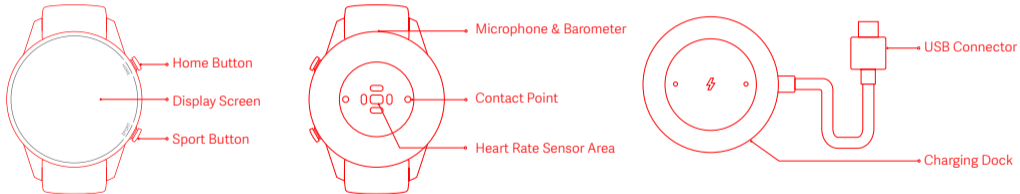# Mi Watch
User Manual

Product Overview

Before use, please read and comply with the safety precautions in this user manual.
Read this manual carefully before use, and retain it for future reference.

Home Button

Display Screen

Sport Button

Microphone & Barometer

Contact Point

Heart Rate Sensor Area
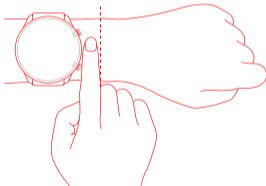
USB Connector

Charging Dock

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

How to Wear

For daily use, comfortably tighten the band around your wrist about one-finger width away from your wrist bone. Ensure the heart rate sensor can collect data normally.

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

How to Connect

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

1. Press and hold the home button for three seconds to turn on the watch. Scan the QR code on the display screen with your phone, then download and install the Xiaomi Wear/Xiaomi Wear Lite app. You can also download and install the app from the app stores, or scan the QR code below.

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

Scan the QR code, and select the right version to download the app.

Android Device: Xiaomi Wear App

iOS Device: Xiaomi Wear Lite App

2. Log into your Mi account in the Xiaomi Wear /Xiaomi Wear Lite app, select Add device and follow the instructions to add your watch.

3. Grant the pairing request on the watch. When an identical pairing code is displayed on both the phone and the watch, tap Pair on your phone to complete the pairing.
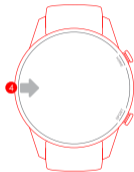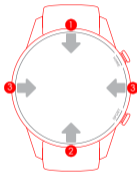
Notes:

- 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 you cannot find the watch while adding a device, or cannot connect with the watch during use, please press and hold the home button for three seconds to restore factory settings, then try again.
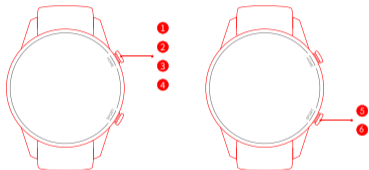
How to Use

Screen Instructions

❶ View notifications: Swipe down from the top on the home screen
❷ Open control panel: Swipe up from the bottom on the home screen
❸ Switch widget: Swipe left or right on the home screen
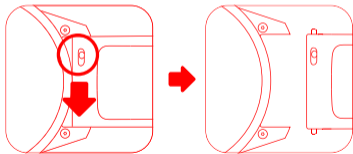❹ Go back: Swipe from the left edge to the right on other pages

Button Instructions

❶ Press and hold for three seconds to turn on/off.

❷ Press and hold for 15 seconds to force restart.

❸ Press to enter the function list from home screen.

❹ Press to pause/resume during a workout; press and hold to exit the workout.

❺ Press to switch the data page during a workout.

❻ Press to open the shortcut (workout list by default) when not in a workout.

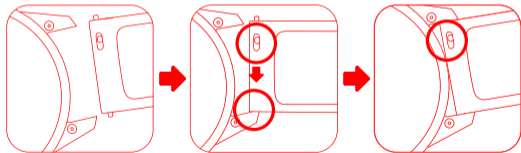Note: You can customize the shortcut via Xiaomi Wear/Xiaomi Wear Lite app.

Disassembly

Adjust the position of the buckle according to the circumference of your wrist. If you need to remove the strap, refer to the figures below. Make sure you pull the strap after attaching it to ensure the strap is installed securely.
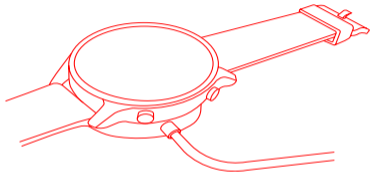
Remove the Strap

Install the Strap

Charging

1. Place the watch on the charging dock. Make sure the contact points both on the back of the watch and the charging dock are making contact with each other.

2. Connect the charging dock to a standard adapter at an output voltage of 5 V and an output current of 0.5 A or higher.

Notes:

- If the watch is unable to turn on after it has not been used for a while, it needs to be charged for about 1 minute before the charging icon is displayed.

- Wipe the watch's contact points clean before charging so as to avoid residual sweat or moisture.

Specifications

Name: Mi Watch

Model: XMWTCL02

Device Name: Bluetooth Device

Display Screen: 1.39-inch AMOLED

Resolution: 454 × 454

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

Wireless Connectivity: Bluetooth 5.0 BLE

Battery Capacity: 420 mAh

Satellite Positioning: GPS/GLONASS/BDS/GALILEO

Compatible with: Android 5.0 & iOS 10 or above

Rated Input: 5 V $\overline{}$ 0.5 A

$\overline{}$ The symbol indicates Direct Current (DC)

Item Dimensions: 45.9 × 53.35 × 11.8 mm (excluding strap and protrusions)

Bluetooth Frequency: 2402MHz-2480 MHz

Bluetooth Maximum Output: ≤13 dBm

GPS/GLONASS/BDS/GALILEO Frequency: 1559MHz-1610MHz

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. However, this function is not permanent and may decline over time. The watch can be worn in the cold shower, swimming pool, or while swimming near the shore. However, it cannot be used in a sauna or while scuba diving.
- The screen 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. Due to friction, wearing the watch for a long time during high-intensity exercise may cause skin irritation. If this is the case, please stop wearing the watch.
- Use the included charging dock to charge the watch. Only use qualified or certified power adapter supplied by qualified manufacturers.
- Keep the power adapter, charging dock, and watch in a dry environment while charging. Do not touch the power adapter or charging dock with wet hands. Do not expose the power adapter, charging dock, and watch to rain or other liquids.
- Please use the watch within a temperature range of -10°C to 45°C. When the ambient temperature is too high or too low, the watch may malfunction.
- This watch is equipped with a built-in battery that cannot be removed. Do not disassemble the watch. Do not expose batteries or battery packs to sunlight, fire, or other conditions with extreme heat. There's a risk of explosion if the battery is incorrectly installed. Only replace with the same or an equivalent type of battery.
- Do not disassemble, puncture, strike, crush or throw the battery into fire. Stop using the battery immediately if there is any swelling or fluid leakage.
- Never throw the watch or its battery into 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.

Regulatory Compliance Information

WEEE 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.

EU Declaration of Conformity

Hereby, 70mai Co., Ltd. declares that the radio equipment type XMWTCL02 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

Safety information

Caution

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.
- Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local laws or regulations.

Battery Safety

- 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.
- This device is equipped with a built-in battery that cannot be removed or replaced. Do not disassemble or modify the battery by yourself.
- Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local laws or regulations.