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Getting Started

Buttons and screen controls

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Side button operations

Operation	Feature	Remarks
Press once	• When the screen is off: Turns on the screen. • When home screen is displayed: Takes you to the app list screen. • When any other screen is displayed: Returns to the home screen.	Operations differ for incoming calls and during workouts.
Press and hold	Powers on, powers off, or restarts your device.	--

Screen controls

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	On home screen: Changes the watch face.
Swipe down	On home screen: Opens the shortcut menu.
Swipe up	On home screen: Shows notifications.
Swipe left	On home screen: Accesses the watch feature cards.
Swipe right	On home screen: Enters the HUAWEI Assistant·TODAY screen. On any app's screen: Returns to the previous screen.

Turning on the screen

Press to wake: Press the Side button once to wake the screen.

Raise to wake: Raise your wrist to wake the screen. To use this feature, open the **Huawei Health** app on your phone, go to the device details screen, touch **Device settings**, and make sure **Raise to wake** is enabled.

Tap to wake: Tap on the screen to turn it on. To use this feature, on your wearable device, go to **Settings** > **Display & brightness**, and make sure **Tap to wake** is enabled.

Screen brightness adjustment: On your wearable device, go to **Settings** > **Display & brightness** > **Brightness**, and set the brightness to suit your needs.

Turning off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the screen.

- The watch will automatically sleep without operation for a period of time.

Pairing with an EMUI/Android phone

1 Install the **Huawei Health** app ( ).
   If you have already installed the **Huawei Health** app, go to **Me** > **Check for updates**, and update it to the latest version.

2 Open the **Huawei Health** app, and go to **Me** > **Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.

3 Power on your wearable device, select a language, and start pairing.

4 Place your wearable device close to your phone. On the **Huawei Health** app, touch ⋮ in the upper right corner and then **Add device**. Select your wearable device and touch **LINK**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

5 When a pop-up window appears in the **Huawei Health** app requesting a Bluetooth pairing, touch **Allow**.

6 When a pairing request displays on your wearable device, touch √, and follow the onscreen instructions on your phone to complete the pairing.

ⓘ After the pairing is complete, if you're using a non-HUAWEI phone, open the **Huawei Health** app, navigate to the device details screen, touch **Band connection protection**, and adjust system settings to prevent the **Huawei Health** app from being cleared from the background.

Pairing with an iPhone

1 Install the **HUAWEI Health** app ( ).
   If you have already installed the app, update it to its latest version.

If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.

2 Open the **HUAWEI Health** app, and go to **Me** > **Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.

3 Power on your wearable device, select a language, and start pairing.

   a Place your wearable device close to your phone. On the **HUAWEI Health** app on your phone, touch ⋮⋮ in the upper right corner and then **Add device**. Select your wearable device and touch **LINK**.
You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

   b When a pairing request appears on your wearable device, touch √. When a pop-up window appears in the **HUAWEI Health** app requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.

   c Wait for a few seconds until the **HUAWEI Health** app displays a message indicating that the pairing has been successful.

Setting Style watch faces

Select a photo or take one of your current outfit to generate a watch face that matches your style.

ⓘ · This feature is currently unavailable when your watch is paired with an iPhone.

1 Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More** > **Mine** > **Style**.

2 Touch **+** in the lower left corner, and select either **Take photo** or **Gallery** as the method for uploading an image.

3 Multiple watch faces will be generated based on the elements in the photo. Select your favorite options and touch **Save**. Your device will then switch to the newly set Style watch faces.

Managing watch faces

Changing watch faces

· Method 1: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a preview, swipe left or right to select your preferred watch face and set it.

· Method 2:
On your device, go to **Settings** > **Watch face** > **Watch face**, and swipe left or right to select your preferred watch face and set it.

· Method 3: Make sure that your device is linked with the **Huawei Health** app. Open the **Huawei Health** app, navigate to the device details screen, touch **Watch faces** and then

More, select your preferred watch face, and install it. Your device will automatically switch to the new watch face once it is installed. Alternatively, touch a watch face that you have installed, then touch **Set as default** to switch to it.

