

SMART RING

智能戒指



使用说明书

1、首先给戒指充电



3、在康好app中选择戒指并配对

4、红灯常亮表示戒指正在充电



2、搜索并安装“康好app”



[扫描二维码安装APP]

5、绿灯常亮表示戒指已完成充电



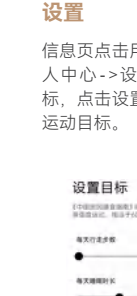
连接戒指

1、打开“康好app”，注册并登录APP

2、首页右上角->扫描设备

3、选择对应的蓝牙名称点击“连接”

4、连接成功即显示设备详情页面，展示戒指信息



设置

信息页点击用户名进入个人中心->设置->设置目标，点击设置选项可设置运动目标。



亲友

点击亲友->关联亲友选择账号或设备号进行绑定，绑定成功后点击亲友用户名，进入查看实时同步健康数据。



心律失常分级统计

app首页卡片中点击心脏健康->心律失常分级统计->开始测量点击下方脉搏波（PPG）可查看各周期测量数据。



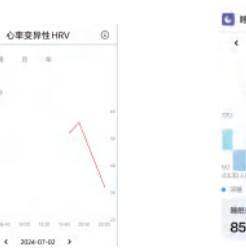
心率

app首页卡片中点击心脏健康->心脏数据->心率查看心率数据。



心率变异性

app首页卡片中点击心脏健康->心脏数据->心率变异性查看心率变异性（HRV）测量数据。



睡眠

app首页卡片中点击睡眠卡片可查看睡眠时长及睡眠分级数据、周期睡眠趋势等。



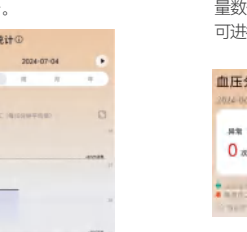
运动

app首页卡片中点击运动记录卡片可查看运动步数等运动信息。



血氧

app首页卡片中点击血氧卡片可查看血氧饱和度平均值、最高值、最低值以及周期趋势数据。



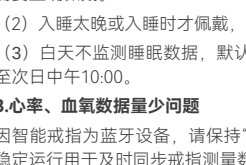
体温

app首页卡片中点击体温卡片可查看体温监测数据，点击日、周、月、年可查看各周期温度趋势数据。



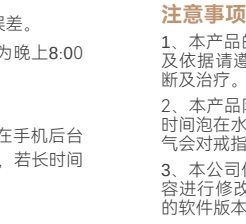
血压趋势

app首页卡片中点击血压趋势卡片可查看设备监测血压分级统计数据，点击手动录入可录入其他设备测量数值，点击血压数据数值可进行数据校准。



一键测量

点击首页上方开始测量可主动测量生成健康数据，当有足够数据产生时会生成健康画像数据进入可查看根据数据分析得知的健康风险。



常见问题

1.戒指测量心率、血氧数据异常原因

- (1) 一般为测量时，戒指的感应器与人体接触不良导致。
- (2) 测量时请注意感应器与手指充分接触。

2.睡眠数据异常原因

- (1) 睡眠监测是模拟人的自主入睡及起床时间状态，需要正确佩戴。
- (2) 入睡太晚或入睡时才佩戴，可能出现误差。
- (3) 白天不监测睡眠数据，默认睡眠监测为晚上8:00至次日中午10:00。

3.心率、血氧数据量少问题

因智能戒指为蓝牙设备，请保持“康好app”在手机后台稳定运行用于及时同步戒指测量数据至云端，若长时间未同步数据，心率和血氧数据会丢失。

注意事项

1、本产品的测量结果仅供参考，不作为任何医疗用途及依据请遵从医生指导，切不可以此测量结果自我诊断及治疗。

2、本产品防水等级为IP68，不可用于深度潜水以及长时间泡在水中。另外，本产品不宜接触热水，因为水蒸气会对戒指造成影响。

3、本公司保留不做任何通知的情况下，对本说明书内容进行修改的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。

SMART RING



User Manual

1. Charge the Ring First

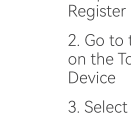


3. Select and Pair the Ring in the Kanghao App

4. Red Light Steady On Indicates the Ring is Charging



2. Search for and Install the "Kanghao (康好) App"



5. Green Light Steady On Indicates the Ring is Fully Charged



Connect the Ring

1. Open the "Kanghao App", Register and Log In
2. Go to the Home Page and Tap on the Top Right Corner -> Scan Device
3. Select the Corresponding Bluetooth Name and Tap "Connect"
4. Once Connected Successfully, the Device Details Page will be Displayed, Showing the Ring Information

Settings

Click the user name on the information page to enter the Personal Center -> Settings -> Set goals. Click the setting option to set sports goals.



