

OURA JZ90-54144-10

OURA Ring 4 (Metallic Black, Size 10) User Manual

INTRODUCTION

Welcome to the OURA Ring 4. This smart ring is designed to provide comprehensive insights into your health and well-being. Featuring an all-titanium design and powered by Smart Sensing technology, it continuously measures over 50 health metrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. The OURA Ring 4 is built for comfortable, quiet monitoring with a long-lasting battery, allowing you to integrate health tracking seamlessly into your daily life.

This manual will guide you through the setup process, operational features, maintenance tips, and troubleshooting steps to help you get the most out of your device.

SETUP

1. Sizing Your OURA Ring 4

Accurate sizing is crucial for optimal performance of your OURA Ring 4. The sizing for OURA rings differs from standard jewelry rings. It is highly recommended to use an OURA Ring 4 Sizing Kit to determine your correct size before purchasing the ring.



Image: Oura Ring 4 Sizing Kit, showing multiple plastic ring sizers.

To use the sizing kit:

1. **Try on multiple sizes:** Experiment with different sizers to find one that fits snugly but comfortably on your finger.
2. **Wear for 24 hours:** Wear the chosen sizer for at least 24 hours to ensure it remains comfortable during various activities and temperature changes.
3. **Find your most comfortable fit:** The ideal fit should allow the ring to slide over your knuckle with slight resistance but not feel too tight or loose.

For best performance and accuracy, it is recommended to wear the OURA Ring 4 on your index finger.

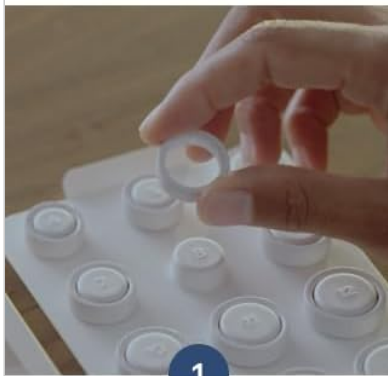
Video: Official Oura video demonstrating how to properly size the Oura Ring 4 using the sizing kit.

2. What's in the Box

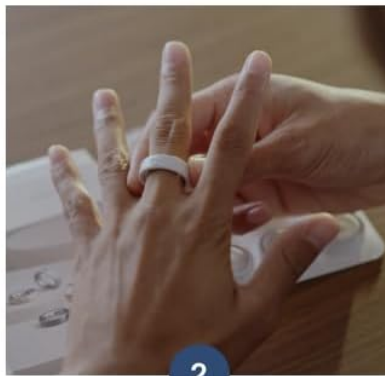
Upon opening your OURA Ring 4 package, you should find the following components:

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

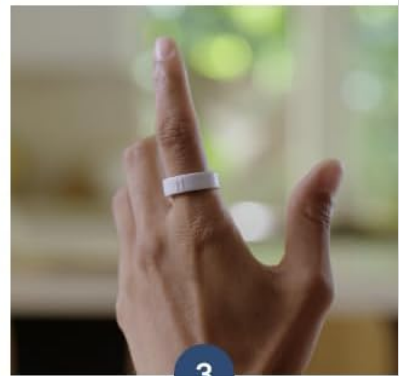
Oura Ring 4 Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



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

Image: The Oura Ring 4, its charging base, and a USB cable, laid out as they would appear in the product box.

3. Charging Your OURA Ring 4

Before initial use, fully charge your OURA Ring 4. Connect the USB cable to the charger and a power source. Place the ring on the charger. A full charge typically takes approximately 80 minutes.

4. Downloading the OURA App and Membership

The OURA Ring 4 requires the OURA App for full functionality and to view your health data. The app is compatible with both iOS and Android devices.

- Download the OURA App from the Apple App Store or Google Play Store.
- Follow the in-app instructions to pair your OURA Ring 4 with your smartphone.

An OURA Membership is required to access all features and insights provided by the ring. The first month of membership is included with your purchase for new members. After the initial month, a subscription fee of \$5.99/month applies. The membership is linked to your account via the OURA App, not directly to the physical ring.

