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› **Smart Ring Heart Rate Monitor Sleep Tracker Blood Pressure Ring Fitness Tracker Pedometer Step Counter Calories Fitness Ring Anillo Inteligente Health Smart Rings for Women Ladies, #9, Rose Gold**

CNBRO R10M

CNBRO Smart Ring User Manual

Model: R10M

Your comprehensive guide to the Smart Ring Heart Rate Monitor, Sleep Tracker, Blood Pressure Ring, Fitness Tracker, Pedometer, Step Counter, Calories Fitness Ring.

1. INTRODUCTION

The CNBRO Smart Ring is an innovative wearable device designed to help you monitor various aspects of your health and fitness. This compact and stylish ring integrates advanced sensors to track your heart rate, blood pressure, sleep patterns, and daily activity, providing valuable insights into your well-being. This manual will guide you through the setup, operation, and maintenance of your Smart Ring to ensure optimal performance and a seamless user experience.

2. PRODUCT OVERVIEW & FEATURES

The CNBRO Smart Ring offers a range of features to support your health and fitness journey:

- **Health Monitoring:** Real-time monitoring of heart rate and blood pressure with 24-hour heart rate tracking.

- **Sleep Tracking:** Automatic sleep duration monitoring and comprehensive analysis of sleep quality (deep sleep, light sleep, wake-up time).

- **All-day Fitness Tracking:** Automatically tracks steps, calories consumed, and distance. Sport modes in the app provide additional tracking for route, activity time, and heart rate during exercise.

- **IP68 Waterproof:** Designed to withstand swimming, hand washing, and cold showers. *Note: Not suitable for hot water or steam.*

- **Fashionable & Comfortable Design:** Lightweight (only 4g) with an enamel technology finish and engraved patterns for a unique and stylish look.

- **Remote Camera Control:** Shake your finger to take photos via the connected app.

- **Family Care Function:** Allows for monitoring of family members' health data through the app.

Figure 2.1: The CNBRO Smart Ring in Rose Gold, showcasing its internal sensors and sleek design.

health monitoring

Real-time monitoring of heart rate, blood oxygen, and blood pressure

Figure 2.2: Health monitoring data displayed on a smartphone, including heart rate, blood oxygen, and blood pressure readings.
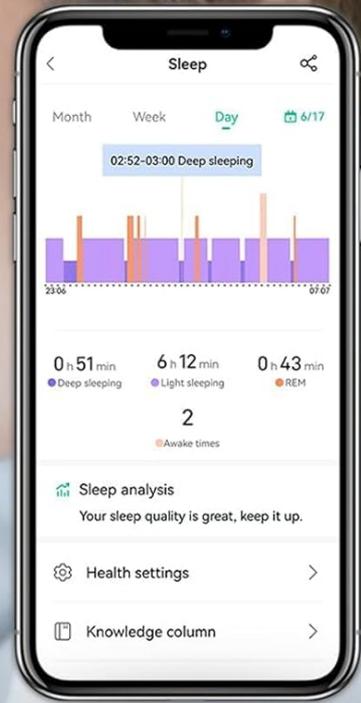
Figure 2.3: Sleep monitoring interface showing sleep duration, deep sleep, light sleep, and awake times.

Figure 2.4: Exercise data monitoring, showing recorded steps, calories, and distance, along with a map of the activity route.

