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## OURA JZ90-54218-04

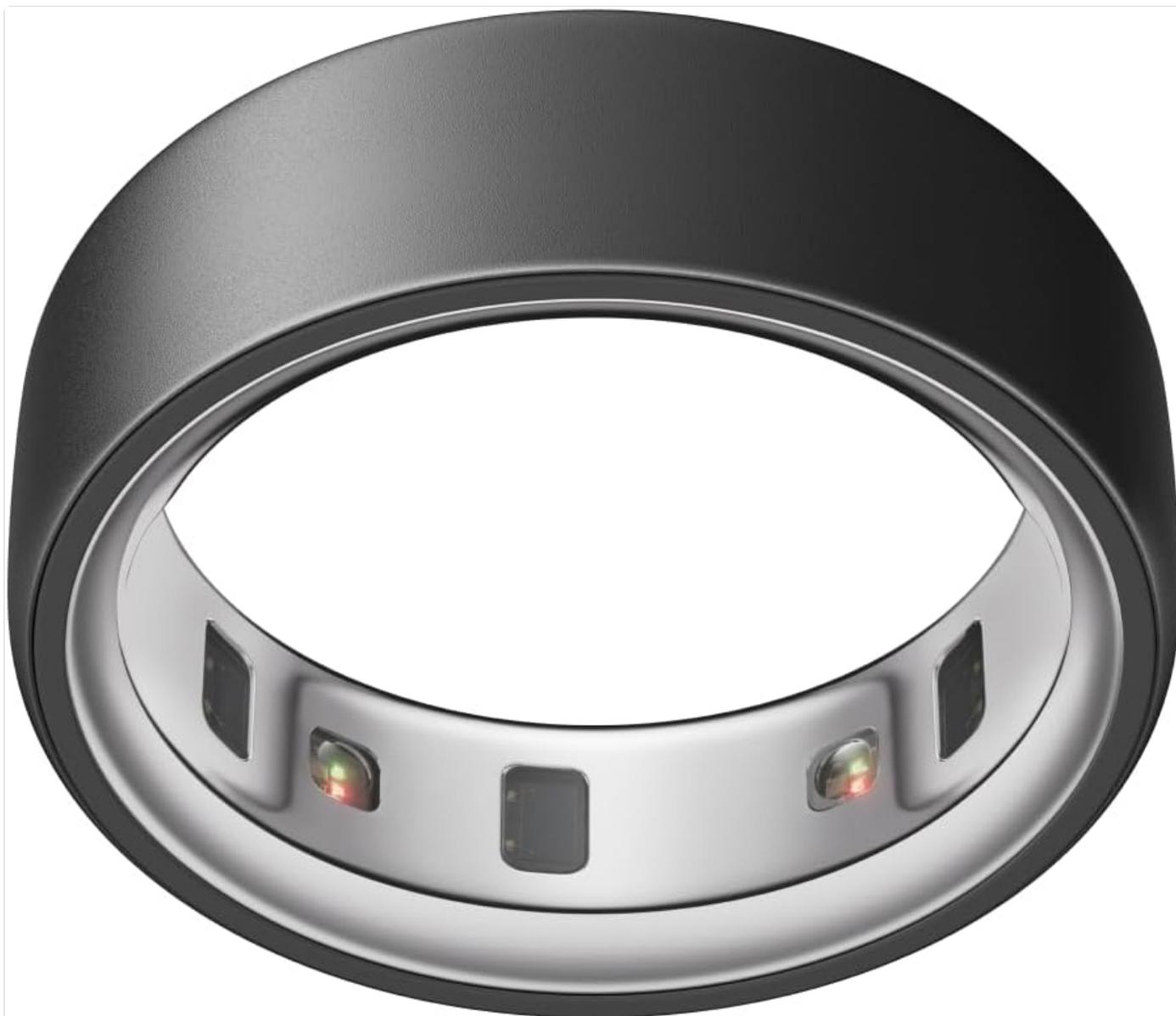
# Oura Ring 4 User Manual

Your comprehensive guide to the Oura Ring 4 smart wearable.

