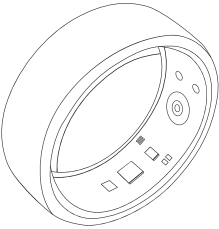


70 mm

70 mm

Smart Ring User manual



explain

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

Product Specification


- Product Name: Smart Ring
- Product weight: approximately 5.0 grams
- Outer surface material: stainless steel
- Main material: epoxy resin
- Memory: Built in 512KB
- CPU: PHY6222
- Heart rate sensor: HX3602
- Battery capacity: 15mAh per ring
- Standby time: 10-15 days
- Charging method: Magnetic charging (USB rated 5V)
- Connection method: Low power Bluetooth 5.1
- Operating System: Compatible with Android 6.0 and above, iOS 10.0 and above
- Waterproof level: IP68

Use requirement

This device can only be used on Android and iOS smartphones; System requirements: Android 6.0 and above, iOS 10.0 and above.

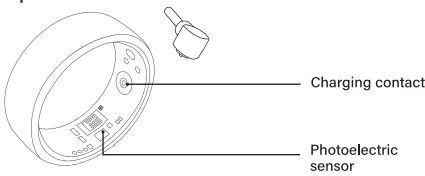
APP Download

Scan the QR code or enter the APP Store or App Store to download and install the APP. Please accept for all related permission requests. After installation, open the APP without login, and bind the device to use it normally.



Fitness Max APP

Component Introduction



Charging contact

Photoelectric sensor

Charge the ring

1. Magnetic linear charging

Use the equipped magnetic charging cable to attach to the metal point on the inner ring of the ring, and connect the other end of the charging cable to a USB charging head or computer USB interface. Please charge the device for the first time when using this product, and it will automatically turn on during charging.

2. Storage type charging compartment for charging

Remove the charging compartment and insert the provided USB charging cable into the charging port to fully charge it. The red light will remain on during charging, and the green light will remain on after charging is complete.

APP Function Introduction

Healthy Three Rings

- Exercise (upper half of the outer ring): The data comes from exercise, and the data for the day is cleared in the early morning (continuous walking, running, or exercising for more than 10 minutes is considered one exercise). Different exercise goals can be set in personal information.
- Calories (inner loop): The data comes from exercise and step count. Clear the data for the day in the early morning and set different calorie goals in personal information.
- Standing (lower half of the outer ring): Data source (if the number of steps exceeds 20 continuously within an hour, one standing will be displayed in hours). Clear the data for the day in the early morning and set different standing goals in personal information.

Step counting

Record daily real-time steps, reset to zero in the early morning, set target steps, and check completion rate.

Figure 1




Figure 1

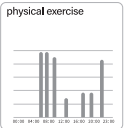
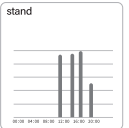


Figure 1



sleep

Wear a ring to fall asleep, and when connecting to the app, you can check the sleep quality, sleep depth and wakefulness time, and view historical data such as sleep.

Heart rate/blood pressure/blood oxygen

When the ring is connected, measurements can be initiated by the APP, and historical data and curve graphs can be viewed. The ring is automatically measured every 2 hours by default. (Charging and sleep status stop monitoring)

Searching for devices

You need to connect to the app. When connected, your phone can search for the ring, and the ring LED light will flash to remind you.

Remote photography

When connected to the app, the app enters the remote control camera interface. Shake the ring and it will automatically take a photo after a countdown of 3 seconds, allowing the app to access the saved selfies in the album.

Other settings

Restore factory settings: Clear the current steps, calories, and some related settings of the app for the ring, and restore default settings.

Maintenance

- Keep the ring clean and hygienic;
- Do not use in high temperature and high humidity environment for a long time;
- Pay attention to the wiping and maintenance of the charging pilot;
- Long-term non-use should be charged every 20 days or so, and full power off storage.

Precautions for use

1. Bluetooth is disconnected beyond the distance during use and cannot initiate the ring search function until reconnected.

