

Test report No:
83024REM.003

Test report

**FCC Rules and Regulations CFR 47, Part 15, Subpart B and C
(10-1-23 Edition) & ICES-003 Issue 7 (October 2020)**

(*) Identification of item tested	Wellness ring
(*) Trademark	ŌURA
(*) Model and /or type reference	OA11
Other identification of the product	FCC ID: 2AD7V-OURA2401 IC: 20635- OURA2401
(*) Features	Sleep Analysis, Activity Monitoring, Readiness Score, Bluetooth LE HW version: 02 SW version: 2.1.4
Manufacturer	Oura Health Oy Elektroniikkatie 10, 90590 Oulu, Finland
Test method requested, standard	FCC Rules and Regulations CFR 47, Part 15, Subpart B and C (10-1-23 Edition) & ICES-003 Issue 7 (October 2020)
Summary	IN COMPLIANCE
Approved by (name / position & signature)	José Manuel Gómez EMC Consumer & RF Lab. Manager
Date of issue	2025-07-17
Report template No	FDT08_25 (*) "Data provided by the client"



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Acronyms

Acronym ID	Acronym Description
Code	EMC Test Code
Freq Rng	Frequency Range
MP	Measurement Point
OM	Operation Mode
S/	Sample
V	Verdict

Competences and guarantees

DEKRA Testing and Certification S.A.U. is a testing laboratory accredited by the National Accreditation Body (ENAC -Entidad Nacional de Acreditación), to perform the tests indicated in the Certificate No. 51/LE 147.

In order to assure the traceability to other national and international laboratories, DEKRA Testing and Certification S.A.U. has a calibration and maintenance program for its measurement equipment.

DEKRA Testing and Certification S.A.U. guarantees the reliability of the data presented in this report, which is the result of the measurements and the tests performed to the item under test on the date and under the conditions stated on the report and, it is based on the knowledge and technical facilities available at DEKRA Testing and Certification S.A.U. at the time of performance of the test.

DEKRA Testing and Certification S.A.U. is liable to the client for the maintenance of the confidentiality of all information related to the item under test and the results of the test.

The results presented in this Test Report apply only to the particular item under test established in this document.

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General conditions

1. This report is only referred to the item that has undergone the test.
2. This report does not constitute or imply on its own an approval of the product by the Certification Bodies or competent Authorities.
3. This document is only valid if complete; no partial reproduction can be made without previous written permission of DEKRA Testing and Certification S.A.U.
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Uncertainty

Uncertainty (factor $k=2$) was calculated according to the DEKRA Testing and Certification S.A.U. internal document PODT000.

The total uncertainty of the measurement system for the measured conducted disturbance characteristics of EUT from 150 kHz to 30 MHz is $I = \pm 3,9$ dB for quasi-peak measurements, $I = \pm 3,2$ dB for peak measurements ($k = 2$).

The total uncertainty of the measurement system for the measured radio disturbance characteristics of EUT from 30 MHz to 1000 MHz is $I = \pm 4,9$ dB for quasi-peak measurements, $I = \pm 4,6$ dB for peak measurements ($k = 2$).

The total uncertainty of the measurement system for the measured radio disturbance characteristics of EUT from 1000 MHz to 12.75 GHz is $I = \pm 2,6$ dB for peak and average measurements ($k = 2$).

Data provided by the client

The following data has been provided by the client:

1. Information relating to the description of the sample ("Identification of the item tested", "Trademark", "Model and/or type reference tested").
2. The sample consists of Wellness ring. OURA is a revolutionary wellness ring and app, designed to help user gets more restful sleep and performs better. It enables user to learn how the lifestyle choices affect user's sleep, and how the quality of the sleep affects user's ability to perform. The OURA ring can automatically tell when user is sleeping. When user goes to sleep, the OURA ring analyzes the quality of the rest and recovery by measuring the heart rate (optically), respiration rate, body temperature, and movement. While user is awake, it monitors the duration and intensity of the activities, and the time user spends sitting. The OURA app integrates and visualizes this data to identify patterns between the sleep quality and daily activities. By understanding how well user slept and recharged, it can determine the readiness to perform and help user adjust the intensity and duration of the day's activities. It can also uncover actionable insights for changes to the daily activities that can help user sleep better..

DEKRA Testing and Certification S.A.U. declines any responsibility with respect to the information provided by the client and that may affect the validity of results. The laboratory is not responsible for such information and it is not covered by accreditation.

