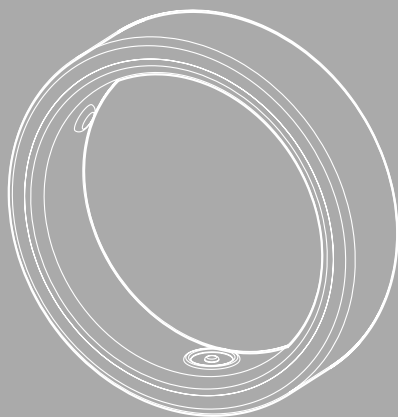


hama

HAMA RING ONE

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GB Operating Instructions





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We are delighted that you have chosen a Hama product.
Take your time and read the following instructions and information completely.
Please keep these instructions in a safe place for future reference.

Your new Hama Ring One is the ideal companion for a healthy lifestyle and motivates you to stay active all day long. It records data on the number of steps you take, your heart rate and the calories you have burnt. The wireless connection via *Bluetooth®* to the smartphone enables you to record your data in the relevant 'Hama Active' app, so you can keep track of your progress at all times. Use it to check when you have reached your personal fitness goal!

1. Explanation of warning symbols and notes

Warning



This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

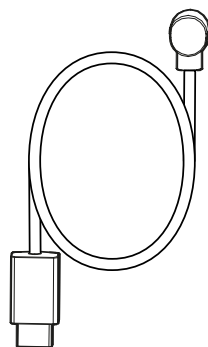
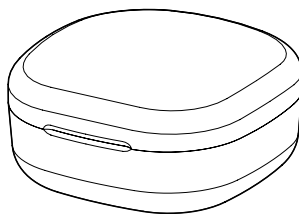
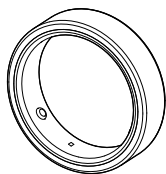
Note



This symbol is used to indicate additional information or important notes.

2. Package contents

- Hama Ring One
- USB-C charging cradle
- USB-A charging cable
- Quick start guide
- Safety information sheet





3. Safety instructions

Note



Take your time and read the following instructions and information completely. Information on using the product is provided in this operating instruction manual.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Protect the product from dirt, moisture and overheating and use it in dry environments only.
- Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
- Do not operate the product outside the power limits given in the specifications.
- Do not use the product in areas in which electronic products are not permitted.
- The battery is integrated and cannot be removed.
- Do not open the device or continue to operate it if it becomes damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by qualified experts.
- Do not drop the product and do not expose it to any major shocks.
- Do not modify the product in any way. Doing so voids the warranty.
- Dispose of packaging material immediately in accordance with the locally applicable regulations.
- Do not incinerate the battery or the product.
- Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Please consult a doctor if you have any existing medical conditions and still wish to use this product.
- This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
- Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains small parts which could be swallowed and pose a suffocation hazard.
- Only use the article under moderate climatic conditions.



Danger – electric shock



- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by the skilled personnel responsible.

Warning - rechargeable battery



- Only use suitable charging devices or USB ports to charge the product.
- Do not use defective chargers or USB ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using the product in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- If the product is to be stored for a prolonged period, recharge regularly (at least once every three months).

Warning - cardiac pacemakers



This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

Information - air traffic

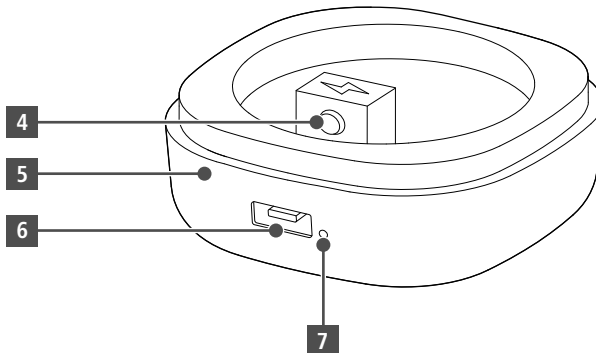
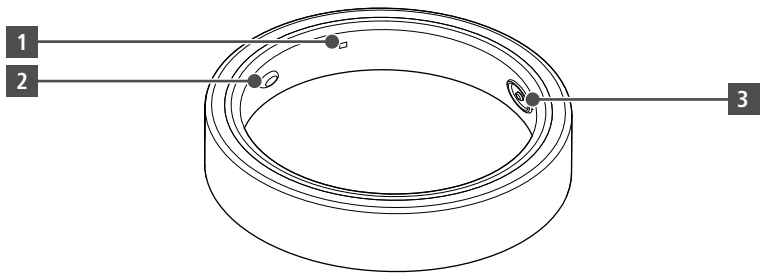


- This product is a constant transmitter of radio signals. Please note that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Before flying, check with the airline as to whether you are permitted to take the product on board. If in doubt, leave the product at home.



