

Health Smart Ring Instructions



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Statement

Please note that the ring service is not intended to diagnose, treat or prevent any disease or medical condition, the information and data in the service are for informational purposes only and are not intended to replace the services of a health professional or physician. If you have any questions about your medical condition, it is recommended to consult a professional physician.

Product Specification

- Outer surface material: Zirconia ceramics
- Main material: stainless steel
- Storage capacity: It is recommended to connect to the app and synchronize data every day. The ring can store up to 30 days of data, depending on the type and frequency of use
- Product weight: about 6.0 grams
- Battery capacity: 23mAh polymer lithium battery
- Battery life: 3 to 5 days, depending on frequency of use
- Charging method: 1. Use the supplied charging cable(USB rated5V); 2.Charge with the charging compartment
- Charging time: 30 minutes
- Luminescence sensor: LED are in the visible color range, safe and friendly to the user
- Connection method: Bluetooth 5.0 low energy consumption
- Software program updatable: update via software application
- Software program compatibility: App store, Google Play
- Waterproof level: IPX8

APP Download

Search "SmartHealth" in Google Play or App Store and download the APP
Note: Please allow the APP to obtain Bluetooth connection permission and location permission



Wear Correctly

Please put the detection sensor (see the inner circle of the ring) in close contact with the skin of the finger pulp to ensure accurate data.

Charging/Power On/Off

Ring charging: Use the matching charging cable to connect the ring and the charger. After the power is turned on, the ring indicator light is red and it is always charging.

Status of the indicator light: the red light is always on during charging, the green light is always on after Charging.

Charging time: 30 minutes

Power check: Check the battery power on the power icon in the upper right corner of the APP main page

Low battery warning, the red light of the ring flashes, and the APP pops up warning, prompting that it needs to be charged.

Illustrate

Please keep the charging port dry and free of foreign objects to prevent short circuit failure. It is recommended to use a charger with a rated output voltage of 5V.

Power on/off

Power on: After the ring is fully charged, disconnect the power supply, and the ring will automatically power on.
Shutdown: Automatically shut down when the power is exhausted.

Bluetooth Connection

After the power is disconnected, the ring will automatically turn on, the Bluetooth will start broadcasting, the APP will search for the device "R8", and select to connect.

Note: Please turn on the Bluetooth permission and location permission of the APP.

Blood Oxygen Monitoring

Automatic test: The ring automatically tests the blood oxygen concentration every 2 hours, saves the test data, and generates a historical chart.

Real-time test: Click the "Test" button to actively test the real-time blood oxygen concentration value and save the latest real-time test data.

Note: Keep sitting still, and the red light on the inner circle of the ring will keep flashing during blood oxygen monitoring.

Resting Heart Rate Monitoring

Automatic test: The ring automatically tests the resting heart rate value every 10 minutes, calculates the average heart rate value per hour, and saves the test data, and produces the history chart.

Real-time test: Click the "Test" button to actively test the real-time resting heart rate value and save the latest real-time test data.

Note: Keep sitting still, when the heart rate is monitored, the green light on the inner circle of the ring will continue to flash.

Step Count

Record the number of steps per hour in real time, generate a step record chart, and automatically synchronize the data after connecting to the APP.

Sleep Monitoring

The ring records the complete sleep cycle in real time, and the scientific algorithm analyzes the duration of various stages such as waking, light sleep, and deep sleep, and generates a record chart.

Ring/APP Upgrade

The APP automatically detects the version of the ring program. For a better user experience, please upgrade the ring program and the APP program to the latest version.

Common Problem

1. Unable to connect via Bluetooth

Please make sure you have turned on the Bluetooth permission and location permission of the APP. When the ring has no power or low battery, Bluetooth connection cannot be made, please charge the ring.

2. inaccurate data

Please wear the ring correctly, the detection sensor on the inner ring of the ring is in close contact with the skin of the finger pulp.

3. The ring has been bound

The ring has a unique ID logo. If you need to bind a new APP account, please unbind the ring and the APP account that has been bound. If you forget the APP account, please contact the manufacturer.

Disclaimer

- Normal wear and tear, including scratches and dents
- Consumable components included in the product, such as batteries
- Damage caused by using the product without following the instructions
- Product damage caused by force majeure, such as fire, flood, etc.
- Damage caused by unauthorized, tampering or modification of the product

Maintenance

1. The surface of the ring is smooth ceramic, do not put hard objects together, so as not to scratch the surface of the ring

2. Do not let the ring come into contact with strong acid and alkali chemicals, so as not to cause corrosion

3. The outer ring of the ring is made of ceramics, which is a fragile object and should not be broken by impact

4. Please use neutral solution and soft cloth to clean the dirt

5. The ring contains batteries, please do not expose to high temperature environment for a long time

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

The device must not be co-located or operating in conjunction with any other antenna or transmitter.