

# APP User Guide

## 1.1 Settings

After installing the ChipletRing APP, open it and set personal information. If it is not set, you can modify it through the information setting portal

10:38

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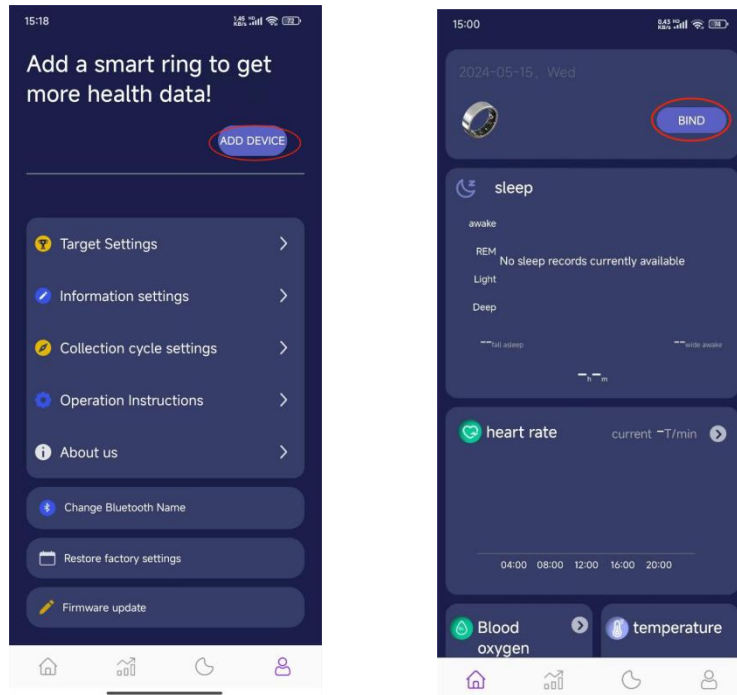
### Information settings

Gender	
height	170cm
weight	65kg
birthday	
step	67cm

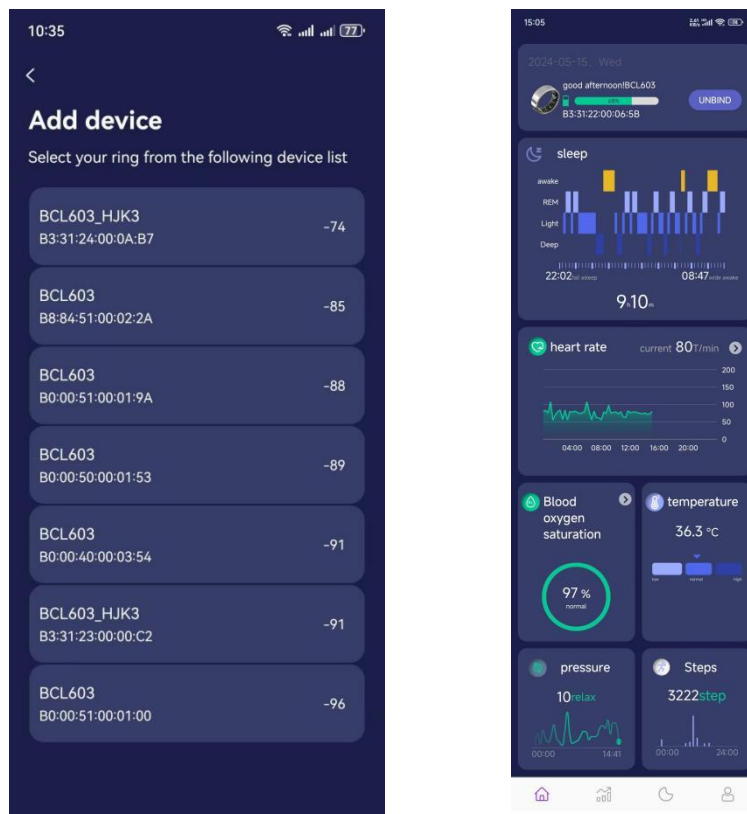
COMPLETE

## 1.2 Device connection

After setting, enter the home page and click "Add Device". Or click Bind on the home page

