vital signs all the day and night **User Manual**





What's Included in the Box

This is a smart health ring which can monitor multiple body (2) Wireless charging case





(3) Type-C charging cable

(4) User manual

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

Instruction



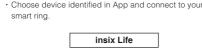






- 1. Download the APP

 - · Scan the QR code below or search insix Life on Google
 - Play or iOS App Store to download our insix Life App













Note: Please ensure that you Android version is 5.0 or late

· Make sure the Bluetooth of your mobile device is on.

· Please fully charge the device to activate for first use.

- If after factory reset on the App, please charge to power
- Simply place your device into the For the best performance and accuracy, it is recommend
- the supplied Type-C charging cable, and then plug it into a wall









OS version is 10.0 or later. T

2. Charge Before Use

minimum of 5V 1A to begin

charging.

metal powders and pencil leads.

palm side of your finger. The ring should fit securely and

comfortably around your finger's base.

- App for usage.
- How to Wear Your Ring Correctly?
- as well. Avoid fingers where the base is narrower than the knuckle. The sensor inside of your ring should be on th outlet or a USB port with a



like bathrooms, and please prevent it from coming into 3. App Operation contact with conductive materials, such as liquids, dus

- After activating the device, please pair it with the insix Life View your detailed daily health data and
- reports: Steps, Distance, Calories, Sleep

Heart Rate, SpO2, HRV, Stress, Skin

Temperature Trend, Women Health.

Start measuring from the APP manually or it

The app will show the heart rate data and graphics.

Start measuring from the APP manually or it will measure

The app will show the SpO2 data and status of Normal or

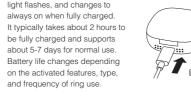
will measure automatically as you set.

automatically as you set.

Sleep

wear your Ring on your index finger on non-dominant hand. If you prefer another, the middle and ring fingers can work It gives the glance of your daily health situation: Quality of Life, Sleep, Activity, Balance (Stress), Heart Rate, SpO2.





indoor use only. Do not use or store it in humid environment







It will measure automatically as per the time interval you s The app will show the value and the state of Low, Normal High, and Excellent.

It will measure automatically as per the time interval you set

The app will show the value and the state of Calm, Moderate Stressed, and Severe.

It can detect your skin temperature trend and display detailed sleep hour per day.

- If so, please follow the steps to upgrade to the latest version

visible when the gender is set as female.

temperature changes.

· Women Health

- Specifications Check current device's basic information "

the ring name and set the personal infe BT Version: BLE 5.0 Set Auto Health Monitor Interval

size, Lipo battery, non-replaceable

Calories Burned: Max 9999.9kcal

min for SpO2 and every 60 min for skir Data Memory: 15 [

temperature trend, HRV & stress, You can change the interval as you need except

the skin temperature trend, the shorter the interval is set, the faster the battery

(battery level, firmware version), change

The default auto health monitor intervals

are every 10 min for heart rate, every 30

will drain.

Set the unit of the skin temperature change, distance, heigh

If the ring doesn't pair with your smartphone Make sure your ring is turned on. 2. Check the App to make sure Bluetooth permissions

3. Check your smartphone to ensure Bluetooth is on. Firmware Update (OTA) Use, care and maintenance 4. Restart the App and try to repair the ring Remind you if a new firmware version has been released Finger size can vary depending on the time of the day, and

If the ring isn't measuring any data

Please contact our support team. · Factory Reset

After factory reset, all device data will be deleted. Please

If the ring battery is draining too guickly 1. Calibrate your battery by charging it for at least three h

Please stop using the device right away. In the rare event an anaphylactic reaction, seek medical attention immediately

Please contact our support team and report the issue in detail

Running & Walking Distance: Max 999.99km property. Read all the safety information below before using the device.

