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MOMAX 1-Sense Soul

MOMAX 1-Sense Soul Smart Ring User Manual

Model: 1-Sense Soul

INTRODUCTION

The MOMAX 1-Sense Soul Smart Ring is an advanced wearable device designed to monitor your health and fitness, provide mood awareness, and offer convenient touch control. This manual provides essential information for setting up, operating, and maintaining your smart ring.

PACKAGE CONTENTS

- MOMAX 1-Sense Soul Smart Ring
- Charging Cable
- User Manual
- Complimentary Silicone Finger Cots (for comfort during workouts or long hours)

1. GETTING STARTED

1.1 Determine Your Ring Size

It is crucial to determine the correct ring size for accurate tracking and comfort. MOMAX Smart Ring sizes may differ from standard ring sizes. It is highly recommended to use the MOMAX Sizing Kit to find your most comfortable and suitable size.

Know Your Size Before You Buy



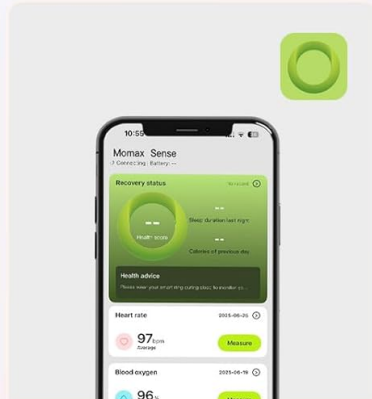
Purchase the Momax Ring Sizing Kit

1



Purchase the Momax 1-Sense Soul Ring after determination.

2



Download the momax Sense app to pair your Ring

3

Image: The MOMAX Ring Sizing Kit, the 1-Sense Soul Smart Ring, and a smartphone displaying the Momax Sense app. This image illustrates the three steps: purchasing the sizing kit, then the ring, and finally downloading the app.

For best results, use the official MOMAX Sizing Kit. If measuring manually, wrap a string snugly around the base of your finger, mark where the ends meet, and measure the length. Compare this to the US size inner circumference chart provided in the full guide.

Understand Your Emotions

The 1-Sense Soul smart ring analyzes your emotional state with advanced sensors, helping you manage stress, improve relationships, and enhance daily well-being

Available on the [App Store](#) [GET IT ON Google Play](#)

Today's Mood
Excited
2025-06-18 08:20
Data source: personal records (All monitoring data: Happy)

Excited Distribution

Mood	Frequency
Excited	10
Happy	10
Relaxed	10
Stressed	10
Sleepy	10
Angry	10
Sad	10
Focus	10
Other	10

swipe left or right to view the all-day mood distribution

Image: A visual guide demonstrating how to measure ring size using a string and a ruler, with a chart for US ring sizes based on inner circumference.

1.2 Charging the Ring

Before first use, ensure your smart ring is fully charged. The ring uses a special magnetic charging cable.

1. Connect the USB-A end of the charging cable to a power source.
2. Attach the magnetic charging port to the corresponding area on the smart ring.
3. A full charge takes approximately 40 minutes. A 5-minute quick charge provides enough power for a full day of use.

