

SAMSUNG

Galaxy Ring

User guide



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Getting started

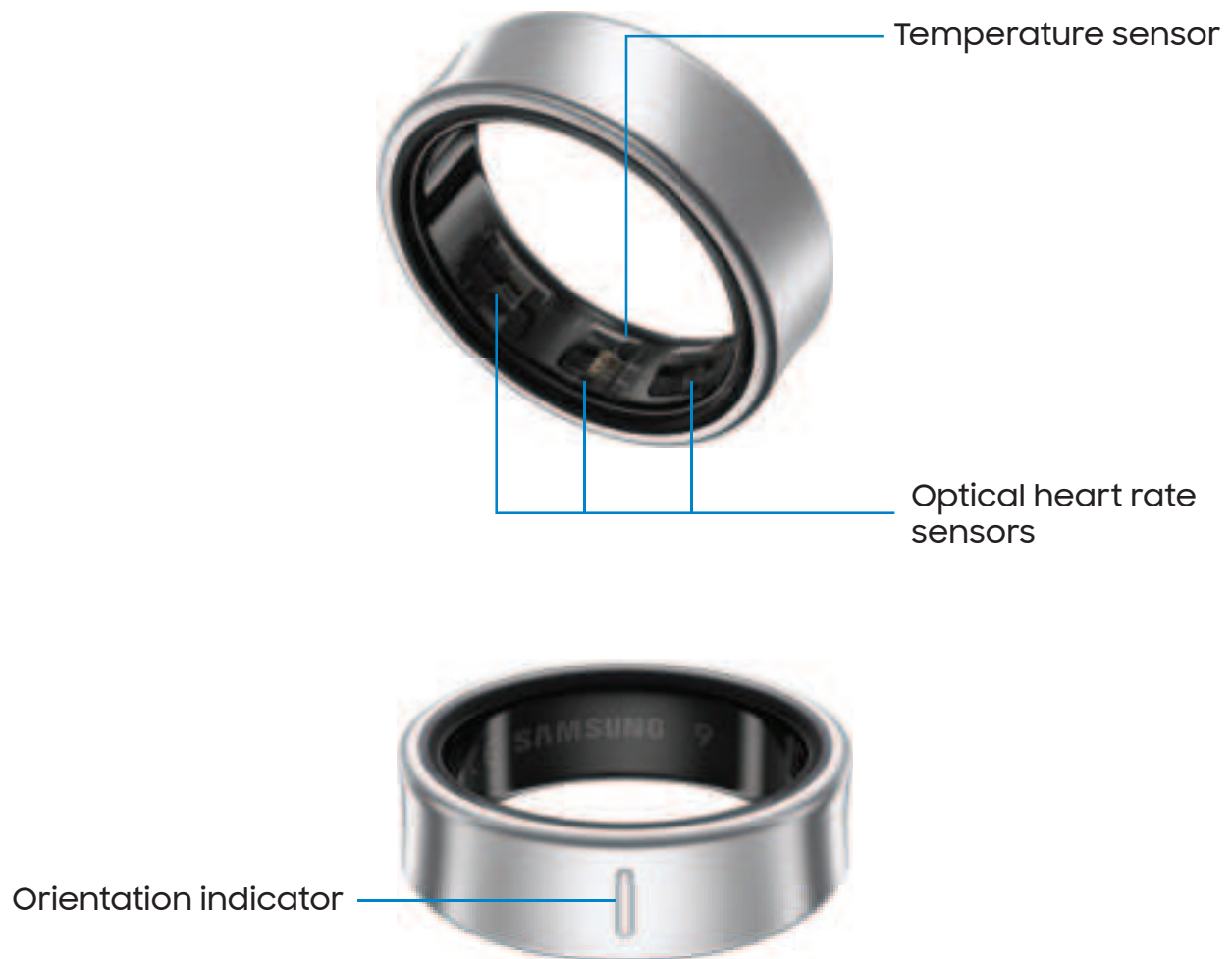
Galaxy Ring

Set up your device

Start using your device



Galaxy Ring



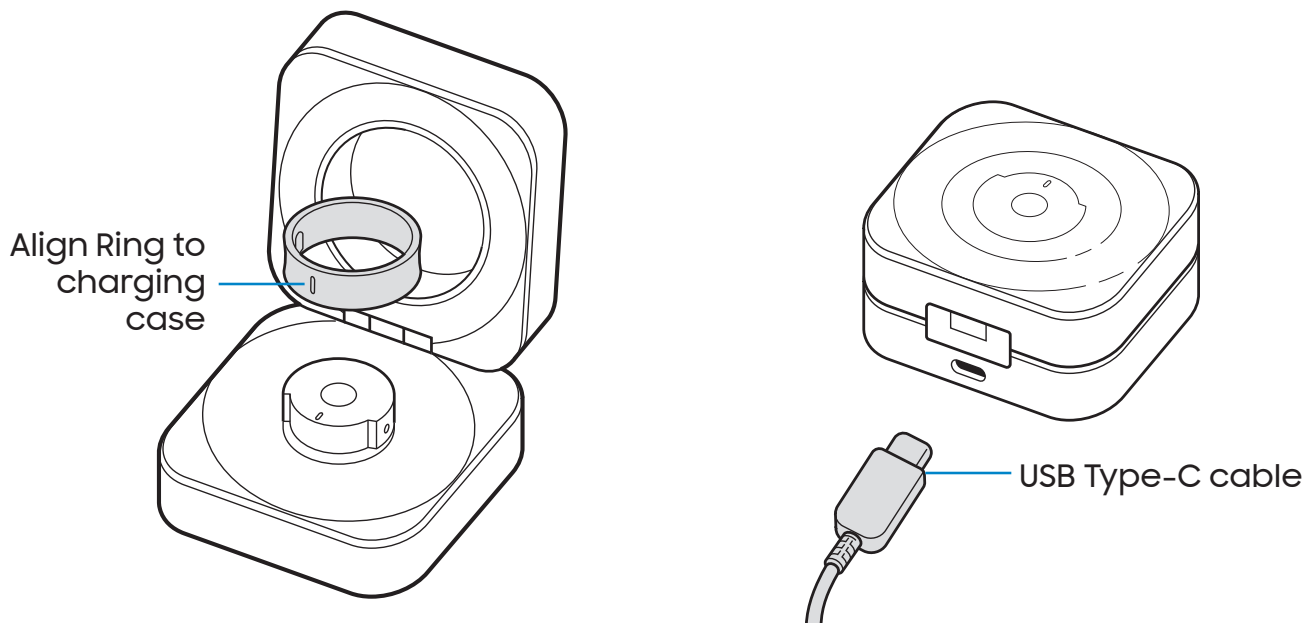
Set up your device

Learn more about your device hardware, assembling and charging, and how to get started using your new device.

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Charge the battery

The Galaxy Ring should be charged before using it for the first time and if it has been unused for an extended period. The Ring can connect to your mobile device while it is charging.



1. Align the orientation indicator of the Ring with the marker on the charging case and place it into the charging case. For best results, do not insert the Ring in the charging case if it is wet or dirty.
2. Close the charging case, and connect the USB cable as shown.

While charging, the device and the charger may become hot. This does not affect the device's lifespan or performance and is in the device's normal range of operation.

Remove the device from the charger and wait for the device to cool down.

Learn more: <https://www.samsung.com/us/support/answer/ANS00076952>



NOTE Do not disassemble, modify, or repair your device. Placing objects, such as magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, next to the device or charger may cause damage from the charger or device's magnetic field.

Maintaining water and dust resistance

The device is not impervious to dust and water damage in any situation. It is important that all compartments are closed tightly.

Learn more: **Mobile Terms and Conditions**

Follow these tips carefully to prevent damage to the device and maintain dust and water resistance performance:



CAUTION To avoid electric shock and damage to your device, do not charge device while it is wet or in an area where it could get wet. Do not handle device, charger or cords with wet hands while charging.

Water resistant based on IP68 rating, which means submersion in up to 5 feet of fresh water for up to 30 minutes based on international standard ISO 60529. Not advised for beach or pool use. Charging case is not water resistant. If the Ring is damaged, it is not guaranteed to be water resistant. If the Ring or your hands are wet, they must be dried thoroughly prior to handling.

