

Amazfit Helio Ring

**BREAKING
LIMITS**

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



English

Own Your Recovery

In-Depth Sleep Monitoring
Mental & Physical Readiness Analysis
Sleep HR 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



Track & Share Your Performance

Sports Data Tracking
Race Prediction Achievements
Sync Data to Fitness Apps



Become Elite in Mind & Body

Heart Rate, SpO₂ & Strides Tracking
EDA Stress Response Monitoring



Your Premium Power-Up

Fast Wireless Charging





"The Amazfit Hello Ring is a gamechanger. My recovery matters as much as my daily training and with Hello, I know exactly what works, and how to get the most from my sleep."

Hendrik Petter
Olympic Marathon Runner



"The secret's out. This ring has completely changed my training and recovery process."

Edyta Lewandowska
Ultra Marathon Runner

No Subscriptions Required.

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

Empowering Your Ascent to Excellence.

When you're competing at the highest level, every percentage point, every fraction of a second, can prove the difference between victory and second place.

Crafted for elite athletes, the Amazfit Hello Ring recognizes that optimal performance is fueled by quality 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.

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.



Crafted for the Best.

Incredibly lightweight and made from skin-friendly titanium alloy, the Amazfit Halo Ring is the ideal sleep tracker for athletes looking to monitor their recovery in comfort.



Titanium Alloy
High-end & Durable



Less than 4g
Ultra-Lightweight¹



2.6mm
Super Slim

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.

Readiness

How well you've recharged ahead of another round of action.

Recovery Time

Whether you're ready for an intense workout today.

Sleep Score

Rating the quality of your night's rest.

Sleep HRV and RHR

How your body reacts to life's stresses, and your cardio fitness level.

Recover Smarter, 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 Monitoring² of



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 Helio 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 insight³ 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 Aura¹ – now free for Amazfit Hello 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.

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 outlines 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 predictions².



Zepp Fitness is totally free for Amazfit Hello 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 sharing³ 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: 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 accurate⁷ 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.



Heart Rate



Blood-Oxygen Saturation



Stress Level

Ready to Break Limits? Sign Up Now.

Sign up with your email, and join an exclusive club of athletes who we'll keep posted about the latest coupons, promotions, and product updates for the Amazfit Hello Ring.

Make sure to follow Amazfit on social media, and join fellow athletes in our sports and outdoor communities on Facebook. Together, we'll show that limits are made to be broken.



Measurement Methods

Paper Strip Measurement Method



Cut a strip of paper long enough to fit around your index finger.

String Wrapping Method



Wrap the paper around the finger for a natural fit, not too tight. Aim for a comfortable yet snug fit.



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



Straighten the paper strip and measure the length from tip to pencil mark. The result is your ring size measurement.

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

If you have any questions about purchasing or using our products, feel free to contact us at:
<https://www.smaadfit.com/pages/contact-us>

Technical Specifications

Design

Colors

Titanium

Dimensions

8mm - Width
2.8mm - Thickness

Sizes and Weight

Size 8 - 3.65g
Size 10 - 3.75g
Size 12 - 3.83g

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™ HRV heart rate sensor
(1 dual-color LED + 2PD)
Temperature sensor
EDA sensor

Movement

3-Axis Acceleration Sensor
3-Axis gyroscope

Packing List	Connection	BLE
	King, Wireless charger, Instruction manual	
Supported Devices	Android 7.0 and above, iOS 14.0 and above	
Application	Zepp App	
Sports & Health Features		
Sports Features	Sports Coach	Zepp Fitness Membership
	Advanced Running Support	Race achievement, Predictions
	Sync to 3rd Party Fitness Apps	odidas Running Strava Kicimoto Relive Google Fit Apple Health
	Sports Modes	4
Health Features	Readiness	Readiness score Readiness Insights
	Health Monitoring	Heart rate Blood-oxygen saturation Stress level
	Sleep Quality Monitoring	Sleep stages (including REM) Daytime naps Sleep breathing quality Sleep score Zepp Aura
	Other Health Features	PAI health assessment system Heart rate recovery Menstrual cycle tracking