

Contents

Getting Started

Appearance	1
Buttons and touch operations	1
Pairing with an EMUI phone	4
Pairing with an iPhone	4
Pairing with an Android phone	5
Pairing with a new phone	6
Custom feature cards	6
Smart gestures	7
Battery mode switching	8
Internet access on your watch	9

eSIM subscription

Activating the eSIM service	11
eSIM number change or transfer	12
Bluetooth calls and standalone eSIM calls	12

Outdoor Adventures

Diving settings	16
Dive tools	17
Diving	17
Dolphin communication	23
Expedition mode	25
Barometer	26

Assistant

Assistant·TODAY	28
Sending and receiving SMS messages	29
Message management	30
Setting modes	31
Remote shutter	32
Music playback	33
Managing watch faces	33
Gallery watch face	35
Video watch face	36

Health Management

Fall detection and emergency SOS	37
ECG measurement	38
SpO2 measurement	40
Health Glance	40
Emotional wellbeing	41

Sleep monitoring	42
Health Insights	43
Sleep breathing awareness	44
Arterial stiffness detection	44
Pulse wave arrhythmia analysis	46
Heart rate measurement	47
Cycle Calendar	48

Exercise

Workout settings	50
Data display on the workout screen	51
Using an offline map	51
Starting a workout	52
Route back	53
Trail run	53
Cycling	54
RouteDraw	55
Golf mode	56
Stay Fit app	58

More

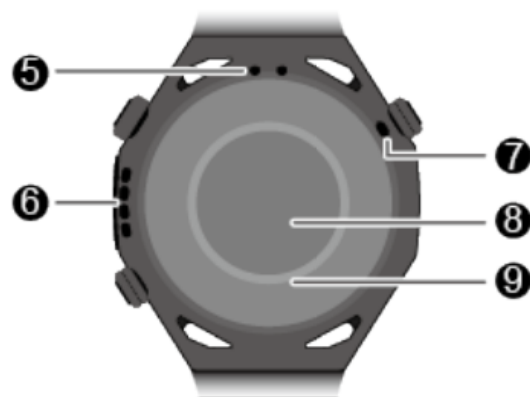
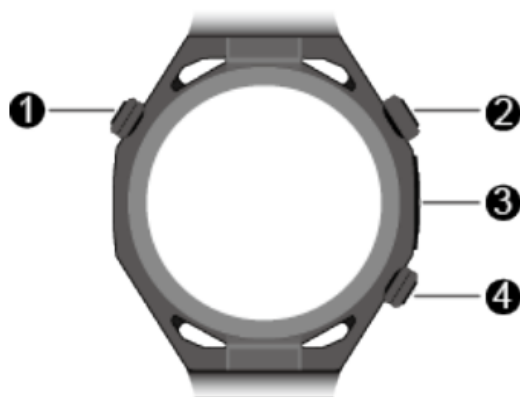
Charging	60
Managing apps	61
Multi-tasking	62
Controlling Bluetooth earphones	62
Updates	63
Device information	63
Accessibility	64
About EN13319	64

Getting Started

Appearance

Device appearance:

 The images are for reference only.



About the device:

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

Buttons and touch operations

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

HUAWEI X-TAP sensor

Operation	Function
Press	• On home screen: Launches the Health Glance feature when the sensor is pressed for three seconds (while the watch is worn). • On home screen: Adjusts watch face visuals and animations in response to finger pressure after you tap the screen. (Applicable only to certain watch faces.)
Tap	Uses a health feature: ECG analysis/ arterial stiffness detection/ fingertip SpO2 measurement.

Up button

 Operations may differ during calls and workouts.

Operation	Function
Rotate	• In List mode and Hex grid mode: Scrolls up and down on the app list. On the first app list screen in Hex grid mode, rotate the Up button counterclockwise or swipe down on the screen to display or hide the names of apps. • In an app: Scrolls up and down on the screen.  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 > Launcher, and select Hex grid or List.
Press	• When the screen is off: Turns on the screen. • On home screen: Takes you to the app list screen. • On any other screen: Returns to the home screen. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps. For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can tap the watch face card to return to the watch home screen.

Operation	Function
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. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Function
Press	Quickly accesses selected features. To set which features to access: 1 Press the Up button on the watch and select Settings > Button > Press bottom right button from the app. 2 Select target apps for your custom setting. Once you're done, return to the home screen and press the Down button to access the selected features.

Upper left button (Assist button)

Operation	Function
Press	• On home screen: Takes you to Expedition. • During a dive: Switches or edits gas types, resets average depth, or ends the dive.

Shortcuts

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

Screen controls

Operation	Function
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.

Operation	Function
Swipe down	On home screen: Opens the Control Panel. - You can enable Find Phone 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 EMUI phone

- 1 Install the **Huawei Health** app ().
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
i It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, tap **Agree**.
- 6 When a pairing request displays on your wearable device, tap  and follow the onscreen instructions on your phone to complete the pairing.
i To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with an iPhone

i Only available for iOS 13.0 and later.

- 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.
- 3** Power on your wearable device, select a language, and place the device close to your phone. On the home screen of the **HUAWEI Health** app, tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. You can also tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 4** 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.
- 5** Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.
- 
 - 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 an Android phone

- 1** Install the **Huawei Health** app (). If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2** Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3** Power on your wearable device, select a language, and start pairing.
- 4** Place your wearable device close to your phone. In the **Huawei Health** app, tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5** When a pairing request displays on your wearable device, tap  and follow the onscreen instructions on your phone to complete the pairing.
- 6** Tap **Settings** and complete the Watch/Band connection protection settings, so as to ensure a more stable connection between your device and **Huawei Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.

-  To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with a new phone

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

- 1 On your watch, enter the app list, and go to **Settings > System > Connect new phone**.
 - 2 Tap .
If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your watch. Tap the **i** icon and set to forget the device.
 - 3 When your watch displays the pairing screen, follow the onscreen instructions to pair with a new phone.
-  • Pairing your watch with a new phone that is logged in with a different HUAWEI ID will restore your watch to its factory settings. Please exercise caution when performing this operation, as it will erase account information, all cards in the wallet, system data, and app data from the watch.
 - When pairing with a new phone, go to **Settings > System > Reset** on your watch, and make sure that the box for **Delete eSIM configuration** under the message is unchecked. This is to ensure that you can continue using the eSIM service after the system reset without having to deregister and re-activate the service.
 - If you have activated eSIM, do not directly reset the watch as instructed after tapping **Connect new phone**. Otherwise, the eSIM information will be cleared after the system reset and you'll need to contact your carrier to deregister from the eSIM service and activate it again.

Custom feature cards

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

Adding a card

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

Editing a combo card

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

Moving a card to adjust the sequence

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

Removing a card

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

Smart gestures

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



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

Smart gestures

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

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

Answering/Declining an incoming call

Double-tap to answer an incoming call, and double-tap again to hang up. To decline an incoming call, double-slide to switch to the reject button, and then double-tap to confirm.

Snoozing/Stopping an alarm

Double-tap to snooze an alarm. To stop an alarm, double-slide to switch to the stop button, and then double-tap to confirm.

Audio controls

On the audio playback card, double-tap to play or pause the audio. Double-slide to switch to the next or previous button, and then double-tap to confirm.

Remote shutter controls

On the Remote shutter screen, double-tap to take a photo.

Timer controls

On the Timer screen, double-tap to start or pause the timer. To reset the timer, double-slide to switch to the reset button, and then double-tap to confirm.

Battery mode switching

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

Enable Battery saver

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

Enable Standard mode

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

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

Internet access on your watch

Your watch can access the Internet via Wi-Fi, via a connected phone, or via an eSIM mobile network if the eSIM service is activated. The watch will switch between networks based on the actual usage to use the best possible network.

