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Amazfit Bip 3 User Manual

Contents

Amazfit Bip 3

USER MANUAL

Connection and pairing

Use your phone to scan the following QR code, and download and install the Zepp app. For a better user experience, update the app to the latest version as prompted.

Note: The operating system of your mobile phone must be Android 7.0 or iOS 12.0, or later.

Initial pairing:

1. When the watch is started for the first time, the QR code used for pairing displays on the screen.
2. Open the Zepp app on your phone, log in to the app, and scan the QR code on the watch to pair your phone with the watch.

Pairing with a new phone:

1. Open the Zepp app on your old phone and synchronize data with the watch.
2. On the old mobile phone, go to Profile > Amazfit Bip 3 pro page and tap the Unpair button at the bottom to unbind. If it is an iPhone, after unbinding, please unpair the phone and the watch: go to the phone's Bluetooth menu, find the Bluetooth name corresponding to the watch, and tap the button on the far right of the Bluetooth name. After entering the page, tap Ignore This Device.
3. Restore the factory settings of the watch, and then reboot the watch. After the watch is rebooted, pair the watch with your new phone as described in the initial pairing procedure.

Wearing and Charging

Wearing and Replacing Watch the Strap

It is recommended to wear the watch with comfortable looseness to allow the skin to breathe and the sensor to function.

When measuring blood oxygen, avoid wearing the watch on the wrist joint, 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 the 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.

Basic operations

Common Gesture Operations

Tap the screen	Uses a feature, selects the current item, or proceeds with the next step
Press and hold the watch face	Activates watch face selection and watch face settings
Cover the screen	Turns off the screen
Swipe from left to right	On most sub-level pages, returns to the upper-level page
Swipe up or down on the screen	Scrolls or switches pages

Physical button operations

Press the physical button once:

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

Press and hold the physical button:

- When the watch is in the power-off state, press and hold the button for 2 seconds to power on the watch.
- On the watch face, press and hold the button for 1s to quick start a workout (to set quick start app, go to Settings > Preference > Press and hold the button).
- On the Workout screen, press and hold the physical button to end the workout.

Watch Faces

To change the watch face: press and hold the watch face, or go to Settings > Watch Face and swipe left or right to select the desired watch face.
Go to the Watch face settings screen. The watch face thumbnails that are marked with an edit icon below are editable. The selected watch face is highlighted. You can tap or swipe on the screen to select different watch faces. Tap to select one.
The watch provides several watch faces by default. You can also go to Watch Faces 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 3 > Watch Faces and select your desired online watch faces to synchronize them to the watch.

Control center

Swipe down on the watch face page to enter the Control Center, where you can access system features of the watch.
Supports: Do Not Disturb mode, alarm clock, brightness adjustment, settings

Message Notifications and Call Reminders

1. 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.

- 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.
- If you use an Android phone, add the Zepp app to the allowlist 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.

2. 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.
3. Incoming call alerts
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.

Shortcut apps

Shortcut applications displayed on the left and right sides on the watch face allows you to conveniently use watch functions. You can also set your frequently used applications or functions such as "workouts".
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 > Preference > Shortcut Apps. Then, swipe up and down on the screen to view a list of apps that can be set as shortcut apps.
When the number of Current Apps reaches the upper limit, no more apps can be added. To add more, you must delete the unwanted apps from Current Apps. You can add up to 10 shortcut apps.

App list management

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

The apps displayed on the watch can be set based on personal preferences. With the watch connected to the Zepp app, open the app and go to Profile > Amazift Bip 3 > App list management to change the display order of apps or hide apps on the current page.

Updating the system of your watch

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit Bip 3 > System Update to view or update the system of your watch.
We recommend that you tap Update Immediately when your watch receives a system update message.

Activities and health

Goal

The watch automatically records your activity data, including steps, standing events, fat-burning time, calories, 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.
The watch vibrates when you achieve daily step and standing goals.

Stand Reminders

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 one 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, do activity before the next hour arrives to achieve the current hour's standing goal.

How to enable:
Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip 3 > Notification and Reminder > Standing Reminder to enable the feature.

