

Smart Ring R002

Quick Start Guide



*The product specifications and information in this guide are for reference only.
Content may be updated without prior notice. Unless otherwise agreed, this
manual serves solely as a usage guide.*

1. Product Features

1.1 Product Overview

- **Heart Rate Monitoring:** 24/7 heart rate tracking with automatic measurements every 20 minutes.
- **Blood Oxygen Monitoring:** 24/7 SpO2 tracking with automatic measurements every 20 minutes.
- **Sleep Monitoring:** Sleep recording and analysis reports (deep sleep, light sleep, REM, awake time).
- **Menstrual Cycle Tracking:** Supports female users in logging menstrual cycles.
- **Activity Tracking:** Step counting and calorie consumption statistics.
- **Durability:** IP68 dust and water resistance for daily use.
- **Stress Monitoring:** 24/7 stress tracking with automatic measurements every 20 minutes.
- **TAG Tracking (Optional):** Compatible with TAG accessory for item location tracking.

1.2 Specifications

Parameter	Details
Product Name	R002
Connectivity	BLE 5.3
Charging Method	Magnetic charging
Battery	18mAh lithium polymer battery
Charging Time	≤1.5 hours

Parameter	Details
Durability	IP68 rating
Charging Case	200mAh capacity; red light during charging, turns off when fully charged
Material	Ceramic outer ring, resin inner ring
Indicator Lights	Red light during charging; green light when fully charged. Green light flashes 3 times upon successful Bluetooth pairing.

1.3 Package Contents

- Smart Ring ×1
- Charging Case ×1
- Charging Cable ×1

2. Using the Smart Ring

2.1 JIMI Care App

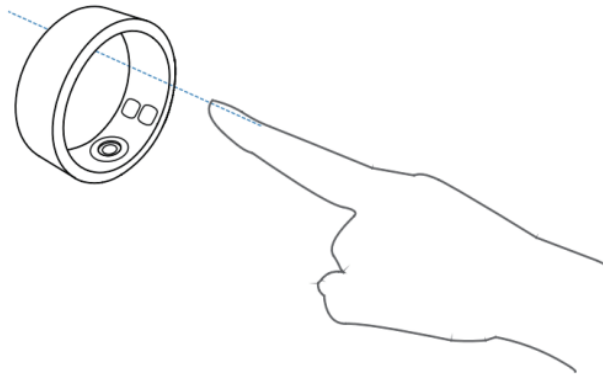
Download the **JIMI Care** app by scanning the QR code on the packaging or searching in app stores (iOS 13+ or Android 9+ required).



2.2 Wearing the Ring

- Choose a ring size that fits comfortably (refer to the sizing chart below).

- Wear the ring with the curved side (magnetic charging port) facing your fingertip.
- For best results, wear on the non-dominant hand.
- First-time activation: Place the ring in the charging case to power it on.

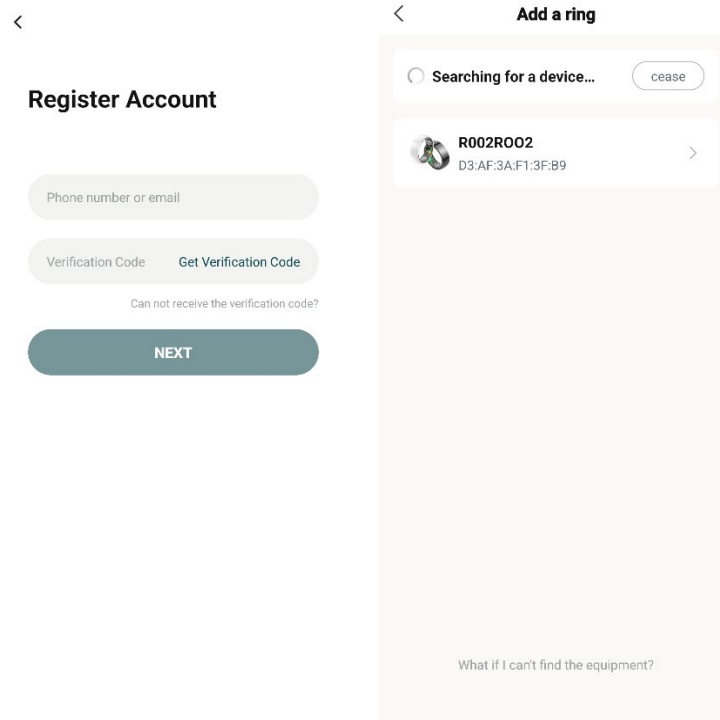


Sizing Chart:

