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› [COLMI](#) /

› [COLMI R12 Smart Ring User Manual](#)

COLMI R12

COLMI R12 Smart Ring User Manual

Your Guide to Health and Connectivity



INTRODUCTION

This manual provides detailed instructions for the COLMI R12 Smart Ring. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The COLMI R12 is designed to monitor various health metrics and support multiple sports activities, offering a convenient way to track your well-being.



Image: The COLMI R12 Smart Ring, available in black and gold, highlighting its smart display and intelligent touch features.

SETUP GUIDE

1. Sizing and Purchase

Before purchasing your COLMI R12 Smart Ring, it is recommended to acquire a COLMI Sizing Kit to determine the correct ring size for comfortable and accurate data collection. Proper fit is crucial for reliable sensor readings.

2. Initial Charging

Upon receiving your COLMI R12 Smart Ring, place it on the provided wireless charging stand. Ensure the ring is correctly seated for charging to begin. A full charge is recommended before first use.

Ring Size Chart

Size	Circumference (cm)	Circumference (inch)
7#	5.5~5.74	2.17~2.26
8#	5.75~6	2.26~2.36
9#	6.01~6.27	2.36~2.47
10#	6.28~6.53	2.47~2.57
11#	6.54~6.77	2.57~2.67
12#	6.78~7.03	2.67~2.77
13#	7.04~7.2	2.77~2.83

The above dimensions all have a measurement tolerance of $\pm 0.2\text{mm}/0.0078\text{inch}$.



STEP 1:

Take a long non-elastic rope or paper, and wrap it around your finger.



STEP 2:

Make the rope or paper fit closely to your fingers to avoid being too loose or too tight, which may cause size deviation.



STEP 3:

Mark the junction part on rope or paper.



STEP 4:

Lay the rope or paper flat, and measure the length. It is recommended to measure multiple times for more accurate data.

Image: The COLMI R12 Smart Ring placed on its dedicated wireless charging pad, indicating the charging process.

3. App Download and Pairing

1. Download the companion application (e.g., 'Q Ring' app) from your smartphone's app store (compatible with iPhone and Android devices).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure your smartphone's Bluetooth is enabled.

4. Within the app, search for and select your COLMI R12 Smart Ring to initiate the pairing process. Confirm any pairing requests on both the app and, if prompted, on the ring's display.



Image: A visual guide illustrating the four steps for setting up the COLMI R12 Smart Ring, from sizing to app pairing.

OPERATING INSTRUCTIONS

1. Touch and Display Functions

The COLMI R12 features a touch-sensitive display. You can easily check the current time, step count, and battery level directly on the ring without needing to access your mobile phone or watch. This functionality enhances convenience for daily time management and activity monitoring.



Image: The COLMI R12 Smart Ring showcasing its digital display with current time and step count.

2. Health Measurement

The smart ring supports various health measurements, including heart rate, blood oxygen saturation, and sleep patterns. These data points are recorded and can be viewed in detail within the connected application, generating comprehensive health reports.

- **Heart Rate Monitoring:** The ring continuously monitors your heart rate. You can manually check your heart rate at any time through the app.
- **Blood Oxygen Monitoring:** Tracks your blood oxygen levels to provide insights into your respiratory health.
- **Sleep Monitoring:** Analyzes your sleep quality, including light sleep, deep sleep, and awake times, to help you develop better sleep habits.

APP ACTIVITY STATISTICS

Daily energy consumption, average daily steps
daily/weekly/monthly data visualization



Total Steps



Distance



Calories

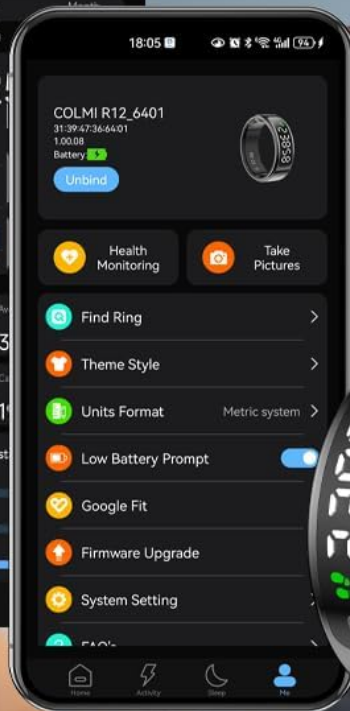
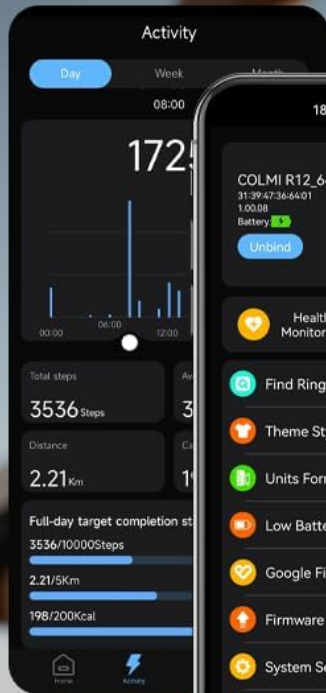


Image: Screenshot of the COLMI R12 companion app displaying daily activity statistics such as total steps, distance, and calories consumed.

Smart charging

Makes use more convenient



Image: The COLMI R12 Smart Ring's app interface showing detailed heart rate monitoring data over time.

Sleep Monitoring

COLMI R12 tracks your sleep quality and generates reports to help you develop good sleeping habits.

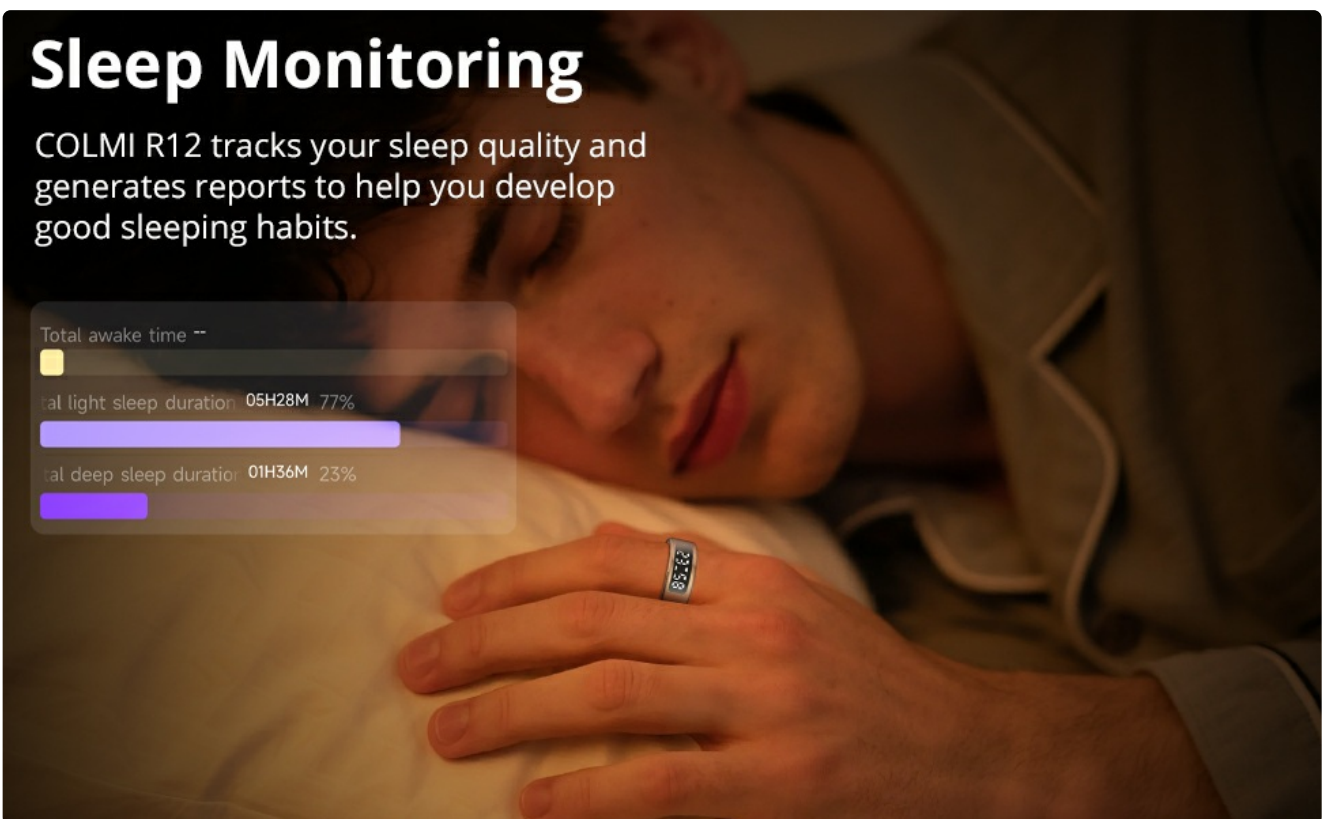


Image: The COLMI R12 Smart Ring's app interface displaying sleep monitoring data, including total awake time, light sleep, and deep sleep duration.

3. Sports Modes

When connected to the app, the COLMI R12 supports multiple sports modes. It can record various exercise data, including exercise time, steps, distance, and calories consumed, providing comprehensive tracking for your physical activities.

4. Remote Camera Control

The smart ring can be used to remotely control your mobile phone's camera. By waving your hand while the ring is connected to your phone, you can trigger the camera shutter to capture photos.



Image: A user demonstrating how the COLMI R12 Smart Ring can control a smartphone camera with a simple hand gesture.

MAINTENANCE

1. Charging

The COLMI R12 Smart Ring utilizes wireless charging. Always use the provided dedicated charging stand and cable for optimal performance and to prevent damage. Charging is convenient, especially when traveling.