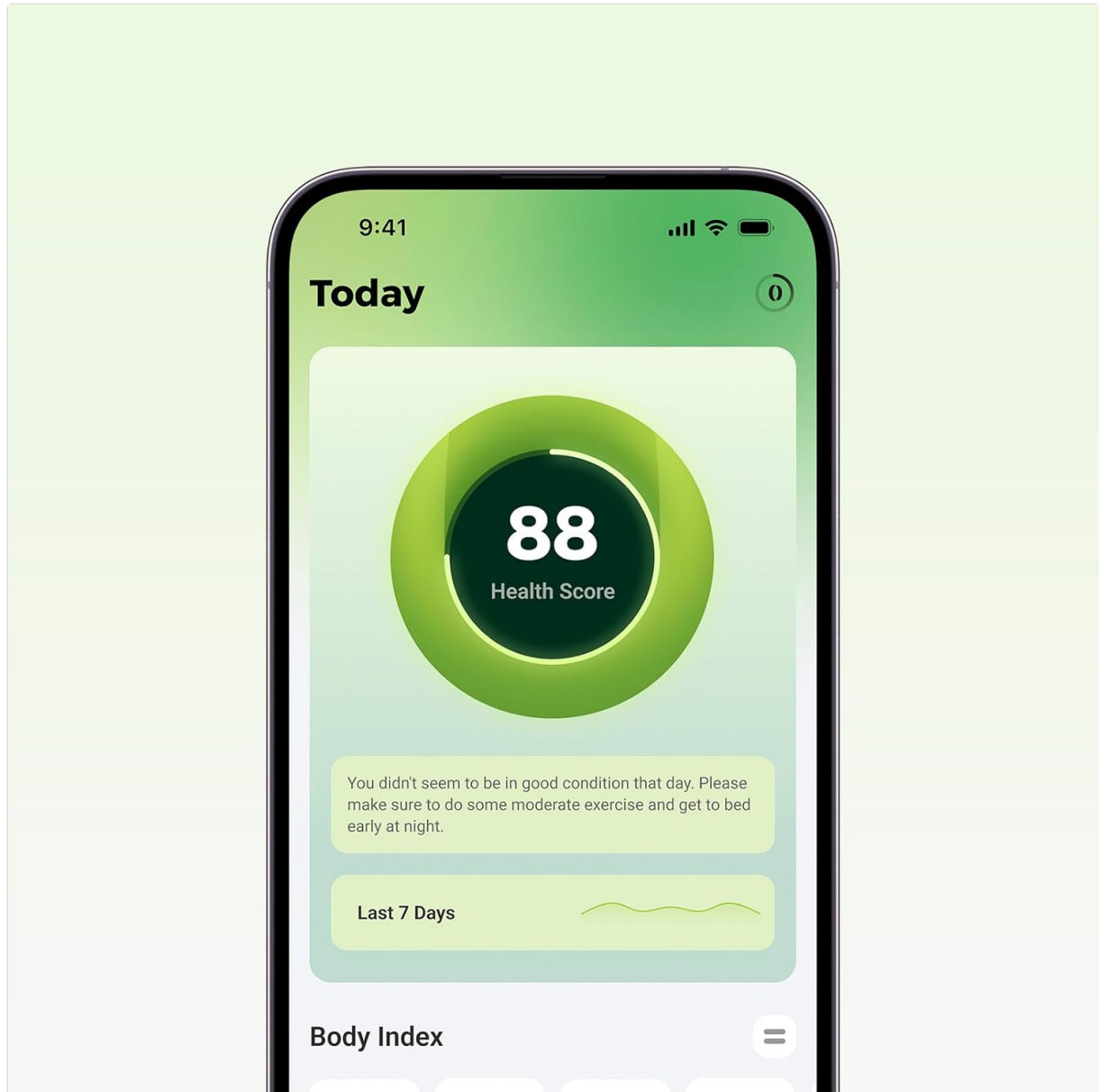


Image: The magnetic charging cable for the MOMAX 1-Sense Soul Smart Ring.

1.3 App Download and Pairing

The MOMAX 1-Sense Soul Smart Ring operates with the MOMAX Sense App, available for both iOS and Android devices. No subscription is required for app usage.

1. Download the [MOMAX Sense App](#) from your device's app store (search for "MOMAX Sense").
2. Register or sign in using your email address.
3. For first-time setup, ensure the ring is connected to the charging cable. This will automatically enter pairing mode.
4. Launch the MOMAX Sense app, click the "Add" button on the Status page to enter the ring binding interface, and search for the device.

5. Select your ring from the pairing list. If the ring does not appear, ensure it is charging and connected.

All-Mood Monitoring Plus Free Multi-Color Sleeves



Ring Protector
Boom



Ring Protector
Solid color

Image: A smartphone displaying the MOMAX Sense app interface, showing health data and settings.

Your browser does not support the video tag.

Video: An overview of the Momax Sense Smart Ring and its app features, demonstrating pairing and various tracking capabilities.

