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# Xiaomi Mi Band 5 Quick Start Guide

By Joe Horner 2020-06-16 6123 views 1 like

Here is a useful Xiaomi Mi Band 5 start instruction. I hope it will be helpful for you to use Xiaomi Mi Band 5.



## How to connect Xiaomi Mi band 5 to your phone?

There are 4 steps to connect your Xiaomi Mi band 5 first time:

- 1. Download and install Xiaomi Mi band 5 App and open it

The name of Xiaomi Mi band 5 App is "Mi Fit" or "Xiaomi Mi Wear" APP, you can download the App in 2 ways:

### Method 1:

Search "Mi Fit" in the Google play store or App Store to download:

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• For Android users: "**Mi Fit**" (<https://play.google.com/store/apps/details?hl=en>) APK, it requires Android 4.4 and later versions. So if your Android phone OS is 4.4 or above, Xiaomi Mi band 3 works with your Android phone;

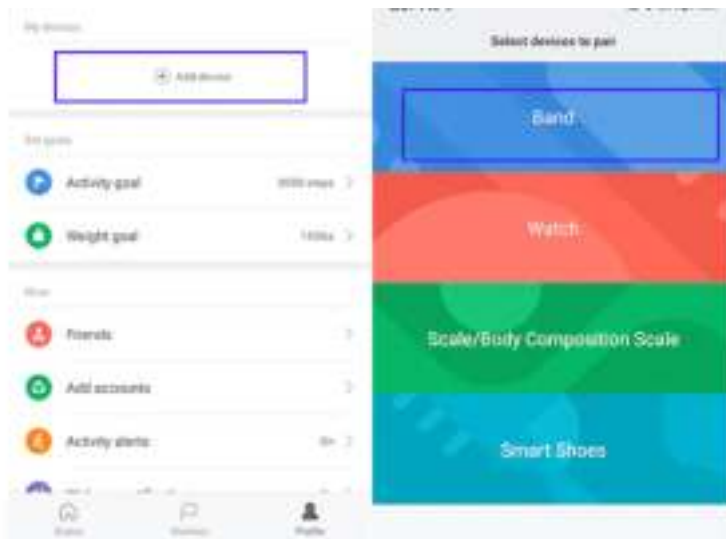
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**Method 2:**

Scan the QR code below to download the Mi Fit app:



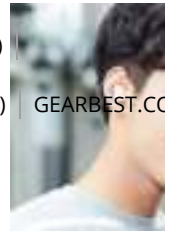
2. Click "profile", Add new device and select band



3. Bring Xiaomi Mi band 5 close to the phone

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4. Tap the button on while Xiaomi Mi band 5 vibrating to pair it



- Then Xiaomi Mi band 5 has bonded with your phone successfully. If you can't pair Xiaomi Mi band 4 with your phone, please make sure the Mi Fit App is the latest version and repeat the above 4 steps.

## How to sync Xiaomi Mi band 5 with Google fit?

The Xiaomi Mi band 5 can also work with Google Fit, but you need to log in with an overseas (out of China) Mi account, you can select the using area when creating a Mi account. Then you can log in with your Google Fit account:

- Step 1.** Open Mi Fit App and click "profile";
- Step 2.** Scroll down and select "Add Accounts";
- Step 3.** Select "Google Fit" and log in with your Google account.

Now, your sports data has been synced to Google fit from Xiaomi Mi band 5.

