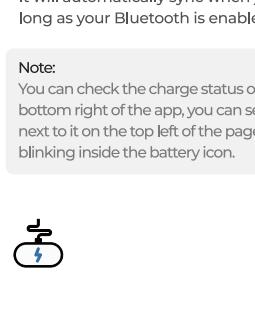


# RingConn Smart Ring

## Quick Guide and Manual

### Quick Guide

#### 1 Install the RingConn App on your mobile device and set up/register an account



- Download the app by scanning the QR code.
- Download the app from the App Store or Google Play by searching 'RingConn'.
- Please follow the prompts to complete your account registration.

#### 2 Charge your ring to activate it before your first use

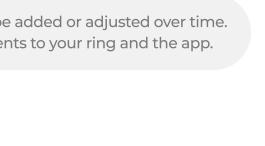
- We recommend that you charge your ring for 60 minutes or until the power level is greater than 80% for the first use.
- Remove the ring from the box and place it in the charging case.
- The blue light will begin blinking within 5 seconds and will automatically activate the ring and enter pairing mode.

**Note:**  
The ring must be activated before it can be used properly. The ring must be positioned properly on the charging case for the contacts to line up. It will only fit in one position. Do NOT force it into the case in a different position.

#### 3 Connect the ring with the app

Open the RingConn App, click the "Me" page and select "Start Pairing".

**Note:**  
Bluetooth must be enabled on your device. Please keep the ring within one meter/yard of your mobile device for them to pair.



#### 5 Check health data & battery information

• You can sync your data from your ring to the RingConn App at any time to check your health data and your battery status.

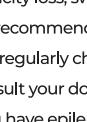
• The ring will retain data for 5 to 7 days if it is not synced.

• It will automatically sync when you hold your mobile device while the app is open as long as your Bluetooth is enabled.

**Note:**  
You can check the charge status of the ring on your phone. Click the "Me" page on the bottom right of the app, you can see the remaining percentage of power and a battery icon next to it on the top left of the page. When the ring is charging, you will see a blue bolt blinking inside the battery icon.

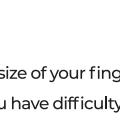


#### 6 LED color reference



• Blinking blue: The ring is activated and has entered pairing mode.

• Solid blue for 3 sec: The ring is out of airplane mode.



• Blinking white: The charging case is charging.

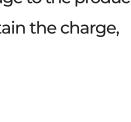
Once the charging case stops charging, the light will stop blinking and turn solid white.

• Solid white: Charging case power is above 40%.

• Solid orange: Charging case power is lower than 40%.

• Solid blue: When the ring is correctly placed on the charging case and it connects, the ring will begin to charge. After 5 seconds, the light on the case will go out.

• Blinking orange: Abnormal charging (input or output).



If you have any questions, please refer to the Frequently Asked Questions (FAQs)

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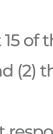
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### Functions



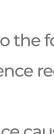
**Sleep**

Calculate your sleep stages and scores



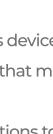
**Activity**

Monitor your daily activity and calories burned



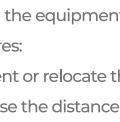
**Stress Index**

Track your stress index for relaxation guidance



**Heart Rate**

Monitor your heart rate and heart rate variability throughout the day



**SpO2 (Oxygen Saturation)**

Measure your blood oxygen saturation during the day and sleep periods



**Skin Temperature**

Record your skin temperature changes throughout the day



**Standing**

Record your standing time to guide you to a healthy lifestyle



**AwRR (Airway Respiratory Rate)**

Monitor your airway respiratory rate throughout the day



**Insights**

Provide personalized health advice based on your health information

These functions are for reference; functions may be added or adjusted over time. We are continuously working to make improvements to your ring and the app.



Read and Save These Safety Instructions Before Using This Product

This product contains electronic equipment. Therefore, improper disposal may cause environmental pollution and human injury.

1. Do not disassemble the product.
2. Do not replace the built-in battery.
3. Do not use corrosive cleaning agents to clean the product.
4. Do not charge the product when it is wet.
5. Do not use the product when it is not completely dry.
6. Do not expose the product to direct sunlight for long periods.
7. Do not expose the product to extreme or steam rooms.
8. Do not use the ring if it has been damaged or changed shape.
9. Do not use the ring if it has been damaged or changed shape.
10. Do not pierce the ring with a sharp object.
11. Do not expose the product to fire. The battery may explode.
12. Use the RingConn charging case to charge the ring. Do not use a power adapter suitable to the case to charge the charging case.
13. If the product temperature rises rapidly during the charging process, please stop charging immediately.

The size of your finger will change slightly throughout the day and the year.

If you have difficulty removing your ring, try the following methods:

• Use cold water or food-safe oil to wet your finger, and slowly twist the ring to remove it.

• If you are unable to remove the ring yourself, seek immediate medical attention.

2. Remove the ring to avoid wear and tear when performing strength training, using heavy tools, or holding metallic devices.
3. Do not clean the ring with an ultrasonic cleaner to avoid damaging certain components.
4. Do not use the ring in high-temperature and high-humidity environments such as swimming pools. However, wearing the ring in the shower is acceptable.
5. Do not use the ring while you are driving or in other situations that require concentration. If the product is swallowed, it may cause choking. Please place the product out of the reach of children.
6. Please do not expose the ring to extreme or bright light environments. The data provided by this product is for reference only.
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8. Do not pierce the ring. Doing so may cause short circuit, sleep, and other functions.
9. This ring contains a built-in lithium battery. Due to the characteristics of the battery, prolonged disuse can lead to its capacity loss, swelling, aging, and corrosion of the circuit board, resulting in potential safety hazards or damage to the product. It is recommended that you charge the ring and the battery to about 80% before storing it in the charging case to maintain the charge, and regularly charge both the ring and the battery.
10. Consult your doctor before use if any of the following apply:
  - You have poor circulation or abrasions;
  - You have heart disease or other disorders;
  - You are taking any medications that induce photosensitivity.
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13. Make sure the ring is connected and paired to your phone. You can use this ring to charge the ring in the charging case.
14. The ring can store data for 5-7 days. Please ensure your device's Bluetooth is enabled when you open the app; the most recent ring data will be cleared when the sync is modified.
15. You can also find this information in FAQs in the app. It contains most of the information in this instruction manual, allowing you to refer to it at any time in the app.

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