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› [HUAWEI](#) /

› [HUAWEI WATCH FIT 4 Smartwatch User Manual](#)

HUAWEI SYA-B19

HUAWEI WATCH FIT 4 Smartwatch User Manual

Model: SYA-B19 | Brand: HUAWEI

1. INTRODUCTION

The HUAWEI WATCH FIT 4 is a sleek and stylish smartwatch designed for both men and women, offering a comprehensive suite of features for health, fitness, and daily convenience. With its ultra-slim profile, vibrant AMOLED display, and extended battery life, it seamlessly integrates into your lifestyle, providing real-time notifications and advanced tracking capabilities.

This manual provides detailed instructions on setting up, operating, maintaining, and troubleshooting your HUAWEI WATCH FIT 4 to ensure you get the most out of your device.



The HUAWEI WATCH FIT 4 Smartwatch, showcasing its elegant design and vibrant display.

2. WHAT'S IN THE BOX

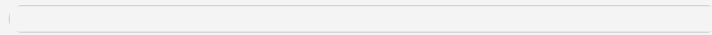
Upon unboxing your HUAWEI WATCH FIT 4, please ensure all the following items are present:

- HUAWEI WATCH FIT 4 (Grey/Silver)
- Charging cradle (including the charging cable)
- Quick start guide
- Safety Information

- Warranty Card

3. SETUP GUIDE

To begin using your HUAWEI WATCH FIT 4, follow these steps to connect it with your smartphone.



Visual guide for connecting your HUAWEI Watch to your phone.

3.1. Download the HUAWEI Health App

The HUAWEI Health App is essential for managing your watch and accessing all its features. It is compatible with both iOS and Android devices.

1. Step 1: Download

Download the HUAWEI Health App from your device's app store (App Store for iOS, Google Play Store for Android) or search "HUAWEI Health" at consumer.huawei.com.

3.2. Pairing Your Watch

Once the app is installed, you can pair your smartwatch:

2. Step 2: Pair

Open the HUAWEI Health App. Navigate to **Device > ADD > Smartwatches**. Follow the on-screen instructions to find and connect to your HUAWEI WATCH FIT 4.

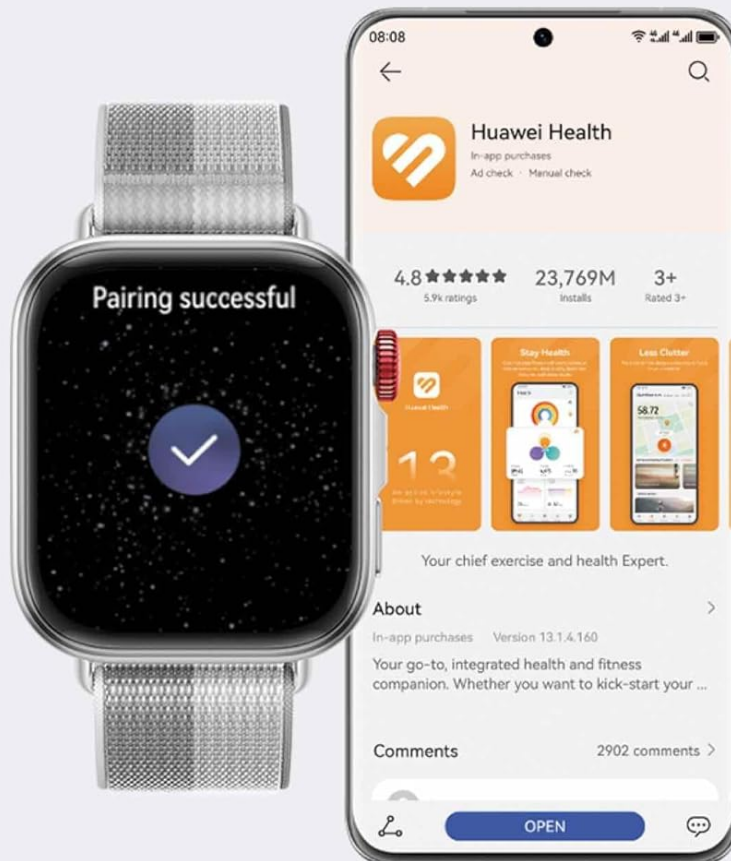
3.3. Updating Firmware

Keeping your watch's firmware updated ensures optimal performance and access to the latest features.

