

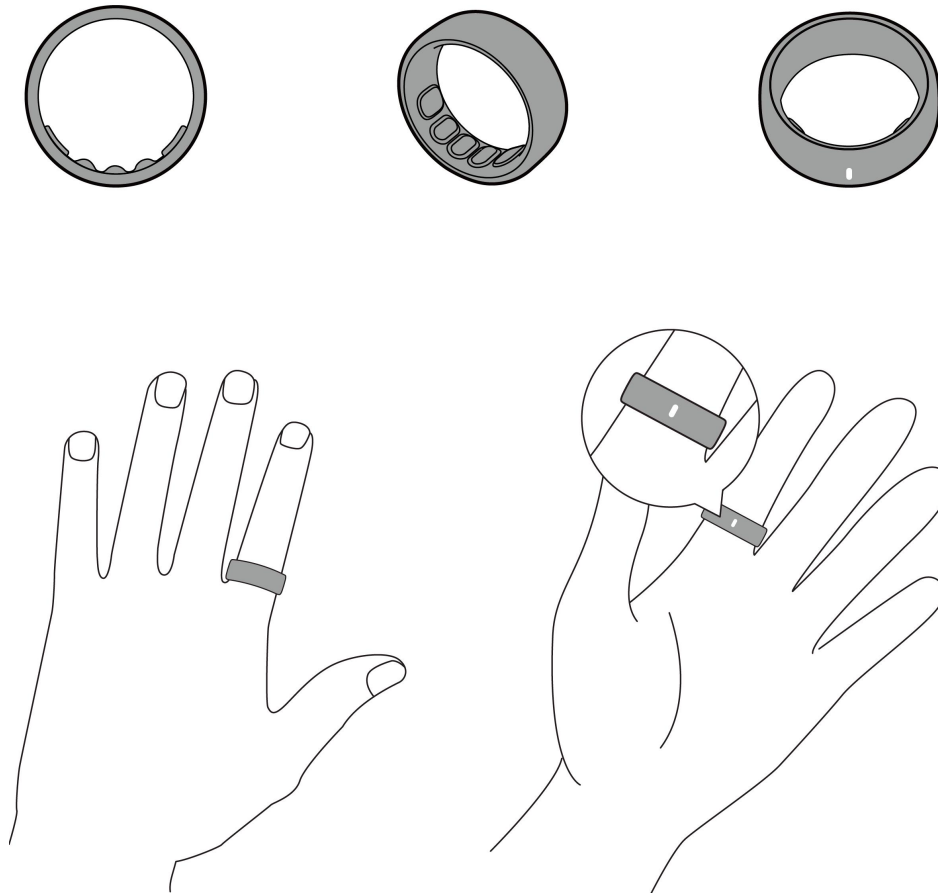
Amazfit Helio Ring User's Manual

1. Connection and pairing

1. Download the Zepp APP on your mobile phone and log in.
 - For iOS, please download the Zepp app from the Apple App Store.
 - For Android, please download the Zepp app from the Google Play Store.
 - Search the keyword "Zepp" in the store to download and install the Zepp app. There are 6 methods to register an account (Xiaomi Account, WeChat, Google, Facebook, Line, and email). Use one of the above methods to create an account.
2. Place the ring on the charging dock and connect it to the power supply. At this time, the light on the charging dock is in blue breathing mode.
3. Go to Zepp APP > Profile > My devices > Add > Ring. Then follow the Zepp APP page to search for the pairing the ring.

2. How to wear correctly

How to wear correctly



- Please ensure that the ring fits snugly around the base of your finger, with the sensor ideally positioned on the fingertip.
- We recommend wearing the Helio Ring on the index finger for optimal performance and accuracy.
- If wearing on the index finger is not suitable and you need to wear it on the middle or ring finger, please still ensure the ring meets the above requirements, ensuring a secure and comfortable fit.
- It is not recommended to be worn on the thumb, where test data has shown that the accuracy of data monitoring is lower than on other fingers.

3. Daily use tips

Battery and Charging

- When the ring's battery level drops to 30% or 10% and the ring is connected to the App, the App will push a message informing you that the battery level is too low. To make sure the low battery alert can be pushed, please try to keep the App running in the background;
- The more data you monitor, the more power you consume. If you find the battery

draining too fast, you can try to turn off the unwanted monitoring data first;

- When charging, you need to place the ring on the charging cradle correctly, i.e. the engraved line on the ring should be aligned with the engraved line on the charging cradle.

Charging Cradle Indicator Lights

Off

The charging cradle is not plugged in;

White

- Bright: Charging is complete when the ring is paired;
- Breathing: the ring is charging in the paired state.

Blue

- Always on: the ring is not paired, charging is complete;
- Breathing: the ring is charging when it is not paired;
- Blinking: the ring is ready to be paired on Bluetooth and a pairing request is received from the App.

Red

The ring or the charging cradle is malfunctioning. You can do the following. If you can't recover, please contact the after-sales service.

- You can try plugging and unplugging the charging cable so that the charging cradle is disconnected and then energized;
- Insert the card pin into the thin hole of the base using the card pin and press the top long enough in order to restart the ring;
- Adjust the position of the ring so that the markings on the ring are aligned with the markings on the charging cradle.

