COLMI R10

COLMI R10 Smart Ring User Manual

Model: R10 | Brand: COLMI

1. INTRODUCTION

Welcome to the COLMI R10 Smart Ring user manual. This guide provides essential information for the proper setup, operation, and maintenance of your new smart ring. The COLMI R10 is designed to help you monitor various health metrics, including heart rate, blood oxygen, sleep patterns, and daily activity, to support your overall well-being.

Image: The COLMI R10 Smart Ring in silver, alongside its compact charging case.

2. WHAT'S IN THE BOX

Upon opening your COLMI R10 Smart Ring package, you should find the following items:

- COLMI R10 Smart Ring
- Charging Case
- Charging Cable
- User Manual (this document)

3. SIZING AND FIT

For optimal comfort and accurate data collection, selecting the correct ring size is crucial. It is recommended to purchase a COLMI sizing kit prior to your smart ring purchase to ensure the best fit. The ring should feel snug but comfortable, allowing for slight finger swelling throughout the day or during sleep.

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 ± 0.2mm/0.0078inch.

STEP 1:
Take a long non-elastic rope or paper, and wrap it around your finger.

STEP 2:
Tighten slightly
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 non-elastic rope or paper.

4. SETUP

Follow these steps for the initial setup of your COLMI R10 Smart Ring:

1. **Purchase Sizing Kit:** Before purchasing the COLMI Smart Ring R10, acquire the COLMI sizing kit to determine your accurate ring size.

2. **Select Ring Size:** After determining your finger size, purchase the COLMI R10 Smart Ring in the appropriate size.

3. **Download the App:** Download the official "Q Ring" application from your device's app store (compatible with Android and iPhone).

4. **Pair the Ring:** Open the "Q Ring" app and follow the on-screen instructions to pair your COLMI R10 Smart Ring with your smartphone via Bluetooth.

5. **Begin Monitoring:** Once paired, the ring will start collecting data, and you can view your health insights within the app.

Image: A visual guide illustrating the four steps to set up the COLMI R10 Smart Ring, from sizing to app integration.

5. OPERATING THE COLMI R10 SMART RING

The COLMI R10 Smart Ring continuously monitors various health parameters. All collected data is synchronized with the companion "Q Ring" app on your smartphone.

5.1 Heart Rate Monitoring

The ring provides 24/7 real-time heart rate monitoring, allowing you to track your heart rate trends throughout the day and night. Access detailed heart rate data, including average, minimum, and maximum values, within the app.

Image: A woman wearing the COLMI R10 Smart Ring, with a smartphone displaying a heart rate monitoring interface showing a graph of heart rate over time and current beats per minute (BPM).

5.2 Blood Oxygen Monitoring (SpO2)

Measure your blood oxygen saturation (SpO2) quickly with a single tap in the app. This feature helps assess your body's oxygen supply efficiency, contributing to comprehensive daily health management. The app provides historical data and trends for your SpO2 levels.

Image: A woman wearing the COLMI R10 Smart Ring, with a smartphone displaying a blood oxygen detection interface showing a bar graph of SpO2 levels and current percentage.

5.3 Sleep Monitoring

The COLMI R10 provides in-depth analysis of your sleep stages, including deep sleep, light sleep, and awake time. This data helps you understand your sleep quality and duration, aiding in improving your sleep habits for a more refreshed wake-up.

Image: A smartphone displaying a sleep monitoring interface with a timeline showing different sleep stages (wake up, light sleep, deep sleep) and a sleep score.

5.4 Activity Tracking (Pedometer & Fitness Tracker)

The smart ring acts as your all-day fitness coach, recording calorie consumption, exercise duration, steps taken, and distance covered. It generates exercise reports to help you track your progress and achieve your fitness goals.

5.5 Remote Camera Control

Utilize the COLMI R10 Smart Ring to remotely control your smartphone's camera. This feature simplifies taking photos, especially group shots, by allowing you to trigger the shutter with a simple gesture.
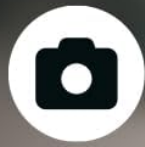
Image: The COLMI R10 Smart Ring shown next to a smartphone displaying a camera interface, indicating its remote camera control capability.

5.6 Charging

The COLMI R10 Smart Ring comes with a stylish and portable charging case. A single charge of the ring provides 3-5 days of use, and the charging case offers an additional 7-10 charges, extending the standby time to 30 days. This eliminates the need for frequent charging.

