

Milavan R11M

Milavan Smart Health Ring R11M User Manual

Model: R11M

INTRODUCTION

Welcome to the Milavan Smart Health Ring user manual. This guide provides essential information for setting up, operating, and maintaining your new smart ring. The Milavan Smart Health Ring is designed to monitor various health metrics and track your fitness activities, offering insights into your well-being.



Image: The Milavan Smart Health Ring, highlighting its design and technology.

WHAT'S IN THE BOX

Upon opening your Milavan Smart Health Ring package, you should find the following items:

- Smart Ring (x1)
- Charging Case (x1)
- Charging Cable (x1)
- User Manual (x1)

Your browser does not support the video tag.

Video: An unboxing demonstration of the Milavan Smart Health Ring, showing all included components.

SIZING GUIDE

For optimal comfort and accurate data collection, selecting the correct ring size is crucial. We recommend using a sizing kit if available. Alternatively, measure your finger circumference carefully and refer to the size chart below.

Size Comparison



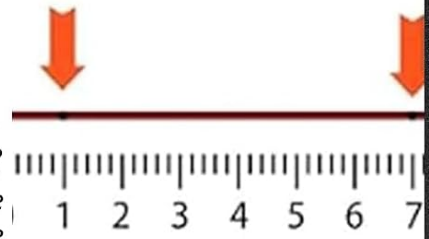
Step1:

When Measuring, Please Use A Thin, Inelastic String And Wrap It Around Your Finger, And Mark It By A Pen.

Tips: A Proper Reference Ring Can Make The Result More Accurate.

Step2:

Straighten The Thin String, Measure Its Length With A Ruler, And Make Purchase Decisions Based On The Specifications (Circumference).



Model	Inner Diameter	Circumference
6#	16.5mm/0.65inch	51.8mm/2.04inch
7#	17.3mm/0.68inch	54.3mm/2.14inch
8#	18.1mm/0.71inch	56.9mm/2.24inch
9#	18.9mm/0.74inch	59.5mm/2.34inch
10#	19.8mm/0.78inch	62.1mm/2.44inch
11#	20.6mm/0.81inch	64.6mm/2.54inch
12#	21.4mm/0.84inch	67.2mm/2.56inch
13#	22.2mm/0.87inch	69.7mm/2.74inch
14#	23.4mm/0.92inch	73.5mm/2.89inch

Image: Detailed sizing comparison chart for the Smart Health Ring, including inner diameter and circumference.

SETUP

Follow these steps to set up your Milavan Smart Health Ring:

1. **Measure Your Finger:** Use a thin string to mark your finger size.
2. **Order Correct Size:** Confirm your ring size based on the provided chart.
3. **Download the App:** Search for 'SmartHealth' in your device's app store (available on Android 5.0+ and iOS 9.0+).
4. **Register and Log In:** Create an account and log in to the SmartHealth app.
5. **Connect the Ring:** Open the app, tap the ring icon, and follow the on-screen instructions to connect your Smart Health Ring via Bluetooth. **Do not connect directly via your phone's Bluetooth settings.**
6. **Enable Data Tracking:** Within the app, enable permissions for relevant data tracking (e.g., heart rate, sleep).

Simple Setup Steps



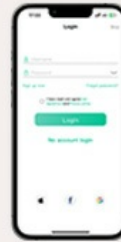
Step1

Refer to the manual for the app name or scan icon. Search 'SmartHealth' in the App Store or use the image in the manual to download the app.



Step2

Open the app and enable the relevant data tracking.



Step3

Register an account and log in.



Step4

Open the app, tap the ring icon in the top right, and select your ring model. Once connected, you're ready to go! For detailed instructions, check the video link.

Image: Visual guide for the simple setup steps of the Smart Health Ring.

OPERATING INSTRUCTIONS

Health Monitoring

The Milavan Smart Health Ring features advanced 4.0 sensors for continuous health monitoring. When worn, it automatically measures your heart rate, blood oxygen (SpO2), and blood pressure every 30 minutes. All data is synchronized with the SmartHealth app, allowing you to view comprehensive reports and track trends over time.

Blood Oxygen Monitoring

The Milavan Ring's optical sensor continuously tracks blood oxygen levels, offering better insight into your body.



