



HELIOS™

CORE – QUICK START GUIDE

WELCOME TO HELIOS™

This Quick Start Guide will walk you through activating your Helios Core™ and mobile app.

Once setup is complete you can hit the ice to start tracking and benchmarking your skating performance with every stride you take.

The Helios Core™ uses AI to constantly analyze your performance during practice and games allowing you to train smarter anytime, anywhere.

The Helios™ mobile app highlights your strengths and weaknesses to help you **GET BETTER, FASTER.**™

WHAT'S IN THE BOX

- a. 
 - b. 
 - c. 
 - d. 
 - e. 
 - f. 
- a. Helios Core™
 b. Twist Mount
 c. Extra Twist Adhesive
 d. Wireless Charging Pad
 e. USB Cable
 f. Strap Mount

STEPS TO BEGIN

1. Download Helios app



SCAN TO DOWNLOAD



Download the Helios™ app from the app store to create your profile and start your Helios membership.

2. Charge Helios Core™



PRO TIP: You can see your Core's battery level in the Helios™ mobile app.

Plug the USB cable into the wireless charging pad and a power source.

Place your Helios Core™ on the center of the pad with the Helios™ logo up.

The Helios™ logo will **pulse orange** when charging and **glow solid** when charging is complete.

A full charge typically takes about three hours.

3. Mount Helios Core™



Before mounting your Helios Core™, write your name with a permanent marker inside the white box on the back of the device.



Scan the QR code or visit helioshockey.com/mounting to select the best mounting option for your shoulder pads.

Mounting Options

TWIST MOUNT



Twist Mount works best for shoulder pads that have a flat section on the center front or center back of the pads to apply the adhesive.

STRAP MOUNT



Strap Mount works best for shoulder pads that have a center pillar on the front or back of the pads to wrap the strap around.

NOTE - the Strap Mount should be used if shoulder pads do not have a flat section at the center front or center back of pads that the Twist Mount can be applied to.

Get support on the Helios App, Charging, Mounting



[Web: www.helioshockey.com/support](http://www.helioshockey.com/support)

[Email: support@helioshockey.com](mailto:support@helioshockey.com)

FCC/IC COMPLIANCE

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: 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.



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www.helioshockey.com