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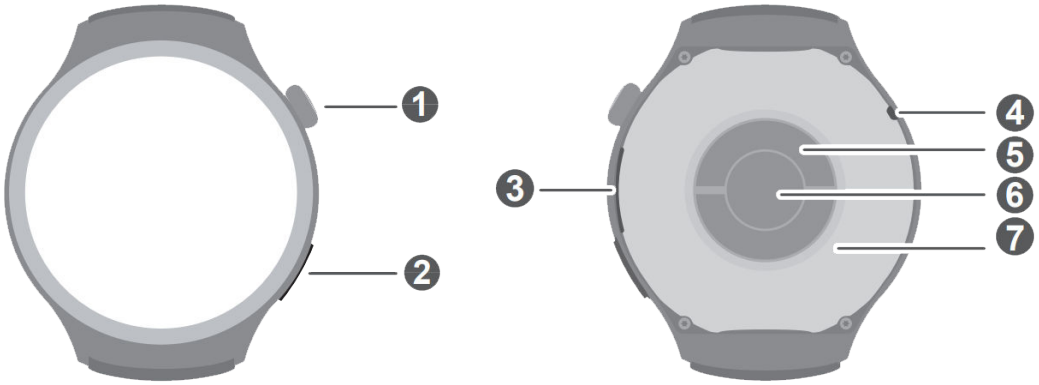
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Getting Started

Appearance



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Button features and touch operations

The device's colour touchscreen supports a range of touch operations, like swiping up, down, left, and right, touching, and touching and holding.

Up button

Operation	Feature
Rotate	• In **Grid** mode: Zooms in and out on app icons and app names on the app list screen. • In **List** mode: Swipes up and down on the app list and details screens. • In an app: Swipes up and down on the screen. To enter **Grid** or **List** mode, go to **Settings** > **Watch face & home** > **Launcher**.

Operation	Feature
Press	• 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. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps.
Press multiple times	Press five times in quick succession to launch emergency SOS.
Press and hold	• Powers on the watch. • Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Feature
Press	Displays the Workout, Health Glance, and Phone apps by default. You can also customise what the Down button does, by performing the steps below: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button**. 2 Select apps for your custom setting, by touching the Settings icon and then adding or removing apps. 3 Once you're done, return to the home screen and press the Down button to access the customised apps, and select one as needed. • This feature is available only when the watch works in Standard mode. • A maximum of three apps can be accessed by pressing the Down button.
Double-press	Opens the Wallet app.

Touch operations

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	On home screen: Changes the watch face. On a watch feature card: Accesses the card management screen.
Swipe up	On home screen: Shows notifications.

Operation	Feature
Swipe down	On home screen: Opens the shortcut menu and status bar. • You can enable or disable **Do Not Disturb** and **Sleep** from the shortcut menu. • You can view the remaining battery level and Bluetooth connection status in the status bar.
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the HUAWEI Assistant·TODAY screen. On any app's screen: Returns to the previous screen.

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.

Turning on the screen

- Press the Up button once to wake the screen.
- Raise your wrist to wake the screen.
  To use the Raise to wake feature, enter the app list on your watch, go to **Settings** > **Accessibility** > **Gestures**, and make sure **Raise to wake** is enabled. Follow the same path if you want to disable the feature.

Pairing with an EMUI phone

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

2 Go to **Huawei Health** > **Me** > **Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.

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

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

5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, touch **Agree**.

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

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.
Only available for iOS 13.0 and later.

2 Go to **HUAWEI Health** > **Me** > **Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.

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

4 Place your wearable device close to your phone. In the **HUAWEI Health** app, touch ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

5 When a pairing request appears on your wearable device, touch ✓. When a pop-up window appears in **HUAWEI Health** 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** and follow the onscreen instructions.

6 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing. If the pairing fails, go to **Settings** > **Bluetooth** on your phone, connect to the corresponding device, and try pairing again.

7 Keep **HUAWEI Health** running in the background (and don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.

Standalone communications on your watch

Activating eSIM One Number service

The eSIM One Number service allows you to add the watch as an eSIM auxiliary device of your phone and enables the watch to share your phone's number (primary number), voice plan, and data plan.

Activating eSIM Standalone Number service

The eSIM Standalone Number service means that the watch has a standalone number and can be connected to the cellular mobile network. It has an independent tariff package with allowances for SMS messages, calls, and data. You can make calls, and send and receive SMS messages on the watch.

For details about how to activate the eSIM service for your watch, see "Carriers and regions that support the eSIM service".

Convenient experience on your watch

Sending and receiving SMS messages

The watch can send and receive SMS messages with the eSIM Standalone Number service. Press the Up button on the watch to enter the app list, touch **Messaging**, touch **+**, select a recipient, write your message, and touch **Send**. For details, see "Sending and receiving SMS messages".

HUAWEI Assistant•TODAY

Swipe right on the watch home screen to enter HUAWEI Assistant•TODAY screen. The HUAWEI Assistant•TODAY screen makes it easy to view weather forecast and other information. For details, see "HUAWEI Assistant•TODAY".

Finding your phone using your watch

When the watch is connected to your phone via Bluetooth, enter the shortcut menu screen, and touch **Find Phone** ( ). Your phone will play a ringtone to help you locate it. For details, see Finding your phone using your watch.

Obtaining health information on your watch

Activity rings

Activity rings track your daily physical activity and help you see if you are reaching your goals. They display three types of measurements: Move, Exercise, and Stand. Reaching your goals for all three rings will help you lead a healthier life. For details, see "Activity rings".



Health Glance

Health Glance tracks multiple key indicators all at one time, including the heart rate, ECG, SpO2, and stress. For details, see "Health Glance".

Sleep monitoring

Make sure that you are wearing your watch in the correct manner. Your watch will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake. Press the Up button on your watch to enter the app list. Touch **Sleep** ( ) to view the night sleep and nap data record of the current day. For details, see Sleep monitoring.

Measuring SpO2

SpO2 is the percentage of oxygen saturated haemoglobin (HbO2) relative to the total haemoglobin (Hb) in the blood. It is important for body functions and therefore an important physical indicator. You can use the watch to measure your SpO2 as needed. For details, see Measuring SpO2 on your watch.

Basic settings on your watch

Changing the watch face

The watch face store provides a diverse range of watch faces for you to choose from. To change the watch face, touch and hold anywhere on the home screen until the home screen zooms out and shows a preview, swipe left or right to select your preferred watch face, and swipe up on the screen and touch **Remove** to delete it.



Customising service widgets

You can customise service widgets to suit your needs. Swipe left on the watch home screen to enter the widget screen. Touch and hold any widget, touch the Settings icon at the bottom of the widget, and touch another widget to replace the earlier one.



