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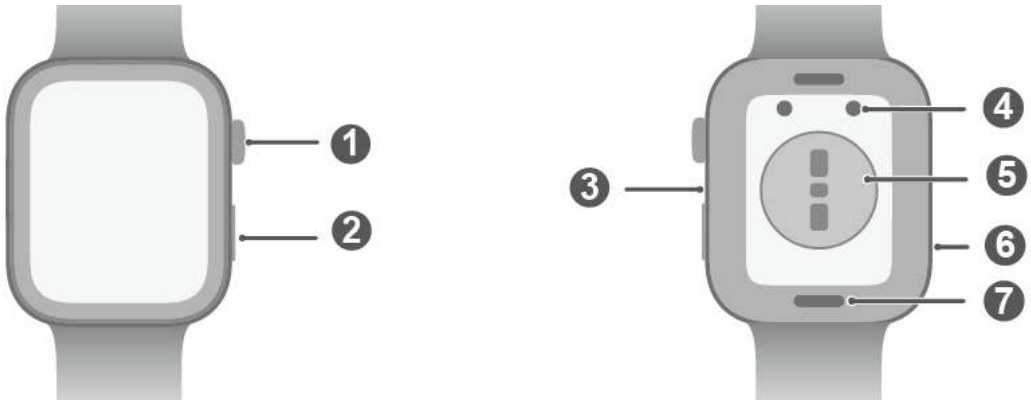
Getting Started

Appearance



Appearance

❶	Up button
❷	Down button
❸	Microphone
❹	Charging contacts
❺	Heart rate sensor
❻	Speaker
❼	Quick release button

Pairing with an EMUI/Android phone

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

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

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

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

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

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

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

Pairing with an iPhone

1 Install the **HUAWEI Health** app ( ).
If you have already installed the app, update it to its latest version.
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.

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

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

a On your phone, go to **Settings** > **Bluetooth**, and select your wearable device from the list of devices. When a pairing request displays on your wearable device, touch **√**.

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

c When a pop-up window appears in the **HUAWEI Health** app requesting a Bluetooth pairing, touch **Pair** and follow the onscreen instructions to complete the pairing.

Button features and touch operations

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

Up button

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

Operation	Feature
Press	• When the screen is off: Turns on the screen. . • When home screen is displayed: Takes you to the app list screen. • When any other screen is displayed: Returns to the home screen. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps.
Press and hold	• Powers on the watch. • Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Feature
Press	Opens the Workout app by default. You can also customize what the Down button does, by performing the steps below: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button**. 2 Select an app for your custom setting. Once you're done, return to the home screen and press the Down button to open the app.
Press and hold	Wakes up the voice assistant.

Touch operations

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	On home screen: Changes the watch face. On a watch feature card: Accesses the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screen: Opens the shortcut menu and status bar. • You can enable or disable **Do Not Disturb** and **Sleep** from the shortcut menu. • You can view the remaining battery level and Bluetooth connection status in the status bar.
Swipe left	On home screen: Accesses the custom feature cards.

Operation	Feature
Swipe right	On home screen: Enters the HUAWEI Assistant·TODAY screen. On any app's screen: Returns to the previous screen.

Turning off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the screen.
- The watch will automatically sleep without operation for a period of time.

Turning on the screen

- Press the Up button once to wake the screen.
- Raise your wrist to wake the screen.
  The Raise to wake feature is enabled by default. To disable it, open the **Huawei Health** app on your phone, navigate to the device details screen, touch **Device settings**, and toggle off the switch for **Raise to wake**.

Setting custom cards

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

Adding custom cards

1 Go to **Settings** > **Custom cards**.

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

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

Moving/Deleting cards

Swipe left on the device home screen, and hold down on any card to enter the card editing screen. Then touch and hold on a card, and you can either drag it to its new position, or touch and then **Remove** to delete it.

