

RingConn Gen 2 Smart Ring Instruction Manual

Your Companion for Comprehensive Health Monitoring

1. INTRODUCTION

The RingConn Gen 2 Smart Ring is an advanced wearable device designed to provide comprehensive health monitoring. It offers features such as sleep apnea detection, heart rate tracking, stress monitoring, activity tracking, and women's health insights, all without the need for a subscription fee. Crafted from aerospace-grade titanium, it combines durability with a lightweight, comfortable design.



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

2. WHAT'S IN THE Box

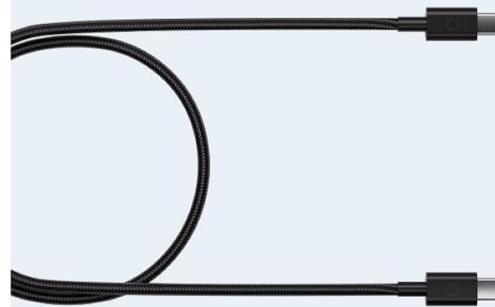
Upon unboxing your RingConn Gen 2 Smart Ring, you will find the following components:

- RingConn Ring
- Charging Case
- Type-C Cable (1m/3.3ft USB-C to USB-C)
- Quick Guide
- Instruction Manual

What's in the Box



RingConn Gen 2 Smart Ring



USB-C to C Cable



Magnetic Charging Case

Image: The RingConn Gen 2 Smart Ring, its magnetic charging case, and the USB-C to USB-C cable.

3. SETUP

3.1. Sizing Your Ring

The RingConn Gen 2 Smart Ring uses unique sizing standards. It is highly recommended to purchase and use the RingConn Gen 2 Sizing Kit to find your most comfortable and accurate fit before ordering your ring. Wear the sizing ring for at least 24 hours to assess the correct size.

Size First Before You Buy

1



2



3



Purchase the
RingConn Gen 2
Sizing Kit

Purchase RingConn Gen 2
Smart Ring after
determining your size

Download the
RingConn App and
enjoy a subscription-free
health journey

* RingConn Gen 2 differs from standard rings, use sizing kit to measure your size.

Image: Visual guide showing the three steps to set up your RingConn Gen 2: Sizing Kit, Ring Purchase, and App Download.

3.2. App Download and Connection

Once you have your RingConn Gen 2 Smart Ring, download the RingConn Smart Health Monitoring App from your device's app store. The app is compatible with both Android and iOS devices. Follow the on-screen instructions within the app to pair your ring and begin your health monitoring journey.

