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OURA JZ90-51382-13

Oura Ring Gen3 Horizon User Manual

Model: JZ90-51382-13

Introduction

The Oura Ring Gen3 Horizon is a revolutionary smart ring designed to provide accurate and personalized daily health data, insights, and guidance. It works seamlessly with the Oura App to track various biometrics, including sleep, activity, recovery, heart rate, and stress levels. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Oura Ring Gen3 Horizon.

Image: The Oura Ring Gen3 Horizon in black, showcasing its sleek design and internal sensors.

What's in the Box

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

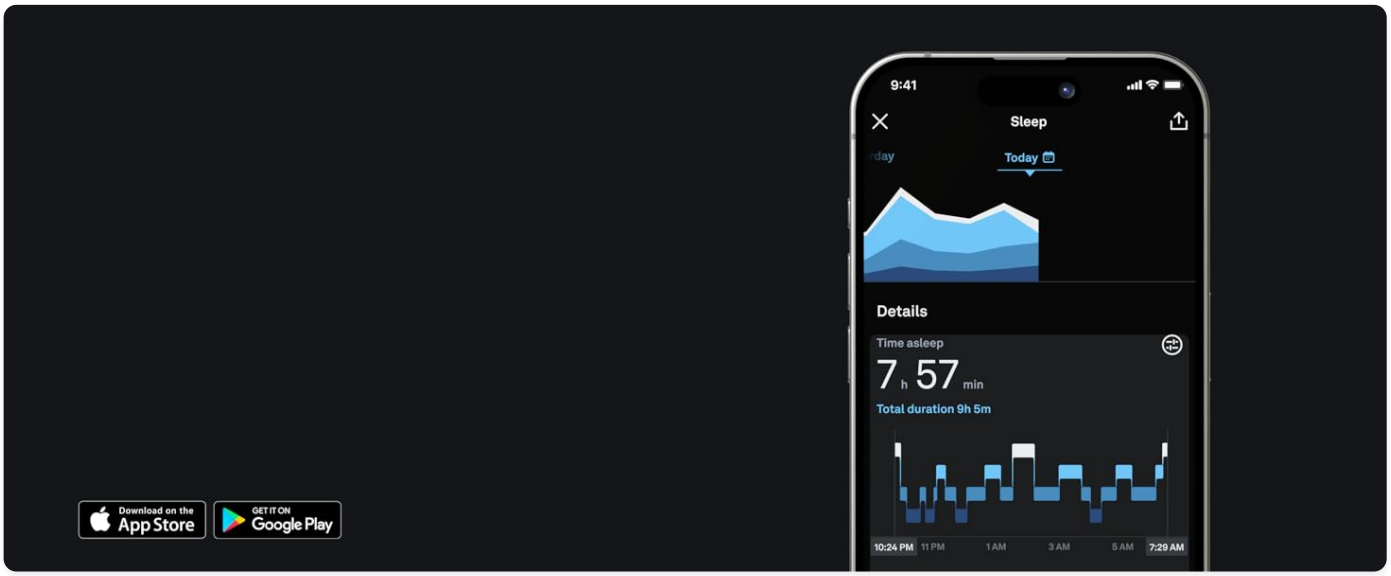

Image: A visual representation of the Oura Ring Gen3, its charger, and USB cable, indicating the items included in the product packaging.

Setup Guide

1. Sizing Your Oura Ring

It is crucial to size yourself with the Oura Ring Gen3 Sizing Kit before purchasing your Oura Ring. Oura Ring sizing is not standard US sizing. Finding the correct size ensures the best experience and accurate data collection. For optimal performance and accuracy, it is recommended to wear the ring on your index finger.

Image: A graphic illustrating the importance of using the Oura Ring Sizing Kit before purchase, highlighting that Oura sizing differs from standard ring sizes.

1. **Purchase the Oura Ring Gen3 Sizing Kit:** This kit contains various ring sizes to help you determine your perfect fit.
2. **Try on multiple sizes:** Wear the sample rings to find the most comfortable fit.
3. **Wear for 24 hours:** Test the chosen size for a full day to ensure comfort during various activities and sleep.
4. **Find your most comfortable fit:** Select the size that feels secure but not too tight, allowing for slight finger swelling.
5. **Purchase your Oura Ring Gen3:** Once your size is confirmed, proceed with your Oura Ring purchase.

Image: A step-by-step visual guide demonstrating how to use the Oura Sizing Kit to find the ideal ring size, emphasizing trying multiple sizes and wearing for 24 hours.

2. Downloading the Oura App & Membership Activation

The Oura Ring requires the Oura App for full functionality and data insights. Download the Oura App from your device's app store (compatible with iOS and Android). Upon first use, you will register for your Oura Membership. The first month of membership is included with your purchase for new members. After the initial month, a subscription fee of $5.99/month applies. The Oura Membership is not sold on Amazon.

Image: A smartphone displaying the Oura App interface, highlighting its ability to track sleep, activity, recovery, stress, and heart rate.

