

# Helio Strap User Manual

## Connect and pair

### Download and install the Zepp App:

Scan the QR code in the instruction manual with your mobile phone, download and install the Zepp App. For a better experience, please upgrade the App to the latest version as prompted.

**Note:** The mobile system requires Android 7.0 or iOS 14.0 and above.

### First pairing:

1. Place the device on the charging base. Keep the charging base powered on. When the LED indicator on the device lights up, it means the device has been successfully turned on.
2. Open the Zepp App on your phone, click [Device] - [Add] - [Add Device] - [Band] - [The Band Has No QR Code] in sequence to start Bluetooth search and connect the device.

### Pair with a new phone:

1. Complete the device data synchronization on the Zepp App of the old phone.
2. On your old phone, go to the device information page of the device you want to re-pair, and click the "Unbind" button at the bottom to unbind it. If you are using an iOS phone, after unbinding the device in the Zepp App, you need to unpair the device from your phone. Please go to Settings - Bluetooth, find the device's Bluetooth name, click the icon on the far right of the name, and then click "Forget this device".
3. Pair the device with the new phone according to the first startup process.

## Device system update

1. Keep the device connected to your phone, open the Zepp App > Device > Helio Strap > System Update to check or update the device system.
2. It is recommended to click "Update now" when the device receives a system update push.

## Wear the device

1. Wear the band neither too tight nor too loose to allow your skin to breathe. This will keep you comfortable and allow the sensors to work properly.
2. Wear the device correctly and do not wear it on the wrist joint. Affected by external factors (such as hanging arms, shaking arms, thick arm hair, tattoos, etc.), the measurement results may be inaccurate or no measurement value may appear.
3. It is recommended to tighten the strap during exercise and loosen it appropriately after exercise.

## Basic operations

### 1. Cancel alarm vibration

If an alarm is set, the device will vibrate continuously at the corresponding time point. Tap the device continuously to stop the vibration.

### 2. Device Restart

If the device fails to connect or synchronize data properly, power on the charger and repeat the following steps 5 times within 10 seconds: Place the device on the charger and remove it immediately after the LED lights up.

## Notifications and Reminders

### Device vibration reminder

Scene	Vibration reminder
Turn on	After turning on, the device will vibrate briefly to remind you
Shut down	After the device is turned off, the device will vibrate for a long time to remind
Device pairing successful	During the device binding process, if the device is successfully paired, a short vibration reminder will be given
Device pairing failed	During the process of binding the device, if the device pairing fails, a short vibration reminder will be given
Low battery reminder	When the remaining power is less than 20%, 10%, 5%, the device will vibrate briefly to remind you

Alarm	After setting the alarm clock, the device will vibrate continuously for 60 seconds at the corresponding time point
Find device	When you click "Find Device" on the Zepp App, the device will vibrate continuously for 60 seconds
System Upgrade	During the system upgrade process, when the upgrade is completed or fails, the device will vibrate briefly to remind you

## Device LED light reminder

Scene	LED light reminder
Turn on	After the device is turned on, the red light flashes
Charge	<p>During charging, the device will flash according to the remaining battery level.</p> <ul style="list-style-type: none"> <li>• When the remaining power is less than 20%, the red light flashes</li> <li>• When the remaining power is between 20% and 80%, the blue light will flash.</li> <li>• When the remaining power is between 80% and 100%, the green light will flash</li> <li>• When the battery is fully charged, the green light will stay on</li> </ul>
Low battery reminder	When the remaining power is less than 20%, 10%, and 5%, the device will turn on the red light for 60 seconds

## Exercise

### Sports Mode

The device supports more than 27 sports modes, including running and walking, cycling, indoor sports, and HYROX sports.

## Select a sport

In the Zepp App, click on [Workout] - the arrow next to [Start Workout] to enter the sports list page, and click on the specific sports item to enter the sports preparation page.

## Start exercise

After entering the sports preparation page, click "Start" to start the exercise. Please keep the device connected during the exercise.

## Motion operation

### Pause / Continue

Click the pause/resume button on the sports page of the Zepp App to pause or resume the sports.

### End

On the Zepp App's sports page, long press the end button to end and save the current workout. Since the detailed workout metrics in the workout record are calculated in real time by the device, you need to keep the Bluetooth connection active when ending the workout. Otherwise, the device cannot be notified to end the workout.

## Motion Settings

On the exercise preparation page of the Zepp App, click the settings button in the upper right corner to set this exercise mode. The settings supported by different exercises vary.

