

femometer®

Femometer Ring Air User Manual



Model: IRS-203

Support and Questions

If you have any questions about getting started with or using your ring, mobile App and any other Femometer services, or you have any issues with your ring, please refer to the information at <https://www.femometer.com> or contact customer services support@femometer.com for help.

As the product and App are constantly updated, the contents of the manual may be different from the actual. Please refer to the actual product and the latest app guidelines.

Indication for Use

The Femometer Ring is intended to measure and display physiological parameters (finger temperature, heart rate, heart rate variability, sleep stage, daily activities, etc.) as an aid in ovulation prediction, menstrual cycle tracking, sleep tracking, activity tracking, etc. It is not used for contraception.

Safety Information

Femometer Ring is not intended to measure fever or diagnose, treat, cure, or prevent any disease or medical condition. The information and guidance given by Femometer Ring are for informational purposes only and can not replace the services

of health professionals or physicians. You should always consult a physician if you have any questions regarding a medical condition or any changes you intend to make to your sleep or activity based on information or guidance from Femometer Ring.

We are not responsible for any health problems that may result from information or guidance you receive from Femometer Services. If you make any changes to your sleep or activity based on Femometer Services, you agree that you do so fully at your own risk.

Note: do not use the Femometer Ring if you have an electronic implanted device (e.g. a pacemaker)

If you experience redness or skin irritation on your finger due to the ring, remove it immediately. If symptoms persist longer than 2-3 days of not using your ring, please contact a dermatologist.

Use, Care and Maintenance

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

Keep the ring and charging dock 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.

Dispose of the ring (and internal battery) in accordance with applicable local laws and regulations. Special disposal may be required. The charger is an electronic device and local legislation for electronics recycling should be followed.

PRECAUTIONS

- The ring can only be used to measure the skin temperature of the finger. It cannot be used to measure the temperature of other body parts or air, water, or other objects.
- Heart Rate Monitor. It is only used for fitness. Not suitable for diagnosis of any disease under any condition. Not for alleviation, prevention, treatment or cure of any disease.
- The ring is IP68 waterproof and you can wear it while washing your hands, but you should remove the ring during showers, baths and swimming.
- The following circumstances may affect you and your body so could result in inaccurate predictions: Irregular cycles / Irregular sleep / Fever / Working night shifts / Insomnia / Use of temperature - affecting medications / Alcohol / Extensive smoking.

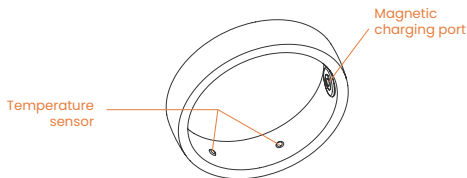
- Consult your physician prior to using it if you have tendonitis, carpal tunnel syndrome, or other musculoskeletal disorders.

WARNINGS

- Do not expose the ring to organic solvents (such as perfume, pesticides, nail polish, etc.), which may damage the ring.
- No modification of this equipment is allowed.
- Do not place on flammable surfaces when charging.
- Only use the Femometer charger that was delivered with the device to charge the device.
- Do not disassemble, impact, squeeze or place smart ring in high temperature environment. Do not use it if any abnormality occurs.

Overview and Packaging

Femometer Ring Air	1pc
Charging Dock	1pc
Charging Cable	1pc
User Manual	1pc
Quick Guide	1pc



Specifications

Femometer Ring Air

Outer surface materials: Stainless Steel

Inner surface materials: Epoxy Resin

Battery capacity: Rechargeable 14mAh (Size 6-9) Rechargeable 18mAh (Size 10-13)

Battery life: Typically between 5–7 days. Battery life changes depending on the frequency of ring use.

Charging method: Charging with Femometer Ring Charging Dock

Charging time: Typically between 90–120 minutes depending on the ring starting charge level.

Connectivity: Bluetooth Low Energy (Bluetooth Smart®)

Memory capacity: 7 days.

Ring firmware updateability: Firmware updates via Femometer App.

Waterproof of the ring: IP68 (charging dock is not water resistant)

Single temperature measurement error: $\pm 0.05^{\circ}\text{C}$ (between 35°C and 37°C) or $\pm 0.09^{\circ}\text{F}$ (between 89.6°F and 98.6°F), resolution 0.01

Operating environment: 5°C – 37°C (41°F – 98.6°F)

Storage environment: -10°C – 40°C (14°F – 104°F)

Service life of the ring: 3 years after first use.