Customising the Down button feature

The Down button feature can be customised to help you select and access a frequently-used app. Press the Up button to enter the app list, go to **Settings** > **Down button**, select an app and customise the Down button feature. Once you finished customising, return to the home screen and press the Down button to open the app.



Returning to ongoing apps

On the watch face screen, you can view the device status such as Do Not Disturb and Sleep mode, and return to ongoing apps as well. The returning to the ongoing apps feature allows you to return to your ongoing task, whether it's a call, workout, stopwatch, or timer, by touching the icon on the top of the watch face. To enable or disable this feature and the display of device status on the watch face, go to **Settings** > **Watch face & home** > **Display task statuses**, and toggle on or off the switches on the right of **Tasks in progress** and **Device status**.



Ultra-long Battery Life mode

Your watch can switch between Standard mode and Ultra-long Battery Life mode. To enable Ultra-long Battery Life mode, go to **Settings** > **Battery** on your watch, swipe up on the screen, and toggle on the switch on the right of **Ultra-long Battery Life**. To disable this mode, swipe down on the watch home screen, touch **Standard mode**. Go to **Settings** > **Battery** to view the power consumption ranking of apps on your watch, and enable the Ultra-long Battery Life mode as needed.

Enabling health monitoring

To better monitor your health, open the **Huawei Health** app on your phone, go to the device details screen, touch the **Health monitoring** card, and toggle on or off the switches for **HUAWEI TruSleep™**, **Stand**, and **Continuous heart rate monitoring** as needed.

Setting ringtone

You can set the ringtone, ringtone volume, and vibration strength of your watch as needed. Press the Up button on the watch to enter the app list, go to **Settings** > **Sounds & vibration**, and set the related items.

Internet access on your watch

Your watch can access the Internet via Wi-Fi, via a connected phone, or via an eSIM mobile network if the eSIM service is activated. The watch will switch between networks based on the actual usage to use the best possible network.

The network priority is as follows:

1. When connected to your phone via Bluetooth, your watch will use the phone's current network (mobile data or Wi-Fi) to save battery power.

   - The watch cannot use an iPhone's network via Bluetooth.
   - If you'd like to use your watch's eSIM network when it's connected to your phone via Bluetooth, go to **Settings** > **Mobile network** > **Auto-disable network** on your watch and toggle off **When connected to phone**.

2. If the Bluetooth connection fails or disconnects, your watch will use the connected Wi-Fi.
3. If the Bluetooth connection between your watch and phone fails and no Wi-Fi is available, your watch will then use its own eSIM mobile network (if applicable).

Accessing the Internet via Bluetooth

When your watch is connected to your phone over the **Huawei Health** app and the app is running in the background, your watch will use your phone's current network (mobile data or Wi-Fi) by default.

Accessing the Internet via Wi-Fi

This feature is supported only when the watch works in Standard mode.

When your watch is connected to the Internet via Wi-Fi, you can use apps that require Internet access directly on your watch when you don't have your phone nearby.

1 Press the Up button on the watch to open the app list, go to **Settings** > **Wi-Fi**, and toggle on the Wi-Fi switch. The watch will then automatically scan for Wi-Fi that can be connected.

2 Touch the Wi-Fi network you want to connect to, enter the password, and touch **Connect**.

Ignoring the connected Wi-Fi

1 Press the Up button to open the app list, and then go to **Settings** > **Wi-Fi**.

2 Select the connected Wi-Fi and touch **Forget**.

Accessing the Internet via an eSIM

To use this feature, you'll need to enable the eSIM service first.

Press the Up button to enter the app list, go to **Settings** > **Mobile network** > **Mobile data**, and toggle on **Mobile data**.

Airplane mode

Enable **Airplane mode** before a flight, to have your watch turn off Bluetooth, Wi-Fi, and cellular data.

You can enable or disable **Airplane mode** using either of the following methods:

- Swipe down from the top of the home screen to open the shortcut menu, and touch **Airplane mode** to enable or disable it.
- Press the Up button to open the app list, go to **Settings** > **Mobile network**, and toggle **Airplane mode** on or off.

Setting the time format

When your watch is connected to the Internet, you can go to **Settings** > **System & updates** > **Date & time** and toggle on **24 Hours**, to display time in 24-hour format. If **24 Hours** is toggled off, your watch will switch to 12-hour timekeeping.

eSIM subscription

Activating the eSIM service

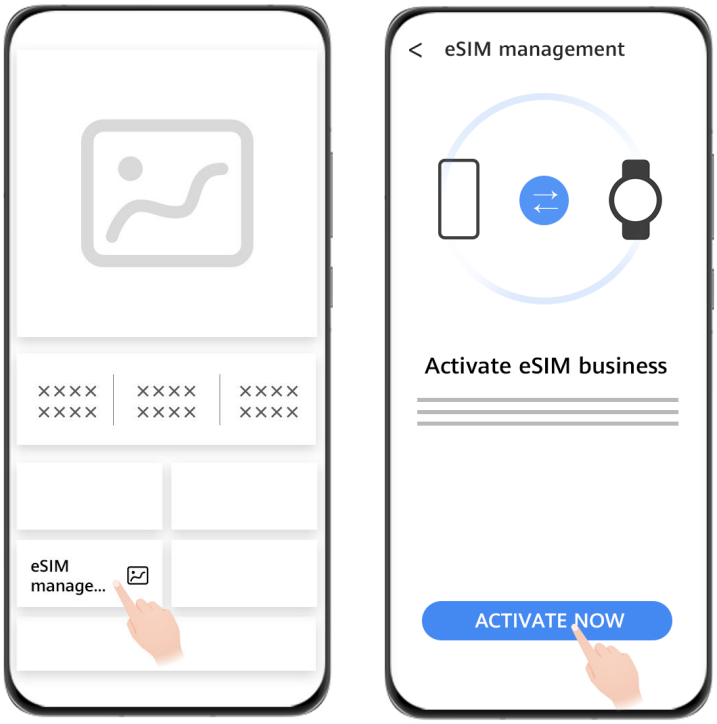
Requirements

- To activate the eSIM One Number service, your SIM card must be the primary card (default card).
- Your watch must be connected to your phone via Bluetooth and your phone must be able to access the Internet.
- Your watch's battery level must be higher than 20%.
- If you are using an iPhone, connect the watch to the Internet first.

Activation

1 Connect your watch to your phone using the Huawei Health app.

2 Navigate to the device details screen, go to **eSIM management** > **One number, two devices** > **Activate** or **eSIM management** > **Standalone number** > **Activate**, select the SIM card or carrier, and touch **Continue**.



