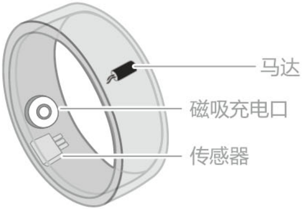
智能戒指

快速入门指南

CN

使用介绍



充电与开机

首次使用需将充电口处贴纸撕掉

将充电器接口与智能戒指磁吸充电口接触充电
戒指开机

充电过程中智能戒指红色灯常亮，充满电后红
约1小时

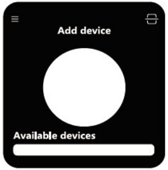
充电5分钟激活智能

灯熄灭，充电时间

App下载和连接

1.扫码下载APP(或在苹果应用商店和安卓应用市场搜索“RW Fit”下载)

2.将戒指放在已连接电源的充电线上自动激活。（每次绑定戒指，都需要保持戒指处于充电状态）



3.打开RW Fit APP，注册相关个人信息后，点击搜索设备，当看到你的戒指出现在蓝牙设备列表中点击连接。

✱请注意，不能在手机蓝牙系统中进行配对，须通过APP搜索绑定戒指。

4.绑定过程中，屏幕闪烁5秒。

5.如需解绑，在APP的设备设置页面点击“解绑戒指”即可完成解绑操作。如果你使用的是苹果手机，还需要在手机的蓝牙设置中，手动将你的戒指从已配对的蓝牙设备列表中删除或忽略此设备。

马达功能说明

在手机应用程序的“设备”

知权限并全选，这样您就

动。

✱ 马达连续震动代表来电

动

❋ 震动一次代表消息提醒

IOS刷视频指引

关于短视频控制功能说明，

设置步骤：手机设置——

注意：

如果无法正常让视频进行

节灵敏度

页面，选择“消息提醒”，打开通
可以在来电铃声响起时感受到马达震

提醒, 接听或者挂断电话马达停止震

只限于iPhone，需要进行设置。
辅助功能——触控——辅助触控

下一个，请在辅助触控设置下面调

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入睡时间及起床时间状态，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9:00 至次日中午11:00。

3. APP无监测数据

1)设备--健康监测--全天监测按钮打开。

2)定时监测血氧、心率变异性、压力等功能均须打开。

注意

1. 请勿在潮湿有水的环境下充电

2. 请定期用干净的绒布清洁戒指背面的磁吸充电孔，确保戒指磁吸充电孔磁吸充电器贴合，以保证正常充电，本产品不配备电源适配器，为保证家人及财产安全，在充电时可使用电脑USB接口或选用输出不超过5V1A的电源适配器。请通过正规渠道购买电源适配器，杜绝使用低质、伪劣的电源适配器，避免引起爆裂或起火。

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,深度防水。

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。

常见问题

1.为什么我无法通过应用程序找到或连接我的智能戒指?

- 请检查您的智能戒指是否已经与手机的蓝牙系统配对
- 如果已经配对，请在手机系统中的"设置""蓝牙设置"中找到对应的设备名称，选择"忘记此设备"，然后通过RWFitApp重新进行配对
- 对于IOS用户，当出现蓝牙配对弹窗时，你需要接受蓝牙配对请求才能成功配对

2.为什么我的智能戒指无法充电?

- 请确保充电器的接口与智能戒指的充电区域正确对齐
- 请检查充电器是否已经连接到电源并打开。如果智能戒指的电池电量极低，可能需要一段时间进行初始充电，然后才能开始正常充电

3.智能戒指的时间不准确?

- 当智能戒指和RWFitApp连接成功后，智能戒指会同步手机时间
- 智能戒指电量耗尽关机后，较长时间搁置会导致时间不正确，充电后连接 RW FitApp 即可同步手机时间

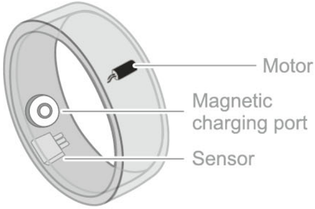
中国制造

Smart Ring

Quick Start Guide

EN

Instruction for use



Charging

The sticker at the charging port need
the first use.

