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## RingConn RCA-02

# RingConn Gen 2 Air Smart Ring User Manual

Model: RCA-02

## INTRODUCTION

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The RingConn Gen 2 Air Smart Ring is an advanced wearable device designed to provide comprehensive health monitoring and insights. Utilizing AI and multi-sensor data, it tracks various physiological metrics to help you understand and improve your overall well-being. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your device.



*Image: The RingConn Gen 2 Air Smart Ring in Galaxy Silver, showcasing its sleek design and internal sensors.*

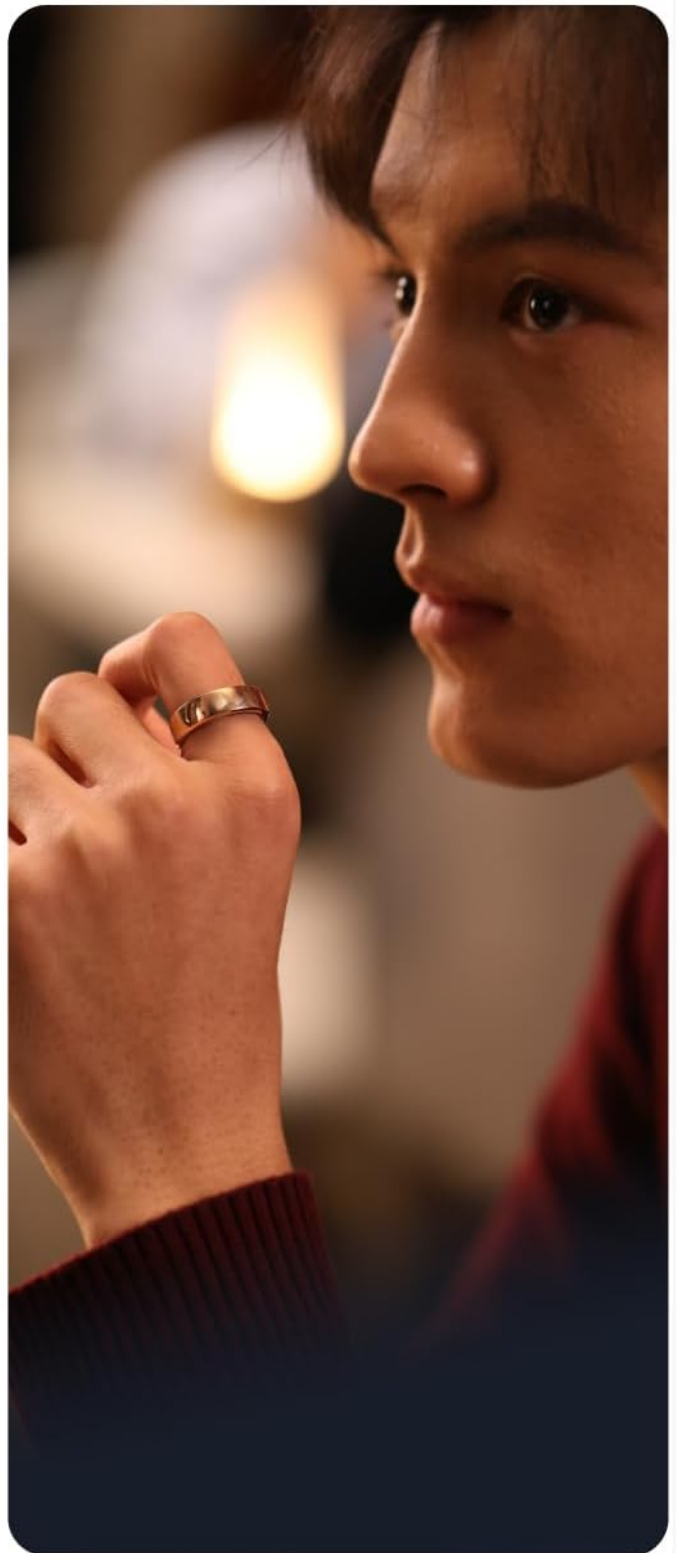
## WHAT'S IN THE BOX

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Upon unboxing your RingConn Gen 2 Air Smart Ring, please verify that all the following components are present:

