

# Amazfit Bip 5 Unity User Manual

## Connection and pairing

Use your phone to scan the QR code in the manual or on the device, 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 14.0, or later.

## Initial pairing

When the device is started for the first time, the QR code used for pairing will be displayed on the screen.

Open the Zepp app on your phone, log in to the app, and scan the QR code displayed on the device to pair your phone with the device.



## Pairing with a new phone

1. Open the app on your old phone and synchronize data with the device.
2. On the old mobile phone, go to **Profile > Amazfit Bip 5 Unity** page and tap the Unpair button at the bottom to unbind. If it is an iPhone, after unbinding in the Zepp app, you need to unpair the phone and device. Go to Settings > Bluetooth, find the Bluetooth name corresponding to the device, 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 device and then pair it with your new phone as if it is paired for the first time.

## Updating the system of your watch

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Bip 5 Unity > System Update to view or update the system of your device.

We recommend that you tap Update Immediately when your device receives a system update message.

## Wearing

1. Wear the watch strap not too tight or too loose, and leave enough space for the skin to breathe. This makes you feel comfortable and allows the sensor to function.
2. When measuring blood oxygen, wear the watch correctly. Avoid wearing the watch on the wrist joint, keep your arm flat, maintain comfortable (appropriately tight) fitting between the watch and the wrist skin, and keep your arm still throughout the measurement process. When affected by external factors (arm sag, arm sway, arm hair, tattoo, etc.), the measurement result may be inaccurate or the measurement may fail with no output.
3. We recommend that you tighten the watch strap during workout and loosen it afterwards.

## Basic operations

### Common gesture operations

Operation	Corresponding result
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
Press and hold the upper button for five seconds or longer	Powers on, accesses the restart page, and performs force restart.

## Control center

Swipe down from top to bottom on the watch face of the device to enter the Control Center, where you can access system features of the device.

Supported features: Power Saving mode, DND, Sleep mode, Flashlight, Calendar, Volume, Brightness, Theater mode, Settings, Keep Screen On, Screen Lock, and Find My Phone.

## Find the phone

1. Keep the device connected to your phone.
2. Swipe down from top to bottom on the watch face of the device to enter the Control Center, and tap Find Phone.



Your phone will vibrate.

3. In the app list, tap Find Phone. Your phone will vibrate.

## Find the watch

Keep the device connected to your phone, open the Zepp app, and go to Profile > Amazfit Bip 5 Unity > Find Watch. Then, the device will vibrate.

## Watch faces

### Watch face compilations

Some watch faces support editing compilations. With compilations, you can view steps, calories, weather, and other information, and edit the information as needed.

#### Edit watch face compilations:

1. Wake up the device, and press and hold the watch face to enter the watch face

selection page, where you can choose other watch faces or edit the watch face.

2. Swipe left or right to preview the watch faces available. The Edit button will be displayed at the bottom of a watch face that supports compilations.



You can tap this button to go to the page for editing the compilations of this watch face.

3. Select the compilation to edit, and tap this compilation, or swipe up and down on the screen to switch between compilations.
4. After editing, and enable the current watch face.

## Add watch faces

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

### Add online watch faces:

1. Keep the device connected to your phone, open the Zepp app, and go to Profile > Amazfit Bip 5 Unity > Watch Faces.
2. Select one or more watch faces you like, and then synchronize them to the device to give yourself multiple options.

### Add customized watch faces:

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Bip 5 Unity > Watch Faces > Custom Background, and tap your preferred style to change background by selecting a photo from your phone's Albums or taking a photo with your phone's camera.

### Add a portrait watch face:

A portrait watch face is a custom watch face that focuses on displaying the portrait. It can automatically identify the portrait elements in the added photos and display them by integrating the watch face elements. You can add up to 3 photos for one watch face. Tap the watch face or raise your wrist to switch the photo on the watch face. Open the Zepp app > Amazfit Bip 5 Unity > Watch Faces > Portrait

1. Tap to add the portrait photo (up to 3 photos), and the position of the time can be adjusted separately for each photo.
2. Select the time style and the features displayed at the top and bottom of the watch face.
3. Tap "Sync" to sync the watch face to the device.

4. After synchronization, tap the watch face on the device or raise your wrist to switch the photo on the watch face.
5. Go to Watch Faces > Mine > Purchase, and go to the portrait watch face to edit it again. Tap "Sync" to sync the watch face after each edit.

Precautions:

1. The photos you use when creating the watch faces are stored in the app and your device. Please protect your personal data. Removing the watch face will clear the local cache.
2. It is recommended to use portrait photos with the size of 1200\*840 and above, and a photo of one person with simple background is recommended for better results.
3. For iOS 12 and above, it is recommended to use photos in portrait mode for better results.

## Change watch faces

1. Wake up the device, and press and hold the watch face to go to the watch face selection page.
2. Swipe left or right to preview the watch faces available on the current device, including built-in watch faces and synchronized online watch faces.
3. Tap the desired watch face to replace the current watch face.

## Delete watch faces

When the storage space on the device is almost full, you will need to delete some of the watch faces to make room for new ones (retain at least one watch face).

1. Wake up the device, and press and hold the watch face to go to the watch face selection page.
2. Swipe left or right to preview the watch faces available on the current device, including built-in watch faces, synchronized online watch faces, and customized watch faces.
3. Press and hold the watch face you want to delete. A delete button



will appear if the watch face can be deleted.

