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› JCRing Smart Ring Fitness Tracker User Manual

DIIKEN JCRing

JCRing Smart Ring Fitness Tracker User Manual

Model: JCRing | Brand: DIIKEN

1. INTRODUCTION

The DIIKEN JCRing Smart Ring is a wearable fitness tracker designed to monitor various health metrics directly from your finger. This manual provides comprehensive instructions for setting up, operating, and maintaining your smart ring to ensure optimal performance and accurate data tracking.



Image: The JCRing Smart Ring alongside a smartphone displaying its health tracking application. The ring is shown with its internal sensors visible, highlighting its advanced monitoring capabilities.

The JCRing offers continuous monitoring of sleep patterns, activity levels, heart rate, blood oxygen saturation (SpO2), stress, and body temperature. Its lightweight, durable titanium design ensures comfort for prolonged wear, including during sleep and water-based activities.

2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the device. This may cause damage, fire, electric shock, or other hazards.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the charging case to water or moisture.
- Consult a medical professional before starting any new exercise regimen or if you have any health concerns. The data provided by the ring is for reference only and should not be used for medical diagnosis or treatment.
- Ensure the ring is clean and dry before charging to prevent corrosion or damage.

3. WHAT'S IN THE BOX

Your JCRing Smart Ring package includes:

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

4. SETUP GUIDE

4.1. Choosing the Correct Size

For optimal accuracy and comfort, selecting the correct ring size is crucial. It is highly recommended to use a JCRing Sizing Kit before purchasing your smart ring. If you are familiar with traditional jewelry ring sizes, please note that for an optimal wearing experience with the JCRing, you may need to choose the next larger size. For example, a US size 7 traditional ring corresponds to a JCRing size 8.

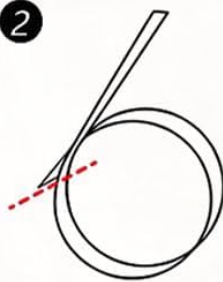
HOW TO CHOOSE THE SIZE?

1



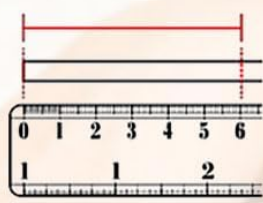
Cut a slip of paper, about 2mm width and wrap it around your finger

2



Mark the point where the end of the paper overlaps

3



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: A visual guide demonstrating how to measure your finger using a paper strip and a ruler, along with a size chart correlating finger

circumference to US ring sizes for the JCRing.



Image: A four-step visual guide illustrating the process of using a JCRing Sizing Kit: purchasing the kit, choosing the right size from 8 options, wearing it for 24 hours to confirm fit, and then purchasing and using the JCRing.

4.2. Charging the Ring

Before first use, fully charge your JCRing. 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.



Image: The JCRing Smart Ring placed inside its compact charging case, indicating it is ready for charging.

4.3. App Download and Pairing

The JCRing requires its dedicated mobile application for full functionality and data viewing. The app is compatible with both iOS and Android devices.

1. Download the "JCRing" App from the Apple App Store (for iOS) or Google Play Store (for Android).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure your phone's Bluetooth is enabled.
4. Place the JCRing on its charger to activate pairing mode.

5. In the app, search for your JCRing and select it to pair.
6. Once successfully paired, you can access all features without additional fees.

