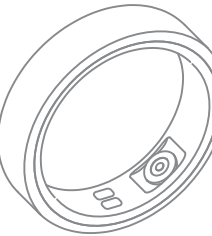


说明书正反面

IDOT Live in Intelligence 使用说明书 感谢您选择安庭智能指环。 我们致力于为您的日常健康监测与康养体验提供可靠支持。	快速入门 - 连接您的安庭智能指环HR1101 请按照以下三个简单步骤完成设备配对： 步骤 1：充电并开机 将戒指放入充电底座即可激活设备。戒指将自动开机并开始充电。短暂充电即可唤醒戒指，准备进行配对。 步骤 2：下载 APP 扫描下方二维码，或在苹果应用商店（iOS） / 谷歌应用商店（Android）中搜索“IDOT RING”下载并安装对应应用。 步骤 3：配对戒指 1. 打开“IDOT RING”APP，进入「设备」页面 2. 点击「添加设备」，等待 APP 搜索戒指 3. 当列表中出现“Amatin Home Ring”时，点击即可完成配对 IDOT	产品核心亮点 高端钛合金机身：轻盈耐用，舒适适配 24 小时佩戴 100 米防水：洗澡、游泳、浮潜可放心佩戴 续航与快充：一次充电可使用 5-6 天，充满仅需 90 分钟（实际续航因使用习惯与 APP 设置略有差异） 全天健康监测：采用安全光学传感器监测心率与血氧饱和度（SpO2） 安全蓝牙连接：数据同步稳定、传输加密可靠 轻松的触控操作：可实现音量调节、音乐控制、电子书翻页、远程相机快门、短视频滑动浏览以及 PPT 幻灯片导航。 IDOT	产品规格 型号：HR1101 材质：陶瓷+钛合金 工作温度：-10°C ~ 54°C （14°F ~ 129°F） 传感器：红 / 绿 LED（心率）、红外传感器（血氧） 所有 LED 均符合可见光 / 红外辐射安全标准 电池：16mAh 可充电锂离子电池 典型续航：最长 5 天（因使用习惯与 APP 设置略有差异） 连接方式：低功耗蓝牙（BLE），加密安全通信 APP 兼容：Android 5.0 及以上 /iOS 10.0 及以上 产品装盒清单：说明书，保修卡，充电仓，智能指环 三包说明：充电仓，指环	安全与合规说明 非医疗设备声明 安庭智能指环HR1101为健康与运动监测设备，不属于医疗设备。本产品不用于诊断、治疗、治愈或预防任何疾病或健康问题。如有医疗相关问题，请务必咨询专业医护人员。 皮肤安全 产品材质符合 ISO 10993 皮肤接触安全标准。若出现皮肤过敏不适，请取下戒指；如症状持续，请咨询医生。 高温与电池安全 请勿将戒指 / 充电器置于高温环境（如暴晒的车内、长时间阳光直射处）请勿拆解、刺穿、挤压或焚烧戒指，产品内置锂离子电池。 用电安全 请勿湿手操作充电器。 请勿在存在触电风险的环境中充电。	日常使用与保养 佩戴与防水说明 本产品支持 24 小时连续佩戴，可在睡眠、日常活动、运动、洗澡、游泳、浮潜时佩戴。防水深度可达 100 米（328 英尺）。 重要提示：接触海水或含氯池水后，用清水冲洗，以保护钛合金外观并维持传感器精度。 清洁说明 请定期清洁以保证使用效果并避免皮肤刺激。用柔软湿布轻轻擦拭，完全晾干后再佩戴。 充电规范 请仅使用标配的智能指环 HR1101 充电底座。充电器仅适用于室内，不防水，请勿置于高温环境（如浴室）。 最佳充电温度：18°C ~ 32°C （65°F ~89°F）请在室温环境下充电。 材质保养 钛合金具备高抗刮性。请避免与较软金属、饰品或电子产品紧密接触，以防划伤对方物品。
 IDOT SMART RING USER MANUAL Thank you for choosing the Smart Ring. We're dedicated to supporting your daily health tracking and wellness experience.	Getting Started - Connect Your Smart Ring Follow these three simple steps to set up your AMATIN HOME HR1101: Step 1: Charge & Activate Place your ring into the charging cradle to activate it. The ring will power on and begin charging automatically. A brief charge is all it takes to wake up the ring and get it ready for pairing. Step 2: Download the App Scan the QR code below or search "IDOT RING" on the App Store (iOS) or Google Play (Android) to download the "IDOT RING" App. Step 3: Pair Your Ring Open the "IDOT RING" App and go to the Devices tab. Tap Add Device and wait for the app to search for your ring. When "Amatin Home Ring" appears in the list, select it to complete pairing. IDOT	Key Product Highlights Premium Titanium Build: Lightweight, durable, and comfortable for 24/7 wear 100M Water Resistance: Wear for showering, swimming, and snorkeling Battery & Charging: Up to 5-6 days usage per charge; fully charged in just 90 minutes. Actual battery life may vary by usage and app settings All-Day Health Tracking: Heart Rate & SpO2 monitoring with safe optical sensors Secure Bluetooth Connection: Stable & encrypted data sync to your phone Easy touch operation for volume adjustment: music control ebook page flipping, remote camera shutter, short video scrolling and PPT slide navigation. IDOT	Product Specifications Model: HR1101 Material: Ceramic+Titanium Operating Temperature: - 10°C to 54°C (14°F to 129°F) Sensors: Red/Green LED (heart rate); Infrared sensor (SpO2) All LEDs meet safe visible/infrared standards Battery: Rechargeable 16mAh lithium-ion battery Typical Battery Life: Up to 5 days (varies by usage & app settings) Connection: Bluetooth Low Energy (BLE) Encrypted secure communication App Compatibility: Android 5.0+ / iOS 10.0+ Packaging List: Instruction Manual, Warranty Card, Charging Case, Smart Ring Three package instructions: charging compartment, ring	Safety & Compliance Information Not a Medical Device The AMATIN HOME HR1101 is a wellness & fitness tracker- NOT a medical device. It is not intended to diagnose, treat, cure, or prevent any disease or health condition. For medical concerns, always consult a qualified healthcare professional. Skin Comfort Materials comply with ISO 10993 standards for safe skin contact. If skin irritation occurs, remove the ring. Consult a doctor if irritation persists. Heat & Battery Safety Do not expose the ring/charger to extreme heat (e.g., hot car, direct long-term sunlight). Do not open, puncture, disassemble, or incinerate the ring — contains lithium-ion battery. Electrical Safety Do not handle the charger with wet hands. Do not charge in locations with risk of electric shock	General Usage & Care Wear & Water Resistance Designed for 24/7 continuous wear (sleep, daily use, workouts, showers, swimming, snorkeling) Water-resistant up to 100 meters (328 feet). Important: Rinse with clean fresh water after exposure to saltwater or chlorinated water to protect the titanium finish and sensor accuracy. Cleaning Instructions Clean regularly to maintain performance and avoid skin irritation. Wipe gently with a soft damp cloth, then dry completely before wearing. Charging Guidelines Use only the original smart ring HR1101 charger. Charger is for indoor use only - NOT waterproof. Keep away from humidity (e.g., bathrooms). Optimal charging temperature: 18 °C-32 °C (65°F-89°F) Charge at room temperature. Material Care Titanium is highly scratch-resistant. Avoid close contact with softer metals, jewelry, or electronics to prevent scratching those items.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this 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, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

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.

FCC ID:2BWI9-HR1101