Easy to carry and charge at any time

Small and lightweight, easy to put in your pocket, backpack or handbag. Single battery life is 3~5 days and can be charged 8~10 times.

3~5 days
Single endurance time approx

8~10 times
Charging times approx
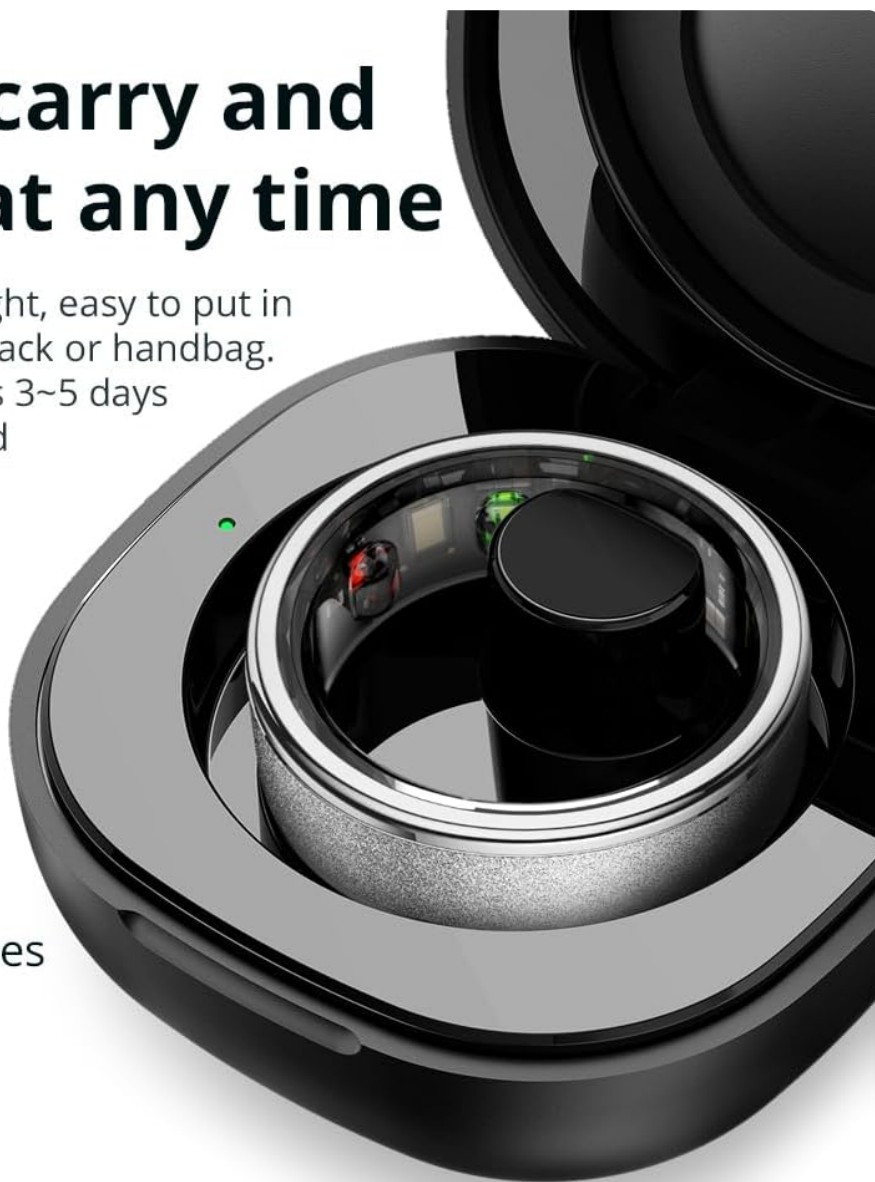
Image: The COLMI R10 Smart Ring placed inside its compact charging case, with text highlighting its 3-5 days single endurance time and 8-10 approximate charging times from the case.

6. MAINTENANCE

To ensure the longevity and optimal performance of your COLMI R10 Smart Ring, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the ring with a soft, dry cloth to remove dirt and oils. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The ring is designed to be water-resistant for daily use. However, avoid prolonged submersion in water or exposure to high-pressure water jets.
- **Charging:** Always use the provided charging cable and case. Ensure the charging contacts on both the ring and case are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the ring and charging case in a cool, dry place.

