

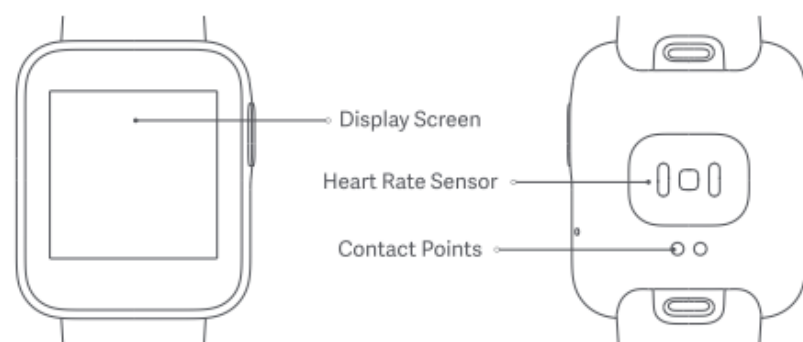
Mi Watch Lite User Manual .1

Mi Watch Lite User Manual .1



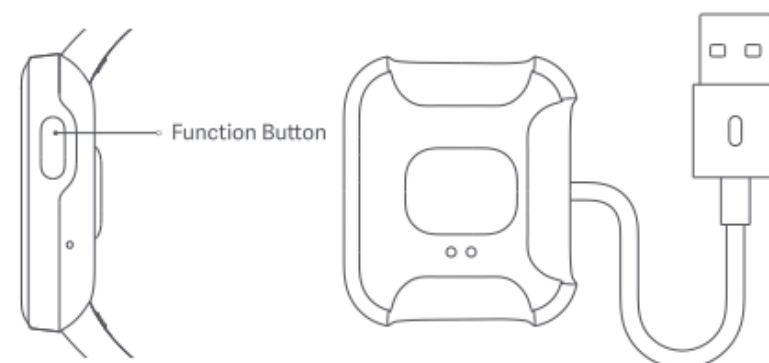
01 Product Overview

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



Watch

01



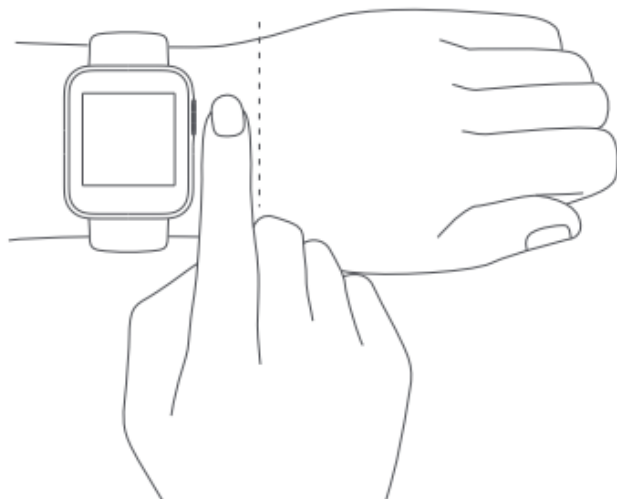
Charging Dock

02

02 How to Wear

For daily use, comfortably tighten the watch around your wrist about one-finger width away from your wrist bone. Adjust the strap to ensure the heart rate sensor can collect data normally.

Note: Wearing the watch too loosely may impact the data collection by the heart rate sensor.



03

03 How to Connect

Download and install Xiaomi Wear/Xiaomi Wea Lite APP to better manage your watch, and log in to your Mi account for more services.

Note: The version of the APP might have been updated, please follow the instructions based on the current APP version.

1. Press and hold the function button to turn on the watch. Scan the QR code displayed on the watch with your phone, then download and install Xiaomi Wear/Xiaomi Wea Lite APP. You can also download and install the APP from APP stores, or scan the QR code below.
2. Open Xiaomi Wear/Xiaomi Wea Lite APP, then log in your Mi account. Select Add device and follow the instructions to add your watch.



APP QR Code

Scan the QR code to download the APP

Android Device: Xiaomi Wear APP / iOS Device: Xiaomi Wear Lite APP

04

04 How to Connect

When an identical pairing code is displayed on both the phone and the watch, tap Pair to complete the pairing.

Notes:

During pairing, make sure the Bluetooth is enabled on your phone and the watch is well connected with your phone.

