

RARE



RARE



RARE BY ULTRAHUMAN

BLENDING EXQUISITE CRAFTSMANSHIP  
WITH CUTTING-EDGE TECHNOLOGY.  
IT CAPTURES THE ESSENCE OF NATURE'S  
MOST CAPTIVATING PHENOMENA.

# TIMELESS ELEGANCE

The mesmerizing wind blanketing the desert is evoked on the outer shell of the ring through sleek, masterful brush strokes and shimmering details, mirroring the delicate interplay of light and texture. Rare transforms these natural wonders into exquisite masterpieces, reflecting the extraordinary elegance and sophistication of the desert itself.





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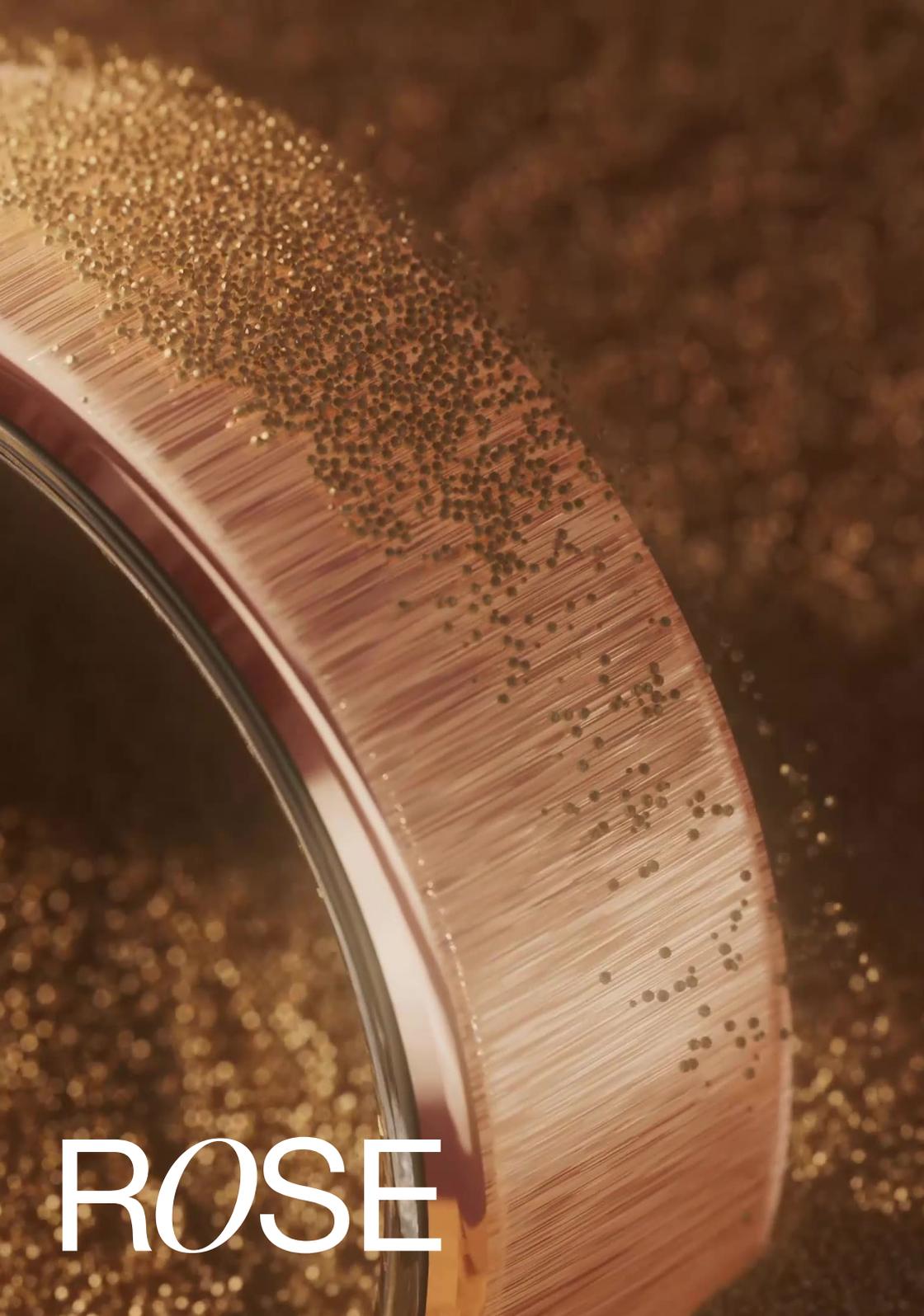
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08 TECHNICAL SPECIFICATIONS

