HUAWEI 55020CFC

HUAWEI Watch FIT 3 User Manual

Your Guide to Comprehensive Fitness and Health Management

Introduction

Welcome to the HUAWEI Watch FIT 3 user manual. This guide provides essential information to help you set up, operate, maintain, and troubleshoot your new smartwatch. The HUAWEI Watch FIT 3 is designed to be a sleek and powerful companion for your daily life, offering advanced health and fitness tracking capabilities in an ultra-slim design.



Figure 1: HUAWEI Watch FIT 3 in its packaging.

Setup

Unboxing and Initial Setup

Upon opening the box, you will find your HUAWEI Watch FIT 3, a charging cable, and this user manual. Carefully remove all components from the packaging.



Figure 2: Front view of the HUAWEI Watch FIT 3.



Figure 3: Side view showing the digital crown and function button.



Figure 4: Rear view displaying the heart rate sensors and charging contacts.

Charging the Device

Before first use, fully charge your HUAWEI Watch FIT 3. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



Figure 5: Close-up of the magnetic charging port.

Pairing with Your Smartphone

To unlock the full potential of your HUAWEI Watch FIT 3, pair it with your smartphone using the Huawei Health app. Download the app from your device's app store (iOS or Android). Open the app, navigate to the 'Devices' section, and follow the on-screen instructions to add and pair your watch.



Figure 6: Screenshot of the Huawei Health app interface, showing device pairing options.

Operating Your HUAWEI Watch FIT 3

Navigating the Interface

The HUAWEI Watch FIT 3 features a responsive touch screen and a digital crown for intuitive navigation. Swipe left or right to access different widgets, swipe down for quick settings, and swipe up for notifications. The digital crown can be rotated to scroll through menus and pressed to return to the home screen or open the app list.



Figure 7: Default watch face displaying time and activity metrics.

Key Features Overview

Display and Design

The watch boasts a 1.82-inch AMOLED display with 1500 nits peak brightness and 347 PPI, ensuring vivid visuals even in bright sunlight. Its ultra-slim design, measuring just 9.9 mm thin and weighing 26g (without strap), makes it comfortable for all-day wear.



Figure 8: Vibrant 1.82-inch AMOLED display with high brightness.



Figure 9: Ultra-slim profile of the HUAWEI Watch FIT 3.

Fitness Management

The Watch FIT 3 offers comprehensive fitness management, including calorie tracking, smart workout suggestions based on your habits and weather, and support for over 100 workout modes with auto-detection for six types of exercises. It features a 9-axis IMU sensor for accurate activity tracking.

Health Monitoring

Monitor your health with features like comprehensive sleep tracking (heart rate, SpO2, respiratory rate), and enhanced vital sign tracking with accurate heart rate monitoring via a multi-channel module and smart fusion algorithm.

Battery Life

Enjoy extended usage with up to 10 days of maximum battery life, and 7 days of typical usage, ensuring peace of mind throughout your day.

Maintenance

Cleaning Your Watch

Regularly clean your watch and strap to prevent skin irritation and maintain device longevity. Use a soft, lint-free cloth to wipe the screen and body. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

Strap Replacement

The HUAWEI Watch FIT 3 features easily removable straps, allowing for customization and replacement. To remove a

strap, locate the quick-release pins on the underside of the strap where it connects to the watch body. Slide the pin inwards and gently pull the strap away from the watch. To attach a new strap, align the pins with the holes on the watch body and slide the pin back into place until it clicks securely.



Figure 10: Easy-release mechanism for changing watch straps.

Software Updates

Ensure your watch's software is up to date for optimal performance and new features. Connect your watch to your smartphone via the Huawei Health app. The app will notify you of available updates. Follow the on-screen prompts to download and install them. Ensure your watch has sufficient battery life before starting an update.

Troubleshooting

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.

- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the Huawei Health app is open. Restart both your phone and watch, then try pairing again. Ensure the watch is not already paired with another device.
- **Inaccurate heart rate/SpO2 readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Avoid excessive movement during measurements.
- **Battery drains quickly:** Reduce screen brightness, disable Always-On Display (AOD), limit background app refresh, and turn off unnecessary notifications. Ensure all software is up to date.
- **Notifications not appearing:** Check notification settings in the Huawei Health app and on your phone. Ensure the app has necessary permissions to display notifications.

Technical Specifications

Feature	Specification
Brand	HUAWEI
Model Number	55020CFC
Display	1.82 Inches AMOLED
Max. Brightness	1500 nits
PPI	347
Dimensions	1.7 x 0.39 x 1.43 inches
Weight	26g (without strap) / 198 Grams (Item Weight)
Water Resistance	5 ATM
Connectivity	Bluetooth 5.2
Operating System	HarmonyOS
Battery Life (Typical)	Up to 7 days
Battery Life (Maximum)	Up to 10 days
Sensors	9-axis IMU, Optical Heart Rate Sensor, Ambient Light Sensor

Warranty and Support

Warranty Information

The HUAWEI Watch FIT 3 comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms, conditions, and duration of coverage. Keep your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty service, please contact HUAWEI customer support through their official website or the contact information provided in your warranty documentation. You can also find FAQs and additional resources on the Huawei Health app.

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Ask a question about this manual

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.

Name

Anonymous

Email

you@example.com

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