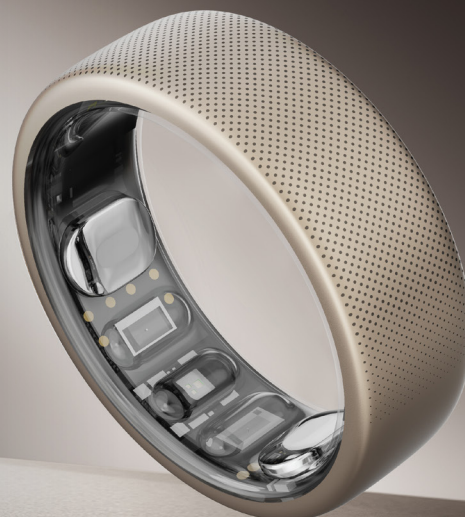


amazfit

**BREAKING  
LIMITS**

# Amazfit Helio Ring

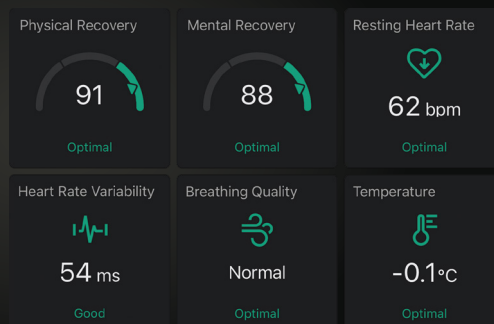
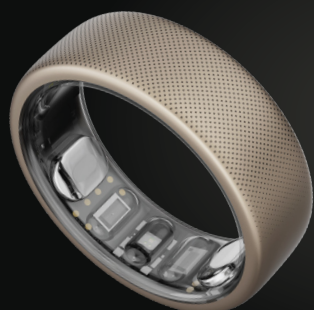
Competition doesn't stop at the finish line.  
Own your recovery.



From your training load, to your sleep quality, to the mental side of your game, this smart ring is the ultimate in athletic recovery analysis and guidance.

## Own Your Recovery

In-Depth Sleep Monitoring  
Mental & Physical Readiness Analysis  
Sleep RHR and HRV Tracking



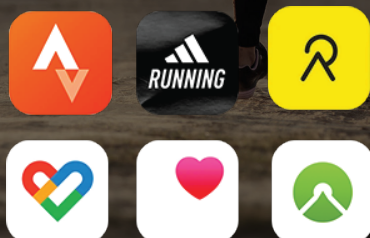
## Form a Winning Ecosystem

Workout with Your Amazfit Smartwatch  
Recover with Your Amazfit Helio Ring  
View All Your Data in One App



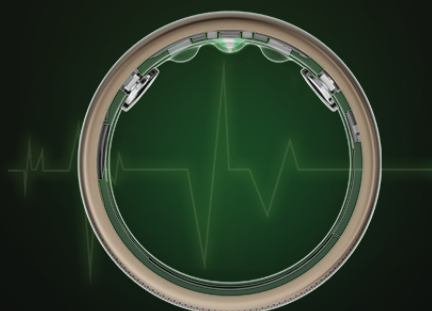
## Track & Share Your Performance

Sports Data Tracking  
Race Prediction Achievements  
Sync Data to Fitness Apps



## Become Elite in Mind & Body

Heart Rate, SpO<sub>2</sub> & Stress Tracking  
EDA Stress Response Monitoring



## Your Premium Power-Up

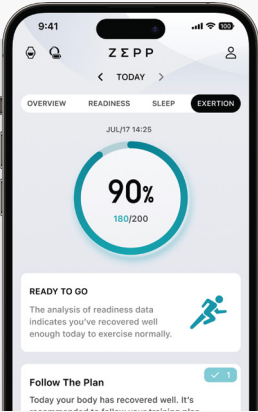
Fast Wireless Charging



# Recover Smarter, Achieve More.

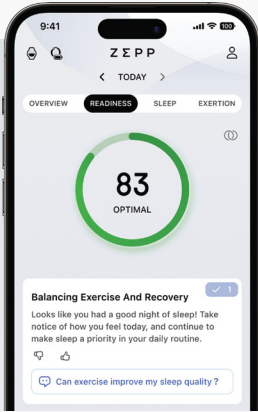
## All Your Data in One Place

Whether you wear your watch and ring at the same time, or switch between them throughout the day, find all of your data from both devices in the Zepp App. The app provides advanced performance and recovery analysis and actionable insights, for holistic 24/7 health and fitness tracking.

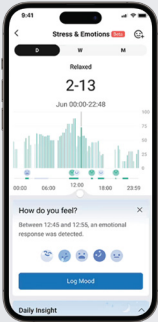


## Double-Up on Data

To make sure you're getting everything you need to break limits, key recovery metrics like readiness will merge data from your watch and ring together for an even more precise score.

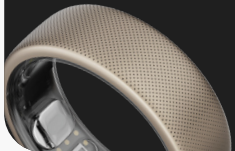


## EDA Stress Response Monitoring



## Crafted for Champions

Skin-Friendly Titanium Alloy  
Ultra Lightweight & Super Slim  
10 ATM Water-Resistance



## Measurements Methods:

4 inch / 10 cm

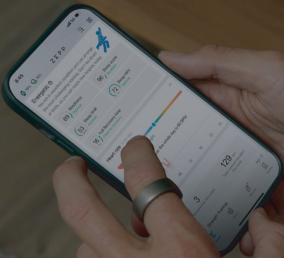
Wrap the paper strip around the finger you plan to wear the ring on, ensuring that the paper sits at the widest part of your finger, typically near the knuckle. Ensure the paper is snug against your skin but not too tight to avoid affecting the measurement.

Use a pen to mark the point where the paper overlaps.

Flatten out the paper strip, then use a ruler to measure from one end of the paper to the marked point. This measurement is the circumference of your finger. Compare the measured circumference of your finger with the ring size chart to find the corresponding size.

## Your Recovery Snapshot

With just a quick glance of the Zepp App homepage, you'll be able to see a score and status for each key aspect of recovery, all in one place.



### TECHNICAL SPECIFICATIONS

Design	Colors	Titanium
	Dimensions	Width – 8mm Thickness – 2.6mm
	Sizes and Weight	Size 8 – 3.65g Size 10 – 3.75g Size 12 – 3.82g
	Body Material	Outer ring – Titanium alloy Inner ring – Resin
	Water-resistance Grade	10 ATM
Battery	Battery Capacity (rated value)	Size 8 – 16.5 mAh Size 10 – 18.5 mAh Size 12 – 20.5 mAh
	Charging Method	Wireless charging
	Theoretical Charging Duration	Approx. 1 hour, 40 minutes
	Typical Usage Scenario Battery Life	Up to 4 days
Sensors	Health	BioTracker™ PPG heart rate sensor (1 dual-color LED + 2PD) Temperature sensor EDA sensor
	Movement	3-Axis Acceleration Sensor 3-Axis gyroscope
	Connection	BLE
Packing List	Ring, Wireless charger, Instruction manual	
Supported Devices	Android 7.0 and above, iOS 14.0 and above	
Application	Zepp App	