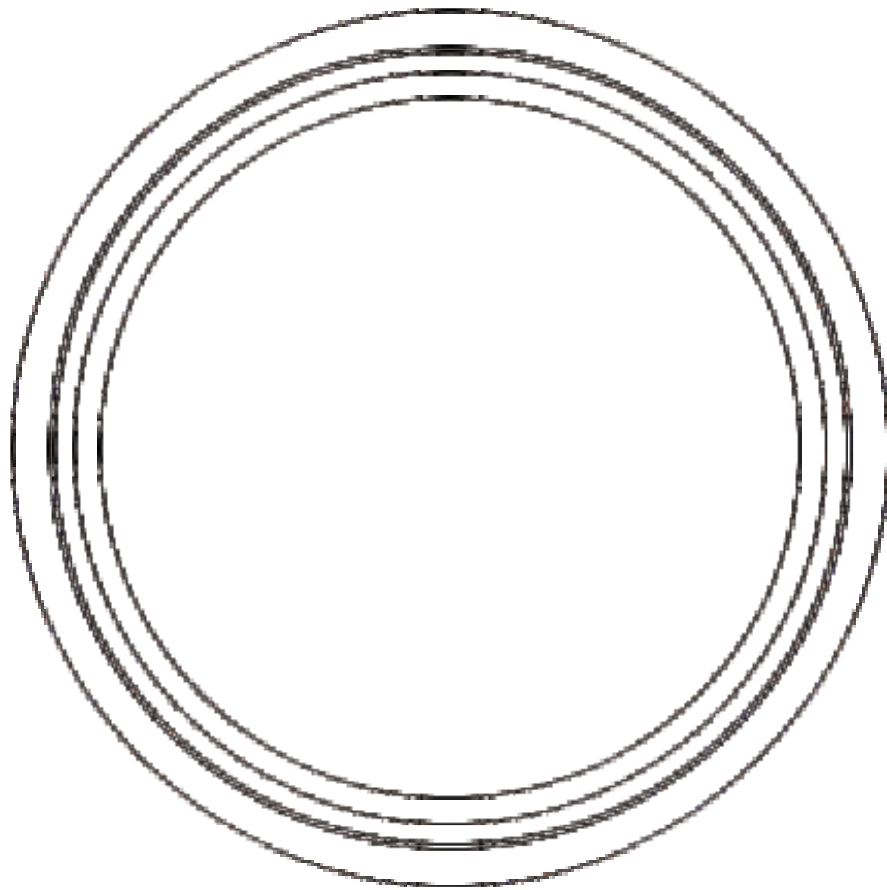


Instruction Manual Smart Ring



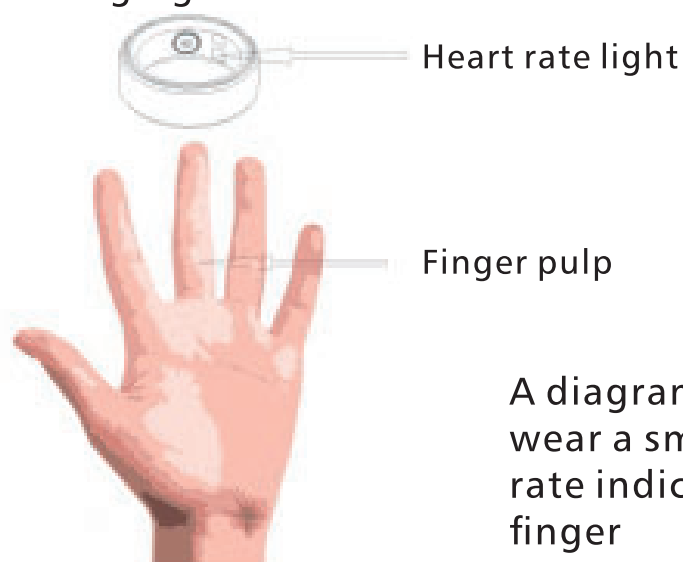
Directory

English	1-9
French	10-18
German	19-27
Italian	28-36
Spanish	37-45
Japanese	46-54

Charging activation

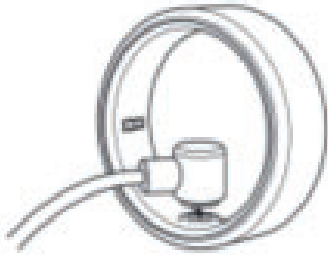
Charging Activation · When using it for the first time, please charge and activate the device. If the factory Settings have been restored on the application, please charge and reactivate.

1. There are two ways to charge the ring: charging it with a USB cable or wireless charging (in the charging case).
2. After the power is connected, the red light of the ring indicator light remains constantly on.
3. Indicator light status : · Red light remains on during charging · Green light remains on after charging is completed.
4. Charging duration: 90 minutes.
5. Battery level check: Check the battery level at the device connection point on the main page of the APP.
