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Getting Started

Powering on, Powering off, and Restarting

Powering on the band

- Press and hold the side button to power on the band.
- The band will power on automatically when you charge it.
 - **i** You will be prompted with a message asking you to charge your band when the battery is extremely low. The band will power off automatically after 2 seconds and you won't be able to power it on again.

Powering off the band

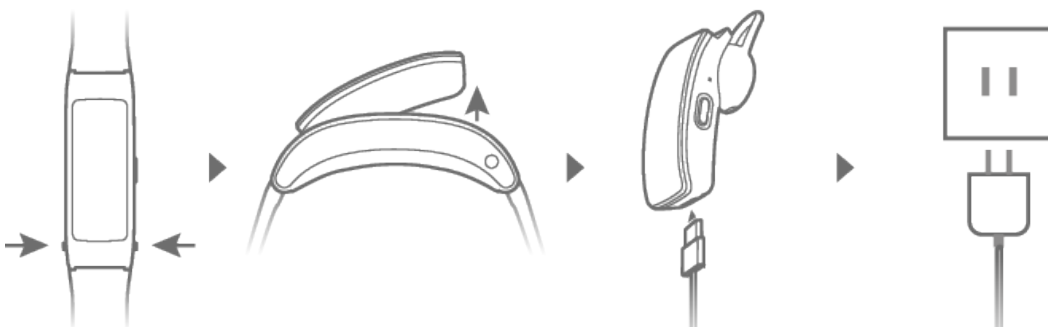
- Press and hold the side button for 3 seconds, then select **Power off** to power off your band.
- On the band, go to **Settings > System > Power off** to power off your band.
 - **i** Your band will automatically power off if it has run out of battery.

Restarting the band

- On the band, go to **Settings > System > Restart** to restart the band.
- Press and hold the side button for 3 seconds, then select **Restart**.

Charging your band

Press the side buttons on both sides of the band to take out the earphone and plug the charger to the earphone. The band will display the charging animation when it is being charged.



- **i** Before charging, wipe off any water or sweat on the band, and make sure the band charging port is clean and dry to prevent short circuits.
- 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 band. If you use a non-Huawei charger, the charging may be slow and your band may heat up. Exercise caution when using a non-Huawei charger.

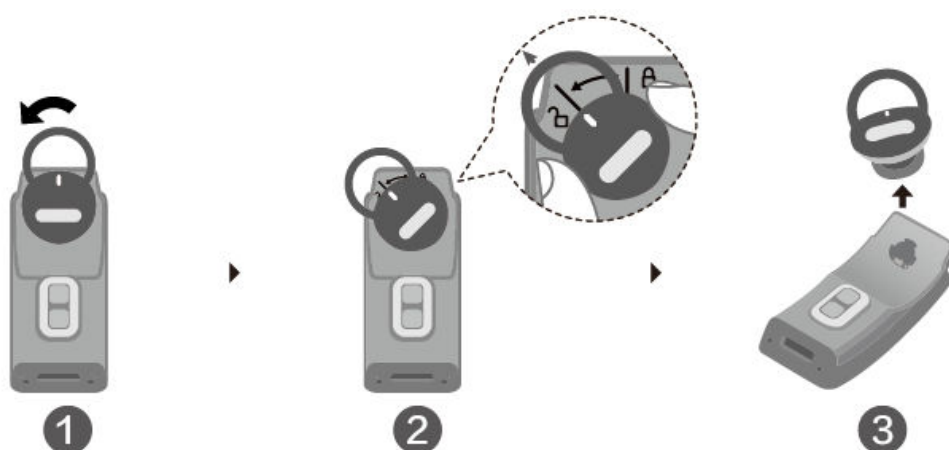
Charging time: Around 65 minutes for a full charge.

Viewing battery level: Swipe down on the band's home screen or open the Huawei Health app, then touch **Devices** and the connected phone.

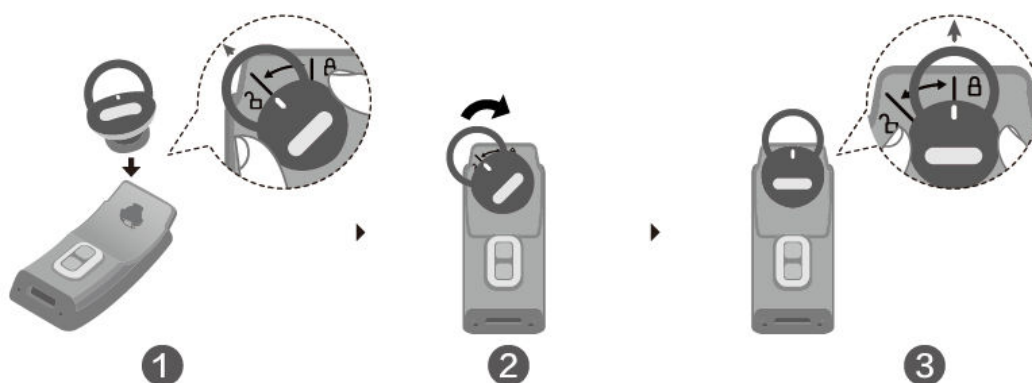
Low battery alert: The band will vibrate to remind you when the battery level on the band is lower than 20%, 10%, and 5%.

Removing and replacing the ear tip

Remove the ear tip: Rotate the ear tip counter clockwise, align the earpiece with the unlock line, then gently pull it up.



Install the ear tip: Line the ear tip up with the unlock line, rotate the ear tip clockwise, then align it with the lock line.



