



Smart Rings in 2026: Oura, Samsung, RingConn & Ultrahuman, Compared

An honest side-by-side of the four best-known smart rings — fees, phones, battery, and what to confirm before you buy

————— **An Extended Guide · No. 1672** —————

Tech Made Simple. Service Made Personal.

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WELCOME**1.! Read this first — helpful gadgets, not medical devices**

A quick, important note before we start. The rings, watches, and earbuds in this guide are everyday consumer gadgets, not medical equipment, and I am a tech helper, not a doctor or a nurse. What follows is plain-English general information to help you understand and set up these devices — it is not medical advice, and it cannot replace your doctor. A wearable can be a helpful extra set of eyes, but it can also miss things or raise a false alarm, so never ignore how you actually feel because of what a gadget says. If you have symptoms or a health worry, call your doctor, and in an emergency call 911. A smart ring is a wellness gadget that shows trends; it does not diagnose anything. Choosing a smart ring without the sales talk Smart rings are small, quiet, and a little mysterious. They have no screen, they track your sleep and heart rate, and the four best-known brands all look alike in a photo. This guide sets them side by side so you can see the real differences. I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. I've spent 30+ years helping people feel at home with their technology, patiently and in plain language. I don't sell rings and I earn no commission, so what follows is honest guidance, the way I'd explain it at your kitchen table. We'll compare Oura, the Samsung Galaxy Ring, RingConn, and Ultrahuman. This guide is different from our earlier 'do you need a smart ring' guide, which helps you decide whether to buy one at all. Here we assume you are curious and want to know how the brands stack up. Prices and models change — the shape stays the same I won't quote prices, because they move. I'll tell you what kind of company each is and what to ask. If you'd like to talk it through before spending a dime, call or text me at (330) 200-8042.

THE 60-SECOND VERSION

2. The whole guide, on one page

If you remember only a handful of things, let it be these.

- Oura is the polished market leader, but full daily insights need a paid membership — an ongoing monthly or yearly fee.
- The Samsung Galaxy Ring has no subscription and works best with a Samsung Galaxy phone.
- RingConn has no subscription and is known for long battery life.
- Ultrahuman Ring Air has no subscription, but its US availability has been in question — confirm it is sold in the US before you plan on it.
- All of them need a finger size match, so order a sizing kit first.
- None of them is a medical device, and none replaces a watch or pendant for fall detection or calling for help. One idea to hold onto The ring is the easy part. The app, the fee (or no fee), and whether it works with your phone are what you will live with every day.

WHAT A RING IS

3. A quick look at what a smart ring is

It is a ring with tiny sensors inside, a battery, and a Bluetooth connection to an app on your phone. A smart ring has no screen and no buttons. You wear it, usually all day and all night, and it quietly gathers numbers: how you slept, your resting heart rate, how much you moved. Later you open the app on your phone to see the story those numbers tell. That is the big difference from a watch. A watch taps you on the wrist and shows alerts. A ring stays out of the way. For many people that discreet, comfortable-for-sleep feel is the whole appeal. No screen means the phone matters. Because the ring shows nothing by itself, everything you learn comes through the phone app. A ring you cannot pair with your phone is just jewelry.

OURA

4. Oura: the polished leader

Oura is the best-known name, and its app is widely considered the most polished of the group. Oura makes a titanium ring that tracks sleep, readiness, skin temperature trends, and heart rate, and its app turns those into clear daily scores and explanations. If you want the nicest-looking, easiest-to-read experience, Oura is where many people start. The catch is the money model. Oura requires a paid membership to unlock its full daily insights. That is an ongoing monthly or yearly fee on top of buying the ring. Without it, what you can see is limited.

WATCH OUT

Count the ongoing cost A ring you buy once is one cost. A ring with a membership is a cost that keeps coming. Check Oura's own page for the current membership terms before you buy.