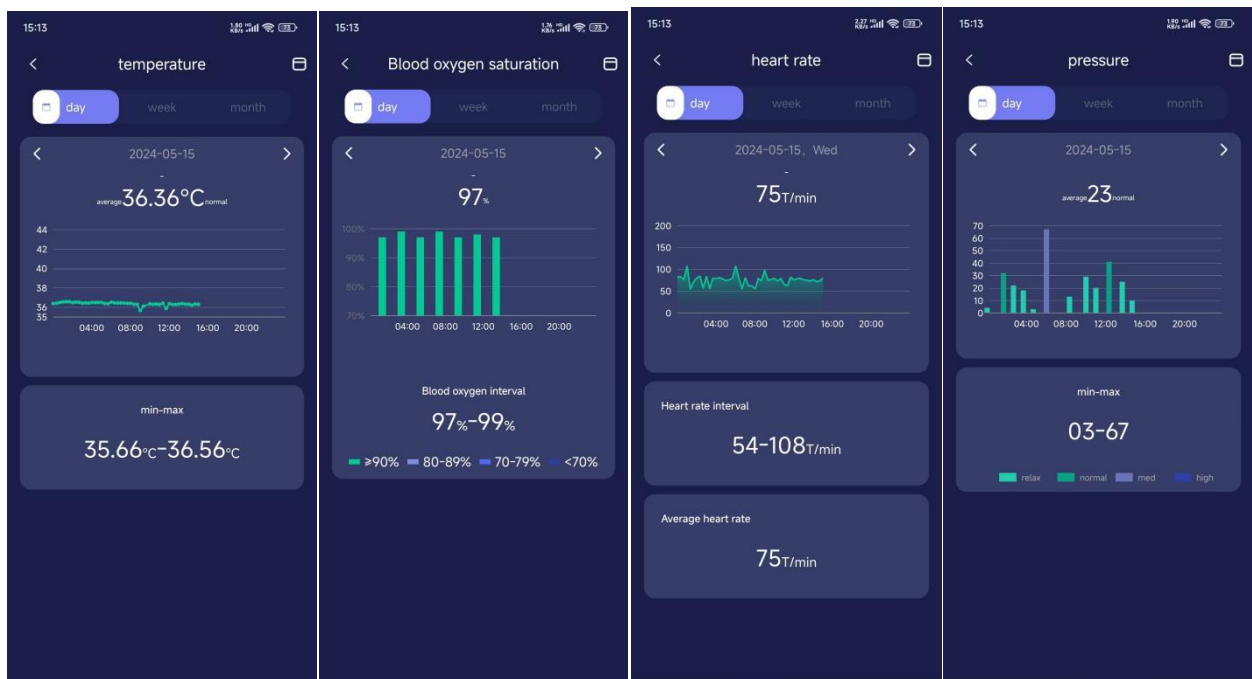
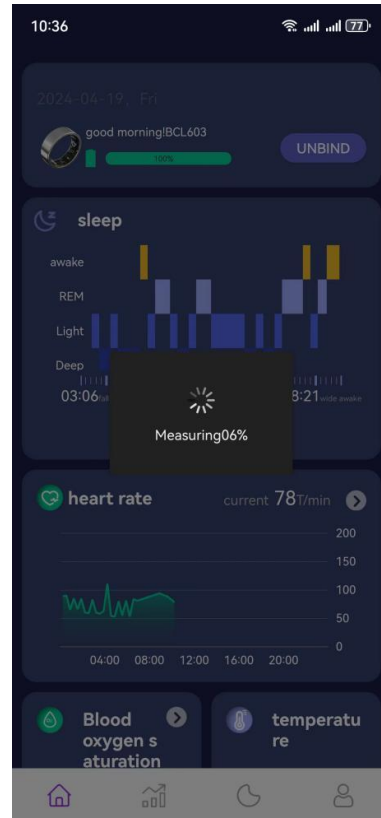
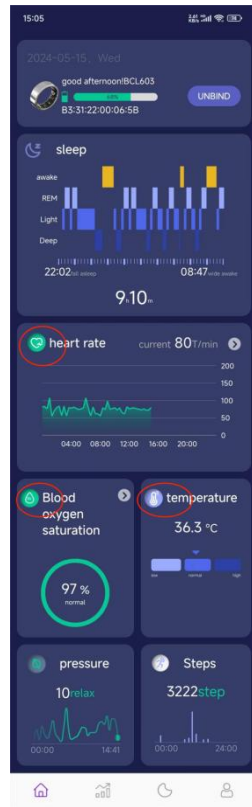


Select the device with the MAC address for connection. The image on the right is a normal page