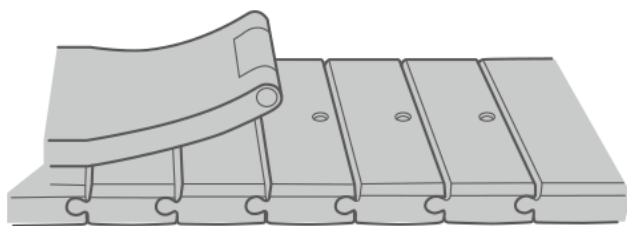
- i • The band comes with three ear tip sizes: large, medium, and small. Your band is fitted with medium-sized ear tips.
- When fixing the tip over the earphone, adjust the tip so it lines up with the lock and unlock lines. Make sure that the tip is securely fitted over the earphone when finished.

Adjusting or Replacing the band's strap

Adjusting the strap

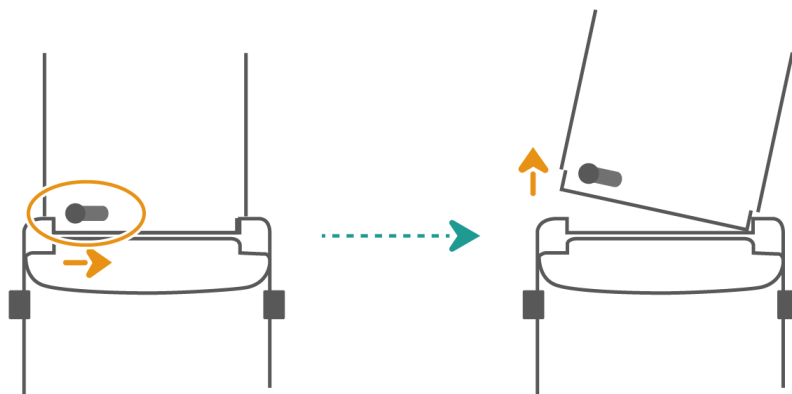
Fluoroelastomer straps and leather straps: The strap features a T buckle. Adjust the length of the strap according to your wrist circumference.

Metal straps: Use the adjustment tool that comes with it to adjust the length of strap.

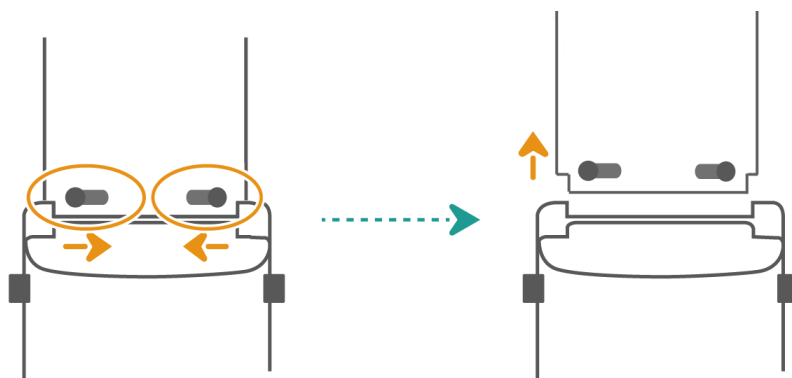


Replacing the strap

Fluoroelastomer straps and leather straps: Push the quick release button on the strap and lift the strap out to remove it, then push the release button back into place. Follow the steps in reverse order to install a new strap.

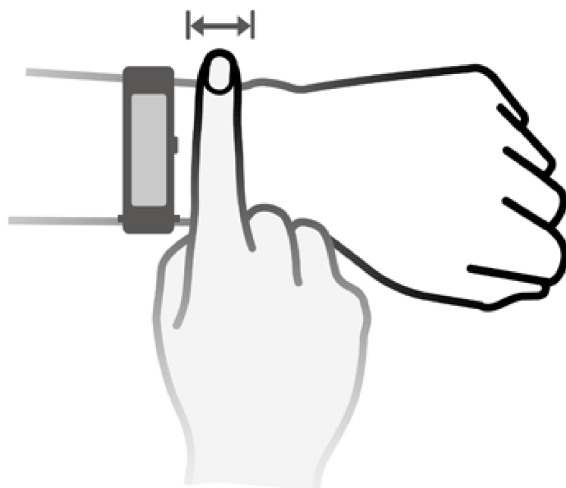


Metal straps: Pinch both quick release buttons toward the centre of the strap to remove the strap from the band. Follow the steps in reverse order to install a new strap.



Wearing your band

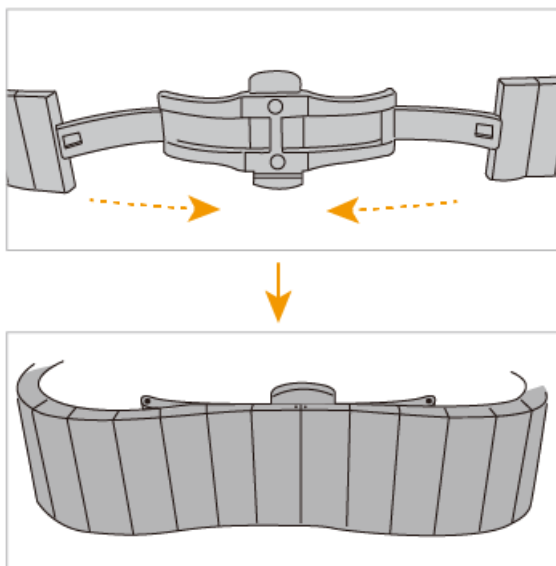
To make sure that activity and sleep tracking as well as heart rate monitoring work properly, make sure you are wearing your band correctly as shown in the following figure.



- i** We recommend you wear your band tightly so it won't fall off during workouts and can provide more accurate heart rate readings.

