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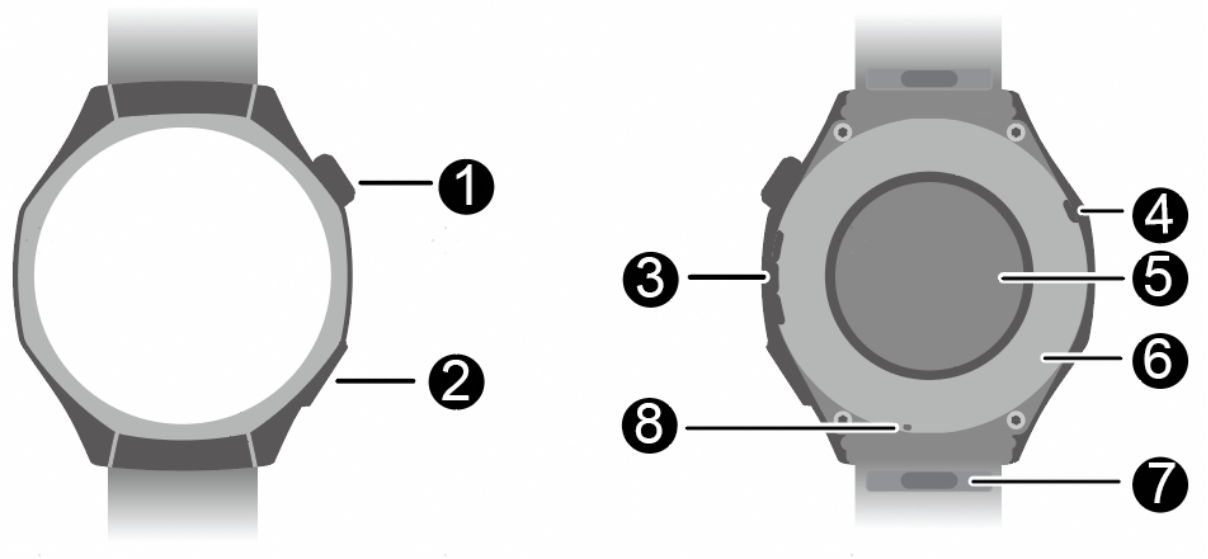
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Getting Started

Appearance

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

The product in the following figures is the HUAWEI WATCH GT 7 Pro.



About the device

No.	Description
1	Up button (crown/Power button)
2	Down button (only HUAWEI WATCH GT 7 Pro contains an electrode)
3	Speaker
4	Microphone
5	Heart rate sensing area
6	Charging area
7	Quick release button
8	Barometer hole

Buttons and touch operations

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

Up button

Operations may differ during calls and workouts.

Operation	Feature
Rotate	• In List mode and Hex grid mode: Scrolls up and down on the app list. On the first app list screen in Hex grid mode, rotate the crown counterclockwise or swipe down on the screen to display or hide the names of apps. • In an app: Scrolls up and down on the screen. To switch between Hex grid and List modes: • In either mode, swipe up on the screen until you reach the last app list screen, and tap **Hex grid** or **List** to make the switch. • Go to **Settings** > **Watch face & home** > **Home** and select **Hex grid** or **List**.
Press	• When the screen is off: Turns on the screen. • On home screen: Takes you to the app list screen. • On any other screen: Returns to the home screen. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps. For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can tap the watch face card to return to the watch home screen.
Press and hold	• When the watch is off: Powers on the watch. • When the watch is on: Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Feature
Press	Quickly accesses selected features. To set which features to access: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button** > **Press once**. 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.

Operation	Feature
Press and hold	Wakes up **AI Voice**. • This feature is only available when your watch is paired with a HUAWEI phone running EMUI 12.0 or later, or a phone running Android 9.0 or later. • This feature is only available in certain countries/regions. In these markets, language and region settings must be consistent.

Shortcuts

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

Screen controls

Operation	Feature
Tap	Chooses and confirms.
Touch and hold	• On home screen: Opens the watch face editing screen. • On a feature card: Opens the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screen: Opens the Control Panel. • You can enable **Find Phone** or set **Focus**. • You can view the remaining battery level and Bluetooth connection status.
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the Assistant·TODAY screen. In an app (excluding the app home screen): Returns to the previous screen.

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, tap ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **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, tap **Agree**.

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

To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

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.

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 place the device close to your phone. On the home screen of the **HUAWEI Health** app, tap ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. You can also tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

4 When a pairing request appears on your wearable device, tap ✓.
When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, tap **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Tap **Allow** and follow the onscreen instructions.

5 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.

- 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.
- To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

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. On the home screen of the **Huawei Health** app, tap ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

5 When a pairing request displays on your wearable device, tap ✓ and follow the onscreen instructions on your phone to complete the pairing.

6 Tap **Settings** on your phone and complete the 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.

To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with a new phone

1 Enter the app list and go to **Settings** > **System & updates** > **Disconnect**.
- If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your wearable device. Tap the **i** icon and set to forget the device.

2 Tap **Disconnect** to disconnect from the connected phone.

3 When your wearable displays the pairing screen, follow the onscreen instructions to pair with a new phone.

Custom feature cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the device 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 device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
2. Tap  and select a desired card.
3. Now that you're done, you can swipe left on the device home screen to view the added cards.

Editing a combo card

1. Swipe left on the device 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 tapping **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 device 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, either tap  at the bottom of the card, or swipe up on the card and then tap **Remove**.

Assistant

Setting modes

You can quickly enable or disable Do Not Disturb/Sleep mode in the Control Panel of your wearable device.

Enabling Do Not Disturb

When Do Not Disturb is enabled, your device won't ring or vibrate when receiving incoming calls and notifications (except for **Alarm**).

Enable:

1. Swipe down from the top of the device home screen to access **Control Panel**, tap **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 tap . You can touch 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 device home screen to access **Control Panel**, tap **Focus**, and tap ⋮ next to **Do Not Disturb**.
   - Go to the app list and tap **Settings** > **Focus** > **Do Not Disturb**.
2. Tap **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

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

Enable:

1. Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and select **Sleep**.
2. After the setting, **Sleep** will be displayed in the Control Panel.

To disable Sleep mode, go to **Control Panel** and tap . You can touch 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 device home screen to access **Control Panel**, tap **Focus**, and tap ⋮ next to **Sleep**.
- Enter the app list and go to **Settings** > **Focus** > **Sleep**.

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

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

Managing messages

When your wearable device is linked with **Huawei Health** and the Notifications feature is enabled, new messages pushed to the status bar of your phone will be synced to your wearable.

Enabling the Notifications feature

1 Open the **Huawei Health** app, navigate to the device details screen, tap **Notifications**, and toggle on **Sync notifications from phone to watch**.

2 In the app list below, toggle on the switches for the apps you wish to receive notifications from.

Push notifications settings

To receive notifications on the wearable based on the phone usage status, open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and configure the notification settings.

You can choose either **Notify on both devices** or **Notify on one device** as needed.

- **Notify on both devices**: Get reminders simultaneously on the watch and phone.
- **Notify on one device**: Get notifications on one device at a time. Your phone won't get notifications when your wearable is worn unless the phone screen is on.

- Push notifications settings are unavailable when paired with an iPhone.

Viewing and deleting unread messages

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

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

3 To delete a message, do as follows:

- Swipe left on a message that you wish to delete, and tap  to delete it.
- Tap  at the bottom of the message list to clear all messages.

