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HUAWEI WATCH GT 4 (46 mm) diagram

HUAWEI WATCH GT 4 (41 mm) diagram
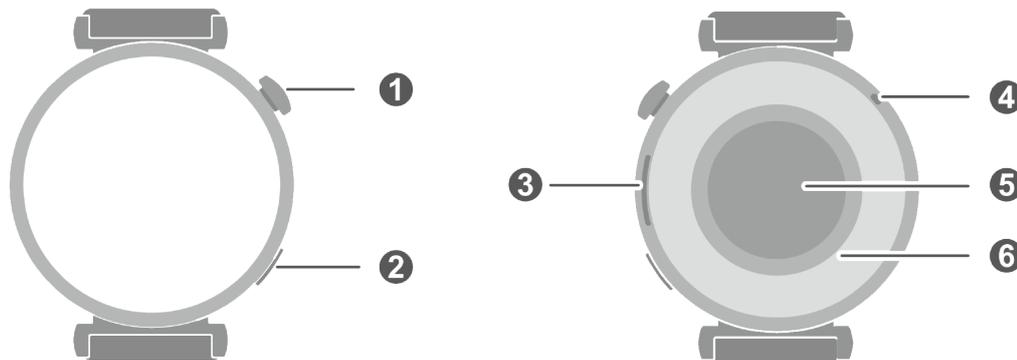
Diagram details

❶	Up button
❷	Down button
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Pairing with an EMUI/Android phone

1 Install the **Huawei Health** app ( ).
If you have already installed the **Huawei Health** app, go to **Me** > **Check for updates** and update it to the latest version.
If you haven't yet installed the app, go to your phone's app store and download and install the app.

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

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

4 Place your wearable device close to your phone. Open the **Huawei Health** app, touch ⋮ in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.

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

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

ⓘ After the pairing is complete, if you are using a non-Huawei phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents the **Huawei Health** app from being cleared from the background.

Pairing with an iPhone

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

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

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

a Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch ⋮ in the upper right corner, and then touch **Add device**. Select the wearable device that you would like to pair, and touch **LINK**.
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.

b When the pairing request appears on your wearable device, touch √. When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**.
Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.

c Wait a few seconds for the **HUAWEI Health** app to display a message indicating that the pairing has been successful. Touch **Done** to complete the pairing.

Button features and touch operations

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

Up button

Operation	Feature
Rotate	- In **Grid** mode, zooms in and out on apps in the app list screen. - In **List** mode, swipes up and down in the app list and details screens. - Swipes up and down on the screen after you open an app. - ⓘ To enter **Grid** or **List** mode, go to **Settings** > **Watch face & home** > **Launcher**.
Press	- Turns on the screen. . - Takes you to the app list screen from the home screen. - Returns you to the home screen. - Mutes incoming Bluetooth calls.
Double-press	Double-press to view all running apps when the screen is on.
Press and hold	- Powers on the watch. - Takes you to the restart/power-off screen. - Forcibly restarts the watch when the button is held for at least 12 seconds.

ⓘ Operations differ during calls and workouts.

Down button

Operation	Feature
Press	Opens the Workout app. You can also customise what the Down button does, by performing the steps below: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button**. 2 Select an app and customise the Down button feature. Once you've finished customising, return to the home screen and press the Down button to open the app.

ⓘ Operations differ during calls and workouts.

Touch operations

Operation	Feature
Touch	Chooses and confirms.

Operation	Feature
Touch and hold	Changes the watch face when the watch home screen is displayed. Accesses the card management screen when a card is displayed.
Swipe up	Views notifications (when swiping up on the watch home screen).
Swipe down	Views the shortcut menu and status bar (when swiping down on the watch home screen). · You can enable or disable **Do Not Disturb** and **Sleep** from the shortcut menu. · You can view the remaining battery power and Bluetooth connection status in the status bar.
Swipe left	Views the watch feature cards (when swiping left on the watch home screen).
Swipe right	Enters the HUAWEI Assistant·TODAY screen (when swiping right on the watch home screen). Returns to the previous screen (when swiping right on any app's screen).

Turning off the screen

· Lower or rotate your wrist outwards, or use your palm to cover the screen.

· The watch will automatically sleep without operation for a period of time.

Icons

ⓘ Icons may vary depending on the product model.

