

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Dpofirs](#) /

› [Dpofirs Smart Health Ring Instruction Manual \(Model: Dpofirssgtpomqd56-11\)](#)

Dpofirs Dpofirssgtpomqd56-11

Dpofirs Smart Health Ring Instruction Manual

Model: Dpofirssgtpomqd56-11

INTRODUCTION

The Dpofirs Smart Health Ring is an advanced wearable device designed to monitor your health and activity. This smart ring features IP68 waterproofing, comprehensive health tracking including sleep quality and activity data, and convenient remote camera control. Crafted from durable ceramic and 316 stainless steel, it offers a lightweight, fashionable, and comfortable wearing experience. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Smart Health Ring.

PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x Dpofirs Smart Health Ring
- 1 x Charging Cable
- 1 x User Manual



Image: The Smart Health Ring and its dedicated charging cable.

SPECIFICATIONS

Model Number	Dpofirssgtpomqd56-11
Material	Ceramic, 316 Stainless Steel
Battery Type	Lithium-ion
Battery Capacity	18 mAh
Battery Life	Approximately 7 days
Charging Time	60 minutes
Waterproof Rating	IP68
Connectivity	Bluetooth
Compatible App	JYouPro
Compatible Devices	Smartphone, Tablet (Android and iOS)
Special Features	Remote Camera Control, Smart Ring Health Tracker

Ceramic body

Comfortable to wear with a stylish and elegant appearance.



Image: The elegant ceramic body of the Smart Health Ring.



Image: An exploded view illustrating the high-performance chip and multi-sensor synchronous operation within the ring.

SETUP

1. **Charge the Ring:** Before first use, fully charge your Smart Health Ring using the provided charging cable. Connect the cable to a standard USB power source. The ring typically charges in about 60 minutes.
2. **Download the App:** Search for and download the "JYouPro" application from your smartphone's app store (compatible with Android and iOS devices).
3. **Pair with Your Device:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Open the JYouPro app and follow the on-screen instructions to create an account or log in.
 - The app will guide you through the pairing process to connect your Smart Health Ring via Bluetooth.
4. **Wear the Ring:** Place the ring on your finger. For optimal health tracking accuracy, ensure a snug but comfortable fit.

OPERATING INSTRUCTIONS

1. Health Tracking

The Smart Health Ring continuously monitors various health metrics. All data is synchronized with the JYouPro app for detailed analysis.

- **Activity Monitoring:** The ring tracks your daily activity, including steps taken, calories burned, and distance traveled. The app provides daily, weekly, and monthly visualizations of your activity data.
- **Sleep Monitoring:** Advanced sensors analyze your sleep patterns to determine sleep stages such as light sleep, deep sleep, and wakefulness. This helps in understanding and improving your sleep quality.



APP generates activity statistics
Exercise steps, calories burned,
distance traveled, track tracking
Daily/weekly/monthly data
visualization

深圳吉化和成科技有限公司

Image: The JYouPro app displaying activity statistics including heart rate, steps, and calories burned.

Comprehensive Sleep Information Monitoring

Multi-Scene Sleep Monitoring

Advanced Sleep Staging Algorithm

Monitoring Key Health Data

to determine sleep stages: light sleep, wakefulness, deep sleep

Finally, analyze sleep quality.

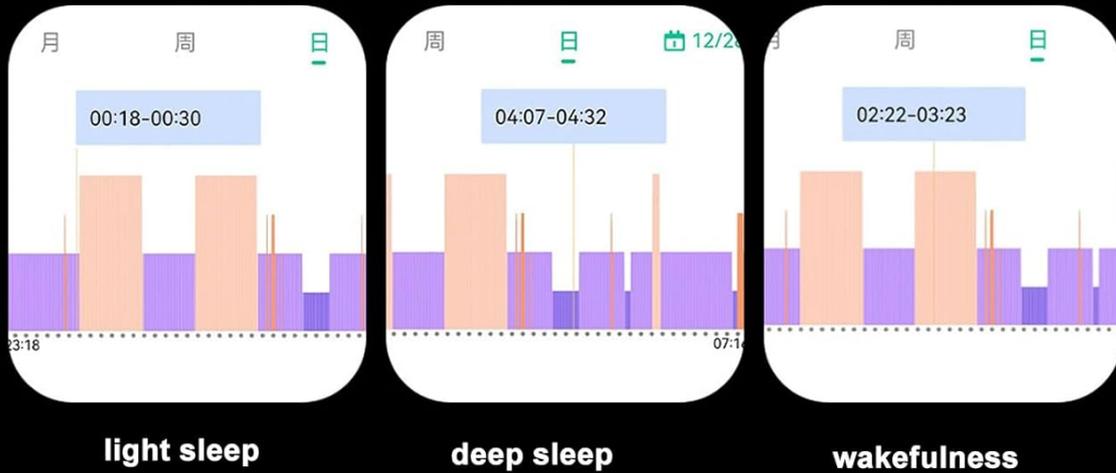


Image: The JYouPro app providing comprehensive sleep information monitoring, including graphs for light sleep, deep sleep, and wakefulness.



Image: A woman sleeping, wearing the Smart Health Ring, demonstrating its sleep tracking capability.

2. Remote Camera Control

Activate the remote camera function within the JYouPro app. Once enabled, you can remotely capture photos by simply shaking your finger while wearing the ring. This feature is ideal for group photos or hands-free photography.

