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OURA JZ90-1001-12

OURA Ring Gen3 Heritage Smart Ring Instruction Manual

Your guide to setting up, operating, and maintaining your OURA Ring Gen3 Heritage for comprehensive health and wellness tracking.

IMPORTANT SIZING INFORMATION

The OURA Ring Gen3 uses a unique sizing system that differs from standard US ring sizes. To ensure optimal accuracy and comfort, it is crucial to determine your correct OURA Ring size before purchasing the product.

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

Image: Oura Ring Gen3 Sizing Kit with various ring sizes.

Sizing Process:

- 1. Purchase an OURA Ring Sizing Kit:** This kit contains plastic replica rings in all available OURA sizes.
- 2. Try on Multiple Sizes:** Experiment with different sizes on your index, middle, or ring finger. These fingers are recommended for best performance.
- 3. Wear for 24 Hours:** Once you find a size that feels snug and secure, but not uncomfortable, wear the sizing ring for at least 24 hours to confirm the fit. Your finger size can fluctuate throughout the day and night.
- 4. Ensure Proper Contact:** Make sure the raised sensors on the inside of the sizing ring maintain constant contact with the underside of your finger.

A \$10 credit is typically applied towards your OURA Ring purchase when you buy a sizing kit.

Video: Official Oura Sizing Tutorial. This video demonstrates how to use the Oura Sizing Kit to find your ideal ring size for optimal fit and data accuracy.

SETUP

What's in the Box

What's in the Box



Oura Ring Gen3



Image: Oura Ring Gen3 and its accessories, including the charger and USB cable.

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

Initial Charging

Before first use, place your OURA Ring on the provided charger. Connect the USB cable to a power source. The ring typically charges fully in less than an hour and offers up to 7 days of battery life.

App Installation & Pairing

Download the OURA App from the Apple App Store (iOS) or Google Play Store (Android). Follow the on-screen instructions within the app to pair your OURA Ring with your smartphone. The app will guide you through the initial setup and membership registration.

Track it all with Oura Membership



Sleep



Activity



Recovery



Stress



Heart

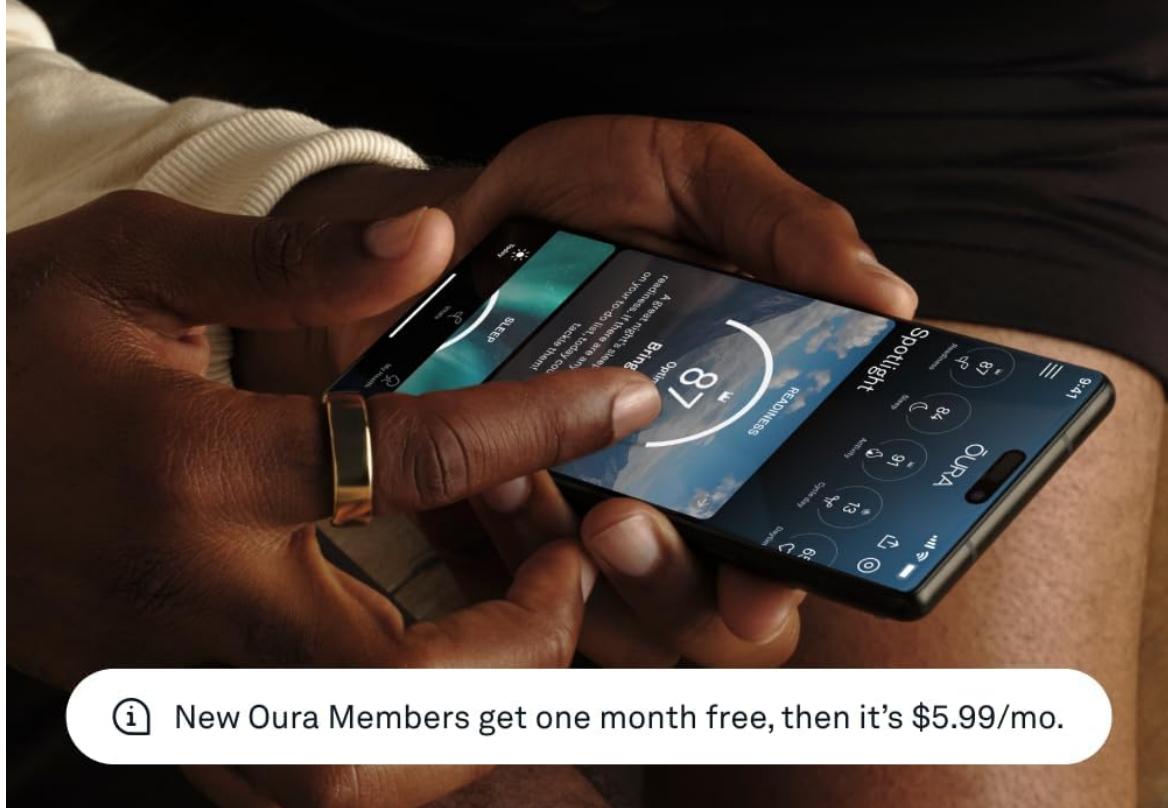


Image: Oura App interface on a smartphone, showing sleep, activity, and readiness scores.

