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OURA JZ90-51384-11

Oura Ring Gen3 Horizon User Manual

Model: JZ90-51384-11

INTRODUCTION

The Oura Ring Gen3 Horizon 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, stress, and heart rate, offering a comprehensive view of your well-being. This manual provides essential information for setting up, operating, and maintaining your Oura Ring Gen3 Horizon.



Image: The Oura Ring Gen3 Horizon in silver, showcasing its sleek design.

WHAT'S IN THE BOX

Upon unboxing your Oura Ring Gen3 Horizon, you should find the following components:

- Oura Ring Gen3 Horizon
- Oura Ring Charger
- USB Cable
- Information Booklet
- Quick Start Guide

Strong Titanium Exterior



Up to 7 Day Battery Life

Temperature Sensing

Research Grade Heart Rate &
SPO2 Sensors for Pinpoint Accuracy

Image: The Oura Ring Gen3 and its accompanying charger and USB cable, as typically found in the product packaging.

SIZING AND INITIAL SETUP

Proper sizing is critical for the accuracy and comfort of your Oura Ring. Oura Ring Gen3 uses a unique sizing system that differs from standard US ring sizes. It is highly recommended to use an Oura Ring Gen3 Sizing Kit before purchasing your ring to ensure the best experience.

Sizing Process

- 1. Purchase the Oura Ring Gen3 Sizing Kit:** Obtain an official sizing kit to determine your precise Oura Ring size.
- 2. Try on Multiple Sizes:** The sizing kit contains various ring sizes. Try them on different fingers to find the most comfortable fit.
- 3. Wear for 24 Hours:** For optimal accuracy, wear the chosen sizing ring for at least 24 hours to account for natural finger swelling and ensure comfort during sleep and daily activities.
- 4. Find Your Most Comfortable Fit:** Select the size that feels secure but not too tight, allowing for slight movement. For best performance and accuracy, wearing the ring on your index finger is recommended.
- 5. Purchase Your Oura Ring Gen3:** Once your size is confirmed, proceed with purchasing your Oura Ring Gen3 in the determined size.

What's in the Box



Oura Ring Gen3



Image: Visual guide illustrating the recommended steps for sizing your Oura Ring, including trying different sizes and wearing a sample ring for a full day.

