



## mi Smart Band 6 User Manual: How to Pair & Use | Xiaomi

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The Xiaomi Smart Band 6 is a popular wearable device that tracks your daily activities, sleeping habits, and heart rate. To ensure optimal performance, it is important to read the user manual carefully before use and retain it for future reference. This manual provides detailed instructions on how to install, wear, connect, and use the band, as well as precautions to take when using it. The band can be easily paired with your smartphone using the Mi app, which allows you to view various functions such as PAI, exercise data, and heart rate measurements. The device is also water-resistant and can be worn during handwashing or swimming near the shore. However, it cannot be used in hot showers, saunas, or diving. The manual also includes specifications such as battery capacity, adjustable length, and wireless connectivity. In addition, it provides information on disposal and recycling of waste electrical and electronic equipment and battery safety. If you have any questions about the product, the manual includes a FAQ section that addresses common concerns.



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## Xiaomi Smart Band 6



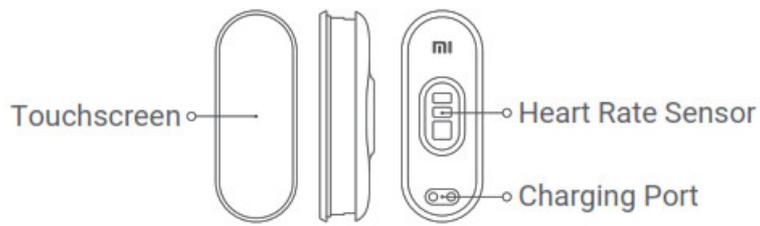
**Xiaomi Smart Band 6**

Read this manual carefully before use, and retain it for future reference.

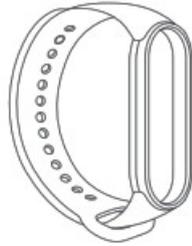
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- [xiaomi Smart Band 6 Strap 3-Pack](#)
- [Xiaomi Smart Band 4C](#)
- [Xiaomi Smart Band 4](#)

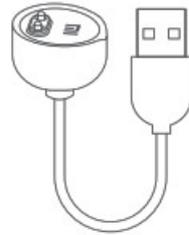
## Product Overview



**a** Fitness Tracker



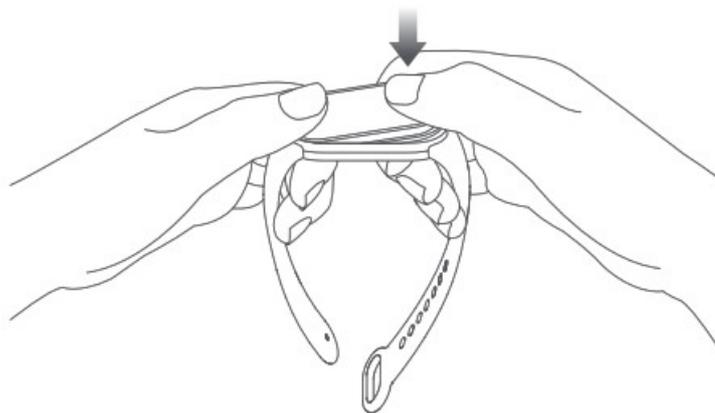
**b** Wristband



**c** Charging Cable

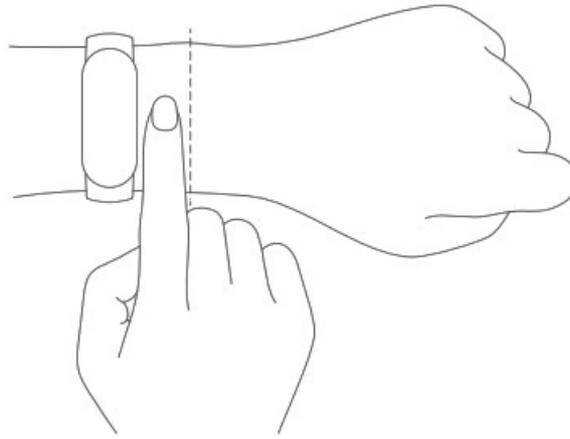
## Installation

1. Insert one end of the fitness tracker into the slot from the front of the wristband.
2. Press down on the other end with your thumb to push the fitness tracker completely into the slot.



