

**vyvo**

**BioSense**

RING



**QUICK  
START  
GUIDE**

VYVO

BioSense

RING

1

## Packing List

---

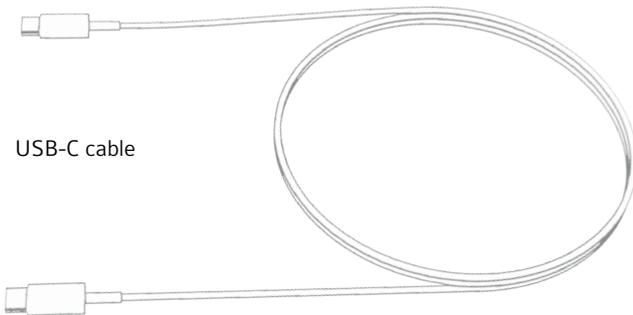
The box contains the following items



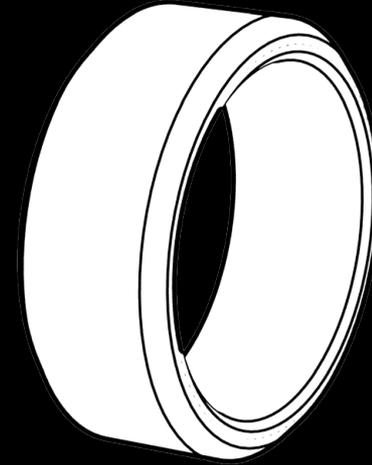
BioSense  
Ring



Charging Base



USB-C cable



VYVO

## BioSense

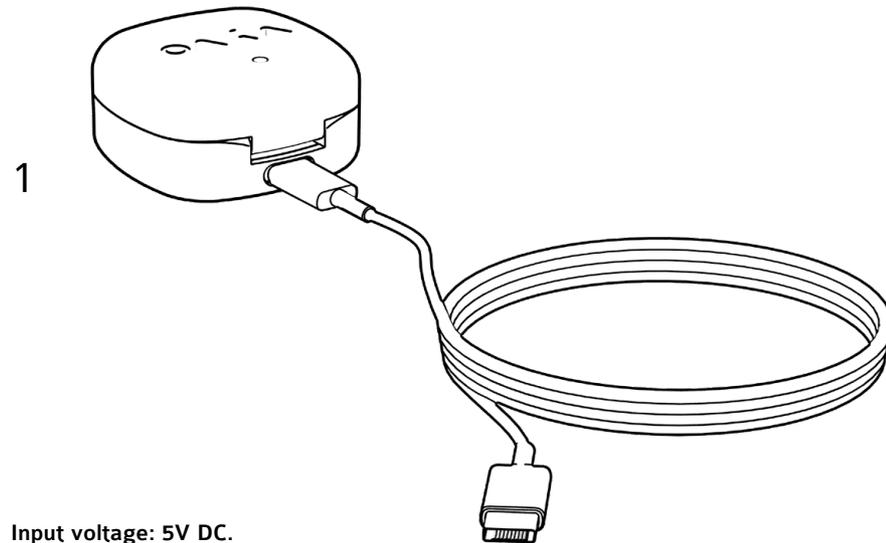
RING

# 2

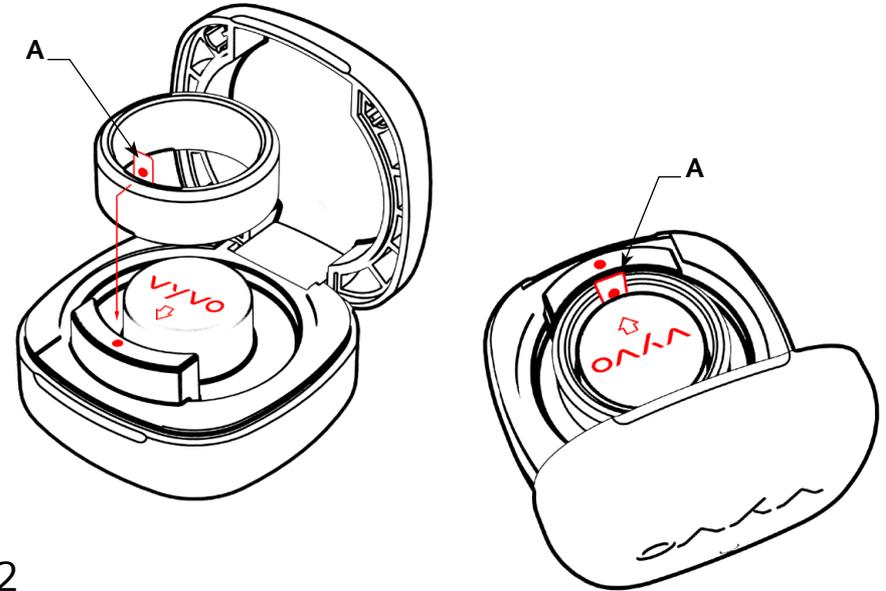
### How to charge

1. Plug the USB-C cable into the socket on the charging base.
2. Place the **BioSense Ring** onto the charging base, aligning the middle of Ring Vyvo logo on the arrow & dot on the charging box in a same line, as shown in the images. This will line up the Ring in the correct direction. When charging begins, the LED on the Ring will start flashing.
3. Place the charging base on a flat surface.

