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› HUAWEI Watch D Instruction Manual

HUAWEI WATCH D

HUAWEI Watch D Instruction Manual

Model: WATCH D

1. INTRODUCTION

The HUAWEI Watch D is an advanced wearable device designed for comprehensive health monitoring. It integrates a micro air pump and an inflatable pad for precise blood pressure measurements, alongside HUAWEI TruSeen™ 5.0+ technology for accurate heart rate tracking. This manual provides essential information for setting up, operating, and maintaining your HUAWEI Watch D to ensure optimal performance and accurate health data.

Key features include:

- Accurate Blood Pressure Measurement
- ECG Analysis
- Continuous Heart Rate Monitoring
- SpO2 (Blood Oxygen) Monitoring
- Sleep Tracking
- Stress Monitoring
- Over 70 Workout Modes



Image 1.1: The HUAWEI Watch D displaying blood pressure and pulse readings on its screen.

2. SETUP

2.1 Initial Charging

Before first use, fully charge your HUAWEI Watch D. Connect the charging cradle to a power source and place the watch onto the cradle, ensuring the charging contacts align. The watch screen will indicate charging status.

2.2 App Installation and Pairing

1. Download the **HUAWEI Health app** from your smartphone's app store (compatible with iOS and Android devices).
2. Open the HUAWEI Health app and follow the on-screen instructions to create an account or log in.
3. Navigate to the 'Devices' section in the app and select 'Add device'.
4. Choose 'Smartwatches' and then select 'HUAWEI Watch D' from the list.

5. Follow the prompts in the app to pair your watch via Bluetooth. Confirm the pairing request on both your phone and the watch.

2.3 Wearing the Watch

For accurate measurements, ensure the watch is worn correctly. The strap should be snug but comfortable, positioned about one finger's width above your wrist bone. The sensor on the back of the watch needs to maintain good contact with your skin.



Image 2.1: The rear view of the HUAWEI Watch D, highlighting its sensors and the flexible strap.

3. OPERATING INSTRUCTIONS

3.1 Blood Pressure Measurement

The HUAWEI Watch D utilizes a micro air pump and inflatable pad for precise blood pressure readings. For accurate results, adhere to the following guidelines:

- **Measurement Posture:** Sit upright with your back supported. Keep quiet and relaxed.
- **Arm Position:** Place your arm on a flat surface, ensuring your wrist is at the same height as your heart.
- **Hand Position:** Rest your palm on your shoulder or chest.
- **Elbow Support:** Ensure your elbow is supported.
- **Feet Position:** Keep your feet flat on the floor.
- **Initiate Measurement:** On the watch, navigate to the Blood Pressure app and tap 'Measure'. Remain still during the measurement process.

