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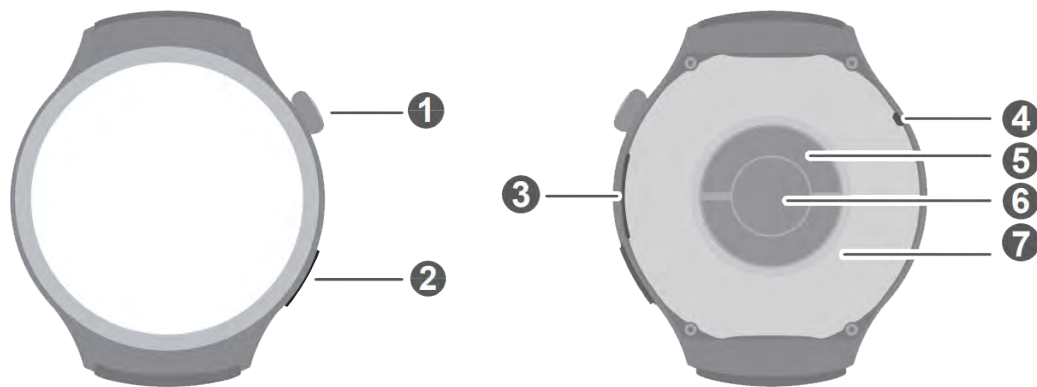
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# Getting Started

## Appearance



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

## Button features and touch operations

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


### Up button

Operation	Feature
Rotate	<ul style="list-style-type: none"><li>• In <b>Grid</b> mode, zooms in and out on apps in the app list screen.</li><li>• In <b>List</b> mode, swipes up and down in the app list and details screens.</li><li>• Swipes up and down on the screen after you open an app.</li></ul> <p><b>i</b> To enter <b>Grid</b> or <b>List</b> mode, go to <b>Settings &gt; Watch face &amp; home &gt; View</b>.</p>

Operation	Feature
Press	<ul style="list-style-type: none"> <li>• Turns on the screen.</li> <li>• Takes you to the app list screen from the home screen.</li> <li>• Returns you to the home screen.</li> <li>• Mutes incoming Bluetooth calls.</li> </ul>
Double-press or press multiple times	<ul style="list-style-type: none"> <li>• Double-press to view all running apps when the screen is on.</li> <li>• Press five times consecutively to launch emergency SOS.</li> </ul>
Press and hold	<ul style="list-style-type: none"> <li>• Powers on the watch.</li> <li>• Takes you to the restart/power off screen.</li> <li>• Forcibly restarts the watch when the button is held for at least 12 seconds.</li> </ul>

 Operations differ during calls and workouts.

### Down button

Operation	Feature
Press	<p>Displays the Workout, Health Glance, and Phone apps by default. You can also customize what the Down button does, by performing the steps below:</p> <ol style="list-style-type: none"> <li>1 Press the Up button to enter the app list, and go to <b>Settings &gt; Down button</b>.</li> <li>2 Select an app and customize the Down button feature. Touch the Settings icon to add an app or remove the app for customization.</li> <li>3 Once you finished customizing, return to the home screen and press the Down button to access the customized apps, and select one as needed.</li> </ol> <p> <ul style="list-style-type: none"> <li>• This feature is available only when the watch works in Standard mode.</li> <li>• You can customize the Down button feature to access a maximum of three apps.</li> </ul> </p>

 Operations differ during calls and workouts.

### Touch operations

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	Changes the watch face when the watch home screen is displayed. Accesses the card management screen when a card is displayed.

Operation	Feature
Swipe up	Views notifications (when swiping up on the watch home screen).
Swipe down	Views the shortcut menu and status bar (when swiping down on the watch home screen). <ul style="list-style-type: none"> <li>You can enable or disable <b>Do Not Disturb</b> and <b>Sleep</b> from the shortcut menu.</li> <li>You can view the remaining battery power and Bluetooth connection status in the status bar.</li> </ul>
Swipe left	Views the watch feature cards (when swiping left on the watch home screen).
Swipe right	Enters the HUAWEI Assistant·TODAY screen (when swiping right on the watch home screen). Returns to the previous screen (when swiping right on any app's screen).

### Turning off the screen

- Lower your arm or rotate your wrist outwards, or use your palm to cover the watch face screen.
- The watch will automatically sleep without operation for a period of time.


