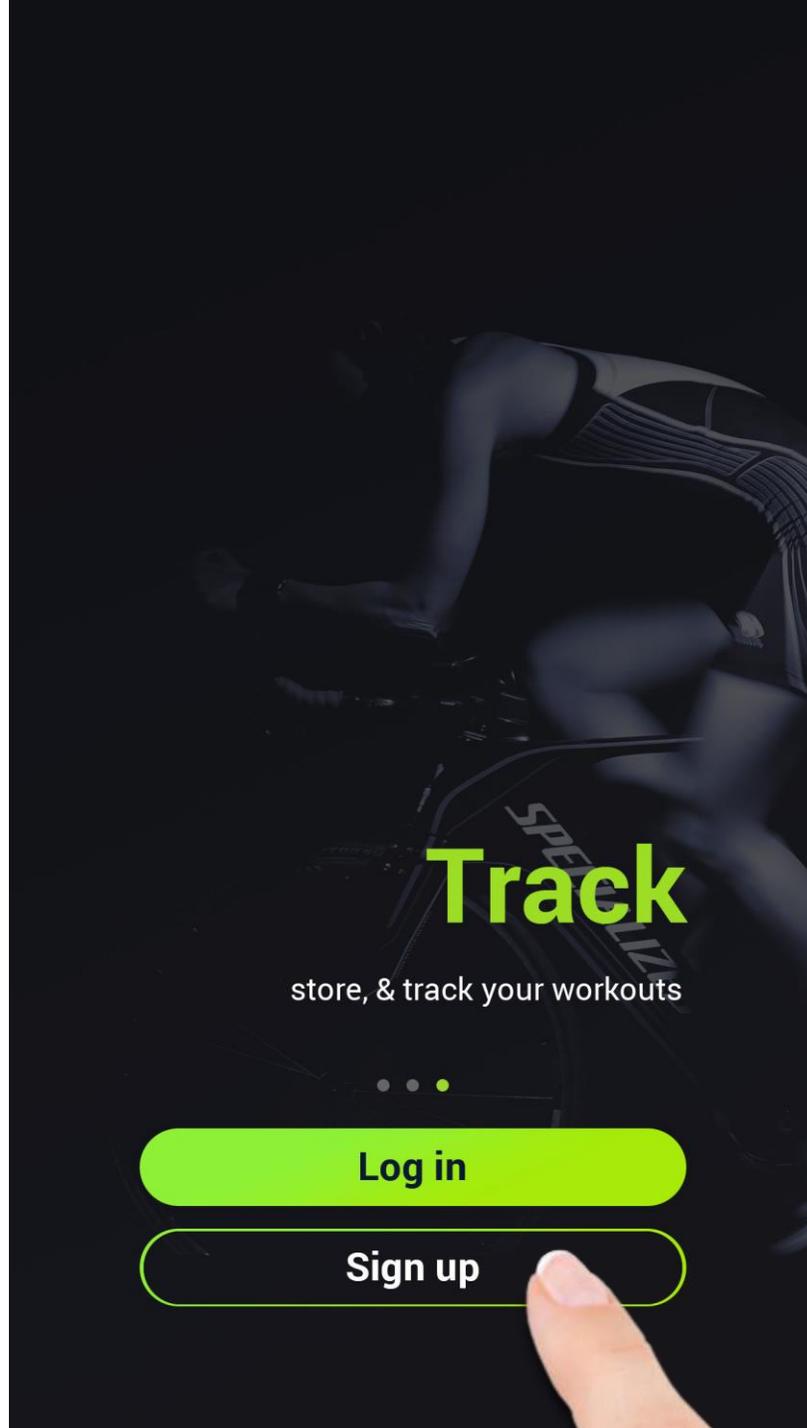


ACCURE



LOGIN / SIGN-UP



Track

store, & track your workouts



Log in

Sign up

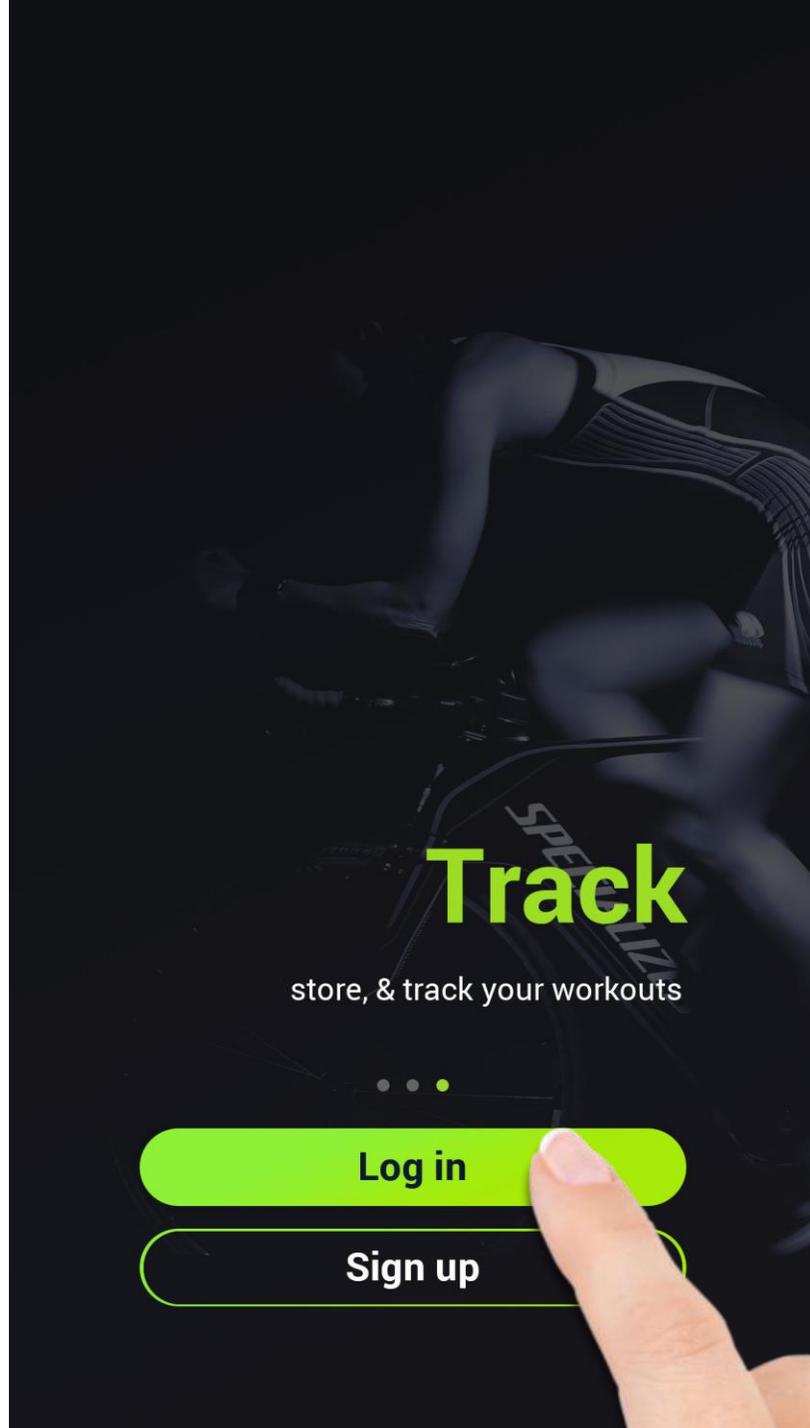




Sign up

Sign up

Enter your email address and create a password to move forward with creating your account with Accuro.



Track

store, & track your workouts



Log in

Sign up





Log in

Email / Phone Number

Password

Log in

[Forgot Password](#)



ACCURE



First Time Set Up

The first time you login, you will need to fill out your member profile to make sure your workout statistics are as accurate as possible.

中国移动 2:30 AM 97%

HR Training Spinning

Profile Set Up

123@1234.com

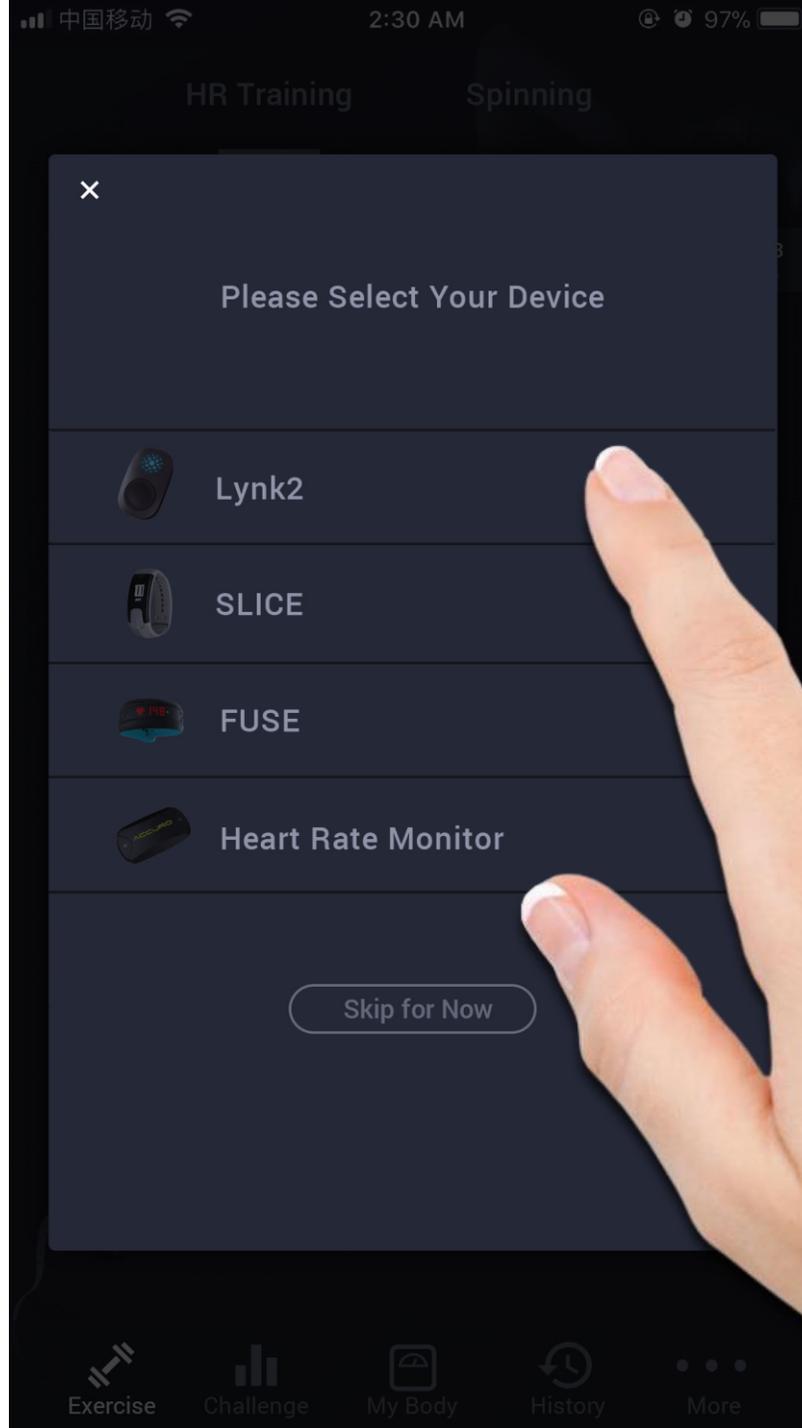
First Name	Last Name
John	Doe
Birth	HRM Device ID
01/1986	14646
Height cm in	Weight kg lb
182	96
Gender	Club ID #
Male	1567833
Resting Heart Rate	Max Heart Rate
85	165

Next

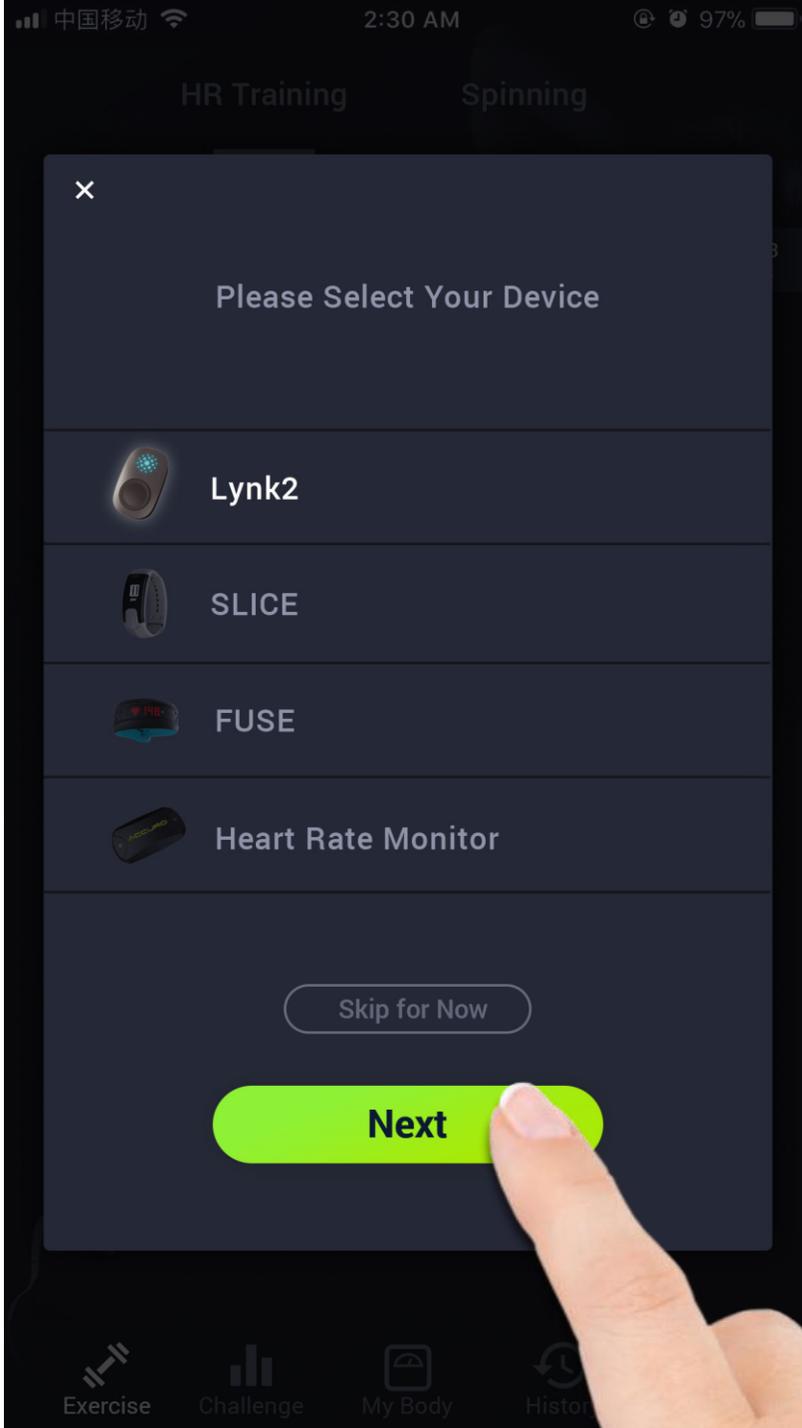
Exercise Challenge My Body



After you create your profile, you will be asked to assign yourself a heart rate monitor.

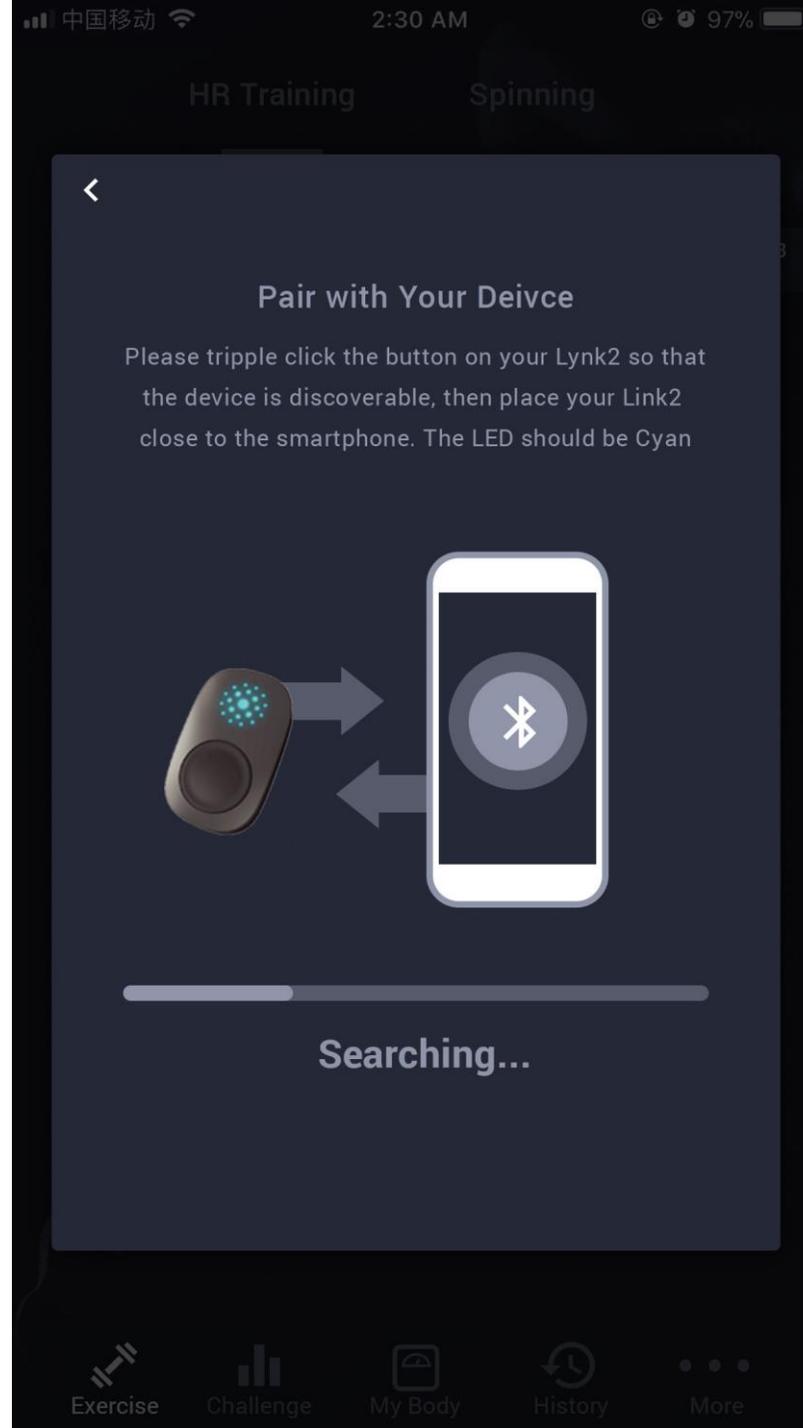


ACCURE



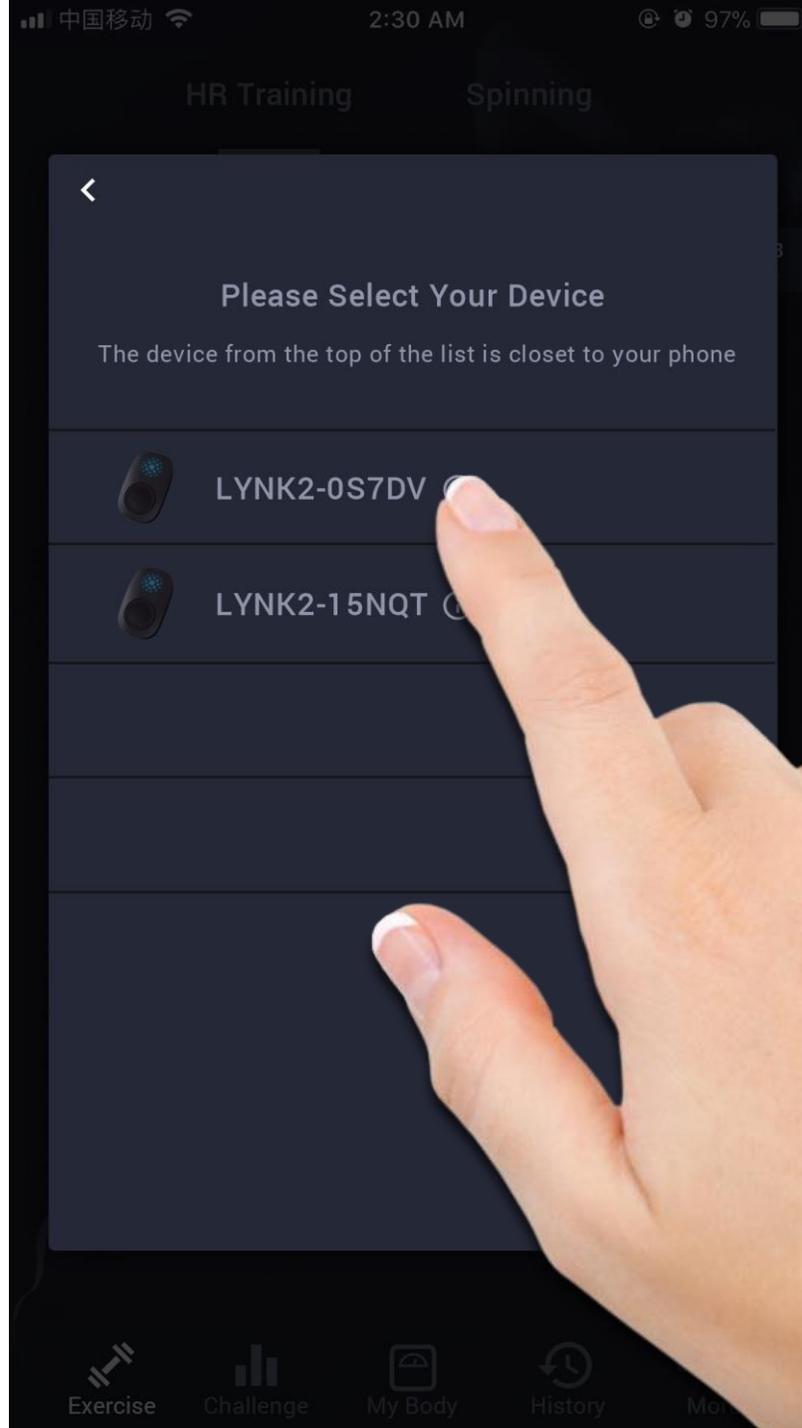
ACCURE

Once you select your device, the app will find it for pairing.

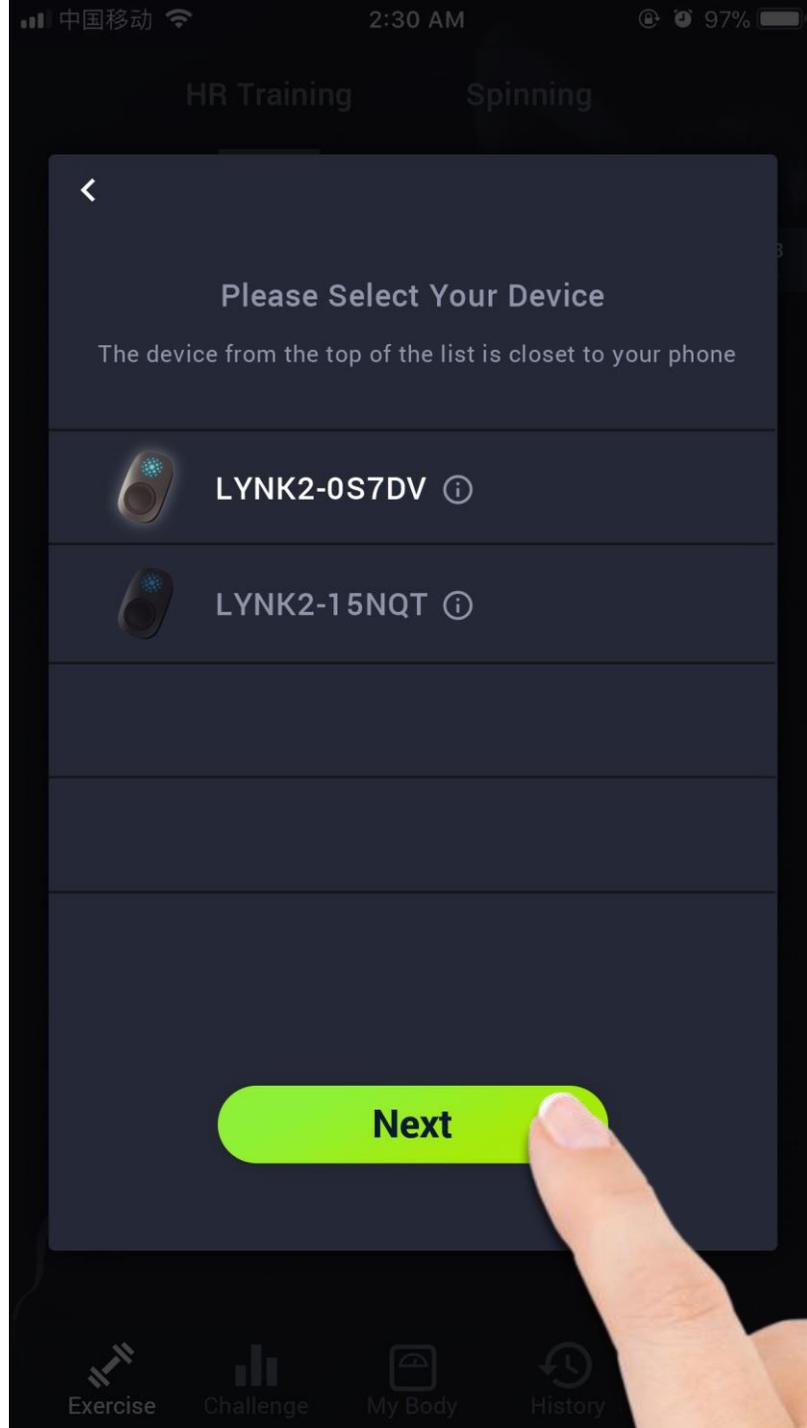


ACCURE

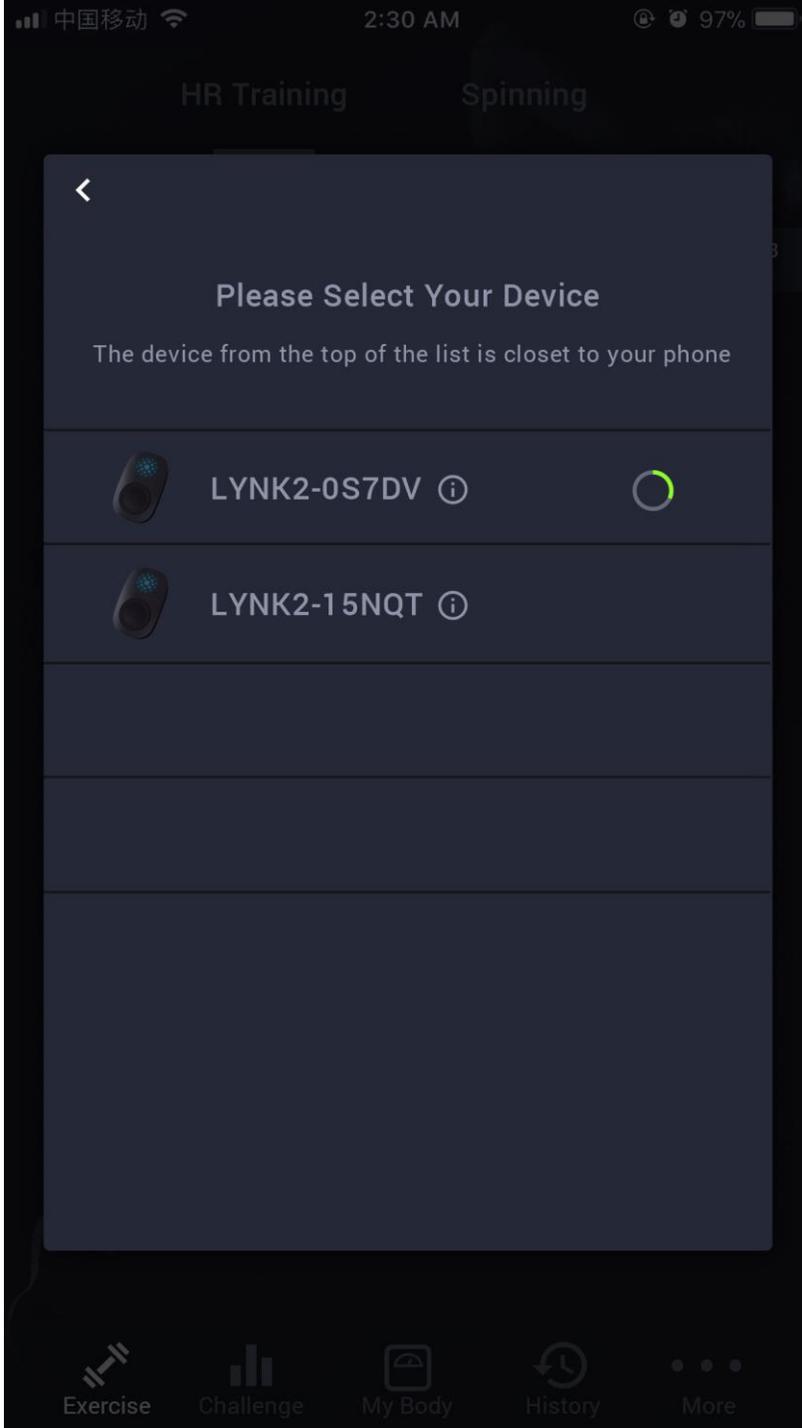
Once found, select your device.
Typically, the device listed at the top will be the closest to the phone.



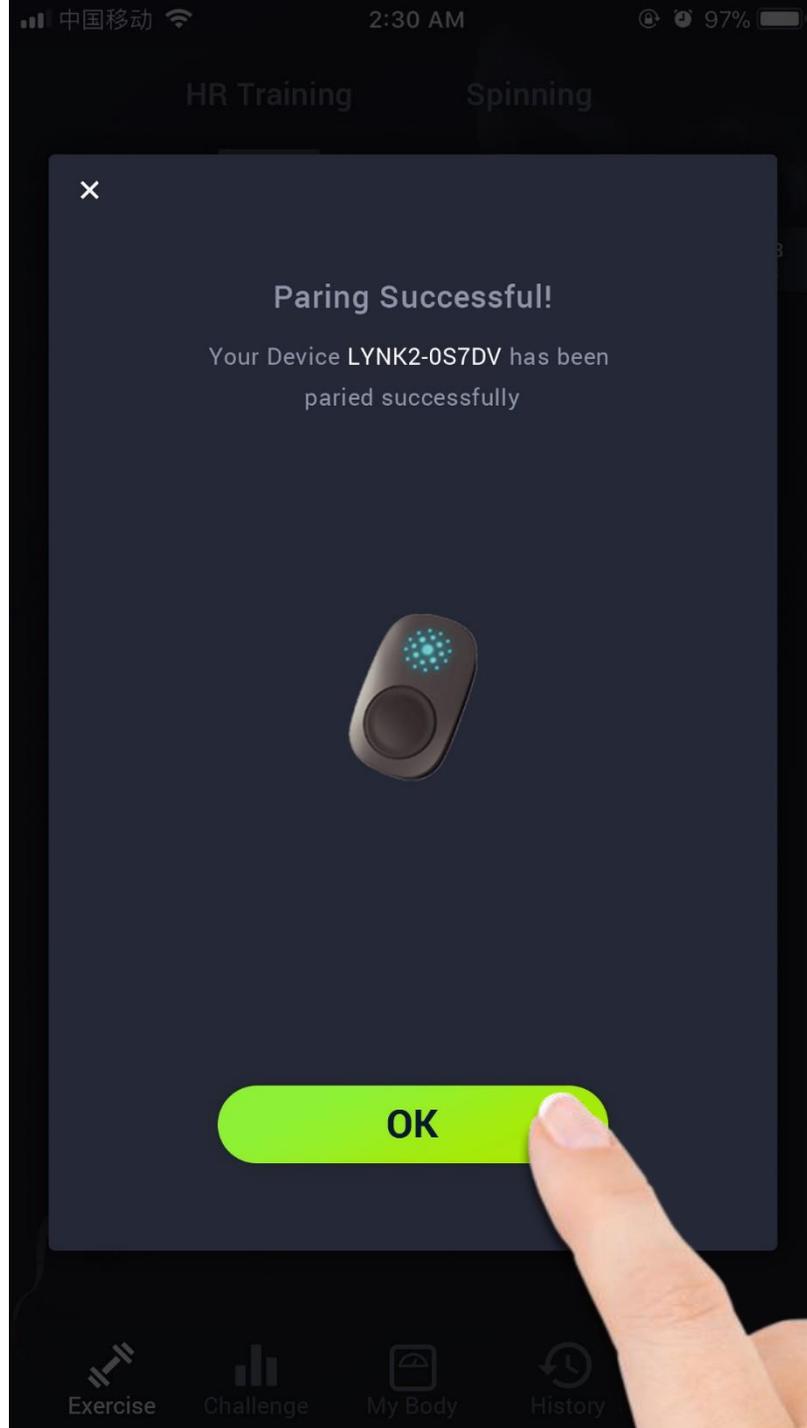
ACCURE



ACCURE



ACCURO



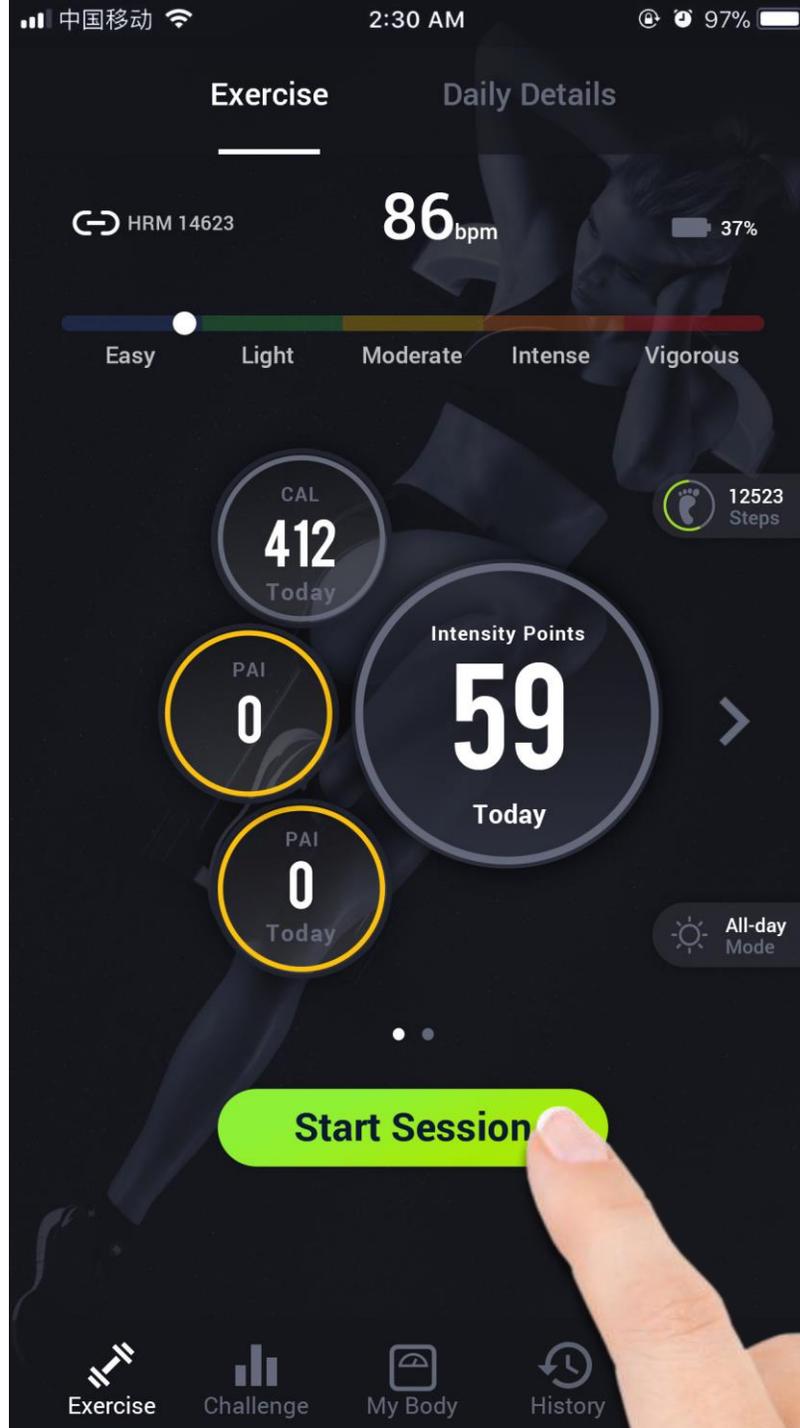
ACCUREO

ACCURE



Exercises- Heart Rate

To start a new workout session, you will select the “Exercise” screen from the bottom navigation. Once there, select “Start Session”.



