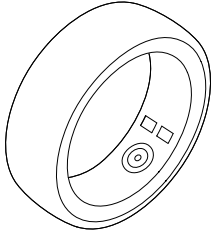
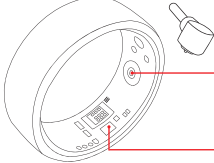
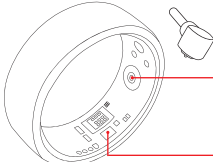
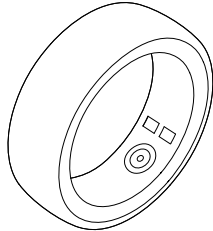


70 mm 70 mm Health Smart Ring Instructions 		Statement Please note that the ring service is not intended to diagnose, treat, or prevent any illness or medical condition. The information and data provided in the service are for reference only and cannot replace the services of health professionals or physicians. If you have any questions about medical conditions, it is recommended to consult a professional physician. Product Specification - Outer surface material: stainless steel - Main material: epoxy resin - Storage capacity: It is recommended to connect to the app and synchronize data every day. The ring can store data for up to 15 days, depending on the type and frequency of use - Product weight: about 5.0 grams - Battery capacity: 20mAh polymer lithium battery - Battery life: 3 to 5 days, depends on how to use - Charging method: Use the supplied charging cable(USB rated 5V); - Charging time: 30 minutes - Luminescence sensor: LED are in the visible color range, safe and friendly to the user - Connection method: Bluetooth 5.0 low energy consumption - Software program updatable: update via software application - Software program compatibility: App store, Google Play - Waterproof level: IPX8	Install the Ring APP Search for "SmartHealth" on Google Play or App Store and download the app. Instructions: Please allow the app to obtain Bluetooth connection and location permissions Please scan the QR code on the right to download and install the app for Android version within China Component Introduction  Charging method and activation Before using the ring for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach it to the metal point on the inner ring of the ring, and connect the other end of the charging cable to a USB charging head or computer USB interface.	Charging/turning on/off Ring charging: Use the matching charging cable to connect the ring Indicator light status: Charging in progress: Red light on for a long time Charging completed: Green light on for a long time Charging time: 30 minutes Battery level check: Check the battery level icon in the upper right corner of the APP homepage Power on/off Power on: After the ring is fully charged, disconnect the power and the ring will automatically turn on Shutdown: Automatically shut down when the battery is depleted explain - Please keep the charging port dry and free from foreign objects to prevent short circuit faults - Suggest using a charger with a rated output voltage of 5V Proper wearing Please make close contact between the optical sensor and the skin on the fingertips to ensure accurate data. If the sensor is located in different positions or does not come into contact with the skin, the obtained data will be incorrect and inaccurate. Bluetooth connectivity After connecting to the power, the ring will automatically turn on, search for "device name" in the app, select and connect it Note: Please open the Bluetooth and location permissions of the app, and keep the Bluetooth function on your phone	Ring/APP upgrade The APP automatically detects the version of the ring program. For a better user experience, please upgrade the ring program and APP program to the latest version. Blood oxygen monitoring Switch to the blood oxygen interface to enter the blood oxygen measurement, and the data can be synchronized to the APP. The blood oxygen related data can be queried at any time in the historical record chart. *Explanation: While sitting still, the red light on the inner ring of the ring continuously flashes during blood oxygen measurement. Sleep monitoring Switch to the sleep interface to view the complete sleep cycle recorded in real-time, analyze the duration of each stage such as wakefulness, light sleep, and deep sleep using scientific algorithms, and automatically save monitoring data in real-time. Sleep related data can be queried at any time in the historical record chart. The app has an automatic monitoring function when connected, and the data can be synchronized to the APP. *Explanation: Sleep data must be worn while sleeping at night and connected to the app before it can be used. Synchronize to the app. Sports monitoring Real time exercise monitoring allows you to view the number of exercise