Amazfit Bip S

User Manual
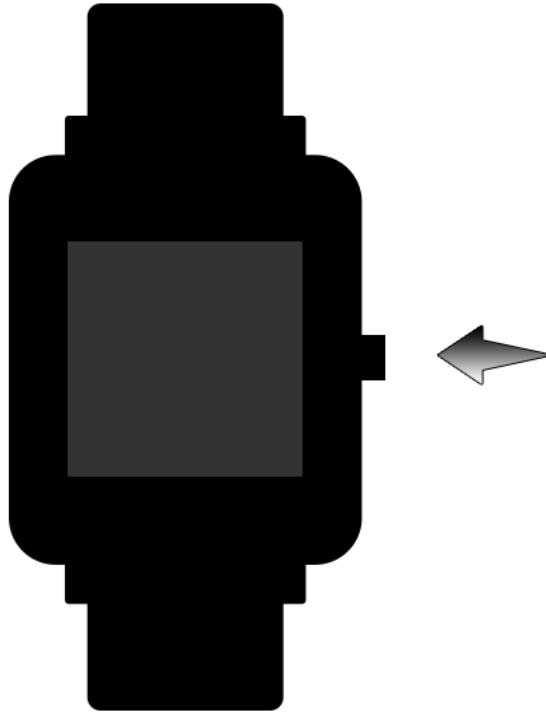
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Watch Face Functions Navigation and Button Instructions

Amazfit Bip S features a touch screen with a reflective display and one physical button.

Functions Navigation

The screen can be navigated by swiping left/right or up/down.
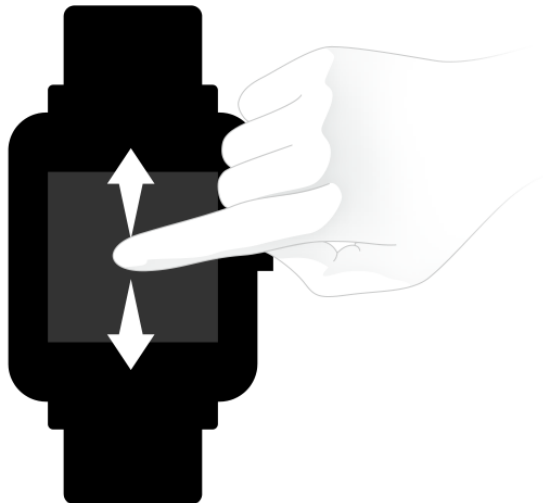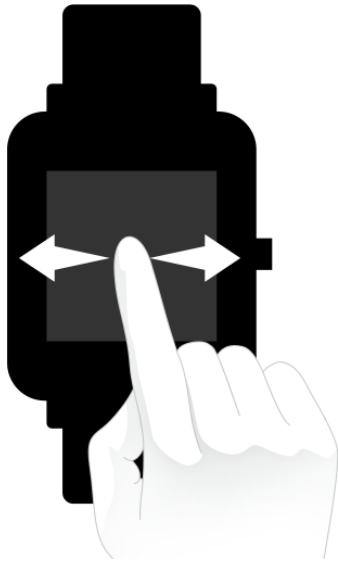
The watch face page is displayed by default, and you may:

1. Swipe up on the watch face page to view historical message notifications.

2. Swipe down on the watch face page, or swipe down on the edge of any other page (except the settings page) to enter the control center, where you can set up Do Not Disturb, screen lock, brightness and music playback on your mobile phone. You can also check the watch's battery level and connection status.

3. Swipe left on the watch face page to view the function list, where you can tap

the corresponding function to enter its details page.

4. Swipe right on the watch face page to quickly access Music control, Status, PAI, Heart rate, and Weather.

Physical Button Operations

Short press the physical button once to:

① Unlock the screen.

② Turn off the screen if the watch face page is currently displayed.

③ Return to the previous menu level if any other page is currently displayed.

④ Scroll up and down on the page during workout.

⑤ Unlock the page when swimming.

Long press the watch button to:

① Turn on the watch.

② Quickly start a specific workout.

(Users can set the quick start item in "Settings" - "Long press button settings")

③ Pause the workout if you are on the workout page.

④ Long press for 10s to reboot the watch.