Setting Gallery watch faces

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

Setting Gallery watch faces

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

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

3 Touch √ in the upper right corner and then **Save**. Your wearable device will then switch to the newly set Gallery watch face.
You can also customize **Style** and **Layout**, and then touch **Save**.

You can upload more than one image, and tap on the device home screen to switch between the images and enjoy multiple customized watch faces.

Deleting an image in Gallery watch faces

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

Setting Style watch faces

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

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

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

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

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

Multi-tasking

Multi-tasking makes it easy to switch between recently used apps and quickly clear all background apps.

1 Double-press the Up button when your watch is unlocked with its screen turned on, to enter the multi-tasking screen. From there you can view all running apps.

2 Swipe left or right on this screen and perform any of the following operations:

- Touch an app card to visit the app details screen.
- Hold down on an app card and swipe up, to clear the app.
- Touch to clear all running apps.

- If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.
- Touching won't clear Music and/or Workout if music is being played and/or you're amid a workout session.

Assistant

Voice assistant

Voice assistant on your watch makes it easy to look things up, once your watch has been connected to the **Huawei Health** app on your phone.

- Make sure that your watch has been updated to the latest version, for optimal user experience.
- This feature is available only when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.
- This feature is available in certain markets only.

Using the voice assistant

1. Press the Up button on your watch to enter the app list, go to **Settings** > **Smart assistance** > **AI Voice**, and toggle on **Wake-up button**.
2. Press and hold the Down button to wake up the voice assistant.
3. Give a voice command, such as "What's the weather like today?". After the voice assistant responds to your query and finds relevant information, your watch will display the result and broadcast it for you.

Managing apps

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

Installing apps on your watch using the Huawei Health app

1. Open the **Huawei Health** app, touch **Devices**, and select your device card to enter the device details screen.
2. Touch **AppGallery**, and select a desired app from the **Apps** list and touch **INSTALL**. After installation is successful, open the app list on your watch to find and access the newly installed app.

Updating apps

1. Open the **Huawei Health** app, touch **Devices**, and select your device card to enter the device details screen.
2. Touch **AppGallery**, and go to **Manager** > **Updates** > **UPDATE** to update apps to their latest versions.

Uninstalling apps

1. Open the **Huawei Health** app, touch **Devices**, and select your device card to enter the device details screen.

2 Touch **AppGallery**, and go to **Manager** > **Installation manager** > **UNINSTALL** to uninstall apps. After the uninstallation is complete, you won't find the removed apps on your watch.

If you have set **Disable AppGallery service** in the **Huawei Health** app, you'll need to touch **AppGallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.

- Before using a third-party app, add it to the list of protected background apps in Phone Manager/Optimizer. In addition, on your phone, go to **Settings** > **Battery**, select the app in **Battery usage by app**, touch **Launch settings**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.
- If a third-party app doesn't work after you add it to the list of protected background apps, uninstall the app, reinstall it, and try again.

Reordering your watch's app list

Press the Up button on your watch to open the app list, touch and hold down on any app, and drag it upward or downward.

Managing messages

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

Enabling message notifications

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

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

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

Viewing unread messages

When being worn, your watch will vibrate to notify you of new messages pushed from the status bar of your phone.

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

Replying to messages

- This feature is unavailable when your watch is paired with an iPhone.
- Replying to an SMS message only works with the SIM card that has received the message.

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

Customizing quick replies

- If there is no **Quick replies** card, it indicates that your watch does not support this feature.
- This feature is unavailable when your watch is paired with an iPhone.

You can customize a quick reply as follows:

1. Once your watch is linked with the **Huawei Health** app, open the app, navigate to the device details screen, and touch the **Quick replies** card.
2. You can touch **Add reply** to add a new one, touch an existing reply to edit it, or touch next to a reply to delete it.

Deleting unread messages

- On the message center, swipe left on a message that you wish to delete, and touch to delete it.
- Touch at the bottom of the message list to clear all unread messages.

