Evelame R11

Evelame Smart Ring Health Tracker (Model R11) User Manual

Comprehensive Guide for Setup, Operation, and Maintenance

1. INTRODUCTION

The Evelame Smart Ring (Model R11) is a sophisticated health and fitness tracker designed to provide real-time insights into your well-being. This compact, wearable device monitors various essential health metrics and supports multiple sports activities, all while offering convenient gesture control. This manual provides detailed instructions to help you get the most out of your smart ring.

2. PRODUCT OVERVIEW

The Evelame Smart Ring is engineered with advanced sensors to accurately track your health data. Its sleek design ensures comfort for continuous wear, and its robust construction makes it suitable for various environments.

Key Features:

- **Comprehensive Health Monitoring:** Tracks heart rate, blood pressure, and SpO2 levels.
- **Advanced Sleep Tracking:** Monitors deep sleep, light sleep, REM sleep, and wake times.
- **Multi-Sport Activity Tracking:** Supports various activities including running, walking, cycling, hiking, yoga, golf, jump rope, and dancing.
- **Gesture Control:** Allows for seamless interaction, such as remote photo capture.
- **IP68 Waterproof:** Designed for durability and resistance to water and dust, suitable for swimming and daily wear.
- **Effortless Bluetooth Connectivity:** Pairs easily with Android (5.0+) and iOS (10.0+) devices via a free accompanying app.
- **Long Battery Life:** Provides 3-5 days of usage on a single charge.
- **Premium Materials:** Constructed with a stainless steel outer layer and an epoxy resin inner layer for comfort and durability.

Figure 1: Evelame Smart Ring, showing the ring itself, its charging case, and a smartphone displaying the companion app's interface with health data.

3. SETUP GUIDE

3.1 Unboxing and Initial Charge

Upon receiving your Evelame Smart Ring, carefully unbox the device. The package includes the smart ring, a charging cable, and a user guide.

1. Remove the smart ring from its packaging.
2. Connect the provided charging cable to a USB power source.
3. Attach the magnetic end of the charging cable to the charging contacts inside the ring. Ensure the ring is securely connected and the charging indicator light illuminates.
4. Allow the ring to fully charge before first use. This typically takes approximately 2 hours.

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Video 1: Unboxing and initial charging process of the Evelame Smart Ring. This video demonstrates how to connect the charging cable to the ring and initiate the

charging process.

3.2 App Download and Pairing

To access your health data and customize settings, download the companion app:

1. Scan the QR code provided in the user guide or search for "Smart Health" in your device's app store (compatible with Android 5.0+ and iOS 10.0+).
2. Install the app and create an account.
3. Enable Bluetooth on your smartphone.
4. Open the "Smart Health" app, navigate to the device section, and select "Add Device."
5. Follow the on-screen prompts to pair your Evelame Smart Ring with your smartphone.
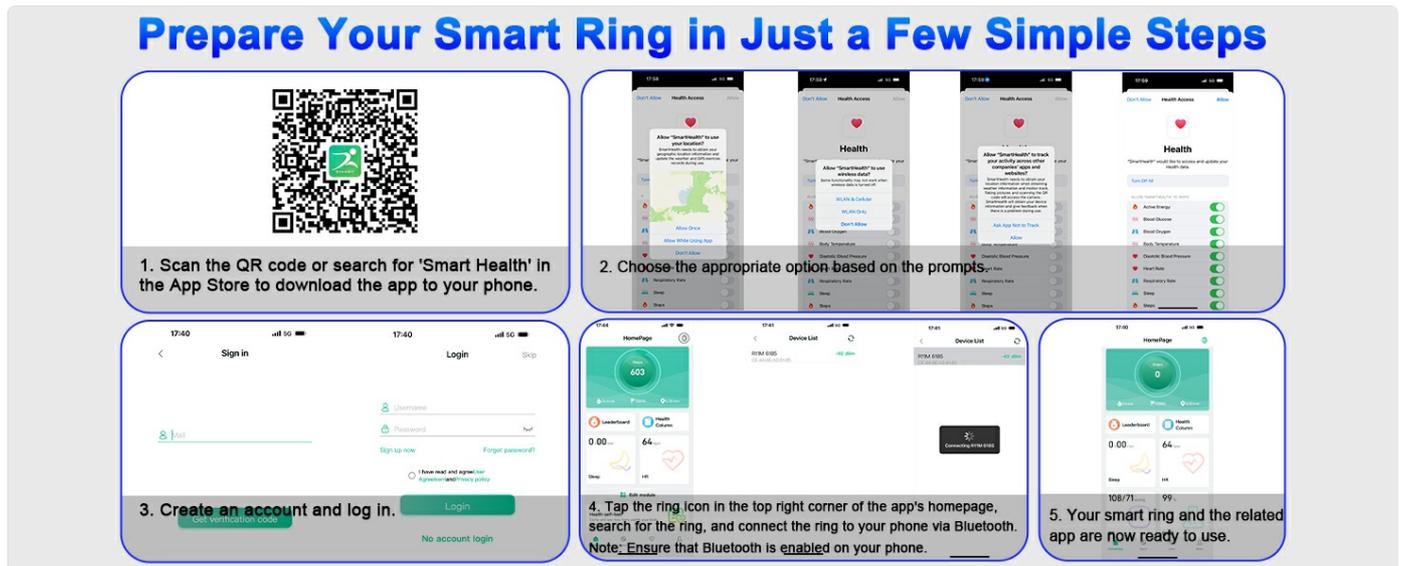
Figure 2: Visual guide for downloading the companion app and connecting the smart ring via Bluetooth, including screenshots of the app interface.

