

AIVELA RING PRO User Guide

Revised draft based on the confirmed product definition and current released features.

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1. About AIVELA Ring Pro

AIVELA Ring Pro is a wellness wearable that combines sleep, activity, nighttime physiological trends, touch control, and AI-powered guidance.

AIVELA helps you understand changes in three areas:

- **Calm** — your sleep and nighttime recovery.
- **Motion** — your daily activity and movement.
- **Balance** — how your recent body signals compare with your personal baseline.

AIVELA is designed for general wellness and lifestyle use. It is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.

2. What's in the Box

Your package includes:

- AIVELA Ring Pro
- Charging case
- USB Type-C charging cable
- Quick Start Guide

Package contents may vary by market or sales bundle. Refer to the packaging for the items included with your purchase.

3. Fit, Orientation, and Daily Wear

Choose the Right Fit

For the most reliable measurements, the ring should fit snugly and remain stable without restricting circulation or causing numbness.

- The index finger is recommended for biometric tracking and Touch Mode.
- The middle or ring finger can be used for everyday wear, although Touch Mode may be less convenient.
- The ring should not rotate freely during normal movement.
- Finger size can change with temperature, hydration, exercise, and time of day.

If possible, test the fit for a full day and overnight before selecting a size.

Position the Ring

- Keep the inner sensors in consistent contact with the underside of your finger.
- Position the black diamond-shaped touch area where it can be reached comfortably by your thumb.
- Wear the ring consistently during sleep to support Calm, Balance, and personal baseline calculations.

Skin Comfort

Remove the ring if you experience persistent redness, swelling, numbness, pain, or irritation. Clean and dry both the ring and your skin before wearing it again. If symptoms continue, stop wearing the ring and consult a qualified healthcare professional.

4. Charging and Battery

Charge the Ring

1. Make sure the ring and charging contacts are clean and completely dry.
2. Align the charging contacts inside the ring with the connector in the charging case.
3. Confirm that the ring is seated securely and that charging has started.

A full charge takes approximately 60 minutes. Charging time may vary with the remaining battery level, temperature, contact condition, and charging case status.

Charge the Case

Use the supplied USB Type-C cable to charge the case. Keep the charging port dry and free of debris.

Battery Life

Battery life depends on ring size, enabled algorithms, Touch Mode use, workout behavior, measurement settings, signal conditions, and synchronization frequency. A single fixed battery-life figure does not apply to every user.

To reduce power consumption:

- Use **Normal** SpO₂ mode for everyday use.
- Turn off Touch Mode when you are not using it.
- End workouts promptly when you finish.

- Keep the firmware and AIVELA App up to date.

5. Phone and System Requirements

AIVELA Ring Pro requires:

- **iOS:** iOS 15.1 or later on iPhone 12 or later.
- **Android:** Android 14.0 or later with Bluetooth 5.0 or above.

The AIVELA App supports Apple Health on iOS and Health Connect on Android. Available permissions and data types may vary by operating system and App version.

6. Download the AIVELA App and Create an Account

Download the latest AIVELA App from the Apple App Store or Google Play.

To create an account:

1. Open the AIVELA App.
2. Enter your email address.
3. Enter the verification code sent to your email.
4. Follow the in-app instructions to complete your profile.

Profile information such as age, height, and weight helps calculate and interpret wellness and activity metrics. Keep this information accurate and up to date.

7. Pair Your Ring

Before Pairing

- Charge the ring in its case to activate it.
- Enable Bluetooth on your phone.
- Allow the Bluetooth and notification permissions requested by the App.
- Keep the ring and phone close together.

Pairing Steps

1. Open the AIVELA App and sign in.
2. Follow the on-screen device setup flow.
3. Select your ring when it appears.
4. Wait for pairing and the initial synchronization to finish.
5. Install a firmware update if the App requires one.

Do not pair the ring directly from the phone's Bluetooth settings unless the App specifically instructs you to do so.

If the Ring Is Not Found

- Confirm that the ring is charging and the contacts are aligned.
- Clean and dry the charging contacts.
- Turn Bluetooth off and on again.
- Keep the ring close to the phone and scan again.
- Close and reopen the AIVELA App.
- Restart the phone if necessary.

If the issue continues, contact AIVELA Support at support@aivela.com.

8. Firmware Updates

Firmware updates improve device performance, compatibility, and feature stability. When an update is available, follow the instructions in the AIVELA App.