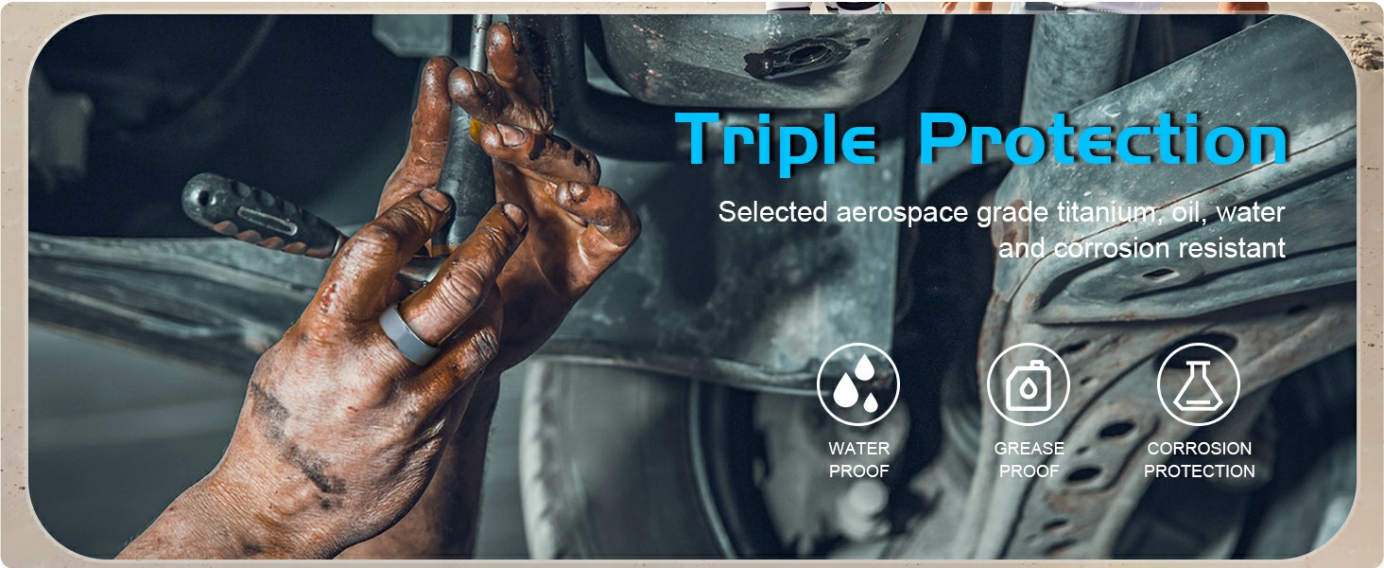


Image: A visual guide showing the steps to connect the JCRing: purchasing the ring, downloading the JCRing app, connecting the ring to the charger, and accessing features after successful pairing.

Your browser does not support the video tag.

Video: An official product video from DIKEN-US demonstrating the JCRing Smart Ring and its features. This video provides a general overview of the product's design and functionality.

5. OPERATING YOUR JCRING

5.1. Wearing the Ring

Wear the JCRing on any finger that feels comfortable. For best results and consistent data, it is recommended to wear the ring continuously for at least 3 days to allow it to adapt to your habits and accurately capture physical data, especially for sleep monitoring.



Image: A person wearing the JCRing Smart Ring on their finger while looking at a smartphone, illustrating typical usage.

5.2. Understanding Health Data

The JCRing app provides detailed insights into your health and activity. Data is collected in real-time and synchronized with the app when connected.

Sleep Tracking

The ring automatically tracks your sleep, providing detailed analysis including deep sleep, light sleep, and REM sleep cycles. It helps you understand your sleep quality and patterns.



Image: Screenshots from the JCRing app displaying heart rate monitoring and a detailed sleep analysis, including sleep stages and duration.



Image: A visual representation of the JCRing's "Sleep Better" feature, showing app interfaces with sleep data and a person comfortably sleeping, emphasizing the ring's role as a powerful sleep assistant.

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Video: An official product video from DIIKEN-US showcasing the JCRing Smart Ring Fitness Tracker in Silver. This video highlights various features and the sleek design of the ring.

Activity Tracking

Monitor your daily steps, calories burned, distance, and engage with over 20 sports modes (future integration) to track specific workouts. The app provides real-time feedback to help you align with your health goals.



189.45 Kcal

11/06 18:00 >

 01:24:28

 124 bpm





6.28 Km

11/04 09:49 >

 00:42:22

 116 bpm





187.14 Kcal

11/03 12:12 >

 01:16:58

 136 bpm

 Cycling



01:00:58

Warm Up

124

bpm

 Run

Nov 4, 2024 09:49-10:01

Time	Distance	Calories
01:12:22	5.33 Km	163.67 Kcal
Steps	Pace	
1396 Steps	38'02" Min/Km	

ACTIVITY

90

Excellent ⓘ

1/3

Achieved

9600 Steps

260 Kcal

4.5 KM

Image: Screenshots from the JCRing app displaying various activity tracking metrics such as calories burned, distance, and workout summaries for cycling, running, and weightlifting.

Size First Before You Buy



Step1

It's Now! Purchase the JCRing Sizing Kit



Step2

Choose the right kit from 8 sizes



Step3

Wear it for 24 hours to make sure you fit your size best!



Step4

Purchase and use JCRing, heealth at your fingertips!

