

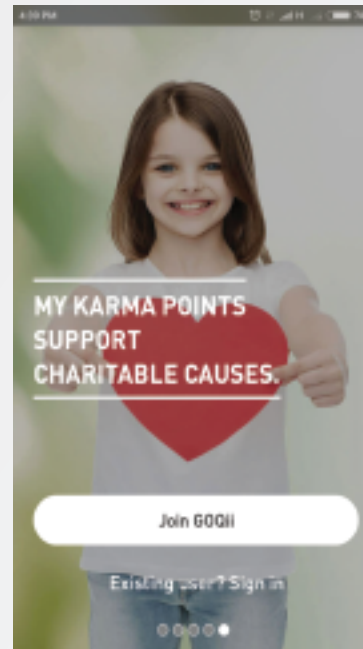
GETTING STARTED

GOQii *VITAL*

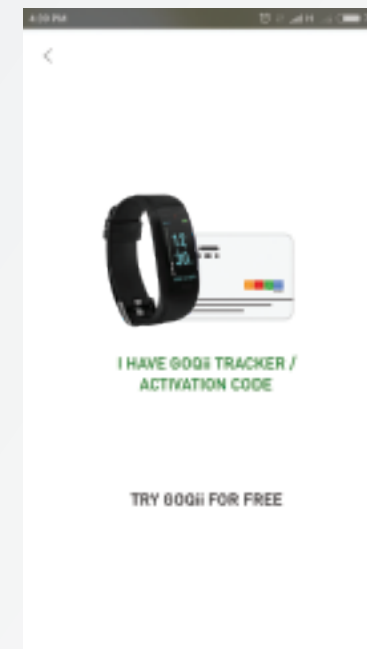
STEP. 1
Download the GOQii App



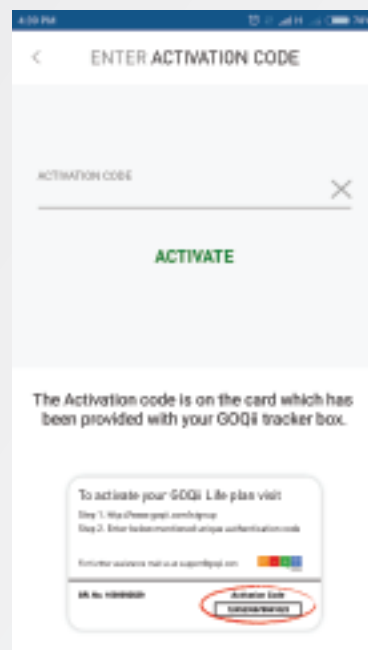
STEP. 2
Join GOQii



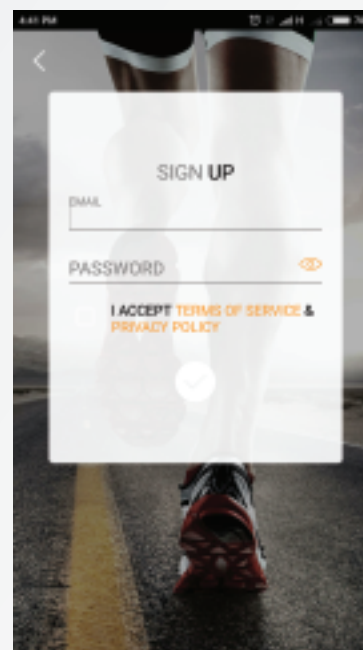
STEP. 3
Select GOQii Tracker



STEP. 4
Enter the Activation Code, the card
provided in the box



STEP. 5
Enter your Email id by which you want
to register in GOQii and set a new password.



STEP. 6
Enter your Personal details



*For detailed instructions
refer "KNOW YOUR GOQII BAND"

Complete Your Profile

4:52 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

GENDER

CHOOSE YOUR GENDER

Male icon Female icon

✓

4:52 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

PHOTO

LET'S PUT A FACE TO THE NAME
UPLOAD YOUR PICTURE.

Camera icon

✓

4:54 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

CONTACT

PLEASE PROVIDE YOUR CONTACT DETAILS

PHONE
0000000000 ⓘ

ADDRESS (OPTIONAL)

test

CITY
Mumbai

ZIP CODE (OPTIONAL)
400067

📍 LET US LOCATE YOU

✓

4:53 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

CONTACT

PLEASE PROVIDE YOUR CONTACT DETAILS

PHONE ⓘ

ADDRESS (OPTIONAL)

CITY

ZIP CODE (OPTIONAL)

📍 LET US LOCATE YOU

✓

4:54 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

DOB

WHEN WERE YOU BORN?