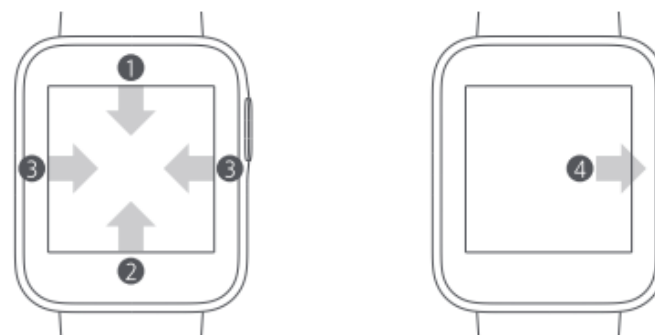
If the pairing code appears on the watch but not on the phone, please check whether there is a pairing request in the notifications of the phone.

If the watch cannot be found while adding it to the app, or cannot connect with your phone during use, please press and hold the power button of the watch for 10 seconds to restore it to factory settings, then try again.

05

05 How to Use

1. View notifications: Swipe down from the top on the home screen
2. Open control panel: Swipe up from the bottom on the home screen
3. Switch widget: Swipe left or right when on the home screen page
4. Go back: Swipe from the left edge to the right when on other screen pages



06

06 GPS

GPS & A-GPS

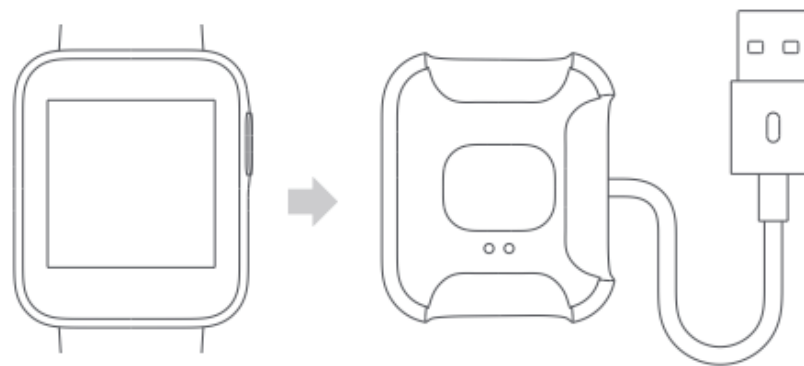
The watch supports the Global Position System (GPS) tracking. When you do outdoor exercises like running, the GPS will automatically start working and notify you when the positioning is successful, and quit tracking once you stop exercises. The open field outdoor is the best place for the GPS tracking; whereas when you are in a dense crowd, raising your arm up can better help GPS to the positioning. It is recommended to start your workout only when the GPS starts working.

The watch has an Assisted GPS (A-GPS) feature which can accelerate GPS positioning via the data directly from the GPS satellites. Make sure your watch is connected with the phone via the Bluetooth, the data can be automatically synchronized from Xiaomi Wear/Xiaomi Wear Lite app to your watch, and the A-GPS data automatically updated as well. In case the data has not been synchronized for seven consecutive days, the A-GPS data will expire. If so, the positioning information will need to be re-acquired. You can go to the page of outdoor exercises on your watch to update the positioning information.

07

07 Charging

Recharge your band immediately when the battery level is low.

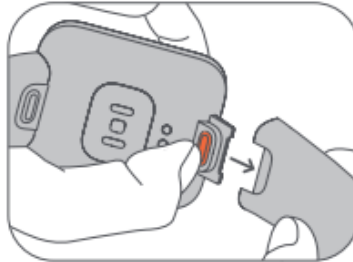


08

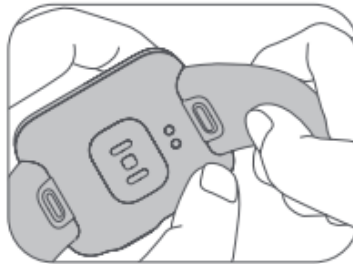
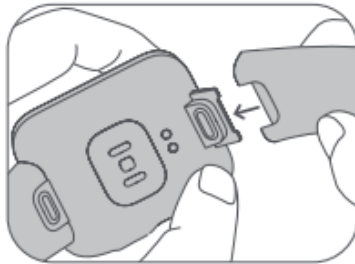
08 Adjust & Install/Uninstall the Strap

Adjust the position of the buckle according to the circumference of your wrist. To install or uninstall the strap, refer to the figures below. You can pull the strap to see if it is installed securely.

