

OURA JZ90-54217-08

Oura Ring 4 Smart Ring User Manual

Brand: OURA

Model: JZ90-54217-08

1. PRODUCT OVERVIEW

The Oura Ring 4 is an advanced smart ring designed to monitor over 30 biometrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. Featuring an updated all-titanium design and powered by Smart Sensing technology, it provides continuous and accurate health data. The ring offers up to 8 days of battery life and is built for comfortable 24/7 wear.

Key Features:

- **Smart Sensing Accuracy:** Tracks over 30 biometrics with adaptive sensing.
- **Extended Battery Life:** Up to 8 days on a single charge.
- **Durable Design:** All-titanium construction, water resistant up to 100m.
- **Seamless App Integration:** Compatible with iOS and Android, integrates with over 40 health apps.
- **HSA/FSA Eligible:** Qualifies for reimbursement with Health Savings Accounts and Flexible Spending Accounts.

2. GETTING STARTED

2.1 Sizing Your Oura Ring 4

Oura Ring 4 sizes differ from standard US ring sizes. It is crucial to size yourself with an Oura Ring 4 Sizing Kit before purchasing to ensure the best fit and optimal performance. A proper fit is essential for accurate data collection.

Track it all with Oura Membership



Sleep



Activity



Stress



Metabolic Health



Heart Health



Women's Health



 New Oura Members get one month free, then it's \$5.99/mo.

Figure 2.1: Oura Ring 4 Sizing Tips. For best performance, wear on your index finger.

2.2 Initial Setup and App Download

Once you have your Oura Ring 4, download the Oura App from your device's app store (compatible with iOS and Android). Follow the in-app instructions to pair your ring and complete the initial setup. New Oura members typically receive the first month of membership free.



HSA/FSA
Eligible



Oura Ring is eligible for reimbursement with FSA and HSA.

Employer or provider plans may vary. Check your administrator's coverage.

Figure 2.2: The Oura App interface for tracking health metrics.

3. OPERATING YOUR OURA RING 4

3.1 Core Tracking Features

The Oura Ring 4 continuously monitors your health data throughout the day and night. Key areas of tracking include:

- **Sleep Tracking:** Analyzes sleep stages, duration, and quality.
- **Activity Tracking:** Monitors daily movement, steps, and calorie burn.
- **Readiness Score:** Provides a daily score based on sleep, activity, and recovery to guide your day.
- **Heart Rate Monitoring:** Tracks resting heart rate and heart rate variability.
- **Temperature Sensing:** Detects subtle body temperature changes.
- **Stress and Recovery:** Offers insights into your body's stress levels and recovery state.
- **Women's Health:** Provides cycle insights and predictions.

3.2 App Integration and Data Sync

Your Oura Ring 4 data seamlessly syncs with the Oura App. The app provides detailed insights, trends, and personalized guidance based on your biometrics. You can also connect your Oura App with other popular health and fitness applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava, to consolidate your health data.

4. CARE AND MAINTENANCE

4.1 Battery Life and Charging

The Oura Ring 4 provides up to 8 days of battery life. To charge your ring, place it on the included Oura Ring 4 Charger. Ensure the charger is connected to a power source via the USB cable. A full charge typically takes 20-80 minutes.

4.2 Water Resistance

The Oura Ring 4 is water resistant up to 100 meters (328 feet). This means it is safe for showering, swimming, and other water-based activities. However, it is not recommended for diving or high-pressure water activities.



Figure 4.1: Oura Ring 4 in water, demonstrating its water resistance.

4.3 Cleaning Your Ring

To clean your Oura Ring 4, simply wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals, as these may damage the ring's finish or sensors.

5. TROUBLESHOOTING

If you encounter issues with your Oura Ring 4, consider the following troubleshooting steps:

- **No Data Syncing:** Ensure your ring is charged and within Bluetooth range of your paired device. Check that Bluetooth is enabled on your device.
- **App Not Responding:** Close and reopen the Oura App. If the issue persists, restart your smartphone.
- **Inaccurate Readings:** Verify that your ring is properly sized and worn on the recommended finger (typically the index finger). Ensure the sensors on the inside of the ring are clean.
- **Charging Issues:** Confirm the USB cable and charger are securely connected. Try a different USB port

or power adapter.

For persistent issues not resolved by these steps, please refer to the official Oura support resources or contact Oura customer service.

6. PRODUCT SPECIFICATIONS

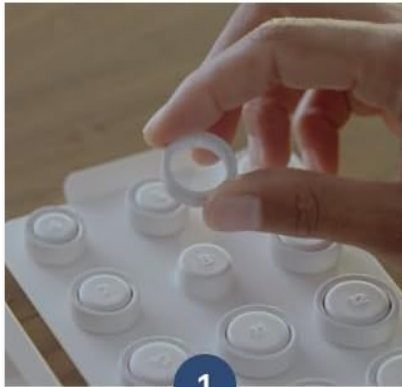
Feature	Specification
Product Dimensions	0.98 x 0.98 x 0.28 inches
Item Weight	7.8 ounces
Model Number	JZ90-54217-08
Batteries	1 Lithium Polymer battery (included)
Connectivity Technologies	Bluetooth, USB
GPS	No GPS
Special Features	Heart Rate Monitor, Activity Tracker
Other Display Features	Wireless
Human Interface Input	Buttons
Color	Silver
Manufacturer	Oura
Date First Available	October 3, 2024

7. PACKAGE CONTENTS

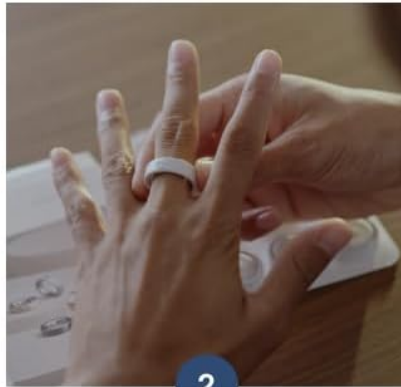
The Oura Ring 4 package includes the following items:

- Oura Ring 4
- Oura Ring 4 Charger
- USB Cable
- Information Booklet
- Quick Start Guide

Oura Ring 4 Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



For best performance and accuracy, we recommend your index finger.

Figure 7.1: Oura Ring 4 and its accessories.

8. WARRANTY AND SUPPORT

The Oura Ring 4 comes with a manufacturer's warranty. For detailed information regarding warranty coverage, terms, and conditions, please refer to the official Oura website or the information booklet included in your package.

For technical support, product inquiries, or assistance with your Oura Ring 4, please visit the Oura support page or contact their customer service team directly. Additionally, the Oura Ring 4 is FSA/HSA eligible, allowing for potential reimbursement through your health savings or flexible spending accounts.