Manuals+
Q & A | Deep Search | Upload

RingConn RCA-02

RingConn Gen 2 Air Smart Ring User Manual

Model: RCA-02

Introduction

This manual provides essential information for the proper setup, operation, and maintenance of your RingConn Gen 2 Air Smart Ring. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

The RingConn Gen 2 Air is an ultra-thin AI smart ring designed for continuous health monitoring, including sleep, heart rate, stress levels, blood oxygen, physical activity, and menstrual cycles. It features a 10-day battery life and is compatible with both iOS and Android devices, offering standard features without a subscription fee.

Image: The RingConn Gen 2 Air Smart Ring in Dune Gold, highlighting its design and the integrated sensors.

What's in the Box

Upon opening your RingConn Gen 2 Air package, verify that all components are present:

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

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

Setup Guide

1. Sizing Your Ring

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

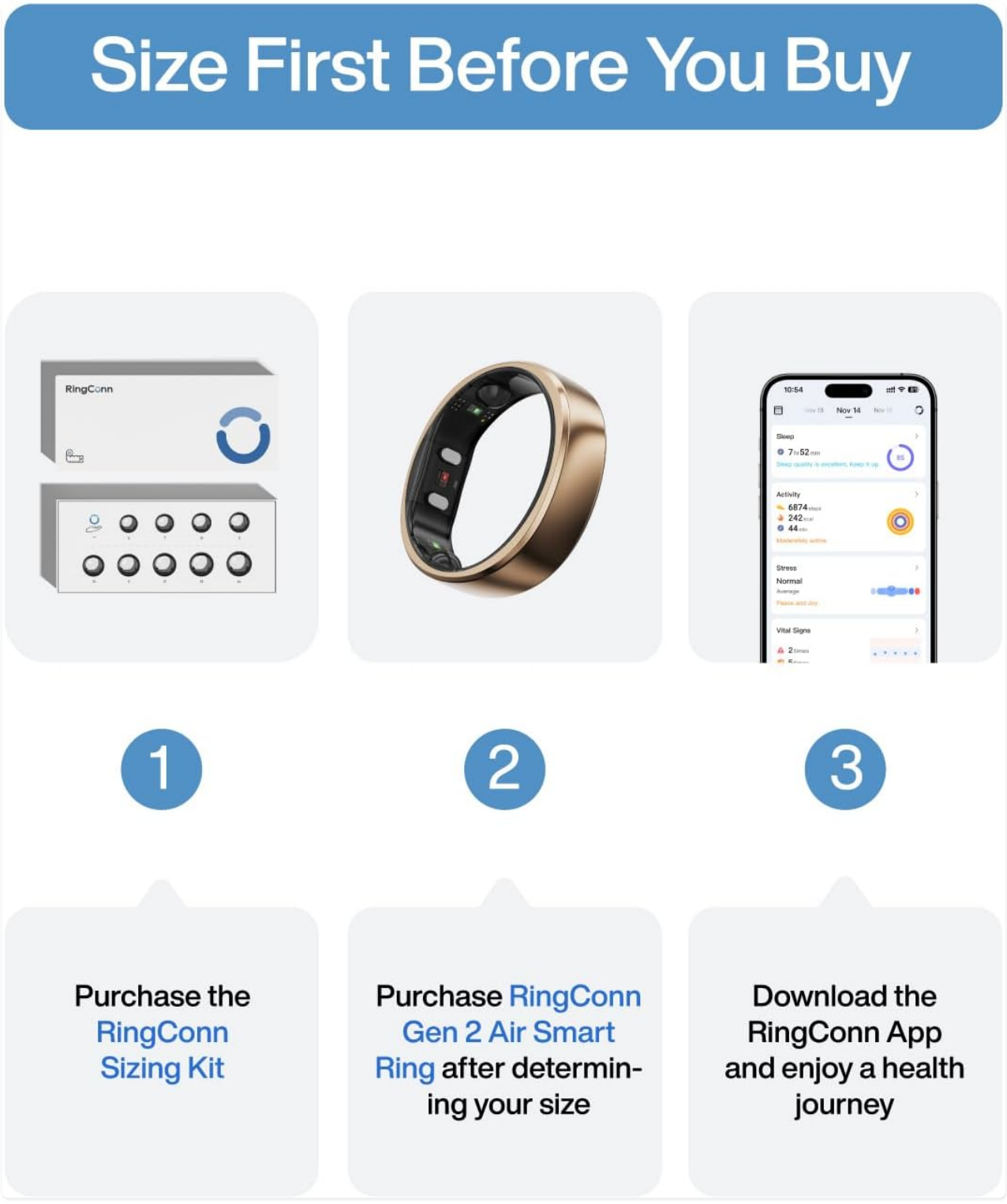


Image: A visual guide illustrating the recommended steps for selecting the correct ring size and initial setup.

Once you have determined your correct size using the sizing kit, you can proceed to acquire your RingConn Gen 2 Air Smart Ring.

2. Initial Charging

Before first use, fully charge your RingConn Gen 2 Air. Connect the charging dock to a power source using the provided USB-C cable. Place the smart ring onto the charging dock. A full charge typically takes approximately 90 minutes.

