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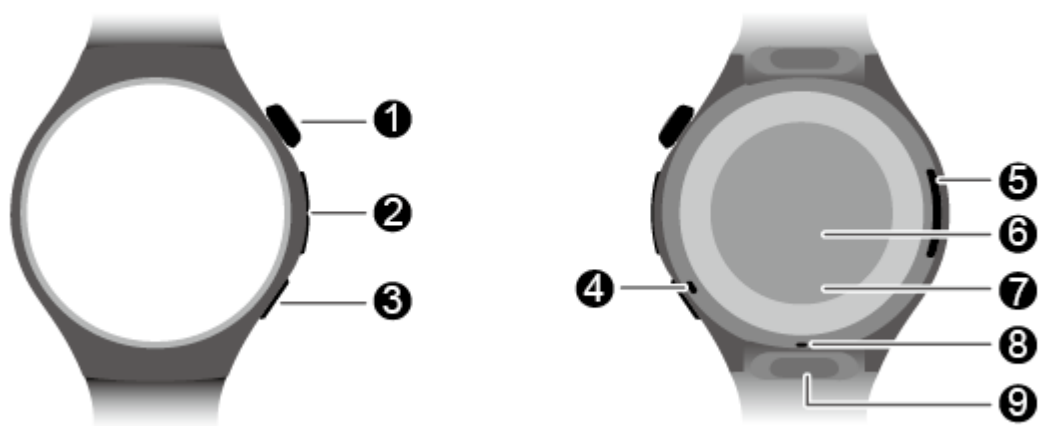
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# Getting Started


## Appearance

**Device appearance:**

 The images are for reference only.



**About the device:**

No.	Description
1	Up button (crown)
2	HUAWEI X-TAP sensor  HUAWEI X-TAP technology offers powerful health monitoring features and innovative, intuitive interactions, with support for ECG analysis, fingertip SpO2 measurement, and the Health Glance feature. Certain watch faces also support X-TAP sensor-based interactions.
3	Down button
4	Microphone
5	Speaker
6	Heart rate sensor
7	Charging area
8	Barometer hole
9	Quick release button


## Buttons and touch operations


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

### HUAWEI X-TAP sensor

Operation	Function
Press	<ul style="list-style-type: none"> <li>On home screen: Launches the Health Glance feature when the sensor is pressed for three seconds (while the watch is worn).</li> <li>On home screen: Adjusts watch face visuals and animations in response to finger pressure after you tap the screen. (Applicable only to certain watch faces, such as <b>Tranquil Landscape</b>.)</li> </ul>
Touch	Uses a health feature: ECG analysis/arterial stiffness detection/fingertip SpO2 measurement.

### Up button

 Operations may differ during calls and workouts.

Operation	Function
Rotate	<ul style="list-style-type: none"> <li>In List mode and Hex grid mode: Scrolls up and down on the app list.</li> <li>In an app: Scrolls up and down on the screen.</li> <li> To switch between Hex grid and List modes: <ul style="list-style-type: none"> <li>In either mode, swipe up until you reach the last app list screen, and touch the other mode to make the switch.</li> <li>Go to <b>Settings &gt; Watch face &amp; home &gt; Launcher</b>, and select <b>Hex grid</b> or <b>List</b>.</li> </ul> </li> </ul>
Press	<ul style="list-style-type: none"> <li>When the screen is off: Turns on the screen.</li> <li>On home screen: Takes you to the app list screen.</li> <li>On any other screen: Returns to the home screen.</li> <li>Mutes incoming Bluetooth calls.</li> </ul>
Double-press	<p>When the screen is on: Takes you to the recent tasks screen to view all running apps.</p> <p>For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can touch the watch face card to return to the watch home screen.</p>

Operation	Function
Press and hold	<ul style="list-style-type: none"> <li>• When the watch is off: Powers on the watch.</li> <li>• When the watch is on: Takes you to the restart/power-off screen.</li> <li>• Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.</li> </ul>

### Down button

Operation	Function
Press	<p>Quickly accesses selected features.</p> <p>To set which features to access:</p> <ol style="list-style-type: none"> <li>1 Press the Up button on the watch and select <b>Settings &gt; Button &gt; Press once</b> from the app.</li> <li>2 Select target apps for your custom setting. Once you're done, return to the home screen and press the Down button to access the selected features.</li> </ol>

### Shortcuts

Operation	Function
Press the Up and Down buttons at the same time	Takes a screenshot and uploads it to your phone Gallery.


### Screen controls

Operation	Function
Touch	Chooses and confirms.
Touch and hold	<ul style="list-style-type: none"> <li>• On home screen: Opens the watch face editing screen.</li> <li>• On a feature card: Opens the card management screen.</li> </ul>
Swipe up	On home screen: Shows notifications.
Swipe down	<p>On home screen: Opens the shortcut menu and status bar.</p> <ul style="list-style-type: none"> <li>• You can enable <b>Find Phone</b> and set <b>Focus</b> from the shortcut menu.</li> <li>• You can view the remaining battery level and Bluetooth connection status from the status bar.</li> </ul>
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	<p>On home screen: Enters the Assistant-TODAY screen.</p> <p>In an app (excluding the app home screen): Returns to the previous screen.</p>

## Smart gestures

You can navigate on and control your watch using smart gestures with the hand wearing the watch, without having to tap the screen. For instance, smart gestures can be used to answer or decline an incoming call, and snooze or stop an alarm.



- A gesture icon (  ) at the top of the screen indicates that the current operation supports Smart gestures.
- To ensure optimal gesture recognition, wear the watch above your wrist bone and make sure that the rear cover is in close contact with your skin.
- Gesture recognition may be affected or fail when you are running, riding, or doing other high-intensity workouts, or due to external factors such as the wearing fit, ambient temperature, or ambient humidity.

### Smart gestures

It's important to follow the onscreen tutorial to practise your Smart gestures beforehand, to prevent misoperations.

- 1 Enter the device app list, go to **Settings > Hand gestures**, and follow the onscreen instructions.
  - **Pinch:** Confirm an action by quickly pinching your thumb and index finger together twice.
  - **Slide:** Navigate by sliding your thumb twice along the side of your index finger towards the fingertip.
- 2 Once you're familiar, you can proceed to enable **Detect Smart gestures** and use the two gestures for intuitive watch controls.  
You can disable **Detect Smart gestures** whenever it suits you.

### Answer/Declining an incoming call

Pinch to answer an incoming call, and pinch again to hang up. To decline an incoming call, slide to switch to the reject button, and then pinch to confirm.

### Snoozing/Stopping an alarm

Pinch to snooze an alarm. To stop an alarm, slide to switch to the stop button, and then pinch to confirm.





### Audio playback controls

On the audio playback card, pinch to play or pause the audio. Slide to switch to the next or previous button, and then pinch to confirm.






### Remote shutter controls

On the Remote shutter screen, pinch to take a photo.

## 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.


## Pairing with an Android 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 a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Touch **Settings** and complete the Watch/Band connection protection settings, so as 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.

## 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.

## Battery mode switching


Your watch has two battery modes: Standard mode and Battery saver mode. In Standard mode, the watch offers a full experience. In Battery saver mode, the battery life is extended, but certain features, like mobile data and video watch faces, are unavailable.

## Enable Battery saver

In Standard mode, swipe down from the top of the watch face to enter **Control Panel**, and touch **Battery saver** to exit Standard mode and enter Battery saver mode.

## Enable Standard mode

In Battery saver mode, swipe down from the top of the watch face to enter **Control Panel**, and touch **Standard mode** to exit Battery saver mode and enter Standard mode.

-  • When the battery level falls below 15%, your device will automatically enter Battery saver mode. The device will also automatically switch to Standard mode when charged to 15% or above.

