



# USER MANUAL

ACTOFIT HEALTH APP 

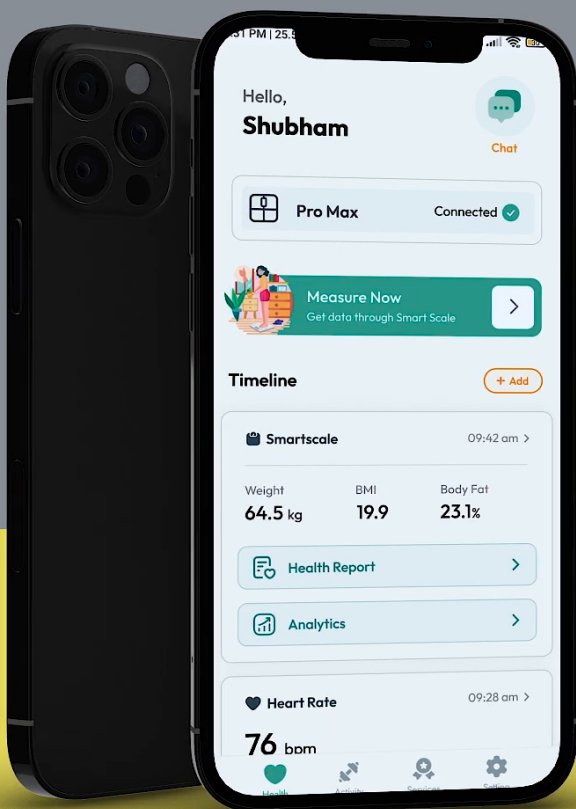


## INTRODUCTION

Actofit is a comprehensive health and fitness app designed to transform your wellness journey. Offering personalized weight loss diet plans and access to experienced personal trainers, Actofit goes beyond conventional fitness apps. The incorporation of easy-to-use Bio wearables ensures accurate tracking of your progress, providing valuable insights into your health metrics.

Our dedicated team of Coaches is committed to guiding you through every step of your fitness endeavor. Whether you're a beginner or a seasoned fitness enthusiast, our Coaches tailor their advice to meet your specific needs, ensuring a customized and effective approach to achieving your health goals.

With Actofit, you not only gain access to a vast library of workouts and nutritional plans but also benefit from a supportive community that shares your commitment to a healthier lifestyle. The seamless integration of technology and personalized coaching sets Actofit apart, making it a one-stop solution for anyone looking to embark on a transformative journey towards better health and fitness.



# Actofit

"Unlock Your Metabolic Health"



## Getting Started

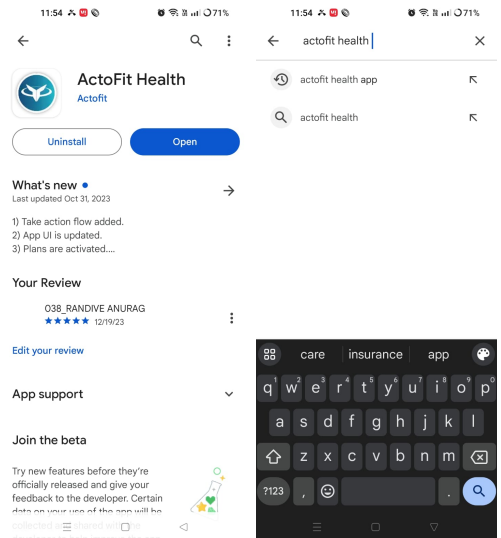
### How to download Actofit Health App ?

Actofit Health App can be downloaded through the following ways.

- Google Play Store
- App Store
- Actofit Website ( [www.actofit.com](http://www.actofit.com) )

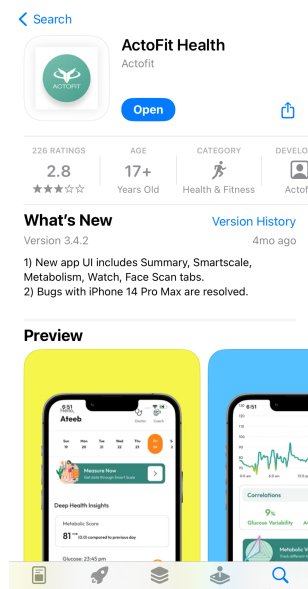
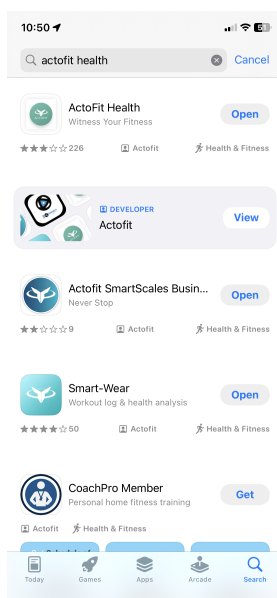
#### Google Play Store

- Open Play Store application on your mobile
- Click on the Google Play text at the top and enter the text "Actofit Health" in the search bar.
- Now below page will open which asks to install the application. Click on the "INSTALL" button to install the application.



