User Manual
for Amazfit Cor

AMAZFIT
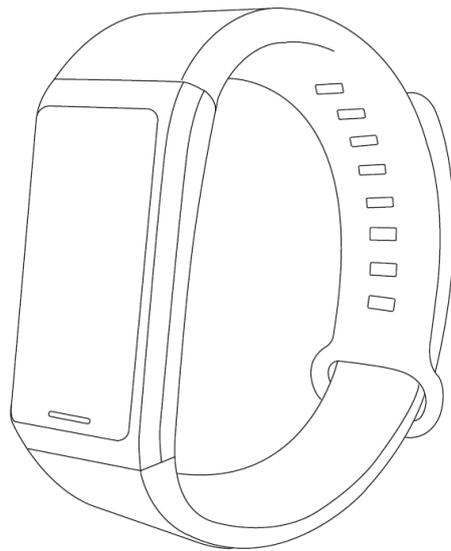
Contents

Watch Face Function Navigation and Touch Key Description

The band is fitted with a color IPS touch screen and a touch key.

Function Navigation Operations

You can navigate the screen by sliding left, right, up or down. The Watch Face page is displayed by default, on which you can:

- Slide up to display the first-level menu approaches and tap the screen to check different application functions.
- Slide down to turn on Do not Disturb (DND) mode, or check the current battery level of the band.
- Slide right to display the shortcuts for quick review of the details of the apps you have set.

Return:

- Slide right on the App Details page to return to the previous page. If at the first-level menu approach or on the DND page, it will return to the watch face page.
- Slide left on the App Shortcut Details page to return to the Watch Face page.

Touch Key

Touch the band key
- Awaken the screen when the screen is off, if lock screen is disabled.
- Awaken the screen when the screen is off/locked in Activity mode.

Long press the touch key
- Pause activity in Activity mode.
- Reset the band on the Reset Page prompted

Double tap the touch key → Awaken the screen when the screen is off and locked, if lock screen is enabled.
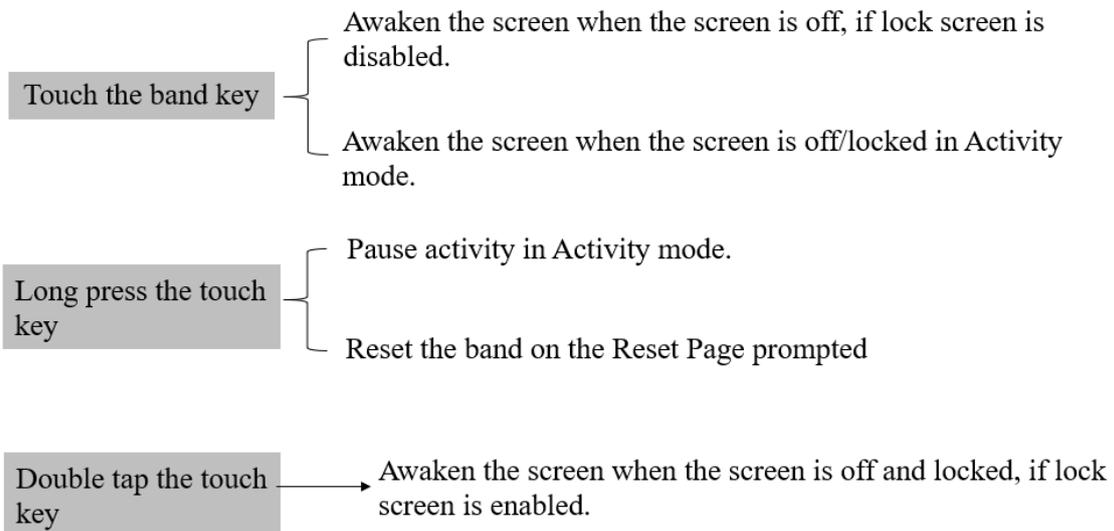
Band Wearing and Charging

Daily Wearing

For daily wearing without exercising, it is recommended to wear the band at a two-finger-wide distance from the wrist with moderate tightness to ensure the proper operation of the optical heart rate monitor.

Wearing during Exercise

During exercising, it is recommended to wear the band close to your skin in a comfortable manner that is neither too loose nor too tight.

Recharge

1. Connect the USB plug of the charging base with the mobile phone charger or with the USB port of computer for charging.
2. Place the band on the charging base. Ensure that the metal contacts on the back of the band are aligned with the golden pins of the charging base and that the band is attached to the base.
3. Once the band is placed on such base as instructed, a charging icon will appear on the screen, indicating that the band is charging.

You can check the current time, and receive notifications for incoming calls and from apps during charging.

