HEALBE

HOW DOES GOBE TRACK CALORIES?

GoBe2 tracks your calorie intake automatically, no manual logging is needed. The device does not directly track what you eat, rather it tracks the energy consumed by your body. GoBe 2 uses patented FLOW Technology and an impedance sensor to analyze changes in your body's glucose concentration. As glucose concentrations rise, cells absorb glucose and release water. The impedance sensor sends high and low-frequency signals through your tissue to measure the fluid moving in and out of your cells. FLOW Technology then applies this information to an advanced algorithm to analyze this data and determine your calorie intake. GoBe registers calorie intake at the time when calories are absorbed by the body, at the stage of ingested nutrients reaching the blood.

Different stages of the digestion process occur at different times:
- 1-2 hours - the process of chewing and swallowing
- 3-4 hours - the handling of food by digestive fluids
- 4-8 hours - digestion process
- 5-9 hours, and sometimes more than 24 hours - food is delivered to the suction area and enters the blood.

Some of these processes occur simultaneously, so the first portion of digested food may enter the blood after 15-30 minutes, and the main part of the meal - only after 3-4 hours, while the absorption period can be overlapped with the next meal. Depending on the composition of the meal, 90% of the food can appear in the blood after 1 hour (sweets, sugar) or up to 9-10 hours (complex dishes with meat and garnishes).

CALORIES AT NIGHT

Let me provide some digestion facts to help answer your question. In general, food takes 24 to 72 hours to move through your digestive tract.
The exact time depends on the amount and type of food you've eaten. The rate is also based on factors like your gender, metabolism, and whether you have any digestive issues that could slow down or speed up the process. At first, food travels relatively quickly through your digestive system. Within six to eight hours, the food has moved its way through your stomach, small intestine, and large intestine. Once in your large intestine, the partially digested contents of your meal can sit for more than a day while they're broken down even more. A study found that the average time food spends in the large intestine varies by gender: 33 hours for men and 47 hours for women. Your digestion rate is also based on what you've eaten. Meat and fish can take as long as two days to fully digest. The proteins and fats they contain are complex molecules that take longer for your body to pull apart. By contrast, fruits and vegetables, which are high in fiber, move through your system in less than a day. In fact, these high-fiber foods help your digestive track run more efficiently in general. The quickest foods to digest are processed, sugary junk foods like candy bars. Your body works through them in a matter of hours, quickly leaving you hungry again. You've asked a question about calories intake during sleep time. I hope I helped clarify that, for example, the time you ate your lunch and the time you actually digest it may take up to 72 hours. This process never stops and you may see the results in your graph.
Hope I made it a little bit clear.

DIET

GoBe 2 is designed in compliance with the conditions of a healthy nutritious diet. Fasting or any dietary restrictions (i.e., a ketogenic diet) can affect the accuracy of the device. We are working hard on improving the algorithm to expand the functionality of our product and hope that a diet option will appear soon.

THE NUTRIENT CALCULATION IS WAY OFF

The nutrient calculation is based on the total number of calories absorbed and what this energy level corresponds to in terms of macronutrient amounts.
The nutrients you see in the app may not reflect the nutrient value of a particular meal you might have had, because the device tracks calories received both from food and from your body's internal reserve.
If for example, you did a workout and a lot of energy was released from your internal reserve, the app will reflect this additional carb intake, and the total number of carbs consumed would be higher than you actually consumed from food on that day.

You may also see, for example, that the app shows less protein than you actually consumed. Protein usually takes much more time to be digested and absorbed by your body than other macronutrients. This depends on many factors, such as the amount of protein consumed, what other foods it was consumed with, the speed of your metabolism, your level of physical activity, and your health status etc. For this reason, some parts of your meal may get digested later in the day or even the next day and you will see a reflection of it in the app.

Please note also that GoBe 2 is designed in compliance with the conditions of a healthy nutritious diet. Fasting or severe dietary restrictions (i.e., a ketogenic diet) can affect the accuracy of the device. We plan to add support for diet mode in future GoBe releases.

HOW CAN IT TRACK THE NUMBER OF CALORIES I CONSUME?

