OURA JZ90-54219-07

OURA Ring 4 Rose Gold Size 7 Instruction Manual

Model: JZ90-54219-07

INTRODUCTION

The OURA Ring 4 is a smart ring designed to provide comprehensive insights into your health and well-being. This device tracks over 50 health metrics, including sleep, activity, readiness, stress, heart health, metabolic health, and women's health. Its advanced Smart Sensing technology adapts to your unique finger for accurate, continuous data collection. The ring features a sleek, durable titanium design with recessed sensors for comfortable 24/7 wear.

Image: Oura Ring 4 in multiple finishes, showcasing its design and sensor technology.

WHAT'S IN THE BOX

Your OURA Ring 4 package includes the following items:

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

Oura Ring 4 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.

Image: The Oura Ring 4, its charging base, and USB cable, as typically found in the product packaging.

SIZING INFORMATION

Accurate sizing is essential for optimal performance of your OURA Ring 4. Oura Ring sizes differ from standard jewelry ring sizes. It is highly recommended to use an Oura Ring Sizing Kit to determine your correct size before purchasing the actual ring.

Sizing Kit Process:

1. **Purchase the Oura Ring 4 Sizing Kit:** This kit contains multiple plastic rings to help you find the perfect fit.
2. **Try on Multiple Sizes:** Experiment with different sizes from the kit on your preferred finger.
3. **Wear for 24 Hours:** Once you find a comfortable fit, wear that plastic 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:** The ideal fit should be snug but not tight, allowing for easy removal.

For best performance and accuracy, OURA recommends wearing the ring on your index finger. If you wear a wedding ring, consider wearing the OURA Ring on the other hand or a different finger to avoid interference.
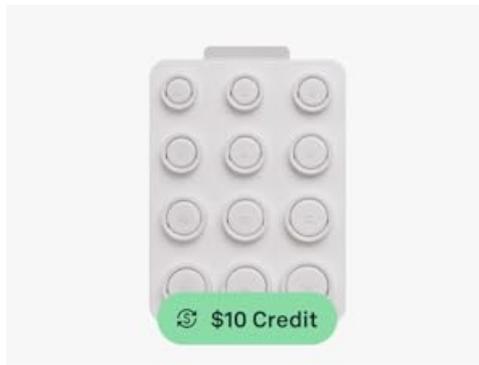
Image: The Oura Ring 4 Sizing Kit, showing multiple plastic rings for accurate measurement.

SETUP

To begin using your OURA Ring 4, follow these setup steps:

1. **Charge Your Ring:** Place your OURA Ring 4 on its charging base. Connect the USB cable to the base and a power source. The indicator light on the charger will confirm it's charging. A full charge typically takes about 50 minutes.
2. **Download the OURA App:** Download the official OURA App from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
3. **Pair Your Ring:** Open the OURA App and follow the on-screen instructions to pair your ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
4. **Create Your Profile:** Complete your personal profile within the app to enable personalized insights.

Video: An overview of the Oura Ring 4, demonstrating its features and how it integrates with the app for health tracking.

OPERATING YOUR OURA RING 4

The OURA Ring 4 operates continuously to track your health metrics. There are no buttons or screens on the ring itself; all data and insights are accessed through the OURA App.

Key Features and Tracking:

- **Sleep Tracking:** Monitors sleep stages (REM, light, deep), total sleep time, efficiency, and resting heart rate during sleep.
- **Activity Tracking:** Tracks daily movement, calories burned, and provides insights into your activity levels.
- **Readiness Score:** A daily score reflecting your body's recovery and energy levels, based on sleep, activity, and physiological metrics.
- **Stress Monitoring:** Identifies periods of stress and relaxation throughout your day.
- **Heart Health:** Provides data on heart rate and heart rate variability.
- **Metabolic Health:** Offers insights into your metabolic responses.
- **Women's Health:** Tracks cycle insights, including temperature variations, which can be synced with compatible apps like Natural Cycles for fertility tracking.

