

VERTU META Ring 2 RING MANUAL

Product Introduction

This is a smart health ring which can monitor multiple body vital signs all the day and night.

- Non-Invasive Blood Glucose Risk Assessment
- VO2 Max
- Sleep Tracking
- HRV/Stress
- Activity Tracking
- Exercise Mode
- 24/7 Heart Rate
- SpO2
- Skin Temperature Trend
- Women Health
- Member Health
- 5ATM Waterproof

Kind Reminder: This product is a consumer-grade smart wearable device and is not a medical device. All health data and assessment results are for reference only and must not be used for disease diagnosis, treatment, or medication guidance. If you have any health concerns, please consult a qualified medical professional or health care institution.

Instruction

Proper Wearing of the Ring

1. Choose the right size and avoid tight fitting.
2. Recommended for the index finger of your non-dominant hand; other fingers are acceptable if secure and comfortable.
3. Keep the sensor facing your palm for better measurement.
4. Stay still during heart rate and blood oxygen measurement for accurate data.

Download the APP

Android or iOS users can scan the QR code on the right to download the app.

Tips: Please ensure your phone is running Android 8.0 or iOS 12.0 or later versions. The ring supports Bluetooth 5.0 connection.

Charge Before Use

When using for the first time, please charge and activate the smart ring using the charging case. If a factory reset has been performed in the App, please charge and activate the device again.

Add Device

1. Open the "META SELF APP", and register or log in;
2. Tap the "+" on the App Home page to select the ring to connect and bind. Note: During the pairing process, please make sure that the Bluetooth of the mobile phone are turned on and the distance between the mobile phone and the ring is within the effective connection range.

Charging Instruction

1. Connect the Type-C cable to the charging case and a 5V/1A power supply.
2. Place the smart ring in the case, align the charging contacts correctly.
3. The green indicator on the case stays on when powered.
4. The ring's green indicator flashes slowly while charging, and stays on when full. Note: The charging case is not waterproof. Keep it away from humid environments.

Specifications

Product name: VERTU META Ring 2

Model: VAIR11003

Battery type: Rechargeable lithium polymer

Battery capacity: Rechargeable 12mAh/16mAh depending on the ring size

Battery life: 5~7 days (default)

Charging time: <2 hours

Charging case rated input: 5V 1A

Bluetooth version: BLE 5.0

Data memory: 15 days

Waterproof grade: 5ATM

Activity time: Max 99h 59min

Calories burned: Max 9999.9kcal

Running & walking distance: Max 999.99km

Operating temperature range: 0°C~52°C/32°F~125°F

Storage temperature range: -20°C~55°C/-4°F~131°F

FCC Compliance Statements

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.

Caution: 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.