JCRing

User manual X6A-14

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

① Smart ring

② Charging case

③ Type-C charging cable

④ User manual

Instruction

Proper Wearing of the Ring

1. Please choose a ring size that fits your finger to avoid wearing it too tightly or too loosely.
2. For the best performance and accuracy, it is recommended to wear the ring on the index finger of the non-dominant hand. It can also be worn on any other finger to ensure that the ring sits securely and comfortably on your finger.
3. When wearing the ring, please ensure that the ring sensor is facing the palm side of your finger for better measurement results.
4. When manually measuring heart rate or blood oxygen, please try to keep still to get more accurate measurement data.

Download the APP

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

JCRing

Adaptation System:
Android version is 5.0 or later,
iOS version is 10.0 or later.
The 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 case.
- If a factory reset has been performed in the App, please charge and activate the device again.

Add Device

1. Open the "JCRing", and register or log in;
2. Tap the "+" on the App Home page to select the ring to connect and bind.

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 ring is within the effective connection range.

Charging Instruction

1. Plug the charging case into a Type-C charging cable, and then connect the other end of the Type-C charging cable to a 5V/1A power source.
2. Place the smart ring in the charging case and align the contact electrode of the smart ring with the contact electrode of the charging case to ensure that the smart ring is placed in place.
3. When the power is connected, the green light on the charging case is always on.
4. When the ring is charging, the green light on the ring flashes slowly. When fully charged, the green light is always on.

Note: The charging case is not water resistant and is intended for indoor use only.

Specifications

Product name: Smart Health Ring
Model: X6A-14
Battery type: Rechargeable lithium polymer
Battery capacity: Rechargeable 12mAh / 16.5mAh depending on the ring size
Battery life: 7 days (by default)
Charging time: < 2 hours
Charging case rated input: 5V ⎓ 1A
Bluetooth version: BLE 5.0
Data memory: 15 days
Waterproof grade: 5ATM
Activity time: Max 99h59min
Calories burned: Max 9999.9kcal
Running & walking distance: Max 999.99km
Operating temperature range: -10°C~52°C / 50-125°F
Storage temperature range: -20°C~55°C / -4~131°F

These sepcifications are subject to change without notice.

Troubleshooting

If the ring doesn't pair with your smartphone
1. Make sure your ring is turned on.
2. Check the App to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings.
3. Check your smartphone to ensure Bluetooth is on.
4. Restart the App and try to repair the ring.

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. Start using your ring again as you normally would.
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 for diagnosing diseases or other symptoms, nor is it intended 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.
This product and its accessories may contain small parts that should be kept out of the reach of children, who may accidentally damage the device and its accessories or swallow small parts, resulting in choking or other dangers. Seek immediate medical attention if you know or suspect that a child has swallowed the ring.

Precautions for Wearing
Regularly remove the 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 symptoms in the area where the ring is worn, stop using the product immediately and consult a doctor.

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

Operating and Storage Environment Requirements
Please use the equipment in the temperature range of -10°C~52°C / 50°F~125°F, and store the equipment and its accessories in the temperature range of -20°C~55°C / -4~131°F. When the ambient temperature is too high or too low, it may cause equipment failure. When the temperature is lower than -20°C / -4°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 an electric heater, microwave oven, oven, water 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 deep-sea diving 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
In medical facilities or other locations where the use of wireless devices is prohibited, please comply with the regulations of the location and turn off the devices.

The radio waves generated by the device may affect the normal operation of implanted medical devices or personal medical 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 to avoid damaging the battery, leakage, overheating, fire, or explosion, which may result in personal injury.

Do not drop, compress, or puncture the battery. Avoid subjecting the battery to external 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 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
Please keep the charging case and device in a dry environment while charging, and do not touch the charging case with wet hands, as this may cause a short circuit.
While charging, do not touch the power source with wet hands, as this may cause injury.

Maintenance and Care
Please use a clean, dry, soft cloth to wipe the device or its accessories.

Do not use external heating devices such as microwaves or hair dryers to dry it.

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

Before cleaning and maintaining the device, please stop using it, close 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.