3 Follow the onscreen instructions to activate the service by scanning the QR code of your carrier. Enter the verification code sent by your carrier if necessary.

4 The eSIM service will be automatically activated after the eSIM account is downloaded and configured on your watch for the first time.

Do not perform any operations on the watch during the eSIM service activation.

Making calls on your watch

Your watch supports Bluetooth calls and standalone eSIM calls in different situations.

The support for call forwarding by the eSIM One Number service varies by region. For details, consult with the customer service of your local carrier.

Answering/Ending a call on your watch

- To use the eSIM service on your watch, you'll need to keep wearing your watch and disable the corresponding feature based on your needs by going to **Settings** > **Battery**, swiping up on the screen, and going to **Power saving** > **Auto-disable network**.
- When you use the eSIM service on your watch, features such as harassment blocking and blocklist are not supported. When the eSIM service is not used on your watch, the blocking settings on the phone will be automatically synced to your watch.

Answering a call: When you receive an incoming call, your watch will notify you and display the caller information. Touch to answer the call.

Ending a call: Touch to end the call.

Returning to the call screen:

If you're not on the call screen, touch the Phone icon on the top of the watch home screen to return to the call screen.

Making a call on your watch

You can make a call in one of the following ways:

- Using the voice assistant: Press and hold the Down button on the watch to wake up the voice assistant and give a voice command, such as:
  "Call Peter" or "Dial 950800".
- Press the Up button on the watch to enter the app list, select **Phone**, and choose any of the following methods to make a call.
  - Touch **Call logs** and then a call log to call back.
  - Touch **Keypad**, enter the number you want to call, and touch the Dial icon to initiate a call.
  - Touch **MeeTime** (if you're using this feature for the first time, follow the onscreen instructions to activate it), select a contact you want to call, and touch the connected device of the contact to make an HD voice call over the Internet.
  - Touch **Contacts** and then a contact to make a call.

- When the Standalone Number service is enabled and your watch is connected to your phone via Bluetooth, calls can be made using your watch's eSIM card or your phone's SIM card if your watch is connected to the eSIM mobile network, or only your phone's SIM card if your watch is not connected to the eSIM mobile network. When your watch is disconnected from your phone, your watch's eSIM will be used.
  - **For eSIM Standalone Number service users:**
    When your watch is connected to your phone via Bluetooth, calls can be made using your watch's eSIM or your phone's SIM card if the Standalone Number service is enabled, or only your phone's SIM card if the service is not enabled. When your watch is disconnected from your phone, your watch's eSIM will be used.
  - **For eSIM One Number service users:**
    After activating the eSIM service, when your watch is connected to an iPhone via Bluetooth, you can make or receive calls via both Bluetooth and eSIM normally. When your watch is connected to a phone of any other brand via Bluetooth, you can only make or receive calls via Bluetooth, and you need to disconnect the watch from your phone to make or receive calls via eSIM.
  - MeeTime calls are available in certain markets only. For details, contact the official customer service.

Configuring settings during a call

- Adjust the call volume by rotating the Up button. Mute a call by touching the Mute icon ().
- Enter digits by touching the More icon () and then typing in the keypad.

Viewing/Deleting call logs

- Press the Up button to enter the app list and then go to **Phone** > **Call logs** to view your call logs (including incoming, outgoing, and missed calls).
- Press the Up button to enter the app list, go to **Phone** > **Call logs**, swipe left on an individual log, and touch the Delete icon to delete the log. Please note that deleting multiple call logs at once is not allowed.
  When you use standalone eSIM calls, the contacts on your phone do not contain any logs of calls made or received on your watch.

Switching calls between your phone and watch

When your watch is connected to your phone via Bluetooth, you can switch audio between the two devices during a call.

On the call screen of your phone, touch the Bluetooth button in the lower right corner and choose to switch audio to your phone, watch, or earphones, etc.

eSIM calls can't be switched between your phone and watch.

eSIM number change or transfer

To change the eSIM number for your watch or transfer the number to a new watch, you'll need to first deregister from the activated eSIM service, reset the eSIM configurations, and then reactivate the service.

1. Deregister from the activated eSIM number by contacting your carrier. Otherwise, fees will be deducted continuously and the number cannot be reactivated.
2. Re-activate the eSIM service for a new phone number or a new watch.

Assistant

Sending and receiving SMS messages

You can send and receive SMS messages directly on your watch once the eSIM Standalone Number service is enabled.

- The eSIM One Number service does not support independent SMS message sending and receiving.
- To use this feature, first update your watch to its latest version.
- The eSIM Standalone Number service does not support MMS, SMS forwarding, SMS group messaging, or interception of SMS messages from numbers in the blocklist.

Viewing SMS messages

When your watch's standalone number receives an SMS message, touch **Messaging** in the app list to view the unread message content and number of SMS messages.

Swipe up on the message details screen to call the contact or view the contact details.

Sending SMS messages

Writing an SMS message:

In the app list, touch **Messaging** and then **+**, select a recipient, write your message, and touch **Send**.

Replying to an SMS message:

Touch an SMS message session in the message list or go to the notifications details screen to reply in any of the following ways:

- Touch  at the bottom, and use an input method to enter text or select emoticons.
- Swipe up on the screen and select a quick reply.

Deleting SMS messages

Deleting a single SMS message:

Touch an SMS message session in the message list, touch and hold a message, and touch **Delete**.

Deleting all SMS messages for a contact:

Find the SMS message session to be deleted, swipe left on the screen, and touch the Delete icon.

Deleting the SMS messages for multiple contacts/Deleting all SMS messages:

Select multiple or all SMS message sessions in the message list, and touch **Delete**.

HUAWEI Assistant·TODAY

HUAWEI Assistant·TODAY provides quicker, easier access to services such as weather information and background apps.

Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the device home screen to enter HUAWEI Assistant·TODAY. Then, swipe left on the screen to exit HUAWEI Assistant·TODAY.

Quick access to apps

On the HUAWEI Assistant TODAY screen, touch any card to access the corresponding app details screen.

Audio control

On the HUAWEI Assistant·TODAY screen, you can use the Audio control card for music playback controls on both your phone and watch. Note that phone music controls via the watch will only work when your watch is linked with **Huawei Health** and when music is being played on the phone.

HUAWEI Assistant·TODAY settings

- Built-in cards cannot be modified.
- On the HUAWEI Assistant TODAY screen, touch and hold on any card to access the card editing screen, where you can select **Pin**, **Ignore today**, or **Unfollow**.

Voice assistant

The watch allows you to wake up the voice assistant to make calls, view weather information, play music, start workout sessions, set alarms, view your heart rate, open apps, translate, open World clock, launch online encyclopaedia, and control your smart home when the watch is connected to a network.

