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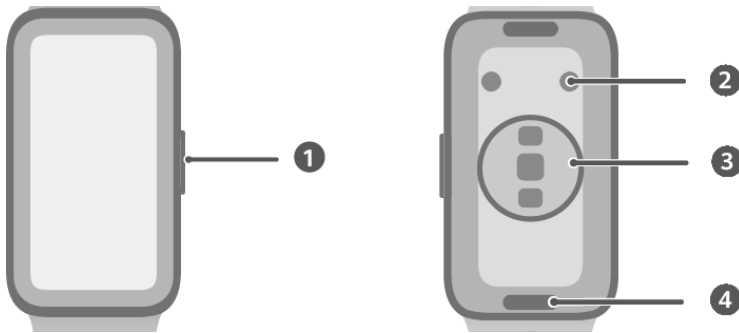
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Getting Started

Buttons and screen controls



- 1: Side button
- 2: Charging contacts
- 3: Monitoring sensor area
- 4: Quick release button

Side button operations

| Operation | Feature | Remarks |
|----------------|---|---|
| Press once | <ul style="list-style-type: none">• 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. Open the **Huawei Health** app, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.
 - 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **Allow**.
 - 6 When a pairing request displays on the wearable device, touch , and follow the onscreen instructions on the phone to complete the pairing.
-  After the pairing is complete, if you are using a non-HUAWEI phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents 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, please 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.

Setting style watch faces

You can create personalised watch faces based on the outfit you're wearing.

 This feature is currently not supported on iPhones.

- 1 Open the **Huawei Health** app, go to the device details screen, touch the **Watch faces** card, and go to **More > Mine > Style**.
- 2 Touch **+** in the lower left corner, and upload a photo of your outfit by either taking a photo using **Camera** or selecting one from your **Gallery**.
- 3 Multiple watch faces will be generated based on the elements in the photo. Select your favourite option, and touch **Save** to set it as the current watch face.

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.

Configuring Gallery watch faces

 Before using this feature, update the **Huawei Health** app and your device to their latest versions.

Selecting Gallery watch faces

- 1 Open the **Huawei Health** app, go to the device details screen, and go to **More > Mine > On watch > Gallery** to access the Gallery watch face settings screen.
- 2 Touch **+**, and select either **Camera** or **Gallery** as the method for uploading an image.
- 3 Touch **✓** in the upper right corner, and then touch **Save**. Your device will then display the selected image as the watch face.
 -  When you upload more than one image, you can tap on the watch face to switch between them.

Other settings


On the **Gallery** watch face settings screen on your phone:

- Touch **Style** and **Layout** to set the style and display position of the date and time on your Gallery watch face.
- Touch the Cross icon in the upper right corner of a selected photo 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 centre.

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.


Customising quick replies

-  . This feature is not supported on iPhones.

You can customise 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 centre, and touch  at the bottom of the message list to clear all unread messages.


Setting alarms

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

Setting an alarm on your device

- 1 Enter the device's app list, touch **Alarm** () , and touch  to add an alarm.
- 2 Set the alarm time and specify whether you would like the alarm to be repeated, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.
- 3 Touch an alarm to modify the alarm time, its repetitions, or to delete it.


Setting an alarm in the Huawei Health app

- 1 Open the **Huawei Health** app, enter the device details screen, and touch **Alarm**.
- 2 Touch **Add** to set the alarm time, alarm name, and repeat cycle.
- 3 If you are an Android or EMUI user, touch  in the upper right corner. If you are an iOS user, touch **Save**.
- 4 Swipe down on the **Huawei Health** home screen to make sure that the alarm settings are synced to the device.
- 5 Touch an alarm to modify the alarm time, the name, and its repetitions.

Setting Do Not Disturb

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

Enabling or disabling Do Not Disturb

Method 1: Swipe down from the top of the watch face and touch  to enable or disable it.

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

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 it.

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.

Torch

To make sure there is a suitable option for anywhere you go, there are three torch modes available on your device: Common mode, Flash mode, and Colour mode.

Common mode

Press the side button on your device to access the app list, or swipe down on the home screen to access the shortcut menu, and touch  to turn on the torch. The screen will light up. Touch the screen to turn the torch off. Touch the screen again to turn the torch on again. Swipe right or press the side button to disable the torch.

Flash mode and Colour mode

The torch on your device supports eight standard colours, custom colours, and adjustment of flash frequency. You can:

Go to the torch screen on your device, swipe up on the screen to display the settings options, and set your preferred light colour and flash frequency.

- The torch stays on for five minutes by default.
- The icon colour may vary depending on the device 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.



- 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

Make sure that you are wearing your device in the correct manner. The device will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake.



Sleep settings

- 1 Select **Sleep** () from the app list, 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 the wearable device to screen for abnormal heartbeat rhythms.

-  This feature is only supported in some countries/regions.


Activating the app

- 1 Before using this feature for the first time, download the latest version of the **Huawei Health** app from HUAWEI AppGallery, or update the **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**.


Performing measurements on your wearable device

-  For wearable devices that support the ECG feature, use the ECG feature to perform measurements.
- 1 Wear your wearable device in the correct manner, place your arms flat on a table or on your lap, and relax your arm and fingers.
 - 2 Touch **Pulse wave arrhythmia analysis** from the app list on your wearable device, and then touch **Measure**.
 - 3 Once the measurement is complete, the results will display on the wearable device screen. You can touch  to view a detailed description. For details, open the **Huawei Health** app, 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 is being worn. You can toggle the switch for **Arrhythmia alerts** on or off as needed.

