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Generic
2BDM8-RING1
Smart Ring

Generic 2BDM8-RING1 Smart Ring Instruction Manual

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Generic

Generic 2BDM8-RING1 Smart Ring

Product Information

Specifications:

- **Compatibility:** Android 6.0 and above, iOS 10.0 and above
- **Features:** Pedometer, Exercise, Sleep monitoring, Heart rate monitoring, Blood pressure monitoring, Blood oxygen saturation monitoring, Heart rate variability (HRV), Pressure tracking, Menstrual cycle tracking, Other settings

Product Usage Instructions

APP Download and Installation:

1. Scan the QR code provided to download and install the APP from the respective app store.
2. During installation, ensure to grant the relevant permissions as prompted.
3. After installation, open the APP, bind the device, and proceed with the setup process.

Device Connection:
Ensure the APP is running in the background on your smartphone for automatic connection with the ring.

Ring Functions:

- **Pedometer:** Tracks your daily steps and activity levels.
- **Sleep Monitoring:** Wear the ring at night and connect to the APP to monitor sleep data.
- **Heart Rate/Blood Pressure/Blood Oxygen:** View real-time and historical data through the APP.
- **Blood Oxygen Saturation:** Connect to record blood oxygen levels.
- **HRV:** Suitable for users over 18 years old.

- **Menstrual Cycle:** Set according to individual physiological patterns.

Ring Maintenance:
Remember to power off the ring when it is fully charged to ensure proper maintenance.

Precautions for Use:

1. When charging, magnetically attach the charging line to the device before initiating charging.
2. If Bluetooth gets disconnected, open the APP to reconnect (grant background running permission if needed).

FAQ:

Common Troubleshooting:
If you encounter any issues with the device, try the following steps:

- Ensure the device is charged properly.
- Check the Bluetooth connection and reconnect if needed.
- Restart the device and the smartphone.

Product Safety Tips:
To ensure safe usage of the product:

- Follow all provided instructions for charging and maintenance.
- Avoid exposing the device to extreme conditions or liquids.

FCC Statement:
The device complies with FCC rules. Any modifications not approved may affect its operation and safety compliance.

illustrate
Please note. The ring service is not used to diagnose, treat, or prevent any diseases and medical conditions. The information and data in the service are for reference only and cannot replace the services of health professionals and doctors. If you have any questions about medical conditions, it is recommended to consult a professional physician.

Product Specification

- **Outer surface material:** alloy
- **Main material:** epoxy resin
- **Storage capacity:** It is recommended to connect to the app and synchronize data every day. The ring can store data for up to 15 days, depending on the type and frequency of use.
- **Product weight:** about 2.8 grams
- **Battery capacity:** Ring 16mAh
- **Battery life:** 3 to 5 days, depending on frequency of use
- **Charging method:** Use the provided charging cable (USB-rated 5V)
- **Luminous sensor:** LED is in the visible color range, safe and user-friendly
- **Connection method:** Low energy Bluetooth 5.2

- **Software program update ability:** Updates via software application
- **Software program compatibility:** App Store, Google Play
- **Waterproof level:** IP68

Requirements

This device supports use on Android and iOS smartphones; System requirements: Android 6.0 and above, iOS 10.0 and above.


APP download and installation

Scan the QR code below to enter the APP Store, download and install the APP. When installing, please set the relevant permissions prompted to allow. After the installation is completed, there is no need to log in when opening the APP, and it can be used normally after binding the device.

