

## Product Safety & Use

This reference guide covers: best practices and key information to keep in mind while using your aaboRing, safety information, and product specifications.

### General Use

You can wear your aaboRing 24/7 and keep getting insights of your health and wellness. It's built for all-day use with comfort.

We recommend wearing your aaboRing on your non-dominant hand. By doing so, you'll limit friction (and scratches to your ring) with items and surfaces you grab and touch each day.

We don't recommend wearing your aaboRing adjacent to other rings as this may cause discomfort or unintended scratching.

The aaboRing is water resistant up to ~330 ft. (100m). aaboRing's water resistance grade applies to normal usage—meaning, you can wear it while partaking in recreational diving (e.g., snorkeling). However, we don't recommend using your ring while scuba diving or keeping it submerged underwater for over 12 hours.

If your skin can take the heat or cold, your aaboRing can, too. Hot tubs, saunas, ice baths, and cryotherapy tanks are all safe. aaboRing's operating temperature ranges from (-10)°C – 52°C / 14°F – 125°F

The seamless inner molding of your ring is non-allergenic and non-metallic.

### Data Safety & Updates

aaboRing employs data encryption, which ensures secure pairing of your ring and app. This means your personal data will be kept fully secure in case an external party ever gets a hold of your ring.

The aaboRing App is available on the App Store and Google Play Store. To enhance features & functions, we shall release app updates which can be updated thru respective app stores. aaboRing firmware updates are accessible directly from your aaboRing App.

If you're no longer using an old ring, we ask that you perform a factory reset on it first, and pass it along to a friend or family member. Otherwise, we ask that you please repurpose it, or dispose of both the ring and internal battery in accordance with your local laws and regulations. Special handling may be required. The charger is an electronic device and local legislation for electronics recycling should be followed.

### Memory Capacity

We recommend you sync your ring daily with your aaboRing App. However, the aaboRing is capable of storing up to one week of data depending on the type and frequency of use. This means that your ring can continue to collect data without syncing to your device for up to one week.

### Battery & Charging

aaboRing has a rechargeable 15mAh (US6) - 22mAh (US13) Lipo battery, it is not user replaceable and can be only done at service centers.

A fully charged ring will last, on average, 4 to 7 days depending on usage. Battery life will vary depending on how often you use during the day or run live features and also the lifespan of your ring.

A full charge will take anywhere between 10-90 minutes depending on the starting charge level. Ring comes with USB charging cable with magnetic connector.

Charging in room temperature is recommended. Do not charge the ring in humid environments like bathrooms.

Charger power cable/voltage: USB-A to Magnetic connector, uses USB nominal 5V.

Please use external 5V DC adapter that complies with EN/ IEC 62368-1 international safety standard. The power available to the equipment must never exceed 15W after 3 seconds.

### **Care & Maintenance**

To clean your aaboRing, you can rinse it with a small amount of mild dish soap and water. Remember to thoroughly dry your hands and your aaboRing before placing it back on your finger.

Hand sanitizer is safe to use with the aaboRing.

If you're following more stringent hand washing protocols, you can follow the same steps you would with other jewelry and remove your ring while scrubbing your hands to give the ring a separate cleanse.

Try to avoid wearing the ring while strength training, working with a shovel or other heavy tools, and carrying heavy objects made of metal, ceramics, or stone. In addition, try to avoid wearing the ring next to other rings or objects made of metal, ceramics, stones, or diamonds. The aaboRing may get scratched and can itself scratch softer metal jewelry or other objects in close contact with the ring, such as phone covers made of gold, silver, or aluminum. Some ceramic phone covers with a soft coating may also get scratched.

Don't leave the ring exposed to heat for extended periods.

Don't puncture the aaboRing or its battery.

### **Tips for Removing a Stuck Ring**

Your finger size can vary depending on the time of the day, food and beverage you've recently consumed, rigorous exercise you've recently completed, and changes in altitude. In these cases, it may be difficult to remove the ring from your finger.

In case your ring gets stuck:

Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it. Hold your hand up above your heart until the blood pressure gets lower, and then try to remove it.

In cases of emergency, discomfort, or if you can't remove the ring yourself, seek immediate medical attention.

### **Safety Information**

Please note that aaboRing Services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information and guidance in aaboRing Services are there for informational purposes only and cannot replace the services of health professionals or physicians. You should always consult a physician if you have any questions regarding a medical condition or any changes you intend to make to your sleep or activity based on information or guidance from aaboRing Services. Never disregard or delay in seeking professional medical advice because of something you've read from aaboRing Services. aaboRing is not responsible for any health problems that may result from information or guidance you receive from aaboRing Services. If you make any change to your sleep or

activity based on aaboRing Services, you agree that you do so fully at your own risk. It is important to be sensitive to your body's responses. For example, if you feel unexpected, repeated, or long term pain, fatigue or discomfort due to having made changes to your sleep or activity, it is recommended that you consult a physician before continuing with such changes. The information and guidance in aaboRing Services may be misleading if your physiological functions and responses differ significantly from population averages due to medical conditions or rare natural differences.

### **Precautions**

Keep the ring away from children. This product is not intended for individuals under the age of 18. Seek immediate medical attention if you know or suspect that a child has swallowed the ring.

The aaboRing uses infrared (IR), red, and green light-emitting diodes (LEDs). These lights do not pose a health hazard.

Please avoid handling batteries, or working on devices with machinery that contain batteries while wearing your aaboRing. In certain cases, where both the cathode and the anode of another battery touch the ring, there is a risk of a short circuit which is similar to standard metallic rings. This can result in a potentially dangerous shock. Please take the proper precautions to avoid these situations.

If you experience redness or skin irritation on your finger due to the ring or any other Linktop product, remove it immediately. If symptoms persist longer than 2-3 days of not using your Linktop product, please contact a dermatologist.

Please be cautious when moving heavy objects while wearing your ring to prevent it from getting caught on any fixed structures.

### **Product Specifications**

#### **External Surface Materials**

Titanium with physical vapor deposition (PVD) coating in Silver/ Black/ Gold/ Rose Gold color.

#### **Inner Surface Materials**

Non-allergenic, non-metallic seamless inner molding. This is a medical grade, BPA-free inner surface, it is shock resistance and bonding between printed circuit board and ring outer frame

#### **Connectivity**

Bluetooth Low Energy

CE and FCC certified

#### **Other Specifications**

Width: 7.9mm

Thickness: 2.8mm

Weight: 4-6 grams (depending on ring size)

#### **Information on EMF**

The aaboRing is a Bluetooth, class 2 device. Bluetooth is only active during a small portion of each day—well below 1%. Data is transmitted continuously when the ring is syncing with the app and during firmware updates.

The limit for Specific Absorption Rate (SAR) for a device like the aaboRing is 2.0 W/kg for head and body. The aaboRing's SAR level is 0.0004 W/kg.