7. TROUBLESHOOTING

If you encounter any issues with your COLMI R10 Smart Ring, please try the following common

troubleshooting steps:

- **Ring Not Connecting to App:** Ensure Bluetooth is enabled on your smartphone and the ring is sufficiently charged. Try restarting both the ring (by placing it in the charging case and closing/opening) and your phone.
- **Inaccurate Data:** Verify that the ring is worn correctly and snugly on your finger. Ensure the sensors on the inside of the ring are clean.
- **Charging Issues:** Check if the charging cable and case are properly connected. Clean the charging contacts on the ring and case.
- **App Not Updating:** Ensure your smartphone has an active internet connection. Try force-closing and reopening the "Q Ring" app.

If the problem persists after attempting these steps, please refer to the support section for further assistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	COLMI R10
Item Weight	3.53 ounces
Package Dimensions	4.53 x 3.15 x 0.98 inches
Batteries	1 Nonstandard Battery required (included)
Battery Capacity	15 Milliamp Hours
Operating System	Android, iPhone
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Special Features	Blood oxygen monitoring, Heart rate, Sleep monitoring
Memory Storage Capacity	1 MB
GPS	No GPS
Shape	Round
Manufacturer	Shenzhen COLMI Technology Co., Ltd
Date First Available	September 1, 2025

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product packaging or visit the official COLMI website. You may also contact the seller directly for

assistance.

Related Documents - R10

[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.
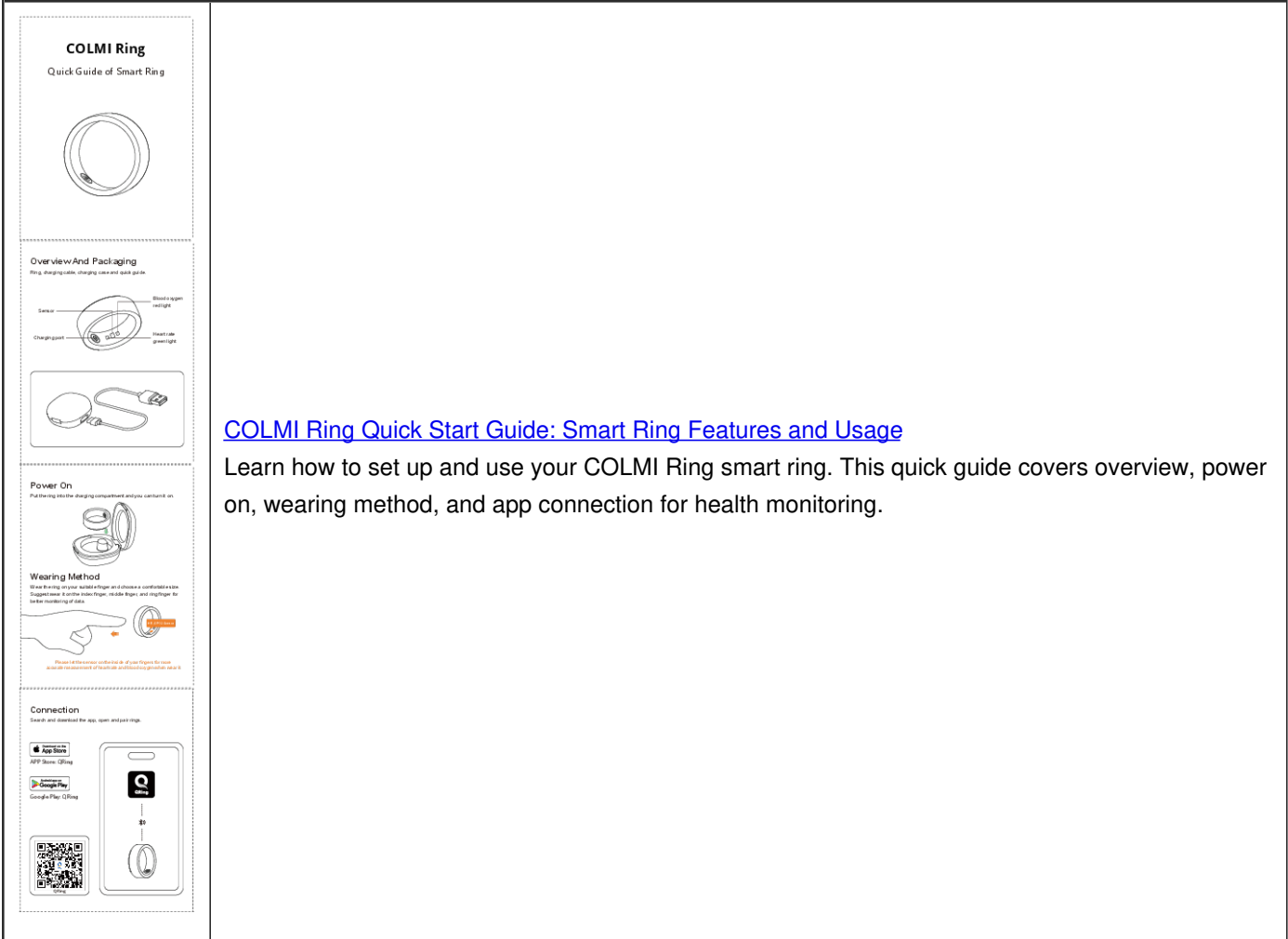
Quick Guide of Smart Ring

