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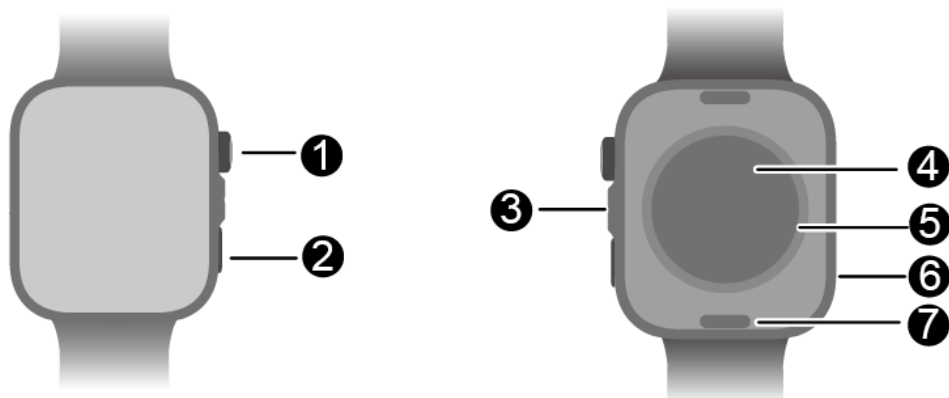
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# Getting Started




## Appearance


 The following figures are for reference only. The actual product appearance shall prevail.







①	Up button
②	Down button
③	Microphone
④	Heart rate sensor
⑤	Charging area
⑥	Speaker
⑦	Quick release button

## Pairing with an EMUI phone





- 1 Install the **Huawei Health** app ().  
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.  
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, touch **Agree**.


- 6 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.

## Pairing with an Android phone

- 1 Install the **Huawei Health** app ().  
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.  
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Touch **Settings** and complete the Watch/Band connection protection settings, so as to ensure a more stable connection between your device and **Huawei Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.

## Pairing with an iPhone


- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.  
 Only available for iOS 13.0 and later.
- 2 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.  
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **HUAWEI Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.


- 5 When a pairing request appears on your wearable device, touch . When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow** and follow the onscreen instructions.
- 6 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing. If the pairing fails, go to **Settings > Bluetooth** on your phone, connect to the corresponding device, and try pairing again.
- 7 Keep **HUAWEI Health** running in the background (and don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.

## Buttons and touch operations

The watch's colour touchscreen supports a range of touch operations like swiping up, down, left, and right, as well as touching, and touching and holding.

### Up button

 Operations may differ during calls and workouts.

Operation	Function
Rotate	<ul style="list-style-type: none"> <li>• In List mode and Hex grid mode: Scrolls up and down on the app list.</li> <li>• In an app: Scrolls up and down on the screen.</li> <li>  To switch between Hex grid and List modes:               <ul style="list-style-type: none"> <li>• In either mode, swipe up until you reach the last app list screen, and touch the other mode to make the switch.</li> <li>• Go to <b>Settings &gt; Watch face &amp; home &gt; Launcher</b>, and select <b>Hex grid</b> or <b>List</b>.</li> </ul> </li> </ul>
Press	<ul style="list-style-type: none"> <li>• When the screen is off: Turns on the screen.</li> <li>• On home screen: Takes you to the app list screen.</li> <li>• On any other screen: Returns to the home screen.</li> <li>• Mutes incoming Bluetooth calls.</li> </ul>
Double-press	<p>When the screen is on: Takes you to the recent tasks screen to view all running apps.</p> <p>For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can touch the watch face card to return to the watch home screen.</p>

Operation	Function
Press and hold	<ul style="list-style-type: none"> <li>• When the watch is off: Powers on the watch.</li> <li>• When the watch is on: Takes you to the restart/power-off screen.</li> <li>• Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.</li> </ul>

### Down button

Operation	Function
Press	<p>Quickly accesses selected features.</p> <p>To set which features to access:</p> <ol style="list-style-type: none"> <li>1 Press the Up button on the watch and select <b>Settings &gt; Button &gt; Press once</b> from the app.</li> <li>2 Select target apps for your custom setting. Once you're done, return to the home screen and press the Down button to access the selected features.</li> </ol>
Press and hold	Wakes up the voice assistant.

### Shortcuts

Operation	Function
Press the Up and Down buttons at the same time	Takes a screenshot and uploads it to your phone Gallery.

### Screen controls


Operation	Function
Touch	Chooses and confirms.
Touch and hold	<ul style="list-style-type: none"> <li>• On home screen: Opens the watch face editing screen.</li> <li>• On a feature card: Opens the card management screen.</li> </ul>
Swipe up	On home screen: Shows notifications.
Swipe down	<p>On home screen: Opens the shortcut menu and status bar.</p> <ul style="list-style-type: none"> <li>• You can enable <b>Find Phone</b> and set <b>Focus</b> from the shortcut menu.</li> <li>• You can view the remaining battery level and Bluetooth connection status from the status bar.</li> </ul>
Swipe left	On home screen: Accesses the custom feature cards.

Operation	Function
Swipe right	On home screen: Enters the Assistant·TODAY screen. In an app (excluding the app home screen): Returns to the previous screen.


## Custom feature cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the watch home screen to view and access these apps, with little effort. A feature card can include one or multiple apps, based on your needs.

### Adding a card


- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Touch  and select a desired card.
- 3 Now that you're done, you can swipe left or right on the device home screen to view the added cards.

### Editing a combo card

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 You can replace the component by swiping left or right on the card and touching **Custom** at the bottom of the card.
  -  Components of combo cards can only be replaced, not deleted.
    - To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.

### Moving/Removing a card

Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.


- To move a card, touch and hold the card and drag it to where you want it.
- To remove a card, touch  at the bottom of the card and then **Remove**.

## Sticker watch faces

You can select or upload multiple stickers to create a unique watch face with personalised styles and widgets, and mix it up by touching the screen.



- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Sticker watch face**.



- 2 Select your desired stickers on the **Geometric**, **Emoji**, and **Pet** screens, or upload stickers by touching **Custom** and then .
- 3 Customise the settings of **Layout**, **Background colour**, and **Font**. You can also change the data displayed on the watch face by touching **Features**.
- 4 Touch **Set as default** and your wearable device will switch to the newly set Sticker watch face. You can mix it up by touching the screen.

## Gallery watch face



Create your unique watch face with your favourite photos and images, to turn your wearable device into a timeless timepiece. Choose pictures of your unforgettable travel experiences, family life, or lovely pets, and upload them to set as your Gallery watch faces.

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
- 2 Touch **+** and select either **Take photo** or **Select image** as the method for uploading.  
When you're done, touch  in the upper right corner.
- 3 Adjust the area where you want the image to display, and touch  in the upper right corner to finish uploading.
- 4 You can set the following on the **Gallery** screen:
  - **Color, Style, Time position**, and features to access from each corner of the watch face.
  - **Raise to display new image**: When this is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you wake the screen by raising your wrist. When this switch is off, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.
- 5 Touch **Set as default** and your wearable device will switch to the newly set Gallery watch face.

- The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .bmp, .psd, .tif, .tiff, .webp, and .pcx.
- The settings screen varies by feature version. Refer to the actual interface on your device.

## Multi-tasking

Multi-tasking makes it easy to switch between recently used apps and quickly clear all background apps.

- 1 Double-press the Up button when your watch is unlocked with its screen turned on, to enter the multi-tasking screen. From there you can view all running apps.
  - 2 Swipe left or right on this screen and perform any of the following operations:
    - Touch an app card to visit the app details screen.
    - Hold down on an app card and swipe up, to clear the app.
    - Touch  to clear all running apps.
- If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.
  - Touching  won't clear Music and/or Workout if music is being played and/or you're amid a workout session.

# Assistant

## Setting modes


You can quickly enable or disable Do Not Disturb and sleep mode in the Control Panel of your watch.

### Do not disturb

#### Enable:

When Do not disturb is enabled, your watch won't ring or vibrate when receiving incoming calls and notifications (except **Alarm**).

- 1 Swipe down from the top of the watch face to access **Control Panel**, touch **Focus**, and select **Do Not Disturb**.
- 2 After the setting, **Control Panel** is displayed as **Do Not Disturb**.

To disable Do Not Disturb mode, go to **Control Panel** and touch . You can press and hold to change the mode or perform other settings.

#### Scheduled Start:

- 1 You can access the **Do Not Disturb** setting screen in either of the following ways:
  - Swipe down from the top of the watch face to access **Control Panel**, go to **Focus** > **More settings**, and select **Do Not Disturb**.
  - Go to the app list and touch **Settings** > **Focus** > **Do Not Disturb**.
- 2 Touch **Add time** and set **Start**, **End**, and **Repeat**.


To disable scheduled start, turn off the switch next to the corresponding time period.

### Enabling sleep mode

#### Enable:

When Sleep mode is enabled, the watch won't ring or vibrate for incoming calls and notifications (except **Alarm**). Raise to wake will also be disabled, and the watch will enter Simple mode.

- 1 Swipe down from the top of the watch face to access **Control Panel**, touch **Focus**, and select **Sleep**.
- 2 After the setting, the control centre is displayed as **Sleep**

To disable Sleep mode, go to **Control Panel** and touch . You can press and hold to change the mode or perform other settings.

#### Scheduled Start:

- 1 You can access the **Sleep** setting screen in either of the following ways:


- Swipe down from the top of the watch face to access **Control Panel**, go to **Focus > More settings**, and select **Sleep**.
- Go to the app list and touch **Settings > Focus > Sleep**.

**2** Touch **Add time** and set **Bedtime**, **Wake-up**, and **Repeat**.

To disable scheduled start, turn off the switch next to the corresponding time period.

