

Amazfit Bip U Pro User Guide

Content

Amazfit Bip U Pro User Guide	1
Preparations	3
Device pairing and unpairing	4
Feature navigation on the watch face screen and button usage.....	4
Feature navigation	5
Physical button operations.....	7
How to wear and charge the watch	8
Wearing and replacing the watch strap.....	8
Charging.....	9
Watch face.....	10
Control center	11
Notifications.....	12
Shortcut apps	13
App settings on the watch	14
Activities and health	15
PAI.....	15
Activity goal	16
Standing alerts.....	16

Heart rate	17
Sleep	20
Assisted sleep monitoring.....	20
SpO2	21
Precautions for SpO2 measurement	21
Stress monitoring.....	22
Respiratory training.....	23
Cycle tracking.....	24
Watch Apps.....	25
To-Do-List	26
Alarm.....	26
World Clock.....	27
Pomodoro Tracker.....	27
Countdown	28
Stopwatch.....	28
Compass	29
Music.....	29
Camera Remote.....	30
Find Phone	31
Alexa.....	31
Workout.....	32
How to enable the workout feature.....	32

Activity alerts	33
Operations while working out	36
Pause, continue, and end working out	36
View workout results.....	37
Workout settings.....	37
Workout goal	38
GPS and AGPS	38
Heart rate range for workouts.....	39
Watch status alerts	40
Incoming call alert	40
Nudge alert.....	41
Activity goal achieved alert.....	41
Red envelope alert	42
Settings.....	42
Daily maintenance	44
Precautions.....	45

Preparations

Before you use the Amazfit Bip U Pro, download the Zepp app to your mobile phone. Then, pair the watch so that you can use all of its features and save data generated on the watch to your cloud account.

Device pairing and unpairing

Download the Zepp app from the app store or by scanning the QR code in the instruction manual. Then, register an account or log in to your account.

Open the Zepp app and go to Profile > Add Device > Watch > Watch with a QR Code.

Scan the QR code on the watch by using the phone's scanner to pair the phone to the watch.

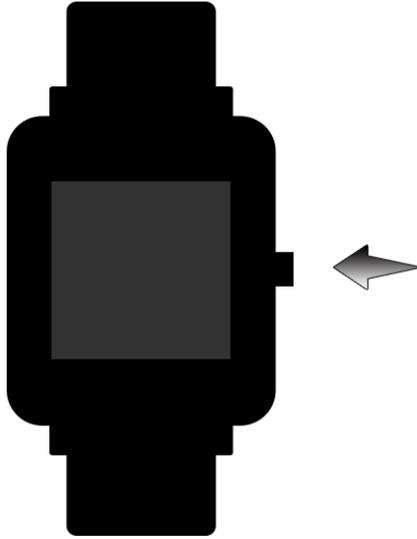
Upgrade the watch after pairing is complete. To do so, keep the phone's network connected and Bluetooth on, and keep the watch close to the phone.

You can use features provided by the watch after pairing and upgrade. You can use and configure the watch features by using the Zepp app.

To unpair the watch, tap Unpair on the Device page of the Zepp app.

Feature navigation on the watch face screen and button usage

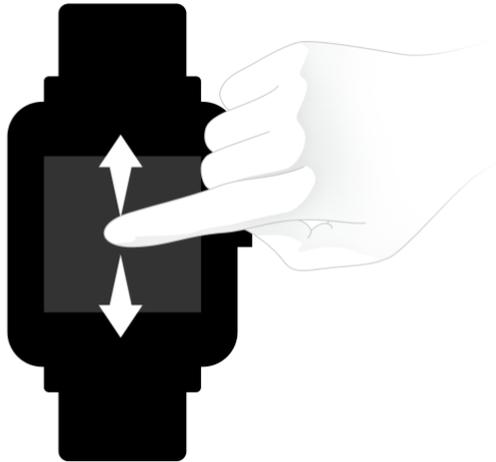
The Amazfit Bip U Pro is equipped with a TFT touch screen and a physical button.



