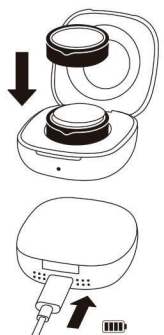
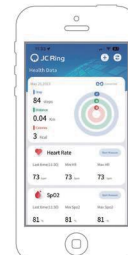
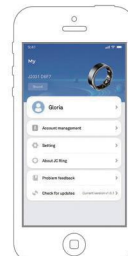


说明书
68*88mm, 风琴折页, 105g哑粉

Smart Ring O Ring User Manual	Product Introduction o ring is a smart health ring which can monitor multiple body vital signs all the day and night.   24/7 Heart Rate Monitor  SpO2  Temperature  HRV  Stress  Women Care  Sleep Tracking  Activity Tracking  SATM Note: The o ring Smart ring is not a medical device, its test results and suggestions are for reference only. 1	What's Included in the Box  ①  ②  ③  ④ 2	Instruction 1. Download the APP  JC Ring  Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The ring supports Bluetooth 5.0 connection. 3	2. Charge Before Use Please fully charge the device to activate for first use. If after factory reset on the App, please charge to power on.  Note: The charging case is not water resistant and is intended for indoor use only. Do not use or store it in humid environments like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads. 4	3. App Operation Home View your detailed health data and report per day: steps, distance, calories, heart rate, SpO2, blood pressure, HRV, stress, skin temperature change, sleep, women's health, etc. - You can manually start heart rate & SpO2 measurement on App. - For temperature monitor, it can detect your temperature trend and show you detailed daily/weekly/monthly reports to help you better track your temperature changes.  5	Device Set Auto Health Monitor Interval The default auto health monitor intervals are every 10 min for heart rate, every 30 min for SpO2 & temperature and every 60 min for blood pressure, HRV & stress. You can change the interval as you need, the shorter the interval is set, the faster the battery will drain. Goal Setting Personalize your goals for steps, distance, calories and sleep hour per day. Firmware Update (OTA) Remind you if a new firmware version has been released; if so, please follow the steps to upgrade to the latest version. Factory Reset After factory reset, all device data will be deleted. Please charge to reboot.  6
My Check basic App settings: personal information, login account management, App background, privacy terms, feedback support, App version updates.  Specifications Warranty: 12 months BT Version: BLE 5.0 BT Range: 2 meters Battery: Rechargeable 14.5mAh - 21.5mAh depending on the ring size, Lipo battery, non-replaceable Data Memory: 30 Days Waterproof: 5ATM Activity Time: 99h59min Calories Burned: Max 9999.9kcal Running & Walking Distance: Max 999.99km Operating Temperature Range: -10~52℃ / 14~125 ℉ 7	Troubleshooting If the ring doesn't pair with your smartphone 1. Make sure your ring is turned on. 2. Check the App to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings. 3. Check your smartphone to ensure Bluetooth is on. 4. Restart the App and go to the App home screen. 5. The ring battery should display on your App device screen. If the ring isn't measuring any data Please contact our support team. If the ring battery is draining too quickly 1. Calibrate your battery by charging it for at least three hours. 2. Start using your ring again as you normally would. 3. Contact our support team if the problem persists. If the ring causes an allergic reaction Please stop using the device right away. In the rare event of an anaphylactic reaction, seek medical attention immediately. If the issue isn't mentioned in these tips Please contact our support team and report the issue in detail. 8	Safety Notices Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device. Not a medical device This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health. Use, care and maintenance Finger size can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck: → Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it. → Hold your hand up above your heart until the blood pressure gets lower, and then try to remove it. → In cases of emergency and/or discomfort, when you 9	can't remove the ring yourself, seek immediate medical attention. Use a soft cloth or hand wash with mild soap and water to clean the ring. Your ring can be worn during showers, baths, swimming, and snorkeling. Try to avoid wearing the ring when strength training, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone. In addition, try to avoid wearing the ring next to other rings or objects which are made of metal, ceramics, stones or diamonds. The ring may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring like phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched. Keep the ring away from children. This product is not intended for individuals under the age of 18. Seek immediate medical attention if you know or suspect that a child has swallowed the ring. Do not leave the ring exposed to heat, such as in a vehicle or in the sun. Do not puncture the ring or its battery. Please avoid handling batteries, or working on devices and 10	FCC Requirement Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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. 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 11	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.  12	