

GETTING STARTED

STEP. 1
Download the GOQii App



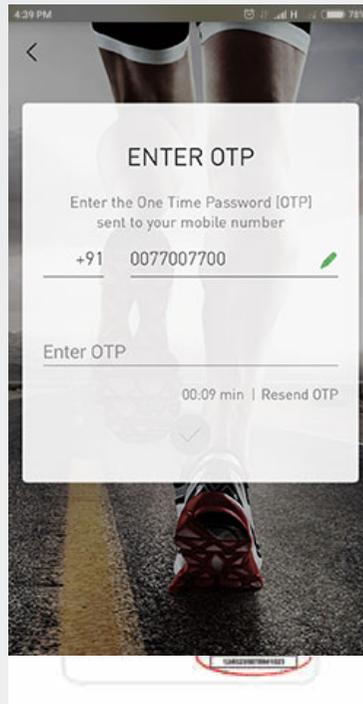
STEP. 2
Join GOQii



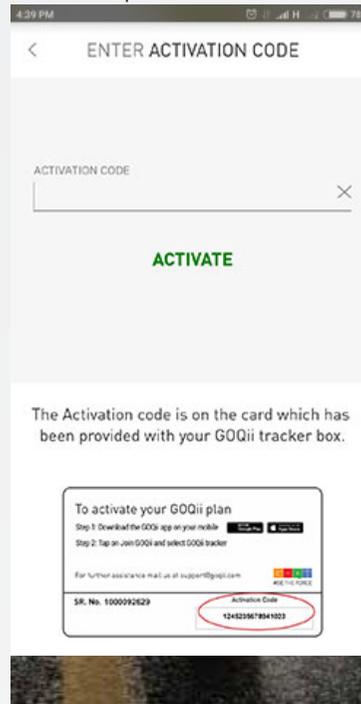
STEP. 3
Enter Mobile Number



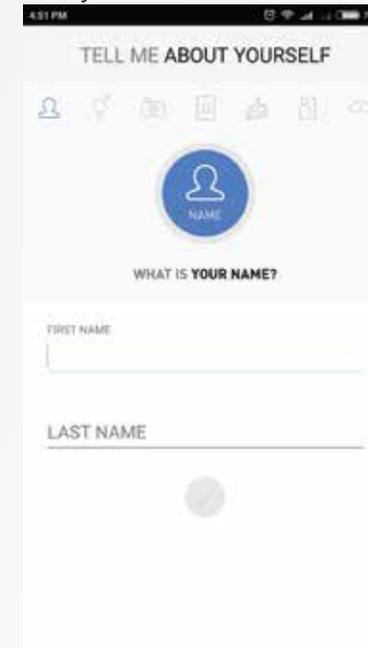
STEP. 4
OTP Verification



STEP. 5
Set up GOQii Tracker

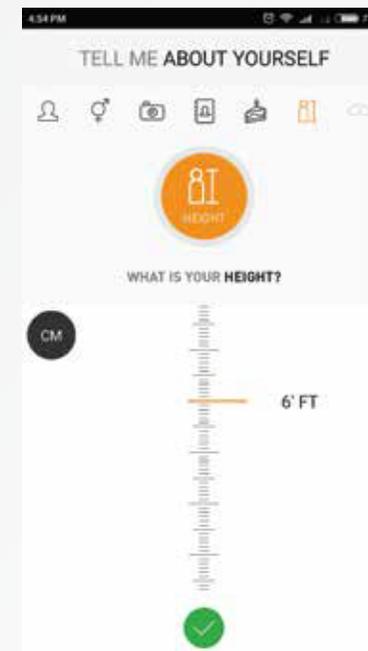
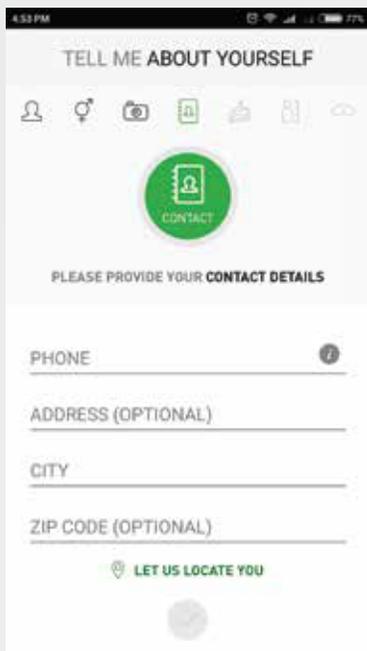
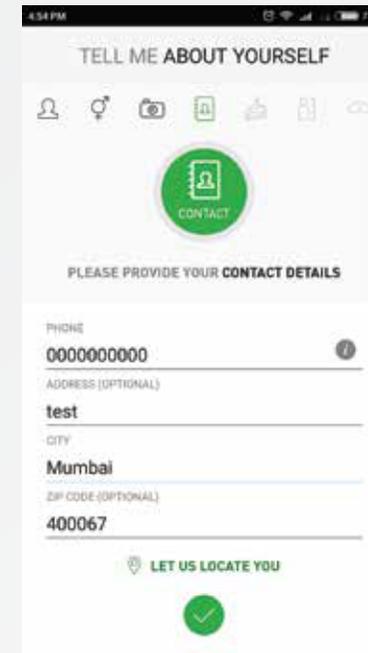
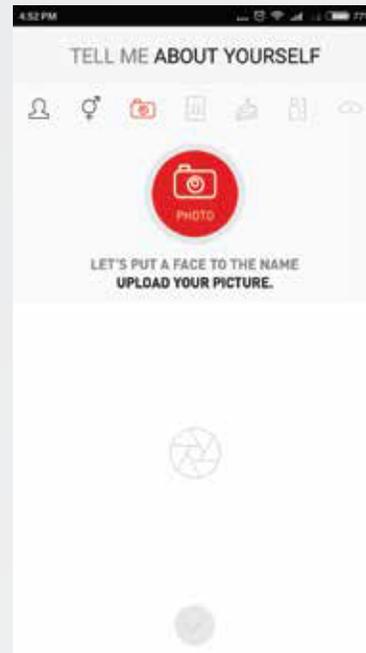
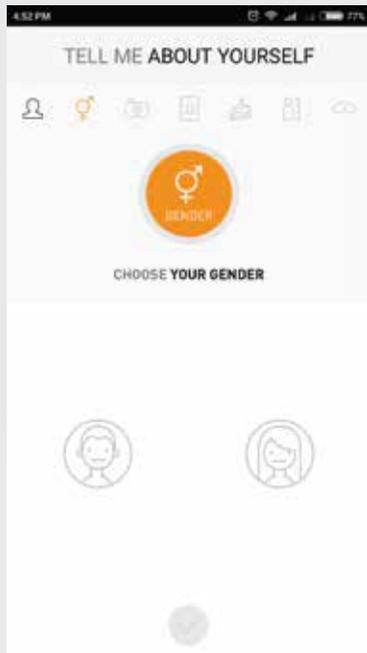


