HUAWEI 55020CJU

HUAWEI Watch FIT 3 User Manual

Model: 55020CJU

1. Product Overview

The HUAWEI Watch FIT 3 is a versatile smartwatch designed for comprehensive fitness and health management. It features a vibrant 1.82-inch AMOLED display, an ultra-slim design, and a durable battery life, making it compatible with both iOS and Android devices.



Figure 1: Front view of the HUAWEI Watch FIT 3.

Key Features:

- **1.82-inch AMOLED Display:** Offers 1500 nits max brightness and 347 PPI for vivid visuals.
- **Ultra-Slim Design:** Weighs just 26g with a 9.9 mm thickness, featuring an aluminum alloy body.
- **All-Round Fitness Management:** Tracks calories, provides smart workout suggestions, and supports over 100 workout modes with auto-detection.
- **Comprehensive Health Management:** Includes sleep monitoring, heart rate tracking, SpO2, and respiratory rate.
- **Durable Battery Life:** Up to 10 days of maximum usage, 7 days of typical usage.

2. Getting Started: Setup and Pairing

Before using your HUAWEI Watch FIT 3, ensure it is fully charged and paired with your smartphone. The watch is compatible with both iOS and Android devices through the HUAWEI Health app.

2.1 Charging the Device

Connect the charging cable to the charging port on the back of the watch and plug the other end into a USB power

adapter. A full charge typically takes approximately 1 hour. The battery icon on the screen will indicate charging status.



Figure 2: Rear view of the watch with charging contacts.

2.2 Downloading and Installing the HUAWEI Health App

1. Scan the QR code provided in the watch's quick start guide or search for "HUAWEI Health" in your device's app store (App Store for iOS, Google Play Store or HUAWEI AppGallery for Android).
2. Download and install the app.
3. Open the HUAWEI Health app and follow the on-screen instructions to create an account or log in.



Figure 3: HUAWEI Health app interface on a smartphone, demonstrating compatibility.

2.3 Pairing Your Watch

1. Ensure Bluetooth is enabled on your smartphone.
2. In the HUAWEI Health app, navigate to "Devices" and tap "Add device" or the "+" icon.
3. Select "Smartwatches" and choose "HUAWEI Watch FIT 3" from the list of available devices.
4. Follow the prompts on both your phone and watch to complete the pairing process. Confirm the pairing code if prompted.

For optimal performance, ensure the HUAWEI Health app is running in the background and has all necessary permissions granted.

3. Operating Your HUAWEI Watch FIT 3

3.1 Display and Navigation

The HUAWEI Watch FIT 3 features a vibrant 1.82-inch AMOLED display with a high screen-to-body ratio, providing clear

visuals even in bright sunlight. Navigation is primarily touch-based, complemented by a side button and a rotating crown.

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Side Button:** Press to access the app list or return to the home screen.
- **Rotating Crown:** Rotate to scroll through lists or zoom in/out. Press to confirm selections or return to the previous screen.



Figure 4: The 1.82-inch AMOLED display in action.



Figure 5: Side view highlighting the rotating crown and side button.

3.2 Bluetooth Calling

Once paired with your smartphone, the HUAWEI Watch FIT 3 supports Bluetooth calling, allowing you to answer or make calls directly from your wrist. Ensure your watch is within Bluetooth range of your phone for this feature to function.

Your browser does not support the video tag.

Video 1: Official product video demonstrating various features including Bluetooth calling, fitness tracking, and design aspects of the HUAWEI Watch FIT 3.

3.3 All-Round Fitness Management

The watch offers extensive fitness tracking capabilities:

- **Workout Modes:** Supports over 100 workout modes, including outdoor cycling, running, and yoga. It can auto-detect six types of exercises.
- **Calorie Tracking:** Monitors calories burned and consumed to help you maintain a healthy balance.
- **Smart Suggestions:** Provides personalized sports and activity recommendations based on your workout habits, calorie consumption, and even weather conditions.



Figure 6: Display showcasing fitness metrics and display brightness.

3.4 Comprehensive Health Management

Monitor your health with advanced sensors:

- **Sleep Monitoring:** Tracks heart rate, SpO2, respiratory rate, and abnormal breathing patterns during sleep.
- **Enhanced Vital Sign Tracker:** Provides accurate heart rate monitoring during exercise and daily activities using a multi-channel module and smart fusion algorithm.

4. Battery Life

The HUAWEI Watch FIT 3 is designed for extended use, offering up to 10 days of battery life under maximum usage conditions and typically 7 days with regular use. Actual battery life may vary based on usage patterns and settings.

5. Specifications

Feature	Detail
Product Dimensions	1.7 x 0.39 x 1.43 inches
Item Weight	7 ounces (198 Grams)
Item Model Number	55020CJU
Batteries	1 Lithium Polymer battery (included)
Standing Screen Display Size	1.82 Inches
Operating System	HarmonyOS
Special Feature	Activity Tracker
Connectivity Technology	Bluetooth
GPS	Built-in GPS
Shape	Rectangular
Manufacturer	HUAWEI

6. Maintenance and Care

To ensure the longevity and optimal performance of your HUAWEI Watch FIT 3, follow these care guidelines:

- **Cleaning:** Regularly wipe the watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is designed to be water-resistant. However, avoid prolonged exposure to hot water, steam, or high-velocity water. Dry the watch thoroughly after exposure to water.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Strap Care:** If your watch has a removable strap, clean it according to its material type. Ensure the strap is securely attached before wearing.

7. Troubleshooting

If you encounter issues with your HUAWEI Watch FIT 3, try the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes.
- **Cannot pair with phone:**
    - Ensure Bluetooth is enabled on your phone.
    - Make sure the HUAWEI Health app is updated to the latest version.
    - Restart both your phone and the watch.
    - Ensure the watch is not already paired with another device.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensors regularly.
- **Notifications not received:** Check notification permissions in the HUAWEI Health app and your phone's system settings. Ensure the app is running in the background.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button until it reboots.

For persistent issues, refer to the official HUAWEI support website or contact customer service.

8. Warranty and Support

Your HUAWEI Watch FIT 3 comes with a standard manufacturer's warranty. For detailed warranty terms, conditions, and duration, please refer to the warranty card included in the product packaging or visit the official HUAWEI support website.

For technical assistance, product inquiries, or service requests, please contact HUAWEI customer support through their official channels. Keep your proof of purchase handy when seeking support.

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

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