## Wearing

1. Comfortably tighten the band around your wrist, about 1 finger width away from your wrist bone.



2. To achieve the optimal performance of the heart rate sensor, make sure its back to contact with your skin. When wearing your wristband, keep it neither too tight nor too loose but leaving some space for the skin to be able to breathe. Tighten the wristband before you start to exercise and properly loosen it afterward.



Too loose

If the band can easily move up and down the wrist, or the heart rate sensor cannot collect the data, try tightening the wristband.



Just right

The band can comfortably fit around the wrist.

## Connecting with APP

1. Scan or click the QR code to download and install the app. Add the Mi Smart Band 6 to the app first before you start using it.

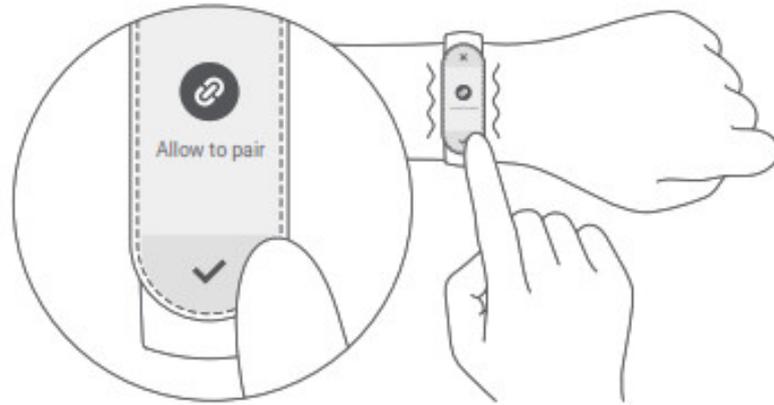


(Android 5.0 & iOS 10.0 or above)

2. Log into your Mi account in the app, and follow the instructions to connect and pair the band with your phone. Once the band vibrates and a pairing request is displayed on its screen, tap to complete the pairing with your

phone.

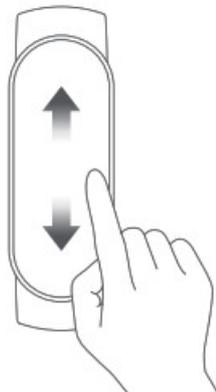
Note: Make sure the Bluetooth on your phone is enabled. Hold the phone and the band close to each other during pairing.



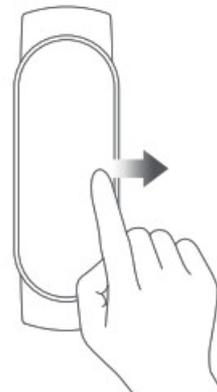
## Usage

After successfully pairing with your device, the band will start tracking and analyzing your daily activities and sleeping habits. Tap the screen to light it up. Swipe up or down to view various functions such as PAI (personal activity intelligence), exercise data, and heart rate measurements. Swipe right to return to the previous page.

Swipe up or down  
to view functions

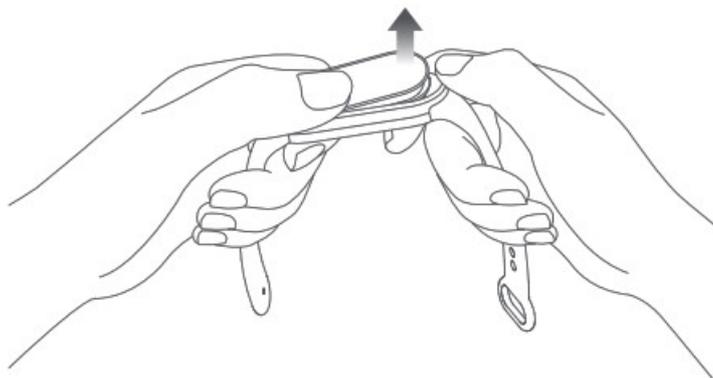


Swipe right to return  
to the previous page



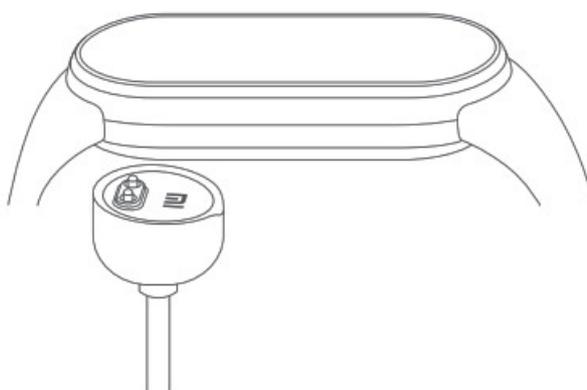
## Disassembly

Remove the band from your wrist, hold on to each end and pull on the wristband until you see a small gap between the fitness tracker and the wristband. Use your finger to pop the fitness tracker out of its slot from the front side of the wristband.



