



ELEMENT User Manual

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1.0 GETTING STARTED

Thank you for your purchase. Please read this user manual carefully before using the smart ring and keep it for future reference.

The Ryze Element smart ring is not a medical or therapeutic device. Any data or information provided should not be used for medical diagnosis or treatment, or monitoring or preventing other medical issues. Always consult your doctor for health and medical advice.

1.1 WHAT'S IN THE BOX

1 x Ryze Element Smart Ring, 1 x Charging Case, 1 x USB Charging Cable, 1 x User Manual

1.2 SMART RING OVERVIEW



1.3 SMART RING GESTURE CONTROLS

The Ryze Element smart ring has a built-in touch area that supports operations including short tap, swipe up/ down and long press for controlling third party apps on connected phones or computers. The touch area is marked by a red sectional-line on one side of the ring. See chapter 'Smart Touch' for detailed instructions.

1.4 CHARGING

Please remove the insulation wrap from the pillar inside the charging case and fully charge ring before first use.



CHARGING INDUCTION ZONE ON CHARGER



CHARGING CASE THIMBLE AND MAGNET ALIGNED FOR CHARGING

Red line should face up as shown.

- Connect the type-C end of the supplied cable to the charging case charging port. Then connect other end of the USB cable to a computer USB port, or a standard adaptor with DC output voltage of 5V and output current not exceeding 0.5A that complies with safety standards as well as national and local laws and regulations.
- Align and connect the magnetic contacts of the ring and charging case, with red line on the ring facing up:
 - When connection is correct, with the charging case lid open, you'll see the ring flashes a red light one-second apart when the ring is being charged.
 If the light doesn't flash after 10 seconds, check the charging connection. When ring is fully charged, a green light flashes.
 - The LED indicator on the charging case flashes green when the case is being charged. When the case is fully charged, the LED turns solid green. The charging case requires charging when the LED turns solid red.
- Detach charging case from the charging cable once it's fully charged.

- The ring and charging case each contain a built-in battery that is not replaceable.
- Do not disassemble, modify or repair the ring or charger case.
- · Do not throw the ring or charging case into fire.
- Do not allow children or pets to play with or swallow the ring or charging case.
- Use only a genuine Ryze charging case and cable for charging.
- Before charging, wipe clean the charging contact points on the ring with a clean, dry cloth to remove any residual sweat or moisture.
- To prevent short circuits, keep the magnetic charging contacts and charging port dry and clean and away from conductive materials such as metal powders, pencil leads, and liquids.
- Keep the ring and charging case away from strong magnetic fields and objects like magnetic stripe cards, credit cards, phone cards, passbooks, and microwaves to protect its performance.
- To prevent device failure, fire or explosion, never place the ring and charging case in any extreme high or low temperature environment for prolonged periods. Keep the products away from heat generating equipment including heaters, ovens and microwaves.
- Do not dispose of the ring and charging case as ordinary household garbage. Please observe local rules and regulations for disposal of used devices.

1.5 CONNECTION AND SETUP

Use the Ryze Go App to set up and manage the full ring features easily. The App's compatible with iPhones running iOS 9.0 or later and Android smartphones using Android 6.0 or later.



1) Scan the QR code and download the **Ryze Go App** from the iOS App Store or Google Play Store.

) NOTE

If you've already installed the App on your smartphone, check that it's the latest version. If necessary, update App through the Google Play Store or the iOS App Store.

- 2) Enable the Bluetooth setting on your smartphone
- Open the Ryze Go App. Grant permissions and register a new account or sign-in to your account following the on-screen instructions when prompted.
- 4) To activate the ring for pairing with the App, align the ring in the charging case for charging. Keep the charging case lid open. The ring is now ready for pairing with the App via Bluetooth connection.
- 5) In the App, switch to the Me tab. Tap Add now. Tap Add a device. Authorise location service permission when prompted. Tap to connect with the ring when it's found via Bluetooth. Follow on-screen instructions to complete pairing and set up.

6) Once setup is complete, read through user manual to learn more about the smart ring and how to manage its functions and features with the App.

