风琴/Z形折
红色虚线为折痕

尺寸：88mm*704mm（四边3mm出血边，尺寸：94mm*710mm）
颜色：CMYK四色印刷
材质基材：157g、200g 铜版卡纸覆哑膜

Usay

Usay Ring 1

User Manual

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Package Contents

Usay Ring 1

Usay Ring Charging Case

Usay™ High-Density Braided USB Type-C Cable

User Manual

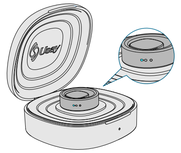
Quick Start

1 Download the App

Open the Apple App Store or Google Play Store on your phone and search for the "Usay" app.

2 Wake Up Your Ring

The ring must be activated before first use. Place the ring properly on the charging case for the contacts to line up.



Indicator: Surface LED 1 lights up steadily for 2 seconds and then turns off, confirming activation.

3 Pair & Connect

Open the Usay app, register or log in, then tap "Add Device".

Note: Make sure Bluetooth is enabled on your phone and keep it within close range of the ring during pairing.

Indicator: If successfully connected, Surface LED 1 lights up steadily for 1 second and then turns off.

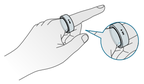
4 Wearing & Fit

- Wearing Position

To capture the most accurate data for precise insights, we recommend wearing your Usay Ring 1 on your index finger. If you prefer another finger, ensure a comfortable fit at the base of your finger — neither too loose nor too tight.

- Sensor Orientation

Ensure that the sensors near the charging contacts are positioned against the palm side of the finger (inner, fleshy side).



- Removing the Ring

Finger size can vary throughout the day. If the ring feels tight, apply a little mild soap and cold water, then gently twist it off - avoid pulling forcefully.

Manufacturer: Shenzhen Mengtai Technology Co., Ltd.

Address: No. 803, Building 2, Hualite Industrial Park, Tongguan Road, Yutang Community, Yutang Subdistrict, Guangming District, Shenzhen, Guangdong, China

Website: www.usay-tech.com

Support Email: cs@usay-tech.com

Designed by Usay. Made in China.

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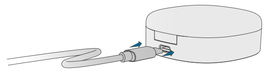
Ring LED Indicators

The ring has three Surface LEDs (on the outer face) and two Sensor LEDs (inside, near the skin sensors).

Charging the Case: Connect the charging case to a DC5V power source using the included USB Type-C to USB Type-C cable.

Charging Case LED Indicators:
- White: Battery Level ≥ 20%
- Red: Battery Level < 20% (time to recharge the case)



Charging the Ring: Place the ring properly on the charging case for the contacts to line up.

Ring LED Indicators:
- Charging: The surface LEDs light up sequentially (1-2-3), loop 3 times, and then turn off. The inner sensor LED blinks Red.
- Fully Charged: The surface LEDs will light up simultaneously and flash three times before turning off. The inner sensor LED turns Solid Green.

Read Your Light

The three Surface LEDs deliver real-time insights into your well-being - no phone required.

- Body Energy Indicators

Simply raise your elbow and flip your wrist - the LEDs will light up or blink for 3 seconds before turning off, revealing your current state:

LED status	Status Meaning
●●●	High Energy
●●○	Medium Energy
●○○	Low Energy

- Stress Indicators

If the LEDs representing your Body Energy blink, it gently signals that your stress level is elevated beyond the usual range.

Specifications

- Model: U9-01A
- Outer Material: Aerospace - grade titanium (PVD - coated)
- Inner Material: Hypoallergenic epoxy resin
- Water Resistance: IP68/5ATM
- Connectivity: Bluetooth Low Energy (BLE) 5.3
- Charging Method: Magnetic contact charging
- Operating Temp: -10°C to 50°C (14°F to 122°F)
- Ring Battery Capacity: 14.5 mAh (#6-#7) / 16.5 mAh (#8-#9) / 18.5 mAh (#10-#11) / 20.5 mAh (#12-#14)
- Charging Case Battery Capacity: 500 mAh
- Charging Case Input: 5V ⎓ 200mA
- Charging Case Output: 5V ⎓ 15mA
- Battery Life:

Charging Case: Provides 50+ days of additional charge.

