智能戒指快速使用指南



扫码提示
请根据所在地区和手机系统选择对应二维码扫码下载。
如二维码跳转至下载落地页，请按页面提示选择对应版本。

请使用包装盒内充电仓为戒指充电，打开手机APP搜索连接戒指后开始使用
首次使用前，请先阅读本指南，并按照步骤完成充电、APP下载与设备配对



使用说明
使用充电仓连接戒指进行充电。
首次使用前，请先为戒指充电至可开机状态。
充电中充电仓指示灯红灯闪烁，充满后充电仓指示灯熄灭
当戒指指示灯闪烁后，再打开 APP 搜索并配对设备

附加说明
戒指充电时，可能无法被 APP 搜索或完成配对。
如设备长时间未使用，请先充电后再开机。
首次使用前，请先阅读本指南，并按照步骤完成充电、APP 下载与设备配对
请充电时注意连接好戒指，连接充电成功时戒指绿色长亮



连接 APP + 配对戒指连接UBlingAPP
1. 扫码下载并打开UBling APP。
2. 进入 APP 的“设备”页面。
3. 点击“添加设备”。
4. 点击“蓝牙搜索”，找到UBlingR1，点击连接。
5. 按照页面提示完成配对。

配对前请确认
手机蓝牙已开启。
APP 已获得蓝牙权限和必要的设备权限。
戒指已充电，并已拔开充电线。
戒指靠近手机，避免距离过远导致搜索失败. 搜索不到设备时, 如未搜索到戒指, 请先确认戒指电量是否充足，并重新进入“添加设备”页面搜索。
如仍无法连接，可关闭并重新打开手机蓝牙，或重启 APP 后再次尝试。



灯光状态 + 佩戴方式
灯光状态

佩戴方式
将戒指佩戴在舒适合适的手指上，建议佩戴在食指、中指或无名指。
请将传感器贴近手指下方，以获得更稳定的数据。
佩戴时不要过松，避免传感器与皮肤接触不稳定。

测量时请保持手部稳定，避免剧烈晃动。运动后、手指潮湿或佩戴位置偏移时，数据可能出现波动。如数据异常，
可调整佩戴位置后重新测量。



心率测量–戒指绿灯闪烁



血氧测试–戒指红灯长亮

充电中–戒指红灯闪烁



充电完成–戒指绿灯长亮



插入USB线，给充电仓充电，红灯长亮，充满绿灯长亮



戒指充电时，充电仓绿灯呼吸闪烁.
充电完成，充电仓指示灯自动熄灭



充电仓低电10% 充电仓灯红灯闪烁 1秒一次

合规说明 + 使用提醒
使用提醒
当电量低于 5% 时，设备无法测量数据，请先充电后再使用。
请勿在充电状态下佩戴戒指或进行测量。
请勿用力弯折、撞击、拆解或自行维修设备。
请保持传感器区域清洁，避免污渍影响测量稳定性。
如长时间不使用，请先充电后再开机连接。
免责声明
本产品测量结果仅供日常参考，不用于任何医疗目的。
请勿将测量结果用于自我诊断或治疗。
如有身体不适，请及时咨询医生。
合规提示
本设备在正常使用过程中可能产生低功率无线信号。请按照说明书要求使用设备，
并避免自行拆解或改装。
若设备对其他电子设备产生干扰，请尝试调整使用距离或停止使用后联系售后。

产品保修卡

购买平台：□ 线上 □ 官网 □ 其他

用户电话：_____	产品序号：_____
订单号码：_____	产品型号：_____
产品颜色：_____	购买日期：_____
保固期限：一年送修	经销商：_____

Warranty Card

User Info:_____	Product Serial No.: _____
Order No.:_____	Product Model: _____
Product Configuration:_____	Purchase Date:_____
Warranty: One Year Warranty Service	Dealer Name:_____

Quick Start Guide



QR Code Prompt
Scan the appropriate QR code for your region and mobile OS to download.
If redirected to the download landing page, select the correct version as instructed on the page.

