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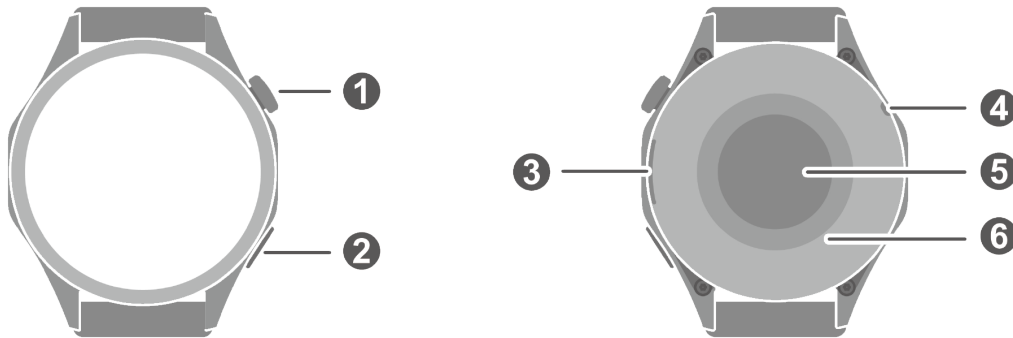
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# Getting Started

## Appearance

HUAWEI WATCH GT 4 (46 mm) diagram



HUAWEI WATCH GT 4 (41 mm) diagram

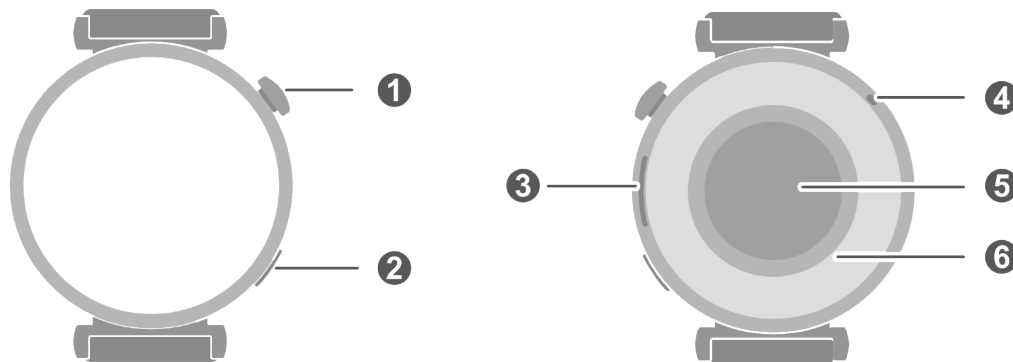






Diagram details




①	Up button
②	Down button
③	Speaker
④	Microphone
⑤	Heart rate sensor
⑥	Charging area

## Pairing with an EMUI/Android phone

- 1 Install the **Huawei Health** app ()  
If you have already installed the **Huawei Health** app, go to **Me > Check for updates**, and update it to the latest version.
- 2 Open the **Huawei Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.

- 3 Power on your wearable device, select a language, and start pairing.
  - 4 Place your wearable device close to your phone. Open the **Huawei Health** app, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.  
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.
  - 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **Allow**.
  - 6 When a pairing request displays on the wearable device, touch , and follow the onscreen instructions on the phone to complete the pairing.
-  After the pairing is complete, if you are using a non-HUAWEI phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents the **Huawei Health** app from being cleared from the background.


## Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, please update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.
- 2 Open the **HUAWEI Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing.
  - a Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and then touch **Add device**. 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 the pairing request appears on your wearable device, touch . When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.
  - c Wait a few seconds for the **HUAWEI Health** app to display a message indicating that the pairing has been successful. Touch **Done** to complete the pairing.