This feature is only supported in certain countries or regions. For details, contact the official customer service.

Using the voice assistant

1. Press and hold the Down button to wake up the voice assistant.
2. Give a voice command on the displayed screen, such as "What's the weather like today?"

More settings

Go to **Settings** > **HUAWEI Assistant** > **AI Voice** and configure settings.

- **Wake by voice**: This feature is disabled by default. After it is enabled, you can say **Hey Celia** to wake up the voice assistant.

- **Wake by press**: This feature is enabled by default. After it is enabled, press and hold the Down button to wake up the voice assistant.
- **Broadcast**: This feature is enabled by default. After it is disabled, the watch will not broadcast voice messages.

Go to **Settings** > **Sounds & vibration** > **AI Voice volume** on the watch to adjust the volume.

Setting custom cards

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

Adding custom cards

1 Go to **Settings** > **Watch face & home** > **Card** > **Manage 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

Swipe left on the device home screen, touch and hold on a card, and drag it to its new position. For the cards that can be deleted, swipe up on a card and touch **Remove**.

Customising service widgets

Before using this feature, update the watch to its latest version.

You can customise service widgets to suit your needs.

Customising service widgets

1 Swipe left on the watch home screen to enter the widget screen, and touch a widget to go to its home screen or a specific screen.

2 Touch and hold any widget to access the editing screen.

3 Touch the Settings icon at the bottom of the widget, and touch another widget to replace the earlier one.

Adding and deleting third-party components

Third-party components are automatically installed along with third-party apps and watch faces. Removing the third-party watch face on the watch will not affect the display of third-party components. To remove a third-party component, open the **Huawei Health** app, go to the device details screen, go to **Watch faces** > **More** > **Mine**, and touch the Delete icon in the lower right corner to delete the watch face and its components.

Enabling or disabling Do Not Disturb

When enabled, your watch won't ring or vibrate when receiving incoming calls and notifications (except alarms).

Enabling or disabling Do Not Disturb

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

Method 2: Go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **All day** to enable or disable it.

Scheduling Do Not Disturb

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

- Go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods, and schedule any of them to enter Do Not Disturb mode.
- To disable any scheduled Do Not Disturb periods, go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **Scheduled**.

Live view

To use this feature, first update your watch and Huawei Health to their latest versions.

Notifications on your HUAWEI phone can be synced to your watch and displayed in a live view window, for easier access to key info like upcoming events.

1. Press the Up button on your watch to open the app list, go to **Settings** > **Watch face & home** > **Live view**, and toggle on the switch. You can toggle it off anytime you'd like to disable the feature.
2. Open **Huawei Health** on your phone, navigate to the device details screen, touch **Notifications**, enable **Notifications**, and then toggle on the switches for apps you'd like to receive notifications from, such as **Calendar**.
3. Swipe diagonally from/to the top right to show/hide Live view and check upcoming reminders. Touch the window to show the complete list if there are multiple reminders.

By default, Live view only shows when there are notifications. If you'd like it to display always, you'll need to disable power saving mode by pressing the Up button on your watch and going to **Settings** > **Watch face & home** > **Live view** > **Power saving**.

Find Phone feature

1. Swipe down on the device home screen to open the shortcut menu. Check that  is displayed, indicating your wearable is properly connected to your phone over Bluetooth.

2 On the shortcut menu, touch **Find Phone** ( ). The Find Phone animation will then play on the screen.

3 Look for your phone following the ringtone played on your phone (even in Vibration or Silent mode), as long as your wearable and phone are within the Bluetooth connection range.

4 Touch the wearable screen to end the search.

- If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as ringtone playback is controlled by iOS.
- The ringtone and volume are preset and cannot be changed.

Remote shutter

When connected to a phone, you can use the Remote shutter feature to remotely control your phone to take photos and record videos. You can also preview the photos and videos on your watch.

HUAWEI WATCH 3 Pro new/4 Series: Remote shutter and preview are only available on certain Huawei phones running EMUI 12.0 or later.

Remotely controlling your phone to take photos or record videos

1 Press the Up button on the watch to enter the app list, and touch **Remote shutter** to enable the camera of your phone.

2 Select **Photo**, **2s delay**, **5s delay**, or **30s video** on the top of the watch's camera screen.

- When paired with a Huawei phone running EMUI 12.0 or later, you can adjust the focal length of the rear camera by rotating the Up button or pinching two fingers together.
- When paired with a Huawei phone running EMUI 12.0 or later, you can switch between the front and rear cameras on the watch.
- If the watch is connected to a Huawei phone running a version later than EMUI 8.1, video shooting is not supported.

3 Preview the photo or video on your watch, then touch to take a photo or touch to start recording a video.

Viewing photos

Touch the thumbnail in the lower left corner to view the most recent photo on your watch, or see all photos in the Gallery on your phone.

Managing messages

When your watch is linked with the **Huawei Health** app and message notifications are enabled, messages pushed to the status bar of your phone can be synced to your watch.

Enabling message notifications

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

2 Go to the app list and toggle on the switches for the apps that you wish to receive notifications from.

Go to **APPS** to view the list of apps that you can receive notifications from.

Viewing unread messages

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

Unread messages can be viewed on your watch. To view them, swipe up on the home screen to enter the unread message centre.

Unread messages will not be retained once viewed in the unread message centre. If you want to view them again, open the corresponding app on your phone.

Replying to 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 watch, you can touch  below the message to reply in any of the following ways:

- Use an input method to enter text.
- Swipe up on the screen and select a quick reply.
- Touch the mini keyboard in the lower left corner and select an emoticon.

Customising quick replies

- If the **Quick replies** card does not display, it means that your watch does not support this feature.
- This feature is not supported on iPhones.

You can customise a quick reply as follows:

1 Once your watch is linked with 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

- Touch  at the bottom of the message list to clear all unread messages.

Music on the watch

Playing music online

1 Press the Up button on your watch to enter the app list, and touch **Music**.

2 Play songs in any of the following ways:

a Touch **Playlists** and select a song in a playlist. To use this feature, you'll need to first create playlists in HUAWEI Music on your phone.

b Touch **Favourites**. To use this feature, you'll need to first add songs to the **Favourites** list (when they're being played) on the watch or add songs to **Favourites** in HUAWEI Music on your phone.

c Touch **Songs**. To use this feature, you'll need to first download music on your watch or sync music via the Huawei Health app to your watch.

d Select **Search** to search for songs by name.

- Syncing music to watch only works for the tracks in **Playlists** and **Favourites** in the HUAWEI Music app logged in with the same HUAWEI ID used to log in to the watch.
- The search feature in Music on the watch is available only in certain languages.

