

viohead Smart Ring Health Fitness Tracker

QUICK BUYER GUIDE



Health-conscious individuals seeking 24/7 health tracking without app subscriptions

At a Glance Specs



SIZE MEASUREMENT GUIDE

Includes finger measurement instructions



ACTIVITY TRACKING

Monitors steps, distance, and calories burned



WATERPROOF RATING

5ATM protection for shallow water use



NO SUBSCRIPTION REQUIRED

Data accessed via mobile app without fees



24/7 HEALTH MONITORING

Tracks heart rate and blood oxygen continuously



SLEEP ANALYSIS

Identifies deep, REM, and light sleep stages







BATTERY LIFE

10 days of use with 1-hour charge







Who It Is For

-  People tracking daily activity levels
-  Users monitoring sleep quality
-  Athletes needing heart rate data
-  Swimmers requiring waterproof tracking



Who It Is Not For

-  GPS-dependent outdoor athletes
-  Users needing subscription-based features
-  Those prioritizing large screens
-  People with severe skin sensitivities



Trade Offs to Consider

- No GPS tracking capabilities
- Limited screen size for data viewing
- Requires manual size measurement
- No standalone emergency alerts



How It Compares

- No GPS tracking compared to competitors
- Subscription-free vs. app-based trackers
- Limited screen size vs. larger displays
- Manual sizing vs. automatic fit detection



Choose This If...

- ✓ Need continuous health monitoring
- ✓ Prefer no subscription fees
- ✓ Require waterproof durability
- ✓ Value lightweight design



Skip This If...

- × Need GPS tracking features
- × Prioritize large screen displays
- × Require automatic sizing
- × Need emergency alert capabilities



Learn More



Read our Review

[Smart Ring Health Fitness Tracker Review: 2026 Wearable for Daily Health Monitoring](#)



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