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Gabit Smart Ring

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Gabit Smart Ring User Manual

Model: Smart Ring

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Brand: Gabit

1. Introduction

The Gabit Smart Ring is a health tracking device designed to monitor key aspects of your well-being, including sleep, fitness, nutrition, and stress. Crafted from lightweight titanium, it offers durability and water resistance for daily wear. This manual provides essential information for the proper use and care of your Smart Ring.

2. What's in the Box

Your Gabit Smart Ring package includes the following items:

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

3. Sizing Kit Information

Gabit Smart Ring sizes may differ from standard ring sizes. It is recommended to use the Gabit Ring Sizing Kit to determine your accurate ring size before purchasing the Smart Ring. This ensures optimal fit for accurate sensor readings and comfort.

Image: The Gabit Ring Sizing Kit, showing various sample ring sizes from 6 to 13, designed to help users find their perfect fit for the Smart Ring.

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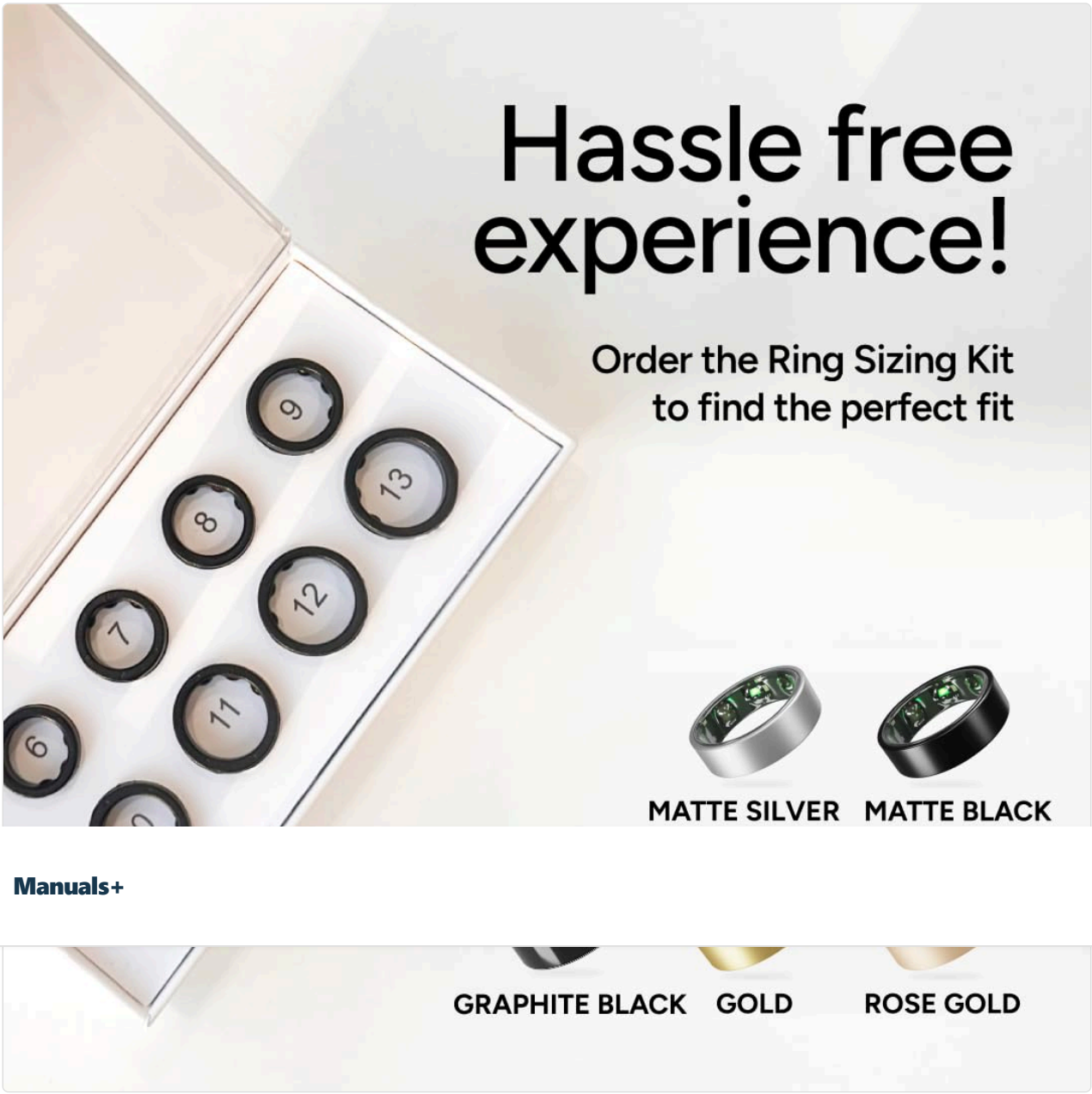

