

RingConn RCA-01

RingConn Gen 2 Smart Ring Instruction Manual

Model: RCA-01

1. INTRODUCTION

The RingConn Gen 2 Smart Ring is an advanced wearable device designed for comprehensive health monitoring. It features cutting-edge technology for sleep apnea detection, alongside tracking of activity, sleep, stress, heart rate, HRV, and blood oxygen saturation. This manual provides essential information for setting up, operating, and maintaining your device to ensure optimal performance and accurate data collection.

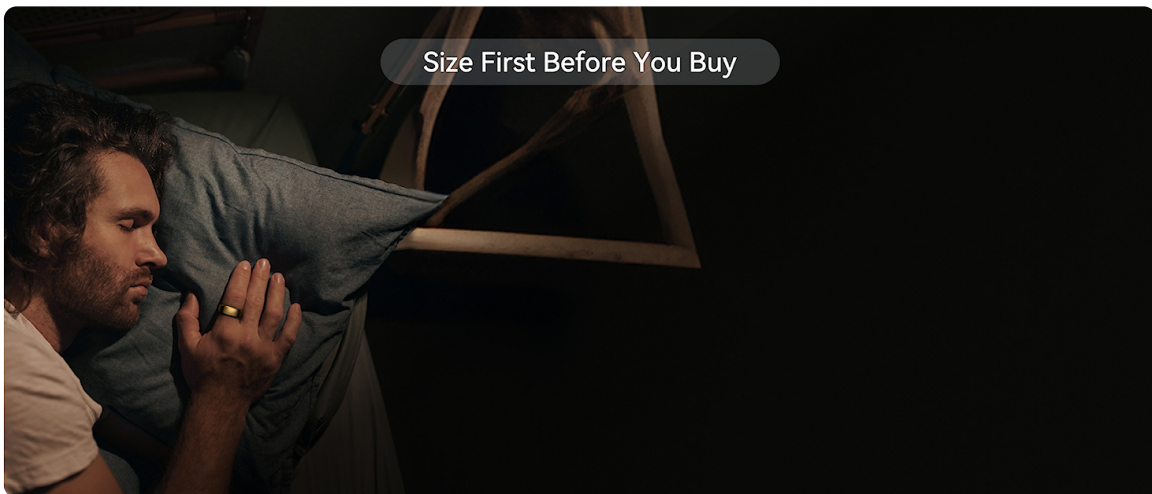


Image: The RingConn Gen 2 Smart Ring, showcasing its sleek design and internal sensors.

2. WHAT'S IN THE BOX

Please verify that all items are present in your package:

- RingConn Smart Ring x 1
- Charging Case x 1
- USB-C to USB-C Cable (1m / 3.3ft) x 1
- User Manual x 1
- Quick Guide x 1

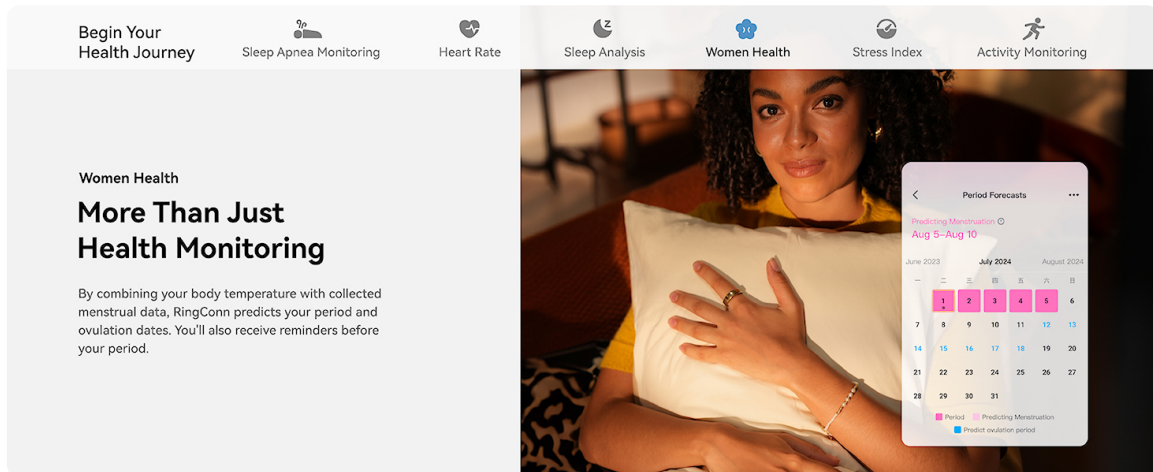


Image: Visual representation of the RingConn Gen 2 Smart Ring, charging case, and USB-C cable included in the package.

