SMART WATCH EQUIPPED
WITH HUAWEI SMART MOVEMENT

USER GUIDE

Contents

Powering on, powering off, and restarting

Powering on

· Press and hold the side button to power on the device.

· Charge the device.

Powering off

· Press the side button, and go to **Settings** > **System & updates** > **Power off**.

· When the screen is on, press and hold the side button for 3 seconds or longer to display the Restart and Power off options, and touch **Power off**.

> 🛈 The device will automatically power off when the battery is drained. Charge the device in a timely manner.

Restarting

· Press the side button, and go to **Settings** > **System & updates** > **Restart**.

· When the screen is on, press and hold the side button for 3 seconds or longer to display the Restart and Power off options, and touch **Restart**.

· Press and hold the side button for more than 12 seconds to forcibly restart your device.

Button operations

Operation	Function
Rotate	· In Grid mode, zoom in and out on an app on the app list screen.
	· In List mode, swipe up and down on the app list screen or the details screen.
	· Swipe up and down on the screen after you enter an app.
	🛈 To enable Grid or List mode on your watch, go to **Settings** > **Watch face & home** > **Home**, and select **Grid** or **List**.

Operation	Function
Press	• Wake the device screen up. • Access the app list screen from the home screen. • Return to the home screen. • Mute an incoming call.
Press and hold	• Power on the watch. • When the watch is powered on, press and hold the side button for 3 seconds or longer to display the Restart and Power off options. • When the watch is powered on, press and hold the side button for more than 12 seconds to forcibly restart the watch.

ⓘ There are certain exceptions such as for calls and workouts.

Screen operations

The device comes with a color touchscreen that supports full-screen touch operations (including swiping up, down, left, and right, and touching and holding).

Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face (when the watch home screen is displayed).
Swipe up	View notifications (when swiping up on the watch home screen).
Swipe down	View the shortcut menu (when swiping down on the watch home screen).
Swipe left	View the watch feature cards (when swiping left on the watch home screen).
Swipe right	Return to the previous screen (when swiping right on any app's screen other than the home screen).

Icons

ⓘ Icons may vary depending on the product model.

Icons may vary depending on the theme.

Level-1 Menu

Remote shutter	Workout records	Workout status	Breathing exercises	SpO2	Activity records
Sleep	Stress	Heart rate	Music	Workout	Notifications
Weather	Cycle Calendar	Settings	Stopwatch	Timer	Alarm
Find Phone	Healthy Living	Flashlight	Call log	Compass	--
--	--	Contacts	--	--	--

Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app	Connected to the phone's Bluetooth and the Huawei Health app	Connected to the phone's Bluetooth but disconnected from the Huawei Health app

Pairing your wearable device

Pairing for the first time

1 Install the Huawei Health app ( ).
If you have already installed the app, please update it to its latest version.
If you have not yet installed the app, please download it from the app store on your phone and install it. You can also scan the following QR code to download and install the app.

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

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

- **HUAWEI/Non-HUAWEI Android phones**

    a Place your wearable device close to your phone. Open the Huawei Health app on your phone, touch $\cdots$ in the upper right corner, and then touch **ADD**. Select the wearable device that you would like to pair, and touch **LINK**.
    You can also touch **SCAN** to scan the QR code displayed on the wearable device to initiate pairing.

    b When a Huawei Health app pop-up window appears requesting a Bluetooth pairing, touch **ALLOW**.

    c When the pairing request is displayed on the wearable device, touch √, and follow the onscreen instructions on the phone to complete the pairing.

- **iPhones**

    a On your phone, go to **Settings** > **Bluetooth**, and select the wearable device that you would like to pair from the list of devices. When the pairing request is displayed on your wearable device, touch √.

    b Place your wearable device close to your phone. Open the Huawei Health app on your phone, touch $\cdots$ in the upper right corner, and then touch **ADD**. Select the wearable device that you would like to pair, and touch **LINK**.
    You can also touch **SCAN** to scan the QR code displayed on the wearable device to initiate pairing.

    c When a Huawei Health app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Follow the onscreen instructions to pair your wearable device with your phone.

Connecting to a new phone

Go to **Settings** > **System & updates** > **Disconnect** () on your wearable device, touch √, and follow the onscreen instructions to complete the pairing.