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Image: A display of the Gabit Ring Sizing Kit alongside examples of the Smart Ring in Matte Silver, Matte Black, Graphite Black, Gold, and Rose Gold finishes.

4. Setup and Getting Started

To begin using your Gabit Smart Ring:

1. **Charge the Ring:** Place the Smart Ring in its charging case and connect the USB cable to a power source. Allow approximately 30 minutes for a full charge.
2. **Download the Gabit App:** Search for the "Gabit" app on your smartphone's app store (available for Android and iOS).
3. **Pair via Bluetooth:** Open the Gabit app and follow the on-screen instructions to pair your Smart Ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
4. **Create Profile:** Complete your personal profile within the app to enable personalized health insights.

5. Operating Instructions

The Gabit Smart Ring continuously tracks various health metrics. Ensure the ring is worn comfortably on your finger for accurate data collection.

5.1 Health Tracking Pillars

The Smart Ring tracks four core pillars of health:

- **Sleep:** Monitors sleep stages (Awake, REM, Light, Deep), duration, and provides insights for recovery.
- **Fitness:** Tracks activity with over 30 workout modes, including automatic workout detection. Monitors heart rate zone, steps, pace, distance, intensity, and on-demand VO2 Max.
- **Nutrition:** Integrates with voice-based food logging to help track calorie intake and expenditure, supporting healthy eating habits and weight management.
- **Stress:** Measures daily stress levels and Heart Rate Variability (HRV) to identify patterns and aid in stress management.

