

HONOR Band 4&5

Online Help (01,en-us)

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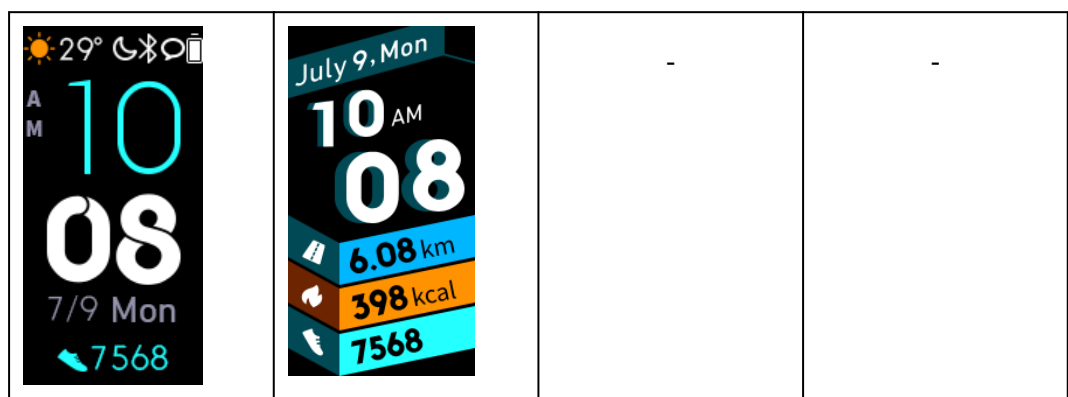
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1 Getting started

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1.1 Icons (HONOR Band 4)







Watch face:



NOTE

Actual appearances may vary. Watch faces are subject to change, and the ones above are for reference only.



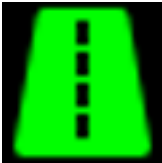


Level 1 menu:

<p>Activity records</p> 	<p>Heart rate</p> 	<p>Sleep</p> 
<p>Workout</p> 	<p>More</p> 	<p>Messages</p> 




 **NOTE**





The percentage displayed under **Activity records** indicates goal progress.

Activity records:

<p>Steps</p> 	<p>Calories</p> 	<p>Distance</p> 
<p>Moderate to high intensity activity</p> 	<p>Standing times</p> 	<p>-</p>

Workout modes:

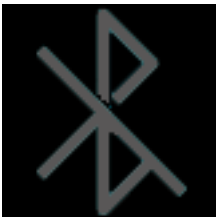


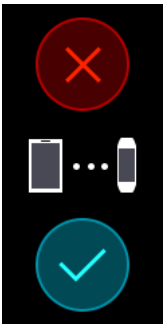
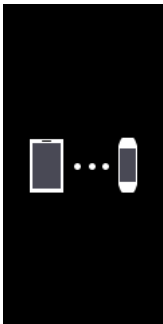
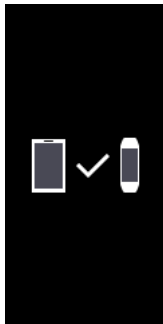
<p>Outdoor run</p> 	<p>Indoor run</p> 	<p>Outdoor walk</p> 
--	---	---

Indoor cycle 	Outdoor cycle 	Pool swim 
Other 	-	-



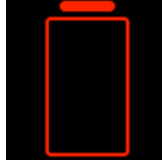
 **NOTE**

Outdoor cycle requires GPS and EMUI 5.0 or later (or iOS 9.0 or later). The Outdoor Cycle icon will be hidden on your band if your phone does not meet these requirements.










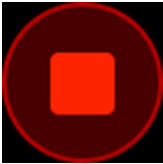


Connection and pairing:

Bluetooth not connected 	Bluetooth connected 	Connect to Bluetooth 
First-time pairing request 	Pairing 	Paired 

























Battery:

Charging 	Low battery 	Critically low battery 
---	--	---

Others:

Activity reminders 	Updating 	Update failed 
Alarm 	Find phone 	Unread notifications 
Shutter 	Confirm 	Cancel 
End 	Pause 	Start 

Weather:

Sunny 	Cloudy 	Dreary 	Showers 	Thunderstorms 	Hail storms 	Light rain 	Rain 
Severe rain storms 	Snow flurries 	Light snow 	Moderate snow 	Heavy snow 	Snow storms 	Dust storms 	Dust 
Sand 	Sand storms 	Smog 	No data 	Fog 	Freezing rain 	Heavy rain 	Heavy rain storms 

1.2 Icons (HONOR Band 5)







Preinstalled watch faces:

Smoke 	Lanes 	Spunk 	Electric 
Dots 	Bubbles 	Bright shadows 	Gradient 

 **NOTE**

Actual appearances may vary. Watch faces are subject to change, and the ones above are for reference only.






Level 1 menu:

<p>Activity records</p> 	<p>Heart rate</p> 	<p>Sleep</p> 
<p>Workout</p> 	<p>Messages</p> 	<p>More</p> 



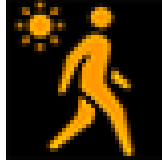



 **NOTE**

The percentage displayed under **Activity records** indicates goal progress.

Activity records:

<p>Steps</p> 	<p>Calories</p> 	<p>Distance</p> 
<p>Moderate to high intensity activity</p> 	<p>Standing times</p> 	<p>-</p>




Workout modes:

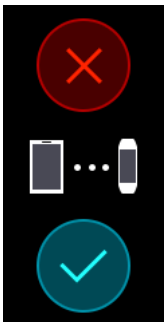
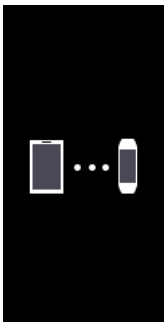
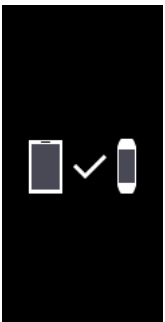
Outdoor run 	Indoor run 	Outdoor walk 
Indoor walk 	Outdoor cycle 	Indoor cycle 
Elliptical 	Rower 	Pool swim 
Other 	-	-

 **NOTE**



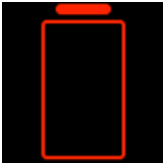
Outdoor cycle requires GPS and EMUI 5.0 or later (or iOS 9.0 or later). The Outdoor Cycle icon will be hidden on your band if your phone does not meet these requirements.

