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› Honor Band 5 Smart Bracelet Watch (Model CRS-B19S) User Manual

HONOR CRS-B19S

Honor Band 5 Smart Bracelet Watch (Model CRS-B19S) User Manual

Your comprehensive guide to setup, operation, and maintenance.

1. PRODUCT OVERVIEW

The Honor Band 5 is a smart bracelet watch designed to track your fitness and provide smart notifications. It features an AMOLED color touch display, continuous heart rate tracking, sleep monitoring, and is waterproof for various activities.



This image displays the Honor Band 5 Smart Bracelet Watch. It features a black silicone strap and a rectangular AMOLED color touch display. The screen shows the time as 10:30, a temperature reading of 29°C, and a step count of 14398. A circular icon is visible at the bottom of the display, likely for navigation or selection.

2. SETUP

2.1 Charging the Device

1. Connect the charging cradle to a USB power adapter or a computer's USB port.
2. Align the metal contacts on the Honor Band 5 with the charging pins on the cradle. The band will magnetically snap into place.
3. Ensure the charging icon appears on the band's display, indicating it is charging.
4. A full charge typically provides up to 14 days of standby time or 6 days with continuous heart rate and sleep tracking enabled.

2.2 Pairing with Your Smartphone

1. Download and install the **Huawei Health App** from your smartphone's app store (Android or iOS).
2. Open the Huawei Health App and log in or create an account.

3. Ensure Bluetooth is enabled on your smartphone.
4. In the Huawei Health App, navigate to 'Devices' and tap 'Add device'.
5. Select 'Smart Bands' and choose 'Honor Band 5' from the list.
6. Follow the on-screen instructions in the app to complete the pairing process. A pairing request will appear on your Honor Band 5; confirm it.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

- **Touch Screen:** Swipe up or down to scroll through menus. Swipe left or right to access different features or return to the previous screen.
- **Home Button:** Tap the circular touch-sensitive area below the screen to return to the main watch face.

3.2 Changing Watch Faces

- On the main watch face, press and hold the screen until the watch face selection appears.
- Swipe left or right to browse through the available watch faces.
- Tap on a watch face to select and apply it.
- Additional watch faces can be downloaded and customized via the Huawei Health App.

3.3 Heart Rate Monitoring

- The Honor Band 5 provides 24-hour real-time continuous heart rate monitoring using HUAWEI TruSeen 3.0 technology.
- To view your current heart rate, swipe on the band's screen until you reach the heart rate interface.
- Heart rate warnings can be configured in the Huawei Health App.

3.4 Sleep Tracking

- The band automatically tracks your sleep patterns, including REM, deep sleep, light sleep, and awake times, using HUAWEI TruSleep monitoring technology.
- Detailed sleep analysis and suggestions for improvement are available in the Huawei Health App.

3.5 Notifications and Smart Assistant Features

- Receive incoming call notifications, SMS, email, and SNS alerts directly on your band.
- You can reject calls directly from the band.
- The band also supports vibration alerts, smart alarms, and a timer function.
- Ensure notification permissions are granted to the Huawei Health App on your smartphone.

3.6 Fitness Tracking

- The Honor Band 5 tracks various activities including steps, distance, calories burned, and supports multiple sport modes.
- To start a workout, swipe to the 'Workout' menu on the band, select your activity, and tap to begin.
- The band is waterproof, allowing for swimming tracking.

4. MAINTENANCE

4.1 Cleaning Your Band

- Regularly clean the band and the device body with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

4.2 Charging Best Practices

- Use only the original charging cable and cradle provided with your Honor Band 5.
- Avoid exposing the device to extreme temperatures during charging.
- Do not charge the device if it is wet.

4.3 Storage

- When not in use for extended periods, store the Honor Band 5 in a cool, dry place.
- It is recommended to charge the device periodically (e.g., every few months) to maintain battery health.

5. TROUBLESHOOTING

5.1 Device Not Turning On

- Ensure the device is sufficiently charged. Connect it to the charger for at least 10 minutes.
- If the issue persists, try performing a force restart by connecting it to the charger and holding the home button (if applicable) for several seconds.

5.2 Pairing Issues

- Make sure Bluetooth is enabled on your smartphone and the Honor Band 5 is within range.
- Restart both your smartphone and the Honor Band 5.
- Clear the Bluetooth cache on your smartphone (Android) or forget the device in Bluetooth settings (iOS) and try pairing again.
- Ensure the Huawei Health App is updated to the latest version.

5.3 Inaccurate Readings (Heart Rate, Sleep, Steps)

- Ensure the band is worn correctly: snug but not too tight, about one finger's width above your wrist bone.
- Keep the sensor clean and free from obstructions.
- For heart rate, remain still during measurements.
- Ensure your personal information (height, weight, age) is accurately entered in the Huawei Health App.

5.4 Notifications Not Appearing

- Verify that notification permissions are enabled for the Huawei Health App in your smartphone's settings.
- Check that app notifications are enabled within the Huawei Health App for specific applications.
- Ensure the band is connected to your smartphone via Bluetooth.

6. SPECIFICATIONS

Feature	Specification
Brand	Honor
Model	CRS-B19S
Display Type	AMOLED Color Touch Screen
Screen Size	0.95 Inches
Resolution	240 x 120 pixels, 282 ppi
Battery Life (Average)	Up to 14 Days (standby), Up to 6 Days (typical use)
Battery Capacity	14 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth
Operating System	Android (compatible)
Special Features	Heart Rate Monitor, Sleep Tracker, Waterproof
Item Weight	80 g
Product Dimensions	0.95 x 0.9 x 0.95 cm
First Available Date	10 September 2019

7. WARRANTY AND SUPPORT

7.1 Warranty Information

The Honor Band 5 typically comes with a limited manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official Honor website for detailed warranty terms and conditions specific to your region of purchase.

7.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact Honor customer support. Contact details (phone numbers, email, or support website) can usually be found on the official Honor website for your country or region.

Before contacting support, please have your device model number (CRS-B19S) and purchase information readily available.