

HUAWEI LCA-B11

HUAWEI WATCH D2 User Manual

Model: LCA-B11

1. INTRODUCTION

The HUAWEI WATCH D2 is an advanced smartwatch engineered to provide comprehensive health monitoring capabilities directly from your wrist. This device supports ambulatory blood pressure monitoring, ECG analysis, sleep breathing awareness, and SpO2 tracking. Designed for both men and women, it offers seamless integration with iOS and Android smartphones, enabling Bluetooth calling and a battery life of up to 6 days.

Important Safety Notice: This product is not a medical device. The blood pressure monitoring and ECG features are intended for general wellness and fitness purposes only and are not intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease. Consult a medical professional for any health concerns. Users with pacemakers or other implanted electronic devices should consult their doctor before using this watch.



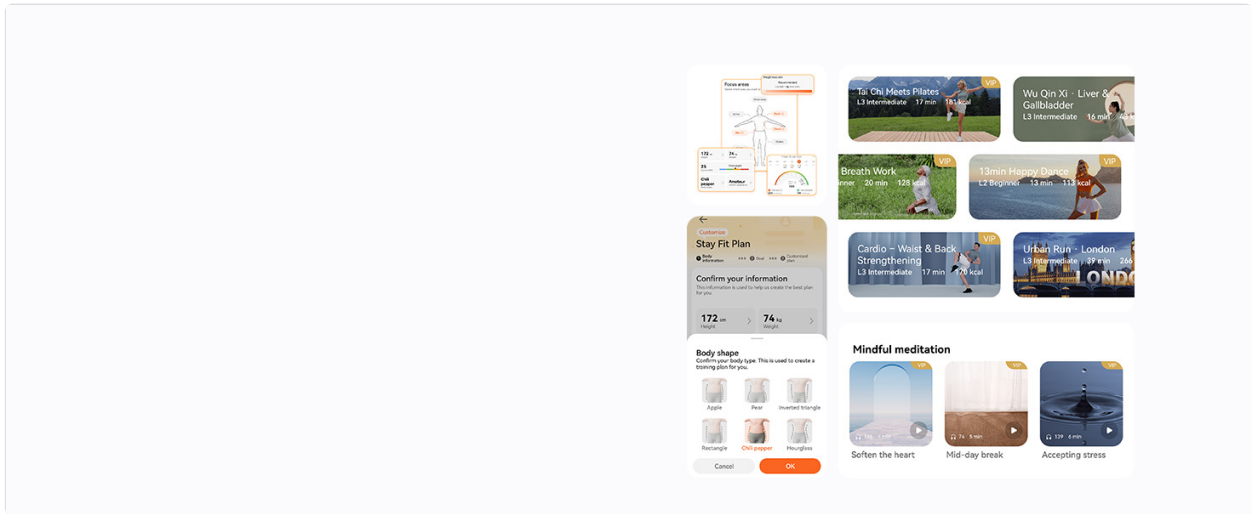
The HUAWEI WATCH D2, displaying its health monitoring interface with blood pressure and heart rate readings.

