OURA RING

Your Oura

After you open the "Oura Ring" application, the home screen will appear as highlighted on the right. At the top left corner, Click the I Icon to access your "Help" and "Settings" tab.



Settings

Once under "Settings," you can scroll down until you reach "Data Sharing." Underneath "Data Sharing," you can choose if you want to share the health information your Oura Ring collects with "Apple Health," "Other Apps," and "Groups." It is recommended that if you choose to share with any of these, that you research what those companies do with the data they collect from your Oura ring. You can also read Oura Ring's "Privacy Policy" to learn more about what they share. Oura Ring privacy policy states they don't sell or rent your information. You can also scroll to the bottom of "Settings" to "Delete account and all data."

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Data sharing		< Heal	th	<	<
Apple Health	>				Available apps
Other apps	>	Sync your personal and sle	en data with Apple		🔥 Strava
Groups	>	Health. To make changes to go to Settings > Health > Da	o your current settings, ata Access & Devices >		
Privacy		Oura.	_		
Privacy Policy	>	Import workouts from H	lealth		
	nd all data	Oura imports your workout: takes them into account in Readiness Scores.	s automatically and your Activity and		
		Save Mindful minutes to	o Health		
		Save Mindrut mindres to			

Help

Under "Help," you can scroll down to "Account & Membership," where you can then select "Data & Privacy." Once here you can learn more about how Oura Ring handles your data, "Export and Share your Oura Data," "Transfer your Oura Data to a New Phone," and "Report a Security Vulnerability."



