**XIAOMI BHR8345GL**

# XIAOMI Smart Band 9 Global Version (2024) Instruction Manual

Model: BHR8345GL

| | | | | **Introduction** | **What's in the** | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Box** | **Setup** | **Operation** | **Health** | **Workouts** | **Accessories** | **Maintenance** | **Troubleshooting** | **Specifications** | | **Wa** |

## 1. INTRODUCTION

The XIAOMI Smart Band 9 is an advanced fitness tracker designed to monitor your health and activity with precision. Featuring a vibrant 1.62-inch AMOLED display, extended battery life, and comprehensive health tracking capabilities, it is an ideal companion for your daily wellness journey.



**Pantalla AMOLED de 1.62"**
para una interacción perfecta

**Marco metálico de colores**
con accesorios para cualquier ocasión

## 2. WHAT'S IN THE BOX

Upon unboxing your XIAOMI Smart Band 9, you should find the following items:

- XIAOMI Smart Band 9 device (main module)
- Standard TPU strap (Midnight Black)
- Magnetic charging cable (USB-A to proprietary connector)
- User Manual

**Video 2.1:** An unboxing and features tour of the Xiaomi Mi Band 9, demonstrating the contents of the retail package and initial setup.

## 3. SETUP

### 3.1 Charging the Device

Before first use, fully charge your Smart Band 9. Connect the magnetic charging cable to the charging contacts on the back of the device and plug the USB-A end into a compatible power adapter or computer USB port.
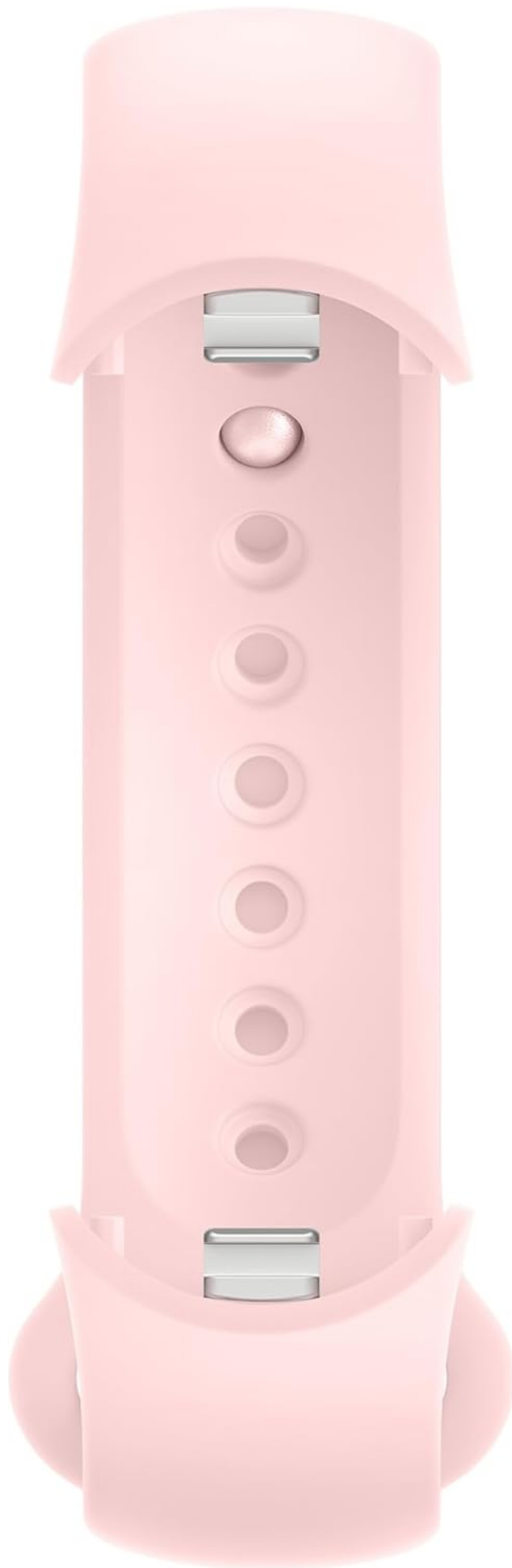
**Image 3.1:** The Smart Band 9 connected to its magnetic charging cable.

## 3.2 App Installation and Pairing

1. Scan the QR code displayed on the band's screen or in the user manual to download the official Mi Fitness app.
2. Install the Mi Fitness app on your smartphone.
3. Open the app, create an account or log in, and follow the on-screen instructions to add your XIAOMI Smart Band 9.
4. Ensure Bluetooth is enabled on your smartphone for successful pairing.

## 4. OPERATING INSTRUCTIONS

### 4.1 Display and Navigation

The Smart Band 9 features a 1.62-inch AMOLED touchscreen display. Navigate through menus and features using swipe gestures:

- **Swipe Up/Down:** Scroll through menu options or notifications.
- **Swipe Left/Right:** Access quick widgets or control center.
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Customize watch faces on the home screen.

