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Xiaomi Redmi Watch 5 Lite Smartwatch User Manual

Model: BHR8791GL

1. INTRODUCTION

The Xiaomi Redmi Watch 5 Lite is a versatile smartwatch designed to enhance your daily life and fitness journey. It features a large, vibrant AMOLED display, extended battery life, and comprehensive health and fitness tracking capabilities. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance.



Image 1.1: The Xiaomi Redmi Watch 5 Lite Smartwatch in Modern Gold.

2. SETUP

2.1 What's in the Box

Upon unboxing your Redmi Watch 5 Lite, please ensure all the following components are present:

- 1x Redmi Watch 5 Lite Smartwatch
- 1x Charging Cable
- 1x User Manual (this document)

2.2 Initial Charging

Before first use, it is recommended to fully charge your Redmi Watch 5 Lite. Connect the provided charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch features a 470 mAh battery, providing up to 18 days of battery life under typical usage conditions.

Fünf GNSS-Systeme integriert



Image 2.1: The Redmi Watch 5 Lite connected to its charging cable.

2.3 App Installation and Pairing

To unlock the full potential of your smartwatch, download the official companion app (e.g., Mi Fitness app) from your smartphone's app store. Follow the on-screen instructions within the app to pair your Redmi Watch 5 Lite via Bluetooth. Ensure Bluetooth is enabled on your smartphone during the pairing process.

3. OPERATING THE SMARTWATCH

3.1 Display and Navigation

The Redmi Watch 5 Lite features a large 1.96-inch AMOLED display with a resolution of 410 x 502 pixels and 332 PPI. It supports an Always-On-Display mode for convenient time and notification viewing. Navigate the watch interface using touch gestures and the physical button on the side.



Image 3.1: The 1.96-inch AMOLED display of the Redmi Watch 5 Lite.

3.2 Bluetooth Calls

With integrated Bluetooth calling, you can answer calls directly from your wrist when connected to your smartphone. The watch features a dual-microphone with noise reduction for clear communication.



Image 3.2: Answering a call on the Redmi Watch 5 Lite.

3.3 Health and Activity Tracking

The watch offers comprehensive health tracking, including heart rate monitoring, SpO2 (blood oxygen) tracking, and sleep analysis. It supports over 150 sport modes for various activities such as running, swimming, yoga, and more. Integrated GNSS (GPS, GLONASS, Galileo, QZSS) provides precise location tracking for outdoor workouts without needing your phone.

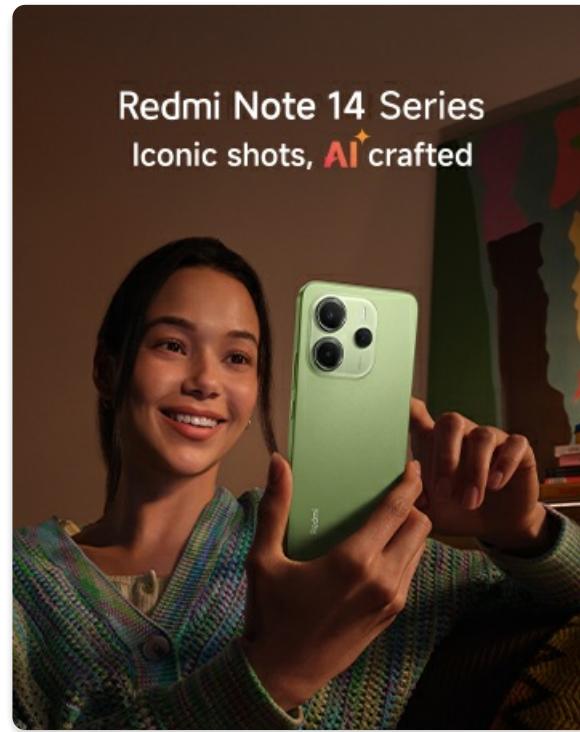


Image 3.3: A selection of the 150+ sport modes.



Image 3.4: GPS tracking in action, showing a recorded route.

3.4 Water Resistance

The Redmi Watch 5 Lite is water-resistant up to 5ATM (50 meters), making it suitable for swimming and other water activities. Please note that it is not suitable for hot showers, saunas, or deep diving. Avoid direct contact with strong currents during water sports.

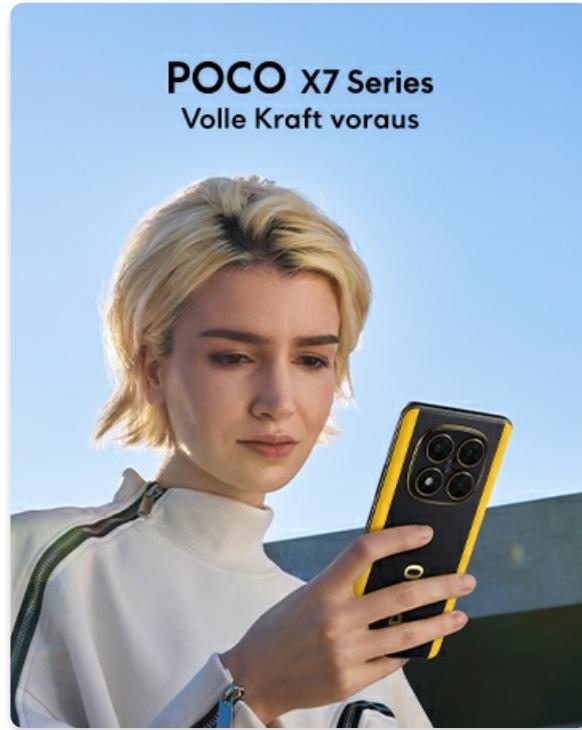


Image 3.5: The Redmi Watch 5 Lite is suitable for swimming.

