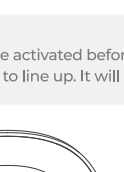
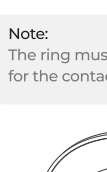


RingConn Smart Ring

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.

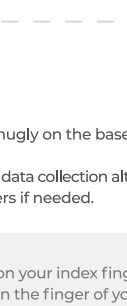
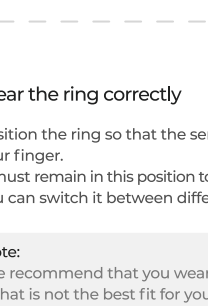


2 Charge your ring to activate it before your first use

- 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.

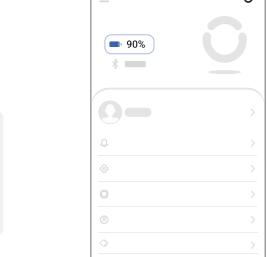


3 Connect the ring with the app

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.

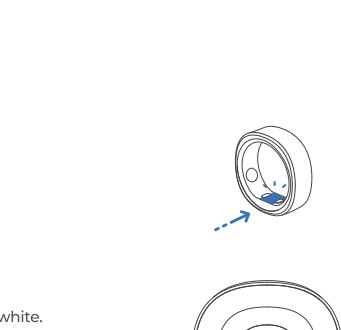


4 Wear the ring correctly

Position the ring so that the sensors fit snugly on the base of your finger. It must remain in this position to optimize data collection although you can switch it between different fingers if needed.

Note:

We recommend that you wear the ring on your index finger. If that is not the best fit for you, wear it on the finger of your preference that fits the selected ring size. If the ring shifts during wear, please adjust it back into position.

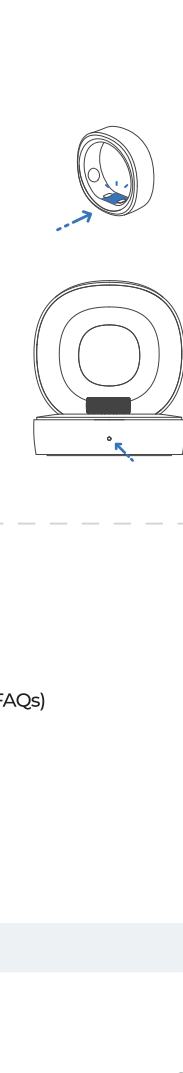


5 Check health data & battery information

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

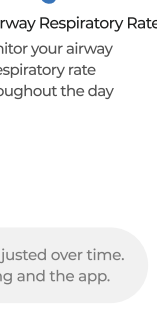
Smart Ring

- Blinking blue: The ring is activated and has entered pairing mode.
- Solid blue for 3 sec: The ring is out of airplane mode.

Charging Case

LED Color Reference

- 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)

website: www.ringconn.com,

or send us your questions via email to cs@ringconn.com;

we will reply as soon as possible.

Call: 1-888-548-1271

Instruction Manual

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

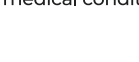
This product contains electronic equipment. Therefore, improper disposal may cause environmental pollution and human injury.

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 charge the product when it is not completely dry.
6. Do not expose the product to direct sunlight for long periods.
7. Do not use the product in a sauna or steam room.
8. Do not expose the product to extreme temperatures.
9. Do not use the ring if it has been damaged or changed shape. The internal structure is specifically constructed to fit the specific size of your ring and will not function properly or safely if deformed.
10. Do not put the product in the dishwasher, washing machine, or dryer.
11. Do not expose the product to fire. The battery may explode.
12. Use the RingConn charging case to charge the ring. 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.

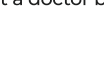
In the Box



Smart Health Monitoring Ring



Portable Charging Case



Type-C Cable



Quick Guide & Instruction Manual

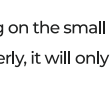
Specifications

Product name	Smart Charging Case
Battery capacity	500 mAh
Charging method/time	USB Type-C, 5V rating (around 120 mins for a full charge)
Weight (net weight)	64 grams
Product name	Smart Health Monitoring Ring
Mode	BOR-01-6 BOR-01-7 BOR-01-8 BOR-01-9 BOR-01-10 BOR-01-11 BOR-01-12 BOR-01-13 BOR-01-14
Battery capacity	3.85V/12mAh(6#-7#) 3.85V/13.5mAh(8#-11#) 3.85V/15mAh(12#-14#)
Charging method/time	Magnetic charging (around 90 mins for a full charge)
Battery life	5-7 days (based on specific usage conditions)
Connectivity	Bluetooth 5.2
Device requirements	Compatible with IOS 14.0+, Android 8.0+, and Bluetooth 4.0+
Data offline storage	5-7 days
Material	Titanium
Weight (net weight)	3-5 grams
Operating temperature	-10°C - 40°C / 14°F - 104°F
Waterproof/Dustproof rating	IP68

LED Color Reference

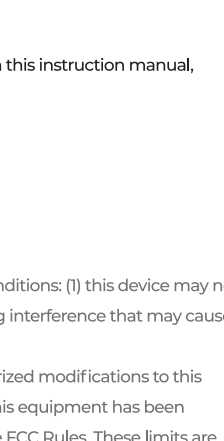
Smart Ring

- Blinking blue: The ring is activated and has entered pairing mode.
- Solid blue for 3 sec: The ring is out of airplane mode.



