



HEALBE

GoBe3

| SMART BAND |

FCC Statement

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

更新和新闻

定期更新手环和移动应用程序的固件。这将有助于延长电池寿命，提高测量精度并提高设备的可用性。

在博客和社交网络上关注我们的新闻。

 [facebook](#) Healbe | @MyHealbe

 [Instagram](#) @healbe

 [YouTube](#) Healbe

如果您有任何问题

请在我们的网站上查看 healbe.com/manual 部分的详细说明，或发送邮件至电子邮件地址 gobe@healbe.com。

通信：

- Bluetooth: 4.2 BR/EDR 和 BLE, 乐队2402-2480 MHz
- WiFi: IEEE 802.11 b/g/n, 乐队2412-2462 MHz

证书:

- SRRC
- CE
- EAC
- JRL
- CEC
- Prop65



READ THROUGH THIS USER GUIDE CAREFULLY BEFORE YOU START USING GoBe3

WHAT IS GoBe3?

HEALBE GoBe3 is the world's first fitness 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 right in your mobile app.

GoBe3 AUTOMATICALLY COUNTS AND TRACKS:



CALORIE INTAKE



WATER BALANCE



STRESS LEVEL



CALORIES BURNED



NIGHT SLEEP QUALITY AND DURATION

AVERAGE DAY PULSE RANGE AND PULSE TRACKING DURING EXERCISES



STEPS AND DISTANCE WALKED

THE HEALBE APP ALSO FEATURES:



WEIGHT TRACKING



WEIGHT GOALS MANAGEMENT



DATA SYNCING WITH
APPLE HEALTH/GOOGLE FIT

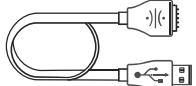


An Independent study undertaken by University of California, Davis and Guangzhou Red Cross Hospital showed that GoBe can gather information about your metabolism with up to 90% accuracy compared to reference values when wearing the band all day long (22-23 hours a day), keep the band on during meals.

PACKAGE CONTENTS



1. HEALBE GoBe3 smart band with strap



2. USB charging cable



3. User manual

SETUP

GoBe3 can be activated and provides the best user experience with smartphones using iOS 10 (or higher) or Android 5.0 (or higher). Your mobile device must also support Bluetooth Low Energy technology (Bluetooth LE).

BEFORE YOU START USING HEALBE GoBe3 BAND

1 If you already have the HEALBE GoBe3 app installed on your phone, just upgrade to the latest version and go to the "Getting started with HEALBE GoBe3" section.

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



4

补充

电池

内置电池容量: 350 mAh。
工作时间: 最长40小时。



存储

存储如果您不打算长时间使用手环, 请预先充电。

配件

您可以在我们的网站 healbe.com/store 上购买配件。

保修服务

我们的目标是使您对GoBe3 享有愉快体验。

您可以在购买之日起30天内退回手环。12个月内提供保修服务。

我们欢迎任何有助于我们改进产品的反馈和建议。

有关 GoBe3 的任何问题, 您可以发送邮件至电子邮件地址 gobe@healbe.com。

将 GoBe3 与智能手机上的 HEALBE 应用程序同步

- ▶ 应用程序启动时，将自动启动与手环的同步。
- ▶ 在同步期间，请将两个设备保持最近90厘米以内的距离，以确保连接稳定。
- ▶ 将 GoBe3 与智能手机上的HEALBE应用程序同步至少每天2-3次—在这种情况下，所有数据都将被保存，同步本身不会花费很长时间。
- ▶ 如果 GoBe3 未与应用程序同步数天，则下一次同步可能需要比平时更长的时间。

