Xiaomi M2239B1

Xiaomi Mi Band 8 Smart Bracelet User Manual

Model: M2239B1
Brand: Xiaomi

INTRODUCTION

The Xiaomi Mi Band 8 is a versatile smart bracelet designed to enhance your daily life through comprehensive health and fitness tracking, smart notifications, and convenient features. This manual provides detailed instructions to help you set up, operate, and maintain your device for optimal performance.

WHAT'S IN THE BOX

- Xiaomi Mi Band 8 Device
- Black Silicone Strap (pre-attached)
- Magnetic Charging Cable
- User Manual

SETUP

1. Charging the Device

Before first use, fully charge your Mi Band 8. Connect the magnetic charging cable to the charging contacts on the back of the device. A full charge typically takes about 1 hour.

FAST CHARGING
FULL CHARGE JUST ONE HOUR

Typical Usage Mode:
16 Days

AOD Mode：6 Days

1H

The Mi Band 8 charging via its magnetic cable, illustrating the fast charging capability.

2. Attaching the Strap

The Mi Band 8 features a new quick-release structure for easy strap replacement. Align the strap ends with the slots on the device body and push until they click into place. Ensure both ends are securely attached.

The Mi Band 8 showcasing its removable strap design, allowing for various stylish options.

3. App Download and Pairing

Download the Zepp Life app (or Mi Fitness app) from your smartphone's app store. Create an account and follow the in-app instructions to pair your Mi Band 8 via Bluetooth. This step is crucial for data synchronization and accessing all smart features.

OPERATING INSTRUCTIONS

Display and Navigation

The Mi Band 8 features a 1.62-inch AMOLED touchscreen with a 60Hz refresh rate for smooth navigation. Swipe up/down to scroll through menus and left/right to access quick widgets. Tap to select an option.

The main product image of the Xiaomi Mi Band 8, highlighting its vibrant AMOLED display.

Watch Faces

Customize your device with over 100 watch faces available through the companion app. You can also create custom watch

faces using your own photos.

The Mi Band 8 displaying various fun and multifunctional watch faces, along with intelligent brightness adjustment.

Health Monitoring

- **Heart Rate:** Continuous heart rate monitoring.
- **Blood Oxygen (SpO2):** Monitor your blood oxygen levels.
- **Sleep Tracking:** Tracks sleep stages (deep, light, REM) and naps automatically.
- **Stress Monitoring:** Provides insights into your stress levels.
- **Vitality Score:** A comprehensive score reflecting your overall activity and health.

Fitness Tracking

The Mi Band 8 supports over 150 sports modes. It features a newly upgraded running mode that can be enhanced with an optional shoe attachment for more accurate data.

