

Contents

Getting Started

Appearance	1
Buttons and screen controls	1
Pairing with an EMUI phone	3
Pairing with an iPhone	4
Pairing with an Android phone	5
Internet access on your watch	5
Battery mode switching	7

eSIM subscription

Activating the eSIM service	8
eSIM number change or transfer	8
Bluetooth calls and standalone eSIM calls	8

Assistant

Assistant·TODAY	12
Sending and receiving SMS messages	13
Controlling Bluetooth earbuds	14
Setting modes	14
Managing watch faces	16
Custom feature cards	17
Notepad	18
Recorder	19
Remote shutter	20
Managing messages	20
Music playback	22

Health Management

Health Glance	23
Pulse wave arrhythmia analysis	24
Emotional wellbeing	25
Activity rings	26
Wheelchair mode	27
Stay Fit app	29
ECG measurement	30
SpO2 measurement	31
Heart rate measurement	32
Sleep monitoring	33
Sleep breathing awareness	34
Cycle Calendar	35
Fall detection and emergency SOS	36

Exercise

Workout settings	38
Starting a workout	39
Mini-workout	40
Starting a run	41
Trail run	42
RouteDraw	43
Cycling	44
Golf mode	45
Diving mode	47
Expedition mode	48
Using an offline map	50

More

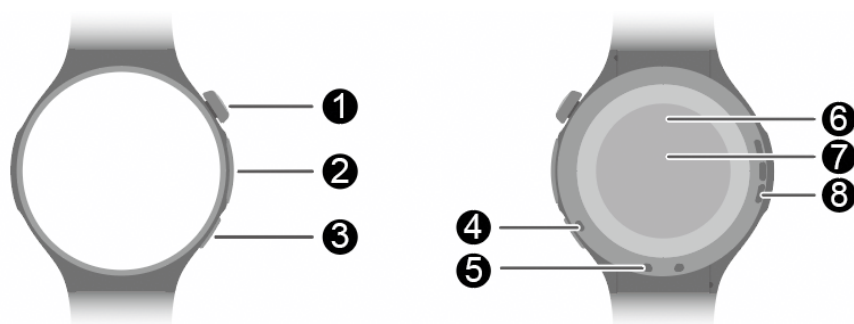
Charging	52
Managing apps	53
Gallery watch face	54
Video watch face	55
Updates	55
Device information	56
Accessibility	56
User Guide Instructions	57

Getting Started

Appearance

Device appearance

 The images are for reference only.



About the device

No.	Description
1	Up button (crown/Power button)
2	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.
3	Down button
4	Microphone
5	Barometer hole
6	Charging area
7	Heart rate sensing area
8	Speaker

Buttons and screen controls

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.

X-TAP sensor

Operation	Feature
Press	On home screen: Launches the Health Glance feature when the sensor is pressed for three seconds (while the watch is worn).

Operation	Feature
Tap	Uses a health feature: ECG analysis/arterial stiffness detection/fingertip SpO2 measurement.

Up button

 Operations may differ during calls and workouts.

Operation	Feature
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.
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.
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.
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	Feature
Press	Quickly accesses selected features. To set which features to access: 1 Press the Up button on the watch and select Settings > Button > Press once 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.

Shortcuts

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

Screen controls

Operation	Feature
Tap	Chooses and confirms.
Touch and hold	• On home screen: Opens the watch face editing screen. • On a feature card: Opens the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screen: Opens the Control Panel. • You can enable Find 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.

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

Pairing with an iPhone

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

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.

 When you go to **Settings > Mobile network > Auto-disable network** on your watch and toggle off **When connected to phone**, both the Bluetooth network and eSIM network will become available. The network priority of your watch varies depending on the paired phone type:

- **When paired with a HUAWEI or Android phone:** The Bluetooth network is preferred. If the Bluetooth network becomes unavailable, the watch will automatically switch to the eSIM network.
- **When paired with an iPhone:** The eSIM network is preferred. If the eSIM network becomes unavailable, the Bluetooth network will be used instead.

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.

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 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.

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 Open **Huawei Health**, navigate to the device details screen, and go to **eSIM management > One number, two devices > Activate** or **eSIM management > Standalone number > Activate**.
 - 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**.
- Due to iOS privacy settings, contact sync requires manual authorization. To enable this, open **Settings** on your iPhone, go to **Apps > HUAWEI Health**, and toggle on **Contacts**.

