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› Oura Ring 4 Instruction Manual

OURA JZ90-54219-09

Oura Ring 4 Instruction Manual

Brand: OURA

Model: JZ90-54219-09

INTRODUCTION

Introducing Oura Ring 4: the latest evolution of the revolutionary smart ring. Oura Ring 4 brings you closer to what matters most — your health. The updated all-titanium design is powered by Smart Sensing, a new sensing platform that doesn't just measure your biometrics, it adapts to you, providing insights into over 30 biometrics including sleep, readiness, activity, heart health, stress, metabolic health and women's health. Oura Ring 4 quietly and comfortably monitors your health and with up to 8 days of battery life — you can forget it's even on. Sleeker, smarter and more accurate than ever, Oura Ring 4 is made for you. Oura Ring 4 is FSA/HSA Eligible — we can accept FSA or HSA funds for the following: Oura Ring 4, additional chargers, and shipping. **IMPORTANT:** Size yourself with the Oura Ring 4 Sizing Kit before you buy — Oura Ring 4 is not US standard sizing, and finding the right size will result in the best experience possible. With an Oura Ring 4 Sizing Kit purchase, a credit will automatically be applied to your Oura Ring 4 at checkout.

SETUP AND SIZING

The Oura Ring 4 requires proper sizing for optimal performance. It is crucial to size yourself with the Oura Ring 4 Sizing Kit before purchase, as Oura Ring 4 sizes differ from standard ring sizes.

Size Before You Buy

Oura Ring 4



i Oura Ring 4 sizes are different than Gen3 and standard ring sizes

The Oura Ring 4 Sizing Kit helps you find the perfect fit for your Oura Ring. It is recommended to wear the sizing ring for 24 hours to ensure comfort.

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.

The sizing process involves trying multiple sizes, wearing for 24 hours, and finding the most comfortable fit. For best performance, the index finger is recommended.

After determining your size, purchase your Oura Ring 4. New members receive the first month of membership free.

OPERATING YOUR OURA RING 4

The Oura Ring 4 is designed for 24/7 wear, quietly and comfortably monitoring your health. It features Smart Sensing technology for accurate, continuous data.



HSA/FSA
Eligible



i Oura Ring is eligible for reimbursement with FSA and HSA.