## State points

The state point is displayed on the top of the watch face to indicate the functions currently enabled on the device, such as Theater Mode turned on in device or the Countdown app running in the background.

The supported display states are:

- Low battery
- Power saving mode
- DND mode
- Sleep mode
- Theater mode
- Stopwatch (tap the state point to go to the app)
- Countdown (tap the state point to go to the app)
- In workouts (tap the state point to go to the app)
- Charging

## Notifications and Reminders

### App alerts

Keep the device connected to your phone to receive phone app alerts on your device. Swipe up on the watch face page to enter the Notification Center and view the latest 10 notifications. There is a Clear Notifications button at the bottom.

#### **Clear all notifications:**

There is a Clear button [icon] at the bottom of the notification list. Tap it to clear all notifications.

Or, after the watch restarts, notifications will be automatically cleared.

#### **Clearing a single notification:**

When a notification is pushed, or after you open a specific notification from the notification list, you can delete the notification by pressing the delete button at the bottom.

#### **Pinning a single notification:**

1. In the notification center, swipe left on the single notification card. On the right side of the card, you will see a "Pin" button. Clicking the button will make the notification from the corresponding app appear at the top of the notification center. The pinned notification card will also display a pinned indicator.
2. To unpin a notification that has already been pinned, swipe left on the pinned notification card and click the "Unpin" button. This will remove the notification from the pinned section.

#### **Setting method:**

Keep the device connected to your phone, open the Zepp app, go to Profile >

Amazfit Bip 5 Unity > App Alerts, and then turn on notifications for apps as needed.

Note:

- To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is terminated by the phone's background process, the device will be disconnected from your phone, and you cannot receive app alerts on the device.
- For iOS, there are limited apps that can be set in the Notifications and reminder just after the device is activated. As the phone receives the notification messages from more apps, more apps will be displayed in the Notifications and reminder of the Zepp app.

## Incoming call alerts

To enable this feature, open the Zepp app, and go to Profile > Amazfit Bip 5 Unity > App Settings > Phone > Incoming call. Once the feature is enabled, and while the device and phone are connected, the device will display a prompt when the phone receives a call, and you can ignore or hang up the call on the device.

## Bluetooth Calling

- Once this feature is enabled, pair the watch with your phone via Bluetooth and maintain the connection to receive calls on the watch.
- While the watch and your phone are connected via Bluetooth, you can also make Bluetooth calls on the watch through the Phone app.
- For Android system phones, the Bluetooth call function is enabled by default. If you need to disable it, please go to "Zepp App > Profile > Amazfit Bip 5 Unity > App Settings > Phone" to turn off this feature. For iOS system phones, you need to manually enable the Bluetooth call function. After pairing is completed, follow the instructions to enable the Bluetooth call feature, or go to "Zepp App > Profile > Amazfit Bip 5 Unity > App Settings > Phone > Bluetooth Call" to turn on this function.

### Bluetooth Setup Guide:

1. Go to Settings > Bluetooth on your **PHONE**, and turn on the Bluetooth toggle to make the phone discoverable.
2. Find the device "**Watch Name + 4 Numbers**" ( Amazfit Bip 5 Unity - 3DE2 ) in the Bluetooth search results on your **PHONE**, then tap the device name to begin pairing.

NOTICE: 4 numbers refers to the last four digits of the (second) Bluetooth address displayed on the **WATCH**. You can go to Settings > System > About to view the

Bluetooth address of the **WATCH**.

3. Confirm the Bluetooth pairing request pop-up on **WATCH**, and do so on the **PHONE** in the meantime.
4. After pairing is completed, return to the Zepp App.
5. Please ignore the device "**Watch Name + 4 Numbers**" in the Bluetooth search results on your PHONE, and re-set Bluetooth Incoming Call in Zepp App, if you still couldn't use it.
6. Please contact custom service, if there are any issues.

## Morning Updates

With Morning Updates enabled, the device will push updates every morning. You can quickly view information such as today's weather, workout status, health status, and personal affairs, and get prepared for the new day.

You can enable or disable the Morning Updates feature on the device under Settings > Preferences > Morning Updates. You can also tap Content Settings to adjust the content and display order in Morning Updates.

The above settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Watch Settings > Morning Updates while keeping the watch connected to the phone.

## Shortcuts

### Shortcut cards

Swipe right on the watch face to go to the Shortcut Cards page, where you can easily use and view various features and information:

You can add frequently used feature cards to Widget for more convenient access, such as your latest event, next alarm, or recent BPM data. To edit the Shortcut Cards, you can swipe right on the watch face, then swipe down to the bottom, and click



to set the content and order displayed on the shortcut card page, or you can long press any shortcut card and drag to adjust the order (This doesn't support in button mode).

You can also open the Zepp app and go to Profile > Amazfit Bip 5 Unity > Shortcut Cards, where you can set the content and the display order of the shortcut cards.

### Quick access apps



Swipe from right to left to open Quick Access Apps. Quick Access Apps allow you to conveniently access device features. You can also add your frequently used apps and features to the Quick Access Apps.

#### **Change quick access apps:**

1. Wake up the device, press the side button to open the app list. Then, go to Settings > Preferences > Widget, and swipe up or down to view the apps that can be set as quick access apps.
2. When the number of "Current apps" reaches the upper limit, remove redundant apps and add the ones you need.