Before updating:

- Make sure the ring has sufficient battery power; more than 30% is recommended.
- Keep the ring close to the phone.
- Keep the AIVELA App open.
- Do not start another workout or use Touch Mode during the update.
- Avoid phone calls or other actions that may interrupt Bluetooth communication.

Wait for the App to confirm that the update is complete. If an update is interrupted, reconnect the ring and follow the recovery instructions shown in the App.

9. Wear Calibration and Data Quality

Wear calibration helps the ring distinguish between worn and unworn states.

1. Open **My Ring** in the AIVELA App.
2. Open the wear calibration feature.
3. Wear the ring in the correct position.
4. Follow the on-screen steps until the App confirms success.

If calibration fails:

- Check that the ring fits securely.
- Confirm that the sensors touch your skin.
- Clean and dry the sensor surface.
- Make sure the ring is connected and sufficiently charged.
- Try the calibration again in a darker space and avoid direct light.

Reliable insights require reliable signals. Loose fit, movement artifacts, dirty sensors, incomplete sleep data, low battery, or interrupted synchronization may cause a metric or score to be delayed, unavailable, or excluded.

A low score is not the same as low-quality data. When a measurement is reliable, AIVELA keeps real low-sleep or low-activity days as part of your history rather than hiding them.

10. Connection and Data Synchronization

The ring icon in the AIVELA App shows device connection and battery status.

The App synchronizes data when it is opened and the ring is connected. You can also pull down on the home screen to refresh.

If data does not appear:

- Check the ring's Bluetooth connection.
- Keep the ring close to the phone until synchronization finishes.
- Confirm that the phone has internet access.
- Check whether the ring was worn long enough to produce the relevant metric.
- Allow additional processing time for sleep and nighttime metrics.

Synchronize regularly so that the App can process recent sleep, activity, and wellness data.

11. Your Personal Baseline

AIVELA compares many measurements with your own typical patterns. This personal baseline helps distinguish a meaningful change for you from a normal day-to-day fluctuation.

Personal baselines may include:

- Nighttime resting heart rate
- Nighttime HRV
- Respiratory rate during sleep
- Stable average SpO₂ during sleep
- Nighttime skin temperature patterns
- Typical sleep timing and sleep duration
- Typical steps, active time, activity intensity, and prolonged sedentary time
- Your historical Calm and Motion scores

Baselines develop from multiple valid nights and days. Different metrics may become available at different times because each one has its own data-quality requirements.

A personal baseline is not a medical reference range. It describes what is typical for

you; it does not make an unhealthy pattern healthy or replace general wellness guidance.

12. Understanding Calm, Motion, and Balance

Calm — Sleep and Nighttime Recovery

Calm helps you understand whether you received sufficient, stable nighttime recovery. It considers factors such as:

- Total sleep time
- Sleep efficiency
- Wake After Sleep Onset (WASO)
- Deep and REM sleep
- Nighttime resting heart rate
- Sleep timing
- Movement during sleep

Sleep stages are algorithmic estimates from wearable signals and are not equivalent to clinical sleep testing. Focus on repeated patterns rather than one unusual night.

Motion — Daily Activity

Motion reflects how much and how consistently you moved during the day. It may consider:

- Steps
- Active time
- Prolonged sedentary time
- Workout records
- Activity intensity and MET-minutes

Daily movement outside formal workouts also matters. One workout does not necessarily offset a full day of prolonged sitting. Calories and MET values are estimates based on sensor data and profile information.

Motion may change as activity accumulates during the day. The completed daily result provides the most complete view.

Balance — Body Stability

Balance helps you understand whether recent body signals are coordinated and close to your personal baseline. It may consider:

- Nighttime resting heart rate

- Nighttime HRV
- Respiratory rate during sleep
- Stable average SpO₂ during sleep
- Nighttime skin temperature changes
- Calm relative to your typical sleep pattern
- Motion and recent activity relative to your usual activity pattern

Balance does not diagnose illness, measure immunity, or determine whether you are medically healthy. A single low score should be interpreted with data quality, recent behavior, symptoms, and longer-term trends in mind.

13. Understanding Your Measurements

Heart Rate and Resting Heart Rate

Optical sensors estimate heart rate from blood-flow changes in your finger. Fit, movement, skin contact, temperature, and circulation can affect the signal.

Nighttime HRV

HRV describes variation in time between heartbeats. AIVELA displays nighttime HRV trends and compares them with your personal baseline. HRV varies widely between people, so comparing your trend with another person's value is usually not meaningful.

