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› HUAWEI WATCH 5 Smartwatch User Manual

## HUAWEI RTS-AL00

# HUAWEI WATCH 5 Smartwatch User Manual

Model: RTS-AL00

## 1. INTRODUCTION

This user manual provides comprehensive instructions for the safe and efficient use of your HUAWEI WATCH 5 Smartwatch. Please read this manual thoroughly before using the device to ensure optimal performance and to prevent damage. Keep this manual for future reference.

## 2. PRODUCT OVERVIEW

The HUAWEI WATCH 5 is a sophisticated smartwatch designed with premium materials and advanced health monitoring capabilities. It combines futuristic technology with a streamlined form factor.

### 2.1. Design and Materials

The 46mm model features an aerospace-grade titanium alloy case, while the 42mm model utilizes 904L stainless steel. Both models incorporate curved sapphire glass and an LTPO2.0 AMOLED display, ensuring durability and a vibrant visual experience.



Figure 2.1: HUAWEI WATCH 5 Smartwatch (Black model).

# 曲面サファイアガラス※1

チタン製ケース

904Lステンレス  
ケース

Figure 2.2: Detailed view of the curved sapphire glass and case materials (titanium and 904L stainless steel).

## 2.2. Key Features

- **Multi-sensing HUAWEI X-TAP:** Integrates ECG, PPG, and pressure sensors for fast and highly accurate measurements.
- **Real-time Fingertip Blood Oxygen Level Measurement:** Obtain accurate SpO2 readings by simply tapping the HUAWEI X-TAP sensor for approximately 10 seconds.
- **Stable Connectivity:** Supports eSIM for calls without a smartphone and features Wi-Fi 6 for consistent connectivity.
- **Two Battery Modes:** Offers a standard mode for full functionality and a power-saving mode for extended use, easily

switchable.

- **Easy Gesture Operation:** Intuitive smart gestures powered by a high-performance NPU enable touch-free control.
- **Pro-level Workout Modes:** Supports over 100 workout modes, including specialized activities like golf and freediving.

### 3. SETUP

Before using your HUAWEI WATCH 5, please follow these initial setup steps.

#### 3.1. Installing the HUAWEI Health App

To fully utilize your HUAWEI WATCH 5, you must install the dedicated HUAWEI Health app on your smartphone. The app is compatible with both iOS and Android devices.

1. **For iOS devices:** Search for "HUAWEI Health" on the App Store or scan the QR code provided on the product packaging with your smartphone to download from the Apple App Store.
2. **For Android devices:** Scan the QR code on the product packaging to download from HUAWEI App Gallery, then proceed with the installation.

iOSとAndroidに対応※9

HUAWEI Health

健康管理 習慣形成 運動管理

HUAWEI Health +

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さらに充実した  
フィットネスコースを体験しよう

ピラティス ヨガ エクササイズ

効率よく、  
ボディメイク

より豊富で、多目的な  
ヒーリングミュージック

Figure 3.1: HUAWEI Health app interface, compatible with iOS and Android.

### 3.2. Initial Pairing

After installing the HUAWEI Health app, open it and follow the on-screen instructions to pair your HUAWEI WATCH 5 with your smartphone. Ensure Bluetooth is enabled on both devices. For detailed pairing instructions, refer to the "Wearable Product Pairing Guide" available on the HUAWEI support website.

## 4. OPERATING INSTRUCTIONS

This section details the various functions and operations of your HUAWEI WATCH 5.

### 4.1. Health Monitoring

The HUAWEI WATCH 5 offers advanced health monitoring features through its integrated HUAWEI X-TAP sensor.

- **Multi-sensing HUAWEI X-TAP:** This sensor combines ECG, PPG, and pressure measurements to provide comprehensive health data.