Feature navigation

Swipe up, down, left, and right to navigate features on the watch screen.





The watch face screen appears by default.

1. Swipe up on the watch face screen to view historical notifications. You can view up to 10 recent notifications.
2. Swipe down on the watch face screen to go to the control center, where you can set Do-Not-Disturb, Brightness, and Alarms, and view the watch battery level and phone connection status.
3. Swipe left and right on the watch face screen to open shortcut apps such as Activity Goal, Heart Rate, PAI, Weather, Cards, Music, and Alexa. To modify shortcut apps settings, go to Watch settings > Preferences > Shortcut apps. You can set up to 10 shortcut apps.
4. On the watch face screen, press the physical button on the right to go to the app list.



Physical button operations

- Press the physical button once:

- ① When the screen is locked, press the physical button to unlock the screen.
- ② On the watch face screen, press the physical button to go to the app list.
- ③ On screens other than the watch face screen, press the physical button to return to the previous screen.
- ④ On the Workout screen, press the physical button to swipe up and down between screens.

- Press and hold the physical button:

- ① When the watch is shut down, press and hold the physical button for 2 seconds to power on the watch.
- ② On the watch face screen, press and hold the physical button to quickly start the Workout app.

To set quick start-up items, go to Watch settings > Preferences > Press and hold the button.

- ③ On the Workout screen, press and hold the physical button to end the workout.

- ④ Press and hold the physical button for 8 seconds to restart the watch.

How to wear and charge the watch

Wearing and replacing the watch strap

Put the strap on with comfortable looseness to allow the skin to breathe and the sensor to function.

When measuring SpO₂, avoid wearing the watch on the wrist joint, keep your arm flat, maintain a comfortable (appropriately tight) fit between the watch and the skin of your wrist, and keep your arm still throughout the measurement process. When affected by external factors (such as arm sag, arm sway, arm hair, and tattoo), measurement results may be inaccurate or the measurement may fail with no output.

You can tighten the watch strap during workout and loosen it afterwards.

Tighten the strap appropriately if your watch sways on your wrist or fails to output data.



Charging

1. Connect the USB port of the watch charging base to a phone charger or a PC's USB interface.
2. Put the watch onto the magnetic charging base and keep the metal contact on the back of the watch aligned with the gold pin of the charging base. Ensure that the watch is firmly attached to the charging base.
3. After the watch is correctly placed onto the charging base, the charging icon will appear on the watch screen, indicating that charging is in progress.

When the watch is being charged, you can view the current time and receive incoming call alerts and app notifications.

We recommend that you charge the watch using a PC's USB interface or a branded phone's charger with a rated output voltage of 5 V and an output current more than 1 AH.



Watch face

To change the watch face, tap and hold the watch face screen, or go to Settings > Watch Face and swipe left and right to select the desired watch face.

Go to the Watch face settings screen. The watch faces for which thumbnails are marked with the Edit icon below are editable. The selected watch face is highlighted. You can tap or swipe on the screen to select different watch faces. The watch faces in gray are available to choose. Tap to select one.

The watch provides several watch faces by default. You can also go to the store in the Zepp app to synchronize online watch faces to the watch, or set a picture on the phone as the watch face picture by using the Zepp app.

To add online watch faces, keep the watch connected to the phone, open the Zepp app, go to Profile > My Device > Amazfit Bip U Pro > Store, and select your desired online watch faces to synchronize them to the watch.

Control center

Swipe down on the watch face screen to go to the control center screen.

- DND

Tap the DND icon to configure Do-Not-Disturb settings.

After DND is enabled, the watch does not vibrate when it receives incoming call alerts, SMS alerts, app notification alerts, email alerts, and nudge alerts.

After you select Enable in smart mode, DND is automatically enabled when you fall asleep while wearing the watch.

After you select Enable in custom mode, DND is automatically enabled during your predefined period.

- Alarm

Tap the Alarm icon to open the Alarm app.

