

## Anschluss

Suche und lade die APP herunter, öffne und kopple den Ring



APP Store: QRing

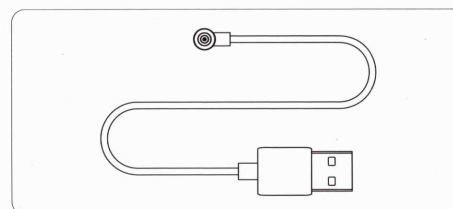
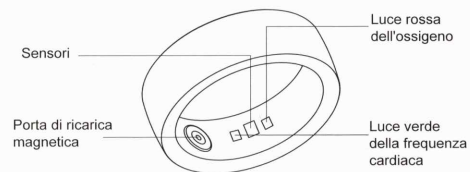


Google Play: QRing



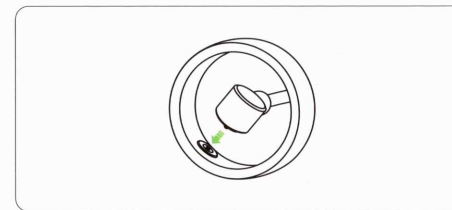
## Panoramica e lista degli imballaggi

Anillo, cable de carga y guía rápida



## Accensione

El cable de carga se conecta al anillo para encenderlo



## Stile di utilizzo

Indossare l'anello sul dito adatto e scegliere una misura comoda. Si consiglia di indossarlo su indice, medio e anulare per un migliore monitoraggio dei dati.



Per una misurazione più accurata della frequenza cardiaca e dell'ossigeno nel sangue, indossare il sensore sul lato interno del dito.

## Connessione

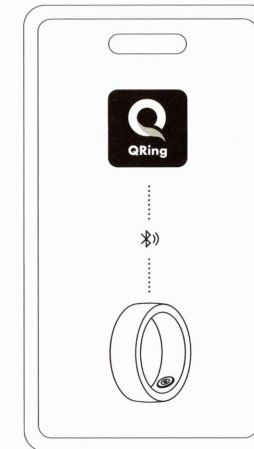
Cercare e scaricare l'APP, aprire e associare l'anello



APP Store: QRing

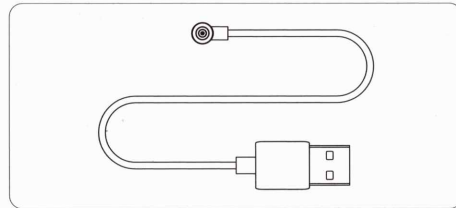
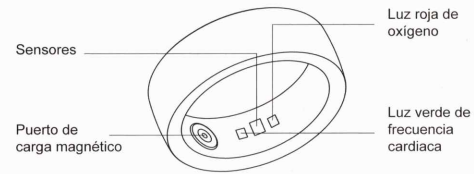


Google Play: QRing



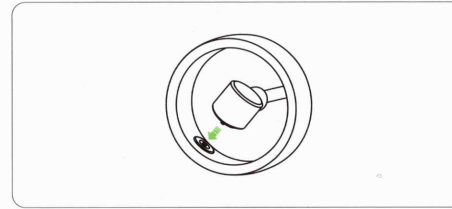
## Descripción general y lista de embalaje

Anillo, cable de carga y guía rápida



## Encendido

El cable de carga se conecta al anillo para encenderlo



## Estilo de uso

Póngase el anillo en el dedo que más le convenga y elija una talla cómoda. Se recomienda llevarlo en los dedos índice, corazón y anular para una mejor monitorización de los datos.



Lleve el sensor en la parte interior del dedo para obtener una medición más precisa de la frecuencia cardíaca y el oxígeno en sangre.

## Conexión

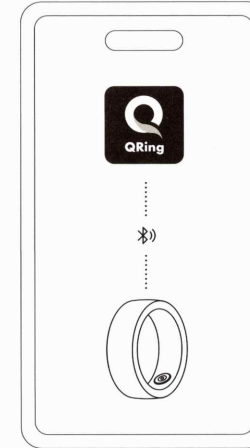
Buscar y descargar APP, abrir y emparejar el anillo



APP Store: QRing

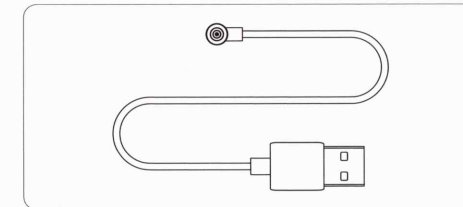
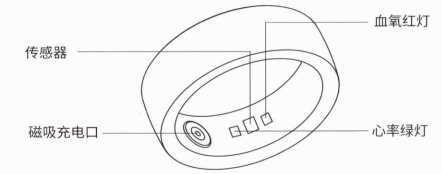


