

Xiaomi BHR7420GL

Xiaomi Smart Band 8 Active User Manual

Model: BHR7420GL | Brand: Xiaomi

INTRODUCTION

The Xiaomi Smart Band 8 Active is a versatile fitness and activity tracker designed to monitor your health and fitness metrics. Featuring a vibrant 1.47" LCD display and a long-lasting 14-day battery life, it offers comprehensive tracking for blood oxygen, heart rate, sleep, and stress, along with over 50 sports modes. This manual provides detailed instructions for setting up, operating, and maintaining your device.

WHAT'S IN THE BOX

- Smart Band
- Charger

PRODUCT OVERVIEW

The Xiaomi Smart Band 8 Active features a sleek, ultra-slim design with a large display for easy viewing of information.



Figure 1: Front view of the Xiaomi Smart Band 8 Active, displaying the time and date.

The device is equipped with sensors on the back for comprehensive health monitoring.



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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 2: Rear view of the Smart Band 8 Active, highlighting the charging contacts and health sensors.

SETUP

Initial Charging

Before first use, fully charge your Smart Band. Connect the magnetic charger to the charging pins on the back of the device. Ensure the charging contacts are clean and dry before connecting the charger.

Pairing with Your Smartphone

To unlock the full potential of your Smart Band, pair it with the Mi Fitness app on your smartphone:

1. Download the "Mi Fitness" app from your device's app store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the Mi Fitness app, navigate to the "Device" section and select "Add device" or "Manage your devices".
5. Select "Xiaomi Smart Band 8 Active" from the list of available devices.
6. Confirm the pairing request on both your smartphone and the Smart Band.

OPERATING INSTRUCTIONS

Navigating the Display

The Smart Band features a touch-sensitive display for easy navigation:

- **Tap:** Tap the screen to wake the device or select an option.
- **Swipe Up/Down:** Swipe vertically to scroll through menus and notifications.
- **Swipe Left/Right:** Swipe horizontally to access different quick-view screens (e.g., stats, music control).
- **Press and Hold:** Press and hold the watch face to change the display style.

Key Features and Functions

The Smart Band 8 Active offers a range of features to support your active lifestyle:

- **Vibrant 1.47" TFT Display:** Large screen for easier information viewing and detailed UI/UX design.
- **Light 9.99mm Ultra-Slim Body:** Comfortable for all-day wear.
- **50+ Sports Modes:** Includes 10 professional workout modes suitable for various activities.
- **Full-Scale Fitness Tracking:** All-day heart rate monitoring, advanced sleep tracking, and all-day SpO2 monitoring.
- **Water Resistant up to 50m (5ATM):** Suitable for use during swimming.

Using the Mi Fitness App

The Mi Fitness app provides a detailed overview of your health data and allows for extensive customization of your Smart Band:

- **Health Data:** View detailed statistics for steps, calories burned, sleep patterns (deep, light, REM), heart rate, blood oxygen, and stress levels.
- **Workout Tracking:** Start and track various workouts, including outdoor running, walking, freestyle, and hiking.
- **Notifications:** Receive call, message, and app notifications directly on your band.
- **Customization:** Change watch faces, set alarms, control music playback, and manage other device settings.

MAINTENANCE

- **Cleaning:** Regularly clean the device body and strap with a soft, damp cloth. Ensure the charging contacts are dry and clean.
- **Water Resistance:** The band is water resistant up to 50m. However, avoid prolonged exposure to hot water or steam.
- **Strap Care:** The strap is designed for comfort but can come off if snagged. Exercise caution during vigorous activities.
- **Storage:** Store the device in a cool, dry place when not in use.

1.47インチ超大型ディスプレイ

表示領域が大きく見やすいため、より多くの機能、
情報、コンテンツを見やすく表示できます。

10.5%
以上表示領域



Figure 3: Detail of the Smart Band's strap and fastening mechanism.

TROUBLESHOOTING

Device Not Turning On

Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to turn it on.