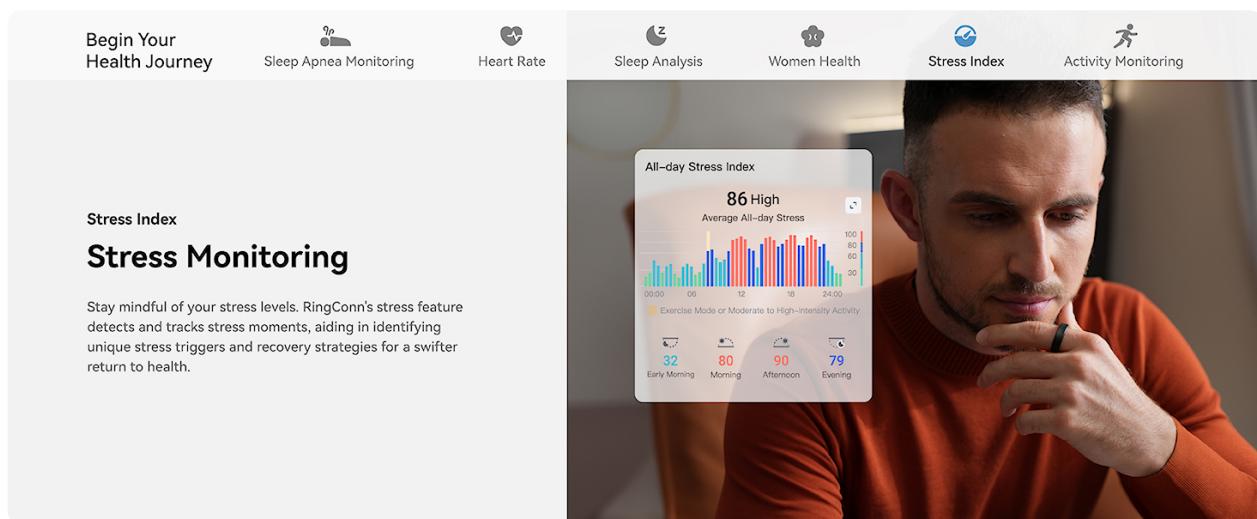


Image: The RingConn app interface on a smartphone, showing data storage and compatibility with Apple App Store and Google Play.

4. OPERATING INSTRUCTIONS

The RingConn Gen 2 Smart Ring offers a comprehensive suite of health tracking features accessible through its dedicated app. The ring should be worn on either the index, middle, or ring finger of either hand, ensuring the sensors on the inside of the ring are placed on the underside of your finger for accurate readings.

4.1. Sleep Apnea Monitoring

The RingConn Gen 2 is the world's first smart ring with Sleep Apnea Monitoring. It uses an AI model to monitor your breathing during sleep, providing real-time AHI data and personalized insights for optimal sleep health.

World's First Smart Ring with OSA Monitoring



Risk of Sleep Apnea



Health Advice



AHI History Record

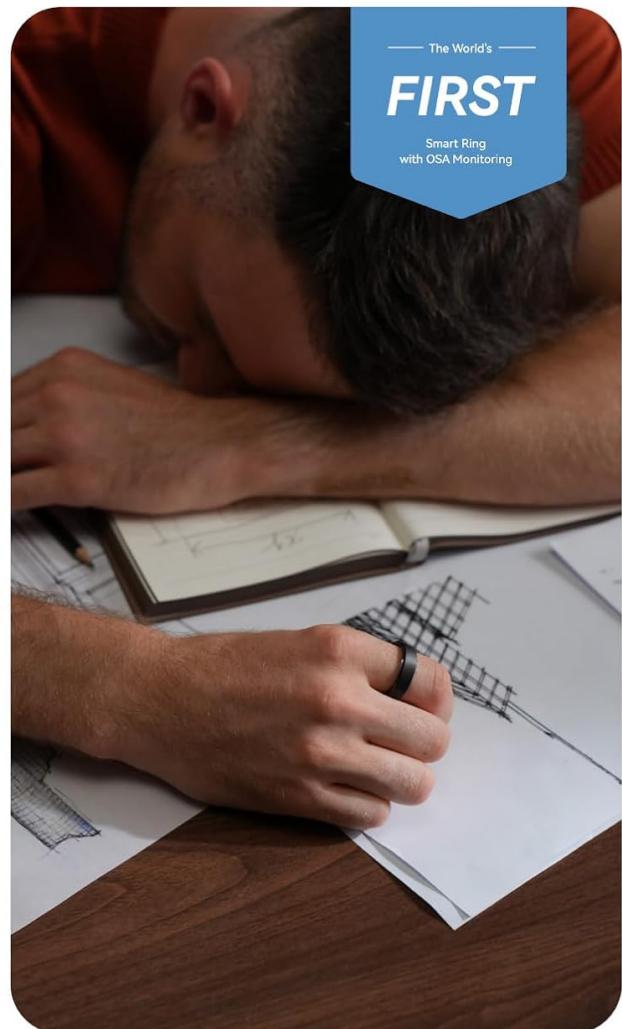
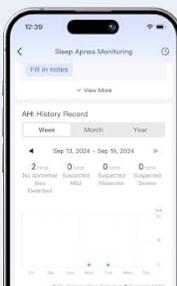


Image: RingConn app displaying sleep apnea risk, health advice, and AHI history record.

