



How to guide – Uploading your Activity Data

Follow the steps below to upload your data to your account.

Download and install the Activinsights Uploader onto your Windows PC:

- The Activinsights Band requires your Windows PC to have Bluetooth and some software to communicate.
- If you have Windows on your PC, use this [link](#) to download and install the Activinsights Software.
- You will also need to download a configuration file, which can be found [here](#).
- Next, open the Activinsights software and click on *Settings* in the bottom-right hand corner of the screen.
- In *Settings*, click on *Update configuration*, then on *Browse*. Choose the file *ActivinsightsBandUploader.cfg* and select *Save configuration*
- Click on *Home* in the bottom-right hand corner of the screen ready to upload your data.

Using the Activinsights Uploader:

- When you open the software, click on the picture of the Activinsights Band.
- Hold down the button on the Band for at least 5-seconds until software has connected to your device.
- After this process the software will begin syncing your data to your KiActiv® account.
- Look out for the Bluetooth icon in the upper-right hand corner of the screen. When it turns grey, it has found your Band.
- Don't release the button on your Band until the progress bar has reached 100%.

The Activinsights Band

Turning the Band on and off.

- There is no need for you to turn the Band on and off. The Band can tell if you are wearing it or not and will automatically turn off if it hasn't been worn for a period of time.

Charging your Band

- The Band has a 12-month battery life, so there is no need for you to charge your device.