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Getting Started

Buttons and gestures

The watch is equipped with a color touchscreen that is highly touch-responsive and can be swiped in different directions.

Up button

Operation	Function	Remarks
Rotate	- In **Grid** mode, zoom in and out on an app on the app list screen. - In **List** mode, swipe up and down on the app list screen or the details screen. - Scroll up and down the screen after you enter an app. - ℹ️ To enable Grid or List mode on your watch, go to **Settings** > **Watch face & launcher** > **Launcher** and select **Grid** or **List**.	There are certain exceptions such as for calls and workouts.
Press	- Turn on the screen. - Open the app list screen from the home screen. - Return to the home screen.	
Double-press or press multiple times	- Double-press the button to view all running apps when the screen is on.	

Operation	Function	Remarks
Press and hold	• Power on the watch. • Access the restart/power-off screen when the watch is powered on. • Forcibly restart the watch by pressing and holding the button for more than 12 seconds.	

Down button

Operation	Function	Remarks
Press	Open the Workout app. Access the set customized app.	There are certain exceptions such as for calls and workouts.
Press and hold	Wake up the voice assistant.	-

Gestures

Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face.
Swipe up	View notifications.
Swipe down	View the shortcut menu.
Swipe left or right	View watch feature cards.
Swipe right	Return to the previous screen.

Turning on the screen

• Press the Up button.

• Raise or rotate your wrist inwards.

    i To turn on the screen by raising your wrist, open the watch's app list, go to **Settings** > **Accessibility features** > **Gestures**, and enable **Raise to wake**.

• Swipe down on the home screen to open the shortcut menu. Enable **Show Time** for the screen to stay on for five minutes.

    i To set a different duration for the screen to stay on, go to **Settings** > **Display & Brightness** > **Screen time**.

Turning off the screen

Perform no operations for a period of time after you turn on the screen by pressing the button or raising your wrist.

Cover the entire screen to turn off the screen.

- To set a duration for the screen to stay off, go to **Settings** > **Display & Brightness** > **Sleep** to set a duration.
- To enable the watch face and some app screens to stay on, go to **Settings** > **Watch face & launcher** and enable **Always On Display**.
- To change the AOD style, go to **Settings** > **Watch face & launcher** > **AOD style** > **Default style** and select a different AOD style.

Pairing and connecting

The device is ready to be paired via Bluetooth by default after it is powered on for the first time. Download and install the latest version of the Health app.

- Ensure that you are using one of the following devices on which Bluetooth and location services have been enabled:
  Phones: HarmonyOS 2/Android 6.0/iOS 9.0 or later
  Tablets: HarmonyOS 2 or later

HarmonyOS/Android users

1 Open the Health app and go to **Devices** > **ADD**. The app will then automatically search for the devices that it can connect to. Touch the **LINK** next to the target device and follow the onscreen instructions to finish pairing.

  - If the target device is not in the list of devices that can be connected to automatically, touch **ADD**, select the target device, touch **PAIR**, and follow the onscreen instructions to finish pairing.

2 When a pairing request is displayed on the device screen, touch √ to start pairing. Confirm the pairing on your phone/tablet as well.

iOS users

1 Open the Health app, go to **Devices** > **ADD**, select the device you want to pair with, and touch **PAIR**.

2 For some device models, you need to pair your device with the phone/tablet via Bluetooth. Follow the onscreen instructions to select your device from the Bluetooth settings screen. When a pairing request is displayed on your device, touch √.

3 Open the Health app and follow the onscreen instructions to finish pairing.

- Your device will display an icon on the screen to inform you that pairing was successful. It will then return to the home screen and receive information (such as the date and time). Otherwise, your device will display an icon on the screen to inform you that pairing was unsuccessful. It will then return to the startup screen.

Charging

Charging

1 Connect the charging cradle to a power adapter and then connect the power adapter to a power supply.

2 Rest your watch on top of the charging cradle and align the metal contacts on your watch to those of the charging cradle until a charging icon appears on the watch screen.

3 After the watch is fully charged, the charging indicator will display 100%. When your watch is fully charged, it will automatically stop charging.

ⓘ • You are advised to use a Huawei power adapter, a USB port of a computer, or a non-Huawei power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your watch. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a Huawei power adapter from an official Huawei sales outlet.

 • Keep the charging port dry and clean to prevent short circuits or other risks.

 • The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

Method 2: Connect your watch to a power supply and check the battery level on the charging screen.

Method 3: View the battery level on a watch face that displays the battery level.

Method 4: Check the battery level on the device details screen in the Health app.

Wearing the watch

Ensure that the rear cover of the watch is clean, dry, and free of foreign objects. Attach the monitoring area of the watch to your wrist and make sure it feels comfortable. Do not attach a protective film to the rear of the watch. The rear cover of the watch has sensors that can identify signals from the human body. If the sensors are blocked, the identification will be inaccurate or fail and the watch won't be able to accurately record the heart rate, SpO2, and sleep data.

To ensure the accuracy of measurements, avoid wearing the strap more than one finger width away from your wrist bone. Ensure that the strap is worn relatively tightly and ensure it is secure during workouts.
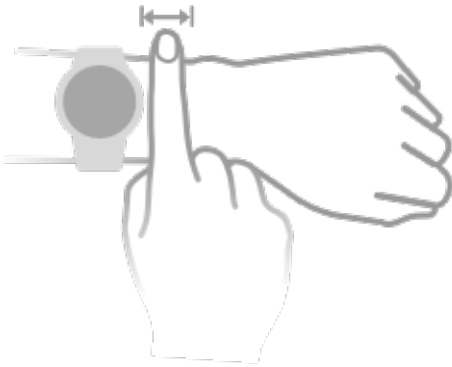
ⓘ The device is made of materials that are safe to use. If you experience skin discomfort when wearing the device, take it off and consult a doctor.

Exercise

Starting a workout

Starting a workout on your watch

1 Enter the app list of your watch and touch **Workout**.

2 Select the workout you want to do or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.

3 Touch the Start icon to start a workout session. (Ensure that GPS positioning is working before you start an outdoor workout.)

4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.

Starting a workout in the Health app

ⓘ This feature is not available in the Health app on tablets.

To start a workout using the Health app, move your phone and watch close to each other to ensure that they are connected.

1 Open the Health app, touch **Exercise**, choose a workout mode, and touch the Start icon to start a workout.

2 Once you have started a workout, your watch will sync and display your workout heart rate, speed, and time. Your workout data, such as the workout time, will be displayed in the Health app.

Smart companion

After Smart companion is enabled on your watch, your watch will send you real-time voice guidance during a running session.

1 Press the Up button to access the app list and touch **Workout**.

2 Touch **Outdoor run** and then the Settings icon to the right of **Smart companion** to enable **Smart companion**.

3 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

ⓘ After **Smart companion** is enabled, it will be used instead of the Reminders feature.

Running plans

The device provides customized scientific training plans that adapt to your time to meet your training requirements. The device can help you finish your plan in a timely manner and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.

