

LIFE SOURCE[®]

XL-20 Wireless Activity Monitor







English • Français • Español

IMPORTANT INFORMATION



Please read this important information before using your XL-20 Activity Monitor.

-  Physical activity may be one of the best things you can do for your health, but get your doctor's approval before you start any exercise program.
-  Make sure the XL-20 Activity Monitor is mounted snugly to your footwear and as level to the ground as possible. For mounting details see page 1, Wearing the XL-20 – Tips & Tricks.
-  Do not attempt to service or repair this monitor or open the outer casing in any way.
-  For the most current information on your XL-20 Activity Monitor including help and support, please visit the LifeSource website at www.LifeSourceOnline.com.

LIFE SOURCE[®]

LifeSource - Wellness Connected.™

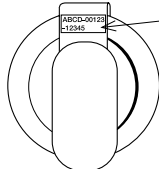
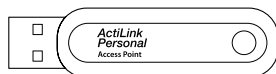
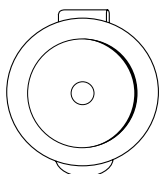
Congratulations on purchasing a state-of-the-art LifeSource XL-20 Activity Monitor—one of the most technologically advanced activity monitors available today. As part of the Wellness Connected family of products, the XL-20 works seamlessly with LifeSource's other wireless and wired Wellness Connected products. Designed for ease of use and accuracy, the XL-20 will effortlessly integrate activity into your daily wellness regimen.

Physicians agree that daily self-monitoring is an important step individuals can take to maintain overall health. The Wellness Connected family provides a complete system for conveniently tracking vital health information. Use a Wireless Blood Pressure Monitor with your new XL-20 Activity Monitor, or pair it with a Wireless Precision Scale, or both!

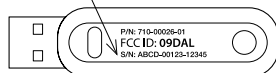
A&D Medical has been manufacturing high quality healthcare and wellness products for over 20 years. We are committed to providing you and your family with monitoring devices that provide the utmost in accuracy and convenience.

LifeSource - Designed for Life.

MONITOR COMPONENTS

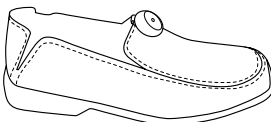
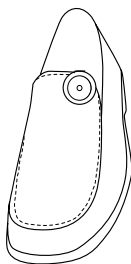


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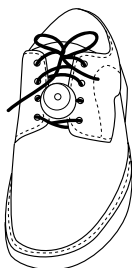


XL-20 Activity Monitor

ActiLink™ USB Transceiver



Recommended Activity Monitor Placement



GETTING STARTED

Follow these instructions to get started using your new wireless XL-20 Activity Monitor. (Note: if you already use another Wellness Connected family device, please skip Step 1 and simply add your new XL-20 device in the Devices tab of your Wellness Connected software in the account section or ActiHealth account.)

Step 1: Setting up Wellness Connected on your personal computer

- (a) Go to the following Internet web address:
<http://www.LifeSourceOnline.com/getstarted>
- (b) Download the Wellness Connected Tracking Software and follow the instructions to install the software.
- (c) Run the software and complete the walkthrough set-up and registration process.

IMPORTANT NOTE – Computer System Requirements: The Wellness Connected Tracking Software is compatible with the following PC operating systems: Mac OSX Tiger (10.4), Leopard (10.5), Windows 2000 SP4, Windows XP SP2, Vista Home Premium, Ultimate

Step 2: Wearing your XL-20 Activity Monitor

- (a) Identify a good location on your footwear to mount your ActiPed: shoelaces, shoe tongue or shoe strap.
- (b) Orient the XL-20 on your footwear so it will be as level with the ground as possible. Make sure the open end of the clip is pointing towards your toes (see figure on page 1).
- (c) Securely clip the XL-20 so that it is snug to the shoe and will not move or flop around when walking, jogging or running.

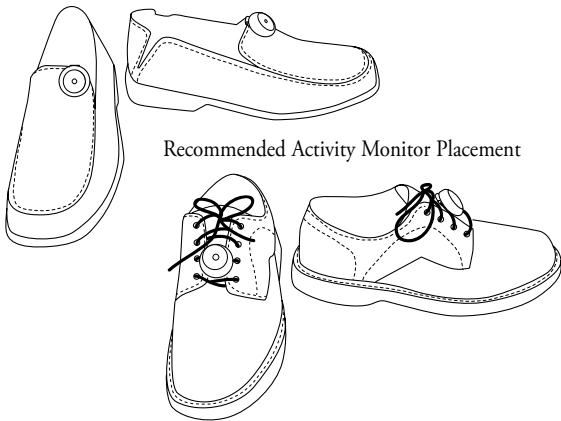
IMPORTANT NOTE – The XL-20 **MUST** be attached to footwear properly or it will not maintain its accuracy. The XL-20 **CANNOT** be mounted on belts, handbags, watches, headwear or other locations other than your footwear.

Congratulations! Set-up is complete and now, it's time to get moving! Use the Wellness Connected software to track your progress over time, review your past performance, and set goals to push yourself.

