OURA JZ90-51382-10

Oura Ring Gen3 Horizon Instruction Manual

Brand: OURA | **Model:** JZ90-51382-10

1. INTRODUCTION AND OVERVIEW

The Oura Ring Gen3 Horizon is a revolutionary smart ring designed to provide accurate and personalized daily health data, insights, and guidance. Developed by OURA, this sleek and comfortable wearable tracks various aspects of your well-being, including sleep, activity, recovery, stress, and heart rate, utilizing advanced sensor technology.

With a battery life of up to 7 days, the Oura Ring Gen3 Horizon seamlessly integrates into your daily routine, offering a comprehensive overview of your health metrics through the accompanying Oura App. It is designed to help users understand and improve their overall health and well-being.

Image: The Oura Ring Gen3 Horizon in black, highlighting its internal sensors that track various biometrics.

2. WHAT'S IN THE BOX

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

- Oura Ring Gen3 Horizon
- Charging Dock
- 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: A visual representation of the Oura Ring Gen3 Horizon and its charging accessories, including the charging dock and USB cable.

3. SETUP GUIDE

3.1. Sizing Your Oura Ring

It is crucial to size yourself with the Oura Ring Gen3 Sizing Kit**before** purchasing your Oura Ring Gen3. Oura Ring Gen3 uses a unique sizing system that differs from standard US ring sizes. Finding the correct size is essential for optimal performance and accuracy of the device.

1. **Purchase the Oura Ring Gen3 Sizing Kit:** This kit contains various plastic ring sizes to help you determine your ideal fit.
2. **Try on Multiple Sizes:** Wear the plastic rings on your preferred finger (index finger is recommended for best performance and accuracy) to find the most comfortable fit.
3. **Wear for 24 Hours:** To ensure accuracy, wear the chosen plastic ring size for at least 24 hours to account for natural finger swelling throughout the day and night.
4. **Find Your Most Comfortable Fit:** Select the size that feels secure but not too tight, allowing for slight movement.

What's in the Box

Oura Ring Gen3

USB Cable

Charger

Image: A step-by-step guide illustrating how to properly size your finger using the Oura Ring Sizing Kit for an accurate fit.

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: A close-up of the Oura Ring's interior, showing the sensor placement, with a note indicating that sizing is different from standard ring sizes.

3.2. Initial Device Setup

1. **Charge Your Ring:** Place your Oura Ring on the charging dock. Connect the USB cable to the dock and a power source. Ensure the ring is fully charged before first use.
2. **Download the Oura App:** Download the official Oura App from your device's app store (available for iOS and Android).
3. **Pair Your Ring:** Follow the on-screen instructions in the Oura App to pair your ring via Bluetooth.
4. **Oura Membership:** The Oura App requires an Oura Membership to access all features and data. The first month of membership is included with your purchase for new members. After the first month, a subscription fee of $5.99/month applies. Register for your Oura Membership directly on the Oura App. Please note that Oura Membership is not sold on Amazon.

