

# NEO Health GO - manual

You can now start to use the NEO Health GO! In this manual we will explain how to use it. If you have any further questions after reading this manual, please contact [support@virtuagym.com](mailto:support@virtuagym.com)

## 1. Connect the GO to your phone

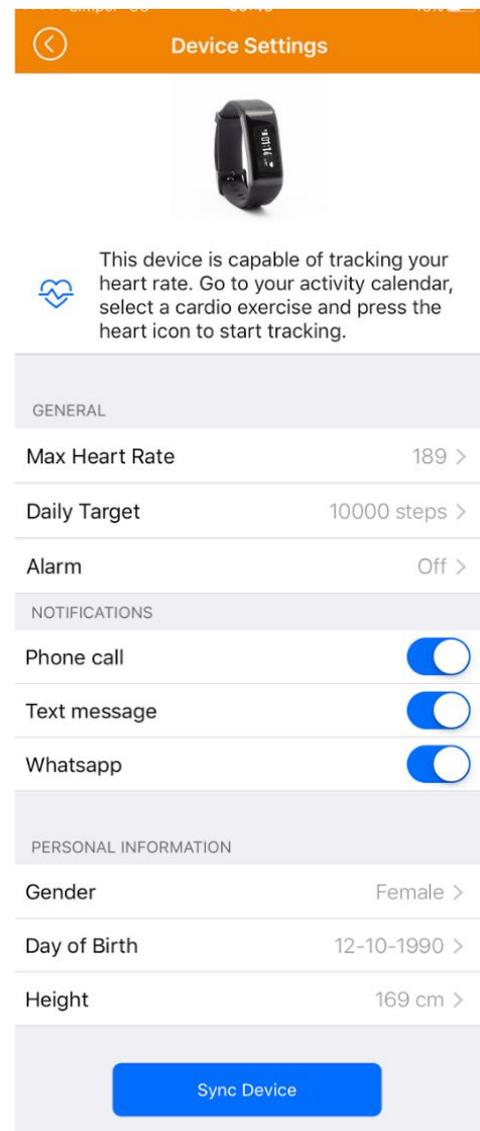
Download the Virtuagym fitness app. In the menu of the app, you will find the tab “devices & connections”. When you open this module, activate your NEO Health device by using the slide button. You will get a notification that the app is looking for devices.

**Warning:** To perform this action you will need to turn on your Bluetooth.

### Under devices and connections you can:

- Set your maximum heart rate
- Set your daily target
- Set an alarm
- Choose if you want to receive notifications for calls, messages and whatsapp
- Change your personal information
- Sync the devices (to import steps etc.)

**Set an alarm:** In order to let you wake up by the tracker, your phone and tracker need to be connected.



## 2. Track your heart rate

To track your heart rate, click on the screen of the tracker until you see the heart symbol. Now press for 3 seconds until the heart is loading. After a few seconds, the tracker will show your heart rate.

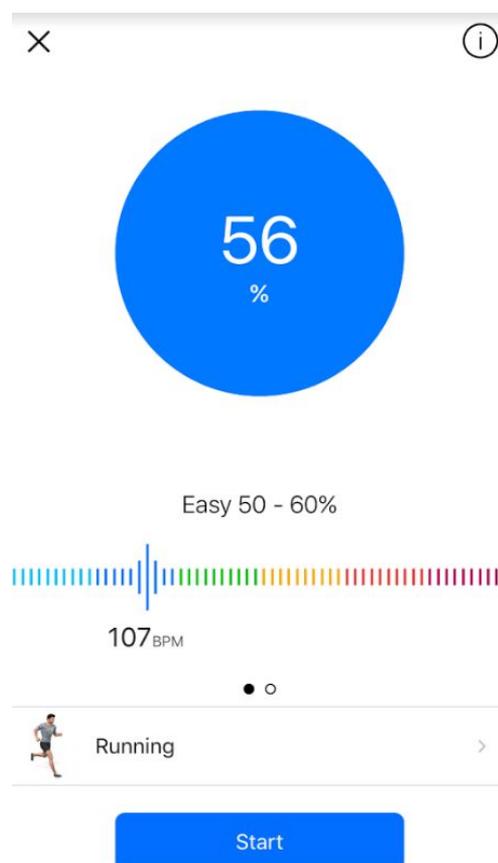
### 2.1 Track heart rate in the app

Now you're ready to track your heart rate in the app. When tracker and phone are connected, there are different ways how to start the tracking:

