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> Twievo Smart Ring User Manual

Twievo R11

Twievo Smart Ring User Manual

Model: R11

Fitness Tracker Ring for Men/Women with Comprehensive Health Monitoring

INTRODUCTION

The Twievo Smart Ring is an ultra-thin, wearable fitness and health tracker designed for both men and women. It offers comprehensive monitoring of various health metrics and activity data, providing insights to help you maintain a healthy lifestyle. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your Smart Ring.



Image: The Twievo Smart Ring in silver, highlighting its sleek design and internal components.

SETUP GUIDE

1. Choosing the Correct Size

Accurate sizing is crucial for comfortable wear and precise data collection. Please follow the measurement instructions carefully before selecting your ring size.

Size Before You Buy

Model	Inner diameter	Circumference
8#	17.7mm/0.69inch	55.5mm/2.19inch
9#	18.9mm/0.74inch	59.6mm/2.35inch
10#	20.4mm/0.80inch	64mm/2.52inch

Inner diameter measurement



Step 1:

Take a long rope or paper and wrap it around your finger.

Step 2:

The long rope or paper strip fits your finger precisely to avoid being too loose or too tight, which may cause size deviation.

Step 3:

Mark the intersection of the long rope or paper strip.

Step 4:

Lay the long rope or paper strip flat measure the length and record the number of millimeters. It is recommended to measure multiple times and take the middle value.

Note: Please make sure to confirm the size and circumference of your finger before purchasing.

Image: A visual guide demonstrating how to measure your finger circumference using a string or paper strip, along with a table showing corresponding inner diameters and circumferences for models 8#, 9#, and 10#.

Measurement Steps:

1. Take a non-elastic rope or paper strip and wrap it around your finger.
2. Mark the intersection point on the rope/paper strip.
3. Straighten the rope/paper strip and measure its length with a ruler to find the circumference.
4. Refer to the size chart to find the corresponding inner diameter and model number. It is recommended to measure multiple times and take the middle value for accuracy.

Smart Ring Size Chart

Model	Inner Diameter	Circumference
8#	17.7mm/0.69inch	55.5mm/2.19inch

Model	Inner Diameter	Circumference
9#	18.9mm/0.74inch	59.6mm/2.35inch
10#	20.4mm/0.80inch	64mm/2.52inch

2. Charging the Smart Ring

Before first use, fully charge your Smart Ring. The ring comes with a magnetic charging cable and a bonus mini charging dock for convenience.

- Connect the magnetic charging cable to the ring.
- Connect the other end of the cable to a USB power source (e.g., computer, wall adapter).
- A full charge takes approximately 0.5 hours and provides 5 to 7 days of continuous use.



Image: The Twievo Smart Ring in its charging case, illustrating its slim profile and extended battery life.

3. App Installation and Pairing

To access all features and view your health data, download and pair the official "ECTRI" app to your smartphone.

