

SWZEC S10

SWZEC SofiRing S10 Smart Ring User Manual

Model: S10

INTRODUCTION

The SWZEC SofiRing S10 is a smart wearable device designed to monitor various health metrics and support an active lifestyle. Crafted from durable aluminum alloy, it offers advanced features such as health tracking, sport modes, and gesture control, all within a compact and stylish design. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your SofiRing S10.

1. SETUP

1.1 Unboxing

Carefully unpack the contents of your SWZEC SofiRing S10 package. The box should contain:

- 1 x SWZEC SofiRing S10 Smart Ring
- 1 x Charging Cable
- 1 x User Manual

1.2 Initial Charging

Before first use, fully charge your SofiRing S10. The ring charges quickly, typically reaching full capacity in approximately 30 minutes.



Image: The SWZEC SofiRing S10 Smart Ring placed on its dedicated charging base.

1.3 App Installation and Pairing

To utilize all features of your SofiRing S10, download the companion application on your smartphone. The ring is compatible with both iOS and Android devices. Follow the in-app instructions to pair your ring via Bluetooth BLE 5.1.

- Ensure your phone's Bluetooth is enabled.
- Open the app and follow the prompts to search for and connect to your SofiRing S10.

2. OPERATING INSTRUCTIONS

The SWZEC SofiRing S10 is designed for continuous wear to provide comprehensive health and activity monitoring.

2.1 Health Monitoring

The ring continuously tracks vital health data:

- **Heart Rate:** Monitors your heart rate throughout the day and during exercise.
- **Blood Oxygen:** Measures your blood oxygen saturation levels.
- **Stress Levels:** Provides insights into your daily stress patterns.
- **Sleep Tracking:** Analyzes sleep stages, duration, and quality.

2.2 Sport Modes and Activity Tracking

The SofiRing S10 supports various sport modes and tracks your physical activity:

- **Activity Data:** Records steps, distance, and calories burned.
- **Multiple Sports:** Optimized tracking for activities such as running, weightlifting, cycling, and swimming.

