OURA JZ90-1001-06

OURA Ring Gen3 Heritage Smart Ring Instruction Manual

Model: JZ90-1001-06

1. INTRODUCTION AND OVERVIEW

The OURA Ring Gen3 Heritage is a revolutionary smart ring designed to provide accurate and personalized daily health data, insights, and guidance. It tracks various biometrics including sleep, activity, recovery, heart rate, and stress levels. The ring is sleek, comfortable, and features advanced sensor technology with a battery life of 5-7 days.

This manual provides essential information for setting up, operating, and maintaining your OURA Ring Gen3 Heritage to ensure optimal performance and longevity.

Figure 1: The OURA Ring Gen3 Heritage, highlighting its internal sensors.

2. WHAT'S IN THE BOX

Upon unboxing your OURA Ring Gen3 Heritage, verify that all the following components are included:

- OURA Ring Gen3 Heritage
- Charging Base
- USB-A to USB-C Cable
- Information Booklet
- Quick Start Guide

Figure 2: All items included in the OURA Ring Gen3 Heritage packaging.

3. SIZING INSTRUCTIONS

Accurate sizing is crucial for optimal performance of your OURA Ring Gen3 Heritage. OURA Ring sizing differs from standard US ring sizes. It is highly recommended to use an official OURA Ring Gen3 Sizing Kit before purchasing your ring.

3.1 Using the Sizing Kit

1. **Obtain a Sizing Kit:** Purchase the OURA Ring Gen3 Sizing Kit. A $10 credit will be applied towards your OURA Ring Gen3 purchase when bought on Amazon.
2. **Try on Sizes:** The kit contains various plastic rings. Try on different sizes on the index finger of your non-dominant hand. This finger is recommended for the most accurate readings.
3. **Wear for 24 Hours:** Wear the chosen sizing ring for at least 24 hours to ensure comfort and proper fit throughout the day, as finger size can fluctuate.
4. **Confirm Fit:** The ring should feel snug but comfortable, allowing for full finger movement without being too tight or too loose.

Size Before You Buy

Sizing is different from standard ring sizes

Figure 3: Proper sizing is essential for the OURA Ring Gen3.

