

CSSR9 CSS R9 Health Smart Ring



CSSR9 CSS R9 Health Smart Ring User Manual

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CSSR9

CSSR9 CSS R9 Health Smart Ring



Product Information

- **Specifications**

- **Product Name:** CSS R9 Health Smart Ring
- **Bluetooth Compatibility:** Android 5.0 or above, iOS 10.0 or above
- **Main Functions:** Heart rate monitoring, Blood oxygen monitoring, Blood pressure monitoring, ECG monitoring, Sleep monitoring, Step information, Calorie tracking, Temperature monitoring, Female Physiological Cycle Monitoring

Product Usage Instructions

- **First Boot**

- When using the smart ring for the first time, place it on the charging magnet base to charge and turn it on.

- **Paired Connection**

- To pair the smart ring with your mobile phone:
- Download and install the H wear app on your phone by scanning the QR code or searching in app stores.
- Open the 'H wear app' and activate the phone's Bluetooth. Click Scan Device to connect to the smart ring.
- **Note:** Some Android phones may require enabling GPS to find the ring's Bluetooth name.

- **User Information**

- Open the H wear app to fill in personal information and bind it to the smart ring.

- **Wearing a Ring**

- Wear the ring on the index, middle, or ring finger of your non-dominant hand for accurate data detection. Ensure a comfortable fit – not too loose or tight.

- **Charging**

- Place the ring on the charging magnet base for charging. The red light indicates charging, and the green

light indicates full charge.

- **Operational Definition**

- The ring has no touch or buttons; all operations are initiated through the H wear app for movement and functional testing.

- **Introduction to Main Functions**

- Heart rate monitoring
- Blood oxygen monitoring
- Blood pressure monitoring
- ECG monitoring
- Sleep monitoring
- Step information tracking
- Calories tracking
- Temperature monitoring
- Female Physiological Cycle Monitoring

FAQs

- **Q: Can I wear the smart ring while swimming?**

- **A:** It is not recommended to wear the smart ring while swimming as prolonged exposure to water may damage the device.

- **Q: How do I reset the smart ring?**

- **A:** To reset the smart ring, place it on the charging magnet base and hold the power button for 10 seconds until it restarts.

INTRODUCTION

Health Smart Ring

- Thank you for choosing our company's smart ring.
- We have a comprehensive understanding of the device's usage methods.
- This device is mainly used to connect to mobile phones through Bluetooth for adaptation, providing a variety of functions and services to facilitate your operation of the phone.
- We have also developed many functions for sports and health. Our company reserves the right to make modifications to the content of this manual without prior notice.

First boot

- When using it for the first time, place the ring on the charging magnet base to charge and turn it on.

Paired connection

- **(Chinese domestic order: H wear, Chinese foreign order: H wear Pro)**

Download the app “H wear” from your phone and install it in two ways:

1. IOS/Android mobile phone users:



2. Sca opening the interface, select IOS/Android in the interface, and then use the mobile browser to download the QR code on the right through the mobile browser, or scan it through WeChat. After;
3. On Android phones, search for “H wear” downloads on Alipay, Google Play, and various mobile app stores. On Apple phones, search for “H wear” downloads on the App Store.

Tips:

1. The mobile system requires Android 5. 0 or above and IOS 10.0 or above. All permissions during the installation process need to be selected and approved, otherwise it may affect the use of functions.
2. To connect to Bluetooth, first open the ‘ H wear app’ and activate the phone’s Bluetooth. The H wear app will activate a notification prompt and click ‘OK’. Click “Scan Device” on the device page of the APP, search for the Bluetooth address or Bluetooth name of the phone, and select and connect.
3. **Kind reminder:** Some Android phone systems require turning on the phone’s GPS to find the Bluetooth name of the ring.

User Information:

- Open the “H wear APP” to fill in personal information and bind it to the APP device.

Status

- **Ble connection:** successful connection, blue light always on;
- **Ble disconnection:** the blue light flashes quickly;
- **Health monitoring:** The APP tests heart rate, and the heart rate green light is on; the APP tests blood oxygen, and the blood oxygen red light is on; the APP test temperature, blue light, white;
- **Low battery:** Red light flashing slowly;
- **Charging:** The red light remains on during charging and the green light remains on when fully charged.

Wearing a ring

- Please wear the ring on your finger and choose 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 loosely can affect the collection of heart rate and blood oxygen data.

Charge

- Place the ring on the charging magnet base for charging.

Operational Definition

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

Introduction to Main Functions

- **Heart rate monitoring:** supported
- **Blood oxygen monitoring:** supported
- **Blood pressure monitoring:** support
- **ECG monitoring:** support
- **Sleep monitoring:** supported
- **Step information:** supported
- **Calories:** Supported
- **Temperature monitoring:** supported
- **Female Physiological Cycle Monitoring:** Support
- **NFC access card:** supports ISO14443 protocol, operating frequency 13.56 MHz

Product Parameters

- **Product model:** CSS R9
- **Battery type:** rechargeable polymer lithium electronic battery
- **Battery capacity:** 13mAh
- **Charging specification:** 5V □ 100mA (min)
- **Bluetooth:** BLE5.1
- **Waterproof grade:** IP68
- **Device requirement:** Only supports pairing Android 5.0 or IOS 10.0 and above devices
- **Charging interface:** magnetic suction charging

FCC

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used by the instructions, may cause harmful interference to radiocommunications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.


This device complies with part 15 of the FCC Rules.

Operation is subject to the followingtwo conditions:

- 1. This device may not cause harmful interference, and
- 2. this device must accept any interference received, including interference that maycause undesired operation.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Documents / Resources

	<p>CSSR9 CSS R9 Health Smart Ring [pdf] User Manual</p> <p>CSS R9 Health Smart Ring, CSS R9, Health Smart Ring, Smart Ring, Ring</p>
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References

- [User Manual](#)

[Manuals±](#), [Privacy Policy](#)

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