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[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [RingConn](#) /

› [RingConn Gen 2 Smart Ring User Manual](#)

RingConn RCA-01

RingConn Gen 2 Smart Ring User Manual

Model: RCA-01

[Introduction](#) [What's in the Box](#) [Setup](#) [Operating the](#)
[Ring](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

1. INTRODUCTION

The RingConn Gen 2 Smart Ring is an advanced wearable device designed to monitor various health metrics without a subscription fee. It tracks sleep patterns, activity levels, heart rate, heart rate variability (HRV), blood oxygen trends, and stress levels. This manual provides essential information for setting up, operating, and maintaining your RingConn Gen 2 Smart Ring to ensure optimal performance and accurate data tracking.

2. WHAT'S IN THE BOX

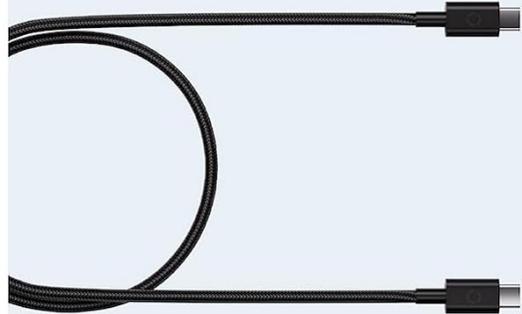
Upon unboxing your RingConn Gen 2 Smart Ring, verify that all the following items are included:

- RingConn Ring
- Charging Case
- Type-C Cable
- 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 included USB-C cable.

3. SETUP

3.1. Sizing Your Ring

The RingConn Gen 2 uses a unique sizing system. It is highly recommended to use the official RingConn Sizing Kit to determine your correct size before purchasing the ring. This ensures a comfortable fit, reliable sensor contact, and accurate data tracking.



RingConn Gen 2

Image: A visual guide illustrating the importance of using the RingConn Sizing Kit to find the correct ring size for optimal performance.

3.2. Downloading the RingConn App

The RingConn App is compatible with both Android and iOS devices. Download the app from your device's respective app store to access your health data, insights, and reports.

- For iOS: Search "RingConn" on the Apple App Store.
- For Android: Search "RingConn" on Google Play.

3.3. Initial Pairing and Firmware Update

After downloading the app, follow the on-screen instructions to pair your RingConn Gen 2 Smart Ring with your smartphone via Bluetooth. Ensure your phone's Bluetooth is enabled and the ring is within 1 meter of your device during the pairing process. The app will guide you through any available firmware updates. It is crucial to complete these updates for optimal functionality and access to the latest features.

Your browser does not support the video tag.

Video: Official guide on how to check and manually update the RingConn App and Firmware Versions.

4. OPERATING THE RING

4.1. Health Monitoring Features

The RingConn Gen 2 Smart Ring continuously tracks a comprehensive set of health metrics:

- **Sleep Tracking:** Provides sleep breathing insights, sleep stages (awake, REM, light, deep), and overall sleep quality analysis.
- **Activity Tracking:** Monitors steps, calories burned, and activity intensity.
- **Heart Rate & HRV:** Tracks real-time heart rate and heart rate variability for cardiovascular health insights.
- **Blood Oxygen Trends:** Monitors blood oxygen saturation levels.
- **Stress Levels:** Detects and tracks stress moments, offering insights for stress management.
- **Women's Health:** Predicts period and ovulation dates by combining body temperature with menstrual data.

Smart Ring



Image: The RingConn app displaying a dashboard of tracked health metrics.

4.2. Battery Life and Charging

The RingConn Gen 2 offers up to 12 days of battery life on a single charge. When paired with its magnetic charging case, the total battery life extends to over 150 days. To charge, simply place the ring into its dedicated charging case. The case itself can be recharged via the provided Type-C cable.

Health Data Sharing

Share your health data with friends and family anytime, anywhere.

*RingConn encrypts the storage and transmission of your health data to safeguard personal information.



Image: The RingConn Gen 2 Smart Ring being charged in its magnetic case, illustrating its extended battery life capabilities.

4.3. Waterproof Design

Designed for everyday wear, the RingConn Gen 2 is water-resistant up to 100 meters. This allows for worry-free use during activities such as swimming, washing hands, cooking, or in rainy conditions.

Ready for Every Adventure



Withstand pressure equivalent to a static depth of 100 meters under normal temperature conditions. Swim, wash hands, cook, or brave the rain—all without worry.

Image: A person swimming while wearing the RingConn Gen 2 Smart Ring, emphasizing its water resistance.

4.4. Data Management and Sharing

The RingConn App stores your health data for 7 days even if the ring disconnects from your phone. You can share your health data with friends and family through the app. The app also supports connecting to Apple Health for integrated data management.

Your browser does not support the video tag.

Video: Official guide on how to connect RingConn data to Apple Health and export data.

4.5. AI Health Partner (RingConn Lab)

RingConn offers an AI Health Partner feature through RingConn Lab, providing smart health insights, personalized goals, and real-time recommendations. This feature is subscription-free and allows for natural language interaction to understand your health data.

5. MAINTENANCE

To ensure the longevity and accuracy of your RingConn Gen 2 Smart Ring, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your ring with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the finish or sensors.
- **Storage:** When not in use, store the ring in its charging case to protect it and keep it charged.
- **Software Updates:** Keep the RingConn App and ring firmware updated to benefit from performance improvements and new features.

6. TROUBLESHOOTING

If you encounter issues with your RingConn Gen 2 Smart Ring, try the following steps:

- **Connection Issues:** Ensure Bluetooth is enabled on your phone and the ring is within range. Restart both the app and your phone if necessary.
- **Inaccurate Data:** Verify the ring is worn correctly on your finger, with sensors making good contact with your skin. Ensure your ring size is appropriate.
- **Charging Problems:** Check that the charging cable is securely connected to both the case and a power source. Ensure the ring is properly seated in the charging case.
- **App Not Responding:** Close and reopen the RingConn App. If the issue persists, restart your smartphone.

For further assistance, refer to the "FAQs and Feedback" section within the RingConn App or contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	RingConn
Model Number	RCA-01
Item Weight	13 ounces
Product Dimensions	11.3 x 4.3 x 4.7 inches
Batteries	1 CR5 battery required (included)
Memory Storage Capacity	2 MB
Operating System	Android Wear 1.0
Special Feature	Activity Tracker
Battery Capacity	18 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	No GPS
Shape	Round
Water Resistance	Up to 100m

8. WARRANTY & SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the "After-Sales Support" section within the RingConn App. You can also visit the official RingConn website for detailed support resources and contact information.