

# Set Up the Oura App

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 [support.ouraring.com/hc/en-us/articles/360058634153-Set-Up-the-Oura-App](https://support.ouraring.com/hc/en-us/articles/360058634153-Set-Up-the-Oura-App)

The Oura App is supported on iOS devices running Apple iOS 15 and higher, or Android devices running Android 9 and higher with Google Play services. Your device must support Bluetooth 4.0.

**Set Up Your Oura Account**  
**Personalize Your Oura Experience**  
**More Information**

*For further information on setting up your Oura Ring, please see [Set Up an Oura Ring](#).*

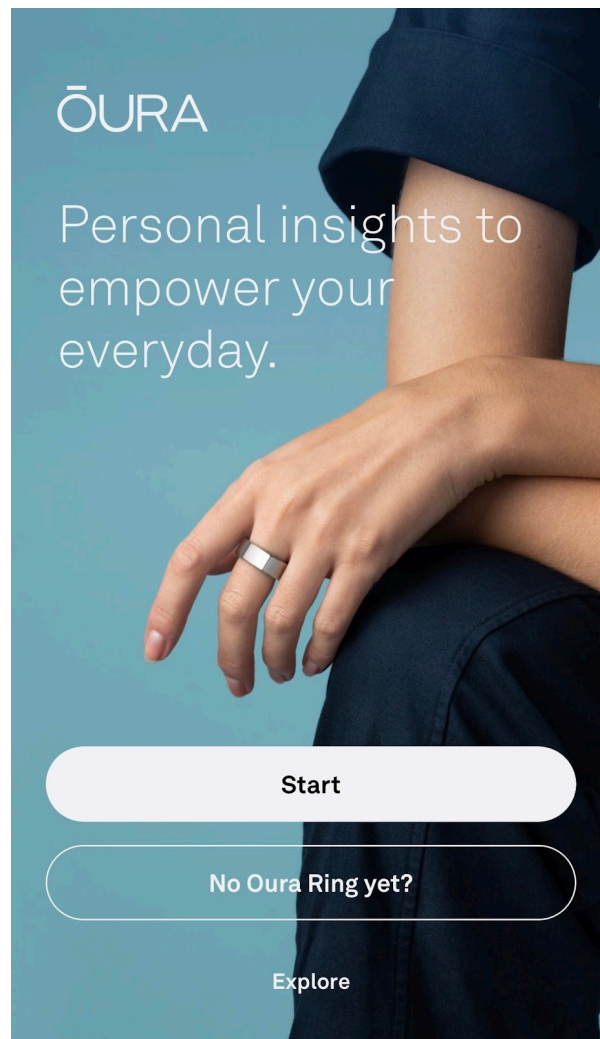
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## Set Up Your Oura Account

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1. Download the free Oura App from the App Store (iOS) or the Google Play Store (Android)
2. Open the Oura App and tap **Start**



3. If you're new to Oura, enter an email address to use for your Oura account. This email can differ from the one used to purchase your Oura Ring and will serve as your login across all Oura services, including your membership.
  - If you're already an Oura member, enter the email associated with your account
  - If you purchased a prepaid membership with your ring, it will automatically be applied to the first Oura account you create during setup. Once the membership is linked to an account, it cannot be transferred to a different Oura account
4. To set up a new Oura Ring, follow the in-app instructions or see this article for more information
5. Once you've completed setting up your Oura Ring, tap **Send setup email**
6. Check your inbox for an account set up email. In the email, select the **Set up account button** or **the verification link** to take you to a verification page
7. On the verification page, **enter and confirm a new password**
8. Select the **terms and conditions checkbox**. If you'd like to receive Oura news, usage tips, and offers, select that checkbox as well

9. Enter **your billing address** associated with a payment method you'll use for your Oura Membership
  - Oura Membership provides full access to the Oura App for daily health insights, personalized recommendations, an ever-growing suite of innovative features, and more. See this article to learn more about the benefits of Oura Membership
  - There are some situations in which members won't enter their billing address or payment information (such as someone with a Lifetime Membership)
10. Select **monthly or annual pricing** and then **enter a payment method**, such as a credit card or PayPal, for your Oura Membership. Your payment method won't be charged until after your first complimentary month. If you have a prepaid membership, you'll only be charged once your prepaid period ends
11. Review and confirm that the information you've entered is correct, then tap **Submit**
12. **Return to the Oura App** and log in

Once you've returned to the Oura App, your account and membership setup are complete.