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# DESERT





ROSE

# THE RING'S COLOUR AND DESIGN ARE INSPIRED BY THE DESERT ROSE.



The ring's colour and design are inspired by the Desert Rose, an intricate rose-like formation of crystal clusters of gypsum or baryte, which include abundant sand grains. The rosette crystal habit tends to occur when the crystals form in arid sandy conditions, such as the evaporation of a shallow salt basin. The crystals form a circular array of flat plates, giving the rock a shape similar.





DESERT



SNOW

# THE DESERT SNOW RING IS CRAFTED FROM PT950 PLATINUM.



Desert Snow is an ode to the rare and mesmerizing sight of snow blanketing the desert landscape. This ring features a sleek, frosted finish that evokes the delicate beauty of snowflakes, contrasting elegantly with the rugged desert environment. The design incorporates subtle, shimmering elements that catch the light, mimicking the sparkle of snow under the sun. All wrapped in a stunningly crafted piece that balances beauty and sophistication.

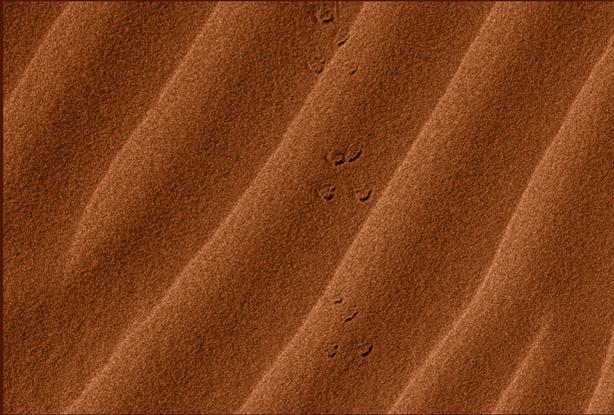




DUNE



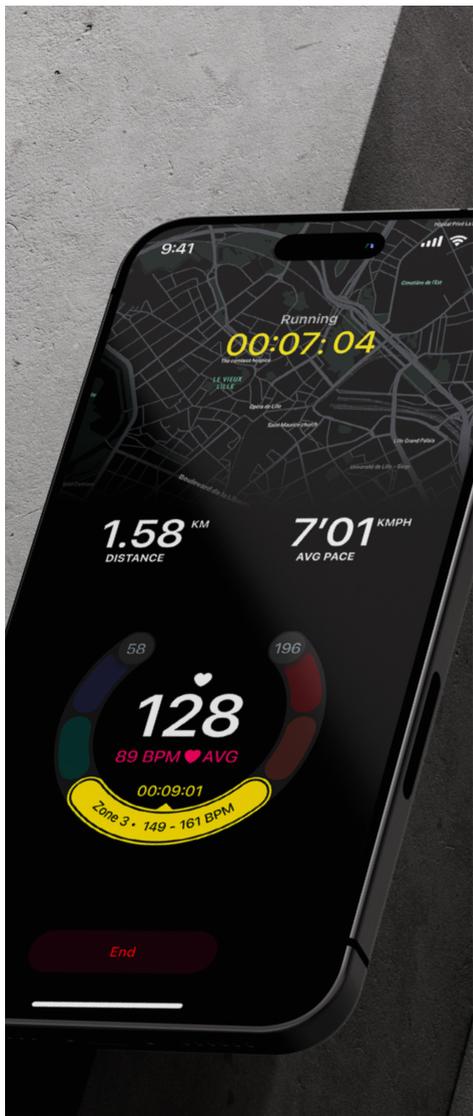
# DUNE IS A SEAMLESS CONFLUENCE OF BEAUTIFUL CONTRADICTIONS



The shifting sands, playing to the tune of the desert winds, create patterns that resemble the grooves flowing around the 18k gold ring. Smooth yet textured. Exquisite yet functional. Contemporary yet eternal.

