

## lumthou R18

# lumthou Enamel Craft Smart Ring User Manual - Model R18

Your comprehensive guide to setup, operation, and maintenance.

[Introduction](#)

[Setup](#)

[Operation](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

## 1. INTRODUCTION

The lumthou Enamel Craft Smart Ring (Model R18) is a sophisticated fitness and health tracker designed for continuous wear. It offers comprehensive monitoring of key health metrics and activity data without any subscription fees. This manual provides detailed instructions to help you set up, operate, and maintain your smart ring for optimal performance.



Figure 1: The lumthou Enamel Craft Smart Ring, featuring a unique enamel finish and integrated sensors.

## 2. SETUP

### 2.1 Unboxing and Components

Upon opening your lumthou Smart Ring package, you will find the following components:

- Smart Ring (Model R18)
- Charging Case
- Magnetic Charging Cable (USB-C)
- User Manual



## All-Day Health Monitoring

*Elegant ring with health tracking—thoughtful present for mom, sister, friend*

Figure 2: Included items: Smart Ring, Charging Case, and Charging Cable.

### 2.2 Charging the Smart Ring

Before initial use, fully charge your smart ring. The ring offers two charging methods:

1. **Using the Charging Case:** Place the smart ring into its dedicated charging case. Ensure the ring is seated correctly for the magnetic connection. Connect the charging case to a power source using the provided USB-C cable. The case will indicate charging status.
2. **Direct Magnetic Charging Cable:** For direct charging, connect the magnetic end of the charging cable to the designated charging points on the inner surface of the ring. Connect the USB-C end to a compatible power adapter or USB port.

A full charge typically takes approximately 1.5 hours and provides 5-7 days of usage.

Your browser does not support the video tag.

Video 1: Demonstrates the charging process of the smart ring using both the case and direct magnetic cable.

### 2.3 App Installation and Pairing

To unlock the full potential of your smart ring, download the companion app:

- Scan the QR code provided in the user manual or on the product packaging to download the

"SmartHealth" app.

- The app is compatible with iOS 8.0 and Android 5.1 or higher.
- Once installed, open the app and follow the on-screen instructions to create an account or log in.
- Ensure Bluetooth is enabled on your smartphone. The app will automatically detect and pair with your lumthou Smart Ring.



Figure 3: The SmartHealth app interface displaying health data.

### 3. OPERATING THE SMART RING

---

#### 3.1 Proper Wearing for Accurate Data

For the most accurate readings, wear the smart ring snugly against the pad of your finger. It should feel comfortable without being too tight or too loose. The feather-light design (3-4g) ensures comfort for 24/7 wear.

# Designed for 24/7 Wear

*Impossibly Thin • Feather-Light*



#7

Inner diameter:  
17.3mm



#8

Inner diameter:  
18.1mm



#9

Inner diameter:  
18.9mm



#10

Inner diameter:  
19.8mm



#11

Inner diameter:  
20.6mm



#12

Inner diameter:  
21.4mm

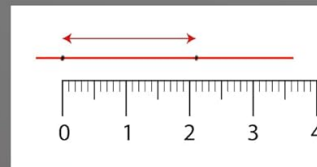


#13

Inner diameter:  
22.2mm



When measuring, please use a thin, inelastic string and wrap it around your finger, and mark it by a pen.



After straightening the thin string, measure its length with a ruler and make purchase decisions based on the below specifications (Circumference)

Figure 4: Guide for measuring finger size to ensure a proper fit.

## 3.2 Health Monitoring

The smart ring continuously monitors various health metrics:

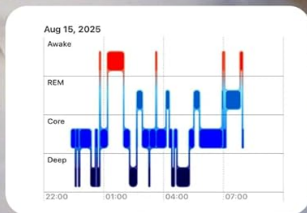
- **Heart Rate (HR):** Tracks your heart rate 24/7, providing insights into your cardiovascular health.
- **Blood Oxygen (SpO2):** Monitors your blood oxygen saturation levels.
- **Blood Pressure (BP):** Provides continuous blood pressure readings.
- **Stress Management:** Observes data to help you manage stress levels.

