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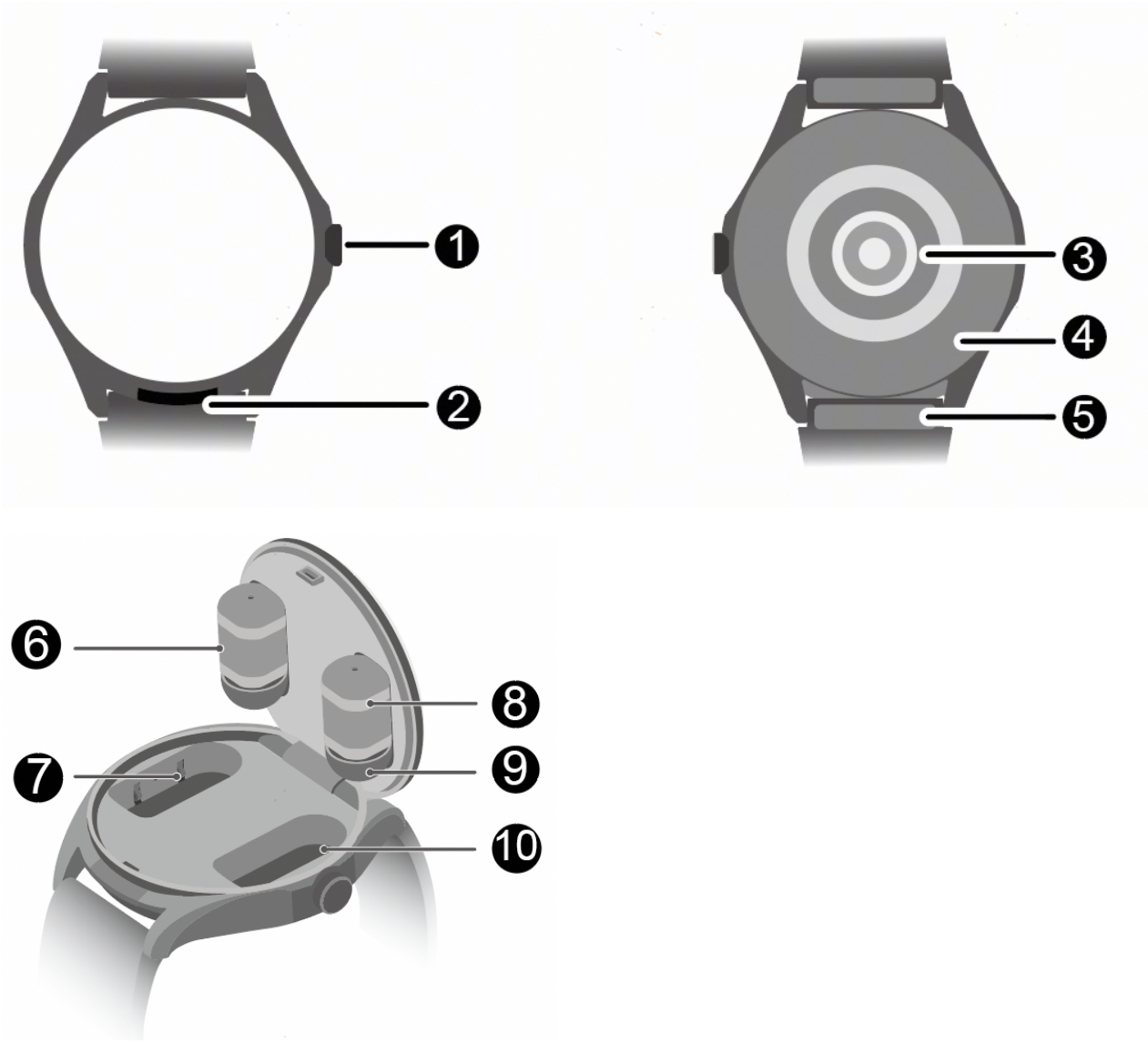
User Guide Instructions

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Getting Started

Appearance

 The following figures are for reference only. The actual product appearance shall prevail.



About the device:

No.	Description
1	Button
2	Cover-opening button (to open the cover for removing or putting back the earbuds)
3	Heart rate sensing area
4	Charging area
5	Quick release button
6	Earbud

No.	Description
7	Charging terminal
8	Charging ring
9	Ear tip
10	Earbud compartment

Buttons and touch operations

Button operations

Operation	Function
Press	• When the screen is off: Turns on the screen. • When home screen is displayed: Takes you to the app list screen.  On the first app list screen in Hex grid mode, swipe down on the screen to display or hide the names of apps. - To switch between Hex grid and List modes: • In either mode, swipe up until you reach the last app list screen, and tap the other mode to make the switch. • Go to Settings > Watch face & home > Home, and select Hex grid or List. • On any other screen: Returns to the home screen. • Mutes incoming calls.
Press and hold	• When the watch is off: Powers on the watch. • When the watch is on: Takes you to the restart/power-off screen when the button is pressed and held for at least 3 seconds. • When the watch is on: Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.
Gentle push on the cover-opening button	Opens the cover.

-  • Operations may differ during calls and workouts.
- HUAWEI WATCH Buds Series does not feature a rotating crown. Instead, you can simply swipe up or down on the screen to choose apps or adjust the volume.

Screen controls

Operation	Function
Tap	Chooses and confirms.
Touch and hold	- On home screen: Opens the watch face editing screen. - On a feature card: Opens the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screen: Opens the Control Panel. - You can enable Find Device or set Focus. - You can view the remaining battery level and Bluetooth connection status.
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the Assistant·TODAY screen. In an app (excluding the app home screen): Returns to the previous screen.

Pairing with an HarmonyOS/Android phone

Preparations

- 1 Install the **Huawei Health** app ().
If you have already installed the app, update it to its latest version.
- 2 On your phone, go to **Settings** > **Log in to HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
 - Keep the cover closed and the earbuds in the device until pairing is finished.
- 3 Power on your wearable device, select a language, and start pairing.

Pairing and connection

Connect via Add device:

- 1 Place your wearable device close to your phone. Access the home screen of **Huawei Health**, and tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**.
- 2 When a pairing request displays on your wearable device, tap  and follow the onscreen instructions on your phone to complete the pairing.
- 3 Once your wearable device has been successfully paired with your phone, the earbuds will automatically start pairing with your phone.

Connect via Scan:

- 1 Place your wearable device close to your phone. Go to **Huawei Health > Devices**, and tap  in the upper right corner and then **Scan**, to scan the QR code displayed on the wearable device.
- 2 When a pairing request displays on your wearable device, tap  and follow the onscreen instructions on your phone to complete the pairing.
- 3 Once your wearable device has been successfully paired with your phone, the earbuds will automatically start pairing with your phone.

Pairing with an iPhone

 Only available for iOS 13.0 and later.

Preparations

- 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 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 • It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
• Keep the cover closed and the earbuds in the device until pairing is finished.
- 3 Power on your wearable device, select a language, and place the device close to your phone.

Pairing and connection

Connect via Add device:

- 1 Access the home screen of **HUAWEI Health**, and tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**.
- 2 When a pairing request appears on your wearable device, tap .
When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, tap **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Tap **Allow** and follow the onscreen instructions.
- 3 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.
- 4 Once your watch has been successfully paired with your phone, the earbuds will automatically start pairing with your phone.
When a pop-up window appears in the **HUAWEI Health** app requesting a Bluetooth pairing, tap **Pair**. When another pop-up window appears indicating a successful pairing, tap **Done**.

Connect via Scan:

- 1 Access the home screen of **HUAWEI Health**, and tap  in the upper right corner and then **Scan**.
 - 2 When a pairing request appears on your wearable device, tap . When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, tap **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Tap **Allow** and follow the onscreen instructions.
 - 3 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.
 - 4 Once your watch has been successfully paired with your phone, the earbuds will automatically start pairing with your phone. When a pop-up window appears in the **HUAWEI Health** app requesting a Bluetooth pairing, tap **Pair**. When another pop-up window appears indicating a successful pairing, tap **Done**.
-  • Keep **HUAWEI Health** running in the background (and don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.
 - To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with a new phone

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

- 1 Enter the app list and go to **Settings > System & updates > Disconnect**.
 -  • If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your wearable device. Tap the **i** icon and set to forget the device.
- 2 Tap **Disconnect** to disconnect from the connected phone.
- 3 When your wearable displays the pairing screen, follow the onscreen instructions to pair with a new phone.

Custom feature cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the device home screen to view and access these apps, with little effort. A feature card can include one or multiple apps, based on your needs.

Adding a card

- 1 Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Tap  and select a desired card.
- 3 Now that you're done, you can swipe left on the device home screen to view the added cards.

Editing a combo card

- 1 Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 You can replace the component by swiping left or right on the card and tapping **Custom** at the bottom of the card.
 -  • Components of combo cards can only be replaced, not deleted.
 - To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.

Moving/Removing a card

Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.

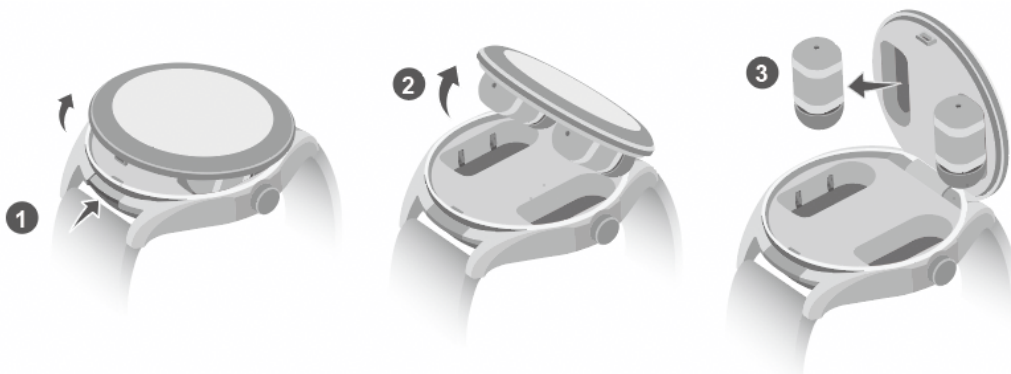
- To move a card, touch and hold the card and drag it to where you want it.
- To remove a card, either tap  at the bottom of the card, or swipe up on the card and then tap **Remove**.

Earbuds Management

Taking out, wearing, and putting back your earbuds

Taking out the earbuds

- 1 Gently push the button which opens the cover as shown in the diagram below.
- 2 When the cover pops open, lift it to open the cover fully.
- 3 Take out the earbuds, wear them, and close the cover.



 The figure is for reference only. The actual product prevails.

Wearing the earbuds

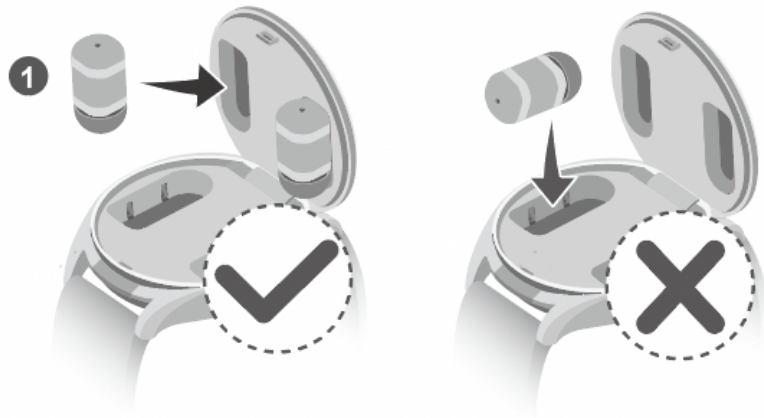
Insert an earbud into your ear canal and gently rotate the tail of the earbud until it is sitting comfortably.



Putting the earbuds back

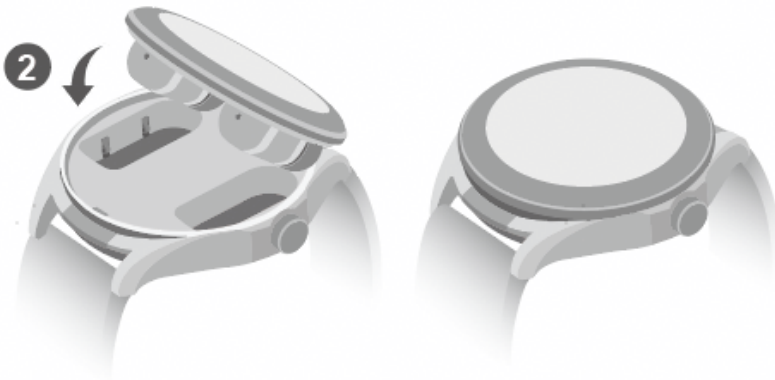
-  Please do not put the earbuds directly into the charging compartments as you may damage the charging terminals.

- 1 Attach the earbuds to the underside of the cover lid, with the ear tips facing downwards.



i The figure is for reference only. The actual product prevails.

2 Close the cover.



i The figure is for reference only. The actual product prevails.

Earbuds control card

Once the earbuds are properly connected, the earbuds control card will appear on the Assistant·TODAY screen when you wear them, allowing intuitive and seamless control of your earbuds.

- 1** Link your watch with **Huawei Health** and make sure that the watch is connected to the earbuds.
- 2** After wearing your earbuds, swipe right on the watch home screen to access the Assistant·TODAY screen.
- 3** Tap the earbuds control card to view the battery level, adjust the volume, and switch between noise cancellation modes with ease.



 The figure is for reference only. The actual product prevails.

- 4 Tap on the earbuds control card to open the earbuds management screen for further settings.

Managing your earbuds

 The following guidance applies when the watch cover is open or the earbuds are removed. (The cover opens with a gentle push on the cover-opening button.)

Managing the earbuds from your phone

- 1 Open the **Huawei Health** app, navigate to the device details screen, and tap **Earbuds**.
- 2 On this screen you can:
 - Choose from **Noise canceling**, **Off**, or **Awareness** mode.
 - Tap **Sound quality & effects** to choose from **Default**, **Bass boost**, **Treble boost**, and **Voices**.
 - Tap **Gestures** to set gesture controls for the earbuds, such as double-tapping to answer/end a call.
 - Tap **Tip fit test** to find out how well the ear tips fit your ears.
 - Tap **Settings** to enable or disable **Auto-switch left & right** and **Wear detection**.

Managing the earbuds from your watch

- 1 Swipe down on the watch home screen to access the Control Panel, and tap  to access the earbuds management screen.
- 2 If you swipe up, you can:
 - Choose from **Noise canceling**, **Off**, or **Awareness** mode.
 - Tap **EQ effects**, then swipe up or down on the screen to select a sound effect (such as Treble boost).
 - Tap **More settings** to enable or disable **Auto-switch L/R**, reset the earbuds, or check the system version of the earbuds.

Using gestures to control your earbuds

You can control your earbuds with simple gestures. For example, a quick double-tap allows you to answer or end calls, or play, pause, or switch between songs when you're not on a call.

Setting earbud gestures

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **Earbuds > Gestures**.
- 2 Tap **Double-tap** or **Triple-tap** to set gesture controls.

Using gestures to control the earbuds

You can control the earbuds by double-tapping or triple-tapping the areas highlighted in orange on the diagram below.



Connecting your earbuds to a new device

By default, both the earbuds and watch are connected to the same phone. You can effortlessly connect the earbuds to a new Bluetooth device, such as a phone or tablet.

- Before you proceed, update your watch and earbuds to their latest versions.
- When you disconnect the earbuds from a new Bluetooth device (such as a phone or tablet), the earbuds will not be able to automatically reconnect to it.

1 Put the earbuds in Pairing mode.

- **If the earbuds are inside the watch**, gently push the cover-opening button. When the cover pops open, press and hold the side button for 2 seconds.
- **If you have taken the earbuds out of the watch**, swipe down on the watch home

screen to access the Control Panel, tap  to access the earbuds management screen, and tap **More > Pair new device**.

2 Go to the new device's Bluetooth screen.

Go to **Settings > Bluetooth**, select the Bluetooth name of the earbuds from the discovered devices, and complete the pairing.

Finding your earbuds

Using your phone to find your earbuds

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **Find device > Find**.
- 2 If the earbuds are connected to your phone, tap **Ring left bud** or **Ring right bud** to locate them.

Using your watch to find your earbuds

- 1 Swipe down on the watch home screen to access the Control Panel, and go to **Find Device > Earbuds**.
 - If both earbuds are connected to your watch, tap **Ring left bud** or **Ring right bud** to locate them.
 - If an earbud is disconnected, tap **Reconnect** first. Once reconnected, tap **Ring left bud** or **Ring right bud** to locate the specific earbud.
- 2 Once located, tap **Stop ringing** or wait until the ringing ends.

Factory reset

Restoring your watch to its factory settings

-  • Once your watch is restored to its factory settings, all your personal data will be cleared, transportation card migration will be triggered (if the transportation cards support migration), and access cards and bank cards will be removed. Please exercise caution before proceeding.
- Place your earbuds back inside the watch. The earbuds will be restored to their factory settings together with the watch.

Method 1: Enter the watch's app list, and go to **Settings > System & updates > Reset**.

Method 2: Open **Huawei Health**, navigate to the device details screen, and tap **Restore factory settings**.

Resetting the earbuds

- 1 Swipe down on the watch home screen to access the Control Panel, and tap  **L 56%** **R 60%** to access the earbuds management screen.

- 2 Go to **More settings > Reset earbuds**, and tap .

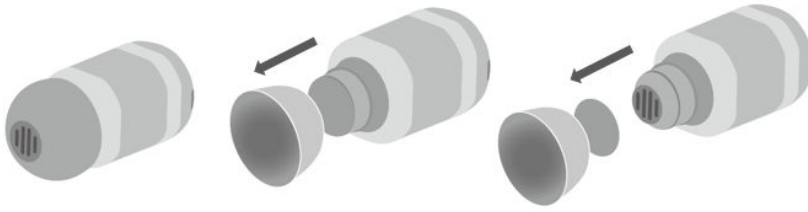
Selecting and changing the ear tips

Selecting suitable ear tips

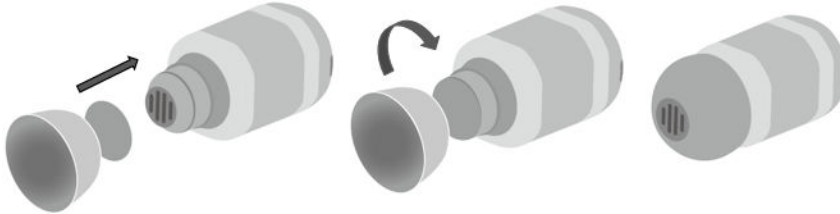
The pre-installed ear tips may not fit everyone due because everyone has differently shaped ear canals. If you don't find the earbuds very comfortable, try using larger or smaller ear tips. You could use a different ear tip size for each ear if this is most comfortable for you.

Changing the ear tips

- 1 Turn the end of the ear tip over, as shown in the diagram below. Pinch the ear handle with one hand, and pinch the ear tip with the other, and gently pull to separate them.



- 2** Turn the new ear tip over in the same way, and as shown in the diagram below, gently push it into the slot. Finally, turn the ear tip over once again, so that it is back to normal.



Exercise

Workout settings

You can customize workout settings according to your preferences, such as **Goal**, **Reminders**, **Auto-pause**, **Data display**, and **Pin to top**.

-  Actual settings may vary depending on the device model and selected workout mode. If a specific setting cannot be found, it means the feature is not supported for your current device or workout mode.

1 Enter the device app list and tap **Workout**.

2 Tap  next to the workout mode to access the workout settings screen.

- **Goal**

Tap **Goal** to customize your workout goal based on **Distance**, **Time**, or **Total calories**.

