



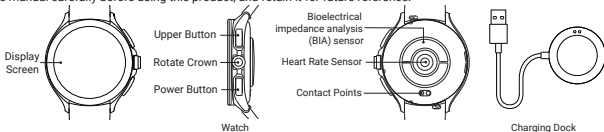
xiaomi Watch 2 Pro User Manual



For more details, please scan the QR code or connect the watch to the App and check it in the user guide.

Product Overview

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



For more detailed information about the watch, please connect it with the App and view the instructions.



Scan the QR code to download the App.

How to Connect

Download and install Mi Fitness to better manage your watch, and log in with your Xiaomi account for more services.

Press and hold the power button to turn on the watch. Scan the QR code displayed on the watch with your phone, then download

and install the App. You can also scan the QR code below or download and install the App from App stores.

Notes: After agreeing to Google's privacy policy and Xiaomi's privacy policy, you will enter the Bluetooth verification process. Follow the instructions to complete the verification process.

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 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.

Charging

Recharge your watch immediately when the battery level is low.

Before charging, please wipe dry the contacts of the watch back and the dock to prevent any residual sweat or moisture.

Specifications

Name: Smart Watch

Model: M2234W1

Water Resistance: 5ATM

Battery Capacity: 495 mAh

Input Voltage: 5 V 

 The symbol indicates DC voltage

Input Current: 2 A

Wireless Connectivity: **Bluetooth®** 5.2

GNSS: GPS/BeiDou/GLONASS/GALILEO/QZSS


Wi-Fi 2.4G/5G, 802.11 /b/g/n/a

Bluetooth Operation Frequency: 2402–2480 MHz

NFC Operation Frequency: 13.56 MHz

Compatible with: This product only supports certain Android systems. For detailed information, please check the product page on www.mi.com.

For regulatory information, product certification, and compliance logos related to the Xiaomi Watch 2 Pro, please go to Settings >About Watch>Regulatory.

 **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. 2023.8 on the product indicates that this product will be launched after 2023.8.

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

Operating Temperature: 0°C to 35°C

Bluetooth: 20 dBm

2.4 GHz band Wi-Fi: 20 dBm

5 GHz Wi-Fi: 5150–5250 MHz: 23 dBm, 5250–5350 MHz: 20 dBm, 5470–5725 MHz: 20 dBm, 5725–5850 MHz: 14 dBm

location as well as terms and conditions of such collection points.

EU/UK Declaration of Conformity

CE

Hereby, Xiaomi Communications Co., Ltd. declares that the radio equipment type M2234W1 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>

UK

Hereby, Xiaomi Communications Co., Ltd. declares that the radio equipment type M2234W1 is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following

CA

internet address: <https://www.mi.com/uk/service/support/declaration.html>

This equipment has been tested and meets applicable limits for radio frequency (RF) exposure.

Specific Absorption Rate (SAR) refers to the rate at which the body absorbs RF energy. SAR limits depend on whether this equipment is used against the head or on the wrist. The SAR limit is 2.0 watts per kilogram averaged over 10 grams of tissue for use against the head and 4.0 watts per kilogram averaged over 10 grams of tissue for use on the wrist.

During testing, this equipment radios are set to their highest transmission levels and placed in positions that simulate use next to the mouth, with 5 mm separation, and on the wrist, with no separation.

When placing this equipment near your mouth, keep at least 5 mm of separation to ensure exposure levels remain at or below the as-tested levels.

After testing, the highest SAR values are as follows:

Next to the mouth: 0.323 W/kg

Wrist: 0.418 W/kg

Safety Precautions

- 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.
- When using the watch to measure your heart rate, please hold your wrist still.
- The watch 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 watch 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 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 on the back case of the watch for your reference.
- 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.
- Make sure the power adapter, the charging cable, and the watch are in a dry environment while charging. Do not touch them with wet hands and do not expose them 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.

- If the screen is broken, do not touch or try to remove it. Instead, you should stop using the watch immediately and contact an authorized service provider.
- 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 dangers even personal injuries if a wrong type of battery is used.
- Do not disassemble, strike, crush or throw the watch into a fire. Stop using the battery immediately if there is any swelling or fluid leakage.
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in 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.
- If the watch will not be used for an extended period, turn it off after fully charging and then store it in a cool and dry place. Recharge the watch at least once every 3 months.
- Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local laws or regulations.
- 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.
- Keep the product's indicator away from the eyes of children and animals while the product is in use.

- To prevent possible hearing damage, do not listen at high volume levels for long periods.
- The device is restricted to indoor use only when operating in the 5250 to 5350 MHz frequency range.

	AT	BE	BG	HR	CY	CZ	DK
	EE	FI	FR	DE	EL	HU	IE
	IT	LV	LT	LU	MT	NL	PL
	PT	RO	SK	SI	ES	SE	UK(NI)



WARRANTY NOTICE

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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.

Disclaimer: The illustrations of the product, accessories, user interfaces, and other elements in this User Manual are schematic diagrams for reference only, and they may be slightly different from the actual product. This manual is published by Xiaomi or an enterprise in Xiaomi's ecosystem. Typographical errors and inaccurate information in this manual or the related programs and/or equipment may change without prior notice. Such changes will be indicated in the latest version of the manual.

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