**Smart Band 7 User Manual**

2. Regulatory

For regulatory information, product certification, and compliance, please go to Settings > System > Regulatory. For further information, please go to www.mi.com.

Max. Output: ≤13 dBm

China (Anhui) Pilot Free Trade Zone

No. 900, Wangjiang West Road, High-tech Zone, Hefei City, Anhui Province, People's Republic of China (a Mi Ecosystem company)

Manufactured by: Anhui Huami Information Technology Co., Ltd.

Battery Capacity: 180 mAh

Compatible with: Android 6.0 & iOS 10.0 or above

Adjustable Length: 160–224 mm

A. Wristband: Size: 2.4 × 1.4 in

Item Dimensions: 46.5 × 20.7 × 12.25 mm

B. Fitness Tracker:

- Touchscreen Heart Rate Sensor

- Sleep Monitor

- Flight Assist

- Calorie Counter

- Fitness Tracker:

- Activity Monitor

- Walking Distance

- Heart Rate

- Blood Oxygen

- Electric-Pulse Massager

- Calories

- Steps

- Distance

- Heart Rate

- Sleep Quality

Compatible with: Android 6.0 & iOS 10.0 or above

**Specifications**

- Battery Capacity: 180 mAh
- Max. Output: ≤13 dBm
- Adjustable Length: 160–224 mm
- Item Dimensions: 46.5 × 20.7 × 12.25 mm

**System Requirements**

- Android 6.0 & iOS 10.0 or above

**Installation**

1. Download the app from the Google Play Store or the App Store.
2. Open the app and follow the on-screen instructions to complete the installation.

**Pairing**

1. Turn on the Bluetooth on your phone.
2. Open the app and follow the on-screen instructions to complete the pairing.

**Battery Life**

- Normal use: 10 days
- Continuous use: 5 days

**Charging**

1. Connect the band to the charging cable and charge it for at least 2 hours.
2. The band is automatically turned off when charging.

**Wear**

- Wearing: Comfortably tighten the band around your wrist about one-finger width from the end of your little finger.
- Wearing the band: When planning not to use the band for a long time, turn it off and remove the battery. When wearing the band, do not bend it excessively and do not pull it tightly. Do not wash it with water. If your skin shows redness or swelling, please stop wearing it for a period of time.

**Storage**

- Storing: A temperature of 10–38°C and a relative humidity of 20–80% is recommended.
- In storage: Do not store it in a place with high temperature or high humidity. Do not store it in a place with a strong magnetic field. Do not store it in a place with strong sunlight, fire, or place where the ambient temperature is extreme heat.

**Disposal**

- When the battery is used, do not dispose of it with household waste.
- If you change the battery by yourself, there is a risk of explosion if the wrong type of battery is used.
- The lithium polymer battery in this band cannot be removed.
- The battery is recyclable. Please dispose of it at an electronic waste collection point.

**Precautions**

- When using the band for the first time, connect it to the charging cable to turn it on.
- When using the band to measure your heart rate, please keep your fingers clean and dry. Do not wet the heart rate sensor.
- When using the band to track your daily activities, do not wear it too tightly or too loosely.
- When using the band to track your sleeping habits, make sure the back of the band to contact with your skin.
- When using the band to prevent diseases, please consult a doctor.

**Cleaning**

1. When cleaning the band, use a cloth to wipe down the surface.
2. If the band is dirty, use a soft cloth to wipe the excess water from its surface before use.

**Notifications**

- Swipe left or right on the touchscreen to choose from functions,
- Swipe down on the touchscreen to view notifications.
- Swipe up on the touchscreen to light it up.

**Battery Operations**

- Recharge your band immediately when the battery level is low.
- If the battery is low, the band will vibrate to alert you.

**Wristband**

- Tooling:
- Adjustment:
- Replacing:
- Inserting:

**Item Dimensions**

- 2.4 × 1.4 in

**Battery Life**

- Normal use: 10 days
- Continuous use: 5 days

**Charging**

- Connection:
- Charging:
- Automatic:

**Wear**

- Wearing:
- Wearing the band:
- Wristband:

**Storage**

- Storing:
- In storage:

**Disposal**

- When the battery is used:
- If you change the battery by yourself:
- The lithium polymer battery in this band:

**Precautions**

- When using the band to measure your heart rate:
- When using the band to track your daily activities:
- When using the band to track your sleeping habits:
- When using the band to prevent diseases:

**Cleaning**

- When cleaning the band:
- If the band is dirty:

**Notifications**

- Swipe left or right on the touchscreen:
- Swipe down on the touchscreen:
- Swipe up on the touchscreen:

**Battery Operations**

- Recharge your band immediately:
- If the battery is low:

**Wristband**

- Tooling:
- Adjustment:
- Replacing:
- Inserting:

**Item Dimensions**

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**Battery Life**

- Normal use: 10 days
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- Connection:
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**Wear**

- Wearing:
- Wearing the band:
- Wristband:

**Storage**

- Storing:
- In storage:

**Disposal**

- When the battery is used:
- If you change the battery by yourself:
- The lithium polymer battery in this band:

**Precautions**

- When using the band to measure your heart rate:
- When using the band to track your daily activities:
- When using the band to track your sleeping habits:
- When using the band to prevent diseases:

**Cleaning**

- When cleaning the band:
- If the band is dirty:

**Notifications**

- Swipe left or right on the touchscreen:
- Swipe down on the touchscreen:
- Swipe up on the touchscreen:

**Battery Operations**

- Recharge your band immediately:
- If the battery is low: