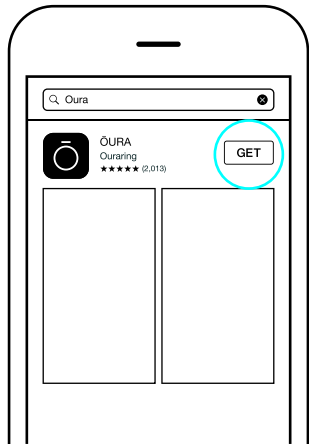


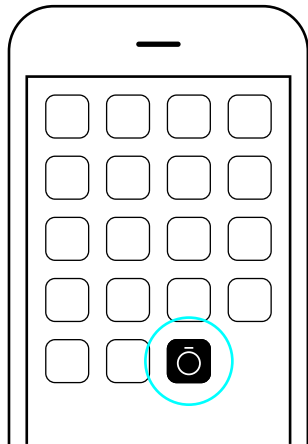
1



2



3

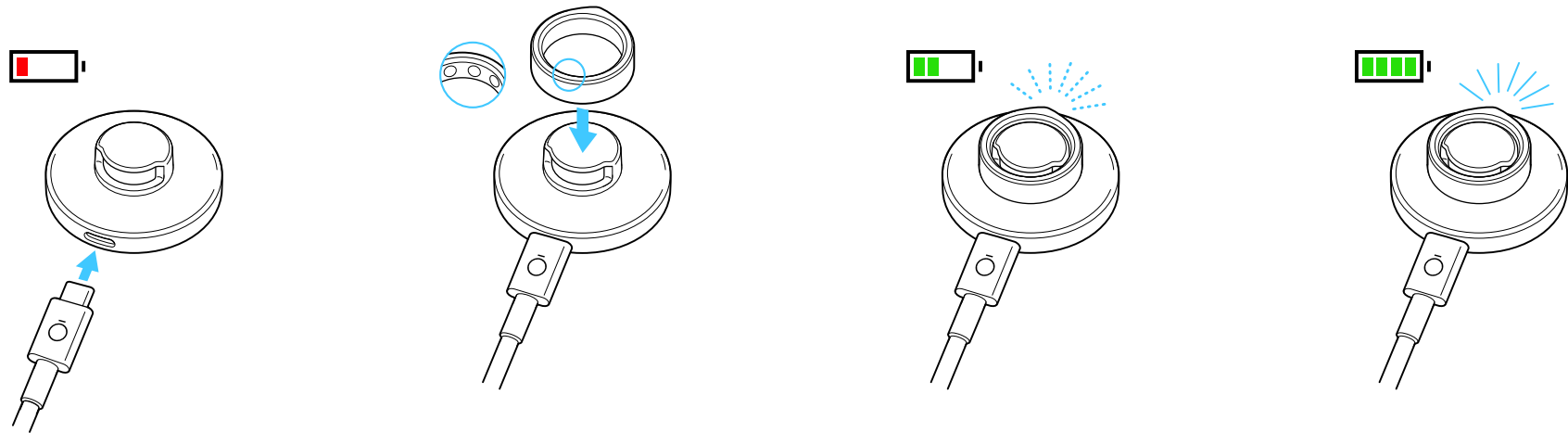


4



OURA

OURRING.COM



IMPORTANT INFORMATION ABOUT OURA RING

PLEASE READ

Thank you for choosing Oura ring. We want you to get the most out of your experience. Therefore, please read this important information leaflet and the accompanying Quick Guide carefully before using your ring, mobile app and any other related services (*Oura Services*). Failure to follow the instructions below could result in product damage or malfunction, or even injury.

Support and Questions

If you have any questions about getting started with or using your ring, mobile app and any other Oura Services, or you have any issues with your product, please refer to the Frequently Asked Questions (FAQs) at ouraring.com. If you can't find what you are looking for, send us an email to support@ouraring.com.

Safety Information

Please note that Oura Services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information and guidance in the Oura Services are there for informational purposes only and cannot replace the services of health professionals or physicians. You should always consult a physician if you have any questions regarding any changes you intend to make to your sleep or activity based on information or guidance of the Oura Services, or regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or through the Oura Services.