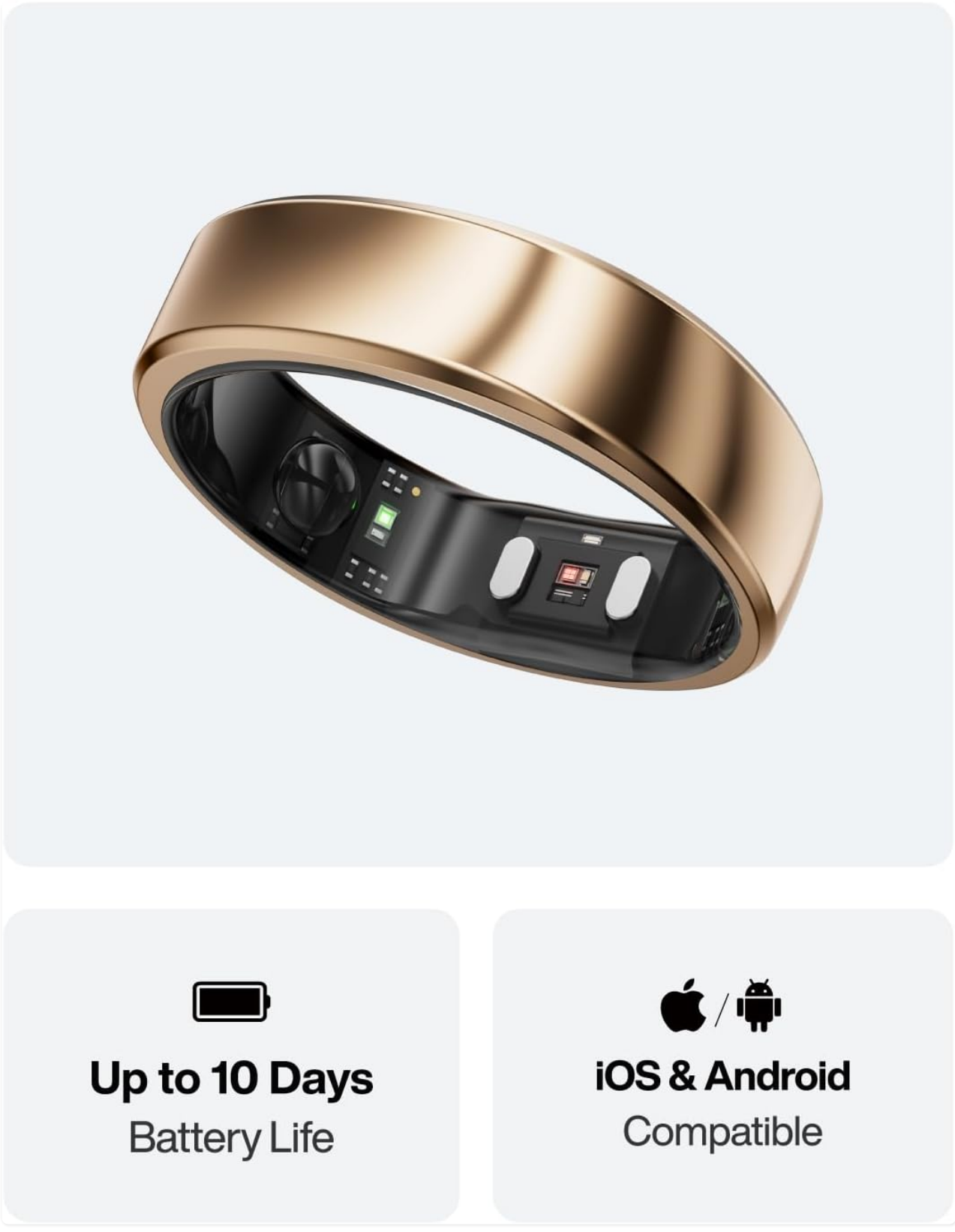


Image: The RingConn Gen 2 Air Smart Ring positioned on its charging dock, highlighting its battery life and compatibility with iOS and Android devices.

3. App Installation and Pairing

To utilize the full features of your RingConn Gen 2 Air, download the official RingConn Smart Health Monitoring App. The app is available for both iOS and Android devices.

- Search for "RingConn" in the Apple App Store (for iOS) or Google Play Store (for Android).
- Install the application on your smartphone.
- Open the app and follow the on-screen instructions to create an account and pair your RingConn Gen 2

Air Smart Ring via Bluetooth.