Replying to SMS messages

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

2 To customize quick replies, open **Huawei Health**, navigate to the device details screen, and tap **Quick replies**.

3 You can tap **Add reply** to add a reply, tap an existing reply to edit it, or tap  next to a reply to delete it.

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

Managing watch faces

Customizing watch faces

On your watch

You can customize the style and feature components of a watch face to suit your desires.

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

2 Tap **Custom** below the watch face and swipe left or right to choose a style and features you like.

- On the **Style** or **Color** screen, swipe up or down to select your favorite style or color.
- On the **Function** screen, tap a component to replace it.

- Customization is available only for the watch faces with the **Custom** button below them.

On your phone

1 Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.

2 Tap the watch face you want to customize to adjust its **Style**, **Font**, **Font size**, **Time color**, and more.

3 Once you're done, tap **Apply** or **Save**.

Customization options vary depending on the watch face.

Switching to another watch face

On the wearable device

Touch and hold anywhere on the watch face to visit the watch face selection screen, and swipe left or right to browse through the available watch faces. Tap on the watch face you want to use to select it.

In the Huawei Health app

1 Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.

2 Select your desired watch face, and tap **Apply**.
If the watch face hasn't been installed, install it first. Your device will automatically switch to the new watch face once it's installed.

Deleting a watch face

On the wearable device

1 Touch and hold anywhere on the watch face to visit the watch face selection screen.

2 Swipe up on the watch face you want to delete and tap .

If you want to use the watch face again after it is deleted, you can do so in either of the following ways:

- Touch and hold anywhere on the watch face to visit the watch face selection screen, swipe left to the last screen, tap , and tap the watch face to use it again.
- Open **Huawei Health**, navigate to the device details screen, tap **My faces**, and select and set the watch face.

In the Huawei Health app

1 Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.

2 Tap **Manage local watch faces**, then tap  in the upper right corner of a target watch face to delete it.

- If you don't see  in the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be deleted.
- 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.

Video watch face

- Make sure that you have updated the Huawei Health app and your watch to their latest versions.
- Video watch faces do not include audio.

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

2 Select a pre-installed video. Alternatively, tap  and choose to record a new video or upload one from your device. Once the video is uploaded, tap .

3 Tap **Style**, **Time position**, **Features**, and other options to set the style and position of the widgets on the video watch face.

4 Tap **Apply** and your watch will switch to the newly set watch face.

- Only one video watch face can be uploaded. You can also choose a preinstalled video watch face. Pre-installed video watch faces cannot be deleted.
- When you set a Video watch face, tapping on it will make the watch cycle through different videos automatically.

Gallery watch face

Setting Gallery watch face

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 Tap +, select either **Take photo** or **Select image**, select an image, drag it to adjust the portion of the image you want to display, and tap ✓ in the upper right corner to finish uploading.

3 On the **Gallery** screen, set **Color**, **Style**, and **Features** as you like.

4 In **Other settings**, enable or disable **Raise to display new image** as you like.
When this feature 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 feature is disabled, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.

5 Tap **Apply**, and your wearable will switch to Gallery watch face.

The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .svg, .bmp, .psd, .tif, .tiff, .webp, and .pcx. Images in .gif format appear as static images rather than animations.

OneHop Gallery watch face

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. You can transfer more than one image if you want, and tap the watch face to switch between the images and enjoy multiple customized watch faces.

- To use this feature, make sure that your device is connected to the **Huawei Health** app via Bluetooth.
- This feature is only available when your NFC-capable wearable is paired with a HUAWEI phone that supports NFC.
- Before using this feature, make sure that the number of photos you wish to add does not exceed the maximum supported by your wearable device. Otherwise, the OneHop feature will not work. You can open the **Huawei Health** app, navigate to the device details screen, tap **My faces**, and select **Gallery** to check the number supported in the description.

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.

Deleting an image from Gallery watch face

On the **Gallery** settings screen, tap > to go to the image overview screen, tap on the target image, then return to the **Gallery** settings screen, and tap **Save**.

Bluetooth voice calls

- To use this feature, make sure that your wearable device is linked with **Huawei Health**.
- To use this feature, first update your watch to its latest version.

Syncing contacts

You can't add contacts on your watch. When the watch is connected to your phone via Bluetooth, your watch will automatically sync contacts from your phone.

- If the contacts are not automatically synced, open the app list on your watch, and go to **Phone** > **Contacts** > **Sync contacts** > **Sync**.
- If you do not want to sync contacts, open the **Huawei Health** app, access the device details screen, go to **Device settings** > **App management** > **Contacts**, and disable **Sync data to watch**.
- To access **Sync data to watch** on iPhone, make sure that **HUAWEI Health** is updated to version 16.0.8.305 or later. If you don't see this option in the app, you can use the contact authorization feature in iOS 18. Simply go to **Settings** > **App** > **HUAWEI Health** > **Contacts**, and sync contacts as required.
- To delete a contact, first remove it from your phone's contact list. Once your watch is connected to your phone, the updated contact list will automatically sync to your watch. Note that you cannot delete contacts directly on your watch.

Answering/Declining incoming calls on your watch

Simply tap to answer an incoming call directly on your wearable device when it reminds you of your phone's incoming call. Alternatively, tap to decline the call, or tap to decline the call by replying to it via SMS message.

Once the call is answered, the audio will be played through your wearable device's speaker.

- The Declining incoming calls with SMS messages feature is not supported when your watch is paired with an iPhone.
- Customizing or editing these replies is not supported.

Making a call on your watch

On your watch, enter the app list, select **Phone**, and choose any of the following methods to make a call.

- Tap **Call log** and then a call log to call back.
- Tap **Contacts** and then a contact to make a call.
- Tap **Keypad**, enter the number you want to call, and tap the Dial icon to initiate a call.

- If you're using dual SIM cards, when you make a call to a watch contact, you can't select which SIM card to use for the call, as that is determined by the phone's protocols. For details, contact your phone manufacturer's customer service.
- When you make a call from your watch, the audio will be played from your watch, and your phone will display the message that a Bluetooth call is in progress. To switch the audio channel to your phone, you'll need to set your phone to Receiver mode.

Remote shutter

Remote shutter allows you to launch your phone's camera and take photos from your wrist.

- To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.
- When using your wearable device with an iPhone or an Android phone, you need to open the camera on the phone first. When your wearable device is paired with an Android phone, the number of devices in the Bluetooth pairing list of your phone cannot exceed seven. If the number exceeds seven, delete some unnecessary Bluetooth devices, pair your watch again, and then try again.

Remote shutter

1 Make sure 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 Control Panel, indicating that your watch is connected to your phone.

2 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap the shutter icon on the watch screen to take a photo.

Setting a timer for photo taking

1 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap  on the Remote shutter screen to set a timer for photo taking, and tap  again to switch to another timer.

2 Tap the shutter icon on the watch screen. The phone's camera will take a photo as soon as the countdown ends.

Controlling music playback

You can use your watch to control the music playback on your phone or use your watch for independent music playback.

Controlling phone music playback

1 On your phone, open **Huawei Health**, navigate to the device details screen, tap **Music**, and toggle on **Control phone music**.

- This setting is not required if you're using an iPhone.
- To use this feature, make sure that your watch is properly linked with **Huawei Health**.

2 Open a phone music app and start the playback.

3 On your watch, swipe right on the home screen to enter the Assistant·TODAY screen, and tap the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

Syncing music to your watch

- Before syncing music to your watch, make sure that the tracks have already been downloaded to your phone from a music app and are in a format supported by your watch.

