Smart Ring User manual

Proper wearing

Ensure the ring fits snugly on your finger. The sensor must touch your skin to ensure accurate readings and avoid movement.

Charge the ring

Before first use, make sure the ring is fully charged. If the battery is low and the ring is not detected by your phone, connect it to a charger.

Device Connection:

Open the app, click "Settings" → "+" icon to find and connect to the ring.

The app saves the ring's Bluetooth address and will automatically reconnect when opened or running in the background.

On Android devices, ensure all necessary permissions are granted for notifications and background operation.

App Functions:

1.Healthy Rings:

Exercise: Tracks workouts (10+ minutes), resets at midnight. Set goals in personal information.

Calories: Tracks calories burned from exercise and steps, resets at midnight. Set goals in personal information.

Standing: Tracks hourly standing (20+ steps within an hour), resets at midnight. Set goals in personal information.

Summary Charts:

> Calories: Hourly distribution from 0:00 to 23:00.

> Exercise: Hourly distribution from 0:00 to 23:00.

> Standing: Hourly distribution from 0:00 to 23:00.

2.Step Counting:

Records real-time steps daily, resets at midnight. Set and track target steps.

Bar Chart: Hourly step distribution from 0:00 to 23:00.

History: View steps, goals completion, and distance at each time point.

3.Exercise:

Tracks daily exercise duration, frequency, and calories burned.

Bar Chart: Hourly exercise distribution from 0:00 to 23:00.

Records: Total calories, duration, and number of workouts.

4.Sleep Monitoring:

Tracks sleep quality, deep/light sleep, and wake times. View historical sleep data.

5.Health Monitoring:

Tracks heart rate, blood pressure, and blood oxygen every 2 hours by default. View historical data and graphs. Stops during charging and sleep.

6.Notifications:

LED alerts for calls, messages, and notifications. Enable in app settings.

7.Find Device:

Use the app to locate the ring with LED flash alerts.

8.Remote Photography:

Shake the ring to take photos remotely with the app. Photos are saved to the gallery.

Other Settings:

Factory Reset: Clears data and restores default settings.

Precautions:

1.Fully charge before use (about 1.5 hours).

2.Use standard chargers to avoid charging issues.

3.Reconnect if Bluetooth disconnects due to distance.

4.Manually reconnect if Bluetooth disconnects for over 5 minutes.

Troubleshooting:

1.Can't find ring Bluetooth: Charge the ring.

2.App disconnects: Charge the ring or reduce distance.

3.Short battery life: Ensure full charging time (1.5 hours).

4.Charging issues: Check battery condition and charger functionality.

Install the Ring App:

can the QR code or download and install the Ring app from the App Store or Google Play Store.

System requirements: Android 6.0+ or iOS 10.0+.

FCC ID:2BHSO-SR7

FCC Statement

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.

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 used in portable exposure condition without restriction.