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COLMI COLMI R10

COLMI R10 Smart Ring User Manual

Your Guide to Health Monitoring and Fitness Tracking

1. Introduction

The COLMI R10 Smart Ring is a sophisticated health and fitness tracker designed to seamlessly integrate into your daily life. It offers continuous monitoring of key health metrics, including heart rate, blood oxygen levels, and sleep patterns, alongside activity tracking features. This manual provides detailed instructions to help you set up, operate, and maintain your COLMI R10 Smart Ring for optimal performance.

Image 1.1: The COLMI R10 Smart Ring in silver, showcasing its internal sensors, alongside its compact charging case.

2. Package Contents

Upon opening your COLMI R10 Smart Ring package, please verify that all the following items are included:

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

3. Sizing and Fit

Accurate sizing is crucial for comfortable wear and precise data collection. It is highly recommended to use a COLMI sizing kit to determine your ideal ring size before purchasing the COLMI R10 Smart Ring.

Image 3.1: 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.

How to Measure Your Finger:

1. **Step 1:** Take a long non-elastic rope or paper strip and wrap it around your finger.
2. **Step 2:** Ensure the string or paper fits snugly against your finger and tighten it slightly until it stops to avoid dimensional deviation.
3. **Step 3:** Mark the junction part on the rope or paper.
4. **Step 4:** Lay the rope or paper flat and measure its length. It is recommended to measure multiple times for more accurate data.

4. Setup

4.1 Initial Charging

Before first use, fully charge your COLMI R10 Smart Ring. Place the ring into its charging case, then connect the charging cable to the case and a USB power source. The indicator light on the charging case will show the charging status.

4.2 App Download and Installation

The COLMI R10 Smart Ring requires the companion "Q Ring" app for full functionality and data synchronization.

Download the app from your device's app store (available for Android and iPhone).

4.3 Pairing Your Smart Ring

1. Ensure your COLMI R10 Smart Ring is charged.
2. Enable Bluetooth on your smartphone.
3. Open the "Q Ring" app.
4. Follow the on-screen instructions within the app to search for and pair with your COLMI R10 Smart Ring.
5. Once paired, the app will display your ring's connection status and begin synchronizing data.

Image 4.1: Visual guide showing the COLMI sizing kit, various ring sizes, and a smartphone displaying the "Q Ring" app interface for health data.

5. Operating Instructions

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

5.1 Heart Rate Monitoring

The ring provides 24/7 real-time heart rate monitoring. View your current heart rate and historical data within the "Q Ring" app. The app allows you to track trends and understand your heart health over time.

Image 5.1: A woman wearing the COLMI R10 Smart Ring, with a smartphone displaying the app's heart rate monitoring interface, showing real-time and historical heart rate data.

5.2 Blood Oxygen Monitoring (SpO2)

Quickly measure your blood oxygen saturation (SpO2) with a single tap in the app. This feature helps assess your body's oxygen supply efficiency. The app also provides scheduled blood oxygen detection settings.

Image 5.2: A woman wearing the COLMI R10 Smart Ring, with a smartphone displaying the app's blood oxygen detection interface, showing SpO2 levels and historical data.

5.3 Sleep Monitoring

The ring analyzes your sleep stages, including deep sleep, light sleep, and awake time. This in-depth analysis helps you understand your sleep quality and duration, contributing to better rest.

Image 5.3: A woman wearing the COLMI R10 Smart Ring while sleeping, with a smartphone displaying the app's sleep monitoring interface, showing sleep duration, efficiency, and stages.

5.4 Activity Tracking (Pedometer & Fitness)

The COLMI R10 records your daily steps, calorie consumption, and exercise duration. It generates exercise reports, acting as your personal fitness coach to help you achieve your activity goals.

Image 5.4: A woman wearing the COLMI R10 Smart Ring during exercise, with graphics showing tracked steps, mileage, and calories burned.

5.5 Remote Camera Control

Utilize the smart ring for remote camera control, simplifying photography and allowing for hands-free picture taking. This feature is activated through the "Q Ring" app.

Image 5.5: The COLMI R10 Smart Ring next to a smartphone displaying a camera interface, illustrating the remote camera control function.

6. Charging and Battery Life

The COLMI R10 Smart Ring is designed for extended use with its portable charging case.