The network priority is as follows:

- 1** When connected to your phone via Bluetooth, your watch will use the phone's current network (mobile data or Wi-Fi) to save battery power.
 -  In Standard mode, the watch cannot use an iPhone's network via Bluetooth.
 - If you'd like to use your watch's eSIM network when it's connected to your phone via Bluetooth, go to **Settings > Mobile network > Auto-disable network** on your watch and toggle off **When connected to phone**.
- 2** If the Bluetooth connection fails or disconnects, your watch will use the connected Wi-Fi.
- 3** If the Bluetooth connection between your watch and phone fails and no Wi-Fi is available, your watch will then use its own eSIM mobile network (if applicable).

Accessing the Internet via Bluetooth

When your watch is connected to your phone over the **Huawei Health** app and the app is running in the background, your watch will use your phone's current network (mobile data or Wi-Fi) by default.

Accessing the Internet via Wi-Fi

-  This feature is supported only when the watch works in Standard mode.

When your watch is connected to the Internet via Wi-Fi, you can use apps that require Internet access directly on your watch when you don't have your phone nearby.

- 1** Press the Up button on the watch to open the app list, go to **Settings > Wi-Fi**, and toggle on the Wi-Fi switch. The watch will then automatically scan for Wi-Fi that can be connected.
- 2** Tap the Wi-Fi network you want to connect to, enter the password, and tap **Connect**.

Ignoring the connected Wi-Fi

- 1** Press the Up button to open the app list, and then go to **Settings > Wi-Fi**.

2 Select the connected Wi-Fi and tap **Forget**.

Accessing the Internet via an eSIM

 To use this feature, you'll need to enable the eSIM service first.

Press the Up button to enter the app list, go to **Settings > Mobile network > Mobile data**, and toggle on **Mobile data**.

Airplane mode

Enable **Airplane mode** before a flight, to have your watch turn off Bluetooth, Wi-Fi, and cellular data.

You can enable or disable **Airplane mode** using either of the following methods:

- Swipe down from the top of the home screen to enter the Control Panel, and tap **Airplane mode** to enable or disable it.
- Press the Up button to open the app list, go to **Settings > Mobile network**, and toggle **Airplane mode** on or off.

eSIM subscription

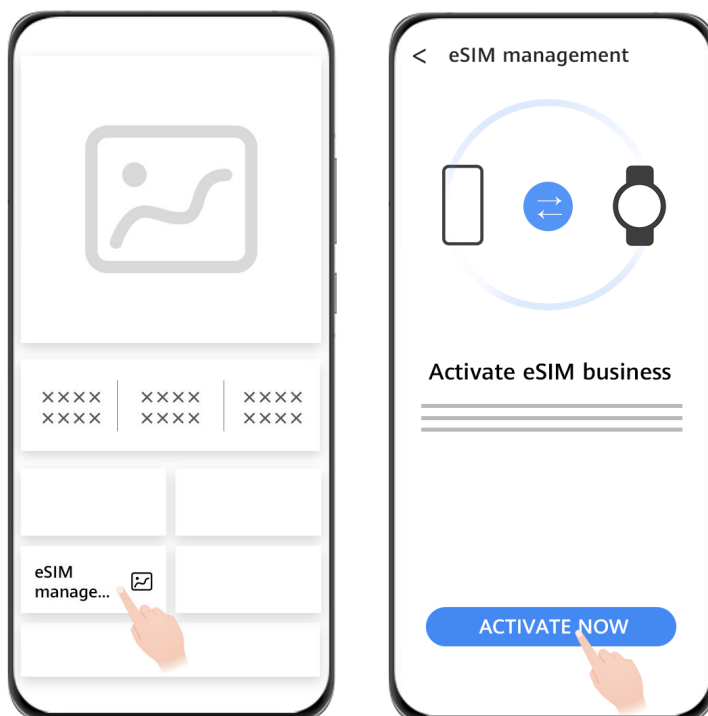
Activating the eSIM service

Requirements

- Ensure that the countries/regions and carriers support the eSIM service. For details, visit the Huawei official website.
- To activate the eSIM One Number service, your SIM card must be the primary card (default card).
- Your watch must be connected to your phone via Bluetooth and your phone must be able to access the Internet.
- Your watch's battery level must be higher than 20%.
- If you are using an iPhone, connect the watch to the Internet first.

Activation

- 1 Connect your watch to your phone using the Huawei Health app.
- 2 Navigate to the device details screen, go to **eSIM management > One number, two devices > Activate** or **eSIM management > Standalone number > Activate**, select the SIM card or carrier, and tap **Continue**.



- 3 Follow the onscreen instructions to activate the service by scanning the QR code of your carrier. Enter the verification code sent by your carrier if necessary.

-  HUAWEI WATCH 3 Series: Follow the onscreen instructions to activate the service online or by scanning the QR code of your carrier. Enter the verification code sent by your carrier if necessary.

4 The eSIM service will be automatically activated after the eSIM account is downloaded and configured on your watch for the first time.

-  Do not perform any operations on the watch during the eSIM service activation.

eSIM number change or transfer

To change the eSIM number for your watch or transfer the number to a new watch, you'll need to first deregister from the activated eSIM service, reset the eSIM configurations, and then re-activate the service.

- 1** Deregister from the activated eSIM number by contacting your carrier. Otherwise, fees will be deducted continuously and the number cannot be re-activated.
- 2** Re-activate the eSIM service for a new phone number or a new watch.

Bluetooth calls and standalone eSIM calls

Your watch supports Bluetooth calls and standalone eSIM calls in different situations.

-  The support for call forwarding by the eSIM One Number service varies by region. For details, consult with the customer service of your local carrier.

Syncing/Deleting contacts

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, access 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.

Deleting contacts:

For the contacts synced from your phone, you can delete them on the watch as follows:

- 1** In the app list on your watch, go to **Settings > Apps > App management > System processes**.
- 2** Go to **Contacts Storage > Storage > Clear data**. Then, there will be no contacts on your watch. You can manually sync contacts from the **Contacts** app on your watch.

-  The watch does not support deleting a single contact. To delete a single contact, select the target contact from the contacts list on your phone and delete it. The contact on the watch will be deleted when the watch is connected to your phone.

Answering/Ending a call on your watch

-  To use the eSIM service on your watch, you'll need to keep wearing your watch and disable **Auto-disable network** by going to **Settings > Battery**, swiping up on the screen, and going to **Power saving > Auto-disable network**.
- When you use the eSIM service on your watch, features such as harassment blocking and blocklist are not supported. When the eSIM service is not used on your watch, the blocking settings on the phone will be automatically synced to your watch.

Answering a call: When you receive an incoming call, your watch will notify you and display the caller information. Tap  to answer the call.

Ending a call: Tap  to end the call.

Returning to the call screen:

If you're not on the call screen, tap the Phone icon at the top of the device home screen to return to the call screen.

Making a call on your watch

Press the Up button on the watch to enter the app list, select **Phone**, and choose any of the following methods to make a call.

- Tap **Call logs** and then a call log to call back.
- Tap **Keypad**, enter the number you want to call, and tap the Dial icon to initiate a call.
- Tap **Contacts** and then a contact to make a call.

Bluetooth Connection Status	eSIM Standalone Number Service Not Activated	eSIM Standalone Number Service Activated	eSIM One Number Service Activated
The watch and phone are connected via Bluetooth.	Bluetooth calls	When your watch is connected to the eSIM network: You can make Bluetooth calls or standalone eSIM calls. When your watch is not connected to the eSIM network: Bluetooth calls	- When When connected to phone is disabled in Settings > Mobile network > Auto-disable network on your watch and your watch is connected to the eSIM network: Bluetooth calls are preferentially used and eSIM calls are supported. - When When connected to phone is disabled in Settings > Mobile network > Auto-disable network on your watch and your watch is not connected to the eSIM network: Only Bluetooth calls are supported. - When When connected to phone is enabled in Settings > Mobile network > Auto-disable network on your watch: Only Bluetooth calls are supported. To check whether your watch is connected to the eSIM network, swipe down from the top of the watch home screen to enter the Control Panel. If the  icon is displayed at the bottom, your watch is connected to the eSIM network.
The watch and phone are disconnected via Bluetooth.	Unable to make calls	Standalone eSIM calls	Standalone eSIM calls

Configuring settings during a call

- Adjust the call volume by rotating the Up button. Mute a call by tapping the Mute icon ().
- Enter digits by tapping the More icon () and then typing in the keypad.

