

RENPHO Smart Ring is a state-of-the-art compact device designed to accurately measure your vital signs and sleep quality, offering continuous health monitoring around the clock. Pair it with the Renpho Health app to enhance your wellness and fitness journey.

RENPHO Smart Ring

Read all instructions before using this device.

1. This ring is not a medical device and should not be used for diagnosing, treating, curing, or preventing any disease or medical condition. Information from the app is for reference only and not a substitute for professional healthcare services.
2. Children should be supervised to ensure that they do not play with the device.
3. Keep the device's contact dry and clean thoroughly if wet. If redness or swelling occurs at the contact area, cease using the device immediately and consult a doctor.
4. Place the charging cable and charging case in a dry environment while charging. Avoid contact with water or wet hands.
5. Regularly check for any signs of damage. If found, stop using to prevent malfunction or injury.
6. Use the device in a place without magnetic interference for proper operation.
7. The charging case contains magnets. Keep it away from credit cards, implanted medical devices, and other devices that may be affected by magnets.
8. Avoid placing the charging case near heart implants like pacemakers.
9. The charging case is not water or dust resistant, use with caution.
10. Clean the sensor before use to ensure accurate measurements.
11. Avoid direct eye contact with the sensor light to prevent vision impairment, especially for children.
12. Store the device in the charging case when not in use to prevent loss or battery consumption.

About the Battery

1. Do not expose the device or battery to excessive temperatures.
2. Be aware of the risk of terminals of the battery-operated device or battery being short-circuited by metal objects.

3. This device contains batteries that are non-replaceable. When the battery is at end of life, the device shall be properly disposed of.
4. Do not dismantle, open or shred battery.
5. Do not subject cells or batteries to mechanical shock.
6. In the event of a cell leaking, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
7. Secondary cells and batteries need to be charged before use. Always use the correct charger and refer to the manufacturer's instructions or product manual for proper charging instructions.
8. Do not leave a battery on prolonged charge when not in use.
9. After extended periods of storage, it may be necessary to charge and discharge the cells or batteries several times to obtain maximum performance.
10. CAUTION - The battery used in this device may present a risk of fire or chemical burn if mistreated. Do not recharge, disassemble, heat above 100°C (212°F).

SAVE THESE INSTRUCTIONS

1. What's in the Box

- 1 RENPHO Smart Ring
- 1 Charging Case
- 1 USB-C Charging Cable

2. Overview

Ring



24/7 Heart Rate



SpO2



Sleep Tracking



HRV

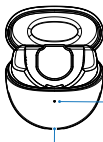


Stress



Activity Tracking

Charging case

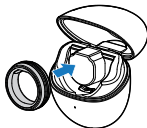
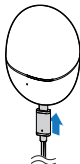


The ring and charging case require an active charge to power on for the first time.

1. Charge the device

* Fully charge the device before its first use.

- a. Charge the device using the provided USB-C charging cable and a DC 5V 1A charger (not included), and the indicator light will flash green.
- b. Position the ring correctly inside the charging case and close the lid. The ring will charge first, followed by the charging case.
- c. It takes about 1.5 hours to fully charge the device. Once the charging process is complete, the indicator light will turn solid green.

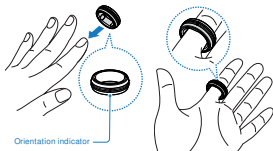


Note:

1. The device runs on a single charge for 7-12 days (this varies according to ring size, selected features, and frequency of use).
2. When you place the ring in the charging case, charging will start automatically and stop when it's fully charged.
3. While charging, the ring may heat up, which is normal and should not impact its lifespan or performance. Allow the ring to cool down before wearing it.

2. Wearing the ring

Wear the ring with its orientation indicator facing towards your palm. For the best performance and accuracy, it is recommended to wear the ring on your index finger on non-dominant hand.



Note:

- Avoid narrow-based fingers.
- Do not wear metal rings near to the ring.
- Remove the ring when lifting or handling heavy objects.
- Avoid wearing the ring while exercising with equipment, especially free weights such as barbells and dumbbells.

The ring may become difficult to remove due to slight swelling in your fingers throughout the day from heat or exercise. If the ring becomes stuck, wet your finger with cold water and soap, and gently twist to remove it.

Step 1: Download the App

Search and download the "Renpho Health" App from Apple App Store / Google Play or scan the QR code to download the Renpho Health App.



Renpho Health | Q



Note: Due to continuous updates and improvements, the "Renpho Health" App may appear slightly different.

* Apple and the Apple Logo are trademarks of Apple Inc., registered in the U.S. and other countries. Google Play is a trademark of Google LLC.