# eSIM subscription

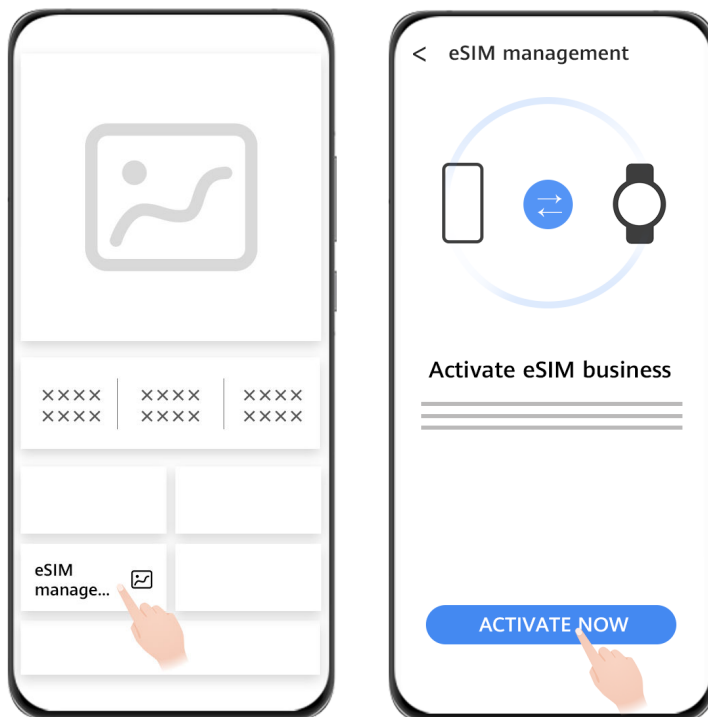
## Activating the eSIM service

### 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.
- i** 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:

- 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 **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.

### 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

## The Assistant·TODAY screen

Assistant·TODAY provides quicker, easier access to services including weather information display, music playback controls, and card adding.

### Entering/Exiting Assistant·TODAY

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

### Quick access to apps

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 On the HUAWEI Assistant TODAY screen, touch any card to access the corresponding app details screen.

### Audio control

On the 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 will only work when your watch is linked with your phone normally and your phone is playing music.

### Assistant·TODAY Management

#### Adding a card

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 Swipe up to the last card and touch **Edit** at the bottom to enter the Assistant·TODAY management screen.
- 3 In the card list, touch **Add card** to add a card as required on the displayed screen.

#### Adding a dynamic card

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 Swipe up to the last card and touch **Edit** at the bottom to enter the Assistant·TODAY management screen.
- 3 In the dynamic card list, touch **Manage**. On the Dynamics screen, enable the scene display feature as required.
- 4 On the Dynamics screen, you can also enable **Dynamic cards** to dynamically provide you with card information.

#### Pinning/Deleting a Card

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 Press and hold a card on the Assistant TODAY screen, and pin, unpin, or delete the card as required.


You can also swipe up on the Assistant·TODAY screen to find the last card and touch **Edit** at the bottom to access the Assistant·TODAY management screen. Then, pin, unpin, or delete the card as required.

### Enabling/Disabling the Assistant·TODAY screen

- 1 Press the Up button to enter the app list, and go to **Settings > Watch face & home > Assistant·TODAY**.
- 2 Enable or disable **Assistant·TODAY**. The Assistant·TODAY screen is enabled by default. After it is disabled, the Assistant·TODAY screen will not be displayed when you swipe right on the watch home screen.


## 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**.


## **Controlling Bluetooth earphones using a HUAWEI watch**

After the watch is connected to your Bluetooth earphones, you will be able to use the Bluetooth earphones to answer calls or listen to music.

### **Pairing your watch with Bluetooth earphones**

- 1** Put your Bluetooth earphones in pairing mode.
- 2** In the watch app list, touch **Settings > Bluetooth**. Your watch will then automatically scan for nearby Bluetooth devices.
- 3** Select the name of the Bluetooth earphones to be paired from the scan results and then follow the onscreen instructions to finish pairing.


### **Controlling Bluetooth earphones using the watch**

- 1** With a pair of Bluetooth earphones connected, you can swipe right on the watch home screen to access the Assistant·TODAY screen.
- 2** The earphones card shows you the earphones' battery level and allows for volume adjustment and switching between noise cancellation modes.
  -  The features displayed on the earphones card depend on the features of your earphones.

### **Use Bluetooth earphones to answer calls on the watch**

Wear connected Bluetooth earphones before use.

When the watch has activated the eSIM service and is paired with the Bluetooth earphones, the sound is played from the Bluetooth earphones when you answer or make a call on the watch.

-  If your phone Bluetooth can be connected to two audio devices at the same time, you can connect your phone to both your watch and Bluetooth earphones. When you receive an incoming call, you can answer or reject it on either your phone or your watch. The audio output source depends on the answering device:
  - If you answer or make a call on your phone, the sound will come from the Bluetooth earphones.
  - If you answer or make a call on the watch, the sound will come from the watch.

## Setting modes


You can quickly enable or disable Do Not Disturb and sleep mode in the Control Panel of your watch.

### Do not disturb

#### Enable:

When Do not disturb is enabled, your watch won't ring or vibrate when receiving incoming calls and notifications (except **Alarm**).

- 1 Swipe down from the top of the watch face to access **Control Panel**, touch **Focus**, and select **Do Not Disturb**.
- 2 After the setting, **Control Panel** is displayed as **Do Not Disturb**.

To disable Do Not Disturb mode, go to **Control Panel** and touch . You can press and hold to change the mode or perform other settings.

#### Scheduled Start:

- 1 You can access the **Do Not Disturb** setting screen in either of the following ways:
  - Swipe down from the top of the watch face to access **Control Panel**, go to **Focus** > **More settings**, and select **Do Not Disturb**.
  - Go to the app list and touch **Settings** > **Focus** > **Do Not Disturb**.

- 2 Touch **Add time** and set **Start**, **End**, and **Repeat**.


To disable scheduled start, turn off the switch next to the corresponding time period.

### Enabling sleep mode

#### Enable:

When Sleep mode is enabled, the watch won't ring or vibrate for incoming calls and notifications (except **Alarm**). Raise to wake will also be disabled, and the watch will enter Simple mode.

- 1 Swipe down from the top of the watch face to access **Control Panel**, touch **Focus**, and select **Sleep**.
- 2 After the setting, the control centre is displayed as **Sleep**

To disable Sleep mode, go to **Control Panel** and touch . You can press and hold to change the mode or perform other settings.

#### Scheduled Start:

- 1 You can access the **Sleep** setting screen in either of the following ways:
  - Swipe down from the top of the watch face to access **Control Panel**, go to **Focus** > **More settings**, and select **Sleep**.

- Go to the app list and touch **Settings > Focus > Sleep**.

**2** Touch **Add time** and set **Bedtime**, **Wake-up**, and **Repeat**.

To disable scheduled start, turn off the switch next to the corresponding time period.

## Switching and removing watch faces

### Switching to another watch face

You can switch to a new watch face with just a few easy steps on your watch or on your phone.

#### On your watch:

Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen, and swipe left or right to select your desired watch face.

#### On your phone:

Open **Huawei Health**, navigate to the device details screen, choose **My faces** or **Watch faces**, and select your desired watch face.


### Deleting a watch face

#### On the Huawei Health app

**1** Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.

**2** Touch  at the upper right corner of a target watch face to delete it.



- If you don't see  at the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be removed.
- If you have purchased a watch face and deleted it through **My faces > Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.

#### On the wearable device

**1** Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen.

**2** Swipe up from the bottom of the device screen and touch **Remove** to delete a watch face.




- If you want to use the watch face again after it is deleted, open **Huawei Health** on your phone, navigate to the device details screen, touch **My faces**, and select and set the target watch face.


## Setting custom cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the watch home screen to view and access these apps, with little effort. Cards can be customised, added, or repositioned to meet your needs.

### Adding a card

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Touch  below the card and select a desired combo card or single app card to be displayed.
- 3 Press the Up button to save the settings. You can swipe left on the watch home screen to view the added cards.

### Editing a combo card

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Touch **Edit** below the card to go to the customisation screen. You can perform the following operations as required:
  - Touch the target component and select the component to be replaced on the function screen.
  - You can press and hold the target component and drag it to adjust its position.
  -  Components of combo cards can only be replaced, not deleted.
    - To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.
- 3 Press the Up button to save the settings.





### Moving a card to adjust the sequence

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Touch and hold the card to be moved and drag it left or right to the target position.
- 3 Press the Up button to save the settings.






### Removing a card

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Press and hold the card you want to remove, and drag it up to **Remove**.
- 3 Press the Up button to save the settings.

