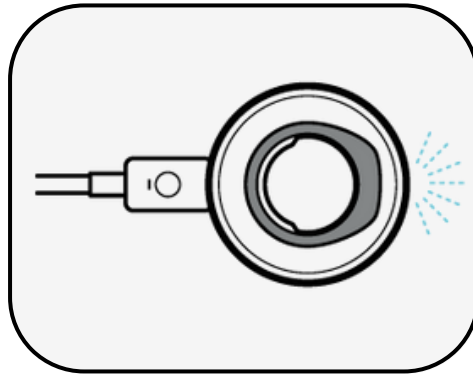


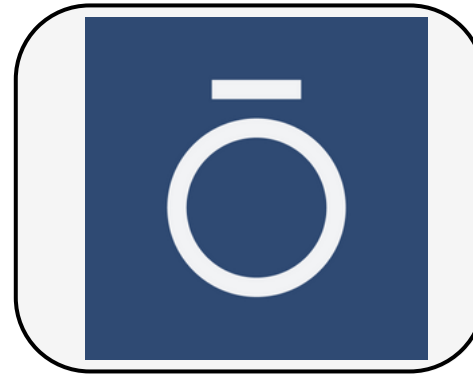
Setting up the Oura Ring



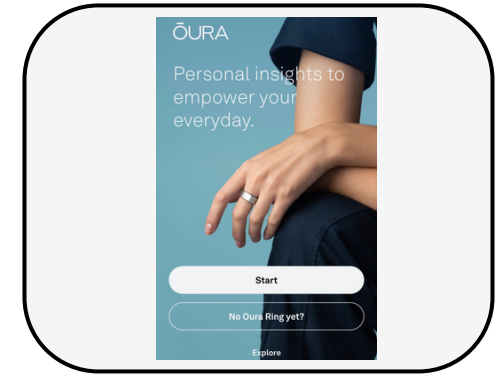
1. After unboxing the Oura ring and charger, plug the charger into a USB power source (such as laptop or supporting power brick).



2. Place the ring on the charger. It will blink blue to indicate it is ready to be set up.



3. Download the Oura app on your phone and make sure you have bluetooth enabled.



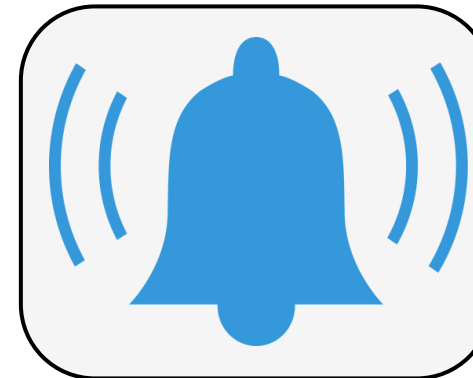
4. Open the Oura app, press "Start". Enter your email address and press "Send setup email".



5. In your email inbox, find an email from Oura with a link to direct you to a separate verification page. Once you are redirected, enter and confirm your password before clicking "Verify and save".



6. Return to the Oura app and press "Continue". On the next screen, press "Begin" and then "set up ring". Stay close to your charging ring to allow it to connect.



7. Once ready, press "Connect" and then "Pair" in the following pop-up window. Choose whether you want to allow notifications.

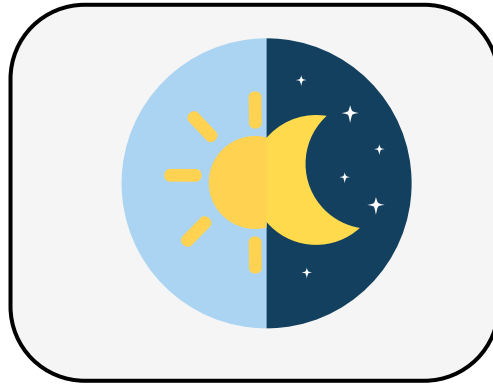


8. Finally enter in your physical information and answer the subsequent questions for a more personalized experience. After that you are all set to begin using the ring!

Using the Oura Ring



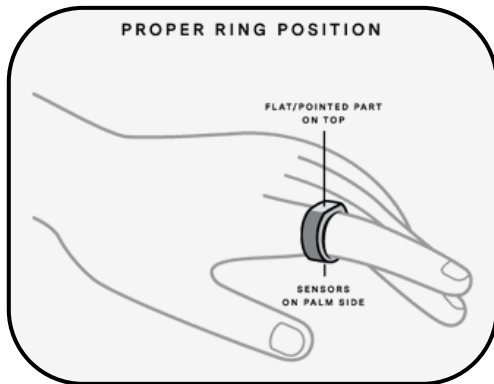
The Oura ring tracks biometric signals such as heart rate, body temperature, breathing rate and movement to provide overall health measurements.



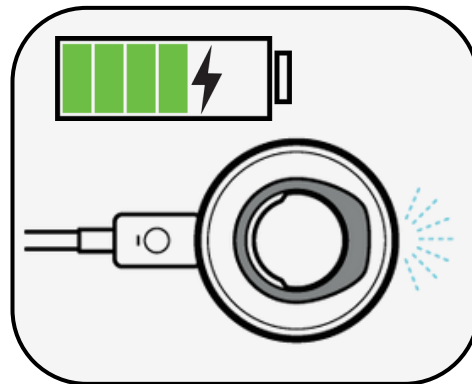
Please try and wear the Oura ring at all times (24/7) for the duration of the two weeks, except when charging.



You can shower and even swim with your ring on!



Make sure to wear the ring with the sensors facing your palm (the bottom part of your hand).



Please charge your Oura ring every four days by placing it on a stand plugged in to a power source. It will flash to indicate it is properly charging, and the flashing will stop when the ring is fully charged.



Please explore the app and all the health information collected by the ring, at your leisure!