



# AMOVAN Smart Ring-Z1 Health Tracker User Manual

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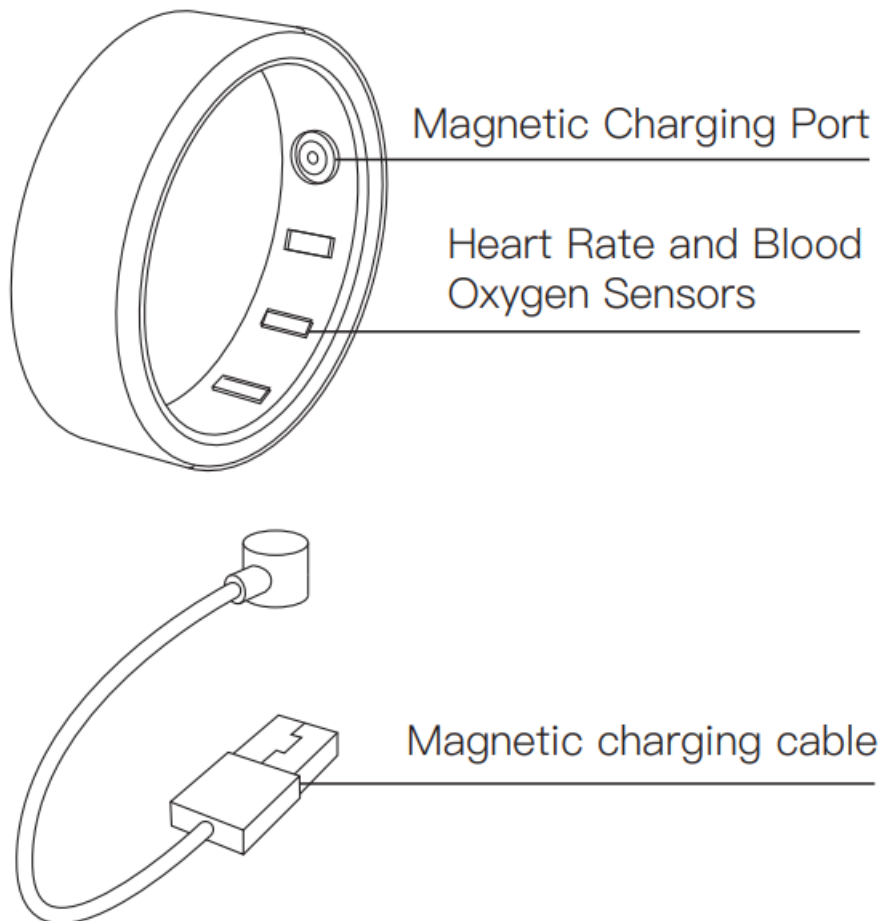
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**AMOVAN Smart Ring-Z1 Health Tracker**

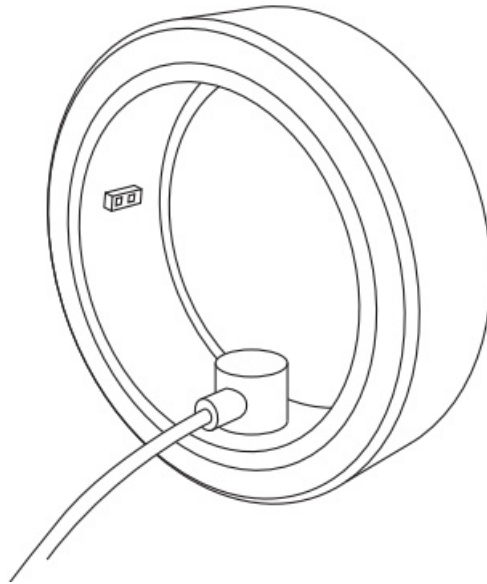


## Ove view and Packaging List



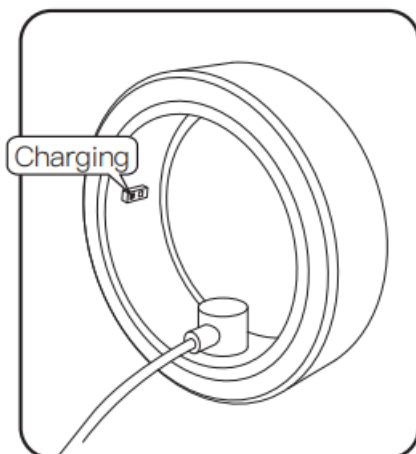
## First Boot

When using it for the first time, connect the ring to the magnetic charging cable to charge and it can be turned on.

