

HONOR Choice Watch 2i

HONOR Choice Watch 2i Smartwatch User Manual

Model: Choice Watch 2i

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your HONOR Choice Watch 2i smartwatch. Please read this manual thoroughly to ensure proper use and to maximize the device's features.

PACKAGE CONTENTS

- HONOR Choice Watch 2i Smartwatch
- Charging Cable
- User Manual (this document)

SETUP

1. Charging the Device

Before initial use, fully charge your HONOR Choice Watch 2i. Connect the charging cable to the watch's charging port and a compatible USB power adapter. The watch will display a charging indicator. A full charge typically takes approximately 2 hours.

2. Power On/Off

- **Power On:** Press and hold the side button until the HONOR logo appears.
- **Power Off:** From the watch face, swipe down to access quick settings, then tap the power icon, or go to Settings > System > Power Off.

3. Pairing with Your Smartphone

1. Download and install the **HONOR Health App** from your smartphone's app store (Google Play

Store for Android, Apple App Store for iOS).

2. Open the HONOR Health App and follow the on-screen instructions to create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the HONOR Health App, navigate to "Devices" and tap "Add Device" or the "+" icon.
5. Select "HONOR Choice Watch 2i" from the list of available devices.
6. Confirm the pairing request on both your watch and smartphone.

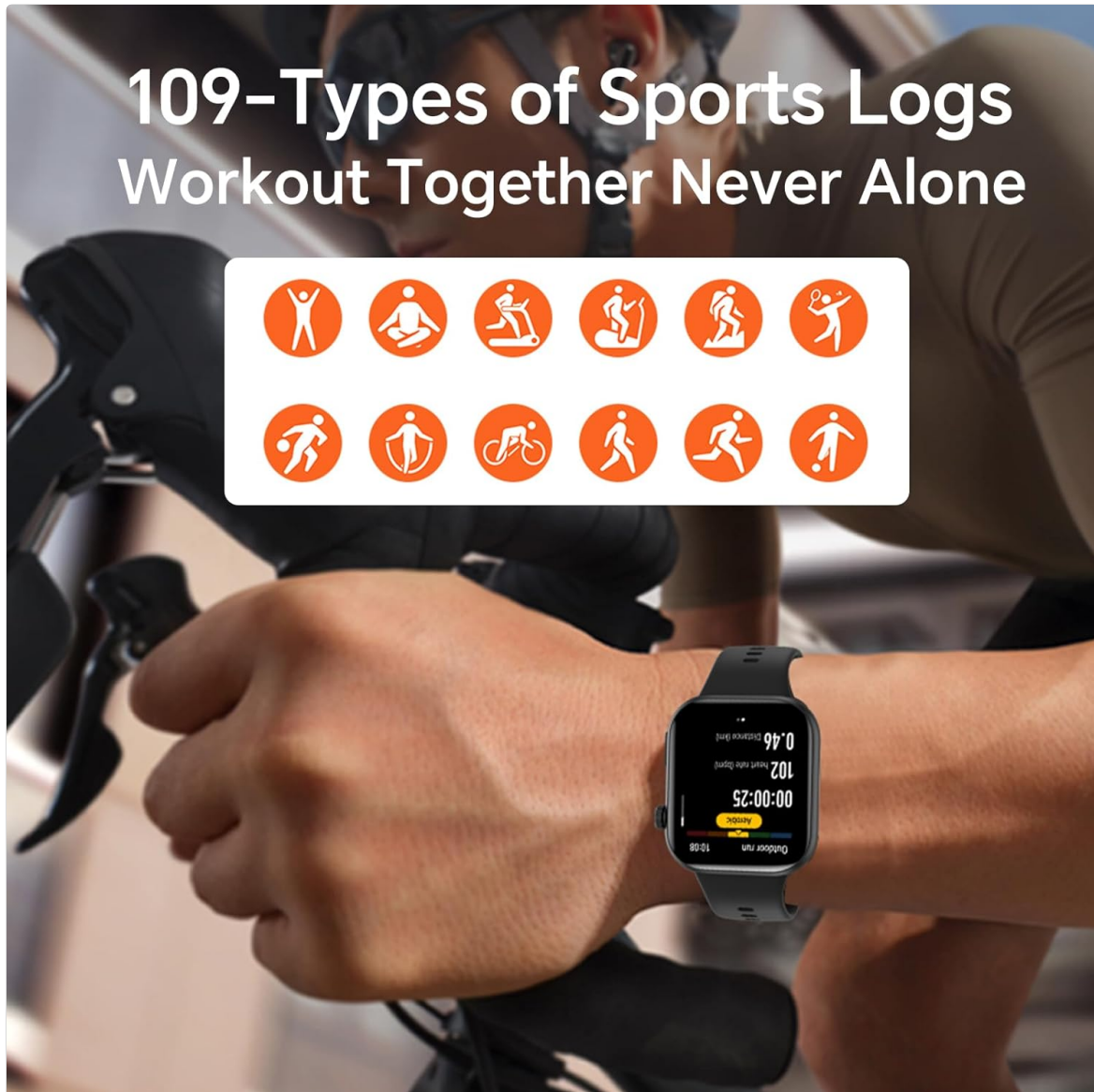


Image: The HONOR Health App interface displaying health data and device management options, essential for pairing and data synchronization.

4. Adjusting the Watch Strap

The HONOR Choice Watch 2i features a quick-release strap mechanism for easy replacement. To remove, slide the spring bar lever inwards and gently pull the strap away from the watch body. To attach, align the spring bar with the lug holes and release the lever.

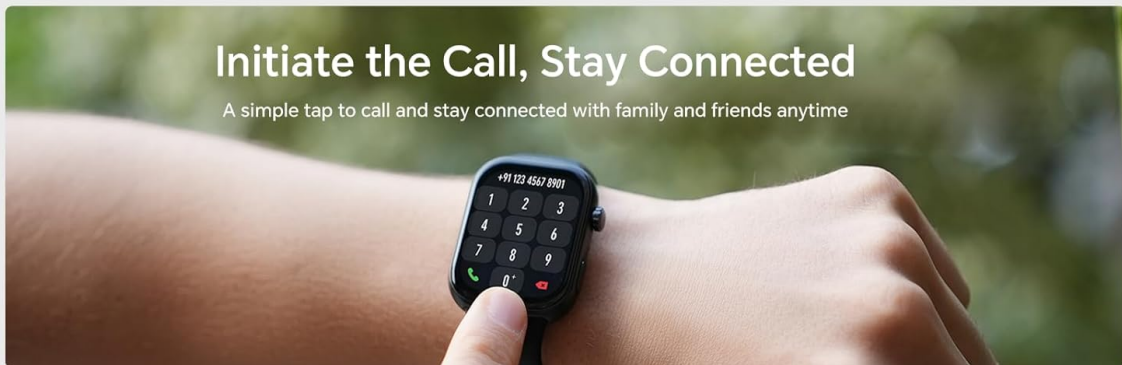


Bluetooth Call Quick Answering and Easy Dialing



Quick Message Reply

Can't answer the call?
One-tap quick reply
Easy and convenient without
misunderstandings



Initiate the Call, Stay Connected

A simple tap to call and stay connected with family and friends anytime

Image: A detailed view of the watch's quick-release strap, illustrating how to detach and attach the band.

OPERATING THE WATCH

1. Watch Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select items.
- **Side Button:** Press to return to the watch face or access the app list. Press and hold for power options or to activate voice assistant (if configured).



Image: The main watch face of the HONOR Choice Watch 2i, showing typical information displayed during daily use.

2. Bluetooth Calling and Notifications

Once paired with your smartphone, the HONOR Choice Watch 2i allows you to make and receive calls directly from your wrist. You can also receive notifications for SMS, emails, and other applications.

- **Answering Calls:** Tap the green phone icon on the watch screen when an incoming call is displayed.
- **Making Calls:** Access the dialer from the app list on your watch to initiate calls.
- **Quick Reply:** For incoming messages, use the quick reply feature to send predefined responses.



All-Day Health Monitoring

Always with You Always Care



Heart Rate



Blood Oxygen



Stress Levels

One-Tap Health Check

Clear and Instant Results



Sleep Log

Sweet Dreams With the Watch



Image: The smartwatch showing both an incoming call interface and options for quick message replies, demonstrating its communication features.

3. Customizable Watch Faces

Personalize your watch by changing the watch face. You can select from various pre-installed faces or download more through the HONOR Health App. To change directly on the watch, press and hold the watch face, then swipe left or right to browse and tap to select.



Image: A collection of HONOR Choice Watch 2i units showcasing various customizable watch faces, highlighting personalization options.

HEALTH MONITORING FEATURES

The HONOR Choice Watch 2i is equipped with advanced sensors to track various health metrics continuously.

- **Heart Rate Monitoring:** Provides 24/7 continuous heart rate tracking and alerts for abnormal readings.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.
- **Stress Level Monitoring:** Tracks stress levels throughout the day.
- **Sleep Tracking:** Analyzes sleep quality by detecting light, deep, and REM sleep stages.
- **Menstrual Cycle Tracking:** Helps women monitor and manage their menstrual cycles.
- **One-Tap Health Check:** Quickly measure multiple health metrics simultaneously.

HONOR Health APP

Streamlined Data Recording and Analysis

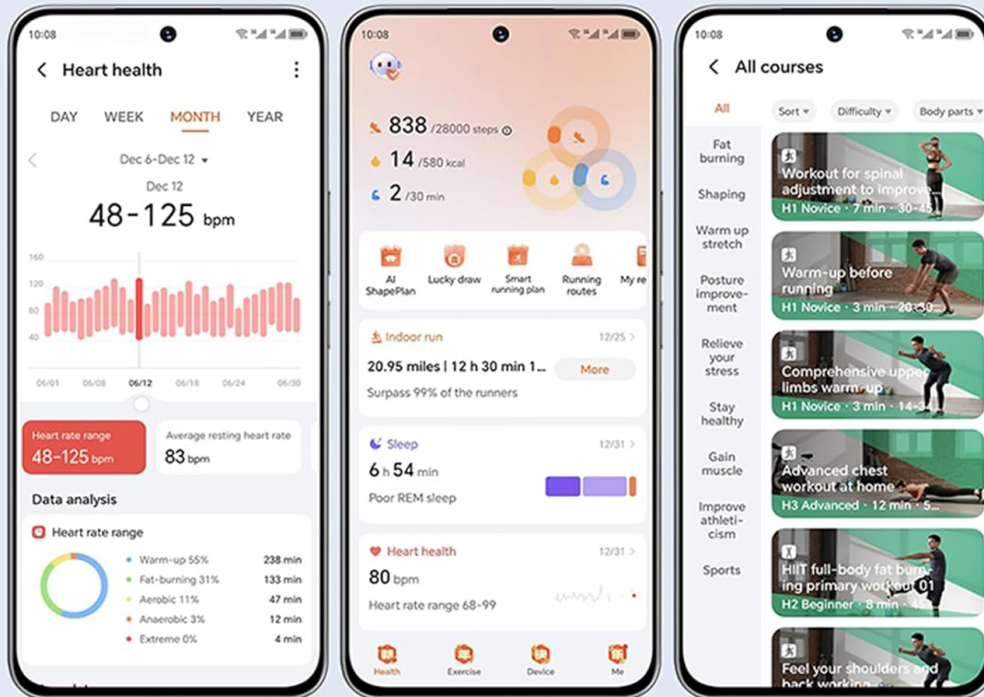


Image: The smartwatch screen showing real-time heart rate data and a user interacting with the "Start" button for a health measurement.

FITNESS TRACKING AND EXERCISE MODES

The watch supports 109 exercise modes, automatically detecting common activities and providing detailed performance metrics. All data is synchronized with the HONOR Health App for comprehensive analysis.

