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› Tiantianka Smart Health Tracker Ring User Manual

Tiantianka dcf92227-3a62-4ce4-905f-149cfb1a6e2a

Tiantianka Smart Health Tracker Ring User Manual

Model: dcf92227-3a62-4ce4-905f-149cfb1a6e2a

INTRODUCTION

Welcome to the user manual for your Tiantianka Smart Health Tracker Ring. This device is designed to enhance your daily life by providing comprehensive health and activity monitoring, including heart rate, blood oxygen, sleep patterns, calories burned, and steps taken. This manual will guide you through the setup, operation, and maintenance of your smart ring to ensure optimal performance and a healthier lifestyle.



Image: The Tiantianka Smart Health Tracker Ring, its charging case, magnetic USB charging cable, and a smartphone displaying the companion app interface.

SIZE GUIDE

The Tiantianka Smart Ring follows US ring sizing standards. For a comfortable and accurate fit, it is crucial to select the correct size. If you are unsure of your US ring size, it is recommended to use a sizing kit to determine your ideal fit before purchasing.



STEP-01
When measuring, please use a thin, inelastic string and wrap it around your finger, and mark it by a pen.

STEP-02
After straightening the thin string, measure its length with a ruler and make purchase decisions based on the below specifications (Circumference).

6# ~ 14#

Model	Circumference (mm)	Circumference (inch)
6#	51.8mm	2.04inch
7#	54.3mm	2.14inch
8#	56.9mm	2.24inch
9#	59.5mm	2.34inch
10#	62.1mm	2.44inch
11#	64.6mm	2.54inch
12#	67.2mm	2.56inch
13#	69.7mm	2.74inch
14#	73.5mm	2.89inch

Image: A detailed ring sizing chart showing US ring sizes from 6# to 14# with corresponding circumference measurements in millimeters and inches. Instructions for measuring finger circumference are also shown.

Size First Before You Buy

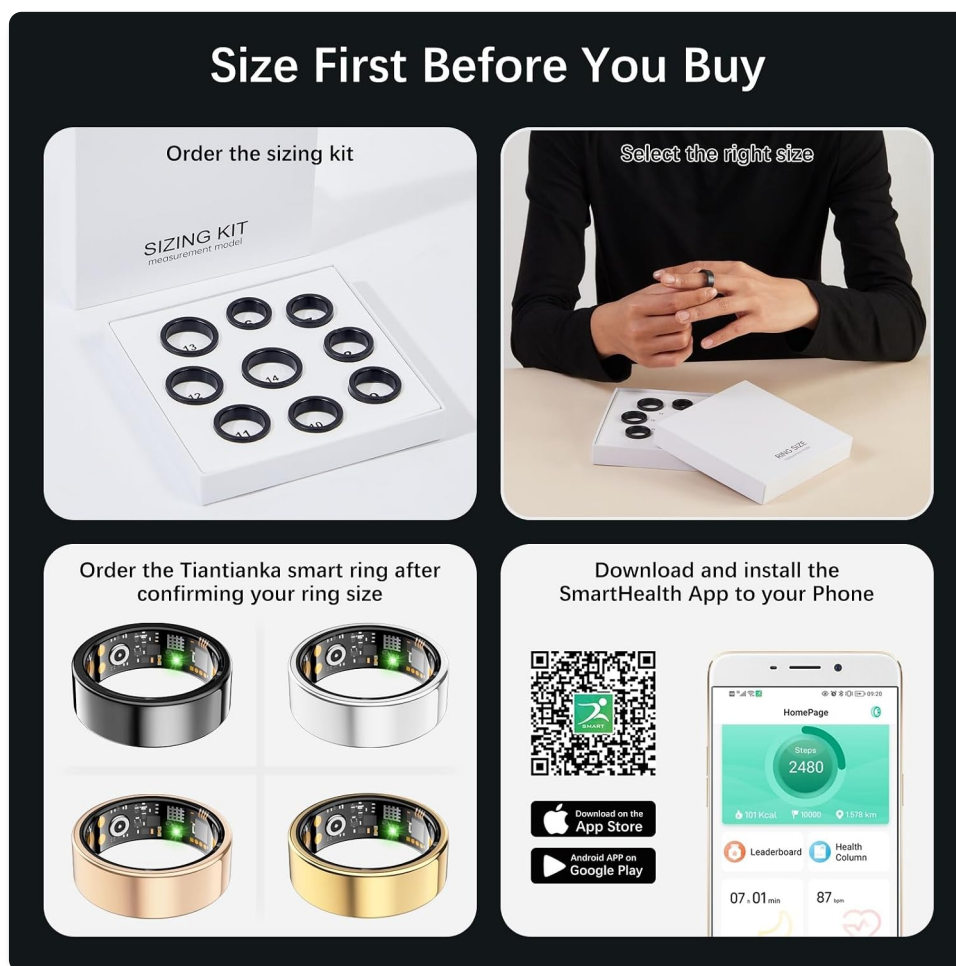


Image: A four-panel graphic illustrating the process of ordering a sizing kit, selecting the right size, ordering the smart ring, and downloading the SmartHealth App via QR code or app stores.

