



Smart Health Ring



User Manual

Product Introduction

Sigma Ring is a smart health ring which can monitor multiple body vital signs all the day and night.



24/7 Heart
Rate Monitor



VO₂ Max



Sleep
Tracking



HRV



SpO₂



Skin
Temperature
Trend



Activity
Tracking



Stress



Women's
Health



5 ATM

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



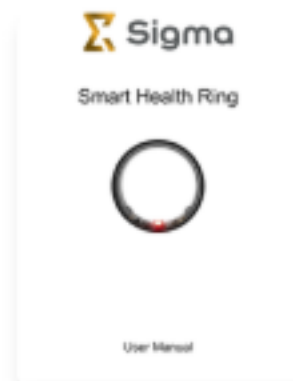
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Instruction

1. Charge Before Use

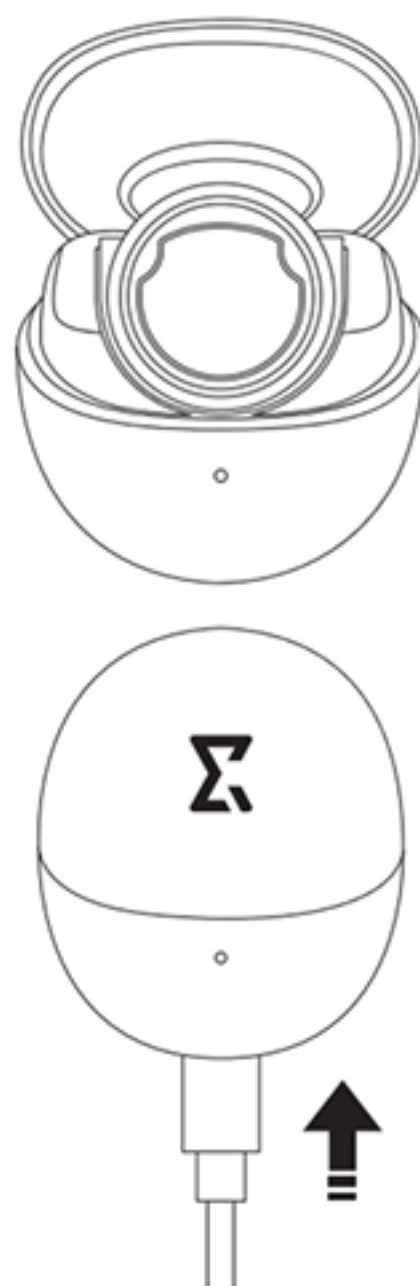
- Please fully charge the device to activate it for first use.
- If you perform a factory reset on the App, please charge the device to power it on.

Simply place your device into the wireless charging case, plug in the supplied Type-C charging cable, and then plug it into a wall outlet or a USB port with a minimum of 5V 1A to begin charging.

While charging, the ring's green indicator light flashes, and when the device is fully charged, it stays on solid. A full charge takes about 20 – 80 minutes and provides up to 5 – 7 days of battery life under normal use. Battery life will vary depending on the activated features, type, and frequency of ring use.

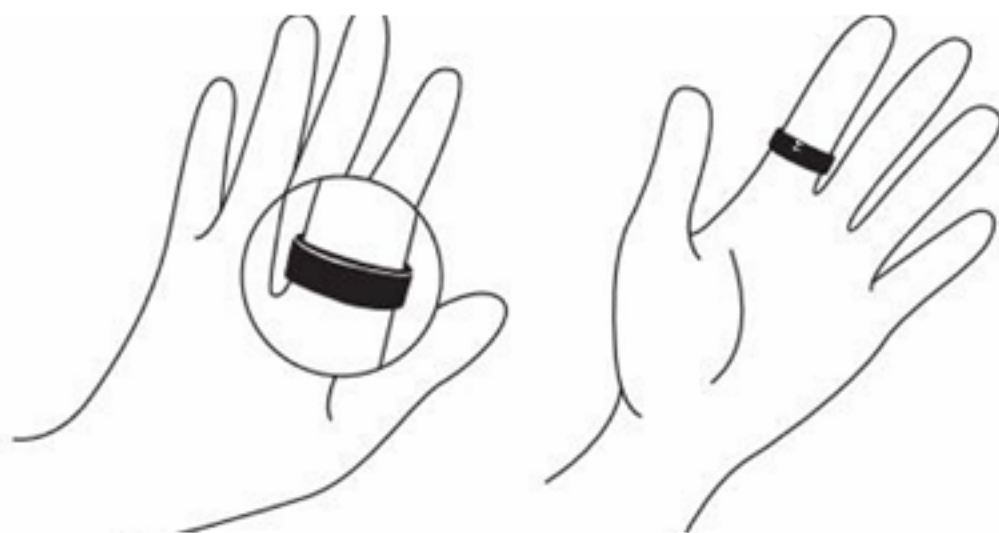
Note:

The charging case is not water resistant and is intended for indoor use only. Do not use or store it in humid environments like bathrooms, and please prevent it from coming into contact with conductive materials, such as liquids, dust, metal powders and pencil leads.