Wearing and Charging

Daily Wearing

During non-workout hours, it is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly.
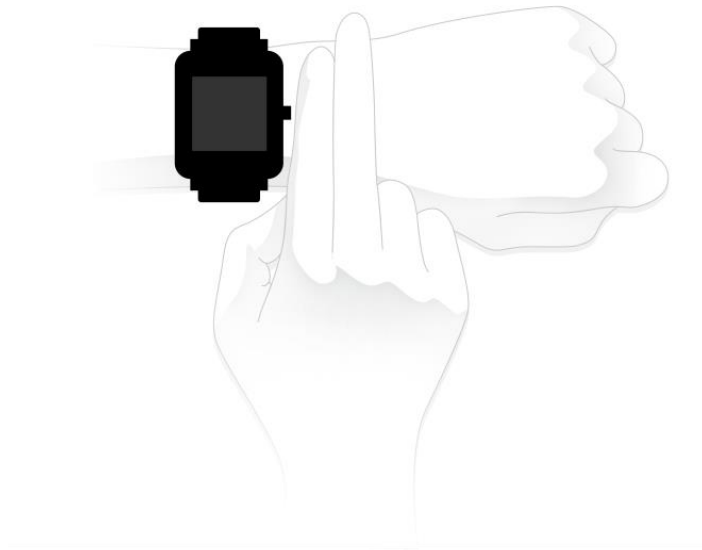
Wearing during Workouts

During workouts or other exercises, it is recommended to wear the watch comfortably and ensure a tight fit without slipping. Don't be too tight, but don't allow the watch to move freely either.

Charging

1. Plug the charger's USB connector into a mobile phone charger or a computer USB port to charge the watch.

2. Place the watch onto the charging base. Be sure to align the metal contacts

    on the back of the watch with the golden pins of the charging base, and keep

    the watch button pressed firmly against the charging base.

3. After the watch is properly put onto the charging base, the charging icon will

    appear on the screen, indicating that the watch is being charged.

During charging, you can view the current time and receive incoming call alerts

and app notifications.

It is recommended to use computer USB ports or mobile phone chargers from a

well-known brand to charge the watch. The charger's rated output voltage should

be 5V, with an output current above 1A.

Use of Functions

Download the Amazfit app via the mobile phone before using Amazfit Bip S. You need to pair the watch using the Amazfit app to enjoy its full functionality. In addition, a paired watch allows the saving of data generated on the watch to your personal account in the cloud.

Device Pairing and Unpairing

1. Please download the Amazfit app through the application stores, and register or log into your account.
2. Open the app, go to "Profile – Add device – Watch – Amazfit Bip S" and scan the QR code on the watch. This will quickly pair the device.
1. Once paired, it is usually necessary to perform a system upgrade on the watch. Please wait while this is happening and keep the phone connected to both the Internet and the watch via Bluetooth, so as to ensure a successful upgrade. Before updating your device, please fully charge your device or make sure it has a 10% battery left and make sure your phone screen is on and do not perform other operations on your phone during the upgrade
2. After the watch is paired and upgraded, its functions are available. The Amazfit app can also be used to operate or configure watch functions.
3. If you need to unpair your watch, open the Amazfit app and choose "Unpair" on the device page.

Watch Face

1. To replace the watch face, either long press the watch face or go to "Settings → Watch face settings", swipe left and right to browse through the available watch faces, and tap the new watch face to complete the replacement.

2. Go to the Watch face settings page. If you see a custom button under the thumbnail, it means the watch face is editable. Use tapping or swiping to switch the functions displayed in the currently selected box, which is highlighted. Tapping in a gray area to make that the currently selected area.

3. To replace the watch face from the app: Tap "Profile – Amazfit Bip S – Watch face settings" to download more watch faces on the Watch Face Store.

Control Center

Swipe down on the watch face page, or swipe down from the edge of any other non-watch face page (except the settings page) to enter the control center.

1. Do Not Disturb mode

Tap the Do Not Disturb mode icon to go to the Do Not Disturb settings.

When the Do Not Disturb mode is enabled, the watch won't vibrate when it receives incoming call alerts, SMS, app notifications, e-mail alerts or nudge alerts.

Select "Auto turn on" and the DND mode is automatically enabled after you go to sleep wearing the watch.

2. Screen lock

Tap the screen lock icon to enable or disable the screen lock feature.

With the screen lock function on, the watch can only be unlocked and operated

by using the watch button. This can prevent any error caused by unintentional

screen touches. Tap the screen lock icon again to turn ff the screen lock function.

3. Brightness adjustment

Tap the brightness adjustment button to go to the brightness adjustment settings.

Tap the "✚" or "➕" buttons to lighten or dim the screen.

4. Music control

Tap the music icon to enter the music control interface. Via its Bluetooth connection, the watch can pause or resume music playback on the phone, switch between songs, and adjust the volume.

