

R001 Smart Ring Quick Start Guide



The product specifications and information in this guide are for reference only. This document may be updated without prior notice. Unless otherwise agreed, this manual serves solely as a usage guide.

1. Introduction

1.1 Features

- **Heart Rate Monitoring:** 24/7 tracking with automatic updates every 15 minutes.
- **Blood Oxygen (SpO2) Monitoring:** 24/7 continuous monitoring with automatic updates every 2 hours.
- **Sleep Monitoring:** Records and analyzes sleep stages (deep, light, REM, awake).
- **Menstrual Cycle Tracking:** Logs and tracks menstrual cycles.
- **Activity Tracking:** Measures steps, distance, and calories burned.
- **Durability:** IP68-rated dust and water resistance for daily wear.
- **Body Temperature Monitoring:** 24/7 tracking with automatic updates every 20 minutes.
- **Finding via JIMI Care (Optional):** Locate lost rings via the JIMI Care app.

1.2 Specifications

Parameter	Details
Model	R001
Name	Smart Ring
Connectivity	BLE 5.3
Charging Method	Magnetic charging
Battery	16mAh lithium polymer battery
Charging Time	≤1.5 hours
Ingress Protection	IP68
Charging Case	200mAh capacity (LED solid red= charging; LED off = fully charged)
Material	Stainless steel
LED Indication (on Ring)	Solid red = charging; Solid green = fully charged; Green flashing = pairing success

1.3 Package Contents

- Smart Ring ×1
- Charging Case ×1
- Charging Cable ×1

2. Using Smart Ring

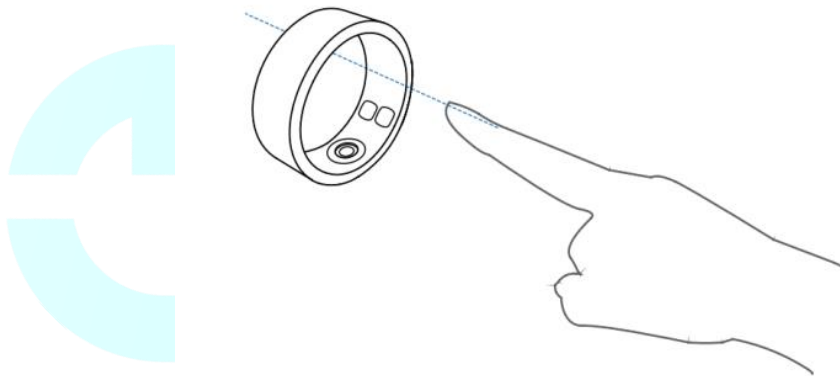
2.1 JIMI Care App Setup

Download the JIMI Care app via the QR code on the packaging or app store (requires iOS 13+ or Android 9+).



2.2 Wearing Instructions

- Choose a ring size from the chart below for a snug fit.
- Wear the ring with the curved side (magnetic charging port) facing your fingertip.
- For optimal accuracy, wear on the non-dominant hand.
- First-time activation: Place the ring in the charging case to power it on.