## **Press buttons for quick start-up**

Press and hold the watch side button to quickly open an app. You can go to the watch **Settings>Preferences>Long Press Side Button** to change the **quick start-up** app.

## **Workouts**

### **Workout modes**

The device supports more than 120 workout modes, including Running & Walking, Cycling, Outdoor Workouts, Indoor Workouts, Dance, Combat Workouts, Ball Workouts, Water Workouts, Winter Workouts, Leisure Workouts, Board & Card Games, and Others.

### **Workout list**

1. Tap Workout in the app to go to the workout list.
2. Tap the workout to start in the workout list.
3. Select More Workouts to view all workout modes and start a workout.

#### **Select a workout**

In the workout list, swipe up or down on the screen to select the workout you need, and then tap the workout to enter the corresponding workout preparation page.

### **Start a workout**

After entering the workout preparation page, for workouts that require positioning, the watch will automatically search for GPS via the connection to the smartphone. The red status bar indicates that the watch is searching for a signal, and the green status bar indicates that signal is found. We recommend that you tap the green status bar to start the workout after a successful GPS positioning, which can improve the accuracy of workout data calculation.

For workouts that do not require positioning, you can directly tap the green status bar on the workout preparation page to start the workout.

Note: The watch needs to be connected to the Zepp App and the Zepp App must have location permissions enabled in order to conduct GPS searches.



## Workout operations

### Turn pages during a workout

During a workout, you can either swipe up or down on the screen to turn pages. Swipe left or right to turn page left or right. The workout operations page is on the left side of the workout data page, where you can pause or end the workout. On the right side of the workout data page, you can control music playback on the mobile phone.

### Workout screen lock status

After auto screen lock is enabled, the screen will turn off during workouts/when the screen times out, and the status bar will display the



icon. When this happens, you will not be able to operate the touch screen. You must press the button to unlock the touch screen before any operation, or you can directly press the button to perform workout operations.

## Workout operations page

### 1. Pause/resume

Tap to enter the workout pause/resume page.

### 2. Finish

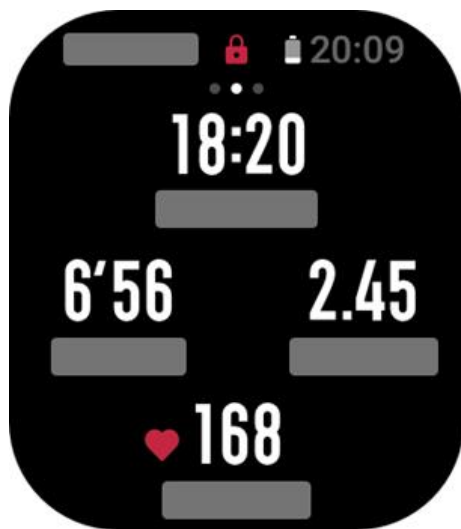
Press and hold the End button to end the current workout and save the data.

### 3. Resume later

Press to save the current workout and return to the watch face. Enter the workout app again to return to the workout

### 4. Auto screen lock

After the auto screen lock is turned on, the screen will lock after being active for the Screen-on Duration during a workout. Touchscreen interaction is deactivated, but you can unlock the screen as prompted.



## Workout settings

On the workout preparation page, you can swipe up to go to the workout settings page to set the current workout mode. The related parameters vary depending on the workout mode.

## Workout assistant

The workout assistant provides auxiliary tools for your workout, including the workout goals, workout alerts, auto laps, auto pause, cadence assistant, and virtual pacer. Auxiliary features provided by the workout assistant vary depending on workouts.

## Workout goals

You can set workout goals, such as the duration, distance, and calorie goal. The device displays the current goal progress in real time during workouts. A message displays upon you achieve the preset workout goal. Workout goals vary depending on workouts.

## **Workout alerts**

In this setting, you can set various reminders according to your needs, such as Distance Reminder, Heart Rate Reminder, etc. Workout alerts vary according to the workout.

### **1. Distance reminder**

The device vibrates and displays the duration that you use for each full kilometer/mile during the workout.

Go to Workout Mode > Settings > Assistant > Distance > Workout Alerts > Distance, set a target distance, and enable or disable this feature.

### **2. Safe heart rate reminder**

During a workout, if the device detects that your heart rate exceeds the safe heart rate value you have set, it will vibrate and display a message on the screen. In this case, you need to slow down or stop.

Go to Workout Mode > Settings > Assistant > Distance > Workout Alerts > Safe Heart Rate, set a safe heart rate value, and enable or disable this feature.

### **3. Heart rate range reminder**

During a workout, if the device detects that your heart rate does not fall within the configured heart rate range, it will vibrate and display a message on the screen. In this case, you need to speed up or slow down to ensure that your heart rate is within the configured range.

Go to Workout Mode > Settings > Assistant > Distance > Workout Alerts > Heart Rate Zone select a heart rate range, and enable or disable this feature.

### **4. Pace reminder**

You can set the minimum pace value. If your pace exceeds the preset value, the device will vibrate and display a message.

Go to Workout Mode > Workout Settings > Assistant > Workout Alerts > Fastest Pace & Slowest Pace, and enable or disable this feature.

The device also supports alerts for the following: speed, stroke frequency, cadence, etc.