- Go to your calendar, add a cardio activity and click on the heart symbol
- In devices & connections click "track heart rate" and a default exercise will be chosen
- On the Home screen, click on the plus - exercise - heart rate

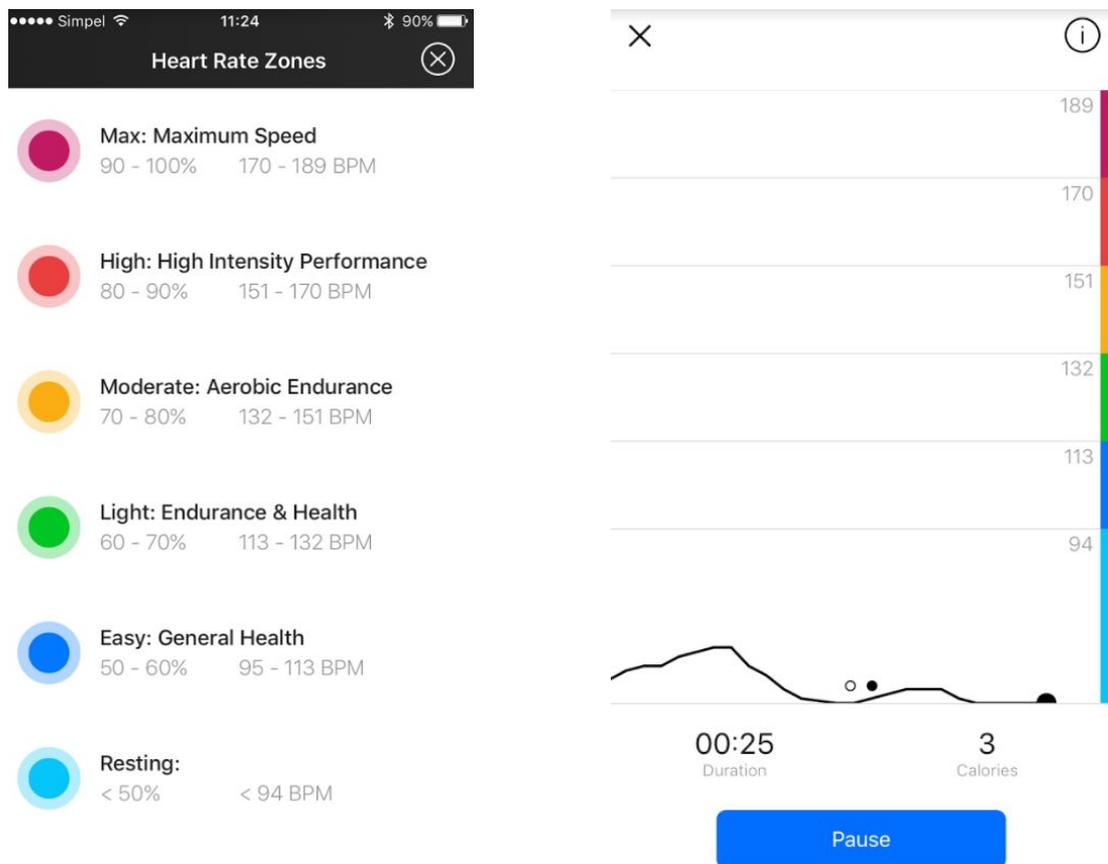
### 2.2 What you can track

On the first page you can see the percentage of your maximum heart rate. Moreover, you see the actual heart rate (bpm = beats per minute) and the zone you are in (here: easy). The zones are divided in colors to help you distinguish more easily. The numbers you see here are live data and will change with your actual heart rate.



On the second page you can see the development of your heart rate through the time you're tracking. Moreover, you can see the duration at the left bottom, the burnt calories (this is connected to the exercise you're doing) and the zone you're in and were in. You also have the option to pause the exercise and continue later. When you pause you can choose to stop the exercise and either save it or leave it.

At the top right you can see an information button. When you click on it, you get more details on the different zones we are using. See screenshot below.



After the workout, you can save the data. You will get a summary of your stats, see screenshot at the right.