15	JUL	1997
16	AUG	1998
17	SEP	1916

✓

4:54 PM

TELL ME ABOUT YOURSELF

Profile icons: Person, Gender, Photo, Contact, Height, Weight, Bio

HEIGHT

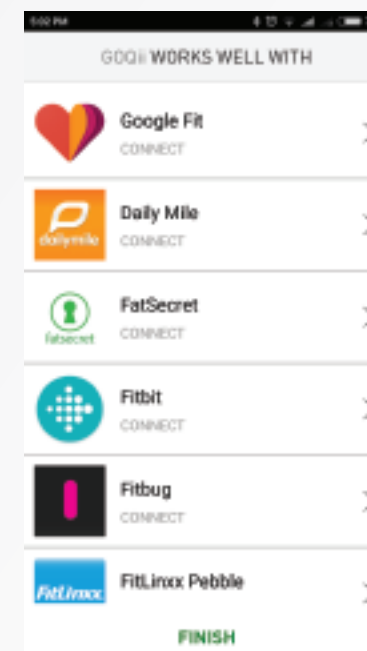
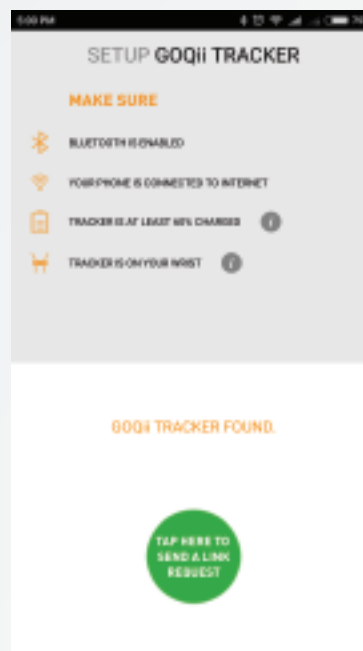
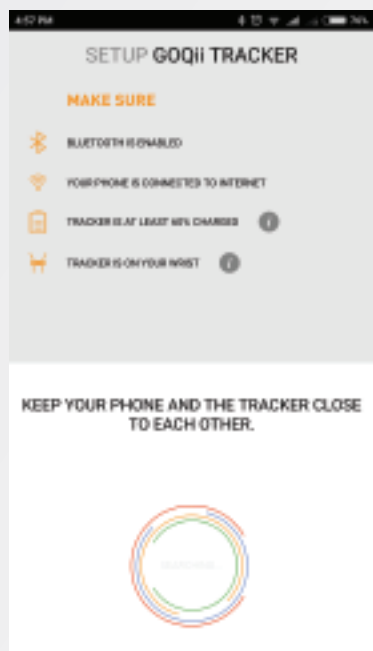
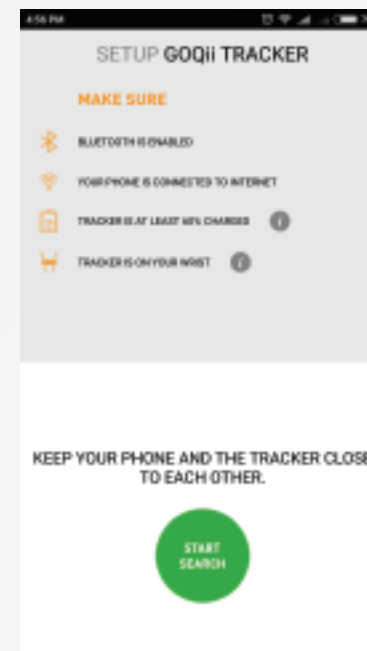
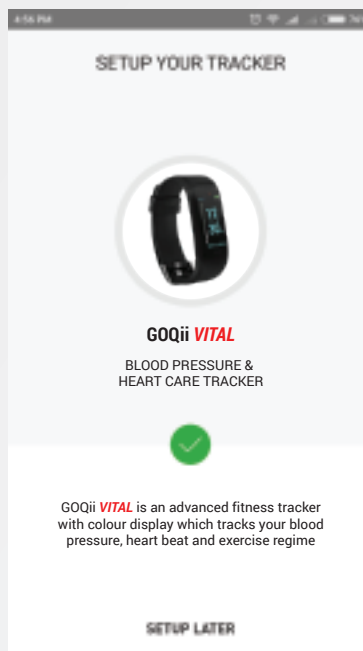
WHAT IS YOUR HEIGHT?

CM

6' FT

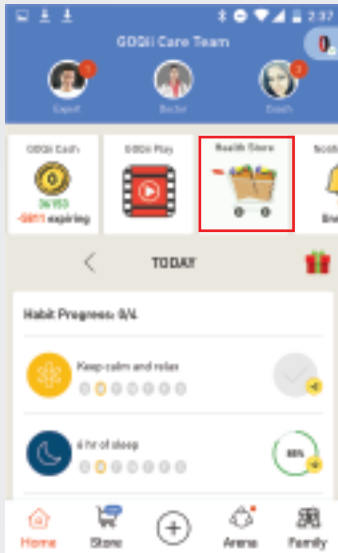
✓

Select your Health Goals and Sync GOQii Tracker

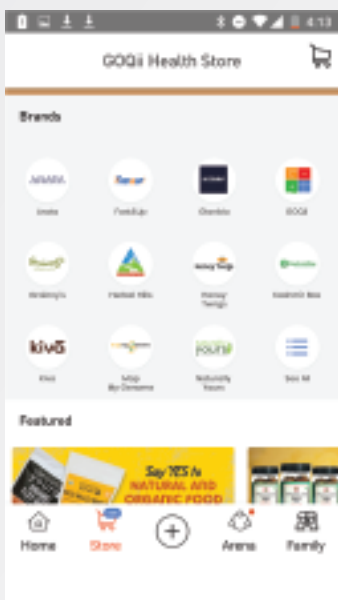
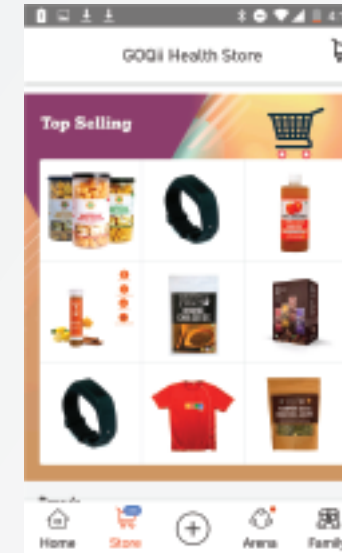


How to purchase from Health Store

Tap on Health Store Icon on the Home Screen

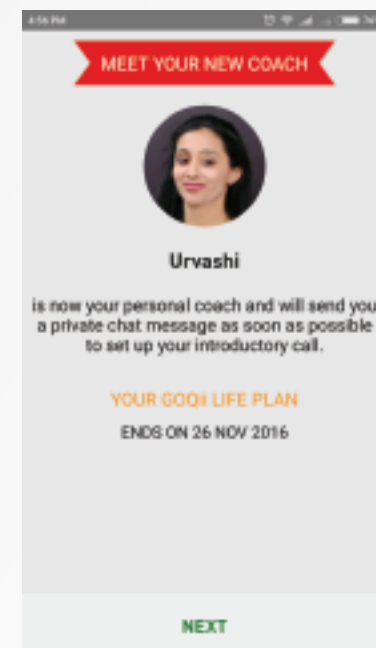
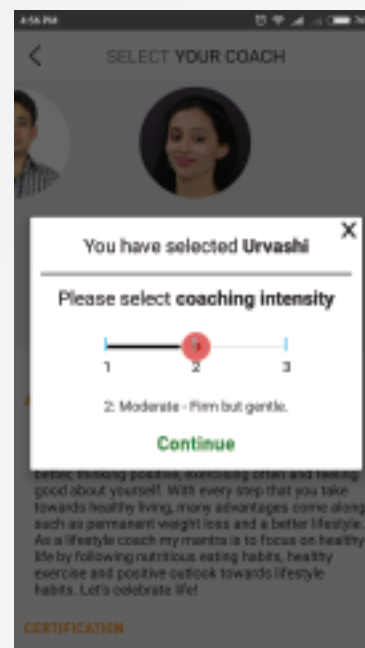
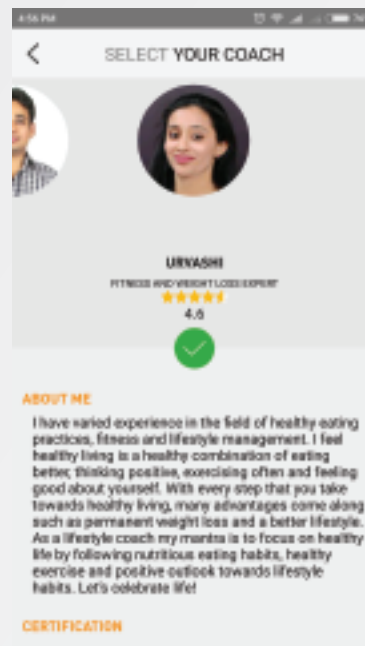
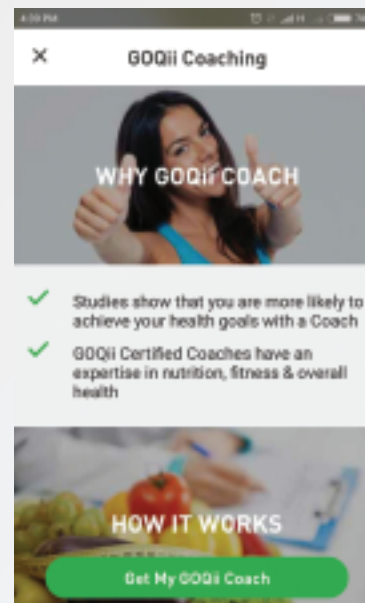
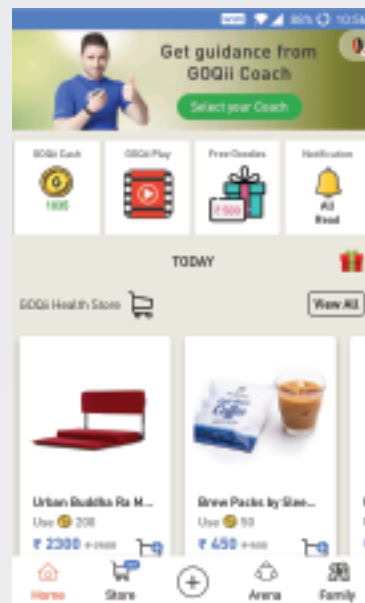