1 Open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music** > **Add songs**.
iPhones: Open **HUAWEI Health**, navigate to the device details screen, and go to **Music** > **Import from phone**.

- iPhones: Save your music to the **Files** app before importing. (You can download files via a browser or share them from other sources directly to the **Files** app.)

2 Select the tracks to be added and tap ✓ in the upper right corner of the screen.

3 Access the music management screen, tap **New playlist**, create a name for the playlist, and add tracks to suit your desires. You can also categorize tracks that have been uploaded to your watch for easier management. You can update an existing playlist at any time by tapping ⋮ in the upper right corner of the playlist screen and then **Add songs**.

4 Music files synced to your watch can be played even without an internet connection.

5 To delete an added track, open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music**. In the music list, tap the ⋮ icon next to the track, and select **Delete**.

Controlling watch music playback

1 Press the Up button on your watch to enter the app list, select **Music** ( ) or open another music app, and tap **Playing**.

2 Tap the Play button to start playing.

3 On the music playback screen, you can adjust the volume and set the playback sequence (such as Play in order and Shuffle).

4 On the music playback screen, swipe up to see your playlists or swipe right to go to the local music screen. Once there, tap **Songs** to view all the songs on your watch.

AI Voice

AI Voice on your watch makes it easy to check the weather and set an alarm, once your watch has been connected to your phone via **Huawei Health**.

- To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.
- This feature is only available when your watch is paired with a HUAWEI phone running EMUI 10.1 or later, or a phone running Android 9.0 or later.
- 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 in certain countries/regions. In these markets, language and region settings must be consistent.

Using AI Voice

1 You can wake up AI Voice in either of the following ways:

- **Using Assistant·TODAY**: Swipe right on the watch home screen to enter the Assistant·TODAY screen, and tap the AI Voice icon to enter the voice input screen.
- **Button wakeup**: Press and hold the Down button to enter the voice input screen. This feature is enabled by default.

  If this feature is not enabled, go to **Settings** > **Smart assistance** > **AI Voice**, and toggle on the switch for **Wake-up button**.
-

2 Give a voice command on the displayed screen, such as "What's the weather like today?", or "Set an alarm for 8:00 a.m. tomorrow".

Voice broadcast

This feature is available when your watch is paired with a HUAWEI phone running EMUI 12.0 or later.

Voice broadcast is enabled by default. Once disabled, the watch will no longer play voice messages.

Enabling voice broadcast: Enter the app list, go to **Settings** > **Smart assistance** > **AI Voice**, and toggle on the switch for **Broadcast**.

Adjusting the broadcast volume: The broadcast volume can be adjusted only during a broadcast, by pressing the volume buttons on the paired phone.

Assistant·TODAY

Assistant·TODAY provides quicker, easier access to services including weather information display and music playback controls.

Entering/Exiting Assistant·TODAY

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

Quick access to apps

1. Swipe right on the watch home screen to enter Assistant·TODAY.
2. On the Assistant TODAY screen, tap any card to access the corresponding app details screen.

Audio control

- Phone audio controls via Assistant·TODAY on your watch are only available for ongoing audio apps displayed in the Media Controller on your phone. Certain apps are not compatible with your phone's Media Controller. If the Media Controller on your phone displays a message indicating that playback controls are not supported, the same applies to watch-based controls.

On the Assistant·TODAY screen, you can use the Audio control card for audio playback controls on both your phone and watch. Note that phone audio controls will only work when your watch is linked with your phone normally and your phone is playing audio.

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.

Enabling Additional emotions/stress records

1. Open the app list on your device and tap **Emotional wellbeing**. If you are using this feature for the first time, tap **Agree** to complete authorization, and view the app introduction and operation guide, to access the **Emotional wellbeing** screen.
2. Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.

Viewing/Modifying your emotional data

On your wearable:

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

- Emotional data isn't available while you're asleep.

On your phone:

Go to **Huawei Health** > **Emotional wellbeing** to view your emotions/stress data, and read the analysis and tips by different time ranges.

To view all historical data, go to **Huawei Health** > **Emotional wellbeing**, tap ⋮ in the upper right corner, and tap **All data**.

Mood reminders

1. Enter the device app list and tap **Emotional wellbeing**.
2. Swipe up to enter the **Settings** screen, tap **Reminder settings**, and toggle on **Emotion reminders** 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.

Health Insights

Introduction

Health Insights tracks changes in your health. It provides health trend analysis and alerts based on a range of personal health data, such as sleep quality, workout duration, and stress.

- To use this feature, first update your device and **Huawei Health** on your phone to their latest versions.
- Health Insights report isn't available on a daily basis and may not be generated if the wearable isn't worn for a long enough time or during sleep.
- Before you can view the data on your device, you need to wear it for two consecutive days. Wear your device often and for long periods of time for more accurate results.
- Changes in health can be caused by various factors. Insights are based on a comprehensive analysis of these factors and can identify relationships between them. Short term changes in this data could be an anomaly or a symptom of something more serious.
- This is not medical software and cannot be used as a basis for medical diagnosis. Health advice is provided for reference only. Please approach any health improvements based on your actual health.

Enabling Health Insights notifications

Once enabled, your device will remind you to view the Health Insights analysis results if they are updated and you do not view them in time.

1. Open the **Huawei Health** app, swipe up on the screen, and tap the card under **Health insights**.
2. From the **Health insights** screen, tap the ⋮ icon in the upper right corner, choose **Settings**, and toggle on **Health Insights notifications**.

Viewing Health Insights data

On your wearable:

1. Enter the device app list and tap **Health Insights** to view your Health Insights report overview. If you're using the app for the first time, follow the onscreen instructions to complete authorization.
2. From the Health Insights home screen, simply swipe up to see your sleep quality, physical readiness, workout duration, and more.

In the Huawei Health app:

1. Open the **Huawei Health** app, swipe up on the screen, and tap the card under **Health insights**.
2. On the **Health insights** screen, you can:

- Tap **Featured insights** to view your Health Insights analytics, health report interpretation, sleep scores, and analysis results.
  On the **Featured insights** screen, tap the **>** icon next to **Readiness** to see today's total score and the score for each key factor. This reflects your body's physical ability and recovery status for the day, providing you with info to plan activities without overexerting yourself. A higher score indicates that your body is in better condition. On the **Readiness** screen, tap the ⓘ icon in the upper right corner to learn more about your physical readiness.
- Tap **Trends** to view the trend for each item. Trends can reflect changes in your health. Keep wearing your wearable device or record your health and fitness data in the Huawei Health app to identify trends.

Diabetes Risk Study

The built-in high-performance sensor of your watch constantly collects your vital sign data (such as sleep data and heart rate) when you're in different states throughout the day and night. Wear your watch for 3 to 14 days, and the collected data helps assess hyperglycemia risk.

- This feature is only available in certain markets.
- The **HUAWEI Research** app is not available on iPhones, but it can be used on your watch independently.
- This study is for adults, including healthy people and individuals with prediabetes (type 2) and type 2 diabetes. It isn't intended for those with type 1 diabetes, gestational diabetes, or other more specialized types of diabetes.
- This product is not a medical device. Measurement data and results are for reference only and should not be used as a basis for diagnosis or treatment. If you experience any discomfort, please seek medical assistance.

Joining the study

1. On your watch, enter the app list, and go to **HUAWEI Research** > **Diabetes Risk Study** > **Join study**.
2. Wear your watch all day. It takes 3–14 days to complete a round of assessment. Once completed, a message will display on your watch, and you can tap **View details** to view the result.
3. Swipe up on the home screen of the **Diabetes Risk Study** app to view the assessment records.
4. You can view the risk assessment results in the **HUAWEI Research** app on your phone as long as it's not an iPhone.

