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Milavan 8# Gold

Milavan Smart Health Ring User Manual

Model: 8# Gold

INTRODUCTION

Welcome to the Milavan Smart Health Ring user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new Smart Health Ring. Designed for both women and men, this fitness tracker offers advanced health monitoring capabilities, including heart rate, blood oxygen, blood pressure, sleep monitoring, and step counting. Its IP68 waterproof rating ensures durability, and it is compatible with both iPhone and Android devices without any subscription fees.

Please read this manual carefully to ensure optimal performance and longevity of your device.

PRODUCT OVERVIEW

The Milavan Smart Health Ring is a sophisticated wearable device engineered to provide continuous health and fitness tracking. Key features include:

- **Advanced Health Monitoring:** Equipped with 4.0 sensors for automatic measurement of heart rate, blood oxygen (SpO2), and blood pressure every 30 minutes.
- **Intelligent Sleep Tracking:** Monitors deep sleep, light sleep, rapid eye movement (REM), and wakefulness, providing detailed insights into your sleep quality.
- **Multiple Sports Modes:** Supports 8 different sports modes including Running, Cycling, Skipping Rope, Walking, Hiking, Yoga, Dancing, and Golf, tracking various metrics like time, steps, heart rate, speed, calories, and distance.
- **IP68 Waterproof:** Designed to withstand water exposure, making it suitable for activities like raining, swimming, and showering.
- **Long Battery Life:** Offers 3-5 days of normal use on a single 1-2 hour charge, with a standby time of 7-10 days. The charging case provides up to 15 charges.
- **Remote Capture:** Allows you to remotely control your phone's camera by shaking the ring.
- **Friend Feature:** Enables sharing of health data with friends and family through the companion app.
- **Stylish and Comfortable Design:** Slim 2mm thickness with a polished inner surface for comfortable wear during various activities.



Image: The Milavan Smart Health Ring in gold, alongside its charging case and a smartphone displaying the health tracking application.

SETUP GUIDE

Follow these steps to set up your Milavan Smart Health Ring:

1. Step 1: Determine Your Ring Size

Before purchasing or using, it is crucial to determine the correct ring size for accurate data collection and comfort. Use a thin, inelastic string to measure your finger circumference. Wrap the string around your finger and mark the point where it overlaps. Then, measure the length of the string. Refer to the size comparison chart below to find your ideal ring size.

Size Comparison



Step1:
When Measuring, Please Use A Thin, Inelastic String And Wrap It Around Your Finger, And Mark It By A Pen.

Tips: A Proper Reference Ring Can Make The Result More Accurate.

Step2:
When Measuring, Please Use A Thin, Inelastic String And Wrap It Around Your Finger, And Mark It By A Pen.

Model	Inner Diameter	Circumference
6#	16.5mm/0.65inch	51.8mm/2.04inch
7#	17.3mm/0.68inch	54.3mm/2.14inch
8#	18.1mm/0.71inch	56.9mm/2.24inch
9#	18.9mm/0.74inch	59.5mm/2.34inch
10#	19.8mm/0.78inch	62.1mm/2.44inch
11#	20.6mm/0.81inch	64.6mm/2.54inch
12#	21.4mm/0.84inch	67.2mm/2.56inch
13#	22.2mm/0.87inch	69.7mm/2.74inch
14#	23.4mm/0.92inch	73.5mm/2.89inch

Image: A detailed size comparison chart showing inner diameter and circumference for various ring sizes (6# to 14#).

2. Step 2: Download the SmartHealth App

The Milavan Smart Health Ring requires the companion "SmartHealth" application for full functionality. Download the app from your device's respective app store. Scan the QR codes below or search for "SmartHealth" in the App Store (iOS) or Google Play Store (Android).

STEP 1:

Use A Thin String To Mark Your Finger Size



STEP 2:

Order The Smart Ring After Confirming Your Ring Size



STEP 3:

Download And Install The SmartHealth App To Your Phone



STEP 4:

Connect The Smart Ring With Our Phone By The SmartHealth App, Not By The Bluetooth



Image: A visual guide showing the four setup steps, including QR codes for downloading the SmartHealth app from Apple App Store and Google Play Store.

3. Step 3: Connect the Smart Ring

Once the app is installed, open it and follow the on-screen instructions to pair your Smart Health Ring. Ensure your phone's Bluetooth is enabled. The connection process is managed through the SmartHealth app, not directly through your phone's Bluetooth settings.

OPERATING INSTRUCTIONS

Health Monitoring

The Smart Health Ring automatically measures your heart rate, blood oxygen (SpO2), and blood pressure every 30 minutes when worn. Ensure the ring is snugly fitted on your finger for accurate readings. All data can be viewed and analyzed within the SmartHealth app.

