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› OURA Ring 4 Gold Smart Ring Instruction Manual

OURA JZ90-54216-10

OURA Ring 4 Gold Smart Ring Instruction Manual

Model: JZ90-54216-10

1. INTRODUCTION TO YOUR OURA RING 4

The OURA Ring 4 is an advanced smart ring designed to provide continuous insights into your health and well-being. Featuring an all-titanium design and Smart Sensing technology, it tracks over 50 health metrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. This manual will guide you through the setup, operation, and maintenance of your OURA Ring 4 to ensure optimal performance and a seamless user experience.



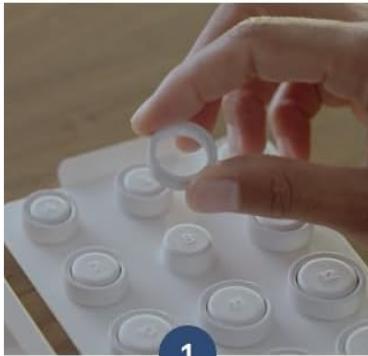
Image: The OURA Ring 4 in Gold, showcasing its sleek design.

2. WHAT'S IN THE BOX

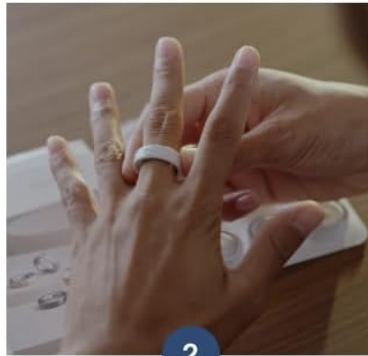
Upon opening your OURA Ring 4 package, you should find the following components:

- 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 USB cable.

3. SIZING GUIDE

Accurate sizing is essential for the optimal performance of your OURA Ring 4. OURA Ring 4 uses unique sizing that differs from standard jewelry rings. It is highly recommended to use an OURA Ring 4 Sizing Kit to find your perfect fit before purchasing the ring.

Finding Your Fit:

1. **Try on Multiple Sizes:** Use the sizing kit to try on various sizes.
2. **Wear for 24 Hours:** Wear the chosen size for at least 24 hours to ensure comfort and proper fit throughout the day and night, as finger size can fluctuate.
3. **Find Your Most Comfortable Fit:** The ring should feel snug but not tight, allowing for easy movement.

For best performance and accuracy, we recommend wearing your OURA Ring 4 on your index finger.

Track it all with Oura Membership



Sleep



Activity



Metabolic
Health



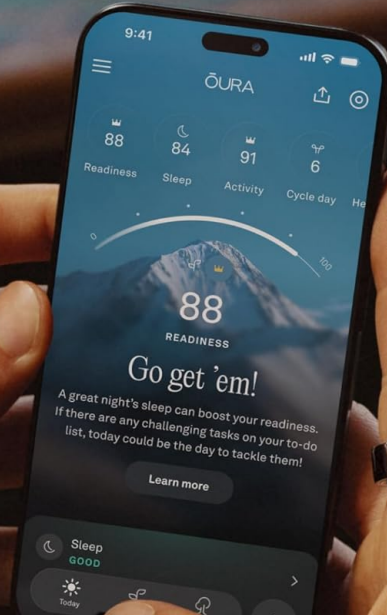
Stress



Heart
Health



Women's
Health



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

Image: A close-up view of the OURA Ring 4 worn on an index finger.

4. SETUP AND INITIAL USE

Follow these steps to set up your OURA Ring 4 and begin tracking your health data:

1. **Charge Your Ring:** Place your OURA Ring 4 on its charging base. The indicator light on the charger will confirm it's charging. A full charge typically takes about 80 minutes and provides 5 to 8 days of battery life.
2. **Download the OURA App:** Download the OURA App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
3. **Create an Account:** Open the app and follow the on-screen instructions to create your OURA account.
4. **Pair Your Ring:** Ensure Bluetooth is enabled on your smartphone. The app will guide you through the process of pairing your OURA Ring 4.
5. **Wear Your Ring:** Once paired, wear your OURA Ring 4 on the recommended finger. The ring will automatically begin collecting data.