ACCURO

3

2

1

GO

The workout session will track your exercise time, average heart rate, intensity points, calories per minute, actual heart rate, total calories, max heart rate percentage and PAI points.



ACCUREO

To stop a workout, press the "Pause" button.



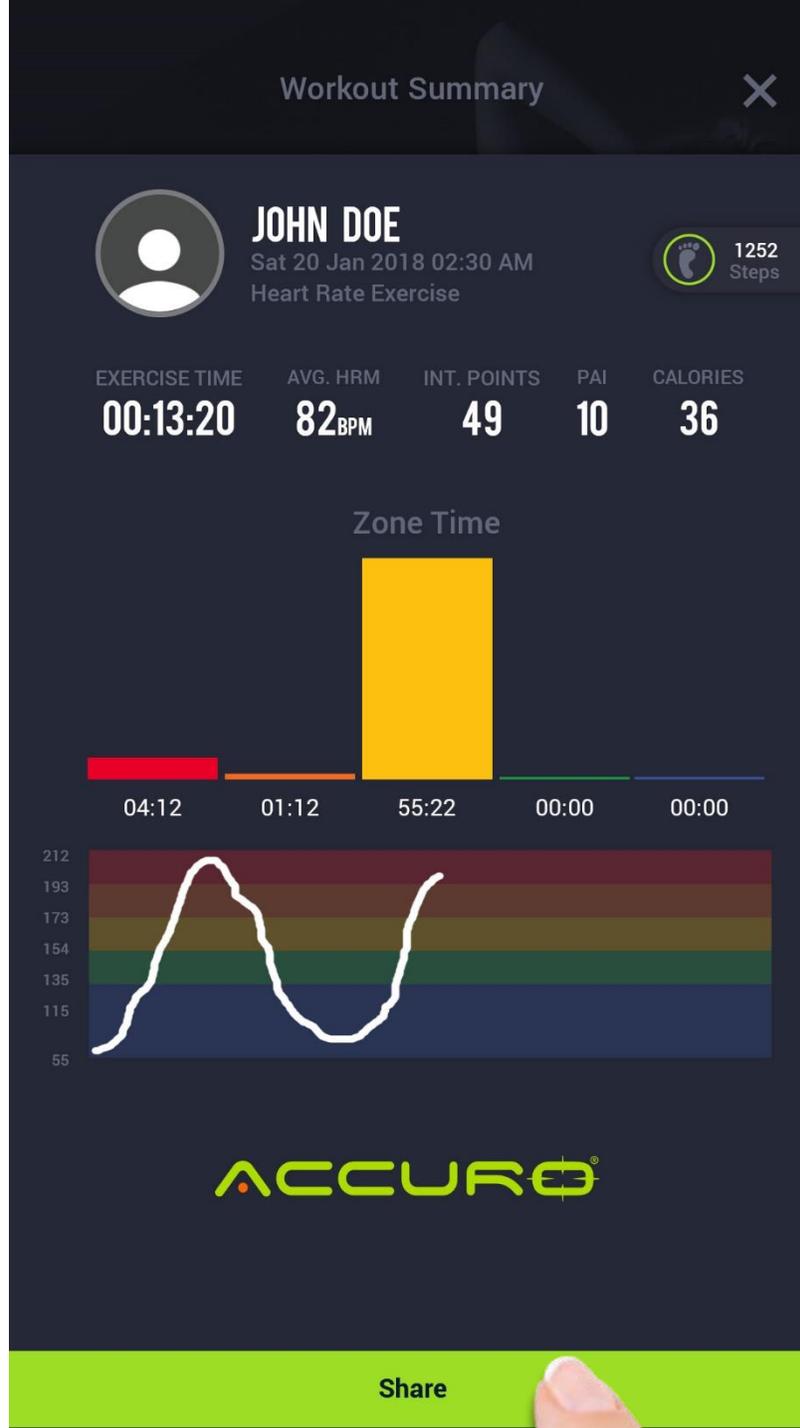
ACCURO

Then select “end”. Once selected, you will be prompted to confirm your request to end the workout. Select “confirm”.



ACCURO

Once your workout has ended, you will see your workout summary. The summary can then be shared via email, text, social media, etc.



ACCURE

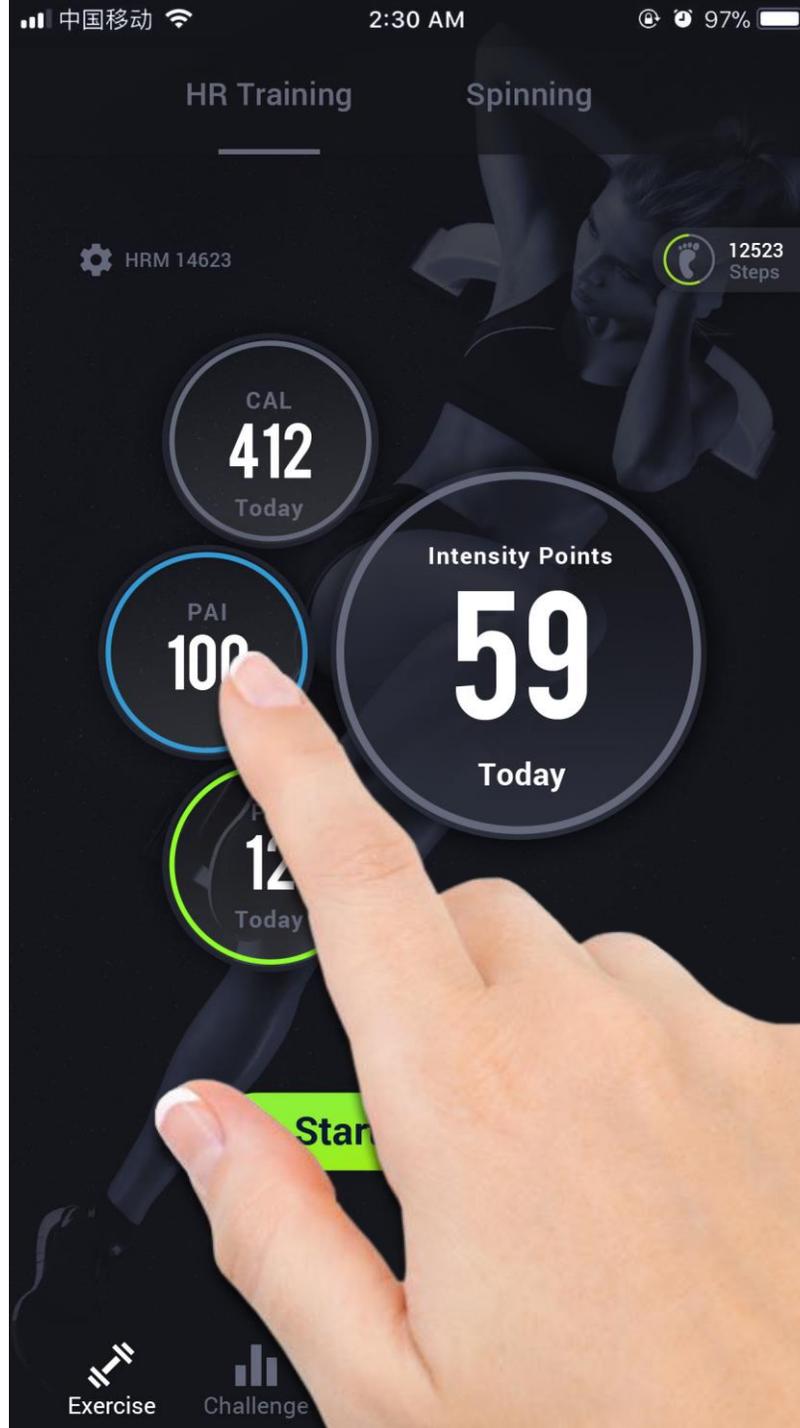


Exercises- PAI

PAI (pronounced “pi”) stands for Personal Activity Intelligence.

The purpose of the research behind PAI was to develop a **single, easy-to-understand activity tracking metric that could help people manage their health.**

Most people understand that exercise is good for them, but it’s hard to stay motivated and **how do you know if you are doing enough?**



Since it is based on your personal profile and heart rate data, PAI is a way to track your body's response to exercise and the associated health benefits. It tells you if you're doing enough, holding you accountable and keeping you motivated.

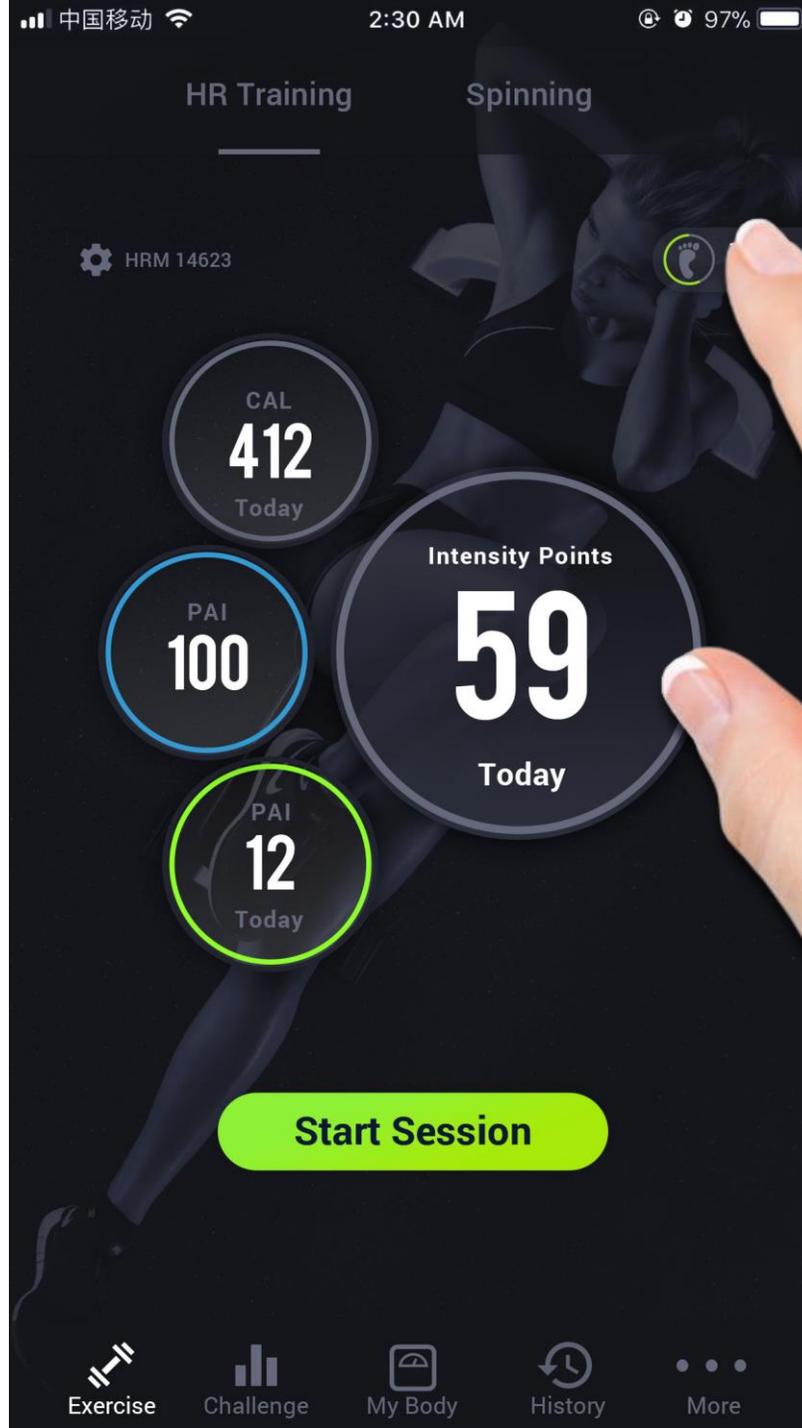
PAI is [backed by science](#). Research has shown that maintaining over 100 PAI can **add 5 years to your life and reduce the risk of cardiovascular disease by up to 25%.**

ACCURE



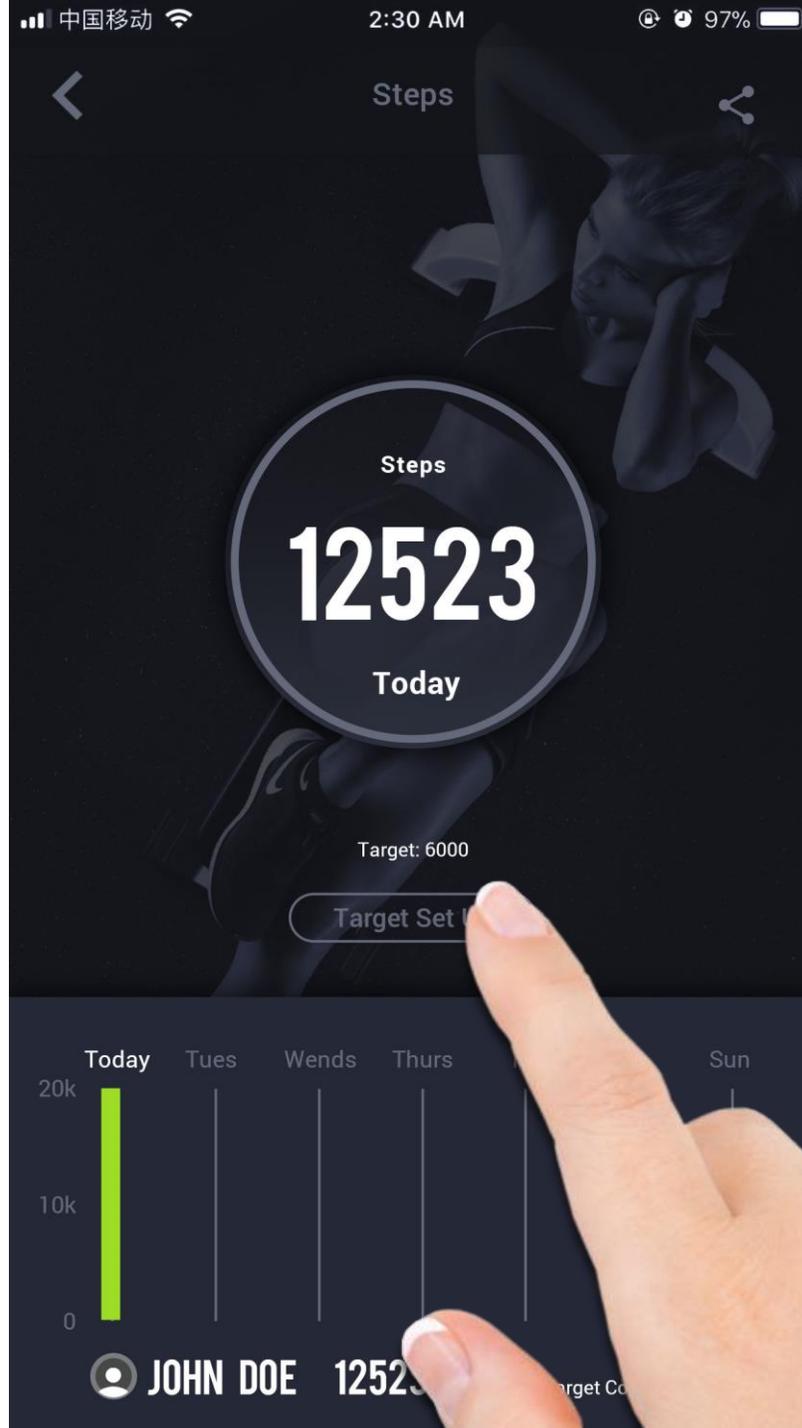
Pedometer

The Pedometer is used to track your steps. It works with the Accuro LYNK2 and SLICE devices.

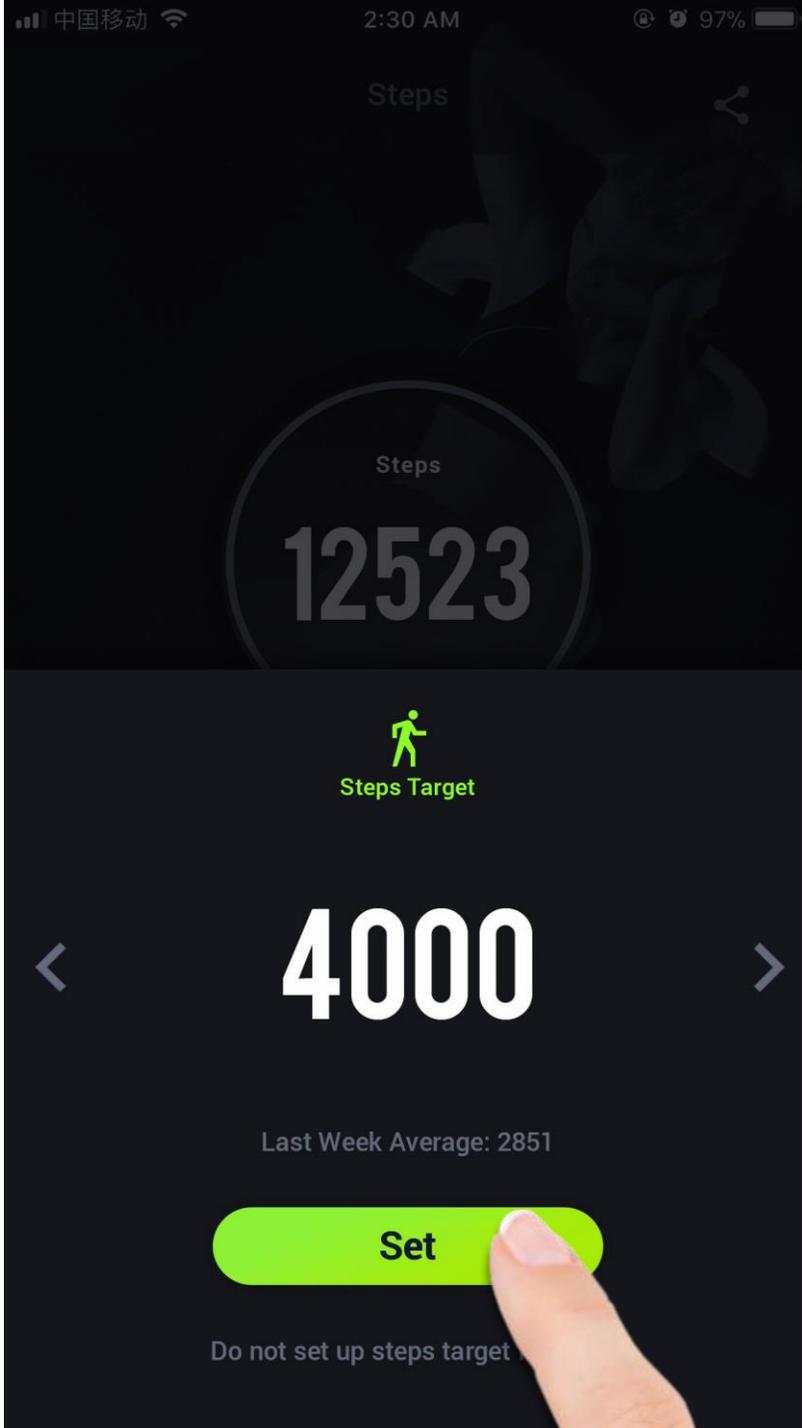


ACCURO

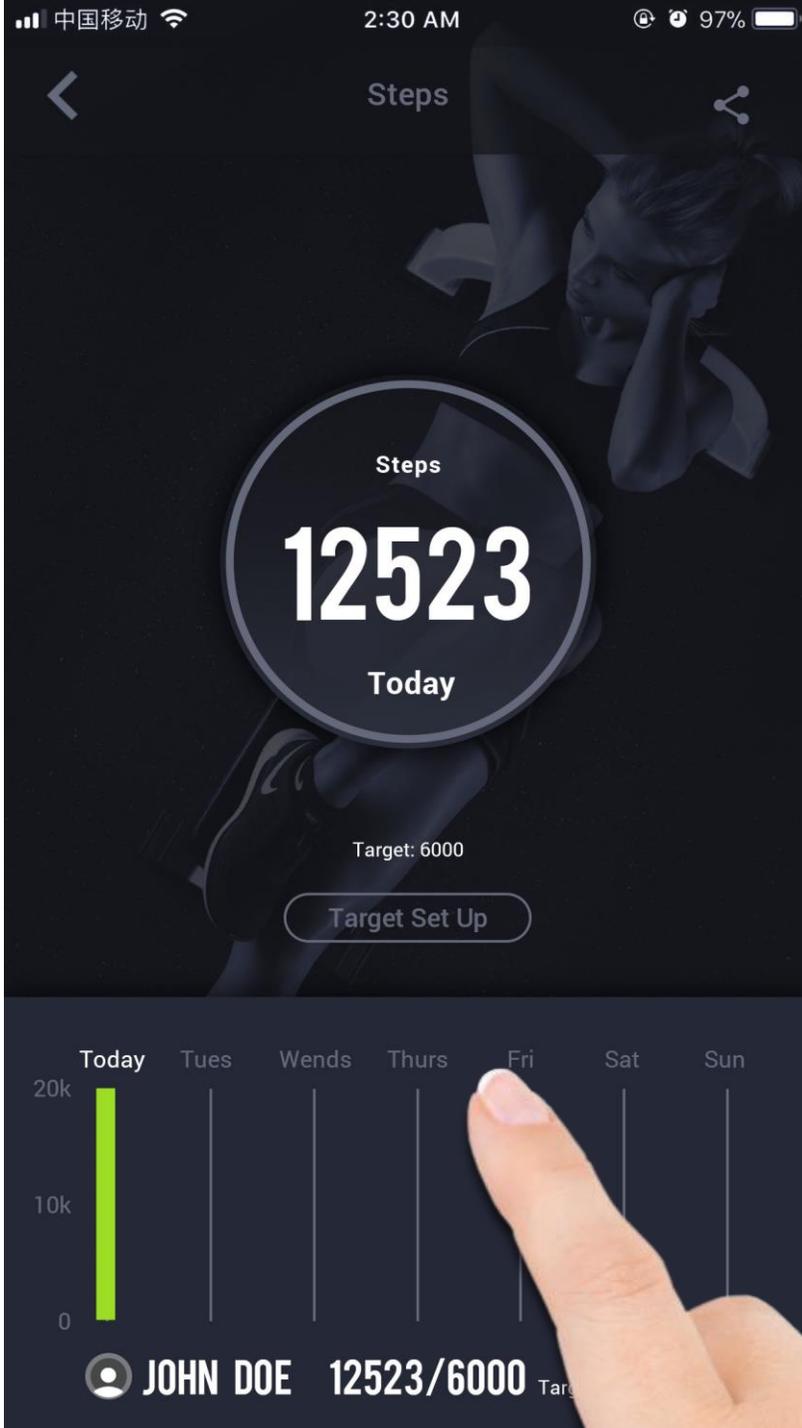
Set your step targets to match your goals.



ACCURO



ACCURE

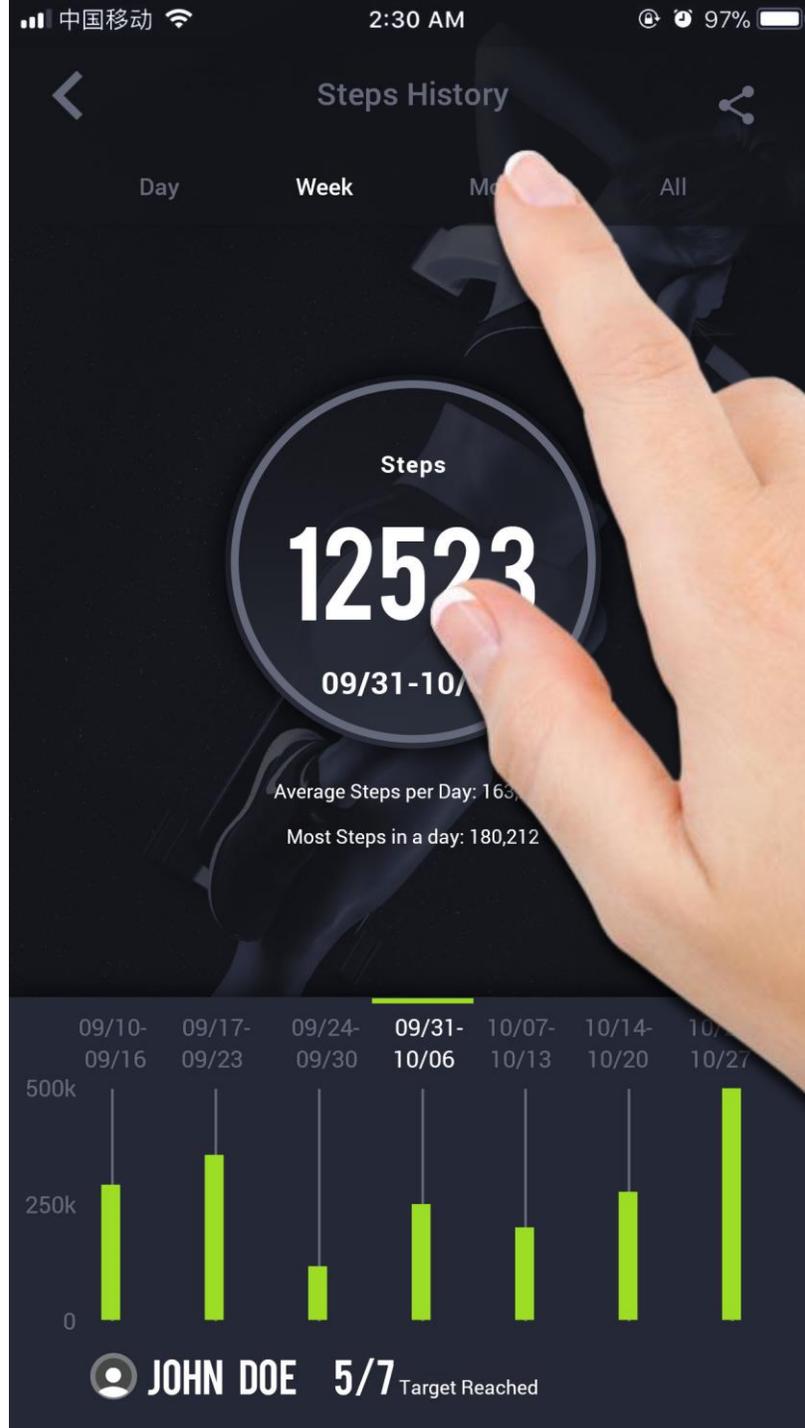


ACCURE

Review your step history to see how you have been progressing over time.