Deleting a watch face

Open the **Huawei Health** app, navigate to the device details screen, touch **Watch faces**, go to **More** > **Me** > **Edit**, and touch the Cross icon in the upper right corner of a watch face to delete it.

Setting Gallery watch faces

Create your unique watch face with your favorite photos and images, to turn your wearable device into a timeless timepiece. Choose pictures of your unforgettable travel experiences, family life, or lovely pets, and upload them to set as your Gallery watch faces.

Setting Gallery watch faces

1 Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More** > **Mine**, swipe up to find **On watch**, and touch **Gallery** to access the custom settings screen.

2 Touch **+**, and select either **Take photo** or **Gallery** as the method for uploading an image.

3 Touch √ in the upper right corner and then **Save**. Your wearable device will then switch to the newly set Gallery watch face.
You can also customize **Style** and **Layout**, and then touch **Save**.
   ⓘ You can upload more than one image, and tap on the device home screen to switch between the images and enjoy multiple customized watch faces.

Deleting an image in Gallery watch faces

On your phone, open the Huawei Health app and navigate to the **Gallery** watch face settings screen. Touch the Cross icon in the upper right corner of an image to delete it.

Setting custom cards

Swipe left or right on the home screen of your wearable device to browse through the feature cards, which can be sorted and stored away to your heart's content, and instantly access the corresponding apps.

Adding custom cards

1 Press the side button to access the app list screen, and go to **Settings** > **Custom cards**.

2 Touch ⊕ and select the cards you would like to add, such as **Sleep**, **Stress**, and **Heart rate**, depending on the available choices on your device.

3 Swipe left or right on the home screen to view the added cards.

Moving/Deleting cards

- To move an added card, touch to the right of the card.
- To delete an added card, touch **x** to the left of the card.

Assistant

Managing messages

When the **Huawei Health** app is connected to your wearable device and the message notifications are enabled, new messages pushed to the status bar of your phone will be synced to your wearable device.

Enabling message notifications

1 Open the **Huawei Health** app, navigate to the device details screen, touch **Notifications**, and toggle on the switch for **Notifications**.

2 In the app list below, toggle on the switches for the apps that you wish to receive notifications from.

  ⓘ On the **Notifications** screen, the **APPS** section shows the apps for which push notifications are enabled.

Viewing unread messages

Your wearable device will vibrate to notify you of new messages pushed from the status bar of your phone.

Unread messages will be kept on your wearable device. To view them, swipe up on the home screen to enter the message center.

Replying to SMS messages

ⓘ · This feature is not supported on iPhones.

   · This feature is only supported when replying to an SMS message with the SIM card that has received the message.

When receiving an SMS message on your wearable device, you can swipe up on the screen and select a quick reply.

Customizing quick replies

ⓘ · This feature is not supported on iPhones.

You can customize a quick reply as follows:

1 Once your wearable device is connected to the **Huawei Health** app, open the app, go to the device details screen, and touch the **Quick replies** card.

2 You can touch **Add reply** to add a reply, touch an added reply to edit it, or touch ⊗ next to a reply to delete it.

Deleting unread messages

Swipe up on the home screen of your wearable device to enter the message center, and touch 🗑 at the bottom of the message list to clear all unread messages.

Setting alarms

You can set alarms using either your wearable device or the **Huawei Health** app on your phone.

Setting an alarm using your wearable device

1 Enter the app list, touch **Alarm** (   ), and touch   to add an alarm.

2 Set the alarm time and specify whether you would like the alarm to repeat, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.

3 Touch an existing alarm to modify the alarm time and repetitions, or to delete it.
ⓘ The alarm name cannot be set or modified on a wearable device. Please do so on the Huawei Health app.