## **Virtual pacer**

After you set a pace value of the virtual pacer, the current pace, the distance leading/lagging the virtual pacer, and your position in relation to the virtual pacer can

be displayed during workouts.

Go to Outdoor Running/Treadmill > Workout Settings > Assistant > Virtual Pacer, set the pace of the virtual pacer, and enable or disable this feature.

### **Auto pause**

Enable or disable Auto pause. After the function is enabled, the workout will be automatically paused when the workout speed is 0. When the speed increases to a certain threshold, the workout can be resumed. You can also resume the working during the pause.

### **Auto lap**

This feature is available for some workouts. You can set the auto lap distance in the workout settings, and the watch will start an auto lap and remind you each time you reach the set distance during a workout. The watch also records the workout details of each lap. After the workout ends, you can view details of different laps.

Go to Workout Mode > Workout Assistant > Auto Lap, and set the auto lap distance. Manual laps do not require any setting.

## **Interval training**

This feature is available for some workouts. On the watch, you can directly edit the training stage, rest stage and loops of interval training. When you use interval training, it will be performed according to settings you did. After this stage is completed, the training automatically goes to the next stage.

You can edit the training stages and rest stages by distance, time, as well as in a customized way. The items for editing vary according to the workout.

Go to Workout Mode > Settings > Training > Interval training

## **More**

### **Edit data items**

You can edit data items during workouts, including the data page format, data item content, addition and deletion of data pages, and workout charts.

More than 150 workout data items are supported (specific supported data items vary by workouts).

More than 6 types of real-time workout charts are supported, including pace and speed.

Up to 5 pages of data/workout charts can be added.

## Recalibrate

In the treadmill workout mode, you need to calibrate according to the actual distance after each exercise. Calibration with a distance greater than 0.5 km allows the watch to learn your running habits. After multiple calibrations, the watch will record the distance more and more accurately. If there is still a significant difference from the actual distance after multiple calibrations, you can recalibrate it by entering the device App List > Workout > Treadmill > Settings > More > Recalibrate.

## Real-time Performance

Real-time Performance assesses physical condition and performance during exercise. The larger the value, the better the current state, and vice versa. It takes effect in Outdoor Running mode. The Real-time Performance reminder will pop up during exercise.

- Reminder timing: The device will send out reminders when the Real-time Performance data is generated for the first time and when the range changes.
- Reminder condition: Real-time Performance data will only be generated after a single workout reaches the VO2 Max generation condition.。

A Real-time Performance chart will be displayed in the workout record. You can manually turn off this feature, path: Outdoor running > Settings > More > Real-time Performance.

Real-time Performance ranges and their meanings: Excellent:  $\geq +10\%$

Very good:  $+5 \sim +9\%$

Good:  $-5 \sim +4\%$

Fatigued:  $-10 \sim -4\%$  Exhausted:  $< -10\%$

## Workout GPS positioning

If you select Outdoor workouts, wait until GPS positioning is successful on the Workout preparation screen. Then, tap the green status bar to begin the workout. This allows the watch to record complete workout data and prevents data inaccuracy due to workout tracking loss.

Positioning guide: the watch must be connected to the Zepp App, and the app must have access to system location permissions.

## Automatic workout identification

A total of 6 workout types can be identified, namely walking(including walking, indoor walking), running(including outdoor running, treadmill), elliptical, and rowing machine.

Automatic workout identification is a process where the watch automatically determines the workout type and records a single workout after related workout characteristics are compiled with and your workout continues for a period.

You can set this in Settings > Workouts > Workout Detection.

- **Type:** After you select a workout type, the automatic identification feature is enabled for the workout.
- **Sensitivity:** Higher sensitivity indicates a shorter identification time. Identification time is prolonged if the sensitivity is low. Set as required.
- **Continuous workout status monitoring** will greatly reduce the battery life. When no workout is selected, the Workout Detection feature is not enabled. If the watch detects an ongoing workout, some data cannot be synchronized with the app.

## Voice broadcast during workout

Voice broadcast is support when workout alerts or workout laps are triggered or when you pause, continue, end a workout or go to the workout history. The broadcast content includes workout data summary and operation reminders.

Only Chinese and English voice broadcasts are supported.

Go to Settings > Sound and Vibration > Voice Broadcast > Workout to enable this feature.

## Workout history

When a workout ends, the workout record will automatically be saved to the Workout History app. If you end the workout when the workout time is too short, the watch will ask you whether to save it. Due to the limited storage space, it is recommended that you synchronize the workout data to the app soon after completing a workout; otherwise, the workout data may be overwritten.

### Workout history on the device

Workout history includes the workout data, workout trace (for workouts which support GPS), lap/set data, workout goal completion, and other information.

When a workout ends, the screen will immediately jump to the workout history details page, or you can view recent workout history details in the Workout History app. The watch can save up to 20 recent workout records.

### Workout history on the watch

Workout history on the app shows a wider range of workout data. Dynamic route and sharing features are also supported.

Open the Zepp app, tap



in the upper right corner of the home page, and go to Workout History.

### Physical indicators for workouts

The device provides a variety of physical indicators for workouts. You can use evaluation scores as a reference for your workouts. These indicators can be viewed in workout records or the Workout status app, including current training load, total recovery time, VO<sub>2</sub> Max, and training effect.