Image: A visual illustrating the "Moving More" section of the JCRing app, highlighting 47 sports modes and showing a heart rate graph during exercise, with people engaging in various physical activities.

Heart Rate and SpO2 Monitoring

The JCRing accurately monitors your heart rate and blood oxygen saturation (SpO2) using advanced sensors. This data helps you understand your cardiovascular health and overall well-being.

JC SMART RING



Image: The JCRing Smart Ring displayed with icons representing various health metrics it tracks, including sleep, body temperature, blood oxygen, stress, maximal oxygen uptake, and heart rate.

How to Connect Your JCRing



1

It is now! Purchase a ring in your size.



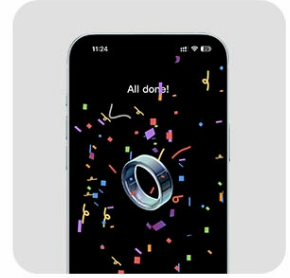
2

Download the JCRing App, available on the App Store and Google Play.



3

Connect the ring to the charger.



4

After successful pairing, access all features without paying.

Image: A visual representing the "Heartbeat" feature of the JCRing app, showing heart rate data and a person meditating, emphasizing stress coping and inner balance.

Stress and Temperature Monitoring

The ring provides insights into your stress levels and tracks body temperature changes, offering a comprehensive view of your physiological state.

Sports Ring Health Monitoring

Easily monitor your temperature stress, blood oxygen levels, all at your fingertips.



Image: The JCRing app interface displaying a vitality score, SpO2 levels, and heart rate graphs, providing a comprehensive health overview.

Get your vitality score and take control of your day.

Get insights into how ready you are to take on the day with JCRing AI's health score. The score is based on your sleep quality, heart rate variability, and activity level from yesterday. Wake up every morning, check your vitality score, and challenge yourself to improve it every day.



92
Excellent

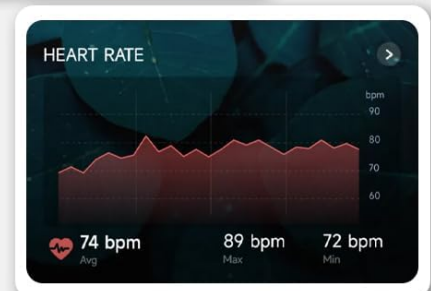
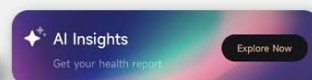
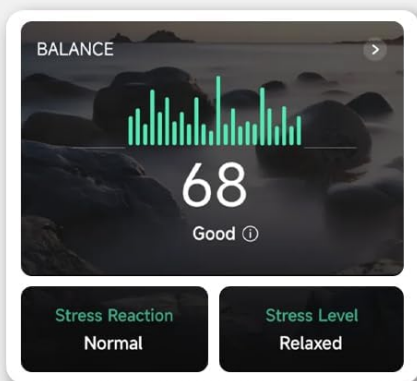


Image: The JCRing app interface displaying a vitality score, SpO2 levels, and heart rate graphs, providing a comprehensive health overview.



Image: A visual demonstrating the JCRing's "AI Stress and Balance Analysis" feature, showing app interfaces with stress levels and balance insights, promoting stress reduction and improved quality of life.

5.3. Waterproof Capabilities

The JCRing boasts excellent 5ATM waterproof performance, allowing it to function normally up to 100 meters (350 feet) deep. You can wear it confidently during swimming, diving, showering, or hand washing.



Image: A visual highlighting the JCRing's 5ATM waterproof rating, indicating its resistance to water during swimming, sweating, rain, and hand washing.

Your browser does not support the video tag.

Video: An official product video from DIIKEN-US showcasing the JCRing's durability and advanced features, including its waterproof capabilities.

6. MAINTENANCE

- **Cleaning:** Wipe the ring regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the sensors or finish.
- **Charging:** Always ensure the ring and charging contacts are dry before placing it in the charging case.
- **Storage:** When not in use for extended periods, store the ring in its charging case in a cool, dry place.
- **Durability:** The JCRing is made of high-strength titanium, offering triple protection against water, grease, and corrosion.