Setting an alarm using the Huawei Health app

1 Open the **Huawei Health** app, navigate to the device details screen, and touch **Alarm**.

2 Touch **Add** to set the alarm time, alarm name, and repeat cycle.

3 If you're using Android or EMUI, touch √ in the upper right corner. If you're using iOS, touch **Save**.

4 Return to the **Huawei Health** home screen and swipe down on it, to sync the alarm settings to your wearable device.

5 Touch an existing alarm to modify the alarm time, alarm name, and repeat cycle.

Do Not Disturb mode

When Do Not Disturb mode is enabled, your device won't vibrate when receiving incoming calls and notifications. It will still vibrate when an alarm goes off.

Enabling/Disabling Do Not Disturb

Method 1: Swipe down from the top of the watch face and touch   to enable or disable Do Not Disturb mode.

Method 2: Enter the device's app list, and go to **Settings** > **Do Not Disturb** > **All day** to enable or disable Do Not Disturb mode.

Scheduling Do Not Disturb

· **To schedule Do Not Disturb**:

Enter the device's app list, go to **Settings** > **Do Not Disturb** to access the Do Not Disturb settings screen. Then, enable **Scheduled**, and set your preferred start and end times.

· **To disable scheduled Do Not Disturb**:

Enter the device's app list, go to **Settings** > **Do Not Disturb** > **Scheduled**, and disable the set schedule.

Remote shutter

ⓘ   · This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an
iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.

    · To use this feature, make sure that the **Huawei Health** app is running in the
background.

1 Make sure that your wearable device is connected to your phone via Bluetooth and that
the **Huawei Health** app is running properly.

2 On your wearable device, open the app list, swipe up until you find **Remote shutter**

( ), and select it. This will automatically launch your phone camera.

3 On your wearable device, touch to remotely control your phone to take photos. To
close **Remote shutter**, swipe right on the screen or press the side button.

Controlling music playback

1 Open the **Huawei Health** app, go to the device details screen, touch **Device settings**, and
toggle on the switch for **Music playback control**.

2 After a song is played on your phone, navigate on your wearable device to enter the app
list, and find and touch **Music**, where you'll be able to pause or resume music playback,
switch to the previous or next track, and adjust the volume.

Flashlight

The flashlight on your wearable device comes in three modes, namely Common mode, Flash
mode, and Color mode, so that there's a suitable option for anywhere you go.

Common mode

Press the side button to access the app list or swipe down on the device home screen to open

the shortcut menu, and touch to turn on the flashlight. The screen will light up. You can
touch the screen again to turn off the flashlight, and again to turn it back on. You can also
swipe right on the screen or press the side button to exit the Flashlight app.

Flash mode and Color mode

You can switch between eight standard colors, customize your own colors, and adjust the
flashing frequency. To do so:

Enter the Flashlight screen, swipe up to access the settings options, and set your preferred
color and flashing frequency.

(i)
- The flashlight stays on for five minutes by default.
- The app icon color may vary depending on the wearable model.

Weather

Enabling weather reports

Open the **Huawei Health** app, navigate to the device details screen, enable **Weather reports**, and select a temperature unit (°C or °F).

You can manually refresh the weather information, by swiping down on the home screen of the **Huawei Health** app or opening the **Weather** app on your wearable device. In normal cases, weather information will be updated regularly.

Viewing weather information

Through the Weather app:

On the wearable home screen, press the side button, and find and select **Weather**. From there you can view information such as your location, the weather, and temperature. Swipe up or down on the screen to view more weather information.

Through a watch face:

Switch to a watch face that displays the weather, to keep the latest weather info always on the home screen.

(i)
- Make sure that GPS is enabled on your phone, the **Huawei Health** app is granted the location permission, and that your phone is in an open area with GPS reception.
- The weather information displayed on the device may differ slightly from that displayed on your phone, as the information is collected from different weather service providers.

Health Management

Monitoring your sleep

Keep your wearable device properly on while sleeping, and it will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake.

Sleep settings

1 Open the app list, select **Sleep** ( ), swipe up on the screen, and touch **Sleep mode**.

2 Enable **Auto**, or touch **Add time**, set **Bedtime**, **Wake up**, and **Repeat**, and touch **OK**.

ⓘ When the device detects that you are asleep, it won't vibrate when receiving incoming calls or notifications (except alarms), and will automatically disable Raise to wake and other features, so as not to disturb your sleep.