Bluetooth voice calls

To use this feature, make sure that your wearable device is linked with the **Huawei Health** app.

Adding favorite contacts

1. Open the **Huawei Health** app, navigate to the device details screen, and touch **Favorite contacts**.
2. On the **Favorite contacts** screen, touch **Add** and you'll be automatically redirected to your phone contacts. From there, select the ones you wish to add as favorite contacts. Then you can **Sort** or **Remove** contacts on the **Favorite contacts** screen.

You can choose a maximum of 10 contacts for **Favorite contacts**.

Making and answering calls

To make a call: Enter the app list on your wearable device, touch **Contacts** or **Call log**, and select the contact that you'd like to call.

If you're using dual SIM cards, when you make a call to a watch contact, you cannot select which SIM card to use for the call, as that is determined by the phone's protocols. For details, contact your phone manufacturer's customer service.

To answer a call: Simply touch the Answer icon to receive an incoming call on your wearable device when it reminds you of your phone's incoming call. Once the call is answered, the audio will play from your wearable device's speaker.

Rejecting calls with quick message replies

On a HUAWEI phone, for example: When your wearable device reminds you of an incoming call, touch the Message icon to reply immediately with an SMS message and reject the call.

- The preset quick replies on your watch can't be customized.
- The content of the quick replies used for rejecting incoming calls is not related to the **Quick replies** feature in the **Huawei Health** app.
- This feature is unavailable when your watch is paired with an iPhone. For details about how to use this feature when paired with phones of other brands, contact your phone manufacturer.

Remote shutter

- This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
- To use this feature, make sure that the **Huawei Health** app is running in the background.
- 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 the **Huawei Health** app.

Swipe down from the top of your watch home screen, and make sure that is displayed, indicating that your watch is connected to your phone.

2 On your watch, open the app list, and find 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.

Controlling music playback

- Music syncing to watch is unavailable when your watch is paired with an iPhone. If your watch has not been restored to its factory settings, it is recommended that you connect your watch to an Android phone first for music transfer, and then link your watch with an iPhone to control music playback (provided that the same HUAWEI ID is used to log in to the Huawei Health app on all of the used phones).
- To use this feature, make sure that your watch is connected to the **Huawei Health** app.

Syncing music to your watch

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

2 Go to **Music** > **Manage music** > **Add songs**, and select tracks to be synced.

3 When you're done, touch √ in the upper right corner of the screen.
Instead of managing songs track by track, you can also create a playlist with **New playlist**, and then in the playlist screen, touch ⋮ in the upper right corner and then **Add songs** to sync and manage watch music with playlists, for greater ease of use.

- To delete a song, open the **Huawei Health** app, navigate to the device details screen, go to **Music** > **Manage music**, select a song from the displayed list, and touch ⋮ then **Delete**.
- The synchronization of certain songs requires the Premium PLUS membership of HUAWEI Music.
- The music synced to your watch via the **Huawei Health** app can be played offline, not requiring Internet access.

Controlling watch music playback

1 On your watch, open the app list, and go to **Music** ( ) > **Playing**, or open another music app.

2 Touch the Play button to play a song.

3 On the music playback screen, you can adjust the volume, set the playback mode (such as Play in order and Shuffle), and swipe up on the screen to view the playlist or switch between tracks.

Controlling phone music playback

- On your phone, open the **Huawei Health** app, navigate to the device details screen, touch **Music**, and toggle on the switch for **Control phone music**.
- Open a phone music app and start the playback.
- On your watch, swipe right on the home screen to enter the HUAWEI Assistant·TODAY screen, and touch the Music widget, from there you can pause playback, switch between tracks, and adjust the volume.

Setting alarms

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

Setting an alarm using your wearable device

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

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

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

The alarm name cannot be set or modified on a wearable device. Please do so on the Huawei Health app.

Setting an alarm using the Huawei Health app

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

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

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

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

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

Finding your phone using your watch

1 Swipe down on the watch face screen to open the shortcut menu. Check to make sure that is displayed, indicating that your watch is properly connected to your phone via Bluetooth.

