

INSTALLING THE MOBILE APPLICATION, REGISTRATION AND SYNCHRONIZATION OF THE DEVICE



Once you have fully charged your GoBe2, you may download the HEALBE GoBe mobile app for free from the App Store or Google Play.

1. Make sure your GoBe2 is fully charged and turned on. After that, download and install the mobile app;
2. Turn on Bluetooth;
3. Open the HEALBE GoBe app and begin to synchronize GoBe2 with your mobile device. Please remember that during synchronization, GoBe2 must be as close to your mobile device as possible;
4. Follow the instructions in the application to create a profile;
5. You can update the GoBe2 firmware after you have synchronized your device with the mobile app and completed registration. The updating process may take 5-10 minutes, so we recommend that you disable the screen lock option and the standby option on your phone during this period;
6. With regular use, you will be able to see your parameters in the app and your own web HEALBE dashboard at web.healbe.com. Please remember that you need to synchronize the band with your mobile device regularly to upload your data to the app and your web profile;



7. If you do not synchronize your GoBe2 for some time, the next synchronization may take longer than usual. If you have any problems with synchronization, please restart the app and try again.

If you have any questions about the band, you could always ask us by writing to the email gobe@healbe.com – HEALBE support service works for you 24/7.

HEALBE GoBe2

IMPORTANT: PLEASE READ THE MANUAL CAREFULLY BEFORE USING YOUR GoBe2

WHAT IS GOBE2?

GoBe2 is the world's first and only smart band with unique features such as 100% automatic tracking of calorie intake, water balance and stress. GoBe2 only needs to be in contact with your skin to make all the corresponding calculations. You do not need to enter any data into the app manually.

GOBE2 FUNCTIONS



CALORIE
INTAKE



WATER
BALANCE



STRESS
CONTROL



ENERGY
BALANCE



CALORIES
BURNED



PULSE



SLEEP
QUALITY



STEPS AND
DISTANCE



MOMENTS OF
EMOTIONAL
TENSION

An unhealthy lifestyle is one of the main causes of various diseases such as diabetes mellitus, hypertension, obesity, chronic fatigue, depression, food allergies and respiratory problems, increased risk of heart attack and many types of cancer. Chronic stress and eating disorders may increase the risk of negative effects on the body.

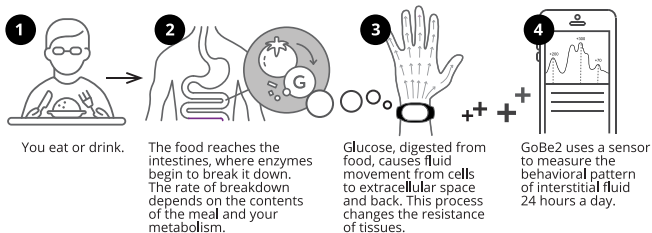
WHY DO YOU NEED GoBe2?

Changing diet and eliminating sources of stress are steps that can be taken towards leading a healthy lifestyle. GoBe2 is designed to help with this aim: it will tell you how many calories your body absorbs from food, how well do you sleep, how often do you experience stress, whether your body is dehydrated, etc. By focusing on managing your habits, you can improve your overall health and quality of life.

CALORIE INTAKE

GoBe2 ensures automatic tracking of calorie intake. Using FLOW™ technology and a bioimpedance sensor, GoBe2 assesses the behavior pattern of interstitial fluid. This is associated with the influx of glucose and essential nutrients into the blood during the day. GoBe2 uses this information to track calorie intake.

HOW DOES GOBE2 WORK?



GoBe2 tracks calories when they are absorbed by the body as they enter the bloodstream. The speed of calorie absorption and thus displaying this parameter in the app may be up to 8-12 hours. Calories may be absorbed both during the day and at night.

The results of testing phase taken during independent researches showed that, for someone with a mixed healthy diet and stable eating behavior, the GoBe2 band counts calories with an accuracy exceeding 85%.

WATER BALANCE

GoBe2 automatically measures the water balance level and gives a signal in the form of a light vibration when the amount of water in your body drops. The reminder to drink water helps to maintain your body's water balance at just the right level.

SLEEP QUALITY

Healthy sleep is as important for the body as proper nutrition. Quality of sleep depends on many factors, including stress level, daily activity and diet. GoBe2 collects data on the duration and quality of your sleep. While using the Smart alarm function, GoBe2 will wake you up at the end of REM (rapid eye movement) sleep phase and make waking up easier and more pleasant.

STRESS CONTROL

Periods of stress are inevitable, but GoBe2 will help to control them by tracking your body's state and preventing overwork and chronic fatigue.