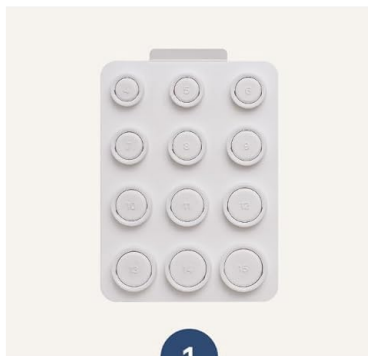
5. KEY FEATURES AND SMART SENSING

The OURA Ring 4 is equipped with Smart Sensing technology, providing accurate and continuous data day and night. It tracks over 50 health metrics to give you a holistic view of your health.

Core Tracking Capabilities:

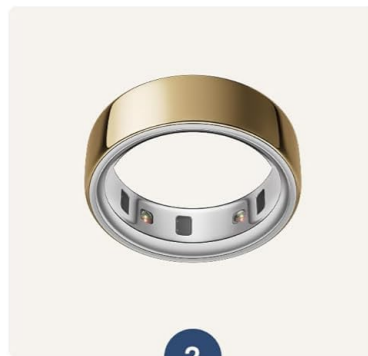
- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep efficiency, and restfulness.
- **Activity Tracking:** Measures steps, active calorie burn, and provides insights into your daily movement and training volume.
- **Readiness Score:** Combines sleep, activity, and physiological signals to provide a daily score indicating your physical and mental readiness.
- **Heart Health:** Tracks resting heart rate and heart rate variability (HRV).
- **Stress Monitoring:** Detects physiological stress levels throughout the day.
- **Body Temperature:** Monitors subtle changes in body temperature.
- **Women's Health:** Offers cycle tracking and insights.

Size Before You Buy Oura Ring 4



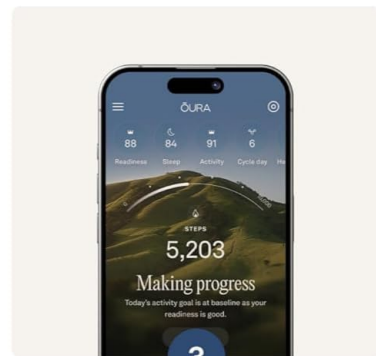
1

Purchase
the Oura Ring 4
Sizing Kit



2

Purchase your
Oura Ring 4 after
learning your size



3

Slip on your
Oura Ring 4 and
download the Oura App



Receive \$10 Amazon credit towards
Oura Ring 4 with purchase of sizing kit

Image: Internal sensors of the OURA Ring 4, responsible for data collection.

Durability and Comfort:

- **All-Titanium Design:** Ensures exceptional durability while remaining lightweight.
- **Water Resistant:** Water resistant up to 100 meters, suitable for swimming and showering.

- **Long Battery Life:** Up to 8 days of battery life on a single charge.