## Voice assistant

Voice assistant on your watch makes it easy to look things up, once your watch has been connected to your phone via **Huawei Health**.

-  • Make sure that your watch has been updated to its latest version, for the best user experience possible.
- Ensure the consistency between the following three settings: **language** and **region** in your phone system **Settings**, and the **country/region selected when registering** your HUAWEI ID (i.e. the HUAWEI ID used to log in to the **Huawei Health** app).
- This feature is only available when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.
- This feature is only available in certain countries/regions. In these markets, language and region settings must be consistent.

### Using the voice assistant

- 1** Enter the app list, go to **Settings > Smart assistance > AI Voice**, and toggle on the switch for **Wake-up button**.
- 2** Press and hold the Down button to wake up the voice assistant.
- 3** Give a voice command, such as "What's the weather like today?". After the voice assistant responds to your query and finds relevant information, your watch will display the result and broadcast it for you.

## Managing apps

-  • The feature is not supported when your watch is paired with an iPhone.

### Installing apps


- 1** Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2** Select a desired app from the **Apps** list and touch **Install**. After installation is successful, open the app list on your watch to find and access the newly installed app.

### Updating apps


- 1** Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2** Go to **Manager > Updates > UPDATE** to update apps to their latest versions.

## Uninstalling apps

### On your phone

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2 Go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the uninstallation is complete, you won't find the removed apps on your watch.
  -  Only third-party apps can be uninstalled. The pre-installed apps on your wearable device cannot be uninstalled.
  - If you have set **Disable AppGallery service** in **Huawei Health**, you'll need to touch **AppGallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.
  - Before using a third-party app, add it to the list of protected background apps via Phone Manager/Optimiser. In addition, on your phone, go to **Settings > Battery**, select the app in **Battery usage by app**, touch **Launch settings**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**. If a third-party app doesn't work after you add it to the list of protected background apps, uninstall the app, reinstall it, and try again.

### On your watch

Enter the app list, touch and hold the app you want to uninstall until the uninstall icon is displayed, and touch the uninstall icon and then .


### Reordering the app list

Enter the app list, touch and hold any app, drag it to a desired position, and release once other apps are moved away.

## Message management


When your watch is linked with **Huawei Health** and message notifications are enabled, new messages pushed to your phone's status bar will be synced to your watch.

### Enabling message notifications

- 1 Open **Huawei Health**, navigate to the device details screen, touch **Notifications**, and toggle on **Notifications**.
- 2 In the app list below, turn on the switches for the apps you wish to receive notifications from.
  -  On the **Notifications** screen, the **APPS** section shows the apps for which push notifications are available.

## Push notifications settings

Open **Huawei Health**, navigate to the device details screen, and touch **Notifications**. On this screen, you can enable **Smart notifications** or **Mute notifications when using phone** depending on your phone model.


- **HUAWEI phones:** When **Smart notifications** is enabled, the phone will intelligently select which device to notify based on phone usage. When you're using your phone, notifications will be muted on your watch. It'll still receive the notifications, but it won't vibrate or ring. When you aren't using your phone but keeping your watch on your wrist, you will be notified of messages via your watch and your phone won't vibrate or ring. **Smart notifications** is disabled by default.
- **Android phones:** When **Mute notifications when using phone** is enabled, notifications will be muted on your watch if you're using your phone. The watch won't vibrate or ring. **Mute notifications when using phone** is disabled by default.
-  The **Smart notifications** and **Mute notifications when using phone** features are not available when the watch is paired with an iPhone.

## Viewing unread messages

When being worn, your watch will vibrate to notify you of new messages pushed from the status bar of your phone.


Unread messages will be kept on your watch. To view them, swipe up on the watch home screen to enter the message centre.

## Replying to SMS messages


-  This feature is unavailable when your watch is paired with an iPhone.
- Quick SMS replies only work with the SIM card that has received the SMS message.

To reply to a new SMS message or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons. Supported message types are subject to actual use.



## Customising quick SMS replies

-  If there is no **Quick replies** card, it indicates that your watch does not support this feature.
- This feature is unavailable when your watch is paired with an iPhone.

You can customise a quick reply as follows:


- 1 Once your watch is linked with **Huawei Health**, open the app, navigate to the device details screen, and touch the **Quick replies** card.
- 2 You can touch **Add reply** to add a new one, touch an existing reply to edit it, or touch  next to a reply to delete it.

## Deleting messages

- On the device's message centre, swipe left on a message that you wish to delete, and touch  to delete it.
- Touch  at the bottom of the message list to clear all messages.

## Bluetooth voice calling

You can make calls to or answer calls from your phone's contacts on your wearable device when it is paired with your phone.

-  • To use this feature, make sure that your wearable device is linked with the **Huawei Health** app.


**To make a call:** Enter the app list, select **Favourite contacts** or **Call log**, and select the contact that you would like to call.

**To answer a call via Bluetooth:** When there is an incoming call on your phone, you will receive an incoming call notification on your wearable device. Touch on your wearable device to answer the call. Once the call is answered, the audio will be played from your wearable device's speaker.

## Using the keyboard on my HUAWEI watch

Watch-based input method and speech-to-text input allow for convenient interactions directly on your wrist.

When using **Input method** for the first time, follow the onscreen instructions and agree to the privacy statement.


-  • The watch-based input method can be used for editing alarm names and replying to SMS messages and certain app messages (supported apps: WhatsApp/Telegram/Facebook/Viber/LINE/Instagram/VK/Skype).
- Speech-to-text input is supported on HUAWEI phones running HarmonyOS 2/EMUI 10.1 or later. If your watch is paired with an Android phone, a prompt will display when you touch the voice button; if your watch is paired with an iPhone, the voice button is not available.
- The actual languages supported by speech-to-text input shall prevail.
- If you are using an iPhone, you can use the watch-based input method to edit alarm names, but cannot use it to reply to messages.

When **replying to messages** or **editing an alarm name**, you can touch the keyboard icon in the lower left corner to select text input or speech-to-text input.

## Remote shutter

- This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
- Camera rotation, camera preview and photo viewing are not supported on the watch. Please do so on your phone.

### 1 Make sure that your watch is linked with **Huawei Health**.

Swipe down from the top of the watch home screen, and make sure that  is displayed on the shortcut menu, indicating that your watch is connected to your phone.

### 2 On your watch, open the app list, and select **Remote shutter** ( ), which will automatically launch your phone camera. Touch on the watch screen to take a photo. Touch to set a timer.

## Controlling music playback


- Music syncing to watch is unavailable when your watch is paired with an iPhone. If your watch has not been restored to its factory settings, it is recommended that you connect your watch to an Android phone first for music transfer, and then link your watch with an iPhone for music playback controls (provided that the same HUAWEI ID is used to log in to the Huawei Health app on all of the used phones).
- To use this feature, make sure that your watch is properly linked with **Huawei Health**.




### Controlling phone music playback

- There's no need to set the **Control phone music** switch in **Huawei Health** if you're using an iPhone.


- 1 On your phone, open **Huawei Health**, navigate to the device details screen, touch **Music**, and toggle on **Control phone music**.
- 2 Open a phone music app and start the playback.
- 3 On your watch, swipe right on the home screen to enter the HUAWEI Assistant·TODAY screen, and touch the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

### Syncing music to your watch

- 1 Open **Huawei Health** and navigate to the device details screen.
- 2 Go to **Music > Manage music > Add songs**, and select songs to be synced.
- 3 When you're done, touch  in the upper right corner of the screen.

- 4 Access the music management screen, touch **New playlist**, create a name for the playlist, and add songs to suit your desires. You can also categorise tracks that have been uploaded to your watch for easier management. You can update an existing playlist at any time by touching  in the upper right corner of the playlist screen and then **Add songs**.
-  • To delete an added song, enter **Huawei Health**, navigate to the device details screen, go to **Music > Manage music**, find the target song in the list, touch the  icon next to it, and then touch **Delete**.
- The synchronisation of certain songs requires the Premium PLUS membership of HUAWEI Music.

## Controlling watch music playback

- 1 On your watch, open the app list, and go to **Music** () > **Playing music**, or open another music app.
- 2 Touch the Play button to start playing.
- 3 On the music playback screen, you can adjust the volume, set the playback mode (such as Play in order and Shuffle), and swipe up on the screen to view the playlist or switch between tracks.


## Alarms

You can set alarms using either your wearable device or the **Huawei Health** app on your phone.

### Setting an alarm using your wearable device

- 1 Enter the app list, select **Alarm**, and touch + to add an alarm.
- 2 Set the alarm time and repeat cycle, and then touch **OK**. If no repeat cycle is set, the alarm will go off only once.
- 3 Touch an existing alarm to modify the alarm time and repeat cycle, or to delete the alarm.





### Set an alarm using Huawei Health

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Alarm**.
- 2 Touch **Add** and set the alarm time, alarm name, and repeat cycle.
- 3 If you're using Android or EMUI, touch  in the upper right corner. If you're using iOS, touch **Save**.
- 4 Touch an existing alarm to modify the alarm time, name, and repeat cycle. You can also delete the alarm.
- 5 When all the settings are done, the alarms set in **Huawei Health** will automatically sync to your wearable. You can also swipe down on the **Huawei Health** home screen and manually sync data to your device.

## Setting the alarm volume

Enter the app list on your wearable device, go to **Settings** > **Sounds & vibration** > **Alarm volume**, and make the adjustment based on your needs.

## Find Phone feature

- 1 Swipe down on the device home screen to open the shortcut menu. Check that  is displayed, indicating your wearable is properly connected to your phone over Bluetooth.
  - 2 On the shortcut menu, touch **Find Phone** (  ) and then . The Find Phone animation will then play on the screen.
  - 3 Look for your phone following the ringtone played on your phone (even in Vibration or Silent mode), as long as your wearable and phone are within the Bluetooth connection range.
  - 4 Touch the wearable screen to end the search.
-  • If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as ringtone playback is controlled by iOS.
  - The ringtone and volume are preset and cannot be changed.

## Torch

The torch on your wearable device comes in three modes, namely Common mode, Flash mode, and Colour mode, so that there's a suitable option for anywhere you go.

### Enabling/Disabling torch

Swipe down from the top of the device home screen to access the shortcut menu, and touch the **Torch** icon to turn on the torch.

Touch the screen again to turn off the torch, and again to turn it back on.

You can swipe right on your screen or press the Up button (for watches) or side button (for bands) to exit the **Torch** app.

### Torch settings


You can switch between eight standard colours, customise your own colours, and adjust flashing frequency. To do so:

- 1 Swipe down from the top of the device home screen to access the shortcut menu, and touch the **Torch** icon to turn on the torch.
- 2 Swipe up on the Torch screen to access the settings, and set your preferred colour and flashing frequency via **Colour** and **Flash**.

- The torch stays on for five minutes by default.
- The icon colours may vary depending on the wearable model.

# Health Management

## Emotional wellbeing

-  • Measurement data and results are for reference only and should not be used as a basis for medical diagnosis or treatment. If you experience any discomfort, please seek medical assistance.
- This feature is only available in certain markets. For example, it's not available in certain European countries.

### Introduction to emotions and stress

Emotions are the natural response to and outward expression of a person's subjective experience, and belong to a type of psychological phenomenon closely related to the person's tendencies such as wants and desires, reflecting whether or not these have been satisfied.

In psychology, stress is the feeling of being constrained or tension. Stress is caused by an external stimulus, such as a task or challenge. An appropriate amount of stress can increase productivity.

Monitoring your emotions and stress over an extended period of time can reflect your emotional health. Small or brief fluctuations don't indicate an actual problem. Emotional wellbeing is reflected in the ability to recover to an ideal status and adapt to your surroundings. A smart wearable can help you record your emotions and stress, for improved physical and mental wellbeing.

### Recording your emotions/stress

- 1 Enter the device app list and touch **Emotional wellbeing**. If you're using the app for the first time, touch **Agree** on the user authorisation screen and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app home screen.
- 2 Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Additional emotions/stress records**.  
When this is enabled, the device will automatically measure stress level, emotional state, and other related information when it detects that you're at rest. Emotional data isn't available while you're asleep. When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.

### Viewing your emotions/stress data

#### On your wearable:

Enter the device app list and touch **Emotional wellbeing** to enter the app home screen, where your current emotional state is shown via an animation. Swipe up to view more data.

#### On your phone:

Access the home screen of **Huawei Health** and touch the **Emotional wellbeing** card to view your emotions/stress data, and read the analysis and tips by different time ranges.

### Stress-relieving services

If negativity or stress has been building up, you can adjust yourself with stress-relieving services.

- 1 Enter the device app list and touch **Emotional wellbeing**.
- 2 Swipe left to view available services, and select a breathing exercise or workout to suit your needs.  
Breathing exercises and workouts are directly available on your wearable. Other stress-relieving service options need to be initiated in the **Huawei Health** app on your phone.


### Mood reminders

- 1 Enter the device app list and touch **Emotional wellbeing**.
- 2 Swipe up to enter the **More** screen, touch **Reminder settings**, and toggle on **Mood** to have your wearable send notifications based on your latest mood.  
When your device detects that you've been stressed out for quite some time recently, the mood reminders will include tips for adjusting yourself and recovering to a better emotional state.

### Felix watch face

Once you've switched to this watch face, you can raise your wrist to get your mood straight from the kitten's expression which changes based on your latest emotional state.

- 1 Touch and hold anywhere on the current watch face to visit the watch face selection screen.
- 2 Swipe left or right to find the **Felix** watch face, touch it, and complete the settings as instructed.


 The pet's expression feature is only available in certain markets. For example, it's not available in certain European countries.

## Activity rings

Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. Reaching your goals for all three rings can help you lead a healthier life.

To set your own goals for Activity rings:

### On your phone


Access the home screen of **Huawei Health** and touch the Activity rings card to access the **Activity records** screen. Touch  in the upper right corner and then **Edit goals**.


### On your watch


You can touch **Activity records** and perform the following operations:

- Swipe left on the screen to view data of **This week**.

- Swipe up on the screen to view data of **Today**, **Move**, **Exercise**, **Stand**, and more.
- Swipe up to the last screen, select **Edit goals** or **Reminders**, and set it as needed. In **Reminders**, you can disable **Stand**, **Progress**, and **Goal reached**.

(1) : **Move** measures the active calories, which are burnt in addition to the calories you burn at rest. You can burn active calories through all kinds of movement, from doing household chores to competing in sports.

(2) : **Exercise** measures the total duration of moderate- and high-intensity workouts you've engaged. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and strength training tailored to your fitness level can enhance cardiopulmonary endurance, improve strength, and boost overall fitness.

(3) : **Stand** measures the number of hours during which you stood up and moved around for at least one minute. For example, if you have walked for more than one minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**. Sitting for too long is harmful. WHO studies indicate that sitting for long periods of time is linked to higher risks of high blood sugar, type 2 diabetes, obesity, and depression.


This ring is designed to help remind you that staying seated for too long is damaging to your health. You are advised to stand up at least once per hour and score as high as you can for **Stand** every day.

## Stay Fit app

The app helps set a science-based, personalised training plan for you to reach or maintain your ideal weight, based on weight changes, calorie deficit, diet records, exercise data, and more.

### Setting your initial goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Touch **Agree** on the user authorisation screen if you're using the app for the first time.
- 2 Enter the **Sync goal** screen, choose whether or not to sync your goal to Activity rings, and you'll be redirected to the notifications settings screen where you can complete the relevant settings. Once you're done, you'll be redirected to the gesture guidance screen and then the **Stay Fit** home screen.

-  If no weight data has been entered, follow the onscreen instructions to fill in **Weight**, **Goal type**, **Rate of loss**, and **Target weight** to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you. Touch **Start**.
- If you have set your current weight and target weight via **Huawei Health > Health > Weight management**, such data will automatically sync to your watch.
- If you're using the **Weight Loss** watch face, just touch the watch face to instantly access the Stay Fit app.


### Resetting your goal

- 1** Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2** Touch **Reset goal** to adjust **Weight**, **Goal type**, **Rate of loss**, and **Target weight**, to have a new weight loss or weight maintaining plan generated for you.


### Recording your weight

- 1** Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2** Touch **Record weight** and note down your current weight.

### Recording your diet

- 1** Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe left on the app home screen to access **Today's intake**.
- 2** Touch **Quick add** or **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
  -  You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.
- 3** Remember to log each meal on your phone's **Calorie records** screen. You can then view your diet data on your phone's **Calorie records** screen or your watch's **Today's intake** screen.

### Exercising

- 1** Press the Up button on the watch to open the app list and select **Stay Fit** to enter the app home screen.
- 2** Swipe left twice on the screen to access **Today's calories burnt**, and view your **Burnt (kcal)**, **Resting**, and **Active** calorie data for the current day.
- 3** Swipe up on the screen, touch **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session. Touch **Fitness course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Touch a fitness course to start a workout session.
  -  You'll only be redirected when your watch is paired with a HUAWEI phone.

## More settings


- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **More settings**.
- 2 Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

## Reminders

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **Reminders**.
- 2 Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

## Pulse wave arrhythmia analysis


Pulse wave arrhythmia analysis uses the high-precision PPG sensor on your wearable device to screen for abnormal heartbeat rhythms.

-  This feature is only available in certain markets.
- Measurement data and results are for reference only and are not intended for medical use.


## Activating the app

- 1 To use this feature, first update the **Huawei Health** app to its latest version.
- 2 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and activate the **Pulse wave arrhythmia analysis** feature.

## Taking measurements on your wearable device


- 1 Double-check that your wearable device is worn properly, and place your forearm flat on a table or on your laps, with your arms and fingers relaxed.
- 2 Enter the device app list and go to **Pulse wave arrhythmia analysis > Measure**.
- 3 Keep still and wait till the measurement is complete, then view your result on the wearable screen. You can touch  to check out result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart > Pulse wave arrhythmia analysis**.

## Enabling automatic measurements and reminders

- 1 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and touch  in the upper right corner and then **Automatic measurement**.
- 2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state.  
You can toggle the switch for **Arrhythmia alerts** on or off as needed. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.


- During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will pop up on your wearable device. If you are wearing a device that supports ECG, you will be reminded to measure your ECG.

### Disabling the service

Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, touch  in the upper right corner and then **About > Disable service**, and follow the onscreen instructions.

### Result interpretation

Results may differ from ECG analysis results. Please consult with a medical professional about the results. Do not interpret the results on your own or self-medicate.

Access the home screen of **Huawei Health** and go to **Heart > Pulse wave arrhythmia analysis** to view your data in bar charts. You can also touch  in the upper right corner and then **Help** for more info on measurement results.

- The measurement results may vary depending on the marketing strategy in different countries/regions.

Measurement results: No abnormalities, Risk of premature beats, Risk of A-fib, Suspected premature beats, or Suspected A-fib

## ECG measurement

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help identify irregular heart beats and screen for potential health risks.

- This feature is currently only available on HUAWEI WATCH FIT 4 Pro.  
This feature is only available in certain markets. Refer to the list of countries/regions where the ECG feature of HUAWEI wearable devices is available.

