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Samsung SM-Q500NZKAXAR

Samsung Galaxy Ring SM-Q500NZKAXAR Instruction Manual

Comprehensive guide for your Samsung Galaxy Ring, including setup, operation, maintenance, and specifications.

1. INTRODUCTION TO THE SAMSUNG GALAXY RING

The Samsung Galaxy Ring is an advanced AI smart ring designed to provide a deeper understanding of your body's health and activity. It offers seamless tracking of fitness, sleep, and various biometric data in a comfortable and stylish form factor. This manual will guide you through setting up, operating, and maintaining your Galaxy Ring.

SAMSUNG

Galaxy Ring
Galaxy AI ✨ is here



Image: The Samsung Galaxy Ring in Titanium Black, showcasing its sleek design.

2. GETTING STARTED: SIZING AND SETUP

2.1. Important Sizing Information

Galaxy Ring sizes may differ from standard ring sizes. It is highly recommended to use the official Samsung Galaxy Ring Sizing Kit to determine your correct size before purchasing the actual ring. The sizing kit includes sample rings from size 5 to 15. Wear a sample ring for at least 24 hours to ensure a comfortable fit, as finger sizes can change throughout the day and night.



Remarkable design. Everyday durability.

This Galaxy Ring stands up to your day with a durable design that's water and scratch resistant.¹

¹ Consistent with 10ATM water-resistance classification (up to 100m of fresh water for up to 10 minutes) and IP68 rating (up to 6 feet of water for up to 30 minutes). Rinse residue / dry after wet.

Image: The Samsung Galaxy Ring Sizing Kit, displaying various ring sizes for accurate measurement.

Your browser does not support the video tag.

Video: A guide on how to properly size your Samsung Galaxy Ring using the sizing kit to ensure optimal comfort and tracking accuracy.

2.2. Initial Setup and Pairing

The Galaxy Ring is compatible with Android smartphones. To set up your ring:

1. Ensure your Android smartphone is running a compatible version of Android.
2. Download and install the [Samsung Wearable app](#) from the Google Play Store.
3. Place your Galaxy Ring into its charging case and connect the charging cable to a power source.
4. Open the Samsung Wearable app on your smartphone.
5. Follow the on-screen instructions to pair your Galaxy Ring. You may need to press and hold the button on the charging case for 3 seconds to enter pairing mode.
6. Once paired, the app will guide you through any necessary software updates and initial health profile setup.

3. OPERATING YOUR GALAXY RING

3.1. Wearing the Ring

For accurate tracking, wear the Galaxy Ring on any finger where it feels comfortable. Ensure the three sensors on the inner part of the ring are facing towards your palm, and the indicator on the outer surface is also on the palm side. The lightweight titanium design ensures comfort for all-day wear, including during sleep.



Image: The Samsung Galaxy Ring in Titanium Black, worn on a finger, highlighting its comfortable and unobtrusive design.

3.2. Health and Activity Tracking

The Galaxy Ring continuously monitors various health metrics:

- **Sleep Tracking:** Provides personalized sleep insights, including deep sleep duration, REM cycles, and heart rate variability. For accurate sleep data, wear the device for at least 7 nights during a 30-night period.
- **Heart Rate Tracking:** Improved optical heart rate sensor filters out body movements for precise readings.
- **Activity Monitoring:** Features Auto Workout Detection for walking and running, automatically tracking your exercise without manual input.
- **Energy Score & Wellness Tips:** Gain insights into your daily readiness and receive personalized wellness tips through the Samsung Health app, requiring a compatible Samsung Galaxy AI phone and Samsung account.
- **Cycle Tracking:** Helps track menstruation cycles by sensing slight changes in body temperature. Note: This feature is not intended for contraception or medical use and may be affected by hormonal birth control or treatments.

Your browser does not support the video tag.

Video: An overview of the Samsung Galaxy Ring's key features, including its health and activity tracking capabilities.