) NOTE

If your Ryze Element smart ring is currently connected to a smartphone and you'd like to pair it to a new one, first unpair the ring with and via the Ryze Go app then turn off the connected smartphone's Bluetooth. For iPhones, you'll need to delete the smart ring from the Bluetooth device list after your ring is unpaired from the App. To do this, touch the ① icon next to the smart ring name and tap **Forget this Device**. Next, put the ring in charging case for charging or wear the ring on a finger before retrying the pairing process.

1.6 CHECKING THE BATTERY LEVEL

Open the **Ryze Go App** and go to the **Me** tab to view battery level.

1.7 WEAR AND CARE



Ideally the ring should be worn on your index finger. Middle and ring fingers can also be used when Touch Control is not being employed. Note the red line on the side of ring marking the touch area. Rotate the ring, aligning the centreline of your index finger with the top end of the red marker to allow easy touch control operation with your thumb.

The ring should fit snugly at your finger's base. If there is a gap when making a fist, the ring may be too large. Try twisting the ring, skin near the ring should move with it.

To avoid discomfort, take the ring off from time to time.

The smart ring has a 5ATM waterproof rating. It can be worn in cold-water showers, shallow waters, indoor pools and swimming near the shoreline.

- Do not use ring in spas, hot springs, deep dives or any hightemperature or high-humidity environments.
- If you find the ring particularly uncomfortable to wear, please choose a different ring size for a better fit, or take it off.
- Some users may experience skin irritation after prolonged ring use, especially if you have sensitive skin or allergies. If you experience any skin irritation, please stop wearing the ring.
- Clean and dry ring after heavy workouts or if the smart ring has been exposed to sweat or fresh water. Wearing a dirty or wet ring may cause skin irritations.
- If necessary, use only a soap-free cleanser to clean the ring and let it dry completely. Chemical cleaners and solvents can damage plastic components and finishes.

2.0 RYZE ELEMENT FEATURES

2.1 SETTINGS

2.1.1 RESTARTING THE SMART RING

Open the App and go to the **Me** tab. Tap **My Ring**. On the following screen, tap **Restart** and follow the prompts to confirm the selection.

2.1.2 RESETTING THE SMART RING

i) note

Once the smart ring is reset, it will restore the factory settings. All data on the ring will be deleted. The smart ring will also be disconnected from the App.

Open the App and go to the **Me** tab. Tap **My Ring**. On the following screen, tap **Restore factory settings** and follow the prompts to confirm the selection.

2.1.3 VIEWING DEVICE INFORMATION

Open the App and go to the **Me** tab. Tap **My Ring**. On the following screen, scroll down the screen to view device name, firmware version and MAC address.

2.1.4 SEEKING HELP

Scan the QR code below to seek help from the Ryze website.



2.2 FITNESS MANAGEMENT

2.2.1 DAILY ACTIVITIES

The amount of daily activities you undertake can contribute to your overall fitness and health. Your smart ring monitors your daily activities, such as tracking your steps, activity calories and distance covered. The ring tracks these parameters automatically.

) NOTE

The smart ring utilises user-profile data such as gender, age, height and weight that are recorded in the **Ryze Go App** to improve the accuracy of the measured activities. To adjust user-profile settings, open the App and go to the **Me** tab. Tap on **User Profile Image** in the top-left corner. Adjust the necessary settings. Tap **OK** to save the changes.

Setting Daily Goals

Open the App. Go to the **Fitness** tab, then tap **Set goals** under Daily Activities. Tap on screen buttons to make changes for daily steps, activity distance and activity calories. Tap **Save** to save the settings.

Viewing Activity Records

The App allows you to upload health, exercise, and fitness data from a connected smart ring and enables easy viewing of historical statistics.

Sync the connected smart ring data to the App regularly. Go to the **Fitness** tab, swipe down the middle of the phone screen, and release your finger to sync ring data to the App.

On the **Fitness** tab, tap the calendar icon at the top right corner of the screen. A date with a dot underneath it means fitness data is available for the date. Tap on a date to view the fitness data for the date.

2.2.2 WORKOUTS

You can use App and the connected ring to track your workout sessions.

Starting and ending a workout

 Open the App. Go to Me menu, and check the ring is connected.

