

## GETTING STARTED

#### STEP. 1 Download the GOQii App



# STEP. 2 Join GOQii





#### **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**





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#### Select your Health Goals and Sync GOQii Tracker







#### Select your GOQii Coach







#### ABOUT ME

I have varied experience in the field of healthy eating practices, fitness and lifestyle management. I feel healthy living is a healthy combination of eating better, thinking positive, exercising often and feeling good about yourself. With every step that you take towards healthy living, many advantages come along such as permanent weight loss and a better lifestyle. As a lifestyle coach my mantra is to focus on healthy life by following nutritious eating habits, healthy exercise and positive outlook towards lifestyle habits. Let's celebrate life!





CERTIFICATION

#### Take Health Risk Assessment

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DONE

action to make your litestyle sourcey healthier.

next course of

with your GOQii



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

#### Book a Doctor Consultation (Telephonic)



HAVE YOU TAKEN HRA? ealth Risk Assessment (HRA) is uestionnaire to evaluate your health risks ad quality of life. TAKE HRA GOQII HEALTH LOCKER Lab Reports Health Records Lab Reports Health Records NDD NEW HEALTH RECORD
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#### Upload Medical Records into Health Locker





You can safely upload your heath 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

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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.



## 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 excercise. 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, excercise 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 reponsibile or liable for any injuries or damages you many sustain that result from your use of, or inability to use, the features of GOQii or your coach's advice. You should discontinue excercise 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 consiousness 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 certian medical conditions.

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