

Oura Ring 4 Silver Smart Ring

QUICK BUYER GUIDE



Health-conscious users seeking 24/7 wear and app integration

At a Glance Specs



SIZING METHOD

Unique ring sizing requires sizing kit



BATTERY LIFE

Up to 8 days of continuous use



COMPATIBILITY

Works with iOS and Android devices



HSA ELIGIBILITY

Accepts HSA/FSA funds for purchase



DESIGN

All-titanium construction with water resistance



APP INTEGRATION

Syncs with 40+ health apps including Apple Health



Who It Is For

- ✓ Tracks sleep, stress, and heart health
- ✓ Wears 24/7 for continuous monitoring
- ✓ Uses compatible health apps regularly
- ✓ Prefers HSA/FSA eligible purchases



Who It Is Not For

- ✗ Doesn't track menstrual cycles
- ✗ Avoid if you don't use compatible apps
- ✗ Not HSA/FSA eligible for all users
- ✗ Prefers no subscription-based services



Trade Offs to Consider

- Battery lasts 8 days but requires charging
- Sizing kit needed for accurate fit
- Subscription-based membership after first month
- Requires app setup for full functionality

How It Compares

- Unique titanium construction vs. plastic alternatives
- Requires sizing kit for accurate fit
- Subscription-based membership vs. one-time purchase
- Continuous health tracking vs. intermittent checks

Choose This If...

- ✓ Need continuous health tracking
- ✓ Want app integration for data sharing
- ✓ Seek HSA/FSA eligible purchases
- ✓ Value durable titanium construction

Skip This If...

- ✗ Don't need 24/7 health monitoring
- ✗ Avoid subscription-based services
- ✗ Prefer no sizing kit requirements
- ✗ Don't use compatible health apps



Learn More



Read our Review

[Oura Ring 4 - Silver - Size 10 - Size Before You Buy](#)



Visit our YouTube Channel

[Wearable Insights](#)



Visit our Website

wearableinsights.novicelinks.com