6. Charging case: If the box charger is dead, plug in the Type-C cable for charging. When the red light is off, it indicates that the box charger has completed charging



A diagram of the correct way to wear a smart ring: Align the heart rate indicator with the pad of your finger

1. Charge the ring for 90 minutes for the first use



2. Search for "JRing" on GooglePlay/AppStore or scan the QR code below to download the APP



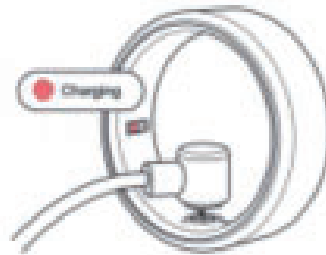
Please allow the APP to obtain Bluetooth connection permission and location permission

JRing

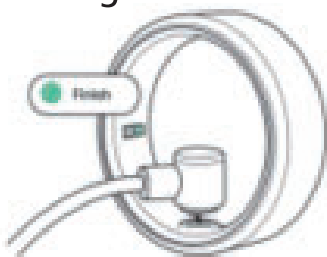
3. Select the ring and match it in the mobile APP



4. A flashing red light indicates that the ring is charging



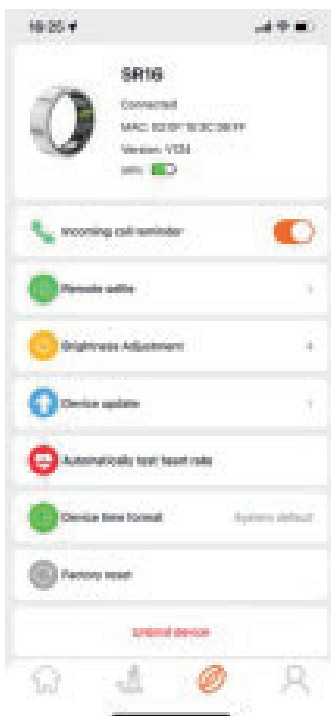
5. A flashing green light indicates that the ring has been fully charged



