HUAWEI Phoinix-B19F

HUAWEI Watch GT 4 User Manual

Model: Phoinix-B19F | Brand: HUAWEI

Introduction

The HUAWEI Watch GT 4 is a fashion-forward smartwatch designed to seamlessly integrate into your daily life, offering advanced health monitoring, comprehensive workout tracking, and smart communication features. With its elegant geometric aesthetics, vibrant AMOLED screen, and long-lasting battery life, it's built to support your active lifestyle and keep you connected.



Figure 1: HUAWEI Watch GT 4 - Black Fluoroelastomer Strap

What's in the Box

Upon unboxing your HUAWEI Watch GT 4, you will find the following items:

- HUAWEI Watch GT 4 (Phoinix-B19F)
- Charging Cradle (Magnetic)

- Charging Cable
- Quick Start Guide
- Safety Information
- Warranty Card

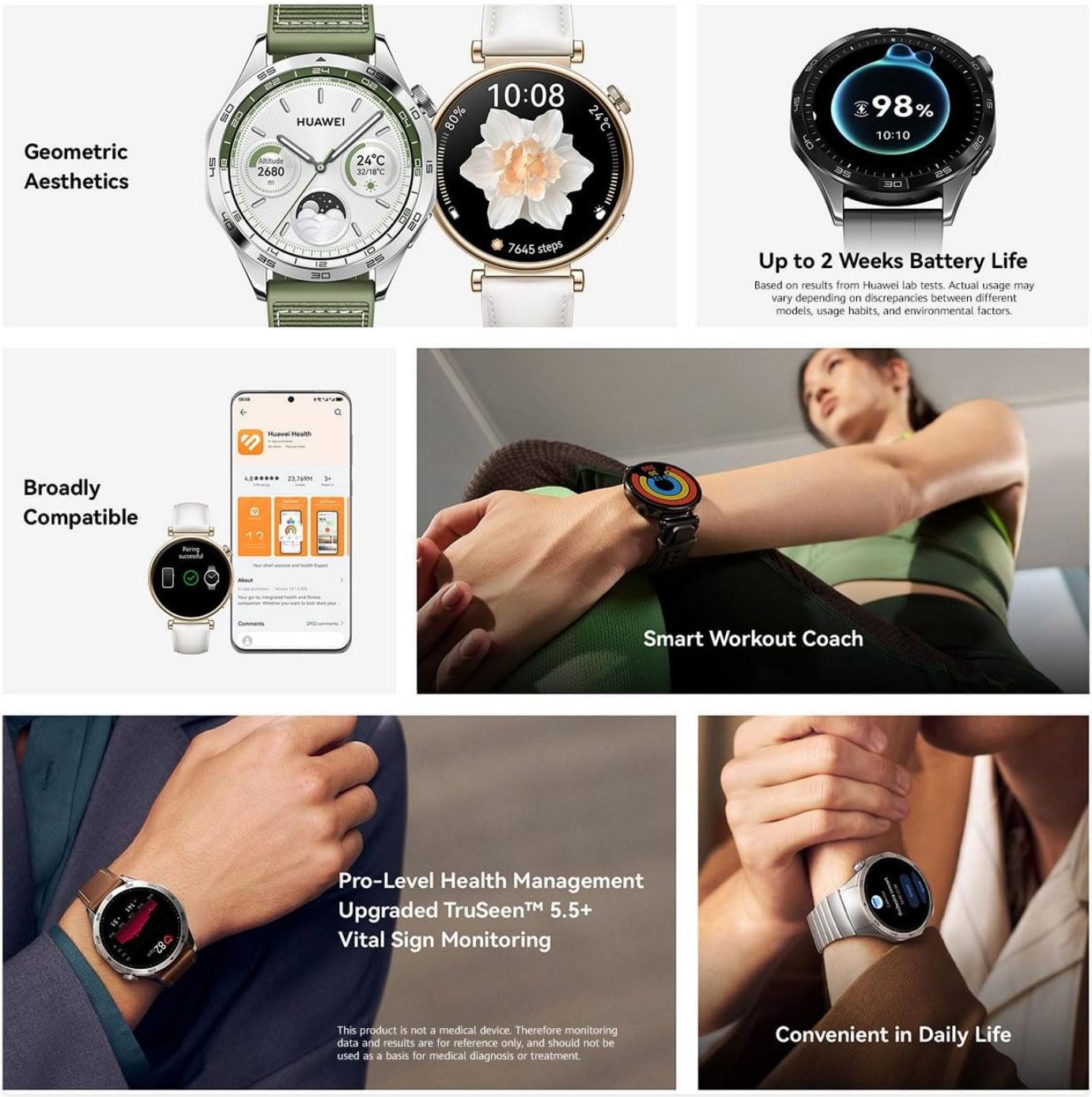


Figure 2: Overview of HUAWEI Watch GT 4 features and accessories

Setup

Initial Pairing with Your Smartphone

1. Ensure your HUAWEI Watch GT 4 is sufficiently charged.
2. Download and install the **Huawei Health app** on your smartphone (available for Android and iOS).