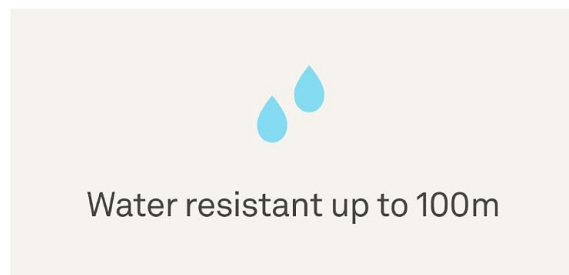
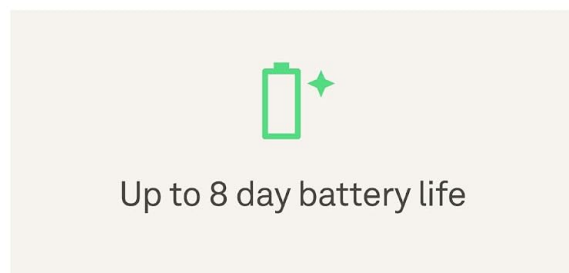
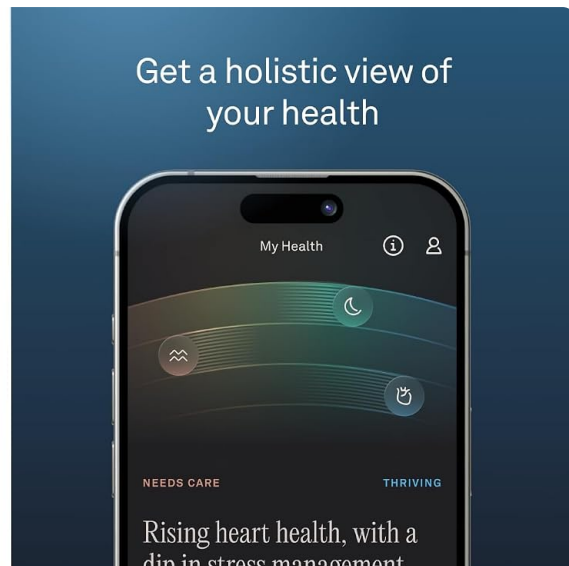
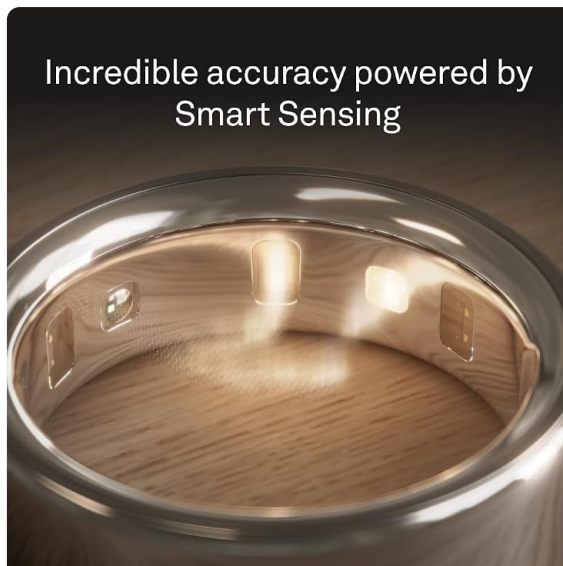


Image: The OURA Ring 4 worn on a hand submerged in water, demonstrating its water resistance.

6. OURA APP OVERVIEW

The OURA App is your central hub for all health data collected by your ring. It presents complex data in an easy-to-understand format, offering personalized insights and recommendations.

App Sections:

- **Today:** Provides a daily summary of your readiness, sleep, and activity.
- **Vitals:** Offers a quick glance at key health metrics and scores.
- **My Health:** Shows long-term trends and how daily habits impact your health over time.

Your browser does not support the video tag.

Video: An official OURA video demonstrating the OURA App interface and its features.

Detailed Insights:

- **Sleep Data:** View detailed breakdowns of your sleep stages, efficiency, and timing.

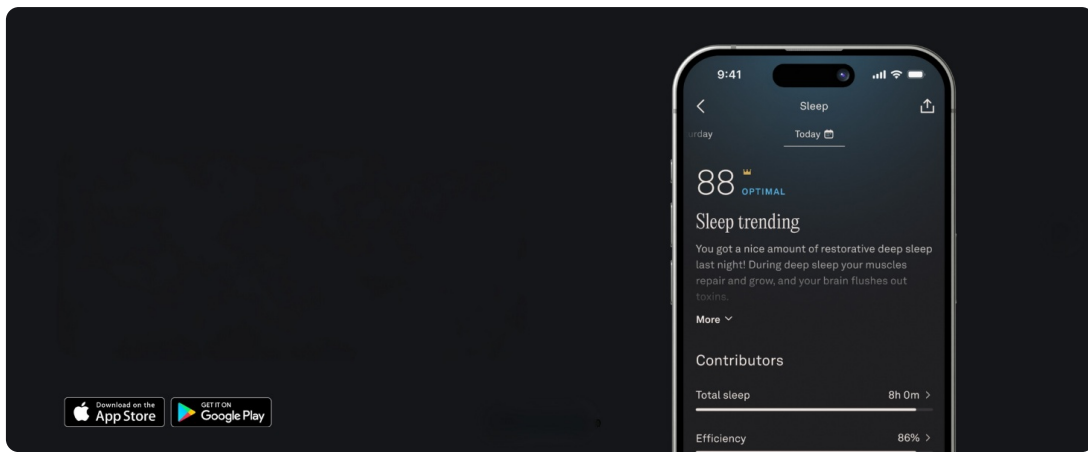


Image: Screenshot of the OURA App displaying detailed sleep data.

