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Search

[Oura Help](#) > [Oura App](#) > [App Features](#) > [Insights & Reports](#)

Articles in this section

Oura Advisor

Oura Advisor

Discovery Hub

Oura Reports

Using Trends

Using Tags

Reflections

Oura Experiments

Oura Circles

Oura Stickers

Oura Labs

Oura Advisor provides personalized advice to help you improve sleep, strengthen resilience, and optimize activity.

Oura Advisor is available for:

- **Gen3 and Oura Ring 4 with active membership**
- **iOS**
- **Android**

This feature is **not** available on Gen2 or older.

This feature is currently only available in English. If you'd like to use it, try setting your phone language to English.

The Oura Ring is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent medical conditions or illnesses. Please do not make any changes to your medication, nutrition, or workouts without first consulting your doctor or another medical professional.

How to Use Oura Advisor

Oura Advisor combines health-sensing algorithms with a state-of-the-art large language model to analyze your data and biometrics and answer your questions.



In the Today tab, tap the + button in the bottom right and follow the in-app instructions. Once enabled, you can chat with Oura Advisor in your Oura App at any time

Oura Advisor relies on data from your Oura App to offer a personalized experience. This data includes:

- Scores and contributors
- Activities and tags
- Profile information
- Interactions with Advisor

You can customize how Oura Advisor supports you:

- **Style:** Choose your preferred interaction style
- **Check-in Notifications:** Set how often and when you'd like to get them
- **Memories:** View or delete past information you've shared

To update your Oura Advisor settings:

1. In the Today tab, tap the + button on the bottom right
2. Tap **Advisor**
3. Tap **Settings** in the top-right corner

We understand that few things are more personal than your health data. We strive to offer you the transparency and control to manage your data effectively.

For more information on how we protect your data, read our [Health Privacy Policy](#) and [Help Center article](#).

Troubleshooting Oura Advisor

Oura Advisor needs a stable internet connection to work properly. If you're receiving an error message:

1. Force close the Oura App
2. Switch between Wi-Fi and cellular data in your phone's settings
3. Open the Oura App and try to chat with Oura Advisor again

Sometimes discrepancies may appear between the data in Oura Advisor and what's displayed in other sections of the Oura App. Oura Advisor is designed to provide helpful insights, but it may occasionally generate unexpected responses. We're continuously working to improve its accuracy.

If Oura Advisor isn't working as expected, we recommend closing Oura Advisor, performing a **complete data backup**, and then reopening Oura Advisor.

Oura Advisor also isn't fully integrated with all the features available in the Oura App at this time. We're hoping to integrate additional Oura App features soon.

If you're having an issue with Oura Advisor, please reach out to our team.

You can [contact our Member Care Team here](#).

How to Turn Off Oura Advisor

Oura Advisor is optional to use for all members. The feature is always available on the Oura App, but it won't collect any of your metrics or data if you haven't gone through the setup process.

If you've completed the setup process, you can reset Oura Advisor at any time, which will erase all accumulated data, memories, and settings within the feature.

To reset Oura Advisor:

1. In the Today tab, tap the + Menu
2. Tap **Advisor**
3. Tap **Settings** in the top-right corner
4. Tap **Reset Advisor**

Note that once you reset Oura Advisor, you'll need to go through setup to use the feature again.

More Information

Introducing Oura Advisor: Your AI-Powered Personal Health Companion

Advisor in Action: How to Use Oura Advisor

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✓ Yes

✗ No

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