Usage of samples

Samples undergoing test have been selected by: The client.

Id	Control Number	Description	Model	Serial N°	Date of Reception	Application
S/01	83024_2.1	Smart Ring			2025-05-16	Element Under Test
	78472_103.1	Cable USC-C			2024-03-11	Auxiliary Element
	78472_11.1	OA12 Charger size 10			2024-03-05	Auxiliary Element
	78472_90.1	Power adapter USB-C			2024-03-11	Auxiliary Element

Notes referenced to samples during the project:

Test sample description

Ports..... :	Port name and description	Cable					
		Specified max length [m]	Attached during test	Shielded	Coupled to patient ⁽³⁾		
			[]	[]	[]		
			[]	[]	[]		
			[]	[]	[]		
			[]	[]	[]		
			[]	[]	[]		
Supplementary information to the ports..... :							
Rated power supply	Voltage and Frequency		Reference poles				
			L1	L2	L3	N	PE
	[]	AC:	[]	[]	[]	[]	[]
	[]	AC:	[]	[]	[]	[]	[]
	[X]	DC: 3.7V					
[]	DC:						
Rated Power							
Clock frequencies..... :							
Other parameters							
Software version		2.1.4					
Hardware version		02					
Dimensions in cm (W x H x D)							
Mounting position	[]	Table top equipment					
	[]	Wall/Ceiling mounted equipment					
	[]	Floor standing equipment					
	[X]	Hand-held equipment					

	[]	Other:	
Modules/parts.....:	Module/parts of test item	Type	Manufacturer
			
			
			
			
Accessories (not part of the test item)	Description	Type	Manufacturer
			
			
			
			
			
			
Documents as provided by the applicant	Description	File name	Issue date
			
			
			
			

⁽³⁾ Only for Medical Equipment

Identification of the client

Oura Health Oy
Elektroniikkatie 10, 90590 Oulu, Finland

Testing period and place

Test Location	DEKRA Testing and Certification S.A.U.
Date (start)	2025-06-16
Date (finish)	2025-06-16

Document history

Report number	Date	Description
83024REM.003	2025-07-17	First release

Environmental conditions

In the control chamber, the following limits were not exceeded during the test:

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 30 % Max. = 75 %
Air pressure	Min. = 860mbar Max. = 1060mbar

In the semianechoic chamber, the following limits were not exceeded during the test.

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 30 % Max. = 75 %
Air pressure	Min. = 860mbar Max. = 1060mbar

In the chamber for conducted measurements, the following limits were not exceeded during the test:

Temperature	Min. = 15 °C Max. = 35 °C
Relative humidity	Min. = 30 % Max. = 60 %
Air pressure	Min. = 860mbar Max. = 1060mbar

Remarks and comments

The tests have been performed by the technical personnel: Julio Bautista Martin.

Testing verdicts

Fail	F
Inconclusive	I
Not applicable	N/A
Not measured	N/M
Pass	P
Partial Passed	P*

List of equipment used during the test

Control No.	Equipment	Model	Manufacturer	Next Calibration
02932	HYBRID BILOG ANTENNA 30MHz-6GHz	JB6	SUNOL SCIENCES CORPORATION	2027-01-22
04848	SOFTWARE FOR EMC/RF TESTING	EMC32	ROHDE AND SCHWARZ	--
05779	ETHERNET TEMPERATURE AND HUMIDITY LOGGER	HWg-STE	HW GROUP	2026-04-22
09540	PRE-AMPLIFIER G>37dB 10MHz-6GHz	BLNA 0160-02N	BONN ELEKTRONIK	2025-08-29
06607	ETHERNET TEMPERATURE AND HUMIDITY LOGGER	HWg-STE	HW GROUP	2026-04-23
06666	EMI TEST RECEIVER 2Hz-44GHz	ESW44	ROHDE AND SCHWARZ	2026-07-12
07553	TEMPERATURE AND HUMIDITY PROBE	HWg-STE	HW GROUP	2026-04-21
07614	SEMIANECHOIC ABSORBER LINED CHAMBER V	FACT 3 200 STP	ETS LINDGREN	--
07822	EMC SOFTWARE	RADIMATION	DARE INSTRUMENTS	--
07853	EMI RECEIVER 10Hz-30MHz	PMM 9010F	NARDA	2026-04-05
08165	GROUNDING PLANE LAB-3	-	--	--
07551	TEMPERATURE AND HUMIDITY PROBE	HWg-STE	HW GROUP	2026-04-23
07859	THREE-PHASE ARTIFICIAL NETWORK 32A	PMM L3-32	NARDA	2026-03-20