Deleting contacts:

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

- On your watch, enter the app list, and go to **Settings > Apps > App management > System processes**.
 - 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.
 - With Power Saver mode enabled, you cannot delete contacts directly on your watch. Deleting a contact requires selecting it from your phone's contact list and deleting it there. Once your watch is connected to your phone, the contact will automatically be deleted from your watch.

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.

Bluetooth Connection Status	eSIM Standalone Number Service Not Activated	eSIM Standalone Number Service Activated	eSIM One Number Service Activated
The watch and phone are disconnected via Bluetooth.	N/A (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.

- Make sure that your watch is connected to your phone via Bluetooth.
- 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 earbuds.

Viewing/Deleting call logs

- 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).

- 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.
- While in Power Saver mode, you cannot delete individual call logs. However, you can delete all call logs by accessing the call log history screen and tapping **Clear** at the bottom.

Assistant

Assistant•TODAY

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

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**.
Once **Assistant•TODAY** is enabled, you can swipe right on the watch home screen to enter Assistant•TODAY. To exit, simply swipe left.
If **Assistant•TODAY** is disabled, swiping right on the watch home screen will not open 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 screen and tap **Edit** at the bottom to manage your sections.
- 3 Swipe up to the last screen and tap **Manage widgets** to access the card management screen.
- 4 Swipe up to the last screen and tap **Add card** to add cards as needed.

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 screen and tap **Edit** at the bottom to manage your sections. From there, swipe up to the last screen again and tap **Manage widgets** to access the card management screen, where you can pin, unpin, or delete cards as needed.

Sending and receiving SMS messages

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

-  • 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**.

Controlling Bluetooth earbuds

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

Pairing your watch with Bluetooth earphones

- 1 Put your Bluetooth earbuds 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 earbuds 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 earbuds 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 earbuds card depend on the features of your earphones.

Using Bluetooth earphones to answer calls on the watch

Wear connected Bluetooth earbuds before use.

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

-  • If your HUAWEI phone's Bluetooth or your Android phone's Bluetooth supports simultaneous connection to two audio devices, you can connect your phone to both your watch and your Bluetooth earbuds. Upon receiving an incoming call, you can answer or reject it directly from either your phone or your watch. Once you answer the call on either device, the audio will automatically play through your Bluetooth earbuds.
- If your iPhone's Bluetooth or Android phone's Bluetooth supports simultaneous connection to two audio devices, you can connect your phone to both your watch and your Bluetooth earbuds. Upon receiving an incoming call, you can choose to answer or reject it directly from either your phone or your watch. The audio output depends on which device you use to answer the call: If you answer or make a call on your phone, the audio will play through your Bluetooth earbuds. If you answer or make a call on your watch, the audio will come from your watch.

Setting modes

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

Enabling Do Not Disturb

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

Enable:

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

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

Scheduled Start:

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

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

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

Enabling Sleep mode

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

Enable:

- 1 Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and select **Sleep**.
- 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 device home screen to access **Control Panel**, tap **Focus**, and tap  next to **Sleep**.
 - Enter the app list and go to **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.

Managing watch faces

Customizing watch faces

On your watch

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

- 1 Touch and hold anywhere on the device home screen to visit the watch face selection screen, and swipe left or right to select your desired custom watch face.
 - 2 Tap **Custom** below the watch face and swipe left or right to choose a style and features you like.
 - On the **Style** or **Color** screen, swipe up or down to select your favorite style or color.
 - On the **Function** screen, tap a component to replace it.
-  Customization is available only for the watch faces with the **Custom** button below them.

On your phone

- 1 Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.
 - 2 Tap the watch face you want to customize to adjust its **Style**, **Font**, **Font size**, **Time color**, and more.
 - 3 Once you're done, tap **Apply** or **Save**.
-  Customization options 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 **Apply**.
If the watch face hasn't been installed, install it first. Your device will automatically switch to the new watch face once it's installed.

Deleting a watch face

On the wearable device

- 1 Touch and hold anywhere on the watch face to visit the watch face selection screen.
- 2 Swipe up on the watch face you want to delete and tap .

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

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.

