



User Manual

Definitions

RING PRO

“RING PRO” refers to the Ultrahuman RING PRO, a non-medical grade wearable smart ring designed for general wellness and lifestyle tracking. The RING PRO contains sensors, battery, firmware, and connectivity components used to collect and process physiological and activity related data when worn by the user.

PRO CHARGER

“PRO CHARGER” refers to the Ultrahuman RING PRO Charging Case or Charging Dock, which is used exclusively to store, protect, charge, and communicate with the RING PRO when it is not being worn. The PRO CHARGER contains its own internal battery, charging circuitry, and wireless communication components.

Unless explicitly stated otherwise, references to RING PRO and PRO CHARGER refer only to the respective hardware components and not to the Ultrahuman mobile application or services.

Intended Use (RING PRO)

A non-medical grade wearable ring designed to track sleep, recovery, activity, and metabolic indicators to help users improve lifestyle habits.

Principle of Operation (RING PRO)

Uses optical heart-rate sensing (PPG), skin-temperature sensing, and a 6-axis motion sensor to collect physiological data. Algorithms convert this into sleep stages, HRV, movement, and readiness insights, shown via a smartphone app.

Wearing Guidance (RING PRO)

- RING PRO can be worn on either hand at all times. We recommend wearing the RING PRO on the index, middle, or ring finger. If none of the sizes fit these fingers, you can wear the RING PRO on your thumb or little finger.
- The RING PRO takes **14 days** to calibrate and establish a baseline. You must undergo a recalibration period if you choose to do a factory reset.

Memory Storage (RING PRO)

- The RING PRO can store data for up to **10 days** without connecting to the Ultrahuman app. Your data stored on the RING PRO will be lost if the battery dies without syncing. For the best experience, we recommend syncing your data daily.

Battery Charging (RING PRO)

- A fully charged RING PRO can last up to **15 days**. It takes on an average, **3 hours** to fully charge. Use only the provided charging dock.

- Avoid charging the RING PRO with fast chargers or any third-party chargers, as they may impact the battery life of the RING PRO.
- The RING PRO is expected to get slightly warm while charging. You can safely wear your RING PRO after removing it from the charger. If the RING PRO feels too heated up, please write to our support at support@ultrahuman.com.
- The RING PRO has miniaturised sensors and a battery. Please avoid any contact with other batteries or electronic gadgets with batteries. There is a risk of short circuits, similar to other standard metallic rings.
- At the end of its life, the RING PRO's battery should be disposed of as electronic waste. To dispose of e- waste, visit a collection point specified by local authorities for proper disposal and recycling.

WARNING (RING PRO)

- Failure to follow instructions and warnings can result in damage, electric shock, fire, or injury.
- **Avoid electrical contact.** The RING PRO is made from a **Titanium** shell with a **PVD** coating and contains miniaturized sensors and a battery. Contact with other electrified metal or batteries can produce a short circuit and flame.

Safety and Precautions (RING PRO)

- Do not puncture the RING PRO or expose it to heat or direct sun for long durations.
- The RING PRO is waterproof up to **100** meters and sweat-proof, meaning you can safely wear your RING PRO during showers, a quick swim, scuba dives, etc. However, we do not recommend submerging the RING PRO in water for over **30** minutes or beyond **100** meters underwater.
- The RING PRO can easily endure everyday wear and tear. It is made of a **Titanium** shell with a **PVD** coating. However, we don't recommend wearing your RING PRO while lifting weights or working with heavy or sharp objects. The RING PRO can scratch other surfaces (gold, silver) and get scratched based on the material's tensile strength and repeated contact.

Cleaning and General Care (RING PRO)

- Use a soft cloth or mild soap and water to clean the Ring.
- Clean the RING PRO with a damp microfibre cloth to remove any surface scratches or marks.

Dimensions and Weight (RING PRO)

- Width: 8.2 mm
- Thickness: 2.65 mm at thinnest point
- Weight: 2.9-4.8 g (varies by ring size)

Battery Capacity (RING PRO)

- Rechargeable, non replaceable **24-39 mAh** LiPo battery

- Up to **15 days** battery life depending on usage (charging time, temperature, usage patterns)

Charging Time (RING PRO)

- It takes, on average, 3 hours to charge the RING PRO from 0 percent to 100 percent.