Choose from various Categories

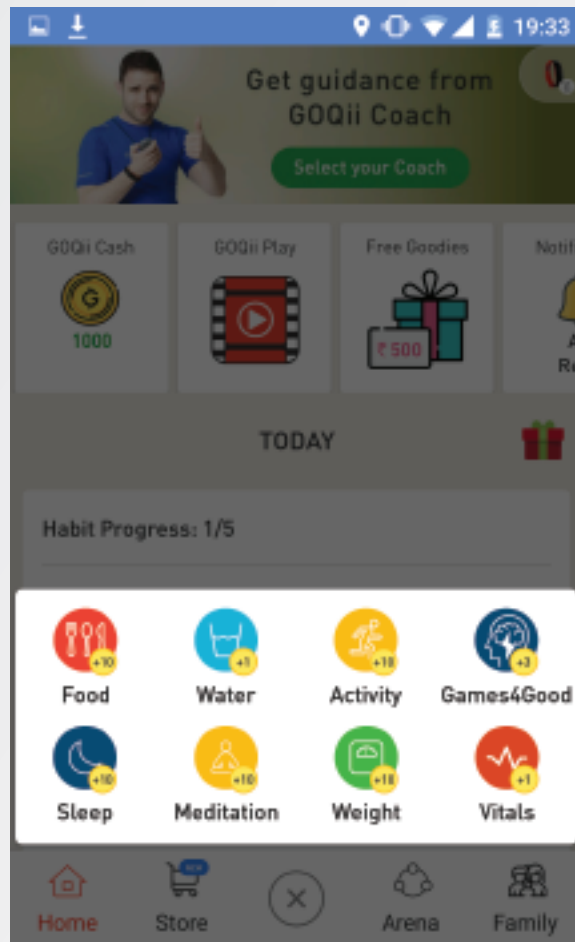


- ▶ The GOQii Health Store is a holistic services marketplace within the GOQii app offering a range of health related products and services, curated by our team of experts.
- ▶ We have partnered with various companies that offer healthy, natural and organic products.
- ▶ Use the GOQii cash earned to avail discounts on the Health Store

