



[Manuals.plus](#) /

› [HONOR CHOICE](#) /

› HONOR CHOICE Watch User Manual

HONOR CHOICE BOT-WB01

HONOR CHOICE Watch User Manual

Model: BOT-WB01

Brand: HONOR CHOICE

1. INTRODUCTION

Thank you for choosing the HONOR CHOICE Watch. This manual provides essential information to help you set up, operate, maintain, and troubleshoot your device. The HONOR CHOICE Watch features a vibrant 1.95-inch AMOLED display, supports Bluetooth calling, offers 120 workout modes, is 5ATM swim-ready, and provides up to 12 days of battery life. It also includes built-in multi-system GNSS for precise positioning and comprehensive health tracking capabilities such as SpO2, heart rate, and sleep monitoring.



Image: The HONOR CHOICE Watch in white, showcasing its sleek design and vibrant display.

2. WHAT'S IN THE BOX

Upon unboxing your HONOR CHOICE Watch, please ensure all the following components are present:

- **Watch** x 1
- **Charging Cable** x 1
- **Quick Start Guide** x 1
- **Safety Information** x 1
- **Warranty Card** x 1

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your HONOR CHOICE Watch. Connect the magnetic charging cable to the charging port on the back of the watch and plug the other end into a USB power adapter (not included). The watch display will indicate charging status.

3.2 App Installation

The HONOR CHOICE Watch requires the **HONOR Health App** for full functionality and data synchronization. This app is compatible with both Android and iOS devices.

- Search for "HONOR Health" on Google Play Store (for Android) or Apple App Store (for iOS).
- Download and install the app.
- Alternatively, you can scan the QR code displayed on the watch during the pairing process using your phone's browser to download the app.



Image: The HONOR Health App icon and a smartphone displaying the app interface.

3.3 Pairing Your Watch

To pair your HONOR CHOICE Watch with your smartphone:

1. **Initiate Watch Display:** When the watch is powered on, it will display a QR code for pairing. If not connected within 5 minutes, it will shut down to conserve power. Press and hold the side button for 3 seconds to turn it back on.
2. **Access Phone Settings:** On your phone, go to Bluetooth settings.
3. **Open HONOR Health App:** Launch the HONOR Health App.
4. **Add Device:** In the app, navigate to the device management section and select "Add Device" or "Scan by QR code".
5. **Select Device:** Choose the corresponding device name from the list or scan the QR code displayed on your watch.
6. **Confirm Pairing:** Confirm the pairing request on both your phone and the watch to complete the binding process.



Image: Visual guide illustrating the pairing process between the HONOR CHOICE Watch and a smartphone.

For more information, visit the official HONOR website: [explorehonor.com](https://www.explorehonor.com)

4. OPERATING YOUR WATCH

4.1 Display Features

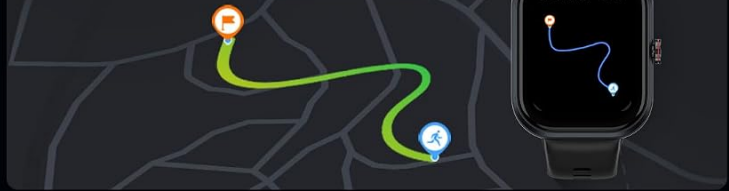
The HONOR CHOICE Watch boasts a striking 1.95-inch AMOLED display, offering vibrant colors and high resolution. Key display specifications include:

- **Resolution:** 410*502 pixels
- **Peak Brightness:** 550 nits
- **Pixel Density:** 332 ppi
- **Glass:** 2.5D curved glass
- **Refresh Rate:** 60Hz for smooth interactions

1.95-inch AMOLED Full-view Display
An astonishingly high-quality screen



Outdoor Workout Satellite Positioning
5 independent satellite systems



Bluetooth Calling
Make calls on your watch



Ultra-long Battery Life

12 DAYS

All-day Health Monitoring

24-hour protection, one-touch health measurement



Heart rate



SpO₂



Stress

5ATM Water Resistance

Worry-free workouts



Six Reasons to Buy

*The watch supports satellite and inertial navigation fusion positioning. Satellite positioning supports five major navigation satellite systems: GPS, GLONASS, GALILEO, BDS and QZSS. All-day SpO₂, heart rate and blood pressure monitoring are intermittent and periodic, not real-time. Bluetooth calling requires that the watch stay connected to the mobile phone via Bluetooth.

Image: A close-up of the watch display highlighting its vibrant AMOLED screen and detailed interface.



Image: The watch display showcasing its ability to render 16.7 million colors, providing rich visual detail.

4.2 Bluetooth Calling

The HONOR CHOICE Watch allows you to make and receive calls directly from your wrist when connected to your smartphone via Bluetooth 5.3. This dual-mode Bluetooth ensures a stable phone connection and enhanced functionality.