Enabling/Disabling HUAWEI TruSleep™

ⓘ The switch for **HUAWEI TruSleep™** is toggled on by default.

· Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off the switch for **HUAWEI TruSleep™**. When **HUAWEI TruSleep™** is enabled, your wearable device can accurately identify when you fall asleep, and whether you are in deep sleep, light sleep, REM sleep, or awake during the night. Your band will then offer sleep quality analysis to help you understand your sleep patterns, and tips for improving your sleep quality.

Viewing your sleep data

· On your wearable device, open the app list and select **Sleep** ( ), to check out your night sleep and nap records.

· On your phone, go to **Huawei Health** > **Health** and touch the **Sleep** card, to view your sleep data by the day, week, month, or year.

ⓘ The recorded data is cleared at 00:00 AM every day.

Pulse wave arrhythmia analysis

Pulse wave arrhythmia analysis uses the high-precision PPG sensor on your wearable device to screen for abnormal heartbeat rhythms.

ⓘ This feature is available in certain markets only.

To use this feature, first update your wearable device to the latest version.

Activating the app

1 Before everything, download the latest version of the **Huawei Health** app from HUAWEI AppGallery, or update the installed **Huawei Health** app to its latest version.

2 Open the **Huawei Health** app, go to **Health** > **Heart** > **Pulse wave arrhythmia analysis**, and activate **Pulse wave arrhythmia analysis**.

Taking measurements on your wearable device

1 Double-check that your wearable device is worn properly, and place your arms flat on a table or on your laps, with your arms and fingers relaxed.

2 Enter the app list, select **Pulse wave arrhythmia analysis**, and touch **Measure**.

3 Keep still and wait till the measurement is complete, and view your result on the wearable device screen. You can touch ⓘ to check out the result description. For more details, open the **Huawei Health** app on your phone, and go to **Health** > **Heart** > **Pulse wave arrhythmia analysis**.

Enabling automatic measurements and reminders

1 Open the **Huawei Health** app, go to **Health** > **Heart** > **Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner, and touch **Automatic measurement**.

2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while it's worn.
You can toggle the switch for **Arrhythmia alerts** on or off as needed.

Disabling the service

Go to **Huawei Health** > **Health** > **Heart** > **Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner, go to **About** > **Disable service**, and follow the onscreen instructions to complete the settings.

Possible results

Results may differ from ECG analysis results. Please consult with a medical professional about the results. Do not interpret the results on your own or self-medicate.

To check out the result description, open the **Huawei Health** app, navigate to the **Pulse wave arrhythmia analysis** screen, touch ⋮ in the upper right corner, and touch **Help**.

Measurement results: No abnormalities, Risk of premature beats, Risk of A-fib, Suspected premature beats, or Suspected A-fib

Measuring heart rate

ⓘ · Heart rate measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

· To ensure optimal measurement accuracy, fasten the device snugly one finger width above your wrist bone, with the screen facing up. Make sure that the heart rate sensor is in contact with your skin, without any foreign objects in between. Keep still during the measurement.

Individual heart rate measurement

1 Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle off the switch for **Continuous heart rate monitoring**.

2 On your wearable device, open the app list and select **Heart rate** to initiate an individual measurement.

Continuous heart rate monitoring

1 Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**.

2 To view your heart rate:

- On your wearable device, open the app list and select **Heart rate**.

- In the **Huawei Health** app, go to **Me** > **My data** > **Heart**.

Resting heart rate measurement

Resting heart rate refers to the heart rate measured while you're awake, but in a quiet, resting state. The best time to measure your resting heart rate is first thing in the morning after waking up (but before getting out of bed).

1 Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**. Your wearable device will then automatically measure your resting heart rate.

2 To view your resting heart rate data, go to **Huawei Health** > **Me** > **My data** > **Heart** > **Resting heart rate**.

🛈 • The resting heart rate data displayed in the **Huawei Health** app will not change after you disable **Continuous heart rate monitoring**.

