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› OURA Ring 4 Smart Ring Instruction Manual

OURA OURA Ring 4

OURA Ring 4 Smart Ring Instruction Manual

Model: JZ90-54144-08

INTRODUCTION

The OURA Ring 4 is a smart wearable designed to track various biometrics, including sleep, activity, stress, heart health, and women's health metrics. This manual provides essential information for setting up, operating, and maintaining your OURA Ring 4.



Image: The OURA Ring 4 in Black, showcasing its sleek design.

SETUP GUIDE

1. Sizing Your OURA Ring 4

OURA Ring 4 sizes differ from standard ring sizes. It is crucial to use the OURA Ring 4 Sizing Kit to determine your correct size before purchasing the actual ring. This ensures optimal fit and accurate data tracking.

Size Before You Buy

Oura Ring 4



 Oura Ring 4 Ceramic sizes are different than Gen3 and standard ring sizes

Image: The OURA Ring 4 Sizing Kit, containing various ring sizes for fitting.

After determining your size, you can proceed with purchasing your OURA Ring 4. A credit of INR 999 is typically provided towards the purchase after using the sizing kit.

2. What's in the Box

Upon unboxing your OURA Ring 4, you should find the following components:

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

What's in the Box



Oura Ring 4 Ceramic

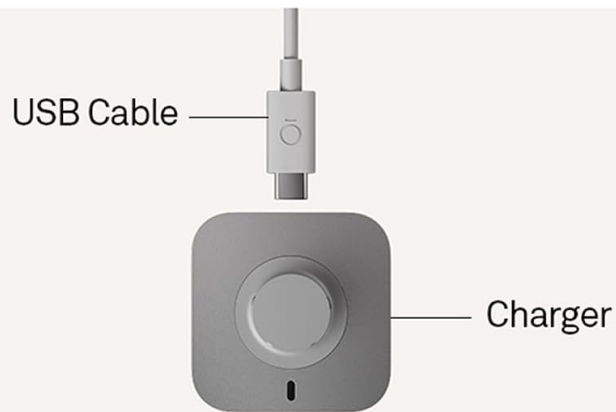


Image: The OURA Ring 4, its charger, and USB-C cable as found in the product box.

3. Initial Charging and App Download

Before first use, fully charge your OURA Ring 4 using the provided charger and USB-C cable. While charging, download the OURA App from your device's app store (iOS or Android). The app is essential for activating your ring, viewing your data, and managing settings.

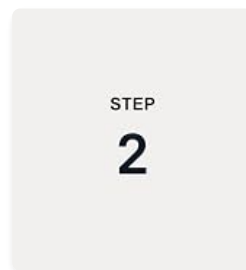


Image: The OURA App icon, available for download on smartphones.

A monthly OURA Membership is required to access all features. The first month is typically free for new members, followed by a monthly fee of INR 599 or an annual prepaid option of INR 6999. The membership is linked to your OURA App account.

OPERATING YOUR OURA RING 4

The OURA Ring 4 is designed for continuous wear, tracking over 30 biometrics throughout your day and night. It uses Smart Sensing technology for accurate and continuous data collection.

Key Tracking Features:

- **Sleep Tracking:** Monitors sleep stages, duration, and quality.
- **Activity Tracking:** Records steps, calories burned, and workout intensity.
- **Stress Monitoring:** Analyzes physiological responses to stress.
- **Heart Health:** Measures heart rate and heart rate variability (HRV).
- **Women's Health:** Tracks temperature variations for cycle insights.

