

# GYSOA R11M Smart Ring Fitness Tracker

## QUICK BUYER GUIDE



Fitness enthusiasts tracking heart rate sleep and steps with non-medical health monitoring

### At a Glance Specs



**WATERPROOF RATING**

**IP68 rating for water resistance**



**BLUETOOTH CONNECTIVITY**

**Syncs with iOS and Android devices**



**BATTERY LIFE**

**18 amp-hour lithium polymer battery**



**STORAGE CAPACITY**

**1 MB internal memory for data storage**



**HEALTH METRICS**

**Tracks heart rate blood oxygen and activity levels**



**COMPATIBILITY**

**Requires 12V battery with included power source**



## Who It Is For

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- ✓ Users tracking daily activity levels
- ✓ People needing waterproof fitness wearables
- ✓ Android and iOS device owners
- ✓ Individuals monitoring sleep patterns



## Who It Is Not For

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- ✗ Medical professionals requiring diagnostic tools
- ✗ Users needing GPS location tracking
- ✗ Those requiring data encryption features
- ✗ People with large finger sizes



## Trade Offs to Consider

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- No GPS capabilities for location tracking
- Limited 1 MB memory storage capacity
- Requires separate battery power source
- Non-medical health data only

## How It Compares

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- Non-medical health monitoring vs medical-grade devices
- Bluetooth sync vs wired connections
- Waterproof design vs water-resistant alternatives
- Basic activity tracking vs advanced biometric sensors

## Choose This If...

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- ✓ Need non-medical health tracking
- ✓ Want Bluetooth device sync
- ✓ Require waterproof fitness wearables
- ✓ Looking for basic activity monitoring

## Skip This If...

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- ✗ Need medical diagnostic tools
- ✗ Require GPS location tracking
- ✗ Want data encryption features
- ✗ Have large finger sizes



## Learn More

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### Read our Review

[Smart Ring Fitness Monitor: Heart Rate, Blood Oxygen, Sleep & Step Tracking, IP68 Waterproof, Unisex, Compatible with iPhone & Android \(Non-Medical\)](#)



### Visit our YouTube Channel

[Wearable Insights](#)



### Visit our Website

[wearableinsights.novicelinks.com](https://wearableinsights.novicelinks.com)