① Open the music player on your phone first, and then enable the music function on the watch.

② If you are using an iOS device, you need to pair and connect the watch with the Amazfit app

③ If you are using an Android device, you need to enable notification reading permission in the app.

Notes: The compatibility of the Android mobile phone system and the support available in different music players may to a certain extent affect the music control capability of the watch.

Notifications

Enable Notifications

To use this, you need to enable the corresponding "App alerts" on the Amazfit app, and keep the watch and the mobile phone connected.

1. You need to pair the watch with the Bluetooth of the mobile phone before use.

2. If you are using an Android device, you need to include the app into the whitelist or auto-start list of the mobile phone in settings in order to keep the app running in the background. This will prevent the app from being detected and killed by

certain processes running in the background, which will close the connection between the watch and the app, and as a result no reminder will be received. Go to "Profile" - "Amazfit Bip S" - "Run in the background" to learn how to set this in different mobile phone OS.

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may swipe up on the watch face page to check the notification history.

Delete or Clear Notifications

The watch can hold the last 10 notification messages. When this limit is reached, the earliest notification will be automatically deleted each time a new notification is received. If the content of a notification cannot be displayed in one screen, the second and the third screen will continue to display the remaining content. If there is still any portion left, it will not be displayed.

1. Swipe left on a notification content page to display the Delete button. Tap it to delete the notification.

2. Swipe up to the bottom of the notification list to display the Clear button. Tap

    it to clear all notifications.

Watch App Settings

Watch app refers to various functions that can be used independently on the

watch, such as Status and Workout

By default, the apps are displayed in the order shown in the following figure. You

can customize the app displayed on the screen based on your personal

preferences. To do this, open the Amazfit app and tap "Profile" -> "Amazfit Bip

S" -> "Watch app settings" and select the app that you wish to display.

Status

In the status details page, you can view today's number of steps updated in real-

time, heart rate measured in the last minute, distance traveled, calories burned,

and idle alerts.

Heart Rate

1. The watch will start heart rate measurement automatically once the heart rate details page is opened. During measurement, it's required to properly wear the watch and keep the back of the watch fairly close to your skin until the watch can measure a stable heart rate.

2. If you want to turn on the all-day measurement function, open the Amazfit app, go to "Profile – Amazfit Bip S – Heart Rate Measurement" and choose to

turn on the all-day measurement function.

Notes: With the all-day measurement function on, the watch will regularly measure your heart rate.

PAI

1. Open the PAI details page to view the current PAI score and the PAI range in which this score is located.

2. Swipe up on the PAI details page to view the PAI trends for the last seven days.

3. Open the PAI page in the Amazfit app to learn more about PAI.

Note: To use the PAI function, you need to enable all-day measurement by opening the Amazfit app, go to "Profile – Amazfit Bip S – Heart rate detection", and choose to enable all-day measurement.

Workout

Amazfit supports ten workout modes: outdoor running, indoor running, outdoor cycling, walking, open water swimming, and pool swimming etc. See the "Workout" section to learn more about the functions available under different workout modes.

Weather

On the weather page, you can view the weather for the current and next few days.

The weather displayed by the watch comes from updates pushed by the mobile

phone. Therefore, you need to keep the Bluetooth connection between your

mobile phone and the watch active in order to receive the latest weather updates.

In addition, when a weather alert is received, the watch will receive the alert as

well. You may toggle the weather alert on and off in "Profile" -> "Amazfit Bip S"

-> "Weather settings" on the Amazfit app.

Alarm Clock

You can turn on or off the alarm directly on the watch screen, and add and edit

alarms via the Amazfit app. You can set up to 10 alarms on your watch.

Turn on the snooze alarm and the watch will vibrate to remind you when the time is up. To turn off an alarm, tap the "Turn off" button on the watch. If you need another reminder after 10 minutes, tap the "Remind later" button on the watch. If the alarm vibrates six times without any operation, the alarm will be turned off after the sixth vibration.

Timer

The timer has two options: stopwatch and countdown.

The stopwatch can be used for multiple time records. The countdown function

can be used to set a single time limit, and the watch will vibrate to remind you when it's reached.

Compass

You need to wear the watch and complete a calibration process when you enter the compass page for the first time. The latitude and longitude data have to be obtained via GPS signals in an open space outdoors. It will take some time to enable GPS positioning. Please wait patiently. To avoid signal interference, please keep away from any magnetic field when using the compass.

Music

When your mobile phone is playing songs, the watch will display information on the song that is being played. You may tap the pause button on the watch to pause the playback, or tap the switch button to switch to the previous or next song at any time. The volume can be adjusted by clicking on Volume buttons "+" and "-".

