英

Adelle Sans/regular——6.5PT
Adelle Sans/Light——5.5PT / 5PT

69mm

90mm

Xiaomi Smart Band 7 User Manual

Xiaomi Smart Band 7 User Manual · 1
Manual de usuario de Xiaomi Smart Band 7 · 16
Руководство пользователя Фитнес-браслета Xiaomi Smart Band 7 · 31
Посібник користувача Фітнес-браслета Xiaomi 7 · 46
Opaska Xiaomi Smart Band 7 – instrukcja obsługi · 61
Manual do usuário da Pulseira Inteligente Xiaomi 7 · 76
Xiaomi Akıllı Bileklik 7 Kullanım Kılavuzu · 91
Xiaomi Smartband 7 Brugervejledning · 106
Användarmanual för Xiaomi aktivitetsarmband 7 · 121
Xiaomi 7 -älyrannekkeen käyttöopas · 136
Brukerhåndbok for Xiaomi smartbånd 7 · 151
Manual de utilizare pentru brățara inteligentă Xiaomi 7 · 166
Εγχειρίδιο χρήστη για το Έξυπνο βραχιόλι Xiaomi 7 · 181
Chytrý náramek Xiaomi 7 – Uživatelská příručka · 196
دليل السوار الذكي 7 من Xiaomi · 211

Precautions

- When using the band to measure your heart rate, please keep your wrist still.
- The band has a water resistance rating of 5ATM (50 meters in depth). It can be worn in the swimming pool, while swimming near the shore, or during other shallow-water activities. However, it cannot be used in hot showers, sauna, or diving. Furthermore, remember to avoid the band being directly impacted by swift currents during water sports. The water-resistant function is not permanent and may decline over time.
- 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 band is not a medical device, any data or information provided by the band should not be used as a basis for diagnosis, treatment, and prevention of diseases.

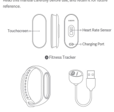
- The lithium polymer battery in this band cannot be removed. To avoid damage to the battery or the band, do not replace the battery by yourself. There is a risk of explosion if the wrong type of battery is used. Do not dispose of used batteries with household waste. Dispose of this band and used batteries as per local laws and regulations.
- Do not disassemble, strike, crush or throw the battery into fire. Stop using the battery immediately if there is any swelling or fluid leakage. Do not expose it to sunlight, fire, or environments where the ambient temperature is extreme heat.
- When planning not to use the band for a long time, turn it off and then put it away. To avoid damage caused by the over-discharge of the battery, fully charge the band every 6 months.

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 that can result in an explosion or the leakage of flammable liquid or gas.
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Product Overview

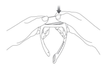
Read this manual carefully before use, and retain it for future reference.



Note: Illustrations of product, accessories, and user interface in the user manual are for reference purposes only. Actual product and functions may vary due to product enhancements.

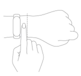
How to Install

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 one-finger width away from your wrist bone.



2. To achieve the optimal performance of the heart rate sensor, make sure the back of the band 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

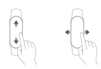
1. Scan the QR code to download and install the app. Add the Xiaomi Smart Band 7 to the app first before you start using it.

Android 6.0 & iOS 10.0 or above

2. Log into your Xiaomi 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 touchscreen, 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.

How to Use

After successfully pairing with your device, the band will start tracking and analyzing your daily activities and sleeping habits.
Tap the touchscreen to light it up.
Swipe up on the touchscreen to choose from functions, and swipe down on the touchscreen to view notifications.
Swipe left or right on the touchscreen to quickly select a shortcut.

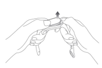


Swipe up on the touchscreen to choose from functions. Swipe down on the touchscreen to view notifications.

Swipe left or right on the touchscreen to quickly select a shortcut.

Disassembling

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

- When using the band for the first time, connect it to the charging cable to turn it on.
- Recharge your band immediately when the battery level is low.

Specifications

Product: Smart Band
Name: Xiaomi Smart Band 7
Model: M2129B1
Fitness Tracker Net Weight: 13.5 g
Item Dimensions: 46.5 × 20.7 × 12.25 mm
Wristband Material: Thermoplastic elastomer
Clasp Material: Aluminum alloy
Adjustable Length: 160–224 mm
Compatible with: Android 6.0 & iOS 10.0 or above
Battery Capacity: 180 mAh
Battery Type: Lithium polymer battery
Input Voltage: DC 5.0 V
Input Current: 250 mA Max.
Water Resistance: 5ATM
Operating Temperature: 0°C to 45°C
Bluetooth Frequency: 2402–2480 MHz
Max. Output: ≤13 dBm
Wireless Connectivity: **Bluetooth®** Low Energy 5.2

Bluetooth®

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Xiaomi Inc. is under license. Other trademarks and trade names are those of their respective owners.

WEEE Disposal and Recycling Information

All products bearing this symbol are waste electrical and electronic equipment 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.

EU Declaration of Conformity

Hereby, Anhui Huami Information Technology Co., Ltd. declares that the radio equipment type M2129B1 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

Hereby, Anhui Huami Information Technology Co., Ltd. declares that the radio equipment type M2129B1 is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following internet address:
https://www.mi.com/uk/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

For regulatory information, product certification, and compliance logos related to Xiaomi Smart Band 7, please go to Settings > System > Regulatory.

Warranty Notice

THIS LEGAL WARRANTY NOTICE INFORMS YOU ABOUT YOUR RIGHTS UNDER THE LEGAL WARRANTY. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU ARE INVITED TO CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE. 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/.
If you have purchased the Product directly from Xiaomi. In all other cases, please consult your seller. There is no guarantee that the operation of the Product will be uninterrupted or error free. Damages arising from non-compliance with the instructions related to the use of the Product are excluded. If a hardware defect is found within the Warranty period, the Product will be either (1) repaired, (2) replaced, or (3) refunded, depending on your rights under local laws. 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-sales 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.
The present warranty does not apply in Hong Kong and Taiwan.
Products which were not duly imported and/or were not duly manufactured by Xiaomi and/or were not duly acquired from Xiaomi or a Xiaomi's official seller are not covered by the present warranties. As per 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.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.