- **Ring Battery Life:** A single charge provides approximately 3-5 days of continuous use.
- **Charging Case Capacity:** The charging case holds enough power for an additional 7-10 full charges of the ring.
- **Total Standby Time:** With the charging case, the total standby time can reach up to 30 days.

To charge, simply place the ring into the charging case. Connect the charging cable to the case and a USB power adapter (not included) for optimal charging of the case itself.

Image 6.1: The COLMI R10 Smart Ring nestled in its open charging case, highlighting its portability and extended battery life capabilities.

7. Maintenance

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

- **Cleaning:** Gently wipe the ring with a soft, dry, lint-free cloth. Avoid using abrasive materials or harsh chemicals.
- **Water Exposure:** The ring is designed for daily wear, but avoid prolonged submersion in water or exposure to high-pressure water jets.
- **Storage:** When not in use, store the ring in its charging case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Impacts:** Protect the ring from drops and impacts, which can damage internal components or the exterior finish.

8. Troubleshooting

If you encounter issues with your COLMI R10 Smart Ring, please refer to the following common solutions:

- **Ring Not Connecting/Pairing:**
  - Ensure the ring is charged.
  - Verify Bluetooth is enabled on your smartphone.
  - Restart the "Q Ring" app.
  - Try restarting your smartphone.
  - If issues persist, unpair the device from your phone's Bluetooth settings and attempt to pair again through the app.
- **Inconsistent Data Collection (e.g., Sleep, Activity):**
  - Ensure the ring is worn correctly and snugly on your finger. A loose fit can affect sensor accuracy.
  - Verify the app is updated to the latest version.
  - Ensure the ring's sensors are clean and free from debris.
  - Confirm the ring's battery level is sufficient for continuous monitoring.
  - Synchronize data regularly with the app.
- **Charging Issues:**
  - Check if the charging cable is securely connected to both the case and the power source.
  - Ensure the ring is correctly seated in the charging case.
  - Try a different USB port or power adapter.

If these steps do not resolve your issue, please contact COLMI customer support for further assistance.

9. Specifications

Feature	Detail
Model Name	COLMI R10
Brand	COLMI
Item Model Number	COLMI R10
Item Weight	3.53 ounces
Package Dimensions	4.53 x 3.15 x 0.98 inches
Batteries	1 Nonstandard Battery (included)
Battery Capacity	15 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Operating System	Android, iPhone
Connectivity Technology	Bluetooth
Special Features	Blood oxygen monitoring, Heart rate, Sleep monitoring
GPS	No GPS
Shape	Round
Memory Storage Capacity	1 MB

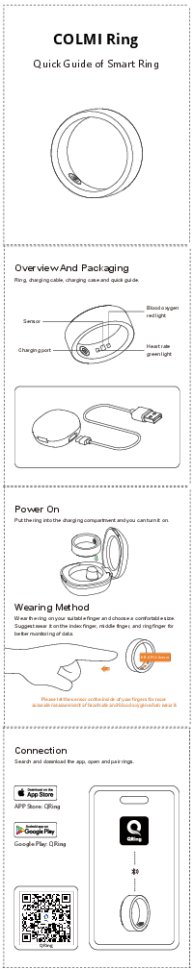
Manufacturer	Shenzhen COLMI Technology Co., Ltd

10. Warranty and Support

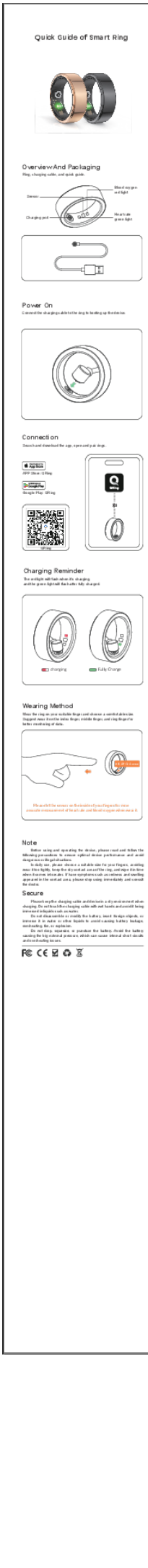
The COLMI R10 Smart Ring comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or visit the official COLMI website.