Bluetooth LE Frequency Range: 2400~2483.5MHz

Maximum RF output power: 0.00631W

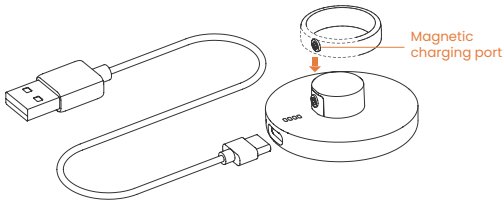
Charging Dock

Battery capacity: 230mAh, output DC 5V 16mA

Charging method: USB Type-C, input DC 5V

How to Use

1. Put the Femometer Ring at charging dock and connect the dock to a power source for at least 1.5 hour to activate both the ring and the charging dock.

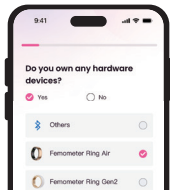


2. Download the Femometer App from the App store or Google Play store and create an account.

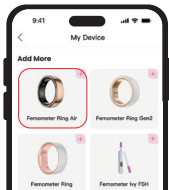
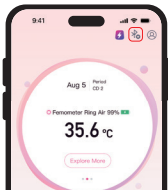


3. Pair the ring when it's charging

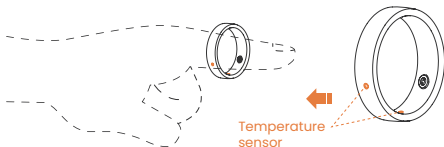
- For the newly downloaded App, open the Femometer App, set your goal, and select Femometer Ring Air to enter the binding process.



- If you already have the App installed and are using it, tap the Bluetooth icon, select the product and pair it.



4. Wear the ring on the base of index finger (or the middle and ring fingers, depending on comfort). Please ensure the two temperature sensors are positioned on your finger pad and finger side respectively when worn (as illustrated in diagram below).



5. Wear it for at least 4 hours during sleep each day to obtain the most accurate health prediction data.

6. The ring will store recorded data and sync all data once connected to the app.

Note:

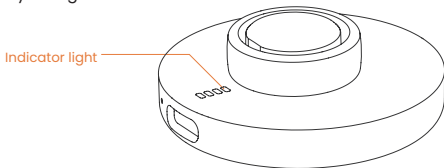
- Keep the phone's screen on and do not switch to other Applications during the transmission.
- Your fingers may swell in heat or depending on the time of day. The ring may sometimes be difficult to remove. Please follow the instructions below if the ring gets stuck on your finger:
 - Use water and soap to wet your finger, and slowly twist the ring to remove it.

- Hold your hand up above your shoulder, and try to remove the ring after a couple of minutes when the blood pressure is lowered.
- In case of emergency and/or discomfort, when you can't remove the ring yourself, seek immediate medical attention.

How to Charge

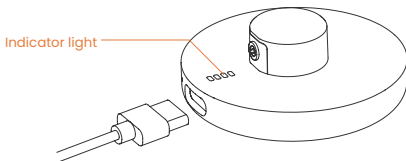
Ring

1. When the ring's battery level drops below 20%, the app will send a charging reminder.
2. Put the ring at the charging dock to charge it.
3. When charging the ring, the indicator light on the charging dock will remain steadily lit and display the current battery level of the dock. During charging, the ring will glow red, and it will turn green when fully charged.



Charging Dock

Connect the charging dock to a 5V USB power source. The Indicator light flashes to indicate charging and remain steadily lit when fully charged.



Note:

- Only use the charger provided by Femometer.
- The ring needs to be charged within a month of being received.
- If you do not use the ring or charging dock for a long time, please ensure that it is fully charged at least once every three months to avoid device failure due to battery exhaustion.
- Do not charge a wet ring.

Frequently Asked Questions

How long do I need to wear my Femometer Ring for it to start ovulation and cycle predicting?

Everyone's temperature trends are slightly different, we need to record your baseline for 1-2 full cycles, then we can start predicting the next cycle.

Is the Femometer Ring waterproof?

The ring is IP68 waterproof and you can wear it while washing your hands, but you should remove the ring during showers, baths and swimming. The charger is not waterproof and it should be used indoors.

The ring is too tight or too loose, what can I do?

Finger sizes will naturally increase and decrease depending on the time of day. If the ring feels uncomfortable, switch between your index, middle, and ring fingers until you find the most comfortable fit. For better accuracy, try to wear one finger for a full cycle if possible.

How accurate is the temperature detection of the ring?

