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HUAWEI TIA-B09

Huawei TIA-B09 Fit Sport GPS Fitness Tracker User Manual

Model: TIA-B09 | Brand: HUAWEI

Introduction

Thank you for choosing the Huawei TIA-B09 Fit Sport GPS Fitness Tracker. This smart watch is designed to help you monitor your fitness activities, track your health metrics, and stay connected. Featuring a vibrant AMOLED display, built-in GPS, and 5 ATM water resistance, it is an ideal companion for your daily life and workouts. Please read this manual carefully to ensure proper use and maintenance of your device.

Safety Information

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong magnetic fields.
- Clean the device regularly with a soft, dry cloth. Do not use harsh chemicals.
- The device is 5 ATM waterproof, suitable for shallow-water activities like swimming in a pool or ocean. It is not suitable for diving, hot showers, saunas, or activities involving high-velocity water.
- Consult a doctor before starting any new exercise regimen, especially if you have pre-existing health conditions.

Package Contents

Ensure all items are present in your package:

- Huawei TIA-B09 Smart Watch
- Magnetic Charging Cable
- Quick Start Guide (this manual)

Product Overview

Familiarize yourself with the components of your Huawei TIA-B09 Smart Watch.




FRI
97



Figure 1: Front view of the Huawei TIA-B09 Smart Watch, showing the rectangular display with a digital clock, date (FRI), weather icon, and heart rate (97 bpm). The watch has a black strap.



Figure 2: Angled view of the Huawei TIA-B09 Smart Watch, highlighting the side button on the right bezel and the black silicone strap. The display shows the same interface as Figure 1.



Figure 3: Rear view of the Huawei TIA-B09 Smart Watch, displaying the optical heart rate sensor and magnetic charging contacts. The watch case is dark grey, and the strap is black.

- **Display:** 1.64-inch AMOLED touchscreen for interactive control and information display.

- **Side Button:** Used for power on/off, returning to the home screen, and accessing the app list.
- **Sensors:** Located on the rear, including heart rate monitor, accelerometer, gyroscope, and ambient light sensor.
- **Charging Contacts:** Magnetic contacts on the rear for charging the device.

Setup

1. Charging the Device

Before first use, fully charge your smart watch.

1. Connect the magnetic charging cable to a USB power adapter (not included) or a computer's USB port.
2. Align the magnetic end of the charging cable with the charging contacts on the back of the watch. The watch will vibrate and display a charging icon.
3. Allow the watch to charge until the battery indicator shows full. A full charge typically takes about 1-2 hours.

2. Pairing with Your Smartphone

To unlock the full features of your smart watch, pair it with the Huawei Health app.

1. **Download the Huawei Health App:** Scan the QR code on the watch screen (if available) or search for "Huawei Health" in your smartphone's app store (Google Play Store or Apple App Store).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open Huawei Health App:** Launch the app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to "Devices" and tap "Add device" or the "+" icon. Select "Smart watches" and then choose your Huawei TIA-B09 from the list.
5. **Confirm Pairing:** A pairing request will appear on both your phone and the watch. Confirm the pairing on both devices.
6. **Complete Setup:** Follow any remaining prompts in the app to complete the initial setup, including granting necessary permissions.

Operating Your Smart Watch

Basic Navigation

- **Touchscreen Gestures:**
  - **Swipe Up:** View notifications.
  - **Swipe Down:** Access quick settings (e.g., Do Not Disturb, Find Phone, Alarm).
  - **Swipe Left/Right:** Cycle through various widgets like Heart Rate, Weather, Activity Records, Music Control.
  - **Tap:** Select an item or open an application.
  - **Tap and Hold:** Change watch faces on the home screen.
- **Side Button:**
  - **Press:** Return to the home screen from any app, or open the app list from the home screen.
  - **Press and Hold:** Power on/off the device, or restart.

Fitness Tracking

The Huawei TIA-B09 tracks various fitness metrics automatically and during workouts.

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed trends in the Huawei Health app.
- **Activity Records:** Tracks steps, distance, calories burned, and active hours. Your daily progress is displayed on the watch

and synced to the app.

- **Sleep Monitoring:** Automatically detects and records your sleep stages (deep sleep, light sleep, REM sleep) and provides sleep quality analysis.
- **Stress Monitoring:** Monitors your stress levels throughout the day.

Workout Modes

The watch supports over 90 workout modes, including running, cycling, swimming, and more. Built-in GPS provides accurate outdoor activity tracking.

1. From the home screen, press the side button to open the app list.
2. Tap "Workout" to view the list of available activities.
3. Select your desired workout (e.g., "Outdoor Run").
4. Wait for GPS signal acquisition (for outdoor activities) if prompted.
5. Tap the "Start" icon to begin your workout.
6. During the workout, swipe left/right to view different data screens (e.g., heart rate, pace, distance).
7. To pause or end a workout, press the side button and select "Pause" or "End".

Notifications

Receive notifications from your smartphone directly on your watch.

- Ensure notification permissions are enabled for the Huawei Health app and specific apps on your smartphone.
- Swipe up on the watch face to view your notification center.

Maintenance

Cleaning Your Watch

- Wipe the watch screen and strap with a soft, lint-free cloth.
- For stubborn stains, dampen the cloth slightly with water. Do not use soap or cleaning agents.
- After swimming or sweating, rinse the watch with clean water and dry it thoroughly.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch regularly, even if not in daily use, to maintain battery health.
- Store the watch in a cool, dry place when not in use for extended periods.

Troubleshooting

Problem	Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Make sure the watch is discoverable. Restart both the watch and your smartphone. Clear Bluetooth cache on your phone (Android). Try pairing again through the Huawei Health app.

Problem	Solution
Inaccurate heart rate readings.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid excessive movement during measurement.
Notifications not appearing.	Check notification permissions for the Huawei Health app on your phone. Ensure the watch is connected via Bluetooth. Verify that "Do Not Disturb" mode is not active on the watch.

Specifications

Feature	Detail
Model Number	TIA-B09
Display Type	AMOLED
Screen Size	1.64 inches (42 mm)
Resolution	456x280
Glass Type	2.5D
Connectivity	Bluetooth 5.0 BLE, Built-in GPS
Control Type	Touchscreen, Electronic Button
Sensors	Accelerometer, Gyroscope, Light Sensor, Heart Rate Monitor
Waterproof Class	5 ATM
Charging Type	Magnetic
Battery Capacity	220 mAh
Battery Life	Up to 10 Days (Typical usage)
Operating System	Multi
Memory Storage	4000 MB
Color	Graphite Black
Item Weight	268 g
Dimensions (Package)	14.7 x 9.1 x 7.1 cm

Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official HUAWEI website. For technical support, troubleshooting assistance, or service inquiries, please contact HUAWEI customer service through their official channels. You can often find support contact details on the HUAWEI website or within the Huawei Health application.

Online Support: consumer.huawei.com/en/support/

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