SMART RING

使用说明书

1 功能介绍

睡眠
科学记录睡眠参数
有效改善睡眠质量

体温
体温监测与分析
科学管理身体状态

血氧
血氧周期性监测与分析
血氧饱和检测

心率
静息心率和动态心率
周期性监测与分析

恢复
关注身体各项指标
提供身体恢复报告

生理周期
帮助你调查身体
科学备孕

SOS求助
遇到紧急情况
快速SOS求助

智能触控
轻松客制化按Apo
便捷智慧生活轻帮手

5ATM防水
强悍防水性能
尽享运动乐趣

2 包装清单

3 基本参数

产品名称	智能健康戒指
产品材质	微晶钢纳米陶瓷，奥氏体抗氧不锈钢
通讯方式	Bluetooth LE5.0
传感器	体温传感器、加速度传感器、心率传感器、触摸传感器
电池续航时间	4-6天
电池	锂聚合物电池
充电方式	磁吸充电
充电时长	<=1.5小时
工作温度	-20℃ to 50℃
存储温度	-30℃ to 70℃
充电温度	0℃ to 40℃

4 连接

1. 扫码下载APP（或在苹果应用商店和安卓应用市场搜索"AIZO RING"下载）

2. 将戒指放在已连接电源的充电座上自动激活。（每次绑定戒指，都需要将其放在充电座上，保持充电状态。）
3. 打开AIZO RING APP，点击状态页搜智能匹配的添加戒指按钮，进入戒指绑定界面，搜索蓝牙戒指。
4. 当看到你的戒指出现在蓝牙设备列表中时，点击该设备并按照提示进行配对。如果没有搜索到戒指，请检查充电座电源连接和戒指是否已处于充电状态。
5. 等待片刻，APP将自动连接和绑定戒指。绑定过程中，戒指会闪烁绿灯3秒。
6. 如需解绑，在APP的设备设置页面点击"解绑戒指"即可完成解绑操作。如果你使用的是苹果手机，还需要在手机的蓝牙设置中，手动停用的戒指从已配对的蓝牙设备列表中删除或忘记。

5 佩戴

当使用智能触控功能时，请注意戒指的佩戴方式。戒指应佩戴食指上，并使传感器红灯位于手指内侧（注意：当触控标识上端与食指侧面中线对齐时，触控体验会更加舒适。见下图虚线所示）

6 使用

开启智能触控功能后，可在戒指触控区通过触控手势对手机，电脑，电视等进行遥控（戒指触控区位于戒指外表面触控指示标志上方，佩戴时请注意方向）

7 充电

1. 充电座连接USB接口，然后将戒指按照图示放在充电座上。如果戒指红灯闪烁约10秒，则表明戒指已进入充电状态。
2. 如电池电量充满，戒指将会停止闪烁红灯。（充电连接正确后持续亮30秒红灯，如果未正确连接红灯会马上熄灭。请检查充电连接。连接好充电持续10秒后，每1秒闪一次红灯或绿灯指示充电状态。闪红灯表示正在充电中，闪绿灯表示已充满。）

8 安全和注意事项

1. 本设备内置不可拆卸电池,且电池不可更换,请勿拆解或改装电池。
2. 请勿将设备暴露在高温处或发热设备的周围,如取暖器，微波炉等。
3. 请勿把设备扔到火里,否则会导致电池起火和爆炸。

在使用和操作设备前，请阅读并遵守下面的注意事项，以确保设备性能最佳,并避免出现危险或非法情况。使用该款戒指所环境注意事项：
1. 产就让儿童或宠物吞咬本产品或配件,以免造成伤害;
2. 产禁将本产品靠近热源或者裸露的火源,如烤箱，电暖器等。
3. 部分人群是过敏体质,其皮肤对塑胶类，不锈钢等材质会过敏，长期接触部位会有红肿，发炎等症状发生，任何人出现类似情况，请停止使用并咨询医生。
4. 设备产生的无线电波可能会影响植入式医疗设备或个人医用设备的正常工作，如起搏器，胰岛素等，有您使用了这些设备,请向其制造商咨询使用本设备的限制条件的限制条件。
5. 请勿将本设备及其附件作为普通的生活垃圾处理,请遵守本设备及其附件处理的本地法令,并支持回收行动。

9 产品中有害物质的名称及含量

部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (CrVI)	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
充电座组件	○	○	○	○	○	○
外壳组件	×	○	○	○	○	○
线路板组件	○	○	○	○	○	○
电池组件	○	○	○	○	○	○

本表格依据SJ/T11364的规定编制。
○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T26572-2011 规定的限量要求以下。
×：表示该有害物质至少在该部件的某一均质材料中的含量超出了GB/T 26572-2011 规定的限量要求。

