

User Manual for Amazfit Band 2

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1. Watch Face Functions Navigation and Touch

Button Descriptions

The band is equipped with a color IPS touch screen and a touch button.



1.1 Functions Navigation

Swipe left and right or up and down to navigate the screen.

The watch face page is displayed by default. On the watch face page, you may:

Swipe up to display entries in the first level menu of the band, and tap the screen to view different application functions.

Swipe down to set Do Not Disturb or view the current battery level of the band.

Swipe right to display the quick entry and have a quick look at details about the applications that you have set.

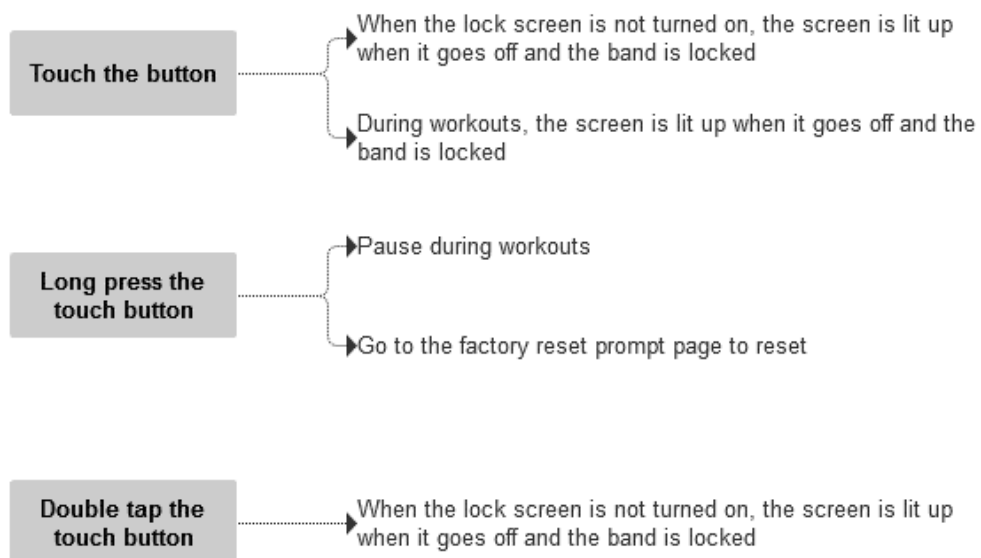
Return:

On the application details page, swipe right to return to the previous page. If you are at the first level menu entry or the Do Not Disturb page, you will return to the watch face page.

On the shortcut application details page, swipe left to return to the watch face page.



1.2 Touch Button



2. Band Wearing and Charging

2.1 Daily Wearing

During non-workout hours, wear the band with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly.



2.2 Wearing during Workouts

During workouts, wear the band comfortably and ensure a tight fit without slipping. Don't be too tight and ensure that the band doesn't move freely.

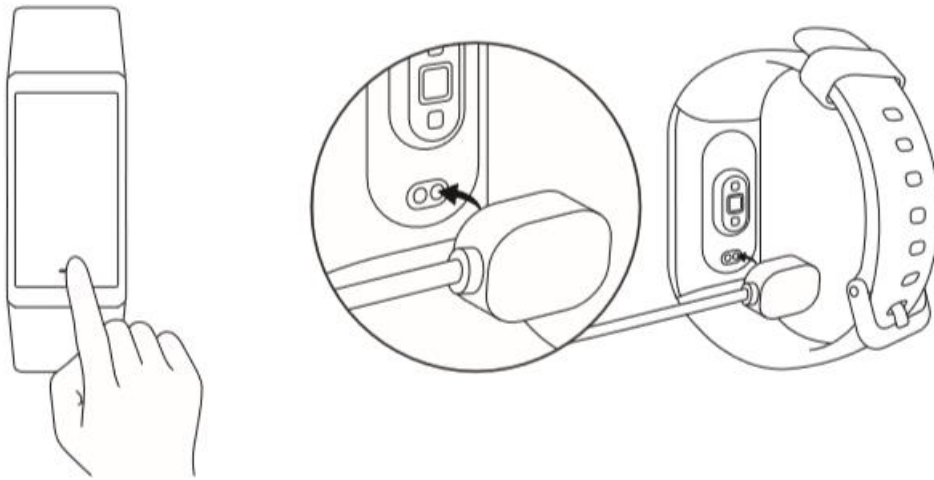
2.3 Charging

Plug the magnetic charger's USB port into a mobile phone charger or a computer USB port to charge the band.