STEP. 6
Enter your Personal details

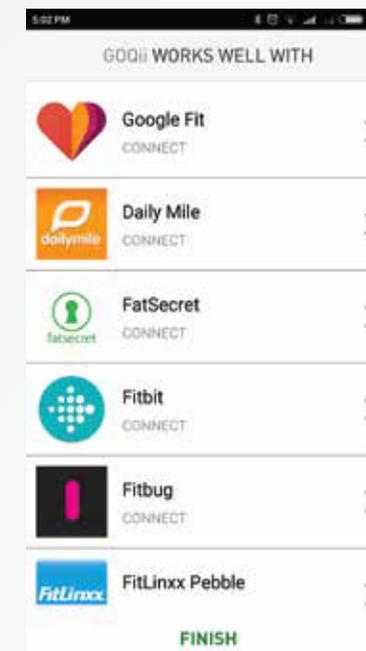
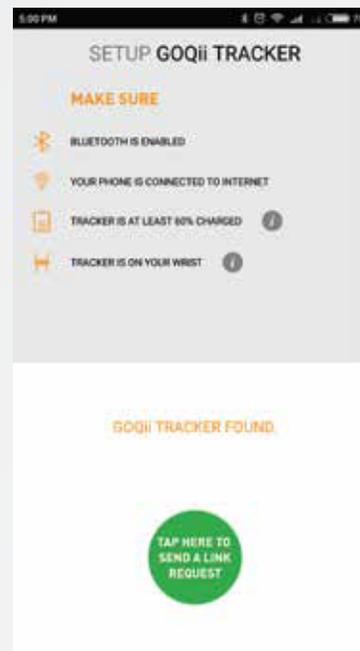
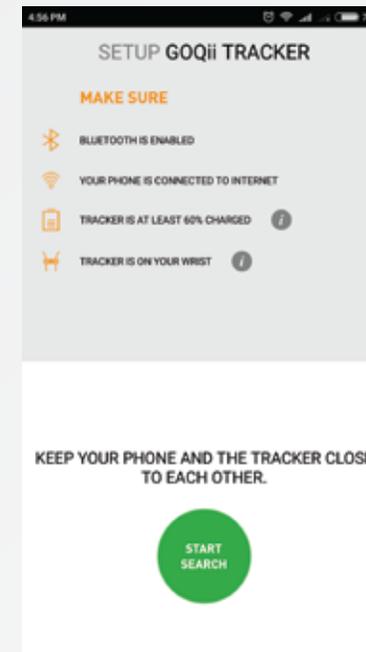
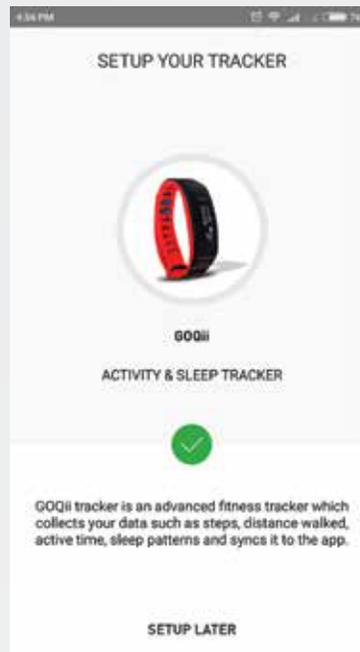


*For detailed instructions refer "KNOW YOUR GOQII BAND"

