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COLMI COLMI R10

COLMI R10 Smart Ring User Manual

Model: COLMI R10
Brand: COLMI

Introduction

The COLMI R10 Smart Ring is a wearable device designed to monitor various health metrics. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your smart ring. It tracks sleep patterns, heart rate, skin temperature, and daily activity, offering insights into your overall wellness.

Setup

1. Choosing the Correct Ring Size

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 buying the smart ring to confirm your ideal size.

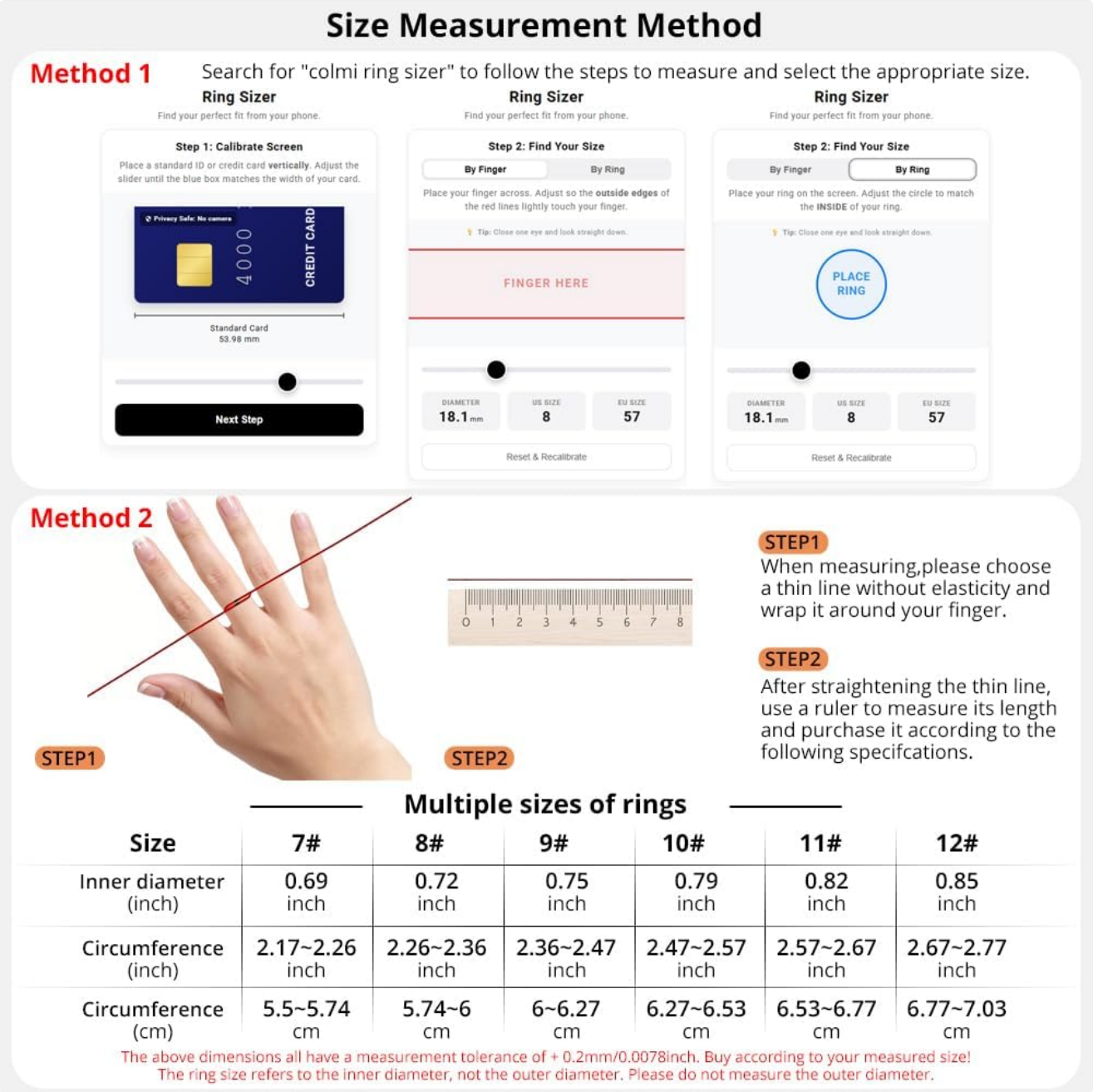


Image: Detailed guide showing two methods for measuring ring size, including a size chart with inner diameter and circumference for sizes 7# through 12#.