Da Rings

Parts introduction

Photoelectric Sensors

Charging contacts
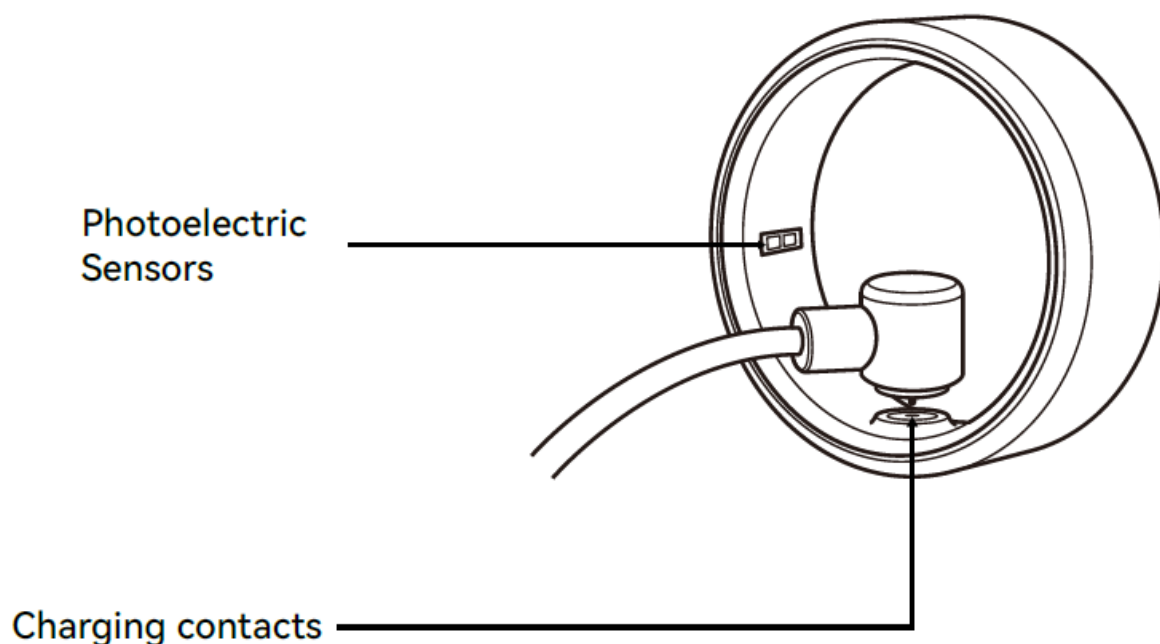
Charge

- When using this product for the first time, please charge the device first. It will automatically turn on during charging;
- Please use the charging accessories delivered by the original factory to charge;
- The original charging cable has the function of automatically stopping charging after being fully charged. Non-original charging cables may cause reverse charging, causing damage to the ring and charging accidents;
- Please use a charging head that meets safety regulations for charging, use a charging head with an output voltage of 5V, or a computer USB port for charging;
- The charging time is related to the battery power. It takes about 2 hours to charge the battery from low power state to full power state;
- The red indicator light flashes when charging, the green indicator light flashes when fully charged, and the flashing frequency slows down. If there is no indicator light flashing during charging, please try to reconnect the charging cable to avoid poor contact that affects the charging effect;
- The ring cannot be left without power for a long time, otherwise it may not be able to charge or turn on;

Power on and off

- **Power on:** Automatically power on after charging
- **Power off:** After the device is connected to the APP, the device can be shut down through the APP.

Device connection APP

Enter the application → click the main menu icon in the lower left corner → click "Add Device" to enter the automatic search list to find the device and connect it with

- The APP will automatically save the Bluetooth address of the ring. When the APP is opened or running in the background, it will automatically search for and connect to the ring;
- When using an Android phone, the App will receive all notification permissions such as contact information, and the App must be allowed to run in the background in the phone settings.

APP function introduction

Activities (Three Rings of Health)

- Exercise (outer ring): The data comes from exercise. The data of the day is cleared in the early morning (the continuous APP function introduces walking, running, or exercising for more than 10 minutes as one exercise). Different exercise goals can be set in personal information;
- Calories (middle ring): The data comes from your exercise and step count. The data of the day is cleared in the early morning. Different calorie targets can be set in personal information;
- Time (inner loop): Data source (records daily data), the data of the day is cleared in the early morning.
- Schematic diagram of activities (three rings of health):

Pedometer

- Record the daily real-time step count and clear it in the early morning. You can set the step count target and check the completion level;
- **Histogram:** The distribution of steps per hour from 0:00 to 23:00 in a day. When the number of steps is generated, a histogram will be displayed at the corresponding time;
- **History record:** Displays the number of steps, goal completion, and distance at each time point.
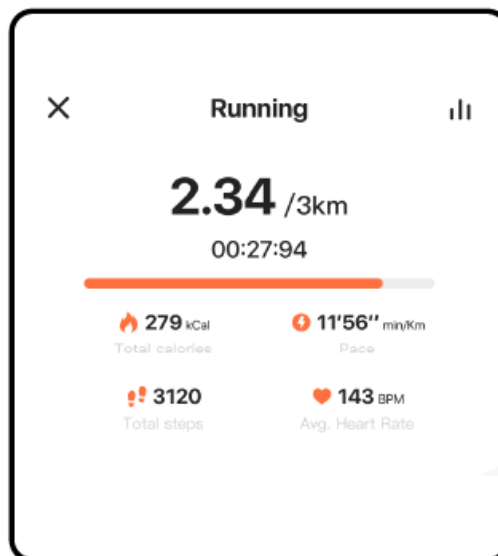
Exercise