Creating a running plan

1 Open the Health app, go to **Exercise** > **Outdoor run** or **Indoor run** > **AI running plan**, touch **More** on the right, select a running plan, and follow the onscreen instructions to finish creating the plan.

2 Press the Up button on your watch to enter the app list and go to **Workout** > **Courses & plans** > **Training plan** to view your running plan. On the training day, touch the Workout icon to start a workout.

Ending a running plan

Open the Health app, go to **Exercise** > **Plan**, touch ⠒⠒ in the upper right corner, and touch **End plan**.

Other settings

Open the Health app, go to **Exercise** > **Plan**, and touch ⠒⠒ in the upper right corner:

Touch **View plan** to view the plan details.

Touch **Sync to wearable device** to sync plans to your wearable device.

Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to the calendar.

Viewing workout records

Viewing workout records on the device

1 On the device, enter the app list and touch **Workout records**.

2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Health app

You can also view detailed workout data under **Exercise records** on the **Health** screen in the Health app.

Deleting a workout record

Touch and hold a workout record on **Exercise records** in the Health app and delete it. This record will still be available on the watch after you delete it in the app.

Workout status

Enter the watch's app list, touch **Workout status**, and swipe up on the screen to view data including your training load and VO2Max.

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The watch collects your training load from workout modes that track your heart rate, such as running, walking, cycling, and climbing.
- VO2Max data can be obtained from outdoor running workouts. The requirements for the watch to obtain the VO2Max change trends are as follows:

  - At least one outdoor running workout is done every week (2.4 km within 20 minutes).

  - VO2Max data is collected at least twice and the interval between the measurements is longer than one week.

Recording daily activities

Wear your watch correctly for it to automatically record data relating to calories, distance, climbing stairs, steps, duration of moderate to high intensity activities, and other activities.

Press the Up button to access the app list, swipe until you find **Activity records**, touch it, and then swipe up or down to view data relating to calories, distance, climbing stairs, steps, duration of moderate to high intensity activities, and other activities.

Auto-detecting workouts

The device can automatically identify your workout status.

Go to **Settings** > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

Currently, the following workout modes are supported: indoor walk, outdoor walk, indoor run, outdoor run, elliptical trainer activity, and rowing machine activity.

- The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.

  - If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you took and provide you with navigation services. After reaching your destination, you can use this feature to find out how to return to where you passed through or came from.

On your watch, enter the app list, then swipe until you find **Workout** and touch it. Start an individual outdoor workout session. Swipe left on the screen and select **Route back** or **Straight line** to return to the starting point. If there is no **Route back** or **Straight line** on the screen, touch the screen to display it.

Health

Heart rate data broadcasts

After heart rate broadcasts are enabled, the device will continuously measure your heart rate and share your heart rate with connected devices or third-party apps.

1 Enter the app list and go to **Settings** > **HR Data Broadcasts**.

2 Read the statement carefully, go to √ > **Go workout**, select a workout mode, and start a workout. Your device will then broadcast your heart rate data.

3 To end the workout, press and hold the up button when the screen is on.

4 Press the up button and touch √ to exit heart rate data broadcasts.

Measuring your body temperature

Body temperature measurements are mainly used to monitor the changes in the wrist skin temperature and body temperature after exercise. After you set a high or low body temperature alert, the device will send you an alert if your body temperature is higher or lower than the preset value for 10 minutes.

ⓘ · The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature and body temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.

 · During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.

 · After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

High and low temperature alerts

1 Open the Health app, touch **Devices** and the device name, and go to **Health monitoring** > **Body temperature**.

2 Touch **Fever**, select an alert threshold, and touch **OK**.

3 Touch **Hypothermia**, select an alert threshold, and touch **OK**.

Single measurement

In the watch's app list, go to **Body temperature** > **Measure** to start measuring your temperature.

ⓘ Touch **Join study** if you are measuring for the first time. If you touch **Leave study**, you will need to touch **Join study** again before you start a measurement. Swipe up on the **Measure** screen and touch **About study** to view more information about the study, applicable objects and scenarios, and requirements for wearing the device while using this feature.

Using Healthy Life

Healthy Life is a service provided by Huawei Health, with the aim to help you live a healthier lifestyle and take up healthier habits.

Enable Healthy Life

1 Enable **Healthy Life** on the home screen of Huawei Health.

2 Consent to the user agreement, and enter the **Healthy Life** screen.

3 Touch the More (three dot) icon in the top-right corner and select **Target management**, then select the corresponding target for each card. You can customize the goals and reminders for breathing exercises, regular wake-up, and early sleep.

Disable Healthy Life

On the Healthy Life screen, touch the More (three dots) icon in the top-right corner, and go to **Settings** > **Disable Healthy Life**. All corresponding data will then be cleared.

ⓘ • This feature will be first introduced in Huawei Health version 10.1.0.511.

   • Your watch will send you notifications when the corresponding requirements are met and you have enabled **Healthy Life daily summary**.

   • Due to different physical conditions for each individual, the health suggestions provided by Healthy Life, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you have any discomfort during the activity or exercise, please stop and take a rest or seek medical advice in time.

   • Health advice provided in Healthy Life is for your understanding and reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or exercises.

Heart Study

Starting the heart research project

1 Open the Heart Study app.

   • Open the Health app, touch **Devices** then your device name, and touch **301 Hospital's heart health app** to open the Heart Study app.

- Open the Health app, touch the **Heart** card on the **Health** screen, and touch **Heart health information** to open the Heart Study app.

  ℹ️ If you have not downloaded and installed the Heart Study app on your phone/ tablet, you will be directed to download and install the app. After downloading and installing it, follow the onscreen instructions to sign in to the app.

2 Join in the heart research project.

3 Touch **Devices** and follow the onscreen instructions to finish pairing. You can also select the device from the list of connected devices.

4 After pairing is successful, touch the paired device. Select **Heart research project** and ensure that **Smart real-time measurement** has been enabled. Once enabled, your watch will automatically and intelligently evaluate your heart health when you are still, and sync your heart health information to your phone/tablet after it is connected to your phone/ tablet.

Heart arrhythmia detection:
Open the Heart Study app, go to **Heart health information** > **Heart Arrhythmia Detection**, and touch **Start detection**.

ℹ️
- We recommend that you detect heart arrhythmia twice a day for two weeks or once every two days for three months.

- You can follow your friends and family members to stay in the loop with their heart health.

Atrial fibrillation risk detection:
Open the Heart Study app, touch **Heart health information**, and touch **+** in the upper right corner. Select **AF risk prediction**, or go to **Predict** > **Join in**.
You can view the prediction result and risk trend to predict risks and take countermeasures.

ℹ️
- This feature is useful for people who have tested positive for arrhythmia. If you are feeling uncomfortable, it is important to consult a doctor as soon as possible.

- We recommend you to detect the risk of atrial fibrillation at least three times a day and enable automatic measurements to ensure enough data for analysis and better predictions.

Exiting the heart research project

Open the Heart Study app, select the heart research project, touch **+** in the upper right corner, and touch **Exit**.

You can re-join the research project at any time if you want to.

