Xiaomi Mi band 4 User Manual in English

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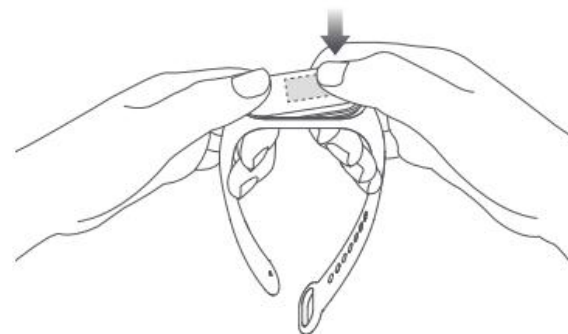
01 Product Overview

- Touchscreen
- Heart Rate Sensor
- Charging Port
- Touch Button

a Fitness Tracker   **b** Wristband   **c** Charging Cable

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02 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.
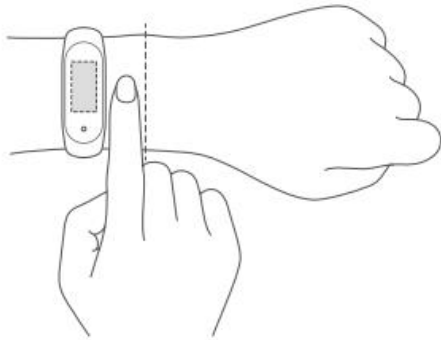

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03 Wearing

Comfortably tighten the band around your wrist, about 1 finger width away from your wrist bone.
Note: Wearing the wristband too loosely may impact the data collection by the heart rate sensor.
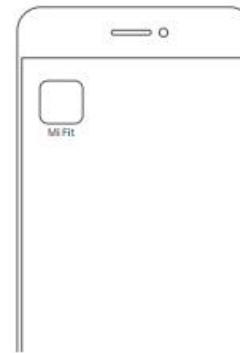
04 Connecting

1. Scan the QR code to download and install the latest version of the Mi Fit app, or search for it in Google Play, App Store, or other third-party app stores.
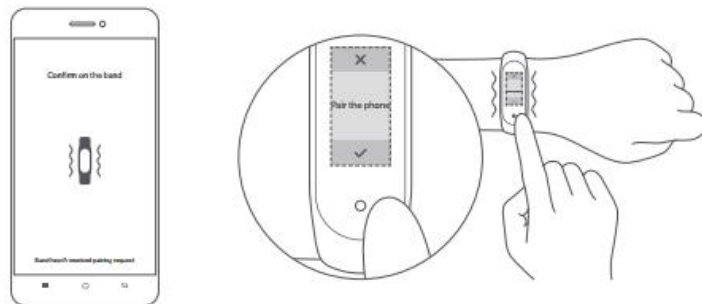

Mi Fit app QR code
(Android 4.4 & iOS 9.0 or above)

2. Open the Mi Fit app, log in to your account, and then follow the instructions to connect and pair the band with your device. When your band starts to vibrate and the Bluetooth pairing notification appears on the screen, touch the button to complete the pairing with your device.
Note: Make sure the Bluetooth is enabled on your phone. Hold close your phone to the band during the pairing process.
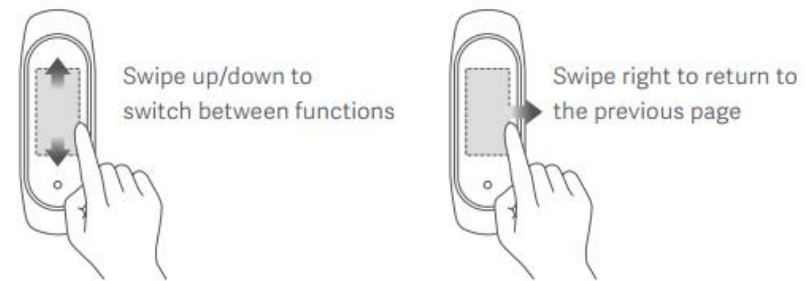
05 Usage

After successfully pairing with your device, the band will start tracking and analyzing your daily activities and sleeping habits.
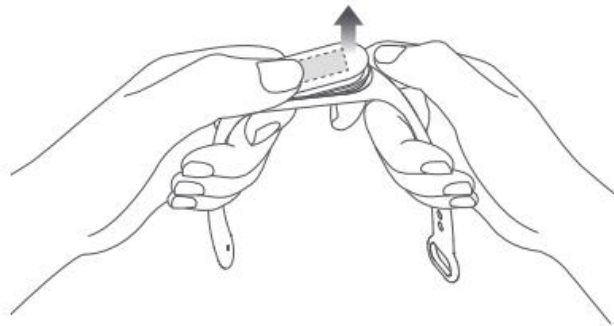Touch the button to light up the screen. Then, you can swipe up or down to access many features including browsing your activity data, and measuring your heart rate.

Swipe up/down to switch between functions

Swipe right to return to the previous page
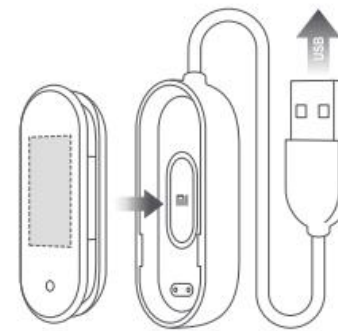
06 Disassembly

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.

07 Charging

Recharge your band immediately when the battery level is low.

08 Precautions

- When using the band to measure your heart rate, please keep your wrist still.
- Mi Smart Band 4 has a water resistance rating of 5 ATM. It can be worn in the shower, swimming pool, or while swimming near the shore. It cannot be used, however, in a sauna or while scuba diving.
- The function of the touch button and touchscreen are not accessible during underwater. When your band comes in contact with water, use a soft cloth to wipe away excess water from its surface before using it.
- 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.

09 Specifications

Name: Mi Smart Band 4
Model: XMSH07HM
Fitness Tracker Net Weight: 10.6 g
Fitness Tracker Dimensions: 46.8 x 17.8 x 12.6 mm
Wristband Material: Thermoplastic elastomer (TPE)
Clasp Material: Aluminum alloy
Adjustable Length: 155–216 mm
Compatible with: Android 4.4/iOS 9.0 or above
Battery Capacity: 135 mAh
Battery Type: Lithium polymer battery
Input Voltage: DC 5.0 V
Input Current: 250 mA Max.
IP Rating: 5 ATM
Frequency: 2402–2480 MHz
Max. Output: 0 dBm
Operating Temperature: -10°C to 50°C
Wireless Connectivity: Bluetooth 5.0 BLE

10 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.

11 Certifications and Safety Approvals

Hereby, Anhui Huami Information Technology Co., Ltd., declares that the radio equipment type XMSH07HM 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 Smart Band 4, please go to More > Settings > Regulatory.