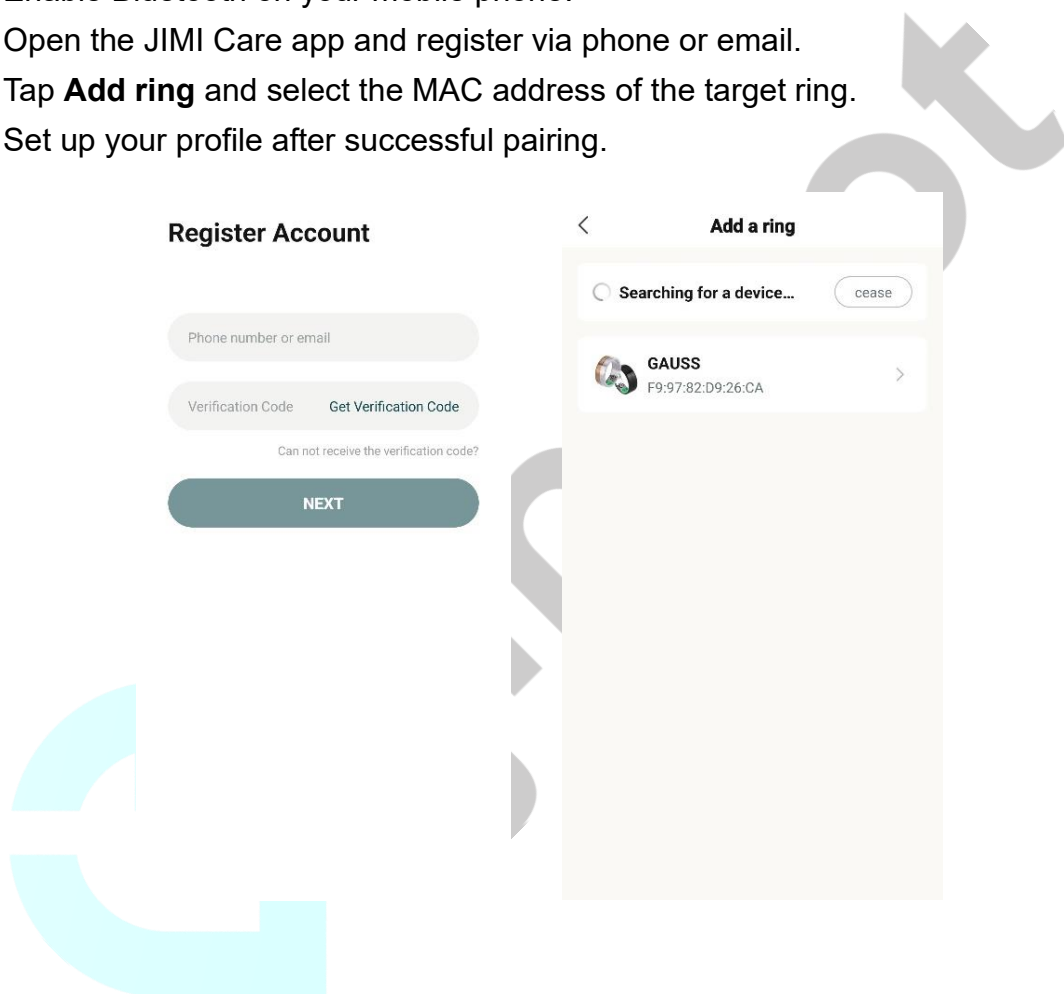
Size Chart:

Ring Size	Diameter (mm)	Circumference (mm)
#6	16.5	52
#7	17.5	55
#8	18.2	57
#9	19.1	60
#10	20.1	63

Ring Size	Diameter (mm)	Circumference (mm)
#11	20.7	65
#12	21.7	68
#13	22.3	70

2.3 Pairing

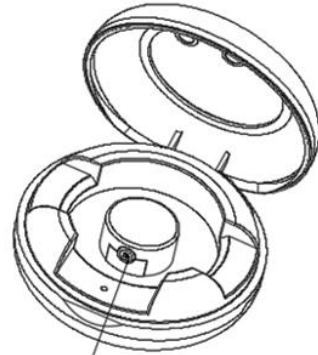
- 1) Enable Bluetooth on your mobile phone.
- 2) Open the JIMI Care app and register via phone or email.
- 3) Tap **Add ring** and select the MAC address of the target ring.
- 4) Set up your profile after successful pairing.



NOTE for iPhone Users: If pairing fails, remove the ring from **Settings > Bluetooth** and retry via the app.