PAI

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

By maintaining a certain intensity of daily activities or workouts, you can obtain a 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.

Wake up the watch, press the button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the PAI app. In the PAI app on the watch, you can view information such as your PAI score in the past seven days and today's PAI score. You can also set the PAI app as a quick access app to easily view your PAI score.

For more information, go to the Zepp app Home page > PAI page > click 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.

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.

Wake up the watch, press the button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Heart Rate app. In the Heart Rate app on the watch, you can view your most recently measured heart rate value, all-day heart rate curve, resting heart rate, heart rate interval distribution and other information. Setting the Heart Rate app as a quick access app allows you to easily measure your heart rate.

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

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 3 > 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).

Sleep Breathing Quality Monitoring

Keep the watch connected to the phone, open the Zepp app, and go to Profile > My Device > Amazfit Bip 3 > Health Monitoring to enable sleep breathing quality monitoring. Once this feature is enabled, if the system detects that you are wearing the device during sleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

Blood oxygen

Blood oxygen 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 blood oxygen.
2. After measurement is complete, the watch displays the measurement result. You can also view measurement results from the past 3 hours.
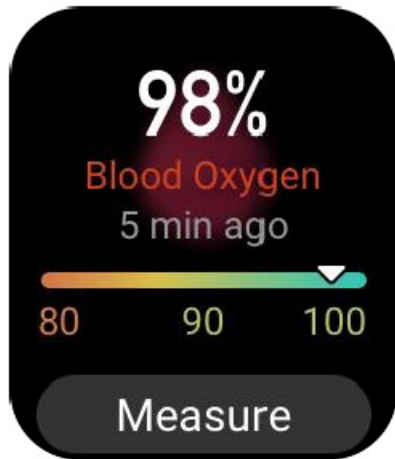
Precautions for blood oxygen measurement:

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.
6. 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

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.
Amazfit Bip 3 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 the App List of the watch and open the Breathing app to perform respiratory relaxation training based on respiratory animation instructions. The total training duration can be set on the Breathe home screen. The default duration is 1 minute.

Cycle Tracking

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.
The first time you use the Cycle Tracking app, you need to enter the start time of your most recent period, the duration of the period, and the duration of your menstrual cycle. You can also enter this data on the Zepp app and synchronize it to the watch.

**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.

Modifying cycle data:
If you enter the incorrect menstrual period, you can modify it in the by clicking Edit button on Cycles page from Zepp app.

Reminders:
Go to Zepp app Cycles page and click Settings to enable Period and Ovulation reminder so that the watch vibrates at the specified time to remind you.
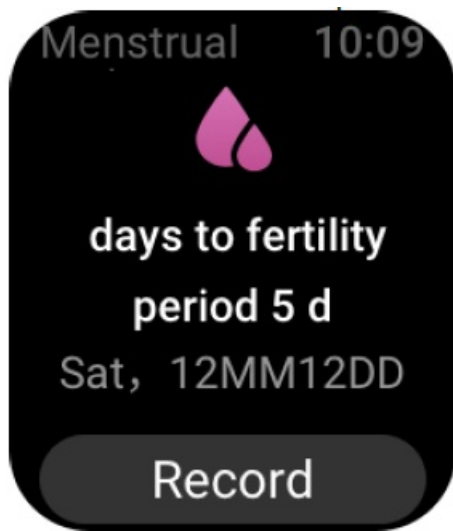
Workout

Workout Type

The Amazfit Bip 3 supports 60 types of workout, including outdoor running, treadmill, outdoor cycling, and walking. The default workout list will be automatically adjusted according to the number of times each workout is used.
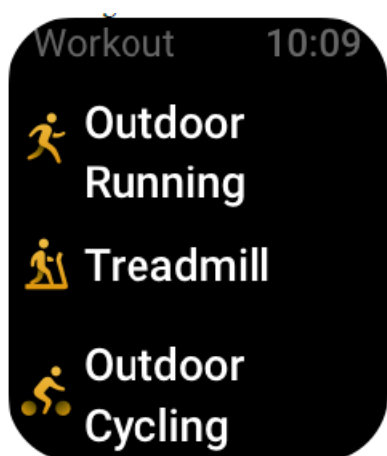
Start a workout

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

We recommend that you enable GPS on the phone during outdoor exercises to allow the watch to record more data accurately. Be sure to keep the watch connected to the phone while exercising.

