



Helio Ring

★★★★★ 61 Reviews

~~\$199.99~~ **\$149.99** -\$50.00

Shipping calculated at checkout.

This smart ring is able to be worn alone or with your Amazfit smartwatch. Sync workout and sleep data from the Amazfit Helio Ring or other Amazfit smartwatches to the Zepp Amazfit App for a combined view of performance, recovery, and insights.

Zepp Aura Premium is totally free for Amazfit Helio Ring users. Enjoy customized sleep sounds, detailed weekly and monthly sleep reports, and access to an AI chatbot that answers your questions.

Not Sure About Your Ring Size?

Order a [sizing kit](#) to find your perfect fit before you buy. Try on sample sizes at home and choose with confidence.

Size: **Size 12-27.3mm Diameter**

Size	Size	Size
12-27.3mm Diameter	10-25.7mm Diameter	8-24mm Diameter

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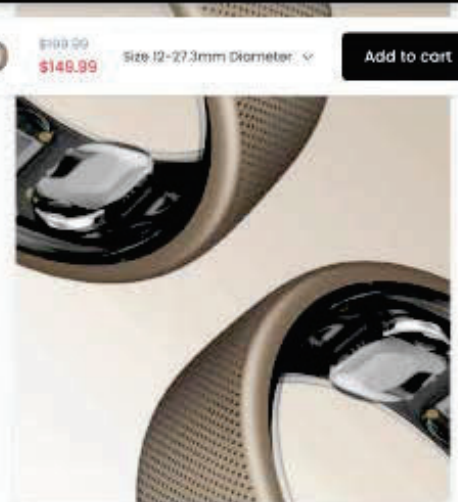
Own Your Recovery

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



Crafted for Champions

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



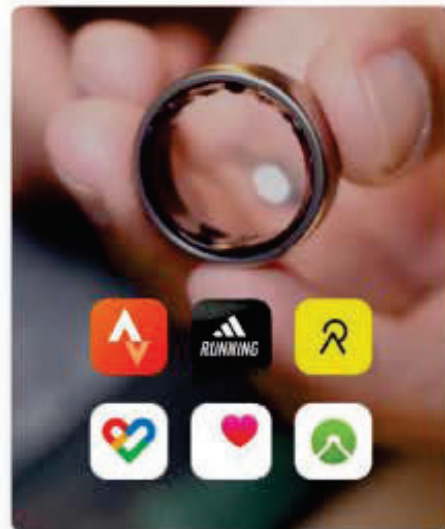
Your Premium Power-Up

Fast Wireless Charging



Become Elite in Mind & Body

Heart Rate, SpO₂, & Stress Tracking
EDA Stress Response Monitoring



Track & Share Your Performance

Sports Data Tracking
Race Prediction Achievements
Sync Data to Fitness Apps

No Subscriptions Required

Start breaking limits with your Amazfit Helio Ring, right out the gate. There's no need to pay for extra subscriptions or services to enjoy your smart ring to the fullest.

Recover Better, Achieve More

What you do off the field is just as important as what you do on it. Make sure you're getting the quality rest you need with the Amazfit Helio Ring.

Compact and lightweight, it's both incredibly comfortable to wear all night, and packed with advanced sensors which hug your finger for astounding data precision.

In-Depth Monitoring*



Sleep Quality &
Daytime Naps

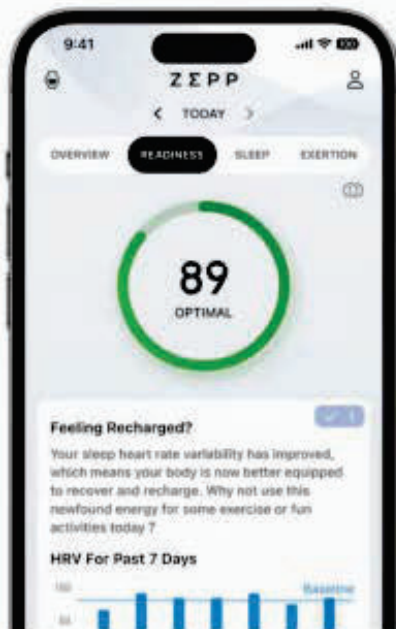


Light, Deep & REM
Sleep Stages



Sleep Breathing
Quality





Hone Your Body, Prime Your Mind

After a day of intense exercise, wear your Amazfit Halo Ring while you sleep.

In the morning, you'll get a Readiness score based on your sleep resting heart rate, sleep heart rate variability, breathing quality, and temperature.

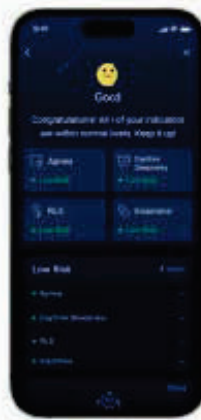
This score and accompanying Insight¹ sum up your mental and physical recovery, so you'll know whether to leap into action or plan some time to relax.

