BILL'S HOME TECH

Home & Small Business Tech Solutions

An Extended Guide · No. 1676

Does My Smart Ring Work With My Phone? (iPhone & Android)

Which rings pair with iPhone and Android, the Samsung special case, Apple Health and Health Connect, and what to check first

Tech Made Simple — Service Made Personal

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! Read this first — helpful gadgets, not medical devices

A quick, important note before we start. The rings, watches, and earbuds in this guide are everyday consumer gadgets, not medical equipment, and I am a tech helper, not a doctor or a nurse. What follows is plain-English general information to help you understand and set up these devices — it is not medical advice, and it cannot replace your doctor. A wearable can be a helpful extra set of eyes, but it can also miss things or raise a false alarm, so never ignore how you actually feel because of what a gadget says. If you have symptoms or a health worry, call your doctor, and in an emergency call 911. Pairing a ring to your phone is a tech task; what the numbers mean for your health is a question for your doctor.

Will it work with my phone?

A smart ring has no screen. Everything you see comes through an app on your phone. So before you buy, the first question is not 'which ring' but 'will it talk to my phone?'

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. I've spent 30+ years helping people feel at home with their technology, patiently and in plain language. I don't sell rings and I earn no commission, so I have no reason to point you at any one brand.

We'll cover how rings pair over Bluetooth, which ones work with iPhone and Android, why the Samsung Galaxy Ring is a special case, how ring data can flow into Apple Health or Google's Health Connect, and what to check before buying. For a full brand comparison, see our guide on Oura, Samsung, RingConn and Ultrahuman compared.

★ A mismatch is an easy mistake to avoid

Most returns I hear about are 'it will not pair with my phone.' A two-minute check beforehand saves the hassle. Questions? Call or text (330) 200-8042.

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The whole guide, on one page

If you remember only a handful of things, let it be these.

- Every smart ring needs its own app and a Bluetooth connection to your phone.
- Oura, RingConn, and Ultrahuman have apps for both iPhone and Android.
- The Samsung Galaxy Ring is built for Android and works best with a Samsung Galaxy phone; as far as I can verify, it does not support iPhone.
- Some Samsung ring features work only with a Samsung Galaxy phone.
- Many ring apps can share data with Apple Health or Google's Health Connect, but what is shared varies.
- Check the maker's compatibility page for your exact phone model before you buy.

> **One idea to hold onto**
> A ring with no working phone is just jewelry. Check your phone first, buy the ring second.

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How a ring talks to your phone

The ring and the phone talk through Bluetooth, a short-range wireless connection.

The ring stores a few days of readings. When your phone is nearby with Bluetooth on, the maker's app collects them and turns them into charts. You do not hold the phone near the ring all day — you only need it close every so often to sync.

That is why the app matters so much. The ring is the sensor; the app is the screen, the brain, and often the account. Without a working app on your phone, you cannot see your data.

> **Bluetooth is not Wi-Fi**
> Bluetooth is a short-range link between two devices. Keep it switched on in your phone settings, and keep the phone within a room's reach to sync.

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Every ring has its own app

There is no single app that runs every ring.

Ring	Its app	Phone it is built for
Oura	Oura app	iPhone and Android
Samsung Galaxy Ring	Samsung Health, Galaxy Wearable	Android; best with Samsung Galaxy
RingConn	RingConn app	iPhone and Android
Ultrahuman Ring Air	Ultrahuman app	iPhone and Android

Always install the app from your phone's official app store — the App Store on iPhone, Google Play on Android — and check the maker's page for the names and requirements.

> **! Beware lookalike apps**
> Scam apps can imitate real ones. Open the app store link from the maker's own website, not from an ad or a message.

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If you have an iPhone

Plenty of rings welcome iPhone, but one prominent ring does not.

- **Oura:** works with iPhone.
- **RingConn:** works with iPhone.
- **Ultrahuman:** works with iPhone, but confirm it is sold in the US.
- **Samsung Galaxy Ring:** as far as I can verify, it is built for Android and does not support iPhone.