Put the band onto the charging base, and be sure to align the metal contacts on the back of the band with the gold pins of the charging base and keep the band and the charging base fit tightly. After the band is properly put onto the charging base, a charging icon will appear on the screen, indicating that the band is being charged.

During charging, you can view the current time and receive incoming call reminders and app notifications.

Use the recommended computer USB ports or brand mobile phone chargers to charge the band. The rated input voltage of such mobile phone chargers must be DC 5.0V, and the input current must be greater than 500mA.

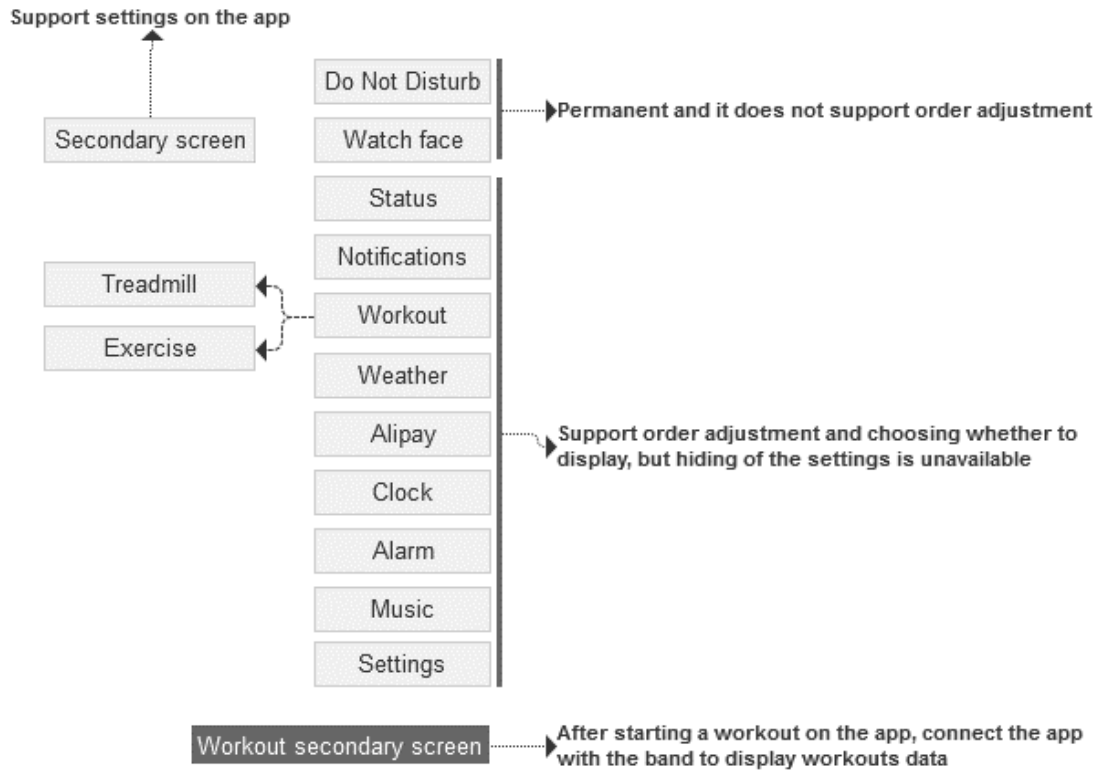


3. Use of Functions

3.1 Application Settings

Applications of the band refer to functions that can be used independently on the band, such as status, weather, workouts, and Alipay.