Sizing Chart

Model Size	Circumference (mm)	Circumference (inch)
6#	51.8mm	2.04inch
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WHAT'S IN THE BOX

Upon unboxing your Tiantianka Smart Health Tracker Ring, please ensure all the following items are present:

- Tiantianka Smart Ring x 1
- 400mAh Charging Case x 1
- Magnetic USB Charge Cable x 1
- Type-C Charge Cable (for charging the charge case) x 1
- Instruction Manual x 1 (this document)

SETUP GUIDE

1. Charging Your Smart Ring

Before first use, fully charge your smart ring. Place the ring into the charging case. Connect the magnetic USB charge cable to the ring and a power source, or use the Type-C cable to charge the case itself. A quick 2-hour charge provides 3-5 days of continuous use. The 400mAh charging case can fully charge the ring approximately 15 times, extending usage time up to 60 days.

2. Downloading the SmartHealth App

The Tiantianka Smart Ring requires the companion SmartHealth App for full functionality and data synchronization. The app is compatible with Android 4.4 / iOS 8.4 or above smartphones. There are no subscription fees to download or use the app.

- Scan the QR code provided in the packaging or on the product page.
- Alternatively, download the app directly from the official link: [SmartHealth App Download](#).
- Search for "SmartHealth" in your device's App Store (iOS) or Google Play Store (Android).

3. Pairing Your Smart Ring

1. Ensure your smart ring is charged and within Bluetooth range of your smartphone.
2. Open the SmartHealth App on your smartphone.
3. Follow the on-screen instructions within the app to search for and connect to your Tiantianka Smart Ring via Bluetooth.
4. Once connected, the app will begin synchronizing data from your ring.

OPERATING INSTRUCTIONS

Sleep Monitoring

The smart ring automatically monitors your sleep patterns when worn during the night. It tracks your falling asleep time, waking up time, and sleep quality (deep sleep, light sleep, REM). You can view daily, weekly, and monthly sleep data graphs within the SmartHealth App to better understand your sleep habits and work towards healthier sleep.

Sleep Monitoring

- Deep sleeping
- Awake times
- Light sleeping
- REM

1 h 15 min
5 h 18 min
1 h 32 min

Deep sleeping
Light sleeping
REM

Sleep Monitoring

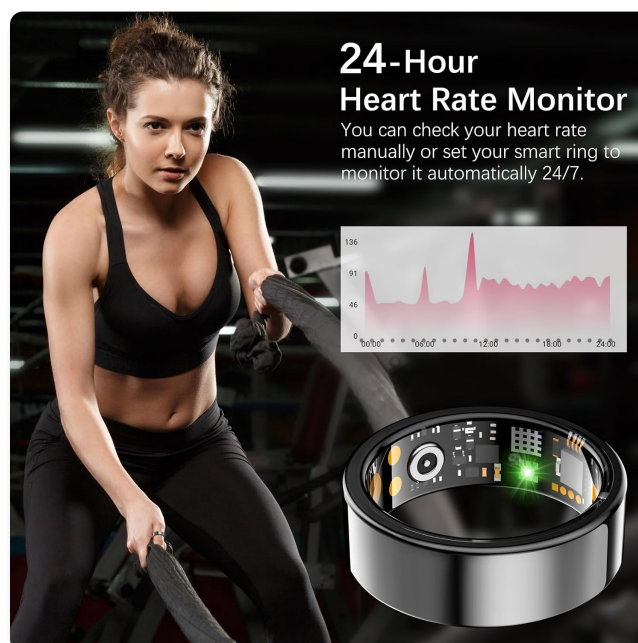
- Deep sleeping
- Awake times
- Light sleeping
- REM

1 h 15 min
5 h 18 min
1 h 32 min

Deep sleeping
Light sleeping
REM

Health Tracking (Heart Rate & Blood Oxygen)

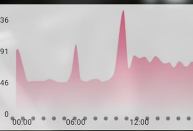
The Tiantianka Smart Ring precisely tracks your heart rate and blood oxygen levels 24/7. You can manually check your current readings or set the ring to monitor automatically. All daily, weekly, and monthly health data is accessible directly from the SmartHealth App, providing accurate information to support a healthier lifestyle.