Complete Your Profile

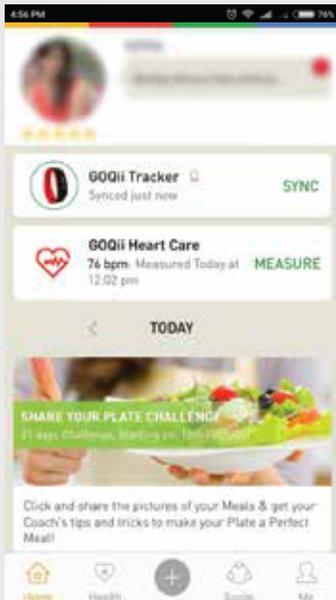


Select your Health Goals and Sync GOQii Tracker

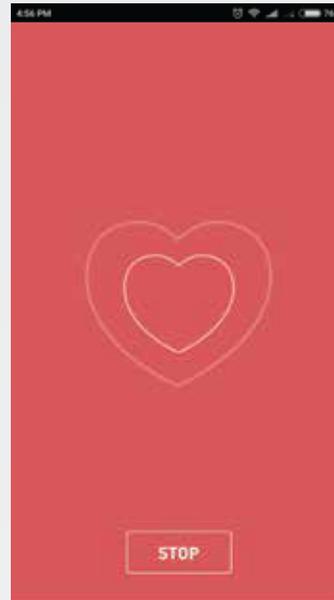


How to measure Heart Rate in Sports Mode*

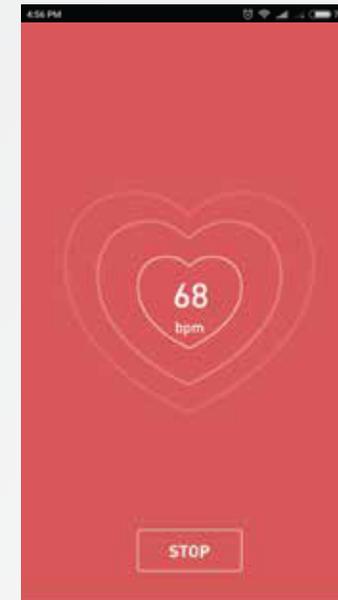
Tap on Measure on the Home Screen



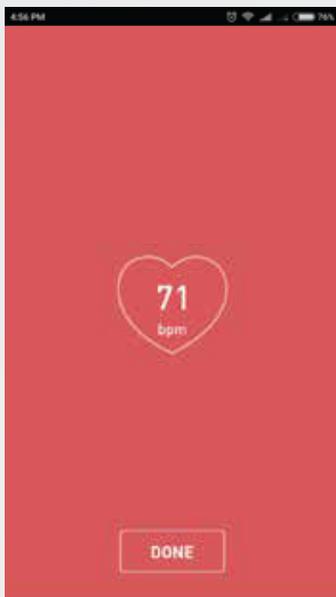
