



QALO

# QRNT Slim User Manual

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# 1.0 Introduction

The QALO QRNT Slim (pronounced “current”) uses upgraded sensors with a slimmer profile to monitor health metrics in real time.

→ Continuous Heart Rate

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→ SpO2

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→ Sleep

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→ Heart Rate Variability

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→ Stress

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→ Skin Temperature

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→ Activity

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→ Women’s Health

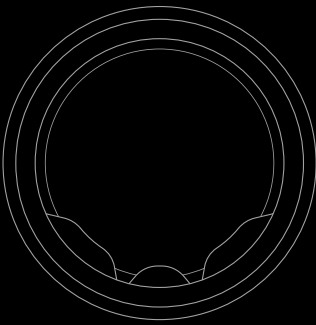
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**Note:** This ring is not a medical device and is not intended to diagnose, monitor, or treat any medical condition.

# 2.0 Includes

01

1x QRNT Slim Smart Ring



02

1x Charging Cable



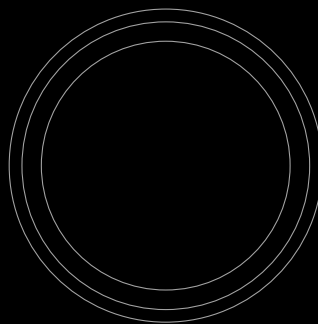
03

1x Charging Case



04

2x QRNT Covers



# 3.0 Instructions

Fully Charge Your QRNT Slim Before First Use → See following page for instructions

→ **Get the app**

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## 01. Download

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Download the QALO app by scanning the QR code below or searching “QALO” on the iOS App Store or Google Play.



The QALO app  
Download for free

## 02. Bluetooth

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Ensure bluetooth is enabled on your mobile device.

## 03. Open app

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Open the QALO app on your mobile device and follow the steps to create your account. You'll be asked to enter an email address, create a password, and enter some basic health details.

## 04. Pair your ring

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Follow the prompts to pair your QRNT Slim with your mobile device. In your device's bluetooth settings, your ring will be listed as QRNT-SLIM####

When a successful connection is made, a green light will flash rapidly for 2 seconds.

**Note:** The QRNT supports iOS 15.1 or later and Android 7.0 or later.

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# 3.1 Instructions

## → Charge your QRNT Slim

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- Fully charge your QRNT Slim before first use.
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- Connect the charging case to the provided charging cable. Then, plug into a USB port or any USB wall charging block (not included) with a minimum of “5V 1A” power supply.
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- Insert the ring into the charging case by aligning the electrodes on the inner edge of the ring (two silver ovals) with the corresponding electrodes on the charging case. When properly placed, there is a magnetic connection between these electrodes.
- 
- When connected to power, the green light on the charging case stays on.
- 
- When charging, the green light on the ring flashes slowly. When fully charged, the light stays on.
- 
- Battery life depends on activated features and frequency of ring use. With typical use, battery life will last up to 7 days.
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- Ring battery level can be viewed in the top right corner of the Home screen on the QALO app.
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**Note:** Keep charging case indoors and away from liquids, humidity, and conductive materials. It is normal for the ring to become warm to the touch during charging

# 4.0 Wearing Your QRNT

The ring should fit securely and comfortably around the base of your finger. The notch on the outside of the ring should be aligned with the palm side of your finger.

- **Best performance and accuracy:** index finger on your non-dominant hand.

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- **Good performance and accuracy:** middle and ring fingers.

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- **Poor performance and accuracy:** any finger with a base that is narrower than the knuckle.

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To protect the battery and longevity of your ring, avoid wearing the ring when strength training with heavy weights, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone.

Your QRNT Slim came with two silicone covers included (one black, one white). These covers are crafted from premium QALO silicone to cushion, protect, and personalize your ring. Additional covers are available for purchase on [QALO.com](https://www.QALO.com), with new colors and patterns released regularly.

# 5.0 App Operation

## → Home

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### 01. Dashboard

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Your Home screen shows your daily status at a glance. View your Sleep, Vitality, and Movement scores, as well as your Q Score — a comprehensive score of your overall quality of life for each day.

Scroll down to view additional data within the Sleep, Vitality, and Movement categories. Tap a metric for more information and to view data over time.

## → Cycle

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When Women's Health mode is on, "Cycle" will appear at the bottom of your screen, next to "Home."