- **Reminders**

Tap **Reminders** and **Interval** to set interval reminders by **Distance** or **Time**, and enable or disable **Heart rate**.

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

- **Mistouch prevention**

Tap **Mistouch prevention** and manage features like **Auto-lock screen**.

- **Auto-pause**

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

- **Remove**

This option removes the workout mode from the **Workout** list.

- **Pin to top**

This option pins the workout mode to the top of the **Workout** list.

You can also pin a mode to the top from the **Workout** list, by holding down on a workout mode and tapping the pin icon.

Data display settings on the workout screen

You can customize what type of health and fitness data to display during your workouts, to best suit your needs.

 Such custom settings are only available to certain workout modes.

- 1 Enter the device app list, tap **Workout**, find a desired workout mode (such as **Outdoor run**), and tap  next to it, to access the settings screen.
 - 2 Tap **Data display**, select the cards you need, and toggle on **Show cards**.
 - 3 Tap **Custom cards**, select a display style (such as 4 cells), and choose the corresponding data (such as heart rate and distance).
 - 4 When the settings are done, you'll be able to swipe up or down on the workout screen to browse selected data cards and view corresponding data during a workout. You can also touch and hold the data displayed on the screen to customize what type of data to display.
- To restore the default settings, navigate to the **Data display** screen and tap **Reset**.
 - To disable display of a data card (such as training stress), navigate to the **Data display** screen and toggle off the target switch. The data card will then no longer be displayed on the workout screen.

Starting an individual workout

Your watch features a variety of workout modes, including running and cycling, fitness courses, equipment training, and leisure sports. You can choose the mode that best suits your fitness needs.

Starting a workout on your watch

- 1 On your watch, enter the app list, and tap **Workout**.
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and tap **Add** to add other workout modes.
- 3 Tap the workout icon to start a workout session.
- 4 During a workout, you can press and hold the side button to end the exercise.

Alternatively, press the side button to pause, tap  to resume, or tap  to end the workout.

During a workout, you can swipe up or down on the screen to view fitness data.

Starting a workout in the Huawei Health app

- 1 Double-check that your watch is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, tap **Exercise**, select **Outdoor run**, and tap the running icon to start your run.
- 2 During a workout, the fitness data will be displayed on both the **Huawei Health** app and your watch. If the workout distance or duration is too short, the record won't be saved.
- 3 During a workout, you can tap  on the **Huawei Health** screen to pause, tap  to resume, or touch and hold  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

Viewing exercise records and workout status

After a workout, you can view your exercise records and workout status as follows:

Viewing exercise records

- 1 On your watch, enter the app list, and tap **Workout records**.
 - 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.
-  If you start a workout on **Huawei Health**, no workout record will be generated on your watch. However, you can view the workout record by simply tapping the **Exercise records** card on the **Huawei Health** app's home screen.

Viewing workout status

- 1 On your watch, enter the app list, and tap **Workout status**.
- 2 Swipe up on the screen to view various workout data, such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **VO2Max**, and **Predicted times**. Depending on the workout mode, the data displayed varies. Actual display shall prevail.

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.

Setting your initial goal

- 1 On your watch, enter the app list, and tap **Stay Fit**. Tap **Agree** on the user authorization screen if you're using the app for the first time.
 - 2 Follow the onscreen instructions to set up the app. Then you'll be able to enter the home screen of the **Stay Fit** app.
-  • If no weight data has been entered, follow the onscreen instructions to fill in the relevant information to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you.
- If you have set your current weight and target weight via the **Huawei Health** app, such data will automatically sync to your watch.

Resetting your goal

- 1 Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Goal**.
- 2 Tap **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 Enter the watch's app list, and tap **Stay Fit**.

- 2 Swipe right on the app's home screen, tap **Record weight**, and note down your current weight.

Recording your diet

- 1 Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Today's intake** to check today's total intake.
- 2 Tap **Quick add** to record your diet.
Tap **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
 You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.
- 3 Remember to log each meal on your phone's **Diet log** screen. You can then view your diet data on your phone's **Diet log** screen or your watch's **Today's intake** screen.

Workout

- 1 Enter the watch's app list, and tap **Stay Fit**.
- 2 Swipe right on the screen, and tap **Today's calories burned**, where you can view your today's **Burned (kcal)**, **Resting**, and **Active**.
- 3 Swipe up on the screen, tap **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.
Tap **Fitness course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Tap 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 Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **More settings**.
- 2 Enable or disable **Sync goals** to suit your needs. Once disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

- 1 Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **Reminders**.
- 2 Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

Cycling

-  Make sure that you have updated the Huawei Health app and your watch to their latest versions.
- Cadence data will only be displayed on your phone when your watch is paired with a cadence sensor.

Pairing with cycling accessories

Pairing for the first time

- 1 Activate the accessory.
- 2 On your watch, enter the app list, go to **Settings > More connections > Health & fitness devices**, and tap  to add a device.
- 3 When available devices nearby are displayed, find the target device in the list and follow the instructions to complete the pairing. Alternatively, tap **Add manually**, select power meter, pedometer, speedometer, or heart rate strap, and find the target device, then follow the instructions to complete the pairing.

Disconnecting from/Reconnecting to a paired accessory

- 1 On your watch, enter the app list, and go to **Settings > More connections > Health & fitness devices**.
- 2 Tap the name of a connected accessory to access the device management screen, and tap **Disconnect**. Tap the name of a paired but currently disconnected accessory to access the device management screen, and tap **Reconnect**.

Starting a cycling session

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

-  Before using this feature, make sure that **Display on phone** has been enabled. To do so, go to **Settings > Workout > Display on phone** on your phone.
 - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.
- 1 On your watch, enter the app list, and tap **Workout**.
 - 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**.
 - 3 Tap the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

Viewing cycling data

- Heart rate straps: Connect a strap to your watch, start your workout, and view the heart rate strap's collected data on your watch. Such data is only available when you are exercising, and not supported for pool swims or open water swims. When you are not exercising, the watch's collected data will display.

- Speedometers, pedometers, and power meters: Enter the app list, select **Workout**, tap **Outdoor cycle** or **Indoor cycle**, and swipe up or down on the screen to view cycling data.

Health Management

Emotional wellbeing

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

Enabling Additional emotions/stress records

- 1 Open the app list on your device and tap **Emotional wellbeing**. If you are using this feature for the first time, tap **Agree** to complete authorization, and view the app introduction and operation guide, to access the **Emotional wellbeing** screen.
- 2 Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.

Viewing/Modifying your emotional data

On your wearable:

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

On your phone:

Go to **Huawei Health > Emotional wellbeing** to view your emotions/stress data, and read the analysis and tips by different time ranges.

To view all historical data, go to **Huawei Health > Emotional wellbeing**, tap  in the upper right corner, and tap **All data**.