FLOW Technology uses readings from an impedance sensor, taken several times per minute, to measure dynamics of liquid in an extracellular liquid which is bound to entering of glucose, throughout the day. GoBe measures these changes by sending high and low-frequency signals through your tissue to determine the fluid volume of your cells. Healbe FLOW Technology uses this information about your cell's changing glucose concentrations to measure calorie intake.

CALORIE TRACKING FEATURE

The GoBe2 does not exactly track what you eat, what it does is following the side effects of energy accumulation and consumption by your body. When your body absorbs the energy either from the food you eat or from internal resources, the glucose concentration rises. The cells release the water to absorb the glucose. The GoBe2 analyze fluid moving in and out of body cells. Then FLOW Technology process this information through an algorithm and calculate calorie intake. You may fast for three days in a row and still, the GoBe2 will show the energy consumption as the device not able to differentiate the source of the energy you consume. The calorie intake feature has proven accuracy above 90% if you have a mixed diet and wearing the device at least 18 hours a day.

WHY DO I SEE CALORIES?

I'm on starvation/ I ate an egg with a glass of water
The GoBe2 does not track what you eat, what it does is tracking the side effects of energy accumulation and consumption by your body.
When your body absorbs the energy either from the food you eat or from internal resources the glucose concentration rises. To absorb glucose the cells need to release the water. The GoBe2 analyze fluid moving in and out of body cells. FLOW Technology then applies this information to an advanced algorithm to analyze this data and calculate calorie intake.
You may be fasting for three days in a row and the GoBe2 still will show the energy consumption. There is no difference for the GoBe2 what is the source of the energy you consume.

THE CALORIES DO NOT COINCIDE WITH REALITY

Let me clarify any misinformation about calorie intake measurements. The Calorie consumed amount is shown after the meal in a period between 10-15 minutes to 5-6 hours. The duration of analysis depends on food composition the method of food preparation, food companies, differences in the digestion system and metabolism of every person, physical activity, previous meals, stress level & sleep quality, current disease and taking medicines. GoBe gives information about the user's body, based on individual characteristics of every person, so, please let the GoBe tune into your body and remember that as long you wear the bracelet, as more accurate it will be its readings.

YESTERDAY I ATE A BIG BAG OF CHIPS AND NO EXERCISE AT THE END OF DAY ENERGY BALANCE SHOWED -425 CALORIES.

The accuracy of the GoBe2 calorie intake measurements improves over time. This feature measures the level of metabolic processes within the user, which varies depending on food consumed, physical activity, stress, sleep and how long the user's stomach is empty. Also, different foods take longer to digest. To get a clear understanding of the calorie intake results we recommend to check yesterday's results next morning.
So please let the device to tune up to your data to get better results.

HOW DOES IT COUNT NUTRIENTS

At the moment GoBe2 has the ability to evaluate not only the total number of calories that come with food but also its nutrients: the number of proteins, fats, and carbs. We are the first among other developers of similar devices, who managed to create the algorithms for nutrients counting. At the moment the nutrients (protein and fat) are very close in their countings (there are some issues in recognition). But our team is actively working towards increasing the reliability of the nutrient countings.

All these nutrients and their role in our body energy supply are well studied. For example, carbs are a source of energy for our brain, nervous system and muscles. Fats contain an even greater supply of energy than carbohydrates and also serve to support the work of our muscles. Proteins in addition to the energy component, serve as a starting material for our cellular construction. Knowing the number of nutrients consumed allows you to adjust the diet in order to ensure the normal functioning of your body's systems.

HOW IT MEASURES CALORIE BURNED?

GoBe uses an accelerometer to measure activity and body movement (jogging, swimming, cycling, weight training, and more). This sensor counts your steps, as well as the distance you travel. It also uses a pulse wave sensor to measure your blood flow and heart rate, so it can tell when you're active and when you're not. Healbe FLOW™ Technology enables to combine the data from the body manager's accelerometer and heart rate sensors with an advanced algorithm to measure calories burned.

WILL IT WORK IF I CYCLE, DO YOGA, OR OTHER NON-STEP-BASED WORKOUTS

GoBe uses an accelerometer to measure activity and body movement (jogging, swimming, cycling, weight training, and more). GoBe2 is most accurate at recognizes walking/ jogging/ running. The accuracy can slightly decrease if the user is engaging in activities that do not involve accelerometer – e.g weightlifting, treadmilling, cycling (any type of physical activity that demands to have hands in a stable position).