Average 93/65

Highest 98/67 ↑

Lowest 93/63 ↓

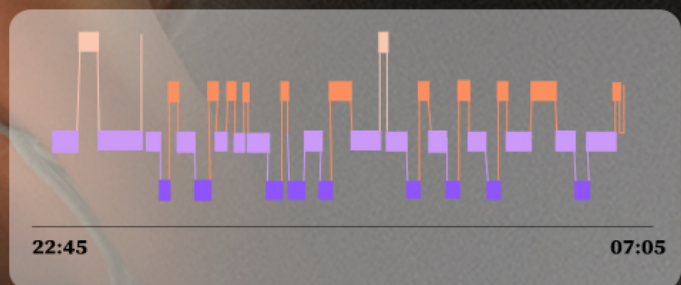
Image: Blood Oxygen Monitoring feature, illustrating continuous tracking.

Intelligent Sleep Tracking

The ring automatically monitors your sleep quality, recording deep sleep, light sleep, REM sleep, and wakefulness duration. Access detailed sleep reports in the app to understand your sleep patterns and make informed adjustments to your lifestyle.

Sleep Monitoring

Monitor your sleep quality and help you develop healthier sleep habits for improved rest and well-being.



REM 1h58min

Light sleeping 4h35min

Deep sleeping 1h18min

Image: Sleep Monitoring feature, showing detailed sleep stage analysis.

Sports Modes Tracking

The Smart Health Ring supports 8 sports modes, including Running, Cycling, Skipping Rope, Walking, Hiking, Yoga, Dancing, and Golf. When activated through the app, it tracks your workout route, duration, steps, heart rate, speed, calories burned, and distance, providing data to help optimize your training.