Disabling service

Open the **Huawei Health** app, go to **Health > Heart**, touch **Pulse wave arrhythmia analysis** on the lower screen,  in the upper right corner, **About**, and then **Disable service**, and follow the onscreen instructions to complete the settings.

Result interpretation

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 view the result description, open the **Huawei Health** app, visit the **Pulse wave arrhythmia analysis** screen, touch  in the upper right corner, and touch **Help**.

Measurement results: No abnormalities, arrhythmia, risk for atrial fibrillation, suspected premature beats, and suspected atrial fibrillation.

Measuring heart rate

- i • 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**.
 - i • 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.
- HarmonyOS and 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

- i • 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 upwards.
- i • 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 SpO₂**. The device will then automatically measure and record your SpO₂ level when it detects that you are at rest.
- 2 Touch **Low SpO₂ 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 **SpO₂** 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


- i Connect your watch to the **Huawei Health** app before using this feature.

- 1 Open the **Huawei Health** app, go to **Health > Sleep**, and touch **Sleep breathing awareness** on the lower screen.
- 2 When using the feature for the first time, follow the onscreen instructions, touch **Allow**, touch **Agree** to enter the **Sleep breathing awareness** screen, touch **Go enable**, and toggle on the switch for **Sleep breathing awareness**.
- 3 Once enabled, when you wear your watch while asleep, your watch will detect interruptions in your breathing while you're asleep.


Viewing data

- 1 Open the **Huawei Health** app, go to **Health > Sleep**, and touch **Sleep breathing awareness** on the lower screen to view the latest detection result and all detection results.
- 2 Touch  in the upper right corner, and touch **All data** to view the data of a specific day.

Enabling/Disabling sleep breathing awareness

Open the **Huawei Health** app, go to **Health > Sleep**, touch **Sleep breathing awareness** on the lower screen, touch  in the upper right corner, touch **Sleep breathing awareness**, and toggle on or off the switch for **Sleep breathing awareness**.

Disabling service

Open the **Huawei Health** app, go to **Health > Sleep**, touch **Sleep breathing awareness** on the lower screen, touch  in the upper right corner, touch **About** and then **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 centre. 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 Organisation (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 wearable device's app list, and touch **Workout** (.
- 2 Swipe up or down on the screen and select the workout that you would like to do. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.




-  To remove a workout:
Select **Workout** from the app list, swipe up on the screen to find and touch **Custom**, select the workout type you wish to delete, and touch  to remove it from your workout list. You can touch  to change the order.


3 Touch a workout icon to start a workout.

-  • To keep your watch screen on while you work out, go to **Workout > Workout settings**, and toggle on the switch for **Always on**.

Using the Huawei Health app to start a workout

1 When your wearable device is linked with the **Huawei Health** app, start a workout (including a single workout session and training course) in the app.

2 In the **Huawei Health** app, touch  to pause a workout, touch  to resume a workout, and touch and hold  to end a workout. The device will pause, resume, or end the workout accordingly.

-  • During a workout, data such as the workout duration and distance will be displayed in both the **Huawei Health** app and on your wearable device.
 - If the workout distance or duration is too short, no workout data will be recorded.
 - After a workout ends, the data displayed in the **Huawei Health** app is collected from both your phone and wearable device, and the data will not be displayed on your wearable device.

Viewing workout records

Viewing workout records on your device

- 1** Enter the device's app list, and touch **Workout records**.
- 2** Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

You can also view detailed workout data by going to **Health > Exercise records** in the **Huawei Health** app.

Deleting a workout record

Touch and hold a workout record on **Exercise records** in the **Huawei Health** app and delete it. However, this record will still be available in **Workout records** on the device.

- **i** Workout records won't be permanently stored on the wearable device. When new workout records are generated, the earliest workout record will be cleared. If the workout records on the device have been synced to the **Huawei Health** app, workout records in the app won't be deleted synchronously.

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 the training status

Enter the device's app list, touch **Workout status** () , and swipe up on the screen to view data including your **recovery status**, **training load**, and **VO2Max**.

- RAI is a comprehensive index that reflects a runner's endurance and technique efficiency. In general, a runner with a higher RAI performs better in competitions.
- Recovery status reflects the recovery from fatigue caused by the impact of the latest training session. A training session with a higher intensity will require a longer recovery time.
- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The device collects your training load from workout modes that track your heart rate.
- VO2Max refers to the maximum amount of oxygen that you can utilise 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 authorised Huawei Customer Service Centre 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**.

- i** 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.

- i** 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 | <p>It is a water-resistant standard (ISO 22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-metre static water pressure at room temperature for 10 minutes, and does not mean that the wearable device is water-resistant in water that is 50 metres deep.</p> | <p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-metre static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-metre deep. Water resistance is not permanent, and performance may deteriorate with daily wear and tear.</p> <p>It 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.</p> <p>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.</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> 1. Scuba dives, platform 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. <p>(Damage to the wearable device caused by immersion in liquid is not</p> |
|-------|---|--|

| | | |
|--|--|--|
| | | covered by the warranty if the wearable device is used in an unsuitable scenario.) |
|--|--|--|

Water-resistance is not permanent and it may be affected to some extent over time. The following 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 buttons of the device or using it underwater.

Use an ultrasonic cleaner or mildly acidic or alkaline detergent to clean your device.

The device being dropped from a high place or impacted by other objects.

Disassembling or repairing the wearable 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, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Charging the device when it is wet.

 The water-resistant and dust-resistant features are only applicable for 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.