Refer to the sizing chart provided with your sizing kit or in the product documentation to ensure a comfortable and secure fit. The ring should be snug but not restrictive, allowing for natural finger movement.

2. App Installation and Connection

The COLMI smart ring operates with a dedicated mobile application. This app is free and does not require any subscription fees to access its core features.

- Download the official COLMI app from your smartphone's app store (iOS or Android).
- Follow the on-screen instructions within the app to create an account and pair your COLMI R10 Smart Ring via Bluetooth.
- Ensure your smartphone's Bluetooth is enabled during the pairing process.

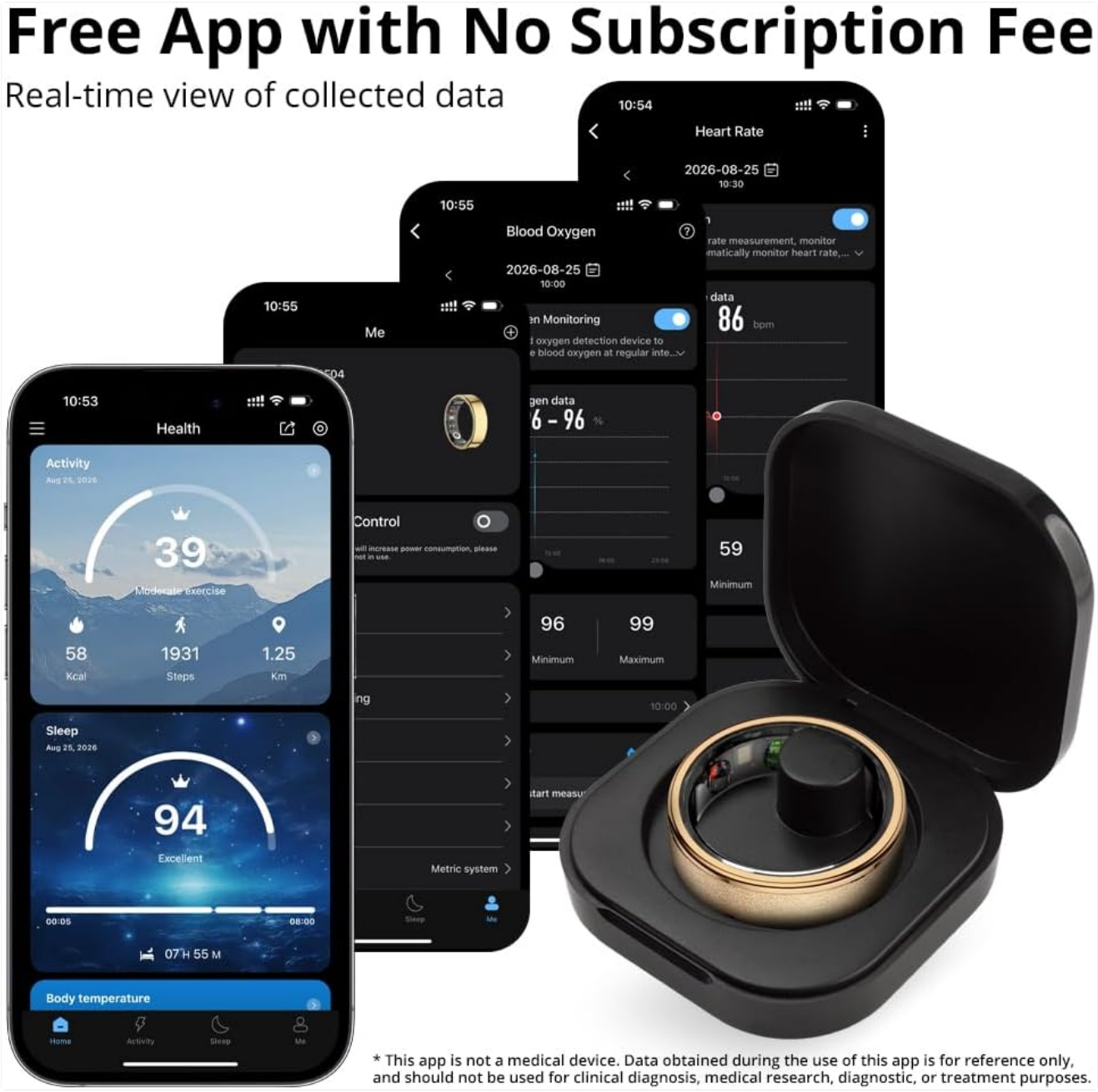


Image: Multiple smartphone screens displaying the COLMI app interface, highlighting real-time health data views for heart rate, blood oxygen, and activity tracking, confirming no subscription fees.

