

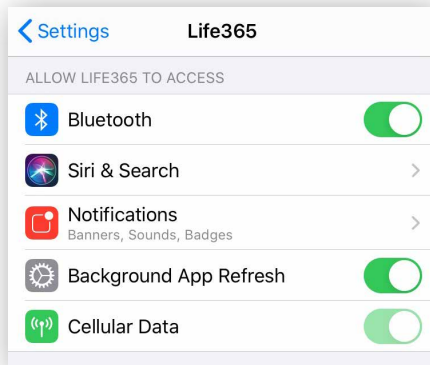


Using the Life365 Health App with the iChoice Blood Pressure Monitor

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

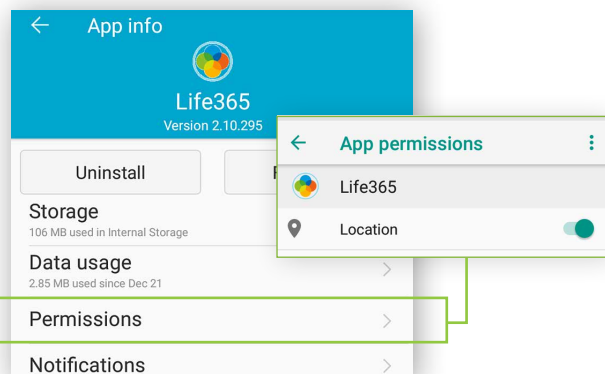
For Apple iOS

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.



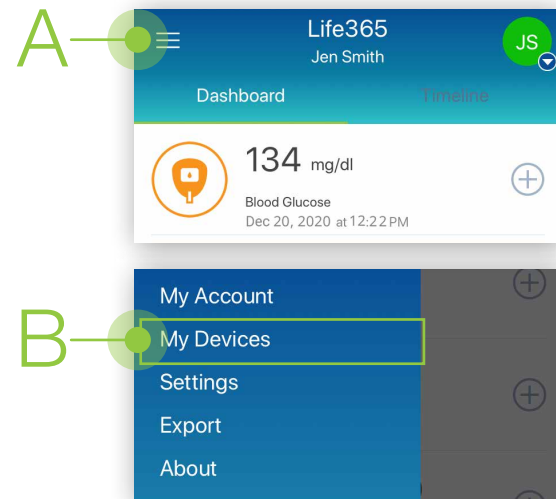
When complete – your device is ready to pair.

Pairing the Life365 Health App to your device

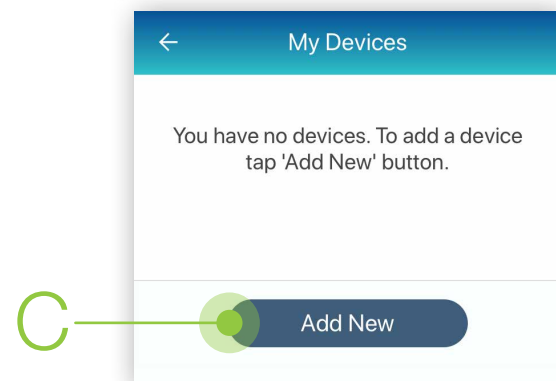
After account setup, the app will open to your main Dashboard. Refer to the Life365 Health App User Manual for account set-up instructions.

- 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.

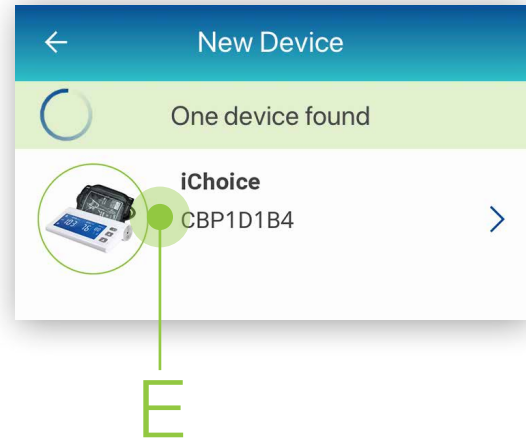
Pairing the Life365 Health App to your device (continued)

- 3 To pair, press and hold the **User 2 (D)** button until alternating squares appear on the blood pressure monitor screen.

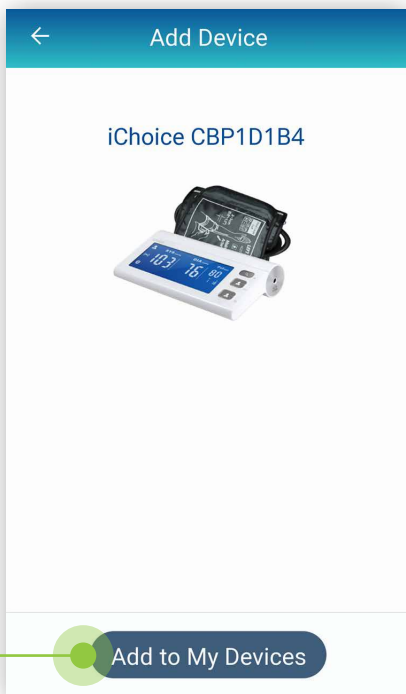


- 4 Allow a few moments for the app to find the blood pressure monitor.

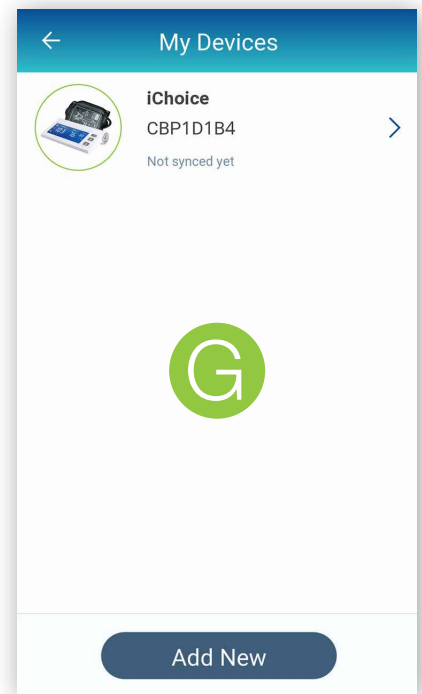
Once found in the app, select the Bluetooth device **name** on the app screen (E).



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



- 5.1 The app will return to the **My Devices** screen.
The new Bluetooth device will now be listed (G).



- 6 To complete pairing, take a blood pressure reading.

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

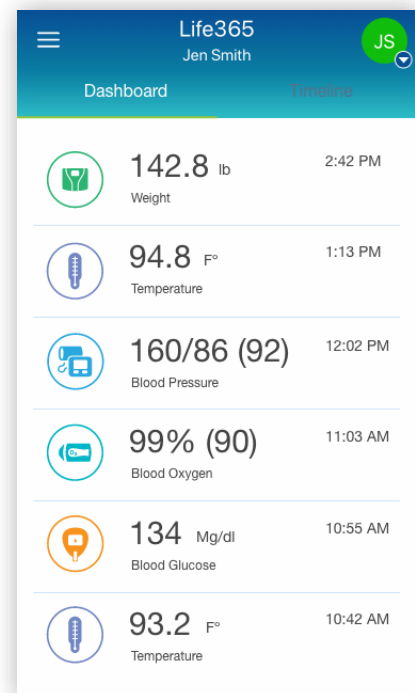
- 7 Insert the blood pressure **cuff** into the blood pressure monitor port.

Tap the “**User 1**” (H) symbol button **once** to take a measurement reading with the blood pressure monitor.



- 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.