82mm

95mm

SMART RING

IOS   Android

User's Guide

1.Features

Sleep
Scientifically record sleep parameters to effectively improve sleep quality

Temperature
Body temperature monitoring and analysis to scientifically manage body status

Blood Oxygen
Blood oxygen periodic monitoring and analysis Blood oxygen immediate detection

Heart Rate
Resting heart rate and dynamic heart rate periodic monitoring and analysis

Ip67 Waterproof
With strong waterproof performance, you no longer have to worry about getting wet

Motor function
Step counting/calorie/distance multi-sport mode scientific exercise

2.Packing list

Smart ring x1   Magnetic charging cable X1   Manual x1

3.Basic parameters

Product Name	Smart Ring
Bluetooth	4.2ble (Low Power Consumption)
Waterproof Level	Ip67
Compatible Systems	Android 6.0 Or Above, Ios 11.0 Or Above
Battery Type	High Density Polymer Lithium Battery
Battery Capacity	18mah
Charging Method	Magnetic Attraction
Charging Time	About 1.5h
Battery Life	Standby For 5-7 Days
Control Method	Mobile App Control

4.Connect

1.Scan the QR code to download the APP (or search "Health Ring" in the Apple App Store and Android App Store to download)

IOS   Android

2.Turn on Bluetooth, open Health Ring APP, Click on the upper right corner of the homepage ⊕ or add a ring in My-My Devices, enter the ring binding interface, and search for Bluetooth rings.

3.When you see your ring appear in the Bluetooth device list, click the device to start binding; if the ring is not searched, please check the power connection and whether the ring is charging.
4.Wait for a moment and the APP will automatically connect and bind the ring. During the binding process, the ring will flash green for 5 seconds.
5.If you need to unbind, click on the upper right corner of the APP homepage ⊕ con to disconnect or enter the My Device interface in the "My" interface to manually disconnect
6.If you are prompted that some functions cannot be used normally, please follow the prompts to open the corresponding permissions, or click the scroll font on the homepage to open the corresponding permissions.

Note: The ring does not have any buttons to turn it on. As long as the ring still has power, it will automatically turn on until the power is exhausted and low power shuts down. So as long as the ring does not reach a low-power state and is not charging, it will remain powered on.

5.Wear

1.Wear the ring on your finger so that the PPG sensor is in full contact with the finger skin. When wearing the ring, the PPG sensor should point toward the inside of the finger, as shown in the picture below.

Back Of Finger
Should Be On The Inside Of The Finger
Inside Of Finger
Charging Indicator
Blood Oxygen Detection Light
Charging Interface

6.Charge

1.Connect the USB to the power supply and connect the charging ejector pin to the charging port of the ring, as shown in the picture below. If the red light of the ring flashes every 1 second, it indicates that the ring has entered the charging state.

2.If the battery is fully charged, the ring will have a solid green light. (The red light will be on when the charging connection is correct. If the connection is not correct, the red light will go out immediately. Please check the charging connection. The red light on means it is charging, and the green light means it is full.)

Charging thimble
USB
Align the charging pin with the charging port of the ring to charge.

7.Health settings

1.Click on the upper right corner of the home page ⊕ -Health settings, you can set health monitoring, intervals, exercise goals, and sleep goals.
2.Health monitoring will automatically synchronize monitoring data to the APP according to the set interval.

8. Health monitoring

1.1. Sleep monitoring

Click "Sleep" on the "Home Page" to view sleep data for each time period by month, week, and day. Record the complete sleep cycle in real time, use scientific algorithms to analyze the number of deep sleep, light sleep and wakefulness, and generate data charts to provide sleep analysis.

After the app synchronizes the data of the ring, it generates historical data and records daily sleep status. Click on the history record to view the sleep status of each time period.

1.2. Heart rate monitoring

Click "Heart Rate" on the "Home Page" to view the heart rate data for each time period by month, week, or day. The ring will automatically measure the heart rate value, calculate the average heart rate, maximum and minimum heart rate values, and generate data charts to provide heart rate analysis.

After the app synchronizes the data of the ring, it generates historical data. Click on the history record to view the average heart rate and status of each time period.

Note: During heart rate monitoring, the green light on the inner ring of the ring will continue to flash until the measurement is completed.

