Instruction manual
# Smart ring

1. Charge the ring

Google Play

App Store
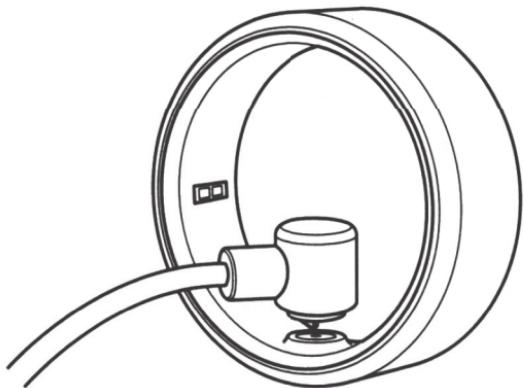
# JYouPro

2. Search and install [JYouPro].

3. Select your ring in
   the app and pair it.
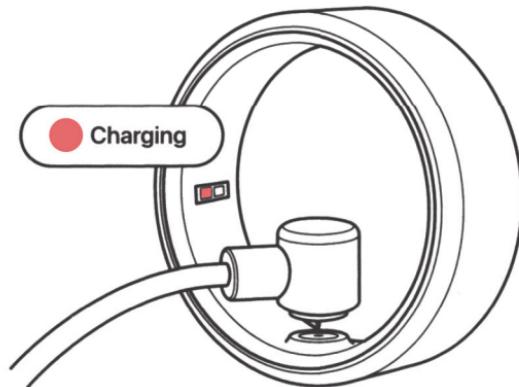
Charging

4. A flashing red light indicates that thering is charging.
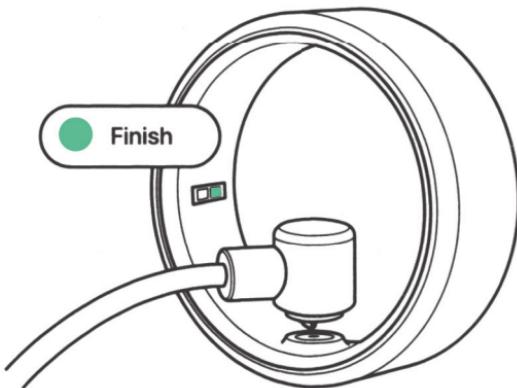
5. A flashing green light indicates that thering has finished charging.

JYouPro
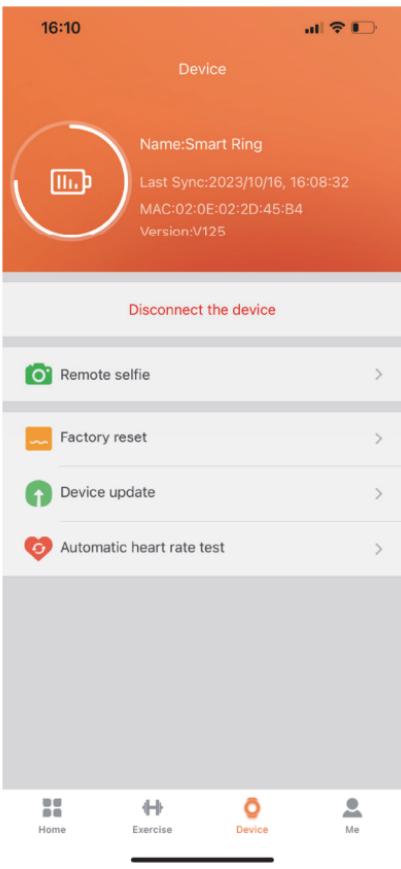
Connecting ring

Open **JYouPro** app, register an app login account to find the device, scan the device to find the corresponding Bluetooth name, click the connection, and after the connection is successful, the ring information will be displayed.
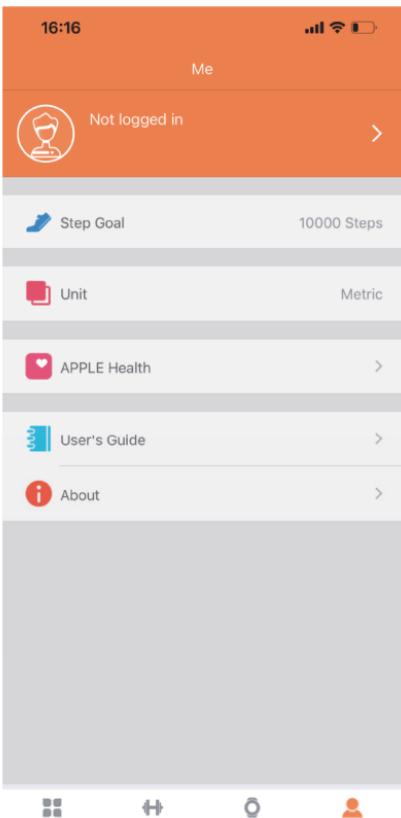
Personal settings

Set up related information in the personal information interface, you can set the number of step targets, units and other information.