The application list displayed by default is shown in the following figure. You can customize the applications displayed on the screen based on your personal preferences. If needed, you may open Mi Fit app and tap "Profile"->"Amazfit Band 2"->"Settings" to select the applications that you need.



3.2 Watch Face

Apart from displaying the selected items, the watch face page also displays the connection status of the band. When the band is disconnected, the Bluetooth disconnected icon will be displayed.

When the band is connected, the icon will not be displayed.

In addition, when the battery is below 10%, a low battery icon will be displayed to prompt you to charge the band as soon as possible.

When the lock screen is turned on and the screen is lit up, the screen locked icon will be displayed on the watch face page. You need to unlock the band before use.



3.3 Replace the Watch Face on the Band

On the settings page, find the "watch face" entry and tap it to enter, select the watch face that you like, tap the screen and the system will ask whether to replace the watch face, tap OK and the replacement is done.

3.4 Replace the Watch Face on the App

Tap "Profile"->"Amazfit Band 2", tap the watch face setting entry on the device page, enter the watch face market, download and finish the sync and the replacement is done.

3.5 Do Not Disturb Setting

Swipe down on the watch face page and enter the Do Not Disturb setting page, toggle on the Do Not Disturb switch on the screen, and select the Do Not Disturb mode to be enabled in the query box:

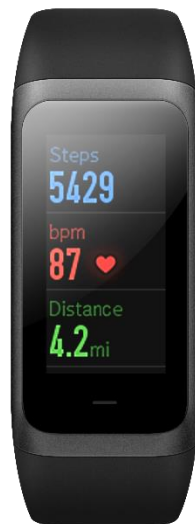
- Select "Immediately On" and the Do Not Disturb mode is enabled immediately.
- Select "Smartly On" and the Do Not Disturb mode is automatically enabled after you go to sleep wearing the band.

When the Do Not Disturb mode is enabled, the band will no longer vibrate when it receives incoming call reminders, SMS, app notifications, email alerts, or nudge alerts.

3.6 Status

On the status details page, you can view today's real-time steps, the heart rate measured in the last minute, distance, calories burned, and idle times.

The band will automatically start measuring heart rate when you enter the status page until the screen goes off or you leave the status page.



3.7 Notifications

3.7.1 Enable Notifications

During use, you need to enable the corresponding "app notification reminder" on the app, and keep the band and your mobile phone connected.

If you are using an iOS device, you need to pair the band with the Bluetooth of your mobile phone before use.

If you are using an Android device, you need to include the app into the whitelist or self-starting list of your mobile phone in background settings and keep the app running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the band and the app, and as a result no reminder will be received. For the setting method of different mobile phone systems, please refer to "Profile"->"Amazfit Band 2"->"Run in background".

3.7.2 View Notifications

When the band receives a notification reminder, it will vibrate and automatically display the notification content. If you do not view the notification immediately, you may swipe up on the watch face page and enter the notification list page to find it.



3.7.3 Delete or Clean Notifications

The band can hold up to the last 10 notification messages. Beyond this limit, the notification that was received the earliest will be automatically deleted each time a new notification is received. When the content of a notification cannot be displayed on one screen, the second screen continues to display the remaining content. If there is still any portion left, it will not be displayed.

- You can swipe left on the notification content page to delete the notification.
- You can swipe down to the bottom of the notification list page and tap the Clear button to clear all notifications.

3.8 Exercise

Exercise is an independent workout function on the band. After tapping on the entry, you can use the band to record your exercise data. The details are described in the next section "Introduction to the Workout Function".

3.9 Weather

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

The weather displayed by the band comes from updates pushed by the mobile phone. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the band to keep

abreast of the latest weather information changes in a timely manner.

In addition, when a weather alert is received, the band will receive the alert as well. You may toggle on the weather alert switch on the "Profile"->"Amazfit Band 2"->"Weather" page.



