

SEKONDA Smart Ring Instructions

(37000-37011)

Getting Started

1. Charging Port
2. Heart Rate Sensor (Green Light) and Blood Oxygen Sensor (Red Light)
3. Body Temperature Transducer



Charge your Smart Ring

Charge your Smart Ring for 2 hours before first use.

- Place the Smart Ring inside the charging case so that the charging port is aligned with the charging pin inside the case. When placed correctly, the Smart Ring will stay in place magnetically.
- Connect the USB charging cable to the case and then to a USB charger or a powered USB port on a computer.
- The case will charge at the same time as the ring if it is not already fully charged.
- The charging case can also be charged without the ring inside. A fully charged case can provide a full charge for your Smart Ring up to 5 times.

The indicator light on the charging case is located next to the USB port.

Charging the case:

- **Flashing red light on case** = Case is charging
- **Solid red light on case** = Case is fully charged

Charging the case and ring at the same time:

- **Flashing red light on case** = Case is charging
- **Solid red light on case** = Case is fully charged

Charging the ring only (via case):

- **Flashing green light on case** = Ring is charging
- **Green light turns off on case** = Ring is fully charged

Note: If the case does not show any light when initially connecting to the ring, the case is dead.

Ring indicator (inside the ring)

The ring light will also give charging indications.

Red light = Ring is charging

5 minute green light = Ring is fully charged

Light is off after charging = Ring has fully charged

You can view the charge percentage of your ring by connecting to the app and checking your home screen or tapping on the cog icon in the lower right corner.

If the ring does not flash when connected, it may not be positioned correctly on the charging point. Please reposition until the ring light comes on.

To receive notifications about charging, please ensure that you have enabled Sekonda Smart Ring App notifications on your phone settings after downloading the App.

CHARGING ADVICE

- Your charging case is not water resistant. When charging ensure the ring and charging case are both completely dry.
- Please charge the devices in an environment between 0°C and 45°C.
- Please do not charge your charging case via your car or any other motor vehicle.
- Do not charge your charging case overnight or leave it charging unattended.
- Please charge your charging case via a laptop or power adaptor with a rated output voltage of 5V and a rated output current of 1A (requiring CCC/CE/AL certification).
- If an uncertified power adapter is used, your case and ring may experience problems such as slow charging, depleted battery life or overheating.

Download and install the app

- To download the app please search for "SEKONDA SMART RING" in the app store on your smartphone or scan the appropriate QR code below using your smartphone camera.



The SEKONDA SMART RING app will work on the following smartphones:

Android (version 8.0 and above)

Apple iOS (version 12.0 and above)

Connect your Smart Ring to the app

- Open the app and accept the permissions.
- Tap either "Create Profile" for best performance or "Start to use" to continue without creating an account.
- You will have the option to enter your personal information and goals such as your step count target.
- The app will then prompt to search for devices to connect to.
- Look for "SekondaSR" in the list of Bluetooth names. Select this to connect to your Smart Ring.

For the app to function correctly please take notice of the following:

- **Do not pair the ring directly with the Bluetooth in your phone's settings. Always pair the ring through the app.**
- **Do not turn off Bluetooth in your phone's settings.**
- **If you would like to receive notifications from the app, you must accept the app's permissions.**

Synchronise data with the app

- After your ring is paired with the app you can synchronise data the ring has recorded.
- Please sync your app regularly to avoid loss of recorded data. Your Smart Ring can store data for up to 7 days.
- To sync your data, connect to the app. On the home screen, swipe down to sync data with the ring.

Using Your Smart Ring

Functions

While wearing your Smart Ring, steps, distance, and calories will be tracked automatically.

Auto Monitoring (Heart Rate and Temperature)

- To turn off/on auto monitoring or alter the time interval, tap on the cog icon, then tap "Activity & Wellness".
- Here you can toggle on/off auto heart rate detection and body temperature monitoring or alter the time interval between measurements. The time interval can be set to between 10 to 60 minutes.

Customise the app home screen

- To edit what functions appear on the home screen of your app, scroll down and tap on "Edit Card".
- You can add and remove functions from your home screen by tapping the +/- icons.
- To rearrange the icons tap and hold on the three lines on the right and drag to change the order.
- Tap "Save" in the top right.

Workout

- To start a workout open the app and tap on the person icon at the bottom of the screen, alternatively you can select 'Exercise Records' from the home screen.
- Select from the list of workout types to begin.
- Tap pause at any time to pause the workout.
- When paused, long press the stop icon to end the workout.
- You will then be able to view the detailed breakdown of your workout.
- Tap "Done" to finish.

Select the graph icon at the bottom of the app home screen to view the details of all your past workouts.

Manual measurements

To take a manual measurement open the app and tap on the function you wish to take a reading for.

You can take manual measurements using the below functions:

Heart Rate

Blood Oxygen

HRV (Heart Rate Variability)

Stress

Body Temperature

Respiratory Rate

Mood

Sleep Data

- Your sleep data will be tracked automatically while you wear your Smart Ring, including deep sleep, light sleep, and REM sleep.
- If no sleep data is measured for any reason, you can also manually input Sleep data.

PAI Vitality Index

- PAI (Personal Activity Intelligence) is calculated using your data from the previous day. It takes into consideration your daily activity, health, and wellness data.
- Missing a day of wear will affect your score tomorrow – wear your device daily for the best results.

