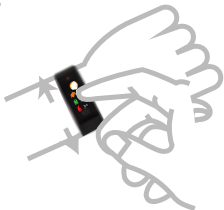# KNOW YOUR GOQii | VITAL 4.0

LINK YOUR GOQii Vital 4.0 WITH THE APP

1. Turn on Bluetooth on your mobile phone and keep your GOQii tracker and phone
2. close to each other.
3. The App will search your tracker.
4. Tap on the Send Link request on the App.
5. After tapping it will show a code on your app and the tracker screen. Eg. 9892
6. Tap on the Link button on the tracker once you have matched the code on the app and the Tracker
7. Voila! Your tracker is linked now with the App. Now you can sync your tracker readings with the App.

HOW TO ACTIVATE & NAVIGATE BETWEEN THE SCREENS

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

Ensure that you have worn the tracker correctly on your wrist. Swipe your GOQii Tracker's screen Up, 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.
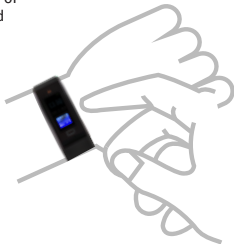
HOW TO VIEW YOUR STEPS, DISTANCE AND CALORIE DETAILS?

To see the details of steps, Distance and Calories done you can swipe from top to bottom, then tap on the Steps screen you will be able to see stats of distance and calories done throughout the day..
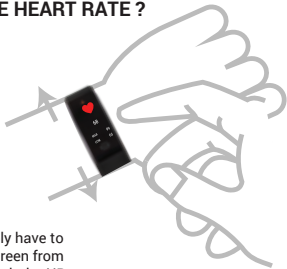
WHERE TO SEE THE STEPS AND TEMPERATURE DATA ON YOUR TRACKER?

You can simply awake the screen of your Tracker and see the step and temperature values will be visible on the Tracker home screen.

HOW TO MEASURE HEART RATE ?

To measure HR you simply have to Swipe on your Tracker screen from top to bottom till you reach the HR Screen on the display, Now tap on the Heart Rate icon to measure and record your heart rate.
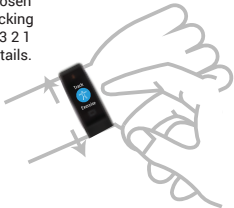
HOW TO MEASURE BLOOD PRESSURE?

1. To measure Blood Pressure, GOQii Vital 4.0 needs to first connect with the app
2. When you tap on the Blood Pressure screen it will show "Please connect to app by default
3. Calibrate your Blood pressure from the app after linking the Tracker with GOQii app. Now you can measure blood pressure readings with the GOQii Vital 4.0
4. To calibrate Blood Pressure again go to Tracker settings >>Blood Pressure >> Tap on Start Calibration Now >> calibrate now >> take Reading and continue with calibration
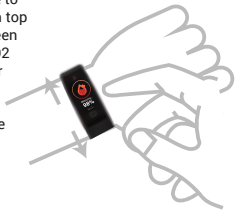
HOW TO TRACK EXERCISE?

1. Swipe on your Tracker screen from top to bottom till you reach the Exercise option, tap on Exercise icon and Choose Exercise you want to perform from the available options.
2. Once you have tapped on the chosen exercise mode, your exercise tracking will start with the countdown of 3 2 1 and you can view the exercise details.

HOW TO MEASURE SPO2?

To measure SPO2 you simply have to Swipe on your Tracker screen from top to bottom till you reach SpO2 screen on the display, now tap on the SPO2 screen to measure and record your SPO2.

Please avoid body movement while measuring SPO2

HOW TO MEASURE SPO2?

Multiple Tracker Faces : Multiple Tracker faces in both analog and Digital, can change as per the occasion .
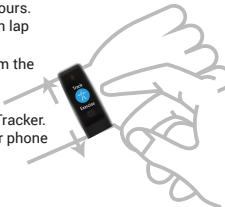
Brightness level : 5 different brightness options can be used as per the light.

Screen Time: Screen timeout options available between 5 Seconds to 6 Hours. StopTracker. Inbuilt stopTracker with lap time recording.

Alarm: Upto 5 alarms can be set from the app.

Music Control: Music can now be controlled directly from your GOQii Tracker.

Phone Finder: Will help you find your phone if misplaced nearby.

TROUBLESHOOTING STEPS

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

Charge your Tracker if it has discharged Restart your phone's Bluetooth Keep your Tracker near your phone

If you still face issues please contact us at: **24x7 Live Chat**. Click on Settings/Support on the APP & choose the Live Chat option. **Toll Free No: 1803130390, Mon to Sat 10:00 AM to 8:00 PM**

CARE AND WEARING TIPS

Clean and dry your GOQii tracker regularly, especially under the Tracker and device pocket.

Wear your GOQii tracker slightly loose to allow air circulation.

Minimize usage of skin products in the area where you wear your GOQii tracker.

If you notice any signs of skin irritation or any other discomfort, please stop using GOQii Tracker and contact us.

GOQii AND ADVICE

GOQii and any advice given to you by your coach is intended for use only by individuals 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 cases 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