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### Amazfit Bip U (A2017)

# Amazfit Bip U Smart Watch User Manual

## MODEL: BIP U (A2017)

Your daily companion for health and fitness.

### 1. Introduction

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The Amazfit Bip U Smart Watch is designed to help you monitor your health and fitness activities. It features a vibrant HD color display, comprehensive health tracking, multiple sports modes, and smart notifications to keep you connected. This manual provides essential information for setting up, operating, and maintaining your device.

### 2. What's in the Box

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- Amazfit Bip U Smart Watch (x1)
- Charger Case (x1)
- User Manual (x1)

### 3. Product Overview

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Figure 3.1: Amazfit Bip U Smart Watch

### 3.1 Display

The Amazfit Bip U features a 1.43-inch (3.6 cm) full-color TFT HD display with a resolution of 320x302 pixels. This large screen provides clear and vibrant visuals for all your information and interactions.

# 1.43"

## Large HD Color Screen



Figure 3.2: 1.43-inch HD Color Screen

### 3.2 Health Monitoring

The watch offers comprehensive health tracking capabilities:

- **Blood-oxygen Level Measurement (SpO2):** Monitor your blood oxygen saturation directly from your wrist.



## Blood-oxygen Level Measurement

Figure 3.3: Blood-oxygen Level Measurement

- **Stress Monitoring & Breathing Training:** Track your stress levels and utilize guided breathing exercises to help manage stress.



Figure 3.4: Stress Monitoring & Breathing Exercise

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking to provide insights into your cardiovascular health.
- **PAI Health Assessment System:** Personal Activity Intelligence (PAI) converts heart rate data and other health metrics into a single, intuitive score to help you understand your physical state.
- **Sleep Monitoring:** Analyze your sleep patterns, including light sleep, deep sleep, and REM stages, to help improve sleep quality.

### 3.3 Sports Modes

The watch supports over 60 sports modes, allowing you to track a wide range of activities with detailed metrics.



Figure 3.5: 60+ Sports Modes

### **3.4 Water Resistance**

With 5 ATM water resistance, the Amazfit Bip U can withstand pressures equivalent to a depth of 50 meters, making it suitable for swimming and other water activities.

# 5 ATM Water-resistance



Figure 3.6: 5 ATM Water-resistance

## 3.5 Battery Life

Enjoy up to 9 days of battery life on a single charge, ensuring your watch is ready when you are.

# 9-day Battery Life



Figure 3.7: 9-day Battery Life

### 3.6 Smart Notifications

Receive smart notifications for incoming calls, text messages, app alerts, and calendar reminders directly on your wrist.

### 3.7 Customization

Personalize your watch with over 50 watch faces, including animated options, to match your style.

### 3.8 Lightweight Design

Weighing only 31 grams, the Amazfit Bip U offers a comfortable and lightweight wearing experience.



Figure 3.8: 31g Lightweight Design

## 4. Setup

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### 4.1 Charging the Device

1. Connect the charging cable to a USB power adapter (not included) or a computer's USB port.
2. Align the magnetic charging pins of the charger case with the charging contacts on the back of the watch.
3. Ensure the watch is securely seated in the charger. The watch screen will display the charging status.

### 4.2 Pairing with Your Smartphone

1. Download the Zepp App (formerly Amazfit App) from the App Store (iOS) or Google Play Store (Android).
2. Open the Zepp App and create an account or log in.
3. Tap on 'Profile' > 'My Devices' > 'Add device' > 'Watch' > 'Watch with a QR code'.
4. Scan the QR code displayed on your Amazfit Bip U screen using your phone's camera.
5. Follow the on-screen prompts on both your watch and phone to complete the pairing process.

## 5. Operation

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### 5.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or wake up the display.

### 5.2 Using Sports Modes

1. From the home screen, swipe to find the 'Workout' app and tap to open.
2. Select your desired sports mode (e.g., Outdoor Running, Treadmill, Cycling).
3. Tap 'GO' to start tracking your activity.
4. During the workout, you can view real-time data. Swipe right to pause or end the workout.

### 5.3 Health Monitoring Functions

- **Heart Rate:** Access the Heart Rate app to view your current heart rate and historical data.
- **SpO2:** Open the SpO2 app and follow the instructions to measure your blood oxygen level. Ensure the watch is worn snugly on your wrist.
- **Stress:** Navigate to the Stress app to check your current stress level and perform breathing exercises.
- **Sleep:** Sleep data is automatically recorded overnight and can be viewed in the Zepp App.

## 6. Maintenance

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### 6.1 Cleaning the Watch

- Regularly clean your watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the watch is dry before charging or wearing it again.

### 6.2 Storage

Store the watch in a cool, dry place when not in use. Avoid extreme temperatures and direct sunlight.

## 7. Troubleshooting

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to pair with phone:**
  - a. Ensure Bluetooth is enabled on your phone.
  - b. Make sure the watch is within range of your phone.
  - c. Restart both your watch and phone.
  - d. Try unpairing and re-pairing the device through the Zepp App.
- **Inaccurate heart rate/SpO2 readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurement.
- **Notifications not received:**
  - a. Check notification settings in the Zepp App and on your phone.

- b. Ensure the watch is connected to your phone via Bluetooth.

## 8. Specifications

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Feature	Specification
Model Name	Bip U (A2017)
Display	1.43" full color TFT, 320x302 resolution
Dimensions	41 x 35 x 9 mm
Weight	31 Grams
Water Resistance	5 ATM (up to 50 Metres)
Battery Life	Up to 9 days
Connectivity	Bluetooth
Compatible Devices	iOS & Android Smartphones
Sensors	Optical Heart Rate, Pulse Oximeter, Stress
Human Interface Input	Touchscreen
Band Material	Polycarbonate
Case Material	Ceramic
Memory Storage Capacity	2300 MB
RAM Memory Installed	128 MB

## 9. Warranty and Support

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The Amazfit Bip U Smart Watch comes with a 1-year warranty provided by the importer from the date of purchase. For any issues related to the product or service, please refer to Amazfit customer care.

## 10. Official Product Video

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Video 10.1: Amazfit Bip U Smartwatch Overview (Preview)

This video provides a brief overview of the Amazfit Bip U Smartwatch, highlighting its key features and design. It covers aspects like the display, health tracking, sports modes, and battery life.