Ensure that your Heart Rate tracker is connected



Your Heart Rate will be recorded for 15 mins

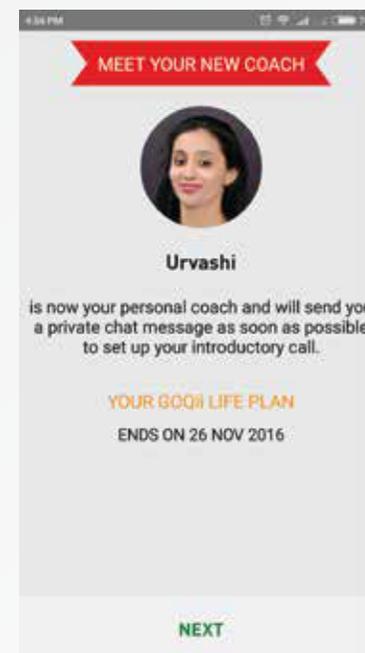
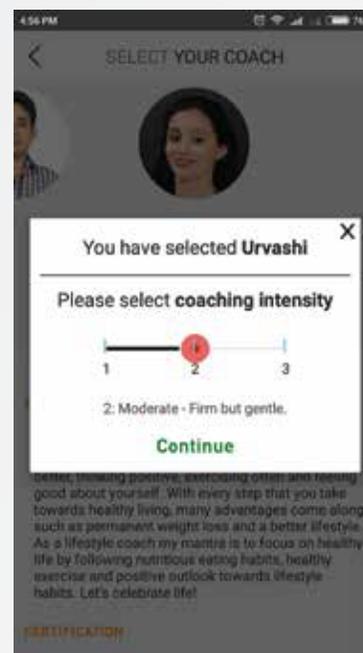
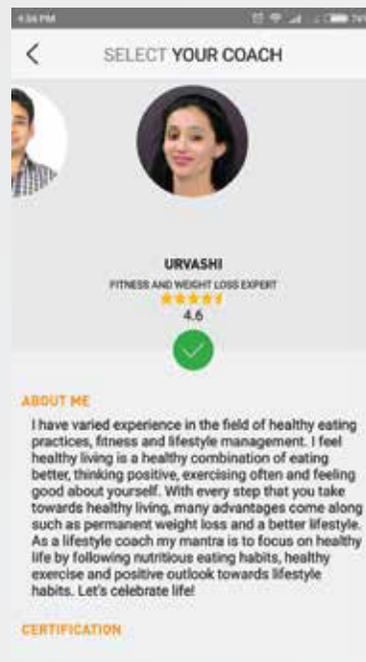
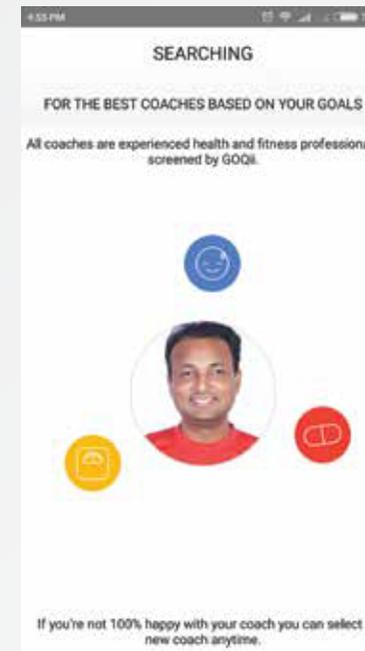
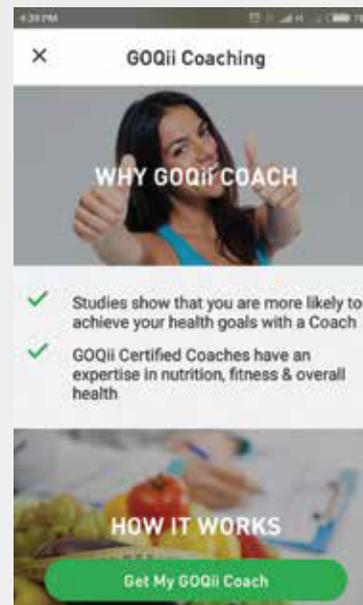
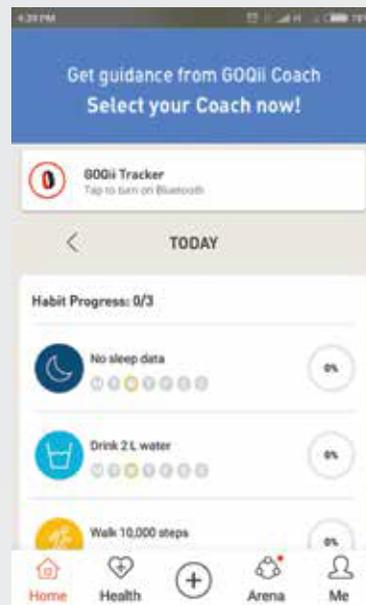


