STARTUP
GUIDE
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.
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.
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.
SIGN-UP GUIDE
STEP 1
Download the GOQii App

STEP 2
Join GOQii

STEP 3
Set up 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
Enter all your Personal Details
Select your Coach

SET YOUR TOP 3 GOALS

SEARCHING

FOR THE BEST COACHES BASED ON YOUR GOALS

All coaches are experienced health and fitness professionals screened by GOQii.

If you're not 100% happy with your coach you can select a new coach anytime.

YOU HAVE SELECTED Urvashi

Please select coaching intensity

1: Beginner
2: Moderate - Firm but gentle.
3: Advanced

Continue

Urvashi

is your personal coach and will send you a private chat message as soon as possible to set up your introductory call.

YOUR GOQII LIFE PLAN
ENDS ON 26 NOV 2016

NEXT
Sync with GOQii Tracker or other Apps

GOQii is an advanced fitness tracker which collects your data such as steps, distance walked, active time, sleep patterns and syncs it to the app.

SETUP YOUR TRACKER

MAKE SURE

- Bluetooth is enabled
- Your phone is connected to internet
- Tracker is at least 6% charged
- Tracker is on your wrist

KEEP YOUR PHONE AND THE TRACKER CLOSE TO EACH OTHER

START SEARCH

GOQII TRACKER FOUND.

Tap here to sync a new request

SETUP GOQII TRACKER

MAKE SURE

- Bluetooth is enabled
- Your phone is connected to internet
- Tracker is at least 6% charged
- Tracker is on your wrist

KEEP YOUR PHONE AND THE TRACKER CLOSE TO EACH OTHER

GOQII WORKS WELL WITH

- Google Fit
- Daily Mile
- FatSecret
- Fitbit
- Fitbug
- FitLinxx Pebble

WHAT WE GET
Routine Fitness, Nutrition, Sleep, Work

Fitbit offers wearable devices to help you lead a healthier, more active life.

CONNECT
Take Health Risk Assessment

GOQii HEALTH LOCKER
- Track and manage your health records
- Share the data with GOQii Doctor and Coach
- Get more personalised coaching

GOQii Health Risk Assessment (HRA) Report

Dear Test Test,

Now that you have taken the time to do this assessment, here are your personalised results. The messages below are based on the questions you chose to answer. You may have other risks beyond what is covered in this assessment. Therefore, this assessment should not be considered a definitive assessment of your health. Be sure to see your GOQii Coach and GOQii Doctor for recommendations.

Your HRA Score: 95

Test Test, your Test Test of 95 is 95% in the normal range category.
Book a **Doctor Appointment**

**CONSULT GOQii DOCTOR**
Your Lifestyle Doctor
Qualified Physician
Get advice on all routine medical and lifestyle challenges

**BOOK A PHONE CONSULTATION**
NOT FOR EMERGENCY MEDICAL SITUATIONS

**BOOKING CONFIRMATION**
Your consultation with GOQii Doctor Amit Bhonde has been booked for 17th Aug 2016 at 10:30 am. You would receive a call from GOQii Doctor on 9009000000 for consultation.

**GOQii HEALTH™**

- PHONE CONSULTATION WITH DOCTOR
- HAVE YOU TAKEN HRA?
  - Health Risk Assessment (HRA) is questionnaire to evaluate your health risks and quality of life.
- TAKE HRA
- GOQii HEALTH LOCKER
  - Lab Reports
  - Health Records

ADD NOW.

**TERMS AND CONDITIONS**
GOQii Health Service connects you with GOQii Doctors (General Practitioners) to help and advise you on all routine medical and lifestyle challenges. It is clarified that GOQii Health is not for medical care. On the GOQii Health Service no formal medical diagnosis, treatment, or prescriptions will be provided.

ALL INFORMATION PROVIDED ON GOQII HEALTH SERVICE OR IN CONNECTION WITH ANY COMMUNICATIONS SUPPORTED BY GOQII HEALTH SERVICE, INCLUDING BUT NOT LIMITED TO COMMUNICATIONS WITH GOQII IS INTENDED TO BE FOR GENERAL INFORMATIONAL PURPOSES ONLY, GOQII HEALTH SERVICE IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL DIAGNOSIS OR TREATMENT.

DISCARD
ACCEPT
Upload **Medical Records**

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.
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.
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