

# User Manual



## Intended Use

### Wearing Guidance

- Ultrahuman Ring AIR ('Ring') can be worn on either hand at all times. We recommend wearing the Ring on the index, middle, or ring finger. If none of the sizes fit these fingers, you can wear the Ring on your thumb or little finger.
- The Ring takes 7-14 days to calibrate and establish a baseline. You must undergo a recalibration period if you choose to do a factory reset.

### Memory storage

- The Ring can store data for up to 6 days without connecting to the Ultrahuman app. Your data stored on the Ring will be lost if the battery dies without syncing with the Ultrahuman app. For the best experience, we recommend syncing your data daily.

### Battery charging

- A fully charged Ring can last up to 6 days. It takes up to 2-3 hours to completely charge the Ring. We recommend charging with the charging dock provided with the Ring.

# **ULTRAHUMAN**

- Avoid charging the Ring with fast chargers or any third-party chargers, as they may impact the battery life of the Ring.
- The Ring is expected to get slightly warm while charging. You can safely wear your Ring after removing it from the charger. If the Ring feels too heated up, please write to our support at [support@ultrahuman.com](mailto:support@ultrahuman.com).
- The Ring has miniaturised sensors and a battery. Please avoid any contact with other batteries or electronic gadgets with batteries. There is a risk of short circuits, similar to other standard metallic rings.
- At the end of its life, the Ring's battery should be disposed of as electronic waste. To dispose of e-waste, visit a collection point specified by local authorities for proper disposal and recycling.

## **WARNING**

Failure to follow the instructions and warnings herein can result in damage, electric shock, fire or injury.

**Avoid electrical contact.** The Ring is made from a titanium shell and most rings have a tungsten carbide coating. The Ring also has miniaturized sensors and a battery. Contact between the Ring and a battery, electronic devices with batteries, or other electrified metal may produce a short circuit and flame, which could cause damage and/or injury to the wearer.



## Safety and precautions

- Do not puncture the Ring or battery; keep it exposed to heat or sun for a prolonged duration.
- The Ring is waterproof up to 100 meters and sweat-proof, meaning you can safely wear your Ring during showers, a quick swim, scuba dives, etc. However, we do not recommend submerging the Ring in water for over 30 minutes or beyond 100 meters underwater.
- The Ring can easily endure everyday wear and tear. It is made of a Titanium shell with a Tungsten carbide coating. However, we don't recommend wearing your Ring while lifting weights or working with heavy or sharp objects. The Ring can scratch other surfaces (gold, silver) and get scratched based on the material's tensile strength and repeated contact.

## Cleaning and General care

- Use a soft cloth or mild soap and water to clean the Ring.
- Clean the Ring with a damp microfibre cloth to remove any surface scratches or marks.



## Product specifications

### Dimensions and weights

- Width: 8mm
- Thickness: 2.45mm
- Weight: 2.45 to 3.6 grams (depending on ring size)

### Battery capacity

- Rechargeable, non-replaceable 24mAh LiPo battery
- A fully charged Ring is expected to last up to 6 days with normal usage. However, battery life can heavily depend on usage factors like battery charging time, ambient temperature, and frequency of use.

### Charging time

It takes, on average, 2-3 hours to fully charge the Ring from 0% to 100%.

### Ultrahuman Ring Charger

The Ring charging dock is water-sensitive and intended to be used with the Ring only. Do not bring the charging dock in contact with water and wet surfaces or use it in humid conditions like bathrooms and saunas.



## **Mobile Device Compatibility**

The Ring is compatible with iPhones running iOS 14 or later and Android devices running Android 6 or later.

## **Memory capacity**

The Ring has a built-in memory of up to 6 days and can store data even if your Ring is not synced to the Ultrahuman app.

Sync the Ring with the Ultrahuman app once every 4 days to avoid missing data. We recommend syncing every day.

Data will be lost if the battery dies without syncing with the Ultrahuman app. The data storage will happen as a First-In-First-Out pattern, which means that the new days of data will overwrite the oldest ones if not synced with the mobile device.

## **Materials**

The Ring's outer shell is made from Titanium. It is coated with Tungsten Carbide, which makes it resistant to everyday wear and tear. The inner circumference of the ring is made of hypoallergenic resin.

## **Water resistant**

It can withstand immersion in water up to a depth of 100 meters.