steps and calories in the app homepage. Clicking on the module allows you to view the generated record chart. Connecting	to the app has an automatic monitoring function, and data can be synchronized to the APP. Select the sports menu to enter the sports interface, where you can switch to activities such as running, cycling, and skipping rope. Click the green button to start/pause, and long press the red button to exit or end the exercise; Heart rate monitoring Switch to the heart rate interface to enter heart rate measurement. The ring automatically tests the resting heart rate value every 30 minutes, calculates the average heart rate value per hour, and automatically saves monitoring data in real time. Heart rate related data can be queried at any time in the historical record chart. The app has an automatic monitoring function when connected, and the data can be synchronized to the app. *Explanation: While sitting still and monitoring heart rate, the green light on the inner ring of the ring continues to flash continuously Blood pressure measurement Switch to the blood pressure testing interface of the wristband to enter the blood pressure measurement. The data can be synchronized to the APP, and blood pressure related data can be queried at any time in the history chart. *Explanation: Keep sitting still, during blood pressure measurement, the green light on the inner ring of the ring continues to flash	Remote care Switch to the APP Care and click on "Add Care" in the upper right corner. Enter the contact information of the loved one and add it for confirmation, or scan the personal information "QR code" of the loved one to complete the quick addition. matters needing attention 1: Do not use adapters with charging voltage greater than 5V and charging current greater than 2A, with a charging time of 2-3 hours; 2: Do not charge in the presence of water stains; 3: This product is an electronic monitoring product and is not intended for medical reference. Measurement data is for reference only. Maintenance and care 1. The surface of the ring is made of stainless steel. Do not place hard objects together to avoid scratching the surface of the ring 2. Do not let the ring come into contact with strong acidic or alkaline chemicals to avoid corrosion 3. Please clean the dirt with a neutral solution and a soft cloth 4. The ring contains a battery, please do not expose it to high temperatures for a long time 5. After the ring is soaked in water, please dry the inner ring and fingers before wearing and using it, to avoid the area where the ring is worn being soaked in water and turning white Exemption Regulations 1. Normal wear and damage, including scratches and dents 2. Consumable components included in the product, such as batteries 3. Damage caused by failure to follow the instructions when using the product 4. Product damage caused by force majeure, such as fire, flood, etc 5. Damage caused by unauthorized tampering or alteration of the product	common problem 1, Unable to connect via Bluetooth Please ensure that the Bluetooth and location permissions of the app have been opened When the ring has no or low battery, Bluetooth connection is not possible. Please charge the ring 2, Inaccurate data Please wear the ring correctly. The inner ring detection sensor is in close contact with the skin on the fingertips 3, The ring has been bound The ring has a unique ID identification. If you need to bind a new APP account, please unbind the ring from the bound APP account. If you forget the APP account, please contact the manufacturer for assistance 4, How to make heart rate monitoring data more accurate? Repeated testing in the same environment and at similar times can cause fluctuations in heart rate measurements due to wearing factors such as user speech, emotional changes, and running. Heart rate monitoring is a measurement conducted in a quiet and inactive state. During continuous heart rate monitoring, the heart rate value fluctuates significantly. This is due to the corresponding changes in the human heart rate due to different exercise states, which is a normal phenomenon. remarks This user manual is not covered by warranty, and the software, appearance, and functionality installed on the device may differ from the previous description. The guarantor has the right to modify the user manual at any time without prior notice.
