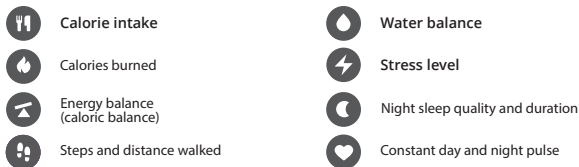HEALBE

GoBe3

| SMART BAND |

**READ THROUGH THIS USER GUIDE
CAREFULLY BEFORE YOU START USING GoBe3**

WHAT IS GoBe3?

HEALBE GoBe3 is the new version of a unique smart band featuring an automatic calorie intake counter and water balance tracker. No need to keep a food diary anymore. Just put GoBe3 on your wrist and track calorie intake directly in your mobile app.
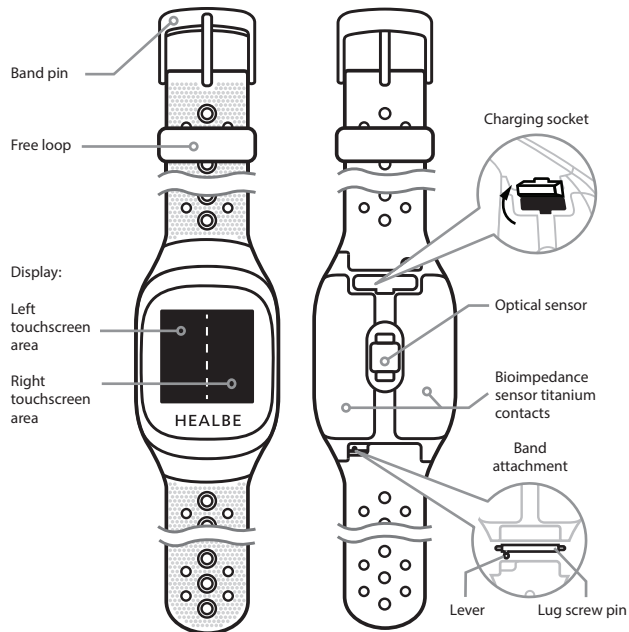
─────── **GoBe3 AUTOMATICALLY COUNTS AND TRACKS:** ───────

Calorie intake

Water balance

Calories burned

Stress level

Energy balance
(caloric balance)

Night sleep quality and duration

Steps and distance walked

Constant day and night pulse

─────── **THE HEALBE APP ALSO FEATURES:** ───────

Weight dynamics tracking

Weight goals management

Data syncing with Apple Health/Google Fit

An independent study by the University of California, Davis, and Guangzhou Red Cross Hospital has shown that GoBe is able to gather calorie intake information with up to 90% accuracy compared to reference values. Such accuracy can be achieved by wearing the band all day long (22–23 hours a day), keeping the band on during meals and for three to four hours after food intake.

However, pulse, stress, water balance, and other measurements remain accurate even when the band is worn for less than 22 hours a day.
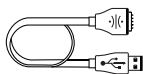
CONFIGURATION AND COMPONENTS

Band pin

Free loop

Display:

Left touchscreen area

Right touchscreen area

HEALBE

Charging socket

Optical sensor

Bioimpedance sensor titanium contacts

Band attachment

Lever

Lug screw pin

PACKAGE CONTENTS

1. HEALBE GoBe3 smart band with strap

2. USB charging cable

3. User guide

SETUP

GoBe3 can only be activated and made fully functional by using iOS 12 (or higher) or Android 5.0 (or higher). Your mobile device must also support Bluetooth® Low Energy (Bluetooth LE) technology.

BEFORE YOU START USING THE HEALBE GoBe3 BAND

To start using GoBe3, you should install the latest updates for the HEALBE application on your device. If you already have the HEALBE app installed on your phone, just update it to the latest version and go to the "Getting started with HEALBE GoBe3" section of the current manual.

1 DOWNLOAD AND INSTALL ON YOUR SMARTPHONE THE HEALBE APP FOR IOS/ANDROID. Type "HEALBE" into the search bar of your preferred app store or open your phone's camera application and focus it on the QR-code of the chosen application store below:

2 CREATE A HEALBE ACCOUNT IN THE APP.

Once you have specified your data during registration, the HEALBE app calculates other important parameters automatically: average step length, glass volume of the drink notification, and comfortable sleep duration.

However, we recommend changing the default values in these fields to your own ones in the User profile and GoBe menu to fine-tune the band and achieve the best results.

GoBe uses this data to adapt to the individual parameters of the current user, thus making all the inner algorithms personal and more accurate.

