

COLMI COLMI R02

COLMI R02 Smart Ring Instruction Manual

Model: R02 | Brand: COLMI

- [Setup](#) [Operating](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Support](#)

PRODUCT OVERVIEW

The COLMI R02 Smart Ring is a sophisticated wearable device designed to monitor various health metrics and track daily activities. It offers continuous monitoring of heart rate, blood oxygen levels, and sleep patterns, providing comprehensive insights into your well-being. Additionally, it features activity tracking and remote camera control for enhanced convenience. The ring comes with a portable charging case for on-the-go power.



Image: The COLMI R02 Smart Ring, its portable charging case, and a smartphone displaying the health monitoring application interface.

SETUP GUIDE

Follow these steps to set up your COLMI R02 Smart Ring for optimal use.

1. Choosing the Correct Ring Size

Before purchasing the COLMI R02 Smart Ring, it is highly recommended to obtain a COLMI Sizing Kit to determine your accurate ring size. A proper fit is crucial for accurate health data collection.

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 sure the string or paper fits snugly against your fingers and tighten it slightly until it stops to avoid dimensional 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: A detailed ring size chart showing circumference in centimeters and inches, along with a four-step guide on how to measure your finger using a string or paper.

Measurement Steps:

- Step 1:** Take a long non-elastic rope or paper, and wrap it around your finger.
- Step 2:** Make sure the string or paper fits snugly against your fingers and tighten it slightly until it stops to avoid dimensional deviation.
- Step 3:** Mark the junction part on the 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.

2. Initial Charging

Before first use, ensure your COLMI R02 Smart Ring is fully charged. Place the ring into its portable charging case. Connect the charging cable (included) to the charging case and a suitable USB power source. The indicator light on the charging case will show the charging status.

Follow your health

By tracking your heart rate throughout the day, you can understand your body's performance during both exercise and relaxation.