🛈 For privacy protection, in some cases (subject to the prompt on the device), you'll need to restore the wearable device to its factory settings when connecting it to a new phone. Restoring your device to its factory settings will clear all your data. Please exercise caution when performing this operation.

Charging

Charging your watch

1 Connect the charging cradle, charging cable, and power adapter, and then connect the power adapter to a power supply. (For some watch models, the charging cradle and cable are 2-in-1.)

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 a charging icon appears on the device screen.

3 When the charging icon displays 100%, it indicates that the device has been fully charged and automatically stopped charging. Remove the device and disconnect the power adapter.

- You are advised to use a HUAWEI charging cradle and adapter or a charging cradle and adapter that comply with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your device. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a HUAWEI charging cradle and adapter from an official Huawei sales outlet.

- Keep the charging port dry and clean to prevent short circuits or other risks.

- The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.

- If the device is not used for a long time, it is recommended that you charge the battery once every two to three months, to extend the battery lifespan.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

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

Method 3: Check the battery level on a watch face that displays the battery level.

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

Wearing the watch

Ensure that the rear cover of the watch is clean, dry, and free of foreign objects. Attach the monitoring area of the watch to your wrist and make sure it feels comfortable. Do not attach

a protective film to the rear of the watch. The rear cover of the watch has sensors that can identify signals from the human body. If the sensors are blocked, the identification will be inaccurate or fail and the watch will not be able to accurately record the heart rate, SpO2, and sleep data.

To ensure the accuracy of measurements, avoid wearing the strap more than one finger width away from your wrist bone. Ensure that the strap is worn relatively tightly and ensure it is secure during workouts.
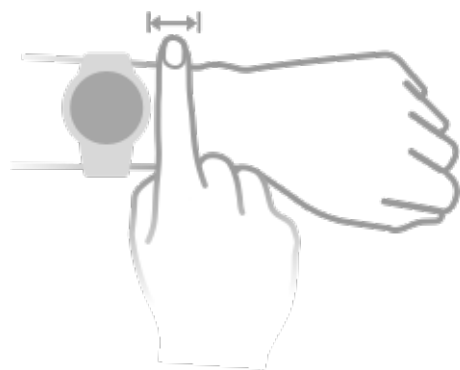
ⓘ The watch is made of materials that are safe to use. If you experience skin discomfort when wearing the device, take it off and consult a doctor.

Locking or unlocking

You can set a PIN on the device to bolster your privacy. After you have set a PIN and enabled Auto-lock, you will need to enter the PIN to unlock the device and enter the home screen. If you keep wearing your device, the screen will not be locked.

Setting a PIN

1 Set a PIN: Swipe down on the watch's home screen, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a 6-digit PIN.

2 Enable Auto-lock: Swipe down on the watch's home screen, go to **Settings** > **PIN**, and enable **Auto-lock**.

ⓘ If you forget the PIN, you will be required to restore the device to its factory settings.

Changing the PIN

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

Disabling the PIN

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

Forgot the PIN

If you have forgotten the PIN, restore the device to its factory settings and try again.

Open the Huawei Health app, go to the device details screen, and touch **Restore factory settings**.

ⓘ Once you have restored your device to its factory settings, all of your data will be cleared, so please exercise caution when performing this operation.

Setting grid layout on the home screen

To enable Grid mode on your device, go to **Settings** > **Watch face & launcher** > **Launcher**, and select **Grid**.

To enable List mode on your device, select **List**.

Enabling or disabling Do Not Disturb

Enabling or disabling Do Not Disturb

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

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

Scheduling Do Not Disturb

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

· Go to **Settings** > **Sound and vibration** > **Do Not Disturb** > **Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods, and schedule any of them to enter Do Not Disturb mode.

· To disable any scheduled Do Not Disturb periods, go to **Settings** > **Sound and vibration** > **Do Not Disturb** > **Scheduled**.

Exercise

Activity records

Wear your device correctly for it to automatically record data relating to calories burned, distance, step count, duration of moderate-to-high intensity activities, and other daily activities.

Access the app list, swipe on the screen until you find **Activity records**, touch it, and then swipe up or down to view data relating to calories burned, distance, step count, duration of moderate-to-high intensity activities, and other activities.