## 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** (  ) and then . 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

-  • 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.
  - Camera rotation, camera preview and photo viewing are not supported on the watch. Please do so on your phone.
- 1 Make sure that your watch is linked with **Huawei Health**.  
  
Swipe down from the top of the watch home screen, and make sure that  is displayed on the shortcut menu, indicating that your watch is connected to your phone.
  - 2 On your watch, open the app list, and select **Remote shutter** (  ), which will automatically launch your phone camera. Touch  on the watch screen to take a photo.  
Touch  to set a timer.

## Managing messages

When your watch is linked with the **Huawei Health** app and message notifications are enabled, messages that are pushed to your phone's status bar 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 would like to receive notifications from.

- Go to **APPS** to view the list of apps that you can receive notifications from.
- **Smart notifications:** When enabled, the phone will intelligently select which device to notify based on phone usage. When you're using your phone, notifications will be muted on your watch. It'll still receive the notifications, but it won't vibrate or ring. When you aren't using your phone but keeping your watch on your wrist, you will be notified of messages via your watch and your phone won't vibrate or ring.
- **Mute notifications when using phone:** When enabled, notifications will be muted on your watch if you're using your phone. The watch won't vibrate or ring.

## Viewing unread messages



Your watch will vibrate to notify you of new messages pushed from the phone status bar. Unread messages will be kept on your watch. To view them, swipe up on the watch home screen to enter the message centre.

- If you haven't activated the eSIM standalone service and your watch is disconnected from the phone, you will not be able to receive or reply to SMS messages or messages on your watch.
- Messages will be stored on your watch after you view them in the message centre. You can swipe left on the message centre or touch the delete button on the details screen to delete them.

## Replying to SMS messages

- This feature is not supported on iPhones.
- You can reply to SMS messages directly on your watch once the eSIM Standalone Number service is enabled.
- The quick reply feature is only supported when replying to an SMS message using the SIM card that has received the message.

To reply to a new SMS message or a message from an app such as WhatsApp, Messenger, or Telegram on your watch, you can reply to it in the following ways:


- You can touch the  emoticon button below the message to select an emoticon for quick reply.
- You can touch the  keyboard button below the message to customise the reply content.
- You can also swipe up on the message notification screen and select a quick reply.

To reply to a new SMS message on your watch, you can use quick replies or emoticons. Supported message types are subject to actual use.

## Customising quick replies

- 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 existing reply to edit it, or touch  next to a reply to delete it.

### Deleting unread messages

Swipe up on the home screen of your watch to enter the unread message centre, and touch





at the bottom of the message list to delete all unread messages.

## Music on the watch



### 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.

### 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.

## Pair with a new phone


Your watch 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 On your watch, enter the app list, and go to **Settings > System > Connect new phone**.

## 2 Touch .

If the current connected phone is an iPhone, go to **Settings > Bluetooth** in your phone to find your watch. Touch the **i** icon and set to forget the device.


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

-  • When you pair your watch with a new phone, the watch will be restored to its factory settings. Restoring to factory settings will erase all card, system, and app data associated with your account and wallet from your watch. Please exercise caution when performing this operation.
- For watches that support eSIM:
  - If you want to pair your watch with a new phone, it is recommended that you go to **Settings > System > Reset** to reset your watch. When resetting your watch, do not select **Delete eSIM configuration** below the prompt message. This is to ensure that you can continue using the eSIM service after the system reset without having to deregister and reactivate the service.
  - During the pairing with a new phone after touching **Connect new phone**, do not directly touch **Reset** as instructed if you have activated eSIM. Otherwise, the eSIM information will be cleared after the system reset and you'll need to contact your carrier to deregister from the eSIM service and activate it again.


## 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.





# Health Management


## 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 On the watch home screen, tap and hold the X-TAP sensor for three seconds to open Health Glance, or 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.

## Pulse wave arrhythmia analysis

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

-  • This feature is only available in certain markets.
- Measurement data and results are for reference only and are not intended for medical use.

## Activating the app

- 1 To use this feature, first update the **Huawei Health** app to its latest version.
- 2 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and activate the **Pulse wave arrhythmia analysis** feature.

## Taking measurements on your wearable device

- 1 Double-check that your wearable device is worn properly, and place your forearm flat on a table or on your laps, with your arms and fingers relaxed.
- 2 Enter the device app list and go to **Pulse wave arrhythmia analysis > Measure**.
- 3 Keep still and wait till the measurement is complete, then view your result on the wearable screen. You can touch ⓘ to check out result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart > Pulse wave arrhythmia analysis**.

## Enabling automatic measurements and reminders

- 1 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and touch ⋮ in the upper right corner and then **Automatic measurement**.
  - 2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state.  
You can toggle the switch for **Arrhythmia alerts** on or off as needed. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.
- ⓘ • During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will pop up on your wearable device. If you are wearing a device that supports ECG, you will be reminded to measure your ECG.

## Disabling the service

Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner and then **About > Disable service**, and follow the onscreen instructions.

## 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.

Access the home screen of **Huawei Health** and go to **Heart > Pulse wave arrhythmia analysis** to view your data in bar charts. You can also touch ⋮ in the upper right corner and then **Help** for more info on measurement results.

- ⓘ The measurement results may vary depending on the marketing strategy in different countries/regions.

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

## Emotional wellbeing

-  • Measurement data and results are for reference only and should not be used as a basis for medical diagnosis or treatment. If you experience any discomfort, please seek medical assistance.
- This feature is only available in certain markets. For example, it's not available in certain European countries.

### Introduction to emotions and stress

Emotions are the natural response to and outward expression of a person's subjective experience, and belong to a type of psychological phenomenon closely related to the person's tendencies such as wants and desires, reflecting whether or not these have been satisfied.

In psychology, stress is the feeling of being constrained or tension. Stress is caused by an external stimulus, such as a task or challenge. An appropriate amount of stress can increase productivity.

Monitoring your emotions and stress over an extended period of time can reflect your emotional health. Small or brief fluctuations don't indicate an actual problem. Emotional wellbeing is reflected in the ability to recover to an ideal status and adapt to your surroundings. A smart wearable can help you record your emotions and stress, for improved physical and mental wellbeing.

### Recording your emotions/stress

- 1** Enter the device app list and touch **Emotional wellbeing**. If you're using the app for the first time, touch **Agree** on the user authorisation screen and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app home screen.
- 2** Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Additional emotions/stress records**.  
When this is enabled, the device will automatically measure stress level, emotional state, and other related information when it detects that you're at rest. Emotional data isn't available while you're asleep. When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.

### Viewing your emotions/stress data

#### On your wearable:

Enter the device app list and touch **Emotional wellbeing** to enter the app home screen, where your current emotional state is shown via an animation. Swipe up to view more data.

#### On your phone:

Access the home screen of **Huawei Health** and touch the **Emotional wellbeing** card to view your emotions/stress data, and read the analysis and tips by different time ranges.


### Stress-relieving services

If negativity or stress has been building up, you can adjust yourself with stress-relieving services.

- 1 Enter the device app list and touch **Emotional wellbeing**.
- 2 Swipe left to view available services, and select a breathing exercise or workout to suit your needs.  
Breathing exercises and workouts are directly available on your wearable. Other stress-relieving service options need to be initiated in the **Huawei Health** app on your phone.

### Mood reminders

- 1 Enter the device app list and touch **Emotional wellbeing**.
- 2 Swipe up to enter the **More** screen, touch **Reminder settings**, and toggle on **Mood** to have your wearable send notifications based on your latest mood.  
When your device detects that you've been stressed out for quite some time recently, the mood reminders will include tips for adjusting yourself and recovering to a better emotional state.

 The pet's expression feature is only available in certain markets. For example, it's not available in certain European countries.


## 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.

### Smart suggestions

The feature recommends suitable fitness suggestions and types in the **Activity records** app, and provides personalised smart suggestions.

Open **Activity records**, swipe up to the last screen, and go to **About > App description** to enable or disable **Smart suggestions**.


Suggestions are based on your usage scenarios and workout preferences, and will improve as you use the feature. You can also touch **Change** to see other suggestions.

## 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.

### Preparing for measurement



-  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 > Heart > ECG**, and follow the onscreen instructions to activate the ECG app.

### Measuring your ECG

- 1 Double-check that your watch is worn properly, and keep still.
- 2 Wear the device properly on your wrist, 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 by selecting **Left** or **Right**. You can then change this setting anytime on the ECG app home screen by touching the Settings icon at the bottom.