3. Initial Charging

Before first use, fully charge your COLMI R10 Smart Ring. The ring comes with a compact portable charging case for convenience.

- Place the smart ring into its charging case.
- Connect the charging case to a power source using the provided cable.
- A full charge typically takes a few hours. Refer to the app for battery status.

Operating the COLMI R10 Smart Ring

1. Wearing the Ring

Wear the COLMI R10 Smart Ring on any finger where it fits comfortably and securely. For optimal sensor contact and data accuracy, ensure the sensors on the inner surface of the ring are in contact with your skin.

2. Heart Rate Monitoring

The ring provides 24/7 real-time heart rate monitoring. This feature helps you stay informed about your cardiovascular health throughout the day and night.



Image: A woman wearing the COLMI R10 Smart Ring, with a smartphone screen showing a detailed heart rate graph and current heart rate readings.

3. Sleep Tracking

The COLMI R10 tracks your continuous night rest, providing insights into your sleep patterns, including deep sleep, light sleep, and wakefulness. The algorithm is calibrated for nighttime cycles to ensure data purity. Note that daytime naps or shift work sleep tracking are not supported.



Image: A woman's hand interacting with a smartphone displaying the COLMI app's sleep monitoring interface, showing sleep duration and quality metrics.

4. Skin Temperature Measurement

The smart ring supports real-time manual measurement and timed monitoring of your skin surface temperature, allowing you to track your health status.