16:16

Me

Not logged in

Step Goal   10000 Steps

Unit   Metric

APPLE Health

User's Guide

About

Home   Exercise   Device   Me
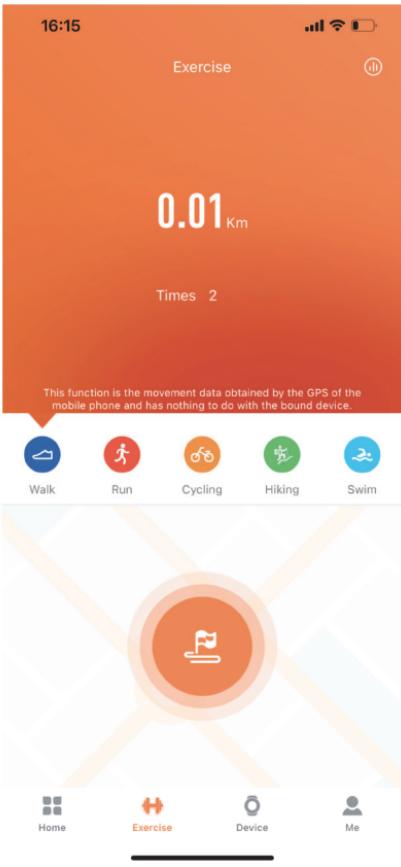
sports

In the mobile app interface, find the movement interface, you can choose a variety of motion mode, including: walking, running, riding, climbing, Swimming, etc., click on the motion button to start recording the distance, pace, duration, and heart rate information of the motion. (This function needs to be hit GPS on mobile phone)

16:10

Synchronizing:99%

257 Steps

Goal:10000Steps

Completed:3%

| Walk | Sleep | Heart rate | Blood pressure |

Calories   8Kcal

Distance   0.19Km

Duration   00d:07d

Home   Exercise   Device   Me
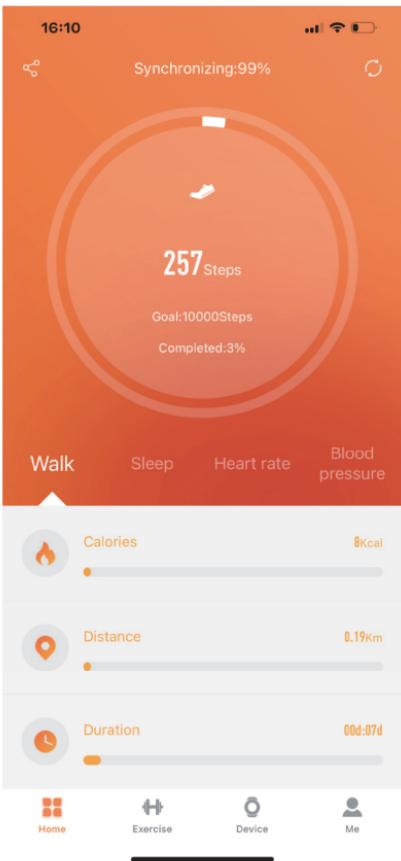
Motion data

On the homepage of the mobile APP, the number of steps, distance, movement duration, and calorie data recorded on the day can be displayed. You can also click to view the sports data of the nearly week or one month. The number of target steps can be set on the APP personal information interface.