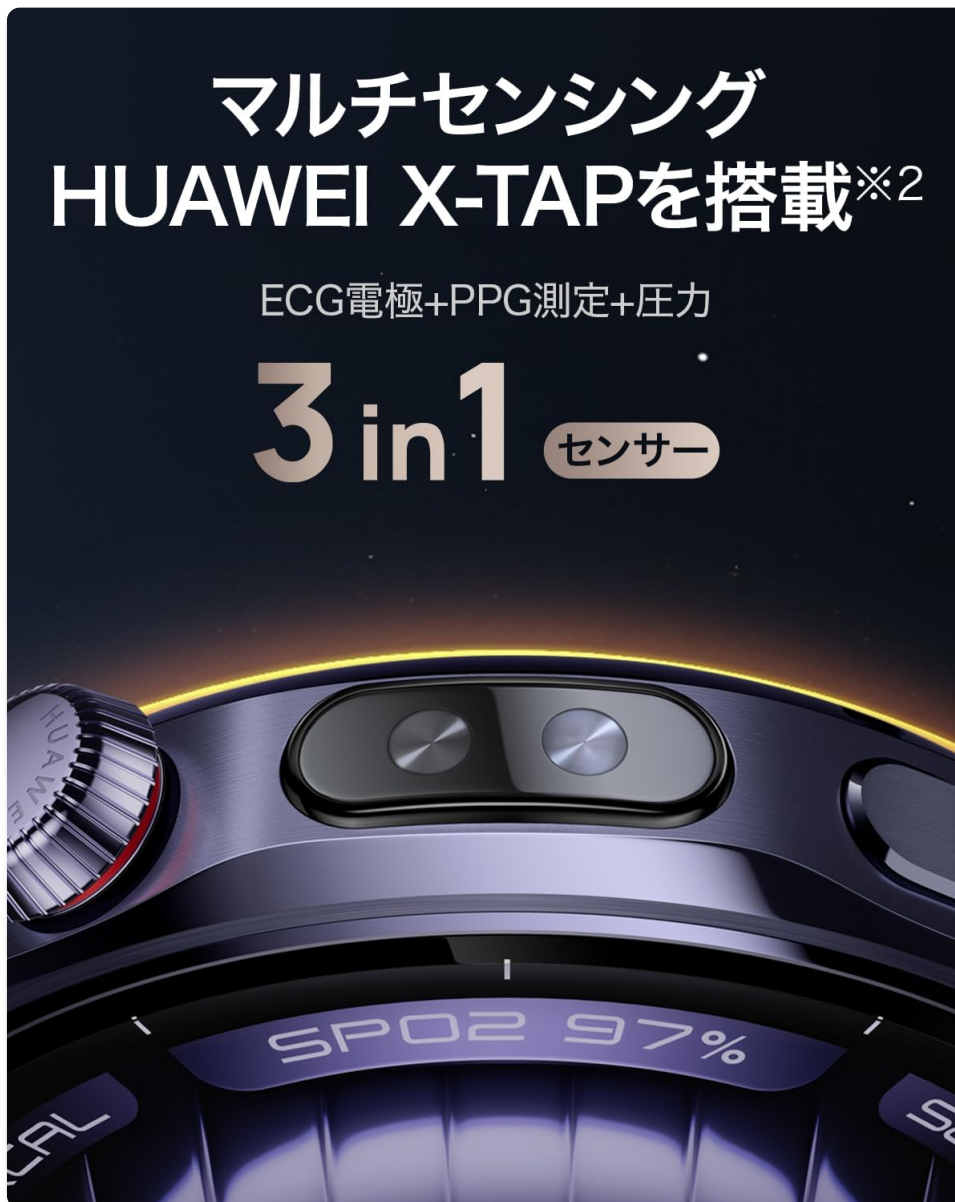


Figure 4.1: The HUAWEI X-TAP sensor for multi-sensing health data.

- **One-touch Healthcare Check:** Obtain a report including 8 major indicators such as ECG, HRV, heart rate, and blood oxygen level.

# ワンタッチ ヘルスケアチェック※2

8種類もの主要指標を含むレポートを取得可能  
(心電図※3、HRV、心拍数、血中酸素レベルなど)



Figure 4.2: Example of a Health Glance report on the watch and smartphone app.