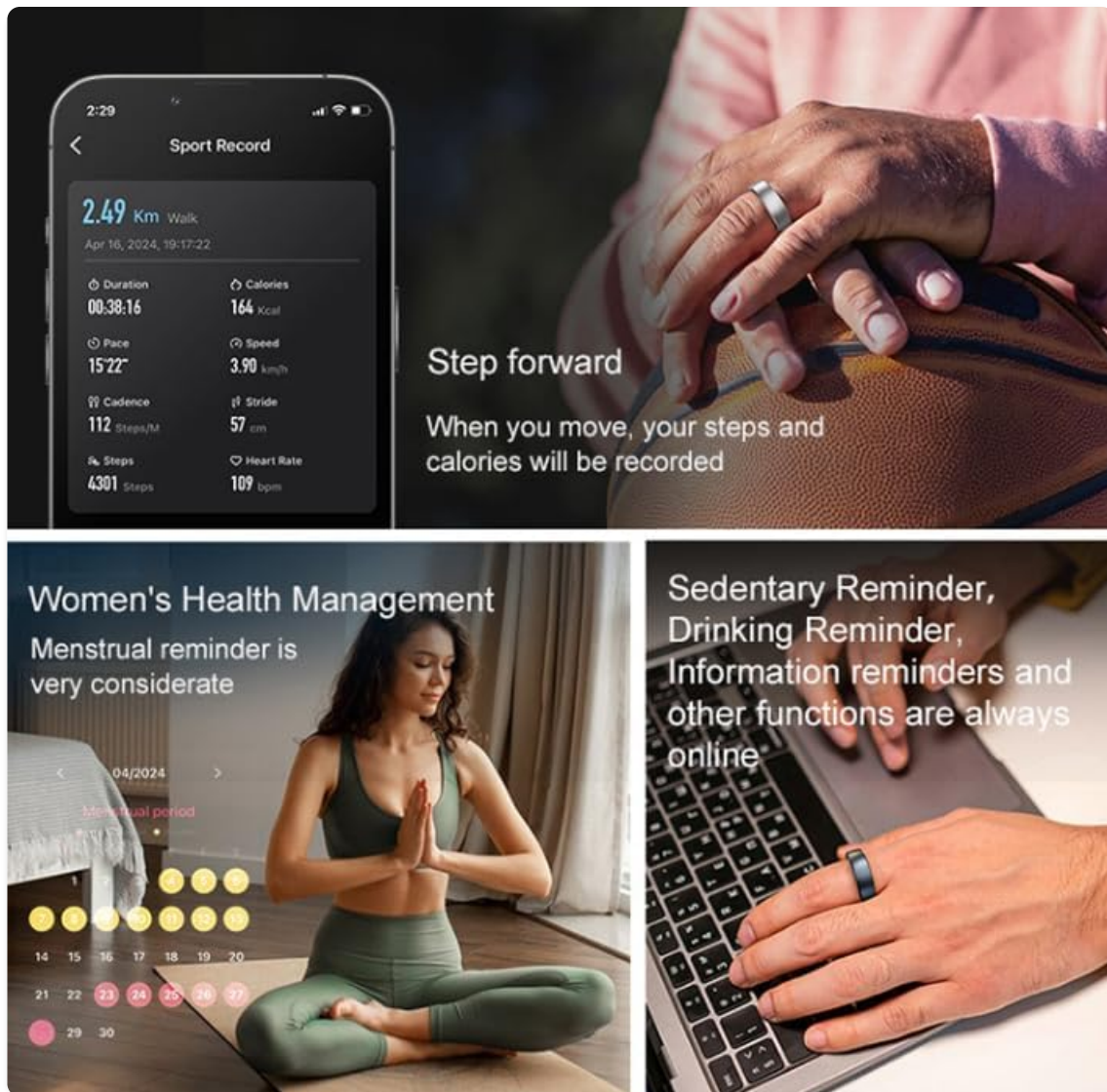


Image: The companion app displaying sport records, women's health management features, and sedentary/drinking reminders.

