

[Manuals.plus](#) /

› [OURA](#) /

› Oura Ring 4 Metallic Silver Size 12 Instruction Manual

OURA JZ90-54217-12

Oura Ring 4 Metallic Silver Size 12 Instruction Manual

INTRODUCTION

The Oura Ring 4 is a smart ring designed to track over 50 health metrics, including sleep, activity, stress, heart health, metabolic health, and women's health. This device utilizes Smart Sensing technology to provide continuous, accurate data. This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your Oura Ring 4 Metallic Silver, Size 12.

SIZING INFORMATION

Importance of Accurate Sizing

The Oura Ring 4 uses a unique sizing system that differs from standard jewelry rings. To ensure accurate data collection and comfortable wear, it is crucial to determine your correct Oura Ring size using an official Oura Ring Sizing Kit before purchasing the ring.



Image: The Oura Ring 4 Sizing Kit, containing various plastic ring sizes to help determine the optimal fit.

Sizing Kit Process

1. **Purchase the Oura Ring 4 Sizing Kit:** Obtain an official sizing kit to try on different sizes.
2. **Wear for 24 Hours:** Wear the plastic sizer that feels most comfortable for at least 24 hours to ensure it fits well throughout the day and night, as finger size can fluctuate.
3. **Find Your Most Comfortable Fit:** Select the size that feels secure but not too tight, allowing for slight swelling.

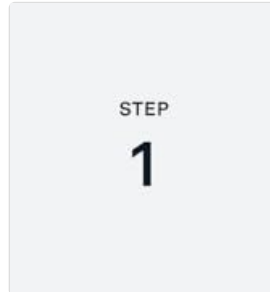


Image: A hand demonstrating how to try on a plastic Oura Ring sizer.

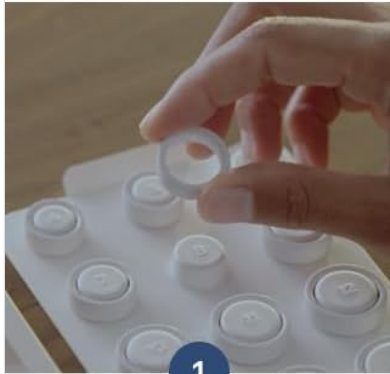
For best performance and accuracy, it is recommended to wear the Oura Ring on your index finger.

PACKAGE CONTENTS

Your Oura Ring 4 package includes the following items:

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

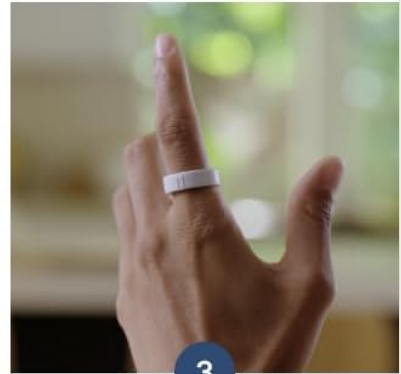
Oura Ring 4 Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



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

Image: The Oura Ring 4, its charging base, and a USB cable, as typically found in the product box.

SETUP AND FIRST USE

Initial Setup

1. **Charge the Ring:** Place your Oura Ring on the charging base and connect the USB cable to a power source. The indicator light on the charger will confirm it is charging. A full charge takes approximately 80 minutes and provides up to 8 days of battery life.
2. **Download the Oura App:** Download the official Oura App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
3. **Pair the Ring:** Follow the in-app instructions to pair your Oura Ring with your smartphone via Bluetooth. Ensure Bluetooth is enabled on your device.

Your browser does not support the video tag.

Video: A short demonstration of placing the Oura Ring on its charging base. This video illustrates the correct way to connect the ring for charging.

