

Userguide Design for DR H 无极智能戒指 - 英文
artwork prepared by Alan Chan Design Co 12.01.2026

Size : 278 x 140 mm (open) / 139 X 140 mm (1 fold)

Material : 80gsm Matt Art

Colour : 1C x 1C (black)

INSTALL THE APP & REGISTER A DR H ACCOUNT

- 1 Search for "DR HHH" in the Apple App Store or Google Play (Compatible with iOS 12 and above, Android 10 and above)
- 2 Please follow the instructions in the APP to complete your account registration.



ACTIVATE THE SMART RING

- 1 Before first-time use or after a long period of inactivity, please charge the ring for at least 1 hour.
- 2 Use the original DR H Type-C cable to charge the case and activate the ring's function.

PAIR THE SMART RING WITH THE APP

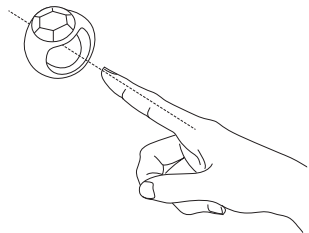
- 1 Open the DR HHH APP and enable Bluetooth on your phone. Tap "Device" → Add Device → Start Scanning → Select DR H Device" to begin pairing.
- 2 Once paired successfully, you will see "Connected" in the upper left corner of the landing page in the APP.

Note:

- If the ring is not found, ensure it is charged or activated.
- Keep Bluetooth enabled on your phone and ensure the ring is within 1 meter for successful pairing.

WEAR THE RING

- 1 Choose a finger that feels most comfortable for wearing.
- 2 Adjust the angle and ensure the gem side of the ring is facing upward, with no tilting or flipping, to avoid affecting data collection and use experience.
- 3 The WUJI smart ring tracks daily health and calorie consumption data, helping you scientifically and comprehensively keep track of your health.

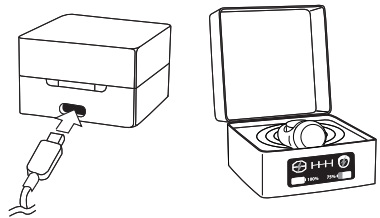


MONITORING HEALTH DATA & RING STATUS

- 1 Open the landing page in the APP, and the ring will automatically connect and sync the latest health data.
- 2 On the landing page, you can view your daily data summary. You can check the connection status of your ring and the battery level at the top.
- 3 If data doesn't sync immediately, you can manually initiate synchronization by selecting "Connect Device". The ring stores data for up to 7 days, so you don't have to worry about data loss.

CHARGING

Connect the original DR H Type-C charging cable to the charging case port. Place the smart ring into the charging case in the direction shown in the diagram to start charging. If the ring icon lights up and displays a lightning icon, it means charging is in progress. When charging with the charging case open, the screen remains on. When the case is closed, the screen stay on for 20 seconds before turning off.



RING INDICATOR LIGHT GUIDE

Ring Indicator Light Status	Ring Status
Blue Light Slowly Flashing	Connecting to the APP
Blue Light Stays On for 3 seconds, Then Off	Successfully Connected to the APP

- If other lights are flashing, it indicates that your ring has entered monitoring mode.

FUNCTION INTRODUCTION

WUJI ALL DAY

While featuring an elegant and dazzling appearance, it real-time monitoring of health data, heart rate, nocturnal SpO2, emotions, and other health data, providing a support and reference for you to manage your physical health scientifically.

PACKAGING LIST

Smart Ring | Charging Case | Charging Cable | Finger Sizing Kit
Manual and Operation Guide | Reminder Card