Notepad

Adding a note

- 1** Press the Up button to enter the app list, and tap **Notepad**.
- 2** Tap  to create a note. On the editing screen, you can enter text using the keyboard.
You can also tap  to use the speech-to-text input method when in English editing mode.
- 3** You can edit the title of a note to make it easier to find. Once you are done editing, tap **Save**.

Viewing/Deleting notes

Viewing a note

- 1** Press the Up button to enter the app list, and tap **Notepad**.
- 2** Tap the note you want to view to access its details screen.
To edit the note, move the cursor to the target location on the editing screen and make your edits.

Deleting a note

- 1** Press the Up button to enter the app list, and tap **Notepad**.
- 2** Select the note you want to delete, swipe left, and tap the delete icon.
To delete multiple notes, touch and hold a note to enter the selection screen, select the notes you want to delete, and tap **Delete**.

Recorder

Starting a recording

- 1 Press the Up button to enter the app list, and tap **Recorder**. When using this feature for the first time, follow the onscreen instructions to complete the operations related to the feature statement and privacy statement.
- 2 Tap  to start recording. If you are using the feature for the first time, follow the onscreen instructions to allow it to record audio.
- 3 Pay attention to the recording time while recording. Tap  to stop recording, and you will be prompted to save and rename the recording file.
 -  • If the watch screen turns off or you press the Up button while recording, the recording will continue in the background.
 - If you receive a call on your watch while recording, the recording will stop and be saved in the background, and a notification will appear in the notification center.
 - The recording feature cannot be started when the watch's battery is low. If the battery runs low during a recording, the recording will stop and be saved, and you will be reminded to charge your watch.
 - The longest recording time is 6 hours, with files automatically saved every 2 hours. Keep an eye on the recording time and countdown alerts while recording.

Viewing/Renaming/Deleting recording files

Viewing a recording file

- 1 Press the Up button to enter the app list, and tap **Recorder**.
- 2 Tap the file you want to view to access its details screen, then tap the play button to listen to it.

Renaming a recording file

- 1 Press the Up button to enter the app list, and tap **Recorder**.
- 2 Select the file you want to edit, swipe left, and tap . Enter a new name and save it.

Deleting a recording file

- 1 Press the Up button to enter the app list, and tap **Recorder**.
- 2 Select the file you want to delete, swipe left, and tap the delete icon. To delete multiple files, touch and hold a file to enter the selection screen. Select the files you want to delete, and then tap **Delete**.

Remote shutter

-  This feature is only available when your device is paired with a HUAWEI phone running EMUI 8.1 or later, an Android phone, or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
- When using the watch with an Android phone, you need to open the camera on the phone first. When your watch is paired with an Android phone, the number of Bluetooth connections on the phone must not exceed seven. If the number of connections exceeds seven, you are advised to delete some connections before using this feature.

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.

Managing messages

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

Enabling message notifications

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

Push notifications settings

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

-  Push notifications settings are unavailable when paired with an iPhone.

You can choose either **Notify on both devices** or **Notify on one device** as needed.

- **Notify on both devices:** Get reminders simultaneously on the watch and phone.

- **Notify on one device:** Get notifications on one device at a time. Your phone won't get notifications when your wearable is worn unless the phone screen is on.

Viewing and deleting unread messages

- 1 When being worn, your wearable will vibrate to notify you of new messages pushed from the status bar of your phone.
- 2 Unread messages will be kept on your wearable. To view them, swipe up on the home screen to enter the message center.
- 3 To delete a message, do as follows:
 - Swipe left on a message that you wish to delete, and tap  to delete it.
 - Tap  at the bottom of the message list to clear all messages.
 - 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 that you've read on your wearable will still be kept in the message list on your wearable, and you'll need to tap the Deletion icon to remove 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 on your watch, you can use quick replies or emoticons. Supported message types are subject to actual use.
- 1 To reply to a new SMS message or a message from an app such as WhatsApp, Messenger, or Telegram on your watch, use any of 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.
 - 2 To customize quick replies, open **Huawei Health**, navigate to the device details screen, and tap **Quick replies**.
 - 3 You can tap **Add reply** to add a reply, tap an existing reply to edit it, or tap  next to a reply to delete it.

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.
 - 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, go to **Music > Manage music**, and tap at the bottom then **Add** to add music.
 - 2 When you're done, tap  in the upper right corner of the screen.

Health Management

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.
-  • The availability of health metrics varies by country or region. For example, health metrics like ECG, arterial stiffness, and lung function are only available in specific regions or countries.
 - 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**.