Cleaning

- Use soft, dry, lint-free cloth for cleaning.
- If your ring comes into contact with substances that may form stains or cause other damage (e.g., soaps, shampoos, conditioners, lotions, perfumes, solvents, detergents, acidic or sour foods, pesticides, sunscreens, oils, or hair dyes), clean your ring with a damp cloth slightly moistened with water, then dry it with a soft, dry, lint-free cloth.
- Clean the surface of the ring with a dry cotton swab.
- Do not use sharp objects or abrasive materials to clean your ring.
- If necessary, you may use 70% isopropyl alcohol wipes, 75% ethanol wipes, or disinfectant wipes to gently wipe the outside surface of the ring.

- Do not immerse the ring in any cleaners or sanitizers.

Storage

Store your ring in a dry, clean environment. Avoid storing in direct sunlight or in extreme heat or cold.

4. Explore more features

Health Monitoring

- The ring provides rich health monitoring functions, the ring defaults to turn on some functions, if you need to turn on more functions, you can go to App-Profile-My Device-Health Monitoring to set up. Tips: Turning on more features will reduce the battery life of your ring.
- The ring will monitor according to your health monitoring settings and the results can be viewed in the App.

Data Fusion

- It can be activated and used at the same time with a watch or a bracelet. When the devices generate and synchronize data at the same time, the App uses advanced algorithms for intelligent data fusion. In this way, the data displayed in the App will be closer to the actual situation. However, it is worth noting that the merged data in the App may differ from the display on the device.

workoutFunction

- In App - Workout - Start Workout, select the type of workout you need to record, the ring will continue to generate data such as heart rate, steps, etc. during the workout, keeping the connection between the App and the ring, these data will be transmitted back to the App, and will be displayed and recorded by the App.

5. Understanding your data

Training Recovery suggestions

The Training Recovery card on the App's home page displays a summary of important data related to training recovery, including: Sleep, Physical and Mental Readiness, Sleep Resting Heart Rate, Sleep Heart Rate Variability, and Full Recovery Time, and can be combined to give an evaluation of the current Training Recovery Status as well as a recommendation based on all of this data.

Since the evaluation and recommendations are generated by combining all the data, they may differ from the evaluation and recommendations of the individual data.

It is necessary for all data to produce data to give recommendations, and the full recovery time is produced during workout, so if the ring is used alone, it is necessary to open the workoutmode from the app to record while exercising. If the ring is used in conjunction with a watch band, you can use a watch band that supports the full recovery time function to initiate workout from the watch band.

Full Recovery Time

Recovery is a crucial part of the training cycle that is often overlooked. Prolonged failure to allow adequate recovery time can lead to overtraining syndrome, which manifests itself in decreased athletic performance, persistent fatigue, and weakened immunity. The early stages of overtraining usually show only mild symptoms, such as poor sleep quality, altered hunger and mild anxiety, but can evolve into more serious problems if recovery measures are not taken in a timely manner.

Estimated recovery time refers to the length of time it takes to return to almost full strength after a workout and to be able to start the next high-intensity workout. During this time period, low-intensity activities are recommended to promote recovery while avoiding high-intensity training. During the recovery period, proper cooling and stretching, easy workouts such as walking or swimming, and adequate rest and sleep should be taken. At the same time, pay attention to dietary adjustments, maintain adequate water intake, and avoid high-sugar foods and caffeinated beverages.

It is important to note that recovery time is affected by the load in training and this load decays over time. Therefore, monitoring the body's response and recovery process is essential to avoid overtraining and optimize the training program. Understanding and adapting to an individual's recovery needs can be effective in improving training outcomes and preventing potential injuries.

Readiness

Readiness scores are a balance of parts of five components: physical energy, cognitive energy, HRV, RHR and respiratory quality. When these components are balanced, which means your battery is fully charged, your readiness score will be high. This means you're likely ready for a high-intensity workout or will have better focus at work. If your readiness score is below optimal levels, this could indicate that your body needs to rest and recover.

Sleep

Sleep is an integral part of the human body and is vital for maintaining health and restoring physical and mental performance. Good quality sleep can enhance daytime vigor, cognitive function and mood management. However, a variety of factors such as irregular living habits,

environmental disturbances and physical conditions may affect the quality of sleep.

First, the quality of sleep directly affects one's health and daily life. During sleep, the stages of deep sleep and rapid eye movement (REM) sleep are crucial for body recovery and brain function. Deep sleep helps the body recover its strength, while REM sleep is closely related to memory consolidation and emotional management. Inadequate sleep duration can lead to a range of negative effects such as memory loss, mood swings, decreased immunity, and even accelerated aging process.

Secondly, maintaining a regular sleep schedule is extremely important to promote healthy sleep patterns. Irregular sleep disrupts the body's biological clock and increases the risk of many diseases. Therefore, establishing regular bedtime preparation habits and wake-up times, and avoiding excessive use of stimulants and light-screen devices are effective ways to ensure sleep quality.

