Amazfit W2321TY2N

Amazfit Helio Smart Ring Health Tracker User Manual

Model: W2321TY2N

1. INTRODUCTION

The Amazfit Helio Smart Ring is a sophisticated health and fitness tracker designed to provide comprehensive insights into your well-being. Crafted from lightweight titanium alloy, it offers comfortable wear while continuously monitoring vital health metrics. This manual provides essential information for setting up, operating, and maintaining your device.

Image: The Amazfit Helio Smart Ring, showcasing its elegant design and integrated sensors.

2. What's in the Box

- Amazfit Helio Smart Ring
- Wireless Charging Case
- USB-C to USB-A Charging Cable
- User Manual

3. Setup

3.1. Sizing

Accurate sizing is crucial for optimal data collection. It is recommended to use a sizing kit to determine the best fit for your finger. The Amazfit Helio Smart Ring is available in various sizes (e.g., Size 8, Size 10, Size 12).
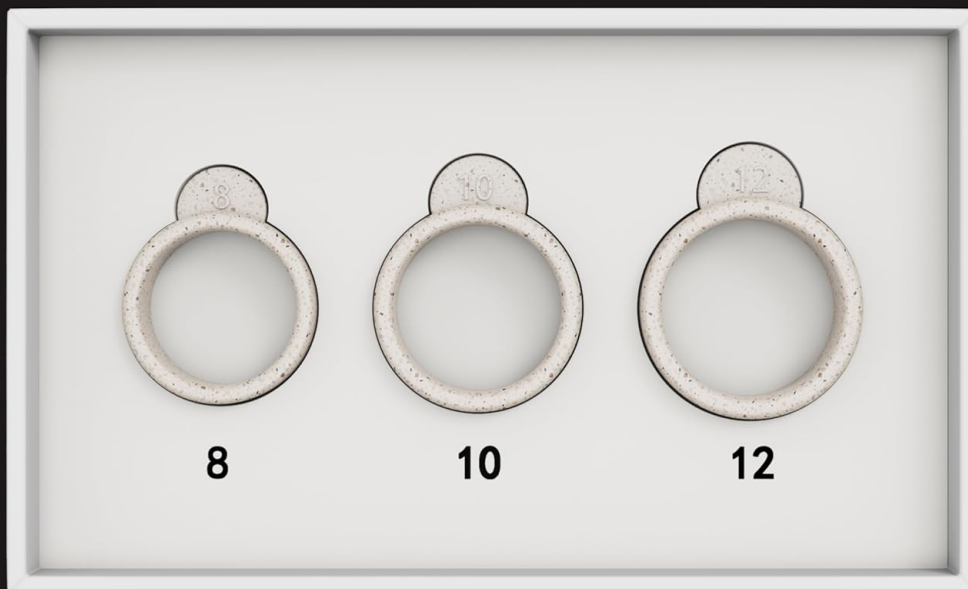

Image: A sizing kit for the Amazfit Helio Smart Ring, displaying different ring sizes to ensure a proper fit.

Your browser does not support the video tag.

Video: An official guide from Amazfit demonstrating how to measure your finger size for the Helio Smart Ring.

3.2. Charging

Before first use, fully charge your Amazfit Helio Smart Ring. The ring charges wirelessly via its dedicated charging case. Connect the USB-C cable to the charging case and a power source. Place the ring inside the case, ensuring proper alignment for charging. A full charge takes approximately 1.4 hours.

Ultra-Lightweight Titanium Alloy

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

Image: The Amazfit Helio Smart Ring placed on its wireless charging case, indicating the charging process.

3.3. App Installation and Pairing

1. Download the Zepp App from your device's app store (available on iOS and Android).

2. Create an account or log in to your existing Zepp account.

3. Follow the in-app instructions to pair your Amazfit Helio Smart Ring. Ensure Bluetooth is enabled on your smartphone.

Download The Free Zepp App
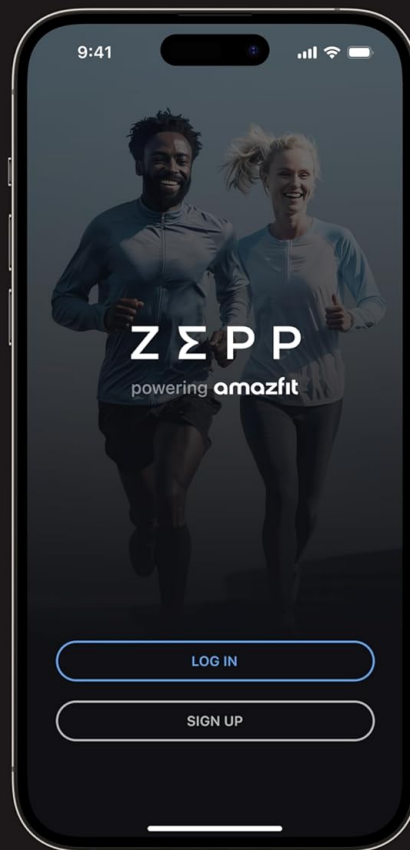
No Subscription Needed

Zepp App

Image: A smartphone displaying the Zepp App interface, highlighting the availability on both App Store and Google Play.