Level-1 menu

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

Weather	Cycle Calendar	Settings	Stopwatch	Timer	Alarm
Find Phone	Health clovers	Torch	Call log	Compass	Barometer
Contacts	Stay Fit	Pulse wave arrhythmia analysis	--	--	--

Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app	Connected to the phone's Bluetooth and the Huawei Health app	Connected to the phone via Bluetooth but disconnected from the Huawei Health app

Setting custom cards

To add custom cards

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

2 Touch ⊕ and select the cards you would like to display, such as **Sleep**, **Stress**, and **Heart rate**. The cards you see on your device may be different.

3 To view custom cards after adding them, swipe left or right on the home screen.

To move/delete cards

· To move a card, hold and drag it to its new position.

· To delete a card which can be deleted, touch 🗑 in the card screen.

Customising watch faces

1 Touch and hold the home screen of the device to visit the watch face selection screen.

2 Touch the settings icon (⚙) below a watch face, and swipe up or left on the screen to switch between watch face styles or widgets.

ⓘ Only the watch faces with the ⚙ icon below them support customisation. Custom capabilities vary depending on the watch face.

Assistant

HUAWEI Assistant·TODAY

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

Entering/Exiting HUAWEI Assistant·TODAY

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

Audio control

You can use the Audio control card on the HUAWEI Assistant·TODAY screen to control music playback on both your phone and watch. To control music playback on your phone via the watch, you'll need to link your watch with the **Huawei Health** app.

ⓘ Only some product models support the feature of controlling music on your phone. With music being played on your phone, this feature is supported if the music is displayed on the HUAWEI Assistant·TODAY screen. Otherwise, this feature is not supported.

App management

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

Installing apps on your watch using the Huawei Health app

1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.

2 Touch **AppGallery**, and select the app you want to use from the **Apps** list and touch **INSTALL**. After the app is installed, it will be displayed in the app list on your watch.

Updating apps

1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.

2 On the device details screen, touch **AppGallery**, and go to **Manager** > **Updates** > **UPDATE** to update apps to their latest version.

Uninstalling apps

Pre-installed apps on your watch cannot be uninstalled.

1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.

2 On the device details screen, touch **AppGallery**, and go to **Manager** > **Installation manager** > **UNINSTALL** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.

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

- Before using a third-party app, add it to the background protection list in Phone Manager/Optimiser. In addition, go to **Settings** > **Battery** on your phone, select the app in **Battery usage by app**, touch **Battery usage by app**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.

- If a third-party app doesn't work after you have added it to the list of protected apps in the background, uninstall the app, reinstall it, and try again.

Adjusting the sequence of apps in the app list

Press the Up button on your watch to open the app list and then drag an app up or down.

Managing messages

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

Enabling message notifications

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

2 Go to the app list and toggle on the switches for the apps that you would like to receive notifications from.

ⓘ Go to **APPS** to view the list of apps that you can receive notifications from.

Viewing unread messages

Your watch will vibrate to notify you of new messages pushed from the phone status bar.

Unread messages can be viewed on your watch by swiping up on the home screen to enter the unread message centre.

ⓘ Messages will not be stored on your watch after you view them in the unread message centre. If you want to view a message again, open the corresponding app on your phone.

Replying to messages

ⓘ - This feature is not supported on iPhones.

- This feature is only supported when replying to an SMS message using the SIM card that received the message.

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

Customising quick replies

ⓘ · If there is no **Quick replies** card, it is likely that your watch does not support this feature.

· This feature is not supported on iPhones.

You can customise a quick reply as follows:

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

2 You can touch **Add reply** to add a reply, touch an existing reply to edit it, or touch ⊗ next to a reply to delete it.

Deleting unread messages

· On the message list screen, swipe left on the message that you wish to delete, and touch

🗑 to delete the message.

· Touch 🗑 at the bottom of the message list to clear all unread messages.

Bluetooth voice call

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

Adding contacts

1 Open the **Huawei Health** app, go to the device details screen, and touch **Favourite contacts**.

2 On the **Favourite contacts** screen, touch **Add**. The system will automatically open the contacts list on your phone. From there, select contacts and add them to the list. Once added, you can **Sort** or **Remove** contacts on the **Favourite contacts** screen.

Answering and making calls

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

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

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

Rejecting calls with quick message replies

Here we'll use a HUAWEI phone as an example: When your wearable device reminds you of an incoming call, you can touch the Message icon to reply immediately with an SMS message and reject the call.