- RingConn Gen 2 Air Smart Ring
- Charging Dock
- Type-C Cable (1m/3.3ft USB-C to C)
- Instruction Manual
- Quick Guide

# Unseen Comfort All Day



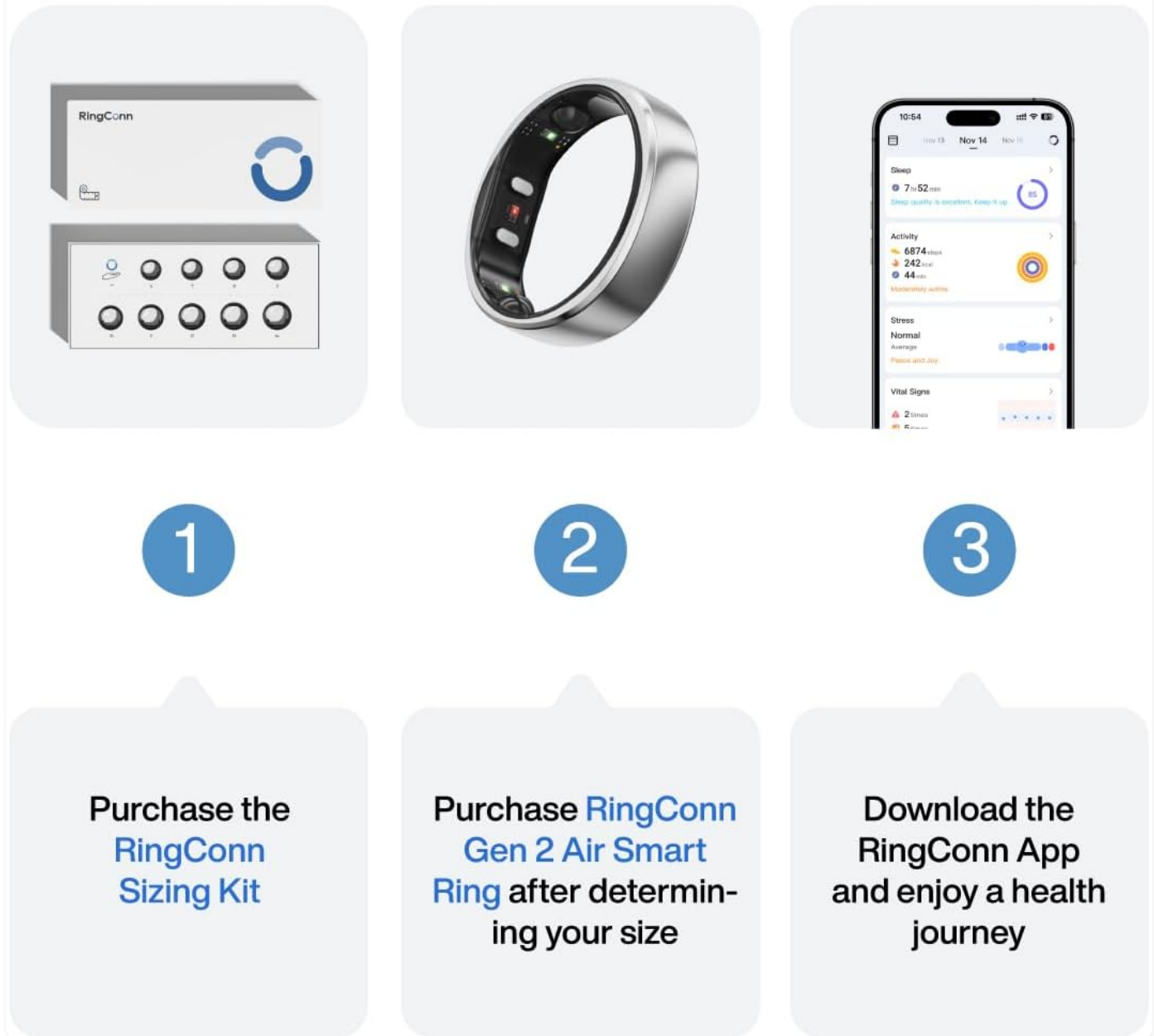
*Image: The RingConn Gen 2 Air Smart Ring, its charging dock, and the USB-C cable, as typically found in the product packaging.*

