



# Quick start guide

- 1 Get ready to start
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# Welcome to DirectLife

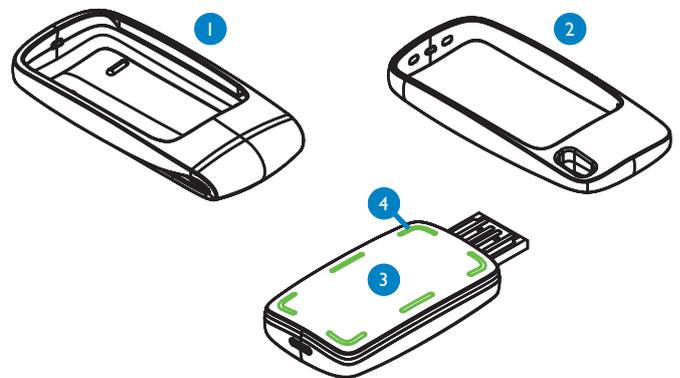
This is where it starts. With Philips Directlife you will track your activity daily and start to see a fitter you!

Philips Directlife is personal activity program that helps you set balanced, achievable goals based on your personal profile. This booklet provides instructions on how to use the enclosed Activity Monitor and start the DirectLife program.



## In the box

- 1 Clip for wearing the monitor on your belt, waistband, bra or top
- 2 Hanger/ USB protection cap
- 3 Lights indicating your score
- 4 Battery indication light



### System requirements:

- Windows XP, Windows Vista, Windows 7, or MAC OSX 10.4.11 or above
- Internet connection
- USB port

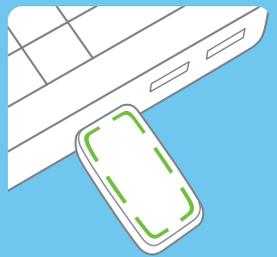
## 1

# Get ready to start

To use the Activity Monitor you first need to activate it. You are required to register on the DirectLife website before you can activate your monitor. If you have not yet registered, please go to your DirectLife e-mail invitation and follow the registration instructions.



- 1 Make sure your computer is connected to the Internet.
- 2 Connect the Activity Monitor to your computer via the USB port as shown below. The green lights should switch on upon connection. If this does not happen try turning the monitor around and connecting it again.
- 3 The DirectLife log in page should open automatically. If not, see the "installing the DirectLife software" section of this guide.
- 4 Login with your e-mail address and password. If you have not registered yet, please go to your DirectLife e-mail invitation and follow the registration instructions.
- 5 You will be asked to provide some personal details such as your height and weight which are required to accurately calculate your calorie burn. After this, just follow the on screen instructions to start your assessment.
- 6 Make sure that your Activity Monitor is fully charged before you disconnect it from the computer. When all lights on the Activity Monitor are on, then the battery is fully charged.



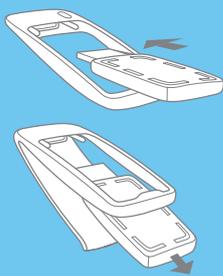
Charge your activity monitor regularly. Even if you are not using it for a while make sure to charge it every month or so to ensure optimal battery performance.

## 2

# The assessment period

To accurately evaluate your activity level, DirectLife starts with a one week assessment period. The assessment period is meant to give you and your coach a good idea of your current activity and to provide a good basis for creating your personal activity plan.

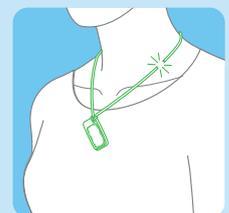
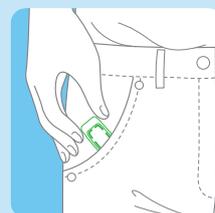
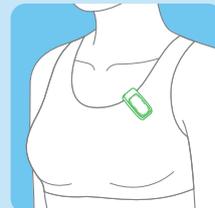
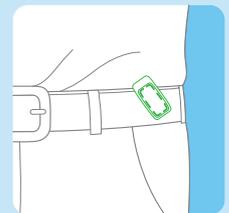
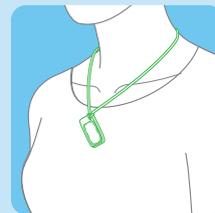
During the assessment period it is important to follow your regular routine so that the assessment result is truly representative of your normal everyday activity levels. You will not get feedback on how many calories you have burned. This is done on purpose so that you are not influenced and tempted to be a bit more active than you would normally be.



Make sure to wear the Activity Monitor all day, everyday during the assessment period.

Choose your preferred wearing position: Use the clip to attach it to your belt, waistline, bra or top or use the hanger/ USB cap when wearing it around your neck or in your pocket.

- \* For your safety, if you wear the monitor around your neck on a necklace or cord, use one with a breakaway safety feature to allow the necklace or cord to release if it gets caught.



- It is not necessary to wear the activity monitor while you are sleeping. Find a good place to keep the Activity Monitor when you go to sleep so you won't forget it the next day.
- During the assessment period keep connecting your activity Monitor to your computer regularly (once every 2-3 days) to synchronize your data and to receive tips and advice.
- To check whether your activity monitor is working place it on a horizontal surface with the Philips logo face up. The green lights on the Activity Monitor should start flashing.

Keep in mind that you should try to use the same wearing position throughout your assessment.