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Video: An official video from Amazfit introducing the Helio Smart Ring and its core functionalities.

4. OPERATING THE SMART RING

4.1. Wearing Instructions

Wear the Amazfit Helio Smart Ring on your index, middle, or ring finger. Ensure the raised sensors on the inside of the ring fit snugly against the base of your finger for accurate data collection. The ring's lightweight design (4 grams) and titanium alloy construction ensure comfort during prolonged wear.
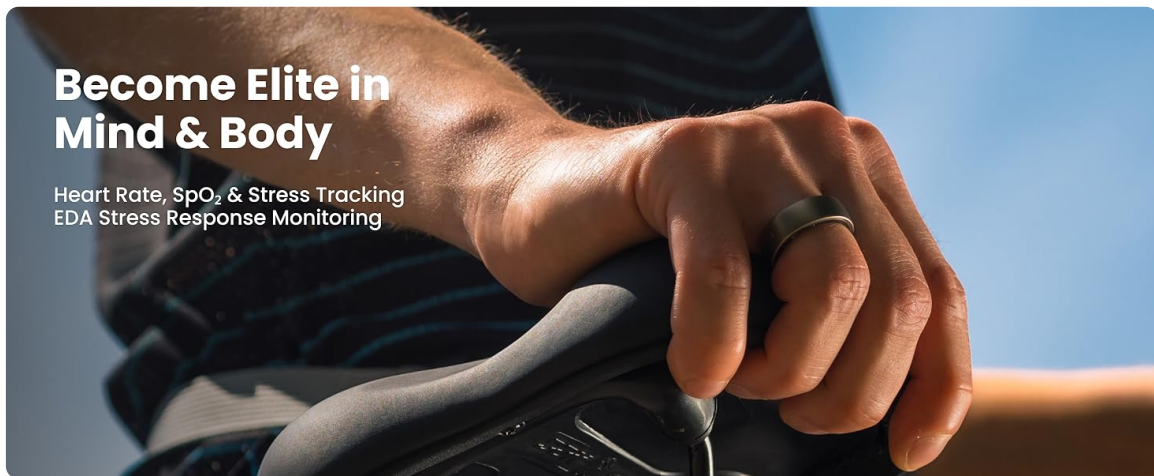

Become Elite in Mind & Body

Heart Rate, SpO₂ & Stress Tracking
EDA Stress Response Monitoring

Image: A hand wearing the Amazfit Helio Smart Ring, demonstrating its subtle presence and ergonomic design for precise tracking.

4.2. Core Tracking Features

- **Sleep Monitoring:** Tracks sleep stages (light, deep, REM), sleep quality, heart rate variability (HRV), and breathing patterns to provide a comprehensive readiness score.
- **Stress Management:** Utilizes an EDA sensor and HRV to monitor stress levels and emotional responses throughout the day.
- **Heart Rate & Blood-Oxygen:** Continuously monitors your heart rate and blood-oxygen levels (SpO2).
- **Activity Tracking:** Records steps, calories burned, distance, and provides fitness data such as VO2 Max and training load.

Image: A person sleeping, wearing the Amazfit Helio Smart Ring, emphasizing its role in advanced sleep monitoring.

Your browser does not support the video tag.

Video: An official video from Amazfit highlighting the recovery features provided by the Helio Smart Ring.

4.3. Zepp App Integration

The Zepp App serves as your central hub for all data collected by the Amazfit Helio Smart Ring. It offers detailed reports, personalized insights, and allows integration with other popular fitness applications. There are no subscription fees required to access the full range of features within the Zepp App.

- View daily, weekly, and yearly health reports.
- Access readiness scores based on sleep, heart rate, and breathing quality.
- Track nutrition with AI-powered logging.
- Sync data to third-party fitness apps.

Image: Multiple smartphone screens showing the Zepp App's detailed health and activity reports, highlighting the absence of subscription fees.

Your browser does not support the video tag.

Video: An official video from Amazfit showcasing the integration of the Helio Smart Ring with the Cheetah Pro Smart Watch and the Zepp App.

5. Maintenance

5.1. Cleaning

To maintain optimal performance and hygiene, regularly clean your Amazfit Helio Smart Ring. Use a soft, damp cloth to wipe the exterior and sensor area. Avoid using harsh chemicals or abrasive materials that could damage the ring's finish or sensors.

5.2. Water Resistance

The Amazfit Helio Smart Ring is swim/shower water-resistant. This means it can withstand splashes, rain, and brief immersion in water. However, it is not recommended for high-speed water sports or diving. Always ensure the ring is dry before charging.