3.10 Alipay

After binding Alipay with the band, you can make payments by swiping the payment code on the band. The band supports QR code and bar code payment methods. You can tap on or swipe up or down on the bar code or QR code page to choose the desired payment method.

3.10.1 Bind Alipay

- Go to the Alipay QR code binding page, open Alipay on your mobile phone, and tap “Scan QR Code” to start the binding process.
- During the binding, the band will display the binding process. When the binding is done, the band will display a payment code.

Before binding, you need to check whether the Alipay version is 10.1.5 or above. During the binding process, be sure that keep the Bluetooth on and keep the band and your mobile phone connected.

3.10.2 Unbind Alipay

There are two approaches to unbind Alipay:

- On the "Smart Device->Smart band" page of Alipay, tap the band Management List entry to enter the band management page, tap on "Unbind and Refund" at the bottom of the page list, and select "Confirm Unbinding".
- Tap on the Alipay entry on the band, swipe up to the Alipay personal information page, and select “Unbind”.

Notes: According to Alipay's specifications, the band will display an expired payment code after Alipay is unbound with the band. If you need to re-bind Alipay, please unbind it on the band.

3.11 Timer

You can turn on or off the timer directly on the band screen, or add and edit a timer on Mi Fit app. The band can hold up to 10 timers.



When the snooze mode is enabled, and the band will vibrate when the time comes. To turn off a timer, tap the "Close" button on the band. If you need the band to give a reminder 10 minutes later, tap the "Snooze" button on the band. If the timer continuously vibrates six times and no operation is performed, the timer is turned off when the 6th vibration is over.

3.12 Clock

The clock has two functions, namely the stopwatch and the countdown.

The stopwatch can be used to record multiple times. As for the countdown, you may set a time point and the band will vibrate when the time is up.



3.13 Music

When your mobile phone is playing songs, the song that is being played is displayed on the music page of the band. You may tap the Pause button on the band to pause playback, or tap the Switch button to the previous or next song at any time.

Music players that the band currently supports include system music, KuGou, QQ Music, NetEase Music, Kuwo, Xiami, Qianqian Music, Duomi Music, Lizhi, and qingting.fm. To better use the band's music control functions, please make sure:

If you are using an iOS device, you need to pair the band with your phone's Bluetooth before use.

If you are using an Android device, you need to enable the notification reading permission on the app before use, and toggle on the status bar on the "App"->"Amazfit Band 2"->"Settings" page.

Notes: The compatibility of the Android mobile phone system and the openness of different music players may to a certain extent affect the music control experience of the band.



3.14 Settings

Hiding the entry for settings is unavailable. The settings page provides a number of functions including the watch face, lock screen, brightness, find phone, restart, and reset.

Watch face: A number of watch faces are available on the band. You can switch the watch face directly on the band according to your personal preferences.

Lock screen: When the lock screen is turned on, you need to unlock the band before use. When the lock screen is turned off, you need to tap the button or raise your wrist to light up the screen and unlock the band (which requires you to enable the Raise-to-Light Up function on the "App" -> "Amazfit Band 2" device page beforehand).

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

Find phone: You can use the band to find the phone when the Bluetooth is turned on. For android mobile phones, the phone can be found only when the app is running in the background.

Restart: This is a feature to restart the band.

About: You can view the firmware version and Bluetooth address of the band on the About page.

Reset: This is a feature to reset all data, and you can long press the touch button to reset. After a reset, you need to re-bind the band before use.



3.15 Band Status Reminder

3.15.1 Incoming Call Reminder

When the band receives incoming calls, it will vibrate to inform you. On the reminder page, tap

"Hang Up" if you need to hang up the phone or tap "Ignore" to stop the vibration if you need to ignore the reminder. Before using this function, you need to enable the notification reminder on the app.

3.15.2 Idle Alert

When you are sitting for a long time, the band will vibrate to remind you getting up for a while. Before using this function, you need to enable the idle alert on the app.