3. Step 3: Update

Open the HUAWEI Health App. Go to **Me > Check for updates** to install any available firmware updates for your watch.

Compatible with Android & iOS



The HUAWEI WATCH FIT 4 is broadly compatible with both Android and iOS operating systems.

4. OPERATING YOUR SMARTWATCH

4.1. Display and Design

The HUAWEI WATCH FIT 4 features an ultra-slim design, weighing just 27g and measuring 9.5mm thick, ensuring comfort for all-day wear. Its vibrant 1.82-inch AMOLED display offers a bright and clear visual experience with up to 2000 nits peak brightness and an 80% screen-to-body ratio.



The sleek and chic design of the HUAWEI WATCH FIT 4, highlighting its ultra-slim profile.

Information on the bright, bold, and beautiful 1.82-inch display with 2000 nit brightness.

4.2. Health Monitoring

The HUAWEI WATCH FIT 4 provides comprehensive health insights directly from your wrist.

- **Wrist-based Health Insights:** Access the Health Insights app for guidance on healthier lifestyles, including stress management, sleep improvement, and workout optimization.
- **Sleep Health:** Track sleep quality, recovery from fatigue and stress, and receive insights from HRV metrics and abnormal breathing alerts.
- **Cycle Calendar:** Easily record and track menstrual cycles, with period reminders and fertile window predictions.
- **Health Records for the Whole Family:** Create a health community to monitor loved ones' heart rate, SpO2 levels, daily step count, and sleep quality.



The Health Insights app provides next-level guidance for healthier living.



Track your sleep health and recovery with detailed insights.

4.3. SPORTS MODES & GPS TRACKING

The HUAWEI WATCH FIT 4 supports a wide range of workouts and provides precise tracking for outdoor activities.

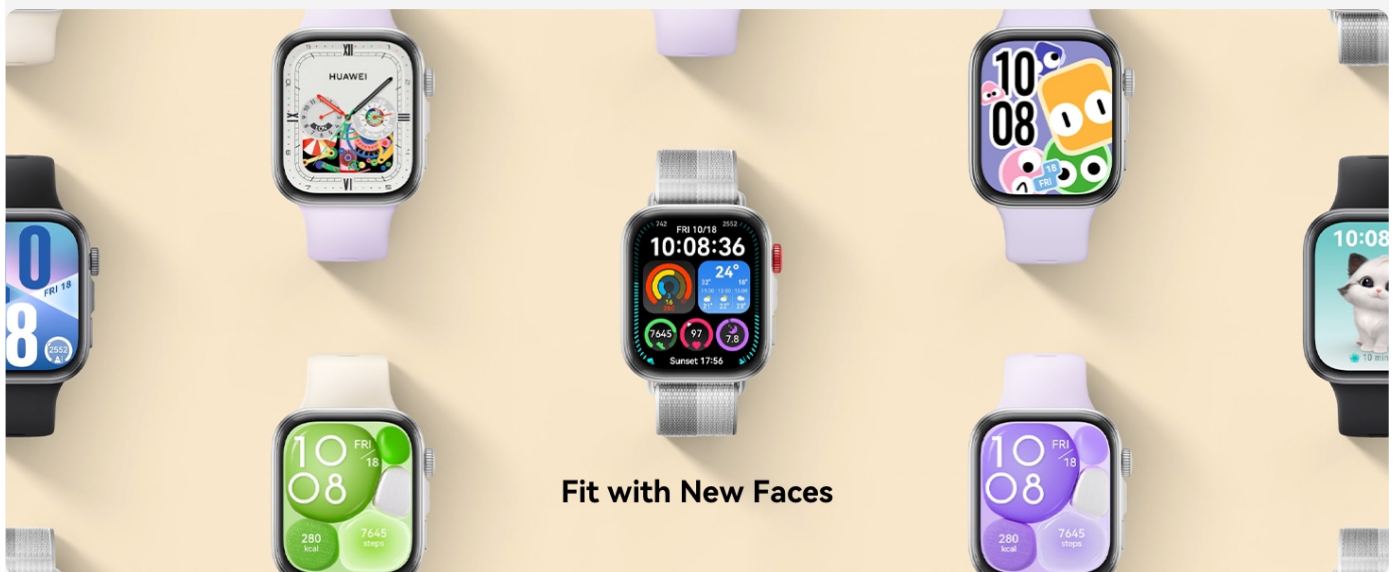
- **Soar to New Heights:** With a powerful barometer, the watch supports mountain climbing, hiking, skiing, stair climbing, and trail running, providing data like altitude, accumulated ascent, and air pressure.
- **Pinpoint Positioning:** The HUAWEI Sunflower Positioning System offers precise location tracking, recognizing your activity for richer and more accurate metrics in outdoor activities like walking, running, cycling, hiking, and

orienteeing.