### Before you start



- This feature shall be used in accordance with the laws and regulations of medical devices in your local jurisdiction.
- This feature is not intended for users below the age of 18.
- This feature is not intended for people with pacemakers or other implanted devices.
- Strong electromagnetic fields will lead to severe ECG signal distortion. Avoid using this feature in environments with a strong electromagnetic field.
- All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

### Before use

- To use this feature, first update the **Huawei Health** app to its latest version.

If you're using **ECG** for the first time, go to **Huawei Health > Health > Heart > ECG**, and follow the onscreen instructions to activate the ECG app.

## Measuring your ECG

- 1** Double-check that the device is worn properly. Enter the app list and select **ECG**. If you're using the feature for the first time, specify which wrist you're wearing the device on. You can then change this setting anytime on the ECG app home screen by touching the Settings icon at the bottom.
- 2** Place your arms flat on a table or your lap, with your arms and fingers relaxed.
- 3** Gently place a finger of your free hand on the electrode (Down button) and hold still, then a measurement will be automatically initiated.
  -  During the measurement, hold still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the electrode, but avoid pushing too hard on it.
  - Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water to enhance conductivity.
  - The duration of a single measurement is 30 seconds.
- 4** Keep still and wait till the measurement is complete, then view your result on the watch screen. You can touch  to check out the result description. For more details, access the **Health** screen of **Huawei Health** and go to **Heart > ECG**. To download an ECG report, touch the download icon in the upper right corner of the ECG details screen.

## Result interpretation

- Please consult with medical professionals about your measurement results. Do not interpret the results on your own or self-medicate.
- This feature cannot detect blood clots, strokes, heart failure, or other types of arrhythmia or heart issues.
- This feature cannot detect heart attacks or related complications. If you feel pain, tightness, or pressure in your chest, or experience any other symptoms, seek medical assistance immediately.
- Do not adjust your prescription based on the data provided by this feature without first consulting with medical professionals.

## Sleep monitoring

Keep your wearable device properly on while sleeping, and it will automatically record your sleep duration, and identify whether you're in deep sleep, light sleep, REM sleep, or awake.

### Sleep settings

- 1** Enter the watch app list, touch **Sleep**, swipe up to access the **More** screen, and touch **Sleep mode**.
- 2** You can choose either **Sleep mode** or **Scheduled**.

- **Sleep mode** is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.
- When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.  
**To add a scheduled period**, touch **Add time** and set **Bedtime**, **Wake-up**, and **Repeat**. Then touch **OK**.  
**To delete a scheduled period**, touch the target and then **Delete**. You can only edit the scheduled periods preset on your watch but cannot delete them.

### Enabling/Disabling HUAWEI TruSleep™

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring > HUAWEI TruSleep™**, and toggle the switch for **HUAWEI TruSleep™** on or off. **HUAWEI TruSleep™** is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.

### Viewing/Deleting your sleep data

#### Viewing your sleep data

- Enter the watch app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Touch ⓘ for more details on result description.
- Access the home screen of **Huawei Health** and touch the **Sleep** card to view detailed data.  
 On the **Sleep** screen, touch ⋮ in the upper right corner and then **All data** to access historical data records.

#### Deleting your sleep data

- 1 Access the home screen of **Huawei Health** and touch the **Sleep** card.
- 2 Go to ⋮ > **All data** and touch the Delete icon in the upper right corner to select and delete historical data records as needed.

## Sleep breathing awareness

The Sleep breathing awareness feature helps detect interruptions in your breathing while you're asleep.


### Activating the app

- ⓘ This feature is only available in certain markets.
    - Before using this feature, connect your wearable device to the Huawei Health app.
- 1 Open **Huawei Health**, enter the **Health** screen, touch the **Sleep** card, swipe up till you reach the bottom of the screen, and touch **Sleep breathing awareness**.
  - 2 When using the feature for the first time, follow the onscreen instructions to select which permissions to grant, touch **Allow** and then **Agree**, and you'll be taken to the **Sleep**


**breathing awareness** screen. Touch **Activate**, and toggle on the switch for **Sleep breathing awareness**.

- 3 Now the settings are done. Wear your device to bed, and it'll detect and analyse interruptions in your breathing while you're asleep.


### Viewing data

- 1 Go to **Huawei Health > Health > Sleep**, touch **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the feature screen where you can see the latest detection result and a summary of your data records.
- 2 Touch  in the upper right corner and then **All data**, and select a specific date to view the data records of that day.

### Enabling/Disabling Sleep breathing awareness


Go to **Huawei Health > Health > Sleep > Sleep breathing awareness**, touch  in the upper right corner and then **Sleep breathing awareness**, and toggle the switch for **Sleep breathing awareness** on or off.

### Disabling the service


Go to **Huawei Health > Health > Sleep > Sleep breathing awareness**, touch  in the upper right corner, go to **About > Disable service**, and follow the onscreen instructions to complete the settings.

## Heart rate measurement

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed.

-  • Measurement data and results are for reference only and are not intended for medical use.
- For optimal heart rate data accuracy, fasten the device snugly above your wrist bone for the best possible fit. Opt for a tighter fit during workouts.
- Heart rate measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

### Individual heart rate measurement

- 1 Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle off **Continuous heart rate monitoring**.
- 2 Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.
  -  Heart rate data from individual measurements will not sync to the **Huawei Health** app.


## Continuous heart rate monitoring

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

## Resting heart rate measurement

Resting heart rate, measured in beats per minute, refers to the heart rate measured while you're awake but in a quiet, resting state. This is an important indicator of heart health. The best time to measure your resting heart rate is first thing in the morning after waking up (but before getting out of bed).

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Your wearable device will then automatically measure your resting heart rate.

-  • There are some prerequisites for your resting heart rate to be measured and displayed. Suboptimal measurement timing may lead to deviations or no result at all.
- The device displays the resting heart rate data of the last seven days.

## Heart rate alerts


### High heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **High heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays above your set value for more than 10 minutes while you're resting. You can then swipe right on the alert screen to dismiss the notification.

### Low heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **Low heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays below your set value for more than 10 minutes. You can then swipe right on the alert screen to dismiss the notification.

## Heart rate data

Access the home screen of **Huawei Health**, touch the **Heart** card, touch  in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.

## Heart rate measurement during a workout


During a workout, your wearable device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the pre-set upper limit. For better training results, you're advised to use heart rate zones as a guide for your exercise.

## Setting the heart rate zone calculation method:

Open **Huawei Health** and go to **Me > Settings > Workout settings > Exercise heart rate settings**.


Running: Set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**.

Other workout modes: Set **Heart rate zones** to **Maximum heart rate percentage** or **HRR percentage**.

-  • If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate ( $HR_{max} = 220 - \text{Your age}$ ).
- If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).

## Heart rate measurement during a workout:


After you start a workout, you'll see your real-time heart rate on your wearable screen. At the end of the workout, you can view your average heart rate, maximum heart rate, and heart rate zone-related data on the workout results screen.

-  • During a workout, your real-time heart rate will not display once your wearable device is removed from your wrist, but the device will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
- You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** on the **Huawei Health** home screen.

## High heart rate alert during workouts

After a workout is initiated, your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time. You can swipe right on the alert screen to dismiss the notification, or the alert screen will exit automatically when your heart rate drops back below the threshold.

- 1** Open **Huawei Health**, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and toggle on **High heart rate**.
- 2** Touch **Heart rate limit**, set the upper limit to suit your needs, and touch **OK**.

-  Such heart rate alerts are only available during workouts and are not generated during daily usage.

## Arterial stiffness detection

Arterial stiffness is also referred to as arterial elasticity. An increase in stiffness is an early indicator of artery damage and could indicate an increase in risk of heart disease.

Pulse wave velocity (PWV) refers to the speed at which pressure waves travel down the large arteries each time the heart beats and injects blood into them. It's an effective measure of arterial stiffness. In general, a faster PWV indicates stiffer arteries.

 This feature is currently only available in certain countries/regions.

### Before you start


- 1 This app is not intended for users under age 18.
- 2 This app is not intended for people with pacemakers or other implanted electronic devices.
- 3 This app is not suitable for people diagnosed with serious arrhythmia.
- 4 This app should not be used in environments with strong electromagnetic fields.
- 5 This app is not intended for medical use. All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

### Authorising and activating the Arterial stiffness detection app

- 1 For the first-time use of this feature, follow the onscreen instructions in **Huawei Health** to complete the registration, and then enter your account and password to log in.
- 2 Use **Huawei Health** to scan the QR code on your wearable device, and follow the onscreen instructions to complete the pairing.
- 3 Go to **Huawei Health > Health > Heart > Arterial stiffness detection** on your phone, and follow the onscreen instructions to activate the feature. This quick app entry under the **Heart** card is provided by default. For your first-time use, you'll need to authorise data sharing and agree to the user agreement and privacy agreement.

### Initiating a measurement on the watch

**For your first measurement:** After app activation on the phone, you'll need to navigate to Arterial stiffness detection on your watch and specify on which wrist you're wearing the device.

 To ensure optimal accuracy, make sure that the correct wrist is selected and that the watch is worn in a snug manner.

### Measuring method:


- 1 The measurement will last about 30 seconds, during which please hold still, breathe evenly, and avoid speaking. Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water.
- 2 When the measurement is done, return to the app home screen to view the result.

## Viewing your data


When your watch and phone are connected over Bluetooth, data will be synced to your phone after a measurement is done.