ACCURO



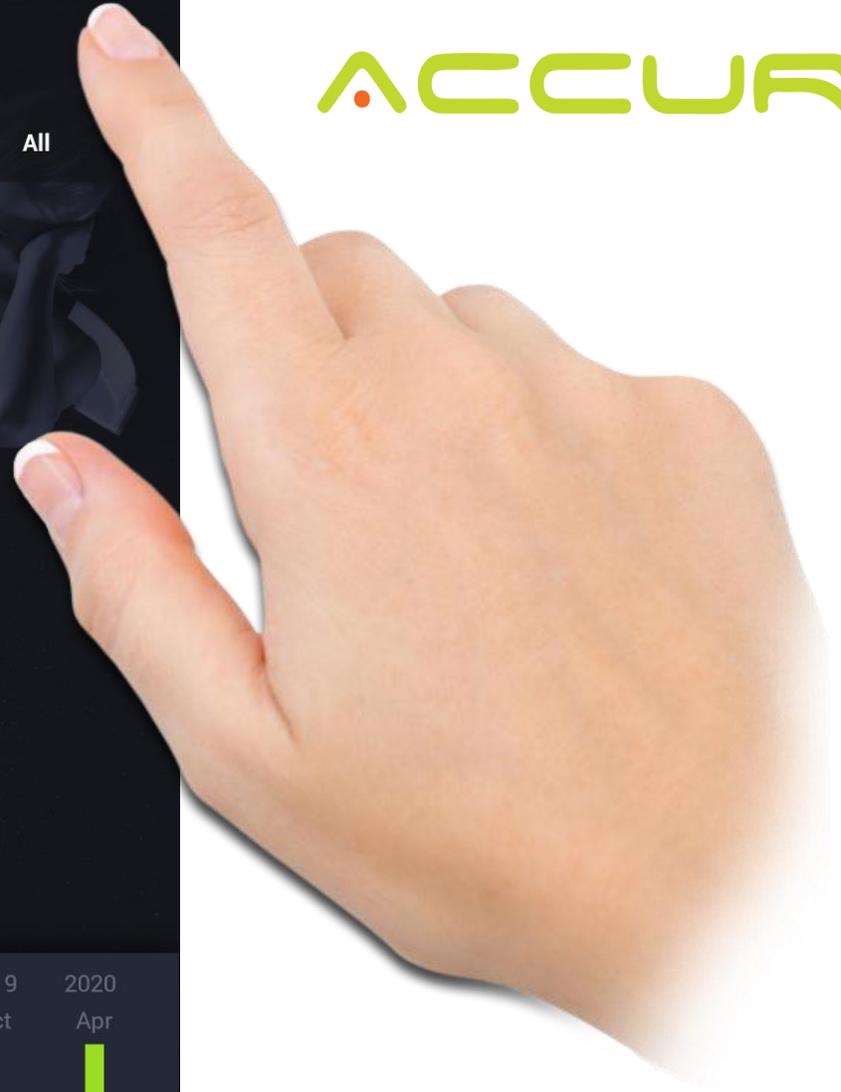
ACCURE



ACCURE

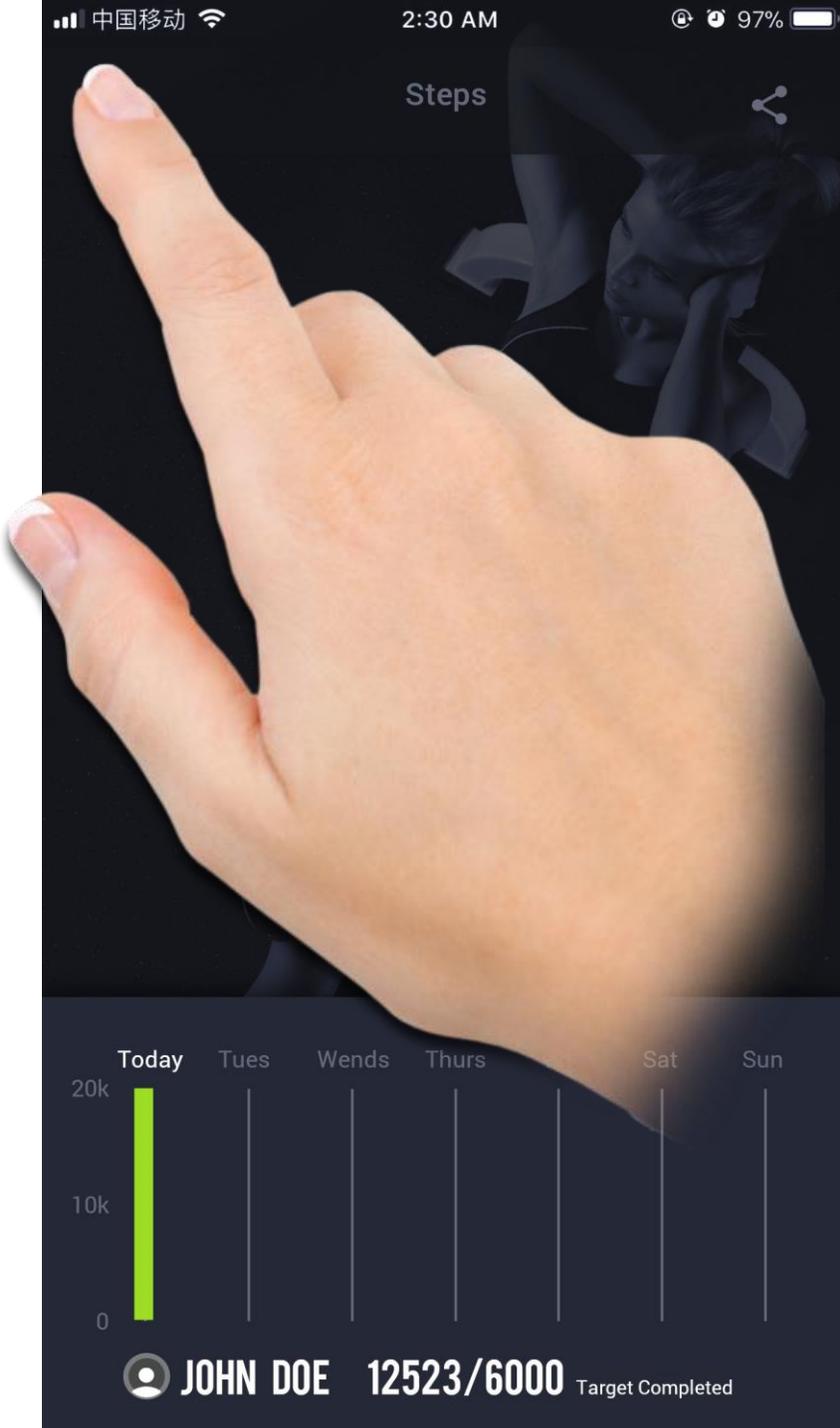


ACCURE

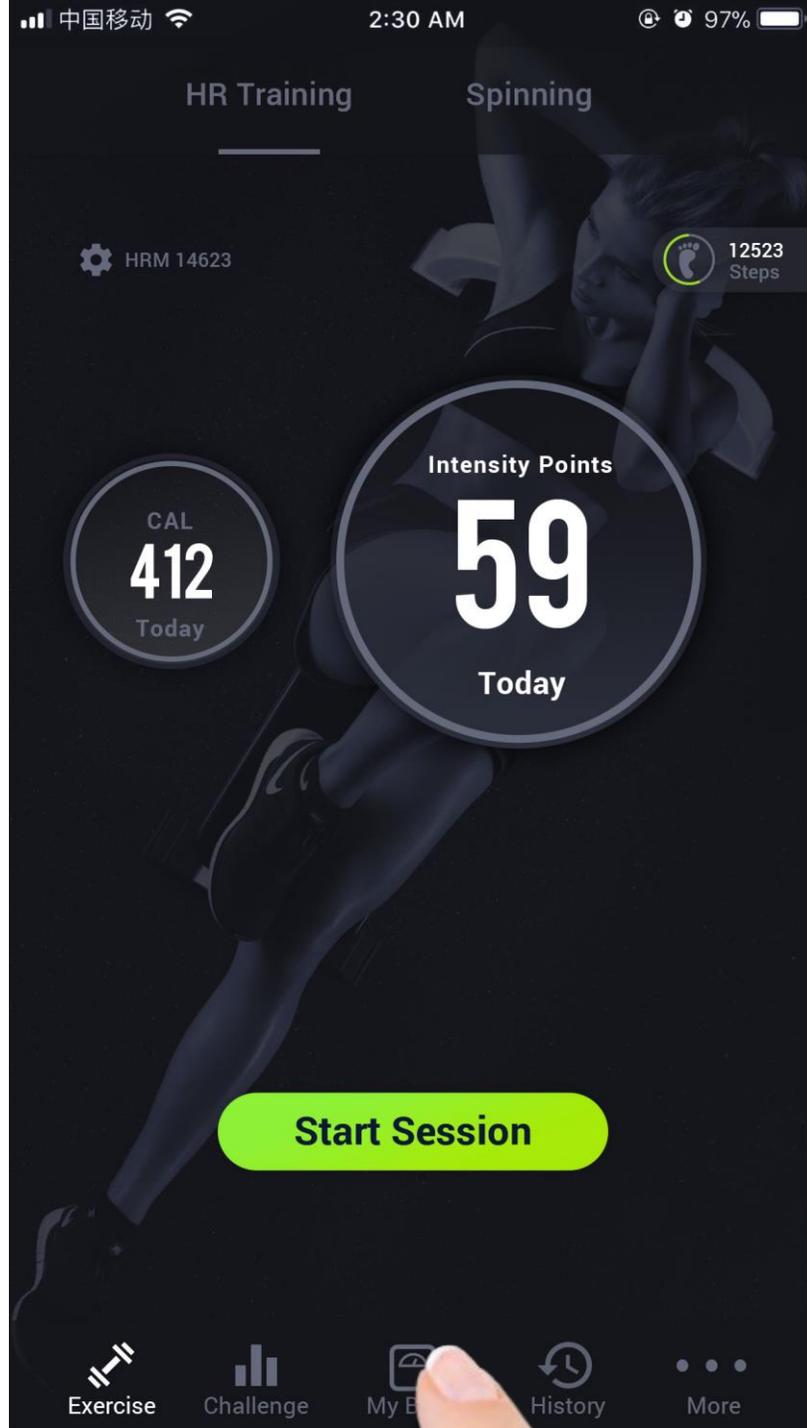




ACCURE



ACCURE



ACCUREO

ACCURE



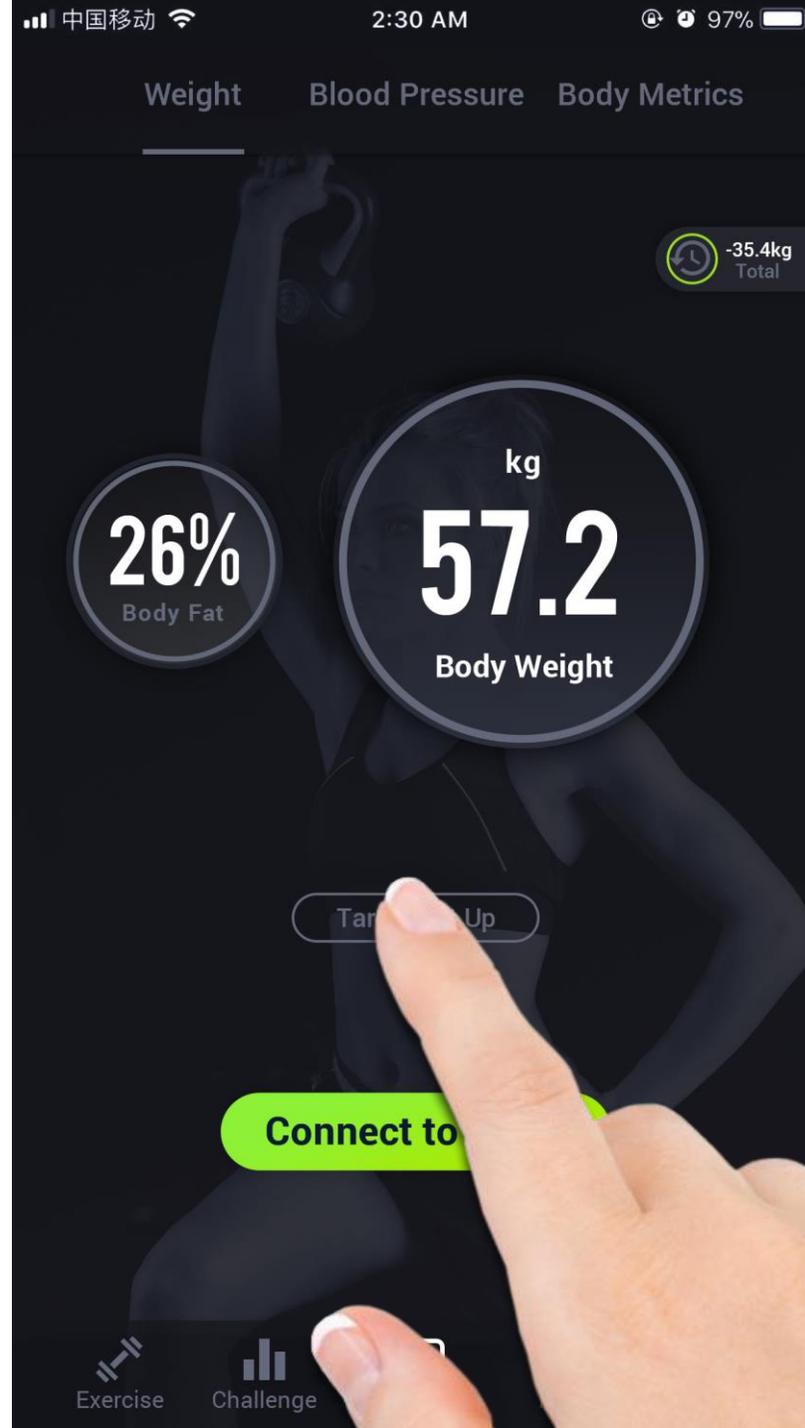
My Body

ACCURE



Weight Target/ Body
Fat Target Set Up

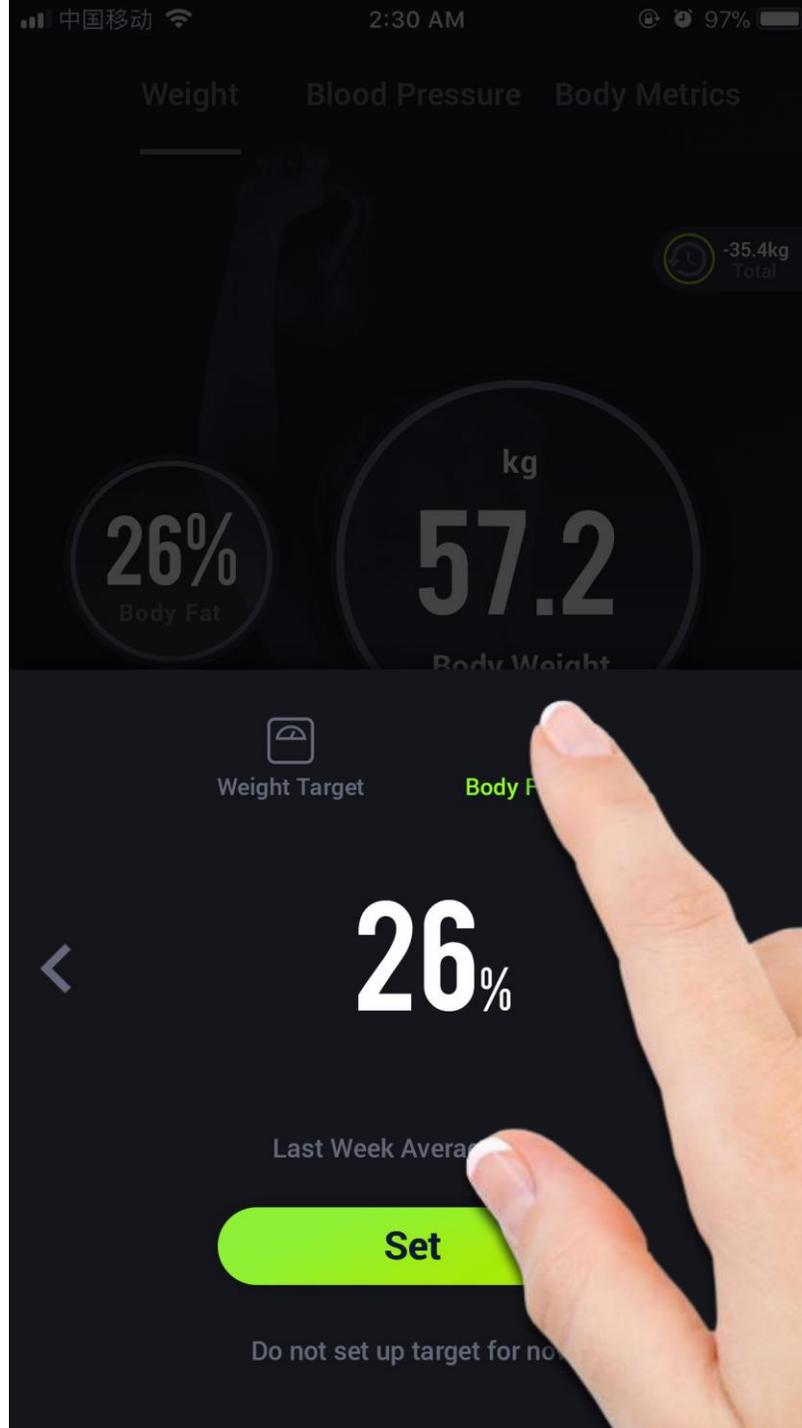
Set up your target weight to match your fitness and health goals.





ACCUREO

Set up your target body fat percentage that you are looking to accomplish.



ACCURE



ACCUREO

ACCURE



Connect to Scale -
Bluetooth

-35.4kg
Total

32%
To Target
Weight

26%
Body Fat

kg
57.2
Body Weight

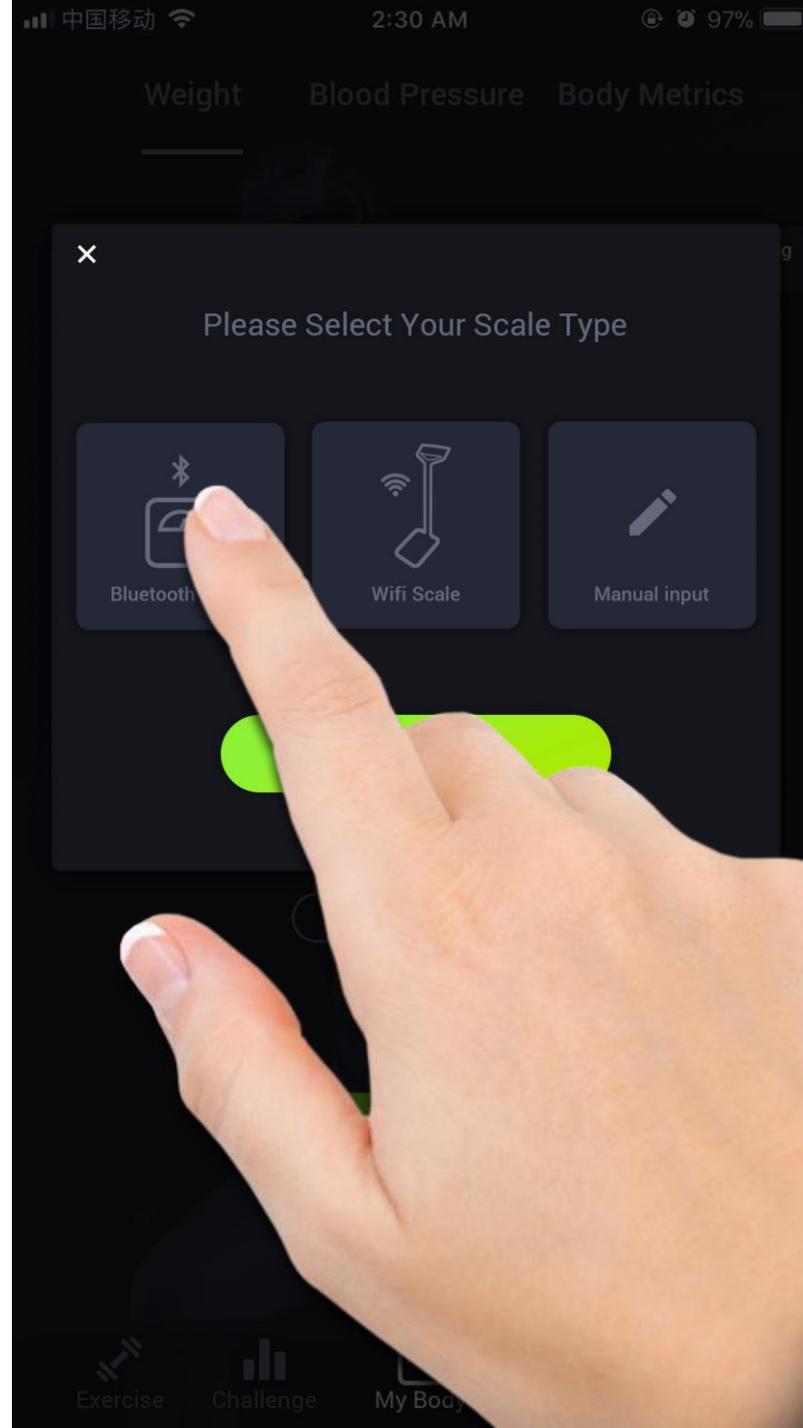
Target: 55kg, 26% body fat

Target Set Up

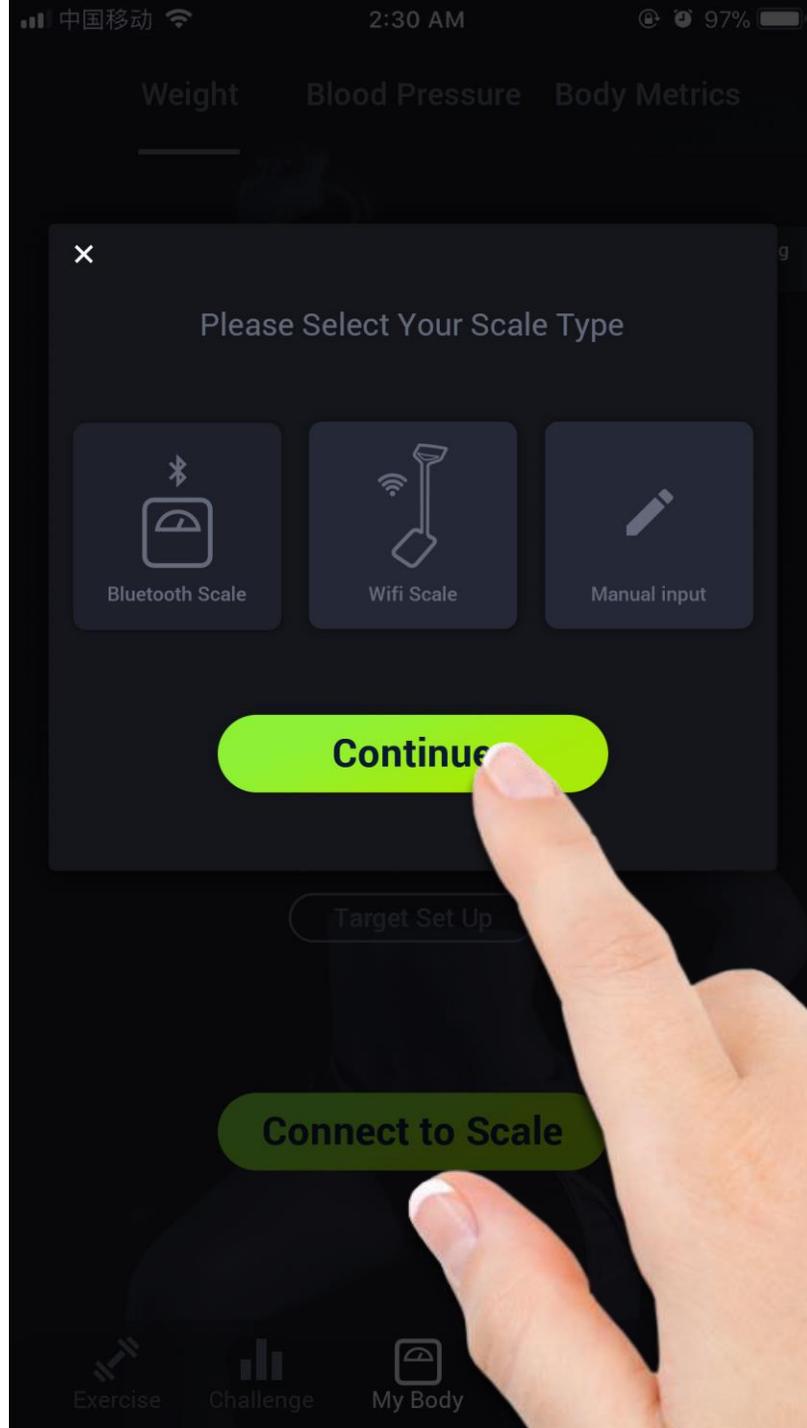
Connect to scale



Works with the Accuro FL301
At-Home Bluetooth Scale

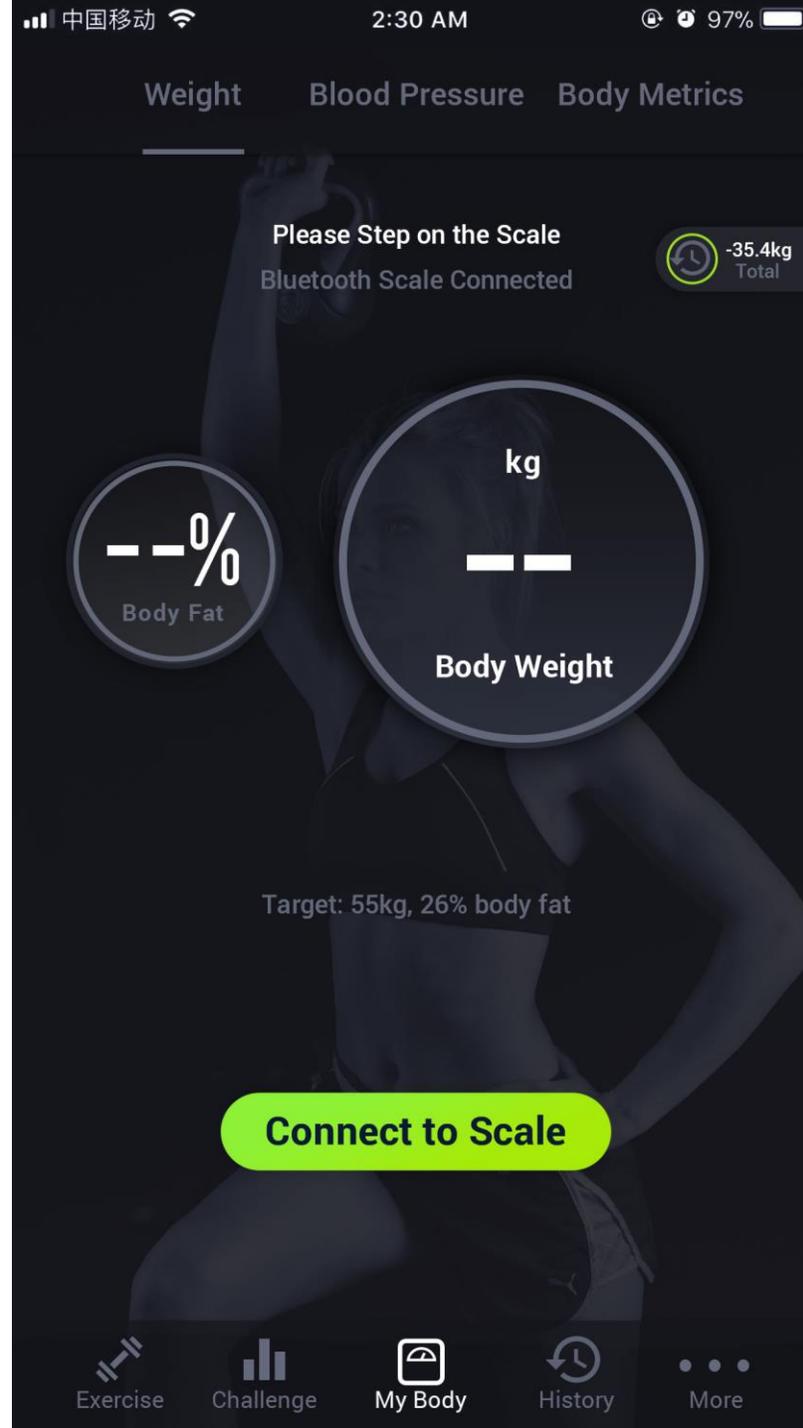


ACCURE



ACCURO

Once the scale has been selected, step on the scale and the weight will immediately transfer to your profile within the app.



ACCURE

Please Step off the Scale
Successful

-35.4kg
Total

32%
To Target
Weight

26%
Body Fat

kg
57.2
Body Weight

Target: 55kg, 26% body fat

Target Set Up

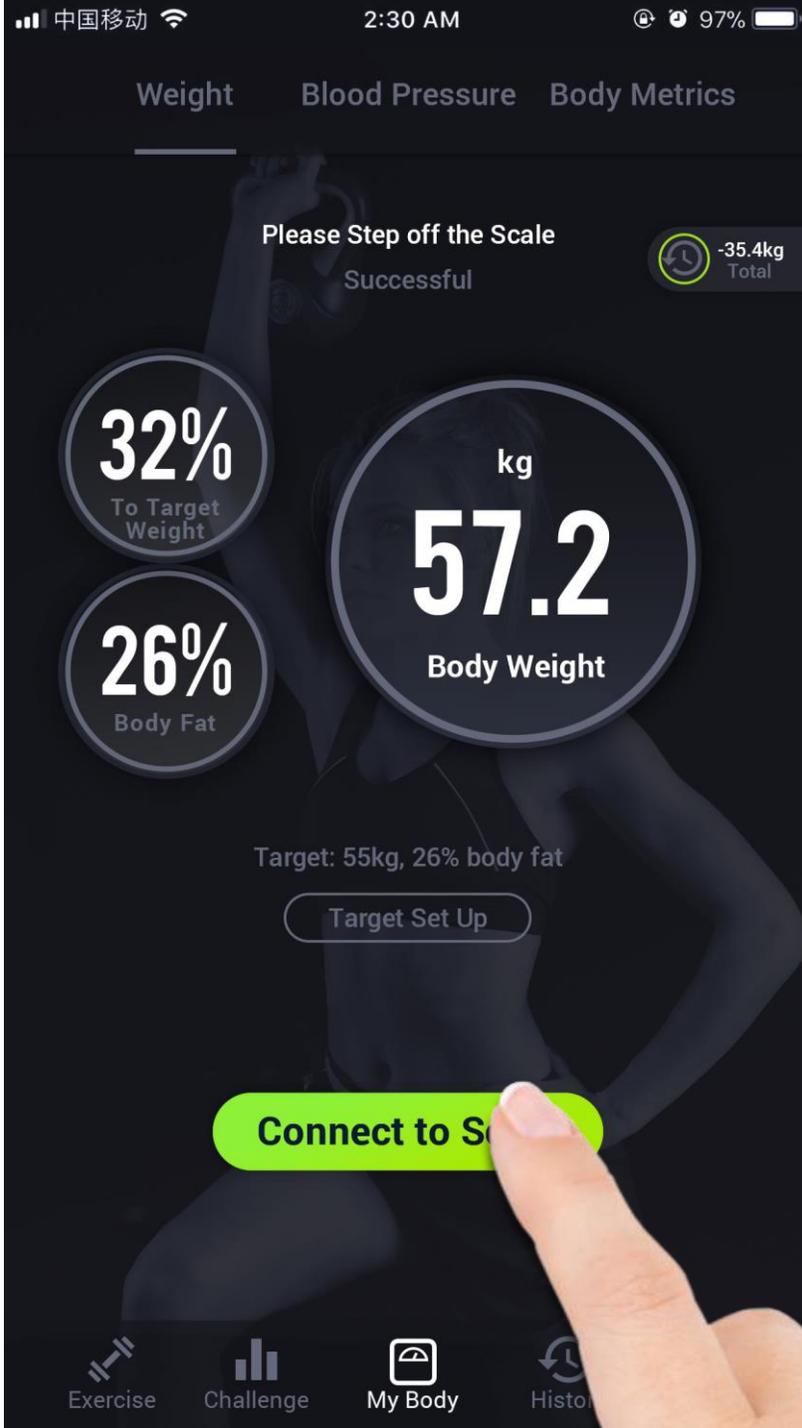
Connect to Scale



ACCURE

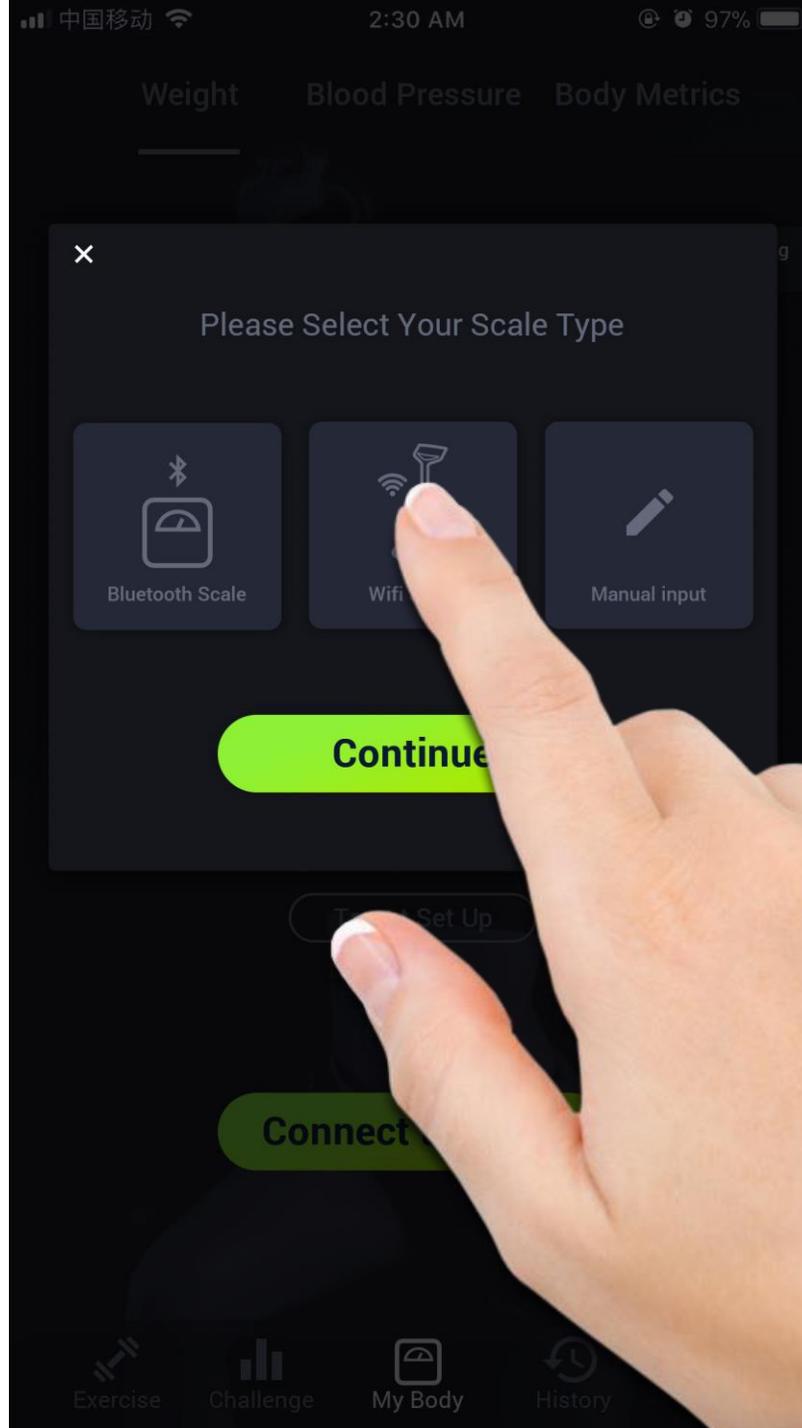


Connect to Scale -
Wi-Fi Scale

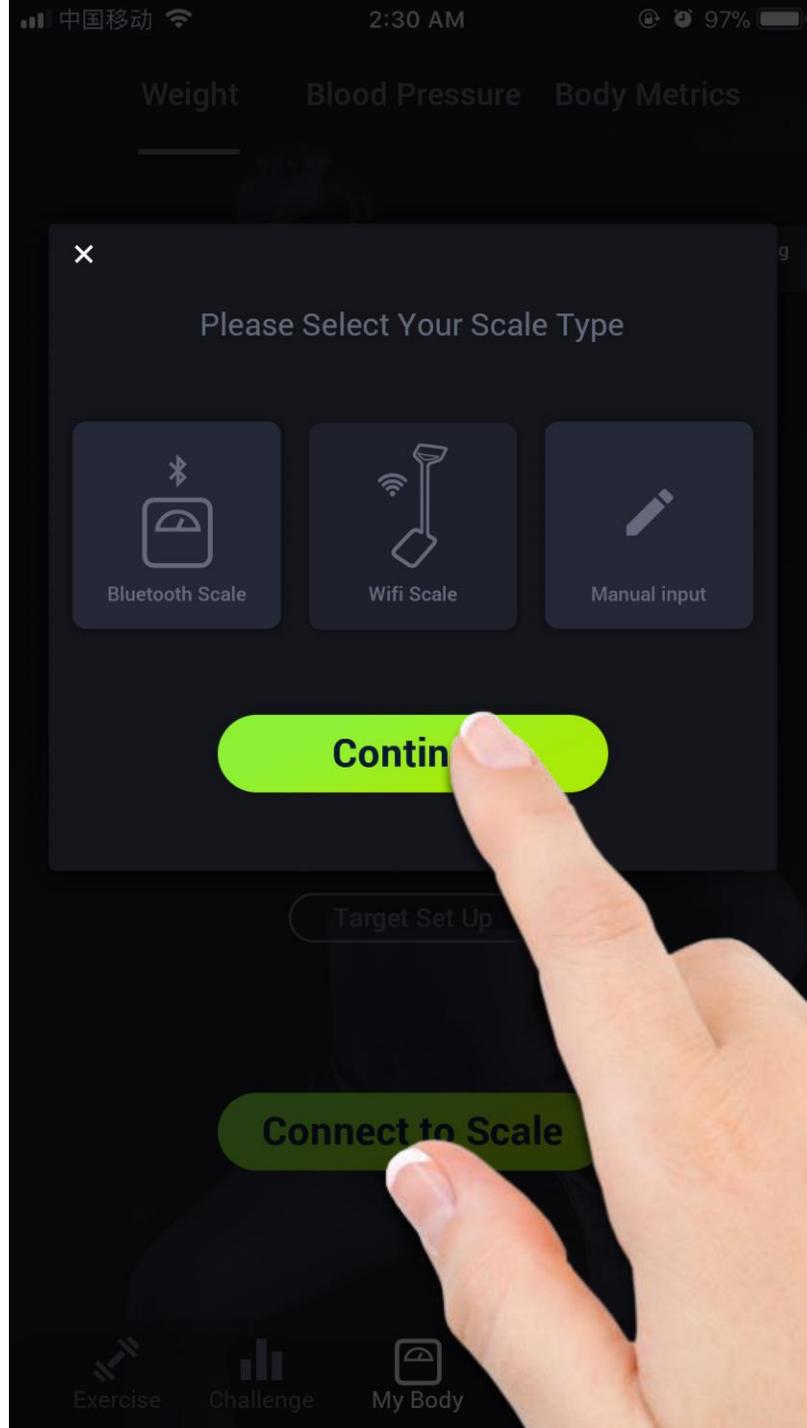


ACCURE

Works with Accuro DB100 and
DB200 WiFi Scales.



