NC° Ring

User Guide

Model number: NC-RI01-WA

Introduction

Please read and save these instructions

Thank you for purchasing the NC° Ring. Please read these instructions carefully to ensure proper use and safe operation of your device. If you have any questions or feedback about NC° Ring, contact Customer Support at help.naturalcycles.com.

Intended use

The NC° Ring is used for the collection of various biomarker data and is intended to promote a healthy lifestyle.

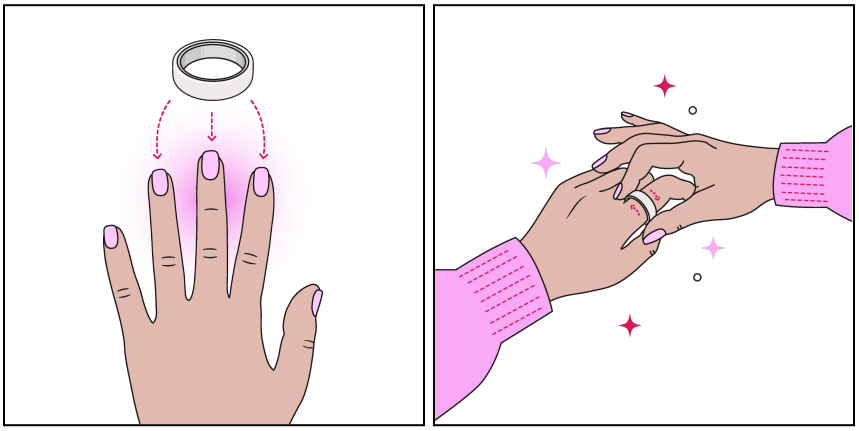
Warnings and cautions

- This product is not intended to diagnose or treat any health problem or disease and should not be used as a substitute for the consultation and advice of a physician or other medical professional.
- Keep the device away from sources of high levels of powerline magnetic fields to reduce the likelihood of interference.
- The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the device.
- Use of accessories, transducers, and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 inches (30 cm) to any part of the equipment, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.
- Do not replace a battery with an incorrect type that can defeat a safeguard, dispose of a battery into fire or a hot oven, or mechanically crush or cut a battery, which can result in an explosion or fire.
- Do not leave a battery in an extremely high temperature environment that can result in an explosion or the leakage of flammable liquid or gas.
- Do not subject a battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

- Do not subject the battery to extremely high or low temperatures or low air pressure at high altitude during use, storage, or transportation.
- Do not attempt to modify or disassemble the device; unauthorized modifications may damage the device and violate regulations governing radio devices.

Precautions

- This device uses Bluetooth Low Energy 5.2 to interact with a dedicated iOS/Android smartphone app.
- For cleaning and disinfecting, please see the Care and Cleaning section.
- Keep out of reach of young children and pets.
- Do not use the ring if there are signs of damage or after a drop/shock that might have caused damage. If damaged, do not attempt to repair. Please contact Customer Support at help.naturalcycles.com.
- Do not store in direct sunlight or at extremely high temperatures.
- The use of heat and cold-producing devices, such as electric heating blankets, heating pads, or ice packs, may impair the performance of the device and increase the risk of injury to the user.
- The manufacturer recommends using a password on your smartphone to protect sensitive data.



Operating your NC° Ring

When NC° Ring is placed in its charger for the first time and charging starts, it exits the shipping mode and starts seeking a Bluetooth connection. The device can then be visible in the Natural Cycles mobile application, and pairing can take place. Once paired, the device is ready for use. If NC° Ring does not pair within two minutes, the connection may have timed out, and it's necessary to remove NC° Ring from its charger and then place it back to restart the pairing process.

The NC° Ring has been designed to be used on the index, middle or ring finger. The device has more than one temperature sensor, which allows it to move on the finger without issues. Use the smallest size that fits comfortably on your chosen finger.

Syncing data with the Natural Cycles app

You can sync the data collected by NC° Ring to your phone right when you wake up or later in the day by following the instructions in the Natural Cycles app. Once you open the app, the data will be transferred via Bluetooth.

Data syncing troubleshooting

If you have issues syncing your data from the device to the NC° app, please visit https://help.naturalcycles.com/ or scan the QR code below to find the instructions relevant to your device.