# Know Your Sleep Better

Monitors duration, deep/light/REM sleep + gives personalized tips



Track Your Sleep



Personalized Advice

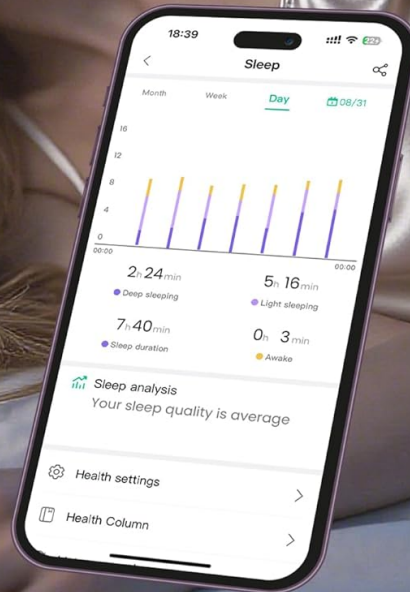


Figure 5: All-day health monitoring, including heart rate, SpO2, and BP.

## 3.3 Sleep Tracking

The ring automatically analyzes your sleep stages (deep, light, REM) to help optimize sleep quality. It requires 2-3 nights of data for initial calibration to provide accurate reports.



Figure 6: Sleep monitoring features, showing sleep duration and stages.

### 3.4 Activity & Sports Tracking

The smart ring accurately records various sports data and daily activity goals:

- **8+ Sports Modes:** Select from various modes like running, cycling, yoga, and more to track specific workout data.
- **Daily Activity Goals:** Real-time step counting keeps you motivated and helps track your daily progress.
- **Calories:** Monitors calories burned during activities.

Your browser does not support the video tag.

Video 2: Demonstrates the activity tracking features of the smart ring during various sports.

# All-Day Health Monitoring

*Check HR, SpO2, BP every 30 mins or manually  
APP logs changes for clear insights*



Figure 7: The smart ring supports over 8 sports modes for comprehensive tracking.

## 3.5 Smart Features

- **Remote Camera Control:** Use the smart ring as a wireless shutter for your smartphone camera.
- **Care Mode:** Share your health achievements and data with loved ones through the app.
- **Multi-Language App:** The companion app supports over 20 languages for global accessibility.

## 4. MAINTENANCE

### 4.1 Waterproof Design

The lumthou Smart Ring features an IP68 waterproof rating, making it resistant to water during workouts, showers, and swimming. This allows for continuous wear without interruption.



Figure 8: The IP68 waterproof rating allows the ring to be worn during water activities.

## 4.2 Battery Life

The smart ring provides an extended battery life of 5-7 days on a single charge, minimizing the need for frequent recharging.

## 5. TROUBLESHOOTING

- **Connection Issues:** If the ring fails to connect to your phone, ensure Bluetooth is active and the app is open. Try restarting both the app and your phone.
- **Inconsistent Data:** For accurate sleep and sports data, ensure the ring fits snugly on your finger. Allow 2-3 nights for sleep data calibration. If issues persist, verify app settings and ring placement.
- **Charging Problems:** Ensure the charging cable is securely connected to both the ring/case and the power source. Check for any debris in the charging ports.

## 6. SPECIFICATIONS

Feature	Detail
---------	--------

Model Number	R18
Brand	lumthou
Item Weight	3-4g (ring), 4.2 ounces (package)
Battery Life	5-7 days on a single charge
Charging Time	Approx. 1.5 hours
Waterproof Rating	IP68
Operating System Compatibility	iOS 8.0 and Android 5.1 or higher
Connectivity Technology	Bluetooth
Special Features	Activity Tracker, Sleep Tracking, Heart Rate, SpO2, Blood Pressure, Remote Camera, Gesture Control, Multisport Tracker
Memory Storage Capacity	4 MB
Screen Size	22.2 Millimeters (display size, likely referring to internal sensor area)

## 7. SUPPORT

For further assistance, please refer to the contact information provided with your product packaging or visit the official lumthou support website.