How to Wear Your Ring Correctly

For the best performance and accuracy, it is recommended to wear your Ring on the index finger of your non-dominant hand. If you prefer another finger, the middle or ring finger will also work. Avoid fingers where the base is narrower than the knuckle. The sensor inside your ring should be positioned on the palm side of your finger. The ring should fit securely and comfortably around the base of your finger.



2. App Operation

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

Home screen

It provides an overview of your daily health status: quality of life, sleep, activity, balance (stress), heart rate, and blood oxygen level (SpO₂). You can choose to display data for up to 30 days.



Health

View detailed daily data and reports about your health status — including steps, distance, calories, sleep, heart rate, SpO₂, heart rate variability (HRV), stress, skin temperature trends, women's health and VO₂ Max.

- Sleep

The ring will monitor your sleep automatically and shows the detailed sleep quality like Sleep Duration, Sleep Stages (Awake, REM, Light and Deep Sleep, Naps), Sleep Efficiency, Sleep Latency, Avg 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.



- Oxygen level (SpO₂)

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.

- HRV (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.

- Stress

It will measure automatically as per the time interval you set.

The app displays the meaning and state: calm, moderate, tense, or severely stressed.

- VO₂ Max

Start measuring from the App manually.

You can check the value of VO₂ Max and Fitness Age on the App.

- Skin Temperature Trend Monitor

The ring determines skin temperature dynamics and displays the measurement results.

- Women's health

This feature tracks your menstrual cycle and pregnancy. It's only available if you select "female" as your gender in your profile settings.

About the device

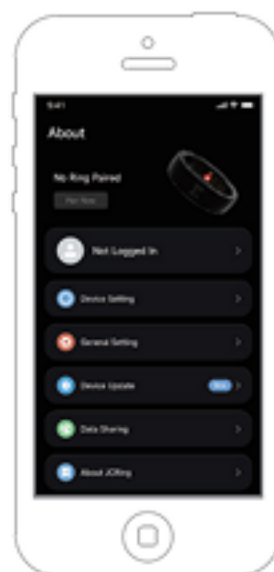
Check current device's basic information (battery level, firmware version), change the ring name and set the personal info.

- Set Auto Health Monitoring Interval

The following automatic measurement intervals are set by default:

- every 10 minutes - heart rate;
- every 30 minutes - SpO₂ level;
- every 60 minutes - skin temperature trend, HRV, and stress.

You can change the interval as you need except the skin temperature trend, the shorter the interval is set, the faster the battery will drain.



- Select units of measurement

You can select units of measurement for skin temperature, distance, height, and weight.

- Goal Setting

Personalize your goals for steps, distance, calories and sleep hour per day.

- Firmware Update (OTA)

The app will notify you if a new firmware version is available. Follow the on-screen instructions to update your device to the latest version.

- Factory Reset

After factory reset, all device data will be deleted. Please charge to reboot.

Technical specifications

Warranty: 12 months

BT Version: BLE 5.0

BT Range: 2 meters

Battery: Rechargeable 14.5 mAh - 21.5 mAh depending on the ring size, Lipo battery, non-replaceable

Data Memory: 15 Days

Waterproof: 5 ATM

Calories Burned: Max 9999.9 kcal

Running & Walking Distance: Max 999.99 km

Operating Temperature Range: -10°C to +35°C / 14°F to 95°F

Phone requirements for proper operation and compatibility with the ring: iOS 14 or higher / Android 13 or higher

Troubleshooting

If the ring doesn't pair with your smartphone

1. Make sure your ring is turned on.
2. Check the App to make sure Bluetooth permissions are turned on. This should be in your Bluetooth settings.
3. Check your smartphone to ensure Bluetooth is on.
4. Restart the App and try to repair the ring.

If the ring isn't measuring any data

Please contact our support team support@sigmaring.io

If the ring battery is draining too quickly

1. Calibrate your battery by charging it for at least three hours.
2. Start using your ring again as you normally would.
3. Contact our support team if the problem persists.

If the ring causes an allergic reaction

Please stop using the device right away. In the rare event of an anaphylactic reaction, seek medical attention immediately.

If the issue isn't mentioned in these tips

Please contact our support team and report the issue in detail.