Connection and pairing:







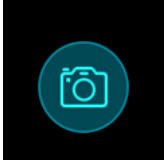


Bluetooth not connected 	Bluetooth connected 	Connect to Bluetooth 
--	--	---

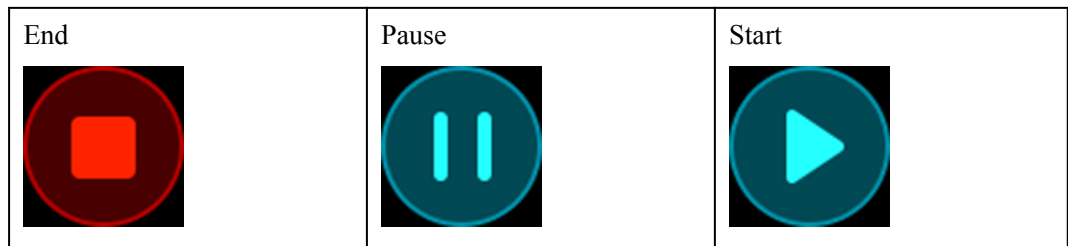
<p>First-time pairing request</p> 	<p>Pairing</p> 	<p>Paired</p> 
---	--	---

Battery:

























<p>Charging</p> 	<p>Low battery</p> 	<p>Critically low battery</p> 
--	---	--

Others:

<p>Activity reminders</p> 	<p>Updating</p> 	<p>Update failed</p> 
<p>Alarm</p> 	<p>Find phone</p> 	<p>Unread notifications</p> 
<p>Shutter</p> 	<p>Confirm</p> 	<p>Cancel</p> 

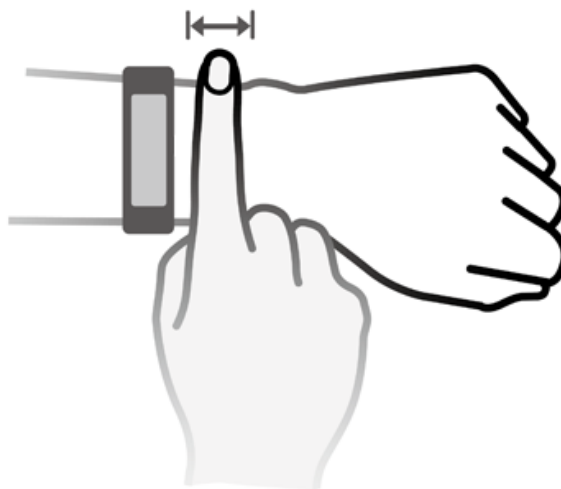


Weather:

Sunny 	Cloudy 	Dreary 	Showers 	Thunder storms 	Hail storms 	Light rain 	Rain 
Severe rain storms 	Snow flurries 	Light snow 	Moderate snow 	Heavy snow 	Snow storms 	Dust storms 	Dust 
Sand 	Sand storms 	Smog 	No data 	Fog 	Freezing rain 	Heavy rain 	Heavy rain storms 

1.3 Wearing your band

To make sure that activity and sleep tracking and heart rate monitoring work properly, make sure you are wearing your band correctly as shown in the following figure.



The band strap adopts a U-shaped buckle design so it won't fall out easily. To wear the band, insert one end of the strap through the U-shaped buckle and then fasten it. The end of the strap is intentionally bent so as to enhance wearability.

 **NOTE**

- Your band is made of materials that are safe to use. If you experience skin discomfort when wearing the band, stop using it and consult a doctor.
- Be sure to wear your band properly to maximize comfort.

1.4 Gestures

Your band supports full screen touch, up, down, and right swipe, and touch and hold gestures. It works with the Home key to make using your band even easier.

Operation	Function	Note
Touch the Home key when the screen is on	Return to the home screen	This function is unavailable in special scenarios such as during calls or workouts.
Touch the Home key when the screen is off	Turn on the screen	Touch the Home key to return to the previous screen when the screen has been off for less than 10 seconds. Otherwise, touch the Home key to return to the home screen.

Operation	Function	Note
Swipe right on the home screen	Access the message center to view cached messages	This function is unavailable when there are no cached messages. You can clear messages by swiping right on the message content screen.
Swipe right on non-home screens	Return to the previous screen	-
Swipe up or down on the level 1 screen	Switch to another screen	-
Touch the screen	Choose and confirm	-
Touch and hold the home screen	Change the watch face	-

Turning on the screen

To wake the screen, touch the Home key, raise your wrist, or rotate it inward. The screen stays on for 5 seconds.

NOTE

- You can enable **Raise wrist to wake screen** on the device details screen in the Huawei Health app.
- The maximum length of time that the screen of your HONOR Band 5 can stay on is 5 minutes. To extend the length of time that the screen stays on next time, perform the following: go to **More > Screen on** and then enable **Screen will sleep after 5 min**. The screen will automatically turn off after five minutes. You need to reset the screen-on time again next time when you need to use this feature.

Switching between screens

To switch between screens when the screen is on, rotate your wrist or swipe in any direction on the screen.

NOTE

You can enable **Rotate wrist to switch screen** in the Huawei Health app.

Turning off the screen

- To turn off the screen when it is on, lower your wrist or rotate it outward.
- The screen automatically turns off when the band is idle for 5 seconds.

1.5 How to pair my band with my phone

When you use your band for the first time, connect it to the charging cradle, and it will be automatically powered on and ready for pairing via Bluetooth by default.

 **NOTE**

Your band can only be paired with phones running Android 4.4 or later, or iOS 9.0 or later. Make sure that you have enabled Bluetooth on your phone before the pairing.


● **Android users:**

- a. Search for and install the latest version of the Huawei Health app from your app store.
- b. Open the Huawei Health app, touch + in the top-right corner or touch **Me**, then go to **ADD > Smart Band > HONOR Band 4/5**.

 **NOTE**

The icon for your wearable device will be displayed in the "+" area once your phone is paired with a wearable device using the Huawei Health app.