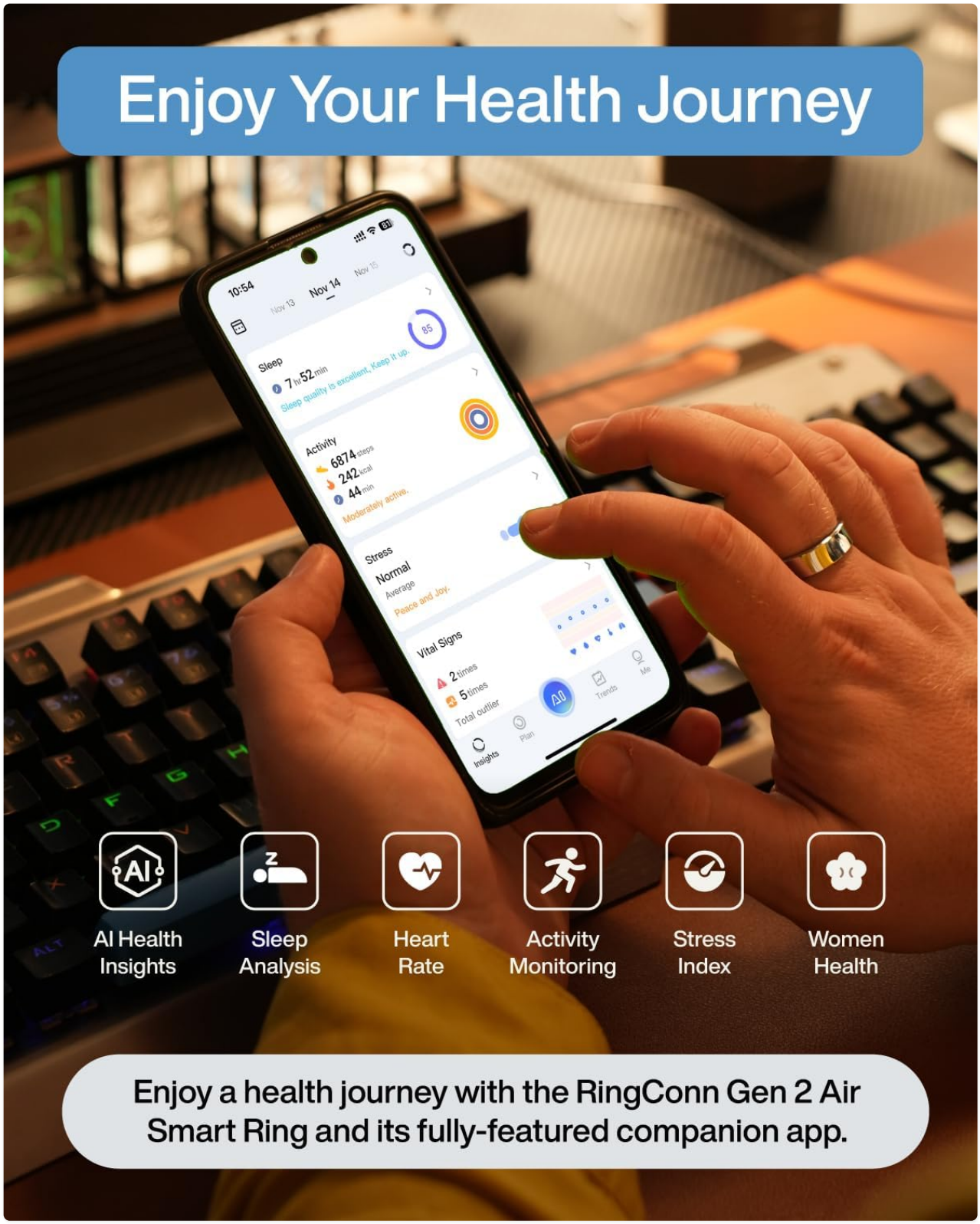


Image: A user interacting with the RingConn mobile application, which displays various health metrics, while wearing the smart ring.

Operating Your RingConn Gen 2 Air

Wearing the Ring

Wear the RingConn Gen 2 Air on any finger that provides a comfortable and secure fit. For optimal data collection, ensure the sensors on the inner surface of the ring are in consistent contact with your skin. The ring's ultra-thin and lightweight design (2.5g) is intended for comfortable, all-day wear, including during sleep and physical activities.

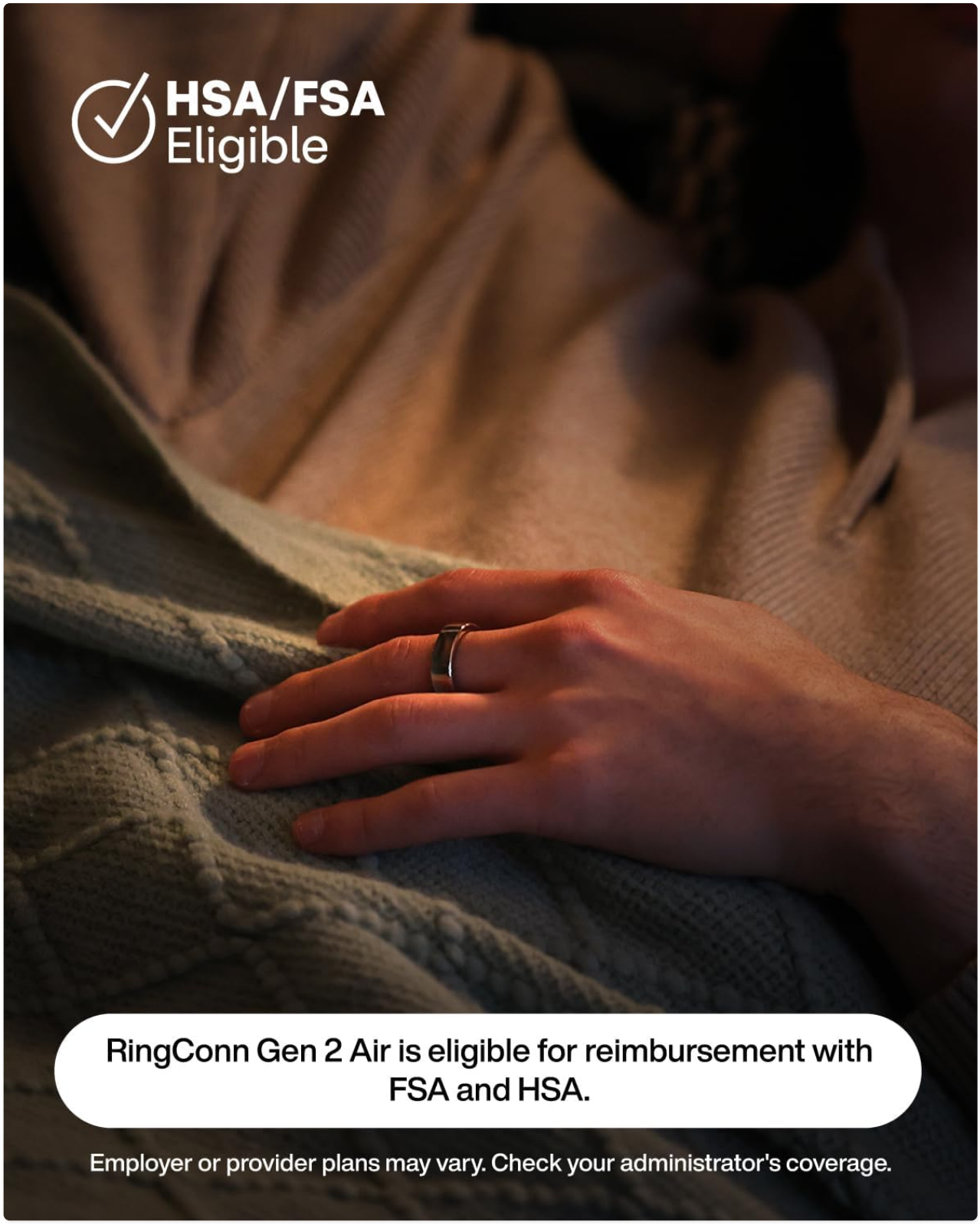


Image: Examples of the RingConn smart ring being worn comfortably during various daily activities, emphasizing its discreet and unobtrusive design.

Health Monitoring Features

The RingConn Gen 2 Air continuously tracks various health metrics using multi-sensor data and AI integration. All standard features are available without a subscription fee.