4.2. General Health Monitoring

The app provides detailed insights into various health metrics:

- **Heart Rate:** Real-time heart rate monitoring.
- **Sleep Analysis:** Track your Sleep Score, awake, light, REM, and deep sleep, along with sleep heart rate and consistency.
- **Women's Health:** Predicts period and ovulation dates by combining body temperature with collected menstrual data.
- **Stress Monitoring:** Detects and tracks stress moments, aiding in identifying triggers and recovery strategies.
- **Activity Monitoring:** Tracks steps, measures heart rate, monitors activity, and estimates calorie burn.



Image: RingConn app showing icons for Sleep Apnea Monitoring, Heart Rate, Sleep Analysis, Activity Monitoring, Stress Index, and Women's Health.

4.3. Health Data Sharing

Share your health data with friends and family anytime, anywhere through the app. RingConn encrypts the storage and transmission of your health data to safeguard personal information.

4.4. Data Storage

The ring stores data for 7 days, meaning data remains accessible even after the ring disconnects and reconnects with your phone.

5. BATTERY LIFE & CHARGING

The RingConn Gen 2 offers up to 10-12 days of battery life on a single charge (larger sizes 12-14 can last up to 12 days). When paired with the smart charging case, it can exceed 150 days of battery life, providing extended usage without frequent recharging.

