Smart Ring Instruction Manual

How to turn on the ring

After purchasing the ring, connect the configured charger to charge (show red light) until the ring is fully charged (show green light), wake up your dedicated finger ring and unlock more functions.

1，Charge

Connect the ring device to the charging device so that the ring charging cable fits the ring charging point, and adjust the fit until the ring charging indicator (red light) appears.

Note：

• After the device is fully charged, the charging indicator shows green. At this time, the ring will detect and automatically stop charging. Please remove the ring and unplug the power adapter.

• Before charging, keep the charging port dry and clean to prevent short circuit or other risks.

• Because the charger contains magnets, it is inevitable to adsorb metal foreign bodies and other foreign bodies, please pay attention to clean up when using. It is prohibited for the charger to be exposed to high temperatures for a long time, which may cause demagnetization and other abnormalities of the charger.

2，Wear the ring

• Wear the purchased smart ring at the right size for your finger;

• Ensure that the sensor part of the smart ring fits tightly with the fingers to ensure the accuracy of the data;

• Avoid wearing too tight or too loose, so as not to affect the comfort and use effect.

Before use

1，Turn on the ring

The ring automatically turns on when there is power, and automatically turns off when there is no power.

Note : When the ring runs out of power, connect it to the original charging device and charge it, and the ring will also automatically turn on.

2，Download APP

• Please turn on your phone's Bluetooth and make sure your phone is connected to WLAN or a mobile network.

• Please download the latest version of the APP first. The APP should use by Android 6.0 version or IOS 9.0 version or above.

Method 1 : Search and Download

Android: Search for "CyFit" in the mobile app store "Application Treasure" to download.

IOS : Search for "CyFit" in the APP store to download.

Method 2 : Scan and Download

Use your phone to scan the QR code below and download.

3 , Login

• The first login requires the relevant authorization, please confirm it.

• Please fill in the relevant information according to the prompt to enter the APP. Please ensure that the APP is added to the white list of the system to avoid unstable ring connection.

1 > Pair the ring with the ring

• Please turn on your phone's Bluetooth and make sure your phone is connected to WLAN or a mobile network.

Manual connection : Open the APP,select "Device" -->select "Search Device"

• Find the ring with the strongest signal around you (Bluetooth name J01), click Connect, select the left or right hand that you are accustomed to wearing and click to make sure that the connection is successful after the synchronization is completed.

Note： (1) Data is automatically synchronized each time the device is disconnected or unbound and then rebound.

(2) You can manually refresh the synchronized data by dropping down on the APP health page.

2 > Unpair the ring with the ring

Android phone: Open CyFit APP --> Go to "Device" --> Click "Unbind"

IOS phone: Open CyFit APP --> Go to "Device" --> Click "Unbind"

Master these features makes it easy to get started

After obtaining the ring, understand the basic functions of the ring to make your usage experience smoother.

• **When the ring is in the state of power, the green light will be lit every five minutes to confirm the wearing status of the ring.**

The health page on the APP

1 , Step count

Wear the ring correctly, and it will automatically record the Calorie, distance, steps, and other related data you consume every day.

• The ring is synchronized with the APP connection, and on the APP health page, the Today's Steps card allows you to view the day's steps, distance, and goal completion; Click on the Today's Steps card to enter the steps, where you can switch daily, weekly, and monthly exercise data details; Click on the calorie card to enter calorie data, which allows you to switch between daily, weekly, and monthly calorie data details.

2 , Heart rate

• To ensure the accuracy of heart rate measurement, please wear the ring correctly, avoid the joints, do not be too loose, and try to wear it as tightly as possible during exercise. Ensure that the monitoring unit area adheres to the skin and is not obstructed by foreign objects.

• Due to external factors (such as low blood perfusion, finger hair, tattoos, dark skin, low temperature, etc.), the measurement results may be inaccurate or unable to give a value.