2. What's in the Box

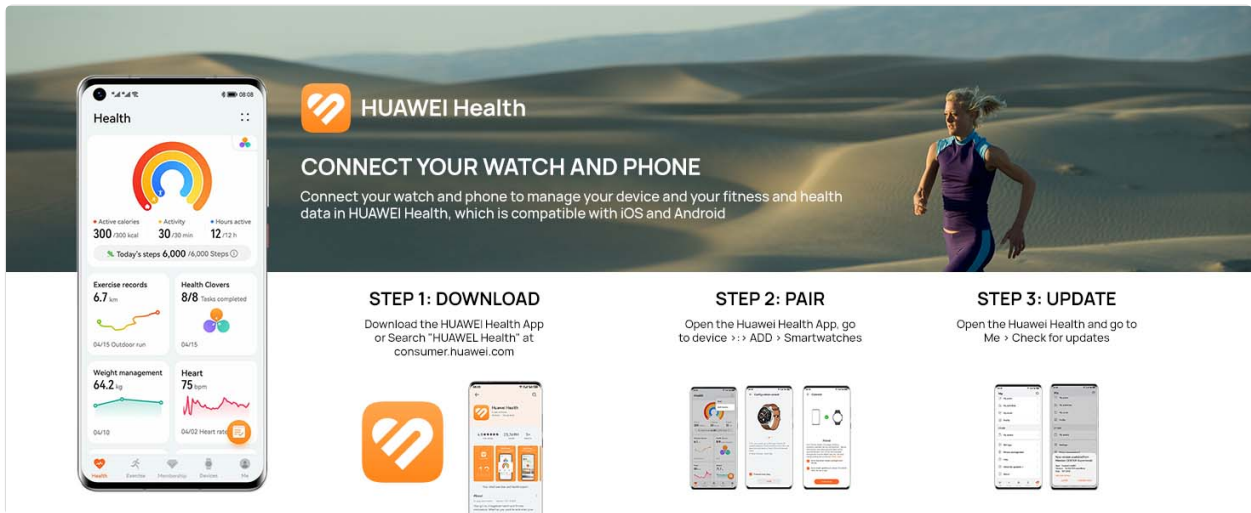
- HUAWEI WATCH D2 (including a short strap, L-sized strap, airbag, and airbag clothing)
- M-sized strap (airbag included)
- Wrist circumference ruler
- Wearing guide
- Wireless charger and cable
- Quick Start Guide (Safety Information included) and Warranty Card

3. SETUP

To begin using your HUAWEI WATCH D2, follow these steps to download the HUAWEI Health App and pair your device.



Overview of connecting your HUAWEI WATCH D2 to your smartphone via the HUAWEI Health app.



Detailed steps for downloading the HUAWEI Health App, pairing your smartwatch, and checking for updates.

1. Step 1: Download

Download the HUAWEI Health App from consumer.huawei.com or search for it in your device's app store.

2. Step 2: Pair

Open the HUAWEI Health App, navigate to 'Device' > 'ADD' > 'Smartwatches' to pair your watch.

3. Step 3: Update

Once paired, go to 'Me' > 'Check for updates' within the HUAWEI Health App to ensure your watch has the latest firmware.

The HUAWEI WATCH D2 is compatible with both iOS and Android operating systems.

4. OPERATING INSTRUCTIONS

4.1. Wrist-based Ambulatory Blood Pressure Monitoring (ABPM)

The HUAWEI WATCH D2 allows for continuous 24-hour ambulatory blood pressure monitoring, even during sleep. This feature helps in identifying high-level SBP and DBP readings throughout the day and night, providing insights into your blood pressure patterns.

Ambulatory Blood Pressure Monitoring

Continuous measurements over the past 24 hours
Help to detect patterns hiding in a plain view



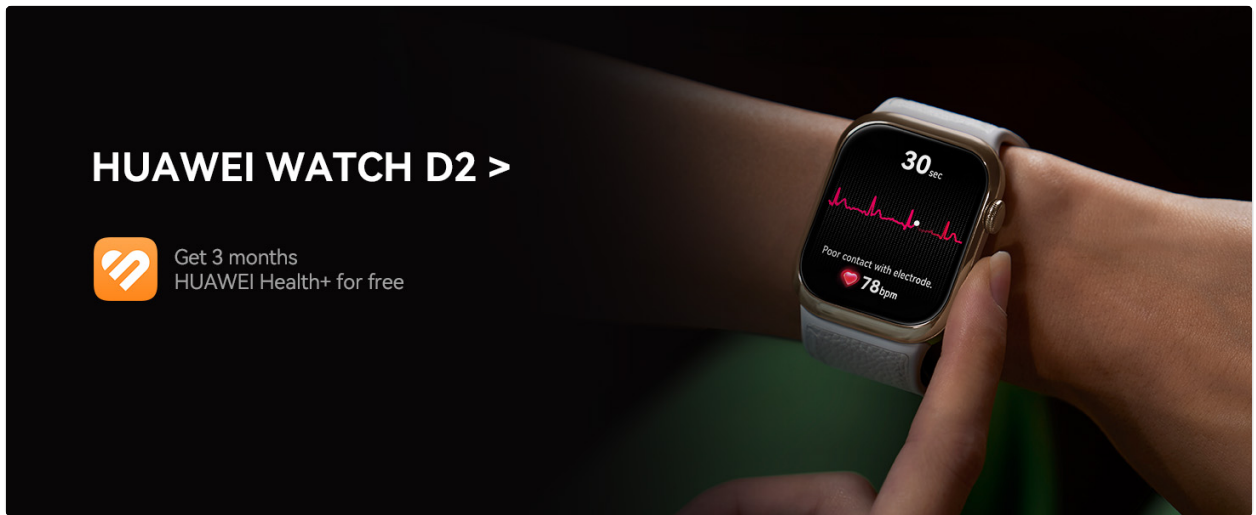
The watch screen showing continuous blood pressure measurements over 24 hours.