- 1 Go to **Huawei Health > Health > Heart > Arterial stiffness detection** on your phone, and view the latest measurement result on the **Arterial stiffness detection** app home screen.
- 2 Touch **Show more** to view more data.
- 3 You can also touch the four-dot icon in the upper right corner of the app home screen and then **All data** to view historical data.


## SpO2 measurement

-  To ensure the accuracy of the SpO2 measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.

### Individual SpO2 measurement

- 1 Double-check that your wearable device is worn properly, and keep still.
- 2 Open the app list, and swipe up or down until you find **SpO<sub>2</sub>** () , and touch this option.
- 3 Touch **Measure**. (The actual product interface shall prevail.)
- 4 Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upwards.

### Automatic SpO2 measurement

- 1 To enable this feature, open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Automatic SpO<sub>2</sub>**.
  -  When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.
- 2 Touch **Low SpO<sub>2</sub> alert** and set the lower limit for you to receive an alert while you're awake.

### Viewing your SpO2 data

Access the home screen of **Huawei Health**, touch **SpO<sub>2</sub>**, and select a date to view your SpO2 data on that day.

## Stand reminder

With Stand reminder enabled, your wearable device will monitor your activity throughout the day in increments (60 minutes by default). It'll vibrate and turn on its screen to display a

reminder, to prompt you to get up and move around if you've been sitting for over an hour between 08:00 and 12:00 or between 14:30 and 21:00.

- Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle the switch for **Stand** on or off.
- Open the app list on your watch/band, touch **Activity records**, swipe up to the last screen, and touch **Reminders** where you can enable/disable **Stand**.
- When **Do Not Disturb** mode is enabled, you won't receive reminders during the Do-Not-Disturb hours.
- You won't receive reminders when your wearable device detects that you are asleep.



## Cycle Calendar

### Activating the app


If you're using this feature for the first time, make sure that your watch and phone are connected and complete the feature activation.

- 1 Access the home screen of the **Huawei Health** app, touch the **Cycle Calendar** card, download the feature package, set your period data, and touch **Get started**.  
If the **Cycle Calendar** card is not on the Huawei Health home screen, touch **Edit** and add the card.
- 2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message centre.  
Touch **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.  
Touch **OK** to return to the previous screen.


### Recording and viewing your periods on your watch

- 1 Press the Up button on your watch to open the app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Touch  to the right of the app name to switch between monthly view and ring chart view.
- 2 Touch **Edit** or  to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**. Swipe up once more to go to the **More** screen and view **Help**.
- 3 On the **monthly view** screen, swipe left and right to view data of the previous cycle and next three cycles.

### Recording your periods in the Huawei Health app

- 1 Access the home screen of **Huawei Health**, touch the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.
- 2 On the **Cycle Calendar** screen, touch  in the upper right corner and then **Settings** to set your period length and cycle length, and toggle on or off the switches as needed.

Toggle on the switch for **Predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.

 • This feature is currently only available on HUAWEI WATCH FIT 4 Pro.

Touch **Period records** to view **Avg period** and **Avg cycle**.



Touch **All data** to view the historical data.

# Exercise




## Starting a workout

Your wearable device supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports.

### Starting a workout on your wearable device

- 1 Enter the device app list and touch **Workout**.
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and touch **Add** to add other workout modes.
- 3 Touch the workout mode icon to start.
- 4 During a workout, you can press and hold the Up button to end the exercise. Alternatively, press the Up button to pause, touch  to resume, or touch  to end the workout.


### Starting a workout in the Huawei Health app


- 1 Double-check that your wearable device is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, go to **Exercise** > **Outdoor run** and touch the running icon to start your run.
- 2 During a workout, you can touch  on the **Huawei Health** screen to pause, touch  to resume, or hold down on  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

### Viewing fitness data on your wearable

- Anytime during a workout, you can swipe up or down on the workout screen of your wearable to view your real-time fitness data.
- For exercise sessions started in the **Huawei Health** app, real-time fitness data will display both in the app and on your wearable screen. If the workout distance or duration is too short, the record won't be saved.

### Workout settings

Go to **Workout**, touch the  icon next to the workout mode, and set **Goal**, **Reminders**, **Data display**, **Mistouch prevention**, **Remove**, **Pin to top**, and more as needed.

-  Setting options vary depending on the workout mode. Please refer to the interface on your own device.
- Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain countries. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the transmission may take a long while if you're using an iPhone.

## Customising running plans

You can have science-based training plans custom-made for you to suit your training goals and schedule, and get motivated to finish a plan in a timely manner while benefiting from intelligent adjustments of the content and difficulty levels of subsequent courses based on your current training status and feedback.

### Creating a running plan

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.

### Viewing and starting your running plan


#### On your wearable device:

Enter the app list, go to **Workout > Courses and plans > Training plans**, touch **View plan**, then touch the workout icon to start training.


#### On your phone:

In the **Huawei Health** app, enter the **Exercise** or **Me** screen, and select **Plan** to view your training plan. Touch a date to view the corresponding plan details and start training, which will be synced to your wearable device.

### Ending a running plan

Go to **Huawei Health > Exercise > Plan**, and touch  in the upper right corner and then **End plan**.

### Other settings


Go to **Huawei Health > Exercise > Plan**, touch  in the upper right corner, and then you can:

- Touch **View plan** to view the detailed information about the plan.

- Touch **Sync to wearable device** to sync the plan.
- Touch **Plan settings** to customise training days and reminder settings, and set whether to sync to Calendar.



## Trail run

The pro-level Trail run mode on your watch supports segment-based navigation and real-time map-based routes, for enriched data display.



-  Segment-based navigation is a Trail run feature only available on HUAWEI WATCH FIT 4 Pro. To use this feature, make sure to update the Huawei Health app and your wearable device to their latest versions.

### Starting a Trail run session

Before everything, download the official route from relevant website, import the route to **Huawei Health**, and sync it to your watch. If this route is in a new city, you'll need to download the relevant offline map as well.

- 1 Go to **Huawei Health > Me > My route > Import route**, select a downloaded route, and save it to **My route**.
- 2 Select the target route. Touch  in the upper right corner and then **Send to wearable**, to sync the route to your watch.
- 3 Press the Up button on your watch to enter the app list, and touch **Workout**.
- 4 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen, and touch **Routes**.
- 5 Select your route. Touch **Go exercise** and then **GO** to start the run.
- 6 Swipe up or down the screen to view your fitness data.

### Workout settings

- 1 Press the Up button to enter the app list, and touch **Workout** (.
- 2 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen.
  - Touch **Goal** and set targets for distance, time, and total calories burnt.
  - Touch **Reminders** to set intervals and reminders for heart rate and training stress. Audio reminders will play when a preset threshold is met during the workout.
  - Touch **Data display** and set the data to be displayed on the workout screen.
  - Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

## RouteDraw

RouteDraw infuses artistic creation into your workouts. Move from checkpoint to checkpoint to draw images on the map and add a touch of fun to your runs.

### Selecting a route

- 1 Go to **Huawei Health > Exercise > Outdoor run**. Touch the Route icon and then **RouteDraw** to view the available routes in your current city.
- 2 Make sure that your watch is connected to your phone via Bluetooth. Select a route to visit the route details screen, and touch **Transfer to wearable** to sync the route to your watch.

### Starting a run with RouteDraw

- 1 Press the Up button to enter the app list, and go to **Workout > RouteDraw**.
- 2 Select your target route. Touch **Go exercise** and then **GO** to start your run.
- 3 Follow the navigation to pass all checkpoints. You can view the checkpoint progress on your device at any time during the run, and then check out your fitness data after the end of the run.

### Sharing your RouteDraw records


- 1 Go to **Huawei Health > Health > Exercise records**, select a record, and view data details.
- 2 Touch the share icon in the upper right corner to share it on social media.


### Deleting a route

- 1 Press the Up button to enter the app list, and go to **Workout > RouteDraw**.
- 2 Hold down on a RouteDraw route and delete it by touching **Delete** below it. You can also hold down on a route, touch **Select all** above it, and touch **Delete** to remove all routes.

## Phone-watch linking for cycling

Starting a cycling session on your watch auto-links with your phone, for enriched real-time data display on both devices.

-  This feature is only available when your watch is paired with a HUAWEI phone.
  - Before everything, enter the watch app list, go to **Settings > Workout settings**, and enable **Display on phone**.
  - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.
  - Cadence data will only be displayed on your phone when your watch is paired with a third-party cadence sensor.

- 1 Press the Up button to enter the app list, and touch **Workout** ()

- 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**. Touch the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customise the displayed data type on the phone to suit your needs.

## Golf

-  • This feature is currently only available on HUAWEI WATCH FIT 4 Pro.

Driving range mode offers detailed swing data including backswing/downswing time, swing tempo, and swing speed, and provides animated swing and grip demos and tips.

Course mode accurately detects the location of the green and obstacles, and provides pinpoint distance measurements, to help you improve your golfing game.

-  Ball trajectory tracking is only available for swings, not putts.


### Driving range mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Select **Driving range** and touch the start icon (or press the Down button) to start a golf practice.
- 3 Swipe up or down on the screen to check out the swing and grip demos and view your workout data.