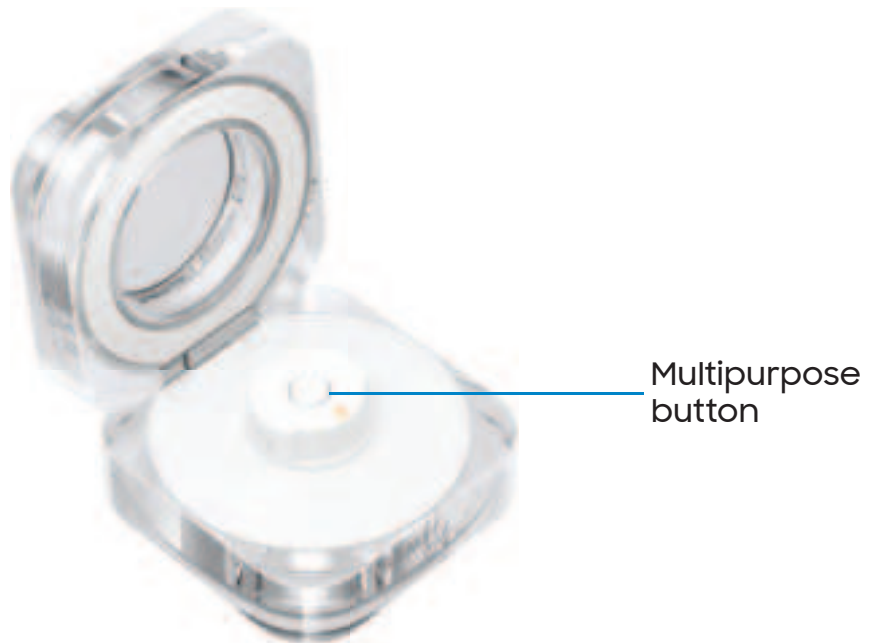
- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.
- Do not expose the device to water at high pressure.
- If the device is dropped or receives an impact that causes physical damage to the device, the water and dust resistant features of the device may be affected. If you suspect your device has been damaged because of a fall or impact, take it to a Samsung-authorized service center for inspection.

Check the charge status

To conserve battery power, place the Ring in the charging case when not in use. Otherwise, the proximity sensor continues to work while the Ring is out of the charging case.

To check the battery charge level of the Ring:

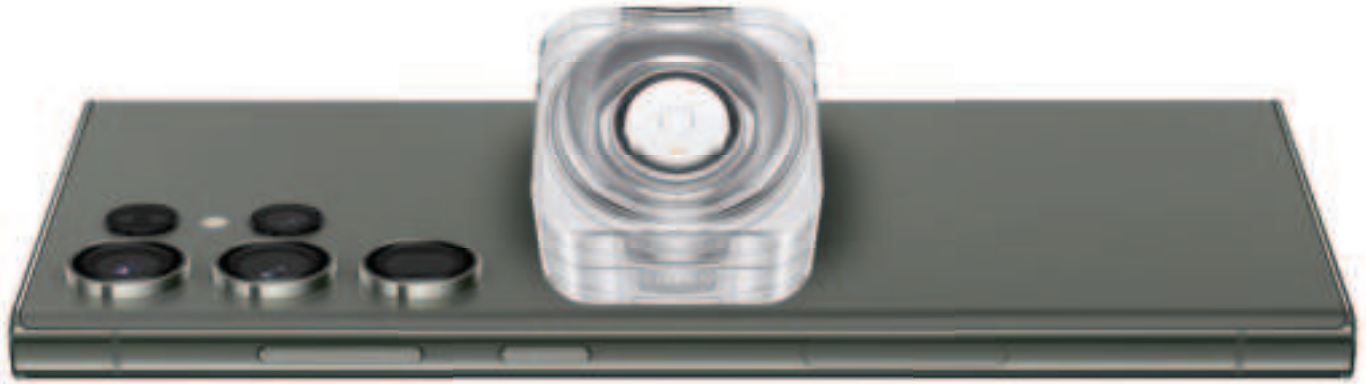
- Place the Ring into the charging case and press the **Multipurpose** button.
 - The indicator light turns on for three seconds to show the current battery level.



NOTE You can check the battery level for the case and Ring in the Galaxy Wearable app.

Wireless power sharing

Wirelessly charge your device using a supported Samsung mobile device. Some features are not available while sharing power.



1. From your mobile device, enable the Wireless power sharing feature.
2. With the mobile device face down, place the compatible device on the back of the mobile device to charge. A notification sound or vibration occurs when charging begins.