Mobile Device Compatibility (RING PRO)

- The RING PRO is compatible with iPhones running iOS **16+** and Android devices running Android **7+**

Memory Capacity (RING PRO)

- Stores up to **10 days** of data.
- Recommended Sync Frequency: Daily.
- Data overwrites on a First In First Out basis if not synced.
- Data will be lost if the battery dies before syncing.

Materials (RING PRO)

- The Ring's outer shell is made from Titanium. It is coated with PVD, which makes it resistant to everyday wear and tear. The inner circumference of the ring is made of titanium, hypoallergenic epoxy and Polycarbonate.

Water Resistance (RING PRO)

- Can withstand immersion up to **100 meters**.

ESD Safe (RING PRO & PRO CHARGER)

- The RING PRO and the PRO CHARGER are ESD-safe, which means that the devices are safe from external static discharges.

EMF Radiation / SAR (RING PRO)

- The RING PRO utilises RF power efficiently. It communicates with the smartphone via BLE (Bluetooth Low Energy) only when you open the Ultrahuman app or at regular intervals. This differs from a Bluetooth headset, earbuds, or a smartwatch that constantly connects with the smartphone transmitting/receiving data.
- Bluetooth activity on the RING PRO falls below 1% in a day. Hence, the EMF radiation for the RING PRO is much lesser than other Bluetooth wearables and is considered one of the safest wearable devices to use for fitness tracking in terms of EMF.

Intended Use (PRO CHARGER)

The PRO CHARGER is used to store, protect, charge, and communicate with the RING PRO when it is not being worn. It charges the RING PRO's battery with contact-based charging and reports both the case and ring battery status to the Ultrahuman App.

Principle of Operation (PRO CHARGER)

The case contains:

- DC contact pads: Provide power and data communication to the RING PRO.
- Qi 1.3 BPP wireless charging receiver: Recharges the case battery (5 V / 1 A max output to load, 2 A RMS input capability).
- BLE 5.3: Communicates RING PRO and PRO CHARGER battery status and device state with the app.
- Hall effect sensor: Detects lid open/close and manages power states.
- Indicators (LED, haptic, speaker) + control buttons: Reset, status feedback.
- It powers the RING PRO solely through contact-based charging, while its own internal battery is charged wirelessly through Qi and USB-C. The system status is maintained through smart sensing and BLE connectivity.

WARNING (PRO CHARGER)

Failure to follow instructions and warnings can result in damage, electric shock, fire, or injury.

- **Avoid electrical contact.** The PRO CHARGER is made from anodised Aluminum and contains a battery. Contact with other electrified metal or batteries can produce a short circuit and flame.

Safety and Precautions (PRO CHARGER)

- Do not puncture the PRO CHARGER or expose it to heat or direct sun for long durations.
- The PRO CHARGER is water-sensitive and intended to be used with the RING PRO only. Do not bring the PRO CHARGER in contact with water and wet surfaces or use it in humid conditions like bathrooms and saunas.

Cleaning and General Care (PRO CHARGER)

- Clean the PRO CHARGER with a dry microfibre cloth to remove any marks.

Caution for Skin Irritation (RING PRO)

- The inner surface (one in contact with the skin) is skin-contact safe. The surface in contact with the skin is highly unlikely to cause any allergic reaction. If, in an unlikely scenario, you experience redness or irritation on your finger due to the RING PRO, remove it immediately. If the symptoms persist for a longer duration, please see a dermatologist for the same. Don't hesitate to contact our support team via the Ultrahuman app if you face any issues or require non- medical guidance.

Tips to Remove a Stuck Ring (RING PRO)

- Your finger size can vary day-to-day and during the day due to various factors such as time, food, exercise, and changes in altitude. If you face any difficulty while removing the RING PRO from your finger, try the following tips:
 - ☐ Use cold water and gentle soap to wet your finger, and slowly twist the Ring to remove it.
 - ☐ Raise your hand above your heart until the blood pressure lowers, and then try to remove it.
- If the RING PRO cannot be removed using the methods above, seek immediate medical assistance. A qualified medical provider should be consulted to safely cut and remove the RING PRO. For safety reasons, the RING PRO must be cut only in a location where the battery is not present. The battery is located in the protruding section on the inner circumference of the RING PRO. Cutting must be performed away from this area. Once the RING PRO has been cut by a medical professional, a flat head screwdriver or similar medical tool may be inserted gently into the gap to create space, allowing the RING PRO to be removed from the finger. If the RING PRO cannot be removed after a single cut, an additional cut may be made approximately one centimeter to the left or right of the original cut, taking extreme care to avoid the battery location. After removal, exercise caution as the RING PRO may have sharp edges. Dispose of the RING PRO properly in accordance with electronic waste disposal guidelines.