Overview And Packaging
Ring, charging cable, and quick guide.

Sensor
Blood oxygen red light
Charging port
Heart rate green light

Power On
Connect the charging adapter to the ring to booting up the device.

Connection
Search and download the app, open and pair rings.

App Store
APP Store:Q Ring
Google Play
Google Play: QR Ing

QR Ing

Charging Reminder
The red light will flash when it's charging
and the green light will flash after fully charged.

charging   Fully Charge

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

Please tilt the sensor on the inside of your fingers for more
accurate measurement of heart rate and blood oxygen when wear it.

Note
Before using and operating the device, please read and follow the
following precautions to ensure optimal device performance and avoid
dangerous or illegal situations.
In daily use, please choose a suitable size for your fingers, avoiding
wear it too tightly, keep the dry and not use soft the ring, and wipe the time
when it comes into water. If have symptoms such as redness and smelling
appeared in the contact area, please stop using immediately and consult
the doctor.

Secure
Please keep the charging cable and the twin a dry environment when
charging. Do not touch the charging cable with wet hands and avoid it being
immersed in liquids such as water.
Do not disassemble or modify the battery, insert foreign objects, or
immerse it in water or other liquids to avoid causing battery leakage,
overheating, fire, or explosion.
Do not drop, squeeze, or puncture the battery. Avoid the battery
causing the big external pressure, which can cause internal short circuits
and overheating issues.

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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 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 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 V75 Smartwatch User Manual](#)

Comprehensive user manual for the COLMI V75 smartwatch, detailing features, setup, app integration, and troubleshooting for health and activity tracking.

COLMI V65

Watch Client Download

Scan the QR code below to download and install it to the watch client.

Du Fit

| Mining Director | Aggregate Nam Item | Horizontal Line Menu Style | Homepsdmk Menu Style |

Slide down to enter the control center, slide up to view message, slide left to enter the main function interface, slide right to enter the shortcut center.

Button
POWER key:
Short press: turn on/off/return to the dial interface.
Long press: on/off.

SPORT key:
Press short: light up the screen/enter the stats menu/return to the previous interface.
Press: enter sports mode.

Watch Charging And Activation

It can be activated by charging before using the watch for the first time. The magnetic charger used is attached to the metal contact on the back of the watch, and the other end of the charging cable can be connected to the 5V/1A USB charging head or a computer USB port.

Connect The Watch

Open the mobile client to set personal information

Switch to the device page and click (Bind device)

Click your device in the list of scanned devices

Binding completed

Enter the watch settings column, check the MAC address of the bracelet, and you can determine your device by the MAC address in the device list. After the watch is successfully bound, every time you save the client in the future, the watch will be automatically connected to the phone, and the data can be synchronized by pulling down the data page in the client.

Phone Call

After connecting the smart Watch to the phone, you can use the watch to dial to control the phone for making calls and answering the phone calls.
You can also view the call history of the watch.

You need to keep the connection between the watch and the phone stable when using the Phone Call function.

Dial Settings

Press and hold the dial interface for 1.5 seconds to switch the dials of different styles in the watch.
After successful Bluetooth connection, you can enter APP→dial selection→custom dials.
After successful Bluetooth connection, you can go to APP→dial selection→more dials.

Daily Data
You can record the total number of steps for the day and the number of steps, calories, exercise time and other data for each period of the day.
More detailed data can be viewed in the mobile APP.

Sleep Monitoring
It can record and display the total duration of sleep as well as the duration of deep sleep and light sleep.
More detailed information analysis data records can be viewed on the mobile APP.

Heart Rate Monitoring
Before monitoring the heart rate, make sure the watch is closely worn on the wrist (the best position is one finger wide above the wrist bone), keep your wrist stationary, and wearing a tight fit to avoid light leakage for effective detection, and then enter the heart rate detection, which requires the wrist to remain stationary during the detection process and display the dynamic heart rate value after a few seconds. Enter the heart rate value interface to measure the current heart rate value. Display the current count value of the heart rate interface and the heart rate status of each time of the day. More detailed analysis and data records can be viewed on the APP.

