

# RingConn BOR-01 Smart Ring for Women/Men

## QUICK BUYER GUIDE



Fitness enthusiasts seeking no-subscription health tracking for iOS and Android

### At a Glance Specs

 **BATTERY LIFE**  
**7-day battery life with single charge**

 **CONNECTIVITY**  
**Bluetooth 5.0 wireless pairing**

 **SIZE**  
**Pre-sized for ring size 14**

 **WEIGHT**  
**13.4 ounces total weight**

 **COMPATIBILITY**  
**Works with iOS and Android devices**

 **DIMENSIONS**  
**0.91 x 0.91 x 0.3 inch profile**



## Who It Is For

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- ✓ Tracking daily activity and sleep patterns
- ✓ No app subscription required
- ✓ Users needing size 14 ring fit
- ✓ Fitness-focused individuals



## Who It Is Not For

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- ✗ Those requiring GPS tracking
- ✗ Users needing larger ring sizes
- ✗ Frequent battery replacement users
- ✗ Smartwatch enthusiasts



## Trade Offs to Consider

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- Limited to Bluetooth connectivity
- No GPS integration available
- Battery life may vary with usage
- No app-based notifications

## How It Compares

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- No GPS features compared to competitors
- No app subscription required
- Battery life up to 7 days
- Limited to Bluetooth connectivity

## Choose This If...

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- ✓ Need health tracking without app subscription
- ✓ Require size 14 ring fit
- ✓ Prioritize battery longevity
- ✓ Seek simple Bluetooth connectivity

## Skip This If...

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- ✗ Need GPS integration
- ✗ Require larger ring sizes
- ✗ Expect frequent battery replacements
- ✗ Want advanced smartwatch features



## Learn More

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### Read our Review

[RingConn Gen 1 Smart Ring Review: 7-Day Battery, Health Tracking, and Compatibility for 2026](#)



### Visit our YouTube Channel

[Wearable Insights](#)



### Visit our Website

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