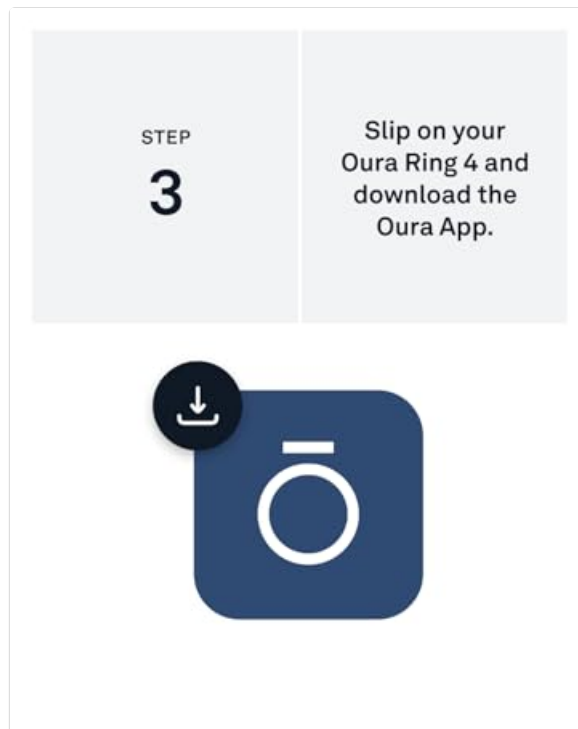


Image: A screenshot of the Oura App displaying various health metrics and readiness scores.

Oura Membership

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

OPERATING THE OURA RING 4

Smart Sensing Technology

The Oura Ring 4 is powered by Smart Sensing, a platform that continuously measures your biometrics and adapts to your unique patterns. This technology delivers accurate data day and night, providing personalized insights into your health.

Size Before You Buy

Oura Ring 4



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

Image: A detailed view of the Oura Ring 4's interior, highlighting the recessed sensors that measure health data.

Health Metrics Tracked

The Oura Ring 4 tracks a comprehensive set of health metrics to give you a holistic view of your well-being:

- **Sleep:** Monitors sleep stages, duration, and quality.
- **Activity:** Tracks daily movement, steps, and workout intensity.
- **Metabolic Health:** Provides insights related to your body's energy use.
- **Stress:** Analyzes physiological responses to stress.
- **Heart Health:** Measures heart rate and heart rate variability.
- **Women's Health:** Offers cycle tracking and related insights.
- **Body Temperature:** Detects subtle changes in body temperature.

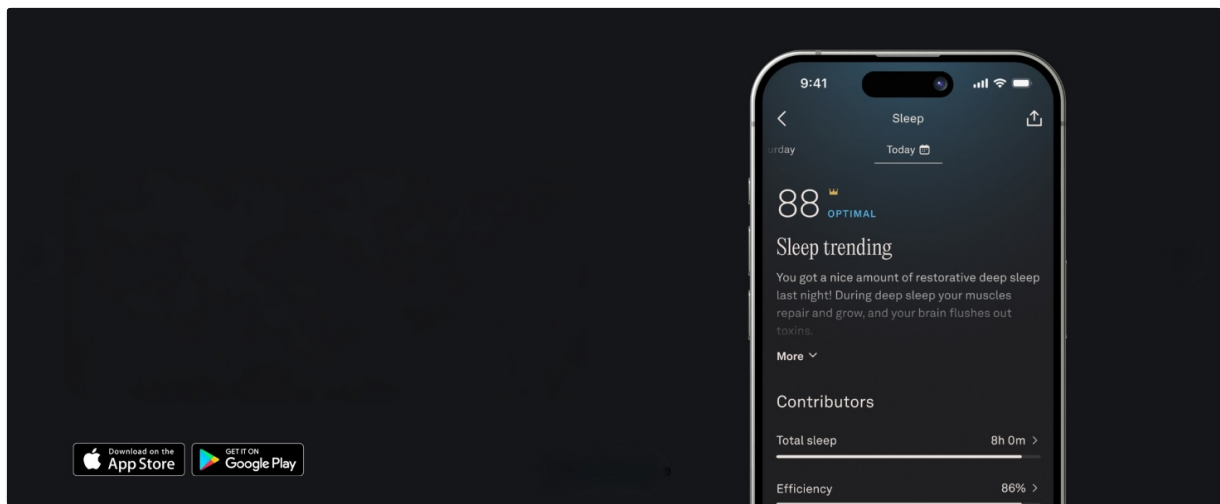


Image: A screenshot from the Oura App displaying detailed sleep trending data.