We are not responsible for any health problems that may result from information or guidance you learn about through the Oura Services. If you make any change to your sleep or activity based on the Oura Services, you agree that you do so fully at your own risk. It is important to be sensitive to your body's responses. For example, if you feel unexpected, repeated or long term pain, fatigue or discomfort due to having made changes to your sleep or activity, it is recommended that you consult a physician before continuing with such changes. The information and guidance in the Oura Services may be misleading if your physiological functions and responses differ significantly from population averages due to medical conditions or rare natural differences.

Please be cautious that the ring or any other Oura product you are wearing does not get caught on fixed structures or heavy objects when moving yourself or moving said heavier objects.

If you experience redness or skin irritation on your finger due to the ring or any other Oura product, remove it immediately. If symptoms persist longer than 2-3 days of not using your Oura product, please contact a dermatologist.

Use, care and maintenance

Finger size can vary depending on the time of the day, and sometimes it may be difficult to remove the ring from your finger. In case the ring gets stuck:

- Use cold water and gentle soap to wet your finger, and slowly twist the ring to remove it.
- Hold your hand up above your heart until the blood pressure gets lower, and then try the removal.
- **In cases of emergency, cut the ring from the palm side of the finger, from its thinnest point with a ring cutter.** This prevents cutting the battery. The lithium-ion polymer battery should not have electrolyte flowing, but in case electrolyte comes in contact with your skin or eyes, flush it out with water and seek immediate medical attention.

Use soft cloth or hand wash with mild soap and water to clean the ring.

Oura ring can be worn in shower, when taking a bath or when swimming. It is even suitable for skin diving with snorkel.

Try to avoid wearing the ring when strength training, working with shovel, carrying heavy objects made of metal, ceramics or stone, or wearing the ring next to other rings or objects which are made of metal, ceramics or stone, like diamond. The Oura ring may get scratches or it can scratch softer metal jewelry made of e.g. gold or silver.

Keep the ring away from children. Do not leave the ring exposed to heat, such as in a vehicle or in the sun. Do not puncture the ring or its battery.

Safety and Product Information

SPECIFICATIONS

Outer surface materials: Titanium with real rose gold physical vapor deposition (PVD) coating in Rose. Titanium with PVD coating in Silver. Titanium with Diamond-like Carbon Coating (DLC) in other models. Rose gold contains copper (Cu).

Inner surface materials: Non-allergenic, non-metallic seamless inner molding

Memory capacity: 6 weeks

Battery: rechargeable 15mAh (US6) - 22mAh (US13) Lipo battery, non-replaceable

Battery life: up to 1 week, depending on the amount of sleep and activity

Dispose of the ring and battery in accordance with applicable local laws and regulations. Special handling may be required.

Charging: wireless charging with Oura charger

Charging time: 20-80 minutes

Connectivity: Bluetooth Low Energy (Bluetooth Smart®)

Ring firmware updateability: automatic firmware updates via Oura app

Oura app availability: App Store, Google Play

Oura app compatibility: see ouraring.com/compatibility

Privacy: data encryption, secure pairing of the ring and the app

Water resistant to 100m/328ft

Endures drop of 1m/3.3ft or equivalent impact

Operating temperature: -10 – 54°C / 14 – 129°F

Charging temperature: 0 - 54°C / 32 – 129°F (room temperature recommended).

Charger input connector and voltage: USB Type-C connector. USB nominal 5V.

Charger shall be supplied by a power source that shall meet with clause 2.5 of the standard for limited power supply.

Charger complies with EN/IEC 60950-1 international safety standard for IT equipment.