- **Sleep Tracking:** Monitors sleep stages (awake, REM, light, deep), heart rate, and respiration to assess sleep quality.
- **Heart Rate Monitoring:** Tracks your heart rate throughout the day and night.
- **Stress Level Assessment:** Provides a stress index to help you understand and manage your mental well-being.
- **Blood Oxygen (SpO2) Tracking:** Measures blood oxygen saturation levels.
- **Physical Activity Tracking:** Records steps, calories burned, and active time.
- **Menstrual Cycle Prediction:** Utilizes an AI model to integrate sensor data for predicting menstrual cycles.

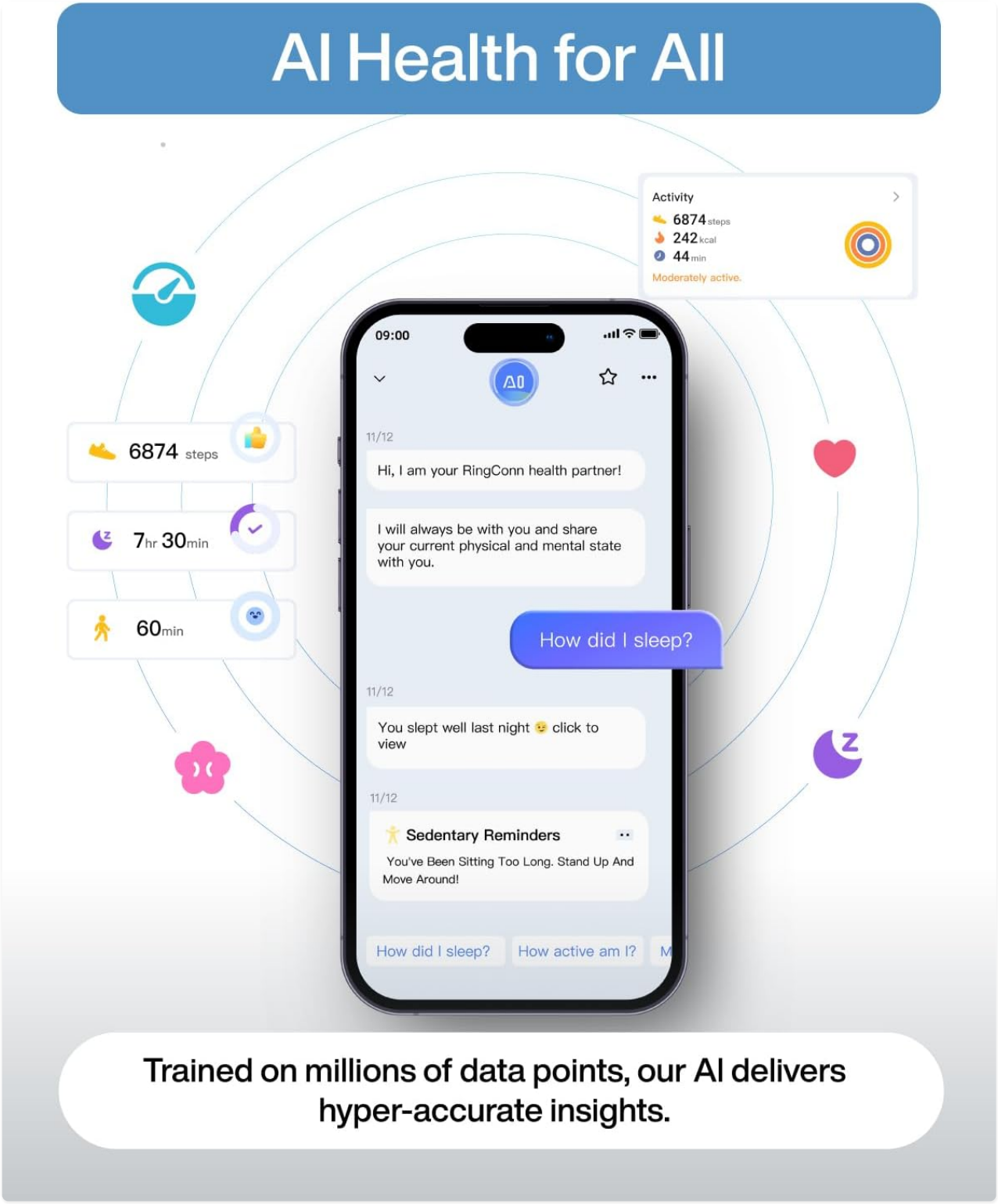


Image: The RingConn app interface displaying AI-powered health insights, including daily activity metrics and personalized health guidance.

App Features

The RingConn Smart Health Monitoring App serves as your central hub for all health data and insights:

- **Personalized Reports:** The built-in AI assistant delivers personalized reports and guidance based on your tracked data.
- **Data Storage:** The ring can store data for up to 7 days even when disconnected from your phone, ensuring continuous data collection.
- **Find Your Ring:** A newly launched app feature provides step-by-step guidance for effortlessly tracking and retrieving your ring if misplaced.
- **Data Sharing:** Supports sharing health data with relatives and friends, allowing you to monitor the well-being of loved ones.

Maintenance and Care

Cleaning Your Ring

To maintain hygiene and optimal sensor performance, regularly clean your RingConn Gen 2 Air with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the ring's surface or sensors.

Water Resistance

The RingConn Gen 2 Air has an IP68 waterproof rating, meaning it can withstand daily activities such as handwashing, showering, and rain. It is also suitable for water sports, including swimming and diving, with tested performance to depths of 100m/328ft. Ensure the ring is dry before placing it on the charging dock.