Your browser does not support the video tag.

Video: An introduction to the Energy Score feature, explaining how it provides personalized insights into your daily readiness based on tracked data.

4. CHARGING AND BATTERY

The Galaxy Ring offers up to 7 days of battery life on a single charge, depending on usage. It comes with a convenient charging case and a USB-C charging cable.

- To charge, place the ring into the charging case.
- Connect the USB-C cable to the charging case and a power source.
- The charging case features an indicator light to show charging status.
- A short press on the case button checks the battery level, while a long press (3 seconds) initiates pairing mode.

How to use the Sizing Kit

After receiving the Galaxy Ring Sizing Kit, choose a sample ring and wear it for more than 24 hours (including sleep). Check that it's not too small or too big. The three bumps on the inner part of the ring are where the sensors on the actual Galaxy Ring will be. Turn the sample ring so that the sensors are facing towards the palm of your hand.

Image: The Samsung Galaxy Ring, its transparent charging case, and the included USB-C charging cable.

5. CARE AND MAINTENANCE

The Galaxy Ring is built for everyday durability with a concave titanium design that minimizes scratches. It is also water-resistant with a 10ATM water-resistance classification (up to 100m of fresh water for up to 10 minutes) and an IP68 rating (up to 6 feet of water for up to 30 minutes).

- Rinse any residue and dry the ring thoroughly after exposure to water.
- Avoid exposing the ring to extreme temperatures or harsh chemicals.
- Clean the ring regularly with a soft, dry cloth to maintain its appearance and sensor accuracy.

Galaxy Ring Sizing Kit



Image: A hand wearing the Samsung Galaxy Ring, shown under running water, demonstrating its water-resistant capabilities.

6. TROUBLESHOOTING

If you encounter issues with your Galaxy Ring, try the following:

- **Connection Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both your phone and the ring (by placing it in the charging case and closing/opening).
- **Inaccurate Readings:** Verify the ring is worn correctly with sensors facing the palm. Ensure the ring is clean and free of debris.
- **Battery Drain:** Check for any background apps on your phone that might be excessively using Bluetooth. Ensure the ring's software is up to date.
- **App Not Syncing:** Confirm your Samsung Health app and Samsung Wearable app are updated to the latest versions. Check your phone's internet connection.

For further assistance, refer to the Samsung support website or contact customer service.

7. SPECIFICATIONS

Feature	Detail
Model Number	SM-Q500NZKAXAR
Operating System Compatibility	Android
Memory Storage Capacity	8 MB
Special Features	Heart Rate Monitor, Sleep Monitor
Battery Capacity	18.5 Milliamp Hours
Battery Average Life	7 days

Feature	Detail
Connectivity Technology	Bluetooth
Case Material Type	Titanium
Water Resistance Level	Water Resistant (IP68, 10ATM)
Metrics Measured	Optical Heart Rate Sensor
Item Weight	0.1 Ounces
Item Dimensions	2.07 x 0.98 x 0.78 inches

8. WHAT'S IN THE BOX

Your Samsung Galaxy Ring package includes:

- Samsung Galaxy Ring
- Charging Case
- Charging Cable (USB-C)

How to use the Sizing Kit

After receiving the Galaxy Ring Sizing Kit, choose a sample ring and wear it for more than 24 hours (including sleep). Check that it's not too small or too big. The three bumps on the inner part of the ring are where the sensors on the actual Galaxy Ring will be. Turn the sample ring so that the sensors are facing towards the palm of your hand.

Image: The Samsung Galaxy Ring, its charging case, and the USB-C charging cable, as included in the product packaging.

9. WARRANTY AND SUPPORT

The Samsung Galaxy Ring comes with a 1-Year Manufacturer Limited Warranty. For warranty claims, technical support, or additional information, please visit the official Samsung support website or contact their customer service.

Each item has a unique code that Samsung verifies for authenticity.

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This manual is for informational purposes only. Features and specifications are subject to change without notice.