SAMSUNG GALAXY RING

5. Samsung Galaxy Ring: no subscription,

Samsung-friendly Samsung's ring skips the monthly fee, which is a real point in its favor. The Galaxy Ring works through the Samsung Health app and has multi-day battery life. It comes with a sizing kit so you can try sizes before ordering. There is no membership to pay for the core features. The trade-off is the phone. It is designed to work best with a Samsung Galaxy phone, and it is made for Android phones. As far as I can verify, it does not support iPhone. If you carry an iPhone, this is not your ring. Our compatibility guide for rings goes into this.

WATCH OUT

iPhone owners: skip this one Samsung has said the Galaxy Ring does not support iPhone. Check Samsung's current page to confirm before you buy, especially if you use an iPhone.

RINGCONN

6. RingConn: no subscription, long battery

RingConn is the quiet value pick, known for a battery that goes a long time between charges. RingConn rings (the Gen 2, Gen 2 Air, and newer models) are sold without a required subscription. The company is known for long battery life, often around a week or more, though the exact number depends on the model and how you use it. Some models offer sleep-breathing insights. The app is simpler than Oura's, and the brand is smaller. A longer battery means fewer nights without the ring on, which matters most if you forget to charge things. Battery is a comfort feature. A ring that lasts many days between charges is easier to live with. Check the maker's page for the model you are eyeing — I will not promise a number.

ULTRAHUMAN

7. Ultrahuman Ring Air: check before you count on it

Ultrahuman is a lively brand with a subscription-free ring and a fitness and metabolic focus — and a question mark over the US. The Ultrahuman Ring Air does not require a subscription. But after Oura won a patent case that went through the US International Trade Commission, Ultrahuman's ability to sell rings in the United States has been in question. Ultrahuman has said existing owners keep getting support, and it has talked about a redesigned model. My honest advice: do not assume a ring is for sale here. Look at Ultrahuman's site and at a major US retailer. If you cannot buy it with a normal US return policy, pick a different ring.

WATCH OUT

Confirm it is sold in the US. Never buy a ring from an unfamiliar seller just to get one. Gray-market sellers may offer no warranty and no returns. If the maker is not selling it in the US, walk away.

SIDE BY SIDE

8. The four rings, side by side

Here is the whole comparison in one table.

Oura Galaxy Ring RingConn Ultrahuman Ongoing fee Yes, for full insights No No No Best with iPhone and Android Samsung Galaxy phone iPhone and Android iPhone and Android Known for Polished app Samsung ecosystem Long battery Fitness focus Watch for Ongoing cost Not for iPhone Smaller company US availability Check each maker's current page, because models and features change often. This table shows the shape of each choice, not a spec sheet. Start with the phone, then the fee Two questions sort most people: what phone do I carry, and am I willing to pay a fee every month or year? Answer those and the list shrinks fast.

SIZING

9. Getting the size right

Fit matters more than any feature. A loose ring reads poorly.

Most makers sell or send a sizing kit — a set of plastic sample rings in each size. Order it first. Wear the sample for a full day and night, because your fingers swell and shrink over the day.

- Wear the ring on the finger the maker recommends.
- It should be snug but come off with a little twist.
- Try sizes in the evening, when fingers tend to be larger, and also in the morning.
- If your knuckle is much larger than your finger base, ask the maker's support which size suits you. Arthritis and swollen knuckles If your hands swell or ache, a ring may be uncomfortable to wear to bed. Try the sizing kit for a few days first, and consider a watch instead.

BATTERY & CHARGING

10. Battery and charging

Rings are small, so batteries are small — but rings are also frugal, so they last several days. Each ring comes with a small charging base. Plan to charge every few days while you shower or read. RingConn is known for the longest battery of the group; the Galaxy Ring and Oura both run multiple days. Exact numbers vary by model, so I will not quote any. A good habit is to charge during one fixed daily moment, like while you get ready in the morning. Keep the charger in the same spot. I can set up a charging habit with you. A ring is only useful if it is on your finger. I'll help you pick a charging spot and a routine that you will keep. Call (330) 200-8042.

