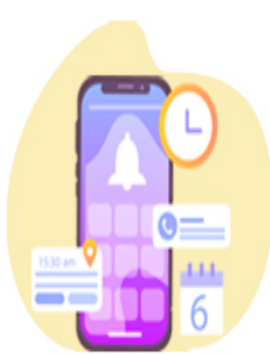# Common Uses Of A — Smart Ring

As a fitness tracker, it helps record the statistics of all your routine physical activities.
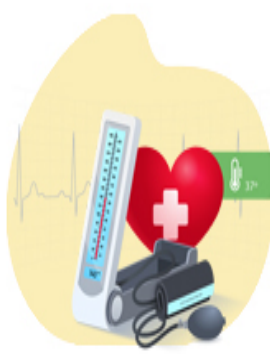
A smart ring with a compact screen can display short texts, notifications, and alerts you receive on your phone.

You can make payments with the help of a smart ring without unlocking your smartphone.

Some smart rings aid you in keeping track of your sleep quality and the number of hours you have slept.

Certain smart rings also note and display your current blood pressure, body temperature, and pulse rate.

Some rings allow you to operate your TV or play music.

Mom Junction