Deleting a Health Glance report

Open **Huawei Health**, go to the **Health Glance reports** screen, and tap  in the upper right corner. Select **Delete**, choose the report you want to delete, and tap **Delete** at the bottom of the screen. Note that Health Glance reports cannot be deleted directly from your watch.

Pulse wave arrhythmia analysis

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

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

Activating the app

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

Taking measurements on your wearable device

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

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

Enabling automatic measurements and reminders

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

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

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.

Emotional wellbeing

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

Enabling Additional emotions/stress records

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

Viewing/Modifying your emotional data

On your wearable:

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

-  • If you believe that the test result is inaccurate, enter the emotion trend screen on your watch and tap **Emotion record** to modify your emotional data.
- Emotional data isn't available while you're asleep.

On your phone:

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

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

Mood reminders

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

Activity rings

Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. The device will record data and encourage you to reach your goals throughout the day. This will help you develop healthy habits and stay active.

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

Editing goals and setting reminders

You can edit the goals for Activity rings for practical use and better achievement.

On your phone:

On the **Huawei Health** home screen, tap the **Activity rings** card, and tap  in the upper right corner to perform the following operations:

- Tap **Edit goals** to set **Move**, **Exercise**, and **Stand**.
- Tap **Reminders** to enable or disable **Stand**, **Progress**, and **Goal reached**.

On your wearable device:

In the device app list, tap **Activity records** to perform the following operations:

- Swipe up on the Activity rings home screen to access the last screen, then tap **Activity rings settings** to toggle **Stand reminders**, **Progress** and **Goal reached**.
- Swipe right on the Activity rings home screen to access the **More** screen, and tap **Edit goals** to set your goals for **Move**, **Exercise**, and **Stand**.

Viewing activity records

On your phone:

Go to the **Huawei Health** home screen, and tap the **Activity rings** card. Access the activity record details screen to view **Move** and **Exercise** by date.

On your wearable device:

In the device app list, tap **Activity records** to perform the following operations:

- Swipe right on the Activity rings home screen to access the **More** screen, where you can view **Weekly stats** and **Activity records**.
- Swipe up on the Activity rings home screen to view data of **Today, Move, Exercise, Stand**, etc.



Move measures the active calories, which are burned in addition to the calories you burn at rest. In a single workout, active calories will be less than total calories burned. For example, you may burn 300 kcal in total, but your active calories might be 260 kcal. All kinds of movement, from doing household chores to competing in sports, can help you reach your Move goal.



Exercise refers to the total duration of moderate- and high-intensity exercise you've engaged in today. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise per week. Try doing activities that increase your heart rate and rate of breathing. Strength training can improve cardio endurance and performance.



Stand refers to the number of hours you are active during the day. If you're physically active for at least one minute during a one-hour period, that hour will be counted towards this goal. Increased activity is good for your health. WHO research shows that an inactive lifestyle may increase the risk of type 2 diabetes, obesity, and depression.

Smart suggestions

The feature recommends suitable fitness suggestions and types in the **Activity records** app, and provides personalized smart suggestions.

In the device app list, tap **Activity records**, swipe up to the last screen, and go to **About > App description** to enable or disable **Smart suggestions**.

Suggestions are based on your usage scenarios and workout preferences, and will improve as you use the feature. You can also tap **Change** to see other suggestions.

Wheelchair mode



- To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.
- Wheelchair mode is only supported in certain countries/regions. If **Wheelchair** cannot be found on your device, it indicates feature unavailability.

Enabling Wheelchair mode

On your phone:

Open the **Huawei Health** app, navigate to the device details screen, tap **Device settings**, and toggle on **Wheelchair**.

On your wearable device:

In the device app list, tap **Activity records**, swipe up to the last screen, and tap **Activity rings settings** to enable **Wheelchair**.

On the **Activity rings settings** screen, you can also enable or disable **Roll reminders**, **Progress**, and **Goal reached**.

You can also swipe right on the Activity rings home screen to access the **More** screen, and tap **Edit goals** to set your goals for **Move**, **Exercise**, and **Roll**.

You can also go to the **Huawei Health** home screen on your phone, tap the **Activity rings** card, and tap  in the upper right corner to set reminders and goals.

