

# COLMi

## Quick Guide of Smart Ring



APP Store: QRing



Google Play: QRing



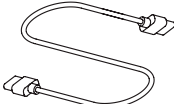
## Overview And Packaging

Ring, charging cable, charging base and quick guide.



Click to switch display content.  
Long press to switch between left  
and right hand wearing modes.

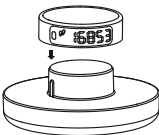
You can check: steps, time,  
remaining battery, etc.



English

## Power On

Put the ring into the charging compartment and you can turn it on.



## Wearing Method

Wear the ring on your suitable finger and choose a comfortable size.  
Suggest wear it on the index finger, middle finger, and ring finger for  
better monitoring of data.



Please let the sensor on the inside of your fingers for more  
accurate measurement of heart rate and blood oxygen when wear it.