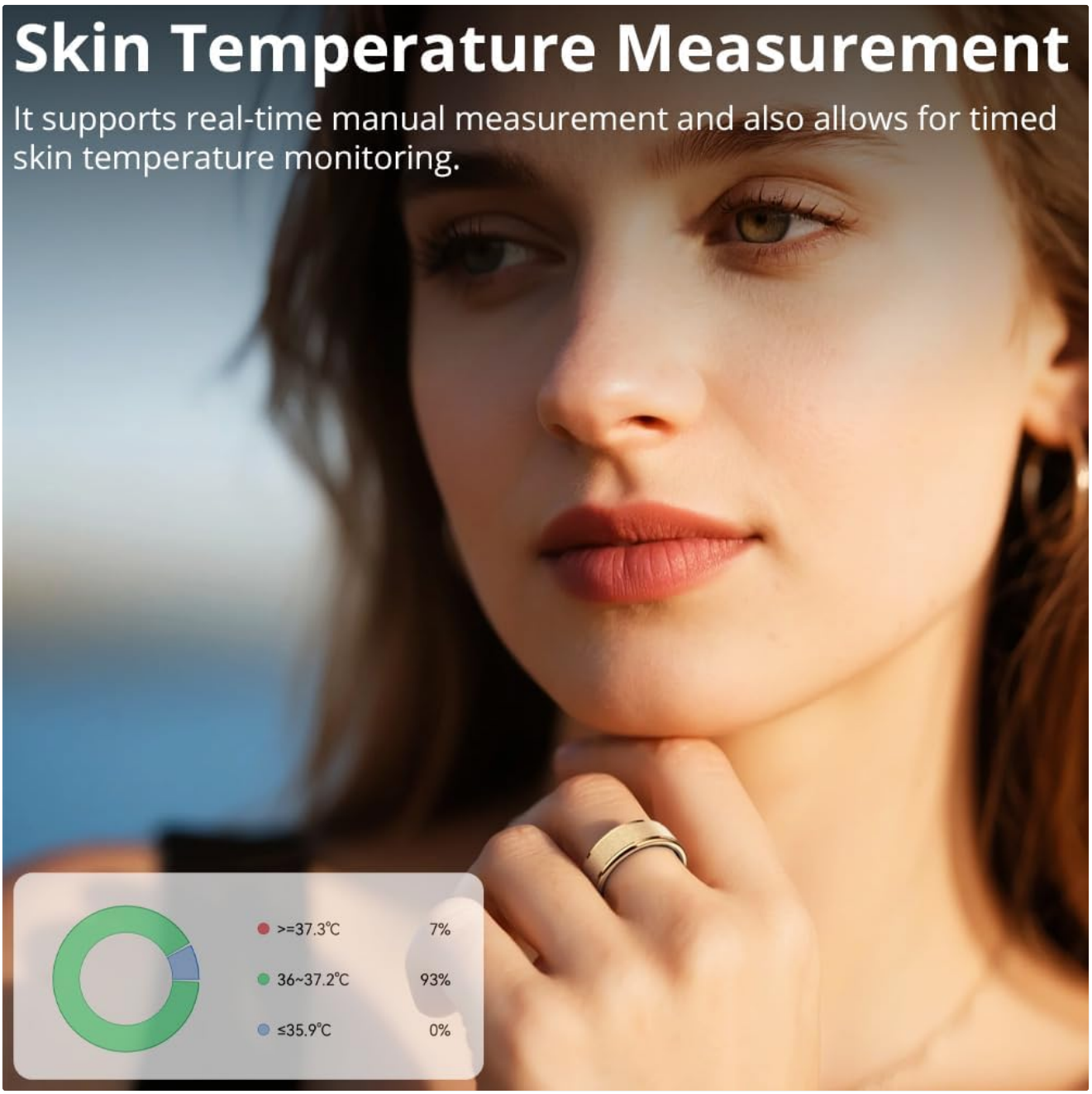


Image: A close-up of a woman wearing the COLMI R10 Smart Ring, with an overlay graphic indicating skin temperature measurement functionality.

5. Activity Tracking

The ring tracks long-term activity trends through natural arm swings. The algorithm filters out stationary hand movements to prevent data errors, providing accurate daily activity data for achieving health and lifestyle goals.

6. Water Resistance

The COLMI R10 Smart Ring features 5ATM waterproof technology, making it suitable for swimming, washing hands, and showering. To prevent skin irritation and ensure sensor accuracy, it is recommended to rinse off soap/sweat and dry the inner ring after contact with water.



Image: The COLMI R10 Smart Ring shown in water, illustrating its 5ATM waterproof capability for activities like swimming and showering.

7. Ring Protectors

The smart ring includes three silicone ring protectors in different colors. These protectors are designed to prevent scratches and damage to the ring, especially during exercise or strenuous activities.