Mood reminders

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

Health Insights

Introduction

This app tracks changes in your health. It provides health trend analysis and alerts based on a range of personal health data, such as sleep quality, workout duration, and stress.

-  • Insights aren't available on a daily basis and may not be generated if the wearable isn't worn for a long enough time or during sleep.
- Before you can view the data on your device, you need to wear it for two consecutive days. Wear your device often and for long periods of time for more accurate results.
- Changes in health can be caused by various factors. Insights are based on a comprehensive analysis of these factors and can identify relationships between them. Short term changes in this data could be an anomaly or a symptom of something more serious.
- This is not medical software and cannot be used as a basis for medical diagnosis. Health advice is provided for reference only, please approach any health improvements based on your actual health.

Enabling Health Insights notifications

Once enabled, your device will remind you to view the Health Insights analysis results if they are updated and you do not view them in time.

To enable this feature, Open the **Huawei Health** app, swipe down on the screen, tap the card under **Health insights**, go to   > **Settings**, then toggle on **Health Insights notifications**.

Viewing Health Insights data

On your wearable:

Enter the device app list and tap **Health Insights** to view your Health Insights report overview. Swipe up on the screen to view the results for each item. When you're using the app for the first time, follow the onscreen instructions to complete authorization.

On your phone:

Open the **Huawei Health** app, swipe up on the screen, and tap the card under **Health insights**. You can view the following information:

- Tap **Featured insights** to view the summary report of health and fitness data analysis.
- Tap **Trends** to view the trend for each item. Trends can reflect changes in your health. Keep wearing your wearable device or record your health and fitness data in the Huawei Health app to identify trends.

Heart rate measurement

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

Continuous heart rate monitoring

- 1 Access the home screen of **Huawei Health** and tap **Heart** and  in the upper right corner. Select **Settings** and make sure that **Continuous heart rate monitoring** is enabled.
 - 2 Set **Monitoring mode** to **Smart** or **Real-time**.
 - **Smart**: Automatically adjusts the frequency of measurements depending on your state of activity.
 - **Real-time**: Monitors your heart rate in real time regardless of your state of activity.
 - 3 Access the home screen of **Huawei Health**, tap the **Heart** card, tap  in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.
-  • Real-time monitoring will increase the device's power consumption, while Smart monitoring is more power-saving.
- The monitoring screen of the device displays the highest and lowest heart rates measured on the current day, such as the data shown in .

Heart rate alerts

- 1 Access the home screen of **Huawei Health** and tap **Heart** and  in the upper right corner. Select **Settings**, enable **Continuous heart rate monitoring**, and set **High heart rate alert** and **Low heart rate alert**.
- 2 Your device will vibrate and display an alert when your heart rate stays above/below your set value for more than 10 minutes while you're resting.

Individual heart rate measurement

-  Heart rate data from individual measurements will not sync to the **Huawei Health** app.
- 1 Access the home screen of **Huawei Health** and tap **Heart** and  in the upper right corner. Select **Settings** and disable **Continuous heart rate monitoring**.
 - 2 Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.

Pulse wave arrhythmia analysis

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

-  • All data and results are for reference only, and should not be used as a basis for medical diagnosis. If you experience any discomfort, please seek medical assistance in a timely manner.
- This feature is only available in certain markets. For details, refer to the Huawei official website.

Activating the app

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

Taking measurements on your wearable device

- 1 Double-check that your wearable device is worn properly, and place your forearm flat on a table or on your laps, with your arms and fingers relaxed.
- 2 Enter the device app list and go to **Pulse wave arrhythmia analysis > Measure**.
- 3 After the measurement is complete, the measurement result will be displayed on your wearable device. For details, access the **Huawei Health** home screen and go to **Heart > Pulse wave arrhythmia analysis**.

-  In the device app list, tap **Pulse wave arrhythmia analysis** and then  at the top to view the feature description.

Enabling automatic measurements and reminders

- 1 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and tap  in the upper right corner and then **Automatic measurement**.
 - 2 Toggle the switch for **Automatic arrhythmia detection** on. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state. Toggle the switch for **Arrhythmia alerts** on. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.
-  • During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will pop up on your wearable device. If you are wearing a device that supports ECG, you will be reminded to measure your ECG.
 - Alerts will only be sent when the proportion of abnormal results is high from multiple measurements, to avoid unnecessary concerns. The wearable will vibrate, turn on its screen, and display a pop-up alert while you're awake. If it detects that you're asleep, only a pop-up alert will display.

Disabling the service

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

Result interpretation

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

Access the home screen of **Huawei Health** and go to **Heart > Pulse wave arrhythmia**

analysis to view your data in bar charts. You can also tap  in the upper right corner and then **Help** for more info on measurement results.

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

Measurement results: No abnormalities or Suspected A-fib

Sleep monitoring

Make sure to wear your device correctly. It can track key sleep metrics, such as fall-asleep time, wake-up time, and sleep architecture, while also assessing sleep quality and offering tailored recommendations to improve your rest.

Sleep settings

- 1** Enter the device app list, tap **Sleep**, swipe up to access the **More** screen, and tap **Sleep mode**.
- 2** You can choose either **Sleep mode** or **Schedule**.
 - **Sleep mode** is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls or notifications (except for alarms). Raise to wake will also be disabled, and the device will enter Simple mode.
 - When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.
To add a scheduled period, tap **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then tap **OK**.
To delete a scheduled period, tap the target and then **Delete**. You can only edit the scheduled periods preset on your device but cannot delete them.

Enabling/Disabling HUAWEI TruSleep™

Access the home screen of **Huawei Health** and tap the **Sleep** card. Tap  in the upper right corner and then **Advanced** to enable or disable **HUAWEI TruSleep™**.

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

Viewing/Deleting your sleep data

Viewing your sleep data

- Enter the device app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Tap  for explanation of measurement results.
- Access the home screen of **Huawei Health** and tap the **Sleep** card to view detailed data.

On the **Sleep** screen, tap  in the upper right corner and then **All data** to access historical data records.

Deleting your sleep data

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

Sleep breathing awareness

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

Activating the app

-  • This feature is only available in certain markets.
 - Before using this feature, connect your wearable device to the Huawei Health app.
- 1 Open **Huawei Health**, enter the **Health** screen, tap the **Sleep** card, swipe up till you reach the bottom of the screen, and tap **Sleep breathing awareness**.
- 2 When using the feature for the first time, follow the onscreen instructions to activate it. Then, **Sleep breathing awareness** is enabled by default.
- 3 Now the settings are done. Wear your device to bed, and it'll detect and analyze interruptions in your breathing while you're asleep.

Viewing data

Go to **Huawei Health** > **Health** > **Sleep**, tap **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the feature screen where you can see the latest detection result and a summary of your data records.