## **ESD safe**

The Ring is ESD-safe, which means the Ring will not give electrostatic shocks.

## **EMF Radiation**

The Ring utilises power efficiently. It communicates with the smartphone via BLE (Bluetooth Low Energy) only when you open the Ultrahuman app or at regular intervals. This differs from a Bluetooth headset, earbuds, or a smartwatch that constantly connects with the smartphone transmitting/receiving data.

Bluetooth activity on the Ring falls below 1% in a day. Hence, the EMF radiation for the Ring is much lesser than other Bluetooth wearables and is considered one of the safest wearable devices to use for fitness tracking in terms of EMF.

## **Caution for Skin Irritation**

The Ring's inner side (one in contact with the skin) is a transparent hypoallergenic plastic-based material. The surface in contact with the skin is highly unlikely to cause any allergic reaction. If, in an unlikely scenario, you experience redness or irritation on your finger due to the Ring, remove it immediately. If the symptoms persist for a longer duration, please see a dermatologist for the same. Don't hesitate to contact our support team via the Ultrahuman app if you face any issues or require non-medical guidance.



## Tips to remove a stuck ring

Your finger size can vary day-to-day and during the day due to various factors such as time, food, exercise, and changes in altitude. If you face any difficulty while removing the Ring from your finger, try the following tips:

- Use cold water and gentle soap to wet your finger, and slowly twist the Ring to remove it.
- Raise your hand above your heart until the blood pressure lowers, and then try to remove it.

In cases of emergency or if you can't remove the Ring yourself, seek immediate medical attention. Most hospitals are equipped with the necessary tools to cut through Titanium safely.

## Troubleshooting

If you have any questions about getting started with the Ring or using the Ultrahuman app, please refer to the Frequently Asked Questions (FAQs) at <https://www.ultrahuman.com/ring/faq/>

If you cannot find the relevant question, contact the Ultrahuman support team via the Ultrahuman app or email us at [support@ultrahuman.com](mailto:support@ultrahuman.com)



## Medical Disclaimer

The Ring is not a medical device. It is only intended for maintaining and encouraging a healthy lifestyle and general wellness. The Ring is not intended for disease management, treatment, or prevention and should not be relied upon for any diagnostic, treatment, management or dosing decisions. We do not intend to substitute professional medical opinion on treating, diagnosing, preventing, or alleviating any disease or disability. Always consult a doctor or qualified healthcare professional before changing any medication, routine, or nutrition if you have any health conditions and/or concerns. Please remember that if you have been diagnosed with a medical condition, the accuracy of the biomarkers data may also be affected. If you make any changes to your health routine based on our products and services including the Ring, you agree that you do so fully at your own risk.

## Children

Please keep the ring out of the reach of children. This product is intended for use only by individuals who are 18 years of age or older. If you suspect or know that a child has swallowed the ring, seek medical attention immediately.



## **Agreement**

Your use of the Ring and the Ultrahuman app is subject to our Terms of Sale, Terms of Use, and Privacy Policy as available on our website. Terms set forth above in this manual are contained in our website FAQs, Terms of Sale, Terms of Use and Privacy Policy and are subject to change if we change our FAQs, Terms of Sale, Terms of Use and Privacy Policy.

## **Warranty information**

### **WARRANTY DISCLAIMER**

Aside from the warranty explicitly stated for the Ring, Ultrahuman and its affiliates provide the Ring and services "as is," without any express or implied guarantees. There are no warranties provided by Ultrahuman and its partners, suppliers, and affiliates regarding the operation, contents, or information made available through the Ultrahuman services, including the Ring. The company and its partners, suppliers, and affiliates disclaim any expressed or implied warranties, including but not limited to warranties of merchantability, title, fitness for a particular purpose, and non-infringement. Additionally, Ultrahuman does not guarantee uninterrupted availability, security, or error-free operation of the Ultrahuman services, including the Ring, nor that any defects will be corrected. Furthermore, the company does not ensure that the Ultrahuman services, including the Ring, are free from viruses or other potentially harmful components.