## Button features and touch operations

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

## Up button

Operation	Feature
Rotate	<ul style="list-style-type: none"> <li>• In <b>Grid</b> mode, zooms in and out on apps in the app list screen.</li> <li>• In <b>List</b> mode, swipes up and down in the app list and details screens.</li> <li>• Swipes up and down on the screen after you open an app.</li> </ul> <p> To enter <b>Grid</b> or <b>List</b> mode, go to <b>Settings &gt; Watch face &amp; home &gt; Launcher</b>.</p>
Press	<ul style="list-style-type: none"> <li>• Turns on the screen.</li> <li>•</li> <li>• Takes you to the app list screen from the home screen.</li> <li>• Returns you to the home screen.</li> <li>• Mutes incoming Bluetooth calls.</li> </ul>
Double-press	Double-press to view all running apps when the screen is on.
Press and hold	<ul style="list-style-type: none"> <li>• Powers on the watch.</li> <li>• Takes you to the restart/power-off screen.</li> <li>• Forcibly restarts the watch when the button is held for at least 12 seconds.</li> </ul>

 Operations differ during calls and workouts.

## Down button

Operation	Feature
Press	<p>Opens the Workout app.</p> <p>You can also customize what the Down button does, by performing the steps below:</p> <ol style="list-style-type: none"> <li>1 Press the Up button to enter the app list, and go to <b>Settings &gt; Down button</b>.</li> <li>2 Select an app and customize the Down button feature. Once you've finished customizing, return to the home screen and press the Down button to open the app.</li> </ol>

 Operations differ during calls and workouts.

## Touch operations

Operation	Feature
Touch	Chooses and confirms.

Operation	Feature
Touch and hold	Changes the watch face when the watch home screen is displayed. Accesses the card management screen when a card is displayed.
Swipe up	Views notifications (when swiping up on the watch home screen).
Swipe down	Views the shortcut menu and status bar (when swiping down on the watch home screen). <ul style="list-style-type: none"> <li>You can enable or disable <b>Do Not Disturb</b> and <b>Sleep</b> from the shortcut menu.</li> <li>You can view the remaining battery power and Bluetooth connection status in the status bar.</li> </ul>
Swipe left	Views the watch feature cards (when swiping left on the watch home screen).
Swipe right	Enters the HUAWEI Assistant-TODAY screen (when swiping right on the watch home screen). Returns to the previous screen (when swiping right on any app's 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.

## Icons




 Icons may vary depending on the product model.

### Level-1 menu

Remote shutter 	Workout records 	Workout status 	Breathing exercises 	SpO2 	Activity records 
Sleep 	Stress 	Heart rate 	Music 	Workout 	Messaging 


<b>Weather</b> 	<b>Cycle Calendar</b> 	<b>Settings</b> 	<b>Stopwatch</b> 	<b>Timer</b> 	<b>Alarm</b> 
<b>Find Phone</b> 	<b>Health clovers</b> 	<b>Flashlight</b> 	<b>Call log</b> 	<b>Compass</b> 	<b>Barometer</b> 
<b>Contacts</b> 	<b>Stay Fit</b> 	<b>Pulse wave arrhythmia analysis</b> 	--	--	--

### 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 via Bluetooth but disconnected from the Huawei Health app 
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## Setting custom cards




### To add custom cards

- 1 Go to **Settings** > **Custom cards**.
- 2 Touch  and select the cards you would like to display, such as **Sleep**, **Stress**, and **Heart rate**. The cards you see on your device may be different.
- 3 To view custom cards after adding them, swipe left or right on the home screen.

### To move/delete cards

- To move a card, hold and drag it to its new position.
- To delete a card which can be deleted, touch  in the card screen.

## Customizing watch faces

- 1 Touch and hold the home screen of the device to visit the watch face selection screen.
- 2 Touch the settings icon () below a watch face, and swipe up or left on the screen to switch between watch face styles or widgets.
  -  Only the watch faces with the  icon below them support customization. Custom capabilities vary depending on the watch face.



# Assistant

## HUAWEI Assistant·TODAY


The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast.

### 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

You can use the Audio control 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 link your watch with the **Huawei Health** app.

-  Only some product models support the feature of controlling music on your phone. 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.

## App management

-  **This feature is not supported on iPhones.**

### Installing apps on your watch using the Huawei Health app

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your device card to enter the device details screen.
- 2 Touch **AppGallery**, and 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 watch.

### Updating apps

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.
- 2 On the device details screen, touch **AppGallery**, and go to **Manager > Updates > UPDATE** to update apps to their latest version.

### Uninstalling apps

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.
- 2 On the device details screen, touch **AppGallery**, and go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.

