

Focket Focketfhwu6v23zy-14

Focket Smart Ring Health Tracker User Manual

Model: Focketfhwu6v23zy-14

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1. PRODUCT OVERVIEW

The Focket Smart Ring is a wearable health tracker designed to monitor key body signals such as heart rate, sleep quality, and blood oxygen levels. Crafted from polished ceramic, it offers a lightweight, stylish, and comfortable fit. This device is compatible with both Android and iOS devices, allowing users to conveniently access their health data through a dedicated mobile application.



Figure 1: Focket Smart Ring, showcasing its sleek black ceramic design.

The smart ring is engineered for continuous monitoring, providing up to 7 days of battery life on a single charge. Its IP68 waterproof rating ensures durability and functionality in various daily water-related activities, including hand washing, showering, and swimming.

2. INITIAL SETUP

2.1 Package Contents

Before proceeding, ensure all items are present in the package:

- 1 x Focket Smart Ring

- 1 x User Manual (this document)
- 1 x Charging Cable



Figure 2: Smart Ring and its accompanying charging cable.

2.2 Charging the Smart Ring

For optimal performance, fully charge the smart ring before first use.

1. Connect the provided charging cable to a USB power source (e.g., computer USB port, wall adapter).
2. Attach the magnetic end of the charging cable to the charging contacts on the inside of the smart ring. Ensure a secure connection.
3. The ring will indicate charging status (e.g., an LED indicator).
4. A full charge takes approximately **60 minutes** and provides about **7 days** of battery life.

2.3 App Installation and Pairing

The Focket Smart Ring uses the **JYouPro** application for data synchronization and health monitoring.

1. Download the "JYouPro" app from your device's app store (compatible with Android and iOS).
2. Open the JYouPro app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. Within the JYouPro app, navigate to the device pairing section (usually found under "Device" or "My Device").
5. Select the Focket Smart Ring from the list of available devices to initiate pairing.
6. Confirm the pairing request on both the app and, if prompted, on the ring.