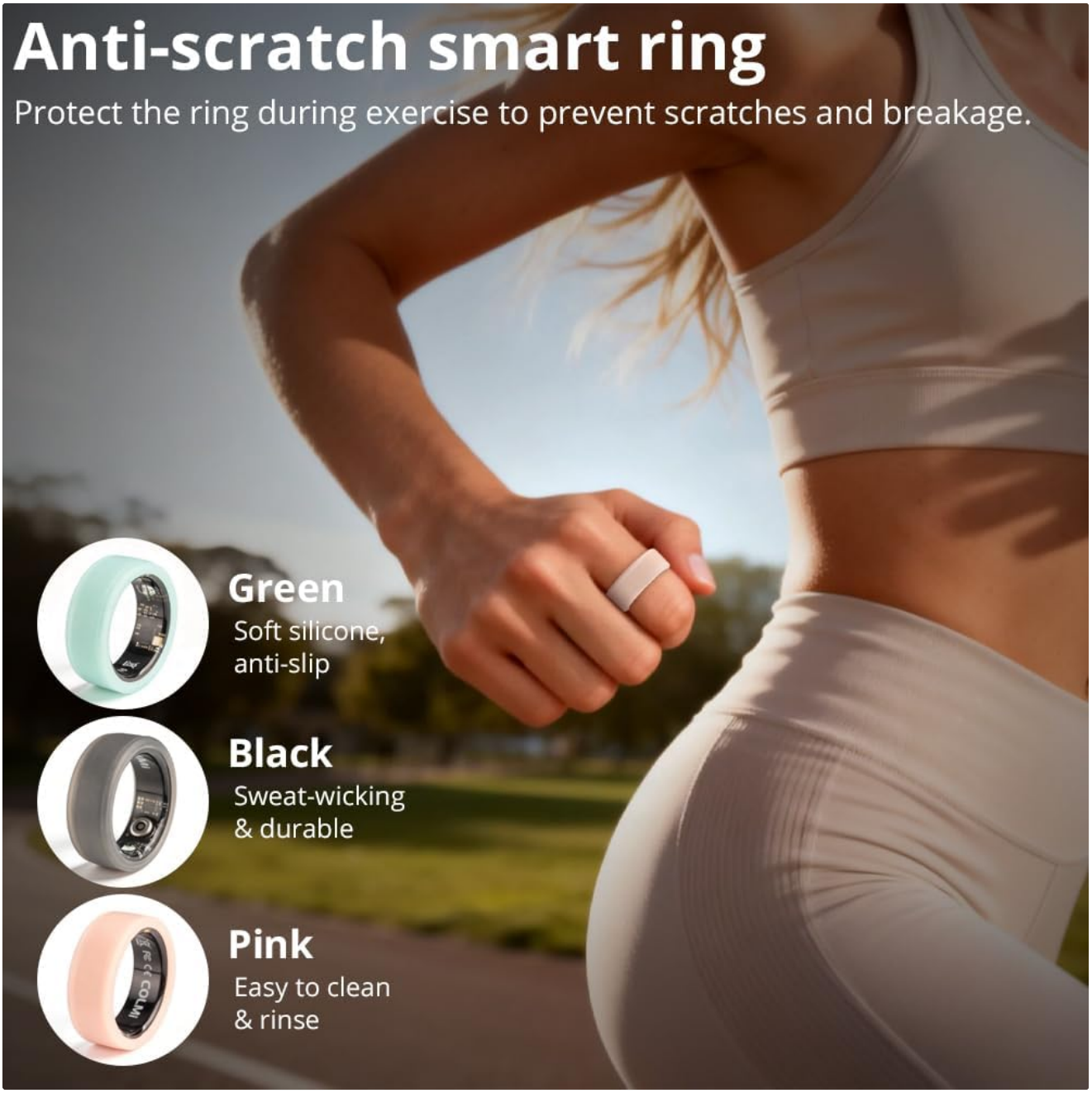


Image: A person exercising, wearing the COLMI Smart Ring, with an inset showing three silicone ring protectors in green, black, and pink, designed to prevent scratches.

Maintenance

1. Cleaning the Ring

Regularly clean your smart ring to maintain hygiene and sensor accuracy. After exposure to sweat, soap, or other substances, rinse the inner surface of the ring with clean water and dry it thoroughly with a soft cloth.

2. Charging Case Care

Keep the portable charging case clean and dry. Avoid exposing it to extreme temperatures or moisture. Store the ring in its charging case when not in use to protect it and keep it charged.

Troubleshooting

- **Inaccurate Readings:** Ensure the ring is worn snugly and the sensors are in direct contact with your skin. Clean the sensors regularly.
- **Battery Drains Quickly:** Battery life can vary based on usage and feature activation. If experiencing unusually

fast drainage, try reducing the frequency of certain monitoring features in the app. Ensure the ring is fully charged.

- **Sleep Tracking Issues:** The R10 is optimized for nighttime sleep. Ensure you are wearing the ring during your primary sleep period. Verify app settings and ring placement.
- **Connectivity Problems:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both the ring (if applicable) and your phone, then attempt to re-pair through the app.
- **App Not Syncing:** Check your internet connection and ensure the COLMI app is updated to the latest version. Close and reopen the app.

If issues persist, consult the in-app help section or contact COLMI customer support.

Specifications

Feature	Detail
Model Number	COLMI R10
Brand	COLMI
Wearable Type	Smart Ring
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Skin Temperature Measurement
Water Resistance	5ATM (up to 50 meters)
Battery Type	Lithium Polymer
Compatible Devices	Smartphone
Included Components	Charging Case, Silicone Ring Protectors
Display Type	No Display

Warranty Information

The COLMI R10 Smart Ring comes with a **1-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. For specific terms and conditions, refer to the warranty documentation included with your product or contact COLMI customer support.

Customer Support

For further assistance, technical support, or warranty inquiries, please contact COLMI customer service. You can typically find contact information on the official COLMI website or within the COLMI mobile application.

Please have your product model number (COLMI R10) and proof of purchase ready when contacting support.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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