IDEAL LIFE®

Wireless Remote Health and Wellness Management™

INSTRUCTION MANUAL

Model ILP 0001

PLEASE READ BEFORE USE

IDEAL LIFE Pod™
COMMUNICATION GATEWAY

For use with devices from the IDEAL LIFE Health Management System™

NOTE: The system is intended for information purposes only, for expert advice make sure to consult a healthcare professional. Any instructions for change in treatment and health related information or advice should only be made directly with a healthcare professional.

Version 3.0 Jan 2009

Products may vary from pictures shown.

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Introduction

Preface

Thank you for purchasing the IDEAL LIFE Pod™, also called ILP 0001. This is an optional product that is used together with your other IDEAL LIFE products. The Pod allows you to automatically send and record information, to help you better manage your health with your health care provider. After readings are taken, they are stored and the Pod transmits them so that they can be viewed online as graphs and tables.

CAUTION:
Before using this product, read all instructions thoroughly.

For any questions or comments, please call IDEAL LIFE customer service
toll-free at 1-888-IDEAL-41 (1-888-433-2541).

Package Contents

YOUR SYSTEM INCLUDES:
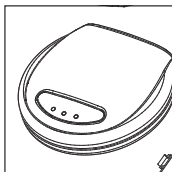
ILP 0001 IDEAL LIFE POD™

AC ADAPTER

TELEPHONE LINE CORD
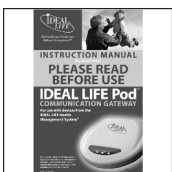
INSTRUCTION MANUAL

NOTE!
Check your system to be sure that it is unopened prior to use and that it contains all parts listed above. If there is a problem, please return your system to the place of purchase.

Requirements

MODULAR JACK REQUIREMENTS

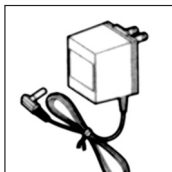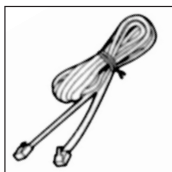When using your IDEAL LIFE Manager™ with an IDEAL LIFE Pod™, you will need a modular wall jack. You can use an RJ11 jack (telephone jack) or an RJ45 jack (Ethernet jack). These jacks look like the one pictured here. If you don't have a modular telephone jack, call your local phone company or Internet service provider to find out how to have one installed.

ADDITIONAL BATTERIES

You may wish to use your IDEAL LIFE Pod™ to recharge batteries for your IDEAL LIFE Manager™. The IDEAL LIFE Pod™ does not require batteries but it is equipped to recharge batteries.

IDEAL LIFE Pod™ Location/Interference

The IDEAL LIFE Pod™ uses wireless radio waves to transfer information from your IDEAL LIFE Manager™. For the best distance and least interference, the recommended IDEAL LIFE Pod™ location is:

• Away from electrical appliances such as a TV, personal computer or a cordless phone

