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Xiaomi BHR4951GL

Xiaomi Mi Smart Band 6 User Manual

Model: BHR4951GL | Brand: Xiaomi

INTRODUCTION

The Xiaomi Mi Smart Band 6 is an advanced fitness tracker designed to help you monitor your health and activity levels. Featuring a 40% larger 1.56" AMOLED touch screen, it offers bright, crisp graphics for an enhanced user experience. This device is equipped with comprehensive tracking capabilities including sleep breathing tracking, 24-hour heart rate monitoring, and a new SpO2 sensor for blood oxygen levels. With 5ATM water resistance, it's suitable for swimming and daily wear. The band boasts a long-lasting battery life of up to 14 days and supports 30 different sports modes to cater to various fitness activities.

WHAT'S IN THE Box

- Xiaomi Mi Smart Band 6 (Band)
- Charging Cable (Charger)
- User Manual

SETUP GUIDE

1. Charging the Device

Before initial use, fully charge your Mi Smart Band 6. Connect the magnetic charging cable to the charging pins on the back of the band. Plug the USB end of the cable into a power adapter or a computer's USB port. The band's screen will indicate charging status.



Image: Close-up of the Mi Smart Band 6 showing the magnetic charging pins and cable connection.

2. Installing the Mi Fit App

The Mi Smart Band 6 requires the Mi Fit app (or Zepp Life app) for full functionality and data synchronization. Download the app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

3. Pairing the Band with Your Smartphone

1. Open the Mi Fit app and log in or create a new account.
2. Navigate to the 'Profile' section and select 'Add device'.
3. Choose 'Band' from the device list.
4. Follow the on-screen instructions to bring your Mi Smart Band 6 close to your phone.
5. Confirm the pairing request on both your phone and the band.

Your browser does not support the video tag.

Video: An official product video demonstrating the features and setup of the Xiaomi Mi Smart Band 6.

OPERATING INSTRUCTIONS

Display and Navigation

The Mi Smart Band 6 features a vibrant 1.56" AMOLED touch screen. Swipe up or down to navigate through menus and features. Swipe left or right to access quick functions or widgets. Tap to select an option.



Image: The Xiaomi Mi Smart Band 6 showcasing its large and colorful AMOLED display.

Activity Tracking

The band supports 30 different sports modes, including walking, running, cycling, swimming, and more. It can also auto-detect 6 fitness activities. To start a workout, navigate to the 'Workout' section on the band and select your desired activity. The band will track your duration, calories burned, and other relevant metrics.

- **30 Sports Modes:** Choose from a wide range of activities for accurate tracking.
- **Auto-detection:** Automatically recognizes common activities like walking and running.
- **5ATM Water Resistant:** Suitable for swimming and showering, tracking your water-based activities.



3.9cm(1.56) AMOLED Full Screen Display



SpO2 Tracking



30 Fitness Modes



Women's Health Tracking



Stress & Sleep Monitoring



Continuous Heart Rate Monitoring



Easy Magnetic Charging



Personal Activity Intelligence (PAI)



5ATM Water Resistance



Customizable Watch Faces



*Default band colour: Black
Other band colours need to be purchased separately.

Image: A visual representation of the diverse sports modes available on the Mi Smart Band 6.



Image: The Mi Smart Band 6 submerged in water, highlighting its 5ATM water resistance feature.

Health Monitoring

The Mi Smart Band 6 provides comprehensive health monitoring features:

- **SpO2 Sensor:** Measures your blood oxygen saturation levels.
- **24Hr Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day and during workouts.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and REM sleep, and provides insights into sleep breathing quality.
- **PAI (Personal Activity Intelligence):** A personalized health score based on your activity and heart rate data.

Notifications and Music Control

Receive call, text, and app notifications directly on your wrist. You can also control music playback on your smartphone from the band, allowing you to play, pause, skip tracks, and adjust volume without taking out your phone.

Battery Life

The Mi Smart Band 6 offers up to two weeks of battery life under typical usage conditions. Battery life may vary based on usage patterns, such as continuous heart rate monitoring, frequent notifications, and screen brightness settings.

MAINTENANCE

To ensure the longevity and proper functioning of your Mi Smart Band 6, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the band and the sensor area with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** After exposure to water (swimming, showering), ensure the band is completely dry before wearing it again to prevent skin irritation and maintain sensor accuracy.
- **Storage:** Store the band in a cool, dry place when not in use.

TROUBLESHOOTING

- **Band not turning on:** Ensure the band is fully charged. If it still doesn't turn on, try connecting it to a different USB port or charger.
- **Pairing issues:** Make sure Bluetooth is enabled on your smartphone and the band is within range. Try restarting both your phone and the band. If issues persist, unpair the device from the app and re-pair it.
- **Inaccurate readings:** Ensure the band is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensors regularly.
- **Notifications not appearing:** Check app notification settings on your smartphone and within the Mi Fit app to ensure they are enabled for the desired applications.

SPECIFICATIONS

Brand	Xiaomi
Model Number	BHR4951GL
Screen Size	1.56 Inches AMOLED
Water Resistance	5ATM
Battery Life	Up to 14 Days
Battery Capacity	125 Milliamp Hours
Connectivity	Bluetooth
Product Dimensions	0.75 x 1.89 x 0.47 inches
Item Weight	0.452 ounces (12.8 Grams)
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Touchscreen, Blood Oxygen Monitor, Sedentary Reminder, Alarm Clock, Music Control, GPS (connected via phone)

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official Xiaomi website. Specific warranty terms may vary by region and retailer.