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Milavan TK20

Milavan Smart Health Ring 2.0 User Manual

Model: TK20

INTRODUCTION

Welcome to the Milavan Smart Health Ring 2.0 user manual. This guide provides detailed instructions for setting up, operating, and maintaining your smart ring to help you effectively monitor your health and fitness activities. The Milavan 2.0 is designed with a slim, scratch and fingerprint-resistant design, featuring an efficient chip for comprehensive health tracking.

The ring monitors heart rate, blood oxygen, blood pressure, sleep patterns, and steps, and is waterproof for daily use. It is compatible with both Android and iOS devices.

WHAT'S IN THE BOX

- Smart Ring x 1
- Charging Case x 1
- USB Type-C charging cable x 1
- Magnetic USB charging cable x 1
- User Manual x 1

SETUP GUIDE

1. Determine Your Ring Size

Before using your Milavan 2.0 Smart Ring, ensure you have the correct size for a comfortable and accurate fit. We recommend using a sizing kit for precise measurement. Alternatively, refer to the size chart below and measure your finger circumference.

SIZE CHART

Model	Inner Diameter	Circumference
6#	16.5mm	49-51mm
7#	17.3mm	52-54mm
8#	18.1mm	55-57mm
9#	18.9mm	58-60mm
10#	19.8mm	61-62mm
11#	20.6mm	63-65mm
12#	21.4mm	66-67mm
13#	22.2mm	68-70mm
14#	23.4mm	71-74mm



Image Description: A visual guide demonstrating how to measure finger circumference using a string and ruler, alongside a detailed size chart. The chart lists ring models (6# to 14#) with corresponding inner diameters (16.5mm to 23.4mm) and circumferences (49-51mm to 71-74mm).



An Exceptional Smart Ring Project

Milavan Smart Ring has gained the trust and support of 20000+ users. With its precise health tracking, comfortable wearing experience, and elegant design, it has become a trusted daily health companion for countless users.

 **20000+**

Image Description: A comprehensive size chart for the Milavan Smart Ring, detailing inner diameter and circumference for sizes 6# through 14#.

2. Charging the Ring

The Milavan 2.0 Smart Ring comes with a charging case. Before first use, fully charge both the ring and the charging case. The ring charges in 1-2 hours and provides 3-5 days of battery life on a single charge. The upgraded charging case has a 500mAh battery, extending the total battery life to over 75 days when used together.

Long Battery Life

The Milavan 2.0 Smart Ring lasts 3–5 days on a single charge. Its charging case has been upgraded from 400mAh to 500mAh, providing extended power capacity. When used together, the total battery life can reach over 75 days.

3-5 Days

Battery Life on a Single Charge



75+ Days

Additional Power via Charging Case



Data from Milavan 2.0 internal testing with Lorentz Plot disabled. Actual battery life may vary based on individual usage conditions.



Upgrade Points



Upgraded Chip



Enhanced Charging Case



Scratch-Resistant Design



All-Day Comfort

Image Description: A comparison image showing the Milavan 1.0 and Milavan 2.0 charging cases, emphasizing the upgraded stability, larger 500mAh battery, increased battery health durability, and inclusion of dual data cables for the 2.0 version.

3. Download and Install the App

Download the official Milavan app (H RING App) from the App Store (for iOS) or Google Play Store (for Android). The app is free to use and does not require a subscription.

Free to Use App, No Subscription Required

Milavan 2.0 provides personalized wellness insights through in-depth scientific data analysis.



Check Your Size Before Purchase
Use the sizing kit to easily find the perfect fit for your finger.



Image Description: A smartphone displaying the Milavan app interface, with prominent icons for downloading the app from the App Store and for Android devices.

4. Pairing the Ring with the App

Once the app is installed, open it and follow the on-screen instructions to pair your Milavan 2.0 Smart Ring via Bluetooth. After successful pairing, you can begin your health monitoring journey.

Permanent Data Storage

As long as you don't clear the app's history cache, your data remains accessible after the ring disconnects and reconnects.



The app performs regular firmware and hardware updates to ensure continuous optimization and accurate data tracking.