GETTING STARTED WITH HEALBE GoBe3

Before activating GoBe3 for the first time:

1. Peel off all the protective films from the display and optical sensor on the back of the band;

2. Without touching the display with spirit, wipe all external surfaces with an alcohol pad or alcohol tissue;

3. The band's display can be cleaned with a dry cotton pad or a soft natural cloth.

Attention! The band is supplied uncharged. Connect the band to a power source using the charging cable, and it will turn on and start working automatically upon reaching a sufficient battery level.

**3** CONNECT GoBe3 TO A POWER SOURCE TO TURN IT ON AND ACTIVATE IT:
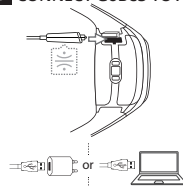
1. Connect the charging cable to GoBe3: carefully pull out the charging socket plug located on the band's rear side and push the cable until it stops. While plugging in the cable, make sure that the logo is directed towards the sensors;

2. Connect the charging cable to the USB interface of your PC or mains adapter and turn on the power source;

3. Wait until the GoBe3's display shows the welcome screen with a message that the device is ready to connect to the app.

When the GoBe3 is in the state of waiting for the application to connect (this is indicated by the word "WELCOME" or "PENDING" on the screen), the band automatically enters the power saving mode following eight minutes of inactivity.

In the Power save mode, the GoBe will not be available for connection via the mobile application. To set the device to normal mode, **tap and hold your finger** anywhere on the «POWER SAVE» screen until it switches back to the "WELCOME" (or "PENDING") state, and then connect to the smart band via the HEALBE application.
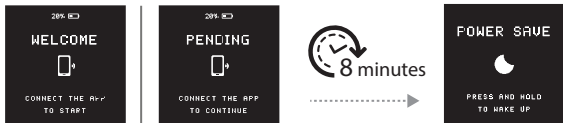
4 ACTIVATE GoBe3 AND SET UP A CONNECTION USING THE MOBILE APP:

1. Make sure that your smartphone's Bluetoothe (✳) is turned on (Settings → Bluetooth);

2. Open the HEALBE mobile app on your smartphone;

3. Connect GoBe3 using the HEALBE app, placing your phone no further than 35 inches (90 cm) from the band;

4. Follow the instructions in mobile app;

5. Wait for the automatic setup process to be completed. Your GoBe3 firmware will be updated during setup.

! Warning!

The initial installation of updates may take up to one hour. We recommend combining this process with charging the device.

5 WAIT UNTIL GoBe3's INTERNAL BATTERY IS FULLY CHARGED:

1. Leave GoBe3 connected to a power source. When the band is fully charged, you can see the message that the battery is fully charged. This process normally takes no more than two hours;

2. Unplug the USB cable from the power source and then unplug it from GoBe3 and close the charging socket's plug on the rear side of the band.

6 THE DEVICE IS READY TO WORK.

Put the band on your arm and fasten the strap so that the band's sensors are firmly against your skin but not too tight. This will maximize the device's accuracy and keep you comfortable at the same time.

HERE ARE SOME RECOMMENDATIONS THAT WILL IMPROVE YOUR GoBe3 EXPERIENCE:

▶ When starting to use GoBe3, make sure it is turned on and ready to work. The display should show the current time.

▶ Wear the band on your arm without taking it off. It is important to wear the band throughout most of the day (22–23 hours a day) in order to give it the opportunity to perform the most accurate calculation of daily calorie intake and calories burned. If you cannot wear the band permanently, it will affect all the measurements one or another way, but the accuracy of the Energy balance will be one of the most severely affected.

▶ The main measurement parameters and results are shown on the band display. A more detailed analysis of your body's state is available on the HEALBE mobile app.

▶ We recommend charging the band after a night sleep and always before breakfast, for example, when taking a shower.

In order not to forget the band at home while charging, put an important object nearby, which will guarantee that you see the band too: house or car keys, travel card, work pass, wallet, mobile phone.

- ▶ After the band is paired in the HEALBE app during the first connection, GoBe3 connects and syncs data automatically when the app starts up.
- ▶ There is no need to keep your Bluetooth turned on all the time for the band to work. GoBe3 performs all the functions autonomously, and you only need Bluetooth enabled for synchronization (transferring data from the smart band to the app). Rare data synchronization saves the band's battery power.
- ▶ Place the band no further than 35 inches (90 cm) from your mobile phone. This will ensure a stable connection.
- ▶ We recommend weighing yourself regularly and updating your weight data in the app at least two to three times a week. This significantly increases the accuracy of HEALBE's algorithms.
- ▶ GoBe3 turns on automatically if the internal battery level is sufficient. To turn the device on, charge the device. GoBe3 will turn on automatically while charging.
- ▶ If you feel uncomfortable wearing the band, you can put it on the other hand. Changing hands frequently is not recommended, as it takes some time for the band to adjust itself afterward.

  The experience of many users has shown that after some time the hand gets used to the feeling of the band on the wrist and this feeling almost disappears. Usually, this period lasts from one to two weeks.