Single measurement of heart rate
The ring is connected to the APP. On the APP health page --> Heart rate card, the latest heart rate value is displayed below --> Click the card to enter the heart rate, click below to measure the heart rate --> Start the measurement, the heart rate light will turn on at the ring, and wait for the heart rate measurement value (the latest seven times heart rate measurements are displayed at the bottom of the page). Heart rate card details can be switched day, week, month heart rate data details;

Continuous heart rate measurement
Connect the ring to the app and enable 24-hour health monitoring on the app device page. After opening, the ring will automatically measure the heart rate every half an hour (for example, once at 12:00 pm, then once at 12:30 pm) and record the measured value.

3 , Blood oxygen

• To ensure the accuracy of blood oxygen measurement, please wear the ring correctly, avoid

the joints, do not be too loose, and try to wear it as tightly as possible during exercise. Ensure that the monitoring unit area adheres to the skin and is not obstructed by foreign objects.

• Due to external factors (such as low blood perfusion, finger hair, tattoos, dark skin, low temperature, etc.), the measurement results may be inaccurate or unable to give a value.

Single measurement of blood oxygen

The ring is connected to the APP. On the APP health page --> Blood oxygen card, the latest blood oxygen value is displayed below --> Click the card to enter the blood oxygen, click below to measure the blood oxygen --> Start the measurement, the blood oxygen light will turn on at the ring, and wait for the blood oxygen measurement value (the latest seven times blood oxygen measurements are displayed at the bottom of the page). Blood oxygen card details can be switched day, week, month blood oxygen data details;

Continuous blood oxygen measurement

• Connect the ring to the app and enable 24-hour health monitoring on the app device page. After opening, the ring will automatically measure the blood oxygen every half an hour(For example,measure heart rate once at 12:00, then measure blood oxygen measurement at 12:01; measure heart rate once at 12:30,then measure blood oxygen measurement at 12:31) and record the measured value.

4 , Blood pressure

• To ensure the accuracy of blood pressure measurement, please wear the ring correctly, avoid the joints, do not be too loose, and try to wear it as tightly as possible during exercise. Ensure that the monitoring unit area adheres to the skin and is not obstructed by foreign objects.

• Due to external factors (such as low blood perfusion, finger hair, tattoos, dark skin, low temperature, etc.), the measurement results may be inaccurate or unable to give a value.

Single measurement of blood pressure

The ring is connected to the APP. On the APP health page --> Blood pressure card, the latest blood pressure value is displayed below --> Click the card to enter the blood pressure, click below to measure the blood pressure --> Start the measurement, the blood pressure light will turn on at the ring, and wait for the blood pressure measurement value (the latest seven times blood pressure measurements are displayed at the bottom of the page). Blood pressure card details can be switched day, week, month blood pressure data details;

Continuous blood pressure measurement

Connect the ring to the app and enable 24-hour health monitoring on the app device page. After opening, the ring will automatically measure the blood pressure every half an hour (for example, once at 12:00 pm, then once at 12:30 pm) and record the measured value.

The best time and precautions to measure blood pressure

• The best time to measure blood pressure is within 1 hour after waking up in the morning (after urination, before breakfast, before vigorous activities), or before going to bed at night.
• Because blood pressure varies at different times of the day, it is recommended to take blood pressure measurements at the same time of day.。
• Please do not take the measurement immediately after smoking, drinking alcoholic or caffeinated beverages, bathing, or exercising, and wait at least 30 minutes before taking the measurement.
• After urinating and defecating, please wait for 10 minutes before taking the measurement. Please do not take the measurement within 1 hour after meals.
• Please do not measure in areas that are too cold, too hot, or with drastic changes in the environment.
• Please do not measure while standing or lying down. Please do not measure when body parts are under pressure. Please do not measure in moving vehicles., Please do not forcefully stretch or bend the strap and airbag.
• Try to rest for 5 minutes before taking measurements, so that the body is in a natural state of relaxation and avoid measuring when you are emotionally tense.
• Please take the measurement in a quiet environment. Do not talk, bend your fingers, or move your body or arms during the measurement.
• When taking continuous measurements, please wait 1 to 2 minutes before taking the next measurement. The waiting time will allow the arteries to return to the state before the blood pressure measurement.