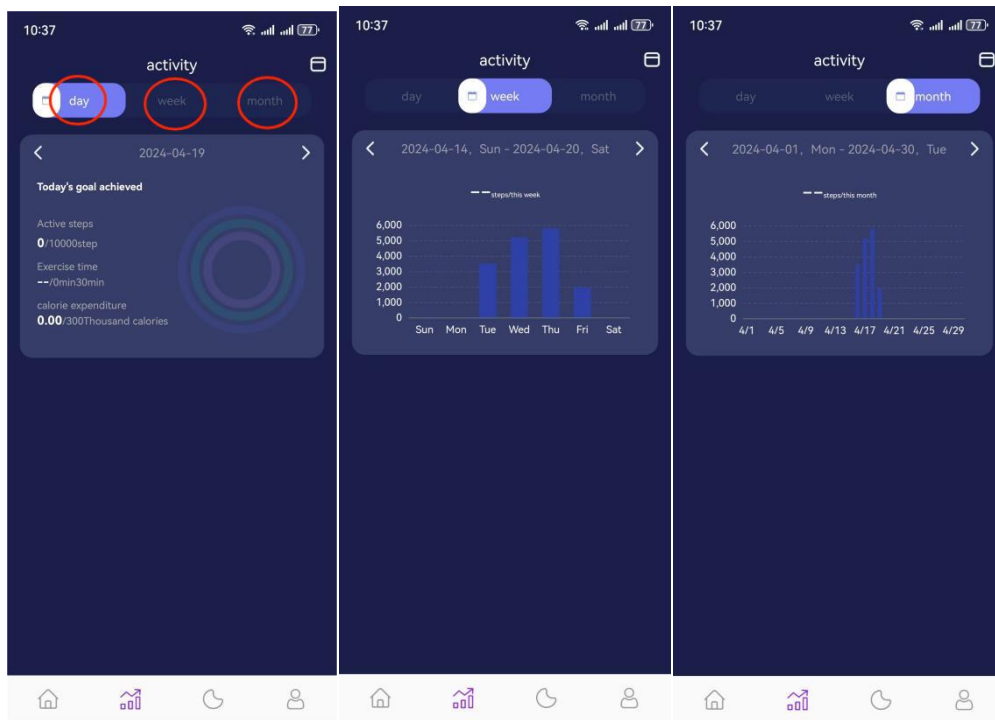
### 1.3 Heart Rate and Blood Oxygen

Click on the icons shown in the image to measure heart rate, oxygen saturation, heart rate variability and temperature. Click the icon to enter the details page, which contains the day, month, and week data



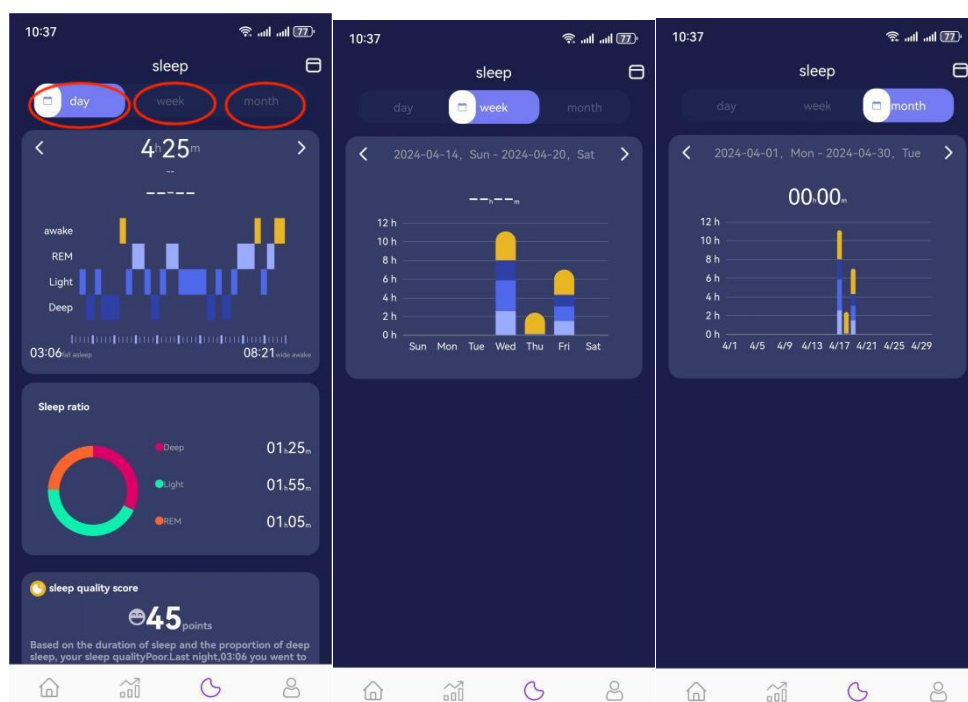
## 1.4 Activity

Click on the icon shown by the arrow in the image to check the movement of the day, week or month.