Syncing music to your watch

1 Open the **Huawei Health** app, go to the device details screen, touch **Music** > **Manage music** > **Add** and select the music to be added.

2 When you're done, touch ✓ in the upper right corner of the screen.

- To use this feature, update your watch and the Huawei Health app to their latest versions.
- Music syncing to watch is unavailable when paired with an iPhone.
- You can use the Huawei Health app to sync to your watch the unencrypted music files downloaded on your phone. These songs can then be played on your watch independently, not requiring Internet access.

Downloading music on your phone

Manual download:

On the music playback screen on your watch, touch ⋮ > **Download** in the lower right corner.

Auto-download:

On your watch, go to **Music** > **Settings** > **Favourites**, and toggle on **Favourites**, to have your watch automatically download tracks from **Favourites** and **Playlists** when connected to WLAN and being charged.

- Your wearable device will automatically download the recently added tracks.
- When the device screen turns off, the power saving wizard in the background will automatically disconnect the watch from WLAN, thus stopping music downloads.

Controlling phone music playback

1. On your phone, open **Huawei Health**, navigate to the device details screen, touch **Music**, and toggle on **Control phone music**.
2. Open a phone music app, such as HUAWEI Music, and start the playback.
3. On your watch, swipe right on the home screen to enter the Assistant·TODAY screen, and you'll find the Music card. From there you can pause playback and switch to the previous/next track.
4. Touch the music card to enter the playback screen, where you can adjust the volume or touch the device name at the bottom of the screen to switch between audio output devices.

Timer

Your wearable device supports quick timers with preset durations and customised timers, to help you measure and control the duration of various activities and events.

Setting a quick timer

1. Enter the device app list and touch **Timer**.
2. Swipe up on the screen and select a duration. Start the timer.
3. Your device will notify you when the timer expires. You can touch the  icon to repeat the last quick timer.

Setting a customised timer

1. Enter the device app list and touch **Timer**.
2. Swipe up to reach the bottom of the screen and touch **Custom**.
3. Set the hour, minute, and second, then touch  to start timing.

Pausing, resetting, and exiting the timer

Touch  to pause, touch  to reset, or touch  to exit after the timer expires.

Pairing with a new phone

Your wearable can only connect to one phone at a time. So if you want to pair with a new phone, you'll need to first disconnect from the current phone.

1 Enter the device app list and go to **Settings** > **System & updates** > **Disconnect**.

2 Touch ✓.
If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your wearable device. Touch the **i** icon and set to forget the device.

3 When your wearable displays the pairing screen, follow the onscreen instructions to pair with a new phone.

Health Management

Activity rings

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

Access the home screen of **Huawei 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 watch

You can touch **Activity records** and perform the following operations:

- Swipe left on the screen to view data of **This week**.
- Swipe up on the screen to view data of **Today**, **Move**, **Exercise**, **Stand**, and more.
- Swipe up to the last screen, select **Edit goals** or **Reminders**, and set it as needed. In **Reminders**, you can disable **Stand**, **Progress**, and **Goal reached**.

(1) : **Move** measures the active calories, which are burnt in addition to the calories you burn at rest. You can burn active calories through all kinds of movement, from doing household chores to competing in sports.

(2) : **Exercise** measures the total duration of moderate- and high-intensity workouts you've engaged. 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 strength training tailored to your fitness level can enhance cardiopulmonary endurance, improve strength, 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.

Health Glance

Get your multiple health indicators quickly measured, including heart rate, SpO2, stress, skin temperature, ECG, arterial stiffness, lung function, and more. This Health Glance feature also generates and displays your health reports on both your watch and phone (in the Huawei Health app), to allow for more effective health management.

Using Health Glance

1 Double-check that your watch is worn properly, and keep still.

2 Enter the device app list, and touch **Health Glance** (). Authorise the requested permissions and agree to the privacy agreement if you're using the app for the first time.

3 Touch **Measure** on the Health Glance app home screen, and follow the onscreen instructions to complete the measurement.

4 Your watch will vibrate to notify you once a health report is generated. Swipe up on the app home screen to view historical reports.

- For optimal measurement accuracy, specify which wrist you're wearing the device on, by swiping up on the Health Glance app home screen, touching **More**, and setting **Wrist**.
- If the **Health Glance** card is not on the **Huawei Health** app home screen, touch **Edit** and add the card.

Viewing your Health Glance report

- On your watch: Enter the app list, touch **Health Glance**, and swipe up on the screen to view historical reports.
- On your phone: Go to **Huawei Health** > **Health Glance**.

- All data and results are for reference only, and should not be used as a basis for medical diagnosis. If you experience any discomfort, please seek medical assistance in a timely manner.

Stay Fit app

The app helps set a science-based, personalised training plan for you to reach or maintain your ideal weight, based on weight changes, calorie deficit, diet records, exercise data, and more.

Setting your initial goal

1 Press the Up button on the watch to open the app list and select **Stay Fit**. Touch **Agree** on the user authorisation screen if you're using the app for the first time.

2 Enter the **Sync goal** screen, choose whether or not to sync your goal to Activity rings, and you'll be redirected to the notifications settings screen where you can complete the

relevant settings. Once you're done, you'll be redirected to the gesture guidance screen and then the **Stay Fit** home screen.

- If no weight data has been entered, follow the onscreen instructions to fill in **Weight**, **Goal type**, **Rate of loss**, and **Target weight** to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you. Touch **Start**.
- If you have set your current weight and target weight via **Huawei Health** > **Health** > **Weight management**, such data will automatically sync to your watch.

Resetting your goal

1. Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
2. Touch **Reset goal** to adjust **Weight**, **Goal type**, **Rate of loss**, and **Target weight**, to have a new weight loss or weight maintaining plan generated for you.

Recording your weight

1. Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
2. Touch **Record weight** and note down your current weight.

Recording your diet

1. Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe left on the app home screen to access **Today's intake**.
2. Touch **Quick add** or **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
   You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.
3. Remember to log each meal on your phone's **Calorie records** screen. You can then view your diet data on your phone's **Calorie records** screen or your watch's **Today's intake** screen.

Exercising

1. Press the Up button on the watch to open the app list and select **Stay Fit** to enter the app home screen.
2. Swipe left twice on the screen to access **Today's calories burnt**, and view your **Burnt (kcal)**, **Resting**, and **Active** calorie data for the current day.
3. Swipe up on the screen, touch **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.
   Touch **Fitness course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Touch a fitness course to start a workout session.
   You'll only be redirected when your watch is paired with a HUAWEI phone.

More settings

1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **More settings**.

2 Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **Reminders**.

