

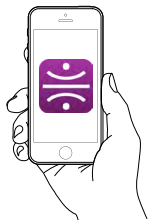


GoBe™

The Original 100% Automatic
Body Manager™



Quick start guide



DOWNLOAD THE FREE APP



Healbe GoBe™ The Original 100% Automatic Body Manager,
made hassle-free with FLOW Technology, is a proud brand of
Healbe™ Corporation



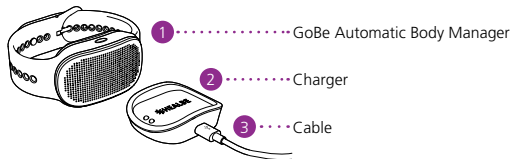
Introduction

Congratulations on purchasing your Healbe GoBe™!
You've taken the first step toward a healthier and happier life. Please read
this manual carefully before using your GoBe body manager.

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General

What's included



Healbe GoBe™ is compatible

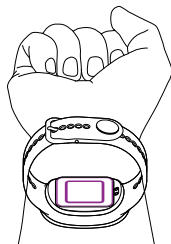
with iPhones 4s/5/5c/5s, iPad 3/4/air/mini, iPod 5G(iOS 7.0 or later) any Android phones equipped with Bluetooth 4.0 and running Android 4.3 or later. Phones with small screens and tablets are not currently supported. Find more compatible phones on healbe.com.

Battery usage

GoBe has a [REDACTED]. A full charge will last for about three days of average use. When connected to the charger, the display will indicate battery life.

How to wear GoBe

GoBe should fit snugly on your wrist, with the wristband in full contact with your skin. It's important that GoBe fits properly so the sensors that power Healbe FLOW™ Technology can read your body's information.

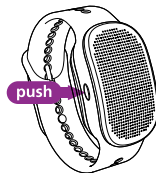


Make the most of GoBe

One long push turns your GoBe on or off. Before eating, push and hold the button until it vibrates. This increases the accuracy of the automatic calorie intake measurement.

GoBe will remind you if you forget to press the button before a meal.

NOTE: There may be a time lag before GoBe starts to register calorie intake, as your body digests different foods at different rates.



Flow technology



PRESSURE SENSOR
measures blood
flow and heart rate



IMPEDANCE SENSOR
measures fluid
level in tissues



ACCELEROMETER
measures body
movement and activity

Only FLOW Technology measures calorie intake through your skin-by reading the glucose in your cells.

Unlike apps and wearable devices that require you to manually log the calories you consume, only GoBe gives you automatic calorie management with FLOW Technology, the patented innovation that combines information from three sensors with an advanced algorithm, giving you a complete picture of your body's state of internal balance.

GoBe display notifications



GOBE

★

TIME

E-IN/E-OUT

PULSE

POWER_%

LOW BATTERY

BT

SW UPDATE

**SW UPDATE ON
UPDATE ERROR**

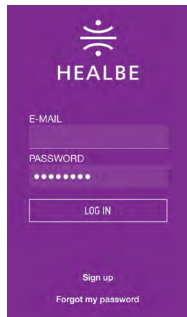
NO CONTACT

SERVICE

BYE

- : Power is on
- : Device is working properly
- : Current time
- : Calories consumed and burned
- : Your current heart rate
- : Percentage of battery life remaining
- : Battery is low
- : Searching and connecting to your phone via Bluetooth
- : Software update in progress. Try to maintain Bluetooth and Internet connection during update.
- : Updated software installed. Device will restart.
- : Couldn't complete software update. Check your internet connection.
- : Device lost contact with your skin. Please adjust wristband.
- : Something went wrong. Contact customer service at ()
- : Device is powering down.

Registration



The registration screen features the Healbe logo at the top. Below it are input fields for 'E-MAIL' and 'PASSWORD' (with a strength indicator of seven dots). A 'LOG IN' button is positioned below the password field. At the bottom, there are links for 'Sign up' and 'Forgot my password'.

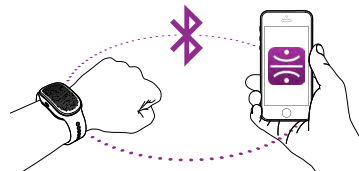
1. Your email address is your login.
2. Choose a password.
3. Confirm your password.

Create a profile to help GoBe provide the most accurate information about your body. Click on each field for tips to help you complete your profile.



The sign-up screen is titled '< BACK SIGN UP'. It includes a profile icon and fields for 'FIRST NAME', 'LAST NAME', 'GENDER' (with male and female icons), and 'BIRTHDAY'. A 'BASIC INFO' section contains fields for 'WEIGHT (lbs)', 'HEIGHT', 'ARM LENGTH (inches)', 'STEP LENGTH (inches)', 'BLOOD PRESSURE', and 'RESTING HEART RATE'. The bottom of the screen has a decorative pattern of dots.

Getting Started



GoBe uses Bluetooth 4.0 (BLE) to connect with your phone. Please be sure that your Bluetooth is turned on:

- Turn Bluetooth to "on" under Settings → Bluetooth.
- Open the GoBe app and login. The app will search for Bluetooth devices.
- Choose Healbe GoBe from the list.
- Each GoBe can be paired to up to five devices.

GoBe uses PIN-code authorization to make sure your data is secure. When you pair your GoBe with your phone for the first time, use the PIN 000000 (six zeroes). We recommend changing your PIN by clicking the wristband icon in the GoBe app. You can choose to have your app remember your PIN.

Follow the instructions in the app to download the GoBe software before your first use. The app will notify you when updates to the software are available.

App: Menu

Profile

This is your basic health and personal information. You can edit any field at any time.

Wristband

Click the wristband icon to see information about your GoBe device, including:

- Wristband fit
- Battery life
- Bluetooth connection
- Software update
- PIN-code change
- Help

App: Dashboard

This is the main screen of the app, which displays all the whole-body health parameters GoBe measures. All icons show your current status.

For more detailed information, click or swipe the parameter you're interested in.

App: Energy

The Energy screen shows calories burned and consumed. The left column is calories consumed, and the right is calories burned. In the graph, the upper section is calories consumed, and the lower section is calories burned.

Swipe the graph to see a time of day. Swipe the table to see data from a different day.

App: Water

Track how much water you drink during the day. Full glasses show the water you've consumed. Empty glasses show how much you still need to drink.

Click on a glass to mark it as full. Swipe the main frame to see data from a different day.

App: Sleep

Track length and quality of sleep. The first line shows when you're sleeping. The second line shows REM phases. GoBe also monitors health risks while you're sleeping.

Use the Smart Alarm to wake up feeling refreshed! Just tell GoBe when you have to wake up, and it will wake you during the optimal sleep phase closest to that time.

App: Heart

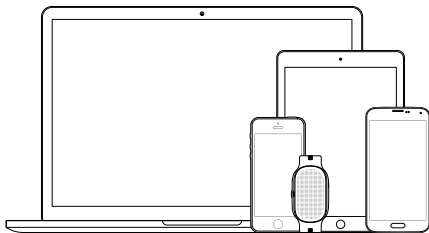
Monitor your heart rate and blood pressure around the clock.

Press the "measurement" button to take a blood pressure measurement. Your result will be added to the table at the end of the page.

App: Stress

Monitor your stress level. GoBe rates your stress on a scale of 1-5, based on blood pressure and other health data.

Website



Access all your data from GoBe at **healbe.com**. Use the same email and password you use to login to the app. You must register using the app before you can access the web portal.

After logging in, you will be able to see all data that's been sent from your GoBe body manager to your app. Data that hasn't yet been downloaded to the app will not be displayed.

FCC notice to users

Please note that changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, 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, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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.

Copyright & Trademarks

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Product, Packaging & Graphic Design
by [jozeph forakis ... design](#)

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