



User Manual

## FAQ

For general FAQ please refer to <https://www.ultrahuman.com/ring-faq/> or send us an email on [ring@ultrahuman.com](mailto:ring@ultrahuman.com)

The design and engineering team at Ultrahuman ensures that any Ultrahuman product is safe for regular usage and does not cause discomfort to the end-user. The Ultrahuman Ring has also been designed and engineered keeping user comfort in mind. The inner side of the Ultrahuman Ring has a transparent hypoallergenic plastic based material that touches your skin and the outer shell of the ring is made of Titanium which gives it the required toughness and longevity. Titanium is used for providing strength and hardness against deformation and scratches.

The thickness of the outer Titanium shell in the Ultrahuman Ring is nominal in comparison to a solid metal ring such as a Platinum or Gold ring. The thickness of Titanium in the Ultrahuman Ring is 0.5mm vs. a solid metal ring (of Platinum or Gold)

will typically have a thickness of 2-2.5mm. In exceptional circumstances, Ultrahuman Ring can be cut off using manual or power ring cutters.

You should be able to wear and use your Ultrahuman Ring normally with a medical device such as a pacemaker or ICD and there should be no interference with your medical device's functionality, yet we advise you to check with your physician prior to making this decision. The Ultrahuman Ring works with very low power electromagnetic field and thus there is very minimal possibility of interference with these medical devices. However, if you suspect that your Ultrahuman Ring is interfering with your medical device, stop using the ring and consult your physician and your medical-device manufacturer for specific guidelines.

Ultrahuman Ring is not a medical device. It is only intended for maintaining and encouraging a healthy lifestyle and general wellness. The Ultrahuman Ring is not intended for disease

management, treatment, or prevention, and should not be relied upon for any diagnostic, treatment, management or dosing decisions. We do not intend to substitute professional medical opinion on the treatment, diagnosis, prevention or alleviation of any disease or disability. Always consult with a doctor or qualified healthcare professional before changing any medication, routine, nutrition if you have any health condition and/or concerns. Please keep in mind that if you have been diagnosed with a medical condition, the accuracy of the biomarkers data may also be affected.

## Use and Care

**Wear:** We recommend placing the ring in either your Index, Middle or Ring Finger. You can choose between these based on which finger the ring fits you perfectly or just your personal preference. The ring is sweat & waterproof up to 7 feet, making it safe to wear the ring to the gym or while working out. However, we don't

recommend submerging the ring under water for prolonged periods of time.

**Care:** Use a soft cloth or mild soap and water to clean the ring.

## Product Information

**Brand:**  
Ultrahuman

**Product Name:**  
Ultrahuman R1

**Materials:**  
Titanium, Tungsten Carbide coating with transparent hypoallergenic plastic based inner material

**Memory Capacity:**  
The ring has a built-in memory of 4-6 days which means that even if your phone is not available, it can collect and store your biosignals for up to 6 days.  
You need to sync the ring with Ultrahuman App once every 4 days to not lose out on data. If the battery dies without the required sync with

the Ultrahuman app, the data will be lost.

**Battery Life:**

A fully charged ring is expected to last 4-6 Days with normal usage. However battery life can heavily depend of usage factors like battery lifespan, ambient temperature, frequency of use etc

**Charging Time:**

It will take around 1.5-2 hours to fully charge the ring.

**Water Resistant:**

The ring is sweat & waterproof up to 7 feet, making it safe to wear the ring to the gym or while working out. However, we don't recommend submerging the ring under water for prolonged periods of time.

**ESD Safe:**

Ultrahuman Ring is ESD safe which means you will not get electrostatic shocks from the ring.

**EMF Radiation:**

The Ultrahuman Ring is a very low power device and communicates

with the smartphone via BLE(Bluetooth low energy) only when you open the Ultrahuman App or in some regular time intervals. This is different from a Bluetooth headset, earbuds, or a smartwatch which is in constant connection with the smartphone transmitting/receiving data. Please note, Bluetooth activity on the Ultrahuman Ring falls below 1% in a day.

Hence, the EMF radiation for the ring is comparatively much lesser than other bluetooth wearables and would be considered one of the safest wearable devices to use for fitness tracking in terms of EMF.

## Warranty Disclaimer

WITH THE EXCEPTION OF THE SPECIFIED WARRANTY FOR THE ULTRAHUMAN RING, THE ULTRAHUMAN RING AND SERVICES ARE OFFERED BY ULTRAHUMAN AND ITS AFFILIATES "AS IS," WITH NO EXPRESS OR IMPLIED GUARANTEES. ULTRAHUMAN AND ITS PARTNERS, SUPPLIERS, AND AFFILIATES DO NOT PROVIDE ANY WARRANTIES REGARDING THE OPERATION, CONTENTS, OR INFORMATION MADE AVAILABLE THROUGH THE ULTRAHUMAN SERVICES (INCLUDING THE ULTRAHUMAN RING). THE COMPANY AND ITS PARTNERS, SUPPLIERS, AND AFFILIATES HEREBY RENOUNCE ANY EXPRESSED OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO WARRANTIES OF MERCHANTABILITY, TITLE, FITNESS FOR A SPECIFIC PURPOSE, AND NON-INFRINGEMENT. MOREOVER, ULTRAHUMAN MAKES NO GUARANTEE REGARDING THE UNINTERRUPTED AVAILABILITY, SECURITY, OR ERROR-FREE

NATURE OF THE ULTRAHUMAN SERVICES (INCLUDING THE ULTRAHUMAN RING), OR THAT ANY DEFECTS WILL BE CORRECTED. THE COMPANY ALSO DOES NOT ENSURE THAT THE ULTRAHUMAN SERVICES, INCLUDING THE ULTRAHUMAN RING, ARE FREE FROM VIRUSES OR OTHER POTENTIALLY HARMFUL COMPONENTS.

