

H11 Smart Health Ring Manual

Smart health Ring is a portable device that integrates the functions of step counting, heart rate detection, blood oxygen detection, sleep monitoring, etc. It provides users with personalized healthy life services through real-time data synchronization with smart phones, but it cannot be used as a medical standard. If you encounter any discomfort, it is recommended to consult your professional doctor in time.

1 QR Code Instructions

This document provides instructions for using the ChipletRing APP.

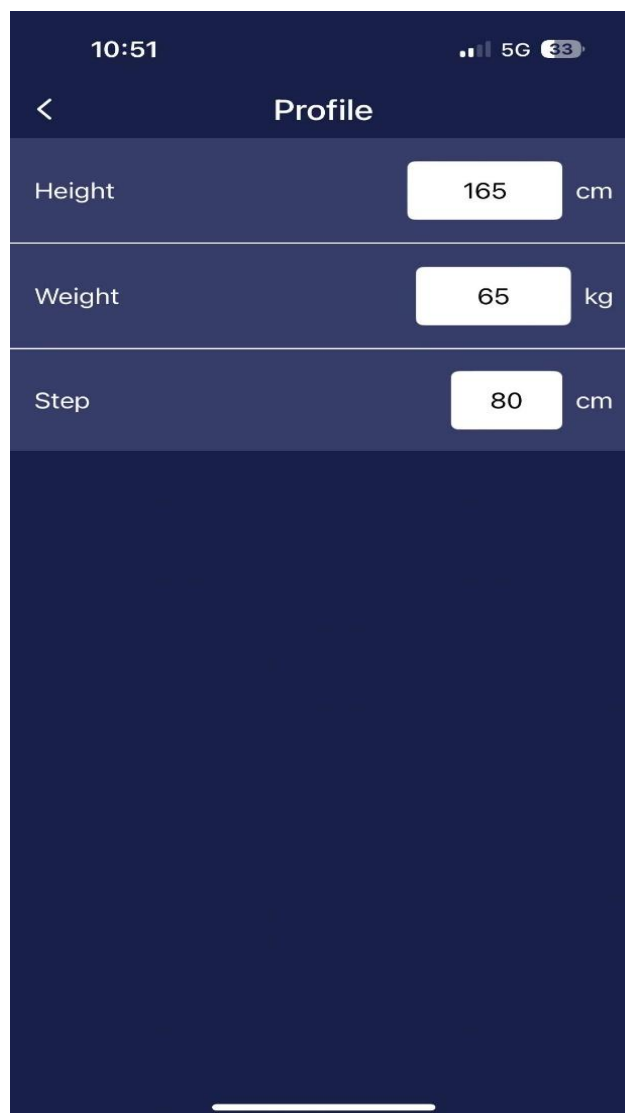


2 APP Usage Instructions

2.1 APP Interface Operation Process

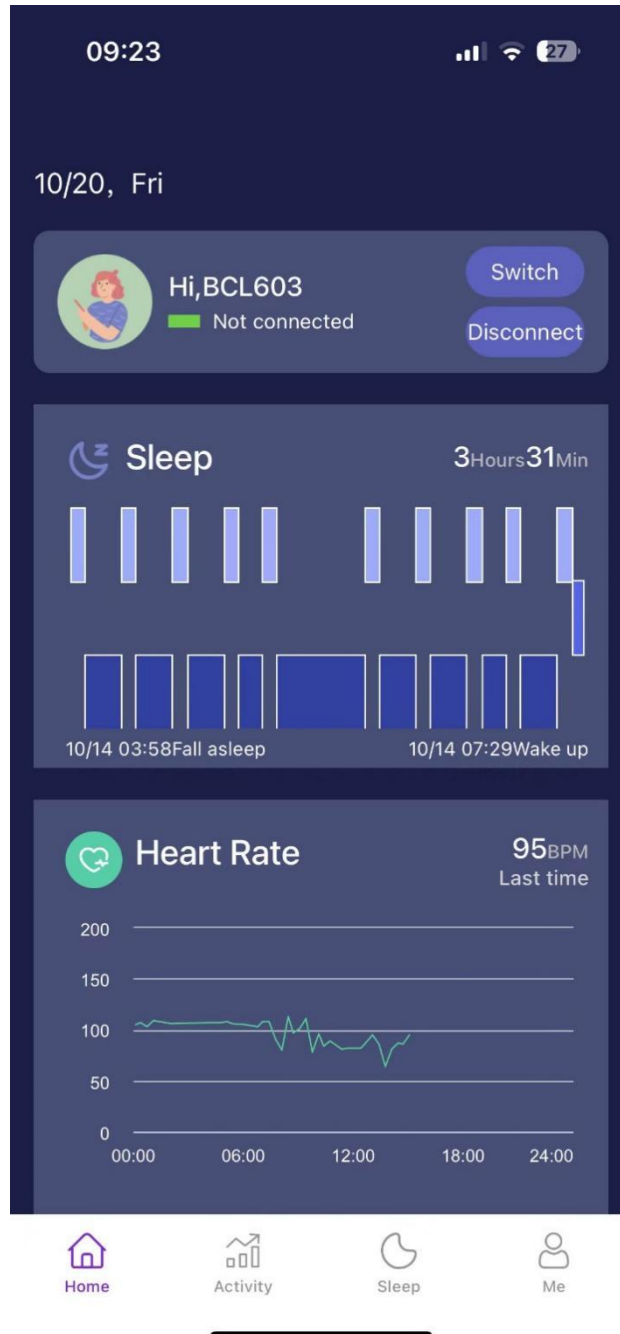
2.1.1 Settings

After installing the ChipletRing APP, open it and set basic personal information.

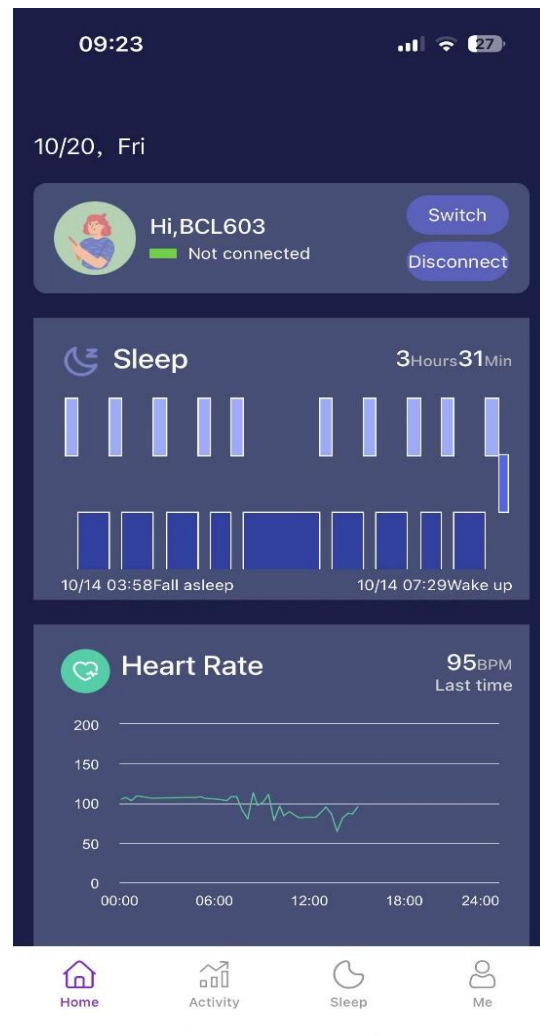
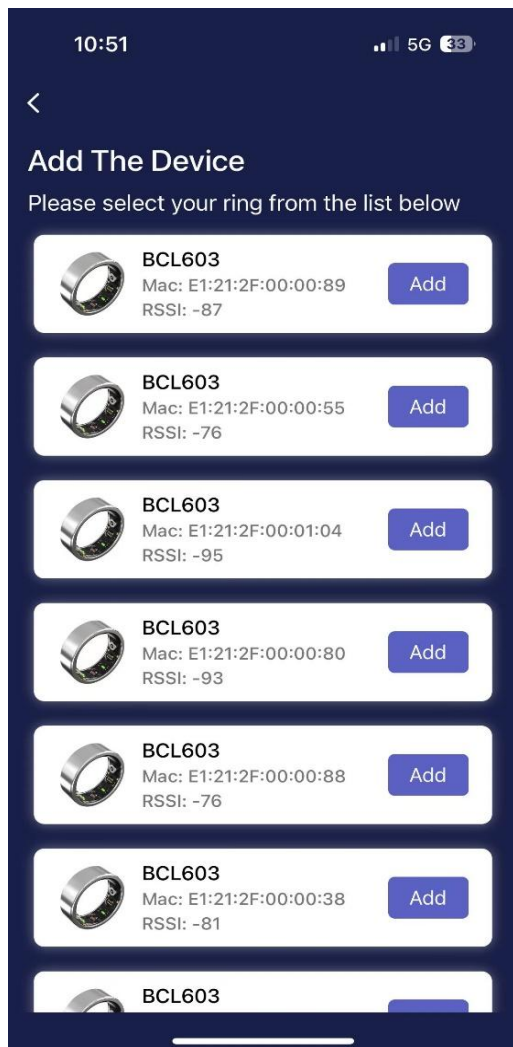


2.1.2 Device Connection

After setting, enter the home page and click "Add Device".



