



Manuals.plus /

- › Zopsc /
- › Zopsc Smart Ring Health Tracker (Model: Zopscbx1rd0zo3g-12) User Manual

Zopsc Zopscbx1rd0zo3g-12

Zopsc Smart Ring Health Tracker User Manual

Model: Zopscbx1rd0zo3g-12

1. INTRODUCTION

The Zopsc Smart Ring Health Tracker is a waterproof fitness activity tracker designed to monitor key health metrics. It features heart rate tracking, pedometer functionality, sleep tracking, exercise data recording, and remote camera control. This manual provides detailed instructions for setting up, operating, and maintaining your smart ring.



Image: The Zopsc Smart Ring, showcasing its sleek design.

2. WHAT'S IN THE BOX

Please verify that all items are present in your package:

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

Note: Some models may include a charging case. If your package includes a charging case, it will contain a built-in 400mAh lithium battery.

3. SETUP GUIDE

3.1. Initial Charging

Before first use, fully charge your Zopsc Smart Ring.

1. Open the charging case (if included) or connect the charging cable directly to the ring's charging port.
2. Place the smart ring into the charging case or connect it to the cable. Ensure the charging contacts align.
3. Connect the charging cable to a USB power source.
4. The ring will fully charge in approximately 60 minutes.



Image: The Zopsc Smart Ring placed in its charging case, indicating charging status.

3.2. App Installation and Pairing

The Zopsc Smart Ring is compatible with the JYouPro app.

1. Download the **JYouPro** app from your device's app store (compatible with iOS and Android).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure your smart ring is charged and within Bluetooth range of your smartphone.
4. In the JYouPro app, navigate to the device pairing section and select your Zopsc Smart Ring from the list of available devices.
5. Confirm the pairing request on both your phone and, if prompted, on the ring.

4. OPERATING INSTRUCTIONS

4.1. Health Monitoring

The smart ring continuously tracks various health metrics using advanced sensors.

- **Heart Rate:** Monitors your heart rate throughout the day.
- **Pedometer:** Counts your steps and tracks distance traveled.
- **Calories Burned:** Estimates calorie expenditure based on activity data.
- **Sedentary Reminders:** Promotes activity by reminding you to move after periods of inactivity.

All collected data can be viewed and analyzed within the JYouPro app.



*24 hour real time exercise data monitoring
Record the movement data of daily exercise, step count, etc.*

*APP will generate activity statistics
Exercise steps, calories burned, distance traveled, trajectory tracking
Daily/weekly/monthly data visualization*

Image: A person exercising, illustrating the ring's 24-hour real-time exercise data monitoring capabilities.

4.2. Sleep Tracking

The ring automatically monitors your sleep quality and patterns.

- Tracks sleep duration, deep sleep, light sleep, and REM sleep.
- Provides a sleep score and detailed analysis in the JYouPro app.

*Sleep senseless wear
The weight of the smart ring is equal to 6g ($\pm 1g$).
Lightweight and comfortable to wear,
completely unaffected by the quality of sleep.*



Image: A person sleeping comfortably with the smart ring, highlighting its unobtrusive design for sleep tracking.

4.3. Remote Camera Control

Use your smart ring to remotely control your smartphone's camera.

1. Open the JYouPro app and activate the remote camera function.
2. Position your smartphone for the desired shot.
3. Shake your finger (with the ring) a few times to trigger the camera shutter.

4.4. Waterproof Features

The Zopsc Smart Ring has an IP68 waterproof rating, making it suitable for various daily water-related activities.

- Wear it while washing hands.
- Suitable for showering.
- Can be worn during swimming.

All sensors continue to operate normally in these conditions, ensuring continuous health data monitoring.

*IP68 waterproof and dustproof
No worries for daily use
Wash your hands, take a bath, swim and other
daily water related scenes wear freely, all
kinds of sensors as usual at any time to
monitor your health data.*



Image: The smart ring with text indicating its IP68 waterproof and dustproof capabilities, suitable for daily use including washing, bathing, and swimming.

5. MAINTENANCE

5.1. Charging

The smart ring offers approximately 7 days of continuous monitoring on a single charge. If your package includes a charging case, it can recharge the ring up to 18 times.

Long lasting battery life and powerful performance

7+

7 day battery life
with a single ring

18+

Charging compartment
can be recharged 18
times



Fully charged in 1 hour
(ring single charge
time)

Image: Infographic detailing the smart ring's battery life (7+ days per charge) and the charging case's capacity (18+ recharges), with a 1-hour full charge time for the ring.

5.2. Cleaning

To ensure accurate readings and prolong the life of your ring:

- Wipe the ring regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone, the ring is charged, and within range. Try restarting both the ring and your phone.
- **Inaccurate data:** Ensure the ring is worn correctly and snugly on your finger. Clean the sensors regularly.
- **Battery draining quickly:** Check app settings for excessive background activity. Ensure the ring is fully charged before use.
- **Ring not charging:** Verify the charging cable and power source are working. Ensure the ring's

charging contacts are clean and properly aligned with the charger.

7. SPECIFICATIONS

Item Type	Smart Health Ring
Material	Ceramic, Stainless Steel
Ring Battery Type	Lithium Battery (Built-in)
Ring Battery Capacity	18mAh
Ring Battery Life	Approximately 7 Days
Ring Charging Time	60 Minutes
Charging Case Battery Capacity	400mAh (if included)
Compatible App	JYouPro
Waterproof Rating	IP68
Model Name	Zopscbx1rd0zo3g-12

7.1. Ring Sizing

Refer to the image below for approximate inner diameter measurements for different ring sizes:



Type 8 Inner Diameter: Approx. 18.2mm/0.72in

Type 9 Inner Diameter: Approx. 19mm/0.75in

Type 10 Inner Diameter: Approx. 19.9mm/0.78in

Type 12 Inner Diameter: Approx. 21.5mm/0.85in

Image: The smart ring with inner diameter measurements for various sizes (Type 8: 18.2mm, Type 9: 19mm, Type 10: 19.9mm, Type 12: 21.5mm).

8. OFFICIAL PRODUCT VIDEO

Watch this video for a visual guide on the Zopsc Smart Ring's features and usage:

Your browser does not support the video tag.

Video: An overview of the Zopsc Smart Ring, demonstrating its health tracking, IP68 waterproof rating, and app connectivity.

9. WARRANTY AND SUPPORT

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