You can find a detailed explanation of current training load, full recovery time, and VO<sub>2</sub> Max in the Workout Status app.

### TE

Training Effect (TE) is an indicator for measuring the effect of a workout on improving the aerobic capacity. When you work out while wearing the device, the TE score starting from 0.0 increases as the workout progresses. The TE score ranges from 0.0 to 5.0, and different score ranges indicate different effects. A higher TE score indicates a greater workout intensity. It signifies a higher body load, but a better TE. However, you should consider whether your body load is too high when the TE score reaches 5.0.

Aerobic TE Score	Effect on Improving Aerobic Capacity
0.0-0.9	This workout has no effect on improving aerobic capacity.
1.0-1.9	This workout helps improve endurance and is ideal for post-workout recovery training.
2.0-2.9	This workout helps maintain aerobic capacity.
3.0-3.9	This workout significantly helps improve aerobic capacity.
4.0-4.9	This workout remarkably improves heart-lung ability and aerobic capacity.
5	Post-workout recovery is required for non-athlete users.

Anaerobic TE Score	Effect on Improving Anaerobic Capacity
0.0-0.9	This workout has no effect on improving anaerobic capacity.



1.0-1.9	This workout has a slight effect on improving anaerobic capacity.
2.0-2.9	This workout helps maintain anaerobic capacity.
3.0-3.9	This workout significantly helps improve anaerobic capacity.
4.0-4.9	This workout has a significant effect on improving anaerobic capacity.
5	Post-workout recovery is required for non-athlete users.

The TE score is evaluated based on your profile, as well as your heart rate and speed during your workout. A low TE score does not indicate a problem during your workout, but instead signifies that the workout is too easy and has no significant effect on improving aerobic capacity (for example, a low TE score for 1-hour of jogging).

#### **How to obtain the data:**

Once a workout for which heart rate data is monitored ends, the watch displays the TE score of the workout and provides related comments or suggestions. You can also review the TE score of each workout record in the future.

## **Workout status**

Workout status includes training load, full recovery time, and VO<sub>2</sub> Max. The device calculates these metrics based on your personal information and data generated during the workout. As you wear the device and data accumulates over time, we will gain a better insight into your physical and workout data, and the accuracy of evaluation gradually improves.

#### **Maximum oxygen uptake (VO<sub>2</sub> Max)**

VO<sub>2</sub> Max indicates the amount of oxygen consumed by the body during maximum-intensity workouts, which is an important indicator of the body's aerobic capacity. As one of the most important reference indicator for endurance athletes, high-level VO<sub>2</sub> Max is the prerequisite for high-level aerobic capacity.

VO<sub>2</sub> Max is a relatively personal indicator, which has different reference standards for users with different genders and in different age groups. The device evaluates your athletic capacity based on your profile and the heart rate and speed during your workouts. Also, VO<sub>2</sub> Max changes with your athletic capacity. However, everyone has a VO<sub>2</sub> Max value, which varies by individual body conditions.

VO<sub>2</sub> Max values map to seven athletic ability levels: Novice, Elementary, Ordinary, Medium, Good, Excellent, and Superior.

How to obtain the data:

1. Correctly enter your profile in the app.
2. Run outdoors for at least 10 minutes when wearing the device and ensure that your heart rate reaches 75% of the maximum heart rate.

How to view the data:

You can view the current VO<sub>2</sub> Max in the watch's workout status app. You can also view the VO<sub>2</sub> Max history and variation trends in the app.

## **Training Load**

The training load score is calculated based on your Excess Post-Exercise Oxygen Consumption (EPOC). A higher score indicates a longer workout time and a greater workout intensity. The training load score is calculated as your total training load over the past 7 days, which represents the burden brought to your body from the recent workouts.

There are three training load ranges: low, moderate, and high.

If the training load is low, it will not help much to improve your athletic ability. However, if the training load is relatively high or too high, you may feel too tired, meaning it is not conducive to effectively improving your ability and may also cause injury risks. If you want to continuously improve your athletic ability within a tolerance range, it is recommended that you keep the training load score within the moderate range.

The moderate range of the training load score depends on your recent and long-term workout data, and will become increasingly accurate as you use it.

How to obtain the data:

After the workout mode is enabled on the device, you can obtain the training load of the current workout once you reach the minimum training load level. The training load over the past 7 days can be viewed in the workout status application of the device.

How to view the data:

The training load can be viewed in the workout status application of the device. You can view your training load variation trends in the app.

## **Total recovery time**

Total recovery time is the recommended time for the complete recovery of the body. After each workout, recovery suggestions will be offered based on the heart rate of the latest workout to help you better recover and reasonably arrange your workout to avoid injury.

<b>Full Recovery Period</b>	<b>Workout Suggestions</b>
0-18 hours	You have fully or nearly fully recovered, and you can do slightly higher-intensity training.
19-35 hours	You can train as usual and you can prepare to strengthen your regimen again.
36-53 hours	Appropriately reducing the intensity of your training will allow you to gain workout benefits from your last training, and you should do recovery workouts to relieve physical fatigue.
54-96 hours	Proper rest will allow you to get the benefits of the workout from your last high-intensity training.

## Activities and health

### One-tap measurement

This device supports heart rate, blood oxygen, and stress monitoring. You can quickly check the status of various health indicators by using the One-tap Measurement feature. The measurement data will be saved under each feature's data records.