Enabling/Disabling Sleep breathing awareness

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

Disabling service

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

SpO2 measurement

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

Individual SpO2 measurement

- 1 Double-check that your wearable device is worn properly, and keep still.
- 2 Open the device app list, swipe up or down until you find **SpO2**, and tap this option.
- 3 Tap **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

When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest (for example, when you're asleep).

- 1 To enable this feature, open **Huawei Health**, navigate to the device details screen, go to **Health monitoring > Automatic SpO2**, and toggle on **Automatic SpO2**.
- 2 Tap **Low SpO2 alert** and set the lower limit for you to receive an alert while you're awake.

Viewing your SpO2 data

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

Cycle Calendar

Activating the app

If you're using this feature for the first time, make sure that your watch and phone are connected and perform the following operations:

- 1 Access the home screen of the **Huawei Health** app, tap the **Cycle Calendar** card, and download the feature package.
 -  If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.
- 2 After the download is complete, set your period data and tap **Get started** to complete the activation.

Recording and viewing your periods on your watch

- 1 Enter the device app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Tap  next to **Cycle Calendar** to switch between monthly view and ring chart view. On the monthly view screen, swipe left and right to view data of the previous cycle and next three cycles.
- 2 Tap  to put in when your period **Started** and **Ended**. Swipe up on the screen to view more details.

Recording your periods in the Huawei Health app

- 1 Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.
• •
- 2 On the **Cycle Calendar** screen, tap • • in the upper right corner to perform the following settings:
 - Tap **Settings** to toggle on or off **Ovulation and fertile window predictions** and other switches as needed, and set **Period length** and **Cycle length**.
 - Toggle on the switch for **Use wearable to improve predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.
This feature is only available on certain device models. If the **Use wearable to improve predictions** option cannot be found on your device, it indicates feature unavailability. Actual UI shall prevail.
 - Tap **Period records** to view **Avg period** and **Avg cycle**.
 - Tap **All data** to view the historical data.

Assistant

Setting modes

You can quickly enable or disable Do Not Disturb/Sleep mode in the Control Panel of your wearable device.

Enabling Do Not Disturb

When Do Not Disturb is enabled, your device won't ring or vibrate when receiving incoming calls and notifications (except for **Alarm**).

Enable:

- 1 Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and select **Do Not Disturb**.
- 2 After the setting, **Control Panel** is displayed as **Do Not Disturb**.

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

Scheduled Start:

- 1 You can access the **Do Not Disturb** setting screen in either of the following ways:
 - Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and tap  next to **Do Not Disturb**.
 - Go to the app list and tap **Settings** > **Focus** > **Do Not Disturb**.

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

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

Enabling Sleep mode

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

Enable:

- 1 Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and select **Sleep mode**.
- 2 After the setting, **Sleep mode** will be displayed in the Control Panel.

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

Scheduled Start:

- 1 You can access the **Sleep mode** setting screen in either of the following ways:

- Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and tap  next to **Sleep mode**.
- Go to the app list and tap **Settings > Focus > Sleep mode**.

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

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

Managing messages

When your wearable device is linked with **Huawei Health** and the Notifications feature is enabled, new messages pushed to the status bar of your phone will be synced to your wearable.

Enabling the Notifications feature

- 1** Open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and toggle on **Notifications**.
- 2** In the **APPS** list below, toggle on the switches for the apps you wish to receive notifications from.

Push notifications settings

To receive notifications on the wearable based on the phone usage status, open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and configure the notification settings.

- **HUAWEI phones:** Toggle on **Smart notifications**.
Notifications will be muted on your wearable while you are using your phone. The wearable will still receive the notification, but it won't vibrate or ring.
When you aren't using your phone and wearing your wearable, you will be notified of messages via your wearable and your phone won't ring or vibrate.
- **Other Android phones:** Once **Mute notifications when using phone** (disabled by default) is enabled, notifications will be muted on your wearable while you are using your phone. The wearable will still receive the notification, but it won't vibrate or ring.
-  The **Smart notifications** or **Mute notifications when using phone** feature is not available when the wearable is paired with an iPhone.

Viewing and deleting unread messages

- 1** When being worn, your wearable device will vibrate to notify you of new messages pushed from the status bar of your phone.
- 2** Unread messages will be kept on your wearable. To view them, swipe up on the home screen to enter the message center.
- 3** To delete a message, do as follows:

- Swipe left on a message that you wish to delete, and tap  to delete it.
- Tap  at the bottom of the message list to clear all messages.

Replying to SMS messages

- 1 To reply to a new SMS message or a message from WhatsApp, Messenger, or Telegram on your wearable, you can use quick replies or emoticons. Supported message types are subject to actual use.
 - 2 To customize quick replies, open **Huawei Health**, navigate to the device details screen, and tap **Quick replies**.
 - 3 You can tap **Add reply** to add a reply, tap an existing reply to edit it, or tap  next to a reply to delete it.
-  • This feature is unavailable when your wearable is paired with an iPhone.
 - Quick SMS replies only work with the SIM card that has received the SMS message.

Making and answering calls

Syncing contacts

You can't add contacts on your watch. When the watch is connected to your phone via Bluetooth, your watch will automatically sync contacts from your phone.

-  • If the contacts are not automatically synced, open the app list on your watch, and go to **Contacts > Sync contacts > Sync**.
- If you do not want to sync contacts, open the Huawei Health app, navigate to the device details screen, go to **Device settings > App management > Contacts**, and disable **Sync data to watch**.

This option is not available in the HUAWEI Health app on iPhones. iOS 18 supports contact authorization. You can go to **Settings > App > HUAWEI Health > Contacts**, and sync contacts as required.

If the earbuds have been connected to the watch, and they have both been connected to the same phone

Answering/Rejecting calls

- If the earbuds are in the watch when you receive a call, the watch will prompt you to wear the earbuds. Once you are wearing the earbuds, the watch will automatically answer the call.
- When wearing the earbuds and receiving a call, you can tap  to answer, tap  to reject, or tap  to reject with a message.

- During a call, if you remove the earbuds, put them back in the earbud compartments and close the cover, the call will automatically switch to your phone.
- You can only reject calls and reply with an SMS message when your watch is paired with certain phone models. This feature is not available if  is not displayed on the watch when you receive a call.

Making calls

- 1 On your watch, enter the app list, select **Phone**, and choose any of the following methods to make a call.
 - Tap **Call log** and then a call log to call back.
 - Tap **Contacts** and then a contact to make a call.
 - Tap **Keypad**, enter the number you want to call, and tap the Dial icon to initiate a call.
- 2 If the earbuds are currently worn, the call screen will appear immediately. If you are not wearing them, you need to put them on first.