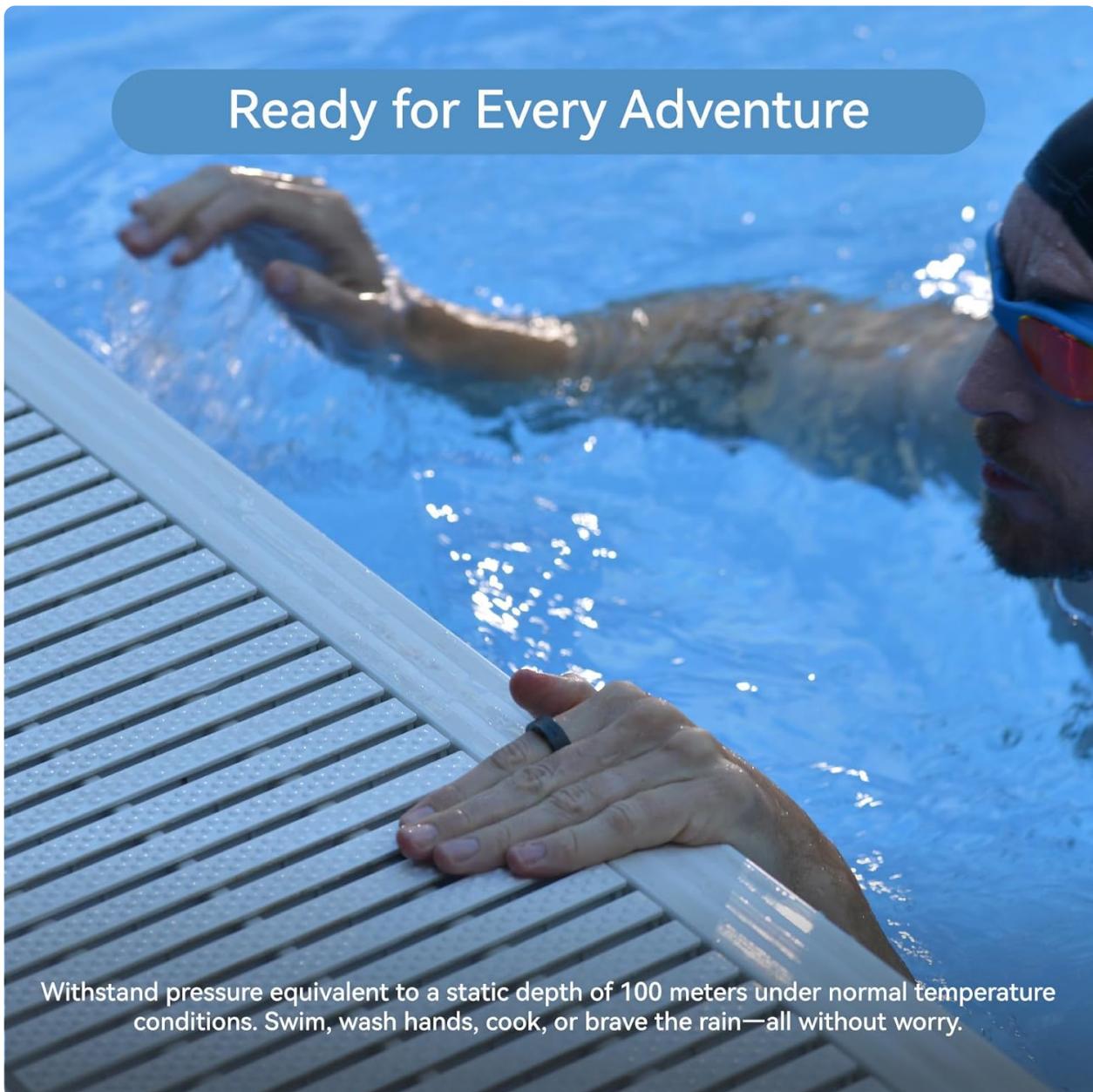


Image: The RingConn Gen 2 Smart Ring and its charging case, highlighting 10-12 days of single charge battery life and 150+ days with the charging case.

6. WATER RESISTANCE

The RingConn Gen 2 Smart Ring features upgraded water resistance of up to 100m, making it perfect for daily wear, workouts, and swimming. It offers outstanding durability with a gentle touch, even for sensitive skin.



Up to 12 Days
Battery Life



iOS & Android
Compatible

Image: A person's hand with the RingConn Gen 2 Smart Ring submerged in water, demonstrating its waterproof capabilities.

7. CARE & MAINTENANCE

To ensure the longevity and optimal performance of your RingConn Gen 2 Smart Ring, follow these care guidelines:

- **After Water Exposure:** After using the RingConn in water, especially when it has been exposed to salt water (e.g., swimming in the sea), gently wipe it with a soft, dry cloth. This will help prevent water droplets from remaining on the device and maintain its good working condition.
- **Avoid Chemicals:** Do not use chemical cleaners to clean the smart ring as it may damage its waterproof seal.
- **Temperature Extremes:** Avoid prolonged exposure to extreme temperatures and high humidity, such as in hot tubs or saunas, as this may affect the device's performance.

8. TROUBLESHOOTING

If you encounter any issues with your RingConn Gen 2 Smart Ring, please ensure the following:

- **App Connection:** Verify that your ring is properly connected to the RingConn app via Bluetooth.
- **Proper Wearing:** Ensure the ring is worn correctly on your index, middle, or ring finger with the sensors on the underside of your finger.
- **Battery Level:** Check the battery level of your ring and charging case. Recharge if necessary.

For further assistance, refer to the user manual or contact customer support.

9. SPECIFICATIONS

Feature	Detail
Model Name	RingConn Gen 2
Item Model Number	RCA-01
Brand	RingConn
Item Weight	13 ounces
Product Dimensions	11.3 x 4.3 x 4.7 inches
Battery Life	Up to 10-12 days (150+ days with charging case)
Connectivity Technology	Bluetooth
Water Resistance	Up to 100m
Material	Aerospace-grade Titanium Alloy

Stores Data for 7 Days

Data remains accessible even after the ring disconnects and reconnects with your phone.



*App undergoes regular firmware and hardware updates, ensuring continuous improvements and precise data accuracy.



Image: Detailed view of the RingConn Gen 2 Smart Ring's internal components and world-leading sensor technology.