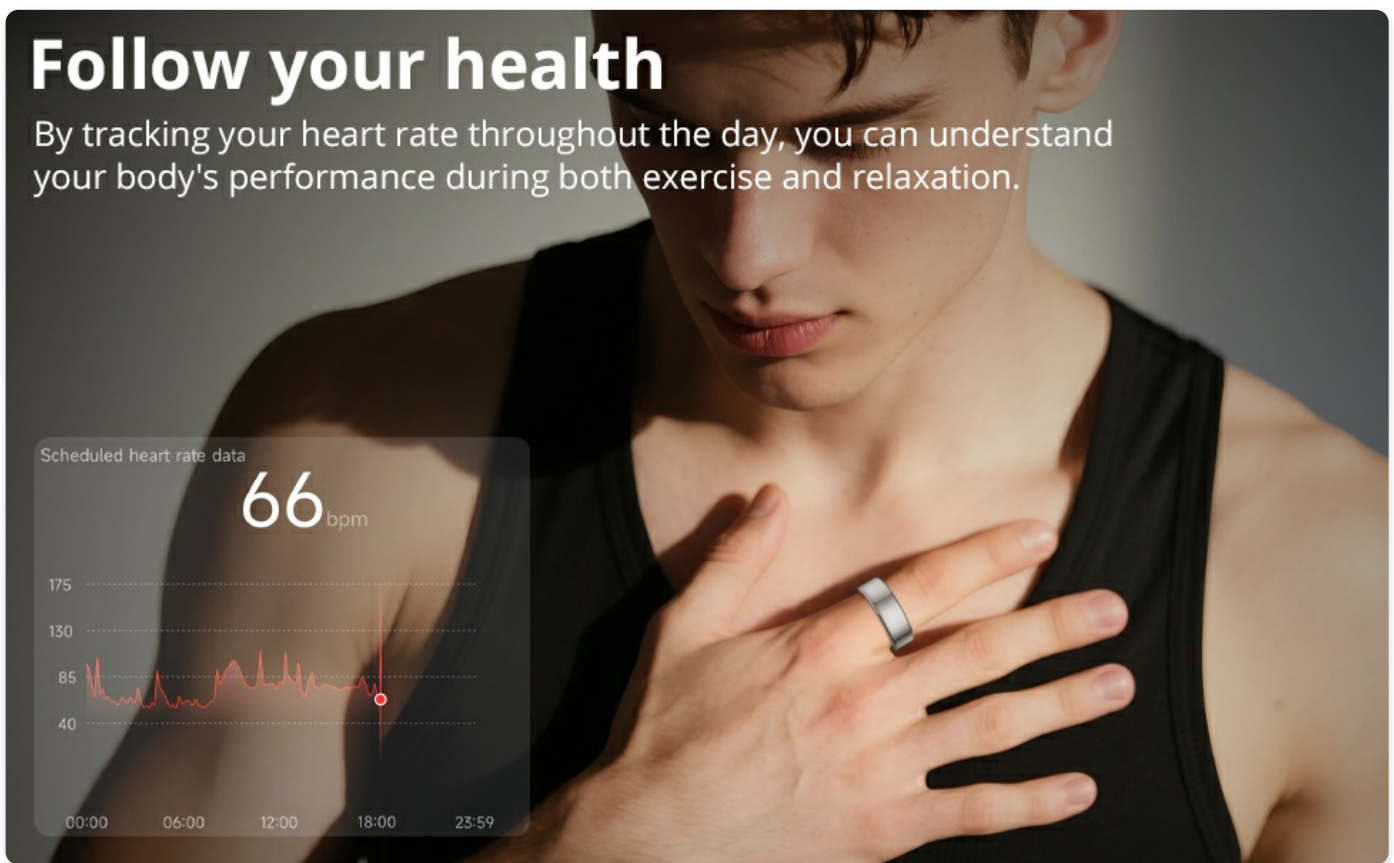


Image: The COLMI R02 Smart Ring placed inside its compact charging case, demonstrating its small size and portability.

3. App Download and Pairing

To access and manage your health data, you need to download the official "Q Ring" application on your smartphone (compatible with Android and iPhone operating systems).

1. **Step 1:** Download the "Q Ring" app from your device's app store.
2. **Step 2:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Step 3:** Ensure your COLMI R02 Smart Ring is charged and within Bluetooth range of your phone.
4. **Step 4:** In the app, navigate to the device pairing section and select your COLMI R02 Smart Ring from the list of available devices.
5. **Step 5:** Confirm the pairing on both the app and, if prompted, on the ring (though the R02 typically pairs automatically once selected).



Image: A visual guide illustrating the four steps for setting up the COLMI R02 Smart Ring, including purchasing a sizing kit, selecting the ring, downloading the "Q Ring" app, and beginning your health journey.

OPERATING INSTRUCTIONS

The COLMI R02 Smart Ring continuously monitors your health data. All collected data can be viewed and analyzed within the "Q Ring" application.

Heart Rate Monitoring

The ring features a high-performance heart rate sensor that automatically collects heart rate data every half hour. It intelligently identifies abnormal heart rate and provides personalized guidance. You can view your heart rate trends and detailed reports in the "Q Ring" app.

HEART RATE

It uses a high-performance heart rate sensor to automatically collect heart rate data every half an hour, intelligently identify abnormal heart rate and other situations, and provide you with personalized guidance.



Blood oxygen monitoring

Blood oxygen is an important indicator of human health. The COLMI R02 smart ring records your blood oxygen data.



Image: A man wearing the COLMI R02 Smart Ring, with accompanying graphics illustrating heart rate and blood oxygen monitoring data.

Blood Oxygen Monitoring

The COLMI R02 Smart Ring records your blood oxygen data, which is an important indicator of human health. Access your blood oxygen levels and historical data through the "Q Ring" application.

Sleep Measurement

The ring detects when you fall asleep and wake up, monitoring your sleep quality and duration. It generates concise reports to help you understand your sleep patterns and adjust habits for more restful sleep. The app provides detailed breakdowns of deep sleep, light sleep, and awake time.

FITS LIKE A DREAM

Generate professional data through APP



Image: A man sleeping while wearing the COLMI R02 Smart Ring, with a smartphone displaying detailed sleep analysis data from the accompanying application.

Activity Tracking

The COLMI R02 Smart Ring easily tracks your daily steps, distance covered, and calories burned. This data motivates you to stay active and helps you monitor your fitness progress. Multiple exercise modes are supported.



Image: The COLMI R02 Smart Ring surrounded by icons representing its key features: motion, heart rate, sleep, photo control, stress, and blood oxygen. A smartphone screen displays the activity tracking interface of the app.

Photo Control

Utilize the remote camera control function to capture photos with a simple flick of your finger. This feature makes taking selfies, group photos, and creative photography more convenient. Ensure the remote camera function is enabled in the "Q Ring" app.

Remote Control Camera

With the remote camera function enabled in the app, simply shake your finger wearing the ring to remotely capture photos.



Image: A woman using the COLMI R02 Smart Ring to remotely control her smartphone's camera, demonstrating the convenience of the photo control feature.

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your COLMI R02 Smart Ring.

- **Cleaning:** Regularly wipe the ring and charging case with a soft, dry, lint-free cloth. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive materials, or strong detergents, as these can damage the device.
- **Water Resistance:** The COLMI R02 Smart Ring is designed for daily wear, but it is not specified as fully waterproof for swimming or showering. Avoid prolonged exposure to water and do not submerge the device.
- **Charging Case Care:** Keep the charging case clean and free of debris. Ensure the charging contacts on both the ring and the case are clean to facilitate proper charging.
- **Storage:** When not in use for extended periods, store the ring and charging case in a cool, dry place away from

direct sunlight and extreme temperatures.

- **Battery Life:** To maximize battery life, avoid fully discharging the ring frequently. Charge it regularly, especially when the battery level is low.

TROUBLESHOOTING

If you encounter issues with your COLMI R02 Smart Ring, refer to the following common solutions.