- 3 Gently place a finger of your free hand on the X-TAP sensor 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 X-TAP sensor, 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 home screen of the **Huawei Health** app on your phone 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.

### Fingertip SpO2 measurement

- 1 Double-check that your watch is worn properly, and keep still.
- 2 Enter the watch's app list, and touch **SpO<sub>2</sub>**.
- 3 Gently place a finger of your free hand on the X-TAP sensor, then a measurement will be automatically initiated. After the countdown ends, you can keep contact with the sensor to continue measuring, or lift your finger to end the measurement and view the results.

### Automatic SpO2 measurement

- 1 Open the **Huawei Health** app, navigate to the device details screen, touch **Health monitoring**, and toggle on **Automatic SpO<sub>2</sub>**.



When enabled, the device will automatically measure and record your SpO<sub>2</sub> 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<sub>2</sub> alert** and set the lower limit for you to receive an alert while you're awake.


Limit value: Off/75%/80%/85%/90%

### Viewing data


Access the home screen of **Huawei Health**, touch **SpO<sub>2</sub>**, and select a date to view your 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 ( $\text{HRmax} = 220 - \text{Your age}$ ).
- 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.

## 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 watch app list, touch **Sleep**, swipe up to access the **More** screen, and touch **Sleep mode**.
- 2 You can choose either **Sleep mode** or **Scheduled**.

- **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.
- When **Schedule** 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**. You can only edit the scheduled periods preset on your watch but cannot delete them.

### Enabling/Disabling HUAWEI TruSleep™

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring > HUAWEI TruSleep™**, and toggle the switch for **HUAWEI TruSleep™** on or off. **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

#### Viewing your sleep data

- Enter the watch app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Touch ⓘ for more details on result description.
- 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.

#### Deleting your sleep data

- 1 Access the home screen of **Huawei Health** and touch the **Sleep** card.
- 2 Go to ⋮ > **All data** and touch the Delete icon in the upper right corner to select and delete historical data records as needed.

## Sleep breathing awareness

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


### Activating the app

- ⓘ This feature is only available in certain markets.
    - Before using this feature, connect your wearable device to the Huawei Health app.
- 1 Open **Huawei Health**, enter the **Health** screen, touch the **Sleep** card, swipe up till you reach the bottom of the screen, and touch **Sleep breathing awareness**.
  - 2 When using the feature for the first time, follow the onscreen instructions to select which permissions to grant, touch **Allow** and then **Agree**, and you'll be taken to the **Sleep**


**breathing awareness** screen. Touch **Activate**, and toggle on the switch for **Sleep breathing awareness**.

- 3 Now the settings are done. Wear your device to bed, and it'll detect and analyse interruptions in your breathing while you're asleep.


### Viewing data

- 1 Go to **Huawei Health > Health > Sleep**, touch **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the feature screen where you can see the latest detection result and a summary of your data records.
- 2 Touch  in the upper right corner and then **All data**, and select a specific date to view the data records of that day.

### Enabling/Disabling Sleep breathing awareness

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

### Disabling the service

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

## Arterial stiffness detection

Arterial stiffness is also referred to as arterial elasticity. An increase in stiffness is an early indicator of artery damage and could indicate an increase in risk of heart disease.

Pulse wave velocity (PWV) refers to the speed at which pressure waves travel down the large arteries each time the heart beats and injects blood into them. It's an effective measure of arterial stiffness. In general, a faster PWV indicates stiffer arteries.

 This feature is currently only available in certain countries/regions.

### Before you start


- 1 This app is not intended for users under age 18.
- 2 This app is not intended for people with pacemakers or other implanted electronic devices.
- 3 This app is not suitable for people diagnosed with serious arrhythmia.
- 4 This app should not be used in environments with strong electromagnetic fields.
- 5 This app is not intended for medical use. 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.

## Authorising and activating the Arterial stiffness detection app

- 1 For the first-time use of this feature, follow the onscreen instructions in **Huawei Health** to complete the registration, and then enter your account and password to log in.
- 2 Use **Huawei Health** to scan the QR code on your wearable device, and follow the onscreen instructions to complete the pairing.
- 3 Go to **Huawei Health > Health > Heart > Arterial stiffness detection** on your phone, and follow the onscreen instructions to activate the feature. This quick app entry under the **Heart** card is provided by default. For your first-time use, you'll need to authorise data sharing and agree to the user agreement and privacy agreement.

## Initiating a measurement on the watch

**For your first measurement:** After app activation on the phone, you'll need to navigate to Arterial stiffness detection on your watch and specify on which wrist you're wearing the device.

-  To ensure optimal accuracy, make sure that the correct wrist is selected and that the watch is worn in a snug manner.

## Measuring method:

- 1 Rest your device-wearing arm flat on a tabletop or on your lap, navigate to **Arterial stiffness detection** on your watch, touch **Measure**, and press one finger against the X-TAP sensor on the side to start the measurement.
- 2 The measurement will last about 30 seconds, during which please hold still, breathe evenly, and avoid speaking. Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water.
- 3 When the measurement is done, return to the app home screen to view the result.

## Viewing your data

When your watch and phone are connected over Bluetooth, data will be synced to your phone after a measurement is done.

- 1 Go to **Huawei Health > Health > Heart > Arterial stiffness detection** on your phone, and view the latest measurement result on the **Arterial stiffness detection** app home screen.
- 2 Touch **Show more** to view more data.
- 3 You can also touch the four-dot icon in the upper right corner of the app home screen and then **All data** to view historical data.



# 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 again to record your physical symptoms. 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.

## Health Clovers

The Huawei Health app offers Health Clovers to help you develop healthy lifestyle habits and enjoy better well-being.


-  • Due to differences between people, Health Clovers can only provide general recommendations for health improvements, especially regarding exercise recommendations, and effects are not guaranteed. If you feel uncomfortable at any time during activities or exercises, stop immediately and rest or get medical assistance.
- The health suggestions provided in Health Clovers are for reference only. You are responsible for all risks, damages, and responsibilities caused by participation in any activities or sports.

## Enabling Health Clovers

- 1** Go to **Huawei Health > Health > Health Clovers**.  
If **Health Clovers** is not on the **Health** screen, touch **Edit** and add the card.
- 2** Follow the onscreen instructions to agree to the User Notice, and you'll be redirected to the Health Clovers screen.

## Setting check-in tasks and your goals

Check-in tasks are classified into basic tasks and optional tasks. You can add optional check-in tasks to better suit your health and fitness needs.

- 1** Go to **Huawei Health > Health > Health Clovers**.
- 2** Touch **Edit tasks** or go to  > **Health plan**.
- 3** Touch **Goal settings** in a task card to customise your daily goal. Touch **Change goals** for more personalisation options.

### Daily smile task:

- 1** On the **Health Clovers** screen, touch **Daily smile**.
- 2** Touch **Check in** and take a photo. Touch **Done** to complete the check-in task (the photo will not be stored), or touch **Save & share** in the upper right corner to share the photo or save it to your phone.

## Viewing the task completion status

- Enter the app list and select **Health Clovers**, to view the task completion status.
- On your phone, open the **Huawei Health** app and navigate to the **Health Clovers** screen, to view the task completion status.

## Reminders


Open **Huawei Health**, navigate to the **Health Clovers** screen, touch  in the upper right corner, and then you can:

- Touch **Health plan** and toggle on the **Reminders** switch for each check-in task (such as **Steps** and **Breathing**).
- Touch **Reminders** and toggle on **Health Clovers achievements** and **Weekly report notifications (watch)**.




## Weekly report and sharing

**Viewing your weekly report:** On the **Health Clovers** screen, touch  in the upper right corner and then **Weekly report**.

**Achievement sharing:** On the **Health Clovers** screen, touch  in the upper right corner to share your weekly report or save it to your phone.

## Disabling the service

Historical data of Health Clovers cannot be deleted.



On the **Health Clovers** screen, touch  in the upper right corner and go to **About > Disable service**. This will reset **Health Clovers** and only three basic tasks will remain.

# 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 **Add** to add other workout modes.
- 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.