#### App Store

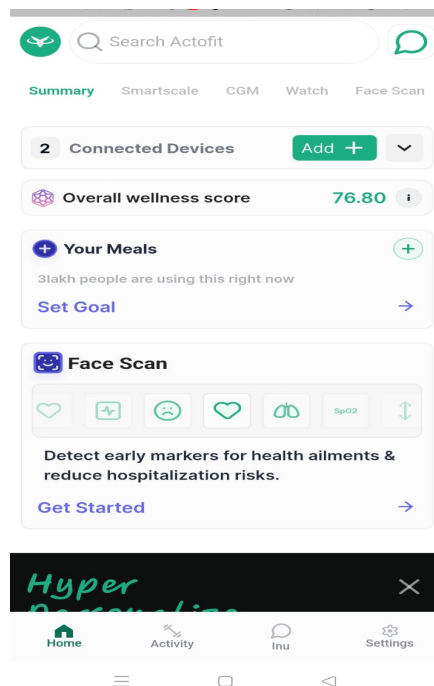
- Open App store on your mobile.
- Click on the search option present on the lower right side of the screen and enter the text " Actofit health " in the search.
- Now below page will open which asks to install the application. Click on the "INSTALL" button to install the application.



## Dashboard

The Actofit Health App dashboard provides a comprehensive overview, allowing users to effortlessly monitor various aspects of their health and wellness journey. Within the dashboard, users can easily ascertain the number of Actofit devices they are currently connected to. This feature ensures a seamless integration of technology, enabling users to leverage multiple devices for a more holistic health tracking experience.

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The dashboard further presents users with an insightful overall wellness score, consolidating key health metrics into a singular, user-friendly metric. This score serves as an invaluable indicator of one's overall health and progress.

In addition, the dashboard includes a dedicated section for Meals Metabolism, offering users a detailed analysis of their dietary habits and metabolic processes. This feature aids in fostering a deeper understanding of the impact of nutrition on overall health and assists users in making informed choices for their well-being.

Stay informed about exclusive offers on Actofit products through the dashboard, ensuring that users have access to promotions and discounts to enhance their fitness journey.

Access your comprehensive health report and analytics effortlessly within the dashboard. This feature provides users with detailed insights into their health trends, facilitating a data-driven approach to wellness.



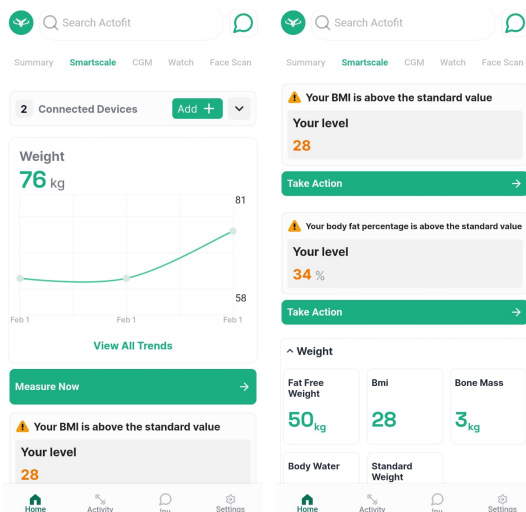
## Activity Tracking

### 1. Versatility in Activity Tracking:

- Utilizing the Actofit Health app, users can effortlessly monitor a diverse range of activities.
- The app seamlessly integrates with various devices tailored for specific health parameters.