- The resting heart rate data on your wearable device will be cleared automatically at 00:00 AM.

- If "- -" is displayed as the resting heart rate reading, it indicates that your wearable device was unable to measure your resting heart rate.

High/Low heart rate alert

Your wearable device will vibrate and display an alert when your resting heart rate stays above or below your set limits for more than 10 minutes after you've been resting for 30 minutes. You can swipe right on the screen or press the side button to clear the alert.

1 Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**.

2 Touch **High heart rate alert** and/or **Low heart rate alert** to set the upper limit and/or lower limit for alerts.

Heart rate measurement for a workout

During a workout, your wearable device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you're advised to use heart rate zones as a guide for your exercise.

- To choose the calculation method for heart rate zones, go to **Huawei Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**. For your runs, set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**. For other workout modes, choose either **Maximum heart rate percentage** or **HRR percentage**.

- After you start a workout, you'll see your real-time heart rate on your wearable screen.

  - 🛈 · During a workout, your real-time heart rate will not display once your wearable device is removed from your wrist, but the device will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

    - You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from workout records in the **Huawei Health** app.

High heart rate alert during workouts

Your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time during a workout. The alert will stay on the screen until your heart rate drops below the limit or until you swipe right to clear the notification.

- iOS users: Go to **HUAWEI Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, toggle on the switch for **Heart rate warning**, touch **Heart rate limit**, and set an upper limit suited to your needs.

- Android users: Go to **Huawei Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, toggle on the switch for **High heart rate**, touch **Heart rate limit**, and set an upper limit suited to your needs.

  🛈 Such heart rate alerts are only available during workouts and are not generated during daily usage.

Measuring SpO2

- 🛈 · To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.

  - To ensure optimal measurement accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the sensor area is in contact with your skin, without any foreign objects in between.

Individual SpO2 measurement

1 Double-check that your wearable device is worn properly, and keep your arm still.

2 Open the app list, and swipe up or down until you find **SpO2** ( ), and touch this option.

3 Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upward.

- For optimal measurement accuracy, it is recommended that you wait three to five minutes after putting on the device and then start an SpO2 measurement.

- SpO2 measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

- The results are for reference only and are not intended for medical use.

- An incoming call, alarm, or swiping right on the device screen will interrupt a measurement.

Automatic SpO2 measurements

1 Open the **Huawei Health** app, navigate to the device details screen, touch **Health monitoring**, and toggle on the switch for **Automatic SpO$_2$**. The device will then automatically measure and record your SpO2 level when it detects that you are at rest.

2 Touch **Low SpO$_2$ alert** to set a lower limit for you to receive a vibration and alert while you're awake.

Viewing your SpO2 data

Open the **Huawei Health** app, select the **SpO$_2$** card, and select a date to view your SpO2 data on that day.

Sleep breathing awareness

The sleep breathing awareness feature helps detect interruptions in your breathing while you're asleep.

Enabling the app

Before using this feature, connect your watch to the Huawei Health app.

1 On the **Huawei Health** app, enter the **Health** screen, touch the **Sleep** card, swipe up till you reach the bottom of the screen, and touch **Sleep breathing awareness**.

2 When using the feature for the first time, follow the onscreen instructions to select which permissions to grant, touch **Allow** and then **Agree**, and you'll be taken to the **Sleep breathing awareness** screen. Touch **Go enable**, and toggle on the switch for **Sleep breathing awareness**.

3 Once this feature is enabled, wear your watch to bed, and your watch will detect and analyze interruptions in your breathing while you're asleep.

Viewing data

1 Go to **Huawei Health** > **Health** > **Sleep**, touch **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the app where you can see the latest detection result and a summary of all records.

2 Touch ⠿ in the upper right corner and then **All data**, and select a specific date to view the data records of that day.

Enabling/Disabling Sleep breathing awareness

Go to **Huawei Health** > **Health** > **Sleep** > **Sleep breathing awareness**, touch ⠿ in the upper right corner and then **Sleep breathing awareness**, and toggle the switch for **Sleep breathing awareness** on or off.