Ring Size	Diameter (mm)	Circumference (mm)
#7	17.3	54.4
#8	18.1	56.9
#9	18.9	59.5
#10	19.8	62.1
#11	20.6	64.6
#12	21.4	67.2

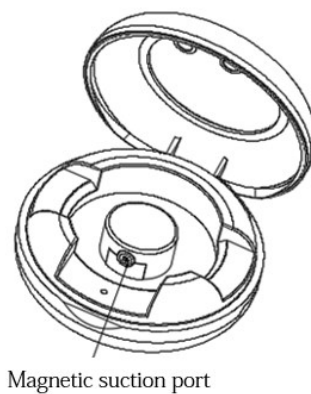
2.3 Pairing the Ring

Open the JIMI Care app with Bluetooth enabled. Register via phone number or email. Tap "Add Ring" and select the MAC address printed on the packaging label. Set up your profile after successful pairing.



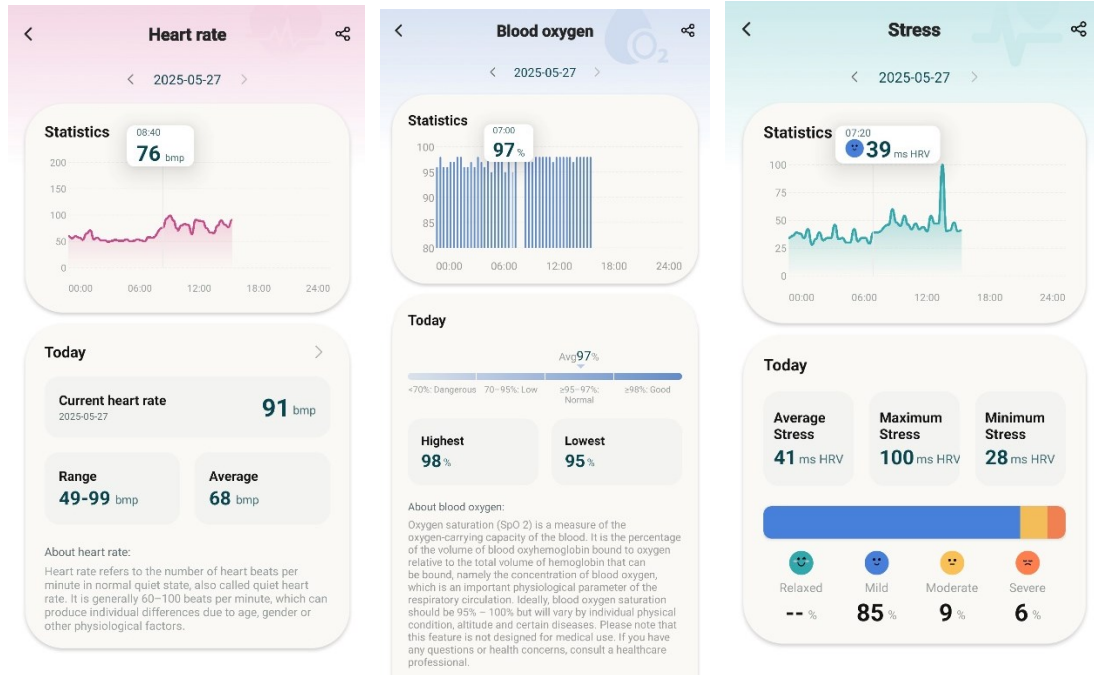
2.4 Charging the Ring

Place the ring in the charging case, aligning the magnetic ports. Close the case lid—red light indicates charging; green light signals full charge.



