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RingConn RCA-01

RingConn Gen 2 Smart Ring User Manual

Model: RCA-01

Introduction

Welcome to the RingConn Gen 2 Smart Ring user manual. This guide provides essential information for setting up, operating, maintaining, and troubleshooting your new smart ring. The RingConn Gen 2 is designed to offer comprehensive health monitoring, including advanced sleep apnea detection, heart rate tracking, sleep analysis, stress monitoring, and activity tracking, all accessible through a user-friendly, subscription-free application.

Figure 1: The RingConn Gen 2 Smart Ring, showcasing its sleek design and internal sensors.

Setup Guide

Before using your RingConn Gen 2 Smart Ring, it is crucial to ensure proper sizing and initial setup for accurate data collection and comfortable wear.

1. Sizing Your Ring

The RingConn Gen 2 uses unique sizing standards. It is highly recommended to use the official RingConn Gen 2 Sizing Kit to find your most comfortable and accurate fit. Wearing the sizing ring for at least 24 hours will help determine the optimal size for consistent wear across different activities and times of day.

Figure 2: The recommended three-step process for selecting the correct RingConn Gen 2 size, purchasing, and app download.

2. Initial Charging

Upon unboxing, place your RingConn Gen 2 Smart Ring into the provided magnetic charging case. Connect the charging case to a power source using the included 1m/3.3ft USB-C to USB-C cable. A full charge typically takes a short period, and the ring offers up to 10-12 days of battery life on a single charge, with the charging case extending this to over 150 days.

Figure 3: What's included in the box: RingConn Gen 2 Smart Ring, Magnetic Charging Case, and USB-C to USB-C cable.

3. App Download and Connection

Download the RingConn Smart Health Monitoring App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Once installed, open the app and follow the on-screen instructions to pair your RingConn Gen 2 Smart Ring via Bluetooth. The app provides lifetime access to all features without subscription fees.

