

## OURA JZ90-1002-13

# Oura Ring Gen3 Heritage Smart Ring User Manual

Comprehensive guide for your Oura Ring Gen3 Heritage, covering setup, operation, and maintenance.

## 1. INTRODUCTION

The Oura Ring Gen3 Heritage is a smart ring designed to provide accurate and personalized daily health data, insights, and guidance. It tracks various biometrics to help you understand and improve your sleep, activity, and recovery. This manual will guide you through setting up and using your Oura Ring Gen3 Heritage.

## 2. WHAT'S IN THE BOX

Upon opening your Oura Ring Gen3 Heritage package, you should find the following items:

- Oura Ring Gen3 Heritage
- Charging Dock
- USB Cable
- Information Booklet
- Quick Start Guide

# What's in the Box



Oura Ring Gen3



USB Cable

Charger

Image: The Oura Ring Gen3 Heritage, its charging dock, and a USB cable, as typically found in the product packaging.

## 3. SETUP

### 3.1. Sizing Your Oura Ring Gen3 Heritage

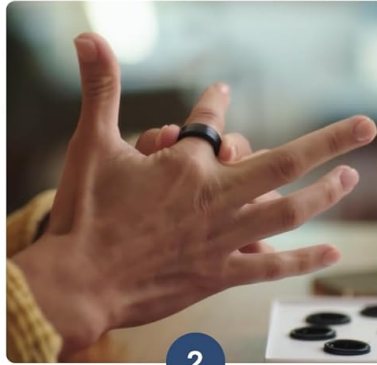
It is crucial to size your Oura Ring Gen3 Heritage correctly for optimal performance and data accuracy. Oura Ring sizing is not standard US sizing. It is highly recommended to use an Oura Ring Gen3 Sizing Kit before purchasing your ring.

1. **Obtain a Sizing Kit:** If you haven't already, acquire an Oura Ring Gen3 Sizing Kit.
2. **Try on Multiple Sizes:** The sizing kit contains various ring sizes. Try them on different fingers (index, middle, or ring finger of your non-dominant hand are recommended for best accuracy).
3. **Wear for 24 Hours:** Wear the most comfortable sizing ring for at least 24 hours to ensure it remains comfortable throughout the day and night, accounting for natural finger swelling.
4. **Find Your Most Comfortable Fit:** Select the size that feels snug but not tight, allowing for comfortable movement and ensuring the sensors maintain consistent contact with your skin.

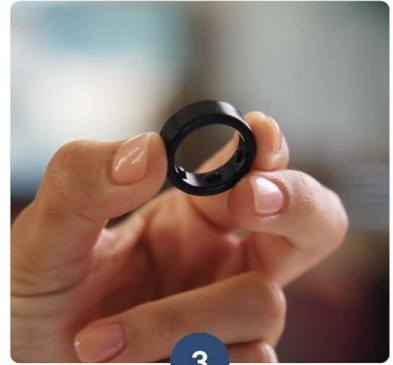
# Oura Ring Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



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

Image: Visual guide on using the Oura Ring sizing kit to determine the correct ring size for optimal comfort and data collection.

## 3.2. Initial Charging

Before first use, fully charge your Oura Ring Gen3 Heritage. Place the ring on the charging dock, ensuring the sensors align correctly. Connect the USB cable to the charging dock and a power source. The indicator light on the charger will show charging status.

## 3.3. App Download and Pairing

Download the Oura App from your device's app store (compatible with iOS and Android). Follow the in-app instructions to pair your Oura Ring Gen3 Heritage with your smartphone via Bluetooth. This process will guide you through creating an Oura account and setting up your profile.

## 4. OPERATING THE OURA RING GEN3 HERITAGE

The Oura Ring Gen3 Heritage continuously monitors your body's signals to provide comprehensive health insights. Wear the ring on your index, middle, or ring finger, ensuring the sensors are on the palm side of your finger for accurate readings.

### 4.1. Key Features and Tracking

- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep efficiency, and restfulness.
- **Activity Tracking:** Records steps, calories burned, and provides insights into your daily movement.
- **Recovery & Readiness:** Analyzes heart rate variability (HRV), resting heart rate, and body

temperature to provide a daily Readiness Score, indicating your body's capacity for physical and mental performance.

- **Stress Monitoring:** Tracks physiological stress levels throughout the day.
- **Heart Rate & SpO2:** Features research-grade sensors for 24/7 heart rate monitoring and SpO2 (blood oxygen) measurements.
- **Temperature Sensing:** Provides accurate body temperature trends.
- **Women's Health:** Offers cycle insights and period predictions based on temperature trends.