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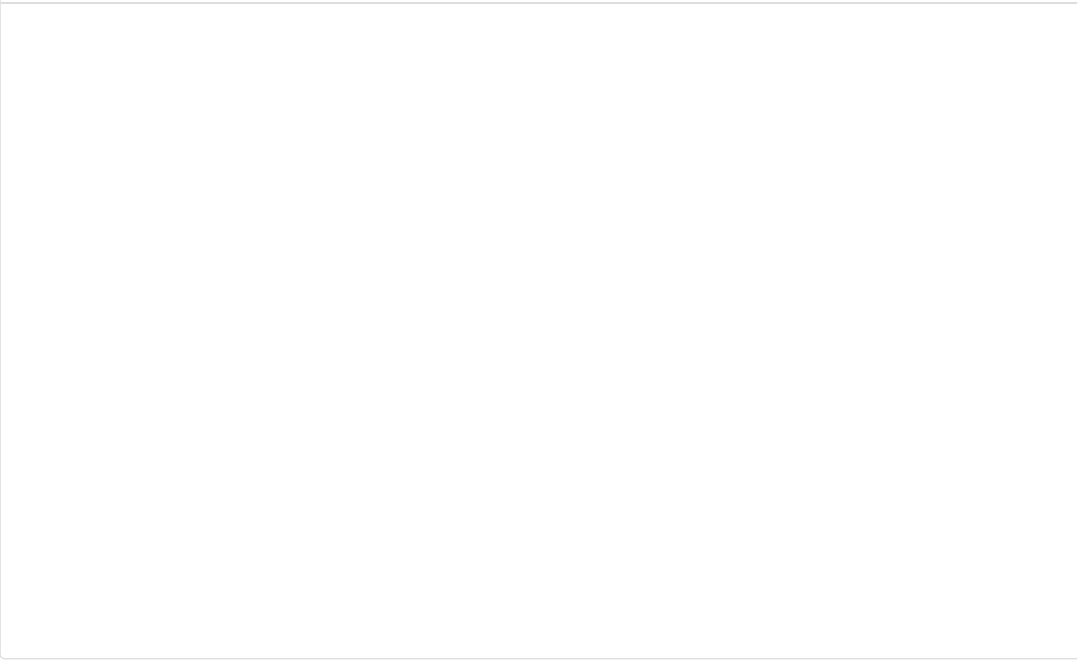


## How to use the touch screen of Xiaomi Mi band 5?

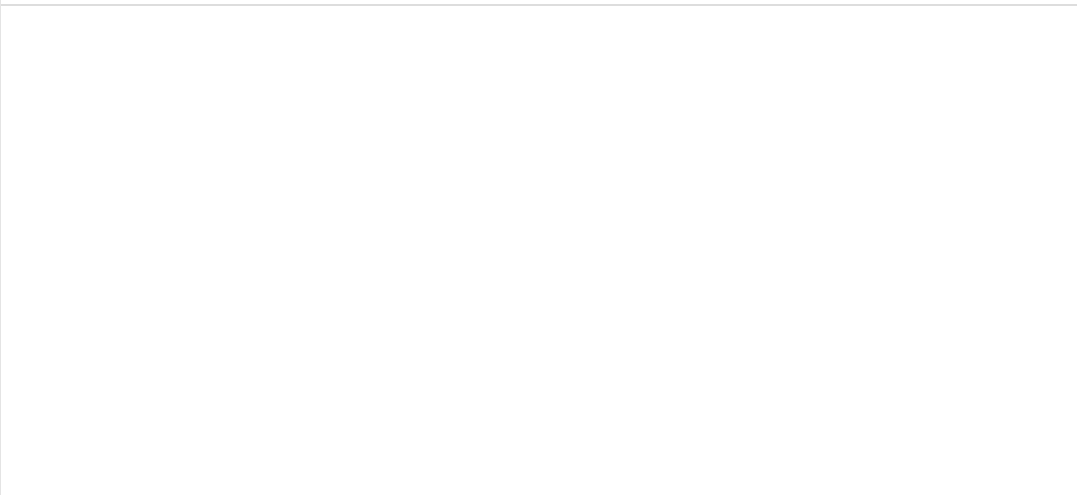
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2. Slide left / right to switch Xiaomi Mi band 5 items



3. Tap Xiaomi Mi band 5 home button to go back





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4. Long press Xiaomi Mi band 5 button to confirm

## How to wear Xiaomi Mi band 5?

The right way to wear Xiaomi Mi band 5: Fasten the band slightly above (about 1 cm) your wrist. Wearing too tight or too loose will affect the heart rate results.



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## How to awake Xiaoai AI assistant in Mi band 5?

Because there is no speaker in Mi band 5, it is not the experience of the AI speaker; although there is a microphone, can not directly to the bracelet to wake up, you should slide left in the dial interface, then, Xiaoai AI assistant will appear. You can speak to it, the screen will give the corresponding text answer. This operation does not require a Bluetooth connection.

**For Gearbest customers:** If you've purchased [Xiaomi Mi band 5 Smart Bracelet \(https://www.gearbest.com/smart-wristband/pp\\_3008112320315284.html?wid=2000001&lkid=79405102\)](https://www.gearbest.com/smart-wristband/pp_3008112320315284.html?wid=2000001&lkid=79405102) from us and still have a problem after reading this post, please do not hesitate to get in touch with us. Just fill in the ticket with your questions at our [Support Center \(https://support.gearbest.com/ticket/ticket/index?lang=en\)](https://support.gearbest.com/ticket/ticket/index?lang=en) and send it to us. We will do our best to deal with your problem as soon as possible. We are always happy to help.

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