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Getting started

Charging your band


Remove the band body from your band, align its metal charging end with the charging cradle, then connect the cradle to a power supply. A battery indicator will be displayed on your band screen and the body will automatically power on.

-  • Ensure that you use a standard Huawei charger with a rated output voltage of 5 V and a rated output current of 0.5 A or higher, or connect the band to a laptop's USB port to charge your band. Using non-Huawei chargers may lead to slow charging, overheating, or other issues. Therefore, you are advised to purchase a standard HUAWEI charger from an official Huawei sales outlet.
- Charge your band in a well-ventilated environment. Before charging your band, ensure that the **band's charging end is clean and dry** to prevent it from short-circuiting.


Charging time: After about 2 hours of charging, the battery indicator on your band screen will state that your band is fully charged.

View the battery level: View the battery indicator on the band's home screen or in the Huawei Health app.

Low battery alert:

If the battery level is lower than 10%, your band will vibrate and display  to remind you to charge your band promptly.

Wearing your band

- 1 Attach and fix the body into the strap as shown in the following figure.
 - 2 The strap is made of flexible materials. Adjust it before putting it on. If you need to adjust the strap again after putting it on, put your middle finger between the layers of the strap, then use your thumb and index finger to slide the buckle.
-  • 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.
 - Keep the band and your skin dry and clean to prevent any damages caused by moisture.

How to pair my band with my phone

Connect your band to the charging cradle to activate your band when you use it for the first time. The band is ready to be paired via Bluetooth by default.

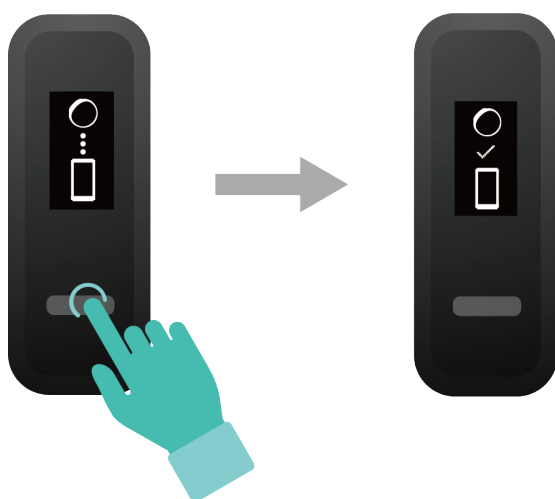
Instead of pairing your band with the phone via Bluetooth directly, pair your band with the phone using the Huawei Health app. Otherwise, your phone will not display the correct time and step count.

• **For Android users:**

- 1 Download the latest version of the Huawei Health app.
- 2 Open the Huawei Health app, go to **Devices** > **ADD** > **Smart Band**, and select your band's name.
- 3 Touch **PAIR**. The Huawei Health app will automatically search for the band. Select the correct device name from the list of available devices. The band will then automatically start pairing with your phone.
- 4 Your band will vibrate when it receives a pairing request. Touch the touch key on your band to start pairing.

• **For iOS users:**

- 1 Download the latest version of the Huawei Health app.
- 2 Open the Huawei Health app, touch **Devices**, then go to + > **Smart Band**, and touch your band's name.
- 3 The Huawei Health app will automatically search for the band. Select the correct device from the list of Bluetooth devices available. The band will then automatically start pairing with your phone.
- 4 Your band will vibrate when it receives a pairing request. Touch the touch key on your band to start pairing.






















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


Icons

i The icons may vary depending on the band version. The following information is for reference only.








Wrist mode:

<p>Time</p> 	<p>Steps</p> 	<p>Distance</p> 
<p>Calories</p> 	<p>Sleep time</p> 	<p>Find phone</p> 
<p>Switch to Foot mode</p> 	<p>Incoming calls</p> 	<p>Mute incoming calls</p> 
<p>Alarm</p> 	<p>Dismiss the alarm</p> 	<p>Standing times</p> 
<p>Moderate to high intensity</p> 	<p>Goal reached</p> 	<p>Message reminders</p> 





<p>More</p> 	<p>Restart</p> 	<p>Power off</p> 
<p>Device name</p> 	-	-

 The "Find phone" icon will not be displayed when your band is not connected to your phone.