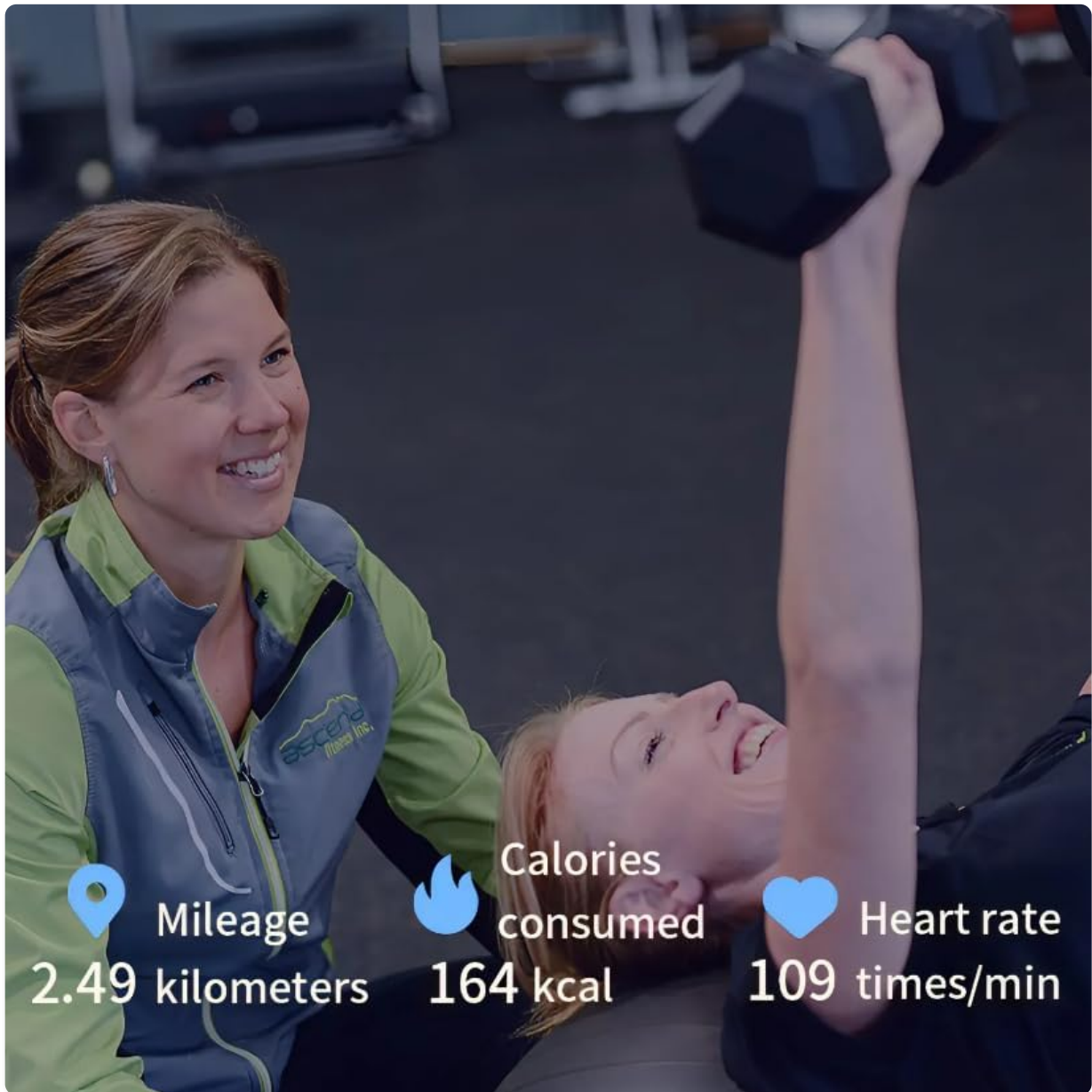


Image: The smart ring tracking fitness data during a workout, displaying mileage, calories consumed, and heart rate.

2.3 Gesture Control

The SofiRing S10 features gesture control, allowing you to perform actions like taking photos with a simple hand movement.



Image: A smartphone camera screen with the SWZEC SofiRing S10, demonstrating its gesture control capability for capturing photos.

2.4 Smart Reminders

The ring can provide helpful reminders:

- **Sedentary Reminders:** Alerts you when you've been inactive for too long.
- **Drinking Reminders:** Prompts you to stay hydrated.
- **Women's Health Management:** Offers menstrual cycle tracking and reminders.

3. MAINTENANCE

3.1 Cleaning

To maintain the appearance and functionality of your SofiRing S10, clean it regularly with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials.

3.2 Water Resistance

The SofiRing S10 has a water resistance rating of 5 ATM, meaning it can withstand splashes, showering, and swimming in shallow water. It is not suitable for high-speed water sports, diving, or prolonged submersion at depths greater than 50 meters.



Image: A hand wearing the SWZEC SofiRing S10 submerged in water, highlighting its water-resistant design.

3.3 Battery Care

To prolong battery life, avoid extreme temperatures and fully discharging the ring frequently. The charging station provides approximately 13 additional charges for the ring.

4. TROUBLESHOOTING

4.1 Connectivity Issues

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone and the ring is charged. Try restarting both the ring (by placing it on the charger) and your phone.
- **Data not syncing:** Check your internet connection and ensure the app is running in the background.

4.2 Charging Problems

- **Ring not charging:** Verify the charging cable and base are properly connected to a power source. Ensure the ring is correctly seated on the charging base.

4.3 Inaccurate Readings

- **Health data seems incorrect:** Ensure the ring is worn snugly on your finger. Avoid wearing it too loosely or too tightly. Clean the sensors on the inside of the ring.

5. SPECIFICATIONS

Feature	Detail
Model Number	S10
Material	Aluminum Alloy
Connectivity	Bluetooth BLE 5.1, USB
Operating System	Android (compatible with iOS and Android devices)
Battery Capacity	380 mAh (Alkaline)
Battery Life (Ring)	5-7 days
Charging Time (Ring)	0.5 hours (30 minutes)
Water Resistance	5 ATM (50 meters)
Health Monitoring	Heart Rate, Blood Oxygen, Stress, Sleep Duration
Special Features	Gesture Control, Training Data Tracking
Supported Applications	Camera, Heart Rate Monitor, Multisport Tracker
Input Method	Gesture
GPS	No GPS

5.1 Ring Size Guide

Refer to the following table to understand the ring sizing for the SofiRing S10:

Guide des tailles		
Taille de bague	Diamètre intérieur	Circonférence
#7	17,9 mm	56,2 mm
#8	18,3 mm	57,5 mm
#9	19,2 mm	60 mm
#10	20 mm	62,8 mm
#11	20,9 mm	65,4 mm
#12	21,6 mm	67,8 mm
#13	22,4 mm	70,4 mm
#14	23 mm	73 mm

Image: A size guide table for the SWZEC SofiRing S10, detailing ring size, inner diameter, and circumference measurements.

6. WARRANTY

The SWZEC SofiRing S10 comes with a warranty. Please refer to the product packaging or contact customer support for specific warranty terms and conditions. The manufacturer indicates a 'Life' type of warranty.

7. SUPPORT

For further assistance, technical support, or inquiries regarding your SWZEC SofiRing S10, please contact SWZEC customer service through their official website or the contact information provided with your product packaging.