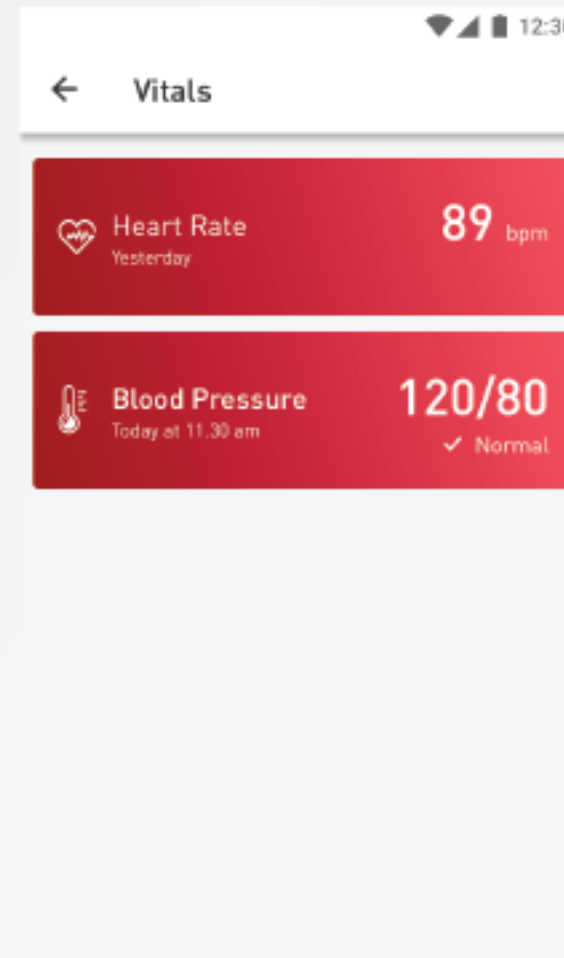
Select your GOQii Coach



Getting Started with GOQii Vital

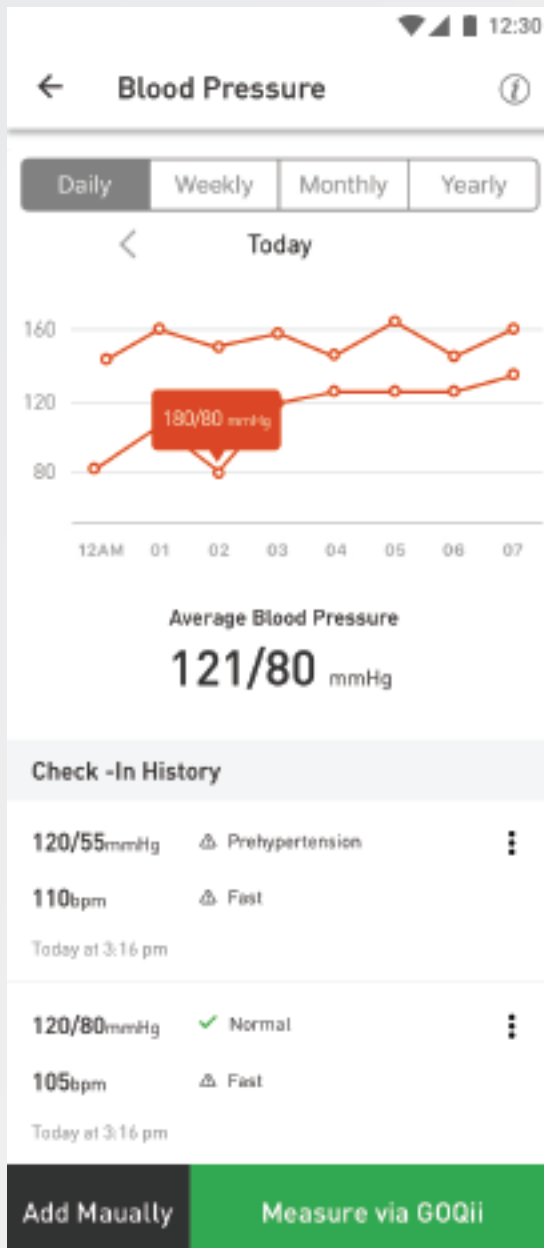


- ▶ Track vitals such as Heart Rate and Blood Pressure



- ▶ Get detailed trends of vitals

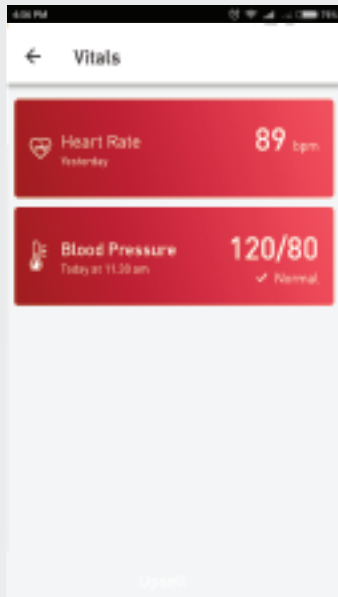
Blood Pressure



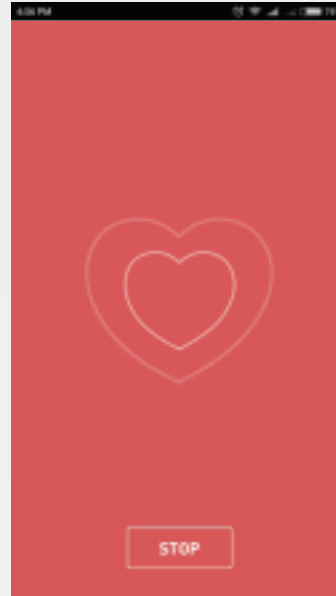
- ▶ Get detailed trends on Blood Pressure
- ▶ Measure BP via GOQii Tracker and get the data on the app
- ▶ Additionally, Add your past blood pressure data manually

How to measure Heart Rate in Sports Mode*

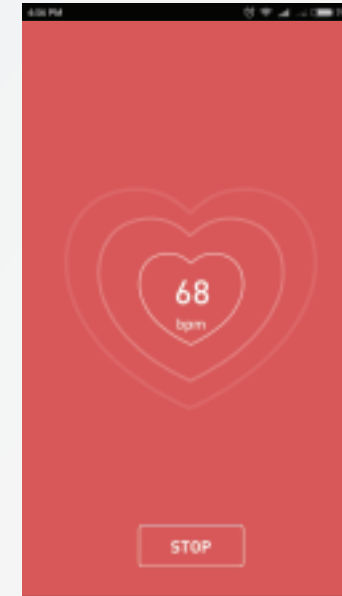
Go to VITAL Screen



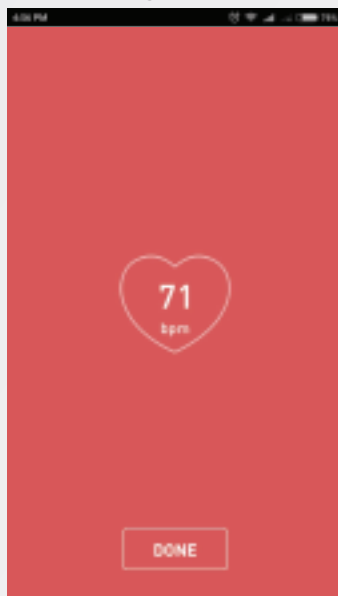
Ensure that your Heart Rate tracker is connected