Foot mode:

<p>Running</p> 	<p>Switch to Wrist mode</p> 	<p>Individual workout distance</p> 
<p>Individual workout time</p> 	<p>App connected running</p> 	<p>Basketball</p> 
<p>Cycling</p> 	-	-


Connection and pairing:

Bluetooth to be connected	Bluetooth connection failure	Bluetooth connected
		
Connect to Bluetooth	-	-
		

Battery:

Charging	Low battery	-
		

Others:

System update	-	-
		

Powering on/off and restarting the band


Powering on the band

Your band will automatically power on if you charge it.


Powering off the band

- Your band will automatically power off if the battery is empty.




- In **Wrist**, mode touch the touch key below the screen until the  screen is displayed,




touch and hold the touch key to enter it, touch the touch key to switch to the  screen, then touch and hold the touch key to power off the band.

Restarting the band



In **Wrist**, mode touch the touch key below the screen until the  screen is displayed, touch




and hold the touch key to enter it, touch the touch key to switch to the  screen, then touch and hold the touch key to restart the band.

Gestures

Action	Function
Touch the touch key	Switch between screens
Touch and hold the touch key	Enable the corresponding feature


Waking the screen

To wake the screen, raise your wrist or rotate it in an inward direction, and the screen will stay on for 5 seconds.

-  Open the Huawei Health app, then enable the **Raise wrist to wake screen** feature on the device details screen.
 - The screen brightness cannot be adjusted manually.

Switching between screens

To switch between screens, rotate your wrist when the screen is on.

-  Open the Huawei Health app, then enable the **Rotate to switch screen** feature on the device details screen.
 - The Rotate to switch screen feature is not supported in **Foot** mode.

Turning off the screen

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

- i** When the screen wakes up within 5 seconds after turning off, it returns to the previous screen. When the screen wakes up more than 5 seconds after turning off, it switches to the home screen.

Wearing mode

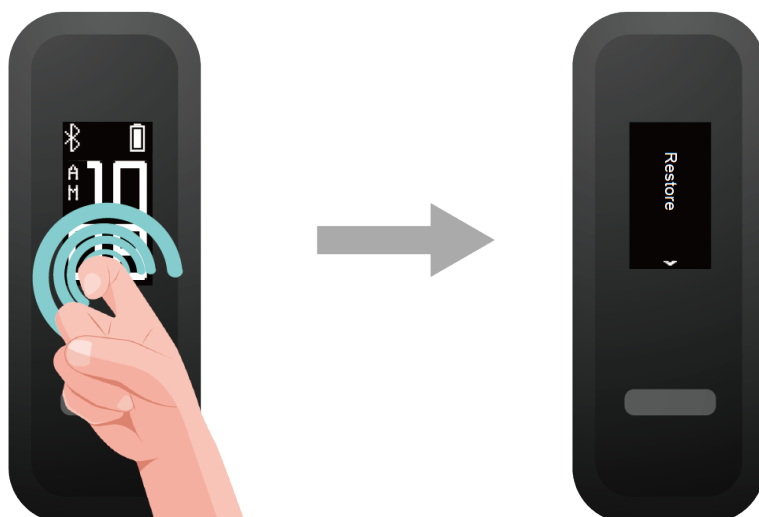
The band supports **Wrist** mode and **Foot** mode.

- The following features are supported in **Wrist** mode: daily activity tracking, sleep tracking, message reminders, incoming call notifications, alarm reminders, and finding your phone using your band.
- The following features are supported in **Foot** mode: step count, running form tracking (cadence, step length, ground contact time, foot strike pattern, landing impact, eversion excursion, and swing angle), and basketball performance tracking (average and maximum vertical jump height, number of jumps, average hang time, as well as average and maximum moving speed).