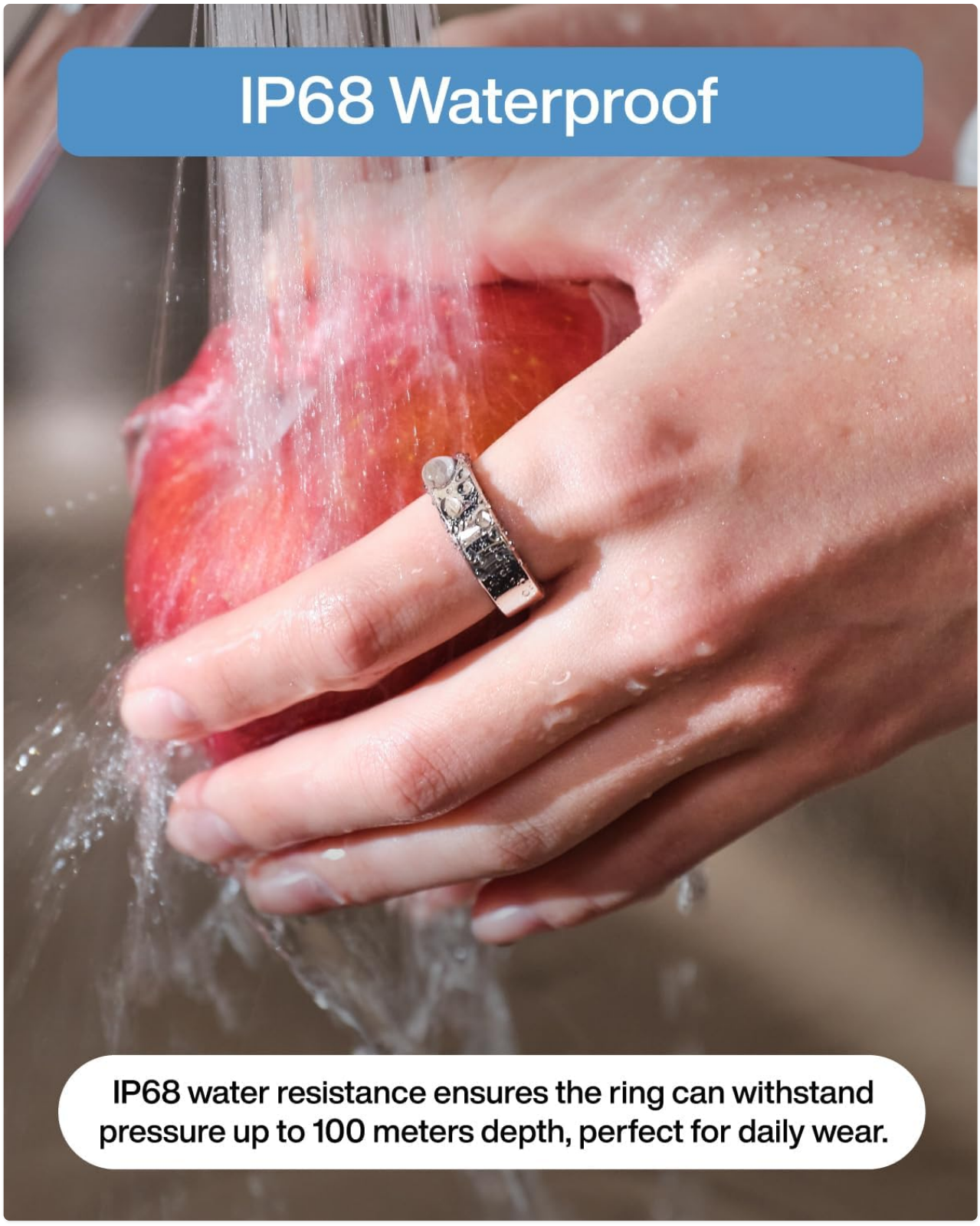


Image: The RingConn smart ring being exposed to water, illustrating its IP68 water resistance for daily wear and water activities.

Battery Management

The RingConn Gen 2 Air offers up to 10 days of battery life on a single charge. To maximize battery longevity, avoid extreme temperatures and store the ring in a cool, dry place when not in use for extended periods. Recharge the ring when the app indicates a low battery level.

Troubleshooting

If you encounter issues with your RingConn Gen 2 Air, consider the following common solutions:

- **Ring Not Connecting to App:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Verify the ring is charged.
  - Restart the RingConn app.
  - Restart your smartphone.
  - Try unpairing and re-pairing the ring in the app's settings.
- **Inaccurate Data Readings:**
  - Ensure the ring is worn snugly and the sensors are in good contact with your skin.
  - Clean the sensors on the inner surface of the ring.
  - Ensure the ring's firmware is up to date via the app.
- **Battery Draining Quickly:**
  - Ensure the ring is fully charged (approx. 90 minutes).
  - Avoid leaving the ring in extreme temperatures.
  - If the issue persists, contact customer support.
- **Ring Not Charging:**
  - Ensure the charging dock is properly connected to a power source.
  - Verify the ring is correctly seated on the charging dock.
  - Check the USB-C cable for any damage.
  - Try a different power adapter or USB port.

For persistent issues or problems not listed here, please refer to the official RingConn support channels.

Specifications

Feature	Detail
Model Name	RingConn Gen 2 Air Smart Ring
Model Number	RCA-02
Brand	RingConn
Dimensions	11.3 x 4.3 x 4.7 inches (Product Packaging)
Item Weight	2.5 Grams (Ring) / 0.088 ounces (Product Packaging)
Battery Type	1 Lithium Polymer battery (included)
Battery Life	Up to 10 days
Charging Time	Approx. 90 minutes

Water Resistance	IP68 (up to 100m/328ft)
Connectivity	Bluetooth
Operating System	RingConn App
Memory Storage Capacity	2 MB (stores data for 7 days)
Special Features	Activity Tracker, Custom Activity Tracking, Heart Rate Monitor, Multisport Tracker, Sleep Monitor
First Available Date	February 8, 2025

Warranty and Support

The RingConn Gen 2 Air Smart Ring comes with efficient customer support and service. For detailed warranty information, including terms and conditions, please refer to the documentation included with your product or visit the official RingConn website.
For assistance with product issues, technical support, or warranty claims, please contact RingConn customer service directly. Contact information is typically available on the manufacturer's website or in the product packaging.
Please note that extended protection plans may be available for purchase separately. The product also qualifies for HSA/FSA eligibility, allowing for potential reimbursement through your Flexible Spending Account or Health Savings Account.