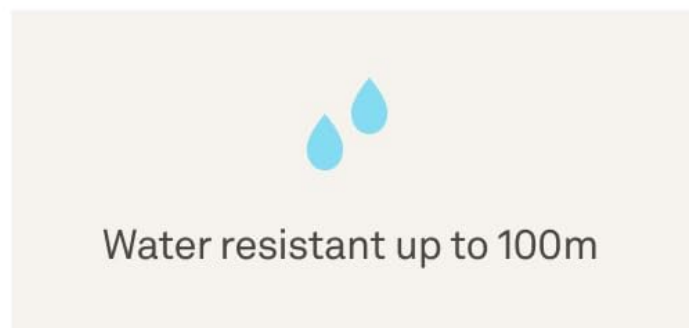
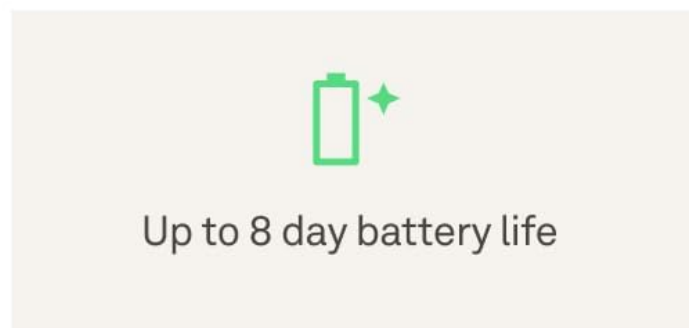
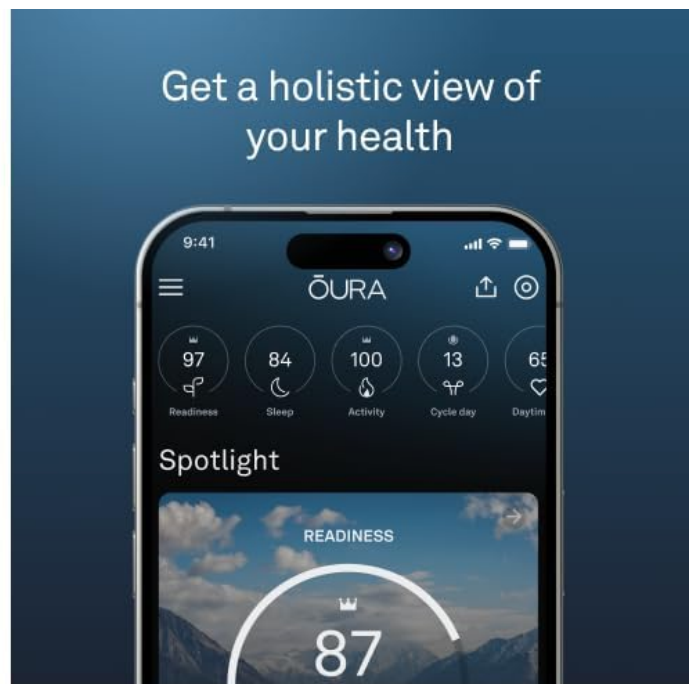
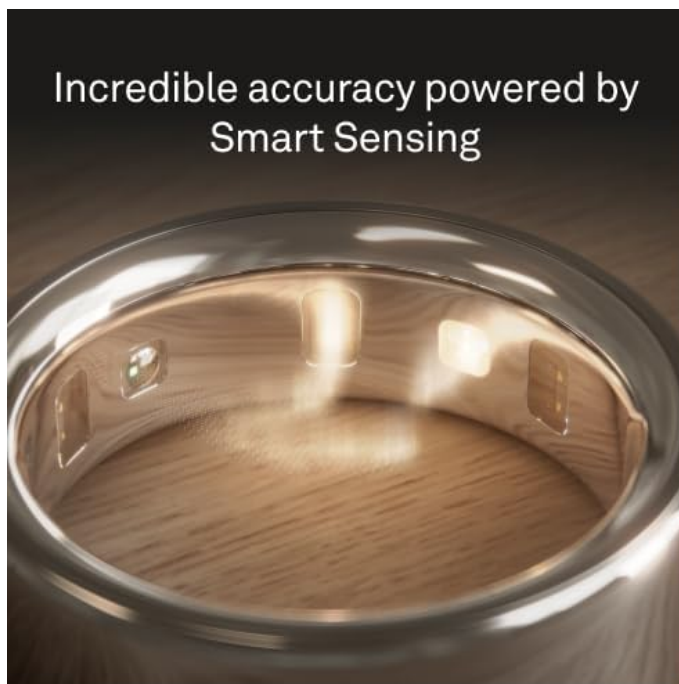
Employer or provider plans may vary. Check your administrator's coverage.

The Oura Ring 4 features recessed sensors on its inner surface, designed for comfort and continuous biometric data collection.

The ring syncs with the Oura App on your smartphone (iOS and Android compatible) to provide detailed insights into your health metrics.

HEALTH TRACKING

Oura Ring 4 tracks over 30 biometrics, including sleep, readiness, heart health, stress, metabolic health, and women's health metrics.



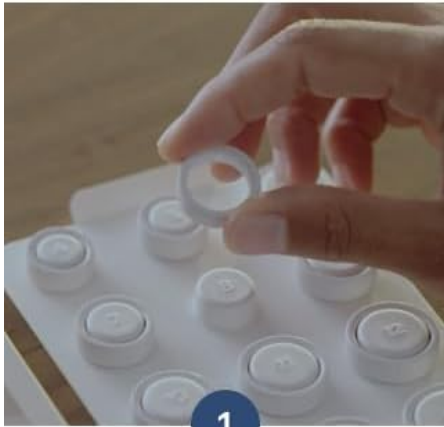
The Oura App provides a holistic view of your health, offering insights into various biometrics to help you understand and improve your well-being.

Official video demonstrating the Oura Ring 4's health tracking capabilities and app integration.