## 1.5 Sleep

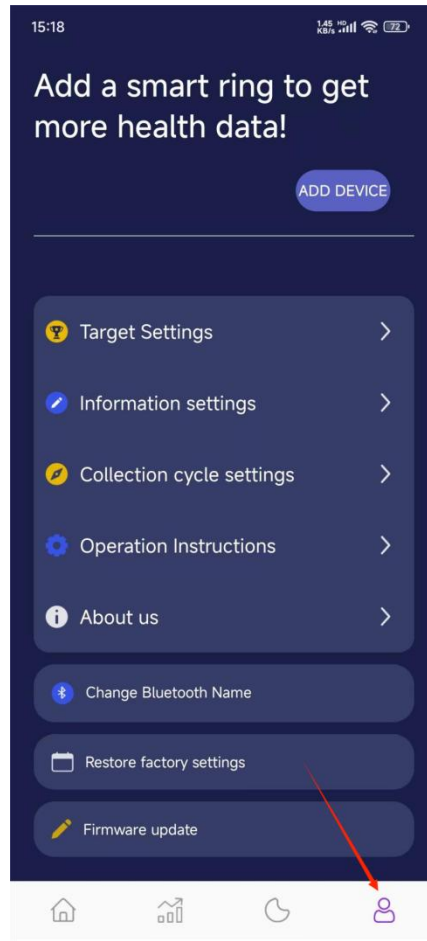
Click the icon shown by the arrow in the picture to view the sleep history, and the sleep data is automatically updated after the ring is connected to the APP.



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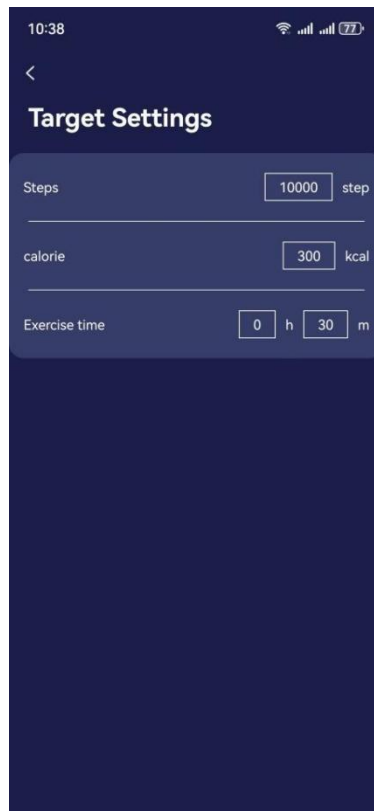
## 1.6 Other Settings

Click the arrow icon in the figure to the setting interface, you can set the activity goals and basic information.



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### 1.6.1 Setting activity goals:



Target Settings

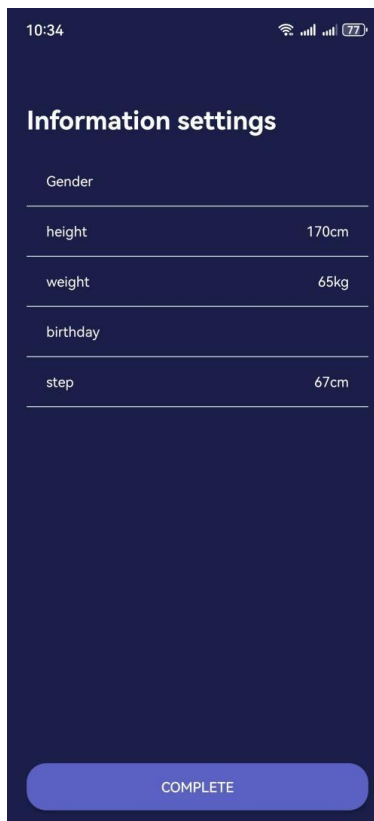
Steps  step

calorie  kcal

Exercise time  h  m

The screenshot shows a mobile app interface for setting activity goals. The title is 'Target Settings'. There are three input fields: 'Steps' with a value of 10000, 'calorie' with a value of 300, and 'Exercise time' with values of 0 hours and 30 minutes. The background is dark blue.