Box charger - Built-in 200mAh battery

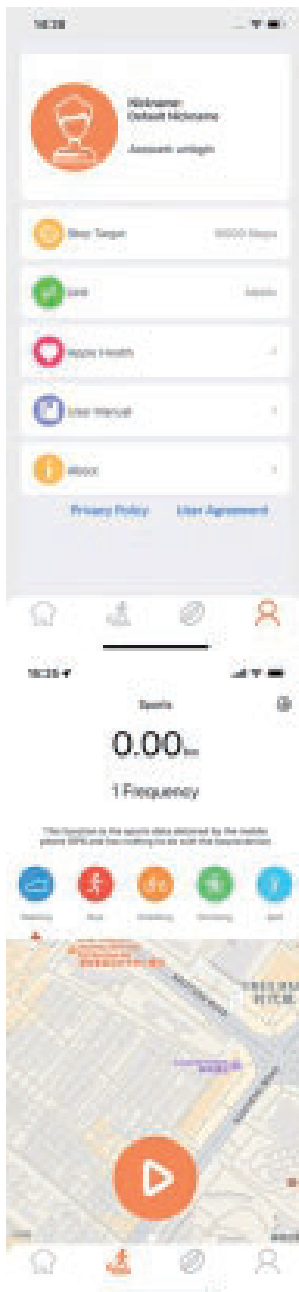


JRing



Connect the ring

Open the JRingAPP, register the APP, log in to your account, find your device, scan your device to find the corresponding Bluetooth name SR16, click Connect, and after a successful connection, the information of the ring will be displayed



Personal setting

In the personal information interface, you can set relevant information such as step target and unit

(The monitoring of the physiological period for women requires configuring the gender.)

movement

On the mobile APP interface, find the sports interface. You can choose from multiple sports modes, including: walking, running, cycling, mountain climbing, golf, etc. Click the sports button to start recording the distance, pace, duration, and heart rate information of the exercise. (This function requires turning on the phone's GPS.)

Ring display instructions



The position of the touch key



1. Time: Long press to light up the screen and display the current synchronization time, and swipe the screen to show the current date.



2. Counting: Long press on the time interface to enter counting, short press to start counting, and long press again to exit counting.



3. Step count: Touch twice to display the actual number of steps taken.



4. Timing: Long press on the step count interface to enter the timing interface. Short press to start timing. The screen will turn off within 2 seconds. Short press to light up the screen. Short press again to pause timing. Long press to exit timing.



5. Heart Rate: Touch three times to display "HR", then enter the heart rate test state. After the test is completed, the heart rate test result will be displayed.



6. Blood Oxygen: Touch four times to display "SPO2", then enter the blood oxygen test state. After the test, the blood oxygen test result will be displayed.