You can end Sports Mode by tapping on STOP

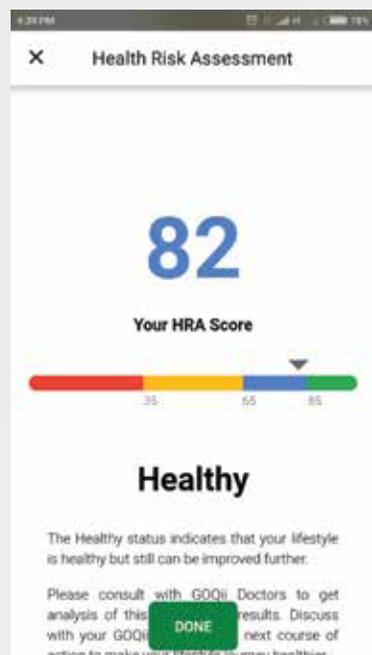
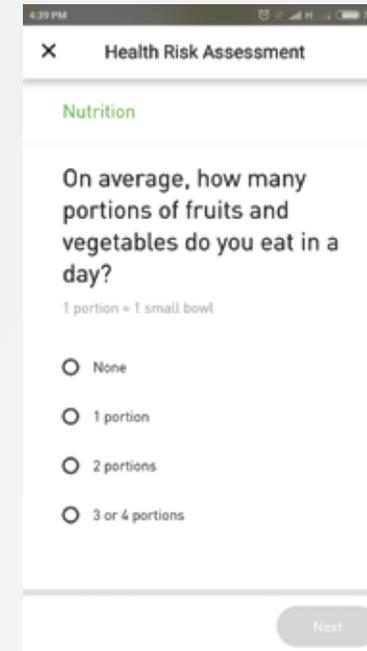
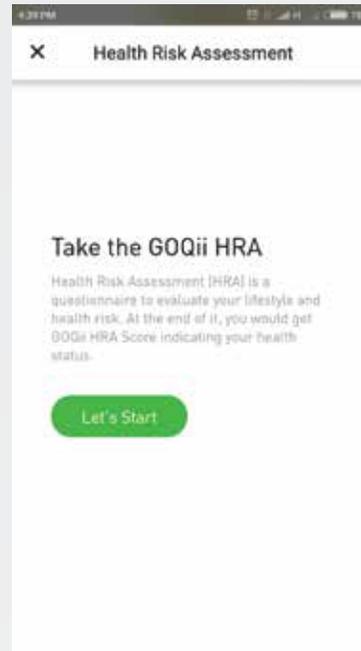
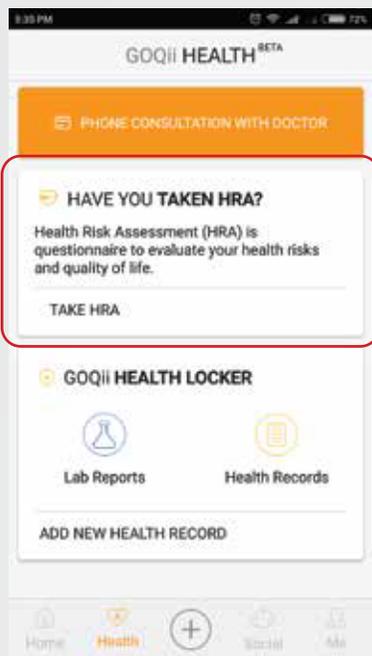


