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Xiaomi Mi Band 3 Fitness Tracker User Manual

Model: Xiaomi Mi Band 3 | Brand: Xiaomi

INTRODUCTION

The Xiaomi Mi Band 3 is an advanced fitness tracker designed to help you monitor your daily activities and health metrics. Featuring an OLED display and touchpad, it provides real-time information on exercise duration, mileage, heart rate, and more. With 50-meter water resistance, it is suitable for swimming and various water-based activities. This manual provides essential information for setting up, operating, and maintaining your Mi Band 3.

PACKAGE CONTENTS

Upon opening the sealed box, verify that all components are present:

- Xiaomi Mi Band 3 Tracker Unit
- Black Wristband (Microfiber material)
- Dedicated Charging Cable
- User Manual (this document)



Figure 1: Xiaomi Mi Band 3 main unit and wristband.

SETUP

1. Charging the Device

Before first use, fully charge your Mi Band 3. Connect the charging cable to the tracker unit and a USB power source (e.g., computer USB port or a USB wall adapter). The OLED display will show the charging status.

2. Installing the Mi Fit App

To utilize all features of your Mi Band 3, download and install the official Xiaomi Sports (Mi Fit) App on your smartphone. The app is available for both Android and iOS devices.

- For Android: Search for "Mi Fit" on the [Google Play Store](#).
- For iOS: Search for "Mi Fit" on the [Apple App Store](#).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Mi Fit App and create an account or log in.
3. Follow the in-app instructions to add a new device. Select "Mi Band" from the list.
4. The app will search for your Mi Band 3. Once found, confirm the pairing on both your phone and the band (by tapping the button on the band when prompted).



Figure 2: Mi Band 3 display showing time and date.

OPERATING INSTRUCTIONS

Navigating the Display

The Mi Band 3 features an OLED touchpad display. Swipe up or down to scroll through different functions and tap the capacitive button below the screen to select or confirm actions.

Key Features:

- **Time and Date:** The default screen displays the current time and date.
- **Pedometer:** Tracks your daily steps taken. This data is synchronized with the Mi Fit App for detailed analysis.
- **Heart Rate Monitor:** Swipe to the heart rate screen and the band will automatically measure your heart rate. Ensure the band is snug on your wrist for accurate readings.



Figure 3: Mi Band 3 displaying heart rate measurement.

- **Sleep Tracking:** Automatically monitors your sleep patterns, including deep and light sleep, providing insights through the Mi Fit App.
- **Notifications:** Receive call, message, and app notifications directly on your wrist. You can reject calls by long-pressing the button.
- **Weather Forecast:** View current weather conditions and forecasts for the next few days (requires synchronization with the Mi Fit App and internet connection).



Figure 4: Mi Band 3 displaying weather information.

- **Sedentary Reminder:** The band can remind you to move if you've been inactive for too long, configurable via the app.
- **Find My Phone:** Use this feature on the band to make your paired phone ring, even if it's on silent mode (within Bluetooth range).
- **Workout Modes:** Initiate specific workout tracking sessions (e.g., outdoor run, treadmill, cycling) from the band or the app.

MAINTENANCE

- **Cleaning:** Regularly clean the band and the tracker unit with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The Mi Band 3 is 50-meter water resistant, suitable for swimming and showering. However, avoid prolonged exposure to hot water, diving, or high-pressure water jets. Do not operate the band's touch screen underwater.
- **Storage:** When not in use for extended periods, store the band in a cool, dry place.
- **Battery Care:** Charge the device before the battery is completely depleted to prolong its lifespan.
- **Strap Replacement:** The microfiber wristband is interchangeable. Ensure any replacement straps are compatible with the Mi Band 3 unit.

TROUBLESHOOTING

| Problem | Possible Solution |
|--|---|
| Band not turning on/displaying anything. | Ensure the band is fully charged. Connect it to the charger and check if the charging icon appears. |
| Cannot pair with smartphone. | <ol style="list-style-type: none">1. Ensure Bluetooth is enabled on your phone.2. Make sure the Mi Band 3 is close to your phone.3. Restart both the band (if possible) and your phone.4. Try unpairing and re-pairing the device in the Mi Fit App. |
| Inaccurate heart rate readings. | Ensure the band is worn snugly on your wrist, about one finger's width from your wrist bone. Avoid excessive movement during measurement. |
| Notifications not appearing. | <ol style="list-style-type: none">1. Check notification settings in the Mi Fit App.2. Ensure the Mi Fit App has necessary permissions on your phone (e.g., notification access).3. Keep the Mi Fit App running in the background. |
| Display not visible in direct sunlight. | The OLED display may be difficult to read in very bright direct sunlight. Try shading the screen with your hand. |

SPECIFICATIONS

| Feature | Detail |
|---------|--------|
|---------|--------|

| Feature | Detail |
|------------------|--|
| Model Name | Xiaomi Mi Band 3 |
| Display Type | OLED Touchpad |
| Screen Size | 0.3 Inches |
| Water Resistance | 50 meters (5 ATM) |
| Connectivity | Bluetooth |
| Battery Type | Lithium Ion |
| Weight | 30 Grams |
| Material | Microfiber (wristband) |
| Special Features | Time Display, Sleep Monitor, Sedentary Reminder, Pedometer, Heart Rate Monitor |

WARRANTY AND SUPPORT

The Xiaomi Mi Band 3 comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Xiaomi website. For technical support, troubleshooting assistance, or service inquiries, please contact Xiaomi customer support through their official channels or visit their support page online.

Official Xiaomi Website: www.mi.com