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› OURA Ring 4 Smart Ring User Manual

OURA JZ90-54144-09

OURA Ring 4 Smart Ring User Manual

Model: JZ90-54144-09

1. INTRODUCTION

The OURA Ring 4 is an advanced smart ring designed to monitor various health metrics. It features an all-titanium construction and integrates Smart Sensing technology to provide detailed insights into sleep patterns, activity levels, stress responses, heart health, metabolic health, and women's health. This device offers a battery life of 5 to 8 days and is water-resistant, allowing for continuous wear and monitoring.

2. SETUP

2.1. Sizing Your OURA Ring 4

The OURA Ring 4 utilizes a unique sizing system that differs from standard jewelry rings. To ensure accurate data collection and a comfortable fit, it is crucial to determine your correct size using the OURA Ring 4 Sizing Kit before purchasing the actual ring.

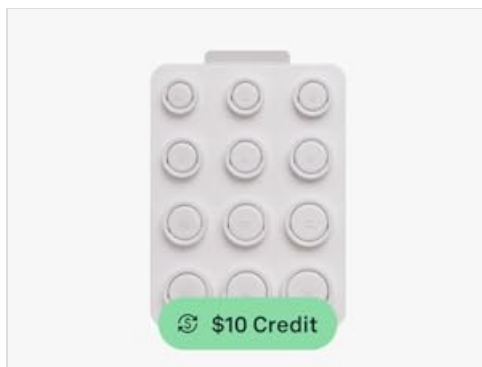


Image: OURA Ring 4 Sizing Kit. This kit contains multiple plastic rings to help you find your ideal size.



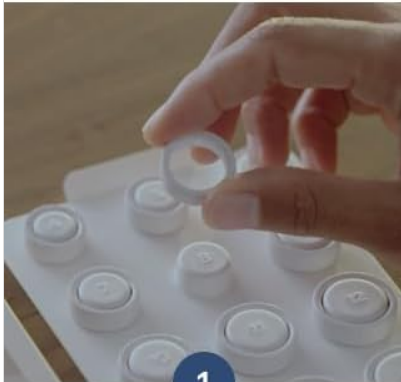
Image: OURA Ring 4 Sizing Tips. This visual guide illustrates the steps for proper sizing: trying on multiple sizes, wearing a test ring for 24 hours, and selecting the most comfortable fit. For best performance, wear the ring on your index finger.

Video: Sizing Kit Review. This video demonstrates how to use the OURA Ring 4 sizing kit to ensure a proper fit for your smart ring.

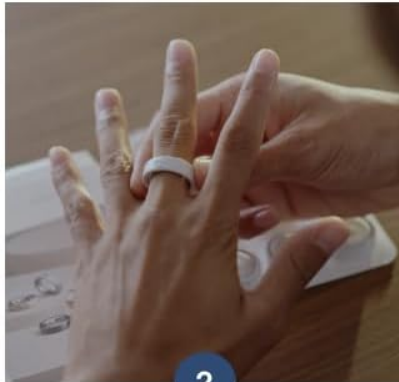
2.2. Charging the Ring

Before initial use, fully charge your OURA Ring 4. Connect the provided USB cable to the charger, then plug the charger into a power source. Place the OURA Ring 4 onto the charger. A full charge typically takes approximately 80 minutes.

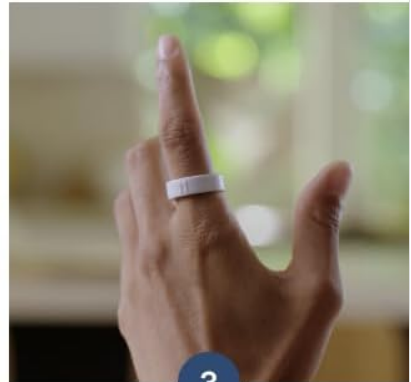
Oura Ring 4 Sizing Tips



Try on multiple sizes



Wear for 24 hours



Find your most comfortable fit



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

Image: What's in the Box. This image displays the OURA Ring 4, its dedicated charger, and the USB cable included for charging.

