



## Troubleshooting

### If the ring doesn't pair with your smartphone:

1. Ensure your ring is charged.
2. Check that Bluetooth permissions are enabled in the app settings.
3. Verify that Bluetooth is enabled on your smartphone.
4. Restart the app and try pairing the ring again.

### If the ring isn't measuring any data:

Please contact our support team for assistance.

### If the ring's battery is draining too quickly:

1. Make sure you are fully charging the ring until it reaches 100%.
2. If the issue persists, contact our support team.

### For other issues not listed above:

Please reach out to our support team with a detailed description of the problem via our Help Center - [help.reebokfitness.app](http://help.reebokfitness.app)

## Safety Notices

Failure to follow these safety instructions may result in fire, electric shock, injury, or damage to the device or property. Read all safety information before using the device.

### Non-Medical Device Disclaimer

This product is not a medical device and is not intended for professional medical diagnosis, treatment, or disease prevention. Do not use it to self-diagnose or make medical decisions. Always consult a healthcare provider before making health-related decisions.

### Child Safety Warning

This product is not a toy and is not intended for children. It may contain small parts that could pose a choking hazard if swallowed. Keep it out of children's reach. If ingestion is suspected, seek immediate medical attention.

### Precautions for Wearing

- Remove the ring periodically to allow your skin to breathe.
- Keep the ring clean and dry to prevent skin irritation.
- If you experience redness, inflammation, or an allergic reaction, stop use and consult a doctor.

• Avoid impacts or collisions with hard objects during strength training, as well as abrasive activities that may cause the ring to scratch. It is recommended to wear the silicone cover during such activities to help protect the ring.

### Operating & Storage Conditions

- Use within -10°C to 52°C (14°F to 125.6°F).
- Store within -20°C to 55°C (-4°F to 131°F).
- Extreme temperatures may affect device performance or battery function.

### Environmental Precautions

- Keep the device away from direct sunlight (e.g., car dashboards, windowsills).
- Do not place it near heat sources such as heaters, stoves, or open flames.
- The device is rated **5ATM water-resistant**—suitable for showers, pools, and shallow water but **not** for deep-sea diving or hot springs.
- Avoid exposure to strong magnetic fields, as they may cause circuit malfunctions.
- Do not use the device during thunderstorms to prevent failure or electric shock.
- Keep the device away from magnetic-striped cards (e.g., bank or phone cards) to prevent data loss.

• Avoid harsh chemicals or corrosive cleaners that may damage the product.

### Radio Safety Warning

#### FCC ID: 2AQJQ-RBKSR-1

Any changes or modifications not expressly approved by the party

responsible for compliance could void the user's authority to operate the equipment.

#### IC: 2405A-RBKSR-1

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