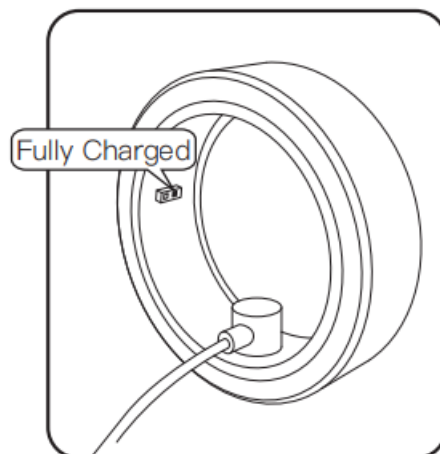


### Charging

Connect the magnetic charging port of the ring with the magnetic charging cable. Plug in the power supply to start charging. The red indicator light will flash during the charging process. After being fully charged, the green indicator light will flash and then turn off.



When the ring is charged, a red light will flash



When the ring is fully charged, a green light will flash.

### Download the smart ring app

Scan the QR code to download and install the app. The smart ring needs to be bond to the app before use.



(Android 5.0 and above; iOS 10.0 and above)

## Pairing and Linking

1. connect the ring to the magnetic charging cable to charge, and the charging indicator light flashes.
2. Open the “Amovan Ring” app on your phone, click “Add Device”, select the device you want to connect to, and click to add the device

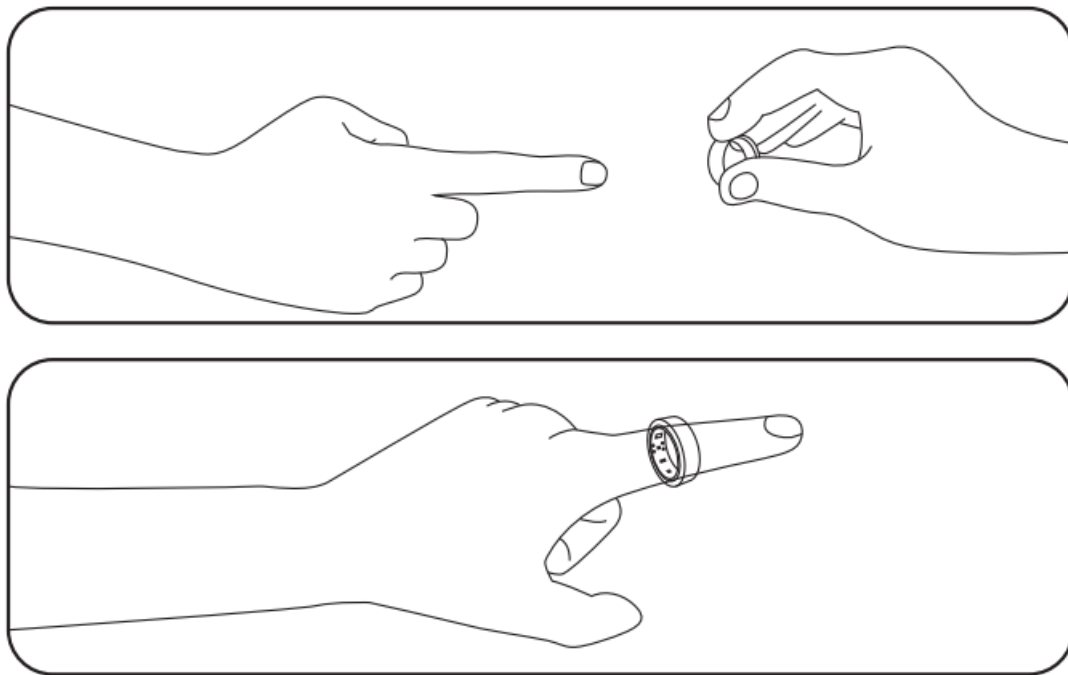
### Note

- Please keep the ring battery above 20% before pairing to avoid pairing failure due to low battery.
- During the pairing process, please ensure that the Bluetooth and positioning functions of the phone are turned on, and the distance.

### Wearing a ring

Please wear the ring on your suitable finger, choosing a comfortable size that is neither loose nor tight. It is recommended to wear it on the index finger, middle finger and Ring finger of non dominant hands to better monitor data. When making any measurements, the sensors inside the ring should be tightly attached to the pulp of the finger.

**Attention:** Wearing too loosely can affect the collection of heart rate and blood oxygen data.



## Product Parameters

- Product Name: AMOVAN Health Smart Ring
- Waterproof Level: IP68
- Working Temperature Range: 0-50 °C
- Body Storage Capacity (ROM+RAM): 256 KB+8 Mb
- Bluetooth Version: 5.1
- Battery Type: Lithium polymer battery
- Battery Capacity: 15.5mah~19.5mah
- Charging Duration: 1 hour

- Input: 5V 500mA(min)
- Theoretical Standby Time: 10-15 days
- Usage time: 4-6 days
- Charging: Magnetic Charging
- Executive Standard: GB 4943.1-2022
- Smartphone Compatibility: supports Android 5.0 and above; iOS 10.0 and above.