- Switch to the Fitness menu. Under Start exercise, tap on a workout tile. Change the workout type, if required, in the following screen.
- Tap Go to start the exercise. Keep your phone nearby the ring throughout the exercise.
- 4) During a workout session, you can do the following:
 - Press the on-screen pause button **III** to pause the workout.
 - Press the on-screen resume button beto resume the workout.
 - Press and hold the on-screen stop button to end the workout.

Viewing workout records

Sync the connected smart ring data to the App regularly. Go to the **Fitness** tab, swipe down the middle of the phone screen, and release your finger to sync ring data to the App.

In the **Fitness** menu, under **Start exercise**, find and tap **Exercise records**. To view records in a different month, tap the button next to the date field. To view exercise details, tap on an available workout record.

2.2.3 VIEWING FITNESS ASSESSMENT

The App can provide a holistic assessment of your fitness journey when the ring is worn and used regularly.

Open the App. Switch to the **Fitness** menu. Scroll the screen to view the fitness assessment score and overall result with respect to your exercise and daily activities.

2.3 HEART RATE

The smart ring supports automatic and manual measurement of your heart rate. Measured heart rate is presented in beats per minute (bpm). To ensure measurement accuracy, wear the smart ring properly and make sure it's snug on your finger.

2.3.1 MANUAL HEART RATE MEASUREMENT

Open the App. Switch to the **Status** tab. Tap **Measure** under the **Heart rate** section and follow prompt instructions to start measurement. Wait until the measurement finishes.

2.3.2 CONTINUOUS HEART RATE MONITORING

The ring supports automatic heart rate measurement when it's worn.

To change the measurement interval, open the Ryze Go App and go to the **Status** tab. Tap on **Heart rate**. In the following screen, tap the settings icon at the top right corner of the screen, then choose an interval setting. Tap \triangleleft to save the setting.

Please note that setting a shorter measurement interval for continuous heart-rate monitoring will increase battery consumption.

2.3.3 VIEWING HEART RATE

Open the App and go to the **Status** tab. Tap on **Heart** rate to view heart rate details in the following screen.

To view data for a different date, tap on the $\mathbf{\nabla}$ icon next to the date, then choose a date for which data is available (marked by dot underneath the date).

To view weekly or monthly records, tap Week or Month.

2.4 BLOOD OXYGEN LEVEL (Sp02)

The smart ring supports automatic and manual measurement of your blood oxygen level (SpO2), which is a percentage measure of your blood's oxygencarrying capacity and a vital physiological indicator of your respiratory system. To ensure measurement accuracy, wear the smart ring properly and make sure it's snug on your finger.

2.4.1 MANUAL SpO2 MEASUREMENT

Open the App. Switch to the **Status** tab. Tap **Measure** under the **Blood oxygen** section and follow prompt instructions to start measurement. Wait until the measurement finishes.

2.4.2 AUTOMATIC SpO2 MEASUREMENT

The ring supports automatic blood oxygen measurement when it's worn.

2.4.3 VIEWING SpO2

Open the App and go to the **Status** tab. Tap on **Blood oxygen** to view details in the following screen.

To view data for a different date, tap on the $\mathbf{\nabla}$ icon next to the date, then choose a date for which data is available (marked by dot underneath the date).

To view weekly or monthly records, tap Week or Month.

2.5 BODY TEMPERATURE

The smart ring supports automatic and manual measurement of body temperature when the ring is worn. To ensure measurement accuracy, wear the smart ring properly for at least 10 minutes, ensure the wearing finger is clean and free of alcohol, volatile substances or water, and make sure it's snug on your finger.

2.5.1 MANUAL BODY TEMPERATURE MEASUREMENT

Open the App. Switch to the **Status** tab. Tap **Measure** under the **Body temperature** section and follow prompt instructions to start measurement. Wait until the measurement finishes

2.5.2 AUTOMATIC BODY TEMPERATURE MEASUREMENT

The ring supports automatic body temperature measurement when it's worn.

2.5.3 VIEWING BODY TEMPERATURE

Open the App and go to the **Status** tab. Tap on **Body temperature** to view details in the following screen.

