

## Pyhodi Pyhodivp3nbuoq6w-14

# Pyhodi Fitiger Health Ring Fitness Tracker Smart Ring User Manual

Model: Pyhodivp3nbuoq6w-14

## INTRODUCTION

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Welcome to the user manual for your Pyhodi Fitiger Health Ring Fitness Tracker Smart Ring. This device is designed to help you monitor various health metrics and activity levels throughout your day and night. Please read this manual carefully to ensure proper use, setup, and maintenance of your smart ring.

## KEY FEATURES

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- **Multifunctional Health Monitoring:** Continuously tracks heart rate, body temperature, and blood oxygen levels.
- **Lightweight Design:** Ultra-lightweight construction ensures comfortable wear, making it easy to forget you're wearing it.
- **Exercise Tracking:** Records daily step count to help monitor physical activity.
- **Sleep Quality Detection:** Monitors sleep duration and state to provide insights into sleep quality.
- **Durable Material:** Crafted from stainless steel, offering rust-proof durability and an elegant appearance.
- **Water Resistance:** IPX8 rating ensures protection against continuous immersion in water under certain conditions.

## PACKAGE CONTENTS

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Upon unboxing, please verify that all items listed below are present.

- Pyhodi Fitiger Health Ring
- Charging Cable
- Charging Case (or charging dock)

- User Manual (this document)



Image: The Pyhodi Fitiger Health Ring shown alongside its charging cable.



Image: The Pyhodi Fitiger Health Ring and charging cable neatly stored within its compact charging case.

# SETUP GUIDE

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## 1. Choosing the Correct Size

For accurate readings and comfortable wear, selecting the correct ring size is crucial. Refer to the size chart below to determine your ideal fit. The ring should fit snugly but comfortably on your finger, allowing for slight movement without being loose.



Image: A table illustrating various ring sizes, including finger circumference, international/US sizing, and inner diameter measurements.

## 2. Initial Charging

1. Connect the charging cable to the charging case/dock.
2. Plug the other end of the charging cable into a USB power source (e.g., computer, wall adapter).
3. Place the smart ring onto the charging contacts within the case/dock. Ensure the ring is correctly seated.
4. Allow the ring to charge fully before first use. A full charge typically takes approximately 1-2 hours.

## 3. App Installation and Pairing

1. Download the companion application from your smartphone's app store (iOS App Store or Google Play Store). Search for "Fitiger Health" or refer to the QR code provided in the packaging.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. Within the app, navigate to the device pairing section and select your Pyhodi Fitiger Health Ring from the list of available devices.
5. Confirm the pairing request on both your phone and, if prompted, on the ring (though smart rings typically pair automatically once detected).

# OPERATING INSTRUCTIONS

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## Wearing the Ring

Wear the Pyhodi Fitiger Health Ring on any finger that provides a comfortable and secure fit. For optimal sensor performance, ensure the sensors on the inner surface of the ring are in direct contact with your skin.



It can record the number of steps you take in a day to provide you with a nice experience.

Image: The Pyhodi Fitiger Health Ring comfortably worn on a person's finger, demonstrating proper placement.

## Using the Companion App

The companion app is your primary interface for viewing data, adjusting settings, and managing your health goals.

- **Dashboard:** View a summary of your daily health metrics, including heart rate, temperature, blood oxygen, and steps.
- **Historical Data:** Access graphs and trends of your health data over time (daily, weekly, monthly).
- **Settings:** Customize notification preferences, update firmware, and manage personal profile information.
- **Sleep Analysis:** Detailed reports on sleep stages, duration, and quality.
- **Activity Tracking:** Monitor your daily steps, distance, and estimated calories burned.

## MONITORING FUNCTIONS

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The Pyhodi Fitiger Health Ring continuously monitors several key health indicators.

### Heart Rate Monitoring

The ring tracks your heart rate throughout the day and night. This data helps you understand your cardiovascular health and response to activity. View your real-time heart rate and historical trends in the app.

