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Xiaomi BHR5501GL

Xiaomi Redmi Smart Band Pro User Manual

Model: BHR5501GL

1. PRODUCT OVERVIEW

The Xiaomi Redmi Smart Band Pro is an advanced fitness tracker designed to monitor your health and activity levels. It features a vibrant 1.47-inch Full AMOLED display, comprehensive fitness tracking with over 110 modes, continuous heart rate monitoring, SpO₂ tracking, and sleep quality analysis. With 5 ATM water resistance and a long-lasting battery, it is built for daily use and various sports activities.



Image: The Xiaomi Redmi Smart Band Pro, showcasing its sleek black design and vibrant AMOLED display.

2. WHAT'S IN THE BOX

Please check the package contents upon opening:

- Xiaomi Redmi Smart Band Pro
- Charging Cable
- User Manual (this document)

3. SETUP GUIDE

3.1 Charging the Device

Before first use, fully charge your Redmi Smart Band Pro. Connect the magnetic charging cable to the charging contacts on the back of the band and plug the USB end into a power adapter or computer USB port.



Image: Close-up of the Redmi Smart Band Pro showing the magnetic charging cable connected to its charging port.

3.2 Pairing with Your Smartphone

1. Download the official Xiaomi Wear or Xiaomi Wear Lite app from your smartphone's app store (available for iOS and Android).
2. Open the app and log in or create a Xiaomi account.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to "Profile" > "Add device" and select "Redmi Smart Band Pro".
5. Follow the on-screen instructions in the app to complete the pairing process. A pairing request will appear on the band's screen; confirm it.

4. OPERATING THE DEVICE

4.1 Display and Navigation

The Redmi Smart Band Pro features a 1.47-inch Full AMOLED display, offering clear visuals and easy navigation through touch gestures. Swipe up/down to browse menus and left/right to access quick functions or widgets.



Image: The 1.47-inch AMOLED display of the Redmi Smart Band Pro, highlighting its size.

4.2 Fitness Tracking Modes

The band supports over 110 fitness modes, including 15 professional modes, to accurately track your workouts. It records burned calories, heart rate changes, and workout durations. The band can also automatically detect 3 fitness modes: treadmill, outdoor running, and outdoor walking.



Image: A person running outdoors, wearing the Redmi Smart Band Pro, demonstrating its use during exercise.

4.3 Health Monitoring

- **Heart Rate Monitoring:** The band provides 24-hour real-time heart rate tracking. You can view your heart rate data in easy-to-read graphs on the band or in the app. The band will vibrate to alert you if your heart rate falls outside a safe zone.



Image: The Redmi Smart Band Pro display showing heart rate data, including current BPM, average, and rest heart rate.

- **SpO₂ Monitoring:** Blood oxygen saturation (SpO₂) levels can be monitored automatically during sleep and manually on demand. This feature provides insight into your overall health.
- **Sleep Quality Tracking:** The band monitors your sleep patterns and quality, providing detailed reports in the app to help you understand and improve your sleep habits.



Image: The Redmi Smart Band Pro worn on a wrist while sleeping, illustrating its sleep tracking capability.

4.4 Water Resistance

The Redmi Smart Band Pro has a 5 ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for showering, swimming in pools, and shallow water activities. It is not suitable for diving or high-pressure water activities.



Image: A person wearing the Redmi Smart Band Pro while holding a surfboard near the ocean, demonstrating its water resistance.

5. MAINTENANCE AND CARE

- **Cleaning:** Regularly clean the band and the charging contacts with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** After exposure to water, ensure the band is completely dry before charging to prevent corrosion.
- **Storage:** Store the band in a cool, dry place when not in use.
- **Strap Care:** The strap is designed for comfort and durability. Avoid excessive pulling or twisting.