Connect the charger to the charging
bracelet. A five-minute charge is suffi
power on the device.

Red light indicates charging,Green li
is complete.Charging Duration: 1 hou

ls to be removed for

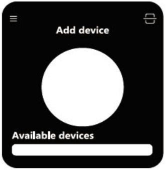
port of the smart
icient to activate and

ght indicates charging
ur.

App download and connection

1. Search for "RW fit" on Google Play/App Store or scan the QR code.

2. Place the ring on the charging cable that is connected to power to automatically activate it. (Each time you bind the ring, it needs to be in a charging state.)



3. Open the RW Fit APP, register your personal information, then click on "Search for Devices". When you see your ring appear in the Bluetooth device list, click to connect.

✻ Please note that you cannot pair the ring in the phone's Bluetooth system. You must search for and bind the ring through the APP.

4.During the binding process, the white and blue lights of the ring will flash simultaneously for 5 seconds.

5. If you need to unbind, simply click "Unbind Ring" on the device settings page of the APP to complete the unbinding operation. If you are using an iPhone, you also need to manually delete or ignore your ring from the list of paired Bluetooth devices in the phone's Bluetooth settings.

Functional Description of the Motor

On the "Device" page of the mobile APP, select "Message Alerts", enable the notification permissions and select all options.the motor vibration can be triggered when the incoming call ringtone is activated.

* Continuous motor vibration serves as an incoming call alert; the vibration ceases upon answering or terminating the call.

✳ A single motor vibration functions as a message alert.

IOSVideo Streaming Guide

Regarding the short video control function description, it is limited to iPhone and needs to be set. Setting steps:

Phone settings - Accessibility - Touch - Assistive touch

Note: If you cannot let the video proceed to the next one normally, please adjust the sensitivity under the Assistive touch settings)

FAQ

1.Heart Rate and Blood Oxygen Measurement Errors

1) Usually due to poor contact between the ring's sensor and the skin.

2) Ensure proper contact during measurement.

2.Sleep Data Errors

1) Sleep monitoring simulates sleep and wake times and needs to be worn correctly.

2) Wear it too late at night or when you are already aslee there may be errors.

3) Sleep data is not monitored during the day, with defaul monitoring set from 9:00 PM to 11:00 AM the next day.

3. No monitoring data in the APP

1) Equipment - Health Monitoring - Turn on the all-day monitoring button.

2) All functions such as regular monitoring of blood oxygen, heart rate variability, and stress must be enabled.

p,

t

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.

FAQ

1.Why can't I fir
through the a

- Please check if y
  Bluetooth systen
- If the device has
  "Settings" > "Blu
  find the correspo
  Device", and the
- For iOS users, w
  appears, you nee
  to successfully p

2. Why can't my

- Please ensure th
  correctly aligned
- Please check if t
  power source an
  ring is extremely
  charging before i

3. Is the time or

- When the smart
  RWFit App, it will
  phone.
- If the smart ring
  leaving it idle for
  incorrect. After c
  synchronize the

nd or connect my smart ring pp?

your smart ring has been paired with the
n of your mobile phone.

already been paired, please go to
etooth Settings" on your phone system,
onding device name, select "Forget This
n pair it again through the RWFitApp.

hen the Bluetooth pairing pop-up
ed to accept the Bluetooth pairing request
air.

smart ring be charged?

hat the interface of the charger is
with the charging area of the smart ring.

he charger is properly connected to the
d turned on. If the battery of the smart
low, it may take some time for the initial
it starts charging normally.

n the smart ring inaccurate?

ring is successfully connected to the
l synchronize the time with the mobile

runs out of power and shuts down,
a long time may cause the time to be
harging, connect it to the RW FitApp to
time with your phone.

FCC Caution:

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.

Made in China

CE FC RoHS ♻ IP68