

Smart Ring H12 Color Display Fitness Tracker for Men and Women with 5ATM Waterproof and Health Monitoring

QUICK BUYER GUIDE



Health-conscious individuals seeking a waterproof smart ring with 24/7 health tracking and iOS/Android compatibility

At a Glance Specs



OPERATING SYSTEM

Works with iOS 11+ and Android 6+



BATTERY CAPACITY

16 milliamp hour battery life



CONNECTIVITY

Bluetooth wireless sync with apps



SCREEN SIZE

0.25 inch color display



WATERPROOF RATING

5ATM water resistance for swimming



MEMORY STORAGE

64 MB internal storage



SHAPE DESIGN

Medical-grade metal casing



WEIGHT

4.6 ounce wearable device

Who It Is For

-  Fitness enthusiasts tracking workouts
-  Health-conscious users monitoring vitals
-  Waterproof device needed for swimming
-  Multilingual interface required

Who It Is Not For

-  Users requiring GPS navigation
-  Those needing larger display screens
-  Individuals unwilling to measure finger size
-  People prioritizing long battery life

Trade Offs to Consider

- Smaller screen vs. waterproof durability
- Limited battery life vs. comprehensive health features
- No GPS vs. other smart rings
- Requires finger measurement vs. adjustable sizing

Users Say

● POSITIVES

No data available

● COMPLAINTS

-  Finger size measurement required before purchase

How It Compares

- Waterproof vs. non-waterproof alternatives
- Health tracking vs. basic fitness rings
- Color display vs. monochrome options
- Bluetooth sync vs. wired connections



Choose This If...

- ✓ Need 24/7 health monitoring
- ✓ Want waterproof fitness tracking
- ✓ Require multi-language support
- ✓ Seek medical-grade build quality

✗ Skip This If...

- ✗ Need GPS navigation features
- ✗ Prioritize larger display screens
- ✗ Unwilling to measure finger size
- ✗ Demand extended battery life



Learn More



Read our Review

[R12 Color Display Smart Ring Review: 2026 Health and Fitness Tracking Analysis](#)



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