

DIIKEN JCRing Smart Ring Fitness Tracker

DIIKEN JCRing Smart Ring Fitness and Sleep Tracker User Manual

Model: JCRing Smart Ring Fitness Tracker

1. INTRODUCTION

The DIIKEN JCRing Smart Ring is a wearable device designed to monitor various health and fitness metrics. It provides comprehensive data on sleep patterns, activity levels, heart rate, blood oxygen saturation, and body temperature, helping users understand and manage their well-being. This manual provides essential information for setting up, operating, and maintaining your JCRing Smart Ring.



Image: The JCRing Smart Ring with its companion app showing health data.

2. WHAT'S IN THE BOX

Please verify that all items are present upon unboxing:

- JCRing Smart Ring
- Charging Case
- User Manual (this document)

3. SETUP GUIDE

3.1. Initial Charging

Before first use, fully charge your JCRing Smart Ring. Place the ring into its charging case. The ring uses advanced wireless charging technology and can be fully charged in approximately 30 minutes. A full charge provides 7-14 days of continuous use.

3.2. App Installation and Pairing

- 1. Download the official JCRing app from the App Store (iOS) or Google Play Store (Android).
- 2. Open the app and follow the on-screen instructions to create an account or log in.
- 3. Ensure your smartphone's Bluetooth is enabled.
- 4. Within the app, select 'Add Device' and choose your JCRing from the list of available devices to pair.

3.3. Sizing and Wearing

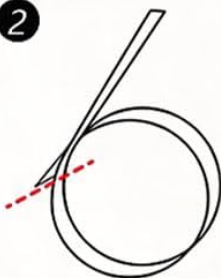
For optimal accuracy, selecting the correct ring size is crucial. If you are familiar with traditional jewelry ring sizes, please note that for the JCRing Smart Ring, it is recommended to choose one size larger than your usual US standard ring size. For example, a US size 7 typically corresponds to a JCRing size 8. Wear the ring on the finger that provides the most comfortable and secure fit.

HOW TO CHOOSE THE SIZE?

1



2



3



Cut a slip of paper, about 2mm width and wrap it around your finger

Mark the point where the end of the paper overlaps

Use the ruler to measure the circumference then refer to the chart

Size	US	Finger Circumference
7	18.20mm/0.72in	57.17mm/2.25in
8	18.90mm/0.74in	59.37mm/2.34in
9	19.80mm/0.78in	62.20mm/2.45in
10	20.60mm/0.81in	64.70mm/2.55in
11	21.30mm/0.85in	66.91mm/2.63in
12	22.20mm/0.88in	70.15mm/2.76in

Image: Guide on how to measure your finger for accurate JCRing sizing.

3.4. Initial Data Calibration

To ensure the most accurate monitoring experience, wear the JCRing Smart Ring continuously for more than 3 days. This period allows the device to adapt to your wearing habits and accurately capture your physical data, especially for sleep records.

4. OPERATING YOUR SMART RING

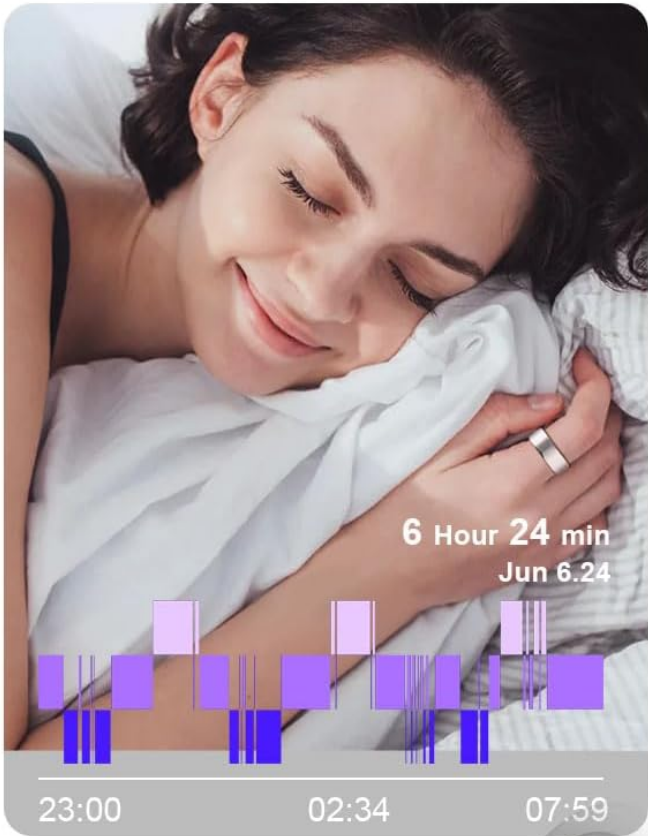
4.1. Health Tracking Features

The JCRing Smart Ring utilizes advanced sensors to monitor over 25 biometric technologies, providing real-time data on key health metrics:

- **Heart Rate:** Continuous monitoring of your heart rate throughout the day and night.
- **Blood Oxygen Saturation (SpO2):** Tracks blood oxygen levels.
- **Body Temperature:** Monitors changes in your body temperature.
- **Sleep Analysis:** Provides detailed reports on deep sleep, light sleep, and REM sleep stages.
- **Activity Tracking:** Records steps, distance, calories burned, and supports various sports modes.
- **Stress Levels:** Analyzes your stress and recovery status.



Image: Overview of health metrics tracked by the JCRing Smart Ring.



Sleep Monitor

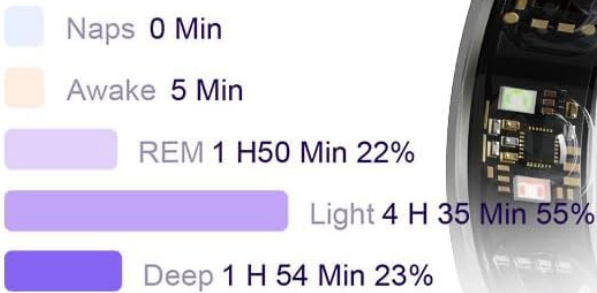


Image: Detailed heart rate and sleep monitoring data from the JCRing app.

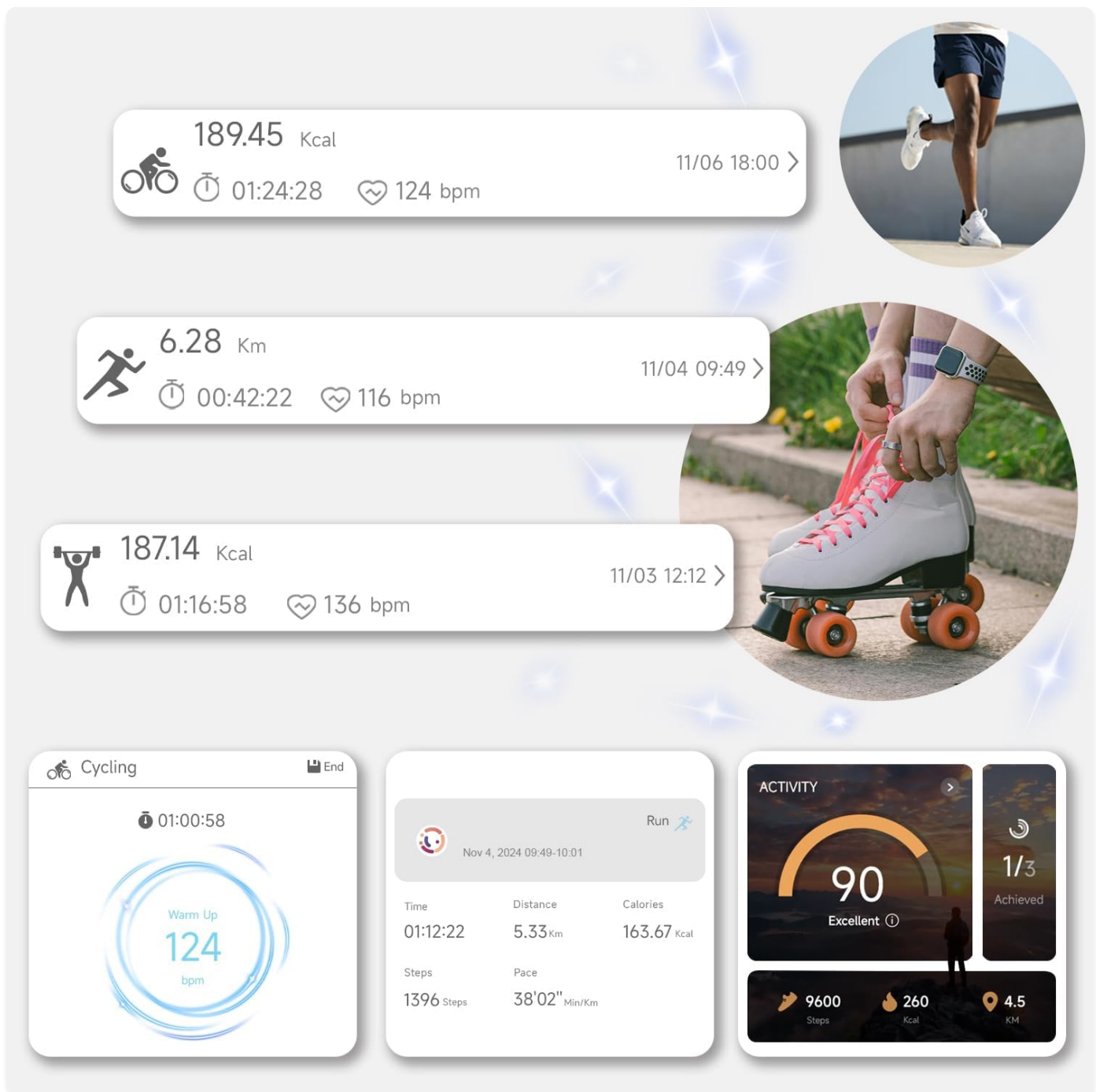


Image: Activity tracking features for various sports modes.

4.2. App Usage

All collected data is synchronized with the JCRing app on your smartphone. The app provides a user-friendly interface to view your daily, weekly, and monthly health reports. You can track trends, set goals, and gain insights into your overall health and wellness.

4.3. Water Resistance

The JCRing Smart Ring features 5ATM water resistance, allowing it to function normally in water depths up to 350 feet. This means you can wear it during swimming, showering, and other water-related activities without concern.



Image: The JCRing Smart Ring demonstrating its 5ATM water resistance.

4.4. Health Data Sharing

The JCRing app supports adding different group accounts, enabling you to share health data reports with family and friends, promoting collective wellness.

4.5. Product Videos

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Video: This video demonstrates the DIIKEN JCRing Smart Ring's various health tracking features, including heart rate, sleep, and activity monitoring, highlighting its sleek design and ease of use.

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Video: An overview video showcasing the DIIKEN JCRing Smart Ring's comprehensive health monitoring capabilities, including sleep analysis, activity tracking, and stress level management, along with its waterproof design and long battery life.

5. MAINTENANCE

5.1. Cleaning Your Ring

To maintain optimal performance and hygiene, regularly clean your JCRing Smart Ring. Use a soft, damp cloth to gently wipe the exterior and interior surfaces. Avoid using harsh chemicals or abrasive materials, as these can damage the sensors or the ring's finish.

