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CNBRO JYR08TBFS

CNBRO Smart Ring Health Tracker User Manual - Model JYR08TBFS

Comprehensive instructions for setup, operation, and maintenance of your CNBRO Smart Ring.

1. INTRODUCTION

This manual provides detailed instructions for using your CNBRO Smart Ring, Model JYR08TBFS. This device is designed to assist in monitoring various health metrics and provide convenient smart features. Please read this manual thoroughly before use to ensure proper operation and to maximize the benefits of your smart ring.



Image 1.1: The CNBRO Smart Ring and its accompanying charging case. The ring is silver with a black inner band and a small green indicator light. The charging case is black and compact.

2. PRODUCT OVERVIEW

2.1. Package Contents

- CNBRO Smart Ring (Model JYR08TBFS)
- Charging Case
- User Manual (this document)

2.2. Key Features

- **Touch Button Interface:** Allows for interaction with the ring's functions.
- **Message and Call Reminders:** Provides alerts for incoming messages and calls.
- **Gesture Control:** Supports gestures for controlling short videos and games.
- **Pedometer:** Tracks steps, calories burned, and distance.
- **Heart Rate Monitor:** Continuously monitors heart rate.
- **Exercise Monitor:** Tracks various exercise modes.
- **Remote Camera Control:** Enables remote photo capture.
- **Music Control:** Manages music playback.
- **Female Physiology Reminder:** Provides relevant reminders.

- **Sleep Tracker:** Monitors sleep duration and quality.
- **Water Resistance:** IP68 rated for water and dust resistance.



Image 2.1: The CNBRO Smart Ring highlighting its touch-sensitive area. The illustration shows a glowing blue light emanating from the ring, indicating its interactive capabilities.

3. SETUP

3.1. Charging the Smart Ring

Before initial use, fully charge your smart ring. Place the ring into the charging case. The ring's battery is 15mAh, and a full charge takes approximately 1.5 hours. The charging case contains a built-in battery that can charge the ring approximately 5 times on a full charge, providing 5-7 days of ring usage per charge.



TAP YOUR FINGER AND TAKE A PICTURE

Paired smartphones can be controlled with simple gestures. Just shake the finger up and down with the smart ring to control the photo.

5-7 DAYS
Ring endurance

60 DAYS
Battery life with a charging case

One charge, can be used continuously for 5-7 days, the charging bin full state can charge the ring about 11 times, travel for a long time.



Image 3.1: The CNBRO Smart Ring placed inside its charging case. Text overlays indicate "5-7 DAYS Ring endurance" and "60 DAYS Battery life with a charging case," illustrating the device's power capabilities.

3.2. App Installation and Pairing

To utilize all features of your smart ring, download the "QRing" application on your smartphone. The app is compatible with iOS 10.0 or above and Android 9.0 or above.

1. Scan the QR code provided in the packaging or search for "QRing" in your device's app store.
2. Install the application.
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 "QRing" app, search for and connect to your smart ring. The ring uses Bluetooth 5.2 for connectivity.

4. OPERATING INSTRUCTIONS

4.1. Health Monitoring

The smart ring is equipped with sensors to monitor various health parameters. All health data is accessible

and clearly displayed within the "QRing" application.

- **Heart Rate Monitoring:** The built-in high-performance green light sensor measures your heart rate. You can view real-time and historical heart rate data in the app.
- **Sleep Tracking:** The ring automatically monitors your sleep patterns at night, recording duration, analyzing sleep data, and identifying sleep depth (deep sleep, light sleep, awake time).
- **Activity Tracking (Pedometer):** Accurately tracks steps taken, distance covered, and calories burned during daily activities and exercise.



Image 4.1: Screenshots of the "QRing" application interface displaying various health management data, including activity, heart rate, blood oxygen, and menstrual cycle tracking.

SLEEP MONITORING

The ring automatically monitors your sleep quality when you fall asleep and generates a sleep report to help you develop good sleep habits.



Image 4.2: The "QRing" app displaying detailed sleep monitoring data, including total sleep duration, deep sleep, light sleep, and awake times. Multiple rings are shown below the app interface.

4.2. Exercise Modes

The ring can identify and track multiple exercise modes, including indoor running, outdoor running, treadmill, and walking. Detailed statistics like mileage, calories consumed, and heart rate during exercise are available in the app.

SPORTS MONITORING

Indoor running, outdoor running, treadmill, walking identify your multiple exercise modes