Wake up the watch, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the One-tap Measuring app.

Tap



to start measurement. Setting the One-tap Measuring app as a quick access app allows you to easily perform one-tap measurements.

### Sleep

Sleep quality has an important impact on human health.

When you are wearing the watch while sleeping, it automatically records sleep information. The watch can record nighttime sleep and naps. Sleep time that overlaps with 00:00 - 08:00 will be recorded as night sleep, and sleep that is more

than 60 minutes apart from night sleep will be recorded as naps. Sleep less than 20 minutes will not be recorded.

Wake up the watch, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Sleep app. In the Sleep app on the watch, you can view night sleep duration, sleep stages, sleep score, and other information. Naps and other more information can be viewed after synchronizing to the app. Setting the Sleep app as a quick access app allows you to easily view the previous night's sleep status.

While the phone and device are connected, the following sleep settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Health Monitoring.

### **Assisted sleep monitoring**

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable assisted sleep monitoring. If the system detects that you are wearing the device during sleep, it will automatically record more sleep data, such as REM sleep stages.

### **Sleep breathing quality monitoring**

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable sleep breathing quality monitoring. 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.

## **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.

Wake up the watch, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the PAI app. In the PAI app on the device, you can view information such as your PAI score in the past seven days and today's PAI score. Synchronize the data to the app to view more information. Setting the PAI app as a quick access app allows you to easily view your PAI score.

By maintaining a certain intensity of daily activities or workouts, you can obtain a PAI value. According to the results of the HUNT Fitness Study\*, maintaining a PAI above 100 helps reduce the risk of cardiovascular death and increase 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.

## 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 the accuracy of the measurement, you need to wear the device correctly according to the instructions. In addition, keep the area of your wrist that contacts the device clean, and do not apply sunscreen to this area.

Wake up the device, press the side button on the watch face page to open 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 device, you can view your most recently measured heart rate value, daily heart rate curve, resting heart rate, heart rate interval distribution and other information. Synchronize the data to the app to view more information. Setting the Heart Rate app as a quick access app allows you to easily measure your heart rate.

While the phone and device are connected, the following heart rate settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Health Monitoring.

### Manual heart rate measurement

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Heart Rate app, and then tap



to manually measure your heart rate. When the measurements are done, the device will stay on the Heart Rate screen and continue to measure and update the data.

### Auto heart rate monitoring

1. Open the Heart Rate app, swipe up to the last page, and go to Settings > Auto Heart Rate Monitor to adjust the monitoring frequency. The device automatically measures your heart rate at the set frequency and records changes in heart rate throughout the day.
2. Heart rate changes are more intense when you are working out. Enable the activity detection feature to allow the device to automatically increase measuring frequency when it detects an activity so that more heart rate changes can be recorded.

### Heart rate alert

In a resting state (except sleep), the device will notify you if your heart rate goes

above or below the limit for 10 minutes.

1. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate alert feature can be enabled.
2. In the settings for high and low heart rate alerts, the alert value can be adjusted or alerts can be disabled.

## Blood oxygen

Blood oxygen is an important physiological indicator of respiration and circulation.

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Blood Oxygen app. In the Blood Oxygen app on the device, you can view your most recently measured blood oxygen value. Synchronize the data to the app to view more information. Setting the Blood Oxygen app as a quick access app allows you to easily measure your blood oxygen.

While the phone and device are connected, the following blood oxygen settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Health Monitoring.

### Manual blood oxygen measurement

Tap



to manually measure your blood oxygen.

### Auto blood oxygen monitoring

Go to the Blood Oxygen app, swipe up to the last page and go to Settings page to enable Auto Blood Oxygen Monitor. In a resting state, the watch will automatically measure your blood oxygen and record changes in blood oxygen levels throughout the day.

### Low blood oxygen alerts

In a resting state (except sleep), the device will notify you if your blood oxygen falls below the limit for 10 minutes.

1. After Auto Blood Oxygen Monitor is enabled, enable the Low blood oxygen alerts feature.
2. In the settings for low blood oxygen alerts, the alert value can be adjusted or alerts can be disabled.

### Precautions for blood oxygen measurement

1. Wear the device about one finger away from the carpal.
2. Wear the device tightly, with an appropriate sense of pressure.

3. Place your arm on a tabletop or a stationary surface, with the device 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 78%-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

The stress index is calculated based on changes in heart rate variability. It is a reference for health status evaluation. You should rest more when the index is high.

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Stress app. In the Stress app on the device, you can view your most recently measured stress value, daily stress status, stress interval distribution, and pressure status over the last seven days. Synchronize the data to the app to view more information. Setting the Stress app as a quick access app allows you to easily measure your stress.

While the phone and device are connected, the following stress settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Health Monitoring.

### Manual stress measurement

In the Stress app, tap



to manually measure your stress.

### Auto stress monitoring

Open the Stress app, swipe up to the last page, and go to stress settings to enable Auto Stress Monitoring. This will automatically measure the stress every five minutes to show you stress changes throughout the day.

### Stress relief reminder

In a resting state (except sleep), the device will notify you if your stress level goes above the limit for 10 minutes.

1. After Auto Stress Monitoring is enabled, enable the stress relief alerts feature.
2. In stress settings, enable Stress relief alerts, and then you can receive alerts.

## Activity

Maintaining a certain amount of daily activity is very important for your physical health.