2.3. App Installation and Pairing

Download the official OURA App from your smartphone's app store (compatible with iOS and Android devices). Open the app and follow the on-screen instructions to create an account and pair your OURA Ring 4 via Bluetooth. Ensure Bluetooth is enabled on your device during the pairing process.

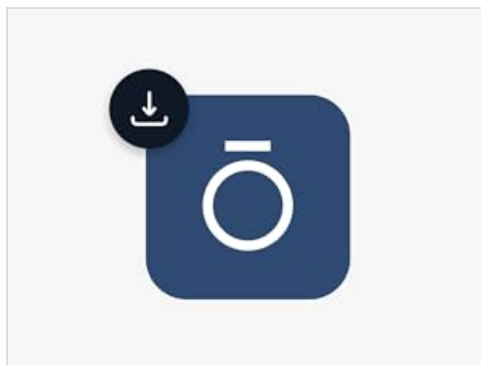


Image: OURA App Icon. This image shows the OURA App icon, which you will download to manage your ring's data.

3. OPERATING THE OURA RING 4

3.1. Wearing the Ring

For optimal sensor contact and data accuracy, wear the OURA Ring 4 on your index finger. The sensors should be on the palm side of your finger. Ensure the ring fits snugly but comfortably, allowing for natural finger movement.

Video: OURA Ring 4 Overview. This video provides a general overview of the OURA Ring 4, including how it adapts to your finger for accurate tracking.

Video: OURA Ring 4 Wearing Guide. This video demonstrates the proper way to wear the OURA Ring 4 for comfort and data accuracy.

3.2. Health Metrics and App Usage

The OURA Ring 4 continuously tracks a wide range of health metrics. Access these insights through the OURA App, which provides personalized data and recommendations across several categories:

- **Sleep:** Monitors sleep stages (REM, deep, light), duration, and efficiency.
- **Activity:** Tracks steps, calories burned, and overall activity levels.
- **Metabolic Health:** Provides insights related to your body's metabolic responses.
- **Stress:** Detects physiological signs of stress and recovery.
- **Heart Health:** Measures heart rate, heart rate variability (HRV), and other cardiovascular indicators.
- **Women's Health:** Offers cycle tracking and insights relevant to women's physiological changes.

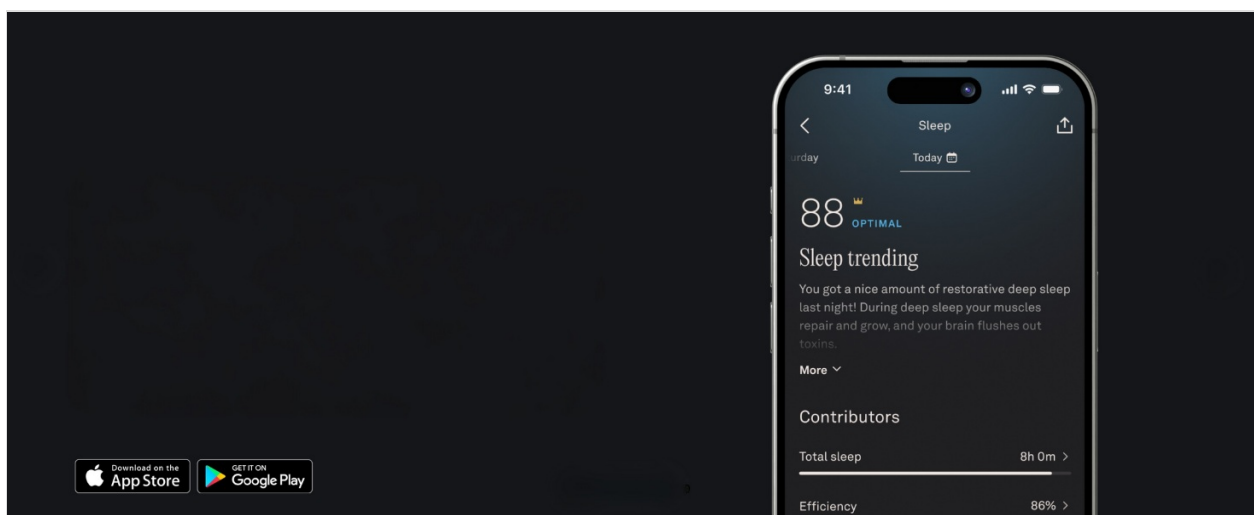


Image: OURA App Sleep Tracking. This screenshot illustrates the sleep tracking interface within the OURA App, showing sleep stages and overall sleep quality.