ACCURO



ACCURE

< Back

Please scan the QR code
and hit "Zero" button on the scale

ZERO



ACCURO

Please Step on the Scale
after hearing two short beeps

Wifi Scale Connected

-35.4kg
Total

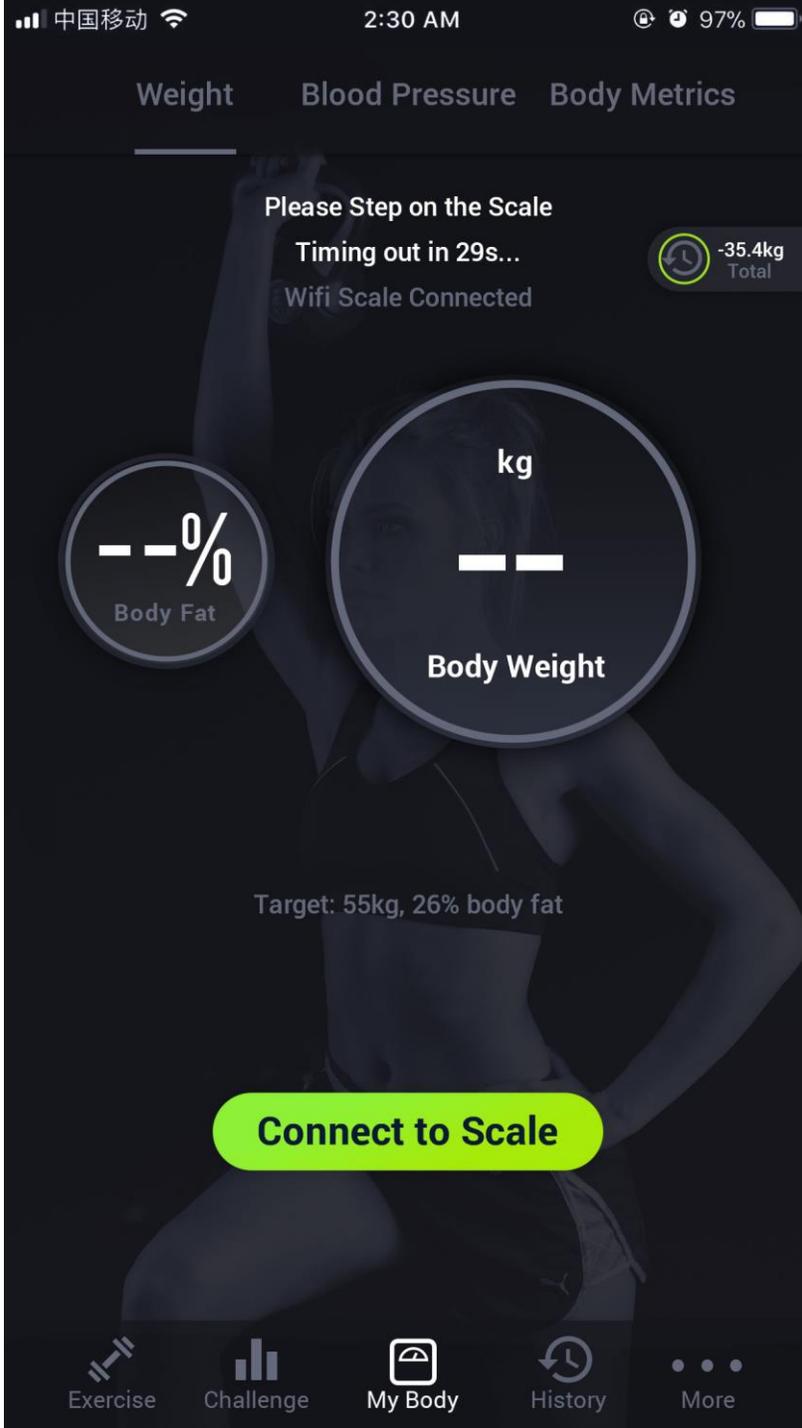
--%
Body Fat

kg
--
Body Weight

Target: 55kg, 26% body fat

Connect to Scale





ACCUREO

Please Step off the Scale
Successful

-35.4kg
Total

32%
To Target
Weight

26%
Body Fat

kg
57.2
Body Weight

Target: 55kg, 26% body fat

Target Set Up

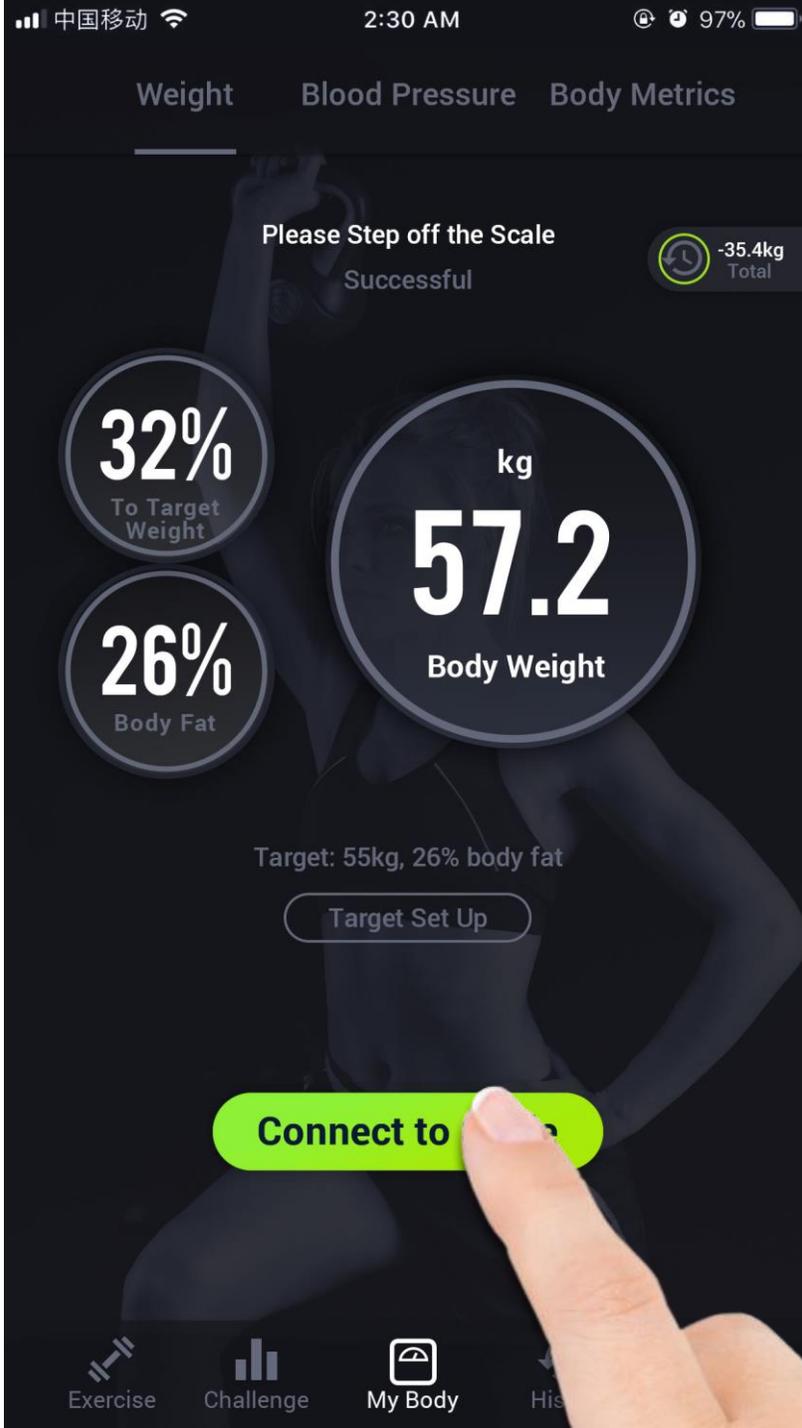
Connect to Scale



ACCURE

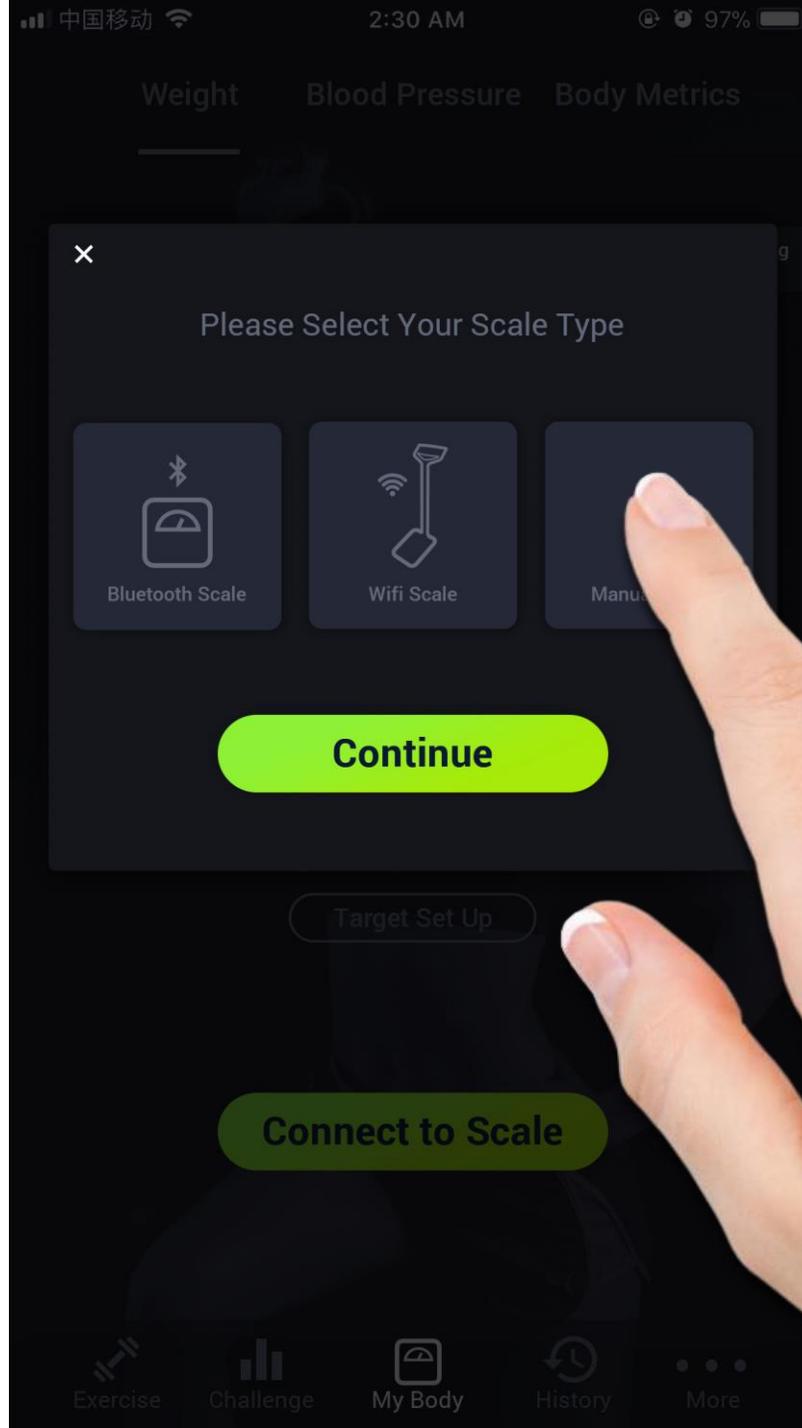


Manually Input

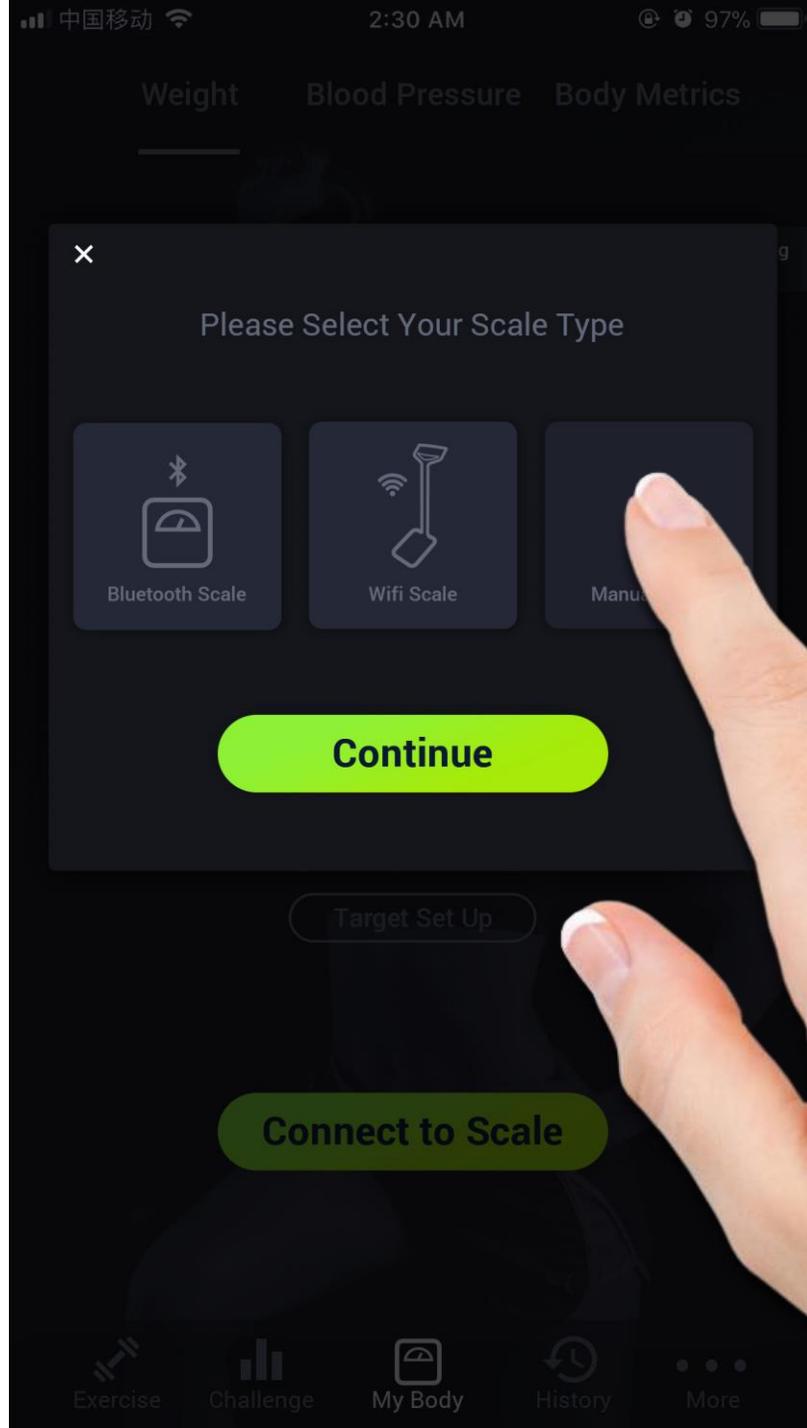


ACCURE

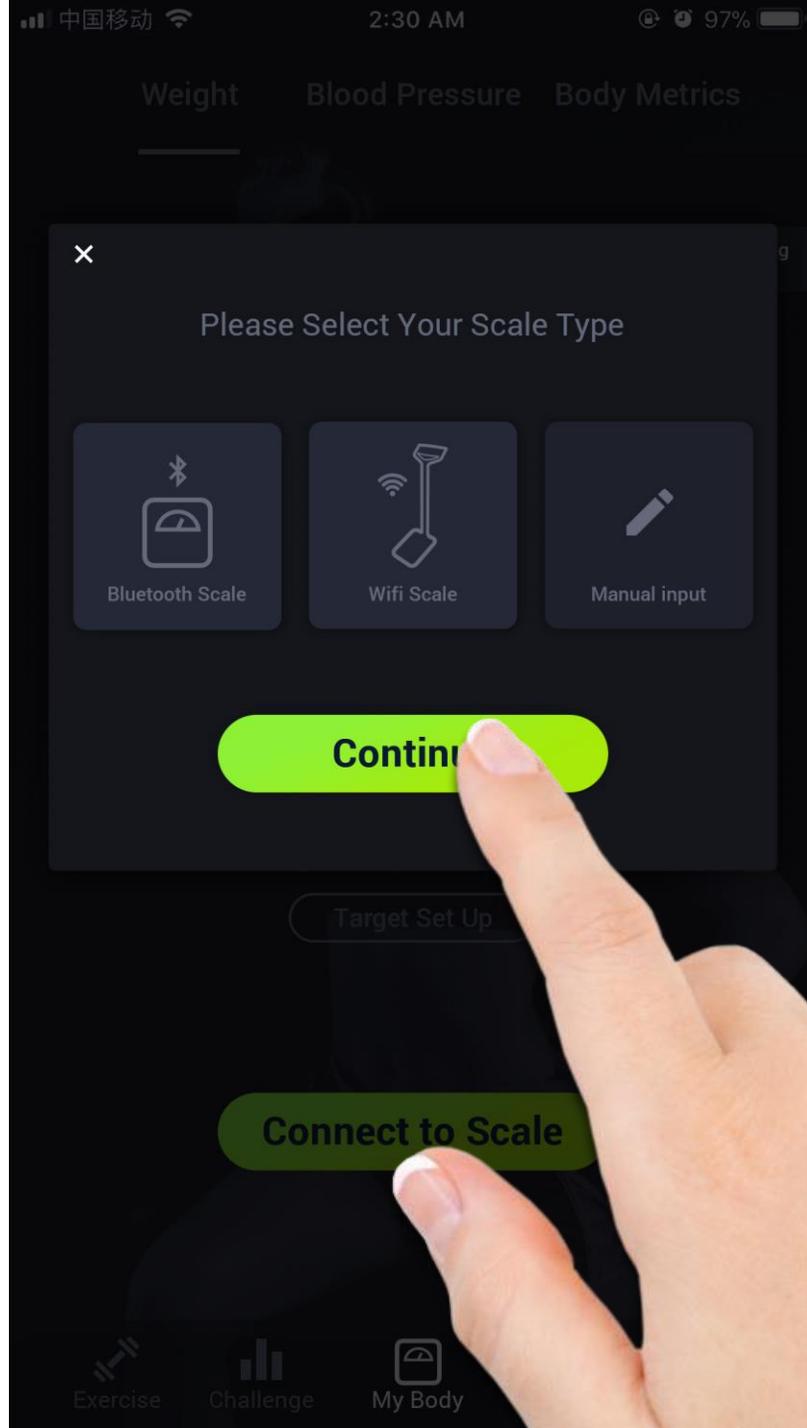
If you don't have an Accuro scale to work with, you can manually input your weight.



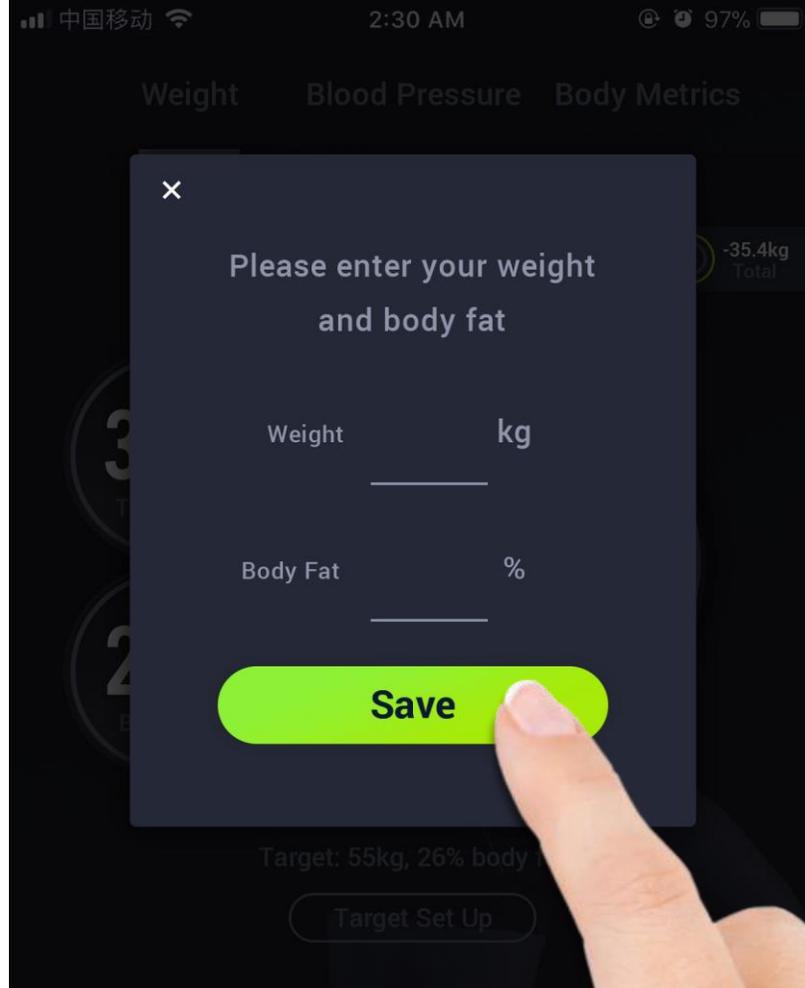
ACCURO



ACCURE

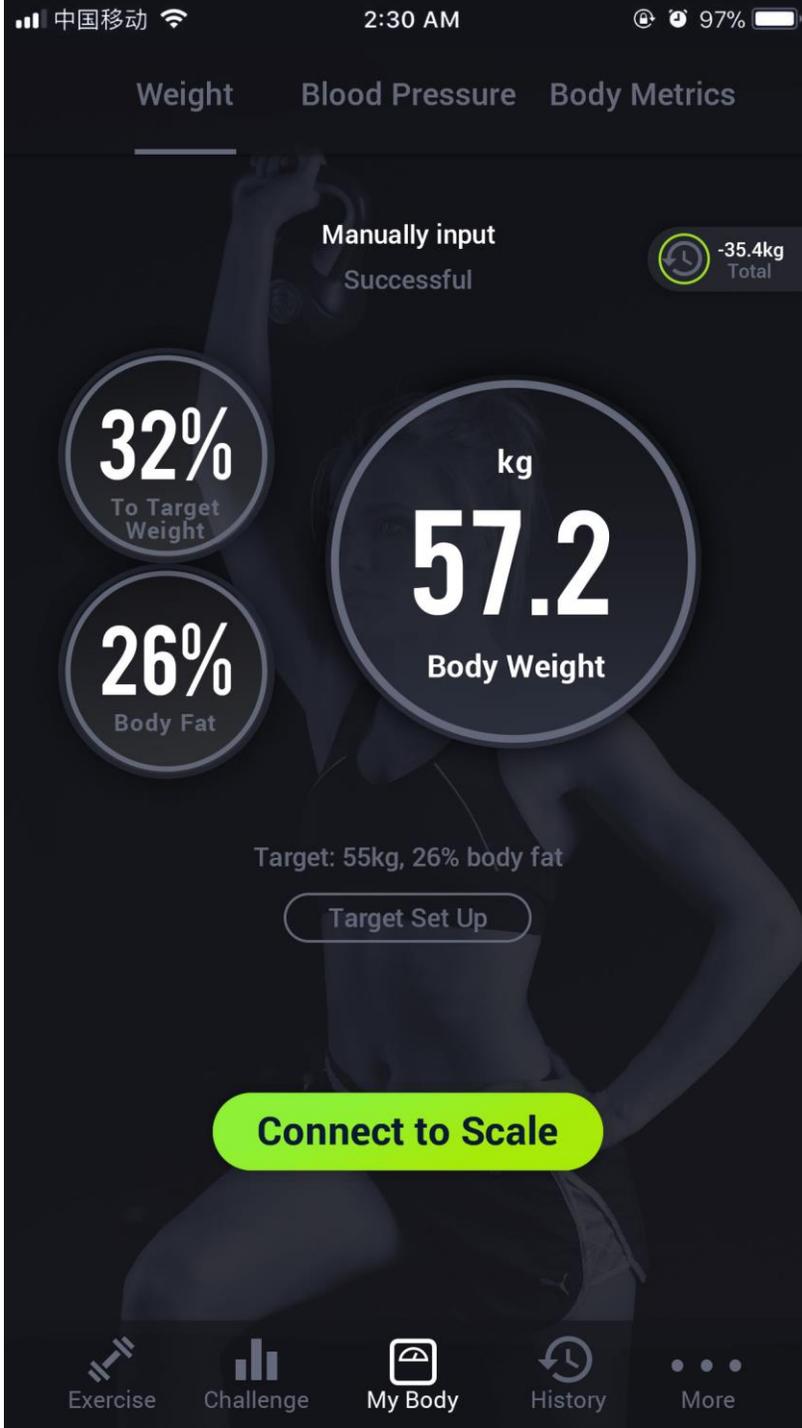


ACCURE



ACCUREO





ACCURE

ACCURE



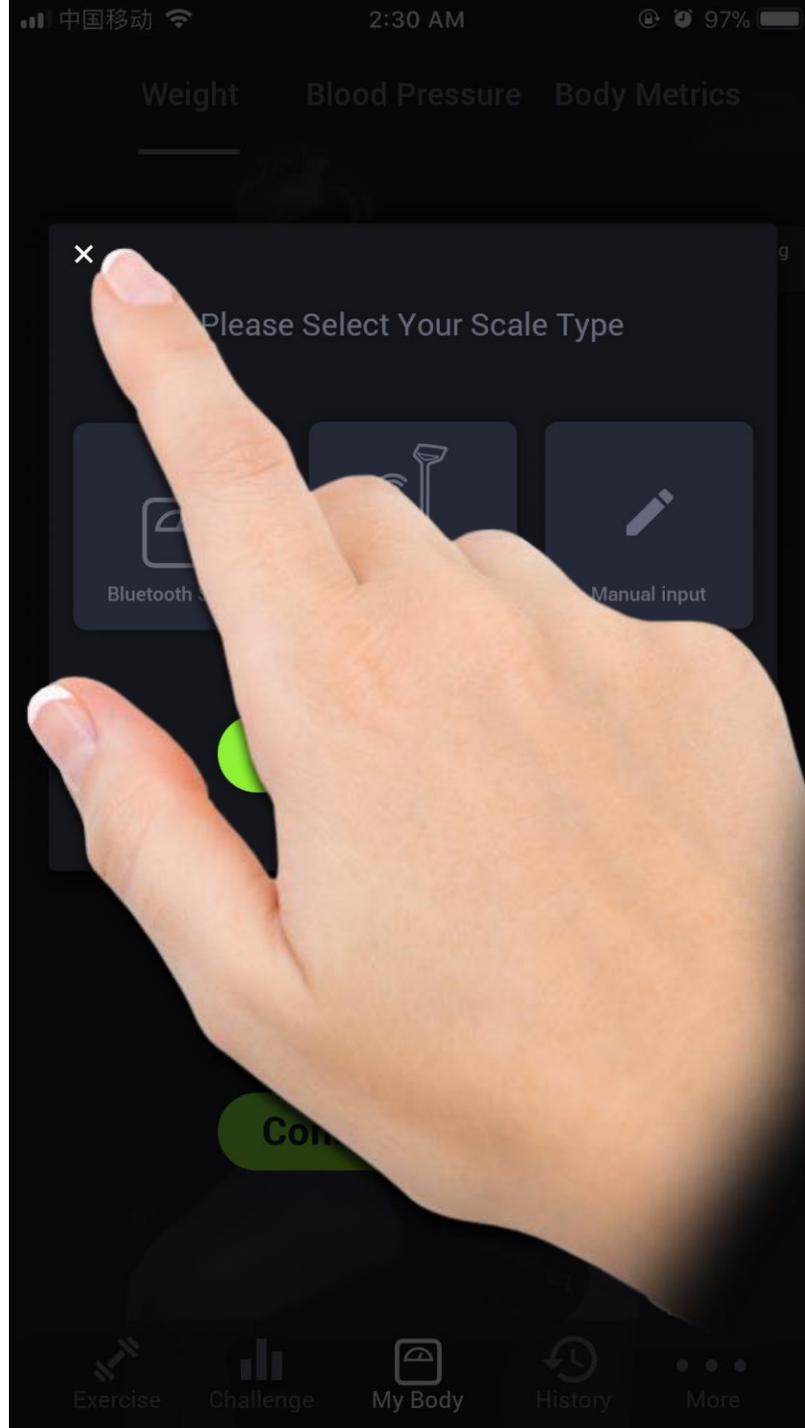
Weight History

Check your weight history and see how you are progressing towards your goals.



ACCURE





ACCURE

Change the date range of the history that you would like to review.



ACCURE



ACCURE

Cancel

Done

Apr	3	
May	4	
Jun	5	
Jul	6	2018

2017

2016

2015

2014





ACCURE



John Doe's Weight History



JOHN DOE
Weight history (All Time)
2015/12/13 - 2018/08/07

-5.4KG
Total Weight Change



Metrics Records (Last 4 records)

2018/08/07	57.3 KG	26%
2017/07/22	57.8 KG	28%
2017/06/03	59.8 KG	30%
2016/12/23	62.8 KG	33%

Share

Back



John Doe's Weight History



JOHN DOE
Weight history (All Time)
2015/12/13 - 2018/08/07

-5.4KG
Total Weight Change



Metrics Records (Last 4 records)

2018/08/07	57.3 KG	26%
2017/07/22	57.8 KG	28%
2017/06/03	59.8 KG	30%
2016/12/23	62.8 KG	33%

Share

Back



ACCURE



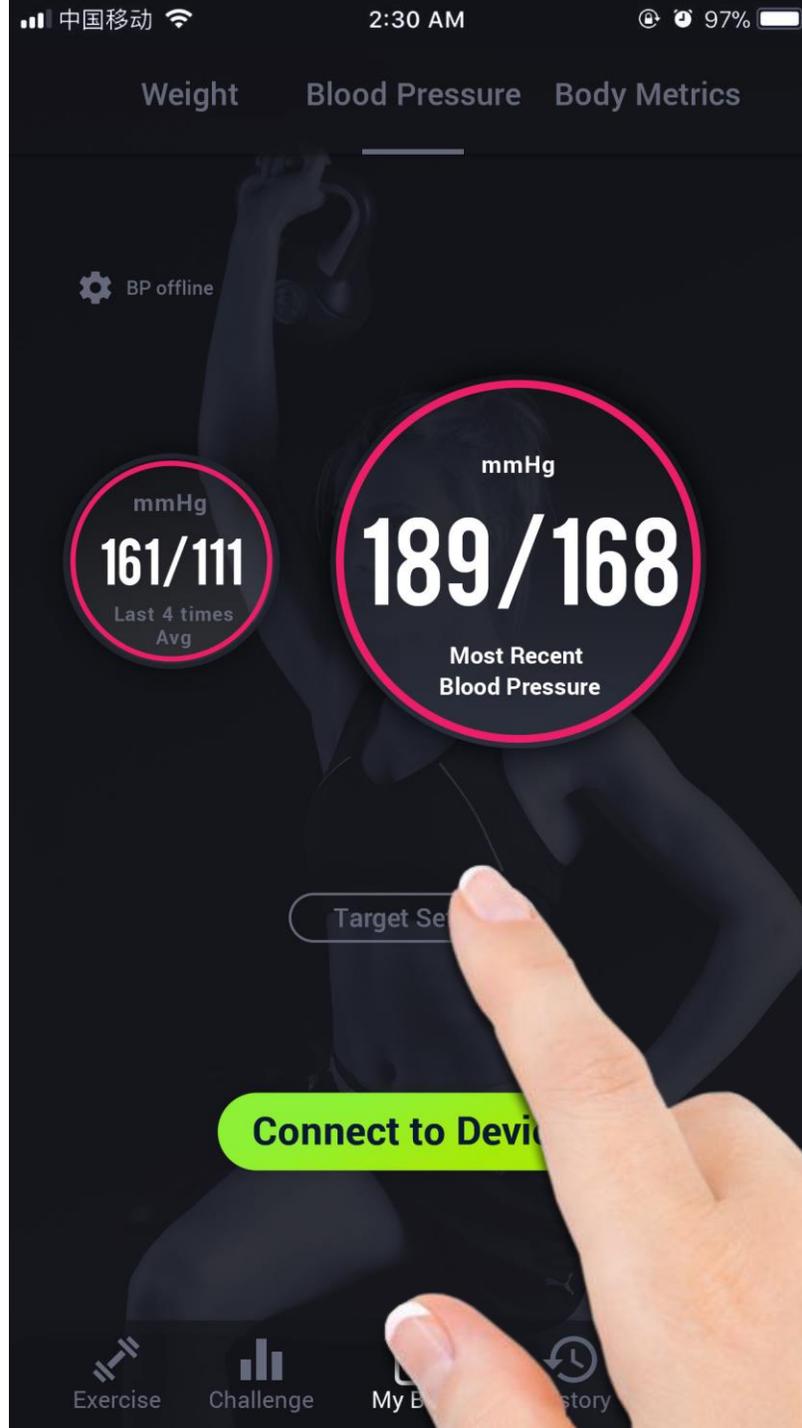
Blood Pressure – Target Set Up

Utilize the Accuro Bluetooth blood pressure monitor to track and monitor your blood pressure.



