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## Milavan R11M

# Milavan Smart Health Ring R11M User Manual

Model: R11M

## INTRODUCTION

Welcome to the Milavan Smart Health Ring R11M user manual. This guide provides essential information for setting up, operating, and maintaining your smart ring, designed to track various health and fitness metrics. Please read this manual thoroughly to ensure proper use and to maximize the benefits of your device.



Figure 1: Milavan Smart Health Ring R11M overview, highlighting key features.

## SETUP GUIDE

## 1. Unboxing and Initial Charge

Upon opening the package, you will find the Milavan Smart Health Ring, a charging case, a charging cable, and this user manual. Before first use, ensure the ring is fully charged.

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Video 1: Smart Ring Unboxing. This video demonstrates the contents of the package and the initial setup of the charging case and ring. The ring can be charged using the provided charging cable directly or by placing it in the charging case. A full charge typically takes 1-2 hours and provides 3-5 days of battery life.

## 2. App Installation and Pairing

To access all features and data, install the "SmartHealth" application on your smartphone. The app is compatible with Android 5.0+ and iOS 9.0+.

1. Scan the QR code provided in the manual or search for "SmartHealth" in your device's app store.
2. Open the app and enable all necessary data tracking permissions for health and activity monitoring.
3. Register an account and log in.
4. Within the app, tap the ring icon (usually in the top right corner) and select your ring model to initiate pairing.
5. Follow any on-screen prompts to complete the connection.

