

# QUICK START GUIDE

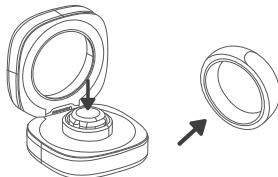
## 1. Download the App

Open the mobile app store, search for and download the "Omni Health" App (supports iOS and Android).



## 2. Activate Ring

Connect the charger to a power source, place the ring in the charger to activate the ring.



## 5. Viewing Health Data

Open the app's smart ring page to view real-time data and historical trends on heart rate, blood oxygen, body temperature, and activity records.



## 6. Charging Instructions

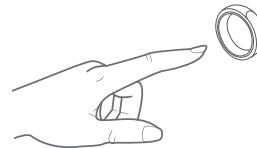
- Use the charging case to charge the ring. Find the Omni Ring logo inside the ring, align it with the charging case center, and gently attach the ring to the charging axis. The charging indicator light will change to a red breathing effect, indicating the ring is charging.
- Charging takes approximately 2 hours.
- When fully charged and not connected to the power source, the internal battery can provide 2 to 5 charges. Long periods without charging may reduce internal battery capacity. If the ring cannot charge properly, please connect to the charging power.

Note: Before first use, ensure the ring is fully charged. If you encounter any issues, please refer to the product manual or contact customer support.



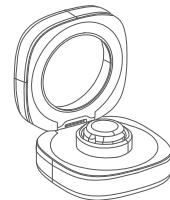
## 3. Pair the Ring

Open the APP, register and log in to your account. On the "Insight" page, click "Connect Ring", select "Set up ring", and follow the prompts to complete the Bluetooth connection and binding.



## 4. Wearing Method

Place the ring at the base of the finger, ensuring the sensor is in full contact with the skin, and that the sensor lights are aligned along the finger's length to prevent loosening or rotation.



## SAFETY AND PRECAUTIONS

1. Avoid placing near strong magnetic fields, which may affect functionality.
2. Not a medical device, data is for reference only.
3. Consult a doctor if used by pregnant women or heart patients.

## DESCRIPTION OF HAZARDOUS SUBSTANCES

This product complies with the relevant requirements of the "Administrative Measures for the Restricted Use of Hazardous Substances in Electrical and Electronic Products." Below is an explanation of the hazardous substances and their usage in this product:

Component Name	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium (Cr <sup>6+</sup> )	Polybrominated Biphenyls (PBB)	Polybrominated Diphenyl Ethers (PBDE)
Metal Parts	○	○	○	○	○	○
Electronic Components	○	○	○	○	○	○
Battery Assembly	○	○	○	○	○	○
Charging Dock	○	○	○	○	○	○

○: Indicates that the harmful substance content in this component is below the specified threshold limits.

✗: Indicates that at least one harmful substance in this component exceeds the threshold limits. However, due to current technical or material limitations, it cannot be replaced and complies with relevant environmental regulations.

## SUPPORT

### 1. Technical Support Service

Email: Send your queries to support@omnihealth.ai, and we will respond within 1-2 business days.

### 2. Software and Firmware Updates

We provide free app and firmware update services. Users can obtain the latest versions through the dedicated app to ensure functional optimization and performance improvement.

## USAGE AND MAINTENANCE

1. Although the product is waterproof, it is recommended to avoid prolonged immersion in hot water (such as bathing or washing) to extend its lifespan.
2. Clean with a soft, dry cloth and avoid using chemical solvents.
3. If not used for a long time, return it to the charging case. It is recommended to charge it once a month to maintain battery performance.
4. The fit should be snug on the finger. Avoid being too tight, which might affect blood circulation, or too loose, which could cause slipping.
5. If the ring becomes difficult to remove due to factors like weather (cold or humidity), exercise, or diet causing swelling, you can try the following method:
  - Apply soap, lubricant, or hand cream to the finger and ring, and gently twist to remove.
  - Soak your hand in cold water for a few minutes to help reduce swelling, then try to remove the ring.
  - If you cannot remove it yourself, avoid pulling forcefully and seek professional assistance promptly (e.g., a hospital).

## PRODUCT OVERVIEW

The Omni Health Ring is a multifunctional smart ring developed by Omni Health LLC. It integrates stylish design with advanced technology. It supports real-time monitoring of health indicators such as heart rate, blood oxygen, body temperature, and physical activity. Combined with its dedicated app, it provides personalized health reports and trend analysis, helping users fully manage their health status. The Omni Health Ring is not only comfortable and durable but also suitable for daily health management and exercise scenarios, promoting a scientific and convenient smart healthy lifestyle.

## UNPACKING LIST

		
Smart Ring x1	Smart Charging Case x1	Type C Charging Cable x1

	
Product Manual	User Guide

## TECHNICAL SPECIFICATIONS

Product Name	Omni Health Ring
Model	OHR-01
Main Material	Aerospace-grade Titanium Alloy
Ring Battery Capacity	11 mAh ~ 18 mAh
Charging Method	Wireless charging, fully charges in about 2 hours
Battery Life	5 ~ 9 days
Connection Method	Bluetooth 5.0
Water Resistance	IP68
Net Weight	2 ~ 3g
Operating Temperature	0 ~ 40 °C
Compatible Devices	iOS 15.0+, android 8.0+

Product Name	Omni Charging Case
Battery Capacity	300 mAh
Charging Method	Type-C input 150mA, 5V, fully charges in about 2 hours
Discharge Method	Wireless
Net Weight	Approx. 100g
Main Material	Acrylic

Smart Health ... Stylish Life

# OMNI

User Manual

**FCC Caution:**

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.