

# Amazfit Active 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 Active** 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 Active > 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	Power 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: Battery Saver Mode, DND, Theater mode, Sleep mode, Calendar, Volume, Keep Screen On, Brightness, Flashlight, Eject Water, Screen Lock, Settings

## Find the phone

1. Keep the device connected to your phone.
2. In the app list, tap More, and then tap Find Phone. Your phone will vibrate. Clicking on the bell icon will make the phone ring.

## Find the watch

Keep the device connected to your phone, open the Zepp app, and go to Profile > Amazfit Active > 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, press the side button to enable the current watch face.

## Always On Display

If this feature is enabled, the screen still displays time and some information of the watch face in standby mode, which greatly reduces the battery life.

### Set Always On Display:

1. Wake up the device, press the side button to open the app list. Then, go to Settings > Display > Always On.
2. Select the watch face style and enable status for Always On Display.

## 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 Active > 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 Active > 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, select the device, and tap Watch Faces > Portrait Watch Face. Tap to add the portrait photo (up to 3 photos), and the position of the time can be adjusted separately for each photo. Select the time style and the features displayed

at the top and bottom of the watch face. Tap "Sync" to sync the watch face to the device. After synchronization, tap the watch face on the device or raise your wrist to switch the photo on the watch face. Go to Watch Faces > Mine > Download, and go to the portrait watch face to edit it again. Tap "Sync" to sync the watch face after each edit. Precautions: 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. 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. 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 up or down 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 from bottom to upper 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 "Delete" button 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.

#### **Setting method:**

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

## 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.

### Bluetooth calling setup methods:

**Method one:** Start the Zepp app, go to Profile > Amazfit Active > App Settings > Phone, enable Bluetooth calls, and pair the watch and your phone via Bluetooth as instructed.

**Method two:** On your phone, go to Settings > Bluetooth to pair the watch with your phone:

1. On your phone, go to Settings > Bluetooth, and enable the Bluetooth to make the phone discoverable. On the watch, go to the app list, tap Settings > Bluetooth, and ensure the Bluetooth is enabled.
2. Find the watch in the search results for available devices on your phone, and tap to pair the devices.

## Incoming call alerts

To enable this feature, open the Zepp app, and go to Profile > Amazfit Active > 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.

## 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 Active > 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.

You can also open the Zepp app and go to Profile > Amazfit Active > 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, Swimming, 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 on 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 a GPS signal. 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.



## 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/in AOD mode/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.

For swimming, the touch screen will be continuously disabled during the workout, and can only be used after you press the button to unlock the screen.

### **Workout operations page**

#### **1. Pause/resume**

Tap to enter the workout pause/resume page.

#### **2. End**

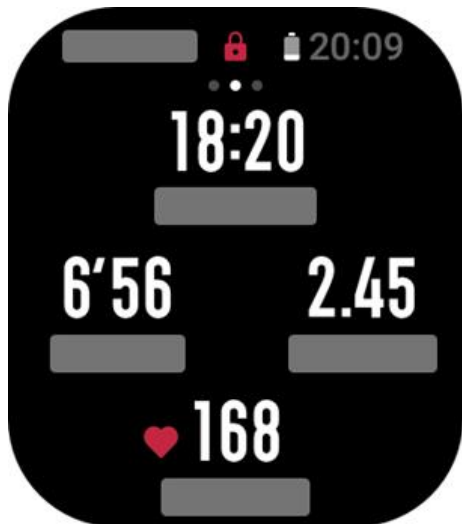
Press and hold the End button to end the current workout and save the data.

#### **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 (during a swimming workout, the auto screen lock is turned on by default).



## 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 > Workout Settings > Assistant > 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 > Workout Settings> Assistant > 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 > Workout Settings> Assistant > 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 > Pace, select a pace, and enable or disable this feature.

The device also supports alerts for the following: trips, 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.

## **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.

Optional values of the data page format include 1, 2, 3, 4, 5 or 6 data items per page.

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.

### **Swimming pool length**

Refers to the length of lanes in your swimming pool. The device calculates swimming data based on the lane length you set.

Set the corresponding lane length for each pool so that the device can accurately evaluate your swimming data.

### **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 > Recalibrate.

## **Special workout modes - swimming**

### **Workout terms**

- Trip: Refers to the lane length in pool swimming mode.
- Stroke: Refers to a complete stroke motion while you are wearing the device.
- Stroke rate: Refers to the number of strokes per minute.
- DPS: Refers to the distance of a complete stroke.
- SWOLF: It is an important indicator of swimming scores, which comprehensively evaluates your swimming speed. SWOLF in pool swimming mode = Duration of a single lap (in seconds) + Number of strokes in a single lap. In open-water swimming mode, SWOLF is calculated using a lap distance of 100 meters. A smaller SWOLF score indicates higher swimming efficiency.

### Stroke recognition

The device recognizes strokes in swimming modes and displays the main stroke you use.

Stroke Type	Definition
Freestyle	Freestyle stroke
Breaststroke	Breaststroke
Backstroke	Backstroke
Butterfly	Butterfly
Medley	More than one stroke is used when swimming, with each stroke in a similar proportion

Touch screen during swimming

To prevent accidental touch and the interference of water on the touch screen, the screen lock feature will be automatically turned on by default. If you need to unlock the screen during the workout, press the watch side button.