Size Before You Buy

1

Purchase the Oura Ring Gen3 Sizing Kit

2

Purchase your Oura Ring Gen3 after learning your size

3

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

Receive $10 Amazon credit towards Oura Ring Gen3 with purchase of sizing kit

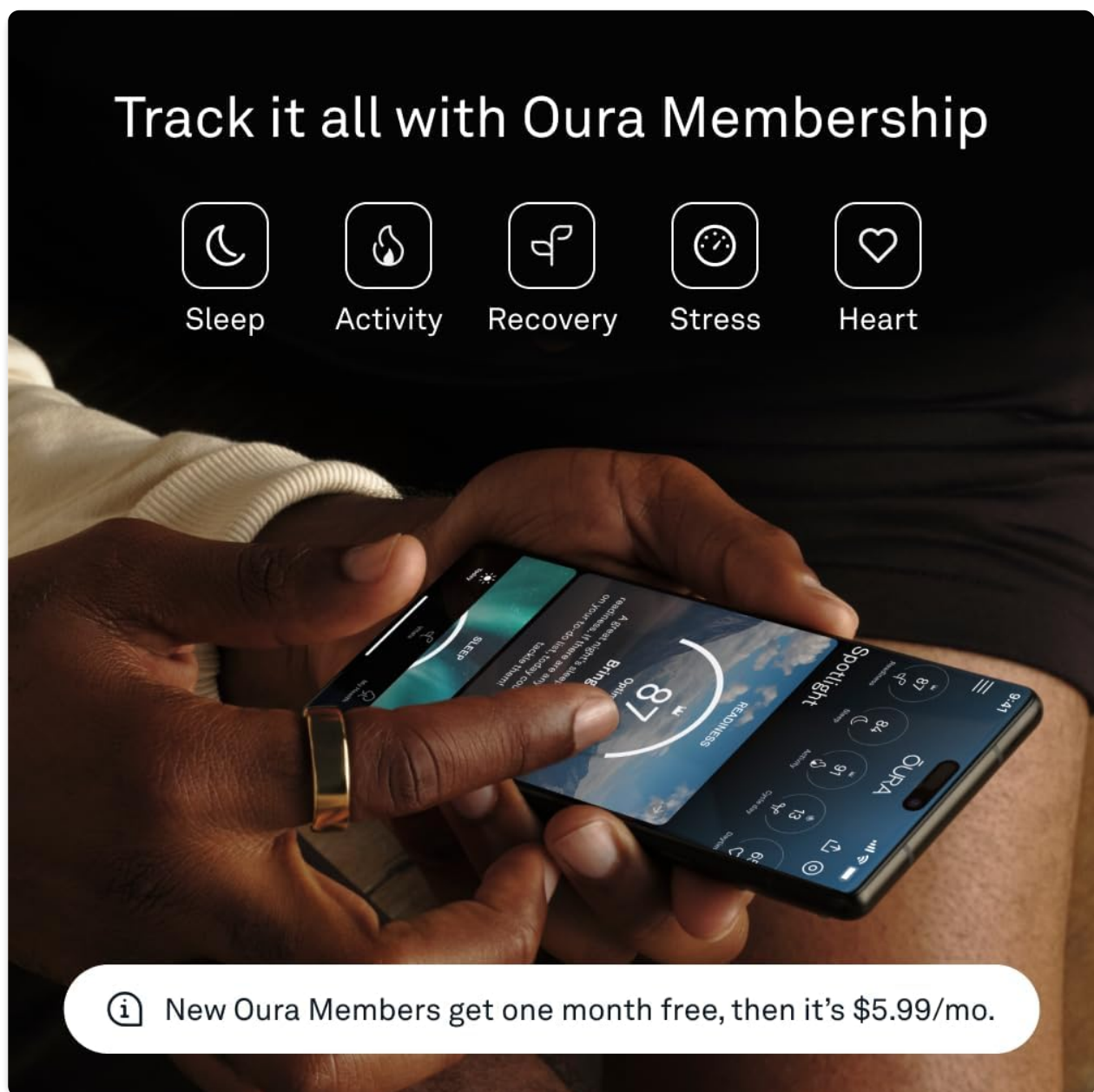Figure 4: Visual guide for the OURA Ring Gen3 sizing process.

Figure 5: Demonstrating how to wear the sizing ring for fit assessment.

4. SETUP AND APP CONNECTION

The OURA Ring Gen3 requires connection to the OURA App for full functionality and data access. The app is compatible with both iOS and Android devices.