Charging Case

- 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).



Medical Disclaimers

Warning:

This product is not a medical device; RingConn and RingConn App should not be used to diagnose, treat, cure or prevent any disease or medical condition. Please consult a doctor before adjusting your exercise, sleep, or diet plan.

Safety Information

1. Consult your doctor if you have any existing health conditions that may be affected by the use of the ring.
2. Prolonged use of the ring may cause skin irritations or allergic reactions in some users. Please consult your doctor if you experience any redness, itching, or other allergy symptoms.
3. Your ring must fit snugly but not be so tight that it leads to poor blood flow.
4. Do not interact with the app while you are driving or in other situations that require concentration.
5. This product is not a toy and is not suited for children. It contains small parts which, if swallowed, may cause choking. Please place the product out of the reach of children. The performance of this product may be affected by external factors.
6. Please do not expose the ring to extreme or bright light environments. The data provided by this product is for reference only.
7. This ring is designed to record your heart rate, oxygen saturation, sleep, and other functions.
8. Do not pierce the ring. Doing so may cause a short circuit.
9. This product contains a built-in lithium battery. Due to the characteristics of the battery, prolonged disuse can lead to 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 battery to about 70% before storing it in the charging case to maintain the charge, and regularly charge both the ring and the charging case.
10. Consult your doctor before use if any of the following apply:
 - You have epilepsy or are sensitive to light;
 - You have poor circulation or abrasions;
 - You have heart disease or other disorders;
 - You are taking any medications that induce photosensitivity.

Use, Care, and Maintenance

1. 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.
 - Raise your hand above your heart and try to remove it after your blood pressure has dropped.
 - If you are unable to remove the ring yourself using the methods above, 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 remove the ring with an ultrasonic cleaner to avoid damaging certain components.
4. The product is water-resistant and suitable for activities in shallow water areas such as swimming pools. However, wearing and using the ring should be avoided in high-temperature and high-humidity environments such as hot springs, saunas (steam rooms), and when diving.
5. When using the product, do not apply too many skin care products to the part of the finger where the ring is worn to avoid surface corrosion.
6. Clean the ring regularly with water and gentle soap, and wipe the ring dry with a soft cloth. Pay particular attention to areas that come in contact with the skin.
7. Remove the ring from time to time to allow your skin to breathe. You can use this time to recharge your ring.
8. The ring may be scratched; it may also scratch the skin, jewelry made of gold and silver, electronic devices with soft coatings on the surface, etc. Please be careful when wearing it.
9. To protect your battery and ensure its longevity, please place the ring in the charging case when not in use and charge both the ring and the charging case regularly. It is advised to charge the battery at least once every 15 days.

Troubleshooting

- Q1. The ring does not work properly:
- 1) Please put it into the charging case to activate it before the first use.
 - 2) Please put it into the charging case, and check if the ring has a blinking blue light.
 - 3) Please open the app and check whether the ring can be connected to it normally.
- Q2. Unable to connect the ring to the app (The ring and the app are not connected) :
- 1) Please ensure your device's Bluetooth is enabled and check if it is connected to the network properly.
 - 2) Please put the ring into the charging case and check whether it has insufficient power.
 - 3) Please keep the ring and the device within a range of 1 meter/yard for pairing.
- Q3. Manual detection failure:
- 1) The ring should fit securely and comfortably around the base of your finger. The sensor inside the ring should be on the palm side of your finger.
 - 2) Please keep your body still during the manual detection.
 - 3) Please make sure the ring is actively connected to your device when testing.

- Q4. Data missing:
- 1) Make sure your ring is connected and paired to the app. You can verify this from any page by tapping on the small RingConn logo in the upper right-hand corner of your screen and then tapping on Ring Settings. If paired properly, it will only offer you the option to forget the device.
 - 2) 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 5-7 days of data will automatically synchronize.
 - 3) The ring's data will be cleaned when the paired account is modified. 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.

FCC ID: 2A8543ZBOR-01

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: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's right 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 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 distance between the equipment and the 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.

- This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This symbol means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste.

When this product reaches its end of life, the user has the choice to give his product to a competent recycling organization. Proper recycling of your product will protect human health and the environment.

Made in China

Warranty

RingConn LLC provides a 1-year warranty for your RingConn Smart Ring.

To register your product warranty please visit: <https://ringconn.com/return-refund-policy/>

For a warranty claim, we will require:

a copy of the purchase receipt from an authorized retailer.

For general support or inquiries please contact us at cs@ringconn.com

If your local law in effect at the time of purchase requires a warranty period longer than one (1) year, this warranty shall be extended to the extent required by such law.

Manufacturer: Shenzhen Ninenovo Technology Limited

Address: 1301, Building 3, Sunshine Yuehai Garden Phase II, 3818 Baishi Road,

Yuehai Community, Yuehai Street, Nanshan District, Shenzhen, China

Official website: www.ringconn.com

Email: cs@ringconn.com

Call: 1-888-548-1271

www.ringconn.com