

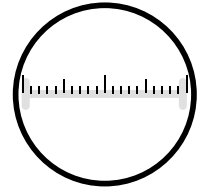
# FIND YOUR RING SIZE



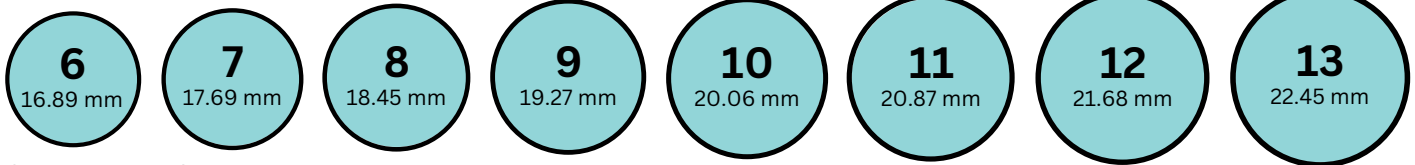
## Measure a ring you already own

1. Choose a Ring you already own: Select a ring that fits comfortably on the intended finger. Smart rings are recommended to be worn on the index, middle, or ring finger of the left hand, or on the hand you use the least.
2. Find the Right Circle: Place your ring over the sizing circles provided on the chart. Match the inside edge of your ring to the circle that most closely matches in size. You can also use your phone screen but make sure you measure the diameter to check if it is correct.
3. Measure the Inside Diameter: The circle that aligns with the inside edge of your ring indicates the ring's inside diameter.
4. Choosing Between Sizes: If your ring falls between two sizes, it's best to choose the larger size for a more comfortable fit.

measure inside diameter



For the most accurate measurement, it's recommended to order the physical Inspiring® size kit.



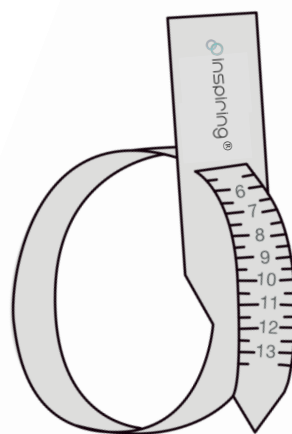
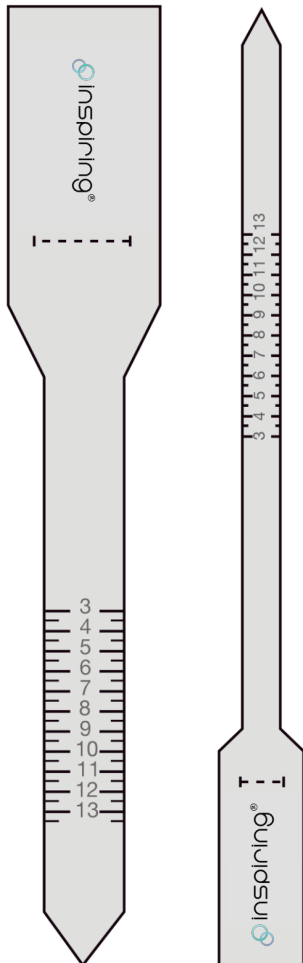
Circles are in US ring size and diameters

## Measure your own finger

1. To ensure your ring fits well, it should be secure on your finger but still able to slide over your knuckle. Because finger size varies with time of day and weather, use these guidelines for the best results:
2. Optimal Measuring Time: Measure your finger in the evening and when it is warm. Fingers are generally smaller in the morning and when cold.
3. Ensure Precision: Measure your finger size 3 to 4 times to get a consistent and accurate measurement.
4. Avoid using string to measure your ring size, as these materials can stretch or twist, resulting in inaccurate measurements.

## Before printing

1. Make sure the Page Scaling setting in your print dialog box is set to "100%" and A4. You can access the print dialog box by pressing CTRL + P.
2. Please note, this ring sizing guide is meant for reference only. For the most accurate measurement, it's recommended to order the physical Inspiring® size kit.



After printing, measure the bar above, it should be exactly 3 cm.

# INTERNATIONAL RING SIZE CHART

Diameter	US	EU	UK	Japan	Hong Kong	Switzerland
16.89 mm	6	52	L½	11	13	12¾
17.69 mm	7	54	N½	14	15	15¼
18.45 mm	8	57	P½	16	18	17¾
19.27 mm	9	60	R½	18	20	19
20.6 mm	10	62	T½	20	22	21½
20.87 mm	11	65	V½	23	25	25
21.68 mm	12	67	X½	25	27	27½
22.45 mm	13	70	Z½	27	29	28¾