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› OURA Ring 4 Stealth Size 11 Smart Ring Instruction Manual

OURA Oura Ring 4

OURA Ring 4 Stealth Size 11 Instruction Manual

Your guide to setting up, operating, and maintaining your OURA Ring 4.

INTRODUCTION

The OURA Ring 4 is an advanced smart ring designed to monitor over 50 health metrics, including sleep, activity, stress, heart health, metabolic health, and women's health. Featuring an all-titanium design and Smart Sensing technology, it provides continuous, accurate data to help you understand and improve your well-being. With a battery life of 5 to 8 days, the OURA Ring 4 offers discreet and comfortable health tracking.

SETUP

Before using your OURA Ring 4, it is crucial to ensure you have the correct size. OURA Ring 4 uses unique sizing that differs from standard jewelry rings. We recommend using the OURA Ring 4 Sizing Kit to find your perfect fit.

Sizing and Initial Setup

1. **Obtain a Sizing Kit:** Purchase an OURA Ring 4 Sizing Kit to determine your accurate ring size. This kit contains various plastic ring sizes to try on.
2. **Find Your Fit:** Try on the different sizes from the kit. Wear the most comfortable size for at least 24 hours to ensure it fits well throughout the day and night, as finger size can fluctuate. For optimal performance and accuracy, wearing the ring on your index finger is recommended.
3. **Purchase Your Ring:** Once you have confirmed your size, you can purchase your OURA Ring 4.
4. **Download the OURA App:** Download the official OURA App from the Apple App Store or Google Play Store. The app is essential for syncing your ring, viewing your data, and managing settings.
5. **Pair Your Ring:** Follow the in-app instructions to pair your OURA Ring 4 with your smartphone via Bluetooth.

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

**Slip on your
Oura Ring 4 and
download the Oura App**



Receive \$10 Amazon credit towards
Oura Ring 4 with purchase of sizing kit

Image: The OURA Ring 4 Sizing Kit, used to find the perfect fit for your smart ring.

Size Before You Buy

Oura Ring 4



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

Image: An OURA Ring 4 worn on the index finger for accurate sizing and data collection.

Your browser does not support the video tag.

Video: An overview of the OURA App interface, demonstrating how to navigate and interpret your health data.

OPERATING YOUR OURA RING 4

The OURA Ring 4 continuously tracks your health metrics using its advanced Smart Sensing technology. Data is automatically synced to the OURA App on your smartphone.

Key Features and Monitoring

- **Smart Sensing:** The ring adapts to your unique biometrics, providing accurate and continuous data day and night.
- **Health Metrics:** Track over 50 metrics including:
 - Sleep (duration, stages, efficiency)
 - Activity (steps, calories burned, inactive time)
 - Readiness (overall recovery and energy levels)

- Heart Health (resting heart rate, HRV balance)
- Stress (daytime stress, recovery)
- Metabolic Health
- Women's Health (menstrual cycle tracking, body temperature)
- **Water Resistance:** The OURA Ring 4 is waterproof up to 100 meters, making it suitable for swimming and showering.
- **Battery Life:** Enjoy 5 to 8 days of battery life on a single charge.



Image: Close-up view of the OURA Ring 4's internal sensors, responsible for collecting health data.

Track it all with Oura Membership



Sleep



Activity



Metabolic
Health



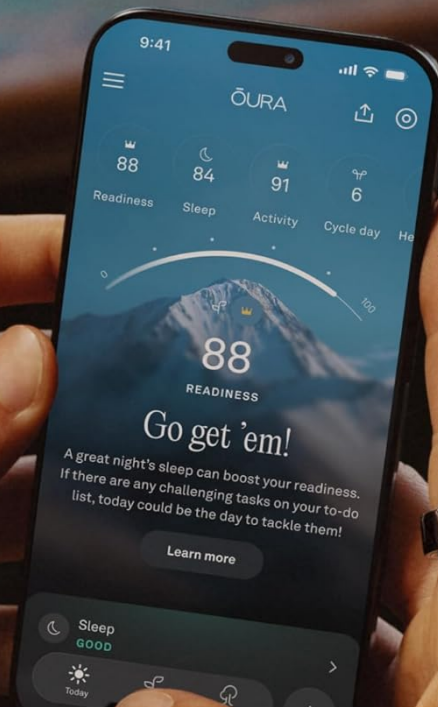
Stress



Heart
Health



Women's
Health



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

Image: The OURA Ring 4 being worn in water, demonstrating its waterproof capability.



Looking to gift Oura Ring 4? We've got the perfect kit.

Image: A detailed view of the OURA App, showcasing sleep, activity, and readiness scores.

MAINTENANCE

Proper care ensures the longevity and accuracy of your OURA Ring 4.

Charging

- Use the provided OURA Ring 4 Charger and USB cable.
- Place the ring on the charger, ensuring the sensors align.
- A full charge takes approximately 80 minutes.

Cleaning and Care

- Clean your ring regularly with a soft, damp cloth.
- Avoid using abrasive materials or harsh chemicals, as these can damage the ring's finish and sensors.
- The all-titanium exterior is durable, but proper care helps maintain its appearance.

Multi-Ring Support

If you own multiple OURA Ring 4 styles, you can easily switch between them within the OURA App. Ensure each ring is charged and paired to your account for seamless transitions.



 **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: Contents of the OURA Ring 4 box, including the ring, charger, and USB cable.

TROUBLESHOOTING

If you encounter issues with your OURA Ring 4, consider the following general troubleshooting steps:

- **Syncing Issues:** Ensure your ring is charged and within Bluetooth range of your smartphone. Restart both the OURA App and your phone.
- **Battery Life:** If battery life is shorter than expected, ensure the ring is fully charged. Avoid extreme temperatures, which can affect battery performance.
- **Inaccurate Data:** Verify that your ring fits snugly and is worn correctly (preferably on the index finger). Ensure the sensors are clean.
- **App Not Responding:** Close and reopen the OURA App. If the issue persists, try reinstalling the app.
- **Firmware Updates:** Regularly check the OURA App for available firmware updates for your ring, as these

often include performance improvements and bug fixes.

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

SPECIFICATIONS

Feature	Detail
Model Name	Oura Ring 4 - Stealth - Size 11
Model Number	JZ90-54218-11
Brand	OURA
Operating System	iOS, Android
Special Feature	Smart Sensing
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
Battery Average Life	5-8 days
Battery Charge Time	80 minutes
Water Resistance Level	Waterproof
Water Resistance Depth	100 Meters
Band Material Type	Titanium
Item Weight	0.19 Kilograms
Item Dimensions	0.98 x 0.98 x 0.31 inches
Metrics Measured	Body Temperature, Menstrual Cycle, Sleep Duration, Stress, Heart Rate, Activity
Included Components	Oura Ring 4, Oura Ring 4 Charger, USB Cable, Information Booklet, Quick Start Guide

WARRANTY

The OURA Ring 4 comes with a **1 Year Manufacturer Warranty**. 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, product information, or to manage your OURA Membership, please utilize the following resources:

- **OURA App:** The OURA App is your primary hub for all ring-related data, settings, and support articles.
- **OURA Membership:** Your first month of membership is included with purchase (for new members only). A subscription fee of \$5.99/month applies thereafter. Membership is tied to your account via the OURA App.

- **Official OURA Store:** Visit the [OURA Store on Amazon](#) for additional products and information.
- **HSA/FSA Eligibility:** The OURA Ring is eligible for reimbursement with HSA or FSA funds. Check with your administrator for coverage details.