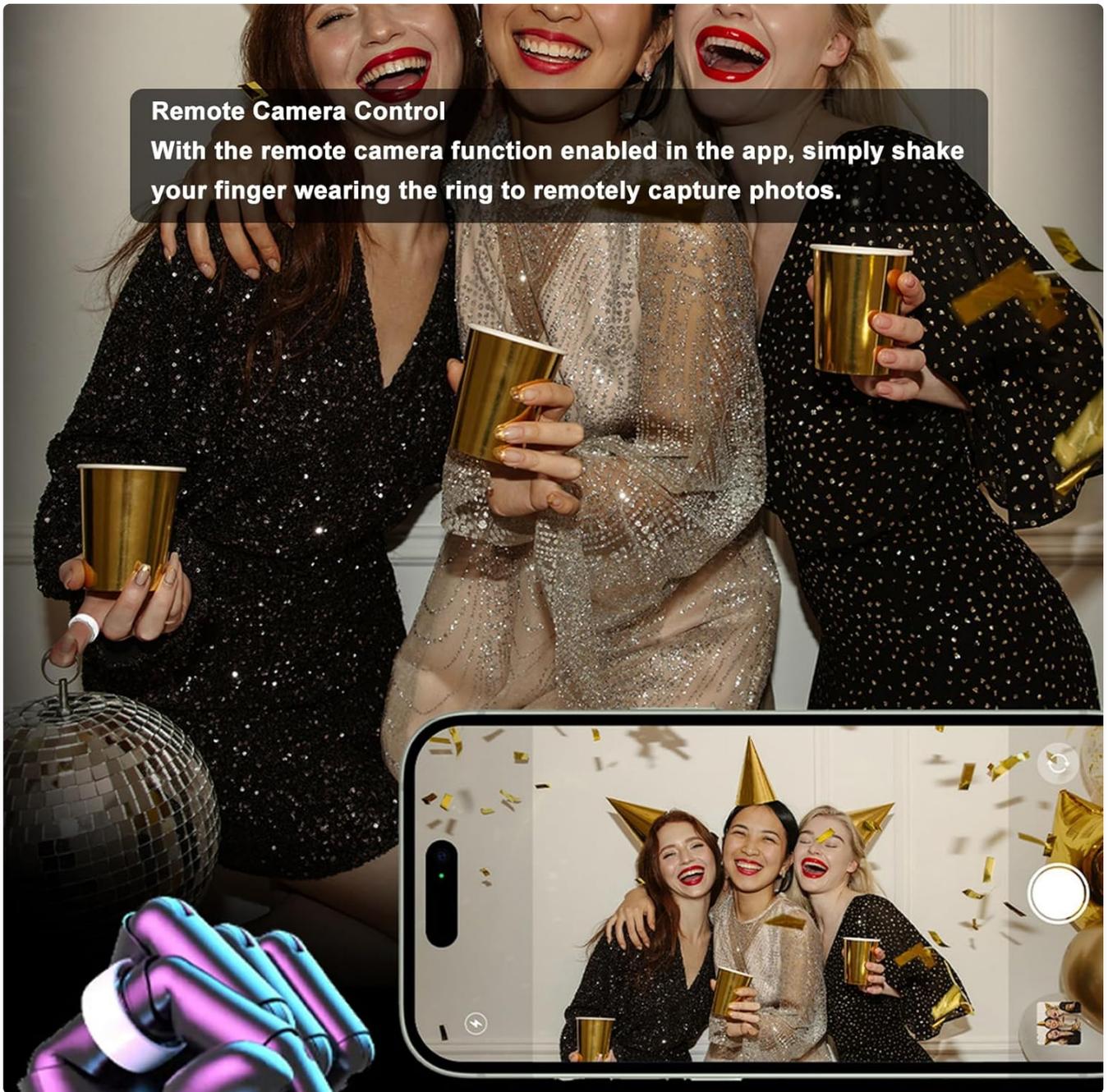


Image: Individuals using the remote camera control feature of the Smart Health Ring to capture a group photo.

3. IP68 Waterproof and Dustproof

The Smart Health Ring is designed with an IP68 rating, making it resistant to water and dust. You can confidently wear the ring during daily activities such as washing hands, bathing, and swimming without affecting its performance or health monitoring capabilities.

IP68 Waterproof and Dustproof No worries for daily use



Image: The Smart Health Ring depicted in a water environment, highlighting its IP68 waterproof and dustproof capabilities.

MAINTENANCE

- **Cleaning:** Regularly wipe the ring with a soft, dry, lint-free cloth to remove dirt and oils. Avoid using harsh chemicals or abrasive materials.
- **Charging:** Always use the original charging cable provided with your device. Ensure the charging contacts on the ring and cable are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the ring in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Exposure:** While the ring is IP68 waterproof, it is recommended to dry it thoroughly after exposure to water to prevent skin irritation and maintain optimal performance.

TROUBLESHOOTING

Ring not connecting to the app:

- Ensure the ring is charged.
- Verify Bluetooth is enabled on your smartphone.
- Restart the JYouPro app and try pairing again.
- Restart your smartphone.

Inaccurate health data:

- Ensure the ring is worn snugly on your finger. A loose fit can affect sensor readings.
- Keep the sensors on the inside of the ring clean.
- Ensure the app is synchronized regularly to receive the latest data.

Short battery life:

- Ensure the ring is fully charged (approximately 60 minutes for a full charge).
- Avoid extreme temperatures, which can impact battery performance.
- If the issue persists, contact customer support.

WARRANTY AND SUPPORT

For warranty information, please refer to the specific terms and conditions provided at the time of purchase or contact your retailer. For technical support or further assistance, please reach out to Dpofirs customer service through the contact information provided on the official Dpofirs website or within the JYouPro application.