RingConn RCA-02

RingConn Gen 2 Air Smart Ring User Manual

Model: RCA-02

1. Introduction

The RingConn Gen 2 Air is an ultra-thin AI smart ring designed for continuous health monitoring. It tracks key metrics such as sleep, heart rate, stress levels, blood oxygen, physical activity, and menstrual cycles. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and accurate health insights.

Package Contents:

- RingConn Gen 2 Air Smart Ring (x1)
- Charging Dock (x1)
- 1m/3.3ft USB-C to C Cable (x1)
- User Manual (x1)
- Quick Guide (x1)

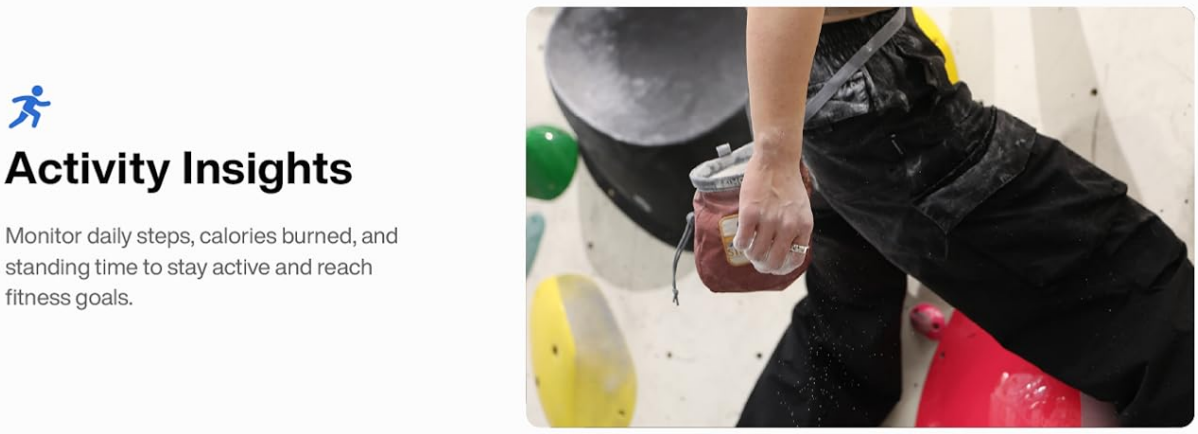

Figure 1.1: Contents of the RingConn Gen 2 Air package.

2. Setup Guide

2.1 Ring Sizing

The RingConn Gen 2 Air uses unique sizing standards that differ from conventional jewelry sizes. For the most accurate and comfortable fit, it is highly recommended to purchase the RingConn Sizing Kit before ordering your smart ring.

Figure 2.1: Recommended sizing process for the RingConn Gen 2 Air.

2.2 Initial Charging

Before first use, fully charge your RingConn Gen 2 Air. Place the ring on the charging dock, ensuring the contact points align. Connect the USB-C cable to the charging dock and a compatible power source. A full charge typically takes approximately 90 minutes and provides up to 10 days of battery life.

2.3 App Download and Pairing

Download the official RingConn Smart Health Monitoring App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Follow the in-app instructions to pair your RingConn Gen 2 Air via Bluetooth. Ensure Bluetooth is enabled on your smartphone during the pairing process.

Figure 2.2: The RingConn App interface for health monitoring.

3. Operating the Ring

3.1 Wearing the Ring

Wear the RingConn Gen 2 Air on any finger where it feels comfortable and secure. The ultra-thin 2mm profile and 2.5g weight are designed for 'no-feel' wearing, allowing for continuous use during daily activities, workouts, and sleep without interference.