! 注意！如果您应用程序的同步频率小于每2周1次，则手环上的数据可能会丢失。

如果您在设备与程序同步方面遇到问题，
请通过 gobe@healbe.com 联系 HEALBE 客户支持。

皮肤敏感

不建议在使用设备传感器时，皮肤上使用保湿霜，化妆品或油脂。

在训练或沾水后，擦拭手环背面与皮肤和手腕接触的地方，以便累积的水分不会引起刺激。

如果手环区域的手臂上有纹身，疤痕，伤痕，炎症变化，皮肤完整性问题，建议不要佩戴该设备。所有该因素都可能引起皮肤刺激或过敏反应。

刺激也可能是由于对手环材料过敏造成的。完整的与皮肤接触材料清单关于“材料，过敏，禁忌症”部分请查阅 (healbe.com/manual)。

在水中使用

手环可以淋浴，在游泳池和淡水中使用，但我们不建议在盐水中使用手环。在手环浸入水中之前，建议您检查充电插座的插头。

2 CREATE A HEALBE ACCOUNT IN THE APP.

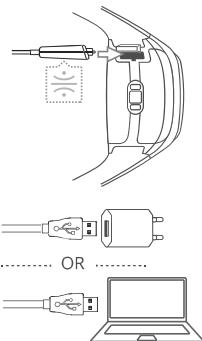
! Please provide only reliable information during the registration process! HEALBE algorithms take into account your individual body parameters and use profile information to operate correctly.

GETTING STARTED WITH HEALBE GoBe3

Before activating HEALBE GoBe3 for the first time, peel off the protective film and wipe all external surfaces with a dry cotton pad.

The band comes 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:



1. Connect the charging cable to GoBe3: carefully bend off 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 display shows the welcome screen with a message that the device is ready to connect to the app.

4 ACTIVATE GoBe3 AND SET UP THE CONNECTION USING THE MOBILE APP:



1. Make sure that your smartphone's Bluetooth is on (Settings > Bluetooth);
2. Open the HEALBE mobile app on your smartphone;
3. Connect GoBe3 using the HEALBE app, place your phone no further than 90 cm from the band;
4. Follow the instructions in the mobile app;
5. Wait for the automatic setup process to complete. Your GoBe3 firmware will be updated during setup.

5 WAIT UNTIL GoBe3 INTERNAL BATTERY IS FULLY CHARGED:

1. Leave GoBe3 connected to a power source until the display shows the screen with a message that the battery is fully charged. This process normally takes no more than 2 hours;
2. Unplug the USB cable from the power source;
3. Unplug the USB cable from GoBe3 and close the charging socket plug on the rear side of the band.

If you have problems using the device or our app, please contact HEALBE client support service by sending an email to gobe@healbe.com.

设备充电

1. 将电源线连接到 GoBe3：轻轻弯曲手环背面充电插座的插头，将电线完全插入，将电线上的标识朝向传感器；
2. 将电源线连接到计算机或网络充电器的USB端口，打开电源；
3. 等待充电开始时的信息出现在设备的显示屏上；
4. 将GoBe3连接到电源并等待电池充电；
5. 断开充电电线与电源的连接；
6. 断开充电电线与设备的连接，然后拔掉电插座的插头；
7. 设备处于准备运行状态。可以开始使用。

充电建议

- ▶ 在对 GoBe3 进行充电之前，请确保手环上的电源线和充电插孔的触点清洁干燥。
- ▶ 使用原装USB电缆进行快速高质的充电。
- ▶ GoBe3 每天充电一次，90分钟以内，或每天充电两次，每次45分钟。
- ▶ 您可以在 healbe.com/store 购买额外的充电线为设备充电。
- ▶ 建议在起床后早餐前为 GoBe3 充电。在这种情况下，能量吸收的评估将是最准确的。

使用设备

6 设备运行准备就绪。

将手环佩戴在手腕上，不要太紧，但要使传感器紧贴皮肤。这将使设备尽可能准确地工作，同时使您感到舒适。

设置并将 GoBe3 连接到移动应用程序后：

- ▶ 将设备戴在手腕上，不要将其取下。为了对每日卡路里吸收和消耗的最稳定性评估，重要的是持续不断佩戴手环（每天22-23小时）。
- ▶ 主要参数和测量结果显示在设备显示屏上。HEALBE 移动应用程序会提供了更详细的身体状况分析。
- ▶ 在智能手机上启动移动应用程序时，将自动执行数据连接与同步。将手环放在离移动设备不超过90厘米的地方。
- ▶ 我们建议您定期测量体重并在应用程序中每周至少更新2-3次体重数据—这将显著提高 HEALBE 算法的准确性。
- ▶ 开始使用时，确保 GoBe3 已打开并处于运行状态—显示屏应显示当前时间。
- ▶ 当内置电池电量不足时，GoBe3 会自动关闭。需要插上电源，为设备充电—GoBe3 将在充电期间自动开启。