Starting an individual workout

The device has more than 100 workout modes for you to choose from, including professional workouts such as running and cycling, and some customizable trendy workouts such as skiing, street dancing, and skateboarding.

Using your device to start a workout

1 On your device, go to the app list, and touch **Workout**.

2 Swipe up or down on the screen and select the workout that you would like to do.

3 Touch a workout icon to start a workout.

4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch to resume the workout, or touch to stop the workout.

- Touch on the right of a workout mode to set goals, reminders, and more.

- When you finish your workout, you can view the workout data which includes the workout duration, the number of calories you burned, a graph of your heart rate, the change in your heart rate, your average heart rate, and your heart rate zone.

Using the Huawei Health app to start a workout

1 Select the workout you would like to start on the **Exercise** screen in the Huawei Health app.

2 Touch a workout icon to start a workout.

3 After you finish a workout, touch to pause the workout, touch to continue the workout, or touch and hold to end the workout.

> ⓘ · During a workout, data such as the workout duration and distance will be displayed in both the Huawei Health app and on your device.
>
> · If the workout distance or duration is too short, no workout data will be recorded.
>
> · Rope jumping and golf are unavailable on the Huawei Health app.

Enabling Smart companion

After Smart companion is enabled, you can view how much you have exceeded or fallen behind the target pace in real time during an outdoor workout.

1 Enter the device's app list, and swipe up or down to find and touch **Workout**.

2 Touch the Settings icon to the right of **Outdoor run** and enable **Smart companion**.

3 Touch **Target pace** to customize a target running pace.

4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

Making running plans

The device provides customized scientific training plans that adapt to your time to meet your training requirements. The device can help you finish your plan in a timely manner and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.

Creating a running plan

· Open the **Huawei Health** app, go to **Exercise** > **Outdoor run**, **Indoor run** or **Plan**, and touch **AI running plan**.

· Open the **Huawei Health** app, and go to **Me** > **Plan** > **Create plan**.
  Select a running plan based on your needs, and follow the onscreen instructions to finish creating the plan. Once created, the plan will be automatically synced to your device when your device is connected to the app.

Viewing and starting your running plan

On your device:

Open the app list, go to **Workout** (🏃) > **Courses & plans** > **Training plan**, and touch **View plan** to view your running plan, or touch the Workout icon to start the plan.

On your phone:

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

Ending a running plan

Open the **Huawei Health** app, go to **Exercise** > **Plan**, touch ⠿ in the upper right corner, and touch **End plan**.

Other settings

Open the **Huawei Health** app, go to **Exercise** > **Plan**, and touch ⠿ in the upper right corner:

- Touch **View plan** to view the plan details.
- Touch **Sync to wearable device** to sync plans to your wearable device.
- Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to Calendar.

Viewing workout records

Viewing workout records on the device

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

2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

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

Deleting a workout record

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

Workout status

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

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

- VO2Max refers to the maximum amount of oxygen that you can utilize during intense exercise. It is an important indicator of your body's aerobic ability.

Automatic workout detection

On your device, go to **Settings** ( ) > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

- The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.

- If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you take and help you navigate. After you reach your destination, you can use this feature to return to where you passed through or came from.

If there is no **Route back** or **Straight line** option on the screen, touch the screen to display it.

- Touch **+** or **-** on the navigation screen to adjust the scale of the map.

- This feature is only available during workouts and will be disabled once a workout ends.

Sharing workout routes

Managing your workout routes in the Huawei Health app

1 Exporting a route

   a On the **Exercise** screen, open a specific outdoor workout record, touch the Route icon on the right, and select **Export route**.

   b Then touch **Save** to save the route to the phone.

2 Importing a route
Go to **Me** > **My route** > **Import route**, and select a downloaded route to save to **My route**.

3 Viewing or deleting a saved route file
Go to **Me** > **My route** and select a route file to view or delete it.

Sharing workout routes to your device

1 Open the Huawei **Health** app, go to **Me** > **My route**, and touch the target route. On the route details screen, touch ⠿ in the upper right corner and select **Send to wearable**.

2 Enter **Workout** on your device, touch ⚙ on the right of a specific workout type that supports sharing routes, touch **Routes**, and select the target route to start navigation. You can then navigate to the destination as prompted.

Health Management

Measuring your heart rate

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed. If this feature is disabled, only the result of a single measurement can be displayed.