Disabling the service

Go to **Huawei Health** > **Health** > **Sleep** > **Sleep breathing awareness**, touch ⠿ in the upper right corner, go to **About** > **Disable service**, and follow the onscreen instructions to complete the settings.

Cycle Calendar

Activating the app

1 To activate this feature, you'll need to first link your band with the **Huawei Health** app on your phone. Go to **Huawei Health** > **Health** > **Cycle Calendar**, agree to the privacy statement, set your period data, and touch **Get started**.

2 An activation notification will pop up on your band when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
Touch **Open app** to enter the home screen of the **Cycle Calendar** app.
Touch **OK** to return to the previous screen.

Recording and viewing your periods on your band

1 Press the side button on your band to open the app list, find and select **Cycle Calendar**, to access the app home screen, where you'll see your cycle calendar in a monthly view.

2 Touch **Edit** to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**.

3 On the **monthly view** screen, swipe left and right to view data of the previous and next three cycles.

Recording your periods on the Huawei Health app

1 Go to **Huawei Health** > **Health** > **Cycle Calendar**, and follow the onscreen instructions to download the feature package and complete the data settings. If you are unable to find the **Cycle Calendar** card, touch **Edit** and add it to the app home screen.

2 Enter the **Cycle Calendar** screen, toggle on **Period started** or **Period ended** for specific dates to record the duration of a menstrual cycle.

3 On the **Cycle Calendar** screen, touch ⠿ in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the switch for **Reminders** on or off.
You can also select **Period records** to view **Avg period** and **Avg cycle**.
Selecting **All data** will take you to the historical data screen.

Testing stress levels

Testing stress levels

Wear the device correctly and keep your body still during the stress test.

- Single stress test:

  Open the **Huawei Health** app, touch the **Stress** card, and touch **Stress test** to start a single stress test. Touch **Calibrate** and follow the onscreen instructions to calibrate the stress level.

- Periodic stress test:

  Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **Automatic stress test**, toggle on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then automatically start when you wear the device correctly.

  ⓘ The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the device incorrectly.

Viewing stress data

- On the device:

  Enter the app list, and touch **Stress** (🟢) to view your daily stress change, including the stress bar chart and specific stress levels.

- In the **Huawei Health** app:

  You can see your latest stress scores and level on the **Stress** card. Touch the card to view your daily, weekly, monthly, and yearly stress curves, and corresponding advice.

  ⓘ The device is not a medical device and the data is for reference only.

Exercise

Activity records

ⓘ To use this feature, first update your band to its latest version.

Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. Reaching your goals for all three rings can help you lead a healthier life.

To set your own goals for Activity rings:

On your phone: Go to **Huawei Health** > **Health**, and touch the Activity rings card to access the **Activity records** screen. Touch ⁝ in the upper right corner and then **Edit goals**.

On your band: Navigate to **Activity records**, swipe left to view **This week**'s data, swipe right to view today's statistics, swipe up to find and touch **Today**, and swipe up again to touch **Edit goals**.

(1) : **Move** measures the calories you burn through activities like running, cycling, or even doing house work or walking your dog.

(2) : **Exercise** measures the total duration of moderate- and high-intensity workouts you've engaged in today. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and moderate-intensity strength training can improve cardio endurance and boost overall fitness.

(3) : **Stand** measures the number of hours during which you stood up and moved around for at least one minute. For example, if you have walked for more than one minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**. Sitting for too long is harmful. WHO studies indicate that sitting for long periods of time is linked to higher risks of high blood sugar, type 2 diabetes, obesity, and depression.

This ring is designed to help remind you that staying seated for too long is damaging to your health. You are advised to stand up at least once per hour and score as high as you can for **Stand** every day.

Starting an individual workout

Starting a workout on your wearable device

1 Enter the device app list, and touch **Workout** ( ).

2 Swipe up or down on the screen and select a desired workout mode. Alternatively, swipe up until you reach the end of the screen, and touch **Custom** to add another workout mode.