10. OFFICIAL PRODUCT VIDEOS

Watch official product videos from RingConn for more information and demonstrations.

RingConn Gen 2: Smart, Sleek, and Subscription-Free

Description: A short video highlighting the smart, sleek design and subscription-free nature of the RingConn Gen 2.

11. WARRANTY & SUPPORT

The RingConn Gen 2 Smart Ring comes with a worry-free 12-month warranty. For any inquiries or support needs, please reach out to our friendly customer service team. The RingConn Gen 2 Smart Ring is also HSA/FSA approved, allowing you to use your Flexible Spending Account or Health Savings Account for purchase.

Related Documents - RCA-01

	<u>RingConn Gen 2 Smart Ring Quick Start Guide</u> A quick start guide for the RingConn Gen 2 smart ring, covering app download, activation, connection, proper wear, data viewing, and LED indicator references.
	<u>RingConn Gen 1 Smart Ring: Quick Start Guide and Setup</u> Learn how to download the RingConn app, activate, connect, and wear your RingConn Gen 1 smart ring for health tracking and data synchronization.
	<u>RingConn Gen 2 Smart Ring User Manual and Product Information</u> Comprehensive guide to the RingConn Gen 2 Smart Ring, including safety instructions, package contents, product specifications, usage, maintenance, warranty information, and FCC compliance.
	<u>RingConn Gen 2 Smart Ring Quick Start Guide</u> A quick start guide for the RingConn Gen 2 smart ring, covering app download, activation, connection, proper wear, data viewing, and LED indicator references.
	<u>RingConn Gen 1 Smart Ring: Quick Start Guide and Setup</u> Learn how to download the RingConn app, activate, connect, and wear your RingConn Gen 1 smart ring for health tracking and data synchronization.

	<p>RingConn Gen 2 Smart Ring User Manual and Product Information Comprehensive guide to the RingConn Gen 2 Smart Ring, including safety instructions, package contents, product specifications, usage, maintenance, warranty information, and FCC compliance.</p>
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Documents - RingConn – RCA-01

	<p>[pdf] User Manual RingConn Gen 2 Manual instruction Język polski 20250228 Instruction PolishRingConn User Download in Multiple LanguagesRingConn Jezyk 20250228cdn shopify s files 1 0850 1769 0420 20250228 v 1741142113 Jzyk polski Jzyk polski Wane wskazwki dotyczce bezpieczestwa Ten produkt zawiera urzdzienia elektr ... duktu Model produktu Pojemno akumulatora smartringu Czas/metoda ladowania Smartring RingConn Gen 2 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 ... lang:pl score:49 filesize: 1.32 M page_count: 7 document date: 2025-02-28</p>
	<p>[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 aplikacjami ... a: nieprawidlowe ladowanie wejcie lub wyjcie Jzyk polski Insights Trends Me 2 Version:V2.0/RCA-01 ... lang:pl score:37 filesize: 591.87 K page_count: 4 document date: 2025-02-28</p>
	<p>[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.... lang:en score:29 filesize: 3.15 M page_count: 20 document date: 2024-08-19</p>
	<p>[pdf] Guide RingConn RCA 01 8 V8 20240722 Gen 2 Quick Guide Finnish v 1734430442 cdn shopify s files 1 0850 1769 0420 Sormus: Version:V2.0/RCA-01 ... lang:en score:28 filesize: 1.44 M page_count: 4 document date: 2024-11-26</p>

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, 1507
 47 CFR Part 15 Subpart C
 47 CFR Part 2, 1091
 47 CFR Part 2, 1103
 KOB 44746-D04 Interim General RF Exposure Guidance v01
 Test result : PASS

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Aaron Ma Date: May 09, 2025
 Check No: 28520045

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[pdf] SAR Rating

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 : 2BONNJZRCA-01 Date of Issue Test Standards : May 09, 2025 ...