Google Play: QRing



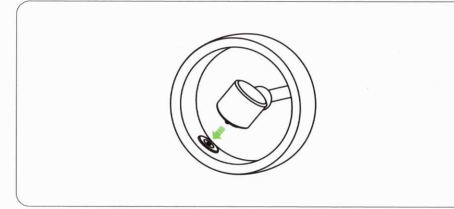
## 概览与包装清

戒指、充电线和快速指南



## 开机

充电线连接至戒指即可开机



## 佩戴方式

将戒指佩戴在自己适宜的手指上，选择舒适尺寸  
建议佩戴在食指、中指、无名指上，能够更好的监测数据



请将传感器佩戴在手指内侧，心率、血氧测量结果更准确

## 连接

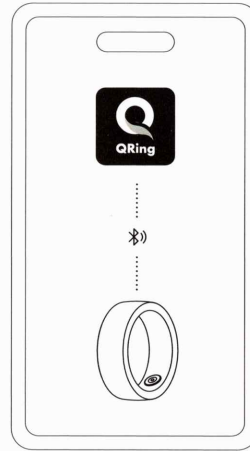
搜索下载APP，打开并配对戒指



APP Store: QRing

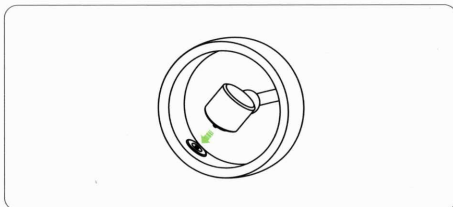


Google Play: QRing



## Mise en marche

Le câble de chargement se connecte à l'anneau pour l'allumer



## Style de port

Portez la bague au doigt approprié et choisissez une taille confortable. Il est recommandé de la porter à l'index, au majeur et à l'annulaire pour un meilleur suivi des données.



Portez le capteur à l'intérieur de votre doigt pour une mesure plus précise de la fréquence cardiaque et de l'oxygène dans le sang.

## Connexion

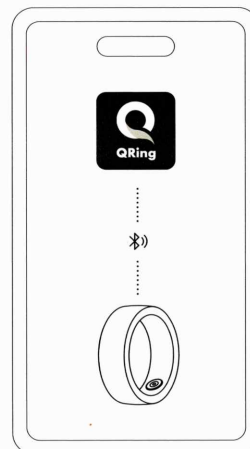
Rechercher et télécharger l'APP, ouvrir et appairer la bague



APP Store: QRing

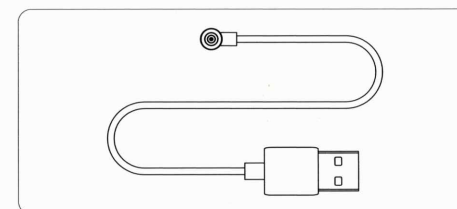
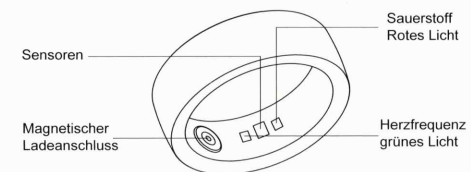


Google Play: QRing



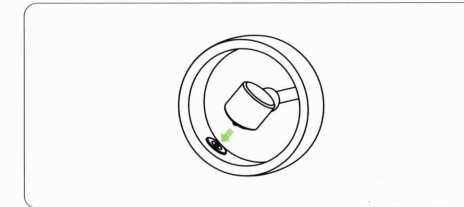
## Übersicht und Packliste

Ring, Ladekabel und Kurzanleitung



## Einschalten

Das Ladekabel wird zum Einschalten an den Ring angeschlossen



## Tragestil

Tragen Sie den Ring an Ihrem passenden Finger und wählen Sie eine bequeme Größe.

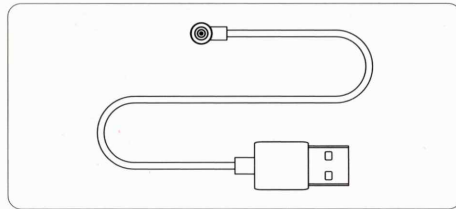
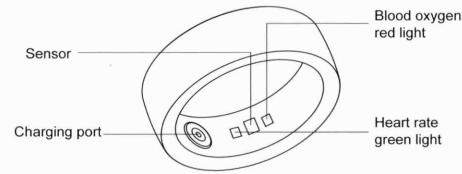
Es wird empfohlen, ihn am Zeige-, Mittel- und Ringfinger zu tragen, um die Daten besser überwachen zu können.



Bitte tragen Sie den Sensor auf der Innenseite Ihres Fingers, um eine genauere Herzfrequenz- und Blutsauerstoffmessung zu erhalten.

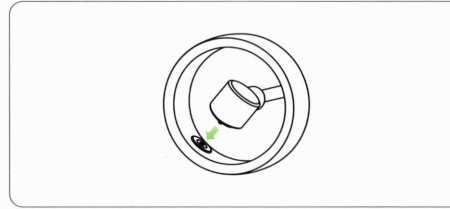
## Overview And Packagingview

Ring, charging cable, and quick guide.



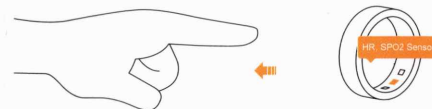
## Power On

Connect the charging cable to the ring to booting up the device.



## Wearing Method

Wear the ring on your suitable finger and choose a comfortable size. Suggest wear it on the index finger, middle finger, and ring finger for better monitoring of data.



Please let the sensor on the inside of your fingers for more accurate measurement of heart rate and blood oxygen when wear it.

## Connection

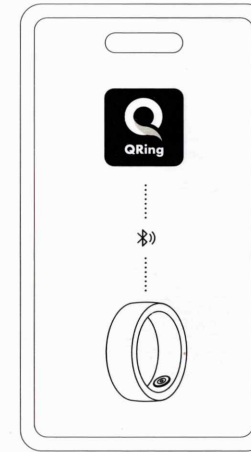
Search and download the app, open and pair rings.



APP Store: QRing



Google Play: QRing



## Vue d'ensemble et liste d'emballage

Anneau, câble de chargement et guide rapide