It is recommended to charge through the USB port of computer, or with the charger of brand mobile phone, with a rated output voltage of 5V and a rated output current above 500Ma.

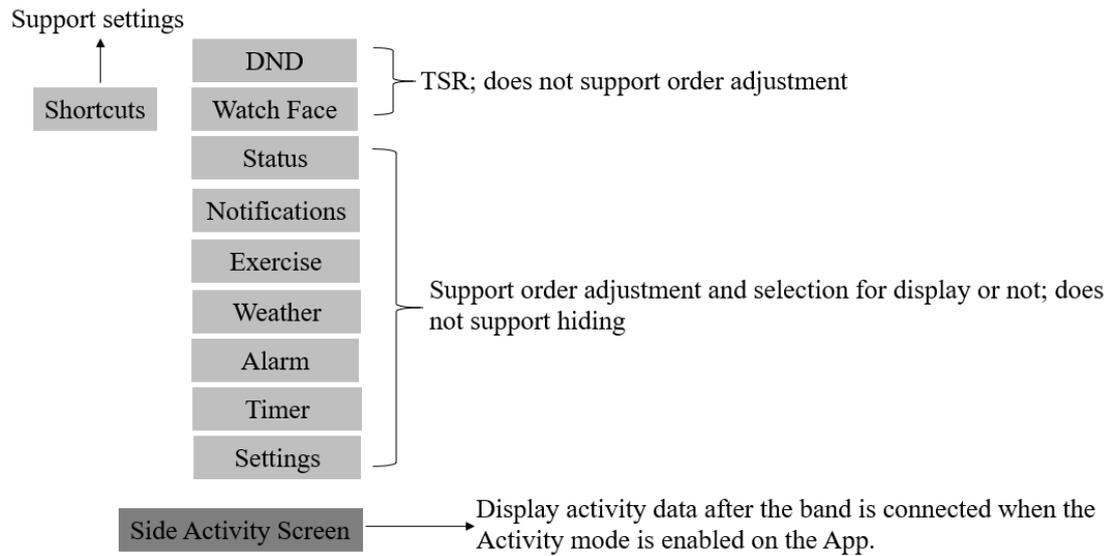## Band Functions

Band App Settings

The band apps refer to the functions that can be used separately on the band, such as Status, Weather, Exercise.

The default list of apps is shown as follows. You can customize the apps displayed on the screen based on your preference. Please select the apps you want to display under **Me > Amazfit Cor > Band App Settings** on the Mi Fit smartphone app.

Support settings

Shortcuts

| DND |
| Watch Face |

─ TSR; does not support order adjustment

| Status |
| Notifications |
| Exercise |
| Weather |
| Alarm |
| Timer |
| Settings |

Support order adjustment and selection for display or not; does not support hiding

Side Activity Screen → Display activity data after the band is connected when the Activity mode is enabled on the App.

Watch Face

In addition to the selected watch face, the band connection status will also be displayed on the watch face page: When disconnected, the Bluetooth disconnected icon will be displayed; when connected, such icon will not appear. Moreover, when the battery level is lower than 10%, the low-battery icon will also prompt you to charge as soon as possible. If lock screen is enabled, the lock screen icon will be displayed on the Watch Face page when the screen is awakened. In such case, you need to unlock the band before further operations are attempted.

Replace Watch Face on the Band

Find and tap the **Watch Face** approach on the band setting page. Select your preferred pattern and tap the screen, the system will query whether to replace the watch face. Tap **OK** to confirm the replacement.

Replace Watch Face on Mi Fit App

Under **Me > Amazfit Cor**, tap the **Watch Face Settings** on the device page. Download and update the watch face from the market for replacement.

Do Not Disturb (DND) Settings

Slide down on the Watch Face page and enter the DND Settings page. Tap the DND switch on the page, and select the DND mode to be enabled in the query box:
1. If **Now** is selected, the DND mode will be enabled immediately.
2. If **Auto** is selected, the DND mode will be enabled automatically after you fall asleep wearing the band.

After DND mode is enabled, the band will not vibrate to remind you the incoming calls, SMSs, app notifications, emails, or nudge reminders.

Status

On the Status Details page, you can check today's real-time steps, last-minute heart rate, distance, calories burned, and idle sessions.

On the Status page, the band will start measuring the heart rate automatically until the screen is off or when the page is switched to others.

System Notifications

Enable Notifications

To enable notifications, you need to enable the corresponding **App Notifications** on the Mi Fit App, and maintain the connection between the band and your mobile phone.

For iOS devices, you need to pair the band with the Bluetooth of your mobile phone.

For Android devices, please add the Mi Fit App to the white list or auto-start list of your mobile phone and maintain the App running in the background to protect it from being detected and terminated as hazards by background processes, leading to failure of receiving of app notifications due to termination of the connection between the band and the App. For the setting method for different mobile phone systems, please refer to the **User Help > Background Run Permission Settings**.