> - The preset quick replies on your watch can't be customised.
>
> - The content of the quick replies used for rejecting incoming calls is not related to the **Quick replies** feature in the **Huawei Health** app.
>
> - This feature is not supported on iPhones. For details about how to use this feature on phones of other brands, please contact your phone manufacturer.

Remote shutter

> - To use this feature, make sure that the **Huawei Health** app is running in the background.

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

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

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

Controlling music playback

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

Adding music to your watch

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

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

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

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

Controlling music playback on your watch

1 Enter the watch's app list, and go to **Music** (🎵) > **Playing music**, or use another music app.

2 Touch the play button to play the song.

3 On the music playback screen, you can adjust the volume, set the playback mode (for example, play songs in order or shuffle them), and swipe up on the screen to view the playlist or switch between songs.

Controlling music playback on your phone

- Open the **Huawei Health** app, go to the device details screen, touch **Music**, and toggle on the switch for **Control phone music**.
- Open the music app on your phone and play music.
- Swipe right on the home screen of your watch to enter the HUAWEI Assistant·TODAY screen, and touch the Music widget with a phone icon.

Settings alarms

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

Setting an alarm on your device

1 Go to the app list, select **Alarm** (🕐), and touch ⊕ to add an alarm.

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

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

Setting an alarm in the Huawei Health app

1 Open the **Huawei Health** app, go to the device details screen, and touch **Alarm**. Touch **Add** to set the alarm time, tag, and repeat cycle.

2 If you are an Android or EMUI user, touch √ in the upper right corner. If you are an iOS user, touch **Save**.

3 Swipe down on the **Huawei Health** home screen to ensure that the alarm settings are synced to the device.

4 Touch an alarm to modify the alarm time, the name, and its repetitions.

Voice assistant

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

ℹ️ Update your watch to the latest version, to ensure the best possible experience.

This feature is supported on HUAWEI phones running EMUI 10.0 or later.

Currently, this feature is only supported in certain countries and regions.

Using the voice assistant

1 Press the Up button on your watch to enter the app list, go to **Settings** > **Smart assistance** > **AI Voice**, and enable **Wake-up button**.

2 Hold down on the Down button to wake up the voice assistant.

3 Give a voice command, such as "What's the weather like today?".

Other settings

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

- **Wake-up button**: Wakes up the voice assistant when you press the button.
- **Broadcast**: This feature is enabled by default. Once disabled, the watch will no longer play voice messages.

  To adjust the volume of the voice assistant, you'll need to press the volume buttons on the paired phone.
- **AI Tips**: Once this feature is enabled by default, the **AI Tips** card will display on the HUAWEI Assistant·TODAY screen. Once **AI Tips** is disabled, the card will no longer display on the HUAWEI Assistant·TODAY screen.

Connecting to Bluetooth earphones

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

- Method 1:

  1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.

  2 Enter the watch's app list, swipe up or down on the screen, and go to **Settings** > **Bluetooth**.

  3 If the watch has not been paired with any Bluetooth device, the watch automatically searches for the Bluetooth devices ready for pairing. Select the target earphones from the Bluetooth list and complete pairing.
- Method 2:

1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.

2 Enter the watch's app list, swipe up or down on the screen to find and select **Music**, touch 🎛 in the lower right corner of the music playback screen, and go to **Audio channel** > **Add device**.

3 Touch **Pair**, and your watch will automatically search for the devices ready for pairing. Select the target Bluetooth earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.

🛈 · The earphones do not support voice calls when paired with a watch. If you answer an incoming call on your watch, the audio channel will switch to the watch's speaker.

· To make voice calls using your earphones, pair them with your phone and answer calls from there.

Finding your phone using your watch

1 Swipe down on the watch face screen to enter the shortcut menu, and confirm that the Bluetooth connection between your watch and phone is normal. You will see the Bluetooth icon for your phone displayed as either 📱 or ▮ .

2 If your watch and phone are within the Bluetooth connection range, the phone will play a ringtone (even in Vibrate or Silent mode) to help you locate it.

3 Touch the device screen to end the search.

🛈 · If Auto-switch is enabled on your watch, the watch must be connected to **Huawei Health** to use the Find Phone feature.

· If you are using an iPhone and the screen is turned off, the phone may not respond when you are using the Find Phone feature.

Finding your watch using your phone

🛈 · This feature is unavailable when your watch is not linked with the **Huawei Health** app.

· Some watch models need to be updated to their latest versions to use this feature.

1 Open the **Huawei Health** app, go to the device details screen, and touch **Find device** and then **Ring**.

2 Touch **Ring**, and your watch will start ringing. When you find your watch, touch **Stop ringing**, or wait until the ringing ends.