For accurate measurements, ensure proper posture:

HUAWEI WATCH D2 >



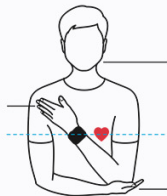
Get 3 months
HUAWEI Health+ for free



Correct posture for Ambulatory Blood Pressure Monitoring (ABPM): Keep wrist and palm naturally extended, keep quiet and avoid speaking, keep device level with your heart, support your elbow, and avoid pressing down on the airbag.

Ambulatory blood pressure monitoring (ABPM) posture:

Keep your wrist and palm naturally extended



Keep quiet and avoid speaking

Keep the device level with your heart

Support your elbow

Avoid pressing down on the airbag



Description: The watch will automatically inflate and perform measurements while you're asleep, not requiring you to assume the correct posture.

Applicable wrist circumference:

M-sized strap: 13.0–16.0 cm L-sized strap: 16.1–21.0 cm

Note: Please select the appropriate airbag for your wrist circumference. If your wrist circumference is less than 13.0 cm or more than 21.0 cm, the accuracy of blood pressure measurements may be affected.

Correct posture for single blood pressure measurement: Sit stably, relax your body, put feet flat on the ground without crossing them, keep wrist and palm naturally extended, keep quiet and avoid speaking, keep device level with your heart, support your elbow, and avoid pressing down on the airbag.

Watch the video below for a demonstration on how to use the HUAWEI WATCH D2 for blood pressure monitoring:

Video demonstrating the setup and use of the HUAWEI WATCH D2 for ambulatory blood pressure monitoring.

Compare the speed and convenience of the HUAWEI WATCH D2 with traditional blood pressure monitors:

Comparison video highlighting the efficiency of HUAWEI WATCH D2's blood pressure measurement versus a traditional monitor.

4.2. Beat-by-Beat ECG Analysis

The improved electrode technology in the HUAWEI WATCH D2 allows for more accurate and responsive ECG signal collection. By touching the electrode on the side for 30 seconds, you can obtain real-time data to help screen for common heart conditions.

Beat-by-Beat ECG Analysis



The HUAWEI WATCH D2 performing a 30-second ECG analysis, showing heart rhythm on screen.



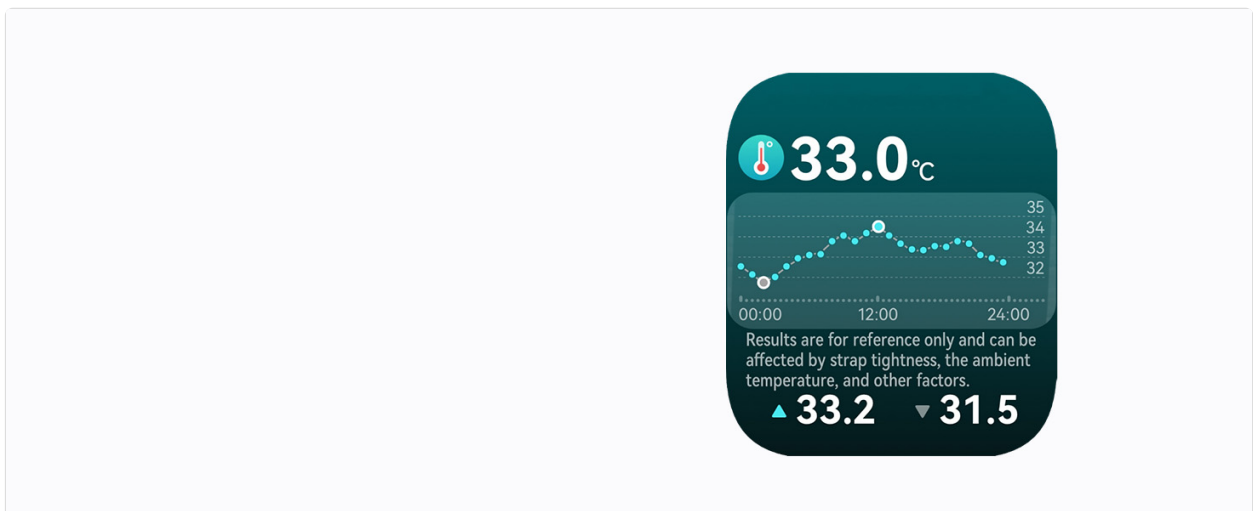
A close-up view of the HUAWEI WATCH D2 during an ECG measurement, highlighting the precision of the sensor.