WEARING THE XL-20 – TIPS & TRICKS



- ☞ Make sure the XL-20 Activity Monitor is snug and is on the top of your shoe, mounted horizontally to the ground.
- ☞ If using laced shoes: get the clip under as many lace crossings as possible, at least two crossings are necessary.
- ☞ Your XL-20 should not move or flop around when walking, jogging or running. It is very important that it is snugly clipped to your footwear.
- ☞ Do not mount your XL-20 Activity Monitor on your belt, hand bag, watches, headwear, or any place other than on your footwear.
- ☞ While running or walking do not allow the hard end of your shoe laces to bang on the top of the XL-20. If you hear your shoelaces banging on the top of the XL-20, retie them or tuck them into your shoes.
- ☞ Use the XL-20 Activity Monitor together with LifeSource's Wellness Connected wireless blood pressure monitor, and wireless precision scale for a more complete picture of your health.



Recommended Activity Monitor Placement



HOW THE XL-20 ACTIVITY MONITOR SYSTEM WORKS

The XL-20 Activity Monitor contains a low-power wireless radio transceiver and an accelerometer. Unlike traditional pedometers, the XL-20 must be worn on footwear and not on a belt or bag. The XL-20 collects activity data for steps, activity time, calories burned, and distance traveled. It categorizes activity data for qualified steps as either a run or a walk. Depending on a user's daily activity levels, the XL-20 will store approximately 10 to 30 days of activity.

Your XL-20 sends your activity information automatically to the ActiLink USB Transceiver when it is plugged into your computer and the power is on. Data is offloaded when the Activity Monitor comes in close proximity (about 30 to 60 feet) with a live ActiLink USB Transceiver. The XL-20 Activity Monitor attempts to find an ActiLink approximately every 10 minutes when you are active and every 60 minutes when it is asleep when you are not active. The XL-20 will go into a sleep state when not active to conserve battery power; to activate the XL-20 (wake it up from sleep mode), just start walking or tap your foot a few times.

IMPORTANT NOTES

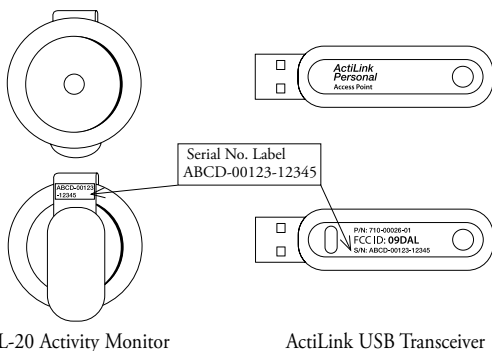


- The ActiLink USB transceiver will not work when plugged into a computer in sleep, suspend, or hibernation mode.
- The XL-20 Activity Monitor and the ActiLink USB Transceiver do not contain any user-serviceable parts inside. Do not open these devices, or attempt to remove the battery from the XL-20. This can result in damaging the device.
- The XL-20 contains a non-replaceable coin cell battery that will last, on average, for 640 hours of active time. This translates to 10-18 months of usage depending on the level of activity of the user.

FREE TRIAL OFFER – ActiHealth™ Online Service:

ActiHealth is an online service that can automatically upload and record data collected by your Wellness Connected devices. Access your wellness information anytime, anywhere on your personalized wellness dashboard on ActiHealth! Stay motivated and on track by joining communities, setting challenges, sharing data online with friends, family, support groups and more.

To learn more and begin your free trial offer, please see the card included in your XL-20 Activity Monitor box or go to <http://actihealth.com/lifeforce>. This is a limited-time offer, so act now!



XL-20 Activity Monitor

ActiLink USB Transceiver

CONTACT INFORMATION



Our products are designed and manufactured using the latest scientific and technological methods, and offer accurate and easy to use home monitoring and treatment options. In conjunction with our XL-20 Activity Monitor, don't forget to try our other Wellness Connected wireless devices including the Wireless Automatic Blood Pressure Monitor (UA-851THW) or the Wireless Precision Scale (UC-324THW). Our full product line includes: Digital Blood Pressure Monitors, Manual Blood Pressure Monitors, Blood Pressure Cuffs, Stethoscopes, Personal Health Scales, and Digital Thermometers.

For a list of frequently asked questions (FAQs), please visit our website at www.LifeSourceOnline.com/faqs

Visit our web site at www.LifeSourceOnline.com
for warranty registration information.

This LifeSource device is covered by a 1 year warranty.

A&D Medical assumes no responsibility with regard to the use of these products. Every effort has been made to ensure that the information in this manual is accurate. A&D Medical is not responsible for printing or clerical errors.

These devices comply with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operations. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the devices.

For more information regarding use, care or servicing of your XL-20 Activity Monitor, contact:

A&D Medical
A division of A&D Engineering, Inc.
1756 Automation Parkway
San Jose, CA 95131
LifeSource Health Line (Toll-Free): 1-888-726-9966
www.LifeSourceOnline.com

IMPORTANT!

If You Need Assistance with the Set-Up or Operation

We Can Help!

Please call us FIRST before contacting your retailer at

LifeSource® Customer Service Line

1-888-726-9966 - Toll Free

A specially trained representative will assist you.



A division of A&D Engineering, Inc.

1756 Automation Parkway

San Jose, CA 95131

www.LifeSourceOnline.com

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THE XL-20 ACTIVITY MONITOR AND ACTILINK USB TRANSCIVER ARE COVERED BY ONE OR MORE OF U.S. PATENT NUMBERS 6336365, 6018705, 6052654, 6493652, 6298314, 6560903, 6611789, 6536139, 6876947, 6882955, 7187924 AND PATENTS PENDING.

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE.

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