COMFORT

11. Comfort, durability and daily life

You will wear this thing for months, so how it feels counts.

- Material: several rings use titanium, which is light and tough.
- Water: most are water resistant, but check each maker's rating before swimming or a hot tub.
- Gym: lifting weights can scratch a ring or press on your finger; some people take it off for heavy lifting.
- Sleep: most people find a ring more comfortable than a watch in bed.
- Skin: if you react to metal, ask the maker about materials. Check the return policy. A ring you cannot return is a gamble. Buy from a seller with a clear return window so you can test the fit for a couple of weeks.

SUBSCRIPTIONS

12. Subscriptions: pay once or pay forever

This is the single biggest difference between the four.

With Oura, the ring is the ticket in and the membership is the ongoing ride. With the Galaxy Ring, RingConn, and Ultrahuman, you buy the ring and the basic experience is yours with no monthly bill. Neither model is wrong. A membership can fund ongoing app improvements. But if you are on a fixed income, or you just dislike recurring charges, a no-subscription ring is much easier to live with. Our guide on whether smart rings need a subscription covers this in detail.

WATCH OUT

Watch for auto-renew If any ring or service asks for a card to start a free trial, set a reminder to cancel before it renews. Scammers also send fake 'your membership expired' emails — go to the app, not the email link.

PHONES

13. Which phone does each ring work with?

A ring needs its own app, and the app needs your phone.

Oura, RingConn, and Ultrahuman have apps for both iPhone and Android. The Samsung Galaxy Ring is built for Android and works best with a Samsung Galaxy phone; some features need a Samsung phone, and as far as I can verify it does not support iPhone. Our 'does my smart ring work with my phone' guide walks through this step by step, including how ring data can flow into Apple Health or Android's Health Connect. Check before you click buy Open the maker's compatibility page, find your exact phone model, and make sure your phone's system version is new enough.

WHO FITS WHICH

14. Two ways to choose a ring

Different people reach for a ring for different reasons, and that points to different choices. If you want the easiest, nicest experience You like polished apps and clear explanations, and an ongoing fee does not bother you.

- Oura is the usual first look.
- Budget the ongoing membership, not just the ring.
- It works with both iPhone and Android.
- Ask yourself if you will still open the app in six months. If you want to buy once and be done You dislike recurring fees and want a ring you simply own.
- RingConn is a strong pick for long battery life.
- The Galaxy Ring suits Samsung Galaxy phone owners.
- Ultrahuman only if you confirm it is sold in the US.
- Order a sizing kit before any of them. Not sure which is you? This is a friendly, no-pressure conversation. I'll ask a few questions about your phone and habits. Call or text me at (330) 200-8042.

PRIVACY

15. Your health data and your privacy

A ring collects very personal numbers. Know where they go.

Your sleep, heart rate, and temperature trends are stored by the maker's app, usually in an account tied to your email. Read what the app asks permission for, and be thoughtful about letting it share with other apps.

- Use a strong, unique password and turn on two-step sign-in if offered.
- Share data with your doctor on purpose, not by default.
- If you stop using the ring, look for a way to delete your account.
- Be cautious of free 'health apps' that ask to connect to your ring data.

WATCH OUT

Scam alert Scammers love gadget buyers. Be wary of unsolicited calls about your 'ring order' or 'membership,' and of ads offering a ring at a suspiciously low price. Buy from the maker or a well-known store.

NOT A WATCH

16. What a ring will not do

Honesty matters here, because the marketing sounds rosier than the reality.

- Rings do not show you the time or messages.
- Rings generally do not do fall detection or call for help the way a watch or a medical alert pendant can.
- Rings do not take a medical ECG the way some watches do.
- Rings are not medical devices and cannot diagnose a condition.
- Numbers can be off, especially with a loose fit or cold fingers. Our guides on ring versus watch versus band, and on what a ring actually measures, cover each of these in plain language.