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

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

4 Touch the wearable device screen to end the search.

- If **Auto-switch** is enabled on your watch, make sure that your watch is connected to the **Huawei Health** app before using the Find Phone feature.
- If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as the ringtone playback is controlled by iOS.

Do Not Disturb mode

When Do Not Disturb mode is enabled, your device won't ring or vibrate when receiving incoming calls and notifications (except when an alarm goes off).

Enabling/Disabling Do Not Disturb

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

Method 2: Go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **All day** to complete the setting.

Scheduling Do Not Disturb

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

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

Flashlight

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

Common mode

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

Flash mode and Color mode

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

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

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

Health Management

Activity records

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

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

To set your own goals for Activity rings:

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

On your watch: Navigate to **Activity records**, swipe left to view **This week**'s data, swipe right to view today's statistics, swipe up to view **Today**, and swipe up again to find and touch **Edit goals** or **Reminders**. In **Reminders**, you can disable **Stand**, **Progress**, and **Goal reached**.

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

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

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

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

Stay Fit app

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

- To use this feature, first update your watch to its latest version.

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 authorization screen if you're using the app for the first time.
2. Set your weight, touch **OK**, customize **Goal type**, **Rate of loss**, and **Target weight** one by one to suit your needs, and touch **OK**. Your watch will generate a weight loss or weight maintaining plan for you.
   If you have set your current weight and target weight via **Huawei Health** > **Health** > **Weight management**, such data will automatically sync to your watch.
3. 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 you're using the **Weight Loss** watch face, just touch the watch face to instantly access the Stay Fit app.

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** to record 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 **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Calorie records** screen of the **Huawei Health** app. Touch **Diet log** to 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 record 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**. Swipe left twice on the app home screen to enter the **Today's calories burned** screen, and view your **Burned (kcal)**, **Resting**, and **Active** calorie data for the current day.

2 Touch **Workout** to enter the **Workout** app on your watch, and select an option to start a workout session.
Touch **Video 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 on the app home screen and touch **More settings**.

2 Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goals 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 on the app home screen and touch **Reminder settings**.

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

Pulse wave arrhythmia analysis

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

This feature is available in certain markets only.

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

Activating the app

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

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

Taking measurements on your wearable device

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

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

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

Enabling automatic measurements and reminders

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

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

Disabling the service

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

Possible results

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

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

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

Sleep monitoring

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

Enabling/Disabling HUAWEI TruSleep™

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

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

Viewing your sleep data

- On your wearable device, open the app list and select **Sleep** ( ), to check out your night sleep and nap records.
- Go to **Huawei Health** > **Health** > **Sleep**, touch ⋮ in the upper right corner and then **All data**, and you'll be taken to the screen where historical sleep data is displayed.

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

Measuring heart rate

Continuous heart rate monitoring is enabled by default, which displays your heart rate curve. If this feature is disabled, you will be prompted to open the **Huawei Health** app and toggle on the switch for **Continuous heart rate monitoring**.

To ensure optimal monitoring accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the watch remains secure on your wrist during workouts.

Individual heart rate measurement

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

2 On your watch, open the app list and select **Heart rate** ( ) to initiate an individual measurement.

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

Continuous heart rate monitoring

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

You can set **Monitoring mode** to either **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.

Real-time monitoring will increase the power consumption of your device, while Smart monitoring is more power-saving.

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

- The resting heart rate data on your wearable device will be cleared automatically at 00:00 AM.
- There are some prerequisites for your resting heart rate to be displayed. Suboptimal measurement time may lead to deviations or no result in your resting heart rate measurement.

Heart rate alerts

High heart rate alert

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on the switch for **Continuous heart rate monitoring**, and enable **High heart rate alert**. Your wearable device will vibrate and display an alert when you've been in a resting state and your resting heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on the switch for **Continuous heart rate monitoring**, and enable **Low heart rate alert**. Your wearable device will vibrate and display an alert when you've been in a resting state and your resting heart rate stays below your set value for more than 10 minutes.