**Video 4.1:** Demonstration of the calendar function on the Xiaomi Smart Band 9, showing navigation and display.

### 4.2 Customization

Personalize your Smart Band 9 with various watch faces and strap options. Watch faces can be changed directly on the band by pressing and holding the home screen, or through the Mi Fitness app for a wider selection.



**Image 4.2:** The Smart Band 9 shown with a variety of stylish straps, highlighting customization options.

## 5. HEALTH MONITORING FEATURES

The Smart Band 9 is equipped with high-precision sensors for comprehensive health tracking:

- **Heart Rate Monitoring:** Continuous heart rate tracking with alerts for excessively high or low rates.
- **Blood Oxygen Saturation (SpO2) Monitoring:** All-day SpO2 tracking with vibration alerts for low blood oxygen levels.
- **Sleep Monitoring:** Upgraded all-round sleep monitoring, including sleep stages (deep sleep, REM) and sleep quality analysis.
- **Stress Monitoring:** Continuous stress monitoring with relaxation prompts to help manage stress levels.
- **Breathing Training:** Guided deep breathing exercises to relieve stress.
- **Female Health Management:** Track and predict your menstruation cycle.



**Image 5.1:** The Smart Band 9 worn during sleep, illustrating its sleep monitoring capabilities.

**Image 5.2:** The Smart Band 9 displaying heart rate and blood oxygen levels during activity.

# 6. Workout Modes

The Smart Band 9 supports over 150 sports modes, providing detailed metrics such as maximum oxygen consumption, recovery time, and training load. It accurately tracks both outdoor and indoor activities.

- **Outdoor Running/Walking:** Utilizes connected GPS from your phone for accurate route and distance tracking.
- **Indoor Workouts:** Tracks activities like treadmill, cycling, jump rope, and various training exercises.
- **Water Sports:** 50M water resistance allows for swimming tracking.

**Video 6.1:** A demonstration of the various workout modes and running courses available on the Xiaomi Smart Band 9.

**Image 6.2:** The Smart Band 9 displaying various workout modes and tracking data during exercise.

## 7. BATTERY LIFE

Thanks to professional low-power consumption sensors and smart power consumption algorithms, the XIAOMI Smart Band 9 offers an extraordinary battery life:

- **Typical Use:** Up to 21 days
- **AOD (Always-On Display) Mode:** Up to 9 days
- **Heavy-Load Mode:** Up to 6.6 days

## 8. WATER RESISTANCE

The Smart Band 9 is 50M water resistant, making it suitable for swimming and other water-based activities. However, please note the following:

- Leather and braided straps should not be worn in scenarios where they could come into contact with water or sweat (swimming, general exercise).
- Not suitable for use in hot showers, hot springs, saunas, or when doing fast-paced water sports.

## 9. ACCESSORIES

Enhance your Smart Band 9 experience with official accessories:

- **Running Clip:** A new generation running clip with convenient attachment and removal. Track and analyze your performance with 13 metrics, including running cadence, stride length, and ground contact time ratio.
- **Smart Band Pendant:** Transform your Smart Band into a piece of 'smart' jewelry with an exquisite necklace watch face. Necklace mode must be activated in the app. Heart rate, blood oxygen level, and other sports functions are unavailable in this mode.

## 10. MAINTENANCE

- Keep the device clean and dry. Wipe with a soft, damp cloth.
- Avoid exposing the device to extreme temperatures or direct sunlight for prolonged periods.
- Regularly clean the charging contacts to ensure proper charging.
- If the device is not used for an extended period, charge it fully at least once every three months to prevent battery damage.

## 11. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the band is within range. Restart both the band and your phone. Try unpairing and re-pairing through the Mi Fitness app.
- **Inaccurate heart rate/SpO2 readings:** Ensure the band is worn snugly on your wrist, not too tight or too loose. 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. Ensure background permissions are granted for the app.
- **Short battery life:** Reduce screen brightness, disable Always-On Display, limit continuous heart rate monitoring, and turn off unnecessary notifications.

## 12. SPECIFICATIONS

| Feature | Detail |
| --- | --- |
| Model Number | BHR8345GL |
| Display | 1.62-inch AMOLED, 1200 nits peak brightness |
| Battery Capacity | 233 mAh |
| Battery Life (Typical) | Up to 21 days |
| Water Resistance | 5 ATM (50 meters) |
| Workout Modes | Over 150 |
| Health Monitoring | Heart Rate, SpO2, Sleep, Stress, Female Health |
| Connectivity | Bluetooth 5.4 |
| Operating System | Tizen 4.0 |
| Dimensions | 3.23 x 0.47 x 4.06 inches |
| Item Weight | 0.952 ounces (27 Grams) |

## 13. WARRANTY AND SUPPORT

Your XIAOMI Smart Band 9 comes with a standard manufacturer's warranty. For detailed warranty information, please refer to the warranty card included in the packaging or visit the official XIAOMI website.
For technical support, troubleshooting, or service inquiries, please contact XIAOMI customer service or visit their official support page. Keep your purchase receipt and product serial number handy.

- **2-Year Protection Plan:** Available for purchase.
- **3-Year Protection Plan:** Available for purchase.