Product specific model identification marking can be found from the outer surface of the packaging, and those are the follows

Heritage Silver: Heritage industrial design, titanium with silver PVD coating

Heritage Black: Heritage industrial design, titanium with glossy black DLC

Heritage Rose: Heritage industrial design, titanium with real rose gold PVD coating

Heritage Stealth: Heritage industrial design, titanium with sandblasted black DLC

Balance Silver: Balance industrial design, titanium with silver PVD coating

Balance Black: Balance industrial design, titanium with glossy black DLC

Balance Rose: Balance industrial design, titanium with real rose gold PVD coating

Balance Diamond: Balance industrial design, titanium with silver PVD coating and with five 0.005 ct diamonds

Charger Black: Aluminum charger with black anodization

Warranty Disclaimer

EXCEPT FOR THE LIMITED WARRANTY FOR THE RING SET FORTH BELOW, THE RING AND THE OURA SERVICES ARE PROVIDED BY OURA AND ITS AFFILIATES "AS IS."

NEITHER OURA NOR ITS PARTNERS, SUPPLIERS, OR AFFILIATES MAKE ANY REPRESENTATIONS OR WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, AS TO THE OPERATION OF THE OURA SERVICES (INCLUDING THE RING), ITS CONTENTS, OR ANY INFORMATION MADE AVAILABLE BY OR THROUGH THE OURA SERVICES. IN ADDITION, OURA AND ITS PARTNERS, SUPPLIERS AND AFFILIATES DISCLAIM ALL WARRANTIES WITH RESPECT TO THE OURA SERVICES (INCLUDING THE RING), EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY, TITLE, FITNESS FOR A PARTICULAR PURPOSE AND NON-INFRINGEMENT. FURTHERMORE, OURA DOES NOT WARRANT THAT USE OF THE OURA SERVICES WILL BE UNINTERRUPTED, AVAILABLE AT ANY TIME OR FROM ANY PARTICULAR LOCATION, SECURE OR ERROR-FREE, THAT DEFECTS WILL BE CORRECTED, OR THAT THE OURA SERVICES (INCLUDING THE RING) ARE FREE OF VIRUSES OR OTHER POTENTIALLY HARMFUL COMPONENTS.

LIMITED WARRANTY FOR THE RING. OURA WARRANTS TO THE ORIGINAL END USER PURCHASER THAT THE RING IS FREE FROM DEFECTS IN MATERIAL AND WORKMANSHIP FOR TWO (2) YEARS FROM THE DATE OF PURCHASE. If your local law in effect at the time of purchase requires a warranty period longer than two (2) years, this warranty shall be extended to the extent required by such law. Within the warranty period, Oura shall repair or replace at no charge to you any components of the ring that fail the limited warranty provided. You shall be responsible for any related transportation charges. Replacement products may be new or refurbished at our discretion. This limited warranty does not apply to (i) normal wear and tear, including scratches and dents; (ii) consumable parts included in ring, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage resulting from your failure to use the ring in accordance with the instructions accompanying the ring or available at our website; (iv) damage resulting from an accident, flood, fire, misuse, or abuse; (v) damage resulting from service performed, or damage resulting from tampering or alterations to the ring, by anyone not authorized by Oura; or (vi) use of the ring with any other application or software than the Oura mobile app.

Oura retains the exclusive right to repair or replace the ring, or offer a full refund, at its sole discretion. Such remedy shall be your sole and exclusive remedy for any breach of warranty. Warranty repairs and replacements have a new warranty which is the longer of ninety (90) days or the balance of the original two-year warranty.

Limitation of Liability

IN NO EVENT WILL OURA OR ANY OF ITS AFFILIATES BE LIABLE FOR DIRECT, INDIRECT, INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES (INCLUDING WITHOUT LIMITATION THOSE RESULTING FROM LOST PROFITS, LOST DATA OR BUSINESS INTERRUPTION) ARISING OUT

OF THE USE, INABILITY TO USE, OR THE RESULTS OF USE OF THE RING AND THE OURA SERVICES, WHETHER SUCH DAMAGES ARE BASED ON WARRANTY, CONTRACT, TORT OR ANY OTHER LEGAL THEORY AND WHETHER OR NOT OURA HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THE AGGREGATE LIABILITY OF OURA, ARISING FROM OR RELATING TO THE RING AND OURA SERVICES (REGARDLESS OF THE FORM OF ACTION OR CLAIM, E.G. CONTRACT, WARRANTY, TORT, STRICT LIABILITY, NEGLIGENCE, OR ANY OTHER LEGAL THEORY) IS LIMITED TO \$100. In some locations applicable law may not allow certain of the limitations described above, in which case such limitations will apply to the maximum extent allowed by such applicable law.