- i** If you have set **Disable AppGallery service** in the **Huawei Health** app, you need to touch **AppGallery** and follow the onscreen instructions to grant the required permission, to enable **AppGallery** again.
  - Before using a third-party app, add it to the background protection list in Phone Manager/Optimizer. In addition, go to **Settings > Battery** on your phone, select the app in **Battery usage by app**, touch **Battery usage by app**, 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 Up button on your watch to open the app list and then drag an app up or down.

## Managing messages

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

### Enabling message notifications

- 1** Open the **Huawei Health** app, go to the device details screen, touch **Notifications**, and toggle on the switch for **Notifications**.
- 2** Go to the app list and toggle on the switches for the apps that you would like to receive notifications from.
  - i** 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 by swiping up on the home screen to enter the message center.

### Replying to messages


- i** • This feature is not supported on iPhones.
  - This feature is only supported when replying to an SMS message using the SIM card that received the message.

When receiving an SMS message or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons to reply to it. Different devices may support different reply formats.



## Customizing quick replies

-  If there is no **Quick replies** card, it is likely that your watch does not support this feature.
  - This feature is not supported on iPhones.


You can customize a quick reply as follows:

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

## Deleting unread messages

- 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 delete all unread messages.

## Bluetooth voice call


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

## Adding contacts

- Open the **Huawei Health** app, go to the device details screen, and touch **Favorite contacts**.
- On the **Favorite contacts** screen, touch **Add**. The system will automatically open the contacts list on your phone. From there, select contacts and add them to the list. Once added, you can **Sort** or **Remove** contacts on the **Favorite contacts** screen.

## Answering and making calls


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

-  When you make a call to your watch contacts, the SIM card for the call on a dual SIM phone will be determined by the phone's protocols. You can't select which SIM card is used on your watch. For details, please contact your phone manufacturer's customer service.


**To answer a call:** When there is an incoming call on your phone, you will receive an incoming call notification on your wearable device. Touch your wearable device to answer the call. Once the call is answered, the audio will play from the wearable device speaker.

## Rejecting calls with quick message replies


Here we'll use a HUAWEI phone as an example: When your wearable device reminds you of an incoming call, you can 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 not supported on iPhones. For details about how to use this feature on phones of other brands, please contact your phone manufacturer.


## Remote shutter

-  • To use this feature, make sure that the **Huawei Health** app is running in the background.
- The watch does not support viewing or previewing photos. You can do this on your phone.


**1** Make sure that your watch is linked with the **Huawei Health** app on your phone.

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


**2** Enter your watch's app list, touch **Remote shutter** () to enable your phone's camera, and touch  on the watch screen to take a photo. Touch  to switch between a 2-second and 5-second timer.



-  When using the watch with an iPhone, you need to open the camera on the iPhone first.



## Controlling music playback

-  • You cannot transfer music to your watch using an iPhone. If your watch has not been restored to its factory settings, it is recommended that you link your watch to an Android phone first to transfer music to your watch, then link your watch with an iPhone and use the same HUAWEI ID to control music playback.
- To use this feature, make sure that your watch is connected to the **Huawei Health** app.


### Adding music to your watch

- 1** Open the **Huawei Health** app and go to the device details screen.
- 2** Go to **Music > Manage music > Add songs**, and select songs to be added.
- 3** Touch  in the upper right corner of the screen.

When adding music, you can create a playlist by touching **New playlist**. After you have created a playlist, you can add songs from your watch to the playlist by going to   > **Add songs** in the upper right corner.

-  • To delete a song, open the **Huawei Health** app, go to the device details screen, go to **Music > Manage music**, select the song you would like to delete from the displayed list, and touch  and then **Delete**.
- The music transferred to your watch via the **Huawei Health** app can be played offline. It is not necessary to have network connection.

### Controlling music playback on your watch

- 1** Enter the watch's app list, and go to **Music** () > **Playing**, or use 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 (for example, play songs in order or shuffle them), 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 toggle on the switch for **Control phone music**.
- Open the music app on your phone and play music.
- Swipe right on the home screen of your watch to enter the HUAWEI Assistant-TODAY screen, and touch the Music widget with a phone icon, from there you can pause or switch songs, or adjust the volume.


