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Gabit Smart Ring

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Gabit Smart Ring User Manual

Model: Smart Ring

Setup Operating Instructions Maintenance Troubleshooting Specifications Warranty & Support

Introduction

Welcome to the Gabit Smart Ring user manual. This guide provides essential information for setting up, operating, maintaining, and troubleshooting your Gabit Smart Ring. The Gabit Smart Ring is designed to track key health metrics including sleep, fitness, nutrition, and stress, offering personalized insights to support your well-being.

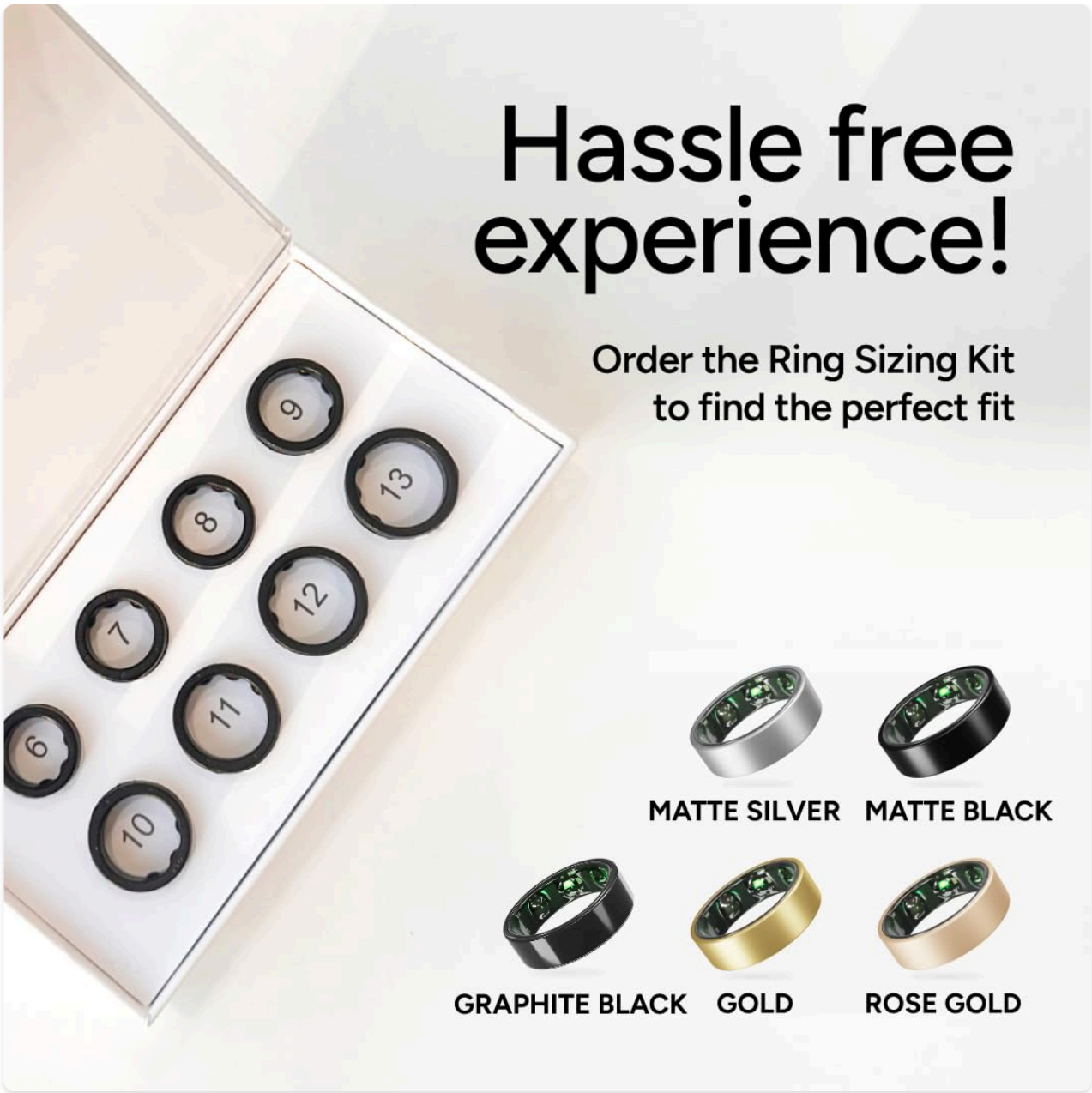

Image: The Gabit Smart Ring with its charging case, showcasing its sleek design.

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Setup Guide

1. Unboxing and Initial Check

Upon opening the package, ensure all components are present.

- Gabit Smart Ring
- Charging case
- USB cable
- User manual (this document)

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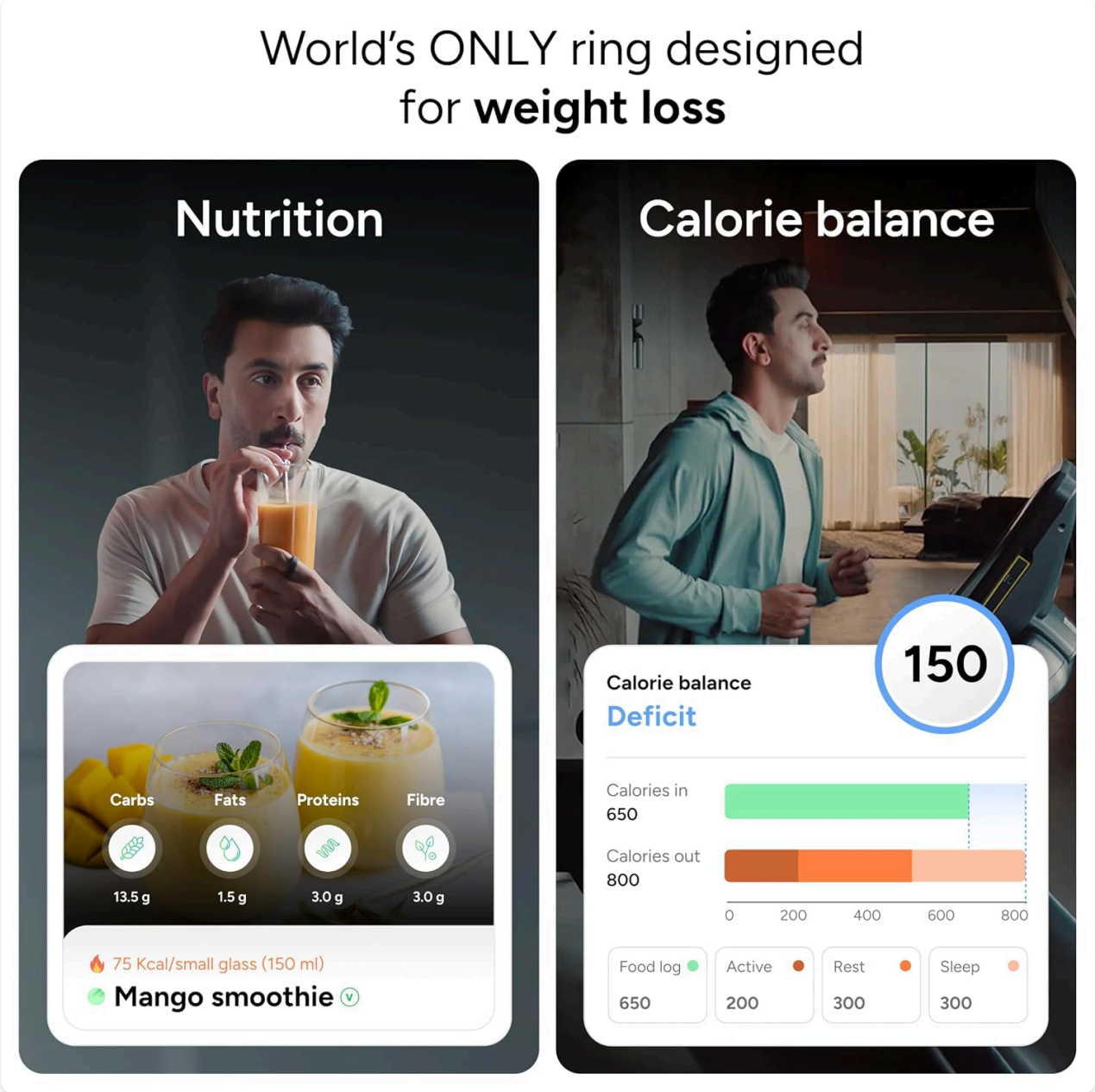

Image: Contents of the Gabit Smart Ring package, including the ring, charging case, and USB cable.

2. Sizing Your Ring

Gabit Smart Ring sizes may differ from standard ring sizes. It is recommended to use the Gabit Ring Sizing Kit to determine your perfect fit before wearing the smart ring.

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Image: The Gabit Ring Sizing Kit, displaying various ring sizes to ensure an accurate fit.

3. Initial Charging

Before first use, fully charge your Gabit Smart Ring.

1. Place the Gabit Smart Ring into its charging case.
2. Connect the USB cable to the charging case and a power source (e.g., USB wall adapter, computer USB port).
3. The indicator light on the charging case will show charging status. A full charge typically takes about 30 minutes.

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4. App Installation and Pairing

To utilize all features of your Gabit Smart Ring, download the Gabit app and pair your device.

1. Download the "Gabit" app from your device's app store (available for iOS and Android).
2. Open the Gabit app and follow the on-screen instructions to create an account or log in.
3. Ensure your Gabit Smart Ring is charged and near your smartphone.

4. In the app, select "Add New Device" or similar option to begin the pairing process via Bluetooth.
5. Confirm the pairing request on your smartphone.

Operating Instructions

Wearing the Smart Ring

Wear the Gabit Smart Ring on any finger for continuous tracking. For optimal accuracy, ensure the sensors on the inside of the ring are in contact with your skin. The ring is lightweight and designed for continuous wear.

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Health Tracking Features

The Gabit Smart Ring tracks four core pillars of health: Sleep, Fitness, Nutrition, and Stress.

- **Sleep Tracking:** Monitors sleep stages, duration, and quality. Provides a daily recovery score.
- **Fitness Tracking:** Tracks daily activity, steps, pace, distance, and intensity. Supports over 30 workout modes and features automatic workout detection. Monitors heart rate zone and on-demand VO2 Max.
- **Nutrition Tracking:** Integrates with the app for calorie intake and expenditure tracking. Features voice-based food logging.
- **Stress Monitoring:** Tracks stress levels and Heart Rate Variability (HRV).
- **Vitals Monitoring:** Real-time tracking of Resting Heart Rate, Heart Rate Variability (HRV), Heart Rate, Skin temperature, and SpO2.
- **Women's Health:** Track menstrual cycles, symptoms, mood, ovulation, and pregnancy with predictive insights.

Image: Screenshot of the Gabit app displaying tracked vital signs such as Resting HR, VO2 Max, and HRV.

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Using the Gabit App

The Gabit app is your central hub for all data and insights.

- **Dashboard:** View your daily summary of sleep, activity, and recovery.
- **PEP (AI Health Coach):** This AI-powered feature analyzes your metrics and provides personalized, actionable tips to improve your health.
- **Voice-based Food Logging:** Speak into your phone to log meals quickly and easily, contributing to your nutrition tracking.
- **Workout Modes:** Manually select from over 30 workout modes or rely on automatic workout detection.
- **Insights:** Access detailed reports and trends for all tracked metrics.

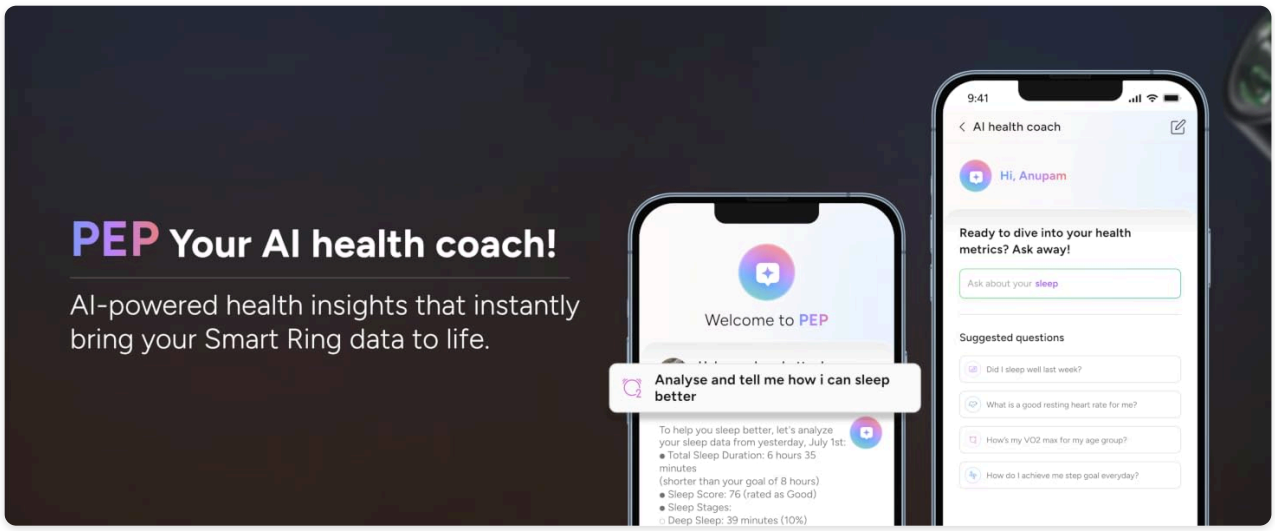

Image: The Gabit app's PEP AI health coach interface, offering personalized health tips.

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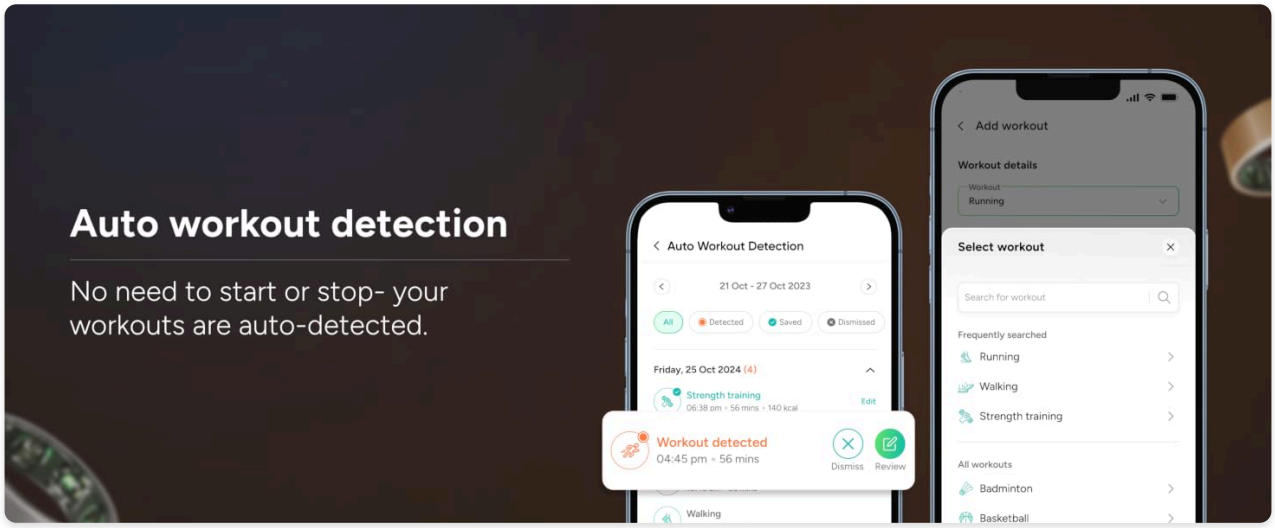

Image: The Gabit app's automatic workout detection feature, showing a detected workout session.

Maintenance

Cleaning Your Ring

The Gabit Smart Ring is water-resistant up to 50 meters. To clean, gently wipe the ring with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors. Ensure the sensors are clean for accurate readings.

Charging Your Ring

The ring has a battery life of 7+ days on a single charge.

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- Place the ring in its charging case when the battery is low.
- Connect the charging case to a power source using the provided USB cable.
- A full charge takes approximately 30 minutes.

Troubleshooting

Common Issues and Solutions

- **Ring Not Pairing/Connecting to Bluetooth:**
  - Ensure the ring is fully charged.
  - Place the ring in its charging case and connect the case to power, then attempt pairing.
  - Restart your smartphone's Bluetooth.
  - Close and reopen the Gabit app.
  - Restart your smartphone.
  - If the issue persists, try resetting the ring (refer to the app's settings for a reset option or contact support).
- **Inaccurate Readings:**
  - Ensure the ring is worn correctly with sensors in full contact with your skin.
  - Clean the sensors on the inside of the ring.
  - Check for any app updates and ensure your app is the latest version.