Enabling or disabling Do Not Disturb

Immediate enabling or disabling

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

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

Scheduled enabling or disabling

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

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

Viewing calendar events

ⓘ - If you're using a Google phone, make sure that your phone has a network connection, and go to **Settings** > **About** > **Google Account** > **Account sync** to enable Google Calendar, Calendar, and Calendar events.

- Google Calendar only syncs events to your watch.

- If you're using a Samsung phone, go to **Settings** > **Accounts and backup** > **Manage account**, touch a Google account and **Sync account**, and then touch **Tasks in the Calendar**, **Google Calendar**, and **Calendar**.

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

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

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

Health Management

Activity records

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

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

To set your own goals for Activity rings:

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

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

1. 🔥: **Move** measures the calories you burn through activities like running, cycling, or even house work.

2. 🏃: **Exercise** measures how much time you're active. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate exercise or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and moderate-intensity strength training can improve cardio endurance and boost overall fitness.

3. 🧍: Each hour during which you stand up and move around for at least 1 min counts into **Stand**. Sitting for too long is harmful. WHO studies link sitting for long periods of time with a higher risk of high blood sugar, type 2 diabetes, obesity, and depression. If you have walked for more than 1 minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**.

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

Stay Fit app

The app allows you to set your personalised training plans to improve your overall performance, based on data such as weight changes, calorie deficit, diet logs, and exercise.

Setting the initial goal

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. If you're using the app for the first time, the user authorisation screen will display. Touch **Agree**.

2 Select your weight, touch **OK**, and select **Goal type**, **Rate of loss**, and **Target weight** one by one, and touch **OK**. Your watch will generate a weight loss plan for you.

   ⓘ If you have set your weight and target weight in **Health** > **Weight management** of the **Huawei Health** app, the settings will be automatically synced to your watch.

3 Go to the **Sync goal** screen, and select whether to sync goal to Activity rings. The **Stay Fit** home page displays.

ⓘ If the **Weight Loss** watch face is used, you can simply touch the watch face to open the Stay Fit app.

Resetting goal

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. Swipe up on the home screen of the app to enter the **Goal** screen.

2 Touch **Reset goal** to change the target weight.

Recording your weight

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. Swipe up on the home screen of the app to enter the **Goal** screen.

2 Touch **Record weight** to record your current weight.

Recording your diet

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. Swipe left on the home screen of the app to enter the **Today's intake** screen.

2 Touch **Use phone**. If your phone's screen is on and unlocked, your phone will automatically enter the **Calorie records** screen of the **Huawei Health** app. Touch **Diet log** to record your diet.

3 After each meal, you can record your meal data on the **Calorie records** screen on your phone. Then you can view the data on the **Calorie records** screen on your phone and **Today's intake** screen on your watch.

Exercise

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. Swipe left twice on the home screen of the app to enter the **Today's calories burnt** screen, and view your active calories and total calories burnt of the current day.

2 Touch **Workout** to enter the **Workout** app on your watch. You can select any workout type to start a single workout.
Touch **Video course**. If your phone's screen is on and unlocked, your phone will automatically enter the **All fitness courses** screen of the **Huawei Health** app. Touch any fitness course to start a workout.

More settings

1 Press the Up button on the watch to open the app list and then select **Stay Fit**. Swipe up on the home screen of the app to enter the **More settings** screen.

2 Toggle on or off the switches for **Sync goals** and **Notifications**. When the switch for **Notifications** is toggled off, you won't receive any notifications from the Stay Fit app.

Measuring your skin temperature

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

- The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.

- During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.

- After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

Single measurement

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

Continuous measurement

1 Open the Health app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.

2 In the watch's app list, touch **Skin temperature** to view the measurement curve.

Monitoring your sleep

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

Recording sleep data on your wearable device

> ℹ️ **Auto** is enabled by default. Once detecting that you are asleep, your wearable device will automatically disable the Always On Display (AOD), notifications (including incoming call notifications), the Raise to wake feature, and other features, in order to avoid disturbing your sleep.

- Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognise when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or rapid eye movement (REM) sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.
- If **HUAWEI TruSleep™** has not been enabled, your wearable device will track your sleep in the regular way. When you wear your wearable device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, enter or exit each sleep stage, and awake, and it will then sync the data to the **Huawei Health** app.

