

PORODO



Porodo

FITSYNC

Smart Ring

SKU: PD-LFST173

Table of Contents

| | |
|----------------------------|----|
| Product Overview | 2 |
| Specifications | 2 |
| First Use Instructions | 3 |
| Usage Guide | 4 |
| App Configuration | 5 |
| Sports Function | 5 |
| Exercise Data | 5 |
| Sleep | 5 |
| Heart Rate Function | 6 |
| Blood Oxygen | 6 |
| Remote Selfie Control | 6 |
| Short Video Remote Control | 6 |
| Display Details | 7 |
| Frequently Asked Question | 7 |
| Safety Instructions | 8 |
| FCC Statement | 8 |
| Disposal | 9 |
| Warranty | 10 |
| Contact Us | 10 |

Product Overview

The Porodo FitSync Smart Ring combines sleek design with advanced functionality. Featuring a digital display and a unique touch scroll function, it offers seamless interaction and easy navigation. With a battery life of up to 4 days, this smart ring is perfect for extended use. It supports 128 sport modes, ensuring it meets the needs of athletes and fitness enthusiasts. Its IP68 water resistance rating ensures durability, making it suitable for use in various environments. In addition, the FitSync Smart Ring monitors health data, providing valuable insights to help you stay on top of your wellness goals. Available in size L (10,19.9mm), it's designed to fit comfortably and stay functional throughout your day.

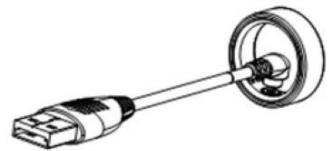
Specifications

| | |
|-------------------------|-------------------------|
| Material | Stainless Steel |
| Ring Size | No. 10(19.9mm Diameter) |
| Battery Capacity | 16mAh |
| Bluetooth Version | 5.1 |
| Active Use | Up to 4 Days |
| Standby Time | 30 Days |
| Charging Time | 2H |
| Water-Resistance Rating | IP68 |
| Operating Temperature | 0°C~50°C |

| | |
|---------------|---------------------------------------|
| Memory | 128kB ROM + 96kB RAM |
| Compatibility | Android 9 and Later iOS 10+ and Later |
| Model Number | LFS173 |

First Use Instructions

1. To activate the device for the first time, please ensure it is fully charged.
2. If factory settings are restored on the app, simply charge and reactivate the device.
3. There are two charging methods for the ring: USB cable charging or wireless charging using the charging box (sold separately).
4. After connecting to the power supply, the ring's indicator light will turn red. During charging, the red light will remain on, and once charging is complete, the green light will turn on.
5. The charging time is approximately 60 minutes. You can check the device's power status on the app's homepage.
6. If the charging box runs out of power, plug in the Type-C cable to charge it. The red light will turn off once the box charger is fully charged.



Reminder: Please note that the Ring Services are not designed to diagnose, treat, or prevent any diseases or medical conditions. The information and data provided by the Services are for reference purposes only and are not intended to substitute the advice or care of a health professional. If you have any concerns regarding a medical condition, it is highly recommended that you consult with a professional physician.



Heart rate light



Finger pulp

How to Wear the Smart Ring

Align the heart rate light to the tip of your finger.

Usage Guide

1. Charge the ring for 60 minutes before first use.
2. Search for "JRing" app on Google Play or scan the QR code below to download the app.
3. Turn on the Bluetooth on your phone.
4. Select the "___" and pair it with the mobile app.
5. A flashing red light indicates that the ring is charging.
6. A flashing green light indicates that the ring is fully charged.

1



2



3



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App Configuration

1. Connecting the Ring

Open the JRing app, register the app account, log in and scan the device to find its Bluetooth name and click connect. The ring information will be displayed after the connection is successful.

2. Personal Settings

Set relevant information in the personal information interface. You can set step goals, units, etc.

Sports Function

In the mobile app interface, go to the sports section, where you can select from a variety of sports modes, including walking, running, cycling, mountaineering, golf, and more. Tap the sports button to start recording the distance, pace, duration, and heart rate of your exercise. (This feature requires the mobile phone GPS to be turned on.)

Exercise Data

The number of steps, distance, exercise duration, and calories recorded for the day are displayed on the homepage of the mobile app. You can also click to view the exercise data for the past week or month. The target number of steps can be set in the personal information section of the app.