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说明 请注意,戒指服务不是用来诊断、治疗或预防任何疾病和医疗状况,服务中的资讯和数据仅供参考,无法取代健康专业人员、医师的服务,若您对医疗状况有任何问题,建议咨询专业医师。 产品规格 - 外层表面材质:不锈钢 - 主体材质:环氧树脂 - 存储容量:建议每天连接app并同步数据,戒指最多存储15天数据,具体根据使用类型和频率而定 - 产品重量:约5.0克 - 电池容量:戒指20mAh - 电池使用时长:3到5天,具体根据使用频率而定 - 充电方式:使用配备的充电线(USB额定5V); - 发光传感器:LED处于可见的色彩范围,对使用者安全友好 - 连接方式:低功耗蓝牙5.0 - 软件程序可更新性:通过软件应用程序进行更新 - 软件程序兼容性:App store、Google Play - 防水级别:IPX8	安装戒指APP 在Google Play 或 App Store搜索“SmartHealth”,下载APP说明:请允许APP获取蓝牙连接权限和位置权限 中国境内安卓版请扫描右侧二维码下载并安装APP 部件介绍  充电方法及激活 首次使用戒指之前需要充电激活,使用配备的磁吸充电线吸附到戒指内圈的金属点,充电线另一端接入USB充电头或者电脑USB接口即可。	充电/开机/关机 戒指充电:使用配套的充电线连接戒指 指示灯状态: 充电中:红灯长亮 充电完成:绿灯长亮 充电时长:30分钟 电量查看:APP主页面右上角电量图标查看电量 开机/关机 开机:戒指充满电后,断开电源,戒指自动开机 关机:电量耗尽后,自动关机 说明 - 请保持充电口干燥,无异物堵塞,以防短路故障 - 建议使用额定输出电压为5V充电器 正确佩戴 请把光学传感器与手指指腹皮肤紧密接触,以保证数据准确,如果传感器位于不同的位置或不接触皮肤,所获得的数据将是错误和不准确的。 蓝牙连接 连接电源后,戒指自动开机,进APP搜索“设备名称”,选择并连接 备注:请打开APP的蓝牙权限和位置权限,手机蓝牙功能保持打开	戒指/APP升级 APP自动检测戒指程序版本,为了更好的用户体验,请把戒指程序和APP程序升级到最新版本。 血氧监测 切换到血氧界面即可进入血氧测量,数据可同步到APP,历史记录图表中可随时查询血氧相关数据。 *说明:保持静坐,血氧测量时,戒指内圈绿灯持续闪烁。 睡眠监测 切换到睡眠界面可查看实时记录完整的睡眠周期,科学算法分析清醒、浅睡、深睡等各阶段时长,实时自动保存监测数据,历史记录图表中可随时查询睡眠相关数据,连接APP有自动监测功能,数据可同步到APP。 *说明:睡眠数据必须晚上睡觉佩戴,并且连接APP才能使用。 运动监测 实时运动监测可在APP主页上部分查看运动步数、卡路里,点击模块可查看生成的记录图表,连接APP有自动监测功能,数据可同步到APP。 选择运动菜单进入运动界面,可切换至跑步、骑行、跳绳等运动事项,点击绿色按钮即可开始/暂停,长按红色按钮即可退出或结束运动;	心率监测 切换至心率界面即可进入心率测量,戒指每隔30分钟自动测试静息心率值,计算每小时平均心率值,实时自动保存监测数据,历史记录图表中可随时查询心率相关数据,连接APP有自动监测功能,数据可同步到APP。 *说明:保持静坐,心率监测时,戒指内圈绿灯持续闪烁 血压测量 切换至手环血压测试界面即可进入血压测量,数据可同步到APP,历史记录图表中可随时查询血压相关数据。 *说明:保持静坐,血压测量时,戒指内圈绿灯持续闪烁 远程关爱 切换至APP关爱点点击右上角“添加关爱”输入被关爱人联系方式并添加对待方确认即可,或扫一扫被关爱人的个人信息“二维码”即可完成快速添加。 注意事项 1:禁止使用充电电压大于5V,充电电流大于2A的适配器,充电时长2-3个小时; 2:禁止在有水渍的情况下充电; 3:本产品为电子监测产品,不作为医疗参考测量数据仅供参考。	保养护理 1.戒指表面为不锈钢,不要硬物放在一起,以免刮伤戒指表面; 2.不要让戒指接触到强酸强碱的化学剂,以免造成腐蚀; 3.请用中性溶液和柔布清洗污垢; 4.戒指内含电池,请勿长时间暴露在高温环境中; 5.当戒指沾水后请将戒指内圈和手指擦干再佩戴使用,避免戴戒指的部位泡水发白。 免责条例 1.正常的磨损及损害,包括刮痕和凹痕; 2.产品包含的消耗性零部件,如电池; 3.未遵守说明书使用产品导致的损坏; 4.不可抗力导致的产品损坏,如火灾、洪灾等; 5.未经授权,篡改或者改动产品造成的损坏。 常见问题 1. 无法蓝牙连接 请确保已经打开APP的蓝牙权限和定位权限打开,戒指没有电或者低电时,无法蓝牙连接,请给戒指充电。 2. 数据不准确 请正确佩戴戒指,戒指内圈探测传感器与手指指腹皮肤紧密接触	健康智能戒指使用说明 
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FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.