Your iPhone must also be recent enough to run the app. Each maker lists a minimum iPhone and software version on its page; check yours in Settings.

> **! Do not buy the Galaxy Ring for an iPhone**
> Samsung has said the Galaxy Ring does not support iPhone. Confirm on Samsung's current page before you consider it.

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If you have an Android phone

Android owners have the most options, but the details differ by phone brand.

- **Oura, RingConn, Ultrahuman:** have Android apps.
- **Samsung Galaxy Ring:** is built for Android and works with other Android phone brands, but works best with a Samsung Galaxy phone.
- Some Samsung ring features may need a Samsung Galaxy phone.
- Your phone must run a recent enough version of Android.

Android phones from different makers behave a little differently. The maker's compatibility page is the final word for your exact phone.

> **Find your phone's model**
> In your phone's Settings, look under About phone for the model and Android version. Write them down before you shop.

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The Samsung Galaxy Ring is a special case

Samsung's ring has no subscription, but it has the pickiest phone requirements.

The Galaxy Ring works through Samsung Health. It is built for Android and is designed to work best, with the fullest features, alongside a Samsung Galaxy phone. Some features work only with a Samsung Galaxy phone, and it is not meant for iPhone.

If you already carry a Samsung Galaxy phone, it is a very natural match. If you carry another Android phone, check which features you would lose. If you carry an iPhone, look at a different ring.

> **! Read the fine print on features**
> Ask Samsung exactly which features work with your phone. 'Works with Android' and 'works with every feature' are not the same thing.

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Compatibility at a glance

Here it is in one table. Confirm everything on the maker's page.

	iPhone	Android	Samsung Galaxy
Oura	Yes	Yes	Yes
Galaxy Ring	As far as I can verify, no	Yes, fewer features	Best fit
RingConn	Yes	Yes	Yes
Ultrahuman Ring Air	Yes (confirm US sale)	Yes (confirm US sale)	Yes (confirm US sale)

Support can change as makers update their apps, so use this table as a starting point rather than the final word.

> **Screenshot the compatibility page**
> Take a screenshot of the maker's compatibility page on the day you buy. It helps if you ever need to ask for a return.

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Apple Health and your ring

Apple Health is the central place on an iPhone where health apps can share data.

Many ring apps can send some of their data into Apple Health, if you allow it. That can bring your sleep, heart rate, and activity into one place alongside other apps. What gets shared differs by ring and by app version.

Sharing is always your choice. When the app asks permission, read what it wants. You can change those permissions later in your iPhone's Health settings. The ring app, not Apple Health, still does the main work.

> **Share only what you need**
> You can allow some kinds of data and not others. Turn on only the ones you want in one place.

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Health Connect on Android

Health Connect is Android's shared place for health and fitness data.

On many Android phones, Health Connect lets apps exchange health data with your permission. Some ring apps and Samsung Health can connect to it, so your steps, sleep, and heart information can be shared with other apps that you choose.

As with Apple Health, what flows through depends on the specific ring and app. Check the ring app's settings for a 'connect to Health Connect' or similar option, and review its permissions.

> **! Be picky about who gets your data**
> Connecting a health app means that app can read your numbers. Only connect apps you know and trust, and disconnect ones you no longer use.

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Your pre-purchase compatibility check

Five minutes of checking beats a return.

- Write down your phone make, model, and operating system version.
- Open the ring maker's compatibility page and find your exact phone.
- Confirm the ring has an app for your phone (iPhone or Android).
- Ask which features need a particular phone brand.
- Check whether the ring needs a paid membership for full features.
- Confirm the return window in case it will not pair.

> **★ I will check with you**
> Tell me your phone and the ring you are eyeing and I will help you verify the match. Call or text (330) 200-8042.

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Is your phone too old?

An older phone may not run a ring's app, even if the brand is supported.

Ring apps require a minimum version of iPhone software or Android. If your phone has not been updated in a long time, it may be too old. Check the version in Settings, and see whether updating is possible.