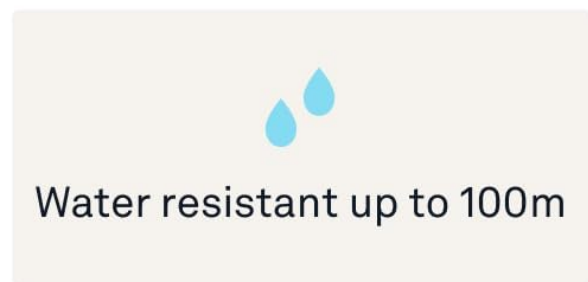
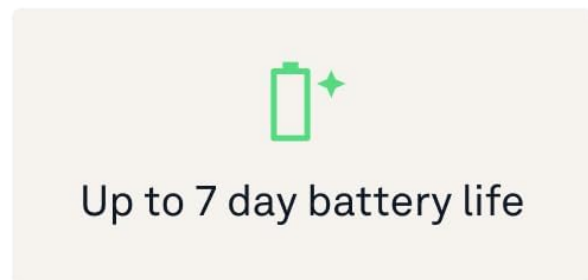
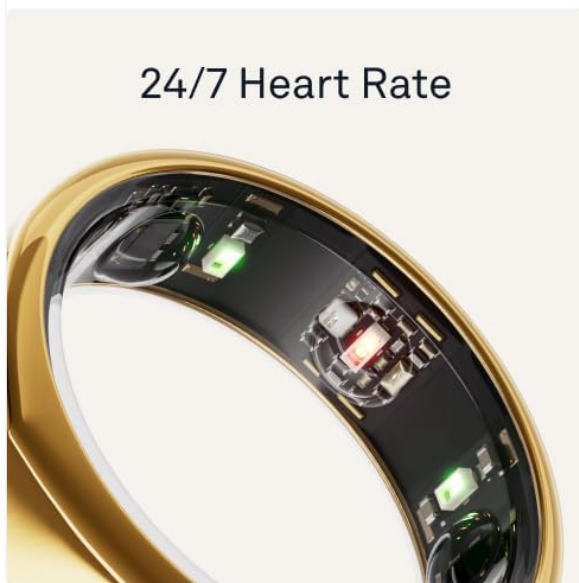
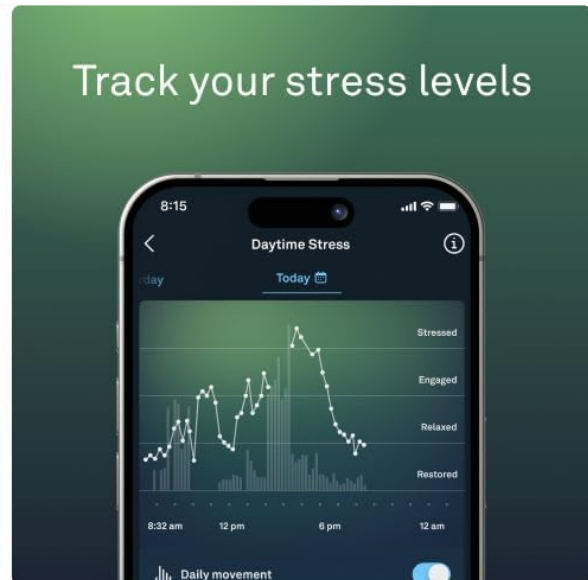
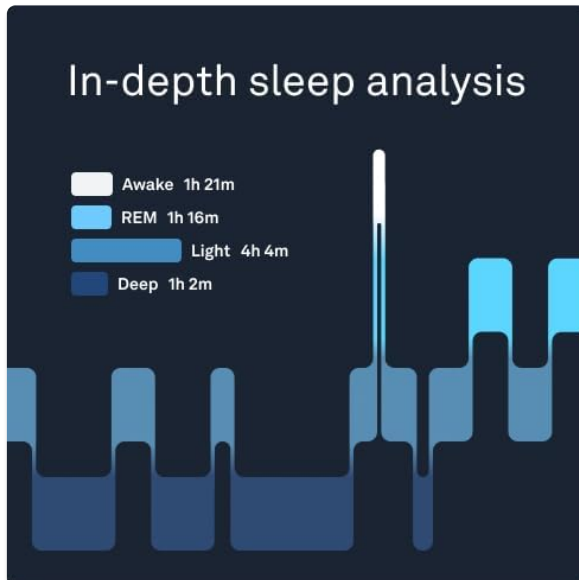


Image: An overview of the Oura Ring's core functionalities, highlighting its capabilities in sleep, stress, heart rate, battery, and water resistance.

#### 4.2. Oura App and Membership

The Oura App is your central hub for all data and insights. A monthly membership is required to access the full suite of features and personalized guidance. The first month of membership is typically included for new members. Membership registration is done through the Oura App.

