

Xiaomi BHR9197GL

Xiaomi Watch S4 Silver User Manual

Model: BHR9197GL

1. INTRODUCTION

Thank you for choosing the Xiaomi Watch S4 Silver. This smartwatch is designed to enhance your daily life with advanced health monitoring, extensive sports tracking, and convenient Bluetooth calling features. This manual provides detailed instructions on how to set up, operate, and maintain your device to ensure optimal performance and longevity.



Image 1.1: The Xiaomi Watch S4 Silver, showcasing its elegant design and display.

2. WHAT'S IN THE BOX

Please check the contents of your package. If any items are missing or damaged, contact your retailer.

- Xiaomi Watch S4 Silver (with pre-installed strap)
- Charging Cable
- User Manual (this document)

3. SETUP

3.1 Charging the Device

Before first use, fully charge your Xiaomi Watch S4. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



xiaomi Watch S4

Nuova corona rotante,
nuova esperienza

Le immagini dei prodotti potrebbero differire leggermente dal prodotto reale.

Image 3.1: The Xiaomi Watch S4 connected to its magnetic charging cable.

- A full charge typically takes approximately 2 hours.
- The watch display will show the charging progress.

3.2 Pairing with Your Smartphone

To unlock the full potential of your Xiaomi Watch S4, pair it with the Xiaomi Wear app (or Mi Fitness app) on your

smartphone.

1. Download the **Xiaomi Wear** 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 create or log in to your Xiaomi account.
3. Turn on Bluetooth on your smartphone.
4. On the watch, power it on by pressing and holding the side button.
5. In the app, navigate to 'Devices' and select 'Add Device'. Follow the on-screen instructions to find and pair with your Xiaomi Watch S4.
6. Confirm the pairing request on both your watch and smartphone.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Xiaomi Watch S4 features a 1.43" AMOLED touchscreen and a rotating crown for intuitive navigation.

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select an item.
- **Rotating Crown:** Rotate the crown to scroll through lists or zoom in/out. Press the crown to return to the watch face or confirm a selection.
- **Side Button:** Press the side button to access the app list or return to the previous screen.





Image 4.1: Detail of the rotating crown on the Xiaomi Watch S4, used for navigation.

4.2 Customizing Watch Faces and Bezels

Personalize your watch with various watch faces and the interchangeable bezel design.

- **Changing Watch Faces:** On the watch face, press and hold the screen, then swipe left or right to browse available watch faces. Tap to select. More watch faces can be downloaded via the Xiaomi Wear/Mi Fitness app.
- **Interchangeable Bezel:** The Xiaomi Watch S4 features an upgraded interchangeable bezel design, allowing you to change the watch's appearance. Refer to the specific instructions provided with your bezel kit for removal and attachment.

Display 1.43" AMOLED con
luminosità eccezionale



Ghiera intercambiabile per cambiare
il tuo stile ogni giorno



Nuova corona rotante,
nuova esperienza



HyperOS 2.0 per nuove
interazioni



Monitoraggio
Allenamento e Benessere
con un tocco



Fino a 15 giorni di autonomia con una carica



Image 4.2: The Xiaomi Watch S4 demonstrating its interchangeable bezel and strap options for personalized style.

5. KEY FEATURES

5.1 Advanced Health Detection

The Xiaomi Watch S4 provides comprehensive health monitoring features to help you stay informed about your well-being.

- **Heart Rate Monitoring:** Continuous heart rate tracking throughout the day.
- **SpO2 Measurement:** On-demand blood oxygen saturation measurement.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and provides insights into sleep quality.
- **Stress Monitoring:** Tracks stress levels and offers guided breathing exercises.



Xiaomi Watch S4

Display AMOLED 1.43"
con luminosità eccezionale

Le immagini dei prodotti potrebbero differire leggermente dal prodotto reale.

Image 5.1: The Xiaomi Watch S4 displaying real-time health data, such as heart rate, on the user's wrist.

5.2 Sports Modes

With over 150 sports modes, the Xiaomi Watch S4 is your ideal fitness companion, tracking various activities with precision.

- Select your desired sport from the watch's activity list to start tracking.
- The watch records metrics such as duration, distance, calories burned, and heart rate during workouts.
- Review detailed workout summaries in the Xiaomi Wear/Mi Fitness app.



Xiaomi Watch S4

Fino a 15 giorni di autonomia con una carica

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Le immagini dei prodotti potrebbero differire leggermente dal prodotto reale.

Image 5.2: The Xiaomi Watch S4 showing an active sports tracking session, indicating performance metrics.

5.3 Bluetooth Calling

Make and receive calls directly from your wrist when connected to your smartphone via Bluetooth.

- Ensure your watch is paired and within Bluetooth range of your phone.
- Answer incoming calls by tapping the green icon on the watch screen.
- Dial numbers or select contacts from the watch's phone app.
- The watch features noise reduction technology for clearer call quality.

5.4 Notifications

Receive notifications from your smartphone apps directly on your watch.

- Enable app notifications in the Xiaomi Wear/Mi Fitness app settings.
- Swipe down on the watch face to view your notification center.

6. BATTERY LIFE

The Xiaomi Watch S4 is designed for extended use, offering up to 15 days of battery life under typical usage conditions. Actual battery life may vary based on usage patterns, settings, and environmental factors.

- Features like Always-On Display, frequent GPS use, continuous heart rate monitoring, and Bluetooth calling will consume more power.
- To optimize battery life, adjust screen brightness, disable unnecessary notifications, and limit continuous monitoring features if not required.

7. MAINTENANCE

7.1 Cleaning Your Watch

Regular cleaning helps maintain the watch's appearance and functionality.

- Wipe the watch body and strap with a soft, lint-free cloth.
- For stubborn dirt, dampen the cloth slightly with water. Do not use harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.

7.2 Water Resistance

The Xiaomi Watch S4 is water-resistant. However, it is not suitable for diving or high-pressure water activities. Avoid exposing the watch to hot water, steam, or strong detergents.

- Dry the watch thoroughly after exposure to water.

8. TROUBLESHOOTING

Problem	Possible Solution
Watch won't turn on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the watch is not paired with another device. Try resetting the watch to factory settings.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch.
Short battery life	Disable Always-On Display. Reduce screen brightness. Limit continuous heart rate monitoring or set it to a lower frequency. Turn off unnecessary notifications.

9. SPECIFICATIONS


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Detailed specifications and features of the Xiaomi Watch S4, including its aluminum alloy frame, quick-change bezel, upgraded screen, advanced health detection, and professional sports modes. Lists available SKUs and outbox accessories.

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Xiaomi Watch S4

Composez avec style




Écran AMOLED de 1,43"

Luminosité jusqu'à 2200 nits




Lunette interchangeable


Plusieurs possibilités de personnalisation



+150 modes de sport


Programmes embarqués et dynamique de course






Couronne rotative

Navigation ergonomique




Fonds d'écran dynamiques

Et plus de 200 cadrans de montre disponibles




5 min = 2 jours

Charge rapide



Suivi de santé



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lang:fr score:20 filesize: 431.63 K page_count: 2 document date: 2025-03-04