4. Smart ring overview

1. Heart rate and blood oxygen sensor (LED indicator)
2. Body temperature sensor
3. Charging contact
4. Charging surface
5. Charging cradle
6. USB-C port
7. Indicator lamp





5. Getting started

The smart ring and charging cradle must be fully charged before using them for the first time.

5.1 Charging the charging cradle

- To charge the charging cradle, use a suitable USB-C charging cable (not included in the supply package). When charging, only use appropriate power adaptors or a suitable USB port with an output current of at least 1 A.
- When charging: The indicator light **[7]** on the charging cradle **[5]** flashes red.
- When charging is finished: The indicator light **[7]** on the charging cradle **[5]** lights up red.

5.2 Charging the smart ring

- To charge the smart ring, use the USB-A charging cable supplied or the charging cradle **[5]**. When charging, only use appropriate power adaptors or a suitable USB port with an output current of at least 1 A.
- When charging: The indicator light **[1]** on the smart ring lights up red.
- When charging is finished: The indicator light **[1]** on the smart ring lights up green for 5 minutes and then goes out.

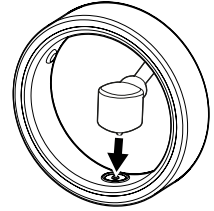
Note



- The charging time for a full battery charge is around 120 minutes. Then disconnect the smart ring from the mains.
- If the battery charge level falls below 5 per cent, the indicator light **[1]** on the smart ring flashes red. Charge the smart ring to avoid any loss of functionality.

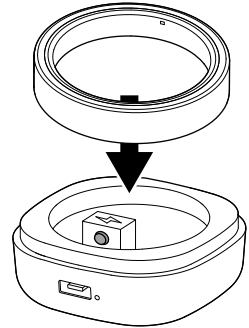
5.2.1 Charging with a charging cable

- Connect the magnetic plug of the USB-A charging cable to the smart ring.
- Plug the other end of the USB-A charging cable into a free USB port on your computer or a USB charger. The smart ring's battery is charged.



5.2.2 Charging using the charging cradle

- Place the smart ring in the charging cradle [5] so that the charging contact [3] is aligned with the charging surface [4]. The smart ring is held in place magnetically.
- The smart ring's battery is charged.



5.3 Wearing the ring

- When the smart ring has been charged successfully, slide it onto your finger. The smart ring starts up automatically.

Note



- To get the most out of the measuring functions, the smart ring should fit snugly on your finger and be comfortable to wear.
- To ensure the best possible recording of your data, wear the smart ring on your index, middle or ring finger. The sensors should always be positioned on the inner side of the hand.



6. Setting up the smart ring

To be able to access the full range of features on the smart ring, install the **Hama Active** app. The following sections contain information on downloading and setting up the app.

Note



The descriptions and illustrations in this instruction manual are based on version 1.0.1 of the **Hama Active** app and firmware version 0.1.5 of the smart ring. Please note that discrepancies may occur after updating the app or smart ring.

6.1 Downloading the "Hama Active" app

Note



The following operating systems are supported:

- iOS 11.0 or higher
- Android 4.4 or higher

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):



Hama Active

link.hama.com/app/hama-active

- To install the app, follow the instructions on the smartphone.



6.2 Pairing the smart ring with a smartphone

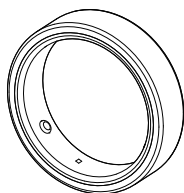
To be able to use the device fully, you should create a user profile. By creating a user profile, you can enter your personal body measurements. This means that your personal data is available at all times. Creating a user profile is not a condition for using the app.

Note



- To enable the smart ring to alert you to incoming calls, text messages, WhatsApp messages and other notifications via vibration, please enable push mode for notifications in your smartphone settings.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Please allow these requests to access the full range of features on the smart ring.