Troubleshooting (RING PRO)

- If you have any questions about getting started with the RING PRO or using the Ultrahuman app, please refer to the Frequently Asked Questions (FAQs) at <https://www.ultrahuman.com/ring/faq/>
- If you cannot find the relevant question, contact the Ultrahuman support team via the Ultrahuman app or email us at support@ultrahuman.com

Medical Disclaimer (RING PRO)

- The RING PRO is not a medical device. It is only intended for maintaining and encouraging a healthy lifestyle and general wellness. The RING PRO is not intended for disease management, treatment, or prevention and should not be relied upon for any diagnostic, treatment, management or dosing decisions. We do not intend to substitute professional medical opinion on treating, diagnosing, preventing, or alleviating any disease or disability. Always consult a doctor or qualified healthcare professional before changing any medication, routine, or nutrition if you have any health conditions and/or concerns. Please remember that if you have been diagnosed with a medical condition, the accuracy of the biomarkers data may also be affected. If you make any changes to your health routine based on our products and services including the RING PRO, you agree that you do so fully at your own risk.

Children (RING PRO)

- Please keep the RING PRO out of the reach of children. This product is intended for use only by individuals who are 18 years of age or older. If you suspect or know that a child has swallowed the RING PRO, seek medical attention immediately.

Agreement (RING PRO & PRO CHARGER)

- Your use of the RING PRO and the Ultrahuman app is subject to our Terms of Sale, Terms of Use, and Privacy Policy as available on our website. Terms set forth above in this manual are contained in our website FAQs, Terms of Sale, Terms of Use and Privacy Policy and are subject to change if we change our FAQs, Terms of Sale, Terms of Use and Privacy Policy.

Warranty Information (RING PRO & PRO CHARGER)

WARRANTY DISCLAIMER

- Aside from the warranty explicitly stated for the RING PRO, Ultrahuman and its affiliates provide the RING PRO and services "as is," without any express or implied guarantees. There are no warranties provided by Ultrahuman and its partners, suppliers, and affiliates regarding the operation, contents, or information made available through the Ultrahuman services, including the RING PRO. The company and its partners, suppliers, and affiliates disclaim any expressed or implied warranties, including but not limited to warranties of merchantability, title, fitness for a particular purpose, and non-infringement. Additionally, Ultrahuman does not guarantee uninterrupted availability, security, or error-free operation of the Ultrahuman services, including the Ring, nor that

any defects will be corrected. Furthermore, the company does not ensure that the Ultrahuman services, including the RING PRO, are free from viruses or other potentially harmful components.

LIMITED WARRANTY (1 YEAR)

- Ultrahuman offers a limited warranty for a period of one year from the delivery date to the purchaser, against defects in materials and workmanship for new rings. This warranty may be extended beyond one year if the local law requires a longer warranty period at the time of delivery. Within the warranty period, Ultrahuman will repair or replace the defective ring at no cost to the purchaser, but transportation expenses will be borne by the purchaser. The replacement product may be new or refurbished, depending on Ultrahuman's discretion. Ultrahuman will not be held liable for any loss or damage, including data loss, arising from failure to follow instructions related to the use of the ring. This Warranty does not apply: (a) to consumable parts, such as batteries or protective coatings that are designed to diminish over time, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches, dents unless failure has occurred due to a defect in materials or workmanship; (c) to damage caused by use with a third party component or product that is incompatible with Ultrahuman's products and services; (d) to damage caused by accident, abuse, misuse, fire, earthquake or other external cause; (e) to damage caused by using the ring in violation of these Terms, Terms of Use, FAQs, Sales Terms and other applicable terms; (f) to damage caused by service (including upgrades and expansions) performed by anyone other than Ultrahuman; (g) to an Ultrahuman ring that has been modified to alter functionality or capability without the written permission of Ultrahuman; (h) to damage caused by normal wear and tear or otherwise due to the normal aging of the ring, (i) if any serial number has been removed or defaced from the Ring, or (j) if Ultrahuman receives information from relevant public authorities that the product has been stolen or if you are unable to deactivate passcode-enabled or other security measures designed to prevent unauthorized access to the ring, and you cannot prove in any way that you are the authorized user of the ring (e.g., by presenting proof of purchase). All applicable laws will be followed.