3.15.3 Nudge Alert

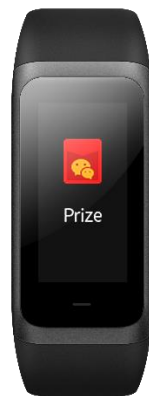
When a friend nudged you, the band will vibrate to remind you that someone nudged you.

3.15.4 Target Reaching Alert

When the number of steps reaches the set target, the band will vibrate to remind you that the target has been reached. Before using this function, you need to enable the target reaching alert on the app.

3.15.5 Prize Alert

When a prize is received on WeChat, the band will vibrate to remind you of grabbing the prize. Before using this function, you need to enable the prize alert on the app.



3.15.6 Mobile Phone Timer Alert

When the timer on the phone rings, the band will vibrate to remind you that the timer is ringing. Currently, this function is available only on the MIUI system. Before using this function, you need to enable the mobile phone timer alert on the app.

3.15.7 Disconnection Alert

When the band is disconnected with the mobile phone, the band will vibrate to remind you of the disconnection. Before using this function, you need to enable the disconnection alert on the app.

When the connection breaks off, the watch face page will display a disconnect icon.

3.15.8 Event Reminder

When there is a reminder event at the set time, the band will vibrate to inform you. Before using this function, you need to enable the event reminder on the app.

3.16 Quick Entry Setting

You can set the applications to be quickly viewed by sliding right on the watch face page. The applications that can be set include Alipay, weather, and so on.



3.17 Workout Secondary Screen

When the band is connected with the mobile phone and a workout is started on the app activity page, the band will automatically display the relevant data. The details are described in the next section “Introduction to the Workout Function”.

4. Introduction to the Workout Function

Two types of workouts available on the band are run indoor and exercise. The band records workout data when you use it. You don't need to turn on the Bluetooth all the time. When the workout finishes, you can connect and synchronize the band with the mobile phone app to view details.

Before starting the workout, the band will first check the storage space for workout data. When the storage space is insufficient, the band will prompt you to synchronize the workout records as soon as possible. To ensure that the unsynchronized data is not covered during workouts, we recommend you to synchronize data in a timely manner after each workout.

4.1 Run Indoor

4.1.1 Start running

You may select run indoor and enter the running page after a 3-second countdown.

4.1.2 During running

Your running time, running distance, real-time cadence, real-time heart rate, and heart rate range are recorded during running.



4.1.3 Pause/Continue/End Running

You may long press the touch button to pause the workout, and the page will prompt that the

running is paused. If you tap "Continue", the band will continue to record the workout. If you tap "End", the band will enter the finish confirmation prompt page and you may tap OK on this page to finish running and save the records. Notes: The workout record will not be saved when the running distance is less than 50 meters.



4.1.4 View Running Results

4.2 View Data of This Workout

You can view the detailed workout data on the band immediately when the running finishes.



4.3 Calibrate Running Distance

The run indoor distance on the band can be calibrated on the app. When the running finishes, you need to connect the band with the app to synchronize the workout data. On the app's activity module, tap the workout data and find the calibration entry on the running detreadtails page, then you can manually adjust the mileage data of this workout. The calibration will have an impact on the accuracy of the next run indoor data. Notes: Calibration is unavailable when the running distance is less than 100 meters.

4.4 Exercise

4.4.1 Start the Exercise

You may select exercise and enter the exercising page after a 3-second countdown.

4.4.2 During the Exercise

Your exercise time, calories burned, real-time heart rate, and heart rate range are recorded during the exercise.



4.4.3 Pause/Continue/End the Exercise

You may long press the touch button to pause the exercise, and the page will prompt that the exercise is paused. If you tap "Continue", the band will continue to record the exercise. If you tap "End", the band will enter the finish confirmation prompt page and you may tap OK on this page to finish the exercise and save the records.



4.4.4 View Exercise Results

4.5 View Data of This Workout

You can view the detailed workout data on the band immediately when the exercise finishes.