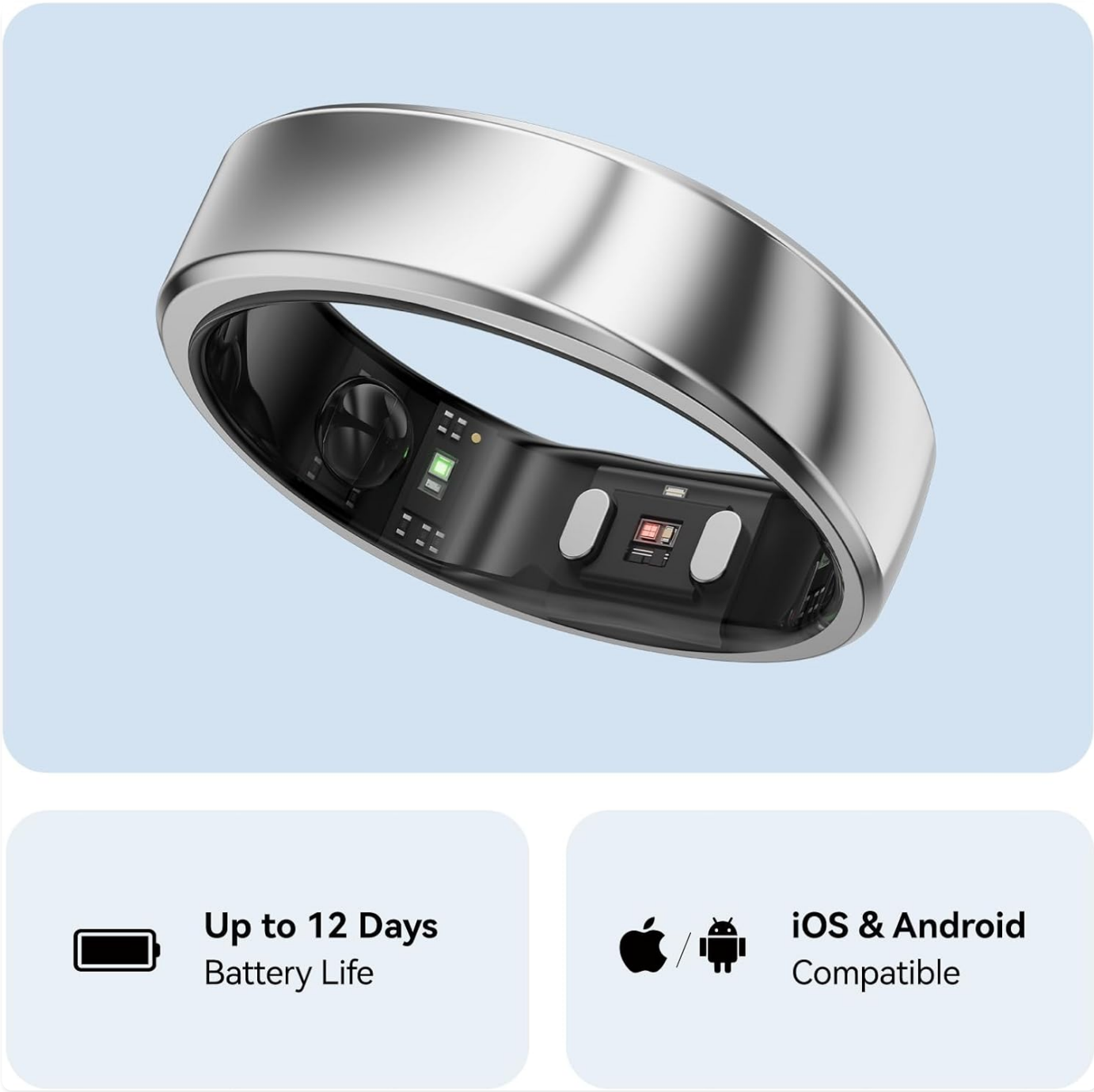

Figure 4: The RingConn Gen 2 offers up to 12 days of battery life and is compatible with both iOS and Android operating systems.

Operating the Ring

The RingConn Gen 2 Smart Ring continuously monitors various health metrics throughout your day and night. Ensure the ring is worn snugly on your finger for optimal sensor contact.

Key Monitoring Features:

- **Sleep Apnea Monitoring:** Utilizes an AI-powered model to track breathing during sleep and detect potential sleep apnea events, providing real-time AHI data and personalized insights.
- **Heart Rate:** Provides real-time heart rate monitoring throughout the day and night.
- **Sleep Analysis:** Tracks sleep stages (awake, light, deep, REM), sleep score, and consistency of your sleep schedule to help improve sleep quality.
- **Women's Health:** Predicts period and ovulation dates by combining body temperature with collected menstrual data, offering timely reminders.

- **Stress Index:** Detects and tracks stress moments, aiding in identifying triggers and recovery strategies.
- **Activity Monitoring:** Tracks steps, measures heart rate during activity, estimates calorie burn, and provides insights into your exercise routine.

Figure 5: The RingConn app interface displaying various health tracking features.

App Usage and Data Sharing:

The RingConn app serves as your central hub for all health data. It allows you to view daily, weekly, and yearly reports, track trends, and gain insights into your wellness balance. You can also share your health data with friends and family through the app. Data remains accessible even if the ring temporarily disconnects from your phone, as it stores data for up to 7 days.

Maintenance

Proper care and maintenance will ensure the longevity and optimal performance of your RingConn Gen 2 Smart Ring.

Cleaning:

To clean your ring, gently wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors. Ensure the ring is dry before placing it back in the charging case.

Water Resistance:

The RingConn Gen 2 Smart Ring features upgraded water resistance up to 100 meters (328 feet). This makes it suitable for daily wear, including showering, washing hands, and swimming. However, it is not recommended for high-pressure water activities or diving beyond specified depths.

Figure 6: The RingConn Gen 2 is designed to withstand water exposure up to 100m, making it suitable for swimming and daily activities.