- Wear your watch day and night. In each round of assessment, your watch needs to obtain at least 15 hours of vital sign data in resting state in the daytime and 30 hours of vital sign data during sleep at night. A total of at least 2 hours of valid daytime and 4 hours of night time data is required every day.
- During the assessment, please avoid high-sugar and high-fat foods, exercise moderately, and get enough rest.

Ending the assessment

You can choose to end the assessment by tapping **End cycle** on the **Diabetes Risk Study** home screen. You can start the assessment at any time you desire, by tapping **Start new cycle**.

Assessment result

Assessment result description:

- Low risk: No obvious signs of risk are detected.
- Medium risk: Possible risk of hyperglycemia detected.
- High risk: There is a high risk of hyperglycemia.
- No assessment result: Your vital sign data from the 14-day period is not enough for an assessment. Please start the next round of assessment.

Leaving the study

Swipe up on the home screen of the **Diabetes Risk Study** app, scroll to the bottom, and tap **Leave study**.

Fall detection and emergency SOS

After fall detection is enabled, the watch will detect your posture through the acceleration sensor on the watch. If the watch detects that you have fallen and may fall into a disabled state, it will enable the emergency SOS feature for you.

To disable fall detection, enter the watch's app list, go to **Settings** > **Emergency SOS**, and toggle off **Fall detection**.

- Your watch may not detect all fall events in all situations. It can sometimes misinterpret high-impact activities as falls and trigger fall detection.
- If your watch is connected to your phone via Bluetooth and your phone has two SIM cards, make sure to set in advance the default card for making emergency calls.
- When paired with an iPhone, your watch cannot send help messages.

Setting emergency information and emergency contacts

Emergency information can help first responders in an emergency. To set emergency information and emergency contacts, do as follows:

1 Open **Huawei Health**, and go to **Me** > **Profile** > **Emergency information** to add personal information and healthcare information such as your blood type.

2 Go to **Emergency contacts** > **Add emergency contacts** and select an emergency contact that you would like to add. You can add up to three emergency contacts.

On the **Emergency contacts** screen, tap the icon, then tap the icon next to an emergency contact to delete it.

Make sure you set your emergency contacts in the correct order. If emergency SOS is triggered, your watch will call your first emergency contact and send help messages to all your emergency contacts.

Viewing emergency information

On your watch

Enter the watch's app list, and go to **Settings** > **Emergency SOS** to view your emergency information.

On your phone

Open **Huawei Health**, and go to **Me** > **Profile** > **Emergency information** to view your emergency information.

Fall detection and auto-SOS

1 Enter the watch's app list, go to **Settings** > **Emergency SOS**, and toggle on **Fall detection**.

2 If the watch detects that you have fallen and may fall into a disabled state, it displays a pop-up, asking you whether to make emergency calls.

3 If you choose or don't perform any operations on the watch within 60 seconds, the watch triggers emergency SOS.

- If emergency contacts are set, the watch will automatically call the first emergency contact and send a help message with your current location to all emergency contacts. (If the satellite signal is weak, the message won't include your location information.) If the first emergency contact does not go through, you can select another emergency contact manually on your watch.
- If no emergency contact has been set, public emergency call numbers will be displayed for you to select.

Manual emergency SOS initiation

Press the Up button (Power button) five times in quick succession to launch emergency SOS.

- If emergency contacts are set, the watch will automatically call the first emergency contact and send a help message with your current location to all emergency contacts. (If the satellite signal is weak, the message won't include your location information.) If the first emergency contact does not go through, you can select another emergency contact manually on your watch.

- If no emergency contact has been set, public emergency call numbers will be displayed for you to select.

- If **Fall detection** is disabled, your watch won't initiate an emergency SOS upon detecting a major fall. In this case, press the Up button five times in quick succession.

Sleep monitoring

Make sure to wear your device correctly. It can track key sleep metrics, such as fall-asleep time, wake-up time, and sleep architecture, while also assessing sleep quality and offering tailored recommendations to improve your rest.

Sleep settings

1 Enter the device app list, tap **Sleep**, and swipe up to access the **More** screen.

2 Tap **Sleep mode** and adjust the settings as needed.

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

Enabling/Disabling HUAWEI TruSleep™

Access the home screen of **Huawei Health** and tap the **Sleep** card. Tap ••• in the upper right corner and then **Advanced** to enable or disable **HUAWEI TruSleep™**.

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 device app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Tap ⓘ for explanation of measurement results.
  You can check out detailed sleep data, such as deep sleep duration (N3), light sleep duration (N1/N2), REM sleep duration, nap duration, average heart rate, and average HRV.
- Access the home screen of **Huawei Health** and tap the **Sleep** card to view detailed data.
  On the **Sleep** screen, tap ••• 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 tap the **Sleep** card.

2 Go to ⋮ > **All data** and tap 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, tap the **Sleep** card, swipe up till you reach the bottom of the screen, and tap **Sleep breathing awareness**.

2 When using the feature for the first time, follow the onscreen instructions to activate it. Then, **Sleep breathing awareness** is enabled by default.

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

Viewing data

Go to **Huawei Health** > **Health** > **Sleep**, tap **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.

Enabling/Disabling Sleep breathing awareness

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

Disabling service

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

Pulse wave arrhythmia analysis

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

- All data and results are for reference only, and should not be used as a basis for medical diagnosis. If you experience any discomfort, please seek medical assistance in a timely manner.
- This feature is only available in certain markets. For details, refer to the Huawei official website.

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. After the measurement is complete, the measurement result will be displayed on your wearable device. For details, access the **Huawei Health** home screen and go to **Heart** > **Pulse wave arrhythmia analysis**.

In the device app list, tap **Pulse wave arrhythmia analysis** and then ⓘ at the top to view the feature description.

Enabling automatic measurements and reminders

1. Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**, and tap ⋮ in the upper right corner and then **Automatic measurement**.
2. Toggle the switch for **Automatic arrhythmia detection** on. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state. Toggle the switch for **Arrhythmia alerts** on. 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.
- Alerts will only be sent when the proportion of abnormal results is high from multiple measurements, to avoid unnecessary concerns. The wearable will vibrate, turn on its screen, and display a pop-up alert while you're awake. If it detects that you're asleep, only a pop-up alert will display.

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 tap ⋮ 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 or Suspected A-fib

Disabling the service

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

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. Only one-off measurements are supported.

- This feature is currently only available on HUAWEI WATCH GT 7 Pro.
- This feature is only available in certain markets. For details, refer to the Huawei official website. Actual situation shall prevail.

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** > **Heart** > **ECG**, and follow the onscreen instructions to activate the ECG app.

Measuring your ECG

1 Wear the device properly on your wrist, and select **ECG** from the app list. If this is your first time using this feature, select which hand you're wearing it on.
You can swipe up to access **More** and change the wearing mode.

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 tap ⓘ to check out the result description.
For more details, access the home screen of **Huawei Health** on your phone and go to **Heart** > **ECG**. To download an ECG report (PDF format), tap the measurement record to open the details screen, tap the icon in the upper right corner, and select to save the report.

- Historical data cannot be viewed on the watch.

Result description

- 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.

Heart rate measurement

- 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.

Continuous heart rate monitoring

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮ in the upper right corner. Select **Settings** and make sure that **Continuous heart rate monitoring** is enabled.