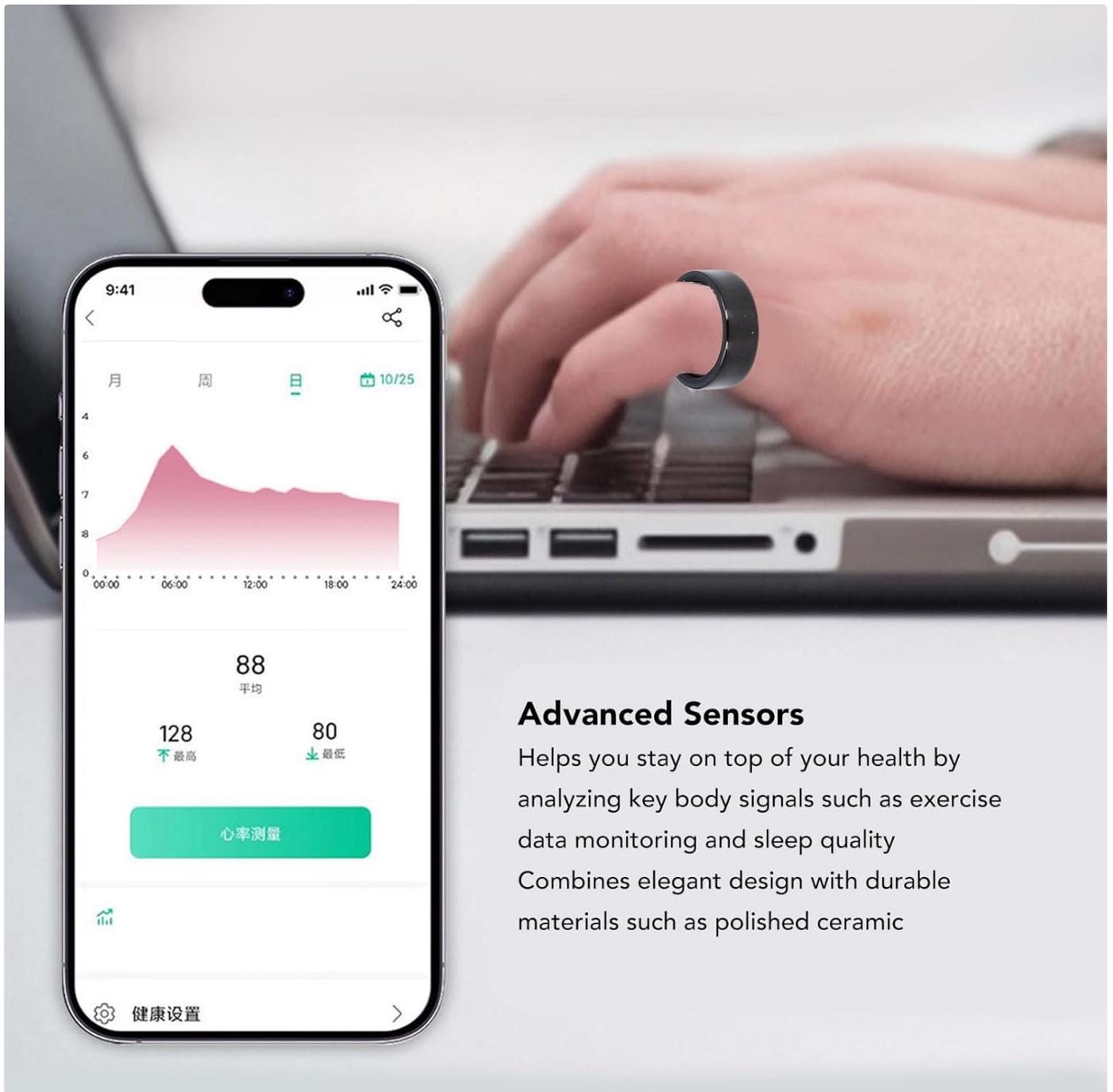
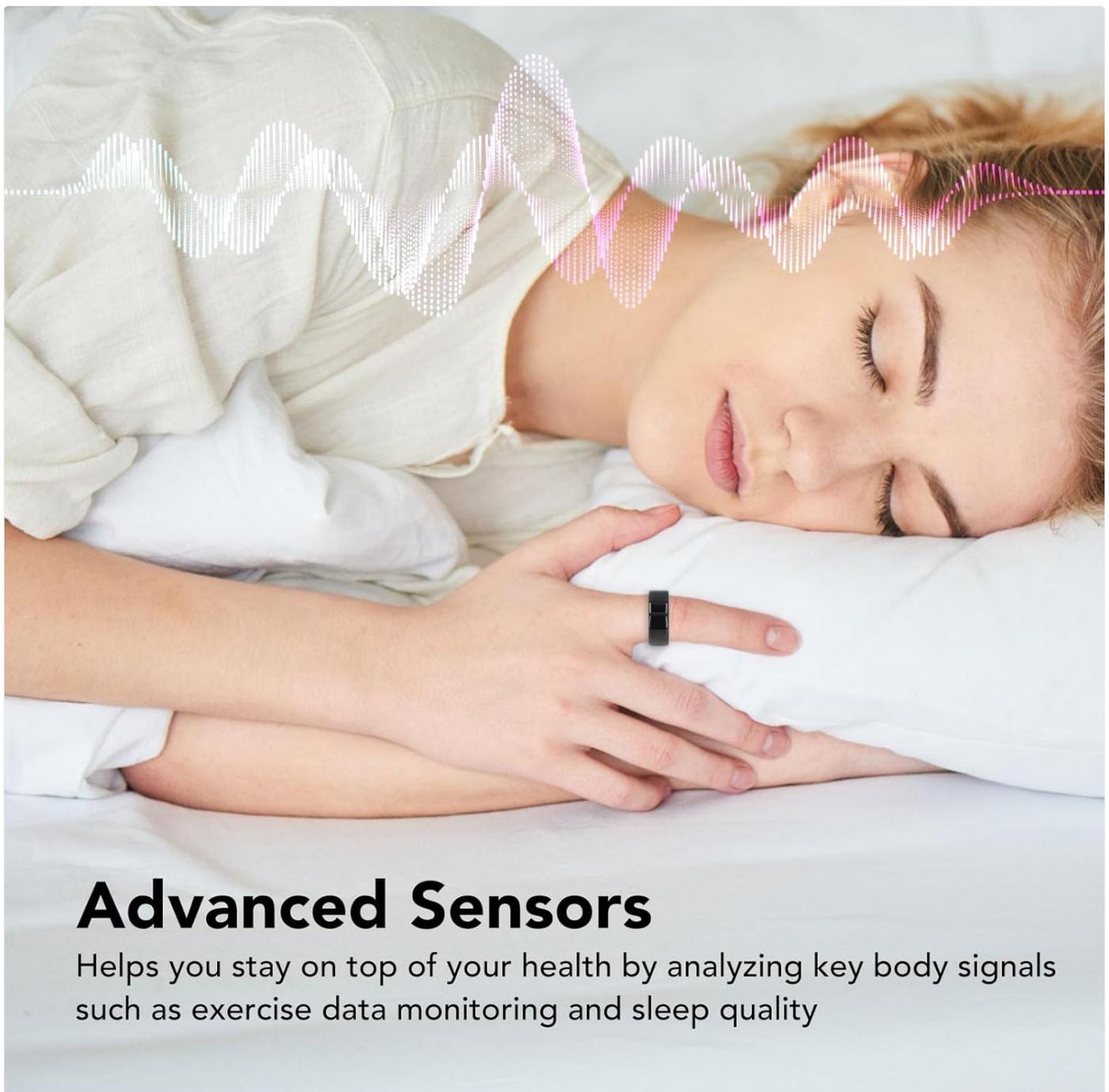


Figure 3: JYouPro app interface showing health data, with the smart ring worn on a finger.