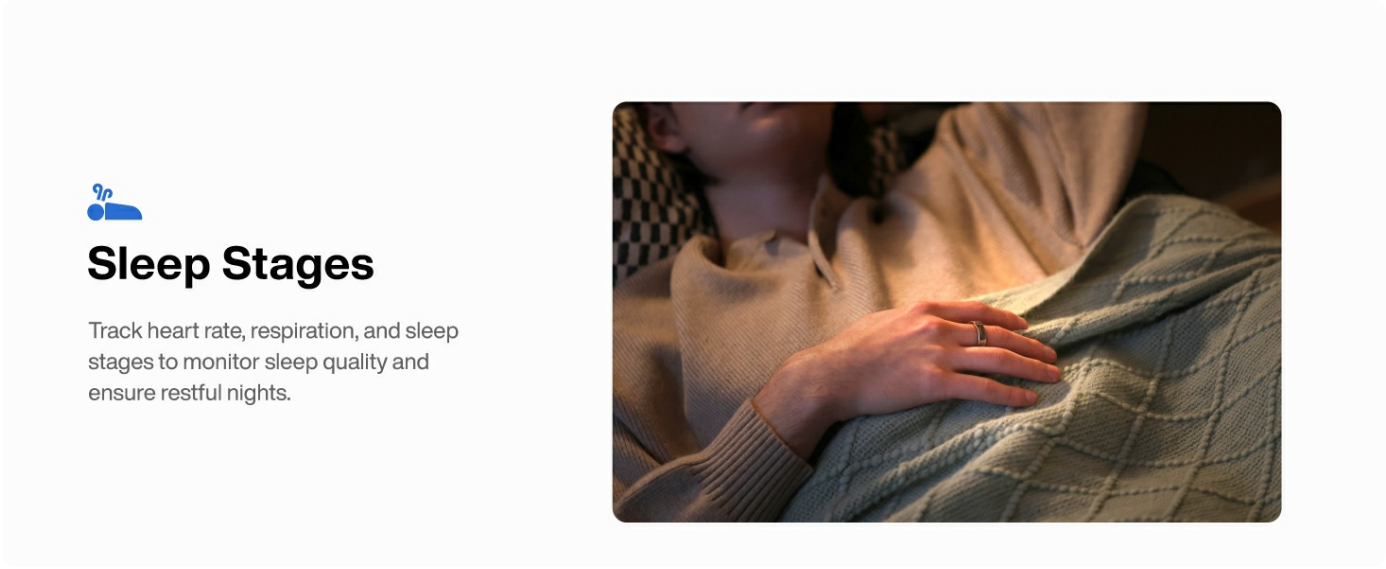

Figure 3.1: The RingConn Gen 2 Air designed for comfortable, all-day wear.

3.2 Health Tracking Features

The ring continuously tracks various health metrics:

- **Sleep Analysis:** Monitors sleep stages, heart rate, and respiration for comprehensive sleep quality assessment.
- **Heart Rate Tracking:** Provides continuous heart rate data.
- **Stress Levels:** Assesses stress index to help understand and manage mental well-being.
- **Blood Oxygen (SpO2):** Tracks blood oxygen saturation levels.
- **Physical Activity:** Monitors steps, calories burned, and standing time to help achieve fitness goals.
- **Menstrual Cycles:** AI model integrates sensor data to predict menstrual cycles.