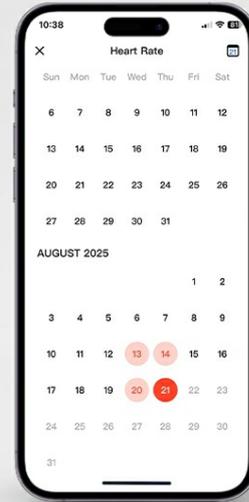


Image Description: A smartphone screen displaying the Milavan app's health data and device settings, indicating the start of the health monitoring process after pairing.

OPERATING INSTRUCTIONS

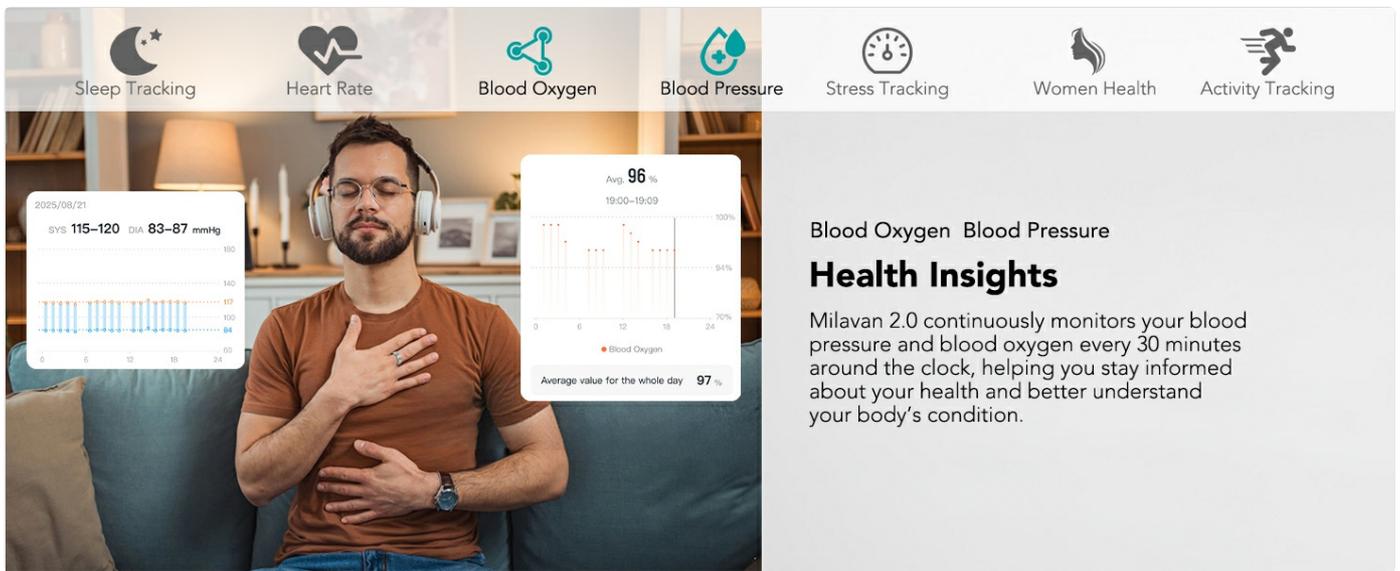
Health Monitoring

The Milavan 2.0 Smart Ring continuously monitors various health metrics using its advanced 5.0 sensor and upgraded AB2026B3 chip. Data is automatically measured and synced to the app.

- **Heart Rate & HRV:** Auto-measures heart rate and Heart Rate Variability (HRV) every 30 minutes, providing insights into heart health.
- **Blood Oxygen & Blood Pressure:** Continuously monitors blood oxygen and blood pressure every 30 minutes for comprehensive wellness insights.
- **Stress Tracking:** Monitors stress levels in real-time, helping you understand your current state.

The image shows the Milavan app interface. At the top, there are icons for Sleep Tracking, Heart Rate, Blood Oxygen, Blood Pressure, Stress Tracking, Women Health, and Activity Tracking. Below these icons, a woman is shown running. In the foreground, two smartphone screens display monitoring graphs. The top screen shows HRV data for 2025/08/21, with a range of 5-90 ms and a line graph. The bottom screen shows Heart Rate data for the same date, with a range of 62-97 bpm and a line graph. To the right of the graphs, the text reads: **Heart Rate Monitoring** Provides heart rate, HRV (Heart Rate Variability), and Lorentz Plot tracking to help monitor heart health and assist you in improving daily lifestyle habits.