If the earbuds have been connected to the watch, but the watch is connected to phone A, and the earbuds are connected to phone B

Answering/Rejecting calls

- If the earbuds are in the watch
 - The watch will not respond when there is an incoming call on **phone B**.
 - When there is an incoming call on **phone A**, the watch will prompt you to wear the earbuds to answer the call. Once you are wearing the earbuds, the watch will automatically answer the call, and the call on **phone A** will be heard through the earbuds.
 - If you are wearing the earbuds
 - The watch will display the incoming call on **phone B**. Tap  to reject the call, or tap  to answer the call.
 - The watch will display the incoming call on **phone A**. Tap  to reject the call, or tap  to first connect the earbuds to **phone A** and then answer the call.
-  If the earbuds are unable to reconnect to **phone A** for some reason when an incoming call is received on the phone, you will need to answer the call directly on the phone.

Making calls

- 1 Put on your earbuds. On your watch, enter the app list, select **Phone**, and choose any of the following methods to make a call.
 - Tap **Call log** and then a call log to call back.
 - Tap **Contacts** and then a contact to make a call.

- Tap **Keypad**, enter the number you want to call, and tap the Dial icon to initiate a call.

2 The earbuds will connect to **phone A**, and then automatically make the call.

- i** • When the call ends, the earbuds will remain connected to **phone A**. They will not automatically reconnect to **phone B**.
- To reconnect the earbuds to **phone B**, swipe down on the watch home screen to access the Control Panel, tap  to access the earbuds management screen, and tap **phone B**.

Managing watch faces

Customizing watch faces

You can customize the style and feature components of a watch face to suit your desires.

- 1** Touch and hold anywhere on the device home screen to visit the watch face selection screen, and swipe left or right to select your desired custom watch face.
 - 2** Tap **Custom** below the watch face and swipe left or right to choose a style and features you like.
 - On the **Style** or **Color** screen, swipe up or down to select your favorite style or color.
 - On the **Function** screen, tap a component to replace it.
- i** Customization is available only for the watch faces with the **Custom** button below them. Custom capabilities vary depending on the watch face.
- Watch faces like Maximum Modules and Cute Pets: Doug allow you to replace a widget with the earbuds battery level widget. Actual usage shall prevail.

Switching to another watch face

On the wearable device

Touch and hold anywhere on the watch face to visit the watch face selection screen, and swipe left or right to browse through the available watch faces. Tap on the watch face you want to use to select it.

In the Huawei Health app

- 1** Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.
- 2** Select your desired watch face, and tap **Apply**.
If the watch face hasn't been installed, install it first. Your device will automatically switch to the new watch face once it's installed.

Deleting a watch face

On the wearable device

- 1** Touch and hold anywhere on the watch face to visit the watch face selection screen.
- 2** Swipe up on the watch home screen and tap **Remove** to delete a watch face.

- i If you want to use the watch face again after it is deleted, you can do so in either of the following ways:
 - Touch and hold anywhere on the watch face to visit the watch face selection screen, swipe left to the last screen, tap , and tap the watch face to use it again.
 - Open **Huawei Health**, navigate to the device details screen, tap **My faces**, and select and set the watch face.

In the Huawei Health app

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.
- 2 Tap  in the upper right corner of a target watch face to delete it.
 - i
 - If you don't see  in the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be deleted.
 - If you have purchased a watch face and deleted it through **My faces > Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.

Gallery watch face

Setting Gallery watch face

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
- 2 Tap , select either **Take photo** or **Select image**, select an image, drag it to adjust the portion of the image you want to display, and tap  in the upper right corner to finish uploading.
- 3 On the **Gallery** screen, set **Color**, **Style**, and **Features** as you like.
- 4 In **Other settings**, enable or disable **Raise to display new image** as you like. When this feature is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you wake the screen by raising your wrist. When this feature is disabled, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.
- 5 Tap **Apply**, and your wearable will switch to Gallery watch face.
 - i The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .svg, .bmp, .psd, .tif, .tiff, .webp, and .pcx. Images in .gif format appear as static images rather than animations.

OneHop Gallery watch face

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. You can transfer more than one image if you want, and tap the watch face to switch between the images and enjoy multiple customized watch faces.

-  • To use this feature, make sure that your device is connected to the **Huawei Health** app via Bluetooth.
- This feature is only available when your NFC-capable wearable is paired with a HUAWEI phone that supports NFC.
- Before using this feature, make sure that the number of photos you wish to add does not exceed the maximum supported by your wearable device. Otherwise, the OneHop feature will not work. You can open the **Huawei Health** app, navigate to the device details screen, tap **My faces**, and select **Gallery** to check the number supported in the description.

1 Enable NFC on your phone.

2 Open Gallery, select an image for transfer, and tap the NFC area on the back of your phone against the wearable screen. The selected image will then display as the watch face, indicating a successful transfer.

To modify the watch face style, open **Huawei Health**, navigate to the device details screen, go to **My faces > Gallery**, and complete the setting.

Deleting an image from Gallery watch face

On the **Gallery** settings screen, tap  to go to the image overview screen, tap  on the target image, then return to the **Gallery** settings screen, and tap **Save**.

Assistant·TODAY

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

Entering/Exiting Assistant·TODAY

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

Quick access to apps

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

Audio control

- Phone audio controls via Assistant·TODAY on your watch are only available for ongoing audio apps displayed in the Media Controller on your phone. Certain apps are not compatible with your phone's Media Controller. If the Media Controller on your phone displays a message indicating that playback controls are not supported, the same applies to watch-based controls.

On the Assistant·TODAY screen, you can use the Audio control card for audio playback controls on both your phone and watch. Note that phone audio controls will only work when your watch is linked with your phone normally and your phone is playing audio.

Controlling music playback

- To use this feature, make sure that your device is connected to the **Huawei Health** app.
- Your watch does not have a speaker, so you need to wear the earbuds to listen to music.

Adding music to your watch

- Before syncing music to your watch, make sure that the tracks have already been downloaded to your phone from a music app and are in a format supported by your watch.

1 Open **Huawei Health**, navigate to the device details screen, and go to **Music > Manage music > Add songs**.

iPhones: Open **HUAWEI Health**, navigate to the device details screen, and go to **Music > Import from phone**.

2 Select the tracks to be added and tap  in the upper right corner of the screen.

3 Access the music management screen, tap **New playlist**, create a name for the playlist, and add tracks to suit your desires. You can also categorize tracks that have been uploaded to your watch for easier management. You can update an existing playlist at any time by tapping  in the upper right corner of the playlist screen and then **Add songs**.

4 Music files synced to your watch can be played even without an internet connection.

To delete an added track, open **Huawei Health**, navigate to the device details screen, and

go to **Music > Manage music**. In the music list, tap the  icon next to the track, and select **Delete**.