In-depth sleep analysis

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

Track your stress levels

8:15
Daytime Stress
Today

Stressed
Engaged
Relaxed
Restored

8:32 am   12 pm   6 pm   12 am

Daily movement

24/7 Heart Rate

Up to 7 day battery life

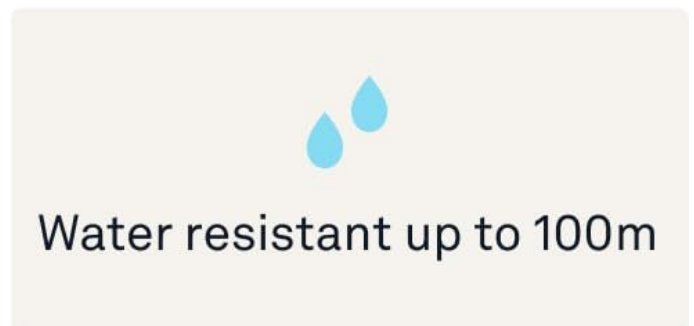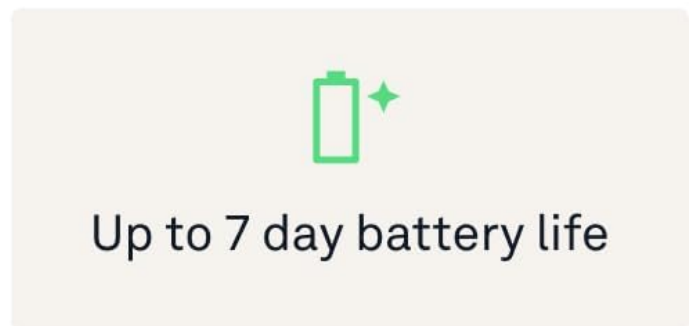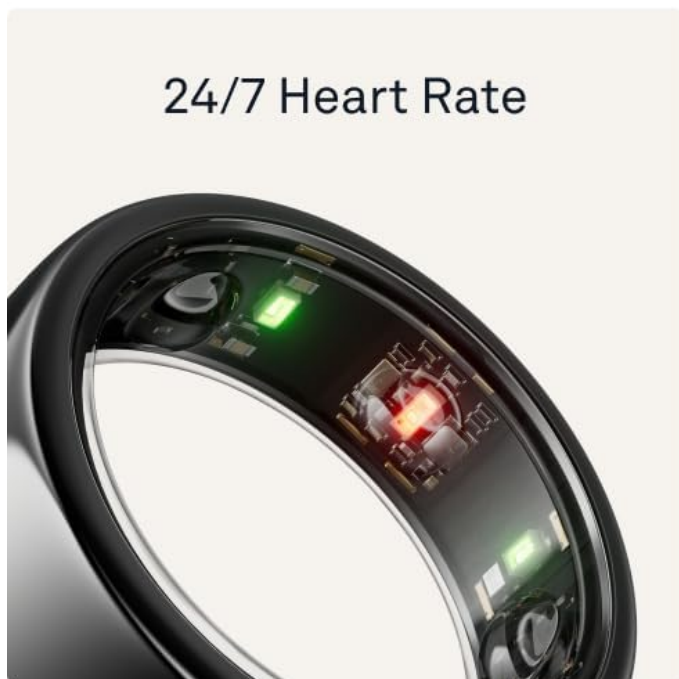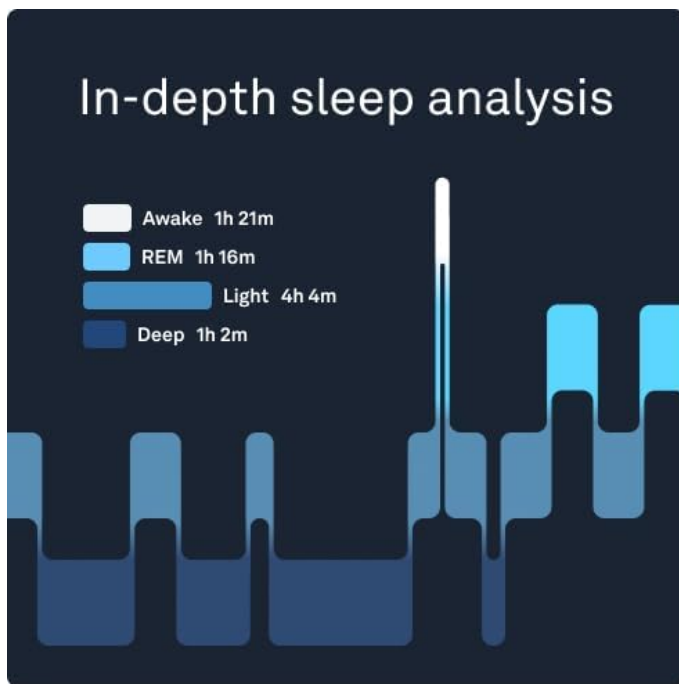**Water resistant up to 100m**

Image: A user interacting with the Oura App on their smartphone, demonstrating how the Oura Ring integrates with the app to track various health metrics.