Sleep

The app displays the total sleep time from the previous night, including the duration of light sleep and deep sleep. You can also click to view the sleep data for the past week or month.

Heart Rate Function

On the mobile app's homepage, select the heart rate option and click the measurement button to start. The indicator light will turn green, the test will start, and the measurement will be completed within 30 to 60 seconds.

Blood Oxygen

On the mobile app's homepage, select the Blood Oxygen option and click the Measurement button to begin. The indicator light will turn green, and the test will start. It will take 30 to 60 seconds to complete the measurement. The app will then display the current blood oxygen and fatigue values.

Remote Selfie Control

Open the app's remote control selfie interface, and shake your finger while wearing the ring to take a photo.

Short Video Remote Control

1. After connecting your mobile phone to the device via Bluetooth, enter the device interface and select the "Short Video Control" option.
2. Once in the short video control interface, turn on the two control switches on the right. (Turn on switch 1 to activate the short video control function, and then turn on switch 2 to ensure switch 1 is enabled by default every time you connect.)
3. After turning on the switch, double-click your finger for two seconds to control the short video software (e.g., TikTok, YouTube, etc.) and navigate to the next video, as well as control the page turning on your mobile phone.

Display Details



Touch button position

- 1. Time:** click the touch area to display the current time.
- 2. Steps:** Double-click the touch area to display the actual number of steps.
- 3. Heart rate:** Click the touch area three times and the red heart rate will light up and the last test data will be displayed. After staying on the interface for two seconds, it will enter the heart rate test state and the three middle bars will rotate. After the test, the results will be displayed.
- 4. Blood Oxygen:** click the touch area 4 times and the red heart will light up and the letters SOP2 will be displayed. After 0.6 seconds, the blood oxygen test state will be switched and the three middle bars will rotate. After the test, the test results will be displayed.
- 5. Sleep:** Click the touch area 5 times and the display will show the word SLEEP, and after 0.6 seconds, the sleep duration of last night will be displayed.
- 6. Battery level:** Click the touch area 6 times to display the current battery level.
- 7.** When a call is made to your phone, the notification icon TEL will be displayed on the ring screen, and the letters will flash and the two bars behind it will rotate. The display duration will last until the call is answered or hung up. Click the touch area once to answer the call, or press and hold for two seconds to hang up the call.

Tip for Apple Phones:

Open the iPhone's settings>Accessibility>Touch>Assistive Touch Settings and turn it on.

Frequently Asked Question

- 1.What are the reasons for abnormal heart rate and blood oxygen data measured by the ring?
 - a.The ring sensor may not be in good contact with the human body during measurement.

- b.** Errors may occur if you fall asleep too late or wear the ring only after you fall asleep.
- c.** Sleep data is not monitored during the day, and the default sleep monitoring period is from 9:00 PM to 11:00 AM the next day.

Safety Instructions

- 1.** Do not charge in a humid and wet environment.
- 2.** Please clean the magnetic charging hole on the back of the ring with a clean flannel regularly to ensure that the magnetic charging hole of the ring fits the magnetic charger for normal charging.
- 3.** This product is not equipped with a power adapter. To ensure the safety of your family and property, you can use the computer USB port or choose a power adapter with an output of no more than 5V1A when charging.
- 4.** Please purchase power adapters through formal channels and avoid using low-quality and counterfeit power adapters to avoid explosions or fires.
- 5.** The measurement results of this product are for reference only and are not used for any medical purpose or basis. Please follow the doctor's instructions and do not use this measurement result for self-diagnosis and treatment.
- 6.** The waterproof level of this product is 5ATM waterproof and deep waterproof.
- 7.** The company reserves the right to modify the contents of this manual without any notice. Some functions may differ in the corresponding software version, which is normal.

FCC Statement

- 1.** 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 must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible 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 and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. 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 to correct 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 to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

RF warning statement:

The device has been evaluated to meet general RF exposure requirements.

The device can be used in portable exposure conditions without restriction.

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **<https://www.porodo.net/warranty>** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
<https://www.porodo.net/warranty>

Contact Us

If you have any questions about this Privacy Policy, please contact us at:

info@porodo.net

Website: **<https://www.porodo.net/>**

Service Support: **support@porodo.net**

Instagram: **porodo**