16:11

2023-10-16

73BPM

Start

Walk　　Sleep　　**Heart rate**　　Blood pressure

Minimum heart rate　　Avg. heart rate　　Max. heart rate

71BPM　　　　72BPM　　　　74BPM

Home　　Exercise　　Device　　Me
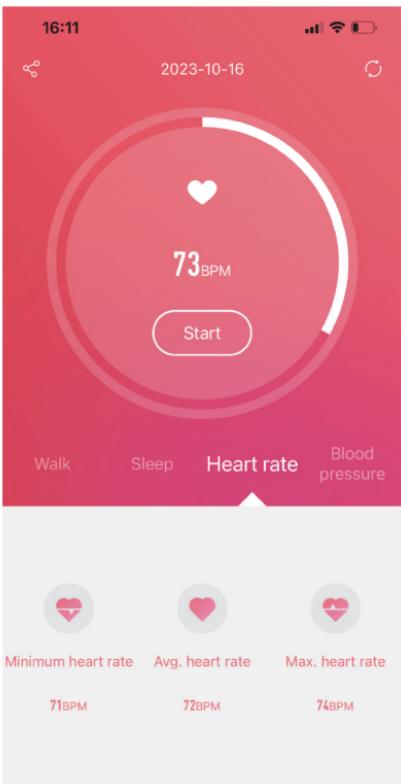
Heart rate

On the homepage of the mobile app, select the heart rate, click to start at the beginning of the measurement, the indicator light is turned on, and the measurement is completed for 30 to 60 seconds.

blood pressure

On the homepage of the mobile app, select blood pressure, click to start measurement, the indicator light is bright green, and the measurement is completed for 30 ~ 60 seconds.

16:10

Synchronizing:99%

01:45

Walk   **Sleep**   Heart rate   Blood pressure

Deep sleep **01:15**   Light sleep **00:30**   Awake **00:00**

00:45   02:30

Home   Exercise   Device   Me
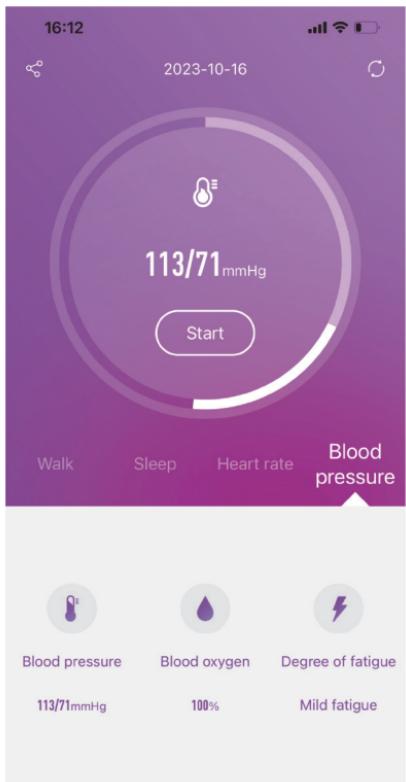
Sleep

Watches can show the total sleep last night and the length of light sleep and deep sleep. You can also click to view the sleep data for nearly a week or a month.
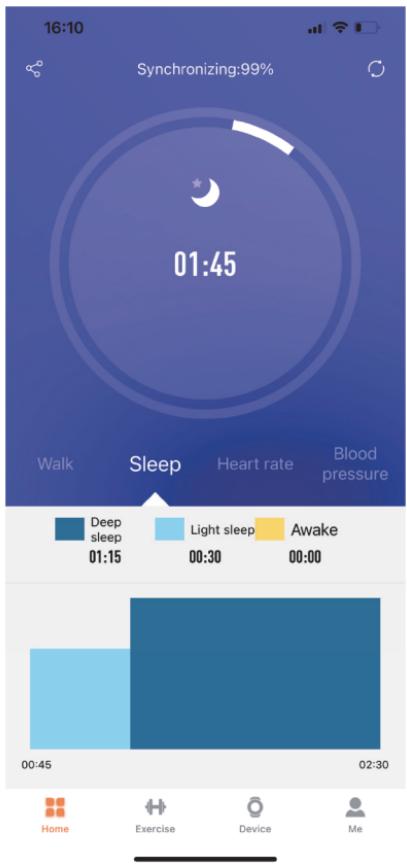
common problem

1. Ring measuring heart rate, blood pressure, and blood oxygen data abnormalities

1) Generally, the sensor of the ring is caused by poor contact with the human body.

2) Please pay attention to the full contact with your fingers during measurement.

2. Sleep data abnormal cause

1) Sleep monitoring is the state of self -conscious sleep and getting up, and needs to be worn correctly.

2) When you fall asleep too late or wear it, you may have an error.

3) Do not monitor sleep data during the day. The default sleep monitoring is from 9:30 pm to 12:00 noon the next day.

For more common questions, please see the app [My> FAQ]

Notice

1. The measurement results of this product are forreference only. Do not be used as a medical use and basis for the guidance of the doctor. Cut this measurement re sult self -diagnosis and treatment.

2. The waterproof level of this product is IP67, which cannot be used for deep diving and soaking in water for a long time. In addition, this product does not heat the water because water vapor will affect the ring.

3. The right to modify the content of this manual without any notifications will not be notified separately. Some functions are different in the corresponding software version, which is normal.

▪ FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.