11. To turn off monitoring, click the "Daytime" "Exercise" or "Sleep" buttons on the home page.

Daytime mode requires a minimum of 2 minutes and up to 120 minutes. Exercise mode requires a minimum of 15 minutes and up to 120 minutes. Sleep mode requires a minimum of 15 minutes and up to 120 minutes.

12. When you've completed Daytime Exercise or Sleep monitoring, press "Stop" button to end monitoring. App will begin downloading data from your blog. Please keep the blog close to your mobile device until the download process is completed and report errors on your mobile app screen.

Specifications

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Material</td>
<td>316L stainless steel 203/4/4C</td>
</tr>
<tr>
<td>Surface Treatment</td>
<td>Frosted coated</td>
</tr>
<tr>
<td>Display Matte</td>
<td>Frosted matte</td>
</tr>
<tr>
<td>Battery Efficiency</td>
<td>3-Wavelength Photo-Electric sensor</td>
</tr>
<tr>
<td>Bluetooth Range</td>
<td>10 feet</td>
</tr>
<tr>
<td>Interface</td>
<td>Bluetooth</td>
</tr>
<tr>
<td>Power</td>
<td>Battery</td>
</tr>
</tbody>
</table>

Warning

1. Do not use this device to measure blood glucose, except in emergency.
2. Do not use this device on or in contact with any metal object.
3. Do not use this device on or in contact with any other metal object.
4. Do not use this device on or in contact with any other metal object.
5. Do not use this device on or in contact with any other metal object.
6. Do not use this device on or in contact with any other metal object.
7. Do not use this device on or in contact with any other metal object.
8. Do not use this device on or in contact with any other metal object.
9. Do not use this device on or in contact with any other metal object.
10. Do not use this device on or in contact with any other metal object.
11. Do not use this device on or in contact with any other metal object.
1. After unpacking, install charging clip in charging adapter (not included).

2. Place the clip holder to the metal part of the magnetic charging clip.

3. A solid green light indicates your ring is fully charged.

4. A solid green light means your ring is being charged.

5. Green charging light may be off within 90 minutes.

6. A solid green light persists for 2 hours.

7. Build-in battery can last up to 2 weeks.

8. Replace the battery with a new one (not included).

9. Core: add CR2016 battery to your ring or any other device.

10. Follow the instructions in your app to complete the connection or charging.

11. Slide your ring on your finger in the direction of the red arrow and should not be in between your second and third knuckles closest to your palm. It's okay if only the front end of the ring is in contact with your finger, but not too tight. Make sure your ring is comfortable, but not too loose.