

HUAWEI WATCH FIT (Stia-B09)

HUAWEI WATCH FIT Smartwatch User Manual

Model: WATCH FIT (Stia-B09)

1. PRODUCT OVERVIEW

The HUAWEI WATCH FIT is a versatile smartwatch designed to enhance your daily life and fitness journey. It features a vibrant AMOLED display, extended battery life, and a comprehensive suite of health and fitness tracking capabilities.

Key features include:

- 1.64-inch AMOLED color display with automatic brightness adjustment.
- Up to 10 days of battery life with fast charging support.
- 96 workout modes, including 12 animated fitness courses.
- Integrated GPS for real-time performance tracking.
- SpO2 monitoring, HUAWEI TruSeen 4.0 heart rate tracking, and sleep management.
- Stress level monitoring and menstrual cycle tracking.
- Smart notifications and other convenient features like Find Phone and remote camera control.



Image 1: Front view of the HUAWEI WATCH FIT smartwatch displaying time and various health metrics.

2. SETUP

2.1 Connecting Your Watch and Phone

To connect your HUAWEI WATCH FIT to your smartphone and manage your health data, follow these steps:

1. **Step 1: Download the HUAWEI Health App.**

Scan the QR code provided in the watch's packaging or on the official HUAWEI website to download the HUAWEI Health app.

Alternatively, search for "HUAWEI Health" on your phone's app store or visit consumer.huawei.com to download the app.

2. **Step 2: Pair Your Device.**

Open the HUAWEI Health app.

Navigate to **Devices > Add > Smartwatches**

Select your HUAWEI WATCH FIT from the list of available devices to initiate pairing.

3. **Step 3: Update Firmware (if necessary).**

Once paired, open the HUAWEI Health app and check for any available firmware updates for your watch. Keeping your device updated ensures optimal performance and access to the latest features.



Image 2: Visual guide for connecting the HUAWEI WATCH FIT to the HUAWEI Health app.

3. OPERATING INSTRUCTIONS

3.1 Display and Navigation

The HUAWEI WATCH FIT features a 1.64-inch AMOLED touchscreen. Navigate by swiping up, down, left, or right, and tap to select options. The side button typically serves as a home button or to access the app list.



SpO2
Monitoring

Image 3: The watch display highlighting the SpO2 monitoring feature.

3.2 Health Monitoring

- **Heart Rate Monitoring:** The watch continuously tracks your heart rate using HUAWEI TruSeen 4.0 technology. You can view real-time data on the watch or in the HUAWEI Health app. Alerts can be set for abnormal heart rates.
- **SpO2 Monitoring:** Measure your blood oxygen saturation (SpO2) directly from the watch. This feature helps monitor your respiratory health.
- **Sleep Tracking:** Wear the watch at night to monitor your sleep patterns. It provides detailed analysis of sleep stages and quality.
- **Stress Monitoring:** The watch can track your stress levels throughout the day. It also offers breathing exercises to help manage stress.
- **Menstrual Cycle Tracking:** For female users, the watch can track menstrual cycles, predict periods, and provide relevant reminders.



Image 4: Heart rate and stress monitoring interfaces on the HUAWEI WATCH FIT and companion app.

3.3 Workout Modes and GPS

The HUAWEI WATCH FIT supports 96 workout modes. It provides professional metrics for 11 main modes (e.g., running, cycling, swimming) and tracks calories, heart rate, and duration for 85 other activities.

- **Animated Workouts:** The watch includes 12 animated fitness courses, such as office exercises and stretching routines, to guide you through quick workouts.
- **Integrated GPS:** With built-in GPS, the watch can accurately track your outdoor activities, providing real-time pace, distance, and route mapping without needing your phone.



Image 5: A user engaging in cycling, with the watch displaying real-time workout metrics.

3.4 Smart Features

- **Notifications:** Receive call, message, and app notifications directly on your wrist.
- **Music Control:** Control music playback on your phone from the watch.
- **Find Phone:** Use the watch to locate your misplaced phone by making it ring.
- **Remote Camera Shutter:** Control your phone's camera remotely for group photos or selfies.
- **Weather:** Get real-time weather updates.
- **Alarm, Timer, Stopwatch:** Essential time management tools.
- **Calculator:** A basic calculator function is available.



Image 6: The watch interface showing quick access to smart features such as alarm, flashlight, find phone, and remote camera shutter.

4. MAINTENANCE

- **Charging:** The HUAWEI WATCH FIT offers up to 10 days of battery life under typical usage. It supports fast charging, providing a day's use with just 5 minutes of charge. Use the provided charging cable and a compatible power adapter.
- **Water Resistance:** The watch has a 5ATM water resistance rating, making it suitable for swimming and showering. Avoid using it in hot water or saunas, and do not press buttons underwater.
- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. If the watch gets wet, dry it thoroughly before charging or prolonged use.
- **Strap Replacement:** The strap can be replaced. Refer to the official HUAWEI website or authorized service centers for compatible replacement straps.

5. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the HUAWEI Health app is updated to the latest version.
 - Restart both your phone and the watch.
 - Ensure the watch is not already paired with another device.
- **Inaccurate GPS tracking:**
 - Ensure you are in an open outdoor area with a clear view of the sky.
 - Wait for the GPS signal to acquire before starting your workout.
 - Keep the watch firmly on your wrist.
- **Notifications not received:**
 - Check notification settings in the HUAWEI Health app and on your phone.
 - Ensure the watch is connected to your phone via Bluetooth.
 - Disable any power-saving modes on your phone that might restrict app background activity.

- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button until it reboots.

6. SPECIFICATIONS

HUAWEI WATCH FIT (Stia-B09) Key Specifications

Feature	Detail
Model Number	Stia-B09
Operating System	Android, iOS compatible
Display	1.64-inch AMOLED, 280 x 456 resolution
Dimensions (L x W x H)	4.6 x 3 x 4 cm
Weight	21 g (without strap)
Connectivity	Bluetooth, 2.4 GHz radio frequency
GPS	Integrated GPS enabled
Water Resistance	5ATM
Battery	1 C Lithium-ion (included)
Storage Capacity	4 GB
Input Interface	Buttons, Touchscreen
Color	Black

7. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official HUAWEI support website. Keep your proof of purchase for warranty claims.

Online Support: For additional resources, FAQs, and troubleshooting guides, please visit the official HUAWEI consumer website: consumer.huawei.com.

Contents

Getting started		
- Radiation and galaxies	1	
- Finding your north with your phone	3	
- Drawing a map and not returning the map	5	
- Charge my phone	6	
Worksheet		
- Starting a notebook	8	
- Using Google Earth	9	
- Viewing virtual worlds	10	
- Why do I need this?	11	
- Writing fieldy notes	12	
- Asynchronous work discussion	14	
- Research books	15	
Health		
- Health	17	
- Health's history	17	
- Virtual worlds and health	18	
- Virtual worlds and health (continued)	19	
- Easy things	20	
- Virtual worlds and health (continued)	21	
- Monitoring your heart rate	21	
- Virtual worlds and health (continued)	22	
- Studying heart rate	23	
- Virtual worlds and health (continued)	24	
- Monitoring your blood pressure	25	
- Virtual worlds and health (continued)	26	
Current events		
- Apps	29	
- Research projects, and viewing and delivering papers	29	
- Choosing your own path	30	
- Finding your own path	31	
- Research projects in Times	32	
- Looking at news	33	
- Healthlink	37	
- Using the American app	37	
- Using your phone	38	
- Health's history	39	
- Finding your phone using your maps	40	

[HUAWEI WATCH User Guide: Features, Operations, and Settings](#)

A comprehensive user guide for the HUAWEI WATCH, detailing its features, how to set it up, monitor workouts and health, and utilize its convenient functions. Learn about buttons, gestures, pairing, charging, health tracking (ECG, heart rate, SpO2), workout modes, and more.

Documents - HUAWEI – WATCH FIT (Stia-B09)

[illegible]

[\[pdf\]](#) Warrant

Jan Urban [Klikni zde](#) a podívej se na obchodní podmínky akce HUAWEI Care prodloužená záruka

consumer huawei content dam cbg site cee nordics cz support care extended warranty new |||

Obchodní podmínky 1. HUAWEI Care prodloužen zruka je poskytovna společnost Huawei Technologies Czech s.r.o. „HUAWEI . 2. Všichni zákazníci jsou oprávněni v rámci stejné transakce nakoupit produkt HUAWEI zakoupit zároveň službu v internetovém obchodě HUAWEI souvisejícím produktem. 3. Podrobnosti o doporučen...

lang:id score:24 filesize: 496.9 K page_count: 3 document date: 2021-11-11

[illegible]

[\[pdf\]](#)

45 PETRUTA FELICIA GHITA Carrefour 3 Regulament Cuponiada telecom audio @ 9 15 septembrie
carrefour.ro/corporate-storage-regulations-2021-09

1/10 Data: 09.09.2021 DEPARTAMENTUL IN CARE SE DERULEAZA CAMPANIA:
Electronice REGULAMENTUL CAMPANIEI PROMOIONALE „La gama de boxe,
telefoane, ceasuri smart primesti 1 unu cupon de pana la 400lei PERIOADA DE
DESFASURARE A CAMPANIEI PROMOIONALE Perioada in care clientii pot primi
cupoane: 09.09-15...

lang:it score:19 filesize: 168.49 K page count: 8 document date: 2021-09-09