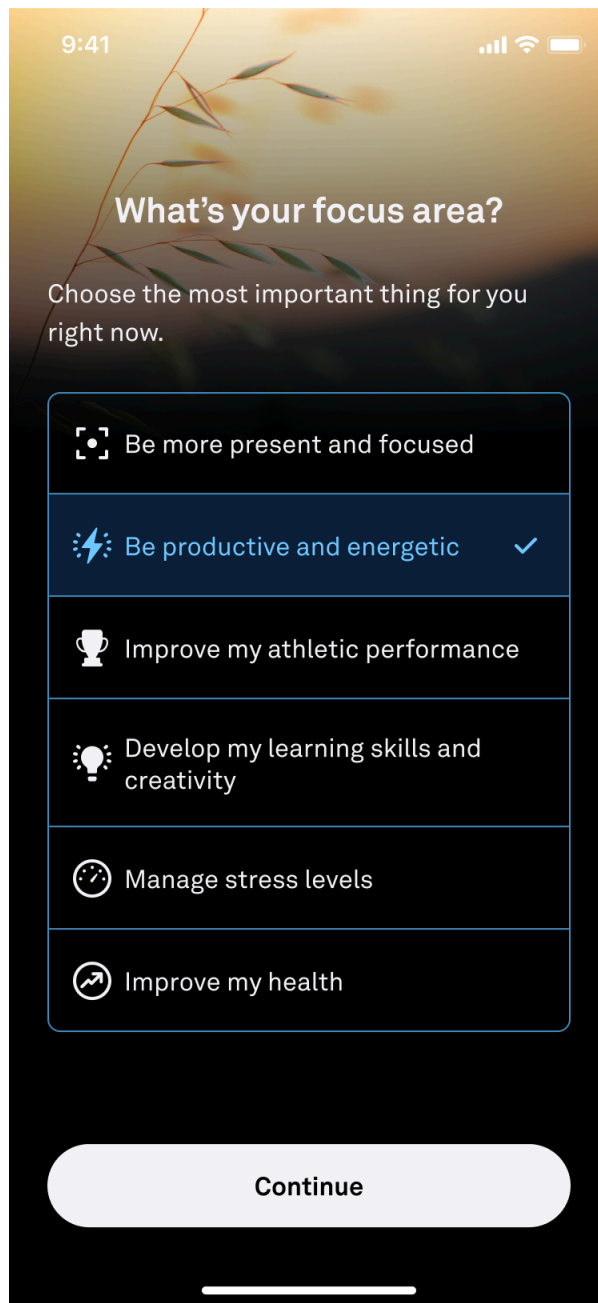
Continue on to the next screen in the Oura App to personalize your Oura experience and finish the app setup.

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## Personalize Your Oura Experience

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1. On the next screen, select **Begin** to sync your data. This process may take a few minutes
  - If the Oura App asks you to set up a new Oura Ring, follow the in-app instructions or see this article for more information
2. You'll have the option to link your Oura App to third-party integrations, including Apple Health and Health Connect by Android. For more information, see our articles on using app integrations with Oura
3. Enter your **Date of birth**, **Weight**, **Height**, and **Sex assigned at birth**. Tap on your desired measurement system under **Units**, then tap **Done**
  - If you decide to use a third-party app like Apple Health or Health Connect by Android, this personal information will update automatically from there. You will not be able to update this within the Oura App in the future
4. If you are new to Oura, take a moment to answer some questions so that Oura can personalize your experience



Your Oura App is now set up.

For the best experience with Oura, set up your country of residence under Settings. Due to regulation, some features are country-specific.

Discover the different features with [How to Use the Oura App](#).

Having trouble connecting your Oura Ring to your device? Try these [troubleshooting steps](#).

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## **More Information**

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**How to Use the Oura App**

**Notification Settings**

**App Integrations**

**Set Up an Oura Ring**