## PRODUCT OVERVIEW

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The Oura Ring 4 is the latest evolution of the smart ring, designed to bring you closer to understanding your health. It features an updated all-titanium design and is powered by Smart Sensing, a new platform that measures and adapts to your biometrics. The ring provides insights into over 30 biometrics, including sleep, readiness, activity, heart health, stress, metabolic health, and women's health. It is designed for comfortable 24/7 wear with up to 8 days of battery life.



*Figure 1: The Oura Ring 4, showcasing its minimalist design and internal sensor array.*

## **WHAT'S IN THE BOX**

Upon opening your Oura Ring 4 package, you will find the following components:

- Oura Ring 4
- Oura Ring 4 Charger
- USB Cable
- Information Booklet
- Quick Start Guide

# What's in the Box



Oura Ring 4



Figure 2: Contents of the Oura Ring 4 packaging.

## SIZING AND FIT

The Oura Ring 4 uses unique sizing that differs from standard US ring sizes. Achieving the correct fit is crucial for optimal performance and accuracy of the biometric tracking. It is highly recommended to size yourself with an Oura Ring 4 Sizing Kit before purchasing the ring.

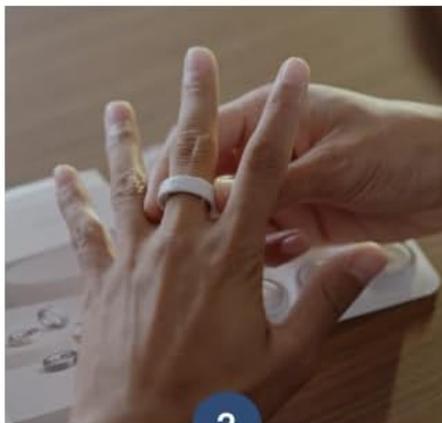
### Sizing Tips:

1. **Try on multiple sizes:** Use the sizing kit to determine which size feels most comfortable across different fingers.
2. **Wear for 24 hours:** Wear the sizing ring for a full day to assess comfort and fit under various conditions (e.g., swelling, temperature changes).
3. **Find your most comfortable fit:** Select the size that provides a snug yet comfortable fit, ideally on your index finger for best performance and accuracy.

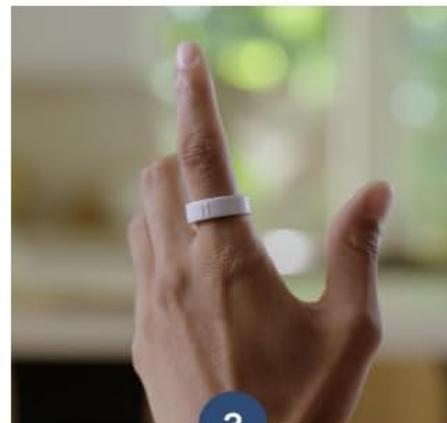
# Oura Ring 4 Sizing Tips



**Try on multiple sizes**



**Wear for 24 hours**



**Find your most comfortable fit**



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

*Figure 3: Visual guide for Oura Ring 4 sizing.*

## SETUP AND INITIAL USE

Follow these steps to set up your Oura Ring 4 and begin tracking your health data:

1. **Charge the Ring:** Place your Oura Ring 4 onto the provided charger. Connect the USB cable to the charger and a power source. The indicator light on the charger will show when it is charging and when it is fully charged. The ring boasts up to 8 days of battery life.
2. **Download the Oura App:** The Oura Ring requires the Oura App for full functionality. Download the official Oura App from your device's app store (compatible with iOS and Android).
3. **Pair Your Ring:** Open the Oura App and follow the on-screen instructions to pair your Oura Ring 4 with your smartphone via Bluetooth.
4. **Create/Log In to Oura Account:** You will need to create a new Oura account or log in to an existing one. Note that a membership is required for full access to all features and insights. The first month of membership is typically included for new members.
5. **Wear Your Ring:** Once paired, wear your Oura Ring 4 on the finger you sized it for. For best results, wear it continuously, including during sleep.

