**R10M-1**

# Smart Ring User Manual

Model: R10M-1

## INTRODUCTION

Thank you for choosing the Smart Ring. This innovative device is designed to seamlessly integrate into your daily life, providing comprehensive health monitoring, activity tracking, and convenient smart features. With its advanced sensors and durable design, the Smart Ring helps you stay informed about your well-being and enhances your digital experience. Please read this manual carefully to ensure proper use and maintenance of your Smart Ring.

## WHAT'S IN THE BOX

Your Smart Ring package includes the following items:

- Smart Ring
- Charging Cable for Ring
- Crystal Charging Case
- User Manual (this document)

Image: The Smart Ring, its dedicated charging cable, and the elegant crystal charging case included in the package.

## SETUP GUIDE

### 1. Charging the Smart Ring

Before first use, fully charge your Smart Ring.

1. Place the Smart Ring into the Crystal Charging Case. Ensure the charging contacts on the ring align with those in the case.
2. Connect the Charging Cable to the Crystal Charging Case and a USB power source (e.g., computer USB port, wall adapter).
3. The indicator light on the charging case will show the charging status. A full charge typically takes approximately 1-2 hours.

### 2. App Installation and Pairing

To access all features and view your health data, download the companion mobile application.

1. Scan the QR code provided in the packaging or search for the official Smart Ring app on the App Store (iOS 8.0 and above) or Google Play Store (Android 5.1 and above).
2. Install the application on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure your phone's Bluetooth is enabled.
5. Within the app, navigate to the device pairing section and select your Smart Ring from the list of available devices.
6. Confirm the pairing request on both your phone and, if prompted, by interacting with the ring (e.g., placing it on the charger).
7. Once paired, the app will synchronize with your ring, and you can begin monitoring your health data.

## SIZING GUIDE

Accurate sizing is crucial for comfortable wear and precise data collection. Please follow these steps to determine your correct ring size. If the ring is too loose, it may affect data accuracy.

### Measuring Your Finger

1. **Step 1:** Choose a thin, non-stretchy wire or string. Wrap it snugly around the base of the finger where you intend to wear the ring. Mark the point where the wire/string overlaps with a pen or marker.
2. **Step 2:** Straighten the marked wire/string and measure its length in millimeters using a ruler. This measurement is your finger's circumference.
3. **Step 3:** Refer to the size chart below to find the corresponding Smart Ring size based on your measured inner diameter or circumference.
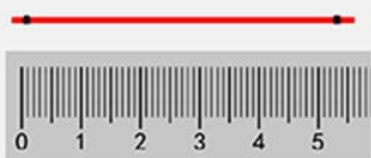
# Measuring Finger Method



**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.

Image: Visual guide demonstrating the two-step process for accurately measuring your finger size using a string and ruler.

## Smart Ring Size Chart

| Model Size | Inner Diameter (mm) | Circumference (mm) |
|---|---|---|
| #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 |

| Model Size | Inner Diameter (mm) | Circumference (mm) |
|---|---|---|
| #13 | 22.2mm | 69.7mm |



## Multiple size options

7 ring sizes, available in both large and small, enjoy the ingenuity alone

#7   #8   #9

#10   #11   #12   #13

| Model | Inner diameter | Circumference |
|---|---|---|
| #7 | 17.3mm | 54.3mm |
| #8 | 18.1mm | 56.9mm |
| #9 | 18.9mm | 59.5mm |
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| #11 | 20.6mm | 64.6mm |
| #12 | 21.4mm | 67.2mm |
| #13 | 22.2mm | 69.7mm |

Image: A visual representation of the various Smart Ring sizes available, along with a detailed chart showing inner diameter and circumference measurements for each size.

## OPERATING INSTRUCTIONS

### 1. 24-Hour Health Monitoring

The Smart Ring continuously monitors your vital health parameters throughout the day.

- **Heart Rate:** Tracks your heart rate in real-time, providing insights into your cardiovascular health.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Blood Pressure:** Provides real-time blood pressure readings.

All collected data is automatically synchronized with the mobile app, allowing you to view trends and historical data. You can also add family members and friends within the app to view their health information (with their consent).



Image: A smartphone screen showing the Smart Ring app interface with detailed 24-hour health monitoring data, including graphs for blood pressure and heart rate.

## 2. Real-Time Sleep Tracking

The Smart Ring intelligently records your daily sleep information, helping you understand your sleep patterns.

