

My Final Word on Amazfit Helio Ring vs GTS 4

Amazfit recently launched its first-ever smart ring, Amazfit Helio. As someone who's been using Amazfit GTS 4 for a long time, I was quite intrigued to see how the brand-new Helio would compare to my watch.

So, I took off the watch for a while and only wore the Amazfit Helio ring for over a month. And well, even though many think that smartwatches offer way more features and battery than a smart ring ever can, **I liked the Amazfit Helio way better than the GTS 4.**

Does my verdict surprise you? If yes, then you should definitely read this article till the end and understand why I think Helio is better.

Design & Colors

Amazfit Helio is unlike any other smart ring I have ever seen. While most smart rings out there have a shiny surface that can easily reflect light, the Helio ring has a dotted texture. The ring is titanium in color, only 2.6mm thick and 8mm wide, so it doesn't look bulky at all. Furthermore, it gives me these Greek mythology vibes that I love. All in all, I truly get to stand out with the Helio ring on my finger.

I can't say the same about the GTS 4 I've used for so long. I have the watch in Rosebud pink with a gold frame, gold side bezel, and gold buckle. It is thinner (9.9mm) than other smartwatches and has a 1.75" AMOLED display.

While all of this sounds really cute, the watch still couldn't give me any premium feel because of its uncanny resemblance to the Apple Watch. From a distance, you won't even be able to tell the two apart, and this is something I've always had a problem with. As someone who really values her individuality, I haven't enjoyed roaming around wearing a seemingly unoriginal design like that.

GTS 4 comes in a variety of color options, each just as pretty as the other. If I ever get bored of my Rosebud pink watch case, I can choose something else, such as the dreamy Misty White color variant.

Unlike GTS 4, the Helio doesn't offer me any color options. Titanium is the only color option currently available. But I don't mind this at all since I am truly all for it. Even if there are other color options available, I know I'd still choose the current titanium finish.

So, when it comes to design and color, I like the Helio ring better. I wish the Amazfit team had thought a little more creatively while crafting the GTS 4, just as they did while making the Helio ring.

Material, Comfort & Durability

The Amazfit Helio is made of titanium alloy and doesn't come with a PVD coating like most other smart rings. I guess this is why the ring isn't as durable and scratch-resistant as other rings.

The other day, I tripped and fell while out on a run in my neighborhood, and well, my Helio ring bore the brunt of it. Upon coming back home, I checked the ring for any scratches with my fingers crossed, but it didn't work— the ring had abrasions from that fall.

Throwback to all those times I fell in and out of my house with the GTS 4, and it survived them all with no major scratches to speak of. The GTS 4 probably gets this strength from being made of Aluminium alloy and having a high-gloss sprayed PC bottom shell. It makes **the GTS 4 watch way more durable than the Helio ring.**

But, when it comes to comfort, all points go to Amazfit Helio upfront. It's not just that I generally find rings to be more comfortable than watches. It's also that GTS's silicone straps really irritate me when I am all sweaty after a workout.

I always have to resist the urge to throw off the watch when it starts sticking to my skin because of the sweat, but still end up giving in to the urge a few times.

I haven't had such urges with the Helio Ring ever. Furthermore, being just around 3-4 grams in weight, the Helio feels incredibly light on my finger. While the 27-gram GTS 4 (without straps) can't compare to a ring in terms of weight, it is still one of the lightest and most comfortable smartwatches I have worn, which is why I could wear it to bed for sleep tracking all this time, too.

However, **if I had to choose between the Helio Ring and GTS 4 based on comfort, I knew I would pick the Helio Ring. It's so light and comfortable that I can barely feel it!** Also, I'd try to be a little more careful with the ring since it's not as durable. As long as I can be a little graceful, I know my ring will fare just fine.

