

HEALTHY



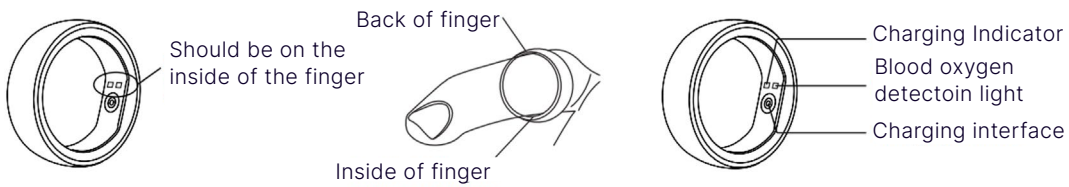
Healthy Ring, Sizing Tips

1. CHOOSE YOUR FINGER

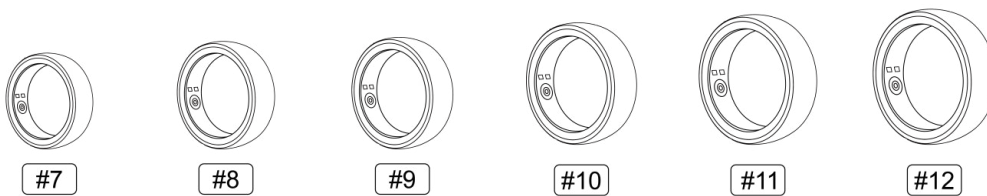
For the best performance and accuracy, we recommend wearing your Healthy Ring on your index finger. If you'd prefer another, the middle and ring fingers can work as well. Avoid fingers where the base is narrower than the knuckle.

2. ENSURE A COMFORTABLE FIT

The sensor inside your ring should be on the palm side of your finger. The ring should fit securely and comfortably around your finger's base.



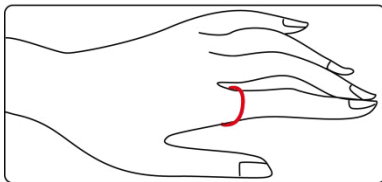
3. MULTIPLE SIZE NUMBER



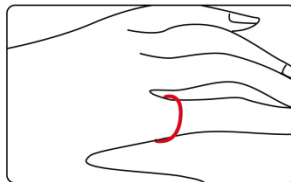
AMERICAN SIZE NUMBER	INNER DIAMETER (mm)	CIRCUMFERENCE (mm)
#7	17.3	54.3
#8	18.1	56.9
#9	18.9	59.4
#10	19.8	62.2
#11	20.6	64.7
#12	21.4	67.2

4. HOW TO MEASURE THE SIZE OF YOUR FINGER

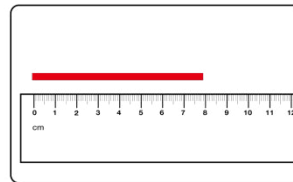
The inner Circumference of the ring equals the Circumference of your fingers.



Please use non-elastic rope



Pull up



Levelling