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› Fosa Smart Health Ring User Manual

Fosa fosaxwdiscq9rb-15

Fosa Smart Health Ring User Manual

Model: fosaxwdiscq9rb-15

Brand: Fosa

INTRODUCTION

The Fosa Smart Health Ring is an innovative device designed to seamlessly integrate health monitoring into your daily life. This elegant stainless steel ring combines advanced sensors with a sleek design to provide real-time insights into your health data, including fitness tracking and overall well-being. It is compatible with iOS devices and utilizes the Smart Health application for data visualization and management.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Smart Health Ring to ensure optimal performance and longevity.



Image: The Fosa Smart Health Ring, showcasing its elegant rose gold exterior and the intricate internal sensors visible on the inner surface.

SETUP

1. Charging the Device

Before initial use, fully charge your Smart Health Ring. The ring features low-power technology, providing continuous monitoring for approximately 7 days on a single charge. Charging time is approximately 45 minutes.

1. Locate the charging cable provided with your Smart Health Ring.
2. Connect the magnetic end of the charging cable to the charging contacts on the inside of the ring. Ensure a secure connection.
3. Plug the USB-A end of the cable into a standard USB power adapter (not included) or a computer's USB port.
4. The ring will indicate charging status (e.g., an LED indicator, if present, or through the app once connected).



Image: The Fosa Smart Health Ring alongside its magnetic charging cable, illustrating how the device is powered.

2. Downloading and Installing the Smart Health App

To access and manage your health data, you need to download the dedicated Smart Health application. The app is compatible with iOS devices.

1. Scan the QR code provided in the product packaging or search for "Smart Health" in the Apple App Store.
2. Download and install the application on your iOS device.
3. Open the Smart Health app and follow the on-screen instructions to create an account or log in.

3. Pairing the Ring with Your Device

Once the app is installed and your ring is charged, proceed with pairing:

1. Ensure Bluetooth is enabled on your iOS device.
2. Open the Smart Health app.
3. Navigate to the device pairing section within the app (usually found in settings or a dedicated "Add Device" option).
4. Select your Smart Health Ring from the list of available devices. The app may prompt you to confirm the pairing.

5. Once paired, the app will display a confirmation, and you can begin monitoring your health data.

OPERATING INSTRUCTIONS

The Fosa Smart Health Ring continuously monitors various health metrics throughout your day and night. Wear the ring comfortably on your finger for accurate data collection.

1. Health and Fitness Tracking

The ring's advanced sensors track a range of data points, including activity levels, sleep patterns, and potentially other vital signs. This data is automatically synced to the Smart Health app.

- **Activity Monitoring:** Tracks your daily movements and exercise, providing insights into your fitness.
- **Sleep Analysis:** Monitors your sleep stages and quality, helping you understand and improve your rest.
- **Personalized Guidance:** The app provides personalized advice based on your data, motivating you towards healthier choices.

2. Water and Dust Resistance

The Smart Health Ring is designed with water and dust resistance, allowing for free use during daily water-related activities. This ensures continuous monitoring of your health data in various scenarios.

- You can wear the ring while washing hands, showering, and swimming.
- Avoid prolonged submersion in deep water or exposure to high-pressure water jets.
- After exposure to chlorinated or saltwater, rinse the ring with fresh water and dry it thoroughly.

Water resistance and dust resistance

Wash your hands, take a shower, swim in the water, etc., and wear it freely,
while all kinds of sensors monitor your health data at any time



Image: A hand wearing the Smart Health Ring, shown under running water, highlighting its water resistance feature for daily activities.

MAINTENANCE

1. Cleaning Your Ring

To maintain the appearance and functionality of your Smart Health Ring, regular cleaning is recommended:

- Wipe the ring with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used.
- Ensure the charging contacts on the inside of the ring are clean and dry to ensure efficient charging.
- Avoid using abrasive cleaners, solvents, or harsh chemicals, as these can damage the ring's finish or internal components.

2. Battery Care

The ring's battery is designed for long-lasting performance. To maximize battery life:

- Charge the ring fully when the battery is low.
- Avoid extreme temperatures, as these can affect battery performance.
- If storing the ring for an extended period, charge it to about 50% before storage and recharge periodically.

TROUBLESHOOTING

If you encounter issues with your Fosa Smart Health Ring, try the following solutions:

Problem	Possible Cause	Solution
Ring not charging	Loose connection, dirty contacts, faulty cable/adaptor	Ensure cable is securely connected. Clean charging contacts. Try a different USB port or power adapter.
Cannot pair with app	Bluetooth off, ring out of range, app issue	Ensure Bluetooth is on. Bring ring closer to device. Restart app and/or phone. Ensure ring is charged.
Inaccurate data readings	Improper fit, dirty sensors, app not updated	Ensure ring fits snugly but comfortably. Clean the internal sensors. Update the Smart Health app to the latest version.
App crashing/freezing	Software bug, insufficient device memory	Close and reopen the app. Restart your phone. Check for app updates.

SPECIFICATIONS

Key technical specifications for the Fosa Smart Health Ring:

Feature	Detail
Brand	Fosa
Model	fosaxwdiscq9rb-15
Material	Premium Stainless Steel
Color	Gold (Default)
Ring Battery Type	Built-in Lithium Battery
Ring Battery Capacity	20 mAh
Ring Battery Life	Approximately 7 days
Ring Charging Time	Approximately 45 minutes
Compatibility	iOS (via Smart Health App)
Water Resistance	Suitable for daily water activities (washing hands, showering, swimming)
Product Dimensions	8 x 8 x 5 cm; 73 g

WARRANTY AND SUPPORT

Return Policy

This product is eligible for a 30-day free return policy. Please refer to the retailer's return guidelines for detailed instructions and conditions.

Manufacturer Support

For further assistance, technical support, or warranty claims, please contact the manufacturer, Fosa, or the seller from whom you purchased the product. Refer to your purchase documentation for specific contact information.

Seller: [fosa](#) (Seller ID: [A3EQQ4ATJVL3U](#))

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