! 戴上手环后，传感器需要10秒到2分钟的时间调入以与您的身体进行交互。如果由于任何原因传感器在开机后的第一分钟内未发现与皮肤接触，GoBe3屏幕上将显示相应的消息。

USING THE BAND

6 THE DEVICE IS READY TO WORK.

Put the band on your wrist and fasten the strap so that its 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.

AFTER SETTING UP GoBe3 AND CONNECTING IT TO THE MOBILE APP:

- ▶ Wear your band on the wrist without taking it off. It is important to wear the band throughout the day in order to provide the band the opportunity to perform the most accurate calculation of daily calorie intake and calories burned (22-23 hours a day).
- ▶ The main measurement parameters and results are shown on the band display. A more detailed analysis of your body's state is available in the mobile app.
- ▶ The band connects and data syncs automatically when the app starts up. Place the band no further than 90 cm from your mobile phone.
- ▶ We recommend weighing yourself regularly and updating your weight data in the app at least 2-3 times a week. This significantly increases the accuracy of HEALBE's algorithms.
- ▶ When using GoBe3, make sure it is turned on and ready to work. The display should show the current time.
- ▶ GoBe3 automatically turns off if the internal battery level isn't sufficient. To turn the device on, start charging the device. GoBe3 will turn on automatically while charging.

! After you put the band on, its sensors need 10 seconds to 2 minutes to adapt 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.

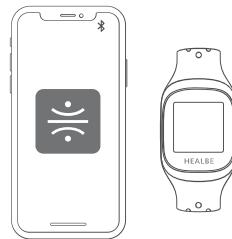
CHARGING THE DEVICE

1. Connect the charging cable to GoBe3. Carefully bend off the charging socket plug located on the band's rear side and insert the cable until it stops. While plugging in the cable, make sure the logo is directed towards the sensors;
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;
6. Unplug the charging cable from the band and 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 on the charging cable are clean and dry.
- Use only the original USB charging cable for an efficient and fast charge.
- GoBe3's full charge cycle should be done once a day for 90 minutes or twice a day for 45 minutes each charge.
- You can always buy an additional charging cable at our website healbe.com/store.
- We recommend charging GoBe3 in the morning after waking up and before breakfast. In this case, the estimation of calorie intake will be the most accurate.

4 激活 GoBe3 并使用移动应用程序配置连接：



5 等待 GoBe3 内置电池完成充电：

1. 将 GoBe3 连接到电源，直到手环显示屏上显示一条消息，表明电池正在充电。充电通常不超过2个小时；
2. 断开USB充电电缆与电源的连接；
3. 断开USB充电电缆与 GoBe3 的连接，然后拔掉设备背面的充电插座。

如果您在使用设备或应用程序时遇到任何问题，请通过gobe@healbe.com联系 HEALBE 的客户支持。

2 通过应用程序注册您的 HEALBE 帐户。

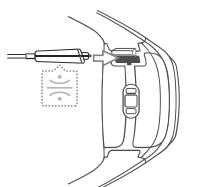
! 请务必在注册过程中输入有关您自己的准确信息！为了正确操作，HEALBE 会考虑您身体的各个特征，并依赖于配置文件中指定的信息进行计算。