If your phone cannot update, a ring may not be a good purchase until you replace the phone. Our guides on simpler phones can help if you are thinking about that.

> **Back up before updating**
> Before updating your phone, make sure your photos and contacts are backed up. I'm happy to help with that.

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What happens when you change phones

A new phone does not mean losing your ring history, if you plan ahead.

- Sign in to the ring app on the new phone with the same account.
- Your history usually lives in your account, not in the phone.
- You may need to pair the ring again.
- Switching between iPhone and Android can complicate things; check the maker's guidance first.
- Switching to a phone the ring does not support means a new ring.

> **! Plan before you leave a phone brand**
> If you are about to switch from Android to iPhone or back, check whether your ring still works with the new phone before you commit.

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Your phone points the way

Your phone narrows the field before price or features do.

If you carry an iPhone

You want a ring that will pair with your iPhone and share to Apple Health.

- Look at Oura, RingConn, or Ultrahuman (confirm US sale).
- Skip the Samsung Galaxy Ring.
- Check your iPhone's software version.
- Check what the ring app shares with Apple Health.

If you carry an Android phone

You have more options, and the Samsung Galaxy Ring joins the list.

- Any of the four may be possible; confirm for your phone.
- Samsung Galaxy Ring works best with a Samsung Galaxy phone.
- Check the Android version and the Health Connect option.
- Ask which features need a Samsung phone.

> **★ Not sure what your phone supports?**
> I can look at your phone with you and check the compatibility pages together. Call or text (330) 200-8042.

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Pairing your ring, step by step

The steps are similar for every brand.

- Charge the ring fully.
- Install the maker's app from the official app store.
- Turn on Bluetooth in your phone settings.
- Create an account in the app.
- Follow the on-screen pairing steps with the ring nearby.
- Allow only the permissions you want.
- Wear the ring snug for a few days before judging data.

Pairing stuck?
Check that the ring is charged, Bluetooth is on, and the app is up to date. Restart the phone and try again before you panic.

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When the ring will not sync

Most sync trouble has a simple cause.

- Bluetooth is off, or the phone is out of range.
- The ring battery is empty.
- The app is out of date.
- The phone's battery saver is stopping the app from running in the background.
- Permissions were denied during setup.
- The phone software needs updating.

Work through the list in order. If nothing works, contact the maker's support through the app or its website, not through a phone number from an ad.

> **! Fake support scam**
> Scammers post fake 'ring support' numbers online. Use only the contact info from the maker's official website.

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Permissions and privacy

A ring app asks for access to quite a lot.

Bluetooth, notifications, and health data permissions are common. Allow what the ring needs to work, and say no to extras you do not understand. You can change these later in your phone's settings.

Your health numbers are personal. Use a strong password, and only share into Apple Health or Health Connect if you want to.

> **! More apps, more risk**
> Each app you connect to your health data is another place it lives. Keep the list short.

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Buying a ring for someone else

A ring gift only works if it fits the other person's phone.

- Find out whether they use iPhone or Android, and which model.
- If they have a Samsung Galaxy phone, the Galaxy Ring is an option.
- If they have an iPhone, skip the Galaxy Ring.
- Make sure they can set up an app and account, or plan to help.
- Remember rings do not do fall detection or call for help.

Our guide on choosing a wearable for a parent covers the bigger picture.

> **★ I can set it up for them**
> A visit to pair the ring, create the account, and teach the basics makes the gift actually useful. Call (330) 200-8042.

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Phone fit and fees go together

A compatible phone is half the question; the fee is the other half.

Oura works with both iPhone and Android but requires a paid membership for full insights. The Samsung Galaxy Ring, RingConn, and Ultrahuman skip the fee but differ in phone fit and availability.

Our guide on whether smart rings need a subscription walks through the costs. Check both before you decide.

> **Two questions, one decision**
> Ask: does it work with my phone, and does it charge me every month or year? You need good answers to both.

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Putting it together

A short path to the right ring for your phone.