Viewing activity records

In the device app list, tap **Activity records** to view data such as **Move** and **Exercise**.

You can also go to the **Huawei Health** home screen on your phone, and tap the **Activity rings** card to view more details.



Move measures the active calories, which are burned in addition to the calories you burn at rest. In a single workout, active calories will be less than total calories burned. For example, you may burn 300 kcal in total, but your active calories might be 260 kcal. All kinds of movement, from doing household chores to competing in sports, can help you reach your Move goal.



Exercise refers to the total duration of moderate- and high-intensity exercise you've engaged in today. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise per week. Try doing activities that increase your heart rate and rate of breathing. Strength training can improve cardio endurance and performance.



Roll refers to the number of hours you are active during the day. If you're physically active for at least one minute during a one-hour period, that hour will be counted towards this goal. Increased activity is good for your health. WHO research shows that an inactive lifestyle may increase the risk of type 2 diabetes, obesity, and depression.

Rolling



• When **Wheelchair** is enabled, you can select **Rolling** from the workout list.

- 1 Enter the device app list and go to **Workout > Rolling**.
- 2 Tap  to start the workout.
- 3 During a workout, you can swipe up or down on the screen to view fitness data.

You can also swipe right to perform settings, or tap  to pause, tap the  to resume, and tap  to end the workout.

You can tap **Workout records** in the app list to view more workout records.

Stay Fit app

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

Setting your initial goal

- 1 On your watch, enter the app list, and tap **Stay Fit**. When using this feature for the first time, follow the onscreen instructions to complete the authorization.
- 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.

- Remember to log each meal on your phone's **Diet log** screen. You can then view your diet data on your phone's **Diet log** screen or your watch's **Today's intake** screen.

Workout

- Enter the watch's app list, and tap **Stay Fit**.
- Swipe right on the screen, and tap **Today's calories burned**, where you can view your today's **Burned (kcal)**, **Resting**, and **Active**.
- 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.

More settings

- Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **More settings**.
- Enable or disable **Sync goals** to suit your needs. Once disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

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

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. For details, refer to the Huawei official website. 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, open **Huawei Health**, choose **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 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 also change this setting at any time by swiping up to access the **More** screen.
- 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, access the measurement record to open the ECG details screen, tap the  icon in the upper right corner, and tap the  icon at the bottom of the screen to save it to your device.
 -  • Historical data cannot be viewed on the watch.

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

-  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

To enable automatic SpO2 measurement, simply toggle on **Automatic SpO2**. Once enabled, your device will automatically measure and record your SpO2 whenever it detects that you are at rest. This measurement is particularly important when you're asleep or in high-altitude areas.

- 1 Open the **Huawei Health** app, navigate to the device details screen, tap **Health monitoring**, and toggle on **Automatic SpO2**.
- 2 Tap **Low SpO2 alert** and set the lower limit for you to receive an alert while you're awake. Limit value: **Disabled**/75%/80%/85%/90%

Viewing data

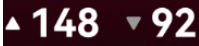
Open **Huawei Health**, tap **SpO2**, and select a date to view your data on that day.

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 all day long depending on your state of activity.
 - **Real-time:** Monitors your heart rate in real time all day long, 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.

Sleep monitoring

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

Sleep settings

- 1 Enter the device app list, tap **Sleep**, and swipe up to access the **More** screen.
- 2 Tap **Sleep mode** and adjust the settings as needed.
 - **Sleep mode** is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls or notifications (except for alarms). Raise to wake will also be disabled, and the device will enter Simple mode.
 - When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.

To add a scheduled period, tap **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then tap **OK**.

To delete a scheduled period, tap the target and then **Delete**. You can only edit the scheduled periods preset on your device but cannot delete them.

Enabling/Disabling HUAWEI TruSleep™

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

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

Viewing/Deleting your sleep data

Viewing your sleep data

- Enter the device app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Tap  for explanation of measurement results. You can check out detailed sleep data, such as deep sleep duration (N3), light sleep duration (N1/N2), REM sleep duration, nap duration, average heart rate, and average HRV.
- Access the home screen of **Huawei Health** and tap the **Sleep** card to view detailed data.

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

Deleting your sleep data

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

Sleep breathing awareness

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

Activating the app

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

Viewing data

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

Enabling/Disabling Sleep breathing awareness

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

Disabling service

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

Cycle Calendar

Activating the app

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

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

Recording and viewing your periods on your watch

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

Recording your periods in the Huawei Health app

- 1 Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.

