

CNBRO 81b74024-b0a1-4f3f-8d21-256082ecf07e

CNBRO Smart Ring with Display User Manual

Model: 81b74024-b0a1-4f3f-8d21-256082ecf07e

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your CNBRO Smart Ring with Display. This device is designed to monitor various health and fitness metrics, offering convenience and insights directly from your finger.

PRODUCT FEATURES

- **Integrated Display:** Touch screen shows time, steps, heart rate, sleep duration, and battery level directly on the ring.
- **24-Hour Heart Rate Tracking:** Continuous monitoring of heart rate during daily activities and exercise.
- **Automatic Sleep Tracking:** Monitors sleep duration and provides analysis of deep sleep, light sleep, and wake-up times.
- **Multiple Sport Modes:** Tracks steps, calories, distance, and offers detailed data for various exercise types via the app.
- **Portable Charging Case:** Comes with a compact charging case for convenient power on the go.
- **Gesture Control:** Supports remote photo capture, short video switching, and music control.
- **IP68 Waterproof:** Suitable for cold showering, hand washing, and rain exposure.
- **Free Jring App:** Access exercise records and health data without subscription fees. Compatible with Android 9.0+ and iOS 10.0+.

SETUP GUIDE

1. Charging the Smart Ring

Before first use, ensure your Smart Ring is fully charged. The ring comes with a portable charging case.

1. Place the Smart Ring into the charging case, ensuring the charging contacts align.
2. Connect the charging case to a power source using the provided charging cable.
3. The indicator on the charging case will show charging status. A full charge typically takes approximately 1-2 hours.

Gesture swipe video

Built-in motion gesture function, please wear the ring
Quickly double-click with your finger: switch videos



The Smart Ring charging in its transparent case. The case provides portable power for the ring.

2. App Installation and Pairing

To access all features and data, download the "Jring" app on your smartphone.

1. Search for "Jring" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the app.
3. Open the Jring app and follow the on-screen instructions to create an account or log in.
4. Ensure your phone's Bluetooth is enabled. In the app, navigate to the device pairing section and select your Smart Ring from the list of available devices.
5. Confirm the pairing request on both your phone and, if prompted, on the ring's display.

3. Ring Sizing and Placement

For accurate readings, ensure the ring fits snugly on your finger. It is recommended to wear the ring on your index finger.

Size	Inner diameter	Perimeter
No. 8	18.2mm	57.1mm
No. 9	19mm	59.6mm
No.10	19.9mm	62.4mm
No. 11	20.7mm	64.9mm
No. 12	21.5mm	67.5mm

Measure Finger Method(Avoid accidental touch, wear it on **Index Finger**)

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.

Note: tighten appropriately, Not too loose

STEP

2



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

A table showing ring sizes (No. 8 to No. 12) with corresponding inner diameter and perimeter measurements. Below the table, a two-step method for measuring your finger using a thin wire and ruler is illustrated, emphasizing to tighten appropriately and wear on the index finger.

Refer to the sizing chart and measurement method to find your ideal fit. A proper fit is crucial for consistent data collection.

OPERATION

1. Display Interaction and Data Viewing

The Smart Ring features a touch screen for quick access to various data points.

Check the Data on the Ring



- | | |
|--|---|
| ○ Touch:
Display time | ○ Double touch:
Show steps |
| ○ Touch three times:
Display heart rate | ○ Touch four times:
Display blood oxygen |
| ○ Touch five times:
Display sleep mode | ○ Touch six times:
Display battery level |

The Smart Ring's display showing various metrics. Instructions indicate: Single touch for time, double touch for steps, three touches for heart rate, four touches for blood oxygen, five touches for sleep mode, and six touches for battery level.

- **Single Touch:** Displays the current time.
- **Double Touch:** Shows your step count.
- **Touch Three Times:** Displays your heart rate.
- **Touch Four Times:** Displays blood oxygen level.
- **Touch Five Times:** Displays sleep mode information.
- **Touch Six Times:** Shows the current battery level.

2. Health Monitoring

The ring continuously monitors key health metrics.