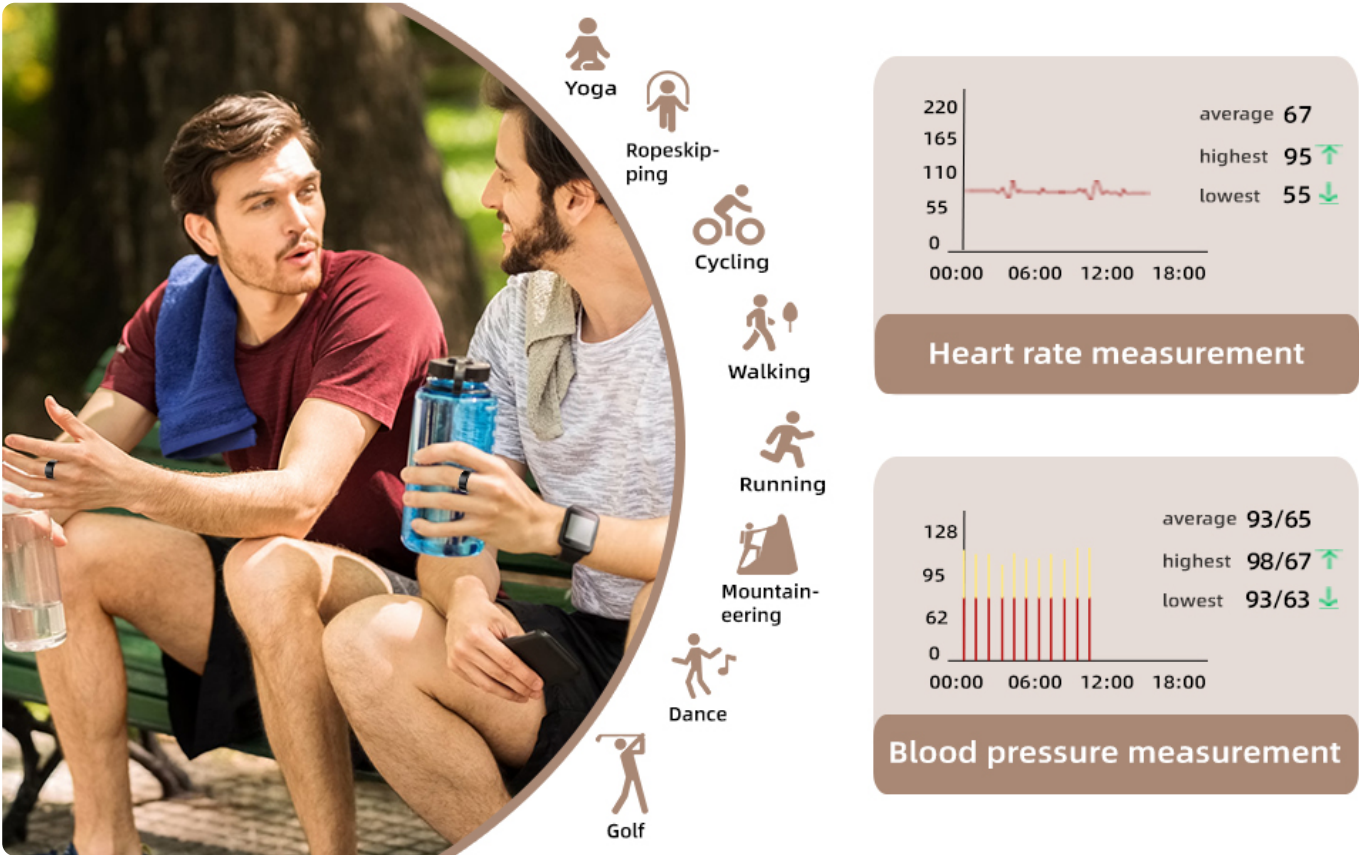


Image: Multiple Sports Modes Tracking, showing diverse activities and metrics.

Remote Capture & Friend Feature

The SmartHealth app includes a remote photo control feature. Once activated, you can effortlessly capture moments by shaking the hand wearing the ring. Additionally, the app offers a 'Care Mode' to share your health data with friends and family, promoting shared wellness goals.



Image: Family Health Companion feature, demonstrating data sharing.

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Video: A demonstration of the Milavan Smart Health Ring in use, showcasing its various features and app integration.

WATERPROOFING

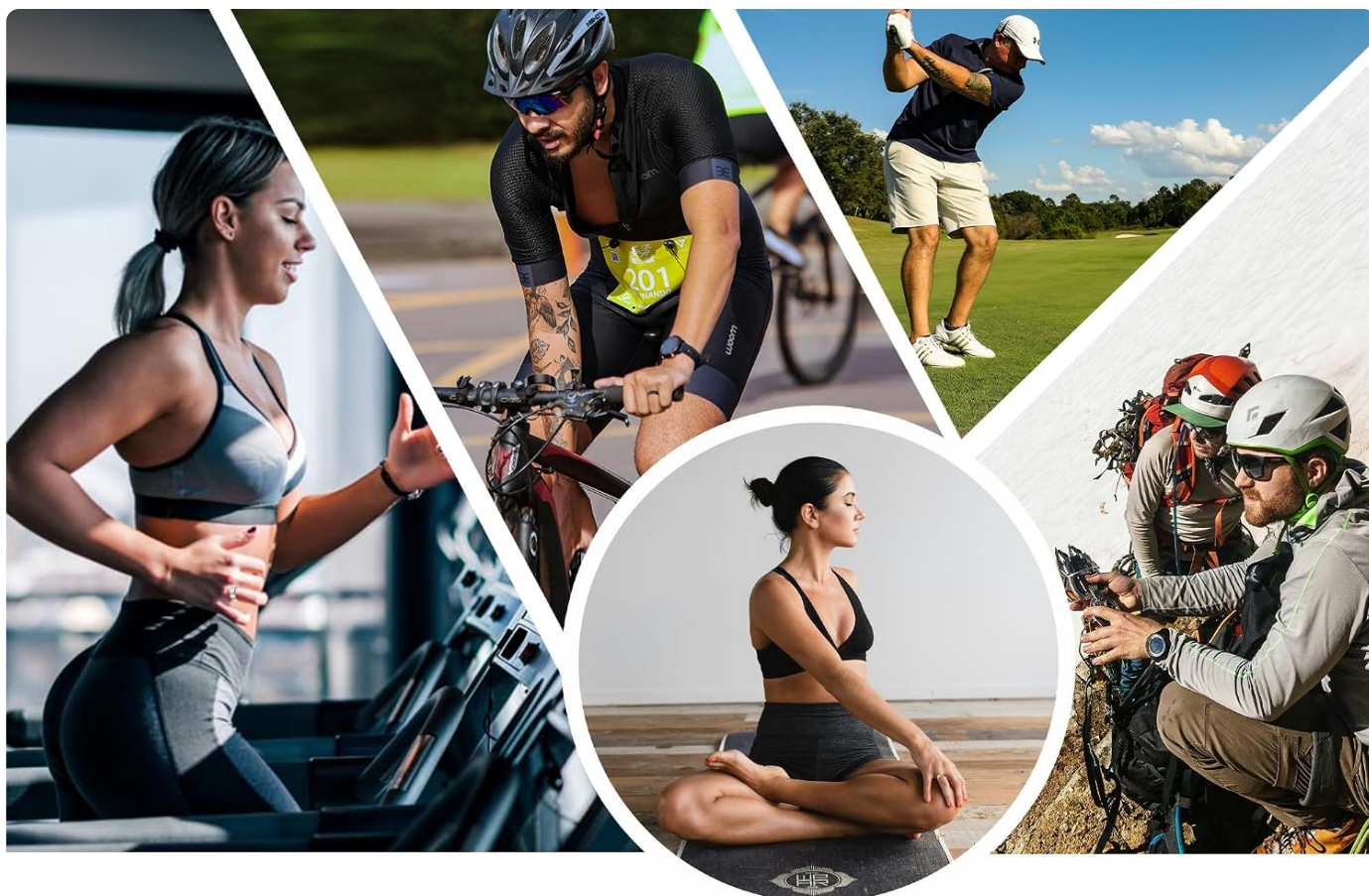
The Milavan Smart Health Ring is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 50 meters. This allows for worry-free use during activities such as showering, swimming, and in rainy conditions.