- **ECG Function:** The watch supports ECG measurements. Simply touch the sensor for approximately 30 seconds to collect electrical signals from your heart for analysis.



Figure 4.3: Performing an ECG measurement with the HUAWEI WATCH 5.

- **Real-time Fingertip Blood Oxygen Level Measurement:** Tap the HUAWEI X-TAP sensor for about 10 seconds to get an accurate blood oxygen level reading.

# リアルタイム 指先血中酸素レベル測定※4

HUAWEI X-TAPセンサーをタッチするだけで、  
約10秒で正確な血中酸素レベルデータを測れます

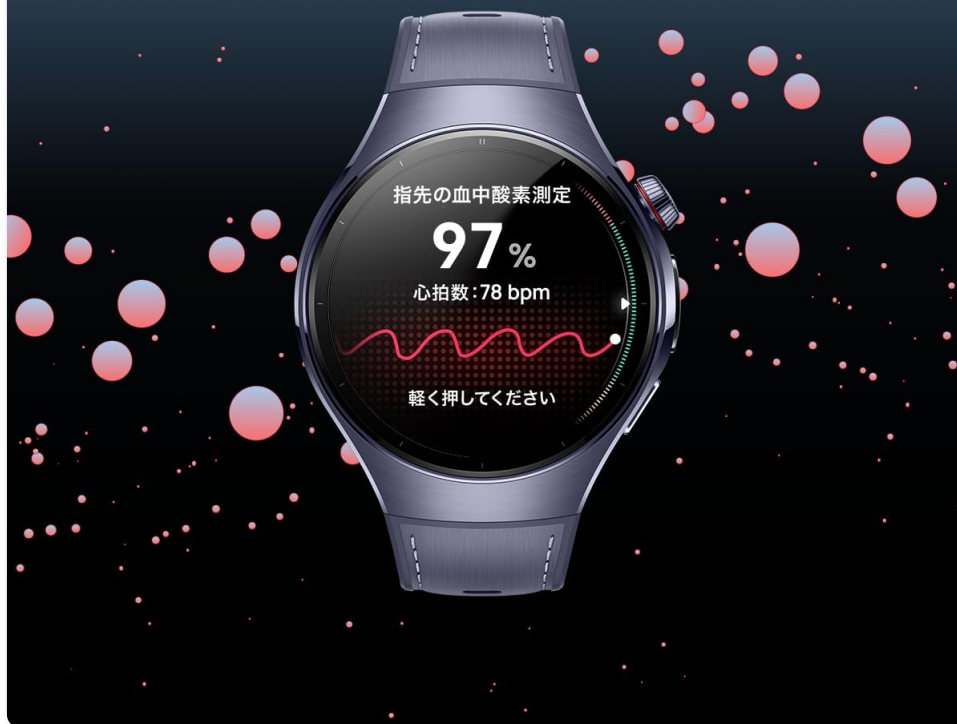


Figure 4.4: Real-time blood oxygen level measurement display.

## 4.2. Smart Gesture Operation

The watch features intuitive smart gestures for touch-free operation, powered by a high-performance NPU.

- **Double Tap:** Tap your thumb and index finger together twice to confirm an option.
- **Double Slide:** Slide your thumb along your index finger twice to switch options.

# ジェスチャーで簡単操作※5

**ダブルタップ:** 親指と人差し指を一緒に  
2回タップしてオプションを確定

**ダブルスライド:** 親指を人差し指に沿って  
2回スライドさせると、オプションが切り替わります



Figure 4.5: Examples of smart gesture operations.

## 4.3. Workout Modes

The HUAWEI WATCH 5 supports over 100 workout modes, including professional-level sports like golf and freediving, to help you track and improve your fitness.

# 100種類以上の ワークアウトモード



Figure 4.6: Diverse workout modes available on the HUAWEI WATCH 5.

