QRNT
USER MANUAL

QALO **R**ing with
Nano **T**echnology

QALO.
MADE FOR MOVEMENT

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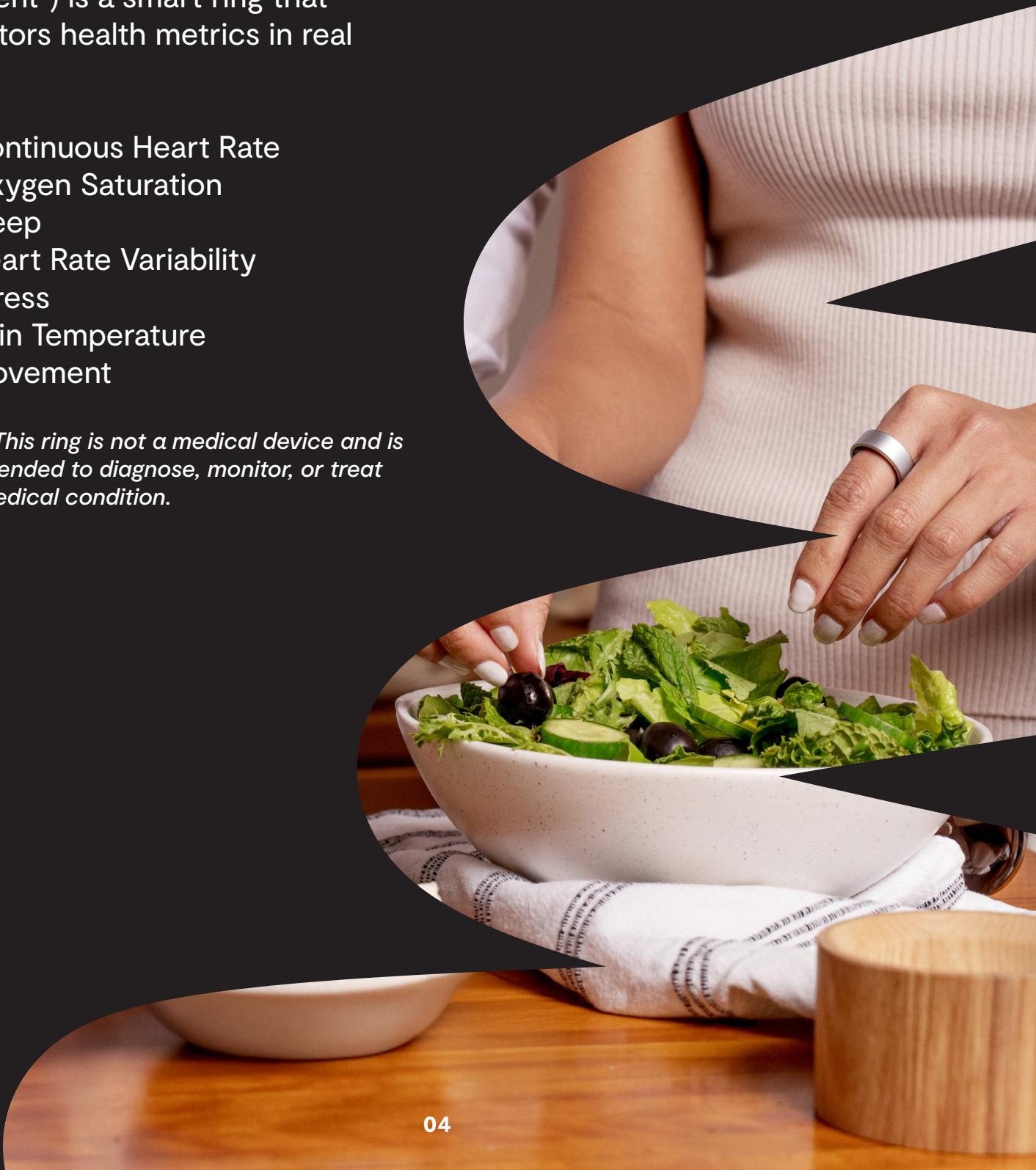
INTRODUCTION

The QALO QRNT (pronounced "current") is a smart ring that monitors health metrics in real time.