NOTE Wireless power sharing works with most Qi-Certified devices. Requires minimum 30% battery to share. Speed and power efficiency of charge varies by device. May not work with some accessories, covers, or other manufacturer's devices. If you have trouble connecting or charging is slow, remove any cover from each device.

For best results when using Wireless power sharing, please note:

- Remove any accessories or cover before using the feature. Depending on the type of accessory or cover, Wireless power sharing may not work properly.
- The location of the wireless charging coil may vary by device, so you may need to adjust the placement to make a connection. When charging starts, a notification or vibration will occur, so the notification will help you know you've made a connection. During charging, do not move or use either device.
- Call reception or data services may be affected, depending on your network environment.
- Charging speed or efficiency can vary depending on device condition or surrounding environment.
- Do not use headphones.

Indicator light

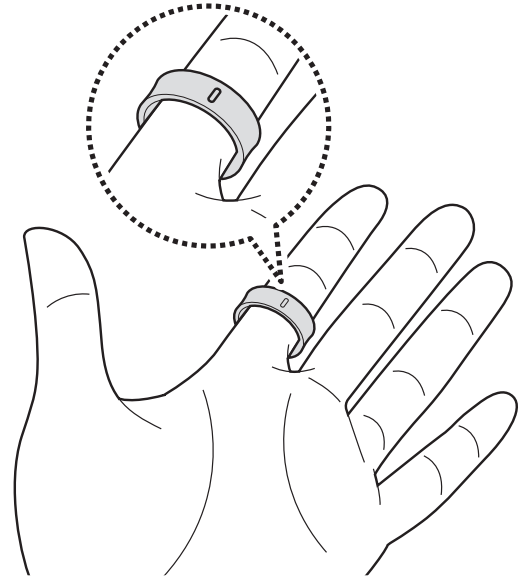
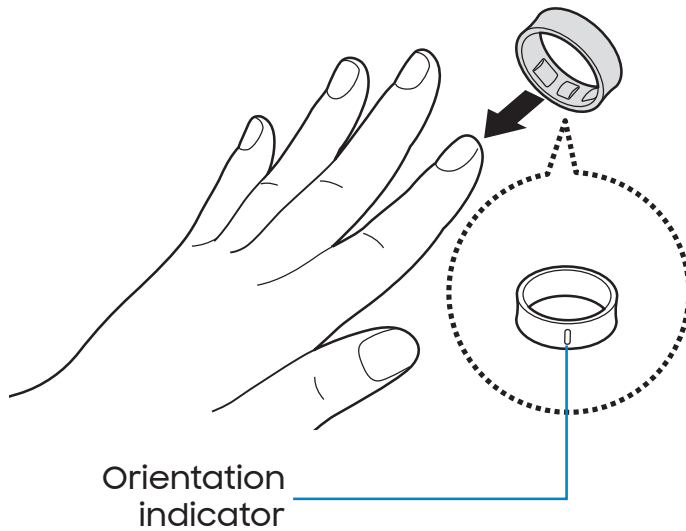
The indicator light on the charging case displays the status of the Ring when the Ring is placed in the charging case. It shows the status of the charging case when the Ring is not in the case.



Light Pattern	Status
All lights flash and turn off	Welcome lighting when opening the charging case
Flashes clockwise in sequence	Displays the remaining battery level
Flashes clockwise and blinks at the end	Charging (indicates the remaining battery level)
All lights flash	Fully charged
All lights blink	Charging error
Spins clockwise continuously	Bluetooth pairing mode

Get the best fit

Wear the Ring with the orientation indicator facing your palm, on a finger where it is comfortable. It should be neither too tight nor too loose.



Start using your device

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Connect to a mobile device

To connect your Ring to a mobile device, install the Galaxy Wearable app on the device. You can download the app from the Galaxy Store or the Google Play™ store.

Galaxy Wearable is compatible with select devices using Android 11.0 or later. Supported devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices.

Learn more: samsung.com/us/support/owners/app/galaxy-wearable-watch

1. Open the charging case to enter Bluetooth pairing mode. You can also press and hold the **Multipurpose** button.
2. On your mobile device, a pop-up window appears. Tap **Connect** on the window and follow the prompts to complete the connection.

Disconnect

To disconnect the Ring from your mobile device:

1. From  **Galaxy Wearable**, tap  **Menu**.
2. Tap  **Disconnect** by the name of your Ring.



NOTE To connect the Ring to a new device, the Ring needs to be reset. Resetting the Ring does not delete health data. See [Reset](#).