Your Heart Rate will be recorded for 15 mins

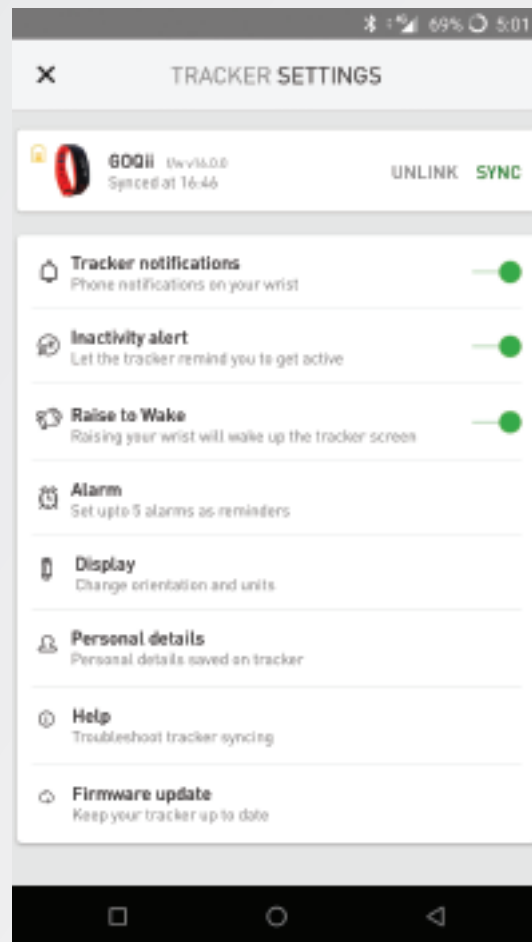


You can end Sports Mode by tapping on STOP



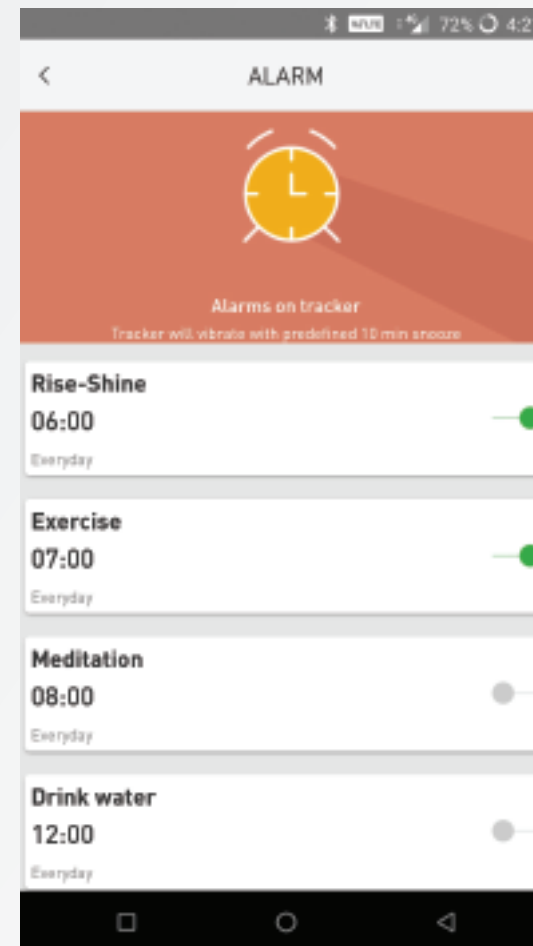
For Heart Rate tracking in Sports Mode your phone needs to be connected to the tracker via Bluetooth continuously.

Tracker Settings



Raise to Wake

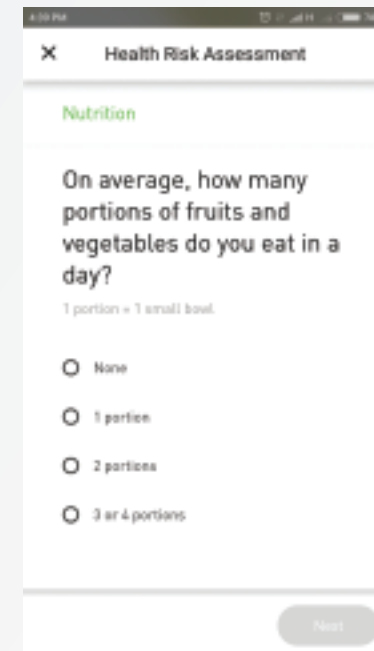
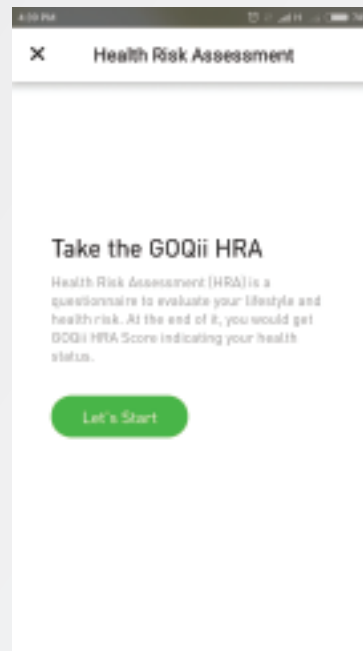
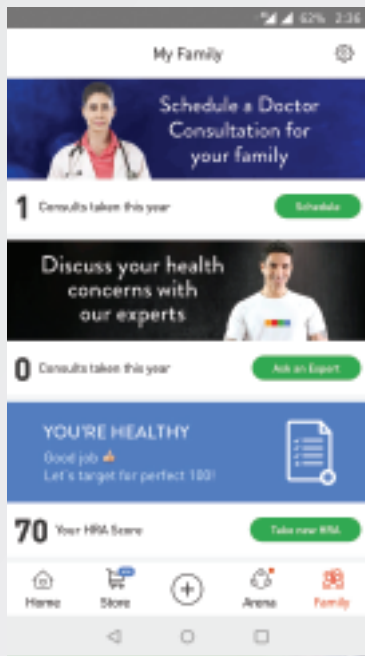
- Raising your wrist will wake up the tracker screen



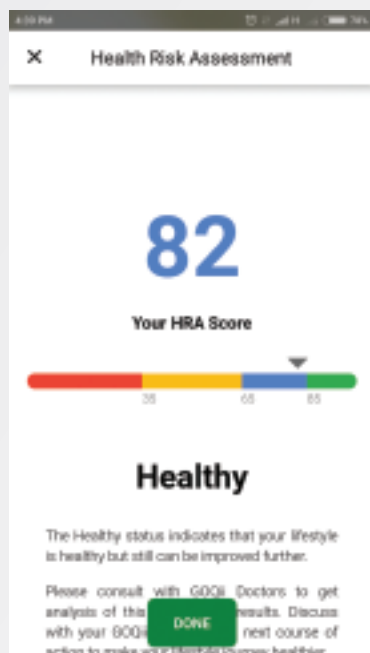
Alarms

- Set upto 5 Alarms
- Customise Alarms with Alarm Names
- Alarm names would be visible on the Tracker screen

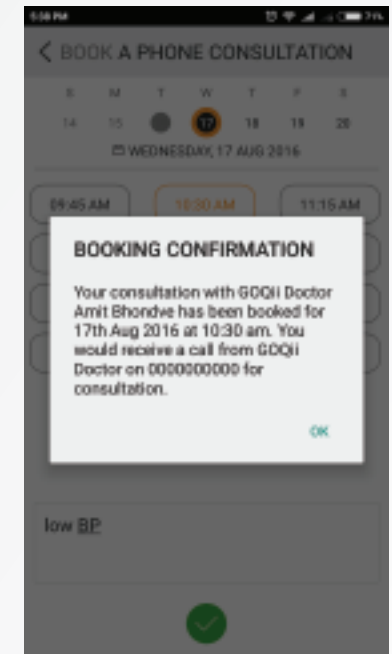
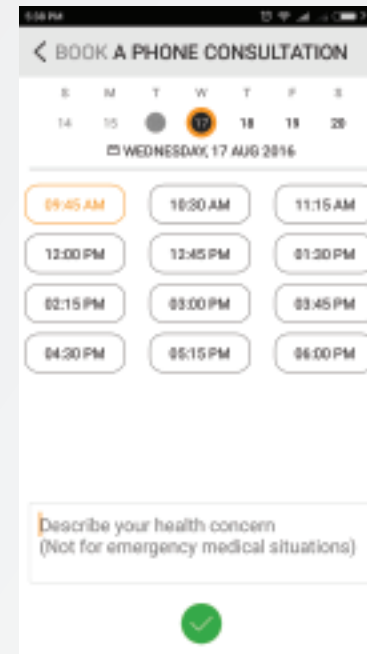
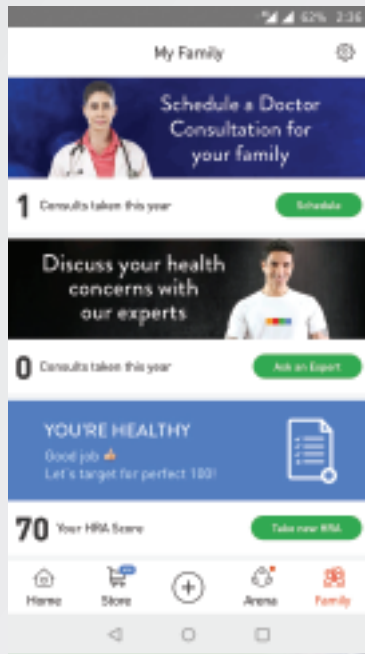
Take Health Risk Assessment