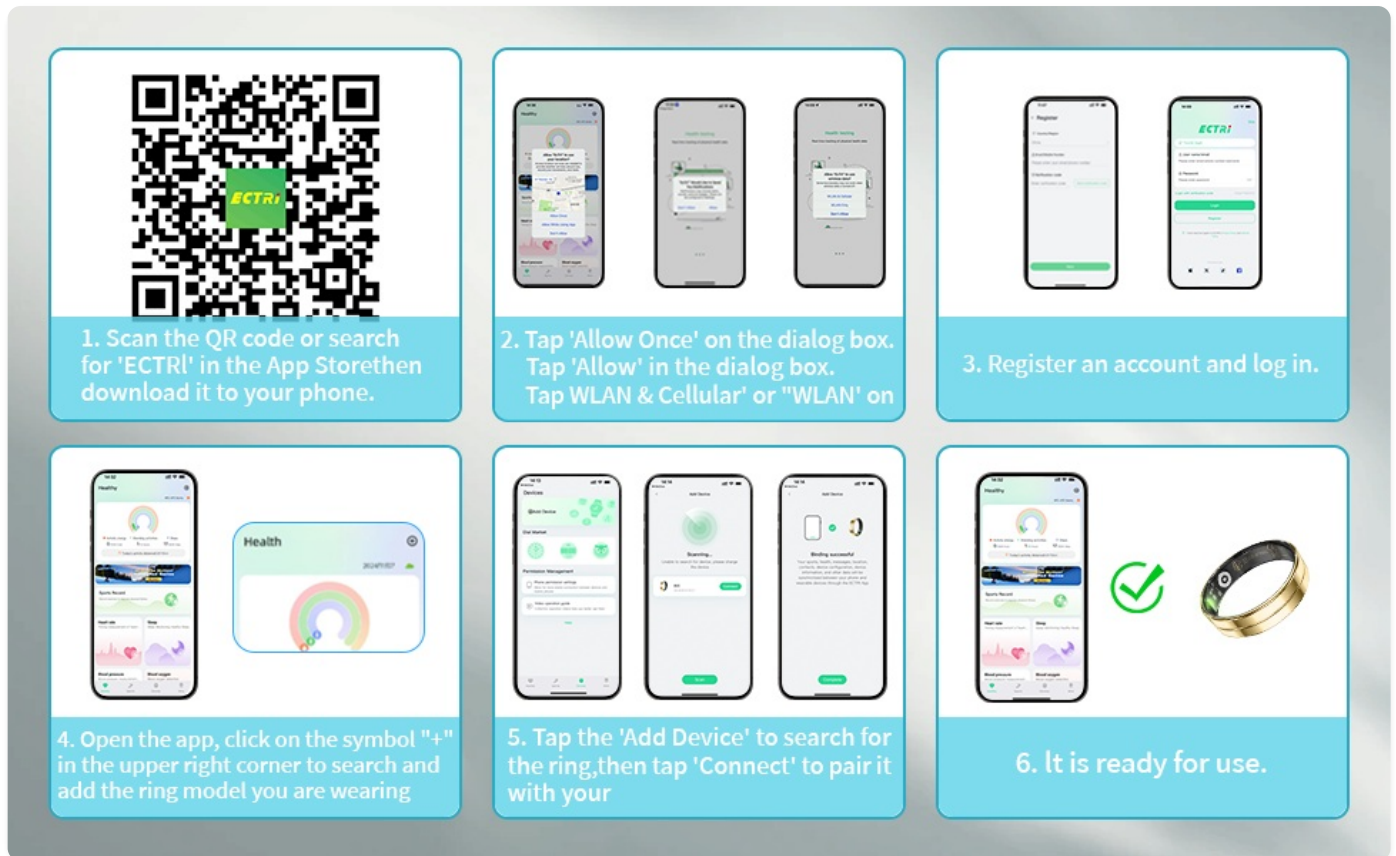


Image: A step-by-step visual guide showing how to scan a QR code or search for the "ECTRI" app, register an account, and pair the Smart Ring via Bluetooth.

1. Scan the QR code provided in the product packaging or search for "ECTRI" in your device's App Store (iOS) or Google Play Store (Android) to download the app.
2. Open the app and follow the on-screen prompts to grant necessary permissions (e.g., Bluetooth, location).
3. Register an account and log in.
4. In the app, click on the "+" symbol in the upper right corner to search for and add your ring model.
5. Tap "Add Device" to search for the ring, then tap "Connect" to pair it.
6. Once paired, your Smart Ring is ready for use.

OPERATING INSTRUCTIONS

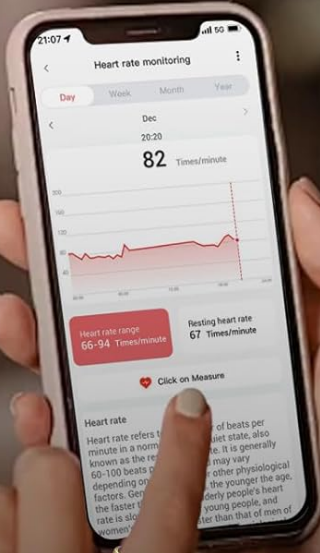
1. Comprehensive Health Monitoring

The Smart Ring continuously monitors various health metrics. Data is synced to the "ECTRI" app for detailed analysis.

- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Automatically monitors sleep patterns, including deep sleep, light sleep, and wake-up times, providing a detailed sleep quality analysis.
- **Blood Pressure Monitoring:** Provides integrated blood pressure readings.
- **Stress Monitoring:** Monitors stress levels.

Smart Ring

More Accurate Sensor Data on The Fingertip



Sleep



Heart Rate



Oximetry



Stress



Activity tracking

Image: A hand wearing the Smart Ring interacting with a smartphone displaying heart rate data and icons representing sleep, heart rate, oximetry, stress, and activity tracking.

Sleep Tracking Ring

Automatically monitors your sleep quality and generates a sleep report to help you develop good sleep habits.



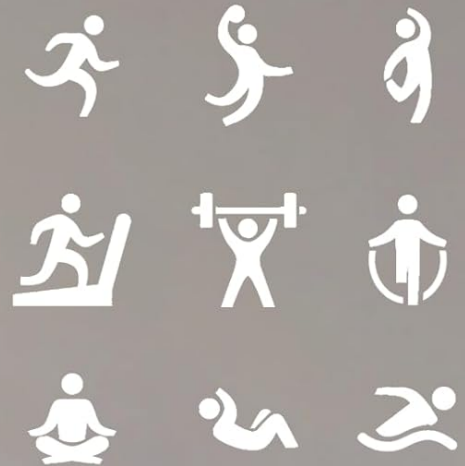
Image: A woman sleeping while wearing the Smart Ring, with an overlay showing sleep duration and breakdown into deep sleep, light sleep, and awake time, as displayed on the companion app.

2. Fitness Activity Tracking

The Smart Ring accurately tracks your daily physical activity and supports various sport modes.

- **Daily Activity:** Monitors steps, distance traveled, and calories burned.
- **Sport Modes:** Records exercise data for activities such as running, cycling, jump rope, walking, hiking, yoga, golf, and dance.
- View detailed insights and progress towards your fitness goals within the "ECTRI" app.

Supports Multiple Sport Modes



View data in real time on the app

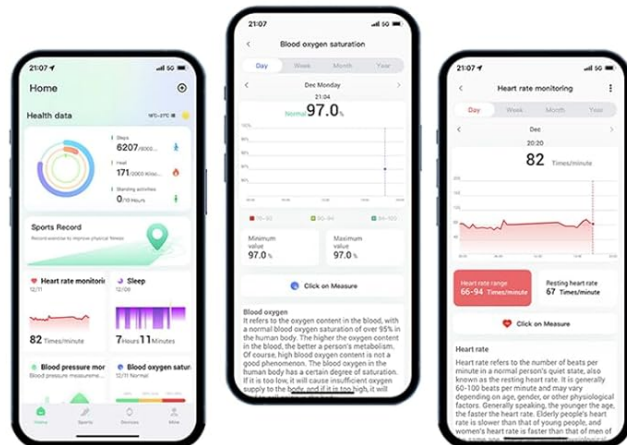


Image: A person jumping rope, illustrating the Smart Ring's capability to support multiple sport modes and view real-time data on the app.

Fitness Activity Tracker

Track your daily exercise data to make your work outs more organized and healthier.

