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Milavan TK20

Milavan Smart Health Ring 2.0 User Manual

Model: TK20

INTRODUCTION

The Milavan Smart Health Ring 2.0 is a compact and advanced device designed to monitor various health and fitness metrics. This manual provides detailed instructions for setting up, operating, and maintaining your Smart Health Ring 2.0 to ensure optimal performance and accurate data collection.



Image: The Milavan Smart Health Ring 2.0, its charging case, charging cables, and a smartphone displaying the companion app interface.

WHAT'S IN THE BOX

Please verify that all items are present in the package:

- Smart Ring x 1
- Charging Case x 1
- USB Type-C charging cable x 1
- Magnetic USB charging cable x 1
- User Manual x 1

SETUP

Follow these steps to set up your Milavan Smart Health Ring 2.0:

1. Step 1: Determine Your Ring Size

Before purchasing, it is recommended to use a Milavan sizing kit to find your optimal ring size for comfort and accurate readings. Alternatively, refer to the size chart provided in this manual and measure your finger circumference.

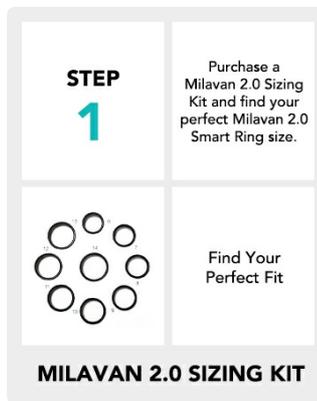


Image: Illustration of Step 1, recommending the use of a sizing kit to find the correct ring size.

2. Step 2: Charge the Ring

Place the Smart Health Ring into its charging case. Connect the charging case to a power source using the provided USB Type-C or magnetic USB charging cable. Ensure the ring is fully charged before first use. Charging typically takes 1-2 hours.

CHARGING CASE



MILAVAN 1.0

Upgraded



MILAVAN 2.0

Charging Stability:
Upgraded by 50%

Larger Battery:
Upgraded from 400mAh to 500mAh

Battery Health:
+50% Durability

Data cable:
Upgraded with Dual Data Cables

Image: Comparison of Milavan 1.0 and Milavan 2.0 charging cases, highlighting upgrades in stability, battery capacity, and data cables.

3. Step 3: Download the Companion App

Download the "H RING" app from your device's app store (available for iOS and Android). Search for "H RING" and install the application.

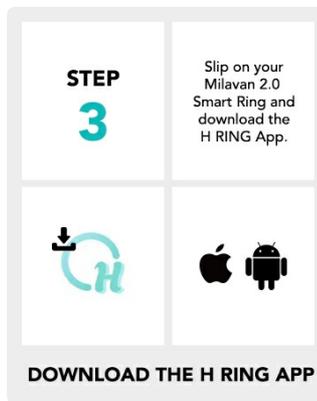


Image: Illustration of Step 3, showing the H RING app icon and logos for iOS and Android.

4. Step 4: Pair the Ring with the App

Open the H RING app on your smartphone. Follow the on-screen instructions to pair your Milavan Smart Health Ring 2.0 via Bluetooth. Once paired, you can begin your health monitoring journey.

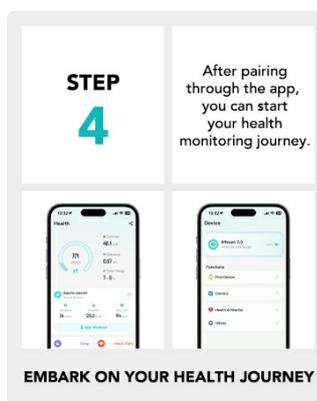


Image: Illustration of Step 4, showing screenshots of the app's health dashboard and device settings after pairing.

OPERATION

Health Monitoring

The Smart Health Ring 2.0 is equipped with advanced 5.0 sensors and an upgraded AB2026B3 chip for precise health insights. It automatically measures the following metrics:

- **Heart Rate:** Real-time monitoring.
- **HRV (Heart Rate Variability):** Provides insights into your nervous system activity.
- **Blood Oxygen (SpO2):** Manual checks available via the app.
- **Blood Pressure:** Automatically measured every 30 minutes.
- **Stress:** Continuous tracking for comprehensive wellness insights.

