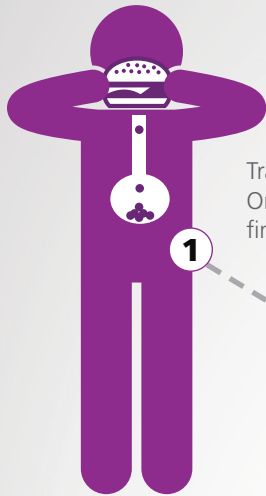


How GoBe Automatically Measures Calorie Intake.



Tracking calories is HARD. Only GoBe makes it EASY to find a balance in what you eat.

1



10-15 minutes after you eat, your body starts converting food into glucose. This process continues for up to 5-6 hours. The length of time depends on what you eat (sweets, meat, etc.) and how your body digests the food.

As glucose concentrations rise, cells absorb glucose and release water.



GoBe uses an impedance sensor that sends high and low frequency signals through your tissue to measure the fluid moving in and out of your cells—continuously, around the clock.

FLOW Technology uses an advanced algorithm to analyze impedance readings, giving you a complete picture of your calorie and nutritional intake over time.

FLOW
TECHNOLOGY

An End to Errors and Guesswork

Manual calorie tracking is only 40-70% accurate due to errors, estimation, and inaccurate food labels.

Only GoBe uses your body's own information to tell you how many calories you're actually consuming—so you can simply wear it and go be you!

How does FLOW do it?

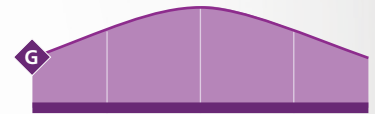
Understanding the glucose curve



Your glucose levels rise and fall throughout the day, depending on what you eat.



Carbs cause quick spikes in glucose.



Fat and protein influence glucose absorption.

FLOW tracks your glucose curve around the clock to tell you:

- How many calories you consume
- Amount of carbohydrates, fats, and protein eaten



Understanding your body's unique glucose curve helps you make better decisions for your health.

Learn More About FLOW Technology at www.healbe.com