## Setting alarms

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

### Setting an alarm on your device

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


### Setting an alarm in the Huawei Health app

- 1** Open the **Huawei Health** app, enter the device details screen, and touch **Alarm**.
- 2** Touch **Add** to set the alarm time, alarm name, and repeat cycle.
- 3** If you are an Android or EMUI user, touch  in the upper right corner. If you are an iOS user, touch **Save**.

- 4 Swipe down on the **Huawei Health** home screen to make sure that the alarm settings are synced to the device.
- 5 Touch an alarm to modify the alarm time, the name, and its repetitions.

## Voice assistant

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

-  Update your watch to the latest version, to ensure the best possible experience. This feature is supported on HUAWEI phones running EMUI 10.1 or later. Currently, this feature is only supported in certain countries and regions.

### 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 enable **Wake-up button**.
- 2 Hold down on the Down button to wake up the voice assistant.
- 3 Give a voice command, such as "What's the weather like today?".

### Other settings

Go to **Settings > Smart assistance > AI Voice** on your watch, and set the voice assistant feature. If the following menus do not display, it means that your watch does not support these features.

- **Wake-up button:** Wakes up the voice assistant when you press the button.
- **Broadcast:** This feature is enabled by default. Once disabled, the watch will no longer play voice messages.  
To adjust the volume of the voice assistant, you'll need to press the volume buttons on the paired phone.
- **AI Tips:** Once this feature is enabled by default, the **AI Tips** card will display on the HUAWEI Assistant-TODAY screen. Once **AI Tips** is disabled, the card will no longer display on the HUAWEI Assistant-TODAY screen.



## Connecting to Bluetooth earphones

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



- Method 1:
  - 1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.
  - 2 Enter the watch's app list, swipe up or down on the screen, and go to **Settings > Bluetooth**.
  - 3

If the watch has not been paired with any Bluetooth device, the watch automatically searches for the Bluetooth devices ready for pairing. Select the target Bluetooth earphones from the Bluetooth list and complete pairing.


• Method 2:

- 1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.
  - 2 Enter the watch'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 Bluetooth earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.
-  • The earphones do not support voice calls when paired with a watch. If you answer an incoming call on your watch, the audio channel will switch to the watch's speaker.
  - To make voice calls using your earphones, pair them with your phone and answer calls from there.

## 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 .
  - 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 the **Huawei Health** app 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

-  • This feature is unavailable when your watch is not linked with the **Huawei Health** app.
  - Some watch models need to be updated to their latest versions to use this feature.
- 1 Open the **Huawei Health** app, go to the device details screen, and touch **Find device** and then **Ring**.
  - 2 Touch **Ring**, and your watch will start ringing. When you find your watch, touch **Stop ringing**, or wait until the ringing ends.

## Enabling or disabling Do Not Disturb

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

### Enabling or disabling Do Not Disturb

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

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

### Scheduling Do Not Disturb

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

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

## Viewing calendar events

- i** • If you're using a Google phone, make sure that your phone has a network connection, and go to **Settings > About > Google Account > Account sync** to enable Google Calendar, Calendar, and Calendar events.
  - Google Calendar only syncs events to your watch.
  - If you're using a Samsung phone, go to **Settings > Accounts and backup > Manage account**, touch a Google account and **Sync account**, and then touch **Tasks in the Calendar, Google Calendar, and Calendar**.

After you create an event on your phone, it will be synced to your watch when you connect your watch to your phone.

- i** Calendar sync is enabled by default. You can disable it in the Huawei Health app, by visiting the device details screen, going to **Device settings > App management > Calendar**, and toggling off the switch for **Sync Calendar to watch**. Once disabled, your calendar will no longer sync between the devices.

Press the Up button on your watch to open the app list, and touch **Calendar** to view the current date and upcoming events. If you have set reminders for your events, your watch will remind you at the preset times.




# Health Management

## Activity records




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

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

To set your own goals for Activity rings:

On the phone: Open the **Huawei Health** app, touch **Health** and then the Activity rings card to display the Activity records screen, and then go to  > **Edit goals**.

On the watch: On the home screen of Activity rings, swipe left to view **This week**, swipe right to view today's statistics, swipe up at the bottom of the home screen to view **Today**, and swipe up again to select **Edit goals** or **Reminders**. Go to **Reminders** to disable **Stand**, **Progress**, and **Goal reached**.