Restoring the band to its factory settings

Method 1: Restore the band to its factory settings using your band.

Knock the time screen four times consecutively with one knuckle and touch the touch key until you find the **Restore** screen, then hold and touch the touch key to restore the band to its factory settings.



Method 2: Restore the band to its factory settings using the Huawei Health app

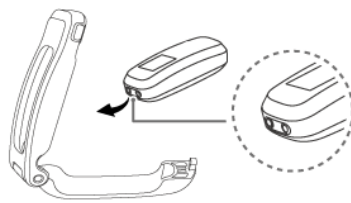
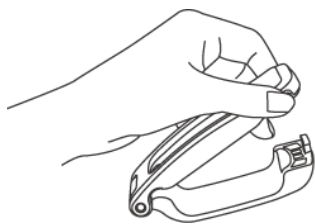
Open the Huawei Health app and go to the **Devices** tab and select your device, touch **Restore factory settings**, then touch **RESTORE**.

Workout monitoring

Monitoring running form


1 Switching to **Foot** mode

- a Download the Huawei Health app and pair your band with your phone when you use your band for the first time.
- b Pinch the buttons on either side of the shoe bucklet to open it. Insert the band body, aligning the metal contacts with those on the shoe buckle, then close it. Slide the back part of the case behind the laces of your shoes. Secure the shoe buckle tightly. Please note that fastening the shoe buckle around too many or too few laces may cause the shoe buckle to become too loose, fasten the shoe buckle.



- c The band will automatically switch to **Foot** mode and a running startup screen will be displayed.




- i** 1 Make sure the device is resting on the top of your laces near the middle for more accurate results.
- 2 You can switch your band to **Foot** mode manually. To do this, open the Huawei Health app, touch **Devices** and select your device name, then touch **Wearing mode**. Touch **Switch wearing mode** and select **Manual**. In **Wrist** mode, tap the touch key to enter the  screen, then touch and hold the touch key to switch to **Foot** mode.
- 3 The running form monitoring is a feature powered by algorithm that is specially designed for running in **Foot** mode and offers seven types of professional running form data. Wear the device on your shoe when running to get the most efficient and accurate data.

2 Running form monitoring

Method 1: Start a run using your band.


The band can record your running data during the workout even when it is not connected to your phone. You can simply connect your band to the phone using the Huawei Health app after the run to sync data between both devices.

- a Start running: Touch and hold the touch key on the running startup screen  on the band.
- b Stop running: Touch and hold the touch key on the band to stop running.

- c** Sync data: Ensure that the band is connected to the phone using the Huawei Health app for the data to be synced automatically. You can also swipe down on the home screen in the Huawei Health app to manually sync data. It may take a few moments to sync data.
- d** View data: Open the Huawei Health app and touch **Exercise records** to view new workout data, including your running form monitoring data and professional running advice.
 - i** • Your Huawei Health app can sync workout data which lasted less than six hours from the band.
 - To prevent your data from being lost, it is recommended that you sync your data once a day.

Method 2: Start a run using the Huawei Health app.

You need to bring your phone and your band with you during the workout to ensure that fitness data is synced between both devices.

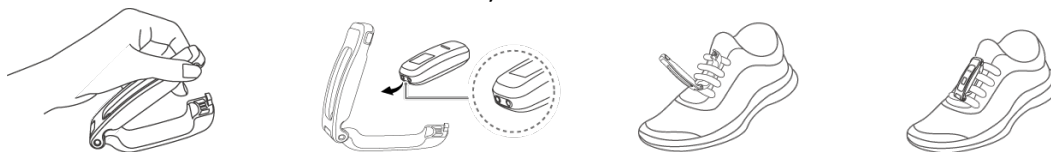
- a** Start running: Enable **Outdoor run** or **Indoor run** under **Exercise** in the Huawei Health app. An "App connected running" icon  will be displayed on the band once you enable either running type.
- b** Stop running: Touch the stop icon in the Huawei Health app to stop running.
- c** View data: Open the Huawei Health app and touch **Exercise records** to view new workout data, including your running form data, GPS mapped route (outdoor runs only), professional running advice, and more.