Important Notes

The RingConn Gen 2 Air is designed as a health and fitness tracker and is not intended for medical diagnosis, treatment, or prevention of any disease. Always consult with a healthcare professional for any health concerns.
No official product videos were found for this product in the provided data.

© 2025 RingConn. All rights reserved.

Related Documents

RingConn	RingConn Gen 2 Smart Ring Quick Start Guide A quick start guide for the RingConn Gen 2 smart ring, covering app download, activation, connection, proper wear, data viewing, and LED indicator references.

RingConn	[RingConn Gen 1 Smart Ring: Quick Start Guide and Setup] Learn how to download the RingConn app, activate, connect, and wear your RingConn Gen 1 smart ring for health tracking and data synchronization.

Documents - RingConn – RCA-02

[pdf] User Manual Instructions

RingConn Gen 2 air Manual instruction Italiano 20250320 Air Instruction ItalianRingConn User Instructions DownloadAnello intelligente Foglietto informativo Italianocdn shopify s files 1 0850 1769 0420 Anello v 1744013305 |||

Istruzioni Importanti Per La Sicurezza Questo prodotto contiene componenti elettroniche. Per garan ... ioni Sul Prodotto Nome del prodotto Anello intelligente RingConn Gen 2 Air Modello del prodotto **RCA-02**-6 **RCA-02**-7 **RCA-02**-8 **RCA-02**-9 **RCA-02**-10 **RCA-02**-11 **RCA-02**-12 **RCA-02**-13 **RCA-02**-14 Capacit della...

lang:it score:50 filesize: 576.22 K page_count: 7 document date: 2025-03-20

RingConn

[pdf] User Manual Instructions

RingConn Gen 2 air Manual instruction Deutsch 20250305 Air Instruction GermanRingConn User Instructions DownloadRingConn Smart Ring Benutzerhandbuch Deutschcdn shopify s files 1 0850 1769 0420 v 1744012992 |||

Wichtige Sicherheitshinweise Dieses Produkt enthlt elektronische Gerte. Lesen Sie bitte vor der Be ... ebend. Produktinformation Produktbezeichnung RingConn Gen 2 Air Smart Ring Modell des Produkts **RCA-02**-6 **RCA-02**-7 **RCA-02**-8 **RCA-02**-9 **RCA-02**-10 **RCA-02**-11 **RCA-02**-12 **RCA-02**-13 **RCA-02**-14 Batteriekapaz...

lang:de score:50 filesize: 795.99 K page_count: 8 document date: 2025-03-05

RingConn
Français

[pdf] Instructions Guide

RingConn Gen 2 Air Quick Guide Français FrenchRingConn Easy Smart Ring SetupBague intelligente guide de demarrage rapide Francaiscdn shopify s files 1 0850 1769 0420 Bague Francais v 1751017124 |||

Franais 1 Tlchargez l application RingConn : Recherchez RingConn dans l App Store ou les magasin ... charge Blanc fixe: l anneau est entirement charg Insights Trends Me 2 Franais Version: V2.0/**RCA-02** ...

lang:fr score:39 filesize: 849.3 K page_count: 4 document date: 2025-04-08

[pdf] Guide

RingConn Gen 2 Air Quick Guide English Easy Smart Ring SetupRingConn Englishcdn shopify s files 1 0850 1769 0420 v 1751017125 |||

English 1 Download the RingConn App: Search for RingConn in the App Store or Android application ... he ring is charging Solid white: The ring is fully charged Insights Trends Me 2 Version: V2.0/**RCA-02** ...

lang:en score:37 filesize: 836.21 K page_count: 4 document date: 2025-04-08

[pdf] User Manual Guide

RingConn Gen 2 Air Quick Guide Deutsch GermanRingConn Easy Smart Ring SetupRingConn Schnellstart Anleitung Deutschcdn shopify s files 1 0850 1769 0420 v 1751017124 |||

Deutsch 1 Laden Sie die RingConn App herunter: Suchen Sie im App Store oder in den Android-App-Sto ... kt wei: der Ring wird aufgeladen Konstant wei: Der Ring ist vollstndig aufgeladen 2 Version: V2.0/**RCA-02** ...

lang:de score:36 filesize: 853.16 K page_count: 4 document date: 2025-04-08

[pdf] Guide

RingConn Gen 2 Air Quick Guide Italiano ItalianRingConn Easy Smart Ring SetupAnello intelligente Guida rapida Italianocdn shopify s files 1 0850 1769 0420 Anello v 1751017124 |||

Italiano 1 Scaricare l app RingConn: Cercare RingConn nell App Store o negli store di applicazio ... icando Bianco fisso: l anello totalmente carico Insights Trends Me 2 Italiano Version: V2.0/**RCA-02** ...

lang:it score:35 filesize: 835.84 K page_count: 4 document date: 2025-04-08

[pdf] Guide

RingConn Gen 2 Air Quick Guide Español SpanishRingConn Easy Smart Ring SetupAnillo inteligente guia rapida Espanolcdn shopify s files 1 0850 1769 0420 Anillo Espanol v 1751017124 |||

Espaol 1 Descargar la aplicacin de RingConn: Busque RingConn en la App Store o en las tiendas de a ... eante: el anillo se est cargando Blanco fijo: el anillo est completamente cargado 2 Version: V2.0/**RCA-02** ...

lang:es score:35 filesize: 843.86 K page_count: 4 document date: 2025-04-08

RingConn

日本語

[pdf] Guide

RingConn Gen 2 Air Quick Guide JapaneseRingConn Easy Smart Ring SetupRingConn 43bcc97f b961 49f6 8633 2cb558a5f8c5cdn shopify s files 1 0850 1769 0420 2cb558a5f8c5 v 1751017124 |||

1 RingConn App StoreRingConn APP QR 2 3 APP RingConn APP Bluetooth No Ring Paired Start Pairing 1m Insights Trends Me 4 1 5 RingConn 6 Insights Trends Me 2 Version: V2.0/**RCA-02** ...