ACCURO

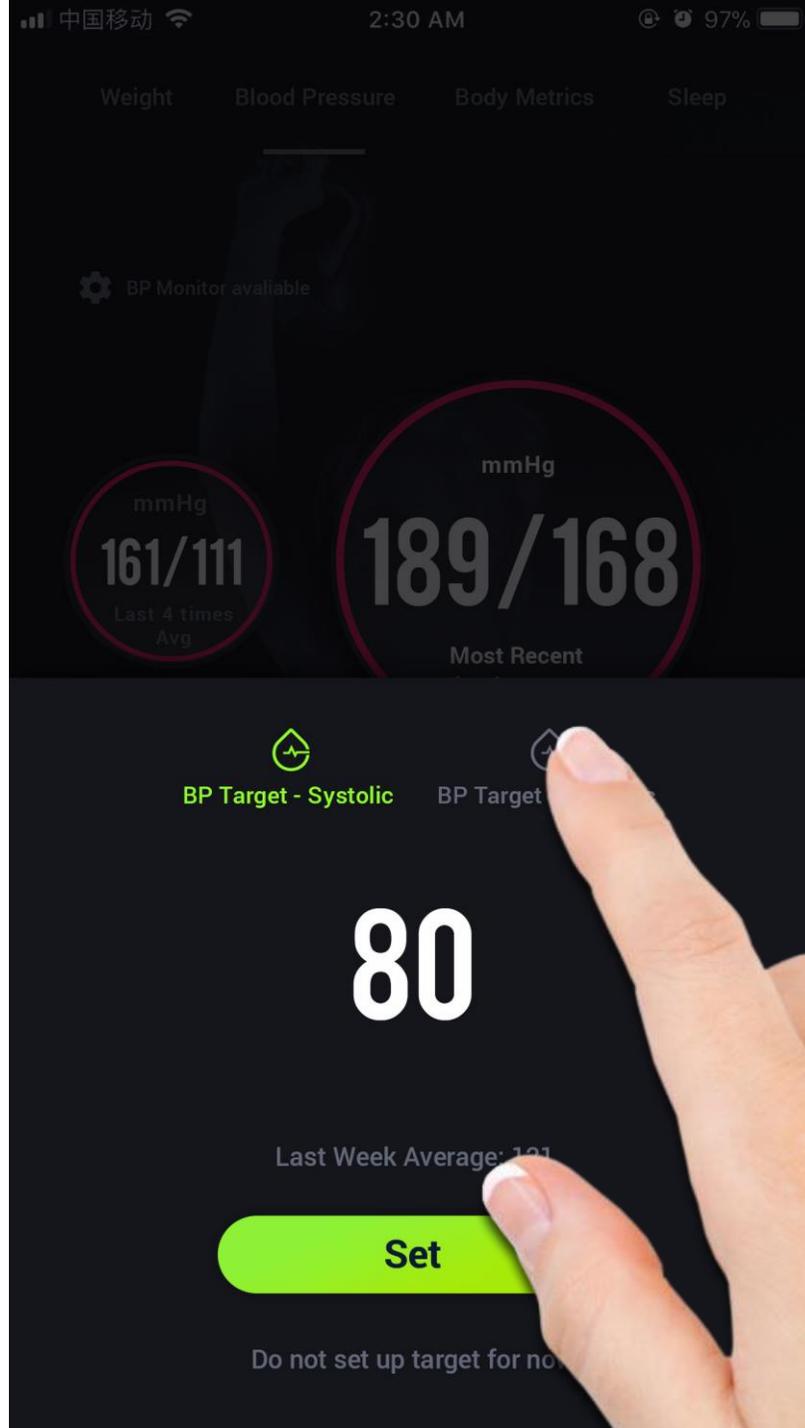
Set your target blood pressure



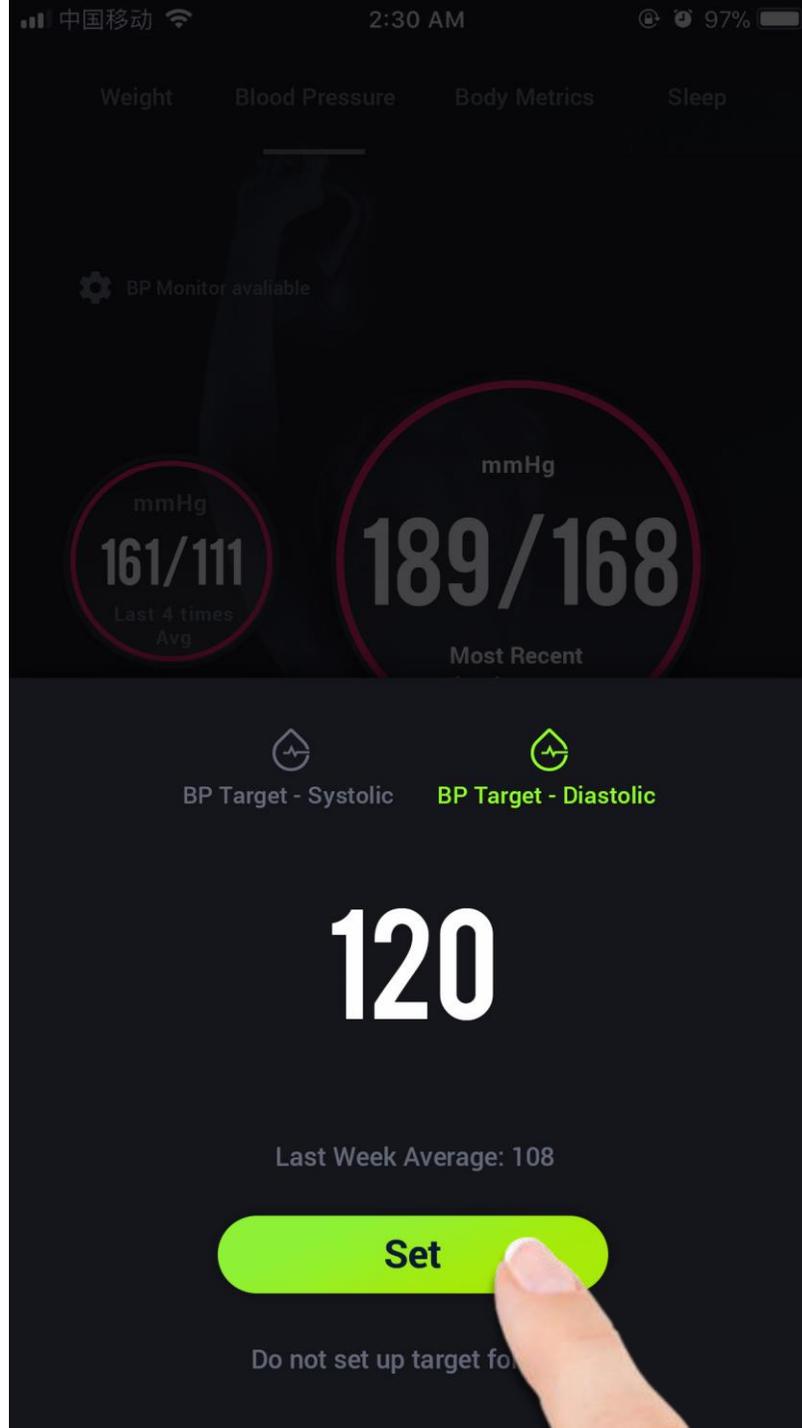
ACCURE



Blood Pressure –
Target ex. 18yr old



ACCURE



ACCURE

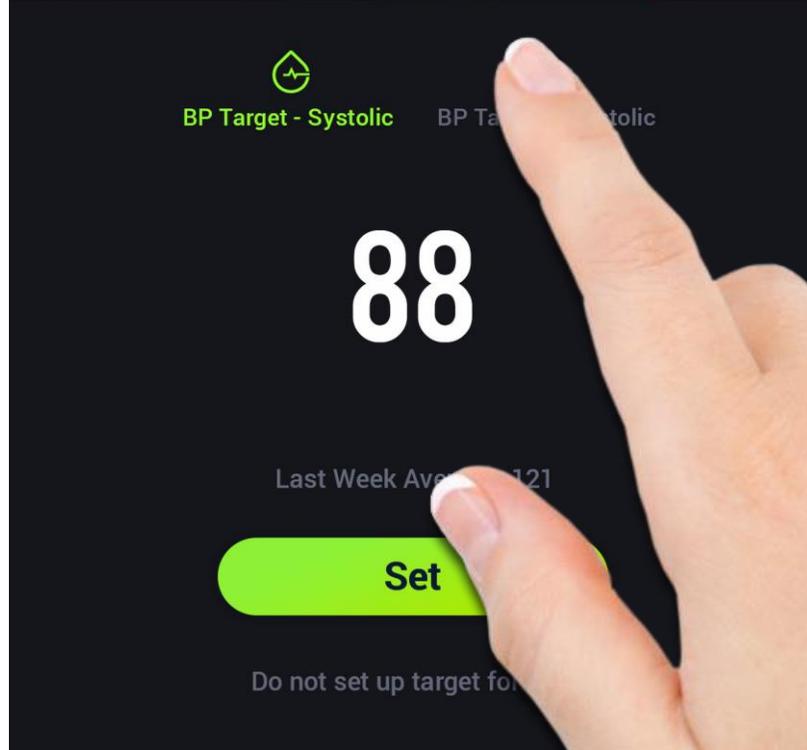
ACCURE

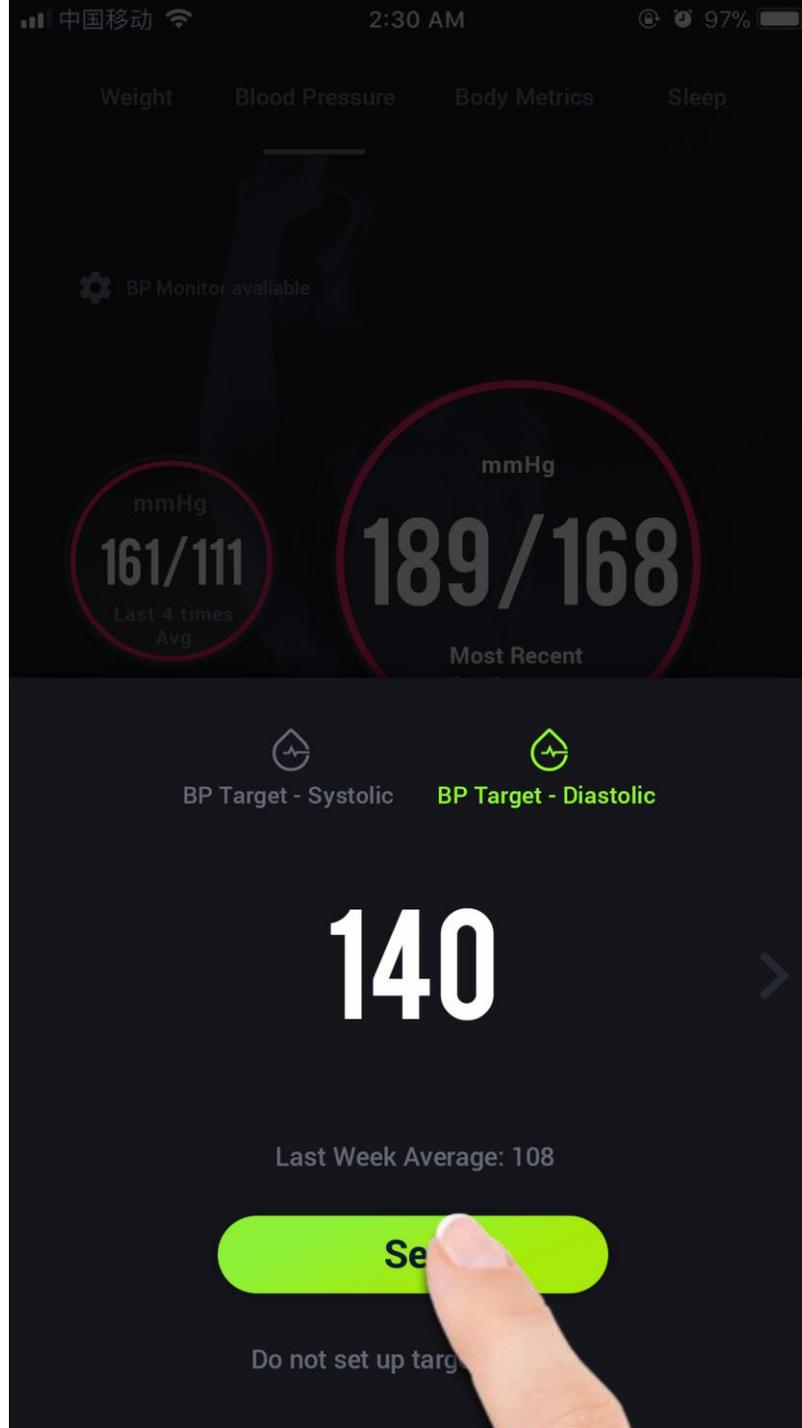


Blood Pressure –
Target ex. 66 yr old
male



ACCURE





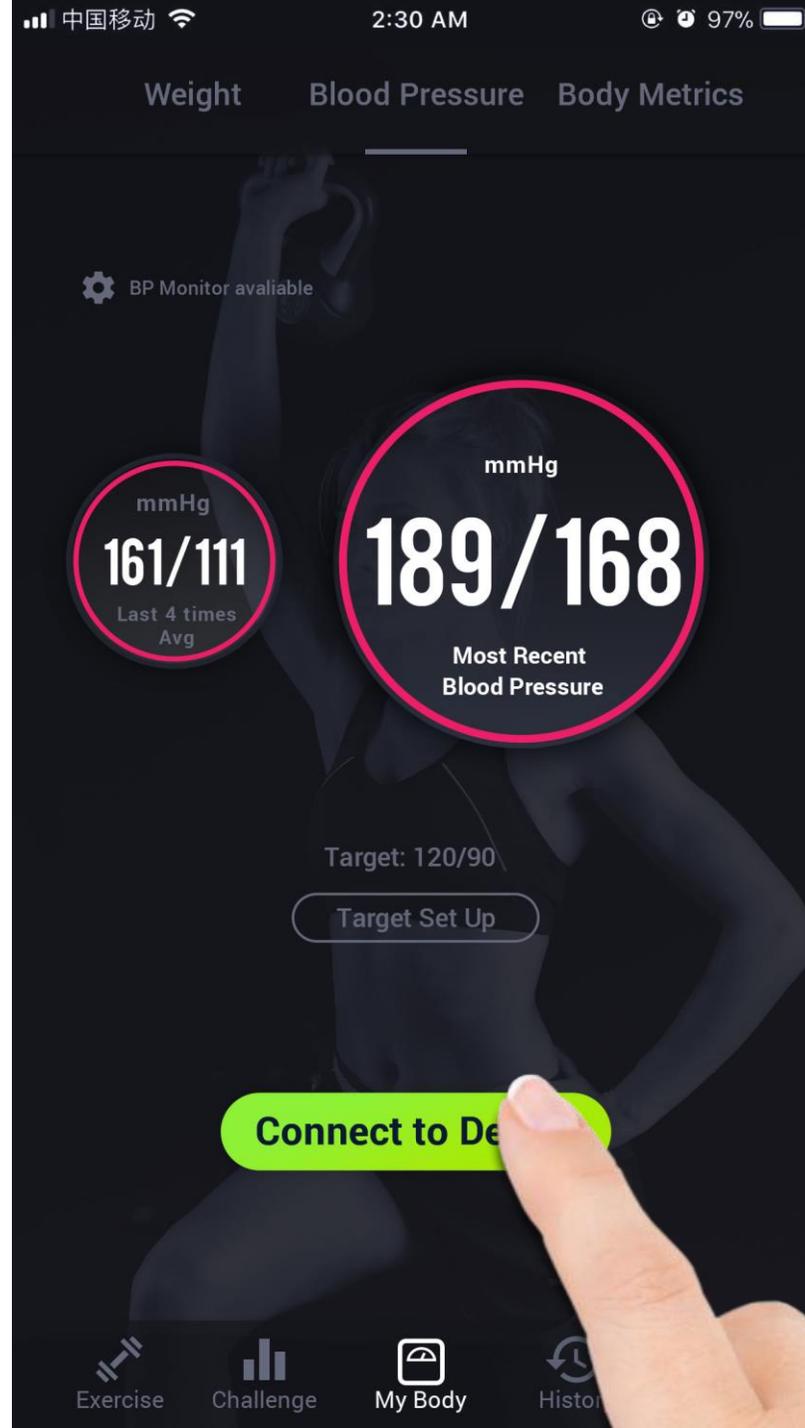
ACCUREO

ACCURE



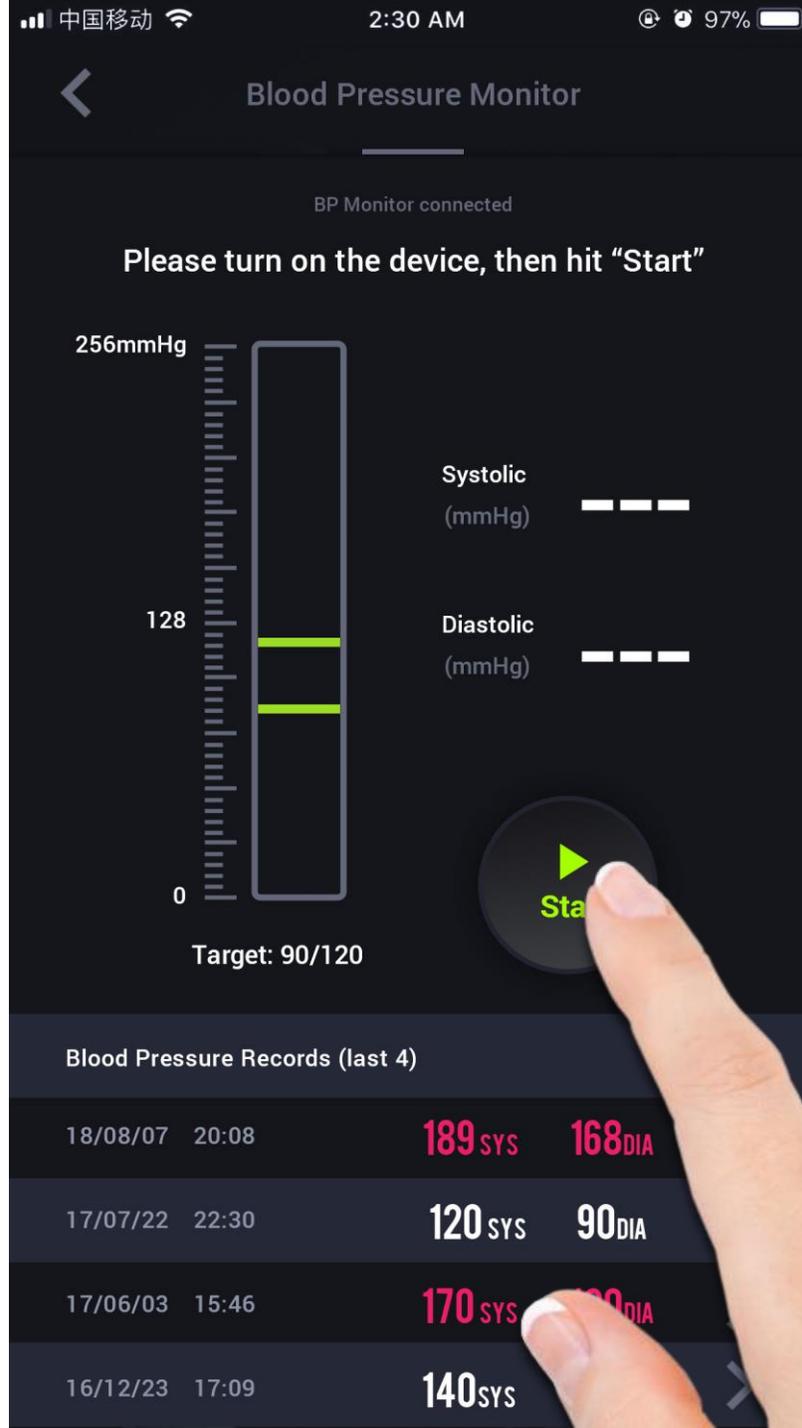
Blood Pressure – Measure

Connect to your Accuro Bluetooth
blood pressure monitor



ACCURO

Once connected and the blood pressure cuff is correctly situated on your arm, you can start the device by pressing the “start” button within the app.



ACCUREO

To stop or abort the current reading, press the “abort” button within the app.

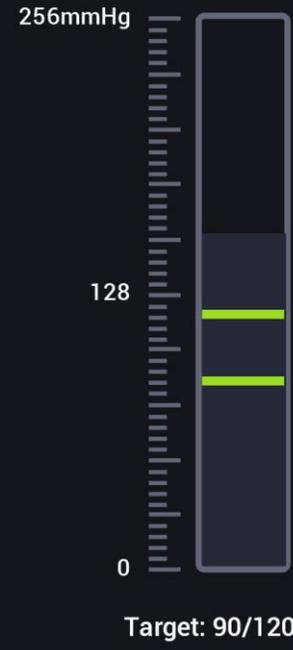


ACCURO

Blood Pressure Monitor

BP Monitor connected

Measuring



Systolic (mmHg) ---

Diastolic (mmHg) ---



Blood Pressure Records (last 4)

18/08/07	20:08	189 _{SYS}	168 _{DIA}
17/07/22	22:30	120 _{SYS}	90 _{DIA}
17/06/03	15:46	170 _{SYS}	100 _{DIA}
16/12/23	17:09	140 _{SYS}	

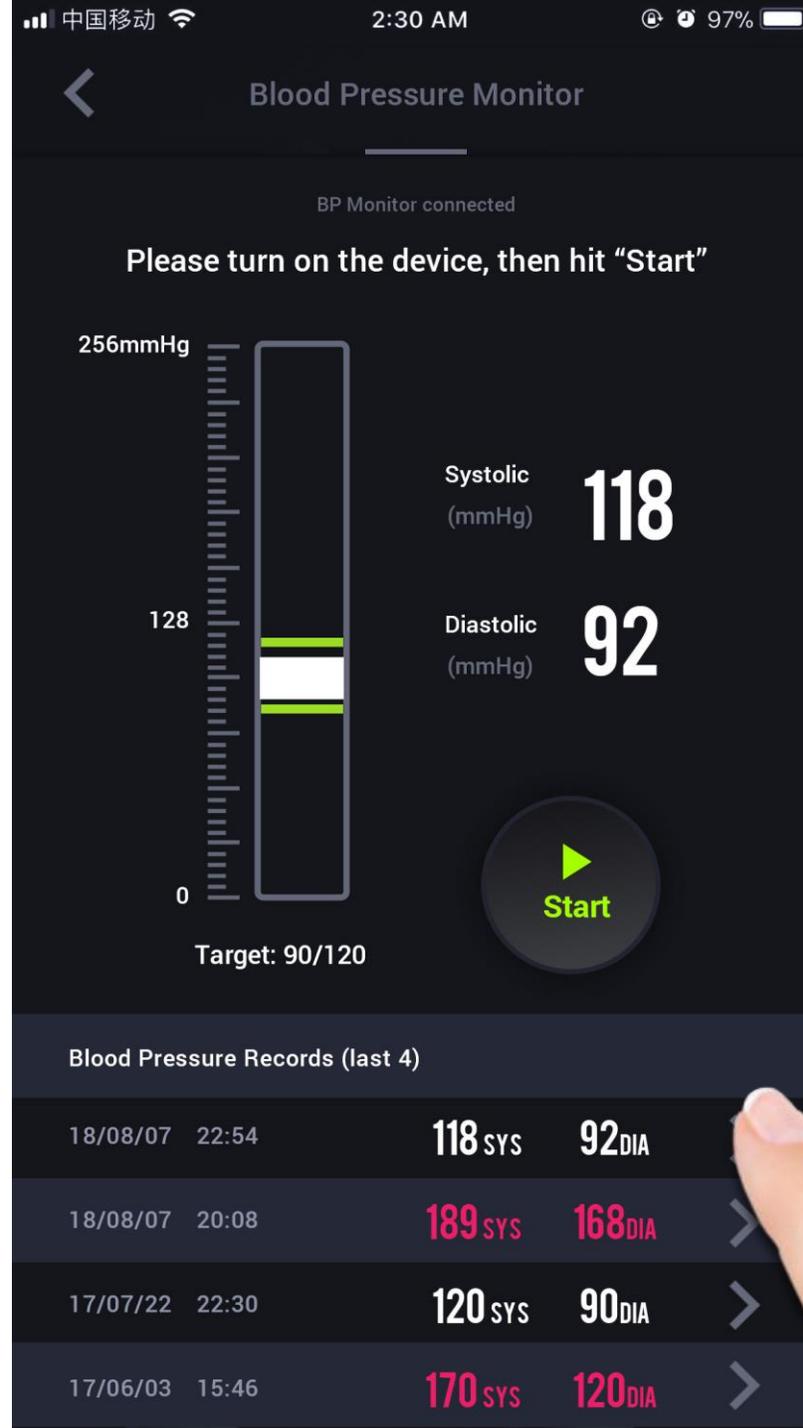


ACCURE

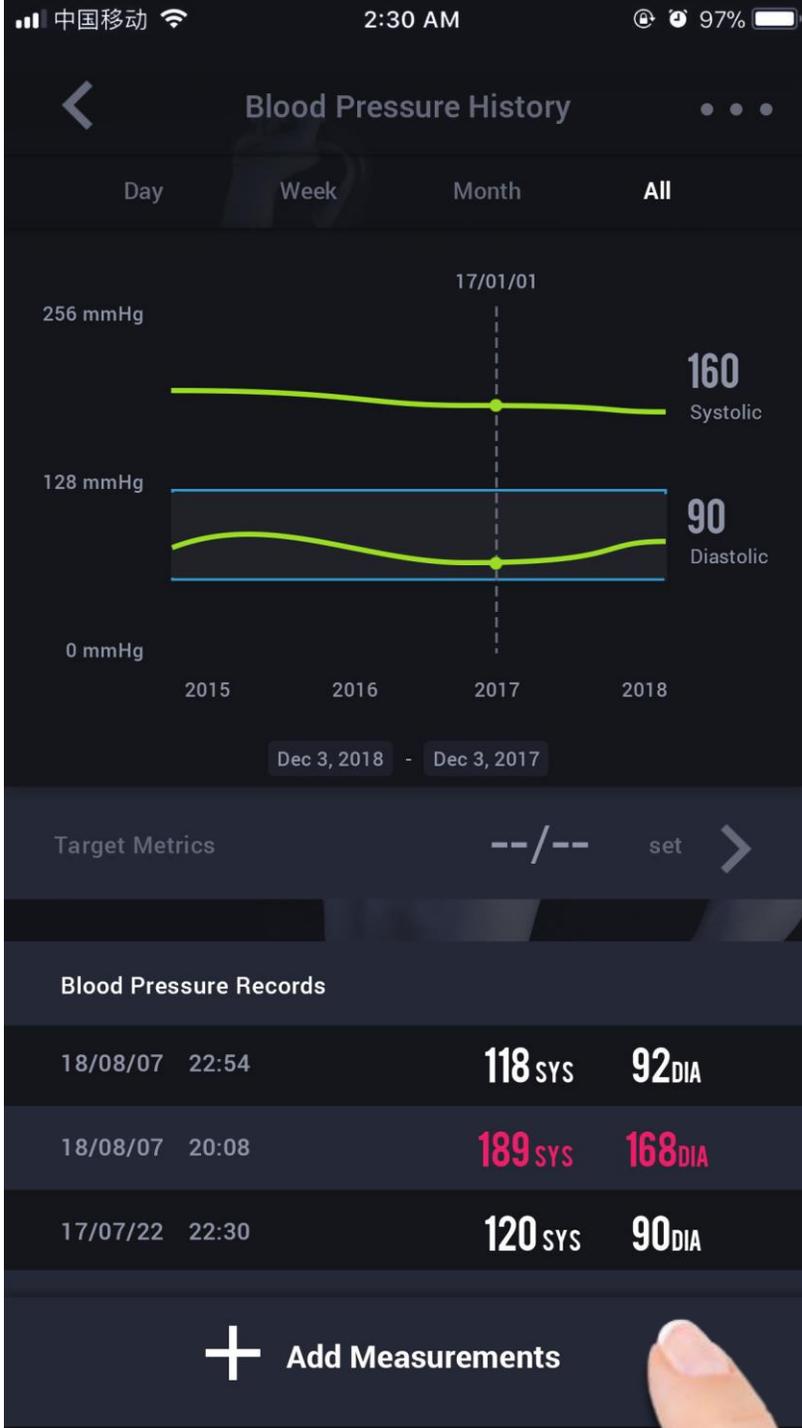


Blood Pressure –
Review History

To review your blood pressure history, select a record to review.



ACCUREO



ACCURE

Blood Pressure Monitor

BP Monitor connected

Please turn on the device, then hit "Start"



Blood Pressure Records (last 4)

18/08/07	20:08	189 _{SYS}	168 _{DIA}	>
17/07/22	22:30	120 _{SYS}	90 _{DIA}	>
17/06/03	15:46	170 _{SYS}	120 _{DIA}	>
16/12/23	17:09	140 _{SYS}	130 _{DIA}	>



Look to share your history via email, text, social media, etc.



ACCURE



John Doe's Blood Pressure History



JOHN DOE

Blood Pressure (All Time) Target: 80/120
2015/12/13 - 2018/08/07



Metrics Records (Last 4 records)

18/08/07	22:54	118 _{SYS}	92 _{DIA}
18/08/07	20:08	189 _{SYS}	168 _{DIA}
17/07/22	22:30	120 _{SYS}	90 _{DIA}
16/03/21	11:37	170 _{SYS}	120 _{DIA}

Share

Back

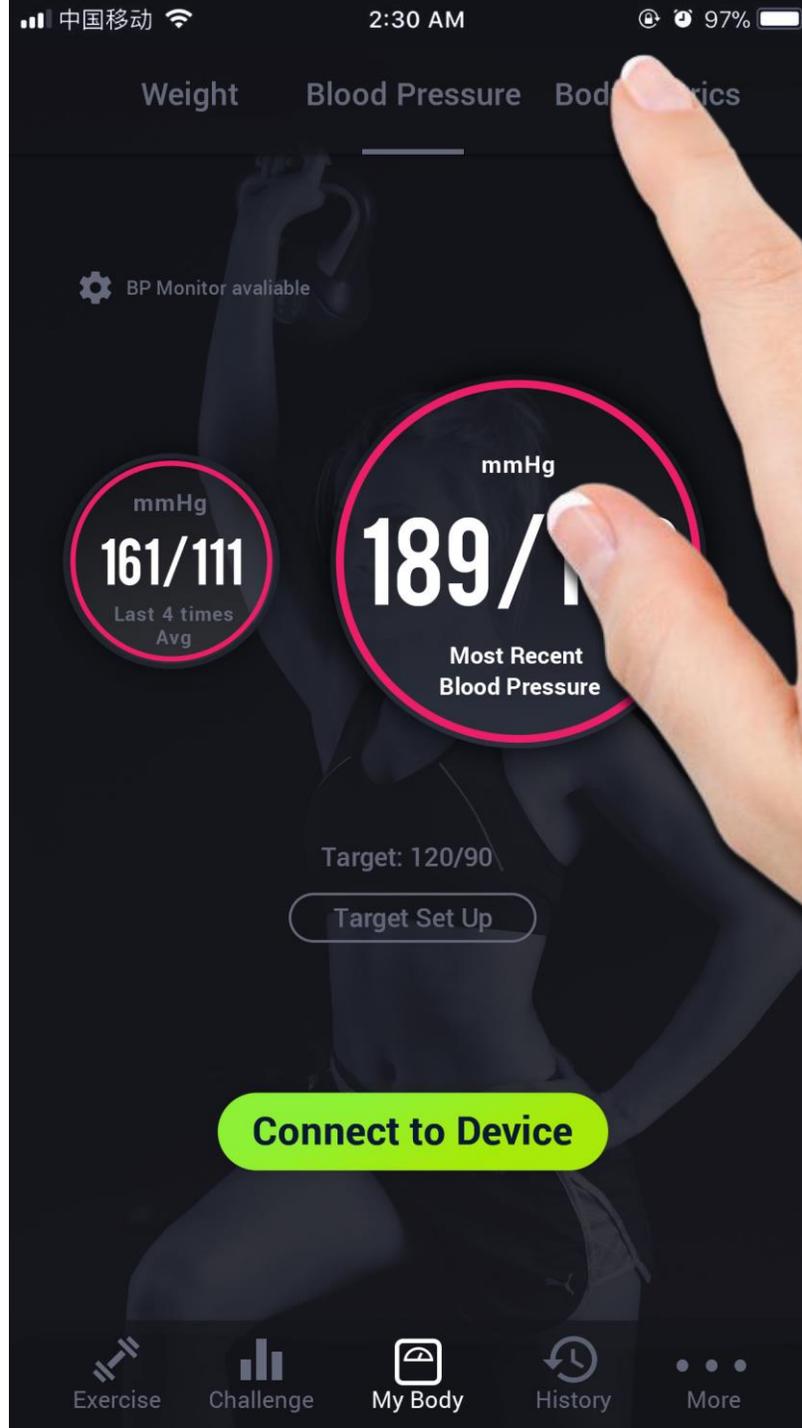


ACCURE

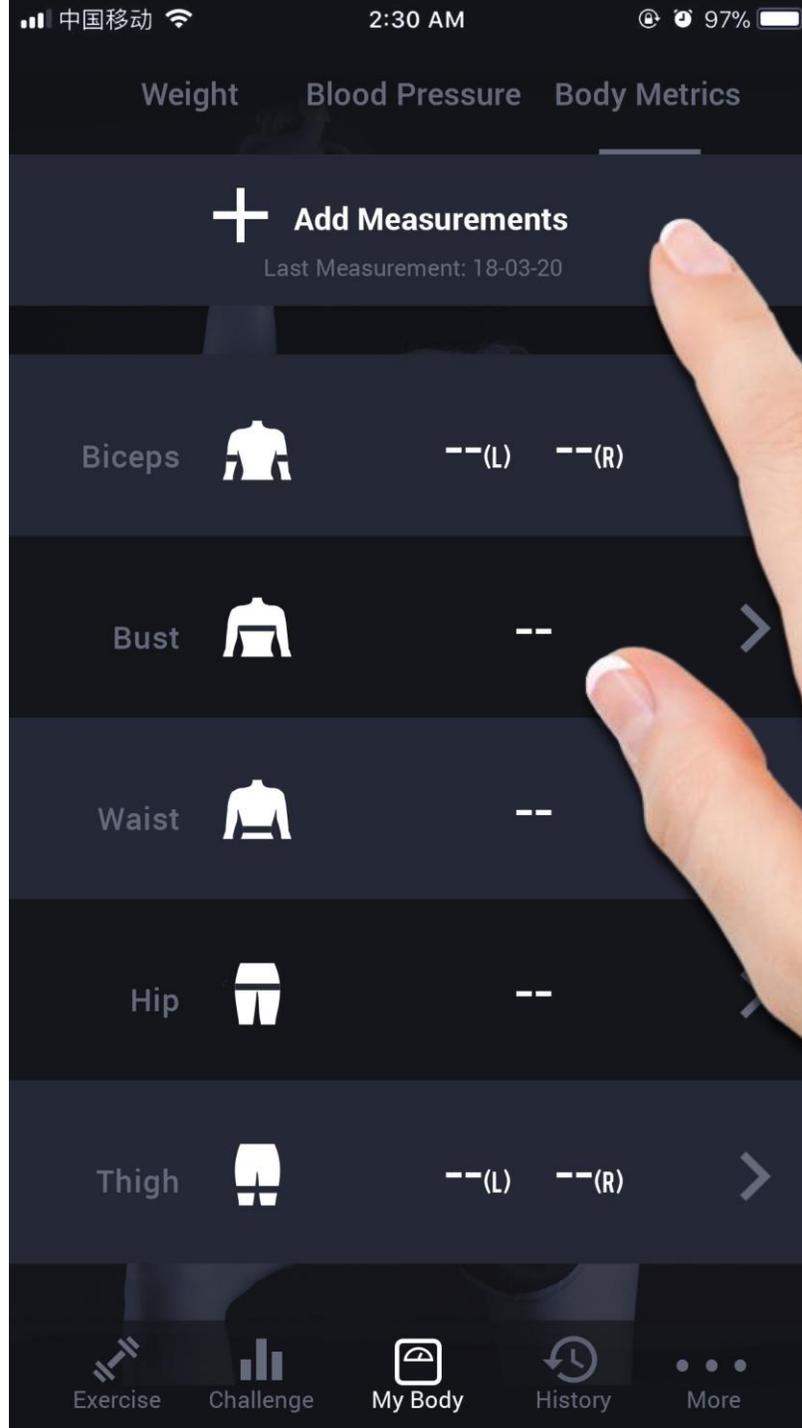


Body Metrics – Add Measurement

Within the “My Body” section of the app, select “Body Metrics”

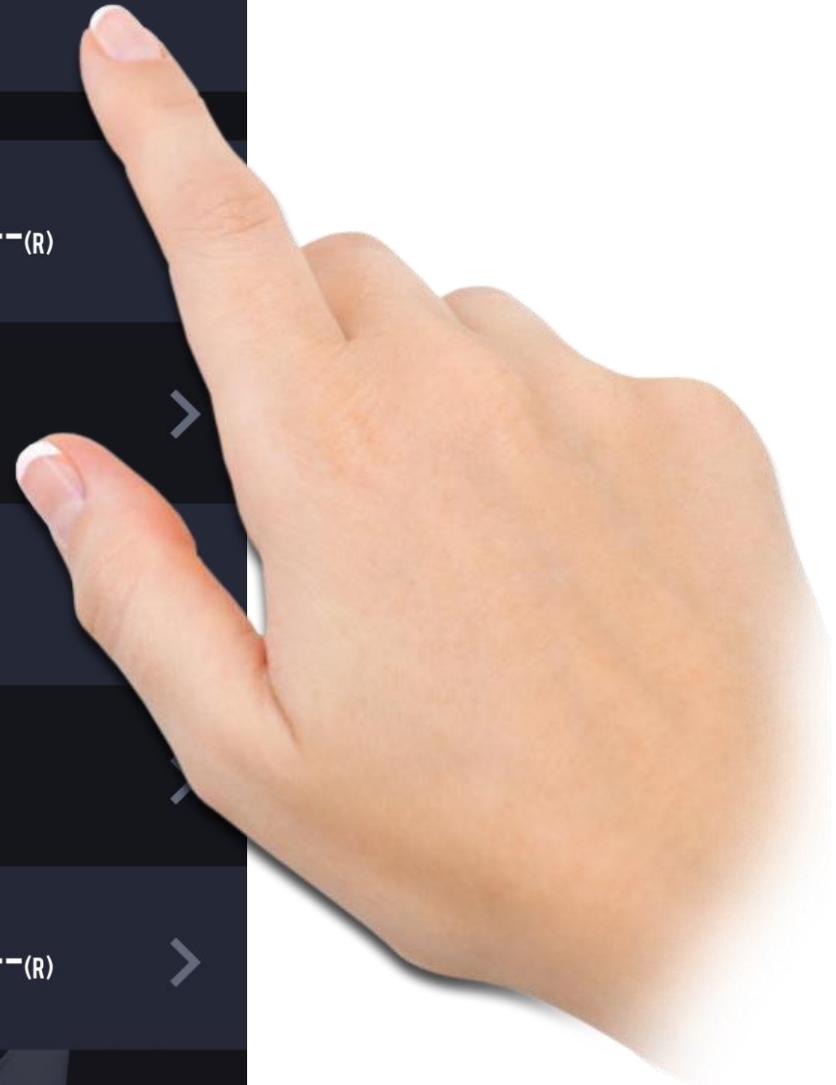


ACCURE

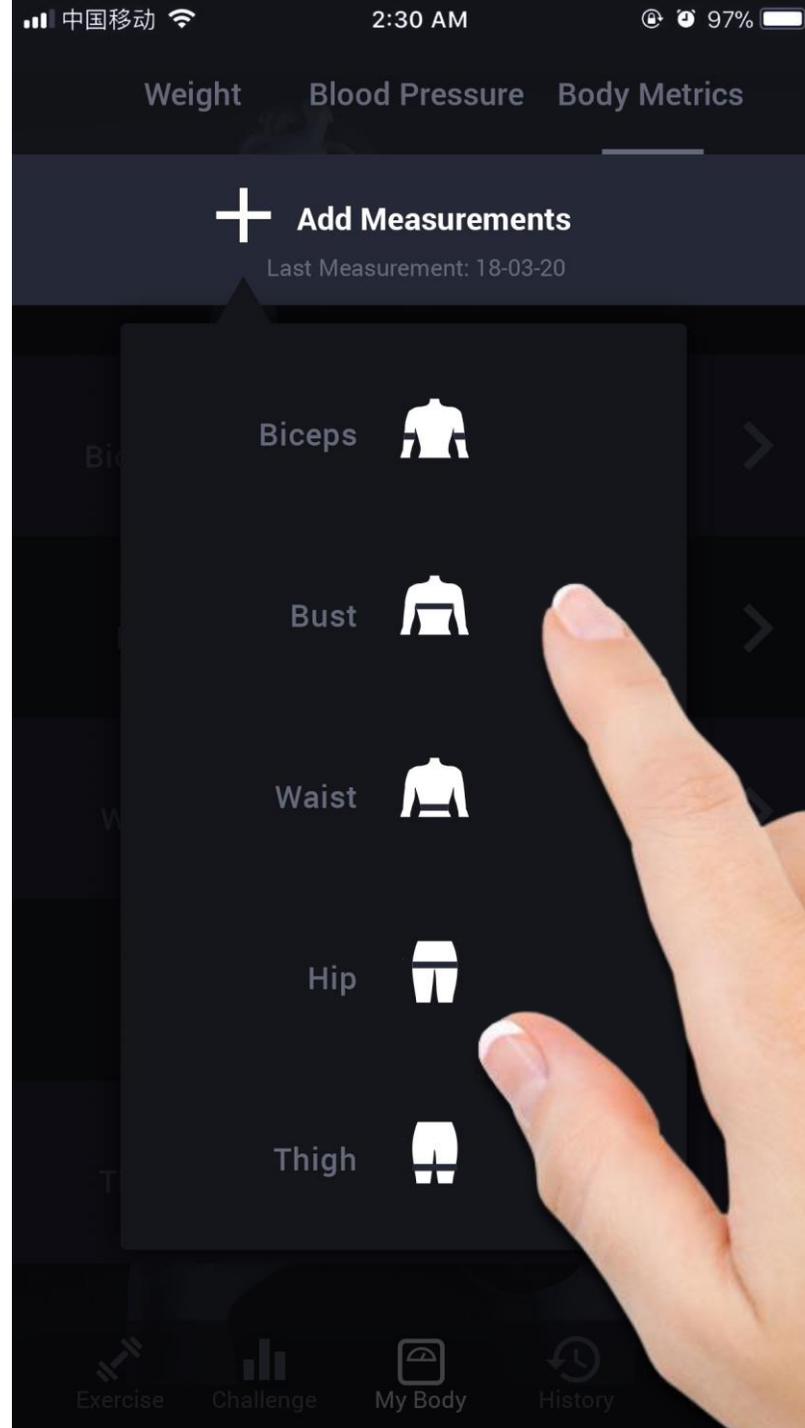


ACCURE

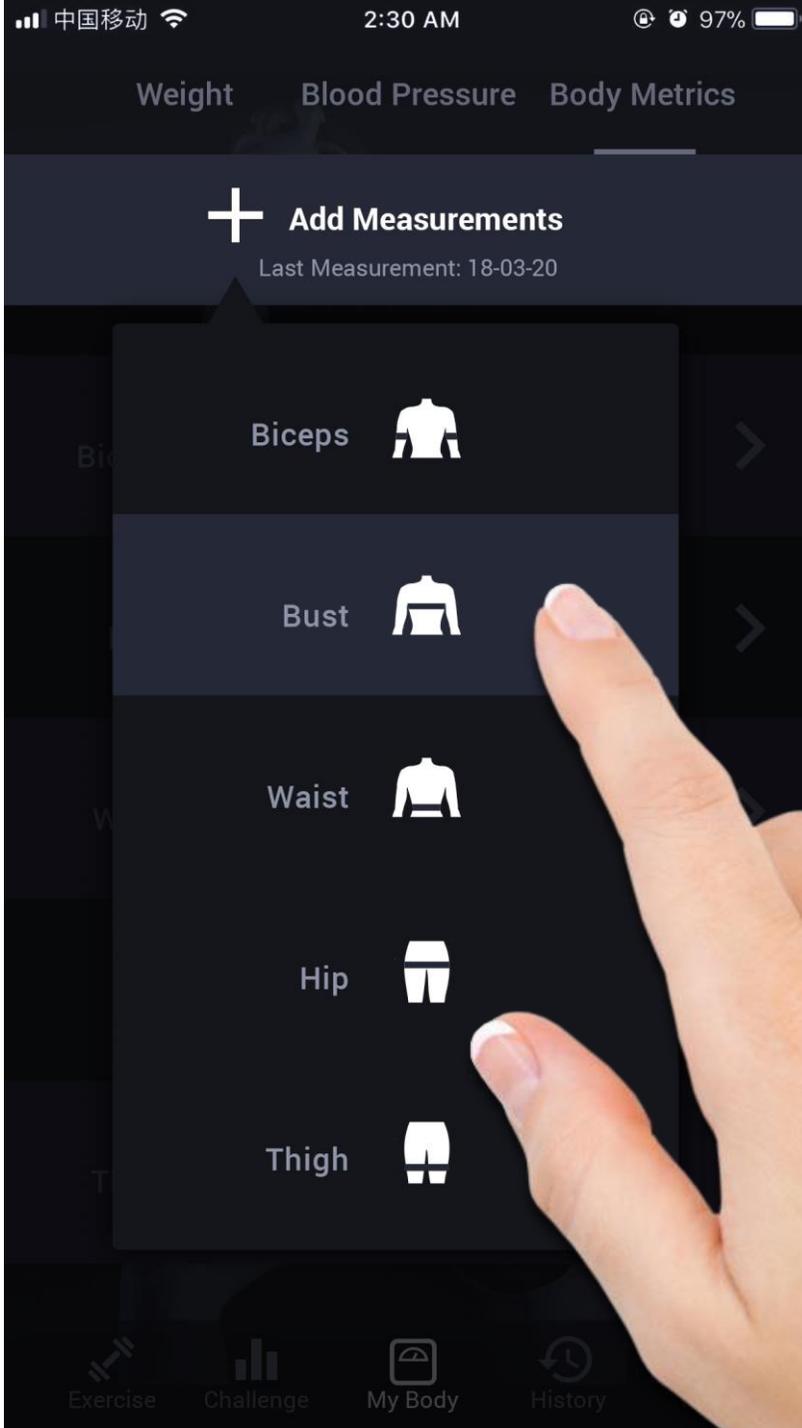
Select "Add Measurements" to begin adding your body dimensions



Select the area you would like to add your measurements.