Summary

Test Specification	Requirement – Test case	Verdict	Remark
FCC CFR 47, Part 15, Subpart B (10-1-23 Edition) & ICES-003 Issue 7 (October 2020)	RE Radiated emission. Electromagnetic field measure	P	(1)
FCC CFR 47, Part 15, Subpart B and Subpart C (10-1-23 Edition) & ICES-003 Issue 7 (October 2020)	CE Continuous conducted emission	P	(2)
<u>Supplementary information and remarks:</u> (1) Range: $f > 12.75$ GHz. Test required only to the 5th harmonics of the maximum internal work frequency in the EUT. (2) According to Subpart C (15.207), this test is applicable for an intentional radiator that is designed to be connected to the public utility (AC) power line.			

Appendix A: Test results

Appendix A content

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CE Continuous conducted emission23

Description of the operation modes

The operation modes described in this paragraph constitute a functionality of the sample under test for itself.
The operation modes used by the samples to which the present report refers, are shown in the following table:

Id	Description
OM/01	EUT ON. Airplane mode. Charging battery through wireless charger (power supply 5Vdc through AC/DC connected to 110Vac, 60Hz). Power Supply EUT: Internal battery.

Test standards version applied

The product standards and test standards applied for each test cases are shown in the following table:

Product Test Standard	Test standard	Requirement – Test case
FCC CFR 47, Part 15, Subpart B (10-1-23 Edition) & ICES-003 Issue 7 (October 2020)	ANSI C63.4 (2014)	RE Radiated emission.
FCC CFR 47, Part 15, Subpart B and C (10-1-23 Edition) & ICES-003 Issue 7 (October 2020)	ANSI C63.4 (2014)	CE Continuous conducted emission

Test Cases Details

RE Radiated emission. Electromagnetic field measure

Limits

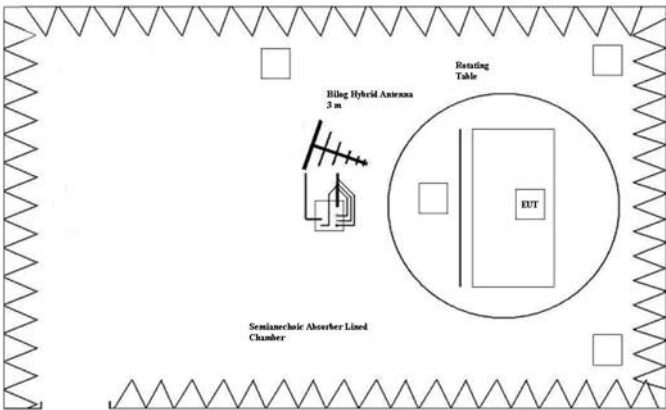
Limits of interference Class B

The applied limit for radiated emissions, 3 m distance, according to the requirements of FCC Rules and Regulations 47 CFR Part 15, Subpart B (10-1-23 Edition), Secs. 15.109 & ICES-003 Issue 7 (October 2020)

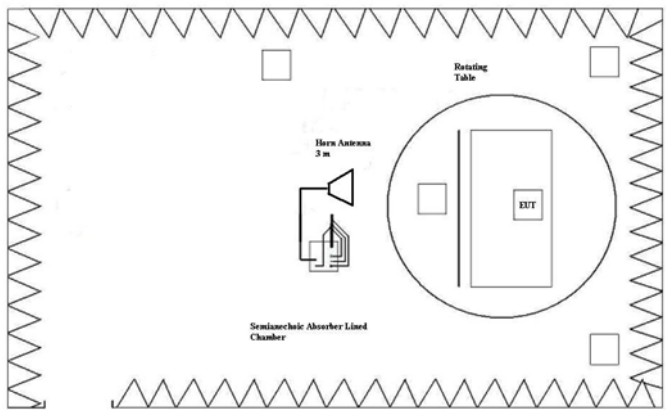
Frequency range (MHz)	FCC Part 15B		ICES-003 Issue 7		FCC Part 15B & ICES-003 Issue 7	
	QP Limit for 3 m		QP Limit for 3 m		PK Limit for 3 m	AVG Limit for 3 m
	(µV/m)	(dBµV/m)	(µV/m)	(dBµV/m)	(dBµV/m)	(dBµV/m)
30 to 88	100	40	100	40	---	---
88 to 216	150	43.5	150	43.5	---	---
216 to 230	200	46	200	46	---	---
230 to 960	200	46	224	47		
960 to 1000	500	54	500	54	---	---
Above 1000	---	---	---	---	74	54

Limits according to FCC Part 15B, are equal or more stringent than those of ICES-003 Issue 7.