> ℹ To guarantee a more accurate heart rate measurement, wear the device correctly and ensure the strap is fastened. Make sure that your device is secure on your wrist during workouts.

Individual heart rate measurement

1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2 Open the device's app list and select **Heart rate** () to measure your heart rate.

> ℹ This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Continuous heart rate monitoring

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

You can set **MONITORING MODE** to either **Smart** or **Real-time**.

· Smart mode: Monitors your heart rate based on your training load.

· Real-time mode: The heart rate measurement will be performed once a second regardless of the training load.

> ℹ Using Real-time mode will increase the power consumption of your device, while using Smart mode will adjust the heart rate measurement interval based on the activity intensity and help to save power.

Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then automatically measure your resting heart rate.

ⓘ
- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).
- Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate was automatically measured at the best time.

Heart rate alerts

High heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **High heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **Low heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- To choose the calculation method for heart rate zones, open the **Huawei Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and set **Calculation method** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.

  ⓘ
  - If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).
  - If you select **HRR percentage** as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ("HRmax minus HRrest").

- Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout. After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

- ⓘ · Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it 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** in the **Huawei Health** app.

Exercise heart rate upper limit

After you start a workout, your device will vibrate to alert you if your heart rate value has exceeded the upper limit for more than 60 seconds.

1 Open the **Huawei Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and touch **Heart rate limit**.

2 Select the heart rate upper limit value you want to set, and touch **OK**.

ⓘ If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.

Sleep monitoring

Ensure that you are wearing your device correctly. The device will automatically record the duration of your sleep, and identify whether you are in a deep sleep, a light sleep, or awake.

Recording sleep data on your wearable device

- ⓘ · When the device detects that you are asleep, it will automatically disable the Always-on display, notifications (including incoming call notifications), the Raise wrist to wake feature, and other features, in order to avoid disturbing your sleep.

- Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or rapid eye movement (REM) sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.
- If **HUAWEI TruSleep™** has not been enabled, your device will track your sleep in the regular way. When you wear your device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, and enter or exit each sleep stage, and it will then sync the data to the **Huawei Health** app.

Viewing your sleep data

- Open the **Sleep** ( ) app from the app list on your wearable device to view the latest night sleep and nap data record.

- Touch the **Sleep** card on the **Health** screen of the **Huawei Health** app to view your daily, weekly, monthly, and yearly sleep data.

Measuring SpO2

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

- To ensure the accuracy of the SpO2 measurement, wear the wearable device properly and tightly. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

1 Wear your wearable device correctly and keep your arm still.

2 Press the side button to enter the app list, and swipe up or down on the screen to find and touch **SpO2** (🔴).

3 For some products, touch **Measure**. The actual product prevails.

4 Keep your body still and the screen facing upwards during the SpO2 measurement.

ⓘ • Data provided is for reference only and not for medical use. Consult a doctor as soon as possible if you feel uncomfortable.

- During the SpO2 measurement, the device will also measure your heart rate.

- This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Automatic SpO2 measurement

Enabling/Disabling Automatic SpO2 measurement

1 Open the Huawei Health app, touch **Devices** then the name of your connected device, and enter its details screen. Touch **Health monitoring**, and enable/disable **Automatic SpO2 measurement**.

2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

Viewing data

Go to **Huawei Health** > **Health**, touch **SpO2**, and select a date to view the SpO2 measurement data on that day.

Testing stress levels

Testing stress levels

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

- Single stress test:

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

- Periodic stress test:

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

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

Viewing stress data

- On the device:

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

- In the **Huawei Health** app:

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

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

Breathing exercises

Go to the app list on your device, touch **Breathing exercises**, set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises.

After the exercise is finished, the screen will display data such as the heart rate before the exercise, exercise duration, and evaluation.

Activity reminder

When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (one hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.

Open the **Huawei Health** app, go to the device details screen, touch **Health monitoring**, and enable **Activity reminder**.

> - The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
> - The device will not vibrate if it detects that you are asleep.

Menstrual cycle predictions

The device can predict your next period and fertile window based on data from your periods.

- **Method 1:**

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

  2 Press the side button on the device's home screen, touch **Cycle Calendar** (🕐), and then touch ✏️ to set the start and end of your periods. After you finish, your device will predict your next period based on the data you recorded.