5.2. Charging Best Practices

- Always use the provided charging case.
- Ensure the ring is properly seated in the charging case for efficient charging.
- Avoid exposing the charging case or ring to extreme temperatures.

6. TROUBLESHOOTING

6.1. Inaccurate Data Readings

- **Wearing Period:** Ensure you have worn the ring continuously for at least 3 days for the device to calibrate and provide accurate data.
- **Fit:** Verify that the ring fits snugly but comfortably on your finger. A loose fit can affect sensor accuracy.
- **Cleanliness:** Ensure the sensors on the inside of the ring are clean and free from dirt or sweat.

6.2. Connectivity Issues

- **Bluetooth:** Confirm that Bluetooth is enabled on your smartphone and the ring is within range.
- **App Status:** Close and reopen the JCRing app. Ensure the app is updated to the latest version.
- **Restart:** Try restarting your smartphone and placing the ring back in its charging case for a few seconds before attempting to reconnect.

6.3. Sizing Concerns

If the ring feels too tight or too loose, refer to the sizing guide in Section 3.3. Remember to consider sizing up from your traditional jewelry ring size for an optimal fit.

7. SPECIFICATIONS

Feature	Detail
Brand	DIIKEN
Model Name	JCRing Smart Ring Fitness Tracker
Item Model Number	JCRing Smart Ring Fitness Tracker
Product Dimensions	0.39 x 0.63 x 0.39 inches
Item Weight	3.2 ounces
Operating System	iOS & Android Compatible
Special Feature	Dustproof, Shockproof, Waterproof (5ATM)
Connectivity Technology	Wireless (Bluetooth)
GPS	No GPS

Shape	Round
Color	Silver
Date First Available	April 27, 2024

8. WARRANTY AND SUPPORT

8.1. Return Policy Reminder

If you need to process a return for any reason, it is crucial to complete the unbinding operation between your mobile phone and the ring within the JCRing app. This step ensures a smooth and efficient return process.

8.2. Professional After-sales Service

Should you encounter any issues during use or have questions about your JCRing Smart Ring, please contact DIIKEN customer support immediately through Amazon messages. Our team is dedicated to resolving your concerns to your satisfaction.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question