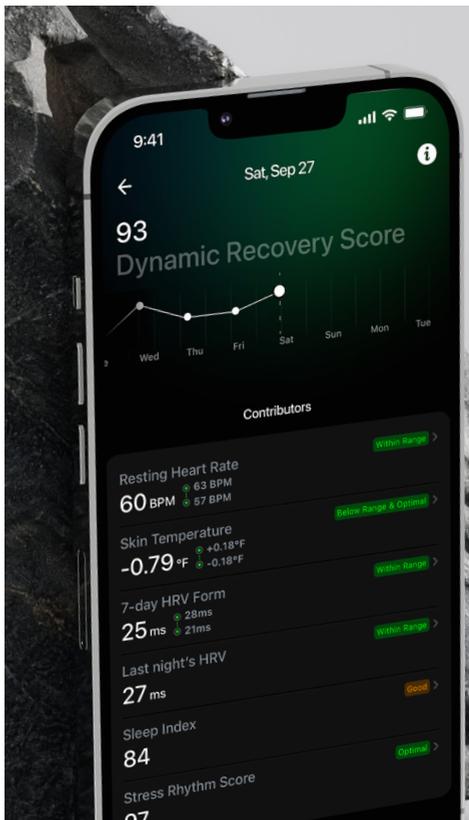


## WORKOUT MODE



Track heart rate during workouts to gain insights into your cardiovascular response, and make informed decisions to improve fitness outcomes.

## DYNAMIC RECOVERY



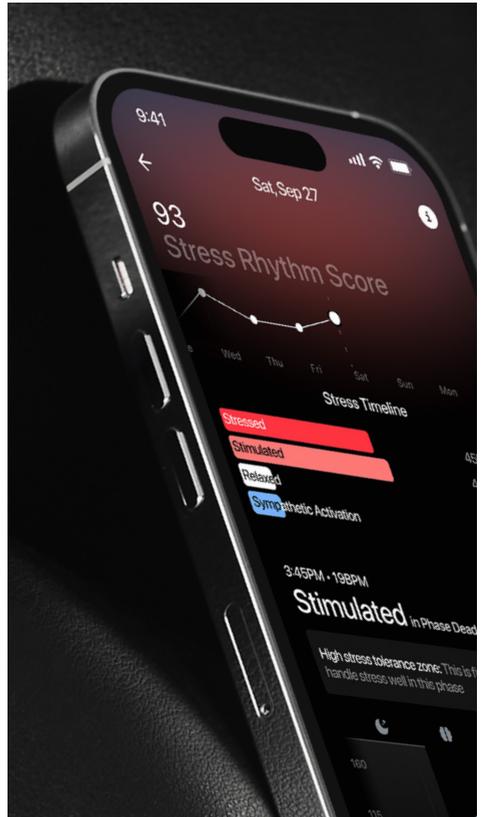
A phenomenal new way to understand your body's readiness to take on activity load and stress, Dynamic Recovery understands when your body needs to recover. Not just that, it also provides recommendations that help you improve and adapts your score when you action these recommendations.

## SLEEP INDEX



Get a deeper understanding of your sleep quality and quantity through metrics such as sleep duration, RHR, restfulness, sleep stages such as REM, Deep and Light sleep.

## STRESS RHYTHM SCORE



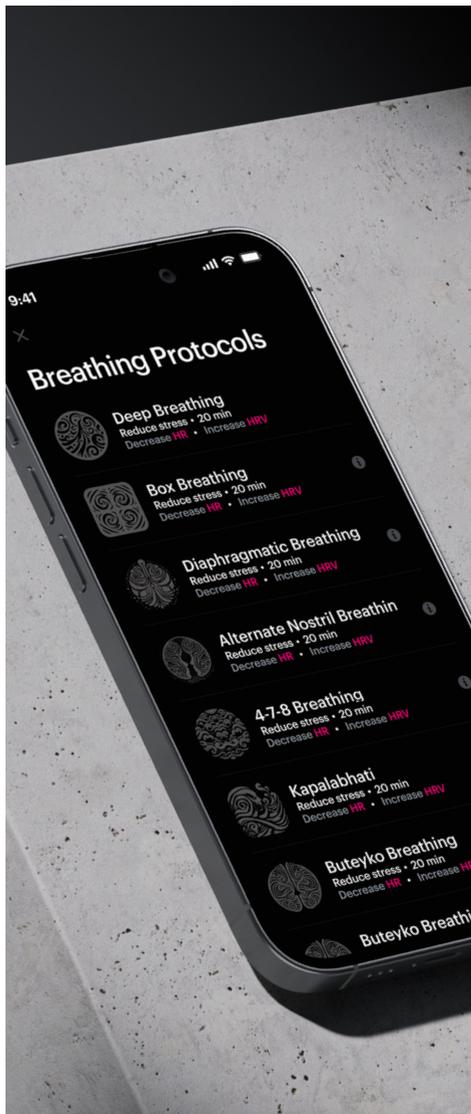
A novel capability that helps you decode stress, this score considers the variations in your Heart Rate (HR), Heart Rate Variability (HRV), and Resting Heart Rate (RHR) against the backdrop of your circadian rhythm. It tells you if you're 'stimulated', 'relaxed', or 'stressed'.

