

Yanmis Yanmisspnxaqrbyh-12

Smart Ring Health Tracker User Manual

Model: Yanmisspnxaqrbyh-12 | Brand: Yanmis

INTRODUCTION

The Smart Ring Health Tracker is a portable, intelligent device designed to monitor key bodily signals and provide insights into your health and fitness. Crafted from polished ceramic and durable 316 stainless steel, this ring is lightweight, comfortable, and stylish, making it barely noticeable during wear. It helps you maintain a healthier lifestyle by tracking movement data, sleep quality, and other vital metrics.

This manual provides detailed instructions on how to set up, operate, and maintain your Smart Ring Health Tracker, ensuring you get the most out of its advanced features.



Image: The Smart Ring Health Tracker, showcasing its sleek design and internal components.

SETUP GUIDE

1. Charging the Smart Ring

Before first use, fully charge your Smart Ring. A single charge provides approximately 7 days of continuous monitoring.

- Connect the provided charging cable to the Smart Ring.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The ring will indicate charging status (refer to app for detailed battery level).
- Charging typically takes about 60 minutes for a full charge.



Image: The Smart Ring alongside its dedicated charging cable.

2. Installing the JYouPro App

The Smart Ring requires the JYouPro application to function and display your health data.

- Download the "JYouPro" app from your device's app store (compatible with iOS and Android).
- Install the app on your smartphone or tablet.
- Open the app and follow the on-screen instructions to create an account or log in.

3. Pairing the Ring with Your Device

Once the app is installed, pair your Smart Ring with your device via Bluetooth.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the JYouPro app.
3. Navigate to the device pairing section within the app (usually found in "Settings" or "My Device").
4. The app will search for available devices. Select your Smart Ring from the list.
5. Confirm the pairing request on both the app and, if prompted, on your phone.
6. Once paired, the app will display "Connected" or a similar status.

OPERATING INSTRUCTIONS

1. Health Monitoring

The Smart Ring continuously monitors various health metrics using advanced sensors.

- **Activity Tracking:** The ring tracks your movement data, including steps, calories burned, and distance traveled.

- **Sleep Quality Monitoring:** It analyzes your sleep patterns to provide insights into your sleep quality.
- **Vital Signs:** Advanced sensors track key bodily signals to help you maintain health and balance.

All collected data is synchronized with the JYouPro app, allowing you to view daily, weekly, and monthly statistics.



APP will generate activity statistics

Exercise steps, calories burned,
distance traveled, trajectory tracking
Daily/weekly/monthly data visualization

Image: Screenshot of the JYouPro app displaying activity statistics and health data visualization.

Sleep senseless wear

The weight of the smart ring is equal to 6g (± 1 g).
Lightweight and comfortable to wear,
completely unaffected by the quality of sleep.



Image: A person sleeping while wearing the Smart Ring, illustrating its lightweight and comfortable design for continuous wear.

2. Remote Camera Control

The Smart Ring features a convenient remote camera control function.

1. Open the JYouPro app and activate the remote camera function within the app settings.
2. Position your phone for the desired photo.
3. Gently shake your finger while wearing the Smart Ring a few times to remotely trigger the camera shutter.



Image: Illustration of the Smart Ring's remote camera control feature, showing a user taking a photo by shaking their hand.

MAINTENANCE

1. Cleaning Your Smart Ring

To ensure optimal performance and hygiene, regularly clean your Smart Ring.

- Wipe the ring with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the ceramic and stainless steel finish.
- Ensure the charging contacts are clean and dry before charging.

2. Water Resistance (IP68)

The Smart Ring has an IP68 waterproof rating, allowing it to be worn in various daily water-related scenarios.

- You can wear the ring while washing your hands, showering, or swimming.
- All sensors will continue to function normally even when exposed to water.

- While highly water-resistant, prolonged submersion in deep water or exposure to high-pressure water jets (e.g., diving, high-pressure washing) should be avoided to prevent potential damage.

IP68 waterproof and dustproof

Wash your hands, take a bath, swim and other daily water related scenes wear freely



Image: The Smart Ring submerged in water, demonstrating its IP68 waterproof and dustproof capabilities.

TROUBLESHOOTING

If you encounter issues with your Smart Ring, try the following troubleshooting steps:

Problem	Solution
Ring not connecting to app	Ensure Bluetooth is enabled on your phone. Make sure the ring is charged. Restart the JYouPro app. Restart your phone. Try unpairing and re-pairing the device in the app's settings.