The band comes in three strap styles, which require different wearing methods:

- **Fluoroelastomer straps and leather straps:** The strap features a T buckle. Feed one side of the strap into the buckle with the band on your wrist then align the buckle with the correct hole press it through.
- **Metal straps:** The strap features a butterfly buckle. Fasten both sides of the buckle when wearing it.

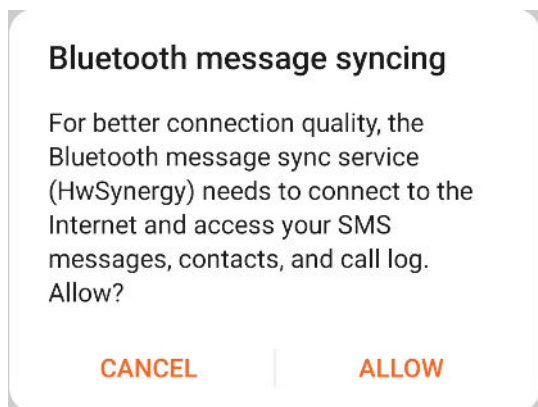


- **i** We recommend you wear the sports strap during workouts.
- Be sure to wear your band properly to maximise comfort, wearing it too tightly can prevent your skin from breathing.
- Your band is made of safe materials. If your skin feels irritated when wearing the watch, take it off and consult a doctor.
- Keep the band and your skin dry and clean to prevent any discomfort caused by trapped moisture.


Pairing the band with the phone

After the band powers on, it will be in a discoverable state.

- 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 starting pairing.
- HwSynergy is supported on Huawei phones that run EMUI 8.1 or later. After you touch **PAIR** in the Huawei Health app, you will be prompted with a dialog box indicating that the phone supports HwSynergy.



- After the band is paired with the phone, swipe down on the phone's status bar or go to **Settings > Bluetooth** on your phone. You will then see the band's Bluetooth name.
 - When you turn on your band for the first time or pair it with your phone after a factory reset, you will be prompted to select a language before pairing. After both devices are paired, the language on your band will be consistent with that on the phone.
- **For Android users:**
 - 1 Download the latest version of the Huawei Health app from AppGallery.
 - 2 Open the Huawei Health app, go to **Devices > ADD > Smart Band**, then select your band's name.
 - 3 Touch **PAIR** and touch the correct Bluetooth name. The band and the phone will connect automatically.
 - 4 Your band will vibrate when it receives a pairing request. Touch to confirm pairing.
 - Your band screen will display an icon when the pairing is complete. It will take about 2 seconds to sync important information from your phone (such as date and time).
 - Your band screen will display a different icon to inform you that the pairing has failed and will then return to the startup screen 2 seconds later.
 - **For iOS users:**
 - 1 Search for "Huawei Health" in App Store and install the app.
 - 2 Select the band you want to pair in the Bluetooth list in Settings.
 - 3 Open the Huawei Health app, touch **Device**, touch the + in the top-right corner, touch **Smart Band**, and select your band's name.

- 4 Select the correct name of your Bluetooth device. The band and the phone will then pair automatically.
- 5 Your band will vibrate when it receives a pairing request. Touch  to confirm pairing.
- 6 Once your phone displays the Bluetooth pairing request, touch **PAIR** to begin pairing.

Buttons and gestures

Your band comes equipped with a touchscreen. You can swipe up, down, or right, as well as touch and hold the screen to perform operations.

Operation	Function	Note
Press the side button.	Return to the home screen.	This function is unavailable under some scenarios including during calls and workouts.
Press the side button when on the home screen.	Enter the app list.	--
Press and hold the side button	Power on, power off, or restart the band.	--
Double-press the side button.	Redial the last outgoing call.	This function is unavailable when there is an incoming call or during calls.
Swipe right from the home screen	Switch screens.	--
Swipe right on screens other than the home screen.	Return to the previous screen.	--
Swipe up on the home screen.	Check messages on your band.	--
Swipe down on the home screen.	Access the settings menu or enable some features including Do Not Disturb, screen on, Find Phone, and setting alarms.	--
Touch the screen.	Select and confirm.	--


Operation	Function	Note
Touch and hold the home screen.	Change watch faces.	--

Setting the time zone and language

When you turn on your band for the first time or pair it with your phone after a factory reset, you will be prompted to select a language before pairing. After both devices are paired, the language on your band will be the same as the language on the phone. 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.

- i** **1** If the language and region information on your phone are supported on the band, the language on your band will be the same as the language 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 your phone has a 12-hour time format, the time displayed on the band will not distinguish whether it is in the morning or afternoon.

Setting dual time zones

Touch and hold on the home screen of the band, swipe right or left, touch  under a watch face (for example, **Gleaming**), and select a time zone. The watch face will then display dual time zones. The dual time zone will not be displayed after you switch to use another watch face.

- i** • Watch faces are updated continuously in the watch face store. Download more watch faces that support the display of dual time zones.
- Customising watch faces is only available for some watch designs.

Checking the band's version



Method 1: On your band, go to **Settings** > **About** to view your band's version.

Method 2: Open the Huawei Health app, go to the device settings screen, then touch **Firmware update** to check the version of your band.

Updating your band

Method 1: Open the Huawei Health app, go to the device settings screen and touch **Firmware update**. The phone will search for any available updates. Follow the onscreen instructions to update your band.

Method 2:

- Android users: Open the Huawei Health app, go to the device settings screen and touch **Firmware update**, then touch  in the top-right corner, and enable **Auto-download update packages over Wi-Fi**.
- iOS users: Open the Huawei Health app, touch the profile image in the top-left corner, then touch **Settings** and enable **Auto-download update packages over Wi-Fi**.
-  Enable Auto-download update packages over Wi-Fi. When a new version is available, it will be automatically transferred to your band and an update notification will pop up. Follow the onscreen instructions to update your band.
 - During an update, your band will automatically disconnect from Bluetooth, but will reconnect once the update is complete.
 - Do not insert anything into the USB port or charge the band during the update.

