1. How is this ring different from competitors? / What makes this ring more for athletes than anyone else?

- Whereas most smart rings focus on sleep tracking for everyday lifestyle users, the Helio Ring is aimed at high-level athletes who want to understand how their recovery can be optimized for better performance.
- It supports high-level sports features that competitors do not support, like:

1. Our PeakBeats™ algorithm, which offers data like VO_2 Max, Training Load and Training Effect.
2. Race Achievement predictions - which use your historical running data and current physical fitness status to generate predictions for hypothetical 3KM, 2 mile, 3 mile, 5KM, 10KM, half marathon, and full marathon races.
3. Fitness data logged from the ring to the app can be shared to popular fitness apps like Strava, adidas Running, komoot, Relive, Google Fit and Apple Health. Great for athletes who value a sense of community or want to compare their performance to others.
4. Zepp Fitness Membership is available for subscription, which provides detailed weekly and monthly fitness report, and access to a sports-focused AI chatbot that can answer your fitness questions.

- On top of this, the Helio Ring is lighter and slimmer than many competitors, at only 2.6mm thickness and a weight of 4g for size 12 and 3.8g for size 10.

2. How can we see important and specific health statistics without a screen?

All data is synchronized to the Zepp App for review.

3. How does Readiness work?

You wear the ring while sleeping overnight. While you're asleep, the ring will monitor your sleep resting heart rate, sleep heart rate variability, sleep breathing and temperature.
Then the Zepp App will take this data and your previous day's activity data, and convert it into a Readiness score.

4. Where do the Readiness insights come from?

They are generated based on your condition, using a Knowledge Base developed by a team of experts, including Dr. Lisa Meltzer - a licensed clinical psychologist who is board-certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine.

5. Does it have GPS?

No.

6. How can a ring be important for sport recovery?

Smart rings are worn on your finger, and so can read your pulse and biometric data more accurately than a wearable worn elsewhere. This enhanced accuracy is vital for athletes who need to understand all the variables and details of their performance and rest.

7. How long is the battery life?
Current testing suggests that it can last up to five days, but we are awaiting final testing results.

8. Does the Helio Ring need to be used with the Zepp App?
Yes, all of the tracked data will be synced to the Zepp App. It's not compatible with other apps.

9. Is it strong enough to withstand an accidental drop?
An accidental drop from a reasonable height should not affect the ring's operation - as it is made of durable titanium alloy. Likewise, it is being tested for a 10 ATM water-resistance grade, which would mean it can endure the equivalent of up to 100 meters of water pressure.

10. Do I need to have an Amazfit watch for the Helio Ring to work?
The Helio Ring does not require an Amazfit smartwatch to be worn. You can wear it as your only device if you wish. However, both the ring and the watch can be worn together, if that is your preference.

11. How does this ring work with my existing Amazfit sports watch?
If worn together with an Amazfit smartwatch, your data from these two devices can be fused for an even deeper well of data for the Zepp App to draw from. By launch time, the AI in the app should even be able to tell which data from which device is most accurate and prioritize that.

12. Does an athlete need both a smartwatch and ring? And what is the difference between the smartwatch and ring?
Compared to a watch, the ring has the advantage of being worn on the finger, which means it can read your pulse better for even more accurate biometric data tracking - and as a result, you'll have an even clearer picture of your mental and physical recovery.

13. How much does it retail for?
The price will be announced when the product goes on-sale.

14. When will it be available?
The expected launch time is March 2024.

15. Is this a unisex ring?

The Helio Ring is a great companion for athletes of any gender. However, it will only be available in size 10 and 12.

16. Will you be offering rings for female athletes?
In future, there may be rings developed with a greater focus on female users - but right now, we believe that the Helio Ring is a great companion for athletes of any gender.

17. Will all features be available at launch?
The EDA feature will be supported via an OTA update. The sensor is built-in, however the software function related to it will be later after optimization – this may be after the on-sale date, depending on testing.

Open Questions

So tell me a little about this product?
- The Amazfit Helio Ring is designed to support high-level athletes, to whom even a 0.1% margin can prove the difference between victory and defeat.
- Recognizing that performance is fueled by recovery, this insight-led device is empowered by Zepp Health's evolving AI ecosystem to help these users achieve results.
- This smart ring provides the ultimate in recovery monitoring, analysis and guidance for athletes who need every edge to be on top of their game.

How does it work? / What is the tech behind it?
- Through its built-in BioTracker™ PPG sensor, the Amazfit Helio Ring tracks biometric data with the kind of high accuracy only possible in a wearable worn on the finger.
- Data from your workouts and sleep are synced to the Zepp App for your analysis.
- When worn alongside an Amazfit smartwatch, you can set one device as the priority device from which data readings will take precedence.
- If both devices are worn together, data from both can be fused together - for an even deeper well of information for the Zepp App to draw its guidance from.
- As a device primarily focused on recovery, the Amazfit Helio Ring supports our Readiness feature - which takes into account your activity history and sleep conditions. When you wake up in the morning, after having worn the ring while sleeping, all that data is compiled into a Readiness Score, to help you evaluate your mental and physical condition heading into a new day.
- When subscribed to the Zepp Aura rest and wellness service, Readiness also provides personalized insights about your condition, which are generated using a knowledge base created by sleep health experts - led by Dr Lisa Meltzer, a licensed clinical psychologist who is board-certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine.

What makes this different than others?

- While most smart rings on the market are focused on the average smart wearable user, the Amazfit Helio Ring primarily focuses on athletes.
- For all smart rings, sleep quality is a key factor among the users wearing them. However, the Amazfit Helio Ring is really geared towards optimizing the rest quality of sports users who need every possible advantage when it comes to their recovery.
- For these athletes, even a 0.1% performance improvement can prove the difference between victory and second place. And the key to achieving that seemingly small but vital improvement is high quality recovery.
- More than simply improving your sleep quality for everyday wellness, the Amazfit Helio Ring guides you in optimizing the factors relating to your sleep and recovery, in pursuit of the practical result of leveling up your athletic performance.