Charge the ring with the included charging case. Launch the mobile APP, search and connect the ring to begin use.
Read this guide prior to first use, ...h charging, APP download ...ce pairing step by step.

Instructions for Use
Charge the ring by placing it in the charging case. Before first use, charge the ring until it can power on.
While charging, the indicator light on the charging case flashes red.
Once fully charged, the charging case indicator turns off.
After the ring's indicator light starts flashing, open the APP to search for and pair the device.

Additional Notes
The ring may not be found or paired by the APP while it is charging.
If the device has not been used for a long time, charge it before powering on.
Before first use, read this guide and complete charging, APP download and device pairing following the steps.
Ensure the ring is properly connected during charging. The ring's indicator stays solid green when charging starts successfully.

Connect to APP & Pair the Ring
Connect the ring with UBling APP
1. Scan the QR code to download and open the UBling APP.
2. Go to the **Device** page in the APP.
3. Tap **Add Device**.
4. Tap **Bluetooth Search**, locate UBlingR1 and tap to connect.
5. Complete pairing following the on-screen prompts.

Before Pairing, Please Confirm
Bluetooth on your mobile phone is enabled.
The APP has been granted Bluetooth permission and required device permissions.
The ring is charged and removed from charging.
Keep the ring close to your phone; excessive distance may cause search failure.

If the Device Cannot Be Found
If the ring is not detected, check whether the ring has sufficient power, then re-enter the "Add Device" page to search again.
If connection still fails, turn your phone's Bluetooth off and on again, or restart the APP and retry.

Light Status + Wearing Instructions
Light Status

Wearing Instructions
Wear the ring on a comfortable and properly-fitted finger.
Index, middle or ring finger is recommended.
Position the sensor against the underside of your finger for more stable data readings.
Do not wear it too loosely, as this may cause unstable contact between the sensor and skin.

Keep your hand steady during measurement and avoid vigorous shaking.
Data may fluctuate after exercise, when your finger is wet, or if the ring shifts position.
If readings are abnormal, reposition the ring and retake the measurement.

Heart Rate Measurement – Ring indicator flashes green.

SpO2 Measurement – Ring indicator shows solid red.

Charging – Ring indicator flashes red.

Charging Complete – Ring indicator shows solid green.

Plug in the USB cable to charge the charging case. A solid red light indicates charging; it turns solid green once fully charged

When charging the ring, the charging case indicator breathes in green. Once charging completes, the charging case indicator will turn off automatically.

When the charging case power is low (10%), its indicator flashes red once every second

Compliance Statement + Usage Reminders

Usage Reminders

When the battery level is below 5%, the device cannot take measurements. Please charge it before use.
Do not wear the ring or perform measurements while it is charging.
Do not bend, strike, disassemble or attempt to repair the device by yourself.
Keep the sensor area clean to prevent stains from affecting measurement stability.
If the device will not be used for an extended period, charge it before powering on and connecting.

Disclaimer

Measurement results from this product are for daily reference only and are not intended for medical purposes.
Do not use the measurement results for self-diagnosis or treatment.
Consult a doctor promptly if you feel unwell.
Compliance Notice
This device may emit low-power wireless signals during normal operation. Use the device in accordance with this manual.
Do not disassemble or modify the device on your own.
If the device causes interference with other electronic equipment, adjust the operating distance or stop using it and contact after-sales support.

FCC Warning
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 muc-cept any interference received, including interference that may cause unde-sired operation.
Any Changes or modifications not expressly approved by the party responsi -ble for compliance could void the user's authority to operate the equipment.

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 reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy, if not installed and used in accordance with theinstructions, may cause there is no guarantee that interference will not occur in a particularinstallation, If this equipment does cause harmful interference to radio or television reception,which can be determined by turning the equipment off and on, the user is encouraged to try tocorrect the interference by one or more of the following measures: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.Consult the dealer or an experienced radio/TV technician for help The device has been evaluated to meet general RF exposurre requirement. The device can beused in portable exposure condition without restriction.