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Xiaomi BHR8791GL

Xiaomi Redmi Watch 5 Lite Global User Manual

Model: BHR8791GL

1. PRODUCT OVERVIEW

The Xiaomi Redmi Watch 5 Lite Global is a feature-rich smartwatch designed to enhance your daily life and fitness journey. It boasts a vibrant 1.96-inch AMOLED display, comprehensive health monitoring, and extensive workout tracking capabilities. This manual provides essential information for setting up, operating, and maintaining your device.



Figure 1: Xiaomi Redmi Watch 5 Lite in Light Gold with white strap.

2. SETUP AND INITIAL USE

2.1 Unboxing and Charging

Upon unboxing, ensure all components are present: the Redmi Watch 5 Lite and the USB charging cable. Connect the charging cable to the watch's magnetic charging points and plug the USB end into a compatible power source (e.g., USB wall adapter, computer USB port). The watch screen will display the charging status. Fully charge the device before first use.



Redmi Watch 5 Lite

Built-in GNSS



Product images may differ slightly from actual product.

Figure 2: The magnetic charging cable connected to the watch.

2.2 Pairing with Your Smartphone

1. **Download the Mi Fitness App:** Search for "Mi Fitness" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and install it.
2. **Create/Log In to Mi Account:** Open the Mi Fitness app and follow the on-screen instructions to create a new Mi Account or log in with an existing one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Add Device:** In the Mi Fitness app, navigate to the "Device" tab and tap "Add device" or the "+" icon. Select "Redmi Watch 5 Lite" from the list of available devices.

5. **Confirm Pairing:** A pairing request will appear on both your watch and smartphone. Confirm the pairing on both devices.
6. **Complete Setup:** Follow any remaining prompts in the app to complete the setup process, including granting necessary permissions for health tracking and notifications.

Compatibility: The Redmi Watch 5 Lite is compatible with smartphones running Android 8.0 and above, or iOS 12.0 and above.

3. OPERATING YOUR WATCH

3.1 Display and Navigation

The watch features a 1.96-inch AMOLED ultra-clear large display. Navigation is primarily touch-based:

- **Swipe Up/Down:** Scroll through notifications or quick settings.
- **Swipe Left/Right:** Access widgets (e.g., heart rate, weather, activity data).
- **Tap:** Select an item or open an application.
- **Press Side Button:** Return to the watch face or open the app list.

The display supports Always-On Display (AOD) for continuous time visibility and offers vivid colors with a 60Hz refresh rate and up to 600 nits maximum brightness.





Figure 3: Detailed view of the watch's AMOLED display.

3.2 Basic Functions

- **Notifications:** Receive call, message, and app notifications directly on your wrist.
- **Bluetooth Calling:** Utilize the dual-mic noise cancellation and 80cm directional audio pickup for clear calls directly from your watch.
- **Music Control:** Control music playback on your smartphone.
- **Alarm & Timer:** Set alarms and timers.
- **Find Phone:** Locate your paired smartphone by making it ring.



Figure 4: The watch on a user's wrist displaying an incoming call.

3.3 Customization

Personalize your watch experience:

- **Watch Faces:** Choose from a variety of watch faces via the Mi Fitness app to match your mood and style.
- **Widgets:** Customize the widgets accessible by swiping left or right on the watch face to quickly view your preferred information (e.g., steps, calories, heart rate).
- **Strap Replacement:** The TPU straps are interchangeable, allowing you to mix and match colors.

4. HEALTH TRACKING

The Redmi Watch 5 Lite is equipped with advanced sensors for comprehensive health monitoring:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. You can view real-time

data and historical trends in the Mi Fitness app.

- **Blood Oxygen Saturation (SpO2):** Measures your blood oxygen levels. This can be done on-demand or set for continuous monitoring.
- **Sleep Tracking:** Monitors your sleep stages (deep, light, REM) and provides a detailed analysis of your sleep quality, including daytime naps.
- **Stress Monitoring:** Tracks your stress levels and offers breathing exercises to help you relax.