Why are the blood pressure values measured different every time

• Blood pressure will vary depending on the measurement time period. The blood pressure fluctuates throughout the day.
• For proper blood pressure management, it is recommended to take the measurement at the same time period every day. Blood pressure can fluctuate due to various factors. (Within 1 hour after meals. After urination and defecation.)
• After drinking alcoholic or caffeinated beverages, not keeping quiet during the measurement process, smoking, emotional tension, excessive cold, heat, or drastic changes in the environment after bathing, and after exercise.
• When continuous measurement causes congestion, it will affect the measurement value.
• During measurement, due to compression on the wrist, it can sometimes lead to poor blood circulation at the fingertips and cause congestion. When congestion occurs, please remove the ring, raise your arm high, and repeat the movements of clenching and releasing your fist about 15 times to clear the congestion.

Why are blood pressure values measured at home different from those measured at the hospital

There are possible reasons why blood pressure values measured at home are lower than those measured at the hospital:

• When blood pressure is measured in the hospital, it is often stressful, so the measurement value may will be high.

• Because when measured at home, the mind is stable and the body is relaxed, sometimes it is lower than the measured value in the hospital.

• If the measurement position is higher than the heart, it will lead to a low measurement value.

• When measuring, if the wrist position is higher than the heart, the measured blood pressure value will be lower.

There are possible reasons why blood pressure values measured at home are higher than those measured at the hospital:

• If taking anti-hypertensive drugs, it can cause an increase in blood pressure when the effect disappears.

• After taking anti-hypertensive drugs for a few hours, the efficacy will gradually disappear, and at this point, blood pressure will also increase accordingly. Please consult a doctor for specific information.

• Wearing a ring that is too loose can prevent pressure from being transmitted to the blood vessels, so the measured blood pressure value may also be higher than the actual value.

• Incorrect posture can also result in high measurement results.

• Sitting cross legged, sitting on a low sofa or in front of a low table, and other positions that can easily cause pressure on body parts, can result in high blood pressure measurements due to abdominal pressure or lower wearing position than the heart.

The blood pressure value is for reference only and is not used as a medical certificate.

The sleep page on the APP

Wearing the ring correctly, the ring can automatically record sleep time, identify deep sleep, light sleep, awake states and sporadic naps

The ring is connected to the app, and on the sleep page of the app ->daily details page, you can see the sleep details of the previous day, including sleep legend, sleep score, sleep time, wake up time, total sleep duration, sporadic nap duration, REM duration, deep sleep duration, light sleep duration, wake-up frequency, and sleep suggestions; Can switch to view daily, weekly, and monthly sleep data details.

The device page on the APP

1，Check the battery

• When the ring is connected to the app normally, the battery percentage can be viewed on the device page of the app.

2，Motion-sensing game

• When the ring is connected to the APP normally, click on the device page of the APP to enter the motion-sensing game, select the corresponding game and complete the game with the left/right hand wearing the ring according to the prompts.

3，24-hour health monitoring

• When the ring is connected to the app normally, click on 24-hour health monitoring to turn it on or off on the device page of the app.
Note : When wearing the ring normally, activate 24-hour health monitoring and automatically measure heart rate, blood oxygen, and blood pressure every half hour, and upload measurement data; If turned off, automatic measurement will not occur.

4，Wearing Habits

• When the ring is connected to the APP normally, click Wearing Habits in the device page of the APP, select the left/right hand of your ring and click to confirm the Settings.

5，Restart

• When the ring is connected to the app normally, click Restart on the device page of the app. The ring restarts, the ring Bluetooth disconnects and reconnects, and the data on the ring is re-synchronized.

6，Restore Factory Settings

• When the ring is connected to the app normally, click Restore Factory Settings on the device page of the app, the ring restarts, the ring Bluetooth disconnects and reconnects, and the app synchronizes data (all ring data is cleared)

7，Firmware Upgrade (OTA upgrade)

• On the device details page of the APP, click on Firmware Update.The APP will detect the version update information of the ring. Please follow the prompts to update it.

More guidance

APP personal profile settings

1，Sports Goals

Step count
• The ring is connected to the APP, My details page -->Sports goals ->Steps ->Swipe to select the target steps you want to complete every day ->Click on confirm.