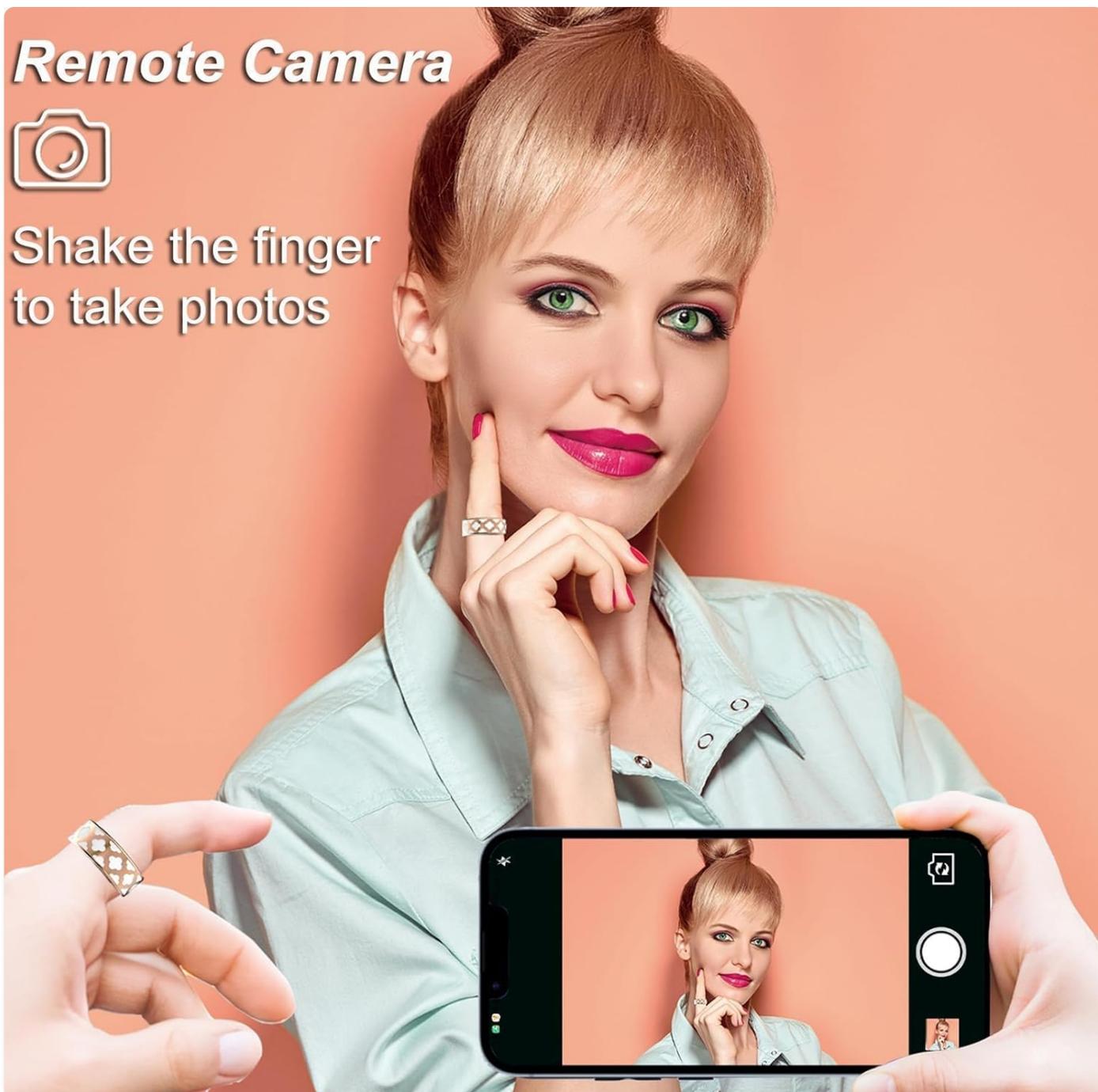**Remote Camera**

Shake the finger
to take photos

Figure 2.5: Remote camera control feature, allowing users to take photos by shaking the finger wearing the ring.

Figure 2.6: The Smart Ring's IP68 waterproof feature, suitable for swimming and washing hands.

3. What's in the Box

Upon opening your CNBRO Smart Ring package, you should find the following items:

- 1 x CNBRO Smart Ring
- 1 x User Manual (this document)
- 1 x Magnetic Charging Cable

4. Setup Guide

4.1. Charging the Smart Ring

Before first use, ensure your Smart Ring is fully charged. Use the provided magnetic charging cable. Connect the cable to a USB power source (e.g., computer USB port, wall adapter) and attach the magnetic end to the charging points on the

ring. The ring has a 15mAh battery capacity.

4.2. App Installation and Pairing

To utilize all features of your Smart Ring, you need to download and install the companion application:

1. **Download the App:** Search for "Smart Health" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

2. **Compatibility:** Ensure your smartphone meets the requirements: iOS 8.0 or above, or Android 5.1 or above, with Bluetooth 5.0.

3. **Install and Open:** Install the "Smart Health" app and open it.

4. **Pairing:** Follow the in-app instructions to pair your Smart Ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

4.3. Choosing the Right Size

Selecting the correct ring size is crucial for accurate data tracking. If the ring is too loose, it may affect the accuracy of the data. Refer to the size chart and measuring method below:

Model	Inner diameter	Perimeter
#7	17.3mm	54.3mm
#8	18.1mm	56.9mm
#9	18.9mm	59.5mm
#10	19.8mm	62.1mm
#11	20.6mm	64.6mm
#12	21.4mm	67.2mm

SIZE

Measuring Finger Method

STEP 1

When measuring, please choose a thin, non-stretchy wire and wrap it around your finger and mark it with a pen or other tool.

STEP 2

Straighten the thin wire and measure its length with a ruler and shop against the ring specifications above.

Figure 4.1: Smart Ring Size Chart and Measuring Finger Method. It is recommended to measure your finger accurately to ensure proper fit and data accuracy.

1. **Step 1:** When measuring, choose a thin, non-stretchy wire or string and wrap it around your finger. Mark the point where the string overlaps with a pen or other tool.