Take Exercise
Click "Exercise" to enter the sports interface, supporting walking, running, cycling, skipping, badminton, basketball, football, swimming, climbing, tennis, rugby, golf, yoga, fitness, dancing, baseball, elliptical, and other sports. Free training, rowing machine, etc. A total of 120 sports modes are supported, starting sports will display time, steps, heart rate, distance and other data. You can also set the exercise goal before the exercise starts. More detailed analysis and data records can be viewed on the mobile APP.

Blood Pressure
Before blood pressure monitoring, first confirm that the watch is correctly worn on the wrist (the best position is one finger width above the wrist bone), blood pressure detection requires wearing a tight fit to avoid leakage of light can not be effectively detected, and then enter the blood pressure detection, the detection process requires the wrist to remain stationary, waiting for the display of blood pressure values.
Enter the blood pressure interface to measure the current blood pressure value with the last seven measurements.
More detailed information analysis as well as data records can be viewed in the APP.

Blood Oxygen
Before blood oxygen monitoring, confirm that the watch is correctly worn on the wrist (the best position is one finger width above the wrist bone), blood oxygen detection require wearing tight to avoid leakage of light can not be effectively detected, then enter the blood oxygen detection, the detection process requires the wrist to remain stationary, waiting for the display of blood oxygen values.
Enter the blood oxygen interface to measure the current blood oxygen value and the last seven measurements in the blood oxygen interface.
More detailed analysis and data records can be viewed in the APP.

Weather
The weather interface will display the current weather temperature and slide up to display the weather information of the next six days.
The weather information needs to be connected to the APP to get data. If the connection is opened for a long time, the weather information will not be updated.

Camera
After connecting the mobile APP, the watch can control the mobile phone camera to take pictures.
After opening the camera on the phone, long press on the watch camera control page to trigger the phone camera shutter.

Music Control
After connecting the mobile APP, the watch can control the music player of the mobile phone. When the phone is playing audio, you can also the watch to control the phone to play/pause, previous song, next song and adjust the volume.

Alarm Clock
You can set the alarm of the watch on the APP and on the watch, and you can set up to eight alarms.
When the set time arrives, the watch will display the alarm icon and vibrate.

Message Push
The watch can receive and display the notifications and incoming call reminders on the mobile phone, and can refuse the call. The push active switch is set in the APP. The watch message page can store the last 8 message records.

Other Functions
Other functions of the watch include: Breathing exercise, pressure detection, stopwatch, alarm clock, timer, don't disturb mode, power saving mode, brightness, vibration, factory settings, restart, shutdown, APP download QR code, etc.

Sedentary Reminder
Turn on the sedentary reminder after connecting the APP.
The watch will prompt you to get up and walk after 1 hour of sedentary.

Relax
You can choose the mode of "Stressed" and "Facing Anxiety", and follow the UI animation to adjust your breathing rate to achieve the effect of relief and stress aid.

Frequently Asked Questions And Answers

Why can't you wear a watch to take a hot bath?
When bathing, the temperature is relatively high, which will produce a lot of water vapor, which can damage your watch.

Why can't the smart watch receive the message push?
Android phone settings:
1. Make sure the switch of message pushing is turned on in the cell phone APP.
2. Make sure the message can be displayed normally on the notification bar of your phone, the watch message is pushed for getting the phone notification bar message, if there is no message on the phone notification bar, the watch will not receive the push.
(You need to find the notification in the phone settings and turn on the notification switch of Facebook, Twitter, phone, SMS and other mobile clients).

Apple mobile phone set
1. Confirm that the message push switch is turned on in the cell phone client.
2. Confirm that the phone messages can be displayed normally in the notification bar.
(You need to find the notification settings in the phone settings and turn on the notification switch of Facebook, Twitter, phone, SMS and other mobile clients).

If you do not know how to use this smartwatch, you can find in Du Fit "My"- "Background Run Protection Guide", follow the steps inside, it will help you solve many problems, If you still do not know how to use it, you can contact our customer service through Amazon, thank you!

[COLMI V65 Smartwatch User Manual](#)

Comprehensive user manual for the COLMI V65 smartwatch, covering setup, features like heart rate monitoring, sleep tracking, sports modes, and troubleshooting.