Switching calls between your phone and watch

 eSIM calls can't be switched between your phone and watch.

- 1 Make sure that your watch is connected to your phone via Bluetooth.
- 2 On the call screen of your phone, tap the Bluetooth button in the lower right corner and choose to switch audio to your phone, watch, or earphones.

Viewing/Deleting call logs

- 1 Press the Up button to enter the app list and then go to **Phone > Call logs** to view your call logs (including incoming, outgoing, and missed calls).
- 2 Swipe left on the screen and tap the Delete icon to delete the call log.
 -  Deleting multiple call logs at once is not supported.
 - When you use standalone eSIM calls, the contacts on your phone do not contain any logs of calls made or received on your watch.

Outdoor Adventures

Diving settings

-  Before each dive, check the diving settings and the battery level of the device.

General settings

You can set **Auto-start dive** and **Auto-end dive** as needed.

Press the Up button to enter the app list, and go to **Workout > Dive > Settings**.

- Enable or disable **Auto-start dive** to suit your needs. When enabled, you can set **Auto-start depth** and **Default mode**.
Default mode: This will default to the most recent diving mode, and can be set manually.
- Enable or disable **Auto-end dive** to suit your needs. When enabled, you can set **Surface delay time**.

Diving modes

Your watch supports **Recreational dive**, **Freedive**, **Technical dive**, and **Gauge**.

- **Recreational dive:** No-decompression diving with nitrogen and oxygen mixtures.
- **Freedive:** Breath-hold diving.
- **Technical dive:** Technical decompression diving with multiple cylinders containing helium, nitrogen, and oxygen mixtures.
- **Gauge:** Displays only the depth and time. It does not provide information tracking or decompression calculations.

Diving mode settings

You can set different diving modes as required.

- 1 Press the Up button to enter the app list, and go to **Workout > Dive**.
- 2 Tap the  icon on the right of each diving mode to access the corresponding settings screen.
 - **Recreational dive:** You can set **Gas**, **Water type**, **Conservative level**, **Max PO2**, **Safety stop duration**, **Reminders**, **Alerts**, **Notification method**, and **Mistouch prevention**.
 - **Freedive:** You can set **Water type**, **Reminders**, **Alerts**, **Notification method**, and **Mistouch prevention**.
 - **Technical dive:** You can set **Gas**, **Water type**, **GF**, **PO2 limit**, **Last stop depth**, **Reminders**, **Alerts**, **Notification method**, and **Mistouch prevention**.
 - **Gauge:** You can set **Water type**, **Notification method**, and **Mistouch prevention**.

Dive tools

Press the Up button to enter the app list, and go to **Workout > Dive > Dive tools**.

NDL calculator

- 1 Tap **NDL calculator**, swipe up or down on the screen to select **Gas**, and tap **Next**.
- 2 Swipe up or down on the screen to find and select **Start dive**, and tap **OK**. You can view the respective **NDL** for different depths.
Tap **Check precision**, select **Dive depth**, and view the **NDL** for the chosen depth.

Deco calculator

- 1 Tap **Deco calculator**, confirm the settings such as **Gas** and **GF**, and tap **Next**.
- 2 Set **Start dive**, **Dive depth**, **Bottom time**, and **RMV** in sequence, and tap **Next**. You'll then be able to view the decompression calculation results.

Apnea training

Tap **Apnea training**, and follow the onscreen instructions to begin the training session.

Apnea test

Tap **Apnea test**, and follow the onscreen instructions to start a test. When you feel the first contraction, press the Down button to record it.

Diving

Button functions during dives

Screen	Up Button	Down Button	Upper Left Button (Assist Button)
Data screen	• Rotate: Scroll on the screen. • Press: Add a mark in diving mode.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.
Compass screen	• Rotate: Scroll on the screen. • Lock/Unlock navigation direction.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.

Screen	Up Button	Down Button	Upper Left Button (Assist Button)
Stopwatch screen	• Rotate: Scroll on the screen. • Press once: Start/Pause timing. • Press and hold: Reset the stopwatch.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.
Surface rest screen	Press and hold: End a workout.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings, where you can reset the average depth and switch the gas.
Operation confirmation screen	Press once/Rotate: Change an option.	Press once: Confirm the options.	Press once: Exit the confirmation screen.
Alert/reminder screen	Press once: Cancel.	Press once: Cancel.	Press once: Cancel.

Starting a dive

- 1 Press the Up button to enter the app list, and go to **Workout > Dive**.
- 2 Choose your target diving mode (such as Technical dive). Press the Down button or tap the start icon on the dive preparation screen to enter the diving mode. While diving, you can:
 - Press the Down button or rotate the crown to scroll on the screen.

Stopwatch: When you scroll to the stopwatch screen, you can press the Up button to start/pause/resume timing, or press and hold the Up button to reset the stopwatch.

Compass: When you scroll to the compass screen, you can press the Up button to lock/unlock navigation directions.
 - Press the Assist button to enter the advanced settings.

Switch gas: Press the Up button to select **Switch gas**, and press the Down button to open the gas list. After selecting a gas, press the Down button to confirm the switch.

DiverComms: For details, see the Dolphin communication operation guide.

Reset avg depth: Press the Up button to reset average depth and press the Down button to confirm the reset. The watch will automatically redirect to the diving data screen with the latest average depth displayed.

Adjust GF: Press the Up button to select **Adjust GF** and press the Down button to go to the GF editing screen. Adjust the GF as required and press the Down button to confirm the adjustment.

Edit gas: Press the Up button to select **Edit gas**, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium**

concentration, and press the Down button to confirm the edit. The watch will automatically switch to the selected gas.

Add gas: Press the Up button to select gas, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium concentration**, and press the Down button to confirm the edit. Set the gas switch to off/on, or set the gas type as the current, and press the Down button to complete the settings.

- 3 After you return to the surface after a dive, press and hold the Up button to end the diving session.
- 4 After the dive, gently rinse the watch with fresh water or soak it in clean water for more than 15 minutes, to clean off any sea salt, silt, or other substances. Swipe down on the watch home screen to show the Control Panel and tap **Drain**. Then, wait for the watch to dry.
 -  The watch will show a no-fly time after each dive, during which you are advised not to travel by plane.

Diving examples

Recreational dives

- 1 Preparation screen
You can set the water type, and view the current diving mode by its icon, altitude, and surface time.
- 2 Descent time
During your descent, you can view real-time diving data like the diving mode, descent rate, depth, temperature, gas, and dive time. You can also use buttons to scroll on the screen to view more diving data, and key data like depth, no-decompression limit (NDL), and dive time will be displayed on all screens.
- 3 Bottom stay
The initial NDL is 99 minutes, but this value decreases as the depth and time increase. Further, the PO₂ increases with the depth, and the CNS rises gradually.
- 4 Low NDL
When the NDL is less than 5 minutes, the NDL will turn yellow. To avoid decompression, you need to ascend to the surface.
- 5 Ascent
The NDL will gradually increase as you ascend. Pay attention to your ascent rate. When the ascent rate is greater than 9 m/min for a certain period of time, the watch will give a reminder. When the ascent rate is greater than 12 m/min for a certain period of time, the watch will give an alert. When receiving a reminder or alert, you are strongly recommended to reduce your ascent rate, to reduce the risk of decompression sickness.
- 6 Safety stop
When you ascend to a depth of 6 meters, the watch will pop up "Start safety stop", after which a safety stop countdown will begin. After the safety stop duration ends, the watch will pop up "Safety stop complete", and start timing.