ⓘ To remove a workout mode:

Enter the app list, select **Workout**, swipe up until you reach the end of the screen, and

touch **Custom**. Select a workout mode, and touch ⊗ to remove it from the list or ↑

to reorder your workout list.

3 Touch the workout mode icon to start a workout session.

4 During a workout session, you can press and hold the side button to end the exercise.

Alternatively, press the side button to pause, touch ▶ to resume, or touch ■ to end
the workout.

Starting a workout on the Huawei Health app

1 Check to make sure that your wearable device is properly linked with the **Huawei Health**
app, and wear your device snugly on your wrist.
Open the app, go to **Exercise** > **Outdoor run** (for example), and touch the Run icon to
start a workout session.

2 On the **Huawei Health** app, touch ⏸ to pause the workout, touch ▶ to resume, or

touch and hold ■ to end the workout. Your wearable device will pause, resume, or end
the workout accordingly.

ⓘ • During a workout, data such as the workout duration and distance will be displayed on
both the **Huawei Health** app and your wearable device.

• If the workout distance or duration is too short, the record won't be saved.

• After a workout ends, the data displayed on the **Huawei Health** app is collected from
both your phone and wearable device, and such data will not be displayed on your
wearable device.

Workout records

Viewing workout records on your wearable device

1 Enter the app list and touch **Workout records** (📅🕐).

2 Select a record and view the corresponding details. You'll see different types of data for
different workout modes.

Viewing workout records on the Huawei Health app

Go to **Huawei Health** > **Health** > **Exercise records**, select a record, and view the
corresponding details.

Deleting a workout record

Go to **Huawei Health** > **Health** > **Exercise records**, touch and hold on a workout record and
delete it. However, this record will still be available in **Workout records** on your wearable
device.

ℹ️ Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the **Huawei Health** app if they have been synced.

Checking out your running ability index

Running ability index (RAI) is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.

Before you start

- Update your wearable device and the **Huawei Health** app to their latest versions.
- The RAI feature is only available for runs that last more than 12 minutes in certain scenarios.

Checking out your RAI

- On your wearable device:

  Open the app list, touch **Workout status** (🏃) to find your RAI data.
- On your phone:

  Go to **Huawei Health** > **Me** > **My data** > **Running Ability Index**, and view your current RAI and assessment result.

Viewing your training status

On your wearable device, enter the app list, touch **Workout status** (🏃), and swipe up on the screen to view your workout data including **running ability index (RAI), degree of recovery**, **training load**, and **VO2Max**.

- Running ability index (RAI) is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- Degree of recovery is how long it will take for your body to return to 100%, taking into account general fatigue as well as stress from the current training session. For an individual workout, the degree of recovery is directly related to recovery time which is determined by training intensity and workout duration.
- Training load is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout.
- VO2Max refers to the maximum amount of oxygen your body can absorb and use during intense exercise. It is an important indicator of your body's aerobic ability.

More

Charging

Charging your device

Connect the metal contacts on the charging cradle to those on the back of the band, then put them on a flat surface. Connect the charging cradle to a power supply, then the device screen will light up and display the battery level.

- It is recommended that you use a HUAWEI charging cradle and adapter when charging your device, or use a charging cradle and adapter that comply with relevant safety regulations and standards. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using them. To guarantee the authenticity of your HUAWEI charging cradle and adapter, it is recommended that you purchase them from an official Huawei sales outlet.

- The charging cradle is not water-resistant. Make sure that the charging port, metal contacts, and your wearable device remain dry during charging.

- Keep the surface of the charging cradle clean. Make sure your wearable device is placed correctly on the charging cradle and that the charging status is displayed on your device screen. Avoid bringing metal objects into contact with the metal contacts on the charging cradle, to avoid short circuiting and other risks.

- When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter.

- If you don't plan on using your wearable device for a long time, you're advised to charge the battery once every two to three months, to extend the battery lifespan.

- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, you can go to an authorized Huawei Customer Service Center to have the battery replaced.

- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure that its USB port is free of any residual liquid or foreign object. Keep the cradle and your device away from liquids and flammable materials during charging. Do not touch the metal contacts of the charging cradle when it is connected to a power supply.

- The charging cradle contains a magnet. If you find repulsion against your device when attempting to charge it, switch its direction and connect it to the cradle. The cradle is magnetic, and tends to attract metal objects. Please check and clean it before use.

- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources of strong electromagnetic interference, so as to avoid the reduction or switching of the magnetic properties or other issues.

Checking the battery level

Method 1: Swipe down from the top of the device home screen to open the shortcut menu, where you'll find the battery level.

Method 2: Connect your device to a power supply, and check the battery level on the charging screen.

Method 3: View the battery level on your device home screen if the current watch face displays such data.

Method 4: When your device is properly connected to the **Huawei Health** app, open the **Huawei Health** app, navigate to the device details screen, and view the battery level.

Low battery alert

When the battery level falls below 10%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible.

Setting the AOD watch face

Once you have set the AOD watch face, you can choose whether to see the main watch face or AOD watch face when you raise your wrist.

1   Open the app list, go to **Settings** > **Watch face**, and enable **Always On Display**.

2   Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

Setting a PIN

You can set a PIN for your device to further protect your privacy. After you have set a PIN and enabled Auto-lock (which automatically locks your device when it's taken off), you will need to enter the PIN to unlock your device and access the home screen. If you keep wearing your device, the screen will not be locked.

Enabling PIN

1   To set a PIN, swipe down on the home screen, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a 6-digit PIN.

2   To enable Auto-lock, swipe down on the home screen, go to **Settings** > **PIN** > **Auto-lock**, and enable **Auto-lock**.

🛈 If you forget the PIN, you'll need to restore your device to its factory settings.

Changing PIN

Swipe down on the home screen, go to **Settings** > **PIN** > **Change PIN**, and follow the onscreen instructions.

Disabling PIN

Swipe down on the home screen, go to **Settings** > **PIN** > **Disable PIN**, and follow the onscreen instructions.

Forgetting your PIN

If you have forgotten your PIN, you'll need to restore your device to its factory settings.

To do so, open the **Huawei Health** app, navigate to the device details screen, and touch **Restore factory settings**.

ℹ️ Restoring your device to its factory settings will clear all of your data. Please exercise caution when performing this operation.

Setting time and language

Time and language cannot be set on your wearable device.

Once the wearable device is connected to a phone, the time and language settings on the phone will automatically sync to the wearable device.

If you change the language, region, or time on your phone, the changes will automatically sync to the wearable device as long as it is connected to your phone via Bluetooth.

Water-resistant and dust-resistant level definition and usage scenario description of wearable devices

Being water-resistant and dust-resistant means that the wearable device prevents water and dust from entering inside and damaging the interior components and the mainboard.

ℹ️ In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).

Water/Dust Resistance Level	Resistance Level Definition	Resistance Scenario

5 ATM	It is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 meters deep.	The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-meter deep. Water resistance is not permanent, and performance may deteriorate with daily wear and tear. The device can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands. If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker. The wearable device is not suitable for use in the following scenarios: 1. Scuba dives, platform dives, dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments. 3. Leather and metal straps are not designed to withstand water. It is recommended that you wear other types of straps if you wish to swim or play other water activities. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the

		wearable device is used in an unsuitable scenario.)

Dust and water resistance is not permanent, and performance may deteriorate with daily wear and tear. The following usage conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

Pressing the device buttons or operating on the device underwater.

Using an ultrasonic cleaner or mildly acidic or alkaline detergent to clean the device.

Dropping the device from a high place or subjecting the device to impact from a collision.

Dissembling or repairing the device at a non-Huawei-authorized store.

Exposing the device to alkaline substances, such as soap or soapy water during showers or baths.

Exposing the device to perfumes, solvents, detergents, acids, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Charging the device when it is wet.

🛈 The water-resistant and dust-resistant features are applicable only to the watch body. Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.
Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.