Recording sleep data on your phone

- Open the **Huawei Health** app, touch the **Sleep** card on the **Health** screen, and then touch **Record your sleep** to enter the sleep monitoring screen.
- Go to ⋮ > **Sleep settings** in the upper right corner to edit your schedule, and enable or disable general sleep settings, such as **Sleep sounds**. Go to ⋮ > **Sleeping sounds** to view sleep talking and snoring records.

  > ℹ️ Snoring cannot be recorded if you play sleep music.

- Touch **Go to sleep** and place your phone within 50 cm of your pillow. Your phone will then monitor and record your sleep data.
- Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.

Viewing your sleep data

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

  > ℹ️ The recorded data is updated early each morning.

Sleep breathing awareness

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

Enabling the app

ⓘ Connect your watch to the **Huawei Health** app before using this feature.

1 Open the **Huawei Health** app, go to **Health** > **Sleep**, and touch **Sleep breathing awareness** in the lower screen.

2 When using the feature for the first time, follow the onscreen instructions, touch **Allow**, touch **Agree** to enter the **Sleep breathing awareness** screen, touch **Go enable**, and toggle on the switch for **Sleep breathing awareness**.

3 Once enabled, when you wear your watch while asleep, your watch will detect interruptions in your breathing while you're asleep.

Viewing data

1 Open the **Huawei Health** app, go to **Health** > **Sleep**, and touch **Sleep breathing awareness** in the lower screen to view the latest detection result and all detection results.

2 Touch ⋮ in the upper right corner, and touch **All data** to view the data of a specific day.

Enabling/Disabling sleep breathing awareness

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

Disabling service

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

Measuring SpO2

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

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

1 Wear your wearable device in the correct manner, and keep your arm still.

2 Press the Up button on your wearable device to enter the app list, swipe up or down on the screen until you see **SpO2** (⬤), and touch this option.

3 For certain products, you'll need to touch **Measure**. The actual product interface shall prevail.

4 Remember to keep still with the screen facing upwards, during SpO2 measurements.

Enabling/Disabling Automatic SpO2 measurement

1 Open the **Huawei Health** app, touch **Devices** then the name of your connected device, and enter its details screen. Touch **Health monitoring**, and enable/disable **Automatic SpO$_2$**.

2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

Measuring your heart rate

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed. If this feature is disabled, only the result of a single measurement can be displayed.

i To guarantee a more accurate heart rate measurement, wear the device correctly and ensure the strap is fastened. Make sure that your device is secure on your wrist during workouts. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

Individual heart rate measurement

1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2 Access the app list and select **Heart rate** to measure your heart rate.

i This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Continuous heart rate monitoring

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

You can set **MONITORING MODE** to either **Smart** or **Real-time**.

· Smart mode: Monitors your heart rate based on your training load.

· Real-time mode: The heart rate measurement will be performed once a second regardless of the training load.

i Using Real-time mode will increase the power consumption of your device, while using Smart mode will adjust the heart rate measurement interval based on the activity intensity and help to save power.

Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).

- Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate was automatically measured at the best time.

Heart rate alerts

High heart rate alert

Enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **High heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **Low heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- To choose the calculation method for heart rate zones, open the **Huawei Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.

ⓘ · If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).

   · If you select **HRR percentage** as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ("HRmax minus HRrest").

· Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout. After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

ⓘ · Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

   · You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** in the **Huawei Health** app.

Exercise heart rate upper limit

After you start a workout, your device will vibrate to alert you that your heart rate value has exceeded the upper limit for more than 60 seconds.

1 Open the **Huawei Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and touch **Heart rate limit**.

2 Select the heart rate upper limit value you want to set, and touch **OK**.

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

Stress tests

Testing your stress levels

During a stress test, wear your watch correctly and keep still. The watch will not test your stress level when you are doing a workout or when you move your wrist too frequently.

· Single stress test:

Open the Huawei Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Huawei Health app to calibrate your stress level.

· Periodic stress tests:

Open the Huawei Health app, touch **Devices** and then your device name, go to **Health monitoring** > **Automatic stress test**, turn on the switch for **Automatic stress test**, and

follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

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

Viewing stress data

- On the watch:

  Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view your daily stress change, including the stress bar chart, level, and percentage in a single day.

- In the Huawei Health app:

  Open the Huawei Health app, then touch the **Stress** card to view your latest stress level, daily, weekly, monthly, and yearly stress curves, and corresponding advice.

Activity reminder

When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (one hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.