Health Smart Ring

See your Health on the Finger



Heart rate monitoring

Check your heart rate details at any time



Blood oxygen monitoring

Check your blood oxygen saturation at any time



Daily exercise monitoring

Daily steps, calories, distance



Images illustrating the Smart Ring's capabilities for heart rate monitoring, blood oxygen monitoring, and daily exercise tracking. The ring's sensor lights are visible, and display examples show heart rate and blood oxygen percentage.

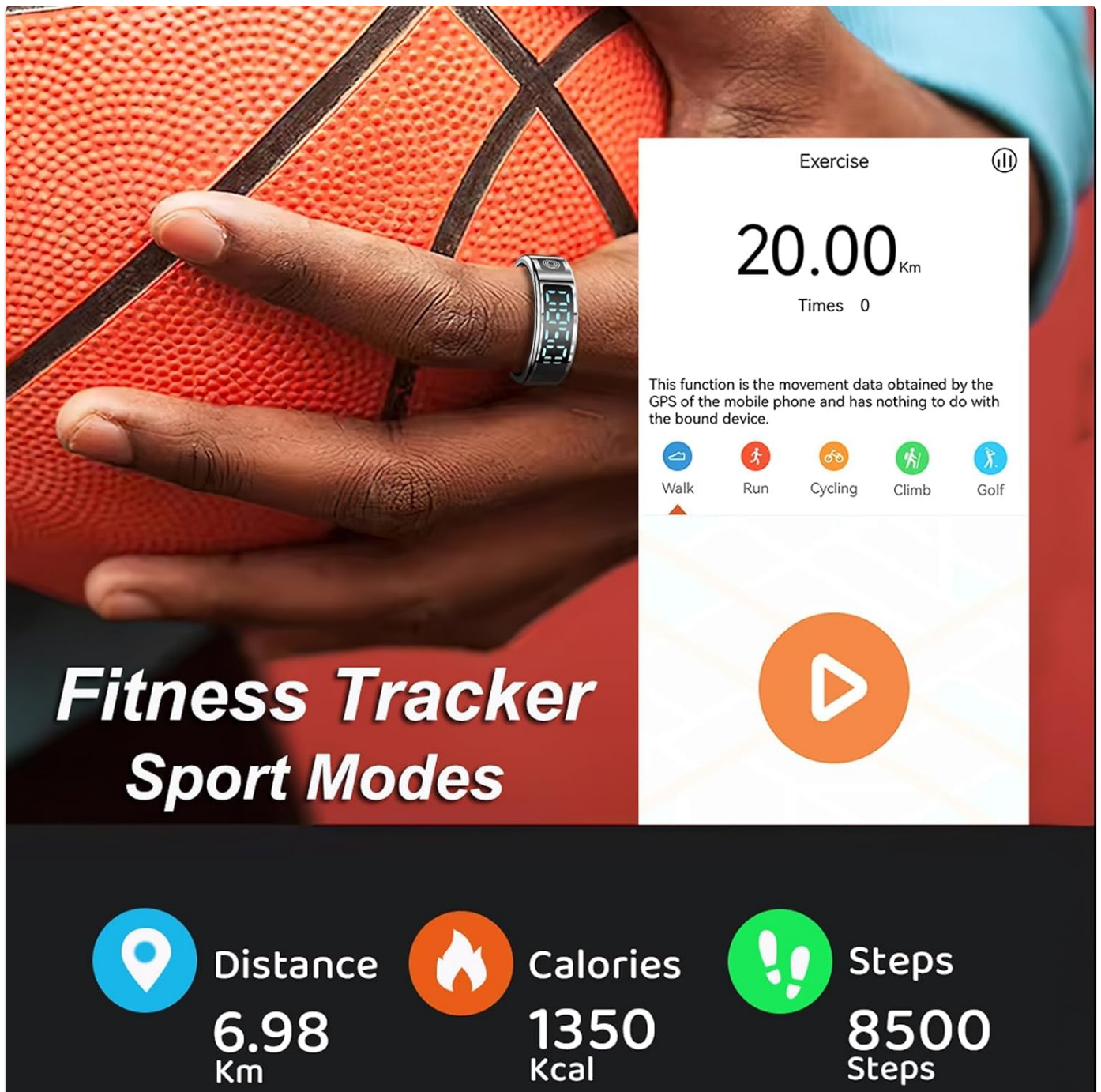
- **Heart Rate:** The ring tracks your heart rate 24/7. View real-time data on the ring or detailed historical data in the Jring app.
- **Blood Oxygen:** Monitor your blood oxygen saturation levels.
- **Sleep Tracking:** The ring automatically detects your sleep patterns, recording deep sleep, light sleep, and wake-up times. Access comprehensive sleep analysis in the app.