2 Set **Monitoring mode** to **Smart** or **Real-time**.

- **Smart**: Automatically adjusts the frequency of measurements all day long depending on your state of activity.
- **Real-time**: Monitors your heart rate in real time all day long, regardless of your state of activity.

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

- Real-time monitoring will increase the device's power consumption, while Smart monitoring is more power-saving.
- The monitoring screen of the device displays the highest and lowest heart rates measured on the current day, such as the data shown in 

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Heart rate alerts

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮ in the upper right corner. Select **Settings**, enable **Continuous heart rate monitoring**, and set **High heart rate alert** and **Low heart rate alert**.

2 Your device will vibrate and display an alert when your heart rate stays above/below your set value for more than 10 minutes while you're resting.

Individual heart rate measurement

Heart rate data from individual measurements will not sync to the **Huawei Health** app.

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮ in the upper right corner. Select **Settings** and disable **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.

High altitude monitoring

High altitude monitoring provides real-time updates on your physical condition in high altitude areas, helping you decide whether to rest or continue exercising. This helps prevent accidents and altitude sickness.

- High altitude monitoring is available at altitudes above 2,500 meters above sea level.
- This is not a medical device. Data is for reference only and should not be used for medical studies, diagnosis, or treatment.
- Before using this feature, enable **Automatic SpO_2**.

Enabling High altitude monitoring on your phone

Once High altitude monitoring is enabled on your phone, continuous health measurements will start on your watch, and you'll be alerted of any detected altitude adaptation decline when you enter a high-altitude area.

To enable this feature, open **Huawei Health**, navigate to the device details screen, and go to **Health monitoring** > **High altitude adaptation**. There, you can enable **Automatic measurements**.

Performing an altitude sickness evaluation on your watch

After entering a high-altitude area,if the device detects a decline in altitude adaptation, rapid altitude changes over a short period, or entry into extremely high-altitude areas (above 4,500 meters), it will prompt you to perform an altitude sickness evaluation. You can choose to proceed with the evaluation or ignore the message.

Alerts for suspected declined altitude adaptation and rapid altitude change are triggered when you're in altitudes between 2,500 and 4,500 meters above sea level.

You can also manually start an altitude sickness evaluation:

1. Press the Up button to enter the app list, and tap **High altitude adaptation**.
2. Tap **Evaluate** and follow the onscreen instructions to complete the self-assessment and SpO2 measurements.
3. Once done, view the result on the High altitude monitoring home screen.

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 perform the following operations:

1. Access the home screen of the **Huawei Health** app, tap the **Cycle Calendar** card, and download the feature package.
   - If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.
2. After the download is complete, set your period data and tap **Get started** to complete the activation.

Recording and viewing your periods on your watch

1. Enter the device app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Tap  next to **Cycle Calendar** to switch between monthly view and ring chart view. On the monthly view screen, swipe left and right to view data of the previous cycle and next three cycles.

2 Tap **Edit** or the icon (depending on your device) to log your **Started** and **Ended**. Swipe up to view more details.

Recording your periods in the Huawei Health app

1 Access the home screen of **Huawei Health**, tap 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, tap ••• in the upper right corner to perform the following settings:

- Tap **Settings** to toggle on or off **Ovulation and fertile window predictions** and other switches as needed, and set **Period length** and **Cycle length**.
- Toggle on the switch for **Use wearable to improve 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.
- Tap **Period records** to view **Avg period** and **Avg cycle**.
- Tap **All data** to view the 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 device app list, swipe up or down until you find **SpO2**, and tap this option.

3 Tap **Measure**. (The actual product interface shall prevail.)

4 Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upward.

Automatic SpO2 measurement

When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This metric is especially important when you're asleep or in high-altitude areas.

1 To enable this feature, open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Automatic SpO_2**, and toggle on **Automatic SpO_2**.

2 Tap **Low SpO_2 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**, tap **SpO_2**, and select a date to view your SpO2 data on that day.

Exercise

Mini-workout

Mini-workouts are simple, short, and effective physical activities that can be performed anytime, anywhere. They include desk stretches, stair climbing, and brisk walking. The goal is to integrate exercise into daily life by efficiently using spare time to help you stay active.

According to the World Health Organization, any level of physical activity, even low-intensity exercise, can benefit your health. It is recommended that you incorporate more mini-workouts in your daily life to activate muscles and joints, promote blood circulation, and improve metabolism, thereby keeping your body active. Consistently engaging in mini-workouts not only helps exercise different parts of your body, but also alleviates health issues caused by insufficient physical activity.

Starting a mini-workout

1 You can start a mini-workout in any of the following ways:

- Set the watch face to **Cute Pets · Mini-workout**, tap in the lower right corner of the watch face to enter the pre-workout screen, and tap GO in the lower right corner to start your mini-workout.
- Enable **Stand** on your device, and when the device displays a Stand reminder, tap GO in the lower right corner to start your workout.
- Enter the app list on your device, go to **Workout** > **Courses and plans** > **Mini-workout**, select an exercise as needed, and tap GO in the lower right corner of the pre-workout screen to start your workout.

- When opening the Mini-workout screen for the first time, follow the onscreen instructions to authorize **Mini-workout service enhancement**.
- To change the exercise on the pre-workout screen, tap in the lower left corner or swipe up on the screen to access the exercise library and select the exercise as needed.

2 Once the workout starts, you can follow the onscreen instructions to exercise.

Enabling/Disabling Mini-workout service enhancement

Mini-workout service enhancement enables you to get smart mini-workout exercise recommendations by collecting data about your mini-workout exercise frequency. You can enable or disable this feature as needed.

To enable or disable **Mini-workout service enhancement**, enter the app list on your device, go to **Workout** > **Courses and plans** > **Mini-workout**, swipe up on the pre-workout screen to access the exercise library, swipe up to reach the bottom, tap **About**, and toggle on or off the switch.

Viewing the number of completed mini-workouts

To view how many mini-workouts you have completed, enter the app list on your device, tap **Activity records**, and check the records under **Today** and **This week**.

Cute Pets · Micro-workouts watch face

- Once you set the watch face to **Cute Pets · Mini-workout**, Huahua the panda will display different animations based on the number of mini-workouts you have completed or the duration of inactivity during the day.
- Completing certain numbers of mini-workouts will unlock new city backgrounds for the watch face.

Workout settings

You can customize workout settings according to your preferences, such as **Goal**, **Reminders**, **Auto-pause**, **Data display**, and **Pin to top**.

- Actual settings may vary depending on the device model and selected workout mode. If a specific setting cannot be found, it means the feature is not supported for your current device or workout mode.

1 Enter the device app list and tap **Workout**.

2 Tap ⋮ next to the workout mode to access the workout settings screen.

- **Goal**
  Tap **Goal** to customize your workout goal based on **Distance**, **Time**, or **Total calories**.
- **Auto-pause when goal is reached**
  Toggle **Auto-pause when goal is reached** on or off based on your preference. When enabled, your workout automatically pauses the moment you reach your preset goal. When disabled, your watch notifies you when the goal is met, but the workout continues without pausing.
- **Reminders**
  Go to **Reminders** > **Interval** to set reminders by **Distance** or **Time**, or select **None** to disable them.
  Go to **Reminders** > **Heart rate**, toggle on **Heart rate**, and then select or customize **Target zone**.

- A reminder will be triggered if your heart rate remains outside your preset range (either too high or too low) for a sustained period.
- Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain markets. 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.