1. : **Move** measures the calories you burn through activities like running, cycling, or even house work.
2. : **Exercise** measures how much time you're active. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate exercise 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. : Each hour during which you stand up and move around for at least 1 min counts into **Stand**. Sitting for too long is harmful. WHO studies link sitting for long periods of time with a higher risk of high blood sugar, type 2 diabetes, obesity, and depression. 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**.

Staying seated for too long is damaging to your health. We recommend that you stand up at least once per hour and, every day, get a value of at least 12 for **Stand** between 7:00 AM and 10:00 PM.

## Stay Fit app

The app allows you to set a personalized training plan to reach your ideal weight, based on weight changes, calorie deficit, diet records, exercise data, and more.

## Setting the initial goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. If you're using the app for the first time, the user authorization screen will display. Touch **Agree**.
- 2 Select your weight, touch **OK**, and select **Goal type**, **Rate of loss**, and **Target weight** one by one, and touch **OK**. Your watch will generate a weight loss or weight maintaining plan for you.
  -  If you have set your weight and target weight in **Health > Weight management** of the **Huawei Health** app, the settings will automatically sync to your watch.
- 3 Go to the **Sync goal** screen, choose whether to sync your goal to Activity rings, go to the gesture guidance screen, and then go to the **Stay Fit** home screen.
  -  If you're using the **Weight Loss** watch face, just touch the watch face to open the Stay Fit app.

## Resetting goals

- 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 set **Weight**, **Goal type**, **Rate of loss**, and **Target weight**. Then, a weight loss or weight maintaining plan will be 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 enter the **Today's intake** screen.
- 2 Touch **Use phone**. If the phone screen is on and unlocked, your phone will automatically enter the **Calorie records** screen in the **Huawei Health** app. Touch **Diet log** to record your diet.
- 3 After each meal, you can record your meal data on your phone's **Calorie records** screen, and view the data on your phone's **Calorie records** screen or watch's **Today's intake** screen.

## Exercise

- 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 today's **Burned (kcal)**, **Resting**, and **Active**.
- 2 Touch **Workout** to enter the **Workout** app on your watch. You can select any workout type to start a single workout.
  - Touch **Video course**. If the phone screen is on and unlocked, your phone will automatically enter the **All fitness courses** screen in the **Huawei Health** app. Touch any fitness course to start a workout.
  - If fitness courses are unavailable, the running course screen will automatically display.

## 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 to enter the **More settings** screen.
- 2 Toggle the switches for **Sync goals** and **Notifications** on or off as needed. When the switch for **Notifications** is 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 the wearable device to screen for abnormal heartbeat rhythms.

 This feature is only supported in some countries/regions.


### Activating the app

- 1 Before using this feature for the first time, download the latest version of the **Huawei Health** app from HUAWEI AppGallery, or update the **Huawei Health** app to its latest version.
- 2 Open the **Huawei Health** app, go to **Health > Heart > Pulse wave arrhythmia analysis**, and activate **Pulse wave arrhythmia analysis**.


### Performing measurements on your wearable device


 For wearable devices that support the ECG feature, use the ECG feature to perform measurements.

- 1 Wear your wearable device in the correct manner, place your arms flat on a table or on your lap, and relax your arm and fingers.
- 2 Touch **Pulse wave arrhythmia analysis** from the app list on your wearable device, and then touch **Measure**.
- 3 Once the measurement is complete, the results will display on the wearable device screen.


You can touch  to view a detailed description. For details, open the **Huawei Health** app, and go to **Health > Heart > Pulse wave arrhythmia analysis**.

### Enabling automatic measurements and reminders

- 1 Open the **Huawei Health** app, go to **Health > Heart > Pulse wave arrhythmia analysis**, touch  in the upper right corner, and touch **Automatic measurement**.
- 2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while it is being worn. You can toggle the switch for **Arrhythmia alerts** on or off as needed.


 During measurements, if your heartbeat rhythm is detected as abnormal, a message will display on your wearable device. If you are wearing a wearable device that supports ECG, you will be reminded to measure your ECG.

