

Mingtawn Smart Ring with Charging Case and 24/7 Health Tracking

QUICK BUYER GUIDE



Ideal for fitness enthusiasts needing 24/7 health tracking and seamless phone control

At a Glance Specs



SIZE OPTIONS

8 Sizes (6-13 US) for precise fit



BATTERY LIFE

3-4 Days per Charge with 0.5-1h Charging



WATERPROOF RATING

5ATM rating for swimming and shower use



CONNECTIVITY

Bluetooth 5.0 for smartphone pairing



WEIGHT





2.5g Ultra-Light Design







CHARGING METHOD

Magnetic Charging Cable Included





Who It Is For

-  Fitness enthusiasts tracking health metrics
-  Users needing phone control without screen taps
-  People prioritizing comfort and discreet wear
-  Swimmers and showerers requiring waterproofing

Who It Is Not For

-  Users without Bluetooth-enabled phones
-  Those needing GPS tracking capabilities
-  Individuals avoiding app subscription fees
-  People preferring bulkier fitness trackers

Trade Offs to Consider

-  Requires regular app updates to prevent disconnections
-  Step count may vary with excessive hand movement
-  Size selection critical to avoid return issues
-  Limited to Bluetooth connectivity only

How It Compares

- Includes free lifetime app subscription
- Thinner design than competitors
- No GPS but offers blood oxygen tracking
- Integrated charging case for portability



Choose This If...

- ✓ Need 24/7 health and activity tracking
- ✓ Want seamless phone control without screen taps
- ✓ Prioritize ultra-light and waterproof design
- ✓ Value included charging case and app subscription

Skip This If...

- ✗ Don't need app subscription benefits
- ✗ Require GPS functionality
- ✗ Prefer bulkier fitness trackers
- ✗ Avoid Bluetooth-dependent devices



Learn More



Read our Review

[Mingtawn Smart Ring 2026 Review: Blood Oxygen, Activity Tracking, and Waterproof Design](#)



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wearableinsights.novicelinks.com