Smart Health Ring

ZR100

User Manual

Product Introduction

ZR100 is a smart health ring that can monitor multiple body vital signs all day and night.

| Activity Tracking | Sleep Tracking | 24/7 Heart Rate Monitor | Heart Rate Variability | Blood Oxygen |

Note: The smart 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 ring

2) Wireless charging case

3) Type-C charging cable

4) User manual

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Instruction

1. Download the APP

- Scan the QR code below or search ZivaOne on Google Play or iOS App Store to download our ZivaOne App.
- Make sure the Bluetooth of your mobile device is on.
- Choose the device identified in the App and connect it to your smart ring.

ZivaOne

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 it to power on.

To charge the Smart Ring, place it in the wireless charging case, then plug the Type-C charging cable into a wall outlet or USB port with at least 5V 1A. The ring's green light will flash while charging and turn solid when fully charged, which typically takes about 2 hours. Normal use provides 5-7 days of battery life, though usage of activated features may impact duration.
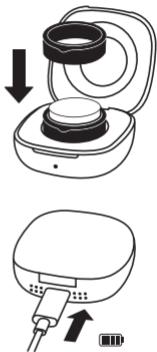
Note:

The charging case is not water-resistant and should only be used indoors. Avoid humid environments like bathrooms and prevent contact with conductive materials such as liquids, dust, metal powders, and pencil leads.

How to Wear Your Ring Correctly?

For optimal performance, wear the Smart Ring on the index finger of your non-dominant hand. The middle and ring fingers can also work, but avoid fingers where the base is narrower than the knuckle. The sensor should be on the palm side, and the ring should fit securely and comfortably around the base of your finger.
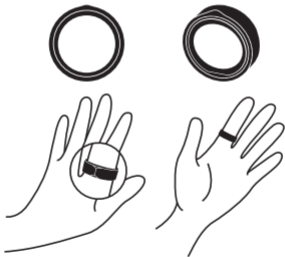
3. App Operation

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

Home

It gives a glance at your daily health situation: Activity, Sleep, Heart Rate, HRV, SpO2.

- **Activity**

The ring will count the total number of steps generated by your activities using the smart ring for 24 hours a day.

- **Sleep**

The ring will monitor your sleep automatically and show detailed sleep quality like Sleep Duration, Sleep Stages (Awake, REM, Light and Deep Sleep, Naps), Sleep Efficiency, Sleep Latency, average heart Rate, Avg SpO2, and Avg HRV.

- **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.

- **Blood Oxygen**

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.

- **Heart Rate Variability**

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.

Specifications

Warranty: 12 months

BT Version: BLE 5.0

BT Range: 2 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 ℃ / 14–125 ℉

Troubleshooting

Pairing Issues:

1. Ensure the ring is powered on.

2. Check the app for Bluetooth permission.

3. Verify Bluetooth is enabled on your smartphone.

4. Restart the app and try pairing again.

No Data Measurement
Contact our support team

Battery Draining Quickly:

1. Charge the ring for at least 3 hours to calibrate the battery.

2. Resume normal use.

3. Contact support if the issue persists.

Allergic Reaction:
Stop using the device immediately. Seek medical attention for any severe reactions.

Other Issues
Contact our support team and provide detailed information about the problem.

Safety Notices

Failure to follow safety instructions could result in fire, electric shock, injury, or damage. Read all safety information before use.

Not a medical device

This ring is not a medical device and should not replace professional medical advice. Consult your healthcare provider before making any health-related decisions.

Use, care and maintenance

If the ring gets stuck, use cold water and gentle soap to remove it. Avoid wearing the ring during activities that could damage it or cause scratches to other objects. Keep the ring away from children and heat sources. Do not puncture the ring or its battery.

Avoid handling batteries or working with machinery that contains batteries while wearing the ring, as this could result in a dangerous short circuit.

FCC Requirement

Any unauthorized changes to this device could void the user's authority to operate it.

This device complies with Part 15 of the FCC Rules, subject to the following conditions:

1. It must not cause harmful interference.

2. It must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device under Part 15. These limits are designed to provide reasonable protection against harmful interference in residential installations.

If this equipment does cause harmful interference to radio or TV reception, the user should try to correct it by:

1. Reorienting or relocating the receiving antenna

2. Increasing the separation between the equipment and the receiver

3. Connecting the equipment to a different circuit

4. Consulting a technician for assistance

The device has been evaluated to meet general RF exposure requirements and can be used in portable exposure conditions without restriction.

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