- Start the app on your smartphone and agree to the privacy agreement.
- Optional: Tap on **[CREATE PROFILE]** to create a new user profile. Follow the instructions on the screen and enter your body measurements.
- Alternatively, tap on **[START USING]** to continue without a user profile. Follow the instructions on the screen.
- Tap on  and then **[PAIR DEVICE]** to start searching for the smart ring.
- Follow the instructions in the app on your smartphone to connect the smart ring. Your smartphone will establish a Bluetooth connection with the smart ring.



Smartphone
Bluetooth

ON



APP

Hama Active



- If there is a timeout, repeat the process.
- Then define your personal settings. These can be adapted in the app later.
- The Smart Ring is connected to the app.

Note



- The app will notify you when a firmware update is available for the smart ring. Please initiate the update in the app to ensure the smart ring works properly.



7. Using the "Hama Active" app

The following sections explain the individual menu items (cards) and the various setting options within the app in more detail.

Note



- Please note that the use of some functions is dependent on the smartphone supporting them (see the operating instructions provided with your smartphone).

7.1 "Hama Active" overview

The home screen represents the starting point for the 'Hama Active' app.

The following overview explains the most important control elements and views:

1. Status of the smart ring (battery charge status, connection status)
2. Main screen
3. Menu bar
4. Today's selection





7.2 Main functions

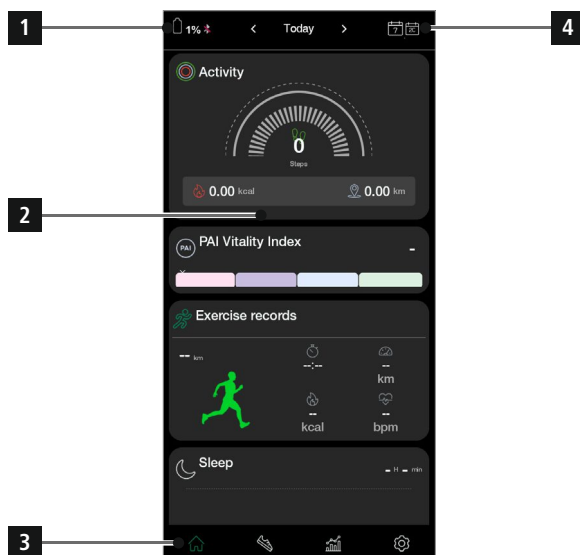
The menu bar contains the following main functions of the app:

- Home screen (see Chapter 7.2.1 Home screen)
- Training sessions (see Chapter 7.2.2 Training mode)
- Activity data (see Chapter 7.2.3 Training records)
- Settings (see Chapter 7.2.4 Ring)

7.2.1 Home screen

Various 'cards' are displayed on the home screen. Each card indicates a function of the app (e.g. heart health). The following overview illustrates the main functions:

1. Smart ring status
2. Current display
3. Menu bar
4. Today's selection

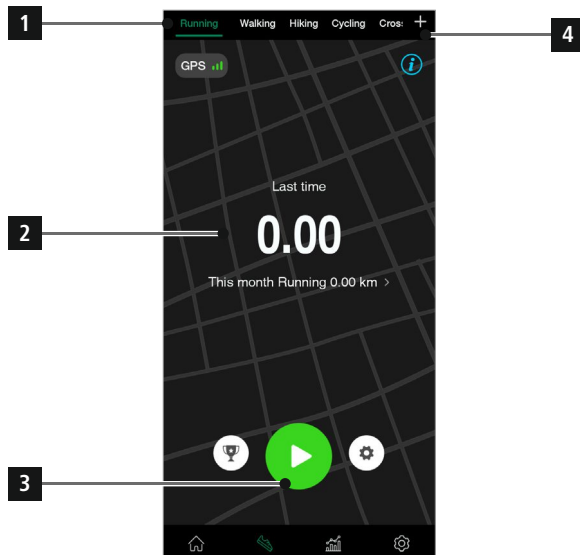




7.2.2 Training mode

Tap on **[+]** in the bottom menu bar to open Training mode. The following overview illustrates the main functions:

1. Type of training
2. Recording of the current training session
3. Start/Stop training
4. Show/Hide training types



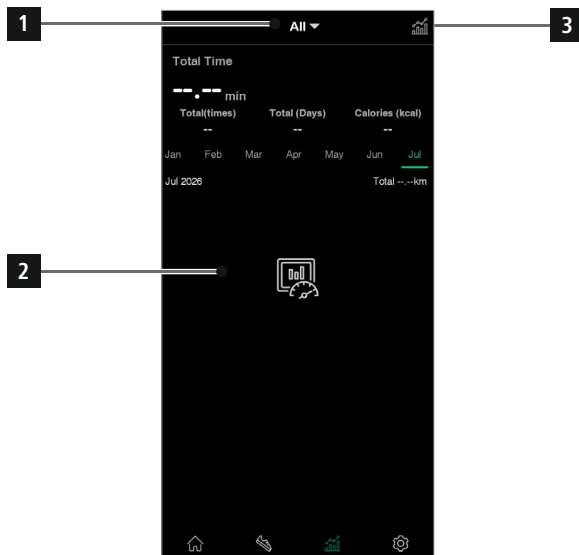
- By default, the following activities are enabled in the app:
 - Running
 - Walking
 - Hiking
 - Cycling
 - Cross Run
- To start the activity, tap on **[▶]**. The activity starts on the smartphone and smart ring.
- While the activity is in progress, you can see the cumulative number of kilometres covered so far for the selected activity, the current pace, the time elapsed and your current heart rate.
- To interrupt the activity, tap on the **[⏏]** symbol.
- To close the app, tap and hold the **[⏏]** icon.
- Tap on **[+]** in the top right-hand corner to select the activities you want to view. You can choose from a total of 6 different activities.
- The activities that are at the top of the list and marked by the **[−]** symbol are displayed. The activities that are at the bottom of the list and marked by the **[+]** symbol are not displayed.
- You can tap on the **[−]** symbol or the **[+]** symbol to remove or add an activity, respectively.



7.2.3 Training records

Tap on  in the bottom menu bar to open your training records. The following overview illustrates the main functions:

1. Type of training
2. Training details
3. Details of the activities



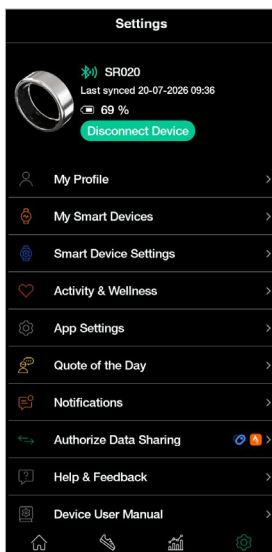
- In the training logs, you will find all the recorded information relating to the activities you have already completed (see Chapter **7.2.2 Training mode**).
- Tap on the  button at the top to view detailed information concerning the various activities.



7.2.4 Ring

Tap on  in the bottom menu bar to open the settings.

Status information regarding the smart ring is displayed there. Further features and provided underneath.



The following overview describes all the functions available:

My profile	Define the settings for your name, profile picture and other details (weight, stride length, etc.).
My smart devices	Displays an overview of all smart devices connected. You can also add more smart rings here.
Smart device settings	Configure the settings for the smart ring: - Find smart device: Makes your smart ring vibrate. Useful if you have misplaced your smart ring. - Remote shutter release: Take a photo with your smartphone camera using the smart ring. To do this, shake the smart ring. - Add an alarm: Set the alarm clock. When triggered, the smart ring will vibrate. - Notification settings: Configure the settings for the type of notification you receive from the smart ring. For example, vibration intensity. - Firmware update: The smart ring automatically searches for a new version of the firmware. If a new version of the firmware is detected, the smart ring will automatically complete an update.
Smart device settings	- Reset smart device: Reset the smart ring to its factory settings. All user data and personal settings will be deleted. - Switch off: Switch off the smart ring remotely.



Activity & Wellness	Configure the settings for the following features: - Daily target - Cycle tracking - Automatic monitoring
App settings	Configure the settings for the following features: - Theme - Language - Units of measurement - Date format - Smart Sync reminder - App stability settings - Guide to app background activities - About
Quote of the day	Display of a quote that changes daily.
Notifications	Select the app activities for which you would like to receive vibration notifications from your smart ring.
Authorising data sharing	Share your recorded health data with other apps.
Help & Feedback	Support via the following features: - Diagnostics - FAQs & Feedback - Reporting a problem
Operating instructions	Access to the full operating instructions.
Legal notices	Legal notices.
Data protection	Information on data protection.
Safety instructions	Safety instructions on handling the smart ring.
Withdrawing consent & deleting a user profile	Withdraw your consent to data processing and delete your user profile from the app. Your user data and personal settings will also be deleted.