To view data for a different date, tap on the $\mathbf{\nabla}$ icon next to the date, then choose a date for which data is available (marked by dot underneath the date).

To view weekly or monthly records, tap Week or Month.

2.6 RECOVERY STATUS

The App can provide an assessment of your body's condition, by way of a recovery score, when the ring is worn and used regularly for daily activities and sleep monitoring. Recovery score is updated once a day.

To view details of recovery status, open the App. Switch to the **Status** tab and tap on **Recovery status**. To view data for a different date in the following page, tap on the calendar icon next at the upper right corner of screen, then choose a date for which data is available (marked by dot underneath the date).

2.7 MENSTRUAL TRACKER

The feature file for **Menstrual Cycles** appears in the **Status** tab of the App when a female gender is set for the App account.

To update cycle information, switch to **Status** tab, then tap **Menstrual Cycles** and adjust the cycle information in the following page.

2.8 SLEEP MONITORING

To monitor your sleep, wear the smart ring while sleeping.

The sleep analysis provides a Sleep Score that indicates your sleep quality. The higher the Sleep Score, the better your sleep.

To review your sleep record, open the App and switch to **Sleep** tab and scroll through the screen to reveal more analysis.

To view data for a different date, tap on the $\mathbf{\nabla}$ icon next to the date, then choose a date for which data is available (marked by dot underneath the date).

To view weekly or monthly records, tap Week or Month.

2.9 SMART TOUCH

The smart touch feature, when enabled, allows you to interact with selected third-party applications on your phone or tablet via Bluetooth connection.

To enable the smart touch feature on your ring, open the Ryze Go App, go to the **Me** tab and turn on the switch next to the **Smart touch application**.

) NOTE

The smart touch function of the ring will automatically enter sleep mode after a period of no touch operation. The ring does not respond to touch gesture when it's in the sleep mode. To re-activate smart touch function from sleep mode: Do a long swipe on the touch area, followed immediately by one double tap.

2.9.1 SHORT VIDEO CONTROL

Enabling short video control

Open the App. Go to the **Me** menu, turn on the switch for **Smart touch application**, tap and select the radio button next to the **short video** option.

To adjust speed setting, tap on the icon next to short video and select a speed option.

Next open a short video application on your phone.

) NOTE

For iOS device users, you need to enable the assistive touch function on the phone to use the short video function. Go to Settings > Accessibility > Touch > Assistive Touch to enable Assistive Touch and Perform Touch Gestures, and then adjust the Tracking Sensitivity from ½ to ½ position.

Interacting with short video

- To switch videos, swipe up or down on the touch area of the ring.
- To give a thumb-up (like) to the video, long press the touch area of the ring.

2.9.2 MUSIC CONTROL

Enabling music control

Open the App. Go to the **Me** menu, turn on the switch for **Smart touch application**, tap and select the radio button next to the **Music** option.

Next, open a music application on your phone.

Controlling music playback

- To switch songs, swipe up or down on the touch area of the ring.
- To play or pause music, long press on the touch area of the ring.

2.9.3 PHOTO/VIDEO CAPTURE

Enabling photo or video control

Open the App. Go to the **Me** menu, turn on the switch for **Smart touch application**, tap and select the radio button next to the **Take Photo/Video** option.

Then open the camera application on your mobile phone. Switch the camera to video mode if required.

Taking photo or video

- To take a photo or start capturing a video, long press on the touch area of the ring.
- To stop video recording, press and hold touch area again.

2.9.4 READING CONTROL

Enabling reading control

Open the App. Go to the **Me** menu, turn on the switch for **Smart touch application**, tap and select the radio button next to the **Reading** option.

To change the page turning mode, tap on the icon next to the **Reading** option and select a mode.

Next open a document on your phone.

Reading page control

• To switch pages, slide up or down on touch area of the ring.

2.9.5 SLIDE CONTROL

Step 1: Before use - enabling slide control

Open the App. Go to the **Me** menu, turn on the switch for **Smart touch application**, tap and select the radio button next to the **Slides** option.

Tap **My Ring** and note the device name of the ring. Then turn off the Bluetooth switch of your mobile phone.