Check Notifications

The band will vibrate to remind you of the notifications upon receiving, with automatic display of the contents. If you failed to check the notifications immediately after receiving them, you can find them on the Notification List page by sliding up on the Watch Face page.

Delete or Clear Notifications

The band can save up to 10 notifications. Beyond the limit, the receiving of each new notification will lead to the auto deletion of the earliest one received. When the notification contents are more than one page, it remaining contents will be displayed on the next page.

1. Slide left on the Content page of a certain notification to delete such notification.
2. Slide up to the bottom of the Notification List page and tap **Clear** to clear all the notifications.

Exercise

Exercise is an independent Activity function of the band. Tap the approach on the screen, and you can record your exercise data with the band. Please refer to the description in the follow section of "Activity Features" for details.

Weather

On the weather page, you can check the weather of the day and weather forecasts for the next few days.

The weather displayed on the band comes from the updates of your mobile phone. Therefore, please keep the Bluetooth of your phone enabled and the band connected to obtain the latest weather information in time.

In addition, when a weather warning notice is received on the phone, the band will also receive such notice. You can turn on or off the pushing of weather warning notices under **Me > Amazfit Cor > Weather Settings** on the Mi Fit App.

Alarm

You can turn off or on alarms on the band screen directly, or add or edit alarms on the Mi Fit App. You can set up to 10 alarms on the band.

If snooze alarm is turned on, the band will vibrate to remind you when it is time Tap **Turn Off** on the band if you want to turn off an alarm. Tap **Snooze for 10 min** on the band if you want to be reminded after 10 minutes. If the band has vibrated 6 times consecutively for an alarm and no operation is applied, such alarm will be turned off at the end of the sixth vibration.

Timer

There are two options for timer: **Stopwatch** and **Countdown**.
The **Stopwatch** can be used to record times in multiple rounds, while the **Countdown** will vibrate to remind you when time's up at a given point in time.

Settings

The Settings approach of the band cannot be hidden. The Settings page is provided with options including **Watch Face**, **Lock Screen**, **Adjust Brightness**, **Find Phone**, **Restart**, **About** and **Reset**.
- **Watch Face**: You can switch watch faces based on the existing ones on your band directly according to your preference.

- **Lock Screen**: After lock screen is enabled, you need to unlock when the screen is awakened for further operations attempted on the band. After it is disabled, you can unlock and awaken the band by touching the band key or by lifting your wrist (provided that you have enabled **Lift Wrist Awaken** on the Device page under **Amazfit Cor** on the Mi Fit App).
- **Adjust Brightness**: Brightness is divided into 5 levels. You can adjust the brightness by tapping the add sign "+" and subtract sign " - ".
- **Find Phone**: With Bluetooth connected, you can find your phone with the band. For Android phones, you need to have the Mi Fit App run in the background to use this function.
- **Restart**: The band will be restarted upon selection.
- **About**: You can check the **Firmware Version** and **Bluetooth Address** of the current band on the About page.
- **Reset**: All the data will be reset by long pressing the touch key. You need to rebind the reset band before using.

Band Status Alerts

Incoming Call Reminder

The band will vibrate to remind you when it receives incoming calls. On the Reminder page, tap **Hang Up** or **Ignore** to stop vibration, as required. Please enable the **Incoming Call Reminder** on the Mi Fit App to use this function.

Idle Alert

If you have been sitting for a long time, the band will vibrate to remind you to get up and move. Please enable the **Idle Alert** on the Mi Fit App to use this function.

Friend Alert

Once you've connected with other Amazfit owners through the Friends section of the app, your watch will let you know when they log a workout.

Activity Completed Alert

When the steps of the day reach the set goal, the band will vibrate to remind you of the same. Please enable the **Activity Completed Alerts** on the Mi Fit App to use this function.

Phone Alarm Alert

When the alarm on your mobile phone rings, the band will vibrate to remind you of the same. Currently, only phones with MIUI system support this function. Please enable the **Phone Alarm Alert** on the Mi Fit App to use this function.

Disconnection Alert

When the band is disconnected with your mobile phone, the band will vibrate to remind you of the same. Please enable the **Disconnection Alert** on the Mi Fit App to use this function. If disconnected, the disconnection icon will be displayed on the watch face page.

Reminder

When there is a reminder event at a set time, the band will vibrate to remind you of it. Please add event to the **Reminder** on the Mi Fit App to use this function.

Shortcut Settings

Slide right on the Watch Face page under Settings for quick view of apps. Currently, the apps support settings include Alipay and Weather.