Technical dives

- 1 Gas list

Check the gas list before each dive. The gas settings in decompression calculation also apply to technical diving. Make sure that you have properly set each type of gas that you carry in the gas list, and don't enable any gas that you don't have.

2 Calculate decompression

You can use the Calculate decompression tool to make a decompression plan, and estimate your total dive time, decompression plan, gas switching time, and gas consumption based on the maximum depth and bottom stay time.

All decompression calculation results are estimates and for reference only. Do not take them as the only basis for your decisions. In complex diving activities, you are advised to use multiple devices for comprehensive calculation and evaluation.

3 Preparation

You can set the water type, and view the current diving mode by its icon, altitude, and surface time. Make sure your watch has sufficient power.

4 Descent

During the descent, you can view real-time data such as depth, dive time, PO₂, and CNS. The screen will also show the gradual decrease of NDL.

5 Bottom stay

When the NDL drops to 0, the NDL information switches to the first decompression stop (including the depth and the decompression duration), and the TTS gradually increases.

6 Gas switch

During a dive, the watch will prompt you to switch the gas when another gas is more suitable for the current stage. If the switch is not made in time, the watch may give a reminder or alert, and the accuracy of decompression information cannot be ensured.

7 Ascent to decompression stop

During your ascent, the watch will give a decompression stop reminder when you reach your first decompression stop. After completing the decompression, you can continue to ascend until the next decompression stop.

8 Decompression end

After completing all decompression stops, the watch will give a "Decompression stop complete" reminder, and start timing.

Reminders/Alerts

Reminder s/Alerts	Description	Trigger Condition	Notification Mode
Reminder	Ascent rate too fast	The ascent rate is greater than 9 m/min for 3 seconds straight.	Speed (yellow + blinking for 5 seconds)
Reminder	NDL countdown	The NDL is less than or equal to 5 minutes for 3 seconds straight.	NDL (yellow + blinking for 5 seconds)

Reminder	Start safety stop	You are ascending, the safety stop is required, and the depth is less than or equal to 6 meters.	The watch will pop up Start safety stop .
Reminder	Safety stop complete	The safety stop time decreases to 0.	The watch will pop up Safety stop complete .
Reminder	Safety stop range exceeded	You stay at a depth less than 3 meters or greater than 7 meters during the safety stop.	Arrow (yellow + animation)
Reminder	Start decompression	The NDL reaches -1.	The watch will pop up Start decompression .
Reminder	Start decompression	You are ascending, the decompression stop is required, and the depth is less than or equal to the depth of the decompression stop.	The watch will pop up Start decompression .
Reminder	Decompression stop complete	The algorithm determines that the decompression stop is complete.	The watch will pop up Decompression stop complete . X m Y min (yellow + blinking for 5 seconds)
Reminder	Depth limit exceeded	The diving depth reaches the preset value.	Depth (yellow + blinking for 5 seconds)
Reminder	Time limit exceeded	The diving time exceeds the preset value.	Time (yellow + blinking for 5 seconds)
Reminder	CNS alert	The CNS is greater than or equal to 80%.	CNS (yellow + blinking for 5 seconds)
Reminder	Recommended to switch to XX	When the preset maximum PO2 set is reached, and there are better gas options, the watch will prompt you to switch to other gas.	The watch will pop up Recommended to switch to XX .

Reminder	Better gas	The algorithm determines that there is a better gas option.	Gas (yellow + blinking for 5 seconds)
Reminder	Surface rest time	The surface rest time reaches the preset value.	Time (yellow + blinking for 5 seconds)
Alert	Partial pressure too low	The PO2 falls below the preset minimum value.	The watch will pop up Partial pressure too low. PO2 (red + blinking) Gas (red + blinking)
Reminder	Hang finished	The time you stay in a depth range exceeds the preset threshold.	The watch will pop up Hang finished.
Alert	Ascent rate too fast	The ascent rate is greater than 12 m/min for 3 seconds straight.	The watch will pop up Ascent rate too fast. Speed (red + blinking)
Reminder	Decompression ceiling depth exceeded	You stay at a depth which is 0.3 meter above the depth of the decompression stop in technical diving, or is 1 meter above the depth of the decompression stop in recreational diving.	Downward indication animation (yellow)
Alert	Depth less than CEIL	The depth is less than CEIL.	Downward indication animation (red)
Alert	Missed decompression stop	The depth is less than CEIL for 1 minute straight.	The watch will pop up Missed decompression stop. Downward indication animation (red)
Alert	Partial pressure too high	The PO2 is greater than the preset maximum value.	The watch will pop up Partial pressure too high. PO2 (red + blinking) Gas (red + blinking)

Reminder	Water resistance limit exceeded	The diving depth is greater than 150 meters.	The watch will pop up Water resistance limit exceeded. Depth (yellow + blinking for 5 seconds)
Alert	CNS too high	The CNS is greater than or equal to 100%, and the watch will give an alert for every 5% increase.	The watch will pop up CNS too high. CNS (red + blinking)
Alert	Depth limit exceeded	Depth	The watch will pop up Depth limit exceeded. Depth (red + blinking)
Alert	Time limit exceeded	Time	The watch will pop up Time limit exceeded. Time (red + blinking)
Reminder	Low battery	The battery level is less than or equal to 5%.	The watch will pop up Low battery.

Dolphin communication

After Dolphin sonar communication (Dolphin communication for short) is enabled, it can be used for communication during diving.

Pre-dive preparation

The following describes pre-dive preparations:

Turn on the switch

Press the Up button on the watch to open the app list, and go to **Workout > Dive > DiverComms**. Read the **Safety tips**, tap **Agree** to access the settings screen, and enable **DiverComms**.

Complete personal information

On the settings screen, tap your nickname to edit your ID and nickname. The ID and nickname will be broadcast via Bluetooth to nearby dive buddies when you add them face to face. IDs are identifiers used for Dolphin communication. If you change your ID, your dive buddies might not be able to identify you. You are advised not to change the ID frequently.

Add dive buddies

On the settings screen, tap **My buddies** to access the screen for adding dive buddies. Use either of the following methods to add dive buddies:

Method 1: Face-to-face adding

- 1 On the screen for adding dive buddies, tap **+**. Follow the onscreen instructions to allow the device to discover and connect to nearby devices.
- 2 Your buddy needs to enter this screen to be discovered. After the buddy is discovered, tap **+** next to the buddy's information to add the buddy.

Method 2: Manually adding

- 1 On the screen for adding dive buddies, tap **+**.
- 2 Tap **Enter manually** and follow the onscreen instructions to enter the buddy's ID and nickname.

Manage quick messages

- 1 On the settings screen, tap **Quick messages** to add quick messages for **Recreational dive**, **Freedive**, **Technical dive**, and **Gauge** diving modes. You can also add emoticon messages.
 - 2 Tap the target diving mode or emoticon. Tap **+** to add a message, and select a quick message or emoticon as required.
For added quick messages or emoticons, you can reorder or delete messages or press and hold a message to pin it to the top.
-  If you do not want to receive messages from strangers, you can enable **Block messages from strangers** on the settings screen.

Perform above water test

On the settings screen, tap **Above water test** and follow onscreen instructions to complete the verification test and confirm that messages can be sent and received properly.