3. Open the Huawei Health app and follow the on-screen instructions to create or log in to your HUAWEI ID.
4. In the app, navigate to 'Devices' and tap 'Add device'.
5. Select 'Smartwatches' and choose your HUAWEI Watch GT 4 from the list of nearby devices.
6. Confirm the pairing request on both your watch and smartphone.
7. Once paired, the app will guide you through initial settings and data synchronization.



Figure 3: Pairing the HUAWEI Watch GT 4 with the Huawei Health app

Operating the Watch

Display and Navigation

The HUAWEI Watch GT 4 features a high-resolution 1.43-inch AMOLED touchscreen display, offering sharp and vibrant visuals even in bright sunlight. Navigation is intuitive:

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Cycle through various watch faces and widgets (e.g., Heart Rate, Activity Rings, Weather).
- **Tap:** Select an item or open an application.
- **Press and Hold:** Customize watch faces on the home screen.

Buttons

The watch is equipped with two physical buttons on the side:

- **Top Button (Crown):** Press to open the app list or return to the home screen. Rotate to scroll through lists or adjust settings.
- **Bottom Button:** Customizable shortcut. By default, it may open the Workout menu or a frequently used feature. You can configure its function in the watch settings.

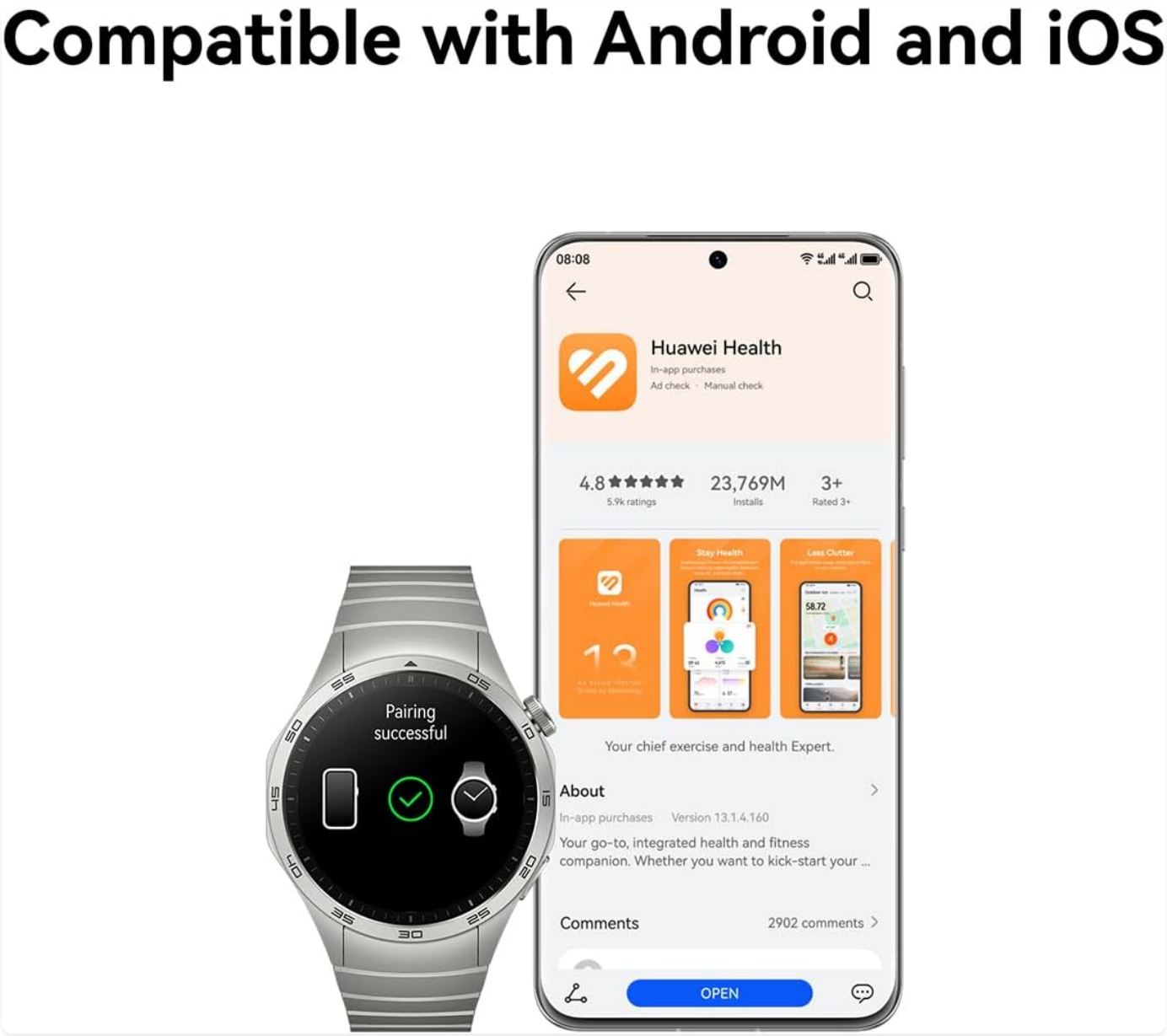


Figure 4: HUAWEI Watch GT 4 showing its octagonal design and side buttons

Health Monitoring

The HUAWEI Watch GT 4 provides comprehensive health tracking capabilities:

- **HUAWEI TruSeen™ 5.5+ Heart Rate Monitoring:** Continuously tracks your heart rate with improved accuracy, providing timely reminders if your heart rate strays from its target zone.
- **HUAWEI TruSleep™ 3.0:** Monitors your sleep stages (deep, light, REM) and breathing quality, offering personalized advice for better sleep.
- **Female Health Management 3.0:** Provides intelligent tracking and reminders for menstrual cycles and ovulation periods.