Open the Huawei Health app, go to the device details screen, touch **Health monitoring**, and enable **Activity reminder**.

> ℹ️ · The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
>
> · The device will not vibrate if it detects that you are asleep.
>
> · The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.

Predicting your next menstrual cycle

Activating the app

1 To use this feature, you'll need to link your watch with the **Huawei Health** app on your phone, open the app, go to the **Health** screen, touch the **Cycle Calendar** card, agree to the privacy statement, set your period data, and touch **Get started**.

2 After activation, your phone will automatically sync data to your watch when it is worn.
Touch **Open app** to enter the **Cycle Calendar** app home screen.
Touch **OK** to go to the previous screen.

Recording and viewing your cycle calendar on your watch

1 Press the Up button on your watch to open the app list and select **Cycle Calendar**. On the

app home screen, touch the ⭕ icon to the right of Cycle Calendar to switch between a monthly view and ring chart view.

2 Touch **Edit** or the ✏️ icon to record your **Started** and **Ended**. Swipe up on the screen to view the **Summary** for your period. Swipe up again to record your physical condition. Then, swipe up again to go to the **More** screen and view **Help**.
Monthly view: You can select a certain month to view the data from that particular month.

Recording your menstrual cycle on the Huawei Health app

1 Open the **Huawei Health** app, go to the **Health** screen, and touch the **Cycle Calendar** card to download the feature package and complete the data settings. If you are unable to find the card, touch **Edit** to add it to the home screen.

2 On the **Cycle Calendar** screen, you can select **Period started** or **Period ended** for specific dates to record the duration of your period. You can also record your physical condition in **Physical symptoms**.

3 Touch ⋮⋮ in the upper right corner of the **Cycle Calendar** screen, select **Settings** to set the period and cycle lengths, and toggle the switch for **Reminders** on or off.
Toggle on the switch for **Predictions**. Once enabled, cycle prediction will combine data from your wearable such as body temperature, heart rate, and respiratory rate to generate better predictions.
Touch **Period records** to view **Avg period** and **Avg cycle**.
Touch **All data** to view the historical data.

Exercise

Starting an individual workout

Starting a workout on your wearable device

1 Enter the wearable device's app list, and touch **Workout** (![icon]).

2 Swipe up or down on the screen and select the workout that you would like to do. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.

> ℹ️ To remove a workout:
>
> Select **Workout** from the app list, swipe up on the screen to find and touch **Custom**, select the workout type you wish to delete, and touch ![x icon] to remove it from your workout list. You can touch ↑ to change the order.

3 Touch a workout icon to start a workout.

4 When the screen is on, press and hold the Up button to end the workout. Alternatively, press the Up button to pause the workout, touch ![play icon] to resume the workout, or touch ![stop icon] to end the workout.

Using the Huawei Health app to start a workout

1 When your wearable device is linked with the **Huawei Health** app, start a workout (including a single workout session and training course) in the app.

2 In the **Huawei Health** app, touch ![pause icon] to pause a workout, touch ![play icon] to resume a workout, and touch and hold ![stop icon] to end a workout. The device will pause, resume, or end the workout accordingly.

> ℹ️ · During a workout, data such as the workout duration and distance will be displayed in both the **Huawei Health** app and on your wearable device.
>
> · If the workout distance or duration is too short, no workout data will be recorded.

Smart companion

After Smart companion is enabled, you can view how much you have exceeded or fallen behind the target pace in real time during an outdoor workout.

1 Press the Up button to access the app list and touch **Workout**.

2 Touch the Settings icon to the right of **Outdoor run** and enable **Smart companion**.

3 Touch **Target pace** to customise a target running pace.

4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

Running plans

The device provides customised scientific training plans that adapt to your time to meet your training requirements. The device can automatically adjust the training plan every week by taking into consideration how you perform the training, create a summary to help you finish your plan in a timely manner, and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.

Creating a running plan

1 Open Health app, go to **Exercise** > **Outdoor run** or **Indoor run** > **AI running plan**, touch **More** on the right, select a running plan, and follow the onscreen instructions to finish creating it.

2 Press the Up button on your watch to enter the app list and go to **Workout** > **Courses & plans** > **Training plan** to view your running plan. On the training day, touch the Workout icon to start.

Ending a running plan

Open Health app, go to **Exercise** > **Plan**, touch ⠿ in the upper right corner, and touch **End plan**.

Other settings

Open Health app, go to **Exercise** > **Plan**, and touch ⠿ in the upper right corner:

Touch **View plan** to view the plan details.

