HUAWEI 55020EES

HUAWEI Band 10 Smartwatch Instruction Manual

Model: 55020EES

1. Introduction

The HUAWEI Band 10 is a sophisticated fitness tracker designed for comprehensive health and fitness monitoring. Its ultra-thin and lightweight design ensures comfortable all-day wear, while its robust features provide detailed insights into your well-being and activity levels.



Figure 1: Front view of the HUAWEI Band 10 Smartwatch.

2. What's in the Box

- 1 x HUAWEI Band 10 Smartwatch
- 1 x Charging cable
- 1 x User Guide & Safety Information & Warranty Card

3. Setup

3.1 Initial Device Setup

1. **Power On:** The device will typically power on automatically when connected to the charger. If not, press and hold the side button.
2. **Language Selection:** On the initial setup screen, swipe up or down to select your preferred language (e.g., English). Tap to confirm.

3.2 App Installation and Pairing

The HUAWEI Band 10 requires the HUAWEI Health App for full functionality and data synchronization. Ensure your smartphone meets the system requirements: iOS 13 and above (iPhone users) or Android 9 or later (Android users).

1. **Download the App:** Download and install the HUAWEI Health App from your smartphone's app store (Apple App Store for iOS, Google Play Store or HUAWEI AppGallery for Android).
2. **Create/Log In:** Open the app and follow the on-screen instructions to create a HUAWEI ID or log in with an existing one.

3. **Pairing:**
    - Ensure Bluetooth is enabled on your smartphone.
    - In the HUAWEI Health App, navigate to the 'Devices' tab and tap 'Add device' or the '+' icon.
    - Select 'Smart Bands' or search for 'HUAWEI Band 10'.
    - Follow the app's instructions to pair your device. A pairing request will appear on your Band 10; confirm it.

4. Operating the Device

4.1 Basic Navigation

The HUAWEI Band 10 features a responsive touch screen and a single side button for navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick cards (e.g., Heart Rate, Sleep, Weather).
- **Tap:** Select an item or confirm an action.
- **Side Button (Single Press):** Returns to the previous screen or the watch face. From the watch face, it opens the main menu.
- **Side Button (Long Press):** Powers off or restarts the device.

4.2 Display Features

The device features an AMOLED panel for vibrant colors and deep blacks.

- **Always On Display (AOD):** To enable AOD, go to *Settings > Watch face > Always On Display*. Note that enabling AOD will reduce battery life.
- **Auto-Adjust Brightness:** The Band 10 includes an ambient light sensor. Enable auto-adjust brightness in *Settings > Display & Brightness > Automatic* for optimal visibility and battery efficiency.

4.3 Watch Faces

Customize your watch face directly on the device or through the HUAWEI Health App.

- **On Device:** Long press on the watch face to change it. Swipe left/right to browse available faces.
- **Customization:** Some watch faces allow customization of displayed information (e.g., steps, sleep, weather). Tap the settings icon on the watch face preview to adjust.
- **HUAWEI Health App:** Access a wider selection of watch faces in the 'Devices' tab of the app. You can download and apply new faces.

4.4 Health Monitoring

The Band 10 provides comprehensive health data:

- **Heart Rate:** Continuous heart rate monitoring. View real-time data and historical trends in the app.
- **SpO2 (Blood Oxygen):** Monitor your blood oxygen levels.
- **Sleep Analysis:** Pro-Level Sleep Analysis with Average Sleep HRV and Sleep Insights. Tracks sleep duration, quality, deep sleep ratio, REM sleep, and awake times.
- **Stress Monitoring:** Tracks stress levels and offers breathing exercises for stress relief.
- **Sleep Breathing Awareness:** Detects breathing interruptions during sleep.

4.5 Fitness Tracking

The AI-powered Fitness Monitoring supports 100 sports modes.

- **Workout Modes:** Select from various modes like outdoor run, pool swim, jump rope, etc. The device provides detailed data including steps, calories, and AI-enhanced stroke identification for swimming.
- **Workout Records:** View your past workout data on the device or in the HUAWEI Health App.
- **Daily Activity:** Tracks steps, distance, and calories burned throughout the day.

4.6 Smart Features

- **Notifications:** Receive alerts for messages, calls, and app notifications directly on your wrist. Enable 'Wake screen' for notifications in *Settings > Notifications*.
- **Music Control:** Control music playback on your connected smartphone.
- **Remote Shutter:** Use your band as a remote control for your smartphone camera.
- **Weather:** View current weather conditions and forecasts.
- **Calendar & Alarm:** Set alarms and view calendar events.
- **Timer & Stopwatch:** Access these utilities from the quick settings menu.
- **Find Phone:** Use this feature to locate your paired smartphone by making it ring.
- **Do Not Disturb Mode:** Silence notifications and vibrations during specific times.
- **Sleep Mode:** Automatically enters/exits sleep mode based on your status, disabling notifications to ensure undisturbed sleep.

5. Maintenance

5.1 Water Resistance

The HUAWEI Band 10 has 5ATM water resistance, making it suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities.



Figure 2: Side view of the HUAWEI Band 10, highlighting its slim design.

5.2 Charging

The device features robust battery life:

- **Typical Use:** Up to 8 days of battery life.
- **Light Usage:** Up to 14 days of battery life.
- **Quick Charge:** Charge for 5 minutes for 2 days of use. A full charge takes approximately 45 minutes.

Use the provided magnetic charging cable to charge your device. Ensure the charging pins align correctly with the back of the band.



Figure 3: Back view of the HUAWEI Band 10, showing health sensors and charging contacts.

5.3 Cleaning and Care

- Regularly clean the device and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging port is dry before charging.

6. Troubleshooting

6.1 Common Issues

- **Device Not Powering On:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes.
- **Not Connecting to Phone:** Check if Bluetooth is enabled on your phone and the band. Ensure the HUAWEI Health App is running and the band is within range. Try restarting both the band and the phone.
- **Notifications Not Displaying:** Verify notification settings in the HUAWEI Health App and on your phone's system settings. Ensure the 'Show notifications when band is being worn' option is enabled.
- **Inaccurate Data:** Ensure the band is worn correctly (snugly on the wrist, above the wrist bone). Keep the sensors clean.

6.2 Resetting the Device

If you experience persistent issues, you may need to reset the device. This will erase all data on the band and restore it to factory settings.

1. On the band, go to *Settings > System & Updates > Reset*

2. Confirm the reset when prompted.

7. Specifications

Feature	Detail
Product Dimensions	1.69 x 1.18 x 0.96 inches (43.45 × 24.86 × 8.99 mm)
Item Weight	0.494 ounces (14 Grams)
Model Number	55020EES
Batteries	1 12V battery required (included)
Standing Screen Display Size	1.47 Inches
Operating System	HarmonyOS
Special Features	Water resistant, Activity Tracker, Alarm Clock
Battery Capacity	180 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	Built-in GPS
Shape	Rectangular
Manufacturer	HUAWEI
Country of Origin	China

8. Warranty and Support

Your HUAWEI Band 10 comes with a Warranty Card included in the box. Please refer to this card for detailed warranty terms and conditions.
For further assistance, technical support, or service inquiries, please visit the official HUAWEI support website or contact their customer service.

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