Specifications

Specifications	Amazfit Helio Ring	Amazfit GTS 4
Material	Titanium Alloy (outer ring), Resin (inner part of the ring)	<ul style="list-style-type: none">Aluminum alloy middle frameHigh-gloss sprayed PC Bottom shellFluoroelastomer strap/ Liquid Silicone strap/ Nylon Strap
Weight	3.75 & 3.82 grams	27 grams
Dimensions	<ul style="list-style-type: none">Thickness- 2.6mmWidth- 8mm	<ul style="list-style-type: none">Watch- 42.7 x 36.5x 9.9mm

		<ul style="list-style-type: none"> • Strap- 20mm (Width) • Display- 1.75" • Glass base- 0.4mm
Size	10 & 12	Wrist Dimension- 140mm - 200mm
Charger	Wireless Charging Dock	Magnetic charging
Battery Life	Up to 4 days	Up to 8 days
Charging Time	1 hr 40 min	Approx. 2 hours
Memory	N/A	2.3GB (For Music)
Colors available	Titanium	Infinite Black, Misty White, Autumn Brown, Rosebud Pink
Connectivity	Bluetooth	WLAN 2.4GHz ²⁴ , Bluetooth 5.0 & BLE
Compatible With Other Apps	Yes	Yes
Water Resistance	10 ATM/ 100m	5 ATM/ 50m
Compatibility	<ul style="list-style-type: none"> • Android 7.0 and above, • iOS 14.0 and above 	<ul style="list-style-type: none"> • Android 7.0 and above, • iOS 12.0 and above
Warranty	1-year	1-year
GPS	Yes (Phone's GPS)	Yes (in-built)
Operating Temperature	0°C to 40°C	0°C to 40°C
EMF-Safe	No	No
Airplane Mode	No	No
Sizing kit	No	No
FSA/HSA Eligible	No	No

Battery Life & Charging

Charging Details	Amazfit Helio Ring	Amazfit GTS 4
Official Charging Time	100 minutes	Approx 2 hours
My Charging Time	100- 120 minutes	2- 2.5 hours
Official Battery Durability	Up to 4 days	<ul style="list-style-type: none"> • Typical usage- Up to 8 days

		<ul style="list-style-type: none"> • Heavy usage- 4 days • Battery saver mode- 16 days • Clock mode- 30 days • Accuracy GPS Mode- 16 hours • Balanced GPS Mode- 28 Hours • Power Saving GPS Mode- 33 Hours
My Battery's Durability	2-3 days	4-7 days only

As someone who really wants all her devices to have large battery lives, I am not particularly happy with the battery life of either of the two devices we have here. The Amazfit Helio promises a battery life of up to 4 days, but in actuality, I only get about 2-3 days.

I could get a day or two more of battery life if I turned off features like Auto Emotion Monitoring, but I find the feature really useful! In fact, finding out that the Helio ring could automatically detect changes in my emotions was one of the ring's selling points for me.

Because it literally means that the ring would detect and help me understand how I was feeling better and I wouldn't have to keep going back to the emotion wheel that my therapist shared. So, I make do with the 2-3 days of shoddy battery life that Helio provides me with.

The GTS 4 is better in comparison to the Helio ring in terms of battery life. It usually offers me around 4-7 days of battery life, with the advertised claim being up to 8 days. While I should be thoroughly impressed with GTS's battery life, I am not. Having used smartwatches with even greater battery life, I think the GTS 4 could have done better still.

Furthermore, GTS 4 lasts this long because I have turned off notifications (I find them distracting), disabled the always-on feature, and used simple watch faces— even though I like the animated ones so much better.

The charging process of the Helio ring is way more straightforward than GTS's. The Helio ring comes with a charging dock, and all I have to do is place the ring on the dock and connect it to a power source with a USB-C cable. I leave it there for around 2 hours, and my ring is good to go.

GTS 4 comes with a magnetic charger, and I find it annoying. I have to place the base of the watch on top of the base; the connection is magnetic and, therefore, quite secure. A full charge takes 2-2.5 hours, and it pains to wait that long.

While all of this looks uncomplicated on the surface, I find the charger appalling because it's Type A and quite short in length. I also think that I should probably get a second pair of chargers because I simply can't bring myself to trust the one single pair I have.