2 Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

ECG measurement

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help identify irregular heart beats and screen for potential health risks.

This feature is only available in certain markets. Refer to the list of countries/regions where the ECG feature of HUAWEI wearable devices is available.

Before you start

- This feature shall be used in accordance with the laws and regulations of medical devices in your local jurisdiction.
- This feature is not intended for users below the age of 18.
- This feature is not intended for people with pacemakers or other implanted devices.
- Strong electromagnetic fields will lead to severe ECG signal distortion. Avoid using this feature in environments with a strong electromagnetic field.
- All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

Before use

To use this feature, first update the **Huawei Health** app to its latest version.

If you're using **ECG** for the first time, go to **Huawei Health** > **Health** > **Heart** > **ECG**, and follow the onscreen instructions to activate the ECG app.

Measuring your ECG

1 Double-check that the device is worn properly. Enter the app list and select **ECG**. If you're using the feature for the first time, specify which wrist you're wearing the device on. You can then change this setting anytime on the ECG app home screen by touching the Settings icon at the bottom.

2 Place your arms flat on a table or your lap, with your arms and fingers relaxed.

3 Gently place a finger of your free hand on the electrode (Down button) and hold still, then a measurement will be automatically initiated.

- During the measurement, hold still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the electrode, but avoid pushing too hard on it.
- Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water to enhance conductivity.
- The duration of a single measurement is 30 seconds.

4 Keep still and wait till the measurement is complete, then view your result on the watch screen. You can touch to check out the result description. For more details, access the **Health** screen of **Huawei Health** and go to **Heart** > **ECG**. To download an ECG report, touch the download icon in the upper right corner of the ECG details screen.

Result interpretation

- Please consult with medical professionals about your measurement results. Do not interpret the results on your own or self-medicate.
- This feature cannot detect blood clots, strokes, heart failure, or other types of arrhythmia or heart issues.
- This feature cannot detect heart attacks or related complications. If you feel pain, tightness, or pressure in your chest, or experience any other symptoms, seek medical assistance immediately.
- Do not adjust your prescription based on the data provided by this feature without first consulting with medical professionals.

SpO2 measurement

To ensure the accuracy of the SpO2 measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.

Individual SpO2 measurement

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

2 Open the app list, and swipe up or down until you find **SpO_2** ( ), and touch this option.

3 Touch **Measure**. (The actual product interface shall prevail.)

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

Automatic SpO2 measurement

1 To enable this feature, open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Automatic SpO_2**.

When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.

2 Touch **Low SpO_2 alert** and set the lower limit for you to receive an alert while you're awake.

Viewing your SpO2 data

Access the home screen of **Huawei Health**, touch **SpO_2**, and select a date to view your SpO2 data on that day.

Heart rate measurement

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed.

- Measurement data and results are for reference only and are not intended for medical use.
- For optimal heart rate data accuracy, fasten the device snugly above your wrist bone for the best possible fit. Opt for a tighter fit during workouts.
- Heart rate measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

Individual heart rate measurement

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

2 Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.

Heart rate data from individual measurements will not sync to the **Huawei Health** app.

Continuous heart rate monitoring

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

Set **Monitoring mode** to **Smart** or **Real-time**.

- **Smart**: Automatically adjusts the frequency of measurements depending on your state of activity.
- **Real-time**: Monitors your heart rate in real time regardless of your state of activity.

Resting heart rate measurement

Resting heart rate, measured in beats per minute, refers to the heart rate measured while you're awake but in a quiet, resting state. This is an important indicator of heart health. The

best time to measure your resting heart rate is first thing in the morning after waking up (but before getting out of bed).

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

- There are some prerequisites for your resting heart rate to be measured and displayed. Suboptimal measurement timing may lead to deviations or no result at all.
- The device displays the resting heart rate data of the last seven days.

Heart rate alerts

High heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **High heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays above your set value for more than 10 minutes while you're resting. You can then swipe right on the alert screen to dismiss the notification.

Low heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **Low heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays below your set value for more than 10 minutes. You can then swipe right on the alert screen to dismiss the notification.

Heart rate data

Access the home screen of **Huawei Health**, touch the **Heart** card, touch ⋮ in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.

Heart rate measurement during 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 pre-set upper limit. For better training results, you're advised to use heart rate zones as a guide for your exercise.

Setting the heart rate zone calculation method:

Open **Huawei Health** and go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**.

Running: Set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**.

Other workout modes: Set **Heart rate zones** to **Maximum heart rate percentage** or **HRR percentage**.

- If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate (HRmax = 220 – Your age).
- If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).

Heart rate measurement during a workout:

After you start a workout, you'll see your real-time heart rate on your wearable screen. At the end of the workout, you can view your average heart rate, maximum heart rate, and heart rate zone-related data on the workout results 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 **Exercise records** on the **Huawei Health** home screen.

High heart rate alert during workouts

After a workout is initiated, 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. You can swipe right on the alert screen to dismiss the notification, or the alert screen will exit automatically when your heart rate drops back below the threshold.

1 Open **Huawei Health**, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and toggle on **High heart rate**.

2 Touch **Heart rate limit**, set the upper limit to suit your needs, and touch **OK**.

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

Measuring your skin temperature

Skin temperature measurements are mainly used to monitor the changes in the wrist skin temperature after exercise. After you enable a continuous skin temperature measurement, your skin temperature will be continuously measured and a measurement curve will be generated.

- The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.
- During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.
- After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

Single measurement

In the watch's app list, go to **Skin temperature** to start measuring your temperature.

Continuous measurement

1. Open the Health app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.
2. In the watch's app list, touch **Skin temperature** to view the measurement curve.

Emergency SOS

The watch will trigger emergency services when the Fall detection feature is enabled and the watch detects a serious fall. To prevent false alarms, emergency contacts are given priority for SOS emergency calls. If no emergency contact has been set, you will need to manually select a public emergency number.

- You can only send help messages when the watch is connected to the Health app.
- Sending help messages is not supported on an iOS phone.
- If the watch is connected to your phone via Bluetooth and your phone has dual SIM cards, set the default card for making emergency calls first.

Automatically initiating an SOS request

1. On the watch's menu, go to **Settings** > **Security & privacy** > **Emergency SOS** and enable **Fall detection**.
2. After the watch detects a fall:
   - If emergency contacts have been set, the system will automatically call the first emergency contact and send an SMS message containing your current location to all emergency contacts when you do not select an emergency contact or you select to make an emergency call within 60 seconds.
   - If no emergency contact has been set, public emergency call numbers will be displayed for you to select one.

Manually initiating an SOS request

If emergency contacts have been set, press the Up button five times consecutively to initiate an SOS request.

