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› COLMI R02 Smart Ring User Manual

COLMI R02

COLMI R02 Smart Ring User Manual

Your Guide to Health and Activity Tracking

1. INTRODUCTION

The COLMI R02 Smart Ring is a compact, wearable device designed to monitor various health and activity metrics directly from your finger. It provides continuous tracking of heart rate, blood oxygen levels, sleep patterns, and daily activity without requiring a subscription fee. This manual will guide you through the setup, operation, and maintenance of your smart ring to ensure optimal performance.

2. IMPORTANT SAFETY INFORMATION

- The COLMI R02 Smart Ring is not a medical device. Data obtained from this device is for reference only and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.
- Consult a healthcare professional before making any decisions based on the data provided by the ring.
- Keep the device and its accessories out of reach of children.
- Avoid exposing the ring to extreme temperatures or direct sunlight for prolonged periods.
- Do not attempt to disassemble or modify the device, as this will void the warranty and may cause damage.

3. WHAT'S IN THE BOX

Upon opening your COLMI R02 Smart Ring package, you should find the following items:

- 1 x COLMI R02 Smart Ring
- 1 x Portable Charging Case

- 1 x Charging Cable
- 1 x Instruction Manual (this document)

4. SIZING GUIDE

Choosing the correct ring size is crucial for comfort and accurate data tracking. We recommend using a sizing kit or carefully measuring your finger circumference.

4.1. Measuring Your Finger

To measure your finger, you can use a non-elastic rope or paper strip. Wrap it snugly around your finger, mark the junction, and then measure the length with a ruler. Repeat this process multiple times for accuracy.

DOWNLOAD AND MEASURE

Ring size measurement method 1:

1. Download the Ring Sizer app.

2. Measure your ring or finger

3. Get your size and order now!

Note: This measurement method is not currently supported on iPhone 17 series and Android phones.

Ring size measurement method 2:

1: When measuring, please choose a thin line without elasticity and wrap it around your finger

2: After straightening the thin line, use a ruler to measure its length and purchase it according to the following specifications

Multiple sizes of rings

Size	7#	8#	9#	10#	11#	12#
Inner diameter (inch)	0.69 inch	0.72 inch	0.75 inch	0.79 inch	0.82 inch	0.85 inch
Circumference (inch)	2.17~2.26 inch	2.26~2.36 inch	2.36~2.47 inch	2.47~2.57 inch	2.57~2.67 inch	2.67~2.77 inch
Circumference (cm)	5.5~5.74 cm	5.74~6 cm	6~6.27 cm	6.27~6.53 cm	6.53~6.77 cm	6.78~7.03 cm

The above dimensions all have a measurement tolerance of + 0.2mm/0.0078inch. Buy according to your measured size!
The ring size refers to the inner diameter, not the outer diameter. Please do not measure the outer diameter.

Figure 4.1: Visual guide for measuring finger circumference using a paper strip.



Figure 4.2: The COLMI Smart Ring Sizing Kit, recommended for precise size determination.

4.2. Ring Size Chart

Size	Inner Diameter (inch)	Circumference (inch)	Circumference (cm)
7#	0.69	2.17~2.26	5.5~5.74
8#	0.72	2.26~2.36	5.75~6
9#	0.75	2.36~2.47	6.01~6.27
10#	0.79	2.47~2.57	6.28~6.53
11#	0.82	2.57~2.67	6.54~6.77
12#	0.85	2.67~2.77	6.78~7.03
13#		2.77~2.83	7.04~7.2

Note: The above dimensions have a measurement tolerance of $\pm 0.2\text{mm}/0.0078\text{inch}$. The ring size refers to the inner diameter, not the outer diameter.

4.3. Sizing Video Guide

Your browser does not support the video tag.

Video 4.1: A detailed video guide on how to measure your finger for the correct ring size.

5. SETUP GUIDE

5.1. Initial Charging and Activation

Before first use, ensure your COLMI R02 Smart Ring is fully charged and activated.

1. Remove the insulation film from the ring.
2. Place the smart ring into the portable charging case.
3. Connect the charging cable to the charging case and a 5V DC USB power supply. The indicator light on the case will show charging status.
4. Once fully charged, the ring is activated and ready for use.