- c. Touch **PAIR**, and the Huawei Health app will automatically search for the band. Then select the correct band name from the list of available devices, and the pairing will start automatically.


- d. Your band will vibrate when it receives a pairing request. Touch  to start pairing.

 **NOTE**

- Your band screen will display an icon to inform you of a successful pairing, and the data from your phone (such as date and time) will be synced to your band after 2 seconds.
- Otherwise, your band screen will display an icon to inform you that a pairing has failed and return to the startup screen after 2 seconds.

● **iOS users:**

- a. Search for and install the Huawei Health app in your app store.
- b. Open the Huawei Health app, touch **Devices**, then touch + in the top-right corner, then go to **Smart Band > HONOR Band 4/5**.
- c. The Huawei Health app will search for the band automatically. Select the correct band name from the list of Bluetooth devices available, and the pairing will start automatically.

- d. Your band will vibrate when it receives a pairing request. Touch  to start pairing.

- e. Once your phone displays the Bluetooth pairing request, touch **PAIR** to begin pairing.

1.6 Setting the time zone and language

After the band syncs with your phone, the time zone and language settings on your phone will automatically sync to your band.

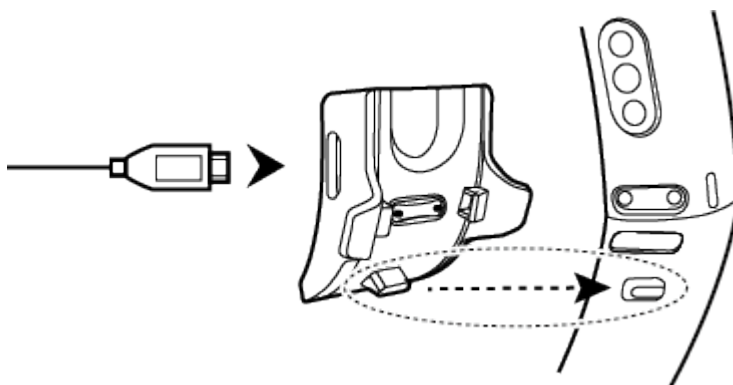
If you change the language, region, time, or time format on your phone, the changes will automatically sync to the band, as long as the band is connected to your phone.

 **NOTE**

1. If the language and region information on your phone are supported on the band, the language on your band will be consistent with that displayed on your phone.
2. If the language on your phone is supported on the band while the region is not, the band will display the same language as that displayed on your phone. For example, if the language displayed on your phone is Brazilian Portuguese, the band will display European Portuguese instead.
3. If the language on your phone is not supported on the band, the band will display English by default.
4. If the system language on your phone is traditional Chinese, the band will display Simplified Chinese.

1.7 Charging your band

Charging your band: Align the plastic rubber contacts with the slots on the wrist strap, and insert the charger and fasteners to make sure it stays in place. The charging icon and battery level will show up on the band's screen.



 **NOTE**

- Before charging, make sure that the charging port and metal parts are clean and dry to prevent short circuits or any other risks.
- If the band screen flickers or goes black, place the band on the charging cradle and connect it to a power source to restart the band.
- This band requires a Micro-USB port. It is recommended that you use the charging cable that comes with your band to charge your band.
- Use a Huawei charger with a rated output voltage of 5 V and a rated output current of 1 A or above or a computer to charge your HONOR Band 5. If you use a non-Huawei charger, the charging may be slow and your HONOR Band 5 may heat up. Exercise caution when using a non-Huawei charger. Please purchase original Huawei chargers from an official Huawei retail channel.

Charging time: It takes about 100 minutes to fully charge your band at a 25°C room temperature. Once the battery icon is full, your band has been fully charged.

 **NOTE**

To ensure battery safety, the charging current will get lower substantially when the ambient temperature is too low. This will prolong the charging time. It is recommended that you charge your HONOR Band 5 in an environment with an ambient temperature higher than 20°C.

View battery level (HONOR Band 4): Check the battery icon  on the band home screen or in the Huawei Health app.

 **NOTE**

Battery level is rounded to the nearest 10%, such as 10%, 20%, 30%, and so on.

View battery level (HONOR Band 5): 1. Touch the band home screen when the device is on. 2. On your band, go to **More > Battery**. 3. Open the Huawei Health app on the connected phone, enter the device details screen, then you'll see the battery level.

 **NOTE**

Battery level is displayed as a percentage.

Low battery alert:

If the battery level is lower than 10%, your band will vibrate, and the band screen will display



reminding you to charge your band promptly.

The power consumption of the band depends on usage. Your band's power consumption increases, for example, if you open a Bluetooth connection for an extended period of time, receive frequent app notifications, or enable heart rate monitoring or **HUAWEI TruSleep™** for an entire day.

It is recommended that you disable some less frequently-used features to extend the operating time between charges. To preserve battery, disable the following features as needed:


1. HUAWEI TruSleep™
2. Continuous heart rate measurement
3. Raise wrist to wake screen
4. Unnecessary apps notifications
5. Bluetooth disconnection reminders


1.8 Powering on and off/Restarting your band

Powering on your band

Your band will automatically power on when you charge it.

Powering off your band

HONOR Band 4: Swipe on your band screen, go to **More > Power off**. Wait until you see a charging icon on the screen, then touch .

HONOR Band 5: Swipe on your band screen, go to **More > System > Power off**. Wait until you see a charging icon on the screen, then touch .

 **NOTE**

To power on your band after it has been powered off, connect the band to the charging cradle, your band will automatically power on when it has enough charge.

Restarting your band

HONOR Band 4: Swipe on the screen of your band and touch **More > Restart**.

HONOR Band 5: Swipe on the screen of your band and touch **More > System > Restart**.

1.9 Changing watch faces

Your band comes with multiple changeable watch faces. You can select the watch face that is most suitable for you. To change the watch face, perform the following:


- **Method 1:** Press and hold the home screen until your band vibrates. When the home screen zooms out to display the frames, swipe on the screen to select your preferred home screen style.
- **Method 2:** Go to **More > Faces**, swipe on the screen when the home screen zooms out to display the frames, and select your preferred home screen style.
- **Method 3 (only available on the HONOR Band 5):** Open the Huawei Health app, enter the device details screen, then go to **Watch faces > More**, and touch **INSTALL** under your preferred watch face. Your watch face will automatically switch to the chosen one once it is installed. Alternatively, touch an installed watch face and touch **SET AS DEFAULT** to set the current watch face as your desired one.