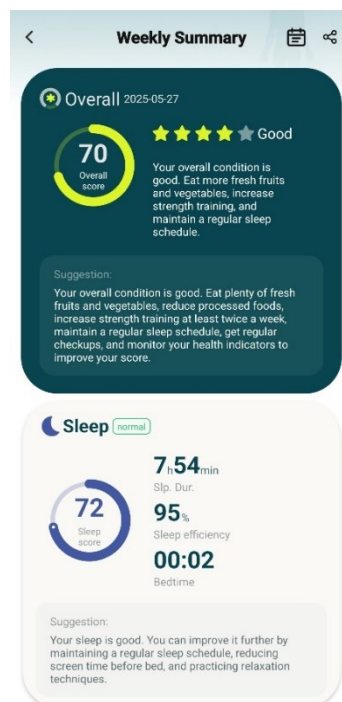
2.5 Health Monitoring

The R002 tracks heart rate, blood oxygen, stress, and sleep data 24/7, with 7-day historical data storage.



2.5.1 Physical Recovery Report

The ring generates a Body Recovery Report based on your health and activity data. Tap the interface to view metrics like activity distance, calories burned, and sleep analysis, along with personalized recovery recommendations. You can filter reports by date and share them with friends or family.



2.5.2 Sleep Monitoring

- After connecting the ring to the app, go to the Health page and tap the Sleep tab to view 7-day sleep records. The app provides comprehensive analysis reports, including:
 - Sleep phase score
 - Breathing quality during sleep
 - Resting heart rate during sleep
 - HRV (Heart Rate Variability) analysis
(Data is categorized into *deep sleep*, *light sleep*, *REM*, and *awake* periods.)
- **Supports nap tracking:** Sleep episodes lasting 30+ minutes between 12:00–15:00 are recorded as afternoon naps.
- **Integrated mindfulness meditation:** The sleep feature includes relaxing music and guided exercises to improve sleep quality.



2.5.3 Heart Rate Monitoring

- Open the JIMI Care app on your phone paired with the ring.

- Tap the "Heart Rate" tab under the Health page to view real-time heart rate data. The ring automatically measures heart rate every 20 minutes by default, but you can also trigger manual measurements.
- Tap the "Heart Rate" tab to see detailed historical data and share heart rate reports with friends or family directly from the details page.

2.5.4 Blood Oxygen Monitoring

- After connecting the ring to the app, go to the Health page and tap the Blood Oxygen tab to view SpO2 measurements. The ring automatically monitors blood oxygen every 20 minutes by default, with an option for manual checks.
- Tap the Blood Oxygen tab to view detailed data and share SpO2 reports with friends or family via the details page.

2.5.5 Step count

The ring's built-in sensors track steps, calculate total distance and calories burned, and store 7-day activity history. You can view and share fitness reports with friends or family.



2.5.6 Stress Monitoring

- After connecting the ring to the app, navigate to the Health page and tap the Stress tab to view stress measurements. The ring automatically monitors stress levels every 20 minutes by default, but manual checks are also supported.
- Tap the Stress tab to see detailed stress data, share reports with friends or family via the details page, and view your current stress status (categorized as Relaxed, Normal, Moderate, or High Stress).

2.7 TAG Tracking (Optional)

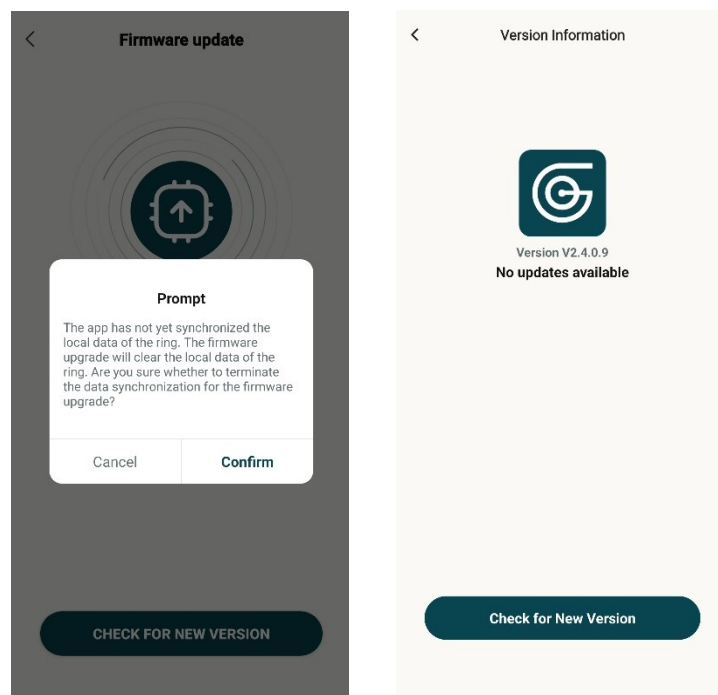
If you purchased the TAG-enabled ring, go to Profile > Ring Settings > Location Tracking Service and enable TAG Tracking. Once activated, you can view the ring's real-time location in the app to locate it if lost.