3.3 Proper Wearing Style

For optimal accuracy of health measurements (blood pressure, SpO2, heart rate), ensure the sensor inside the ring is facing your fingerpad while wearing it. The ring should fit comfortably, not too tight or too loose.

Figure 3: Illustration demonstrating the correct way to wear the Evelame Smart Ring for accurate sensor readings, with the sensor positioned against the fingerpad.
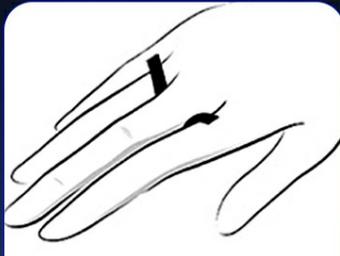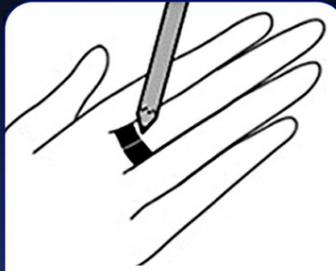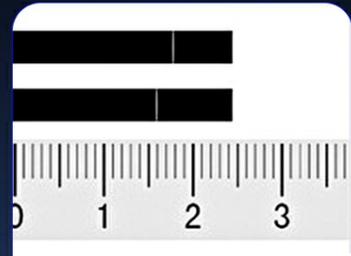
Figure 4: Guide for measuring finger size to ensure a perfect fit for the Evelame Smart Ring, showing different ring sizes and measurement steps.

4. OPERATING INSTRUCTIONS

4.1 Health Monitoring

The Evelame Smart Ring continuously monitors your health metrics. View real-time and historical data through the "Smart Health" app.

- **Heart Rate:** Access the Heart Rate section in the app to see your current heart rate and historical trends.
- **Blood Pressure:** Navigate to the Blood Pressure section for readings. Some measurements may require manual initiation within the app for accuracy.
- **SpO2 (Blood Oxygen):** Check your blood oxygen levels in the dedicated SpO2 section.
- **Sleep Tracking:** The ring automatically tracks your sleep patterns. Review detailed sleep analysis, including deep sleep, light sleep, and REM duration, in the Sleep section of the app.

Figure 5: Visual representation of the Evelame Smart Ring's health tracking capabilities, including sleep, heart rate, blood pressure, and blood oxygen monitoring.

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Video 2: Demonstrates the health monitoring and fitness tracking features of the Smart Ring, showcasing how data is displayed in the companion app.

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Video 3: This video focuses on the sleep tracking capabilities of the Smart Ring, showing how it monitors sleep patterns and provides insights.

4.2 Activity Tracking

The ring automatically detects and tracks various sports activities. View your activity data, including steps, distance, and calorie consumption, in the app's Sports section.