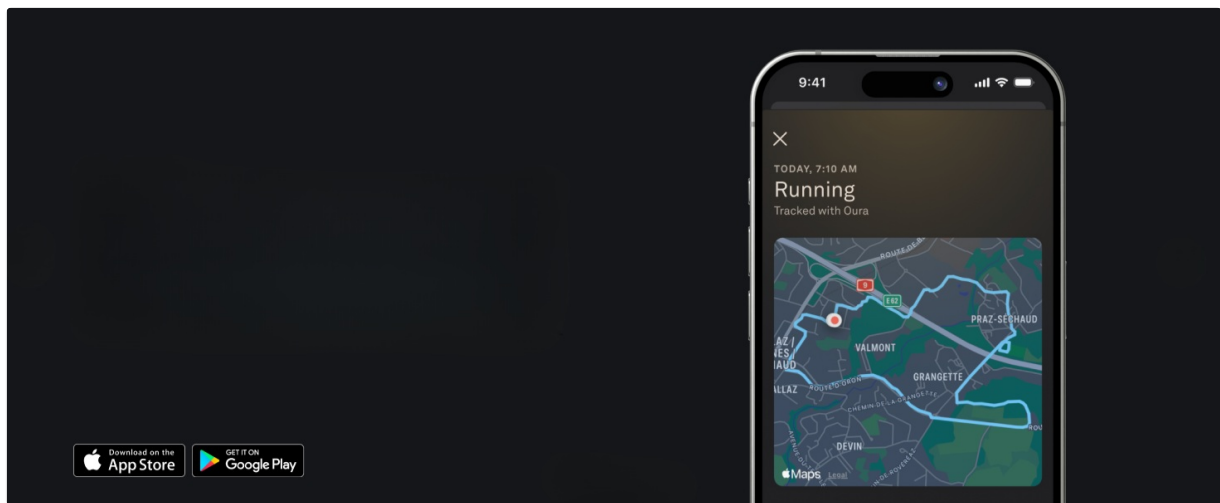


Image: A screenshot from the Oura App showing tracked running activity with a map.

MAINTENANCE

Water Resistance

The Oura Ring 4 is water-resistant up to 100 meters (IP53 rating). This means it is suitable for swimming, showering, and other water-related activities. However, prolonged exposure to harsh chemicals or extreme temperatures should be avoided to maintain its integrity.



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

Battery Life and Charging

The Oura Ring 4 offers up to 8 days of battery life on a single charge. To charge, simply place the ring on its dedicated charging base. The ring will fully charge in approximately 80 minutes. For optimal battery health, avoid completely draining the battery frequently.

TROUBLESHOOTING

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

- **Check App Connection:** Ensure your Oura App is up-to-date and properly connected to your ring via Bluetooth.
- **Restart Ring:** Place the ring on its charger for a few seconds, then remove it. This can sometimes resolve minor software glitches.
- **Restart Phone:** Restart your smartphone and try reconnecting the ring.
- **Reinstall App:** If issues persist, try uninstalling and reinstalling the Oura App.
- **Contact Support:** For persistent problems, refer to the official Oura support website or contact customer service for further assistance.

TECHNICAL SPECIFICATIONS

Feature	Specification
Model Name	JZ90
Model Number	JZ90-54217-12
Brand	OURA
Style	Metallic
Color	Silver
Operating System	Proprietary OS
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
Battery Average Life	5-8 days
Battery Charge Time	80 minutes
Water Resistance Level	Water Resistant (IP53)
Water Resistance Depth	100 Meters
Material	Stainless Steel
Item Dimensions (D x W x H)	0.31"D x 0.91"W x 0.31"H
Supported Application	Fitness Tracker, Sleep Monitor
Compatible Devices	Smartphone (iOS and Android)

WARRANTY AND SUPPORT

Warranty Information

The Oura Ring 4 comes with a 1-year manufacturer's warranty. Please retain your proof of purchase for any warranty claims. For detailed terms and conditions, refer to the information booklet included in your package or visit the official Oura website.

Customer Support

For further assistance, technical support, or inquiries, please visit the official OURA support website or contact their customer service department. Contact information can typically be found in the product documentation or on the OURA website.

HSA/FSA Eligibility

The Oura Ring, additional chargers, and shipping costs may be eligible for reimbursement with Health Savings Account (HSA) or Flexible Spending Account (FSA) funds. Employer or provider plans may vary, so it is recommended to check with your administrator for coverage details.

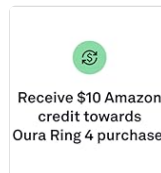


Image: An icon signifying that the Oura Ring is eligible for HSA/FSA reimbursement.