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> [mingwear Smart Ring H01 Health and Fitness Tracker User Manual](#)

mingwear H01

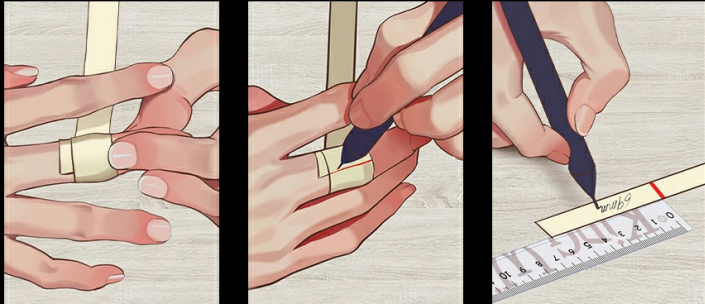
mingwear Smart Ring H01 User Manual

Health and Fitness Tracker

INTRODUCTION

The mingwear Smart Ring H01 is a compact health and fitness tracker designed to monitor various physiological data points throughout your day and night. This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your device.

SIZE MEASUREMENT



STEP 1
Wrap the strip of paper around the finger where the ring is to be worn, not too tightly and not too loosely.

STEP 2
Use a pen to mark where the ends meet.

STEP 3
Measure the length of the mark and find the closest measurement in the sizing chart to get the corresponding ring size.

RING SIZE		
International Code United States	Diameter (mm)	Perimeter (mm)
8	56 - 58	18
9	59 - 61	19
10	62 - 64	20
11	65 - 67	21

Image: The mingwear Smart Ring H01 highlighting its core functionalities including heart rate, blood oxygen, sleep, movement, and pedometer tracking.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Smart Ring (H01) x 1
- Instruction Manual x 1
- Magnetic Charging Cable x 1

SETUP

1. Ring Size Measurement

Accurate ring sizing is crucial for comfort and precise data collection. Follow these steps to determine your correct ring size:

1. Wrap a strip of paper or string around the finger where the ring will be worn. Ensure it is snug but not overly tight or loose.
2. Mark the point where the ends meet.
3. Measure the length of the marked strip in millimeters. Refer to the size chart below to find the corresponding ring size.



Image: Visual guide for measuring finger size and a corresponding size chart to select the correct ring size.

2. Charging the Device

Before first use, fully charge your Smart Ring. A full charge typically takes approximately 2 hours.

- Connect the magnetic charging cable to a USB power source (e.g., computer USB port, wall adapter).
- Attach the magnetic end of the cable to the charging contacts on the Smart Ring. Ensure a secure connection.
- The ring will indicate charging status (e.g., LED indicator).

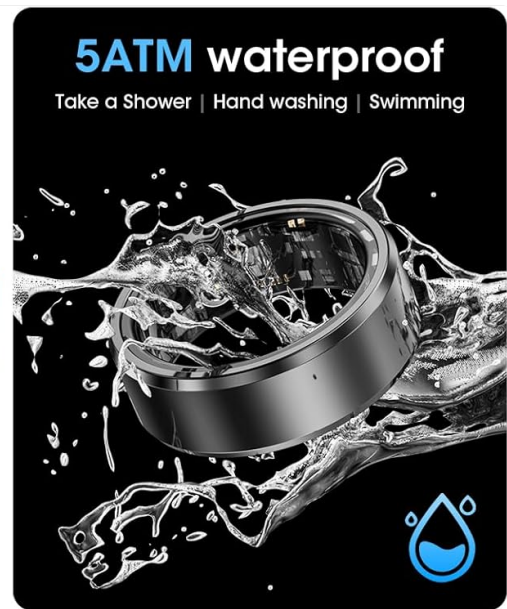


Image: The Smart Ring H01 being charged using its magnetic charging cable.

3. App Installation and Pairing

The mingwear Smart Ring H01 operates with the JYouPro application, available for both Android and iOS devices.

1. Download the **JYouPro** app from the Google Play Store (for Android 5.0 and above) or the Apple App Store (for iOS 10.0 and above).
2. Open the JYouPro app and follow the on-screen instructions to create an account or log in.
3. Ensure your phone's Bluetooth is enabled.
4. Within the app, navigate to the device pairing section and search for your Smart Ring.
5. Select your device from the list to complete the pairing process.

OPERATION

1. Health Monitoring

The Smart Ring continuously monitors key health metrics. Data is synchronized with the JYouPro app when connected.

- **Heart Rate Tracking:** The ring automatically monitors your heart rate throughout the day. You can also

manually check your heart rate via the JYouPro app.

- **Blood Oxygen Levels (SpO2):** Manually check your blood oxygen levels using the JYouPro app.
- **Sleep Monitoring:** The device automatically tracks your sleep patterns from 9:30 PM to 12:00 PM the next day, analyzing sleep quality (deep sleep, light sleep, awake time) and providing insights in the app.

