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HONOR HONOR CHOICE Smartwatch

HONOR CHOICE Smart Watch User Manual

Model: HONOR CHOICE Smartwatch
Brand: HONOR

Introduction

This manual provides comprehensive instructions for the HONOR CHOICE Smart Watch, a versatile wearable device featuring a 1.95-inch AMOLED display, Bluetooth calling capabilities, integrated GPS, and extensive health monitoring functions. Designed for compatibility with both Android and iOS devices, this smartwatch offers up to 12 days of battery life and 5ATM water resistance, making it suitable for various daily activities and workouts.



Image: Front view of the HONOR CHOICE Smart Watch, showcasing its display and white strap.

Setup

1. Unboxing and Initial Charge

Carefully remove the smartwatch and its accessories from the packaging. Before first use, fully charge the device using the provided magnetic charging cable. Connect the cable to a USB power adapter (not included) and attach the magnetic end to the charging contacts on the back of the watch. A full charge typically takes approximately 1.5 hours.

2. Powering On and Pairing

To power on the watch, press and hold the side button until the HONOR logo appears. On your smartphone, download and install the official HONOR Health app (or equivalent app specified in the quick start guide). Open the app, create an account or log in, and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.

3. App Synchronization

Once paired, the watch will synchronize data with the app. Allow necessary permissions for the app to function correctly, including access to notifications, location, and health data. This synchronization is crucial for accurate data tracking and receiving notifications on your watch.

Operating Instructions

Display and Interface

The HONOR CHOICE Smart Watch features a 1.95-inch AMOLED full-view display, offering clear and vibrant visuals. The display has a resolution of 410 x 502 pixels and a maximum refresh rate of 60 Hz, ensuring smooth interactions. With 550 nits peak brightness and 16.7 million colors, the screen is easy to read even in bright sunlight.

1.95-inch Full-view Display Exquisite and Stylish

75% extra-large display ratio
Smooth and detailed visuals frame by frame
Metallic texture for a stylish and elegant look



60 Hz
Maximum refresh rate

410 × 502 px
Resolution

Image: Close-up of the smartwatch display highlighting its 1.95-inch size and full-view capabilities.



Image: The smartwatch display showing vibrant colors and detailed metrics, illustrating its true color display capabilities.

Bluetooth Calling

The smartwatch is equipped with a built-in microphone and speaker, enabling hands-free Bluetooth calls directly from your wrist. You can view call history and add frequently used contacts through the companion app. This feature allows for convenient communication without needing to access your phone.



Image: A person using the HONOR CHOICE Smart Watch to answer a call on their wrist, demonstrating the Bluetooth calling function.

Health Monitoring

The watch provides 24-hour health monitoring, utilizing professional algorithms to track various metrics:

- **Heart Rate:** Continuous monitoring with alerts for abnormal readings.
- **SpO2 (Blood Oxygen):** Measures blood oxygen saturation levels.
- **Sleep Quality:** Analyzes sleep patterns and provides insights into sleep stages.
- **Stress Levels:** Monitors stress and offers breathing exercises to help manage it.
- **Menstrual Cycle Tracking:** Helps track and predict menstrual cycles.

Detailed data can be viewed and analyzed within the companion app, providing a comprehensive overview of your health.



Image: Three smartwatches displaying different health metrics: heart rate, SpO2, and stress levels, illustrating the all-day health monitoring capabilities.

Image: Iconographic representation of one-tap health measurements for quick health snapshots.

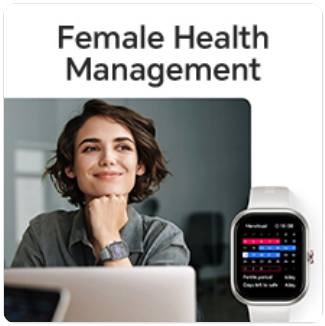


Image: A woman looking at her smartwatch, illustrating the female health management feature.

Workout Modes and GPS

The smartwatch supports over 120 workout modes, including Outdoor Running, Indoor Running, Outdoor Walking, Outdoor Cycling, Indoor Cycling, Indoor Swimming, Open Water Swimming, Freestyle Training, Indoor Walking, Rope Skipping, Elliptical, and Rowing. For outdoor activities, the watch supports independent GPS/GNSS positioning to accurately track your route, distance, calories burned, and other statistics without needing your phone.



