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## CNBRO JYR06FS

# CNBRO Smart Health Tracking Ring User Manual

Model: JYR06FS

## 1. INTRODUCTION

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The CNBRO Smart Health Tracking Ring is a wearable device designed to monitor various health metrics and activity levels. It combines elegant design with advanced tracking capabilities, including heart rate monitoring, calorie counting, step tracking, and sleep analysis. This manual provides detailed instructions for setting up, operating, and maintaining your smart ring.



Image 1: The CNBRO Smart Health Tracking Ring, showcasing its sleek design and internal components.

Your browser does not support the video tag.

Video 1: An overview of the CNBRO Smart Health Tracking Ring, highlighting its features and design.

## 2. WHAT'S IN THE BOX

Upon opening your product package, please ensure all the following items are present:

- Smart Ring x 1
- Charging Line x 1
- User Manual x 1
- Charging Cable x 1 (Note: This refers to the charging case/dock, which includes the charging cable)

### 3. SETUP

#### 3.1 Initial Charging

Before first use, fully charge your Smart Ring. Place the ring into the charging case and connect the charging cable to a USB power source. A full charge typically takes about 1 hour. The charging case itself has a 200mAh battery, allowing for multiple recharges of the ring on the go.



Image 2: The Smart Ring placed in its charging case, connected via a USB-C cable. The image indicates 13 recharges and 5-7 days of use per ring charge.

#### 3.2 App Installation and Pairing

To utilize all features of your Smart Ring, download the "QRing" application on your smartphone.

1. Scan the QR code provided in the manual or search for "QRing" in your device's app store (compatible with iOS 8.0 or above, and Android 5.1 or above).
2. Install and open the QRing application.

3. Follow the on-screen instructions within the app to pair your Smart Ring via Bluetooth 5.0. Ensure Bluetooth is enabled on your smartphone.
4. Complete your profile setup in the app to personalize your health tracking.

## 4. OPERATING INSTRUCTIONS

### 4.1 Health Monitoring

The Smart Ring continuously monitors various health parameters. Data is synchronized with the QRing app for detailed analysis.

- **Heart Rate Monitor:** The built-in green light sensor measures your heart rate. You can view real-time data and historical trends in the QRing app. The app also allows for scheduled heart rate measurements.
- **Sleep Tracker:** The ring automatically monitors your sleep patterns at night, recording duration, analyzing sleep data, and identifying sleep depth (deep, light, awake).
- **Stress Assessment:** The device provides stress level assessments, helping you understand your body's state during exercise and relaxation.