QUICK GUIDE FOR USERS
healbe.com/gobe2

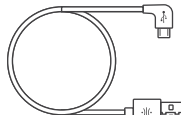
PACKAGE CONTENTS



HEALBE
GoBe2 BAND

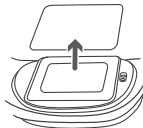


CHARGING
DOCK



USB CABLE

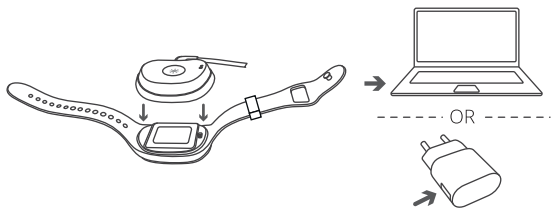
CHARGING AND SETTING UP YOUR GoBe2



IMPORTANT!

Please remove the protective film from the sensor on the back of your GoBe2 before placing the band on the charging dock.

Place the band on the charger so that the band's contact matches up with the charger's contact completely. If you have placed your GoBe2 on the charging dock correctly, the LED on the external side of the dock will light up red. Once the band is fully charged, the color will change to blue. If the device is not correctly placed on the charging dock, the indicator will light up blue by default. In such case try to reconnect the band with the charger again so its LED indicator turns red – it means that your band is charging.



! Before placing the band on the charging dock, make sure the contacts on the band and dock are clean and dry.

- Be sure to use the original dock and USB cable in order to charge GoBe2 as quickly and efficiently as possible. The GoBe2 charger has a magnetic base to simplify the charging process.
- It usually takes 30-60 minutes to charge your GoBe2.
- Additional charging dock or cable can be purchased on our website healbe.com/store.

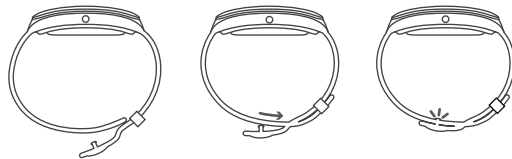


MAKE SURE THE DEVICE IS TURNED ON BEFORE YOU START USING IT

If the device detects that there is no contact with your skin, it will automatically turn off after 5 minutes to save battery power. Make sure the device is switched on to ensure that GoBe2 continues to collect information from the sensors. To turn GoBe2 on, press the button on the band and wait for the word "HELLO" to appear.

HOW TO WEAR GoBe2 CORRECTLY

Fasten GoBe2 tightly on your wrist, so that the sensors of the band have maximum contact with your skin. This is important to ensure an accurate reading of information about your body.



Adjust the strap length as necessary for optimal device operation.

It takes between 10 seconds and 2 minutes of skin contact for the GoBe2 sensors to adjust for interaction with your body. To speed up this process, moisten the skin under the band with water. If the contact won't be set within the first minute, the device will vibrate and display "NO CONTACT" on the screen. If, for any reason, the contact won't be set within the next 5 minutes, the band will automatically turn off. In this case, please try again or contact customer service at gobe@healbe.com.

IMPORTANT!

- We do not recommend applying moisturizers, cosmetics or oils to the skin under the sensor.
- We do not recommend wearing the device if you have tattoos, scars, inflammation, wounds, or other skin problems near the area where the band is worn.
- All these factors may lead to skin irritation or an allergic reaction.
- An irritation may be also caused by allergic reaction to the band's materials. You may find the full list of materials, which contact the skin, on our site in "Materials, Contraindications & Allergies" section of GoBe2 User Manual.
- In order to achieve the maximum accuracy of measurements, it is necessary to wear the device constantly (22-23 hours a day).
- If you take off the band for more than 100 minutes each day, there may be an error in the measurements.
- When using GoBe2 underwater, do not press the button on the side of the display. You can take a shower, swim in the pool and wear the band in fresh water, but we do not recommend using the band in salt water.

BATTERY

The compact built-in rechargeable battery provides a capacity of 370 mAh. The band has four sensors: a bioimpedance sensor, accelerometer, piezo sensor and galvanic skin response sensor, which require additional power. A fully charged GoBe2 can work for up to 48 hours.

Bluetooth® LE

Frequency Band: 2402-2480 MHz
Maximum output power: -3.04 dBm

ACCESSORIES

You can purchase accessories available on our website healbe.com/store.

WARRANTY SERVICE

Our goal is to make your GoBe2 experience as enjoyable as possible. You could return the band during the 30-day period and we provide guarantee service for 12 months after the deal. We are always pleased to receive feedback and suggestions to help us improve our product and solve any problems.

If you have any questions about your GoBe2, please email us at gobe@healbe.com.

UPDATES AND NEWS

Make sure that the firmware of the band and the mobile application are both always updated. This will help to extend the band's battery life, improve the accuracy of measurements and the usability of the device.

Follow our news on social networks:



@healbe



Healbe (@myHealbe)



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If you still have questions, please see the detailed instruction at our website in the User Manual section - healbe.com/manual.

If you have any questions about your device or application, please email us to gobe@healbe.com.