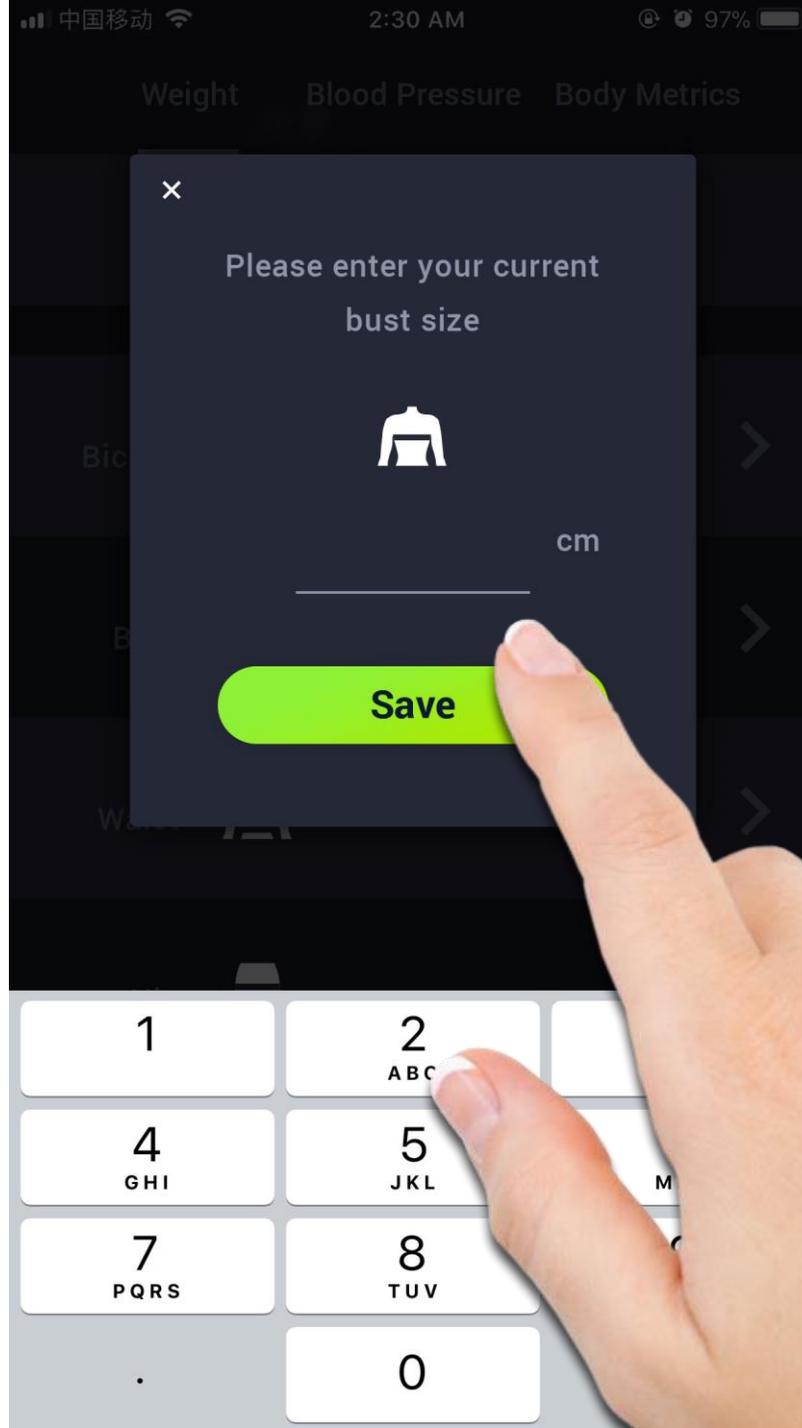


ACCURE



ACCURE

Add your measurements



+ Add Measurements

Last Measurement: 18-03-20

Biceps  27.6 CM(L) 27.2 CM(R) >

Bust  86.1 CM >

Waist  84.0 CM >

Hip  96.0 CM >

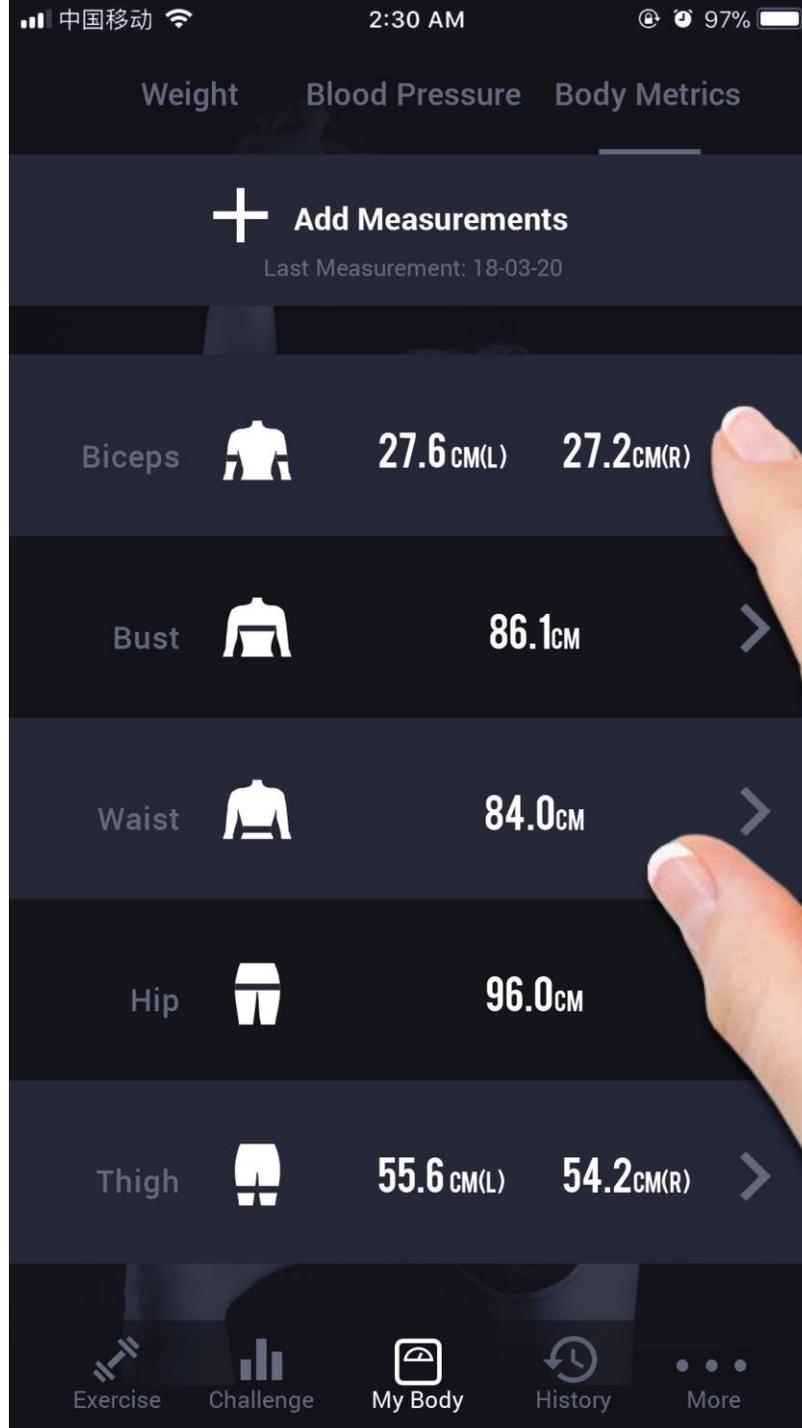
Thigh  55.6 CM(L) 54.2 CM(R) >



ACCURE



Body Metrics – View History



ACCURE

Select the section you would like to review the history of.





ACCURE

ACCURE



Body Metrics – Share

Share your history via email, text, social media, etc.



ACCURO

John Doe's Left Arm Biceps History



JOHN DOE
Left Arm Biceps
2015/12/13 - 2018/08/07



Metrics Records (Last 4 records)

2018/08/07	27.6 CM(L)	27.2 CM(R)
2017/07/22	28.6 CM(L)	28.4 CM(R)
2017/06/03	24.6 CM(L)	24.2 CM(R)
2016/12/23	20.6 CM(L)	20.2 CM(R)

Share

Back

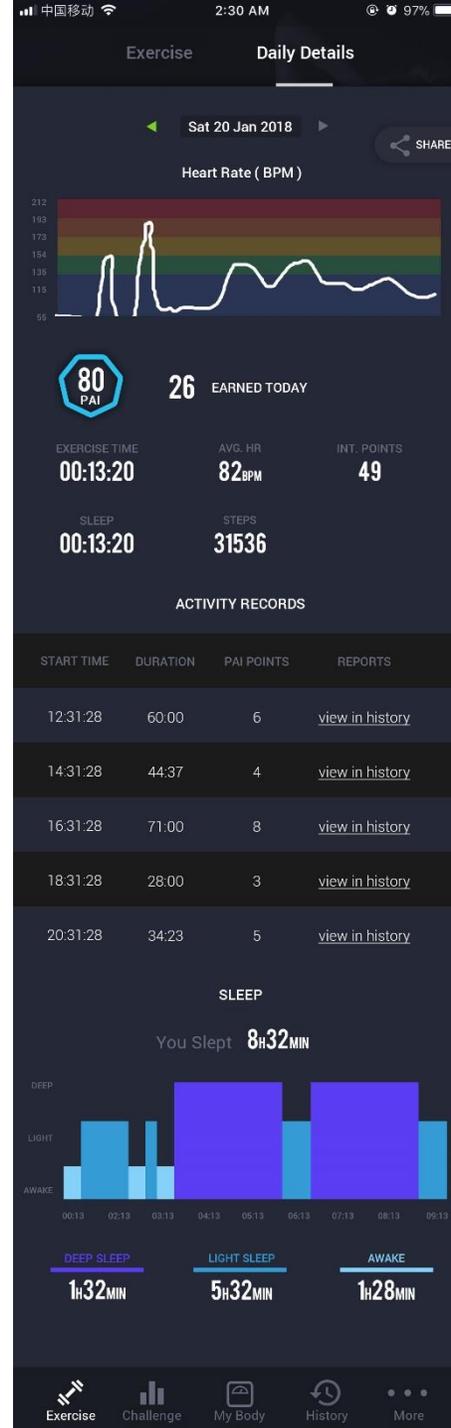


ACCURE



Sleep

Track your sleep utilizing your Accuro LYNK2 or SLICE device.



