⋮≋ GoBe™ You

⋮≋ HEALBE

To get the best of your GoBe 2, please, see a detailed User's Manual on **healbe.com/us/manual**
E-mail: **gobe@healbe.com** for troubleshooting assistance with your GoBe 2.

ACHIEVE YOUR WEIGHT LOSS GOALS WITH AUTOMATIC CALORIE COUNTING AND MORE

CONSUMED CALORIES
GoBe 2 automatically tracks your calorie intake without manual logging, error-prone guesswork or the Nutrition Facts label reading. This data can be adjusted, confirmed, or changed within the Healbe app's meal history editor during the day.

BURNED CALORIES
GoBe 2 tracks how much energy your body burns throughout the day, as well as how many steps you have taken and your total distance traveled. GoBe measures calories burned during physical activity, digestion and calories used to maintain basic body functions.

ENERGY BALANCE
GoBe 2 calculates the amount of calories you consume, in comparison to the amount of calories you burn. Get automatic energy balance tracking and see your data in the Healbe GoBe App and on display in real time.

STEPS
GoBe 2 tracks your steps by with a 9-axis accelerometer: measures body movement and activity. GoBe 2 counts your walking and running steps. The data is displayed in the Energy section.

DISTANCE
GoBe 2 measures distance by multiplying your step length (from toe to toe) by activity steps. The default step length is set to an estimate based on your height. The data is displayed in the Energy section.

HEART RATE
Check your heart rate automatically and regularly by using your GoBe 2. It delivers updated measurements every 10 seconds and helps you evaluate your lifestyle and maximize workout.

WATER BALANCE
Everyone's body is different. GoBe 2 gets to know how water balance is triggered for you. It automatically keeps track of your overall hydration level and notifies you when it becomes LOW.

SLEEP QUALITY
GoBe 2 tracks how well you are sleeping and can wake you up during the REM stage of your sleep to leave you feeling refreshed.

STRESS LEVEL
GoBe 2 calculates your stress level based on your heart rate and activity level, in addition to other health and sleep quality information.

EMOTIONAL STATES
GoBe 2 recognizes physical indicators of stress, based on reactions in your skin, and helps you build awareness of your emotional state for a mindful and healthy lifestyle.

HELLO

WHAT'S IN THE BOX

Your GoBe 2 includes:
• Healbe GoBe2 wristband
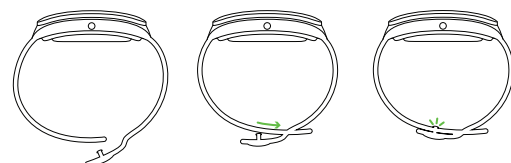• Charging dock
• Charging cable

Healbe GoBe 2 wristband

Charging dock

Charging cable

PROPER FITTING AND ADJUSTMENT

GoBe should fit snugly on your wrist, with the wristband's sensors 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. For optimal performance, adjust the wristband's size accordingly.

HOW TO CHARGE GOBE 2

Connect the provided cable to the charging dock. Plug the cable into a USB port on your computer, or into a wall adapter.
Place GoBe 2 on top of the charging dock and wait for the light to flash red and the display to show a battery charging animation. The charging dock will flash blue once GoBe 2 is fully charged.
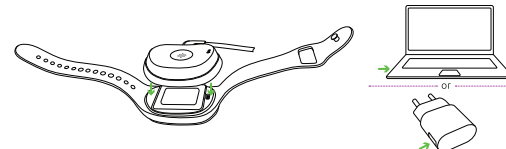
GET THE HEALBE GOBE APP

You can dowload the Healbe GoBe app for free from the Apple App Store or Google Play Store. Check your device compatibility on our website. Once you install the app, don't forget to create a user profile.

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ЗАГРУЗИТЕ НА **Google play**