Track it all with Oura Membership



Sleep



Activity



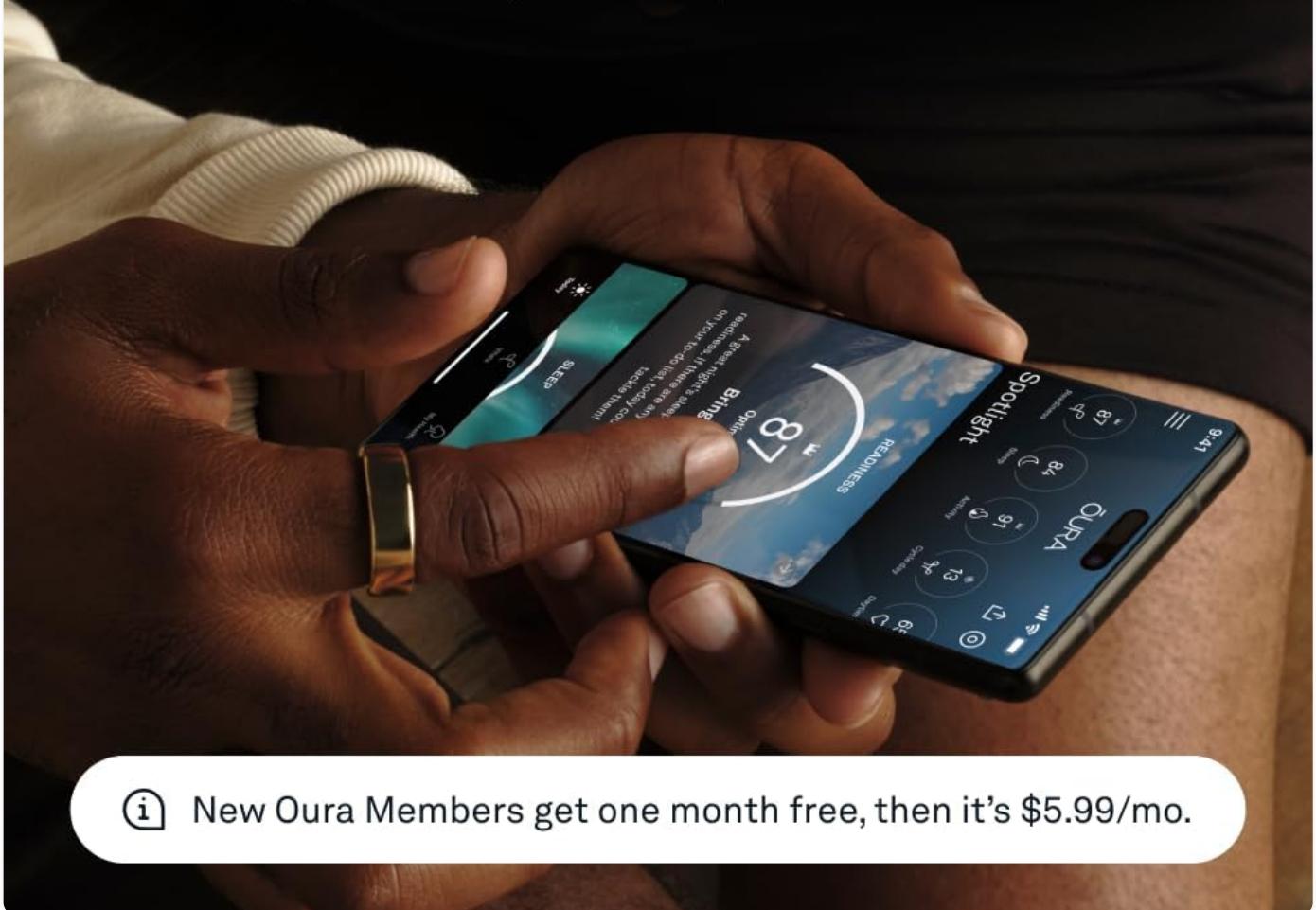
Recovery



Stress



Heart



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

Image: A step-by-step visual guide on the Oura Ring purchase process, emphasizing the importance of using a sizing kit first.

Initial Setup with Oura App

After receiving your Oura Ring, download the Oura App from your device's app store. The app will guide you through the pairing process and initial setup, allowing you to activate your Oura Membership. The first month of membership is included for new members, with a subscription fee of \$5.99/month thereafter. Membership is required to access all features and insights.

In-depth sleep analysis

Awake 1h 21m
REM 1h 16m
Light 4h 4m
Deep 1h 2m

Track your stress levels



24/7 Heart Rate



Up to 7 day battery life



Water resistant up to 100m

Image: A user interacting with the Oura App on a smartphone, demonstrating the various health metrics tracked by the Oura Ring.

OPERATING YOUR OURA RING

The Oura Ring Gen3 Horizon continuously monitors your health data throughout the day and night. Its advanced sensor technology provides insights into various aspects of your well-being.

Key Features and Tracking

- Sleep Tracking:** Provides in-depth analysis of your sleep stages (Awake, REM, Light, Deep), sleep efficiency, and disturbances.
- Activity Tracking:** Monitors your daily movement, steps, calories burned, and helps you achieve activity goals.
- Recovery Insights:** Assesses your body's readiness for the day based on sleep, heart rate variability, and body temperature.
- Stress Monitoring:** Tracks physiological responses to stress and provides guidance for managing it.
- Heart Rate & SpO2:** Utilizes research-grade sensors for 24/7 heart rate monitoring and blood oxygen saturation

(SpO2) for pinpoint accuracy.

- **Temperature Sensing:** Detects subtle changes in body temperature, which can indicate illness or menstrual cycle phases.



HSA/FSA
Eligible

 Oura Ring Gen3 is eligible for reimbursement with FSA and HSA.

* Employer/provider plans may vary - check your administrator's coverage.