Touch **Sync to wearable device** to sync plans to your wearable device.

Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to the calendar.

Viewing the training status

Enter the device's app list, touch **Workout status** (🏃), and swipe up on the screen to view data including your **running ability index (RAI), recovery status**, **training load**, and **VO2Max**.

- RAI is a comprehensive index that reflects a runner's endurance and technique efficiency. In general, a runner with a higher RAI performs better in competitions.
- Recovery status reflects the recovery from fatigue caused by the impact of the latest training session. A training session with a higher intensity will require a longer recovery time.

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The device collects your training load from workout modes that track your heart rate.
- VO2Max refers to the maximum amount of oxygen that you can utilise during intense exercise. It is an important indicator of your body's aerobic ability.

Viewing workout records

Viewing workout records on the device

1 On the device, enter the app list and touch **Workout records**.

2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

You can also view detailed workout data under **Exercise records** on the **Health** screen in the Huawei Health app.

Deleting a workout record

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

Automatic workout detection

Go to **Settings** > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

- 🛈 • The supported workout types are subject to the onscreen instructions.
    - The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.
    - If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Route back

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

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

If there is no **Route back** or **Straight line** option on the screen, touch the screen to display it.

> - Touch **+** or **-** on the navigation screen to adjust the scale of the map.
>
> - This feature is only available during workouts and will be disabled once the workout has ended.

Workout route sharing

Importing a route from the Huawei Health app

1 Export a route.

    a On the **Exercise records** screen in the Huawei Health app, open a specific outdoor workout record, touch the Route icon on the right, and select **Export route**.

    b Then touch **Save** to save the route to the phone.

2 Import a route.
Go to **Me** > **My route** > **Import route**, and choose a route to save and transfer it to your wearable device.

3 View or delete a saved route file.
Go to **Me** > **My route** and select a route file to view or delete it.

Sharing a route to the wearable device

1 Open the Huawei Health app, go to **Me** > **My route**, and touch the target route. On the route details screen, touch the four-dot icon in the upper right corner and select **Send to wearable**.

2 On the wearable device, go to **Routes** for a specific workout type that supports this feature and select the target route to start navigation. You can then navigate to the destination as prompted.

More

Multi-tasking

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

1 Press the Up button twice when the screen is on and unlocked, to enter the multi-tasking screen. From there you can view all running apps.

2 Swipe right or left on the screen and perform the following steps:

- Touch an app to visit the app details screen.

- Hold down on an app and swipe up to clear the app.

- Touch 🗑 to clear all running apps.

🛈 This feature is not available during updates.

Charging

Charging

1 Connect the charging cradle to a power adapter and then connect the power adapter to a power supply.

2 Rest your watch on top of the charging cradle and align the metal contacts on your watch to those of the cradle until a charging icon appears on the watch screen.

3 After the watch is fully charged, the indicator will display 100%. When your watch is at 100%, it will automatically stop charging.

🛈 • You are advised to use a Huawei power adapter, a USB port of a computer, or a non-Huawei power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards, to charge your watch. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a Huawei power adapter from an official Huawei sales outlet.

- Keep the charging port dry and clean to prevent short circuits or other risks.

- The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause it to demagnetise or cause other problems.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

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

Method 3: View the battery level on a watch face that displays the battery level.

Method 4: Check the battery level on the device details screen in the Health app.

Configuring Gallery watch faces

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

Selecting Gallery watch faces

1 Open the **Huawei Health** app, go to the device details screen, and go to **More** > **Mine** > **On watch** > **Gallery** to access the Gallery watch face settings screen.

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

3 Touch √ in the upper right corner, and then touch **Save**. Your device will then display the selected image as the watch face.

ⓘ When you upload more than one image, you can tap on the watch face to switch between them.

Other settings

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

- Touch **Style** and **Layout** to set the style and display position of the date and time on your Gallery watch face.

- Touch the Cross icon in the upper right corner of a selected photo to delete it.

Setting the AOD watch face

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

ⓘ Enabling AOD will reduce the battery life.

1 Open the app list, go to **Settings** > **Watch face & home**, and enable **Always On Display**.

2 Once AOD is enabled, the watch face style will be set by default.

3 Select **Raise to show AOD** or **Raise to show watch face** as needed.

OneHop for watch faces

You can use OneHop to upload images as Gallery watch faces on your watch. Images saved on the cloud will need to be downloaded before being transferred. When you upload more than one image, you can tap on the watch face to switch between them.