2. During the use of Bluetooth, there may be occasional disconnection. Please reconnect (if not connected for more than five minutes, manual connection is required).

Common troubleshooting

If there are any problems during the use of the ring, please refer to

the following terms to solve them. If the problem still exists, please contact the dealer or designated repair personnel.

1. Unable to search for ring Bluetooth.

① The battery level is too low, please connect a charger to charge.

② The APP automatically disconnects from the ring

③ The battery level is too low, please connect a charger to charge.

④ The distance between the phone and the ring is too far, disconnect, reduce the distance and automatically reconnect

⑤ The ring has a short lifespan.

⑥ The battery is not fully charged, please ensure sufficient charging time.

⑦ The ring cannot be charged properly

⑧ Please check if the battery is usable, as its performance may decrease after a few years of use.

⑨ Is the charger charging normal? You can try updating the charger.

Safety Warning

- Never allow children and pets to play with this product, which contains components that can cause choking.
- Do not replace the battery, open the shell and disassemble the product without authorization, otherwise it may bring safety risks;
- Do not place the product at very high or very low temperatures; Do not use this product in high temperature and humidity environment; Do not use chemical reagents to clean the product;
- Do not place the product in a high temperature and high pressure environment, the battery may explode; Do not wear the product while charging; Do not charge the product when it is wet.

说明

请注意，戒指服务不是用来诊断、治疗或预防任何疾病和医疗状况，服务中的资讯和数据仅供参考，无法取代健康专业人士、医师的服务，若您对医疗状况有任何问题，建议咨询专业医师。

产品规格

- 产品名称: 智能戒指
- 产品重量: 约5.0克
- 外表面材料: 不锈钢
- 主要材料: 环氧树脂
- 内存: 内置512KB
- CPU: PHY6222
- 心率传感器: HX3602
- 电池容量: 环15mAh
- 待机时间: 10-15天
- 充电方式: 磁吸充电 (USB额定5V)
- 连接方式: 低功耗蓝牙5.1
- 操作系统: 兼容Android 6.0及以上、iOS10.0及以上
- 防水级别: IP68

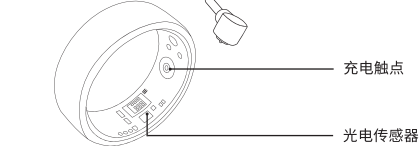
使用要求

此设备仅支持在Android和iOS系统智能手机上使用；系统要求: Android 6.0及以上，iOS 10.0及以上。

APP下载安装

扫描下方二维码进入APP Store、应用宝下载并安装APP，安装时提示的相关权限请设置为允许。安装完成后，打开APP无需登录，绑定设备后即可正常使用。

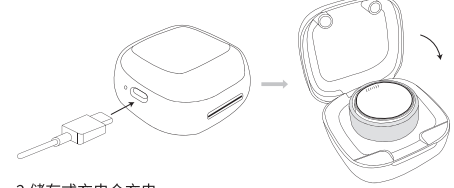
部件介绍



充电

1. 磁吸直线充电
 - 使用配备的磁吸充电线吸附到戒指内圈的金触点，充电线另一端接入USB充电头或者电脑USB接口即可
 - 首次使用本产品请先对设备进行充电，充电时自动开机；

- 请使用原厂的配送的充电配件充电；
- 原厂充电线具有充满电后自动停充功能，非原厂充电线可能会逆向充电造成戒指损坏以及充电意外事件；
- 请使用符合安规要求的充电头进行充电，使用输出电压为5V的充电头，或电脑USB口充电；
- 充电时间与电池电量相关，电池从低电状态到满电状态需充电1小时左右；
- 充电时红色指示灯闪烁，充满电后绿色指示灯闪烁，闪烁频率变慢。若充电时没有指示灯闪烁，请尝试重新连接充电线，以免接触不良影响充电效果；