PRODUCT SPECIFICATIONS

Product Name	All Day Series-WUJI
Product Model	DR HHWR12
Product Sub-models	DR HHWR12-050614 · DR HHWR12-050714 · DR HHWR12-050814 · DR HHWR12-050616 · DR HHWR12-050716 · DR HHWR12-050816 · DR HHWR12-050618 · DR HHWR12-050718 · DR HHWR12-050818 · DR HHWR12-050620 · DR HHWR12-050720 · DR HHWR12-050820 · DR HHWR12-050622 · DR HHWR12-050722 · DR HHWR12-050822
Size	14-22#
Material	S925, Zircon
Communication Method	Bluetooth LE5.2
Sensors	Accelerometer, Heart Rate Sensor, Blood Oxygen Sensor, Temperature Sensor, Gyroscope
Battery Type	Lithium Polymer Battery
Battery Capacity	16mAh
Battery Life	3-5 Days (Specific duration depends on usage conditions)
Charging Method	Magnetic Charging
Charging Time	≤ 1.5 hours
Operating Temperature	0°C-50°C
Weight (Net Weight)	15-17g (Different sizes correspond to different weights)
Waterproof Rating	IP68

Product Name	Charging Case
Battery Capacity	500mAh
Charging Method	USB Type-C, 5V/2A
Charging Time	≤ 2 hours
Weight (Net Weight)	90g

USAGE, MAINTENANCE, AND CARE

- 1 Your finger size may vary slightly at different times. If you have difficulty removing the ring, please try the following methods:
 - Moisten your fingers with ice water or cooking oil, then slowly remove the ring
 - Please don't try to remove the ring when your fingers are swollen in the morning or evening.
 - If the above methods do not work, please seek medical attention and consult a professional for assistance.
- 2 It is recommended that you develop good charging habits. When the ring's battery level drops to around 20%, place it in the charging case to charge. This prevents delays in data detection and updates.
- 3 Please avoid contact with corrosive liquids to prevent discoloration of the ring.
- 4 Regularly clean the ring and diamond with fresh water and dry it with a soft cloth.

SAFETY AND CAUTIONARY NOTES

Before you use and operate the device, please read and follow the following safety and cautionary notes to ensure the best performance of the device and to avoid any hazards or unlawful situations.

- 1 Do not disassemble the product. Do not modify or replace the internal battery.
- 2 Using this product in areas with excessively high or low temperatures is strictly prohibited, as it may cause fire or explosion (e.g. near heaters, microwaves, or fires)
- 3 Do not drop, strike, crush, or puncture the product to avoid battery short circuits (e.g. leaving it in dishwashers, washing machines, or dryers).
- 4 Do not use unauthorized or incompatible power adapters, chargers, or data cables to charge DR H products. Doing so may damage the wearable device and accessories, and potentially cause fire, explosion, or other dangers.
- 5 Do not charge the product when it is not completely dry. If the product's temperature rises rapidly during charging, immediately stop charging.
- 6 Some individuals with sensitive constitutions may be allergic to plastics, leather, or fibers, leading to symptoms like redness or inflammation from prolonged skin contact. If such symptoms happen, please stop using the product and seek medical attention immediately.
- 7 The radio waves generated by the device may interfere with the regular operation of implanted medical devices or personal medical equipment, such as pacemakers or hearing aids. If you use such devices, please don't hesitate to consult the manufacturer for any usage restrictions with this device.
- 8 Keep the product and its accessories away from children and pets to prevent the risk of swallowing and potential injury.
- 9 This product contains electronic devices, and improper disposal may lead to environmental pollution or personal injury. Please comply with local laws and support recycling initiatives.

MEASUREMENT ACCURACY LIMITATIONS

Usage Conditions Impact: Factors such as loose wearing, finger movement, low-temperature environments, tattoos or excessive hair on the skin, and darker skin tones may cause measurement deviations or failures.
Technical Limitations: The emotion function is intended for adult users only and requires a heart rate within the range of 50-150 bpm. The reliability of results may decrease when users have other underlying health conditions.

DISCLAIMER

Not for Medical Diagnosis: All health monitoring data (including heart rate, blood oxygen, body temperature, emotion, and sleep analysis results) are for wellness reference only and are explicitly not intended for clinical diagnosis or to replace professional medical equipment or advice.