- Monitors different sleep stages: deep sleep, light sleep, and wakefulness.
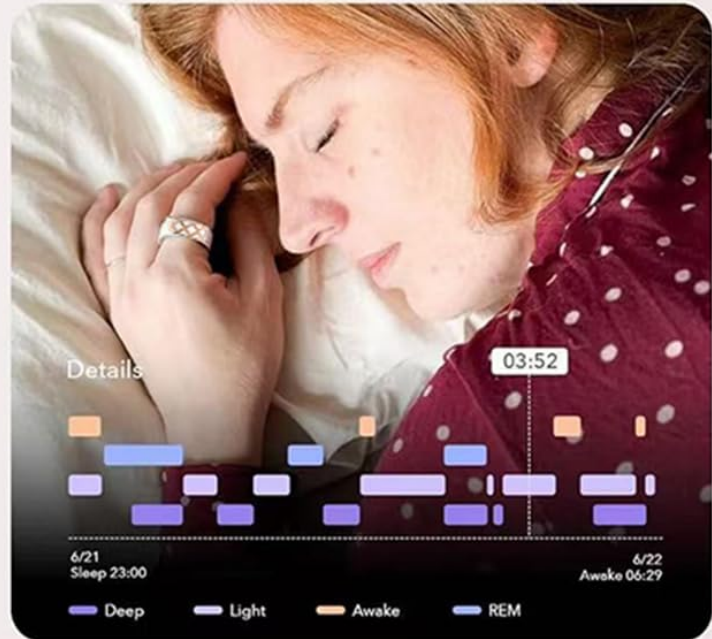- Provides a sleep quality score and detailed reports in the app.

Image: The Smart Ring app interface displaying comprehensive real-time sleep tracking data, including sleep stages (deep, light, awake, REM) and a sleep quality score.

### 3. Exercise Data Monitoring

The Smart Ring supports multiple exercise modes, providing real-time recording of your activity data.

- Tracks heart rate, speed, time, and other relevant information during workouts.
- Utilizes GPS via smartphone for mapping outdoor activities like cycling.
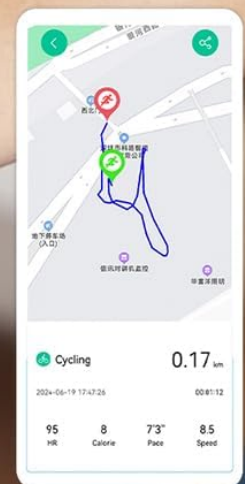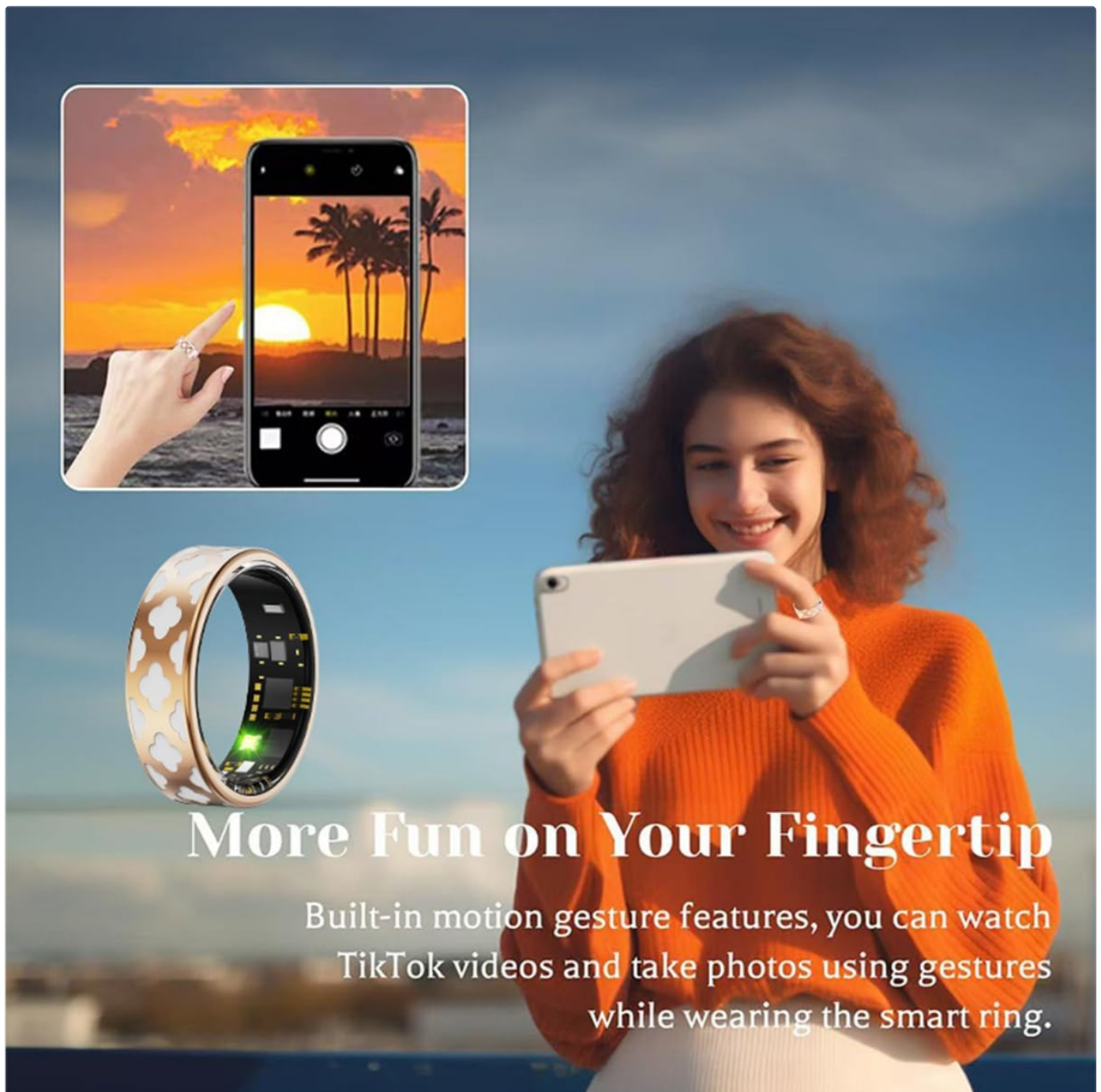- Records steps through motion detection.