HEALBE GoBe3 开始工作

在首次打开HEALBE GoBe3前，请取下所有保护膜，并用干棉签擦拭所有外部触点。

设备保持关闭状态。使用充电器将手环连接到电源，当达到足够的电池电量时，它将自动开始工作。

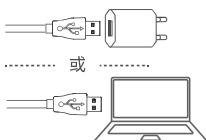
3 要打开并激活设备，请将 GoBe3 连接到电源：



1. 将电源线连接到 GoBe3：轻轻弯曲手环背面充电插座的插头，将电线完全插入，将电线上的标识朝向传感器；

2. 将电源线连接到计算机或网络充电器的 USB 端口，打开电源；

3. 等到设备显示屏上出现移动设备准备就绪消息。



GoBe3 SYNCHRONIZATION WITH HEALBE MOBILE APPLICATION

- ▶ 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 90 cm from each other to provide a stable connection.
- ▶ Synchronize your GoBe3 with the HEALBE app at least 2-3 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! Data on the band may be lost if you synchronize it with the app less than once every 2 weeks.

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

SKIN SENSITIVITY

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

After working out or spending time in the water, wipe 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 serious skin surface damage. All the factors listed above 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).

EXPOSURE TO LIQUID

You can wear the band while showering, swimming in a pool or freshwater, but we recommend taking it off before going into saltwater. We recommend checking the charging socket plug before submerging the band in water.

ADDITIONAL INFORMATION

BATTERY

Internal battery capacity: 350mAh.
Battery life: up to 40 hours.

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 prolonged period of time, please charge the battery first.

ACCESSORIES

You can always buy additional accessories at 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.

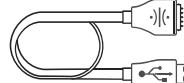
We welcome any feedback or suggestions that can help us make our product better.

If you have any questions about GoBe3, you can send us an email at gobe@healbe.com.

配套清单



1. 带表带的HEALBE GoBe3设备



2. USB充电线



3. 说明书

准备工作

要激活并完全使用 GoBe3，您需要具有 iOS 10 (或更高版本) 或 Android 5.0 (或更高版本) 的智能手机。您的移动设备需支持蓝牙功能 (低功耗蓝牙)。

在使用HEALBE GoBe3 手环之前

如果您已经拥有HEALBE GoBe应用程序，则只需升级到最新版本，然后转到“启动HEALBE GoBe3”部分。

1 在智能手机上下载并安装适用于 IOS / ANDROID 的 HEALBE。在搜索框的相应应用商店中输入“HEALBE”，或打开智能手机上的相机扫描应用商店二维码：



请在使用 GoBe3 之前仔细阅读本说明

什么是GoBe3?

HEALBE GoBe3 —这是世界上第一款也是唯一一款具有独特功能的智能手环，可自动计算卡路里和水平衡的数值。您不再需要记录每日所吃食物—只需将 GoBe3 放在手腕上就可以在您的移动应用程序中跟踪您的卡路里数值。

GoBe3 自动检测和计数:



摄入量卡路里



水平衡



压力水平



消耗的卡路里



夜间睡眠的持续时间和质量



白天和锻炼期间的脉搏



步数和行进距离

此外，在应用程序功能可用于:



体重跟踪



按重量设定目标



与 APPLE HEALTH/
GOOGLE FIT 共享数据

! 根据加州大学戴维斯分校（美国）和广州（中国）红十字医院的独立研究结果表明，在全天佩戴 GoBe（每天22-23小时）时，参考值的最大测量精度可以达到90%，且在进食期间应避免中断。

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
IN OUR BLOG AND SOCIAL MEDIA:

[facebook](#) Healbe | @MyHealbe

[Instagram](#) @healbe

[YouTube](#) Healbe

IF YOU STILL HAVE QUESTIONS

Look for detailed instructions on our website
under the User Manual section (healbe.com/manual)
or just send your questions by email to gobe@healbe.com.

COMMUNICATIONS:

- Bluetooth 4.2 BR/EDR and BLE, frequency band: 2402-2480 MHz
- WiFi: IEEE 802.11 b/g/n, frequency band: 2412-2462 MHz

CERTIFICATES:

- SRRC
- LE
- EAC
- JRL
- CEC
- Prop65