- 2 On the **Cycle Calendar** screen, tap  in the upper right corner to perform the following settings:
- Tap **Settings** to toggle on or off **Ovulation and fertile window predictions** and other switches as needed, and set **Period length** and **Cycle length**.
 - Toggle on the switch for **Use wearable to improve predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.
 - Tap **Period records** to view **Avg period** and **Avg cycle**.
 - Tap **All data** to view the historical data.

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 may not detect all fall events in all situations. 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 add up to three emergency contacts.

On the **Emergency contacts** screen, tap the  icon, then tap the  icon next to an emergency contact to delete it.

-  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**, and go to **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 are set, the watch will automatically call the first emergency contact and send a help message with your current location to all emergency contacts. (If the satellite signal is weak, the message won't include your location information.) If the first emergency contact does not go through, you can select another emergency contact manually on your watch.
 - 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 (Power button) five times in quick succession to launch emergency SOS.

- If emergency contacts are set, the watch will automatically call the first emergency contact and send a help message with your current location to all emergency contacts. (If the satellite signal is weak, the message won't include your location information.) If the first emergency contact does not go through, you can select another emergency contact manually on your watch.
 - 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.

Exercise

Workout settings

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

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

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

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

- **Goal**

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

- **Auto-pause when goal is reached**

Toggle **Auto-pause when goal is reached** on or off based on your preference. When enabled, your workout automatically pauses the moment you reach your preset goal. When disabled, your watch notifies you when the goal is met, but the workout continues without pausing.

- **Reminders**

Go to **Reminders** > **Interval** to set reminders by **Distance** or **Time**, or select **None** to disable them.

Go to **Reminders** > **Heart rate**, toggle on **Heart rate**, and then select or customize **Target zone**.

-  A reminder will be triggered if your heart rate remains outside your preset range (either too high or too low) for a sustained period.
- Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain markets. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the transmission may take a long while if you're using an iPhone.

- **Mistouch prevention**

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

- **Auto-pause**

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

- **Remove**

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

- **Pin to top**

This option pins the workout mode to the top of the **Workout** list. You can also pin a mode to the top from the **Workout** list, by holding down on a workout mode and

tapping the  icon.

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 Enter the device 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, and swipe right to quickly access the shortcut settings screen. From there, you can tap  to adjust the volume of workout reminders or tap  to access the workout settings screen.

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 workout records and workout status

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

Viewing workout records on your device

- 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. Actual display shall prevail.)

Viewing workout records in Huawei Health

On the **Huawei Health** home screen, tap **Exercise records** to view your workout details. (You'll see different types of data for different workout modes. Actual display shall prevail.)

When you start a workout using **Huawei Health** and sync it to your watch, the workout records will only be available in **Huawei Health**.

Viewing workout status

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

Mini-workout

Mini-workouts are simple, short, and effective physical activities that can be performed anytime, anywhere. They include desk stretches, stair climbing, and brisk walking. The goal is to integrate exercise into daily life by efficiently using spare time to help you stay active.

According to the World Health Organization, any level of physical activity, even low-intensity exercise, can benefit your health. It is recommended that you incorporate more mini-workouts in your daily life to activate muscles and joints, promote blood circulation, and improve metabolism, thereby keeping your body active. Consistently engaging in mini-workouts not only helps exercise different parts of your body, but also alleviates health issues caused by insufficient physical activity.

Starting a mini-workout

- 1 You can start a mini-workout in any of the following ways:
 - Enable **Stand** on your device, and when the device displays a Stand reminder, tap  in the lower right corner to start your workout.
 - Enter the app list on your device, go to **Workout > Courses and plans > Mini-workout**, select an exercise as needed, and tap  in the lower right corner of the pre-workout screen to start your workout.
 -  • When opening the Mini-workout screen for the first time, follow the onscreen instructions to authorize **Mini-workout service enhancement**.
 - To change the exercise on the pre-workout screen, tap  in the lower left corner or swipe up on the screen to access the exercise library and select the exercise as needed.

- 2 Once the workout starts, you can follow the onscreen instructions to exercise.

Enabling/Disabling Mini-workout service enhancement

Mini-workout service enhancement enables you to get smart mini-workout exercise recommendations by collecting data about your mini-workout exercise frequency. You can enable or disable this feature as needed.