## Disabling service

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

## Result interpretation


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

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

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

## Measuring your skin temperature

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

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

## Single measurement

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

## Continual measurement

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

## Monitoring your sleep




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

### Enabling/Disabling HUAWEI TruSleep™



Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off the switch for **HUAWEI TruSleep™**. Once enabled, your wearable device can accurately recognize when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or REM sleep. The wearable device can then provide you with sleep quality analysis, to help you understand your sleep patterns, and tips to help you rest better.

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

### Recording sleep data on your phone

- 1 Open the **Huawei Health** app, touch the **Sleep** card on the **Health** screen, and then touch **Record sleep** to enter the sleep monitoring screen.
- 2 Go to  > **Sleep settings** in the upper right corner to edit your schedule, and enable or disable general sleep settings, such as **Sleep sounds**. Go to  > **Sleeping sounds** to view sleep talking and snoring records.
  -  Snoring cannot be recorded if you play sleep music.
- 3 Touch **Go to sleep** and place your phone within 50 cm of your pillow. Your phone will then monitor and record your sleep data. Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.
- 4 Touch and hold **Hold to end** for 3 seconds to exit sleep recording.


### Viewing your sleep data

- Enter the app list, open **Sleep** () to view the night sleep and nap data record of the current day.
- Open the **Huawei Health** app, and touch the **Sleep** card on the **Health** screen to view your daily, weekly, monthly, and yearly sleep data.
  -  The recorded data is updated early each morning.


## Sleep breathing awareness

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


## Enabling the app

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


## Viewing data

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



## Enabling/Disabling sleep breathing awareness

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

## Disabling service

Open the **Huawei Health** app, go to **Health > Sleep**, touch **Sleep breathing awareness** on the lower screen, touch  in the upper right corner, touch **About** and then **Disable service**, and follow the onscreen instructions to complete the settings.

## 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 snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.
- 1** Wear your wearable device in the correct manner, and keep your arm still.
  - 2** Press the Up button on your wearable device to enter the app list, swipe up or down on the screen until you see **SpO2** () , and touch this option.
  - 3** For certain products, you'll need to touch **Measure**. The actual product interface shall prevail.
  - 4** Remember to keep still with the screen facing upward, during SpO2 measurements.

## Automatic SpO2 measurement

### Enabling/Disabling Automatic SpO2 measurement


- 1 Open the **Huawei Health** app, and touch **Devices** then the name of your connected device to visit its details screen. Touch **Health monitoring**, and toggle on or off the switch for **Automatic SpO<sub>2</sub>**.
- 2 Touch **Low SpO<sub>2</sub> alert** to set the lower limit of your SpO<sub>2</sub> for you to receive an alert when you are not asleep.

### Viewing data


Open the **Huawei Health** app, enter the **Health** screen, touch **SpO<sub>2</sub>**, and select a date to view the SpO<sub>2</sub> measurement data on that day.


## 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, you will be prompted to open the **Huawei Health** app, and toggle on the switch for **Continuous heart rate monitoring**.

-  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 toggle off the switch for **Continuous heart rate monitoring**.
- 2 Open the device's app list and select **Heart rate** () to 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.

### Continuous heart rate monitoring

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on the switch for **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: Monitors your heart rate in real time regardless of your training load.

- 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 toggle on the switch for **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**. Your device will vibrate for a long duration to alert you 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**. Your device will vibrate to alert you 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 **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or to **Maximum heart rate percentage** and **HRR percentage** for other workout modes.



- i • 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.
  - i • 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**.

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


## 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.

## Activity reminder

When Activity reminder is enabled, the device will monitor your activity throughout the day in increments (60 minutes 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 in 60 minutes.

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



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

## Predicting your next menstrual cycle


### Activating the app

- To use this feature, you'll need to link your watch with the **Huawei Health** app on your phone, open the app, go to the **Health** screen, touch the **Cycle Calendar** card, agree to the privacy statement, set your period data, and touch **Get started**.
- After activation, your phone will automatically sync data to your watch when it is worn. Touch **Open app** to enter the **Cycle Calendar** app home screen. Touch **OK** to go to the previous screen.