Friends and Family

Tap on Friends and Family -> Link Friends and Family, and select an account or device number to bind. Once successfully bound, tap on the friend's or family's username to view real-time synced health data.



Arrhythmia Grading Statistics

On the app's Home Page, tap on Heart Health -> Arrhythmia Grading Statistics -> Start Measurement. Tap on PPG Pulse Wave at the bottom to view the measurement data for each cycle.



Heart Rate

On the app's home page, tap on Heart Health -> Heart Data -> Heart Rate to view heart rate data.



Heart Rate Variability

On the app's home page, tap on Heart Health -> Heart Data -> Heart Rate Variability to view HRV measurement data.



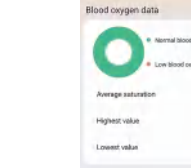
Sleep

On the app's home page, tap on the Sleep card to view sleep duration, sleep stage data, and cycle sleep trends.



Exercise

On the app's home page, tap on the Exercise Record card to view step count and other exercise information.



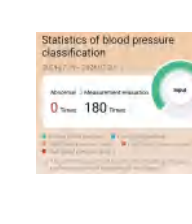
Blood Oxygen

On the app's home page, tap on the Blood Oxygen card to view average, maximum, and minimum blood oxygen saturation, as well as periodic trend data.



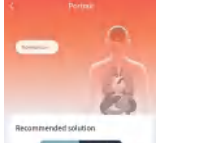
Body Temperature

On the app's home page, tap on the Body Temperature card to view temperature monitoring data. Tap on Day, Week, Month, or Year to view temperature trend data for each period.



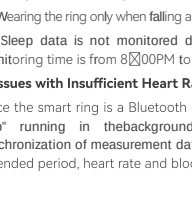
Blood Pressure Trend

On the app's home page, tap on the Blood Pressure Trend card to view device-monitored blood pressure grading statistics. Tap on Manual Entry to input values from other devices, and tap on the blood pressure data values to calibrate the data.



One-Click Measurement

Tap on Start Measurement at the top of the home page to actively measure and generate health data. When sufficient data is collected, health profile data will be generated. Click to view the health risks based on the analysis of health profile data.



Frequently Asked Questions

1. **Reasons for Abnormal Heart Rate and Blood Oxygen Measurements**
(1) Generally due to poor contact between the ring's sensor and the body during measurement.
(2) Please ensure that the sensor is in full contact with the finger during measurement.
2. **Reasons for Abnormal Sleep Data**
(1) Sleep monitoring simulates the user's sleep and wake times, requiring correct wearing.
(2) Wearing the ring only when falling asleep or too late may result in errors.
(3) Sleep data is not monitored during the day; the default sleep monitoring time is from 8:00PM to 10:00 AM the next day.
3. **Issues with Insufficient Heart Rate and Blood Oxygen Data**
Since the smart ring is a Bluetooth device, please keep the "Kanghao App" running in the background on your phone for timely synchronization of measurement data to the cloud. Synchronization of measurement data to the cloud may be lost.

Notice

- 1) Do not charge in damp or wet environments.
- 2) Regularly clean the magnetic charging port on the back of the ring with a clean cloth to ensure proper contact with the magnetic charger for normal charging. This product does not come with a power adapter. For safety, use a USB port on a computer or a power adapter with an output not exceeding 5V 1A for charging. Purchase power adapters through official channels to avoid using low-quality or counterfeit adapters, which could lead to explosions or fires.

Important Notes

1. The measurement results of this product are for reference only and are not for any medical purposes. Please follow your doctor's guidance and do not self-diagnose or treat based on these results.
2. This product has an IP68 waterproof rating and is not suitable for deep diving or prolonged immersion in water. Additionally, do not place the product in hot water, as steam can affect the ring.
3. The company reserves the right to modify the content of this manual without prior notice. Some features may vary in corresponding software versions, which is normal.

**Federal Communications Commission
(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.

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.

Warning: Changes or modifications made to this device not expressly approved by Shenzhen Hipine Precision Technology Co., Ltd. may void the FCC authorization to operate this device.

Note: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user ’ s authority to operate the equipment.

RF exposure statement:
This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. The device is installed and operated without restriction.