Image: A visual summary of the Oura Ring's core functionalities, including sleep analysis, stress tracking, continuous heart rate monitoring, battery life, and water resistance.

Size Before You Buy



Sizing is different from standard ring sizes

Image: A detailed view of the Oura Ring's interior, highlighting the advanced sensors responsible for data collection.



Image: An annotated diagram of the Oura Ring, pointing out its key physical and technological features.

Battery Life

The Oura Ring Gen3 Horizon offers an impressive battery life of 5-7 days on a single charge, depending on usage. It charges quickly, typically reaching a full charge in about an hour.

App Compatibility

The Oura Ring is compatible with both iOS and Android devices. It seamlessly integrates with over 40 popular health and fitness applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava, allowing you to consolidate your health data.

MAINTENANCE

To ensure the longevity and optimal performance of your Oura Ring Gen3 Horizon, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your Oura Ring with a soft, damp cloth. Avoid abrasive materials or harsh chemicals that

could damage the finish or sensors.

- **Charging:** Charge your ring using the provided Oura Ring Charger and USB cable. Ensure the charging contacts on the ring and charger are clean and dry before charging.
- **Water Resistance:** The Oura Ring is water-resistant up to 100 meters, making it suitable for swimming and showering. However, prolonged exposure to hot water, steam, or harsh chemicals (like those in hot tubs or saunas) should be avoided as it may affect the ring's seals over time.
- **Storage:** When not in use, store your Oura Ring in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your Oura Ring Gen3 Horizon, consider the following common troubleshooting steps:

- **Syncing Issues:** Ensure Bluetooth is enabled on your smartphone and the Oura App is open and running in the background. Try restarting both the app and your phone.
- **Charging Problems:** Verify that the charger is properly connected to a power source and the ring is correctly seated on the charger. Clean the charging contacts if necessary.
- **Inaccurate Data:** Confirm that your ring is worn on the recommended finger (index finger) and fits snugly. Ensure the sensors on the inside of the ring are clean.
- **App Not Responding:** Force close the Oura App and reopen it. If the issue persists, try uninstalling and reinstalling the app (your data is stored in the cloud).
- **Firmware Update Issues:** Ensure your ring is charged and close to your phone during firmware updates. Do not interrupt the update process.

For persistent issues or problems not covered here, please refer to the official Oura support resources or contact Oura customer service.

SPECIFICATIONS

Product Dimensions	1.02 x 1.02 x 0.31 inches
Item Weight	7.8 ounces
Model Number	JZ90-51384-11
Batteries	1 Lithium Ion battery required (included)
Color	Silver (for this specific model)
Manufacturer	Oura
Connectivity	Wireless (Bluetooth)
Water Resistance	Up to 100 meters
Battery Life	5-7 Days

WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Oura website or the documentation included with your product. Oura Ring Gen3 is also HSA/FSA eligible, meaning it may be reimbursed with Health Savings Account (HSA) or Flexible Spending Account (FSA) funds. Please check with your employer or plan administrator for

specific coverage details.

Oura Ring Sizing Tips



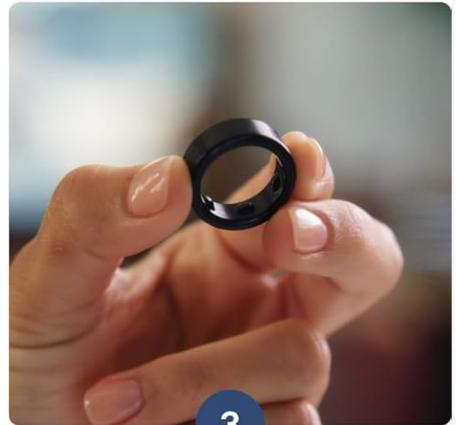
1

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.

Image: A visual representation highlighting the HSA/FSA eligibility of the Oura Ring Gen3.

For further assistance, visit the [Official OURA Store on Amazon](#).

IMPORTANT NOTE ON VIDEOS

While the product listing indicates the presence of videos, the provided data does not include specific video URLs or metadata (such as creator type) necessary to embed them according to the specified guidelines. Therefore, no videos are embedded in this manual.