

QALO Ring with Nano Technology

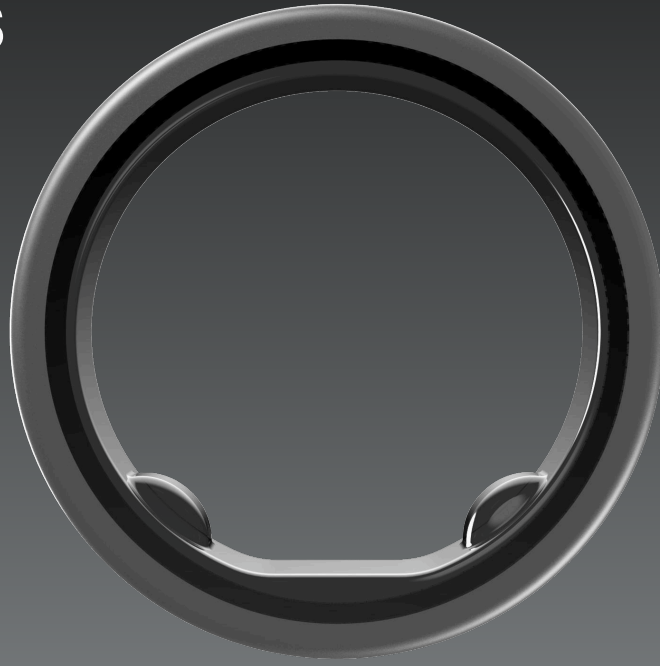
---



QALO

# QRNT Original User Manual

# Table of Contents



1.0	Introduction	02
2.0	Includes	03
3.0	Instructions	04
4.0	Wearing QRNT	07
5.0	App Operation	08
6.0	Specifications	11
7.0	Troubleshooting	12
8.0	Use, care & maintenance	14
9.0	Safety Notices	16

# 1.0 Introduction

The QALO QRNT (pronounced “current”) is a smart ring that monitors health metrics in real time.

→ Continuous Heart Rate

---

→ Oxygen Saturation

---

→ Sleep

---

→ Heart Rate Variability

---

→ Stress

---

→ Skin Temperature

---

→ Movement

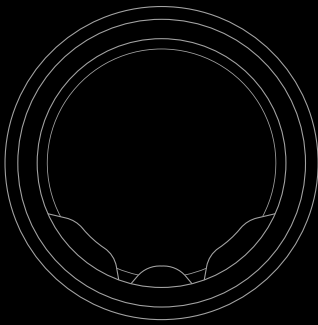
---

**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 Original Smart Ring



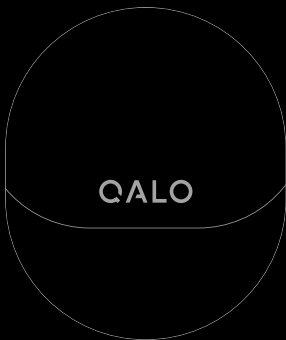
02

1x Charging Cable



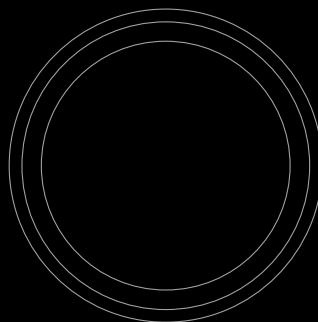
03

1x Wireless Charging Case



04

2x QRNT Covers



# 3.0 Instructions

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

## → Get the app

---

### 01. Download

---

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

---

Ensure bluetooth is enabled on your mobile device.

### 03. Open app

---

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. Note: if you already have an account through QALO's website, you will still need to create a new account on the QALO app.

### 04. Pair your ring

---

You'll then be prompted to pair your QRNT with your mobile device. In your device's bluetooth settings, your QRNT will be listed as QALO-QRNT####. When a successful connection is made, a green light will flash three times.

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

---

# 3.1 Instructions

## → Charge your QRNT

---

- Fully charge your QRNT before first use.
- 
- When inserting the ring into the charging case, the sensor on the inside of the ring should lay against the flat edge of the charging dock. The ring will easily lock in place when properly positioned.
- 
- Place ring into wireless charging case, connect provided charging cable, and connect to USB port with a minimum of “5V 1A” power supply.
- 
- Charging with the charging case connected to the USB cable is the fastest and most efficient way to charge your ring. However, for added convenience, you can charge your ring wirelessly in the charging case. A fully charged case can provide 1-1.5 wireless charges to the ring
- 
- Charging the ring typically takes about 2 hours and will last 5-7 days with average use.
- 
- Charging the case typically takes 1 hour.
- 
- Battery life depends on activated features and frequency of ring use.
-

# 3.2 Instructions

## → Charging tips

---

### When charging with USB

- Ring light will blink slowly. When this light stops blinking and remains on, the ring is fully charged.
  - Charging case light will blink slowly. When charging is complete, the light will remain steadily on.
  - If charging case light is off or turns off after 20 seconds of attempted charging, open and close the case to re-activate charging mode.
- 