- **SpO2 Monitoring:** Measures blood oxygen saturation levels.
- **Stress Monitoring:** Tracks your stress levels throughout the day and offers breathing exercises to help you relax.



Figure 5: Pro-Level Health Management features on the HUAWEI Watch GT 4

Workout Modes

The watch supports over 100 workout modes, allowing you to track a wide range of activities. Key features include:

- **New Modes:** Football, basketball, and padel.
- **Standard Modes:** Walking, running, cycling, swimming, and more.
- **Real-time Data:** Provides metrics such as heart rate, distance, calories burned, and pace.
- **GPS Tracking:** Built-in GPS allows for accurate route tracking during outdoor activities.
- **Voice Guidance:** Convenient voice prompts during running workouts.



Figure 6: Smart Fitness Trainer capabilities of the HUAWEI Watch GT 4

Smart Features

Stay connected and manage your daily life directly from your wrist:

- **Bluetooth Calling:** Make and receive calls directly from your watch, thanks to its built-in speaker and microphone.
- **Notifications:** Receive alerts for incoming calls, SMS messages, and app notifications.
- **SMS Quick Reply:** Respond to messages with preset quick texts or emojis.
- **Music Playback:** Control music playback on your phone or store music directly on the watch for independent listening during workouts.
- **Calendar App:** Manage your schedule and track to-dos.



Figure 7: Smart Lifestyle Assistant features on the HUAWEI Watch GT 4

Battery Life and Charging

The HUAWEI Watch GT 4 boasts an impressive battery life of up to two weeks on a single charge, depending on usage. To charge your watch:

1. Connect the charging cable to the magnetic charging cradle.
2. Place the back of your watch onto the charging cradle, ensuring the magnetic contacts align. The watch will vibrate and display a charging indicator.
3. Connect the USB end of the charging cable to a power adapter (not included) or a computer's USB port.
4. Allow the watch to charge until the battery indicator shows 100%.