### Workout settings

Go to **Workout**, touch the  icon next to the workout mode, and set **Goal**, **Reminders**, **Data display**, **Mistouch prevention**, **Remove**, **Pin to top**, and more as needed.

-  Setting options vary depending on the workout mode. Please refer to the interface on your own device.
- Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain countries. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the transmission may take a long while if you're using an iPhone.

## Customising running plans

You can have science-based training plans custom-made for you to suit your training goals and schedule, and get motivated to finish a plan in a timely manner while benefiting from intelligent adjustments of the content and difficulty levels of subsequent courses based on your current training status and feedback.

### Creating a running plan

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.

### Viewing and starting your running plan


#### On your wearable device:

Enter the app list, go to **Workout > Courses and plans > Training plans**, touch **View plan**, then touch the workout icon to start training.


#### On your phone:

In the **Huawei Health** app, enter the **Exercise** or **Me** screen, and select **Plan** to view your training plan. Touch a date to view the corresponding plan details and start training, which will be synced to your wearable device.

### Ending a running plan

Go to **Huawei Health > Exercise > Plan**, and touch  in the upper right corner and then **End plan**.

### Other settings

Go to **Huawei Health > Exercise > Plan**, touch  in the upper right corner, and then you can:

- Touch **View plan** to view the detailed information about the plan.



- Touch **Sync to wearable device** to sync the plan.
- Touch **Plan settings** to customise training days and reminder settings, and set whether to sync to Calendar.

## Trail run



The pro-level Trail run mode on your watch supports segment-based navigation and real-time map-based routes, for enriched data display.

### Starting a Trail run session

Before everything, download the official route from relevant website, import the route to **Huawei Health**, and sync it to your watch. If this route is in a new city, you'll need to download the relevant offline map as well.

- 1 Go to **Huawei Health > Me > My route > Import route**, select a downloaded route, and save it to **My route**.
- 2 Select the target route. Touch  in the upper right corner and then **Send to wearable**, to sync the route to your watch.
- 3 Press the Up button on your watch to enter the app list, and touch **Workout**.
- 4 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen, and touch **Routes**.
- 5 Select your route. Touch **Go exercise** and then **GO** to start the run.
- 6 Swipe up or down the screen to view your fitness data.

### Workout settings

- 1 Press the Up button to enter the app list, and touch **Workout** ().
- 2 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen.
  - Touch **Goal** and set targets for distance, time, and total calories burnt.
  - Touch **Reminders** to set intervals and reminders for heart rate and training stress. Audio reminders will play when a preset threshold is met during the workout.
  - Touch **Data display** and set the data to be displayed on the workout screen.
  - Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

## RouteDraw

RouteDraw infuses artistic creation into your workouts. Move from checkpoint to checkpoint to draw images on the map and add a touch of fun to your runs.

## Selecting a route

- 1 Go to **Huawei Health > Exercise > Outdoor run**. Touch the Route icon and then **RouteDraw** to view the available routes in your current city.
- 2 Make sure that your watch is connected to your phone via Bluetooth. Select a route to visit the route details screen, and touch **Transfer to wearable** to sync the route to your watch.

## Starting a run with RouteDraw

- 1 Press the Up button to enter the app list, and go to **Workout > RouteDraw**.
- 2 Select your target route. Touch **Go exercise** and then **GO** to start your run.
- 3 Follow the navigation to pass all checkpoints. You can view the checkpoint progress on your device at any time during the run, and then check out your fitness data after the end of the run.

## Sharing your RouteDraw records


- 1 Go to **Huawei Health > Health > Exercise records**, select a record, and view data details.
- 2 Touch the share icon in the upper right corner to share it on social media.


## Deleting a route

- 1 Press the Up button to enter the app list, and go to **Workout > RouteDraw**.
- 2 Hold down on a RouteDraw route and delete it by touching **Delete** below it. You can also hold down on a route, touch **Select all** above it, and touch **Delete** to remove all routes.

# Phone-watch linking for cycling

Starting a cycling session on your watch auto-links with your phone, for enriched real-time data display on both devices.

-  This feature is only available when your watch is paired with a HUAWEI phone.
  - Before everything, enter the watch app list, go to **Settings > Workout settings**, and enable **Display on phone**.
  - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.
  - Cadence data will only be displayed on your phone when your watch is paired with a third-party cadence sensor.

- 1 Press the Up button to enter the app list, and touch **Workout** ()
- 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**. Touch the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customise the displayed data type on the phone to suit your needs.

## Golf

Driving range mode offers detailed swing data including backswing/downswing time, swing tempo, and swing speed, and provides animated swing and grip demos and tips.

Course mode accurately detects the location of the green and obstacles, and provides pinpoint distance measurements, to help you improve your golfing game.

 Ball trajectory tracking is only available for swings, not putts.


### Driving range mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Select **Driving range** and touch the start icon (or press the Down button) to start a golf practice.
- 3 Swipe up or down on the screen to check out the swing and grip demos and view your workout data.

### Course mode


- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Go to **Course mode > Nearby**, wait till positioning functions properly, and select the target course.  
If the course has already been downloaded, you will find it in **Downloaded**. You can also download or delete a course. For details, see the **Downloading or deleting a course** section.
- 3 Follow the onscreen instructions to set the venue and teeing area, wait till positioning functions properly, and touch the start icon (or press the Down button) to start a golf session.
- 4 Swipe left to enter the scorecard screen and record your scores for each hole. Swipe up or down to obtain a panoramic view of the fairway and obstacles, and check out distance measurements, green slope data, wind speed and direction, as well as direction of the green.
- 5 During the golf session, touch **View scorecard** to view your scores, **Pause** to temporarily save the game, or **End** to end the session and save the exercise record. You can also press and hold the Up button to end the workout at any time.

### More settings for Course mode



- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Choose **Course mode** and touch  on its right to access the settings screen.  
Enable or disable **Mistouch prevention** to suit your needs. You can also touch **Unit** to select your preferred unit of measurement, or touch **Manage courses** and hold down on a course to delete it.