NOTE

- Downloading a new watch face from the Huawei Health app is only available on Android phones. For iOS users, connect your band to an Android phone, download your preferred watch face, and then connect the band to the iOS phone to use them.
- To use the watch faces feature, update your band to version 1.1.0.66 or later and your Huawei Health app to version 9.0.6.429 or later.
- This feature may not be available in certain countries and regions. For more information, contact the local Huawei hotline.

Removing watch faces:

You can only remove watch faces downloaded in the Huawei Health app. To do this,

touch the installed watch face then touch  in the top-right corner.

2 Basic operations

- [2.1 Adjusting screen brightness](#)
- [2.2 Finding your phone using the band](#)
- [2.3 Remote photo shooting](#)
- [2.4 Weather report](#)
- [2.5 Setting a Timer](#)
- [2.6 Stopwatch](#)

2.1 Adjusting screen brightness

Access the **More** screen and go to **Brightness > Brightness level** to adjust screen brightness.

NOTE

There are three brightness levels on the HONOR Band 4. Screen brightness is set to Level 2 by default. Level 3 is the highest screen brightness level, while Level 1 is the lowest.

There are five brightness levels on the HONOR Band 5. Screen brightness is set to Level 3 by default. Level 5 is the highest screen brightness level, while Level 1 is the lowest.

You can enable **Lower brightness at night** on the HONOR Band 4 to automatically set a lower screen brightness from 20:00 to 05:00.

You can enable **Lower brightness at night** on the HONOR Band 5 to automatically set a lower screen brightness from 22:00 to 06:00.

2.2 Finding your phone using the band

Access the **More** screen, and touch **Find Phone**. An animation will display on the screen. If your phone is within the Bluetooth range, it will play a ringtone (even in Silent mode), notifying you of its whereabouts.

 **NOTE**

- To use this feature, ensure that the band is connected to your phone, and the Huawei Health app is running in the background or foreground.
- The Find phone feature works for 15 seconds. If the phone does not respond after 30 seconds, the band turns off its screen.

2.3 Remote photo shooting

 **NOTE**

This feature is only available on Huawei phones running EMUI 8.1 or later.

If you want to take a photo of your family but forget to take your selfie stick on vacation, you can use your band to take remote photos with your phone.

- Open the Camera app on the phone and the band will automatically display the camera shutter screen. Touch the camera icon on the band to enable remote photo shooting feature. The band will return to the camera shutter screen 2 seconds after taking a photo.
- The band screen will turn off if no operation is performed on its camera shutter screen for 5 seconds. You can press the side button or lift your wrist to turn on the band screen and access the camera shutter screen again.
- Touch the Home key to return to the home screen, or swipe right on the band screen to go to the previous screen.
- To exit the photo taking screen on your band, close the camera app on your phone or disconnect your phone from the band.

2.4 Weather report

Make sure you are using a band theme that displays the weather from the home screen. Once this is set up, you will be able to see the latest weather reports on your band:

1. Enable **Weather reports** on the device details screen in the Huawei Health app.
2. Make sure that GPS and Location enabled in the notification panel and that Huawei Health has been granted the Location permission.






For users having phones running a version earlier than EMUI 9.0, Select **Use GPS, WLAN, and mobile networks** or **Use WLAN and mobile networks** for the positioning mode instead of **Use GPS only**.

 **NOTE**

- If it has been set up successfully, you will see the weather and temperature displayed on your band. If it is unable to sync, they will not appear.
- The weather information displayed on your band comes from the Huawei Health app, and may differ slightly from what's displayed on your phone since the information is from different service providers.
- You can switch between Celsius °C and Fahrenheit °F under **Weather reports** in the Huawei Health app.

2.5 Setting a Timer

To use the Timer on your band, perform the following steps:





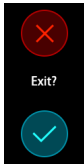


1. To use this function, go to **More > Timer** on your band screen.
2. Setting the Timer
 - When using the Timer function for the first time, access the Timer settings screen of your band, and set the hours, minutes, and seconds. The value range for hours is 0 - 11, while that of minutes and seconds is 0 - 59.
 - If you have used the Timer function before, open the Timer screen you accessed last time and touch , and set the hours, minutes, and seconds.
3. Touch  to start the Timer.
4. Touch  to pause the timing, and touch  to end it.
5. Your band will vibrate and its screen will switch on to notify you when the set time has been reached. Swipe right on the screen or touch  to turn off the Timer. Perform no operations and Timer will automatically close after 1 minute.

 **NOTE**

When Timer is enabled, the on-going timing screen will display when you return to it again from the home screen.

2.6 Stopwatch

To use the Stopwatch function on your band, perform the following steps:

1. Go to **More > Stopwatch** on your band screen.
2. Touch  to start timing. The maximum display time for Stopwatch on your band is "59:59.9". The band screen will remain on while it is running.
3. While Stopwatch is running, you are able to:
 - Touch  to stop the timing.
 - Touch  to continue taking time.
 - Touch  to end timing and reset Stopwatch at "00:00.00".
- For the HONOR Band 4: Swipe right on the screen and  will pop up, touch  to continue the timing, and touch  to exit and return to the previous screen.
- For the HONOR Band 5: Swipe right on the screen to return to the **More** screen, and the timing will not end.

3 Fitness and health

- [3.1 Recording daily activity data](#)
- [3.2 Starting a workout](#)
- [3.3 Pool swim](#)
- [3.4 Measuring heart rate](#)
- [3.5 Measuring heart rate during a workout](#)
- [3.6 Measuring continuous heart rate](#)
- [3.7 Measuring resting heart rate](#)
- [3.8 Sleep tracking](#)

3.1 Recording daily activity data

Wear the band properly and your band will record your activity data automatically, including your step count, workout distance, and calories burnt.

Perform either of the following methods to view your daily activity data:

Method 1: View your daily activity data on your band.