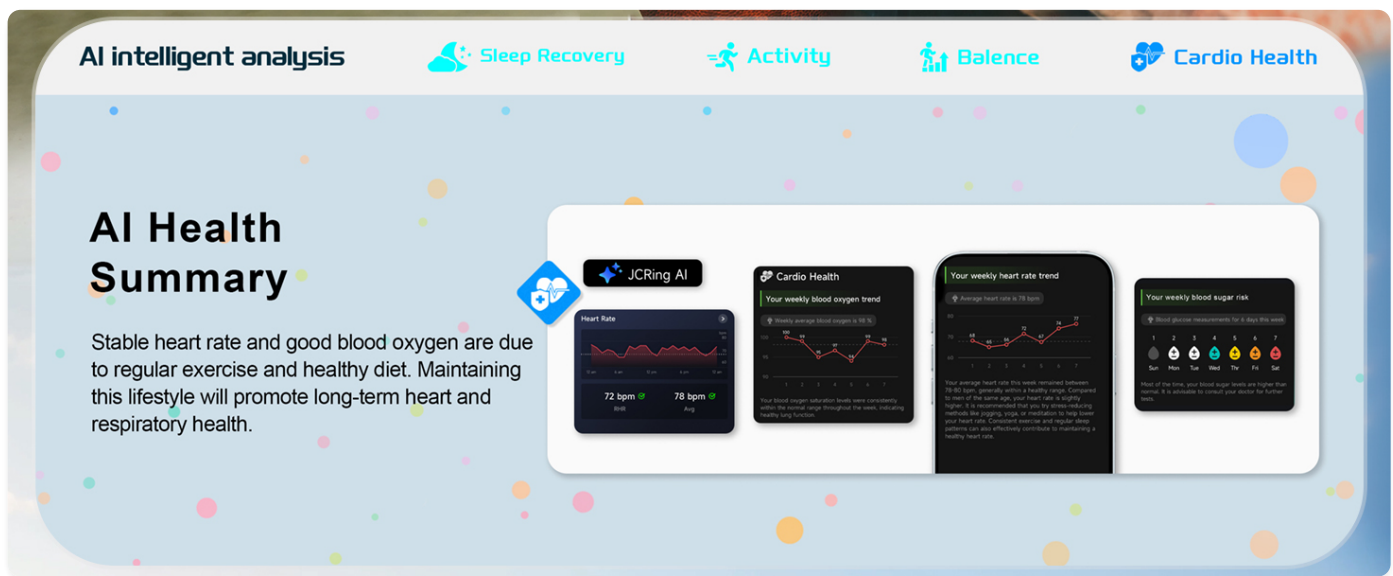


Image: A visual highlighting the JCRing's "Triple Protection" features, indicating it is made of aerospace-grade titanium, making it water, oil, and corrosion resistant.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Ring not connecting to app	Bluetooth off, ring not charged, app permissions, ring out of range.	Ensure Bluetooth is on. Charge the ring. Check app permissions (location, Bluetooth). Bring ring closer to phone. Restart app/phone.
Inaccurate health data	Improper fit, not worn continuously, dirty sensors.	Ensure correct size and snug fit. Wear continuously for at least 3 days for calibration. Clean sensors regularly.
Ring not charging	Improper placement in case, dirty contacts, faulty cable/charger.	Ensure ring is correctly seated in the charging case. Clean charging contacts on ring and case. Try a different USB cable or power adapter.
App not syncing data	Connection issues, app glitch.	Verify Bluetooth connection. Close and reopen the app. Restart your phone.

If you continue to experience issues, please refer to the "Professional After-sales Service" section for support.

8. SPECIFICATIONS

- **Model:** JCRing
- **Brand:** DIIKEN
- **Material:** Titanium
- **Water Resistance:** 5ATM (up to 100m / 350 feet)
- **Connectivity:** Bluetooth
- **Battery Life:** 7-14 days (typical use)
- **Charging Time:** Approximately 30 minutes
- **Compatibility:** iOS & Android
- **Dimensions:** 0.39 x 0.87 x 0.39 inches

- **Item Weight:** 2.89 ounces

9. WARRANTY AND SUPPORT

DIIKEN is committed to providing high-quality products and excellent customer service. If you encounter any issues during use or are dissatisfied with your JCRing Smart Ring, please contact us immediately through Amazon messages.

Important Return Policy Reminder: In case you need to process a return for any reason, please complete the unbinding operation between your mobile phone and the ring within the app. This step is crucial for efficient after-sales service and smooth processing of your return request.

Your trust and support are highly valued, and we are dedicated to resolving any concerns to your satisfaction.

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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