User Guide

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Kogan Aura Smart Ring

Safety & Warnings

- Before using and operating the device, read and follow these precautions to ensure optimal performance. Retain this user guide for future reference.

- Choose a suitable size for your fingers to avoid a tight fit. Keep the contact area of the ring dry and clean it promptly if it gets wet. If you experience symptoms such as redness or swelling at the contact area, cease using the ring immediately and consult a doctor.
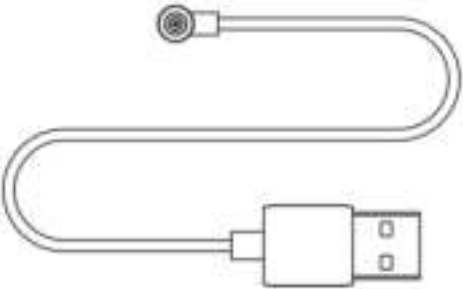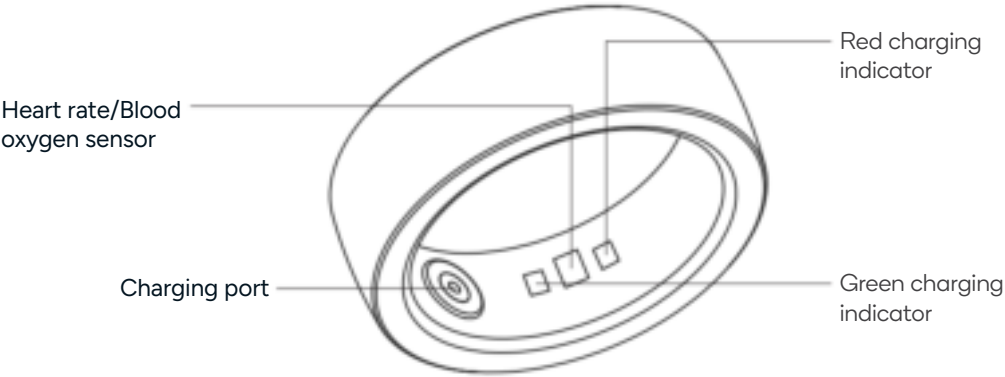
Safety Precautions

- Keep the charging cable and device in a dry environment while charging. Do not touch the charging cable with wet hands or allow it to be immersed in liquids such as water.

- Do not disassemble or modify the battery, insert foreign objects, or immerse it in water or other liquids, as this can cause battery leakage, overheating, fire, or explosion.

- Avoid dropping, squeezing, or puncturing the battery. Excessive external pressure can cause internal short circuits and overheating.

- Do not expose the device to extreme temperatures, both high and low, to prevent damage to the battery and internal components.

- Avoid using the device in environments with strong electromagnetic interference, which can affect the accuracy of the sensors and device functionality.

- Regularly check the device and charging cable for any signs of damage. Do not use the device if it appears damaged, as this can increase the risk of malfunction or injury.

- By following these safety precautions, you can ensure the longevity and safe use of your smart ring.

Components

- Ring (x1)
- Charging Cable (x1)
- User Guide (x1)

Overview

Red charging indicator

Heart rate/Blood oxygen sensor

Charging port

Green charging indicator

Charging Cable

Operation

Power On/Connecting the Charger

To power on the smart ring and begin using it, follow these steps:

- Attach the Charging Cable: Connect the charging cable to the charging port on the ring. Ensure that the connection is secure and the cable is properly aligned with the charging port.

- Power On the Ring: Once the charging cable is connected, the smart ring will automatically power on. The indicator will turn on signalling the device is charging or fully charged.

Charging Cable

Charging Port

Charging Indicator

- When the ring is charging, the indicator will flash red.

- Once the ring is fully charged, the indicator will begin flashing green.

Note:

Always charge the smart ring in a dry environment to avoid any risk of electrical issues. Do not handle the charging cable with wet hands.

Charging

Fully Charged

Connecting to the 'QRing' app

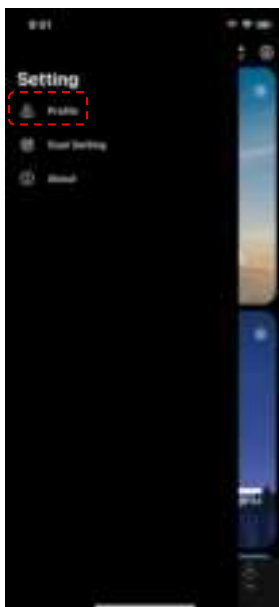Download the 'QRing' app from the Play Store (Android) or App Store (iOS).