## LIMITED WARRANTY FOR THE RING

UltraHuman offers a limited warranty for a period of one year from the delivery date to the purchaser, against defects in materials and workmanship for new Rings. This warranty may be extended beyond one year if the local law requires a longer warranty period at the time of delivery. Within the warranty period, UltraHuman will repair or replace the defective Ring at no cost to the purchaser, but transportation expenses will be borne by the purchaser. The replacement product may be new or refurbished, depending on UltraHuman's discretion. UltraHuman will not be held liable for any loss or damage, including data loss, arising from failure to follow instructions related to the use of the Ring.

This Warranty does not apply: (a) to consumable parts, such as batteries or protective coatings that are designed to diminish over time, unless failure has occurred due to a defect in materials or workmanship; (b) to cosmetic damage, including but not limited to scratches, dents unless failure has occurred due to a defect in materials or workmanship; (c) to damage caused by use with a third party component or product that is incompatible with UltraHuman's products and services; (d) to damage caused by accident, abuse, misuse, fire, earthquake or other external cause; (e) to damage caused by using the Ring in violation of these Terms, Terms of Use, FAQs, Sales Terms and other applicable terms; (f) to damage caused by service (including upgrades and expansions) performed by anyone other than UltraHuman; (g) to an UltraHuman Ring that has been modified to alter



functionality or capability without the written permission of UltraHuman; (h) to damage caused by normal wear and tear or otherwise due to the normal aging of the Ring, (i) if any serial number has been removed or defaced from the Ring, or (j) if UltraHuman receives information from relevant public authorities that the product has been stolen or if you are unable to deactivate passcode-enabled or other security measures designed to prevent unauthorized access to the Ring, and you cannot prove in any way that you are the authorized user of the Ring (e.g., by presenting proof of purchase). All applicable laws will be followed.

## **ULTRAHUMANX MEMBERSHIP**

UltraHumanX members enjoy certain special benefits and extended coverage during the standard warranty period. To know more, please refer to the FAQs on the website at - <https://x.ultrahuman.com>



## LIMITATION OF LIABILITY

YOU UNDERSTAND AND AGREE THAT TO THE MAXIMUM EXTENT PERMITTED BY LAW, WE, OUR DIRECTORS, EMPLOYEES, AFFILIATES, LICENSORS, AGENTS, PARTNERS, AND SUPPLIERS, WILL IN NO EVENT BE LIABLE TO YOU OR ANY THIRD PARTY FOR ANY INDIRECT, CONSEQUENTIAL, EXEMPLARY, INCIDENTAL, SPECIAL, PUNITIVE OR OTHER LOSS OR DAMAGE WHATSOEVER, INCLUDING LOSS OF BUSINESS PROFITS, BUSINESS INTERRUPTION, COMPUTER FAILURE, LOSS OF BUSINESS INFORMATION, OR OTHER LOSS OR DAMAGES ARISING FROM OR RELATING TO: (A) THE TERMS OF USE, THE TERMS OF SALE OF ULTRAHUMAN RING, ANY OTHER POLICY AVAILABLE ON ULTRAHUMAN WEBSITE; (B) YOUR USE OR INABILITY TO USE OUR PRODUCTS AND SERVICES; (C) THE CONDUCT OR CONTENT OF OTHER USERS OR THIRD PARTIES ON OR THROUGH THE SERVICES; OR (D) UNAUTHORIZED ACCESS OR USE, EVEN IF WE HAVE BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THE MAXIMUM AGGREGATE LIABILITY OF ULTRAHUMAN TOWARDS YOU SHALL BE LIMITED TO ONE HUNDRED INDIAN RUPEES (INR 100) REGARDLESS OF THE FORM OF ACTION OR CLAIM, E.G. CONTRACT, WARRANTY, TORT, STRICT LIABILITY, NEGLIGENCE, OR ANY OTHER LEGAL THEORY. ULTRAHUMAN OR ANY THIRD PARTIES THAT ENABLE YOUR ACCESS AND USE OF PRODUCTS AND SERVICES OR PROVIDE INFORMATION AND CONTENT ON THE PLATFORM ARE NOT LIABLE FOR ANY PERSONAL INJURY,



INCLUDING DEATH, CAUSED BY YOUR USE OR MISUSE OF THE PRODUCTS AND SERVICES. THE PRODUCTS AND SERVICES PROVIDED ARE NOT INTENDED IN ANY WAY TO BE A SUBSTITUTE FOR FACE TO FACE CONSULTATION WITH A DOCTOR. ULTRAHUMAN ADVISES THE USERS TO MAKE INDEPENDENT ASSESSMENT IN RESPECT OF ITS ACCURACY OR USEFULNESS AND SUITABILITY PRIOR TO MAKING ANY DECISION IN RELIANCE HEREOF.

