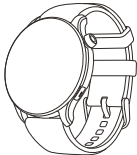


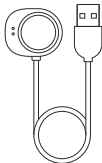
AMAZFIT BALANCE Product Manual  
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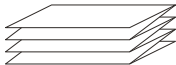
## Package Contents



Smartwatch with band × 1

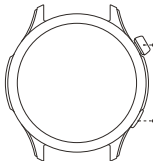


Charging base × 1



Instruction Manual × 1

## About the Watch

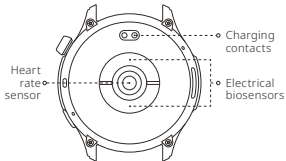


Upper button:

1. Press and hold the upper button to turn on/off or restart the watch.
2. Click the upper button to go to the application list.
3. Rotate to switch pages.

Lower button:

Press the lower button to start a specific application.



Heart rate sensor

Charging contacts

Electrical biosensors

Note: If the watch cannot be turned on by pressing and holding the upper button, charge the watch and try again.

## Pairing the Watch

Zepp is a must-have app for this watch. It provides scientific sleep and workout guidance and personalized health services to help you start a healthy lifestyle.

1. Use your mobile phone to scan the QR code on the right side to download and install the app, or search for the app in the Google Play Store or Apple App Store and then download and install the the latest version of the app.
2. Open the app, register an account and log in.
3. Pair the watch as prompted by the app.

Note:

1. For better user experience, please use the most recent version of the app.
2. The operating system needs to be Android 7.0, iOS 14.0, or above.
3. Do not pair the watch directly using your mobile phone's Bluetooth. Follow the steps in the app to pair your watch correctly.



Download Zepp App

## Measurement of Body Composition

1. Wipe dry the back of the watch and the sides of the buttons.
2. Tap on the body composition icon on the main menu screen.
3. Enter your weight and tap on confirm.
4. Follow the on-screen instructions and place two fingers on the digital crown button and the back button to start measuring your body composition.  
During the measurement, keep your arms parallel to your chest, stable, and avoid any contact with your body for accurate measurement results.
5. After the measurement has concluded, 8 types of body composition values can be viewed on the watch: Body fat percentage, muscle mass, BMI, body water percentage, protein percentage, bone salt mass, BMR, skeletal muscle mass.

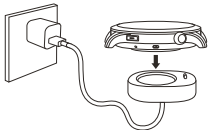


Note:

1. The function is not intended to diagnose or treat any medical condition, only for health and fitness purposes. Please do not use it for medical purposes. The measurement results are for reference only and should not be used as a basis for diagnosis or treatment.
2. Individuals with implanted medical devices such as pacemakers, defibrillators, or other transplant medical devices are prohibited from using the body composition measurement function.
3. Since the measurement requires microcurrent to flow through the body, it is not recommended for pregnant women.
4. Before measuring body composition, please enter your actual date of birth, gender, actual height, and weight in the personal profile of the Zepp App connected to your smartphone.
5. Do not let the two fingers placed on the side buttons touch each other, and also avoid touching other parts of the watch with your fingers (except for the two buttons).
6. If your fingers are too dry, the measurement of body composition may fail. In this case, please moisten your fingers with water before measuring.

## Charging the Watch

1. Connect the watch's charging cable to a power adapter or a computer's USB port.
2. Put the watch into the charging base. Pay attention to the direction and position of the watch, and make sure that the metal contacts on the back of the watch fit closely with the charging base.
3. When charging starts, the watch screen displays the charging progress.

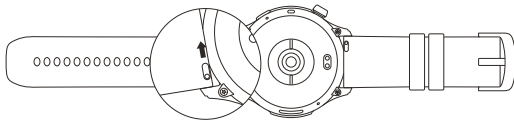


### Note:

1. Please use the charging base that comes with the watch. Make sure that the charging base is dry before charging.
2. Please use a 1A or above power adapter.

## Disassembling and Assembling the Watch Strap

Please refer to the illustrations to disassemble or assemble the watch strap.

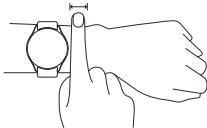


Note: Once the strap is assembled, pull the strap properly to ensure it is installed successfully.