The ring is designed for 24/7 wear, including during workouts and swimming, thanks to its water-resistant
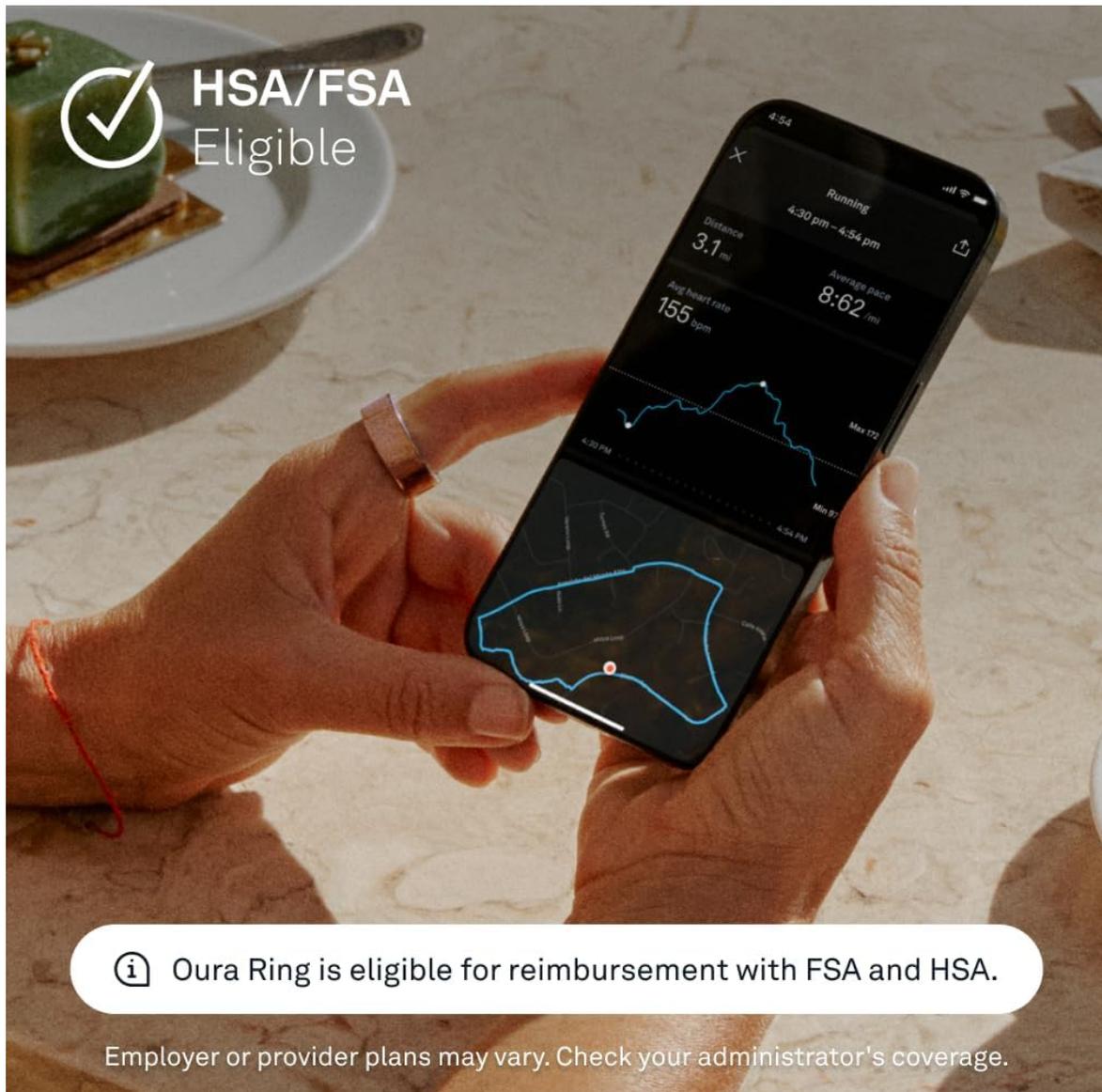
design.