## SIZING INFORMATION

The RingConn Gen 2 Air uses unique sizing standards that differ from conventional ring sizes. For optimal comfort and accurate data collection, it is highly recommended to determine your correct size using the official RingConn Sizing Kit before purchasing

the smart ring.

# Size First Before You Buy



*Image: A visual guide illustrating the importance of using the RingConn Sizing Kit to find the correct ring size before purchasing the smart ring.*

## SETUP GUIDE

### 1. Charging the Ring

Before first use, fully charge your RingConn Gen 2 Air. Place the ring on the provided charging dock. A full charge takes approximately 90 minutes and provides up to 10 days of battery life.



**Up to 10 Days**  
Battery Life



**iOS & Android**  
Compatible

*Image: The RingConn Gen 2 Air Smart Ring resting on its charging dock, highlighting its long battery life.*

## 2. App Installation

Download the RingConn Smart Health Monitoring App from the App Store (for iOS devices) or Google Play Store (for Android devices). The app is essential for accessing your health data and managing ring settings.





**RingConn Gen 2 Air is eligible for reimbursement with FSA and HSA.**

Employer or provider plans may vary. Check your administrator's coverage.

*Image: The RingConn Gen 2 Air Smart Ring positioned next to a smartphone, indicating its compatibility with both iOS and Android operating systems.*

### **3. Pairing with the App**

Open the RingConn app and follow the on-screen instructions to pair your smart ring via Bluetooth. Ensure your phone's Bluetooth is enabled and the ring is sufficiently charged. Once paired, you can begin your health monitoring journey.

## **OPERATING YOUR RINGCONN GEN 2 AIR**

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## Health Monitoring Features

The RingConn Gen 2 Air continuously tracks various health metrics:

- **Sleep Tracking:** Monitors sleep stages (awake, REM, light, deep), duration, and quality.
- **Heart Rate:** Provides continuous heart rate monitoring.
- **Stress Levels:** Assesses stress index throughout the day.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation.
- **Physical Activity:** Tracks steps, calories burned, and activity intensity.
- **Menstrual Cycles:** Integrates data for menstrual cycle prediction and management.

# Enjoy Your Health Journey



AI Health  
Insights



Sleep  
Analysis



Heart  
Rate



Activity  
Monitoring



Stress  
Index



Women  
Health

Enjoy a health journey with the RingConn Gen 2 Air Smart Ring and its fully-featured companion app.