3. OPERATION

3.1 Wearing the Smart Ring

For accurate readings, wear the smart ring snugly on any finger. Ensure the sensors on the inside of the ring are in contact with your skin. The ring is designed for comfortable, continuous wear.



Advanced Sensors

Helps you stay on top of your health by analyzing key body signals such as exercise data monitoring and sleep quality

Figure 4: Smart Ring worn during sleep for monitoring.

3.2 Health Monitoring

The smart ring continuously tracks various health metrics:

- **Heart Rate:** Monitors your heart rate throughout the day and night.
- **Sleep Tracking:** Analyzes sleep patterns, including sleep stages (e.g., light, deep, REM) and duration.
- **Blood Oxygen:** Measures blood oxygen saturation levels.
- **Activity Data:** Tracks exercise data and daily activity levels.

All collected data is automatically synchronized with the JYouPro app when your ring is connected via Bluetooth. Open the app to view detailed graphs, trends, and insights into your health.



Figure 5: Smart Ring being worn during physical activity.

4. CARE AND MAINTENANCE

4.1 Cleaning the Ring

To maintain hygiene and sensor accuracy, regularly clean your smart ring:

- Wipe the ring, especially the sensor area, with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the ceramic finish and internal components.
- Ensure the charging contacts are clean and dry before charging.

4.2 Waterproof Information

The Focket Smart Ring has an **IP68 waterproof rating**. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. You can confidently wear it during:

- Washing hands
- Showering

- Swimming (in shallow water)

Note: Avoid prolonged exposure to hot water, steam, or high-pressure water jets, as these may compromise the seal over time. Not suitable for diving or high-speed water sports.



IP68 waterproof

Wash your hands, take a shower, go swimming and other daily water related scenarios



Figure 6: Smart Ring being worn while swimming, demonstrating its IP68 waterproof capability.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Ring not charging	Loose cable connection, dirty contacts, faulty charger/cable.	Ensure cable is securely connected. Clean charging contacts on ring and cable. Try a different USB port or charger.
Cannot pair with app	Bluetooth off, ring out of range, app issue, ring battery low.	Ensure Bluetooth is enabled on your phone. Bring ring closer to phone. Restart the app and your phone. Charge the ring.

Problem	Possible Cause	Solution
No data sync to app	Bluetooth disconnected, app not running, ring memory full (unlikely for continuous sync).	Check Bluetooth connection. Open the JYouPro app to initiate sync. Ensure ring is charged.
Inaccurate readings	Ring not worn correctly, sensors dirty, excessive movement.	Ensure ring is snug and sensors are in contact with skin. Clean sensors. Remain still for certain measurements (e.g., resting heart rate).

6. SPECIFICATIONS

Feature	Detail
Item Type	Smart Health Ring
Material	Ceramic
Color	Black
Battery Type	Lithium Battery, 18mAh (Built-in)
Battery Life	Approximately 7 Days
Charging Time	60 Minutes
Companion App	JYouPro
Operating System Compatibility	Android, iOS
Connectivity	Bluetooth
Waterproof Rating	IP68
Model Name	Focketfhwu6v23zy-14
Dimensions (Package)	3.54 x 2.76 x 1.18 inches
Weight (Package)	53 Grams



Ring Number	8	9	10	12
Inner Diameter	18.2mm / 0.72in	19mm / 0.75in	19.9mm / 0.78in	21.5mm / 0.85in

Figure 7: Smart Ring with a size chart indicating inner diameters for different ring numbers.

7. WARRANTY AND SUPPORT

7.1 Customer Support

For any questions, technical assistance, or issues not covered in this manual, please contact Focket customer support. Refer to the product packaging or the official Focket brand store for contact information.

You can visit the official Focket store on Amazon for more information and support:[Focket Store](#)

7.2 Warranty Information

Specific warranty details may vary by region and retailer. Please retain your proof of purchase for warranty claims. The product typically comes with a standard manufacturer's warranty covering defects in materials and workmanship under normal use.

For return policy information, please refer to the retailer's policy where the product was purchased. For example, Amazon's return policy for this product is typically 30 days for refund/replacement.