❗ After you put the band on, its sensors need from ten seconds to two minutes to adapt to interaction with your body. If, for some reason, the sensors are unable to make contact with your skin during the first minute of usage, GoBe3's screen will display a corresponding message.
To speed up the GoBe3 calibration, you can gently moisturize the skin under the band with plain water or breathe into the space between the sensors and your hand.

USING THE GoBe3

SCREEN UNLOCK

To unlock the GoBe, touch the display and hold your finger until the backlight turns on and the band vibrates briefly, and then remove your finger.

If the unlock is successful, the band vibrates for a second time and the Home screen is displayed on the screen.

If you leave your finger on the screen for too long, the band does not unlock its sensor. In this case, the GoBe3 does not vibrate for a second time and the backlight turns off.

❗ After eight seconds of inactivity, the screen locks: the display turns off and the device no longer responds to single taps or swipes.

GESTURES GoBe3

To interact with HEALBE GoBe3, please use the following gestures:

Left tap - touch the left part of the screen and release

Right tap - touch the right part of the screen and release

Double tap - touch any part of the screen twice in rapid succession

Left swipe - touch the right part of the screen and drag your finger across the screen to the left

Right swipe - touch the left part of the screen and drag your finger across the screen to the right

Long press - touch the screen and hold until it responds

AFTER THE FIRMWARE UPDATE IS INSTALLED

Now you can use gestures to access all the main screens and features:

- Home screen
- Measurement screens
- Notifications menu
- Do Not Disturb mode configuration

HOME SCREEN

The Home screen is the main screen of GoBe3. It provides access to all features of the device.

MEASUREMENT SCREENS

With the Measurement screens, you can constantly keep track of all the important measurements that GoBe captures during the day. Energy balance, Activity, Stress, Night sleep, Water balance, and Pulse measurements are all at the tips of your fingers.

DO NOT DISTURB

After turning on the Do Not Disturb mode, the device does not react to notifications: the backlight doesn't turn on, the band doesn't vibrate, and the Current notifications screen is not shown. These restrictions include all the notifications: hydration reminders, stress level spike notifications, low-battery, skin contact warnings, and so on.

All the notifications which are not shown during the Do Not Disturb mode are stacked in the GoBe's Last notifications section.

Important!
Smart wake-up alarms, pre-set in the app, are always accompanied by vibration, regardless of the Do Not Disturb mode.

WATCH ONLY MODE

GoBe3 switches to the Watch only mode after the battery charge level drops lower than 5%. In this mode, GoBe stops gathering measurements and passing data, does not react to gestures, and is not available for connection with the HEALBE mobile app.

Plug in the battery charger and wait until the device is charged to continue using it. After reaching enough battery charge, GoBe switches to normal mode.

CHARGING THE DEVICE

1. Connect the charging cable to GoBe3: Carefully pull out the charging socket plug located on the band's rear side, find the logo on the cable and turn it towards the sensors, then insert the cable until it stops;

2. Connect the charging cable to a USB port on your PC or mains adapter and turn on the power source;

3. Wait until the GoBe3 display shows the screen with a notification that the charging process has started;

4. Leave GoBe3 connected to the power source until the display shows the screen with a message that the battery is completely charged;

5. Unplug the charging cable from the power source and then unplug it from the band;

6. Close the charging socket plug on the rear side of the band;

7. GoBe3 is ready to work. You can start using it.

ADVICE ON CHARGING THE DEVICE

▶ Before charging GoBe3, make sure that the contacts on the band and charging cable are clean and dry.

▶ You can set your band's charging schedule at your own convenience. GoBe3's charge cycle should be done once a day for two hours or two times a day for an hour each.

▶ You can always buy a charging cable on our website: **healbe.com/store**.

▶ We recommend charging your GoBe3 in the morning after waking up and before breakfast, for a good opportunity to wear the band at least 30 minutes before your first meal. In this case, the estimated calorie level will be the most accurate.

▶ We recommend manipulating the power socket plug carefully. If the plug is broken or lost, the device may malfunction and the charging process may fail.

GoBe3 SYNCHRONIZATION WITH HEALBE MOBILE APPLICATION

The GoBe3 performs measurements and stores the results throughout the entire time of wearing, even if it is not connected to the HEALBE application on your smartphone. When the band is connected to the app, it synchronizes, which means the data are being transferred from the band to the phone.

▶ Data synchronization starts automatically when the app opens.

▶ While the device syncs, make sure both the mobile phone and the band are no further than 35 inches (90 cm) apart to provide a stable connection.

▶ Synchronize your GoBe3 with the HEALBE app at least two to three times a day. By doing so, all the data will be saved and the sync will take less time.

▶ If GoBe3 hasn't synced with the app for several days, the next synchronization will take more time than usual.

