



Dcare Ring

A Smart Wearable Device for Your Fitness & Wellness

User Guide

Please read this Guide carefully before use.

Packing List :

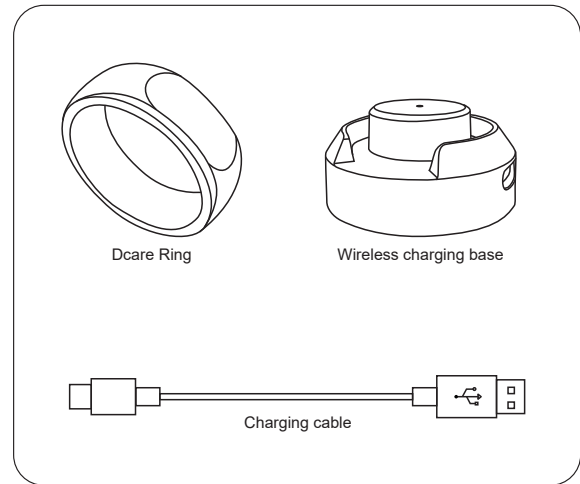


Figure 1

Start to Use

- When using the Ring for the first time, place the Ring on the charging base and connect the charging cable to the power source.
- Please ensure that the flat part of the Ring is placed correctly in the charging base as shown in Figure 2 below. If placed incorrectly, it will not charge and it may cause scratches to the Ring.

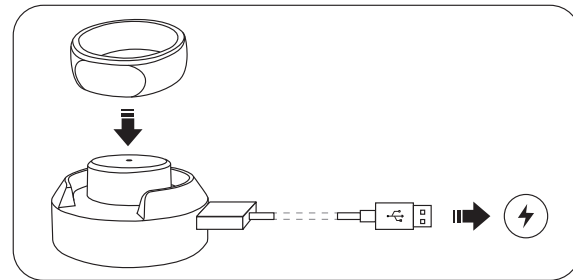


Figure 2

- When the Ring is charging, the indicator light of the charging base will keep flashing. When the Ring is fully charged, the indicator light of the charging base will become always on.

Wear the Ring

- Please choose a comfortable size that suits your finger and avoid wearing it too tight or too loose.
- It is recommended to wear it on the index finger of the non-dominant hand to better detect the data.

Important: The flat part of the Ring must face outwards when worn. Please refer to Figure 3 below.

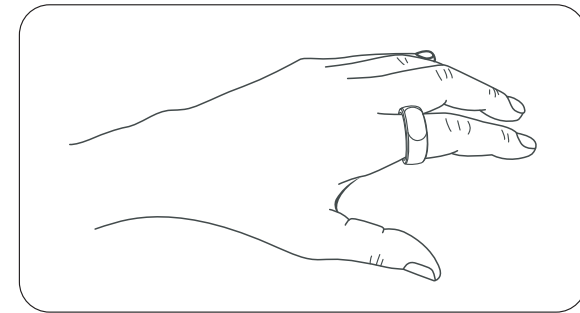


Figure 3

Set up and Pair the Ring with the App

1. Open the "Dcare Ring" App, login user account or create a new account.
2. Click "Add Device" on the "Dcare Ring" App device page to start searching for the Ring, and click to add the Ring.

Please keep the power of the Ring higher than 20% before pairing to avoid pairing failure due to insufficient power. During the pairing and connection process, please ensure that the Bluetooth and positioning functions of the mobile phone are turned on, and the distance from the Ring is within 2 meters.

Daily Use

- Please note that the Ring measures user data more accurately if user keeps the wrist and finger still.
- The Ring has a waterproof rating of 5ATM and can be worn in the shower, swimming pool and shallow water, but not suitable for diving and sauna.
- Please keep the finger and the Ring dry, and dry the Ring after contact with water. If redness or swelling appears on the contact part of the finger, please stop using it immediately and consult a doctor.
- Sometimes it may be difficult to remove the Ring from the finger, as fingers may be a little bigger or smaller than usual depending on the time of the day. If the Ring gets stuck in the finger, use cold water with mild soap to make the finger wet, and then rotate the Ring slowly to remove it.

Proper Maintenance

- It is recommended to charge the Ring at least once a month. If it has not been used or charged for more than 3 months, the built-in battery life may be affected.
- Clean the device and its accessories with a clean soft cloth. Before cleaning the Ring and its accessories, please disconnect the cable of the charger from the power supply. Do not use strong detergents for cleaning.
- Please keep the Ring and its accessories dry. Do not dry it with external heating devices such as hair dryers.

Precautions for Safe Use and Operation

Before using the Ring, please read and abide by the following precautions to ensure safe use of the Ring & the Ring works properly, and to avoid any dangerous situations.

Impact on Medical Devices

- In hospitals, clinics or other medical and healthcare venues where the use of wireless devices is prohibited, airplane mode can be turned on in compliance to the regulations of the venues. Please refer to the instructions in the App for how to turn on and off the airplane mode.
- The radio waves generated by the Ring may affect the normal operation of

personal or implanted medical devices, such as pacemakers, cochlear implants, hearing aids, etc. If any of these medical devices are used, please consult their manufacturers for restrictions. When using the Ring, please keep a distance of at least 15cm from the implanted medical devices (such as pacemakers, cochlear implants, etc.).

Interference to other Electronic Equipment and Devices

- In places where the use of wireless devices is prohibited, please turn on the airplane mode.
- Wireless devices may interfere with the flight system of the aircraft. Please abide by the relevant regulations of the airlines. Car electronics may malfunction due to radio interference from the Ring.

Charging and Battery Safety

- Do not disassemble the Ring.
- Please use the charging base included with the Ring to charge the Ring.
- Please use a proper power adapter to connect the power supply to the charging base with the cable provided.
- Do not use high power fast chargers with rating equal to or greater than 20W.
- Please keep the Ring and the charging base in a dry environment when charging. Do not charge the Ring in damp environment or an area with strong

magnetic field. Do not touch the charging base with wet hands or any wet substance. Do not immerse the charging base in water.

Cautions on Surrounding Environments

- Do not keep magnetic stripe cards close to the Ring as the magnetic stripes may be damaged by the magnetic field from the Ring.
- Do not wear the Ring outdoor during thunderstorm. Thunderstorm can cause electric shock hazards.
- Do not place the Ring under direct sunlight.
- Please use the Ring and its accessories in the temperature range of 5°C to 45°C, and store them in the temperature range of -10°C to 55°C. When the ambient temperature is too high or too low, it may cause failure. When the temperature is below 5°C, the performance of the battery will be affected.
- Do not place the Ring near fire or heat sources, such as heaters, ovens or other places that may generate high temperatures.

Safety for Children

The Ring is not intended for use by children. The Ring and its accessories can be small in size for children, please keep the Ring and its accessories out of reach of children to prevent them from swallowing or other dangerous situations.

System Security

The operating system of the Ring only supports official system updates via App. Using third-party software to upgrade the device firmware and system may make it unusable or cause security risks. We will not provide support & maintenance services and will not assume any responsibility for users in these cases.

Our product is not a medical device, and must not be used for any medical purpose. It is only for general fitness and wellness purpose. For medical diagnosis and decision, please consult a doctor.

Product Parameters

Product name: Dcare Ring

Product model: One

Battery type: Rechargeable lithium polymer battery

Charging time: 1-2 hours

Bluetooth: BLE 5.2

Ring Sizes: US6, US7, US8, US9, US10, US11, US12, US13

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.