2.4 Charging

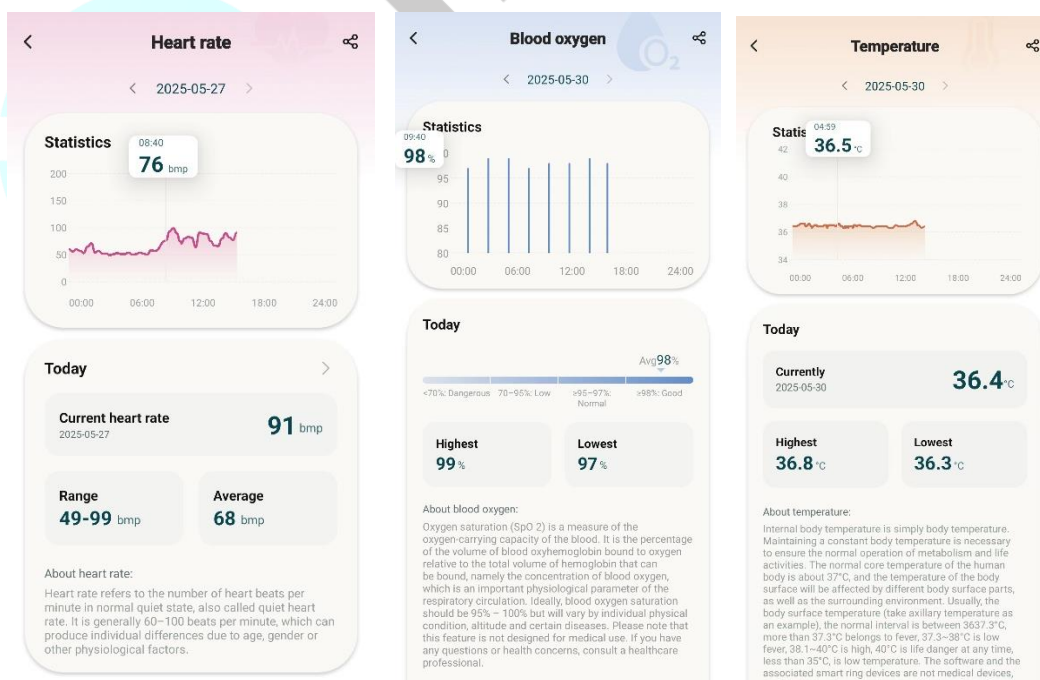
- 1) Align the ring's magnetic contacts with the charging case.
- 2) Close the lid:
 - Red LED: Charging in progress
 - Green LED: Fully charged



Magnetic suction port

2.5 Health Monitoring

The R001 tracks heart rate, SpO₂, temperature, and sleep 24/7, storing 7-day historical data.



2.5.1 Physical Recovery Report

The app generates weekly summaries of your activity (steps, calories, distance) and sleep quality, along with personalized suggestions. You can filter the data by date or share the report via the **Share** icon (🔗).



2.5.2 Sleep Monitoring

After connecting the ring to the app, access your 7-day sleep analysis under **Health > Sleep** or **Sleep** at the bottom, including:

- Sleep score
- Breath quality
- Resting heart rate
- HRV trends
- Nap detection (auto-logged between 12:00-15:00)
- Mindfulness exercises for sleep improvement



2.5.3 Heart Rate Monitoring

- Open the JIMI Care app on your mobile phone;
- Navigate to **Health > Heart rate** to view the statistics. The ring auto-reads your heartrate every 15 minutes by default. You can also update the reading manually.
- Tap the **Heart rate** tab to view detailed report. If you would like to share your report to contacts, tap the **Share** icon (🔗).


2.5.4 Blood Oxygen Monitoring

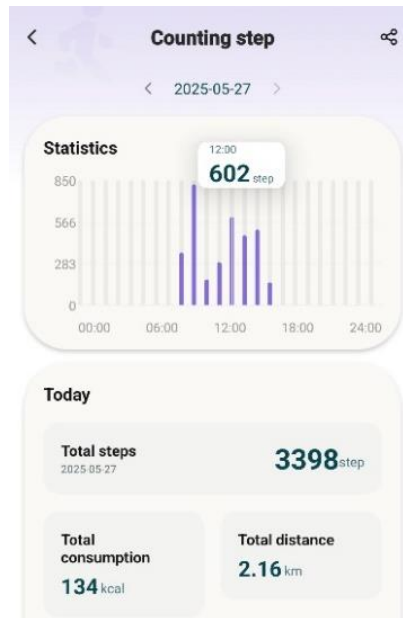
- Once paired, you can go to **Health > Blood oxygen** to check SpO2 levels. The data updates every 2 hours by default. You can also update the reading manually.
- Tap the **Blood oxygen** tab to view detailed report. If you would like to share your report to contacts, tap the **Share** icon (🔗).

2.5.5 Body Temperature Monitoring

- Once paired, you can go to **Health > Temperature** to review temperature trends. The data updates every 20 minutes by default. You can also update the reading manually.
- View temperature trends in the details page. If you would like to share your report to contacts, tap the **Share** icon (🔗).