### Text to Speech

When enabled, the APP will voice broadcast information such as whole kilometers, pace, and heart rate during exercise.

### Pause automatically

Automatically detect the motion pause state, and then the APP automatically switches to the pause state.

### Keep screen on

Keep the screen on during the workout.

### Pace alert

When the speed is lower than the set minimum speed during exercise, the device will vibrate to remind you.

### Speed reminder

When the speed is lower than the set minimum speed during the exercise, the device will vibrate to remind you.

### **Metronome**

During the exercise, the APP emits a "beep" sound according to the metronome frequency set by the user to guide the user to control the pace frequency rhythm.

### **High heart rate alert**

If the device detects that your heart rate exceeds the maximum heart rate you set during exercise, it will vibrate to remind you to slow down or reduce the intensity of your exercise to keep your heart rate within the maximum heart rate.

## **Workout Detection**

You need to turn on in Zepp App> Device> Helio Strap> Workout Detection. After turning it on, the device will automatically recognize the activity status by continuously monitoring the high heart rate, and there is no need to actively start the exercise through the Zepp App.

Support setting the sensitivity. The higher the sensitivity, the faster the motion recognition time. The lower the sensitivity, the longer the recognition time. You can choose according to your personal needs.

After the motion recognition function is enabled, the device continuously monitors the motion state, which will greatly reduce the battery life.

## **Movement Record**

After the workout, the workout records will be synced and saved to the Zepp App, and displayed in [Workout] - [Workout Records].

## **Physiological Index Explanation**

The device provides a wealth of sports physiological indicators, and the scores evaluated can provide corresponding references for your sports. These indicators can be viewed in the sports record or sports status application, including the current training load, full recovery time, maximum oxygen uptake data, training effect, etc.

For detailed explanations of training load, full recovery time, and VO2 max, refer to the "Exercise Status" app.

## **Training Effectiveness (TE)**

The exercise effect (abbreviated as TE) is an indicator used to measure the effect of exercise on improving aerobic exercise ability. When wearing the device for exercise,

the TE score will increase from 0.0 and accumulate as you exercise. The score range is 0.0-5, and different score ranges represent different effects. The higher the score, the greater the intensity of exercise and the greater the pressure on the body, but it also indicates that the effect of this exercise may be better. Of course, when TE reaches 5.0, attention should be paid to whether the body load is too high.

<b>Aerobic TE Score</b>	<b>Effect on enhancing aerobic capacity</b>
0.0-0.9	This exercise has no effect on aerobic capacity enhancement
1.0-1.9	This exercise helps to improve endurance and is also suitable as a recovery exercise after a workout
2.0-2.9	This exercise is helpful for maintaining aerobic capacity
3.0-3.9	This exercise significantly helps enhance aerobic capacity
4.0-4.9	This exercise has a significant effect on the enhancement of cardiopulmonary capacity and aerobic capacity.
5.0	Non - professional players should do a good job in post - exercise recovery.

<b>Anaerobic TE Score</b>	<b>Effect on improving anaerobic exercise capacity</b>
0.0-0.9	This exercise has no effect on the anaerobic capacity enhancement
1.0-1.9	This exercise has a minor effect on improving anaerobic exercise capacity
2.0-2.9	This exercise is helpful for maintaining anaerobic exercise capacity
3.0-3.9	This exercise is helpful for improving anaerobic capacity
4.0-4.9	This exercise has a significant effect on the enhancement of anaerobic exercise capacity
5.0	Non - professional players should recover after exercise

The TE score is evaluated based on your personal information, heart rate and speed

during exercise. A low TE score does not mean there is something wrong with your exercise, but it only indicates that the exercise is relatively easy and has no significant effect on enhancing aerobic capacity (for example, if you jog for an hour, the TE score will still be very low).

### **How to obtain it?**

For all sports that can monitor heart rate data, the TE score will be presented after the end of the exercise, and relevant evaluations or suggestions will be provided. You can also view it again in each exercise record later.

## **Exercise Status**

The data in the exercise state includes exercise load, full recovery time and maximum oxygen uptake. The device will calculate these indicators based on your personal information and the data generated during exercise. As the device is used and data accumulates, we will have a better understanding of your body and exercise data, and the evaluation of these indicators will become more and more accurate.