View data in real time on the app

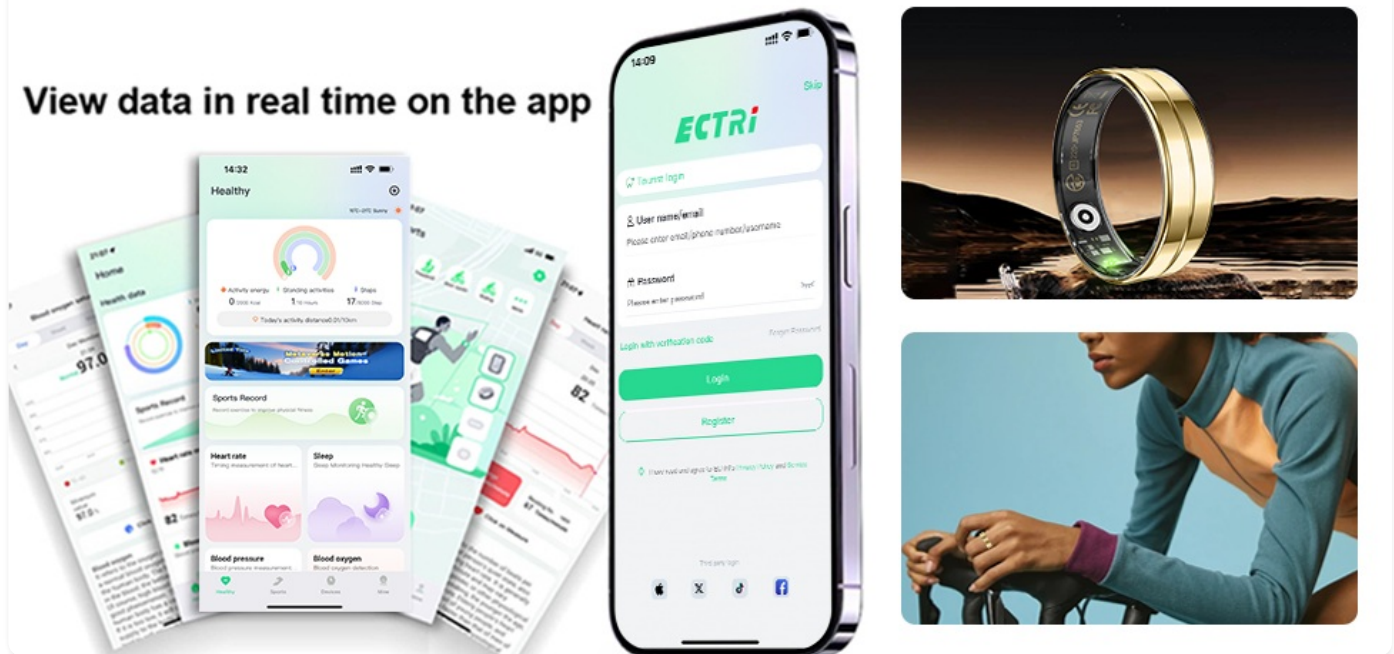


Image: Screenshots of the "ECTRI" app displaying fitness activity data, alongside images of the Smart Ring and a person exercising, emphasizing real-time data viewing.

Your browser does not support the video tag.

Video: An official product video demonstrating the Twievo Smart Ring's fitness tracking capabilities, including heart rate monitoring, sleep analysis, and various sport modes like running and weightlifting. The video also highlights the ring's ultra-thin design and 5ATM waterproof rating.

3. Gesture Control and Remote Photography

The Smart Ring features built-in motion gesture capabilities, allowing for convenient control of your devices.

- **Remote Photography:** Capture photos or videos effortlessly with a simple gesture.
- **Gesture Brush TK:** Navigate through your device's interface with precise hand movements.
- **Somatosensory Games & E-books:** Seamlessly control compatible games and electronic books.

Remote Controller on Your Finger

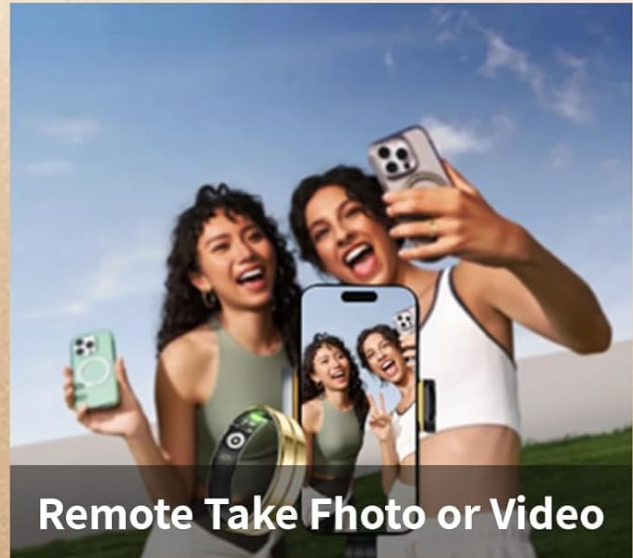


Image: Demonstrates the Smart Ring's functionality as a remote controller, including gesture brush for TikToc, remote photo/video capture, and touch switching.