Image Description: A woman running, with a smartphone screen showing the Milavan app's heart rate and HRV monitoring graphs, illustrating continuous heart health tracking.

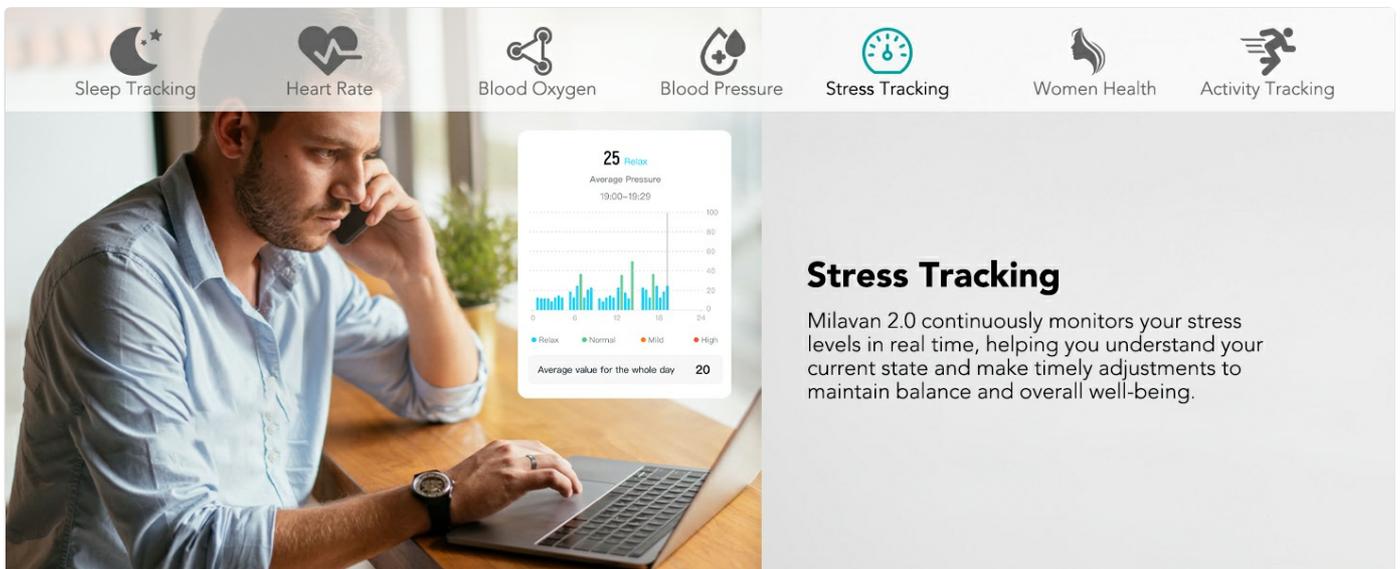


Blood Oxygen Blood Pressure

Health Insights

Milavan 2.0 continuously monitors your blood pressure and blood oxygen every 30 minutes around the clock, helping you stay informed about your health and better understand your body's condition.

Image Description: A man meditating, with a smartphone screen showing the Milavan app's blood oxygen and blood pressure readings, indicating continuous monitoring of these vital signs.