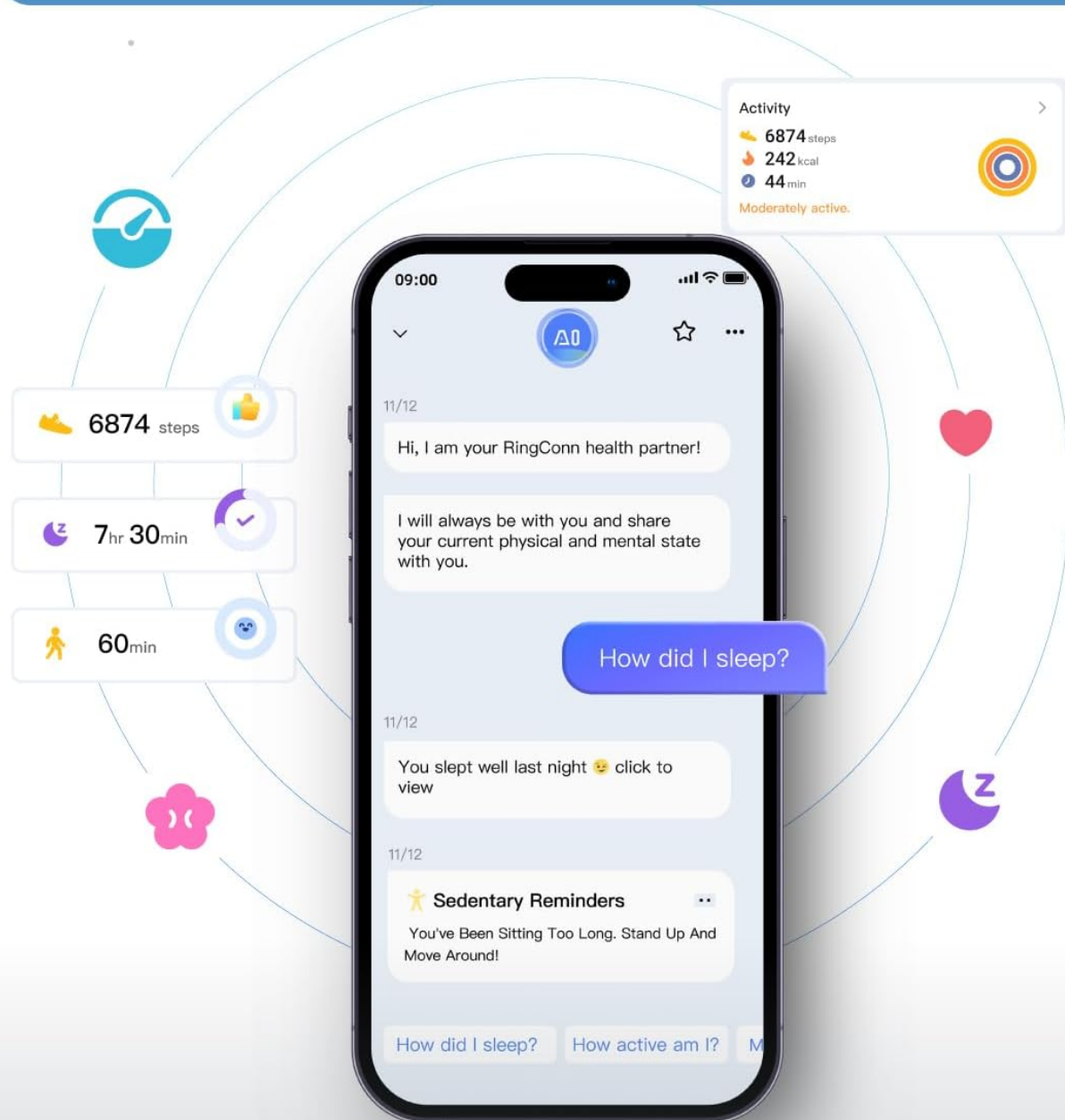
Image: A smartphone screen showing the RingConn app interface, displaying various health metrics such as sleep analysis, heart rate, activity monitoring, stress index, and women's health features.

## AI-Powered Insights

The built-in AI assistant analyzes your multi-sensor data to provide personalized reports and guidance, helping you enhance your wellness and daily habits.



# AI Health for All



**Trained on millions of data points, our AI delivers hyper-accurate insights.**

*Image: A smartphone screen showing the RingConn app's AI health insights, providing personalized feedback and summaries of activity and sleep data.*

## No Subscription Fees

Enjoy lifetime access to all essential standard features on the RingConn Smart Health Monitoring App without any subscription fees.

## "Find Your Ring" Feature

The newly launched "Find Your Ring" feature in the app provides intuitive step-by-step guidance to help you locate your ring if

misplaced.

## Waterproof Capabilities

With an IP68 waterproof rating, the RingConn Gen 2 Air is designed to withstand depths of up to 100m (328ft). It is safe for daily activities such as handwashing, showering, and even water sports like swimming and diving.

A close-up photograph of a person's hand wearing a silver-colored smart ring with a textured band and several small circular sensors. The hand is holding a red apple under a stream of running water from a faucet. The water is splashing, and droplets are visible on the skin and the apple. A blue semi-transparent banner is overlaid on the top part of the image, and a white rounded rectangle is at the bottom.

