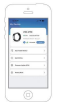


说明书
68*88mm, 风琴折页, 105g哑粉

Alter Ring Alter Ring-13  User Manual	Product Introduction Alter Ring-13 smart health ring which can monitor multiple body vital signs all day and night.         Note: Alter Ring-13 ring is not a medical device, its test results and suggestions are for reference only.	What's Included in the Box (1) Smart ring (2) Wireless charging case (3) Type-C charging cable (4) User manual    	Instruction 1. Download the APP - Scan the QR code below or search JC Ring on Google Play or iOS App Store to download our JC Ring App. - Make sure the Bluetooth of your mobile device is on. - Choose device identified in App and connect to your smart ring. JC Ring  Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The ring supports Bluetooth 5.0 connection.	2. Charge Before Use • Please fully charge the device to activate for first use. • If after factory reset on the App, please charge to power on. Simply place your device on the wireless charging case, plug in the provided Type-C charging cable, and plug it into a wall socket or USB-C to port to begin charging. During charging, the ring's green light flashes red, and charges to show flash when fully charged. It typically takes about 2 hours to be fully charged, and supports about 5-7 days for normal use. Battery life changes depending on the activated features, type and frequency of ring use. Note: The charging case is not water resistant and is intended for indoor use only. Do not use or store in humid environments like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads. 	3. App Operation Once the device is activated, please pair it with the JC Ring App for App operation and use. Home View your detailed health data and report per day: steps, distance, calories, heart rate, SpO2, blood pressure, HRV, stress, skin temperature change, sleep, women's health, etc. - You can manually start heart rate & SpO2 measurement on App. - For temperature monitor, it can detect your temperature trend and show you detailed daily/weekly/monthly reports to help you better track your temperature changes. 	Device Check current device's basic information (battery level, IMC ID, firmware version, Bluetooth RSSI) and make detailed settings. Set Auto Health Monitor Interval The default auto health monitor intervals are every 10 min for heart rate, every 30 min for SpO2, 4 temperature and every 60 min for blood pressure, HRV & stress. You can change the interval as you need. The shorter the interval is set, the faster the battery will drain. Goal Setting Personalize your goals for steps, calories, calories and sleep hour per day. Firmware Update (OTA) Permitted you if a new firmware version has been released. If so, please follow the steps to upgrade to the latest version. Factory Reset After factory reset, all device data will be deleted. Please charge to reboot. 
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