4.6 View Detailed Workout Data

When the exercise finishes, you need to connect the band with the app to synchronize the workout data. On the app's activity module, you can view all historical workout data. You may tap on certain workout data to view details, such as the heart rate chart during a workout.

4.7 Workout Secondary Screen

4.7.1 Enter the Workout Secondary Screen Mode

When connecting the band with the app and workouts such as outdoor running are enabled on the app, the band will enter the workout secondary screen mode, and the page will prompt that the workout has started and will display the relevant data.



4.7.2 During workouts

During workouts, the data displayed on the band is synchronized with that on the app. You may swipe up or down to switch the screen.



4.7.3 Pause/Continue/End the Workout

4.8 Operations on the Band

The operations are consistent with those related to exercise on the band. Details can be found in the previous section "Pause/Continue/End Exercise".

4.9 Operations on the App

In the app's activity page, you may long press the button to enter the workout paused page, and the band will simultaneously enter the pause prompt page. If you tap "Continue", the band will continue to record the workout and the band will return to the workout page. If you tap "End", the band will enter the finish confirmation prompt page and you may tap OK on this page to finish the workout and save the records.

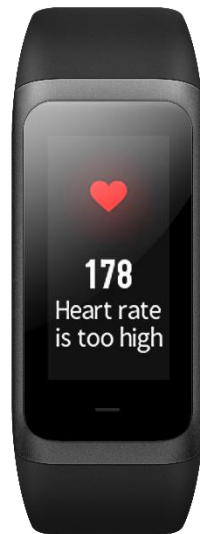


4.9.1 Alerts during Workouts

4.10 Heart Rate is Too High

When the heart rate exceeds the set maximum value during a workout, the band will vibrate to remind you that your heart rate is too high and display your current heart rate. Before using this

function, you need to enable the heart rate alert on the app.



4.11 Pace is Too Slow

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

4.12 Alert per Kilometer

During a workout, the band will vibrate to remind you of the total mileage for each kilometer increased and the pace or speed of the last kilometer.



4.12.1 View Workout Results

When the workout finishes, you can view the workout data of this time and of all previous ones on the app's activity module.

4.12.2 Exit the Workout Secondary Screen Mode during Workouts

During workouts, you need to keep the band and the mobile phone Bluetooth connected. When the connection breaks off, the band will exit the workout secondary screen mode during workouts and

the page will prompt that the band is disconnected with the mobile phone. After a reconnection, the band will automatically enter the workout secondary screen again.



4.13 Introduction to the Workout Heart Rate Range

During workouts, the band will calculate your heart rate range based on your personal information. The heart rate range can help you understand the effect and intensity of your workout. The band will display your current heart rate range after the heart rate value.

When the workout finishes, you can view the workout duration of each heart rate range on the “Details” page of the app's record for this workout.

The band provides six ranges by default:

The default heart rate range is calculated based on the estimated maximum heart rate. The band calculates the maximum heart rate by deducting the age formula from the commonly used 220.

Heart rate range	Calculation rules
Relax	Lower than 50% of the maximum heart rate
Light	Between 50% and 60% of the maximum heart rate [Left-half closed and right-half open interval]
Weight	Between 60% and 70% of the maximum heart rate [Left-half closed and right-half open interval]
Aerobic	Between 70% and 80% of the maximum heart rate [Left-half closed and right-half open interval]
Anaerobic	Between 80% and 90% of the maximum heart rate [Left-half closed and right-half open interval]
VO ₂ max	Higher than 90% of the maximum heart rate

5. Daily Maintenance of the Band

- The band is water resistant. We recommend you to clean it and the strap regularly with water and dry them with a soft cloth before wearing.
- Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.
- When you wear the band in a bath (which enables use during bath), in swimming (which enables use during swimming), or with sweat, please clean and dry the device in a timely manner.
- Precautions
- The band can withstand a pressure equivalent to 50 meters underwater. Therefore, it can be used when swimming in pools and shoals. However, it can't be used in a diving or a sauna.
- The band is not resistant to erosive liquids such as acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.