In the box

a. Helios Core™
b. Mounting strap
c. Wireless charging pad
d. USB charging cable
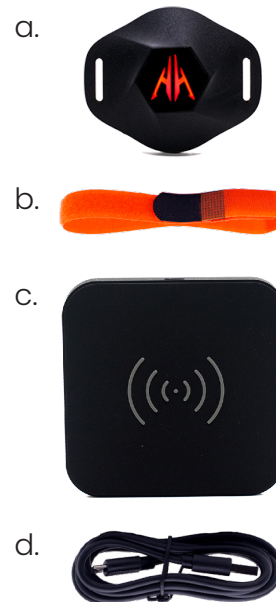
a.

b.

c.

d.

Welcome to Helios™. The steps below will walk you through getting your Helios Core™ and mobile app activated and ready to go.

Once set up is complete, you can hit the ice to start benchmarking your skating performance with every stride.

Use this data to set personal goals and track your improvement based on the benchmark data of you, your teammates and other Helios™ users.

Getting started
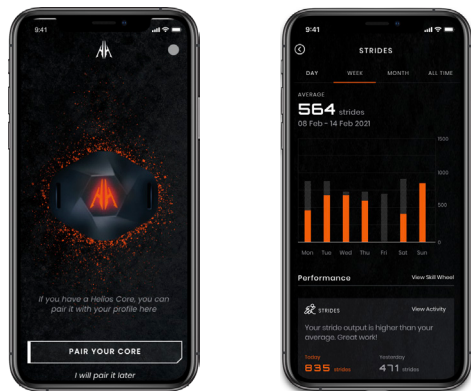
Charge your Helios Core™

Remove the wireless charging pad and the charging cord from the box and plug it into a power source. Place the Helios Core™ on the center of the pad with the Helios™ logo (HH) facing up.

While charging, the Helios™ logo will slowly pulse orange on and off. When charging is complete, the logo will steadily glow orange while still on the charger. You can remove your Core™ from the charging pad at this time.

PRO TIP: You can see your battery level in the Helios™ mobile app. A full charge typically takes about three hours.

Download the Helios™ mobile app

Go to the Apple App Store and search for "Helios". Download and install the mobile app.

Create your profile

1. Launch the mobile app and press "Join Now".
2. Enter your email address and press "Next"
3. Create a secure password and press "Next"
4. Verify your identity by entering your confirmation code (sent via email) - Press "Next"
5. Enter your First and Last name - press "Next"
6. Select your role (Player or Coach) - press "Next"
7. Enter your primary position - press "Next"

Profile complete. Nicely done!

Pair your Helios Core™ with your iOS device

Press "Start"
On the next screen, press "Next"
Then press "Pair your Helios Core™"

TIP: Be sure you have Bluetooth™ turned on.

Press "Pair Helios Core™"

Hold your Helios Core™ device to the top of your iPhone or iPad and press "Start Pairing".
When pairing is complete, your "Activity" screen will be displayed.

You're connected!

Before mounting your Helios Core™, flip it over and write your name and phone number on the back.

To mount your Helios Core™, grab the black tip of the mounting strap and thread it through the provided cutout. Pinch to secure.

Next, With the Helios "HH" logo upright, secure the Helios Core™ by wrapping the strap around the chest protector, looping through the second cutout, pulling the strap tight enough to keep the device from sliding, and securing it by pinching together.

FCC Compliance Information

FCC ID: 2AXW5HC1

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

IC Compliance Information

IC: 26567-HC1

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.