So, while the Helio ring offers me a shorter battery life, I still prefer it over the GTS 4. I'd rather put the Helio ring on charge frequently than deal with the annoying GTS 4 charger.

Sensors

Sensors	Amazfit Helio Ring	Amazfit GTS 4
PPG Sensors	✓	✓
Skin temperature Sensor	✓	✗
Photodiodes	✓	✓
3D Accelerometer	✓	✓
Gyroscope	✓	✓
Green LEDs	✓	✓
Red LEDs	✓	✓
EDA Sensors	✓	✗
Geomagnetic Sensor	✗	✓
Barometric Altimeter	✗	✓
Ambient light sensor	✗	✓

Features

Features	Amazfit Helio Ring	Amazfit GTS 4
HR, HRV & RHR	Yes	Yes
Workout Heart Rate	Yes	Yes
Swimming Heart Rate	Yes	Yes
Blood oxygen levels (SpO2)	Yes	Yes
VO2 Max	Yes	Yes
Sleep tracking & Nap detection	Yes	Yes

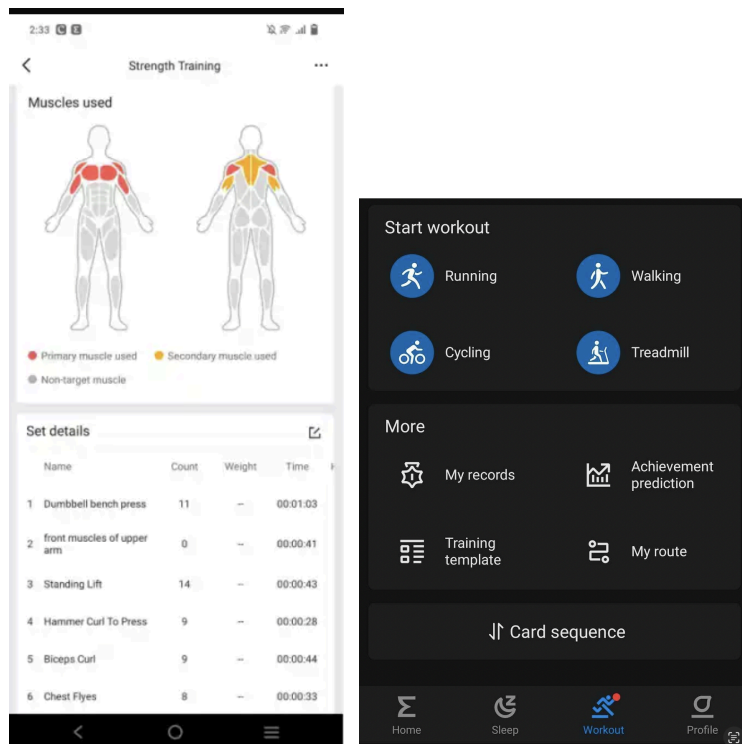
Detailed sleep analysis	Yes	Yes
Sleep Coach/ Guidance	Yes (Paid feature)	Yes (Paid feature)
Sleep Schedule	No	Yes
Weekly & monthly sleep reports	Yes	Yes
Respiration Rate	No	No
Breathing Quality	Yes	Yes
Breathing exercise	No	Yes
Average Pace	No	Yes
Skin Temperature	Yes	No
Steps	Yes	Yes
Distance Traveled	Yes	Yes
Calories	Yes	Yes
Workouts	Yes	Yes
Sports Coach	Yes	No
Smart sports recognition	No	Yes
Achievement Prediction	Yes	No
Advanced Running Support	Yes	Yes
Average Space	No	Yes
Period Prediction	Yes	Yes
Fertility & Ovulation Prediction	No	Yes
Mood & Energy	No	No
Emotional state	Yes	No
Automatic emotion detection	Yes	No
Morning Updates	No	Yes
Set Personalized Goals	Yes	Yes
Personalized Wellness Assistance	Yes	Yes
PAI health assessment system	Yes	Yes