10 本环保内的数字表示产品（除电池外）在正常使用状态下，环保使用期限为10年

5 本标识内的数字表示电池在正常使用状态下，环保使用期限为5年

部件上的环保使用年限标识优先于产品上任何与之相冲突或不同的环保使用期限标识。本产品所有环保使用期限是指在产品使用说书规定的使用条件下使用本产品不发生有毒有害物质泄露的安全年限。

10 保修说明

1. 本产品在正常使用时，自购买之日起，电池充电器保修半年。
2. 因使用者个人原因造成的故障，不提供免费保修如下：
a. 擅自拆装，改装等造成的故障。
b. 在使用过程中不慎跌落而造成的故障。
c. 一切人为损坏或因第三者过失，外力震裂，外部件的刮痕的损坏等，不在保修范围内。

11 特别说明

1. 本手册仅提供有信息制作,本着不断完善,持续发展的原则,公司保留产品规格和功能变更及对本手册中描述的任何产品进行修改和改进的权力。
2. 本手册中的内容按产品制造时的状况提供,除非法用的法律另有规定,否则不对文档的准确性、可靠性和内容作任何类型的明确或默认的保证。任何以本手册的数据、图形或文字描述为依据的索赔要求将不予接受。
3. 本产品非医学设备,所提供的数据及信息仅供参考。
4. 若覆自拆卸本产品的外壳,产品将失去保修的资格。
5. 本手册中的图片用于指导用户操作,区别参考,具体请以实物为准。

12 三包凭证

1.用户信息

姓　名	
电　话	
联系地址	
电子邮件	
邮政编码	

2.机身信息

主机机身SN号	

3.维修记录

受理日期	故障现象	处理方案	维修员签字

SMART RING

Users Manual

1 FUNCTION INTRODUCTION

SLEEP
Scientific monitoring sleep data
Effectively help to improve sleep quality.

BODY TEMPERATURE
Body temperature monitoring and analysis. Scientific management of physical status.

BLOOD OXYGEN
Periodic monitoring and analysis of blood oxygen.
One-key to detection of blood oxygen.

HEART RATE
Resting heart rate and motional heart rate.
Periodic monitoring and analysis.

RECOVERY
Care of various body indicators.
Provide body recovery reports.

WOMEN MENSTRUAL CYCLE
Ai deep learning, scientific expectation for pregnancy.

SOS
In case of emergency.
One-key SOS for rescue.

TOUCH TO CONTROL
Easy and smart touch control the 3rd Parties APPs.Convenient smart life experience.

STRICTLY WATERPROOF
Strictly waterproof performance.
Enjoy the fun of sports

2 PACKING LIST

3 BASIC PARAMETERS

Model Name	Smart Health Ring
Product material	ceramics, stainless steel
Communication method	Bluetooth LE5.0
Sensor	Body temperature sensor, acceleration sensor, heart rate sensor, touch sensor
Battery life	4-6 days
Battery	Lithium polymer battery
Charging method	magnetic charging
Charging time	≤1.5hrs
Operating temperature	-20℃ to 50℃
Storage temperature	-30℃ to 70℃
Charging temperature	0℃ to 40℃

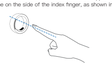
4 CONNECTIONS

1. Scan the QR code to download the APP (or search for "AIZO RING" in the Apple Store or Google Market to download)

2. Place the ring on the charging dock connected to the power source and the ring will be activity automatically. (The 1st time you bind the ring, you need to put it on the charging dock, Keep it charged.)
3. Open "AIZO RING" APP, Click the Add Ring button on the status window or smart window to enter the ring binding interface and search for the ring.
4. When the ring appear in the Bluetooth list, choose it to start binding; If no found, check whether the charging dock connection and the ring are charged.
5. Wait for seconds, APP will automatically complete pair and bind the ring. During binding, the ring will flash green LED light for 1-2 seconds.
6. If you need to unbind it, click "Unbind Ring" on the setting window of the APP to finish unbinding. If you're using an iPhone, you'll also need to manually remove or ignore your ring from the list of paired Bluetooth devices in your phone's Bluetooth setting.

5 WEARING

When using the Smart Touch feature, please pay attention to the way the ring is worn. The ring should be worn on the index finger and the sensor area located on the inside of the finger (note: the touch experience will be more comfortable when the upper end of the touch logo is aligned with the middle line on the side of the index finger, as shown in the dotted line below)



6 USE

After the smart touch function is enabled, you can touch to control the 3rd parties APPs on phone, tablet PC, computer and TV through the ring touch area (the touch area is on the outer surface of the ring, please pay attention to the direction when wearing)

7 CHARGING

1.Connect the charging Dock with USB adapter, then put the ring on the charging Dock as shown on picture, if the ring red light flashes 1 seconds apart, it means that the ring has charging.
2.If fully charged, the ring will flashing green.(the charging connection is correct, the red light will continue to light for 10 seconds, if it is not connected correctly, the red light will turn off immediately, please check the charging connection. After connecting the charge for 10 seconds, flash a red light or green light every 1 seconds to indicate the charging status,flashing red light means in charging, flashing green light means full charged.)