# Size Before You Buy Oura Ring 4



1

**Purchase  
the Oura Ring 4  
Sizing Kit**



2

**Purchase your  
Oura Ring 4 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 4 with purchase of sizing kit**

*Figure 4: Initial setup process for the Oura Ring 4.*

## OPERATING THE OURA RING 4

The Oura Ring 4 operates automatically, continuously tracking your biometrics throughout the day and night. There are no buttons or screens on the ring itself; all interactions and data viewing occur through the Oura App.

### Key Tracking Areas:

- **Sleep Tracking:** Monitors sleep stages (REM, deep, light), sleep quality, and sleep efficiency.
- **Activity Tracking:** Automatically detects and tracks various activities, steps, and calorie burn.
- **Stress Monitoring:** Provides insights into your stress levels and recovery.
- **Heart Health:** Tracks heart rate and heart rate variability (HRV).
- **Metabolic Health:** Offers insights related to your metabolic state.
- **Women's Health:** Includes cycle insights for enhanced understanding.

The Smart Sensing platform adapts to your unique biometrics, delivering accurate and continuous data. Regularly sync your ring with the Oura App to view your daily scores (Readiness, Sleep, Activity) and detailed reports.

# Track it all with Oura Membership



Sleep



Activity



Stress



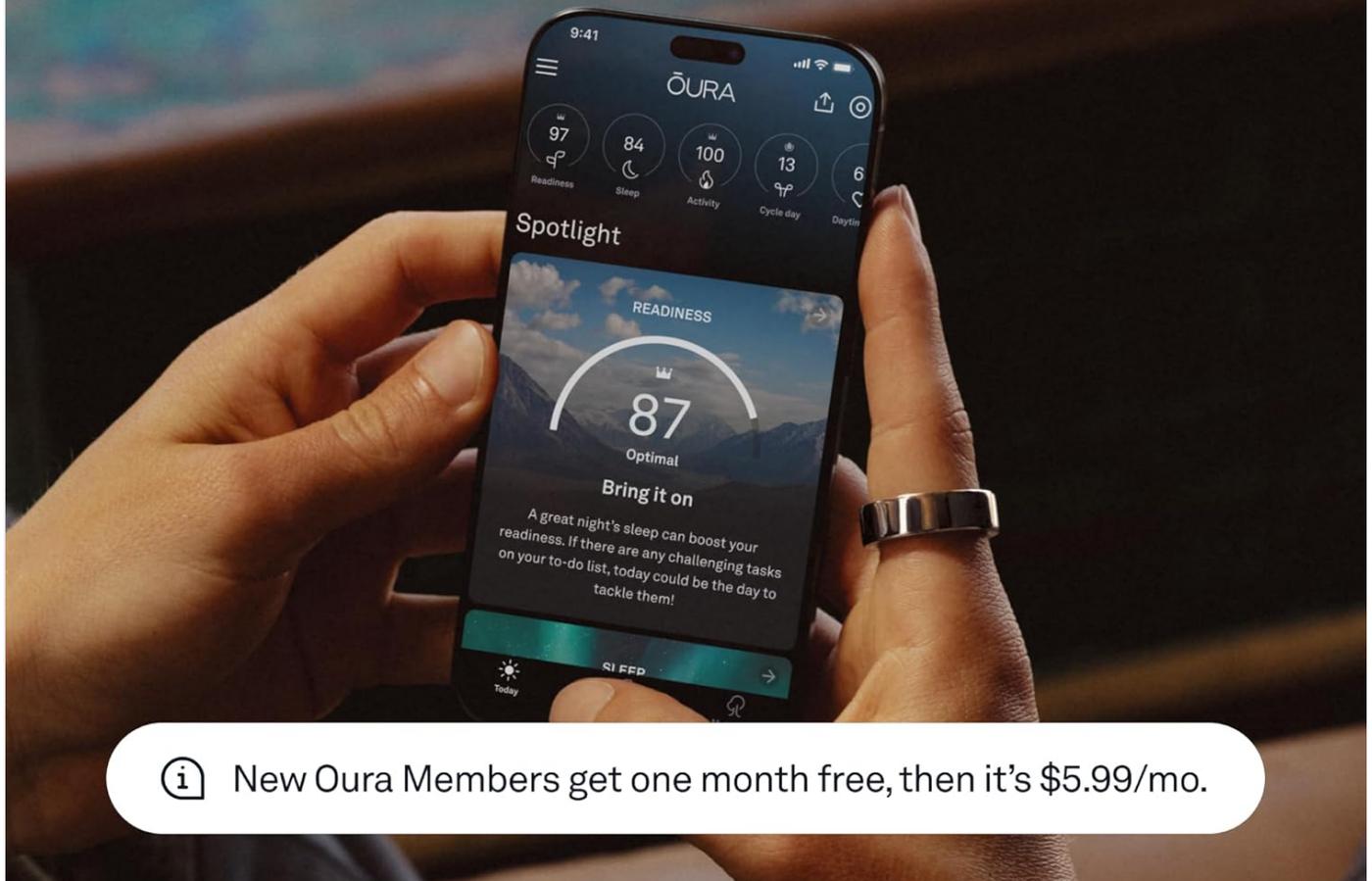
Metabolic  
Health



Heart  
Health



Women's  
Health



 New Oura Members get one month free, then it's \$5.99/mo.

Figure 5: Overview of health metrics tracked by the Oura Ring 4 in the Oura App.

## MAINTENANCE AND CARE

To ensure the longevity and optimal performance of your Oura Ring 4, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your Oura Ring with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the finish or sensors.
- **Water Resistance:** The Oura Ring 4 is water resistant up to 100 meters. This means it can be worn during showering, swimming, and other water-based activities. However, prolonged exposure to saltwater or chlorinated water should be followed by rinsing with fresh water.
