



CUDIS Launches AI-Powered Smart Ring That Turns Health Data Into Real Solutions

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CUDIS, an AI-powered wellness wearable brand born in Los Angeles, has introduced a new category of smart ring designed to transform health tracking from passive monitoring into an active, reward-driven experience. The company's flagship products ? the CUDIS 002 Classic and CUDIS 002 Sporty ? combine advanced health metrics with a points-based incentive system that helps users stay consistent with their recovery, anti-aging, and wellness goals by offering tangible rewards for healthy behavior.

The brand's approach challenges the subscription-dependent model that has become standard across the wearable industry. Where most smart rings and fitness trackers require ongoing monthly fees to access core health features, CUDIS operates on a zero-subscription-fee commitment. Every health tracking feature ? including sleep analysis, heart rate variability insights, and the company's proprietary aging metrics ? is fully accessible from day one with no recurring charges, a positioning that has resonated strongly with consumers who feel locked into fee-based ecosystems by competing products.

Central to the CUDIS experience is the CUDIS Age indicator, a proprietary metric designed to estimate a user's biological age based on aggregated health data. By comparing biological age against chronological

age and tracking a Pace of Aging trend over time, the system gives users a clear, motivating snapshot of how their daily choices may be influencing their long-term vitality. Rather than simply displaying numbers, CUDIS is built around a "solution-first" philosophy ? translating metrics into actionable advice and executable plans that help users build their own personalized wellness protocol.

The Health Points rewards system represents another departure from conventional wearable design. CUDIS awards points for consistent healthy behaviors ? regular physical activity, quality sleep, and sustained engagement with personal wellness goals ? which can be redeemed through the CUDIS Store for real-world rewards including fitness classes, functional beverages, nutritional supplements, and skincare products. Paired with an AI coach designed to be a warm, thoughtful companion, the experience makes staying consistent genuinely fun rather than a chore.

The brand has gained strong traction among elite competitors, having supported over 50 Olympians and 100 professional athletes in enhancing recovery and performance. Karolina Pahlitzsch, a Mixed 4x400 metres competitor, described the ring as "the first tracking tool I genuinely enjoy wearing," noting that she hardly notices it during training or sleep. Kate Knifton of US Rowing highlighted the AI coaching feature and sleep tracking as essential tools for maximizing recovery, while noting that the rewards system provides additional motivation for consistent use. CUDIS has also partnered with UCLA, Roger Dubuis, and Lamborghini to elevate the experience for its community.

Hardware specifications support the brand's positioning as a product built for continuous daily wear. The CUDIS 002 weighs under 3 grams in a titanium body, offers up to 10 days of battery life with USB-C charging, and carries a 5ATM water resistance rating to 50 meters. The design is intended to be unobtrusive enough for 24-hour wear across training, sleep, and daily life without the bulk or discomfort associated with larger wrist-based trackers. Equally important, CUDIS is built around user-owned health data ? no one can access or share a user's data without their explicit consent.

Founded in Los Angeles in 2023, CUDIS launched its first ring in April 2024 and went viral worldwide within 10 days. The brand now counts over 30,000 ring holders and 250,000 members across 103 countries, with monthly community events held everywhere from New York and Miami to Tokyo, Seoul, Paris, London, and Bali. CUDIS successfully exceeded its Kickstarter funding goal in February 2026, and its FSA and HSA eligibility positions the smart ring as a qualifying health expense for US consumers ? further lowering the barrier to entry for users who want advanced health tracking without ongoing subscription costs. Both the Classic and Sporty models are available through the CUDIS smart ring website, with the Sporty model offering 12 interchangeable silicone band colors for personalized styling. Guided by a vision of helping 100 million people live better, longer lives, CUDIS is building customizable wellness solutions together with its

global community.

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For more information about CUDIS, contact the company here: [Dirk Yuan Dirk@beatbit.io](mailto:Dirk.Yuan@beatbit.io) Los Angeles, CA

CUDIS

CUDIS- All day wearable coach for your wellness, recovery, and anti-aging strategies, trusted by Olympians. Meet with 250000+ members from 103 countries worldwide.

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