Image: A person running outdoors with the smartwatch, showing the watch display and a map of the tracked route, demonstrating GPS functionality.

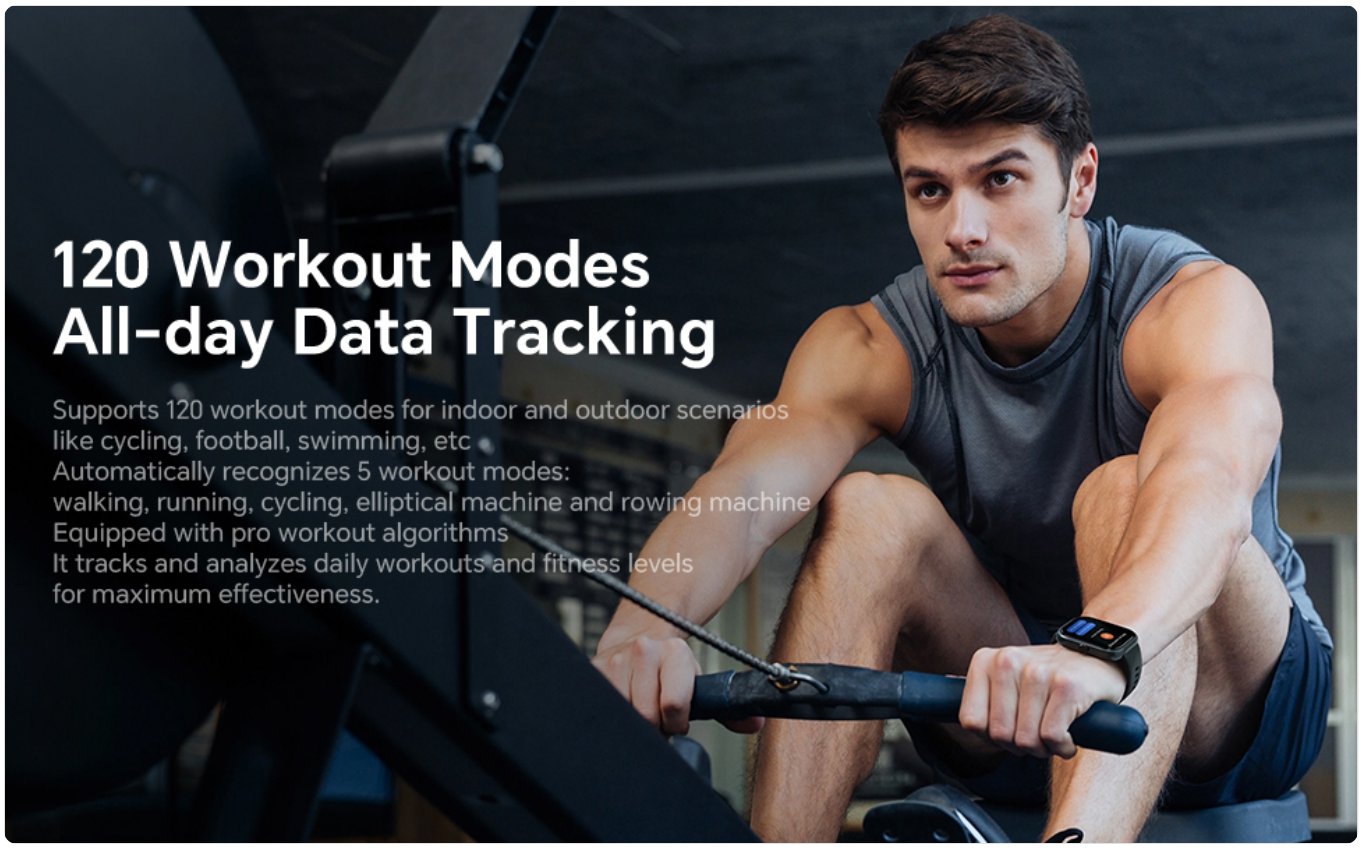


Image: A man using a rowing machine, with text highlighting the 120 workout modes and all-day data tracking features of the smartwatch.

