

[Manuals.plus](#) /

> [OURA](#) /

> OURA Ring 4 Smart Ring Instruction Manual - Black, Size 11 (Model JZ90-54144-11)

OURA JZ90-54144-11

OURA Ring 4 Smart Ring Instruction Manual

Model: JZ90-54144-11, Color: Black, Size: 11

INTRODUCTION

The Oura Ring 4 is an advanced smart ring designed to monitor various health metrics. It features an all-titanium design and Smart Sensing technology, providing insights into over 50 health metrics including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. The ring offers 5 to 8 days of battery life and is compatible with both Android and iOS devices.



The Oura Ring 4, showcasing its sleek and smart design.

SETUP

Sizing Your Oura Ring 4

Accurate sizing is crucial for optimal performance of your Oura Ring 4. Oura Ring 4 uses a unique sizing system that 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.



The Oura Ring 4 Sizing Kit, essential for finding your perfect fit.

Initial Activation and App Download

Once you have your Oura Ring 4, download the official Oura App from your device's app store (iOS or Android). Follow the in-app instructions to pair your ring and complete the initial setup. This process will guide you through connecting your ring to your smartphone and personalizing your profile.

Video: Guide on using the Oura Ring sizing kit to ensure a correct fit.

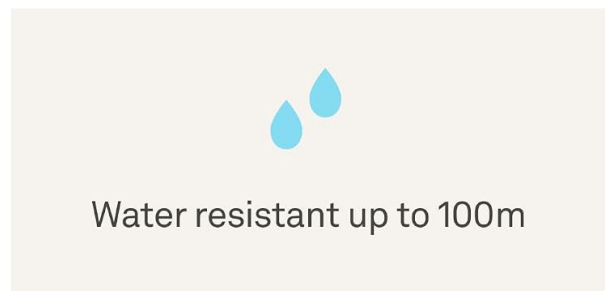
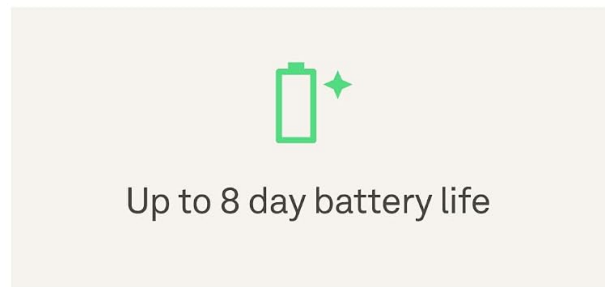
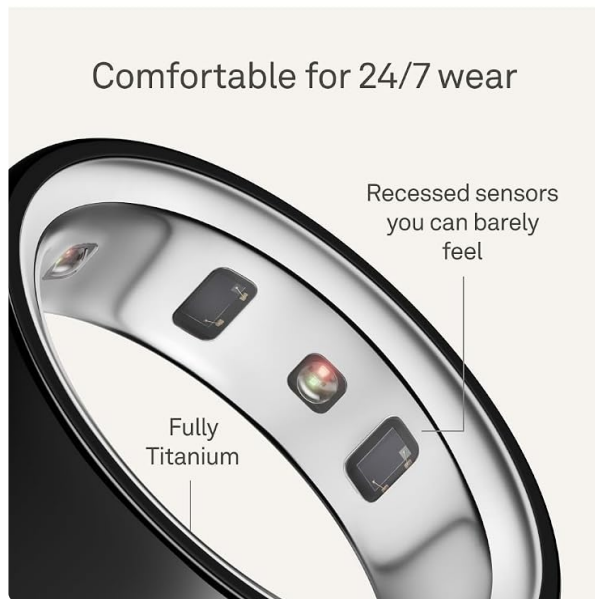
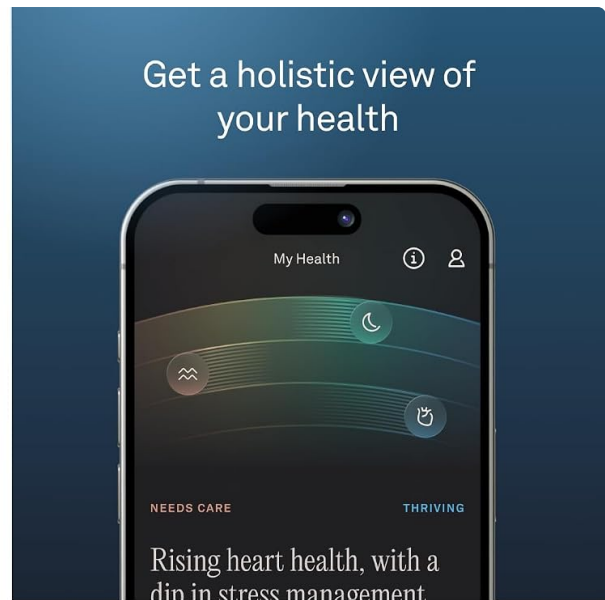
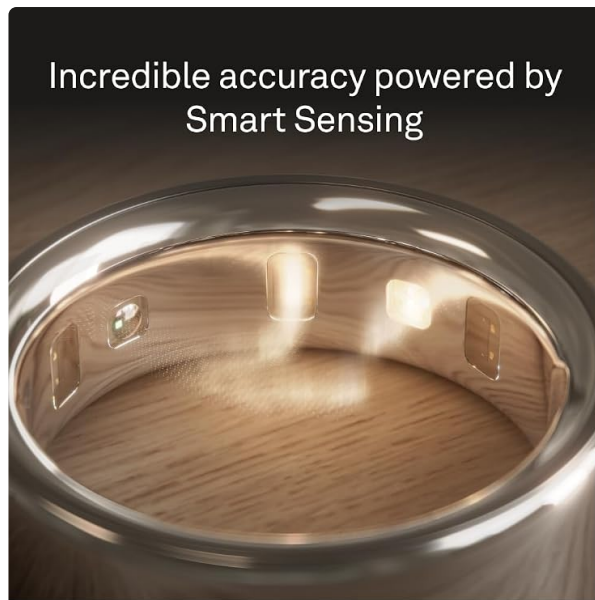
Video: A review of the sizing kit and tips for fitting your Oura Ring 4.