For technical support, troubleshooting assistance, or warranty claims, please contact COLMI customer service. Contact information can typically be found on the COLMI official website or within the "Q Ring" app.

Related Documents - COLMI 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

Power On

Connection

Charging Reminder

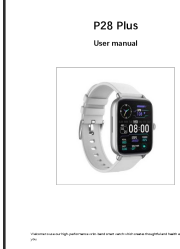
Wearing Method

Note

Secure

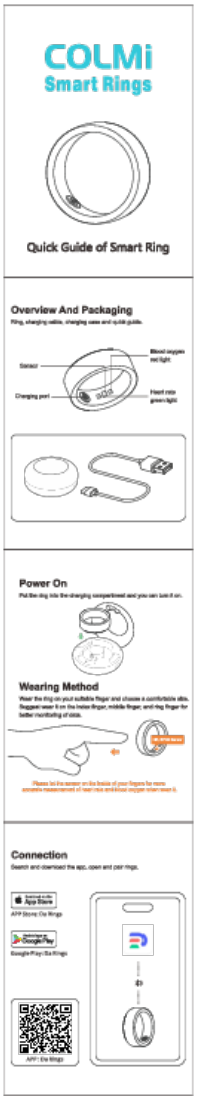
[COLMi R02 Smart Ring Quick Start Guide | Health & Fitness Tracker]

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



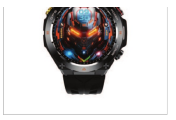
[COLMI P28 Plus Smartwatch User Manual]

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.



Welcome to use our high-performance wristband smartwatch to create a thoughtful and convenient life for you!
Please fully charge before use.
APP: Da Fit
1. Device bind and pairing
1.1 Long press the side button to open.
1.2 Scan the QR code below to install the Da Fit app, or download "Da Fit" from the app store (search keyword: Da Fit App)
(Compatible systems: Android 4.4 and above, iOS 8.0 and above
(For downloading APP applications only)
1.3 Open the mobile app and select the device to be bound in the app device list
Step 1: Turn on your phone's Bluetooth
Step 2: Open the Da Fit app, agree and click "Add Device" to connect.
Step 3: Open the phone menu on the watch

Step 4: Check the last four digits of the MAC address "About" in the watch menu, such as "00:00:00:00:11:22", and select the corresponding device with the same Bluetooth name "0022" as the last four digits to complete the BT connection, as shown below. Attention: Turn on the call switch in the watch settings menu. The iOS system's APP will pop up a window to check if links are allowed. Click to allow call connection.
2. Smart wristband function
2.1 Power on/off
2.1.1 Power on: Press and hold the side button for 3 seconds.
2.1.2 Shutdown: In the time interface, press the side button for 3 seconds, and then click the "↑" icon to shut down

2.1.3 Switching face: Based on the main face, long press the screen to replace various dials. The watch dial can be downloaded from the app. You can upload your own photos to customize the dial.
2.2 Function Menu
2.2.1 Activity Record (Step Record)

2.2.2 Sleep Monitor
Sleep monitoring time: 20:00 to 10:00 in the morning. Please make sure to wear the wristband device

2.2.3 Heart rate monitor (If a 24-hour monitor is required, please open "All day heart rate" under the "Other" menu in Da Fitapp)

2.2.4 5 GPS exercise modes (GPS Walk, GPS Run, GPS Outdoor Cycling, GPS Off-road Running, GPS Hiking) App All exercise data will be synchronized to the mobile Da Fit App
The first time using GPS function, it is necessary to connect to the APP to update the ephemeris data in order to use it normally

The GPS sport mode needs to wait for the GPS positioning to be successful before it can be used normally. (First use takes about 30 seconds, restart takes about 10 seconds) GPS is recommended to use in an open area. Any building can cause positioning deviation

2.2.5 Sports (107 sports modes: walking, running, cycling, skipping rope, badminton, basketball, football, etc.)
All exercise data will be synchronized to the mobile Da Fit App

Select the exercise mode you want, start testing and display all exercise data: mileage, calories, heart rate, as follows
Pause or end the test: Click on the sliding screen on the left can exit or pause the exercise test, As shown in the figure; The sliding screen on the left can be retracted
Exit or pause the exercise test.

