


What is Oura Ring?

Oura Ring is a smart wearable that monitors heart rate, resting heart rate, temperature trends, average blood oxygen, sleep, and more.

Based on data collected by Oura Ring, the Oura App offers personalized recommendations for better health and wellbeing.




Meet the revolutionary *smart ring*




ACCURACY YOU CAN TRUST

The finger provides the most accurate pulse reading, making your health data and insights more personal than ever.




DELIVER EFFICIENT CARE

Use Oura to gain insights into patient health that enable targeted care.



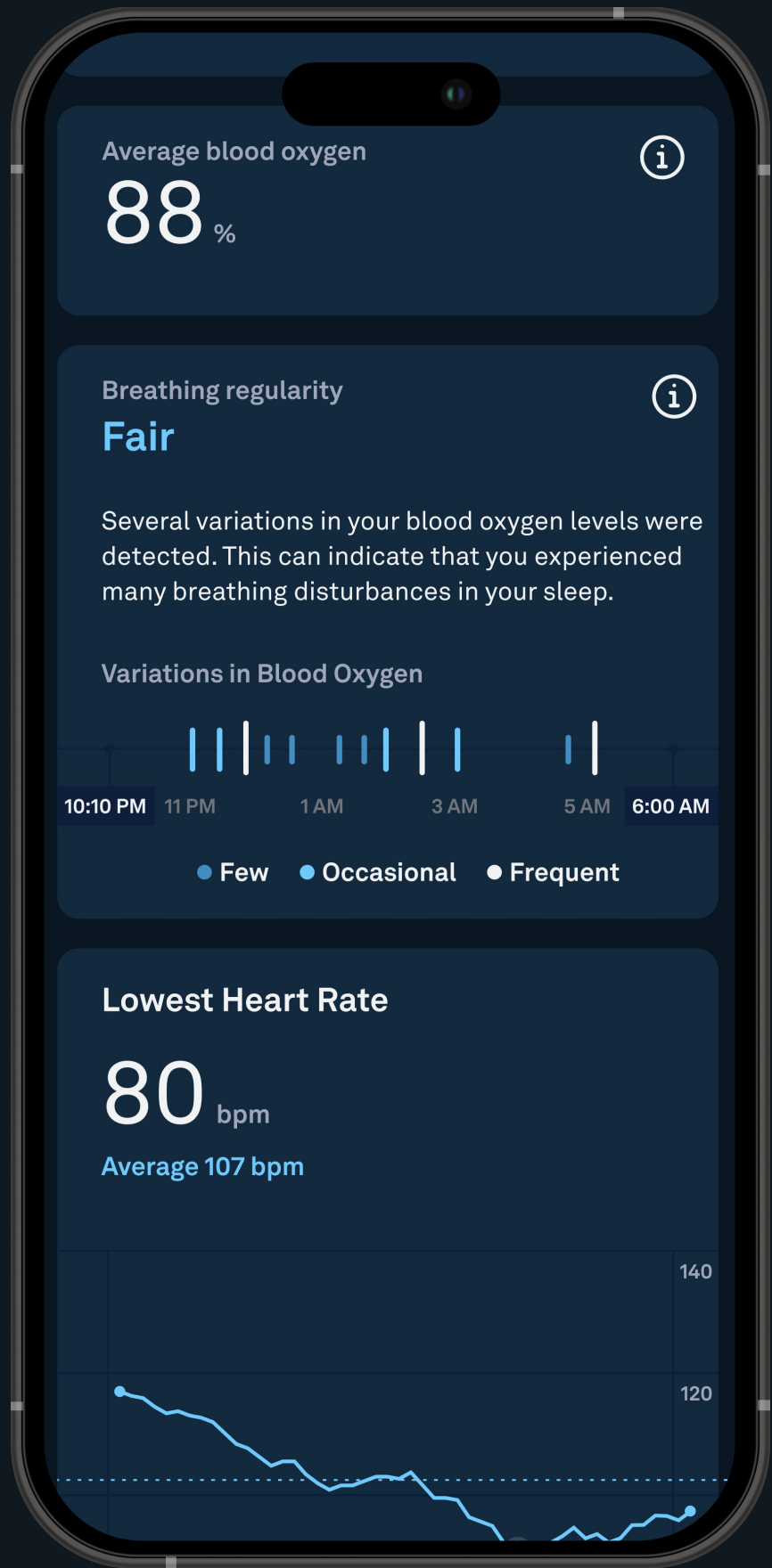
EASY TO WEAR 24/7

Designed for everyday (and night) wear, Oura Ring is waterproof and durable—which means more consistent data and helpful insights.



EASILY SPOT TRENDS









Oura Ring helps provide a more complete understanding of health trends like sleep, heart rate, stress, and more.













What does Oura Ring measure?

Leveraging precise data, Oura Ring 4 unveils a clearer and more detailed health story.

