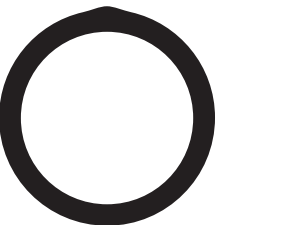


Smart Health Ring

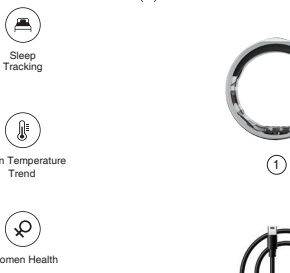
User Manual

2301A



Product Introduction

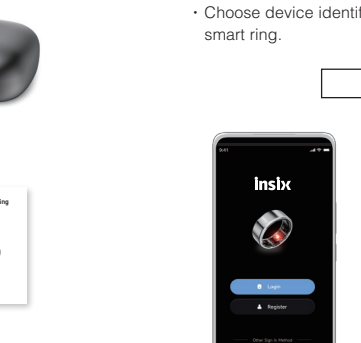
This is a smart health ring which can monitor multiple body vital signs all the day and night.



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

What's Included in the Box

- (1) Smart health ring
- (2) Wireless charging case
- (3) Type-C charging cable
- (4) User manual



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.
- Make sure the Bluetooth of your mobile device is on.
- Choose device identified in App and connect to your smart ring.



Note: Please ensure that your Android version is 5.0 or later, iOS version is 10.0 or later. The ring supports Bluetooth 5.0 connection.

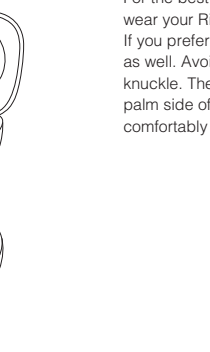
2. Charge Before Use

- Please fully charge the device to activate for first use.
- If after factory reset on the App, please charge to power on.

Simply place your device into the wireless charging case, plug in the supplied Type-C charging cable, and then plug it into a wall outlet or a USB port with a minimum of 5V 1A to begin charging.

While charging, the ring's green light flashes, and changes to always on when fully charged. It typically takes about 2 hours to be fully charged and supports about 5-7 days for normal use. Battery life changes depending on the activated features, type, and frequency of ring use.

Note:
The charging case is not water resistant and is intended for indoor use only. Do not use or store it in humid environments



3. App Operation

After activating the device, please pair it with the insix Life App for usage.

How to Wear Your Ring Correctly?

For the best performance and accuracy, it is recommend to wear your Ring on your index finger on non-dominant hand. If you prefer another, the middle and ring fingers can work as well. Avoid fingers where the base is narrower than the knuckle. The sensor inside of your ring should be on the palm side of your finger. The ring should fit securely and comfortably around your finger's base.



4. Troubleshooting

If the ring doesn't pair with your smartphone, please try the following steps:

• Stress

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.

• Skin Temperature Trend Monitor

It can detect your skin temperature trend and display detailed daily/weekly/monthly reports to help you better track skin temperature changes.

• Women Health

Track the period and pregnancy cycle and the feature is only visible when the gender is set as female.

• Heart Rate

Start measuring from the APP manually or it will measure automatically as you set. The app will show the heart rate data and graphics.

• SpO2

Start measuring from the APP manually or it will measure automatically as you set. The app will show the SpO2 data and status of Normal or Abnormal.

• HRV

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

like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.

• Set Unit

Set the unit of the skin temperature change, distance, height, and weight.

• Goal Setting

Personalize your goals for steps, distance, calories and sleep hour per day.

• Firmware Update (OTA)

Remind you if a new firmware version has been released; If so, please follow the steps to upgrade to the latest version.

• Factory Reset

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

• About

Check current device's basic information (battery level, firmware version), change the ring name and set the personal info.

• Set Auto Health Monitor Interval

The default auto health monitor intervals are every 10 min for heart rate, every 30 min for SpO2 and every 60 min for skin 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 will drain.

After activating the device, please pair it with the insix Life App for usage.

• Home

It gives the glance of your daily health situation: Quality of Life, Sleep, Activity, Balance (Stress), Heart Rate, SpO2. Choose to view data within 15 days.

• Specifications

Warranty: 12 months
BT Version: BLE 5.0
BT Range: 2.5 meters
Battery: Rechargeable 14.5mAh - 21.5mAh depending on the ring size, Lipo battery, non-replaceable
Data Memory: 15 Days
Waterproof: 5ATM
Activity Time: Max 99h59min
Calories Burned: Max 9999.9kcal
Running & Walking Distance: Max 999.99km
Operating Temperature Range: -10~52 °C / 14~125 °F

• Troubleshooting

If the ring doesn't pair with your smartphone, please try the following steps:

• Not a medical device

This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

• Use, care and maintenance

Finger size can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck:

• 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 ring causes an allergic reaction

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

• 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.

• 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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

• 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.