ACCURE



History

+ Add Measurements

Last Measurement: 18-03-20

Biceps  27.6 CM(L) 27.2 CM(R) >

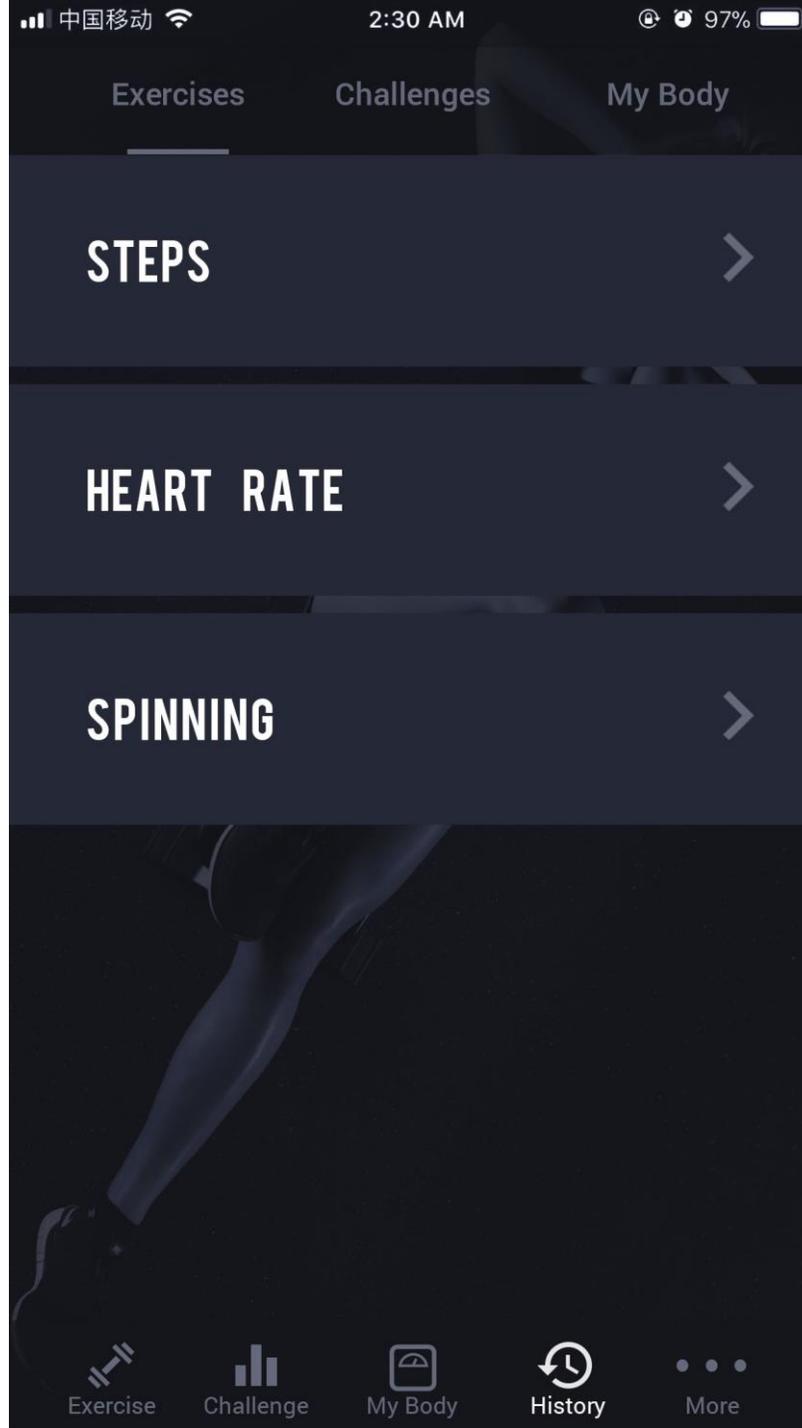
Bust  86.1 CM >

Waist  84.0 CM >

Hip  96.0 CM >

Thigh  55.6 CM(L) 54.2 CM(R) >



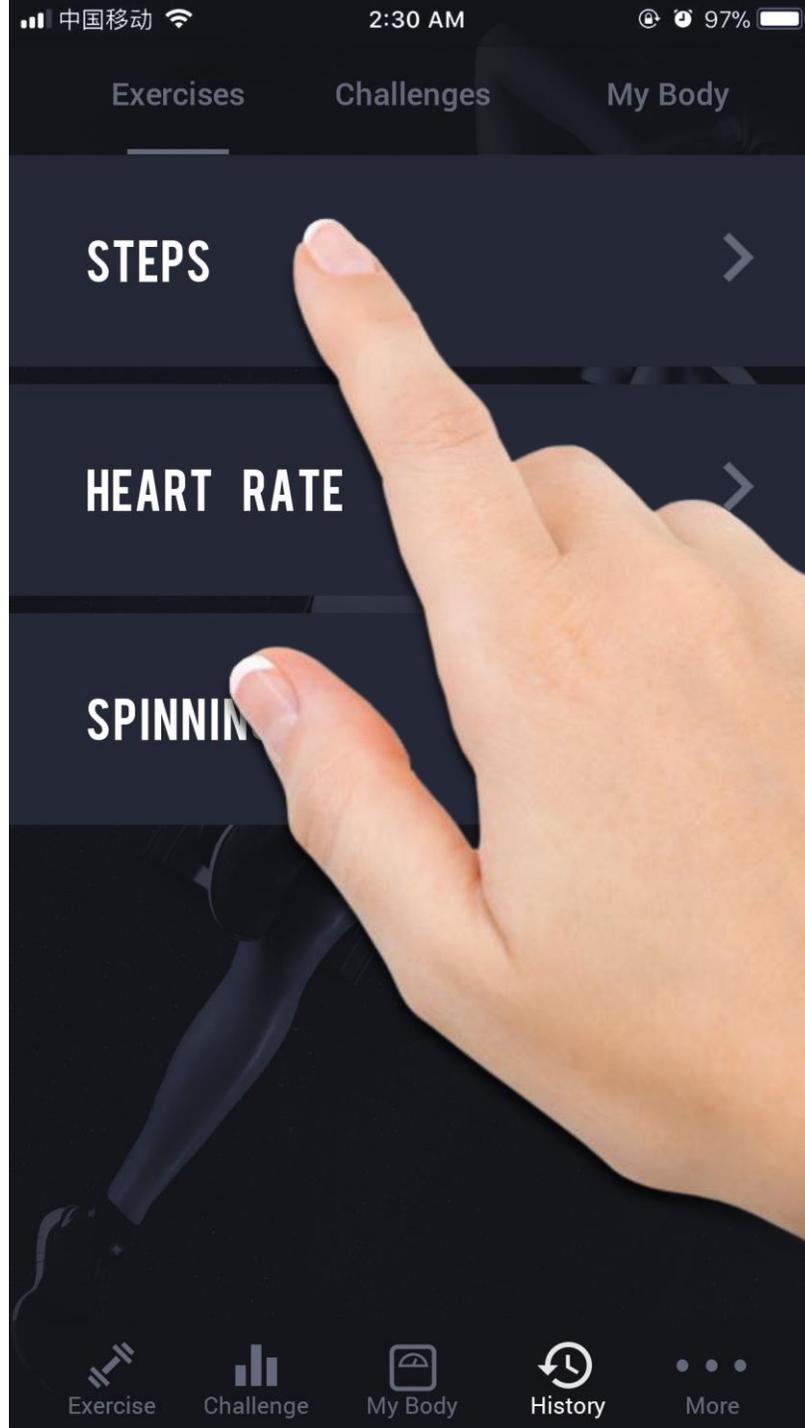


Select which history you would like to review

ACCURE



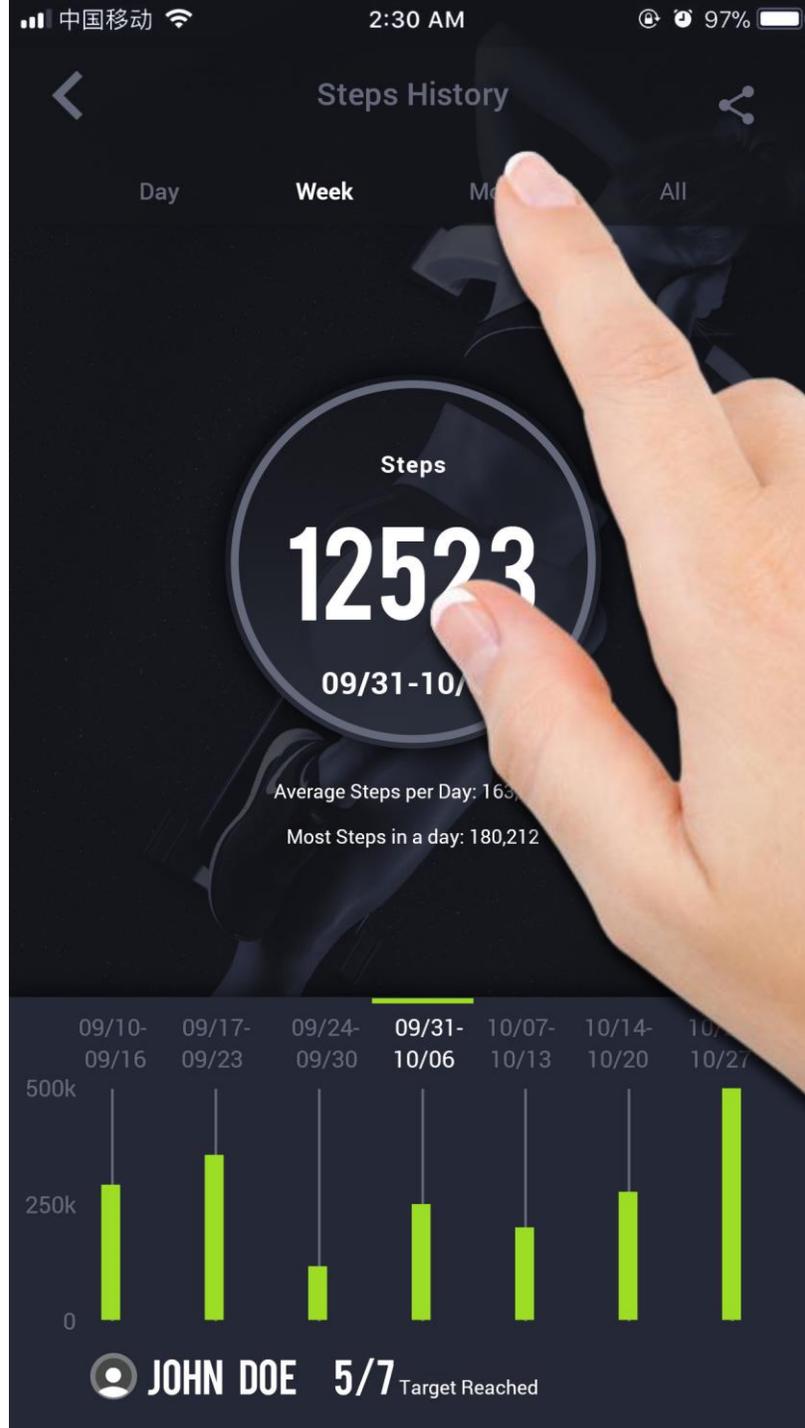
History - Steps



ACCURE



ACCURE



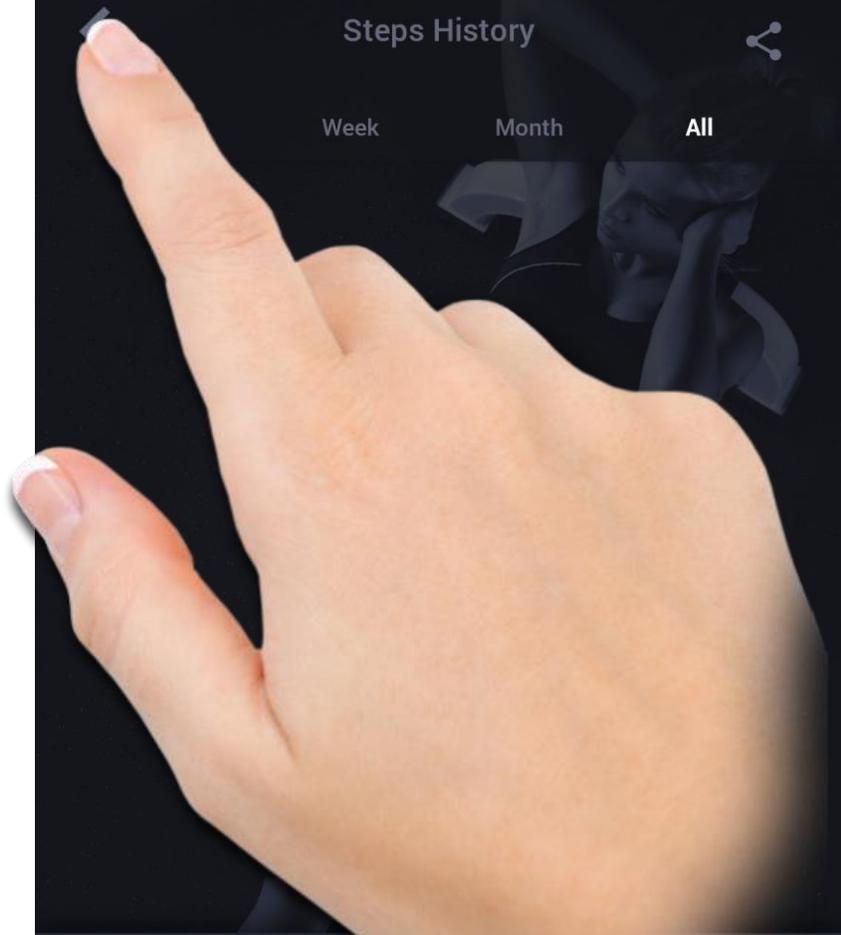
ACCURE



ACCURE

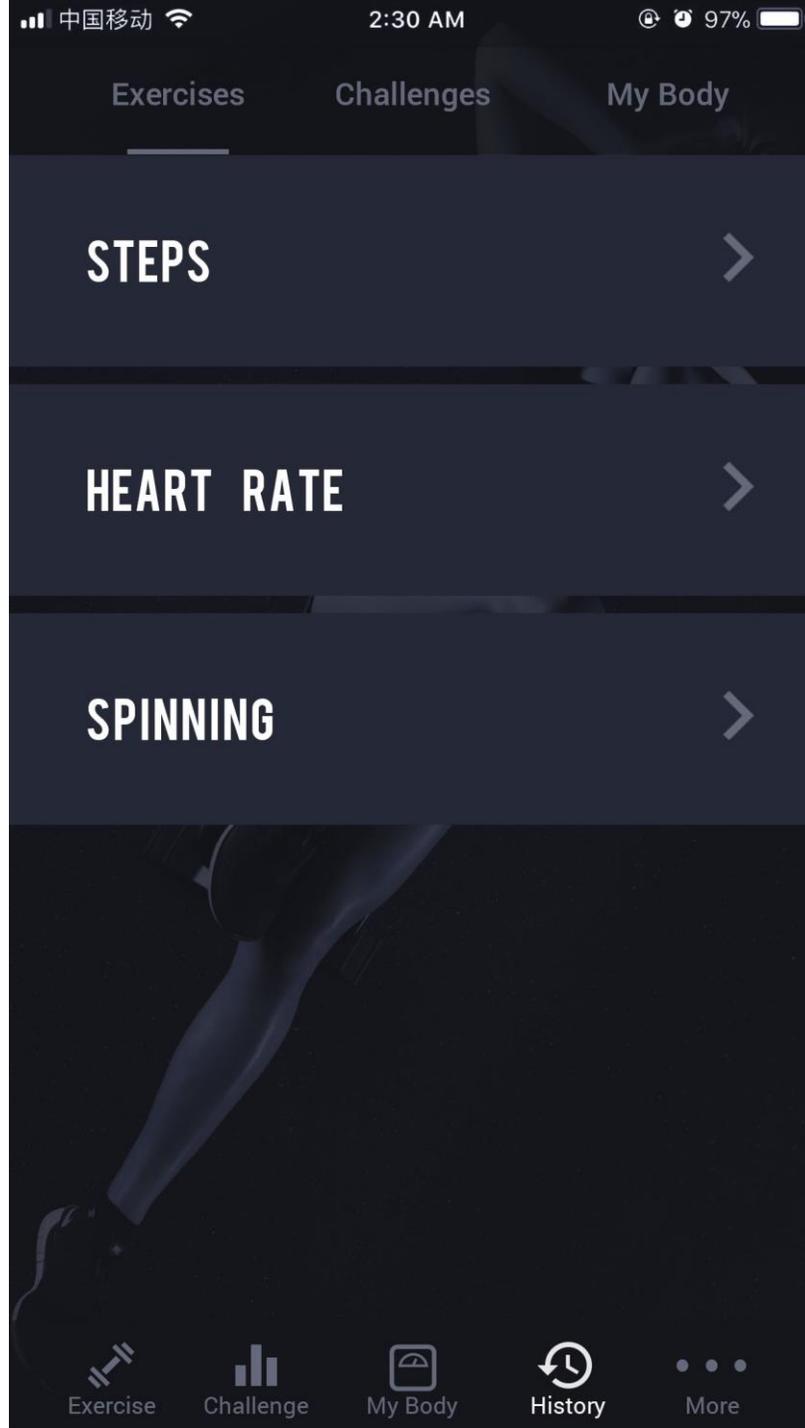
Steps History

Week Month All



JOHN DOE 289/365 Target Reached



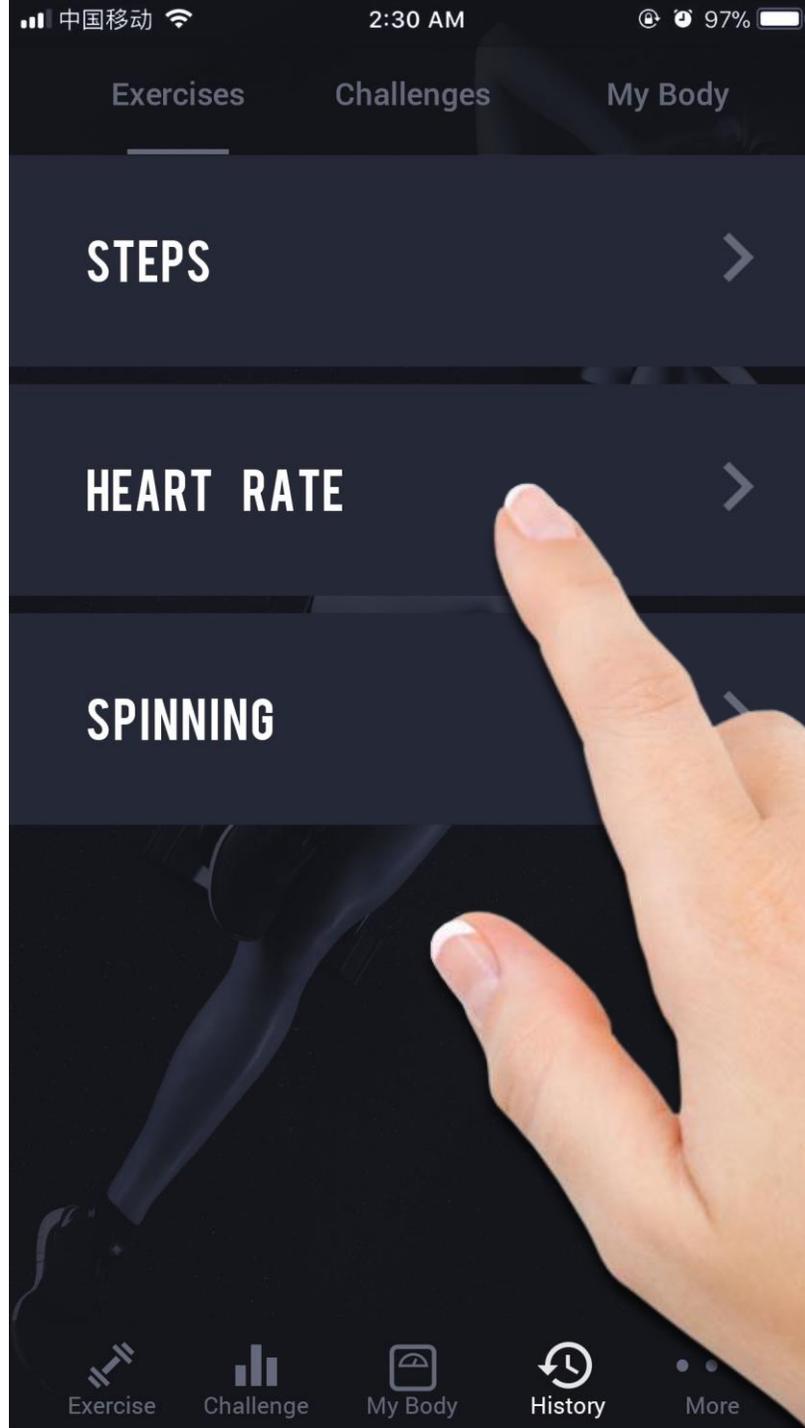


ACCURE

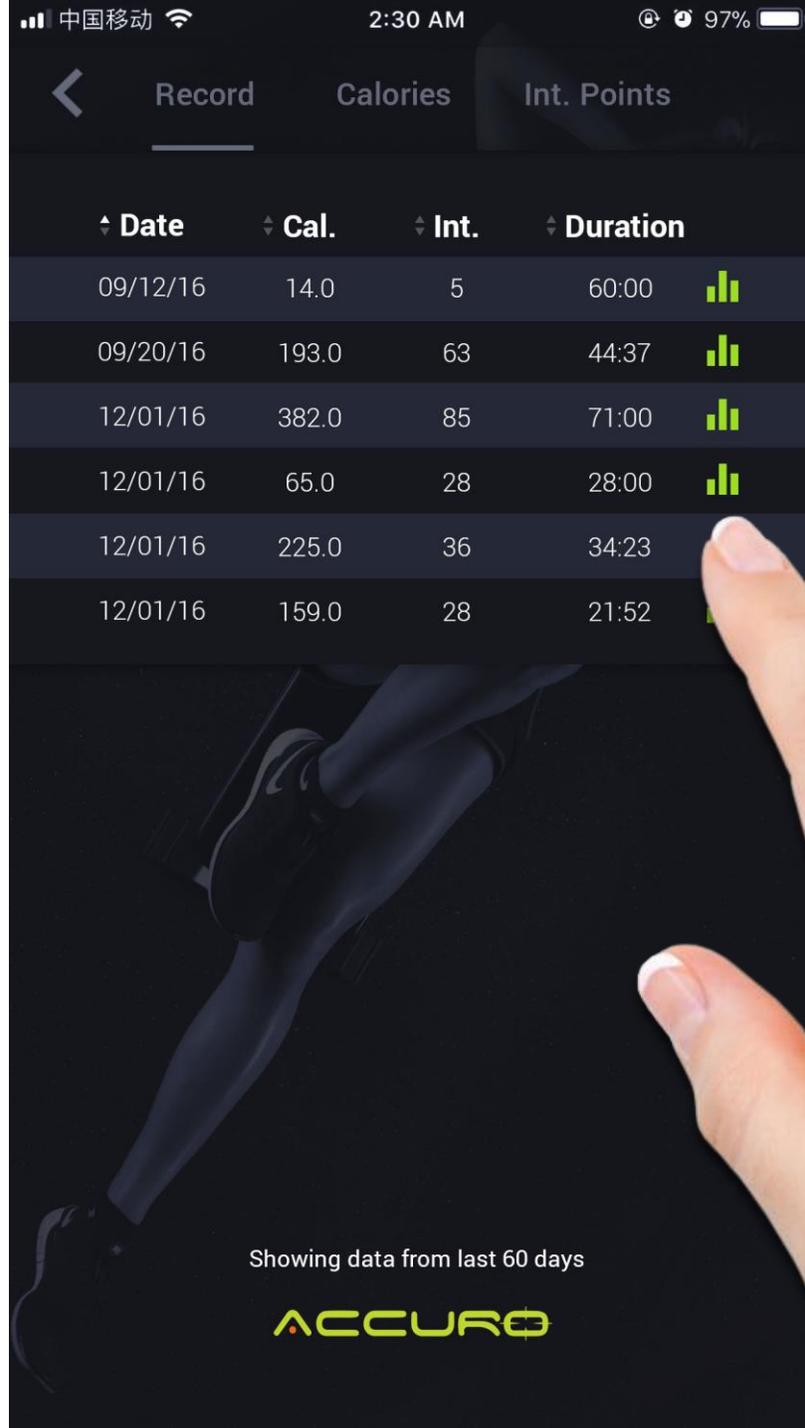
ACCURE



History – Heart Rate



ACCUREO

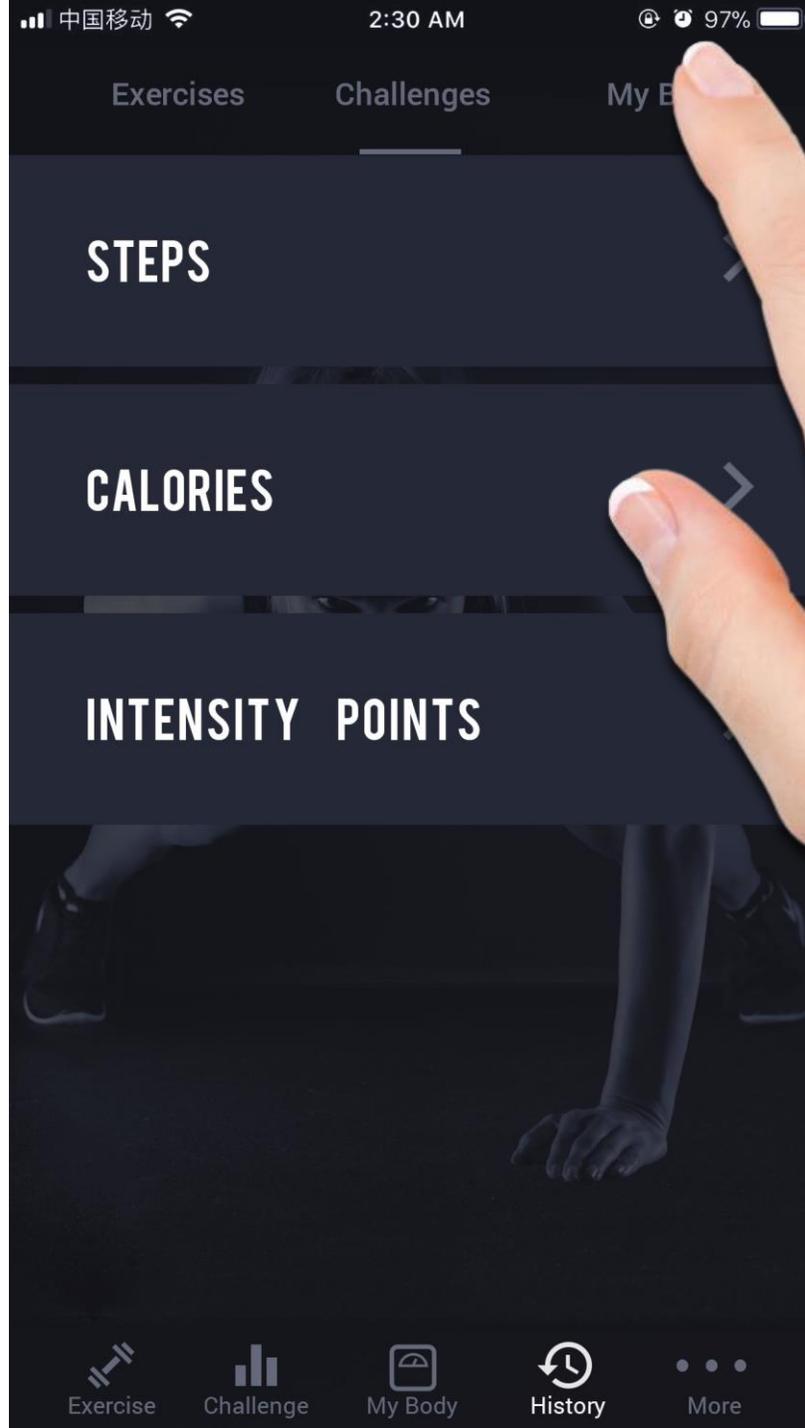


ACCURE

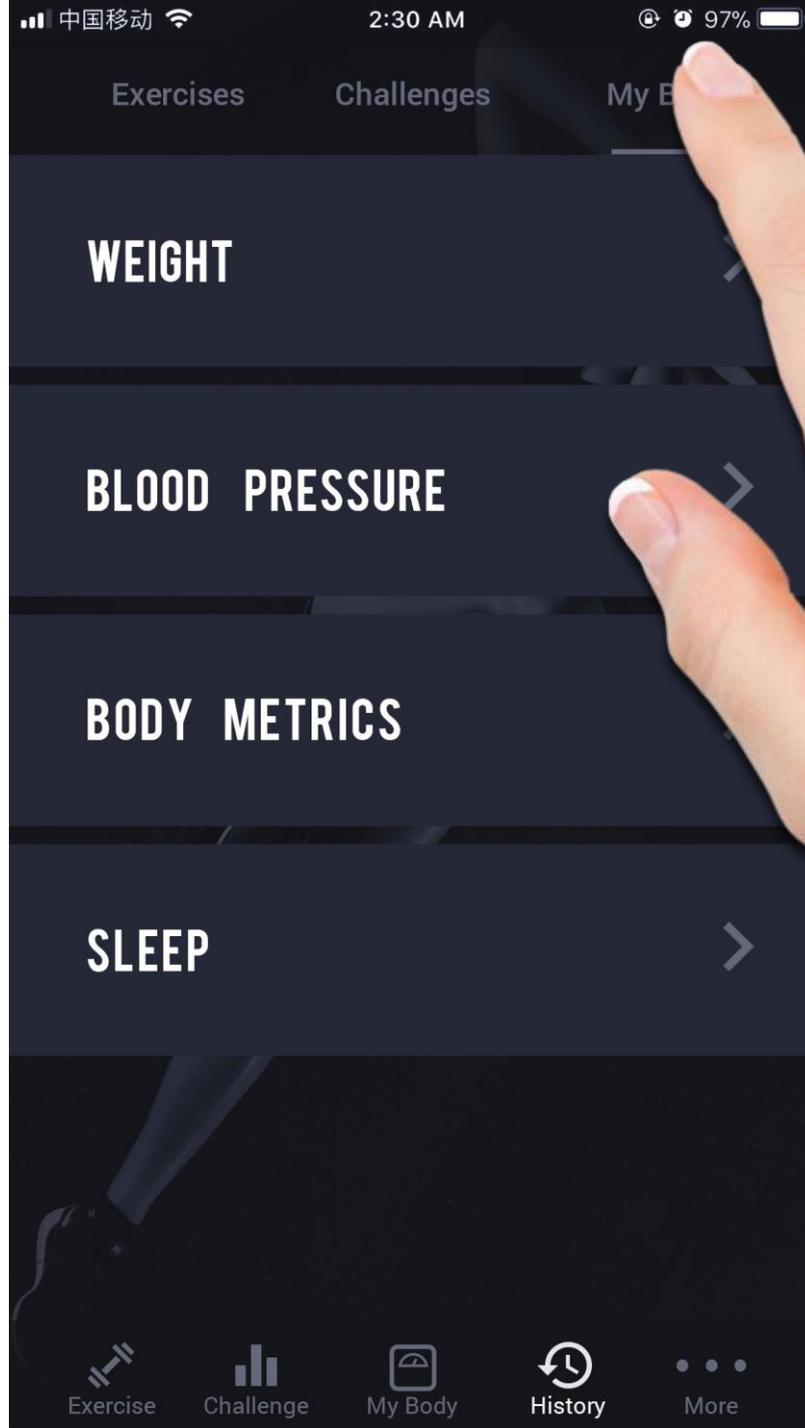
ACCURE



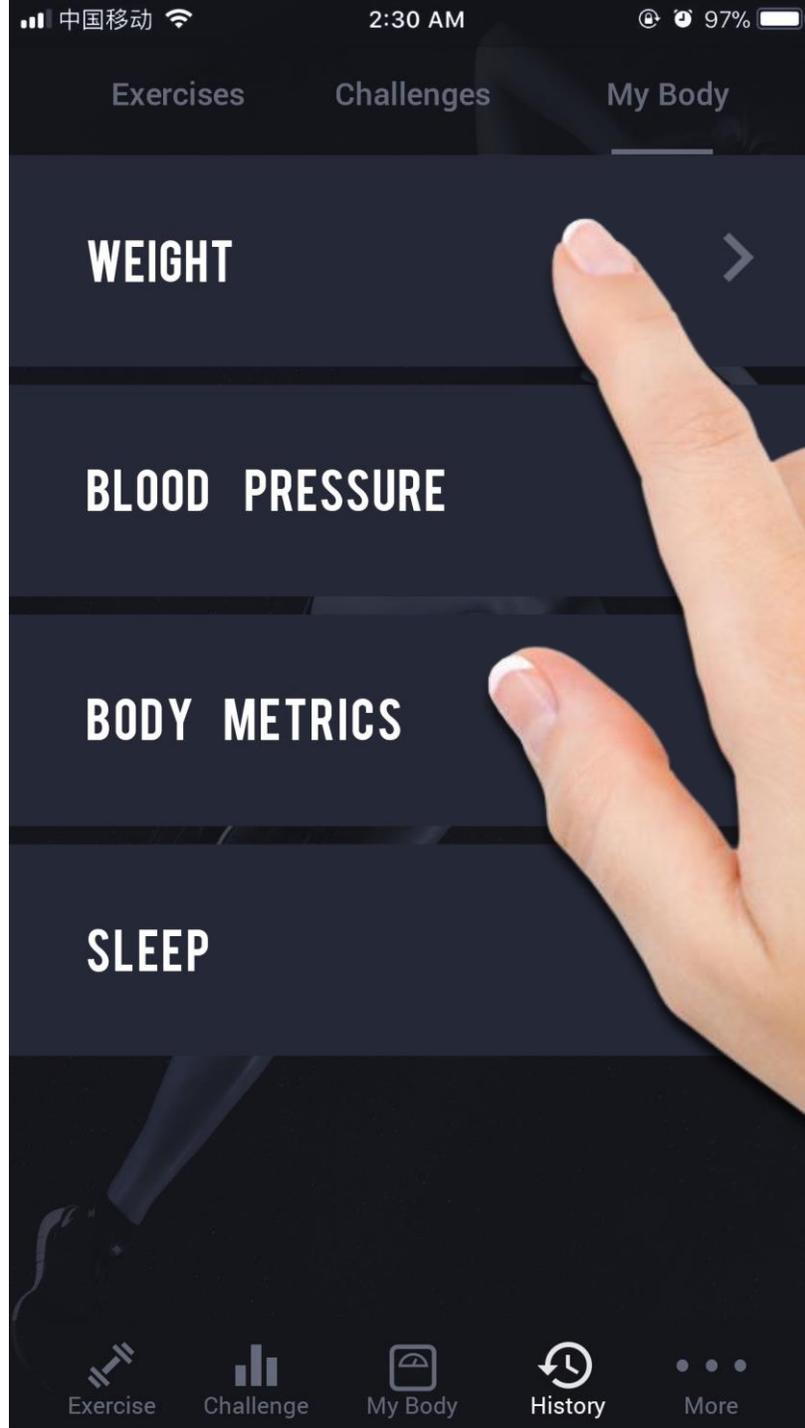
History - My Body



ACCURO



ACCURO



ACCURO



ACCURE

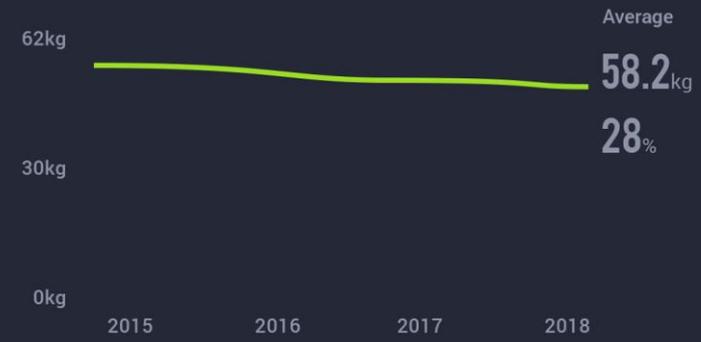


John Doe's Weight History



JOHN DOE
Weight history (All Time)
2015/12/13 - 2018/08/07

-5.4KG
Total Weight Change



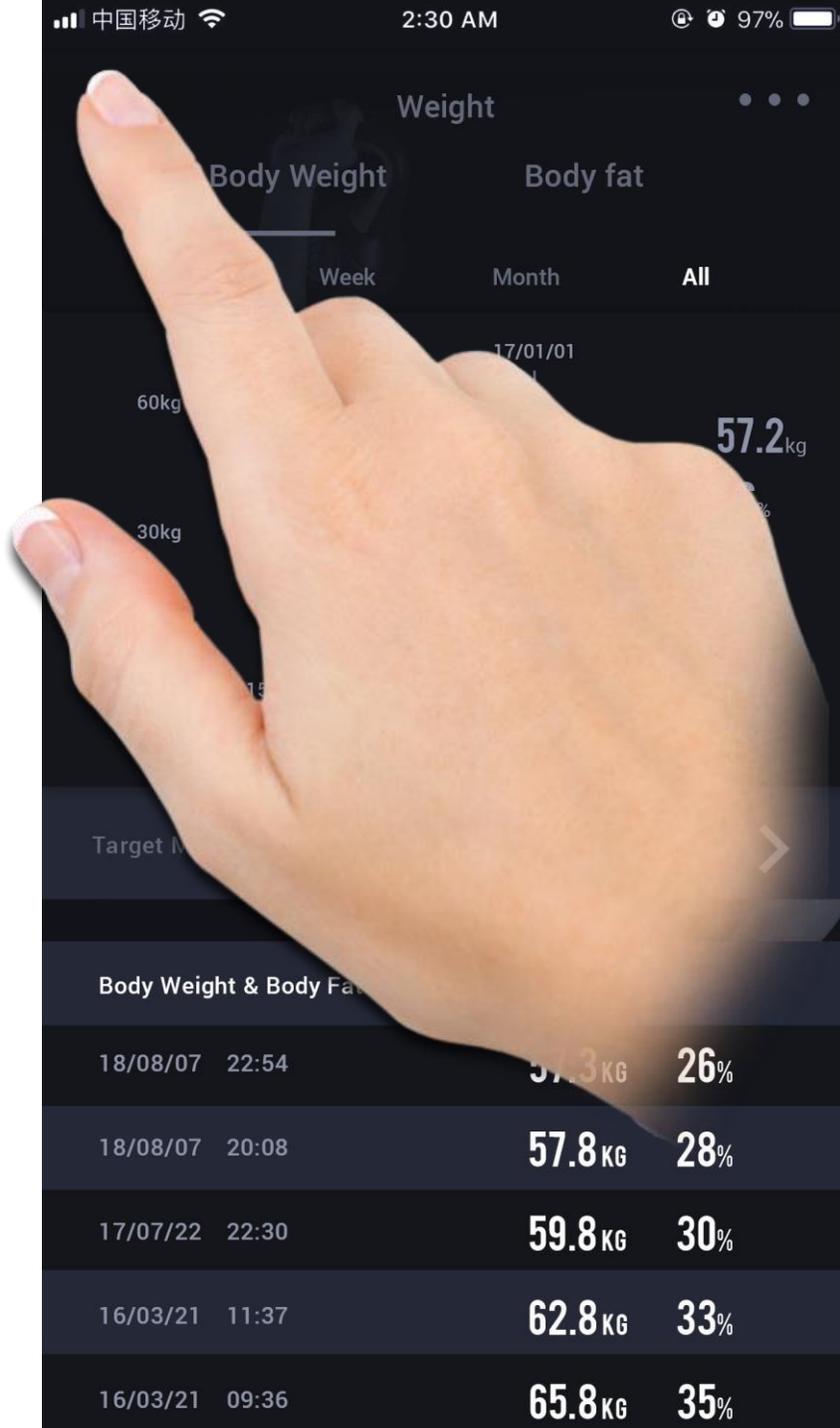
Metrics Records (Last 4 records)

18/08/07	22:54	57.3 KG	26%
18/08/07	20:08	57.8 KG	28%
17/07/22	22:30	59.8 KG	30%
16/03/21	11:37	62.8 KG	33%

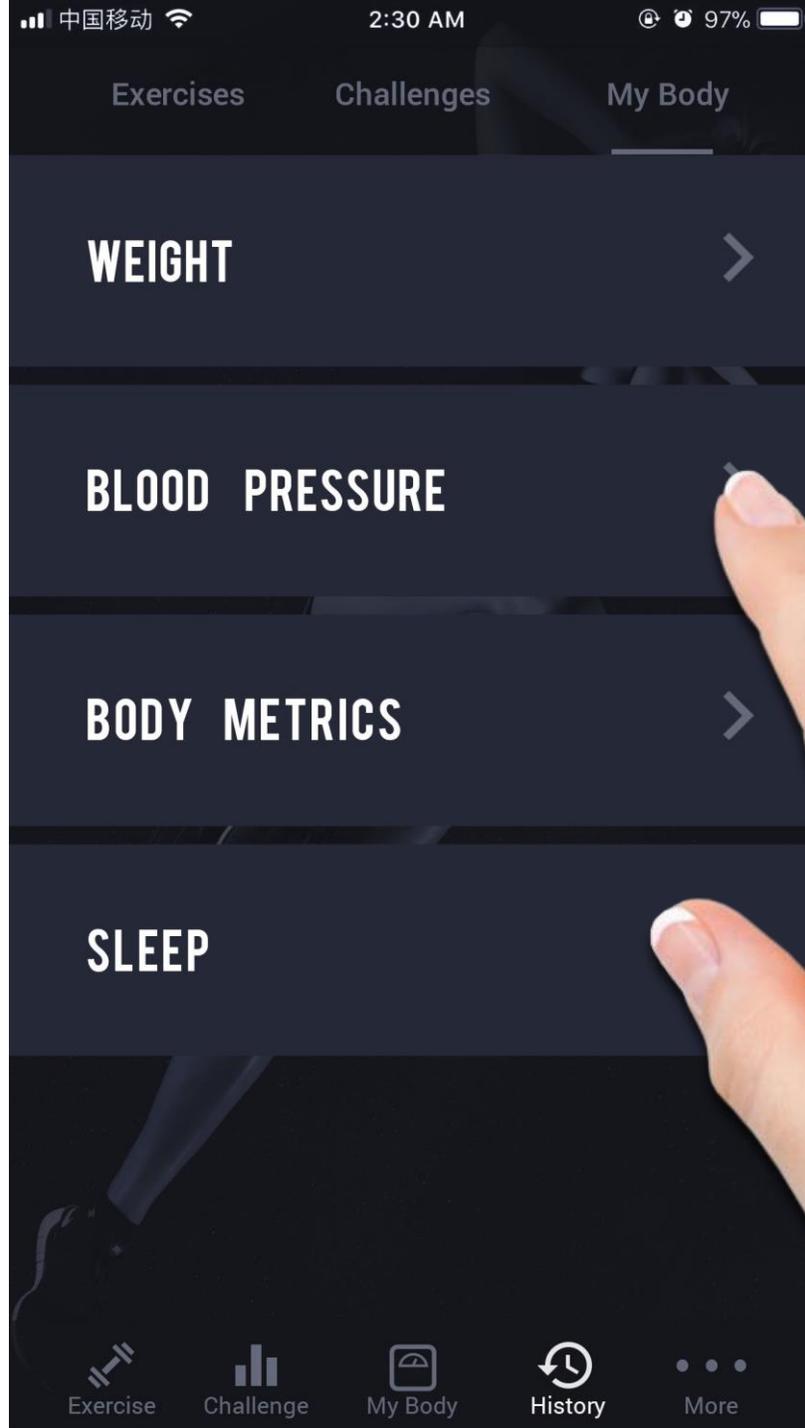
Share

Back





ACCURE



ACCURO



ACCURE



John Doe's Blood Pressure History



JOHN DOE

Blood Pressure (All Time) Target: 80/120
2015/12/13 - 2018/08/07



Metrics Records (Last 4 records)

18/08/07	22:54	118 _{SYS}	92 _{DIA}
18/08/07	20:08	189 _{SYS}	168 _{DIA}
17/07/22	22:30	120 _{SYS}	90 _{DIA}
16/03/21	11:37	170 _{SYS}	120 _{DIA}

Share

Back

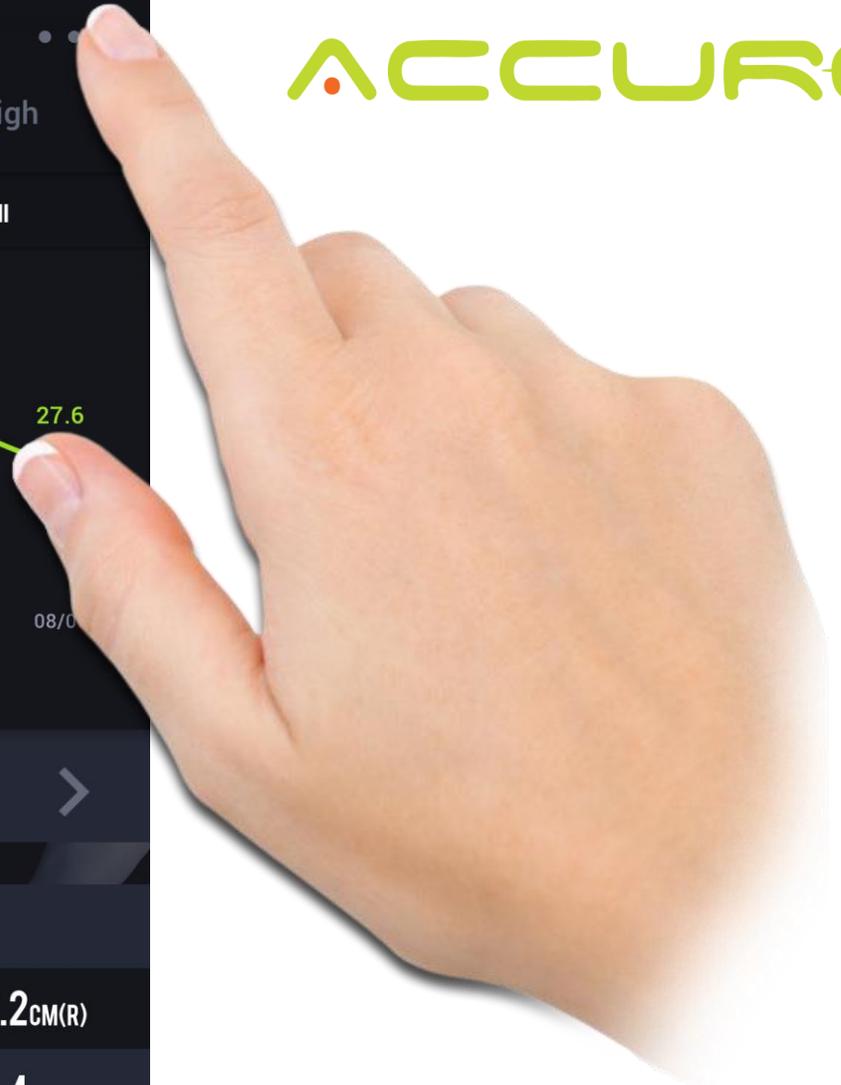




ACCURE



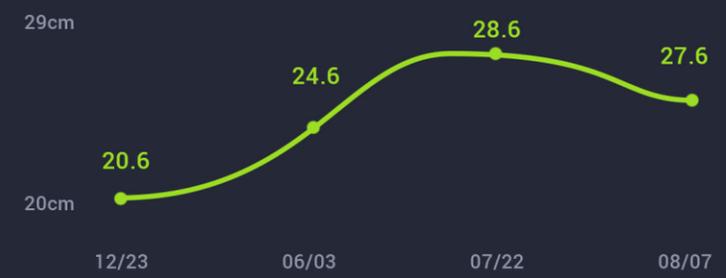
ACCURE



John Doe's Left Arm Biceps History



JOHN DOE
Left Arm Biceps
2015/12/13 - 2018/08/07



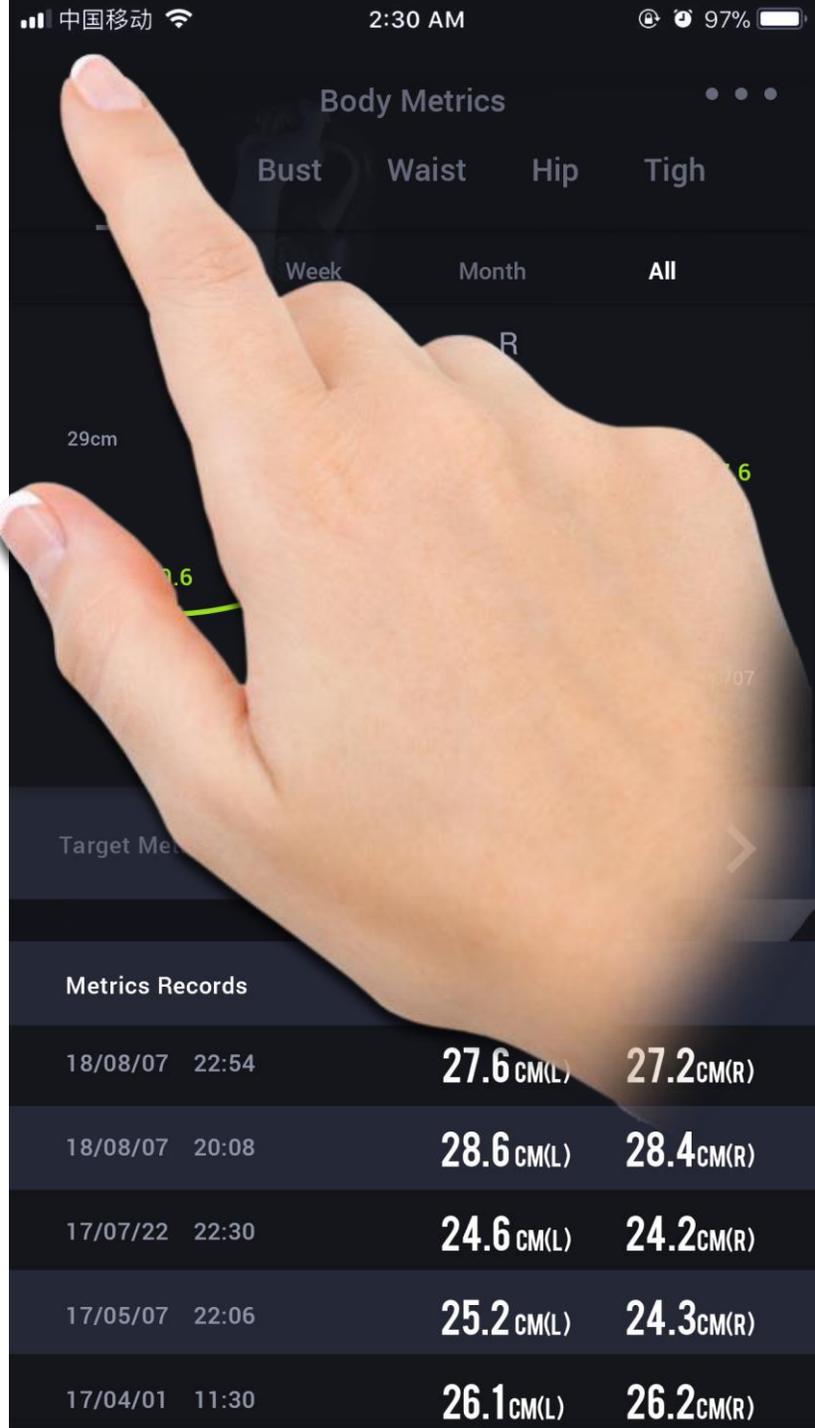
Metrics Records (Last 4 records)

18/08/07 22:54	27.6 CM(L)	27.2 CM(R)
18/08/07 20:08	28.6 CM(L)	28.4 CM(R)
17/07/22 22:30	24.6 CM(L)	24.2 CM(R)
17/05/07 20:06	20.6 CM(L)	20.2 CM(R)