Before you use the music control function you need to pair and connect the watch with the phone first.

If you are using an Android device, you need to enable the notification reading

permission via the app first. To enable this, go to "Amazfit Bip S" -> "App alerts" page in the app, and configure this permission in the status bar.

Notes: The compatibility of the Android mobile phone system and the support available in different music players may to a certain extent affect the music control capability of the watch.

Settings

The Settings cannot be set to hidden. In the settings page, you can find options to replace watch face, change the quick start item for long button press, adjust

brightness, find your phone, about and regulatory information, turn off and reset.

Watch face: the watch currently has 4 built-in watch faces, which can be switched based on your preferences.

Long button press settings: Select a workout item to quickly start when the watch button is pressed and held.

Brightness adjustment: brightness is divided into 5 grades, and you may press "+" or "-" button to adjust the screen brightness.

Find phone: you can use the watch to find the mobile phone when the watch is connected with the Amazfit app . For android mobile phones, the phone can be found only when the app is running in the background.

About: you can view the firmware's version and Bluetooth address of the watch in the about page.

Turn off: this is a feature to turn off the watch.

Reset: this is a feature to reset all data, and you can press and hold the watch button to reset. After a factory reset, you need to re-bind the watch before it can be used again.

Please note: the watch will lost all the data if you reset your watch to factory settings.

Watch Status Alerts

Incoming Call Alert

When the watch receives incoming calls, it will vibrate to remind you. In the alerts page, tap "Hang up" if you need to hang up, and tap "Ignore" or short press to stop the vibration if you need to ignore the alerts. Before using this function, you need to enable incoming call alerts on the app.

Idle Alert

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable idle alerts.

Nudge Alert

When you receive a nudge from your acquaintances, the watch will vibrate to remind you that someone has nudged you.

Goal Alert

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable goal alerts.

Red Envelope Alert

When a red envelope is received on WeChat, the watch will vibrate to remind you to grab the red envelope. Before using this function, you need to enable red

envelope alerts on the app.

Disconnection Alert

When the watch is disconnected from the mobile phone, the watch will vibrate to

remind you that the watch and the mobile phone are disconnected. Before using

this function, you need to enable disconnection alert on the app.

Event Reminder

When there is a reminder event at the set time, the watch will vibrate to remind

you. Before using this function, you need to enable event reminder

Quick Access Settings

You can set which apps can be quickly viewed by swiping right on the watch face

page. Currently, the apps that can be set are: Music, Status, PAI, Heart rate, and

Weather.

Introduction to the Workout Function

Start Workouts

There are two approaches to starting a workout:

1. Select a workout mode in the workout menu to start;

2. Long press the watch button to quickly start a preset workout.

The watch currently supports the following workout modes: outdoor running,

indoor running, outdoor cycling, walking, open water swimming, pool swimming.

Before starting a workout, the storage space on the watch will be checked. If not enough space is left, any old workout data that have yet to be synchronized might be overwritten. In order to ensure this does not happen, we recommend that you connect with the app to synchronize workout data as soon as possible after the workout.

The following workout modes require GPS positioning for track recording: outdoor running, outdoor cycling, walking, and open water swimming. Before you start an activity, please wait until GPS has full signal. The longer you wait， the more it will grab and the better your signal will be.

Workout in Progress

The workout in progress page will be displayed after a 3s countdown.

Alerts during Workouts

Heart Rate Alert

During workouts, if your heart rate exceeds the set maximum, the watch will vibrate to remind you that your heart rate is too high and show the current heart rate. Before using this function, you need to enable heart rate alert in the workout settings page.

Pace Alert

When the real-time pace is slower than the set value during a workout, the watch will vibrate to remind you that your pace is too slow and display your current pace. Before using this function, you need to enable pace alert in the workout settings page.

Distance Alert

During workouts, whenever you reach a set mileage, the watch will vibrate to

remind you of the current mileage and the pace or speed during the past one mile workout. Before using this function, you need to enable lap alert on the workout settings page.

Insufficient Space Alert

If there is insufficient space during workouts, the watch will vibrate to remind you whether to continue the workout. If you tap "Continue", unsynchronized workout data will be overwritten. If you tap "End", you will end the workout.

Storage Space Exhaustion Alert

During workouts, if the storage space is exhausted, the watch will vibrate to remind you. The current workout record will be automatically saved.

GPS Status Change Alert

During outdoor workouts, if positioning was unsuccessful before, the watch will vibrate to remind you that GPS positioning is successful after repositioning is successful for the first time.