Vascular study

Vascular study provides personalized guidance and implements arteriosclerosis screening based on wearable high-precision ECG and PPG sensors. To use this feature, download and install the latest version of the Vascular Study app from HUAWEI AppGallery.

ⓘ · This feature is only supported when a HUAWEI WATCH GT 2 Pro ECG or HUAWEI WATCH GT 3 Pro ECG is connected to the following phones/tablets in the Chinese mainland:

Phones: HarmonyOS 2/Android 6.0 or later

Tablets: HarmonyOS 2 or later

· Before using this feature:

· Read and agree to the *User Agreement for Vascular Health Research* and *Statement from Vascular Health Research and Privacy*.

· On the **Huawei Wearable capabilities** screen, enable **Allow all**. To revoke the authorization, open the **Health** app and go to **Me** > **Settings** > **Device capabilities**.

Vascular health measurement

1 Log in to the Health app and the Vascular Study app.

2 Pair your wearable device with the Health app.

3 Open the Vascular Study app, touch **Devices**, and select your device name to connect to it.

4 Touch **Start** in the Vascular Study app.

5 Select the actual **Wrist mode** in the app and place your finger on the device electrode to start a measurement based on the onscreen instructions.

6 Once the measurement is complete, you'll be able to view the results in the app.

ⓘ · Ensure that the actual wrist mode is consistent with that selected on your watch and in the Vascular Study app.

· Enter your correct gender, age, height, and weight information for accurate measurement results. The measurement results are for reference only and cannot be used for professional clinical diagnosis of vascular diseases.

· Ensure that the ECG electrodes and the back cover of your watch are not blocked by foreign objects or covered by dirt. Ensure that the actual wearing mode of your watch is consistent with the setting. Ensure that the fingers in contact with the electrodes are slightly moist. Otherwise, the measurement may be inaccurate or the signal quality may be poor.

TriRing

TriRing in Activity records on the watch display three types of data: steps, moderate to high intensity activity, and active hours.

1. 👟 Steps: This ring indicates the proportion of your steps to the target step count on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me** > **Settings** > **Goal** in the Health app.

(2) ⏱️ Duration of moderate to high intensity activity (unit: minutes): The default goal is 30 minutes. Your device will calculate the total duration of your moderate to high intensity activity based on your pace and heart rate intensity.

(3) 🧍 Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend you stand up once an hour and get at least 12 active hours between 7:00 and 22:00 every day.

Sleep tracking

ⓘ Wear your device correctly. The device will automatically record how long you are asleep and identify whether you are in a deep sleep, light sleep, or awake.

- Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, wake up, and whether you are in deep or REM sleep, and provide you with sleep quality analysis and suggestions to help you understand and improve your sleep quality.
- If **HUAWEI TruSleep™** has not been enabled, the device will track your sleep using the normal method. When you wear your device during sleep, it will identify the different sleep stages including the time you fall asleep, wake up, and enter or exit deep/light sleep, and sync the corresponding data to the Health app.
- View your sleep data: Open the Health app and touch the **Sleep** card. You can then view your daily, weekly, monthly, and yearly sleep data.

Measuring blood oxygen levels (SpO2)

ⓘ • To ensure the accuracy of the SpO2 measurement, wear the watch properly and ensure the strap is fastened. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

Single SpO2 measurement

1 Wear your watch correctly and keep your arm still.

2 From the home screen, press the Up button, swipe on the screen, and touch **SpO2**.

3 Keep your body still during the SpO2 measurement.

ⓘ • Swipe right on the watch screen to stop measuring. The measurement will run in the background if there is a notification for an incoming call or alarm.

• The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Health app, or receive a notification for an incoming call or alarm.

• Data provided is for reference only and not for medical use. Consult a doctor as soon as possible if you feel uncomfortable.

• During the SpO2 measurement, the watch will also measure your heart rate.

• This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Heart rate measurements

ⓘ • To guarantee a more accurate heart rate measurement, wear the watch correctly and ensure the strap is fastened. Make sure that your watch is secure on your wrist. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

Individual heart rate measurement

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2 Access the app list and select **Heart rate** to measure your heart rate.

ⓘ This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

• Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, open the Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings** and set **Calculation method** to either **Maximum heart rate percentage** or **HRR percentage**.

- **ⓘ** If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).

- If you select HRR percentage as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve (HRmax - HRrest).

- Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout.

- **ⓘ** After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

- Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

Continuous heart rate monitoring

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your watch can measure your real-time heart rate.

Resting heart rate measurement

Resting heart rate refers to your heart rate measured when you are still, awake, and at rest. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

- **ⓘ** If you disable **Continuous heart rate monitoring** after checking your resting heart rate, the resting heart rate displayed in the Health app will remain the same.

- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).

Heart rate limit warning

After you start a workout using your watch, your watch will vibrate to alert you that your heart rate value has exceeded the upper limit for more than 60 seconds.

Perform the following to set a **heart rate upper limit**:

- For iOS users: Open the Health app, touch **Device** and your device name, go to **Heart rate limit interval and warning** > **Heart rate limit warning**, and set an upper limit.

- For HarmonyOS/Android users: Open the Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, touch **Heart rate limit**, and set an upper limit.

Heart rate alerts

High heart rate alert

Touch **Devices** and your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a high heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Touch **Devices** and your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a low heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

Stress tests

Testing your stress levels

During a stress test, wear your watch correctly and keep still. The watch will not test your stress level when you are doing a workout or when you move your wrist too frequently.

- Single stress test:

  Open the Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Health app to calibrate your stress level.

- Periodic stress tests:

  Open the Health app, touch **Devices** and then your device name, go to **Health monitoring** > **Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

  ⓘ The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the watch incorrectly.

Viewing stress data

- On the watch:

  Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view the graph indicating changes to your stress level, the stress bar chart, stress levels, and stress intervals.

- In the Health app:

Open the Health app, then touch the **Stress** card to view your latest stress level, daily, weekly, monthly, and yearly stress curves, and corresponding advice.

Breathing exercises

Enter the app list on your device and touch **Breathing exercises**, set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises. After the exercise is finished, the screen will display the training stress, heart rate before the exercise, training duration, and evaluation.

Activity reminder

When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (1 hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.

To disable **Activity reminder**, open the Health app, touch **Devices** then your device name, touch **Health monitoring**, and turn off the switch for **Activity reminder**.

- The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.

- The device will not vibrate if it detects that you are asleep.

- The device will only send reminders between 8:00 and 12:00 and between 14:00 and 22:00.

Menstrual cycle predictions

The device can predict your next period and fertile window based on data from your periods.

1 Open the Health app, touch **Cycle Calendar**, and grant the corresponding permissions. If you are unable to find the **Cycle Calendar** card on the home screen, touch **EDIT** on the home screen to add this card to the home screen.

2 On the **Cycle Calendar** screen, touch **RECORD PERIOD** and select the start and end of your latest period. You can also record the physical condition during the period.

3 Touch ⋮ in the lower right corner, select **Wearable device reminders**, and turn on all reminder switches. The device will send you reminders for the start and end of your period and fertile window.

- Touch Records to view and modify the period data. The predicted period is marked in the dotted line.

