

[Manuals.plus](#) /

> [Xiaomi](#) /

> [Xiaomi Mi Smart Band 7 User Manual](#)

Xiaomi KWSS30

Xiaomi Mi Smart Band 7 User Manual

Model: KWSS30

INTRODUCTION

The Xiaomi Mi Smart Band 7 is an advanced fitness and activity tracker designed to help you monitor your health and fitness activities. Featuring a large AMOLED display, comprehensive workout modes, and extensive health monitoring capabilities, it provides valuable insights into your daily well-being. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



SETUP

1. Charging the Device

Before first use, fully charge your Xiaomi Mi Smart Band 7. The device uses a magnetic charging cable.

- Connect the magnetic charging cable to the charging contacts on the back of the band.
- Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
- The band's display will show the charging progress. A full charge typically takes about 2 hours.



Image: Close-up of the Xiaomi Mi Smart Band 7 showing the magnetic charging port and the charging cable attached.

2. Pairing with Your Smartphone

To unlock the full potential of your Mi Smart Band 7, you need to pair it with the Mi Fitness app (formerly Mi Fit or Zepp Life) on your smartphone.

1. Download the **Mi Fitness** app from the Google Play Store (for Android) or Apple App Store (for iOS).
2. Open the Mi Fitness app and log in or create a new Xiaomi account.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to "Devices" and select "Add device" or the "+" icon.
5. Choose "Mi Smart Band 7" from the list of available devices.
6. Follow the on-screen instructions in the app and on your band to complete the pairing process. You may need to confirm a pairing request on the band's screen.

Once paired, the band will synchronize data with your phone, and you can customize settings, view detailed health data, and manage notifications through the app.

OPERATING THE DEVICE

Display and Navigation

The Xiaomi Mi Smart Band 7 features a 1.62-inch AMOLED touchscreen display for intuitive interaction.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets (e.g., music control, weather).
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Customize the watch face from the home screen.

1.62" AMOLED Display

The magnificent large AMOLED display debuts on your wrist, making it easy for you to read and control. Everything is presented in detail at high resolution. Even better, thanks to always-on mode, you can read date and time without lifting your wrist or using your fingers.

25%

More viewing area

*Compares to Mi Smart Band 6

326 PPI

100 levels

Brightness adjustment



Image: A close-up of the Mi Smart Band 7's 1.62" AMOLED display, highlighting its vibrant colors and sharp text.

Key Features and Functions

Workout Modes

The band supports over 110 workout modes, allowing you to track a wide range of activities.

- To start a workout, swipe up or down to find the "Workout" menu, tap to select your desired activity (e.g., Outdoor Run, Cycling, Swimming), and tap "Go" to begin.
- The band will record duration, calories burned, heart rate, and other relevant metrics.
- After your workout, sync with the app to view detailed analysis, including VO2 max and training effect.

More options, more motives

Supports 110+ Sports Modes



Image: A visual representation of various sports icons surrounding a person wearing the Mi Smart Band 7, illustrating the 110+ supported sports modes.

Your browser does not support the video tag.

Video: An official promotional video showcasing the various features and capabilities of the Xiaomi Mi Smart Band 7, including its display, sports modes, and health tracking.

Health Monitoring

The Mi Smart Band 7 offers continuous monitoring of vital health metrics.

- **SpO2 Tracking:** Monitors blood oxygen saturation throughout the day and sends alerts for low levels.
- **Heart Rate Monitoring:** Provides 24-hour heart rate tracking.
- **Sleep Monitoring:** Tracks sleep stages (deep, light, REM) and provides insights into sleep quality.
- **Stress Monitoring:** Assesses your stress levels and offers guided breathing exercises.
- **Menstrual Cycle Tracking:** Helps women track their cycle and predict fertile windows.



All-day health monitoring

Know more, just to better protect your health!

Image: A row of colorful Xiaomi Mi Smart Band 7 devices, each displaying a different health metric such as heart rate, PAI score, stress level, and breathing exercise prompts.

Water Resistance

The band is 5ATM water-resistant, making it suitable for swimming and showering.

- It supports pool swimming, snorkeling, and intelligent recognition of four common swimming styles.
- Avoid using the band in hot showers, saunas, or steam rooms as steam can affect the water resistance.

Going to the water with you

5ATM water resistance*

Support pool swimming, snorkeling, and intelligent recognition of the 4 common swimming styles.



Image: The Xiaomi Mi Smart Band 7 submerged in water with bubbles, illustrating its 5ATM water resistance feature.

Customization

Personalize your band with over 100 new watch faces.

- Access new watch faces through the Mi Fitness app.
- The band also supports "Always-On Display" (AOD) for continuous time display.

100+ New Dials

Xiaomi Mi Band 7 is upgraded with a new chip, the animation effect is smoother, and the personalized dynamic dial is cool to change.



Image: A collection of various digital watch faces displayed on the Xiaomi Mi Smart Band 7, showcasing the wide range of customization options available.

MAINTENANCE

Cleaning Your Band

Regular cleaning helps maintain the band's appearance and functionality.

- Wipe the band and display with a soft, damp cloth.
- For the sensor area on the back, use a cotton swab lightly dampened with rubbing alcohol if necessary, then wipe dry.
- Avoid using harsh chemicals or abrasive materials.

Battery Care

The Mi Smart Band 7 offers up to 14 days of battery life with typical usage.

- To maximize battery life, avoid extreme temperatures.

- Charge the device fully before long periods of inactivity.
- Frequent use of features like continuous heart rate monitoring, SpO2 tracking, and Always-On Display will reduce battery life.

TROUBLESHOOTING

Common Issues and Solutions

Issue	Possible Solution
Band not pairing with phone	<p>Ensure Bluetooth is on and the band is charged.</p> <p>Restart both the band and your phone.</p> <p>Try unpairing and re-pairing the device in the Mi Fitness app.</p> <p>Check if the Mi Fitness app is updated to the latest version.</p>
Display not responding	<p>Charge the band to ensure it's not out of battery.</p> <p>Restart the band (if possible via the app or by holding the button if available, though Mi Bands typically don't have physical buttons for restart).</p>
Inaccurate health readings	<p>Ensure the band is worn snugly but comfortably on your wrist.</p> <p>Clean the sensor on the back of the band.</p> <p>Avoid excessive movement during measurements.</p>
Short battery life	<p>Disable Always-On Display (AOD) if enabled.</p> <p>Reduce the frequency of continuous heart rate or SpO2 monitoring in the app settings.</p> <p>Turn off unnecessary notifications.</p>

For more detailed troubleshooting or issues not listed here, please refer to the official Xiaomi support website or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Number	KWSS30
Display Type	AMOLED
Display Size	1.62 inches
Dimensions	46.5 mm x 20.7 mm x 12.25 mm
Weight	13.5 grams
Water Resistance	5 ATM
Battery Capacity	180 mAh (Lithium-Polymer)
Battery Life	Up to 14 days (typical usage)
Connectivity	Bluetooth

Feature	Detail
Operating System Compatibility	Android, iOS
Sensors	Heart Rate Monitor, SpO2 Sensor, Accelerometer, Gyroscope
GPS	No built-in GPS (uses connected smartphone GPS)

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Xiaomi support website. Keep your proof of purchase for warranty claims.

You can find more information and contact details on the official Xiaomi website: www.mi.com/global/support