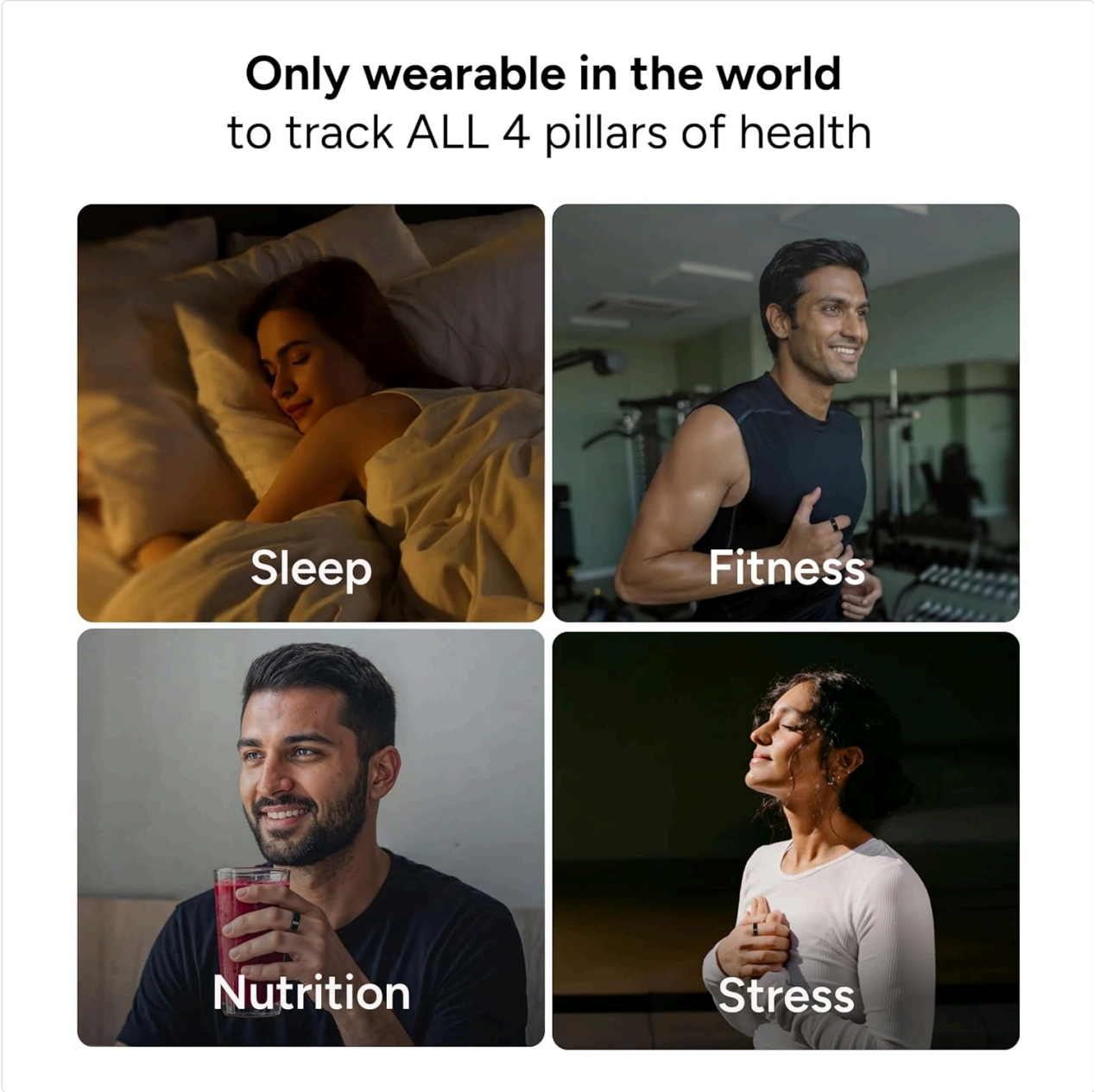

Image: Visual representation of the four health pillars tracked by the Gabit Smart Ring: Sleep, Fitness, Nutrition, and Stress.

5.2 AI Features

The Gabit Smart Ring incorporates advanced AI functionalities:

- **PEP (AI Health Coach):** Decodes your fitness, sleep, and stress metrics, providing personalized, actionable tips.
- **Voice-based Food Logging:** Allows you to log meals by speaking into your phone, simplifying nutrition tracking.

