

Implementation Procedure for Distributing Oura Rings

1. Size Confirmation:

1.1 Send Fitting Kit:

- **Objective:** Ensure each user receives a fitting kit to determine the correct Oura Ring size.
- **Action:** Dispatch Oura Ring fitting kits to each user's address, including instructions for finding the correct ring size. Rings should contact with skin thoroughly for accurate measurements.

1.2 Confirm Size Information:

- **Objective:** Assist users in selecting the correct Oura Ring size for optimal comfort and accuracy.
- **Action:** Once the fitting kit is received, schedule in-person or virtual meetings with users to try on the various sizes provided in the kit and confirm the correct size.

2. Account Setup:

2.1 Register Outlook Emails:

- **Objective:** Create individual Oura accounts for each user.
- **Action:** Register Outlook emails for each user, following the specified format.
Email: xxxxxx_01@outlook.com
Password: xxxxx_01

2.2 Install the Oura App:

- **Objective:** Facilitate the installation of the Oura app on users' smartphones.
- **Action:** Guide users to download and install the Oura app from the App Store (iOS) or Google Play Store (Android).

2.3 Account Verification:

- **Objective:** Complete the account setup process in the Oura app.
- **Action:** Instruct users to:
 - Open the Oura app.
 - Enter their registered email.
 - Follow prompts within the app to verify the account using the corresponding emails.
 - Use the same password as the email password to create the account.

3. Daily Monitoring Setup:

3.1 Alarm Configuration:

- **Objective:** Ensure users regularly synchronize their Oura Ring data.
- **Action:** Instruct users to set up a daily alarm on their smartphones as a reminder to open the Oura app and sync the rings' data.

Notes:

- Provide clear instructions for the alarm setup. Warn users the necessity of daily data synchronization.
- Offer support for troubleshooting during the initial setup and ongoing use of the Oura app and rings.