Viewing the Bluetooth name, MAC address, and Serial Number

Viewing the Bluetooth name:

- On your band, go to **Settings > About**. The name displayed under **Device name** is the device's Bluetooth name.
- Alternatively, open the Huawei Health app and enter the device settings screen. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

- On your band, go to **Settings > About** to view the MAC address.
- Alternatively, take the earphone out from the base and view the back of the earphone. The 12 alphanumeric characters displayed after **MAC:** is your band's MAC address.

Viewing the Serial Number (SN):

On your band, go to **Settings > About**. Your band's Serial Number is displayed next to **SN**:

Resetting the band to factory settings

Method 1: On the band, go to **Settings > System > Reset**. Please note that all your data will be cleared after the reset.

Method 2: Open the Huawei Health app, go to the device settings screen, and select **Restore factory settings**.

Supported features when the band is connected to different phones/OS versions

Table 1-1 Supported features

Features	Description
Notifications and reminders from AI Tips	Huawei phones that run EMUI 9.1 or later.
Automatic pairing detection	Huawei phones that run EMUI 10.1 or later.
Atrial fibrillation screening, cardiac premature beating screening, and sleep apnea project	Huawei phones that run Android 5.0 or later.
Music playback control	Huawei phones that run Android 5.0 or later.
Remote camera shutter	Huawei phones that run EMUI 8.1 or later.
Five-day weather forecast	Only supported on Android phones.
Outdoor cycle	Huawei phones that run EMUI 5.0 or later.

Supported features when the band is not paired with any phones

Requirements: The phone has been paired with phones before and has not been restored to factory settings after it is disconnected.

The following features are supported on the band (when worn) if it has not been paired with any phones: Workouts (not including cycling, no GPS route will be tracked), heart rate monitoring, SpO₂ measurement, sleep tracking, breathing exercises, stopwatch, timer, alarm, torch, changing watch faces, adding favourites, adjusting brightness, setting sleep time, setting vibration strength, and displaying date and time.

Water and dust resistance level

The band has a water resistance rating of IP57, but this protection is not permanent and may deteriorate over time.

- IP67: Devices that meet this standard are resistant to dust, dirt, and sand and can be immersed in water up to one metre deep with a normal temperature and pressure for half an hour.
- These devices are dust-resistant in environments such as living rooms, offices, laboratories, workshops, and storage rooms. They are not suitable for particularly dusty environments.


- They are resistant to being splashed by water. However, we recommend that you do not immerse your wearable devices in water. As the device is resistant to sweat, you can wear the device while exercising, washing your hands, or outside during rainy days.
- They are not suitable for activities such as taking a shower, swimming, underwater diving, water skiing, or other activities in high-pressure and fast-flowing water.

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.

Application management




Do Not Disturb

Swipe down on the band's home screen and touch  to enable Do Not Disturb mode. Alternatively, on your band, go to **Settings** > **Do Not Disturb**. You can set it to all day or schedule a time period for this mode.

 After Do Not Disturb is enabled:

- Your band can still sync incoming calls from your phone but will not send you any notifications. Press and hold the side button of the band to reject the call or take out the earpiece to answer the call.
- Messages and notifications will not be displayed on the watch, and the Raise to wake feature will be disabled.
- The alarm will vibrate and ring as normal.




Using the Stopwatch

On your band, enter the app list, and touch **Stopwatch**, then touch  to start timing, touch  to stop timing, and touch  to reset the stopwatch. Swipe right on the screen or press the side button of the band to move it to the background.

The time limit for the stopwatch is "99:59:59". The stopwatch will automatically stop once this time limit is reached.

Using the Timer

On your band, enter the app list and touch **Timer**. Select or set your preferred time. There are eight presets for you to choose from, including 1 min, 3 min, 5 min, 10 min, 15 min, 30 min, 1 h, and 2 h. You can also touch **Custom** to set up your own timer.


Touch  to start the timer, touch  to pause the timer, and touch  to exit the timer. Swipe right on the screen or press the side button of the band to move the timer to the background. The band will vibrate (when the earpiece is in the band) or ring (if you are wearing the earpiece) when the time is up.

Using the Torch

On your band, enter the app list, touch **Torch** then the band's screen will light up. Touch the screen to turn off the torch, then touch the screen again to turn it back on. Swipe right or press the side button to exit.

Setting an alarm

Method 1: Set a smart or event alarm using your band.

- 1 On your band, enter the app list, touch **Alarm** and touch  to add alarms.
- 2 Set the alarm time and repeat cycle then touch **OK**. If you do not set the repeat cycle, the alarm is a one-time alarm by default.
- 3 Touch set alarm to modify the alarm time, repeat cycle, or delete the alarm. You can only delete event alarms.




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

Setting a smart alarm:

- 1 Open the Huawei Health app, enter the device settings screen, go to **Alarm > SMART ALARM**.
- 2 Set the alarm time, smart wakeup time, and repeat cycle.
- 3 Touch ✓ in the top-right corner (Android devices) or **Save** (iOS devices).
- 4 Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.
- 5 Touch an alarm you have set to modify the alarm time, smart wakeup time, and repeat cycle.

Set an event alarm:


- 1 Open the Huawei Health app, enter the device settings screen, go to **Alarm > EVENT ALARMS**.
- 2 Touch **Add** to set the alarm time, smart wakeup time, and repeat cycle.
- 3 Touch ✓ in the top-right corner (Android devices) or **Save** (iOS devices).
- 4 Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.
- 5 Touch set alarm to modify the alarm time, repeat cycle, or delete the alarm.