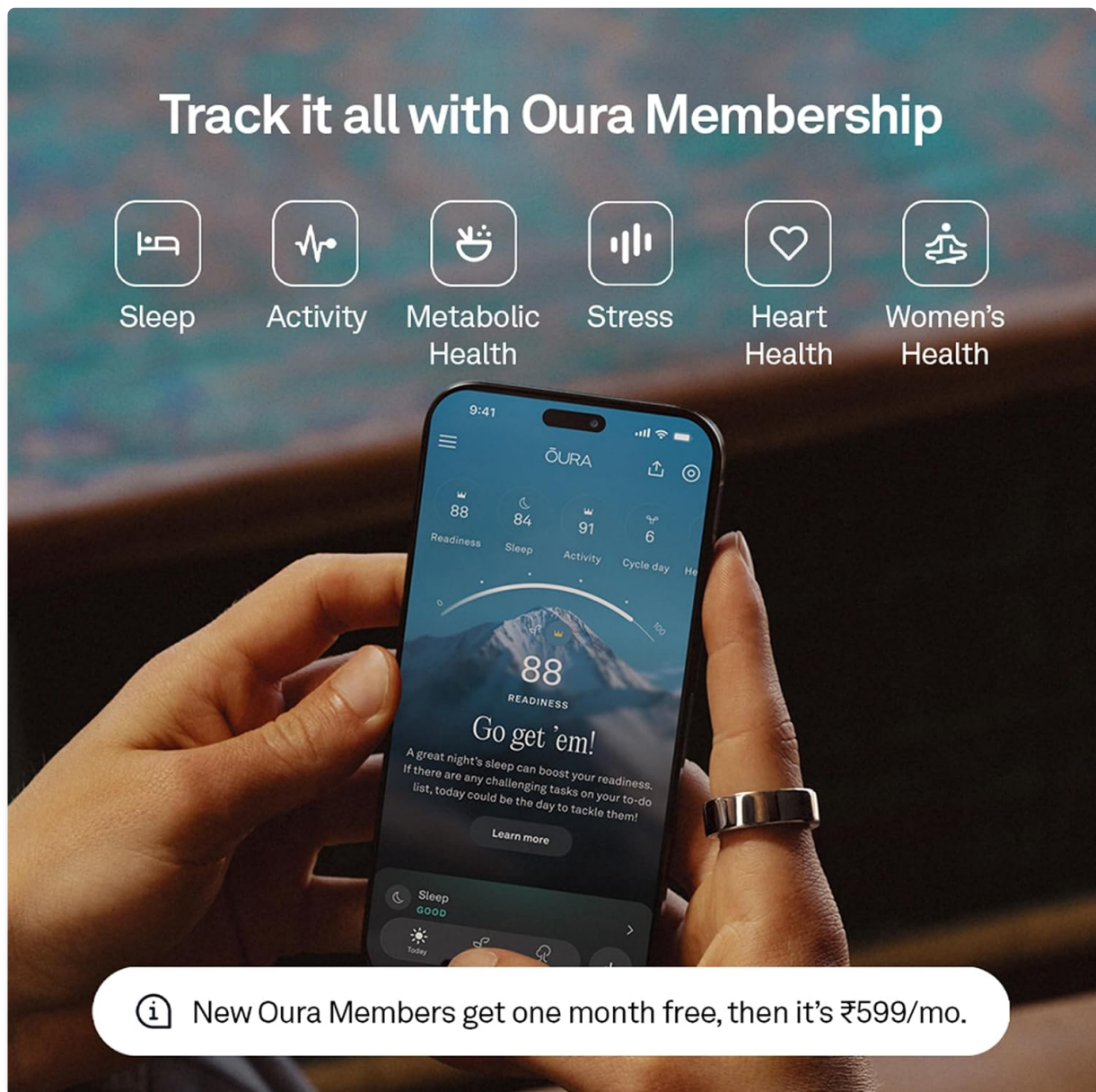


Image: A smartphone screen displaying the OURA App interface with sleep, activity, metabolic health, stress, heart health, and women's health metrics.

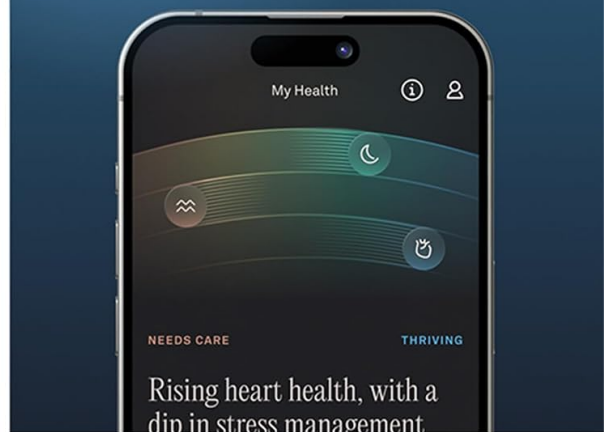
Smart Sensing and Accuracy

The ring's internal sensors are recessed by 0.3mm, providing a comfortable fit while ensuring precise data capture. It tracks continuous heart rate variability (HRV), blood oxygen (SpO2), and skin temperature deviations.

