

FLASH SALE

Our most *personal*
smart ring ever

A new era of unparalleled accuracy and comfort helps you get up close and personal with your health like never before.

Choose Your Oura Ring 4

 HSA/FSA eligible

Why Oura

Stories of Wellness

For US doctors

Choose Your Oura Ring 4

Menu

Petitioner Samsung Ex-1153, 0001

Sleeker, smarter, and *made for you*

Expertly crafted for quality and precision, Our Blue™ provides valuable insights into your holistic health — sleep, activity, stress, heart health, and more.

See Tech Specs →

▶ See How It's Made

- Fully titanium
Made of lightweight, durable titanium —
inside and out.
- Discreet sensors
- Non-allergenic

Live healthier, longer

Oura Membership and Oura Ring work hand-in-hand, empowering you to prioritize your long-term health goals and build healthy habits that will last a lifetime. Personalized insights from Oura help you understand what your body needs, for today and for your future.

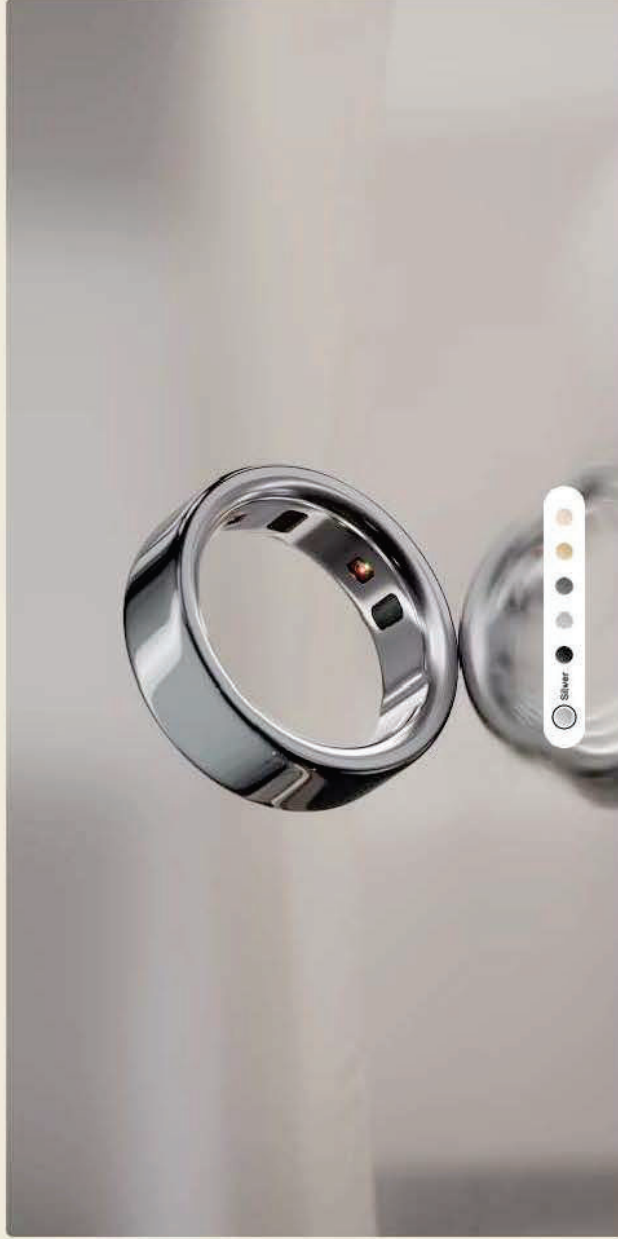


iOS & Android Compatible



A finish for every
lifestyle

Choose your Oura Ring



Oura Membership grows
with you

Oura Membership translates your body's data into actionable insights personalized to your unique needs. With innovative, AI-powered tools like Oura Advisor, get exclusive access to actionable insights that become increasingly tailored over time.

Become a member for \$5.99 USD/month or \$69.99 USD/year* and new members get your first month on us**.