Setup for measurements



Setup for measurements < 1GHz.



Setup for measurements > 1GHz.

Results

Sl	OM	Code	Freq Rng (MHz)	V
01	OM/01	RE0101LR	[30, 1000]	P
01	OM/01	RE0101HR	[1000, 12750]	P

Verdict

Pass

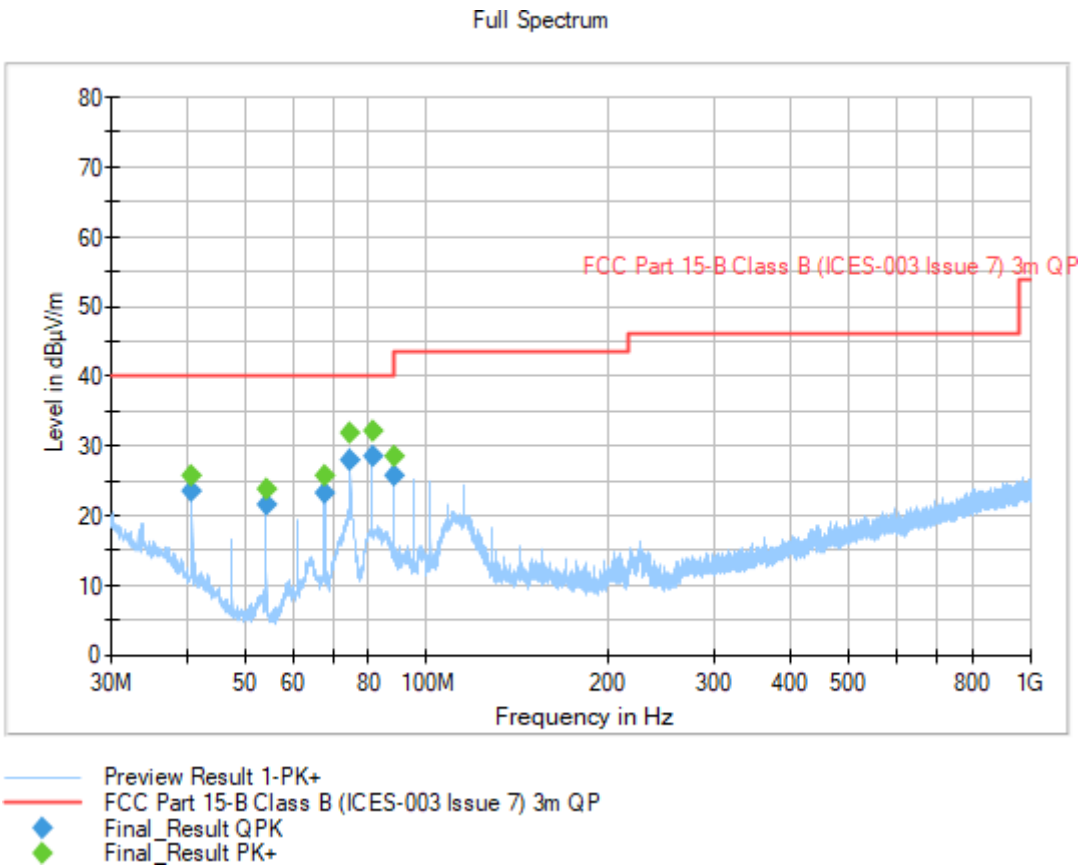
Attachments

EMC Test Code = RE0101LR Frequency Range MHz = [30, 1000]

Sample ID: S/01

Operation Mode: OM/01

Images:



Tables:

Radiated Emission

Frequency (MHz)	QuasiPeak (dBµV/m)	MaxPeak (dBµV/m)	Limit (dBµV/m)	Margin (dB)	Height (cm)	Pol	Azimuth (deg)
40.679000	---	25.82	---	---	106.0	V	304.0
40.679000	23.67	---	40.00	16.33	106.0	V	304.0
54.258000	---	23.75	---	---	100.0	V	22.0
54.258000	21.75	---	40.00	18.25	100.0	V	22.0
67.816000	23.32	---	40.00	16.68	105.0	V	103.0
67.816000	---	25.83	---	---	105.0	V	103.0
74.569000	---	31.97	---	---	111.0	V	5.0
74.569000	28.02	---	40.00	11.98	111.0	V	5.0
81.359000	28.74	---	40.00	11.26	140.0	V	136.0
81.359000	---	32.12	---	---	140.0	V	136.0
88.151000	---	28.61	---	---	108.0	V	156.0
88.151000	25.86	---	43.50	17.64	108.0	V	156.0

Spectrum Analyzer Parameters

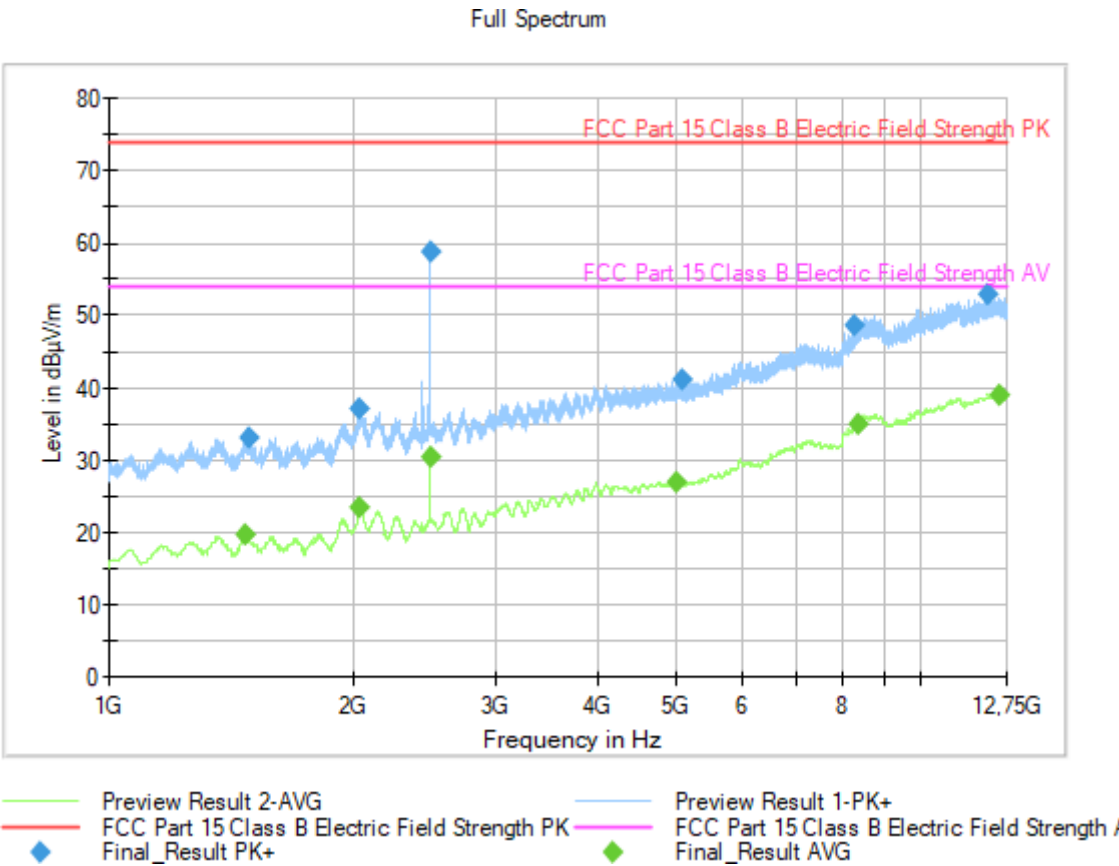
	Subrange	Step Size	Detectors	IF BW	Meas. Time	Preamp
	Receiver: [ESW 44]					
	30 MHz - 1 GHz	30 kHz	PK+	120 kHz	0,01 s	0 dB

EMC Test Code = RE0101HR Frequency Range MHz = [1000, 12750]

Sample ID: S/01

Operation Mode: OM/01

Images:



Tables:

Radiated Emission

Frequency (MHz)	MaxPeak (dBµV/m)	Average (dBµV/m)	Limit (dBµV/m)	Margin (dB)
1466.400000	---	19.68	53.97	34.29
1480.400000	33.15	---	73.97	40.82
2030.800000	37.15	---	73.97	36.82
2034.000000	---	23.63	53.97	30.34
2487.200000	58.73	---	73.97	15.24
2487.200000	---	30.43	53.97	23.54
4986.800000	---	27.13	53.97	26.84
5064.400000	41.14	---	73.97	32.83
8273.600000	48.67	---	73.97	25.30
8339.200000	---	35.09	53.97	18.88
12096.000000	52.99	---	73.97	20.98
12466.000000	---	39.03	53.97	14.94

Spectrum Analyzer Parameters

	Subrange	Step Size	Detectors	IF BW	Meas. Time	Preamp
	Receiver: [ESW 44]					
	1 GHz - 12,75 GHz	400 kHz	PK+ ; AVG	1 MHz	0,01 s	0 dB

CE Continuous conducted emission

Limits

Limits of interference Class B

The applied limit for continuous conducted emissions in power leads, according with the requirements of FCC Rules and Regulations 47 CFR Part 15, Subpart B and C (10-1-23 Edition), Secs. 15.107 and 15.207 & ICES-003 Issue 7 (October 2020), in the frequency range 0,15 to 30 MHz, for Class B equipment was:

Frequency range (MHz)	Limit (dBµV)	
	Quasi-Peak	Average
0,15 to 0,5	66 – 56*	56 – 46*
0,5 to 5	56	46
5 to 30	60	50

*Decreases with the logarithm of the frequency.

Results

SI	OM	Code	Line	Freq Rng (MHz)	V
01	OM/01	CE01010N	N	[0.01, 30]	P
01	OM/01	CE0101L1	L1	[0.01, 30]	P

Verdict

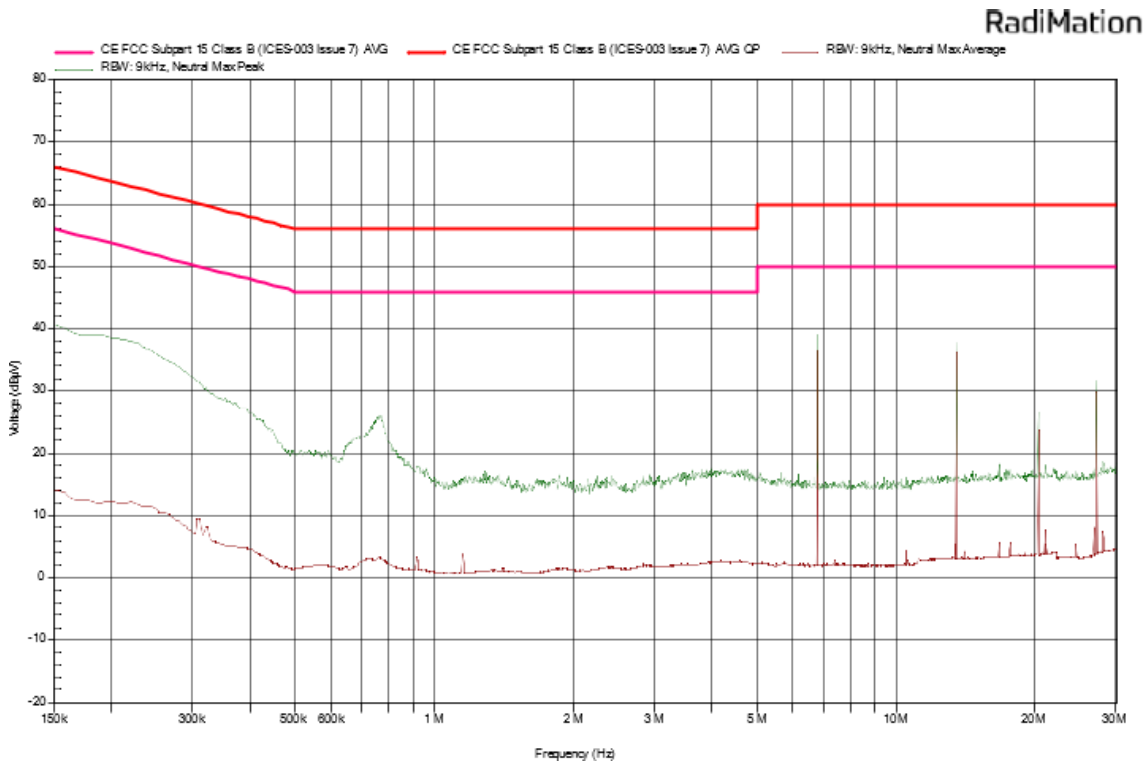
Pass

Attachments

EMC Test Code = CE01010N Conducted Emissions - Tested Line = N
Frequency Range MHz = [0.01, 30]