Personal Assistant	No	Yes
AI Chatbot	Yes	No
Vital alerts	No	Yes
Insights Feature	Yes	Yes
Data Export	Yes	Yes
Route Import	No	Yes
Stress	Yes	Yes
Breathing exercise	No	Yes
Health Reports	Yes	No
Meditation	Yes	No
Recovery	Yes	Yes
Readiness Score	Yes	No
Readiness Insights	Yes	No
Call/SMS/App Notifications	No	Yes
Music Control	No	Yes
Event Reminder	No	Yes
Find My Phone	No	Yes
Alarm clock	No	Yes

What I particularly liked about the Amazfit GTS 4 is its health reminder feature, which sends alerts when heart rate is abnormally high or low, blood oxygen is low, or stress is high and also prompts breathing exercises as and when needed.

Tracking Accuracy

Activity Tracking



(amazfit GTS-4 Image courtesy: Tech Advisor)

The Helio can only track four activities—walking, running, cycling, and treadmill workouts. In comparison, GTS 4 can track up to 154 activities and smartly recognize up to 8 sports and 25 strength training workouts. While these numbers can easily impress one, my experience with the watch makes me think of them as one big joke.

Four of these 154 activities are the same as what Helio offers. Other activities like swimming, hiking, cross-training, and HIIT look realistic, too. But, in no world does things like Jianzi kicking, Air Walker, Golf Swing, and the like make sense to me. You'd still want to consider GTS as thoughtful. But, don't.

Even though Helio can only track four activities, it tracks them way more accurately than GTS can. Whenever I have been out on my runs, I have noticed that the GTS 4 has consistently logged a distance lower than what I originally ran. The same goes for steps. I already struggle with completing my 10k step count, and GTS makes things harder for me by under-counting my steps.

I, too, was impressed knowing that the GTS 4 can track the strength training I do since most smart rings out there, including Helio, can't. But, even here, the GTS would always miscount the reps I performed. As someone always on the lookout for setting up new PRs in the gym, such inaccuracies like these can be massively frustrating.

Yes, I do have the option to edit the recorded workout in case I find it inaccurate, but that beats the purpose of automatic tracking, smart recognition, and whatnot. Doesn't it?

That's why I'd trust the little data that Helio provides me with over everything that I can possibly get from GTS 4.

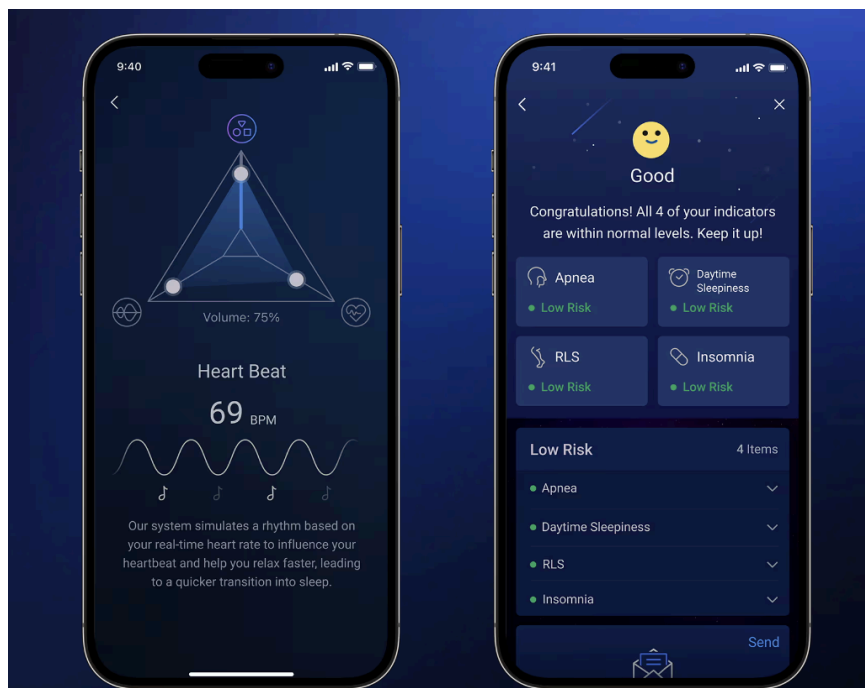
Heart Rate Monitoring

Both the Amazfit Helio and GTS 4 have advanced PPG sensors for heart rate monitoring. **And even though my GTS 4 got so many other things wrong, heart rate monitoring is one thing that it was nearly accurate in**—provided I kept the distance of an inch between my palm and wrist and didn't wear the watch too loose.