4.1 Initial Setup

1. **Download the OURA App:** Search for "OURA" in your device's app store and download the official application.
2. **Create an Account:** Follow the in-app instructions to create your OURA account.
3. **Pair Your Ring:** Ensure your OURA Ring is charged (see Section 6) and follow the app's prompts to pair your ring via Bluetooth.
4. **Activate Membership:** The first month of OURA Membership is included for new members. After the initial month, a subscription fee of $5.99/month applies. Register for membership within the OURA App.
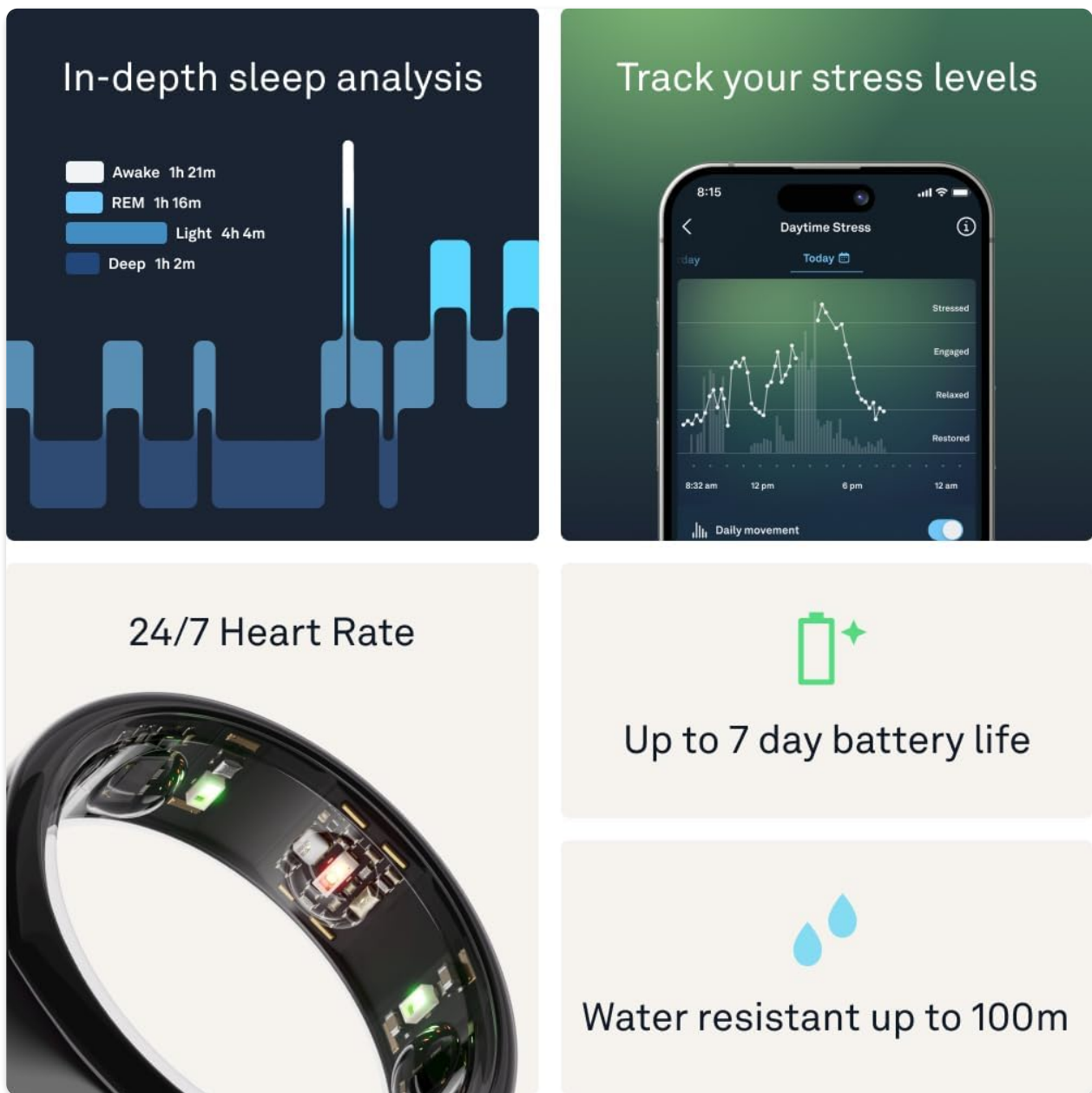
Figure 6: The OURA App provides comprehensive tracking and insights.

5. OPERATING INSTRUCTIONS

The OURA Ring Gen3 continuously monitors your body's signals to provide a holistic view of your health. Wear the ring consistently, ideally on the index finger of your non-dominant hand, for the most accurate data.

5.1 Key Tracking Features

- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep duration, and efficiency to provide a daily sleep score.
- **Activity Tracking:** Records steps, calories burned, and activity intensity. Integrates with over 40 apps including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava.
- **Recovery & Readiness:** Analyzes heart rate variability (HRV), resting heart rate, and body temperature trends to provide a daily readiness score, guiding you on optimal rest and activity levels.
- **Stress Monitoring:** Tracks physiological responses to stress throughout the day.
- **Body Temperature:** Detects subtle changes in body temperature, which can indicate illness or menstrual cycle phases.

Figure 7: Core features and capabilities of the OURA Ring Gen3.

6. CHARGING INSTRUCTIONS

The OURA Ring Gen3 offers a battery life of 5-7 days. To charge your ring, use the provided charging base and USB cable.