## **WARNING**

This product may contain chemicals known to the State of California to cause birth defects or other reproductive harm. For more information on Proposition 65 chemicals, please visit: <https://www.p65warnings.ca.gov/>



## Intellectual Property Rights



**ULTRAHUMAN, ULTRAHUMAN RING, ULTRAHUMAN R1 AND ULTRAHUMAN LOGO** depicted above are trademarks or registered trademarks of Ultrahuman Healthcare Private Limited. Patented and patents pending. © Ultrahuman Healthcare Private Limited 2020-2023. All rights reserved.

## Regulatory

### USA



#### **FCC ID: 2A99X-ULTRAHUMAN01**

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.



## FCC COMPLIANCE STATEMENT FOR THE ULTRAHUMAN RING

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.

# **ULTRAHUMAN**

- Connect the equipment to 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.

Warning: Changes or modifications to this device not expressly approved by Ultrahuman could void the user's authority to operate the device. Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits.

## **Responsible party for FCC Compliance:**

Stelcore Management Services LLC  
Suite 4000, 17 State Street, New York,  
NY 10004 USA [USAsupport@stelcoregroup.com](mailto:USAsupport@stelcoregroup.com) | +1 302  
261-5337

## **CHARGER**

This device complies with Part 18 of the FCC Rules.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This equipment has been tested and found to comply with the limits for an ISM device, pursuant to Part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

# **ULTRAHUMAN**

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.

Shielded cables must be used with this unit to ensure compliance with the Class B FCC limits. This RF lighting devices may cause interference to radio equipment and should not be installed near maritime safety communications equipment or other critical navigation or communication equipment operating between 0.45-30 MHz.

This device complies with Part 18 of the FCC Rules. Operation is subject to the condition that this device does not cause harmful interference.



**WARNING:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## **CANADA**

# IC

### **IC: 30138-ULTRAHUMAN1**

This device contains licence-exempt transmitter(s)/ receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

# **ULTRAHUMAN**

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)  
Le présent appareil (IC: 30138-ULTRAHUMAN1) est conforme aux CNR d'Innovation, Science et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## **RF EXPOSURE SAFETY**

This product is a radio transmitter and receiver. It is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the ISED. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Ce produit est un émetteur et un récepteur radio. Il est conçu pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) établie par l'ISDE. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

## EU and UK



### **DECLARATION OF CONFORMITY:**

Ultrahuman hereby declares that this device is in compliance with essential requirements and other requirements under

1. EN 50566:2017
2. ETSI EN 300 328 V2.2.2 (2019-07)
3. IEC 62368-1:2018 / EN IEC 62368-1:2020 +A11:2020
4. ETSI EN 301 489-17 V3.2.4 (2020-09)
5. (ETSI EN 301 489-1 V2.2.3 (2019-11))
6. ETSI EN 301 489-1 V2.2.3 (2019-11) (EN 55032:2015)
7. ETSI EN 301 489-1 V2.2.3 (2019-11) (EN 61000-4-2:2009)
8. ETSI EN 301 489-1 V2.2.3 (2019-11) (EN 61000-4-3:2006+A1+A2)

### **AND FOLLOWING DIRECTIVES**

1. The electromagnetic compatibility (EMC) Directive 2014/30/EU
2. ROHS Directive 2011/65/EU with Amendment (EU) 2015/863
3. Waste electrical and electronic equipment (WEEE) Directive 2012/19/EU
4. The radio equipment directive 2014/53/EU



If you wish to request a CE Declaration of Conformity or UK CA Declaration of Conformity, kindly send an email to [ring@ultrahuman.com](mailto:ring@ultrahuman.com).

## JAPAN



**R**012-230007

Ultrahuman Ring has been granted certification in accordance with provision of article 38-24 of the Radio Law.

## INDIA

# WPC

The image shown above signifies that Ultrahuman Ring is compliant of WPC standards.

## TAIWAN



CCAP24LP0330T0



CCAP24LP0340T0

**UAE**



The icon shown above signifies that Ultrahuman Ring is ECAS - ROHS compliant.



