

说明书
68*88mm, 风琴折页, 105g哑粉

Alter Ring

Alter Ring-10



User Manual

Product Introduction

Alter Ring is smart health ring which can monitor multiple body vital signs at the day and night.

 Heart rate

 SpO2

 Stress

 Sleep

 Temperature

 Step

 Blood pressure

 Breath

 ECG

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Note: Alter Ring-10 ring is not a medical device, its test results and suggestions are for reference only.

What's Included in the Box

(1) Smart ring
(2) Wireless charging case
(3) Type-C charging cable
(4) User manual

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Instruction

1. Download the APP

- Scan the QR code below or search JC Ring on Google Play or iOS App Store to download our JC Ring App.
- Make sure the Bluetooth of your mobile device is on.
- Choose device identified in App and connect to your smart ring.

JC Ring



Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The ring supports Bluetooth 5.0 connection.

2. Charge Before Use

- Please fully charge the device to activate for first use.
- If after factory reset on the App, please charge to power on.

Simply place your device on the wireless charging case, plug in the provided Type-C charging cable, and plug it into a wall socket or USB-C to port to begin charging. During charging, the ring's green light flashes red, and charges to show flash when fully charged. It typically takes about 2 hours to be fully charged, and supports about 5-7 days for normal use. Battery life changes depending on the activated features, type and frequency of ring use.

Note: The charging case is not water resistant and is intended for indoor use only. Do not use or store in humid environments like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.



3. App Operation

- Once the device is activated, please pair it with the JC Ring App for App operation and use.

Home



View your detailed health data and report per day: steps, distance, calories, heart rate, SpO2, blood pressure, HRV, stress, skin temperature change, sleep, women's health, etc.

- You can manually start heart rate & SpO2 measurement on App.
- For temperature monitor, it can detect your temperature trend and show you detailed daily/weekly/monthly reports to help you better track your temperature changes.

Device

- Check current device's basic information (battery level, MAC ID, firmware version, Bluetooth RSSI) and make detailed settings.
- Set Auto Health Monitor Interval**
The default auto health monitor intervals are every 10 min for heart rate, every 30 min for SpO2, 4 temperature and every 60 min for blood pressure, HRV & stress. You can change the interval as you need. The shorter the interval is set, the faster the battery will drain.
- Goal Setting**
Personalize your goals for steps, calories, calories and sleep hour per day.
- Firmware Update (OTA)**
Remind you if a new firmware version has been released. If so, please follow the steps to upgrade to the latest version.
- Factory Reset**
After factory reset, all device data will be deleted. Please charge to reboot.



My

Check basic App settings: personal information, login account management, App background, privacy terms, feedback support, App version updates.



Specifications

Warranty: 10 months
BT Version: BLE 5.0
BT Range: 10 meters
Battery: Rechargeable 14.5mAh ~ 21.5mAh depending on the ring use. Last battery not rechargeable.
Data Memory: 20 Days
Waterproof: <AT6
Activity Time: 24h/24h
Calories Burned: Max 1000 kcal
Running & Walking Distance: Max 999.99km
Operating Temperature Range: -10~52℃ / 14~120℉

Troubleshooting

If the ring doesn't pair with your smartphone

- Make sure your ring is turned on.
- Check the App to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings.
- Check your smartphone to ensure Bluetooth is on.
- Restart the App and go to the App home screen.
- The ring battery should display on your App device screen.

Please contact our support team.

If the ring battery is draining too quickly

- Calibrate your battery by charging it for at least three hours.
- Start using your ring again as you normally would.
- Contact our support team if the problem persists.

If the ring causes an allergic reaction

Please stop using the device right away. In the rare event of an allergic reaction, seek medical attention immediately.

If the issue isn't mentioned in these tips

Please contact our support team and report the issue in detail.

Safety Notices

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

Not a medical device

This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

Use, care and maintenance

Finger skin can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck:

- Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it.
- Hold your hand up above your head until the blood pressure gets lower, and then try to remove it.

→ **In case of emergency and/or discomfort, when you**

can't remove the ring yourself, seek immediate medical attention.

Use a soft cloth or hand wash with mild soap and water to clean the ring.

Your ring can be worn during showers, baths, swimming, and snorkeling.

Try to avoid wearing the ring when strength training, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone. In addition, try to avoid wearing the ring next to other rings or objects which use metals of metal, ceramics, stones or diamonds. The ring may get scratched and can lead to health safety metal jewelry or other objects in close contact with the ring like phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

Keep the ring away from children. This product is not intended for individuals under the age of 16. Seek immediate medical attention if you know or suspect that a child has swallowed the ring. Do not leave the ring exposed to heat, such as in a vehicle or in the sun. Do not puncture the ring or its battery.

Please avoid handling batteries, or working on devices and

FCC Requirement

with machinery that contain batteries while wearing your ring. In certain cases, where both the cathode and the anode of another battery touch the ring, there is a risk of a short circuit which is similar to standard metallic rings. This can result in a potentially dangerous shock. Please use the proper precautions to avoid these situations.

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/television technician for help.



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