Uninstall the strap: Press down the release button with one hand, and simultaneously pull out the strap with the other hand.



Install the strap: Align the slot of the strap with the watch and then insert it to the watch until you hear a click.



09

09 Safety Precautions

- When using the watch to measure your heart rate, please hold your wrist still.
- The watch has a water resistance rating of 5 ATM. It can be worn in the shower, swimming pool, or while swimming near the shore. However, it cannot be used in saunas or while scuba diving.
- The touchscreen of the watch does not support underwater operations. When the watch 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 watch too tightly. Keep its contact area dry and regularly clean the strap with water. Immediately stop using the watch and seek medical assistance if the contact area on your skin shows signs of redness or swelling.
- The product information is listed at the slot of the strap, you can remove the strap to check it.
- Please use the included charging dock to charge the watch. Only use the power adapters that comply with the local safety standards or certified and supplied by qualified manufacturers.
- Always keep the power adapter and charging dock dry when charging the watch. Do not touch them with a wet hand. Never expose the power adapter and charging dock to rain or other liquids.
- The operating temperature of the watch is 0°C to 35°C. If the ambient temperature is too high or too low, the watch may malfunction.
- The watch has a built-in battery. To avoid damage to the battery or the watch, do not disassemble and replace the battery by yourself. Only the authorized service providers can replace the battery; otherwise, it will cause potential

10

dangers even personal injuries if a wrong type of battery is used.

- Do not disassemble, puncture, strike, crush or throw the battery into a fire. Stop using the battery immediately if there is any swelling or fluid leakage.
- Never throw the watch or its battery into a fire so as to avoid an explosion.
- 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.
- The watch and its accessories may contain small parts. To avoid choking or other hazards or damages caused by the children, keep the watch out of the reach of children.
- This watch is not a toy and should only be used by children under adult supervision. Battery abuse or mishandling can cause overheat, liquid leakage, or an explosion. To avoid possible injury, do the following:
 - Do not open, disassemble, or service any battery.
 - Do not attempt to replace the internal rechargeable lithium batteries. • Do not crush or puncture the battery.
 - Do not short-circuit the battery, or expose it to water or other liquids. • Keep the battery away from children.
- Keep the battery away from fire.
- Do not leave the battery in an extremely high-temperature environment or an extremely low air pressure environment.
- Stop using the battery if it is damaged, or if you notice any discharge or the buildup of foreign materials on the battery leads. We recommend that the batteries be charged about once every three months to prevent overcharge.
- Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local laws or regulations.

10 Specifications

Name: Mi Watch Lite

Model: REDMIWT02

Sensor: Heart rate sensor, accelerometer, gyroscope, electronic compass, barometric pressure sensor, ambient light sensor

Satellite Positioning: GPS & GLONASS

GPS/GLONASS Frequency:

1559-1610 MHz

Maximum Output Power: ≤ 6 dBm

Operation Frequency: 2402-2480MHz

Water Resistance: 5 ATM

Device Type: Bluetooth Device Wireless

Connectivity: Bluetooth 5.1 BLE

Battery Capacity: 230 mAh

Display Screen: 1.4-inch square & thin-film transistor (TFT) screen, 320 × 320 resolution, PPI 323

Net Weight: 35 g (Incl. watch and strap)

Strap Material: TPU

Buckle Material: PC + 30% GF

Adjustable Length: 122–186 mm

Compatible with:

Android 4.4 & iOS 10 or above

Battery Type: Lithium polymer battery

Input Voltage: DC 5.0 V

Input Current: Max. 400 mA Operating

Temperature: 0°C to 35°C

Bluetooth Frequency: 2.4 GHz

11 Disposal and Recycling Information



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 terms and conditions of such collection points.

12 Certifications and Safety Approvals



Hereby, Xiaomi Communications Co., Ltd. declares that the radio equipment type HMSH01GE 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>

For regulatory information, product certification, and compliance logos related to the Mi Watch Active, please go to More > Settings > Regulatory.

13 FCC

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The FCC ID in this product adopts the e-label, please go to More-Setting--Regulatory

This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.