For Heart Rate tracking in Sports Mode your phone needs to be connected to the tracker via Bluetooth continuously.

Select your GOQii Coach

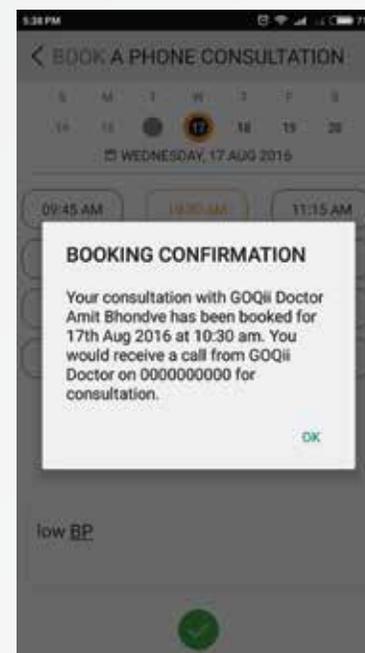
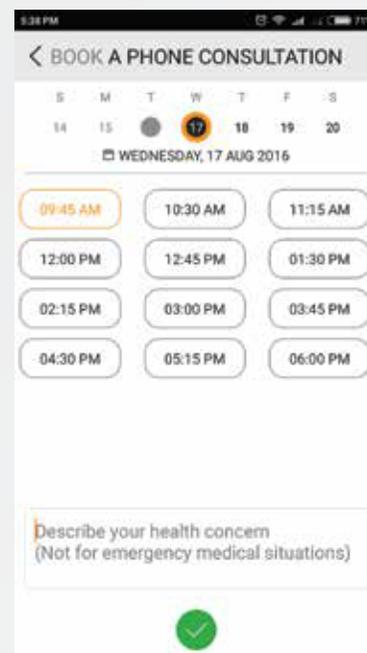
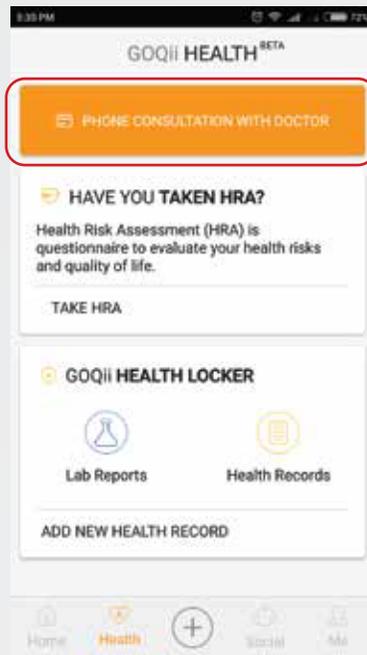