Battery Care:

To maximize battery lifespan, avoid fully discharging the ring frequently. Charge it regularly using the provided charging case and cable. The smart charging case can provide over 150 days of extra battery life, making it convenient for extended travel.

Troubleshooting

If you encounter issues with your RingConn Gen 2 Smart Ring, please refer to the following common troubleshooting tips:

- **Ring Not Connecting to App:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the ring is charged.
  - Restart the RingConn app.
  - Try restarting your smartphone.
  - If issues persist, unpair and re-pair the ring in the app's settings.
- **Inaccurate Readings:**
  - Verify the ring is worn snugly on your finger, ideally on the index, middle, or ring finger.
  - Ensure the sensors on the inside of the ring are clean and free from debris.
  - Confirm your ring size is correct using the sizing kit, as an ill-fitting ring can affect accuracy.
- **Battery Draining Quickly:**
  - Ensure the ring is fully charged before use.
  - Certain features or frequent data syncing may consume more power.
  - Check for any available firmware updates for the ring via the app, as these often include battery optimizations.

For further assistance, please contact RingConn customer service.

Specifications

Feature	Detail
Model Name	RingConn Gen 2
Item Model Number	RCA-01
Product Dimensions	11.3 x 4.3 x 4.7 inches
Item Weight	12.6 ounces
Batteries	1 CR5 battery required (included)
Battery Life	Up to 10-12 days (ring only), 150+ days with charging case
Memory Storage Capacity	2 MB
Operating System	Proprietary OS
Special Feature	Sleep Apnea Monitoring
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Water Resistance	Up to 100m (328ft)

Feature	Detail
Manufacturer	Guangdong Jiu Zhi Technology Co., Ltd.
Country of Origin	China

Warranty and Support

RingConn stands behind the quality of its products. The RingConn Gen 2 Smart Ring comes with a worry-free 12-month warranty from the date of purchase. This warranty covers manufacturing defects and ensures your device functions as intended under normal use.

For any questions, technical support, or warranty claims, please contact RingConn customer service. You can find more information and support resources by visiting the official RingConn Store on Amazon: RingConn Official Store.

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Documents - RingConn – RCA-01

[pdf] Guide

RingConn Gen 2 Quick Guide Język polski 20240228 PolishRingConn Easy Smart Ring SetupRingConn Jezyk 20240228cdn shopify s files 1 0850 1769 0420 v 1741142112 |||

Jzyk polski 1 Pobierz aplikacj RingConn: Wyszukaj ,,RingConn w App Store lub sklepach z aplikacja ... a: nieprawidlowe ladowanie wejcie lub wyjcie Jzyk polski Insights Trends Me 2 Version:V2.0/**RCA-01** ...

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[pdf] User Manual Instructions

User Manual 1 Shenzhen Ninenovo Technology Limited JZRCA 01 2A854JZRCA 2A854JZRCA01 jzrca

Product Information Product name RingConn Gen 2 Smart Ring Product model/HVIN/PMN Battery capacityof thering Charging methodftime **RCA-01**-6,**RCA-01**-7,**RCA-01**-8,**RCA-01**-9,**RCA-01**-10,**RCA-01**-11,**RCA-01**-12,**RCA-01**-13,**RCA-01** -14 3.85V,12mAh 6#-7# ,13.5mAh 8#-11# ,15mAh 12#-14# Magnetic charging /approx....

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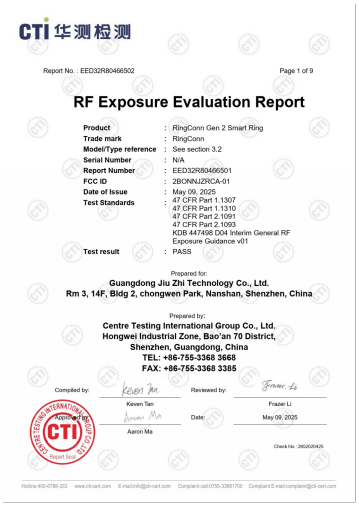
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Report No. : EED32R80466502 Page 1 of 9