- The device will remind you about the start of your period before 8:00 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8:00 AM on that day.

Assistant

Assistant·TODAY

On the Assistant·TODAY screen, you can view the weather forecast, wake up the voice assistant, access running apps, and view push messages from the calendar and AI Tips with ease.

ⓘ AI Tips push messages are only supported when the device is paired with a phone running HarmonyOS 2/EMUI 11.0.1 or later.

Entering Assistant·TODAY

Swipe right on the home screen of your watch to enter Assistant·TODAY.

Apps

ⓘ This feature is only available with the following Huawei phones/tablets:
Phones: HarmonyOS 2/Android 6.0 or later
Tablets: HarmonyOS 2 or later

Installing apps

1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.

2 Select the app you want to use from the **Apps** list and touch **Install**. After the app is installed, it will be displayed in the app list on your watch.

Using apps

1 Press the Up button on your watch to enter the app list.

2 Swipe up or down, select an app, and follow the onscreen instructions to use it.

ⓘ · Some apps can only be used when the watch is connected to your phone. If the watch displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone.

· When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when giving authorization, open the Health app, go to **Me** > **Settings** > **Device capabilities**, and select the app that you want to give authorization to again.

Updating apps

1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Updates** > **Update** to update apps to the latest version for a better experience.

Uninstalling apps

1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Installation manager** > **Uninstall** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.

ⓘ · If you touch **Disable AppGallery service** and **DISABLE**, AppGallery will be disabled. If you want to use this feature again, touch **Apps**, follow the onscreen instructions to complete giving authorization, and enable **Apps**.

Receiving notifications and viewing and deleting messages

After you enable notifications, all messages with notifications that are displayed in the status bar of your phone/tablet will be synced to your watch.

ⓘ When the Health app is connected to your device via Bluetooth, the notifications displayed in the status bar of your phone/tablet will be pushed to your device. The notifications that are not displayed in the status bar will not be pushed to your device.

Enabling message notifications

1 Open the Health app, touch **Devices** and then your device name, touch **Notifications**, and turn on the switch.

2 Touch **Apps** and turn on the switches for apps that you want to receive notifications from.

ⓘ Notifications from the following apps can be synced to the watch: Messaging, Email, and Calendar, as well as certain third-party social media apps including WeChat and QQ. You can go to **Apps** to view the apps that you can receive notifications from.

Viewing unread messages

Your device will vibrate to notify you of new messages pushed from the status bar of your phone/tablet.

Unread messages can be viewed on your device. To view them, swipe up on the home screen to enter the unread message center.

ⓘ A maximum of 10 unread messages can be saved on your watch. If there are more than 10 unread messages, the older messages will be overwritten. Each message will only be displayed on one screen.

If you are using Do not disturb mode, asleep, not wearing your watch, or doing a workout, your watch can receive messages but will not push notifications.

Messages that you have viewed on your phone/tablet will be deleted from your watch at the same time.

Deleting unread messages

Swipe right on a message to delete it or touch **Clear** at the bottom of the list to delete all unread messages.

Answering and rejecting incoming calls

When there is an incoming call, your watch will inform you and display the caller's number or name. You can reject the call.

· Press the Up button to stop the watch from vibrating during an incoming call.

· Touch the End icon on the screen or touch and hold the Up button on your watch to end the call.

Checking your call logs

Viewing your call logs

Press the Up button on your watch to access the app list, swipe up or down until you find **Call Log**, and touch it to view call logs (including incoming, outgoing, and missed calls) on your watch.

Calling back

When your watch is paired with your phone, touch any call record to call back.

Deleting call logs

Swipe down to the bottom of the screen and touch **Clear** to clear all call logs.

Music

Prerequisites

To use this feature, ensure that the watch is connected to your phone.

Adding music

1 Open the Health app and touch **Devices** then your device name.

2 Go to **Music** > **Manage music** > **Add songs** and select the music to be added.

3 Click √ in the upper right corner of the screen.

ⓘ · This feature is only supported on the following devices:

Phones: HarmonyOS 2/Android 6.0 or later

Tablets: HarmonyOS 2 or later

- You can add unencrypted music files (in MP3 or AAC (LC-AAC) format) downloaded from some music apps (such as HUAWEI Music, Kugou Music, NetEase Cloud Music, Himalaya, and QQMusic) to your watch. (You can add approximately 200 to 500 songs to your watch depending on the different sizes of music files.)

- To check the remaining storage space on your watch, open the Health app and go to **Devices** > **Music** > **Manage music**.

Controlling music playback on the watch

1 Press the Up button of the watch to access the app list, swipe until you find **Music**, and then touch it.

2 Go to ⋮ > **Watch**.

3 Swipe right on the screen to return to the previous screen, touch the music you have added to your watch using the Health app, and touch the play button to play the music.

ⓘ · On the music playback screen of your watch, you can switch between songs, adjust the volume, and select a playback mode, such as Play in order, Shuffle, Repeat the current song, and Repeat list.

- Touch ⋮ in the lower right corner and touch **Delete song**, **Earphones**, **Watch**, or **Phone** (only available with HarmonyOS/Android phones, with the playback sequence unable to be selected).

- Swipe up on the screen to view the music list. If you swipe left or right on the watch's home screen to access the music playback card, you won't be able to view the music list.

Controlling music playback on the phone

1 Open the Health app, touch **Devices** then your device name, touch **Music**, and turn on **Control phone music**.

2 Open the Music app on your phone and play music.

3 Open the **Music** app on your watch and go to ⋮ > **Phone**.

4 Swipe right on the screen to return to the previous screen to pause, switch, or adjust the music volume on your phone.

ⓘ · You can use your watch to control music playback of third-party music apps such as KuGou Music, NetEase Music, Himalaya, and QQMusic on your phone.

- On the music playback screen of your watch, touch ⋮ in the lower right corner and select **Watch** or **Phone**.

Stopwatch

The watch supports normal and segment-based timing in Stopwatch, helping you with activities that require accurate timing, such as sports and competitions.

Starting the stopwatch

1 Press the Up button on the watch to open the app list and then touch **Stopwatch**.

2 Touch to start timing.

3 Touch to start segment-based timing.

Pausing or resetting the stopwatch

Touch to pause the stopwatch and touch to reset the stopwatch.

Timers

The watch supports quick timers with preset durations and customized timers to help you complete tasks with specified durations.

Setting a quick timer

1 Press the Up button on the watch to open the app list and then touch **Timer**.

2 Select a duration and start timing.

3 After the timer expires, the watch will vibrate. You can touch **X** to exit or touch the icon in the lower right corner to repeat the last quick timer.

Setting a customized timer

1 Press the Up button on the watch to open the app list and then touch **Timer**.

2 Swipe up on the screen and touch **Custom**.

3 Select the hour, minute, and second and then touch to start timing.

Pausing, resetting, and exiting the timer

Touch to pause, touch to reset, and touch to exit.

Setting alarms on Huawei watches

Method 1: Set a smart or event alarm on your watch.

