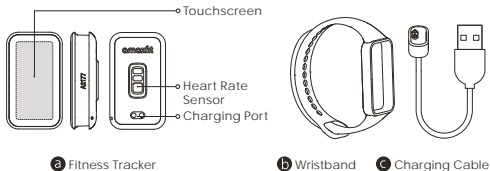


# Amazfit Band 7 User Manual



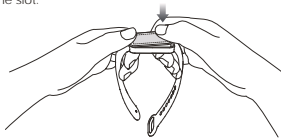
## Product Overview



Note: Illustrations of product, accessories, and user interface in the user manual are for reference purposes only. Actual product and functions may vary due to product enhancements.

## Installation

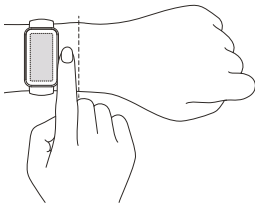
1. Insert one end of the fitness tracker into the slot from the front of the wristband.
2. Press down on the other end with your thumb to push the fitness tracker completely into the slot.



## Wearing

Comfortably tighten the band around your wrist about one-finger width away from your wrist bone.

To achieve the optimal performance of the heart rate sensor, make sure the back of the band to contact with your skin. When wearing your wristband, keep it neither too tight nor too loose but leaving some space for the skin to be able to breathe. Tighten the wristband before you start to exercise and properly loosen it afterward.



Too loose

If the band can easily move up and down the wrist, or the heart rate sensor cannot collect the data, try tightening the wristband.



Just right

The band can comfortably fit around the wrist.

## Connecting with App

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. Log into your Zepp account in the app, and follow the instructions to connect and pair the band with your phone. Once the band vibrates and a pairing request is displayed on its screen, tap to complete the pairing with your phone.

Note: Make sure the Bluetooth on your phone is enabled. Hold the phone and the band close to each other during pairing.



Download Zepp App  
Android 7.0, iOS 12.0 or later

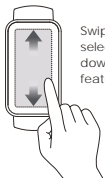
## How to Use

Once the band is paired, it begins recording and analyzing your exercise, nightly sleep, and other information.

Touch the screen to light it up.

Swipe up to view and select apps or swipe down for quick access to features.

Swipe left or right on the screen to quickly select shortcut feature cards and view the Notification Center.



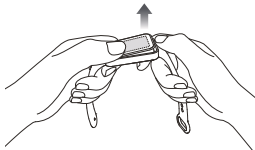
Swipe up to view and select apps / Swipe down for quick access to features



Swipe left or right on the screen to quickly select shortcut feature cards and view the Notification Center.

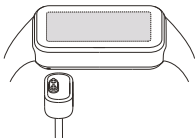
## Disassembling

Remove the band from your wrist, hold on to each end and pull on the wristband until you see a small gap between the fitness tracker and the wristband. Use your finger to pop the fitness tracker out of its slot from the front side of the wristband.



## Charging

- When using the band for the first time, connect it to the charging cable to turn it on.
- Recharge your band immediately when the battery level is low.



## Precautions

- When using the band to measure your heart rate, please keep your wrist still.
- The waterproofing level of this device is 5ATM (equivalent to a depth of 50 meters underwater). It permits pool swimming, shoal swimming, and other water activities in shallow waters, but it is not suitable for hot showers, saunas, and diving. Direct high-speed water flow during water workouts should be avoided. The waterproofing feature is not permanent and may diminish over time.
- The touchscreen of the band does not support underwater operations. When the band comes into contact with water, use a soft cloth to wipe away excess water from its surface before use.
- During daily use, avoid wearing the band too tightly and try to keep its contact area dry. Please clean the wristband regularly with water.
- Please stop using the product immediately and seek medical assistance if the contact area on your skin shows signs of redness or swelling.
- This product isn't a medical device. None of the data or measurements are intended for medical diagnosis or medical monitoring.
- When planning not to use the band for a long time, turn it off and then put it away. To avoid damage caused by the over-discharge of the battery, fully charge the band every 6 months.

## Specifications

Product name: Amazfit Band 7

Working Temperature: 0 °C-45 °C

Bluetooth frequency: 2402 MHz - 2480 MHz

Maximum output: < 2.5 mW

Input current: 300 mA MAX

Wireless Connectivity: Bluetooth® Low Energy 5.2

System requirements: Android 7.0 or iOS 12.0 or later

To view specific supervision information, certifications, and compliance marks of the band, go to Settings > System > Regulatory.

Model: A2177

Battery: 232 mAh

Battery type: Li-polymer battery

Input voltage: 5.0 VDC



The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Anhui Huami Information Technology Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners.

## 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.

## 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. Keep the product and your skin clean and dry to maximize comfort and prevent damage to the product over time. This is especially important after exercise or after contact with liquids such as sweat, soap, sunscreen, and lotions that may irritate the skin.
3. 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.
4. When using light-colored watch straps, avoid contact with dark clothing to prevent staining.
5. Do not place the device in direct sunlight for long periods. Excessively high or low ambient temperature may cause device failure.
6. Handle with care during transportation. Keep the device dry and away from humidity.

## 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)

## Troubleshooting

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



Manufacturer: Anhui Huami Information Technology Co., Ltd.  
Address: See packaging