lang:es score:35 filesize: 882.26 K page_count: 4 document date: 2025-04-08

RingConn

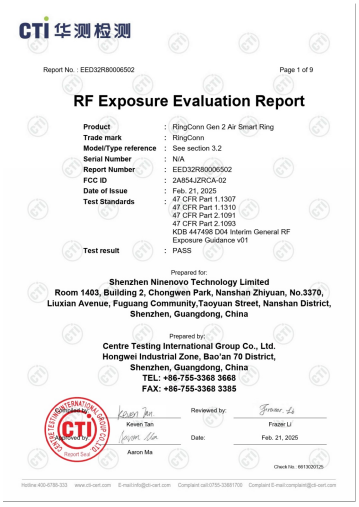
繁體中文

[pdf] Guide

RingConn Gen 2 Air Quick Guide Traditional ChineseRingConn Easy Smart Ring SetupRingConn 58779a03 95c6 483e 9fa3 dc2af219de0ccdn shopify s files 1 0850 1769 0420 dc2af219de0c v 1751017124 |||

1 RingConn APP App Store Android RingConn APP 2 3 APP RingConn APP 4 No Ring Paired Start Pairing 1m Insights Trends Me 1 5 RingConn APP 6 Insights Trends Me 2 Version: V2.0/**RCA-02** ...

lang:es score:35 filesize: 874.14 K page_count: 4 document date: 2025-04-08



CTI 华测检测

Report No. : EED32R80006502 Page 1 of 9

RF Exposure Evaluation Report

Product	:	RingConn Gen 2 Air Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 3.2
Serial Number	:	N/A
Report Number	:	EED32R80006502
FCC ID	:	2A854JZRCA-02
Date of Issue	:	Feb. 21, 2025
Test Standards	:	47 CFR Part 1.1307 47 CFR Part 1.1310 47 CFR Part 2.1091 47 CFR Part 2.1093 KDB 447498 D04 Interim General RF Exposure Guidance v01
Test result	:	PASS

Prepared for:

Shenzhen Ninenovo Technology Limited
Room 1403, Building 2, Chongwen Park, Nanshan Zhiyuan, No.3370, Liuxian Avenue, Fuguang Community,Taoyuan Street, Nanshan District, Shenzhen, Guangdong, China

Prepared by:

Centre Testing International Group Co., Ltd.
Hongwei Industrial Zone, Bao'an 70 District, Shenzhen, Guangdong, China
TEL: +86-755-3368 3668
FAX: +86-755-3368 3385

Kevein Tan

Reviewed by: Frazer Li

Aaron Ma

Date: Feb. 21, 2025

Check No.: 6613020725

[pdf] SAR Rating

SAR exclusion report Shenzhen Ninenovo Technology Limited JZRCA 02 RingConn Gen 2 Air Smart Ring 2A854JZRCA 2A854JZRCA02 jzrca

Report No. : EED32R80006502 Page 1 of 9 RF Exposure Evaluation Report Product : RingConn Gen 2 Air Smart Ring Trade mark : RingConn Model/Type reference : See section 3.2 Serial Number : N/A Report Number : EED32R80006502 FCC ID : 2A854JZ**RCA-02** Date of Issue Test Standards : Feb. 21, ...

lang:en score:25 filesize: 353.24 K page_count: 9 document date: 2025-02-21

CTI 华测检测

Report No. : EED32R80006501 Page 1 of 43

TEST REPORT

Product	:	RingConn Gen 2 Air Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 4.2
Serial Number	:	N/A
Report Number	:	EED32R80006501
FCC ID	:	2A854JZRCA-02
Date of Issue	:	Feb. 21, 2025
Test Standards	:	47 CFR Part 15 Subpart C
Test result	:	PASS

Prepared for:

Shenzhen Ninenovo Technology Limited
Room 1403, Building 2, Chongwen Park, Nanshan Zhiyuan, No.3370, Liuxian Avenue, Fuguang Community,Taoyuan Street, Nanshan District, Shenzhen, Guangdong, China

Prepared by:

Centre Testing International Group Co., Ltd.
Hongwei Industrial Zone, Bao'an 70 District, Shenzhen, Guangdong, China
TEL: +86-755-3368 3668
FAX: +86-755-3368 3385

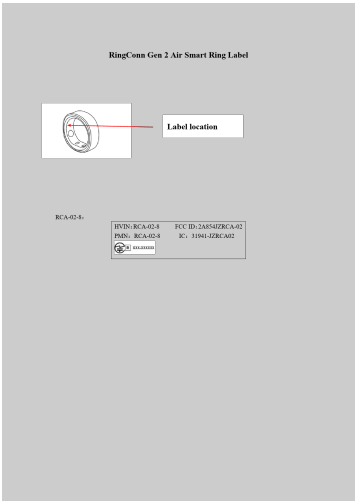
Compiled by: Kevin Tan — Reviewed by: Fraser Li — Date: Feb. 21, 2025 — Aaron Ma

[pdf] Test Report

HD 271 S1 Sheek Luo Part 15C 15 247 Bluetooth LE Shenzhen Ninenovo Technology Limited JZRCA 02 RingConn Gen 2 Air Smart Ring 2A854JZRCA 2A854JZRCA02 jzrca

Report No. : EED32R80006501 Page 1 of 43 TEST REPORT Product Trade mark Model/Type reference Serial Number Report Number FCC ID Date of Issue Test Standards Test result : RingConn Gen 2 Air Smart Ring : RingConn : See section 4.2 : N/A : EED32R80006501 : 2A854JZ**RCA-02** : Feb. 21, 2025 : 47 CFR Pa...

