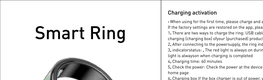
Smart Ring

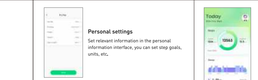


Charging activation

- When using for the first time, please charge and activate the device
- The factory settings are restored on the app, please charge and reactivate.
- 1. There are two ways to charge the ring: USB cable charging or wireless charging (Charging bowl charger purchased separately)
- 2. After connecting to the powersupply, the ring indicator light is always red
- 3. Charging is in progress when the red light is always on during charging. The green light is always on when charging is completed
- 4. Charging time: 40 minutes
- 5. Check the power: Check the power at the device connection on the APP home page
- 6. Charging box If the box charger is out of power, you need to plug in the Type-C cable charge, The red light is off, indicating that the box charger has completed charging

ZRing

Connect the ring
Open the ,ZRing APP, register the APP account, log in to the device, scan the device to find the corresponding Bluetooth name Smart_Ring, click Connect, and the ring information will be displayed after the connection is successful.



Exercise data

The exercise data interface is the personal information interface, you can set step goals, units, etc.

Sleep

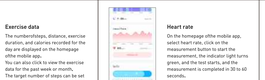
The app can display the total sleep time of last night and the duration of light sleep and deep sleep, You can also click to view the sleep data ofthe past week or month.

Heart rate

On the homepage ofthe mobile app, select heart rate, click on the measurement button to start the measurement, the indicator light turns green, and the test starts, and the measurement is completed in 30 to 60 seconds.

Blood oxygen

On the homepage of the mobile app, select blood oxygen, click on the measurement, the indicator light turns green, and the test starts, it takes 30 to 60 seconds to complete the measurement, The mobile app will display the current blood oxygen and fatigue values.



Short video remote control

1.Ensure that the smart watch is connected to the device and the device Bluetooth will be displayed.

2.After entering the short video control interface, turn on the two control switches on the right,,Turn on switch 1 to implement the short video control function, and then turn on switch 2 to enable switch 1 to be turned on by default when you connect.

3. After turning on the switch, you can double-click your finger for two seconds to enable the camera, it will enter the heart rate test interface, and the corresponding bars will rotate, After the test, the test results will be displayed.

4. Blood oxygen: Touch three times and the red heart rate light will light up and the words SOP2 will be displayed,After 5s seconds, the blood oxygen test interface will be displayed and the three middle bars will rotate, After the test, the test results will be displayed.

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Frequently Asked Questions

1. Reasons for abnormal heart rate and blood oxygen data measured by the ring
1) Generally, the ring sensor is not in good contact with the human body during measurement,
2) Please make sure that the sensor is in full contactwith the finger during measurement.

2. Reasons for abnormal sleep data
1) Sleep monitoring simulates the time of falling asleep and waking up, and needs to be worn correctly.
2) Errors may occur if you fall asleep too late or wear it only when you fall asleep.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:00 pm to 11:00 am the next day.
For more frequently asked questions, please check the App [My-User Manual]

Note

1. Do not charge in a humid and wet environment
2.Please clean the magnetic charging hole on the back of the ring with a clean cotton swab to avoid affecting the magnetic charging hole of the ring fits the magnetic charger to ensure normal charging. 3. Please use the supplied charger and accessories to ensure the safety of your family and your equipment. Do not use computer USB port or phone a power adapter with an output of no more than 5V.4.When charging, Please keep your power adapters through formal channels and avoid using low-quality and counterfeit power adapters to avoid explosions or fires.

Precautions

1. The measurement results of this product are for reference only and cannot be used as any medical purpose or basis, Please follow the doctor's instructions and use the measurement results for self-diagnosis and treatment.
2.The wearable product is waterproof, product is IPx8 waterproof and deep waterproof.
3. The company reserves the right to modify the contents of this manual without any notice, Some functions are offered in the corresponding software version, which is normal.

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
(1.Reason for change: Modification 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.
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,
(2)This device must accept any interference received, including interference that may cause
undesired operation.
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

FC CE RoHS