OPERATING YOUR OURA RING 4

1. Smart Sensing and Health Metrics

The OURA Ring 4 utilizes Smart Sensing technology to provide continuous and accurate health data. It tracks over 50 health metrics, adapting to your unique biometrics. Key areas of tracking include:

- **Sleep:** Monitors sleep stages, duration, and quality.
- **Activity:** Tracks daily movement, steps, and workout intensity.
- **Readiness:** Provides a daily score based on your sleep, activity, and body signals to indicate your energy levels.
- **Heart Health:** Measures heart rate and heart rate variability (HRV).
- **Stress:** Identifies patterns related to stress and recovery.
- **Metabolic Health:** Offers insights into your body's metabolic responses.
- **Women's Health:** Provides cycle tracking and insights.

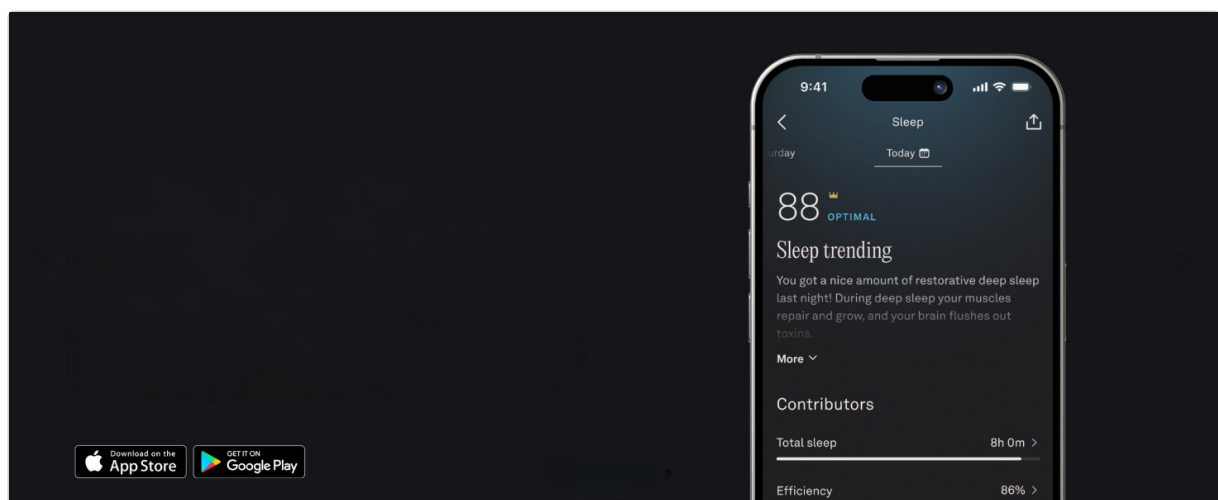


Image: Screenshot of the Oura App displaying detailed sleep tracking data, including readiness and sleep scores.