Select the device with the MAC address for connection.



2.1.3 Heart Rate and Blood Oxygen

Click on the ICONS shown in the image to measure heart rate, oxygen saturation, heart rate variability and temperature.



2.1.4 Activity

Click “activity” to check the movement of the day, week or month.



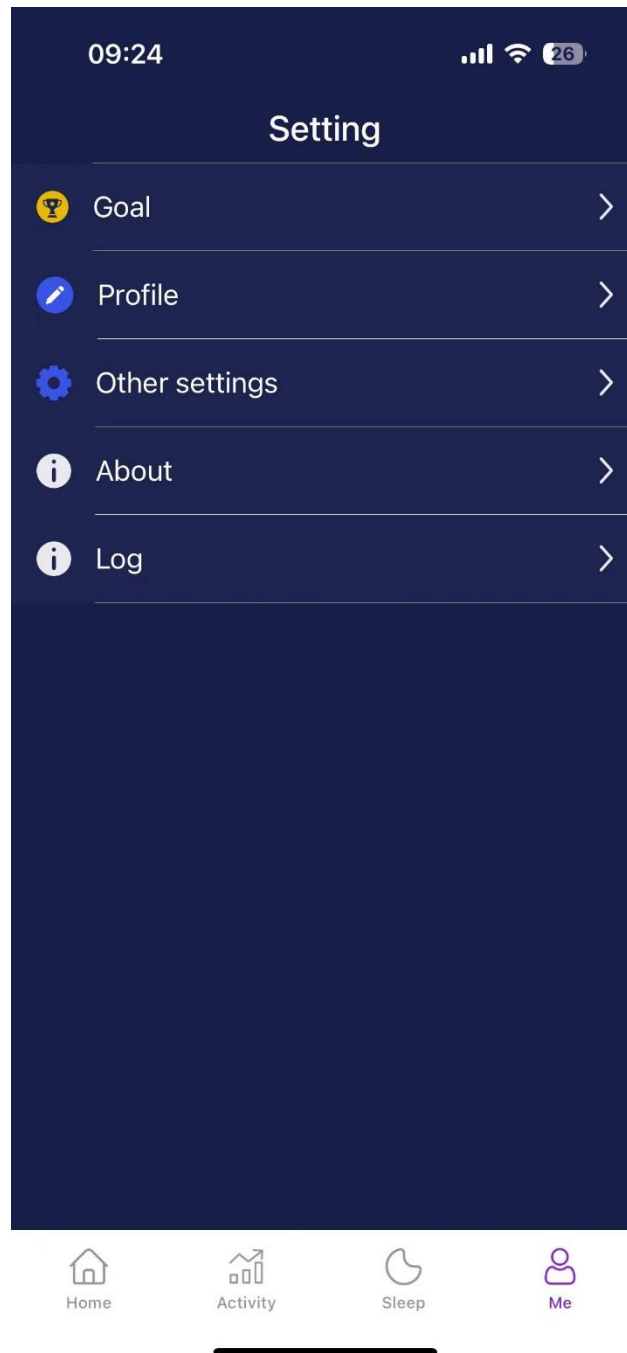
2.1.5 Sleep

Click "Sleep" to check the sleep status, and the sleep data will be automatically updated after the ring is connected to the APP.



2.1.6 Other Settings

Click the “Me” to the setting interface, you can set the moving target and basic information.



Setting activity goals:

10:51 5G 33

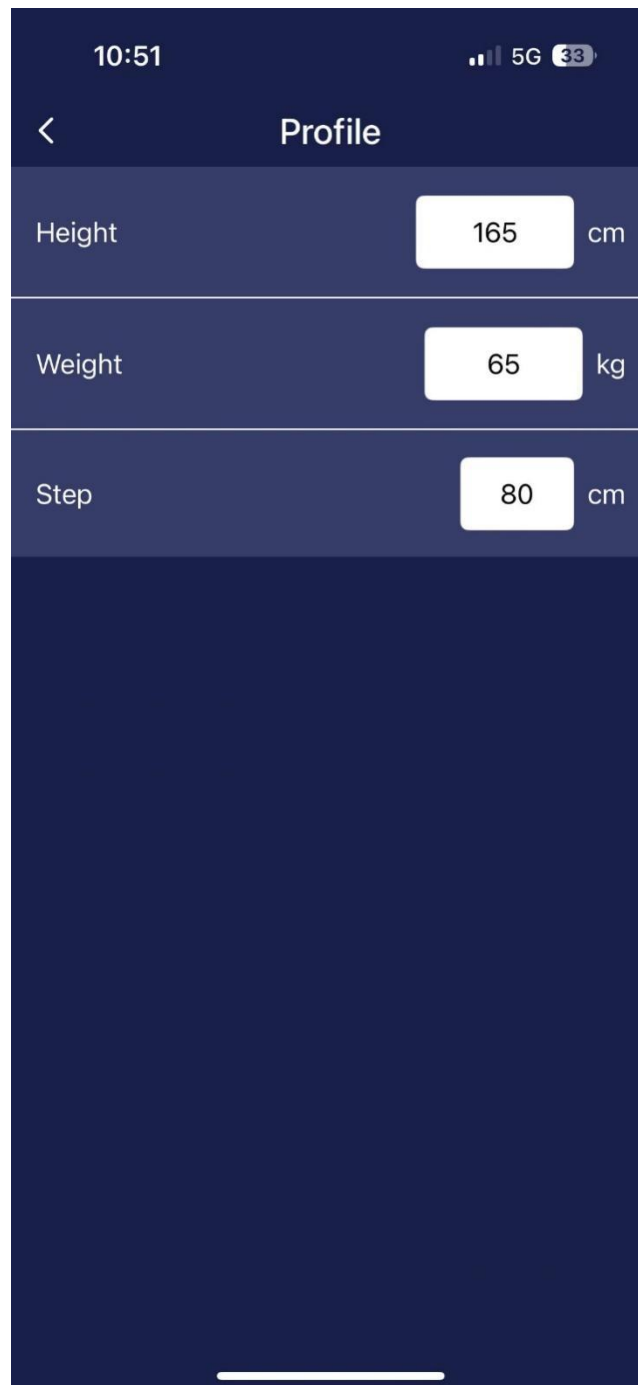
< Goal

Steps 3500 Step

Calories 3000 kCal

Workout Time 0 Hour 30 min

Setting basic information:



A mobile application interface for setting profile information. The screen has a dark blue background. At the top, the status bar shows the time 10:51, 5G signal, and 33% battery. Below the status bar is a header with a back arrow and the title 'Profile'. The main content area contains three rows, each with a label on the left and a value on the right. The first row is 'Height' with a value of '165' and unit 'cm'. The second row is 'Weight' with a value of '65' and unit 'kg'. The third row is 'Step' with a value of '80' and unit 'cm'. Each value is displayed in a white rounded rectangle. The bottom of the screen shows a white home indicator bar.

Label	Value	Unit
Height	165	cm
Weight	65	kg
Step	80	cm

3 The Ring Equipment Use Instructions

3.1 Instructions for Smart Ring Use

1. Open the package, keep the ring in the charging seat, pull out the battery charging isolation sticker, and turn on the device automatically after the red light flashes once.

Note: If the ring is removed from the charging bin and the charging isolation sticker is removed after opening the package, the ring still needs to be put back in the charging seat before the device is turned on (the device can only be turned on after it is charged in the charging bin for the first time).

2. Scan the corresponding QR code according to your mobile phone system and download the APP. Click on the APP interface to enter the operation icon of adding device. After successfully connecting the device, you can manually detect heart rate and blood oxygen, or automatically detect (the heart rate detection interval is 20 minutes, and the blood oxygen detection interval is 1 hour).

3. Users can customize the interval of heart rate detection in the APP Settings, the minimum interval is 40 seconds.

4. Align the window hole on the ring with the gap on the charging seat, the indicator light faces up, press the ring down to access the charging contact, and the red light starts charging. The red light flashes every 3 seconds during charging.

5. After the ring is fully charged, the red light goes out.

6. Need to use the Type-C charger to charge the charging box. During the charging process, the indicator light of the charging box will blink, and the red light of the charging box will be steady on after full charging. When the charging box is fully charged, the ring can be charged about 7 times, the charging box battery capacity: 180mAh; Ring battery capacity: 18mAh.

3.2 Note:

- ① Keep the finger dry, otherwise the detection data will be affected.
- ② The ring wearing detection window should be aligned with the finger belly.
- ③ This ring positive and negative polarity reverse connection can also charge, will not damage the ring.
- ④ The normal charging time of the ring and charging box is 2 hours.

4 Ring Parameter

4.1 Ring Parameter Description

APP Name: ChipletRing

Product Model: H11

Waterproof: IPX68

Battery Type: Lithium Battery

Ring Color: Gold/Silver/Black/Rose Gold

Charging Time: 2 Hours

Ring Battery Capacity: 18 mAh

FCC ID:2AWHK-H11

Case Battery Capacity: 180 mAh

Wireless Distance: 5 Meters

Charging Port: Type-C

Working TEMP: -20° -+ 50°

Supported: HarmonyOS/IOS/Android

Packing List: Packing/Manual/Charging

Cable/Charging Case/Ring

FCC Warning

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.

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.