- **Method 2:**

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

  2 On the **Cycle Calendar** screen, you can select **Period started** or **Period ended** for specific dates to record the duration of your period. You can also record your physical condition in **Physical symptoms**.

  3 Touch ⠿ in the upper right corner of the **Cycle Calendar** screen, and select **Settings** to set the period length and cycle length.

  > - Period and fertile window reminders are disabled by default. You can enable them in **Settings**.
  > - If you are wearing the device, it will vibrate without turning on its screen. You can touch the screen to view reminders. If you are not wearing the device, it will not vibrate or turn on its screen, and the reminders will not be displayed even if you turn on the screen. You can view messages in the message list instead.
  > - Touch ⠿ in the upper right corner of the **Cycle Calendar** screen, and select **Predictions** to enable or disable this feature.

Health Clovers

The Huawei Health app offers Health Clovers to help you develop healthy lifestyle habits and enjoy a healthy new life.

ⓘ · Due to the different physical conditions of each individual, the health suggestions provided in Health Clovers, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you feel uncomfortable during activities or workouts, please stop and take a rest or consult a doctor in a timely manner.

· The health suggestions provided in Health Clovers are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

Enabling Health Clovers

1 Open the **Huawei Health** app, go to **Health** > **EDIT**, and add the **Health Clovers** card.

2 Touch the **Health Clovers** card, and follow the onscreen instructions to agree to the **User Notice**.

Selecting check-in tasks and setting goals

Check-in tasks are classified into basic check-in tasks and optional check-in tasks. You can add optional check-in tasks based on your needs.

On the Health Clovers screen, touch **Edit tasks** or ⠿ in the upper right corner, select **Health plan**, and touch **Goal settings** on the task card to set your daily goals, or touch **Change goals** to change your goals.

Viewing the task completion status

· Enter the device's app list, and select **Health Clovers** to view the completion status of a specific task.

· Open the **Huawei Health** app, and go to **Health** > **Health Clovers** to view the task completion status.

Reminders

1 On the **Health Clovers** screen, touch ⠿ in the upper right corner, and select **Health plan**.

2 On the **health plan** screen, you can set general reminders or reminders for check-in tasks. That is, you can turn on the **Weekly report notifications (watch)** switch or the **Reminders** switch for a specific task, for example, enabling **Reminders** for **Breathing**.

Weekly report and sharing

Viewing a weekly report: On the **Health Clovers** screen, touch ⠿ in the upper right corner, and select **Weekly report** to view the report details.

Sharing: On the **Health Clovers** screen, touch ⠿ in the upper right corner to share it, or save it to your device.

· Introduction to the **Daily smile** check-in task:

1 On the **Health Clovers** screen, select **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 device.

Disabling the service

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

TriRing

TriRing in Activity records on the watch display three types of data: steps, moderate to high intensity activity, and active hours.

1. 👟 Steps: This ring indicates the proportion of your steps to the target step count on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me** > **Settings** > **Goals** in the **Huawei Health** app.

2. ⏱ Duration of moderate-to-high intensity activity (unit: minute): The default goal is 30 minutes. Your device will calculate the total duration of your moderate-to-high intensity activity based on your pace and heart rate intensity.

3. 🧍 Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend that you stand up once an hour and get at least 12 active hours between 7:00 AM and 10:00 PM every day.

Assistant

HUAWEI Assistant•TODAY

The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast, and view information from Calendar.

Entering/Exiting HUAWEI Assistant·TODAY

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

Audio control center

You can use the HUAWEI Music card on the HUAWEI Assistant·TODAY screen to control music playback on both your phone and watch. To control music playback on your phone via the watch, you'll need to pair the watch with the **Huawei Health** app.

ⓘ With music being played on your phone, this feature is supported if the music is displayed on the HUAWEI Assistant·TODAY screen. Otherwise, this feature is not supported.

More apps

ⓘ This feature is not supported for iPhones and iPads.

Installing apps

1 Open the **Huawei Health** app, go to the device details screen, and then touch **AppGallery**.

2 Select the app you want to use from the **Apps** list and touch **Install**. After the app is installed, it will be displayed in the app list on your device.

Using apps

Swipe up or down on the app list of your device, select an app, and follow the onscreen instructions to use it.