KEEP TRACK OF HEALTH

Link family or friends accounts to access health data anytime, anywhere



Heart Rate



SpO2



Blood Pressure

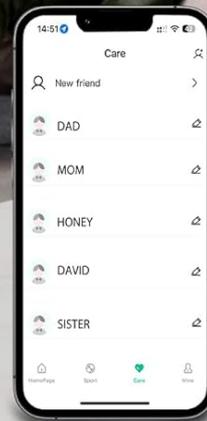


Image: A family gathered, illustrating the "Friend Feature" where health data like Heart Rate, SpO2, and Blood Pressure can be linked and shared among accounts.

Intelligent Sleep Tracking

Wear the ring to bed, and it will automatically monitor your sleep quality. It records the duration of deep sleep, light sleep, rapid eye movement (REM), and periods of wakefulness. You can access detailed sleep reports and indicators in the SmartHealth app to help adjust your lifestyle for better sleep.



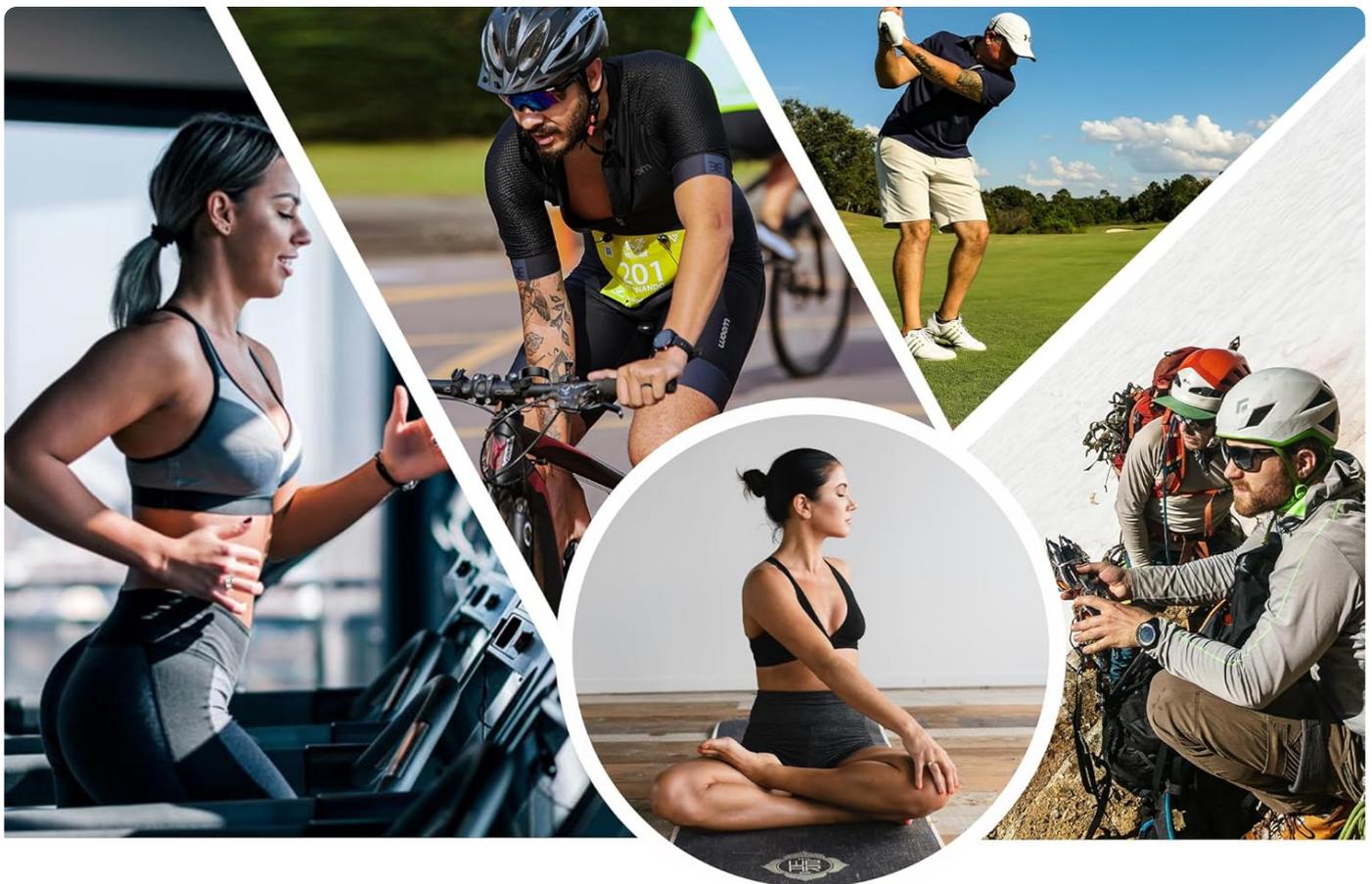
Image: A visual representation of smart sleep monitoring, showing a graph of sleep stages (Deep Sleep, Light Sleep, Awake, Rapid Eye Movement) over a night.