8. Maintenance and care

Clean the product with a slightly moist, lint-free cloth and do not use any aggressive cleaning agents.

9. Legal disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/assembly, improper use of the product or from failure to observe the operating instructions and/or safety information.

10. 5 ATM water resistance

This product is water resistant to 5 ATM. This means that it can withstand a test pressure of 5 bar in accordance with the applicable standard for water resistant watches. It is suitable for everyday use as well as for activities such as washing your hands, showering and swimming. However, it must not be used for diving, water-skiing or other activities involving high water pressure.

Detailed explanation:

- ATM: Atmosphere (unit of pressure)
- 5 ATM: Water resistance up to a test pressure of 5 bar

Whilst a product with a water resistance rating of 5 ATM can be worn whilst swimming, showering or when exposed to splashing, rain or when washing your hands, it should be removed before diving and during any other water activities involving high water pressure. This is because the 5-ATM rating refers to test conditions in the laboratory and does not necessarily correspond to the actual water depth in dynamic water conditions.

The 5-ATM rating is not an indication of whether a product can be used for activities involving high water pressure or for diving. Furthermore, water resistance is not a permanent condition and may decrease over time.

Do not expose the product to chemicals such as soaps, shampoos, shower gels, sun creams, conditioners, lotions or perfumes. Do not immerse the product in salt water or chlorinated water.



11. Languages supported

The **Hama Active** app supports the following languages:

- Arabic
- Bulgarian
- Danish
- German
- English
- Estonian
- Finnish
- French
- Greek
- Italian
- Catalan
- Croatian
- Lithuanian
- Dutch
- Norwegian
- Polish
- Portuguese
- Romanian
- Russian
- Swedish
- Serbian
- Slovakian
- Slovenian
- Spanish
- Czech
- Turkish
- Ukrainian
- Hungarian

12. Technical data

The following table contains the technical data:

Bluetooth version	BLE 5.4
Dimensions	Thickness: 3.2 mm Width: 7 mm
Weight	3.5 - 4.5 g
Material	Stainless steel, plastic
Protection class	5 ATM
Battery type	Lithium polymer
Battery capacity	11 mAh, 13 mAh, 15 mAh
Charging time	2 hours
Battery life	Approx. 5 days



13. Information on disposal

Packaging

Packaging materials must be sorted by type and disposed of via the local collection systems for paper, cardboard and lightweight packaging.

Delete personal data

The product stores personal data, including health and location data. Before returning the product, reset it to its factory settings and unlink it from your user account.

Built-in battery

The lithium-ion battery is permanently fitted inside the housing and cannot be removed by the end user. Disassembling it would eliminate the housing's watertight functionality and pose a safety risk.

- Do not attempt to remove the battery yourself. Damaged lithium-ion batteries may catch fire, explode or release corrosive and harmful substances.
- The battery must only be replaced by qualified personnel authorised by Hama GmbH & Co. KG.
- Replacement batteries must remain available to independent, skilled technicians and end-users at a reasonable and non-discriminatory price for at least five years after the last unit of that model has been placed on the market.

As the battery cannot be removed without damaging the product, please submit the product in its entirety (with the battery still fitted) at a collection point for waste electrical equipment.

Returning your old appliance

This product must not be disposed of with household waste or general waste. You are legally obliged to return it to a separate collection point at the end of its service life.

The following return options are available:

- Public waste management authorities: Your local authority's recycling centres and collection points will accept the product free of charge.
- Distributor: The product has an edge length of less than 25 cm. Retailers are therefore obliged to take it back free of charge and without any obligation to purchase, in quantities customary for household use. This applies to both high-street retail and mail-order business.

Meaning of the symbols



The symbol shown here indicates that, in accordance with legal requirements, waste electrical and electronic equipment must be disposed of separately from household waste. Please dispose of the product at a collection point run by your local waste management authority. The Triman logo applies only in France.

14. Declaration of conformity

CE Hama GmbH & Co KG hereby declares that the radio equipment types **[00178643 – 00178652]** comply with the basic requirements and other relevant provisions of Directive 2014/53/EU. The Declaration of Conformity in accordance with the relevant Directive can be found at: **<https://support.hama.com>**

Frequency band/Frequency bands	2402 – 2480 MHz
Maximum transmission power radiated	0.7 mW

hama

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GB

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