1 Enter the app list, select **Alarm**, and touch to add an event alarm.

2 Set the alarm time and repeat cycle and then touch **OK**. If you do not set the repeat cycle, the alarm will be a one-time alarm.

3 Touch an alarm to delete it or modify the alarm time and repeat cycle. Only event alarms can be deleted.

Method 2: Set a smart or event alarm in the Health app.

Smart alarm:

1 Open the Health app, touch **Devices** and your device name, and go to **Alarm** > **SMART ALARM**.

2 Set the alarm time, smart wakeup time, and repeat cycle.

3 If you are an Android user, touch √ in the upper right corner. If you are an iOS user, touch **Save** in the upper right corner.

4 Return to the home screen and swipe down to sync the alarm settings to your watch.

5 Touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

1 Open the Health app, touch **Devices** and your device name, and go to **Alarm** > **EVENT ALARM**.

2 Touch **Add** to set the alarm time, tag, and repeat cycle.

3 If you are an Android user, touch √ in the upper right corner. If you are an iOS user, touch **Save** in the upper right corner.

4 Return to the home screen and swipe down to sync the alarm settings to your watch.

5 Touch an alarm to delete it or modify the alarm time and repeat cycle.

- Event alarms set on your watch and the Health app are synced. You can set a maximum of five event alarms. By default, there is only one smart alarm. You can't delete the smart alarm or add smart alarms.

- When an alarm goes off, you can touch on the screen, press the Up button, or swipe right on the screen to snooze for 10 minutes. To turn off the alarm, touch on the screen or press and hold the Up button. If no operations are performed within one minute, the alarm will automatically turn off after snoozing three times.

- The smart alarm will only wake you up in advance based on the preset time when you are not in deep sleep.

- If you do not set the repeat cycle for an alarm, the alarm will be a one-time alarm.

- The alarms on the wearable device will also go off on holidays.

- Event alarms will go off at the time you set. If you have set a tag and time for the event alarm, the watch will display the tag. Otherwise, only the time will be displayed.

- When **Silent mode** is enabled on the watch, the alarm will vibrate but not ring. To enable Silent mode, enter the app list and go to **Settings** > **Volume** to turn on its switch.

- Alarms set on your phone will be automatically synced to your watch when they are connected, and the syncing process cannot be cancelled.

Flashlight

On the device, enter the app list and touch **Flashlight**. The screen will light up. Touch the screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right on the screen or press the side button to close the Flashlight app.

Barometer

Barometer on the watch automatically measures the altitude and air pressure of the current location and records the measurement data of the current day in a waveform graph.

Viewing the altitude and air pressure

1 Press the Up button on the watch to open the app list and then touch **Barometer**.
2 Swipe up or down on the screen to view the altitude and air pressure.

Compass

The Compass app displays the direction, longitude, and latitude of your watch, helping you get your bearings in unfamiliar environments such as when you are outdoors or traveling.

Touch **Compass** in the app list and follow the onscreen instructions to calibrate your watch. After the calibration is complete, your watch will display a compass dial.

> ℹ️ During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers. Otherwise, the calibration accuracy may be affected.

Receiving weather reports

Enabling weather reports

Open the Health app, touch **Devices** and your device name, enable **Weather report**, and select a unit of temperature (°C or °F).

Viewing weather reports

You can check your watch to find out about the weather in your local area.

Method 1: In the Weather card

Swipe right on the screen until you find the Weather card, then you can check your location, the latest weather, temperature, and air quality.

Method 2: On a watch face

Ensure that you are using a watch face that displays weather information, then you can check the latest weather information on the home screen.

Method 3: In the Weather app

Press the Up button when on the home screen of your watch, swipe until you find **Weather**, touch it, and then you can check your location, the latest weather information, temperature, and air quality. Swipe up or down on the screen to view the weather information for the week.

Using the watch to find your phone

Swipe down on the watch face screen to enter the shortcut menu and touch **Find phone**. The Find phone animation will then be played on the screen.

If your watch and phone are within the Bluetooth connection range, the phone/tablet will play a ringtone (even in Vibrate or Silent mode) to notify you of its whereabouts.

Touch your watch screen or unlock your phone/tablet screen to stop finding your phone/tablet.

> ℹ️ This feature will only work when your phone and watch are connected.
> If you are using an iOS phone and its screen is turned off, the iOS controls the playback of the system ringtone. As a result, the phone may not respond when the user is using the **Find phone** feature.

Using your phone to find your watch

You can use your Huawei phone (running EMUI 11.0 or later) to find your watch once the watch is connected to the Health app.

Getting started

1 Download and install the latest versions of the HUAWEI Mobile Cloud, Find Device, and Health apps from AppGallery. If the apps have already been installed, update them to the latest versions.

2 Use the same HUAWEI ID to log in to the three apps and ensure that your wearable device is connected to the Health app.

Using your phone to find your watch

1 In the device list in the Find Device app, select the target device.

2 On the device details screen, locate the device and touch **Listen for the ringtone** to find the device.

Remote shutter

After the watch is connected to your phone, touch **Remote shutter** in the app list on your watch to enable the camera on your phone. Touch ![camera icon] on the watch screen to take a photo.

Touch ![timer icon] to switch between a 2-second and 5-second timer.

ℹ️ · Remote shutter is only available in the watch's app list when your watch is paired with the following phones/tablets:

   Phones: HarmonyOS 2/EMUI 10.1 or later

   Tablets: HarmonyOS 2 or later

· To use this feature, ensure that your watch is connected to your phone and that the Health app is running in the background.

Connecting Bluetooth earbuds

· Method 1:

1 Press the Up button on your watch to access the app list and go to **Settings** > **Earbuds** or **Settings** > **Bluetooth**.

2 Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.

· Method 2:

1 Press the Up button on your watch to access the app list, touch **Music** then ![menu icon] or ![grid icon] in the lower right corner of the music playback screen, and touch **Earbuds**.

2   Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.

Enabling or disabling Do Not Disturb

After you enable Do Not Disturb, incoming calls and notifications will be muted, the watch will not vibrate when receiving incoming calls or notifications, and the screen will not turn on when you raise your wrist.

Immediate enabling or disabling

Method 1: Swipe down from the top of the watch face and touch **Do Not Disturb** to enable or disable it.

Method 2: Go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **All day** to enable or disable it.

Scheduled enabling or disabling

i To use this feature, update the watch and the Health app to the latest versions.

Go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **Scheduled** and set **Start** and **End**.

To disable scheduled Do Not Disturb, go to **Settings** > **Sounds & vibration** > **Do Not Disturb** > **Scheduled**.

Voice assistant

The wearable device allows you to use the voice assistant to make calls, check for information, and control smart home devices once it is connected to the Health app on your phone.

i To ensure that the voice assistant will work, update your watch to the latest version. Currently, this feature is only supported by Huawei devices.

Using the voice assistant

1   Press and hold the Down button to wake up the voice assistant.

2   Give a voice command on the displayed screen, such as "What's the weather like today?".

Alipay

Once you have linked the watch to your Alipay account, you can use the QR code or barcode on the watch to make payments.