Image: A close-up of the Oura Ring 4 on a finger, highlighting the recessed sensors that enable continuous health tracking.

Charging & Battery

The OURA Ring 4 boasts a long-lasting battery, providing up to 8 days of use on a single charge. Charging is simple and convenient:

- Place the ring onto its dedicated charging base.
- Connect the USB cable from the charging base to a power source (e.g., USB wall adapter, computer USB port).
- The indicator light on the charger will illuminate to show that charging is in progress.
- A full charge typically takes less than an hour.

You do not need to charge the ring daily. It is recommended to charge it when convenient, such as during a shower or while performing inactive tasks, to maintain optimal battery health.

Video: Demonstrates how to charge the Oura Ring 4 using its charging base and USB cable.

Maintenance

To keep your OURA Ring 4 in optimal condition, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your ring with mild soap and water. For ceramic rings, OURA provides a Ceramic Polishing Pad to remove any metal transfer marks that may occur from contact with softer metals.
- **Avoid Harsh Chemicals:** Do not expose the ring to harsh chemicals, abrasive cleaners, or extreme temperatures.
- **Protect from Scratches:** While durable, the ring can still scratch. Consider removing it during activities that involve heavy contact with metal objects or abrasive surfaces.
- **Water Resistance:** The OURA Ring 4 is water-resistant up to 100 meters, making it suitable for swimming and showering.

Image: The Oura Ring 4 being worn in water, demonstrating its water-resistant capabilities.

App Integration

The OURA App is the central hub for all your health data and insights. It is compatible with both iOS and Android devices.

- **Personalized Insights:** The app provides daily readiness, sleep, and activity scores, along with personalized recommendations.
- **Data Visualization:** View detailed graphs and trends of your heart rate, temperature, sleep stages, and activity levels.
- **Sync with Other Apps:** OURA seamlessly integrates with over 40 apps, including Apple Health, Google Health Connect, Natural Cycles, Flo, and Strava.
- **Membership:** The first month of OURA Membership is included with your purchase (for new members only). A subscription fee of $5.99/month applies thereafter, or an annual prepaid option for $69.99. Membership is tied to your account via the OURA App.

Image: The Oura App interface displayed on a smartphone, showing various health metrics and insights.

Specifications

Feature	Detail
Product Dimensions	0.98 x 0.98 x 0.31 inches
Item Weight	6.3 ounces
ASIN	B0D9WVLGJR
Item Model Number	JZ90-54219-07
Batteries	1 Lithium Polymer batteries required (included)
Manufacturer	Oura
Operating System	iOS, Android
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

Shape	Round
Style	Metallic

TROUBLESHOOTING

If you encounter any issues with your OURA Ring 4, consider the following:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the ring is within range. Try restarting both your phone and the OURA Ring (by placing it on the charger for a few seconds).
- **Inaccurate Data:** Verify that your ring is worn correctly on your finger, with the sensors facing inwards. Ensure the ring is clean and free of debris. Confirm your sizing is accurate, as improper fit can affect data.
- **Battery Drain:** If the battery drains faster than expected, ensure the ring is fully charged. Check for any recent app updates that might affect battery performance.
- **App Not Syncing:** Close and reopen the OURA App. Check for app updates in your device's app store. Ensure your phone's operating system is up to date.
- **Physical Damage:** For any physical damage or persistent issues, contact OURA customer support.

WARRANTY & SUPPORT

For detailed warranty information and customer support, please refer to the official OURA website or the documentation included with your product. OURA Ring products are often eligible for reimbursement through FSA/HSA funds for the ring, additional chargers, and shipping. Check with your employer or provider for coverage details.
For further assistance, visit the OURA Store on Amazon.