- **Steps:** The ring counts your daily steps and calculates distance covered.
- **Sports Modes:** Select specific sports modes within the app (e.g., running, walking, cycling) to get more tailored tracking data for your workouts.

Figure 6: The Evelame Smart Ring's ability to track various sports activities, including running, cycling, ropeskipping, walking, yoga, golf, jump rope, and dancing, with app interface examples.

4.3 Gesture Control

Utilize the gesture control feature for convenient actions, such as remote photo capture:

- Ensure your phone's camera app is open and connected to the smart ring via Bluetooth.
- Perform the designated gesture (e.g., a simple swipe of your finger) to remotely trigger the camera shutter.

Figure 7: A family using the smart ring's gesture control feature to capture a remote photo with their smartphone, highlighting convenience.

5. MAINTENANCE

5.1 Cleaning

To maintain optimal performance and hygiene, clean your smart ring regularly:

- Wipe the ring with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance (IP68)

The Evelame Smart Ring is IP68 waterproof, meaning it can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for:

- Showering

- Washing hands
- Swimming (shallow water)
- Rainy conditions

Avoid prolonged exposure to hot water, steam, or high-pressure water jets, as this may compromise the water resistance over time.

Figure 8: The Evelame Smart Ring demonstrating its IP68 waterproof capability, shown being worn by a person underwater.

6. TROUBLESHOOTING

6.1 Connection Issues

- **Ring not pairing:** Ensure Bluetooth is enabled on your phone and the ring is charged. Restart both the ring (by placing it on the charger) and your phone.
- **Data not syncing:** Check your phone's internet connection and ensure the app is running in the background. Try manually syncing data within the app.

6.2 Inaccurate Readings

- **Heart Rate/SpO2/Blood Pressure:** Verify the ring is worn correctly with the sensor facing your fingerpad. Ensure the ring is clean and free from obstructions. Avoid taking measurements during intense physical activity.
- **Sleep Tracking:** Ensure the ring is worn throughout the entire sleep period.

6.3 Battery Issues

- **Ring not charging:** Check the charging cable and adapter for damage. Ensure the magnetic connection is secure and the charging contacts on the ring are clean.
- **Short battery life:** Reduce the frequency of continuous monitoring for certain metrics if possible. Ensure the ring is fully charged before use.
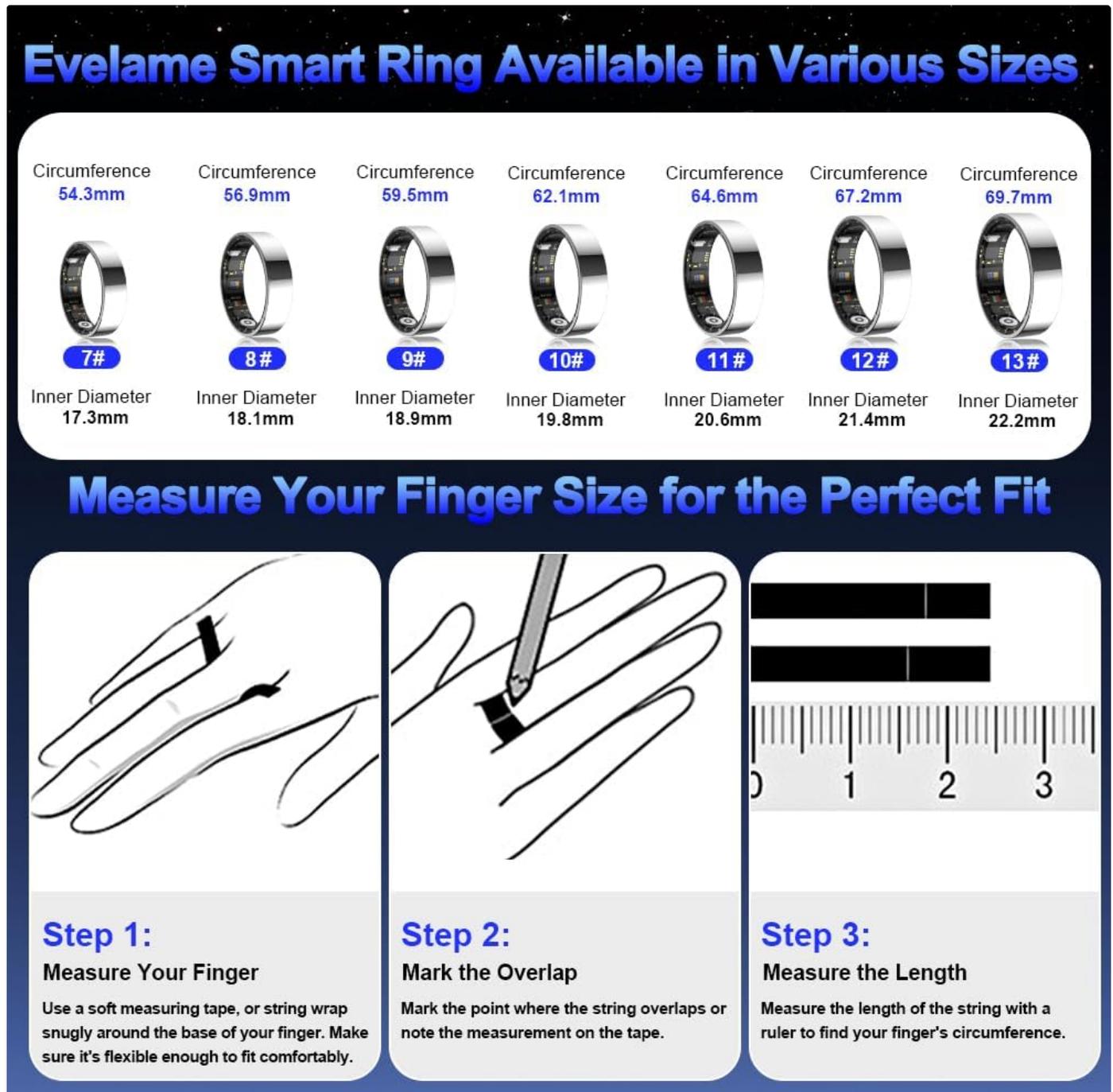