ⓘ • Some apps can only be used when the device is connected to your phone. If the device displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone.

• When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when granting authorization, open the **Huawei Health** app, go to **Me** > **Settings** > **Device capabilities**, and select the app that you want to grant authorization to again.

Updating apps

1 Open the **Huawei Health** app, go to the device details screen, and then touch
AppGallery.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Updates** > **Update** to update apps to the latest version for a better experience.

Uninstalling apps

• Uninstall an app in the **Huawei Health** app on your phone:

1 Open the **Huawei Health** app, go to the device details screen, and then touch
AppGallery.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Installation manager** > **Uninstall** to uninstall apps. After the app is uninstalled, it
will also be deleted from your device.

• Uninstall an app on the device: Touch and hold the third-party app icon to uninstall it.

🛈 If you set **Disable AppGallery service** in the **Huawei Health** app, you need to touch
AppGallery again and follow the onscreen instructions to grant authorization.

   • Before using a third-party app, add it to the background protection list in Phone
Manager. In addition, go to **Settings** > **Battery** on your phone, select the app in
Battery usage by app, touch **Startup management**, and enable **Auto-launch**,
Secondary launch, and **Run in background**.

   • If a third-party app doesn't work after you have added it to the list of protected apps in
the background, uninstall the app, reinstall it, and try again.

Adjusting the sequence of apps in the app list

Press the side button on your watch to open the app list and then drag an app up or down.

Managing watch faces

The watch face store provides a diverse range of watch faces for you to choose from. To use
this feature, update your watch and the **Huawei Health** app to their latest versions.

Changing a watch face on your watch

1 Touch and hold the watch face on the home screen.

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

  🛈 Some watch faces support custom control. You can touch ⚙ at the bottom of the
watch face to customize the content that is displayed.

Installing and changing the watch face on your phone

1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces** > **More**.

2 Select a watch face.

a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.

b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.

> ⓘ · The details screen of a watch face displays the traffic that will be generated when downloading and installing the watch face.

Deleting a watch face

In the Huawei Health app:

1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces** > **More**.

2 Select an installed watch face and touch 🗑 to delete it.

On the device:

1 Touch and hold the home screen of the device to access the watch face selection screen.

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

> ⓘ · Gallery watch faces cannot be deleted.
>
> · You do not need to purchase a watch face again, after deleting it, from the watch face store.

Theme management

You can choose from a variety of themes for your device based on the case and your specific need.

Update your wearable device to its latest version, and perform the following steps:

1 Go to your device's app list, and go to **Settings** > **Themes**.

2 Swipe up or down to select your favorite theme, and touch **Apply**.

Setting a Kaleidoscope watch face

A Kaleidoscope watch face will produce a kaleidoscopic effect when you rotate the watch crown.

> ⓘ Kaleidoscope watch faces cannot be deleted.

Setting a Kaleidoscope watch face

On your wearable device:

Touch and hold on the watch home screen, and swipe left or right to select a Kaleidoscope watch face.

In the Huawei Health app on your phone:

1 Open the Huawei Health app, enter the device details screen, touch **Watch faces**, and go to **More** > **Mine** > **Kaleidoscope**.

2 On the **Image** tab, swipe left or right to select your desired style, and touch **Save** to set the current image as the Kaleidoscope watch face.

3 Touch **Style** at the bottom of the screen to change the style of the Kaleidoscope watch face to **Repeating** or **Umbrella**, and touch **Save**.

4 Touch **Hands** at the bottom of the screen to change the hand color, and touch **Save**.

Customizing the Kaleidoscope watch face

1 Open the Huawei Health app, enter the device details screen, touch **Watch faces**, and go to **More** > **Mine** > **Kaleidoscope**.

2 Touch **+** in the lower left corner of the screen, and select either **Camera** or **Gallery** as the source from which you would like to upload an image.

3 Touch √ in the upper right corner, and then touch **Save**. Your device will then display the selected image as the Kaleidoscope watch face.

ⓘ Currently, it is not possible for you to customize Kaleidoscope watch faces on an iPhone.

Setting style watch faces

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

ⓘ This feature is currently not supported with iPhones.

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

2 Touch **+** in the lower left corner, and upload a photo of your outfit by taking one using **Camera** or selecting one from **Gallery**.