3.5 Watch Faces

Personalize your watch with a wide variety of watch faces available through the companion app. You can choose from numerous designs to match your style and display your preferred health data.

4. MAINTENANCE

4.1 Cleaning Your Smartwatch

To maintain the performance and appearance of your watch, regularly clean the device and strap. Use a soft, damp cloth to wipe the screen and body. For the strap, follow the material-specific cleaning instructions. Avoid using harsh chemicals or abrasive materials.

4.2 Battery Optimization

To maximize battery life, consider adjusting screen brightness, limiting background app refresh, and disabling features like Always-On-Display when not needed. The 470 mAh Lithium-Ion battery is designed for long-lasting performance.



Image 4.1: The Redmi Watch 5 Lite offers up to 18 days of battery life.

5. TROUBLESHOOTING

5.1 Common Issues and Solutions

Issue	Possible Cause	Solution
Watch not pairing with phone	Bluetooth off on phone/watch, app issue, watch out of range.	Ensure Bluetooth is on for both devices. Restart both watch and phone. Try re-pairing through the app.
Display not updating / freezing	Software glitch, AOD setting.	Unlock the watch to refresh the display. Restart the watch. Check Always-On-Display settings in the app. If persistent, perform a factory reset.
Inaccurate activity tracking	Improper fit, sensor obstruction, software calibration.	Ensure the watch is worn snugly but comfortably. Clean the sensors on the back of the watch. Update watch firmware via the app.
Short battery life	Frequent use of power-intensive features (GPS, AOD, calls), high brightness.	Reduce screen brightness. Limit Always-On-Display usage. Disable unnecessary notifications. Charge fully before use.

5.2 Factory Reset

If you encounter persistent issues, a factory reset may resolve them. This will erase all data on the watch and restore it to its original settings. Consult the watch's menu or the companion app for the factory reset option.

6. SPECIFICATIONS

Key technical specifications for the Xiaomi Redmi Watch 5 Lite:

Feature	Specification
Model Number	BHR8791GL
Display Size	1.96 inches
Display Type	AMOLED
Resolution	410 x 502 pixels
Battery Capacity	470 mAh (Lithium-Ion)
Typical Battery Life	Up to 18 days
Water Resistance	5ATM (50 meters)
Connectivity	Bluetooth
GNSS	Integrated GPS, GLONASS, Galileo, QZSS

Feature	Specification
Sensors	GNSS Accelerometer
Material Type	Plastic
Dimensions	19.99 x 19.99 x 14 cm
Weight	29.2 grams

7. WARRANTY AND SUPPORT

Your Xiaomi Redmi Watch 5 Lite is covered by a standard manufacturer's warranty. For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official Xiaomi website.

7.1 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact Xiaomi customer support. You can also visit the official Xiaomi store for more information and resources:

Visit the Xiaomi
Store

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Related Documents - BHR8791GL

	<p>Manual do Usuário Xiaomi Redmi Watch 2 Lite</p> <p>Guia completo para o Xiaomi Redmi Watch 2 Lite, cobrindo visão geral do produto, configuração, uso, GPS, carregamento, cuidados, especificações técnicas e descarte ecológico.</p>
	<p>Redmi Watch 5 Lite User Manual - Features, Specifications, and Safety</p> <p>Comprehensive user manual for the Redmi Watch 5 Lite, detailing product overview, specifications, safety precautions, regulatory compliance, and warranty information. Learn how to use your Redmi Watch 5 Lite effectively.</p>

 Руководство пользователя Смарт-часов Redmi Watch 2 Lite	<p>Redmi Watch 2 Lite User Manual</p> <p>User manual for the Redmi Watch 2 Lite smartwatch, covering product description, connection instructions, usage, safety precautions, and technical specifications.</p>
 Redmi Watch 2 User Manual	<p>Redmi Watch 2 Lite User Manual</p> <p>User manual for the Redmi Watch 2 Lite, covering product overview, how to wear, connect, pair, use, GPS/A-GPS features, charging, strap adjustment, safety precautions, specifications, disposal, EU declaration of conformity, UKCA declaration of conformity, and warranty information.</p>
 Xiaomi Watch 2 User Manual	<p>Xiaomi Watch 2 User Manual: Features, Setup, and Safety Guide</p> <p>Comprehensive user manual for the Xiaomi Watch 2 smartwatch. Covers product overview, connection via Mi Fitness app, GPS/A-GPS functionality, charging, safety precautions, technical specifications, and warranty information.</p>
 Redmi Watch 5 Active User Manual	<p>Redmi Watch 5 Active User Manual - Setup, Features, and Safety Guide</p> <p>Comprehensive user manual for the Redmi Watch 5 Active, covering product overview, specifications, safety precautions, regulatory compliance, and warranty information. Learn how to set up and use your smartwatch.</p>