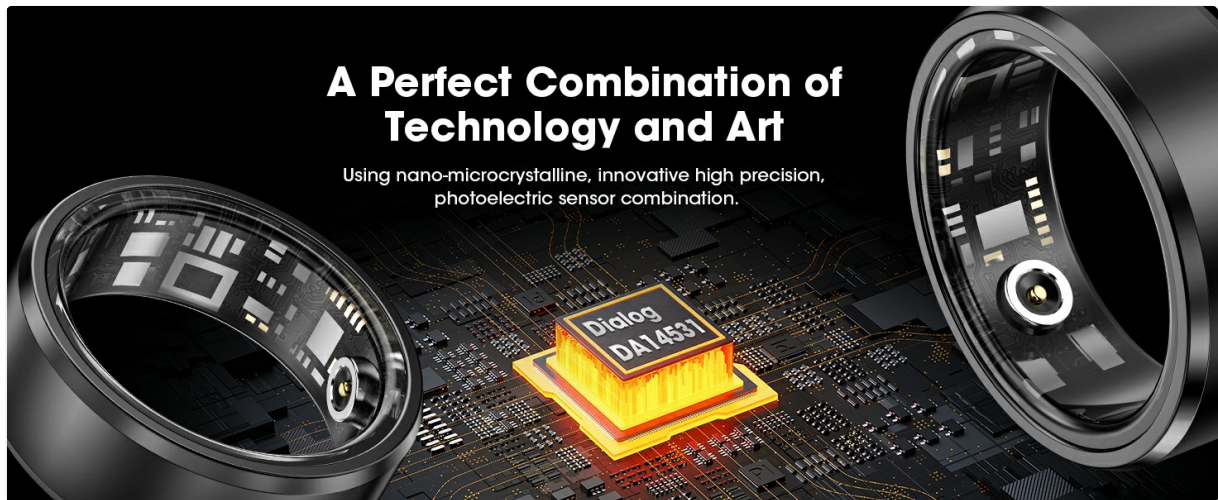


Image: The Smart Ring H01 shown alongside the JYouPro app interface displaying heart rate data.

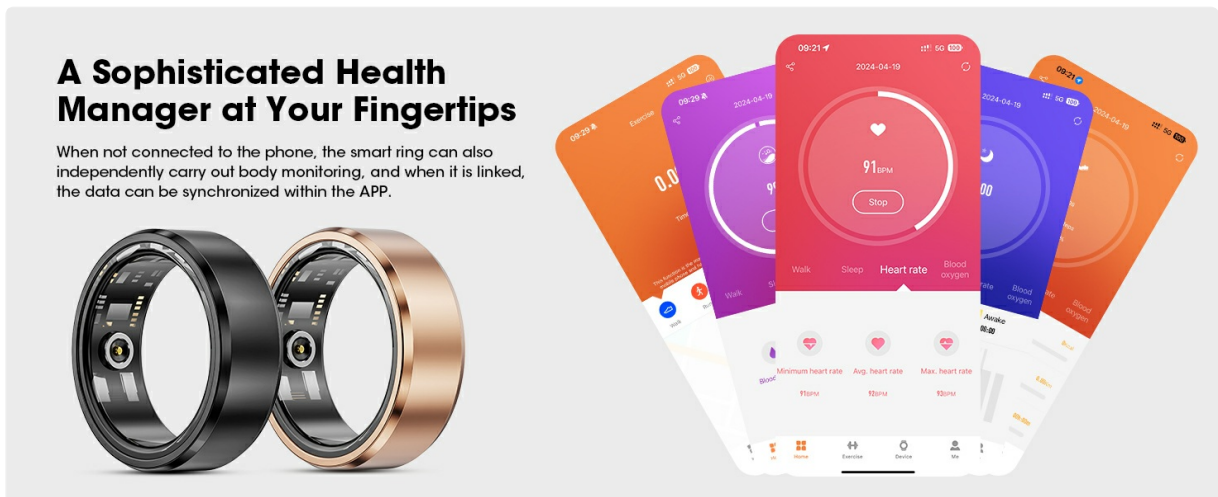
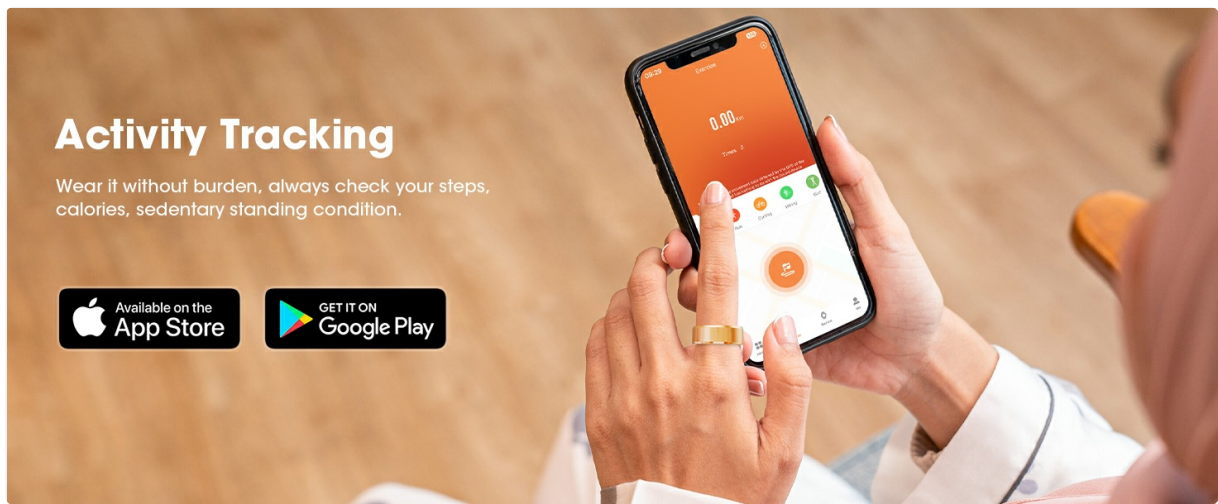