- **Water Activities:** Stay on course with real-time workout data for water sports, including route, speed, and distance, powered by reliable watch-based GPS tracking.
- **100+ Workout Modes:** Explore over 100 different workout modes to track your fitness journey comprehensively.



The watch tracks high-level data like altitude and air pressure for adventurous activities.



Benefit from pinpoint positioning with the HUAWEI Sunflower Positioning System.

4.4. COMMUNICATION & CONVENIENCE

The HUAWEI WATCH FIT 4 offers features to keep you connected and simplify your daily tasks.

- **Bluetooth Call:** Make and receive calls directly from your wrist.
- **Quick Message Replies:** Respond to messages quickly with pre-set replies.
- **Voice Notepad:** Record voice notes on the go.
- **Remote Shutter:** Control your phone's camera remotely.

Designed for Everyday Convenience



The watch is designed for everyday convenience, offering various smart features.

5. MAINTENANCE

5.1. Battery Life and Charging

The HUAWEI WATCH FIT 4 boasts an impressive battery life of up to 10 days under typical usage. With the 2nd-gen HUAWEI WATCH Wireless SuperCharger, you can get a full day of power after just 10 minutes of charging, and a full charge takes approximately 75 minutes.

Up to 10-Days Battery Life



75 mins
To charge to capacity

10 days
Max. battery life

Information on the watch's battery life and quick charging capabilities.

5.2. Cleaning and Care

To maintain your smartwatch's condition and ensure accurate readings, regularly clean the device. Wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

If you encounter any issues with your HUAWEI WATCH FIT 4, consider the following common solutions:

- **Pairing Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the HUAWEI Health App.
- **App Connectivity:** Make sure the HUAWEI Health App is updated to the latest version. Check your phone's app permissions to ensure the app has necessary access.
- **Battery Drain:** Excessive use of GPS or continuous heart rate monitoring can increase battery consumption. Adjust

settings in the HUAWEI Health App to optimize battery life.

- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Notifications Not Appearing:** Check notification settings in both your phone's system settings and the HUAWEI Health App. Ensure the app is running in the background.

For more detailed troubleshooting or persistent issues, refer to the HUAWEI Health App's help section or visit the official HUAWEI support website.

7. SPECIFICATIONS

Below are the key technical specifications for the HUAWEI WATCH FIT 4:

Feature	Detail
Model Number	SYA-B19
Brand	HUAWEI
Screen Size	1.82 Inches
Peak Brightness	2000 nits
Material	Aluminum Case
Thickness	9.5 mm
Operating System	HarmonyOS
Battery Capacity	400 Milliamp Hours
Connectivity Technology	Bluetooth, GPS
GPS	Built-in GPS
Charging Mode	Wireless charging
Water Resistance	5 ATM (suitable for swimming)

For a comparison with other models in the HUAWEI WATCH FIT series, refer to the table below:

HUAWEI Health +
Better Life Starts Now

Stay Fit Plan
The smart way to get fit

Expert Exclusive Trainings
Where fitness meets your unique needs

Calm & Relaxation
Relax and sleep with soothing soundscapes

HUAWEI Health

8. WARRANTY AND SUPPORT

Your HUAWEI WATCH FIT 4 comes with a standard warranty. Additionally, you may be eligible for:

- **3 Months HUAWEI Health+ for free:** Access premium services including smart weight management coaching, personalized diet planning, and exclusive fitness classes.
- **+12 Months Extended Warranty:** Enjoy extended peace of mind with an additional year of warranty coverage.

For further support, product registration, or to explore more HUAWEI products, please visit the official HUAWEI Store:

[Visit the HUAWEI Store](#)

HUAWEI WATCH FIT 4



Get **3 Months** HUAWEI Health+ for free



+12 Months Extended Warranty