- iPhone: Oura, RingConn, or Ultrahuman (confirm US sale).
- Samsung Galaxy phone: the Galaxy Ring fits naturally; others work too.
- Other Android: Oura, RingConn, Ultrahuman; Galaxy Ring with fewer features.
- Confirm your phone's software version for any of them.

And remember, whichever ring you pick, it is a wellness gadget, not a safety device.

> **Sleep on it**
> A ring is not urgent. Check, compare, and buy from a seller with a clear return policy.

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Common Questions

The questions I hear most about ring and phone compatibility.

Q: Does the Samsung Galaxy Ring work with iPhone?

As far as I can verify, no. It is built for Android and works best with a Samsung Galaxy phone. Confirm on Samsung's page.

Q: Do Oura and RingConn work with both iPhone and Android?

Yes, both have apps for iPhone and Android. Check the minimum phone software version on the maker's page.

Q: Does a ring work without a phone?

It collects readings on its own, but you need the phone app to see and keep your data.

Q: Can ring data go into Apple Health or Health Connect?

Many ring apps can share some data if you allow it. What is shared varies, so check the app's settings.

Q: What if I change phones?

Sign in to the same account on the new phone. If you switch between iPhone and Android, check the maker's guidance first.

> **★ Still stuck?**
> Call or text me at (330) 200-8042 and we will check your phone together.

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You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made matching a smart ring to your phone feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat $99, and for the parts that don't need me on-site I can often help right on your screen for $49. Every visit comes with a 30-day, come-back-free guarantee. I'm a tech helper, not a doctor, and I don't sell rings or earn any commission. I'll gladly help you check compatibility, install the app, pair the ring, and set permissions, but any question about your health belongs with your doctor.

> **★ Bill's Home Tech — real help, close to home**
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Which Ring Works With Which Phone

Check the maker's page for your exact model

	iPhone	Android
Oura	Yes	Yes
Galaxy Ring	As far as I can verify, no	Yes; best on Samsung
RingConn	Yes	Yes
Ultrahuman	Yes (confirm US)	Yes (confirm US)

Features can differ by phone brand -- ask before you buy.

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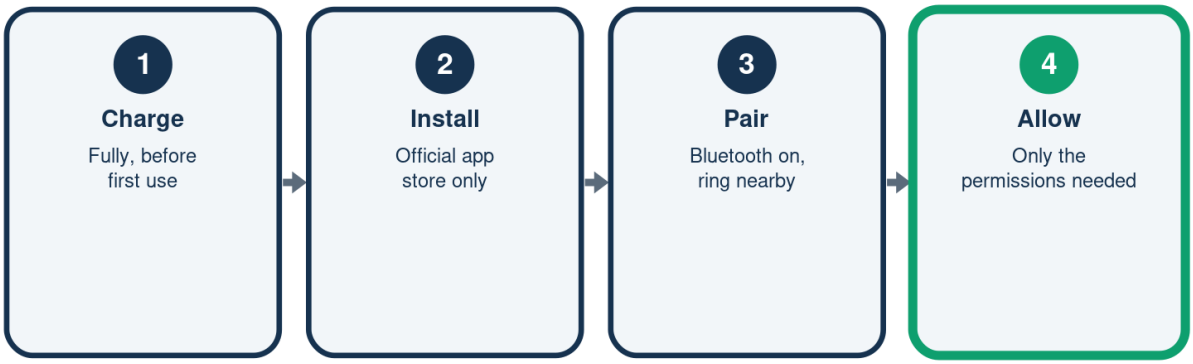
Pairing a Ring

The same steps for every brand



Give it a few days before trusting the data.

