

femometer Smart Ring User Manual

Model: 810115237327

1. OVERVIEW

The femometer Smart Ring is a wearable device designed for comprehensive health tracking, focusing on fertility, ovulation, basal body temperature (BBT), and sleep analysis. It provides real-time data synchronization with a dedicated mobile application to help users understand their body's cycles and overall well-being.

Key functionalities include:

- Real-time fertility temperature monitoring.
- Automatic data synchronization with the femometer app.
- Prediction of menstruation and ovulation.
- High-accuracy temperature sensors for precise BBT measurement.
- Detailed sleep analysis and personalized recommendations.
- Durable and comfortable design with a premium ceramic exterior and aluminum core.

2. PACKAGE CONTENTS

Upon opening the femometer Smart Ring package, verify that all items are present:

- femometer Smart Ring
- USB Magnetic Charging Base
- User Manual
- Quick Start Guide

TriNyx BBT Monitoring System

Tri-Point BBT Measurements

Due to varying temperatures across different finger zones, conventional single-sensor solutions often produce inaccurate BBT readings.

Our smart ring innovatively employs three high-precision sensors that capture BBT from both sides and the pulp of finger, enabling higher-precision BBT measurements.

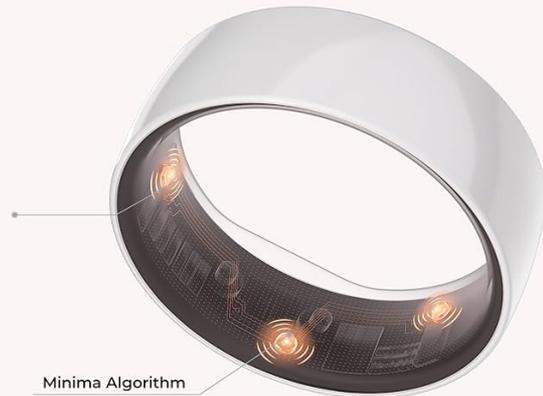


Image: Contents of the femometer Smart Ring package.

3. SAFETY INFORMATION

- Do not attempt to open, disassemble, or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or drops.
- This device is waterproof; however, avoid prolonged submersion in water beyond typical daily use (e.g., showering, handwashing).
- Consult a healthcare professional before using this device for medical purposes or if you have any health concerns.
- Keep out of reach of children.

4. SETUP

4.1 Determining Your Ring Size

Before purchasing your femometer Smart Ring, it is recommended to use a sizing kit to ensure the most accurate fit for optimal data collection and comfort. The femometer ring is available in sizes 6-9.