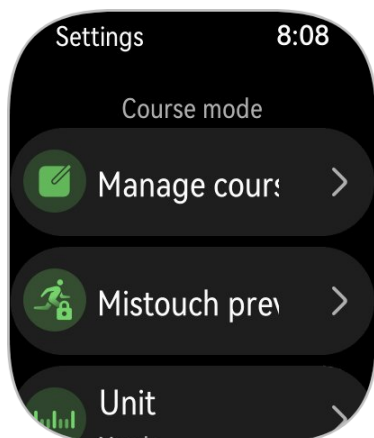
### Course mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Go to **Course mode > Nearby**, wait till positioning functions properly, and select the target course.  
If the course has already been downloaded, you will find it in **Downloaded**. You can also download or delete a course. For details, see the **Downloading or deleting a course** section.
- 3 Follow the onscreen instructions to set the venue and teeing area, wait till positioning functions properly, and touch the start icon (or press the Down button) to start a golf session.
- 4 Swipe left to enter the scorecard screen and record your scores for each hole. Swipe up or down to obtain a panoramic view of the fairway and obstacles, and check out distance measurements, green slope data, wind speed and direction, as well as direction of the green.
- 5 During the golf session, touch **View scorecard** to view your scores, **Pause** to temporarily save the game, or **End** to end the session and save the exercise record. You can also press and hold the Up button to end the workout at any time.


### More settings for Course mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Choose **Course mode** and touch  on its right to access the settings screen.



Enable or disable **Mistouch prevention** to suit your needs. You can also touch **Unit** to select your preferred unit of measurement, or touch **Manage courses** and hold down on a course to delete it.



### More about Course mode

- 1 How do I switch to the other green if there are two on the course?  
Update your watch to the latest version and you'll be able to touch **L/R** on the screen to switch between the greens.
- 2 How do I switch between holes during a match?  
The watch should automatically switch to the corresponding hole when you enter its teeing area. If not, touch  next to the fairway view screen and select your target hole.
- 3 How do I modify data in a scorecard?  
During a workout, swipe left on the screen to access the scorecard and make the modification. Scorecard data cannot be edited after the session ends.

### Downloading or deleting a course

- 1 Go to **Huawei Health > Exercise > Golf** and touch **Course map**.
- 2 On the **Discover** tab, select your target course, and touch **Download**.
- 3 Once the download is complete, touch the course to enter the course details screen. Touch  in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.
  -  The downloaded courses will be automatically synced to your watch when it is properly connected to your phone. To use this feature, first update the Huawei Health app to its latest version.

## Scorecard data

-  This feature is currently only available on HUAWEI WATCH FIT 4 Pro.

Scorecard												
Hole	1	2	3	4	5	6	7	8	9	Out	1	Total
Par	5	4	4	3	4	4	3	4	5	36	4	72
Strokes	5	5	4	5	5	6	4	5	6	45	5	94
Performance	0	1	0	2	1	2	1	1	1	9	1	22
Putts	2	2	1	2	2	3	2	2	2	18	2	36
Penalty	0	0	0	1	0	1	0	0	1	3	0	6
Fairway keep ratio	⊙	⊙	⊙	-	↗	↗	-	⊙	↗	4/7	⊙	64%
GIR	✓	○	○	○	○	○	○	○	○	1/9	○	5%

Albatross
 Eagle
 Birdie
 Bogey
 Double bogey+
 Fairway keep ratio
 Left
 Right

## Hole

Displays the hole number on a golf course.

## Par

Indicates the number of predetermined putts and strokes required to complete a hole on a course. Generally, pars are divided into par 3, par 4, and par 5, based on the distance from the tee to the hole. (Unit: strokes)

## Strokes

Displays the total number of strokes taken on a hole, by summing the numbers of swings, putts, and penalty strokes. (Unit: strokes)

## Performance

Indicates the difference between the par and the total number of strokes taken on a hole. A smaller value indicates a better score. If the total strokes are fewer than par, the score will be negative. (Unit: strokes)

## Putts

Displays the number of putts on a hole on the green. (Unit: strokes)

## Penalty

Displays the number of penalty strokes for a hole. These occur if the player hits out-of-bounds (OB) or into a water hazard. (Unit: strokes)

## Fairway keep ratio (FKR)

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5. This is also known as the fairway hits percentage.

## Green in regulation (GIR)

Refers to the par-on green rate. The ball needs to be on the green within par minus two strokes.

## Identifiers



Albatross: three strokes or more under par on a hole. Also known as Double Eagle.



Eagle: two strokes under par on a hole



Birdie: one stroke under par on a hole



Bogey: one stroke over par on a hole



Double Bogey+: two strokes or more over par on a hole



Fairway hit: landing the tee shot in the fairway on a par 4 or par 5



Curved left: landing the tee shot outside the fairway on the left-hand side on a par 4 or par 5

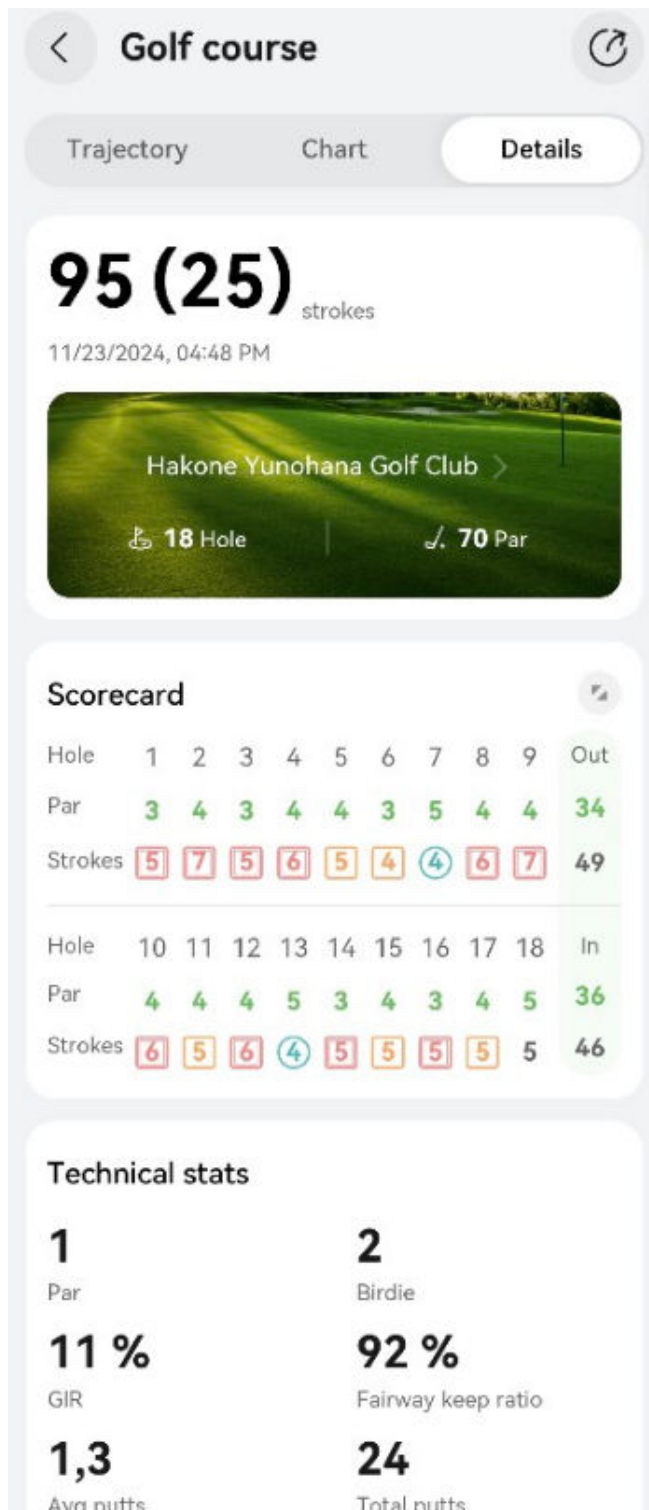


Curved right: landing the tee shot outside the fairway on the right-hand side on a par 4 or par 5

## Technical stats



This feature is currently only available on HUAWEI WATCH FIT 4 Pro.



### Fairway keep ratio (FKR)

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5 in the completed round. This is also known as the fairway hits percentage.

### Green in regulation (GIR)

Refers to the par-on green rate in the completed round. The ball needs to be on the green within par minus two strokes.

### Average putts

Refers to the average number of putts per hole in the completed round. Equals the total number of putts divided by the number of holes played. (Unit: strokes)

### Total putts

Refers to the total number of putts on the green in the completed round. (Unit: strokes)

### Average par

Refers to the average strokes for par 3, par 4, or par 5 holes in the completed round. (Unit: strokes)

## Golf swing data

 This feature is currently only available on HUAWEI WATCH FIT 4 Pro.



### Swing tempo

Refers to the ratio of your backswing time to your downswing time. The ideal swing tempo for a professional golfer is 3.0. Everyone has their own tempo. Improving your swing tempo and timing requires consistent practice and patience.

### Backswing (s)

Refers to the time from when you start your takeaway and swing your club backwards off the ground, to when you take your club to the top of the swing.


### Downswing (s)

Refers to the time from the top of the swing to the ultimate impact with the ball.

### Swing speed (m/s)

Refers to the speed of the club head when it hits the ball.

## Course information

-  This feature is currently only available on HUAWEI WATCH FIT 4 Pro.
  - Course mode settings differ by device model. If a specific feature setting cannot be found on your device, it indicates setting unavailability.
  - Screen display varies by device model. Refer to your own device's interface.

## Golf course intro



① Hole No. & Par

Displays the hole number and the par for that hole.

## ② Course view

Provides a complete view of the green on a golf course.

### ⑤④③ Distances to the front, centre, and back of the green

Shows the distances from your current location to the front, centre, and back of the green.  
(Unit: yards)

### ⑥ Reference lines for the distance to the centre of the green

Displays markers for 50, 100, 150, and 200 yards from the centre of the green.

## ⑦ Location information

Indicates your current location in real time.

### ⑧ Reference lines for the batting distance

Displays markers for 150 and 200 yards of batting distance from your current position.

## Bunker



### ① Obstacle

Displays the types of obstacles on the green, including bunkers and water hazards.