3. SIZING INFORMATION

The RingConn Gen 2 Smart Ring 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 before purchasing the ring. This ensures optimal accuracy for health tracking and prevents discomfort.



Image: A three-step guide illustrating the importance of using the RingConn Sizing Kit to determine the correct ring size before purchase.

For optimal accuracy, wear the RingConn Smart Ring on your index finger. The two sensors on the inside of the ring should fit securely on the pad of your finger.

4. SETUP AND APP INSTALLATION

1. **Charge the Ring:** Place your RingConn Smart Ring into the charging case. Connect the USB-C cable to the charging case and a power source. The ring takes approximately 30 minutes to fully charge.
2. **Download the App:** Download the official RingConn Smart Health Monitoring App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

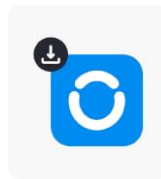


Image: The RingConn App icon.

3. **Pair the Ring:** Open the RingConn app on your smartphone. Follow the on-screen instructions to create an account and pair your RingConn Gen 2 Smart Ring via Bluetooth. Ensure Bluetooth is enabled on your device.
4. **Begin Monitoring:** Once paired, the app will begin to synchronize data from your ring, allowing you to view your health metrics.

5. OPERATING YOUR RINGCONN GEN 2 SMART RING

The RingConn Gen 2 Smart Ring continuously tracks various health metrics. Ensure the ring is worn correctly for accurate readings.

5.1. Sleep Apnea Monitoring

The RingConn Gen 2 is equipped with AI-powered technology developed with leading universities and hospitals to accurately track sleep apnea. It provides real-time AHI (Apnea-Hypopnea Index) data and personalized insights through the app.

Video: An official RingConn video demonstrating the sleep apnea monitoring features of the Gen 2 Smart Ring.

5.2. General Health Monitoring

The ring tracks a wide range of health data:

- **Activity:** Tracks steps, calories burned, and activity intensity.
- **Sleep Analysis:** Monitors sleep duration, stages (Awake, REM, Light, Deep), and efficiency.
- **Heart Rate & HRV:** Provides real-time heart rate and heart rate variability data.
- **Blood Oxygen Saturation (SpO2):** Measures blood oxygen levels.
- **Stress Index:** Detects and tracks stress moments throughout the day.

- **Women's Health:** Predicts period and ovulation dates by combining body temperature with collected menstrual data.

Smart Ring



Image: The RingConn app displaying various health metrics including breathing stability, heart rate, sleep analysis, activity tracking, stress index, and women's health.

5.3. Data Sharing and Storage

The RingConn app allows you to share your health data with friends and family. Data remains accessible even after the ring disconnects and reconnects with your phone, with up to 7 days of data stored on the ring itself.

6. BATTERY LIFE

The RingConn Gen 2 Smart Ring offers an impressive battery life of 10-12 days on a single charge, depending on ring size (larger sizes 12-14 can last up to 12 days). When paired with the smart charging case, the total battery life can exceed 150 days.

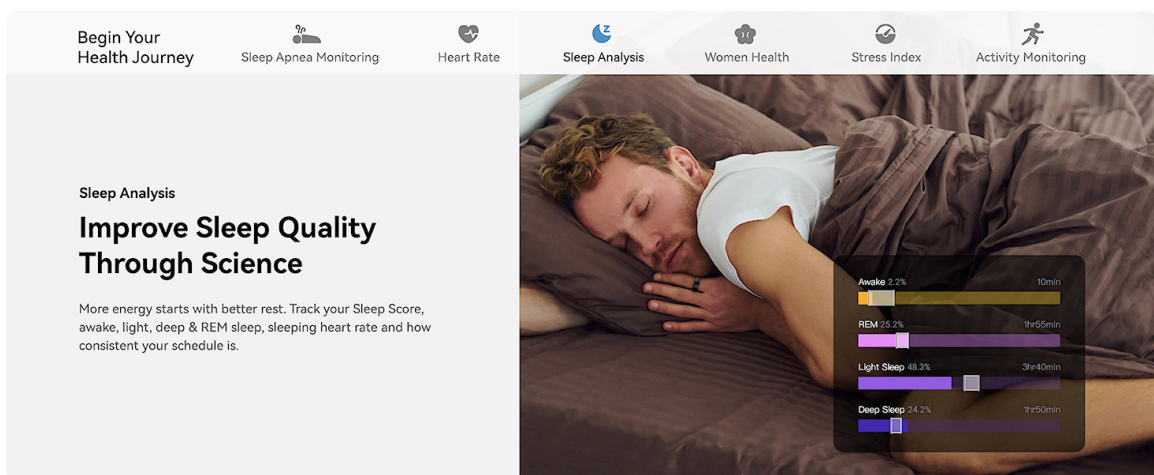


Image: Infographic highlighting the RingConn Gen 2's battery life of up to 12 days and its compatibility with iOS and Android devices.