Single temperature measurement error $\pm 0.05^{\circ}\text{C}$ (between 35°C and 37°C) or $\pm 0.09^{\circ}\text{F}$ (between 89.6°F and 98.6°F).

Can Femometer Ring detect fever or infection?

The Femometer Ring is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent medical conditions or illnesses. Please do not make any changes to your medication, daily routines, nutrition, sleep schedule, or workouts without first consulting your doctor or another medical professional.

Troubleshooting

Error	Cause	What to do
Ring won't pair with App.	No charge.	Charge the ring, try to pair again.
	Phone's Bluetooth is off.	Turn on your phone's Bluetooth, and try to pair again in the App.
Ring isn't charging.	The ring isn't connected to the charger.	The ring is held magnetically to the charger. Slowly rotate and lightly press the ring onto the charger.
	Dirty charging contacts.	Try cleaning them with warm water and soap, then drying them with a soft cloth.
Bluetooth connectivity issues.	Phone Bluetooth error.	Turn off Bluetooth on your phone for 15 seconds, then turn it back on and try again.
Missing data.	Connection breaks when the data is transmitted.	Keep the ring close to your phone, keep phone's screen on and do not switch to other Applications during the transmission.

If the above methods do not solve the problem, please contact customer service for help. **Customer Service: support@femometer.com**

Warranty

This Limited Warranty Policy (“Warranty”) is offered by Femometer Inc. Femometer warrants to the original end user purchaser that the product is free from defects in material and workmanship for one (1) year from the date of purchase. If your local law is in effect at the time of purchase, it requires a warranty period longer than one

(1) year, this warranty shall be extended to the extent required by such law. Within the warranty period, Femometer shall repair or replace at no charge to you any components of the Product that fail the limited warranty provided. You shall be responsible for any related transportation charges. Replacement products may be new or refurbished at our discretion. This limited warranty does not apply to (i) normal wear and tear, including scratches and dents; (ii) consumable parts included in the Product, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage resulting from your failure to use the Product in accordance with the instructions accompanying the Femometer Product or available at the website; (iv) damage resulting from an accident, flood, fire, misuse, or abuse; (v) damage resulting from service performed, or damage resulting from tampering or alterations to the Product, by anyone not authorized by Femometer; or (vi) use of the Product with any other Application or software than the Mobile App. Femometer retains the exclusive right to repair or replace the Product, or offer a full refund, at its sole discretion. Such remedy shall be your sole and exclusive remedy for any breach of this limited warranty. Warranty repairs and replacements have a new warranty which is the longer of ninety (90) days or the balance of the original one (1) year warranty.

Limitation of Liability

IN NO EVENT WILL Femometer, AGENTS AND PARTNERS, BE LIABLE FOR DAMAGES OF ANY KIND, UNDER ANY LEGAL THEORY, ARISING OUT OF OR IN CONNECTION WITH YOUR USE, OR INABILITY TO USE, THE SERVICES OR ANY CONTENT ASSOCIATED WITH THE SERVICES, OR SUCH OTHER SITES OR ANY SERVICES OR ITEMS OBTAINED THROUGH THE SERVICES, INCLUDING ANY DIRECT, INDIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY, PAIN AND SUFFERING, EMOTIONAL DISTRESS, LOSS OF REVENUE, LOSS OF PROFITS, LOSS OF BUSINESS OR ANTICIPATED SAVINGS, LOSS OF BUSINESS OPPORTUNITY, BUSINESS INTERRUPTION, LOSS OF USE, LOSS OF GOODWILL, LOSS OF DATA, AND WHETHER CAUSED BY TORT (INCLUDING NEGLIGENCE), BREACH OF CONTRACT OR OTHERWISE, EVEN IF FORESEEABLE. THESE EXCLUSIONS OR LIMITATIONS WILL APPLY REGARDLESS OF WHETHER OR NOT Femometer HAS BEEN WARNED OF THE POSSIBILITY OF SUCH DAMAGES.

THE FOREGOING DOES NOT AFFECT ANY LIABILITY WHICH CANNOT BE EXCLUDED OR LIMITED UNDER APPLICABLE LAW. TO THE EXTENT LIABILITY CANNOT BE EXCLUDED OR LIMITED AS SET FORTH ABOVE, IN NO EVENT SHALL Femometer BE LIABLE FOR ANY CLAIM, WHETHER IN CONTRACT, TORT, OR UNDER ANY OTHER THEORY OF LIABILITY, IN EXCESS OF \$100.

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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 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. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure conditions without restriction.



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