Ring: Approximately 5 days (varies with how often you interact with the lights).

Safety Notices

WARNING: THIS PRODUCT IS NOT A MEDICAL DEVICE.

The Usay Ring 1 and Usay App are crafted for general wellness and fitness tracking only. They do not provide medical advice.

- Data including Heart Rate, Heart Rate Variability (HRV), Blood Oxygen (SpO2), Sleep Stages, and estimated Vascular Vitality is for reference and personal insight only.
- Do not use this device to diagnose, treat, cure, or prevent any disease or medical condition.
- Never make medical decisions, adjust medication, dosage, or treatment plans based on this data without consulting a qualified healthcare professional.

If you have a pacemaker or other implanted electronic device, please consult your doctor before use.

Use, Care and Warranty

- Choking Hazard: The ring is small and could pose a choking risk to young children or pets. Please keep it out of their reach.
- Skin Irritation: Although made with hypoallergenic materials, extended wear may cause irritation or allergic reactions in some individuals. If you notice redness, swelling, or itching, remove the ring immediately and consult a physician.
- Battery Safety: This product contains a built-in lithium-ion battery. Do not attempt to replace it yourself. Never disassemble, crush, puncture, or expose to fire or high temperatures (above 60°C / 140°F), as this may cause explosion or leakage.
- Handling: Avoid exposing the ring to strong magnetic fields or heavy impacts.
- Gently clean the sensors regularly with a soft cloth, mild soap, and cold water.
- Rinse with fresh water after swimming in salt water or chlorinated pools.
- Avoid wearing the ring while handling heavy metal tools to protect the premium titanium shell.

Warranty Policy
- Warranty Period: Usay Ring 1 comes with a 12-month limited warranty from the date of original purchase.
- Coverage: This limited warranty covers manufacturing defects under normal intended use, including sensor malfunctions, charging failures, abnormal battery failure, and structural defects.
- Exclusions: This warranty does not cover misuse, accidental damage, unauthorized modifications, improper maintenance, cosmetic damage, normal wear and tear, ordinary battery aging, loss, or theft.

Regulatory Compliance

FCC Compliance Statement (USA)

FCC ID: 2BU7UUSAYRING1

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.

Caution: The user is cautioned that 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.

RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

EU Declaration of Conformity (CE)(UKCA)

Shenzhen Mengtai Technology Co., Ltd. declares that the radio equipment type U9-01A is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.usay-tech.com/compliance

The product is compliant with the following standards:

- 1. RF spectrum use: EN 300 328.
- 2. EMC: EN 55032/EN 55035/EN 301489-1/EN 301489-17
- 3. Health & Safety (RED): EN 62368-1/EN 62479.

Data Privacy (GDPR)
- We collect only necessary health and activity data for device functionality.
- All data is encrypted and securely stored.
- You may access, export, or delete your data at any time in the App.
- Data will not be shared with third parties without your explicit consent.

RoHS Compliance

This product complies with the provisions of Directive 2011/65/EU, the revised version (EU) 2015/863 and IEC 62321 regarding the restriction of the use of certain harmful substances in electrical and electronic equipment.

Object/part No.	Harmful Substances									
	Cd	Pb	Hg	Cr^{6+}	PBBs	PBDEs	DEHP	BBP	DBP	DIBP
Circuit Module	○	○	○	○	○	○	○	○	○	○
Metal	○	○	○	○	○	○	○	○	○	○
Plastic	○	○	○	○	○	○	○	○	○	○
Charging Case	○	○	○	○	○	○	○	○	○	○
Battery	○	○	○	○	○	○	○	○	○	○

Note 1: This table is compiled in accordance with Regulation 2011/65/EU; 2. The symbol "○" indicates compliance with Regulation 2011/65/EU.

WEEE Disposal Information

This product is compliant with Directive 2012/19/EU. Please dispose of used electrical and electronic equipment (WEEE) according to national laws and regulations with electrical waste. It should not be mixed with general household waste.

Certification marks