### To activate Women's Health features:

- Tap "More" at the bottom of your screen
  - Select "App Settings"
  - Set the "Women's Health" toggle to ON
- 

Once activated, the app will walk you through an onboarding process to gather key information and familiarize you with the Women's Health features.

# 5.1 App Operation

## → Activity

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Choose from dozens of different activities to track your exercise and boost your Movement score.

Once an activity is chosen, the app will display the following:

- Heart rate

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- Average heart rate

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- Calories

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- Duration

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- Steps

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- Distance

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# 5.2 App Operation

## → More

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Here is where you can view information about your QRNT device and set personal preferences.

### 01. Set intervals

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In “Ring Settings” you can change how often your Heart Rate, SpO2, Temperature, and HRV measurements are taken. Note: the shorter your intervals, the quicker your QRNT battery will drain.

### 02. Set Permissions

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In “App Settings”, you can share your QRNT data with Apple Health and enable push notifications.

### 03. Set Goals

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In “Goals” you can personalize your Daily Step Goal.

# 6.0 Specifications

## Bluetooth version

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BLE 5.0

## Bluetooth range

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2 meters

## Battery

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Rechargeable lithium-ion 12mAh - 16.5mAh  
depending on the ring size

## Battery life

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Up to 5 days

## Charging time

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< 2 hours

## Charging case rated input

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5V 1A

## Data memory

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15 days

## Ring metal

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Titanium Alloy

## Ring dimensions

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8mm wide, 2.2mm thick

## Ring weight

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2.6-3.1 grams

## Waterproof resistance

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10ATM

## Operating temperature range

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-10°C-52°C / 50-125°F

## Storage temperature range

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-20°C~55°C / -4~131°F

## FCC ID:

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2AB73-X6

# 7.0 Trouble shooting

## → Ring not pairing with smartphone?

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### 01. Charge

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Ensure ring is fully charged.

### 02. Permissions

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Ensure Bluetooth permissions are turned on in QALO app.

### 03. Bluetooth

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Ensure Bluetooth is enabled on your smartphone

### 04. Restart

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Manually restart QALO app and re-pair ring.

## → Ring battery is draining too quickly?

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### 01. Calibration

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Calibrate your battery by charging for at least three hours.

### 02. Further support

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Contact our support team - [support.qalo.com](https://support.qalo.com)

# 7.1 Trouble shooting

## → Ring not charging?

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### 01. Ensure ring is properly inserted into the charging dock

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The two silver oval electrodes on the inner edge of the ring must align with the corresponding contacts on the dock. The ring connects magnetically — reposition it until you feel the magnets click into place.

### 02. Avoid using a computer USB port

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Some computers may not supply enough power to charge the ring reliably. If the dock light doesn't turn on at all, try a different USB cable or wall adapter. The charging dock must be connected to a power source to charge the ring. It is not wireless.

### 03. Watch for charging indicators

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When properly seated and connected to power, a green light will flash on the ring and a green light on the charging dock will stay on steadily.

## → Ring is not recording any data?

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### 01. Contact our team

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Contact our support team - [support.qalo.com](https://support.qalo.com)

# 7.2 Trouble shooting

## → Ring causing skin irritation?

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### 01. Remove immediately

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Remove the ring and discontinue use. If reaction is persistent or severe, seek medical attention immediately.

## → Another issue?

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### 01. Contact our team

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Contact our support team - [support.qalo.com](https://support.qalo.com)

See more information on our return and exchange policies at [qalo.com/pages/return-policy](https://qalo.com/pages/return-policy)

# 8.0 Use, Care & Maintenance

## → How to take care of your QRNT Slim Ring

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### 01. Cleaning

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Use a clean, dry, soft cloth to wipe the device and its accessories

### 02. External heat

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Do not use external heating devices such as microwaves or hair dryers to dry the device or its accessories.

### 03. Chemicals

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Do not use strong cleaners, or other corrosive chemicals to clean the device or its accessories, as this may damage the product.

### 04. Pre-cleaning

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Before cleaning, disconnect the device from all connections or cables.