Operating Your Oura Ring

The Oura Ring Gen3 Horizon continuously monitors your body's signals to provide comprehensive health insights. Wear the ring on your finger, ideally the index finger, for optimal data collection.

Key Features:

- **Sleep Tracking:** Provides in-depth analysis of your sleep stages (REM, Light, Deep), sleep duration, and efficiency.
- **Activity Tracking:** Monitors your daily movement, steps, and calorie burn.
- **Recovery Insights:** Assesses your body's recovery status based on various biometrics, contributing to your daily Readiness Score.

- **Stress Monitoring:** Tracks your stress levels throughout the day, identifying periods of relaxation, engagement, and stress.
- **Heart Rate & SpO2 Sensors:** Utilizes research-grade sensors for pinpoint accuracy in heart rate and blood oxygen saturation (SpO2) measurements.
- **Temperature Sensing:** Detects subtle changes in your body temperature, which can be indicative of illness or menstrual cycle phases.

Image: A collage illustrating the Oura Ring's core functionalities: in-depth sleep analysis, stress level tracking, 24/7 heart rate monitoring, up to 7-day battery life, and water resistance up to 100m.

App Integration:

The Oura App seamlessly integrates with over 40 popular health and fitness applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava. This allows for a holistic view of your health data across different platforms.

Maintenance

Charging Your Oura Ring:

The Oura Ring Gen3 Horizon offers a battery life of 5-7 days. To charge, place the ring on the provided charger, ensuring the sensors align correctly. Connect the USB cable to a power source. A full charge typically takes 20-80 minutes.

Image: The Oura Ring placed on its circular charging dock, connected via a USB cable, illustrating the charging process.

Cleaning and Care:

The Oura Ring is water-resistant up to 100 meters, making it suitable for daily wear, including showering and swimming. To clean your ring, simply wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these may damage the ring's finish or sensors. The ring features a strong titanium exterior, designed for durability.