Maintaining your NC° Ring

Care and cleaning instructions

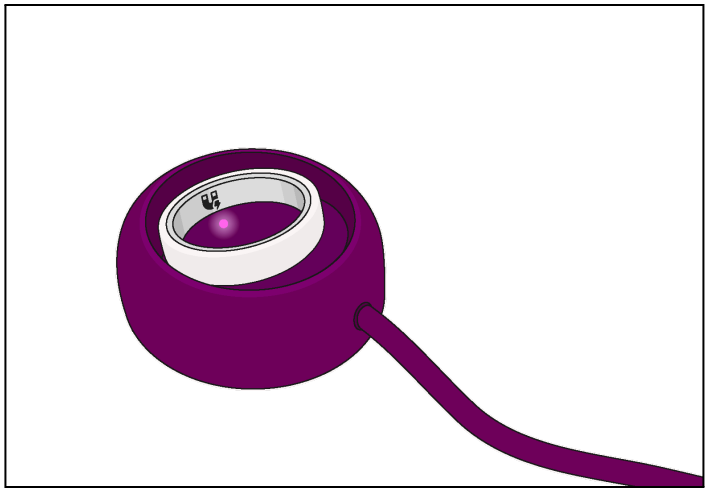
Avoid contact with harsh chemicals or rough surfaces — especially metal — to keep the device looking and performing its best.Keep away from heating pads, saunas, or direct sunlight when storing.

Rinse under running water with a mild detergent. Take time to clean the inside of the device where the sensors are located. Dry thoroughly and leave to air for a few minutes before wearing again.NC° Ring is water resistant and can be worn while washing hands, in the shower, or when swimming.

Charging NC° Ring

Battery status is shown within the Natural Cycles app. There is also the option to enable battery reminders. The device is charged using a wireless charger attached to a USB-C connector. The package does not include a USB-C power adapter.

Connect the USB-C cable to a power source. Place NC° Ring in its charger so that the device markings on the inner surface of NC° Ring face downwards. The charger and NC° Ring have magnets to guide the device to an optimum position for wireless charging.



The charger has an LED that is constantly lit when the ring is correctly placed. It will remain lit even when the charging is complete. Charging from empty to full battery takes about an hour. It is recommended to charge NC° Ring regularly.

Product specifications

Input (charger)	5V 1A
Battery Nominal Voltage	3.78V DC
Battery Type	Lithium Polymer
Battery Charging Time	Approximately 1 hour
Measurement Range	+20 to +50℃ (68-122°F)
Skin Contacting Materials	Metal: AISI 316L Plastic: SikaBiResin PX280
Operating Temperature	-10°C to +50°C (14-122°F)
Charging Temperature	+10°C to +45°C (50-113°F)
Ring Dimensions (inner circumference)	Size 6: 51.9mm (2.04in) Size 7: 54.4mm (2.14in) Size 8: 57.0mm (2.24in) Size 9: 59.5mm (2.34in) Size 10: 62.1mm (2.44in) Size 11: 64.6mm (2.54in) Size 12: 67.2mm (2.65in)
Weight	Between 1.9g / 0.067 ounces (size 6) and 2.5g / 0.088 ounces (size 12)
Water-resistance	Up to 100m (~330ft)
Memory Function	220 hours of data

Troubleshooting

Performance may be affected should one or more of the following errors occur. If you encounter other errors, please contact Customer Support.

Error	Problem/Cause	Solution
My device is not connecting to the app	If your NC° Ring is not connecting to the Natural Cycles app on your iOS or Android device, it could mean that it is out of reach, out of battery, or asleep.	Please try the following troubleshooting steps: 1. Close the NC° app 2. Place NC° Ring onto its charger 3. Turn Bluetooth off in your phone's settings, wait 5 seconds, then turn it on again 4. Open your NC° app again and let the app try to find your device automatically. If the above doesn't work, go to phone settings ➔ Bluetooth — if NC° Ring is listed, tap (i) ➔ Forget this device, then try again.: If you are still having issues, please contact Customer Support.
My device has data even though I have not worn it	If the temperature is >= 30 Celsius degrees, the ring will start recording. Data recording starts and stops based on temperature.	Do not store NC° Ring in a place where temperature may exceed 30°C (86°F)
My data isn't syncing	This can happen for a number of reasons, including your device running out of battery or not connecting to the app.	We recommend wearing your device to bed with sufficient battery charge, checking the app and NC° Ring are connected, and that your device is fully set up. If this problem persists, please contact Customer Support.
My data is shown as invalid	The invalid data error can be displayed for a number of reasons. These include a sensor malfunction, an issue with data transfer or problems while measuring.	Contact Customer Support.