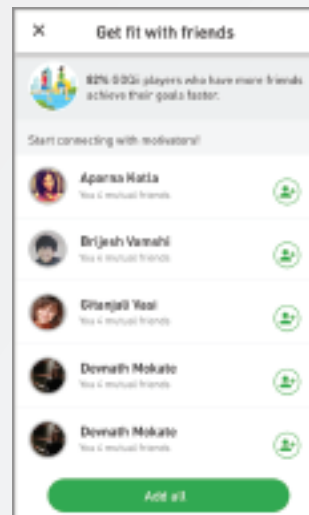
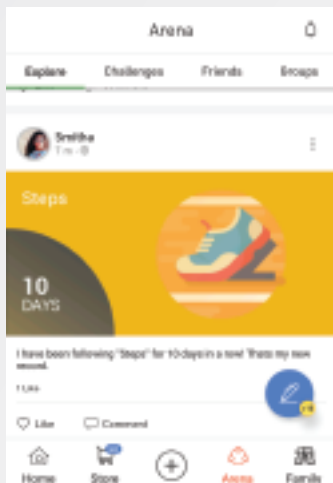
Your HRA (Health Risk Assessment) Report would be added to GOQii Health Locker



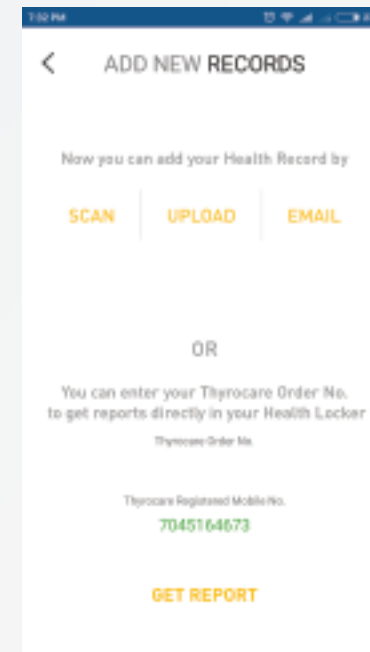
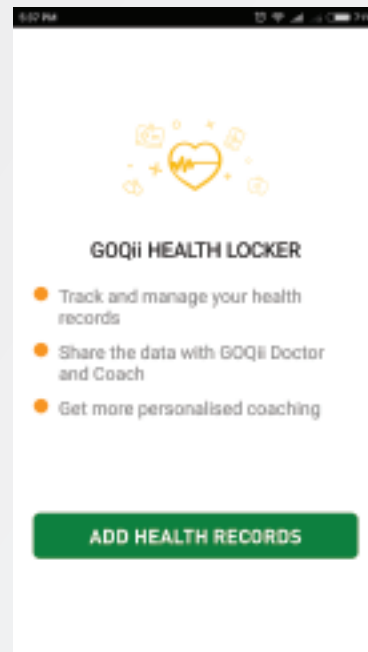
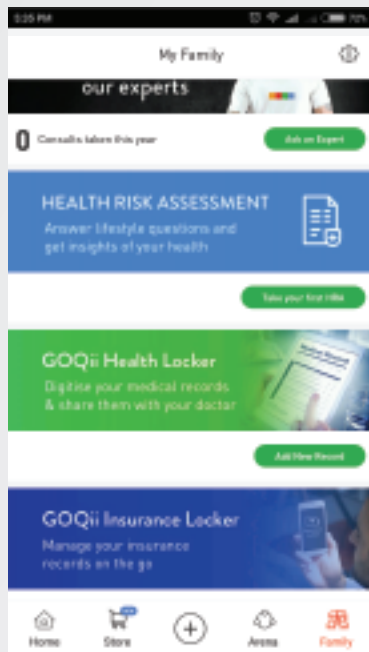
Book a Doctor Consultation (Telephonic)



GOQii Arena



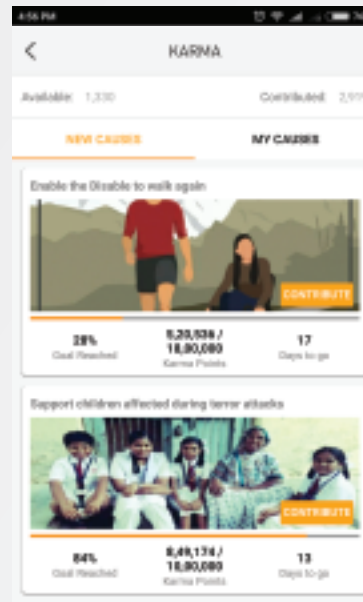
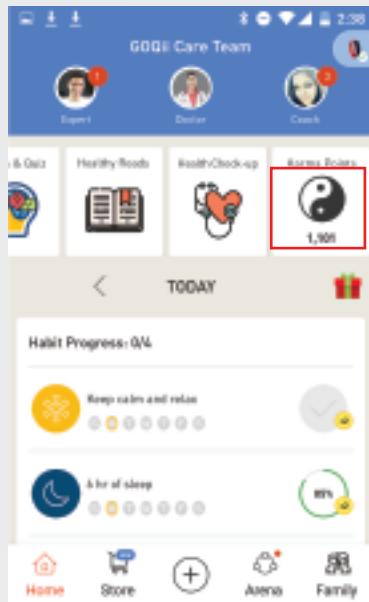
Upload Medical Records into Health Locker



You can safely upload your health records and medical history onto the GOQii Health Locker. Your doctor and coach can access your data with your permission. When you book tests through our partner labs, your medical reports get directly sent to your health locker.

