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BioSense

RING

QUICK
START
GUIDE

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Packing List

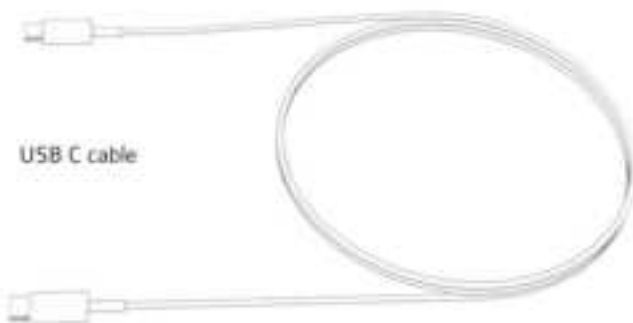
The box contains the following items



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Charging Base



USB C cable



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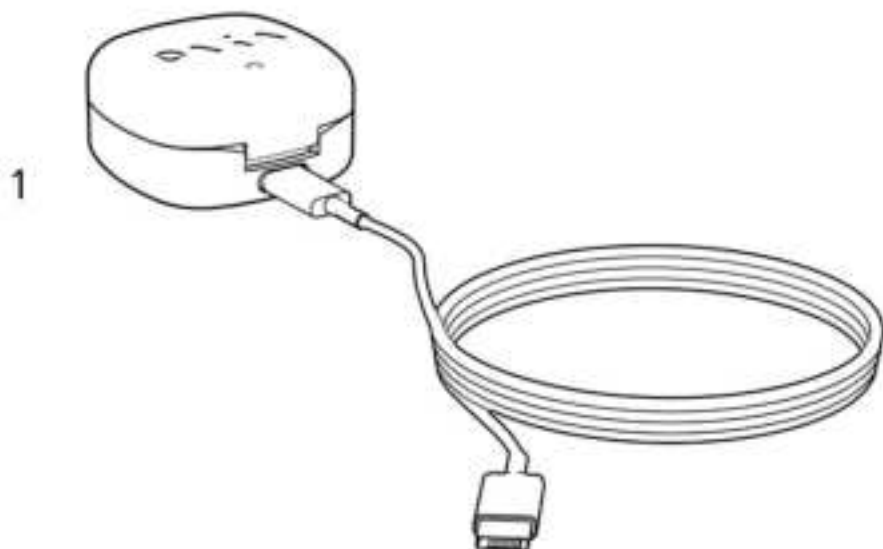
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How to charge

1. Plug the USB C cable into the socket on the charger base.
2. Place the **BioSense RING** onto the charging base, aligning the metal contacts with the gold pins on the charging base. This will line up the magnets in the correct direction.
3. Place the charger on a flat surface.



Input voltage: 5V DC.
Charging time: about 2 hours.



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How to use

1. App Download

Download the VYVD Smart App from the Google Play Store, or Apple STORE.

TIPS: For the best experience, please always keep the App and the firmware updated to the latest version.

2. Initial Setup

A - Run the App and finish the registration with your mobile by follow the instructions from the App.

B - Navigate to the "Device" screen in the application. Select Ring so that the App searches for your device by name. Click on the correct device when it is displayed (with specific name and number). The connection will take a few minutes to complete.

C - The App will automatically start calibration and synchronize the local hour when it get connected.

D - Now you can go to the App "Health" page; press and hold, then pull down the page to synchronize the data, to transfer it from the ring to the App for your visualization. It is highly recommended you to synchronize the data every day regularly to prevent the data loss.

TIPS: If the iOS device failed to find your ring, please open the Bluetooth management panel on iOS device and check if the ring is connected. If it does, please forget the device(the ring) and start over to reconnect your ring.

3. Power On

If the ring is powered off or completely out of battery power, put the ring into the charging compartment for charging and it will automatically power on.

TIPS: The ring's battery life will get damaged if it is kept on a low battery for a long time. It is prohibited to disassemble, hit, squeeze or throw it into fire. The battery must not be exposed to an overheating environment. It is prohibited to use it after being immersed in water.

4. Power Off

From "Device" panel page, click the shutdown button to power off the ring when it is under connected status. Align the charging positioning mark located on the inner side of the ring to the charging position around by. The magnet parts embedded will automatically help to positioning. use a standard 5V charger to connect the charging compartment through the USB port. The flashing light on the charging compartment indicates the charging has started.

5. Searching device

Run the app and go to the "Device" panel page, start connecting from "My Devices", click "Search" when it shows connected, and the ring light will flash quickly three times.

6. Sleep

Wearing the ring to fall asleep, the ring will automatically detect the parameters related to the sleep, which include fall sleep time, wake-up time, light sleep, deep sleep, REM, wakefulness and other information, heart rate under sleeping, blood oxygen, snoring and other information. (For details, please synchronize the data to the App for visualization).