Register a Samsung account

Register your Samsung account on your connected device and add your Ring to it to access various features.

- On the connected device, tap  **Galaxy Wearable** > **Samsung account**. Follow the prompts to sign in to your Samsung account.

Galaxy Ring features

Your Ring records and manages your daily physical activities to help you cultivate healthy habits. You can save and manage health-related data in the Samsung Health app on the connected mobile devices. Learn more: samsung.com/us/support/owners/app/samsung-health



NOTE The information gathered from this device, Samsung Health, or related software is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

The accuracy of the information and data provided by this device and its related software, may be affected by factors such as environmental conditions, specific activity performed while using/wearing the device, settings of the device, user configuration/user-provided information, and other end-user interactions.

Supported features

The following features supported by the Ring are accessible and configurable through the Galaxy Wearable app:

Feature	Measures and detection
Sleep monitoring	• Sleep time • Blood oxygen • Snoring • Skin temperature • Heart rate • Respiratory rate • Sleep coaching
Heart rate monitoring	• Automatic measurement • Manual measurement • Heart rate alert
Workout detection	• Walking • Running

Feature	Measures and detection
Activity tracking	• Steps • Calories burned • Activity time
Cycle tracking	• Menstruation tracking and fertile window prediction based on skin temperature
Stress monitoring	• Stress level based on related biomarkers
Energy score	• Daily score and guidance based on analysis of your sleep pattern, activities, and heart rate

Learn more: [Galaxy Wearable app](#)

Galaxy Wearable app

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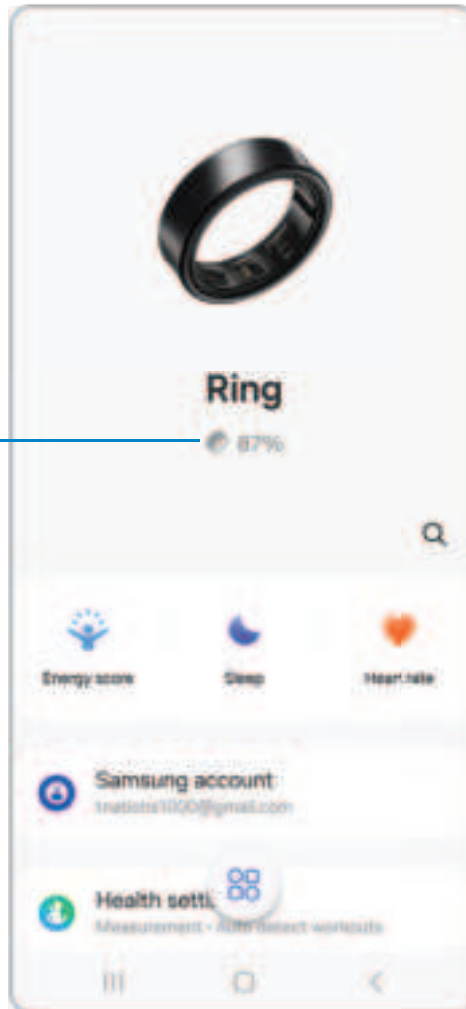


Battery level

The Galaxy Wearable app displays the battery level for the Ring at the top of the screen. When the battery is low a notification will display on your mobile device.

- Open  **Galaxy Wearable** to view the battery percentage.

Ring battery charge



Energy score

Your energy score is based on a comprehensive analysis of daily measured sleep, activities, and heart rate data. You can check your score and get suggestions for improving your overall wellness.

- From  Galaxy Wearable, tap  Energy score.

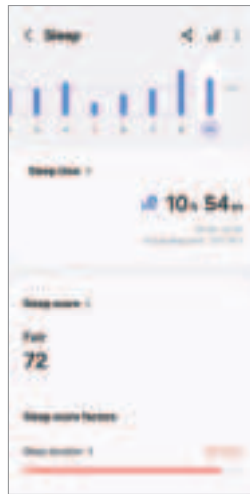


Sleep

Wear your Galaxy Ring while you sleep to measure your heart rate, blood oxygen, skin temperature, and related patterns. The Ring measures your sleep patterns automatically.

After your wake up:

- From  Galaxy Wearable, tap  Sleep.



You can also add sleep records manually.