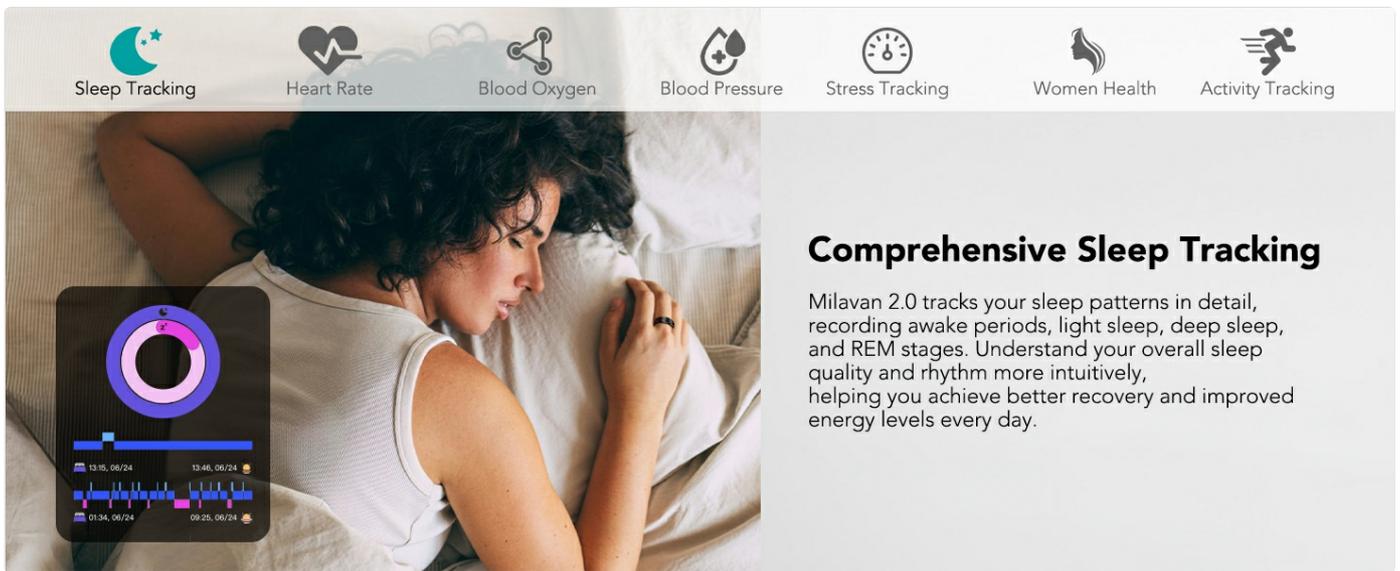
Stress Tracking

Milavan 2.0 continuously monitors your stress levels in real time, helping you understand your current state and make timely adjustments to maintain balance and overall well-being.

Image Description: A man working on a laptop, with a smartphone screen showing the Milavan app's stress tracking data, illustrating real-time stress level monitoring.

Intelligent Sleep Tracking

The ring supports 24-hour automatic sleep monitoring, providing precise tracking of deep sleep, light sleep, rapid eye movement (REM) stages, and wake times. This offers a comprehensive understanding of your sleep quality and rhythm.