## 4.4. eSIM Connectivity

With eSIM service, you can make and receive calls directly from your HUAWEI WATCH 5 without needing your smartphone nearby, ensuring stable connectivity throughout the day.

## eSIMセルラー通話対応※8

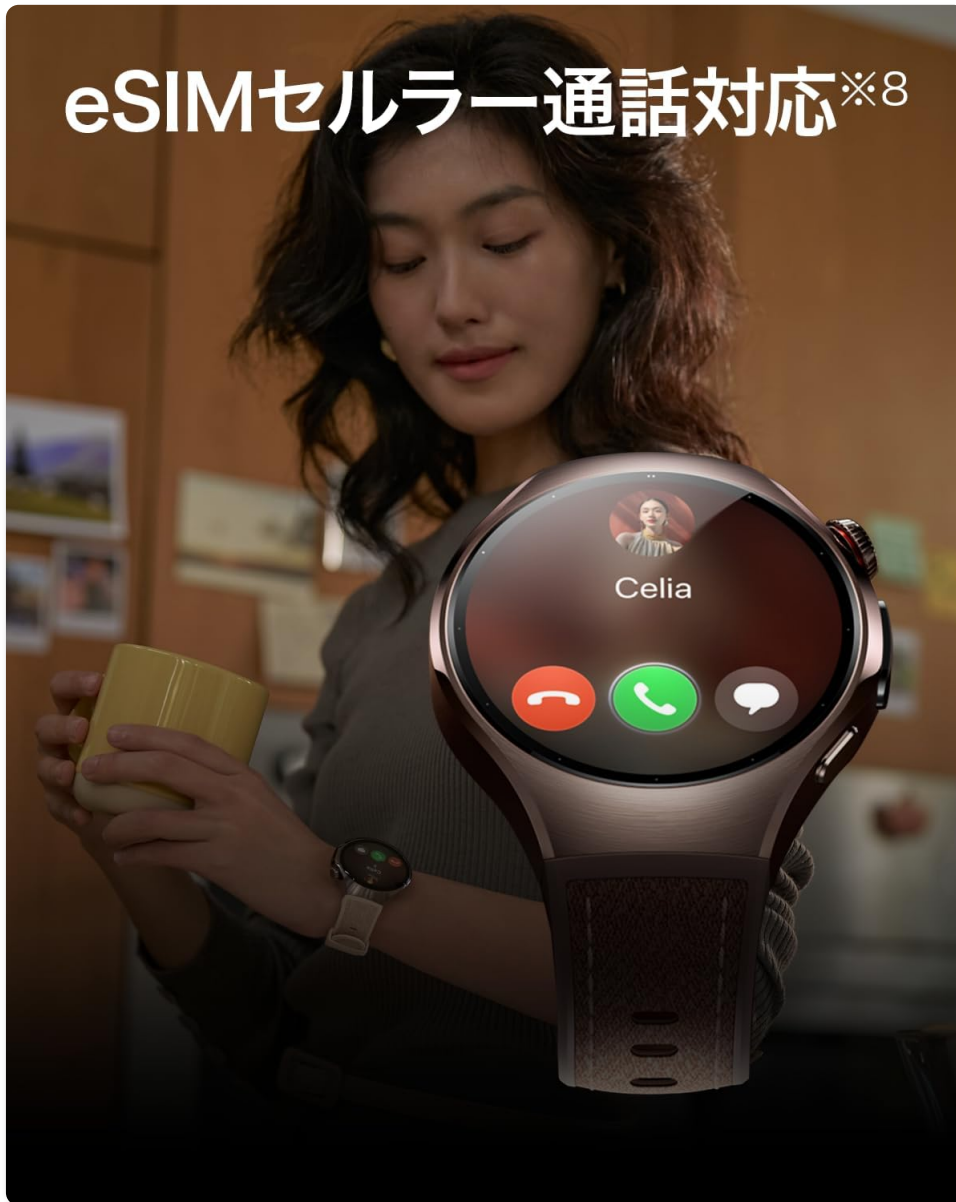


Figure 4.7: Making a call using the eSIM feature on HUAWEI WATCH 5.