❗ Warning! GoBe3 keeps unsynchronized data for five days.
Data stored on the band for more than five days will begin to be erased if you connect the GoBe3 to the application less often than every five days.

This only happens if you do not synchronize and continue wearing the band.

If you have problems syncing your device, please contact the HEALBE client support service by sending an email to **gobe@healbe.com**.

SKIN SENSITIVITY

▶ We do not recommend applying moisturizing creams, cosmetics, or oils to the skin under the sensors.

▶ After working out or spending time in water, wipe and dry the rear surface of the band that comes in contact with the skin, as well as your wrist, to avoid irritation from accumulated moisture.

▶ We do not recommend wearing the band if the skin zone under the sensor is marked by tattoos, scars, inflammatory changes, or other severe skin surface damage. All of these factors may lead to skin irritation or allergic reactions.

▶ Skin irritation may also be caused by an allergic reaction to the band's materials. A full list of materials in contact with the skin can be found on our website under the "Materials, Contraindications & Allergies" section (**healbe.com/manual-gobe3**).

WATER PROTECTION AND OPERATIONAL CONDITIONS

The GoBe3 is splash-resistant but not waterproof. This means that you can use the band in the shower, in the rain, or during intensive workouts, but you can't submerge the device under water.

If you use the smart band in high-humidity conditions or in contact with water, make sure that the charging socket plug is closed. When the contact with water is over, wipe the band with a dry towel or cloth and dry it out.

The band's case protection gets worse over time – this is a natural process. To keep your GoBe3 protected from moisture and other external impacts for as long as possible, we recommend the following:

▶ Try not to drop the GoBe3 or expose it to other heavy mechanical impacts.

▶ Do not expose the GoBe3 to prolonged contact with soapy water.

▶ Do not let active substances come into contact with parts of the smart band: acids, solvents, concentrated detergents, repellents, hair dyes, and so on.

▶ Do not let the GoBe3 contact with seawater or salted water. If the band gets exposed to seawater, be sure to wash all its surfaces with plain water and dry it with a cloth or cotton swab as soon as possible.

▶ Take off the band before going to the sauna or bath.

▶ Do not leave GoBe3 near heaters, heat sources, in the cold or under direct sunlight for a long time. It is also not recommended to expose the band to sudden changes in temperature.

ADDITIONAL INFORMATION

BATTERY
Internal battery capacity: 350 mAh.
Battery life: up to 32 hours.

LONG-TERM STORAGE
We do not recommend storing the device with a completely uncharged battery. If you realize you are not going to use the band for a long period of time, please contact HEALBE Customer Care team for instructions on how to switch to long-term storage mode at **gobe@healbe.com.**

ACCESSORIES
You can always buy additional accessories on our website: **healbe.com/store**.

WARRANTY SERVICE
Our goal is to make your GoBe3 usage experience pleasant and easy.
You can return the band within 30 days from the date of purchase. Warranty service is available for 12 months.

We welcome any feedback or suggestions that can help us make our product better.
If you have any questions about GoBe3, you can send us an email at **gobe@healbe.com**.

UPDATES AND NEWS
Please update the band firmware and mobile app regularly. This will help to extend battery life, improve the accuracy of measurements, and enhance usability.

**STAY UP-TO-DATE WITH OUR NEWS
ON OUR BLOG AND SOCIAL MEDIA:**

 facebook Healbe | @myhealbe

 Instagram @healbe

 YouTube Healbe

 HEALBE healbe.com/blog

REGULATORY INFORMATION AND LIST OF CERTIFICATES

The list of certificates is accessed differently in the Welcome/Pending mode, rather than in the Regular Operation mode when the band has already been paired with a mobile phone and updated.

TO SEE THE LIST OF CERTIFICATES:

1. In Welcome / Pending mode – swipe right.

2. In the Regular operation mode – tap and hold the screen to unlock the device (see the "Screen unlock" section of the current manual), go to the Notifications menu, and long-press the left part of the No notifications* screen.

* The list of certificates is only available when in the Last notifications GoBe menu section is empty. If there are notifications stacked in the Last notifications section, clear them to go to the No notifications screen.

COMMUNICATIONS:
Bluetooth 4.2 BR/EDR and BLE, frequency band: 2402–2480 MHz.
WiFi: IEEE 802.11 b/g/n, frequency band: 2412–2484 MHz.
RF power: 0dBm

CERTIFICATES:
- SRRC
- CE
- EAC
- JRL
- CEC
- Prop65

CE FC EHI Bluetooth WiFi

IF YOU HAVE ANY QUESTIONS
For more information and a full list of GoBe3 screens, as well as for help
with navigation in the band menu, please visit **healbe.com**
or ask a question at **gobe@healbe.com**.