Sports Modes Tracking

The ring supports 8 distinct sports modes. Activate the desired sport mode within the SmartHealth app to track specific metrics for your workout. The ring automatically tracks:

- Workout route (via phone GPS)
- Sport time
- Steps
- Heart rate
- Speed
- Calories burned
- Distance

Supported modes include Running, Cycling, Skipping Rope, Walking, Hiking, Yoga, Dancing, and Golf.



MULTIPLE SPORTS MODES



Heart Rate



Calories



Distance



Pace



Steps

Image: A collage showing individuals participating in different sports (running, cycling, yoga, golf), highlighting the multiple sports modes feature of the smart ring.

Remote Capture

To use the remote capture feature, activate the camera function within the SmartHealth app. Once activated, simply shake the hand wearing the Smart Health Ring to remotely trigger your phone's camera shutter and capture photos.

Remote Control Photograph

When You've Activated The Remote Camera Feature In The App, Simply Shake The Finger Adorned With The Ring To Remotely Snap Photos.



Image: A person using the smart ring to remotely capture a photograph with their smartphone, demonstrating the remote control feature.

Friend Feature (Care Mode)

The SmartHealth app includes a "Care Mode" that allows you to share your health data with friends, family, or partners. This feature is ideal for monitoring the well-being of loved ones or for couples to track their fitness journeys together.

MAINTENANCE

Water Resistance (IP68)

Your Milavan Smart Health Ring is IP68 waterproof, meaning it is protected against continuous immersion in water up to a certain depth and duration. This makes it suitable for daily activities such as:

- Raining
- Swimming (shallow water, not diving)
- Taking a shower

Avoid exposing the ring to hot water, steam, or corrosive liquids, as this may compromise the waterproof seal over time. Do not use the ring for deep-sea diving or high-pressure water activities.

IP68 Waterproof



Raining



Swimming



Taking A Shower



Image: Two smart rings (gold and black) being splashed with water, with icons indicating suitability for raining, swimming, and showering, highlighting the IP68 waterproof feature.

Charging the Ring

To charge your Smart Health Ring, place it into the provided magnetic charging case or connect it via the magnetic USB cable. A full charge typically takes 1-2 hours. The ring offers 3-5 days of normal use and 7-10 days of standby time. The 400mAh charging case can provide approximately 15 full charges to the ring, extending its total battery life to about 60 days.

Super Long Battery Life

400mAh Charging Case Or Magnetic USB Cable



Image: A visual representation of the smart ring's charging process and battery life, showing the ring in its charging case and details about charging time, normal use, standby, and charging case capacity.

Clean the charging contacts on both the ring and the charger regularly with a dry, soft cloth to ensure efficient charging.

TROUBLESHOOTING

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

- **Ring not connecting to app:**
 - Ensure the ring is charged.
 - Make sure Bluetooth is enabled on your phone.
 - Close and reopen the SmartHealth app.
 - Restart your phone.
 - Try unpairing and re-pairing the ring within the app.
- **Inaccurate health data:**

- Ensure the ring is worn snugly on your finger, not too loose or too tight.
- Clean the sensors on the inside of the ring with a soft, dry cloth.
- Avoid excessive movement during measurements.

- **Short battery life:**

- Ensure the ring is fully charged.
- Reduce the frequency of continuous monitoring if possible (check app settings).
- Ensure charging contacts are clean.

- **App crashing or freezing:**

- Ensure the SmartHealth app is updated to the latest version.
- Clear the app's cache (Android) or reinstall the app.
- Ensure your phone's operating system is up to date.

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

SPECIFICATIONS

Feature	Specification
Brand	Milavan
Model	Smart Health Ring (8# Gold)
Memory Storage Capacity	0.06 MB
Battery Capacity	20 Milliamp Hours (Ring)
Charging Case Capacity	400 mAh
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
Display Type	LED (Indicator Lights)
Band Material Type	Metal
Battery Life (Normal Use)	3-5 days
Battery Life (Standby)	7-10 days
Item Weight	3.85 Ounces
Waterproof Rating	IP68
Compatibility	Android 5.0+ and iOS 9.0+

WARRANTY AND SUPPORT

Milavan is committed to providing high-quality products. For information regarding warranty coverage, technical support,

or service inquiries, please refer to the warranty card included with your product or visit the official Milavan website. You may also contact the seller directly for assistance.

Please retain your proof of purchase for warranty claims.