Take Health Risk Assessment

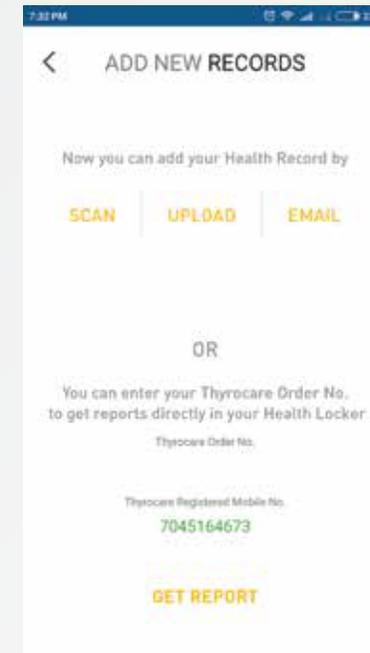
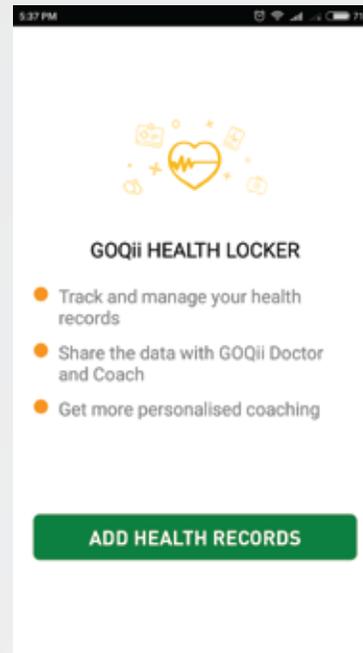
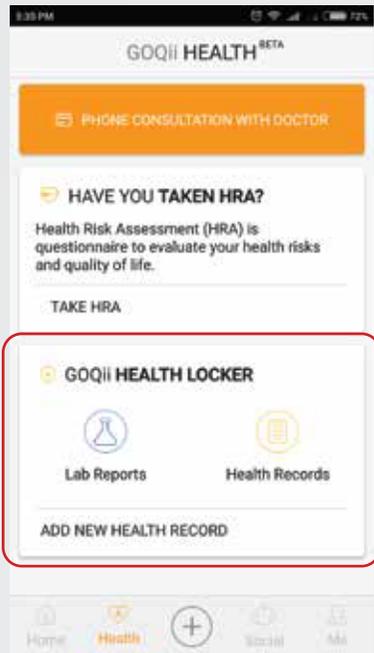


Your HRA (Health Risk Assessment) Report would be added to GOQii Health Locker

Book a Doctor Consultation (Telephonic)

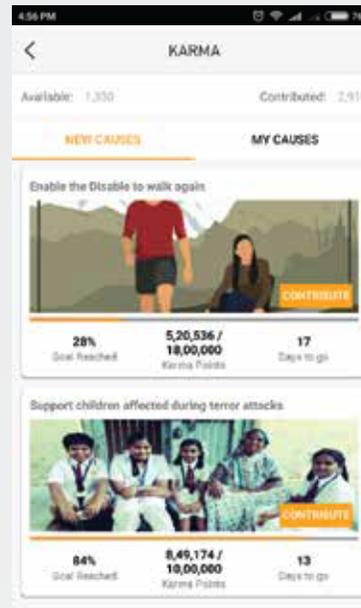
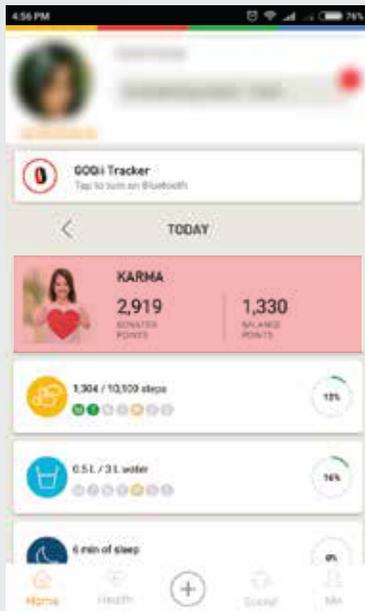


Upload Medical Records into Health Locker



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



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.

KNOW YOUR GOQii BAND

HOW TO ACTIVATE & NAVIGATE ACTIVITY TRACKER



Tap on your GOQii band screen to activate it.

Just Tap or Swipe your GOQii Band's screen to navigate to another screen.

