HONOR MUS-B19

HONOR Watch GS 3 Smartwatch User Manual

Model: MUS-B19

Leather Strap Ocean Blue

1. INTRODUCTION

Welcome to the HONOR Watch GS 3 user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new smartwatch. The HONOR Watch GS 3 is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart connectivity features.

Please read this manual thoroughly to ensure proper usage and to fully utilize all functionalities of your device.

2. WHAT'S IN THE BOX

Verify that all items are present in your product packaging:

- HONOR Watch GS 3 Smartwatch (Model MUS-B19)
- Charging Cable
- Charging Dock
- Quick Start Guide
- Safety Information
- Warranty Card

3. PRODUCT OVERVIEW

3.1. Appearance and Design

The HONOR Watch GS 3 features a stylish ultra-slim design with a 1.43-inch AMOLED touch screen, offering a vibrant display and comfortable wear. The watch is lightweight at 44 grams and measures 4.6 x 4.6 x 1.1 cm.

Image: HONOR Watch GS 3 Smartwatch in Ocean Blue with a leather strap. The watch face displays a world map design with digital time and health metrics.

3.2. Key Components

- **1.43-inch AMOLED Touch Screen:** High-resolution display for clear visuals and intuitive interaction.
- **Side Buttons:** For navigation and function access.
- **Heart Rate Sensor:** Located on the back for continuous heart rate monitoring.
- **Charging Contacts:** For connecting to the charging dock.
- **Leather Strap:** Durable and comfortable for daily wear.

4. SETUP GUIDE

4.1. Initial Charging

1. Connect the charging cable to the charging dock.

2. Plug the charging cable into a power adapter (not included) or a USB port.

3. Place your HONOR Watch GS 3 onto the charging dock, ensuring the charging contacts align. The watch will vibrate and display a charging animation.

4. Allow the watch to charge fully before first use. A 5-minute charge can provide a full day of battery life, while a full charge offers up to 14 days under typical usage.
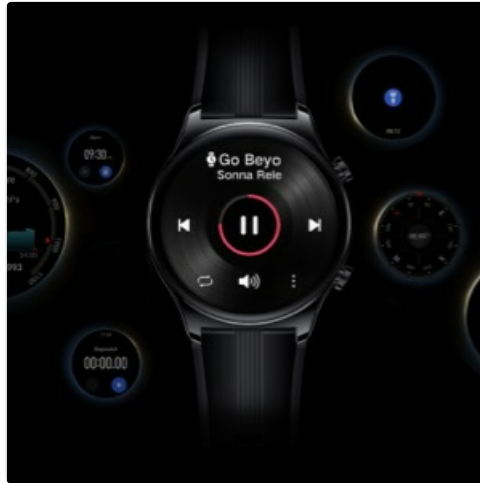

Image: The HONOR Watch GS 3 displaying a battery charging animation while on its magnetic dock.

4.2. Pairing with Your Smartphone

1. Download the **HONOR Health app** from your smartphone's app store (Google Play Store or Apple App Store).

2. Open the HONOR Health app and follow the on-screen instructions to create an account or log in.

3. Ensure Bluetooth is enabled on your smartphone.

4. In the HONOR Health app, navigate to the device section and tap to add a new device. Select "HONOR Watch GS 3" from the list.

5. Confirm the pairing request on both your watch and smartphone.

6. Grant necessary permissions to the app for full functionality, including message notifications and health data access.

Important: For optimal performance and to receive message notifications, ensure the HONOR Health app is updated to the latest version and has all required permissions enabled in your phone's system settings.

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5. BASIC OPERATION

5.1. Navigating the Interface

- **Touch Screen:** Swipe left/right, up/down, and tap to navigate menus, view notifications, and select options.
- **Upper Button:** Press to access the app list or return to the home screen. Press and hold to power on/off or restart.
- **Lower Button:** Customizable shortcut for quick access to a specific feature (e.g., workout modes).

5.2. Changing Watch Faces

To change the watch face, press and hold the current watch face on the screen. Swipe left or right to browse available watch faces. Tap to select. More watch faces can be downloaded and customized via the HONOR Health app.

Image: A collection of different watch faces available for the HONOR Watch GS 3, showcasing customization options.

6. HEALTH MONITORING FEATURES

The HONOR Watch GS 3 provides comprehensive health tracking to help you stay informed about your well-being.

6.1. Heart Rate Monitoring

Equipped with an 8-Channel Heart Rate AI Engine, the watch supports 24-hour continuous heart rate monitoring with over 97% accuracy. Access your heart rate data directly on the watch or through the HONOR Health app for detailed insights.

Image: The HONOR Watch GS 3 displaying a heart rate graph, indicating continuous monitoring.