4.3. Health Community & Home Care

Create a Health community within the HUAWEI Health app to monitor the health data of family and loved ones. You can view their blood pressure, heart rate, SpO2, daily step counts, and sleep quality from a single interface. Ensure the HUAWEI Health app is updated to its latest version for this feature. Each account can follow up to 20 people and have a maximum of 20 followers.



The HUAWEI WATCH D2 alongside a smartphone displaying the Health Community feature, allowing users to monitor family health data.



The HUAWEI Health app interface for the Health Community, showing various health metrics for connected family members.



A screen from the HUAWEI Health app detailing blood pressure measurement history over time.

4.4. Smart Lifestyle Features

The HUAWEI WATCH D2 enhances your daily life with over 80 exercise modes, automatic detection of six common activities, and precise GNSS positioning for outdoor workouts. You can also connect the watch to your phone via Bluetooth to answer or reject calls directly from your wrist.

Smart Living Experience



Local music playback

Bluetooth calling

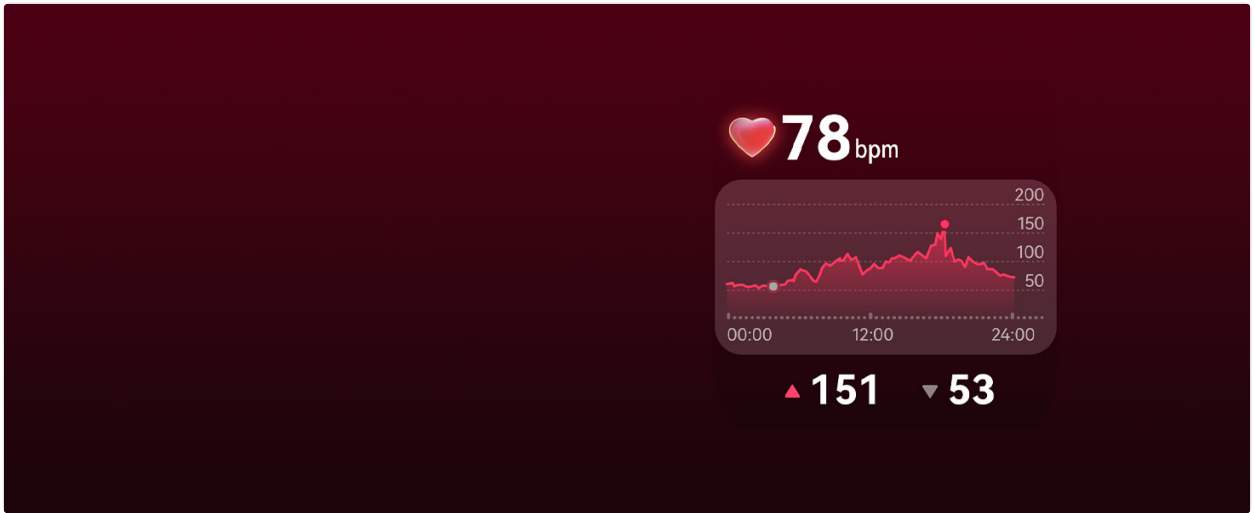
80+ exercise modes

Multiple HUAWEI WATCH D2 units showcasing features such as local music playback, Bluetooth calling, and over 80 exercise modes.