- **Activity Data:** Track your daily movement, steps, and active calorie burn.

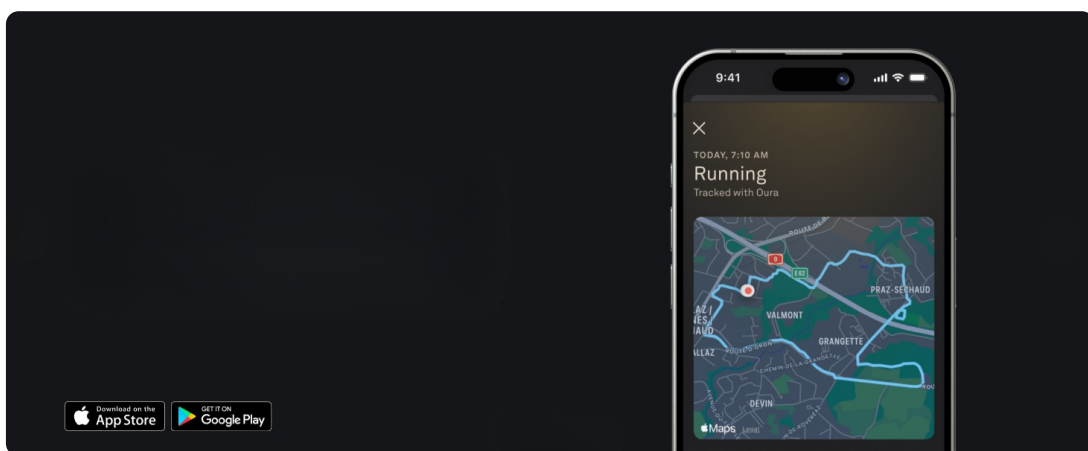


Image: Screenshot of the OURA App displaying activity tracking data.

- **Stress Data:** Monitor your stress and restorative times throughout the day.

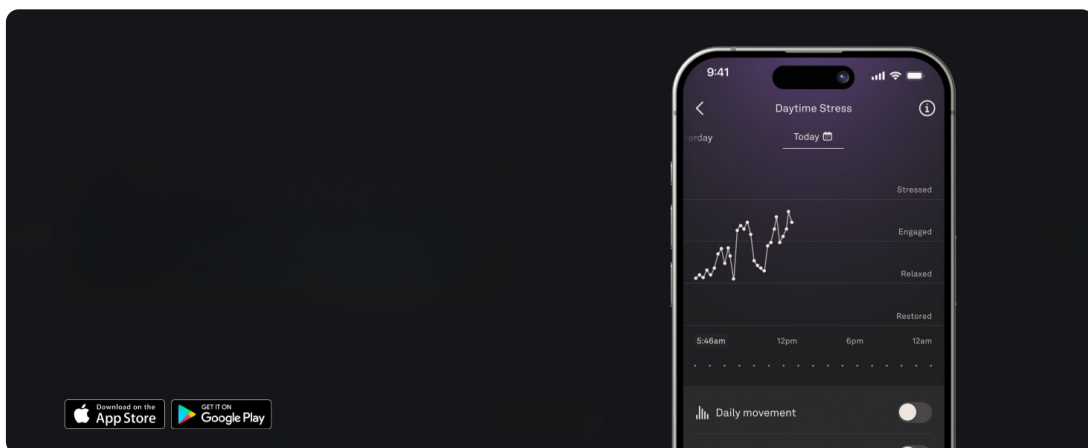


Image: Screenshot of the OURA App displaying stress monitoring data.

- **Women's Health:** Gain insights into your menstrual cycle and its impact on your body.