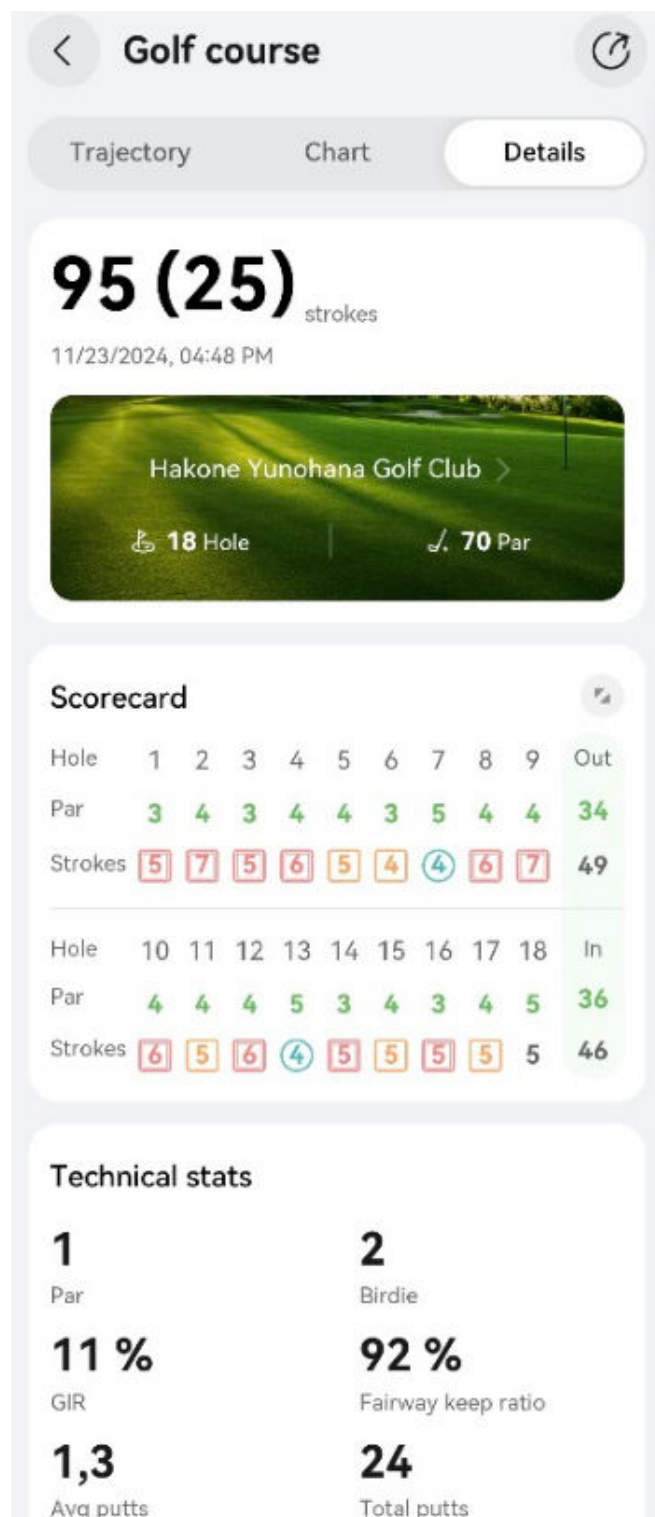
### More about Course mode

- 1** How do I switch to the other green if there are two on the course?  
Update your watch to the latest version and you'll be able to touch **L/R** on the screen to switch between the greens.
- 2** How do I switch between holes during a match?  
The watch should automatically switch to the corresponding hole when you enter its teeing area. If not, touch  next to the fairway view screen and select your target hole.
- 3** How do I modify data in a scorecard?  
During a workout, swipe left on the screen to access the scorecard and make the modification. Scorecard data cannot be edited after the session ends.

### Downloading or deleting a course

- 1** Go to **Huawei Health > Exercise > Golf** and touch **Course map**.
- 2** On the **Discover** tab, select your target course, and touch **Download**.
- 3** Once the download is complete, touch the course to enter the course details screen. Touch  in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.
  -  The downloaded courses will be automatically synced to your watch when it is properly connected to your phone. To use this feature, first update the Huawei Health app to its latest version.

## Technical stats



### Fairway keep ratio (FKR)

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5 in the completed round. This is also known as the fairway hits percentage.

### Green in regulation (GIR)

Refers to the par-on green rate in the completed round. The ball needs to be on the green within par minus two strokes.



## Average putts

Refers to the average number of putts per hole in the completed round. Equals the total number of putts divided by the number of holes played. (Unit: strokes)

## Total putts

Refers to the total number of putts on the green in the completed round. (Unit: strokes)

## Average par

Refers to the average strokes for par 3, par 4, or par 5 holes in the completed round. (Unit: strokes)

# Scorecard data

Scorecard												
Hole	1	2	3	4	5	6	7	8	9	Out	1	Total
Par	5	4	4	3	4	4	3	4	5	36	4	72
Strokes	5	5	4	5	5	6	4	5	6	45	!	94
Performance	0	1	0	2	1	2	1	1	1	9	!	22
Putts	2	2	1	2	2	3	2	2	2	18	2	36
Penalty	0	0	0	1	0	1	0	0	1	3	!	6
Fairway keep ratio	⊙	⊙	⊙	-	↗	↗	-	⊙	↗	4/7	⊙	64%
GIR	✓	○	○	○	○	○	○	○	○	1/9	○	5%

Albatross 
 Eagle 
 Birdie 
 Bogey 
 Double bogey+ 
 Fairway keep ratio 
 Left 
 Right

## Hole

Displays the hole number on a golf course.

## Par

Indicates the number of predetermined putts and strokes required to complete a hole on a course. Generally, pars are divided into par 3, par 4, and par 5, based on the distance from the tee to the hole. (Unit: strokes)

## Strokes

Displays the total number of strokes taken on a hole, by summing the numbers of swings, putts, and penalty strokes. (Unit: strokes)

## Performance

Indicates the difference between the par and the total number of strokes taken on a hole. A smaller value indicates a better score. If the total strokes are fewer than par, the score will be negative. (Unit: strokes)

## Putts

Displays the number of putts on a hole on the green. (Unit: strokes)

**Penalty**

Displays the number of penalty strokes for a hole. These occur if the player hits out-of-bounds (OB) or into a water hazard. (Unit: strokes)

**Fairway keep ratio (FKR)**

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5. This is also known as the fairway hits percentage.

**Green in regulation (GIR)**

Refers to the par-on green rate. The ball needs to be on the green within par minus two strokes.

**Identifiers**

Albatross: three strokes or more under par on a hole. Also known as Double Eagle.



Eagle: two strokes under par on a hole



Birdie: one stroke under par on a hole



Bogey: one stroke over par on a hole



Double Bogey+: two strokes or more over par on a hole



Fairway hit: landing the tee shot in the fairway on a par 4 or par 5

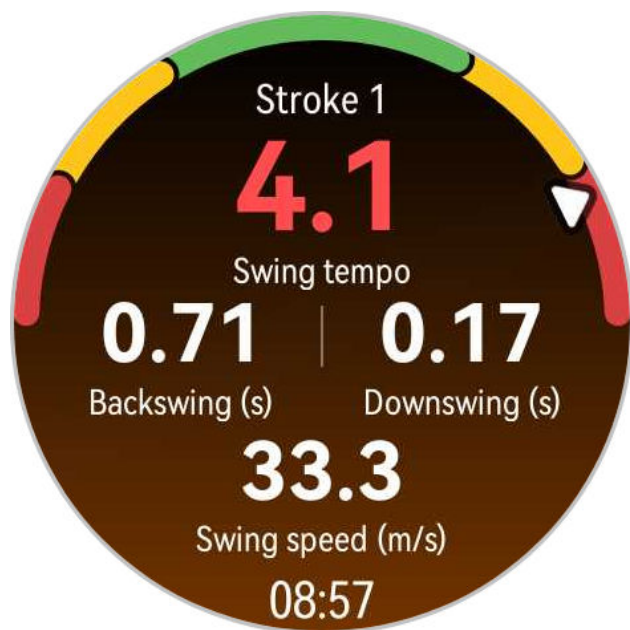


Curved left: landing the tee shot outside the fairway on the left-hand side on a par 4 or par 5



Curved right: landing the tee shot outside the fairway on the right-hand side on a par 4 or par 5

## Golf swing data



### Swing tempo

Refers to the ratio of your backswing time to your downswing time. The ideal swing tempo for a professional golfer is 3.0. Everyone has their own tempo. Improving your swing tempo and timing requires consistent practice and patience.

### Backswing (s)

Refers to the time from when you start your takeaway and swing your club backwards off the ground, to when you take your club to the top of the swing.


### Downswing (s)

Refers to the time from the top of the swing to the ultimate impact with the ball.

### Swing speed (m/s)

Refers to the speed of the club head when it hits the ball.

## Course information

-  Course mode settings differ by device model. If a specific feature setting cannot be found on your device, it indicates setting unavailability.
- Screen display varies by device model. Refer to your own device's interface.

## Golf course intro



### ① Hole No. & Par

Displays the hole number and the par for that hole.

### ② Course view

Provides a complete view of the green on a golf course.

### ⑤④③ Distances to the front, centre, and back of the green

Shows the distances from your current location to the front, centre, and back of the green.  
(Unit: yards)

### ⑥ Reference lines for the distance to the centre of the green

Displays markers for 50, 100, 150, and 200 yards from the centre of the green.

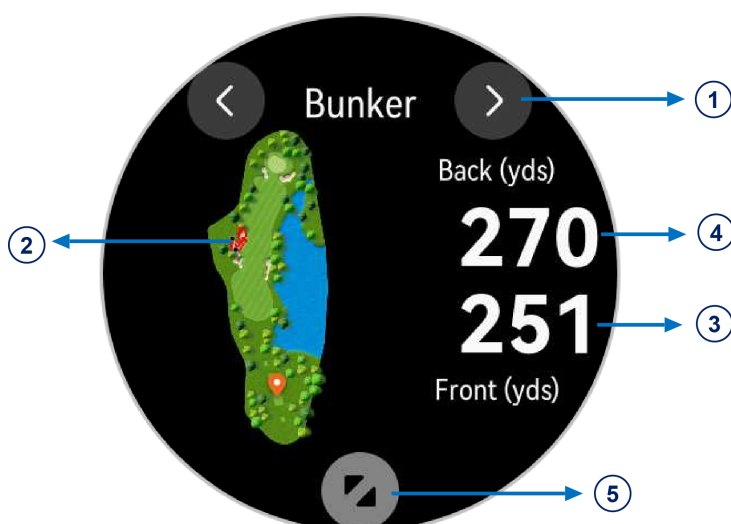
### ⑦ Location information

Indicates your current location in real time.

