

## Yoidesu Yoidesumpziv2qdbh-11

# Yoidesu Smart Health Ring User Manual

Model: Yoidesumpziv2qdbh-11



Official Yoidesu Product

---

## 1. INTRODUCTION

This manual provides detailed instructions for the Yoidesu Smart Health Ring, Model Yoidesumpziv2qdbh-11. It covers setup, operation, health monitoring features, maintenance, and troubleshooting to ensure optimal use of your device. Please read this manual thoroughly before using the product.

---

## 2. WHAT'S IN THE BOX

- Smart Health Ring
- Charging Cable
- User Manual (this document)



Image: The Yoidesu Smart Health Ring, charging cable, and user manual as included in the product packaging.

### 3. PRODUCT OVERVIEW AND FEATURES

The Yoidesu Smart Health Ring is a wearable fitness device designed to monitor various health metrics and provide convenient smart features. It is constructed from polished ceramic and 316 stainless steel, ensuring durability and a comfortable fit.

#### Key Features:

- **Health Monitoring:** Tracks sleep quality, step count, heart rate, and body temperature using advanced sensors.
- **Long Battery Life:** Provides up to 7 days of continuous monitoring on a single charge.
- **Durable Design:** Made with polished ceramic and 316 stainless steel.
- **IP68 Waterproof Rating:** Suitable for daily water-related activities like handwashing, showering, and swimming.

- **Remote Camera Control:** Allows remote photo capture via the companion app.
- **App Compatibility:** Compatible with both iOS and Android devices for data viewing and control.



Image: An exploded view of the smart ring showing its internal components and the sleek exterior design.

## 4. SETUP GUIDE

---

### 4.1 Initial Charging

Before first use, fully charge your Smart Health Ring. Connect the charging cable to a USB power source and place the ring onto the charging base. The indicator light on the charging base will show the charging status. A full charge typically takes approximately 1-2 hours.