View real-time data and daily, weekly, and monthly trends within the H RING app.

KEEP TRACK OF HEALTH

Link family or friends accounts to access health data anytime, anywhere



Image: A family scene illustrating the concept of tracking health data, with icons representing Heart Rate, SpO2, Blood Pressure, and Stress monitoring.

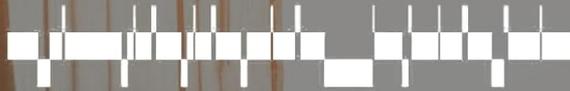
Sleep Tracking

The ring offers 24-hour automatic sleep monitoring, providing detailed analysis of your sleep patterns, including:

- Sleep onset and wake-up times.
- Deep sleep, light sleep, and REM stages.
- Wake times during the night.

Access daily, weekly, and monthly sleep data in the H RING app to help adjust habits for improved sleep quality.

SLEEP MONITORING



01:34, 06/24

09:25, 06/24



Midday Nap



Nighttime Sleep



Resting on the Grass



Morning Commute

New: 24-hour all-day sleep tracking
Old: Fixed sleep time tracking
(8 PM – 12 PM next day)



Image: Visual representation of the ring's 24-hour sleep monitoring capability, showing different sleep states and a comparison between old and new tracking methods.

Activity Tracking & Sports Modes

The ring automatically records daily activity metrics and supports 187 sports modes:

- **Automatic Tracking:** Steps, calories burned, and walking distance.
- **Sports Modes:** Includes running, cycling, walking, hiking, boxing, ball games, water sports, ice sports, and more.

Activate a sport mode in the app to receive detailed workout data and guidance. Remember to turn off sport mode after use to conserve battery.



MULTIPLE SPORTS MODES



Heart Rate



Calories



Distance



Pace



Time

Image: A collage showing individuals participating in various sports such as running, golf, skiing, climbing, and yoga, highlighting the ring's multiple sports modes.

Smart Photo-Taking & Friends Feature

- **Remote Shooting:** Use the app to control your phone's camera remotely with the ring.
- **Friends Function:** Add friends within the app to view and share health data, fostering a social aspect to health tracking.

CHARGING

The Milavan Smart Health Ring 2.0 charges using its dedicated charging case. The case features an upgraded 500mAh battery for extended use.

- **Charging Time:** Approximately 1-2 hours for a full charge.
- **Battery Life:** The ring typically lasts 3-5 days on a single charge.
- **Charging Cables:** Includes both USB Type-C and magnetic USB charging cables.

To charge, place the ring securely in the charging case and connect the case to a power source. The charging case itself can be charged via the provided cables.

CHARGING CASE



MILAVAN 1.0

Upgraded



MILAVAN 2.0

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Larger Battery:

Upgraded from
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Battery Health:

+50% Durability

Data cable:

Upgraded with
Dual Data Cables

Image: A detailed view of the Milavan 2.0 charging case, highlighting its upgraded features such as increased charging stability, a larger 500mAh battery, and improved durability.

APP USAGE (H RING APP)

The H RING app is your central hub for all data collected by your Smart Health Ring 2.0. It offers a faster, smarter, and more intuitive interface.

- **Dashboard:** View an overview of your daily steps, calories, distance, sleep, heart rate, blood pressure, and blood oxygen.
- **Detailed Reports:** Access in-depth reports for sleep, heart rate, HRV, blood oxygen, blood pressure, and stress over time.
- **Sports Records:** Review data from your tracked workouts, including duration, calories burned, and average heart rate.
- **Device Management:** Use the app to find your device, control the camera remotely, and manage other ring settings.
- **Friends Feature:** Connect with friends and family to share and view health data.

ALL-NEW MILAVAN APP

Faster, Smarter, More Intuitive



OLD

❶ Faster app performance with quicker response.

❷ New modern, clean, and easy-to-navigate interface.

❸ Added Stress, HRV, and Wellness tracking panels.

Upgraded



NEW

Image: A comparison of the old and new Milavan H RING app interfaces, highlighting improved performance, a modern design, and added tracking panels for Stress, HRV, and Wellness.