1. On the Sleep screen, tap **Enter data**.
2. Enter your sleep information, and then tap **Save**.

Blood oxygen level

The Ring can measure your blood oxygen level while you sleep.

1. From  Galaxy Wearable, tap  Sleep.
2. Tap  **More options** > **Advanced measurement** > **Blood oxygen**.
3. Tap  to enable the feature.

Snore detection

Your connected mobile device can be used to detect and record snoring along with the sleep patterns recorded by the Ring.

1. From  **Galaxy Wearable**, tap  **Sleep**.
2. Tap  **More options** > **Advanced measurement** > **Snore detection**.
3. Tap  to enable the feature.
 - By default, **Always** is enabled to measure snoring whenever you are asleep.
 - To detect snoring for one night only, tap **Once**.
 - To record audio of snoring, tap **Record audio** to enable the feature. Place the connected mobile device nearby so that its microphone can pick up the snoring sounds.

Skin temperature

The Ring can measure changes in your skin temperature while you sleep to help you make a more optimal sleeping environment.

1. From  **Galaxy Wearable**, tap  **Sleep**.
2. Tap  **More options** > **Advanced measurement** > **Skin temperature during sleep**.
3. Tap  to enable the feature.

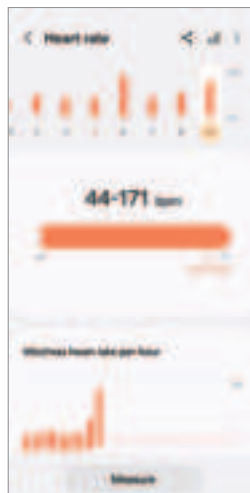
Heart rate

The Galaxy Ring can measure and record your heart rate. To get the best results:

- Rest for 5 minutes before taking measurements.
- If the measurement is very different from the expected heart rate, rest for 30 minutes and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements increases heart rate and may cause your heart rate to be different from your normal heart rate.
- Avoid talking, yawning, or breathing deeply while taking heart rate measurements.
- Heart rate measurements may vary depending on the measurement method and the environment they are taken in.
- If the sensor is not working, check the Ring's orientation on your finger and make sure nothing is obstructing the sensor.

The Ring continuously checks and records your heart rate. To check your heart rate history:

- From  **Galaxy Wearable**, tap  **Heart rate**.
 - To check all heart rate records, tap **View all**.



You can also record your heart rate manually.

1. From  **Galaxy Wearable**, tap  **Heart rate**.
2. Tap **Measure** to start measuring your heart rate.
3. Tap **Save** to store the record.

Heart rate alert

The Ring can alert you through the Samsung Health app if your heart rate is higher or lower than your specified resting heart rate for more than 10 minutes.

1. From  **Galaxy Wearable**, tap  **Heart rate**.
2. Tap  **More options** > **Advanced measurement**.
3. Tap to set the following alerts under Heart rate alert:
 - **High HR:** Enable an alert if your heart rate is higher than your specified heart rate value.
 - **Low HR:** Enable an alert if your heart rate is lower than your specified heart rate value.

Health settings

Settings for various health metrics can be configured in the Galaxy Wearable app.

- From  **Galaxy Wearable**, tap  **Health settings** for the following options:
 - **Measurement:** Set heart rate alerts. Enable or disable other features that are measured during sleep.
 - **Predict period with skin temp:** Measure skin temperature while sleeping to predict your menstrual cycle. This feature may not be available in your region.
 - **Auto detect workouts:** Automatically detect exercises and start recording data.
 - **Inactive time:** Choose days and times when you are most likely to be inactive and want reminders to move.

Cycle tracking

Track your menstrual cycle by measuring skin temperature while you sleep. You can check related cycle tracking information on the Samsung Health app of the connected mobile device.



NOTE Enable the cycle tracking feature in the Samsung Health app on the connected mobile device. Predicted dates may vary. This feature may not be available in your region. Only one wearable device can be used with this feature.

To check the list of exercises supported by the auto detect workouts feature:

1. From  **Galaxy Wearable**, tap  **Health settings**.
2. Tap **Predict period with skin temp** to enable it.
3. Set your period start date and end date, and then tap **Next**.
4. Set your cycle length, and then tap **Done**.