ULTRAHUMANX MEMBERSHIP

- UltrahumanX members enjoy certain special benefits and extended coverage during the standard warranty period. To know more, please refer to the FAQs on the website at - <https://x.ultrahuman.com>

LIMITATION OF LIABILITY

- YOU UNDERSTAND AND AGREE THAT TO THE MAXIMUM EXTENT PERMITTED BY LAW, WE, OUR DIRECTORS, EMPLOYEES, AFFILIATES, LICENSORS, AGENTS, PARTNERS, AND SUPPLIERS, WILL IN NO EVENT BE LIABLE TO YOU OR ANY THIRD PARTY FOR ANY INDIRECT, CONSEQUENTIAL, EXEMPLARY, INCIDENTAL, SPECIAL, PUNITIVE OR OTHER LOSS OR DAMAGE WHATSOEVER, INCLUDING LOSS OF BUSINESS PROFITS, BUSINESS INTERRUPTION, COMPUTER FAILURE, LOSS OF BUSINESS INFORMATION, OR OTHER LOSS OR DAMAGES ARISING

FROM OR RELATING TO: (A) THE TERMS OF USE, THE TERMS OF SALE OF ULTRAHUMAN RING, ANY OTHER POLICY AVAILABLE ON ULTRAHUMAN WEBSITE; (B) YOUR USE OR INABILITY TO USE OUR PRODUCTS AND SERVICES; (C) THE CONDUCT OR CONTENT OF OTHER USERS OR THIRD PARTIES ON OR THROUGH THE SERVICES; OR (D) UNAUTHORIZED ACCESS OR USE, EVEN IF WE HAVE BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THE MAXIMUM AGGREGATE LIABILITY OF ULTRAHUMAN TOWARDS YOU SHALL BE LIMITED TO ONE HUNDRED INDIAN RUPEES (INR 100) REGARDLESS OF THE FORM OF ACTION OR CLAIM, E.G. CONTRACT, WARRANTY, TORT, STRICT LIABILITY, NEGLIGENCE, OR ANY OTHER LEGAL THEORY. ULTRAHUMAN OR ANY THIRD PARTIES THAT ENABLE YOUR ACCESS AND USE OF PRODUCTS AND SERVICES OR PROVIDE INFORMATION AND CONTENT ON THE PLATFORM ARE NOT LIABLE FOR ANY PERSONAL INJURY, INCLUDING DEATH, CAUSED BY YOUR USE OR MISUSE OF THE PRODUCTS AND SERVICES. THE PRODUCTS AND SERVICES PROVIDED ARE NOT INTENDED IN ANY WAY TO BE A SUBSTITUTE FOR FACE TO FACE CONSULTATION WITH A DOCTOR. ULTRAHUMAN ADVISES THE USERS TO MAKE INDEPENDENT ASSESSMENT IN RESPECT OF ITS ACCURACY OR USEFULNESS AND SUITABILITY PRIOR TO MAKING ANY DECISION IN RELIANCE HEREOF.

Intellectual Property Rights



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Regulatory

USA

RING PRO FCC ID : 2A99X-UHRINGPRO01

PRO CHARGER FCC ID : 2A99X-UHRPCHRGR01

FCC COMPLIANCE STATEMENT

These devices comply with Part 15 and Part 18 (PRO CHARGER) 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 to 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.

Warning: Changes or modifications to this device not expressly approved by Ultrahuman could void the user's authority to operate the device. Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

Warning: 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 (PRO CHARGER) has been tested and found to comply with the limits for an ISM device, pursuant to Part 18 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.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits. This RF lighting devices may cause interference to radio equipment and should not be installed near maritime safety communications equipment or other critical navigation or communication equipment operating between 0.45-30 MHz.