Linking Alipay

1   Swipe right on your watch's home screen until you enter the Alipay QR code screen or touch **Alipay** in the app list on your watch. Follow the onscreen instructions to display the **Scan to link** QR code.

2 Open the Alipay app and scan the QR code displayed on your watch.

3 Follow the onscreen instructions to set the device name on the Alipay app.

4 Touch the **Balance** icon in the upper right corner of the Alipay app and enter an amount. The link will be completed once you have made a payment.

5 After the link is successful, manage your balance based on the onscreen instructions.

> - The watch can make payments even when it has been disconnected from the phone, has no Internet connection, or is offline.
>
> - If you have not topped up your Alipay balance on your watch, the payment sequence is the same as that set on Alipay.

Scanning to make payments

After you have linked your watch with your Alipay account, swipe right on the watch screen to find Alipay or press the Up button on the watch to access the app list then touch **Alipay**. Open it and show the payment code (either in the format of a QR code or a barcode) displayed on your watch to the merchant.

Unlinking Alipay

Use either of the following methods to unlink your watch.

Method 1: Press the Up button on the watch and go to **Alipay** > **Unlink**. If you have topped up your Alipay balance on your watch, the balance will not automatically be refunded. Follow the onscreen instructions to unlink your Alipay account from your watch in Alipay. Your balance will then be refunded.

Method 2: Search for the target device in the search box of the Alipay app and touch it. Follow the onscreen instructions to unlink your watch from the Alipay account. After they are unlinked, press the Up button on your watch and go to **Alipay** > **Unlink**.

> - If the Alipay balance on your watch has already been topped up, the balance will automatically be refunded to the remaining balance once Alipay on your watch is unlinked from Alipay.
>
> - If you enable this feature, please take extra precautions when using the watch. If the watch gets lost, promptly unlink your Alipay account.
>
> - After the Alipay account is unlinked, the payment feature will still be displayed but it will actually be unavailable. Before using Alipay again, ensure that the Alipay account has been unlinked on both sides, and link it again.
>
> - Once your watch is restored to its factory settings, the Alipay account will be unlinked from the watch automatically.

Activate, top up, and make payments with the transportation card

Activate the transportation card in the Huawei Health app on your phone and make payments with your wearable.

> ℹ️ · This feature requires NFC. You can only top up your transportation card on Android phones.
>
> · To use this feature, update the Huawei Health app on your phone to the latest version.
>
> · An activated transportation card on your device enjoys the same benefits as a physical transportation card.
>
> · Only transportation cards for adults are supported on Huawei wearables. Students and senior citizens cards must use physical transportation cards.

Activate the transportation card

1 On your phone, open the Huawei Health app, touch **Devices**, touch your device, touch **HUAWEI Wallet**, and go to **+ > transportation card**.

2 Follow the onscreen instructions to select your desired transportation card.

3 Select your preferred top-up amount and touch **ACTIVATE**.

4 After you have made the payment, a message will be displayed on the screen indicating that the card is being activated. After the card is activated, touch **COMPLETE**.

> ℹ️ · Currently, only payment via WeChat is supported.
>
> · You are unable to add a physical transportation card, and you can only activate a virtual transportation card using HUAWEI Wallet.
>
> · Resetting your wearable or changing to a different account in the Huawei Health app will not affect your transportation card.
>
> · To view the card number of your transportation card, open the Huawei Health app, touch **Devices**, touch your device, touch **HUAWEI Wallet**, and select your card.
>
> · Currently, this feature is only available in cities such as Beijing, Shanghai, and Shenzhen. Check the Huawei Health app for other supported transportation cards. To do this, open the Huawei Health app, touch **Devices**, touch your device, touch **HUAWEI Wallet**, and go to **+ > transportation card**

Top up the transportation card

1 Open the Huawei Health app, touch **Devices**, touch your device, touch **HUAWEI Wallet**, then select the transportation card that you want to top up.

2 Go to **Card details** > **Recharge**, select your desired amount, and then recharge your card.

3 Your transportation card will be topped up once you have made the payment.

ⓘ Select the transportation card and then touch **Card details** to view the balance.

Make payments

If you have activated multiple transportation cards, open the Huawei Health app, touch **Devices**, touch your device, touch **HUAWEI Wallet**, swipe on the screen to choose the transportation card that you use most frequently, and select **Set as default**.

Once the transportation card is activated and set as the default card, you can make payments with your watch even when the watch screen is off, Bluetooth is disconnected, or when your watch is powered off. Hold your device screen close to the payment terminal to make the payment.

You can make a maximum of 10 payments after the watch has powered off due to low battery levels.

ⓘ The transportation card on your watch works by using NFC. This feature will not be affected even if you forget to bring your phone with you or you connect your watch to another phone.

Access cards

The wearable device can emulate unencrypted 13.56 MHz access cards on the market and can be used as access cards after the information about physical access cards is copied to the wearable device's chip.

ⓘ · The information about one access card can be copied to multiple devices.

· You can add a maximum of five cards (including access cards and blank cards) to a wearable device.

· This feature is only available with HarmonyOS/Android phones in the Chinese mainland.

· Some encrypted cards can be added to the device but the device may fail to be used as an access card.

· For security reasons, bank cards, stored-value cards, and transportation cards can't be emulated. Even if emulation is successful, swiping may fail.

Emulating a physical access card

1 Update your wearable device and the Health app to the latest versions.

2 Open the Health app, touch **Devices** and the device name, and then touch **Wallet**.

3 Touch + in the upper right corner and go to **Key** > **Copy your card**.

4 Attach the center of the wearable device to the lower part of a physical card. After card reading is complete, the physical card will be automatically emulated to the wearable device. Enter a name for the card in the Health app and touch **DONE**.

Using an access card

1 Place the wearable device close to the key reading/writing sensor area.

2 Swipe up or down on the screen of your wearable device, select a card you want to use, and place the wearable device close to the key reading/writing sensor area again.

ⓘ You do not have to connect the wearable device to your phone when using an access card.

Viewing and removing access cards

1 Open the Health app, touch **Devices** and the device name, and then touch **Wallet**.

2 Touch **X cards** on the right side of **Key** to view all the added access cards.

3 Select an access card to view its details.

4 Touch ⠿ in the upper right corner of the details screen and select **Remove**. Follow the onscreen instructions to remove the access card.

Setting the default card

1 Open the Health app, touch **Devices** and the device name, and then touch **Wallet**.

2 Touch **X cards** on the right side of **Key** to view all the added access cards.

3 Touch the access card you want to use as the default card and then touch **Set as default**.

ⓘ · You can set only one access card, bank card, or transportation card as the default card. After the default card is set, simply place the device close to a card swiping device.

· After you have set the default card, you will still be able to swipe the default card even if the screen is off or the device is powered off. When the device powers off due to a low battery level, you can swipe the card up to 10 times in one day.

Bank cards

After you link a bank card to the watch using the Health app, you will be able to make payments using the watch, even if the watch is not connected to your phone or the Internet. This makes purchasing easy and convenient.