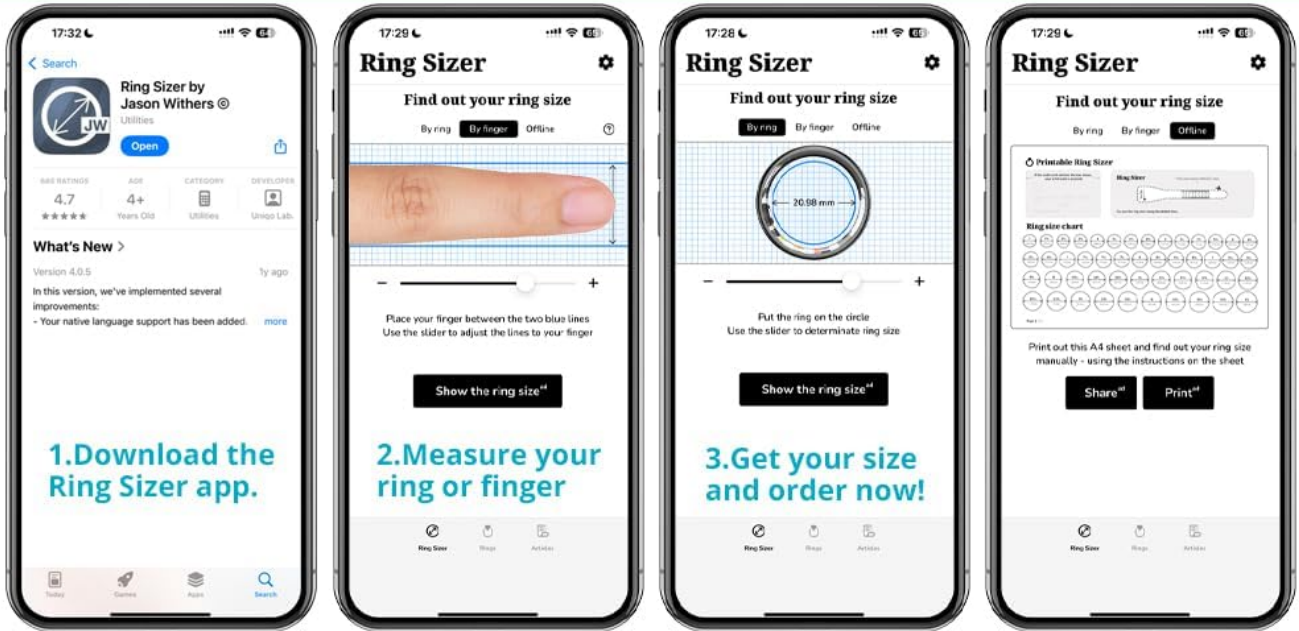
Figure 5.1: The COLMI R02 Smart Ring charging in its portable case. The case provides convenient charging on the go.

5.2. App Download and Pairing

To access and manage your health data, download the companion 'Q Ring' app and pair it with your smart ring.

1. Download the 'Q Ring' app from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 'Q Ring' app and follow the on-screen instructions to search for and bind your COLMI R02 Smart Ring.
4. The app will automatically synchronize data from the ring once connected.

DOWNLOAD AND MEASURE



Note: This measurement method is not currently supported on iPhone 17 series and Android phones. Multiple sizes of rings

Size	Multiple sizes of rings					
	7#	8#	9#	10#	11#	12#
Inner diameter (inch)	0.69 inch	0.72 inch	0.75 inch	0.79 inch	0.82 inch	0.85 inch
Circumference (inch)	2.17~2.26 inch	2.26~2.36 inch	2.36~2.47 inch	2.47~2.57 inch	2.57~2.67 inch	2.67~2.77 inch
Circumference (cm)	5.5~5.74 cm	5.74~6 cm	6~6.27 cm	6.27~6.53 cm	6.53~6.77 cm	6.78~7.03 cm

The above dimensions all have a measurement tolerance of + 0.2mm/0.0078inch.

Buy according to your measured size!

The ring size refers to the inner diameter, not the outer diameter. Please do not measure the outer diameter.