lang:en score:25 filesize: 413.64 K page_count: 9 document date: 2025-05-09

RingConn Gen 2 Smart Ring Label



Each label:
 Product name: RingConn Gen 2 Smart Ring
 Product model: RCA-01
 RSN: RCA-01 FCC ID: 2BONNJZRCA-01
 PMR: PMR-01-1 IC: 19191-JZRCA01

RCA-01-A:
 Product name: RingConn Gen 2 Smart Ring
 Product model: RCA-01-A
 RSN: RCA-01-A FCC ID: 2BONNJZRCA-01
 PMR: PMR-01-A IC: 19191-JZRCA01

RCA-01-B:
 Product name: RingConn Gen 2 Smart Ring
 Product model: RCA-01-B
 RSN: RCA-01-B FCC ID: 2BONNJZRCA-01
 PMR: PMR-01-B IC: 19191-JZRCA01

RCA-01-C:
 Product name: RingConn Gen 2 Smart Ring
 Product model: RCA-01-C
 RSN: RCA-01-C FCC ID: 2BONNJZRCA-01
 PMR: PMR-01-C IC: 19191-JZRCA01

[pdf] Label

xumin Label Info Guangdong Jiu Zhi Technology Co Ltd JZRCA 01 RingConn Gen 2 Smart Ring
 2BONNJZRCA 2BONNJZRCA01 jzrca

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** **HVINRCA-01** FCC ID2BONNJZRCA-01 **PMNRCA-01** IC31941-JZRCA01 Product nameRingConn Gen 2 Smart Ring Product model**RCA-01-6** **HVINRCA-01-6** FCC ID:2BON...

lang:tl score:23 filesize: 93.25 K page_count: 2 document date: 2025-04-08

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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Aaron Ma Date: May 09, 2025
 Check No: 28520045

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[pdf] Test Report

15 247 Bluetooth LE Guangdong Jiu Zhi Technology Co Ltd JZRCA 01 RingConn Gen 2 Smart Ring
 2BONNJZRCA 2BONNJZRCA01 jzrca

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 : 2BONNJZRCA-01 : May 09, 2025 : 47 CFR Part 15...
 lang:en score:22 filesize: 945.63 K page_count: 29 document date: 2025-05-09

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 : 2A854JZRCA-01
 Date of Issue : Jul. 26, 2024
 Test Standards : 47 CFR Part 1,107
 47 CFR Part 2,101
 47 CFR Part 2,109
 44 CFR 102.103
 44 CFR 102.103
 44 CFR 102.103
 44 CFR 102.103
 Exposure Guidance V01
 Test result : PASS

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 Date: Jul. 26, 2024

Check No: 150049454

Hotline 400-0700-322 www.cti-cert.com E-mail: info@cti-cert.com Complaint call:0755-23801700 Complaint E-mail: complaint@cti-cert.com

[pdf] SAR Rating

SAR Exclusion Report Shenzhen Ninenovo Technology Limited JZRCA 01 2A854JZRCA 2A854JZRCA01
 jzrca

Report No. : EED32Q80765302 1 COVER PAGE Page 1 of 8 RF Exposure
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 Model/Type reference : See section 4.2 Serial Number : N/A Report Number :
 EED32Q80765302 FCC ID : 2A854JZRCA-01 Date of Issue Test Standards : ...
 lang:en score:19 filesize: 557.45 K page_count: 8 document date: 2024-08-19

TEST REPORT

Product : RingConn Gen 2 Smart Ring
 Trade mark : RingConn
 Model/Type reference : See section 4.2
 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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Compiled by: *Karen Tan* Reviewed by: *Fraser Li*
 Date: Jul. 26, 2024

Check No: 150049454

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[pdf] Test Report

BLE Test Report Shenzhen Ninenovo Technology Limited JZRCA 01 2A854JZRCA 2A854JZRCA01 jzrca
 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...
 lang:en score:17 filesize: 1.12 M page_count: 28 document date: 2024-08-19