7. Activity data, Heart Rate, Blood Pressure, Blood Oxygen, Energy, Stress

Wearing the ring tightly for a reasonable period, There are multiple Bio-data can be visualized from the different function sub-pages after the synchronizing, for example Heart Rate, Blood Pressure, Blood Oxygen, Energy, Stress, etc.

8. About

From the "Profile" page, click on "Setting" and then on "About" to check the app version and the ring's firmware.

9. Check your data

Run the App, press and hold the page then pull down to synchronize your data. Your data will be available in the App.

Sleep

You can check your sleep facts throughout the day, which include sleep time, wake-up time, different levels of your sleep, REM, wake time and so on. Sleep suggestions will be ready for your check based on your sleep quality calculation. It is a good way for you to monitor your sleep snoring and breathing frequency.

Activity data, Heart Rate, Blood Oxygen, Blood Pressure, Energy, Stress

You can check the periodically tendency (year/month/day data statistics and analysis).

Profile

From the App > "Profile", click the "Edit Profile" to set your nickname, gender, date of birth, height and weight.

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Tech Sheet

HARDWARE and SOFTWARE specification

Basic specification	size	24*24*9 mm
	weight	3.5 grams
	material	titanium alloy (the case)
	color	Gunmetal grey
Hardware specification	CPU	Nordic52833
	Bluetooth antenna	Ceramic antenna
	Compatibility	Android 4.4 and above, ios 12.0 and above
	Data Storage	7 days
Connection	Bluetooth	Bluetooth 5.1
Sensors	PPG sensor	Clinical Grade for medical
	Category	16-20mAh polymer lithium-ion battery
Battery	Standard Voltage	1V
	Charging method	Wireless
	Battery Life	7-10 days, depending on usage and measurement frequency
Other data	waterproof level	IP68

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Functions

Health metrics	Hearth Rate (HR)	Heart Rate (HR) monitoring every 10 minutes. Optional 24-hour automatic measurement and on-demand App-initiated manual HR measurement. Supports manual measurement, App initiated.
	Breath Rate (BR)	Supports turning on/off 24-hour automatic measurement (determined by whether the heart rate is turned on/off), and the automatic measurement interval is once every 10 minutes. Support manual measurement, App initiated.
	Energy	Supports 24-hour automatic measurement. The automatic measurement interval is every hour. Supports manual measurement, App initiated.
	Stress	Supports 24-hour automatic measurement. The automatic measurement interval is every hour. Support manual measurement, App initiated.
	Blood Pressure (BP)	Connect APP for blood pressure calibration. Supports 24-hour automatic measurement. The automatic measurement interval is every hour. Supports manual measurement, App initiated.
	Oxygen Saturation (SpO2)	Supports 24-hour automatic measurement. The automatic measurement interval is every hour. Supports manual measurement, App initiated.
	Sleep	The sleep quality estimation will be calculated by collecting all PPG values during the entire night and combining them with gyroscope sensor measured values.
Activity data	Steps	
	Calories	App display
	Stand Up	

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Important safety and using information

- Please do not drop the product and avoid being exposed to strong vibrations. Such as gravity impact, rough use, or falling on a hard ground, etc. may cause damage to the components; this product has a built-in rechargeable lithium battery.
- **Battery safety warning:** Do not disassemble, install, squeeze and put into fire;
- **Do not check other notifications while driving the car** to avoid distraction and cause danger;
- The health data and health advice provided by this product are for reference only and are not used as a basis for diagnosis and treatment;
- Do not use the product if you come into contact with chemicals, clean the product regularly with a clean cotton cloth;
- It is not recommended to use soap, shower gel and other products for cleaning;
- the product is prohibited from being placed in a washing machine or dryer;
- do not use a hair dryer to dry it for a long time;
- if the product is stained with water **Do not charge**;
- When the ring actively measures and communicates with the mobile phone, be sure to keep the ring close to the mobile phone (within a range of less than 1 meter), otherwise it may easily cause upgrade, communication and measurement failures.

FRONT view



9 mm

SIDE view



~ 24 mm

PERSPECTIVE view



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Legal disclaimer

Some measurements require the installation of the VYVO Smart App available for Android OS 5.0 and later and for Apple OS version 10.0 and later.

1. VYVO BioSense has a water resistance rating of 50 meters according to ISO standard 22810:2010. Therefore, the device can be used for activities like swimming in a pool or the ocean. However, VYVO BioSense should not be used for waterskiing, or other high-velocity water activities.
2. Unless otherwise specified, VYVO BioSense and related services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. Regarding accuracy, VYVO has developed products and services to track certain wellness information as accurately as reasonably possible. The accuracy of VYVO's products and services is not intended to be equivalent to medical devices or scientific measurement devices. It is in no way meant to be a replacement thereof. If you have any concerns, you should always consult a physician or a healthcare professional before replacing any medical product or service.
3. Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of any VYVO product or service.
4. Certain functions may be limited in some countries.

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FCC Requirement

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

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.
2. this device must accept any interference received, including interference that may cause undesired operation.

Note: 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.

IC Requirement

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation.



Thank you!

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