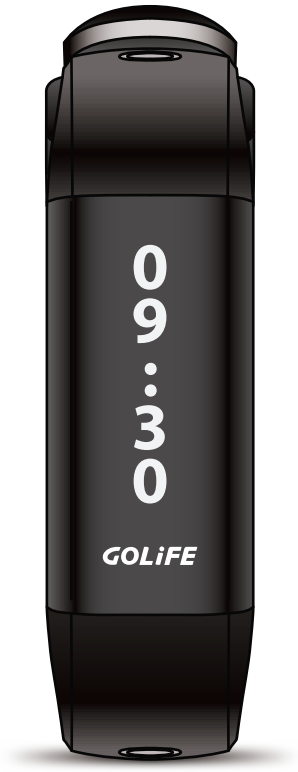
GOLiFE™

Care-Xe

Smart band(HR) ／ 智慧悠遊觸控心率手環



GOLiFE Care-Xe smart band

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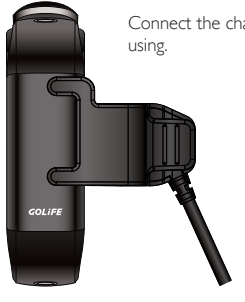
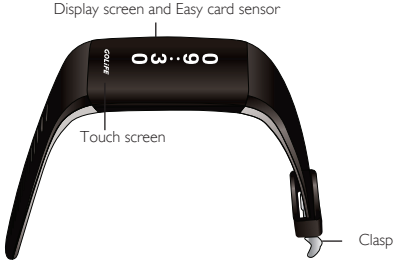
GOLiFE Care-Xe



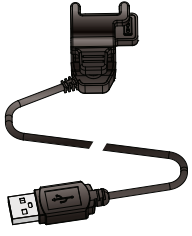
Connect the charger to charge and start using.

Attention when first time use

Please connect the charger to charge, and start using.

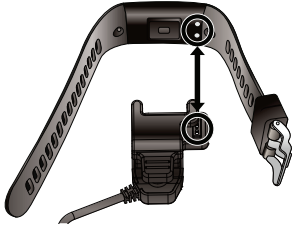


GOLiFE Care-Xe
Heart Rate Smart Band



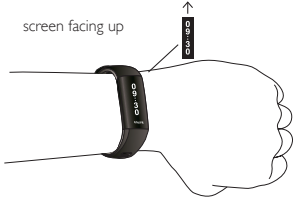
cable charger

Charging Method



Correctly line up the band with the charger contact, and begin charging.

How to Wear



Check the direction of the screen displayed on the band when wearing.

GOLiFE Care-Xe smart band

Downloading and installing GoFIT App：

Download and install the App using the two methods below

Scan the QR code or search for GOLiFE Fit (iOS) / GoFIT (Android) in App Store or Google play

Setting up GOLiFE Care-Xe smart band

- Launch the App and register a GOLiFE account **(account users can log in directly)**.
  After registering an account, go to your mail box and receive a GOLiFE verification email. You can log in your GOLiFE account after confirm the email.
- Launch the App and select " Device ". Follow the steps as instructed to connect with GOLiFE Care-Xe .
- Before pairing via Bluetooth, make sure Bluetooth connection on the Smart phone is turned on.
  (Go to "Settings" → "Bluetooth" → "Open" on the Smart phone.)

Connect to GOLiFE Care-Xe

1

Open GoFIT App and press "Device" > "+" and "ADD DEVICE" > "Smart Band" > "GOLiFE Care-Xe" > Yes

2

Please put the smart band near your Smart phone, and follow the steps to pair with GOLiFE Care-Xe

3

Wait for a pairing code to be generated.

4

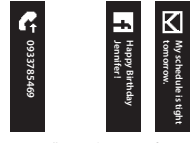
Enter the pairing code to the App to complete the pairing.

Do Not Disturb / Activity Mode

Do Not Disturb | Date/ Time | Number of steps | Distance | Calories | Idle Alert | Electricity & Connect status | Heart Rate Monitoring | Remote Camera Control | Find My phone

- Short press to switch to a different data display.
- Long press to switch to the **"Do Not Disturb/Activity"** mode.
- With Do Not Disturb, the band shows up calls and notifications without vibration.
- You can set a schedule from App or long press your band screen to switch to Do Not Disturb mode.

Daily Life

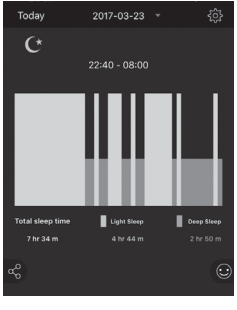


Incoming call | Smart notification

- Set up notifications and incoming call through the App.
- **Launch the App regularly to sync data to the smart phone.**

Automatic Sleep Detection

- With the Automatic Sleep Detection feature, it eliminates the need to press your band screen to enter sleep mode.
- Your sleep data syncs with App, providing you a detailed view of your sleep duration and the amount of time spent in various sleep states (Light and Deep Sleep).
- Please noticed that your band will automatically determine the sleep states and record sleep quality data after sleeping more than one hour. (Less than one hour will not have the sleep data.)



Heart Rate Monitoring

above your wrist bone 1 ~ 2cm.

1. Wear Care-Xe snugly above your wrist bone 1 ~ 2cm.

2. Press to switch it to the heart rate monitoring screen, Care-Xe starts detecting your heart rate automatically.

3. The heart rate data displays on the screen.

Note: Care-Xe is not designed for any medical purpose. All data is for reference only.