Sleep Activity and Fitness Readiness Stress Heart Health Women's Health

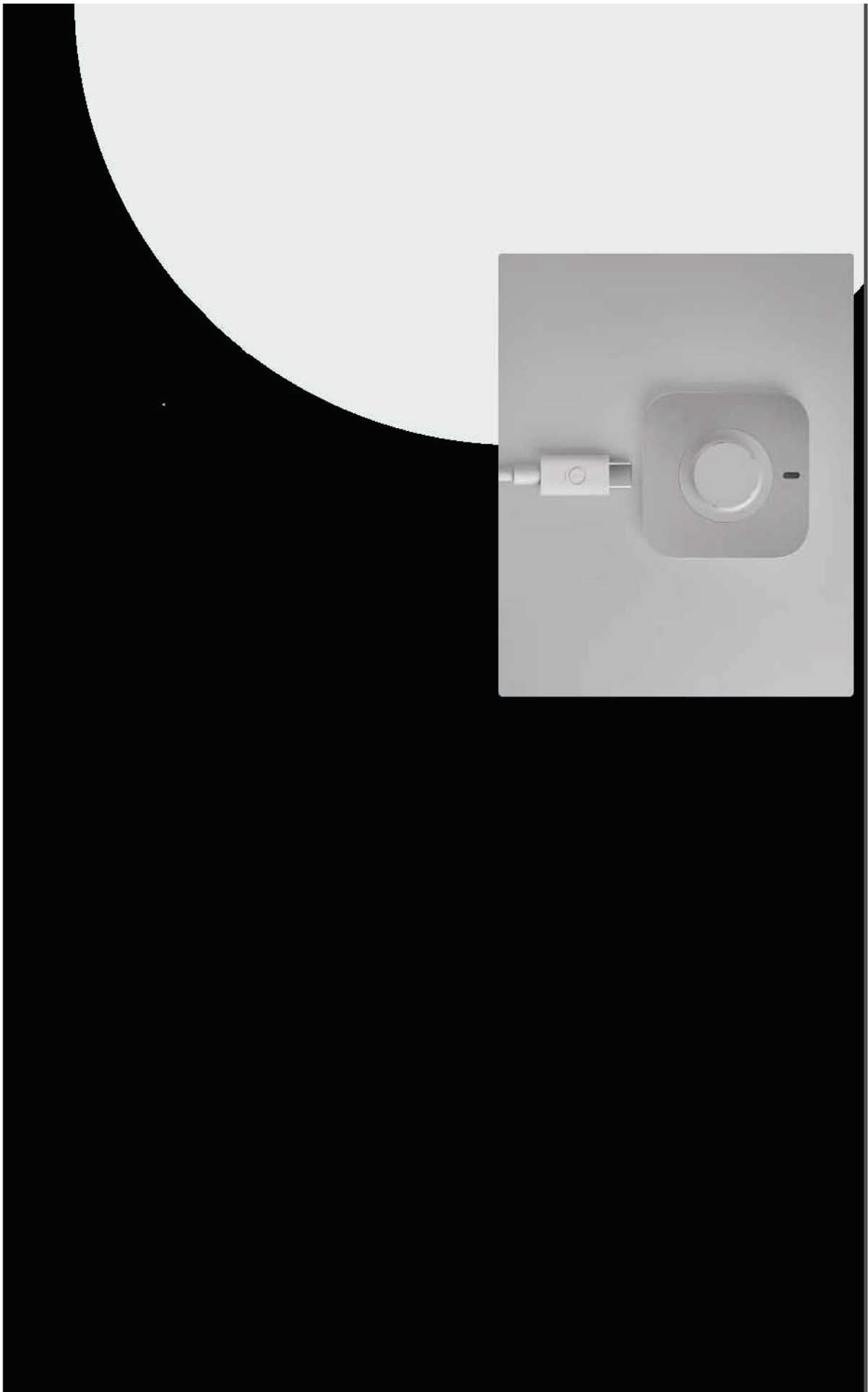
Our most advanced smart ring yet

See how it compares with Oura Ring Gen3.

[Compare Oura Ring Models](#)

[Upgrade FAQ](#)





Flexible Payment Options



* All battery claims depend on Oura Ring size, Oura App settings, feature configuration, activity, age of battery, usage, and many other factors; actual results will vary. Battery life and charge cycles vary by use and settings. Battery tests were conducted across various sizes and scenarios. See Ring Battery Tips for more information.
 ** \$5.99 USD/month or \$69.99 USD/annually before tax for US members, €5.99/month or €69.99/annually after tax for EU members, \$9.99 AUD/month or \$109.99 AUD/annually after tax for Australian members, \$2.99 CAD/month or \$35.99 CAD/annually before tax for Canadian members, ¥999/month or ¥11,800/annually after tax for Japanese members, £5.99/month or £69.99/annually after tax for UK members, \$6.98 USD/month or \$79.00 USD/annually after tax for rest of world.

Invest in the
health
of your organization

For Business

- Our Company
 - About Us
 - Leadership
 - Medical Advisory Board
 - Careers
 - Newsroom
- Support
 - Help ↗
 - Sizing
 - Membership
 - Flexible Spending
 - Heart Rate Monitoring
 - My Account
 - Oura on the Web ↗
 - Contact
- Partner With Us
 - For Business
 - Partnerships
 - Developers
 - Blog
 - The Pulse

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