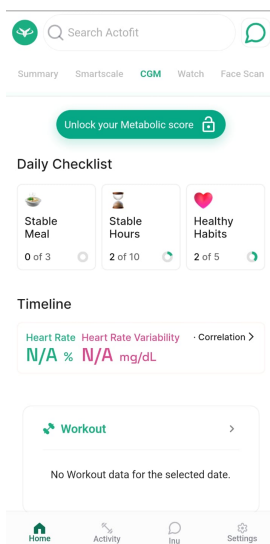
### 2. SmartScale Integration:

- The SmartScale feature facilitates the tracking of comprehensive body parameters.
- Parameters include weight, body fat percentage, body water content, fat-free weight, BMI, BMR, and protein levels.



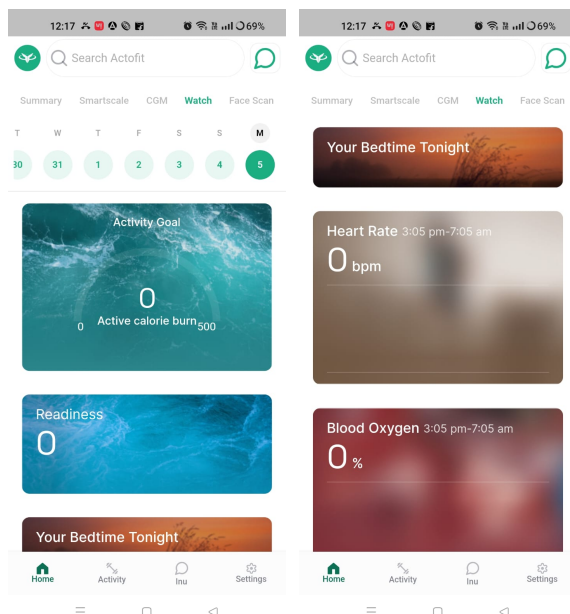
### 3. Continuous Glucose Monitoring (CGM):

- The app incorporates CGM functionality for real-time tracking of sugar spikes in the body.
- This feature aids in maintaining a vigilant approach to blood sugar levels.



#### 4. Smartwatch Integration:

- Actofit's Smartwatch extends its capabilities to monitor a multitude of health metrics.
- Track activity goals, calories burned, readiness levels, bedtime routines, heart rate, blood oxygen levels, blood pressure, and sleep efficiency.
- Additionally, the app provides insights into Heart Rate Variability (HRV), offering a comprehensive overview of cardiovascular health.



## Nutrition and Diet

### 1. Diet Management:

- The Actofit Health App serves as a comprehensive tool for effective diet management.
- Within the activity section of the app, users can access the diet plan option to initiate their dietary tracking.

### 2. Calorie Monitoring:

- Users have the ability to set and monitor their calorie goals effortlessly.
- The app provides a clear overview of both the targeted and achieved calorie burn, facilitating precise tracking of progress.

### 3. Automated Meal Tracking:

- Streamlining the process, the app features an automated meal tracking system.
- Upon entering meal details, the app autonomously detects and records the calorie content, efficiently managing the remaining calorie allowance.

### 4. Nutrient Breakdown:

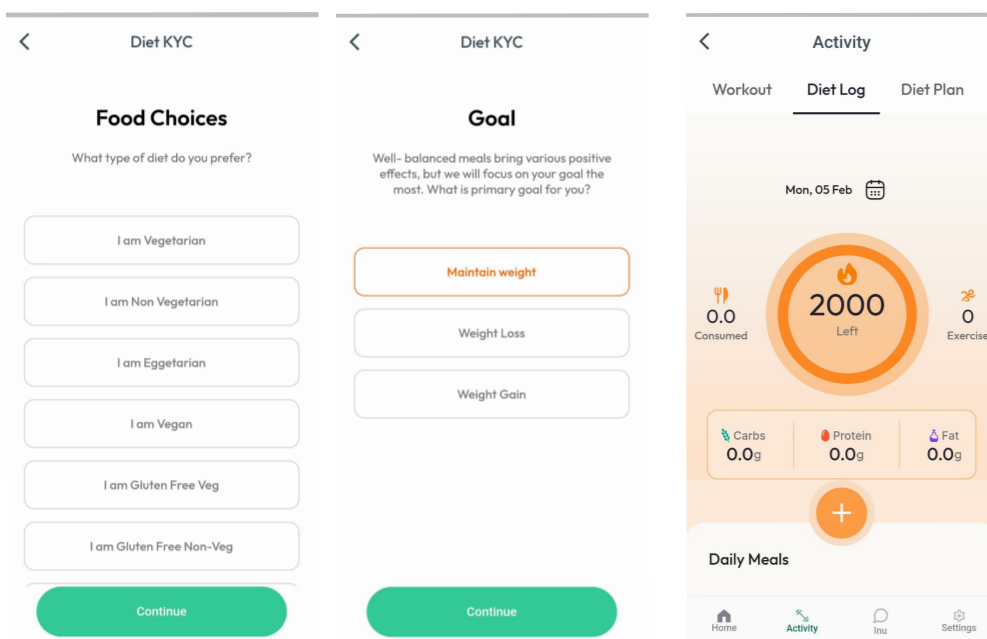
- Beyond calories, the app provides a detailed nutrient breakdown.
- Users can easily monitor the intake of carbs, protein, and fats, empowering them to make informed dietary choices.