3 Multiple watch faces will be generated based on the elements in the photo. Select your favorite option, and touch **Save** to set it as the current watch face.

Configuring Gallery watch faces

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

Selecting Gallery watch faces

1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces** >
   More > **Mine** > **On watch** > **Gallery** to access the Gallery watch face settings screen.

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

3 Touch √ in the upper right corner, and then touch **Save**. Your watch will then display the
   selected image as the watch face.

   ⓘ When you upload more than one image, you can tap on the watch face to switch
      between them.

Other settings

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

- Touch **Style**, **Position** to set the style, location of the date and time and functions on the
  Gallery watch faces.

- Touch the Cross icon in the upper right corner of a selected photo to delete it.

Setting OneHop Watch Faces

ⓘ • Update the Huawei Health app to the latest version, and make sure that your device is
     connected to your phone/tablet.

   • This feature is only supported by NFC-capable phones running HarmonyOS 2/EMUI
     11.0 or later or phones/tablets running HarmonyOS 2 or later.

1 Touch and hold on your watch home screen, and touch **Gallery**.

2 Enable NFC on your phone/tablet, open Gallery, select an image, and place the NFC area
   against the watch screen.

3 After the transfer is complete, the image will become the watch face.

   ⓘ You can't use OneHop to transfer images saved on the cloud. To transfer these images,
      download these images first, and use OneHop to transfer them.

Setting the AOD watch face

You can enable the Always On Display (AOD) feature and select to display the main watch
face or AOD watch face when you raise your wrist.

ⓘ • Enabling AOD will reduce the battery life.

   • Once AOD is enabled, the Raise to wake feature will be disabled.

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

2 Once AOD is enabled, the watch face style will be set by default.

3 Select **Raise to show AOD** or **Raise to show watch face** as needed.

Managing messages

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

Enabling message notifications

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

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

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

Viewing unread messages

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

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

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

Replying to messages

ⓘ • This feature is not supported on iPhones.

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

When receiving an SMS or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons to reply to it. Supported message types are subject to actual use.

Customizing quick replies

ⓘ • If the **Quick replies** card does not display, it means that your watch does not support this feature.

 • This feature is not supported on iPhones.

You can customize a quick reply as follows:

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

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

Deleting unread messages

- On the message list screen, swipe left on the message that you wish to delete, and touch

  🗑️ to delete the message.

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

Answering and rejecting incoming calls

When there is an incoming call, your watch will remind you and display the caller's number or name. You can answer or reject the call.

- Press the side button to stop the watch from vibrating.

- Touch the Reject icon on the screen or press and hold the side button on your watch to reject the call.

Connecting to Bluetooth earphones

After the device is connected to your Bluetooth earphones, you will be able to use the Bluetooth earphones to listen to music.

- Method 1:

  1 Put your Bluetooth earphones in pairing mode.

  2 Enter the device's app list, swipe up or down on the screen, and go to **Settings** > **Bluetooth**.

  3 If the device has not been paired with any Bluetooth device, the system automatically searches for the Bluetooth devices ready for pairing. You can also touch **Select type** at the bottom of the screen to select the target Bluetooth earphones.
  If the device has been paired with some Bluetooth devices, the paired devices will be displayed. Touch **Pair** and follow the onscreen instructions to pair with the target Bluetooth earphones.

- Method 2:

  1 Put your Bluetooth earphones in pairing mode.

  2 Enter the device's app list, swipe up or down on the screen to find and select **Music**, touch ⚃ in the lower right corner of the music playback screen, and go to **Audio channel** > **Add device**.

  3 Touch **Pair**, and your watch will automatically search for the devices ready for pairing. Select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.

Controlling music playback

ⓘ To use this feature, ensure that your device is connected to the Huawei Health app.

Adding music to your device

1 Open the Huawei Health app and go to the device details screen.

2 Go to **Music** > **Manage music** > **Add songs** and select the music to be added.

3 Touch √ in the upper right corner of the screen.
When adding music, you can also create a playlist by touching **New playlist**. After you have created a playlist, you can add your preferred songs that have been uploaded to your watch to the playlist by touching **Add songs** in the upper right corner.

> · You cannot add music to your watch using an iPhone.
>
> · To delete a song, open the Huawei Health app, enter the device details screen, go to **Music** > **Manage music**, select the song you wish to delete in the displayed list, touch ⋮ and then **Delete**.