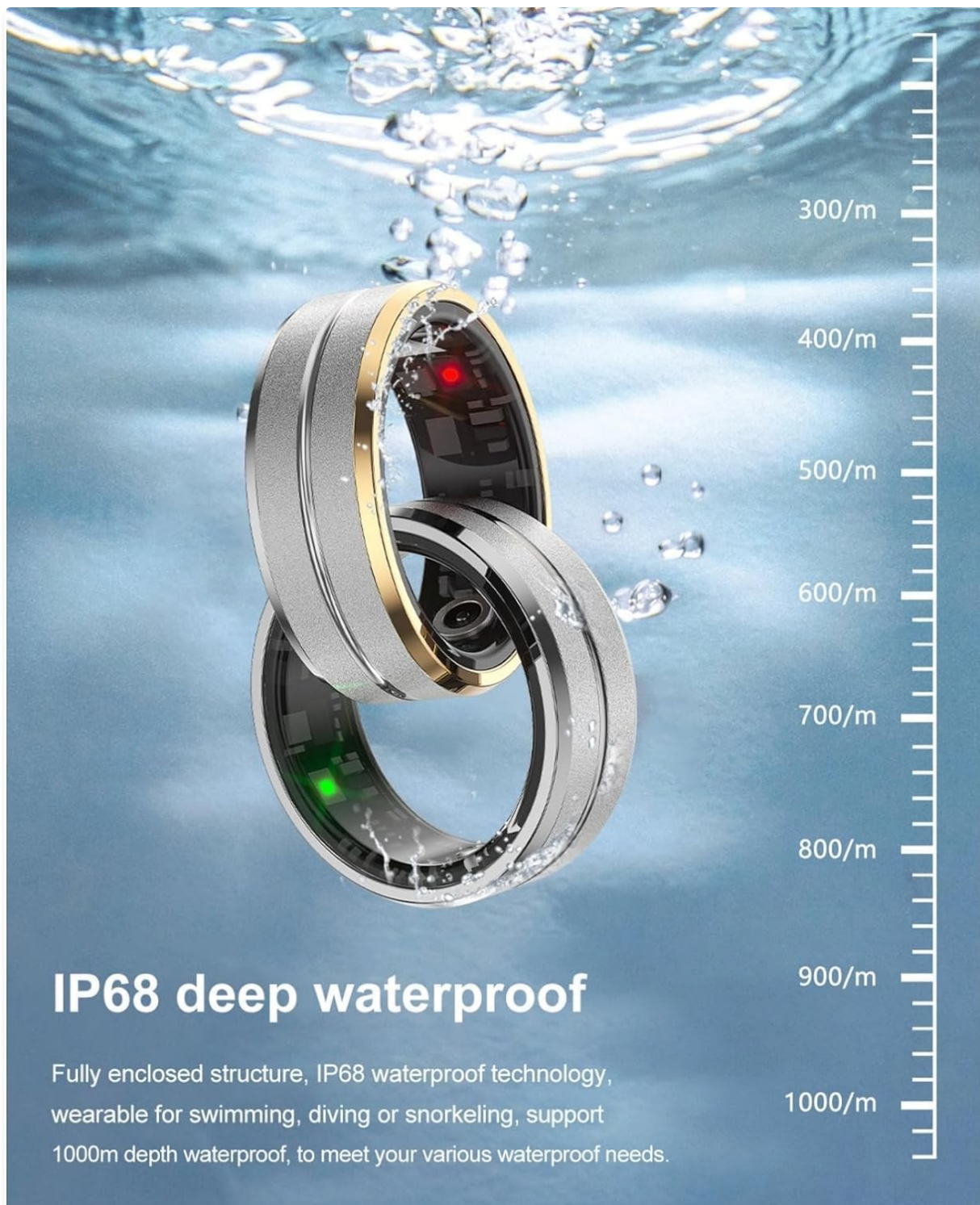


Image: The smart ring placed on its dedicated charging base, connected via a USB cable.

#### 4.2 App Installation and Pairing

1. Download the official Yoidesu Smart Health app from your device's app store (available for iOS and Android).
2. Open the app and create an account or log in.
3. Ensure your phone's Bluetooth is enabled.
4. Follow the in-app instructions to search for and pair your Smart Health Ring. The ring will typically appear as "Yoidesu Ring" or a similar identifier.
5. Once paired, the app will guide you through setting up your personal profile and preferences.

### 5. OPERATING INSTRUCTIONS

## 5.1 Wearing the Ring

Wear the Smart Health Ring on any finger. For optimal sensor performance, ensure the ring fits snugly but comfortably, with the sensors on the inside of your finger. Avoid wearing it too loosely, as this may affect data accuracy.

# more durable, smoother usage

The ring chip uses the German Dialog DA14531 to bring you excellent performance and efficient intelligent experience, and the smart ring infuses a powerful core to make your every interaction smoother.. Ultra-low power consumption, more durable