### When portable charging (without USB cable)

- Ring light will blink slowly. When fully charged, the light will stay on for 30-60 seconds and then turn off.
  - Charging case light will remain steadily on. When fully charged, the light will stay on for 30-60 seconds and then turn off.
  - If charging case light is off or turns off after 20 seconds of attempted charging, open and close the case to re-activate charging mode.
- 

### Low Battery

- When charging case battery is low, indicator light will rapidly flash three times and then shut off when case is opened.
  - Ring battery level can be viewed in the QALO app.
- 

**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 sensor should rest against the palm side of your finger

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

---

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

---

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

---

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

# 5.0 App Operation

## → Home

---

### 01. Dashboard

---

Your home screen shows your daily status at a glance. Get a high-level picture of your sleep, activity, stress, heart rate, oxygen level, and more. View data over the time period of your choosing.

## → Health

---

Here is where you can view detailed health data and reports: step count, distance, calories, sleep, heart rate, SpO2, HRV, stress, skin temperature trends, cycles, and overall health.

### 01. Sleep

---

Sleep is monitored automatically. View detailed sleep indicators like duration, stages (REM, Light, Deep, Awake, Nap), efficiency, latency, average heart rate, average SpO2, and average HRV.

### 02. Heart rate

---

Heart rate can be measured manually or automatically. Set your preference on the QALO app. View heart rate data and graphics on the app.

### 03. Oxygen saturation

---

SpO2 can be measured manually or automatically. Set your preference on the QALO app. View SpO2 data and status on the app.

# 5.1 App Operation

## 04. Heart rate variability

---

HRV is measured automatically at your chosen interval. Set your preference on the QALO app. View HRV values and states (Low, Normal, High, Excellent) on the app.

## 05. Stress

---

Stress is measured automatically at your chosen interval. Set your preference on the QALO app. View values and states (Calm, Moderate, Stressed, or Severe) on the app.

## 06. Skin temperature trends

---

Skin temperature changes are measured automatically. View detailed daily/weekly/monthly reports on the app.

## → About

---

Here is where you can view information about your QRNT device (battery, firmware version), change the name of your ring, and set personal preferences.

### 01. Set intervals

---

The default monitoring intervals are every 10 minutes for heart rate, every 30 minutes for SpO2, and every 60 minutes for skin temperature trend, HRV, and stress. You can change intervals to your preference. Note: the shorter your intervals, the quicker your QRNT battery will drain.

### 02. Set units

---

Set preferred units of measurement for skin temperature changes, distance, height, and weight.

# 5.2 App Operation

## 03. Set goals

---

Personalize your step goal.

## 04. Firmware updates (OTA)

---

Notifies you if a new firmware version has been released. When available, follow instructions to upgrade to the latest version.

## 05. Factory Reset

---

After a factory reset, all device data will be deleted. Charge to reboot your device.

# 6.0 Specifications

---

## Bluetooth version

BLE 5.0

---

## Bluetooth range

2 meters

---

## Battery

Rechargeable 14.5mAh - 21.5mAh depending on ring size, Lipo battery, non-replaceable.

---

## Data memory

15 days

---

## Water resistance

Suitable for showering and swimming in shallow water. Water resistant in fresh water to a maximum depth of 1.5 meters for up to 30 minutes.

---

## Operating temperature range

-10 ~ 52°C / -14 ~ 125°F

---

## Weight

3-4g

---

## Dimension

Width 8.0mm; Thickness 2.85/2.9mm

---

---

## Charging case size

59.7mm\*50.3mm\*27.5mm

---

## Ring metal

Titanium Alloy

---

## Charging case battery

200mAh 3.7V Lithium Polymer Battery

---

## Charging case rated input

5V 1A

---

## Charging case rated output

5V 150mA

---

## Ring rated input

5V 15mA (max)

---

## Ring FCC ID

2AB73-X2A

---

## Charging case FCC ID

2AB73-X2C

# 7.0 Trouble shooting

## → Ring not pairing with smartphone?

---

### 01. Charge

---

Ensure ring is fully charged.

### 02. Permissions

---

Ensure Bluetooth permissions are turned on in QALO app.

### 03. Bluetooth

---

Ensure Bluetooth is enabled on your smartphone

### 04. Restart

---

Manually restart QALO app and re-pair ring.

## → Ring battery is draining too quickly?

---

### 01. Calibration

---

Calibrate your battery by charging for at least three hours.

### 02. Further support

---

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

# 7.1 Trouble shooting

## → Ring is not recording any data?

---

### 01. Contact

---

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

## → Ring causing skin irritation?

---

### 01. Remove immediately

---

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

## → Another issue?

---

### 01. Contact

---

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 Original Ring

---

### 01. Cleaning

---

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

### 02. External heat

---

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

### 03. Chemicals

---

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

---

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

# 8.1 Use, 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

---

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

---

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

---

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

---

Use the QRNT Original 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

---

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

---

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

---

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

---

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

---

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



**QALO**

**QALO**  
**Made For Movement**