Image: IP68 Waterproof feature, showing the ring's durability in water.

BATTERY LIFE AND CHARGING

The Smart Health Ring is equipped with a long-lasting battery. A full charge takes approximately 1-2 hours and provides 3-5 days of normal use, with up to 7-10 days on standby. The included charging case has a 400mAh capacity, offering multiple charges on the go.



MULTIPLE SPORTS MODES



Heart Rate



Calories



Distance



Pace



Steps

Image: Battery life and charging details for the Smart Health Ring.

MAINTENANCE

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

- **Cleaning:** Regularly wipe the ring with a soft, damp cloth to remove dirt and oils. Avoid harsh chemicals or abrasive materials.
- **Charging:** Use only the provided charging cable and case. Ensure the charging contacts on the ring and case are clean and dry before charging.
- **Storage:** Store the ring in a cool, dry place when not in use. Avoid extreme temperatures.
- **Avoid Impact:** While durable, avoid dropping the ring or subjecting it to strong impacts to prevent damage to internal components.

TROUBLESHOOTING

If you encounter any issues with your Milavan Smart Health Ring, consider the following common solutions:

- **Connection Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Try restarting both the ring (by placing it in the charging case and removing it) and your phone. Confirm you are connecting via the SmartHealth app, not directly through phone settings.
- **Inaccurate Readings:** Ensure the ring is worn snugly on your finger (index, middle, or ring finger for best results). Clean the sensors on the inside of the ring.
- **App Not Syncing:** Check your internet connection and ensure the SmartHealth app has all necessary permissions enabled on your phone. Try force-closing and reopening the app.
- **Battery Not Charging:** Verify the charging cable and case are properly connected and receiving power. Clean the charging contacts on both the ring and the case.

If problems persist, please refer to the support section for further assistance.

SPECIFICATIONS

Feature	Detail
Model Number	R11M
Operating System Compatibility	Android 5.0+, iOS 9.0+
Health Monitoring	Heart Rate, Blood Oxygen, Blood Pressure, Sleep Monitoring
Sports Modes	8 (Running, Cycling, Skipping Rope, Walking, Hiking, Yoga, Dancing, Golf)
Water Resistance Level	IP68 (50 Meters)
Battery Life	3-5 days (normal use), 7-10 days (standby)
Charging Time	1-2 hours
Connectivity Technology	Bluetooth
Material	Stainless Steel
Included Accessories	Smart Ring, Charging Case, Charging Cable, User Manual

WARRANTY AND SUPPORT

The Milavan Smart Health Ring comes with a **1-Year Manufacturer's Standard Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

For technical support, troubleshooting assistance, or warranty inquiries, please contact Milavan customer service. You can find contact information on our official website or through the SmartHealth app's help section.



Get Help

If you have any questions, we are always at.

Image: Get Help - Milavan customer support representation.

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

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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