More Fun on Your Fingertip

Built-in motion gesture features, you can gesture-control your TikTok video, games, selfies and so on.



Image: A user demonstrating gesture control with the Smart Ring for TikTok videos, gaming, and taking selfies, highlighting the "More Fun on Your Fingertip" feature.

4. 5ATM Waterproof Rating

The Twievo Smart Ring boasts an excellent 5ATM waterproof rating, allowing it to withstand various water-related activities.

- Suitable for swimming, hand washing, cold showers, and rain.
- Continuously tracks your sport data and monitors health in water-related situations.
- **Important Note:** Avoid exposure to hot water or steam, as this can compromise the waterproof seal.

5ATM SGS Certificates

Fully enclosed structure, Certified by 5ATM SGS, Easy to handle daily waterproofing, supports wearing for swimming and hand washing, Rainproof and other measures to meet your various waterproof needs.



Image: The Smart Ring displayed with its 5ATM SGS certification, alongside illustrations of hand washing, swimming, and cleaning, demonstrating its water resistance.

MAINTENANCE

- **Cleaning:** Regularly wipe the ring with a soft, damp cloth to remove dirt and sweat. Ensure the sensors are clean for accurate readings.
- **Charging:** Use only the provided magnetic charging cable and dock. Avoid using damaged cables or non-certified chargers.
- **Water Exposure:** While 5ATM waterproof, avoid prolonged exposure to hot water, steam, or harsh chemicals (e.g., soaps, detergents) as these can degrade the seals over time. Rinse with fresh water after swimming in chlorinated or saltwater.
- **Storage:** Store the ring in a cool, dry place when not in use. Avoid extreme temperatures.

TROUBLESHOOTING

Ring not connecting to app:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the ring is charged.
- Restart both the ring (by placing it on the charger briefly) and your smartphone.
- Ensure the "ECTRI" app has necessary permissions (Bluetooth, location).
- Try unpairing and re-pairing the device in the app settings.

Inaccurate data readings (Heart Rate, SpO2, Sleep):

- Ensure the ring is worn snugly on your finger, not too loose or too tight.
- Clean the sensors on the inside of the ring.
- Ensure your finger is clean and dry when taking measurements.
- Avoid excessive movement during passive monitoring.

Short battery life:

- Ensure the ring is fully charged (approx. 0.5 hours).
- Battery life can vary based on usage intensity and environmental factors.
- If the issue persists, contact customer support.

Ring not charging:

- Check if the magnetic charging cable is properly connected to both the ring and the power source.
- Try a different USB port or power adapter.
- Ensure the charging contacts on the ring and cable are clean and free of debris.

SPECIFICATIONS

Model Number: R11

Brand: Twievo

Connectivity: Bluetooth

Battery: 1 Lithium Metal battery (included)

Battery Capacity: 18 Milliamp Hours (mAh)

Charging Time: Approximately 0.5 hours

Battery Life: 5 to 7 days (continuous use)

Waterproof Rating: 5ATM (suitable for swimming, hand washing, cold showers, rain; avoid hot water/steam)

Operating System Compatibility: Android Wear 2.9 (and likely iOS via app)

Special Feature: Activity Tracker, Health Monitoring (Heart Rate, Blood Oxygen, Sleep, Blood Pressure, Stress), Gesture Control, Remote Photography

Item Weight: 1 Milligrams

Country of Origin: China

WHAT'S IN THE BOX

- Twievo Smart Ring
- Magnetic Charging Cable
- Mini Charging Dock (bonus)

WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your Twievo Smart Ring, please refer to the product packaging or visit the official Twievo Store online. Keep your purchase receipt for warranty claims.

Twievo Store: <https://www.amazon.com/stores/Twievo/page/D4B94BF3-7BD0-4E38-9A65-F927B8C1573C>