An image depicting the Smart Ring's sleep tracking function, showing total sleep duration (7h 56m) broken down into deep sleep (3h 10m), light sleep (4h 05m), and wide awake time (1h 15m).

3. Fitness Tracking and Sport Modes

The Smart Ring functions as a pedometer and fitness tracker.



An image illustrating the Smart Ring's fitness tracking capabilities, showing various sport modes (Walk, Run, Cycling, Climb, Golf) and tracked data such as distance (6.98 Km), calories (1350 Kcal), and steps (8500 Steps).

- **Daily Activity:** Automatically tracks steps, calories burned, and distance throughout the day.
- **Sport Modes:** Activate specific sport modes within the Jring app to track detailed metrics like activity time, heart rate zones, and sport routes during workouts.

4. Gesture Control

Utilize gesture controls for convenient interaction with your smartphone.

IP68 waterproof technology



An image demonstrating the Smart Ring's gesture control feature, specifically for swiping through videos on a smartphone by double-clicking with the finger wearing the ring.

- **Remote Camera:** Take photos on your phone remotely using specific ring gestures.
- **Media Control:** Switch short videos, pause, or play music with simple gestures.

MAINTENANCE

1. Waterproofing

The Smart Ring is IP68 waterproof.

Gesture swipe video

Built-in motion gesture function, please wear the ring
Quickly double-click with your finger: switch videos



An image showing the Smart Ring partially submerged in water, highlighting its IP68 waterproof technology. This indicates resistance to dust and immersion in water up to 1.5 meters for 30 minutes.

- It can withstand cold showers, hand washing, and rain.
- **Important:** It is **not** suitable for hot water, saunas, or diving. Exposure to hot water may damage the device.

2. Cleaning and Care

- Wipe the ring with a soft, damp cloth to remove dirt or sweat.
- Avoid using harsh chemicals or abrasive materials.
- Keep the charging contacts clean and dry to ensure efficient charging.

TROUBLESHOOTING

• Ring not connecting to phone:

Ensure Bluetooth is enabled on your phone and the ring is charged. Try restarting both the ring (if applicable) and your phone. Re-open the Jring app and attempt to pair again. If issues persist, try forgetting the device in your phone's

Bluetooth settings and re-pairing.

• **Charging issues:**

Verify that the ring is correctly seated in the charging case and the charging contacts are clean. Ensure the charging cable is securely connected to both the case and a working power source. Try a different charging cable or power adapter if available. If the charging case itself is not working, contact customer support.

• **Inaccurate data readings:**

Ensure the ring is worn snugly on your index finger. Loose fit can affect sensor accuracy. Clean the sensors on the inside of the ring. Ensure the Jring app is up-to-date.

• **Display not responding:**

Ensure the ring is charged. If the display is unresponsive, try charging it for a few minutes. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	81b74024-b0a1-4f3f-8d21-256082ecf07e
Battery Capacity	16mAh (Lithium Polymer)
Connectivity	Bluetooth 5.1
Compatibility	iOS 10.0 or above, Android 9.0 or above
Waterproof Rating	IP68
Charging Type	Magnetic Charging Case
Operating System	Android & iOS
Special Features	Activity Tracker, Gesture Control, Lightweight, Time Display, Touchscreen
Item Weight	100 Grams (approx. 3.53 ounces)

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

This video demonstrates the key features and functionalities of the CNBRO Smart Ring with Display, including its touch screen, health monitoring capabilities, and charging method.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your product packaging or visit the official CNBRO website. Please retain your proof of purchase for any warranty claims.

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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