2. OPERATING YOUR SMART RING

2.1 Wearing the Ring

Wear the MOMAX 1-Sense Soul Smart Ring on any finger where it feels comfortable and secure. For optimal sensor performance, ensure the sensors on the inner side of the ring are in contact with the bottom part of your finger.

Quietly on Your Finger Loudly in Your Corner



Emotional
Insights



Heart Rate



SpO₂
Monitoring



BBT



Sleep
Analysis



Fitness
Tracking



Vibrant
Reminders



Image: A hand wearing the MOMAX 1-Sense Soul Smart Ring, demonstrating its discreet design.

2.2 Health and Fitness Tracking

The smart ring continuously monitors various health and fitness metrics:

- **Heart Rate (HR) & Heart Rate Variability (HRV):** Tracks real-time heart rate and HRV for insights into stress and mood.
- **Blood Oxygen (SpO₂):** Monitors blood oxygen levels.
- **Skin Temperature:** Measures skin temperature.
- **Sleep Quality:** Analyzes sleep stages (deep, light, REM) and duration.
- **Mood Awareness:** AI-powered insights into emotional shifts.
- **Activity Tracking:** Supports 6 sports modes (running, yoga, golf, cycling, etc.) and tracks metrics like steps, calories burned, and workout duration.
- **Menstrual Cycle Tracking:** Helps track and predict menstrual cycles.

All-Day Health & 30+ Activity Modes



Image: A person sleeping with the MOMAX Smart Ring, illustrating its sleep tracking capability.

Comfort That Keeps Up 5ATM & IP68 Rated



Withstands pressure at **50 meters** depth
ideal for daily routine.

Image: A person engaged in various activities like running, yoga, and swimming, highlighting the ring's multi-sport tracking.

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Video: A user demonstrating the MOMAX Smart Ring's features, including app interface for health tracking, sleep management, and reminders.

2.3 Custom Reminders and Haptic Feedback

The smart ring provides customizable vibration reminders for various events, helping you stay organized without needing to check your phone.

- Set alerts for meetings, medications, flights, and other scheduled events through the MOMAX Sense App.
- The built-in haptic motor delivers subtle vibrations to notify you.

2.4 Touch Control

The MOMAX 1-Sense Soul Smart Ring features touch control capabilities for convenient interaction with your smartphone. Specific gestures can be configured within the app for functions like music playback, taking photos/videos, and navigating content.

3. MAINTENANCE AND CARE

3.1 Waterproof Design

The smart ring is 5ATM/IP68 waterproof rated, making it safe for swimming, showering, and exposure to sweat. You do not need to remove it for daily water activities.