## **Maximal oxygen uptake (VO<sub>2</sub> Max)**

Maximal oxygen uptake refers to the amount of oxygen that the human body can take in during maximum intensity exercise. It is an important indicator of the body's aerobic exercise capacity. As one of the important reference data for endurance athletes, a high level of maximal oxygen uptake is the basis for a high level of aerobic exercise capacity.

The maximum oxygen uptake is relatively personalized, and there will be different reference standards for different genders and age groups. The device will evaluate your exercise ability based on your personal information, heart rate and speed generated during exercise, and will change as your exercise ability changes. Of course, everyone has their own upper limit of maximum oxygen uptake, which is determined by the individual body.

The VO<sub>2</sub> max score corresponds to seven different levels of fitness: novice, beginner, fair, moderate, good, excellent, and superior.

### **How to get it:**

1. Enter accurate personal information in the app;
2. Wear the device and run outdoors or cross-country for at least 10 minutes, and generate a heart rate value that reaches 75% of your maximum heart rate.

### **How to view:**

You can view your current VO<sub>2</sub> max in the Zepp App's sports status, as well as your historical VO<sub>2</sub> max and trends.

## **Exercise load**

The exercise load is calculated based on your EPOC (excess post-exercise oxygen

consumption). The longer and more intense the exercise, the higher the value. We have counted the total exercise load in the past 7 days to show the burden on your body caused by your recent exercise.

There are three intervals for exercise load, namely: low, moderate and high.

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

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

#### **How to get it:**

Start the exercise mode on the device to exercise. When the exercise volume reaches the minimum unit of the minimum exercise load, the exercise load of the current exercise can be obtained. The accumulated exercise load in the past 7 days can be viewed in the exercise status of the APP.

#### **How to view:**

You can view the current exercise load in the exercise status of the Zepp App, and you can also view the historical exercise load and its changing trend.

## **Full recovery time**

The full recovery time is the recommended time for the body to fully recover. After each exercise, recovery suggestions will be given based on the latest exercise heart rate to help you recover better and arrange your exercise reasonably to avoid sports injuries.

<b>Full recovery time</b>	<b>Exercise advice</b>
0 - 18 hours	You have completed or nearly fully recovered and can perform slightly higher intensity improvement training
19-35 hours	You can train as usual and prepare to strengthen your physical fitness again
36-53 hours	Appropriately reducing the training intensity allows you to reap the benefits of the previous workout. You can do some recovery exercises to relieve physical fatigue.
54 - 96 hours	Taking appropriate rest allows you to reap the benefits of your previous high-intensity workout

# Activity and Health

## Body Power

### What is body electricity?

Body Battery measures the change in your body's energy throughout the day. It calculates a score based on data such as night-time sleep, daytime rest, heart rate variability, resting heart rate and activity levels. Daily activities, exercise and stress can all deplete your Body Battery, while sleep and relaxation help to recharge it. For a more accurate assessment of your Body Battery, we recommend wearing your device throughout the day. If you have multiple devices paired, the data from all devices will be combined to calculate your Body Battery score.

### What is the morning charge?

Morning body battery is the body battery score you have when you wake up in the morning. It reflects your physical and mental readiness for the new day. It is calculated based on your night's sleep, heart rate variability, resting heart rate and activity data from the last three days. Usually after a night's sleep, your body battery score is highest when you wake up in the morning. A high morning body battery score means you may be ready for a strenuous workout or better focus at work. A low morning body battery score may mean your body needs rest and recovery.

### Why is the body battery score inaccurate in the first few days?

During the first 7 days of wearing the device, we will establish a base line model for your various indicators. The evaluation during this period is estimated based on the average data of most users, so it may not fully reflect your actual situation. But when you continue to wear it for 7 days, the system will create a base line model specifically for you.

## Sleep

When you wear the device to sleep, it will automatically record your sleep information. The device can record both night sleep and naps. The device will identify sleep based on your sleep plan. Sleep that overlaps with the planned period of the day will be recorded as the main sleep of the day. If no plan is set, 0:00-8:00 will be used as the default identification period. Sleep that is more than 60 minutes apart from the main sleep will be recorded as a nap. Sleep less than 20 minutes will not be recorded.

### Assist Sleep Monitoring

Click [Health Monitoring] on the device management page in the Zepp App to enter the health settings page, where you can turn on auxiliary sleep monitoring. When the device detects that you fall asleep, it will automatically record more sleep information, such as the REM sleep stage.