## Recording and viewing your cycle calendar on your watch

- 1 Press the Up button on your watch to open the app list and select **Cycle Calendar**. On the app home screen, touch the  icon to the right of Cycle Calendar to switch between a monthly view and ring chart view.
- 2 Touch **Edit** or the  icon to record your **Started** and **Ended**. Swipe up on the screen to view the **Summary** for your period. Swipe up again to record your physical condition. Then, swipe up again to go to the **More** screen and view **Help**.  
**Monthly view:** You can select a certain month to view the data from that particular month.








## Recording your menstrual cycle on the Huawei Health app

- 1 Open the **Huawei Health** app, go to the **Health** screen, and touch the **Cycle Calendar** card to download the feature package and complete the 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, select **Settings** to set the period and cycle lengths, and toggle the switch for **Reminders** on or off. Toggle on the switch for **Predictions**. Once enabled, cycle prediction will combine data from your wearable such as body temperature, heart rate, and respiratory rate to generate better predictions.  
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 wearable device's app list, and touch **Workout** () .
- 2 Swipe up or down on the screen and select the workout that you would like to do. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
  -  To remove a workout:  
Select **Workout** from the app list, swipe up on the screen to find and touch **Custom**, select the workout type you wish to delete, and touch  to remove it from your workout list. You can touch  to change the order.
- 3 Touch a workout icon to start a workout.
- 4 When the screen is on, press and hold the Up button to end the workout. Alternatively, press the Up button to pause the workout, touch  to resume the workout, or touch  to end the workout.
  -  . To keep your watch screen on while you work out, go to **Workout > Workout settings**, and toggle on the switch for **Always on**.

### Using the Huawei Health app to start a workout


- 1 When your wearable device is linked with the **Huawei Health** app, start a workout (including a single workout session and training course) in the app.
- 2 In the **Huawei Health** app, touch  to pause a workout, touch  to resume a workout, and touch and hold  to end a workout. The device will pause, resume, or end the workout accordingly.
  -  . During a workout, data such as the workout duration and distance will be displayed in both the **Huawei Health** app and on your wearable device.
    - If the workout distance or duration is too short, no workout data will be recorded.
    - After a workout ends, the data displayed in the **Huawei Health** app is collected from both your phone and wearable device, and the data will not be displayed on your wearable device.

### Workout settings

On your wearable device, touch the icon to the right of a workout to set **Goal**, **Reminders**, **Auto-pause**, **Interval training**, **Smart Companion**, **Data display**, and **Remove** (the settings vary depending on the workout).

- **Voice reminder settings**

Touch **Reminders**, and then set **Interval** by **Distance** or **Time**, and toggle on or off the switch for **Heart rate**.

 Currently, voice reminders are only supported in certain languages. For languages such as Italian and German, you first need to update your wearable device to the latest version, reconnect it to your phone, and then download the language package as prompted by your phone. When your wearable device is paired with an iPhone, the download process may take a long time to complete.

- **Mistouch prevention**

Touch **Mistouch prevention** to toggle on or off the switches for **Auto-lock Crown** and **Auto-lock screen**.

- **Auto-pause**


Toggle on or off the switch for **Auto-pause** to enable or disable it. The wearable device will automatically pause the workout if it detects that you have stopped, then resume the workout when you start again.

- **Interval training**

Interval training is a form of exercise during which high-intensity training and rest are performed alternately. It is a highly effective way to boost your cardiopulmonary fitness and muscle strength, as well as improve your workout performance. Some workout types on your wearable device support interval training. Touch the icon to the right of a workout type, touch **Interval training**, and set the parameters to start training.

## Enabling Smart companion

Smart companion is enabled by default. 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 icon to the right of **Outdoor run**, and touch **Smart companion** to enable it if it is not enabled.
- 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.

## Customizing 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 the **Exercise** screen, select **Plan**, and touch the **AI running plan** card.
- 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 training.

### 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 the training 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.

## Viewing workout records

### Viewing workout records on your device

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

### Viewing workout records in the Huawei Health app

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

### Deleting a workout record

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

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

## Auto-detect workouts

In the app list 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.


- **i** 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 the area that you passed through or came from.

On your watch, enter the app list, then swipe down to find and touch **Workout**. Start an outdoor workout session. Then swipe up on the screen and select **Route back** or **Straight line** to return to the area that 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 the workout has ended.

## Sharing workout routes

### Managing your workout routes in the Huawei Health app

#### 1 Exporting a route

- a** Open the **Huawei Health** app, touch **Exercise records**, 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 the icon to 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.