- **Mistouch prevention**
  Tap **Mistouch prevention** and manage features like **Auto-lock screen**.
- **Auto-pause**
  Tap **Auto-pause** to toggle on or off **Auto-pause**. The wearable device will automatically pause the workout if it detects that you have stopped, then resume the workout when you start again.
- **Remove**
  This option removes the workout mode from the **Workout** list.
- **Pin to top**
  This option pins the workout mode to the top of the **Workout** list. You can also pin a mode to the top from the **Workout** list, by holding down on a workout mode and tapping the  icon.

Data display settings on the workout screen

You can customize what type of health and fitness data to display during your workouts, to best suit your needs.

Such custom settings are only available to certain workout modes.

1. Enter the device app list, tap **Workout**, find a desired workout mode (such as **Outdoor run**), and tap ⋮ next to it, to access the settings screen.
2. Tap **Data display**, select the cards you need, and toggle on **Show cards**.
3. Tap **Custom cards**, select a display style (such as 4 cells), and choose the corresponding data (such as heart rate and distance).
4. When the settings are done, you'll be able to swipe up or down on the workout screen to browse selected data cards and view corresponding data during a workout. You can also touch and hold the data displayed on the screen to customize what type of data to display.

- To restore the default settings, navigate to the **Data display** screen and tap **Reset**.
- To disable display of a data card (such as training stress), navigate to the **Data display** screen and toggle off the target switch. The data card will then no longer be displayed on the workout screen.

Using an offline map

After downloading an offline map from the **Huawei Health** app, you can start navigation by tapping **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 positioning functions properly before using the offline map.

Downloading offline maps

Manual download:

1. Open **Huawei Health**, navigate to the device details screen, and tap **Offline maps**.
2. Tap **Regions**, find your target region and the map, and tap **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.
   The Contour lines feature is only available on HUAWEI WATCH GT 7 Pro, and not available on maps of regions in Hong Kong (China), Macao (China), or Taiwan (China).

Auto-download:

- This feature is not available when your wearable device is paired with an iPhone.

1. Open **Huawei Health**, navigate to the device details screen, and tap **Offline maps**.
2. On the **Manage downloads** screen, enable **Auto-cache over WLAN**.
3. Once enabled, the offline map for your current location will be automatically cached and synced to your watch when your watch detects you're in a new city/region and your phone is connected to Wi-Fi.

Deleting an offline map

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

Map settings

1. Press the Up button on your watch to enter the app list, and go to **Settings** > **Workout 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:

Enter the device app list, and tap **Workout**. Swipe up or down on the screen to find and select an outdoor workout, like **Trail run**. On the pre-workout screen, swipe up to access **More** and then select **Routes**.

Starting a workout

Your watch supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports. You can select a workout mode based on your needs.

Starting a workout on your watch

1. Enter the device app list and tap **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 tap **Add** to add other workout modes.
3. Tap the workout icon to start a workout session.
4. During a workout, you can press and hold the Up button to end the exercise. Alternatively, press the Up button to pause, tap  to resume, or tap  to end the workout. During a workout, you can swipe up or down on the screen to view fitness data, and swipe right to quickly access the shortcut settings screen. From there, you can tap  to adjust the volume of workout reminders or tap  to access the workout settings screen.

Starting a workout in the Huawei Health app

1. Double-check that your watch 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 tap the running icon to start your run.
2. During a workout, the fitness data will be displayed on both the **Huawei Health** app and your watch. If the workout distance or duration is too short, the record won't be saved.
3. During a workout, you can tap  on the **Huawei Health** screen to pause, tap  to resume, or hold down on  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

Viewing workout records and workout status

After a workout, you can view your workout records and workout status as follows:

Viewing workout records on your device

1 Enter the device app list and tap **Workout records**.

2 Select a record and view the corresponding details. (You'll see different types of data for different workout modes. Actual display shall prevail.)

Viewing workout records in Huawei Health

On the **Huawei Health** home screen, tap **Exercise records** to view your workout details. (You'll see different types of data for different workout modes. Actual display shall prevail.)

When you start a workout using **Huawei Health** and sync it to your watch, the workout records will only be available in **Huawei Health**.

Viewing workout status

1 Enter the device app list and tap **Workout status**.

2 Swipe up on the screen to view various workout data, such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **VO2Max**, and **Predicted times**. Depending on the workout mode, the data displayed varies. Actual display shall prevail.

Cycling

During cycling, you can calculate the virtual power based on the cycling speed and grade, and record each flat sprint or grade climb with the virtual power, grade linkage, and statistics features.

Make sure that you have updated the Huawei Health app and your watch to their latest versions.

Pairing with cycling accessories

Pairing for the first time

1 Activate the accessory.

2 On your watch, enter the app list, go to **Settings** > **More connections** > **Health & fitness devices**, and tap + to add a device.

3 Go to the next step or tap **Add manually** to select the motion sensor, heart rate strap, speedometers/pedometers, bike trainer, or power meter. Then, find the target device, and follow the instructions to complete the pairing.

Disconnecting from/Reconnecting to a paired accessory

1 On your watch, enter the app list, and go to **Settings** > **More connections** > **Health & fitness devices**.

2 Tap the name of a connected accessory to access the device management screen, and tap **Disconnect**. Tap the name of a paired but currently disconnected accessory to access the device management screen, and tap **Reconnect**.

Virtual power settings

The virtual power is estimated based on the real-time cycling speed, grade, your weight, and more. After cycling, you can view the average virtual power of this session in your exercise records to help you analyze your cycling performance.

Measurements are based on your weight and age. Therefore, before using this feature, make sure your information in **Huawei Health** is correct in **Me** > **Profile**.

1. On your watch, enter the app list, and tap **Workout**.
2. Swipe up or down on the screen to find and tap ⋮ next to **Outdoor cycle** to access the settings screen.
3. Go to **Cycling management** > **Manage bikes** to fill in the vehicle information (such as the vehicle model and weight).

Importing a cycling route

Before your cycling session, import a compatible route file into **Huawei Health** from your phone or one of your past workout records, and sync it to your watch.

1. Open **Huawei Health**, go to **Me** > **My route** > **Import route**, select a downloaded route, and save it to **My route**.
2. Select the target route. Tap ⋮ in the upper right corner, then choose **Send to wearable** to sync the route to your watch.

Starting a cycling session

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

- Before using this feature, make sure that **Display on phone** is enabled. To check or enable this features, tap the ⋮ icon next to **Outdoor cycle**, and toggle **Display on phone** on.
- 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. On your watch, enter the app list, and tap **Workout**.
2. Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**.
3. When using **Outdoor cycle**, you can customize your session directly from the preparation screen.
   - Simply swipe up or down on the right side of the screen to select your vehicle type.
   - Swipe up to access the **More** screen, select **Routes**, choose your route, and begin your workout.

4 Tap GO to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

Viewing cycling data

- Heart rate straps: Connect a strap to your watch, start your workout, and view the heart rate strap's collected data on your watch. Such data is only available when you are exercising, and not supported for pool swims or open water swims. When you are not exercising, the watch's collected data will display.
- Speedometers, pedometers, bike trainers, and power meters: Enter the app list, select **Workout**, tap **Outdoor cycle** or **Indoor cycle**, and swipe up or down on the screen to view cycling data.
- If no power meter or cadence sensor is connected, go to **Huawei Health** > **Exercise records** after cycling, to view the virtual power, grade linkage, virtual cadence, and more.

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.

To use these features, make sure that you have updated **Huawei Health** and your watch to their latest versions. Segment-based navigation is a Trail run feature only available on certain watch models. If the option cannot be found on your watch, it indicates feature unavailability. Actual display shall prevail.