### 5. Simplified Lifestyle Transformation:

- Actofit Health App simplifies the journey towards a healthier lifestyle.
- The integrated features streamline the process of transforming or maintaining a health-conscious lifestyle.

### 6. Personalized Diet Plans:

- Catering to individual goals and preferences, the app offers personalized diet plans.
- Users can select from a variety of food choices, including regional options, ensuring a customized and culturally relevant approach to nutrition.



The image displays three screenshots of the Actofit Health App interface, illustrating the diet management and tracking features.

**Screenshot 1: Diet KYC - Food Choices**

What type of diet do you prefer?

- I am Vegetarian
- I am Non Vegetarian
- I am Eggetarian
- I am Vegan
- I am Gluten Free Veg
- I am Gluten Free Non-Veg

Continue

**Screenshot 2: Diet KYC - Goal**

Well- balanced meals bring various positive effects, but we will focus on your goal the most. What is primary goal for you?

- Maintain weight
- Weight Loss
- Weight Gain

Continue

**Screenshot 3: Activity - Diet Log**

Mon, 05 Feb

0.0 Consumed | 2000 Left | 0 Exercise

Carbs 0.0g | Protein 0.0g | Fat 0.0g

Daily Meals

Home | Activity | Inu | Settings

## Face Scan

1. Open your smartscale business app .
2. Select Body Vital Scan
3. Make sure your device matches the minimum requirements.
4. Take the readings under the natural lighting
5. Keep your face stable while taking the readings.

12:26 ↗



## Your Report

**\*Note:** We do not claim to diagnose, mitigate, prevent or treat any disease, any disorders, symptoms or abnormal physical state.

Heart Rate

71 bpm

HRV

90.89 ms

Systolic

126 bpm

Diastolic

82 bpm

SpO2

98 mmhg

Breathing Rate

13 bpm

Stress

LOW

Blood Pressure  
Status

NORMAL

## Face Scan

### 1. Vital Scan Efficiency:

- The Vital Scan feature offers a swift and comprehensive report of your body's vital metrics.
- Within just a few minutes, this advanced scan focuses on facial vitals to provide a quick overview of your health status.

### 2. 8 Parameters Measured:

- The Vital Scan assesses 8 key parameters of the body, delivering a detailed snapshot of your well-being.
- These parameters include Blood Oxygen levels, Breathing Rate, Heart Rate, Systolic and Diastolic Blood Pressure, HRV (Heart Rate Variability), RM SDLLLNN, and Stress Status.

### 3. Blood Oxygen Monitoring:

- The scan provides real-time insights into your Blood Oxygen levels, crucial for understanding respiratory health.

### 4. Breathing Rate Analysis:

- Evaluate your Breathing Rate to gain an understanding of your respiratory patterns and overall breathing efficiency.

### 5. Comprehensive Heart Rate Monitoring:

- The scan covers various facets of Heart Rate, including both Systolic and Diastolic measurements, offering a holistic view of cardiovascular health.

### 6. Heart Rate Variability (HRV):

- HRV assessment provides insights into the variations in time intervals between consecutive heartbeats, reflecting the body's adaptability to stress and overall well-being.

### 7. Stress Status Evaluation:

- The Vital Scan includes a stress status indicator, offering valuable information about your current stress levels.

### 8. Blood Pressure Analysis:

- Comprehensive Blood Pressure monitoring encompasses both Systolic and Diastolic measurements, contributing to a thorough understanding of cardiovascular health.

### **Support and Help**

For support and assistance, please do not hesitate to reach out to us at [support@actofit.com](mailto:support@actofit.com). Alternatively, you can access support directly through your Actofit Health app by navigating to the settings and selecting the WhatsApp support option. We are here to help you with any inquiries or concerns you may have.