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## Amazfit Bip 3 Pro

# Amazfit BIP 3 Pro Smart Watch Instruction Manual

Model: Bip 3 Pro

## 1. INTRODUCTION

This manual provides essential information for setting up, operating, and maintaining your Amazfit BIP 3 Pro Smart Watch. Please read it thoroughly to ensure proper use and to maximize the device's features.

The Amazfit BIP 3 Pro is a versatile smartwatch designed for health and fitness tracking, featuring a large color display, long battery life, and robust water resistance.



Image: The Amazfit BIP 3 Pro Smart Watch is shown in black, pink, and white, highlighting its sleek design and large display.

## 2. WHAT'S IN THE BOX

- Smart Watch
- Charging Cable
- User Manual

## 3. SETUP

### 3.1 Charging the Device

Before first use, fully charge your Amazfit BIP 3 Pro. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB-A end into a compatible power adapter (not included) or a computer's USB port.

# ALL-ROUND HEALTH MANAGEMENT



24H  
Heart Rate



SpO2  
Monitoring



Sleep Quality  
Tracking



Stress Level  
Monitoring



Image: The Amazfit BIP 3 Pro Smart Watch screen shows '100%' battery life, indicating a full charge.

## 3.2 App Installation and Pairing

To unlock the full potential of your Amazfit BIP 3 Pro, download the **Zepp App** from the App Store (iOS) or Google Play Store (Android). The watch is compatible with iOS 12.0 and above, and Android 7.0 and above devices.

1. Download and install the Zepp App on your smartphone.
2. Open the Zepp App and create an account or log in.
3. Follow the on-screen instructions in the app to pair your Amazfit BIP 3 Pro. Ensure Bluetooth is enabled on your smartphone.

The following video demonstrates the user interface and navigation of the Amazfit BIP 3 Pro, which can assist with initial setup and feature discovery.

Video: This video provides a brief overview of the Amazfit Bip 3 Pro Smart Watch, showcasing its display and some basic functionalities.

## 4. OPERATING THE SMART WATCH

## 4.1 Display and Navigation

The Amazfit BIP 3 Pro features a **1.69-inch large color display** for clear visibility of information. Navigate the watch using touch gestures and the physical button on the side.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different data screens.
- **Press Side Button:** Return to the home screen or access the app list.

# 1.69" LARGE COLOR DISPLAY



Image: The Amazfit BIP 3 Pro Smart Watch displays the time, date, and step count on its vibrant 1.69-inch color screen.

## 4.2 Customizable Watch Faces

Personalize your watch with over **50 vibrant watch faces** available through the Zepp App. You can change them directly on the watch or via the app.

# 50+ VIBRANT WATCH FACES



Image: A collage of various digital and analog watch faces available for the Amazfit BIP 3 Pro, showcasing customization options.

## 4.3 Smart Features

The watch offers several smart features to enhance your daily life:

- **Notifications:** Receive alerts for calls, text messages, and app notifications directly on your wrist.
- **Music Control:** Control music playback on your phone from your watch.
- **Weather Forecasts:** Get real-time weather updates.
- **Alarm Clock & To-Do List:** Set alarms and manage your tasks.
- **Find Phone:** Locate your paired smartphone if it's nearby.



Image: The Amazfit BIP 3 Pro screen shows icons representing various smart features like phone calls, notifications, music control, weather, and alarms.

## 5. HEALTH TRACKING FEATURES

Monitor your well-being with comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Track your heart rate 24/7 to understand your cardiovascular health.
- **Blood Oxygen (SpO2) Measurement:** Measure your blood oxygen saturation on demand.
- **Sleep Quality Tracking:** Analyze your sleep stages (REM, deep, light sleep) and even daytime naps to improve sleep habits.
- **Stress Level Monitoring:** Monitor your stress levels and receive alerts for high stress.
- **PAI Health Assessment System:** Get a personalized health score based on your activity and physiological data.
- **Female Cycle Tracking:** Track menstrual cycles and predict fertile windows.



Image: The Amazfit BIP 3 Pro screen shows a dashboard of health metrics including heart rate, blood oxygen, sleep quality, and stress levels.

## 6. SPORTS MODES AND GPS

The Amazfit BIP 3 Pro supports over **60 built-in sports modes** to track various activities, including cycling, fitness, running, swimming, walking, and yoga.

# 14 DAYS LONG BATTERY LIFE

14  
DAY



Image: A man is shown running while wearing the Amazfit BIP 3 Pro, with icons representing over 60 different sports modes.

## 6.1 High-Precision GPS

Equipped with a **4-satellite positioning system** (GPS, GLONASS, GALILEO, and QZSS), the watch provides highly accurate location data for outdoor activities, allowing you to track your routes and distances precisely.

# 4 SATELLITE POSITIONING SYSTEMS

GPS

Galileo

QZSS and more



Image: The Amazfit BIP 3 Pro screen shows a map with a tracked route, illustrating its 4-satellite positioning system for accurate outdoor tracking.

## 6.2 Water Resistance

The watch boasts **5 ATM water-resistance**, making it suitable for swimming and other water-based activities. It can withstand pressures equivalent to a depth of 50 meters.

# 5 ATM WATER RESISTANCE



Image: The Amazfit BIP 3 Pro Smart Watch is shown on a wrist partially submerged in water, demonstrating its 5 ATM water resistance.

## 7. BATTERY LIFE

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Enjoy extended usage with the Amazfit BIP 3 Pro's **long 14-day battery life** under typical usage conditions. This minimizes the need for frequent charging, allowing you to focus on your activities.

## 8. MAINTENANCE

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### 8.1 Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the screen and strap. Avoid harsh chemicals.

### 8.2 Water Resistance Guidelines

While the watch is 5 ATM water-resistant, avoid exposing it to hot water, steam, or high-velocity water. Do not operate the buttons underwater.

## 9. TROUBLESHOOTING

If you encounter issues with your Amazfit BIP 3 Pro, try the following:

- **Restart the Watch:** Navigate to Settings > System > Restart.
- **Check App Settings:** Ensure all necessary permissions are granted to the Zepp App on your phone.
- **Factory Reset:** If problems persist, perform a factory reset via Settings > System > Factory Reset.*Note: This will erase all data on your watch.*
- **Update Firmware:** Ensure your watch firmware is up to date through the Zepp App.

## 10. SPECIFICATIONS

Feature	Specification
Model Name	Amazfit Smartwatch
Model Number	W2171GL4N-REF
Display Type	LCD
Screen Size	1.69 Inches
Resolution	240 x 280
Battery Capacity	246 Milliamp Hours
Battery Average Life	14 days
Waterproof Rating	IP68 (50 Meters Water Resistance)
GPS	GPS Enabled (GPS, GLONASS, GALILEO, QZSS)
Connectivity Technology	Bluetooth
Compatible Devices	Android 7.0 and above & iOS 12.0 and above
Metrics Measured	Optical Heart Rate Sensor, Blood Oxygen Sensor, GPS
Sport Type	Cycling, Fitness, Running, Swimming, Walking, Yoga
Item Weight	0.07 Pounds
Item Dimensions	1.73 x 1.43 x 0.37 inches

## 11. WARRANTY AND SUPPORT

Your Amazfit BIP 3 Pro Smart Watch comes with a **1 Year Manufacturer Warranty**. For warranty claims, technical support, or further assistance, please refer to the official Amazfit website or contact their customer service. The Zepp App also provides additional support resources and FAQs.

