

智能戒指说明书

Smart Ring

USER MANUAL



组件说明

Introduction of components

Frontal electrode

正面电极

Internal electrodes (R,L)

内部电极R,L

Magnetic charging port

磁吸充电口

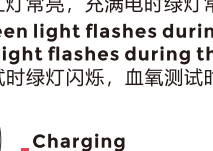
Status indicator

状态指示灯

充电方式

Charging method

充电方式:



Please align the magnetic charging port with the charging pin. The red light is always on when charging, and the green light is always on when fully charged. 请将磁吸充电口对好充电顶针。充电时红灯常亮，充满电时绿灯常亮。

Note: The first use needs to be charged and activated, and the ring light flashes to turn on, and it will automatically shut down when there is no power

注：首次使用需充电激活，戒指灯光闪烁即为开机，没电自动关机。

指示灯状态

Charging method

The red light is always on when charging, and the green light is always on when fully charged. 充电时红灯常亮，充满电时绿灯常亮。

The green light flashes during the heart rate test and the traffic light flashes during the blood oxygen test 心率测试时绿灯闪烁，血氧测试时红灯闪烁。



Charging

充电中

Fully charged

充电完成

Blood oxygen test

血氧测试

Heart rate test

心率测试

Note: Check the power level on the power icon in the upper right corner of the main page of the APP. The charging time is about 30 minutes

注：电量查看在APP主页面右上角电量图标查看电量，充电时长约30分钟。

软件下载

Software downloads

Method 1: Scan the QR code with your mobile phone to download the APP.

Method 2: Use the APP store to search for the iPhone "HealthWear" download and install; Android phones Select Google Play and search for "HealthWear" Download and install.

方法一：用手机扫描二维码下载APP。

方法二：苹果手机使用APP store搜索"HealthWear"下载并安装；安卓手机选择Google Play搜索"HealthWear"下载并安装。

Note: The phone needs to support iOS 12.0 and above, Android 8.0 and above, and support Bluetooth Version 5.1 or later.

注：手机需支持iOS 12.0及以上，Android 8.0及以上，支持蓝牙5.1版本以上。

连接方式

Connection



1. Click on the ECG icon on the home page

2. Click on ECG measurement

3. Choose to wear your left and right hands

4. Click Measure

1.主页面点击ECG图标

2.点击ECG测量

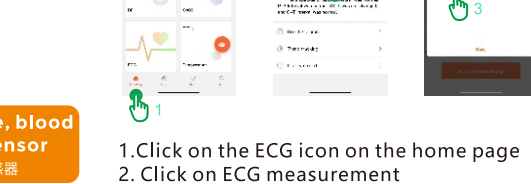
3.选择佩戴左右手

4.点击测量

佩戴方式

Wearing style

Choose a comfortable size and wear the ring on the fingers that suit you. It is recommended to wear it on the index finger, middle finger, and ring finger for better data monitoring. 选择舒适尺寸，将戒指佩戴在自己适宜的手指上，建议佩戴在食指、中指、无名指上，能够更好的监测数据。



Heart rate, blood oxygen sensor

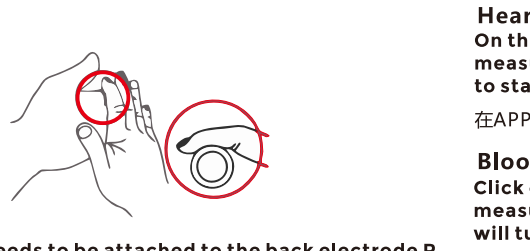
心率、血氧传感器

Please wear the sensor on the inside of your finger for more accurate heart rate and blood oxygen measurement results

请将传感器佩戴在手指内侧，心率、血氧测量结果更准确

心电图检测

Electrocardiogram (ECG) test



1. Click on the ECG icon on the home page

2. Click on ECG measurement

3. Choose to wear your left and right hands

4. Click Measure

1.主页面点击ECG图标

2.点击ECG测量

3.选择佩戴左右手

4.点击测量

心电图检测

Electrocardiogram (ECG) test

The finger needs to be attached to the back electrode R and L electrodes of the ECG, and the other finger needs to be placed on the front electrode, and click on the ECG on the APP homepage to start the measurement

手指需贴紧心电图背面电极R,L极，另外一个手指需搭在正面电极，在APP主页面心电图点击开始测量。

Note: Test results are for reference only and cannot be used as medical data

注：测试结果仅供参考，不能作为医疗数据使用。

其他功能

Other features

Heart Rate 心率

On the APP homepage, click the heart rate to start measurement, and the indicator light will turn green. to start testing

在APP主页面心率点击开始测量，指示灯变为绿色，即可开始测试。

Blood oxygen 血氧

Click on the home page of the APP to start the measurement of blood oxygen, and the indicator light will turn red and green to start testing.