• In a HIGH and CENTRAL location with no obstructions such as walls
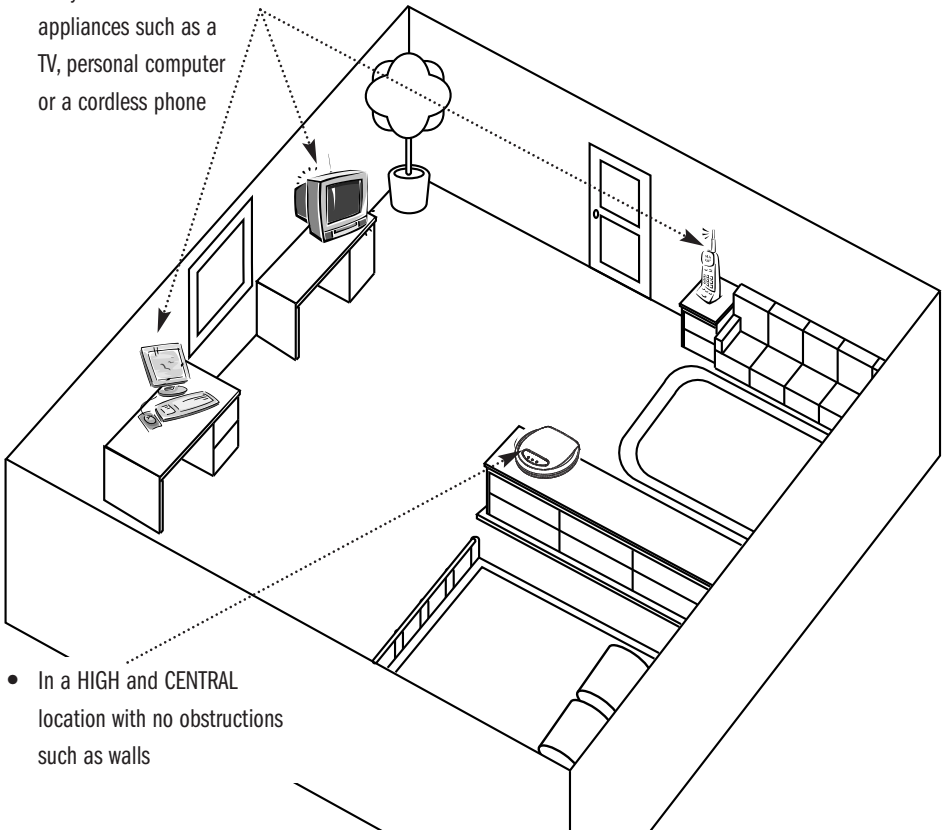
NOTE:
While using an IDEAL LIFE Pod™, the telephone line will be in use. If the telephone line is in use while trying to use your IDEAL LIFE Pod™, the information will be stored in your IDEAL LIFE Manager™ and will be sent later.