2.2.6 Bluetooth calling

2.2.7 Altitude Pressure Function (The pressure is measured by a barometer, and the altitude is controlled based on the value of the barometer. The altitude may vary daily and is related to weather. The altitude function is only used for climbing, and as the altitude increases, the value will change according to how many meters the altitude increases.)

2.2.8 Compass function (requires stone calibration, please place the watch flat on a horizontal desktop during measurement)

2.2.9 Blood pressure monitoring (click on the screen for monitoring)
Attention: This measurement data is for reference only and should not be used for medical purposes.

2.2.10 Blood oxygen detection (click on the screen for monitoring)
Attention: This measurement data is for reference only and should not be used for medical purposes.

2.2.11 Weather (Swipe up the screen to view weather information for this week)

2.2.12 Louvers
1. Open the Da Fitapp, enter "shutter" from the smart bracelet, shake the bracelet or click to take a photo.
IOS: Enter the "shutter" of the smart bracelet, make sure to turn on the phone's camera, shake the bracelet or click on the icon.

2.2.13 Player (input BT music, click the middle icon to pause or continue, click the left icon to play the previous song, click the right icon to play the next song)

2.2.14 Notification Push (Open the Da Fitapp "Notification" social application, such as Facebook, Twitter, Skype, etc.)
Android: Enter Android phone settings Da Fit app/notifications/accessibility, open "Da Fit"

3. Pop up menu (slide down the screen from the main dial)
Do not disturb mode
Bluetooth switch
APP connection status
Volume adjustment
Brightness adjustment
PM2.5 display
Quick display of QR code
flashlight

4. Features on Da FitApp
4.1 Data synchronization
All measurement data of the smart bracelet will be synchronized on the mobile Da Fit App, such as steps, heart rate, sleep, blood pressure, blood pressure, blood oxygen, and other data, as shown in the following figure.
4.2 Smart wristband connection interface
4.2.1 Dial interface: In addition to the 7 system dial, users can manually replace user-defined images or photos.

4.2.2 Notification (Open social application message push, such as WeChat, Facebook, WhatsApp, Twitter, etc.)
4.2.3 Alarm (3 options)

4.2.4 Louvers
4.3 Other functions: Set up my smart bracelet, time format, unlabushed time setting, watchary reminder, all-day heart rate monitor, all-day stress, preset-saving mode, unit format, on-screen time, quick screen viewing, heart rate warning, hand washing reminder, sedentary reminder, and camera remote control (shutter)
i. Open the "Find My Watch" mode. After a successful Bluetooth connection between the phone and smartwatch, the watch will vibrate and sound
ii. Time format (2 options for 12 hour and 24 hour formats)
iii. Time setting (manual setting)
iv. Reminder for prolonged sitting (valid from 10:08 am to 22:00 pm)
v. All day heart rate monitor (turning it on can detect your all day heart rate)
vi. All day stress: (After opening, the smartwatch will record your stress in real time)
vii. Preset saving mode (when the battery power decreases, cell switch is turned off)
viii. Unit format: metric/imperial selection
ix. Light up time setting: (The light up time can be selected between 5-30 seconds)
x. Heart rate warning: (After opening, the maximum heart rate is 167BPM. If it exceeds the default value, a warning will be issued to you)
xi. Hand washing reminder: (After enabling, you can customize the start time, number of hand washing times, and number of hand washing times)

12. Quick screen view: Wake up the screen (open and select a valid time period)
13. Drinking water reminder: It is recommended to drink at least 1950mL of water every day (after opening, you can customize the start time, drinking frequency, and drinking amount)
14. Weather (Open Weather, select the city you want or auto locate, and the band will display the weather of the located city)
15. Other (Camera remote control)
(Note: Please note that the above functions work on the basis of activating and saving relevant settings)

frequently asked questions:
Why does the smart bracelet automatically disconnect Bluetooth when the APP is running in the background?
1> Lock the backend app. When the Da Fit process is cleared, the smart bracelet will disconnect from the phone.
Why is the APP not in use?
2> Unrestricted backend operations. Android phones that install apps have default intelligent restrictions on background operations, and the app should be manually set without any restrictions.