· Continuous Heart Rate
· Oxygen Saturation
· Sleep
· Heart Rate Variability
· Stress
· Skin Temperature
· Movement

Note: This ring is not a medical device and is not intended to diagnose, monitor, or treat any medical condition.

INCLUDES

1. QRNT
2. Wireless Charging Case
3. Charging Cable
4. QRNT Covers

INSTRUCTIONS

Fully Charge Your QRNT Before First Use

· See following page for instructions

Get The App

1. Download the QALO app by scanning the QR code below or searching "QALO" on the iOS App Store or Google Play.
2. Ensure bluetooth is enabled on your mobile device.
3. Open the QALO app on your mobile device and follow the steps to create your account. You'll be asked to enter an email address, create a password, and enter some basic health details.
4. You'll then be prompted to pair your QRNT with your mobile device. In your device's bluetooth settings, your QRNT will be listed as QALO-QRNT####, When a successful connection is made, a green light will flash three times.

Note: The QRNT supports iOS 15.1 or later and Android 7.0 or later.

Charge Your QRNT

- Fully charge your QRNT before first use.
- When inserting the ring into the charging case, the sensor on the inside of the ring should lay against the flat edge of the charging dock. The ring will easily lock in place when properly positioned.
- Place ring into wireless charging case, connect provided charging cable, and connect to USB port with a minimum of "5V 1A" power supply.
- Charging with the charging case connected to the USB cable is the fastest and most efficient way to charge your ring. However, for added convenience, you can charge your ring wirelessly in the charging case. A fully charged case can provide 1-1.5 wireless charges to the ring.
- Charging the ring typically takes about 2 hours and will last 5-7 days with average use.
- Charging the case typically takes 1 hour.
- Battery life depends on activated features and frequency of ring use.

CHARGING TIPS

When charging with USB:
- Ring light will blink slowly. When this light stops blinking and remains on, the ring is fully charged.
- Charging case light will blink slowly. When charging is complete, the light will remain steadily on.
- If charging case light is off or turns off after 20 seconds of attempted charging, open and close the case to re-activate charging mode.

When portable charging (without USB cable):
- Ring light will blink slowly. When fully charged, the light will stay on for 30-60 seconds and then turn off.
- Charging case light will remain steadily on. When fully charged, the light will stay on for 30-60 seconds and then turn off.
- If charging case light is off or turns off after 20 seconds of attempted charging, open and close the case to re-activate charging mode.

Low Battery:
- When charging case battery is low, indicator light will rapidly flash three times and then shut off when case is opened.
- Ring battery level can be viewed in the QALO app.

Note: Keep charging case indoors and away from liquids, humidity, and conductive materials. It is normal for the ring to become warm to the touch during charging.

WEARING YOUR QRNT

The ring should fit securely and comfortably around the base of your finger. The sensor should rest against the palm side of your finger.

- **Best performance and accuracy:** index finger on your non-dominant hand.
- **Good performance and accuracy:** middle and ring fingers.
- **Poor performance and accuracy:** any finger with a base that is narrower than the knuckle.

Your QRNT came with two silicone covers included (one black, one white). These covers are crafted from premium QALO silicone to cushion, protect, and personalize your QRNT. Additional covers are available for purchase on QALO.com, with new colors and patterns to come.

APP OPERATION

HOME

Your home screen shows your daily status at a glance. Get a high-level picture of your sleep, activity, stress, heart rate, oxygen level, and more. View data over the time period of your choosing.

APP OPERATION

HEALTH

Here is where you can view detailed health data and reports: step count, distance, calories, sleep, heart rate, SpO2, HRV, stress, skin temperature trends, cycles, and overall health.

Sleep
Sleep is monitored automatically.

View detailed sleep indicators like duration, stages (REM, Light, Deep, Awake, Nap), efficiency, latency, average heart rate, average SpO2, and average HRV.

Heart Rate
Heart rate can be measured manually or automatically. Set your preference on the QALO app.

View heart rate data and graphics on the app.

Oxygen Saturation
SpO2 can be measured manually or automatically. Set your preference on the QALO app.

View SpO2 data and status on the app.

Heart Rate Variability
HRV is measured automatically at your chosen interval. Set your preference on the QALO app.

View HRV values and states (Low, Normal, High, Excellent) on the app.

Stress
Stress is measured automatically at your chosen interval. Set your preference on the QALO app.

View values and states (Calm, Moderate, Stressed, or Severe) on the app.

Skin Temperature Trends
Skin temperature changes are measured automatically.

View detailed daily/weekly/monthly reports on the app.

APP OPERATION

ABOUT

Here is where you can view information about your QRNT device (battery, firmware version), change the name of your ring, and set personal preferences.

Set Intervals
The default monitoring intervals are every 10 minutes for heart rate, every 30 minutes for SpO2, and every 60 minutes for skin temperature trend, HRV, and stress. You can change intervals to your preference. Note: the shorter your intervals, the quicker your QRNT battery will drain.

Set Units
Set preferred units of measurement for skin temperature changes, distance, height, and weight.

Set Goals
Personalize your step goal.

Firmware Updates (OTA)
Notifies you if a new firmware version has been released. When available, follow instructions to upgrade to the latest version.

Factory Reset
After a factory reset, all device data will be deleted. Charge to reboot your device.

SPECIFICATIONS

Bluetooth Version: BLE 5.0

Bluetooth Range: 2 meters

Battery: Rechargeable 14.5mAh - 21.5mAh depending on ring size, Lipo battery, non-replaceable.

Data Memory: 15 Days

Water Resistance: Suitable for showering and swimming in shallow water. Water resistant in fresh water to a maximum depth of 1.5 meters for up to 30 minutes.

Operating Temperature Range: -10 ~ 52°C / -14 ~ 125°F

Weight: 3-4g

Dimension: Width 8.0mm; Thickness 2.85/2.9mm

Charging Case Size: 59.7mm*50.3mm*27.5mm

Ring Metal: Titanium Alloy

Charging Case Battery: 200mAh 3.7V Lithium Polymer Battery

Charging Case Rated Input: 5V 1A

Charging Case Rated Output: 5V 150mA

Ring Rated Input: 5V 15mA (max)

Ring FCC ID: 2AB73-X2A

Charging case FCC ID: 2AB73-X2C

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.

TROUBLE-SHOOTING

Ring not pairing with smartphone
1. Ensure ring is fully charged.
2. Ensure Bluetooth permissions are turned on in QALO app.
3. Ensure Bluetooth is enabled on your smartphone.
4. Manually restart QALO app and re-pair ring.

Ring battery is draining too quickly
1. Calibrate your battery by charging for at least three hours.
2. Contact our support team if problem persists.

Ring is not recording any data
Contact our support team.

Ring causing skin irritation
Remove the ring and discontinue use. If reaction is persistent or severe, seek medical attention immediately.

Another Issue
Contact our support team to report your issue and get help.

support@qalo.com
www.qalo.com

SAFETY NOTICES

Not a Medical Device
This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

Use, Care and Maintenance
Finger size can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck:
· Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it.
· Hold your hand up above your heart until the blood pressure gets lower, and then try to remove it.
· In cases of emergency and/or discomfort, when you can't remove the ring yourself, seek immediate medical attention.

Use a soft cloth or hand wash with mild soap and water to clean the ring.

Wipe the product or its accessories with a clean, dry cloth.
· Do not use an external heating device such as a microwave or hair dryer to dry it.
· Do not use strong chemicals, cleaning agents, or other corrosive chemicals to clean the product or its accessories, as this may cause damage to the product.
· Before cleaning and maintaining the product (including accessories), please turn off all applications, and disconnect all connections or cables from other equipment.

Your ring can be worn during showers, baths, and swimming in shallow water.

Try to avoid wearing the ring when strength training, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone. In addition, try to avoid wearing the ring next to other rings or objects which are made of metal, ceramics, stones or diamonds. The ring may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring like phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

Keep the ring away from children. This product is not intended for individuals under the age of 18. Seek immediate medical attention if you know or suspect that a child has swallowed the ring. Do not leave the ring exposed to heat, such as in a vehicle or in the sun. Do not puncture the ring or its battery.

Please avoid handling batteries, or working on devices and with machinery that contain batteries while wearing your ring. In certain cases, where both the cathode and the anode of another battery touch the ring, there is a risk of a short circuit which is similar to standard metallic rings. This can result in a potentially dangerous shock. Please take the proper precautions to avoid these situations.

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, and
(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.

FCC RF Exposure Statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.