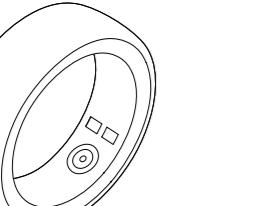
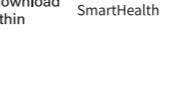
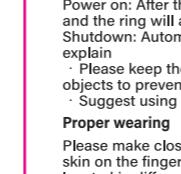
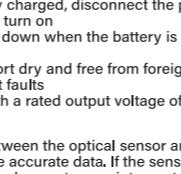
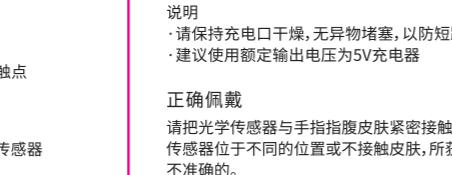


<h3>Health Smart Ring Instructions</h3>  <p>70 mm</p>	<p>Statement Please note that the ring service is not intended to diagnose, treat, or prevent any illness or medical condition. The information and data provided in the service are for reference only and cannot replace the services of health professionals or physicians. If you have any questions about medical conditions, it is recommended to consult a professional physician.</p> <p>Product Specification</p> <ul style="list-style-type: none"> Outer surface material: stainless steel 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 5.0 grams Battery capacity: 20mAh polymer lithium battery Battery life: 3 to 5 days, depends on how to use Charging method: Use the supplied charging cable(USB rated 5V); 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 	<p>Install the Ring APP Search for "SmartHealth" on Google Play or App Store and download the app. Instructions: Please allow the app to obtain Bluetooth connection and location permissions Please scan the QR code on the right to download and install the app for Android version within China</p>  <p>Component Introduction</p>  <p>Charging contact Photoelectric sensor</p> <p>Charging method and activation Before using the ring for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach it 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.</p>	<p>Charging/turning on/off Ring charging: Use the matching charging cable to connect the ring Indicator light status: Charging in progress: Red light on for a long time Charging completed: Green light on for a long time Battery level check: Check the battery level icon in the upper right corner of the APP homepage</p>  <p>Power on/off Power on: After the ring is fully charged, disconnect the power and the ring will automatically turn on Shutdown: Automatically shut down when the battery is depleted</p> <p>Proper wearing Please make close contact between the optical sensor and the skin on the fingertips to ensure accurate data. If the sensor is located in different positions or does not come into contact with the skin, the obtained data will be incorrect and inaccurate.</p> <p>Bluetooth connectivity After connecting to the power, the ring will automatically turn on, search for "device name" in the app, select and connect it Note: Please open the Bluetooth and location permissions of the app, and keep the Bluetooth function on your phone</p>	<p>Ring/APP upgrade The APP automatically detects the version of the ring program. For a better user experience, please upgrade the ring program and APP program to the latest version.</p> <p>Blood oxygen monitoring Switch to the blood oxygen interface to enter the blood oxygen measurement, and the data can be synchronized to the APP. The blood oxygen related data can be queried at any time in the historical record chart.</p> <p>Explanation: While sitting still, the red light on the inner ring of the ring continuously flashes during blood oxygen measurement.</p> <p>Heart rate monitoring Switch to the heart rate interface to enter heart rate measurement. The ring automatically tests the resting heart rate value every 30 minutes, calculates the average heart rate value per hour, and automatically saves monitoring data in real time. Heart rate related data can be queried at any time in the historical record chart. The app has an automatic monitoring function when connected, and the data can be synchronized to the app.</p> <p>Explanation: While sitting still and monitoring heart rate, the green light on the inner ring of the ring continues to flash continuously</p> <p>Sleep monitoring Switch to the sleep interface to view the complete sleep cycle recorded in real-time, analyze the duration of each stage such as wakefulness, light sleep, and deep sleep using scientific algorithms, and automatically save monitoring data in real-time. Sleep related data can be queried at any time in the historical record chart. The app has an automatic monitoring function when connected, and the data can be synchronized to the app.</p> <p>Explanation: Sleep data must be worn while sleeping at night and connected to the app before it can be used. Synchronize to the app.</p> <p>Blood pressure measurement Switch to the blood pressure testing interface of the wristband to enter the blood pressure measurement. The data can be synchronized to the APP, and blood pressure related data can be queried at any time in the history chart.