8 SAFETY AND CAUTIONS

1. The ring with built-in battery, and the battery is not replaceable, do not disassemble or modify the battery.
2. Do not expose the ring to high temperatures or around heat generating equipment, such as heaters, microwave ovens, etc.
3. do not throw the ring into the fire.

Ensure optimal performance and to avoid dangerous or illegal situations, please read and observe the following use scenarios and operating environment precautions.

1. Do not allow children or pets to swallow the ring to avoid injury.
2. the product is strictly prohibited near the heat source or exposed fire, such as ovens,electric heaters, etc.
3. some people are allergic, their skin to plastic, stainless steel and other materials will be allergic, long-term contact parts will be red, swollen, inflammation and other symptoms occur, anyone with similar conditions, please stop using and consult a doctor.
4. The radio waves generated by the device may affect the normal operation of implanted medical devices or personal medical equipment, such as pacemakers, hearing aids and so on. please consult with their manufacturers for restrictions on the use of this equipment.
5. Please do not dispose of the device and its accessories as ordinary household garbage.Please observe local ordinances for the disposal of the device and its accessories and support recycling actions.

9 CONTENT OF HARMFUL SUBSTANCES

Part name	Hazardous substances					
	(Pb)	(Hg)	(Cd)	(CrVI)	(PBB)	(PBDE)
Charging Dock	○	○	○	○	○	○
Housing	×	○	○	○	○	○
Circuit board	○	○	○	○	○	○
Battery	○	○	○	○	○	○

This form is prepared in accordance with SJ/T11364.
Indicates that the content of the hazardous substance in all homogeneous materials of the component is below the limit specified in GB/T26572-2011.
Indicates that the content of the hazardous substance in at least one homogeneous material of the component exceeds the provisions of GB/T 26572-2011

10 The number in this sign indicates that the product (except battery) is in normal use and the environmental protection service life is 10 years

5 The number in this sign indicates that the environmental protection service life of the battery is 5 years under normal use

The environmental protection service life identification on the components takes precedence over any conflicting or different environmental protection service life identification on the products. All environmental protection service life of the product refers to the safe life of the product without leakage of toxic and harmful substances when used under the service conditions specified in the product manual.

10 WARRANTY

Tips:
1. This product in normal use, the charging dock warranty for six months from the date of purchase.
2. Failure caused by the user's personal reasons, do not provide free warranty as follows:
a. Crash since the disassembly, modification, etc. ;
b. By inadvertent drops during use.
c. All man-made damage or damage due to third-party negligence, external shock crack, damage to external components of the scratch, etc., are not covered by the warranty.

11 SPECIAL INSTRUCTIONS

1. This manual is made based on the existing information, and in the principle of continuous improvement and continuous development,Ω ur company reserves the right to change the product specifications and functions and modify and improve any products described in this manual.
2. The contents in this manual are provided according to the condition of the product at the time of manufacture. Unless otherwise specified by applicable laws, no explicit or default warranty of any kind is made for the accuracy, reliability and content of the document. Any claim based on the data, drawing or text description of this manual will not be accepted.
3. This product is not a medical device. The data and information provided are for reference only.
4. If the out frame of this product is removed without authorization, the product will lose its warranty qualification.
5. The pictures in this manual are used to guide for the user and are for reference only.Please refer to the actual object for details.

8 WARRANTY CARD

1.User information

Full Name	
Contact No.	
Address	
Email	
Post code	

2.Fuselage Information

SN number of device	

3.Maintenance record

Acceptance date	Problems	Treatment scheme	Signature of maintenance

Manufacturer's Name: Huizhou Jiashang Electronic Technology Co., LTD
Product name: Health Smart Ring
Trade Mark: N/A
Model number: ZR01
Operating Temperature: 0° C to 40° C
This device in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. All essential radio test suites have been carried out.

Function	Operation Frequency	Modulation	Max RF Output
BT	2402-2480MHz	GFSK	-0.82dBm

The host manufacturer has the responsibility that the host device should be compliance with all essential requirement of RED. This restriction will be applied in all member states.

The simplified EU declaration of conformity referred to in Article 10(10) shall be provided as follows: Hereby. Advanced Technologies SRL declares that the radio equipment type Tablet PC is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.nst-it.com.

BE	BG	CZ	DK	DE
EE	IE	EL	ES	FR
HR	IT	CY	LV	LT
LU	HU	MT	NL	AT
PL	PT	RO	SI	SK
FI	SE	UK		

Use careful with the earphone maybe possible excessive sound pressure from earphones and headphones can cause hearing loss.

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.

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.

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