## Wearing the Watch

1. In order to ensure the accuracy of heart rate, blood oxygen, and other measurements, please wear your watch at a distance of at least one finger away from the carpal, and keep the strap at a comfortable snugness.
2. During workout, please wear it as tightly as possible to ensure that the watch does not shake. Wear your watch at a distance of at least one finger away from the carpal to obtain more accurate heart rate data. After workout, you can loosen the strap appropriately to ensure a comfortable wear experience.
3. When measuring blood oxygen saturation, 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 skin of your wrist, and keep your arm still throughout the measurement process.
4. Before measuring body composition, please ensure that the surfaces of both buttons and the back sensor area are dry and free from stains. If there is any water or dirt, please wipe it clean before measuring.



Note: When affected by external factors (arm sag, arm sway, arm hair, tattoo, etc.), the measurement result may be inaccurate or the measurement may fail and provide no output.

## Basic Parameters

Product Name: Smart Watch

Wi-Fi: 2.4 GHz 802.11 b/g/n

Wi-Fi output power: <16 dBm

Input: DC 5 V 800 mA MAX

Wi-Fi frequency: 2402–2480 MHz

Bluetooth output power: <18 dBm

Bluetooth version: V5.0

Operating temperature: 0°C to 45°C

BLE output power: <8 dBm

Water resistance rating: 5 ATM

Bluetooth frequency: 2402–2480 MHz

View product certification information on the watch's Settings > System > Regulatory page.

Device requirements: Devices installed with Android 7.0 or iOS 14.0 or above OS versions

Package Contents: Smartwatch with the band, Charging base, Instruction manual

Please refer to the watch user interface to see the software version.



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## Battery Safety

1. This device is equipped with a built-in battery that cannot be removed or replaced. Do not disassemble or modify the battery by yourself.
2. Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion.
3. Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas.
4. A battery subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.

## Safety Notice

1. Do not allow children or pets to bite or swallow the product or its accessories, as this may cause injury.
2. Do not place this product under excessively high or low temperatures, which may cause the product to catch fire or explode.
3. Do not place this product near heat sources or open flame, such as ovens and electric heaters.

4. Some people may experience allergic skin reactions to plastics, leathers, fibers, and other materials, and symptoms such as redness, swelling, and inflammation will occur after long-term contact with this product's components. If you experience such symptoms, please discontinue use and consult your doctor.
5. Do not use unauthorized or incompatible power adapters or data cables, which may damage the watch and accessories, or cause fire, explosion, or other hazards.
6. The radio waves generated by this product may affect the normal operation of implanted medical devices or personal medical devices, such as pacemakers and hearing aids. If you use any such medical devices, consult the manufacturer for relevant usage restrictions.
7. Do not dispose of this device or its accessories as ordinary household waste. Please make sure you dispose of or recycle this device and its accessories in accordance with local laws and regulations.

## Repair and Maintenance

1. Avoid using detergents such as soap, hand sanitizer, bath foam, or lotion for cleaning to prevent chemical residues from irritating the skin, corroding the device, or degrading the water resistance of the device.
2. After wearing the device while bathing (for devices that support bathing), swimming (for devices that support swimming), or sweating, please promptly clean and dry the device.
3. The leather strap is not waterproof. Avoid getting the strap wet, as this may shorten its service life.
4. When using light-colored watch straps, avoid contact with dark clothing to prevent staining.
5. Do not wear your watch during snorkeling, hot showers, hot springs, saunas (steam rooms), diving, underwater diving, water skiing, and other activities involving high-speed water currents.
6. Do not place the device in direct sunlight for long periods. Excessively high or low ambient temperature may cause device failure.
7. Handle with care during transportation. Keep the device dry and away from humidity.
8. Do not wear the watch in MRI examinations and other highly magnetic environments. Otherwise, the watch may be damaged.

## Warranty and Return Policy

The Amazfit Limited Warranty covers Amazfit products against manufacturing defects beginning on the original purchase date. The warranty period is 12 months or another specified period as the applicable consumer laws in the consumer's country of purchase require. Our warranty is in addition to rights provided by applicable consumer laws.

Official website: [en.amazfit.com](https://en.amazfit.com)

Please check the FAQ on the website: <https://support.amazfit.com/en>.

Note:

- None of the data or measurements are intended for medical diagnosis or medical monitoring.
- If the product is not in use for a long period of time, it is recommended that you power off the product before storing it. Recharge the battery every 6 months to 100% to prevent battery damage by over-discharge due to long-term storage.