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Activity app. The daily activity is composed of three main indicators, namely activity (which can be set as steps or calories), fat burning, and standing. In the Activity app on the device, you can view the all-day activity distribution chart. Setting the Activity app as a quick access app allows you to easily check the progress of your main indicators.

The device also automatically records other activity data, including resting consumption, sitting time, walking time, and running time and distance, which can be viewed in the Activity app.

### Goal notifications

The device displays a notification when any main indicator of daily activity reaches the set target value.

1. Open the Activity app, swipe up to the last page, and go to the activity settings to enable Goal Reach Notifications. While the phone and device are connected, these settings can also be accessed in the Zepp app under Profile > Amazfit Bip 5 Unity > Notifications and Reminders > Goal notifications.
2. In Activity settings, you can also set daily goals for steps, calories, fat-burning minutes, and standing. While the phone and device are connected, steps and calories settings can also be accessed in the Zepp app under Profile > My Goals.

### Standing reminder

To reduce the harm caused by remaining sedentary, the device encourages you to move and be active every hour while you are awake. The daily goal is that you are active for 12 hours a day.

While you are awake, if no activity is detected for more than one minute during the first 50 minutes of an hour, the device will remind you to move around. When you receive a standing alert, you can still achieve the standing goal of the current hour as long as you move before the next hour arrives.

Open the Activity app, swipe down to the last page, and go to the activity settings to enable Standing Reminder. While the phone and device are connected, these settings can also be accessed for more details in the Zepp app under Profile > Amazfit Bip 5 Unity > Notifications and Reminders > Standing Reminder.

### Progress reminders

You can enable progress reminders in Watch > Activity > More > Settings. The watch



will provide reminders based on your activity goal completion.

### **Activity Weekly Report**

After enabling progress reminders, every Monday, you will receive a reminder about your activity achievements from the previous week. You can click on the weekly report notification to view the activity report for the previous week. Alternatively, you can check your weekly activity summary anytime in Watch > Activity > More > Activity Weekly Report.

## **Cycle tracking**

Tracking the menstrual cycles helps you understand your own physiological rhythms.

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Cycle Tracking app. In the Cycle Tracking app on the device, you can view information such as menstrual cycle records and predictions. Synchronize the data to the app to view more information. Setting the Cycle Tracking app as a widget allows you to easily view your menstrual cycle state and records.

Before using 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 device. You can also modify these settings and data in the Zepp app when needed.

While the phone and device are connected, the following settings can also be modified in the Zepp app under



> Cycles > Settings.

### **Manually record the menstrual cycle**

In the Cycle Tracking app, tap the



button to manually record the menstrual cycle tracking data.

1. If you have not recorded this menstrual cycle, tap to record the start date of the current period.
2. If you have recorded this menstrual cycle, tap to record the start date of the next period.
3. If you need to extend your period after the set end time, you can tap the record again within 30 days, as the last period has not ended, or synchronize the data to the app, and then modify it.

### **Menstrual cycle prediction**

The Cycle Tracking app will intelligently predict your period, fertile period, and

ovulation day based on your data. This feature is not a substitute for contraception or medical advice.

Open the Cycle Tracking app, swipe to the bottom, and tap to enter the menstrual cycle settings to start the menstrual cycle prediction.

### **Menstrual cycle reminder**

Before the start of your period, the device will send you a notification at 9:00 PM on the set date.

1. When menstrual cycle prediction is turned on, enable the menstrual cycle reminder.
2. For the period reminder and ovulation date reminder that you set in the Cycle Tracking app, you can adjust the reminder date or disable the reminder feature.

## **Breathe**

It helps you relieve stress by guiding you to breathe slowly and deeply.

Wake up the device, press the side button on the watch face page to open the app list, and swipe up or down on the screen to select and open the Breathe app. Tap the



button to start breathing relaxation. Setting the Breathe app as a quick access app allows you to easily start breathing relaxation.

## **Voice Features**

### **Alexa**

1. With your watch connected to your phone, start the Zepp app, choose Profile > Amazfit Bip 5 Unity > App settings > Amazon Alexa, and log in to the Amazon account to authorize Alexa. After successful authorization, you can start Alexa by pressing and holding the upper button for one second, or using the shortcut card.
2. Zepp accounts registered in the following countries and regions can use Alexa:  
United States, United Kingdom, Ireland, New Zealand, Canada, Germany, Austria, India, Japan, Australia, France, Italy, Spain, Mexico, Brazil.
3. Alexa supports 14 languages: Canadian French, Canadian English, Indian English, Mexican Spanish, Brazilian Portuguese, German, Italian, Japanese, France French, Australian English, American Spanish, American English, British English, and Spain Spanish. Go to Settings > Preferences > Alexa Language to modify the language.

4. Alexa support skills include **Smart home commands, Weather, Alarm, Timer, Reminder, Jokes, Lists, Search, Translation, etc.** When "Listening" is displayed, try saying:

**Ask the time:** "What time is it?"

**Check dates:** "Alexa, when is [holiday] this year?" or "What is the date?"

**Check the weather:** "Alexa, what's the weather like?" or "Alexa, will it rain today?" or "Alexa, will I need an umbrella today?" or "What is the weather in Seattle today?"