Oura Ring measures 30+ biometrics, including:

-  Blood oxygen sensing
-  Respiratory rate
-  Sleep timing and quality
-  Resting heart rate
-  Daytime heart rate
-  Heart rate variability (HRV)
-  Temperature trends
-  Cardiovascular Age

Collected data provides insights on:

-  Activity levels
-  Step tracking
-  Moments and meditation
-  Calorie burn
-  Cycle Tracking and Period Prediction
-  Inactive times, naps
-  Workout heart rate
-  Light, deep, and REM sleep
-  Nighttime movement
-  Stress and Resilience

The Clinical *Challenge*



It is difficult to accurately monitor patient biometrics outside of a clinical setting.



Healthcare often relies on broad demographic data, which may not provide personalized insights for individual patients.



Chronic diseases are often exacerbated by unrecognized unhealthy behaviors.

Healthcare, *with Oura*



EXTENDED INSIGHT

Oura Ring delivers meaningful health data that bridges the gap between brief doctor's visits and annual check-ups.



CONTINUOUS MONITORING

Constantly tracking patient biometrics can help reveal discrepancies between perceived and actual health habits.



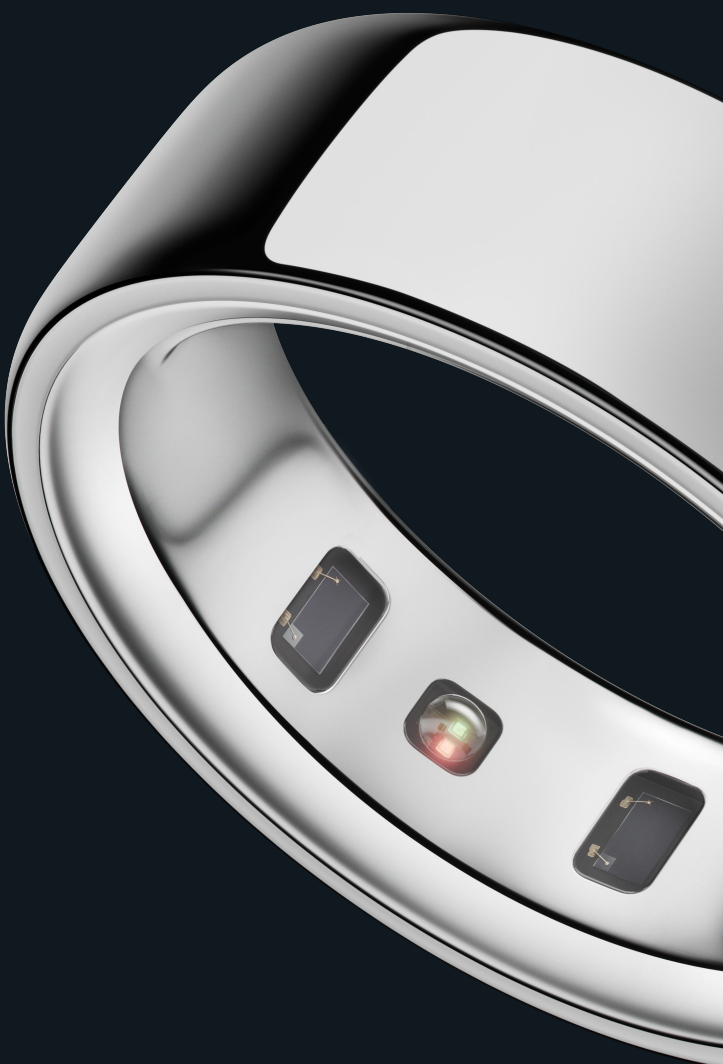
ENHANCED UNDERSTANDING

Provides a deeper, data-driven view of patient health, enabling tailored education, lifestyle modifications, and diagnostics.



SUPPORT CLINICAL PROTOCOLS

Using Oura Ring in clinical settings creates an innovative patient care model that supports compliance with clinical protocols.



Clinical *Success*



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Oura has become a pivotal tool in my practice, not just for tracking sleep but for unraveling a comprehensive picture of an individual's health profile and trajectory.

When we are able to measure the hidden factors, such as sleep quality and quantity, heart rate, stress, and more, it's possible to address and change the trajectory for future health.

— DR. FLORENCE COMITE

PATIENT OUTCOMES

Using insights from Oura Ring, Dr. Comite identified signs of central sleep apnea in a patient who felt tired despite sleeping nine hours nightly, leading to further medical investigation and intervention that may have been life-saving.

Metabolic health improved for a patient after optimizing their sleep patterns based on Oura data, eliminating the need for medication. “This patient's body fat percentage decreased, they look years younger, and feel much better today,” Dr. Comite shares.



READ THE CASE STUDY

[Beyond the Clinic: Oura Helps Florence Comite, MD, Improve Patient Care](#)