Breathing problems during sleep, such as hypoventilation events, can seriously affect sleep quality. Snoring and sleep apnea not only disrupt sleep patterns, but can also be a sign of underlying health problems. Therefore, sleep breathing quality can be significantly improved by sleeping on your side, avoiding alcohol and maintaining a healthy weight.

For modern people who are sleep deprived, napping is an effective remedy, but it should be limited to 20 minutes or less to avoid interfering with the quality of nighttime sleep. And when it is difficult to fall asleep again after waking up at night, it is recommended to engage in light activities such as reading or listening to soft music until you feel sleepy again.

Finally, using smart devices to monitor sleep patterns can provide valuable feedback to help users understand their sleep quality and adjust accordingly. Data analysis of sleep scores and sleep regularity can visualize sleep quality and guide users to take improvement measures.

In conclusion, through the above methods, sleep quality can be effectively improved, thus enhancing the quality of life and physical and mental health. Adequate, high-quality sleep should be an important part of everyone's pursuit of a healthy lifestyle.

Heart Rate

Heart rate is the number of heartbeats per minute, is an important physiological indicator reflecting an individual's heart health and physical activity level. A normal adult's quiet heart rate is generally between 60 and 100 beats per minute. By continuously monitoring heart rate, wearable devices can help users understand their heart health and physical response in real time, so that they can make reasonable adjustments to workout intensity regulation, stress management and sleep quality improvement.

Continuous heart rate monitoring is valuable for early detection of heart disease risks, optimizing personal health plans and improving quality of life. For example, in physical workout, heart rate data can ensure that users train within a safe heart rate zone to avoid injuries caused by over-training; in daily life, by analyzing heart rate changes, wearable devices can also help users monitor possible health problems, such as irregular heartbeats, and take timely measures. In addition, the long-term accumulation of heart rate data can

also provide doctors with important health information to assist in the diagnosis and treatment of diseases. In short, continuous monitoring of heart rate is an important tool for improving personal health management.

Sleep RHR

Your nocturnal resting heart rate (RHR) is the number of heartbeats per minute while you sleep.

In general, a lower resting heart rate indicates better health because your heart is functioning more efficiently. A lower resting heart rate also helps your body accomplish more challenging physical activities (such as high-intensity workout). However, a very low or very high resting heart rate can be a sign of underlying illness, stress, anxiety or behaviors such as caffeine intake, changes in workout or irregular sleep schedules. If your resting heart rate is very low or very high, watch for symptoms such as dizziness, shortness of breath, and fatigue, and take breaks as necessary.

Sleep HRV

The variation between heart beats is called heart rate variability (HRV). A healthy heart can consistently speed up and slow down when the environment changes or the body is stressed. A characteristic of a healthy heart is rhythmic variability, meaning that the heart does not always beat at the same pace.

We define a personalized range for your HRV. Within this range, a higher HRV indicates that you are less stressed and your body can adapt well to changes.

SpO2

Blood oxygen saturation, usually expressed as SpO₂, is the percentage of oxygen-carrying red blood cells in the blood and reflects the ability of body tissues to obtain oxygen. Normal adult oxygen saturation levels should be between 95% and 100%. During sports training and high-intensity activities, monitoring blood oxygen saturation can provide athletes with critical physiological feedback to help them optimize training results and avoid overtraining and hypoxia.

By monitoring oxygen saturation, athletes can determine if they are achieving optimal training conditions. When oxygen saturation levels fall below normal, it may indicate that the body is in a hypoxic state, which is more common when training at high altitude or performing high-intensity anaerobic workout. Persistently low blood oxygen levels can lead to reduced training effectiveness and even damage to health. Therefore, by monitoring blood oxygen saturation, athletes and coaches can more accurately adjust their training programs, such as changing the intensity of training, increasing recovery time, or employing other strategies to improve the body's efficient use of oxygen. In addition, oxygen saturation monitoring is especially important for athletes training in special environments, such as high

altitude, where it can help them better adapt to the environment and optimize training results.

VO2Max

Maximum oxygen uptake (VO2Max) refers to the volume of oxygen consumed per unit of body weight per unit of time during maximum intensity workout. Maximum oxygen uptake is an important indicator of the body's aerobic capacity, the stronger the aerobic capacity, the greater the value. Our wearable device can estimate your maximal oxygen uptake for running on a flat surface at low altitude based on your personal information and data such as heart rate, speed and altitude during workout, thus giving you an evaluation of your aerobic capacity.

Training load

After each workout, we measure your workout volume by calculating a single-repetition load based on your EPOC (post-workout excess oxygen consumption) profile. The longer and more intense the workout, the higher the score.

We calculate the workout load based on all your single loads in the last 7 days to measure how much recent workout has taxed your body.

If the value is low, it will not help much to improve athletic ability; if the value is high or too high, the body will be more tired, which is not only not conducive to effective improvement of athletic ability, but also may cause more athletic risks. If you want to keep improving your workout capacity within your body's tolerance range, it is recommended to keep the workout load in the moderate range.

The moderate range is calculated based on your recent and long-term workout data, and will become more and more accurate as you use it.