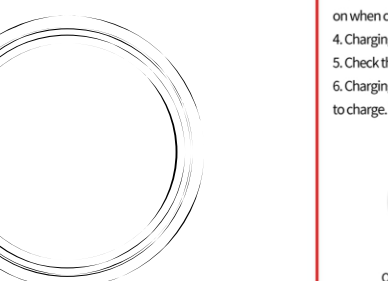# manual
Smart Ring

Charging activation

-When using for the first time, please charge and activate the device
If the factory settings are restored on the app, please charge and reactivate

1. There are two ways to charge the ring: USB cable charging or wireless charging (charging box of your (purchased) product)

2. After connecting to the power supply, the ring indicator light is always on red

3. Indicator status: The red light is always on during charging; The green light is always on when charging is completed

4. Charging time 30 minutes

5. Check the power: Click the power at the device connection on the APP home page

6. Charging box: If the box charger is out of power, you need to plug in the Type-C cable to charge. The red light is still indicating that the box charger has completed charging

Optional package comes with 200mah charging case
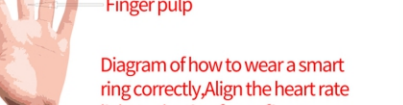
Please note that the Ring Services are not intended to diagnose, treat or prevent any disease or medical condition.
The information and data in the Services are for reference only and are not intended to replace the services of a health professional or physician. If you have any questions about a medical condition, it is recommended that you consult a professional physician.
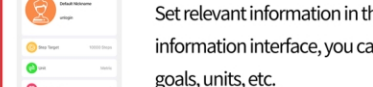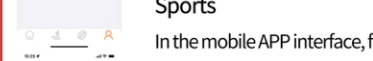

Heart rate light

Finger pulp

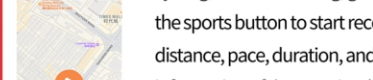Diagram of how to wear a smart ring correctly.Align the heart rate light to the tip of your finger

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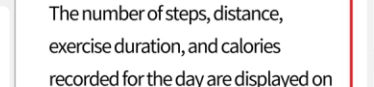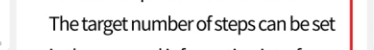1. Charge the ring for 60 minutes before first use

2. Search JRing on Google Play or scan the QR code below to download the APP

Please allow the app to obtain Bluetooth connection permissions and provide permissions
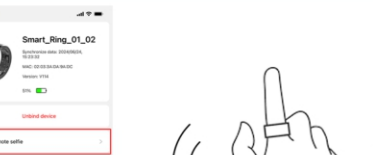
3. Select the ring and pair it on the mobile app

4. Flashing red light means ring is charging

5. Flashing green light indicate the ring is fully charged
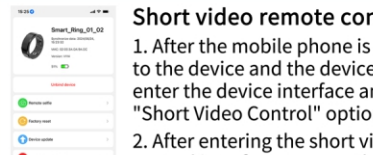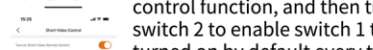
Box charger - built in 200 mAh battery

JRing

Connect the ring

Open the JRing APP, register the APP account, log in to the device, scan the device to find the APP account, scan the device to find the Smart_Ring_click Connect, and the ring information will be displayed after the connection is successful

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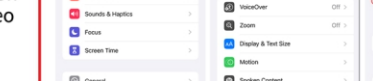
Personal settings

Set relevant information in the personal information interface, you can set step goals, units, etc.
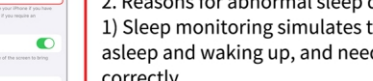
Sports

In the mobile APP interface, find the sports interface, you can choose a variety of sports modes, including: walking, running, cycling, mountaineering, golf, etc. Click the sports button to start recording the distance, pace, duration, and heart rate information of the exercise. (This function requires turning on the mobile phone GPS)

Exercise data

The number of steps, distance, exercise duration, and calories recorded for the day are displayed on the homepage of the mobile app.
You can also click to view the exercise data for the past week or month.
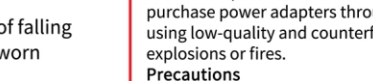The target number of steps can be set in the personal information interface of the app.

Sleep

The app can display the total sleep time of last night and the duration of light sleep and deep sleep. You can also click to view the sleep data of the past week or month.

Heart rate

On the homepage of the mobile app, select heart rate, click on the measurement button to start the measurement, the indicator light turns green, and the test starts, and the measurement is completed in 30 to 60 seconds.
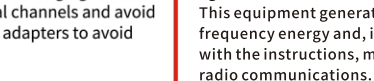

Blood oxygen

On the homepage of the mobile app, select blood oxygen, click on the measurement, the indicator light turns green, and the test starts. It takes 30 to 60 seconds to complete the measurement. The mobile app will display the current blood oxygen and fatigue values

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Open the app remote control selfie interface and shake to take a photo

(Remote control photography is only available in the JRing App)


Short video remote control

1. After the mobile phone is connected to the device and the device Bluetooth, enter the device interface and click the "Short Video Control" option.

2. After entering the short video control interface, turn on the two control switches on the right. (Turn on switch 1 to implement the short video control function, and then turn on switch 2 to enable switch 1 to be turned on by default every time you connect)

3. After turning on the switch, you can control the short video software (tiktok, Youtube, etc.) remotely (switch to the next video) and turn the page of the phone by shaking the ring

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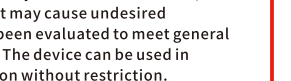
Precautions for using Apple mobile phones

1. Assistive Touch Settings

Open the iPhone's Settings - Accessibility - Touch - Assistive Touch Settings - Turn on

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Frequently Asked Questions

1. Reasons for abnormal heart rate and blood oxygen data measured by the ring

1) Generally, the ring sensor is not in good contact with the human body during measurement.

2) Please make sure that the sensor is in full contact with the finger during measurement.

2. Reasons for abnormal sleep data

1) Sleep monitoring simulates the time of falling asleep and waking up, and needs to be worn correctly.

2) Errors may occur if you fall asleep too late or wear it only when you fall asleep.

3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:00 pm to 11:00 am the next day.

For more frequently asked questions, please check the App [My---User Manual]

Note

1. Do not charge in a humid and wet environment

2. Please clean the magnetic charging hole on the back of the ring. Make it cleaner and tidier regularly to ensure that the magnetic charging hole of the ring fits the magnetic charger to ensure normal charging. This product is not equipped with a power adapter. To ensure the safety of your family and property, you can use the computer USB port or choose a power adapter with an output of no more than 5V3A when charging. Please purchase power adapters through formal channels and avoid using low-quality and counterfeit power adapters to avoid explosions or fires.

Precautions

1. The measurement results of this product are for reference only and are not used as any medical purpose or basis. Please follow the doctor's instructions and do not use this measurement result for self-diagnosis and treatment.

2. The waterproof level of this product is SATM waterproof and deep waterproof.

3. The company reserves the right to modify the contents of this manual without any notice. Some functions are different in the corresponding software version, which is normal.

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, pursuant to 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 in accordance with 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 receiver.

Connect the equipment into 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 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. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.