SpO₂

AIVELA uses red and infrared optical signals to estimate stable blood oxygen trends during sleep. SpO₂ results are intended for wellness reference and trend observation. They are not intended to diagnose low blood oxygen or respiratory disease.

Use **Normal** SpO₂ mode for routine tracking and lower power consumption. Measurement availability depends on signal quality and sufficient stable data.

Respiratory Rate

Respiratory rate is an estimated average number of breaths per minute during sleep. AIVELA derives it from nighttime physiological signals and uses it primarily for personal trend comparison.

Nighttime Skin Temperature

AIVELA shows nighttime skin temperature trends relative to your personal baseline. Skin temperature is not the same as core body temperature measured by a clinical thermometer. Room temperature, bedding, fit, circulation, exercise, alcohol, illness,

and menstrual-cycle changes can affect it.

Physiological Stress

AIVELA may use HRV and other body signals to describe physiological strain. It cannot determine from ring data alone whether a change was caused by psychological stress, diet, illness, work, travel, or another specific factor.

14. Workouts and Sport Mode

AIVELA supports Indoor and Outdoor workout categories, with several activity types in each category. The available activity list is shown in the current AIVELA App and may change with App or firmware updates.

To record a workout:

1. Open the workout entry in the AIVELA App.
2. Select Indoor or Outdoor and choose an activity.
3. Tap **Start**.
4. Keep the ring fitted securely during the session.
5. Tap **End** when you finish.

Sport Mode increases sensor activity to support live workout tracking. This can increase battery consumption. End the workout promptly when finished.

Heart rate, calories, METs, intensity, and related workout values are estimates. Environmental conditions, motion artifacts, fit, activity type, and individual physiology may affect them.

15. Menstrual Cycle Tracking

Cycle Tracking is an optional wellness feature. It combines user-entered menstrual records with nighttime physiological trends, including skin temperature patterns, to estimate cycle timing and fertile windows.

For better results:

- Wear the ring consistently during sleep.
- Record period start and end dates accurately.
- Correct a predicted date when it does not match your actual cycle.
- Review predictions as estimates that may change as more valid data becomes available.

Cycle insights may be less reliable with irregular cycles, hormonal contraception, pregnancy, missing records, travel, illness, interrupted wear, or insufficient nighttime data.

Cycle Tracking is not intended for contraception, conception planning, diagnosis, or

treatment. Do not use an estimated fertile window as the sole basis for medical or reproductive decisions.

16. AI Health Advisor

AIVELA's AI Health Advisor helps explain your wellness data and turn recent patterns into practical questions and suggestions. You can use text or voice where available.

Dave and Mira

- **Dave** uses a logical, evidence-oriented style and focuses on clear explanations, prevention-minded wellness habits, and cautious interpretation.
- **Mira** uses a warm, motivational style and focuses on everyday balance, movement, and emotional support.

Both advisors use the health and activity information available in AIVELA. Their responses are general wellness guidance, not medical diagnosis or treatment.

Daily Podcast

Daily Podcast provides a short spoken summary of your recent AIVELA data. It may include:

- A concise review of recent sleep, activity, and body signals
- Notable changes relative to your recent patterns
- A practical wellness suggestion

You can listen to the audio or read the available text version.

Use AI Advice Responsibly

AI responses depend on available data, data quality, your personal baseline, and the context you provide. If information is missing or uncertain, the advisor may ask a follow-up question or explain the limitation.

The AI cannot determine a disease, the exact cause of a physiological change, or whether a treatment is appropriate. Seek professional medical advice for persistent abnormalities, significant symptoms, medication questions, or urgent health concerns.

17. Touch Mode

Touch Mode lets you use the ring's touch surface to control compatible phones, tablets, PCs, and other supported devices.

Available commands and mappings depend on the connected device, operating system, firmware, AIVELA App version, selected mode, and current device state. Always use the current command list shown under **Touch Mode > How To Use** in

the App.

Set Up Touch Mode on iOS

1. Connect the ring in the AIVELA App.
2. Open **My Ring > Touch Mode** and turn Touch Mode on.
3. Follow the in-app instructions to configure Assistive Touch where required.
4. Open **How To Use** to review and test the commands available on your device.

Some controls may require the connected device to be unlocked, the target App to be active, or additional iOS accessibility settings.

Set Up Touch Mode on Android

1. Connect the ring in the AIVELA App.
2. Open **My Ring > Touch Mode** and turn Touch Mode on.
3. Follow the in-app instructions for the required input-device or accessibility settings.
4. Open **How To Use** to review and test the commands available on your device.