Tracking basketball performance

- i** The basketball performance tracking feature is only supported on phones running Android 4.4 or later.

1 Switch to **Foot** mode

- a** When you use the band for the first time, download the Huawei Health app and pair the band with your phone.
- b** Pinch the buttons on either side of the shoe buckle to open it. Insert the band body, aligning the metal contacts with those on the shoe buckle, then close it. Slide the back part of the case behind the laces of your shoes. Secure the shoe buckle tightly. Please note that fastening the shoe buckle around too many or too few laces may cause the shoe buckle to become too loose, fasten the shoe buckle.



- c** The band will automatically switch to **Foot** mode and a running startup screen will be displayed. 

- i** **1** Make sure the device is resting on the top of your laces near the middle for more accurate results.
- 2** You can switch your band to **Foot** mode manually. To do this, open the Huawei Health app, touch **Devices** and select your device name, then touch **Wearing mode**. Touch **Switch wearing mode** and select **Manual**. In **Wrist** mode, tap the touch key to enter



the screen, then touch and hold the touch key to switch to **Foot** mode.

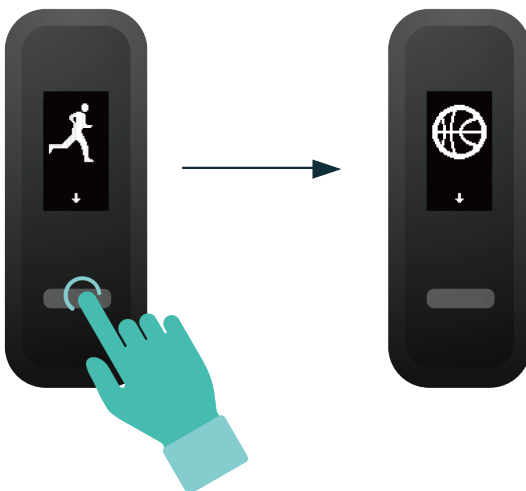
- 3** When shooting in basketball, a player tends to jump with one superior leg while bending the other, and wearing the band on different legs leads to data discrepancy. Wear the band on your superior leg which you tend to jump with when playing sports.

2 Basketball performance tracking

You can start a basketball session without carrying your phone. Your workout data is saved to your band, and can be synced to the Huawei Health app after your band is connected to the phone.

a Start the basketball session:

a In **Foot** mode, touch the touch key to display the basketball session screen.



b Hold the touch key until the band vibrates for three seconds to start the basketball session.



b End the basketball session:

Touch the touch key to turn on the screen. Hold the touch key until the band vibrates and exit the basketball session.



C View data: Open the Huawei Health app, touch the **Exercise records** card on the **Health** screen, and choose **Basketball** to view specific data, including average and maximum vertical jump height, number of jumps, average hang time, and average and maximum moving speed, as well as a range of scores.

i 1 For more accurate scores, please perform the following steps before taking a basketball session: Open the Huawei Health app, go to **Me > Profile**, and edit your height, age, and weight accordingly.

2 Definition of different basketball performance scores:

- Jump score: To evaluate your ability to jump, based on the vertical jump height and number of jumps.
- Explosiveness score: To evaluate your lower limb strength, based on the weight and explosive strength.
- Sprint score: To evaluate your ability to sprint in fast break, defense, running, and other scenarios, based on the sprint speed and times.
- Moving score: To evaluate your ability to move, based on the moving speed and continuity.
- Acceleration score: To evaluate your ability to accelerate and change speed, based on the acceleration rate and times. Overall score: To comprehensively evaluate your ability in terms of jumping, lower limb strength, sprinting, moving, and accelerating.