Your Thoughtful Wrist Assistant

Built-in compass, reminder of water intake, calculator, vibration drainage, and more handy tools



Weather



Flashlight



Alarm



Music control



Remote shutter



Stopwatch



Timer



Find phone



Image: The watch display showing an incoming call, demonstrating the Bluetooth calling feature.



Image: A user interacting with the watch to make a call, illustrating the convenience of wrist-based communication.

4.3 Workout Modes and GNSS

The watch supports 120 workout modes, providing comprehensive tracking for various physical activities. It features built-in multi-system GNSS (GPS+GLONASS+GALILEO+BDS+QZSS) for precise outdoor navigation and accurate tracking of your routes and distances.

Workout and Health At Your Command

HONOR Health App, compatible with Android and iOS devices*
Records health and fitness data anytime, anywhere
Personalized data guidance to help you
better understand your body



HONOR Health App



*Supports mobiles with Android 9.0+ and iOS 11.0+ system

Image: A visual representation of the watch's satellite positioning capabilities during an outdoor workout.



Image: The HONOR Health App displaying workout data and health metrics, synchronized with the watch.



Image: A user engaged in a workout, demonstrating the watch's utility during physical activity.

4.4 Health Monitoring

The HONOR CHOICE Watch provides comprehensive health insights through various monitoring features:

- **SpO2 Monitoring:** Tracks blood oxygen saturation levels.
- **Heart Rate Tracking:** Continuous heart rate monitoring for all-day insights.
- **Sleep Tracking:** Monitors sleep patterns and quality.
- **Stress Management:** Offers breathing exercises to help manage stress.
- **Menstrual Tracking:** Supports tracking of menstrual cycles.

How to Pair HONOR CHOICE Watch

Step 1:

Initiate Watch and QR Code Display

- When the watch is powered ON, it displays a QR code for pairing.
- If not connected within 5 minutes, it will shut down to conserve power. Press and hold the side button for 3 seconds to turn it back on.



Step 2:

Download "HONOR Health" App

- Search for "HONOR Health" on your phone's Play store or App store or scan the QR code displayed on the watch using your phone's browser to download and install the app.



Step 3:

Pairing on Android/iOS device

- Access your phone's Bluetooth settings.
- Locate the corresponding device name and click on pairing.
- Open the "HONOR Health" App on your phone.
- Navigate to the device interface and click "Add Device or scan by QR code."
- Select the corresponding device name or choose "Scan Code to Add" and scan the QR code on the watch to initiate the binding process.
- Confirm device pairing on the watch to complete the binding.



HONOR Health App is available on



Image: The watch display showing various health metrics, including heart rate, SpO2, and stress levels.



Image: Icons representing the heart rate, SpO2, and stress monitoring features of the watch.

4.5 Water Resistance

The HONOR CHOICE Watch is 5ATM waterproof, making it suitable for aquatic activities such as swimming in pools or shallow waters. It is not recommended for diving, high-pressure water activities, or hot water environments.

Specifications



Product Name HONOR CHOICE Watch	Dimensions 49.7 × 39.9 × 10.2 mm	Display 1.95-inch AMOLED	Resolution 410 × 502 px
Positioning BDS/GPS/GLONASS/ GALILEO/QZSS	Waterproof Level 5ATM	Charging Method Magnetic Charging	Battery Life 12 Days
Battery 300 mAh	Wrist Circumference 140 - 220 mm	Package Contents Watch × 1, Charging Cable × 1, Quick Start Guide × 1, Safety Information × 1, Warranty Card × 1	

*Body dimensions are measured without buttons/tabs
The above dimensions have been measured manually and may differ slightly. Please refer to the actual product
The battery life data comes from Liesheng Labs with the watch paired to an HONOR mobile. Battery life varies in accordance with individual product differences, actual use and environmental factors.
The data comes from Liesheng Labs. 5ATM waterproof level means protection against pressure equivalent to 50 m depth of static water for 10 minutes. Not intended for actual 50 m underwater use.

Image: The watch display showing a water droplet icon, indicating its 5ATM water resistance.

4.6 Smart Features

Elevate your daily efficiency with a range of smart tools accessible directly from your watch:

- **Calculator:** Perform quick calculations on the go.
- **Voice Memo:** Record short voice notes.
- **Vibration Alert:** Customizable vibration patterns for notifications.
- **Compass:** Built-in compass for navigation.
- **Stopwatch & Timer:** For precise timekeeping.
- **Alarm:** Set alarms directly from your wrist.
- **Flashlight:** Use the screen as a temporary light source.
- **Live Weather Updates:** Get real-time weather information.

- **Music Control:** Control music playback on your paired phone.
- **Remote Shutter:** Remotely control your phone's camera.
- **Find Phone:** Locate your misplaced phone by making it ring.