**Set an alarm:** "Alexa, set an alarm for 7 a.m." or "Alexa, wake me up at 7 in the morning."

**Cancel an alarm:** "Alexa, cancel my alarm for 2 p.m."

**Set a timer:** "Alexa, timer" or "Alexa, set a timer for 15 minutes." or "Alexa, set a pizza timer for 20 minutes."

**Create a reminder:** "Alexa, reminder" or "Alexa, remind me to check the oven in 5 minutes."

**Ask for a joke:** "Alexa, tell me a joke."

**Create a shopping list:** "Alexa, add eggs to my shopping list" or "Alexa, I need to buy laundry detergent."

**Check your shopping list:** "What is on my shopping list?"

**Create a to-do list:** "Add swimming to my to-do list."

**Check your to-do list:** "What's on my to-do list?"

**Check calendar events:** "Alexa, what's on my calendar for tomorrow?"

**Ask a general question:** "Alexa, how tall is Yao Ming?" or "Alexa who is Steve Jobs?"

**Translation:** "Alexa, how do you say Hello in French?"

**Choose between female- and male-sounding voices:** "Alexa, change your voice"

## Device apps

Apps refer to device features that can be used separately, such as workouts, heart rate, and weather.

Wake up the device, press the side button on the watch face page to open the app list, swipe up or down on the screen to browse the app list, and tap an app to start it.

## Membership Card

How to add the membership card to the watch:

- 1) Enter the membership card page, tap "Add" to go to the scan page, and align the QR code/barcode of your membership card with the scan box.
- 2) Or, you can take a screenshot or photo of your membership card barcode/QR code in advance and save it in Photos in your mobile phone. Tap "Photos" and select the saved membership card barcode/QR code photo.
- 3) After successful scanning, enter your membership card name and card number, select the preferred color of the card face, tap the "Save" button, and your membership card is added successfully.

**Notes:**

Due to the limited storage in the watch, only a maximum of 20 membership cards can be added to the same account.

We only support Code 128, Code 39, QR code, UPC A, EAN 13, and EAN 8.

## Music control

Keep the watch connected with your phone. When playing music on your phone, you can start or pause the music, switch to the previous or next song, and perform other operations on the music app of your watch.

**Modifying settings on an Android phone:**

Keep your watch connected to your phone. Start the Zepp app, go to Profile > Amazfit Bip 5 Unity > Notification and reminder. On the page that appears, tap the

"Access to read notifications not enabled" message to go to the Notification Settings page, and grant notification permission to the Zepp app. If this message is not displayed, the permission has been granted.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is terminated by the phone's background process, the watch will be disconnected from your phone and you will be unable to control music playback.

## Alarm

You can add alarms in the Zepp app and on the device. Up to 10 alarms can be added. Alarm supports repeat wake-up.

The device will ring to remind you when the set alarm time arrives, and you can choose to turn it off or have it remind you later. If you choose Remind Me Later, the device will remind you after 10 minutes. You can only use this feature 5 times per alarm. If you have not performed any operation, the watch reminds you later by default.

## To-dos

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Bip 5 Unity > App settings > To-Do List, and you can create or edit to-dos and set a reminder time or repetition for to-dos. Up to 60 to-dos can be added.

When the specified reminder time arrives, the To-Do reminder will pop up on the device, after which you can perform operations such as Done, Remind Me in 1 Hour, Remind Me Later, and Ignore.

## Stopwatch

The stopwatch can time up to 23 hours, 59 minutes, and 59 seconds with an accuracy of 0.01 seconds. The watch can count up to 99 times during the timing. While counting, the time difference between the current and last counts is also recorded.

## Countdown

The Timer 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 device.

Only supported on iOS devices.

## Weather

Go to Weather to view the temperature and weather conditions, wind, humidity, sunrise time and sunset time of the day, as well as weather for the next 5 days.

- The weather data needs to be synchronized through the mobile network. Therefore, you need to keep the watch connected to your phone to keep weather information up to date.
- You can add up to 5 locations and temperature units (Celsius/Fahrenheit) in the Zepp app.
- You can view the locations that have been added on the device.

## Mini App installation and uninstallation

You can download and install more apps in the app store.

### Mini App installation:

Keep the device connected to your phone, open the Zepp app, go to Profile >

Amazfit Bip 5 Unity > App store , select a target app to download and install it, or update an installed app to the latest version.

#### **Mini App uninstallation:**

Keep the device connected to your phone, open the Zepp app, go to Profile > Amazfit Bip 5 Unity > App store , tap the Mine>More, and then tap the Delete button to uninstall the app.

## **Watch settings**

### **Units**

Keep the device connected to your phone, open the Zepp app, go to Profile > More > Settings > Units, where you can set the units for distance, weight and temperature. During data synchronization, the device automatically follows the settings in the app.

### **Time format**

Keep the device connected to your phone. During data synchronization, the device automatically follows the system time and time format of your phone, and displays the time in a 12-hour or 24-hour format.

If you select the 12-hour or 24-hour format on the device in Settings > Watch Face & Time, the time format of the device will not change with the mobile phone once set.

### **Date format**

The default date format displayed on the device is "year/month/day". You can change the date format to "month/day/year" or "day/month/year" in Settings > Watch Face & Time.

### **Setting a password**

You can set the device password under Settings > Preferences > Off-wrist Lock. When the system detects that you are not wearing the device, it will automatically lock the device with a password. You will need to enter the password before you can continue to use the device.