

1. Product Overview:

- **Purpose:** The Ultrahuman Ring AIR Sizing Kit is designed to help you determine the perfect ring size for optimal comfort and accurate health tracking.
- **Contents:** The kit includes high-quality plastic ring sizers ranging from sizes 5 to 14.

2. Usage Instructions:

1. Select the Optimal Finger:

- Decide on which finger (index, middle, or ring) and hand you intend to wear the Ultrahuman Ring AIR.
- It's recommended to avoid wearing the ring on your thumb or little finger for optimal accuracy.

2. Determine Your Size:

- Try on the ring sizers on your chosen finger to find a snug yet comfortable fit.
- Ensure the ring fits securely without being too tight or too loose.
- The ring should not rotate freely around your finger.

3. Verify the Fit:

- Wear the selected ring sizer for at least 24 hours, including overnight, to ensure comfort during daily activities and sleep.
- If the ring feels too tight or too loose during this period, try a different size.

4. Submit Your Size:

- Once you've determined your ideal size, scan the QR code provided in the sizing kit to submit your size preference.
- Ensure you're logged into the Ultrahuman App with the same email ID used for your purchase.
- Navigate to the ring tab in the app to submit your size and select your preferred ring color.

3. Additional Tips:

- If you're between two sizes, consider factors like finger swelling during different times of the day.
- It's advisable to choose a size that accommodates slight finger size variations.
- For optimal performance, wear the ring with the engraved size number facing the palm of your hand.

4. Contact Information:

If you have any questions or require assistance, please contact our customer support:

- **Email:** cyborg@ultrahuman.com
- **Phone:** 1800-102-8693
- **Website:** www.ultrahuman.com

Disclaimer: The Ultrahuman Ring AIR Sizing Kit is intended solely for determining your ring size for the Ultrahuman Ring AIR. It is not a wearable device and does not track health metrics.