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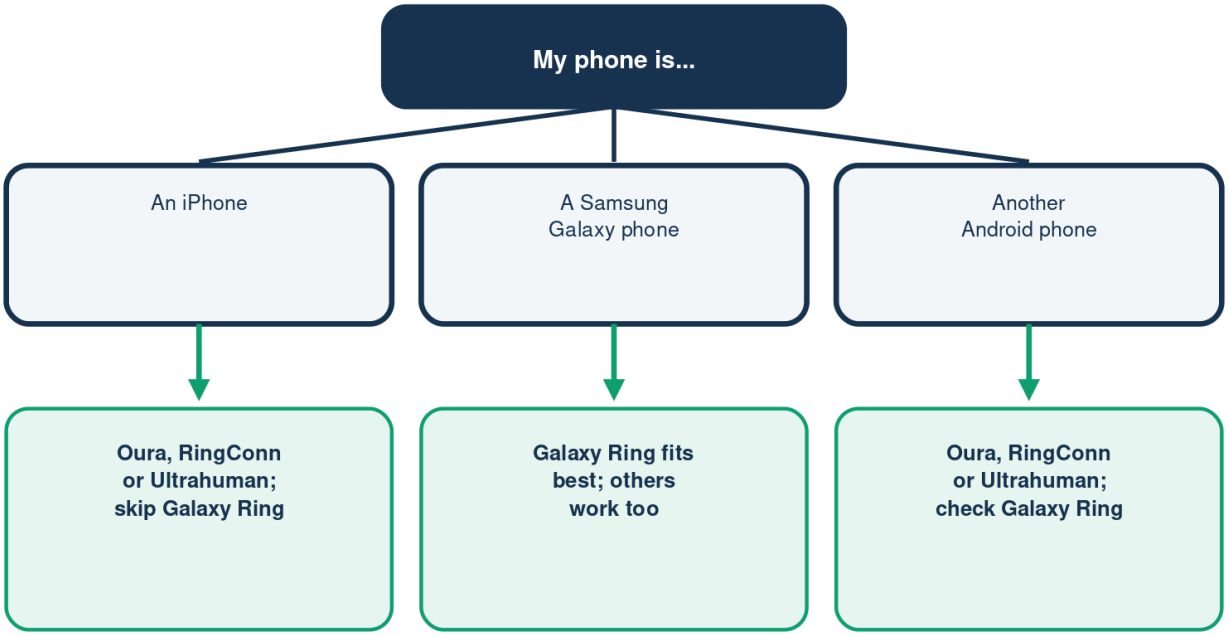
What Phone Do You Carry?

Your phone narrows the field



Always confirm your exact phone model on the maker's page.

Illustration - a schematic, not to scale. Your setup may differ.

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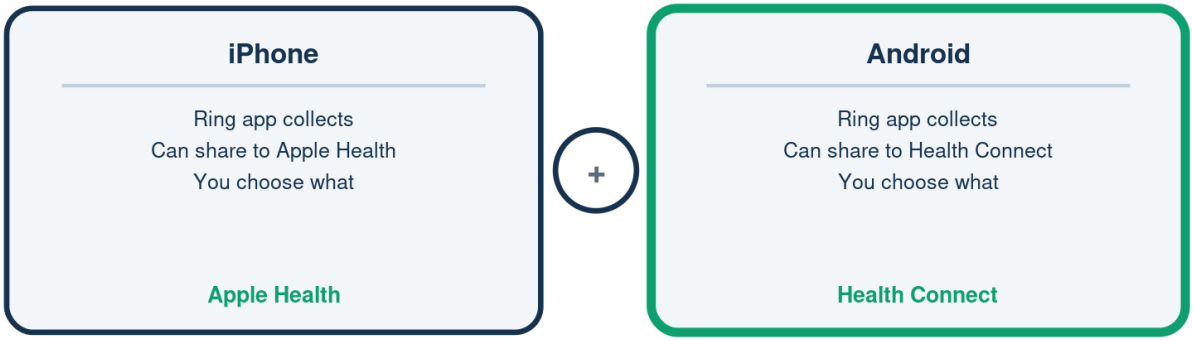
Where Ring Data Can Flow

Sharing is always your choice



What is shared varies by ring and app -- check settings.

Illustration - a schematic, not to scale. Your setup may differ.

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A Note From Bill

A quick note from Bill.

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