Sending underwater messages

- 1 From the diving screen, press the Assist button to access the **Advanced settings** screen.
- 2 Rotate the watch crown to select **DiverComms**, and press the Down button to confirm and access the **DiverComms** screen.
- 3 Rotate the watch crown to select **Send message/Send emoticon**, and press the Down button to confirm and access the **Quick messages/Send emoticon** screen.
- 4 After the message is sent successfully, other buddies' watches will vibrate to notify them. If the message fails to be sent, your watch will also receive a reminder notifying you of the failure.

Underwater SOS

- 1 From the diving screen, press and hold the Assist button for 3 seconds. The screen will display a confirmation to send an SOS message. Press the Down button to confirm and send the SOS message.
Alternatively, from the diving screen, press the Assist button to enter the **Advanced settings** screen. Then, select **SOS** under **DiverComms** to send the SOS message.
- 2 Other buddies' watches will vibrate and display the SOS message.

Expedition mode

When you're on an outdoor expedition, you can mark your locations and navigate back along them. You can also use the watch to get key data like altitude and SpO2.

Settings

- 1 Press the Up button to enter the app list, and tap **Expedition**.
- 2 Tap  at the bottom for more **Expedition** related settings.
 - **Battery:** When in Expedition mode, the Raise to wake feature is enabled by default. You can toggle off the  switch to disable it. You can also set **Positioning interval** by **Time** or **Steps**.
 - **Storm warning:** Enable or disable **Warnings** to suit your needs. When enabled, you can set **Pressure drop**.
 - **Routes:** Download routes in the **Huawei Health** app and then import them to your watch.
 - a Go to **Huawei Health** > **Me** > **My route** > **Import route**, select a downloaded route, and save it to **My route**.
 - b Select the target route. Tap  in the upper right corner and then **Send to wearable**, to sync the route to your watch.
 - **Record at night** is enabled by default, and you can toggle off the  switch to disable it.
 - **Dim after sunset** is enabled by default, and you can toggle off the  switch to disable it.

Starting an outdoor expedition

- 1 Press the Up button to enter the app list, and tap **Expedition**.
- 2 Tap **Start**. During the expedition:
 - **Mark:** On any screen of the Expedition app, press the Down button on the watch, or on the Expedition app home screen, tap **Mark** to manually mark a location. Tap **Markers** to view and edit the marked location.
 -  • The **Markers** option only shows manually marked locations.
 - You can mark up to 500 locations.
 - Such marked locations, whether automatically or manually marked, are called waypoints. By default, a waypoint is marked automatically every 30 minutes. You can set positioning interval to by time or steps to better suit your needs.
 - **Dim:** On the Expedition app home screen, press the Assist button on the watch to enable or disable Dim mode.

- **Tools:** On the Expedition app home screen, swipe up to access **Tools**, like **SpO2** and **Flashlight**.
- On any screen of the Expedition app, you can press the Up button on the watch and select to **End** or **Pause** the journey, or **Lock screen**.

3 For your return journey:

- Navigate back to a waypoint
Method 1: Tap **Markers** to enter the waypoint list, find and select your target waypoint, and tap **Navigate**.
Method 2: On the Expedition app home screen, swipe up twice to access the compass/map screen, tap that screen, and tap **Navigate** to enter the waypoint list. Rotate the Up button to switch between waypoints, press the Up button to select a target waypoint, and tap **Navigate** to navigate to a place near the waypoint.
- Backtrack: On the Expedition app home screen, swipe down twice to access the compass or map screen, tap that screen, and tap **Backtrack** to navigate to a place near your starting point.

4 Press and hold the Up button on the watch to end the expedition.

Viewing expedition records

On your watch:

- 1 Press the Up button to enter the app list, and tap **Expedition**.
- 2 Tap **Expedition records** to display the record list.
- 3 Select a target record, and swipe up or down on the screen to view the details like **Distance** and **Altitude**.

On your phone:

Access the home screen of **Huawei Health**, tap the **Exercise records** card, and select an expedition record to view the details.

Barometer

Barometer on your watch automatically measures the altitude and atmospheric pressure at the current location, and shows all data from the current day in a waveform graph.

 Before everything, connect your watch to **Huawei Health** for automatic calibration.

Altitude and atmospheric pressure

- 1 Press the Up button on the watch to open the app list, and then tap **Barometer**.
- 2 Swipe up or down on the screen to view the current **Altitude** and **Air pressure**.

Other settings

- Tap **Calibrate** on the **Altitude** screen to calibrate the altitude.

- Tap **Settings** on the **Air pressure** screen, then you can enable or disable **Warnings** for **Storm warning** to better suit your needs. You can also customize **Pressure drop**, which is set to **4 hPa/3 hr** by default. This means a warning will be sent when the atmospheric pressure decreases by more than 4 hPa within 3 hours.

Assistant

Assistant·TODAY

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

Entering/Exiting Assistant·TODAY

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

Quick access to apps

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 On the 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.

Assistant·TODAY Management

-  The Edit button is only available when your watch is in **Standard mode**.

Adding a card

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

Adding a dynamic card

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 Swipe up to the last card and tap **Edit** at the bottom to enter the Assistant·TODAY management screen.
- 3 In the dynamic card list, tap **Manage**. On the Dynamics screen, enable the scene display feature as required.

- 4 On the Dynamics screen, you can also enable **Dynamic cards** to dynamically provide you with card information.

Pinning/Deleting a card

-  The Music card is a built-in feature and cannot be deleted.

- 1 Swipe right on the watch home screen to enter Assistant·TODAY.
- 2 Touch and hold a card on the Assistant TODAY screen, and pin, unpin, or delete the card as required.
You can also swipe up on the Assistant·TODAY screen to find the last card and tap **Edit** at the bottom to access the Assistant·TODAY management screen. Then, pin, unpin, or delete the card as required.

Enabling/Disabling Assistant·TODAY

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

Sending and receiving SMS messages

You can send and receive SMS messages directly on your watch once the eSIM Standalone Number service is enabled.

-  • The eSIM One Number service does not support independent SMS message sending and receiving.
 - To use this feature, first update your watch to its latest version.
 - The eSIM Standalone Number service does not support MMS, SMS forwarding, SMS group messaging, or interception of SMS messages from numbers in the blocklist.

Viewing SMS messages

When your watch's standalone number receives an SMS message, tap **Messaging** in the app list to view the unread message content and number of SMS messages.

-  Swipe up on the message details screen to call the contact or view the contact details.

Sending SMS messages

Writing an SMS message:

In the app list, tap **Messaging** and then **+**, select a recipient, write your message, and tap **Send**.

Replying to an SMS message:

Tap an SMS message session in the message list or go to the notifications details screen to reply in any of the following ways:

- Tap  at the bottom, and use an input method to enter text or select emoticons.

- Swipe up on the screen and select a quick reply.

Deleting SMS messages

Deleting a single SMS message:

Tap an SMS message session in the message list, touch and hold a message, and tap **Delete**.

Deleting all SMS messages for a contact:

Find the SMS message session to be deleted, swipe left on the screen, and tap the Delete icon.

Deleting the SMS messages for multiple contacts/Deleting all SMS messages:

Select multiple or all SMS message sessions in the message list, and tap **Delete**.

Message management

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, tap **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.

Viewing unread messages

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

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

Replying to SMS messages

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

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

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

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

Customizing quick replies

-  The feature is not supported when your device is paired with an iPhone.

You can customize a quick reply as follows:

- 1 Once your watch is linked with the **Huawei Health** app, open the app, go to the device details screen, and tap the **Quick replies** card.
- 2 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.

Deleting unread messages

Swipe up on the home screen of your watch to enter the unread message center, and tap



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

Setting modes

You can quickly enable or disable Do not disturb/Sleep mode in the Control Panel of your watch.

Enabling Do not disturb

Enable:

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

- 1 Swipe down from the top of the watch face 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 watch face 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 wakeup, turn off the switch next to the corresponding time period. (If the device is in Do not disturb mode, turn off the **Do not disturb** switch first.)