## Charging

Recharge your band immediately when the battery level is low.



## Precautions

- When using the band to measure your heart rate, please keep your wrist still.
- Mi Smart Band 6 has a water resistance rating of 5 ATM. It can be worn during handwashing, in the swimming pool, or while swimming near the shore. It cannot be used, however, in hot showers, saunas, or diving.
- The touchscreen of the band does not support underwater operations. When the band comes into contact with water, use a soft cloth to wipe away excess water from its surface before use.
- During daily use, avoid wearing the band too tightly and try to keep its contact area dry. Please clean the wristband regularly with water.
- Please stop using the product immediately and seek medical assistance if the contact area on your skin shows signs of redness or swelling.
- This watch is not a medical device, any data or information provided by the watch should not be used as a basis for diagnosis, treatment, and prevention of diseases.

## Specifications

- **Product:** Smart Band
- **Name:** Mi Smart Band 6
- **Model:** XMSH15HM
- **Fitness Tracker Net Weight:** 12.8 g

- **Fitness Tracker Dimensions:** 47.4 x 18.6 x 12.7 mm
- **Wristband Material:** Thermoplastic elastomer
- **Clasp Material:** Aluminum alloy
- **Adjustable Length:** 155–219 mm
- **Compatible with:** Android 5.0 & iOS 10.0 or above
- **Battery Capacity:** 125 mAh
- **Battery Type:** Lithium polymer battery
- **Input Voltage:** DC 5.0 V
- **Input Current:** 250 mA Max.
- **Water Resistance:** 5 ATM
- **Operating Temperature:** 0°C to 45°C
- **Max. Output:** ≤13 dBm
- **Bluetooth Frequency:** 2400–2483.5 MHz
- **Wireless Connectivity:** Bluetooth® Low Energy 5.0



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#### WEEE Disposal and Recycling Information



conditions of such collection points.

All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as the terms and

#### EU Declaration of Conformity



Hereby, Anhui Huami Information Technology Co., Ltd., declares that the radio equipment type XMSH15HM is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet

address: <http://www.mi.com/global/service/support/declaration.html>

**Manufactured for:** Xiaomi Communications Co., Ltd.

**Manufactured by:** Anhui Huami Information Technology Co., Ltd. (a Mi Ecosystem company)

**Address:** 7/F, Building B2, Huami Global Innovation Center, No. 900, Wangjiang West Road, High-tech Zone, Hefei City, China (Anhui) Pilot Free Trade Zone

For further information, please go to [www.mi.com](http://www.mi.com)

For regulatory information, product certification, and compliance logos related to Mi Smart Band 6, please go to Settings > Regulatory.

#### Battery Safety

- This device is equipped with a built-in battery that cannot be removed or replaced. Do not disassemble or modify the battery by yourself.
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion.
- Leaving a battery in an extremely high temperature surrounding environment can result in an explosion or the leakage of flammable liquid or gas. A battery subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.

**Importer:**

Beryko s.r.o. Na Roudné 1162/76, 301 00 Plzeň

[www.beryko.cz](http://www.beryko.cz)

**Warranty Notice**

As a Xiaomi consumer, you benefit under certain conditions from additional warranties. Xiaomi offers specific consumer warranty benefits which are in addition to, and not instead of, any legal warranties provided by your national consumer law. The duration and conditions related to the legal warranties are provided by respective local laws. For more information about the consumer warranty benefits, please refer to Xiaomi’s official website <https://www.mi.com/en/service/warranty/>.

Except as prohibited by laws or otherwise promised by Xiaomi, the after-sales services shall be limited to the country or region of the original purchase. Under the consumer warranty, to the fullest extent permitted by law, Xiaomi will, at its discretion, repair, replace or refund your product. Normal wear and tear, force majeure, abuse or damage caused by the user’s negligence or fault are not warranted.

The contact person for the after-sale service may be any person in Xiaomi’s authorized service network, Xiaomi’s authorized distributors or the final vendor who sold the products to you. If in doubt please contact the relevant person as Xiaomi may identify.