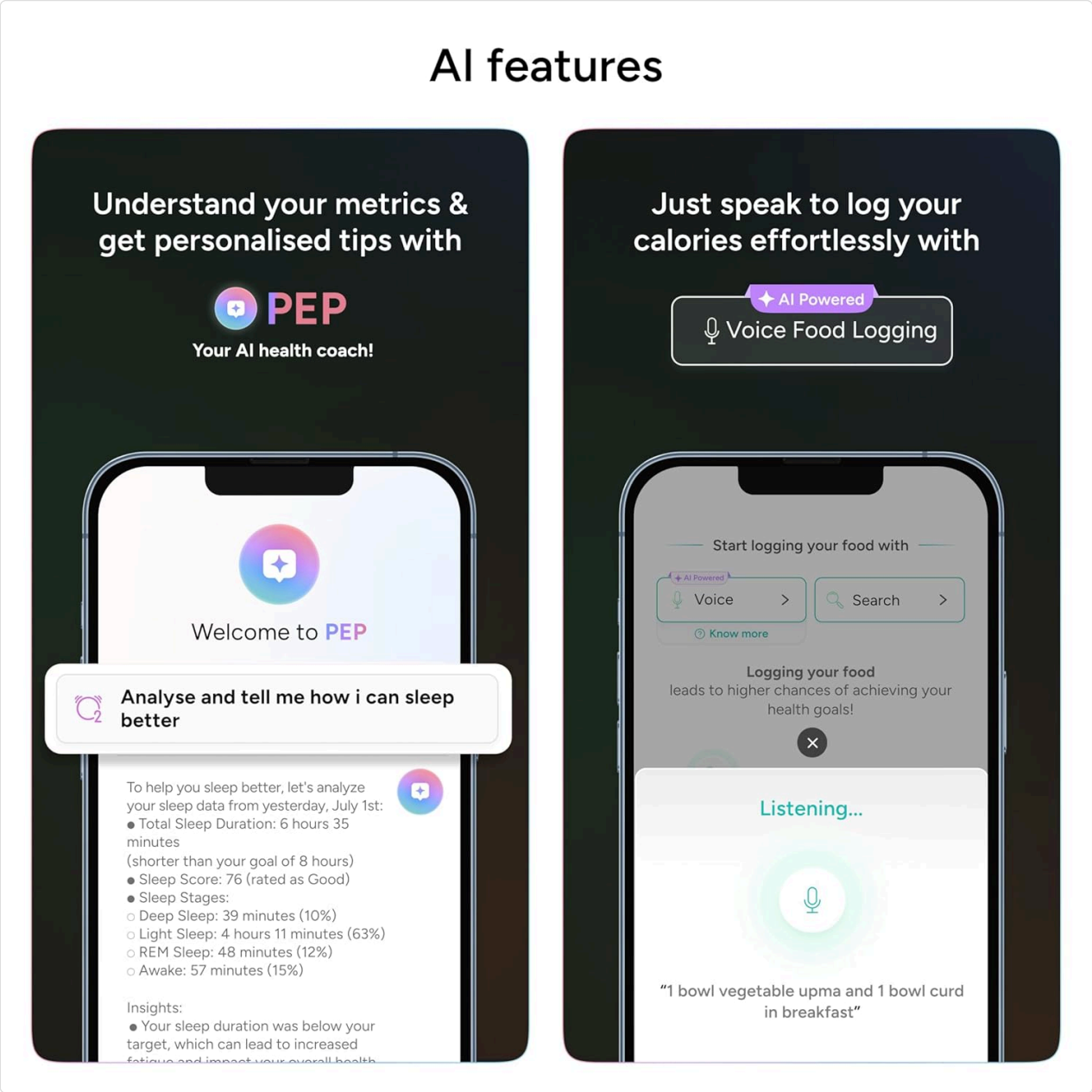

Image: Screenshots from the Gabit app illustrating the PEP AI health coach providing insights and the voice-based food logging feature in action.

5.3 Women's Health Tracking

The ring supports comprehensive women's health tracking, including menstrual cycle, symptoms, mood, ovulation, and pregnancy predictions.