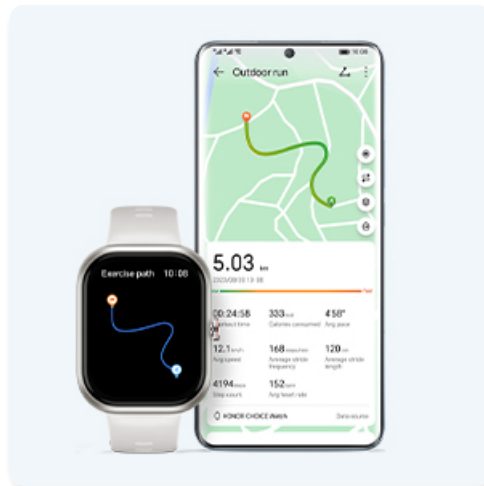


Image: A collection of icons representing the various thoughtful wrist assistant features available on the watch.

5. MAINTENANCE

5.1 Cleaning Your Watch

To maintain the appearance and functionality of your watch:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and components.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance Care

While the watch is 5ATM waterproof, proper care is essential:

- Rinse the watch with fresh water after exposure to saltwater or chlorinated water.
- Dry the watch thoroughly before charging or using the buttons.
- Avoid exposing the watch to hot water, steam, or high-pressure water jets.

5.3 Battery Life Optimization

The HONOR CHOICE Watch offers an impressive battery life of up to 12 days under typical usage. To optimize battery performance:

- Reduce screen brightness.
- Disable the Always-On Display (AOD) if not frequently needed.
- Limit the number of notifications received on the watch.
- Turn off continuous heart rate or SpO2 monitoring if not required 24/7.
- Close background apps on the watch when not in use.



Image: The watch display indicating a full charge and highlighting its 12-day battery life capability.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your HONOR CHOICE Watch.

6.1 Connectivity and Data Sync Problems

If your watch frequently loses Bluetooth connection or data is not syncing:

- **Re-pair the Watch:** Unpair the watch from your phone's Bluetooth settings and then re-pair it through the HONOR Health App.
- **Check App Permissions:** Ensure the HONOR Health App has all necessary permissions enabled (e.g., Bluetooth, location, background activity).
- **Keep App Running:** Make sure the HONOR Health App is running in the background on your phone.
- **Restart Devices:** Restart both your watch and smartphone.

6.2 Inaccurate Data Readings

If you experience inaccuracies with step counts, heart rate, or sleep data:

- **Wear Position:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
- **Activity Type:** Be aware that certain activities, such as typing or driving, might generate false step counts due to arm movements.
- **App Updates:** Ensure your HONOR Health App and watch firmware are updated to the latest versions. Software updates often include improvements to data accuracy.

6.3 HONOR Health App Battery Drain

If the HONOR Health App is consuming excessive phone battery:

- **Background Activity:** Check your phone's battery usage settings to see if the app is running excessively in the background. Adjust background refresh settings if possible.
- **Notifications:** Reduce the number of apps sending notifications to your watch, as constant communication can increase battery usage.

6.4 VO2max Data Not Displaying

The VO2max data feature may require specific conditions to be met, typically during intense workouts. Ensure you

are performing a recognized workout type and that the watch is properly tracking your activity for this metric to be calculated and displayed accurately.

6.5 No Dialing Pad on Watch

The HONOR CHOICE Watch does not feature a direct dialing pad. To initiate calls from the watch, you must use your recent call history or select contacts saved as favorites within the HONOR Health App.

7. SPECIFICATIONS

Feature	Specification
Product Name	HONOR CHOICE Watch
Model Number	BOT-WB01
Dimensions	49.7 x 39.9 x 10.2 mm
Item Weight	45 g
Display	1.95-inch AMOLED
Resolution	410 x 502 px
Positioning	BDS/GPS/GLONASS/GALILEO/QZSS
Waterproof Level	5ATM
Charging Method	Magnetic Charging
Battery Life	Up to 12 Days
Battery Capacity	300 mAh
Wrist Circumference	140 - 220 mm
Material	Silicone (Strap)
Included Components	Watch x 1, Charging Cable x 1, Quick Start Guide x 1, Safety Information x 1, Warranty Card x 1

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The HONOR CHOICE Watch comes with a **Limited Warranty**. Please refer to the included Warranty Card for specific terms and conditions regarding coverage and duration.

8.2 Customer Support

For any queries, technical assistance, or support related to your HONOR CHOICE Watch, please contact the importer's customer care:

- **Importer:** PSAV Global Tech Private Limited
- **Customer Care No.:** 1800-309-8970
- **WhatsApp Chat No.:** 9990466166
- **E-mail:** customersupport@psavglobaltech.com & feedback@honortech.com