The image shown above signifies Ultrahuman Ring is TDRA compliant.

## **NEW ZEALAND AND AUSTRALIA**



Power supplies provided with, or for use with, specific electronic (IT, audio, video) equipment:

- Relevant safety standard AS/NZS 62368. 1.
- The certificate and instructions are required to specify 'for use with audio equipment', or 'For use with video equipment' or 'For use with information technology equipment' or 'For use with audio, video, information technology equipment' as appropriate.

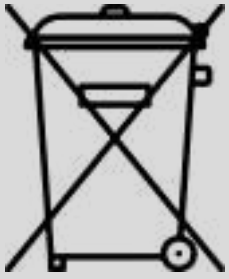
## **RoHS Compliance**



As part of restricting harmful substances from our products, Ultrahuman Ring and charger conform to the strict requirements of Restriction of the use of certain Hazardous Substances in Electrical and Electronic Equipment of the E-Waste (Management) Rules, 2016, also known as the RoHS Directive.



## DISPOSAL AND RECYCLING INFORMATION FOR ULTRAHUMAN RING AND CHARGER.



The icon shown above signifies that when your product and/or battery has reached the end of its useful life, it should not be disposed of as normal waste. Rather, it must be deposited at a designated collection center identified by local authorities to ensure its appropriate recycling and disposal. This will assist in conserving resources while giving priority to the safeguarding of the environment and human health through proper recycling methods.



## Technical Specifications (Ring)

### Materials

- Durable titanium
- PVD Coating
- Non-allergenic, non-metallic, seamless inner molding
- Water resistant up to 100m/328 ft.

### Weight & Dimensions

- Width: 8mm
- Thickness: 2.45mm
- Weight: 2.45 to 3.6 grams (depending on ring size)

### Connectivity

- Bluetooth Low-Energy
- Automatic firmware updates via Ultrahuman App
- EMF-Safe

### Battery & Power

- Up to 4-6 days of battery life
- Full charge in 2-3 hours

### Sensors

- Photoplethysmography (PPG) sensor (For HR and Blood oxygen)
- Skin temperature sensor (Far infrared sensor)
- 6DOF Motion sensor

## Other key specifications

- Operating temp: -5 to 50 deg .C
- BLE transmission power: 0 dBm (1mW)
- BLE frequency: 2402 to 2480MHz

## Technical Specifications (Charger)

### Materials

- Aluminum
- PC plastic
- Silicone rubber

### Weight and dimensions

- Width: 40mm
- Length: 40mm
- Height: 20mm
- Weight: 25, +/- 2 grams (depending on sizes)

### Power supply

- 5 Volts DC and between 0.25 Amps to 1 Amps.



In case of any queries, please write to  
[feedback@ultrahuman.com](mailto:feedback@ultrahuman.com)

2nd and 3rd floor, 49/1 49/3 Plot no. 4 Khatha no.  
1106, A.M. Chambers, Garvebhavipalya 7th Mile Hosur  
Road, Bengaluru, Bengaluru Urban, Karnataka,  
560068

Ultrahuman Healthcare SP LLC, 4th floor, Etihad  
Airways Center, Al Raha, Al Muneera, Abu Dhabi, UAE

Ultrahuman Healthcare Limited, 5 New Street Square,  
London, United Kingdom, EC4A 3TW

Designed in France, UAE, India

*Adhit Shet*

Adhit Shet (01 October, 2025 11:25:21 UTC)



<b>CONTRACT NAME</b>	Exec Att. 5 Ultrahuman AIR User Manual (1)
<b>CONTRACT ID</b>	cc342b42-28ce-42fb-b06c-11831c06d26a
<b>STATUS</b>	Executed
<b>DATE TIME FORMAT</b>	DD MMMM, YYYY HH:mm:ss Timezone
<b>TIMEZONE</b>	UTC

CONTRACT HISTORY



SENT

Sent for Signature to **Adhit Shet** (adi@ultrahuman.com) by **Firoz Berly** (firoz.berly@ultrahuman.com).

**01 October, 2025 11:08:17**  
UTC  
IP: 103.149.158.6



SIGNED

Signed by **Adhit Shet** (adi@ultrahuman.com).

**01 October, 2025 11:25:22**  
UTC  
IP: 83.110.105.148  
Location unavailable



EXECUTED

This document has been signed and executed by all parties.