在APP主页面血氧点击开始测量，指示灯变为红绿色，即可开始测试。

Body Temperature 体温

On the APP homepage, click on the body temperature to start the measurement, and the indicator light will turn green to start the test

在APP主页面体温点击开始测量，指示灯变为绿色，即可开始测试。

其他功能

Other features

Sleep 睡眠

The complete sleep cycle is recorded in real time, and the scientific algorithm analyzes the duration of each stage such as awake, light sleep, and deep sleep, and generates record charts

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，并生成记录图表。

Step counting 计步

Record the number of steps per hour in real time, generate a step record chart, and automatically synchronize the data after connecting to the APP

实时记录每小时步数，生成步数记录图表，连接APP后自动同步数据。

其他功能

Other features

Blood pressure measurement 血压测量

On the homepage of the app, press to start measuring blood pressure. When the indicator light turns green, you can begin the test.

在APP主页面血压点击开始测量，指示灯变为绿色，即可开始测试。

Blood glucose measurement 血糖测量

On the home page of the APP, click on the blood glucose to start the measurement, and the indicator light will turn green to start the test

在APP主页面血糖点击开始测量，指示灯变为绿色，即可开始测试。

Note: For the first time, please use professional medical equipment to collect numerical calibration reference values, and the measured values are for reference only and cannot be used as medical values

注意：初次请使用专业医疗设备采集数值校准参考值，测量数值仅供参考，不可做医疗数值

注意事项

Precautions

1. 在使用和操作设备之前，请阅读并遵守下面的注意事项，以确保设备性能最佳，避免出现危险或非法情况。

2. 日常使用中请选择适合自己手指的尺寸，避免佩戴过紧，请保持戒指接触部位的干爽，遇水后请及时擦干。如接触部位出现红肿等状况时，请立即停止使用，并咨询医生。

3. 本产品非医疗设备，测量结果仅供参考，不作为任何医疗用途及依据。请遵从医生指导，不可依此测试结果自我诊断及治疗。

1. Before using and operating the equipment, please read and observe the following precautions to be sure Ensure optimal performance of your equipment and avoid dangerous or illegal situations.

2. In daily use, please choose the size suitable for your fingers, avoid wearing too tight, please protect Hold the dry contact part of the ring, and wipe it dry in time after contact with water. If there is redness and swelling at the contact site if you have any symptoms, discontinue use immediately and consult a physician.

3. This product is not a medical device, and the measurement results are for reference only and are not intended for any medical use and basis. Please follow your doctor's guidance and do not self-diagnose and treat based on the test results.

注意事项

Precautions

Please keep the charging cable and device in a dry environment when charging, and do not use wet hands When touching the charging cable, please avoid the charging cable being immersed in liquids such as water. Do not disassemble or modify the battery, Insert foreign objects, or immerse in water or other liquids to avoid leakage, overheating, or uplifting of the battery fire or explosion. Do not drop, crush, or puncture the battery. Avoid subjecting the battery to external large stress, which leads to a short circuit and overheating inside the battery

充电时请保持充电线和设备处在干燥的环境中，请勿使用湿手触摸充电线，请避免充电线被水等液体浸入。请勿拆解或改装电池插入异物、或浸入水或其他液体中，以免引起电池漏液、过热、起火或爆炸。请勿跌落、挤压或穿刺电池。避免让电池遭受外部大的压力，从而导致电池内部短路和过热。

Connection: Bluetooth 5.1, input: 5V, 3mA -30mA Device requirements: Android 7.0 or iOS 13.0 and above

连接方式：蓝牙5.1，输入：5V、3mA-30mA 设备要求：Android 7.0或iOS 13.0及以上版本

FCC提示

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 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.

FCC提示

FCC Warning

- 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 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.

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。

- 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。

FCC提示

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