ⓘ • Before using this feature, update the Huawei Health app to its latest version, and make sure that the wearable device is connected to your phone/tablet.

  • This feature is only available on Huawei phones that support NFC and run EMUI 10.0 or later. OneHop will no longer be supported after EMUI 9.0 is updated to a version.

Enabling OneHop

ⓘ Once OneHop is enabled on your device, you won't be able to disable it. Even if the device has been restored to its factory settings, the feature will still be enabled.
For some device models, OneHop is enabled by default, and does not need to be enabled manually.

1 In the device app list, go to **Settings > OneHop** to access the OneHop screen.

2 Touch **Enable**. Once you've enabled the feature, **Enabled** will display onscreen.

Using OneHop

1 Enable NFC on your phone.

2 Go to Gallery on your phone, select the images you wish to transfer, and tap the NFC area on the back of your phone against the watch face. Once the transfer is successful, the images will display on the watch face in sequence.

3 Open the Huawei Health app, go to the device details screen, and touch **Watch faces > More > Mine > Gallery**. You will see the transferred images in Gallery. Feel free to customise the style and layout of the Gallery watch faces to suit your preferences.

Managing watch faces

The watch face store provides a diverse range of watch faces for you to choose from. To use this feature, update your watch and the **Huawei Health** app to their latest versions.

Changing a watch face on your watch

1 Touch and hold the watch face on the home screen.

2 Swipe left or right to select your favourite watch face. You can also swipe on the screen to the rightmost, touch **+**, and swipe up or down to select your favourite watch face.

ⓘ Some watch faces support custom control. You can touch ⚙ at the bottom of the watch face to customise the content that is displayed.

Installing and changing the watch face on your phone

1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces** > **More**.

2 Select a watch face.

a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.

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

ⓘ • The details screen of a watch face displays the traffic that will be generated when downloading and installing the watch face.

Deleting a watch face

In the Huawei Health app

1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces** > **More**.

2 Select an installed watch face and touch 🗑 to delete it.

ⓘ • Gallery, kaleidoscope, or style watch faces cannot be deleted.

• You do not need to purchase a watch face again, after deleting it, from the watch face store.

On the device

1 Touch and hold the home screen of the device to access the watch face selection screen.

2 Swipe up from the bottom of the device screen and touch **Remove** to delete the watch face. You can download the deleted watch face again from the watch face store.

Setting sounds

Setting the ring volume

1 Press the Up button on the watch to open the app list and then go to **Settings** > **Sounds & vibration** > **Ring volume**.

2 Swipe up or down to adjust the ring volume.

Muting and unmuting

1 Press the Up button on the watch to open the app list and then go to **Settings** > **Sounds & vibration**.

2 Enable or disable **Mute**.

Display and brightness

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

Adjusting the screen brightness

1 On the **Display & brightness** screen, if **Automatic** displays and is enabled, disable it.

2 Touch **Brightness** to adjust the screen brightness as needed.

Setting the screen-on time

1 On the **Display & brightness** screen, touch **Screen on** and select the time you want the screen to be steady on.

2 Swipe down on the watch face screen and touch **Screen on** to enable or disable **Screen on**.

Setting the sleep time

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

Updates

Method 1

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

Method 2

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

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

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

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

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

Water Resistance Level	Resistance Level Definition	Resistance Scenario

5 ATM	It is a water-resistant standard (ISO22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-metre static water pressure at room temperature for 10 minutes, and does not mean that the watch is water-resistant in water that is 50 metres deep. Wearable devices with a resistance level of 5 ATM are water-resistant when you are swimming. You can wear this type of wearable device when swimming or taking part in other water-related activities in your daily life. Dust-resistant level: If wearable devices comply with the IEC 60529:2013 standard (level 6), it means that no dust can get inside.	These wearable devices comply with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-metre static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-metre deep. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear. Wearable devices can prevent dust from living rooms, offices, laboratories, light industrial studios, and storage rooms from entering. They are not suitable in particularly dusty environments. It can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands. ⓘ If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker. The wearable device is not suitable for use in the following scenarios: 1. Dives, scuba dives, platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.

		3. Leather and metal straps are not designed to withstand swimming or sweat. It is recommended that you wear other types of straps, in such scenarios. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)

Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

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

Dismantling or repairing the wearable device at a non-authorised Huawei store.

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

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

Charging the device when it is wet.

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