Image: The Smart Ring H01 and the JYouPro app interface showing sleep analysis, including deep, light, and awake times.

2. Activity Tracking

The Smart Ring automatically tracks your physical activity without requiring button presses or touches.

- **Exercise Mode:** Initiate exercise mode within the JYouPro app. The ring will then monitor your steps, distance covered, and calories burned.
- **Data Access:** All sports data can be viewed and analyzed within the JYouPro application.



Activity Tracking

Wear it without burden, always check your steps, calories, sedentary standing condition.



Image: A user wearing the Smart Ring H01 while viewing activity tracking data on the JYouPro app.

3. Remote Control Photography

The Smart Ring supports remote camera control for your smartphone.

- Open the JYouPro app.
- Navigate to the device page and select the remote selfie option.
- Shake your hand while wearing the ring to trigger the camera shutter on your paired smartphone.

MAINTENANCE

1. Water Resistance

The mingwear Smart Ring H01 features IP68 high waterproof technology.

- The ring is resistant to water and sweat.
- It can be worn during hand washing and showering without concern.
- Avoid prolonged submersion in water or exposure to high-pressure water jets.

2. Cleaning and Care

To maintain the device's performance and appearance:

- Wipe the ring regularly with a soft, dry cloth.
- Avoid using abrasive cleaners or solvents, as these can damage the titanium alloy finish and sensors.
- Store the ring in a cool, dry place when not in use.

TROUBLESHOOTING

If you encounter issues with your Smart Ring, refer to the following common solutions:

- **Device Not Powering On:** Ensure the ring is fully charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
- **Unable to Pair with App:**
 - Confirm Bluetooth is enabled on your smartphone.
 - Ensure the ring is charged and within range of your phone.
 - Restart both the ring (if possible, by placing it on charger and removing) and your smartphone.
 - Try reinstalling the JYouPro app.

- **Inaccurate Data Readings:**

- Ensure the ring is worn correctly and snugly on your finger.
- Clean the sensors on the inside of the ring to remove any dirt or debris.
- Update the JYouPro app to the latest version.

- **Short Battery Life:**

- Ensure the ring is fully charged each time.
- Battery life can vary based on usage patterns and environmental factors.

If issues persist, contact customer support for further assistance.

SPECIFICATIONS

Detailed technical specifications for the mingwear Smart Ring H01:

Feature	Detail
Model Name	H01
Brand	mingwear
Operating System	Proprietary
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Water Resistance Level	IP68 (Waterproof)
Case Material Type	Titanium Alloy
Battery Capacity	18 Milliamp Hours
Battery Average Life	7-9 days (usage), 10-15 days (standby)
Charging Time	Approx. 2 hours
Supported Application	Heart Rate Monitor, Sleep Monitor, Pedometer, Remote Control Photography
Compatible Devices	Smartphones (Android 5.0+, iOS 10.0+)
Item Dimensions	2.36 x 3.94 x 3.94 inches (packaging)
Memory Storage Capacity	6 MB

WARRANTY AND SUPPORT

1. Warranty Information

The mingwear Smart Ring H01 comes with a 1-year manufacturer's warranty. This warranty covers defects in

materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

2. Customer Support

For technical assistance, warranty claims, or any questions regarding your mingwear Smart Ring H01, please contact mingwear customer service. Refer to the contact information provided on the product packaging or the official mingwear website.