Swipe on the band screen and switch to the **Activity** screen. Swipe up and down on the screen to view your step count, calories burnt, exercise distances, duration of moderate to high intensity activities, and stand up times.

Method 2: View your daily activity data through the Huawei Health app.

View your detailed activity data on the home screen in the Huawei Health app.

 **NOTE**

- To view your daily activity data in the Huawei Health app, ensure that your band is connected to the phone using the Huawei Health app.
- Your fitness data resets at 24:00 every night.

3.2 Starting a workout

1. Swipe up or down on the band screen to enter the **Workout** screen.
2. Swipe up or down on the screen to select a workout mode. Supported workout modes include: **Outdoor run, Indoor run, Outdoor walk, Indoor walk, Outdoor cycle, Indoor cycle, Elliptical, Rower, Pool swim** and **Other**.


NOTE

- **Outdoor cycle** is only supported on phones with GPS functions (phones running EMUI 5.0 or later, or iOS 9.0 or later). The Outdoor Cycle icon will be hidden on your band if your phone does not meet these requirements.
 - **Indoor walk, Elliptical, and Rower** are supported only on the HONOR Band 5 running version 1.1.0.74 or later.
3. You can set various workout targets, such as distance, duration, or calories burned, as well as a notification interval. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.

NOTE

- Because swimming fitness data is unique, related operations differ.
 - After you have set the notification interval, your band will wake up the screen and vibrate as a reminder.
 - **Outdoor Run/Outdoor Walk/Indoor Run/Indoor Walk:** The notification interval is set to 1 km by default. You can reset **Notify me** to any on-screen distance or time, or you can set **Notify me** to **None**.
 - **Outdoor cycle:** The notification interval is set to 3 km by default. You can reset **Notify me** to any on-screen distance or time, or you can set **Notify me** to **None**.
 - **Other/Indoor cycle/Elliptical/Rower:** The notification interval is set to 10 minutes by default. You can reset **Notify me** to any on-screen distance or time, or you can set **Notify me** to **None**.
4. To view fitness data on your band during a workout when the screen is on, swipe on the band screen. To pause the workout, touch and hold the Home key for 2 seconds, then touch the corresponding key in the pop-out screen to continue or end the workout.

- Touch  to continue the workout.

- Touch  to end the workout and view your fitness data.

NOTE

- If the workout distance is less than 100 meters, it will not be recorded.
- The workout will not be recorded if it lasts for less than 1 minute under the mode of **Outdoor cycle, Indoor cycle, Other, Elliptical, or Rower**.
- Touch the end icon after a workout ends, in order to prolong battery life.
- During a workout, your band will vibrate and the screen will wake up when there is an incoming call. When there is a new message, it will be cached in the background. You can swipe right on the home screen to view new messages after your workout has concluded.

3.3 Pool swim

The band is 50-meter water resistant and can be worn when swimming in a pool. With a 6-axis motion sensor, the band can identify swimming strokes such as butterfly, backstroke, freestyle, and breaststroke, as well as record the calories, number of strokes, speed, arm pull frequency, laps, distance, and average SWOLF.

1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe down on the screen and touch **Pool swim**. Touch the Settings icon then touch **Target** to customize your targets for laps, duration, and calories. Touch **Pool length** to set the length of the pool. Then touch the start icon to start a workout. Your workout data will be recorded after the end of the countdown.
3. Your band screen automatically locks when you swim.
4. You can perform the following when swimming:
 - To view the current data, turn on the screen, follow the onscreen instructions to unlock the screen, then swipe right on the screen or touch the Home key to switch between screens and view the current data about your duration, distance, calories, and average speed.
 - To pause or end the workout, turn on the screen, follow the onscreen instructions to unlock the screen, touch and hold the Home key for 2 seconds to pause the workout, then touch the corresponding options on the screen to continue or end the workout.
5. You can perform the following after swimming:
 - Swipe up or down on your band screen to view your fitness data details, including the main stroke, distance, duration, average speed, calories, number of strokes, stroke rate, average SWOLF, laps, and pool length.
 - When your band is connected to the Huawei Health app, you can view detailed swimming data under the **Exercise record** card in the Huawei Health app.

 **NOTE**

- Heart rate monitoring is not available during swimming.
- The length of the pool can be adjusted for Pool Swims, it can be set to 15 to 60 meters long.

3.4 Measuring heart rate

1. Keep your arm still and wear your band correctly.
2. Swipe on the screen and touch **Heart rate**.
3. Start a heart rate measurement, and check your current heart rate.
4. Each measurement lasts for around 45 seconds, and the displayed heart rate is updated every 3 seconds.
5. During the measurement, you can press the Home key or swipe right on the screen to terminate the measurement.

An error message will pop up when you do not wear your band or wear it incorrectly.

 **NOTE**

- To ensure the accuracy of a heart rate measurement, wear the band properly and ensure the strap is fastened. Ensure that the band body is in direct contact with your skin.
- Stay as still as possible during the measurement.
- The heart rate data from an individual measurement will not be synced to the Huawei Health app.
- The heart rate measurement will be interrupted if you swipe right on the band screen or receive a notification for an incoming call or alarm.

3.5 Measuring heart rate during a workout

Your band displays your real-time heart rate during a workout.

After you start a workout (not including Pool swim mode), swipe on the band screen to check your heart rate and heart rate interval. The displayed heart rate is updated every 5 seconds.

You can set a heart rate warning and interval (calculated by maximum heart rate percentage or HRR percentage) on your band. During the workout, if your heart rate exceeds the value that you have set in the Huawei Health app ("220 - your age" by default), your band will vibrate to notify you. Touch the Home key or swipe right on the screen to turn off the heart rate alarm.

After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate interval on the workout results screen.

You can view graphs that show changes in heart rate, maximum heart rate, and average heart rate for each workout, on the workout record screen in the Huawei Health app.

NOTE

- If you remove the band from your wrist during a workout, it will stop displaying your heart rate, but will continue to search for your heart rate. The band will resume measuring your heart rate if you put the band back on.
- Your band can measure your heart rate when you have connected it to your phone and started a workout using the Huawei Health app.

3.6 Measuring continuous heart rate

Honor Band 4

Connect the band to your phone. Open the Huawei Health app, enter the device details screen, and then touch **Continuous heart rate monitoring**. **Continuous heart rate monitoring** is disabled by default.

