

[Manuals.plus](#) /

› [WuzuTech](#) /

› WuzuTech Herz P1 Smart Ring User Manual

WuzuTech P1

WuzuTech Herz P1 Smart Ring User Manual

Model: P1 (ASIN: B0F2Y9HCB9)

Brand: WuzuTech

1. INTRODUCTION

The Herz P1 Smart Ring is a wearable health tracker designed to monitor various biometrics. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and accurate data collection.



Image: The Herz P1 Smart Ring, showcasing its sleek design.

2. WHAT'S IN THE BOX

Verify that all components are present in your Herz P1 Smart Ring package:

- Herz P1 Smart Ring
- Charging Cable
- User Manual

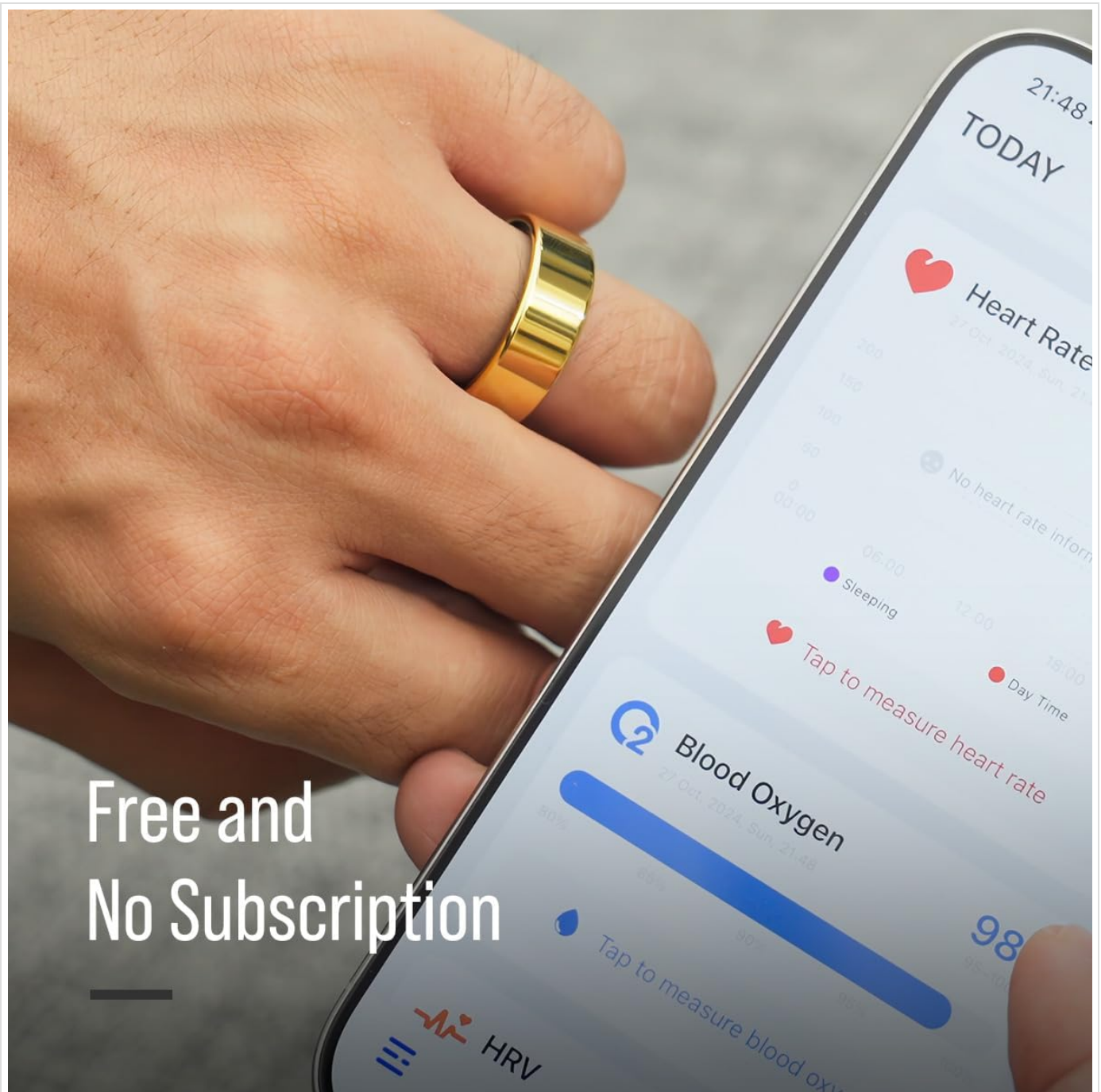


Image: Herz P1 Smart Ring with its dedicated charging cable.

3. SIZING INFORMATION

To ensure accurate readings and comfortable wear, select the correct ring size. Refer to the sizing chart below:

Battery life of up to 6 days



Image: Sizing chart for Herz P1 Smart Ring, showing US codes, finger circumference, and ring diameter.

4. SETUP GUIDE

Follow these steps to set up your Herz P1 Smart Ring:

1. **Charge the Ring:** Connect the charging cable to the ring and a USB power source. Ensure the ring is fully charged before first use.
2. **Download the App:** Search for the official Herz P1 app on the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
3. **Pair the Ring:** Open the app and follow the on-screen instructions to pair your Herz P1 Smart Ring via Bluetooth.
4. **Wear the Ring:** Wear the ring on your preferred finger for continuous health monitoring.

Your browser does not support the video tag.

Video: Official setup guide for the Herz P1 Smart Ring, demonstrating the pairing process with the free mobile application.



Image: A smartphone screen showing the Herz P1 application interface.

5. OPERATING THE HERZ P1 SMART RING

The Herz P1 Smart Ring continuously tracks various health metrics. Data is synchronized with the companion app on your iOS or Android device.