This device (PRO CHARGER) complies with Part 18 of the FCC Rules.

Operation is subject to the condition that this device does not cause harmful interference.

Warning: 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.

Responsible party for FCC Compliance:

Ultrahuman Healthcare LLC,
8 The Green, 7640 Dover, Delaware 19901,
U.S.A. | legal@ultrahuman.com | 1800-102-8693

BC mark (PRO CHARGER only)



The "BC" mark inside a circle is a certification logo that was previously required for state-regulated battery charger systems sold in California under the California Energy Commission (CEC) appliance efficiency standards

California Proposition 65

! WARNING: This product can expose you to chemicals including nickel and lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information, go to www.P65Warnings.ca.gov.

The warning in your Owner's Manual is printed in order for Ultrahuman to comply with California State law and is based on the list of chemicals identified by the Governor of the State of California as provided in Proposition 65 regulations.

California Proposition 65 is known as The Safe Drinking Water and Toxic Enforcement Act of 1986. To comply with this California Act, even chemicals used within the limits of national regulations and found not hazardous in the quantities associated with the product may require a warning just because the chemical is present. Information about Proposition 65 and this warning is available on the website of the Office of Environmental Health Hazard Assessment (OEHHA) maintained by the State of California. <https://oehha.ca.gov/proposition-65/>

Ultrahuman evaluates all chemicals associated with the products that Ultrahuman manufactures and complies with all regulations associated with the chemicals. All potential chemical exposures are below accepted and regulated concentrations. Whirlpool has provided the warning because a chemical covered by the California Proposition 65 may be present, and not all listed chemicals provide exposure limit requirements. Therefore, Ultrahuman I has elected to provide the warning when a listed chemical is present.

CANADA

RING PRO

Product Model Name (PMN): RP-XX-XX

HVIN: UH_RING_PRO_REV3_2

IC: 30138-UHRINGPRO01

PRO CHARGER

Product Model Name (PMN): RPC-XX-XX

HVIN: UH_CHG_PRO_3V1

IC: 30138-UHRPCHRGR01

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE) Le présent appareil (IC: 30138-UHRINGPRO01 and IC:

30138-UHRPCHRGR01) est conforme aux CNR d'Innovation, Science et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF EXPOSURE SAFETY

This product is a radio transmitter and receiver. It is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the ISED. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Ce produit est un émetteur et un récepteur radio. Il est conçu pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) établie par l'ISDE. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

Canada local representative:

Canadian Certification Consulting, Inc.
2210 Horizon Drive, Suite 17
West Kelowna, BC V1Z 3L4
Tel. No.: 1-250-575-1719
E-mail: info@can-cert.com

Disposal and Recycling Information for Ring Pro & Pro Charger



The icon shown above signifies that when your product and/or battery has reached the end of its useful life, it should not be disposed of as normal waste. Rather, it must be deposited at a designated collection center identified by local authorities to ensure its appropriate recycling and disposal. This will assist in conserving resources while giving priority to the safeguarding of the environment and human health through proper recycling methods.

Technical Specifications (RING PRO)

Materials

- Durable Titanium
- PVD coating
- Non allergenic inner epoxy molding material and Polycarbonate
- Water resistant to 100 m / 328 ft

Weight & Dimensions

- Width: 8.2 mm
- Thickness: 2.65 mm
- Weight: 2.9–4.8 g

Connectivity

- BLE (Bluetooth Low Energy)
- Firmware updates via Ultrahuman App
- EMF safe design

Battery and Power

- Up to 15 days battery life
- Full charge in 3 hours

Sensors

- PPG sensor (heart rate and SpO₂)
- Skin temperature sensor
- 6 DOF motion sensor

Other Specs

- Operating temperature: -5°C to 40°C
- BLE Power: 0 dBm (1 mW)
- BLE Frequency: 2402–2480 MHz

Technical Specifications (PRO CHARGER)

Materials

- Aluminum
- PC plastic
- Silicone rubber

Dimensions

- Width: 59 mm

- Length: 61 mm
- Height: 24 mm
- Weight: 99 g $\pm$ 10 g

Power Supply

- 5V DC 3A (Max)

Battery

- 400 mAH LiPO

In case of any queries please write to feedback@ultrahuman.com

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