Auto detect workouts

The Galaxy Ring automatically recognizes when you are exercising and can automatically record such information as the exercise type, duration, and calories burned. When some exercises are stopped for more than one minute, the Ring stops recording. This feature uses acceleration and heart rate sensors to detect your workouts. Accuracy of exercise measurements may vary by person.

To check the list of exercises supported by the auto detect workouts feature:

- From  **Galaxy Wearable**, tap  **Health settings** > **Activities to detect**.
 - Tap any exercises that you want to enable.



NOTE You can record your exercise locations by enabling the location recording feature for each activity. The connected mobile device must also have its GPS location enabled.

Reset

You can reset all settings on your Ring.

- From  **Galaxy Wearable**, tap  **Reset > Reset**.
 - The Ring enters Bluetooth pairing mode automatically.

Ring software update

Your Ring software can be updated through the firmware over-the-air (FOTA) service.

- From  **Galaxy Wearable**, tap  **Ring software update** for the following options:
 - **Download and install:** Check for and install updates manually. Open the charging case before starting manual updates.
 - **Auto update:** Set to install updates automatically when the Ring is in the charging case.

About Ring

Access additional information about your Ring.

- From  **Galaxy Wearable**, tap  **About ring** for the following options:
 - **Rename:** Change the name of your Ring.
 - **Status information:** Access information about the Ring, including its Bluetooth address and serial number.
 - **Legal information:** Access legal information regarding the Ring. Enable or disable sending diagnostic information to Samsung.
 - **Software information:** Check the current software version.
 - **Battery information:** Access information about the battery.

Find my ring

If you misplace your Ring, your connected mobile device can help you find it through the Samsung Find app.

Support for the Samsung Find app may vary depending on the software version of the connected mobile device. Options for finding devices offline must be enabled in the Samsung Find app. It may take four minutes or longer to find your Ring.

- From  Galaxy Wearable, tap  Find my ring.

Tips and user guide

Learn useful tips to get the most out of your device, and view the user manual.

- From  Galaxy Wearable, tap  Tips and user guide > User guide.

Learn more

Videos

youtube.com/samsungcare

Samsung Care

samsung.com/us/support

Talk to an agent

Contact us on Facebook Messenger: m.me/samsungsupport

Find us on Facebook: facebook.com/samsungsupport

Follow us on X (formerly Twitter): x.com/samsungsupport

Legal information

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Dispute Resolution Agreement – This Product is subject to a binding dispute resolution agreement between you and SAMSUNG ELECTRONICS AMERICA, INC. (“Samsung”). You can opt out of the agreement within 30 calendar days of the first consumer purchase by emailing optout@sea.samsung.com or calling 1-800-SAMSUNG (726-7864) and providing the applicable information.

The full Dispute Resolution Agreement, Standard One-year Limited Warranty, End User License Agreement (EULA), and Health & Safety Information for your device are available online at <https://www.samsung.com/us/Legal/Gear-HSGuide>.

Restricting children’s access to your mobile device

Your device is not a toy. Do not allow children to play with it because they could hurt themselves and others, or damage the device, or make calls that increase your device bill. Keep the device and all its parts and accessories out of the reach of small children.

Interference from Magnets



WARNING: Potential Interference with Medical Devices from Magnets. The device contains magnets which may interfere with medical devices such as pacemakers, implantable cardioverter defibrillator, or insulin pumps. IF YOU ARE A USER OF ANY OF THESE MEDICAL DEVICES, PLEASE CONSULT WITH YOUR PHYSICIAN.

Do not store or place your device near magnetic fields. Magnetic stripe cards, including credit cards, phone cards, passbooks, hotel keys, and boarding passes, may be damaged by the magnets in the device.

Samsung Electronics America, Inc.

Address:

85 Challenger Road
Ridgefield Park
New Jersey 07660

Phone: 1-800-SAMSUNG (726-7864)

Internet: [samsung.com](https://www.samsung.com)

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Some multimedia (audio/video) files contain Digital Rights Management (DRM) technology to verify you have the right to use the files. Preloaded apps on your device may not be compatible with DRM-protected files.

Screen images are simulated. Appearance of device may vary.

Descriptions are based on the device's default settings. Some content may differ depending on carrier, model, or software.

The actual available capacity of the internal storage is less than the specified capacity because the operating system and default applications occupy part of the memory. The available capacity may change when you upgrade the device.

Please check with your service provider to verify qualifying services/features.