</p> <p>Explanation: Keep sitting still, during blood pressure measurement, the green light on the inner ring of the ring continues to flash</p>	<p>to the app has an automatic monitoring function, and data can be synchronized to the APP.</p> <p>Remote care Switch to the APP Care and click on "Add Care" in the upper right corner. Enter the contact information of the loved one and add it for confirmation, or scan the personal information "QR code" of the loved one to complete the quick addition.</p> <p>matters needing attention</p> <ol style="list-style-type: none"> Do not use adapters with charging voltage greater than 5V and charging current greater than 2A, with a charging time of 2-3 hours; Do not charge in the presence of water stains; This product is an electronic monitoring product and is not intended for medical reference. Measurement data is for reference only. <p>Maintenance and care</p> <ol style="list-style-type: none"> The surface of the ring is made of stainless steel. Do not place hard objects together to avoid scratching the surface of the ring. Do not let the ring come into contact with strong acidic or alkaline chemicals to avoid corrosion. Please clean the ring with a neutral solution and a soft cloth. The ring contains a battery, please do not expose it to high temperatures for a long time. After the ring is soaked in water, please dry the inner ring and fingers before wearing and using it, to avoid the area where the ring is worn being soaked in water and turning white. <p>Exemption Regulations</p> <ol style="list-style-type: none"> Normal wear and damage, including scratches and dents. Consumable components included in the product, such as batteries. Damage caused by failure to follow the instructions when using the product. Product damage caused by force majeure, such as fire, flood, etc. Damage caused by unauthorized tampering or alteration of the product. 	<p>common problem</p> <ol style="list-style-type: none"> Unable to connect to Bluetooth. Please ensure that the Bluetooth and location permissions of the app have been opened. When the ring has no power, Bluetooth connection is not possible. Please charge the ring. Inaccurate data. Please wear the ring correctly. The ring detection sensor is in contact with the skin on the fingers. The ring has been bound. The ring has a unique ID for identification. If you need to bind a new APP account, please unbind the ring from the bound APP account, if you forget the APP account, please contact the manufacturer for assistance. How to make heart rate monitoring data more accurate? Repeated testing in the same environment and at similar times can cause fluctuations in heart rate measurements due to environmental factors such as user speech, emotional changes, and turning. Heart rate monitoring is a measurement conducted in a quiet and inactive state. During continuous heart rate monitoring, the heart rate value fluctuates significantly. This is due to corresponding changes in the human heart rate due to different exercise states, which is a normal phenomenon. <p>remarks This user manual is not covered by warranty, property, the software, appearance, and functionality related to the device may differ from the previous description. The manufacturer has the right to modify the user manual at any time without prior notice.</p>
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<p>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病况，服务中的资讯和数据仅供参考，无法取代健康专业人员、医师的服务，若您对医疗病况有任何问题，建议咨询专业医师。</p> <p>产品规格</p> <ul style="list-style-type: none"> 外层表面材质:不锈钢 主体材质:环氧树脂 存储容量:建议每天连接app并同步数据，戒指最多存储15天数据，具体根据使用类型和频率而定 产品重量:约5.0克 电池容量:戒指20mAh 电池使用时长:3到5天，具体根据使用频率而定 充电方式:使用配备的充电线(USB额定5V); 发光传感器:LED处于可见的色彩范围，对使用者安全友好 连接方式:低功耗蓝牙5.0 软件程序可更新性:通过软件应用程序进行更新 软件程序兼容性:App store、Google Play 防水级别:IPX8 	<p>安装戒指APP 在Google Play or App Store搜索“SmartHealth”，下载APP说明:请允许APP获取蓝牙连接权和位置权限 中国境内安卓版请扫描右侧二维码下载并安装APP</p> <p>部件介绍</p>  <p>充电触点 光电传感器</p> <p>充电方法及激活 首次使用戒指之前需要充电激活，使用配备的磁吸充电线吸附到戒指内圈的金属点,充电线另一端接入USB充电头或者电脑USB接口即可。</p>	<p>充电/开机/关机 戒指充电:使用配套的充电线连接戒指 指示灯状态: 充电中:红灯长亮 充电完成:绿灯长亮 充电时长:30分钟 电量查看:APP主页面右上角电量图标查看电量</p> <p>开机/关机 开机:戒指充满电后,断开电源,戒指自动开机 关机:电量耗尽后,自动关机 说明 ·请保持充电口干燥,无异物堵塞,以防短路故障 ·建议使用额定输出电压为5V充电器</p> <p>正确佩戴 请把光学传感器与手指指腹皮肤紧密接触,以保证数据准确,如果传感器位于不同的位置或不接触皮肤,所获得的数据将是错误和不准确的。</p> <p>蓝牙连接 连接电源后,戒指自动开机,进APP搜索“设备名称”,选择并连接 备注:请打开APP的蓝牙权限和位置权限,手机蓝牙功能保持打开</p>	<p>戒指/APP升级 APP自动检测戒指程序版本,为了更好的用户体验,请把戒指程序和APP程序升级到最新版本。</p> <p>血氧监测 切换至血氧界面即可进入血氧测量,数据可同步到APP,历史记录图表中可随时查询血氧相关数据,连接APP有自动监测功能,数据可同步到APP。</p> <p>说明:保持静坐,血氧测量时,戒指内圈红灯持续闪烁</p> <p>睡眠监测 切换至睡眠界面可查看实时记录完整的睡眠周期,科学算法分析清醒、浅睡、深睡等各阶段时长,实时自动保存监测数据,历史记录图表中可随时查询睡眠相关数据,连接</p>
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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.