

Women's healthcare: Everyday health data to guide meaningful care

By tracking 50+ biometrics and wellness insights, Oura Ring supports informed decision-making during patient visits. Whether you're addressing cycle changes, fertility, pregnancy, perimenopause, or midlife cardiometabolic health — as well as fatigue, sleep, or stress — Oura surfaces trends that otherwise go unmentioned. This makes it easier to identify contributing factors, guide behavior change, and bring day-to-day physiology into the conversation between visits.

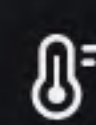
Accurate by design

Oura is dedicated to developing the most accurate smart ring on the market. By reading from the arteries in the finger, Oura captures a stronger, clearer PPG signal than wrist-worn devices.

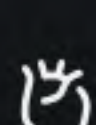
Sensing accuracy

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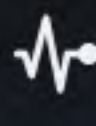
Ovulation detection

Estimates ovulation with 96.4% accuracy.
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Temperature variation

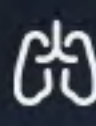
99% accurate compared to gold-standard temp sensor in the lab.
92% accurate compared to gold-standard temp sensor in the field.
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Heart rate

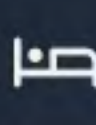
99.9% accurate compared to ECG.
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Heart rate variability (HRV)

HRV* performance has a consistent correlation with ECG, at above 90%, with mean absolute error below 6ms.

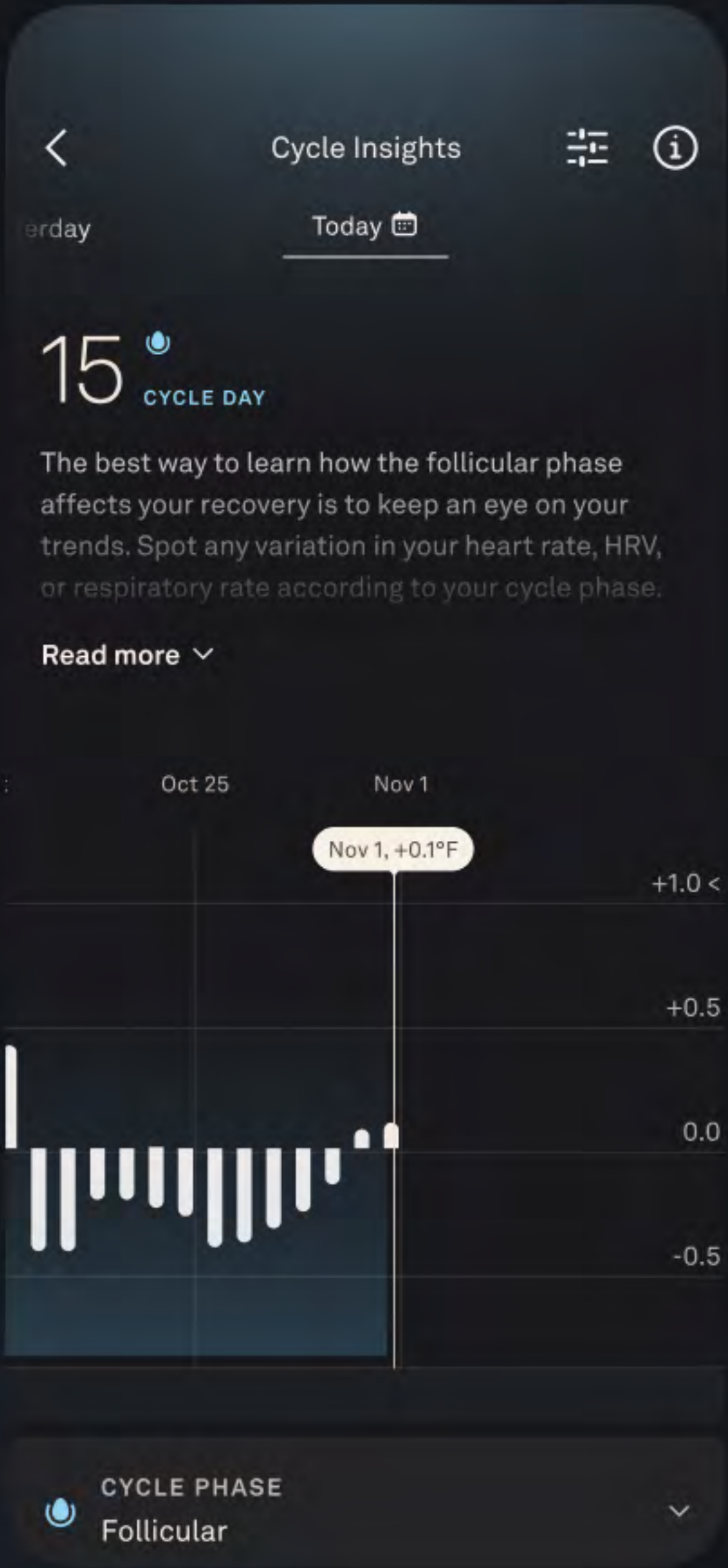
* HRV measured as rMSSD (Root Mean Square of the Successive Differences).
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Respiration rate

Accurate within one breath per minute across an entire night of sleep compared to ECG.
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Sleep staging

Oura Ring shows 79% agreement with PSG for 4-stage sleep classification (wake, light, deep, and REM sleep) compared to 83% sleep stage agreement with traditional polysomnography.