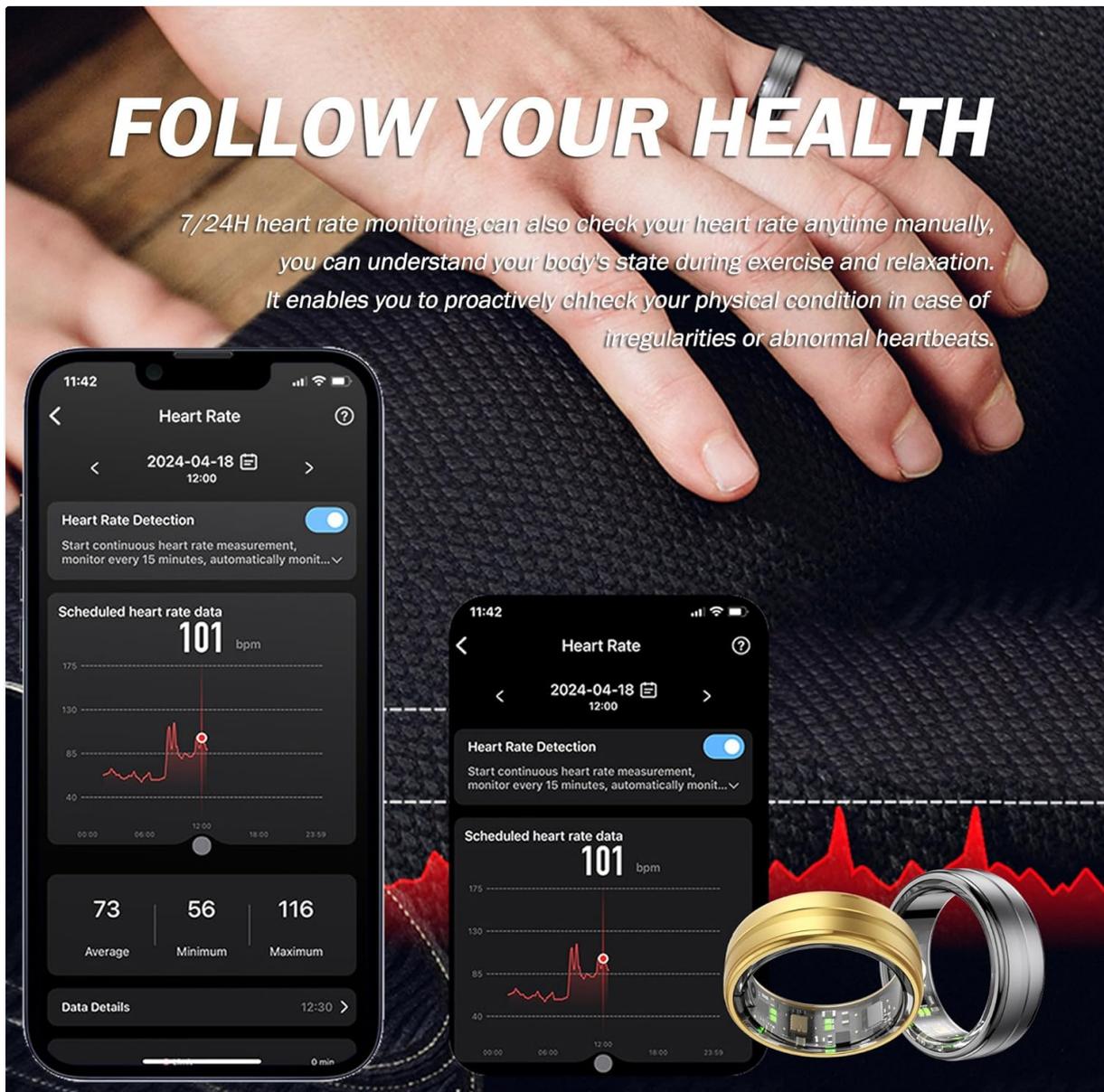


Image 3: Screenshot from the QRing app displaying heart rate detection and historical data, with the smart ring visible.



Image 4: Screenshot from the QRing app showing sleep monitoring data, including deep, light, and awake times, with smart rings on a hand.

## 4.2 Activity Tracking

The Smart Ring tracks your daily activities and supports various sport modes.

- **Pedometer:** Accurately tracks steps taken, distance covered, and calories burned during activities like indoor/outdoor running, treadmills, or fitness walking.
- **Calorie Counter:** Provides an estimate of calories burned based on your activity level and personal data.
- **Sport Modes:** The app supports multiple sport modes to provide more accurate tracking for specific exercises.