- Brightness adjustment

Tap the Brightness Adjustment button to adjust the brightness of the watch screen.

- Settings

Tap the Settings icon to configure watch settings.



Notifications

- Enable the notifications feature

Before you use the notifications feature, enable the app alerts feature in the Zepp app and keep the watch connected to the phone.

1. If you use an iPhone, pair the watch with the phone's Bluetooth before you use the notifications feature. Otherwise, when you enable this feature, a message requesting Bluetooth pairing appears. Tap Agree.

2. If you use an Android phone, add the Zepp app to the whitelist or auto-run list in the phone's background so that the app keeps running in the background without being killed by a background process of the phone. Otherwise, the watch will be disconnected from the app and cannot receive app notification alerts. For the setting method on a specific phone, go to Profile > Amazfit Bip U Pro > Run in background.

- View notifications

When the watch receives notification alerts, it vibrates and displays the notifications. If you do not view notifications when you first receive them, you can swipe up on the watch face screen to view them later.

- Delete or clear notifications

The watch can store up to 10 notifications. When this limit is exceeded, the earliest notification is automatically deleted each time when a new notification is received.

- Incoming call alert

Keep the watch connected to the phone to receive incoming call alerts on the watch. You can choose to hang up or ignore/mute the calls on the watch. You can also press the physical button to stop vibrating. Before you use the incoming call alert feature, enable it in the Zepp app.

- Modify settings on an Android phone:

Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip U Pro > Incoming Call Alert. Tap the "Please grant the phone permission" message on the top of the screen. In the Grant Phone Permission dialog box, grant the call permission to the Zepp app. If the message does not appear, the Zepp app has been assigned the phone permission.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the whitelist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is killed by a background process of the phone, the watch is disconnected from the phone and cannot receive incoming call alerts.

Shortcut apps

Shortcut apps are displayed on the left and right of the watch face screen,

allowing

you to conveniently open these apps. You can go to Settings to set a frequently used app or feature, such as Workout, as a shortcut app.

Changing shortcut applications:

After you wake up the watch, swipe down on the watch face screen to go to the control center. Tap Settings and go to Settings > User Preferences > Shortcut Apps. Then, swipe up and down on the screen to view a list of apps that can be set as shortcut apps.

You can add up to 10 shortcut apps. When the number of apps on the Current Apps screen reaches this limit, you cannot add any more shortcut apps. To add more shortcut apps, remove some shortcut apps from Current Apps.

App settings on the watch

The watch provides apps that can be used independently, such as Workout Goal, Workout, Heart Rate, and Blood Oxygen Sensor.

By default, apps are displayed in the following order: Activity Goal > PAI > Heart Rate > Sleep > Workout > Workout History > SpO₂ > Stress Monitoring > Respiratory Training > Cycle Tracking > Alarm > Settings > More.

To add apps on the screen, open the Zepp app and go to Profile > Amazfit Bip U Pro > App Settings to select the desired apps.

Activities and health

PAI

PAI is used to measure a person's physiological activity and reflect overall physical condition. It is calculated based on a person's heart rate, the intensity of daily activities, and physiological data.

By maintaining a certain intensity of daily activity or workout, you can obtain your PAI value. According to the research results of the HUNT Fitness Study*, people with a PAI value greater than 100 are more immune to cardiovascular diseases and have increased life expectancy.

For more information, open the Zepp app and go to PAI > PAI Q&A.

*The HUNT Fitness Study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff at the School of Medicine, Norwegian University of Science and Technology. It has lasted over 35 years and involved more than 230,000 participants.



Activity goal

The watch automatically records your activity data, including steps, calorie consumption, standing events and distance. It also records the duration that heart rate is maintained within or above the fat-burning range as an index of fat-burning time.

1. The Activity Goal app contains two daily goals: steps and standing.
2. The watch vibrates when you achieve a daily goal.



