

# Review **Xiaomi Mi Band 4: The best health monitoring bracelet today**

Mi Band 4 may be the product that best reflects the cheap high quality standards of products made by Xiaomi. Starting at just over VND 700,000, the Mi Band 4 costs half as much as its competitors.

Chances are you've heard a lot about Xiaomi's Mi Band series. Xiaomi makes really good products and is reasonably priced. Mi Band 4 may be the product that best reflects the cheap high quality standards of products made by Xiaomi. Starting at just \$ 33 (more than 700,000 VND), the Mi Band 4 costs half as much as its competitors.

Along with more detailed reviews of this product through the following article!

## Technical data

### Screen

1. 0.95 inch RGB AMOLED touch screen
2. 120 x 240 resolution
3. 282 ppi
4. Up to 400 nit
5. 2.5D tempered glass with anti-fingerprint coating

### RAM 512KB 16MB memory Connect Bluetooth 5.0 Sensor

1. 3-axis accelerometer
2. 3-axis gyroscope
3. PPG heart rate sensor
4. Capacitive proximity sensor

### The battery

1. 135mAh
2. Li-po battery
3. Charging time: About 2 hours

**Water resistant** Water resistant 5ATM **Compatible** Android 4.4 or higher iOS 9.0 or higher **Dimensions and weight**

1. Strap width: 18mm

2. Strap length: 155 - 216mm
3. Weighs 22.1g

## Design



### Mi Band 4

Mi Band 4 has been improved by Xiaomi with a 0.95-inch AMOLED RGB screen. The resolution of 120 x 240 pixels is very sharp and the brightness of 400 nit means you can easily observe which images are under direct sunlight.

The Mi Band 4 has a touch screen, so you will be able to perform most of the navigation needs on the device through touch and swipe.

Xiaomi Mi Band 4 received a software update in October 2019 that adds the ability to set a custom screen timeout between 5 and 10 seconds. With that 1.0.7.04 update, Xiaomi also brought new watch faces and improved swimming tracking capabilities for Mi Band 4. The mid-January update for version 1.0.9.22 brought to a fix for Mi Band 4.

The Mi Band 4 has a strap made of silicone and feels comfortable. The optical heart rate sensor sticks out at the bottom, but not enough to leave a mark on the wrist when worn for a few hours.

During the testing, there were no connectivity problems between the Mi Band 4 and the Pixel 3 (presumably due to the Mi 5.0 4 Bluetooth 5.0 support).

The battery of Mi Band 4 is fully charged in about 45 minutes. If used normally, Xiaomi says the 135mAh battery will last about 20 days on a single charge.

## Track health and exercise



### Track health and exercise

The Mi Band 4 will track all the basics: Steps taken, distance traveled, calories burned, rest, heart rate and sleep. The Mi Band 4 does not have a built-in GPS, so the distance data will not be accurate if you go out jogging with this health tracker. However, it comes with a connected GPS feature, so you can still track your workouts with GPS if you don't want to bring your phone.

On April 1, 2020, Xiaomi released software version 1.0.9.42 for Mi Band 4, which brings a fix for tracking incorrect steps. This update also brings the ability to unlock Windows 10 laptops when Mi Band 4 is nearby.

Another aspect that Mi Band 4 really stands out is the number of workout modes. It can track exercises with treadmill, outdoor jogging, biking, walking, swimming and general exercise. Mi Band 4 can recognize 5 different swimming styles and records 12 different data sets.

With the software version 1.0.9.48, Xiaomi has brought a new heart rate sharing feature, which allows Mi Band 4 to exchange heart rate data with other training applications. Sleep tracking is one of the most powerful aspects of Mi Band 4.

## Smartwatch feature

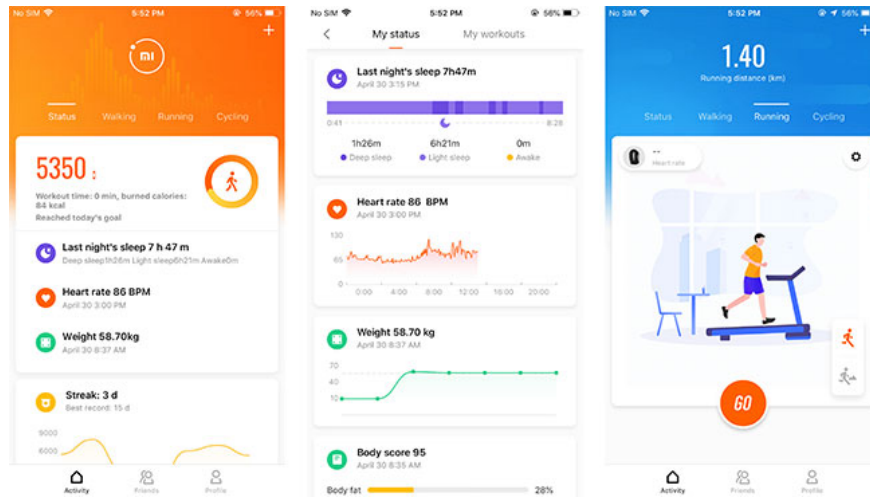
For such a small and cheap device, it can be said that Xiaomi has integrated quite a lot of smart features into Mi Band 4.

In addition, Mi Band 4 can forward calls, texts, emails and any other notifications you receive on your smartphone.

Mi Band 4 also supports many different watch faces. There are a large number of watch face options available in the Mi Fit app. About half of them are colorful digital options, the other half have cute cartoon animals.

There is also an integrated vibration alarm, the 'Find my Mi Band' feature, weather monitoring and the ability to control music on a smartphone from the wrist.

## Xiaomi Mi Fit application



## Xiaomi Mi Fit application

The Xiaomi Fit Mi Fit app is what you need to use to pair your Mi Band 4 with your phone and see all activity stats.

If you're an avid Google Fit fan and can't give up on this app, the good news is that you can sync your Mi Fit data with Google Fit. When you connect your account in the Mi Fit settings menu, all activities recorded by Mi Band 4 will be sent via Google Fit.

Mi Fit is also compatible with WeChat for those who want to sync training data with WeRun.

Overall, the Mi Fit app is a perfect, easy-to-use workout tracking platform.

## Conclude

Each year, Xiaomi adds more features to its Mi Band product line while maintaining minimum price increases. With an improved screen, more workout profiles and a low price, Xiaomi Mi Band 4 identifies itself as one of the best low-cost health monitoring bracelets available today.

### Advantages

1. Low price
2. Can monitor exercise, health and sleep very accurately
3. The connected GPS is a big plus
4. 20 days battery life
5. Many smart features and customization options

### Defect

1. The Mi Fit app is not a top choice for everyone
2. The heart rate sensor struggles with intense exercise

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