Workout settings

1 Press the Up button to enter the app list, and tap **Workout**.

2 Swipe up or down on the screen to find and select **Trail run**. Tap ⋮ to access the settings screen.

- Tap **Goal** and set targets for distance, time, and total calories burned.
- Tap **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.
- Tap **Data display** and set the data to be displayed on the workout screen.

  You can set the data to be displayed on the screen, such as heart rate, pace, grade, and altitude trend. Actual display may vary depending on the device.
- Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

Importing a route for Trail run

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

If the imported route contains checkpoints and altitude data, an altitude curve chart and segment-based navigation data will be displayed during the workout.

The altitude curve chart feature is only available on HUAWEI WATCH GT 7 Pro.

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, then tap **Transfer to wearable** at the bottom of the screen to sync the route to your watch.

Starting a Trail run session

1 Press the Up button to enter the app list, and go to **Workout** > **Trail run** to enter the pre-workout screen.

2 Swipe up to access **More** and then tap **Routes**.

3 Select your route. Tap **Go exercise** and then GO to start the run.

4 Swipe up or down the screen to view your fitness data.

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**. Tap 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 tap **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. Tap **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.

Once you import a route to your watch, you can start your run phone-free.

Sharing your RouteDraw records

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

2 Tap the share icon in the upper right corner to share your RouteDraw record 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 tapping **Delete** below it. You can also hold down on a route, tap **Select all** above it, and tap **Delete** to remove all routes.

Golf mode

- This feature is currently only available on HUAWEI WATCH GT 7 Pro.
- To use the automatic course map download feature, update your wearable device and **Huawei Health** app to their latest versions.

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 your watch to enter the app list, and go to **Workout** > **Golf**.

2 Select **Driving range** and tap 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

Golf course maps are only available for certain regions or courses. If no nearby course is found after you go to **Golf** > **Course mode** > **Nearby** on your watch, or if the course is not displayed in **Huawei Health** > **Exercise** > **Golf** > **Course map**, it indicates feature unavailability.

1 Press the Up button on your 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 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 tap 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 a green view, and check out the green direction (in **Data display**) and information on the data screen.
The fairway panoramic view supports vector maps. You can also:

- Tap the fairway map to enter the distance measurement screen. Rotate the watch crown to zoom in or out the map. Or drag the map background to view the map outline.
- Tap an obstacle on the fairway map to enter the obstacle distance measurement screen. You can then switch between the obstacle outline and the distances to both the front and back of the obstacle.
- Tap **Back** at the bottom to return to the home screen.

5 During the golf session, tap **View scorecard** to view your scores, **Pause** to temporarily save the game, or **End** to end the session and save your workout record. You can also press and hold the Up button to end the workout at any time.

More settings for Course mode

Course mode settings differ by device model. If a specific feature setting cannot be found on your device, it indicates setting unavailability.

1 Press the Up button on your watch to enter the app list, and go to **Workout** > **Golf**.

2 Select **Course mode**, and tap the ⋮ icon to access the configuration screen, where you can:

- Tap **Manage courses**. From there, you can hold down on a map to delete it directly, or tap on a map to open the map screen to delete it. You can also easily check for updates by tapping **Check** to see if a new version of the map available.
- Enable or disable **Mistouch prevention** to suit your needs.
- Tap **Unit** to change the unit.
- Set **Tee reference line**.
- Toggle on or off the switches (such as the switch for green direction) on the **Data display** screen in a golf session.

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 tap **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, tap the hole number tab at the top of the home 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 on your watch after the session ends.

Downloading or deleting a course

Manual download:

To use this feature, first update the **Huawei Health** app to its latest version. The downloaded courses will be automatically synced to your watch when it is properly connected to your phone.

1 Go to **Huawei Health** > **Exercise** > **Golf** and tap **Course map**.

2 On the **Discover** tab, select your target course, and tap **Download**.

3 Once the download is complete, tap the course to enter the course details screen. Tap ⋮ in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.

Auto-download:

- Auto-download is not available when your wearable device is paired with an iPhone.

1 Go to **Huawei Health** > **Exercise** > **Golf** and tap **Course map**.

2 On the **Watch maps** screen, tap the ⋮ icon in the upper right corner, choose **Auto-cache nearby courses**, and enable **Cache nearby courses automatically via WLAN**.

3 Once enabled, maps of nearby golf courses will be automatically downloaded and synced to your watch when your watch detects you're in a new city/region and your phone is connected to Wi-Fi.

Stay Fit app

The app helps set a science-based, personalized 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 On your watch, enter the app list, and tap **Stay Fit**. When using this feature for the first time, follow the onscreen instructions to complete the authorization.

2 Follow the onscreen instructions to set up the app. Then you'll be able to enter the home screen of the **Stay Fit** app.

- If no weight data has been entered, follow the onscreen instructions to fill in the relevant information to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you.
- If you have set your current weight and target weight via the **Huawei Health** app, such data will automatically sync to your watch.

Resetting your goal

1 Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Goal**.

2 Tap **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. Enter the watch's app list, and tap **Stay Fit**.
2. Swipe right on the app's home screen, tap **Record weight**, and note down your current weight.

Recording your diet

1. Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Today's intake** to check today's total intake.
2. Tap **Quick add** to record your diet.
   Tap **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 **Diet log** screen. You can then view your diet data on your phone's **Diet log** screen or your watch's **Today's intake** screen.

Workout

1. Enter the watch's app list, and tap **Stay Fit**.
2. Swipe right on the screen, and tap **Today's calories burned**, where you can view your today's **Burned (kcal)**, **Resting**, and **Active**.
3. Swipe up on the screen, tap **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.

More settings

1. Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **More settings**.
2. Enable or disable **Sync goals** to suit your needs. Once disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

1. Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **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.

Diving mode

This feature is currently only available on HUAWEI WATCH GT 7 Pro.

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

Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized 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** > **Apnea training**, and follow the onscreen instructions to start training.

Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea 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** > **Apnea test**, and follow the onscreen instructions to start a test. When you feel the first contraction, press the Down button to record it.

Freediving

1. Press the Up button on your watch to enter the app list, and go to **Workout** > **Dive**.
2. Tap the ⋮ icon on the right to **Freedive** to set reminders, alarms, water type, notification methods, and mistouch prevention.
3. On the **Dive** screen, select **Freedive**. On the preparation screen, tap the start icon (or press the Down button) to start the workout.
4. Press and hold the Up button to end the workout.

Auto-detect dive settings

1. Press the Up button on your watch to enter the app list, then go to **Workout** > **Dive**.
2. Tap the ⋮ icon on the right to configure the following preferences:
   - **Auto-start dive**: Toggle this on and set **Auto-start depth**. When enabled, your watch automatically launches a dive session and records data the moment you submerge past your preset depth.
   - **Auto-end dive**: Toggle this on and set **Surface delay time**. When enabled, your watch automatically ends the session after you surface and remain above water for the specified duration.

Diving records

From the **Huawei Health** home screen, tap **Exercise records**, and select a dive log. Tap **Dives**, **Charts**, or **Details** to review your data.

On the **Charts** screen, you can view your exact depth at a given timestamp.

Activity rings

Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. The device will record data and encourage you to reach your goals throughout the day. This will help you develop healthy habits and stay active.

To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.

Editing goals and setting reminders

You can edit the goals for Activity rings for practical use and better achievement.

On your phone:

On the **Huawei Health** home screen, tap the **Activity rings** card, and tap ⋮ in the upper right corner to perform the following operations:

- Tap **Edit goals** to set **Move**, **Exercise**, and **Stand**.
- Tap **Reminders** to enable or disable **Stand**, **Progress**, and **Goal reached**.

