正反面折页说明书

正面

60*60mm

书纸

反面

智能戒指

使用说明书

指环快速说明

部件介绍

1 中文

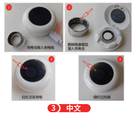
产品信息

颜色：黑/银/玫瑰金
指号：7#/8#/9#/10#/11#/12#/13#
电池容量：18 mAh
待机时间：5-7天
防水级别：IP68
蓝牙版本：5.2
充电方式：磁吸
充电时长：1小时
材质：不锈钢+树脂硅胶
重量：3-6克

2 中文

充电方法及激活

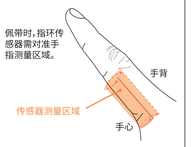
首次使用指环之前需要充电激活，使用配备的充电仓充电即可（如图），红光正在充电中，绿光已充满；充电线另一端接入USB充电头或者电脑USB接口即可。



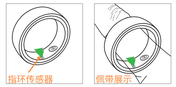
3 中文

佩带要求

佩带时，指环传感器需对准手指测量区域。



4 中文



5 中文

安装APP

扫描以下二维码或进入各大应用市场下载并安装"Smart Health"

① 打开APP注册登录后

② 右上角找到 ◐ 图标进入，找到名称连接

设备名称: RY01

连接中 ▶ 连接成功

6 中文

APP界面说明

首页

步数/卡里路/距离

实时展示用户步数，卡路里和距离。

7 中文

睡眠

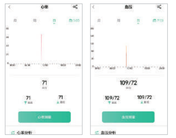
展示用户前一天睡眠数据，记录深睡，浅睡，快速眼动数据，并对睡眠分析。

心率

记录用户佩带时检测的心率数据，并对数据进行分析。

血压

记录用户佩带时检测的血压数据，并对数据进行分析。



9 中文

血氧

记录用户佩带时检测的血氧数据，并对数据进行分析。

10 中文

运动

记录用户佩带时检测的运动数据，包括时间，心率，步数，卡路里，里程和配速。

11 中文

关爱

帮助家人及好友注册并登录APP，可添加对方账号，对方收到消息同意即可关注健康数据。

12 中文

我的

点击"我的"进入，显示个人信息及系统设置。

我的设备 ◐ RY01

1、健康设置

健康监测开关：可设置检测间隔时间30/40/50/ 60分钟

运动目标：默认10000步，可设置其他数值。

13 中文

睡眠目标：默认8h，可设置其他数值。

14 中文

血压校准：默认120/80，上下滑动可设置其他数值。

注意：血压校准数值必须是血压计或者医院检测出来的数值，否则设备测量数值偏差大。

上下滑动选择数值

15 中文

2、设备设置

单位设置：可进行单位切换。

第三方服务：绑定微信运动，同步运动数据。

恢复出厂设置：

3、关于设备

固件版本/蓝牙地址/APP二维码

4、断开连接

16 中文

注意事项

1.禁止使用充电电压大于5V，充电电流大于2A的适配器，充电时长超过2个小时；
2.禁止在有水渍的情况下充电；
3.本产品为电子监测产品，不作为医疗参考，测量数据仅供参考；
4.血压测试方法测试前需要安静的休息5分钟以上测试前2个小时不要进食，吸烟，服药和饮咖啡因；
5.本产品为电子产品，指环不佩戴时保持充足电量，放在干燥地方收纳放置，以免受潮损坏；
6.本产品为不锈钢+树脂硅胶材料，使用时轻拿轻放，避免掉落或碰撞。
7.禁止设备接触热水，避免损坏设备。

本产品为电子检测产品，不作为医疗参考，测量数据仅供参考

17 中文

FCC提示

该设备符合FCC规则的第15部分。使用需满足以下两个条件：
（1）该设备不得造成有害干扰

（2）该设备必须接受接收到的所有干扰，包括可能引起非预期操作的干扰。

注1：本设备经测试符合FCC规则第15部分规定的B类数字设备的限值要求。这些限

18 中文

FCC提示

值旨在提供合理保护，防止在住宅安装环境中出现有害干扰。本设备会生成、使用并可能辐射射频能量，如果未按使用说明正确安装和使用，可能会对无线电通信造成干扰。然而，不能保证特定安装环境中不会发生干扰。如果本设备确实对无线电或电视接收造成了干扰（可通过关闭和开启设备来判定），用户应尝试采取以下一种或多种措施来纠正干扰：