This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed of

intended for use in the diagnosis of disease or other conditions of gold, silver, or aluminum. Some ceramic phone covers with or in the cure, mitigation, treatment, or prevention of any a soft coating may also get scratched.

slowly twist the ring to remove it. In certain cases, where both the cathode and the anode of → Hold your hand up above your heart until the blood another battery touch the ring, there is a risk of a short circuit pressure gets lower, and then try to remove it. which is similar to standard metallic rings. This can result in → In cases of emergency and/or discomfort, when you

- can't remove the ring yourself, seek immediate medi-

Not a medical device

condition or disease. Please consult your healthcare professional

the party responsible for compliance could void the user's authority to operate the equipment. Try to avoid wearing the ring when strength training, working

made of metal, ceramics or stone. In addition, try to avoid

scratched and can itself scratch softer metal iewelry or other objects in close contact with the ring like phone covers made

attention if you know or suspect that a child has swallowed t 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

- potentially dangerous shock. Please take the proper - 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.
 - Any changes or modifications not expressly approved by

FCC RF exposure statement:

Operation is subject to the following two conditions

requirement. The device can be used in portable exposure condition without restriction

(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

residential installation. This equipment generates, uses, and

can radiate radio frequency energy, and if not installed and

reasonable protection against harmful interference in a

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 harmfu

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

The device has been evaluated to meet general RF exposure

Activity Time: Max 99h59mir

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

- Skin Temperature Trend Monitor Personalize your goals for steps, distance, calories and turned on. This should be in your Bluetooth settings
- daily/weekly/monthly reports to help you better track skill

Track the period and pregnancy cycle and the feature is of

charge to reboot.

- 2. Start using your ring again as you normally would.
- 3. Contact our support team if the problem persists.
- If the ring causes an allergic reaction

- Use a soft cloth or hand wash with mild soap and water to If the issue isn't mentioned in these tips

Failure to follow these safety instructions could result in with a shovel or other heavy tools, or carrying heavy objects electric shock, injury, or damage to the device or other

prior to making any decisions related to your health. for individuals under the age of 18. Seek immediate medica

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 with machinery that contain batteries while wearing your ri

of the following measures:

This device complies with Part 15 of the FCC Rules

Please avoid handling batteries, or working on devices and

of metal, ceramics, stones or diamonds. The ring may get

Keep the ring away from children. This product is not intended

- precautions to avoid these situations.
 - FCC Requirement
- Your ring can be worn during showers, baths, swimming, and

wearing the ring next to other rings or objects which are made

this device may not cause harmful interference, and

ىكذ متاخ مادختسالا ليل





ىجلل ةيويحلا تامال علا نم ديدعلا قبقارم هنكمي يكذ متاخ اذه لىكالاو راهنالا لاوط



- . انب صاخلا insix Life قيبطت ليزنتل iOS App Store وأ ىلع Life







دحاً وأ 10.0 وهـ iOS رادص

دصإ نأ نم دكأتال ىجري : قطوحالم

تاميلعت

قىبطتلا لىزنتب مق .1

مادختسالا لبق نحشا .2



حشل اىجريف ،قيبطتل اىلع عنصمل طبض قداع مت اذا



?حيحص لكشب كمتاخ يدترت فيك

ر) ا مادختسالل هطيشنتل لمالئلاب زاهجلا نحش يجري



ضفت تنك اذإ .(ىرسىل ديل يل يلع هعضو لضفي مادختسا رثكا

قىبطتلا لمع . 3

لموي 15 لالخ تانايبلا ضرع.

ةيسيئلا ةهجاولا .ك عبص! قد عاق لوح حيرمو نمآ لكشب متاخلا مءالتي



ةحصلا

نت ىلع كتدع اسمل ةلصفم ةيرهش/ةيعوبسأ/ةيموة

ةأرملا قحص ،قرارحلا قجرد هاجتا دلجلا

و مونالا قدم لاثم مونالا قدوج لي صافتال

طسوتم ،بلقلا تابرض لدعم طسوتم

ىعىبط رىغ وأ قىداع قلاحو SpO2 تانايب قىبطتال ضرعىس

.HRV طسوتمو،SpO2

بلقلا تابرض لدعم

.ىثنا ھنا ىلع سنجلا نىيىعت

ةيصخشلا تامول عملا.