RF Exposure Evaluation Report

Product	:	RingConn Gen 2 Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 3.2
Serial Number	:	N/A
Report Number	:	EED32R80466501
FCC ID	:	2BONNJZRCA-01
Date of Issue	:	May 09, 2025
Test Standards	:	47 CFR Part 1.1307 47 CFR Part 1.1310 47 CFR Part 2.1091 47 CFR Part 2.1093 KDB 447498 D04 Interim General RF Exposure Guidance v01
Test result	:	PASS

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Compiled by: Keven Tan — Reviewed by: Frazer Li
Aaron Ma — Date: May 09, 2025

Check No.: 2952030425

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SAR exclusion report Guangdong Jiu Zhi Technology Co Ltd JZRCA 01 RingConn Gen 2 Smart Ring 2BONNJZRCA 2BONNJZRCA01 jzrca

Report No. : EED32R80466502 Page 1 of 9 RF Exposure Evaluation Report Product : RingConn Gen 2 Smart Ring Trade mark : RingConn Model/Type reference : See section 3.2 Serial Number : N/A Report Number : EED32R80466501 FCC ID : 2BONNJZ**RCA-01** Date of Issue Test Standards : May 09, 2025 ...

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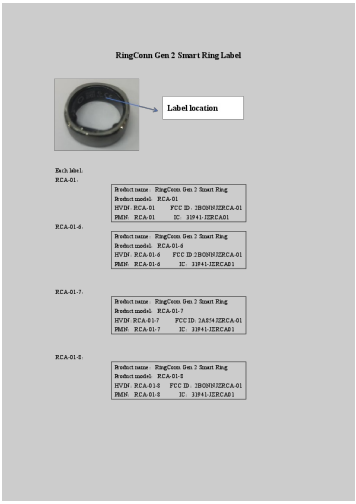
RingConn Gen 2 Smart Ring Label

Label location

Each label:

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Product model:	RCA-01
HVIN:	RCA-01
FCC ID:	2BONNJZRCA-01
PMN:	RCA-01
IC:	31941-JZRCA01

RCA-01-6:

Product name:	RingConn Gen 2 Smart Ring
Product model:	RCA-01-6
HVIN:	RCA-01-6
FCC ID:	2BONNJZRCA-01
PMN:	RCA-01-6
IC:	31941-JZRCA01

RCA-01-7:

Product name:	RingConn Gen 2 Smart Ring
Product model:	RCA-01-7
HVIN:	RCA-01-7
FCC ID:	2AE54-JZRCA-01
PMN:	RCA-01-7
IC:	31941-JZRCA01

RCA-01-8:

Product name:	RingConn Gen 2 Smart Ring
Product model:	RCA-01-8
HVIN:	RCA-01-8
FCC ID:	2BONNJZRCA-01
PMN:	RCA-01-8
IC:	31941-JZRCA01

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RingConn Gen 2 Smart Ring Label Label location Each label **RCA-01** **RCA-01**-6 **RCA-01**-7 **RCA-01**-8 Product nameRingConn Gen 2 Smart Ring Product model**RCA-01** HVIN**RCA-01** FCC ID2BONNJZ**RCA-01** PMN**RCA-01** IC31941-JZRCA01 Product nameRingConn Gen 2 Smart Ring Product model**RCA-01**-6 HVIN**RCA-01**-6 FCC ID:2BON...

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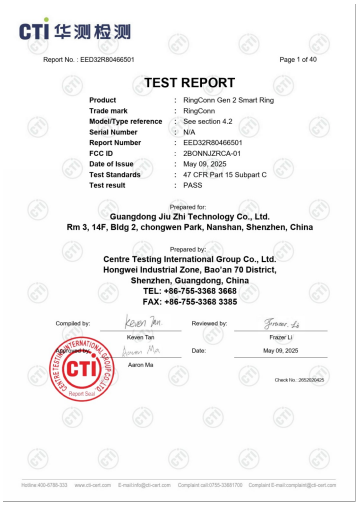
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Report No. : EED32R80466501 Page 1 of 40