Figure 9: The Evelame Smart Ring in its charging case, illustrating the charging mechanism and highlighting its 3-5 day battery life.

7. SPECIFICATIONS

Feature	Detail
Model Number	R11
Brand	Evelame
Connectivity	Bluetooth
Operating System Compatibility	iOS 10.0+ or Android 5.0+
Water Resistance	IP68 (up to 50 meters)
Battery Capacity	4 Amp Hours (1 CR5 battery included)
Battery Life	3-5 days
Memory Storage Capacity	4 GB
Item Weight	3.2 ounces (0.09 Kilograms)
Special Features	Activity Tracker, Gesture Control, Lightweight, Multisport Tracker

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official Evelame website. If you encounter any issues not covered in this manual, please contact our customer service team for assistance.

Related Documents - R11

[R11 Smart Ring Technical Specifications and Features](#)
Comprehensive technical specifications for the R11 Smart Ring, detailing its hardware components, software functionalities, app integration, system requirements, and packaging information. Discover the advanced features of this wearable device.
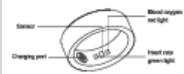
[COLMI R11 Smart Ring Quick Start Guide](#)

Get started with your COLMI R11 Smart Ring. This guide covers overview, packaging, power on, wearing, and connection instructions for the COLMI R11 smart ring.


[AMZMAX R11/R12 Smart Ring Quick Start Guide - Setup and Usage](#)

Get started with your AMZMAX R11/R12 Smart Ring. This quick guide provides essential information on unboxing, wearing, powering on, and connecting the smart ring to its companion app for health tracking.

[COLMI R11 Smart Ring Quick Start Guide | Setup, Wearing, and App Connection](#)

Learn how to set up, power on, wear, and connect your COLMI R11 Smart Ring using the Da Rings app. Includes overview and packaging details.
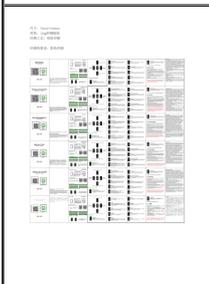
[Shenzhen Woopoint Technology Fitness Band User Manual (Model R11)](#)

User manual for the Shenzhen Woopoint Technology Fitness Band (Model R11), providing setup and usage information in multiple languages, along with FCC compliance details.