

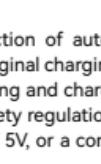


Manual ➤

Instructions of healthy energy-saving ring

illustrate

Please note: The ring service is not used to diagnose, treat or prevent any diseases and medical conditions. The information and data in the service are for reference only and cannot replace the services of health professionals and doctors. If you have any questions about medical conditions, it is recommended to consult Professional physician.

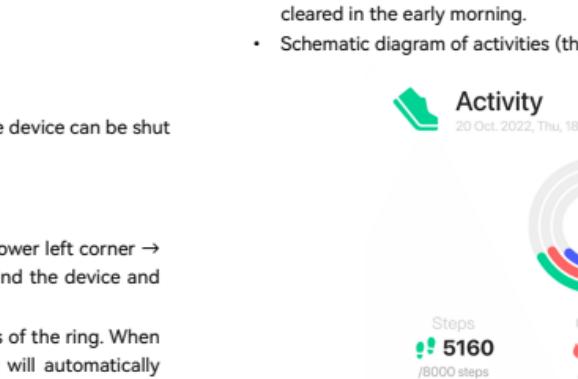


Da Rings

Product

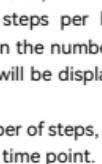
- Outer surface material: alloy
- Main material: epoxy resin
- Storage capacity: It is recommended to connect to the app and synchronize data every day. The ring can store data for up to 15 days, depending on the type and frequency of use.
- Product weight: about 2.8 grams
- Battery capacity: Ring 16mAh
- Battery life: 3 to 5 days, depending on frequency of use
- Charging method: Use the provided charging cable (USB rated 5V)
- Luminous sensor: LED is in the visible color range, safe and user-friendly
- Connection method: Low energy Bluetooth 5.2
- Software program updateability: Updates via software application
- Software program compatibility: App store, Google Play
- Waterproof level: IP68

Parts introduction



Requirements

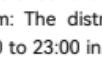
This device supports use on Android and iOS smartphones; System requirements: Android 6.0 and above, iOS 10.0 and above.



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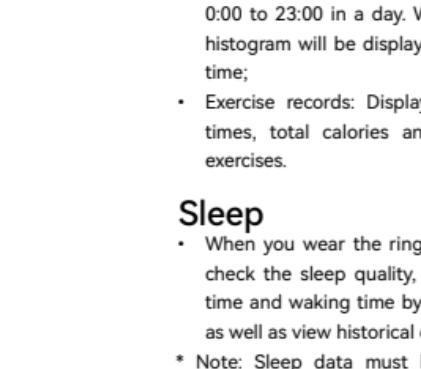
APP download and installation

Scan the QR code below to enter the APP Store, download and install the APP. When installing, please set the relevant permissions prompted to allow. After the installation is completed, there is no need to log in when opening the APP, and it can be used normally after binding the device.



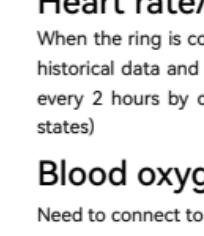
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Parts introduction



Charge

- When using an Android phone, the App will receive all notification permissions such as contact information, and the App must be allowed to run in the background in the phone settings.



Precautions for use

- When charging, please first magnetize the charging line to the device, and it will automatically turn on during charging;
- If Bluetooth is disconnected during use, please open the APP and reconnect (the APP may be disabled by the mobile phone from running in the background, please give the APP background running permission).

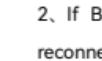


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APP function introduction

Activities (Three Rings of Health)

Needed to connect to APP to record the wearer's blood oxygen saturation



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Heart rate variability (HRV)

Needed to connect to APP to record the wearer's heart rate variability

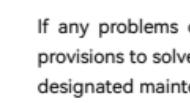


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Common troubleshooting

If many problems occur when using the ring, please refer to the following provisions to solve them. If the problem persists, please contact the dealer or designated maintenance personnel.

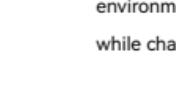
- The ring cannot be left without power for a long time, otherwise it may not be able to charge or turn on;
- Schematic diagram of activities (three rings of health):



Exercise

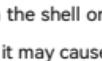
If there is exercise duration, calories burned and number of exercises.

- Histogram: The distribution of steps per hour from 0:00 to 23:00 in a day. When starting exercise, a histogram will be displayed at the corresponding time;
- Time (inner loop): Data source (records daily data), the data of the day is cleared in the early morning.



Pressure

Needed to connect to APP to record the wearer's pressure value

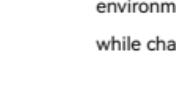


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Menstrual cycle

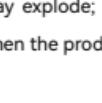
It is necessary to connect to the APP and set it according to the wearer's physiological phenomena.

- 1. Unable to search for Bluetooth
- 2. The battery power is too low, please connect the charger to charge.



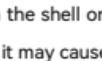
Power on and off

- Power on: Automatically power on after charging
- Power off: After the device is connected to the APP, the device can be shut down through the APP.



Other settings

Unit format, temperature unit, sedentary reminder, low battery reminder, heart rate warning

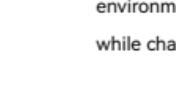


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Device connection APP

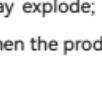
Enter the application → click the main menu icon in the lower left corner → click "Add Device" to enter the automatic search list to find the device and connect it with

- 4. The ring cannot be charged properly.



Sleep

When you wear the ring to sleep, you can check the sleep quality, deep sleep, light sleep time and waking time by connecting to the app, as well as view historical data such as sleep.

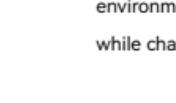


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Ring maintenance

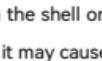
- Keep your ring clean and hygienic
- Not suitable for long-term use in high temperature and high humidity environments
- Please pay attention to wiping and maintaining charging contacts

* Note: Sleep data must be worn at night and connected to the APP to be used.



Product safety tips

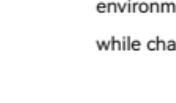
- Do not let children and pets play with this product.



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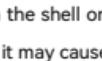
Pedometer

- Record the daily real-time step count and distance in the early morning. You can set the step count target and check the completion level;
- If Bluetooth is disconnected during use, please open the APP and reconnect (the APP may be disabled by the mobile phone from running in the background, please give the APP background running permission).



Heart rate/Blood pressure/Blood oxygen

- When the ring is connected, measurement can be initiated by the APP, and historical data and graphs can be viewed. The ring automatically measures every 2 hours by default (stop monitoring during charging and sleeping state);



Da Rings

FCC Statement

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.

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.