Instructions for using GPS on the phone:

1. Go to the system permissions screen on the phone to authorize the Zepp app to read GPS data.
2. Be sure to keep the phone's GPS positioning and Bluetooth on while exercising. If you use an Android phone, keep the Zepp app running in the background.
3. With the watch connected to the phone GPS, when you go to the Exercise screen, the watch automatically

starts positioning and displays the searching state. If not, connect the watch to the phone GPS as instructed.
4. Use GPS positioning in an open outdoor space and wait until positioning is successful before you begin exercising.

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.

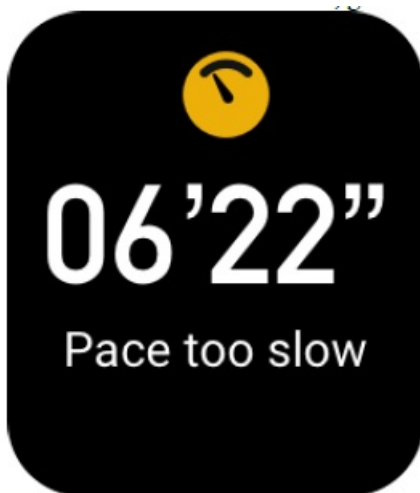**Workout Alerts**

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 Safe Heart Rate Reminder.

Heart rate range alert
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 alert 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.
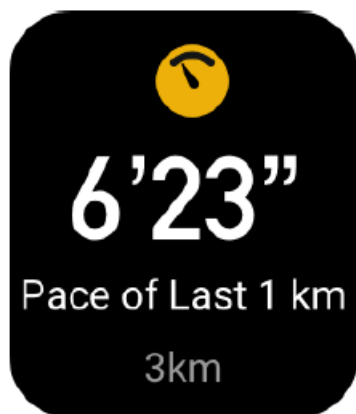
Insufficient free space alert

If the system has insufficient free storage space while you are working out, the watch vibrates to ask you whether to continue the workout. 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 while you are working out, the watch vibrates to notify you. In this case, the system automatically stores your current workout record.

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 Alert, Pace Alert, Distance Alert.
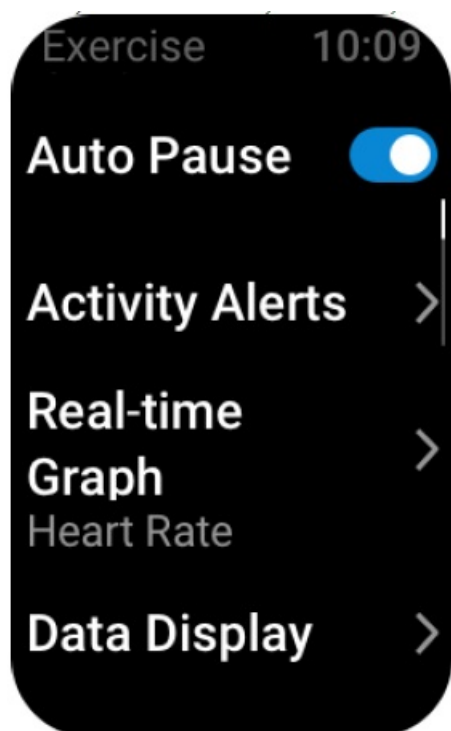
Pause, continue, and end workout

Press and hold the physical button to end a workout. The Paused screen appears. If you tap Start, 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.
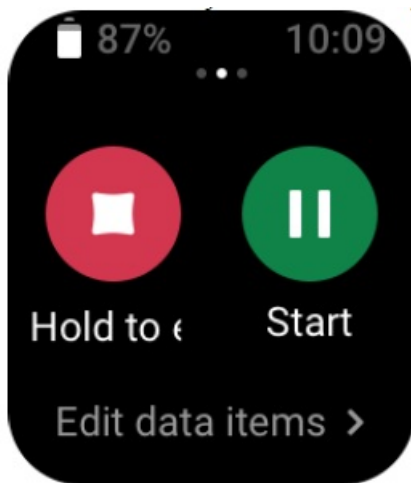
Workout history

View the historical workout data in the watch
Go to App List > Workout history to view the recently stored workout record. 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 record to view workout details.

