

XIAOMI Mi Band 6

Xiaomi Mi Smart Band 6 User Manual

Your Guide to Health and Fitness Tracking

1. INTRODUCTION

The Xiaomi Mi Smart Band 6 is an advanced fitness tracker designed to help you monitor your health and activity levels. Featuring a vibrant 1.56-inch AMOLED display, comprehensive health monitoring capabilities including heart rate and blood oxygen (SpO2) tracking, and a wide array of sport modes, the Mi Smart Band 6 is your ideal companion for a healthier lifestyle. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your device.



Figure 1.1: The Xiaomi Mi Smart Band 6, a sleek black fitness tracker with a vibrant display showing time, date, weather, and health metrics.

2. SETUP

2.1 Initial Charging

Before first use, fully charge your Mi Smart Band 6. Connect the magnetic charging cable to the charging pins on the back of the band and plug the USB end into a power adapter or computer USB port. The band will display a charging animation.



Figure 2.1: The magnetic charging connection point on the back of the Mi Smart Band 6, showing the charging pins and the magnetic charger attached.

2.2 Pairing with Your Smartphone

1. Download the **Mi Fit** or **Mi Wear** app from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the app and log in with your Xiaomi account, or create a new one.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to 'Profile' > 'Add device' > 'Band'.
5. Follow the on-screen instructions to search for and pair with your Mi Smart Band 6. Confirm the pairing request on the band's screen.

2.3 Wearing the Band

Wear the Mi Smart Band 6 comfortably on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back is in contact with your skin for accurate heart rate and SpO2 measurements. Do not wear it too tightly or too loosely.

3. OPERATING YOUR MI SMART BAND 6

3.1 Display and Navigation

The Mi Smart Band 6 features a 1.56-inch AMOLED full-screen display with 326 ppi resolution, offering a 50% larger display area compared to its predecessor. This allows for clearer viewing of images and text, and easy checking of messages, calls, and notifications.

Plus d'informations en un coup d'œil

L'affichage AMOLED plein écran 1.56" a été entièrement repensé*. Consultez vos SMS, appels et notifications d'un simple coup d'œil.

Une zone d'affichage 50 % plus grande

L'augmentation de la zone d'affichage correspond à une estimation*



Figure 3.1: A visual comparison highlighting the 50% larger display area of the Mi Smart Band 6, showing more information at a glance.

Swipe up or down to navigate through menus and features. Swipe left or right to quickly access common functions like music control or weather.

3.2 Health Monitoring

- **SpO2 (Blood Oxygen) Monitoring:** The band can detect your blood oxygen saturation, providing insights into your respiratory health.

More information at a glance

Full screen 1.56" AMOLED display has been improved all around*. Easily check text messages, calls and notifications with a quick glance.

+50% display area



Figure 3.2: The Mi Smart Band 6 displaying a blood oxygen saturation reading (SpO2) of 96%, indicating healthy oxygen levels.

- **Heart Rate Monitoring:** The 24-hour heart rate monitoring system pays attention to your cardiac health, with alerts for abnormal heart rates.
- **Sleep Monitoring:** Accurately records sleep duration, deep sleep, light sleep, and REM sleep based on heart rate changes. It provides scientific advice to help develop regular sleeping habits.



Figure 3.3: A person sleeping with the Mi Smart Band 6 on their wrist, illustrating the sleep monitoring feature.

- **PAI (Personal Activity Intelligence):** A 7-day PAI score provides a comprehensive assessment of your physical activity.
- **Stress Monitoring:** Keep track of your stress levels throughout the day.
- **Breathing Exercises:** Guided breathing exercises to help you relax and reduce stress.
- **Female Menstrual Cycle Tracking:** Monitor and predict menstrual cycles.

3.3 Fitness Tracking

The Mi Smart Band 6 supports 30 sport modes, acting as your personal wrist coach. It automatically recognizes six fitness modes: outdoor running, treadmill, walking, outdoor cycling, elliptical, and rowing machine.