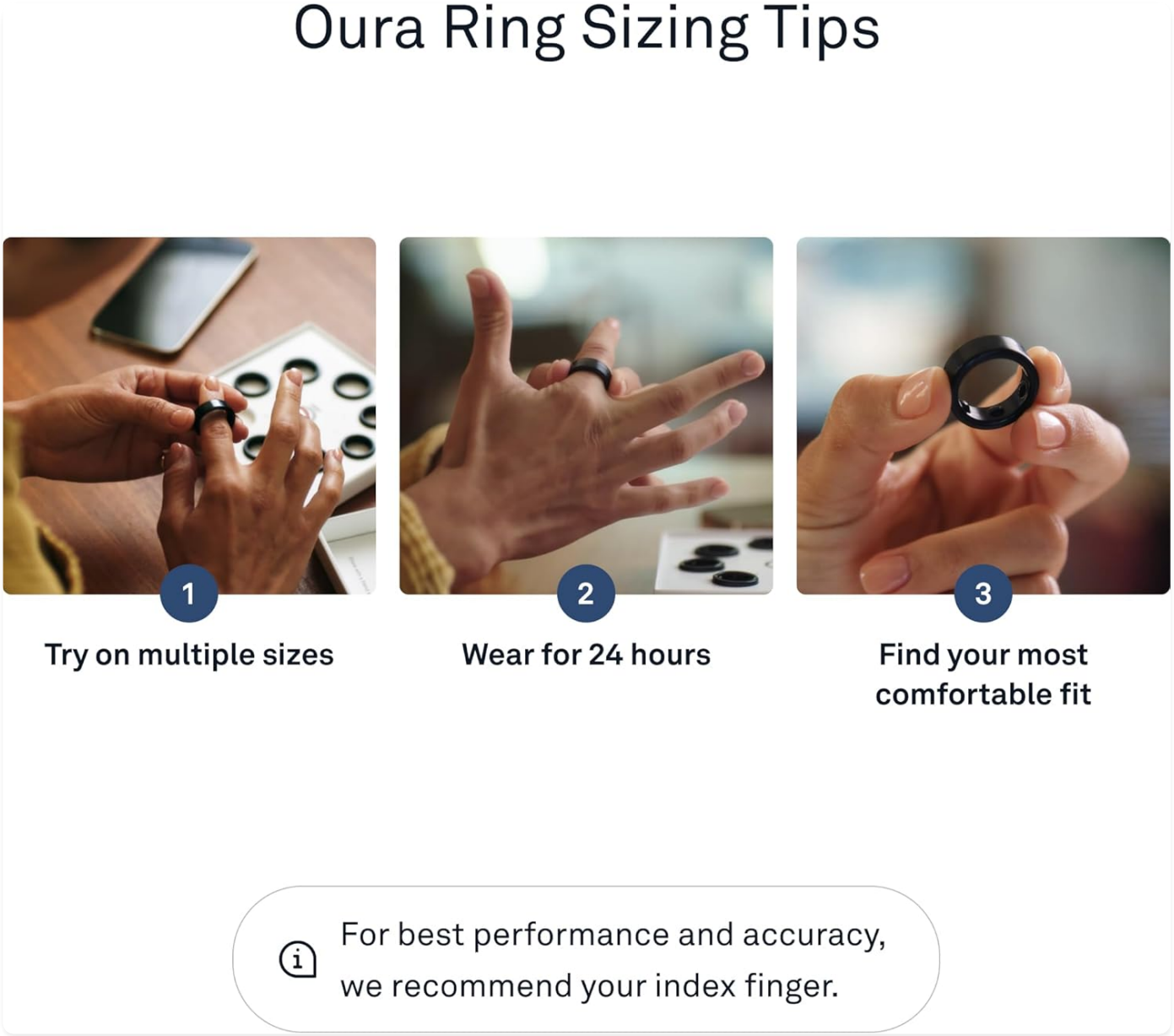

Image: A hand wearing the Oura Ring partially submerged in water, demonstrating its water-resistant capabilities.

Troubleshooting

- **Data Sync Issues:** Ensure your Oura Ring is charged and within Bluetooth range of your paired smartphone. Check your phone's Bluetooth settings and the Oura App for connectivity status. Restarting both the ring (by placing it on the charger for a few seconds) and the app can often resolve sync problems.
- **Inaccurate Readings:** Verify that your Oura Ring is worn on the correct finger (preferably the index finger) and that the fit is snug but comfortable. An improper fit can affect sensor accuracy. Ensure the sensors on the inside of the ring are clean and free from debris.
- **Charging Problems:** Confirm that the charger and USB cable are securely connected. Try using a different USB port or power adapter. If the ring is not charging, ensure there is no debris obstructing the charging contacts on both the ring and the charger.
- **App Functionality:** If the Oura App is not responding or crashing, try force-closing and reopening the app. Ensure your app is updated to the latest version available in your app store.

For persistent issues, refer to the detailed troubleshooting guides available on the official Oura support website or contact Oura customer support directly.

Specifications

Product Dimensions	1.06 x 1.06 x 0.31 inches
Item Weight	7.8 ounces
Model Number	JZ90-51382-13
Batteries	1 Lithium Ion batteries required (included)
Color	Black
Manufacturer	Oura
Date First Available	January 19, 2024
Water Resistance	Up to 100m
Battery Life	5-7 Days

Warranty and Support

HSA/FSA Eligibility:

The Oura Ring Gen3 is eligible for reimbursement with HSA (Health Savings Account) or FSA (Flexible Spending Account) funds. This applies to the Oura Ring itself and additional chargers. Please note that employer/provider plans may vary, so it is recommended to check your administrator's coverage for specific details.

Image: An icon indicating HSA/FSA eligibility, positioned next to an Oura Ring, signifying that the product may be purchased with health savings funds.

Official Support:

For detailed warranty information, product support, and frequently asked questions, please visit the official Oura website. The Information Booklet and Quick Start Guide included in your product box also contain valuable information.
You can also visit the OURA Store on Amazon for more product information and resources.

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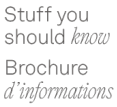
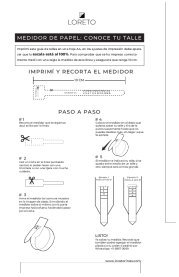
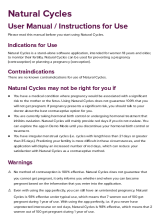
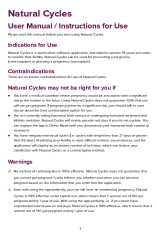
Related Documents - JZ90-51382-13

	Nominal Printable Ring Size Guide A guide from Nominal to help you accurately measure your ring size at home using a printable chart and a credit card for reference.
	Oura Ring 4 User Guide and Information Comprehensive guide to the Oura Ring 4, covering setup, usage, safety, product specifications, and regulatory information. Learn how to connect, charge, and care for your Oura Ring.
	Oura Ring Quick Start Guide | Setup and Usage Learn how to set up your Oura Ring, charge it, download the Oura app, and pair your device for health tracking. Includes model JZ50-2904/01.
	Loreto Paper Sizing Tool: Find Your Size A guide from Loreto on how to print and use a paper sizing tool to determine your correct ring size. Includes step-by-step instructions and examples.
	Natural Cycles: User Manual and Instructions for Use for Fertility Tracking and Contraception This user manual provides comprehensive instructions for Natural Cycles, a software application for fertility monitoring, contraception, and pregnancy planning. It covers setup, usage, product modes, effectiveness, and troubleshooting.
	Natural Cycles User Manual: Fertility Monitoring and Contraception Guide Comprehensive user manual for Natural Cycles, a fertility monitoring and contraception app. Learn about indications, contraindications, warnings, precautions, setup, usage with thermometers, Oura Ring, Apple Watch, clinical studies, and product modes.