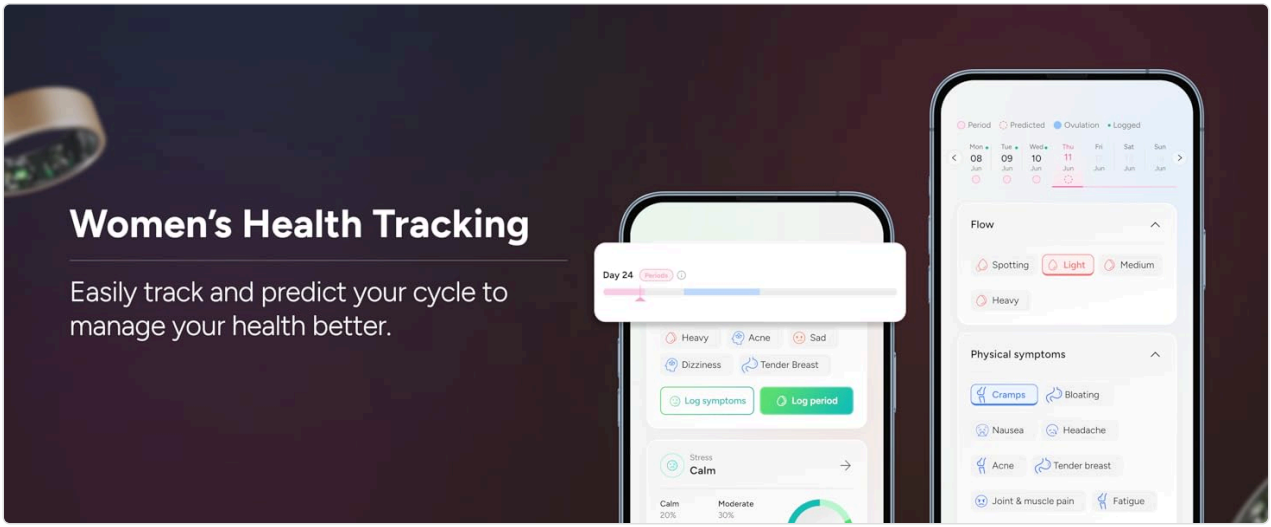

Image: A screenshot of the Gabit app displaying its women's health tracking interface, including cycle prediction and symptom logging.

5.4 Vitals Tracking

The Gabit Smart Ring tracks various vital signs:

- Resting Heart Rate
- VO2 Max
- Heart Rate Variability (HRV)
- Heart Rate
- Skin Temperature
- SpO2 (Blood Oxygen)

Image: A screenshot from the Gabit app showing a dashboard of tracked vitals such as Resting HR, VO2 Max, HRV, Heart Rate, and SpO2.

6. Maintenance

6.1 Charging and Battery Life

The Gabit Smart Ring offers a battery life of 7+ days on a single charge. A full charge takes approximately 30 minutes. Use the provided charging case and USB cable for optimal charging.

6.2 Water Resistance

The Smart Ring is water-resistant up to 50 meters (160 feet) and has an IPX8 rating, making it suitable for swimming and daily activities. Avoid prolonged exposure to hot water or harsh chemicals.

