

Function Introduction

Sleep
Records your sleep stages and scores

SpO2 (Oxygen Saturation)
Measure your blood oxygen saturation during daily and sleep periods

Heart Rate
Real-time monitoring of your heart rate around the clock

Activity
Monitor your daily activity and calorie burn

Stress Index
Monitor your stress index and guide relaxation

AWRR (Airway Respiratory Rate)
Monitor your Airway respiratory rate throughout the day

Standing
Record your standing time to guide a healthy lifestyle

Skin Temperature
Record your skin temperature changes throughout all day

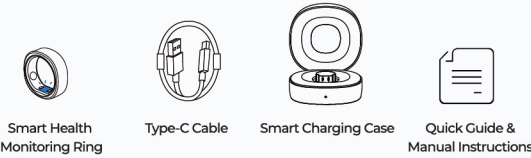
Insights
Provide personalized health advice based on your health information

Read and Save These Safety Instructions Before Using This Appliance

The product contains electronic equipment. Therefore, improper disposal may cause environmental pollution and human injury.

1. Do not disassemble the product.
2. Do not replace the built-in battery.
3. Do not use corrosive cleaning agents to clean the product.
4. Do not charge the product when it is wet.
5. Do not charge the product when it is not completely dry.
6. Do not expose the product to direct sunlight for long periods.
7. Do not use the product in a sauna or steam room.
8. Do not expose the product to extreme temperatures.
9. Do not use the product with a broken screen or case.
10. Do not put the product in the dishwasher, washing machine, or dryer.
11. Do not put the product in the fire. The battery may explode.
12. Please use the USB port of the computer or phone for proper charging.
13. If the product temperature rises rapidly during the charging process, please stop charging immediately.

In the Box

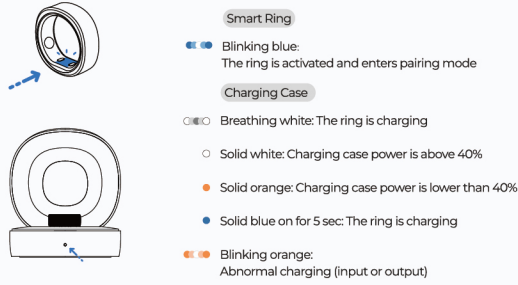


Specifications

Product name	Smart Charging Case
Charging case capacity	500 mAh
Charging method/time	USB Type-C & rated 5V (around 120 mins for a full charge)
Weight (net weight)	64 grams

Product name	Smart Health Monitoring Ring				
Mode	BOR-01-6 BOR-01-11	BOR-01-7 BOR-01-12	BOR-01-8 BOR-01-13	BOR-01-9 BOR-01-14	BOR-01-10
Connectivity	Bluetooth 5.2				
Material	Titanium metal				
Weight (net weight)	3-5 grams				
Battery capacity	22 mAh				
Charging method/time	Magnetic charging (around 90 mins for a full charge)				
Waterproof&dutsproof	IP68				
Battery life	5-7 days (+Based on specific usage conditions)				
Data offline storage	5 days				
Operating temperature	-10°C - 40°C / 14°F - 104°F				
Device Requirements	Compatible with iOS 12.0+, Android 8.0+, and Bluetooth 4.0+				

LED Color Reference



Medical Disclaimers

- **Warning:**
This product is not a medical device; RingConn and RingConn App should not be used to diagnose, treat, cure or prevent any disease or medical condition. Please consult a doctor before adjusting your exercise, sleep, or diet plan.

- **Safety Information:**
 1. Consult your doctor if you have any existing health conditions that may be affected by the use of this product.
 2. Prolonged use of the product may cause skin irritation in some users. Please consult your doctor if you have any redness, itching, or other over-allergy symptoms.
 3. Please adjust the ring to a suitable tightness to avoid poor blood flow.
 4. Do not touch the product while driving or in similar situations that require concentration.
 5. This product is not a toy and is unsuitable for children. It contains small parts, if swallowed, may cause choking. Please place it out of the reach of children.
 6. The performance of this product may be affected by external factors. Please do not expose the ring to extreme or bright light environments. The data provided by this product is for reference only.
 7. This product is designed to record your heart rate, Oxygen Saturation, sleep, and other functions; if worn for a long time, it may cause skin discomfort or allergies.
 8. Do not pierce the ring. It may cause a short circuit.
 9. Consult your doctor before use if you are in the following situations
 - Epilepsy or sensitivity to light
 - Heart disease or other disorders
 - Poor circulation or abrasions
 - Taking any photosensitive medication

Use, Care, and Maintenance

1. The size of your finger will change slightly throughout the day, so if it is difficult to remove it, try the following methods:
 - Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it.
 - Raise your hand above your heart and try to remove it after your blood pressure has dropped.
 - If you are unable to remove the ring yourself in an emergency, seek immediate medical attention.
2. Remove the ring to avoid wear and tear when performing strength training, using other heavy tools, or holding other metal.
3. Avoid using the product in the shower, bath, swimming, diving, and in hot and humid environments.
4. When using the product, do not apply too many skin care products to the ring-wearing part of the finger to avoid surface corrosion.
5. Clean the ring regularly with water and gentle soap, and wipe the ring with a soft cloth, paying attention to the areas in contact with the skin.
6. Remove the ring from time to time to allow your skin to breathe, and you can use this time to recharge your ring.

Troubleshooting

- Q1. The ring does not work properly**
- 1) Please put it into the charging case to activate it before the first use.
 - 2) Please put it into the charging case, and check if the ring has a blue light flashing.
 - 3) Please open the app and check whether the ring can be connected to it normally.
- Q2. Unable to connect the ring to the app (The ring and the app are not connected)**
- 1) Please ensure your device's Bluetooth is enabled and check if it can connect to the network properly.
 - 2) Please put the ring into the charging case and check whether it has insufficient power.
 - 3) Please keep the ring and the device within a range of 1 meter for binding.
- Q3. Manual detection failure**
- 1) Please choose the right size. The sensor inside your ring should be on the palm side of your finger. The ring should fit securely and comfortably around your finger's base.
 - 2) Please keep your body still during the manual detection.
 - 3) Please ensure that the ring and the app are well connected during the manual detection.
- Q4. Data missing**
- 1) Please choose the right size. The sensor inside your ring should be on the palm side of your finger. The ring should fit securely and comfortably around your finger's base.
 - 2) The ring can store data for 5-7 days. Please ensure your device's Bluetooth is enabled when you open the app; the most recent 5-7 days of data will automatically synchronize.
 - 3) The ring's data will be cleaned when the binding account is modified.



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: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications 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 operating in conjunction with any other antenna or transmitter.

FCC Radiation Exposure Statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter



This symbol means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, user has the choice to give his product to a competent recycling organization. Proper recycling of your product will protect human health and the environment.

中国制造
Made In China
CE

Warranty

RingConn LLC provides a 1 year warranty for your RingConn Smart Ring. To register your product for warranty please visit www.ringconn.com/warranty-policy/Filing for a warranty claim will require: A copy of the purchase receipt from an authorized retailer. For general support or inquiries please contact us at: support@ringconn.com

Manufacturer: Guangdong Jiu Zhi Technology Co., Ltd.
Address: Room 4718, Floor 4, Building C, Innovation Center
Plant, No.34, Xiangshan Avenue, Cuiheng New District,
Zhongshan City.
Official website: www.ringconn.com
Email: support@ringconn.com



RingConn
Manual Instructions