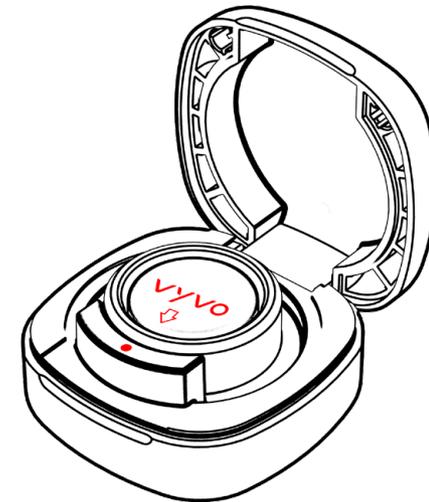
**Note:** When you first open the charging base, you will find a plastic tape (A) which indicates how to orient the Ring on the base to ensure charging. Remove the tape prior to charging your Ring the first time.



Input voltage: 5V DC.  
Charging time: about 2 hours.



3



VYVO

BioSense

RING

3

## How to use

---

### 1. App Download

Download the **Vyvo Smart App** from the Google Play Store, or Apple App Store.

*TIPS: For the best experience, please always keep the App and the firmware updated to the latest version.*

### 2. Initial Setup

**A** - Open the App and, if necessary, complete your account registration by following the instructions on the App.

**B** - Navigate to the "Device" screen in the application. Select Ring so that the App searches for your device by name. Click on the correct device when it is displayed (with specific name and number). The connection will take a few minutes to complete.

**C** - The App will automatically start calibration and synchronize the local hour when it connects.

**D** - Go to the App "Data" page, press and hold on your device screen, then pull down the page to synchronize the data. This transfers the data from the Ring to your App for easy review. We recommend that you synchronize the data every day to prevent data loss.

*TIPS: If the iOS device failed to find your Ring, please open the Bluetooth management panel on your device and check if the Ring is connected. If it is, please forget the device (the Ring) and start over to reconnect your Ring.*

### 3. Power On

If the Ring is powered off or completely out of battery power, place it in the charging compartment for charging and it will automatically power on.

*TIPS: The Ring's battery life will be impaired if it is kept at a low charge state for an extended period. Do not disassemble, hit, or squeeze the Ring, or throw it in the fire. Do not expose the Ring to high temperatures. After immersion in water, or if the Ring is otherwise wet, ensure the Ring to completely dry before placing it back on your finger.*

### 4. Charging

Align the charging positioning mark located on the inner side of the Ring to the charging position. The Ring's embedded magnets will automatically help with proper positioning. Use a standard 5V charger to connect the charging compartment through the USB port. The flashing light on the charging compartment indicates the charging has started.

### 5. Battery charging process

When placing the BioSense Ring on the charging base, ensure that the side of the Ring with the Vyvo inscription is aligned with the designated spot on the base. Upon making contact and when properly aligned, the Ring's green LED light will turn on and start blinking intermittently. When the charge reaches 100%, the green LED light will remain steady.

### 6. Low battery

When the BioSense Ring battery is depleted to 15%, the Ring's green LED light will flash intermittently, and the App will notify you that the battery is low and should be charged.

### 7. Searching device

Run the App and go to the "Device" panel page, start connecting from "Devices", click "Search" when it shows connected, and the Ring light will flash quickly three times.

### 8. Sleep

Wearing the Ring to fall asleep, the Ring will automatically detect the parameters related to the sleep, which include fall sleep time, wake-up time, light sleep, deep sleep, REM, wakefulness and other information, heart rate under sleeping, blood oxygen, snoring and other information. (For details, please synchronize the data to the App for visualization).

### 9. Activity data, Heart Rate, Blood Pressure, Blood Oxygen, Energy, Stress

After wearing the Ring for a reasonable period, captured bio-data can be viewed in the App after synchronizing. These include Heart Rate, Blood Pressure, Blood Oxygen, Energy, Stress, and more.

### 10. About

From the "Profile" page, click on "Setting" and then on "About" to check the app version and the Ring's firmware.

### 11. Check your data

Run the App, press and hold the page then pull down to synchronize your data. Your Ring will sync with your device, and your data will then be visible in the App.

#### Sleep

You can check your sleep facts throughout the day, which include sleep time, wake-up time, different levels of your sleep, REM, wake time and so on. Sleep suggestions will be ready for your check based on your sleep quality calculation. It is a good way for you to monitor your sleep snoring and breathing frequency. **Activity data, Heart Rate, Blood Oxygen, Blood Pressure, Energy, Stress.** You can check the periodically tendency (year/month/day data statistics and analysis).