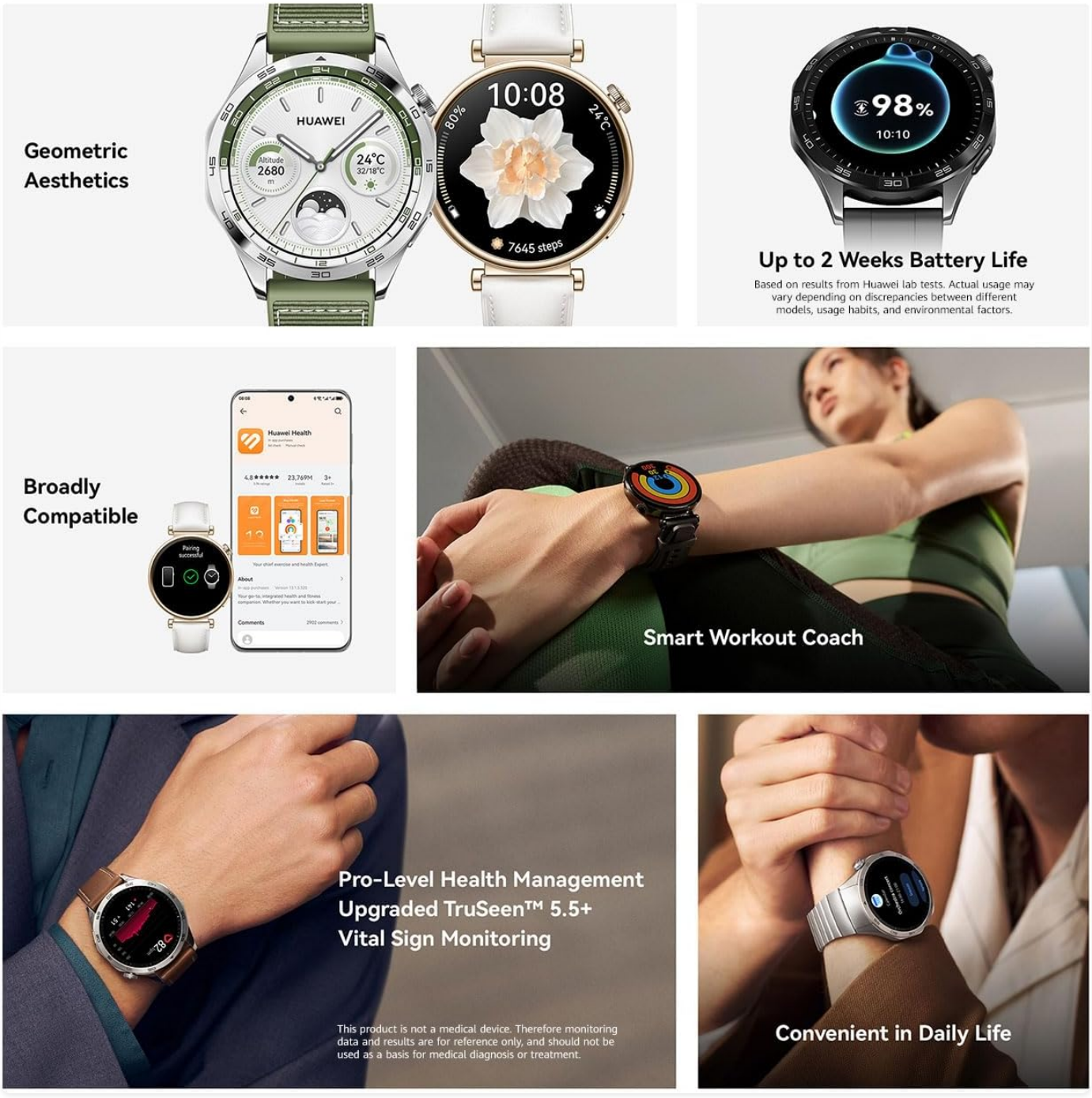


Figure 8: Battery life and charging method for HUAWEI Watch GT 4

Specifications

Feature	Detail
Model Number	Phoinix-B19F
Product Dimensions	1.81 x 1.81 x 0.43 inches
Item Weight	1.69 ounces (48 Grams)
Screen Size	1.43 Inches AMOLED
Operating System	LiteOS
Battery Capacity	530 Milliamp Hours (Lithium Polymer)
Wireless Communication	Bluetooth
GPS	GPS Via Smartphone
Band Material Type	Fluoroelastomer
Compatible Phone Models	All current smartphone models

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cradle and a power source for at least 10 minutes.
- **Pairing issues:** Make sure Bluetooth is enabled on your smartphone and the watch is discoverable. Restart both devices and try pairing again. Ensure the Huawei Health app is updated to the latest version.
- **Inaccurate heart rate/sleep data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor clean.
- **Notifications not appearing:** Check notification settings in the Huawei Health app and on your smartphone. Ensure the app has necessary permissions to display notifications.
- **Short battery life:** Reduce screen brightness, disable Always On Display, limit continuous heart rate monitoring, and close unnecessary background apps on the watch.

Warranty and Support

For detailed warranty information and customer support, please refer to the warranty card included in your product packaging or visit the official HUAWEI support website. You can also find FAQs and additional resources within the Huawei Health app.

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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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