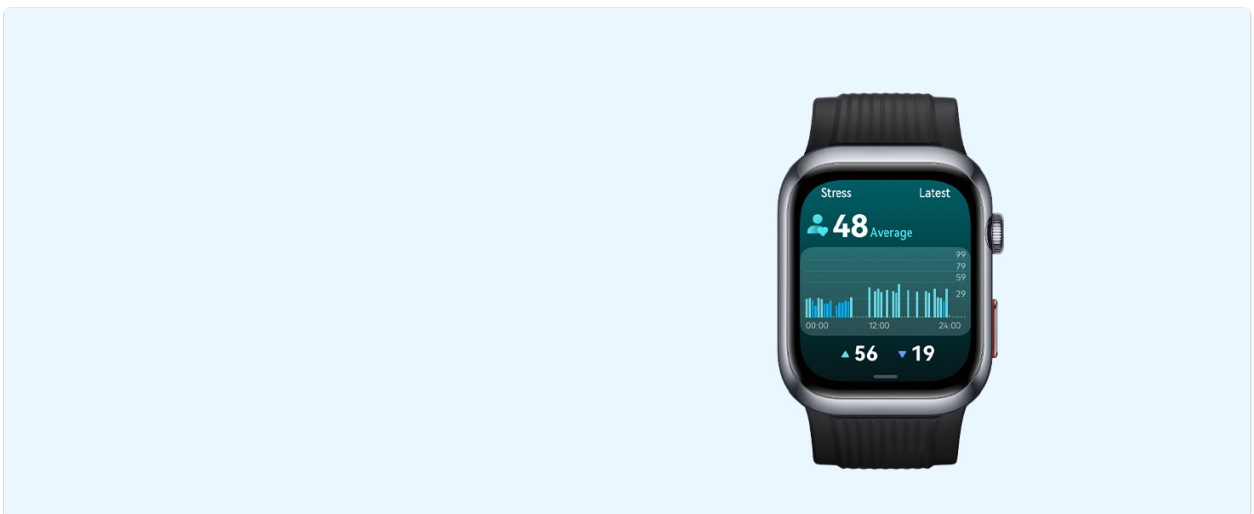
The watch also supports various health tracking features including heart rate, stress, and skin temperature monitoring:



A detailed heart rate graph displayed on the HUAWEI WATCH D2, showing fluctuations over a 24-hour period.



The HUAWEI WATCH D2 showing an average stress level reading with a corresponding graph.



The HUAWEI WATCH D2 displaying skin temperature readings, with a note about factors affecting accuracy.



The HUAWEI WATCH D2 and smartphone app showing detailed sleep monitoring data, including sleep duration and quality. Explore the internal components and design of the HUAWEI WATCH D2:

Product video showcasing the design, internal components, and key features of the HUAWEI WATCH D2.