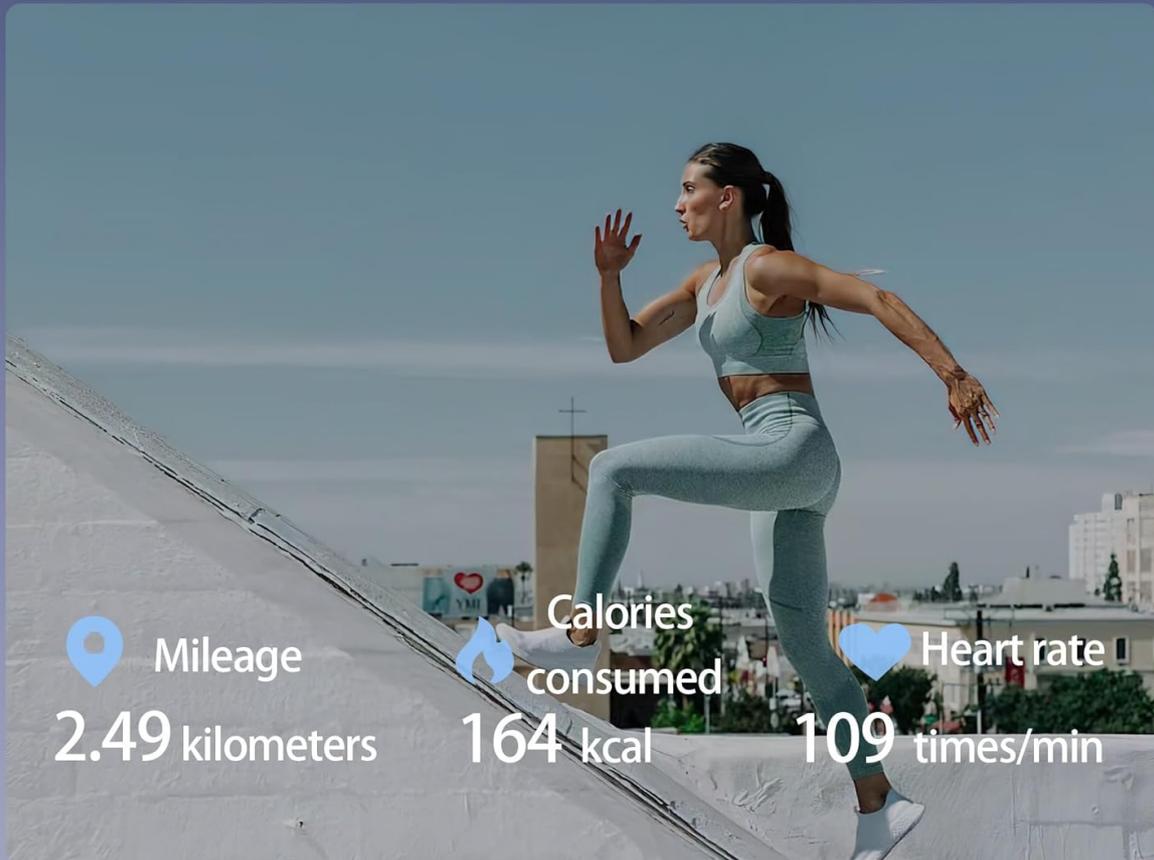


Image 4.3: A person running outdoors, with an overlay showing sports monitoring data such as mileage (2.49 kilometers), calories consumed (164 kcal), and heart rate (109 times/min).

4.3. Smart Notifications and Controls

- **Message and Call Reminders:** Receive instant alerts for messages and incoming calls directly on your ring, reducing the need to frequently check your phone.
- **Gesture Controls:** Use simple gestures with the ring to control short videos, play games, or navigate other applications.
- **Remote Camera:** Pair with your smartphone to remotely capture photos. Simple gestures can trigger the camera shutter.
- **Music Control:** Manage music playback (play, pause, skip tracks) directly from your ring.
- **Female Physiology Reminder:** Set up and receive timely reminders for female physiological cycles through the app.

5. MAINTENANCE

5.1. Water Resistance

The CNBRO Smart Ring is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. You can wear it while sweating or washing hands.

Important Note:

- The ring is **NOT** suitable for hot water bathing, diving, swimming, or water-related work where it might be exposed to high-pressure water or prolonged submersion beyond its rating.
- Exposure to hot water or chemicals can compromise the water resistance.



Image 5.1: A hand wearing the CNBRO Smart Ring submerged in water, demonstrating its 5ATM waterproof capability. The image also shows different color variants of the ring (Silvery, Deep Grey, Gold).

5.2. Cleaning

To clean your smart ring, wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals, as these can damage the finish or internal components.

6. TROUBLESHOOTING

If you encounter issues with your CNBRO 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 "QRing" app and try pairing again.
- Restart your smartphone.

- **Inaccurate health data:**

- Ensure the ring is worn snugly on your finger.
- Clean the sensors on the inside of the ring.
- Update the "QRing" app to the latest version.

- **Short battery life:**

- Ensure the ring is fully charged before use.
- Check if the charging case is fully charged.
- Reduce the frequency of notifications if they are excessive.

For further assistance, please contact customer support.

7. SPECIFICATIONS

Category	Detail
Model Number	JYR08TBFS
Operation	Ring Touch
Bluetooth Version	5.2
Ring Battery Capacity	15mAh
Full Charge Time (Ring)	Approximately 1.5 Hours
Standby Time	5-7 days of working time per full charge
Charging Case Capacity	Can charge ring approximately 5 times
Compatible App	QRing
Operating System Compatibility	iOS 10.0 or above, Android 9.0 or above
Ring Material	Stainless Steel
Water Resistance Rating	IP68
Ring Weight	3.7g
Ring Size (US 11)	Inner Diameter: 20.6mm (0.81"), Circumference: 64.6mm (2.54")

8. SAFETY INFORMATION

Please adhere to the following safety guidelines to ensure safe operation and longevity of your smart ring:

- Do not attempt to disassemble or modify the device. This can void the warranty and cause damage.

- Keep the device away from extreme temperatures, direct sunlight, and open flames.
- Avoid exposing the ring to corrosive liquids or strong chemicals.
- If you experience skin irritation, discontinue use and consult a medical professional.
- Dispose of the device and its battery responsibly according to local regulations.

9. WARRANTY AND SUPPORT

For any questions or issues not covered in this manual, please contact CNBRO customer support. While specific warranty details are not provided here, typically, electronic devices come with a manufacturer's warranty against defects in materials and workmanship. Please retain your proof of purchase for warranty claims.

Contact information for support is usually available on the product packaging or the official CNBRO website.