

BIEMHA VR11 Smart Ring: Health Tracker with Sleep & Exercise Monitoring for Men and Women

QUICK BUYER GUIDE



Ideal for health-conscious individuals tracking sleep and fitness with no subscription fees

At a Glance Specs

 **WATERPROOF RATING**
Resists water up to 80 meters

 **BATTERY LIFE**
5-day battery with charging case extending to 20 days

 **CONNECTIVITY**
Bluetooth pairing for iOS and Android devices

 **HEALTH FEATURES**
Monitors heart rate and blood pressure every 30 minutes

 **SUBSCRIPTION**
No ongoing app subscription required

 **COMPATIBILITY**
Adjustable fit for most finger sizes

Who It Is For

-  Wants real-time health tracking
-  Seeks no subscription fees
-  Needs waterproof device
-  Tracks sleep and exercise
-  Prefers long battery life
-  Looks for Bluetooth connectivity

Who It Is Not For

-  Requires GPS tracking
-  Needs app subscription
-  Wants frequent charging
-  Prefers shorter battery life
-  Looks for water resistance below 80m

Trade Offs to Consider

-  Battery life limited to 5 days
-  No GPS functionality
-  Requires manual size measurement
-  No app subscription but limited features

How It Compares

- No GPS but offers waterproofing
- Longer battery than most trackers
- No subscription fees
- Requires manual size measurement

Choose This If...

- ✓ Tracks sleep and exercise
- ✓ No subscription fees
- ✓ Waterproof up to 80m
- ✓ Long battery life

Skip This If...

- × No GPS functionality
- × Requires manual size measurement
- × Limited battery life without charging case



Learn More



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[BIEMHA Smart Ring VR11 Review: Health Tracking and Wearability Analysis](#)



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