

English

Additional language versions of the user manual

ringconn.com/pages/user-manual

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Thank you for choosing RingConn Ring. We look forward to accompanying you through every moment of your smart and healthy daily life.
This manual contains information about the RingConn Ring and its charging accessories, including technical details and safety instructions.
Please read it carefully and use the product safely to enjoy the best experience.

Important Safety Instructions

This product contains electronic devices. To ensure your safety, please carefully read the following safety instructions before you use it:

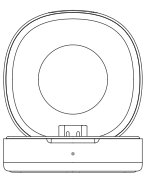
1. Do not disassemble the product casing.
2. Do not replace the built-in battery.
3. Do not use corrosive cleaning agents to clean the product.
4. Do not charge the product when it is damp or not completely dry.
5. Do not expose the product to direct sunlight for extended periods.
6. Do not use the product in saunas or steam rooms.
7. Do not place the product in extreme temperature or humidity environments.
8. Do not continue using the product if it is deformed or internally damaged.
9. Do not put the product in a fire as the battery may explode.
10. Please use RingConn's standard charging case to charge the ring, and use a certified power adapter to charge the charging case. It is recommended to use a 5V/1A adapter.
11. If the product becomes excessively hot during charging, stop charging immediately.
12. This product contains a built-in lithium battery. Due to the nature of lithium batteries, prolonged periods of non-use may lead to capacity loss, swelling, aging, circuit board corrosion, and other safety hazards or damage. It is recommended to charge the battery to approximately 70% before storing the product. Keep the ring in the charging case to maintain its battery level, and periodically recharge both the ring and the charging case.
13. The charging time depends on the initial battery level of the ring and the ambient temperature.
14. Please charge the battery at room temperature. The charging temperature ranges from a minimum of 0°C/32°F to a maximum of 41.5°C/106.7°F.
15. The RingConn Ring communicates with the RingConn app using encrypted Bluetooth communications.

English

Package Contains



RingConn Gen 3 Smart Ring



Smart Charging Case



Type-C Cable



Instruction Manual, Quick Guide

- This information is for reference only and does not constitute any form of commitment. Please view the actual product for exact details (including but not limited to color, size, etc.).
- This information is subject to change without prior notice. In case of any inconsistency between this information and the product description on the official website, that on the official website shall prevail.

Product Information

Product Name	RingConn Gen 3 Smart Ring
Product Model	RCP-01(RCP-01-6 RCP-01-7 RCP-01-8 RCP-01-9 RCP-01-10 RCP-01-11 RCP-01-12 RCP-01-13 RCP-01-14 RCP-01-15)
Charging Method/Time	Magnetic Charging/approx. 90 minutes for full charge
Transmission Mode	Bluetooth 5.0
Compatibility	iOS 17.0, Android 10.0, Bluetooth 4.2 and above
Offline Storage	10 Days
Material	Titanium Alloy
Ring Weight (net)	2.5-3.5g
Working Temperature	0℃-40℃/32℉-104℉
Protection Grade	IP68
Bluetooth LE Frequency Range	2400~2483.5 MHz
Maximum RF Output Power	0.00050 W

Product Name	Smart Charging Case
Battery Capacity Of The Charging Case	500mAh
Charging Method/Time	Type-C Cable & rated 5V/approx. 120 minutes for full charge
Charging Case Weight(net)	Approx. 77g

Medical Disclaimer

- **Warning:**

  This product is not a medical device. RingConn and its associated applications are not to be used for the diagnosis, treatment, cure, or prevention of any disease or medical condition. Please consult a medical professional before making any changes to your exercise, sleep, diet, or birth control plans.

- **Important Safety Instructions:**

1. If you have any pre-existing health conditions that may be affected by the use of this product, please consult your doctor.
2. Ring surface materials are safe for skin contact (ISO 10993 standard).
   This product is designed to record your heart rate, blood oxygen, sleep, and other related data. Prolonged use of the product may cause skin irritation. If you have any redness, swelling, itching, or other allergic symptoms, please consult your doctor and seek medical advice promptly.
3. Please keep the ring at the right level of looseness so that it is not too tight to prevent poor blood flow.
4. Do not use or view the product while driving or in situations that require concentration.
5. This product is not a toy and is not intended for use by minors. It contains small parts that may pose a choking hazard if swallowed. Please keep it out of the reach of minors.
6. The performance of this product may be affected by external factors. Please do not place the ring in an environment with excessive heat, cold, or outdoor bright light. Therefore, the performance data in this information is for reference only.

7. Do not pierce the ring or the battery in the center as this could risk the product short circuiting.
8. This product may pose risks to users with certain health conditions. If you experience any of the following, stop using the product and consult a physician:
   Epilepsy or sensitivity to light; Poor blood circulation or abrasions;
   Heart disease or other medical conditions; If you are taking any photosensitizing medication.

Usage And Maintenance

1. The size of your finger changes at different times of the day, and sometimes it may be difficult to remove the ring. If you have difficulty removing the ring, please try the following methods:
   - Wet your finger with mild soapy water or cold water and slowly turn it to remove the ring;
   - Raise your hand above your chest until your blood pressure drops and then try to remove it;
   - In case of emergency and if you feel uncomfortable and are unable to remove the ring on your own, please seek medical advice immediately.
2. Remove the ring to avoid wear and tear when performing strength training, holding a shovel or other heavy tool, or holding objects made of metal, ceramic, or stone.
3. Please do not put the ring into an ultrasonic cleaner to avoid damaging some components.
4. This product is waterproof for everyday use, and can be worn in the rain, while bathing, in swimming pools, and during shallow-water activities like snorkeling. Do not use it in high-temperature and high-humidity environments such as hot springs or saunas (steam rooms). The product has an IP68 waterproof rating.
5. Avoid applying excessive skincare products on your hands when using the product, as it may cause surface corrosion.
6. Regularly clean the ring with water and mild soap, and wipe it with a soft cloth, paying special attention to the parts that come into contact with your skin.
7. Occasionally remove the ring to give your skin a chance to relax. This is also a good opportunity to charge the ring.
8. The ring may get scratched or scratch soft materials it comes into close contact with, such as skin, gold/silver jewelry, or electronics with soft coatings. Please handle with care.
9. To protect your battery and maintain its service life, please place the ring in its charging case when you stop using it, and charge it and the charging case regularly. It's recommended that you charge the battery at least once every 15 days.
10. To ensure continuous and complete data recording, it is recommended that you sync the data from the RingConn Ring to the RingConn App daily. The RingConn Ring can store data for up to 10 days, though the actual storage duration may vary depending on the ring model and usage frequency. Timely synchronization can prevent data loss.
11. Charging products are not waterproof. Do not use or store charging products in humid environments, such as bathrooms.
12. RingConn App may adjust the minimum supported operating system version with future updates. For the latest compatibility information, please refer to the RingConn official website.

Warranty

RingConn LLC provides a 1-year warranty for your RingConn Smart Ring.
To register your product for 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.
https://ringconn.com/pages/euro-compliance

Version:
V2.0/RCP-01

RoHS

7
OTHER

Made in China
中国制造