## SMART GOALS



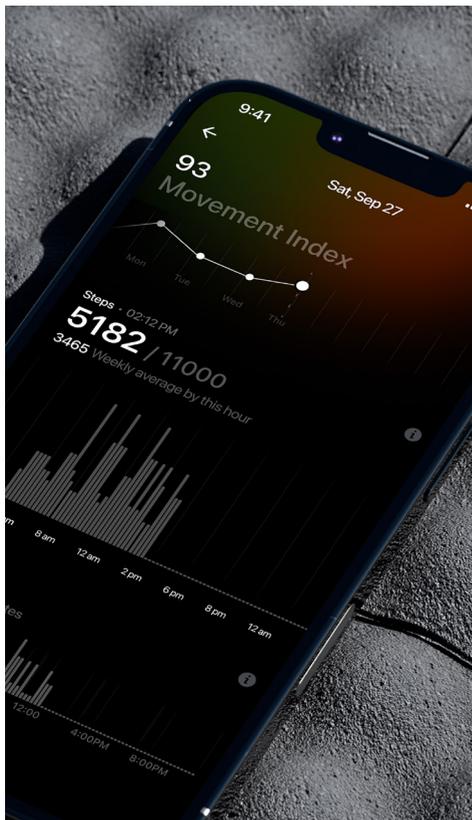
Master key indicators such as sleep and wake timings, active minutes, sleep duration and more.

## BREATHWORK MODE



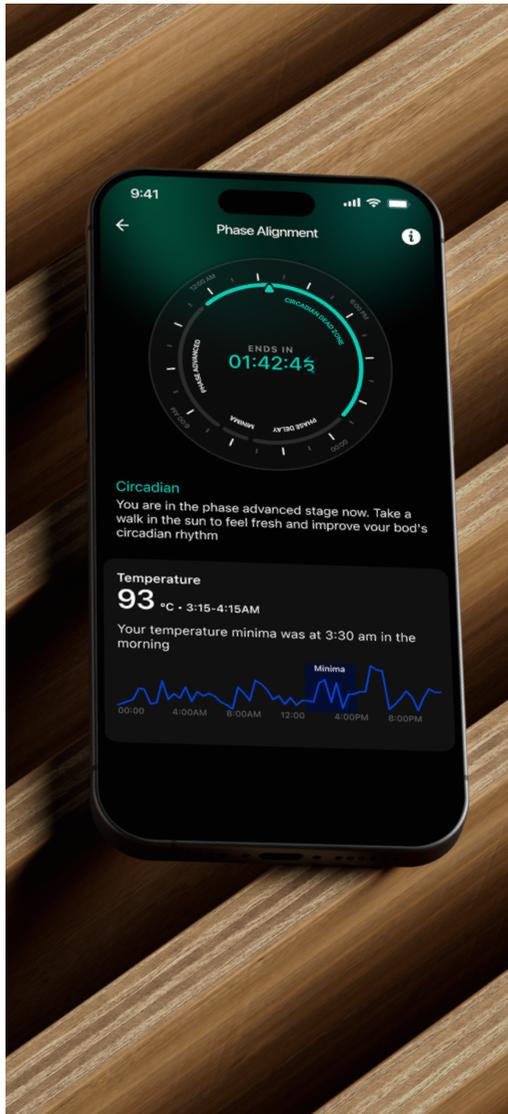
Choose from 17+ breathing protocols to harness the power of your breath and regulate your nervous system.

## MOVEMENT INDEX



The Movement Index is designed to keep you moving for optimum glucose metabolism and to increase your non-exercise energy usage. Track steps, workout, and calories for insights into your all-day movement.