-  Event alarms are synced between the band and the Huawei Health app.
 - There is only one smart alarm by default. You cannot add more or delete the smart alarm. You can set a maximum of five event alarms.
 - The smart alarm may vibrate in advance if it detects that you woke up before the alarm is set to go off using **HUAWEI TruSleep™**. If **HUAWEI TruSleep™** isn't enabled, the smart alarm will vibrate in advance if it detects that you are no longer in deep sleep or already awake.
 - When the alarm vibrates, touch , swipe right or press the side button of the band to snooze (for 10 minutes). Touch  to stop the alarm. The alarm will stop on its own after being snoozed three times and no other operation has been performed for one minute.
 - Currently, only alarms set on phones that run EMUI 8.1/Magic UI 2.0 or later can be synced to the band.


Turning the screen on and off

Using Raise to wake: Open the Huawei Health app, go to the device settings screen, enable or disable **Raise to wake**.


Adjusting the screen brightness level: On your band, go to **Settings > Display > Brightness**, and set your preferred screen brightness level.

Setting Always on Display: On your band, go to **Settings > Display > Advanced**, and set the screen on time to 5 min, 10 min, 15 min, or 20 min. After it is set, swipe down on the home screen of the band, touch . The screen will then stay on for the amount of time you set.

Setting Sleep time: On your band, go to **Settings > Display > Advanced** and set the screen sleep time to 10 sec, 15 sec, or 20 sec. If **Sleep** is set to **Auto**, the band screen will turn off when you tilt or lower your wrist.

-  Cover the screen to turn off the screen.
 - If you turn the screen back on within 10 seconds of it turning off, the previous screen will be displayed. Otherwise, the home screen will be displayed.

Adding favourites

- 1 On your band, go to **Settings > Display > Favourites**, and select your preferred data, such as sleep, stress level, heart rate, music, weather, activity record, etc.
- 2 Then, swipe left or right on the home screen of the band to check which cards you added.
 -  A maximum of six cards can be displayed.

Managing watch faces

You cannot download additional watch faces in the Huawei Health app on an iOS phone. To download new watch faces, you are advised to temporarily pair your band with an Android phone. When the downloaded watch faces are synced to your band, pair the band back with your iOS phone.


Changing watch faces


- Method 1: Touch and hold the home screen until your band vibrates and swipe through the previews. Touch a watch face to apply it.
- Method 2: On the band, go to **Settings** > **Display** > **Watch face**, touch your preferred watch face and install it.
- Method 3: Open the Huawei Health app, go to **Devices** > **Watch face** > **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.

Editing watch faces

Open the Huawei Health app, go to **Watch faces** > **Mine** > **Edit**, you can then delete watch faces you don't like or adjust the sequence of watch faces.

Customising watch faces

On your band, touch and hold the home screen, swipe right or left and touch  under a watch face, for example, under **Futuristic** to adjust widgets displayed on the watch face.

-  Since content in the watch face store is updated continuously, you can download more watch faces that support customisation from Watch faces.
 - This feature is only available with some watch faces.

Using images in Gallery as watch faces

You can set images in your Gallery as your watch faces. Open the Huawei Health app, go to **Watch faces** > **Watch faces** > **Mine** > **Gallery**, then touch + to customise your watch faces.

Setting vibration strength

On the band, go to **Settings** > **Strength**, then select your preferred vibration strength level, such as Strong, **Soft**, or **None**. Your watch will then automatically return to the previous screen and vibrate with the strength that you set.

Receiving weather reports

Enabling Weather reports

Open the Huawei Health app, go to the device settings screen, touch **Weather reports** and enable **Weather reports**, then select your preferred temperature unit.

Viewing pushed weather reports

Method 1: View the weather information on the weather screen

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

Method 2: View the weather information on a watch face that can display weather data

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.

Method 3: View the weather information in the Weather app

Press the side button of the band to enter the app list, swipe on the screen until you find **Weather**, then the screen will display information such as your location, weather information, temperature, and air quality. Swipe up or down on the screen to view weather forecasts for the next six hours as well as the following five days. This feature requires an Android device.

- i • Make sure that GPS and Location are enabled in the notification panel of the phone and that Huawei Health has been granted the Location permission. Being in open areas are better for getting a stable GPS signal.
 - For versions earlier than EMUI 9.0, select **GPS, Wi-Fi, and mobile networks** or **Wi-Fi and mobile networks** as positioning mode instead of **Use GPS only**.
 - The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is collected from different weather service providers.

Find My Phone

Swipe up or down on the home screen of the band and touch , or enter the app list and touch **Find Phone**. If your phone is within the Bluetooth range, it will play a ringtone (even in Silent mode) to notify you of its whereabouts.

Touch the Find Phone screen on your band to disable this feature.

- Ensure that the band and the phone are properly connected, your phone is powered on, and the Huawei Health app is running in the background.
- The Find Phone feature will ring the phone for 10 seconds and the band will prompt you with a message reading **Stopped ringing** if no operation is performed. The bands screen will then turn off after 30 seconds.

Controlling music playback

- Controlling music playback is only supported on phones running Android 5.0 or later.
 - You can use your band to control music playback with third-party music apps on your phone including NetEase Music.
 - You can listen to music during workouts. To do this, swipe left on the screen to access the music player. (You need to start the music on the phone first).
- 1 Open the Huawei Health app, go to the device settings screen, touch **Music**, and enable **Control phone music**.
 - 2 After you play a song on your phone and swipe on the watch face screen, you can find the music playback control screen. You can pause, resume, and switch the music being played. When you are wearing the earphone and the band screen is turned off, double-tap the watch face of your band to pause the music playback. Swipe up or down on the screen to adjust the volume.