### 1.6.2 Setting basic information:



Information settings

Gender

height 170cm

weight 65kg

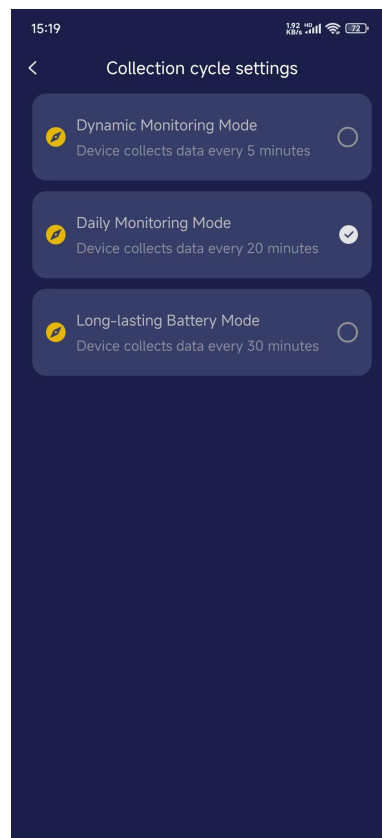
birthday

step 67cm

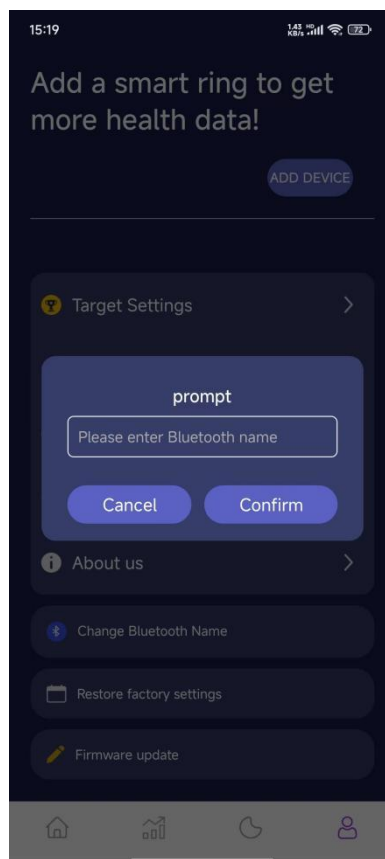
COMPLETE

The screenshot shows a mobile app interface for setting basic information. The title is 'Information settings'. There are five input fields: 'Gender', 'height' (170cm), 'weight' (65kg), 'birthday', and 'step' (67cm). At the bottom, there is a blue button labeled 'COMPLETE'. The background is dark blue.

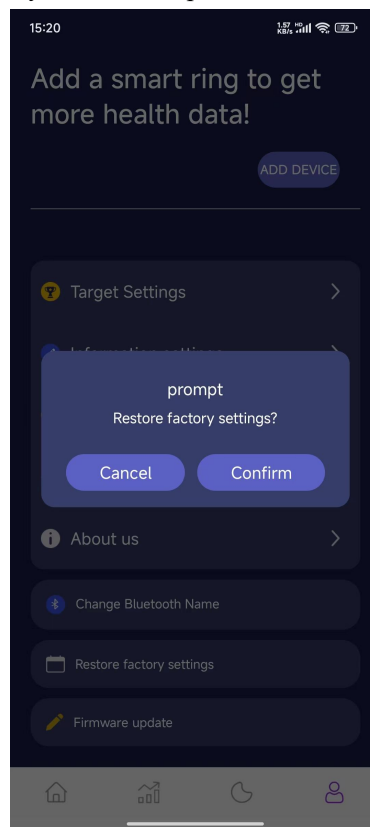
1.6.3 Collection cycle settings, Three time intervals are available for you to choose from



1.6.4 Change Bluetooth Name, You can change it to your favorite Bluetooth name, support Chinese, English and numbers



1.6.5 Restore factory settings.If the file system is corrupted, click on it



1.6.6 Firmware update,If you are not up to date, you will be alerted to the red dot