#### Profile

From the App > 'Profile', click the 'Edit Profile' to set your nickname, gender, date of birth, height and weight.

vyvo

**BioSense**  
RING

4

**Tech Sheet**

**HARDWARE and SOFTWARE specification**

<b>Basic specification</b>	size	24*24*9 mm.
	weight	3 grams
	material	titanium alloy (the case)
	color	Gunmetal gray
<b>Hardware specification</b>	CPU	Nordic52833
	Bluetooth antenna	Ceramic antenna
	Compatibility	Android 4.4 and above, ios 12.0 and above
	Data Storage	7 days
<b>Connection</b>	Bluetooth	Bluetooth 5.1
	Category	16-20mAh polymer lithium-ion battery
<b>Battery</b>	Standard Voltage	3.7 V
	Charging method	Wireless
	Battery Life	7-10 days, depending on usage and measurement frequency
<b>Other data</b>	waterproof level	IP68

vyvo

**BioSense**  
RING

5

**Functions**

<b>Health metrics</b>	<b>Heart Rate (HR)</b>	Heart Rate (HR) monitoring every 10 minutes. Optional 24-hour automatic measurement and on-demand App-initiated manual HR measurement. Supports manual measurement, App initiated.	
	<b>Breath Rate (BR)</b>	Supports turning on/off 24-hour automatic measurement (determined by whether the heart rate is turned on/off), and the automatic measurement interval is once every 10 minutes. Support manual measurement, App initiated.	
	<b>Energy</b>	Automatically captures measurements based on a preset interval.	
	<b>Stress</b>	Automatically captures measurements based on a preset interval.	
	<b>Blood Pressure (BP)</b>	Connect APP for blood pressure calibration. Automatically captures measurements based on a preset interval. Supports manual measurement, App initiated.	
	<b>Oxygen Saturation (SpO2)</b>	Automatically captures measurements based on a preset interval. Supports manual measurement, App initiated.	
	<b>Sleep</b>	The sleep quality estimation will be calculated by collecting all PPG values during the entire night and combining them with gyroscopic sensor-measured values.	
	<b>Activity data</b>	<b>Steps</b>	
		<b>Calories</b>	App display
		<b>Stand Up</b>	

VYVO

BioSense

RING

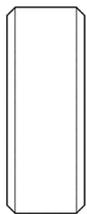
6

## Important safety and using information

---

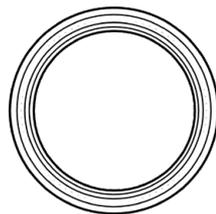
- Please do not drop the product and avoid exposing it to strong vibrations. Strong impacts and rough use may damage the Ring's components; this product has a built-in rechargeable lithium battery.
- **Battery safety warning:** Do not disassemble, install, squeeze, and put into fire.
- **Avoid distractions. Do not check notifications while driving.**
- The health data and health advice provided by this product are for reference only and are not used as a basis for diagnosis and treatment.
- Do not use the Ring if you come into contact with chemicals.
- Clean the product regularly with a clean cotton cloth.
- Do not use soap, shower gel, or other products to clean the Ring.
- Do not place the Ring in a washing machine or dryer.
- Do not use a hair dryer to dry the Ring.
- Do not charge the Ring when wet.
- When the Ring actively measures and communicates with the mobile phone, be sure to keep the Ring close to the mobile phone (within a range of less than 1 meter). A distance greater than this may cause upgrade, communication, or measurement failures.

FRONT view



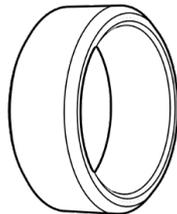
9 mm.

SIDE view



~ 24 mm.

PERSPECTIVE view



VYVO

BioSense

RING

7

## Legal disclaimer

---

**Some measurements require the installation of the Vyvo Smart App available for Android OS 5.0 and later and for Apple OS version 10.0 and later.**

1. Vyvo BioSense has a water resistance rating of 50 meters according to ISO standard 22810:2010. Therefore, the device can be used for activities like swimming in a pool or the ocean. However, Vyvo BioSense should not be used for waterskiing, or other high-velocity water activities.
2. Unless otherwise specified, Vyvo BioSense and related services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. Regarding accuracy, Vyvo has developed products and services to track certain wellness information as accurately as reasonably possible. The accuracy of Vyvo's products and services is not intended to be equivalent to medical devices or scientific measurement devices. It is in no way meant to be a replacement thereof. If you have any concerns, you should always consult a physician or a healthcare professional before replacing any medical product or service.
3. Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of any Vyvo product or service.
4. Certain functions may be limited in some countries.

VYVO

**BioSense**

RING



## FCC Requirement

---

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.
2. this device must accept any interference received, including interference that may cause undesired operation.

**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, uses, 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 into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help.



R 017-240023

VYVO TECH PTE. LTD.

**vyvo**

**Thank you!**

[vyvo.com/Ring](http://vyvo.com/Ring)