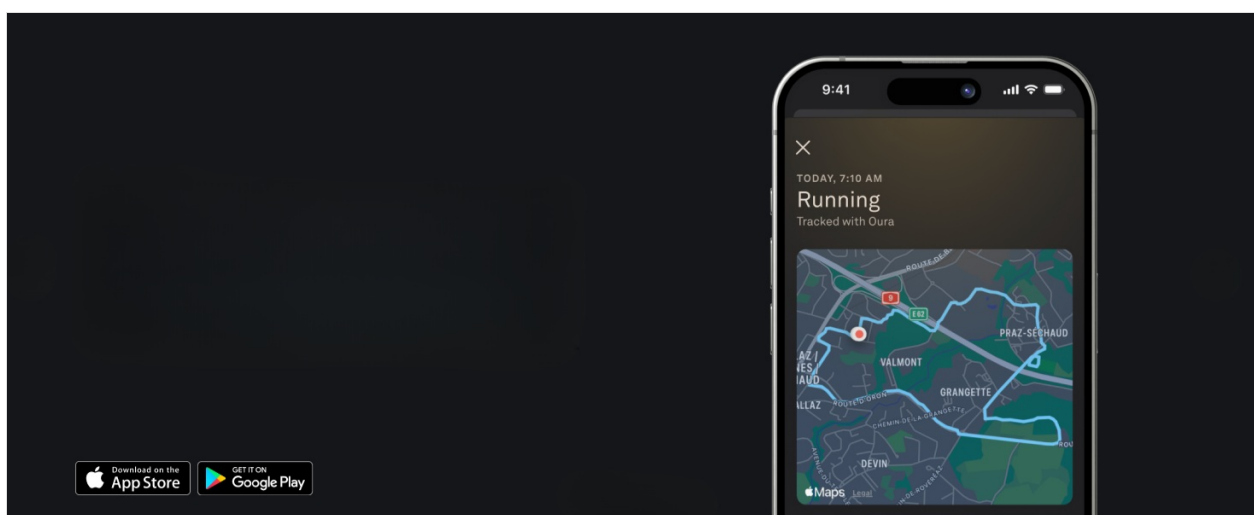


Image: OURA App Activity Tracking. This screenshot displays the activity tracking section of the OURA App, detailing daily

movement and progress.