Technical specifications for connection of NC° Ring and the Natural Cycles application (optional and only intended for users over the age of 18)
Please see smartphone and smartphone application labeling for information regarding the use of the smartphone and app.

Smartphone requirements	Smartphone running Android OS (version 11 or above) or iOS (version 17 or above)
Bluetooth version number	Bluetooth LE V5.2
Frequency range	2402 - 2480 MHz
Max. transmission power/dBm	<= 0dBm

FCC REQUIREMENTS FOR OPERATION IN THE UNITED STATES

FCC information for the user

This product does not contain any user-serviceable components and is to be used with approved, internal antennas only. Any product changes or modifications will invalidate all applicable regulatory certifications and approvals.

FCC guidelines for human exposure

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

Federal Communications Commission statement

This device complies with Part 15 and Part 18 of the FCC Rules. Operation is subject to the following two conditions:
• This device may not cause harmful interference, and
• This device must accept any interference received, including interference that may cause undesired operation.

FCC radio frequency interference warnings & instructions

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 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 methods:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an electrical outlet on a circuit different from that which the radio receiver is connected
• Consult the dealer or an experienced radio/TV technician for help

FCC caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC ID: 2BT6JNCRI01WA

Innovation, Science and Economic development Canada (ISED) regulatory information:

This device complies with RSS-247 of the Innovation, Science and Economic Development Canada (ISED) 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.

Ce dispositif est conforme à la nor me RSS-247 d'Innovation, Sciences et Développent Économique Canada applicable aux appareils radio exempts de licence. Son fonctionnement est sujet aux deux conditions suivantes: (1) le dispositif ne doit pas produire de brouillage préjudiciable, et (2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable

Radiation exposure statement:

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.

NOTE IMPORTANTE: Déclaration d'exposition aux radiations:

Ce produit est unemetteur-recepteur radio. Il est concu pour ne pas depasser les limites d'emission applicables en matiere d'exposition aux radiofrequences (RF) fixees par l'ISED.
Cet emetteur ne doit pas etre installe ou fonctionner conjointement avec une autre antenne ou un autre emetteur.

IC: 35391-NCRI01WA

EU Declaration of Conformity
NaturalCycles Nordic AB declares that the radio equipment is in compliance with the RED Directive 2014/53/EU. The full text of the EU declaration of conformity is available at help.naturalcycles.com.

Warranty information
The manufacturer provides a warranty of 1 year, starting from the date on which the hardware product and accessories are sold to the user. In some regions, local laws may require a longer warranty period. When reviewing your case, our Customer Support Team will apply the coverage required by your country's regulations.
The warranty only covers defects in material or workmanship.
The repairs under warranty may only be carried out by an authorized service center. When making a claim under the warranty, the original bill of purchase (with purchase date) must be submitted.
The warranty will not apply in cases of:
- Normal wear and tear
- Incorrect use, e.g. overloading of the appliance, or use of non-approved accessories
- Use of force, damage caused by external influences
- Damage caused by non-observance of the user manual, e.g. connection to an unsuitable mains supply or non-compliance with the installation instructions
- Partially or completely dismantled appliances

Software updates
The device will periodically receive software updates, in terms of bugs, issues or feature changes. Device software updates will be available in the Natural Cycles app.

Proposition 65 warning
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/

Explanation of symbols

	This product is compliant with Directive 2012/19/EU (WEEE, Waste Electrical and Electronic Equipment). Electronic equipment and batteries do not belong in household waste. They must be disposed of at appropriate collection and disposal points.
	Reference Number
	Lot Number

Name of the manufacturer:
NaturalCycles Nordic AB

Address of the manufacturer:
Sankt Eriksgatan 63b
112 34 Stockholm
Sweden

Contact information:
www.naturalcycles.com

Device name:
NC° Ring

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