Donate Karma Points

Tap on Karma Icon
on the home screen

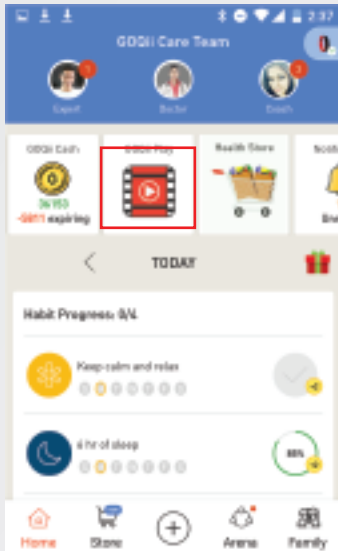


It has been proven scientifically that the act of giving generates personal happiness. At GOQii, our philosophy has been to achieve harmony between mind, body & soul.

Watch Videos from Fitness Experts



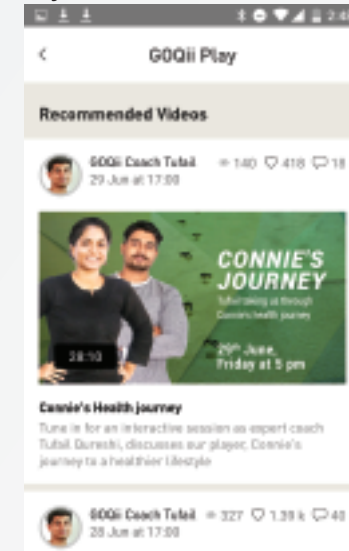
Tap on GOQii Play Icon



Tips from Fitness Experts



Get Inspired from Player's fitness Journey



GOQii Play - Watch live videos on the app, from health related discussions to fitness training and much more.

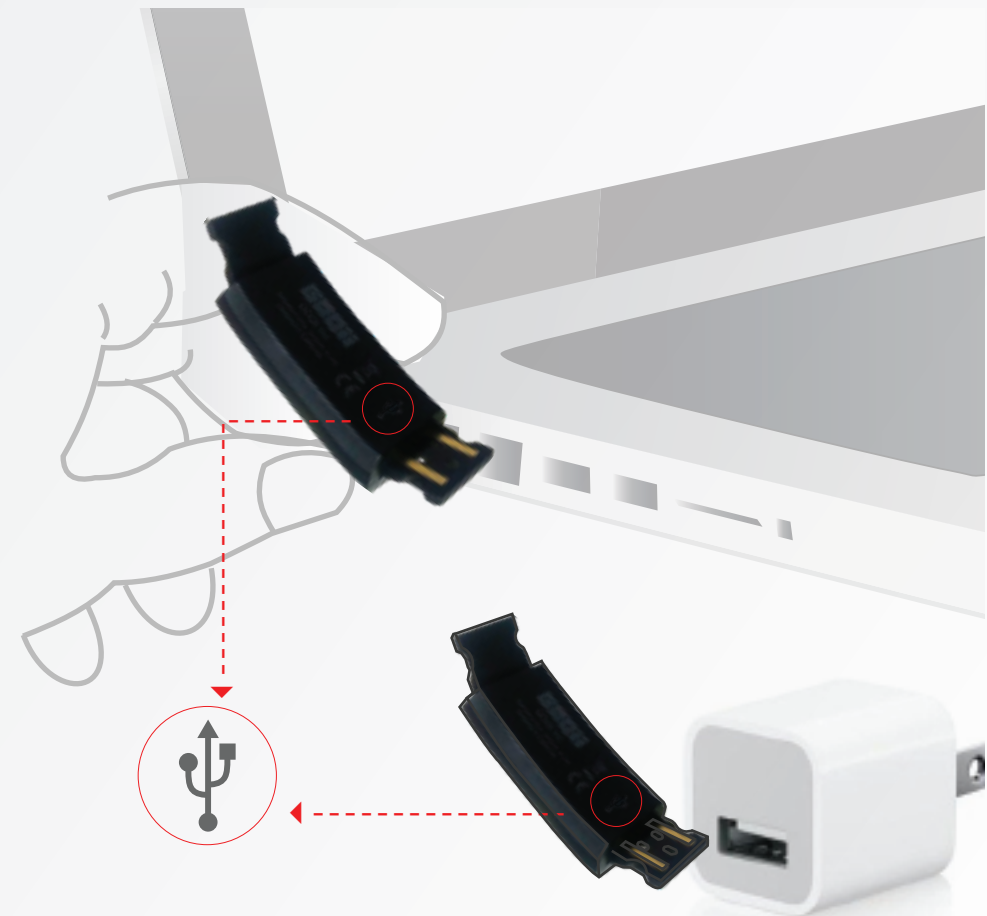
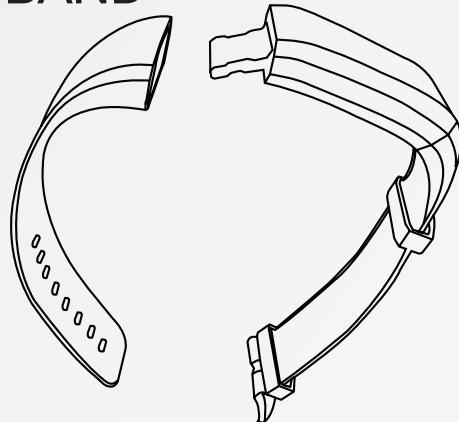
KNOW YOUR
GOQii ***VITAL***

HOW TO CHARGE YOUR GOQii TRACKER

1. Your GOQii Band comes with an integrated (in-built) charger*
2. Plug your GOQii device directly into any USB port, Laptop or an Adaptor
3. Once you plug it in, the GOQii logo appears and then the battery icon
4. Charge until battery icon is completely filled

HOW TO REMOVE GOQii CORE FROM BAND

1. Untie the band from your wrist
2. Pull the core out from the wrist band
3. Insert the corresponding USB port to charge



*Adaptor not part of GOQii Kit

LINK YOUR GOQii TRACKER WITH THE APP



Turn on Bluetooth on your mobile phone and keep your GOQii Tracker and phone close to each other.

The App will search your Tracker.

Tap on the Send Link request on the App. After tapping it will show a code on your app and the tracker.

Tap on the Link button on the tracker once you have matched the code on the app and the tracker.

Voila! Your Tracker is linked now with the App. Now you can sync your tracker readings with the App.

HOW TO ACTIVATE & NAVIGATE ACTIVITY TRACKER



Swipe Up/Down your GOQii Tracker screen to activate it.

NAVIGATION BETWEEN THE SCREENS



Ensure that you have worn the tracker correctly on your wrist

Swipe your GOQii Tracker's screen Up and Down to navigate between screens

HOME BUTTON ON THE TRACKER

To come back from any screen, press the home button on the bottom of the display screen.