Battery Life and Water Resistance

Equipped with a 300mAh battery, the smartwatch offers impressive endurance:

- Up to 12 days in typical usage mode (24-hour heart rate monitoring enabled).
- Up to 9 days in heavy usage mode.
- Up to 5 days in Always-On Display (AOD) mode.

The watch is 5ATM waterproof and IP6 dustproof, allowing it to be worn during swimming and surfing.**Note:** It is not suitable for showering, basin baths, saunas, spas, or deep-sea diving.



Image: The smartwatch display showing a 100% battery charge icon, with text indicating 12 days of battery life.



Image: The smartwatch submerged in water with bubbles, illustrating its 5ATM water resistance for swimming.

Additional Functions

The HONOR CHOICE Smart Watch includes several convenient features:

- **Compass:** For navigation and orientation.
- **Voice Memo:** Record short voice notes.
- **Vibration Drain:** Helps expel water from the speaker after exposure to water.
- **Calculator:** Basic arithmetic functions on your wrist.
- **Activity Tracking:** Tracks steps, distance, and calories.
- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Manage music playback on your phone.
- **Water Reminder:** Prompts you to drink water.
- **Phone Search:** Helps locate your paired smartphone.
- **Weather Forecast:** Displays current weather and forecasts.
- **Alarm Clock, Timer, Stopwatch:** Standard timekeeping functions.

- **Flashlight:** Uses the screen as a light source.



Image: Multiple smartwatches displaying various utility features such as compass, water reminder, calculator, and vibration drain, highlighting the "Thoughtful Wrist Assistant" capabilities.

Maintenance

Cleaning Your Smartwatch

Regular cleaning helps maintain the watch's appearance and functionality. Use a soft, lint-free cloth to wipe the screen and watch body. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive materials, or compressed air, as these can damage the device. Ensure the watch is dry before charging.

Strap Care

Clean the watch strap regularly, especially if it's made of silicone or rubber, to prevent skin irritation and odor buildup. Use mild soap and water, then rinse thoroughly and dry completely before reattaching to your wrist.

Storage

When not in use for extended periods, store the smartwatch in a cool, dry place away from direct sunlight and extreme temperatures. It is recommended to charge the watch to about 50% before long-term storage to preserve battery health.

Troubleshooting

Problem	Possible Cause	Solution
Watch not powering on	Low battery; device malfunction.	Charge the watch for at least 30 minutes. If it still doesn't power on, contact support.
Cannot pair with phone	Bluetooth off; app issue; watch not in pairing mode.	Ensure Bluetooth is on for both devices. Restart both the watch and phone. Reinstall the companion app. Check if the watch is discoverable.
Inaccurate health data	Improper fit; sensor obstruction; software glitch.	Ensure the watch is snug but comfortable on your wrist. Clean the sensors on the back of the watch. Update watch firmware and app.
Short battery life	Frequent GPS use; AOD enabled; excessive notifications.	Reduce GPS usage, disable AOD if not needed, manage notification frequency. Check for background app activity.
No notifications	App permissions; DND mode; Bluetooth disconnected.	Verify app notification permissions. Disable Do Not Disturb mode on both watch and phone. Ensure stable Bluetooth connection.

Specifications

Feature	Detail
Model Number	HONOR CHOICE Smartwatch
Display	1.95-inch AMOLED Full-view Display
Resolution	410 x 502 pixels
Peak Brightness	550 nits
Battery Capacity	300 mAh
Typical Battery Life	Up to 12 days
Water Resistance	5ATM
Dust Protection	IP6
Connectivity	Bluetooth
GPS	Built-in GPS/GNSS
Operating System Compatibility	Android 9.0 or later, iOS 11.0 or later
Product Dimensions	4.97 x 3.99 x 1.02 cm

Feature	Detail
Weight	180 g

Warranty and Support

HONOR provides a standard manufacturer's warranty for the HONOR CHOICE Smart Watch, covering defects in materials and workmanship under normal use. The specific duration and terms of the warranty may vary by region. Please refer to the warranty card included with your product or visit the official HONOR website for detailed warranty information.

For technical support, troubleshooting assistance, or warranty claims, please contact HONOR customer service through their official website or the contact information provided in your product packaging. Keep your proof of purchase for warranty validation.

Additional support resources, including FAQs and software updates, may be available on the HONOR support portal.

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