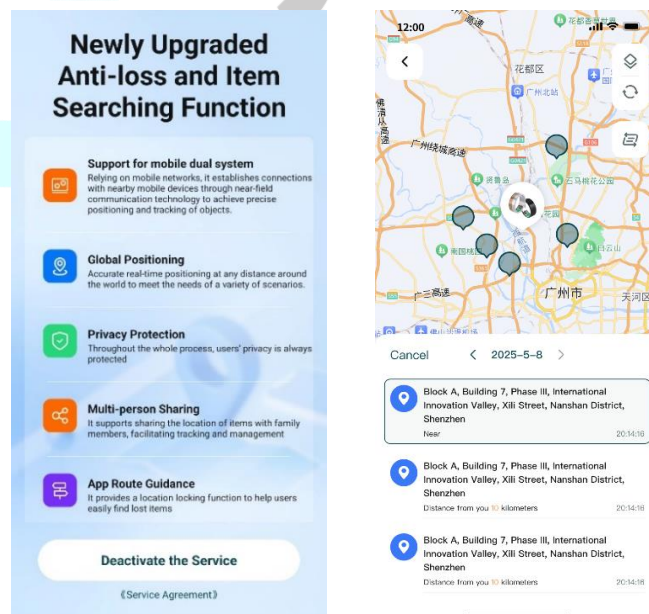
2.5.6 Step Tracking

The ring's built-in sensors can track fitness data, including step counts, distance, and calories burned. These data can store up to 7 days and can be shared to your contacts via the **Share** icon ().



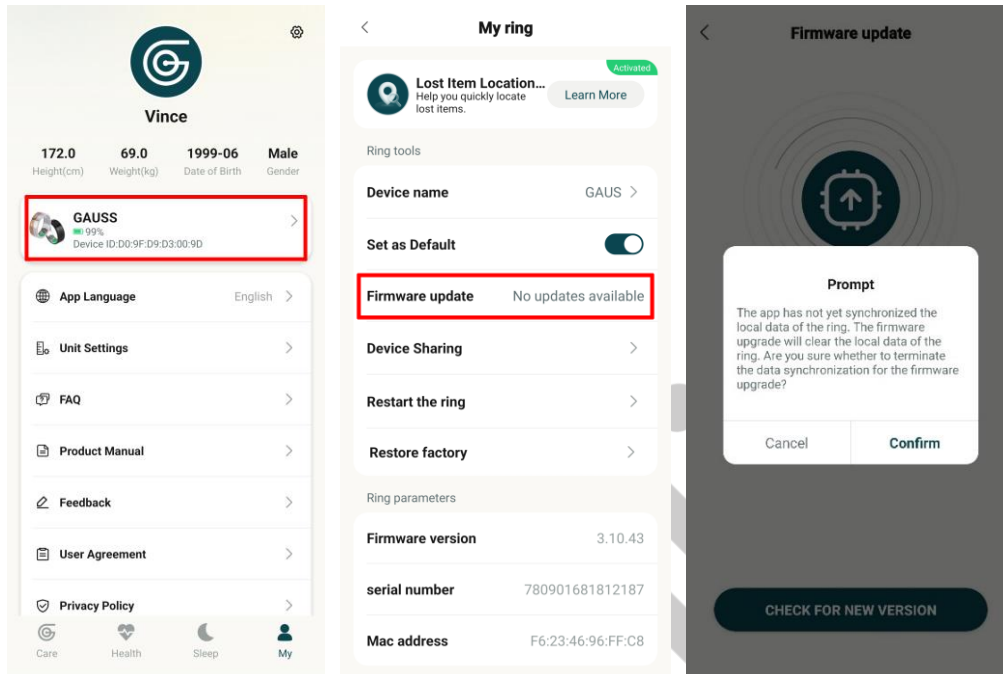
2.6 Ring Finding (Optional)

If your ring has integrated with tracking capability, go to **My > My ring** to enable the tracking service. Once enabled, the ring's current location appears in the app, facilitating ring recovery.