ACTIVITY TRACKING

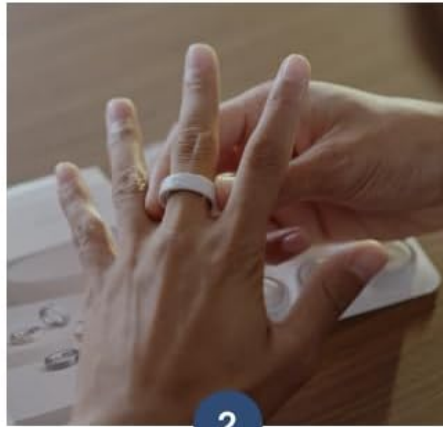
The Oura Ring 4 automatically detects and tracks your activities, providing data on duration, calories burned, and heart rate.

Oura Ring 4 Sizing Tips



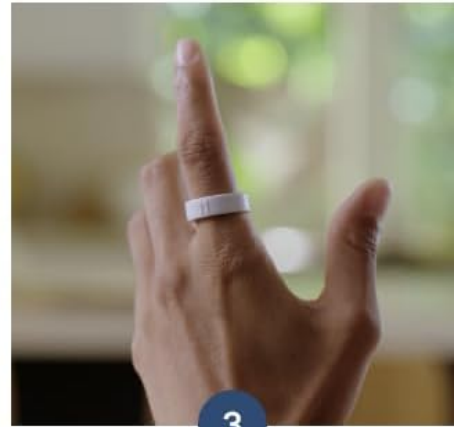
1

Try on multiple sizes



2

Wear for 24 hours



3

Find your most comfortable fit

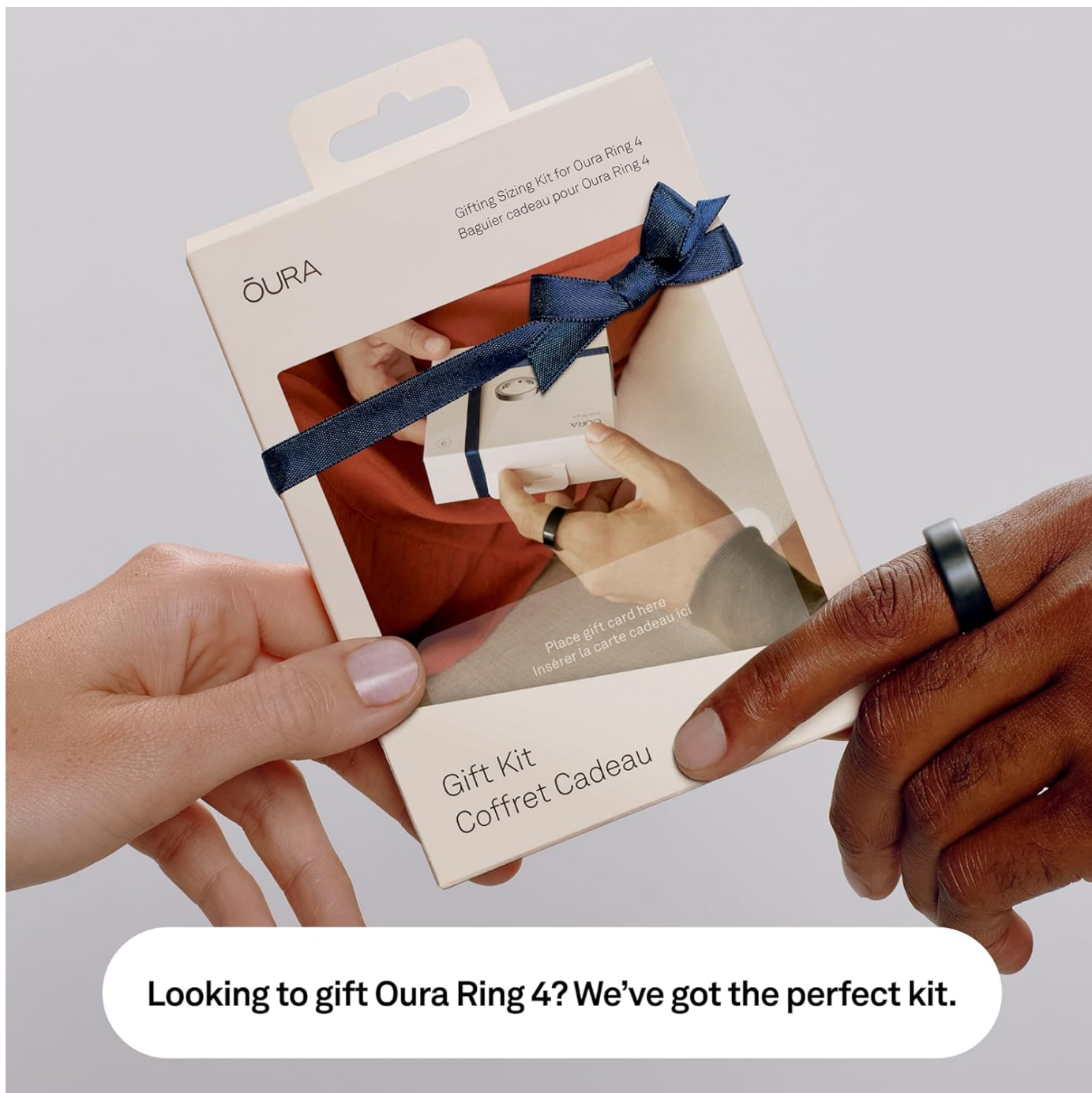


For best performance and accuracy,
we recommend your index finger.

The Oura App provides detailed activity summaries, allowing you to monitor your performance and progress.

DESIGN AND BUILD QUALITY

The Oura Ring 4 features an updated all-titanium design, combining exceptional durability with a gentle touch, even for sensitive skin. It is water resistant up to 100m.



Looking to gift Oura Ring 4? We've got the perfect kit.

The Oura Ring 4 is designed to be water resistant up to 100 meters, making it suitable for various water activities.

Official video showcasing the Rose Gold Oura Ring 4's design and water resistance.

BATTERY PERFORMANCE

The Oura Ring 4 offers up to 8 days of battery life on a single charge, allowing for continuous tracking without frequent recharging.

What's in the Box



Oura Ring 4



The Oura Ring 4 comes with a dedicated charger and USB cable for convenient recharging.

SMARTPHONE APP

The Oura App is your central hub for all your health data. It provides personalized insights, trends, and allows you to connect with other health platforms.



The Oura App offers a user-friendly interface to view your daily readiness, sleep patterns, and other vital health information.

MAINTENANCE

To ensure the longevity and accuracy of your Oura Ring 4, regularly clean it with mild soap and water. Avoid harsh chemicals. The ring is water resistant, so it can be worn during showering and swimming.