Remote camera shutter

- 1 Connect your band with your phone and ensure that the Huawei Health app is running in the background.
 - 2 On your band, enter the app list and select **Remote shutter**. Camera will then open on your phone at the same time.
 - 3 Touch the band screen to take photos. Swipe right on the screen or press the side button of the band to close Camera.
- This feature is only available when paired to a phone with EMUI 8.1.

Managing dual phones

When the watch is connected to two phones at the same time, you can use the band to answer phone calls and listen to media playback. You can sync data and notifications from the phone that is connected to the band using the Huawei Health app.

Connecting to dual phones

Method 1: Connect to two phones using your band


- 1 On your band, go to **Settings** > **System** > **Connect**, then touch **Disconnect**.

You will then be prompted with **XX is in the discoverable state** (XX stands for the Bluetooth name of the band).

- 2 On the phone, go to **Settings > Bluetooth > AVAILABLE DEVICES** then touch the Bluetooth name of the band.
 - If the band has been paired with a phone using the Huawei Health app, you will be prompted with a message on your phone asking to establish a Bluetooth connection. At the same time, the band will vibrate and display the phone model.
 - If the band hasn't been paired with a phone, open the Huawei Health app, go to **Devices > ADD**, then add your device and start the pairing.

- 3 Then touch **Pair** on your phone and touch  on the band screen to finish the pairing.

Method 2: Connect to two phones using the Huawei Health app

- 1 Open the Huawei Health app, go to the device settings screen, touch **Settings > Dual phone pairing**, then touch **Pair another phone**.
- 2 On the phone, go to **Settings > Bluetooth > AVAILABLE DEVICES** then touch the Bluetooth name of the band.
A dialog box will pop up on the phone screen asking to establish a Bluetooth connection. At the same time, your band will vibrate and display the phone model.
- 3 Then touch **Pair** on your phone and touch  on the band screen to finish the pairing.

Viewing paired phones

- On your band, go to **Settings > System > Connect**. You can then view phones that have been paired with the band.
- Alternatively, open the Huawei Health app, go to the device settings screen, and touch **Settings > Dual phone pairing**. You can then view phones that have been connected to the band.

Cancelling dual phone pairing

On the phone, go to **Settings > Bluetooth > PAIRED DEVICES**, touch your band name, and select **UNPAIR**.

Connecting the band to the Huawei Health app on another phone


To connect the band with two phones, you can pair one phone with the band using the Huawei Health app and the other phone via Bluetooth. You are free to switch pairing methods between both phones.

- Connecting the band to the Huawei Health app on another Android phone: Pair the band with the Huawei Health app on the new phone directly.
- Connecting the band to the Huawei Health app on another iOS phone: Disable Bluetooth on the phone that is currently connected to the band. The band will then enter the

discoverable state. Connect the band in the Bluetooth settings screen on the new iOS phone then pair the band with the Huawei Health app on the new phone.

Bluetooth calling

Adding contacts

- 1 Open the Huawei Health app, go to the device settings screen, and touch **Contacts**.
- 2 Then perform the following:
 - Touch **ADD** and your phone contacts list will appear. Select the contacts you wish to add.
 - Touch **Sort** and then click = on the right of a contact to sort the contacts.
 - Touch **Remove** and select the contact you want to remove.
- 3 After the setup is complete, go to **Phone > Contacts** on your band to view information about the contacts, including their name and phone numbers.
 -  You can add a maximum of 30 contacts.

Incoming calls

When your band is connected to your phone over Bluetooth and there is an incoming call on your phone:

- When you are wearing the band, it will vibrate and turn on its screen to notify you.
- When the earphone is removed from the band, the band will turn on its screen and play the ring via the Bluetooth earpiece.
- When you are not wearing the band and when the earpiece isn't in the band, your band will not give you any notifications.

What to do when there's an incoming call

Answer an incoming call:

- When the earpiece isn't in the band, press the side button to answer the call.
- When the earphone is in the band, you can take out the earpiece to answer the call.

End calls: Press the side button or place the earpiece in the band to end the call.

Reject incoming calls: Swipe up on the screen to reject the incoming call.

Muting the incoming call:

- When the earpiece isn't in the band, touch any area on the screen to mute the call.
- When the earphone is in the band, touch any area on the screen or press the side button to mute the call.

Viewing the incoming call: On your band, go to **Phone > Call log** to view incoming calls.

Making phone calls

On your band, go to **Phone > Call log** or **Phone > Contacts**, touch the contact detail you prefer, then take the earpiece out of the band to make a call.

- Double-press the side button to redial the last call you made.
- When the user has connected the band to two phones at the same time and uses the band to make phone calls, the call is made to the most recent contact by default.

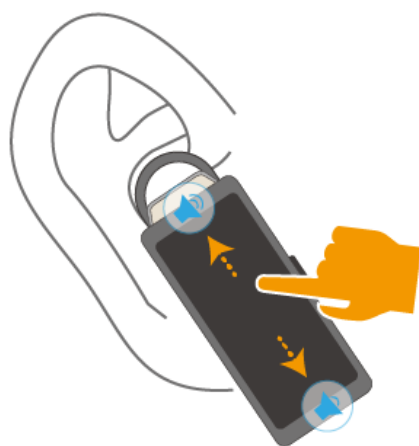
Managing calls from multiple parties

When the band and the phone are connected using Bluetooth, you will be prompted with the notification for a third-party call when you are making a call.