6.1 Charging Process

1. **Connect Charger:** Plug the USB-A end of the cable into a power source (e.g., wall adapter, computer USB port) and the USB-C end into the charging base.
2. **Place Ring on Base:** Align the flat sensor area on the inside of your OURA Ring with the corresponding flat area on the charging base. The ring should slide on easily and sit flush.
3. **Verify Charging:** A small LED indicator on the charging base will illuminate to confirm that the ring is charging.
4. **Charging Time:** A full charge typically takes 20-80 minutes.
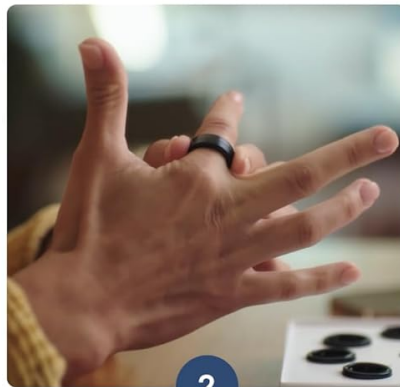
Important: Ensure correct alignment of the ring on the charger. Forcing the ring onto the charger incorrectly can cause damage or make it difficult to remove.
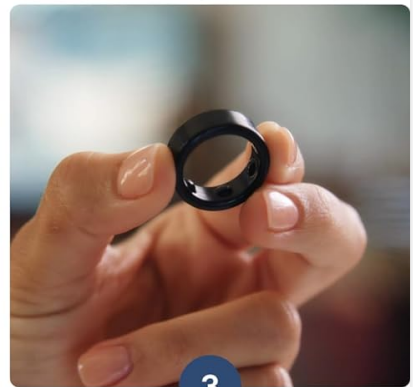
Oura Ring Sizing Tips

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.

Figure 8: The OURA Ring Gen3 charging setup.

7. MAINTENANCE AND CARE

To maintain the performance and appearance of your OURA Ring Gen3, follow these care guidelines:

- **Cleaning:** Clean your ring regularly with mild soap and water. Dry thoroughly with a soft cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The OURA Ring Gen3 is water-resistant up to 100 meters. It can be worn during showering, swimming, and other water activities.
- **Avoid Extreme Temperatures:** Do not expose the ring to extreme heat or cold, as this may affect battery life and sensor accuracy.
- **Protection:** Consider using a silicone cover for your OURA Ring Gen3 to protect it from scratches and impacts during strenuous activities.

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Video 1: Demonstration of a silicone cover for the OURA Ring Gen3, offering additional protection.

8. TROUBLESHOOTING

If you encounter issues with your OURA Ring Gen3, try the following common troubleshooting steps:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Restart both your phone and the OURA Ring (by placing it on the charger for a few seconds).
- **Inaccurate Readings:** Verify that your ring is worn correctly on the recommended finger (index finger of non-dominant hand) with the sensors facing your palm. Ensure the ring is clean and free of debris.
- **App Not Syncing:** Check your internet connection. Close and reopen the OURA App. Ensure the app is updated to the latest version.
- **Battery Life Concerns:** Ensure the ring is charging properly (see Section 6). If battery life significantly degrades, contact OURA Support.

For persistent issues, refer to the OURA App's 'User Guide' or 'After-Sales Support' sections, or visit the official OURA website for detailed support resources.

9. SPECIFICATIONS

Feature	Specification
Model Number	JZ90-1001-06
Product Dimensions	1.1 x 1.1 x 0.31 inches
Item Weight	7.7 ounces
Battery	1 Lithium Ion battery (included)
Battery Life	5-7 Days
Water Resistance	Up to 100 meters
Connectivity	Wireless (Bluetooth)
Color	Black
Manufacturer	Oura

What's in the Box

Oura Ring Gen3

USB Cable

Charger

Figure 9: Key physical and technological features of the OURA Ring Gen3.

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official OURA website or contact OURA customer service directly. Details can also be found in the Information Booklet included with your product.

The OURA Ring Gen3 is HSA/FSA eligible. Please check with your employer or provider for specific coverage details.