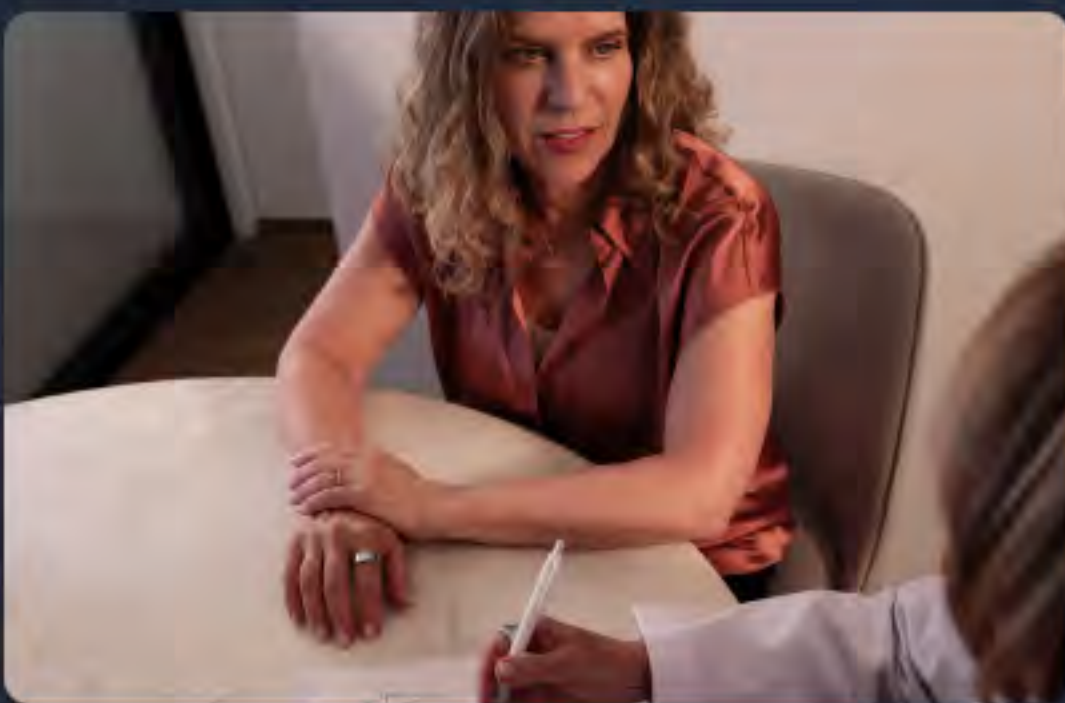
Oura complements clinical practice



Oura insights are available via app screens, trends, or reports.



Helps you link patient-reported symptoms with behavior patterns.



Uses objective data to inform care conversations and guide targeted next steps.

Personalized care for women through Oura data

Metrics tracked	Questions	How you might use it in a visit
 Typical cycle length and variability	Is the patient experiencing irregular cycles? If so, how much variation from cycle to cycle? What is the typical cycle length?	Evaluation of menstrual health, perimenopause, PCOS screening, or other screening for AUB
 Behavioral tags during cycle	Do lifestyle behaviors (e.g., alcohol, poor sleep, movement) align with certain phases?	- Can prompt discussion of PMS symptoms or perimenopause - A chance to confirm or refute association of symptoms/ behaviors with cycle phases, given the media emphasis on 'cycle syncing' and patient questions
 Fertile window estimates	Is the patient correctly interpreting their fertile window and aligning behaviors (intercourse) towards conception if they are trying to conceive?	- May assist in fertility planning or clarify optimizing chances of conception discussions - Supports ASRM education and counseling to maximize natural fertility
 Pregnancy insights	Is the patient using the Pregnancy Insights feature to monitor physiologic changes?	- Can be used as a teaching tool to describe expected changes in pregnancy - Discussion of expected changes can lead to a teaching moment for warning signs or concerning symptoms for which patient should be aware*
 Temperature trends	Do the temperature shifts in each cycle suggest an ovulatory or anovulatory cycle?	Can be used as an additional data point if considering presence of anovulatory cycles, or if looking for data to support a differential diagnosis of an ovulatory infertility
 Cycle tracking integrations	Is the patient using Oura with a partner app?	- There are several app integrations available (e.g. Natural Cycles) - This may be a nudge to do annual contraceptive counseling and ensure that the patient has selected the best contraceptive for them at this time.

* not included Oura App

Learn more about how Oura supports healthcare

Oura Ring and Oura App are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease, and should not be used as a substitute for professional medical advice or care.