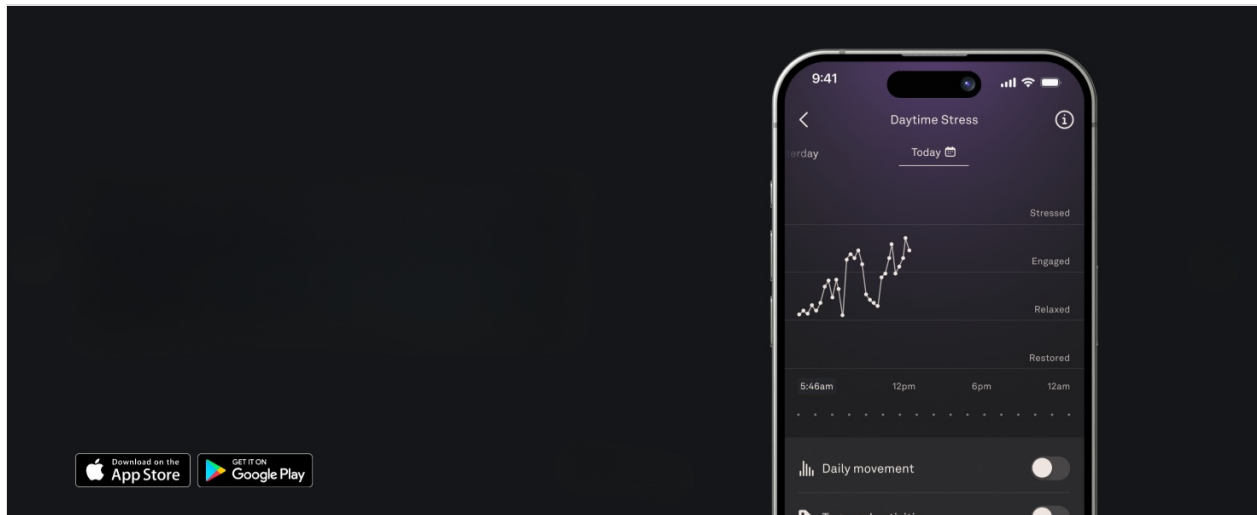


Image: OURA App Stress Monitoring. This screenshot shows how the OURA App visualizes stress levels throughout the day.

3.3. Battery Life

The OURA Ring 4 offers an average battery life of 5 to 8 days on a single charge. Actual battery performance may vary depending on usage patterns and environmental factors.

3.4. Water Resistance

The OURA Ring 4 is water-resistant up to a depth of 100 meters. This allows for worry-free use during activities such as swimming, showering, and hand washing.



HSA/FSA
Eligible



Oura Ring is eligible for reimbursement with FSA and HSA.

Employer or provider plans may vary. Check your administrator's coverage.

Image: OURA Ring 4 in Water. This image demonstrates the OURA Ring 4 being worn while submerged in water, highlighting its water-resistant design.

3.5. Multi-Ring Support

If you own multiple OURA Ring 4 styles, the OURA App supports switching between them. This feature allows you to easily change rings while maintaining continuous data tracking within your profile.

4. MAINTENANCE

4.1. Cleaning Instructions

To maintain hygiene and optimal sensor performance, clean your OURA Ring 4 regularly. Use mild soap and water, then rinse thoroughly. Ensure the ring is completely dry before placing it on the charger or wearing it.

4.2. Care Guidelines

While the OURA Ring 4 is constructed from durable titanium, avoid exposing it to harsh chemicals, abrasive materials, or extreme temperatures. Remove the ring during activities that involve significant impact or friction to prevent potential scratches or damage.

5. TROUBLESHOOTING

5.1. Common Issues

- **Ring Not Syncing:** Ensure Bluetooth is active on your smartphone and the OURA App is open. Verify that the ring is charged. Try restarting your phone and the OURA App.
- **Rapid Battery Drain:** If your ring's battery life is significantly shorter than expected, ensure the ring is clean and properly seated on the charger. If the issue persists, contact OURA support.
- **Inaccurate Data:** Confirm that the ring is worn on the correct finger (index finger recommended) and fits snugly. Loose fit or incorrect placement can affect sensor readings.

5.2. Contacting Support

If you encounter issues that cannot be resolved using the troubleshooting steps, please refer to the official OURA website for comprehensive support resources or contact OURA customer service directly through the OURA App.

6. SPECIFICATIONS

Feature	Detail
Model Name	JZ90-54144-09
Brand	OURA
Operating System	Proprietary operating system
Special Features	Activity Tracker, Cycle Tracking, Daily Workout Memory, Lightweight
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	GPS Via Smartphone
Case Material Type	Titanium
Water Resistance Level	Water Resistant
Water Resistance Depth	100 meters
Battery Average Life	5 days (up to 8 days)
Battery Charge Time	80 minutes
Item Weight	0.18 kg
Item Dimensions	1.02 x 1.02 x 0.28 inches
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress
Compatible Devices	Smartphone (iOS and Android compatible)

7. WARRANTY INFORMATION

The OURA Ring 4 is covered by a 1-year manufacturer's warranty. For complete details regarding warranty coverage, terms, and conditions, please refer to the Information Booklet included with your product or visit the official OURA website.

8. SUPPORT

For additional support, frequently asked questions, and detailed guides, please visit the official OURA support page. You can also find assistance and contact customer service directly through the OURA App.

Official Instructions for Use (IFU) document: [Download PDF](#)