7. SLEEP: Touch five times to display "Sleep", and then show the duration of sleep from last night.



8. Battery level: Touch six times to display the current battery level of the ring.

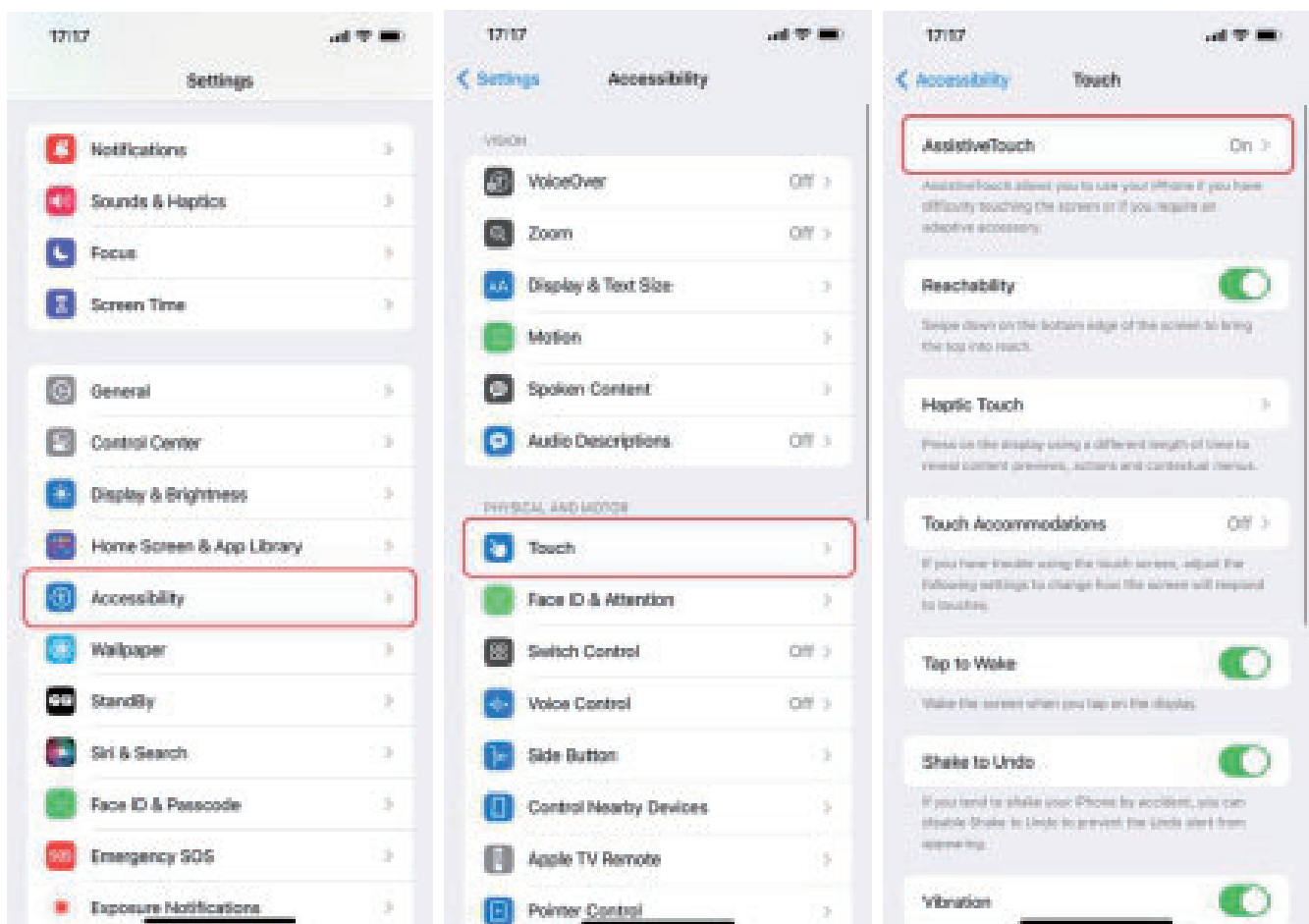


9. Incoming call display: When the APP is opened, there is an incoming call reminder. The incoming call is a phone number. The ring scrolls to display the phone number. The incoming call shows the English name, while the ring displays the English name. The incoming call is in Chinese/Other, and the ring shows "incomingcall".



Precautions for using iphones

1. Auxiliary Touch Settings: Open the Settings of your iPhone - Accessibility - Touch - Auxiliary Touch Settings - Open



FAQ

1. The reasons for abnormal heart rate and blood oxygen data measured by the ring are as follows

- 1) Generally, it is caused by poor contact between the sensor of the ring and the human body during measurement.
- 2) Please ensure that the sensor is in full contact with your finger when measuring.

2. Reasons for abnormal sleep data:

- 1) Sleep monitoring simulates the time a person falls asleep and wakes up, and it needs to be worn correctly.
- 2) Wearing it too late when going to bed or only when going to sleep may lead to errors.
- 3) Sleep data is not monitored during the day. The default sleep monitoring period is from 9:00 p.m. to 11:00 a.m. the next day.

Attention

1. Do not charge in a damp or water-containing environment.
2. Please regularly clean the magnetic charging port on the back of the ring with a clean flannel cloth to ensure that the magnetic charging port and the magnetic charger fit properly for normal charging. This product does not come with a power adapter. To ensure the safety of your family and property, When charging, you can use the computer's USB interface or select a power adapter with an output not exceeding 5V1A. Please purchase power adapters through regular channels. Do not use low-quality or counterfeit power adapters to avoid explosion or fire.

Considerations

1. The measurement results of this product are for reference only and should not be used for any medical purposes or as a basis. Please follow the doctor's guidance and must not use these measurement results for self-diagnosis or treatment.
2. This product has a waterproof rating of IP68 and is deeply waterproof.
3. The Company reserves the right to modify the contents of this manual without any notice. No further notice will be given. It is normal for some functions to differ in the corresponding software version.

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.

Any 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