# 8.1 Care & Maintenance

## → Do's and don'ts of wearing your ring

### Do

- ✓ Wear your ring while running, cycling, kayaking, and most other activities
- ✓ Wear your ring during during showers, baths, and while swimming in shallow water
- ✓ Wear your ring while performing most household tasks

### Don't

- ✗ Wear your ring while strength training with weights heavier than 25 lbs
- ✗ Wear your ring while swimming in deep water or scuba diving
- ✗ Wear your ring near fire or while cooking with extreme temperatures

Try to avoid wearing the ring when strength training, working with a shovel or other heavy tools, or carrying heavy objects made of metal, ceramics or stone. In addition, try to avoid wearing the ring next to other rings or objects which are made of metal, ceramics, stones or diamonds. The ring may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring like phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

# 9.0 Safety Notices

## Not Medical Advice

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This ring is not a medical device and should not be used as a substitute for professional medical judgment. It is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of any condition or disease. Please consult your healthcare professional prior to making any decisions related to your health.

## Child Safety Warning

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This product is not a toy, not intended for children. This product and its accessories may contain small parts that should be kept out of the reach of children, who may accidentally damage the device and its accessories or swallow small parts, resulting in choking or other dangers. Seek immediate medical attention if you know or suspect that a child has swallowed the ring.

## Precautions for Wearing

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Regularly remove the ring to allow your skin to breathe. Keeping the ring clean and dry can reduce the likelihood of skin discomfort. If you experience redness, inflammation, allergy, or other symptoms in the area where the ring is worn, stop using the product immediately and consult a doctor.

Avoid colliding the ring with hard objects, as it may cause damage to the ring and finger. When taking health measurements, avoid gripping the ring-wearing finger hard against anything, as this may affect the accuracy of readings.

## Operating and Storage Environment Requirements

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Use the QRNT Slim ring only in the temperature range of  $-10^{\circ}\text{C}\sim 52^{\circ}\text{C}$  /  $50^{\circ}\text{F}\sim 125^{\circ}\text{F}$ . Store the ring and its accessories in the temperature range of  $-20^{\circ}\text{C}\sim 55^{\circ}\text{C}$  /  $-4\sim 131^{\circ}\text{F}$ . When the ambient temperature is too high or too low, it may cause equipment failure. When the temperature is lower than  $-20^{\circ}\text{C}$  /  $-4^{\circ}\text{F}$ , the performance of the battery is limited.

Do not place the device in direct sunlight, such as the dashboard or window sill of a car. Do not place the device near a heat source or an exposed fire source, such as an electric heater, microwave oven, oven, water heater, stove fire, candle, or other place where high temperature may be generated.

The water resistance rating of this equipment is 10ATM. It can be worn in the shower, swimming pool and shallow water, but it is not suitable for deep-sea diving or hot springs, which may cause damage to the equipment. Do not use the equipment near a magnetic field to avoid circuit failure.

# 9.1 Safety Notices

Do not use this equipment in lightning weather conditions, which may cause equipment failure or electric shock hazard. Avoid contact between magnetic stripes (such as those on bank cards, telephone cards, etc.) with the equipment for extended time periods. This can damage the magnetic stripe.

## Radio Safety Warning

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In medical facilities or other locations where the use of wireless devices is prohibited, please comply with the regulations of the location and turn off the devices. The radio waves generated by the device may affect the normal operation of implanted medical devices or personal medical equipment, such as pacemakers, cochlear implants, hearing aids, etc. If you use these medical devices, please consult their manufacturers regarding the limitations of using this device.

## Battery Safety

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Do not attempt to replace, disassemble, modify, or burn the battery. Do not insert foreign objects into the battery, or immerse it in water or other liquids to avoid damaging the battery, leakage, overheating, fire, or explosion, which may result in personal injury.

Do not drop, compress, or puncture the battery. Avoid subjecting the battery to external pressure, which may cause internal short circuits and overheating.

This product is equipped with a non-removable, built-in battery. Do not attempt to replace the battery yourself to avoid damaging the battery or the ring.

Batteries must be recycled or disposed of separately and must not be mixed with regular household waste. Please dispose of used batteries in accordance with local regulations.

## Charging Safety Warning

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Please keep the charging case and ring in a dry environment while charging, and do not touch the charging case with wet hands, as this may cause short circuiting. While charging, do not touch the power source with wet hands, as this may cause injury.

# 9.2 Safety Notices

## FCC Requirement

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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, and
- (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.

## FCC RF Exposure Statement

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



A close-up, high-angle photograph of a watch case. The watch is black with a polished metal bezel. The crown and two pushers are visible, reflecting light. The background is black.

QALO

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Made For Movement