Heart rate measurement for a workout

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

- To choose the calculation method for heart rate zones, go to **Huawei Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**. For your runs, set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**. For other workout modes, choose either **Maximum heart rate percentage** or **HRR percentage**.
  - If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate (HRmax = 220 – Your age).
  - If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).

- 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 zones 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** app.

High heart rate alert during workouts

Your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time during a workout.

1. Go to **Huawei Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and toggle on the switch for **High heart rate**.
2. Touch **Heart rate limit**, set an upper limit suited to your needs, and touch **OK**.

If you disable audio reminders for individual workouts, you will be alerted through vibrations and card prompts only, without audio broadcasts.

Measuring SpO2

- To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- To ensure optimal measurement accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the sensor area is in contact with your skin, without any foreign objects in between.

Individual SpO2 measurement

1. Double-check that your wearable device is worn properly, and keep still.
2. Press the Up button to enter the app list screen, swipe up or down on the screen until you find **SpO2** ( ), and touch this option.
3. Touch **Measure**. (The actual product interface shall prevail.)
4. Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upward.

Automatic SpO2 measurement

1. Open the **Huawei Health** app, touch **Devices**, and select your device card to visit the device details screen. Touch **Health monitoring**, and toggle the switch for **Automatic SpO_2** on or off.

When **Automatic SpO_2** is enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.

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

Viewing your SpO2 data

Open the **Huawei Health** app, select the **SpO_2** card, and select a date to view your SpO2 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** and follow the onscreen instructions to calibrate the stress level.
- Periodic stress test:
  Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **Automatic stress test**, toggle on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then automatically start when you wear the device correctly.

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

Viewing stress data

- On the device:

  Enter the app list, and touch **Stress** ( ) to view your daily stress change, including the stress bar chart and specific stress levels.
- In the **Huawei Health** app:
  You can see your latest stress scores and level on the **Stress** card. Touch the card to view your daily, weekly, monthly, and yearly stress curves, and corresponding advice.

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

Stand reminder

With **Stand** reminder enabled, your wearable device will monitor your activity throughout the day in increments (60 minutes by default). It'll vibrate and display a reminder, with the screen turned on, to prompt you to get up and move around if you've been sitting for over an hour between 08:00 and 12:00 or between 14:30 and 21:00.

Open the **Huawei Health** app, navigate to the device details screen, touch **Health monitoring**, and toggle the switch for **Stand** on or off.

- When **Do Not Disturb** mode is enabled, you won't receive **Stand** reminders during the Do-Not-Disturb hours.
- You won't receive **Stand** reminders when your wearable device detects that you are asleep.

Cycle Calendar

Activating the app

1. To activate this feature, you'll need to first link your watch with the **Huawei Health** app on your phone. Then go to **Huawei Health** > **Health** > **Cycle Calendar**, agree to the privacy statement, set your period data, and touch **Get started**.
2. An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
   Touch **Open app** to enter the home screen of the **Cycle Calendar** app.
   Touch **OK** to return to the previous screen.

Recording and viewing your periods on your 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 the icon 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 and next three cycles.

Recording your periods on the Huawei Health app

1. Go to **Huawei Health** > **Health** > **Cycle Calendar**, and follow the onscreen instructions to download the feature package and complete the data settings. If you are unable to find the **Cycle Calendar** card, touch **Edit** and add it to the app home screen.
2. Enter the **Cycle Calendar** screen, toggle on **Period started** or **Period ended** for specific dates to record the duration of a menstrual cycle. You can also record your **Physical symptoms**.

3 On the **Cycle Calendar** screen, touch ⋮ in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the switch for **Reminders** on or off.
Touch **Period records** to view **Avg period** and **Avg cycle**.
Touch **All data** to view the historical data.

