Hama One Smart ring activity tracker IP68 Black

Model: 00178645

Manufacturer: HAMA

EAN: 4047443555830

Product Code: 1605039

R3,628

Smart ring with notification

Unobtrusively up to date: vibrations indicate incoming calls, messenger apps, reminders, wake-up calls or unusual readings – settings are customisable

Intuitive smart ring app

Easy to use: the "Hama Active" smart ring app provides a quick overview of, for example, health data and sleep quality — data that brings clarity

Quality assurance-tested app

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This is an app you can rely on: "Hama Active" is quality assurance-tested and every function has been extensively checked in Germany

Minimalist, timeless design

Elegant look, robust stainless steel: elegant smart ring in black with a high-quality matt finish - also fits the deliberately analogue style without a smart watch, perfect for everyday wear and sports

Sleep ring with analysis

Smart ring with sleep measurement: monitors light and deep sleep, REM (dream sleep) and waking phases - with sleep quality assessment

Heart rate, SpO2, VO2max, heart rate variability, steps

Pulse ring with many measured values: including heart rate (active, resting, sleep), blood oxygen, max. oxygen uptake, heart rate variability, pedometer, calorie consumption

Calculation of training readiness

Understand your body, train better: sleep quality, heart rate variability, blood oxygen, temperature and stress form the recovery score - better plan, analyse and optimise work, training and recovery

Sport types to choose from

Strength training, tennis or yoga: choose from 120 types of sport and obtain an analysis based on your choice

Measures the temperature

Recognise fever earlier: the fitness ring measures skin temperature and provides early indications of an elevated temperature

Water protection to IP68 and 5 ATM

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Whether jogging in the rain, showering or swimming in the lake: the smart ring is water-resistant to IP68 and 5 ATM and is suitable for many activities in rain or snow

Relaxed charging in the charging case

Even the storage is smart: conveniently recharge the smart ring via the magnetic charging tray - to 100 per cent for up to 4 days’ run time in under 2 hours

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