ة حصلا ةبقارمل ينمزلا لصافلا طبض

ينمزَّلا لصافلًا رييغُت كنكمي .داهجإلاو

ليغشتاا ةداعإل نحشاا

BLE 5.0 : ثوتول بال قخس

: 2.5 meter ثوت ول ب ل ا ق اطن

تسالل ةلباق ريغ ،وبيل ةيراطب ،ةقلحلا مجح بس وى 15: تانايبل قركاذ: 15

مك 999.99 يصقألا دحلا :يشملاو يرجلا ةفاسم

اهحالصإو ءاطخألا فاشكتسا

يكذل الكفتاهب متاخلا نرتقي مل اذإ ، يرارحلا تارعسلاو ةفاسملاو تاوطخلل كفادها صيصختب مق كب صاخل امت اخل الى غشت نم دكأت . 1 ليموي مونلا ةعاسو. تولبلا تانوذاً لى غشت نم دكأتال قىبطتالا نم ققحت. 2 عُوتول بل الى غشت نم دكأت لل يكذل الفتاه نم قوحت. 3 (OTA) ةتباثلا جماربلا ثيدحت ·

ثدحألا رادصإلا ىلإ ةيقرتالل تاوطخلا عابتا ىجري ،كلذك

عنصملا تادادعا

ةلكشملا نع غالبإلاو معدلا قيرفب لاصتالا يجري

5 ATM :ءاملل مواقم

اح ،ككذ كلإ ةفاضإلاب .رجحلا وأ كـيماريسلا وأ ندعملا نم ةعونصم

ةنايصلاو ةياعرلاو مادختسالا

قيرح بوشن يل هذه قمالسلا تاميل عت عابتا مدع يدؤي دق زاهجلاا مادختسا لبق هاندأ ةمالسلا تامولعم

قىل حل احال ص الواحو قى بطت ل الىغشت دعاً . 4

خِشَّت عِف مادخَ تساللُ صصحَم وأ مَمصم سيِّلَ .عِنْهمِلَا عِبطلِا لعِلا وأ فنعِ فختال وأ ءافشل ا عِف وأ ،عرخال ا تالاحل ا وأ ضرم ل ةياع رل ا عِكاصحة قراشتس ا عجري .ضرم وأ قلاح عِنَّا نم قياقول اوأ تانايب يأ سيقي ال متاخلا ناك اذإ انيدل معدلا قيرفب لاصتالا يجري

يسسحت لعف در ببسي متاخلا ناك اذا

لو ،كعبصإ لىلبتل فىطللا نوباصلاو درابلا ءاملا مدختسا وفال على عنى الماع الما الما الما على الما عنه . ه ت ل از إل عطب م ت اخل ا

،مدل اطغض ضفخني ىتح كبلق قوف كدي عفرا ال امدن ع ،ة حارل امدع وأ/و ئراوطل اتال احيف

ةيروفلا قيبطلا قيان علا بلطا ،كسفنب لىيصفتلاب.

ةعونصملا ىرخالا ءايشال وأ متاوخلا بناجب متاخلا ءادترا بنرجت متاخلا ضرعتي دق .سامل وأ ةراجحل وأ كيماريسلا وأ ندعمل انم

لديعب متاخلا قبأ شدخلل لضيأ ةم عانلا ققبطلا تاذ ةيط غألا

.ارفألل صصخم كـُلذك سيل جتنملا اذه .لافطألا لوانت

راض لخادت ثودح يف ببستي ال زاهجلا اذه .1.

رعت تنك اذا ةيروف ةيبط ةياعر بلطا الماع 18 نع مهرام عأ لقت

/دختسملا قطلس لاطبإ ىلإ لاثتمالا نع لوؤسملا فَرطلا لبق نم .زاهجلا ليغشت يف

.فقاوملا هذه بنجتل

تالاصتالا ةنجل دعاوق نم 15 ءزجلا عم زاهجلا اذه قفاوتي