5.1 Biometric Tracking

The ring monitors over 20 biometrics, including:

- Heart Rate (HR)
- Heart Rate Variability (HRV)
- Blood Oxygen (SpO2)
- Body Temperature
- Activity (steps, calories burned)
- Sleep Quality (duration, stages)

- Stress Levels
- Menstrual Cycle Tracking

Compatible with both iOS and Android



Image: Visual representation of the various health metrics tracked by the Herz P1 Smart Ring.

5.2 App Compatibility

The Herz P1 Smart Ring is compatible with both iOS and Android devices. Ensure your device meets the minimum operating system requirements for the app.



Image: Icons representing iOS and Android operating systems, confirming device compatibility.

5.3 Battery Life

The Herz P1 Smart Ring offers up to 6 days of battery life on a single charge. Actual battery performance may vary based on usage patterns and settings.



Image: A Herz P1 Smart Ring highlighting its extended battery life.

Your browser does not support the video tag.

Video: Official demonstration of the Herz P1 Smart Ring's tracking capabilities and data visualization within the app.

6. MAINTENANCE

6.1 Cleaning

To clean your Herz P1 Smart Ring, wipe it gently with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors.

6.2 Water Resistance

The Herz P1 Smart Ring is waterproof up to 164 feet (5 ATM). It is suitable for swimming and showering, but not recommended for diving or high-pressure water activities.

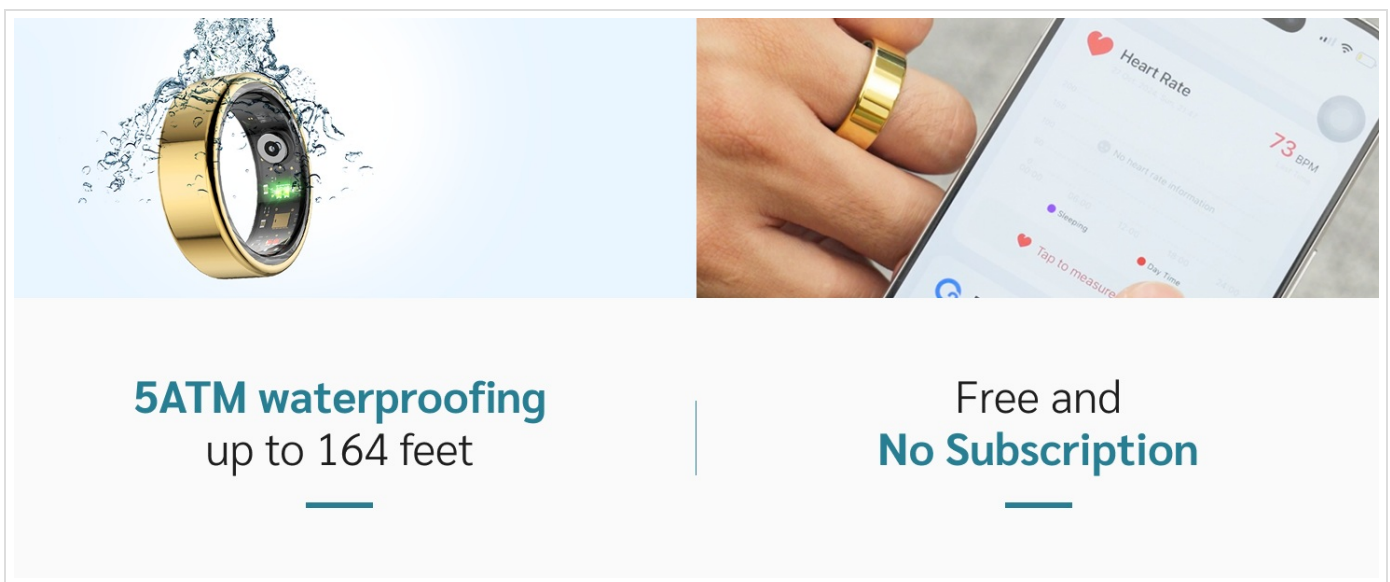


Image: The Herz P1 Smart Ring demonstrating its water resistance.

7. TROUBLESHOOTING

If you encounter issues with your Herz P1 Smart Ring, consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both the ring (if applicable) and your phone.
- **Inaccurate Readings:** Ensure the ring is worn snugly on your finger. Environmental factors or improper fit can affect sensor accuracy.
- **Battery Draining Quickly:** Check for excessive background app usage or frequent data synchronization. Reduce notifications if possible.
- **App Not Syncing:** Verify your internet connection and that the app has necessary permissions on your device.

For more detailed troubleshooting, refer to the official [Troubleshooting Guide \(PDF\)](#).

8. SPECIFICATIONS

Feature	Specification
Operating System	RTOS
Special Features	Activity Tracker, Cycle Tracking, Lightweight, Sleep Tracker
Battery Capacity	17 mAh
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	No GPS
Shape	Round
Band Material Type	Stainless Steel
Water Resistance Level	Waterproof

Feature	Specification
Water Resistance Depth	164 feet
Metrics Measured	Blood Oxygen (SpO2), Blood Pressure, Body Temperature, Calories Burned, Menstrual Cycle
Compatible Devices	Android, Smartphone, iPhone
Item Weight	0.07 kg

9. WARRANTY AND SUPPORT

The Herz P1 Smart Ring comes with a 1-Year Manufacturer's Limited Warranty. For warranty claims or technical support, please contact WuzuTech customer service.

Additional resources:

- [Installation Manual \(PDF\)](#)
- [Troubleshooting Guide \(PDF\)](#)

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.

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Anonymous

Email

you@example.com

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

Open the live page

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