WATCH OUT

Do not rely on a ring in an emergency If falls or heart trouble are on your mind, a ring is the wrong tool. Talk to your doctor, and consider a watch or a monitored pendant.

BUYING SMART

17. Where and how to buy

A little caution at the checkout saves a lot of grief later.

- Buy from the maker or a well-known retailer.
- Confirm the return window and who pays for return shipping.
- Order the sizing kit first, then the ring.
- Check that your phone and its system version are supported.
- Ask whether any feature requires a paid membership.
- Keep your receipt and the serial number. Avoid too-good-to-be-true listings A brand-new ring at a surprisingly low price on a marketplace is a red flag. Knockoffs and gray-market rings may not pair, may not be supported, and may not be returnable.

SETTING UP

18. Setting up your ring

Setup is usually easy, and you only do it once.

- Charge the ring fully before the first use.
- Install the maker's app from your phone's official app store.
- Make an account and turn on Bluetooth when asked.
- Follow the app's pairing steps and put the ring on the right finger.
- Give it a few days to learn your normal before trusting the scores. The first few nights will look odd. That is normal. A ring needs time to learn what ordinary looks like for you. I'll set it up with you Pairing, accounts, and permissions are the fiddly part. I'm happy to sit with you and get it done in one visit. Call (330) 200-8042.

RING OR NOT

19. When another wearable is the better answer

Sometimes the honest answer is that a ring is not the right gadget.

- You want fall detection or Emergency SOS: choose a watch or pendant.
- You want to see notifications or the time: choose a watch.
- You want the cheapest way to count steps: a fitness band or your phone.
- You have swollen or arthritic fingers: try a watch or band. Our guide on 'choosing a wearable for a parent' helps when you are shopping for someone else. For the ring-versus-watch-versus-band choice, see our guide by that name. Use a decision, not a hunch Write down the one thing you most want from a wearable. That one answer usually points to the right form factor.

LIVING WITH IT

20. Living with a ring

After the novelty fades, a ring should be a quiet habit, not a chore.

The healthiest way to use a ring is to glance at trends, not chase daily numbers. One bad score is not a crisis. A week of patterns can start a useful talk with your doctor. If checking the app makes you anxious, take a break. A tool that adds worry is not helping. You can always put the ring in a drawer. How you feel beats what the app says. Never ignore symptoms because a ring says you are fine, and never panic because it says you are not. If you are worried, call your doctor.

COMMON QUESTIONS

21. Common Questions

The questions I hear most from folks comparing smart rings.

Q: Which ring is the best? There is no single best. Oura is the most polished but has an ongoing membership. The Galaxy Ring, RingConn, and Ultrahuman skip the fee. Your phone and your feelings about fees decide it. Q: Can I use the Galaxy Ring with my iPhone? As far as I can verify, no. It is built for Android phones and works best with Samsung Galaxy phones. Confirm on Samsung's page. Q: Is Ultrahuman still sold in the US? That has been in question since Oura's patent win. Check Ultrahuman's site and a US retailer, and do not buy from an unfamiliar seller. Q: Will a ring tell me if I fall? Generally no. Fall detection and Emergency SOS are features of watches and medical alert pendants, not rings. Q: Do I need a subscription? Only for Oura's full insights. The others do not require one for their core features. Still unsure? Call or text me at (330) 200-8042 and we will sort it out together, with nothing to sell you.

BILL'S HERE TO HELP

22. You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made choosing a smart ring feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and don't worry about memorizing anything. When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I'm a tech helper, not a doctor, and I don't sell rings or earn any commission. I'll gladly help you choose, size, set up, and learn your ring, but for any question about your health, your doctor is the right person, and I'll help you line up that conversation. Bill's Home Tech — real help, close to home Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

AT A GLANCE

A Picture to Follow Along

Four Smart Rings Compared

The big differences at a glance

	Ongoing fee?	Works with
Oura	Yes, for full insights	iPhone and Android
Galaxy Ring	No	Android; best Samsung
RingConn	No	iPhone and Android
Ultrahuman	No (confirm US sale)	iPhone and Android

Check each maker's page -- models and terms change.