24-Hour Heart Rate Monitor

You can check your heart rate manually or set your smart ring to monitor it automatically 24/7.



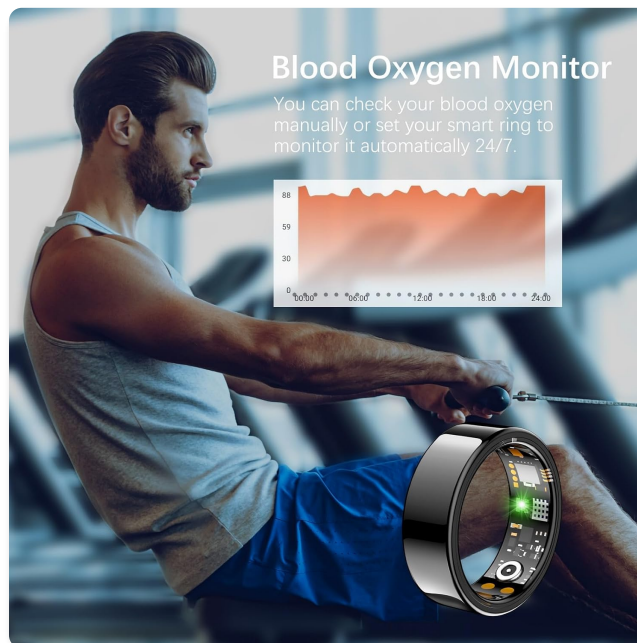



Image: A smart ring on a finger, with an overlay graphic showing a blood oxygen level trend, indicating continuous monitoring.

Activity Tracking

The ring automatically tracks your daily steps, calories burned, and distance traveled. It supports multiple sport modes including running, cycling, jump rope, walking, hiking, yoga, dancing, and golf. Activate the workout mode in the companion App to view detailed metrics such as exercise route, duration, heart rate, speed, and calorie expenditure for effective training guidance.