Pairing Issues

Make sure Bluetooth is enabled on your smartphone and the Smart Band is within range. Restart both the band and your phone, then try pairing again. Ensure the Mi Fitness app has necessary permissions.

Inaccurate Readings

Ensure the band is worn correctly, slightly above the wrist bone and fastened snugly but comfortably. Clean the sensors on the back of the device.

Notifications Not Appearing

Check app notification settings in the Mi Fitness app and your phone's system settings to ensure permissions are granted and notifications are enabled for the desired apps.

SPECIFICATIONS

Feature	Detail
Model Name	Xiaomi Smart Band 8 Active
Item Model Number	BHR7420GL
Display Size	1.47 Inches TFT
Battery Life	Up to 14 days (typical usage)
Water Resistance	5ATM (up to 50m)
Connectivity	Bluetooth
Sensors	Heart Rate, Blood Oxygen (SpO2), Stress Monitoring
Item Weight	26 Grams (0.917 ounces)
Product Dimensions	1.69 x 1 x 0.39 inches


WARRANTY AND SUPPORT






For warranty information and technical support, please refer to the official Xiaomi website or contact their customer service. Keep your proof of purchase for warranty claims.

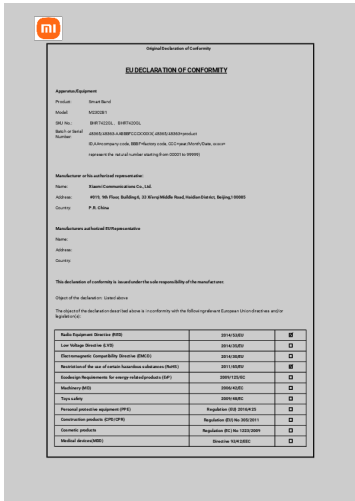


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Related Documents - BHR7420GL

 <small>XIAOMI Smart Band 8 Active Kullanıcı Kılavuzu</small>	Xiaomi Smart Band 8 Active User Manual and Specifications Official user manual, technical specifications, safety guidelines, and EU Declaration of Conformity for the Xiaomi Smart Band 8 Active (Model M2302B1).
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 РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ	Xiaomi Mi Band User Manual and Features A comprehensive guide to the Xiaomi Mi Band fitness tracker, detailing its features, setup, usage, specifications, and troubleshooting tips.
 Xiaomi Smart Band 9 Pro	Xiaomi Smart Band 9 Pro User Manual: Specifications, Features, and Guide Comprehensive user manual for the Xiaomi Smart Band 9 Pro (M2402B1). Get detailed specifications, setup instructions, usage tips, safety precautions, and warranty information for your Xiaomi wearable.
 EN Read this manual carefully before use, and retain it for future reference. Product Overview Touchscreen Heart Rate Sensor Fitness Tracker Wristband Charging Cable	Mi Smart Band 6 User Manual 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.
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 mi HASZNÁLATI ÚTMUTATÓ A használati útmutató és az éves gyártói garancia kiegészítője a Xiaomi Mi Smart Band 4-es okosórának.	Xiaomi Mi Smart Band 4 User Manual This user manual provides instructions and safety information for the Xiaomi Mi Smart Band 4. Learn how to set up, use, and care for your device.



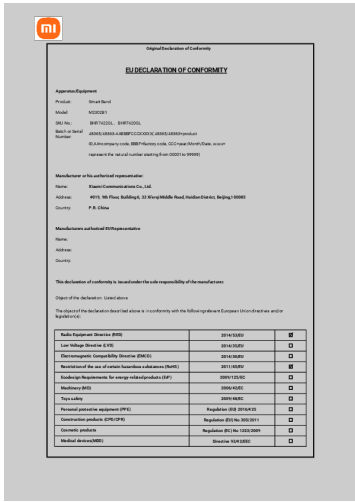
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[Xiaomi Smart Band 8 Active User Manual and Specifications](#)

Official user manual, technical specifications, safety guidelines, and EU Declaration of Conformity for the Xiaomi Smart Band 8 Active (Model M2302B1).

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