



# CSSGR15 Series Health Smart Ring User Guide

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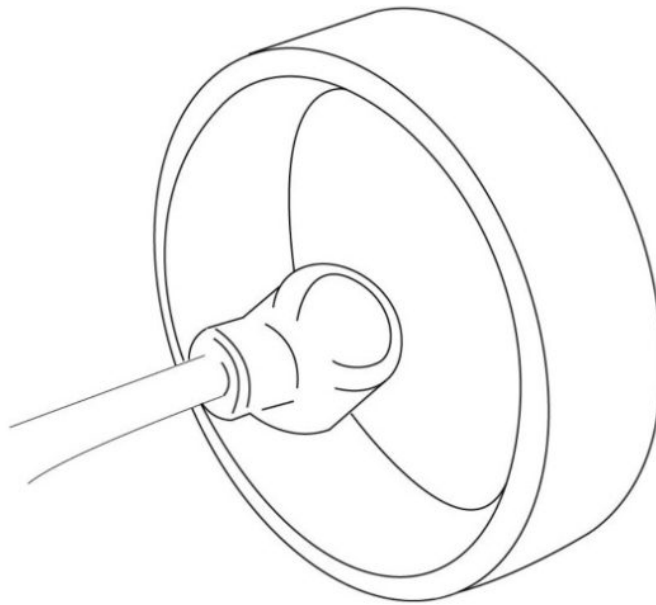
**CSS GR 15-series  
Health Smart Ring  
(Common to all series product manuals)**

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## CSSGR15 Series Health Smart Ring

This product has been certified by multiple international professional organizations such as FCC, CE, RoHS, SRRC, etc. It meets dozens of international testing standards, and the data has authenticity and validity, with an accuracy of over 95%. Please use it with confidence.

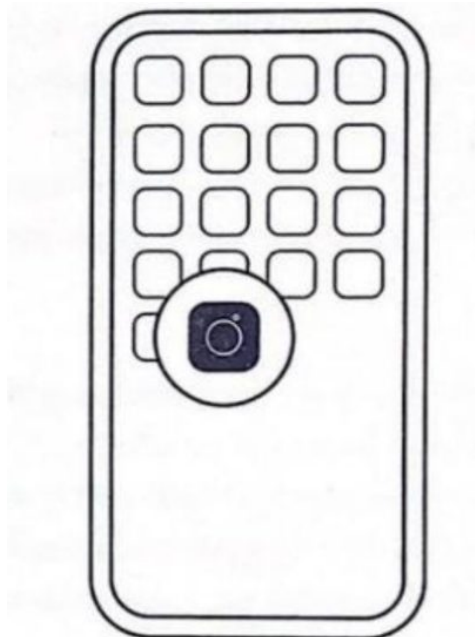


1. Connect the charging cable to the ring.



<https://api.kfhwear.com:8182/download>

2. Search and download [ H WEAR PRO ] App.



3. Open the App and pair your ring.

(Please do not pair directly in the Bluetooth list in Phone Settings.)



4. When unpairing, please select 'Forget This Device' in the Bluetooth list in Phone Settings.

### First startup

When using it for the first time, connect the ring to the magnetic charging cable, the charging light will light up, and it can be turned on.

Full charge duration: about one hour

Full charge available time: 2-5 days

### Download App:

Scan the QR code above to open the interface, select iOS/Android, and then download using a mobile browser. Android users can also search for [H Wear Pro] in the App Store, Google Play, and major mobile app stores for download, while iPhone users can search for [H Wear Pro] in the App Store.

Explanation: Please allow the app to access Bluetooth and location permissions. Some Android phones may require GPS to be enabled to search for the Bluetooth name of the ring.

### APP internal connection

Open the "H wear pro" app to fill in personal information and bind it to the app device.

### Mobile Bluetooth list forget devices

1. In the Bluetooth options of the phone settings, find the ring, press the "i" button at the back, and select "forget this device";
2. Search for the ring in the app again, and once found, bind it.

### Status Indicator

1. Bluetooth connection: successful connection, blue light flashing;
2. Bluetooth disconnection: green light flashing;
3. Health monitoring: When connected normally, the APP tests the heart rate and the green light flashes; APP testing blood oxygen, red light flashing; APP tests blood pressure, green light flashes; The APP tests human body temperature and environmental temperature, and the green light flashes; The APP tests heart rate

variability and the green light remains on; App testing pressure, green light flashing.

4. Low battery: Red light flashing;
5. Charging: The red light remains on during charging, and the green light remains on when fully charged; If it is connected and fully charged, the green light will remain on and the blue light will flash. If it is disconnected and fully charged, only the green light will remain on.

## **Wearing a ring**

Please wear the ring on your suitable finger, choosing a comfortable size that is neither loose nor tight. It is recommended to wear it on the index finger, middle finger, and ring finger of non dominant hands for better data detection.

Attention: Wearing too loose can affect the collection of heart rate and blood oxygen data.

## **Charge**

Use magnetic charging wires to charge the ring.

## **Operational Definition**

The ring has no touch or buttons; App initiates motion and functional testing.

## **Main Function Introduction**

Heart rate monitoring: supported

Blood oxygen monitoring: support

Blood pressure monitoring: support

Sleep monitoring: supported

Step count information: supported

Calories: Supported

Heart rate variability monitoring: support

Pressure monitoring: support

Temperature monitoring: supports monitoring of human body temperature and environmental temperature

Female Physiological Cycle Monitoring: Support

## **FAQ**

Can't see the ring, can't see the ring in the Bluetooth list?

(1) First, check if other phones are connecting to this ring. (2) If the ring is not connected, you can open your phone - Settings - Bluetooth, turn off Bluetooth, and then turn on Bluetooth again. Then check the Bluetooth list to see if you can see the ring. (3) If you haven't seen the ring yet, you can charge it for 10 minutes. Then check if there is a ring in the Bluetooth list. (4) If you haven't seen the ring yet, proceed with charging and unplugging. Quickly plug and unplug three times within 5 seconds, and see the red and green lights repeatedly light up three times.

## **Product parameters**

Product model: CSS R-series

Battery type: Rechargeable polymer lithium electronic battery  
Battery capacity: 13mAh to 25mAh  
Charging specification: 5V 100mA (min)  
Ring weight: 4.7g-6.5g  
Bluetooth: BLE5.1  
Waterproof grade: IP68  
Device requirement: Only supports pairing Android 5.0 or iOS 10.0 and above devices  
Charging interface: magnetic charger

Documents / Resources

<div>CSS GR 15-series Health Smart Ring <small>(Click on to all series product manuals)</small></div>	<div><a href="#">CSS CSSGR15 Series Health Smart Ring</a> [pdf] User Guide CSSGR15 Series, CSSGR15 Series Health Smart Ring, Health Smart Ring, Smart Ring, Ring</div>
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References

- [User Manual](#)

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