## Pairing with an EMUI/Android phone

### 1 Install the **Huawei Health** app (.

If you have already installed the **Huawei Health** app, go to **Me > Check for updates** and update it to the latest version.

If you haven't yet installed the app, go to your phone's app store and download and install the app. You can also scan the QR code below to download and install the app.




- Open the **Huawei Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- Power on your wearable device, select a language, and start pairing.
- Place your wearable device close to your phone. Open the **Huawei Health** app, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.


Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.

- 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **Allow**.
  - 6 When a pairing request displays on the wearable device, touch **√**, and follow the onscreen instructions on the phone to complete the pairing.
- i** After the pairing is complete, if you are using a non-Huawei phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents the **Huawei Health** app from being cleared from the background.

## Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, please update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and download and install the app. You can also scan the QR code below to download and install the app.











- 2 Open the **HUAWEI Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing.
  - a Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and then touch **Add device**. Select the wearable device that you would like to pair, and touch **LINK**.  
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.
  - b When the pairing request appears on your wearable device, touch **√**. When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**.  
Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.
  - c Wait a few seconds for the **HUAWEI Health** app to display a message indicating that the pairing has been successful. Touch **Done** to complete the pairing.




## Icons

- i** Icons may vary depending on the product model.

### Level-1 menu

<b>Remote shutter</b> 	<b>Workout records</b> 	<b>Workout status</b> 	<b>Breathing exercises</b> 	<b>SpO2</b> 	<b>Activity records</b> 
<b>Sleep</b> 	<b>Stress</b> 	<b>Heart rate</b> 	<b>Music</b> 	<b>Workout</b> 	<b>Notifications</b> 
<b>Weather</b> 	<b>Cycle Calendar</b> 	<b>Settings</b> 	<b>Stopwatch</b> 	<b>Timer</b> 	<b>Alarm</b> 
<b>Find Phone</b> 	<b>Health clovers</b> 	<b>Flashlight</b> 	<b>Phone</b> 	<b>Compass</b> 	<b>Barometer</b> 
<b>Contacts</b> 	--	--	--	--	--
<b>Notepad</b> 	<b>Health Glance</b> 	<b>ECG</b> 	<b>Petal Maps</b> 	--	--

### Bluetooth connection status

<p>Disconnected from the phone's Bluetooth and the Huawei Health app</p> 	<p>Connected to the phone's Bluetooth and the Huawei Health app</p> 	<p>Connected to the phone's Bluetooth but disconnected from the Huawei Health app</p> 
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## Standalone communications on your watch

### Activating eSIM One Number service

The eSIM One Number service allows you to add the watch as an eSIM auxiliary device of your phone and enables the watch to share your phone's number (primary number), voice plan, and data plan.

## Activating eSIM Standalone Number service

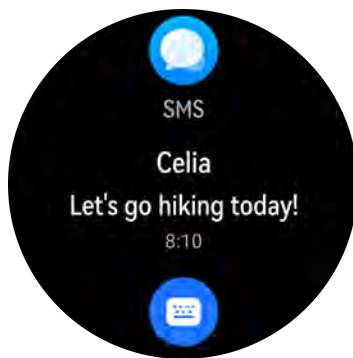
The eSIM Standalone Number service means that the watch has a standalone number and can be connected to the cellular mobile network. It has an independent tariff package with allowances for SMS messages, calls, and data. You can make calls, and send and receive SMS messages on the watch.

For details about how to activate the eSIM service for your watch, see "Carriers and regions that support the eSIM service".

## Convenient experience on your watch

### Sending and receiving SMS messages

The watch can send and receive SMS messages with the eSIM Standalone Number service. Press the Up button on the watch to enter the app list, touch **Notifications**, touch **+**, select a recipient, write your message, and touch **Send**.



### HUAWEI Assistant•TODAY

Swipe right on the watch home screen to enter HUAWEI Assistant•TODAY screen. The HUAWEI Assistant•TODAY screen makes it easy to view weather forecast and other information.

### Finding your phone using your watch

When the watch is connected to your phone via Bluetooth, enter the shortcut menu screen, and touch **Find Phone** (📱). Your phone will play a ringtone to help you locate it.

## Obtaining health information on your watch

### Activity rings

Activity rings track your daily physical activity and help you see if you are reaching your goals. They display three types of measurements: Move, Exercise, and Stand. Reaching your goals for all three rings will help you lead a healthier life.