2.8 Software Updates

To update the smart ring's software via Firmware Over-The-Air (FOTA) technology:

- Open the JIMI Care app, go to Profile > Ring Icon > Firmware Update, and manually check/install updates.
- For app updates: Navigate to Profile > Version Info to check for updates.



3. Safety & Precautions

Safety & Usage Guidelines

- **Non-removable battery:** The device contains a built-in, non-replaceable battery. Do not disassemble or modify the battery.
- **Heat exposure:** Avoid placing the device near high-temperature environments or heat sources (e.g., space heaters, microwaves).
- **Fire hazard:** Do not expose the device to open flames or fire, as this may cause battery combustion or explosion.

- **Battery leakage:** If leakage occurs, avoid contact with skin/eyes. Rinse immediately with water and seek medical attention.
- **Battery disposal:** Dispose of the battery according to local regulations. Do not discard as household waste. Improper disposal may cause explosions.
- **Physical damage:** Avoid dropping, impacting, crushing, or piercing the battery to prevent internal short circuits or overheating.

Device Handling

- **Fragility:** The outer ring is made of ceramic, which is fragile. Handle with care to avoid dropping from heights.
- **Pre-use preparation:** Read and follow all guidelines below to ensure optimal performance and avoid hazards.

Usage Environment Precautions

- **Child/pet safety:** Keep the device and accessories away from children and pets to prevent choking or injury.
- **Heat sources:** Do not place near heat sources or open flames (e.g., ovens, heaters).
- **Allergies:** Some users may experience allergic reactions (e.g., redness, inflammation) to materials like resin or metal. Discontinue use and consult a doctor if symptoms occur.
- **Medical devices:** The device's radio waves may interfere with implanted medical equipment (e.g., pacemakers, hearing aids). Consult the device manufacturer for usage restrictions.
- **Environmental compliance:** Recycle the device and accessories per local regulations. Do not dispose of as general waste.

4. Hazardous Substances

Component	Pb	Hg	Cd	Cr ⁶⁺	PBB	PBDE
Circuit Board	○	○	○	○	○	○
Plastic	○	○	○	○	○	○
Metal	○	○	○	○	○	○
Battery	○	○	○	○	○	○
Accessories	○	○	○	○	○	○

○: indicates that the content of the hazardous substance in all homogeneous materials of the part is below the limit requirements specified in EU2015/863.

X: indicates that the amount of the hazardous substance in all homogeneous materials of the part exceeds the limit requirements set out in EU 2015/863.

SAR Value: Maximum 1.8W/kg (meets GB21288-2007 standards).

5. Warranty

The after-sales service of this product is in line with the "three guarantees" policy of electronic products. The warranty period begins on the date of purchase invoice or the actual delivery date, whichever is earlier. In the event of a defect in the product that is confirmed by our service center as not caused by the user, you have the right to:

- 7-day return/replacement policy
- 1-year warranty for the main device

For after-sales service, contact your authorized retailer or service provider.

Special Notes:

- **Technical modifications** to this product may occur without prior notice.
- **Appearance and color** may differ slightly from descriptions and are subject to the actual product.
- **Keep this warranty card properly** and present it with the purchase receipt for warranty claims.
- **Unauthorized disassembly** of the product voids the warranty.
- **Liquid damage** caused during normal use is **not covered** under warranty.

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.

Any 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.

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

FCC ID: 2AMLF-R002

6. Maintenance Record

Date	Service by
Product Model	
Serial number	
Failure Description	
Comments	