View workout results in the Zepp app
The Zepp app provides the Workout module to allow you to view workout results synchronized from the watch.

Delete workout records
On the Workout history screen, swipe left on a workout record 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.

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 the workout, you can open the Zepp app and find the current workout records 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	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 apps

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, please enable the notification read permission on the Zepp App before you can use the Music app. In the Zepp app, go to Amazfit Bip 3 Pro > Notification and reminder > App alerts>click the reminder "Can't access notifications" at the top of this page to allow the notification permission of the Zepp App.

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.
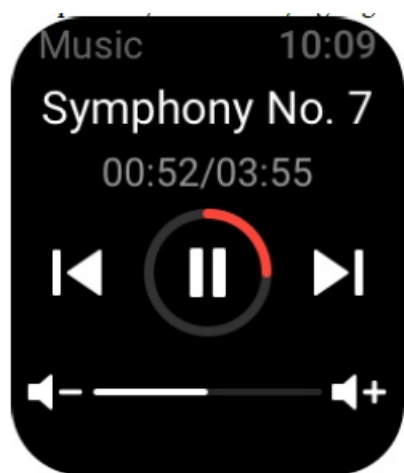
Weather

In the Weather app, 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, in the app, go to Profile > Amazfit Bip 3 > App settings > Weather > Weather Settings.

Alarm

You can add alarms in the Zepp app and on the watch. Up to 10 alarms can be added.
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 Remind me later. 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.
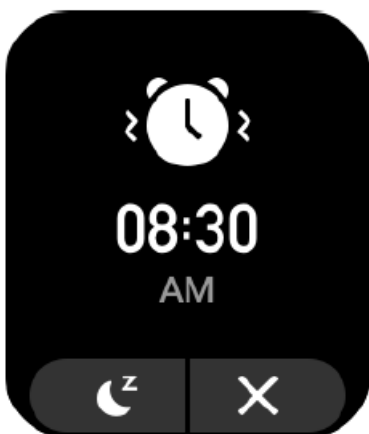

To-Do List

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.

World clock

You can add multiple cities in the Zepp app and synchronize them to the watch to view information including local times, dates, and weeks. You can add up to 20 different cities.

Countdown

The Countdown app provides 8 shortcuts for quick setup. Also, you can manually set a timer with a maximum time of 23 hours, 59 minutes and 59 seconds. The watch will remind you when the timer ends.
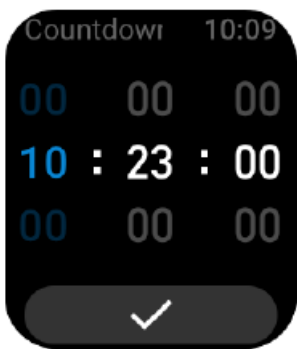
Camera Remote

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 Camera Remote app.
If you use an Android phone, before you use the feature, you must open the Zepp app and go to Amazfit Bip 3 > Lab > Camera Settings to complete settings as instructed.

Find the phone

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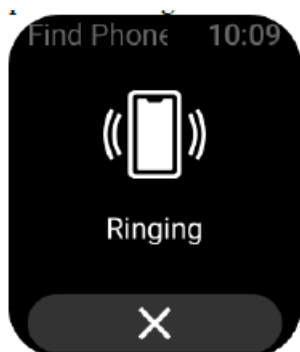
Settings

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, screen lock, lit upon wrist lift, lit upon notifications, preferences, about, regulation, shutdown, and factory reset.

Watch face replacement: The watch provides 2 default watch faces. You can change the watch face as needed.

Press-and-hold settings: You can set 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.

Light 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 button: After this feature is enabled, you can press and hold the physical button for 1s on the watch face screen to quickly open an app.

Vibration Strength: 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: After factory reset, all data in the watch will be reset, and the watch needs to be re-paired before it can be used.

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