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Model: Redmi Watch 6 (M2523W1)

INTRODUCTION

The XIAOMI Redmi Watch 6 is a versatile smartwatch designed for both men and women, offering extensive health monitoring, sports tracking, and smart features. It features a 2.07-inch AMOLED display, a slim aluminum alloy body, and a long-lasting battery. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image: Front view of the XIAOMI Redmi Watch 6 in black.

PACKAGE CONTENTS

Upon opening the package, ensure all items are present:

- Redmi Watch 6
- Magnetic charging cable
- User manual (including warranty notice)

SETUP

1. Charging the Device

Before initial use, fully charge your Redmi Watch 6.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.

2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status. Allow approximately 2 hours for a full charge.

Navegación de doble botón para un control preciso



*La función de llamada a contacto de emergencia requiere que la aplicación Mi Fitness esté actualizada a la última versión y que se habilite en Dispositivo > Ajustes de seguridad > Ayuda de emergencia SOS.

Image: Illustration showing the Redmi Watch 6 being charged with the magnetic cable, highlighting its long battery life of up to 24 days under light use.

2. Pairing with Your Smartphone

To unlock all features, pair your Redmi Watch 6 with the Mi Fitness app on your smartphone.

1. Download the **Mi Fitness app** from your smartphone's app store (compatible with Android and iOS devices).
2. Open the Mi Fitness app and create an account or log in.
3. Follow the on-screen instructions in the app to add a new device. Select "Redmi Watch 6" from the list.
4. Confirm the pairing request on both your watch and smartphone.

OPERATING INSTRUCTIONS

Display and Navigation

The Redmi Watch 6 features a 2.07-inch AMOLED touchscreen display and dual physical buttons for intuitive control.

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Physical Buttons:**
 - Press the secondary button once to access the control center.
 - Press and hold the secondary button to enter the power off/restart menu.
 - Press the secondary button three times to call an emergency contact (requires Mi Fitness app update and SOS feature enabled).

*Los datos proceden de los Laboratorios Internos de Xiaomi. Los resultados reales pueden variar según diferentes entornos y condiciones de uso. Por favor, remítete a la experiencia real.

*Condiciones de prueba para la duración de uso ligero de 24 días: Se carga el reloj completamente y se restablece a la configuración de fábrica. Se utiliza la watch face "4th dimension", se desactiva la monitorización avanzada en los ajustes de sueño, la monitorización de estrés durante todo el día y la monitorización de saturación de oxígeno en sangre durante todo el día. Se activan las notificaciones de mensajes y la monitorización de la frecuencia cardíaca cada 10 minutos. Con esta configuración, el reloj recibe 100 mensajes y 2 llamadas entrantes al día, además de 3 alarmas, 200 activaciones al levantar la muñeca y 1 sincronización de la app. Asimismo, se realizan 15 minutos de llamadas por Bluetooth y 90 minutos de registro de ejercicio con GNSS activado a la semana.

*Este producto y sus funciones no están diseñados con fines médicos, ni destinados a predecir, diagnosticar, prevenir o curar ninguna enfermedad.

*Las frecuencias de actualización pueden variar ligeramente según la interfaz. Consulte la experiencia real. La resolución de la pantalla AMOLED de alto brillo de 2.07" es de 432 x 514 píxeles.

*2000 nits de brillo máximo es el brillo máximo que se puede alcanzar en un área específica de la pantalla.

*Comparado con la generación anterior REDMI Watch 5. Los datos provienen del Xiaomi Internal Lab. Los resultados reales pueden variar según el entorno de prueba y el software.

*El grosor medido es de 9.94 mm (sin incluir las asas). El tamaño y peso reales pueden variar según la configuración, los procesos de fabricación y los métodos de medición. Por favor, consulte el producto real.

*La función de llamada a contacto de emergencia requiere que la aplicación Mi Fitness esté actualizada a la última versión y que se habilite en Dispositivo >> Ajustes de seguridad >> Ayuda de emergencia SOS.

*La función de esfera de reloj de retrato solo es aplicable a los relojes Xiaomi/REDMI con Xiaomi Hyper OS.

*La pantalla siempre activa debe habilitarse manualmente en los ajustes del reloj.

Image: Visual guide to the dual-button navigation on the Redmi Watch 6, showing functions for single press, long press, and triple press.

The watch also supports an always-on display feature, which can be enabled in the watch settings.

Más de 150 modos deportivos Modos profesionales con registro preciso

Algoritmos avanzados registran con detalle carreras, ciclismo, senderismo y más, monitoreando la frecuencia cardíaca y el consumo de energía en tiempo real para que cada esfuerzo quede perfectamente registrado.



Image: A hand wearing the Redmi Watch 6, demonstrating the always-on display feature showing the time.

Health Monitoring

The Redmi Watch 6 provides comprehensive health tracking features:

- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking with alerts for abnormal readings.
- **Sleep Monitoring:** Detailed analysis of sleep duration and quality.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Blood Oxygen Saturation (SpO2):** Monitors SpO2 levels with vibration alerts for low readings.
- **Breathing Exercises:** Guided breathing techniques for relaxation.
- **Women's Health Management:** Provides menstrual cycle reminders and care.