STEPS SCREEN: VIEW YOUR STEPS COUNT



Swipe on your tracker screen till you reach Step screen on the display and
Tap on the Step icon to view your active time, distance and calories

HOW TO MEASURE HEART RATE*



Swipe on your Tracker screen till you reach Heart Rate on the display
Tap on the Heart Rate icon to measure and record your heart rate

HOW TO MEASURE BLOOD PRESSURE



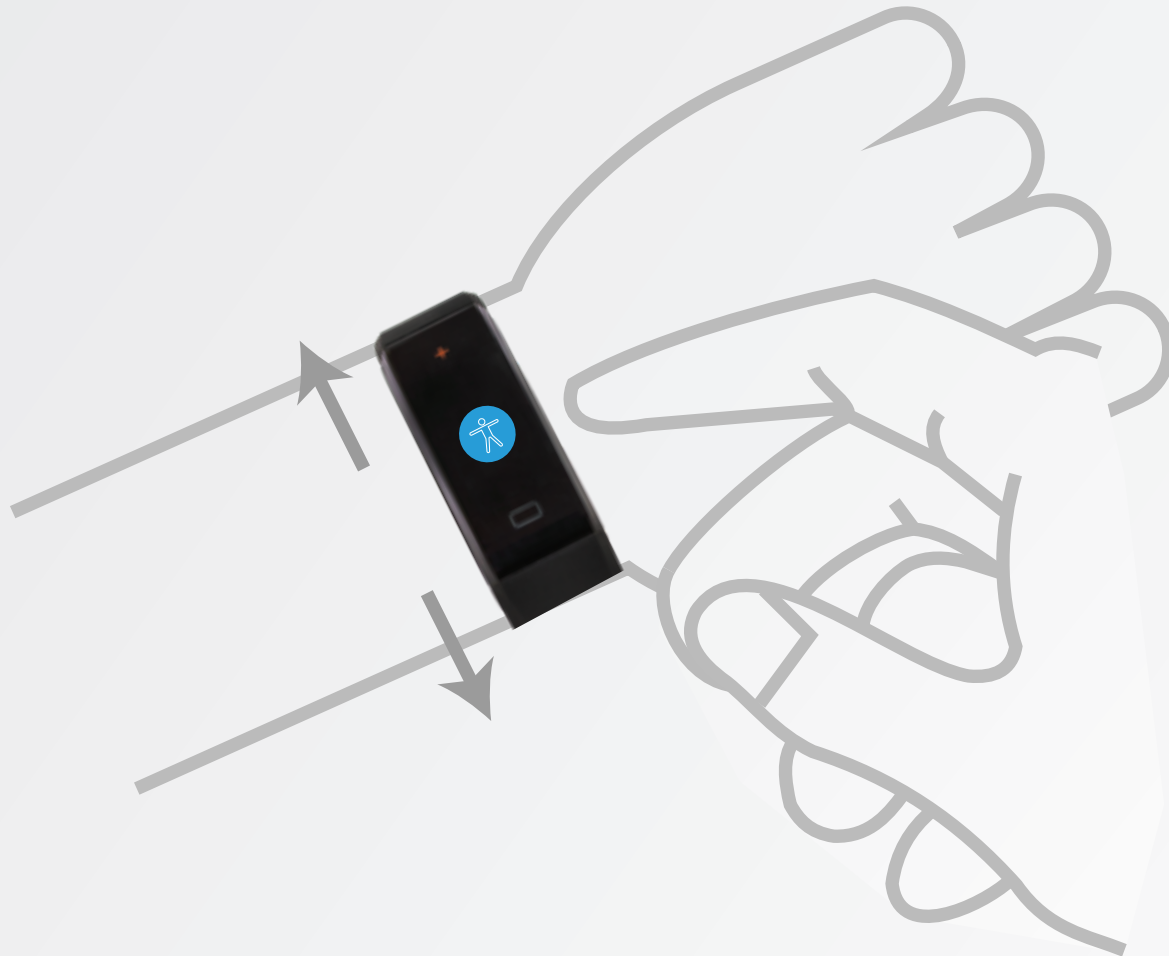
Swipe on your Tracker screen till you reach Blood Pressure on the tracker screen.
Tap on the blood pressure icon to start measurement. Sit comfortably and remain calm while measuring the BP.

Tracker will show you the progress bar and once it has measured, the tracker will vibrate and show you the systolic and diastolic blood pressure and heart rate measured.

Roughly takes a minute for blood pressure readings to register.

Disclaimer: *This is not a medical device and not a replacement to a Sphygmomanometer (an instrument for measuring blood pressure). Patients with hypertension should consult their doctor before use.

HOW TO MEASURE EXERCISE



Swipe on your Tracker screen till you reach Exercise on the tracker screen

Tap on Exercise icon and Choose Exercise options

Once you have tapped on the chosen exercise mode, your exercise tracking will start and you can view the exercise details.
Tap on Finish to end the exercise.

CARE AND WEARING TIPS

- ▶ Clean and dry your GOQii band regularly, especially under the band and device pocket.
- ▶ Wear your GOQii band slightly loose to allow air circulation.
- ▶ Minimize usage of skin products in the area where you wear your GOQii band.
- ▶ If you notice any signs of skin irritation or any other discomfort, please stop using GOQii band and contact us.



TROUBLESHOOTING

If you face connection issues we suggest the following options to help connect your band

- ▶ Charge your band if it has discharged
- ▶ Restart your phone's Bluetooth
- ▶ Keep your tracker near your phone

If you still face issues email us at support@goqii.com



GOQii and any advice given to you by your coach is intended for use only by individual healthy enough to perform exercise. While our coach's recommendations consider several factors specific to each individual, including anthropometric data, fitness goals, and lifestyle factors, we are not a medical organization, and our recommended workout plans, diets, exercise should not be misconstrued as medical advice, prescriptions or diagnoses. Consider the risks involved and consult with your medical professional before engaging in any physical activity. GOQii is not responsible or liable for any injuries or damages you may sustain that result from your use of, or inability to use, the features of GOQii or your coach's advice. You should discontinue exercise in case where it causes pain or severe discomfort, and should consult a medical expert prior to returning to exercise in such cases. If you are greater than 35 years of age, or if you have not been physically active for more than a year, or if you have any medical history that may put you at risk, including, without limitation, one or more the following conditions you are required to seek approval from a qualified health care practitioner prior to using GOQii or acting on your coach's advice: heart disease, high blood pressure, family history of high blood pressure or heart disease, chest pain caused by previous exercise, dizziness or loss of consciousness caused by previous exercise, bone or joint problems, diabetes, high cholesterol, obesity, arthritis. We reserve the right to deny you access to GOQii or your coach for any reason or no reason, including if we determine, in our sole discretion, that you have certain medical conditions.

Please refer to detailed terms and conditions and privacy policy of our website www.GOQii.com