Sample ID: S/01
Operation Mode: OM/01

Images:



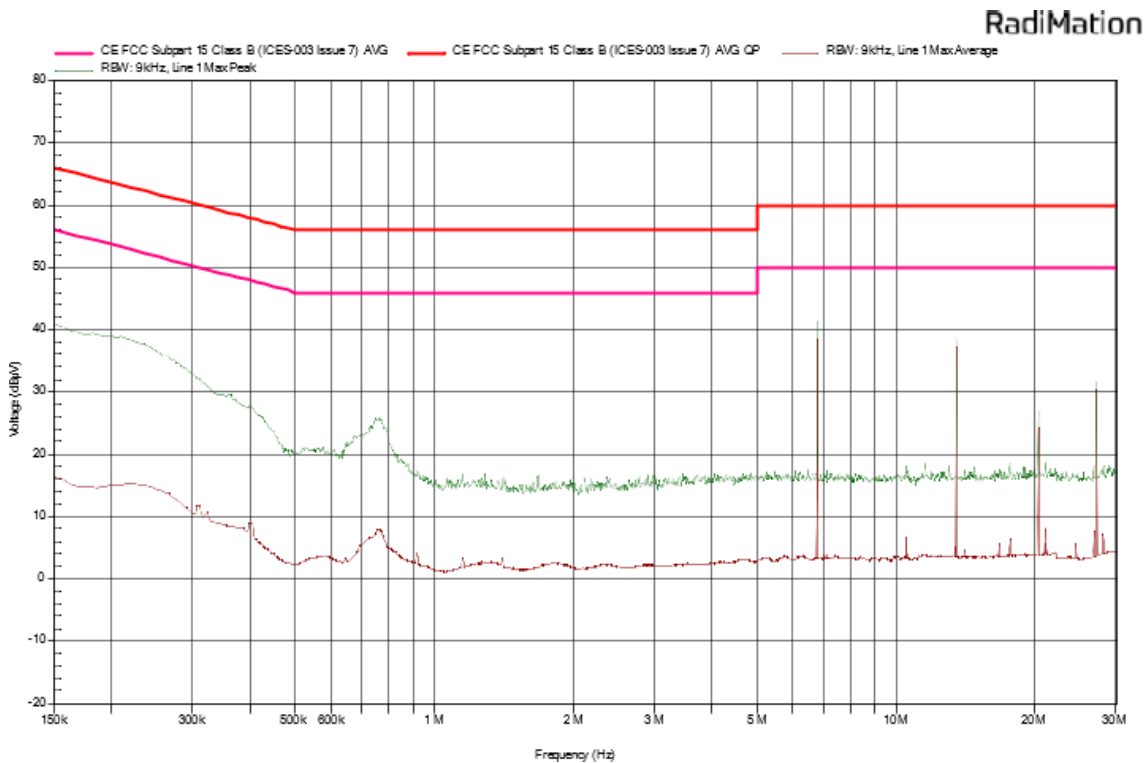
Tables:
Continuous Conducted Emissions

Frequency (MHz)	QuasiPeak (dBµV)	Peak (dBµV)	Line
0,15	14,2	40,7	N
0,759	3,2	25,9	N
4,266	2,4	17,4	N
6,781	36,6	39	N
13,561	36,2	37,6	N
16,751	5,7	18,3	N
20,341	23,7	26,5	N
26,8	8,1	17,5	N
27,119	29,8	31,6	N

EMC Test Code = CE0101L1 Conducted Emissions - Tested Line = L1
Frequency Range MHz = [0.01, 30]

Sample ID: S/01
Operation Mode: OM/01

Images:



Tables:
Continuous Conducted Emissions

Frequency (MHz)	QuasiPeak (dBµV)	Peak (dBµV)	Line
0,15	16,3	40,9	L1
0,759	7,9	25,7	L1
1,684	1,8	16,6	L1
6,781	38,7	41,3	L1
10,557	6,5	18	L1
11,563	3,4	18,6	L1
13,559	37,2	38,6	L1
17,634	6,2	18,7	L1
20,339	24,3	26,9	L1
27,119	30,2	31,6	L1