# More


## Multi-tasking

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

- 1 Press the Up button twice when the screen is on and unlocked, to enter the multi-tasking screen. From there you can view all running apps.
  - 2 Swipe right or left on the screen and perform the following steps:
    - Touch an app to visit the app details screen.
    - Hold down on an app and swipe up to clear the app.
    - Touch  to clear all running apps.
-  This feature is not available during updates.
    - You can't exit the Workout app when exercising.

## Charging

### Charging your watch

- 1 Connect the charging cradle and charging cable, and then connect the power adapter to a power source.
  - 2 Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle, until you see the charging icon appear on the device screen.
  - 3 When the charging icon displays 100%, it indicates that the device has been fully charged, and charging will automatically stop.
-  Keep the charging port dry and clean to prevent it from short circuiting or other dangers.
    - The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.
    - If the device is idle for a long time, remember to 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 source, and check the battery level on the charging screen.


**Method 3:** Check the battery level on the watch face (which displays battery level).

**Method 4:** Once your device is linked with the **Huawei Health** app, open the **Huawei Health** app, touch the target device on the **Devices** screen to visit the details screen, where the battery level is displayed.

## Configuring Gallery watch faces

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

### Selecting Gallery watch faces

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


### Other settings

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

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

## Setting the AOD watch face

After you set the Always On Display (AOD) watch face, you can select to display the main watch face or AOD watch face 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 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.

## OneHop watch faces

You can use OneHop to turn Gallery images from your phone into watch faces on your wearable device. You will need to download images saved on the cloud before transferring

them. If you upload more than one image, tap on the watch face to randomly switch between them.



-  Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is only available when your 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 images that you would like to transfer, and tap the NFC area on the back of your phone against the watch face. Once the images have been transferred successfully, you will see them appear on your watch face.
- 3** Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More > Mine > On watch > Gallery** to see the images that you transferred. Feel free to customize the style and layout of the Gallery watch faces to suit your preferences.


## 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 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.

-  Gallery, kaleidoscope, or style watch faces cannot be deleted.
  - You do not need to purchase a watch face again, after deleting it, from the watch face store.

### On the device

- 1 Touch and hold the home screen of the device to visit the watch face selection screen.
- 2 Swipe up from the bottom of the device screen and touch **Remove** to delete the watch face. You can download the deleted watch face again from the watch face store.

## Setting sounds

### 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**.

## Display and brightness

Enter the app list screen, and go to **Settings > Display & brightness** to adjust the screen brightness and set the screen-on and sleep time.

### Adjusting the screen brightness

- 1 On the **Display & brightness** screen, if **Automatic** displays and is enabled, disable the feature.
- 2 Touch **Brightness** to adjust the screen brightness to your desired level.

### Setting the screen-on time

- 1 On the **Display & brightness** screen, touch **Screen on** and select the time you wish the screen to remain steady on.
- 2 Swipe down on the watch face screen and touch **Screen on** to enable or disable **Screen on**.

### Setting the sleep time

On the **Display & brightness** screen, touch **Sleep** to set the sleep time.

## Updates

### Method 1

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

### Method 2

Go to **Settings > System & updates > Update** and touch **Update**. Follow the onscreen instructions to complete the update.

- i • Touch the Settings icon to the right of **Firmware update**, enable **Auto-download update packages over WLAN**, and your device will automatically download the update package and send you a notification every time it detects a new version. Follow the onscreen instructions to update your device.
- You are advised to ensure that your device has a battery level higher than 20% before the update.
- During the installation, Bluetooth on your device will automatically disconnect, and reconnect once the update is complete.
- Do not charge your device during the update.

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

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

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

Water/Dust Resistance Level	Resistance Level Definition	Resistance Scenario

5 ATM	<p>It is a water-resistant standard (ISO 22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the watch is water-resistant in water that is 50 meters deep.</p>	<p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-meter static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-meter deep. Water resistance is not permanent, and performance may deteriorate with daily wear and tear.</p> <p>It can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands.</p> <p>If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker.</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives, platform dives, dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.</li> <li>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.</li> </ol>
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		(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.)
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Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

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

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

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

Charging the device when it is wet.

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

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