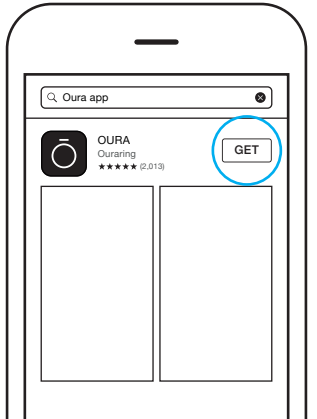
1

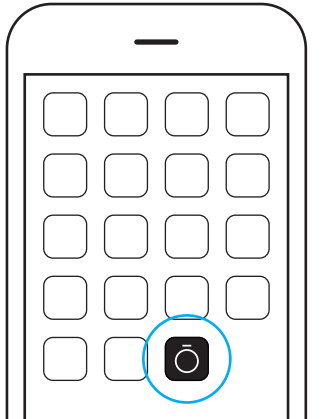
Download on the App Store

ANDROID APP ON Google play

2



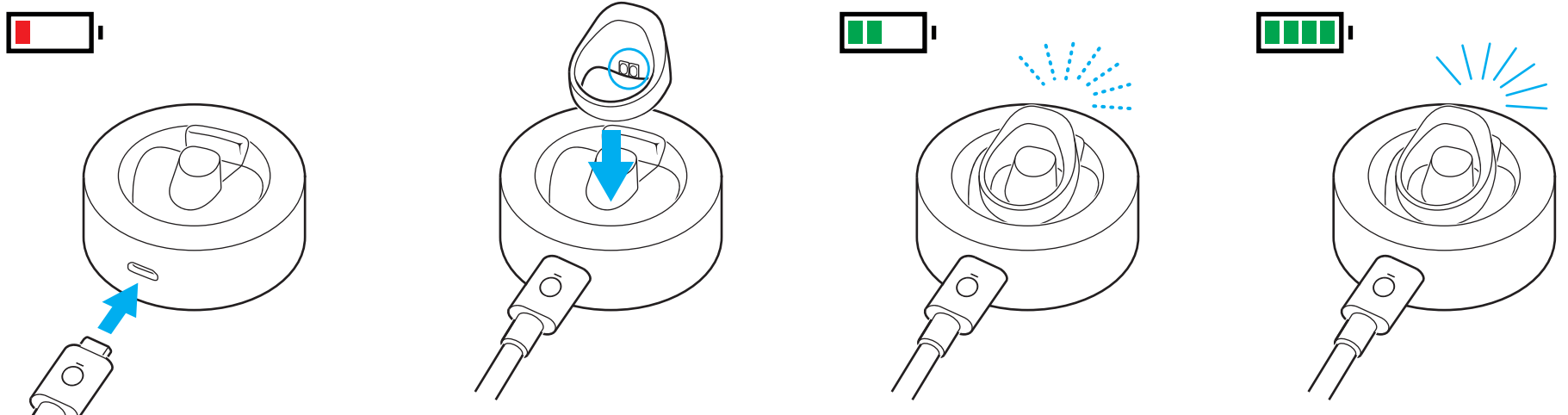
3



4

ŌURA

OURARING.COM



IMPORTANT INFORMATION ABOUT OURARING

PLEASE READ

Thank you for choosing ŌURA! We want your experience to be perfect. Therefore, please read this important information leaflet and the accompanying Quick Guide carefully before using your ring, mobile app and any other related services (*Ouraring 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 Ouraring Services, or you have any issues with your product, please refer to the Frequently Asked Questions (FAQs) at ouraring.com or contact us at support@ouraring.com.

Safety Information

Please note that Ouraring Services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information and guidance in the Ouraring 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 Ouraring Services, or a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or through the Ouraring Services. We are not responsible for any health problems that may result from information or guidance you learn about through the Ouraring Services. If you make any change to your sleep or activity based on the Ouraring 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, repeating 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 Ouraring 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 Ouraring product you are wearing does not get caught on fixed structures or heavy objects when moving yourself or moving said heavy objects.

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

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: Zirconia (ZrO_2)

Inner surface materials: Medical grade allergy-free molding, nickel free charging pads (gold plating on stainless steel)

Memory capacity: minimum 3 weeks of 24/7 data

Battery: rechargeable 43mAh Li-po battery, non-replaceable

Battery duration: 2-3 days, 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: custom contact plate charging in the ŌURA ring box

Charging time: less than 60 minutes

Connectivity: Bluetooth Smart®

Ring firmware updateability: automatic firmware updates via ŌURA app

ŌURA app availability: App Store, (Google Play during Q1/2016)

ŌURA app compatibility: iPhone 4S, 5 & 6 with iOS 8.x or later, (Android phones to be announced during Q1/2016)

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

Scratchproof (glossy colors)

Waterproof to 50m/164ft

Endures drop of 1m/3.3ft or equivalent impact

Operating temperature: -10 – 54ºC / 14 – 129ºF

Charging temperature: 0 - 60ºC / 32 – 140ºF (room temperature recommended).

The Ring box shall be supplied by a power source that shall meet with clause 2.5 of the standard EN 60950-1.

Cleaning: rub with a soft cloth or hand wash with mild soap and water

CALIFORNIA PROPOSITION 65

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

CE1909

Hereby, JouZen Oy, declares that this wireless device is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. The declaration of conformity may be consulted by writing to JouZen, Elektroniikkatie 3, 90590 Oulu, Finland. This device can be use without restrictions in all EU and EFTA member countries.

FCC ID: 2AD7V-OURARING15001

This device 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.

Caution: The changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

IC: 20635-OURARING15001

This device complies with Industry Canada's licence-exempt RSSs. 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.

Le présent appareil est conforme aux CNR d'Industrie 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.

This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme à l'exposition aux rayonnements Industrie Canada limites établies pour un environnement non contrôlé.

Australia

NXXXXX

Content and Warranty Disclaimer

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LIMITED WARRANTY FOR THE RING. OURARING 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, Ouraring 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 the 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 Ouraring; or (vi) use of the ring with any other application or software than the Ouraring Mobile App.

Ouraring 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 one year warranty.

Limitation of Liability

IN NO EVENT WILL OURARING 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 OURARING SERVICES, WHETHER SUCH DAMAGES ARE BASED ON WARRANTY, CONTRACT, TORT OR ANY OTHER LEGAL THEORY AND WHETHER OR NOT OURARING HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THE AGGREGATE

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Manufactured by JouZen Oy (Ouraring), Elektroniikkatie 3, FI-90590 Oulu, Finland.

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Dated: November 24, 2015