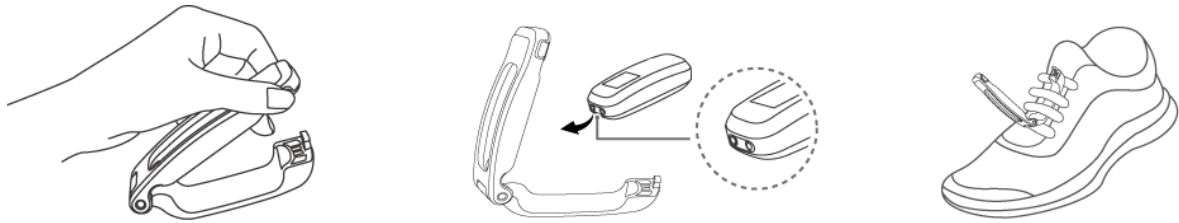
Cycling motion monitoring

i Cycling motion monitoring can be used only when a phone running Android 4.4 or later is connected to the HUAWEI Band 4e Active.

1 Switching to **Foot** mode

a Download the Huawei Health app and pair your band with your phone when you use your band for the first time.


- b** Pinch the buttons on either side of the shoe buckle to open it. Insert the band body, aligning the metal contacts with those on the shoe buckle, then close it. Slide the back part of the case behind the laces of your shoes. Secure the shoe buckle tightly. Please note that fastening the shoe buckle around too many or too few laces may cause the shoe buckle to become too loose, fasten the shoe buckle. The band will automatically switch to **Foot** mode.



- i** **1** Make sure the device is resting on the top of your laces near the middle for more accurate results.
- 2** You can switch your band to **Foot** mode manually. To do this, open the Huawei Health app, touch **Devices** and select your device name, then touch **Wearing mode**. Touch **Switch wearing mode** and select **Manual**. After you start cycling in the Huawei Health app, your band will automatically measure the cycling frequency.

2 Cycling motion monitoring

Start running: Enable **Cycle** under **Exercise** in the Huawei Health app. An "App connected

running" icon  will be displayed on the band once you enable either running type.

Touch the stop icon in the Huawei Health app to stop cycling.

View data: Open the Huawei Health app and touch **Exercise records** to view new data, including your cycling exercise data (calories, distance, active time, and tread frequency) and evaluation scores.

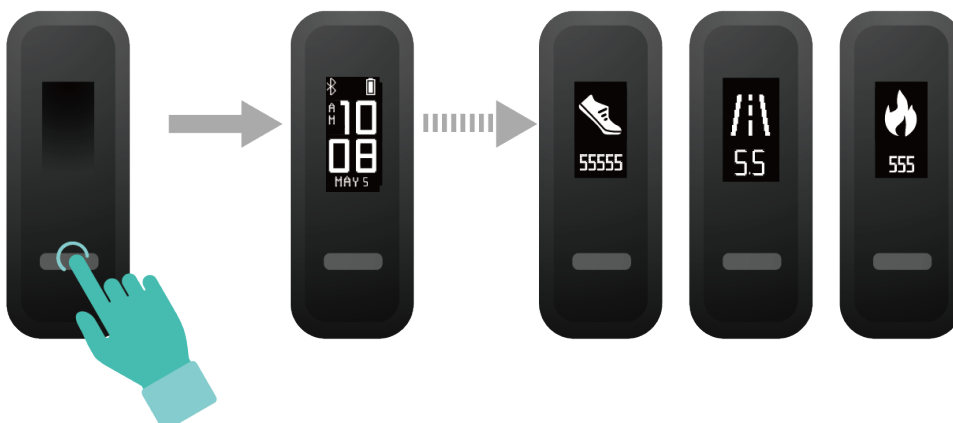
Daily activity tracking

In wrist mode, the band can automatically identify your walking or running status and record your step count, distance covered, calories burned, and other data.

To view daily activity data, perform the following:


Method 1: Viewing data on your band

In **Wrist** mode, touch the touch key below the screen, then touch the touch key to switch between screens to view your step count, distance covered, calories burned, and other data.




Method 2: Viewing data in the Huawei Health app

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

-  To view your workout data in the Huawei Health app, ensure that the band is connected to your phone using the Huawei Health app.