Intellectual Property Rights

ŌURA logo, Ō logo and ŌURA are trademarks or registered trademarks of Oura Health Ltd. Patented and patents pending. © Oura Health Oy (Oura) 2014-2018. All rights reserved.

Manufactured by Oura Health Oy (Oura), Elektriikkatie 3, FI-90590 Oulu, Finland.

Terms of Use

Your use of the Oura products and services is subject to our Terms of Use, available at <https://ouraring.com/terms-of-use/>, and Privacy Policy, available at <https://ouraring.com/privacy-policy/>. The Content and Warranty Disclaimer and the Limitation of Liability set forth above are from our Terms of Use and are subject to change if we change our Terms of Use.



English

This Oura product is in compliance with Directive 2014/53/EU. The Declaration of Conformity is available at ouraring.com/declaration-of-conformity.

Česky

Tento produkt Oura je v souladu se směrnicí 2014/53/EU. Prohlášení o shodě je k dispozici na adrese ouraring.com/declaration-of-conformity.

Dansk

Dette Oura-produkt er i overensstemmelse med direktiv 2014/53/EU. Overensstemmelseserklæringen er tilgængelig på ouraring.com/declaration-of-conformity.

Deutsch

Dieses Oura-Produkt entspricht der Richtlinie 2014/53/EU. Die Konformitätserklärung finden Sie unter ouraring.com/declaration-of-conformity.

Eesti keel

See Oura toode vastab direktiivile 2014/53/EL. Vastavusdeklaratsioon on saadaval aadressil ouraring.com/declaration-of-conformity.

Ελληνικά

Το εν λόγω προϊόν Oura συμμορφώνεται με την Οδηγία 2014/53/ΕΕ. Η σχετική δήλωση συμμόρφωσης είναι διαθέσιμη στη διεύθυνση ouraring.com/declaration-of-conformity.

Suomi

Tämä Oura-tuote on direktiivin 2014/53/EU mukainen. Vaatimustenmukaisuusvakuutus on saatavissa osoitteesta ouraring.com/declaration-of-conformity.

Français

Ce produit Oura est conforme à la directive 2014/53/UE. La déclaration de conformité est disponible sur le site ouraring.com/declaration-of-conformity.

Hrvatski

Ovaj Oura proizvod je u skladu s Odredbom 2014/53/EU. Izjava o sukladnosti dostupna je na stranici ouraring.com/declaration-of-conformity.

Magyar

Ez az Oura termék megfelel a 2014/53/EU irányelvnek. A Megfelelőségi Nyilatkozat az ouraring.com/declaration-of-conformity címen érhető el.

Italiano

Questo prodotto Oura è conforme con la direttiva 2014/53/UE. La Dichiarazione di conformità è disponibile al link: ouraring.com/declaration-of-conformity.

Lietuvių k

Šis „Oura“ gaminys atitinka direktyvą 2014/53/ES. Atitikties deklaracija pasiekama adresu ouraring.com/declaration-of-conformity.

Latviešu

Šis Oura produkts atbilst Direktīvai 2014/53/EK. Atbilstības deklarācija ir pieejama vietnē: ouraring.com/declaration-of-conformity.

Nederlands

Dit Oura-product voldoet aan Richtlijn 2014/53/EU. De conformiteitsverklaring is beschikbaar op ouraring.com/declaration-of-conformity.

Norsk

Dette Oura-produktet er i samsvar med direktiv 2014/53/EU. Samsvarserklæringen er tilgjengelig på ouraring.com/declaration-of-conformity.

Polski

Ten produkt Oura jest zgodny z dyrektywą 2014/53/UE. Deklaracja zgodności jest dostępna na stronie ouraring.com/declaration-of-conformity.

Português

Este produto da Oura é compatível com a Diretiva 2014/53/UE. A Declaração de Conformidade está disponível em ouraring.com/declaration-of-conformity.