TEST REPORT

Product	:	RingConn Gen 2 Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 4.2
Serial Number	:	N/A
Report Number	:	EED32R80466501
FCC ID	:	2BONNJZRCA-01
Date of Issue	:	May 09, 2025
Test Standards	:	47 CFR Part 15 Subpart C
Test result	:	PASS

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Report No. : EED32R80466501 Page 1 of 40 TEST REPORT Product Trade mark Model/Type reference Serial Number Report Number FCC ID Date of Issue Test Standards Test result : RingConn Gen 2 Smart Ring : RingConn : See section 4.2 : N/A : EED32R80466501 : 2BONNJZ**RCA-01** : May 09, 2025 : 47 CFR Part 15...

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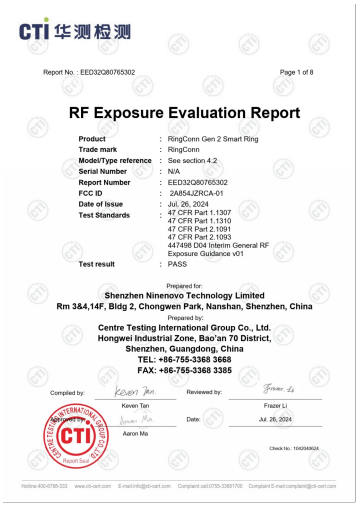
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Report No. : EED32Q80765302 Page 1 of 8

RF Exposure Evaluation Report

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Trade mark	:	RingConn
Model/Type reference	:	See section 4.2
Serial Number	:	N/A
Report Number	:	EED32Q80765302
FCC ID	:	2A854JZRCA-01
Date of issue	:	Jul. 26, 2024
Test Standards	:	47 CFR Part 1.1307 47 CFR Part 1.1310 47 CFR Part 2.1091 47 CFR Part 2.1093 447498 D04 Interim General RF Exposure Guidance v01
Test result	:	PASS

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Report No. : EED32Q80765302 1 COVER PAGE Page 1 of 8 RF Exposure Evaluation Report Product : RingConn Gen 2 Smart Ring Trade mark : RingConn Model/Type reference : See section 4.2 Serial Number : N/A Report Number : EED32Q80765302 FCC ID : 2A854JZ**RCA-01** Date of Issue Test Standards : ...

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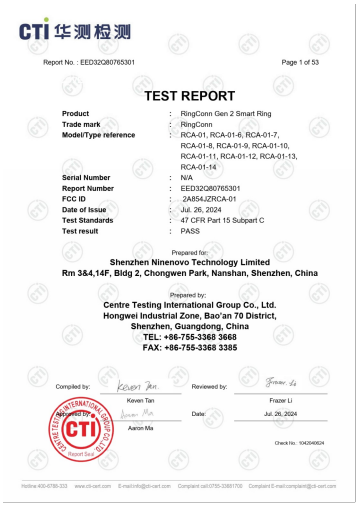
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Report No. : EED32Q80765301 Page 1 of 53

TEST REPORT

Product	:	RingConn Gen 2 Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	RCA-01, RCA-01-6, RCA-01-7, RCA-01-8, RCA-01-9, RCA-01-10, RCA-01-11, RCA-01-12, RCA-01-13, RCA-01-14
Serial Number	:	N/A
Report Number	:	EED32Q80765301
FCC ID	:	2A854JZRCA-01
Date of Issue	:	Jul. 26, 2024
Test Standards	:	47 CFR Part 15 Subpart C
Test result	:	PASS

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Report No. : EED32Q80765301 Page 1 of 53 1 COVER PAGE TEST REPORT Product Trade mark Model/Type reference Serial Number Report Number FCC ID Date of Issue Test Standards Test result : RingConn Gen 2 Smart Ring : RingConn : **RCA-01**, **RCA-01**-6, **RCA-01**-7, **RCA-01**-8, **RCA-01**-9, **RCA-01**-10, **RCA-01**-11, RC...

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