- There is exercise duration, calories burned, and number of exercises.
- **Histogram:** The distribution of steps per hour from 0:00 to 23:00 in a day. When starting the exercise, a histogram will be displayed at the corresponding time;
- **Exercise records:** Displays the total number of times, total calories, and total duration of all exercises.
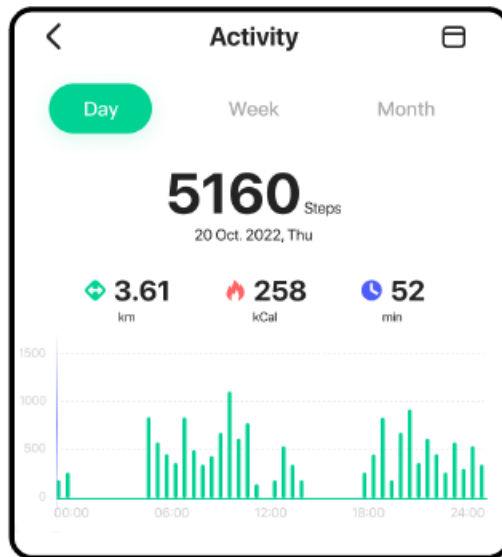
Sleep

- When you wear the ring to fall asleep, you can check the sleep quality, deep sleep, light sleep time, and waking time by connecting to the app, as well as view historical data such as sleep
- **Note:** Sleep data must be worn at night and connected to the APP to be used.
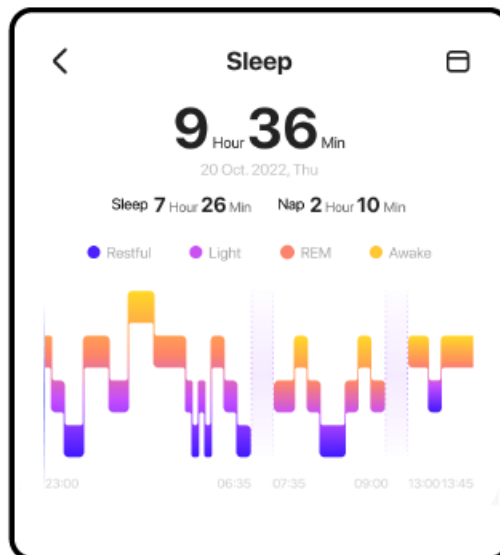
- **Heart rate/Blood pressure/Blood oxygen**

  When the ring is connected, measurement can be initiated by the APP, and historical data and graphs can be viewed. The ring automatically measures every 2 hours by default. (Stop monitoring during charging and sleeping states)
- **Blood oxygen saturation**

  Need to connect to the APP to record the wearer's blood oxygen saturation
- **Heart rate variability (HRV)**

  HRV is suitable for users over 18 years old
- **Pressure**

  Need to connect to the APP to record the wearer's pressure value
- **Menstrual cycle**

  It is necessary to connect to the APP and set it according to the wearer's physiological phenomenon.
- **Other settings**

  Unit format, temperature unit, sedentary reminder, low battery reminder, heart rate warning

Ring maintenance

- Keep your ring clean and hygienic
- Not suitable for long-term use in high temperature and high humidity environments
- Pay attention to wiping and maintaining charging contacts
- If not used for a long time, it should be charged every 20 days or so and shut down when fully charged.

Precautions for use

1. When charging, please first magnetic the charging line to the device, and then charge;
2. If Bluetooth is disconnected during use, please open the APP and reconnect (the APP may be disabled by the mobile phone from running in the background, please give the APP background running permission).

Common troubleshooting

If any problems occur while using the ring, please refer to the following provisions to solve them. If the problem persists, please contact the dealer or designated maintenance personnel.

1. Unable to search for ring Bluetooth
   1. The battery power is too low, please connect the charger to charge.
2. The APP and the ring automatically disconnect
   1. The battery power is too low, please connect the charger to charge.
   2. If the distance between the phone and the ring is too far, the connection will be disconnected and when the distance is reduced, the ring will automatically reconnect
3. The ring is only used for a short time
   1. The battery is not fully charged, please ensure there is sufficient charging time.
4. The ring cannot be charged properly.
   1. Please check whether the battery is usable. The performance of the battery will decrease after a few years of use.
   2. Check whether the charger is charging normally. You can try updating the charger.

Product safety tips

- Do not let children and pets play with this product. This product contains small components that can cause suffocation.
- Do not replace the battery, open the shell or disassemble the product without authorization, otherwise, it may cause safety hazards
- Do not expose the product to extremely high or low temperatures; do not use the product in high temperature and high humidity environments; do not use chemical reagents to clean the product
- Do not expose the product to high temperature and high-pressure environments, as the battery may explode; do not wear the product while charging; do not charge when the product is wet.

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this

device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:
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 under the instructions, may cause harmful interference to radio communications. 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.

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

Documents / Resources

	Generic 2BDM8-RING1 Smart Ring [pdf] Instruction Manual 2BDM8-RING1, 2BDM8-RING1 Smart Ring, Smart Ring, Ring

References

- **User Manual**