- **Supported Sport Modes:** Outdoor running, walking, dancing, treadmill, outdoor cycling, elliptical, rowing machine, HIIT, basketball, boxing, Zumba, Pilates, ice skating, badminton, street dance, and more.



Figure 3.4: Icons representing various sport modes available on the Mi Smart Band 6, including Basketball, Boxing, Zumba, HIIT, Core Training, Pilates, Ice Skating, Badminton, and Street Dance.

3.4 Other Features

- **5ATM Water Resistance:** The band is water-resistant up to 50 meters, making it suitable for swimming pools or surfing

on the beach. It supports five different swimming styles for accurate tracking.

326ppi AMOLED display

The cat's whiskers are clearly visible

For the first time using a large-size AMOLED display, you can set the background to a picture of a loved one, a pet or your favorite work of art, so that and every time you lift your wrist your day feels brighter.



Figure 3.5: The Mi Smart Band 6 with water droplets, illustrating its 50-meter water resistance capability.

- **Notifications:** Receive text messages, calls, and app notifications directly on your wrist.
- **Camera Control:** Use the band as a remote shutter for your smartphone camera.
- **Music Control:** Control music playback on your smartphone.
- **Alarms:** Set silent vibrating alarms.

4. MAINTENANCE

4.1 Cleaning the Band

Regularly clean your Mi Smart Band 6 and its strap to prevent skin irritation and maintain hygiene. Use a soft, damp cloth to wipe the device. For the strap, especially the black antibacterial Ag+ strap, you can use mild soap and water. Ensure the band is completely dry before wearing it again.

4.2 Battery Life and Charging

The Mi Smart Band 6 offers impressive battery life:

- Up to **14 days** in normal mode.
- Up to **19 days** in power-saving mode.

Charge the device using the magnetic charging cable as described in Section 2.1. Avoid exposing the charging pins to water or corrosive liquids.

5. TROUBLESHOOTING

If you encounter issues with your Mi Smart Band 6, refer to the following common troubleshooting steps:

- **Band not turning on:** Ensure the band is fully charged. Connect it to the charger for at least 10 minutes.

- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone and the band is within range.
 - b. Restart both your smartphone and the Mi Smart Band 6.
 - c. Clear the Bluetooth cache on your phone (Android) or forget the device in Bluetooth settings (iOS) and try pairing again.
 - d. Ensure the Mi Fit/Mi Wear app is updated to the latest version.
- **Inaccurate heart rate/SpO2 readings:** Ensure the band is worn correctly, snug but not too tight, and the sensor is clean and in direct contact with your skin. Avoid excessive movement during measurements.
- **Notifications not appearing:** Check app notification settings on your smartphone and within the Mi Fit/Mi Wear app to ensure they are enabled for the desired applications. Ensure the band is connected via Bluetooth.
- **Screen unresponsive:** Try restarting the band by connecting it to the charger. If the issue persists, contact customer support.

6. SPECIFICATIONS

Feature	Specification
Brand	XIAOMI
Model Number	Mi Band 6
Display Size	1.56 Inches
Display Type	AMOLED
Color	Black
Operating System	Android Wear 1.0 (Compatible)
Connectivity	USB, Bluetooth
Wireless Communication Standard	Bluetooth
Special Features	Text Messaging, Activity Tracker, Heart Rate Monitor, SpO2 Monitor, Sleep Monitor
Compatible Devices	Smartphone
Battery Composition	Lithium-polymer
Water Resistance	5 ATM (up to 50 meters)
Memory Storage Capacity	16 MB
Item Form	Rectangular
Manufacturer	Xiaomi
Country of Origin	Germany

7. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Xiaomi website or contact your local authorized dealer. Keep your proof of purchase for warranty claims.

Online Support: Visit the official Xiaomi support page for FAQs, software updates, and contact information.