### ⑧ Reference lines for the batting distance

Displays markers for 150 and 200 yards of batting distance from your current position.

## Bunker



### ① Obstacle

Displays the types of obstacles on the green, including bunkers and water hazards.

## ② Obstacle view

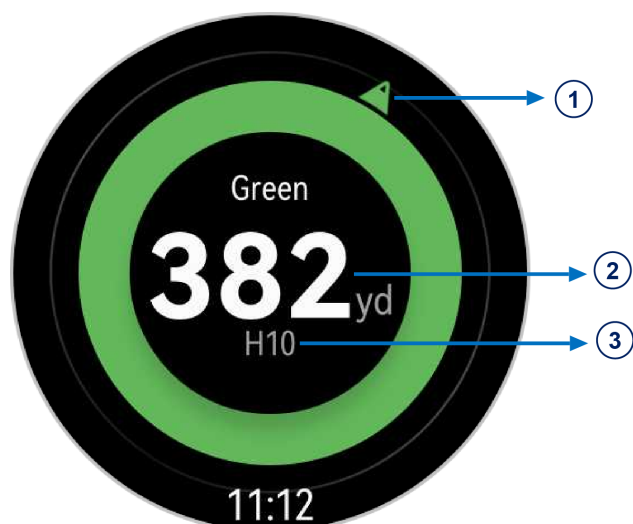
Provides a complete view of a specific obstacle on the green.

## ③④ Distances to a specific obstacle

Shows the distances from your current position to both the front and back of a specific obstacle. (Unit: yards)

## ⑤ Zooming in on the obstacle view

### Green direction



### ① Green direction

Displays a compass arrow pointing in the direction of the green. This is useful in locating the green when you can't see it for various reasons.

### ② Distance to the centre of the green

Displays the distance from your current location to the centre of the green.

### ③ Hole No.

Displays the number of the hole you are currently playing.

### Wind info



Displays the local wind direction and speed, to help you factor this into your shots. To use this feature, you'll need to connect your wearable device to the Huawei Health app on your phone.

### Green slope data



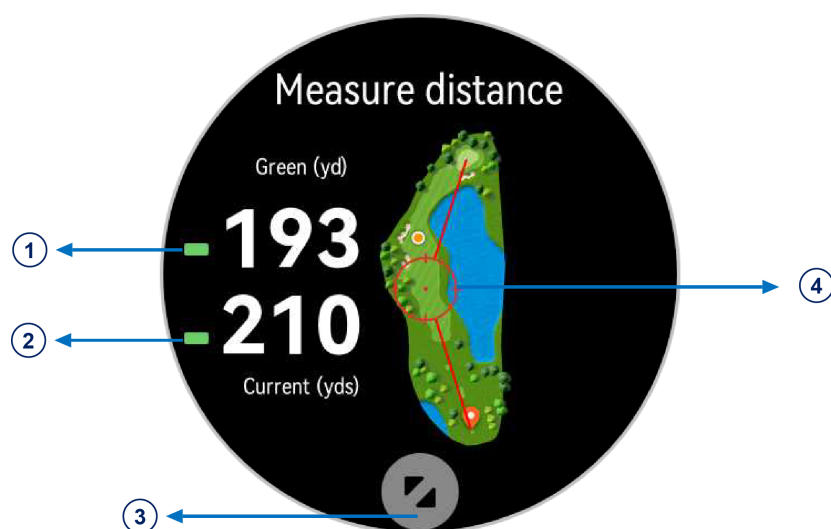
#### ① Green view

Provides a complete view of the target green and displays a heat map showing the green slopes. A red cast indicates higher terrain.

#### ② Distance to the centre of the green

Displays the distance from your current location to the centre of the green.

### Distance measurements



① Distance from a specified point to the centre of the green.

② Distance from a specified point to your current location (or to the current tee ground when location information is unavailable).

③ Zooming in on the specified point view.

④ The circle indicates the specified point for distance measurements, which can be customised by selecting on the map. You can zoom in on the view and drag the map for more precise pinpointing.

## Diving mode

⚠ Diving can be dangerous and should only be done by certified divers in the presence of another experienced diver or diving instructor.

### Apnoea training

Once Apnoea training is enabled, the watch will remind you to breathe and hold your breath according to a customised training table, and record your heart rate and SpO2 data during each training session.

To enable this feature, enter the app list, go to **Workout > Dive > Apnoea training**, and follow the onscreen instructions to start training.

### Apnoea test

Before an apnoea test, adjust your breathing, and the watch will remind you to start the apnoea test. During the test, your data like breath-holding duration, real-time heart rate, and SpO2 data will be available.

To enable this feature, press the Up button, enter the app list, go to **Workout > Dive > Apnoea test**, and follow the onscreen instructions to start a test. During the apnoea test, press the Down button to record diaphragm contractions.

### Freediving

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Dive > Freedive**.
- 2 Tap the settings icon on the right to set reminders, alarms, water type, notification methods, and mistouch prevention.
- 3 Touch the start icon or press the Down button to start the workout.
- 4 Press and hold the Up button to end the workout.

## Using an offline map


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

After downloading an offline map from the **Huawei Health** app, you can start navigation by touching **Routes** or after selecting an outdoor workout on your watch. The offline map can be used to navigate or return to the starting point during outdoor exercises. You can also import or export routes to and from your watch, with the routes displayed over the map. Once you start an outdoor workout, make sure that the GPS positioning functions properly before using the offline map.

## Downloading an offline map

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
- 2 Touch **Regions**, find your target region and the map, and touch **Download**.  
Make sure not to leave the screen during the download. After the download is complete, you can view the map via the **Manage downloads** tab.

## Deleting an offline map


- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
- 2 Touch **Manage downloads**, select the map to be deleted, then touch  on the right and then **Delete data**.

## Map settings

- 1 Press the Up button on the watch to enter the app list, and go to **Settings > Workout maps**.
- 2 Complete the following map display settings to suit your needs.
  - **Display mode:** Choose **Auto**, **Light**, or **Dark**.
  - **Map view:** Choose **Auto-rotate** or **North up**.

## More info

With an offline map, the watch draws your real-time route, routes you have imported, marked points, and direction on top of the map, for a more intuitive navigation. You can preview the routes you have imported on an offline map.

**Routes:** Press the Up button on your watch to enter the app list, and touch **Workout**. Swipe up or down on the screen to find and select a workout, such as **Trail run**, then touch  on the right to access the settings screen, and select **Routes**.

## Workout status

Enter the device app list, touch **Workout status**, and swipe up on the screen to view related information such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **Predicted times**, and **VO2max**.

- **Running ability index (RAI)** is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- **Training load** is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout, except for swimming modes.
- **Training index** refers to a prediction of exercise performance based on long-term changes in fitness and fatigue during periodic systematic training. This index is determined by both fitness and fatigue statuses.



- **Recovery** is how long it will take for your body to return to 100%. For an individual workout, this indicator is directly related to recovery time which is determined by training intensity and workout duration.
- **VO2Max** refers to the maximum amount of oxygen your body can absorb and use per unit time during intense exercise. It is an important indicator of your body's aerobic ability.
- **Predicted times** are based on your history workout data, and can be used to project your best times for different distances. Predicted times can also be affected by training conditions and race strategy.

## Workout records

### Viewing workout records on your wearable device

- 1 Enter the device app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.

### Viewing workout records in the Huawei Health app

Access the home screen of **Huawei Health**, touch the **Exercise records** card, select a record, and view the corresponding details.

If the **Exercise records** card is not on the Huawei Health home screen, touch **Edit** and add the card.


### Deleting a workout record

Access the home screen of **Huawei Health**, touch the **Exercise records** card, hold down on a record, and delete it. However, this record will still be available in **Workout records** on your wearable device.

- If a workout record has been synced to **Huawei Health** and later deleted in the app, this record will still be available in **Workout records** on your wearable device and will not be synced again to **Huawei Health**.
- Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the Huawei Health app if they have been synced.

## Auto-detect workouts

- 1 Enter the device app list, go to **Settings > Workout**, 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**.