## **NOTE**

- Functional Features: activity data, sleep data, exercise data, heart rate, blood oxygen, HRV, stress, etc.\*The specifications and parameters are all laboratory test data.
- The manual is for reference only. The specific functions and product images may differ slightly from the actual product, please refer to the actual product.

## **Safety and Precautions**

Before using and operating the equipment, please read and follow the following precautions to ensure optimal equipment performance and avoid dangerous or illegal situations.

### **Daily Use**

- Different time of the day can cause different finger sizes, and sometimes it may be difficult to remove the ring from the finger. If the ring gets stuck: You can use cold water and mild soap to wet your fingers and slowly rotate the ring to remove it.
- Raise your hand above the heart until blood pressure drops, and then try to remove it.
- When choosing to actively measure heart rate or blood oxygen on the ring, please keep your wrist and fingers stationary.
- Please choose a size suitable for your fingers in daily use to avoid wearing it too tightly; Please keep the touching part of the ring dry, and wipe it dry promptly when it touches water. If symptoms such as redness and swelling appear in the touching part, please stop using immediately and consult a doctor.

### **Children Health**

This product and its accessories may contain some small parts. Please keep this device and accessories out of reach of children.

Children may unintentionally damage this device or accessories. Be careful not to swallow small parts or other hazards. This product is not a toy and should be used by children under adult supervision.

### **Battery Safety**

- Please keep the magnetic port and device in a dry environment when charging, and do not touch the charging port with wet hands.
- Do not disassemble or modify the battery, insert foreign objects, or immerse it in water or other liquids to avoid causing battery leakage, overheating, fire, or explosion.
- Do not drop, squeeze, or puncture the battery. Avoid subjecting the battery to external pressure, which can lead to internal short circuits and overheating.

- This device is equipped with a non detachable built-in battery. Do not replace the battery on your own to avoid damaging the battery or device.
- Do not dispose of this device and its accessories as ordinary household waste.
- Please comply with local regulations regarding the handling of this device and its accessories, and support recycling actions.

## **Maintenance**

- Please keep the equipment and accessories dry. Do not use external heating devices such as microwaves or hair dryers to dry them.
- Do not place equipment and accessories in areas with high or low temperatures, as this may cause malfunctions, fires, or explosions.
- Before cleaning and maintaining the device, please stop using it, close all applications, and disconnect all connections or cables from other devices. Do not use strong chemicals, cleaning agents, or strong detergents to clean equipment or its accessories.
- Please use a clean and dry soft cloth to wipe the device or its accessories.
- Do not expose magnetic stripe cards (such as bank cards, phone cards, etc.) to this device for a long time, as this may cause damage to the magnetic stripe card by the magnetic field.

## **Operating Environment**

- Do not use the device in damp or near magnetic fields to avoid internal circuit faults.
- Do not use this device in thunderstorm weather as it may cause equipment malfunction or electric shock hazard.
- Please use this device within the temperature range of 0 °C -50 °C, and store the device and its accessories within the temperature range of -10 °C ~50 °C. When the environment temperature is too high or too low, it may cause equipment malfunction. When the temperature is below 5 °C, the performance of the battery will be limited.
- Do not place the equipment in direct sunlight, such as Dashboard panel or window sill.
- Do not place equipment near heat sources or exposed sources of ignition, such as electric heaters, microwaves, ovens, water heaters, stoves, candles, or other places that may generate high temperatures.

## **Allocation Request**

Use the magnetic charging cable carried by this device to charge the ring. Please use a CCC certified power adapter to connect the power supply to the magnetic charging cable.

## **system safety**

The operating system of this product supports official system updates. Upgrading device firmware and systems using third-party software may result in system inability or security risks. AMOVAN will not provide support or assume any responsibility for end users in these situations. We recommend that you use online upgrades. This product is not a medical device, and the measurement data and results are for reference only. They are not used as a basis for diagnosis and treatment. It is dangerous for patients to self judge and self treat based on the measurement results. Please follow the guidance of a doctor.

## Name and content of harmful substances in the product

Component Name	Hazardous Substances or Elements					
	(Pb)	(Hg)	(Cd)	(Cr (VI))	(PBB)	(PBDE)
Circuit Components	X	○	○	○	○	○
Metal Parts	X	○	○	○	○	○
Battery	○	○	○	○	○	○
Charging cable	X	○	○	○	○	○

This table is prepared in accordance with the provisions of SJ/T11364.