6. TROUBLESHOOTING

Problem	Possible Solution
Band does not turn on	Ensure the band is fully charged. Connect it to the charger for at least 10 minutes.
Cannot pair with smartphone	<ul style="list-style-type: none">◦ Ensure Bluetooth is enabled on your phone.◦ Make sure the band is close to your phone.◦ Restart both the band and your phone.◦ Clear the app's cache or reinstall the app.◦ Check if the band is already paired with another device.
Inaccurate heart rate/SpO ₂ readings	Ensure the band is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the band. Avoid excessive movement during measurement.
Battery drains quickly	Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit notifications. Ensure the firmware is up to date.
Screen unresponsive	Try restarting the band (if possible via the app or by holding a button if available). Ensure the screen is clean and dry.

7. SPECIFICATIONS

Feature	Detail
Model Number	BHR5501GL
Display	1.47-inch Full AMOLED
Brightness	Up to 450 nits
Water Resistance	5 ATM (up to 50 meters)
Connectivity	Bluetooth
Battery Life	Up to 14 days (typical usage)
Sensors	Heart Rate, SpO ₂ , Accelerometer, Gyroscope
Compatible OS	Android, iOS
Item Weight	15 grams (approx. 0.529 ounces)
Memory Storage Capacity	128 MB
RAM Memory Installed Size	16 GB
GPS	Via Smartphone

8. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official Xiaomi website or contact Xiaomi customer

service in your region. Keep your purchase receipt for warranty claims.

Online Support: Visit [Xiaomi Support](#)




9. IMPORTANT SAFETY INFORMATION


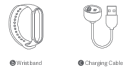


- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or vibrations.
- Consult a doctor before starting any new exercise regimen, especially if you have pre-existing health conditions.
- This device is not a medical device and should not be used for diagnostic or treatment purposes.



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Related Documents - BHR5501GL

	<p>Xiaomi Smart Band 9: Advanced Features, Specifications, and Accessories</p> <p>Explore the Xiaomi Smart Band 9, featuring a vibrant AMOLED display, advanced health monitoring (heart rate, SpO2), up to 21-day battery life, and a range of stylish, functional accessories including straps, a pendant, and a running clip.</p>
	<p>Xiaomi Smart Band 6 User Manual: Setup, Features, and Specifications</p> <p>Comprehensive guide for the Xiaomi Smart Band 6, covering setup, wearing, connecting to the app, usage, charging, precautions, specifications, and warranty information.</p>
	<p>Xiaomi Mi Smart Band 6 User Manual and Specifications</p> <p>Comprehensive guide to using the Xiaomi Mi Smart Band 6, including setup, usage, safety precautions, and technical specifications. Learn how to wear, connect, and utilize its features for fitness tracking.</p>
	<p>Xiaomi Mi Smart Band 7 & 6: Comprehensive User Guide</p> <p>Detailed guide covering the features, functions, and health tracking capabilities of the Xiaomi Mi Smart Band 7 and Mi Smart Band 6, including PAI, heart rate, sleep, and workout modes. Information provided by Mealthy.</p>

<div><div>EN</div><div>Read this manual carefully before use, and retain it for future reference.</div><div>Product Overview</div><div><div><div>Touchscreen</div><div></div><div>Heart Rate Sensor</div><div>Charging Port</div><div>Flexion Tracker</div></div><div><div></div><div>Strap Band</div><div>Charging Cable</div></div></div></div> <td data-bbox="325 76 1493 392"><div>Mi Smart Band 6 User Manual</div><div>User manual for the Mi Smart Band 6, covering product overview, installation, wearing, connecting with the app, usage, disassembly, charging, precautions, specifications, and disposal information.</div></td>	<div>Mi Smart Band 6 User Manual</div> <div>User manual for the Mi Smart Band 6, covering product overview, installation, wearing, connecting with the app, usage, disassembly, charging, precautions, specifications, and disposal information.</div>
<div><div><div></div><div></div></div><div>Mi Smart Band 4</div><div>Σύμφωνα με τις προδιαγραφές, τον τρόπο & την χρήση του προϊόντος, τον τρόπο χρήσης</div><div><div>Αντικείμενο προστασίας</div><div>Info Overview</div></div></div>	