4. OPERATING YOUR OURA RING

The Oura Ring Gen3 Horizon continuously monitors your body's signals to provide comprehensive health insights. Wear the ring consistently for the most accurate data.
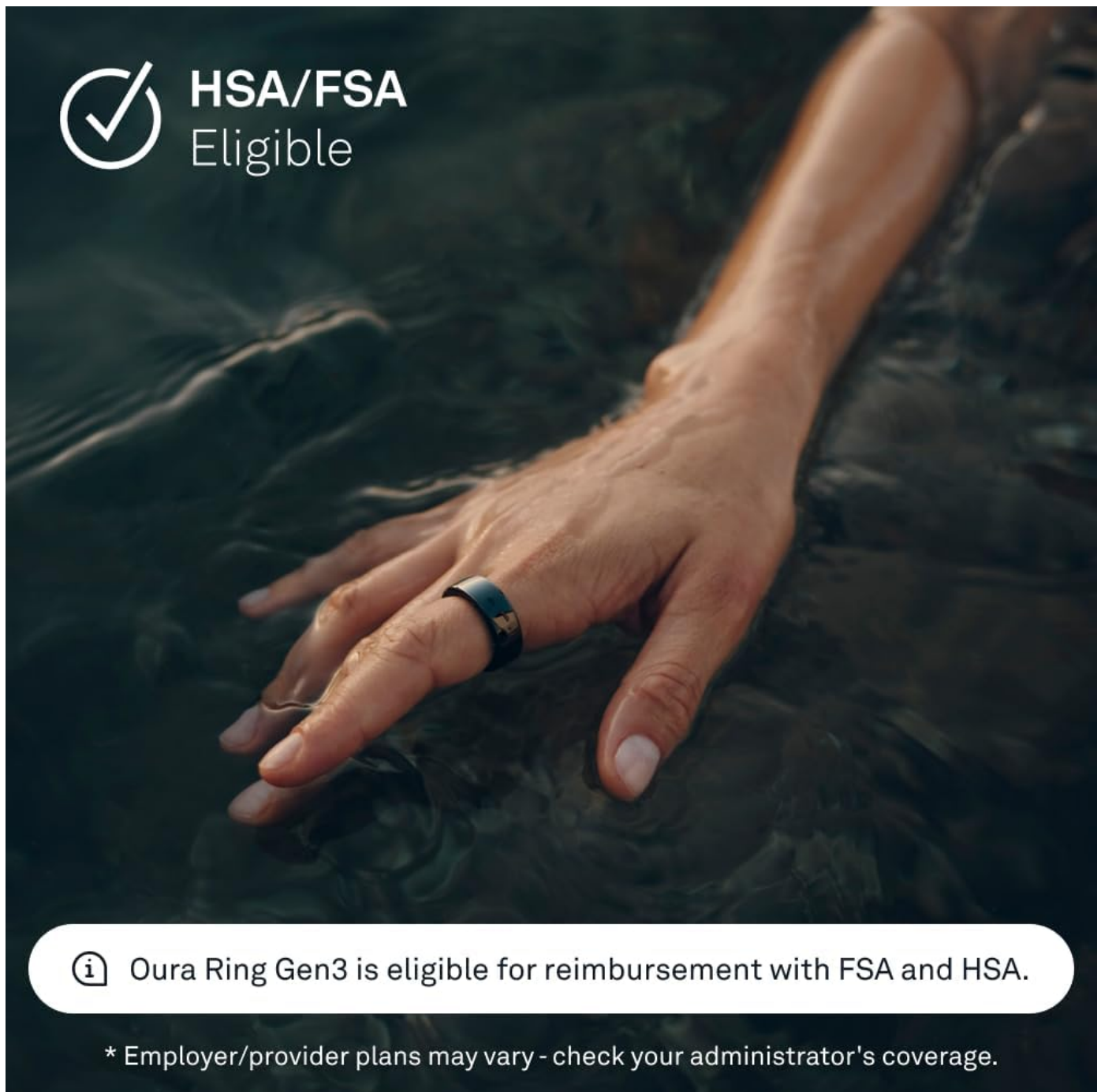
4.1. Key Features and Tracking

- **Sleep Tracking:** The ring provides in-depth sleep analysis, including sleep stages (REM, Light, Deep), sleep duration, and disturbances. This data helps you understand your sleep patterns and optimize your rest.
- **Activity Tracking:** Monitors your daily activity, steps, and calories burned. It helps you stay active and meet your fitness goals.
- **Recovery Insights:** Assesses your body's recovery based on sleep, heart rate variability (HRV), and resting heart rate, providing a daily "Readiness Score" to guide your day.
- **Stress Monitoring:** Tracks your stress levels throughout the day, identifying periods of stress, engagement,

relaxation, and restoration.

- **Heart Rate Monitoring:** Provides 24/7 heart rate data, including resting heart rate and heart rate variability, for a deeper understanding of your cardiovascular health.
- **Temperature Sensing:** Utilizes advanced temperature sensors to track subtle changes in your body temperature, which can be useful for illness detection and cycle tracking.