Step 2: Log in/Sign up

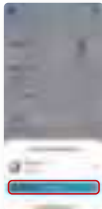
- a. Log in directly with your existing RENPHO App account.
- b. If you don't have a RENPHO App account, tap "Sign up".
 - Register a new account of Renpho Health App using your email address and complete your profile information.

Step 3: Add Device

*Enable wireless setting on your smartphone before adding the device.

-Method 1:

- a. Open the charging case and the ring will enter pairing mode automatically.
- b. Tap "Connect" when prompted via pop up.

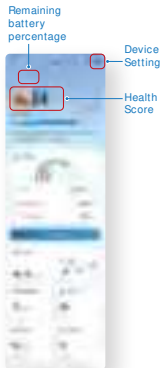


-Method 2:

- a. Tap "+" on the top right corner of the "Home" page to pair manually.
- b. Select "Health" and tap "Smart Ring".
- c. Tap "+" to continue.



App Introduction



Features	Analysis
Health Score	<ul style="list-style-type: none">• Based on comprehensive analysis of your sleep, activities, and heart rate
Activity Tracking	<ul style="list-style-type: none">• Steps• Calories• Distance
Exercise Tracking	<ul style="list-style-type: none">• Walking• Running• Cycling(more to come)
Sleep Monitoring	<ul style="list-style-type: none">• Sleep duration• Sleep stage• Sleep efficiency• Sleep quality• Sleep latency• Avg. heart rate• Avg. SpO₂• Avg. HRV
Heart Rate Monitoring - Support both manual measurements and customizable interval settings.	<ul style="list-style-type: none">• Avg. heart rate• Max heart rate• Min heart rate
SpO ₂ Monitoring - Support both manual measurements and customizable interval settings.	<ul style="list-style-type: none">• Avg. SpO₂• Max SpO₂• Min SpO₂

Features	Analysis
HRV Monitoring - Customizable interval settings	<ul style="list-style-type: none"> • Avg. HRV • Max HRV • Min HRV
Stress Monitoring - Customizable interval settings	<ul style="list-style-type: none"> • Stress state (Reference only) • Avg. stress • Max stress • Min stress
Settings	<ul style="list-style-type: none"> • Auto-measure interval HR: 10 min (default) SpO₂ : 60 min (default) HRV: 60 min (default) • Wearing setting • Unit

1. Clean Ring sensor weekly to avoid signal interference.
2. Protect from dust, sweat, ink, oils, and chemicals. Clean with a lint-free cloth if dirty.
3. Avoid abrasive materials, or heat sources.
4. Use a soft cloth or soap-free detergent to clean and ensure thorough drying.

The ring is not responding.

- Battery is weak or depleted. Charge the ring.

- The ring is too loose. Check if the ring is correctly placed on your finger.
- Place the ring in the charging case and take it out to restart it.

Connection fails.

- Ensure wireless setting on the smartphone is enabled.
- Ensure the ring is within range (5m).
- Place it back into the charging case and take it out to try again.

The ring cannot be charged.

- Ensure proper alignment between the charging contacts of the ring and the charging case.
- Clean charging contacts if dirty with a lint-free cloth.
- Ensure that the charger is connected properly to the charging case.

The battery drains quickly.

- Avoid exposing the ring in extreme temperatures. It is recommended to operate within a temperature range of 0 °C to 35 °C/ 32°F to 95°F.
- Frequent usage/enabling of features.
- When not in use, store the ring in its charged charging case. If not, the sensor will remain active, which will reduce battery life.

The ring is overheating.

- When you use features that require more power for an extended period of time, it may become hot to the touch.
This is normal, remove it and allow the ring to cool down.

Measurements differ significantly from expectations.

- Rest for 30 minutes before retaking measurements.
- Avoid smoking or alcohol consumption before measurements.
- Do not talk, yawn, or take deep breaths during measurements.

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery. For warranty terms and conditions, please visit:

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

Please feel free to contact us if you have any questions or concerns.

RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.



+1(844) 417 0149 (US ONLY)

Monday-Friday 9:00AM-4:30PM

1800 MY RENPHO (1800 69 7367) (AU ONLY)

Monday-Friday 9:00AM-6:00PM (AEST)

+44(0)7434-666088 (UK ONLY)

Monday-Friday 9:00AM-5:00PM(GMT)



support@renpho.com (US&CA)

support-au@renpho.com (AU)

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*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

Smart Ring

Charing box

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更新日期：	20241024	供应商代码：	1	设计师：	Doris
型 號：	R-MZW01				
產 品 名 稱：	RENPHO Smart Ring				
尺 寸：	90mm W x 70mm H				
材 质：	108g 双面铜版纸				
颜 色：	四色印刷				
工 艺：	无				
装订方式：	骑马钉				