6. Troubleshooting

- **Ring not pairing:** Ensure Bluetooth is enabled on your phone and the ring is sufficiently charged. Try restarting both the ring (by placing it in the charger) and your phone.
- **Inaccurate data:** Verify the ring is worn snugly on your finger with the sensors properly aligned. Ensure the Zepp App is updated to the latest version.
- **Charging issues:** Check that the charging cable is securely connected to both the case and the power source. Ensure the ring is correctly placed in the charging case.
- **App not syncing:** Confirm your phone has an active internet connection and the Zepp App has necessary permissions.

7. Specifications

Feature	Detail
Product Dimensions	1.01 x 1.01 x 0.31 inches
Item Weight	4 Grams (0.141 ounces)
Item Model Number	W2321TY2N
Batteries	1 Lithium Polymer battery (included)
Operating System	Zepp OS
Battery Capacity	20.5 mAh
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	No GPS
Water Resistance	Swim/Shower Water-Resistant

Manufacturer	Amazfit

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Amazfit website or contact their customer service directly. The user manual included in the box also contains detailed warranty terms and contact information.

Related Documents - W2321TY2N

Amazfit Helio Ring User's Manual **1. Connection and pairing** **2. How to wear correctly**	[Amazfit Helio Ring User Manual](#) User manual for the Amazfit Helio Ring, covering connection, pairing, wearing instructions, daily use tips, charging, cleaning, exploring features like health monitoring and workout tracking, and understanding data such as training recovery, readiness, sleep, heart rate, SpO2, VO2Max, and training load.
Amazfit X User Manual (English Edition) Contents	[Amazfit X User Manual: A Comprehensive Guide](#) This manual provides detailed instructions and information on using the Amazfit X smartwatch, covering setup, features, workout tracking, health monitoring, and app functionalities.
Amazfit Bip U Pro User Guide Content	[Amazfit Bip U Pro User Guide: Setup, Features, and Operation](#) Comprehensive user guide for the Amazfit Bip U Pro smartwatch. Learn about device setup, pairing, navigation, health tracking (heart rate, SpO2, sleep, stress), watch apps, workout modes, and daily maintenance.
User Manual of Product 1: Amazfit Bip 3 Smart Watch for Women, Health & Fitness Tracker with 1.69" Large Color Display, 14-Day Battery Life, 60+ Sports Modes, Blood Oxygen Heart Rate Sleep Monitor, 5 ATM Water-resistant (Pink) User Manual of Product 2: Amazfit Bip 3 Smart Watch for Android iPhone, Health Fitness Tracker with 1.69" Large Display, 14-Day Battery Life, 60+ Sports Modes, Blood Oxygen Heart Rate Monitor, 5 ATM Water-resistant (Black)	[Amazfit Bip 3 Smart Watch User Manual: Features, Operations, and Health Tracking](#) Comprehensive user manual for the Amazfit Bip 3 Smart Watch, detailing connection, basic operations, health monitoring features (heart rate, sleep, blood oxygen, stress), workout tracking, app usage, and settings. Includes guidance on pairing, charging, and system updates.

	[Amazfit Band 5 User Manual](#) This user manual provides comprehensive instructions for the Amazfit Band 5, covering features such as watch face navigation, wearing and charging, band functions, workout settings, health monitoring (heart rate, SpO2, stress, sleep breathing quality), cycle tracking, notifications, alarms, camera control, world clock, calendar, stopwatch, timer, music control, silent mode, find my phone, watch face customization, settings, and band maintenance.
Amazfit GTR Mini User Manual **Connection and pairing** Use your phone to scan the QR code in the manual or on the device, and download and install the Zepp app. For a better user experience, update the app to the latest version as prompted. **Note:** The operating system of your mobile phone must be Android 7.0 or iOS 12.0, or later. **Initial pairing:** When the device is started for the first time, the QR code used for pairing will be displayed on the screen. Open the Zepp app on your phone, log in to the app, and scan the QR code displayed on the device to pair your phone with the device. **Pairing with a new phone:** 1. Open the app on your old phone and synchronize data with the device. 2. On the old mobile phone, go to Profile > Amazfit GTR mini page and tap the Unpair button at the bottom to unbind. If it is an iPhone, after unbinding in the Zepp app, you need to unpair the phone and device. Go to Settings > Bluetooth, find the Bluetooth name corresponding to the device, and tap the button on the far right of the Bluetooth name. After entering the page, tap Ignore This Device. 3. Restore the factory settings of the device and then pair it with your new phone as if it is paired for the first time. 1 / 44	[Amazfit GTR Mini User Manual: Features, Operations, and Health Tracking](#) Comprehensive user manual for the Amazfit GTR Mini smartwatch, covering connection, basic operations, workouts, health monitoring, app features, and settings.