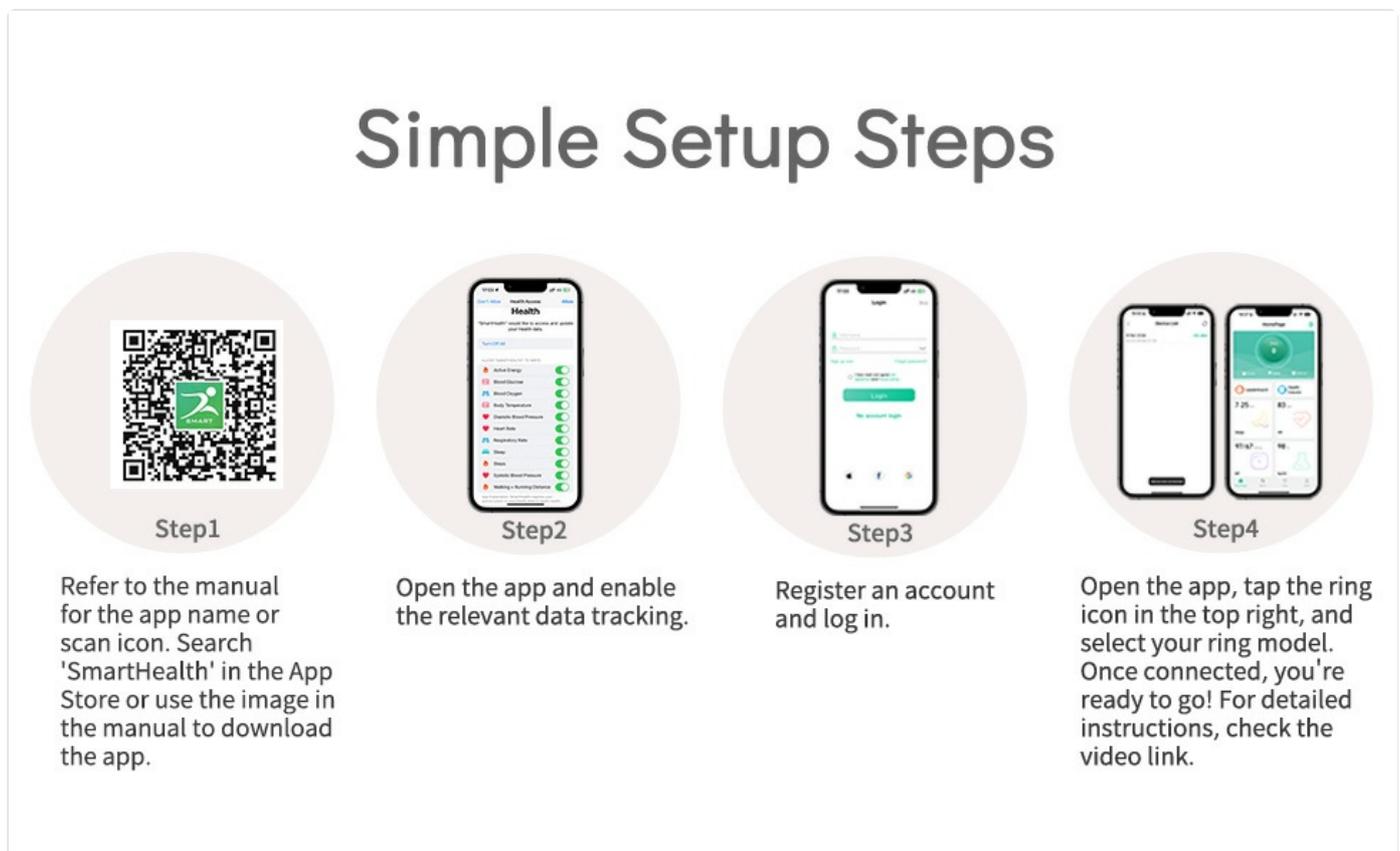


Figure 2: Simple Setup Steps for the SmartHealth App.

## 3. Sizing for Optimal Fit

For accurate data collection and comfort, ensure your ring fits properly. If you did not use a sizing kit, refer to the size chart provided with your purchase and measure your finger circumference. The ring should be snug but not uncomfortably tight.

## OPERATING INSTRUCTIONS

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## 1. Health Monitoring

The Milavan Smart Health Ring features advanced 4.0 sensors for continuous health tracking. When worn, it automatically measures your heart rate, blood oxygen, and blood pressure every 30 minutes. All data is synchronized with the SmartHealth app for comprehensive wellness management.

