

# 1. Introduction

Welcome to the **Fibion Helix User Manual**! The Fibion Helix is a versatile and user-friendly wrist-worn device designed to empower you in monitoring your daily activities, heart rate, sleep patterns, and more. Combining cutting-edge technology with a durable, lightweight design, the Fibion Helix caters to both personal health enthusiasts and researchers, promoting an active and healthier lifestyle.

## Key Features

- **Comprehensive Activity Tracking:**
  - Tracks steps, distance, calories burned, and sedentary time.
  - Provides real-time feedback to help you maintain an active lifestyle.
- **Advanced Heart Rate Monitoring:**
  - Optical PPI sensor measures heartbeats, pulse intervals, and heart rate variability (HRV).
  - Captures accurate data even in dynamic conditions.
- **Sleep Insights:**
  - Automatically detects and analyzes sleep stages, including light, deep, and REM sleep.
  - Provides metrics such as sleep score and Nightly Recharge for improved rest and recovery.
- **Skin Temperature Monitoring:**
  - Equipped with a temperature sensor to provide additional physiological insights.
- **Innovative Integration:**
  - Offers raw data access for acceleration, HRV, and temperature via an open SDK and API.
  - Ideal for researchers needing detailed data for custom applications or large-scale studies.
- **Durability and Comfort:**
  - Water-resistant up to 30 meters, suitable for swimming and other water-based activities.
  - Weighs only 13 grams, designed for all-day wear with a sleek and adjustable wristband.
- **Reliable Battery Life:**
  - Operates up to 5 days on a single charge, minimizing interruptions during use.

Whether you are striving to improve your health, track your fitness progress, or collect accurate data for research, the Fibion Helix is your trusted partner. Its advanced features, including heart rate, activity, sleep, and temperature monitoring, combined with raw data access for deeper analysis, make it a valuable tool for enhancing physical activity, sleep quality, and overall well-being.

By following this manual, you can unlock the full potential of the Fibion Helix, ensuring precise tracking and effortless integration into your daily life or research workflow.

---

## 2. Package Contents

Your Fibion Helix package includes all the essentials needed to get started. Please ensure all items are present and in good condition upon delivery. Contact Fibion support immediately if any components are missing or damaged.

### Included Items

- **Fibion Helix Device:** The main wrist-worn device for tracking activities, heart rate, and sleep.
- **Charging Cable:** A USB cable with a magnetic connector for secure and efficient charging.
- **Quick Start Guide:** A brief guide to help you begin using your device immediately.

### Optional Accessories

- **Replacement Wristbands:** Available in various colors and materials for customization.

Before using the device for the first time, make sure to:

1. Inspect all components for visible damage.
2. Fully charge the Fibion Helix for optimal performance.
3. Retain the packaging and purchase receipt for warranty purposes.

---

## 3. Device Overview

The Fibion Helix is designed for simplicity and functionality. Familiarizing yourself with its components will ensure ease of use.

### Key Components

- **LED Indicators:**
  - Show the device's status during charging, operation, and alerts.
- **Charging Contacts:**
  - Located on the back of the device for magnetic charging.
- **Sensors:**
  - Built-in sensors for tracking activity, heart rate, and sleep.

### LED Indicator Guide

- **During Charging:**
    - Flashing light: Charging in progress.
    - Steady light: Fully charged.
  - **During Use:**
    - Specific light patterns indicate heart rate monitoring, activity tracking, or sleep mode activation.
- 

## 4. Getting Started

Setting up your Fibion Helix is simple and straightforward. Follow these steps to prepare your device for use.

### Charging the Device

1. **Connect the Charging Cable:**
  - Align the magnetic connector on the cable with the charging contacts on the back of the device.
  - Ensure the cable snaps securely into place.
2. **Plug into a Power Source:**
  - Connect the USB end of the cable to a powered USB port or wall adapter.
3. **Monitor Charging Progress:**
  - The LED indicators will flash during charging.
  - When fully charged, the LEDs will remain steadily lit.

### Powering On and Off

- **To Turn On:**
    - The device powers on automatically when charging begins.
  - **To Turn Off:**
    - Disconnect the device from the charger and allow it to enter standby mode automatically when not in use.
- 

## 5. Wearing the Device

Properly wearing your Fibion Helix ensures accurate readings and comfort during use.