Your Personal Sleep Coach

Maximize your recovery with Zepp Aura² – now free for Amazfit Halo Ring users. Give your recovery an extra power-up, with:



Customized sleep sounds that intelligently adjust based on your how your body responds.



Detailed weekly and monthly sleep reports with sleep health assessments and powerful insights.



Access to an AI chatbot, which proactively analyzes your sleep, and answers your wellness questions.

Enhance Your Amazfit Experience

Enhance Your Amazfit Experience

Amazfit Sports Watches

Wear as you tackle intense workouts, with an extensive range of sports modes and in-depth training support.



Amazfit Helio Ring

Wear when you want a silent partner to track your recovery in the background, like when you're resting, sleeping, or just living life.



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.



Titanium Alloy
High-end & Durable



Less than 4g
Ultra-lightweight¹



2.6mm
Super Slim



Titanium Alloy
High-end & Durable



Less than 4g
Ultra-lightweight*



2.6mm
Super Slim



10 ATM
Water Resistant



Your Premium Power – Up

- Battery Life: Up to 4 days
- Charging Method: Wireless charging
- Charging Duration: Around 1 hour 40 minutes

Perform Like a Champion

More than just a sleep tracker, this smart ring is an elite athlete training tool that acts as your very own personal sports scientist.



This high-tech training assistant curates specialized fitness data like VO₂ Max, Training Load and Training Effect.



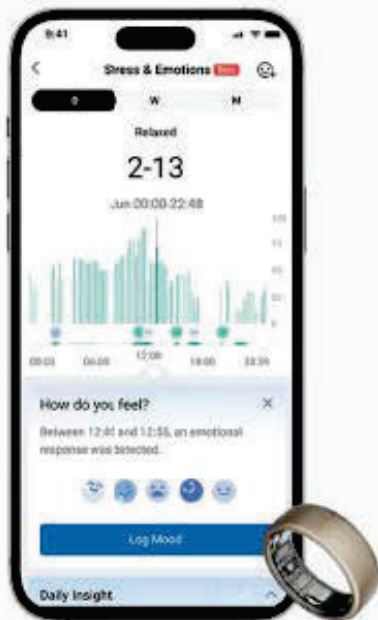
Got a marathon coming up? The Zepp App can analyze the data from your recorded runs to generate race predictions*.



Zepp Coach™ Premium is totally free for Amazfit Halo Ring users. Enjoy detailed weekly and monthly fitness reports, and access to an AI chatbot that answers your questions.



Keep an eye on the competition by sharing* your workout data to popular fitness communities like Strava, adidas Running, Komoot, and more.



Keep Your Head in the Game

Tracking your emotions can help you spot things that knock you off your game.

The Amazfit Hello Ring monitors physical indicators of emotional states with its electrodermal activity (EDA) sensor, and combines that with your heart rate variability (HRV) to detect changes in your daily and weekly expression of emotions.

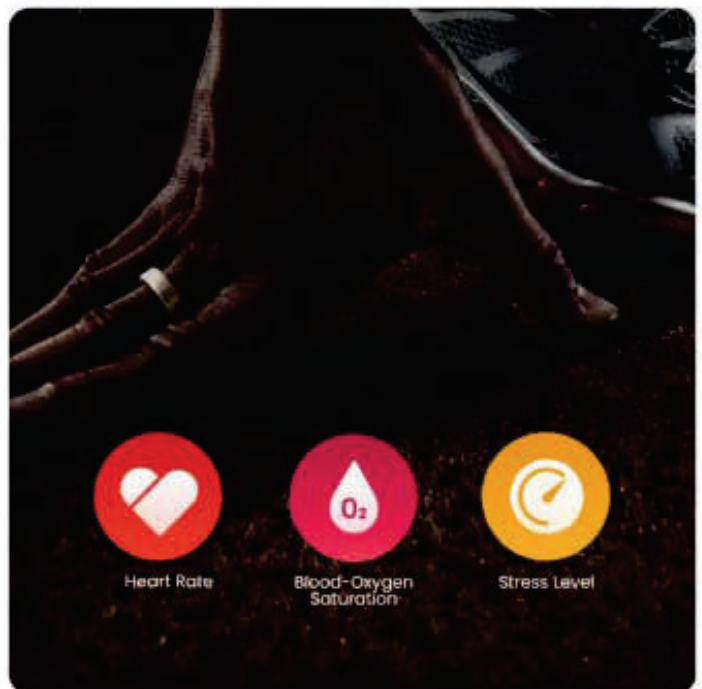
In the Zepp App, log whether the detected emotion accurately matches how you're feeling. The more you log, the more accurately your summary will reflect your emotional state.