Русский

Данное изделие Oura соответствует требованиям директивы 2014/53/EU. Декларация соответствия доступна на сайте ouraring.com/declaration-of-conformity.

Slovenský

Tento produkt Oura je v súlade so smernicou 2014/53/EÚ. Vyhlásenie o zhode je k dispozícii na adrese ouraring.com/declaration-of-conformity.

Slovenščina

Ta Oura izdelek je v skladu z direktivo 2014/53/EU. Izjava o skladnosti je na voljo na spletni strani ouraring.com/declaration-of-conformity.

Svenska

Denna Oura-produkt överensstämmer med direktiv 2014/53/EU. Försäkran om överensstämmelse återfinns på ouraring.com/declaration-of-conformity.

Română

Acest produs Oura respectă Directiva 2014/53/UE. Declarația de conformitate este disponibilă la adresa ouraring.com/declaration-of-conformity.

Español

Este producto Oura cumple con la Directiva 2014/53/EU. La Declaración de Conformidad está disponible en ouraring.com/declaration-of-conformity.

In order to satisfy the essential requirements of 2014/53/EU Directive, the product is compliant with the following standards:

RF spectrum use	EN 300 328 v2.1.1
EMC	EN 301 489-1 V2.2.0 EN 301 489-17 V3.2.0 EN 55011:2016/A1:2017 EN 61000-6-1:2007
Health & Safety (R&TTE art. 3.1a)	EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + AC:2011 + A2: 2013 IEC 62479:2010

The conformity assessment procedure of Directive 2014/53/EU has been followed with the involvement of the following Notified Body:

DEKRA Testing and Certification, S.A.U.
Parque Tecnológico de Andalucía
C/ Severo Ochoa 2
29590 Campanillas – Málaga
SPAIN



This product is compliant with Directive 2012/19/EU. Please dispose used electrical and electronic equipment (WEEE) according to national laws and regulations with electrical waste. It should not be mixed with general household waste.



REGULATORY NOTICES

CALIFORNIA PROPOSITION 65

WARNING: This product may contain chemicals known to the State of California to cause birth defects or other reproductive harm.

USA

Oura Health Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device (2AD7V-OURA1801) complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

RF exposure safety

This product is a radio transmitter and receiver. It's designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

CANADA

Regulatory notices for Canada are available in this website: ouraring.com/regulatory-notices-ca

Innovation, Science and Economic Development Canada (ISED) regulatory information

This device (IC: 20635-OURA1801, model: OURA) complies with Innovation, Science and Economic Development Canada's licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference; and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)

Le présent appareil (20635-OURA1801) est conforme aux CNR d'Innovation, Science et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF exposure safety

This product is a radio transmitter and receiver. It is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the ISED.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Ce produit est un émetteur et un récepteur radio. Il est conçu pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) établie par l'ISDE.

L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

CAN ICES-3 (B)/NMB-3(B)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de classe B est conforme à la norme Canadienne ICES-003.

AUSTRALIA and NEW ZEALAND (logo needs to be 3mm in minimum)



R-NZ

SINGAPORE

Complies with IMDA standards.

	2402-2480 MHz	2.0mW
ENG	Frequency	Maximum power
BUL	Честота	Максимална мощност
CES	Četnost	Maximální výkon
DAN	Frekvens	Maksimal effekt
NLD	Frequentie	Maximaal vermogen
EST	Sagedus	Max võimsus
FIN	Taajuus	Maksimiteho
FRA	Fréquence	Puissance maximale
DEU	Frequenz	Maximale Leistung
ELL	Συχνότητα	Μέγιστη ισχύς
HRV	Frekvencija	Maksimalna snaga
HUN	Frekvencia	Maximális teljesítmény
ITA	Frequenza	Potenza max
LAV	Frekvence	Maksimālā jauda
LIT	Dažnumas	Maximalia galia
POL	Częstotliwość	Maksymalna moc
POR	Frequência	Potência maxima
RUM	Frecvență	Putere maxima
SLV	Frekvenca	Največja moč
SPA	Frecuencia	Potencia máxima
SWE	Frekvens	Maxeffekt
RUS	Частота	Максимальная мощность

Dated: March 27, 2018