



Oura Ring 5 Launched with Slimmer Design and Blood Pressure Monitoring

Description

Oura has launched the Oura Ring 5, a smaller smart ring that offers new health-monitoring features, including blood pressure trend detection, nighttime breathing analysis, and tools for tracking GLP-1 medications.

The Oura Ring 5 is 40% smaller than the previous version, measuring 6.09mm in width and 2.29mm in thickness. Oura achieved this reduction by redesigning various components, making the ring look more like a traditional wedding band. Even with its smaller size, the battery life remains around one week per charge.

The ring's sensing system has been improved with a new design that uses better sensors and more powerful lights. This helps provide more accurate readings for different finger types and skin tones.

One new feature is "Health Radar," which helps monitor health trends, building on the previous Symptom Radar. Health Radar offers tools to track blood pressure patterns and sleep-related breathing issues.

Additionally, U.S. users can import their health records into the app, thanks to a new feature. Oura has partnered with Counsel Health, allowing some users to ask health questions and connect with doctors through the app for a fee.

The Oura Ring 5 is priced at \$399 for standard colours and \$499 for special finishes. Global pre-orders have opened, and shipping will start on June 4.

Vocabulary List:

1. **launched** //lɔŋtʃt// (verb): started and made available to the public
2. **monitoring** //ˈmɒnətərɪŋ// (adjective): watching something regularly to check health
3. **detection** //dɪˈtɛkʃən// (noun): finding the presence of something important
4. **analysis** //əˈnæləsɪs// (noun): careful study to understand data or information
5. **sensors** //ˈsensəz// (noun): small devices that detect physical signals
6. **trend** //trɛnd// (noun): a pattern of change over time

Comprehension Questions



Multiple Choice

1. What new health-monitoring feature does the Oura Ring 5 offer?
 - Option: Exercise tracking
 - Option: Blood pressure trend detection
 - Option: Dietary tracking
 - Option: Sleep quality scoring
2. How much smaller is the Oura Ring 5 compared to the previous version?
 - Option: 20%
 - Option: 30%
 - Option: 40%
 - Option: 50%
3. What is the thickness of the Oura Ring 5?
 - Option: 1.5mm
 - Option: 2.29mm
 - Option: 3mm
 - Option: 4mm
4. Which feature allows U.S. users to import their health records into the app?
 - Option: Health Radar
 - Option: Symptom Tracker
 - Option: Counsel Health
 - Option: MedRecord Integration
5. What is the price of the Oura Ring 5 for standard colors?
 - Option: \$199
 - Option: \$299
 - Option: \$399
 - Option: \$499
6. When will shipping for the Oura Ring 5 start?
 - Option: June 1
 - Option: June 4
 - Option: June 10
 - Option: July 1



True-False

7. The Oura Ring 5 has a battery life of around one month per charge.
8. Health Radar is a new feature that monitors health trends.
9. Oura Ring 5 is designed to look like a traditional smart ring.
10. The redesigned sensing system in the Oura Ring 5 uses better sensors.
11. Global pre-orders for the Oura Ring 5 have not yet opened.
12. Oura has partnered with Counsel Health for users to connect with doctors.

Gap-Fill

13. The Oura Ring 5 measures _____ in width.
14. With its smaller size, the Oura Ring 5 has a battery life of around _____ per charge.
15. The Oura Ring 5 is priced at \$399 for _____ colors.
16. U.S. users can import their health records into the app thanks to a new _____ feature.
17. The Oura Ring 5 helps monitor health trends with the new feature called _____.
18. Global pre-orders for the Oura Ring 5 have opened, and shipping will start on _____.

4.

Answer

Multiple Choice: 1. Blood pressure trend detection 2. 40% 3. 2.29mm 4. Counsel Health 5. \$399 6. June 4

True-False: 7. False 8. True 9. False 10. True 11. False 12. True

Gap-Fill: 13. 6.09mm 14. one week 15. standard 16. Counsel Health 17. Health Radar 18. June



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What do fossil fuels release into the atmosphere?
Option: Oxygen
Option: Water vapor
Option: Emissions
Option: Nitrogen
2. What technology is commonly used for monitoring environmental changes?
Option: Speakers
Option: Sensors
Option: Keyboards
Option: Monitors
3. Which term describes the consistency of a system's performance?
Option: Availability
Option: Latency
Option: Reliability
Option: Security
4. What natural feature is impacted by climate change, leading to rising sea levels?
Option: Mountains
Option: Forests
Option: Deserts
Option: Glaciers
5. Who are individuals that exploit computer security vulnerabilities?
Option: Programmers
Option: Hackers
Option: Users
Option: Administrators
6. What term represents the delay before a transfer of data begins following an instruction?
Option: Bandwidth
Option: Timeliness
Option: Latency
Option: Pace
7. What type of display allows users to interact through touch?



- Option: LCD
- Option: LED
- Option: Touchscreen
- Option: CRT

8. What is the process of discovering the presence of something, often used in security?

- Option: Prevention
- Option: Detection
- Option: Analysis
- Option: Monitoring

9. Which verb means to convince someone to do something?

- Option: Defy
- Option: Doubt
- Option: Persuade
- Option: Reject

10. What word describes a general direction in which something is developing over time?

- Option: Pattern
- Option: Trend
- Option: Sign
- Option: Change

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The rise in global temperatures is at an _____ rate, alarming scientists around the world.

12. The Earth's _____ is vital for protecting life from harmful solar radiation.

13. A thorough _____ of the data revealed significant patterns over the last decade.

14. The temperature is rising _____ as a result of climate change effects.

15. The Earth takes 24 hours to _____ once on its axis.

16. Certain systems are _____ to cyber attacks if not properly secured.

17. Participation in the workshop is _____, but encouraged for all employees.



18. _____ fuels remain the dominant source of energy in many countries today.
19. Implementing stronger _____ measures can help prevent data breaches.
20. Users enjoy _____ with apps that provide real-time feedback and updates.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The software's performance improved after the recent update.
22. Many people fell victim to the online scam that promised high returns.
23. The statue in the park is a tribute to its namesake, a famous local artist.
24. The climate near the equator is typically hot and humid year-round.
25. Spectrometers are essential tools used in many scientific experiments to analyze light.
26. Regular monitoring of the system is necessary to ensure its proper function.
27. Early detection of potential problems can save time and resources.
28. The trend in renewable energy adoption continues to grow worldwide.
29. The company is gradually expanding its operations to new markets.
30. Engineers focus on improving the reliability of critical systems in their designs.

Answer

Multiple Choice: 1. Emissions 2. Sensors 3. Reliability 4. Glaciers 5. Hackers 6. Latency 7. Touchscreen
8. Detection 9. Persuade 10. Trend

Gap-Fill: 11. unprecedented 12. atmosphere 13. analysis 14. gradually 15. rotate 16. vulnerable 17. optional
18. Fossil 19. security 20. interacting

Matching sentence: 1. performance 2. scam 3. namesake 4. equator 5. spectrometers 6. monitoring 7.
detection 8. trend 9. gradually 10. reliability

CATEGORY

1. Sci/Tech - LEVEL3

POST TAG



1. Blood Pressure Tracking
2. ESL learning
3. esl news
4. Level 3
5. Oura Ring
6. Smaller Design

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