Standing alerts

To encourage you to have a certain amount of activity every hour when you are awake and reduce the harm caused by sitting for too long, the watch monitors your activity as you wear it.

If no activities are detected for more than 1 minute at the 50th minute of the current hour and you are wearing the watch correctly, the watch vibrates to remind you to work out. When you receive a standing alert, you can do some activity before the next hour arrives to achieve the current hour's standing

goal.

Enabling standing alerts:

Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip U Pro > Standing Alerts to enable the standing alert feature.



Heart rate

Heart rate is an important indicator of physical condition. Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle.

To ensure measurement accuracy, you need to wear the watch correctly according to the instructions, and ensure that the part next to your skin is clean and free of sunscreen smear.



- Abnormal heartbeat alerts

1. Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip U Pro > Health Monitoring to turn on Heart health monitoring. Then, the watch monitors your heart health and records heart rate changes all day.
2. The watch vibrates when it detects abnormal heartbeats.
3. You can open the Heart Rate app on the watch to view the day's abnormal heartbeat record, heart rate curve, and heart rate range.
4. The Heart Rate app is for reference only and should not be used as the basis for medical diagnosis. Heart rate measurement may fail to detect any heart conditions. If you feel unwell, please seek medical advice.



- Heart rate alerts

You can enable the heart rate alert feature when you set automatic heart rate measurement mode with a measuring frequency of less than 10 minutes.

The watch vibrates when the measured heart rate is greater than the predefined value and you have not done any detectable activity for the past 10 minutes.

- Automatic heart rate measurement

1. Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip U Pro > Health Monitoring to enable automatic heart rate measurement and set the measuring frequency.

Then, the watch automatically measures your heart rate at the predefined frequency and records heart rate changes all day.

2. Heart rate changes are more intense when you are doing activity. Enable the activity detection feature to allow the watch to automatically increase measuring frequency when it detects activity so that more heart rate changes can be recorded.

3. The watch's heart rate app allows you to view the heart rate curve and heart rate distribution throughout the day.

- Manual measurement

1. When automatic heart rate measurement is disabled and the watch is in the wake state, you can press the physical button on the watch face screen to go to the App List and swipe up and down on the screen to

select the Heart Rate app for manual heart rate measurement.

2. You can set the Heart Rate app as a shortcut app to start heart rate measurement more conveniently.
3. The watch only allows you to view the heart rate that is measured each time. To view historical records, you need to synchronize data to the Zepp app.

Sleep

Sleep quality has an important impact on human health.

When you sleep while wearing the watch, it automatically records your sleep data. Open the Sleep app to view your total sleep duration from the previous night and sleep data over the past seven days. You can also synchronize sleep data to the Zepp app to view your sleep duration, sleep stages, sleep score, and sleep suggestions.



Assisted sleep monitoring

Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip U Pro > Health Monitoring to turn on

Assisted Sleep Monitoring, which allows the watch to more accurately analyze a larger volume of sleep data from REM sleep.

SpO₂

SpO₂ is the concentration of blood oxygen in blood and an important physiological parameter of respiration and circulation.

1. Wake up the watch, press the side button to go to the app list, and select the SpO₂ app to start measuring SpO₂.
2. After measurement is complete, the watch displays the measurement result. You can also view measurement results from the past 3 hours.



Precautions for SpO₂ measurement

1. Wear the watch a distance of one finger away from the carpal and remain still.
2. Wear the band tightly, with an appropriate sense of pressure.

3. Place your arm on a tabletop or a stationary surface, with the watch screen facing up.
4. Remain still during measurement and focus on the measurement.
5. Factors such as hair, tattoo, shaking, low temperature, and incorrect wearing of the watch may affect measurement results, and even lead to measurement failure.

The measurement range of the watch is 80%-100%. This feature is for reference only and should not be used as a basis for medical diagnosis. If you feel unwell, please seek medical advice.



Stress monitoring

- Single measurement

The watch provides the Stress app to measure your stress value. When measurement is successful, the watch displays the measured stress value and stress status. When measurement fails, the "Measurement failed" message appears. To ensure successful measurement, wear the watch

correctly

and

remain still during measurement.