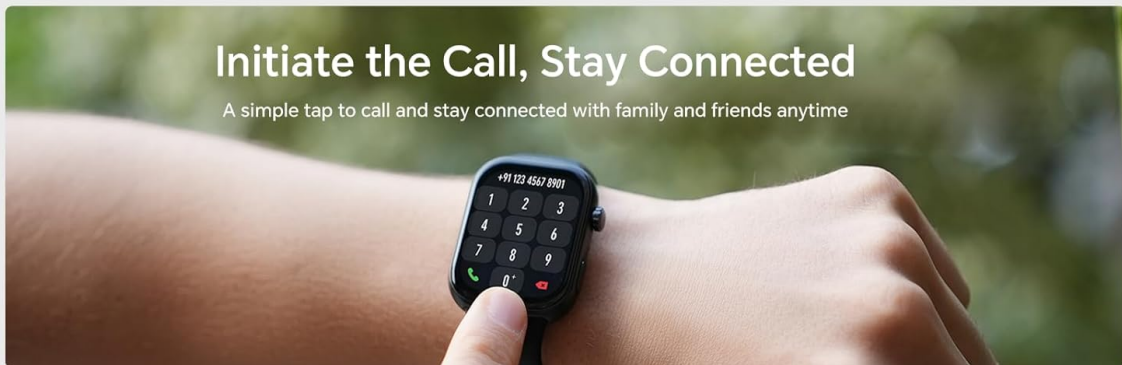


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Image: A user wearing the HONOR Choice Watch 2i while cycling, with the watch screen showing active workout data like duration and distance.

BATTERY INFORMATION

The HONOR Choice Watch 2i is equipped with a 330mAh battery. Under normal usage conditions, it provides up to 14 days of battery life. With heavy use, the battery can last up to 10 days.

WATER RESISTANCE

The watch has a 10-meter water resistance rating (IP68), making it suitable for everyday use, including splashes, rain, and sweat during exercise. It is not recommended for diving or high-pressure water activities.

MAINTENANCE AND CARE

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid using harsh

chemicals or abrasive materials.

- **Drying:** Ensure the watch is dry before charging to prevent damage.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Do not expose the watch to extreme heat or cold.

TROUBLESHOOTING

- **Watch not powering on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with phone:**
 - a. Ensure Bluetooth is enabled on your phone and the watch.
 - b. Make sure the HONOR Health App is updated to the latest version.
 - c. Restart both your phone and the watch.
 - d. Try unpairing and re-pairing the device through the app.
- **Inaccurate health data:**
 - a. Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - b. Keep the sensor area clean and free from obstructions.
- **Short battery life:**
 - a. Reduce screen brightness.
 - b. Disable continuous heart rate monitoring or set it to a lower frequency if not needed 24/7.
 - c. Limit the number of apps sending notifications to the watch.
 - d. Close unused background applications on the watch.

PRODUCT SPECIFICATIONS

Brand	HONOR
Model Number	1f15f2d1-dda6-4d72-84f6-3dcbc74fa2bb
Screen Size	1.85 Inches
Operating System	Wear OS
Connectivity Technology	Bluetooth
Battery Capacity	330 Milliamp Hours
Water Resistance	10 meters (IP68 rating)
Special Features	Fitness Modes, Battery Life, Oximeter (SpO2), Heart Rate Monitor, Stress Monitor, Sleep Tracking, Menstrual Cycle Tracking, Bluetooth Call