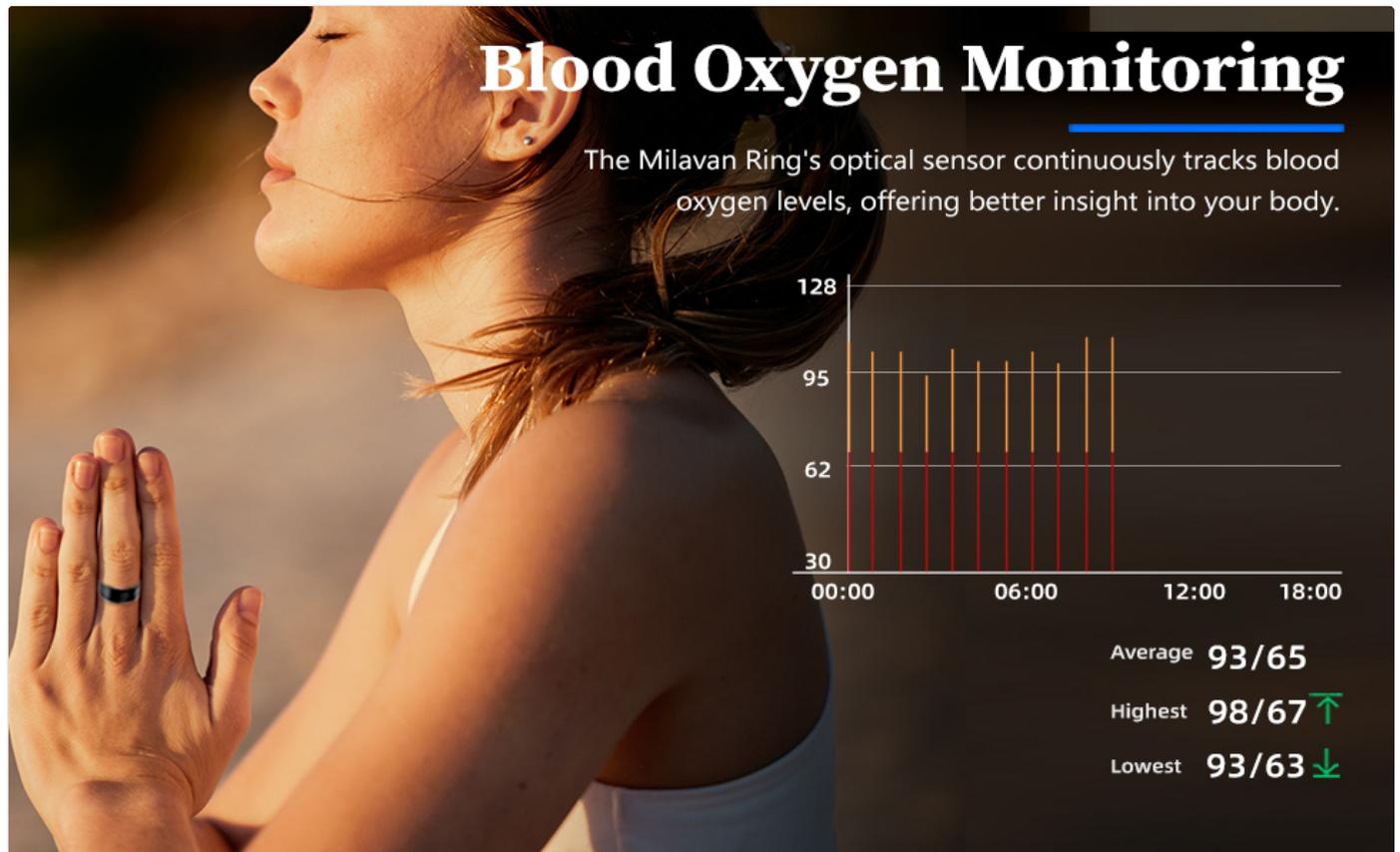


Figure 3: Blood Oxygen Monitoring feature in action.

## 2. Intelligent Sleep Tracking

The ring automatically monitors your sleep quality, recording durations of deep sleep, light sleep, REM sleep, and wakefulness. You can view detailed sleep reports in the SmartHealth app to understand your sleep patterns and adjust your lifestyle for improved rest.

