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OURA JZ90-51386-13

Oura Ring Gen3 Horizon User Manual

Model: JZ90-51386-13

INTRODUCTION

Welcome to the Oura Ring Gen3 Horizon user manual. This document provides essential information for setting up, operating, maintaining, and troubleshooting your Oura Ring. The Oura Ring is a smart wearable device designed to track various health metrics including sleep, activity, and recovery.

The Oura Ring Gen3 Horizon in Rose Gold, Size 13, is engineered for comfort and accuracy, providing personalized insights into your well-being.



Figure 1: Oura Ring Gen3 Horizon in Rose Gold.

SETUP GUIDE

1. Sizing Your Oura Ring

The Oura Ring uses a unique sizing system that differs from standard US ring sizes. Accurate sizing is crucial for optimal performance and data accuracy. It is highly recommended to use an Oura Ring Gen3 Sizing Kit before purchasing your ring.



Figure 2: Oura Ring Gen3 Sizing Kit, containing multiple plastic ring sizes.

Sizing Tips:

- **Try on multiple sizes:** Experiment with different sizes from the sizing kit to find the most comfortable fit.
- **Wear for 24 hours:** Wear the chosen sizer for at least 24 hours to account for natural finger swelling and ensure comfort during sleep and activity.
- **Find your most comfortable fit:** The ring should be snug but not tight, allowing for slight movement. For best performance and accuracy, wearing the ring on your index finger is recommended.



Figure 3: Visual guide for Oura Ring sizing, showing steps to try multiple sizes and wear for 24 hours.

2. What's in the Box

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

- Oura Ring Gen3 Horizon (Rose Gold, Size 13)
- Oura Ring Charger
- USB Cable
- Information Booklet
- Quick Start Guide

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.

Figure 4: The Oura Ring Gen3, its charging dock, and USB cable included in the product packaging.

3. Initial Charging

Before first use, fully charge your Oura Ring. Connect the USB cable to the charger and a power source, then place your ring on the charger. The indicator light on the charger will confirm charging status.

4. Oura App Download and Membership

Download the Oura App from the Apple App Store or Google Play Store. The app is essential for activating your ring, viewing your data, and accessing personalized insights. A membership is required to unlock the full features of the Oura App. New members typically receive the first month of membership free, after which a monthly fee applies.

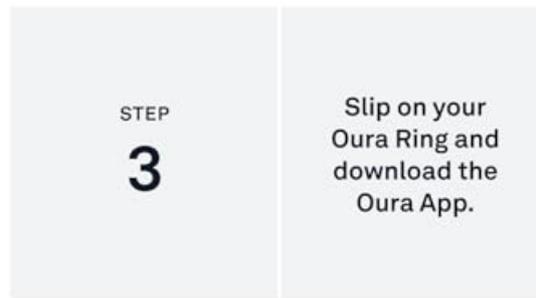


Figure 5: Screenshot of the Oura App displaying a user's Readiness score and daily insights.

OPERATING YOUR OURA RING

The Oura Ring Gen3 Horizon continuously monitors various biometrics to provide a comprehensive view of your health.

Size Before You Buy



 Sizing is different from standard ring sizes

Figure 6: Close-up view of the Oura Ring Gen3 Horizon, highlighting the internal sensors used for data collection.

Key Features:

- **Sleep Tracking:** Monitors sleep stages (Awake, REM, Light, Deep), heart rate variability (HRV), resting heart rate, and respiratory rate to provide detailed sleep analysis.
- **Activity Tracking:** Tracks steps, calories burned, and provides insights into your daily movement and activity levels.
- **Recovery & Readiness:** Analyzes your sleep and activity data to provide a daily Readiness Score, guiding you on when to push yourself or prioritize rest.
- **Heart Rate Monitoring:** Provides 24/7 heart rate data, including resting heart rate and average heart rate during activity.

- **Temperature Sensing:** Monitors body temperature trends, which can indicate illness or menstrual cycle phases.
- **Stress Levels:** The app provides insights into your stress levels throughout the day.

What's in the Box



Oura Ring Gen3



Figure 7: Diagram illustrating the key features of the Oura Ring Gen3, including its strong titanium exterior, up to 7-day battery life, research-grade heart rate and SpO2 sensors, and temperature sensing capabilities.

Using the Oura App:

The Oura App is your primary interface for interacting with your ring's data. It provides daily scores for Readiness, Sleep, and Activity, along with detailed graphs and personalized recommendations. The app also integrates with other health applications like Apple Health and Google Health Connect.

STEP 4	New members get the first month of Oura Membership free, then it's \$5.99 per month.
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Figure 8: Screenshot of the Oura App displaying detailed sleep analysis, including sleep stages and duration.

MAINTENANCE

Charging

The Oura Ring Gen3 Horizon offers a battery life of 5-7 days. To charge, simply place the ring on its dedicated charger. A full charge typically takes 20-80 minutes. Ensure the charging contacts on the ring and charger are clean for efficient charging.

Cleaning

Clean your Oura Ring regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors. Ensure the sensors on the inside of the ring are free from dirt or debris for accurate readings.

Water Resistance

The Oura Ring Gen3 Horizon is water-resistant up to 100 meters (328 feet). This means it is safe for showering, swimming, and other water-based activities. However, prolonged exposure to hot water or chemicals (like those found in hot tubs or saunas) may affect its longevity.

TROUBLESHOOTING

Connectivity Issues

- **Bluetooth:** Ensure Bluetooth is enabled on your smartphone and the Oura App has permission to use it.
- **App Sync:** Open the Oura App regularly to allow the ring to sync its data. If data isn't syncing, try closing and reopening the app, or restarting your phone.
- **Ring Placement:** Ensure the ring is worn correctly on your finger, with the sensors on the palm side.

Inaccurate Readings

- **Sizing:** Incorrect ring size can lead to inaccurate data. Refer to the sizing guide to ensure your ring fits properly.
- **Cleanliness:** Dirt or lotion on the sensors can interfere with readings. Clean the inside of your ring regularly.
- **Firmware:** Ensure your Oura Ring's firmware is up to date through the Oura App.

Battery Life Concerns

- **Charging Cycle:** Ensure the ring is fully charged. Frequent partial charges may not provide optimal battery performance.
- **Background Activity:** Excessive background syncing or app usage can drain battery faster.
- **Age:** Battery performance may degrade over time with normal use.

For persistent issues, refer to the Oura App's help section or visit the official Oura support website.

SPECIFICATIONS

Feature	Detail
Model Number	JZ90-51386-13
Product Dimensions	1.06 x 1.06 x 0.31 inches
Item Weight	8 ounces
Battery	1 Lithium Ion battery (included)
Battery Life	5-7 days
Water Resistance	Up to 100 meters
Connectivity	Wireless (Bluetooth)
Color	Rose Gold
Manufacturer	Oura

WARRANTY INFORMATION

The Oura Ring Gen3 Horizon is covered by a manufacturer's warranty. For specific details regarding warranty duration, coverage, and claims process, please refer to the official Oura website or the warranty information provided in your product's information booklet.

CUSTOMER SUPPORT

For further assistance, technical support, or frequently asked questions, please utilize the following resources:

- **Oura App:** The Oura App contains a comprehensive help section and FAQs.
- **Oura Website:** Visit the official Oura website for support articles, user guides, and contact information.

The Oura Ring Gen3 is also HSA/FSA eligible. Check with your employer or provider for coverage details.



HSA/FSA
Eligible



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

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

Figure 9: A man wearing the Oura Ring, with text indicating its eligibility for HSA/FSA reimbursement.