Exercise

Starting an individual workout

Starting a workout on your wearable device

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

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

To remove a workout mode:

Enter the app list, select **Workout**, swipe up until you reach the end of the screen, and touch **Custom**. Select a workout mode, and touch to remove it from the list or ↑ to reorder your workout list.

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

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

Alternatively, press the Up button to pause, touch to resume, or touch to end the workout.

- To keep your device screen on during the workout, go to **Workout** > **Workout settings**, and toggle on the switch for **Always on**.
- To adjust the volume of workout reminders, go to **Workout** > **Workout settings**, touch the Volume icon, and swipe up or down on the volume slider. When the volume is lowered to zero, the Mute icon will be displayed and audio reminders will be silenced.

Starting a workout on the Huawei Health app

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

2 On the **Huawei Health** app, touch to pause the workout, touch to resume, or touch and hold to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

- During a workout, data such as the workout duration and distance will be displayed on both the **Huawei Health** app and your wearable device.
- If the workout distance or duration is too short, the record won't be saved.
- After a workout ends, the data displayed on the **Huawei Health** app is collected from both your phone and wearable device, and such data will not be displayed on your wearable device.

Workout settings

On your wearable device, touch the Settings icon to the right of a workout mode to set **Goal**, **Reminders**, **Data display**, and **Mistouch prevention**. You can also choose to **Remove** the workout. (Available options may vary by device model and workout mode. If there's no such icon, it indicates that such settings are unavailable on your device.)

- **Reminders**
  Touch **Reminders** and set **Interval** by **Distance** or by **Time**. You can also toggle the switch for **Heart rate** on or off.
  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 by your phone. Please note that the download may take a long while if you're using an iPhone.
- **Mistouch prevention**
  Touch **Mistouch prevention** and toggle the switches for **Auto-lock Crown** and **Auto-lock screen** on or off.

Customizing running plans

The device provides science-based, customized training plans tailored to your training goals and times, helps you finish a plan in a timely manner, and intelligently adjusts the content and difficulty level of subsequent courses based on your training status and feedback.

Creating a running plan

Open the **Huawei Health** app, go to the **Exercise** screen, select **Plan**, and touch the **AI running plan** card.

Select a running plan suited to your needs, and follow the onscreen instructions to finish plan creation. 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:

Open the app list, go to **Workout** > **Courses and plans** > **Training plans**, and touch **View plan** to see your running plan, or touch the Workout icon to start a training session.

On your phone:

On 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**, touch ⋮ in the upper right corner, and touch **End plan**.

Other settings

Go to **Huawei Health** > **Exercise** > **Plan**, touch ⋮ in the upper right corner, and perform any of the following operations:

- Touch **View plan** to view your plan details.
- Touch **Sync to wearable device** to sync the plan to your device.
- Touch **Plan settings** to customize training days, reminder settings, and whether to sync to Calendar.

Viewing your training status

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

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

Workout records

Viewing workout records on your wearable device

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

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

Viewing workout records on the Huawei Health app

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

Deleting a workout record

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

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 app list, go to **Settings** > **Workout settings**, and toggle on **Auto-detect workouts**.
2. When this feature is enabled, your wearable device will remind you to start a workout when it detects increased activity intensity. You can ignore the notification or touch a workout mode icon to start an exercise session.

- 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 in such an active state 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 or end the workout as prompted.