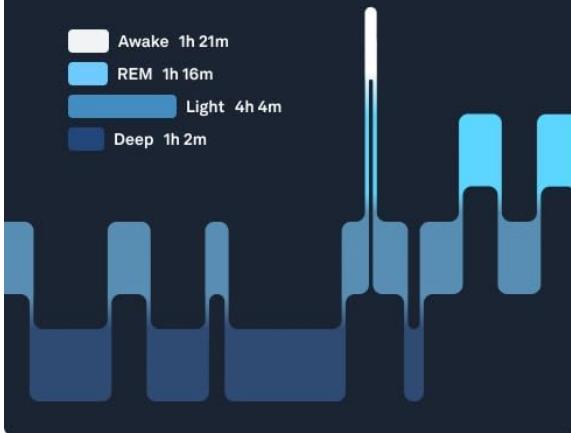
OPERATING YOUR OURA RING

The OURA Ring is designed for continuous wear, seamlessly tracking your health data throughout the day and night. It utilizes advanced sensor technology to monitor various biometrics.

Key Features & Tracking

- Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep efficiency, and provides insights for improved rest.
- Activity Tracking:** Records steps, calories burned, and activity intensity, integrating with popular health apps.
- Stress Management:** Tracks stress levels and offers guidance for recovery and balance.
- Heart Rate Monitoring:** Provides 24/7 heart rate data, including resting heart rate and heart rate variability (HRV).
- Temperature Sensing:** Monitors body temperature trends, which can provide early indications of illness or menstrual cycle phases.
- Women's Health:** Offers period predictions and insights based on temperature trends.

In-depth sleep analysis



Track your stress levels



24/7 Heart Rate



Up to 7 day battery life



Water resistant up to 100m

Image: Visual representation of Oura Ring's core features: in-depth sleep analysis, stress tracking, 24/7 heart rate, 7-day battery life, and 100m water resistance.

MAINTENANCE

The OURA Ring Gen3 Heritage is built with a strong titanium exterior, designed for durability and everyday wear. It is water-resistant up to 100 meters.

Care Instructions:

- **Cleaning:** Regularly clean your ring with mild soap and water. Dry thoroughly with a soft cloth.
- **Avoid Harsh Chemicals:** Do not expose the ring to harsh chemicals, solvents, or abrasive materials, as this may damage the finish or sensors.
- **Storage:** When not wearing or charging, store your ring in a safe place to prevent scratches.

TROUBLESHOOTING

If you encounter issues with your OURA Ring, consider the following common solutions:

- **Data Inaccuracy:** Ensure your ring is worn on the recommended finger (index, middle, or ring) and fits snugly. A loose fit can affect sensor readings.
- **Connectivity Issues:** Check that Bluetooth is enabled on your smartphone and that the OURA App is up to date. Try restarting both your phone and the app.
- **Charging Problems:** Verify that the charger and USB cable are properly connected to a working power source. Ensure the ring is correctly seated on the charger.
- **App Not Syncing:** Open the OURA App and ensure it's running in the foreground to allow data synchronization.

For persistent issues, refer to the official OURA support resources or contact customer service.

SPECIFICATIONS

Product Dimensions	1.02 x 1.02 x 0.28 inches
Item Weight	8 ounces
Item Model Number	JZ90-1001-12
Batteries	1 Lithium Ion batteries required (included)
Color	Black
Manufacturer	Oura
Water Resistance	Up to 100 meters
Exterior Material	Strong Titanium
Sensors	Research Grade Heart Rate & SpO2 Sensors, Temperature Sensing

WARRANTY & SUPPORT

The OURA Ring Gen3 is backed by a manufacturer's warranty. For specific warranty details, please refer to the documentation included with your product or visit the official OURA website.

For customer support, technical assistance, or to explore additional resources, please visit the [Official OURA Store on Amazon](#) or the OURA website.

Protection plans are also available for purchase, offering extended coverage for your device.

Related Documents - JZ90-1001-12

<p>Stuff you should <i>know</i> Brochure d'informations</p>	<p><u>Oura Ring 4 User Guide and Information</u> 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.</p>
 <p>OURA</p>	<p><u>Oura Ring Quick Start Guide Setup and Usage</u> 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.</p>
 <p>VERTU VRing</p>	<p><u>VERTU VRing Smart Health Ring User Manual and Specifications</u> Comprehensive guide to the VERTU VRing smart health ring, covering product description, parameters, features, usage guidelines, safety precautions, maintenance, and compliance information.</p>
<p>Stuff you should <i>know</i> Brochure d'informations</p>	<p><u>Oura Ring 4 User Guide and Information</u> 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.</p>
 <p>Natural Cycles User Manual / Instructions for Use</p> <p>Indications for Use</p> <p>Intended Target Population</p> <p>Intended Use Environment</p> <p>Contraindications</p> <p>Side-Effects</p>	<p><u>Natural Cycles User Manual and Instructions: Fertility Tracking & Contraception</u> Comprehensive user manual and instructions for Natural Cycles, a fertility tracking and contraceptive app. Learn about setup, usage, safety, and effectiveness for preventing or planning pregnancy.</p>
	<p><u>StarV Ring2 User Manual and Product Information</u> Comprehensive guide to the StarV Ring2 smart ring, detailing product specifications, health and fitness features, setup instructions, interactive controls for AR glasses and smartphones, charging, Bluetooth connectivity, app installation, indicator light meanings, user notices, safety guidelines, regulatory compliance, and after-sales service.</p>