Why is the smart bracelet unable to receive message push notifications?
1> Please confirm that you have turned on the message push switch on the mobile client.
2> Please confirm that the message can be displayed normally in the mobile phone's status bar. If there are no messages in the notification bar, the smart bracelet messages in the notification bar of the phone. If there are no messages in the notification bar of the phone, the smart bracelet will not receive message push notifications. Please go to the "Notification" menu of the mobile phone and turn on the notification switches for WeChat, QQ, Call, SMS, and mobile applications.)
3> Open your phone, >Settings: Enter "Notification Usage Rights" in the top search box and reopen Da Fit. 3. Why can't take a hot bath with the smart Bracelet?

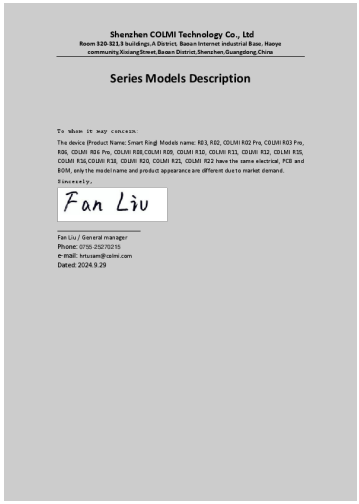
Answer: The temperature of the shower water is relatively high, and it will produce a large amount of steam. This steam forms a small molecular radius gas that can enter the smart bracelet through the gaps between the buttons on the outer shell. When the temperature drops, steam will condense into liquid droplets, which can easily cause internal short circuits in the smart bracelet, damage the circuit board, and ultimately damage the smart bracelet.

[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 Smartwatch User Manual]

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



Shenzhen COLMI Technology Co., Ltd
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Series Models Description

To whom it may concern:

The device (Product Name: Smart Ring) Models name: R03, R02, COLMI R02 Pro, COLMI R03 Pro, R06, COLMI R06 Pro, COLMI R08,COLMI R09, COLMI R10, COLMI R11, COLMI R12, COLMI R15, COLMI R16,COLMI R18, COLMI R20, COLMI R21, COLMI R22 have the same electrical, PCB and BOM, only the model name and product appearance are different due to market demand.

Sincerely,

Fan Liu

Fan Liu / General manager
Phone: 0755-25070215
e-mail: hrtusam@colmi.com
Dated: 2024.9.29

[COLMI Smart Ring Series Models Overview and Specifications]

Overview of COLMI Smart Ring models including R02, R03, R06, R08-R12, R15-R18, R20-R22. Details shared electrical components, PCB, and BOM, with variations in model name and appearance based on market demand. Includes contact information for Shenzhen COLMI Technology Co., Ltd.

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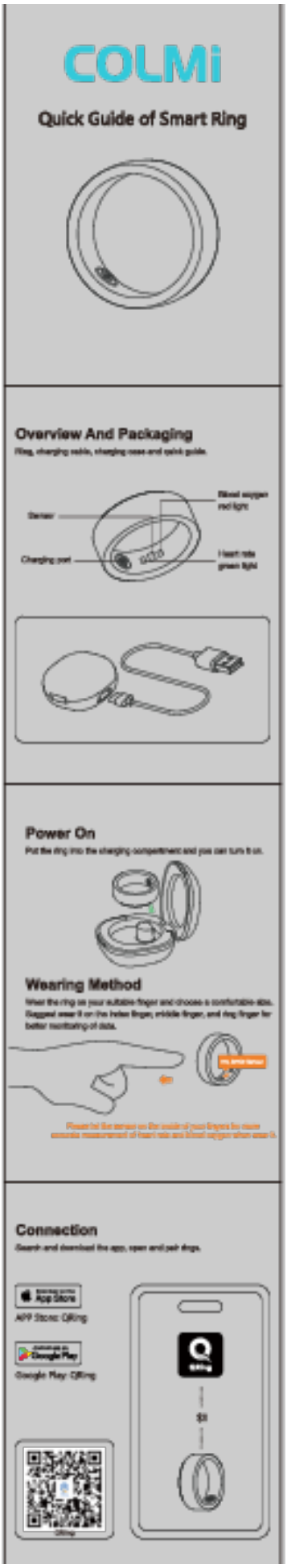

[COLMI R10 Smart Ring Quick Start Guide]

Comprehensive quick start guide for the COLMI R10 Smart Ring, detailing its features, setup, wearing instructions, and app connectivity for health and sleep monitoring.

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