

Salim Care AI Smart Ringe

Model:IR009

User Manual



FCC Warning (For BT)

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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.

Any 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FCC ID: 2ARDY-IR009R



FCC Warning (For BT)

FCC Warning (For BT)

FCC Warning (For Charging case)

This device complies with part 18 of the FCC Rules. 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 receiver.

Increase the separation between the equipment and other device.

Connect the equipment into an outlet on a circuit different from that to which the other device is connected.

Consult the dealer for help.

The device maintenance shall be performed in accordance with the manufacture' s instructions to ensure proper operation.

RF exposure statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FCC ID: 2ARDY-IR009

Warranty



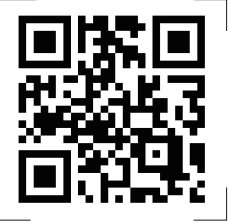
24-Month Warranty



Lifetime Technical Support

Scan the QR code to access the multi-language version of this user manual.

For FAQs and More Information, Please Visit:



support



User Manual EN

Package List

1 x Smart Ring, 1 x Charging Case, 1 x Charging Cable, 1 x User Manual, 1 x Welcome Card

Specifications

Ring	DC 3.7V 18.5mAh 0.0685Wh
Charger	DC 3.7V 200mAh 0.74Whe
Version	BLE 5.0
Input	5V=1A
Output	4.2V=8mA
Charging Time	About 2 hours
Battery Life	5~7 days
Standby Time	15 days
Material	Titanium Alloy + Resin

User Guide

1. Download the APP

Scan the QR code, or search Rophie on Google Play and the iOS App Store to download the Rophie app. Compatible with Android 5.0 or later and iOS 10.0 or later. This Smart Ring supports Bluetooth 5.0.





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2. Charge & Activate the Device

1) For first-time use, charge the smart ring in the charging case to activate it.
2) If a factory reset is performed in the APP, recharge to reactivate the device.

3. Bluetooth Pairing

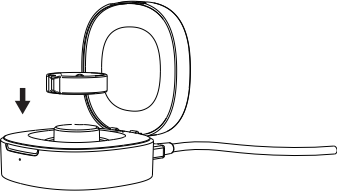
1)Open the "Rophie" APP on your phone, then register or log in to your account.
2)Tap "+" on the APP homepage to add a device, then select the device to connect.

Note: During pairing and connection, ensure Bluetooth and location services are enabled on your phone and that the ring is within the effective connection range.

4. Charging Instructions

1.Connect the wireless charging case to a USB-C cable, and plug the other end into a 5V/1A USB power source. The blue light will stay on continuously when powered.
2.Place the smart ring into the charging case. During charging, the green light will flash slowly.
3.Once fully charged, the green light will stay on continuously.

Note: The ring may become slightly warm during charging, which is normal.





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5. Wearing the Ring

1) Wear the ring on a suitable finger with a comfortable fit—not too loose or too tight.
2) Ensure the sensor faces the palm side of your finger for better measurement accuracy.
Note: Wearing the ring too loosely may affect heart rate and blood oxygen data collection.
Wearing Recommendation: Wear the smart ring on the index finger.

APP Features



Heart Rate

- 24-hour automatic measurement (adjustable interval)
- Daily/weekly/monthly heart rate reports
- Manual measurement anytime via the APP



Blood Oxygen

- 24-hour automatic measurement (adjustable interval)
- Daily/weekly/monthly blood oxygen reports
- Manual measurement anytime via the APP



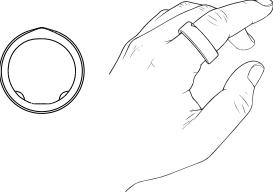
Sleep

- Automatic sleep tracking, recording awake, REM, light, and deep sleep stages
- Sleep summary: total sleep time, sleep efficiency, time to fall asleep, sleep quality
- Daily/weekly/monthly sleep reports



Heart Rate Variability(HRV)

- 24-hour automatic measurement (adjustable interval)
- Daily/weekly/monthly HRV reports





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Activity

- Track steps, distance, and calories all day
- Daily/weekly/monthly activity reports
- Personalized goal setting and daily progress tracking

Stress

- 24-hour automatic measurement (adjustable interval)
- Daily/weekly/monthly stress reports

Temperature Trends

- 24-hour automatic measurement
- Daily/weekly/monthly body temperature trend reports

Women's Health

- Female menstrual cycle tracking and pregnancy cycle management

Precautions

1. Choose a ring size suitable for your finger to avoid wearing it too tight.
2. If redness or swelling occurs, stop using immediately and consult a doctor.
3. If the ring gets stuck while removing, wet your finger with cold water and mild soap, then slowly rotate to remove.
4. The device has a built-in, non-removable battery. Do not attempt to replace it yourself to avoid damage.
5. Operate the device within 0°C-40°C, and store it and its accessories within -20°C-55°C. Exposure to extreme temperatures may cause malfunctions, and battery performance may be reduced below -20°C.
6. Do not use the device near strong magnetic fields to prevent circuit damage.
7. Do not keep magnetic stripe cards (e.g., bank cards, phone cards) in prolonged contact with the device, as this may cause card failure.