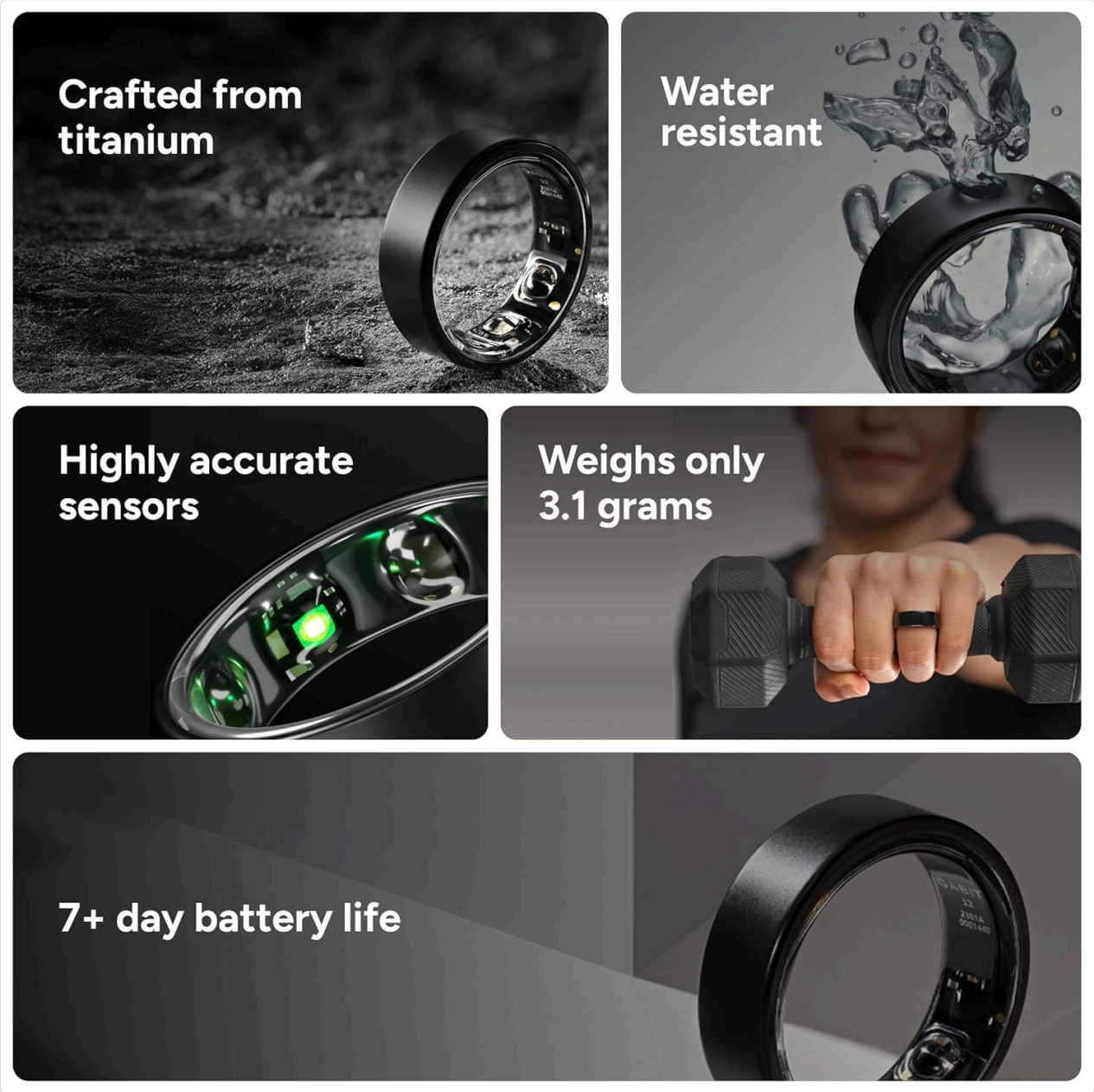

Image: A collage highlighting the Gabit Smart Ring's features: crafted from titanium, water-resistant, highly accurate sensors, lightweight (3.1 grams), and 7+ day battery life.

6.3 Cleaning

Clean your Smart Ring regularly with a soft, damp cloth. Avoid abrasive materials or harsh cleaning agents that could damage the finish or sensors.

7. Troubleshooting

If you encounter issues with your Gabit Smart Ring, consider the following:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the ring is charged. Try restarting both your phone and the Gabit app. If issues persist, unpair and re-pair the device.
- **Inaccurate Readings:** Verify that the ring is worn snugly on your finger. Ensure the sensors are clean and free from debris.

- **App Not Updating:** Check for app updates in your phone's app store. Ensure your phone has a stable internet connection.
- **Battery Draining Quickly:** Confirm the ring is fully charged. If battery life significantly degrades, contact customer support.

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8. Specifications

Operating System Compatibility	Android, iOS
Connectivity Technology	Bluetooth
Special Features	Accelerometer, Activity Tracker, Lightweight, Multisport Tracker, Sleep Monitor
Battery Capacity	14.5 Milliamp Hours
Battery Average Life	7+ Days
Battery Charge Time	30 Minutes
Band Material Type	Titanium
Case Material Type	Titanium
Water Resistance Level	Water Resistant (IPX8)
Water Resistance Depth	160 Feet (50m)
Item Weight	2.8 Grams
Item Dimensions (D x W x H)	22D x 22W x 8H Millimeters
Metrics Measured	Blood Oxygen (SpO2), Distance, Heart Rate, Sleep Duration, Stress
Manufacturer	BetterLife Horizons Pvt. Ltd.
Country of Origin	China

9. Warranty and Support

9.1 Warranty Information

The Gabit Smart Ring comes with a 1-Year Manufacturer Limited Warranty. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any queries, technical assistance, or warranty claims, please contact Gabit customer support:

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

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