Alarm setting :

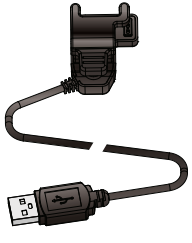
Please go to GoFIT App > Device > GOLiFE Care-Xe > Alarm

充電啟動手環

第一次使用注意

請接上充電線充電啟動手環

GOLiFE Care-Xe
智慧心率手環



專用充電線

充電方式

請確實對準手環與充電線的感應處
夾穩後開始充電

穿戴方式

螢幕顯示朝上

穿戴時請確認手環螢幕顯示方向

GOLiFE Care-Xe smart band

下載安裝 GoFIT App：請使用下列兩種方式下載並安裝 App

掃描 QR Code 或至 Available on the App Store（App Store）GET IT ON Google play（Google play）搜尋 GOLiFE（GOLiFE Fit (iOS) / GOLiFE GoFIT (Android)）

設定 GOLiFE Care-Xe 智慧手環

- 打開 App，註冊 GOLiFE 帳號(有帳號者可直接登入)。註冊完畢後，請到您註冊的信箱收取 GOLiFE 認證信，點選認證按鈕後即可登入 GOLiFE 帳號。
- 打開 App 選取裝置按照步驟指示連接 GOLiFE Care-Xe。
- 進行藍牙配對前請確認已開啟手機的藍牙連線功能。
  （請至手機中的設定 → 藍牙 → 開啟）

連接 GOLiFE Care-Xe

1

請點選 "裝置" > "+" 或 "新增裝置" > "智慧手環" > "**GOLiFE Care-Xe**" > 確定

❷

請將手環靠近手機並選擇連接 **GOLiFE Care-Xe**

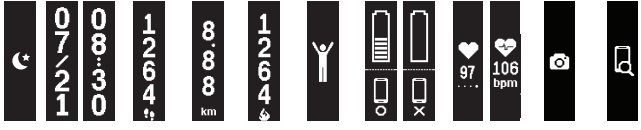
❸

等待回應配對碼

❹

輸入配對碼至 App
即配對完成

勿擾模式/活動模式



勿擾模式 | **日期 / 時間** | **步 數** | **距 離** | **熱 量** | **久坐提醒** | **電量與連接狀態** | **心率偵測** | **遙控拍照** | **尋找手機**

- 短按切換不同數據顯示。
- 長按螢幕切換 活動 / 勿擾模式。
- 勿擾模式開啟後，來電與訊息將不再震動告知，改以點亮螢幕的方式顯示通知。
- 可自行至 App 設置勿擾模式區間或手動長按手環螢幕切換勿擾模式。

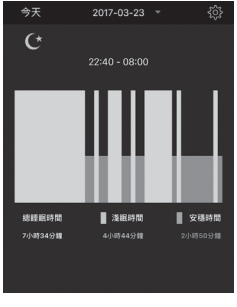
日常生活

來 電 | **智慧提示**

- 透過 App 設定訊息及來電通知。
- **請定期開啟 App 同步數據至手機。**

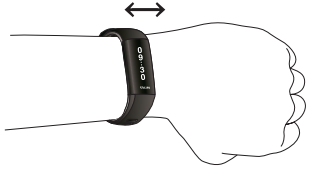
自動睡眠偵測功能

- 自動偵測睡眠，不需手動切換睡眠模式。
- 結束睡眠狀態後，請將資料上傳至App，系統將會判斷睡眠區間，分析睡眠的品質，呈現深層睡眠、淺層睡眠等等的資訊。
- 請注意睡眠超過1小時後，系統才會自動判斷此為睡眠狀態並記錄睡眠品質。



心率偵測

佩戴於手腕骨頭上方1~2厘米處



1. 將手環佩戴於手腕骨頭上方1~2厘米處，並將錶帶緊扣，確保手環緊貼手臂

2. 點螢幕將功能切換到心率監測頁面，手環自動開始量測。

3. 心率測量成功。

注意：本智慧手環所提供之心率資料主要用於日常生活參考，並不適合作為任何醫療用途。

鬧鐘設定 ： 設定鬧鐘類型請至 GoFIT App > 裝置 > GOLiFE Care-Xe > 鬧鐘

起床

睡覺

會議

訓練

約會

派對

其他

警語

經型式認證合格之低功率射頻電機，非經許可公司商號或使用者均不得擅自變更頻率，加大功率或變更原設計之特性及功能。

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

警语

经型式认证合格之低功率射频电机，非经许可公司商号或使用者均不得擅自变更频率，加大功率或变更原设计之特性及功能。

低功率射频电机之使用不得影响飞航安全及干扰合法通信；经发现有干扰现象时，应立即停用，并改善至无干扰时方得继续使用。

前项合法通信，指依电信法规定作业之无线电通信。

低功率射频电机须忍受合法通信或工业、科学及医疗用电波辐射性电机设备之干扰。

Warning

This device complies with article 14 of the NCC Rules, and shall not violate regulations in the Criteria for Flight Safety or the prohibitive or restricted regulations to constructions of buildings surrounding airports, air fields, or aviation aids.

This device generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions.

This product does not contain any user-service-able parts. Repairs should only be made by an authorized GOLiFE service center.

Unauthorized repairs or modifications could result in permanent damage to the device, and void your warranty and your authority to operate this device under NCC regulations.

GOLiFE

GOLiFE Care-Xe smart band

CAREXE180522MA

www.goyourlife.com