Controlling music playback on your watch

1 Enter the device's app list, and go to **Music** (🎵) > **Playing music**, or use another music app.

2 Touch the play button to play the song.

3 On the music playback screen, you can adjust the volume, set the playback mode (for example, play songs in order or randomly), and swipe up on the screen to view the playlist or switch between songs.

Controlling music playback on your phone

· Open the Huawei Health app, go to the device details screen, touch **Music**, and turn on **Control phone music**.

· Open the music app on your phone and play music.

· Swipe right on the home screen of your device to enter the HUAWEI Assistant·TODAY screen, and touch the Music widget with a phone icon.

Finding your phone using your watch

1 Swipe down on the watch face screen to enter the shortcut menu, and confirm that the Bluetooth connection between your watch and phone is normal. You will see the Bluetooth icon for your phone displayed as either 📱 or 📱 .

2 If your watch and phone are within the Bluetooth connection range, the phone will play a ringtone (even in Vibrate or Silent mode) to help you locate it.

3 Touch the device screen to end the search.

- ⓘ · If Auto-switch is enabled on your watch, the watch must be connected to **Huawei Health** to use the Find Phone feature.

  · If you are using an iPhone and the screen is turned off, the phone may not respond when you are using the Find Phone feature.

Finding your watch using your phone

Finding your watch using the Huawei Health app

- ⓘ · Your device must have been connected to the **Huawei Health** app.

  · Some watch models need to be updated to the latest version to use this feature.

1 Open the **Huawei Health** app, go to the device details screen, and go to **Find device** > **Ring**.

2 Touch **Ring**, and your watch will start ringing. When you find your watch, touch **STOP**, or wait until the ringing ends.

Finding your watch using the Find Device app

- ⓘ · Before using this feature, ensure that your device is connected to your phone via Bluetooth.

  · This feature is only available on Huawei phones running EMUI 11.0/HarmonyOS 2 or later.

1 Download and install the latest versions of **HUAWEI Mobile Cloud**, **Find Device**, and **Huawei Health** from AppGallery, or if you have already installed these apps, update them to their latest versions.

2 Use the same account to log in to these three apps.

3 Open the **Find Device** app, touch **Devices** to view the list of devices, and touch the target device.

4 touch **Listen for the ringtone** to find the device.

Setting alarms

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

Setting an alarm on your device

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

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

3 Touch an alarm to modify the time, the repetitions, or to delete it.

Setting an alarm in the Huawei Health app

1 Open the **Huawei Health** app, go to the device details screen, and touch **Alarm**. Touch **Add** to set the alarm time, tag, and repeat cycle.

2 If you are an Android or EMUI user, touch √ in the upper right corner. If you are an iOS user, touch **Save**.

3 Swipe down on the **Huawei Health** home screen to ensure that the alarm settings are synced to the device.

4 Touch an alarm to modify the alarm time, the name, and its repetitions.

Flashlight

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

Common mode

Press the side button on your device to access the app list, or swipe down on the home

screen to access the shortcut menu, and touch to turn on the flashlight. The screen will light up. Touch the screen to turn the flashlight off. Touch the screen again to turn the flashlight on again. Swipe right or press the side button to disable the flashlight.

Flash mode and Color mode

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

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

 · The flashlight stays on for five minutes by default.

· The icon color may vary depending on the device model.

Remote shutter

After your device is connected to the **Huawei Health** app, touch **Remote shutter** ( ) in

the app list on the device to enable the camera on your phone, and then you can touch

on the device screen to take a photo. Touch to switch between a 2-second and 5-second timer.

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

Water resistance

The device complies with the 5 ATM-rated resistance level, and is capable of withstanding up to 50 meters of water pressure. However, water resistance is not permanent, and protection may decrease with daily wear and tear.

Feel free to wear the device when washing your hands, in the rain, or swimming in shallow water. Avoid wearing it when you are taking a hot bath, diving, or surfing.

Any of the following may undermine the device's water resistance:

· The device is dropped, bumped, or brought into impact with another object.

· The device is infiltrated by a liquid, such as soapy water, shower gel, detergent, perfume, lotion, or oil.

· The device is used in a high-temperature and high-humidity environment, such as a hot bath or sauna.