To enable or disable **Mini-workout service enhancement**, enter the app list on your device, go to **Workout > Courses and plans > Mini-workout**, swipe up on the pre-workout screen to access the exercise library, swipe up to reach the bottom, tap **About**, and toggle on or off the switch.

Viewing the number of completed mini-workouts

To view how many mini-workouts you have completed, enter the app list on your device, tap **Activity records**, and check the records under **Today** and **This week**.

Starting a run

Outdoor running

- 1 Enter the device app list and go to **Workout > Outdoor run**.
- 2 Once the device has located your position, tap  to start your run. (You can also start your run even if the positioning has not been completed, as the device will continue to try to locate you while you are running.)
On the running screen, you can swipe up or down to view your workout data, or swipe right to access the shortcut settings screen. From there, you can tap  to adjust the volume of workout reminders or tap  to access the workout settings screen.

Track running

For the best results, run on a standard 400-m track and avoid switching lanes.

- 1 Enter the device app list and go to **Workout > Track run**.
- 2 Then select a lane and tap  to start your run.

Running courses

Your device comes with a variety of running courses that can guide you and record your workouts, helping you to stay more active each day.

- 1 Enter the device app list and tap **Workout**.
- 2 Go to **Courses and plans > Running courses > Preset courses** or tap **Custom courses**, and choose a running mode based on your preference.
Custom courses needs to be first created and synced in **Huawei Health** as prompted.

Training plans

You can have science-based training plans custom-made for you to suit your training goals and schedule, and get motivated to finish a plan in a timely manner while benefiting from intelligent adjustments of the content and difficulty levels of subsequent courses based on your current training status and feedback.

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.
- 4 You can start your training session from either your wearable device or phone.
On your wearable device:
 Enter the app list, go to **Workout > Courses and plans > Training plans**, tap **View plan** to see your running plan, and then tap on a course name to begin your training session.
On your phone:
 In the **Huawei Health** app, enter the **Exercise** screen, and select **Plan** to see your training plan. Select a date to view the details of that day's plan and begin your training session. If you are wearing your device, the session will automatically sync to it.

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 **Huawei Health** 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, then tap **Transfer to wearable** at the bottom of the screen to sync the route to your watch.

Starting a Trail run session

- 1 Press the Up button to enter the app list, and go to **Workout > Trail run** to enter the pre-workout screen.
- 2 Swipe up to access **More** and then tap **Routes**.
- 3 Select your route. Tap **Go exercise** and then  to start the run.
- 4 Swipe up or down the screen to view your fitness data.

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 and then **RouteDraw** 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  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.

 Once you import a route to your watch, you can start your run phone-free.

Sharing your RouteDraw records

- 1 Access the home screen of **Huawei Health**, tap **Exercise records**, select a record, and view the corresponding details.

- 2 Tap the share icon in the upper right corner to share your RouteDraw record 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.

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 On your watch, 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.

-  Before using this feature, make sure that **Display on phone** is enabled. To check or enable this features, tap the  icon next to **Outdoor cycle**, and toggle **Display on phone** on.
- To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.

- 1 On your watch, enter the app list, and tap **Workout**.
- 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**.
- 3 When using **Outdoor cycle**, you can customize your session directly from the preparation screen.

- Simply swipe up or down on the right side of the screen to select your vehicle type.
- Swipe up to access the **More** screen, select **Routes**, choose your route, and begin your workout.

4 Tap  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 or cadence sensor is connected, go to **Huawei Health > Exercise records** after cycling, to view the virtual power, grade linkage, virtual cadence, and more.

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 your 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 your 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 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 your workout 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 your watch to enter the app list, and go to **Workout > Golf**.
 - 2** Select **Course mode**, and tap the  icon to access the configuration screen, where you can:
 - Tap **Manage courses**. From there, you can hold down on a map to delete it directly, or tap on a map to open the map screen to delete it. You can also easily check for updates by tapping **Check** to see if a new version of the map available.
 - 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 on your watch after the session ends.

Downloading or deleting a course

Manual download:

-  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.

Auto-download:

-  • Auto-download is not available when your wearable device is paired with an iPhone.