### 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:

1. If you are prompted to update the Assisted GPS (AGPS) after you select a workout, open the Zepp app on your phone and connect it to your watch to update AGPS. Then, select a workout again. This reduces the time spent searching for signal and avoids search failure.
2. During the positioning process, the GPS signal icon keeps flashing. An open area can offer you faster positioning for better GPS signal, as nearby buildings may block and weaken the signal, extending the positioning time and even causing positioning failure.
3. After successful positioning, the red status bar will be changed to green. The GPS signal icon shows the current GPS signal strength.

AGPS is a kind of GPS satellite orbit information which helps the watch accelerate the GPS positioning process.

## Automatic workout identification

A total of 7 workout types can be identified, namely walking, indoor walking, outdoor running, treadmill, outdoor cycling, 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.

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

## Training

## **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, and trips as well as in a customized way. The items for editing vary according to the workout.

Go to Workout Mode > Settings > Training > Interval training

## **Zepp Coach**

Zepp Coach is mainly to help users who have not developed regular exercise to carry out daily exercise, and to guide what type of exercise, how long and how much intensity should be performed so as to maintain a healthy exercise pattern.

### **Start a plan**

Find Zepp App > Home > Zepp Coach card, click on Tailor-made Plan and follow the instructions to fill in the purpose of the exercise, as well as the past 1 to 2 months of exercise, and select a rest day and start date to start the plan.

### **View the plan**

After you have successfully set up your training plan on Zepp app, you can view your daily schedule in the Zepp Coach app on your device or in Zepp app > Home > Zepp Coach details page.

### **Set reminders**

In the Zepp Coach app on your device, slide to the rightmost page to set a reminder for your training.

### **Execute the plan**

You can start your workout by quickly launching the workout mode on the device > Zepp Coach app, or by selecting the workout mode on the Workout List. The workout records will be included in the training statistics of the day. Please wear your device during exercise so that you can sync your exercise log to Zepp App in time after exercise.

### **Modify and terminate the plan**

In Zepp app > Homepage > Zepp Coach > Detail page, you can modify the plan or terminate the plan by clicking the Settings button on the top right corner.



## Navigation

### Import track to watch

Track files in GPX, TCX, KML and other formats can be uploaded to the Zepp App, and then sent to the device through the App, and the route can be viewed on the device and used for navigation.

Setup steps: Track file > open via Zepp app > Save track > Send to watch

### Save current location

In workout modes that support navigation, the coordinates of the current location can be saved and used in navigation.

Setting steps: before/during workout > Navigation > Save current position

### Track navigation

You can enter through my route or my location point, select the target track or location point to start track navigation, and after enabling it, the track page will give you the correct route guidance. This feature is only available for some outdoor activities.

Setup steps: Workout mode > Navigation > My Route/My Position > Select Track > Start Navigation

### Return to the starting point

In the workout, you can return to the starting point through navigation. There are two ways of returning: returning according to straight-line and returning according to the original route (Backtrack). This feature is only applicable to some outdoor activities where GPS tracks are generated during workout.

#### Straight line return

When this feature is enabled, the track page of the device will connect a straight line based on your current position and the starting point of this workout, and you can return to the starting point by following the guide.

Setting steps: Workout > Pause > Navigation > Return to starting point > Straight line return

Note: The straight-line return route is drawn purely based on GPS location points, and it is impossible to judge impassable landform features such as mountains, rivers, canyons, and buildings. Please navigate according to the actual situation.

## **Backtrack**

When this function is enabled, the track page of the device will be navigated according to the route track you have passed, and you can return to the starting point of this exercise by pressing this track navigation.

Setting steps: Workout > Pause > Navigation > Return to starting point > Backtracking.

## **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.

### **Personal Best**

The best records from certain types of workouts will be saved, including longest distance, longest workout time, and so on.

### **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.

<b>Aerobic TE Score</b>	<b>Effect on Improving Aerobic Capacity</b>
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.

<b>Anaerobic TE Score</b>	<b>Effect on Improving Anaerobic Capacity</b>
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

### Readiness

Just like the energy consumption and charging of batteries, the human body also needs to balance daytime activities and night sleep to control the body's energy and ensure a day's battery life. Readiness is one such indicator, telling you each morning whether your body is charged and ready for the new day. Based on data such as heart rate, stress, sleep, HRV, breathing quality, temperature, and activity, it measures fatigue and recovery status, and provides personalized interpretation and health advice.

A strong expert team, core member clinical psychologist Dr. Lisa Meltzer, has more than 22 years of clinical teaching and research experience in the field of sleep health. The expert knowledge base built for Readiness has 680+ professional analysis and interpretation, which can more accurately match the user's status, making it easier for users to understand the meaning behind the score and get more practical analysis guidance.

- You will receive your readiness score every morning, so you can quickly understand your readiness today.
- In addition to the score, Readiness will also give the analysis and interpretation written by experts and the detailed data of each sub-item status. Let you clearly understand the main reasons that affect your readiness today, the measures to deal with this state, and the suggestions for work and rest, for users' reference to adjust the arrangement of the next day.
- You can also view the score change in the last 7 days, the highest, lowest and average score.