Enabling Sleep mode

Enable:

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

- 1 Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and select **Sleep**.
- 2 After the setting, **Sleep** 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** setting screen in either of the following ways:
 - Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and tap  next to **Sleep**.
 - Go to the app list and tap **Settings** > **Focus** > **Sleep**.

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. (If the device is in Sleep mode, turn off the **Sleep mode** switch first.)

Remote shutter

-  • This feature is only available when your device is paired with a HUAWEI phone running EMUI 10.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
- This feature is unavailable when your device is paired with a third-party Android phone.

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 camera. Tap the shutter icon on the watch screen to take a photo.

Setting a timer for photo taking

Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone camera. Tap  on the Remote shutter screen to set a timer for photo taking.

Music playback

Controlling phone music playback

Open a phone music app, such as HUAWEI Music, and start the playback.

- 1 On your phone, open **Huawei Health**, navigate to the device details screen, tap **Music**, and toggle on **Control phone music**.
- 2 On your watch, swipe right on the home screen to enter the Assistant·TODAY screen, and you'll find the Music card. From there you can pause playback and switch to the previous/next track.
- 3 Tap the Music card to enter the playback screen, where you can adjust the volume or tap the device name at the bottom of the screen to switch between audio output devices.

Syncing music to your watch

-  To use this feature, update your watch and the Huawei Health app to their latest versions.
 - This feature is not supported when your watch is paired with an iPhone.
 - You can use the **Huawei Health** app to sync to your watch the unencrypted music files downloaded on your phone. These songs can then be played on your watch independently, not requiring Internet access.
- 1 Open **Huawei Health**, navigate to the device details screen, tap **Music > Manage music**, and tap  at the bottom to add music.
 - 2 When you're done, tap  in the upper right corner of the screen.

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 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.

 Customization is available only for the watch faces with the **Custom** button below them. Custom capabilities vary depending on the watch face.

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 **Set as default**.

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 from the bottom of the screen and tap **Remove** to delete a watch face.

 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.

- 
- If you don't see  at the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be 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.
-  The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .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 watch. You can transfer more than one image if you want, and tap the watch home screen to switch between the images and enjoy multiple customized watch faces.

-  • To use this feature, make sure that your wearable is linked with **Huawei Health**.
 - 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 **Gallery** has been applied on your wearable.

- 1 Press the Up button on the watch to open the app list, go to **Settings > Multi-device collaboration > NFC**, and enable **NFC**.
- 2 Enable NFC on your phone.
- 3 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  in the image you want to delete, then return to the **Gallery** settings page, and tap **Save**.

Video watch face

-  • Make sure that you have updated the Huawei Health app and your watch to their latest versions.
 - Customized video watch faces are unavailable when the watch is paired with an iPhone.
- 1** Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Video** to access the Video watch face settings screen.
 - 2** Tap , select an uploading method, record a new video or select an existing video to upload, and tap .
 - 3** Tap **Style**, **Time position**, and **Features** to set the style and position of the widgets on the video watch face.
 - 4** Tap **Apply** and your watch will switch to the newly set watch face.
 -  • Only one video watch face can be uploaded. You can also choose a preinstalled video watch face. Pre-installed video watch faces cannot be deleted.
 - Video watch faces are designed to cycle through different videos. The watch will switch between different videos when you tap the watch face or turn on the screen.

Health Management

Fall detection and emergency SOS

After fall detection is enabled, the watch will detect your posture through the acceleration sensor on the watch. If the watch detects that you have fallen and may fall into a disabled state, it will enable the emergency SOS feature for you.

To disable fall detection, enter the watch's app list, go to **Settings > Emergency SOS**, and toggle off **Fall detection**.

-  • Your watch can't detect all falls. It can sometimes misinterpret high-impact activities as falls and trigger fall detection.
- If your watch is connected to your phone via Bluetooth and your phone has two SIM cards, make sure to set in advance the default card for making emergency calls.
- If the eSIM Standalone Number service is not enabled on your watch, it cannot send help messages when paired with an iPhone.

Setting emergency information and emergency contacts

Emergency information can help first responders in an emergency. To set emergency information and emergency contacts, do as follows:

- 1 Open **Huawei Health**, and go to **Me > Profile > Emergency information** to add personal information and healthcare information such as your blood type.
 - 2 Go to **Emergency contacts > Add emergency contacts** and select an emergency contact that you would like to add. You can also tap  next to an emergency contact to delete the contact. You can add up to three emergency contacts.
-  Make sure you set your emergency contacts in the correct order. If emergency SOS is triggered, your watch will call your first emergency contact and send help messages to all your emergency contacts.

Viewing emergency information

On your watch

Enter the watch's app list, and go to **Settings > Emergency SOS** to view your emergency information.

On your phone

Open **Huawei Health**, choose **Me > Profile > Emergency information** to view your emergency information.

Fall detection and auto-SOS

- 1 Enter the watch's app list, go to **Settings > Emergency SOS**, and toggle on **Fall detection**.

- 2 If the watch detects that you have fallen and may fall into a disabled state, it displays a pop-up, asking you whether to make emergency calls.
 - 3 If you choose  or don't perform any operations on the watch within 60 seconds, the watch triggers emergency SOS.
 - If emergency contacts have been set, the watch will automatically call the first emergency contact and send a help message containing your current location to all emergency contacts.
 - If no emergency contact has been set, public emergency call numbers will be displayed for you to select.
-  If the eSIM Standalone Number service has been activated for your watch, you can send help messages on your watch.

Manual emergency SOS initiation

Press the Up button five times in quick succession to launch emergency SOS.

- If emergency contacts have been set, the watch will automatically call the first emergency contact and send a help message containing your current location to all emergency contacts.
- If no emergency contact has been set, public emergency call numbers will be displayed for you to select.
-  • If **Fall detection** is disabled, your watch won't initiate an emergency SOS upon detecting a major fall. In this case, press the Up button five times in quick succession.
- When your watch is connected to your phone via Bluetooth, you can press the Up button five times in quick succession to make an emergency call. You can see the calling screen on your phone a few seconds later. If they are not connected, you'll only be able to make calls after activating the eSIM service on your watch.

ECG measurement

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help identify irregular heart beats and screen for potential health risks.

-  This feature is only available in certain markets. Actual situation shall prevail.

Before you start

- This feature shall be used in accordance with the laws and regulations of medical devices in your local jurisdiction.
- This feature is not intended for users below the age of 18.
- This feature is not intended for people with pacemakers or other implanted devices.
- Strong electromagnetic fields will lead to severe ECG signal distortion. Avoid using this feature in environments with a strong electromagnetic field.

- All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

Preparing for measurement

-  To use this feature, first update the **Huawei Health** app to its latest version.

If you're using **ECG** for the first time, go to **Huawei Health > Heart > ECG**, and follow the onscreen instructions to activate the ECG app.

Measuring your ECG

- 1 Double-check that your watch is worn properly, and keep still.
- 2 Wear the device properly on your wrist, enter the app list, and select **ECG**. If you're using the feature for the first time, specify which wrist you're wearing the device on by selecting **Left** or **Right**. You can then change this setting anytime on the ECG app home screen by tapping the Settings icon at the bottom.
- 3 Gently place a finger of your free hand on the X-TAP sensor and hold still, then a measurement will be automatically initiated.
 -  • During the measurement, hold still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the X-TAP sensor, but avoid pushing too hard on it.
 - Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water to enhance conductivity.
 - The duration of a single measurement is 30 seconds.
- 4 Keep still and wait till the measurement is complete, then view your result on the watch screen. You can tap  to check out the result description. For more details, access the home screen of the **Huawei Health** app on your phone and go to **Heart > ECG**. To download an ECG report, tap the download icon in the upper right corner of the ECG details screen.