Open the 'QRing' App

Once the app is downloaded and installed, open the 'QRing' app.

Create an Account or Log In

If you are a new user, create an account by clicking on the "options" button in the upper left corner of the app. Select 'Profile' and fill out your personal details and tap 'save' when completed.

Pair the Smart Ring

- In the 'QRing' app, press the 'Bind immediately' button.

- The app will begin searching for nearby Bluetooth devices. Make sure your smart ring is powered on and within close proximity to your smartphone.

- When the app detects your smart ring, select it from the list of available devices.
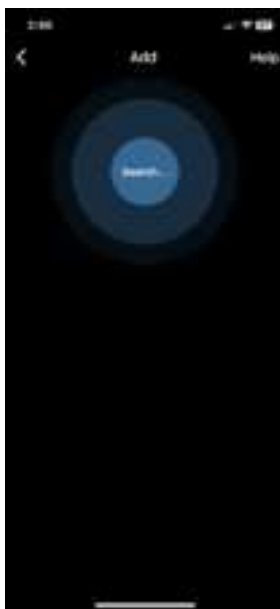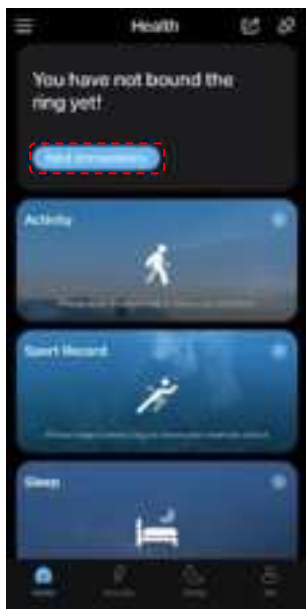
Wearing the Ring

For optimal comfort and accurate data monitoring, wear the smart ring on your index, middle, or ring finger, choosing a size that fits snugly but not too tightly. Ensure the sensors are positioned on the inside of your finger for accurate heart rate and blood oxygen measurements. Keep the contact area dry and promptly dry the ring if it gets wet to maintain sensor performance and prevent skin irritation.

Using the 'QRing' app

Activity

The Activity section provides an overview of your daily steps, calories burned, and active minutes. The interface displays a summary of your physical activity, helping you keep track of your fitness goals.

Sports Record

The Sports Record section logs your various sports activities, including duration, distance, and intensity. This section allows you to review your performance and progress over time.

Sleep

The Sleep section monitors your sleep patterns, providing insights into your sleep duration, quality, and stages. The interface helps you understand your sleep habits and make necessary adjustments for better rest.
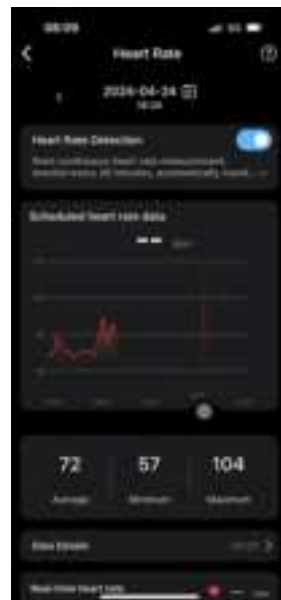
Heart Rate

The Heart Rate section tracks your heart rate throughout the day, displaying real-time data and historical trends. This section helps you monitor your cardiovascular health and adjust your activities accordingly.

These sections of the 'QRing' app provide comprehensive tracking and analysis of your health and fitness data, allowing you to stay informed and make better decisions for your well-being.

Note:

To optimise battery life, it is recommended to set the health monitoring frequency to a 30-minute interval. More frequent monitoring can significantly increase battery usage and reduce overall battery life.

Specifications

Battery life	Up to 7 days
Charging time	1-1.5 hour
Battery	15mAh
Connection type	Bluetooth 5.0
App	QRing
Material	Stainless steel
Measurement	Steps count, travel distance, Heart rate, blood oxygen, stress level, sport record and sleep
IP rating	5ATM

Disposal

	This marking indicates that this appliance should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

Notes

Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up.

For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.Kogan.com**.

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