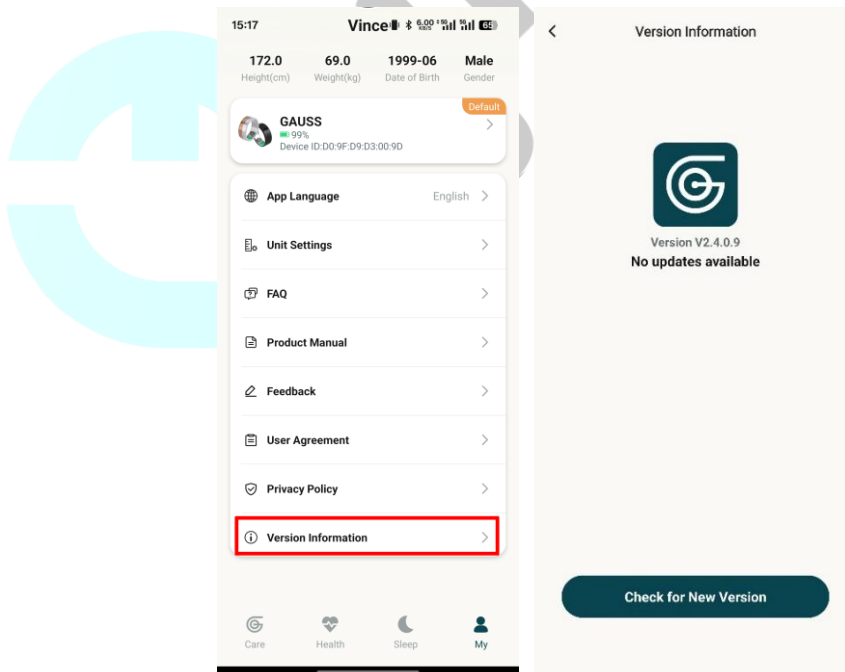


2.7 Firmware & App Updates

- Firmware updates: Go to **My > My ring > Firmware update > Check for New Version**.



- App updates: Go to **My > Version > Check for New Version**.



3. Safety Precautions

Battery and Device Safety

- **Non-removable Battery:** Do not attempt to remove, disassemble, or modify the device's built-in battery.
- **Heat and Fire:** Do not expose the device to extreme heat, direct sunlight, or open flames. High temperatures can cause the battery to overheat, ignite, or explode.
- **Battery Leakage:** In the event of a battery leakage, prevent the fluid from coming into contact with your skin or eyes. If contact occurs, immediately rinse the affected area with plenty of clean water and seek medical attention.
- **Physical Damage:** Do not drop, pierce, crush, or subject the device to strong impacts or external forces. Such actions can damage internal components, leading to short circuits and overheating.
- **Disposal:** Dispose of the device and its battery in accordance with local environmental laws and regulations. Do not discard in standard household waste. Improper disposal can result in fire or explosion.

Usage Environment

- **Children and Pets:** Keep the device and its accessories out of the reach of small children and pets. Small components may pose a choking hazard if swallowed.
- **Allergic Reactions:** The materials used in this device may cause skin irritation or allergic reactions in some individuals. If you experience skin redness, swelling, or itching, discontinue use immediately and consult a physician.
- **Medical Device Interference:** The radio waves emitted by this device may affect the operation of implanted or nearby personal medical devices, such as pacemakers and hearing aids. Before using this product, consult your physician and the medical device manufacturer for information regarding specific usage restrictions.

4. Hazardous Substances

This table indicates the presence of hazardous substances in the product's components, in accordance with EU RoHS Directive 2015/863.

Component	Pb	Hg	Cd	Cr ⁶⁺	PBB	PBDE
Circuit Board	○	○	○	○	○	○
Plastic	○	○	○	○	○	○
Metal	○	○	○	○	○	○
Battery	○	○	○	○	○	○

Component	Pb	Hg	Cd	Cr ⁶⁺	PBB	PBDE
Accessories	○	○	○	○	○	○

○: Indicates that the concentration of the hazardous substance in all homogeneous materials of this component is below the limits specified in EU RoHS Directive 2015/863.

×: Indicates that the concentration of the hazardous substance in at least one of the homogeneous materials of this component exceeds the limits specified in EU RoHS Directive 2015/863.

Specific Absorption Rate (SAR): The maximum SAR value for this device is $\leq 1.8\text{W/kg}$. This value complies with the limits set by standard GB21288-2007.

5. Warranty Information

This warranty covers product repair, replacement, and refund services. Please retain this warranty card and the original proof of purchase (e.g., a sales receipt). Both documents are required to obtain warranty service. If a valid proof of purchase is not provided, the warranty period will be calculated from the product's original date of shipment.

For product defects arising from manufacturing, our authorized service center will provide the following remedies upon confirmation of the defect:

- 7-day return or replacement: You may return or replace the product within 7 days of purchase.
- 1-Year Limited Warranty: The main unit is covered by a one-year limited warranty.

For all after-sales service needs, please contact the authorized retailer or service provider from whom you purchased the product.

Important Information:

- The information in this document is subject to change without notice.
- The appearance and color of the product may vary slightly from illustrations. The physical product shall be considered the standard.
- Any unauthorized disassembly of the product will void this warranty.
- This warranty does not cover damage caused by exposure to liquids.

6. Maintenance Record

Date	Service by
Product Model	
Serial number	
Failure Description	
Comments	