- **Ring Not Pairing with App:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the ring is charged and within close proximity to your phone.
 - Restart both your phone and the "Q Ring" app.
 - If previously paired, try unpairing and re-pairing the device in the app's settings.
- **Inaccurate Health Data:**
 - Verify that the ring is worn correctly and snugly on your finger. A loose fit can affect sensor accuracy.
 - Ensure the sensors on the inside of the ring are clean and free from dirt or sweat.
 - Calibrate the device if the app provides such an option.
- **Ring Not Charging:**
 - Check if the charging cable is securely connected to both the charging case and the power source.
 - Ensure the charging contacts on the ring and inside the case are clean.
 - Try a different USB port or power adapter.
 - Confirm the charging case itself has power.
- **App Crashing or Freezing:**
 - Close and reopen the "Q Ring" app.
 - Ensure your app is updated to the latest version.
 - Clear the app's cache (Android) or reinstall the app (iOS/Android) if issues persist.

If these steps do not resolve your issue, please refer to the Support section for further assistance.

SPECIFICATIONS

Feature	Detail
Model Name	COLMI R02
Brand	COLMI
Shape	Round
Item Weight	3.53 ounces
Package Dimensions	3.94 x 3.15 x 0.79 inches
Batteries	1 Nonstandard Battery (included)

Feature	Detail
Battery Capacity	15 Milliamp Hours
Connectivity Technology	Bluetooth
Operating System	Android, iPhone
Memory Storage Capacity	1 MB
Special Features	Heart rate, Photo Control, Sleep Measurement
GPS	No GPS
Manufacturer	Shenzhen COLMI Technology Co., Ltd
Date First Available	August 1, 2025

WARRANTY AND SUPPORT

COLMI is committed to providing excellent after-sales service for the R02 Smart Ring.

Customer Support

If you have any usage questions, quality issues, or require technical assistance with your COLMI R02 Smart Ring, please do not hesitate to contact our professional after-sales service team. Refer to your purchase documentation or the official COLMI website for specific contact information.

Included Accessories:

- 1 Smart Ring (COLMI R02)
- 1 Portable Charging Case
- 1 Charging Cable
- 1 Instruction Manual (this document)

Warranty Information

Specific warranty terms and conditions may vary by region and retailer. Please retain your proof of purchase. For detailed warranty information, including coverage period and claims process, please consult the warranty card included with your product or visit the official COLMI website. This manual does not constitute a warranty statement.



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For the latest information and updates, please visit the official COLMI website.

Related Documents - COLMI R02

P28 Plus
User manual



[COLMI P28 Plus Smartwatch User Manual](#)

Comprehensive user manual for the COLMI P28 Plus smartwatch, covering device maintenance, setup, app connection, interface operations, health tracking, and settings.

[COLMI V65 Smartwatch User Manual](#)

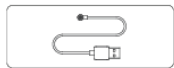
Comprehensive user manual for the COLMI V65 smartwatch, covering setup, features like heart

Quick Guide of Smart Ring



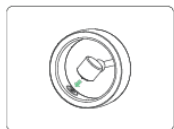
Overview And Packaging

Ring, charging cable, and quick guide.



Power On

Connect the charging cable to the ring to power it on.



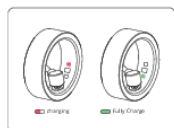
Connection

Download the app and connect the ring to the app.



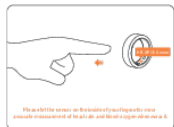
Charging Reminder

The ring will not work if it is not fully charged. Please charge the ring when the green light is on.



Wearing Method

Wear the ring on your middle finger and observe a comfortable feeling. The ring will not work if it is not fully charged. Please charge the ring when the green light is on.



Note

Before using, please read the user manual and follow the instructions to ensure optimal device performance and avoid damage to the device.

The ring will not work if it is not fully charged. Please charge the ring when the green light is on.

Secure

Please wear the ring on your middle finger and observe a comfortable feeling. The ring will not work if it is not fully charged. Please charge the ring when the green light is on.



[COLMi R02 Smart Ring Quick Start Guide | Health & Fitness Tracker](#)

Get started with your COLMi R02 Smart Ring. This guide covers overview, packaging, power on, connection, charging, and wearing instructions for accurate health monitoring.

COLMi Smart Rings



Quick Guide of Smart Ring

Overview And Packaging

Ring, charging cable, charging case and user guide.



Power On

Put the ring into the charging compartment and you can turn it on.



Wearing Method

Wear the ring on your middle finger and choose a comfortable size. Suggested wear it on the index finger, middle finger, and ring finger for better monitoring of data.



Please do the support on the back of your finger for more accurate measurement of heart rate and blood oxygen rate more.

Connection

Search and download the app, open and pair rings.



[COLMI R11 Smart Ring Quick Start Guide](#)

Get started with your COLMI R11 Smart Ring. This guide covers overview, packaging, power on, wearing, and connection instructions for the COLMI R11 smart ring.

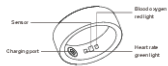
COLMI Ring

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.



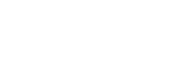
[COLMI Ring Quick Start Guide: Smart Ring Features and Usage](#)

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.

Gua de usuario

COLMI M41

Por favor lea estas instrucciones de uso antes de usar el producto.



[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.