6.2. Blood Oxygen (SpO2) Monitoring

The watch continuously tracks your blood oxygen levels. In cases of low blood oxygen, the watch will provide a pre-warning notification. This feature is for informational purposes and not intended for medical diagnosis.

Image: The HONOR Watch GS 3 showing a blood oxygen saturation (SpO2) reading of 96%.

6.3. Sleep Tracking

Monitor your sleep quality throughout the entire sleeping process. The watch records sleep stages, duration, and provides insights to help improve your sleep habits.

Image: A person sleeping while wearing the HONOR Watch GS 3, which displays a sleep duration of 6 hours and 30 minutes.

6.4. Stress Monitoring

The watch can track your stress levels throughout the day. Use this data to understand your stress patterns and manage them effectively.

7. FITNESS TRACKING

7.1. Sport Modes

The HONOR Watch GS 3 supports over 100 diverse sport modes, including 10 professional sport modes and 12 animated workout courses. Select your desired activity to track performance metrics such as calories burned, distance, and duration.

Image: A circular arrangement of icons depicting various sport modes, such as swimming, cycling, running, and skiing, available on the HONOR Watch GS 3.

7.2. Dual GPS

With built-in Dual GPS, the watch provides precise positioning for outdoor activities, allowing you to accurately track your routes and distances without needing your phone.

Image: The HONOR Watch GS 3 displaying a map with a location pin, indicating its GPS functionality.

8. SMART FEATURES

8.1. Bluetooth Calling & Notifications

Stay connected with Bluetooth calling directly from your wrist. Receive and answer calls, and get notifications for messages, emails, and app alerts from your paired smartphone.

8.2. Music Playback & Storage

Store and play music directly from your watch, allowing you to enjoy your favorite tunes during workouts or on the go without needing your phone.

Image: The HONOR Watch GS 3 screen showing music playback controls, including play/pause, skip, and volume.

8.3. Weather App & Remote Camera Shutter

Access real-time weather updates directly on your wrist. Use the remote camera shutter control to take photos with your smartphone from a distance.

9. TECHNICAL SPECIFICATIONS

Brand	HONOR
Model Name	HONOR Watch GS 3
Model Number	MUS-B19
Display Type	AMOLED
Screen Size	1.43 Inches
Resolution	454 x 454 pixels
Dimensions (LxWxH)	4.6 x 4.6 x 1.1 cm
Item Weight	44 g
Battery Life (Average)	14 Days (typical usage)
Charging Time	5 minutes for a day's use
Connectivity	Bluetooth, USB
Water Resistance Level	5 ATM (50 meters)
Operating System	Multisport Tracker
Compatible Devices	Smartphone
Sensors	GPS, Heart Rate Monitor, Blood Oxygen Sensor

10. Maintenance and Care

10.1. Cleaning Your Watch

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

10.2. Strap Care

The leather strap should be kept dry. Avoid prolonged exposure to direct sunlight, high temperatures, or moisture to prevent damage and discoloration. Clean with a soft, dry cloth.

10.3. Battery Tips

- To prolong battery life, avoid extreme temperatures.
- Disable features like continuous heart rate monitoring or GPS when not needed.
- Regularly update your watch firmware through the HONOR Health app for optimized battery performance.

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11. Troubleshooting

11.1. Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charging dock and allow it to charge for at least 10 minutes.
- Press and hold the upper button for 10-15 seconds to force a restart.

11.2. Unable to Pair with Phone

- Make sure Bluetooth is enabled on your phone and the watch.
- Ensure the HONOR Health app is installed and updated to the latest version.
- Restart both your phone and the watch.
- Clear the Bluetooth cache on your phone (Android) or forget the device in Bluetooth settings and try pairing again.
- Ensure the watch is not already paired with another device.

11.3. Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Keep the sensor area on the back of the watch clean.
- Avoid excessive movement during measurements for better accuracy.

11.4. Notifications Not Received

- Check if the HONOR Health app has notification permissions enabled in your phone's settings.
- Ensure the app is running in the background and not being closed by your phone's power-saving features.
- Verify that notifications are enabled for specific apps within the HONOR Health app.

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12. Warranty and Support

12.1. Warranty Information

The HONOR Watch GS 3 comes with a **1-year manufacturer's warranty** from the date of purchase. Please refer to the included Warranty Card for detailed terms and conditions. Keep your proof of purchase for warranty claims.

12.2. Customer Support

For further assistance, technical support, or warranty claims, please contact HONOR customer service:

- **Toll-Free Number:** 18003098970
- **Email ID:** customersupport@psavglobaltech.com

You can also visit the official HONOR website for FAQs and additional resources.