150 FITNESS MODES
TO SUIT YOUR NEEDS

Cycling

Gymnastics

Rope skipping

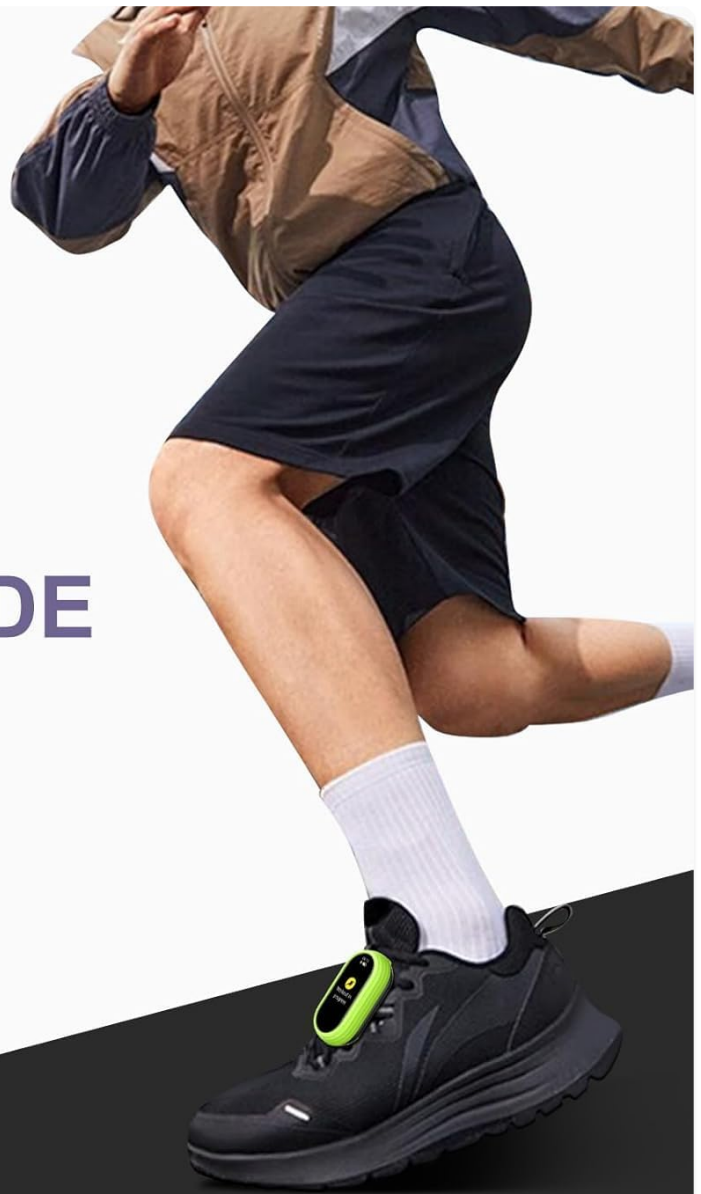Play basketball

Yoga

Swimming

Dancing

Play badminton

Running

Support for Running Courses

Smart Running Mode

Support Body Boxing Classes

The Mi Band 8 highlighting its extensive range of 150+ fitness modes, including cycling, gymnastics, and swimming.

The Mi Band 8 showcasing its newly upgraded running mode, which can be used with a specialized shoe clip for enhanced tracking.

Smart Features

- **Notifications:** Receive app notifications, calls, and messages directly on your wrist.
- **Find Phone:** Use your band to locate your paired smartphone.
- **Alarms:** Set vibrating alarms.
- **Timer & Stopwatch:** Built-in timing functions.
- **World Clock:** View times in different cities.
- **Camera Remote:** Control your phone's camera remotely.
- **Flashlight:** Turn the display white for a temporary light source.
- **Breathing Exercises:** Guided breathing sessions for relaxation.

Interactive Courses and Games

The Mi Band 8 offers interactive fitness courses and mini-games that can be accessed via the companion app, providing an engaging way to stay active.

Your browser does not support the video tag.

Official product video showcasing the Xiaomi Smart Band 8's features, including its stylish design, various straps, and fitness tracking capabilities.

MAINTENANCE

Water Resistance

The Mi Band 8 has a 5 ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for swimming and showering, but not for diving or high-pressure water activities.

The Mi Band 8 submerged in water, illustrating its 50-meter waterproof capability.

Cleaning

Regularly clean your Mi Band 8 and its strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the device fully when prompted by low battery notifications.

TROUBLESHOOTING

Connectivity Issues

If your Mi Band 8 fails to connect to the app, ensure Bluetooth is enabled on your phone and the band is within range. Restarting both the band and the phone may resolve the issue.

Inaccurate Readings

For accurate heart rate and SpO2 readings, ensure the band is worn snugly on your wrist. For running data, consider using the dedicated shoe attachment.

Missing Features

The Xiaomi Mi Band 8 does not include a built-in microphone or speaker, meaning it cannot make phone calls or support voice assistants directly. It also lacks built-in GPS, relying on your smartphone's GPS for location tracking during workouts.

SPECIFICATIONS

Product Dimensions	1.89 x 0.89 x 0.43 inches
Item Weight	0.952 ounces (27 Grams)
Display	1.62 Inches AMOLED, 60Hz Refresh Rate, 600 Nits Peak Brightness
Battery	1 CR123A (included), 190 mAh, Up to 16 days typical usage
Water Resistance	5 ATM (50 meters)
Connectivity Technology	Bluetooth
Special Feature	Heart Rate Monitor, Blood Oxygen Monitor, Sleep Tracking, Stress Monitoring
Item Model Number	M2239B1

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Xiaomi website or contact your local retailer. Keep your purchase receipt for warranty claims.