7. WATER RESISTANCE

The RingConn Gen 2 Smart Ring features upgraded water resistance up to 100 meters (IP68 rating). This makes it suitable for daily wear, workouts, swimming, and exposure to rain without worry.

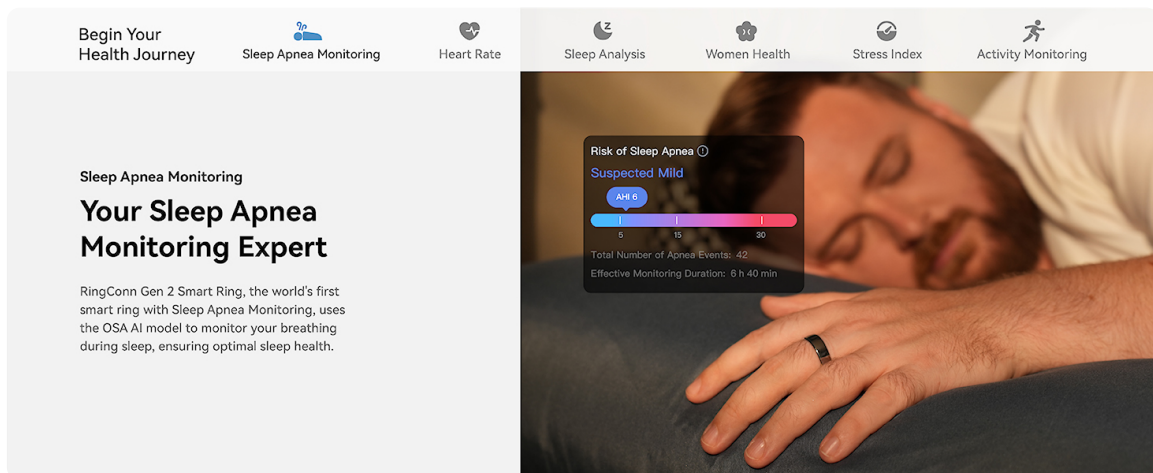


Image: A person swimming, demonstrating the RingConn Gen 2's water resistance for various activities.

8. CARE AND MAINTENANCE

- **Cleaning:** Wipe the ring regularly with a soft, damp cloth to remove dirt and oils. Avoid harsh chemicals or abrasive materials.
- **Storage:** Store the ring in its charging case or a safe place when not in use to prevent damage.
- **Avoid Extreme Temperatures:** Do not expose the ring to extreme heat or cold, as this may affect battery life and performance.

9. TROUBLESHOOTING

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone and the ring is charged. Try restarting both the ring (by placing it in the charger) and your phone.
- **Inaccurate readings:** Verify the ring is worn correctly on your index finger with sensors making good contact with your skin. Ensure the ring is clean.
- **Short battery life:** Check app settings for any features that might consume excessive power. Ensure the ring is fully charged before use.

For further assistance, please refer to the official RingConn support channels.

10. SPECIFICATIONS

Feature	Detail
Model Name	RingConn Gen 2
Model Number	RCA-01
Material	Titanium
Waterproof Rating	IP68 (up to 100 Meters)
Battery Life	10-12 days (ring), 150+ days (with charging case)
Connectivity	Bluetooth, Wi-Fi
Compatible Devices	Android, iOS Smartphones
Metrics Measured	Sleep Duration, Stress, Heart Rate, Heart Rate Variability, Blood Oxygen Monitor
Item Weight	0.33 Kilograms (package weight, ring is ~2 grams)

11. WARRANTY AND SUPPORT

The RingConn Gen 2 Smart Ring comes with a 12-month limited manufacturer's warranty. For warranty claims, technical support, or any product-related inquiries, please contact RingConn customer service through their official website or the contact information provided in your Quick Guide.

You can also visit the [RingConn Official Store on Amazon](#) for additional resources and support.