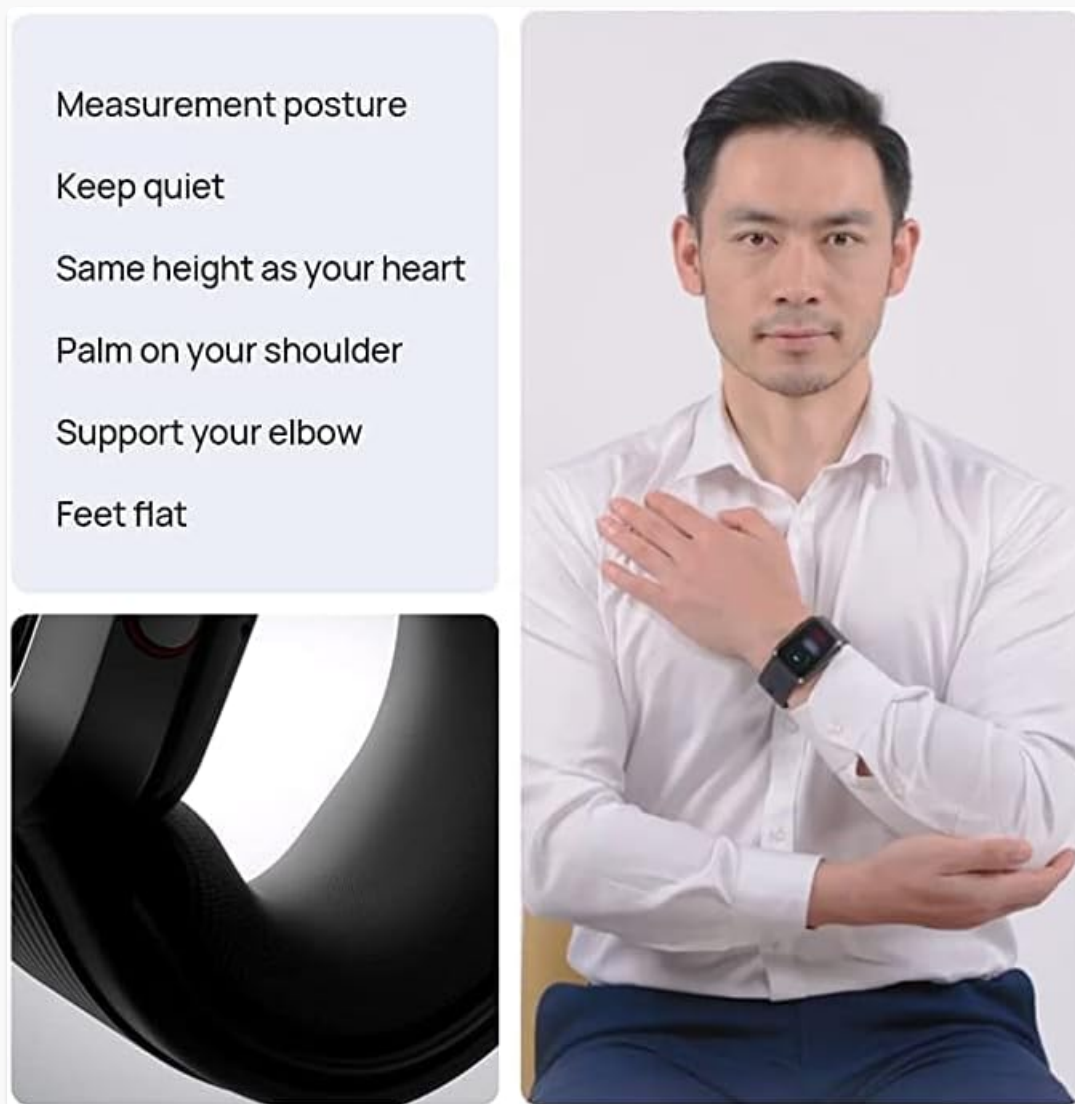


Image 3.1: Visual guide for maintaining the correct posture during blood pressure measurement.

Mesure de la pression artérielle



Image 3.2: The HUAWEI Watch D displaying the blood pressure measurement interface.

3.2 ECG Measurement

The integrated ECG sensor module allows for single-bypass ECG measurements. To perform an ECG:

1. Ensure the watch is worn correctly and snugly.
2. Open the ECG app on your watch.
3. Place your finger on the electrode on the side of the watch as instructed.
4. Remain still and quiet for the duration of the measurement (typically 30 seconds).

The watch provides real-time analysis and can offer reminders for sinus rhythm and atrial fibrillation, aiding in proactive cardiac health monitoring.

Analyse de l'ECG



Image 3.3: The HUAWEI Watch D displaying an ECG waveform during analysis.

3.3 Other Health Monitoring Features

- **Heart Rate:** The watch continuously monitors your heart rate using HUAWEI TruSeen™ 5.0+ technology. View your real-time heart rate on the watch or in the HUAWEI Health app.
- **SpO2:** Monitor your blood oxygen saturation levels. Access the SpO2 app on the watch to take a measurement.
- **Sleep Tracking:** The watch automatically tracks your sleep patterns, including sleep stages and duration. Detailed analysis is available in the HUAWEI Health app.
- **Stress Monitoring:** The watch monitors your stress levels throughout the day. Use the stress management features in the HUAWEI Health app to understand and manage your stress.



Image 3.4: The HUAWEI Watch D showing various health tracking metrics, including sleep, heart rate, and stress.

3.4 Workout Modes

The HUAWEI Watch D supports over 70 workout modes, including running, cycling, and skipping rope. Select your desired workout from the watch's workout menu to track your activity, calories burned, and other relevant metrics.

3.5 HUAWEI Health App Integration

All health and fitness data collected by your HUAWEI Watch D is synchronized with the HUAWEI Health app. This app allows you to view detailed reports, track trends, set goals, and share health data with community members, if desired.

4. MAINTENANCE

4.1 Cleaning

- Regularly clean the watch screen and strap with a soft, damp cloth.
- Ensure the charging contacts and sensors on the back of the watch are clean and dry to maintain proper function.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

4.2 Storage and Environmental Conditions

- Store the watch in a cool, dry place when not in use.
- Avoid exposing the watch to extreme temperatures, direct sunlight, or high humidity.

- Keep the watch away from strong magnetic fields.

4.3 Battery Care

- Charge the watch using only the provided charging cable and adapter.
- Avoid completely draining the battery frequently, as this can reduce its lifespan.
- If the watch will not be used for an extended period, charge it to approximately 50% before storing.

5. TROUBLESHOOTING

5.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the power button for several seconds.

5.2 Pairing Issues

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the watch is within range of your smartphone.
- Restart both your watch and smartphone.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.

5.3 Inaccurate Measurements

- Verify the watch is worn correctly and snugly on your wrist.
- For blood pressure, ensure you follow the correct posture guidelines (refer to Section 3.1).
- Ensure the sensors on the back of the watch are clean and free from obstructions.
- Avoid movement or talking during measurements.

5.4 App Synchronization Problems

- Ensure your smartphone has an active internet connection.
- Check if the HUAWEI Health app is updated to the latest version.
- Restart the HUAWEI Health app.
- Ensure the watch is connected to your phone via Bluetooth.

6. SPECIFICATIONS

Feature	Detail
Model Name	WATCH D
Item Model Number	6941487289714
Brand	HUAWEI
Screen Size	3 Centimeters (2 inches)

Wireless Communication Standard	Bluetooth
Battery Type	Lithium Ion (1 required, included)
Package Dimensions	14 x 12 x 8.9 cm
Item Weight	450 g
Compatible Devices	Smartphone (iOS and Android)

7. WARRANTY AND SUPPORT

7.1 Warranty Information

Warranty terms and conditions for the HUAWEI Watch D are typically provided with the product packaging or can be found on the official HUAWEI website. Please retain your proof of purchase for warranty claims.

7.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the official HUAWEI support website or contact HUAWEI customer service in your region. You can often find detailed FAQs, software updates, and contact information on their website.

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

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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