

XIAOMI Smart Band 7 Pro User Manual



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, saunas, 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 strap 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.

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- 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.

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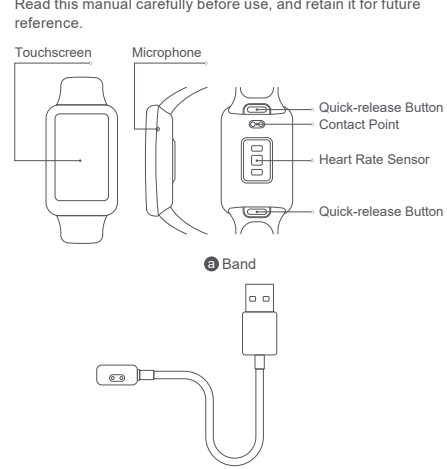
Battery Safety

- 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.

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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.

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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 band, keep it neither too tight nor too loose but leave some space for the skin to be able to breathe. Tighten the strap before you start to exercise and properly loosen it afterward.
- If the band can easily move up and down the wrist, or the heart rate sensor cannot collect the data, try tightening the strap.

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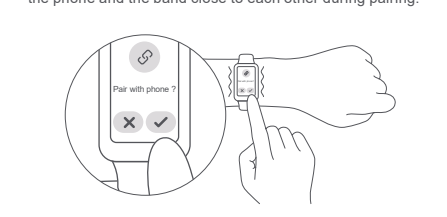
Connecting with the App

1. When using the band for the first time, connect it to the charging cable to turn it on. Scan the QR code to download and install the app. Add the Xiaomi Smart Band 7 Pro 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.

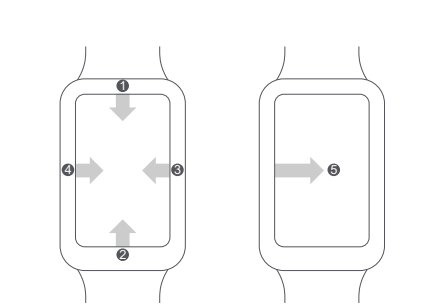


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How to Use

When the band is successfully paired with your phone, it will start tracking and analyzing your daily activities and sleeping habits. Tap the touchscreen to light it up.

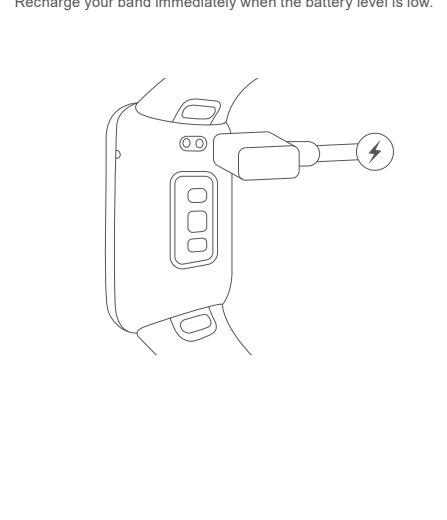
- View notifications: Swipe down from the top on the home screen.
- Enter the function list: Swipe up from the bottom on the home screen.
- Switch widget: Swipe left on the home screen.
- Open the control panel: Swipe right on the home screen.
- Go back: Swipe from the left edge to the right on other pages.



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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.

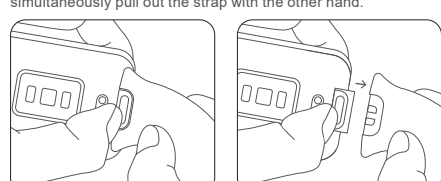


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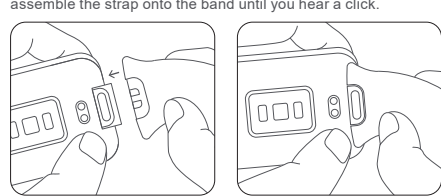
Adjusting & Disassembling/Assembling the Strap

Adjust the position of the buckle based on the circumference of your wrist. To disassemble or assemble the strap, refer to the illustrations. Pull the strap to see if it is installed securely.

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



Assembling the strap: Align the slot of the strap with the band as illustrated and then assemble the strap onto the band until you hear a click.



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Specifications

Product: Smart Band
Name: Xiaomi Smart Band 7 Pro
Model: M2141B1
Wireless Connectivity: Bluetooth® Low Energy 5.2
Water Resistance: 5ATM
Operating Temperature: 0°C to 45°C
Strap Material: Thermoplastic elastomer
Buckle Material: POM
Adjustable Length: 130-205 mm
Item Dimensions: 44.7 × 28.8 × 11 mm
Net Weight: 31 g (including strap)
Compatible with: Android 6.0 & iOS 10.0 or above
Battery Type: Lithium-ion polymer battery
Battery Capacity: 235 mAh
Input: 5 V=350 mA Max.
Bluetooth Frequency: 2402-2480 MHz
Maximum Output: ≤13 dBm
Transmitting Frequency of GPS/GLONASS/Galileo/BeiDou: 1559-1610 MHz
For product certifications related to this band, please go to Settings > About band > Regulatory

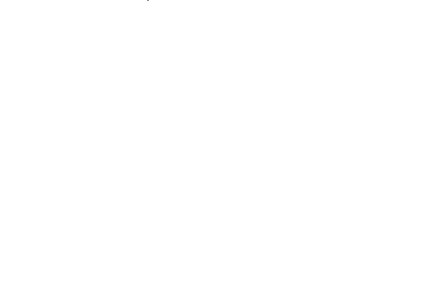


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WEEE Disposal and Recycling Information

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.



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Hereby, Xiaomi Communications Co., Ltd. declares that the radio equipment type M2141B1 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 by: Xiaomi Communications Co., Ltd.
Address: 4018, 9th Floor, Building 8, 33 Xue'erqiang Middle Road, Haidian District, Beijing, China, 100085

For further information, please go to www.mi.com

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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's 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 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.

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