JCRing

User manual

Product Introduction

This is a smart health ring which can monitor multiple body vital signs all the day and night.

Note: The smart ring is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

This Package Contains

Instruction

Recommended APP

Scan the QR code below or search JCRing on Google Play or iOS App Store to download our JCRing App.

Adaptation System:
Android version 8.0 or later, iOS version is 13.0 or later. The smart ring supports Bluetooth 5.0 connection.

Charge Before Use

When using for the first time, please charge and activate the smart ring using the charging base.

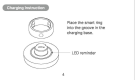
If a factory reset has been performed in the App, please charge and activate the device again.

Activation

1. Open the "JCRing" and register or log in;
2. Tap the "+" on the App Home page to select the smart ring to start pairing.

Note: During the pairing process, please make sure that the Bluetooth of the mobile phone are turned on and the distance between the mobile phone and the smart ring is within the effective connection range.

Proper Wearing Method



You can check the remaining battery power of the smart ring in the App. If the battery level of the smart ring is less than 30%, the App will pop up a low battery reminder.

Note: If the smart ring is not used for 7 days, please charge the smart ring for at least 2 to 3 minutes, and the charging LED indicator of the smart ring starts to flash green.

Status	Description	LED reminder of charging base	LED reminder of ring
First activation	For first use, plug it into the charger to activate the charging function of the smart ring.	/	/
Charging base	Plug in the Type-C cable to charge the base. The smart ring at the same time.	Uniform white light stays on	In charging, green light flashes
		Uniform white light stays on	In charging, green light flashes
		Uniform white light stays on	Fully charged, green light flashes
Finding/ object reminder	When other items are incorrectly placed in the charging base, the "Finding/ object" alert may be triggered	Uniform white light off	/

Proper Wearing of the Ring

When wearing, please pay attention to the wearing direction identifier on the smart ring, and ensure that the direction identifier faces the back of the hand. The sensor is located on the inner side of the finger to obtain more accurate measurement data.

1. Please choose a smart ring size that fits your finger and avoid wearing it too tight.

2. For best performance and accuracy, it is recommended to wear the smart ring on the index finger of the non-dominant hand. It can also be worn on the middle finger of the dominant hand or the smart ring is finely and comfortably worn on your finger.

3. When you choose to measure your heart rate or blood oxygen manually, please keep as still as possible to obtain more accurate measurement data.

Specifications

Product name: Smart health ring
Model: R04-03
Battery type: Rechargeable lithium polymer
Battery capacity: Rechargeable 15.5–23.0mAh (depending on the size of the ring, customizable upon request)
Battery life: >7 days (Battery life changes depending on the activated features, type and frequency of ring use)
Charging time: 1–2 hrs
Charging base rated input: 5V⎓1A
Bluetooth version: BLE 5.3
Operating band: 2.4G
Waterproof grade: 3ATM
Activity time: Max 50H/day
Calories burned: Max 9999.9Kcal
Running & walking distance: Max 999.99km
Operating temperature range: 0°C~40°C / 32~104°F
Storage temperature range: -10°C~50°C / 14~131°F

Troubleshooting

If the ring doesn't pair with your smartphone
1. Check the Bluetooth on your smartphone is on. Then set the safety information below before using the device.

If the ring isn't measuring any data
Please contact our support team.

If the ring battery is draining too quickly
1. Calibrate your battery by charging it for at least three hours.
2. Check if you have set too many reminders or alerts.
3. Contact our support team if the problem persists.

If the issue isn't mentioned in these tips
Please contact our support team and report the issue in detail.

Safety Notices

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

Non-medical Device Disclaimer
This product is not a medical device and cannot be used for professional medical diagnosis. The design or intent of the product is not to diagnose, monitor, treat, relieve, or cure any illness or injury, or for the prevention, alleviation, or treatment of diseases or other symptoms. Do not self-diagnose, treat, or medicate based on the data provided by this product. Before making any health-related decisions, please consult your healthcare provider.

Child Safety Warning
This product is not a toy, not intended for child.
Children under the age of 3 should not use. Charging parts that should be kept out of the reach of children, who may accidentally damage the device and its accessories or swallow small parts, causing choking or other dangers. Seek immediate medical attention if you know or suspect that a child has swallowed the smart ring.

Precautions for Wearing
Do not wear the smart ring to allow your skin to breathe, and keeping the ring clean and dry can reduce the likelihood of skin discomfort. If you experience redness, inflammation, allergy or other discomfort, stop using the smart ring early in wear, stop using the product immediately and consult a doctor.

When carrying out strength training and wearing the smart ring, the smart ring should avoid collision or impact with hard objects, otherwise it may cause damage to the smart ring and wearing finger. When taking health measurements, avoid gripping the smart ring finger hard or any handle, otherwise the measurement accuracy may be affected.

Operating and Storage Environment Requirements
Operating temperature: 0°C~40°C (32°F~104°F); Storage: -10°C~40°C / 32°F~104°F; and store the equipment and its accessories in the temperature range of -10°C~50°C / 14°F~131°F. When the ambient temperature is too high or too low, it may cause equipment failure. When the temperature is lower than -10°C / -14°F, the performance of the battery is limited.

Do not place the device in direct sunlight, such as the dashboard or window sill of a car.

Do not place the device near a heat source or an exposed fire source, such as a stove, heater, or candle. Avoid placing it near a heat heater, stove fire, candle, or other place where high temperature may be generated.

The waterproof rating of this equipment is 5ATM. It can be worn in the shower, swimming pool and shallow beach, but it is not suitable for diving, water skiing or hot spring, otherwise it may cause damage to the equipment.

Do not use the equipment near the magnetic field to avoid circuit failure of the equipment.

Do not use this equipment in thunderstorm weather, otherwise it may cause equipment failure or electric shock hazard.

Do not contact the magnetic stripe card (such as bank card, telephone card, etc.) with the equipment for a long time, otherwise the magnetic stripe card may be invalid.

Radio Safety Warning
Please turn off the device in other locations where the use of wireless devices is prohibited, please comply with the regulations of the location and turn off the devices.

This radio wireless generated by the device may affect the normal operation of nearby electronic devices, such as hearing aid equipment, such as pacemakers, cochlear implants, hearing aids, etc. If you use these medical devices, please consult their manufacturers regarding the limitations of using this device.

Battery Safety
Do not attempt to replace, disassemble, modify, burn the battery, insert foreign objects, or immerse it in water or other liquids or expose it to fire, explosion or other hazards. overheating, fire, or explosion, which may result in personal injury.

Do not drop, compress, or puncture the battery. Avoid subjecting the battery to extreme pressure, which may cause internal short circuits and overheating.

This product is equipped with a non-removable built-in battery. Do not attempt to replace the battery yourself to avoid damaging the battery or the smart ring.

Batteries must be recycled or disposed of separately and must not be mixed with regular household waste. Please dispose of used batteries in accordance with local regulations.

Charging Safety Warning
Only use the charging base and device in a dry environment while charging, and do not touch the charging base with wet hands, as this may cause a short circuit.

Do not use damaged or faulty devices such as microwaves or hair dryers to dry it.

Do not use strong chemical products, cleaners, or other corrosive substances to clean the device or its accessories, as this may damage the product.

Before cleaning and maintaining the device, please stop using it, move all applications, and disconnect all connections or cables from other devices.

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.

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.