HONOR Band 5

1. Connect the band to your phone. Open the Huawei Health app, enter the device details screen, and then touch **Continuous heart rate monitoring**.
2. Enable **Continuous heart rate monitoring** (disabled by default).
3. Set the **MONITORING MODE** to **Smart** or **Real-time**.
 - Smart mode
 - i. The heart rate measurement will be performed every 10 minutes for low-intensity activities (such as being still).
 - ii. The heart rate measurement will be performed every 10 minutes for moderate-intensity activities (such as walking).
 - iii. The heart rate measurement will be performed once a second for high-intensity activities (such as running) and it takes 6 to 10 seconds to display the first heart rate value (which may vary with different people).
 - Real-time mode: The heart rate measurement will be performed once a second for any type of activity intensity.

When this feature is enabled, the band will continuously measure your real-time heart rate. You can view graphs for your heart rate in the Huawei Health app.

 **NOTE**

- Enabling **HUAWEI TruSleep™** will prevent your heart rate from being displayed at night. To view your heart rate at night, enable **Continuous heart rate monitoring**.
- Using Real-time mode will increase the power consumption of your band, while using Smart mode will adjust the heart rate measurement interval based on the intensity of activity and help to save power.

3.7 Measuring resting heart rate

Resting heart rate, as a general indicator of cardiac health, refers to the heart rate when measured in a quiet, static, non-sleep state.

The best time to measure your resting heart rate is right after you have woken up in the morning. Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate is automatically measured at an optimal time.

To automatically measure your resting heart rate, enable **Continuous heart rate measurement** in the Huawei Health app.

 **NOTE**

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

3.8 Sleep tracking

Your band collects sleep data and identifies your sleep status when you wear it while sleeping. It can automatically detect when you fall asleep and wake up and whether you are in a light or deep sleep. You can sync and view your sleep data in detail in the Huawei Health app.

You can enable **HUAWEI TruSleep™** in the Huawei Health app.

The band adopts HUAWEI TruSleep™ sleep tracking technology to accurately detect whether you are in a deep sleep, light sleep, REM sleep (rapid eye movement), or awake, and provide you with sleep quality assessments and suggestions for improving the quality of your sleep.

 **NOTE**

Enabling TruSleep may slightly reduce your band's battery life.

4 Messages reminders

- [4.1 Viewing messages](#)
- [4.2 Deleting messages](#)
- [4.3 Message reminders](#)
- [4.4 Incoming calls](#)

4.1 Viewing messages

You are able to receive alerts on your band when new app notifications are displayed on your phone status bar. Turn on your band screen in order to view messages. The incoming messages will be displayed on the band screen directly when your band screen is on.

An unread message reminder icon will be displayed in the top-right corner of the band screen when there are unread incoming messages. Swipe right, or swipe up or down on your band home screen to view unread messages.

NOTE

- You can directly view the content of a single message when it is the only one displayed. Otherwise, touch to select the message you want to read.
- You can swipe right on the band's unread message details screen to exit viewing one message, and delete it from the unread message center.
- A maximum of 10 unread messages can be saved on your band. If there are more than 10 unread messages, previous messages will be overwritten. A single message can be displayed on two screens at most. Swipe on the screen to view the message. You can view the remaining content on your phone.
- Messages that have been marked as read can no longer be viewed on the band. To view message history, please check your phone.
- You are unable to swipe right on the band home screen when there are no cached messages as the unread message center is automatically hidden.

4.2 Deleting messages

Swipe on the band's home screen (except to the left) to view unread messages when there are new incoming messages.

Delete one message: Swipe right on the message content display screen.

Delete all messages: Touch **Clear All** at the bottom of the message list to delete all unread messages.

Android users: Messages from third-party social media apps and text messages will be deleted automatically once read or deleted on your phone.

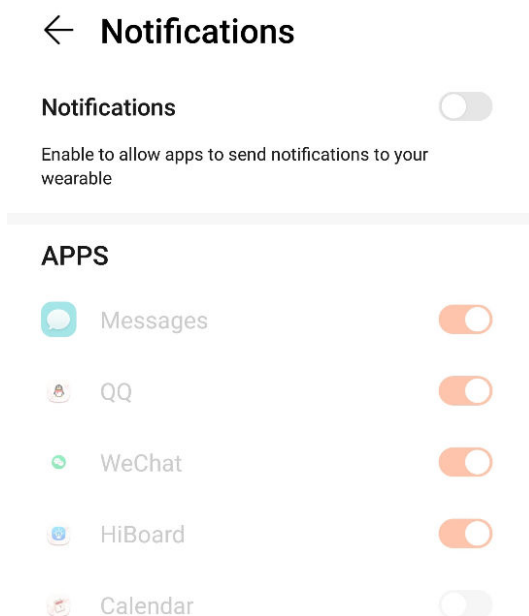
iOS users: Messages will be deleted automatically once read or deleted on your phone.

4.3 Message reminders

Enable notifications

Once enabled, the band can sync messages displayed in the phone's status bar to your band. Connect your band to the phone using the Huawei Health app. Follow the onscreen instructions to enable the notification permission for the Huawei Health app.

1. Update your band and the Huawei Health app to the latest version.
2. Set the Huawei Health app as a protected app to ensure that the app runs in the background.
3. **For Android users:** Open the Huawei Health app, touch **Me**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications. You can also enable notifications in your phone Settings to receive notifications from apps. For example, users with phones that run EMUI 8.1.0 should perform the following: Go to **Settings > Apps & notifications > Notifications management**, touch the app for which you want to receive notifications, and enable **Allow notifications** and **Display in the status bar**.



4. **For iOS users:** Open the Huawei Health app, touch **Devices** then your device name. Enable **Notifications**. Turn on the switch for apps for which you want to receive notifications. Also enable notifications in your phone Settings for apps for which you want to receive notifications.