## CIRCADIAN RHYTHM



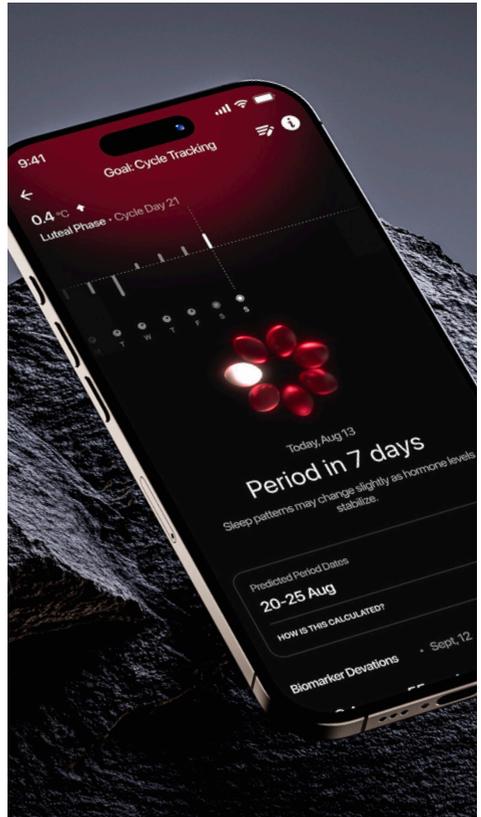
Understand the intricate interplay between stimulus and the shift in your body's circadian rhythm.

## CAFFEINE WINDOW



Optimise your stimulant consumption for enhanced productivity and sleep management.

## WOMEN'S HEALTH



Designed for advanced multi-biomarker based insights throughout women's menstrual cycle and pregnancy.



# POWERPLUGS

Supercharged micro experiences, bringing targeted tools for athletes, adventurers, fitness enthusiasts, and just anyone serious about their health. Rare users get complimentary access to all powerplugs.

9:41



# Power Plugs



## Active powerplugs



## All powerplugs

**Featured**



WOMEN'S HEALTH  
**Ovulation and Cycle Tracking**  
Nocturnal heart trend monitoring to assess how effectively your heart responds.

**Get**



LONGEVITY  
**Vitamin D**

Maximize your Vitamin D with smart and personalized suggestions for sun exposure.

Free

**Get**



PERFORMANCE  
**Circadian Alignment**

Optimize your daily routine and sleep cycle by monitoring your activity and light exposure.

Free

**Get**



# PERFORMANCE COACHES

Hello! I've just started using the Ring 2 weeks ago. How can I improve my total active hours?

Hey Reema, Your active hours contributed is driven by greater than 250 steps an hour. Here's how you can increase your total active hours-

- Do some steps every 25 minutes.
- Aim for 10-15 minutes walk after meals or during breaks.
- Whenever possible, opt for stairs instead of elevators or escalators.

NCSA-certified performance coaches, sports scientists & exercise physiologists are just a click away. Get personalized meal & exercise guidance to improve your metabolic fitness.



RARE USERS GAIN LIFETIME ACCESS  
TO ULTRAHUMANX, A COVERAGE AND  
BENEFITS PROGRAM.

UltrahumanX



# TECHNICAL SPECIFICATIONS

## Body

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### Dimensions

Width: 8mm

Thickness: 2.45mm

### Materials

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- Gold
- Platinum
- Water resistant up to 100m/328 ft
- Non-allergenic, non-metallic, seamless hypoallergenic resin

### Connectivity

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- EMF-safe
- Bluetooth low energy
- Automatic firmware updates via UH app

### Battery & Power

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Up to 6 days of battery life

### Sensors

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- 6DOF Motion Sensor
- Photoplethysmography (PPG) sensor (For HR and blood oxygen)
- Skin temperature sensor (Far infrared sensor)

### Other Key Specifications

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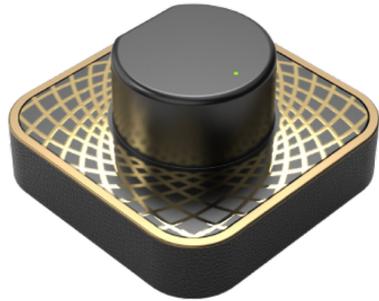
- Operating temp: -5 to 50°C
- BLE transmission power: 0 dBm(1mw)
- BLE frequency: 2402 to 2480MHz

UNBOX  
SOPHISTICATION

USB Type-C  
Cable



RARE  
Charger



Ultrahuman  
RARE Ring







RARE  
By Ultrahuman