The stride length is determined automatically based on the user's height and activity.
We recommend measuring your own stride length and adding it in the app to decrease the inaccuracy of the readings.

To measure your walking stride length:
- Go to a track or someplace where you're sure of the distance.
- Count your steps as you walk across that distance, making sure you travel at least 20 steps.
- Divide the total distance (in feet) taken by the number of steps to get your stride length.
- Please note that people tend to make shorter steps while running.

DOES GOBE CORRECTLY CALCULATE CALORIES BURNED DURING ANOXIC EXERCISE? WHAT SENSORS ARE USED TO CALCULATE CALORIES BURNED?

We measure anoxic exercises using data from the main sensor, accelerometer, and a second sensor - a piezo sensor which is responsible for measuring the pulse.

Any exercise you do naturally increases your pulse. Only a very well trained person can maintain a stable heart rate during a workout. We calculate the calories burned by analyzing the data obtained from the accelerometer and piezo sensor.

WILL IT AUTOMATICALLY TRACK MY EXERCISE?

We don't support sports mode at the moment. GoBe will only track your steps and total distance traveled.
The steps and distance are measured by accelerometer and based on arm movement. GoBe2 is most accurate at recognizing walking/ jogging/running.
If your hands are not active while you walk or exercise, the distance accuracy may decrease.
This is true when you are shopping with a cart, for example, or when your hands are in your pockets, you are carrying a bag, doing a treadmill, cycle, ellipsoid, or some weight training workouts.
The step counter is the most accurate when you are taking long walks for at least 10 minutes duration with your hands moving freely.
Our team is working on improving the algorithm to improve accuracy during different types of movements. We plan to add support for different sports modes in one of the future GoBe releases. Stay tuned to our social media pages for updates!

WHAT IS BASAL METABOLIC RATE?

Basal metabolic rate is the amount of energy that a person needs to keep the body functioning at rest. Some of those processes are breathing, blood circulation, controlling body temperature, cell growth, brain and nerve function, and contraction of muscles. Basal metabolic rate accounts for about 70% of the daily calorie expenditure by individuals. It is influenced by several factors, such as gender, age, genetics, thyroid function level.

MY FITBIT\MIBAND\APPLE WATCH SHOWS A DIFFERENT STEP COUNT!

The difference in steps and distance detected may be caused by different movements of the right and left arms. Try wearing both wearables on the same hand. This should even out the results and make steps count much closer. Please note that people tend to move their dominant hand more while walking.

MY PHONE SHOWS 800 STEPS WHILE GOBE ONLY 200, WHAT IS WRONG?

Hello,

The Gobe accelerometer counts any physical activity you make, but the step counter is most accurate when you have long walked at least 10 minutes with your hands move freely. Besides the actual counting goes from the waves of your hands, so if you don't use your hands while you walking (like shopping with trolley) then the accuracy decreases.

TYPES OF ACTIVITIES

1. Table work" occupies the major part of our day. In this case, you lose energy just a little bit compare to sleeping. So promotes table work zone promotes the fat gain. Typical patterns are: working on the computer, watching TV, etc. Please, try to move more and minimize the time of this danger zone.
2. „Daily routine": All our activity correlated with short walking or active seating activity are classified as a daily routine. Short movements much better than nothing. A great duration of „daily routine" supports significant daily expenditure.
3. „Walking": Walking is the most important part of daily activity. However, not all promenading have the same effect on your health. Only brisk walking with 5-7 km per h (3-4 mph) speed improves your aerobic capacity, strengths your vascular system and has a maximum effect for the fat loss. The recipe is quite simple. Even if you don't have time for a long outdoor walk, you have an option. Make a non-stop brisk walking for 5-7 minutes from time to time during the day every day, observe the enhancing of walking GoBe pattern and lose your weight.
4. „Running": If you are ready to change your life and get a better shape. The health benefits of running include weight loss, a youthful appearance, prevention of muscle and bone loss, growth hormone enhancement, the prevention of stroke, diabetes, and hypertension. Healbe accurately tracks your running duration.