More

Charging

Charging your device

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

- It is recommended that you use a HUAWEI charging cradle and adapter when charging your device, or use a charging cradle and adapter that comply with relevant safety regulations and standards. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using them. To guarantee the authenticity of your HUAWEI charging cradle and adapter, it is recommended that you purchase them from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the charging port, metal contacts, and your wearable device remain dry during charging.
- Keep the surface of the charging cradle clean. Make sure your wearable device is placed correctly on the charging cradle and that the charging status is displayed on your device screen. Avoid bringing metal objects into contact with the metal contacts on the charging cradle, to avoid short circuiting and other risks.
- When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter.
- If you don't plan on using your wearable device for a long time, you're advised to charge the battery once every two to three months, to extend the battery lifespan.
- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, you can go to an authorized Huawei Customer Service Center to have the battery replaced.
- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure that its USB port is free of any residual liquid or foreign object. Keep the cradle and your device away from liquids and flammable materials during charging. Do not touch the metal contacts of the charging cradle when it is connected to a power supply.
- The charging cradle contains a magnet. If you find repulsion against your device when attempting to charge it, switch its direction and connect it to the cradle. The cradle is magnetic, and tends to attract metal objects. Please check and clean it before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources of strong electromagnetic interference, so as to avoid the reduction or switching of the magnetic properties or other issues.

Checking the battery level

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

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

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

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

Low battery alert

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

Always On Display

Always On Display (AOD) keeps your device screen on in a low-power state, so that you can always view the time and date without lifting a finger. When AOD is enabled, you can select to display the watch face or AOD when you raise your wrist.

Enabling AOD will reduce the battery life.

1. Open the app list, go to **Settings** > **Watch face & home**, and enable **Always On Display**.
2. Enable AOD, which will automatically come with a default watch face style.
3. Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

HUAWEI Assistant·TODAY

The HUAWEI Assistant·TODAY screen provides quicker, easier access to weather information.

Entering/Exiting HUAWEI Assistant·TODAY

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

Audio control

Make sure that your watch is paired with the **Huawei Health** app. Enter the HUAWEI Assistant·TODAY screen on your watch, and use the Audio control card for music playback controls on both your phone and watch. (Phone music controls on the watch works only when music is being played on the phone.)

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 on the device home screen to switch between the images and enjoy multiple customized 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 available only when your device is paired with a HUAWEI phone that supports NFC. Your wearable device must also support NFC.

1 Enable NFC on your phone.

2 Go to Gallery on your phone, select the image(s) you would like to transfer, and tap the NFC area on the back of your phone against the watch face.

3 Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More** > **Mine** > **On watch** > **Gallery**, where you'll see the images that you've just transferred, and customize the style and layout to suit your preferences.

Managing watch faces

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

Changing the watch face on your watch

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

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

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

Installing and changing the watch face on your phone

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

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

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

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

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

Deleting a watch face

On the Huawei Health app

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

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

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

On your wearable device

1 Touch and hold anywhere on the home screen until the device vibrates, 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. You can download the deleted watch face again from the Watch Face Store.

Sharing a watch face

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

Sounds & vibration

Setting the ring volume

1 Enter the app list, and go to **Settings** > **Sounds & vibration** > **Ring volume**.

2 Swipe up or down to adjust the ring volume.

Muting and unmuting

1 Enter the app list, and go to **Settings** > **Sounds & vibration**.

2 Enable or disable **Mute**.

Crown haptics

1 Press the Up button to enter the 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

Updates

Open the **Huawei Health** app, touch **Devices** and then your device name, and touch **Firmware update**. Your phone will check for any available updates. Then follow the onscreen instructions to update your device.

- On the **Firmware update** screen of the **Huawei Health** app, you can touch the Settings icon in the upper right corner and enable **Auto-download update packages over WLAN**, so that new versions will be automatically pushed to your wearable device which will then display an update notification. You can then follow the onscreen instructions to update your device.
- You're advised to ensure that your device has a battery level higher than 20% before an update. In addition, charging your device during the update is not recommended, or it might lengthen the update duration.
- During the installation, Bluetooth on your device will automatically disconnect, and reconnect once the update is complete.

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

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

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

Water/Dust Resistance Level	Resistance Level Definition	Resistance Scenario

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

		wearable device is used in an unsuitable scenario.)

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

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

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

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

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

Charging the device when it is wet.

The water-resistant and dust-resistant features are applicable only to the watch body. Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.

Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.