Dual device connection

You are able to connect a band in **Foot** mode and another Huawei/Honor wearable device to your phone using the Huawei Health app. The second device must support heart rate monitoring. After both devices are connected, your band is used as a running form monitoring device while the other wearable device is used as a heart rate monitoring device.

- 1** Connect your band to your phone using the Huawei Health app. Secure the band body to the shoe buckle and the band will automatically switch to **Foot** mode.
 - 2** Connect the band to the phone using the Huawei Health app and connect another Huawei/Honor wearable device to the phone using the Huawei Health app.
 - 3** Start a run in the Huawei Health app and ensure that both the two devices have been connected to the Huawei Health app. The actual screen may vary depending on the device model.
 - 4** Touch the stop icon to stop the run in the Huawei Health app.
 - 5** You can then view detailed workout data under **Exercise records** in the Huawei Health app.
-  • The dual device connection feature is only available on phones running on Android 4.4 or later.
 - Currently, the following wearable devices support the dual connection feature: HUAWEI Band 4, HONOR Band 5i, HONOR Band 3, HONOR Band 4, HONOR Band 5, HUAWEI Band 2 Pro, HUAWEI TalkBand B5, HUAWEI Band 3 Pro, HUAWEI Band 3, HUAWEI WATCH GT2, HONOR WATCH S1, HUAWEI WATCH GT, and HONOR Watch Magic/Dream.
 - Currently, the following wearable devices support the **Foot** mode: HUAWEI Band 3e, HONOR Band 5 Sport, Honor BAND 4 Running, HUAWEI Band 4e.

Convenient life

Incoming calls

When the band is connected to your phone, there are two scenarios for an incoming call. If you are wearing the band on your wrist, the band will vibrate and turn on the screen to inform you of the incoming call. You will not receive any notifications if you are wearing the band on your shoes.

Rejecting incoming calls

When connected to your phone, the band will vibrate, turn on the screen, and display an incoming call icon to inform you of the incoming call. Touch and hold the touch key on your band screen to reject the call.

Notifications


Ensure that the band is paired with your phone using the Huawei Health app.

For Android users: Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

For iOS users: Open the Huawei Health app, touch **Devices**, choose your band from the device list to enter the device details screen, enable **Notifications**, and then go to system settings to select the apps of which notifications you want to display.

The band will vibrate and turn on its screen to remind you that your phone has received new app notifications.


Compatible phone apps: SMS, Email, Calendar, and social media apps that support this feature.

-  • The band will not display notifications in **Foot** mode.
 - As the band screen is not large enough, the screen only displays the source and type of notification instead of showing a detailed message.

Finding your phone

Lost your phone? Don't worry. Your band is ready to help you out.


In **Wrist** mode touch the touch key below the screen until you find the **Find phone** screen, then touch and hold the touch key to enable the Find phone feature. If your phone is within the Bluetooth range, it will play a ringtone to alert you, even in Silent mode. On the Find phone screen, touch the touch key to disable the feature.

-  To enable the Find phone feature, ensure that the band is connected to your phone and that the Huawei Health app is running in the background or foreground.
- The Find phone feature is automatically disabled when there is no response for more than 30 seconds.
- The sound that plays will be different for iOS and Android phones.

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.

For Android users:

- 1 Open the Huawei Health app, touch **Devices**, touch your device, and go to **Alarm > EVENT ALARMS**.
- 2 Set the alarm time, tag, and repeat cycle.
- 3 Touch  in the upper-right corner to save the settings.
- 4 Swipe down on the home screen to ensure that the alarm settings are synced to your band.

For 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 alarms**.
- 4 Set the alarm time, tag, and repeat cycle.
- 5 Touch **Save**.
- 6 Swipe down on the home screen to ensure that the alarm settings are synced to your band.