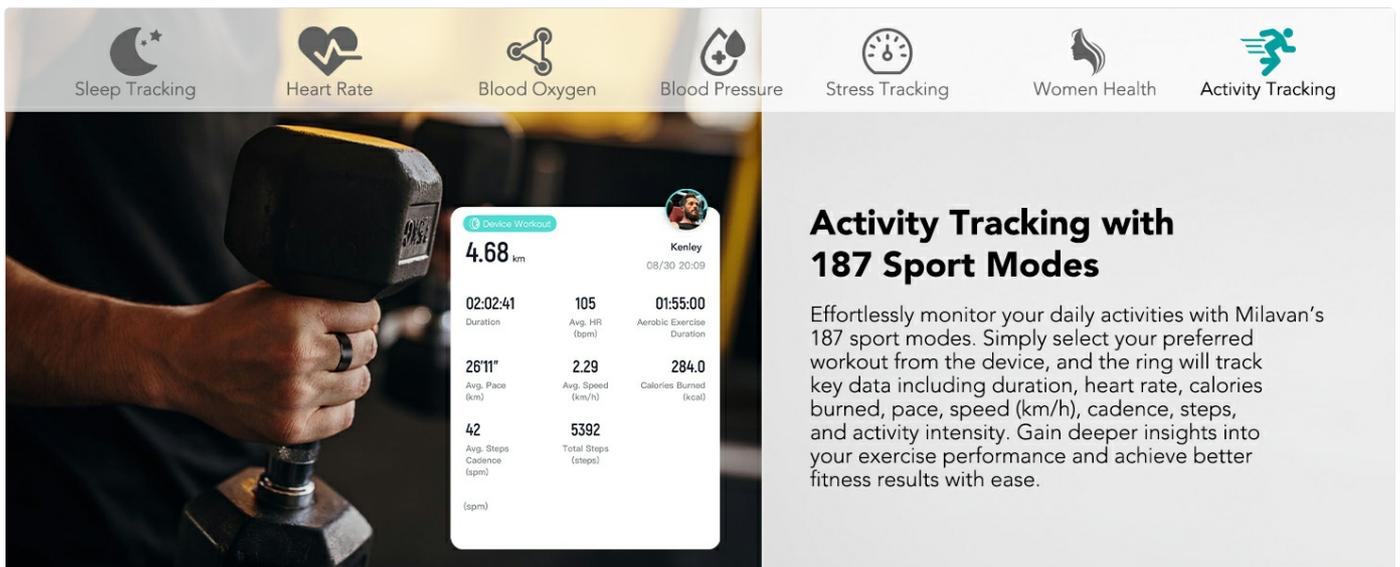
Comprehensive Sleep Tracking

Milavan 2.0 tracks your sleep patterns in detail, recording awake periods, light sleep, deep sleep, and REM stages. Understand your overall sleep quality and rhythm more intuitively, helping you achieve better recovery and improved energy levels every day.

Image Description: A person sleeping peacefully, with a smartphone screen showing the Milavan app's detailed sleep tracking interface, including sleep stages and duration.

Activity and Sports Tracking

The Milavan 2.0 supports 187 sports modes, including running, walking, boxing, ball games, water sports, and ice sports. It automatically records exercise data and syncs it to the app. Activate sport mode in the app to receive more effective workout guidance.



Activity Tracking with 187 Sport Modes

Effortlessly monitor your daily activities with Milavan's 187 sport modes. Simply select your preferred workout from the device, and the ring will track key data including duration, heart rate, calories burned, pace, speed (km/h), cadence, steps, and activity intensity. Gain deeper insights into your exercise performance and achieve better fitness results with ease.

Image Description: A collage of images depicting various sports activities like running, golf, skiing, climbing, and yoga, with the Milavan app displaying activity tracking metrics such as heart rate, calories, distance, pace, and time.



Chip & 5.0 Sensor Technology

The Milavan 2.0 Smart Ring is powered by the high-performance AB2026B3 chip and an upgraded 5.0 sensor system, ensuring highly accurate health tracking. From monitoring your heart rate to analyzing your sleep cycles, you'll enjoy reliable insights and optimized performance every time.

