

正面：像文件这样排两排

ANKO

Instruction Manual



Smart Ring Large/Medium/Small
K: 43-796-274 | T: 73-189-947
K: 43-796-281 | T: 73-189-954
K: 43-796-298 | T: 73-190-202

MADE IN CHINA

Before use please read the manual carefully.
Please return for future use.

1. Safety instruction

- Do not charge in humid and wet environments.
- Please clean the magnetic charging hole on the back of the ring with a clean flannel regularly to ensure that the magnetic charging hole of the ring and the magnetic charging cable fit together to ensure normal charging.
- The measurement results of this product are for reference only. It is not a substitute for health professionals or medical services. If you have any questions about a medical condition, it is recommended that you consult a professional physician.

Battery Warnings

- Do not expose the product to any high temperatures over 40°C (like hair dryer, heating, prolonged sunlight etc.). The battery inside of the product may overheat and explode as a result.
- Do not crush or pierce the battery!
- Do not expose the battery to high pressure, as this may cause an internal short-circuit and overheating.
- This product contains batteries that are non-replaceable. The product and the battery must not be taken apart, thrown into fire, immersed in liquids or short circuited.
- Do not cover the product while charging the battery.
- Charge the product in a well-ventilated environment.
- This product is not equipped with a power switch.
- Use only regulatory-compliant adapters for charging.

2. Package contents

Smart ring
> Charging case
1 USB-C charging cable x1
Instruction manual x1

3. Product specifications

Inner diameter:
> One Size fits all
M Size: 19.50-20.00mm
L Size: 21.30-21.70mm
Bluetooth connection:
S: Anko43796274
M: Anko43796281
L: Anko43796298
APP: JRing
IP68 waterproof
System: Android 5.0+ / iOS 10.0+
Ring battery capacity: 3.7V, 16mAh
Charging case battery capacity: 3.7V, 200mAh
Charging time: 50-60 mins for ring
 2 hours for charging case
Playing time of ring around 7 days (depend on setting)
Standby time: 10-15 days

4. Before first use

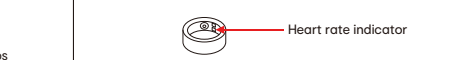
Charge
> When using it for the first time, please charge and activate the device. If factory settings are restored on the app, please charge and reconfigure.

5. Store or wear the ring

Storage
> Store the ring in its original charging case in a dry area.
> Keep away from children and pets.

Clean
> To clean the ring, wipe with a soft, lint-free cloth.
> During cleaning do not immerse the electrical parts of the ring in water or other liquids. Never hold the ring under running water.
> Never use corrosive detergents, fine brushes, abrasive scourers, metal sharp utensils to clean the ring.

How to correctly wear
> Finger belly area close to heart rate indicator when wearing.
> Any finger can be an operating finger.



6. Using the JRing App with iOS device

Connecting Ring
> Open JRing app and register one by one according to the app instructions.
> You can "Sign in" your own APP account at any "Skip"
> Find the corresponding Bluetooth name and pair it
S: Anko43796274
M: Anko43796281
L: Anko43796298
> Connect, it will be displayed ring information after the connection is successful.

Device linking requirements

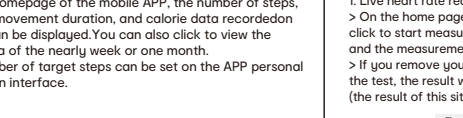
- > iOS: Search for "JRing" in the App Store
- > Android: Search for "JRing" in the Google Play Apps

A QR code and a screenshot of the app interface are shown.

Scan code to download the "JRing" APP
Please allow the APP to obtain Bluetooth connection permissions and location permissions

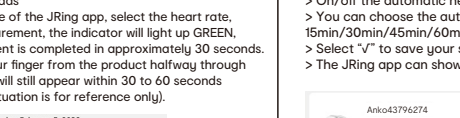
Personal Settings

> Set up related information in the personal information interface, you can set the number of target steps, units, weight, resting sleeping, climbing, goal.
> Female characters have a female reminder function.
> Apple IOS phones can authorize the syncing of Apple Health Information.



Sports

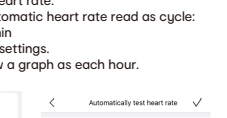
> In the mobile app interface, find the movement interface, you can choose a variety of motion mode, including: Walk, Run, Cycling, Climbing, Golf.
> Click on the button to start recording the distance, pace, duration, and heart rate information of the motion. (This function needs to be in GPS on mobile phone)



Motion Data

> On the homepage of the mobile APP, the number of steps, distance, movement duration, and colorize data recorded on the day can be displayed. You can also view the sports data of the nearby week or one month.
> The number of target steps can be set on the APP personal information interface.