-  Currently, the following workout modes are supported: **indoor walk**, **outdoor walk**, **indoor run**, **outdoor run**, **Cross trainer**, and **Rower**.
- 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

## App management

### Installing/Uninstalling apps

- 1 Press the Up button on your watch to enter the app list, and touch **AppGallery**.
- 2 Search for the target app, enter the app details screen, and touch **Install**.
- 3 After the installation is complete, touch the installed app to open it. To uninstall an app, touch and hold it on the app list screen.

### Managing background apps

- 1 Press the Up button twice and swipe left or right on the screen to view apps running in the background.
- 2 From there you can perform any of the following as needed:
  - Touch an app to access its home screen.
  - Swipe up on an app to close it.
  - Touch the Delete icon to clear all apps running in the background.

### Managing installed apps

- 1 Press the Up button on your watch to enter the app list, and touch **AppGallery**.
- 2 Swipe up on the screen to view and update installed apps.

### App settings

- 1 Press the Up button on the watch to enter the app list, and go to **Settings > Apps > Apps**.
- 2 Touch an app to view its permissions, storage information, and other details.

### Reordering the app list

Press the Up button to enter the app list, touch and hold down on any app, and drag it upwards or downwards. Alternatively, touch and hold an app while rotating the watch crown to take the app to its new position.

## Charging

### Precautions for charging

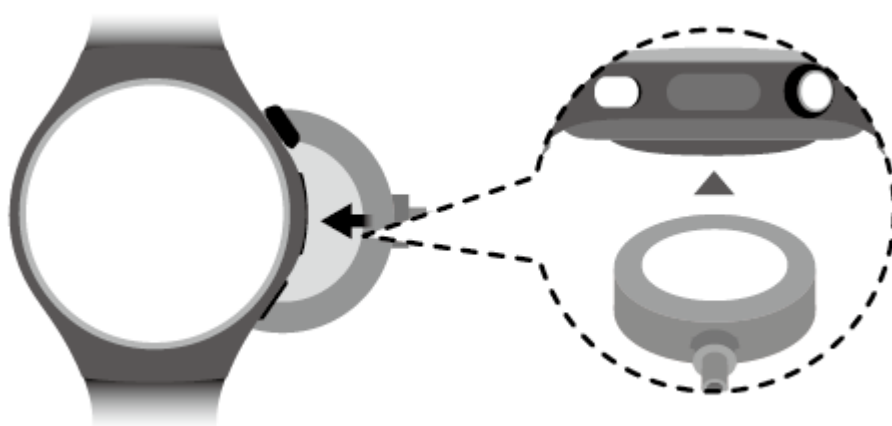
- It is recommended that you use a HUAWEI charging cradle and adapter purchased from an official Huawei sales outlet, or a charging cradle and adapter that comply with relevant safety regulations and standards, when charging your device. Chargers and power banks that do not meet relevant safety standards 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.

## 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 > Multi-device collaboration > 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 and video watch faces


Create your unique watch face with your favourite 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**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
- 2 Touch + and select either **Take photo** or **Select image** as the method for uploading.  
When you're done, touch ✓ in the upper right corner.
- 3 Adjust the area where you want the image to display, and touch ✓ in the upper right corner to finish uploading.
- 4 You can set the following on the **Gallery** screen:
  - **Color, Style, Font, Time position, Time color**, and features to access from each corner of the watch face.

- **Raise to display new image:** When this is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you raise your wrist. When this switch is off, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.


**5** Touch **Save**. Your wearable device will then switch to the newly-set Gallery watch face.

-  • The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .bmp, .psd, .tif, .tiff, .webp, and .pcx.
- The settings screen varies by feature version. Refer to the actual interface on your device.

## Setting Video watch face

-  • This feature is unavailable when the watch is paired with an iPhone.
- This feature is unavailable when the watch is in Power Saving mode.

**1** Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Video** to access the Video watch face settings screen.

**2** Touch **+**, select an uploading method, record a new video or select an existing video to upload, and touch . You can also choose a preinstalled video watch face.

**3** Touch **Save**. Your device will then switch to the newly set Video watch face. You can upload more than one video, and tap on the device home screen to switch between the videos.


You can also customise **Style**, **Layout**, and **Widgets**, and then touch **Save**.

## 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.

## 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 up 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.

## Workout route syncing

### Managing workout routes in the Huawei Health app

#### 1 Exporting a route

- a** Go to **Huawei Health > Health > Exercise records**, select an outdoor workout record that includes route data, touch the route icon on the right, and select **Export route**.
- b** Select an export method and touch **Save**.



#### 2 Importing a route

Go to **Me > My route > Import route**, select a downloaded route file, and save it to **My route**.

#### 3 Viewing/Deleting a saved route

Go to **Me > My route** and select a route to view its details or delete it.

### Syncing workout routes to your wearable

- 1** Go to **Huawei Health > Me > My route** and select a target route. On the route details screen, touch  in the upper right corner and then **Send to wearable**, to import the route to your watch.
- 2** On your wearable device, enter the app list, touch **Workout**, swipe up or down on the screen to select a supported workout mode, and touch  on the right. On the settings

screen, touch **Routes**, select the target route, and enable workout navigation. Then you can follow the onscreen instructions to navigate to the target location.

## Sounds & vibration

### Vibration strength settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Vibration strength**.
- 2 Select your desired vibration strength: **Strong**, **Weak**, or **None**.

### Incoming call ringtone settings

- 1 Press the Up button to enter the device app list, and go to **Settings > Sounds & vibration > Ringtone**.
- 2 Swipe up or down on the screen and select a ringtone.

### Mute settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute** to suit your needs.

### Crown haptics

- 1 Press the Up button to enter the device app list, and go to **Settings > Sounds & vibration**.
- 2 Enable **Crown haptics** and you will feel the haptic feedback at each turn of the watch crown. You can also disable the feature to suit your needs.

### Other volume settings

- 1 Press the Up button to enter the device app list, and go to **Settings > Sounds & vibration**.
- 2 You can set the volume of ringtones (of incoming calls, messages, and notifications), alarm clocks, music and media playback, current calls, AI Voice, and workout broadcasts.

## Accessibility

 This feature is only available in certain markets.

### Enabling ScreenReader

ScreenReader allows the device to automatically read out the content you are using when it is inconvenient for you to view the device screen.

- 1 Enter the watch's app list and go to **Settings > Accessibility > ScreenReader**. To better understand and use ScreenReader, read the help information below before enabling the feature.
- 2 Enable **ScreenReader**, read the risk warning, select **I understand the risks and want to continue**, and tap **Enable**.

 ScreenReader is available in certain languages.



## More settings for ScreenReader

Enter the watch's app list and go to **Settings > Accessibility > ScreenReader > More settings** to set the following:

**Text-to-speech:** You can download the desired language's voice package to listen to the text.

 Text-to-speech language must match the watch.

**Voice settings:** You can adjust the volume, speech rate, and pitch.

## Colour inversion settings

Enter the watch's app list, go to **Settings > Accessibility**, and enable **Colour inversion**.

## Sounds & vibration

Enter the watch's app list and go to **Settings > Accessibility > Sounds & vibration** to set the volume and vibration strength for different features as required. You can also enable **Crown haptics**, and you will feel the haptic feedback at each turn of the watch crown.


# Updates

## On your watch

 Before updating, make sure that your watch is connected to the Internet.

- 1 Press the Up button on your watch to enter the app list, and touch **Settings**.
- 2 Touch **the device name (for example, HUAWEI WATCH XXX)** to enter the **About** screen.
- 3 Touch **Check for updates** and follow the onscreen instructions to finish updating.

## On your phone

 The **Firmware update** option is unavailable on iPhones, indicating that updates on iPhones are not supported.

Open the **Huawei Health** app, navigate 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.

# Device information

## On your watch

- 1 Press the Up button on your watch to enter the app list, and touch **Settings**.
- 2 Touch **the device name (for example, HUAWEI WATCH XXX)** to enter the **About** screen, where you can find **Model name**, **Model number**, **Software version**, **SN**, **Bluetooth address**, and **IMEI** for your watch.

### On your phone

Open the **Huawei Health** app, navigate to the device details screen, and touch **Device info** to find **Name**, **Model**, **SN**, and **MAC address** for your watch.