Fatigue

- Your Smart Ring monitors your physiological data in real time and analyses this combined with your heart rate, sleep, and exercise data to generate your fatigue level.

Mood

- Your Smart Ring can track physiological changes that give an insight into your emotional state.
- Many factors can affect emotions, so the inferred emotional state might not match what you feel. Things like drinking alcohol, caffeine, exercising, medical conditions, medications and improper device use can cause inaccuracies.

Cycle Tracking

- To turn on cycle tracking tap on the cog icon, then tap “Activity & Wellness”.
- Tap “Cycle Tracking”.
- Enter your details to set up this function.
- This can then be viewed from the app home screen. If the card does not appear please scroll down, tap “Edit Card” and tap the + icon to add to your home screen.
- Please choose “female” when setting up your profile for this function to appear.

Find My Smart Device

- Open the app and tap the cog icon.
- Tap “Smart Device Settings”, then tap “Find My Smart Device”. Your Smart Ring will vibrate.

Settings

Change Your Goals

- To change your goals tap the cog icon, then tap “Activity & Wellness”
- Tap “Daily Goal”. Here you can set your steps, distance, calories, and sleep targets.

Change the Measurement Units

- Tap the cog icon, then tap “App Settings”.
- Tap “Measurement Units”.
- Here you can set the distance and temperature units.

Notifications and Alerts Setting

Tap the cog, then tap “Notifications & Alerts”

Vibration Setting

- Set the vibration to “Off”, “Weak”, or “Strong”

Sedentary Reminders

- Toggle on/off reminders for when you have been sitting for too long. You can alter the time interval for these reminders from 10-60 minutes.

Drink Water Reminders

- Toggle on/off reminders to drink water. You can alter the time interval for these reminders from 10-60 minutes.

Alarms

- Tap “Add Alarm”. Choose the Alarm Type, day, and time.
- Your Smart Ring will vibrate at the alarm time set.
- To delete an alarm tap “Edit”, then tap the red minus icon.

App Notifications

- Choose what notifications will cause your Smart Ring to vibrate

Vibration Experience

- Preview the vibration of various notifications.

How to unpair your Smart Ring from your phone

- Open the app and tap the cog icon.
- Tap “Disconnect Device”
- Then go to “My Smart Devices”, swipe to the left and select the unpair icon

How to restore your Smart Ring to Factory Settings

- Open the app and tap the cog icon.
- Tap “Smart Device Settings”, then “Reset Smart Device”. Data will be erased from the Ring.

If for any reason you need to return your Smart Ring to us, please restore to factory settings, disconnect and unpair before sending it.

Safety and Care Instructions

Water Resistant to 50 Metres

50 metres water resistance withstands pressures equivalent to a depth of 50 metres.

The ring is suitable for:

- Everyday hand washing
- Low heat bathing
- Swimming & Snorkelling (up to 50 metres pressure equivalent)
- Light water sports
- Intense workouts and sweat exposure
- Rain and splashes

The ring is not suitable for:

- High temperature water and steam
- Diving
- Scuba diving
- Intense water sports
- Extreme heat environments such as saunas, steam rooms, hot tubs

If your ring is exposed to water, always dry it fully with a soft cloth afterwards.

Do not attempt to charge the ring while it is wet.

If your ring is exposed to any other liquids such as salt water, swimming pool water, soapy water, perfume, sunscreen, hand sanitiser, cosmetics, or any other chemical products; wash it with clean water and dry it fully with a soft cloth.

Please note, salt water or strong chemicals in water may damage or weaken the ring seals, especially with repeated exposure.

Your Smart Ring's functionality may be affected if these instructions are not followed.

Scratches can occur if you are not careful while wearing your ring. Please remove your ring or wear your ring protector when lifting weights or handling heavy/hard objects.

Your finger size will vary throughout the day. If you are struggling to remove your ring try using soap, cold water, and gently twisting, or try raising your hand above your heart to reduce swelling.

Do not attempt to cut, puncture or break apart your ring. If you are unable to remove your ring or need to cut your ring off in an emergency, seek professional medical assistance immediately. More information on cutting your ring can be found on our help centre via the Sekonda website.

If you experience any skin irritation or notice any deformity or damage remove the ring immediately and contact customer service.

Remove your ring before working with electronics, batteries, high voltage, or sensitive components to prevent accidental short circuits or shocks.

Please note that the measurement results of this device are for reference only and are not intended for medical use. Users should always follow the advice of their doctor or other trusted medical professional.

Sekonda Smart Rings are not recommended for people with pacemakers because they contain electronic parts and magnets that produce small electromagnetic fields.

When using your Smart Ring on aeroplanes, in hospitals, or near medical electronic systems please follow the authority standards and be aware that wireless signals transmitted could impact the functionality of sensitive electronics.

Product Specification

Model	Sekonda 37000/37001/37002/37003 /37004/37005/37006/37007/37008 /37009/37010/37011
CPU	OnMicro OM6626A
Memory	RAM 80KB + ROM 1Mb
Bluetooth version	5.0
Charging Case Battery	Lithium-ion 3.7V / 200mAh
Ring Battery	Lithium-ion 2.8V 11mAh (sizes 7-8) 13mAh (sizes 9-10) 15mAh (sizes 11-13)