### Readiness suggestion

Readiness can also provide timely health advice based on the user's current activities, such as after exercise, after a nap, and other specific scenarios, so that users can know how to improve their physical and mental state in a timely and specific manner.

Open Readiness on the watch, swipe down to the last page, enter the settings page, switch on the Readiness Suggestions, and the device will push Readiness suggestions when it is appropriate.

Note: The Insight service provided by Readiness requires Zepp Aura membership.

## 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 device while sleeping, it will automatically record sleep information. The device can record night sleep and naps. The device identifies sleep based on the sleep schedule. Sleep time that overlaps with the schedule of the day will be recorded as main sleep of the day. If no schedule is set, sleep during 00:00 to 08:00 will be identified as main sleep by default. Sleep that is more than 60 minutes apart from main sleep will be recorded as naps. Sleep less than 20 minutes will not be recorded.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Sleep app. In the Sleep app on the watch, you can view night sleep duration, sleep stages, sleep score, naps, and other information. 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

sleep status.

## **Sleep Schedule**

In Sleep Schedule, you can set different bedtimes and wake-up times for every day of the week. The device will turn on sleep mode, prompt you to go to bed, wake you up at the scheduled time, and monitor your sleep based on the scheduled time period, helping you develop good sleep habits.

Open the Sleep app, swipe down to the last page, go to sleep settings, and tap Sleep Schedule to set a sleep schedule. When the phone and watch are connected, you can also open the Zepp app, click



in the upper right corner of Home page > tap Sleep > Regularity > Sleep Schedule to complete settings.

## **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.

When the phone and watch are connected, the assisted sleep monitoring and sleep breathing quality monitoring settings can also be accessed in the Zepp app under Profile > Amazfit Active > Health Monitoring > Sleep > Sleep breathing quality monitoring.

## **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 Active > 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.

3. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate alert feature can be enabled.
4. 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 Active > 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 Active > 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 Reminders. While the phone and device are connected, these settings can also be accessed in the Zepp app under Profile > Amazfit Active > Notifications and reminder > Goal notifications.
2. In Activity settings, you can also set daily goals for steps and calories. While the phone and device are connected, these settings can also be accessed in the Zepp app under Profile > My Goals.

## **Standing reminders**

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 Active > Notifications and reminder > Standing Reminder.

### **Progress Reminder**

Turn on the Progress Reminder in Watch > Activity > More > Settings, and the watch will remind you according to the completion of your activity goals.

### **Weekly Report**

If you have turned on progress reminder, it will also remind you of the achievement of the previous week's activities every Monday. You can click to view the weekly activity report of the previous week in the weekly report notification; or check the activity status of the week in Watch > Today's Activity > More > Weekly Report at any time.

## **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 Breath app. Tap the



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

## **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 successfully 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.

## Local music playback:

Support playing the local music stored in the watch through the watch speaker or connect to the Bluetooth audio headset/stereo.

1. Add songs: Open the Zepp app and go to Profile > Amazfit Active> App settings > Music. On the Music page, select .mp3 music files to transfer from your phone to the watch. Once the transfer is completed, you can play the music on the watch.
2. The Music page displays the name and composer of a song. On this page, you can play the previous song, play the next song, pause, change the playback mode, and adjust the volume. Tap "+" to add songs to My Favorites.
3. On the Music home page, swipe up to the second Music page to switch the music mode, view the playlist, connect to Bluetooth audio devices, and more.

## Music remote controller:

## 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 Active>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.

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-do**

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

## **Pomodoro Tracker**

The Pomodoro Tracker app allows you to manage time scientifically and set the concentration time in a cycle. This allows you to strike a balance between your work and breaks with minimum interruptions and make time management more intuitive and effective. By default, each work period lasts 25 minutes and is followed by a 5-minute break. You can create the custom work time and break time. During the work time, the device will automatically enter the DND mode.



## World clock

In Zepp app under Profile > Amazfit Active > App settings > World clock, you can add clocks of different cities, and then synchronize them to the device to view the time in those cities in real time. Up to 20 different cities can be added. At the same time, the device provides some default cities, so that you can quickly add cities to the world clock list on the device.

## 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. Supported for iOS devices only

## 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.

## Sun & moon

In the Sun & Moon app, you can view the following:

- Sunrise and sunset time

Tap the reminder button on the page to enable/disable the sunrise/sunset reminder.

- Moonrise and moonset time, moon phase
- For tides, you can view hourly tidal data in coastal and port areas.

## Compass

In the Compass app, complete calibration as prompted.

After you finish calibration, the watch will display the current latitude and longitude of the watch and the direction that the watch's 12 o'clock points to.

Tap the button in the middle of the screen to lock the current 12 o'clock position. Then, when you change the direction, the interface will display the angle between the new 12 o'clock direction and the previous 12 o'clock direction.

## 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 Active > App settings>More>Go to store>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 Active > App settings>More>Go to store>App store , Enter "Mine" > "More", tap "delete" 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.