2. **Step 2:** Straighten the marked wire/string and measure its length with a ruler. Compare this measurement to the "Perimeter" column in the size chart to find your corresponding ring size.

5. OPERATING INSTRUCTIONS

Once your Smart Ring is charged and paired with the "Smart Health" app, you can begin monitoring your health and fitness data.

5.1. Health Monitoring (Heart Rate, Blood Pressure, SP-O2)

- The ring continuously monitors your heart rate. For on-demand blood pressure and SP-O2 readings, open the "Smart Health" app and navigate to the respective monitoring sections.

- Ensure the ring is worn snugly on your finger for accurate readings.

5.2. Sleep Monitoring

- Wear the Smart Ring to bed. It will automatically detect your sleep patterns.

- In the morning, sync the ring with the app to view your sleep duration, deep sleep, light sleep, and wake-up times.

5.3. Activity Tracking (Pedometer, Calories, Distance)

- The ring automatically tracks your steps, calories burned, and distance throughout the day.

- For detailed exercise data, activate specific sport modes within the "Smart Health" app before starting your workout. This will track your route, activity time, and real-time heart rate during exercise.

5.4. Remote Camera

- Open the camera function within the "Smart Health" app.

- To take a photo, simply shake the finger wearing the Smart Ring.

6. MAINTENANCE

Proper care and maintenance will extend the lifespan of your CNBRO Smart Ring.

- **Cleaning:** Wipe the ring regularly with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by immediate drying.

- **Water Exposure:** While the ring is IP68 waterproof and can withstand swimming, washing hands, and cold showers, it is **not** suitable for hot water, diving, or prolonged submersion in hot environments (e.g., saunas, hot tubs).

- **Drying After Water Exposure:** After swimming or getting wet, shake off excess water and wipe the ring dry to prevent water spots and ensure sensor accuracy.

- **Storage:** Store the ring in a cool, dry place when not in use. Avoid extreme temperatures.

7. TROUBLESHOOTING

If you encounter issues with your Smart Ring, please refer to the following common solutions:

Problem	Possible Cause / Solution
Inaccurate Data (Heart Rate, Blood Pressure, Sleep)	- **Ring is too loose:** Ensure the ring fits snugly on your finger. A loose fit can significantly impact sensor accuracy. Refer to Section 4.3 for sizing. - **Improper wearing position:** Ensure the sensors on the inside of the ring are in good contact with your skin. - **Movement during measurement:** Try to remain still during spot measurements. - **Environmental factors:** Extreme temperatures or excessive moisture can affect readings.

Problem	Possible Cause / Solution
Ring Disconnects from App Frequently	• **Bluetooth range:** Ensure your ring is within Bluetooth range of your smartphone (typically 10 meters/33 feet). • **App running in background:** Ensure the "Smart Health" app is running in the background and not being closed by your phone's operating system. • **Low battery:** Charge the ring fully. • **Bluetooth interference:** Move away from other strong wireless signals. • **Restart devices:** Try restarting both your smartphone's Bluetooth and the Smart Ring (if applicable, by placing it on the charger).
Ring Not Charging	• **Cable connection:** Ensure the magnetic charging cable is properly aligned with the charging points on the ring and securely connected to a power source. • **Power source:** Try a different USB port or wall adapter. • **Clean contacts:** Gently clean the charging contacts on both the ring and the cable with a dry cloth to remove any dust or debris.
App Not Syncing Data	• **Bluetooth connection:** Verify the ring is connected to the app via Bluetooth. • **App permissions:** Check if the "Smart Health" app has necessary permissions (e.g., Bluetooth, location) enabled in your phone's settings. • **Update app:** Ensure you have the latest version of the "Smart Health" app installed. • **Restart app:** Close and reopen the app.

If the problem persists after trying these solutions, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	R10M
Product Dimensions	0.39 x 0.39 x 0.39 inches
Item Weight	1.6 ounces
Battery Type	1 Lithium Polymer battery (included)
Battery Capacity	15mAh
Operating System Compatibility	Android 5.1 or above, iOS 8.0 or above
Connectivity Technology	Bluetooth 5.0
Wireless Communication Standard	Bluetooth

Feature	Detail
Special Features	Activity Tracker, Lightweight
GPS	GPS Via Smartphone
Brand	CNBRO
Color	Rose Gold
Compatible Devices	Smartphone
Display Type	LED
Manufacturer	Huizhou JTLlink Technology Co., Ltd
Date First Available	November 8, 2024

9. WARRANTY AND SUPPORT

For any questions, concerns, or technical assistance regarding your CNBRO Smart Ring, please do not hesitate to contact us. We are committed to providing the best solution to you.

- **Customer Support:** If you have any questions, contact us and we will offer a satisfied solution within 24 hours.
- **Product Information:** For more details and updates, please visit the official CNBRO website or the product page where you purchased the item.