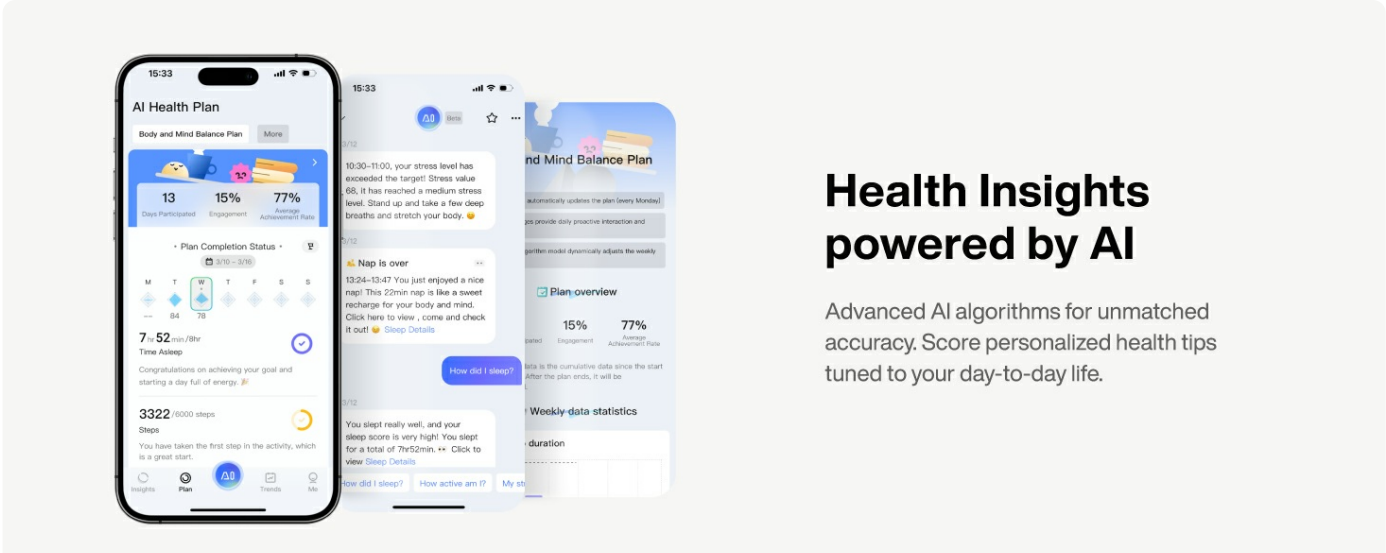

Figure 3.2: AI-powered health insights provided by the RingConn App.

3.3 App Usage and Data Insights

The RingConn App provides personalized reports and guidance based on your tracked data. It stores data for up to 7 days even if the ring disconnects from your phone, ensuring continuous data collection. The app also supports data sharing with relatives and friends, allowing for collective wellness monitoring.

3.4 Waterproof Capability

The RingConn Gen 2 Air features an IP68 waterproof rating, tested to depths of 100m/328ft. This allows the ring to withstand daily activities such as handwashing, showers, and rain, as well as water sports like swimming and diving, without risk of damage.