Similarly, I had to ensure that the Helio ring was positioned correctly, i.e., the vertical mark on it was always facing my palm side so that the readings could be accurate. But the ring would still rotate at times. This is why there were times when the ring wouldn't record any data for a good five minutes or so.

Furthermore, neither of the devices was accurate when it came to monitoring my heart rate when it was changing rapidly because of exercising or other intense physical activity. **Apart from that, the readings of both Amazfit Helio and GTS 4 were mostly accurate.**

Sleep Tracking



(Image Courtesy: Amazfit Global)

Both the Amazfit Helio and GTS 4 provide me with similar sleep-tracking capabilities. Both can track the total duration, sleep stages, and naps (provided that the minimum duration is 20 minutes) and offer me a detailed sleep analysis.

However, Helio was again way more accurate than GTS 4. The total duration that Helio shows me has always been right in accordance with what I observed, too. But sometimes, GTS 4 would show me a greater sleep duration. This was mostly during the times I'd wake up but continue lying in bed, scrolling through my phone or reading.

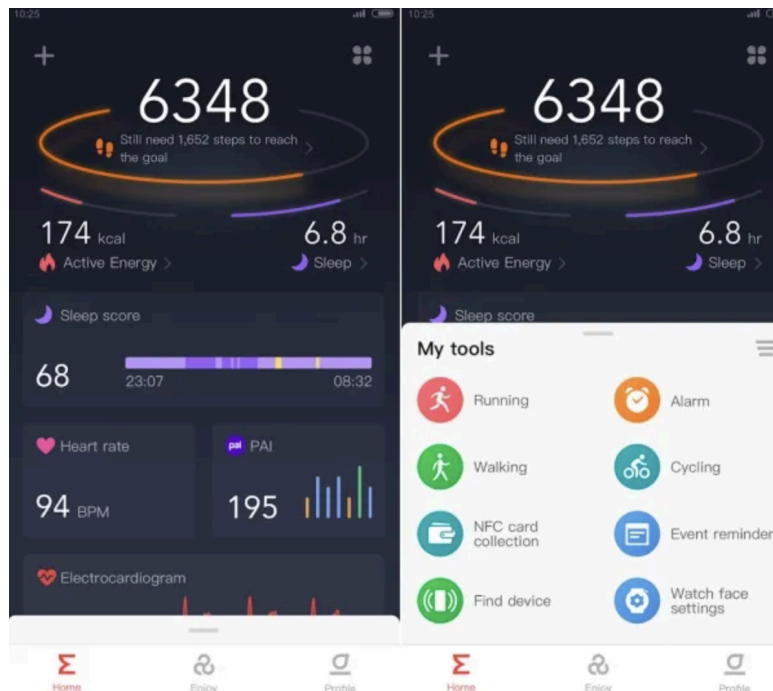
Furthermore, when it comes to nap detection, GTS 4 records way more naps than I take. If the watch finds me motionless, i.e., if I simply lie down on the couch to read, GTS 4 starts to think that I am napping, and that is just unfair.

The Zepp App

Both the Amazfit Helio and GTS 4 use the same companion app, Zepp. And, well, Zepp isn't one of the most beginner-friendly apps out there. Given that I'd already struggled with navigating my way around the Zepp app while using GTS, I didn't have that hard of a time when I was wearing Helio.