Note: This function needs to be installed via software update. Auto Emotion Monitoring needs to be enabled in the Zepp App, and may result in shorter battery life.

Keep Your Finger on the Pulse of Health

As a smart wearable worn on the finger, the Amazfit Hello Ring can read your pulse clearer for even more accurate heart rate, blood-oxygen and stress tracking.

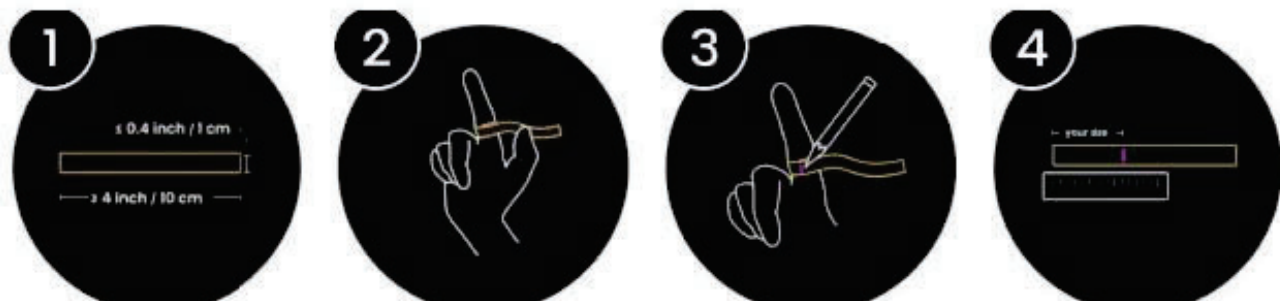
As a result, you'll have an even clearer picture of your mental and physical recovery. It's an elite health tracker for elite athletes.



Measurement Methods

Paper Strip Measurement Method

String Wrapping Method



Size	Finger Circumference (inch)	Finger Circumference (mm)
8#	2.37	60.3
10#	2.6	66
12#	2.8	71.3

Frequently Asked Questions

- Does the Hello Ring work with Apple iPhone and Android mobile phones / devices? +
- How to Monitor Your Sleep with the Amazfit Hello Ring? +
- How long does the Amazfit Hello Ring battery last? +
- How long does it take the Hello Ring to charge? +
- Is the Hello Ring waterproof? If so, how deep can it go? +
- Why doesn't the Hello Ring package include a USB-C cable? +
- My Amazfit device's Bluetooth keeps disconnecting from my mobile device, how do I fix this? +

Tech Specs

- Design +
- Battery +
- Sensors +
- Packing List, Supported Devices & Application +

Sports & Health Features

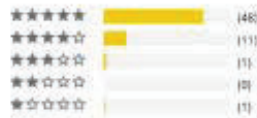
- Sports Features +
- Health Features +

List of Smartwatches that Support Data Fusion

- Performance Series +
- Adventure Series +
- Lifestyle Series +
- Essential Series +
- Zepp Series +
- Notes +
- Statements +

4.7

Based on 61 Reviews



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James Verified by shop
United States

06/25/2025

★★★★★

Ring works well has all the bells and whistles of the more higher end rings. Delivery was prompt and well packaged transaction went well.

Helio Ring - Size 12-27.3mm Diameter

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Was this helpful? 0 0 0



William Verified by shop
United States

04/15/2025

★★★★★

Very nice, it tracks more than I knew it would.

Helio Ring - Size 10-25.7mm Diameter

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Was this helpful? 0 0 0



Eldon Verified by shop
United States

02/10/2025

★★★★★

The ring helps monitor my sleep, which is a huge plus for my health goals for this year and going forward. Definitely worth it!

Helio Ring

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Was this helpful? 1 0 2



Rodolfo Verified by shop
United States

01/26/2025

★★★★★

Fits great and works as described.

Helio Ring - Size 12-27.3mm Diameter

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Was this helpful? 1 0 0



Anonymous Verified Buyer
United States

01/12/2025

★★★★★ Not bad

Overall it's easy to set up and use. The sleep info is lacking a bit. Naps longer than 20 minutes don't always register. If I go to bed and get up before midnight, that sleep data seems lost or on the previous day. If I get up at three, then go back to bed for two hours, that info doesn't often register. It messes up my overall score. I do like the sleep apnea info and the steps seem fairly accurate. I also have to remember to start/end a walk or workout.

Helio Ring

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Was this helpful? 6 1 1

< 1 2 3 4 5 6 7 8 9 10 >



Free Phone App



Battery Saving OS



All Phone Compatible



Industry Awarded



AWS Secure User Data



1 Year Warranty

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