Linking a bank card

1 Open the Health app, touch **Devices** and the device name, and then touch **Wallet**.

2 Touch **+** in the upper right corner and select **Bank cards**.

ⓘ · If you are linking bank cards for the first time, you will need to set a PIN on the watch screen and then touch **Next** to add a bank card.

· If you have set a PIN, unlock the watch screen and touch **Next** to add a bank card.

3 Follow the onscreen instructions to scan the front of your bank card or manually enter your bank card number, and then touch **Next**.

4   On the card issuing notice screen, swipe up, enter the required information, and touch **Next**.

5   After you enter the SMS verification code, a message will be displayed indicating that the card has been activated. Then touch **OK**.

ⓘ Linking bank cards is not available with iOS phones.

Quick payments

Open the app list on the watch, touch **Wallet** to enter the card list, touch **Pay** to activate a card, and place the watch face close to a card reader. When the watch displays a message indicating that the watch is close to the card reader, use the card to make a payment.

ⓘ
- If the watch screen is locked, unlock the screen and then place the watch face close to the card reader to make a payment.

- Currently, only UnionPay is supported and international credit cards are not supported. See the **Add bank card** screen to find out which banks are supported.

- Merchants who support UnionPay QuickPass or Cloud QuickPass can use **Wallet** to make payments in the Chinese mainland.

- You will not need to enter the bank card password when making a payment if the password-free micropayment feature is enabled for your bank card and the card reader also supports this feature. Otherwise, you will need to enter the payment password on the card reader.

Removing a bank card

1   Open the Health app, touch **Devices** and then your device name, touch **Wallet**, and select the bank card you want to remove.

2   Go to **Details** > **Delete card**. Follow the onscreen instructions and touch **OK**.

ⓘ Disabling the screen PIN will cause the bank card to be removed.

AI Pass

AI Pass allows the watch to automatically switch between cards to adapt to different card readers.

ⓘ Currently, this feature only supports access cards that do not require identity authentication.
   This feature is only available with HarmonyOS/Android phones.

1   Open the Health app, touch **Devices** and your device name, and then go to **Wallet** > ⚙.

2   Touch the default card and select **AI Pass** from the default card settings screen.

3   After the screen displays a message indicating that the settings are complete, add your frequently used cards.
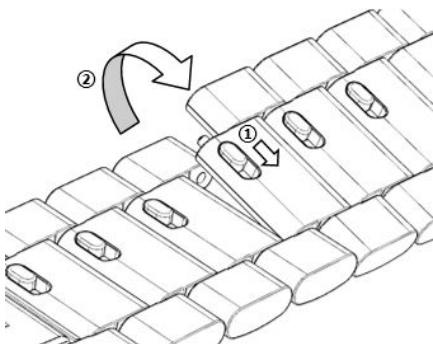
More

Adjusting and changing the strap

Adjusting the strap

Three-bead metal strap

1 To remove the strap, push the lever in the direction indicated by arrow 1 and then remove the chain in the direction indicated by arrow 2.

2 To install a strap, push the lever in the direction indicated by arrow 1 and then install the chain in the direction indicated by arrow 2.
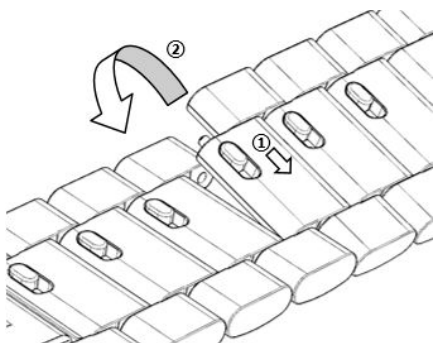
Changing the strap

- If you are using a non-metal strap, perform the following steps to remove it and install a new strap in the reverse order.

- To remove and install a metal strap, perform the following steps:
  - Removal:
    - Watch case with one guide slot on a lug:

- Watch case with two guide slots on a lug:

- Installation:

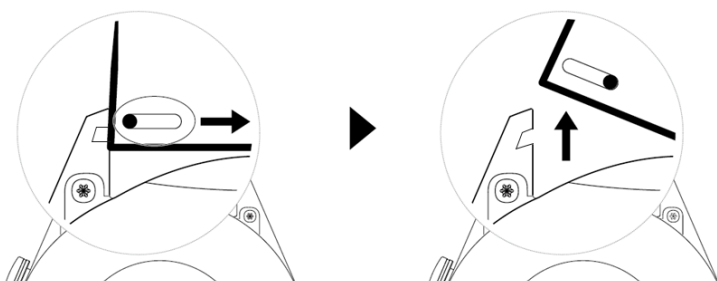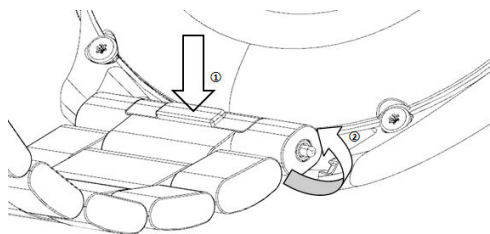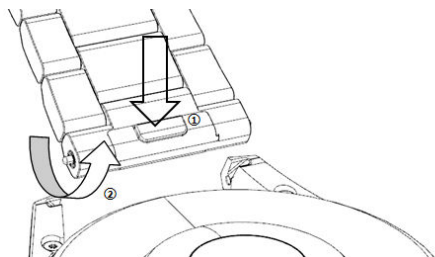 - If the watch case has one guide slot on a lug, insert the left spring bar of the watch strap into the bar hole on the watch case and then press the right spring bar through the guide slot.

  - If the watch case has two guide slots on a lug, press the left and right spring bars of the watch strap through the two guide slots.

- Fastening the watch buckle

  Press the middle position of the buckle against a lug.

- The leather strap is not waterproof. Please keep it dry and remove any sweat and other liquids in a timely manner.

Configuring Gallery watch faces

Before using this feature, update the Health app and your device to the latest versions. Your phone must run HarmonyOS 2/Android 6.0/iOS 12.0 or later.

Choosing Gallery watch faces

1 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Mine** > **On watch** > **Gallery** to access the Gallery settings screen.

2 Touch **+** and select either **Camera** or **Gallery** as the method for uploading a photo.

3 Select a photo or take a new photo, touch √ in the upper right corner, and touch **Save**. Your watch will then display the customized photo as the watch face.

Other settings

On the Gallery settings screen:

- Touch **Style** and **Position** to set the font, color, and position of the date and time displayed on Gallery watch faces.

- Touch the Cross icon in the upper right corner of a selected photo to delete it.

Setting the AOD watch face

You can enable the Always on display (AOD) feature and select to display the main watch face or AOD watch face when you raise your wrist.

Setting AOD

1 Open the app list, go to **Settings** > **Watch face & home**, and enable AOD.

2 Select a display mode to meet your needs, for example, displaying the AOD watch face when you raise your wrist.

3 Go to **AOD style** > **Default style** and select a style you like. The style will then be displayed when the main watch face doesn't come with a built-in AOD watch face and you raise your wrist.

Managing watch faces

Watch Face Store provides a diverse range of watch faces for you to choose from. To download or delete watch faces, update the watch and the Health app to the latest versions.