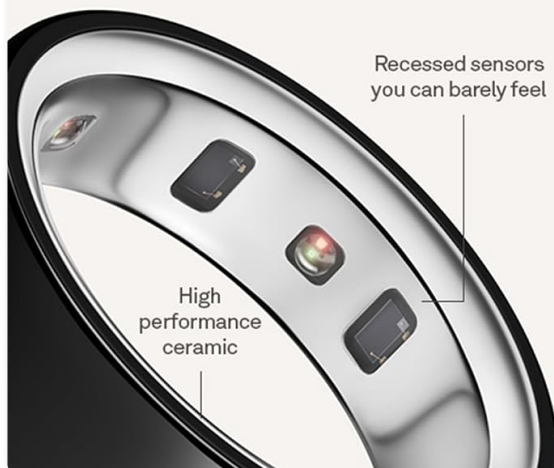
Incredible accuracy powered by
Smart Sensing



Get a holistic view of
your health



Comfortable for 24/7 wear



5 to 8 days of battery life

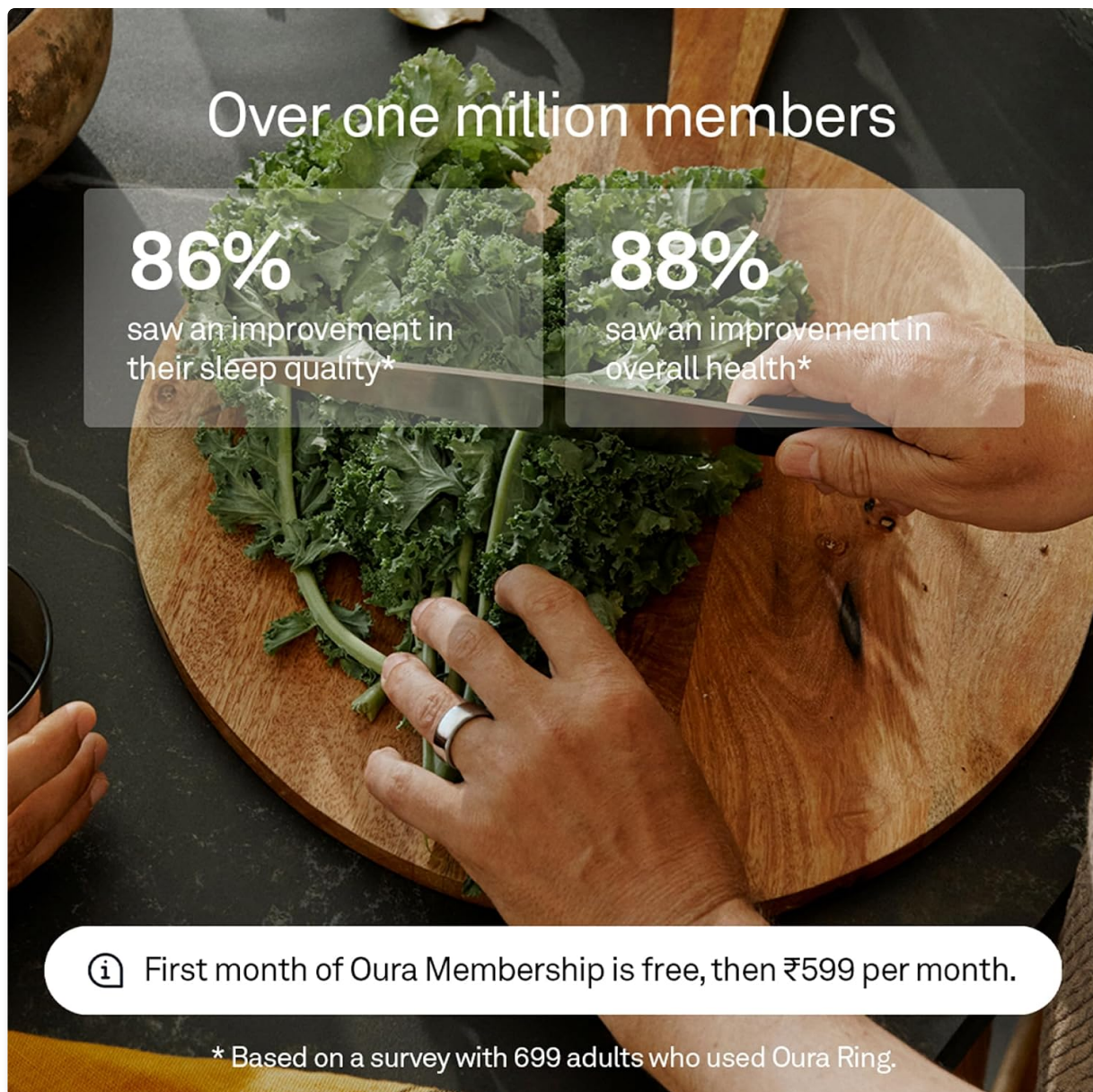


Water resistant up to 100m

Image: A close-up view of the OURA Ring 4's internal sensors, highlighting the recessed design for comfort and accuracy.

Battery Life

The OURA Ring 4 offers up to 8 days of battery life on a single charge. Charging typically takes about 80 minutes for a full charge.



Over one million members

86%
saw an improvement in
their sleep quality*

88%
saw an improvement in
overall health*

 First month of Oura Membership is free, then ₹599 per month.

* Based on a survey with 699 adults who used Oura Ring.

Image: An icon indicating 5 to 8 days of battery life for the OURA Ring 4.

MAINTENANCE

Water Resistance

The OURA Ring 4 is water resistant up to 100 meters, making it suitable for swimming and showering. However, it is recommended to avoid prolonged exposure to harsh chemicals or extreme temperatures.



Image: An icon indicating the OURA Ring 4 is water resistant up to 100m.



Image: The OURA Ring 4 worn on a hand partially submerged in water, demonstrating its water resistance.

Cleaning Your Ring

To clean your OURA Ring 4, gently wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh cleaning agents, as these may damage the ring's finish or sensors.

TROUBLESHOOTING

- **Ring Not Connecting to App:**

Ensure Bluetooth is enabled on your smartphone and the ring is sufficiently charged. Try restarting both your phone and the OURA Ring (by placing it on the charger for a few seconds). If the issue persists, try re-pairing the ring through the app settings.