-  The Event alarm will ring at the specified time. If you set a tag for the Event alarm, the band will display the tag. Otherwise, only the time will be displayed.
- When the alarm rings, touch the touch key to snooze, or touch and hold the touch key to turn off the alarm. If no operation is performed, the alarm will automatically turn off after snoozing twice.
- Your alarm may not work as expected if you restart your band or pair it again with your phone. You are advised to open the Huawei Health app and go to the **Devices** screen, touch **Alarm** to enter the Alarm screen, turn off the alarm, and then turn it on again.


Setting a Smart alarm

You can use the Huawei Health app to set a Smart alarm for the band to wake you up if it detects that you are in a light sleep during a preset period. This helps to gradually wake up your brain and make you feel more refreshed.

For Android users:

- 1 Open the Huawei Health app, touch **Devices**, touch your device, and go to **Alarm > SMART ALARM**.
- 2 Set the alarm time, repeat cycle, and the snooze cycle under **Smart wakeup**.
- 3 Touch ✓ in the upper-right corner to save the settings.
- 4 Swipe down on the home screen to ensure that the alarm settings are synced to your band.

For 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 the snooze cycle under **Smart wakeup**.
 - 5 Touch **Save**.
 - 6 Swipe down on the home screen to ensure that the alarm settings are synced to your band.
-  When the alarm rings, touch the touch key to snooze, or touch and hold the touch key to turn off the alarm. If no operation is performed, the alarm will automatically turn off after snoozing twice.
 - Your alarm may not work as expected if you restart your band or pair it again with your phone. In either of these cases, you are advised to open the Huawei Health app and go to the **Devices** screen, touch **Alarm** to enter the Alarm screen, turn off the alarm, and then turn it on again.

Health management

Activity reminders


When **Activity reminder** is enabled, your band will monitor your activity throughout the day in increments (1 hour by default). Your band will vibrate and the screen will turn on to remind you to take a moment to get up and move around.

To disable **Activity reminder**, open Huawei Health, touch **Devices** then your device name, touch **Health monitoring** and disable **Activity reminder**.

-  Your band will not vibrate to remind you to move around if you have enabled Do Not Disturb on your band.
- Your band will not vibrate if it detects that you are asleep.
- Your band will only send reminders between 8:00 AM to noon and from 2:00 to 10:00 PM.

Sleep tracking

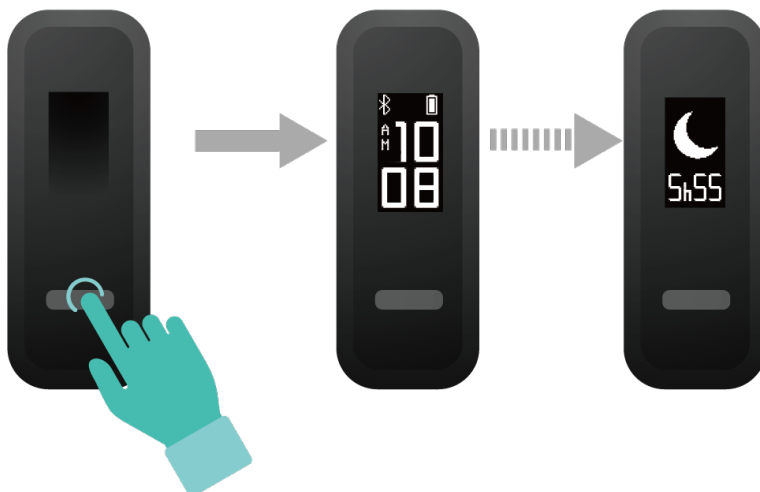
Your band can automatically record your sleep data while you are asleep and determine your sleep status, such as a deep or light sleep, or if you woke up.

-  Wear your band so it fits comfortably for you to obtain accurate sleep data. It is recommended that you wear it quite tightly. When you are not using the band, lay it sideways on a flat surface. Avoid covering the back of the band.

You can use either of the following methods to check your sleep data:

Method 1: View your sleep data on your band.

Make sure that you are wearing the band on your wrist. Touch the touch key below the screen to access and view your sleep data.




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

To view your sleep data, open the Huawei Health app and touch the **Sleep** card in your Huawei Health app.