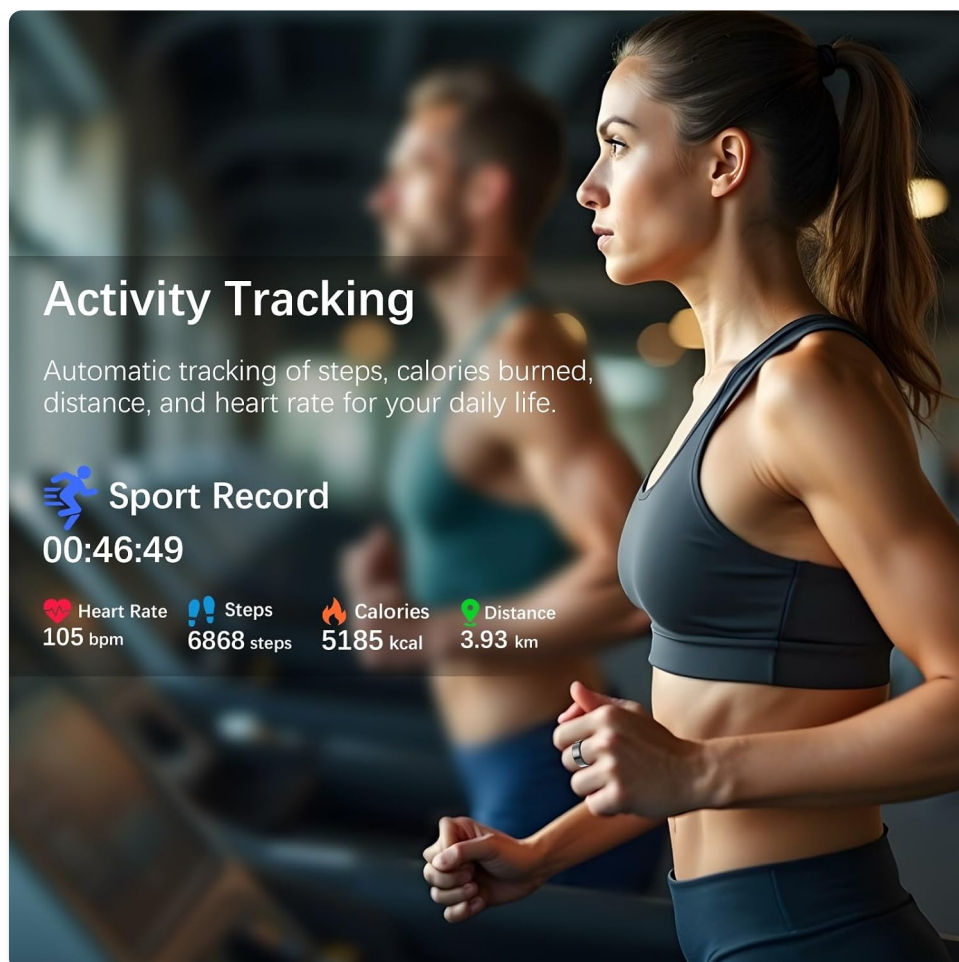


Image: A person running on a treadmill with a smart ring on their finger, displaying activity tracking data like heart rate, steps, calories, and distance.

Remote Camera Control

Utilize the remote photography feature in the SmartHealth App. Once enabled, a quick shake of your ring-wearing finger can remotely trigger your smartphone's camera to take photos, offering convenience for group shots or selfies.

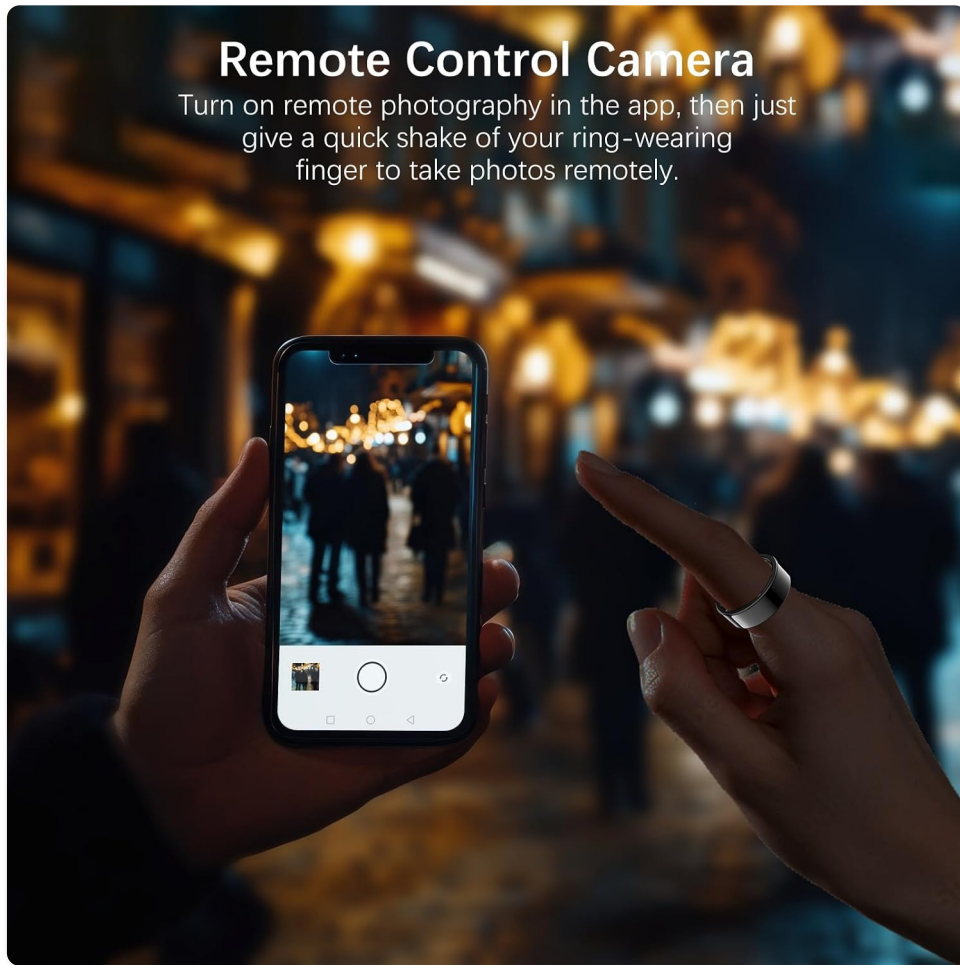


Image: A hand wearing the smart ring, holding a smartphone that is displaying a camera interface, demonstrating the remote camera control feature.