### Placement on the Wrist

1. Wear the device on your non-dominant wrist for optimal accuracy.
2. Position it at least one finger-width above your wrist bone.
3. Tighten the wristband so the sensors remain in constant contact with your skin, but ensure it's not too tight to cause discomfort.

## **Tips for Use**

- Adjust the band snugly to avoid movement during activity.
  - Periodically loosen the band to allow your skin to breathe, especially during extended wear.
  - Clean the device and band regularly to prevent skin irritation.
- 

## **6. Using the Device**

The Fibion Helix offers features to track activity, heart rate, and sleep effectively.

### **Activity Tracking**

1. The device automatically tracks steps, distance, calories burned, and sedentary time.
2. LED patterns indicate active tracking modes.

### **Heart Rate Monitoring**

1. The device measures heart rate continuously when worn correctly.
2. Ensure proper placement for accurate readings (tight and above the wrist bone).

### **Sleep Monitoring**

1. The device automatically detects sleep patterns based on motion and heart rate data.
  2. Sleep insights can be reviewed using LEDs and summarized reports.
- 

## **7. Battery Care and Charging**

Proper battery care ensures the longevity and performance of your Fibion Helix.

### **Best Practices for Battery Life**

- Charge the device before the battery is fully drained.
- Disconnect the charger once the battery is fully charged to avoid overcharging.
- Store the device in a cool, dry place when not in use for extended periods.

### **Charging Instructions**

1. Connect the magnetic charging cable to the device's charging contacts.
2. Plug the USB end into a power source such as a USB wall adapter or computer port.
3. Monitor the LED indicators:
  - Flashing light: Charging in progress.

- Steady light: Fully charged.

### **Battery Safety**

- Avoid exposing the device to extreme temperatures during charging.
  - Ensure the charging pins remain clean for a secure connection.
- 

## **8. Maintenance and Care**

Maintaining your Fibion Helix helps ensure consistent performance and durability.

### **Cleaning the Device**

- Gently wipe the device with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Remove and clean the wristband periodically with mild soap and water. Let it air dry completely before reattaching.

### **Durability Tips**

- Handle the device with care to avoid drops or impacts.
- Avoid exposing the device to strong chemicals such as perfumes or cleaning agents.
- Inspect the wristband regularly for signs of wear and replace it as needed.

### **Water Resistance Guidelines**

- The device is water-resistant and suitable for daily wear, including showers and swimming.
  - Rinse the device with fresh water after exposure to saltwater or chlorine.
  - Avoid pressing buttons or exposing the device to high-pressure water.
- 

## **9. Troubleshooting**

If you experience issues with your Fibion Helix, use the following tips to resolve them.

### **Device Not Powering On**

- Ensure the battery is sufficiently charged.
- Check for debris or dirt on the charging contacts and clean them if necessary.

### **Inaccurate Readings**

- Ensure the device is worn snugly and positioned correctly on your wrist.
- Clean the sensors on the back of the device to ensure proper contact with the skin.

### **LED Indicators Not Responding**

- Verify that the device is charged.
  - Restart the device by disconnecting it from the charger and reconnecting.
- 

## **10. Safety Guidelines**

Ensuring safety while using the Fibion Helix is crucial. Follow these guidelines to maintain device performance and user safety.

### **General Safety**

- Use the device only as instructed in this manual.
- Do not attempt to disassemble or modify the device, as it may void the warranty.
- Avoid exposing the device to extreme temperatures, strong magnetic fields, or corrosive chemicals.

### **Battery Safety**

- Use only the provided charging cable to avoid damaging the device.
- Avoid exposing the battery to fire or punctures, as it may lead to overheating or explosion.

### **Skin Health**

- Remove the device periodically to allow your skin to breathe.
  - Clean the device and your wrist regularly to prevent skin irritation.
- 

## **11. Technical Specifications**

- **Battery Life:** Designed for long-lasting use with efficient power management.
- **Water Resistance:** Built to withstand daily activities, including swimming and showering.
- **Operating Temperature:** Functions effectively within standard environmental ranges.
- **Materials:** Made from durable, hypoallergenic materials suitable for prolonged wear.