Life
TRACKER

` our personal health adviser
with `raditional Orier tal medicine

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Health score

Health score is the comprehensive indicator of holistic health state. It is based on recent research of pulse analysis and the energies balance in Oriental medicine. One simple number represents how well body systems provide their functions. The higher is the number, the better is the balance. Usual numbers are between 60-90 in 100-score system.
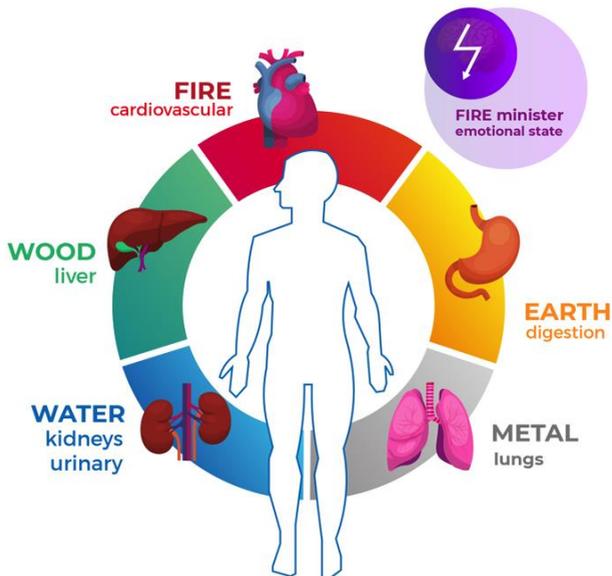
Body systems

Six main body systems are used to estimate the health score. The percentage of unbalance in each system is shown on this graph:


"0" level is balance

Excess

Deficiency
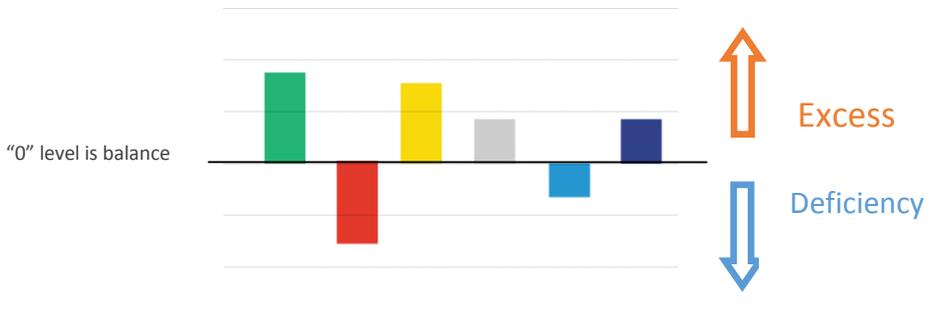
Each graph corresponds to a specific body system (Element), according to the Holistic approach of Oriental medicine.

FIRE
cardiovascular

FIRE minister
emotional state

WOOD
liver

EARTH
digestion

WATER
kidneys
urinary

METAL
lungs

Body systems

Each body system corresponds to specific Element in Oriental Medicine. These Elements have their properties like color, taste or food. As example: bitter taste stimulates the Fire element and through this affects your cardiovascular system.
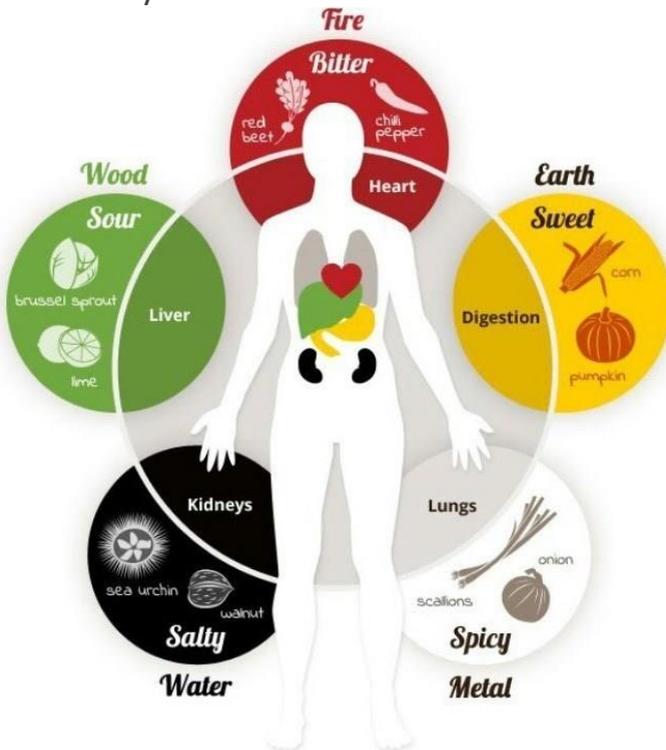
All these elements are interconnected and their relations affect your entire health balance.
LifeTracker App shows how these systems work in your body specifically. It may alter your habits and food preferences to achieve balanced life.
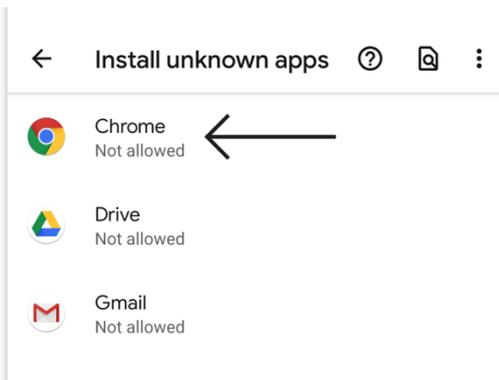
Installing the APK

LifeTracker App is only available for Android phone. It is not published on the Play market for now.
For installing LifeTracker App, you need to allow APK install on your phone. This is how you can do it.

For Android 8 and above

On non-Samsung devices:

1. Go to your phone's **Settings**.
2. Go to **Security & privacy** > **More settings**.
3. Tap on **Install apps from external sources**.
4. Select the browser (e.g., Chrome or Firefox) you want to download the APK files from.

5. Toggle **Allow app installs** ON.

Installing the APK

On Samsung devices:

1. Go to your phone's **Settings**.
2. Go to **Biometrics and security** > **Install unknown apps**.
3. Select the browser (e.g., Chrome or Firefox) you want to download the APK files from.
4. Toggle **Allow app installs** ON.

For versions earlier than Android 8

1. Go to your phone's **Settings**.
2. Tap **Security**.
3. Under **Device administration**, toggle **Unknown sources** ON.

Installing LifeTracker app

Download the App from LifeTracker website using QR code:

Alternatively, type **lifetracker.ru/app** in your phone browser and select the App version you need.

After Download is finished, press on the downloaded .apk file and install it.

Replacing batteries

Ensure to use AAA size battery aligned with "+" marks. The sensor battery compartment is on its bottom side.

Using the App

Check-up regularly to effectively monitor your health. Several times a day in the same time (eg. morning, afternoon, evening). You should not do the scan after stressed, physical exercises or taking a food, because it results in interference in pulse evaluation of your normal condition.

Prepare for pulse scan

Take the sensor and phone and sit at the table.

Make sure to enable Bluetooth and Internet connection on your phone and start LifeTracker App.

Put sensor on middle finger (left hand for right-handed and right for left-handed). Press the button on the sensor to start.

How to scan the pulse properly:

Put the hand with sensor on table and relax.
Press "Scan" button in the App.

It takes around 30 sec for App to record a pulse. Analysis results appear after.