### **Body Temperature Monitoring**

The smart ring measures your body temperature, providing insights into your overall well-being. Consistent wear ensures more accurate baseline data.

### **Blood Oxygen (SpO2) Monitoring**

Your blood oxygen saturation levels are monitored, which can indicate respiratory function. This feature is particularly useful for tracking trends during sleep.

### **Exercise Tracking**

The ring automatically detects and records your daily steps. This information is synchronized with the app, allowing you to track your activity levels and set daily goals.



Image: The Pyhodi Fitiger Health Ring in the foreground, with a person walking in an urban setting in the background, illustrating its use for activity tracking.

### **Sleep Quality Detection**

Wear the ring overnight to monitor your sleep patterns. The app will provide a detailed analysis of your

sleep duration, sleep stages (light, deep, REM), and overall sleep quality, helping you identify areas for improvement.



The perfect gift for any scene or holiday

Examples include birthdays, anniversaries, Thanksgiving, Christmas, Hanukkah, or Valentine's Day.

Image: The Pyhodi Fitiger Health Ring prominently displayed, with a person stretching in a bright bedroom in the background, suggesting its use for overall wellness and sleep tracking.

## CARE AND MAINTENANCE

- **Cleaning:** Wipe the ring regularly with a soft, damp cloth to remove dirt and oils. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The ring has an IPX8 water resistance rating, meaning it can withstand continuous immersion in water under certain conditions. However, it is recommended to avoid prolonged exposure to hot water, steam, or chemicals (e.g., in saunas, hot tubs, or chlorinated pools) as this may affect its long-term performance.
- **Charging:** Always use the provided charging cable and dock. Ensure the charging contacts on the ring and dock are clean and dry before charging.
- **Storage:** When not in use, store the ring in a cool, dry place, away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

Problem	Possible Solution
Ring not charging	<ul style="list-style-type: none"> <li>◦ Ensure the charging cable is securely connected to both the power source and the charging dock.</li> <li>◦ Verify that the ring is correctly placed on the charging contacts.</li> <li>◦ Clean the charging contacts on both the ring and the dock with a dry cloth.</li> <li>◦ Try a different USB power source or adapter.</li> </ul>
Cannot pair with smartphone app	<ul style="list-style-type: none"> <li>◦ Ensure Bluetooth is enabled on your smartphone.</li> <li>◦ Make sure the ring is sufficiently charged.</li> <li>◦ Restart your smartphone and the ring (if applicable, by placing it on the charger for a few seconds).</li> <li>◦ Ensure the app is updated to the latest version.</li> <li>◦ Try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.</li> </ul>
Inaccurate readings (Heart Rate, SpO2, Temperature)	<ul style="list-style-type: none"> <li>◦ Ensure the ring is worn snugly on your finger with the sensors in direct contact with your skin.</li> <li>◦ Avoid wearing the ring too loosely or too tightly.</li> <li>◦ Clean the sensors on the inside of the ring.</li> <li>◦ Ensure your skin is clean and dry where the sensors make contact.</li> <li>◦ Environmental factors or movement during measurement can affect accuracy. Remain still for a few moments for spot checks.</li> </ul>
App not syncing data	<ul style="list-style-type: none"> <li>◦ Ensure your smartphone has an active internet connection.</li> <li>◦ Verify that the ring is connected to the app via Bluetooth.</li> <li>◦ Close and reopen the app.</li> <li>◦ Check for app updates.</li> </ul>

## SPECIFICATIONS

Feature	Detail
Brand	Pyhodi
Model Number	Pyhodivp3nbuoq6w-14
Material	Stainless steel, electronic components

Feature	Detail
Water Resistance	IPX8
Monitoring Functions	Heart Rate, Body Temperature, Blood Oxygen (SpO2), Step Count, Sleep Tracking
Connectivity	Bluetooth (for app pairing)
Package Dimensions	9 x 9 x 3 cm
Country of Origin	China

## WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Pyhodi website. Keep your proof of purchase for warranty claims.