### 5. BATTERY MANAGEMENT

The HUAWEI WATCH 5 offers two battery modes to optimize usage based on your needs.

- **Standard Mode:** Allows you to use all your favorite functions and features.
- **Power-saving Mode:** Extends battery life by optimizing certain functions.

You can easily switch between these two modes in just a few seconds through the watch settings.

## 2つのバッテリーモード



	42mm	46mm
標準 モード※6	約 3 日間 通常使用	約 4.5 日間 通常使用
節電 モード※7	約 7 日間 通常使用	約 11 日間 通常使用

Figure 5.1: Battery life estimates for 42mm and 46mm models in standard and power-saving modes.

## 6. CARE AND MAINTENANCE

Proper care and maintenance will ensure the longevity and optimal performance of your HUAWEI WATCH 5.

- **Cleaning:** Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Wearing:** Ensure the watch is worn correctly on your wrist for accurate sensor readings and comfort. Avoid wearing it too tightly or too loosely.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Resistance:** Refer to the product specifications for the water resistance rating and avoid exposing the watch to conditions beyond its specified limits.

For more detailed guidelines on correct wearing, cleaning, and maintenance, please refer to the "Tips for Mastering Your Wearable" guide available on the HUAWEI support website.

## 7. TROUBLESHOOTING

If you encounter any issues with your HUAWEI WATCH 5, please refer to the following common troubleshooting tips.

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cradle and a power source.
- **Cannot pair with smartphone:** Ensure Bluetooth is enabled on both devices. Make sure the HUAWEI Health app is installed and updated. Try restarting both the watch and the smartphone.
- **Inaccurate sensor readings:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor area on the back of the watch.
- **App connectivity issues:** Check your smartphone's internet connection. Ensure the HUAWEI Health app has all necessary permissions enabled in your phone's settings.
- **Short battery life:** Review your usage patterns. Consider switching to power-saving mode. Disable unnecessary features or notifications.

If the issue persists, please contact HUAWEI Customer Support for further assistance.

## 8. SPECIFICATIONS

Detailed technical specifications for the HUAWEI WATCH 5 (Model: RTS-AL00).

Feature	Specification
Operating System	Harmony OS
Product Weight	330 g
Package Dimensions	13 x 11.9 x 6.7 cm; 330 g
Battery	1 12V type battery (included)
Product Model Number	RTS-AL00
Connectivity Technology	Bluetooth, Wi-Fi, Cellular
GPS	GPS built-in
Special Features	Activity tracker, Daily workout memory, Voice call, Gesture control, Notification
Other Display Features	Wireless
Human Interface Input	Touchscreen
Color	Black
Box Contents	USB cable with charging cradle, Smartwatch setup guide & after-sales service information
Date First Available on Amazon.co.jp	2025/5/27
Language Support	Japanese, English, Korean, Multiple languages, Chinese
Memory Storage Capacity	32 GB

Feature	Specification
Wireless Communication Standard	Bluetooth, 802.11ax

## 9. WARRANTY AND SUPPORT

HUAWEI provides warranty coverage for your product and offers customer support.

### 9.1. Product Warranty

Huawei guarantees the main unit of this product for 1 year from the customer's purchase date. The included charger is guaranteed for 6 months, and the USB cable for 3 months.

This product does not include a physical product warranty card. Please keep the delivery note issued by Amazon at the time of product purchase carefully and present it when requesting warranty repair.

Product warranty applies to products purchased from carts where the seller and shipper are Amazon.co.jp. For products sold by other sellers or businesses, specifications may differ even for the same model number, so please contact each seller directly.

### 9.2. Customer Support

For any inquiries or support needs, you can contact HUAWEI Customer Support:

**Email:** [Support.jp@huawei.com](mailto:Support.jp@huawei.com)