lang:en score:22 filesize: 4.57 M page_count: 32 document date: 2025-02-26


RingConn Gen 2 Air Smart Ring Label

Label location

RCA-02-8

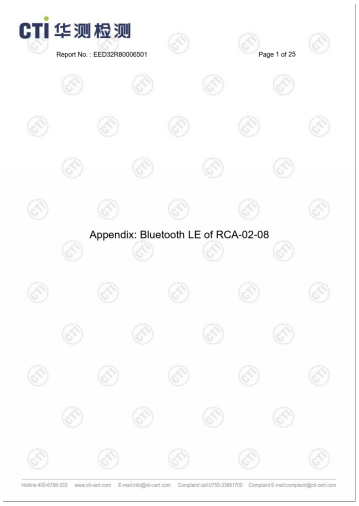
HVIN: RCA-02-8 FCC ID:2A854JZRCA-02
PMN: RCA-02-8 IC: 31941-JZRCA02

[pdf] Label

xumin Label Info Shenzhen Ninenovo Technology Limited JZRCA 02 RingConn Gen 2 Air Smart Ring 2A854JZRCA 2A854JZRCA02 jzrca

RingConn Gen 2 Air Smart Ring Label Label location **RCA-02**-8 HVIN**RCA-02**-8 PMN**RCA-02**-8 FCC ID2A854JZ**RCA-02** IC31941-JZRCA02 ...

lang:en score:22 filesize: 96.12 K page_count: 1 document date: 2025-02-24


CTI 华测检测

Report No. : EED32R80006501 Page 1 of 25

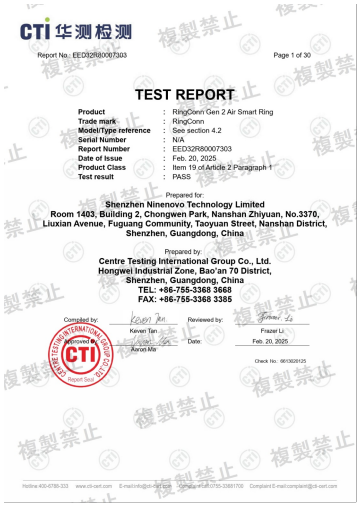
Appendix: Bluetooth LE of RCA-02-08

[pdf]

Appendix Bluetooth LE Shenzhen Ninenovo Technology Limited JZRCA 02 RingConn Gen 2 Air Smart Ring 2A854JZRCA 2A854JZRCA02 jzrca

Report No. : EED32R80006501 Page 1 of 25 Appendix: Bluetooth LE of **RCA-02**-08 Report No. : EED32R80006501 Page 2 of 25 Contents Appendix A: DTS Bandwidth ..... 3 Test Result .....

lang:fr score:10 filesize: 1.48 M page_count: 25 document date: 2025-02-21



CTI 华测检测

Report No.: EED32R80007303 Page 1 of 30

TEST REPORT

Product	:	RingConn Gen 2 Air Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 4.2
Serial Number	:	N/A
Report Number	:	EED32R80007303
Date of Issue	:	Feb. 20, 2025
Product Class	:	Item 19 of Article 2 Paragraph 1
Test result	:	PASS

Prepared for:

Shenzhen Ninenovo Technology Limited
Room 1403, Building 2, Chongwen Park, Nanshan Zhiyuan, No.3370, Liuxian Avenue, Fuguang Community, Taoyuan Street, Nanshan District, Shenzhen, Guangdong, China

Prepared by:

Centre Testing International Group Co., Ltd.
Hongwei Industrial Zone, Bao'an 70 District, Shenzhen, Guangdong, China
TEL: +86-755-3368 3668
FAX: +86-755-3368 3385

Compiled by: Keven Tan — Reviewed by: Frazer Li — Date: Feb. 20, 2025

Approved by: Aaron Ma

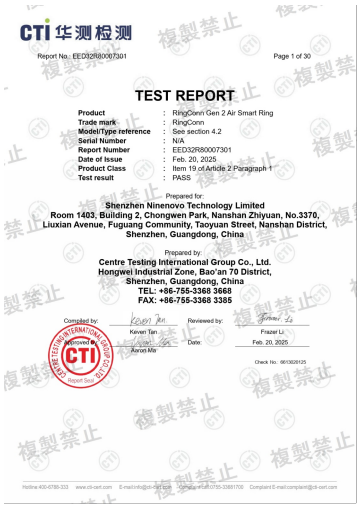
Check No.: 6613620125

[pdf] Test Report

TEST REPORT RingConn Gen 2 Air Smart Ring Model No RCA 02 12 13 14 Test Trade Mark EUT Supports Radios 217 252084 002 tele soumu go jp giteki SearchServlet2 PageID jt01 ATF 178306002 |||

...

lang:fr score:10 filesize: 409.35 K page_count: 20 document date:



CTI 华测检测

Report No.: EED32R80007301 Page 1 of 30

TEST REPORT

Product	:	RingConn Gen 2 Air Smart Ring
Trade mark	:	RingConn
Model/Type reference	:	See section 4.2
Serial Number	:	N/A
Report Number	:	EED32R80007301
Date of Issue	:	Feb. 20, 2025
Product Class	:	Item 19 of Article 2 Paragraph 1
Test result	:	PASS

Prepared for:

Shenzhen Ninenovo Technology Limited
Room 1403, Building 2, Chongwen Park, Nanshan Zhiyuan, No.3370, Liuxian Avenue, Fuguang Community, Taoyuan Street, Nanshan District, Shenzhen, Guangdong, China

Prepared by:

Centre Testing International Group Co., Ltd.
Hongwei Industrial Zone, Bao'an 70 District, Shenzhen, Guangdong, China
TEL: +86-755-3368 3668
FAX: +86-755-3368 3385

Compiled by: Keven Tan — Reviewed by: Frazer Li — Date: Feb. 20, 2025

Approved by: Aaron Ma

Check No.: 6613620125

[pdf] Test Report

TEST REPORT RingConn Gen 2 Air Smart Ring Model No RCA 02 6 7 Test Trade Mark EUT Supports Radios application 5 0 Bluetooth 217 252083 002 tele soumu go jp giteki SearchServlet2 PageID jt01 ATF 178311002 |||

...

lang:fr score:9 filesize: 409.62 K page_count: 20 document date: 0000-00-00