Security Measures

Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to the device or other property. Read all the safety information below before using the device.

2. Operating Conditions

2.1. General Provisions and Safety Requirements

2.1.1. Before starting operation, the User is obliged to read the current Terms of Use.

2.1.2. The use of the Product during physiotherapeutic procedures involving electrical or impulse devices is strictly prohibited.

2.1.3. It is prohibited to leave the Product near industrial or household sources of high-power impulse radiation.

2.1.4. The Product must not be exposed to high temperatures.

In particular, it is prohibited to:

- place the Product in an oven or on a grill;
- dry the Product on heating appliances;

leave the Product in an enclosed space exposed to sunlight (for example, in a car interior).

3. Use, Care and Maintenance

3.1. Wearing the Product

3.1.1. The Ring may be worn on any finger according to your comfort, the sensors are configured to read data correctly regardless of the wearing position. However, for more accurate measurements, we recommend wearing the Product on the index finger of the non-dominant hand.

3.1.2. Wearing the Product on fingers with a base narrower than the joint is not permitted.

3.1.3. During operation, the Product's sensor must be oriented toward the palm.

3.1.4. The Product should fit snugly, but not cause discomfort when worn.

3.2. Removing the Product

3.2.1. The User's finger size may change throughout the day.

In case of difficulty removing the Product, it is recommended to:

- moisten the finger with cold water and mild soap and gently rotate the Product;
- raise the hand above heart level to reduce pressure;
- if self-removal is not possible or pain occurs, immediately seek medical assistance.

3.3. Cleaning the Product

3.3.1. Cleaning is performed manually using a soft cloth or mild soap and water.

3.4. Operation during physical activity

3.4.1. The Product must be removed before performing heavy physical work (including use of tools, carrying heavy loads).

3.4.2. Wearing the Product during strength training or when working with heavy objects made of metal, ceramic, or stone is not permitted.

3.4.3. It is recommended to avoid contact of the Product with other rings or objects that may cause mechanical damage.

3.5. Contact with water

3.5.1. Use of the Product during water procedures (shower, bath, swimming except for underwater diving) is permitted.

3.6. Storage of the Product

3.6.1. The Product must be stored in places inaccessible to children.

3.6.2. Use of the Product by persons under 18 years of age is prohibited.

3.6.3. If ingestion of the Product by a child is suspected, the User must immediately seek medical assistance.

3.6.4. Exposure to high temperatures, disassembly, piercing, and self-replacement of the battery are prohibited.

3.7. Use of the charging dock

3.7.1. The charging dock is not moisture-protected. Operation in a humid environment, in the rain, or when liquid enters the device is prohibited.

3.7.2. Washing the charging dock with water or other liquids is prohibited.

3.7.3. Dust and sand ingress into the dock is not permitted.

3.7.4. Leaving the charging dock under direct sunlight or in enclosed heated spaces is prohibited.

3.8. Disposal

3.8.1. Disposal of the Product and the battery shall be performed by the User in accordance with applicable legislation.

4. Actions upon detection of damage signs

4.1. If external signs of damage are detected (housing deformation, foreign odor, overheating, malfunction of functions, etc.), the User must immediately stop using the Product.

4.2. Independent disassembly and repair of the Product are not permitted.

4.3. The User must contact support at support@sigmaring.io.

5. General prohibitions

5.1. Operation and storage of the Product near sources of pulse radiation or under exposure to high temperatures are prohibited.

5.2. In particular, it is prohibited to:

- place the Product in an oven, stove, on a grill, induction cooktop, or near open flame;
- use the Product when working with batteries and devices with exposed contacts.

List of potentially hazardous devices and situations:

- electrical stimulation devices (TENS);
- sources of pulse radiofrequency radiation;
- welding and industrial high-frequency installations;
- wireless charging stations and high-power transmitters;
- household heating appliances (ovens, microwave ovens, grills, etc.).

The list is open and non-exhaustive.

Reasons for the established prohibitions:

- exposure to pulse radiation and electromagnetic interference may cause malfunction of the Product, data loss, or electronic damage;
- exposure to high temperatures leads to deformation of the housing, battery damage, and electronics failure, increasing the risk of fire;
- combined exposure to radiation and heat increases the risk of burns to the User.

6. Warranty provisions

6.1. The warranty period of the Product is 12 (twelve) months from the date of purchase, subject to compliance with these Operating Conditions.

6.2. Damage and malfunctions arising as a result of violation of these Conditions (including operation under pulse radiation and/or high temperature exposure) are not covered by warranty service.

7. Contact information

For additional information, technical support, or in case of any questions regarding operation of the Product, please contact support via email: support@sigmaring.io