On your wearable device:

In the device app list, tap **Activity records** to perform the following operations:

- Swipe up on the Activity rings home screen to access the last screen, then tap **Activity rings settings** to toggle **Stand reminders**, **Progress** and **Goal reached**.
- Swipe right on the Activity rings home screen to access the **More** screen, and tap **Edit goals** to set your goals for **Move**, **Exercise**, and **Stand**.

Viewing activity records

On your phone:

Go to the **Huawei Health** home screen, and tap the **Activity rings** card. Access the activity record details screen to view **Move** and **Exercise** by date.

On your wearable device:

In the device app list, tap **Activity records** to perform the following operations:

- Swipe right on the Activity rings home screen to access the **More** screen, where you can view **Weekly stats** and **Activity records**.
- Swipe up on the Activity rings home screen to view data of **Today**, **Move**, **Exercise**, **Stand**, etc.

: **Move** measures the active calories, which are burned in addition to the calories you burn at rest. In a single workout, active calories will be less than total calories burned. For example, you may burn 300 kcal in total, but your active calories might be 260 kcal. All kinds of movement, from doing household chores to competing in sports, can help you reach your Move goal.

: **Exercise** refers to the total duration of moderate- and high-intensity exercise you've engaged in today. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise per week. Try doing activities that increase your heart rate and rate of breathing. Strength training can improve cardio endurance and performance.

: **Stand** refers to the number of hours you are active during the day. If you're physically active for at least one minute during a one-hour period, that hour will be counted towards this goal. Increased activity is good for your health. WHO research shows that an inactive lifestyle may increase the risk of type 2 diabetes, obesity, and depression.

Smart suggestions

The feature recommends suitable fitness suggestions and types in the **Activity records** app, and provides personalized smart suggestions.

In the device app list, tap **Activity records**, swipe up to the last screen, and go to **About** > **App description** to enable or disable **Smart suggestions**.

Suggestions are based on your usage scenarios and workout preferences, and will improve as you use the feature. You can also tap **Change** to see other suggestions.

Wheelchair mode

- To use this feature, first update your wearable device and **Huawei Health** on your phone to their latest versions.
- Wheelchair mode is only supported in certain countries/regions. If **Wheelchair** cannot be found on your device, it indicates feature unavailability.

Enabling Wheelchair mode

On your phone:

Open the **Huawei Health** app, navigate to the device details screen, tap **Device settings**, and toggle on **Wheelchair**.

On your wearable device:

In the device app list, tap **Activity records**, swipe up to the last screen, and tap **Activity rings settings** to enable **Wheelchair**.

On the **Activity rings settings** screen, you can also enable or disable **Roll reminders**, **Progress**, and **Goal reached**.

You can also swipe right on the Activity rings home screen to access the **More** screen, and tap **Edit goals** to set your goals for **Move**, **Exercise**, and **Roll**.

You can also go to the **Huawei Health** home screen on your phone, tap the **Activity rings** card, and tap ⋮ in the upper right corner to set reminders and goals.

Viewing activity records

In the device app list, tap **Activity records** to view data such as **Move** and **Exercise**.

You can also go to the **Huawei Health** home screen on your phone, and tap the **Activity rings** card to view more details.

: **Move** measures the active calories, which are burned in addition to the calories you burn at rest. In a single workout, active calories will be less than total calories burned. For example, you may burn 300 kcal in total, but your active calories might be 260 kcal. All kinds of movement, from doing household chores to competing in sports, can help you reach your Move goal.

: **Exercise** refers to the total duration of moderate- and high-intensity exercise you've engaged in today. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise per week. Try doing activities that increase your heart rate and rate of breathing. Strength training can improve cardio endurance and performance.

: **Roll** refers to the number of hours you are active during the day. If you're physically active for at least one minute during a one-hour period, that hour will be counted towards this goal. Increased activity is good for your health. WHO research shows that an inactive lifestyle may increase the risk of type 2 diabetes, obesity, and depression.

Rolling

- When **Wheelchair** is enabled, you can select **Rolling** from the workout list.

1. Enter the device app list and go to **Workout** > **Rolling**.
2. Tap GO to start the workout.
3. During a workout, you can swipe up or down on the screen to view fitness data.

   You can also swipe right to perform settings, or tap to pause, tap the to resume, and tap to end the workout.

You can tap **Workout records** in the app list to view more workout records.

More

Managing apps

- To use this feature, first update **Huawei Health** on your phone to its latest version.
- This feature is available only in specific countries/regions when paired with an iPhone. If **AppGallery** isn't available on the device details screen of the **Huawei Health** app on your phone, this feature isn't supported.

Installing apps

1 Open **Huawei Health**, navigate to the device details screen, and tap **AppGallery**.

2 Select a desired app from the **Apps** list and tap **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 tap **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 tap **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 tap **App Gallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.

On your watch

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

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:
   - Tap an app card to visit the app details screen.
   - Hold down on an app card and swipe up, to clear the app.
   - Tap  to clear all running apps.

If you're amid a workout session, the Workout app can't be cleared.

Charging

Precautions for charging

- It is recommended that you use a HUAWEI charging cradle and power adapter purchased from an official Huawei sales outlet, or a charging cradle and power adapter that comply with relevant safety regulations and standards, when charging your device. Other power adapters 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. If the charging cradle is connected to the USB port of other devices (such as a PC, docking station, or multi-port charger), your watch may be unable to be charged or charge slowly. 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%, this means that your device is fully charged and has automatically stopped charging. However, it won't send an alert. Remove the device from the charging cradle and disconnect the power adapter. Otherwise, the battery level may decrease a while later before recharging to capacity.
- The watch uses a lithium-ion battery. There is no need to charge and discharge battery multiple times to activate it when you use the watch for the first time.
- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

Checking the battery level

Method 1: Swipe down on the device home screen to show the Control Panel, 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: Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

- The battery level can only be viewed on certain watch faces.
- When the battery level is too low, your device will vibrate to alert you and suggest immediate charging.

Charging your watch

1. Connect the charging cradle, 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 appear on the device screen.

Bluetooth earphone connection

You can use your Bluetooth earphones for music and audio listening after connecting the device to your watch.

Via watch system Settings

1. Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.
2. On your watch, enter the app list, and go to **Settings** > **Bluetooth**.
3. Select the target Bluetooth earphones, and initiate the connection as prompted.

Via the watch-based Music app

1. Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.
2. On your watch, enter the app list, tap **Music**, and go to  > **Pair** on the playback screen.
3. Select the target Bluetooth earphones, and initiate the connection as prompted.

Updates

On your wearable device

- Updates are not supported on the wearable device when 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 Your device will check for any available updates. Then follow the onscreen instructions to update your device.

On your phone

Manual update:

1 Open **Huawei Health**, navigate to the device details screen, and tap **Firmware update**.

2 Your phone will check for any available updates. Then follow the onscreen instructions to update your wearable device.

Automatic update:

1 Open **Huawei Health**, navigate to the device details screen, and tap **Firmware update**.

2 Tap the  icon in the upper right corner and toggle on **Auto-download over Wi-Fi** and **Auto-install updates and restart the device when it's not in use**.

3 Once enabled, new versions will be automatically pushed to your device.

User Guide Instructions

- The information in this guide, such as the device color, size, and display details, is provided for reference purposes only.
- The images shown are for illustration purposes. Actual features and interface may differ based on your device model, software version, or connected phone.