4.5. Design and Display

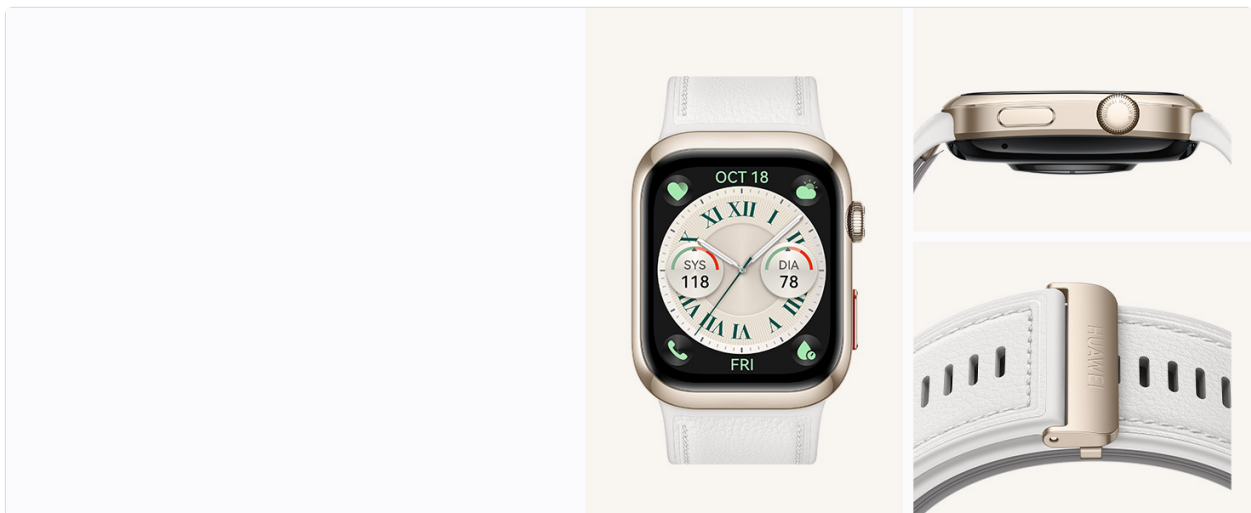
The HUAWEI WATCH D2 features a slim design with a 26.5 mm ultra-narrow mechanical airbag integrated into the strap. It boasts a 1.82-inch ultra-HD AMOLED display with 1500-nit peak brightness, ensuring clear visibility of your health data.

Light and Slim Design

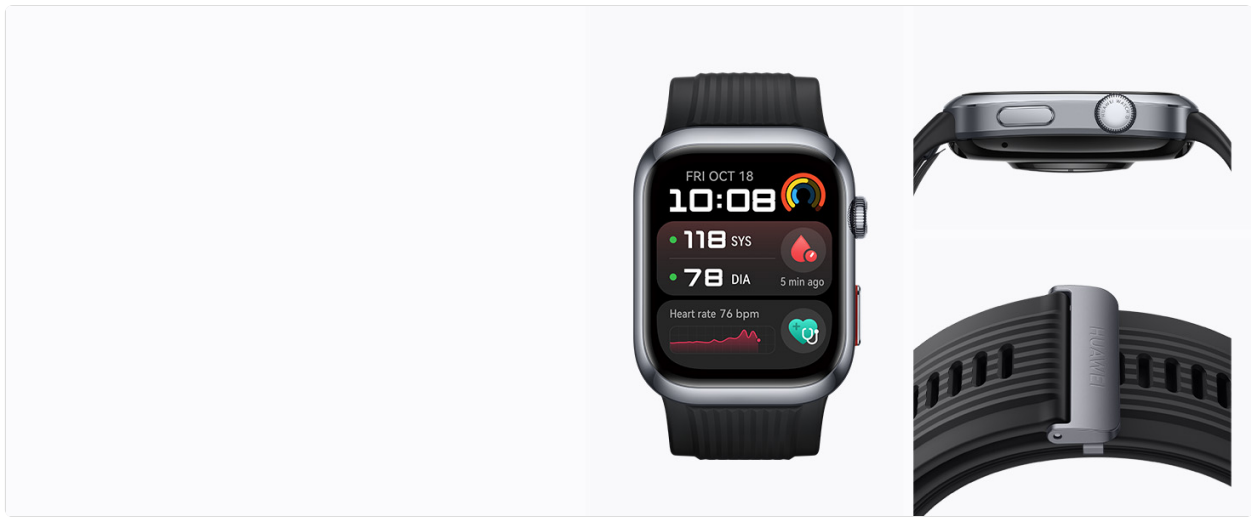
Slimmed down 26.5 mm airbag
1.82" ultra-HD screen | Two Classic Colors



The HUAWEI WATCH D2 in two color variants, emphasizing its light and slim design.