Step 2: In use

After the phone's Bluetooth switch is turned off, open the Bluetooth setting on your computer (tablet) and establish a Bluetooth connection with the ring.

Open a presentation file on your computer.

 To switch slides, slide up or down on the touch area of the ring.

Step 3: After use

To reuse the ring with the App after presentation, first delete the ring from the Bluetooth device list on the computer settings page. Then turn on the smart phone's Bluetooth setting, open the Ryze Go App and wait for the App to re-establish connection with the ring.

2.10 SOS FEATURE

The SOS function is based on the SOS emergency contact function of the mobile phone system. To trigger an SOS from your ring, your mobile phone system needs to support the Emergency SOS function.

Step 1: Setting up SOS function on the phone

First, search for **SOS** in the phone's settings. Find the **SOS Emergency Contact** or **SOS Emergency** function. The SOS function's name may vary depending on the phone brand. Enter the SOS setting page. Then, turn on the phone's SOS triggering function, set an emergency contact and set an emergency help mode.

Step 2: Enabling SOS function on the ring

Wear the ring correctly on the index finger. Open the Ryze Go App. Go to the **Me** tab and ensure the ring is connected to the App. Next turn on the switch next to the **SOS**.

To view more information about SOS control, tap the icon next to **SOS**.

Step 3: Triggering SOS from the ring

Once the SOS function is enabled, you can trigger an emergency SOS on the connected phone by performing specific gestures on the ring.

SOS trigger gestures:

 Tap the hand wearing the ring slowly up and down more than 9 times consecutively. Then, long swipe on the touch area followed by more than 5 consecutive double taps on the ring.

3.0 RYZE GO APP

The Ryze Go App is a free App that allows you to manage and control various features of the smart ring from your smartphone.

For the best user experience, it's recommended that you connect your smart ring to the App as frequently as possible.

From time to time, we'll add improvements to the smart ring and enhance App functionality. For the latest updates on our products, including this manual, please visit www.ryzeabove.com.au and www.ryzeabove.co.nz

3.1 SYNCING WITH THE SMART RING

Open the Ryze Go App and go to the **Me** tab and check that the smart ring is connected. Swipe down the middle of the phone screen and release your finger.

3.2 UPDATING THE SMART RING

You should check the App regularly for software updates with the smart ring. To check for updates and install them, please follow the steps below:

- 1) Ensure the smart ring battery level is more than 40%. If not, please recharge the smart ring.
- 2) Keep your smart ring and smartphone close to each other and ensure that they are still.

 Open the Ryze Go App and go to the Me tab. Ensure the smart ring is connected. Tap My Ring then Firmware Update. Follow the prompt to complete update.

3.3 DISCONNECTING THE SMART RING

Open the Ryze Go App and go to the **Me** tab. Tap **My Ring**. Tap **Disconnect (Unbind) the ring** and follow the prompt to confirm the action.

3.4 UPDATING THE APP

Open the Ryze Go App. Go to **Me** tab. Tap **More** and then **App Version**. Follow the prompt to check for newer version and complete the updating process.

3.5 USER PROFILE SETTINGS

The smart ring makes use of user profile information including gender, age, height, and weight recorded in the Ryze Go App to improve the accuracy of the measured data.

To make changes to the user profile, open the App and go to **Me** tab. Tap on **User Profile Image** in the top-left corner. You can edit the nickname, user profile image and profile settings. Tap **OK** to save changes made.

3.6 UNIT SETTINGS

Open the Ryze Go App. Go to **Me** tab. Tap **Unit settings**. Adjust your preferences for measurement units.

3.7 DELETING ACCOUNT

Open the Ryze Go App. Go to **Me** tab. Tap **More**. Tap **Delete Account**. Follow the prompts to delete the account.

3.8 SIGNING OUT

Open the App. Go to Me tab. Tap More. Tap Sign Out.