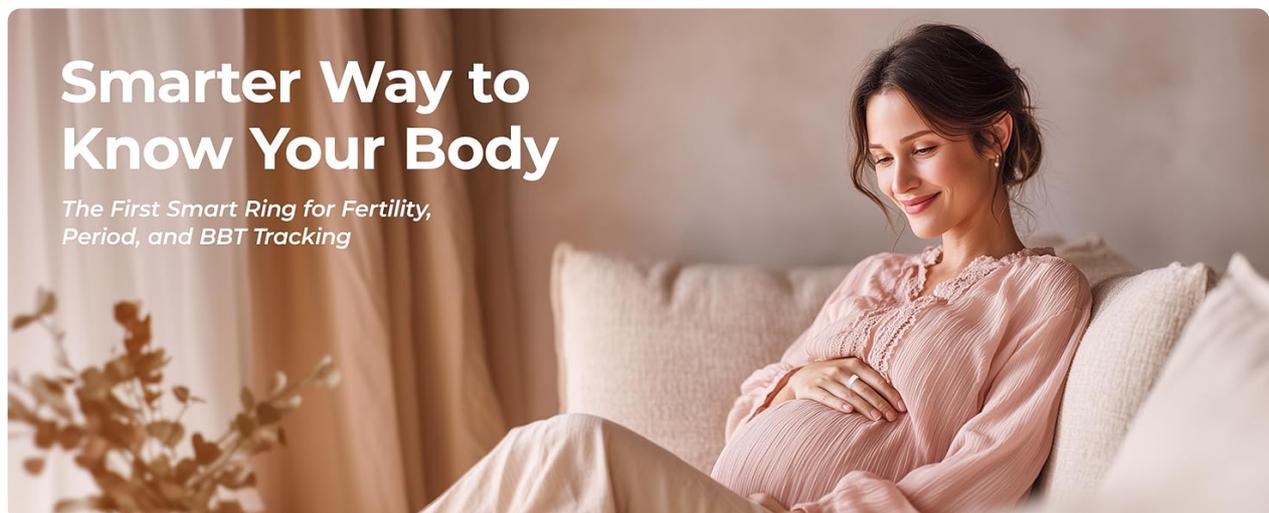


Image: Steps for using the femometer sizing kit to determine the correct ring size.

4.2 Charging the Ring

To charge your femometer Smart Ring:

1. Place the ring onto the magnetic charging base. Ensure the ring aligns correctly and clicks into place.
2. Connect the USB cable from the charging base to a power source (e.g., USB wall adapter, computer USB port).
3. The indicator light on the charging base will show the charging status. A full charge typically takes less than 1 hour and provides 7-10 days of operating time.

Size Before You Buy



femometer®

01

**Purchase the
Femometer
Sizing Kit**



02

**Purchase Femometer
Smart Ring after
determining your size**



03

**Download the app
and pair it with
your femometer ring**

Image: The femometer Smart Ring on its magnetic charging base.

Highly-Thermal-Conductive Recycled Aluminum

The inner part of the ring utilizes highly thermal conductive aluminum-achieving thermal conductivity over 1000 times that of epoxy resins commonly used by other brands. This enables sensors to capture even the subtlest fluctuations in your BBT.

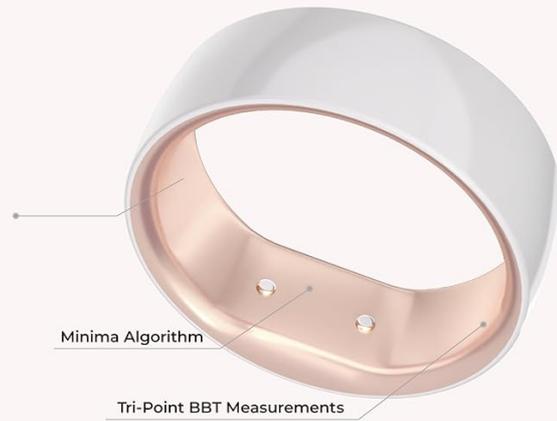


Image: Charging specifications for the femometer Smart Ring.

4.3 App Download and Pairing

To utilize the full features of your femometer Smart Ring, download the appropriate app and pair your device:

1. For Android users, search and download "Femometer Connect" from the Google Play Store.
2. For iOS users, search and download "femometer" from the Apple App Store.
3. Open the app and follow the on-screen prompts to create an account and pair your femometer Smart Ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone.



Image: The femometer app icon.

5. OPERATING INSTRUCTIONS

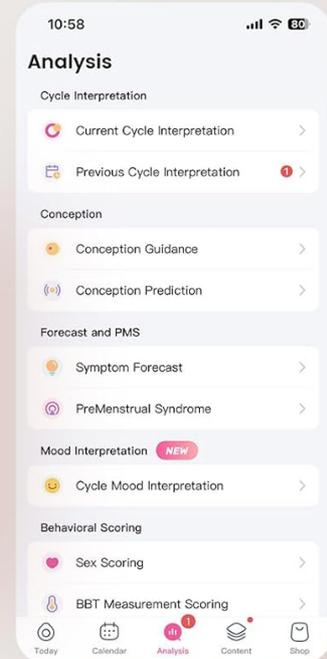
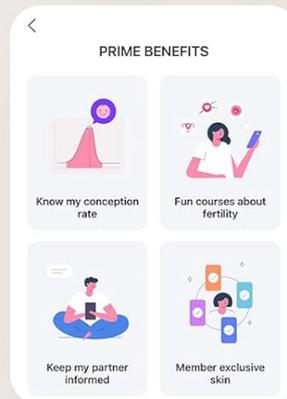
5.1 Wearing the Ring

Wear the femometer Smart Ring on your finger overnight. For accurate readings, ensure the sensors on the inner surface of the ring are in contact with the palm side of your finger.