Image: The COLMI R12 Smart Ring being charged wirelessly on its dock, illustrating the ease of smart charging.

2. Water Resistance

The COLMI R12 Smart Ring features 1ATM water resistance. This means it is resistant to splashes and brief immersion. However, it is not suitable for swimming or showering. Avoid exposing the product to water for extended periods. If it comes into contact with water, please dry it immediately.

3. Cleaning and Care

To clean your smart ring, gently wipe it with a soft, dry cloth. Avoid using abrasive materials or harsh chemicals, as these can damage the finish and electronic components.

TROUBLESHOOTING

- **Ring not turning on:** Ensure the ring is fully charged. Place it on the charging dock for at least 30 minutes.
- **Unable to pair with phone:** Check if Bluetooth is enabled on your phone. Ensure the ring is charged and within range. Restart both the ring and your phone, then try pairing again through the app.
- **Inaccurate health data:** Ensure the ring is worn correctly and snugly on your finger. A loose fit can affect sensor accuracy. Clean the sensor area on the inside of the ring.
- **App not syncing data:** Verify that the ring is connected to the app via Bluetooth. Check your phone's internet connection. Try closing and reopening the app.
- **Short battery life:** Ensure the ring is fully charged. Excessive use of certain features or frequent display activation may consume more power.

SPECIFICATIONS

Feature	Detail
Model Number	COLMI R12
Battery Capacity	15 Milliamp Hours (Nonstandard Battery)
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Operating System Compatibility	Android, iOS
Memory Storage Capacity	1 MB
Item Weight	100 Grams (3.53 ounces)
Special Features	Control photography, Multiple sports modes, Record exercise data, Heart Rate, Blood Oxygen, Sleep Tracking
Water Resistance	1ATM
Manufacturer	Shenzhen COLMI Technology Co., Ltd

Ring Size Chart

Refer to the following chart for ring size measurements. It is recommended to use a sizing kit for the most accurate fit.

Smart rings come with dedicated chargers There are no subscription fees to use the APP.



Image: A detailed ring size chart showing circumference measurements in centimeters and inches, along with a four-step visual guide for measuring finger size using a rope or paper.

WARRANTY INFORMATION

The COLMI R12 Smart Ring comes with a manufacturer's warranty. For specific details regarding warranty coverage and duration, please refer to the documentation included in your product packaging or contact customer support.

CUSTOMER SUPPORT

For any usage or quality problems, please contact our professional after-sales service team. We are committed to providing support and assistance for your COLMI R12 Smart Ring.

You can find more information and contact details on the official COLMI brand store:[COLMI Official Store](#)

Related Documents - R12

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[COLMI M41 Smartwatch User Manual: Features, Setup, and Operation](#)

A comprehensive guide to the COLMI M41 smartwatch, covering setup, pairing with the Da Fit app, using features like Bluetooth calls, heart rate monitoring, sports modes, notifications, and important precautions.



Comprehensive user manual for the COLMI P76 smartwatch. Learn how to charge, connect, use features like heart rate monitoring, sports tracking, and resolve common issues. Get the most out of your COLMI P76.

COLMI Ring

Quick Guide of Smart Ring



Overview And Packaging

Ring, charging cable, charging cable and quick guide.



Power On

Put the ring in the charging compartment and press the button on.



Wearing Method

Wear the ring on your index finger or middle finger. Suggest wear it on the index finger or middle finger for better monitoring of data.



Connection

Search and download the app, open and pair ring.



[COLMI Ring Quick Start Guide: Smart Ring Features and Usage](#)

Learn how to set up and use your COLMI Ring smart ring. This quick guide covers overview, power on, wearing method, and app connection for health monitoring.

Guía de usuario

COLMI i31

Por favor lea este manual antes de usar este producto.



[COLMI i31 Smartwatch User Manual and Guide](#)

Comprehensive user manual for the COLMI i31 smartwatch. Learn how to set up, use features like heart rate monitoring, sleep tracking, sports modes, and connect to the COLMI Health APP. Includes troubleshooting and safety information.

V75
user's manual





Before use, please read the following instructions carefully to ensure the best performance of the smartwatch.

1. Please read the following instructions carefully.

2. Please read the following instructions carefully.

3. Please read the following instructions carefully.



4. Please read the following instructions carefully.

5. Please read the following instructions carefully.

6. Please read the following instructions carefully.



7. Please read the following instructions carefully.

8. Please read the following instructions carefully.

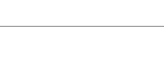
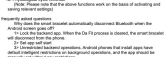
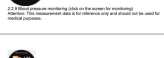
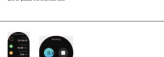
9. Please read the following instructions carefully.



10. Please read the following instructions carefully.

11. Please read the following instructions carefully.

12. Please read the following instructions carefully.



COLMI V75 Smartwatch User Manual

Comprehensive user manual for the COLMI V75 smartwatch, detailing features, setup, app integration, and troubleshooting for health and activity tracking.