Sleep
Smart ring can show the total sleep last night and the length of each deep sleep stage.
You can also click to view the sleep data for nearly a week or a month.



Heart Rate

> Turn off the automatic heart rate.
> On the home page of the JRing app, select the heart rate, click to start measurement, the indicator will light up. (BLEDN) and the measurement is completed in approximately 30 seconds.
> Select "W" to save your settings.
> The JRing app can show a graph as shown below (the result of this situation is for reference only).

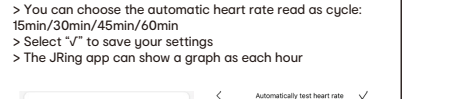
反面：像文件这样排两排

Instruction Manual

<p>1. Safety instruction</p> <ol style="list-style-type: none"> Do not charge in humid and wet environments. Please clean the magnetic charging hole on the back of the ring with a clean fannel regularly to ensure that the magnetic charging hole of the ring and the magnetic charger fit together to ensure normal charging. The measurement results of this product are for reference only. It is not a substitute for health professionals or physician services. If you have any questions about a medical condition, it is recommended that you consult a professional physician. <div style="margin-top: 10px;"> <p>Battery Warnings</p> <ul style="list-style-type: none"> Do not expose the product to any high temperatures over 40°C (like hair dryer, heating, prolonged sunlight etc.) The battery inside of the product may overheat and explode as a result. Do not crush or pierce the battery! Do not expose the battery to high pressure, as this may cause an internal short-circuit and overheating. This product contains batteries that are non-replaceable. The product and the battery must not be taken apart, thrown into fire, immersed in liquids or short circuited. Do not cover the product while charging the battery. Charge the product in a well-ventilated environment. This product is not equipped with a power adapter. Use only regulatory-compliant adapters for charging. </div>	<p>2. Package contents</p> <p>Smart ring x1 Charging cable x1 USB-C charging cable x1 Instruction manual x1</p> <p>3. Product specifications</p> <p>Inner diameter: Size: S: 15.5-15.5mm Size: M: 19.5-20.0mm Size: L: 21.0-21.0mm Bluetooth connection: S: Anko43796274 M: Anko43796281 L: Anko43796298 APP: JRing IP68 waterproof System: Android 5.0+ / iOS 9.0+ Ring battery capacity: 3.7V, 16mAh Charging case battery capacity: 3.7V, 200mAh Charging time: 5-60 mins for ring 2 hours for charging case Playing time of ring: around 7 days (depend on setting) Standby time: 10-15 days</p> <p>4. Before first use</p> <p>Charge > When using it for the first time, please charge and activate the device. If factory settings are restored on the app, please charge and reactivate.</p>	<p>5. Store or wear the ring</p> <p>Storage</p> <ul style="list-style-type: none"> > Store the ring in its original charging case in a dry area. > Keep away from children and pets. <p>Clean</p> <ul style="list-style-type: none"> > To clean the ring, wipe with a soft, lint-free cloth. > During cleaning do not involve the electrical parts of the ring in water or other liquids. Never hold the ring under running water. > Never use corrosive detergents, wire brushes, abrasive scourers, metal sharp utensils to clean the ring. <p>How to correctly wear</p> <ul style="list-style-type: none"> > Finger belly area close to heart rate indicator when wearing. > Any finger can be an operating finger. <div style="margin-top: 10px;"> <p style="text-align: center;">Heart rate indicator Finger belly</p> </div>	<p>6. Using the JRing App with Android device</p> <p>Connecting Ring</p> <ul style="list-style-type: none"> > Open JRing app and register one by one according to the app instructions. > You can "Sign In" your own APP account or just "Skip". > Find the corresponding Bluetooth name and pair it. <p>S: Anko43796274 M: Anko43796281 L: Anko43796298</p> <p>> Once connected, the displayed ring information after the connection is successful.</p>	<p>Personal Settings</p> <ul style="list-style-type: none"> > Set up related information in the personal information interface, you can set the number of step targets, units and so on. > Click on "My Profile" to edit the profile information. > Female characters have a female reminder function. 	<p>Sports</p> <ul style="list-style-type: none"> > On the mobile app interface, find the movement interface, you can choose a variety of motion mode, including: Walk, Run, Cycling, Car, Golf. > Click on the motion button to start recording the distance, pace, duration, and heart rate information of the motion. (This function needs to be in GPS on mobile phone). 	<p>Motion Data</p> <ul style="list-style-type: none"> > On the homepage of the mobile APP, the number of steps, distance, movement duration, and cadence data recorded can be seen. Be displayed. You can click on the icon to view the sports data of the nearby week or one month. The number of target steps can be set on the APP personal information interface. <p>Sleep</p> <p>Smart ring can show the total sleep last night and the length of light sleep and deep sleep.</p> <p>You can also click to view the sleep data for nearly a week or a month.</p>	<p>Heart Rate</p> <ul style="list-style-type: none"> > Live Heart-rate reads > On the home page of the JRing app, select the heart rate, click to start measurement. The indicator will light green, and the measurement is completed in approximately 30 seconds. If you move your finger from the position halfway through the test, it will stop appear within 30 seconds (the result of this situation is for reference only).
--	---	--	---	---	--	--	--