Get a Lifetime Membership with the Femometer App

Prime

- Professional Analytic Guidance
- Rich Course Content
- Partner Information Sharing
- Intelligent Report
- Birthday Benefits



Free

Data Record ·
Chart View ·
Intelligently ·
predictmenstrual period

Image: Proper wearing of the femometer Smart Ring for sleep tracking.

5.2 Data Synchronization

The ring automatically records your basal body temperature and sleep data throughout the night. Upon waking, open the femometer app on your paired smartphone. The ring will automatically sync the collected data to the app, where it will be analyzed and displayed.

5.3 Fertility and Ovulation Tracking

The femometer Smart Ring continuously monitors your temperature, providing data for fertility and ovulation tracking. The app processes this data to generate customized fertility charts, predict menstruation, and identify your fertile window and ovulation day. This eliminates the need for manual temperature taking each morning.

Femometer Smart Ring



Ovulation



Period



Sleep Tracking



Image: Ovulation tracking interface within the femometer app.

STEP3

Download "Femometer Connect" for Android or "femometer" for IOS, then follow prompts to connect Femometer Ring.



Image: Detailed ovulation tracking features in the femometer app.

5.4 Sleep Analysis

The ring also tracks your sleep patterns, including light sleep, deep sleep, and awake times. The app provides a detailed sleep score and personalized recommendations based on your sleep data, helping you understand and improve your sleep quality.

STEP 4

Buy a Femometer Ring and get a life time membership to the Femometer App.



Image: Detailed sleep tracking features in the femometer app.

6. FEATURES

The femometer Smart Ring incorporates advanced technology for accurate and convenient tracking:

- **TriNyx BBT Monitoring System:** Utilizes highly thermal conductive recycled aluminum and three high-precision sensors for accurate BBT measurements from both sides and the pulp of the finger.
- **Minima Algorithm:** An advanced MCU chip performs over 1,400 BBT measurements throughout your night's sleep, automatically capturing the most stable and representative values.
- **Waterproof Design:** Allows for daily wear without concern for water exposure during activities like handwashing or showering.
- **Comfortable Fit:** Features a smooth surface for comfortable wearing during sleep and daily activities.



Image: Internal components and technology of the femometer Smart Ring.

7. MAINTENANCE

7.1 Cleaning

To clean your femometer Smart Ring, gently wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the ring's surface or sensors.

7.2 Battery Care

Charge the ring regularly to maintain optimal performance. Avoid completely draining the battery frequently, as this can reduce its overall lifespan. Store the ring in a cool, dry place when not in use.

8. TROUBLESHOOTING

- **Ring not syncing data:** Ensure Bluetooth is enabled on your phone and the ring is within range. Open the app to initiate synchronization. Check if the ring's battery is charged.
- **Inaccurate temperature readings:** Verify that the ring is worn correctly with the sensors making good contact with your skin. Ensure the ring is fully charged.
- **App not connecting to ring:** Restart both your phone and the ring (by placing it on the charger). Re-attempt pairing through the app settings.
- **Short battery life:** Ensure the ring is fully charged before use. If battery life significantly degrades, contact customer support.

9. SPECIFICATIONS

Feature	Specification
Item Model Number	810115237327
Item Weight	5.3 ounces
Batteries	1 Lithium Ion battery required (included)
Battery Capacity	21 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Operating System	Wear OS 3.0
Screen Size	1 Inches (display size for associated app, not ring itself)
GPS	No GPS
Shape	Round
Manufacturer	LOLLIPOP TECHNOLOGY (HANGZHOU) CO., LTD

10. WARRANTY AND SUPPORT

For warranty information, technical support, or customer service inquiries, please refer to the official femometer website or contact their customer support directly. Keep your purchase receipt for warranty claims.

11. PRODUCT VIDEO

Your browser does not support the video tag.

Video: An animated overview of the femometer Smart Ring's features, including temperature tracking, cycle analysis, sleep monitoring, and waterproof design.