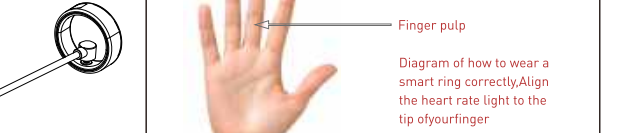


Smart Ring



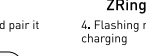
Charging activation

- When using for the first time, please charge and activate the device. If the factory settings are restored on the app, please charge and reactivate.
- There are two ways to charge the ring: USB cable charging or wireless charging (charging box) of your (purchased) product.
- After connecting to the power supply, the ring indicator light is always red.
- Indicator status: The red light is always on during charging. The green light is always on when charging is completed.
- Charging time: 60 minutes.
- Check the power: Check the power at the device connection on the APP home page.
- Charging box: If the box charger is out of power, you need to plug in the Type-C cable to charge. The red light is off, indicating that the box charger has completed charging.



Optional package comes with 200mAh charging case

Please note that the Ring Services are not intended to diagnose, treat or prevent any disease or medical condition. The information and data in the Services are for reference only and are not intended to replace the services of a health professional or physician. If you have any questions about a medical condition, it is recommended that you consult a professional physician.



Heart rate light



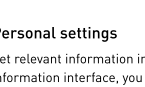
Finger pulp

Diagram of how to wear a smart ring correctly. Align the heart rate light to the tip of your finger.

1. Charge the ring for 60 minutes before first use



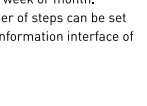
2. Search JRing on Google Play or scan the QR code below to download the APP



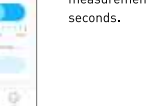
Please allow the app to obtain Bluetooth connection permissions and location permissions

ZRing

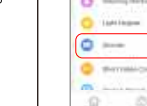
3. Select the ring and pair it on the mobile app



4. Flashing red light means the ring is charging



5. Flashing green light indicates the ring is fully charged



Box charger - built-in 200 mAh battery



ZRing

Connect the ring. Open the JRing APP, register the APP account, log in to the device, scan the device to find the corresponding Bluetooth name Smart_Ring, click Connect, and the ring information will be displayed after the connection is successful.

Personal settings. Set relevant information in the personal information interface, you can set step goals, units, etc.

Sports

In the mobile APP interface, you can choose a variety of sports modes, including: walking, running, cycling, mountaineering, golf, etc. Click the sports button to start recording the distance, pace, duration, and heart rate information of the exercise. [This function requires turning on the mobile phone GPS]

Sleep

The app can display the total sleep time of last night and the duration of light sleep and deep sleep. You can also click to view the sleep data of the past week or month.

Blood oxygen

On the homepage of the mobile app, select blood oxygen, click on the measurement, the indicator light turns green, and the test starts. It takes 30 to 60 seconds to complete the measurement. The mobile app will display the current blood oxygen and fatigue values.

Heart rate

On the homepage of the mobile app, select heart rate, click on the measurement button to start the measurement, the indicator light turns green, and the test starts, and the measurement is completed in 30 to 60 seconds.

Exercise data

The number of steps, distance, exercise duration, and calories recorded for the day are displayed on the homepage of the mobile app. You can also click to view the exercise data for the past week or month. The target number of steps can be set in the personal information interface of the app.

Short video remote control

1. After the mobile phone is connected to the device and the device Bluetooth enters the device interface and click the "Short Video Control" option.

2. After entering the short video control interface, turn on the two control switches on the right. (Turn on switch 1 to implement the short video control function, and then turn on switch 2 to enable switch 1 to be turned on by default every time you connect)

3. After turning on the switch, you can double-click your finger for two seconds to realize the air control of short video software (tiktok, Youtube, etc.) [switch to the next video] and the page turning control of the mobile phone.

Ring Display Description

1. Time: Touch to display the current synchronization time.

2. Steps: Double-touch and the green step light will light up and display the actual number of steps.

3. Heart rate: Touch three times and the red heart rate light will light up and the last test data will be displayed. After staying on the interface for two seconds, it will enter the heart rate test state and the three middle bars will rotate. After the test, the test results will be displayed.

Precautions for using Apple mobile phones

1. Assistive Touch Settings. Open the iPhone's Settings - Accessibility - Touch-Assistive Touch Settings - turn on.

2. Reasons for abnormal heart rate and blood oxygen data measured by the ring.

1) Generally, the ring sensor is not in good contact with the human body during measurement.

2) Please make sure that the sensor is in full contact with the finger during measurement.

3. Reasons for abnormal sleep data.

1) Sleep monitoring simulates the time of falling asleep and waking up, and needs to be worn correctly.

2) Errors may occur if you fall asleep too late or wear it only when you fall asleep.

3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:00 pm to 11:00 am the next day.

For more frequently asked questions, please check the App [My-User Manual]

FCC 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 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. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