- If **Fall detection** is disabled, your watch will not make emergency calls after it detects a serious fall. In this case, you can press the Power button five times consecutively to make an emergency call.
- If the watch is connected to the phone via Bluetooth, you can make calls on the phone. If they are not connected, you can only make calls and send SMS messages after enabling the eSIM service on your watch.

Sleep monitoring

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

Sleep settings

1 Enter the device app list, select **Sleep** (), swipe up to access the **More** screen, and touch **Sleep mode**.

2 You can choose to enable either **Auto** or **Scheduled**.

- **Auto** is enabled by default. With this feature on, your wearable will automatically enter/exit Sleep mode based on your sleep status. In Sleep mode, the device won't ring or vibrate for incoming calls and notifications (except when an alarm goes off), and Raise to wake will be disabled.
- When **Scheduled** is enabled, your wearable will enter/exit sleep mode as scheduled.
  To add a scheduled period, touch **Add time** and set **Bedtime**, **Wake-up**, and **Repeat**. Then touch **OK**.
  To delete a scheduled period, touch the target and then **Delete**.

Enabling/Disabling Sleep mode

Sleep mode is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.

Swipe down on the device home screen and touch  to enable or disable Sleep mode.

If AOD is enabled, enabling Sleep mode will cause the AOD watch face to turn off several seconds after taking effect.

Enabling/Disabling HUAWEI TruSleep™

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off **HUAWEI TruSleep™** to suit your own needs.

HUAWEI TruSleep™ is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.

Viewing/Deleting your sleep data

- On your wearable, enter the device app list and select **Sleep** ( ) to check out your night sleep and nap data. Touch for more details on result description.
- On your phone, access the home screen of **Huawei Health** and touch the **Sleep** card to view detailed data.

  On the **Sleep** screen, touch in the upper right corner and then **All data** to access historical data records. From that screen, you can touch the delete icon in the upper right corner, select target records, and delete them.

Cycle Calendar

Activating the app

If you're using this feature for the first time, make sure that your watch and phone are connected and complete the feature activation.

1 Access the home screen of the **Huawei Health** app, touch the **Cycle Calendar** card, download the feature package, set your period data, and touch **Get started**.
If the **Cycle Calendar** card is not on the Huawei Health home screen, touch **Edit** and add the card.

2 An activation notification will pop up on your watch 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 privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.
Touch **OK** to return to the previous screen.

Recording and viewing your periods on your watch

1 Press the Up button on your watch to open the app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Touch to the right of the app name to switch between monthly view and ring chart view.

2 Touch **Edit** or to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**. Swipe up once more to go to the **More** screen and view **Help**.

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

Recording your periods in the Huawei Health app

1 Access the home screen of **Huawei Health**, touch the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.

2 On the **Cycle Calendar** screen, touch ⋮ in the upper right corner and then **Settings** to set your period length and cycle length, and toggle on or off the switches as needed. Toggle on the switch for **Predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.



Touch **Period records** to view **Avg period** and **Avg cycle**.
Touch **All data** to view the historical data.

Exercise

Starting a workout

Your wearable device supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports.

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. You can also swipe up until you reach the end of the screen, and touch **Custom** to add other workout modes.

- To remove a workout or reorder the workout list:
  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. Hold down on a mode and drag it to its new position.

3 Touch the workout mode icon to start.

4 During a workout, you can press and hold the Up button to end the exercise. Alternatively, press the Up button to pause, touch  to resume, or touch  to end the workout.

Starting a workout in the Huawei Health app

1 Double-check that your wearable device is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, go to **Exercise** > **Outdoor run** and touch the running icon to start your run.

2 During a workout, you can touch  on the **Huawei Health** screen to pause, touch  to resume, or hold down on  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

Viewing fitness data on your wearable

- Anytime during a workout, you can swipe up or down on the workout screen of your wearable to view your real-time fitness data.
- For exercise sessions started in the **Huawei Health** app, real-time fitness data will display both in the app and on your wearable screen. If the workout distance or duration is too short, the record won't be saved.

Route back

When you start an outdoor workout and enable the Route back feature, your watch will record the route you take and help you navigate. Anytime during the exercise or after you reach your destination, you can use the Route back feature to return to the area you came from.

On your watch, enter the app list, touch **Workout**, and start an outdoor session. At any time during the exercise, swipe on the screen to access the route screen, and select **Route back** or **Straight line** as a guide to return to the area you came from or anywhere you passed through.

If **Route back** and **Straight line** don't display on the screen, touch the screen to show them.

- The route screen is unavailable for track running.
- This feature is only available during an outdoor workout, and will become unavailable once the workout has ended.

Auto-detect workouts

1. Enter the device app list, go to **Settings** > **Workout settings**, and toggle on **Auto-detect workouts**.
2. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification, choose to start the corresponding workout, or touch **Ignore today** or **Disable Auto-detect**.

- Your device can automatically identify a workout and send a reminder only when your posture and activity intensity meet the corresponding requirements and when you maintain similar active states for a certain period of time.
- When your activity intensity remains below the corresponding requirements for a certain period of time, your device will remind you to end the workout. You can ignore the notification, continue the workout, or end the workout as prompted.

More

Managing apps

Installing and uninstalling apps

1. Press the Up button on the watch to open the app list and then select **AppGallery**.
2. Search for an app or select an app from the list of recommended apps and then touch the Download icon on the right to download the app.
3. After the installation is complete, touch the app to open or uninstall it.

Managing apps running in the background

- Press the Up button twice and swipe left or right on the screen to view apps running in the background.
- Touch an app tab to switch to the app.
- Swipe up on the app tab to close it.
- Touch the Delete icon to stop all apps running in the background.

Managing installed apps

1. Press the Up button on the watch to open the app list and then select **AppGallery**.
2. Swipe up on the screen to update or view installed apps.

Viewing or setting apps

1. Press the Up button on the watch to open the app list and then go to **Settings** > **Apps** > **Apps**.
2. Touch an app to view its permission and storage information. You can configure settings as required.

Adjusting the sequence of apps in the app list

Press the Up button on your watch to open the app list and then drag an app up or down. Alternatively, touch and hold an app while rotating the watch crown.