The present warranties do not apply in Hong Kong and Taiwan. Products that were not duly imported and/or were not duly manufactured by Xiaomi and/or were not duly acquired from Xiaomi or Xiaomi’s official seller are not covered by the present warranties. As applicable law you may benefit from warranties from the non-official retailer who sold the product. Therefore, Xiaomi invites you to contact the retailer from whom you purchased the product.

**FAQs**

**Is this the global version?**

Notice that there are two different sellers here. “Gooplayer” is fraudulently selling the Chinese version (which is probably also counterfeit entirely) while “HFC Lotus Inc” is selling the legit global version.

**Is it compatible with Samsung S6?**

As long you as you are running android 5.0 or later, I don’t see any reason why it would not be compatible.

**Spo2 not present on watch or in app. Where is it located ?**

In the manue setting

**Where can i buy a smaller band? i just received this one and the band (even at the smallest) is too small**

Is it too small or too large? Your question is confusing. If it is too large get a leather punch and put a new hole where you need it. If it is too small I don’t have an answer for you.

**For walking-hiking, does band show net elevation achieved in feet (not floors)?**

Yes it does and more

**Does it alert you of an irregular heart beat?**

No I don't believe so.

**Does this band need to be connected by blue-tooth to record health data like heart rate?**

I believe so, yes.

**Is there a Russian pack/language available in this version?**

Think so

**Is the 6 version waterproof?**

Yes it is waterproof. I have used it swimming and in the pool with no issues.

**Is this smart watch available in French language ?**

This is not a smart watch. It is a workout tracker, watch, and timer. It only communicates to phone through its own app and Bluetooth.

**Can it sync with google fit or samsung health?**

Yes but you need a third party app like notify.

**Does it measure heart rate under water in swimming mode?**

Yes, you can set 24-hour heart reate monitor

**Can the screen be turned off at night?**

No.

**What is the Xiaomi Smart Band 6?**

The Xiaomi Smart Band 6 is a wearable device that tracks daily activities, sleeping habits, and heart rate.

**How do I install the Xiaomi Smart Band 6?**

Insert one end of the fitness tracker into the slot from the front of the wristband. Press down on the other end with your thumb to push the fitness tracker completely into the slot.

**How do I wear the Xiaomi Smart Band 6?**

Comfortably tighten the band around your wrist, about 1 finger width away from your wrist bone. To achieve optimal performance of the heart rate sensor, make sure its back to contact with your skin. When wearing your wristband, keep it neither too tight nor too loose but leaving some space for the skin to be able to breathe.

**How do I connect the Xiaomi Smart Band 6 with my smartphone?**

Scan or click the QR code to download and install the app. Add the Mi Smart Band 6 to the app first before you start using it. Log into your Mi account in the app, and follow the instructions to connect and pair the band with your phone. Once the band vibrates and a pairing request is displayed on its screen, tap to complete the pairing with your phone.

**What can I do with the Xiaomi Smart Band 6?**

After successfully pairing with your device, the band will start tracking and analyzing your daily activities and sleeping habits. Tap the screen to light it up. Swipe up or down to view various functions such as PAI (personal activity intelligence), exercise data, and heart rate measurements. Swipe right to return to the previous page.

**Is the Xiaomi Smart Band 6 water-resistant?**

Yes, it has a water resistance rating of 5 ATM. It can be worn during handwashing, in the swimming pool, or while swimming near the shore. It cannot be used, however, in hot showers, saunas, or diving.

## How do I dispose of the Xiaomi Smart Band 6?

All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities.

## Does the Xiaomi Smart Band 6 come with a warranty?

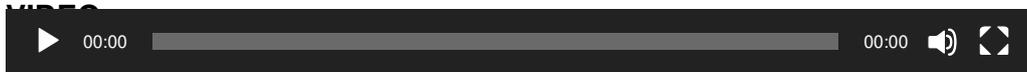
Yes, Xiaomi offers specific consumer warranty benefits which are in addition to, and not instead of, any legal warranties provided by your national consumer law. For more information about the consumer warranty benefits, please refer to Xiaomi's official website <https://www.mi.com/en/service/warranty/>

## Can you set a 30 min inactive reminder?

Yes

## Does this Band 6 have fall detection?

No



<https://manuals.plus/wp-content/uploads/2021/07/Xiaomi-Smart-Band-6-User-Manual.mp4>



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