- All-day stress monitoring

Amazfit Bip U Pro supports all-day stress monitoring. To use this feature, open the Stress app of the watch and turn on All-day Stress Monitoring. When this feature is enabled, wear the watch so that it automatically measures your stress every 5 minutes and displays your all-day stress curve.

Respiratory training

Go to App List of the watch and open the Respiratory Training app to perform respiratory relaxation training based on respiratory animation instructions. A progress bar appears in the lower part of the training screen to indicate the total training duration, which can be set on the Breathe home screen. The default duration is 1 minute. See the following figure.



Cycle tracking

- Predict the next cycle

The Cycle Tracking app can track women's menstrual periods to identify patterns and predict the next cycle.

This feature is not a substitute for contraception or medical advice.

When you use the Cycle Tracking app for the first time, you must set an initial value and complete the required settings. Then, the watch displays your current menstrual period status.



- Record cycle data and end cycle tracking

The menstrual period can be quickly recorded or ended from the watch. Accurate recording of each period data will make the prediction more accurate.

- Modify cycle data

If you enter the incorrect menstrual period, you can modify it in the Cycle Tracking app.

- Alert

Open the Cycle Tracking app and turn on Cycle Reminder and Ovulation Day Reminder so that the watch vibrates at the specified time to remind you.



Watch Apps

Weather

On the Weather screen, you can view the current day's weather and the weather forecast of the next few days.

The watch retrieves weather data via update push from the phone. To get the latest weather information, keep the phone's Bluetooth on and connect the phone to the watch.

The watch receives a push message along with a weather alert. To enable weather alert push, go to Profile > Amazfit Bip U Pro > Weather Settings.



To-Do-List

You can set to-do alert times. When the time is reached, the watch reminds you of the to-do item, which you can choose to complete or ignore. On the watch, choose App List > To-Do-List to view the to-do-list or turn off To-Do-List. You can also add and edit to-do items in the Zepp app. You can add up to 60 to-do items.

Alarm

On the watch, you can directly turn on and off the alarm feature. You can also add and edit alarms in the Zepp app or from the watch directly. You can set up to 10 alarms on the watch.



You can also turn on Snooze. When the alarm time is reached, the watch vibrates to remind you. To turn off the current alarm, tap the X button on the Alarm screen to disable the vibration. If you want the watch to remind you again 10 minutes later, tap any blank area on the watch screen or press the physical button. If you do not perform any operations after the watch vibrates

six

times

in a row, the alarm is disabled after the watch vibrates the sixth time.

World Clock

You can add multiple local times in the Zepp app and synchronize them to the watch's World Clock app. Then, you can view information including local times, dates, and weeks. You can add up to 20 different locations.



Pomodoro Tracker

The Pomodoro Tracker app allows you to manage time scientifically and set work times and break times in a cycle. This allows you to strike a balance between your work and breaks with minimum interruptions and make time management more intuitive and effective. By default, each work period lasts 25 minutes and is followed by a 5-minute break. You can create custom work times and break times.



Countdown

The Countdown app allows you to set a time period, which can be 23 hours, 59 minutes, and 59 seconds at most. The watch vibrates after countdown is over.



Stopwatch

The Stopwatch is accurate to 0.01 seconds and allows you to set a time period, which can be 23 hours, 59 minutes, and 59 seconds at most. The watch can count times up to 99 times during the timing.



Compass

When you use the Compass app for the first time, you must wear the watch and complete calibration. The longitude and latitude information must be obtained through GPS signals in outdoor open space. It takes a certain amount of time to enable GPS. To avoid signal interference, please keep away from magnetic interference when using GPS.

Music

When the phone is playing music, you can go to the Music screen of the watch to view information about the music being played. On the watch, tap Pause to stop music playback and tap Previous/Next to play the previous or next song. Tap the volume icons + and - to adjust the music volume.