Charging

Precautions for charging

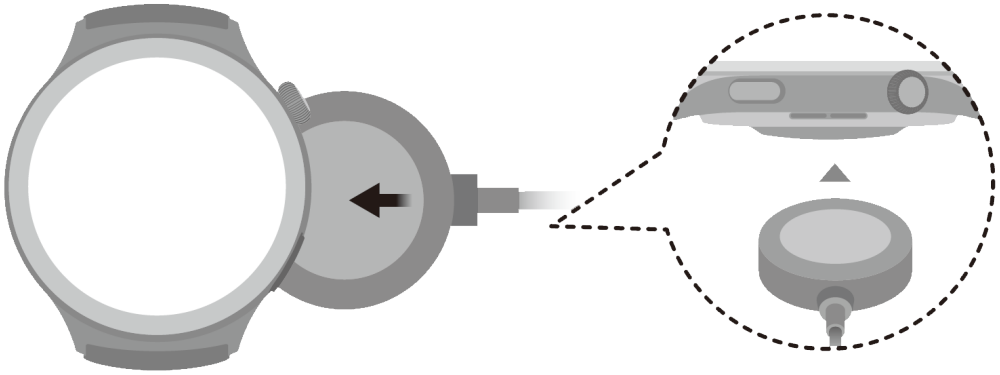
- It is recommended that you use a HUAWEI charging cradle and adapter purchased from an official Huawei sales outlet, or a charging cradle and adapter that comply with relevant safety regulations and standards, when charging your device. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using such devices. The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle

before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.

- Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers. Make sure that the device is placed correctly on the charging cradle, with the charging status displayed on screen. 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. Otherwise, the battery level may decrease a while later before recharging to capacity.
- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

Charging your watch

1. Connect the charging cradle and charging cable, and then connect the power adapter to a power source.
2. Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle, until you see the charging icon on the device screen.



Checking the battery level

Method 1: Swipe down on the device home screen to show the shortcut menu, where you'll find the battery level.

Method 2: Connect your device to a power source, 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 20%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible. When the battery level falls below 10%, the device will automatically enter Power Saving mode.

Managing watch faces

Update your watch and the **Huawei Health** app to their latest versions, and pick from a wide range of designs in the Watch Face Store, to start off each new day with a brand-new look.

Changing the watch face on your watch

1 Touch and hold anywhere on the home screen until the device vibrates, to visit the watch face selection screen.

2 Swipe left or right on the screen to select a desired watch face. You can also swipe on the screen to the rightmost, touch **+**, and swipe up or down to select a favoured watch face.

Some watch faces support custom control. You can touch **Custom** at the bottom of the watch face to customise the display content.

Installing and changing the watch face on your phone

1 Open the **Huawei Health** app, navigate to the device details screen, find the **Watch faces** tab, and touch **More**.

2 Select a preferred watch face, or use the search box in the upper right corner to find the design you want.

a If the watch face has not been installed, touch **Install**. Your device will automatically switch to the new watch face once it is installed.

b If the watch face has been installed, touch **Set as default** to use the watch face.

- The size displayed on the watch face details screen is the data required to download and install the watch face.

Deleting a watch face

1 Open the **Huawei Health** app, navigate to the device details screen, find the **Watch faces** tab, and touch **More**.

2 Touch **Mine**, swipe up on the screen, touch and hold on any installed watch face or touch **Edit**, touch **x** on the upper right corner of a watch face to delete it.

- Gallery, video, and Kaleidoscope watch faces cannot be deleted.
- If you have purchased a watch face and deleted it, you only need to reinstall it. There's no need to pay again.

Sharing a watch face

Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More** > **Mine** > **On watch**, touch a watch face, and touch the Share button in the upper right corner of the screen to share it with a friend.

OneHop watch faces

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. If you plan to use images saved on the cloud, download them before the transfer. You can transfer more than one image if you want, and tap the device home screen to switch between the images and enjoy multiple customised watch faces.

- Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is only available when your NFC-capable watch is paired with a HUAWEI phone that supports NFC.

1. Press the Up button on the watch to open the app list, go to **Settings** > **More connections** > **NFC**, and enable **NFC**.
2. Touch and hold on the watch home screen, and touch **Gallery**.
3. On your phone, enable NFC, open **Gallery**, select an image, and tap the NFC area on the back of your phone against the watch face.
4. Once the transfer is complete, the image will become the watch face.
   To modify the watch face style, open **Huawei Health**, navigate to the device details screen, go to **My faces** > **Gallery**, and complete the setting.

Gallery watch face

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 face

1. Open **Huawei Health** 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**, **Gallery** as the method for uploading.
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**, **Layout**, and **Widgets**, 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.
   - The Gallery watch face feature is unavailable on some device models.
   - To delete an image from Gallery watch face, navigate to the Gallery watch face settings screen, touch the cross icon at the upper right corner of the target image, and touch Save.

Time and language settings on your HUAWEI watch/band

Time and language settings cannot be adjusted independently on a wearable device.

Connecting your wearable device to your phone will automatically sync the phone's time and language settings to the wearable.

Any changes to the phone's language, region, or time settings will sync to your wearable once the two devices are connected via Bluetooth.

HUAWEI WATCH 3/WATCH 4 Series:

- You can change the format of time display by going to **Settings** > **System & updates** > **Date & time** and toggling on **24 Hours**.
- Time format changing is not supported in Ultra-long Battery Life mode.

PIN settings

You can set a PIN for your device to further protect your privacy. Then your device will automatically lock itself when it's taken off and its screen turns off, and you will need to enter the PIN to unlock your device and access the watch home screen. If you keep wearing your device, the screen will not be locked.

Enabling PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a six-digit PIN.

- Be sure to toggle on **Auto-lock** to use this feature. This PIN is only used to unlock the device after it automatically locks itself when it's taken off and its screen turns off.
- Keep your PIN secure. If you forget it, you'll need to restore your device to its factory settings.

Changing PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings** > **PIN** > **Change PIN**, and follow the onscreen instructions to change your PIN.

Disabling PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings** > **PIN** > **Disable PIN**, and follow the onscreen instructions to disable the PIN.

Sounds & vibration

Vibration settings

1 Select your desired vibration strength: **Strong**, **Weak**, or **None**.

Updates

On the watch

Before updates, make sure that your watch is connected to a 2.4 GHz Wi-Fi network or a mobile data network.

1 Press the Up button to enter the app list, and go to **Settings** > **System & updates** > **Software updates**.

2 Touch **Check for updates**, and follow the onscreen instructions to finish updating.

On the phone

This feature is not supported on iPhones.

Open the **Huawei Health** app, go to the device details screen, and touch **Firmware update**. Your phone will check for any available updates. Then follow the onscreen instructions to update your watch.

Viewing device information

- **On the watch**

Press the Up button on the watch, go to **Settings** > **About**, and view **Device name**, **Model**, **HarmonyOS**, **SN**, and **Bluetooth address** of your watch.

Touch the **HarmonyOS** to view the software version of your watch.

- **On the phone**

Open the **Huawei Health** app, go to the device details screen, and touch **Device info** to view **Name**, **Model**, **SN**, and **MAC address** of your watch.