## Limited Warranty for Ring

Subject to applicable laws, Ultrahuman provides a 1 (one) year limited warranty from the date of delivery to you against defects in materials and workmanship for any new Ultrahuman Ring ("Warranty"). If your local law in effect at the time of purchase requires a warranty period longer than one (1) year, this warranty shall be extended to the extent required by such law. During the warranty period, Ultrahuman will fix or replace the Ring at no cost to you. However, you are responsible for

paying for transportation expenses. The replacement product may be new or refurbished at Ultrahuman's discretion. Ultrahuman is not responsible for any loss or damage (including loss of data) arising from failure to follow instructions relating to the Ultrahuman Ring use. This Warranty does not apply: (a) to consumable parts, such as batteries or protective coatings that are designed to diminish over time, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches, dents unless failure has occurred due to a defect in materials or workmanship; (c) to damage caused by use with a third party component or product that is incompatible with Ultrahuman's products and services; (d) to damage caused by accident, abuse, misuse, fire, earthquake or other external cause; (e) to damage caused by using the Ultrahuman Ring in violation of the Terms of Use; (f) to damage caused by service (including upgrades and expansions) performed by anyone other than Ultrahuman; (g) to an Ultrahuman Ring that has been

modified to alter functionality or capability without the written permission of Ultrahuman; (h) to damage caused by normal wear and tear or otherwise due to the normal aging of the Ultrahuman Ring, (i) if any serial number has been removed or defaced from the Ultrahuman Ring, or (j) if Ultrahuman receives information from relevant public authorities that the product has been stolen or if you are unable to deactivate passcode-enabled or other security measures designed to prevent unauthorized access to the Ultrahuman Ring, and you cannot prove in any way that you are the authorized user of the Ultrahuman Ring (e.g., by presenting proof of purchase). Ultrahuman has the sole right to choose between repairing or replacing the Ring, or giving a full refund, at its discretion. This is the only remedy available for any warranty violations. Repaired or replaced rings will have a warranty lasting either 90 days or the remainder of the original 1-year warranty, whichever is longer.

## Terms of Sale and Use

Your use of the Ultrahuman Ring and the Ultrahuman App is subject to our Terms of Sale available at <https://www.ultrahuman.com/termsOfSale/UltrahumanRing/>

Terms of Use available at <https://www.ultrahuman.com/termsAndCondition/>

Privacy Policy available at <https://www.ultrahuman.com/privacy-Policy/>

Terms set forth above in this manual are contained in our Terms of Sale, Terms of Use and Privacy Policy and are subject to change if we change our Terms of Sale, Terms of Use and Privacy Policy.

## Intellectual Property Rights

Ultrahuman and



are trademarks or registered trademarks of Ultrahuman Healthcare Private Limited (India). Patented and patents pending. © Ultrahuman Healthcare Private Limited 2020-2023. All rights reserved.

## Regulatory Information

EU and UK Declaration of Conformity:

Ultrahuman hereby declares that this device is in compliance with essential requirements and other requirements under Directive 2014/53/EU. If you wish to request a Declaration of Conformity, kindly send an email to [ring@ultrahuman.com](mailto:ring@ultrahuman.com).



FCC Regulatory Information:

This device

(FCC ID: 2A99X-ULTRAHUMAN01)

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.

Disposal of Ring and Charger:



The symbol above indicates that when your product and/or its battery reaches the end of its life, it should not be disposed of as regular waste. Instead, it should be taken to a collection point specified by local authorities for proper disposal and recycling. This will aid in preserving resources while prioritizing the protection of both the environment and human health through proper recycling

#### FCC Compliance Statement for the Ultrahuman Ring

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 to this device not expressly approved by Ultrahuman could void the user's authority to operate the device.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

Responsible party for FCC

Compliance:

IC:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is

subject to the following two conditions:  
This device may not cause interference.  
This device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE) Le présent appareil (IC:) est conforme aux CNR d'Innovation, Science et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF exposure safety  
This product is a radio transmitter and receiver. It is designed not to

exceed the emission limits for exposure to radio frequency (RF) energy set by the ISED.  
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Ce produit est un émetteur et un récepteur radio. Il est conçu pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) établie par l'ISDE. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

Ultrahuman Healthcare Private Limited, No. 4088/799, Third Floor, V K Paradise Sector-2, HSR Layout Bangalore- 560102.  
Karnataka INDIA