1.3. Blood oxygen monitoring

Click "Blood Oxygen" on the "Home Page" to view the blood oxygen data for each time period by month, week, or day. The ring will automatically measure the blood oxygen concentration value, calculate the average blood oxygen, maximum and minimum blood oxygen concentration values, and generate a data chart to provide blood oxygen analysis.

After the app synchronizes the data of the ring, it generates historical data. Click on the history record to view the average blood oxygen value and status of each time period.

Note: During blood oxygen monitoring, the red light on the inner ring of the ring is always on until the measurement is completed.

1.4. Temperature check

Click "Temperature" on the "Home Page" to view the temperature data for each time period by month, week, and day. The ring will automatically measure body temperature, calculate average body temperature, maximum and minimum blood oxygen body temperature values, and generate data charts to provide temperature analysis.

After the app synchronizes the data of the ring, it generates historical data. Click on the history record to view the average temperature value and status of each time period.

Note: During temperature detection, the green light on the inner ring of the ring will continue to flash until the measurement is completed.
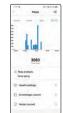**Note:** What we measure is the temperature of the finger skin, not the medical body temperature.

9. Step count

Click "Step Count" on the "Home Page" to view step counting data for each time period by month, week, or day. The ring will automatically detect the number of steps, calculate the total number of steps, and generate a data chart to provide step analysis.

After the app synchronizes the data of the ring, it generates historical data. Click on the history record to view the number of steps, distance and calories burned in each time period.

10. Sports

1. Click the sports menu at the bottom of the APP to select the corresponding sports mode. There are 8 built-in sports modes (running, cycling, skipping, walking, mountain climbing, yoga, dance, golf). Select the corresponding sports. Click ▶ start the movement.
2. In the sports interface, click on the upper left corner of the APP ⬚ can view exercise records. Click the required record to view the details and exercise route of the corresponding record.
3. The recording options in different sports modes are different.

11. Safety and precautions

Disclaimer: Please note that this smart ring is not a medical device. The measured data is for personal reference only and cannot be used as the basis for any medical diagnosis. If you need professional medical data and diagnosis, please use professional medical equipment for measurement and consult a professional doctor.

1. This device has a built-in non-removable battery, and the battery cannot be replaced. Please do not disassemble or modify the battery.
2. Do not expose the battery to high temperatures or around heating equipment, such as sunlight, heating, microwave ovens, etc.
3. If the battery leaks, do not let your skin or eyes come into contact with the leaked liquid. If it comes into contact with skin or eyes, please rinse with clean water immediately and go to the hospital for medical treatment.
4. Do not throw the battery into the fire, otherwise it will cause the battery to catch fire and explode.
5. Please dispose of batteries according to local regulations. Do not dispose of batteries as domestic waste. Improper handling of batteries may cause them to explode.
6. Do not drop, impact, squeeze or puncture the battery to avoid subjecting the battery to large external pressure and internal pressure, which may cause internal short circuit and overheating of the battery.

Before using and operating the equipment, please read and follow the precautions below to ensure optimal performance of the equipment and to avoid hazardous or illegal situations. Usage scenarios and operating environment considerations:
1. It is strictly prohibited to allow children or pets to bite this product or accessories to avoid injury;
2. It is strictly prohibited to use this product in areas where the temperature is too high or too low, otherwise it may cause fire or explosion. cause fire or explosion.
3. It is strictly forbidden to place this product close to heat sources or exposed fire sources, such as ovens, electric heaters, etc.
4. Some people have allergies, and their skin will be allergic to plastic, leather, fiber and other materials. Symptoms such as redness, swelling, and inflammation will occur at long-term contact areas. If anyone encounters a similar situation, please stop using it and consult a doctor.
5. Do not use unauthorized or incompatible power adapters, chargers or data cables, otherwise the ring and accessories may be damaged and cause fire, explosion or other dangers
6. The radio waves generated by the equipment may affect the normal operation of implanted medical equipment or personal medical equipment, such as pacemakers, hearing aids, etc. If you use these devices, please consult its manufacturer for restrictions on use of the device.
7. Please do not dispose of this device and its accessories as ordinary domestic waste. Please comply with local laws and regulations on the disposal of this device and its accessories, and support recycling actions.

FCC statement

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 u ndesired operation.

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

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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement
The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.