OPERATING YOUR OURA RING 4

Health Tracking and Metrics

The Oura Ring 4 continuously tracks a wide range of health metrics using its Smart Sensing platform. These metrics include:

- **Sleep:** Monitors sleep stages, duration, and quality.
- **Activity:** Tracks daily movement, steps, and workout intensity.
- **Stress:** Provides insights into stress levels and recovery.
- **Heart Health:** Measures heart rate and heart rate variability.
- **Metabolic Health:** Offers data related to your body's metabolic responses.
- **Women's Health:** Includes cycle tracking and related insights.



The Oura Ring 4 in use, displaying health data on the companion app.

Battery Life

The Oura Ring 4 offers an extended battery life of up to 8 days, allowing for continuous tracking without frequent recharging. The typical charge time is approximately 80 minutes.

Water Resistance

Your Oura Ring 4 is water resistant up to 100 meters, making it suitable for swimming and other water-based activities. It has a waterproof rating of IP20 or superior.

Size Before You Buy

Oura Ring 4



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

The Oura Ring 4 demonstrating its water resistance while submerged.

Oura Membership

A membership is required to access the full range of features and insights provided by the Oura App. The first month of membership is included with your purchase for new members. After the initial period, a subscription fee of \$5.99 per month applies. The membership is linked to your Oura App account, not directly to the physical ring.

Video: A comprehensive overview of the Oura Ring 4 features and benefits.

Video: Explore the sleep, health, and AI insights offered by the Oura Ring Smart Ring.

MAINTENANCE

Cleaning Your Oura Ring 4

To maintain the accuracy and appearance of your Oura Ring 4, clean it regularly. Use a soft, damp cloth with mild soap and water. Avoid abrasive cleaners or harsh chemicals, as these can damage the ring's finish and sensors. Ensure the ring is completely dry before wearing or charging.

Storage

When not in use, store your Oura Ring 4 in a cool, dry place away from direct sunlight and extreme temperatures. This helps preserve battery life and the integrity of the internal components.

TROUBLESHOOTING

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

- **App Not Syncing:** Ensure Bluetooth is enabled on your smartphone and the Oura App is up to date. Try restarting both your phone and the app.
- **Charging Issues:** Verify that the charging cable and charger are properly connected. Ensure the ring is correctly seated on the charger.
- **Inaccurate Readings:** Confirm that your ring is sized correctly and worn on the recommended finger (index finger for best performance).

For more detailed troubleshooting or persistent issues, refer to the Oura App's help section or contact Oura customer support directly.

SPECIFICATIONS

Model Name	JZ90-54144-11
Brand	OURA
Operating System Compatibility	iOS, Android
Connectivity Technology	Bluetooth
Battery Life	Up to 8 days
Battery Cell Type	Lithium Polymer
Battery Charge Time	80 minutes
Water Resistance Level	100 Meters (IP20 or superior)
Case Material	Titanium
Band Material	Stainless Steel
Item Dimensions (D x W x H)	0.28" x 1.1" x 0.28"
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV, Activity
What's in the Box	Oura Ring 4, Oura Ring 4 Charger, USB Cable, Information Booklet, Quick Start Guide

WARRANTY

The Oura Ring 4 comes with a **1-Year Manufacturer Warranty**. Please retain your proof of purchase for any warranty claims. For specific terms and conditions, refer to the official Oura website or the

documentation included with your product.

SUPPORT

For further assistance, product information, or to access your health data, please utilize the following resources:

- **Oura App:** The primary interface for your Oura Ring 4, providing detailed insights and settings.
- **Official Oura Website:** Visit the [OURA Store](#) for FAQs, support articles, and contact information.
- **HSA/FSA Eligibility:** The Oura Ring is eligible for reimbursement with HSA or FSA funds. Check with your employer or provider for coverage details.