

## HONOR ARG-B39

# HONOR Band 6 User Manual

Model: ARG-B39 / BAND 6

Brand: HONOR

## 1. INTRODUCTION

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Welcome to the user manual for your new HONOR Band 6. This guide provides essential information on how to set up, operate, maintain, and troubleshoot your device. Please read this manual thoroughly to ensure optimal performance and longevity of your fitness tracker.

## 2. PRODUCT OVERVIEW

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### 2.1. What's in the Box

- HONOR Band 6 Wearable Band
- Charging Cable
- Quick Start Guide (not included in this digital manual)
- Safety Information (not included in this digital manual)

### 2.2. Key Features

- **1.47-inch AMOLED Display:** Rectangular display with 194 x 368 pixels at 282 PPI, offering a clear and vibrant visual experience.
- **Heart Rate Monitoring:** Equipped with TruSeen 4.0 technology for accurate heart rate tracking and alerts for abnormal heart rates.
- **Sleep Monitoring:** Utilizes the TruSleep algorithm to identify sleep stages (Deep, Light, REM, Awake, Naps) and provide personalized sleep quality assessments.
- **Long Battery Life:** Up to 14 days in typical usage scenarios and 10 days in heavy usage. Supports quick charging, providing 3 days of usage with just 10 minutes of charging.
- **10 Workout Modes:** Supports professional workout types including outdoor/indoor running, outdoor/indoor walking, outdoor/indoor cycling, indoor swimming, elliptical, rower, and free training.
- **Smart Notifications:** Receive call, message, and app notifications directly on your wrist.

### 2.3. Device Components



Front view of the HONOR Band 6, displaying time, heart rate, battery, calories, and steps.



Angled view of the HONOR Band 6, highlighting the rectangular AMOLED display and the side control button.



Rear view of the HONOR Band 6, showing the optical sensors for heart rate monitoring and the charging contacts, along with regulatory information.

### 3. SETUP

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#### 3.1. Charging the Device

Before first use, fully charge your HONOR Band 6. Connect the magnetic charging cable to the charging contacts on the back of the band and plug the USB end into a power adapter or computer USB port. A full

charge typically takes about 1.5 hours.

## 3.2. Pairing with Your Smartphone

1. Download the official companion application for HONOR wearables from your smartphone's app store or the HONOR official website.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the companion application and follow the on-screen instructions to add your device. Select "HONOR Band 6" from the list of available devices.
4. Confirm the pairing request on both your smartphone and the band.

Once paired, the band will synchronize data with your smartphone, and you can customize settings through the app.

## 4. OPERATING INSTRUCTIONS

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### 4.1. Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or to access the app list.

### 4.2. Heart Rate Monitoring

The HONOR Band 6 continuously monitors your heart rate. To view your current heart rate, swipe on the band's screen until you find the Heart Rate widget. You can also access detailed heart rate data and historical trends through the companion app on your smartphone.

### 4.3. Sleep Tracking

Wear the band while sleeping for automatic sleep tracking. The TruSleep algorithm analyzes your sleep patterns, including deep sleep, light sleep, REM sleep, and awake times. View your sleep scores and personalized suggestions for improving sleep quality in the companion app.

### 4.4. Workout Modes

The band supports 10 professional workout modes. To start a workout:

1. Press the side button to open the app list.
2. Select "Workout" and choose your desired activity (e.g., Outdoor Running, Indoor Cycling).
3. Tap to start the workout. The band will track your duration, distance, calories burned, and heart rate.
4. To end a workout, swipe right on the screen and tap the stop icon.

### 4.5. Notifications

Once paired with your smartphone, the band can display notifications for incoming calls, messages, and various applications. Ensure notification permissions are enabled in your smartphone's settings and the companion app.

## 5. MAINTENANCE

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## 5.1. Cleaning

Regularly clean your HONOR Band 6 and its strap to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth to wipe the device. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

## 5.2. Water Resistance

The HONOR Band 6 supports indoor swimming tracking, indicating a degree of water resistance. However, it is not recommended for diving, hot showers, or saunas. After exposure to water, especially saltwater, dry the band thoroughly before charging or prolonged use.

## 5.3. Storage

When not in use for extended periods, store the band in a cool, dry place. Charge the device periodically (e.g., every three months) to prevent battery degradation.

# 6. TROUBLESHOOTING

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## 6.1. Band Not Turning On

- Ensure the band is fully charged. Connect it to the charger for at least 10 minutes.
- Try pressing and holding the side button for 10-15 seconds to force a restart.

## 6.2. Unable to Pair with Smartphone

- Ensure Bluetooth is enabled on your smartphone and the band is within range.
- Restart both your smartphone and the HONOR Band 6.
- Check if the companion application is updated to the latest version.
- If previously paired, try unpairing the device from your smartphone's Bluetooth settings and then re-pairing through the app.

## 6.3. Inaccurate Readings (Heart Rate/Steps)

- Ensure the band is worn snugly on your wrist, about one finger's width above your wrist bone.
- Clean the optical sensors on the back of the band.
- Avoid excessive movement or vibrations during measurement.

## 6.4. Notifications Not Displaying

- Verify that notification permissions are granted to the companion app in your smartphone's settings.
- Check the notification settings within the companion app to ensure specific app notifications are enabled.
- Ensure the band is connected via Bluetooth to your smartphone.

# 7. SPECIFICATIONS

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Feature	Specification
Model Name	ARG-B39 / BAND 6

Display	1.47-inch AMOLED, 194 x 368 pixels, 282 PPI
Dimensions	0.45 x 1 x 1.69 inches (1.14 x 2.54 x 4.29 cm)
Item Weight	0.635 ounces (18 Grams)
Battery Type	Lithium Ion (included)
Battery Life (Typical)	Up to 14 days
Connectivity	Bluetooth
Memory Storage Capacity	32 MB
Special Features	Alarm Clock, Heart Rate Monitor, Sleep Monitor
Shape	Rectangular
Manufacturer	HONOR

## 8. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the warranty card included with your product or visit the official HONOR website. You can find FAQs, software updates, and contact information for technical assistance there.