If you use an iPhone, you must pair the watch with the phone's Bluetooth before you can use the Music app.

If you use an Android phone, you must grant notification reading permission in the Zepp app before you can use the Music app. In the Zepp app, go to Amazfit Bip U Pro > App Settings and tap On in the status bar.

Note: The experience of music control using the watch may be affected by Android system compatibility and the varying degrees of openness and support of different music players.



Camera Remote

When the phone's camera is turned on, you can take pictures remotely using the watch.

If you use an iPhone, you must pair the watch with the phone's Bluetooth before you can use the Music app.

If you use an Android phone, before you use the taking pictures remotely feature, you must open the Zepp app and go to Amazfit Bip U Pro > Lab > Camera Settings to complete settings as instructed.



Find Phone

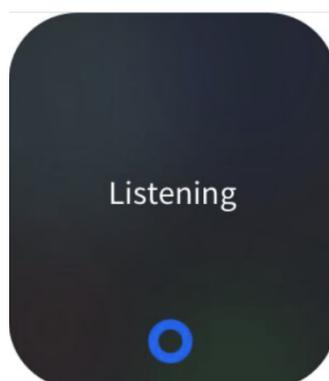
Keep the watch connected to the phone, go to the app list, and tap Find mobile. Then, the phone will vibrate and ring.



Alexa

You can use Alexa when your watch supports Alexa and you have registered a Zepp app account in a country or region where Alexa is supported.

Keep the watch connected to the phone, open the Zepp app, and go to Profile > Third-party Access > Alexa, and log in to your Amazon account to authorize Alexa. After authorization is successful, swipe right on the watch face screen to go to the Alexa screen, where you can communicate with Alexa, query weather, and intelligently control home appliances.



Workout

The Amazfit Bip U Pro supports 62 types of workout, including outdoor running, treadmill, outdoor cycling, walking, open water swimming, and pool swimming.

How to enable the workout feature

You can enable the workout feature in one of the following ways:

1. Select a workout type on the Workout screen to enable the workout feature.
2. Press and hold the physical button of the watch to go to the Workout screen.

Before you begin working out, the system checks whether the watch has sufficient free storage space. If not, the system may overwrite previously unsynchronized workout data when you begin working out. To prevent data from being overwritten, we recommend that you connect to the Zepp app soon after you finish working out to synchronize workout data.

If you select Outdoor Sports, wait until GPS positioning is successful on the Workout Preparation screen. Then, tap GO to begin working out. This allows the watch to record complete workout data.

Positioning guide:

1. If you are prompted to update Assisted GPS (AGPS) after you select a workout type, open the Zepp app and connect to the watch to enable automatic

AGPS update.

2. We recommend that you complete GPS positioning in an open space to accelerate the positioning process.

Activity alerts

- "Heart rate too high" alert

If your heart rate exceeds the predefined maximum value when you are working out, the watch vibrates to notify you and displays your current heart rate. Before you use the "Heart rate too high" alert feature, go to the Workout Settings screen to turn on Heart Rate Alert.



- Heart rate range reminder

If your heart rate is out of the predefined heart rate range when you are working out, the watch vibrates to notify you that your heart rate is too high or too low and displays your current heart rate. Before you use the heart rate range reminder feature, go to the Workout Settings screen to turn on Heart

Rate

Range

Reminder.



- "Pace too slow" alert

If your real-time pace is lower than the predefined value when you are working out, the watch vibrates to notify you that your pace is too low and displays your current pace. Before you use the "Pace too slow" alert feature, go to the Workout Settings screen to turn on Pace Reminder.



- Per km alert

When you reach the predefined kilometers during workout, the watch vibrates to notify you of the kilometers you have completed and displays your pace or speed over the last kilometer. Before you use the per km alert feature, go to the Workout Settings screen to turn on the Distance Reminder.



- "Insufficient free space" alert

If the system has insufficient free storage space while you are working out, the watch vibrates to ask you whether to continue working out. If you tap Continue, the system overwrites unsynchronized workout data. If you tap End, the system ends the current workout.