## ② Obstacle view

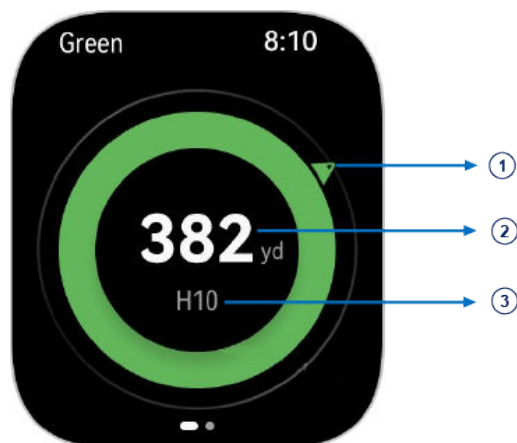
Provides a complete view of a specific obstacle on the green.

### ③④ Distances to a specific obstacle

Shows the distances from your current position to both the front and back of a specific obstacle. (Unit: yards)

### ⑤ Zooming in on the obstacle view

#### Green direction



#### ① Green direction

Displays a compass arrow pointing in the direction of the green. This is useful in locating the green when you can't see it for various reasons.

#### ② Distance to the centre of the green

Displays the distance from your current location to the centre of the green.

#### ③ Hole No.

Displays the number of the hole you are currently playing.

#### Wind info



Displays the local wind direction and speed, to help you factor this into your shots. To use this feature, you'll need to connect your wearable device to the Huawei Health app on your phone.

#### Green slope data



### ① Green view

Provides a complete view of the target green and displays a heat map showing the green slopes. A red cast indicates higher terrain.

### ② Distance to the centre of the green

Displays the distance from your current location to the centre of the green.

### Distance measurements



① Distance from a specified point to the centre of the green.

② Distance from a specified point to your current location (or to the current tee ground when location information is unavailable).

③ Zooming in on the specified point view.

④ The circle indicates the specified point for distance measurements, which can be customised by selecting on the map. You can zoom in on the view and drag the map for more precise pinpointing.

## Diving mode

**i** This feature is currently only available on HUAWEI WATCH FIT 4 Pro.

**⊘** Diving can be dangerous and should only be done by certified divers in the presence of another experienced diver or diving instructor.

## Apnoea training

Once Apnoea training is enabled, the watch will remind you to breathe and hold your breath according to a customised training table, and record your heart rate and SpO2 data during each training session.

To enable this feature, enter the app list, go to **Workout > Dive > Apnoea training**, and follow the onscreen instructions to start training.

## Apnoea test

Before an apnoea test, adjust your breathing, and the watch will remind you to start the apnoea test. During the test, your data like breath-holding duration, real-time heart rate, and SpO2 data will be available.

To enable this feature, press the Up button, enter the app list, go to **Workout > Dive > Apnoea test**, and follow the onscreen instructions to start a test. During the apnoea test, press the Down button to record diaphragm contractions.

## Freediving


- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Dive > Freedive**.
- 2 Tap the settings icon on the right to set reminders, alarms, water type, notification methods, and mistouch prevention.
- 3 Touch the start icon or press the Down button to start the workout.
- 4 Press and hold the Up button to end the workout.

## Using an offline map


 To use this feature, first update your watch and Huawei Health to their latest versions.

After downloading an offline map from the **Huawei Health** app, you can start navigation by touching **Routes** or after selecting an outdoor workout on your watch. The offline map can be used to navigate or return to the starting point during outdoor exercises. You can also import or export routes to and from your watch, with the routes displayed over the map. Once you start an outdoor workout, make sure that the GPS positioning functions properly before using the offline map.

## Downloading an offline map

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
  - 2 Touch **Regions**, find your target region and the map, and touch **Download**.  
Make sure not to leave the screen during the download. After the download is complete, you can view the map via the **Manage downloads** tab.
-  This feature is only available on HUAWEI WATCH FIT 4 Pro, and not available on maps of regions in Hong Kong (China), Macao (China), or Taiwan (China).

## Deleting an offline map


- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
- 2 Touch **Manage downloads**, select the map to be deleted, then touch  on the right and then **Delete data**.

## Map settings

- 1 Press the Up button on the watch to enter the app list, and go to **Settings > Offline maps**.
- 2 Complete the following map display settings to suit your needs.
  - **Display mode:** Choose **Auto**, **Light**, or **Dark**.
  - **Map view:** Choose **Auto-rotate** or **North up**.

## More info

With an offline map, the watch draws your real-time route, routes you have imported, marked points, and direction on top of the map, for a more intuitive navigation. You can preview the routes you have imported on an offline map.

**Routes:** Press the Up button on your watch to enter the app list, and touch **Workout**. Swipe up or down on the screen to find and select a workout, such as **Trail run**, then touch  on the right to access the settings screen, and select **Routes**.

## Workout status

Enter the device app list, touch **Workout status**, and swipe up on the screen to view related information such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **Predicted times**, and **VO2max**.

- **Running ability index (RAI)** is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- **Training load** is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout, except for swimming modes.
- **Training index** refers to a prediction of exercise performance based on long-term changes in fitness and fatigue during periodic systematic training. This index is determined by both fitness and fatigue statuses.
- **Recovery** is how long it will take for your body to return to 100%. For an individual workout, this indicator is directly related to recovery time which is determined by training intensity and workout duration.
- **VO2Max** refers to the maximum amount of oxygen your body can absorb and use per unit time during intense exercise. It is an important indicator of your body's aerobic ability.

- **Predicted times** are based on your history workout data, and can be used to project your best times for different distances. Predicted times can also be affected by training conditions and race strategy.

## Workout records

### Viewing workout records on your wearable device

- 1 Enter the device app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.

### Viewing workout records in the Huawei Health app

Access the home screen of **Huawei Health**, touch the **Exercise records** card, select a record, and view the corresponding details.

If the **Exercise records** card is not on the Huawei Health home screen, touch **Edit** and add the card.

### Deleting a workout record

Access the home screen of **Huawei Health**, touch the **Exercise records** card, hold down on a record, and delete it. However, this record will still be available in **Workout records** on your wearable device.

- If a workout record has been synced to **Huawei Health** and later deleted in the app, this record will still be available in **Workout records** on your wearable device and will not be synced again to **Huawei Health**.
- Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the Huawei Health app if they have been synced.

## Auto-detect workouts

- 1 Enter the device app list, go to **Settings > Workout settings**, and toggle on **Auto-detect workouts**.
  - 2 After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification, choose to start the corresponding workout, or touch **Ignore today** or **Disable Auto-detect**.
- Your device can automatically identify a workout and send a reminder only when your posture and activity intensity meet the corresponding requirements and when you maintain similar active states for a certain period of time.
  - When your activity intensity remains below the corresponding requirements for a certain period of time, your device will remind you to end the workout. You can ignore the notification, continue the workout, or end the workout as prompted.

# More

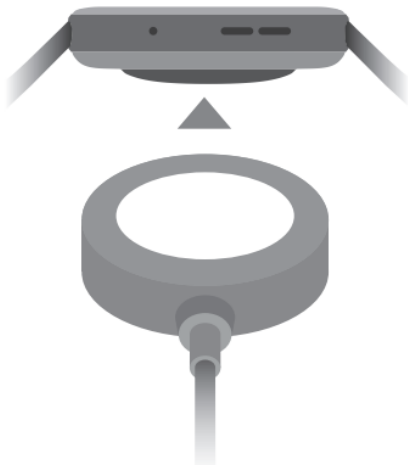
## Charging

### Precautions for charging

- It is recommended that you use a HUAWEI charging cradle and adapter purchased from an official Huawei sales outlet, or a charging cradle and adapter that comply with relevant safety regulations and standards, when charging your device. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using such devices. The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.
- Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers. Make sure that the device is placed correctly on the charging cradle, with the charging status displayed on screen. When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter. Otherwise, the battery level may decrease a while later before recharging to capacity.
- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

### Charging your watch

- 1 Connect the charging cradle and charging cable, and then connect the power adapter to a power source.
- 2 Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle, until you see the charging icon on the device screen.



## Checking the battery level

**Method 1:** Swipe down on the device home screen to show the shortcut menu, where you'll find the battery level.

**Method 2:** Connect your device to a power source, and check the battery level on the charging screen.

**Method 3:** View the battery level on your device home screen if the current watch face displays such data.


**Method 4:** When your device is properly connected to the **Huawei Health** app, open the **Huawei Health** app, navigate to the device details screen, and view the battery level.

## Low battery alert

When the battery level falls below 10%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible.

## Always On Display

Always On Display (AOD) keeps your device screen on in a low-power state, so that you can always view the time and date without lifting a finger. When AOD is enabled, you can select to display the watch face or AOD when you raise your wrist.

 Enabling AOD will reduce the battery life.

- 1** Open the app list, go to **Settings > Watch face & home**, and enable **Always On Display**.
- 2** Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

## HUAWEI Assistant·TODAY

HUAWEI Assistant·TODAY provides quicker, easier access to services such as weather information.

### Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the device home screen to enter HUAWEI Assistant·TODAY. Then, swipe left on the screen to exit HUAWEI Assistant·TODAY.

### Quick access to apps


On the HUAWEI Assistant TODAY screen, touch any card to access the corresponding app details screen.

### Audio control

On the HUAWEI Assistant·TODAY screen, you can use the Audio control card for music playback controls on both your phone and watch. Note that phone music controls via the watch will only work when your watch is linked with **Huawei Health** and when music is being played on the phone.