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- **Short Battery Life:**
  - Ensure the ring is fully charging each time.
  - Avoid extreme temperatures, which can affect battery performance.
  - If battery life significantly degrades, contact customer support.
- **App Not Updating Data:**
  - Ensure your phone has an active internet connection.

- Check for Gabit app updates in your app store.
- Close and reopen the Gabit app.
- Ensure the ring is connected via Bluetooth to your phone.

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For further assistance, please refer to the Support section.

Specifications

Feature	Detail
Model Name	Smart Ring
Operating System Compatibility	iOS, Android
Connectivity Technology	Bluetooth
Special Features	Accelerometer, Activity Tracker, Lightweight, Multisport Tracker, Sleep Monitor
Battery Capacity	14.5 Milliamp Hours
Average Battery Life	7+ Days
Battery Charge Time	30 Minutes
Material	Titanium
Water Resistance Level	Water Resistant (up to 50m / 160 Feet)
Item Weight	2.8 Grams
Metrics Measured	Blood Oxygen (SpO2), Distance, Heart Rate, Sleep Duration, Stress
Compatible Devices	Apple Health, Google Fit, Smartphone
Manufacturer	BetterLife Horizons Pvt. Ltd.
Country of Origin	China

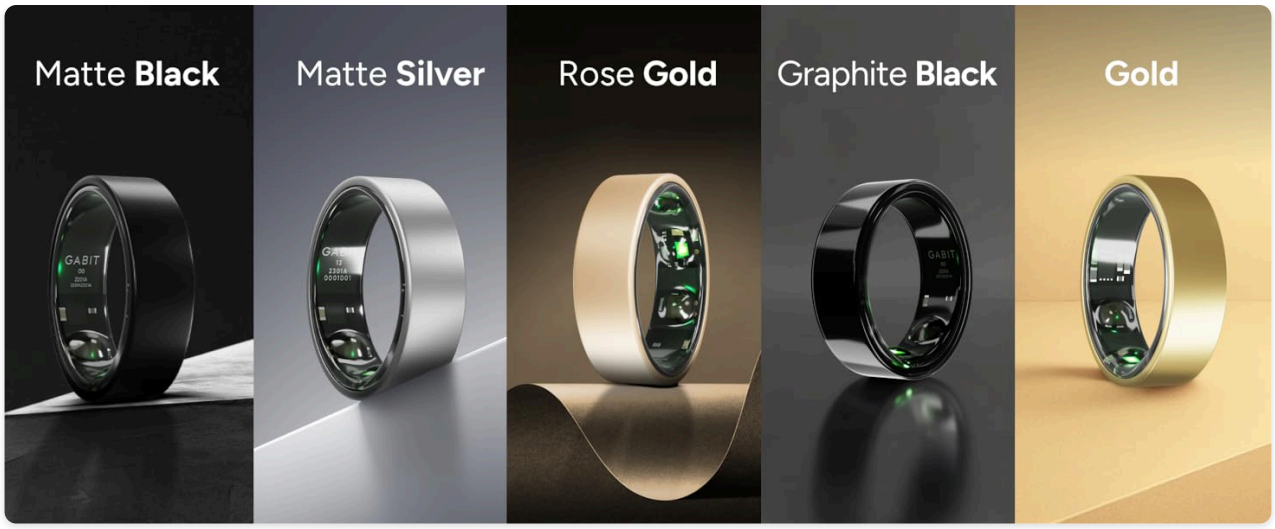

Image: Visual representation of the Gabit Smart Ring in various available colors.

Warranty Information

The Gabit Smart Ring comes with a **1 Year Limited Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

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For detailed terms and conditions, please refer to the warranty card included in your product packaging or contact Gabit customer support.

Customer Support

If you encounter any issues or have questions regarding your Gabit Smart Ring, please contact our customer support team.

- **Manufacturer:** BetterLife Horizons Pvt. Ltd.
- **Address:** 18th Floor, Bldg. No. 5A, Dlf Cyber City, Gurgaon (HR), India, 122002
- **Contact Number:** 080-45217183
- **Email:** care@gabit.com

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When contacting support, please have your product model name and purchase details ready.

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Related Documents - Smart Ring

	Smart Ring Instruction Manual Comprehensive instruction manual for the Smart Ring, covering charging, app setup, health tracking features, and troubleshooting.