Image: A person wearing the Smart Ring while exercising, with a smartphone displaying the app's exercise data monitoring interface, including a map of the activity route.

## 4. Remote Control Photography and Gesture Features

Enhance your smartphone experience with the Smart Ring's remote control capabilities.

- **Remote Camera Shutter:** Use the app to activate the remote control photo function. Shake the Smart Ring to remotely trigger your cell phone's camera and take photos.
- **Gesture Control:** Built-in motion gesture features allow you to control certain applications, such as watching TikTok videos, by simply wearing the ring and performing specific gestures.

Image: A person demonstrating the remote control photography feature, using the Smart Ring to take a picture with their smartphone.

## IP68 WATERPROOF RATING

The Smart Ring boasts an IP68 waterproof rating, meaning it is designed to withstand immersion in water up to 1.5 meters for up to 30 minutes. This allows for worry-free use during daily activities.

- Suitable for hand washing, showering, and swimming in shallow water.
- **Important Note:** DO NOT expose the Smart Ring to hot water or steam, as this can damage the internal components and compromise the waterproof seal.

Image: A hand wearing the Smart Ring submerged in water, illustrating its IP68 waterproof capability for daily activities like hand washing or swimming.

## MAINTENANCE

To ensure the longevity and optimal performance of your Smart Ring, follow these maintenance guidelines:

- Clean the ring regularly with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by immediate drying.
- Ensure the charging contacts on both the ring and the charging case are clean and free of debris to maintain efficient charging.
- Avoid exposing the ring to harsh chemicals, strong detergents, or abrasive materials.
- Store the ring in a cool, dry place when not in use.

## TROUBLESHOOTING

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

- **Ring not connecting to app:**

  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the ring is charged.
  - Restart the Smart Ring app and your phone's Bluetooth.
  - Try unpairing and re-pairing the ring in the app's settings.

- **Inaccurate health data:**

  - Ensure the ring is worn snugly on your finger. If it's too loose, data accuracy may be affected.
  - Clean the sensors on the inside of the ring.
  - Ensure your app is updated to the latest version.

- **Ring not charging:**

  - Check if the charging cable is securely connected to both the case and the power source.
  - Ensure the ring is correctly seated in the charging case with contacts aligned.
  - Try a different USB port or power adapter.
  - Clean the charging contacts on both the ring and the case.

- **App crashing or freezing:**

  - Close and reopen the app.
  - Clear the app's cache (in your phone's settings).
  - Ensure your phone's operating system is up to date.

If the issue persists, please contact customer support for further assistance.

## SPECIFICATIONS

| Feature | Detail |
|---|---|
| Model Number | R10M-1 |
| Brand | Generic |
| Connectivity Technology | Bluetooth |
| Operating System | Android Wear 1.0 (Compatible with Android 5.1+ / iOS 8.0+) |
| Battery Capacity | 15 Milliamp Hours |
| Battery Type | Lithium Polymer |
| Waterproof Rating | IP68 |
| Special Features | Multisport Tracker, Activity Tracker, Heart Rate, Blood Oxygen, Sleep Monitoring, Remote Control Photography |
| GPS | GPS Via Smartphone |
| Material | High-quality stainless steel and enamel craftsmanship |
| Manufacturer | JTL |
| First Available Date | November 16, 2024 |

## Warranty and Support

Your Smart Ring is designed for durability and performance. For any questions or problems regarding your product, please do not hesitate to contact our customer service team.

- **Customer Service:** Our team is available to assist you with any inquiries. Please allow up to 24 hours for a response.
- **Important Note:** The product is not suitable for hot water or steam exposure. Damage resulting from such exposure may not be covered under warranty.

For the most up-to-date support information and contact methods, please refer to the official product website or the contact section within the mobile application.