Result interpretation

- Please consult with medical professionals about your measurement results. Do not interpret the results on your own or self-medicate.
- This feature cannot detect blood clots, strokes, heart failure, or other types of arrhythmia or heart issues.
- This feature cannot detect heart attacks or related complications. If you feel pain, tightness, or pressure in your chest, or experience any other symptoms, seek medical assistance immediately.
- Do not adjust your prescription based on the data provided by this feature without first consulting with medical professionals.

SpO2 measurement

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

Fingertip SpO2 measurement

- 1** Double-check that your watch is worn properly, and keep still.
- 2** Enter the watch's app list, and tap **SpO2**.
- 3** Gently place a finger of your free hand on the X-TAP sensor, then a measurement will be automatically initiated. After the countdown ends, you can keep contact with the sensor to continue measuring, or lift your finger to end the SpO2 measurement and view the results. You can also view your heart rate waveform during the measurement.

Automatic SpO2 measurement

- 1** Open the **Huawei Health** app, navigate to the device details screen, tap **Health monitoring**, and toggle on **Automatic SpO2**.
When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.
- 2** Tap **Low SpO2 alert** and set the lower limit for you to receive an alert while you're awake.
Limit value: Off/75%/80%/85%/90%

Viewing data

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

Health Glance

Get your multiple health indicators quickly measured, including heart rate, SpO2, stress, skin temperature, ECG, arterial stiffness, lung function, and more. This Health Glance feature also generates and displays your health reports on both your watch and phone (in the Huawei Health app), to allow for more effective health management.

Using Health Glance

- 1** Double-check that your watch is worn properly, and keep still.
- 2** Enter the device app list, and tap **Health Glance**. Authorize the requested permissions and agree to the privacy agreement if you're using the app for the first time.
- 3** On the watch home screen, touch and hold the X-TAP sensor for three seconds to open Health Glance, or tap **Measure** on the Health Glance app home screen, and follow the onscreen instructions to complete the measurement.
- 4** Your watch will vibrate to notify you once a health report is generated. Swipe up on the app home screen to view historical reports.

- 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.
- For optimal measurement accuracy, specify which wrist you're wearing the device on, by swiping up on the Health Glance app home screen, tapping **More**, and setting **Wrist**.
- If the **Health Glance** card is not on the **Huawei Health** app home screen, tap **Edit** and add the card.

Viewing your Health Glance report

- On your watch: Enter the app list, tap **Health Glance**, and swipe up on the screen to view historical reports.
- On your phone: Go to **Huawei Health** > **Health Glance**.

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 Enter the device app list and tap **Emotional wellbeing**. If you're using the app for the first time, grant the permissions, and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app screen.
- 2 Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.
 - When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.
 - Emotional data isn't available while you're asleep.

Viewing/Modifying your emotional data

On your wearable:

Enter the device app list and tapped **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**.

-  If you believe that the test result is inaccurate, tap the edit icon next to the emotional data at the top to modify your emotional data.

Mood reminders

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

Sleep monitoring

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

Sleep settings

- 1 Enter the watch app list, 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 and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.
 - When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.
To add a scheduled period, 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 watch but cannot delete them.

Enabling/Disabling HUAWEI TruSleep™

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring > HUAWEI TruSleep™**, and toggle the switch for **HUAWEI TruSleep™** on or off. **HUAWEI TruSleep™** is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.

Viewing/Deleting your sleep data

Viewing your sleep data

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

- 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.

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 SpO2, heart rate, sleep, workout duration, Activity rings, and emotional wellbeing.

-  • 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.

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 the 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.

Arterial stiffness detection

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

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

 This feature is only available in certain markets. For details, refer to the Huawei official website.

Before you start

- 1 This app is not intended for users under age 18.
- 2 This app is not intended for people with pacemakers or other implanted electronic devices.
- 3 This app is not suitable for people diagnosed with serious arrhythmia.
- 4 This app should not be used in environments with strong electromagnetic fields.
- 5 This app is not intended for medical use. All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

Authorizing and activating the Arterial stiffness detection app

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

Initiating a measurement on the watch

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

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

Measuring method:

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

Viewing your data

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

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

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 Keep still and wait till the measurement is complete, then view your result on the wearable screen. You can tap  to check out result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart > Pulse wave arrhythmia analysis**.

Enabling automatic measurements and reminders

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

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.

Cycle Calendar

Activating the app

If you're using this feature for the first time, make sure that your watch and phone are connected and complete the feature activation.

- 1 Access the home screen of the **Huawei Health** app, tap the **Cycle Calendar** card, download the feature package, set your period data, and tap **Get started**.
If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.
- 2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
Tap **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.
Tap **OK** to return to the previous screen.

Recording and viewing your periods on your watch

- 1 Press the Up button on your watch to open the app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Tap  to the right of

the app name 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 **Edit** or  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 **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 **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.

Exercise

Workout settings

You can set the workout type as required, including **Goal**, **Reminders**, **Auto-pause**, **Data display**, and **Pin to top**.

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

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

• Reminders

Tap **Reminders** and **Interval** to set interval reminders by distance or time/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.
- Actual settings may vary depending on the device model and workout type. If a setting cannot be found, it indicates feature unavailability.

• Mistouch prevention

Tap **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's a highly effective way of boosting your cardiopulmonary fitness and muscle strength, as well as improving your workout performance.

Some workout modes (such as running, cycling, and free training) on your wearable device support interval training. To start such a session, tap  next to a workout mode, tap **Interval training**, and set the parameters suited to your needs.

• 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 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 Press the Up button on your watch to enter the 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**.

Using an offline map

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

Downloading an offline map

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

Deleting an offline map

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

Map settings

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

More info

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

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

Starting a workout

Your watch supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports. You can select a workout mode based on your needs.

Starting a workout on your watch

- 1 Press the Up button to 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 Up button to end the exercise. Alternatively, press the Up 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, go to **Exercise > 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 hold down on  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 Enter the device 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.

Viewing workout status

- 1 Enter the device app list and tap **Workout status**.
- 2 Swipe up on the screen to view data such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **VO2Max**, and **Predicted times**. You'll see different types of data for different workout modes. Actual display shall prevail.

Route back

When you start an outdoor workout and enable the Route back feature, your watch will record the route you take and help you navigate. Anytime during the exercise or after you reach your destination, you can use the Route back feature to return to the area you came from or anywhere you passed through.

On your watch, enter the app list, tap **Workout**, and start an outdoor session. At any time during the exercise, swipe up on the screen to access the route screen, and select **Route back** or **Straight line** as a guide to return to the area you came from or anywhere you passed through.

If **Route back** and **Straight line** don't display on the screen, tap the screen to show them.

-  • The route screen is unavailable for track running.
- This feature is only available during an outdoor workout, and will become unavailable once the workout has ended.

Trail run

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

-  To use these features, make sure that you have updated the Huawei Health app and your watch to their latest versions. Segment-based navigation is a Trail run feature only available on certain watch models. If the option cannot be found on your watch, it indicates feature unavailability. Actual display shall prevail.

Workout settings

- 1 Press the Up button to enter the app list, and tap **Workout**.

- 2 Swipe up or down on the screen to find and select **Trail run**. Tap  to access the settings screen.
 - Tap **Goal** and set targets for distance, time, and total calories burned.
 - Tap **Reminders** to set intervals and reminders for heart rate and training stress. Audio reminders will play when a preset threshold is met during the workout.
 - Tap **Data display** and set the data to be displayed on the workout screen.
 -  You can set the data to be displayed on the screen, such as heart rate, pace, grade, and altitude trend. Actual display may vary depending on the device.
 - Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

Importing a route for Trail run

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

If the imported route contains checkpoints and altitude data, an altitude curve chart and segment-based navigation data will be displayed during the workout.