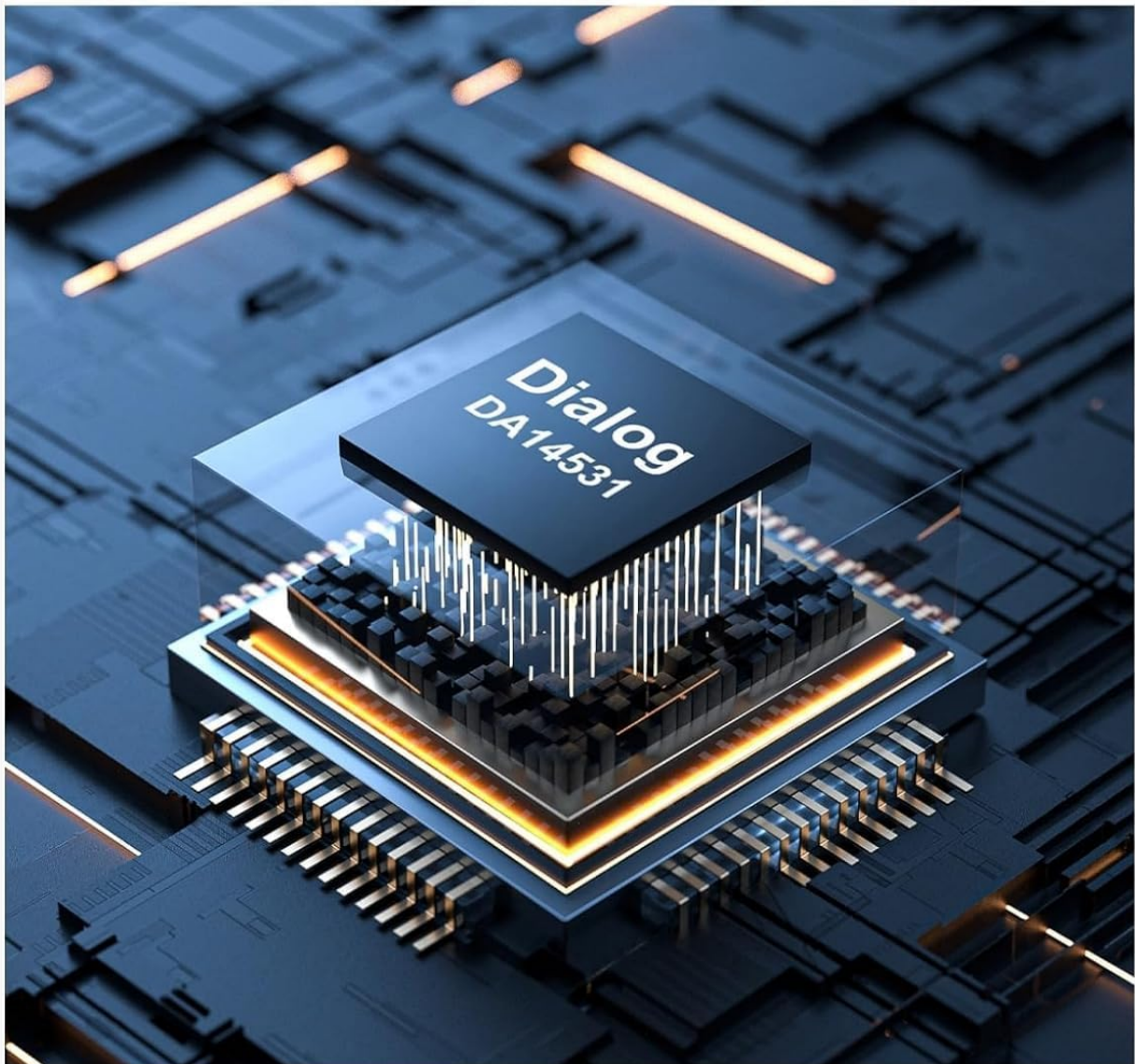


Image: A close-up of a hand wearing the Yoidesu Smart Health Ring, demonstrating proper fit.

## 5.2 Data Synchronization

The ring automatically collects data throughout the day and night. To view your health data, open the Yoidesu Smart Health app on your paired smartphone. The app will automatically synchronize data from the ring when it is within Bluetooth range.

## 6. HEALTH MONITORING FUNCTIONS

---

The Smart Health Ring utilizes advanced sensors to provide comprehensive health insights. All data collected is for reference only and should not be used for medical diagnosis or treatment.

### 6.1 Sleep Monitoring

The ring monitors your sleep patterns, including deep sleep, light sleep, and awake times. This data helps you understand your sleep quality and identify areas for improvement.



Image: A person sleeping with the smart ring, and a smartphone screen showing detailed sleep analysis, including deep and light sleep durations.

### 6.2 Step Counting and Activity Tracking

The ring tracks your daily step count and supports various sports modes, including brisk walking, running, and cycling. It provides data on exercise time, distance, heart rate changes, and calorie consumption to help you monitor your fitness progress.