TROUBLESHOOTING

If you experience issues with your Oura Ring 4, ensure it is properly charged and connected to the app. For common issues like battery life concerns, refer to the app's support section or Oura's official website for detailed troubleshooting guides. Some users with smaller ring sizes might experience slightly shorter battery life.

SPECIFICATIONS

Feature	Detail
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Feature	Detail
Product Dimensions	1.06 x 1.06 x 0.31 inches
Item Weight	6.4 ounces
ASIN	B0D9WV3474
Item model number	JZ90-54219-09
Batteries	1 Lithium Polymer batteries required. (included)
Customer Reviews	4.2 4.2 out of 5 stars 3,858 ratings 4.2 out of 5 stars
Best Sellers Rank	#2,994 in Electronics (See Top 100 in Electronics) #29 in Smart Rings
Other display features	Wireless
Color	Rose Gold
Whats in the box	Oura Ring 4, Oura Ring 4 Charger, USB Cable, Information Booklet, Quick Start Guide
Manufacturer	Oura
Country of Origin	Estonia
Date First Available	October 3, 2024
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
Brand	OURA
Age Range (Description)	Adult
Compatible Devices	Smartphone
Water Resistance Level	Water Resistant
Included Components	Oura Ring 4, Oura Ring 4 Charger, USB Cable, Information Booklet, Quick Start Guide
Item dimensions L x W x H	1.06 x 1.06 x 0.31 inches
Supported Application	Fitness Tracker

WARRANTY AND SUPPORT

The Oura Ring 4 is manufactured by Oura. For warranty information and customer support, please visit the official Oura website or contact their customer service.

The Oura Ring is FSA/HSA eligible for reimbursement.

Protection plans are available for purchase separately:

- 2-Year Protection Plan
- 3-Year Protection Plan

- Complete Protect (monthly subscription)