Operations during Workouts

For any non-swimming workout mode: Users can view the activity data by pressing the button and sliding the watch screen up or down.

For a swimming workout mode:

The screen will be locked automatically when it is turned off during workout, and

you can't turn it on by swiping. The screen can only be operated by pressing the

watch button to unlock it.

Pause/Continue/End the Workout

Long press to pause the workout. The paused interface will be displayed. If you tap "Continue", the workout will continue to be recorded. If you tap "End", a confirmation prompt will be given based on the current distance. For any non-swimming workout, the record will not be saved if the distance is less than 50m. If the distance exceeds 50m, you will need to confirm again whether to end the workout.

View Workout Results

View Historical Workout Records on the Watch

Tap Workout and swipe up to see the history entry. Tap it to view the latest saved workout records. If there is any unsynchronized workout record, an unsynchronized icon will be displayed to the right of the list. This icon will be removed once a successful synchronization is performed in the app. You may tap on a workout record to view its details.

View on Amazfit app

You can view all workout records synchronized from the watch in the Amazfit app's exercise record.

Delete Historical Workout Records

On the detailed workout data display, you can swipe up until the "Delete" button appears at the bottom. If the data have already been synchronized, you can tap "Delete" to clear the workout record . If not, you need to confirm whether to delete it.

Note: Deleting a synchronized historical workout record from the watch will not affect its display on the app. This record will not be deleted on the app, and you need to delete it manually from the app.

Workout Settings

Tap Workout and swipe up to see the workout settings entry. You can set whether auto pause, heart rate alert, pace alert, and lap alert should be enabled during workouts, as well as the swimming lane length. When these alerts are enabled, the watch will vibrate to remind you when the set value is reached (see the "Alerts during Workouts" section for details).

GPS and AGPS

When you enter the workout preparation page for an outdoor exercise such as outdoor running, the watch will automatically start GPS positioning and alert you as soon as your location is confirmed. The GPS positioning will be disabled automatically once you finish your workout.

GPS positioning should be performed in an open area outdoors. Please wait for the positioning process to complete before starting your workout. If you are in a crowd, raising your watch to your chest level may speed up the positioning process.

Assisted Global Positioning System (AGPS) uses the orbital information of the GPS satellites to help the watch to perform GPS positioning faster. When the watch is connected with your mobile phone via Bluetooth, the watch will actively synchronize and update AGPS data with the Amazfit app. The watch needs to synchronize this data with the app regularly, as otherwise the AGPS data will expire and the positioning speed may be affected. In this case, the watch will remind you

to connect to the app to update AGPS data before you start your workout, so it can speed up the positioning process.

Introduction to Workout Heart Rate Zones

During workouts, the watch will calculate which zones your heart rate belongs to base on your personal information. These zones can help you understand the effectiveness and intensity of your workout. The watch will display your current heart rate zones in the heart rate data column. When the workout ends, you can use the app to view the workout duration of each heart rate zone in the "Details" page for this workout record.

The watch provides six zones by default:

The default heart rate zones are calculated based on the estimated maximum heart rate. The watch calculates the maximum heart rate by deducting your age from 220.

Heart rate zone	Calculation rules
Relaxed	Lower than 50% of the maximum heart rate
Light	At or above 50% and below 60% of the maximum heart rate
Intensive	At or above 60% and below 70% of the maximum heart rate
Aerobic	At or above 70% and below 80% of the maximum heart rate

Anaerobic	At or above 80% and below 90% of the maximum heart rate
VO₂ max	At or above 90% of the maximum heart rate

Daily Maintenance of the Watch

1. The watch is water resistant. It is recommended to clean the watch and watch strap regularly with clean water and dry them with a soft cloth before wearing.

2. Don't use detergents such as soap, hand sanitizer, or bath foam when cleaning to avoid chemical residues from irritating the skin or corroding the device.

3. When you wear the watch in a bath (for models that allow this), when swimming (for models that allow this), or when you are sweating, please clean and dry the watch as soon as you can.

Precautions

1. The watch can withstand a pressure equivalent to 50 meters underwater. Therefore, it can be used when swimming in pools and shallow beaches. However, it can't be used when diving or in a sauna.

2. Do not operate the watch underwater. After contacting water, do not operate the touch screen or charge the watch until the watch is wiped dry with a soft cloth.

3. The watch is not resistant to corrosive liquids such as acidic and alkaline solutions and chemical reagents. Damage or defects caused by abuse or improper use are not covered under our warranty.