FEATURES OVERVIEW

The Tiantianka Smart Health Tracker Ring offers a comprehensive suite of features to support your health and fitness journey:

- **Intelligent Sleep Tracker:** Monitors sleep stages (deep, light, REM) and awake times.
- **24/7 Health Monitoring:** Automatic and precise tracking of heart rate and blood oxygen levels.
- **Activity Tracker:** Records daily steps, calories burned, and distance traveled.
- **Multiple Sport Modes:** Supports various activities like running, cycling, yoga, and more.
- **No Subscription Fees:** Lifetime access to the ring's features and companion app without additional costs.
- **Long Battery Life:** Up to 5 days on a single charge, extended to 60 days with the charging case.
- **IP68 Waterproof:** Suitable for daily wear, workouts, swimming, and hand-washing.
- **Remote Camera Control:** Take photos remotely by shaking your ring-wearing finger.
- **Wide Compatibility:** Works with Android 4.4 / iOS 8.4 or above smartphones.

BATTERY LIFE AND CHARGING

Your Tiantianka Smart Ring is designed for extended use. A full charge takes approximately 2 hours and provides 3-5 days of continuous operation. The included 400mAh charging case can recharge the ring about 15 times, extending the total usage time to up to 60 days, making it ideal for travel and prolonged monitoring.

To charge the ring, place it in the charging case and connect the magnetic USB cable to a power source. To charge the charging case itself, use the provided Type-C charge cable.

WATERPROOF RATING

The Tiantianka Smart Ring boasts an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for daily wear, including during rain, swimming, and hand-washing. Avoid prolonged exposure to hot water or steam, such as in saunas or hot tubs, as this may compromise the seal.



Image: A swimmer in a pool, with icons indicating the smart ring's IP68 waterproof capabilities for raining, swimming, and hand-washing.

MAINTENANCE

To ensure the longevity and optimal performance of your Tiantianka Smart Ring, follow these maintenance guidelines:

- **Cleaning:** Wipe the ring regularly with a soft, damp cloth. Avoid using abrasive cleaners or harsh chemicals, which can damage the finish and sensors.
- **Storage:** When not in use for extended periods, store the ring in its charging case in a cool, dry place.

- **Avoid Impacts:** While durable, avoid dropping the ring or subjecting it to strong impacts, which could damage internal components.
- **Sensor Care:** Keep the sensors on the inside of the ring clean and free from debris to ensure accurate readings.

TROUBLESHOOTING

If you encounter any issues with your Tiantianka Smart Ring, please refer to the following common troubleshooting steps:

- **Ring Not Connecting to App:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the ring is charged.
 - Restart the SmartHealth App.
 - Restart your smartphone.
 - Try unpairing and re-pairing the device in the app's settings.
- **Inaccurate Readings:**
 - Ensure the ring is worn snugly on your finger, not too loose or too tight.
 - Clean the sensors on the inside of the ring.
 - Ensure your skin is clean and dry where the sensors make contact.
- **Battery Draining Quickly:**
 - Ensure the ring is fully charged before use.
 - Minimize continuous manual checks if not necessary.
 - Check for app updates, as software optimizations can improve battery life.
- **App Not Syncing Data:**
 - Check your internet connection.
 - Ensure the app has necessary permissions (e.g., Bluetooth, location).
 - Force close and reopen the app.

If the issue persists after trying these steps, please contact customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Brand	Tiantianka
Model Number	dcf92227-3a62-4ce4-905f-149cfb1a6e2a
ASIN	B0F2N5K6XC
Color	Black
Item Weight	3.52 ounces
Package Dimensions	0.79 x 0.79 x 0.79 inches

Feature	Detail
Batteries	1 A batteries required (included)
Operating System	Android Wear 2.9
Special Features	Activity Tracker, Heart Rate Monitor, Lightweight, Multisport Tracker, Sleep Monitor
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	GPS Via Smartphone
Shape	Round
Style	Modern
Date First Available	March 30, 2025

WARRANTY AND SUPPORT

Your Tiantianka Smart Health Tracker Ring comes with a commitment to quality and customer satisfaction. While specific warranty details are not provided in this manual, please retain your proof of purchase for any warranty claims.

For technical support, troubleshooting assistance beyond what is covered in this manual, or warranty inquiries, please contact Tiantianka customer service through the contact information provided on the product packaging or the official Tiantianka website. Remember, there are no subscription fees for the ring's features or the SmartHealth App.

We are dedicated to providing you with a reliable and effective health tracking experience.