- "No free space" alert

If the system has no free storage space left feature you are working out, the watch vibrates to notify you. In this case, the system automatically stores your current workout history.

- GPS status change alert

On the Outdoor Sports screen, if you complete GPS positioning successfully for the first time after previous failures, the watch vibrates to notify you.

Operations while working out

When you select a workout type other than Swimming Sports, you can view data on different screens by swiping vertically on the screen or pressing the physical button.

When you select Swimming Sports:

The screen is automatically locked when you begin working out, and you cannot swipe the screen. To unlock the screen, press and hold the physical button.

Pause, continue, and end workout

Press and hold the physical button to end workout. The Paused screen appears. If you tap Continue, the watch continues to record workout data. The data will not be saved if there are insufficient activity records. You can press the tick to exit the activity.



View workout results

- View the historical data in the Activities app

Go to App List > Activities to view the recently stored workout history. If some historical workout records are unsynchronized, the Unsynchronized icon appears on the right of the list. The Unsynchronized icon disappears after the data is synchronized to the Zepp app. Tap a workout history to view workout details.

- View workout results in the Zepp app

The Zepp app provides the Workout module to allow you to view all workout history synchronized from the watch.

- Delete workout records

On the Activities screen, swipe left on a workout history and tap Delete. If this record has been synchronized, it is directly deleted. If it is not synchronized, the system asks you to confirm whether to delete it.

Note: After a workout record is deleted from the watch, this record is not synchronously deleted from the Zepp app and you can still view it in the app.

You need to manually delete it from the Zepp app.

Workout settings

Go to the Workout Preparation screen and tap Workout Settings in the lower

part of the screen. You can choose to enable the following features during workout as needed: Auto Pause, Heart Rate Reminder, Pace Reminder, Distance Reminder, and Swimming Lane Length. After activity alerts are enabled, the watch vibrates to notify you when the predefined values are reached. For more information, see the "Activity alerts" section.

Workout goal

On the Workout Preparation screen, swipe left to go to the Activity Goal Settings screen. You can set a variety of goals for different workout types, such as Pace, Duration, Distance, and Calorie consumption goal. When you complete 50%, 80%, and 100% of the set goal while working out, the watch notifies you of goal completion progress.



GPS and AGPS

When you go to the Workout Preparation screen during outdoor workout such as outdoor running, the watch automatically starts GPS positioning and

notifies

you immediately after positioning is successful. GPS positioning is automatically disabled after you finish working out.

Use GPS positioning in an open outdoor space, and wait until positioning is successful before you begin working out. If you are in a crowd, raise your arm to your chest to accelerate positioning.

AGPS provides GPS satellite orbit data to help the watch accelerate GPS positioning. Keep the watch connected to the phone's Bluetooth. Each time you connect the watch to the Zepp app, the system automatically checks for and completes updates. The watch periodically synchronizes data from the Zepp app. Otherwise, AGPS data expires, which affects the speed and accuracy of positioning. In this case, the watch prompts you to connect to the Zepp app to update AGPS for accelerated positioning when you begin working out.

Heart rate range for workout

When you are working out, the watch calculates your heart rate range based on your personal information. You can determine the effect and intensity of workout based on the heart rate range. On the watch, you can view your current heart rate range in the heart rate data column. After you finish working out, you can open the Zepp app and find the current workout history to view the workout duration in each heart rate range on the Details screen.

By default, six heart rate ranges are provided.

The default heart rate ranges are calculated by estimating the maximum heart rate. The watch calculates the maximum heart rate by the common formula of subtracting your age from 220.