Image: Overview of the Redmi Watch 6's comprehensive health monitoring features, including stress, sleep, heart rate, breathing exercises, SpO2, and women's health tracking.

Sports Modes and GPS

The watch supports over 150 sports modes with precise tracking.

- **150+ Sports Modes:** Track activities like running, cycling, hiking, and more, with real-time monitoring of heart rate and calorie consumption.
- **Integrated GPS:** Features L1 dual-band GNSS with five systems for accurate positioning, even in complex terrains. This allows for precise route tracking during outdoor activities without needing your phone.

Motor lineal

Alertas rápidas con vibración refinada

Más de 20 patrones de vibración funcionan en armonía con la corona giratoria, haciendo que cada alerta sea nítida y precisa.



Alarma



Notificaciones



Fitness y salud



Image: An array of icons representing over 150 sports modes available on the Redmi Watch 6, with the watch displaying a workout selection screen.



GNSS independiente para correr al aire libre* Registra cada carrera con precisión

Impulsado por un chip GNSS de alta precisión, enfrenta terrenos complejos con facilidad y registra cada paso al aire libre con total exactitud.

*Los datos provienen del Xiaomi Internal Lab. Los resultados reales pueden variar según el entorno de prueba, el software y el uso y hábitos individuales. Por favor, consulte la experiencia real.

Image: A smartphone displaying a map with a tracked running route and detailed statistics, alongside the Redmi Watch 6 showing current running metrics, illustrating independent GPS tracking.

Other Features

- **Notifications:** Receive alerts for calls, messages, and app notifications from your paired smartphone.
- **Camera Remote:** Use your watch as a remote shutter to capture photos on your smartphone.
- **Customizable Watch Faces:** Choose from a wide collection of watch faces or create personalized ones.
- **Xiaomi HyperOS:** Seamless connectivity within the Xiaomi multi-device ecosystem.

Control remoto de la cámara

Tu reloj se convierte en el obturador, capturando fotos al instante con un solo toque.



Image: The Redmi Watch 6 display showing a camera icon, indicating its function as a remote camera shutter for a paired smartphone.

MAINTENANCE

Cleaning

Regularly clean your Redmi Watch 6 to ensure optimal performance and hygiene.

- Wipe the screen and watch body with a soft, damp, lint-free cloth.
- For the strap, use mild soap and water if necessary, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

Water Resistance

The Redmi Watch 6 has a water resistance rating of 5 ATM, meaning it can withstand pressures equivalent to a depth of 50 meters.

- Suitable for swimming in pools or shallow waters.
- Not suitable for hot showers, saunas, or diving.
- Avoid exposure to high-velocity water or sudden temperature changes, as this may compromise water resistance.

Algoritmos mejorados Soporte de entrenamiento preciso

Con algoritmos propios y sensores avanzados, el monitoreo de frecuencia cardíaca se ha perfeccionado enormemente e incluye seguimiento al nadar. Con resistencia al agua de 5 ATM, se adapta sin complicaciones a diversos entornos húmedos.*



Image: The Redmi Watch 6 with water droplets, illustrating its water resistance feature and suitability for various wet environments.

TROUBLESHOOTING

Connectivity Issues

- **Watch not connecting to phone:** Ensure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again through the Mi Fitness app.
- **Notifications not appearing:** Check notification permissions for the Mi Fitness app on your phone. Ensure the app is running in the background and not restricted by battery optimization settings.

Battery Life Concerns

- **Shorter than expected battery life:** Frequent GPS usage, continuous heart rate monitoring, and high screen brightness can reduce battery life. Adjust settings to optimize. Ensure the watch is fully charged.

Inaccurate Readings

- **Heart rate/SpO2 readings seem incorrect:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid excessive movement during measurements.
- **GPS tracking issues:** Ensure you are in an open area with a clear view of the sky for optimal GPS signal reception.

SPECIFICATIONS

Feature	Detail
Model Name	Redmi Watch 6
Model Number	M2523W1
Display	2.07-inch AMOLED Touch Screen

Feature	Detail
Body Material	Aluminum Alloy
Strap Material	TPU (Thermoplastic Polyurethane)
Battery Capacity	550 mAh
Typical Battery Life	Up to 12 days (normal use), up to 24 days (light use)
Operating System	Xiaomi HyperOS 3.0
Connectivity	Bluetooth
GPS	Integrated L1 dual-band GNSS (GPS, GLONASS, Galileo, QZSS, BeiDou)
Water Resistance	5 ATM (up to 50 meters)
Health Monitoring	Heart Rate, SpO2, Sleep, Stress, Women's Health
Sports Modes	Over 150
Compatible Devices	Android Devices, iOS Devices
Dimensions	10 x 10 x 6.5 cm
Weight	89 g

WARRANTY AND SUPPORT

Warranty Information

The XIAOMI Redmi Watch 6 comes with a**2-year manufacturer's warranty**. Please refer to the warranty notice included in your user manual for detailed terms and conditions. Keep your proof of purchase for warranty claims.

Customer Support

For further assistance, technical support, or service inquiries, please visit the official XIAOMI support website or contact their customer service.

- **Online Support:** Visit www.mi.com/global/support
- **Service Centers:** Information on authorized service centers can be found on the official website.