# Track it all with Oura Membership



Sleep



Activity



Recovery



Stress



Heart

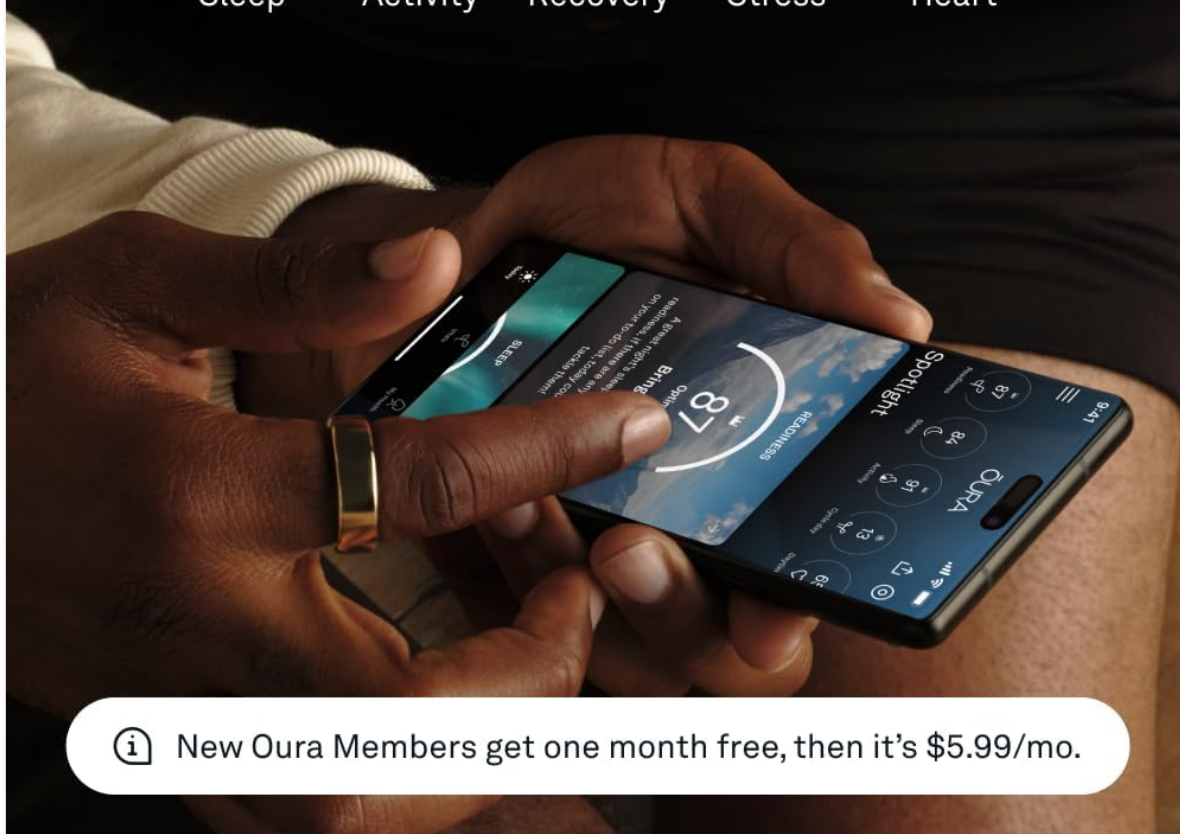


Image: A user interacting with the Oura App on a smartphone, demonstrating how the ring and app work together to display health data.

## 4.3. App Integrations

The Oura Ring Gen3 Heritage can seamlessly integrate with over 40 third-party applications, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava, allowing you to consolidate your health and fitness data.

## 5. MAINTENANCE

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

- **Cleaning:** Clean your ring regularly with mild soap and water. Dry it thoroughly with a soft cloth. Avoid harsh chemicals or abrasive materials.
- **Storage:** When not wearing or charging, store your ring in a safe place to prevent scratches or damage.
- **Avoid Extreme Temperatures:** Do not expose the ring to extreme heat or cold, as this can affect battery life and internal components.

## 6. BATTERY LIFE & CHARGING

The Oura Ring Gen3 Heritage offers an impressive battery life of 5-7 days on a single charge. Charging is quick and convenient using the provided charging dock and USB cable.

- **Charging Time:** A full charge typically takes 20-80 minutes.
- **Charging Indicator:** The LED on the charging dock indicates the charging status.

## 7. WATER RESISTANCE

The Oura Ring Gen3 Heritage is water-resistant up to 100 meters. This means you can wear it during activities such as showering, swimming, and bathing without concern.

## 8. TROUBLESHOOTING

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

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Try restarting both the ring (by placing it on the charger) and your phone.
- **Inaccurate Readings:** Verify that the ring is worn correctly with the sensors on the palm side of your finger and that it fits snugly. Clean the sensors if necessary.
- **Battery Not Charging:** Check that the charging dock and USB cable are properly connected and that the power source is active. Ensure the ring is correctly seated on the charger.
- **App Not Syncing:** Close and reopen the Oura App. Ensure your app is updated to the latest version.

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

## 9. SPECIFICATIONS

Feature	Detail
Product Dimensions	1.06 x 1.06 x 0.28 inches
Item Weight	7.8 ounces
Model Number	JZ90-1002-13
Battery	1 Lithium Ion battery (included)
Battery Life	Up to 7 days
Water Resistance	Up to 100 meters
Connectivity	Wireless (Bluetooth)
Color	Gold
Manufacturer	Oura





Image: An exploded view of the Oura Ring, illustrating its internal components and key features like titanium build, battery, and sensors.

## 10. WARRANTY AND SUPPORT

For information regarding your product's warranty, please refer to the official Oura website or the warranty card included in your product packaging. For further assistance, technical support, or to report any issues, please visit the Oura support page or contact their customer service directly.

The Oura Ring Gen3 is also HSA/FSA eligible. We can accept HSA or FSA funds for the Oura Ring and additional chargers. Please check with your employer/provider for specific coverage details.