# 3

## After the assessment

### a Start your personal activity plan

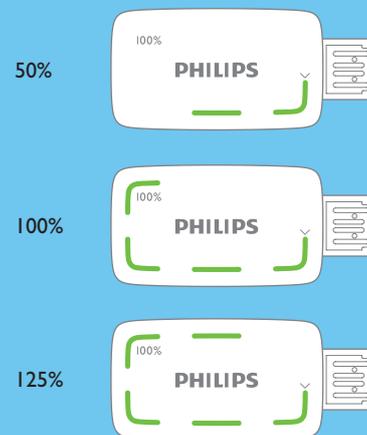
After the assessment has finished, simply connect your Activity Monitor to your computer to see your assessment report. This report will show how your activity level compares to the activity level recommended by organizations such as the World Health Organization. The report will also make a comparison of your activity level and that of your peers (on an anonymous basis) in the DirectLife program.

The DirectLife program will suggest a personalized 12 week activity plan for you. This plan has daily calorie goals that increase slowly week by week.

Try to add extra activity to your daily routine step by step. Once you have started your 12 weeks activity plan, connect your Activity Monitor to your computer to upload data and check your progress every day or every few days.

### b Check your progress on the go

Place the Activity Monitor on a horizontal surface with the Philips logo face up. A green light will start flashing and then the green lights on the Activity Monitor will indicate your score so far. The indicator lights start each day showing zero activity, indicated by zero green lights. Each additional green light brings you 25% closer to your daily 100% activity target.



### c Your DirectLife coach

Everyone's approach to fitness is different and there is no 'one size fits all' solution. That is why every DirectLife member gets his or her own personal coach. Your coach can answer your questions, help you tailor your plan, set your goals and give you activity ideas that fit your lifestyle and situation. Just email your coach and see what he or she

can do for you. Your personal coach is available as soon as you have finished your assessment and started your activity plan. You'll find your coach's contact info in the 'History' and 'Personal plan' sections of your personalized DirectLife webpage.

### d After the activity plan has finished

As soon as your activity plan is finished you will be given a summary of your performance over the 12 weeks and your next options will be presented to you. You can either enter a new activity plan, in which your target will rise, or see if you can maintain your current level. If you choose the to get a new activity plan developed for you simply click the 'Start

New Plan' button which is available in the top right hand corner of your personalized webpage. You can participate in as many activity plans as you want for as long as you have membership rights to the DirectLife program.



## Need help?

For questions, see the Help section on the DirectLife website [www.philips.com/directlife](http://www.philips.com/directlife) or simply connect your activity monitor to be taken to the website automatically. Or contact us at [directlifesupport@philips.com](mailto:directlifesupport@philips.com)

## Installation

of the DirectLife software

If the DirectLife website does not automatically launch after you connect your Activity Monitor; the required connection software is probably missing. Have you clicked the link in the invitation e-mail to register? If not, do so and follow the instructions. If you have already registered but your computer did not recognize your Activity Monitor; then you may need to install the DirectLife software:

- 1 Go to the DirectLife website, [www.philips.com/directlife](http://www.philips.com/directlife). Log in - see the top right hand corner.
- 2 Your personalized DirectLife webpage will open. Scroll down and click "download."
- 3 Press "run" when asked.
- 4 The installation will start. Follow the installation wizard.
- 5 When you see the DirectLife icon on your screen (it is usually in the right bottom corner), the installation was successful.
- 6 Now you can connect your Activity Monitor and continue



### Disposal of your monitor

US:

Dispose of the Activity Monitor in accordance with local regulations. Find information on [www.recycle.philips.com](http://www.recycle.philips.com)

Europe:

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused. It contains a built-in rechargeable battery which cannot be disposed with normal household waste. To safeguard the functionality and safety of your product, always send your product to an official collection point or service centre (Philips Electronics Nederland B.V., New Wellness Solutions, PO BOX 77900, 1070 MX Amsterdam, the Netherlands) where a professional can remove / replace the battery. The correct disposal of your old product will help prevent potential negative consequences for the environment and human health.



When this crossed-out wheeled bin symbol with the black bar is attached to a product it means the product is covered by the European Directive 2002/96/EC.

Please inform yourself about the local separate collection system for electrical and electronic products.



When this crossed-out wheeled bin symbol is attached to a battery or its packaging, it means the battery is covered by the European Directive 2006/66/EC.

### Disclaimers:

- The DirectLife program is intended only to assist users of 18 years and older in their personal fitness efforts. The DirectLife program is not a healthcare service and Philips is not a healthcare provider. Nothing contained in the DirectLife program should be construed as medical advice or diagnosis and the information Philips provides should not be interpreted as a substitute for physician consultation, evaluation, or treatment.
- You are advised to seek the advice of a physician before starting to use the DirectLife program or before beginning any fitness regimen. The DirectLife program is intended for use only by healthy adult individuals, and is not intended for use by minors, pregnant women, or persons with any physical health condition. Such individuals are specifically urged to seek professional

medical advice before starting to use the DirectLife program. In case of doubt, you should consult a physician before making use of the DirectLife program.

- Since the DirectLife program is web based, it may be subject to temporary downtime. From time to time Philips may update the website and the DirectLife program may not be available. Philips does not guarantee that personalized coaching is available continuously during the DirectLife program. Philips is not liable for damages resulting from interruptions of the website or data losses suffered by you.
- Warning: Use caution in wearing monitor around your neck, since this can present a risk of strangulation.



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