2. 储存式充电仓充电

- 取出充电仓使用配备的USB充电线插入充电端口将其电量充满，充电中红灯长亮，充电完成绿灯长亮；

- 充电仓充电过程中指示灯呈红色显示，充满电后绿色显示；
- 充满电时将戒指充电触点吸附至充电仓端口进行充电，方便携带，随时进行补充电量。

提示：

- 首次戒指充电建议使用磁吸直线充电，使用充电仓充电时建议将戒指取出；
- 戒指不能长期处于无电状态，否则有可能导致无法充电和不能开机。

开关机

- 开机: 充电自动开机；
- 关机: 在APP设备页面点关机选项 (不用时满电后关机保存)。

设备连接APP

进入app→点击设备模块→点击“设置”→“+”图标，进入自动搜索列表找到设备并与连接。
● APP会自动保存戒指蓝牙地址，APP打开或在后台运行，都会自动搜索并连接戒指；
● 安卓手机使用要读取联系人信息等所有通知权限和手机设置中赋予APP后台运行。

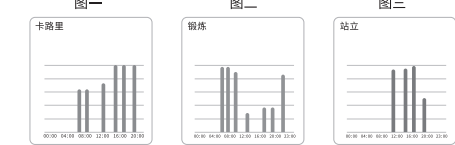
APP功能介绍

健康三环

- 锻炼 (外环上半环): 数据来源于锻炼，凌晨清除当天的数据 (连续走路、跑步、或者运动超过10分钟为一次锻炼)，可在个人信息里面设置不同的锻炼目标；

- 卡路里 (内环): 数据来源于锻炼和步数，凌晨清除当天的数据，可在个人信息里面设置不同的卡路里目标；
- 站立 (外环下半环): 数据来源 (一个小时内步数连续大于20步，就显示一个站立，以小时为单位)，凌晨清除当天的数据，可在个人信息里面设置不同的站立目标。

● 概要柱状图：



计步

- 记录每天实时步数，凌晨清零，可设置目标步数，查看完成度；

- 柱状图: 一天内从 0 点到 23 点的每小时的步数分布，产生步数时会在对应的时间里显示一条柱状图；
- 历史记录: 每个时间点的步数、目标完成度跟距离显示。

锻炼

- 每天锻炼的时长，锻炼次数和消耗的卡路里。
- 柱状图: 一天内从 0 点到 23 点的每小时的步数分布，产生锻炼时会在对应的时间里显示一条柱状图；
- 运动记录: 所有锻炼的总卡路里、总时长，和总次数。

睡眠

- 佩戴戒指入睡，连接app时可查看睡眠质量，深睡浅睡跟清醒时间、查看睡眠等历史数据。
- *说明: 睡眠数据必须晚上睡觉佩戴，并且连接APP才能使用。

心率/血压/血氧

戒指连接时可由APP端发起测量，可查看历史数据跟曲线图，戒指默认每隔2小时自动测量一次。(充电跟睡眠状态下停止监测)。

寻找设备

需连接APP，连接状态下手机可寻找戒指，戒指LED灯会闪烁提醒。

远程拍照

连接app状态下，APP端进入遥控拍照界面，戒指摇一摇，倒计时3秒后自动拍照，允许APP访问相册已保存自拍的照片。

其他设置

恢复出厂设置: 清除戒指的当前步数、卡路里跟app的一些相关设置，恢复默认。

戒指保养

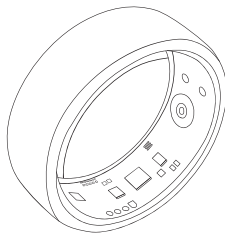
- 保持戒指干净卫生；
- 不可在高温高湿环境下长期使用；
- 注意充电试点的擦拭与保养；
- 长期使用应当每隔20天左右充一次电，并满电关机保存。

注: 本产品不能作为医疗设备出售，数据仅供参考

使用注意事项

1. 蓝牙在使用过程中超过距离断开，在未重新连接前不能发起寻找戒指功能；
2. 蓝牙在使用过程中，偶尔会有断开情况，请重新连接一次 (超过五分钟未连接时，需要手动连接一次)。

健康智能戒指使用说明



FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.