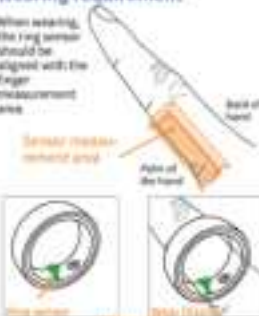
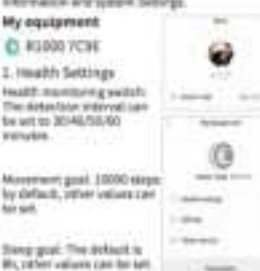


SMART RING Instruction manual 	Ring quick description Component introduction Ceramic/Stainless steel case Charging interface Sensor Product information <table><tr><td>Color</td><td colspan="3">Black/Silver/Gold/Rose Gold/Blue/Green</td></tr><tr><td>Outer size</td><td>For women: 16mm/18mm/20mm</td><td>Charging time</td><td>1-2 hours</td></tr><tr><td>Battery</td><td>200mAh</td><td>Charging cable</td><td>USB-C</td></tr><tr><td>Material</td><td>5-Step</td><td>Material</td><td>Ceramic/Stainless steel</td></tr><tr><td>Waterproof</td><td>IP68</td><td>Weight</td><td>10g</td></tr><tr><td>Bluetooth version</td><td>5.0/5.2</td><td></td><td></td></tr></table>	Color	Black/Silver/Gold/Rose Gold/Blue/Green			Outer size	For women: 16mm/18mm/20mm	Charging time	1-2 hours	Battery	200mAh	Charging cable	USB-C	Material	5-Step	Material	Ceramic/Stainless steel	Waterproof	IP68	Weight	10g	Bluetooth version	5.0/5.2			Charging method and activation Before using the ring for the first time, it needs to be charged and activated, and it can be charged by using the equipped charging compartment (as shown in the figure). The red light is being charged, and the blue light is full. Connect the other end of the charging cable to the USB charging head or USB port of the computer. 	Wearing requirement When wearing the ring, the sensor should be aligned with the finger measurement area. 
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Install the APP Scan the QR code below or enter the major APP markets to download and install "Smart Ring".  ① After APP registration and login ② Find the icon ③ in the upper right corner to enter and find the device connection Device name: R1000 2A76 Connecting Successful	APP interface Description Home page Steps/miles/distance Real-time display of user steps, calories and distance  Sleep Display the sleep data of the previous day, record the data of deep sleep, light sleep and rapid eye movement, and analyze the sleep. 	Heart rate Record the heart rate data detected by the user while wearing, and analyze the data.  Blood pressure Record the blood pressure data detected by the user while wearing, and analyze the data. 	Blood oxygen Record the blood oxygen data detected by the user while wearing, and analyze the data. 																								
Sport Record the movement data detected while the user is wearing, including time, heart rate, steps, calories, mileage and pace. 	Remote care Help family members and friends to register and log in to the APP, you can add each other's accounts, and the other party can pay attention to health data after receiving the message and agreeing. 	Equipment Click "My" to enter and display personal information and system Settings. My equipment R1000 7C9E 1. Health Settings Health monitoring switch: The default interval can be set to 30/45/60/90 minutes. Movement goal: 10000 steps by default, other values can be set. Sleep goal: The default is 8h, other values can be set. 	Blood pressure calibration Default: 120/80, slide up and down to set other values. Note: The blood pressure calibration value must be the value detected by the sphygmomanometer in the hospital, if the measurement deviation of the device is large. 																								
2. Device Settings Take photos: You can take photos with your phone camera. Unit Settings: The unit can be switched. Third-party services: Bind to wechat agents and synchronize sports data. Restore factory settings: 3. About equipment Firmware version/Bluetooth address/APP QR code 4. disconnected	Notice needing attention - Do not use the charging voltage is greater than 5V, charging current is greater than 2A adapter, charging time is more than 2 hours; - It is forbidden to charge in the case of water alarm; - This product is an electronic monitoring product, not as a medical reference, the measurement data is for reference only; - The blood pressure test method requires a quiet rest for more than 5 minutes before the test. Do not eat, smoke, take medication or drink coffee for 2 hours before the test; - This product is an electronic product, keep sufficient power when the ring is not worn, and avoid in a dry place to avoid moisture damage; - This product is made of ceramic, it needs to avoid material scratch gently to avoid falling or collision; - Keep the device away from hot water to avoid damage. This product is an electronic device, please do not use it as a medical reference. The measurement data is for reference only.	FCC Caution 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. Any changes in modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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 and can receive 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	Avoid 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. The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure condition without restriction.																								