## OneHop watch faces

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. If you plan to use images saved on the cloud, download them before the transfer. You can transfer more than one image if you want, and tap the watch home screen to switch between the images and enjoy multiple customised watch faces.

-  • To use this feature, make sure you've updated the **Huawei Health** app to its latest version and that your wearable device is connected to your phone via **Huawei Health**.
- This feature is only available when your NFC-capable wearable device is paired with a HUAWEI phone that supports NFC.

- 1** Enable NFC on your phone.
- 2** Open Gallery, select an image for transfer, and tap the NFC area on the back of your phone against the wearable screen. The selected image will then display as the watch face, indicating a successful transfer.  
To modify the watch face style, open **Huawei Health**, navigate to the device details screen, go to **My faces > Gallery**, and complete the setting.

## Switching and removing watch faces

### Switching to another watch face

You can switch to a new watch face with just a few easy steps on your watch or on your phone.

#### On your watch:


Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen, and swipe left or right to select your desired watch face.


#### On your phone:

Open **Huawei Health**, navigate to the device details screen, choose **My faces** or **Watch faces**, and select your desired watch face.


### Deleting a watch face

#### On the Huawei Health app

- 1** Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.
- 2** Touch  at the upper right corner of a target watch face to delete it.

- If you don't see  at the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be removed.
- If you have purchased a watch face and deleted it through **My faces > Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.

### On the wearable device

- 1 Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen.
  - 2 Swipe up from the bottom of the device screen and touch **Remove** to delete a watch face.
-  If you want to use the watch face again after it is deleted, open **Huawei Health** on your phone, navigate to the device details screen, touch **My faces**, and select and set the target watch face.

## Sounds & vibration

### Vibration settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Vibration**.
- 2 Select your desired vibration strength: **Strong**, **Weak**, or **None**.

### Ringtone volume settings


- 1 Enter the device app list and go to **Settings > Sounds & vibration > Ring volume**.
- 2 Swipe up or down to adjust the volume. Alternatively, you can adjust the volume by rotating the watch crown.

### Crown haptics

- 1 Press the Up button to enter the app list, and go to **Settings > Sounds & vibration**.
- 2 Enable **Crown haptics**, and you will feel the haptic feedback at each turn of the watch crown. You can also disable the feature to suit your needs.

## Updates

### On the wearable end

-  • Updates cannot be performed on the wearable end when the device is paired with an iPhone.
  - Notifications for wearable system updates cannot be disabled. Version rollback is not supported after an update.
- 1 Enter the device app list and go to **Settings > System & updates > Software updates**.

- 2 Touch the update icon and follow the onscreen instructions to download the package and update your device.

### On the phone end


- 1 Open the **Huawei Health** app, navigate to the device details screen, and touch **Firmware update**. On the displayed screen, touch the settings icon in the upper right corner, and enable **Auto-download over WLAN** and **Auto-install updates and restart the device when it's not in use**. Then new versions will be automatically pushed to your wearable device.
- 2 Your phone will check for any available updates. Then follow the onscreen instructions to update your wearable device.

## Water-resistant and dust-resistant level definition and usage scenario description of wearable devices

Being water-resistant and dust-resistant means that the wearable device can prevent water and dust from entering inside, thereby safeguarding its interior components and mainboard from damage.

For more information about the water resistance of HUAWEI wearables, refer to **Water Resistant Levels and Daily Applications for HUAWEI Wearables**.

Water-resistant and dust-resistant level definitions and usage scenarios are as follows.

-  In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).
- Water resistance is not permanent, and performance may deteriorate with daily wear and tear. It is recommended that you regularly take your device to an authorised Huawei Customer Service Centre for inspection and maintenance.
- Water and dust resistance is only applicable to the watch body. Other components such as the strap, charging cradle, and base are not water-resistant or dust-resistant. (The straps for the HUAWEI WATCH Ultimate Series and HUAWEI WATCH ULTIMATE DESIGN Series are water-resistant.)
- Note: The IPXX rating means Ingress Protection, and is a standardised measurement of a product's protection against liquids and solid particles. **An IP rating carries two numbers. The first number signifies the protection of important components against dust and solid particles, ranging from 0 to 6, with 6 being the highest protection level. The second number refers to water resistance, ranging from 0 to 8, with 8 being the highest protection level.** Certain IPX8-rated wearable devices can be worn during swims. Actual usage shall prevail.
- Please use the product in accordance with the user guide provided on the official Huawei website or in the product documentation that comes in the product box. Free warranty services are not provided for damage caused by improper use.
- Avoid the following conditions, so as to maintain the water-resistance performance of the wearable device. Damage caused by immersion in liquid is not covered by the warranty.
  - 1** Pressing the device buttons or operating on the device underwater. (If you're using a HUAWEI WATCH Ultimate Series or HUAWEI WATCH ULTIMATE DESIGN Series device, you can press the buttons and rotate the crown when underwater.)
  - 2** Cleaning the device with an ultrasonic cleaner or mildly acidic or alkaline detergents.
  - 3** Dropping the device from a high place or subjecting the device to impact from a collision.
  - 4** Disassembling or repairing the device at a non-Huawei-authorised shop.
  - 5** Exposing the device to household chemicals, such as soap or soapy water during showers or baths.
  - 6** Exposing the device to perfumes, solvents, detergents, acids, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.
  - 7** Charging the device when it is wet.

Water/Dust Resistance Level	Resistance Level Definition	Usage Scenario Description
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<p>Dive (Depth up to 100 metres)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 100 metres) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in freshwater for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving activities exceeding a depth of 100 metres.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in freshwater for 30 minutes.</li> <li>4. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> </ol>
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		<p>5. Composite vegan leather, leather, composite woven, titanium, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 30 metres)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (3.3 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 30 metres) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in freshwater for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 30 metres.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in freshwater for 30 minutes.</li> <li>5. Jumping into water, high-pressure rinsing, or other activities that involve</li> </ol>
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		<p>high water pressure or fast-flowing water.</p> <p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 40 metres)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (4.4 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 40 metres) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in freshwater for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 40 metres.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in freshwater for 30 minutes.</li> <li>5. Jumping into water, high-pressure rinsing, or other activities that involve</li> </ol>
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		<p>high water pressure or fast-flowing water.</p> <p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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10 ATM	<p>This is a water resistance standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can withstand up to simulated 100-metre static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 100 metres deep.</p>	<p>The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 100-metre static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 100-metre deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in freshwater for 30 minutes.</li> </ol>
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		<p>4. Jumping into water, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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5 ATM	<p>This is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-metre static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 metres deep.</p>	<p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-metre static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-metre deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in freshwater for 30 minutes.</li> </ol>
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		<p>4. Jumping into water, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP69	<p>Complies with the IP69 rating under the GB/T 4208-2017 standard. The IPX9 test conditions are as follows: water temperature: <math>80\pm5^{\circ}\text{C}</math>; water flow: <math>15\pm1\text{ L/min}</math>; water pressure: <math>10,000\pm500\text{ kPa}</math>; spray angle: <math>0^{\circ}</math>, <math>30^{\circ}</math>, <math>60^{\circ}</math>, and <math>90^{\circ}</math>, 30 seconds for each angle. This does not indicate protection during hot water showers.</p>	<p>Complies with the IP69 rating defined in GB/T 4208-2017 standard.</p> <p>The IP6X-rated device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>IPX9 involves high-pressure liquid splashes. This means that IPX8- and IPX9-rated products can be worn during activities involving fast-flowing water, such as water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does</li> </ol>
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		come into contact with any such product, rinse and clean the device with freshwater and remove the water stains in a timely manner. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
IPX8 (water resistance for daily life)	Products that meet this standard are splash-proof and water-resistant, and can be worn and used during exercise as they are resistant to sweat, on rainy days, and when exposed to water splashes. However, it is not recommended that you immerse such a device in water. This wearable device is rated as IPX8 under the GB/T 4208-2017 standard and was tested under controlled lab conditions.	<p>Products that hold an IPX8 rating meet the water resistance requirements for everyday use, such as during handwashing and on rainy days. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>

IPX8 (20 metres)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 20-metre static water pressure, and does not mean that the device is water-resistant in water that is 20 metres deep.</p>	<p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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IPX8 (1.5 metres)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-metre static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 metres deep.</p>	<p>The device can withstand immersion in water that is up to 1.5 metres deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP6X	Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.	The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.
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IP68 (20 metres)	<p>Complies with the 2 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 20-metre static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 20-metre deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>3. Activities involving fast-flowing water, such as jumping into water,</li> </ol>
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		water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
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IP68 (1.5 metres)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-metre static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 metres deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1.5 metres deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion</li> </ol>
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		in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
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IP67	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1-metre static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1 metre deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP67-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 metre deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 metre or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP57	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues.</p> <p>Can be immersed in water that is up to 1 metre deep at normal temperature and atmospheric pressure for 30 minutes.</p>	<p>The wearable device complies with the IP57-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 metre deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkelling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 metre or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP55	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water jets of 12.5 L/min aiming at the device case from any direction for 3 minutes.</p>	<p>The wearable device complies with the IP55-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during swimming, platform diving, jumping into water, or any other behaviour or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other scenarios or types of use that may cause the wearable device to be</li> </ol>
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		<p>exposed to fast-flowing water or strong water currents or to directly face the fast water flow for more than 3 minutes, such as during long-time use in heavy rain or rainstorms. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP54	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water splashes of up to 10 L/min aiming at the device case from any direction for 10 minutes.</p>	<p>The wearable device complies with the IP54-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during underwater photography or any other behaviour or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with freshwater in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorised water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other types of inappropriate use and scenarios where the device may be in contact with fast-flowing water</li> </ol>
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		<p>or with water currents for more than 10 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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