### Sleep Apnea Monitoring

Click [Health Monitoring] on the device management page in the Zepp App to enter the health settings page, where you can turn on sleep breathing quality monitoring. When the device detects that you fall asleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

## Heart Rate

Heart rate is an important indicator of physical condition. Higher frequency heart rate measurements help capture more heart rate changes and provide reference for a healthy lifestyle. To ensure the accuracy of the measurement, please wear the device correctly according to the wearing instructions, keep the wearing part of the device clean, and avoid applying sunscreen.

After the device is paired, the device automatically and continuously measures the heart rate throughout the day. You can view information such as the heart rate curve, resting heart rate, heart rate variability, and heart rate zone distribution in the Zepp App.

### Heart Rate Warning

When your heart rate is higher or lower than the limit for 10 consecutive minutes while you are at rest (except during sleep), the device will alert you.

### Heart rate push

After the heart rate push function is enabled, third-party Bluetooth devices can search for and connect to this device and obtain the heart rate data measured in real time by this device.

## Blood oxygen

Blood oxygen is an important physiological parameter of the respiratory cycle.

### Automatic blood oxygen monitoring

After turning on the automatic blood oxygen monitoring switch in the [Health Monitor] of the Zepp App, the device will automatically measure your blood oxygen and record the changes in blood oxygen throughout the day when you are at rest.

### Low blood oxygen warning

When your blood oxygen saturation level is below the set value for 10 minutes in a row (except during sleep), the device will remind you.

1. After the automatic blood oxygen monitoring is turned on, the low blood oxygen warning function can be enabled;
2. In the low blood oxygen warning of the blood oxygen setting, you can adjust the warning value or turn off the warning function.

## **Precautions for blood oxygen saturation measurement**

1. Wear the device one finger width away from the wrist bone (ulna prominence);
2. Wear the device tightly, preferably with a slight sense of oppression;
3. Factors such as hair, tattoos, shaking, low temperature, and incorrect wearing may affect the measurement results and even lead to failure of value output;
4. The measuring range of this product is 78%-100%. This function is for reference only and should not be used as a basis for medical diagnosis. Please consult a medical institution if you feel unwell.

## **Stress**

Stress is calculated by the change of heart rate variability value, which is an indicator to evaluate the change of physical state. Usually, when the stress is high, you should take appropriate rest.

### **Automatic Pressure Monitor**

After turning on the automatic stress monitor switch in the [Health Monitor] of the Zepp App, the device will automatically measure stress every 5 minutes and record the stress changes throughout the day.

### **Relax reminder**

The device will alert you if the stress remains above the limit for 10 minutes in a quiet state (except during sleep).

1. After the automatic pressure monitoring is turned on, the stress relief reminder function can be enabled;
2. In the stress settings, turn on the pressure relief notification to receive reminders.

## **PAI**

PAI Vitality Index is a personal physiological activity indicator. Based on heart rate data, combined with multi-dimensional dynamic comprehensive evaluation of daily activity intensity and personal physiological data, it is converted into an intuitive PAI value through an algorithm. It does not rely on single item data, allowing you to comprehensively understand your physical condition.

You can earn PAI points through daily activities or exercise of a certain intensity. According to the results of the HUNT Fitness Study \*, maintaining a PAI score of 100 or higher is associated with a lower risk of cardiovascular disease and a longer life expectancy. For more information, please visit Zepp App > PAI > PAI Q&A.

\*HUNT Fitness Study: This study is a sub-project of the HUNT study, led by

Professor Ulrik Wisloff of the School of Medicine at the Norwegian University of Science and Technology. The HUNT study has been ongoing for more than 35 years and involves more than 230,000 participants.

## **Menstrual Cycle**

Track your menstrual cycle to help you understand your physiological patterns. Before using the menstrual cycle function, you need to set the start date of your last menstrual period, the number of days in your menstrual period, and the number of days in your menstrual cycle in the Zepp App.

### **Menstrual Cycle Prediction**

The Period Tracker app will use your data to predict your period, fertile days, and ovulation. This feature is not a substitute for contraception or medical advice.

## **Device Settings**

### **Alarm**

You can add an alarm clock in Zepp App> Device> Helio Strap> Alarm. You can add up to 10 alarm clocks.

After the set alarm time is reached, the device will vibrate. At this time, you can cancel the vibration by continuously tapping the front of the device.

### **Connect to Amazfit Balance 2**

1. Open Zepp App >Device > Helio Strap,enable Heart rate push function;
2. Amazfit Balance 2> Slide down on the watch face interface to control center > Bluetooth >Workout Accessory, then searching Amazfit Helio Strap, click and connect it.