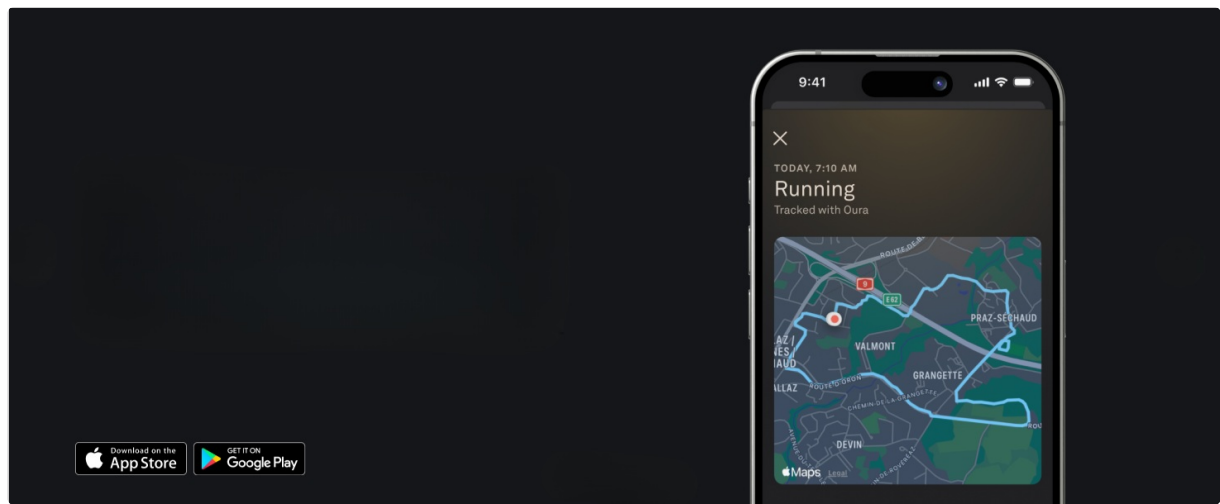


Image: Screenshot of the Oura App displaying activity tracking data, including a map of a tracked run.

2. Battery Life

The OURA Ring 4 offers an extended battery life of up to 8 days, depending on usage. This allows for continuous tracking without frequent recharging.

3. Water Resistance

The OURA Ring 4 is water-resistant up to 100 meters (approximately 328 feet). This means it can be worn during swimming, showering, and other water-related activities without concern.



Image: A hand wearing an Oura Ring 4, partially submerged in clear water, demonstrating its water resistance.

4. Multi-Ring Support

If you own multiple OURA Ring 4 devices, you can easily switch between them within the OURA App. This feature allows you to change ring styles as desired while maintaining continuous health data tracking.

MAINTENANCE

1. Charging

To charge your OURA Ring 4, place it on the provided charging base. Ensure the charging contacts on the ring align with those on the base. The LED indicator on the charger will confirm it is charging. A full charge takes approximately 80 minutes.

2. Cleaning

Clean your OURA Ring 4 regularly to ensure optimal sensor performance and hygiene. Use a soft, damp cloth to wipe the ring. Avoid abrasive cleaners or harsh chemicals, as these can damage the finish or sensors.

TROUBLESHOOTING

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

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Try restarting both your phone and the OURA Ring (by placing it on the charger for a few seconds).
- **Inaccurate Data:** Verify that your ring is sized correctly and worn on the recommended finger (index finger) for the most accurate readings. Ensure the sensors on the inside of the ring are clean.
- **Charging Problems:** Check that the USB cable and charger are properly connected to a power source and the ring is correctly seated on the charger.
- **App Not Syncing:** Close and reopen the OURA App. Ensure the app is updated to the latest version.

For persistent issues, refer to the comprehensive support resources available on the official OURA website or contact OURA customer support.

SPECIFICATIONS

Feature	Detail
Model Name	Anillo 4
Model Number	JZ90-54144-10
Operating System Compatibility	iOS, Android
Connectivity Technology	Bluetooth
Battery Life (Average)	5-8 days
Battery Charge Time	80 minutes
Water Resistance Depth	100 Meters
Material	Metal (All-Titanium Exterior)
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV, Activity
Item Weight	0.11 Kilograms
Item Dimensions	1.06 x 1.06 x 0.28 inches
Display Type	No Display
GTIN	06430060153189

WARRANTY INFORMATION

The OURA Ring 4 comes with a 1-year manufacturer's limited warranty. This warranty covers defects in materials and workmanship under normal use. For specific terms and conditions, please refer to the official OURA website or the information booklet included in your product packaging.

Additionally, the product is eligible for a 30-day refund/replacement return policy from the point of purchase, subject to retailer terms.

CUSTOMER SUPPORT

For further assistance, technical support, or to access frequently asked questions, please visit the official OURA support website. You can typically find contact information for customer service on their website if direct assistance is required.

Before contacting support, please have your OURA Ring 4 model number (JZ90-54144-10) and purchase details readily available.