

A large, vertically oriented rounded rectangle with a thin black border. The corners are smoothly rounded. The text "QUICK START" is centered within the rectangle.

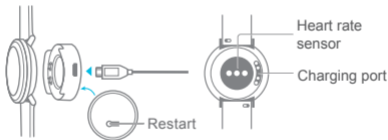
QUICK START

Getting Started



Automatically Powering on after Charging

Insert the charging cable, as shown in the left figure below. Align the charging base with the charging port on your fitness watch and attach the charging base to fit the metal contacts. The battery level will be displayed on the screen.



Wipe the charging port dry before charging to avoid stains on the metal contacts, or other risks such as short circuiting.



You can press and hold the reset pinhole at the bottom of the charging base for 10 seconds to restart your fitness watch during charging. To avoid damage, do not insert needles or other sharp objects into the reset pinhole.



Installing the Huawei Wear app


After your fitness watch is turned on, swipe left on the home screen to display the QR code screen. Scan the code with your phone to download and install the Huawei Wear app. Alternatively, download the app from Huawei HiApp or Apple App Store.



Use a smartphone running Android 4.4 or later, or iOS 8.0 or later.



Connecting Your Fitness Watch and Phone

Open the app, choose **DEVICE** > . Follow the instructions on the screens of your fitness watch and phone to pair them.

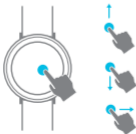


Do not search for your fitness watch on the Bluetooth settings screen of your phone.



Operating Gestures

Swipe up or down on your fitness watch to switch between screens, and swipe right to go back. Touch the screen to operate the interface.



Slide from one end of the screen across the center in vertical or horizontal direction to reach the other end of the screen.

2 Heart Rate Monitoring



Manual Single Measurement


Wear your fitness watch properly, and swipe up or down on the screen to display the **Heart rate** screen. Your fitness watch will then automatically measure your heart rate.

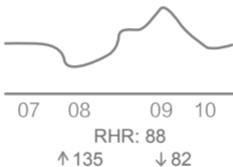


To ensure accurate heart rate measurement, wear your fitness watch properly by referring to the preceding figure. Wearing it too tight or too loose may affect data accuracy.



Heart rate data cannot be used for medical purposes.

On the **Heart rate** screen, touch  to view your heart rate changes in the past four hours. You can view detailed heart rate information in the Huawei Wear app.



Automatic Measurement

Your fitness watch automatically measures your heart rate in the workout or training plan mode, and will prompt you if your heart rate has exceeded the heart rate limit.



No.	Heart rate set	Percentage of maximum heart rate (default)
1	-	Less than 50%
2	Warm up	50% to 60%
3	Fat burn	60% to 70%
4	Aerobic	70% to 80%
5	Anaerobic	80% to 90%
6	Maximum	90% to 100%



In the app, you can set your heart rate limit and maximum heart rate, and check detailed information about the heart rate set.



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☰ Sleep Management



Sleep Monitoring

Your fitness watch can automatically monitor your sleeping status. You can view customized and detailed sleeping information in the app.



Smart Alarms

You can set a smart alarm using the app. If you are asleep, it will vibrate to wake you during the specified time period. You can swipe up on the screen to turn off the alarm.



For important events, you can also use the app to set event alarms. Your fitness watch will vibrate at the time you've specified as a reminder.

↳ Fitness Monitoring




Motion Detection

Wear your fitness watch properly, and it automatically identifies your movements, including walking and running, and collects your fitness data.



Different Types of Exercise


Swipe up or down on the screen to display the **Workout** screen, touch , select the exercise type, and start exercising. You can view your exercise data after exercising.



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Running Training

- 1 Create your running plan in the app, and synchronize it to your fitness watch. Swipe up or down on the screen to display the **Training plan** screen, and touch  to view the details of your running plan.



- 2 Start, pause, or end your running task on your fitness watch. After running, you can view your training report on your fitness watch or in the app.



You can also start, pause, or end your running task in the app.

5 Notifications



Incoming Call Notifications

Your fitness watch vibrates for incoming calls. You can swipe up on the screen to reject a call.



You can mute a call by touching the screen of your fitness watch if you use a phone running iOS 8.0 or later.

If **Do Not Disturb** mode is set in the app, your fitness watch does not vibrate for incoming calls.



Incoming Message Notifications

Your fitness watch vibrates for an incoming message when the corresponding notification is displayed in your phone's status bar. You can view new messages by swiping up on the screen or flipping your wrist.



You need to enable your phone's notification function in the status bar, and ensure that the incoming message notification function is enabled in the app (disabled by default).

If your fitness watch detects that you are asleep, or **Do Not Disturb** mode is set in the app, your fitness watch will not vibrate for incoming messages.

Water Resistance



Your fitness watch is 5ATM water-resistant. You can wear it when swimming in freshwater, washing hands, taking a cold shower, washing a car, or walking in the rain.



Do not wear your fitness watch when diving, scuba diving, swimming in the sea, or taking a hot shower.

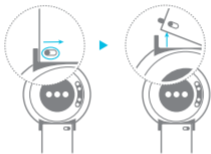


The water-resistant and dust-resistant capacity will be affected if the fitness watch is damaged by external force including dropping and collision.

➤ More Information



Removing the Wrist Strap



Your fitness watch is made using high quality eco-friendly materials that have passed strict allergy testing. If your skin experiences any discomfort when wearing the fitness watch, stop wearing it and consult a doctor.

Scan the following QR code, or choose **DISCOVER > Help** in the app to learn more about using your fitness watch.



For more information, visit <http://consumer.huawei.com/en/>.
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