 **NOTE**

- Your band can display notifications from the following apps: SMS, Email, Calendar, SmartCare (only available on phones running EMUI 8.1 or later), and various social media platforms.
- Your band will not notify you of new messages during a workout or in Ultra-low battery mode. After you end the workout or disable Ultra-low battery mode, swipe in any direction on your band's home screen (except to the left) to view new messages.
- If you enable **Do not disturb when not wearing**, you will receive new messages only when wearing the band.
- If you are using a chat app, messages will not be pushed to your band. For example, messages on a chat screen in WhatsApp will not be pushed to your band.
- If notifications are enabled, the power consumption of your band will increase.
- Your band supports Bluetooth disconnection reminders. Enable this feature on the device details screen in the Huawei Health app.

After the Bluetooth disconnection reminder feature is enabled, your band will vibrate when the Bluetooth connection is disconnected. Ensure that your band is properly connected to your phone.

Disable notifications

- To disable notifications in the Huawei Health app:
 - **For Android users:** Open the Huawei Health app, touch **Me**, and then touch your device. Touch **Notifications** and then disable **Notifications**.
 - **For iOS users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Disable **Notifications**.
- You are able to enable **Do not disturb** on the device details screen in the Huawei Health app. Once this mode is enabled, your band will not vibrate or turn on the screen to inform you of any incoming messages during a set period. The Raise wrist to wake screen will also be unavailable when **Do not disturb** is enabled. To avoid missing important messages, it is recommended that you do not enable Do not disturb mode.

 **NOTE**

Your band will only receive and will not push any notifications when it is in Do not disturb mode or Sleep mode. Swipe in any direction on your band's home screen (except to the left) to view new messages.

4.4 Incoming calls

Your band will vibrate and turn on its screen to notify you of an incoming call. A contact name and number will also be displayed. Touch the reject call icon or swipe up from bottom on your band to reject a call, or touch the band screen or the Home key to mute a call.

If you do not perform any operation during an incoming call, your band will display a message to notify you of the missed call. Swipe right on the home screen to clear the message.

 **NOTE**

- The band screen will remain on when notifying you of an incoming call.
- Your band can mark an unknown number. This feature is available only when the band is paired with a phone running EMUI 4.0 or later.
- Your band will vibrate and turn on its screen to notify you of any incoming calls during a workout.
- Muting calls is only supported with iOS

5 Setting alarms

[5.1 Setting a Smart alarm](#)


[5.2 Setting an Event alarm](#)

[5.3 Syncing an alarm from your phone](#)

5.1 Setting a Smart alarm

You can use the Huawei Health app to set a Smart alarm, and the band will wake you up when it detects that you are sleeping lightly. This helps your body gradually adjust to waking up, and allows you to feel more refreshed.

Android users:

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm > Smart alarm**.
2. Set the alarm time, repeat cycle, and enable the smart wakeup feature.
3. Touch  in the upper right corner to save the settings.
4. Swipe down on the Huawei Health app home screen to ensure that the alarm settings are synced to the band.

iOS users:

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Smart alarm**.
4. Set the alarm time, repeat cycle, and enable the smart wakeup feature.
5. Touch **Save**.
6. Swipe down on the Huawei Health app home screen to ensure that the alarm settings are synced to the band.

NOTE

- When the band vibrates to signal an alarm, the message reading "Press to snooze, hold to dismiss" will pop up . The snooze time is 10 minutes.
- If you don't perform any operations when the alarm is vibrating, it will be automatically turned off after you hit snooze three times.

5.2 Setting an Event alarm

You can use the Huawei Health app to set a maximum of five Event alarms to remind you of work and social activities, such as meetings or get-togethers.

Android users:

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm > Event alarm**.
2. Set the alarm time, label, and repeat cycle.
3. Touch ✓ in the upper right corner to save the settings.
4. Swipe down on the Huawei Health app's home screen to ensure the alarm settings are synced to the band.

iOS users:

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Event alarm**.
4. Set the alarm time, label, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app home screen to ensure that the alarm settings are synced to the band.

NOTE

- The Event alarm will ring precisely at the specified time. If you set a label and time for the Event alarm, the band will display the label. Otherwise, only the time will be displayed.
- When the band rings to signal an alarm, the message reading "Press to snooze, hold to dismiss" will pop up. The alarm snooze time is 10 minutes.
- If you don't perform any operations when the alarm is vibrating, it will be automatically turned off after you hit snooze three times.

5.3 Syncing an alarm from your phone

You can sync alarms from your phone to your band (phone must be EMUI 8.1 or above). When an alarm goes off on your phone, you can even dismiss or snooze it with your band.

NOTE

- Ensure that the band is connected to the phone through the Huawei Health app.
- If you are unable to sync alarms from your phone, disconnect the two before reconnecting them and trying again.

6 Updating and factory reset

[6.1 Viewing version information](#)

[6.2 Updating your band and the Huawei Health app](#)

[6.3 Restoring your band to factory settings](#)

[6.4 Viewing the Bluetooth name, MAC address, and Serial Number](#)

6.1 Viewing version information

Method 1: View the version information on your band.

HONOR Band 4: Go to the **More** screen on your band and touch **About**.

HONOR Band 5: Go to the **More** screen on your band and touch **System > About**.

Method 2: View the version information through the Huawei Health app.

Connect your band to the phone using the Huawei Health app. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and touch **Firmware updates** to check the band version.

6.2 Updating your band and the Huawei Health app

To continue improving user experience, new updates are released from time to time. When a new update is available, perform the following steps to update your band and the Huawei Health app.

Updating your band

Method 1: Connect your band to the phone using the Huawei Health app. Open the Huawei Health app and touch the band icon in the top-right corner under **Home**. Touch **Firmware update** and follow the onscreen instructions to update your band.

Method 2:

- **For Android users:** Open the Huawei Health app. Touch **Me**, then your device name, enable **Auto-update device over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the onscreen instructions to update your band.
- **For iOS users:** Open the Huawei Health app and touch the profile picture in the upper left corner. Touch **Settings** and enable **Auto-update device over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the onscreen instructions to update your band.

Updating the Huawei Health app


For Android users: Open the Huawei Health app. Touch **Me** then **Check for updates**.


For iOS users: Update the Huawei Health app through App Store.

NOTE

During an update, your band will automatically disconnect from Bluetooth, but will reconnect once the update is complete.

