

aaboRing FAQ

Q: In which finger do I have to wear aaboRing?

A: For optimal performance and accuracy, we recommend you to wear your aaboRing on your index finger. If you prefer another finger, the middle or ring fingers are the next best, but try to avoid fingers with large knuckles (where the base of your finger is narrower than the knuckle) as sensors may not touch your finger all the time or small size of ring will not go thru knuckles.

Q: How to select the right size of the ring?

A: Everyone's finger size is different, so you need to carefully select the right size of the ring. Sensors must always remain in touch with palm side of your finger and ring must not rotate easily. Refer to the size checking guidelines in product images. Alternatively, ask your jeweler to provide your ring size.

Q: Is there any orientation for wearing the ring?

A: Ensure that the sensor bumps inside the ring sizer should be on the palm side of your finger.

Keep in mind, LED sensors located inside the aaboRing, which are used to detect and track your body signals. Without proper ring orientation, aaboRing may not be able to share accurate data with you.

Q: How accurate are results of aaboRing?

A: aaboRing uses research grade sensor which offer 98% accuracy on HRV and 99% for heart rate. It also offers accurate results of SPO₂, respiratory rate and sleep pattern.

Q: What is the battery life of aaboRing?

A: With full charge, aaboRing can work upto 7 days, the battery life depends on the usage of other manual parameters of the ring.

Q: Can I wear aaboRing 24x7 throughout a day?

A: Yes, aaboRing is meant to be worn throughout the day, including while bathing, working, etc.

Q: Is aaboRing waterproof?

A: aaboRing is IPX68 and can be submerged upto 100 meters underwater.

Q: I am wearing smartwatch which offers similar parameters, in that case do I need aaboRing?

A: There are many types of smartwatches meant for entertainment & communication or Fitness or Fitness & Wellness. Fitness & wellness watches are closest fit to aaboRing, however there are following differences between watches and aaboRing,

- Finger signals are stronger than those at wrist
- Wearing watch at night may not be comfortable
- Many watches are not waterproof and hence can not be worn while bathing, swimming, diving.
- There is no finger temperature measurement possible with watches

aaboRing can work as complementary to your smartwatch.

Q: aaboRing is made up of which metal?

A: aaboRing is made of Titanium which is durable and light. It is made up of non toxic, non allergic inside PVD coating

Q: How to read & interpret aaboRing results?

A: aaboRing gives daily 2 scores - Sleep Score and Readiness Score, these are derived with proprietary algorithm using various body parameters readings. Based on expert recommendations, we have zoned them into Green, Orange and Red for better understanding. However we recommend not to adapt any changes or medications without consultations of physicians.

Q: Is my data secure?

A: aaboRing communicates to only apps which are bound and communicates securely.

Q: can aaboRing help in diagnosis of sleep apnea, insomnia or other sleep related issues?

A: aaboRing provides the sleep pattern, resting heart rate, heart rate variability, SPO2 & respiratory rate during sleeping. These parameters can be better analysed by sleep experts & doctors for further diagnosis.

Q: Does aaboRing help in period prediction & ovulation cycle?

A: aaboRing measures variation in finger temperature during the night. Hormonal changes cause variation in finger temperature. The readings of finger temperature variations may be referred to medical professional to get right indications.

Q: Which operating system of Android and iOS are compatible with aaboRing?

A: aaboRing is compatible with Android 6.0 or Higher and iOS 11.0 or Higher.

Q: How can I use my aaboRing if I change my phone?

A: aaboRing is bound to a phone, if you change the phone you need setup your aaboRing with changed phone. You need to follow the following steps;

- connect aaboRing to charger,
- install aaboRing app
- login with your account credentials
- select the aaboRing
- It will bind your aaboRing to the phone.

Q: What is the warranty of aaboRing?

A: aaboRing comes with 1 year manufacturer's warranty. Warranty covers malfunctioning, electronic failure of the ring. It does not cover scratches on surface, mechanical damage.

Q: Can aaboRing used by more than one person in family?

A: Since aaboRing tracks body vital on daily basis and makes analysis based on weekly, fortnightly data gathered by ring so when data of someone else is registered it may represent incorrect scores and insights.

Q: What about data privacy?

A: We understand the importance of your data. We do not share, sell the data too third party. We do use data on anonymous basis for our research, AI analytics & for algorithm building.