Image: A visual overview of the Oura Ring's key features, including detailed sleep analysis, stress tracking, continuous heart rate monitoring, battery life, and water resistance capabilities.

4.2. App Integration

The Oura App seamlessly integrates with over 40 popular health and fitness applications, including:

- Apple Health
- Google Health Connect
- Natural Cycles (for advanced cycle tracking)
- Flo

- Strava
- And many more.

4.3. Battery Life and Water Resistance

- **Battery Life:** The Oura Ring Gen3 Horizon offers an impressive battery life of 5-7 days on a single charge.
- **Water Resistance:** The ring is water-resistant up to 100 meters, making it suitable for swimming and showering.

5. 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 using harsh chemicals or abrasive materials that could damage the finish or sensors.
- **Charging:** Charge your ring when the battery is low. Avoid completely draining the battery frequently, as this can reduce its overall lifespan.
- **Storage:** When not wearing your ring for extended periods, store it in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Impact:** While durable, avoid dropping the ring or subjecting it to strong impacts, which could damage internal components.

6. TROUBLESHOOTING

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

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and that the Oura Ring is within range. Try restarting both your phone and the Oura Ring (by placing it on the charger for a few seconds).
- **Data Sync Problems:** Make sure your Oura App is up to date. Check your internet connection. If data is not syncing, try closing and reopening the app.
- **Charging Problems:** Verify that the charging dock and USB cable are properly connected. Ensure the ring is correctly seated on the charger. Clean the charging contacts on both the ring and the dock if necessary.
- **Inaccurate Readings:** Ensure your ring is worn on the recommended finger (index finger) and that it fits snugly but comfortably. Consistent wear is key for accurate data.
- **App Functionality:** If the app is crashing or behaving unexpectedly, try clearing the app's cache or reinstalling it (ensure your data is backed up if applicable).

For persistent issues or more detailed support, please refer to the official Oura support resources or contact Oura customer service.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	0.98 x 0.98 x 0.31 inches
Item Weight	7.8 ounces
Item Model Number	JZ90-51382-10
Batteries	1 Lithium Ion battery required (included)
Color	Black

Other Display Features	Wireless
Manufacturer	Oura
Date First Available	January 19, 2024

Image: An exploded view diagram of the Oura Ring, detailing its robust titanium exterior, long battery life, and advanced heart rate, SpO2, and temperature sensors.
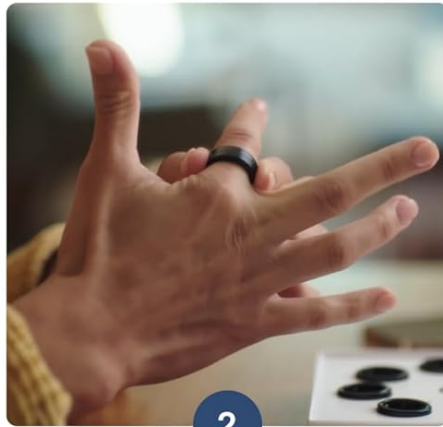
8. WARRANTY AND SUPPORT

The Oura Ring Gen3 is HSA/FSA ELIGIBLE, meaning you may be able to use your Health Savings Account or Flexible Spending Account funds for its purchase and additional chargers. Eligibility may vary based on your employer/provider plan, so it is recommended to check with your administrator's coverage.
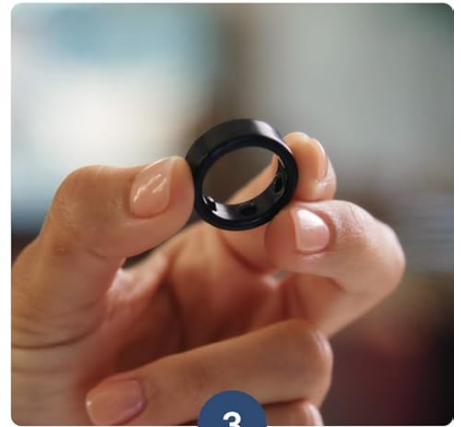
Oura Ring Sizing Tips

1

Try on multiple sizes

2

Wear for 24 hours

3

Find your most comfortable fit

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

Image: A visual representation of the Oura Ring's HSA/FSA eligibility, showing the ring being worn in water.

For detailed warranty information, product support, and frequently asked questions, please visit the official OURA website or contact their customer support directly. Keep your purchase receipt for warranty claims.