

Xiaomi BHR7266GL

Xiaomi Redmi Watch 3 Active User Manual

Model: BHR7266GL | Brand: Xiaomi

1. PRODUCT OVERVIEW

The Xiaomi Redmi Watch 3 Active is a versatile smartwatch designed to enhance your daily life and fitness journey. It features a large 1.83-inch LCD screen for clear information display and supports Bluetooth calling for convenient communication. With over 100 sports modes and comprehensive health tracking, it's an ideal companion for monitoring your well-being and physical activity.



Figure 1: Xiaomi Redmi Watch 3 Active - Front View

Key Features:

- 1.83" LCD big screen for enhanced visibility.
- Support for Bluetooth calling, allowing you to answer calls directly from your wrist.
- Over 100 sports modes, including 10 professional workout modes.
- Full-scale fitness tracking, including all-day heart rate monitoring, advanced sleep tracking, and all-day SpO2 monitoring.
- Elegant appearance with NCVN coating for lightness and comfort.
- Water resistant up to 50m (5ATM).
- Ultra-long battery life of up to 12 days for normal daily use.

2. WHAT'S IN THE BOX

Upon opening the package, verify that all the following items are included:

- Redmi Watch 3 Active x1
- Wrist strap x1
- User guide x1
- Charging cable x1

3. INITIAL SETUP

3.1 Charging the Device

Before first use, fully charge your Redmi Watch 3 Active. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power adapter (not included). The watch display will indicate charging status.

最大 12 日間使える長持ちバッテリー

低消費電力のハードウェアとソフトウェアの組み合わせにより、
最大 12 日間のバッテリー持続時間を実現。



Figure 2: Charging the Redmi Watch 3 Active

3.2 Pairing with Your Smartphone

1. Download the official Xiaomi Wear app (or Mi Fitness app) from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Turn on your Redmi Watch 3 Active. A QR code may appear on the watch screen.
4. In the app, select "Add Device" and scan the QR code displayed on your watch. If no QR code is present, manually search for "Redmi Watch 3 Active" in the app's device list.
5. Confirm the pairing request on both your smartphone and the watch.

6. Once paired, the watch will synchronize with your phone, and you can begin customizing settings and tracking data.

Your browser does not support the video tag.

Video 1: Official product video demonstrating the features and setup of the Xiaomi Redmi Watch 3 Active. This video covers display, colors, battery, health features, phone features, other functions (workout modes, GPS, water resistance), material, size, and compatibility.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The Redmi Watch 3 Active features a large 1.83-inch LCD display. Navigate through menus and functions by swiping left, right, up, or down, and tap to select items. The side button typically serves as a home button or to access the app list.



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Xiaomiカスタマーセンターメーカーサポート窓口は、以下となります。

Xiaomiカスタマーサービス

フリーダイヤル：0120-300-521

受付時間：9:00~18:00 (弊社規定休業日を除く)

Email：service.jp@support.mi.com

Figure 3: Large 1.83-inch LCD Display

4.2 Customizing Watch Faces

Choose from over 200 watch faces available through the Xiaomi Wear app to personalize your watch. You can also upload your own photos to be displayed as a watch face.

100 種類以上のワークアウト・スポーツモード

10 種類のプロスポーツモードを含む 100 種類以上のワークアウト・スポーツモードを搭載、よりプロフェッショナルなモニタリングも可能。



5ATM 対応の高い防水性能

水泳中も着用可能。

いつでも身に付けたまま水泳や浅瀬での水遊び、シュノーケリングを楽しめます。

5ATM 防水等級*により、安心して日常使いもできます。

Figure 4: Diverse Watch Face Options

4.3 Health Tracking Features

The watch offers comprehensive health monitoring:

- **Heart Rate Monitoring:** Tracks your heart rate 24/7. You can view real-time data on the watch or in the app.
- **SpO2 Monitoring:** Measures your blood oxygen saturation levels throughout the day.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and REM sleep, providing insights into your sleep quality.
- **Stress Monitoring:** Helps you understand your stress levels and provides guidance for relaxation.