Problem	Solution
Inaccurate data readings	Ensure the ring is worn correctly and snugly on your finger. Clean the sensors on the inside of the ring. Update the JYouPro app to the latest version.
Short battery life	Ensure the ring is fully charged (60 minutes). Avoid extreme temperatures. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Yanmis
Model Number	Yanmisspnxaqrbyh-12
Material	Ceramic, 316 Stainless Steel
Color	#312 (Silver/Gold)
Ring Battery Capacity	18 mAh
Ring Battery Life	Approx. 7 days
Charging Time	60 minutes
Waterproof Rating	IP68
Compatible App	JYouPro (iOS & Android)
Ring Weight	Approx. 6g (±1g)
Inner Diameter (Size N° 9)	19mm / 0.75in

High performance chip

Multiple sensors run synchronously for strong performance
Photoelectric sensor combination

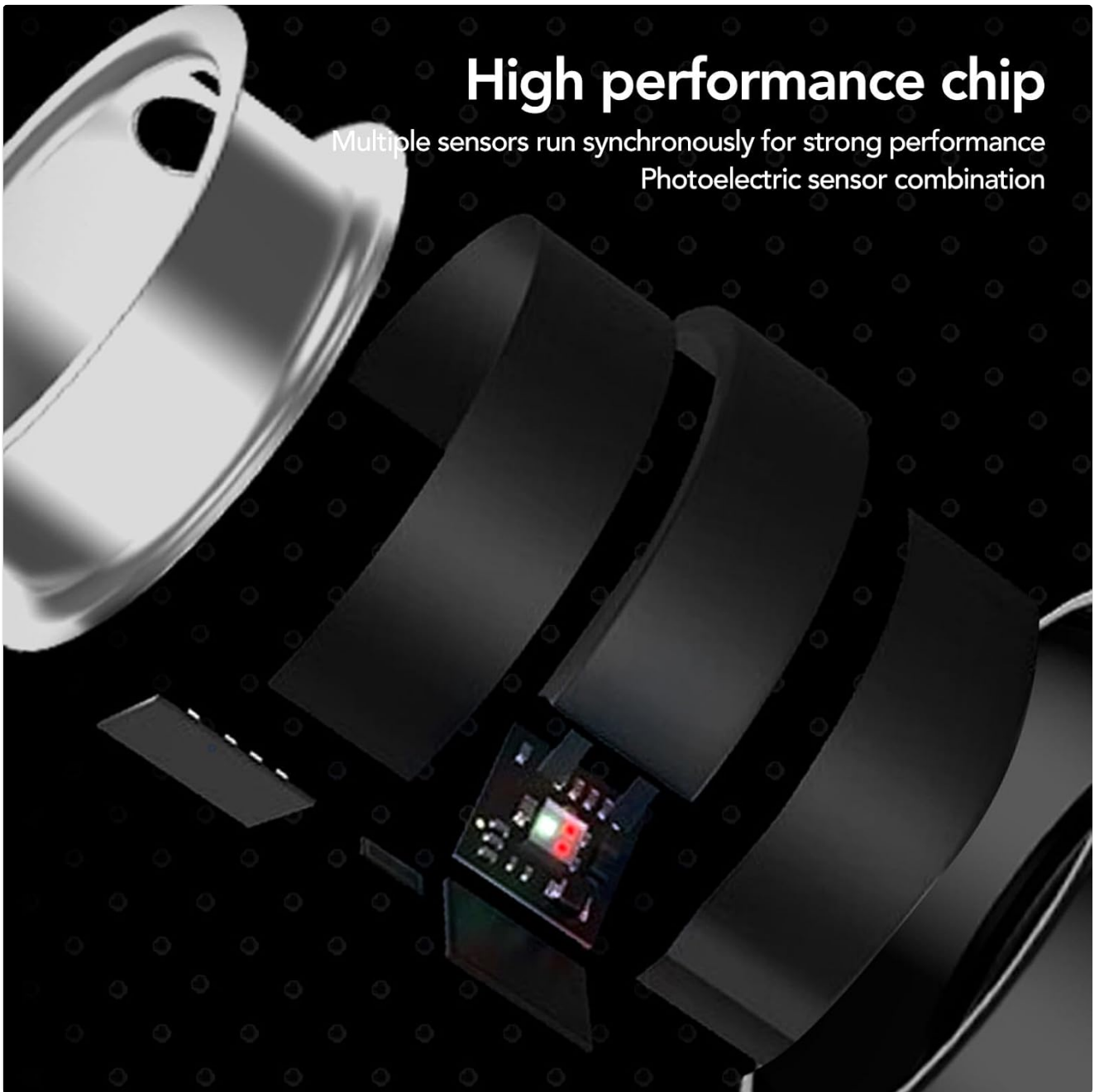


Image: An exploded view of the Smart Ring, highlighting its high-performance chip and multiple photoelectric sensors for accurate data collection.



FINGERTIP ART

Comfortable
and
sensation-free



Multi-size options

Image: Various sizing options for the Smart Ring, emphasizing its comfortable and sensation-free wear.



Image: Close-up view of the Smart Ring, indicating an inner diameter of 19mm (0.75in) for Size N° 9.

IMPORTANT INFORMATION

This Smart Ring is designed as a health and fitness tracker and is not intended for medical diagnosis, treatment, or prevention of any disease. Consult with a healthcare professional for any health concerns.