Side Activity Screen

When the band is connected with your mobile phone, relevant activity data will be displayed on the band automatically upon enabling of a certain activity on the Activity page of the Mi Fit App. Please refer to the description in the follow section of "Activity Features" for details.

Activity Features

Exercise

Start Exercise

Check if the storage capacity of the band is sufficient before exercising. If not, the unsynchronized activity data may be overwritten by new ones. To prevent this, we recommend synchronizing such data by connecting with the Mi Fit App after the completion of each activity.
The In Exercise page will be displayed after a three-second countdown.

In Exercise

The Activity mode of the band records the time of activity, calories burned, real-time heart rate in exercise and the heart rate zone belongs.

Pause/Resume/End Exercise

Long press the touch key of the band to pause activity. The Pause page is displayed. Tap **Resume** to continue the recording of activity. Tap **End** to go to the prompt page to confirm the termination. Tap **OK** to end and save the activity records.

Check Exercise Results

Check Data of This Activity

You can check the data overview of this activity on the band immediately after the activity.

Check Detailed Activity Data

You can check the data history of all activities in the Activity module of the Mi Fit App upon synchronization of such data by connecting with the app after the activity. Click a certain piece of activity data to check the detailed ones, such as heart rate chart during exercise.

Side Activity Screen

Start Side Activity Screen Mode

When Outdoor Running or other activities are started on the Mi Fit App with the band connected, the band will follow and start the Start Side Activity Screen mode. At such time, the page will prompt the start of the activity and display relevant data in process.

In Process

The In process data displayed on the band are synchronized with those displayed on the Mi Fit App. Slide up or down to switch screens.

Pause/Resume/End Activity

Operations on the Band

Same as the operations on band for Exercise. Refer to the previous section of "Pause/Resume/End Exercise" for details.

Operations on Mi Fit App

On the In Process Page of the Mi Fit App, long press the key to go to the Activity Pause page. The pause prompt page will also be displayed on the Band at the same time. Tap **Resume** to continue the recording and return to the In Process page of the band. Tap **End** to go to the prompt page to confirm the termination. Tap **OK** to end and save the activity records.

In Process Alert

High Heart Rate Alert

If the heart rate exceeds the set maximum value during an activity, the band will vibrate to remind you that your heart rate is too high, with the current rate displayed. Please enable the **Heart Rate Alert** on the Sport Setting page of the Mi Fit App to use this function.

Slow Pace Alter

If the real-time pace is lower than the set value during an activity, the band will vibrate to remind you that your pace is too slow, with the current pace displayed. Please enable the **Pace Alert** on the Sport Setting page of the Mi Fit App to use this function.

Alert per Kilometer

For every kilometer recorded in the process of an activity, the band will vibrate to remind you the accumulated number of kilometers and the pace or speed in last kilometer.

Check Activity Results

You can check the data history of all activities in the Activity module of the Mi Fit App after the activity.

Exit Side Activity Screen Mode During an Activity

Please keep the band connected with the Bluetooth of your mobile phone during an activity. When disconnected, the band will exit the side activity screen mode and notify the disconnection on its page. When reconnected, the band will enter the side activity screen mode again.

In-Process Heart Rate Zone

The band will calculate the heart rate zone you belong to based on your personal information during an activity. Such heart rate zone will help you determine the effects and intensity of the activity. The band will display your current heart rate zone after the heart rate value. You can check the activity time within each zone on the Details page of such activity record on the Mi Fit App at the end the activity.
There are six zones by default:
The default heart rate zone is calculated by the estimated maximum heart rate. The band calculates the maximum heart rate by the regular formula of 220 minus age.

Name of Heart Rate Zone	Calculation Rule
Relax	Less than 50% of the max heart rate
Light	Between 50% (including) and 60% (excluding) of the max heart rate
Weight	Between 60% (including) and 70% (excluding) of the max heart rate
Aerobic	Between 70% (including) and 80% (excluding) of the max heart rate
Anaerobic	Between 80% (including) and 90% (excluding) of the max heart rate
VO$_2$ max	More than 90% of the max heart rate

Routine Band Maintenance

- For waterproof products, it is recommended to clean the product and its watchbands regularly with clean water, and dry them with soft cloth before wearing.
- Do not use soap, hand sanitizer, body lotion or other cleaning agents during cleaning to prevent chemical residue from irritating your skin or corroding the device.
- Please clean and dry the device in time after bathing, swimming and sweating with the device.

Precautions

- The band can withstand the pressure equivalent to that at 50 meters of water depth. It supports using during swimming in pools or shoals, but does not support wearing during diving or sauna.
- The band is not waterproof for acidic or alkaline solutions, chemical reagents, and other erosive liquids. Damages or defects caused by misuse or improper use are not covered by the warranty.