Thick Cardstock - Intro Card (卡片纸-介绍卡)

Front-side (顶面)

Welcome to
Mirror Health

Back Side (底部)

Instruction Manual Front-side (使用说明书正面)

Welcome

We are glad to embark on the future of health with you at Mirror Health.

Your journey today begins with The Mirror Ring, a sleek and powerful daily companion. It is here to give you real-time insights about your health, connect you and your loved ones, and support you in owning your health journey.

Begin setting up your Mirror Ring →

1 Download

Download the latest Mirror Health app from the App Store or Play Store.

Download on the App Store

GET IT ON Google Play

2 Setup

Plug the Mirror Ring Charging Case into a power source with the provided USB-C charging cable.

Once the LED light turns on, open your Charging Case and place The Mirror Ring onto the dock.
Be mindful of the orientation to ensure the ring full fits into the slot

Continue on backside →

Instruction Manual Back Side (使用说明书背面)

3 Charge

Charge your Mirror Ring for 30-minutes before removing.

After 30-minutes, remove the ring from the charging case and wear it on fitted finger.

4 Pair

Open the Mirror Health App on your smart phone and ensure that your Bluetooth connection is switched on.

Create your Mirror Health account (~5 minutes) and login.

After logging in, follow steps on screen to pair your Mirror Ring.

5 Calibrate

Your Mirror Ring will spend the first few days learning about you and your unique health. Check in routinely for new insights as it calibrates overtime.

Once the initial calibration period is complete, check into Mirror Health daily for up-to-date insights, recommendations, and alerts.

Separate Leaflet (单独的传单)

Product Information

The Mirror Ring is a health-focused smart ring that tracks your biometrics 24/7. View your Health Score:

Note: The Mirror Ring is not a medical device, its test results and suggestions are for reference only.

Included in the Box

The Mirror Ring

Ring Charging Case

USB-C Cable

Starter Guide

FCC Warning（BT）

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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: 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 the 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.

FCC 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: 2BG7N-1A

FCC Warning（Case）
TThis device complies with part 18 of the FCC Rules.
Information on the following matters shall be provided to the user in the instruction manual or on the packaging if an instruction manual is not provided for any type of ISM equipment:
(a) The interference potential of the device or system
(b) Maintenance of the system
(c) Simple measures that can be taken by the user to correct interference.

FCC 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: 2BG7N-1AC