Heart rate range name	How to calculate
Relaxed	Less than 50% of the maximum heart rate
Warm-up	[50%, 60%) of the maximum heart rate
Fat Burning	[60%, 70%) of the maximum heart rate
Aerobic	[70%, 80%) of the maximum heart rate
Endurance Training	[80%, 90%) of the maximum heart rate
Anaerobic Maximum	More than 90% of the maximum heart rate

Watch status alerts

Incoming call alert

The watch vibrates when it receives an incoming call message. On the Alert screen, you can tap Hang up or Ignore, or press the physical button to stop the watch from vibrating. Before you use the incoming call alert feature, enable it in the Zepp app.

If you use an Android phone to connect the watch, it supports SMS reply to incoming calls. You can edit the SMS content from the Zepp app.



Nudge alert

After you add a friend by using the Zepp app, you can tap Nudge when you view the contact information. Then, your friend's watch vibrates to notify your friend that a nudge message is received. Your watch vibrates when it receives a nudge message from your friend.



Activity goal achieved alert

When you reach the daily step goal, the watch vibrates to notify you. Before you use the Activity goal achieved alert feature, enable it in the Zepp app.



Red envelope alert

When your WeChat account receives a red envelope activity, the watch vibrates to prompt you to grab a red envelope. Before you use the red envelope alert feature, enable it in the Zepp app.



Settings

The Settings screen provides the following settings: watch face replacement, quick start-up item settings by pressing and holding the physical button, auto-screen-off duration settings, screen lock settings, light-upon-wrist-lift settings, light-upon-notifications settings, preferences settings, about settings, regulation settings, shutdown settings, and factory reset settings.

Watch face replacement: The watch provides four default watch faces. You can change the watch face as needed.

Press-and-hold settings: You can set a workout as a quick start-up item so that you can begin the workout by pressing and holding the physical button.

- Auto screen off: You can set a screen-on period after which the watch screen automatically turns off if no operations are performed within the period.
- Screen lock settings: After this feature is enabled, you must press the physical button to perform operations when the screen turns on upon notification reception or wrist lift. This design prevents unintended operations.
- Lit upon wrist lift: After this feature is enabled, the screen automatically turns on when you lift your arm or wrist. If the screen lock feature is disabled, you can directly operate the screen after it turns on.
- Lit upon notifications: After this feature is enabled, the screen automatically turns on when the watch receives a notification. If the screen lock feature is disabled, you can directly operate the screen after it turns on.
- Shortcut apps: Shortcut apps are the apps you can open by swiping left and right on the watch face screen. You can add, delete, and reorder shortcut apps.

- Press and hold the button: After this feature is enabled, you can press and hold the physical button for 2 seconds on the watch face screen to quickly open an app.
- Vibration intensity: You can set the intensity of vibration when the watch receives alerts. The options include Strong, Medium, and Weak.
- Time format: The options include 12-hour mode and 24-hour mode.
- Date format: The options include YYYY/MM/DD, YYYY/DD/MM, MM/DD/YYYY, and DD/MM/YYYY.
- About: On the About screen, you can view the firmware version and Bluetooth MAC address of the watch.
- Shut down: Tap to shut down the watch.
- Restart: Tap to restart the watch.
- Factory reset: Press and hold the physical button to reset all data on the watch. After factory reset, you must re-pair the watch before you can use it.

Daily maintenance

- The watch is water resistant. We recommend regularly cleaning the watch and watch strap with water and drying with a soft cloth before wearing.
- Avoid using detergents such as soap, hand sanitizer, or shampoo for cleaning to prevent chemical residues from irritating the skin or corroding

the

device.

- After wearing the device while bathing (for devices that support bathing), swimming (for devices that support swimming), or sweating, promptly clean and dry the device.

Precautions

- The watch can withstand the pressure equivalent to 50 meters of water depth. It is suitable for swimming in swimming pools and shoals. Do not wear the watch while diving or using the sauna.
- Do not operate the watch underwater. If the watch gets wet, do not operate the touch screen or charge the watch until it is wiped clean using a soft cloth.
- The watch is not resistant to corrosive liquids such as acidic and alkaline solutions and chemical reagents. Damage or defects caused by misuse or improper use are not covered by the warranty.