AT A GLANCE

A Second Look

Which Ring Fits You?

Start with your phone and your wallet

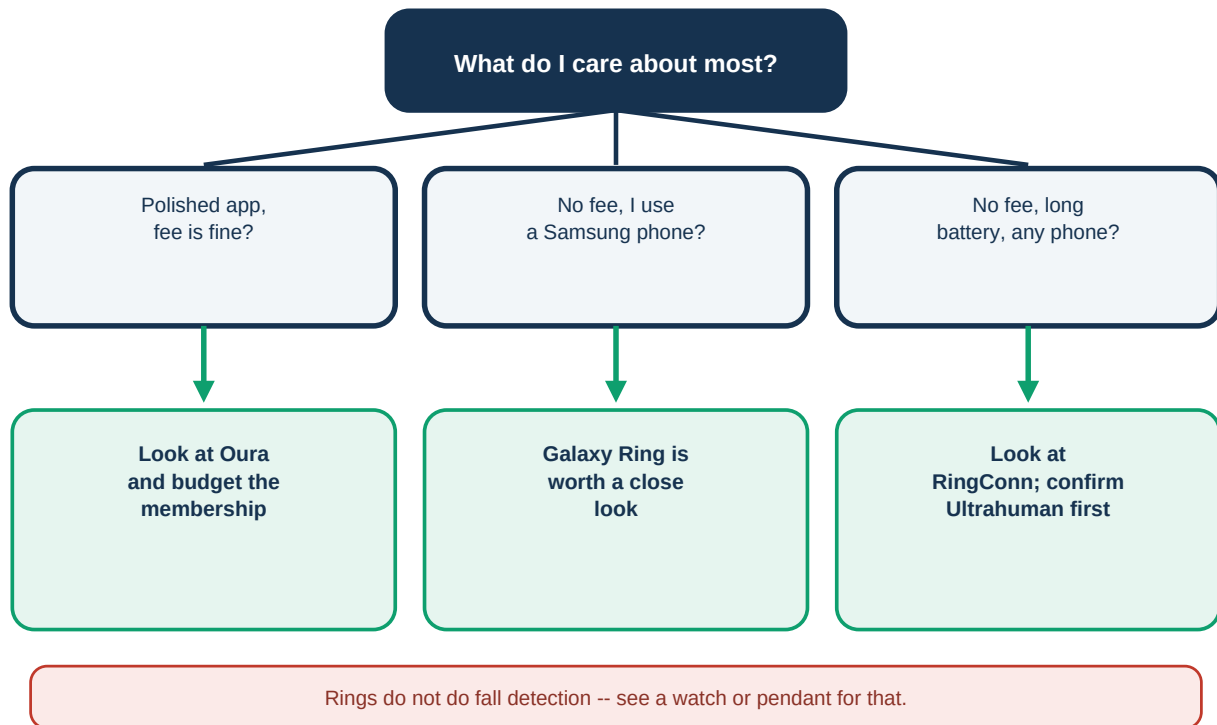


Illustration - a schematic, not to scale. Your setup may differ.

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.



HOW I CAN HELP

Your Visit — and My Promise

In-home visit — \$99 flat for your first visit. No contracts and no surprise charges, and a 30-day follow-up is included.

Remote Support — \$49 for a screen-share session. I only connect with your permission, you watch the whole time, and you can end anytime. If I can't fix it over the screen-share, I refund the \$49 — and if it turns out you need me in person, that \$49 goes toward your visit. It's included free for Support Plan members (\$39/mo).

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full \$99. No questions, no awkwardness. That's how I'd want to be treated.

Call or text **(330) 200-8042** · Book a visit: billshometech.com/book · bill@billshometech.com

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