6.3 Restoring your band to factory settings

HONOR Band 4: Go to the **More** screen, touch **Reset**, and then touch  to restore your band to factory settings. This will clear all data from the device, so please proceed with caution.

HONOR Band 5: Go to the **More** screen, then go to **System > Reset**, and touch  to restore your band to factory settings. This will clear all data from the device, so please proceed with caution.

6.4 Viewing the Bluetooth name, MAC address, and Serial Number

HONOR Band 4

Viewing the Bluetooth name:

Method 1: Connect the band to your phone using the Huawei Health app. The device name displayed in the app is the Bluetooth name of the band.

Method 2: On your band, go to **More > About**, and the device name displayed on the band screen is its Bluetooth name.

Viewing the MAC address:

Method 1: On your band, go to **More > About**, and the band's MAC address, which includes 12 alphanumeric characters, is displayed next to **MAC**.

Method 2: View the Bluetooth name and MAC address on the back of your band. The 12 alphanumeric characters displayed next to **MAC** are your band's MAC address.

Method 3: Connect the band to your phone using the Huawei Health app, open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and the information displayed next to **Reset** is the MAC address.

Viewing the Serial Number:

On your band, go to **More > About**, swipe up from the bottom of the screen, and the band's Serial Number, which includes 16 alphanumeric characters, is displayed next to **SN:**.

HONOR Band 5

Viewing the Bluetooth name:

Method 1: Connect the band to your phone using the Huawei Health app. The device name displayed in the app is the Bluetooth name of the band.

Method 2: On your band, go to **More > System > About**, and the device name displayed on the band screen is its Bluetooth name.

Viewing the MAC address:

Method 1: On your band, go to **More > System > About**, and the band's MAC address, which includes 12 alphanumeric characters, is displayed next to **MAC:**.

Method 2: View the Bluetooth name and MAC address on the back of your band. The 12 alphanumeric characters displayed next to **MAC:** are your band's MAC address.

Method 3: Connect the band to your phone using Huawei Health app, open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and the information displayed next to **Reset** is the MAC address.

Viewing the Serial Number:

On your band, go to **More > System > About**, swipe up from the bottom of the screen, and the band's Serial Number, which includes 16 alphanumeric characters, is displayed next to **SN:**.

7 Maintenance

[7.1 Water and dust resistance level](#)

[7.2 Cleaning and care](#)

[7.3 Adjusting or replacing the strap](#)

7.1 Water and dust resistance level

The band is 50-meter water resistant, but this protection is not permanent and may wear off over time.

You can wear your band when you are washing your hands, in the rain or swimming in shallow water. Do not wear your band when you are showering, diving, scuba diving, and surfing.

The following operations may affect the water resistance of your band:

- Dropping your band or other physical impact.
- Exposure to alkaline substances, such as soap, body wash, perfume, emulsion, or oil.
- Using your band in humid or high temperature conditions, for example in a hot shower or sauna.

7.2 Cleaning and care

To extend the lifespan of your band, keep your band and your wrist clean and dry.

- Wipe sweat off your band and wrist after a workout.
- Use a soft cloth to wipe the band, and clean the dirt between the gaps to prolong the lifespan of your strap.

Light-color strap maintenance

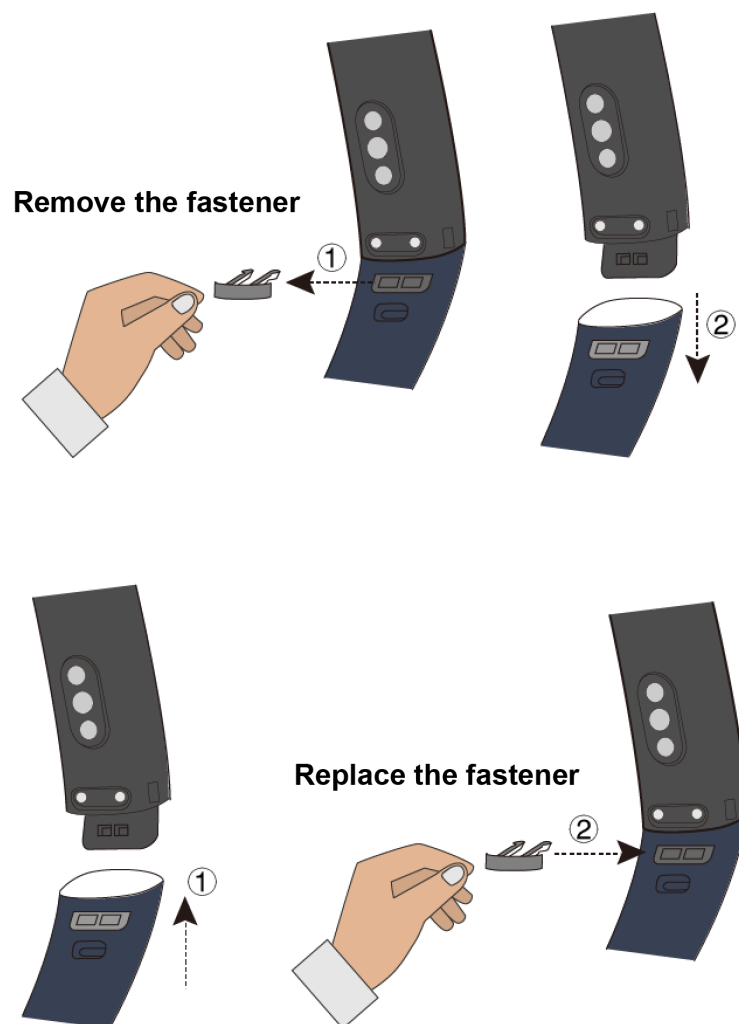
To prevent discoloration, avoid letting the light-colored strap come in contact with dark colored clothing.

If the light color strap accidentally gets dirty, dip a soft brush in clean water and gently wipe the strap dry.

7.3 Adjusting or replacing the strap

Strap adjustment: The straps are designed with U-shaped buckles. Adjust the strap to your wrist size.

Strap replacement: Carefully remove the fastener to take off the strap. Follow the steps in reverse to attach a new strap. Make sure that the band body is fit tightly in the strap before replacing the fastener.



 **NOTE**

The fastener that come with your band is small so be careful not to lose it during disassembly.