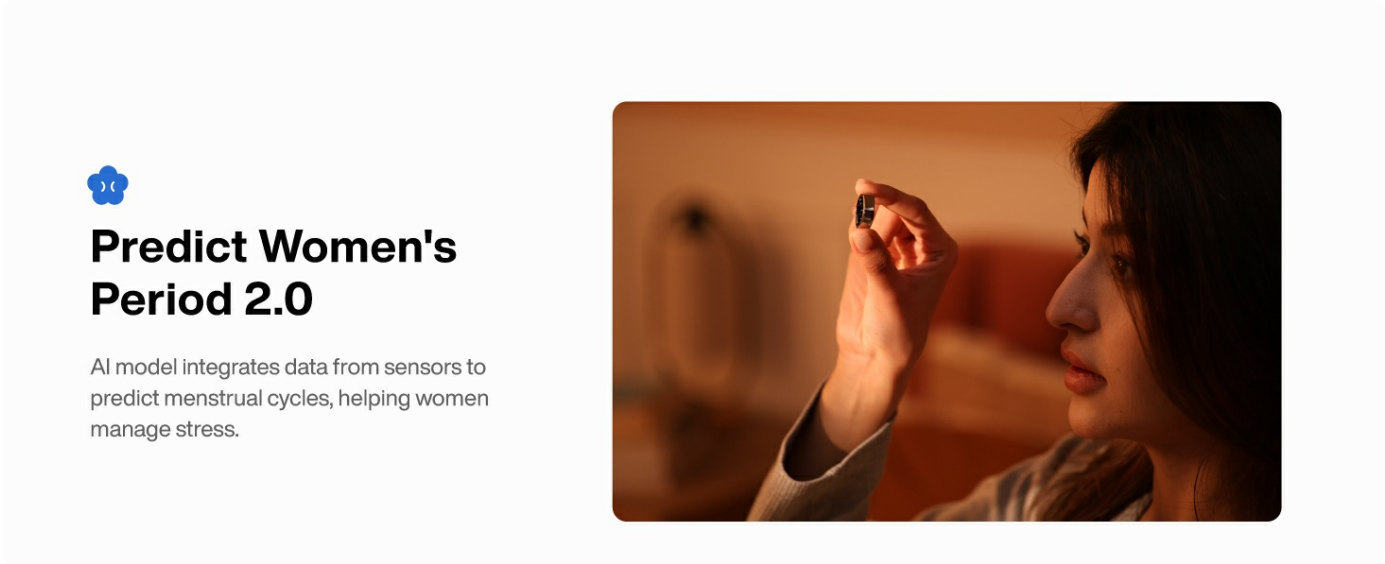

Figure 3.3: The RingConn Gen 2 Air is IP68 waterproof.

3.5 Find Your Ring Feature

Utilize the newly launched 'Find Your Ring' feature within the app for effortless tracking and retrieval of your smart ring, providing step-by-step guidance.

4. Maintenance

4.1 Cleaning

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. Since the ring is waterproof, it can be rinsed under tap water.

4.2 Battery Care

To prolong battery lifespan, avoid completely draining the battery to 0% frequently. Charge the ring when the app indicates low battery. The ring charges fully in approximately 90 minutes.

5. Troubleshooting

5.1 Connectivity Issues

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone. Restart both the ring (by placing it on the charger for a few seconds) and the app. Check if the app is updated to the latest version.

- **Frequent disconnections:** Keep your phone within close proximity to the ring. Ensure no other devices are causing Bluetooth interference.

5.2 Inaccurate Data Readings

- **Inconsistent readings:** Ensure the ring is worn snugly but comfortably on your finger. A loose fit can affect sensor accuracy. Try wearing it on a different finger if readings remain inconsistent.
- **Sleep tracking issues:** Ensure the ring is worn throughout the entire sleep period.

5.3 Battery Life Shorter Than Expected

- **Rapid battery drain:** While the ring offers up to 10 days, heavy usage or frequent data syncing may slightly reduce this. Ensure the ring is fully charged. Avoid extreme temperatures.
- **Charging problems:** Verify the charging dock and cable are properly connected and undamaged. Ensure the ring is correctly seated on the dock.

5.4 App Functionality Problems

- **App freezing or crashing:** Close and reopen the app. Clear the app's cache (Android) or reinstall the app. Ensure your phone's operating system is up to date.
- **Data not syncing:** Check your internet connection. Manually initiate a sync within the app if available.

6. Specifications

Feature	Specification
Model Number	RCA-02
Product Dimensions	11.3 x 4.3 x 4.7 inches (packaging)
Item Weight	2.5 Grams (0.088 ounces)
Battery Type	Lithium Polymer (included)
Battery Capacity	22 Milliamp Hours
Battery Life	Up to 10 days
Charging Time	Approx. 90 minutes for full charge
Waterproof Rating	IP68 (up to 100m/328ft)
Connectivity	Bluetooth
Operating System	RingConn App (iOS & Android compatible)
Memory Storage Capacity	2 MB (stores 7 days of data)
Special Features	Activity Tracker, Custom Activity Tracking, Heart Rate Monitor, Multisport Tracker, Sleep Monitor, Stress Monitor, SpO2, Menstrual Cycle Tracking
GPS	No GPS

7. Warranty Information

For detailed warranty information regarding your RingConn Gen 2 Air Smart Ring, please refer to the warranty card included in your product packaging or visit the official RingConn website. Warranty terms and conditions may vary by region and purchase location.

8. Support

If you encounter any issues or have questions not covered in this manual, please contact RingConn customer support. You can find contact information on the official RingConn website or through the RingConn Smart Health Monitoring App. Efficient customer support and service are available to assist you.

8.1 Instructional Videos

Your browser does not support the video tag.

Video 8.1: Comprehensive overview and setup guide for the RingConn Gen 2 Air (15:02 duration).

Your browser does not support the video tag.

Video 8.2: Detailed guide on using the RingConn Gen 2 Air and its app features (8:17 duration).

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question