LINK YOUR TRACKER WITH MOBILE APP



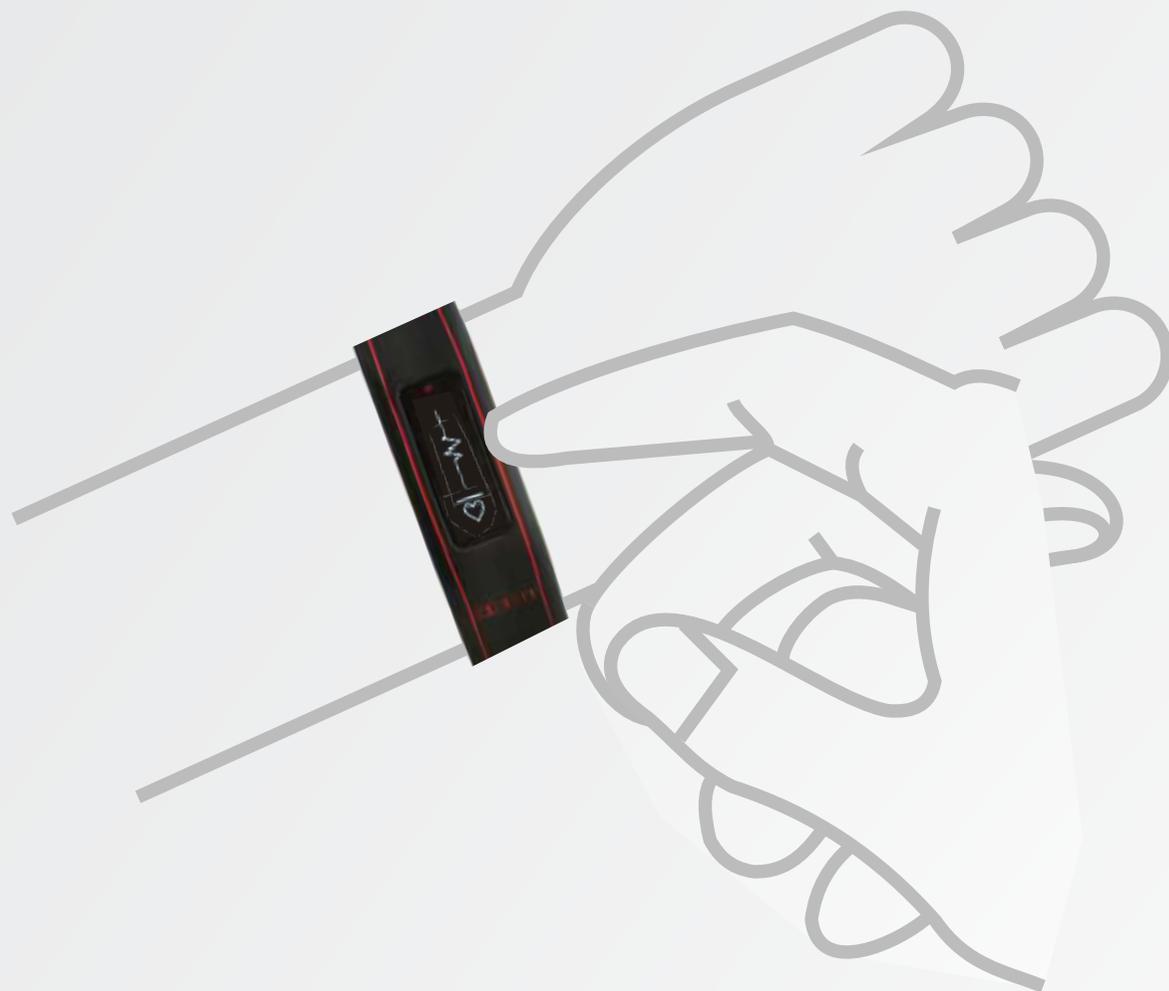
Turn on the bluetooth on your mobile device and keep your GOQii band close to your phone, GOQii app will search and link our GOQii band to your account, tap on the screen of our GOQii band when you see the link icon. Please ensure that the battery is charged atleast 60% before linking.

CHARGE YOUR GOQii BAND



Plug your GOQii device into any USB port, a PC or an Adaptor. Once you plug it, the GOQii logo appears and then the battery icon. Charge until battery icon is completely filled.

HOW TO MEASURE HEART RATE*



Ensure that you have worn the tracker correctly on your wrist

Tap on your Tracker screen till you reach Heart Rate symbol on the display

Your Heart Rate reading will be recorded once you sync the tracker with the GOQii app with time stamp

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.



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