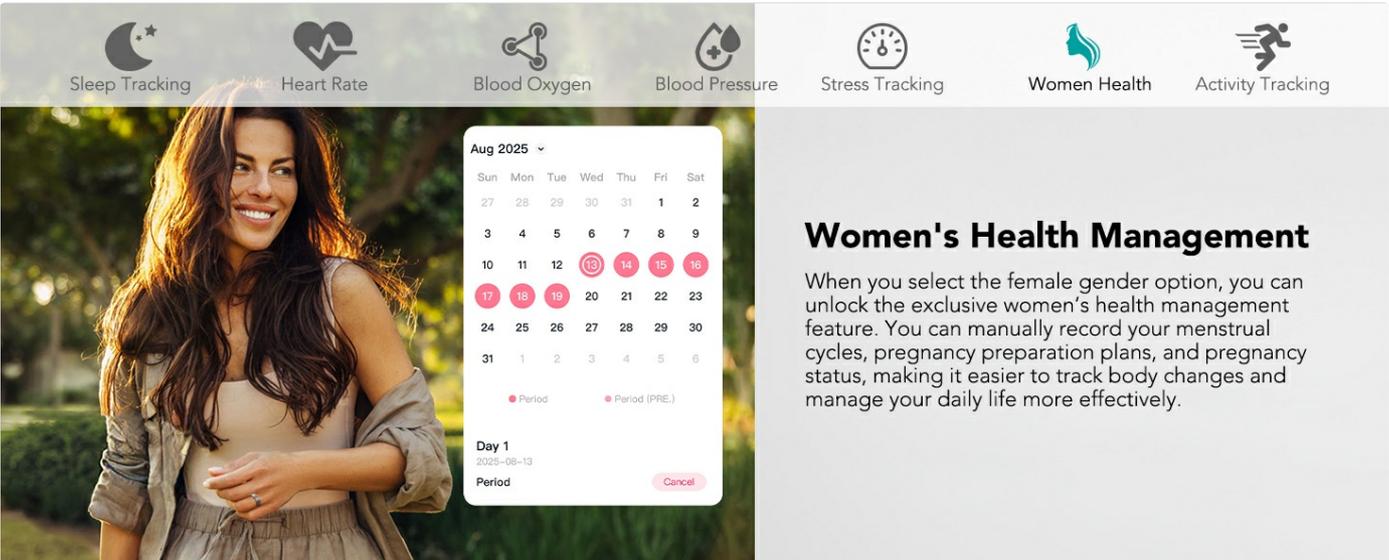
Upgrade Points

- Upgraded Chip
- Enhanced Charging Case
- Scratch-Resistant Design
- All-Day Comfort

Image Description: A man lifting weights, with a smartphone screen showing the Milavan app's detailed workout data, including duration, heart rate, calories burned, pace, speed, cadence, and steps.

Women's Health Management

If you select the female gender option in the app, you can unlock an exclusive women's health management feature. This allows you to manually record menstrual cycles, pregnancy preparation plans, and pregnancy status, aiding in tracking body changes and managing daily life.



The app interface features a navigation bar with icons for Sleep Tracking, Heart Rate, Blood Oxygen, Blood Pressure, Stress Tracking, Women Health, and Activity Tracking. The main screen displays a calendar for August 2025 with a 'Period' selection overlay. The calendar shows dates from 27 to 31, with a legend for 'Period' and 'Period (PRE.)'. The 'Day 1' section shows '2025-08-13' and a 'Cancel' button.

Women's Health Management

When you select the female gender option, you can unlock the exclusive women's health management feature. You can manually record your menstrual cycles, pregnancy preparation plans, and pregnancy status, making it easier to track body changes and manage your daily life more effectively.

Image Description: A smiling woman, with a smartphone screen showing the Milavan app's calendar interface for women's health management, allowing tracking of menstrual cycles and other related data.

Remote Shooting and Friends Feature

The app supports remote camera control, allowing you to take photos remotely. It also includes a device-finding function to locate your ring easily. The friends feature enables sharing of health data with family and friends.

Health Insights at Your Fingertips

Effortlessly share your health data with friends and family anytime, anywhere.

Milavan 2.0 protects your personal privacy by applying advanced encryption measures to secure all your data.



Image Description: A family enjoying time together, with a smartphone screen showing the Milavan app's health sharing feature, allowing users to link accounts and access health data of family or friends.

MAINTENANCE AND CARE

Waterproof Performance

The Milavan 2.0 Smart Ring has an IP68 rating and is water-resistant up to 50 meters. This allows it to handle daily routines such as hand washing, showering, and swimming. However, avoid prolonged exposure to hot water or steam, as this may affect its performance.