2. Automatic heart rate reads

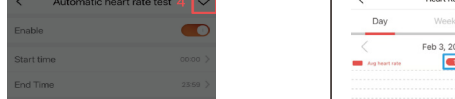
- > On/off the automatic heart rate read
- > You can choose the automatic heart rate read as cycle: 15mins/30mins/45mins/60mins
- > Select "V" to save your settings
- > The JRing app can show a graph as each hour



Note: Automatic heart rate read setting.
If setting 60mins cycle, the regular usage time of ring is about 7 days.
If setting 15mins cycle, the power consumption will increase, and the usage time will be about 4 days.

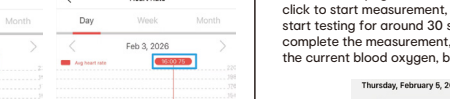
Blood oxygen

On the home page of the mobile APP, select blood oxygen, click to start measurement, the indicator will light up RED, start testing for around 30 seconds in a non-moving state to complete the measurement, and the mobile APP will display the current blood oxygen, blood oxygen and fatigue value.



Remote settle

Open the remote settle interface in the app and shake the finger which wear your ring to take a photo. (Remote photography can only be used in JRing App)

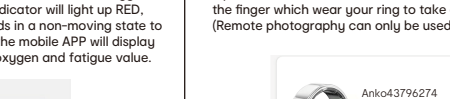


Short Video Control

On the mobile phone is connected to the device and the device Bluetooth, enter the device interface and click the "Short Video Control" option.

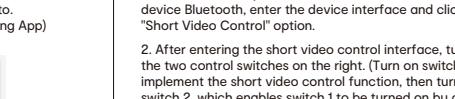
After entering the short video control interface, turn on the two control switches on the right. Turn on switch 1 to implement the short video control function, then turn on switch 2, which enables switch 1 to be turned on by default each time you connect.

After turning on the switch, you can remotely control mainstream short video software by shaking or rotating the ring, such as switching to the next video or scrolling through the phone screen.



7. Trouble shooting

- Causes of abnormal heart rate and blood oxygen data measured by ring.
 - It is generally caused by poor contact between the sensor of the ring and the human body when measuring.
 - When measuring, please note that the sensor is in full contact with the finger.
- Reasons for abnormal sleep data
 - Sleep data is not monitored during the day, and the default sleep monitoring is from 9:00 PM to 11:00 AM the next day.
 - Sleep monitoring is to simulate people's self-perceived state of falling asleep and waking up time.
 - Sleep longer than normal or sleep before wearing may cause errors.



12 Month Warranty:

Thank you for your purchase.

We warrant that the product will be free from defects in materials and workmanship for the period set forth below, from the date of purchase, provided that the product is used in accordance with the accompanying instructions and that the product is not damaged by accident, misuse, or modification or misapplication after purchase. This warranty is in addition to any other warranty that may be in effect. This warranty is not valid unless observed under New Zealand legislation.

We will provide you with a choice of either repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty. This warranty will be no longer valid where the defect is a result of alteration, accident, misuse, or modification.

Please retain your receipt as proof of purchase and contact our Customer Service team for assistance. If you are unable to reach our Customer Service team, please email us at sales@jring.com.au or reach us via phone using the numbers listed below.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a minor failure and compensation for any other reasonably foreseeable loss or damage. You are not entitled to a replacement or refund if you have been given a replacement for the goods but the failure does not amount to a major failure.

If you have any enquiries related concerns or queries, please contact us online via our Customer Care page on <https://www.jring.com.au/contact-us/> or reach us via phone using the numbers listed below.

MADE IN CHINA

CUSTOMER SERVICE:
 KIMMY AU 1800 014 015
 KIMMY NZ 0800 945 995
 TIMMY AU 1800 755 560

The Bluetooth® word mark and logo are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by KIMMY AU/STRALIA is under license.