# IP68 Waterproof

**IP68 water resistance ensures the ring can withstand pressure up to 100 meters depth, perfect for daily wear.**

*Image: A hand wearing the RingConn Gen 2 Air Smart Ring under running water, illustrating its IP68 waterproof capability.*

## Comfortable Wearing

The ring features an ultra-thin 2mm profile and weighs only 2.5g, ensuring a comfortable, no-feel wearing experience throughout your day and night, whether you are active or resting.

## What's in the Box



**RingConn Gen 2 Air  
Smart Ring**



**Charging Dock**



**Type-C Cable**

*Image: A collage of images depicting individuals wearing the RingConn Gen 2 Air Smart Ring comfortably during various daily activities, emphasizing its lightweight and unobtrusive design.*

## MAINTENANCE

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### Cleaning Your Ring

To maintain optimal performance and hygiene, regularly clean your RingConn Gen 2 Air. Wipe the ring with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors. Ensure the charging contacts are clean and dry before charging.

### Battery Care

To prolong battery life, avoid exposing the ring to extreme temperatures (very hot or very cold). Store the ring in a cool, dry place when not in use for extended periods. Charge the ring regularly to prevent deep discharge.

## TROUBLESHOOTING

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### Connectivity Issues

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone. Check if the ring is charged. Restart both the ring (by placing it on the charger for a few seconds) and the app.
- **Data not syncing:** Verify that the ring is within Bluetooth range of your phone. Ensure the app is open or running in the background.

### Inaccurate Readings

- **Heart rate/SpO2:** Ensure the ring is worn correctly on the appropriate finger (index or middle finger of non-dominant hand) and is snug but comfortable. Clean the sensors regularly.
- **Sleep tracking:** Ensure the ring is worn throughout the entire sleep period.

### Battery Draining Quickly

- Ensure the ring is fully charged.
- Avoid extreme temperatures.
- If issues persist, contact customer support.

For more detailed troubleshooting and FAQs, please refer to the RingConn Smart Health Monitoring App's help section or the official RingConn website.

## SPECIFICATIONS

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Feature	Detail
Model Name	RingConn Gen 2 Air Smart Ring
Item Model Number	RCA-02
Product Dimensions	11.3 x 4.3 x 4.7 inches
Item Weight	12.6 ounces
Battery Type	1 Lithium Polymer battery (included)
Battery Life	Up to 10 days
Charging Time	Approx. 90 minutes
Waterproof Rating	IP68 (tested to depths of 100m/328ft)



Operating System	RingConn App (iOS & Android compatible)
Connectivity Technology	Bluetooth
Special Features	Sleep Monitor, Multisport Tracker, Activity Tracker, Custom Activity Tracking, Heart Rate Monitor
Memory Storage Capacity	2 MB
Manufacturer	Shenzhen Ninenovo Technology Limited

## WARRANTY AND SUPPORT




### Warranty Information

The RingConn Gen 2 Air Smart Ring comes with a manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official RingConn website for detailed warranty terms and conditions.

### Customer Support

For any questions, technical assistance, or support needs, please contact RingConn customer service. Contact information can typically be found on the official RingConn website or within the RingConn Smart Health Monitoring App.

### Related Documents - RCA-02

	<a href="#">RingConn Gen 2 Smart Ring Quick Start Guide</a> A quick start guide for the RingConn Gen 2 smart ring, covering app download, activation, connection, proper wear, data viewing, and LED indicator references.
	<a href="#">RingConn Gen 1 Smart Ring: Quick Start Guide and Setup</a> Learn how to download the RingConn app, activate, connect, and wear your RingConn Gen 1 smart ring for health tracking and data synchronization.
	<a href="#">RingConn Gen 2 Smart Ring User Manual and Product Information</a> Comprehensive guide to the RingConn Gen 2 Smart Ring, including safety instructions, package contents, product specifications, usage, maintenance, warranty information, and FCC compliance.