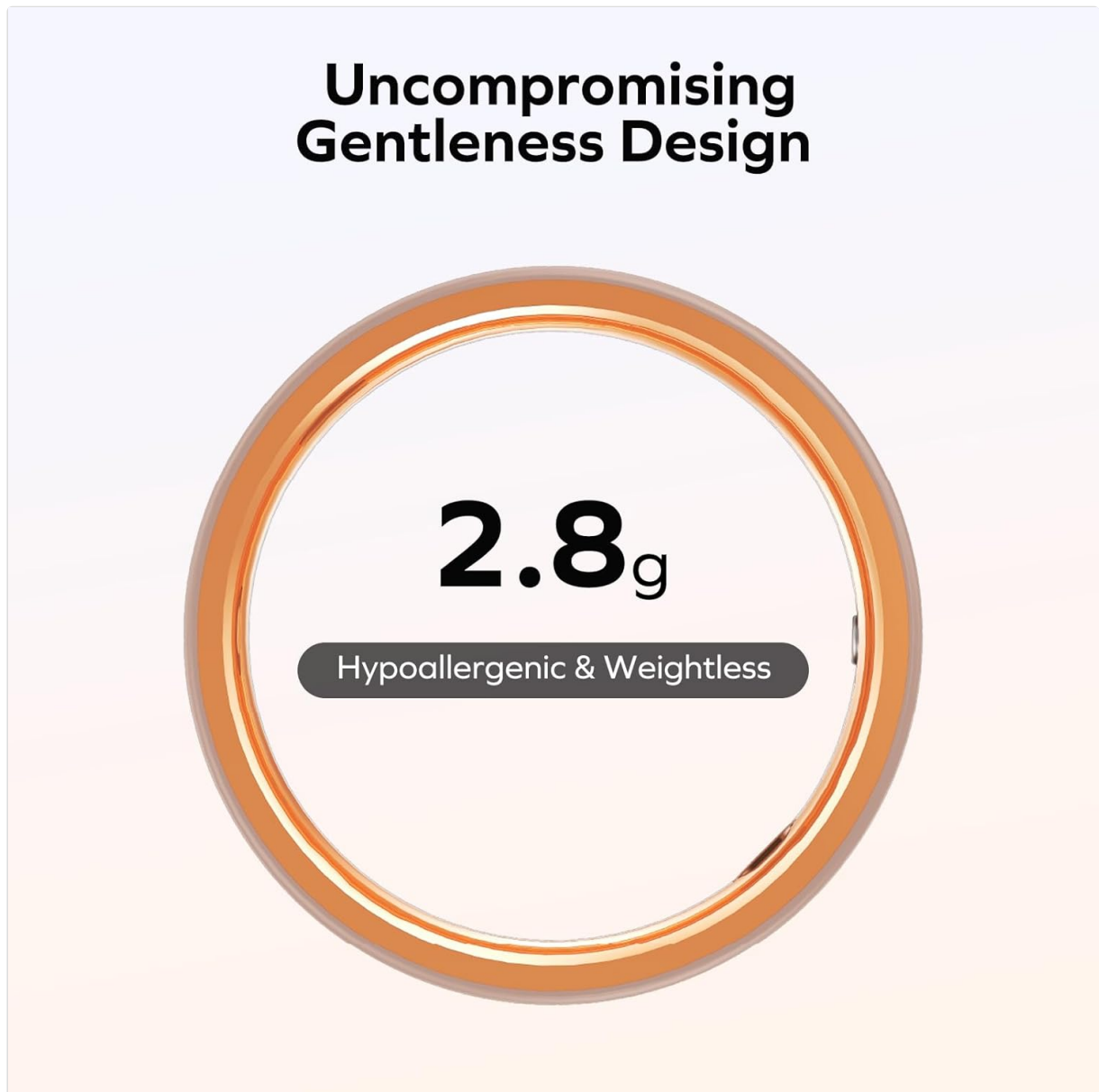


Image: A person wearing the MOMAX Smart Ring while swimming, demonstrating its 5ATM waterproof rating.

Your browser does not support the video tag.

Video: A short preview video showcasing the MOMAX Smart Ring's waterproof capabilities and various activities.

3.2 Hypoallergenic Material

The ring is crafted from hypoallergenic materials, ensuring it is gentle on sensitive skin and comfortable for continuous wear without irritation.

3.3 Cleaning

To clean your smart ring, wipe it gently with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors.

4. TROUBLESHOOTING

- **Ring not pairing:** Ensure the ring is connected to its charging cable and the app is open and searching for

devices. Check your phone's Bluetooth settings.

- **Inaccurate readings:** Ensure the ring is worn snugly with the sensors in proper contact with your skin. Keep still during measurements.
- **Short battery life:** Verify the ring is fully charged. If issues persist, contact customer support.
- **App not syncing:** Check your internet connection and ensure the app is updated to the latest version. Restart both the app and your phone if necessary.

5. SPECIFICATIONS

Feature	Detail
Brand	MOMAX
Model Number	B0FJ22BCRJ
Item Weight	10.6 ounces
Batteries	1 Nonstandard Battery (included)
Memory Storage Capacity	4 MB
Operating System	Momax Rings App
Special Features	Activity Tracker, Cycle Tracking, Daily Workout Memory, Multisport Tracker, Sleep Tracking
Battery Capacity	17 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	No GPS
Shape	Round
Waterproof Rating	5ATM / IP68

6. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official MOMAX website or contact the seller directly. Protection plans are available for purchase separately to extend coverage for your device.

Visit the [MOMAX Store on Amazon](#) for additional product information and support resources.