4.0 SPECIFICATIONS

Ryze Element Fitness Smart Ring		
Rated Input	5V=0.5A	
Waterproof rating	SATM	
Wireless Connectivity	Bluetooth 5.0 BLE	
Sensors	Body temperature sensor, acceleration sensor, heart rate sensor, touch sensor	
Battery Life*	4 to 6 days	
Battery	Lithium polymer battery	
Charging Time	Approximately 1.5 hours for a full charge	
Compatibility	Android 6.0 and iOS 9 versions and above	
Operating Temperature	-20°C to 50°C	
Storage Temperature	-30°C to 70°C	
Charging Temperature	0°C to 40°C	

Ryze Charging Case		
Replacement Item Code	RZ-RZCCB	
Rated Input	5V=0.5A	
Battery Life*	180 days	
Battery	Lithium polymer battery	
Charging Time	Approximately 2.5 hours for a full charge	
Operating Temperature	-20°C to 50°C	
Storage Temperature	-30°C to 70°C	
Charging Temperature	0°C to 40°C	

*Useful battery life will be shortened with more frequent use of continuous heart rate monitoring, automatic health monitoring, data sync to the App and other functions.

5.0 SAFETY AND HANDLING

🚹 WARNING

Failure to follow safety instructions could result in fire, electric shock, injury or damage to Ryze smart ring or other properties and invalidate warranty.

- The Ryze Element is not a medical or therapeutic device. It is not intended for medical use. Any data or information provided should not be used for the diagnosis, treatment, monitoring, or prevention of other health conditions. Always consult your doctor for health and medical advice.
- To prevent smart ring failure, do not place the smart ring and its accessories near extreme temperatures.
- Do not use the smart ring in saunas, hot springs, deep dives or high temperature and high humidity environments.
- To prevent damage, do not subject the smart ring and its accessories to sharp objects, impacts or shock.
- To avoid damage and injury, do not attempt to disassemble, modify, or repair the smart ring and/or its accessories.
- Before charging, use a clean cloth to wipe, clean and remove any residual sweat or moisture on the smart

ring contact points.

- To prevent short circuits, keep the magnetic charging contacts and charging port dry, clean and away from conductive materials such as metal powders, pencil leads and liquids.
- Charge the smart ring with a genuine Ryze charging case for Ryze Element, a computer's USB port, or a third-party power adaptor that is fully compliant with USB 2.0 or later and with applicable safety standards, national and local laws and regulations.
- Do not use the smart ring while charging. The smart ring and power adaptor will become warm when charging. Sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Allow the smart ring to cool down completely before wearing.
- To protect the smart ring's performance, keep it away from strong magnetic fields and objects such as magnetic stripe cards, credit cards, phone cards, passbooks and microwaves.
- Do not expose the smart ring and charging cable to high temperatures for a prolonged period.
- If you find the smart ring particularly uncomfortable, please remove it.
- Clean and dry the smart ring if exposed to fresh water, perspiration after workouts or heavy sweating.

- Some users may experience skin irritation after prolonged use of the smart ring, especially if they have sensitive skin or allergies. If you experience any skin irritation, please stop wearing the smart ring.
- If necessary, use only a soap-free cleanser to clean the smart ring and let it dry completely. Chemical cleaners and solvents can damage plastic components and finishes.

6.0 WARRANTY TERMS AND CONDITIONS

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

This warranty is provided in addition to your rights under the Australian Consumer Law. Directed Electronics Australia Pty Ltd (Directed Electronics) warrants that this product is free from defects in material and workmanship for a period of 12 months from the date of purchase or for the period stated on the packaging. This warranty is only valid where you have used the product in accordance with any recommendations or instructions provided by Directed Electronics. This warranty excludes defects resulting from product alterations, accidents, misuse, abuse or neglect. To claim the warranty, you must return the product to the retailer from which it was purchased or, if that retailer is part of a national network, a store within that chain, along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics.

Directed Electronics will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. You will bear all costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics.

Please scan this QR code for customer support:



6.1 INDEMNITY

You agree to defend, indemnify, and hold harmless Ryze and its subsidiaries and affiliates from and against any and all claims, proceedings, injuries, liabilities, losses, costs and expenses (including reasonable legal fees), including but not limited to, claims alleging negligence, invasion of privacy, copyright infringement and/or trademark infringement against Ryze and its subsidiaries and affiliates, relating to or arising out of your breach of any provision of these terms, your misuse of Ryze products or its services, or your unauthorised modification or alteration of products or software.

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