- 1 Go to **Huawei Health > Me > My route > Import route**, select a downloaded route, and save it to **My route**.
- 2 Select the target route. Tap  in the upper right corner and then **Send to wearable**, to sync the route to your watch.

Starting a Trail run session

- 1 Press the Up button to enter the app list, and tap **Workout**.
- 2 Swipe up or down on the screen to find and select **Trail run**. Tap  to access the settings screen, and then tap **Routes**.
- 3 Select your route. Tap **Work out** and then **GO** to start the run.
- 4 Swipe up or down the screen to view your fitness data.

Cycling

During cycling, you can calculate the virtual power based on the cycling speed and grade, and record each flat sprint or grade climb with the virtual power, grade linkage, and statistics features.

-  Make sure that you have updated the Huawei Health app and your watch to their latest versions.

Virtual power settings

The virtual power is estimated based on the real-time cycling speed, grade, your weight, and more. After cycling, you can view the average virtual power of this session in your exercise records to help you analyze your cycling performance.

Measurements are based on your weight and age. Therefore, before using this feature, make sure your information in **Huawei Health** is correct in **Me > Profile**.

- 1 Press the Up button to enter the app list, and tap **Workout**.
- 2 Swipe up or down on the screen to find and tap  next to **Outdoor cycle** to access the settings screen.
- 3 Go to **Cycling management > Manage bikes** to fill in the vehicle information (such as the vehicle model and weight).

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.

-  This feature is only available when paired with HUAWEI phones. Before using this feature, check if **Display on phone** has been enabled by entering the app list on your watch and going to **Settings > Workout > Display on phone**.
 - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.
- 1 Press the Up button to enter the app list, and tap **Workout**. Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**.
If you select **Outdoor cycle**, tap  to access the settings screen, select **Routes**, choose a route, and start the workout.
 - 2 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

- If no power meter is connected, go to **Huawei Health > Exercise records** after cycling, to view the virtual power, grade linkage, and more.

RouteDraw

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

Selecting a route

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

Starting a run with RouteDraw

- 1 Press the Up button to enter the app list, and go to **Workout > RouteDraw**.
- 2 Select your target route. Tap **Go exercise** and then **GO** to start your run.

- 3 Follow the navigation to pass all checkpoints. You can view the checkpoint progress on your device at any time during the run, and then check out your fitness data after the end of the run.

Sharing your RouteDraw records

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

Deleting a route

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

Golf mode

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

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

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

Driving range mode

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

Course mode

-  Golf course maps are only available for certain regions or courses. If no nearby course is found after you go to **Golf > Course mode > Nearby** on your watch, or if the course is not displayed in **Huawei Health > Exercise > Golf > Course map**, it indicates feature unavailability.

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Go to **Course mode > Nearby**, wait till positioning functions properly, and select the target course.
If the course has already been downloaded, you will find it in **Downloaded**. You can also download or delete a course. For details, see the **Downloading or deleting a course** section.
- 3 Follow the onscreen instructions to set the venue and teeing area, wait till positioning functions properly, and tap the start icon (or press the Down button) to start a golf session.

- 4 Swipe left to enter the scorecard screen and record your scores for each hole. Swipe up or down to obtain a panoramic view of the fairway and a green view, and check out the green direction (in **Data display**) and information on the data screen.
The fairway panoramic view supports vector maps. You can also:
 - Tap the fairway map to enter the distance measurement screen. Rotate the watch crown to zoom in or out the map. Or drag the map background to view the map outline.
 - Tap an obstacle on the fairway map to enter the obstacle distance measurement screen. You can then switch between the obstacle outline and the distances to both the front and back of the obstacle.
 - Tap **Back** at the bottom to return to the home screen.
- 5 During the golf session, tap **View scorecard** to view your scores, **Pause** to temporarily save the game, or **End** to end the session and save the exercise record. You can also press and hold the Up button to end the workout at any time.

More settings for Course mode

-  Course mode settings differ by device model. If a specific feature setting cannot be found on your device, it indicates setting unavailability.
- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
 - 2 Choose **Course mode** and tap  to access the settings screen, where you can:
 - Tap **Manage courses** to delete a course map or check for updates. You can hold down on a map to delete it, or tap a map to enter the map screen to delete the map. You can also tap **Check for updates** to check for a new version of a map.
 - Enable or disable **Mistouch prevention** to suit your needs.
 - Tap **Unit** to change the unit.
 - Set **Tee reference line**.
 - Toggle on or off the switches (such as the switch for green direction) on the **Data display** screen in a golf session.

More about Course mode

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

Downloading or deleting a course

-  To use this feature, first update the Huawei Health app to its latest version. The downloaded courses will be automatically synced to your watch when it is properly connected to your phone.

- 1 Go to **Huawei Health > Exercise > Golf** and tap **Course map**.
- 2 On the **Discover** tab, select your target course, and tap **Download**.
- 3 Once the download is complete, tap the course to enter the course details screen. Tap  in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.

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 Press the Up button on the watch to open 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 **Calorie records** screen. You can then view your diet data on your phone's **Calorie records** screen or your watch's **Today's intake** screen.

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 Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

- 1 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.

More

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.

Managing apps

Installing/Uninstalling apps

Before installing an app, make sure that the watch has been logged in to the same HUAWEI ID as your phone by entering the app list on your watch and tapping **Settings > HUAWEI ID > Sync**.

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

Managing background apps

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

Managing installed apps

- 1 Press the Up button on the watch to open the app list, and then tap **AppGallery**.
- 2 Swipe right on the AppGallery home screen to access the More screen. Swipe up to update or view installed apps.

App settings

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

Reordering the app list

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

Multi-tasking

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

- 1 Double-press the Up button when your watch is unlocked with its screen turned on, to enter the multi-tasking screen. From there you can view all running apps.
 - 2 Swipe left or right on this screen and perform any of the following operations:
 - Tap an app card to visit the app details screen.
 - Hold down on an app card and swipe up, to clear the app.
 - Tap  to clear all running apps.
-  • If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.
- If you're amid a workout session, the Workout app can't be cleared by tapping .

Controlling Bluetooth earphones

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

Pairing your watch with Bluetooth earphones

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

Controlling Bluetooth earphones using the watch

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

Using Bluetooth earphones to answer calls on the watch

Wear connected Bluetooth earphones before use.

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

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

Updates

On your watch

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

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

On your phone

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

Open the **Huawei Health** app, navigate to the device details screen, and tap **Firmware update**. Your phone will check for any available updates. Then follow the onscreen instructions to update your watch.

Device information

On your watch

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

Querying the EID of the watch: Press the Up button on the watch to open the app list, go to **Settings > Mobile network > eSIM > Settings**, and view the EID on the settings screen.

On your phone

Open the **Huawei Health** app, navigate to the device details screen, and tap **Device info** to find **Name**, **Model**, **SN**, and **MAC address** (that is, **Bluetooth address**) for your watch.

Accessibility

 This feature is only available in certain markets.

Enabling ScreenReader

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

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

 ScreenReader is available in certain languages.

More settings for ScreenReader

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

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

 Text-to-speech language must match the watch.

Voice settings: You can adjust the **Volume**, **Speech rate**, and **Pitch**.

Color inversion settings

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

Sounds & vibration

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

About EN13319

Maximum operating depth: 150 m.

 The watch meets the EN13319 standard. If it goes deeper than 150 m underwater, certain features may stop working or be damaged.

Default start and end water depths for dive time calculation: 1.2 m and 0.5 m, respectively.

Operating temperature underwater: 0°C to 38°C.

Depth sensor accuracy: ± 1 m.

Usability above sea level: The watch works as normal at altitudes of 0–4000 m above sea level.

Storage temperature: –20°C to +55°C.

Check interval: The accuracy of the water depth and dive time does not need to be checked periodically.

If the watch is damaged or faulty, contact an authorized Huawei Customer Service Center for assistance.