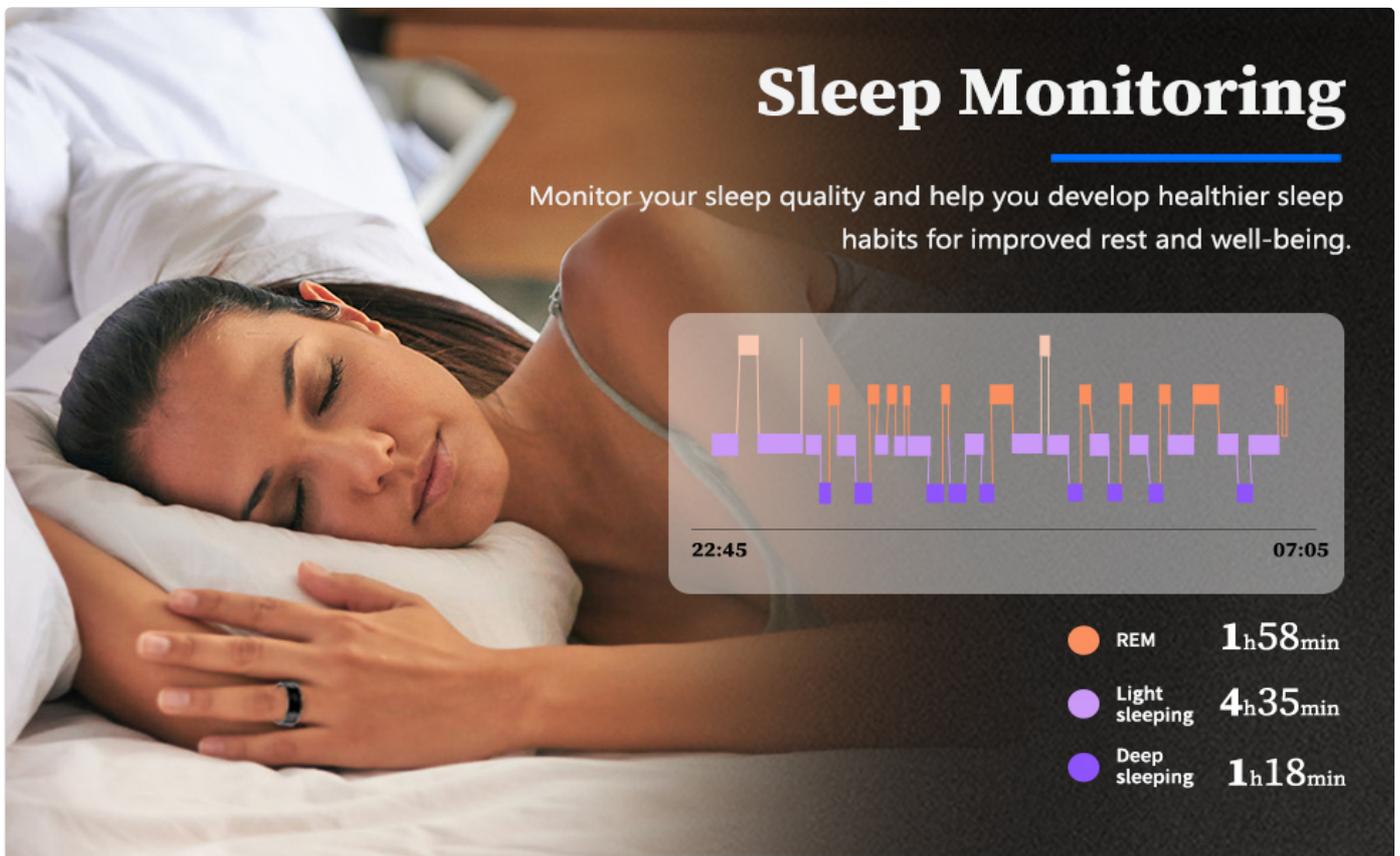


Figure 4: Sleep Monitoring capabilities of the smart ring.

### 3. Sports Modes Tracking

The smart ring supports 8 sports modes, including Running, Cycling, Skipping Rope, Walking, Hiking, Yoga, Dancing, and Golf. Activate a sport mode in the app to track your workout route, sport time, steps, heart rate, speed, calories burned, and distance. This data provides effective guidance for your fitness goals.