Figure 5: Watch display showing various health metrics.

5. WORKOUT MODES AND GPS

The Redmi Watch 5 Lite supports over 150 workout modes, catering to a wide range of physical activities. It

features a built-in five-system GNSS chip for accurate satellite positioning, allowing you to track your outdoor workouts without needing your smartphone.

- **Built-in GNSS:** Supports GPS, Galileo, Glonass, BeiDou, and QZSS for precise location tracking during outdoor activities like running, walking, and cycling.
- **Workout Tracking:** Records key metrics such as distance, pace, calories burned, and heart rate zones for each workout.
- **Professional Running Courses:** Access guided running courses to improve your performance.
- **Data Sync:** All workout data is synced to the Mi Fitness app, where you can review detailed statistics and share your achievements with third-party apps like Strava.

- **Typical Usage Mode:** Up to 18 days of battery life.
- **Heavy Usage Mode:** Battery life may vary depending on features enabled (e.g., continuous SpO2 monitoring, frequent GPS use, AOD).
- **Ultra Battery Saver:** This mode significantly extends battery life by limiting functions to essential clock and step count.

To optimize battery life, consider adjusting settings such as screen brightness, notification frequency, and continuous health monitoring options in the Mi Fitness app.

7. MAINTENANCE AND CARE

- **Water Resistance:** The watch has a 5ATM water resistance rating, making it suitable for swimming and showering. Avoid using it in hot showers, saunas, or during diving.
- **Cleaning:** Regularly clean the watch body and strap with a soft, damp cloth. Ensure the charging contacts are dry and clean before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

8. TROUBLESHOOTING

- **Watch Not Turning On:** Ensure the watch is fully charged. If it still doesn't turn on, try connecting it to the charger for at least 30 minutes.
- **Pairing Issues:**
 - Ensure Bluetooth is enabled on your smartphone and the watch is within range.
 - Restart both your smartphone and the watch.
 - Clear the Bluetooth cache on your smartphone (Android).
 - If previously paired, remove the watch from your smartphone's Bluetooth device list before attempting to re-pair.
- **Notifications Not Appearing:**
 - Check notification permissions for the Mi Fitness app in your smartphone settings.
 - Ensure "Do Not Disturb" (DND) mode is not active on either the watch or your smartphone.
 - Verify that app notifications are enabled within the Mi Fitness app for specific applications.
- **Inaccurate Health Data:** Ensure the watch is worn snugly but comfortably on your wrist, about one finger's width above the wrist bone. Keep the sensor area clean.

For persistent issues, refer to the Mi Fitness app's help section or visit the official Xiaomi support website.

9. SPECIFICATIONS

Feature	Specification
Display	1.96-inch AMOLED, 410 x 502 pixels, 332 PPI, 600 nits max brightness
Battery Capacity	470mAh
Typical Usage Battery Life	Up to 18 days
Connectivity	Bluetooth 5.3
GNSS	Built-in (GPS, Galileo, Glonass, BeiDou, QZSS)
Sensors	Heart rate sensor (with blood oxygen sensor), Accelerometer, Gyroscope
Water Resistance	5ATM
Operating System	Xiaomi HyperOS
Dimensions	7.87 x 7.87 x 5.51 inches (Product Dimensions)
Weight	29.2 Grams (without strap)
Model Number	BHR8791GL

10. WARRANTY AND SUPPORT

Your Xiaomi Redmi Watch 5 Lite Global is covered by Xiaomi's standard warranty. Please refer to the warranty card included in your product packaging or visit the official Xiaomi website for detailed warranty terms and conditions specific to your region.

For technical support, troubleshooting assistance, or service inquiries, please contact Xiaomi Customer Service or visit their official support page. You can also find frequently asked questions and community forums on the Xiaomi website.

Official Xiaomi Support: www.mi.com/global/support

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This manual is for informational purposes only. Product specifications and features may change without notice.