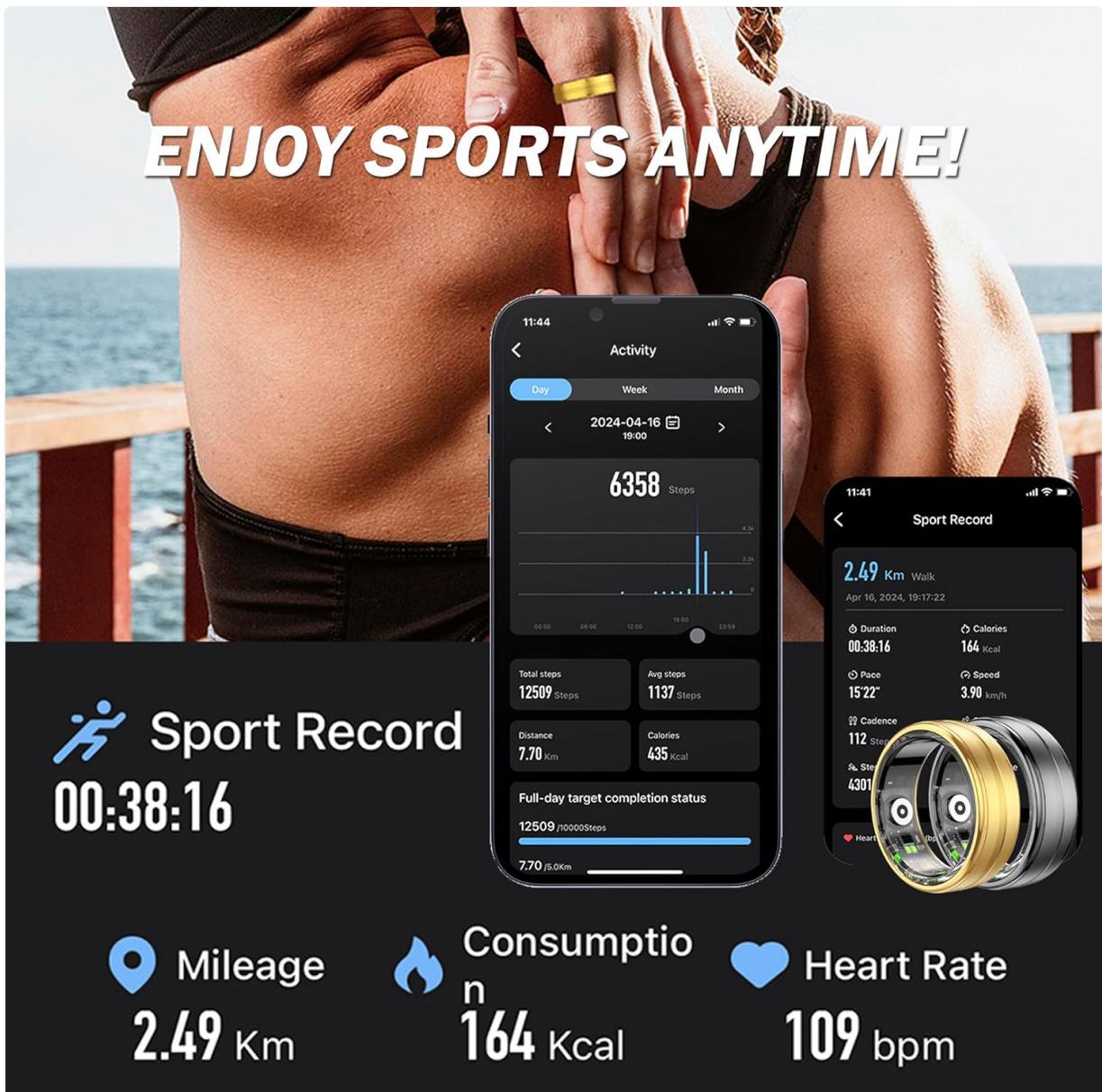


Image 5: A person wearing the smart ring during exercise, with app screenshots showing step count, mileage, calorie consumption, and heart rate data.

## 5. BATTERY AND CHARGING

The Smart Ring is designed for long-lasting performance and convenient charging.

- **Ring Battery:** 15mAh capacity, providing 5-7 days of working time on a single full charge.
- **Charging Case Battery:** 200mAh capacity, capable of recharging the ring approximately 13 times when fully charged.
- **Charging Time:** Approximately 1 hour for a full charge of the ring.
- **Charging Type:** Magnetic charging via the included charging case and cable.

## 6. CARE AND MAINTENANCE

### 6.1 Material and Durability

The Smart Ring is constructed from durable aluminum alloy, offering wear-resistant and corrosion-resistant properties for extended use.

### 6.2 Waterproofing

The device has an IP67 waterproof rating, meaning it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes.

**Important:** While the ring is waterproof for daily wear (e.g., washing hands, sweating), it is **NOT** suitable for hot water bathing, diving, swimming, or other water-related work that involves prolonged immersion or high-pressure water.

### 6.3 Cleaning

Wipe the ring with a soft, damp cloth to clean it. Avoid using harsh chemicals or abrasive materials.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	JYR06FS
Ring Material	Aluminium Alloy
Ring Battery Capacity	15mAh
Charging Case Battery Capacity	200mAh
Full Charge Time (Ring)	About 1 Hour
Standby Time	5-7 days of working time per charge
Bluetooth Version	5.0
App	QRing
Compatibility	iOS 8.0 or above, Android 5.1 or above
Waterproof Rating	IP67
Weight	4.4g
Inner Diameter (US8)	18.3mm (0.72")
Inner Diameter (US9)	19.1mm (0.75")
Inner Diameter (US10)	20mm (0.77")
Inner Diameter (US11)	20.8mm (0.81")
Inner Diameter (US12)	21.6mm (0.85")

# PRODUCT PARAMETER



Size	Inner Diameter (mm)	Perimeter (mm)
# 8	18.3mm	57.5mm
# 9	19.1mm	60mm
# 10	20mm	62.8mm
# 11	20.8mm	65.4mm
# 12	21.6mm	67.8mm



Image 6: Detailed product parameters including ring sizes (inner diameter and circumference) and dimensions of the charging case.

## 8. TROUBLESHOOTING

If you encounter any issues with your CNBRO Smart Health Tracking Ring, please try the following steps:

- **Device Not Turning On:** Ensure the ring is fully charged. Place it in the charging case and connect the case to a power source.
- **Pairing Issues:**
  - Verify Bluetooth is enabled on your smartphone.
  - Ensure the ring is within range of your smartphone.
  - Restart both your smartphone and the ring (by placing it in the charging case and taking it out).
  - Try unpairing and re-pairing the device through the QRing app.
- **Inaccurate Data:**
  - Ensure the ring is worn correctly and snugly on your finger.
  - Keep the sensors clean and free from debris.
  - Ensure the QRing app is up to date.
- **App Not Syncing:** Check your internet connection and ensure the QRing app has necessary permissions

on your phone.

## **9. WARRANTY AND SUPPORT**

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For any questions, concerns, or technical support regarding your CNBRO Smart Health Tracking Ring, please contact the manufacturer or your point of purchase.

Please refer to your purchase documentation for specific warranty details.

Manufacturer: CNBRO