

# Smart Health Ring

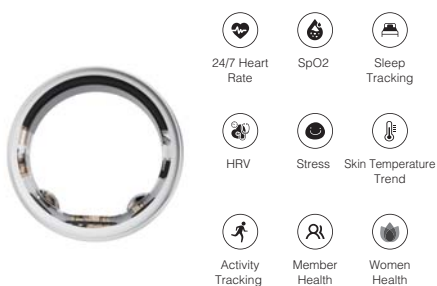
X2A-10



User Manual

## Product Introduction

X2A01 is a smart health ring which can monitor multiple body vital signs all the day and night.



Note: The smart ring is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

### What's Included in the Box

- ① Smart ring
- ② Wireless charging case
- ③ Type-C charging cable
- ④ User manual



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## Instruction

### 1. Download the APP

- Scan the QR code below or search JCRing on Google Play or iOS App Store to download our JCRing App.
- Make sure the Bluetooth of your mobile device is on.
- Choose device identified in App and connect to your smart ring.

JCRing



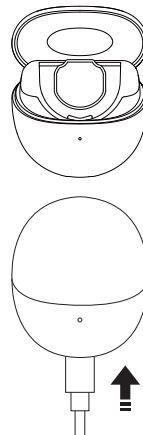
Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The ring supports Bluetooth 5.0 connection.

## 2. Charge Before Use

- Please fully charge the device to activate for first use.
- If after factory reset on the App, please charge to power on.

Simply place your device into the wireless charging case, plug in the supplied Type-C charging cable, and then plug it into a wall outlet or a USB port with a minimum of 5V 1A to begin charging.

While charging, the ring's green light flashes, and changes to always on when fully charged. It typically takes about 2 hours to be fully charged and supports about 5-7 days for normal use. Battery life changes depending on the activated features, type, and frequency of ring use.

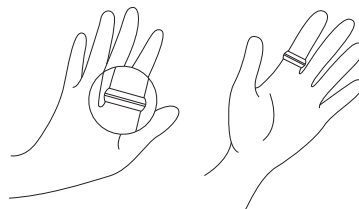


Note:

The charging case is not water resistant and is intended for indoor use only. Do not use or store it in humid environments like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.

**How to Wear Your Ring Correctly?**

For the best performance and accuracy, it is recommend to wear your Ring on your index finger on non-dominant hand. If you prefer another, the middle and ring fingers can work as well. Avoid fingers where the base is narrower than the knuckle. The sensor inside of your ring should be on the palm side of your finger. The ring should fit securely and comfortably around your finger's base.



### 3. App Operation

After activating the device, please pair it with the JCRing App for usage.

#### Home

It gives the glance of your daily health situation: Quality of Life, Sleep, Activity, Balance (Stress), Heart Rate, SpO2. Choose to view data within 30 days.



#### Health

View your detailed daily health data and reports: Steps, Distance, Calories, Sleep, Heart Rate, SpO2, HRV, Stress, Skin Temperature Trend, Women Health, Member Health.

##### • Sleep

The ring will monitor your sleep automatically and shows the detailed sleep quality like Sleep Duration, Sleep Stages (Awake, REM, Light and Deep Sleep, Naps), Sleep Efficiency, Sleep Latency, Avg Heart Rate, Avg SpO2, and Avg HRV.

##### • Heart Rate

Start measuring from the APP manually or it will measure automatically as you set.  
The app will show the heart rate data and graphics.

##### • SpO2

Start measuring from the APP manually or it will measure automatically as you set.  
The app will show the SpO2 data and status of Normal or Abnormal.





- **HRV**

It will measure automatically as per the time interval you set.  
The app will show the value and the state of Low, Normal, High, and Excellent.

- **Stress**

It will measure automatically as per the time interval you set.  
The app will show the value and the state of Calm, Moderate, Stressed, and Severe.

- **Skin Temperature Trend Monitor**

It can detect your skin temperature trend and display detailed daily/weekly/monthly reports to help you better track skin temperature changes.

- **Women Health**

Track the period and pregnancy cycle and the feature is only visible when the gender is set as female.

- **Member Health**

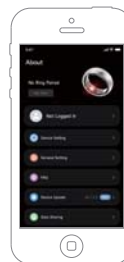
Create your health group, set up alerts for abnormal health data, and track the health of your group members in real time, no matter how far away.

#### About

Check current device's basic information (battery level, firmware version) , change the ring name and set the personal info.

##### • Set Auto Health Monitor Interval

The default auto health monitor intervals are every 10 min for heart rate, every 30 min for SpO2 and every 60 min for skin temperature trend, HRV & stress. You can change the interval as you need except the skin temperature trend, the shorter the interval is set, the faster the battery will drain.



##### • Set Unit

Set the unit of the skin temperature change, distance, height, and weight.

##### • Goal Setting

Personalize your goals for steps, distance, calories and sleep hour per day.

- **Firmware Update (OTA)**

Remind you if a new firmware version has been released;  
If so, please follow the steps to upgrade to the latest version.

- **Factory Reset**

After factory reset, all device data will be deleted. Please  
charge to reboot.

## Specifications

**Warranty:** 12 months

**BT Version:** BLE 5.0

**BT Range:** 2 meters

**Battery:** Rechargeable 14.5mAh - 21.5mAh depending  
on the ring size, Lipo battery, non-replaceable

**Data Memory:** 15 Days

**Waterproof:** 5ATM

**Activity Time:** Max 99h59min

**Calories Burned:** Max 9999.9kcal

**Running & Walking Distance:** Max 999.99km

**Operating Temperature Range:** -10-52 °C / 14-125 °F

**FCC ID:**2AB73-X2A

## Troubleshooting

### **If the ring doesn't pair with your smartphone**

1. Make sure your ring is turned on.
2. Check the App to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings.
3. Check your smartphone to ensure Bluetooth is on.
4. Restart the App and try to repair the ring.

### **If the ring isn't measuring any data**

Please contact our support team.

### **If the ring battery is draining too quickly**

1. Calibrate your battery by charging it for at least three hours.
2. Start using your ring again as you normally would.
3. Contact our support team if the problem persists.

### **If the ring causes an allergic reaction**

Please stop using the device right away. In the rare event of an anaphylactic reaction, seek medical attention immediately.

### **If the issue isn't mentioned in these tips**

Please contact our support team and report the issue in detail.

## Safety Notices

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

### **Not a medical device**

This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

### **Use, care and maintenance**

Finger size can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck:

- Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it.
- Hold your hand up above your heart until the blood pressure gets lower, and then try to remove it.
- **In cases of emergency and/or discomfort, when you**

**can't remove the ring yourself, seek immediate medical attention.**

Use a soft cloth or hand wash with mild soap and water to clean the ring.

Your ring can be worn during showers, baths, swimming, and snorkeling.

Try to avoid wearing the ring when strength training, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone. In addition, try to avoid wearing the ring next to other rings or objects which are made of metal, ceramics, stones or diamonds. The ring may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring like phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

Keep the ring away from children. This product is not intended for individuals under the age of 18. Seek immediate medical attention if you know or suspect that a child has swallowed the ring. Do not leave the ring exposed to heat, such as in a vehicle or in the sun. Do not puncture the ring or its battery.

Please avoid handling batteries, or working on devices and with machinery that contain batteries while wearing your

ring. In certain cases, where both the cathode and the anode of another battery touch the ring, there is a risk of a short circuit which is similar to standard metallic rings. This can result in a potentially dangerous shock. Please take the proper precautions to avoid these situations.

#### **FCC Requirement**

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device 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.

Note: 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.

**FCC RF exposure statement:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.