- Press and hold the side button for 2 seconds to reject the incoming call.
- Press the side button to end the current call and answer the new call.
- Press the side button twice to hold the current call and answer the new call. Press the side button twice again to hold the new call and switch back to the previous call, or press the side button again to end the current call and switch back to the previous call.
- Place the headset back onto the strap to end both calls.

Adjusting the volume





When you are using the earpiece to make calls or listen to music, wait until the band screen turns off, then swipe up on the screen to increase the volume and swipe down to decrease the volume. Alternatively, adjust the volume using the connected phone.




Workout monitoring

Starting an individual workout

Start a workout on the band


- 1 On your band, enter the app list and touch **Workout**.
- 2 Swipe up or down and select your preferred workout type.
- 3 Touch the workout icon to start the workout.
 -  Your band supports the following workout modes: Outdoor run, Indoor run, Outdoor walk, Indoor walk, Outdoor cycle, Indoor cycle, and Other.
 - Touch  to set up your workout goal (for distance, time, calories, or no goal) and reminders (for intervals, heart rate, and training effect).
 - When the screen is on, press the side button of the band to pause the workout.
 - Touch  to resume the workout and touch  to end the workout.
 - After the workout is finished, you can view the workout results including the workout time, calories, heart rate graph, heart rate range, average heart rate, heart rate zone, and training effect.
 - Your band does not have built-in GPS. If you want to record your workout routes, make sure that you have connected your band to the Huawei Health app, GPS is enabled on your phone, and the GPS signal is stable. If these conditions are met, your band can record your workout once the workout starts.
 - Outdoor cycle is only supported on Huawei phones that run EMUI 5.0 or later and iPhones that run iOS 9.0 or later.

Start a workout using the Huawei Health app

- 1 Select your preferred workout type on the Exercise screen in the Huawei Health app.
- 2 Touch the circle to start the workout.
 -  Your band will start the workout at the same time when an outdoor run, indoor run, walk, or cycle workout is started in the Huawei Health app.
 - During a workout, data such as the workout duration and distance will be displayed in both the Huawei Health app and on the band.
 - If the workout distance or time is too short, the results will not be recorded.
 - To avoid draining your battery, make sure you hold the stop icon after a workout to end it.

Viewing exercise records

Viewing records on the band

- 1 On the band, enter the app list, and select **Workout records**.
- 2 Select the workout record and details you want to view.
 -  Your band will display different data types for different workouts.
 - Workout records include the training effects, speed, pace, cadence, heart rate graph, heart rate zone, cadence graph, pace graph, and VO₂max.

Viewing records in the Huawei Health app

Open the Huawei Health app and go to **Health > Exercise records** to view detailed exercise records.

Viewing daily activity data


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

Method 1: Viewing your activity data on your band.

On your band, enter the app list and touch **Activity records**. You can then view your data including step count, calories burnt, workout distance, moderate to high intensity activity, and hours of activity.

Method 2: Viewing your activity data in the Huawei Health app.

You can view your activity data on the home screen of the Huawei Health app or on the device settings screen.

-  To view your fitness in the Huawei Health app, make sure that your band is connected to your phone via the Huawei Health app.
 - Your fitness data resets every night at midnight.


Health management

Measuring your heart rate

Individual heart rate measurement

- 1 Open the Huawei Health app, enter the device settings screen, go to **Health monitoring** > **Continuous heart rate monitoring**, then disable **Continuous heart rate monitoring**.
- 2 Then, on your band, enter the app list and select **Heart rate** to measure your heart rate.

Continuous heart rate measurement

- 1 Open the Huawei Health app, enter the device settings screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.
- 2 Viewing your heart rate:
 - On your band, enter the app list, and select **Heart rate** to view your heart rate.
 - Alternatively, open the Huawei Health app, go to **Me > My data > HEALTH MEASUREMENTS > Heart rate** to view your heart rate.
 -  • The band can display the current heart rate, heart rate graph of the current day, heart rate range of the current day, resting heart rate, and heart rate zone.
 - Add **Heart rate** to favourites on your band or add the heart rate card to the **Health** screen in the Huawei Health app.
 - By enabling **Continuous heart rate monitoring** in the Huawei Health app, the band can adjust the monitoring frequency based on the workout status and can provide you with 24/7 heart rate monitoring.

Resting heart rate measurement

Resting heart rate, is a general indicator of cardiac health, and refers to a heart rate measured in a quiet, stationary, and awake state. The best time to measure your resting heart rate is straight after you wake up in the morning.

Open the Huawei Health app, go to the device settings screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The band will then start measuring the resting heart rate automatically.

- If you disable **Continuous heart rate monitoring** after checking your resting heart rate, the resting heart rate displayed in the Huawei Health app will remain the same.
- The resting heart rate data on the band will be cleared on its own at 12 a.m.
- If "--" is displayed as the resting heart rate reading, it indicates that your watch was unable to measure your resting heart rate.
- The device is unable to detect the exact optimal time to check your resting heart rate. Therefore, the reading may not be displayed at all times in the app and may differ slightly from the actual value.

Measuring your heart rate during a workout


During a workout, your band can display your real-time heart rate and heart rate zone, and notify you when your heart rate exceeds the upper limit. For the best training results, you are advised to choose a workout based on your heart rate zone.

- To set the heart rate zone, open the Huawei Health app, go to **Me > Settings > Heart rate limit**, then set **Calculation method** under **SET HEART RATE ZONES** 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 – 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: You can view the current heart rate on your band 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.
 - During the workout, if you remove the band from your wrist, no heart rate will be displayed. However, the band will continue to monitor your heart rate for a while. The measurement will resume once you wear the band again.
 - Your band can measure your heart rate when you have connected it to your phone, and started a workout via the Huawei Health app.
 - Open the Huawei Health app to view the heart rate graph for each workout, maximum heart rate, or your average heart rate.