Distance
• The ring is connected to the APP, My details page -->Sports goals ->distance ->Swipe to select the distance you want to complete every day ->Click on confirm.

Calorie
• The ring is connected to the APP, My details page -->Sports goals ->Calorie ->Swipe to select the calorie you want to complete every day ->Click on confirm.

2，User Feedback

If there are any abnormalities in the app, you can submit relevant logs here to assist us in quickly resolving the problem.
Operation : The ring is connected with the APP,My details page --> User feedback --> Input feedback and select Upload log, click Submit.

3，About us

Some basic information about the APP
• The ring is connected to the APP, My Details page --> About Us --> Check version updates, User Agreement, Privacy Policy.

4，Personal information setting

Avatar Settings

Method 1 : The ring is connected to the APP,My details page ->click on avatar ->profile avatar ->select album ->select the image you want to set ->click on the top right corner to complete.

Method 2 : The ring is connected to the APP. My details page --> Click profile picture --> Profile Picture --> Select Photo --> Click √ on the top right--> Click top right corner to finish.

Nickname

• The ring is connected to the APP,My details page ->Click on nickname ->Click on the box below the nickname ->Enter the desired nickname ->Click on confirm.

Gender

• The ring is connected to the APP,My details page --> Click Gender --> Swipe to select Male/Female --> Click on confirm.

Year of birth

• The ring is connected to the APP, My details page --> Click the year of birth --> Swipe to select the Year --> Click on confirm.

Height

• The ring is connected to the APP, My details page --> Click on height --> Swipe to select the height value --> Click on confirm.

Weight

• The ring is connected to the APP, My details page --> Click on weight --> Swipe to select the weight value --> Click on confirm.

Q&A

1，Does the APP support mobile step counting function?

The app currently does not support mobile step counting. Please wear the ring for step counting.

2，Has the APP been certified?

Yes, our app has been certified by Google Play Store and Apple App Store. So, please rest assured that all required permissions are allowed.

3，Why is there no sleep data?

（1）Please ensure to wear the ring while sleeping;

（2）Too frequent physical activity during sleep, poor sleep quality, the ring recognition as non-sleep status;

（3）The ring is too loose to recognize sleep status;

4，Why do I need to turn on GPS when I first connect?

This is determined by the development standards of Google Android: Android 6.0 version and above models require GPS location service to be enabled to search for Bluetooth.

5，The data cannot be uploaded?

Please follow the following steps for troubleshooting and resolution:

（1）Can the ring automatically turn on a green light within five minutes?If not, please charge in time;

（2）Is mobile Bluetooth enabled? If not,please turn on Bluetooth on your phone;

（3）Please try restarting the APP/phone or re-installing the APP.

（4）If the above still cannot be solved, please contact customer service for manual support.

6，After running, the number of steps and calories today is 0?

The "Today's Steps" and "Calories" on the homepage are synchronized with the data of the ring. Please wear the ring to exercise, so that the app can provide more detailed information.

7，APP can't connect to your wearable device?

（1）Ensure that your ring is charged and turned on.

（2）Restart your mobile device's Bluetooth. If you use an iPhone, you need to click on the exclamation mark after the device name in the system Bluetooth settings, enter and click to ignore this device before reconnecting again.

（3）In Android 6.0 version and above, device connection requires obtaining your location information. Please enable location service and try again.

8，Why do rings often disconnect?

This situation may be caused by the interception or cleaning of the software by the mobile phone system, resulting in the software not functioning properly. Please set up a white list on your phone, enable self start management, find self start management in the phone settings or security center, find the APP, and authorize it.

9，Why do these permissions need to be invoked?

（1）Self-start—In order to restart the phone, the ring can automatically connect to the APP.

（2）Cancel power consumption protection — to prevent the app from being accidentally killed by the system during operation.

（3）Device permissions - In order to be able to use all functions of the APP normally, it is

recommended to open them all. For example, location permission to search for Bluetooth, storage permission to obtain the storage of the ring data.

（4）Application lock—to prevent the app from being accidentally killed by the system during operation.

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.

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