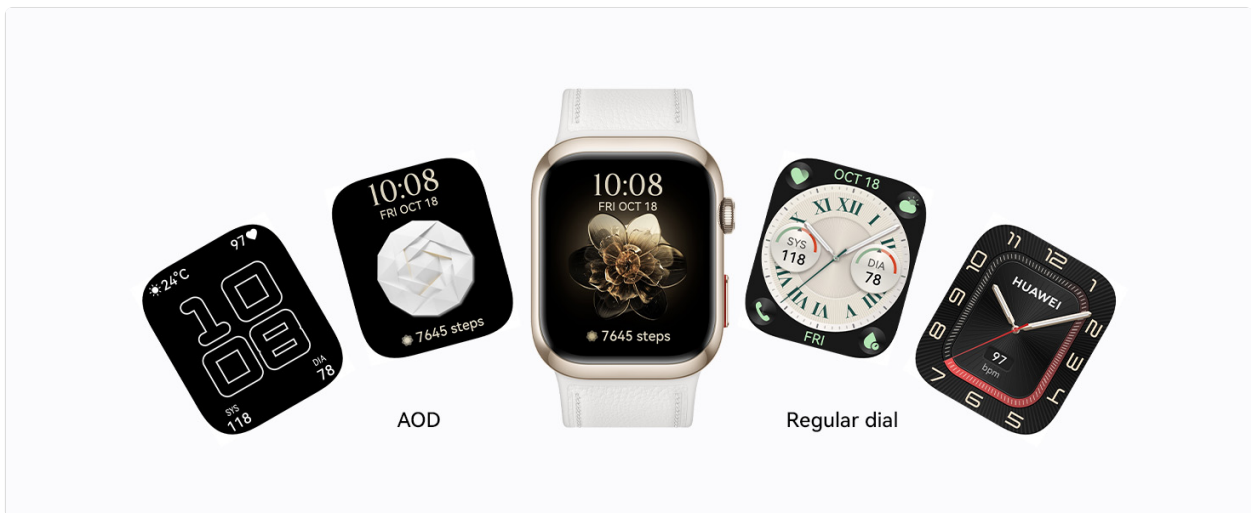


A detailed view of the white HUAWEI WATCH D2, showing the strap and side buttons.



A detailed view of the black HUAWEI WATCH D2, highlighting its strap and side profile.

The watch also offers various customizable watch faces:



A selection of available watch faces for the HUAWEI WATCH D2, including Always-On Display (AOD) and regular dial options.

5. MAINTENANCE

To ensure the longevity and accuracy of your HUAWEI WATCH D2, regular maintenance is recommended:

- **Cleaning:** Regularly clean the watch strap and body with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Sensor Care:** Keep the optical sensors on the back of the watch clean and free from debris to ensure accurate health monitoring.
- **Charging:** Use only the provided wireless charger and cable. Avoid exposing the charging contacts to water or excessive moisture.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your HUAWEI WATCH D2, consider the following common troubleshooting steps:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both devices if connection problems persist.
- **Inaccurate Readings:** Verify that the watch is worn correctly, snugly but comfortably, on your wrist. Ensure the sensors are clean. For blood pressure measurements, follow the recommended posture guidelines.
- **Battery Drain:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring features if you experience rapid battery drain.
- **App Sync Problems:** Check your internet connection and ensure the HUAWEI Health app is updated to the latest version. Try force-closing and reopening the app.
- **Watch Not Responding:** Attempt a force restart by pressing and holding the power button until the device reboots.

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

7. SPECIFICATIONS

Feature	Detail
Model Number	LCA-B11
Product Dimensions	4.8 x 3.8 x 1.33 cm; 40 g
Operating System	HarmonyOS
Memory Storage Capacity	4 GB
Special Features	Breath Monitor, Blood Pressure Monitor, ECG, Custom Activity Tracking, Heart Rate Monitor
Battery Capacity	524 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Shape	Round
Screen Size	1.82 Inches
Manufacturer	HUAWEI
First Available Date	19 Sept. 2024

8. WARRANTY AND SUPPORT

Your HUAWEI WATCH D2 comes with a standard manufacturer's warranty. Please refer to the Warranty Card included in your product packaging for specific terms and conditions, including warranty period and coverage details.

For technical support, product inquiries, or warranty claims, please visit the official HUAWEI support website or contact their customer service. Keep your purchase receipt and product serial number handy for faster service.

Online Support: consumer.huawei.com