- **Charging Issues:**

Verify that the USB-C cable is securely connected to both the charger and a power source. Ensure the ring is correctly seated on the charger. If the charger light does not illuminate or the ring does not charge, try a different USB-C cable or power adapter.

- **Inaccurate Data Readings:**

Confirm that your OURA Ring 4 fits snugly but comfortably on your finger. A loose fit can affect sensor accuracy. Ensure the sensors are clean and free from debris. Consistent wear is also

important for the algorithm to establish a baseline for accurate readings.

SPECIFICATIONS

Feature	Detail
Model Name	Oura Ring 4
Model Number	JZ90-54144-08
Brand	OURA
Operating System	Proprietary Operating System
Special Features	Activity Tracker, Heart Rate Monitor, Oxymeter (SpO2), Sleep Monitor, Stress Tracking
Connectivity Technology	Bluetooth
Battery Life	Up to 8 Days
Battery Charge Time	80 Minutes
Material	Titanium
Water Resistance Level	Water Resistant (up to 100m)
Item Dimensions	25 x 25 x 7 Millimeters
Item Weight	0.18 Kilograms
Compatible Devices	Smartphone (Android, iOS)

WARRANTY INFORMATION

The OURA Ring 4 comes with a**2-year limited manufacturer warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the official OURA website or the information booklet included with your product.

SUPPORT

For further assistance, technical support, or warranty claims, please contact OURA customer service through their official website:

<https://ouraring.com>

You may also find helpful resources and FAQs within the OURA App.