LIMITATION OF LIABILITY

DR H shall not be held responsible for any outcomes resulting from:

- Monitoring failure caused by failure to follow operating instructions (e.g., improper wearing).
- Data inaccuracies resulting from individual differences, environmental interference, or algorithmic limitations
- Using monitoring results for medical decisions or treatment without consulting a healthcare professional

TROUBLESHOOTING

- 1 What should I do if the APP cannot connect to the ring?
 - Please place the ring in the charging case to ensure it is charged.
 - Please just keep the ring within 1 meter of your phone to facilitate binding and connection.
 - Ensure Bluetooth on your phone is turned on, and check if the phone network is functioning correctly.
- 2 What should I do if the data on the APP is not updated in a timely manner?
 - Please ensure that the DR H ring is being worn on your finger.
 - If the data has not synced in time, the ring will retain data for 7 days.
 - Open the landing page in the APP; the APP will actively connect to your ring and sync the latest health data.
- 3 What should I do if I am unable to successfully measure heart rate/emotions after pressing the "Measure" button manually in the APP?
 - Please ensure that the DR H ring is being worn on your finger.
 - When you measure, please ensure the ring is connected to the APP.
 - Please ensure the HHH logo faces upward on the back of your finger and the inner sensors of the ring are in the appropriate measurement position.
 - While manually measuring, please keep your body still.

NAME AND CONTENT OF HARMFUL SUBSTANCES IN THE PRODUCT

	Harmful Substances					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Charging Case Assembly	0	0	0	0	0	0
Shell Assembly	0	0	0	0	0	0
Circuit Board Assembly	0	0	0	0	0	0
Battery Assembly	0	0	0	0	0	0

This table is prepared in accordance with the provisions of SJ/T11364.

- O Indicates that the content of the harmful substance in all homogeneous materials of the component is below the limit requirements specified in GB/T26572-2011.
- X Indicates that the content of the harmful substance in at least one homogeneous component material exceeds the limit requirements specified in GB/T26572-2011.
- 10 The number within this label indicates that the product (excluding the battery) has an environmentally friendly usage period of 10 years under normal operating conditions.
- 5 The number within this label indicates that the battery has an environmentally friendly usage period of 5 years under normal operating conditions.

The component's environmentally friendly usage lifespan marking takes precedence over any conflicting or different environmentally friendly usage lifespan markings on the product. This product's ecologically friendly usage period refers to the safe duration during which it can be used under the conditions specified in the product manual without leaking toxic or harmful substances.

WARRANTY INSTRUCTIONS

Notice

- 1 For any product quality issues that arise during normal usage, the product is covered by a one-year warranty from the date of purchase at no additional cost. If local laws in effect at the time of purchase stipulate a warranty period longer than one year, this warranty will automatically be extended to comply with those legal requirements.
- 2 Failures caused by the user's personal reasons are not covered by the free warranty, including but not limited to:
 - Failures due to unauthorized disassembly or modification;
 - Failures caused by accidental drops during use;
 - Any man-made damage or issues due to third-party negligence or misuse (such as water damage, impact fractures, scratches on external parts, etc.) are not covered by the warranty;
 - When requesting a free warranty, please provide a purchase screenshot with the purchase date;
 - When sending a product for repair, please return it to our company or a designated location;
 - All product functions are based on the actual product.

PRIVACY PROTECTION

To understand how we protect your personal information, please visit: www.doctorhhh.com/privacyagreement.html to read our privacy policy. Copyright © HTRONS INTELLIGENCE LIMITED. All rights reserved. This product is not a medical device, the data and information provided are only for reference. This guide is for reference purposes only and does not constitute any form of commitment. Please refer to the actual product for details (including but not limited to color, size, screen display, etc.). If this guide differs from the official website description, please refer to the website instructions.

If you experience any after-sales issues, please reach out to us through the purchase channel or the official DR H website (www.doctorhhh.com).

* Thank you for choosing DR H products. This product manual and operation guide may be updated in real-time due to technical upgrades, regulatory changes, and other reasons. Please refer to the latest version published on DR H's official website to ensure accurate information.

MANUAL AND OPERATING GUIDE FOR THE WUJI SMART RING

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 HITRONS INTELLIGENCE LIMITED 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.