More guidance

Viewing the Bluetooth name and MAC address

Viewing the Bluetooth name:

Method 1: In **Wrist mode**, touch the touch key below the screen until the  screen is displayed, touch and hold the touch key to enter it, then touch the touch key to switch to the

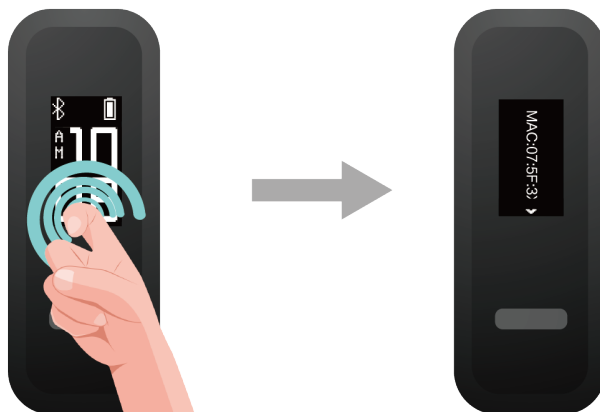


screen. The Bluetooth name of your band will then be displayed.

Method 2: Go to the **Devices** tab. You can view your device's Bluetooth name on the **Devices** screen.

Viewing the MAC address:

Method 1: Knock the time screen four times consecutively with one knuckle and touch the touch key until you find the MAC information screen. The band's MAC address will then be displayed as 12 alphanumeric characters next to **MAC:**.



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

Updating your band

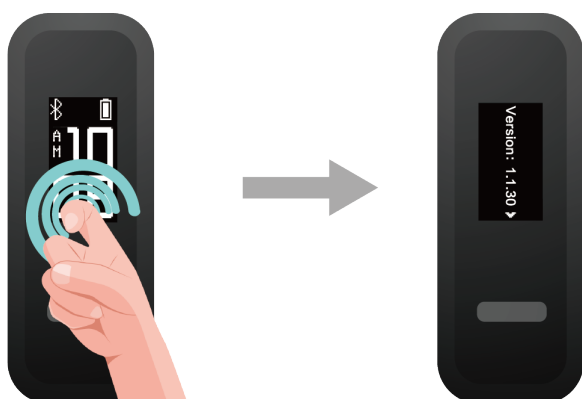
Method 1: Open the Huawei Health app, **Devices** and your device name. Touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your band's firmware.

Method 2:

- For Android users: Open the Huawei Health app, then go to **Devices** and touch your device's name, then touch **Firmware update**. Touch  in the upper-right corner and enable **Auto-download update packages over Wi-Fi**.
- For iOS users: Open the Huawei Health app, go to **Me** > **Settings**, and enable **Auto-download update packages over Wi-Fi**.
-  • Once **Auto-download update packages over Wi-Fi** is enabled, your band will receive update package from the phone and send you a notification about the update. Follow the onscreen instructions to update the firmware.
 - During an update, your band will automatically disconnect the Bluetooth, and reconnect once the update is complete.
 - Do not charge your band during the update.

Viewing version information

Method 1: Knock the time screen four times consecutively with one knuckle and touch the touch key to switch between screens until the version information is displayed.



Method 2: Open the Huawei Health app, touch **Devices** and your device, and choose **Firmware update**. The band's version information will then be displayed under **Current version**.

Cleaning and taking care of your band

- You can hand-wash your wrist strap with soap and warm water and place the strap somewhere out of direct sunlight to dry.
- To prevent color transfer, do not let the woven wrist strap soak in water too long with light-colored clothes, and avoid leaving it in the sun.

Water resistance

- The band has a water resistance rating of 5ATM, but this protection is not permanent and may deteriorate 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, or surfing.

The following may affect the water resistance of your band:

- Dropping your band or any other impact on the band.
- Exposing your band to alkaline substances, such as soap, body wash, perfume, emulsion, or oil.
- Using your band in humid and high temperature conditions, such as in a hot shower or sauna.