Heart rate limit and zones

Once you have set an upper limit, your band will vibrate once if your heart rate exceeds the value during a workout. At the same time, it will display an alert message on your screen, it will only disappear once your heart rate returns to the normal range, or you swipe right on the screen to dismiss the message.


Perform the following to set a heart rate limit:

- **iOS users:** Open the Huawei Health app, touch **Device**, then touch the band icon and go to **Heart rate limit and zones > Heart rate limit** and set your own heart rate limit.
 - **Android users:** Open the Huawei Health app, go to **Me > Settings > Heart rate limit** and set your own heart rate limit.
-  • An upper heart rate alert for workouts can be set to any value between 100 and 220 bpm.
- Heart rate alerts are only effective during active workouts and cannot be triggered during daily activity.

High heart rate alert

If you stay inactive or sleep for 30 minutes and your heart rate has been higher than the set high heart rate for more than 10 minutes, your band will vibrate for once and display the low heart rate alert. Swipe right or press the side button to clear the reminder.

Perform the following to set a high heart rate alert:

- 1** Open the Huawei Health app, go to the device settings screen, then touch **Health monitoring > Continuous heart rate monitoring**, then enable **Continuous heart rate monitoring**.
 - 2** Touch **High heart rate alert** then set your preferred high heart rate.
-  You can set the high heart rate value to 100 bpm, 110 bpm, 120 bpm, 130 bpm, 140 bpm, or 150 bpm.

Low heart rate alert

If you don't move or fall asleep for 30 minutes and your heart rate stays lower than the set low heart rate for more than 10 minutes, your band will vibrate once and display the low heart rate alert. Swipe right or press the side button to clear the reminder.

Perform the following to set your low heart rate limit:

- 1** Open the Huawei Health app, go to the device settings screen, then touch **Health monitoring > Continuous heart rate monitoring**, then enable **Continuous heart rate monitoring**.
- 2** Touch **Low heart rate alert** then set your preferred low heart rate.

- You can set the low heart rate value to 40 bpm, 45 bpm, or 50 bpm.
 - This feature is only available on Android phones.

Measuring blood oxygen levels (SpO₂)

On your band, enter the app list, touch **SpO₂** and start a SpO₂ measurement. When **Retest** is displayed on the screen, it indicates that the measurement is complete.

- This function may not be supported in your country, please contact Huawei authorised service centre for further details.
 - The reading will be interrupted if you swipe right on the band screen, receive an incoming call, or an alarm goes off.
 - For a more accurate result, it is recommended that you wait three to five minutes after putting your band on to measure your SpO₂.
 - Keep still and wear your band a little bit tightly during the measurement, but avoid it from coming into contact with the joint. Ensure that the heart rate sensor is in touch with the skin and there are no foreign objects between your skin and the band. Make sure the band screen is facing up.
 - During the measurement, the band will also measure your heart rate.
 - This measurement may also be affected by some external factors such as low ambient temperatures, arm movement, or if you have tattoos on your arm.
 - The measurement results are for reference only and are not intended for medical use.

Testing stress levels

Enable Automatic stress test: Open the Huawei Health app, go to the device settings screen, go to **Health monitoring** > **Automatic stress test**, then enable **Automatic stress test**.

Viewing stress data: On your band, enter the app list and touch **Stress** to view your stress level and the percentages occupied by different stress levels.

- The automatic stress test feature is disabled during workouts.

Using Breathing exercises

- 1 On your band, enter the app list and select **Breathing exercises**. You can set the duration and rhythm for your exercises.
- 2 Touch the icon to start the exercise.

- You can set the duration to 1 min, 2 min or 3 min and the rhythm to fast, moderate, or slow.
- After the exercise is finished, the band screen will display the training effects, heart rate before the exercise, training duration, and evaluation.

Activity reminder

When Activity reminder is enabled, your band will monitor your activity throughout the day in increments (set to 1 hour by default). Your band will vibrate and turn on its screen to remind you if you haven't moved during that time period, so you can keep a good balance of activity and rest throughout the day.

Disable Activity reminder in the Huawei Health app if you do not want to be disturbed. To do this, open the Huawei Health app, touch **Health monitoring** and disable **Activity reminder**.


- Your band will not vibrate to send you notifications while Do Not Disturb is enabled or you are asleep.
- Your band will only send activity reminders between 8:00–12:00 and 14:00–22:00.

Notifications

Notifications

Once enabled, the band can sync notifications displayed in the phone's status bar to your band.


The following notifications on the phone can be synced to the band: SMS messages, Email, Calendar and third-party social media apps including WeChat and QQ.

- Enable notifications: Open the Huawei Health app, go the device settings screen, touch **Notifications**, enable **Notifications**, and turn on the switches for your preferred apps. 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**.
- Disable notifications: Open the Huawei Health app, go to the device settings screen, touch **Notifications**, then disable **Notifications**.
 -  Your band will receive notifications but will not notify you during workouts, low battery mode, Do not disturb mode, or sleep mode. Swipe up on the home screen to view new messages.
 - If you are using a chat app, messages such as WhatsApp chats your band.
 - 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.

Viewing and Deleting Notifications

Viewing unread notifications: Unread notifications will be stored on your band. To view them, swipe up on the home screen or touch **Notifications** in the app list.

Deleting notifications: Swipe right on the notifications content display screen to delete a single notification or touch **Clear All** at the bottom of the list to delete all unread notifications.

-  A maximum of 10 unread notifications can be saved on your band. If there are more than 10 unread notifications, previous notifications will be overwritten.
- If you cannot view the full content of a notification on the band, use the phone.
- Notifications will be deleted automatically from your band once they are read or deleted on your phone.