Android setting names and paths may vary by phone brand and system version.

Touch Mode Tips

- Practice each command in **How To Use** before regular use.
- Check the current mapping after firmware or App updates.
- Turn off Touch Mode when you are not using it to save battery and reduce accidental input.
- If a command does not work, confirm the ring connection, device state, permissions, and current mode.

18. Zone and Sharing

Zone lets you share posts, view AIVELA content, and connect with friends.

Health-score sharing is limited as follows:

- Your shared health scores are visible only to your friends.
- Only the current day's **Calm, Motion, and Balance** scores are shown.
- Score details, contributing factors, physiological measurements, and trends are not shared.

Review your friend list and sharing settings regularly. Remove a friend or stop sharing if you no longer want that person to see your daily scores.

Content that you post separately in Zone may have different visibility settings.

Review the audience shown in the App before posting.

19. Settings, Privacy, and Health Platforms

Use the settings in the current AIVELA App to manage:

- Profile information
- Language and metric or imperial units
- Device and firmware information
- Notifications
- Touch Mode
- Apple Health or Health Connect permissions
- Friends and daily-score sharing
- Account, privacy, and data controls

Only grant permissions you are comfortable using. You can review or revoke platform permissions in AIVELA and in your phone's system settings.

Because privacy and data-management options may change with App versions and local requirements, follow the current in-app wording and AIVELA Privacy Policy when accessing, correcting, or deleting account data.

20. Water Resistance, Care, and Safety

Daily Water Resistance

AIVELA Ring Pro has an IP68 water-resistance rating and is intended for everyday water exposure. Water resistance is not permanent and may decrease with wear, impact, damage, or improper care.

Follow these precautions:

- Avoid showers or water above 50°C (122°F).
- Avoid saunas, steam rooms, and hot tubs.
- Avoid swimming in seawater.
- Avoid pools with unusually high concentrations of chlorine or other disinfectants.
- Do not use the ring for diving or other high-pressure water activities.
- After water exposure, rinse with clean fresh water when appropriate and dry the ring thoroughly.
- Never charge the ring while it, the charging contacts, or the charging case is wet.

Cleaning

- Clean the ring with a soft, lint-free cloth.

- Use a cloth lightly dampened with clean water when needed.
- Do not use abrasive cleaners, alcohol, solvents, or harsh chemicals.
- Keep the inner sensor surface and charging contacts free of residue.

Battery and Charging Safety

- Use the supplied charging case and cable.
- Do not charge damaged, swollen, unusually hot, or wet equipment.
- Stop charging and contact Support if you notice odor, smoke, deformation, leakage, or excessive heat.
- Do not disassemble, puncture, crush, burn, or attempt to replace the ring battery.
- Do not leave the ring fully discharged for extended periods.

General Safety

- Keep the ring and charging accessories away from young children and pets.
- Remove the ring before activities where jewelry could be caught by machinery or equipment.
- Do not rely on AIVELA for emergency monitoring.
- If you feel unwell or have concerning symptoms, use appropriate medical services rather than waiting for a wearable reading.
- Keep the ring and charging case away from strong magnetic fields and sources of electromagnetic interference.

21. Troubleshooting

Ring Will Not Connect

- Confirm that Bluetooth is on.
- Charge the ring and keep it close to the phone.
- Restart Bluetooth and reopen the App.
- Restart the phone if needed.
- Confirm that the App and phone meet the supported system requirements.

Data Is Missing

- Confirm that the ring was worn securely.
- Synchronize the ring and wait for processing to complete.
- Check whether the relevant sleep or activity period was long enough.

- Clean the sensor surface and repeat wear calibration if necessary.
- Remember that each metric has separate data-quality requirements.

Battery Drains Faster Than Expected

- Set SpO₂ mode to **Normal**.
- Turn off Touch Mode when not in use.
- End Sport Mode promptly after exercise.
- Update the App and firmware.
- Check for weak or repeatedly interrupted Bluetooth connections.

Touch Mode Does Not Work

- Confirm that Touch Mode is enabled.
- Check **Touch Mode > How To Use** for the current command mapping.
- Confirm the required iOS or Android system settings.
- Make sure the target device and App are in the required state.
- Reconnect the ring and try again.

22. Support

For product support, contact **support@aivela.com**.

When contacting Support, include your phone model, operating-system version, AIVELA App version, ring firmware version, and a brief description of the issue. Do not send passwords or verification codes.