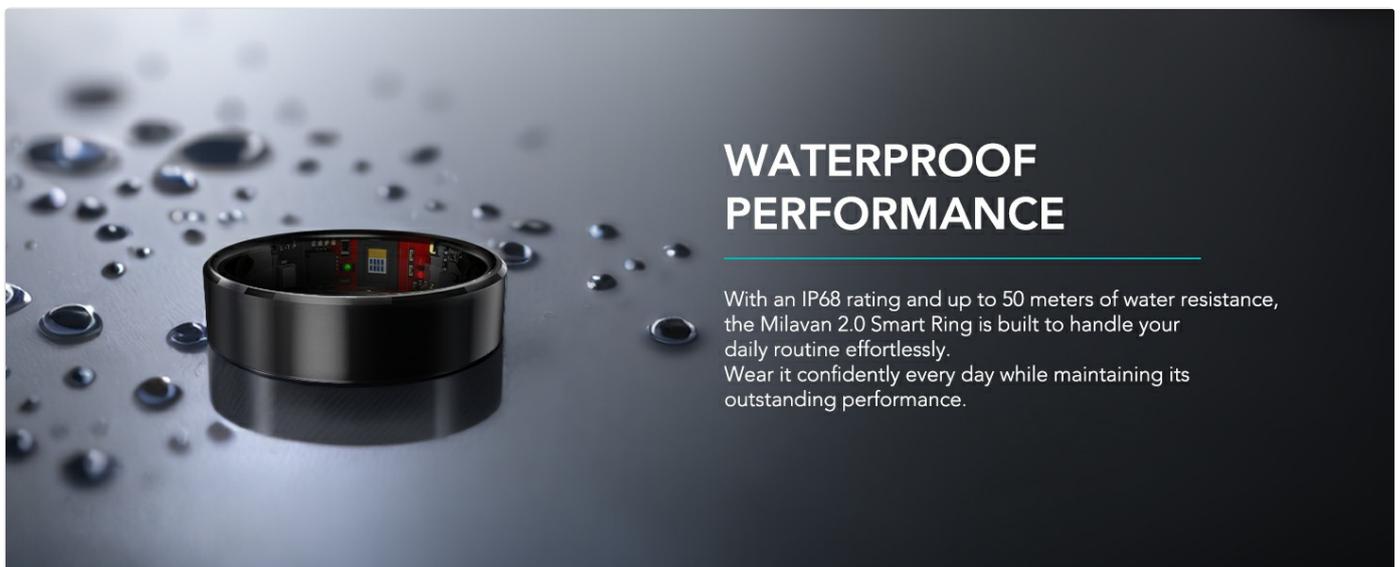


Image Description: The Milavan Smart Ring partially submerged in water droplets, illustrating its IP68 waterproof performance and suitability for daily water exposure.

Cleaning and Durability

The ring features a micro-matte finish that resists fingerprints and scratches, ensuring long-lasting elegance. To clean, wipe gently with a soft, dry cloth. Avoid abrasive materials or harsh chemicals.

Crafted with premium stainless steel and resin, the Milavan 2.0 is designed for durability and comfort. Its ultra-lightweight and ergonomic design ensures it is gentle on sensitive skin and comfortable for all-day wear.



Micro-Matte Scratch-Resistant Design

Milavan 2.0 has been upgraded to a slim 7mm width with a micro-matte finish that resists fingerprints and scratches, ensuring long-lasting elegance.

Upgrade Points



Upgraded Chip



Enhanced Charging Case



Scratch-Resistant Design



All-Day Comfort

Image Description: A close-up view of the Milavan Smart Ring, emphasizing its micro-matte finish and scratch-resistant properties, designed for durability and aesthetic appeal.

TROUBLESHOOTING

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your smartphone and the ring is charged. Restart both the ring (by placing it in the charging case and removing it) and the app. If issues persist, try unpairing and re-pairing the device in the app settings.
- **Inaccurate readings:** Ensure the ring is worn correctly and snugly on your finger. Clean the sensors on the inside of the ring. Environmental factors or improper fit can affect accuracy.
- **Battery draining quickly:** Ensure all background apps are closed. Turn off sports mode after use to prevent excessive battery drain. Check for app updates, as software improvements can optimize battery usage.
- **App glitches:** If the app becomes unresponsive or shows incorrect data, close and reopen the app. If the problem continues, clear the app's cache or reinstall it. Your data remains accessible after the ring disconnects and reconnects, as long as you don't clear the app's history cache.

SPECIFICATIONS

Feature	Detail
Model Name	Smart Ring
Brand	Milavan
Item Model Number	TK20
Connectivity Technology	Bluetooth
Operating System	Android, iOS
Special Feature	Activity Tracker (Heart Rate, Blood Oxygen, Blood Pressure, Sleep, Steps)
Battery Capacity	15 Milliamp Hours (Ring), 500mAh (Charging Case)
Battery Life	3-5 days (Ring), 75+ days (with Charging Case)
Charging Time	1-2 hours

Water Resistance	IP68, up to 50 meters
Item Weight	3.85 Ounces
Material	Premium Stainless Steel, Resin
Manufacturer	Dongguan Huikang Intelligent Technology Co., Ltd.

WARRANTY INFORMATION

Please refer to the product packaging or the official Milavan website for specific warranty details. Typically, electronic devices come with a limited manufacturer's warranty covering defects in materials and workmanship for a specified period from the date of purchase. Keep your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For technical assistance, troubleshooting, or general inquiries regarding your Milavan Smart Health Ring 2.0, please visit the official Milavan website or contact their customer support team. Contact information can usually be found on the product packaging or within the app's settings.

Online Resources: [Milavan Official Store on Amazon](#)

