

MOTIV

Syncing your ring

Your Motiv Ring will automatically sync every few minutes as long as your Bluetooth is on, and your ring is charged. You can also manually sync to see the most recent activity data in the Motiv app.

To manually sync your ring, hold your finger horizontally and twist the ring around your finger a few times. Slow and smooth works best. Make sure your phone is nearby so the data can sync via Bluetooth. The LED will flash with a blue light to indicate your data is being transmitted.



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