- **Avoid Extreme Temperatures:** Do not expose the ring to extreme hot or cold temperatures, as this may affect battery life or internal components.
- **Charging:** Charge the ring using only the provided Oura Ring 4 Charger and USB cable.



Figure 6: The Oura Ring 4 is designed for water resistance.

## TROUBLESHOOTING

If you encounter issues with your Oura Ring 4, consider the following common troubleshooting steps:

- **Ring Not Connecting/Syncing:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the Oura App is open and running in the background.
  - Check if the ring's battery is charged.
  - Try restarting your phone and the Oura Ring (by placing it on the charger for a few seconds, then removing it).
- **Inaccurate Data:**
  - Verify that your ring fit is snug and comfortable. A loose fit can affect sensor readings.
  - Ensure the sensors on the inside of the ring are clean and free from debris.

- Allow the ring a few days to learn your baseline data for more accurate personalized insights.

- **Battery Life Issues:**

- Confirm the ring is fully charging. The charger light indicates charging status.
- Ensure the charging contacts on both the ring and charger are clean.
- Minimize prolonged exposure to extreme temperatures.

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

## SPECIFICATIONS

Feature	Detail
Model Number	JZ90-54218-04
Brand	OURA
Color	Stealth
Product Dimensions	1.02 x 1.02 x 0.31 inches
Item Weight	6.7 ounces
Battery Life	Up to 8 days
Connectivity	Bluetooth
Water Resistance	Water Resistant (up to 100m)
Material	All-Titanium Exterior
Compatible Devices	Smartphone (iOS and Android)

## WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Oura website or the documentation included with your Oura Ring 4. Oura offers support for product inquiries, technical assistance, and warranty claims. The Oura Ring 4 is also FSA/HSA eligible for reimbursement. Please check with your employer or provider plans for specific coverage details.



**HSA/FSA**  
Eligible

**i** Oura Ring is eligible for reimbursement with FSA and HSA.

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

*Figure 7: Oura Ring 4 is eligible for FSA/HSA reimbursement.*