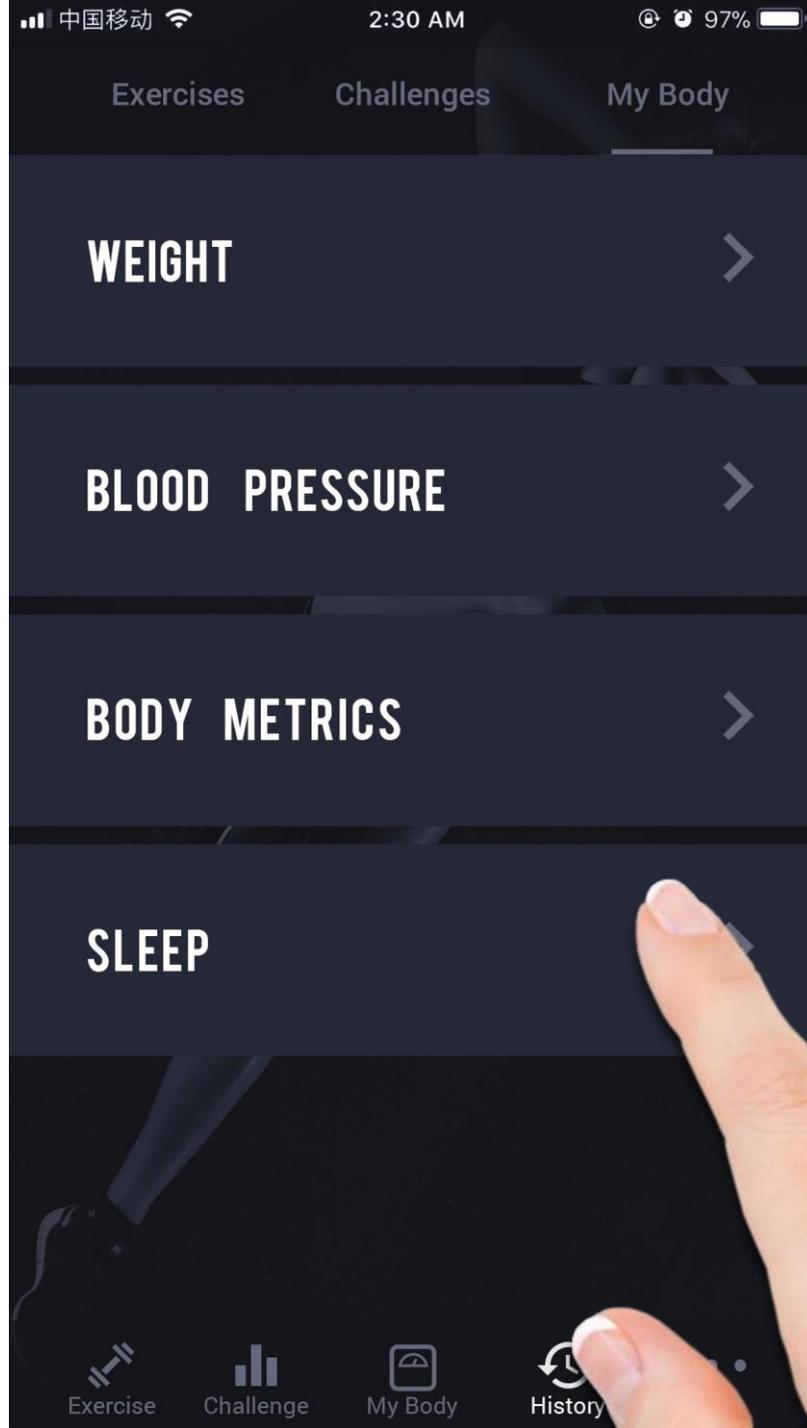
Share

Back





ACCURE

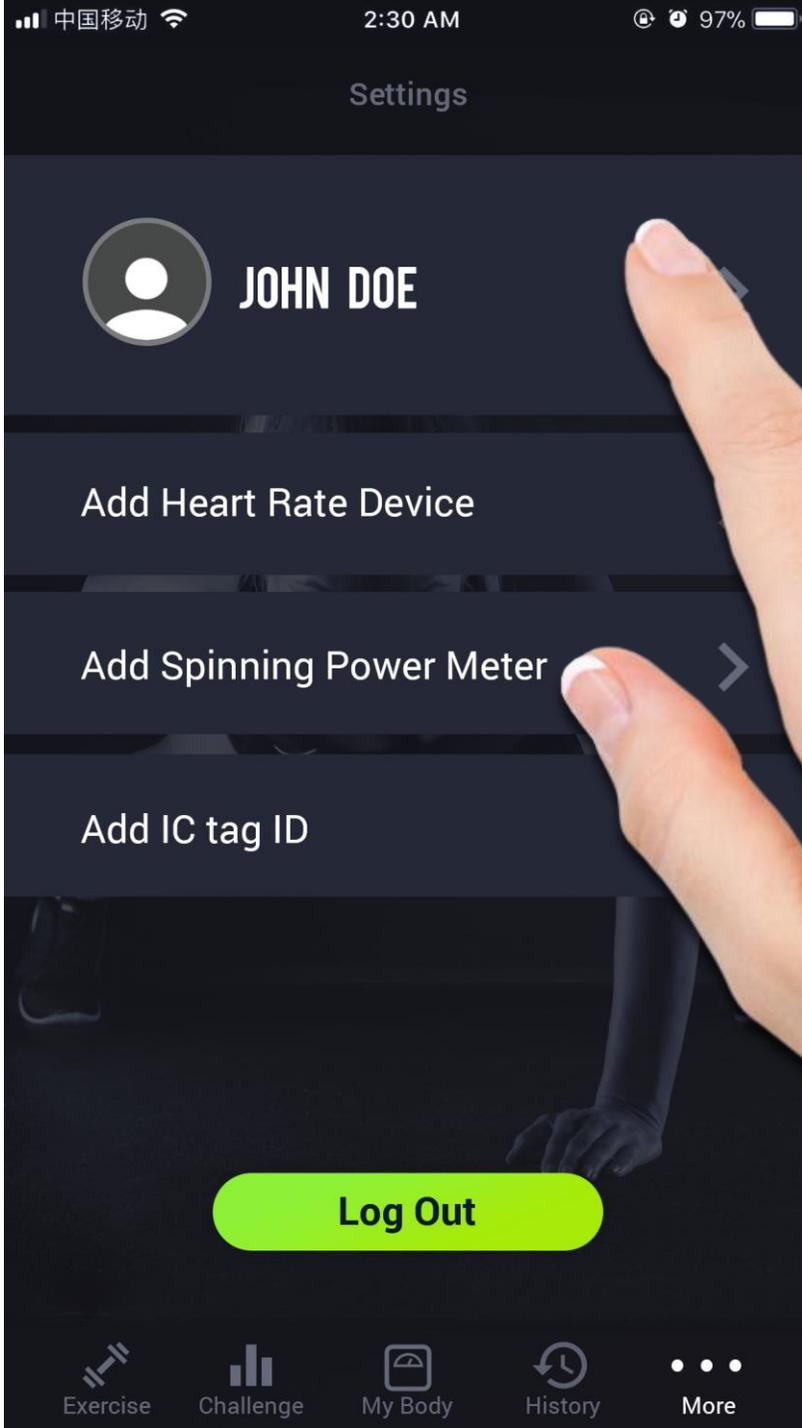


ACCURO

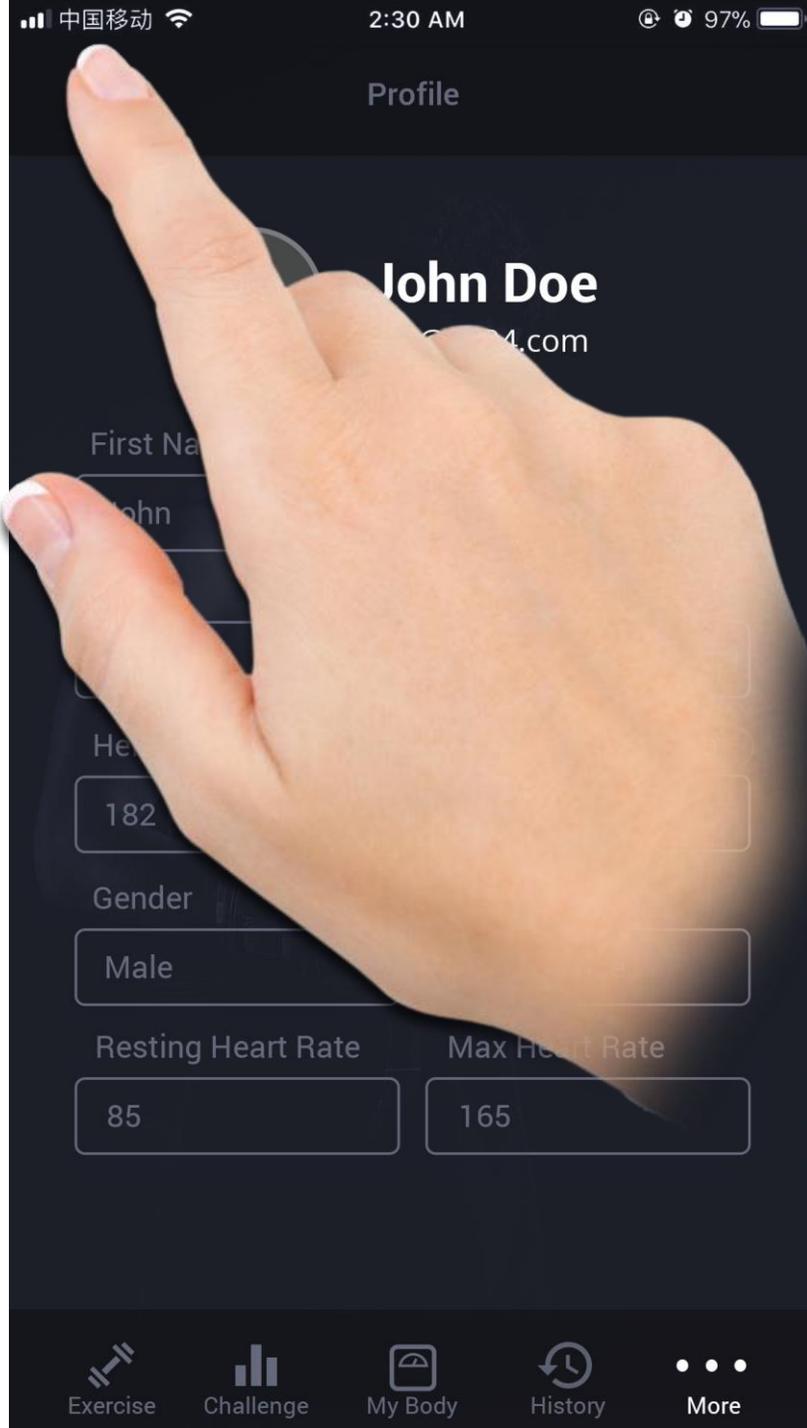
ACCURE



Profile



ACCURE



Profile

John Doe

4.com

First Name

John

Height

182

Gender

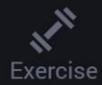
Male

Resting Heart Rate

85

Max Heart Rate

165



Exercise



Challenge



My Body

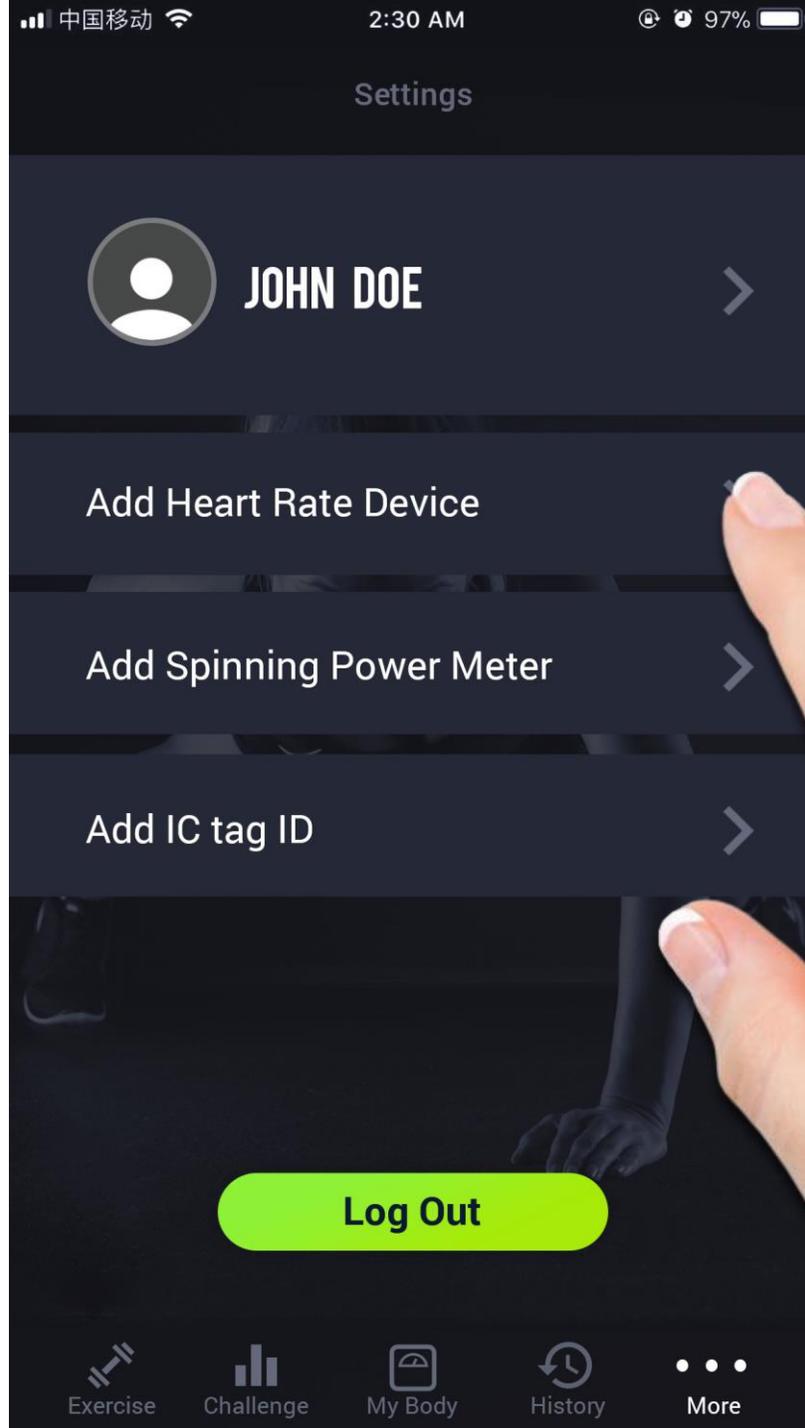


History

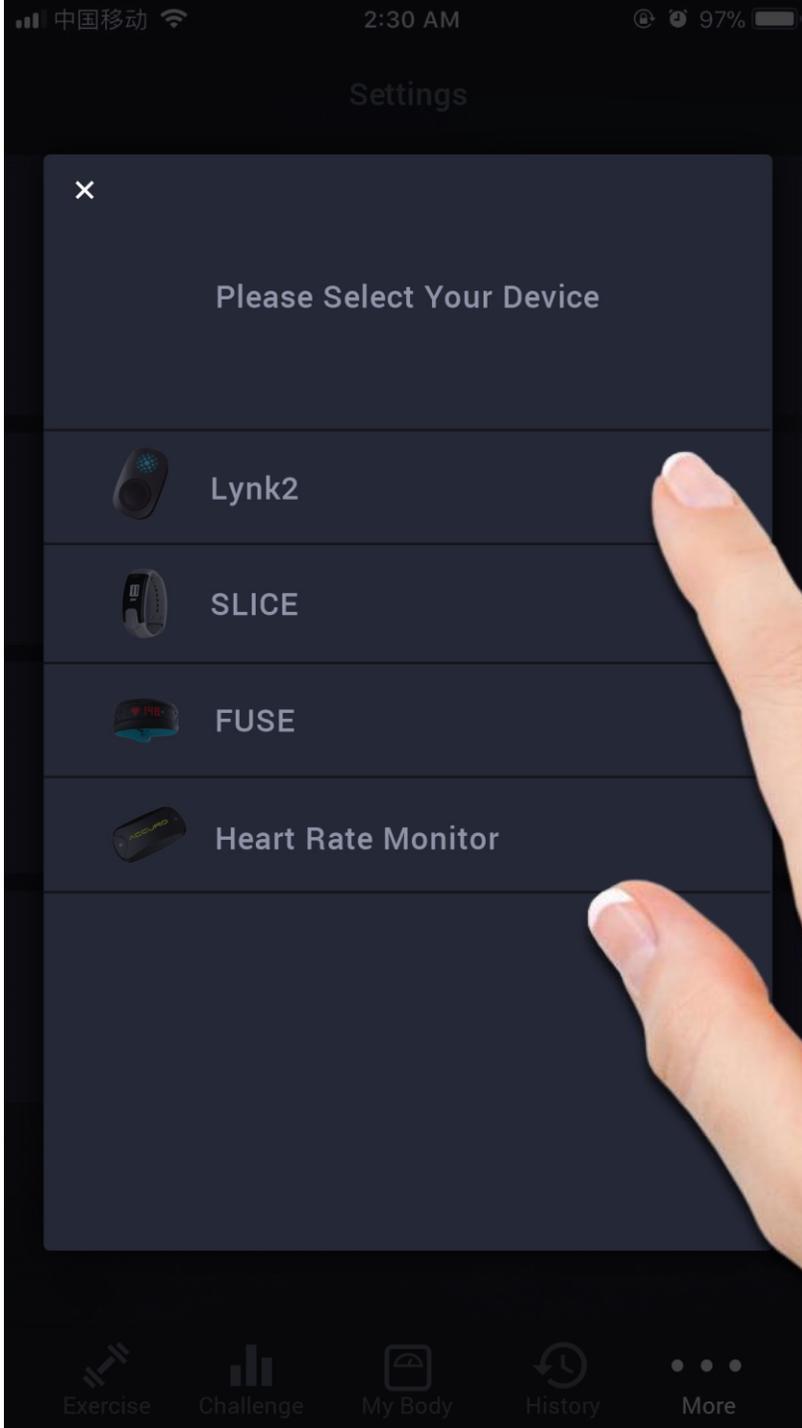


More

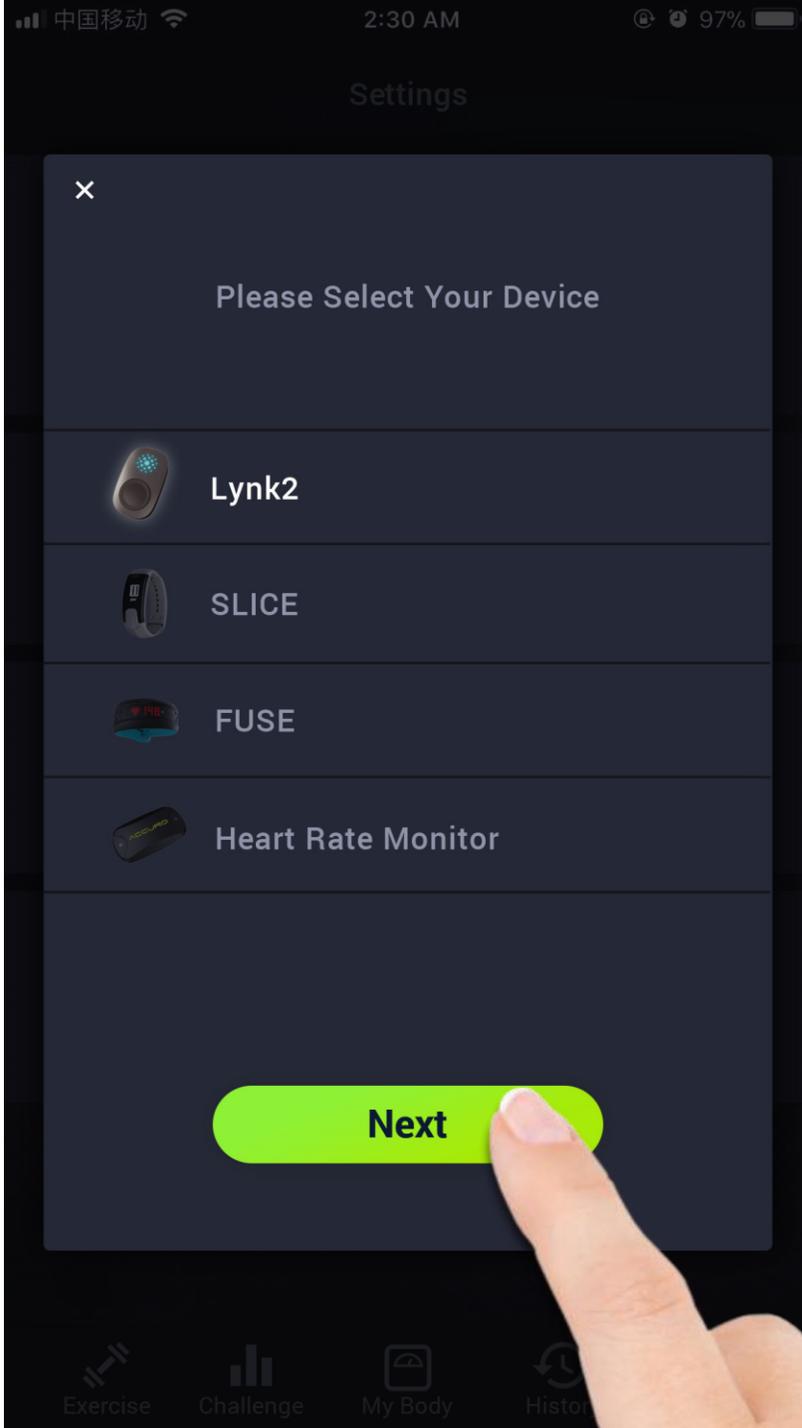
ACCURE



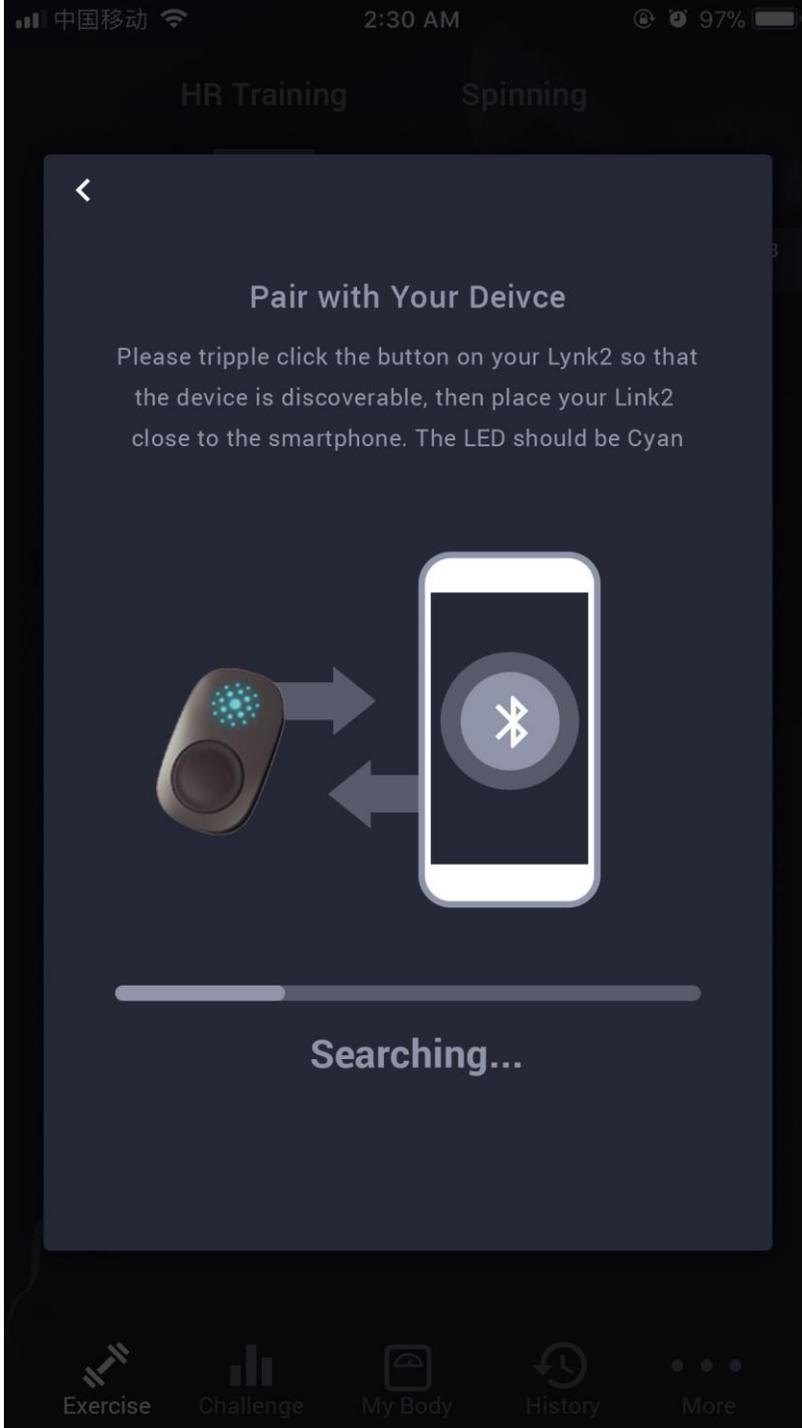
ACCUREO



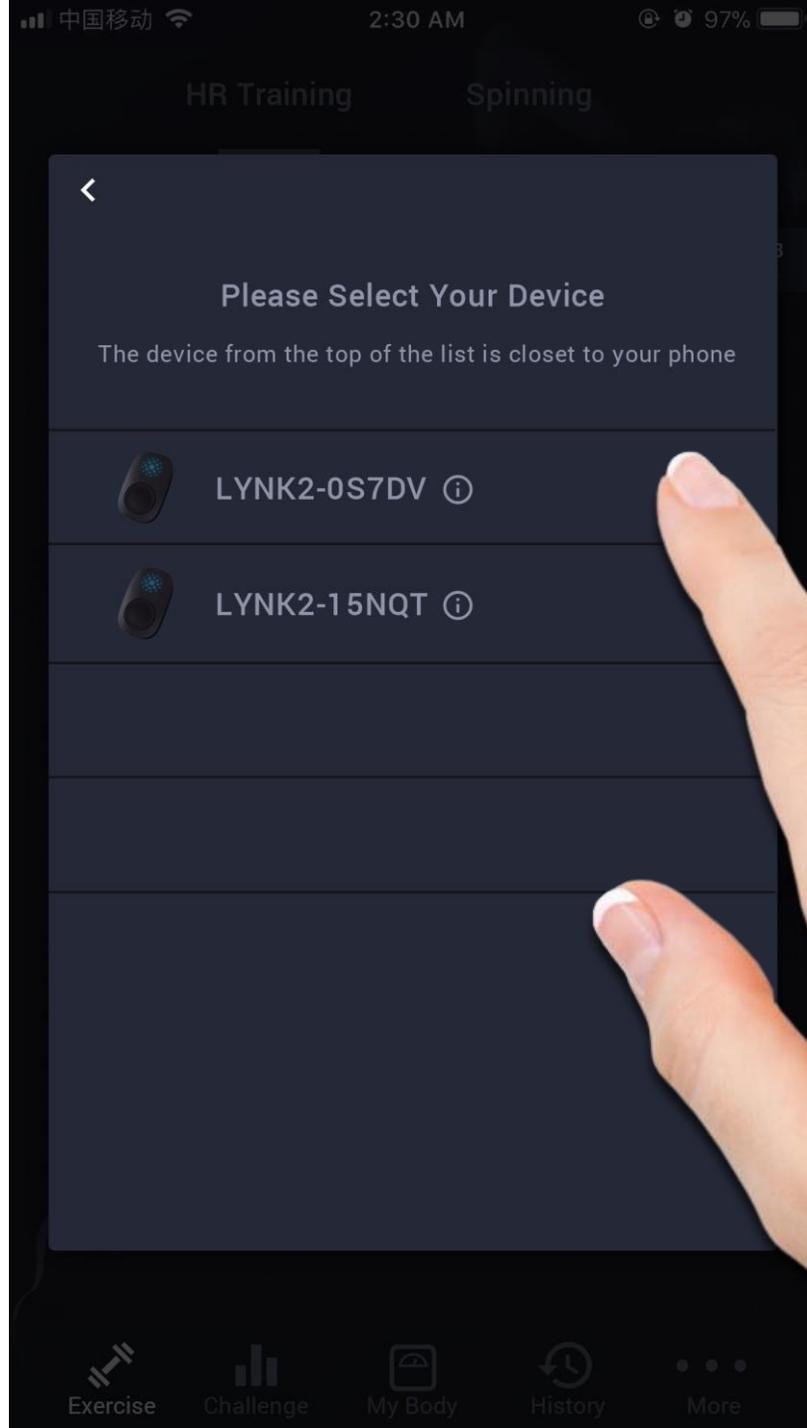
ACCURE



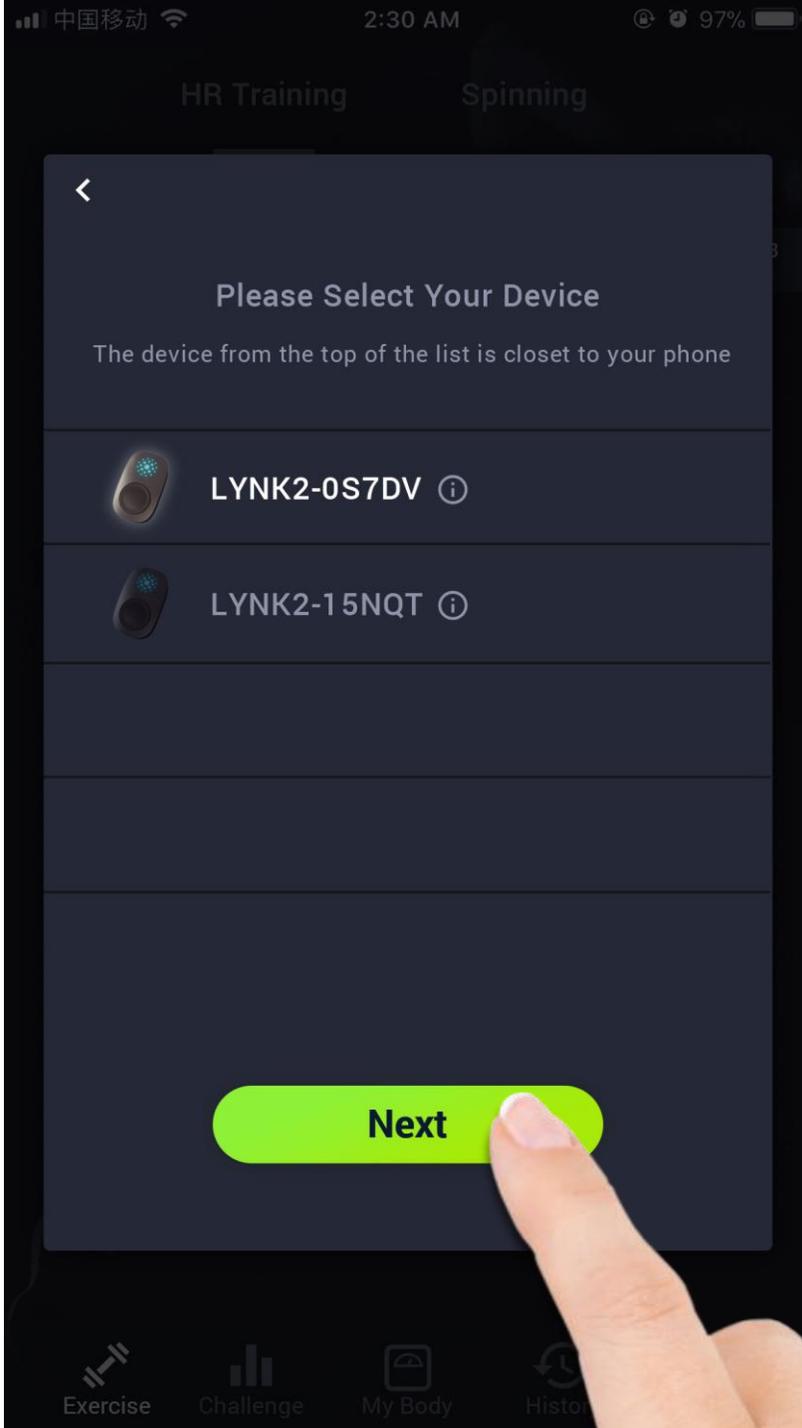
ACCUREO



ACCURE



ACCURE



ACCURE



Please Select Your Device

The device from the top of the list is closet to your phone



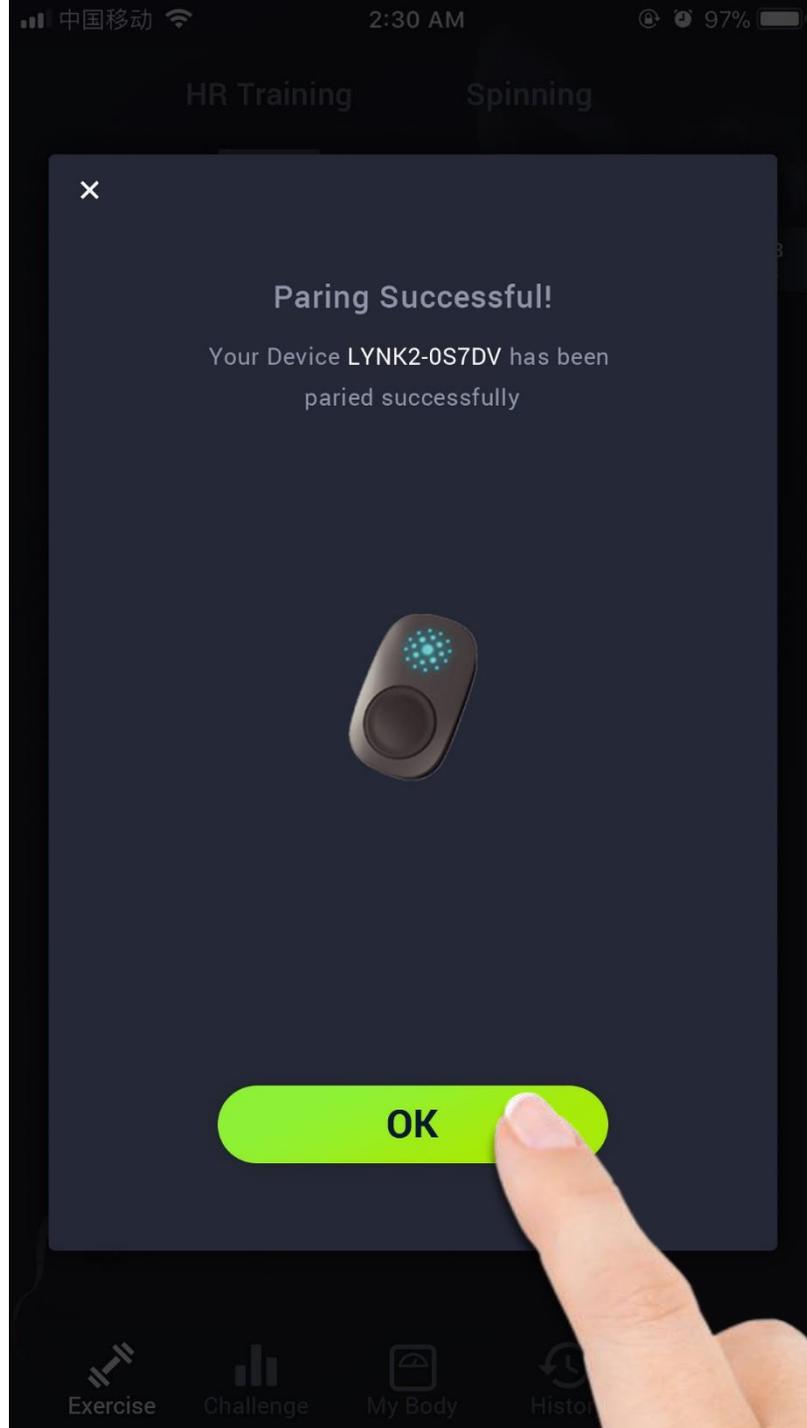
LINK2-0S7DV



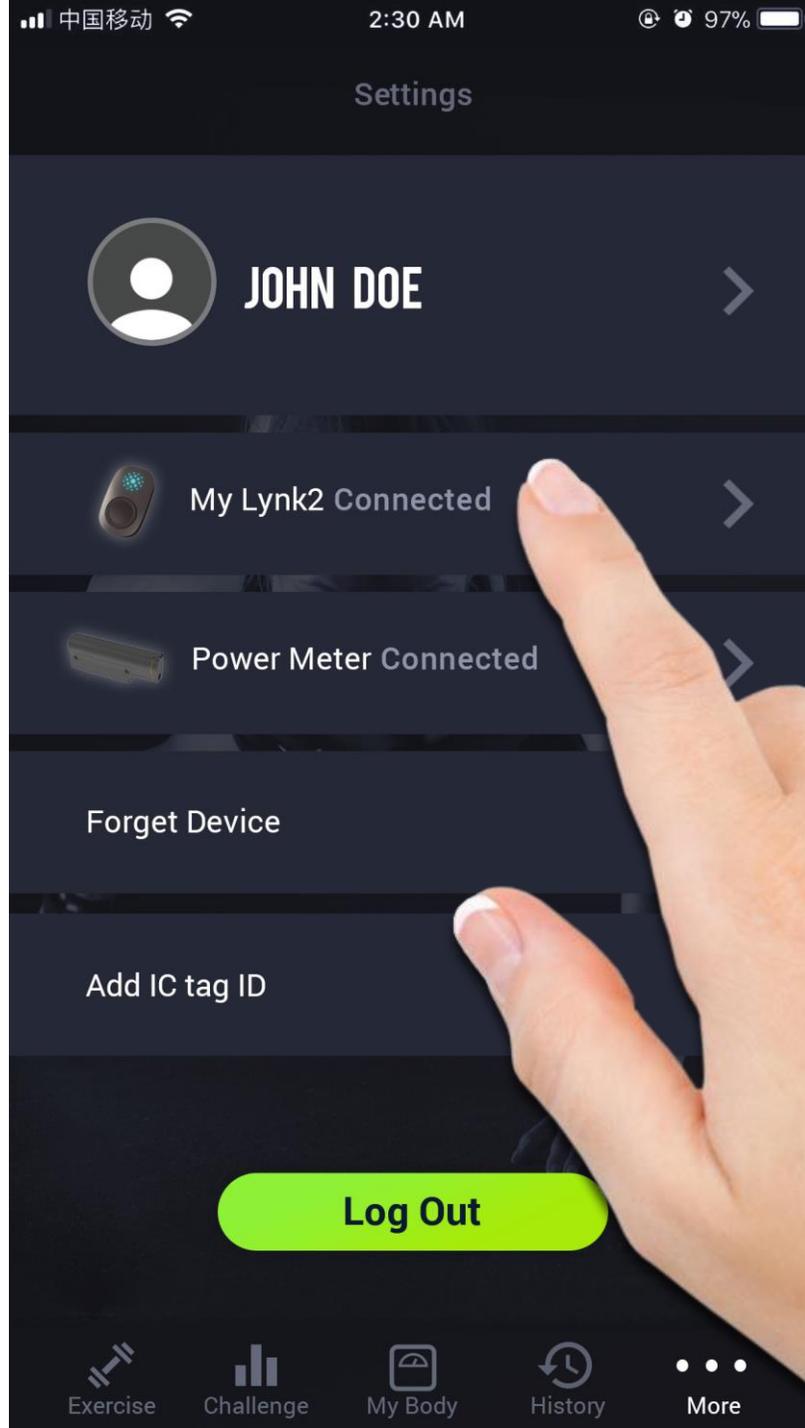
LINK2-15NQT

Next



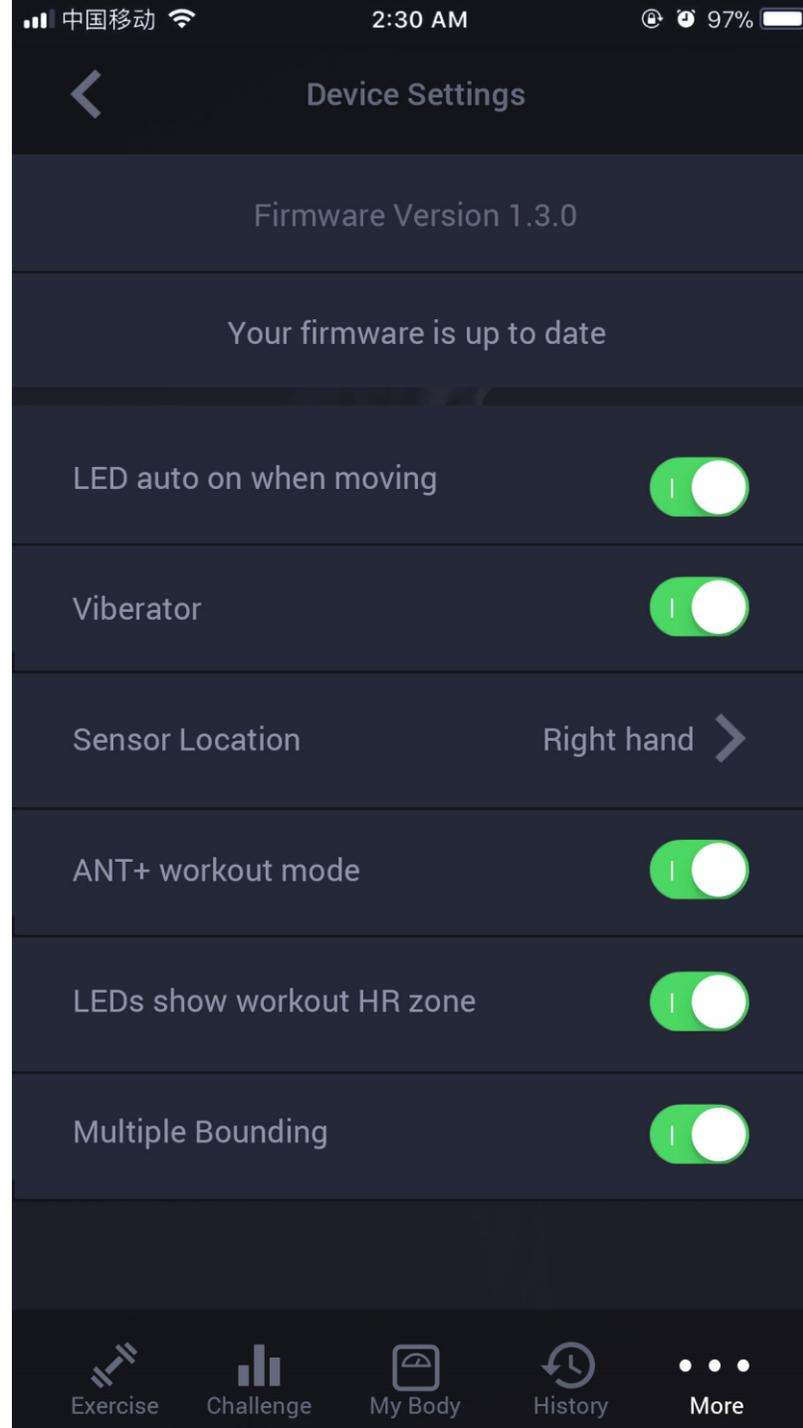


ACCUREO



ACCURE

Control the features of your heart rate monitors. This is also where you will update any firmware changes for you LYNK2 or SLICE device.



ACCUREO





Thank You!

For more help, contact
support at:
support@accurofit.com