- **O**: Indicates that the content of the toxic and harmful substance in all homogeneous materials of the component is below the limit requirements specified in GB/T26572-2011.
- **X**: Indicates that the content of the toxic and harmful substance in at least one homogeneous material of the component exceeds the limit requirements specified in GB/T26572-2011, and there is currently no mature alternative solution in the industry. Please handle such components or substances properly to avoid any impact on the environment and human health.

The environmentally friendly service life of this product is 10 years. As shown in the left figure. The environmentally-friendly lifespan of certain internal or external components may differ from the environmentally-friendly lifespan of the product. The expiration date identification on the component takes precedence over any conflicting or different environmentally friendly expiration date identification on the product. All environmental protection usage periods of this product refer to the safe period of use under the conditions specified in this information guide without the leakage of toxic and harmful substances.

**To protect your legitimate rights and interests, please pay attention to the following matters:**

1. When purchasing, a valid purchase voucher must be issued by the sales unit.
2. The warranty card and purchase voucher should be properly kept by the user and will not be replaced if lost.
3. If this product malfunctions due to non human factors, users can come to the service center for free repair during the warranty period with a warranty card and purchase voucher.

### After Sales Service Description

Dear user, thank you for using the products produced by our company. We will provide you with after-sales service that is no less than the national three guarantees policy. The service content is as follows:

1. Within 7 days from the date of purchase, the smart ring body can be returned due to quality issues.
2. Within 15 days, the ring can be exchanged due to quality issues with the main body.
3. Enjoy free warranty service during the warranty period, and the main body of the smart ring has a warranty period of 12 months.

**During the user's use, the following situations are not covered by the warranty:**

1. Exceeding the warranty validity period.
2. Damage caused by product falling during use.
3. Malfunctions caused by unauthorized disassembly, modification, etc.
4. Faults caused by the use environment not meeting product requirements. For example, liquid injection, falling damage, improper voltage input, excessive compression, deformation of the motherboard, etc. For the power adapter, there are obvious signs of hard object damage, cracks, broken leg, severe deformation, and power cord damage, breakage, and bare core.

**Product Name:** AMOVAN Health Smart Ring

Shenzhen Four Seasons Industry Co., Ltd.

201, Building 21, Dawangshan Second Industrial Zone, Dawangshan Community, Shajing Street, Bao'an District, Shenzhen

**Sales Service:** 0755-23221745

**After sales service:** 400-854-0006

**After sales email:** [sales@amovan.com.cn](mailto:sales@amovan.com.cn)

## FAQs

What is the AMOVAN Smart Ring-Z1 Health Tracker?

The AMOVAN Smart Ring-Z1 Health Tracker is a wearable device designed to monitor and improve your health and well-being.

What health metrics does it track?

This smart ring tracks various health metrics, including heart rate, sleep patterns, activity levels, and more.

Is it compatible with my smartphone?

The AMOVAN Smart Ring-Z1 is typically compatible with smartphones via Bluetooth connectivity. Check the device's compatibility list for specific models.

How do I charge the smart ring?

Charging the smart ring is simple. You can use the provided charging cable to connect it to a power source, such as a USB charger or a computer.

Can I wear it while swimming?

Yes, the AMOVAN Smart Ring-Z1 Health Tracker is designed to be waterproof, allowing you to wear it while swimming or in the shower.

Does it have a long battery life?

The battery life varies based on usage but generally offers several days to a couple of weeks on a single charge.



How do I sync my data with the companion app?

You can typically sync your health data with the companion app via Bluetooth. Follow the app's instructions for pairing and data synchronization.

Does it provide call and message notifications?

Yes, you can receive call and message notifications directly on your smart ring, ensuring you stay connected.

Is it suitable for sleep tracking?

Yes, the AMOVAN Smart Ring-Z1 offers in-depth sleep analysis, helping you improve your sleep quality.

Can I customize its settings?

You can typically configure your personal preferences and settings through the companion app for a personalized experience.

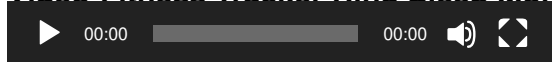
Is it compatible with both Android and iOS devices?

Yes, it's usually compatible with both Android and iOS smartphones, but double-check the compatibility list for specific models.

What should I do if I encounter issues with the smart ring?

If you encounter problems, refer to the troubleshooting section in the user manual or contact customer support for assistance.

## Video-Fitness Tracker Ring Sleep Monitor Tracker Smart Ring



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## References

- [User Manual](#)