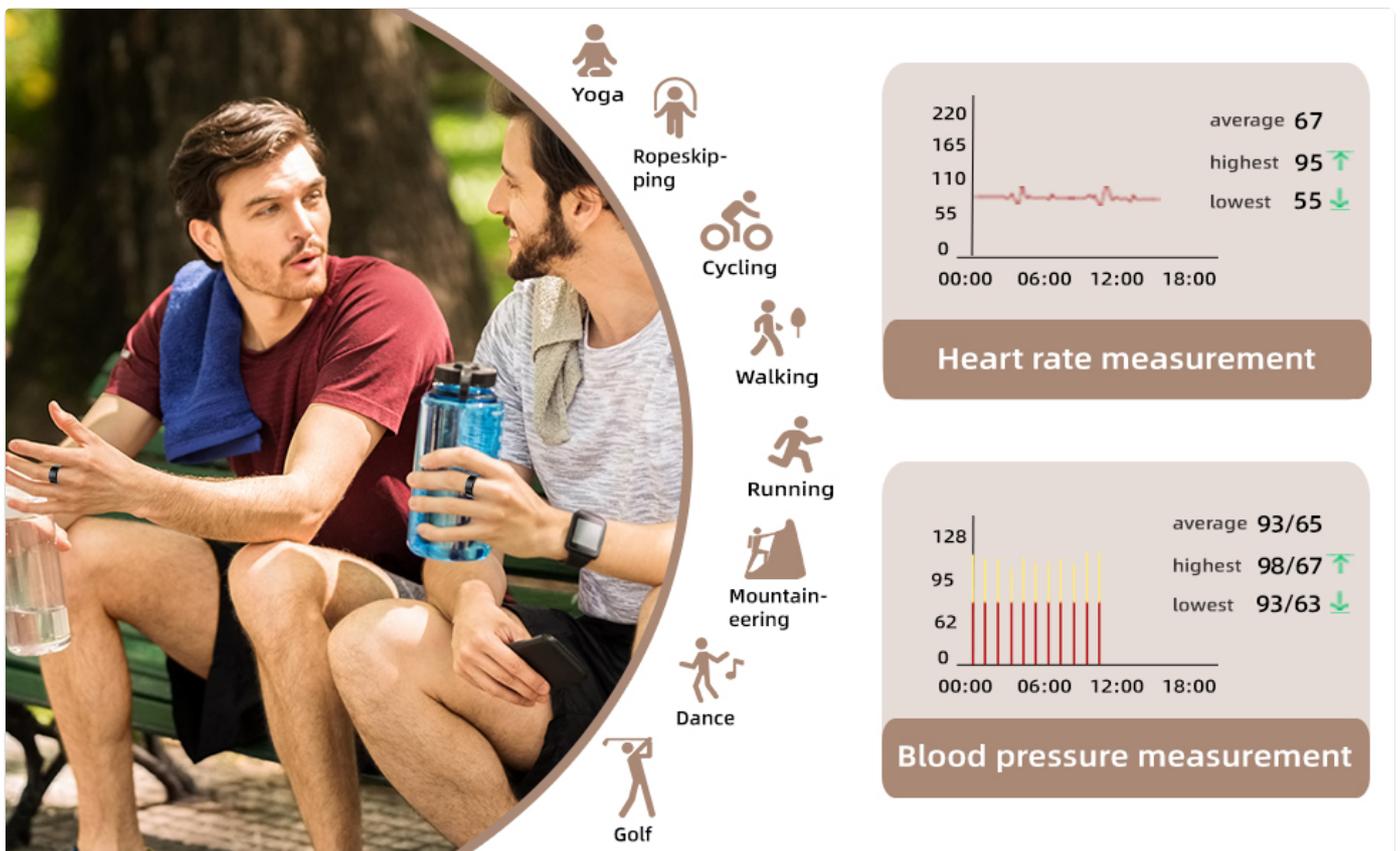


Figure 5: Sports Tracking and health data visualization.

## 4. Additional Features

- **Remote Capture:** The SmartHealth app allows for remote photo control, enabling you to capture moments effortlessly.
- **Friend Feature (Care Mode):** Share your health data with friends and family through the app's care mode, making it suitable for shared wellness goals or family monitoring.

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Video 2: Smart Ring Usage. This video demonstrates wearing the ring during daily activities and its waterproof capabilities.

## MAINTENANCE

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### 1. Waterproof Design

The Milavan Smart Health Ring is IP68 rated, making it waterproof. This means you can wear it during most water-related activities such as showering, washing hands, and swimming without concern. However, prolonged submersion at significant depths or exposure to high-pressure water jets should be avoided.



Figure 6: The smart ring's waterproof capability.

### 2. Cleaning

To maintain hygiene and sensor accuracy, regularly clean your smart ring with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the ring's surface or sensors.

### 3. Battery Care

To prolong battery life, avoid fully discharging the ring frequently. Charge it when the battery level is low. Store the ring in a cool, dry place when not in use for extended periods.

## TROUBLESHOOTING

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- **Ring not connecting to app:**

Ensure the ring is charged and within Bluetooth range of your smartphone. Verify that Bluetooth is enabled on your phone and that the SmartHealth app has the necessary permissions. Try restarting both the ring (by placing it in the charging case and then removing it) and your phone.

- **Inaccurate data readings:**

Check that the ring is worn snugly on your finger, preferably on the index, middle, or ring finger for optimal sensor contact. Ensure the sensors on the inside of the ring are clean and free from debris. Update the SmartHealth app to the latest version.

- **Short battery life:**

Confirm the ring is fully charged (1-2 hours). If battery life is significantly shorter than the advertised 3-5 days, ensure no background apps are excessively draining power or that the ring is not constantly searching for a connection in areas with poor Bluetooth signal.

## SPECIFICATIONS

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Feature	Detail
Model Number	R11M
Brand	Milavan
Package Dimensions	3.86 x 3.7 x 1.46 inches
Item Weight	3.85 ounces
Batteries	1 9V battery required (included)
Memory Storage Capacity	0.06 MB
Operating System Compatibility	iOS 9.0+, Android 5.0+
Special Feature	GPS (via Smartphone)
Battery Capacity	20 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Shape	Round
Water Resistance	IP68

## WARRANTY AND SUPPORT

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### Warranty Information

For detailed warranty information regarding your Milavan Smart Health Ring R11M, please refer to the warranty card included in your product packaging or visit the official Milavan website. Warranty terms and conditions may vary by region and retailer.

### Customer Support

If you encounter any issues or have questions not covered in this manual, please contact Milavan customer support through the SmartHealth app or by visiting the official Milavan support page online. Please have your model number

(R11M) and purchase details ready when contacting support.