Before You Start
Your IDEAL LIFE Pod™

LED Display

AC Adapter Jack

USB Port

Ethernet cable RJ45 Jack Connection

Telephone line cord RJ11 Jack For Telephone Connection

Telephone line cord RJ11 Jack For Line Connection

Battery Cover
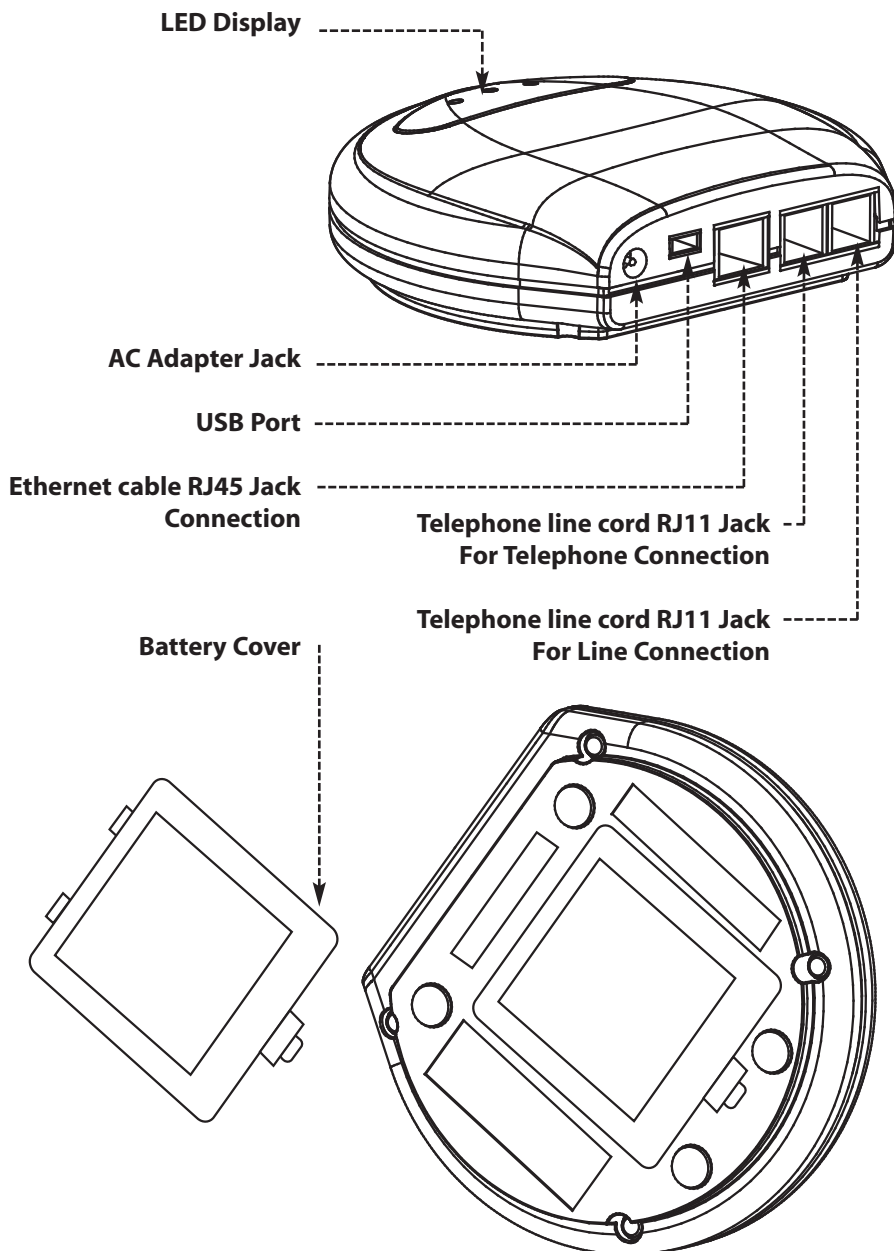
Installation

Installation
! FOR YOUR IDEAL LIFE Pod™ !

Connecting your IDEAL LIFE Pod™
USING AN RJ11 JACK

CAUTION!
• Unplug phone cord from wall before installing. Also unplug when attaching the external power source.

• Never install telephone wiring during a lightning storm.

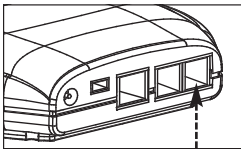• Never touch uninsulated telephone wire or terminals.

• Use caution when installing telephone lines.

Plug one end of the telephone cord (provided) into the jack on the back of your IDEAL LIFE Pod™ marked **LINE**.

Plug the other end of the telephone line cord into the modular wall (RJ11) jack.

If you wish to use the same modular wall jack for your IDEAL LIFE Pod™ and for your telephone, follow these steps:
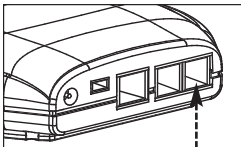
• First, connect the telephone cord (provided) from the RJ11 (wall) jack to the **LINE** connection on the Pod,
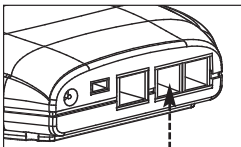
• Then connect the telephone line cord from your telephone into the jack on the back of your IDEAL LIFE Pod™ marked **PHONE**.

Installation

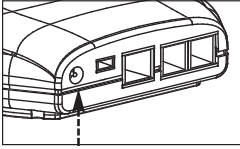In either case, connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked **POWER**. Plug the other end into an AC power outlet.

Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

USING AN RJ45 JACK

Another way to transmit information is using the Ethernet cord and the RJ45 jack.

To do this, plug one end of the Ethernet cord (not provided) into a modular RJ45 wall jack.

Plug the other end of the Ethernet cord (not provided) into the **RJ45** jack on the back of your IDEAL LIFE Pod™. The RJ45 wall jack is slightly larger than the RJ11 jack, but looks the same.

Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked **POWER**. Plug the other end into an AC power outlet.
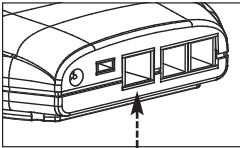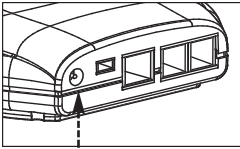
Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

LOOKING AT GRAPHS

You must call an IDEAL LIFE customer representative to activate your IDEAL LIFE Pod™, at the toll-free telephone number: **1-888-IDEAL-41 (1-888-433-2541)**.

Make sure to connect the Pod to the RJ11 or RJ45 jack and Power On. Information from the IDEAL LIFE Manager™ will automatically be uploaded to the IDEAL LIFE website.

To access this information, log in to **www.ideallifeonline.com**. Enter your user name and password. Further instructions are located on the website.

Installation/Care And Maintenance

RECHARGING BATTERIES WITH YOUR IDEAL LIFE POD™:

You may wish to use your IDEAL LIFE Pod™ to recharge batteries for your IDEAL LIFE Manager™. The IDEAL LIFE Pod™ does not require batteries but it is equipped to recharge batteries for other IDEAL LIFE Managers™. Recharge time is approximately 10 hours.