Changing a watch face on your watch

1 Touch and hold the watch face screen or go to **Settings** > **Watch face & launcher** > **Watch faces**.

2 Swipe left or right to select a watch face you like.

> Some watch faces can be customized. You can touch ⚙ under a watch face to customize the content that is displayed.

Installing and changing the watch face on your phone

1 Open the Health app, touch **Devices** and the device name, and go to **Watch faces > More**.

2 Select a watch face.

   a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.

   b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.

> - iOS phones do not support paid watch faces.
>
> - Paid watch faces cannot be refunded. If you cannot find watch faces in Watch Face Store that you have already purchased, contact the customer service hotline.

Deleting a watch face

1 Open the Health app, touch **Devices** and the device name, and go to **Watch faces > More**.

2 Select an installed watch face and touch 🗑 to delete it.

> ⓘ · Gallery or video watch faces cannot be deleted.
>
> · You do not need to purchase a watch face again after deleting it from Watch Face Store. You will only need to reinstall it.

Setting favorite contacts

1 Open the Health app, touch **Devices** and your device name, then select **Favorite contacts**.

2 On the **Favorite contacts** screen:
- Touch **ADD** to display your phone/tablet's contacts list and then select the contacts you wish to add.
- Touch **Sequence** to sort the contacts you have added.
- Touch **Remove** to remove a contact you have added.

3 Touch a favorite contact from **Favorite contacts** in your watch's app list to call the contact's number on your watch.

Setting time and language

After you have synced data between your device and phone/tablet, the system language will be synced to your device as well.

If you change the language and region or change the time on your phone/tablet, the changes will automatically sync to the device as long as it is connected to your phone/tablet via Bluetooth.

Sound settings

Setting the ring volume

1 Press the Up button on the watch to open the app list and then go to **Settings** > **Sounds & vibration** > **Ring volume**.

2 Swipe up or down to adjust the ring volume.

Muting and unmuting

1 Press the Up button on the watch to open the app list and then go to **Settings** > **Sounds & vibration**.

2 Enable or disable **Mute**.

Customizing the function of the Down button

1 Press the Up button to open the app list and then go to **Settings** > **Down button**.

2 Select an app and customize the function of the Down button.

After you have finished customizing the function, return to the home screen and press the Down button to open the current app. If the function has not been customized, the **Workout** app will be opened by default.

Adding custom cards

1 Go to **Settings** > **Custom cards** on your wearable device and select your favorite apps, such as **Sleep**, **Stress**, and **Heart rate**.

2 Touch the up icon next to an app that you have added to move the app to another position. Touch the delete icon to delete the app.

3 Swipe left or right on the home screen to open the apps added to your custom cards.

Adjusting the screen brightness

1 Press the Up button on the watch to open the app list and then go to **Settings** > **Display & brightness**.

2 If **Automatic** is enabled, disable it.

3 Touch **Brightness** to adjust the screen brightness.

Updating the watch

For Android users: Connect the watch to your phone using the Health app, enter the device details screen on the watch, go to **Firmware update** > **Check for updates**, and follow the onscreen instructions to finish updating.

For iOS users: Connect the watch to your phone using the Health app, enter the device details screen on the watch, touch **Firmware update**, and follow the onscreen instructions to finish updating.

- Once **Auto-update device over Wi-Fi** or **Auto-download update packages over Wi-Fi** is enabled, your device will receive an update package from the phone and send you a notification about the update. Follow the onscreen instructions to update your device.

- During an update, the Bluetooth connection between your watch and phone will disconnect. Please wait patiently until the update is complete.

- You are advised to ensure that the battery level of your device is greater than 20% before an update.

Viewing the Bluetooth name, MAC address, serial number, model, and version number

Viewing the Bluetooth name:

- On your device, go to **Settings** > **About** to view the name of your device under **Device name**.
- Alternatively, open the Health app, then touch **Devices** and your device name. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

On your device, go to **Settings** > **About** to view the MAC address of your device.

Viewing the Serial Number:

On your device, go to **Settings** > **About** to view the serial number of your device.

Viewing the model:

- On your device, go to **Settings** > **About** to view the model of your device.
- The laser-engraved characters after the word "MODEL" on the back of the device indicate the model name.

Viewing the version information:

- On your device, go to **Settings** > **About** to view the version of your device.
- Open the Health app, touch **Devices** then your device name, and touch **Firmware update** to view the version number of your device.

Powering on, powering off, and restarting the watch

Powering on
- Press and hold the Up button.
- Charge the device.

Powering off
- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings** > **System** > **Power off**.
- If the battery level is critically low, the watch will vibrate and then automatically power off.
- If the watch is not charged promptly after the standby time expires, it will automatically power off.

Restarting
- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings** > **System** > **Restart**.

Force restarting

Press and hold the Up button for at least 16 seconds.

Restoring the device to its factory settings

Method 1: Go to **Settings** > **System** > **Reset** on your watch.

Method 2: Open the Health app, touch **Devices** then your device name, and touch **Restore factory settings**.

ⓘ · To restore your watch to its factory settings, swipe on the watch screen and select **Reset** when pairing for the first time or swipe on the watch's home screen and go to **Settings** > **System** > **Reset**.

· Personal data will be cleared from your device after you restore the device to its factory settings. Exercise caution when performing this operation.

NFC function statement

ⓘ This statement only applies to devices that support NFC.

This product supports micropower short-range radio (also referred to as NFC) specified in the "Radio Regulations of the People's Republic of China". According to Notice No. 52, 2019 issued by the Chinese Ministry of Industry and Information Technology (MIIT) on requirements for NFC:

1. The product shall comply with the provisions of C-class equipment in "(1) Common micropower (short distance) radio transmitting equipment" specified in the "Technical Requirements forMicropower (Short Distance) Radio Equipment": with built-in loop NFC antennas, 1.5 A/m ≤ magnetic field intensity ≤ 7.5 A/m.

2. It is forbidden to change the application scenarios or conditions, expand the transmit frequency range, increase the transmit power (including installing additional RF power amplifiers), or change the transmit antenna without permission.

3. The product shall not cause harmful interference to other legal radio stations, and a request for protection against harmful interference shall not be proposed.

4. The product shall withstand interference from industrial, scientific, and medical (ISM) devices that radiate radio frequency energy or other legal radio stations.

5. If the product causes harmful interference to other legal radio stations, stop using it immediately and take measures to eliminate the interference before continuing to use it.

6. The use of civil and military radio stations such as radio astronomy stations, meteorological radar stations, and satellite earth stations (including measurement and control stations, ranging stations, reception stations, and navigation stations) inside aircraft and in accordance with laws and regulations, relevant national regulations, and standards, as well as the use of micropower equipment in the electromagnetic environment protection areas such as airports, shall comply with the regulations of the electromagnetic environment protection and relevant industry administrative departments.

7. It is forbidden to use model remote controls in an area with a radius of 5 kilometers with the center of the airport runway as the center.

8. The NFC feature of the product shall work at room temperature and is powered by its own battery.