- 1** Go to **Huawei Health > Exercise > Golf** and tap **Course map**.
- 2** On the **Watch maps** screen, tap the  icon in the upper right corner, choose **Auto-cache nearby courses**, and enable **Cache nearby courses automatically via WLAN**.
- 3** Once enabled, maps of nearby golf courses will be automatically downloaded and synced to your watch when your watch detects you're in a new city/region and your phone is connected to Wi-Fi.

Diving mode

-  Diving can be dangerous and should only be done by certified divers in the presence of another experienced diver or diving instructor.

Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized training table, and record your heart rate and SpO2 data during each training session.

To enable this feature, enter the app list, go to **Workout > Dive > Apnea training**, and follow the onscreen instructions to start training.

Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea test. During the test, your data like breath-holding duration, real-time heart rate, and SpO2 data will be available.

To enable this feature, press the Up button, enter the app list, go to **Workout > Dive > Apnea test**, and follow the onscreen instructions to start a test. When you feel the first contraction, press the Down button to record it.

Freediving

- 1** Press the Up button on your watch to enter the app list, and go to **Workout > Dive**.

- 2 Tap the  icon on the right to **Freedive** to set reminders, alarms, water type, notification methods, and mistouch prevention.
- 3 On the **Dive** screen, select **Freedive**. On the preparation screen, tap the start icon (or press the Down button) to start the workout.
- 4 Press and hold the Up button to end the workout.

Auto-detect dive settings

- 1 Press the Up button on your watch to enter the app list, then go to **Workout > Dive**.
- 2 Tap the  icon on the right to configure the following preferences:
 - **Auto-start dive:** Toggle this on and set **Auto-start depth**. When enabled, your watch automatically launches a dive session and records data the moment you submerge past your preset depth.
 - **Auto-end dive:** Toggle this on and set **Surface delay time**. When enabled, your watch automatically ends the session after you surface and remain above water for the specified duration.

Diving records

From the **Huawei Health** home screen, tap **Exercise records**, and select a dive log. Tap **Dives**, **Charts**, or **Details** to review your data.

On the **Charts** screen, you can view your exact depth at a given timestamp.

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:** You can save routes from your workout records to **My route**, import routes from your phone into the Huawei Health app, or directly transfer routes from the popular routes list 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, then tap **Transfer to wearable** at the bottom of the screen 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 **Marked** to view and edit the marked location.
 -  • The **Marked** 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.
- **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 **Marked** 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 up 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.

Deleting Expedition records

-  Expedition records cannot be deleted directly from your watch. You can delete them on your phone.
- 1 Open the **Huawei Health** app, navigate to **Exercise records**, and select **Expedition records**.
 - 2 Find the specific record you wish to remove, and touch and hold it to delete it.

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 offline maps

Manual download:

- 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.

Auto-download:

-  This feature is not available when your wearable device is paired with an iPhone.
- 1 Open **Huawei Health**, navigate to the device details screen, and tap **Offline maps**.
 - 2 On the **Manage downloads** screen, enable **Auto-cache over WLAN**.
 - 3 Once enabled, the offline map for your current location will be automatically cached and synced to your watch when your watch detects you're in a new city/region and your phone is connected to Wi-Fi.

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 your 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:

Enter the device app list, and tap **Workout**. Swipe up or down on the screen to find and select an outdoor workout, like **Trail run**. On the pre-workout screen, swipe up to access **More** and then select **Routes**.

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 > Log in to 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 on your watch to open the app list, touch and hold down on any app, and drag it upward or downward.

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, .svg, .bmp, .psd, .tif, .tiff, .webp, and .pcx. Images in .gif format appear as static images rather than animations.

OneHop Gallery watch face

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

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

Video watch face

-  • Make sure that you have updated the Huawei Health app and your watch to their latest versions.
 - Video watch faces do not include audio.
- 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** Select a pre-installed video. Alternatively, tap  and choose to record a new video or upload one from your device. Once the video is uploaded, tap .
 - 3** Tap **Style, Time position, Features**, and other options 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.
 - When you set a Video watch face, tapping on it will make the watch cycle through different videos automatically.

Updates

On your watch

-  • Before updating, make sure that your watch is connected to the Internet.
 - Notifications for wearable system updates cannot be disabled. Version rollback is not supported after an update.
- 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

-  • 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 (only available for the Standard mode): Press the Up button on your 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 number**, **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.

User Guide Instructions

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