血中酸素レベル測定



心拍数を 24 時間モニタリング



睡眠を科学的にモニタリング



※本製品は医療機器として設計されておらず、
疾患の診断、処置、治療、予防を目的としていません。

Figure 5: Health Monitoring in Action

4.4 Bluetooth Calling

With Bluetooth calling support, you can answer incoming calls directly from your watch. Ensure your watch is connected to your smartphone via Bluetooth. When a call comes in, simply raise your hand and tap the answer icon on the watch screen.



Figure 6: Bluetooth Calling Feature

4.5 Workout Modes and GPS

The watch supports over 100 workout modes, including 10 professional modes for various activities like running, cycling, swimming, and more. Select your desired workout mode from the watch's menu to start tracking your performance. The watch utilizes your smartphone's GPS for accurate outdoor activity tracking.

スマホを持たずに通話ができる

Bluetooth® 通話に対応 *

ウォッチをタップするだけで、簡単に通話ができる Bluetooth® 通話に対応 *。

仕事中でもワークアウト中でも、スマートにすぐに着信に応答できます。



* サードパーティ製アプリからの音声通話は現在未対応。

Figure 7: Extensive Workout Modes and 5ATM Water Resistance

4.6 Water Resistance

The Redmi Watch 3 Active has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming in pools or shallow waters, but it is not recommended for hot showers, saunas, or diving.

5. MAINTENANCE

5.1 Battery Life

The watch is equipped with a 289 mAh Lithium Polymer battery, offering up to 12 days of battery life under normal daily use. Actual battery life may vary based on usage patterns, features enabled (e.g., continuous heart rate monitoring, frequent Bluetooth calls), and environmental factors.

5.2 Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as they may damage the watch's NCVM coating or strap.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.
- If the watch gets wet, dry it thoroughly before charging or prolonged storage.

6. TROUBLESHOOTING

If you encounter issues with your Redmi Watch 3 Active, try the following common troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone.
 - Restart both your watch and phone.
 - Check if the Xiaomi Wear app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not appearing:** Check notification settings in the Xiaomi Wear app and your phone's system settings to ensure the app has necessary permissions.
- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring, limit background app refresh, and reduce notification frequency.

For more detailed troubleshooting or persistent issues, refer to the official Xiaomi support website or contact customer service.

7. TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	BHR7266GL

Brand	Xiaomi
Screen Size	1.83 Inches LCD
Battery Capacity	289 Milliamp Hours (Lithium Polymer)
Battery Life (Normal Use)	Up to 12 days
Water Resistance	5ATM (50 meters)
Connectivity Technology	Bluetooth
Operating System	Android Wear
Item Weight	41.67 Grams (1.47 ounces)
Product Dimensions	7.87 x 7.87 x 5.51 inches
Special Features	Sleep Monitor, GPS (via Smartphone), Heart Rate Monitor, SpO2 Monitoring

8. WARRANTY AND SUPPORT

8.1 Product Warranty


This product is covered by a manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details. Keep your purchase receipt as proof of purchase for warranty claims.






8.2 Customer Support

For technical assistance, product inquiries, or warranty service, please contact Xiaomi customer support. You can find contact information on the official Xiaomi website or in the user guide provided with your product.

For additional information and resources, visit the official Xiaomi Store on Amazon:[Xiaomi Store](#)

Related Documents - BHR7266GL

 Redmi Watch 3 Active User Manual	Redmi Watch 3 Active User Manual - Xiaomi Smartwatch Guide Comprehensive user manual for the Xiaomi Redmi Watch 3 Active smartwatch, covering product overview, specifications, safety precautions, RF exposure, and warranty information.
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<div></div> <div>Redmi Watch 3 Active User Manual</div>	<p>Redmi Watch 3 Active User Manual: Setup, Features, and Safety Guide</p> <p>Comprehensive user manual for the Redmi Watch 3 Active smartwatch, covering product overview, specifications, safety precautions, warranty information, and regulatory compliance. Learn how to set up, use, and care for your device.</p>
<div></div> <div>Redmi Watch 5 Active User Manual</div>	<p>Redmi Watch 5 Active User Manual - Xiaomi</p> <p>Official user manual for the Xiaomi Redmi Watch 5 Active. Learn about product overview, specifications, safety precautions, regulatory compliance, and warranty information.</p>
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