If the earbuds have been connected to the watch, and they have both been connected to the same phone

- Controlling music playback on the phone

- 1 On your phone, open **Huawei Health**, navigate to the device details screen, tap **Music**, and toggle on **Control phone music**.
 ⓘ This setting is not required if you're using an iPhone.
- 2 Open the music app on your phone and play music.
- 3 On your watch, swipe right on the home screen to enter the Assistant·TODAY screen, and tap the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

• Controlling music playback on the watch

- 1 On your watch, enter the app list, and tap **Music** (🎵). Alternatively, open another music app, and tap **Playing**.
- 2 Tap the play button to play music.
- 3 On the music playback screen, you can adjust the volume and set the playback sequence (such as Play in order and Shuffle).
- 4 You can swipe up on the screen to view the playlist and switch between tracks.

If the earbuds have been connected to the watch, but the watch is connected to phone A, and the earbuds are connected to phone B

• Controlling music playback on phone A/B

On the Music card on the Assistant·TODAY screen, tap  in the upper right corner, and choose between **phone A** or **phone B**. Once selected, you can play, pause, skip to the previous or next track, and adjust the volume level of the music on the phone.



ⓘ The figure is for reference only. The actual product prevails.

• Controlling music playback on the watch

Swipe left on your watch home screen to go to the music playback screen, tap the phone icon in the upper right corner, select your watch, and tap the play button.

Remote shutter

Remote shutter allows you to launch your phone's camera and take photos from your wrist.

- ⓘ To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.

Remote shutter

- 1 Make sure your watch is linked with **Huawei Health**.

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

- 2 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap the shutter icon on the watch screen to take a photo.

Setting a timer for photo taking

- 1 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap  on the Remote shutter screen to set a timer for photo taking, and tap  again to switch to another timer.
- 2 Tap the shutter icon on the watch screen. The phone's camera will take a photo as soon as the countdown ends.

More

Managing apps

- To use this feature, first update **Huawei Health** on your phone to its latest version.
- This feature is available only in specific countries/regions when paired with an iPhone. If **AppGallery** isn't available on the device details screen of the **Huawei Health** app on your phone, this feature isn't supported.

Installing apps

- 1 Open **Huawei Health**, navigate to the device details screen, and tap **AppGallery**.
- 2 Select a desired app from the **Apps** list and tap **Install**. After installation is successful, open the app list on your watch to find and access the newly installed app.

Updating apps

- 1 Open **Huawei Health**, navigate to the device details screen, and tap **AppGallery**.
- 2 Go to **Manager > Updates > UPDATE** to update apps to their latest versions.

Uninstalling apps

On your phone

- 1 Open **Huawei Health**, navigate to the device details screen, and tap **AppGallery**.
 - 2 Go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the uninstallation is complete, you won't find the removed apps on your watch.
- Only third-party apps can be uninstalled. The pre-installed apps on your wearable device cannot be uninstalled.
 - If you have set **Disable AppGallery service** in **Huawei Health**, you'll need to tap **App Gallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.

On your watch

Enter the app list, touch and hold the app you want to uninstall until the uninstall icon is displayed, and tap the uninstall icon and then .

Reordering the app list

Enter the app list, touch and hold any app, drag it to a desired position, and release once other apps are moved away.

Charging

Precautions for charging

- It is recommended that you use a HUAWEI charging cradle and power adapter purchased from an official Huawei sales outlet, or a charging cradle and power adapter that comply with relevant safety regulations and standards, when charging your device. Other power adapters and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using such devices. If the charging cradle is connected to the USB port of other devices (such as a PC, docking station, or multi-port charger), your watch may be unable to be charged or charge slowly. The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.
- Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers. Make sure that the device is placed correctly on the charging cradle, with the charging status displayed on screen. When the charging icon displays 100%, this means that your device is fully charged and has automatically stopped charging. However, it won't send an alert. Remove the device from the charging cradle and disconnect the power adapter. Otherwise, the battery level may decrease a while later before recharging to capacity.
- The watch uses a lithium-ion battery. There is no need to charge and discharge battery multiple times to activate it when you use the watch for the first time.
- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

Checking the battery level

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

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

Method 3: Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

-  • The battery level can only be viewed on certain watch faces.
 - When the battery level is too low, your device will vibrate to alert you and suggest immediate charging.

Charging your watch

- 1 Connect the charging cradle, 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.

Charging your earbuds

Place the earbuds in the watch and close the watch cover. The watch will automatically start charging the earbuds. You can see the earbuds' battery level and charging icons on the watch screen.



- i • The figure is for reference only. The actual product prevails.
- When the watch battery is low, it will not be able to charge your earbuds. To charge your earbuds, make sure that your watch has sufficient battery.
- When your watch enters Power Saving mode, it will not be able to charge your earbuds. In this case, go to **Settings > Battery** to toggle off **Power Saving**.
- When your watch is wet, it will not be able to charge your earbuds. Please dry it off before charging.
- The earbuds are charged via the charging terminals on the watch. Inserting and removing your earbuds may slightly scratch the terminals. This is normal and should not affect the normal use of the earbuds.
- Battery life may vary depending on the device settings, earbuds settings, storage, and usage environments.

Sounds & vibration

You can adjust the settings to suit your needs.

Ringtone volume settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Ringtone**.
- 2 Swipe up or down to adjust the volume.

Vibration strength settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Vibrations > Vibration**.
- 2 Select your desired vibration strength: **Strong**, **Soft**, or **Off**.

Custom vibration settings

You can customize the vibration strength for features like alarms. Here's how to do it using alarms as an example:

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Vibrations > Custom**.
- 2 Select **Alarm**, and choose between **Crescendo**, **Continuous**, or **Pulse** to match your preferences.

Updates

On your wearable device

-  • Updates are not supported on the wearable device when paired with an iPhone. Earbud updates can be performed on the HUAWEI WATCH Buds 2.
- 1 Enter the device app list and go to **Settings > System & updates > Software updates**.
 - 2 Tap the update icon and follow the onscreen instructions to download the package and update your device.

On your phone

- 1 Open **Huawei Health**, navigate to the device details screen, and tap **Firmware update**.

On the **Firmware update** screen, you can tap the  icon in the upper right corner and toggle on **Auto-download over Wi-Fi**, to have new versions automatically pushed to your wearable device for updates.

For iPhones, you can go to the **Firmware update** screen, tap the  icon in the upper right corner, and toggle on **Auto-download updates via WLAN** and **Auto-install updates and restart the device when it's not in use**.

- 2 Your phone will check for any available updates. Then follow the onscreen instructions to update your wearable device.

User Guide Instructions

- The information in this guide, such as the device color, size, and display details, is provided for reference purposes only.
- The images shown are for illustration purposes. Actual features and interface may differ based on your device model, software version, or connected phone.