Figure 5.2: The COLMI R02 Smart Ring and its companion app displaying various health metrics.

6. OPERATING YOUR SMART RING

The COLMI R02 Smart Ring continuously tracks your health data. Ensure the ring is worn correctly for accurate readings.

6.1. Heart Rate Monitoring

The ring features a high-performance heart rate sensor that automatically collects heart rate data every 30 minutes. You can view your heart rate status and monitor for abnormalities in the app.

Free App with No Subscription Fee

Real-time view of collected data



* This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.

Figure 6.1: The app displays your heart rate data, including scheduled measurements and real-time readings.

6.2. Blood Oxygen Monitoring (SpO2)

The COLMI R02 records your blood oxygen data, an important indicator of human health. This data is accessible through the app.

FITS LIKE A DREAM

Generate professional data through APP

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Figure 6.2: The app provides a detailed view of your blood oxygen levels over time.

6.3. Sleep Monitoring

The ring detects when you fall asleep and wake up, monitoring your sleep quality and duration. It generates concise reports to help you understand and improve your sleep patterns.

Sleep Status Analysis

The COLMI R02 smart ring measures deep sleep, light sleep, and clear sleep time. Maintaining good sleep habits can contribute to good health.



Figure 6.3: The app provides a comprehensive analysis of your sleep stages and quality.

6.4. Activity Tracking

Track your daily steps, distance traveled, and calories burned to stay motivated and monitor your fitness progress.



Figure 6.4: The app displays your daily activity metrics, including steps, distance, and calories.

6.5. Photo Control

Utilize the remote camera control function in the app. Simply flick your finger while wearing the ring to remotely capture photos on your paired smartphone.

Tap your finger and take a picture

Paired smartphones can be controlled with simple gestures. Just shake the finger up and down with the smart ring to control the photo.



Figure 6.5: The smart ring allows for convenient remote control of your smartphone's camera.

7. MAINTENANCE

7.1. Cleaning Your Ring

To maintain optimal performance and hygiene, regularly clean your COLMI R02 Smart Ring. Use a soft, damp cloth to wipe the surface of the ring. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

7.2. Charging Case Care

Keep the charging case clean and dry. Ensure the charging contacts inside the case are free from dust or debris to ensure proper charging of your ring.

8. TROUBLESHOOTING

8.1. Ring Not Connecting to App

- Ensure the ring is charged and activated.
- Verify Bluetooth is enabled on your smartphone.
- Restart the 'Q Ring' app and try pairing again.
- If the issue persists, try restarting your smartphone.

8.2. Inaccurate Data Readings

- Ensure the ring is worn snugly on your finger, with the sensors making good contact with your skin.
- Avoid excessive movement during measurements, especially for real-time heart rate or blood oxygen readings.
- Clean the sensors on the inside of the ring regularly.

8.3. Short Battery Life

- Ensure the ring is fully charged before use.
- Frequent real-time monitoring (e.g., heart rate every 5 minutes) can shorten battery life. Adjust monitoring frequency in the app settings.
- Close unnecessary background apps on your phone that might be constantly trying to sync with the ring.

8.4. Heart Rate Measurement Settings Video

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Video 8.1: This video demonstrates how to adjust heart rate measurement settings within the app to optimize data collection and battery life.

9. SPECIFICATIONS

Feature	Detail
Model Name	COLMI R02
Operating System Compatibility	Android, iPhone (iOS)
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Special Features	Heart rate monitoring, Photo Control, Sleep Measurement
Metrics Measured	Heart Rate, Sleep Duration, Blood Oxygen
Battery Capacity	15 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Material	Stainless Steel
Water Resistance Level	Water Resistant
Item Weight	100 Grams
Manufacturer	Shenzhen COLMI Technology Co., Ltd

10. WARRANTY AND SUPPORT

10.1. Product Warranty

The COLMI R02 Smart Ring comes with a 1-year standard/full 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.

10.2. Customer Support

For any usage or quality issues, please contact COLMI customer service. Our professional after-sales service team is ready to assist you.

- **Online Support:** Visit the COLMI Store on Amazon for FAQs and contact options.
- **Email Support:** Refer to the contact information provided in your product packaging or on the official COLMI website.