- 重新定向或重新安置接收天线。

19 中文

FCC提示

- 增加设备和接收器之间的间距。
- 将设备连接到与接收器连接不同的电路上的插座上。
- 咨询经销商或经验丰富的无线电/电视技术人员寻求帮助。

注2：对本单元的任何更改或修改，若未经负责合规的一方明确批准，则可能使用户操作该设备的权力失效。该设备已经过评估，符合

20 中文

FCC提示

一般的射频暴露要求。该设备可以在便携的暴露条件下无限制使用。

21 中文

SMART RING

Instruction manual

Ring quick description

Component introduction

1 English

Product information

Color: Black/Silver/Rose Gold
Size: 7#/8#/9#/10#/11#/12#/13#
Battery capacity: 18 mAh
Standby time: 5-7 days
Waterproof level: IP68
Bluetooth version: 5.2
Charging method: magnetic attraction
Charging time: 1 hour
Material: Stainless Steel+Resin Silicone
Weight: 3-6g

2 English

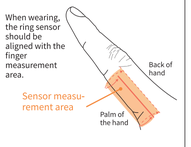
Charging method and activation

Before using the ring for the first time, it needs to be charged and activated, and it can be charged by using the equipped charging compartment (as shown in the figure). The red light is being charged, and the green light is full. Connect the other end of the charging cable to the USB charging head or USB port of the computer.

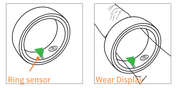
3 English

Wearing requirement

When wearing, the ring sensor should be aligned with the finger measurement area.



4 English



5 English

Install the APP

Scan the QR code below or enter the major APP markets to download and install "Smart Health"

① After APP registration and login

② Find the icon ◐ in the upper right corner to enter and find the name connection

Device name: RY01

Connecting ▶ Successful

6 English

APP interface Description

Home page

Steps/miles/distance

Real-time display of user steps, calories and distance.

7 English

Sleep

Display the sleep data of the previous day, record the data of deep sleep, light sleep and rapid eye movement, and analyze the sleep.

Heart rate

Record the heart rate data detected by the user while wearing, and analyze the data.

Blood pressure

Record the blood pressure data detected by the user while wearing, and analyze the data.

9 English

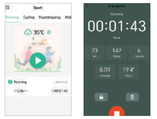
Blood oxygen

Record the blood oxygen data detected by the user while wearing, and analyze the data.

10 English

Sport

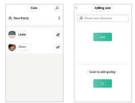
Record the movement data detected while the user is wearing, including time, heart rate, steps, calories, mileage and pace.



11 English

Remote care

Help family members and friends to register and log in to the APP, you can add each other's accounts, and the other party can pay attention to health data after receiving the message and agreeing.



12 English

Equipment

Click "My" to enter and display personal information and system Settings.

My equipment

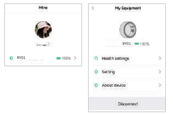
◐ RY01

1. Health Settings

Health monitoring switch: The detection interval can be set to 30/40/50/60 minutes

Movement goal: 10000 steps by default, other values can be set.

13 English



Sleep goal: The default is 8h, other values can be set.

14 English

Blood pressure calibration: Default 120/80, slide up and down to set other values.

Note: The blood pressure calibration value must be the value detected by the sphygmomanometer or the hospital, if the measurement deviation of the device is large.

Slide up and down to select a value

15 English

2. Device Settings

Unit Settings: The unit can be switched.

Third-party services: Bind to wechat sports and synchronize sports data.

Restore factory settings:

3. About equipment

Firmware version/Bluetooth address /APP QR code

4. disconnected

16 English

Matters needing attention

1. Do not use the charging voltage is greater than 5V, charging current is greater than 2A adapter, charging time is more than 2 hours;
2. It is forbidden to charge in the case of water stains;
3. This product is an electronic monitoring product, not as a medical reference, the measurement data is for reference only;
4. The blood pressure test method requires a quiet rest for more than 5 minutes before the test. Do not eat, smoke, take medication or drink caffeine for 2 hours before the test.
5. This product is an electronic product, keep sufficient power when the ring is not worn, and store it in a dry place to avoid moisture damage;
6. This product is made of Stainless Steel+ resin silicone material. Handle gently to avoid falling or collision.
7. Keep the device away from hot water to avoid damage.

This product is an electronic testing product and is not used as a medical reference. The measurement data is for reference only.

17 English

FCC Warning

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.

NOTE 1: 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

18 English

FCC Warning

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

19 English

FCC Warning

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.
NOTE 2: Any changes or modifications to this unit not expressly
approved by the party responsible for compliance

20 English

FCC Warning

could void the
user's authority to operate the equipment.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

21 English