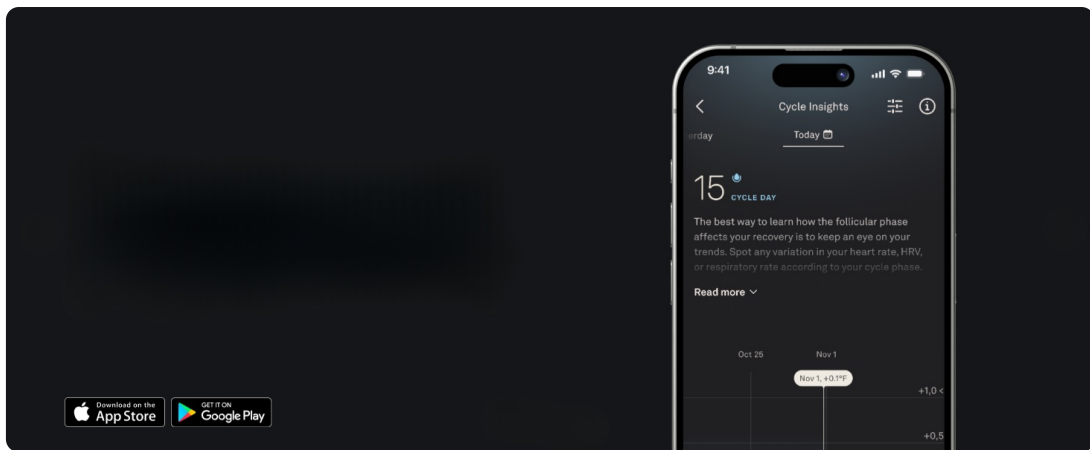


Image: Screenshot of the OURA App displaying women's health tracking features.

7. OPERATING YOUR OURA RING 4

The OURA Ring 4 is designed for continuous wear and automatic data collection. Once charged and paired, it operates seamlessly in the background.

Daily Usage:

- Wear the ring on your chosen finger (preferably the index finger) 24/7 for the most accurate data.
- The ring automatically syncs data to the OURA App via Bluetooth when your phone is nearby and Bluetooth is enabled.
- Even if Bluetooth is off, the ring stores data and will sync once reconnected.

8. MAINTENANCE AND CARE

To ensure the longevity and accuracy of your OURA Ring 4, follow these maintenance guidelines:

- **Cleaning:** Clean your ring regularly with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Exposure:** While water resistant up to 100 meters, prolonged exposure to harsh chemicals (e.g., chlorine, saltwater) may affect the finish over time. Rinse with fresh water after exposure.
- **Charging:** Charge your ring when the app notifies you of low battery. Avoid overcharging for extended periods.
- **Storage:** When not in use, store the ring in a safe place to prevent scratches or damage.

9. TROUBLESHOOTING

If you encounter any issues with your OURA Ring 4, try the following troubleshooting steps:

- **Ring Not Syncing:** Ensure Bluetooth is enabled on your device and the ring is within range. Close and reopen the OURA App.
- **Charging Issues:** Verify that the charging cable is securely connected to both the charger and a power source. Ensure the ring is correctly placed on the charger.
- **Inaccurate Data:** Confirm that your ring is worn on the correct finger and fits snugly. Ensure the sensors are clean.
- **App Not Responding:** Force close the OURA App and restart it. If the issue persists, restart your smartphone.
- **Firmware Update:** Regularly check the OURA App for available firmware updates for your ring to ensure optimal performance and new features.

10. SPECIFICATIONS

Feature	Detail
Brand	OURA
Model Number	JZ90-54216-10
Operating System Compatibility	iOS, Android
Connectivity Technology	Bluetooth
Battery Life	Up to 8 days
Battery Charge Time	80 minutes
Water Resistance Level	Water Resistant (100 Meters)
Material	Titanium
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, HRV, Activity
Item Dimensions	0.94 x 0.94 x 0.28 inches

11. WARRANTY AND SUPPORT

Your OURA Ring 4 comes with a **1-Year Manufacturer Warranty**. For detailed warranty information, claims, or technical support, please refer to the official OURA website or contact OURA customer

service directly.

OURA Membership: The first month of membership is included with purchase for new members. A subscription fee of \$5.99/month applies thereafter. Membership is tied to your account via the OURA App, not your physical ring, and is required to access full insights and features.

HSA/FSA Eligibility: OURA Ring, additional chargers, and shipping costs may be eligible for reimbursement with HSA or FSA funds. Employer or provider plans may vary; check your administrator's coverage for details.