SIZING GUIDE

Accurate sizing is crucial for comfort and precise data collection. Refer to the table below to determine your ring size. It is recommended to measure your finger circumference using a thin, inelastic string.

Size Comparison



Model	Inner Diameter	Circumference
6#	16.5mm	49-51mm
7#	17.3mm	52-54mm
8#	18.1mm	55-57mm
9#	18.9mm	58-60mm
10#	19.8mm	61-62mm
11#	20.6mm	63-65mm
12#	21.4mm	66-67mm
13#	22.2mm	68-70mm
14#	23.4mm	71-74mm

Image: A size comparison chart for the Milavan Smart Health Ring 2.0, detailing inner diameter and circumference measurements for various ring sizes (6# to 14#).

Milavan Smart Health Ring 2.0 Size Chart

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6#	16.5mm	49-51mm
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MAINTENANCE

Proper care and maintenance will extend the life of your Milavan Smart Health Ring 2.0.

- **Cleaning:** Wipe the ring with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The ring is waterproof, allowing for use during hand washing or in light rain. However, prolonged submersion or use in hot water (e.g., hot tubs, saunas) is not recommended.
- **Storage:** Store the ring in its charging case or a safe, dry place when not in use.
- **Anti-Bump Design:** The ring features a micro-matte finish designed to resist fingerprints and scratches, contributing to its durability.

REFINED CRAFTSMANSHIP



Image: Details of the Milavan Smart Health Ring 2.0's craftsmanship, including its stylish exterior, micro-matte finish, fingerprint resistance, and scratch resistance, shown in a tennis player's hand.

TROUBLESHOOTING

If you encounter issues with your Milavan Smart Health Ring 2.0, refer to the following common solutions:

- **Ring Not Connecting to App:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the ring is charged.

- Restart the H RING app and try pairing again.
 - Restart your smartphone.
- **Inaccurate Readings:**
 - Ensure the ring is worn snugly on your finger.
 - Verify your ring size is correct for optimal sensor contact.
 - Clean the sensors on the inside of the ring.
 - Note that blood pressure readings from wearable devices may vary and should not replace medical equipment.
- **Battery Draining Quickly:**
 - Ensure sport modes are turned off when not actively exercising.
 - Reduce the frequency of manual blood oxygen checks if performed excessively.
 - Check for app updates, as software improvements can optimize battery usage.
- **Ring Not Charging:**
 - Ensure the ring is correctly seated in the charging case.
 - Check that the charging cable is securely connected to both the case and a power source.
 - Try a different charging cable or power adapter.
- **App Not Displaying Data:**
 - Ensure the ring is paired and synchronized with the app.
 - Check your phone's internet connection for data synchronization.
 - Update the H RING app to the latest version.

SPECIFICATIONS

Feature	Detail
Model Number	TK20
Brand	Milavan
Dimensions (Package)	2.99 x 2.95 x 1.73 inches
Item Weight	0.01 ounces
Chipset	Upgraded AB2026B3
Sensor	Advanced 5.0 Sensor
Battery	1 x 9V (included), Lithium Polymer
Charging Case Battery	500mAh (upgraded)
Battery Life (Ring)	3-5 days
Charging Time	1-2 hours
Operating System Compatibility	Android, iOS
Wireless Communication	Bluetooth

Feature	Detail
Special Feature	Activity Tracker, Health Monitoring
GPS	Via Smartphone
Memory Storage Capacity	1 MB
Color	Silver
Manufacturer	Dongguan Huikang Intelligent Technology Co., Ltd.

SAFETY INFORMATION

Please read the following safety information carefully before using your Milavan Smart Health Ring 2.0:

- This device is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional for any health concerns.
- Keep the device and its accessories out of reach of small children.
- Avoid exposing the device to extreme temperatures, direct sunlight, or fire.
- Do not attempt to disassemble or modify the device. This will void the warranty and may cause damage.
- If you experience skin irritation or discomfort while wearing the ring, discontinue use and consult a doctor.
- Dispose of the device and its battery according to local regulations. Do not dispose of with household waste.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or the official Milavan website. Keep your purchase receipt as proof of purchase for warranty claims.