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started</div><div>1</div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div><div>32</div><div>33</div><div>34</div><div>35</div><div>36</div><div>37</div><div>38</div><div>39</div><div>40</div><div>41</div><div>42</div><div>43</div><div>44</div><div>45</div><div>46</div><div>47</div><div>48</div><div>49</div><div>50</div><div>51</div><div>52</div><div>53</div><div>54</div><div>55</div><div>56</div><div>57</div><div>58</div><div>59</div><div>60</div><div>61</div><div>62</div><div>63</div><div>64</div><div>65</div><div>66</div><div>67</div><div>68</div><div>69</div><div>70</div><div>71</div><div>72</div><div>73</div><div>74</div><div>75</div><div>76</div><div>77</div><div>78</div><div>79</div><div>80</div><div>81</div><div>82</div><div>83</div><div>84</div><div>85</div><div>86</div><div>87</div><div>88</div><div>89</div><div>90</div><div>91</div><div>92</div><div>93</div><div>94</div><div>95</div><div>96</div><div>97</div><div>98</div><div>99</div><div>100</div><div>101</div><div>102</div><div>103</div><div>104</div><div>105</div><div>106</div><div>107</div><div>108</div><div>109</div><div>110</div><div>111</div><div>112</div><div>113</div><div>114</div><div>115</div><div>116</div><div>117</div><div>118</div><div>119</div><div>120</div><div>121</div><div>122</div><div>123</div><div>124</div><div>125</div><div>126</div><div>127</div><div>128</div><div>129</div><div>130</div><div>131</div><div>132</div><div>133</div><div>134</div><div>135</div><div>136</div><div>137</div><div>138</div><div>139</div><div>140</div><div>141</div><div>142</div><div>143</div><div>144</div><div>145</div><div>146</div><div>147</div><div>148</div><div>149</div><div>150</div><div>151</div><div>152</div><div>153</div><div>154</div><div>155</div><div>156</div><div>157</div><div>158</div><div>159</div><div>160</div><div>161</div><div>162</div><div>163</div><div>164</div><div>165</div><div>166</div><div>167</div><div>168</div><div>169</div><div>170</div><div>171</div><div>172</div><div>173</div><div>174</div><div>175</div><div>176</div><div>177</div><div>178</div><div>179</div><div>180</div><div>181</div><div>182</div><div>183</div><div>184</div><div>185</div><div>186</div><div>187</div><div>188</div><div>189</div><div>190</div><div>191</div><div>192</div><div>193</div><div>194</div><div>195</div><div>196</div><div>197</div><div>198</div><div>199</div><div>200</div><div>201</div><div>202</div><div>203</div><div>204</div><div>205</div><div>206</div><div>207</div><div>208</div><div>209</div><div>210</div><div>211</div><div>212</div><div>213</div><div>214</div><div>215</div><div>216</div><div>217</div><div>218</div><div>219</div><div>220</div><div>221</div><div>222</div><div>223</div><div>224</div><div>225</div><div>226</div><div>227</div><div>228</div><div>229</div><div>230</div><div>231</div><div>232</div><div>233</div><div>234</div><div>235</div><div>236</div><div>237</div><div>238</div><div>239</div><div>240</div><div>241</div><div>242</div><div>243</div><div>244</div><div>245</div><div>246</div><div>247</div><div>248</div><div>249</div><div>250</div><div>251</div><div>252</div><div>253</div><div>254</div><div>255</div><div>256</div><div>257</div><div>258</div><div>259</div><div>260</div><div>261</div><div>262</div><div>263</div><div>264</div><div>265</div><div>266</div><div>267</div><div>268</div><div>269</div><div>270</div><div>271</div><div>272</div><div>273</div><div>274</div><div>275</div><div>276</div><div>277</div><div>278</div><div>279</div><div>280</div><div>281</div><div>282</div><div>283</div><div>284</div><div>285</div><div>286</div><div>287</div><div>288</div><div>289</div><div>290</div><div>291</div><div>292</div><div>293</div><div>294</div><div>295</div><div>296</div><div>297</div><div>298</div><div>299</div><div>300</div><div>301</div><div>302</div><div>303</div><div>304</div><div>305</div><div>306</div><div>307</div><div>308</div><div>309</div><div>310</div><div>311</div><div>312</div><div>313</div><div>314</div><div>315</div><div>316</div><div>317</div><div>318</div><div>319</div><div>320</div><div>321</div><div>322</div><div>323</div><div>324</div><div>325</div><div>326</div><div>327</div><div>328</div><div>329</div><div>330</div><div>331</div><div>332</div><div>333</div><div>334</div><div>335</div><div>336</div><div>337</div><div>338</div><div>339</div><div>340</div><div>341</div><div>342</div><div>343</div><div>344</div><div>345</div><div>346</div><div>347</div><div>348</div><div>349</div><div>350</div><div>351</div><div>352</div><div>353</div><div>354</div><div>355</div><div>356</div><div>357</div><div>358</div><div>359</div><div>360</div><div>361</div><div>362</div><div>363</div><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<div><div><div>HONOR Band 9</div><div>User Guide</div></div><div><div>HONOR</div></div></div> <div><div><div>HONOR Band 7</div><div>User Guide</div></div><div><div>HONOR</div></div></div>
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[HONOR Band 6 User Guide: Features, Operation, and Maintenance](#)

Comprehensive user guide for the HONOR Band 6, covering setup, workout modes, health monitoring, handy features, and maintenance. Learn how to use your HONOR Band 6 effectively.

[HONOR Band 9 User Guide: Features and Operation](#)

Comprehensive user guide for the HONOR Band 9, detailing setup, health tracking, exercise modes, smart assistant features, and device customization. Learn how to maximize your band's potential for fitness and daily life.

[HONOR Band 7 User Guide: Features, Operations, and Health Management](#)

Comprehensive user guide for the HONOR Band 7, covering setup, workout modes, health monitoring (heart rate, SpO2, sleep, stress, menstrual cycle), handy features like music control and notifications, and device management.