• Remove the battery compartment door on the bottom of your IDEAL LIFE Pod™,

• Place the rechargeable batteries as marked,

• Replace the battery compartment door and push in the opposite direction,

NOTE:

• Use only new batteries of the required size and the recommended type.

• For best performance and the longest life, alkaline batteries are recommended.

• Do not mix different type, date or brand name batteries together.

• Batteries can leak chemicals that are damaging. Do not leave the battery in the housing for a long period (about 3 months) without using the device may damage the main unit. Keep batteries away from small children as they pose a choking hazard.

• If swallowed, promptly see a doctor for help.

CAUTION!
Do not attempt to open the device or to remove any components. Servicing should be done by qualified technicians only.

Care And Maintenance

The Pod requires care to keep the device clean and dry. Wipe the outside with a cloth dampened with water and mild detergent or glass cleaner. Handle with care.

Specifications
IDEAL LIFE Pod™

Model:	ILP 0001 IDEAL LIFE Pod™
Display:	3 LED's
Power Source:	AC adapter
Operating Temperature/Humidity:	10°C - 40°C/Below 85% relative humidity
Storage Temperature/Humidity	-5°C - 50°C/Below 90% relative humidity
Console Weight:	Approx. 142 g without batteries
Outer Dimensions:	Approx. 120 mm Width x 105 mm Depth x 30 mm Height

Note: These specifications are subject to change without notice.

FCC Statement
Interference Information

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates and can radiate radio frequency energy. If not installed and used in accordance with the instructions the Pod could interfere with radio communications. There is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception (which can be determined by turning the equipment off and on) you may be able to correct it by:

• Reorient or relocate the receiving antenna

• Increase the separation between the equipment and receiver

• Connect the equipment into a different outlet circuit than the receiver

• Consult the dealer or an experienced radio/TV technician for help

FCC Number is located on the Cabinet Bottom.

REN Number is located on the Cabinet Bottom.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies 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 operation.

This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

Customer Information

This equipment complies with Part 68 of the FCC rules and the requirements adopted by the ACTA.

The FCC number (below) must be provided to the telephone company if requested. If this equipment (ILP 0001) caused harm to the telephone network, the telephone company will notify you in advance that temporary discontinuation of service may be required. You will be advised of your right to file a complaint with the FCC if you believe it is necessary. The telephone company may make changes in its facilities, equipment, operations or procedures that could affect the operation of the equipment. If this happens the telephone company will provide advance notice in order for you to make necessary modifications to maintain uninterrupted service. If you experience trouble with this equipment, disconnect if from the network until the problem has been corrected or until you are sure that the equipment is not malfunctioning. Please do not repair any parts of the device except where specified. Connection to party line service is subject to state tariffs. Contact the state public utility commission, public service commission or corporation commission for information.

If the telephone company requests information on what equipment is connected to their lines, inform them of:

a) Your (connected) telephone number,

(b) The ringer equivalence number: [0.0B]

(c) The USOC jack required: [RJ11C]

(d) The FCC Registration Number: [US:5CQMM00BILP0001]

Items (b) and (d) are indicated on the label. The ringer equivalence number (REN) is used to determine how many devices can be connected to your telephone line. In most areas, the sum of the RENs of all devices on any one line should not exceed five (5.0). If too many devices are attached, they may not ring properly.

Service Requirements

In the event of equipment malfunction, all repairs should be performed by our Company or an authorized agent. It is the responsibility of the User to report the need for service to our Company or authorized agent. Please refer to the original location of purchase for service details.

Notes
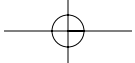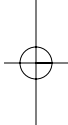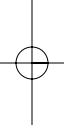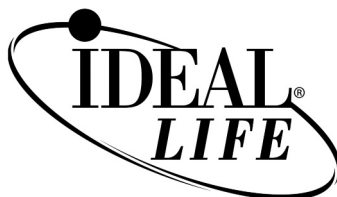
IDEAL LIFE INC.

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Between 9:00 am and 5:00 pm (EST): Tel 416-489-1494 Fax: 416-489-3009 www.IDEALLIFEonline.com

At all other times, you should contact your healthcare professional for assistance.