Image: A woman running, with icons representing different sports modes supported by the smart ring, such as walking, running, cycling, and general exercise.

### 6.3 Heart Rate Monitoring

The ring continuously monitors your heart rate, providing insights into your cardiovascular health during both activity and rest periods.

Your browser does not support the video tag.

Video: Demonstrates the Yoidesu Smart Ring's heart rate monitoring capabilities and other health tracking features.

### 6.4 Blood Oxygen Monitoring

The optical sensor can detect blood oxygen saturation in real-time, which is an important indicator of overall health.

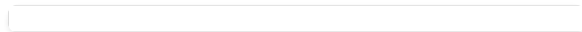


Image: A smartphone screen displaying blood oxygen and blood pressure data, indicating 24-hour real-time detection and manual detection support.

### 6.5 Body Temperature Monitoring

The ring measures your body temperature, providing continuous monitoring to help you track changes over time.

## 7. REMOTE CAMERA CONTROL

---

After activating the remote camera function within the Yoidesu Smart Health app, you can remotely trigger your smartphone's camera by shaking the finger wearing the ring a few times. This feature is convenient for group photos or hands-free photography.

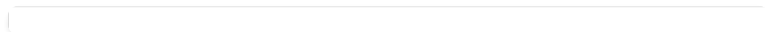


Image: A group of friends taking a photo, with an overlay showing a hand shaking the smart ring to activate the remote camera function on a smartphone.

## 8. WATERPROOFING (IP68)

---

The Yoidesu Smart Health Ring has an IP68 waterproof rating. This means it is fully enclosed and protected against dust and can withstand immersion in water up to 1.5 meters for 30 minutes. You can wear it during daily activities such as handwashing, showering, and swimming without concern. All sensors will continue to operate

normally in these conditions.

Image: The smart ring shown underwater, with depth markers indicating its IP68 deep waterproof capability up to 1000m. **Note:** While the image suggests deeper water resistance, the product's IP68 rating typically certifies protection against immersion up to 1.5 meters for 30 minutes. Avoid prolonged exposure to hot water or high-pressure water jets.

## 9. BATTERY LIFE AND CHARGING

The Smart Health Ring is equipped with energy-saving technology, providing up to 7 days of continuous monitoring on a single charge. When the battery is low, the app will notify you. Place the ring on its charging base to recharge.

Your browser does not support the video tag.

Video: Showcases the Yoidesu Smart Ring's features, including its long battery life and various health tracking capabilities.

## 10. MAINTENANCE

- **Cleaning:** Wipe the ring with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Storage:** Store the ring in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Do not expose the ring to extreme heat or cold, as this may damage the battery and internal components.
- **Sensor Care:** Keep the sensors on the inside of the ring clean and free from debris to ensure accurate readings.

## 11. TROUBLESHOOTING

### 11.1 Ring Not Connecting to App

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the ring is charged.
- Restart the app and try pairing again.
- If issues persist, try restarting your smartphone.

### 11.2 Inaccurate Health Readings

- Ensure the ring is worn snugly on your finger, with the sensors making good contact with your skin.
- Clean the sensors on the inside of the ring.
- Avoid excessive movement during measurements, especially for heart rate and blood oxygen.

### 11.3 Charging Issues

- Verify the charging cable is securely connected to both the power source and the charging base.
- Ensure the ring is correctly placed on the charging base.
- Try using a different USB power adapter or port.

## 12. SPECIFICATIONS

Feature	Detail
Model Name	Yoidesumpziv2qdbh-11

Feature	Detail
Brand	Yoidesu
Item Weight	2.08 ounces (0.06 Kilograms)
Package Dimensions	3.31 x 3.15 x 1.14 inches
Operating System Compatibility	Android, iOS
Special Feature	Camera Control
Battery Capacity	18 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium
GPS	No GPS
Shape	Round
Waterproof Rating	IP68

### 13. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official Yoidesu website. Keep your proof of purchase for warranty claims.

**Online Support:** [Visit the Yoidesu Store on Amazon](#)