

Hey there,

Your Ultrahuman Ring sizing kit is on its way. It includes ten sample ring sizes, specifically designed to help you find the perfect fit.

Using this sizing kit before choosing your Ultrahuman Ring size is crucial as our ring sizes differ from standard market sizes and other smart rings.

How to find the right size

Finding the right fit now will ensure your ring is comfortable, giving you the most accurate data when you start using it.

Step 1: Try multiple sizes on both hands

Try it on your index, middle, and ring fingers to see where it fits best. It is not recommended to wear the ring on your thumb and your little finger as it is more accurate in the other fingers. Once you've picked a size that you think fits, try a size up and a size down to be sure.

Twist the ring on the finger you will most likely wear it in. It shouldn't be able to move easily. If all of your skin under the ring touches it and moves along with it when you twist the ring, you have found a good fit.

Step 2: Take the two-night sizing test

Now that you've picked your size and ensured it fits you well, keep it on overnight because your fingers tend to naturally expand and contract as you go about your day. We recommend at least 2 nights to ensure the ring fits you best.

It is natural for your finger size to fluctuate every day for a variety of reasons such as blood flow, fluid retention, temperature changes, and sickness.

If you are a woman, even the phase of your menstrual cycle can affect your ring size. This makes it crucial to keep the Ring AIR on for two nights to check if your fit is perfect through all the changes before you submit your ring size.

You might notice discomfort if your finger size fluctuates significantly throughout the day. Instead of picking a looser ring to solve this, we recommend you find a ring that fits snugly on at least two fingers, so you can switch fingers when your finger size fluctuates.

Step 3: Verify the Size

Here's everything you need to look at to confirm a good fit.

- The Ring fits snugly on the base of your finger.
- The sensor ridge is on the palm side of your finger.

- Your skin moves along with the ring when you try to rotate it.
- The Ring feels snug yet comfortable through the two-night sizing test.

How to submit your size

1. Download the Ultrahuman App.
2. Scan the QR code on the ring sizing kit to submit your preference. You'll be redirected to the app.
3. Log in using the email ID on the Ultrahuman App as your purchase email ID.
4. You will find the option to submit your preferences under the Home tab.
5. Update your size.

Before you hit confirm, make sure you've followed all the steps! Nailing the right fit means less hassle for you and a lighter carbon footprint for the planet. 🌍🌱

Having trouble finding the right size or want to change your Ring colour?

Our team is ready to help through the app or via email at support@ultrahuman.com. You can request for a colour change before submitting your Ring size.