

[Manuals.plus](#) /

› [MOMAX](#) /

› MOMAX Smart Health Ring User Manual

MOMAX B0FH5THB79

MOMAX Smart Health Ring User Manual

Model: B0FH5THB79

Brand: MOMAX

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your MOMAX Smart Health Ring. Please read these instructions carefully before using the device to ensure optimal performance and longevity. The MOMAX Smart Health Ring is designed to monitor various health and fitness metrics, offering insights into your well-being.

SETUP GUIDE

1. Determine Your Ring Size

Accurate sizing is crucial for the MOMAX Smart Health Ring to function correctly. Use the provided sizing kit or follow the measurement guide below to find your ideal fit. The ring should fit snugly but comfortably on your index or middle finger.



Image: MOMAX Smart Health Ring Sizing Kit. This image shows the MOMAX Smart Health Ring sizing kit with various ring sizes to help determine the correct fit.



Image: MOMAX Smart Health Ring Size Measurement Guide. This diagram illustrates how to measure finger circumference using a string and ruler to find the correct MOMAX Smart Health Ring size, with a size chart.

2. Charge the Device

Before initial use, fully charge your MOMAX Smart Health Ring. Place the ring into its portable charging case. The indicator light on the case will show the charging status. A full charge provides up to 6 days of battery life, and the case holds up to 12 full charges, offering a total of up to 72 days of use.

Long Battery Life

1 Time
charging box



Image: MOMAX Smart Health Ring and Charging Case. The MOMAX Smart Health Ring is displayed next to its portable charging case, highlighting the charging mechanism.

3. Download the MOMAX Sense App

The MOMAX Smart Health Ring operates in conjunction with the MOMAX Sense application. Download the app from the Apple App Store or Google Play Store. Ensure your smartphone meets the minimum system requirements for the app.

No APP Subscription Fees

~~\$79~~ Free

✓ Advanced Sleep Analysis

~~\$59~~ Free

✓ Women's Health Prediction

~~\$49~~ Free

✓ Workplace stress intervention



Image: MOMAX Sense App Screenshot. A screenshot of the MOMAX Sense application interface, indicating that advanced features like sleep analysis and women's health prediction are available without subscription fees.

4. Pair the Ring with Your Device

Open the MOMAX Sense app and follow the on-screen instructions to pair your Smart Health Ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone and the ring is sufficiently charged.

OPERATING INSTRUCTIONS

Health and Fitness Tracking

The MOMAX Smart Health Ring continuously monitors various health and fitness metrics:

- **Heart Rate Tracking:** Monitors your heart rate 24/7.
- **Sleep Analysis:** Tracks deep, shallow, and REM sleep stages to provide comprehensive sleep insights.
- **Automatic Exercise Recognition:** Automatically detects activities such as running, cycling, yoga, walking, hiking,

and dancing.

- **Data Visualization:** The MOMAX Sense app generates reports on calories burned, steps taken, heart rate zones, and provides AI-driven health intelligent analysis.

Momax Smart Ring With Multiple Functions



Women's Health Sleep Activity Heart Rate Activity Monitoring AI Quality Score

Image: MOMAX Smart Health Ring Tracking. This image shows the MOMAX Smart Health Ring with icons representing various health tracking features such as Women's Health, Sleep Activity, Heart Rate, Activity Monitoring, and AI Quality Score.



Image: Sleep Tracking. A person sleeping comfortably, wearing the MOMAX Smart Health Ring, demonstrating its use for sleep tracking.



Image: Fitness Tracking. A person holding a dumbbell, wearing the MOMAX Smart Health Ring, illustrating its use for fitness tracking during workouts.

Smart Gesture Control

The ring features touchless gesture control for enhanced productivity:

- **Remote Camera/Music Control:** Control your smartphone's camera or music playback with simple gestures.
- **PPT Navigation:** Navigate presentations (iOS/Android) without needing to touch your device.
- **Meeting Mode:** Receive vibrate alerts for calls and utilize a mute function during meetings.

Luxury fusion of fashion and technology, defining elite style



Ceramic scratch resistant outer ring



High durability scratch resistance



Image: Gesture Control. A user wearing the MOMAX Smart Health Ring, interacting with a smartphone using finger gestures, illustrating remote control for music or presentations.

Official Product Overview

Your browser does not support the video tag.

Video: MOMAX Smart Health Ring Overview. This official product video demonstrates the features and benefits of the MOMAX Smart Health Ring, including health tracking, water resistance, and comfortable wear.

MAINTENANCE

Cleaning the Ring

To maintain hygiene and sensor accuracy, regularly clean your MOMAX Smart Health Ring. Use a soft, damp cloth to wipe the ring. Avoid harsh chemicals or abrasive materials that could damage the ceramic and stainless steel surfaces.

Water Resistance

The MOMAX Smart Health Ring is IP68 waterproof and 5ATM rated, making it suitable for swimming and showering. There is no need to remove it for water-related activities. However, avoid prolonged exposure to hot water or steam, such as in saunas or hot tubs, as this may affect its performance over time.

Charging

Charge the ring using its dedicated portable charging case. Ensure the charging contacts on both the ring and the case are clean and dry before placing the ring for charging.

TROUBLESHOOTING

Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone.
- Verify the ring is charged.
- Restart the MOMAX Sense app and try pairing again.
- If issues persist, try restarting your smartphone.

Inaccurate Readings

- Ensure the ring is worn on the correct finger (index or middle) and fits snugly.
- Clean the sensors on the inside of the ring.
- Avoid wearing the ring over tattoos or scars, which can interfere with sensor performance.

Battery Not Charging

- Check if the charging case is charged.
- Ensure the ring is correctly seated in the charging case and the contacts align.
- Clean the charging contacts on both the ring and the case.

SPECIFICATIONS

Feature	Detail
Package Dimensions	4.21 x 4.21 x 2.28 inches; 6.7 ounces
Batteries	1 Nonstandard Battery (included)
Date First Available	July 10, 2025
Manufacturer	momax
ASIN	B0FH5THB79
Ring size	9 (other sizes available)
Material	Alumide, High-end scratch-resistant ceramic + stainless steel inner bezel
Metal type	Alloy steel
Item type name	Smart ring
Ring Form Type	Band

Style	Dark
Color	Black
Unit Count	1 Count
Included Components	Charging Cable, Smart Ring, User Manual

WARRANTY INFORMATION

The MOMAX Smart Health Ring comes with a**365-day warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear.

CUSTOMER SUPPORT

For further assistance, technical support, or warranty inquiries, please contact MOMAX customer service through the following channels:

- **Website:** Visit the official MOMAX website for FAQs and support resources.
- **Email:** Refer to the contact information provided in your product packaging or on the official website.
- **In-App Support:** The MOMAX Sense app may offer direct support options.

Please have your product model number (B0FH5THB79) and proof of purchase ready when contacting support.

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