I greatly benefitted from the data fusion feature that the Zepp app offers. Because of the feature, the data from both the GTS and the Helio could be in sync with each other, which is why I'd see trends better in my health reports.

The problem with the app is that it packs a lot of data in a very small space. All those numbers, charts, and graphs can be a lot to take in for anybody during their initial stage with the app.



(Image Courtesy: Beebom)

However, the app uses different colors to depict different things and offers the option to customize the layout, which makes it slightly better.

Once you understand how the Zepp app works, it becomes easier to use it fully. The screen has tabs like Home, Sleep, Workout, and Profile, which I think are quite self-explanatory.

A quick scroll through the home screen of the Zepp app in the morning gives me enough information about how well I am doing to plan for the rest of the day. However, at times, I have found the app giving me ambiguous advice and tips that don't make any sense to me.

At the top of the Sleep tab, I get a sleep score that helps me gauge how I have slept. I can scroll down further to have greater insights. Similarly, the Workout tab tells me all about my activity.

All in all, the Zepp app offers a lot of useful data to its users. Because of the app, I gained a lot of insights about my health and was able to manage it better. If the Zepp app worked on its layout and evenly spaced out the data a little more, it would be so much better to use.

Pricing, Subscription & Availability

Pricing Details	Amazfit Helio	Amazfit GTS 4
Official Price	\$299.99 USD	\$199.99 USD
Discounted Price	N/A	\$139.99
Subscription	Yes (Optional)	Yes (Optional)
Availability	France, Germany, United Kingdom, Italy, Spain, India, Czech Republic, Poland, Japan, Taiwan (China), Argentina	France, Germany, United Kingdom, Italy, Spain, India, Czech Republic, Poland, Japan, Taiwan (China), Argentina

The Amazfit Helio is around \$100 more expensive than the GTS 4. It is priced at \$299.99 USD and the watch at \$199.99 USD. I could have gotten the ring at a cheaper price by availing Amazfit's bundle offer that provides both the watch and the ring for \$150 off. But given that I already had a GTS 4 and didn't really like using it, I didn't see a point in getting another Amazfit smartwatch.

The companion app Zepp is mostly free to use but also offers in-app paid features like the Zepp Aura Zepp Fitness that are priced at \$69.99 a year and \$19.99 for 6 months respectively.

Well, I did choose to pay that amount because having Zepp Aura gives me access to things like detailed sleep health assessments, AI-driven features to provide insights based on my data, and some personalized recommendations that I have found useful in improving my overall health.

Plus, even though the Zepp app claims to be free of advertisements, before getting the subscription, I always found an ad for a subscription to Zepp Aura in the sleep section. It truly felt like Zepp was forcing me to pay for the feature, and I think that's very rude of them.

Which Wearable You Should Buy?

If you've read this far, you may have guessed that I will advise you to get the Amazfit Helio Ring instead of GTS 4. Yes, I agree that the ring is \$100 more expensive than the watch, but hey, paying \$200 for the latter isn't going to be worth it anyway. The watch will often show you inaccurate data, defeating the purpose of health and sleep tracking altogether.

So, if you're looking to invest in your health and have to make a choice between the Amazfit Helio Ring and GTS 4, choose the ring with your eyes closed.

Frequently Asked Questions

Which device has more advanced health monitoring features, the Amazfit Helio Ring or GTS 4?

While the GTS 4 offers more health and fitness tracking features, the Helio is more accurate in its monitoring.

Which device can I wear for swimming?

You can wear either of the devices for swimming since both Amazfit Helio (100m) and GTS 4 (50m) are water resistant, but the latter will offer better lap tracking than the ring.

Can Amazfit Helio Ring and GTS 4 be used for menstrual tracking?

Both the Amazfit Helio and GTS 4 can be used for menstrual tracking. Both devices require users to log in with the start and end dates of their period for at least three to four cycles before they can start showing predicted dates.

Which device offers better stress tracking features, Amazfit Helio or GTS 4?

While both the devices offer stress-tracking features, I have seen that the Helio was more accurate in tracking stress in comparison to GTS 4.