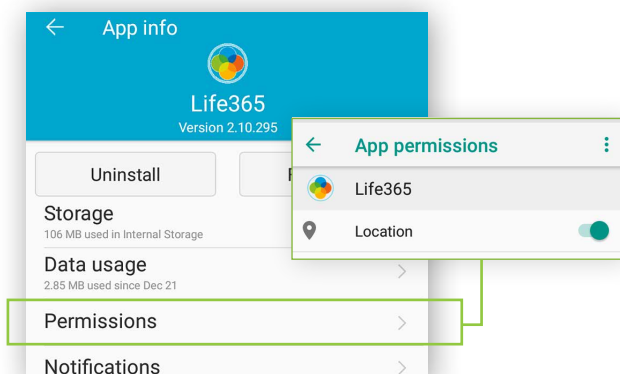
## For Apple iOS

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.



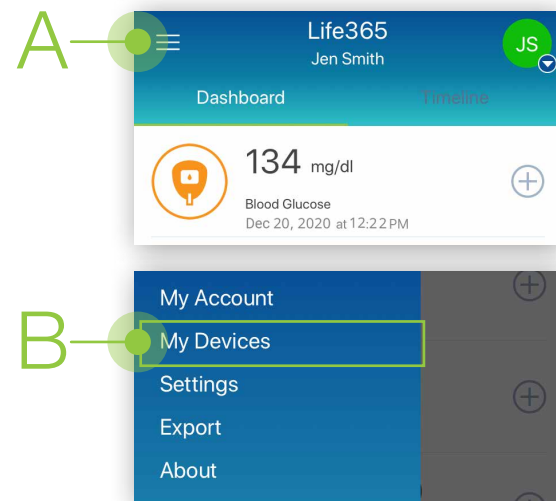
**When complete – your device is ready to pair.**

## Pairing the Life365 Health App to your device

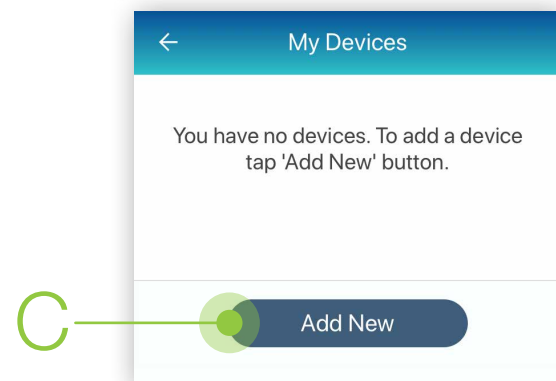
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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, take a test blood glucose reading.

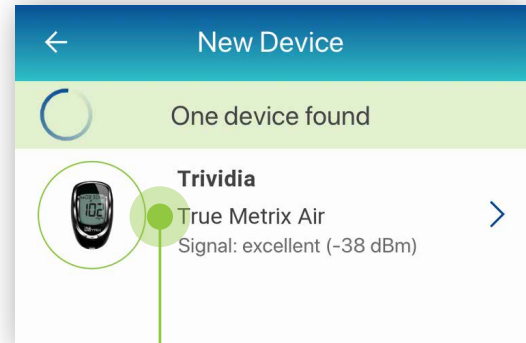
**3.1** Once the blood glucose reading displays on the glucose meter screen, **eject the test strip**. The glucose meter will then turn **OFF**.

**3.2** Turn the glucose meter **ON (D)** by tapping the oval, middle power button, located on the top of the glucose meter.



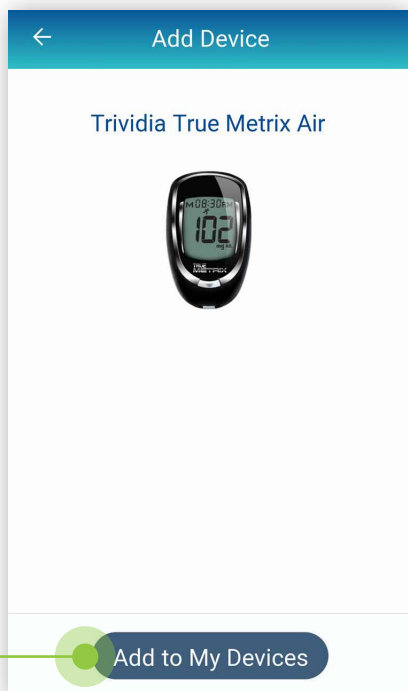
**4** Allow a few moments for the app to find the glucose meter.

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



**E**

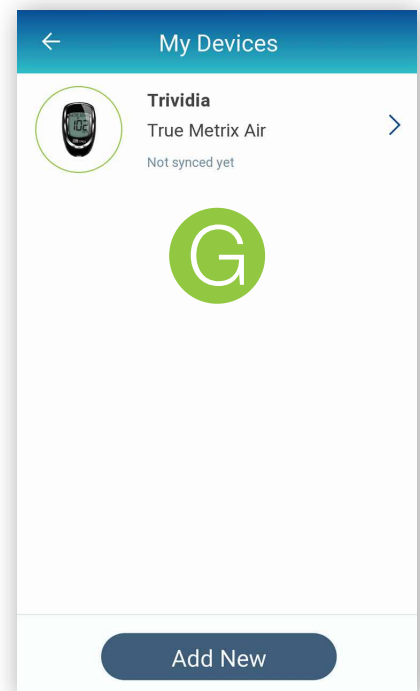
**5** Select the button **Add to My Devices (F)**.



**F**

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

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



**G**

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

- 6 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.

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

- 7 Take a measurement reading with the glucose meter
  - 7.1 Insert the testing strip inside the test strip port, located on the bottom of the glucose meter. Take a blood glucose measurement reading.
  - 7.2 Once the blood glucose reading displays on the glucose meter screen, **eject the test strip**. The glucose meter will then turn **OFF**.
  - 7.3 Turn the glucose meter **ON (H)** by tapping the oval, middle power button, located on the top of the glucose meter.



- 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.