## Health Glance

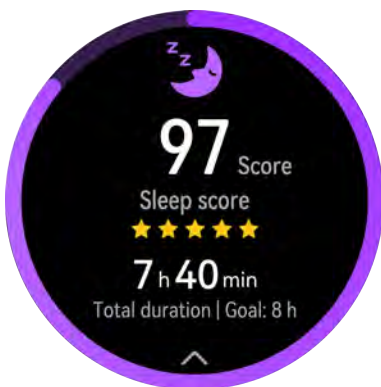
Health Glance tracks multiple key indicators all at one time, including the heart rate, ECG, SpO2, and stress



## Sleep monitoring

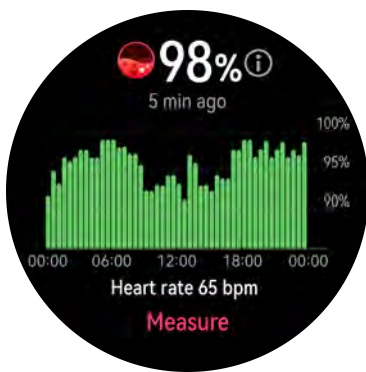
Make sure that you are wearing your watch in the correct manner. Your watch will automatically record your sleep duration, and identify whether you are in deep sleep, light

sleep, or awake. Press the Up button on your watch to enter the app list. Touch **Sleep** (  ) to view the night sleep and nap data record of the current day.



## Measuring SpO2

SpO2 is the percentage of oxygen saturated hemoglobin (HbO2) relative to the total hemoglobin (Hb) in the blood. It is important for body functions and therefore an important physical indicator. You can use the watch to measure your SpO2 as needed.



## Basic settings on your watch

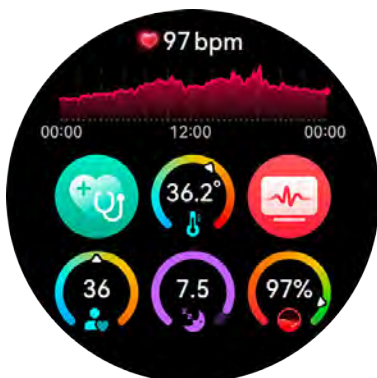
### Changing the watch face

The watch face store provides a diverse range of watch faces for you to choose from. To change the watch face, touch and hold anywhere on the home screen until the home screen zooms out and shows a preview, swipe left or right to select your preferred watch face, and swipe up on the screen and touch **Remove** to delete it.



### Customizing service widgets

You can customize service widgets to suit your needs. Swipe left on the watch home screen to enter the widget screen. Touch and hold any widget, touch the Settings icon at the bottom of the widget, and touch another widget to replace the earlier one.



### Customizing the Down button feature

The Down button feature can be customized to help you select and access a frequently-used app. Press the Up button to enter the app list, go to **Settings** > **Down button**, select an app

and customize the Down button feature. Once you finished customizing, return to the home screen and press the Down button to open the app.



### Returning to ongoing apps

On the watch face screen, you can view the device status such as Do Not Disturb and Sleep mode, and return to ongoing apps as well. The returning to the ongoing apps feature allows you to return to your ongoing task, whether it's a call, workout, stopwatch, or timer, by touching the icon on the top of the watch face. To enable or disable this feature and the display of device status on the watch face, go to **Settings > Watch face & home > Display task statuses**, and toggle on or off the switches on the right of **Tasks in progress** and **Device status**.



### Ultra-long Battery Life mode

Your watch can switch between Standard mode and Ultra-long Battery Life mode. To enable Ultra-long Battery Life mode, go to **Settings > Battery** on your watch, swipe up on the screen, and toggle on the switch on the right of **Ultra-long Battery Life**. Note that you can't install or use third-party apps in Ultra-long Battery Life mode. To disable this mode, swipe down on the watch home screen, touch **Standard mode**. Go to **Settings > Battery** to view the power consumption ranking of apps on your watch, and enable the Ultra-long Battery Life mode as needed.

### Enabling health monitoring


To better monitor your health, open the **Huawei Health** app on your phone, go to the device details screen, touch the **Health monitoring** card, and toggle on or off the switches for **HUAWEI TruSleep™**, **Activity reminder**, and **Continuous heart rate monitoring** as needed.

## Setting ringtone

You can set the ringtone, ringtone volume, and vibration strength of your watch as needed. Press the Up button on the watch to enter the app list, go to **Settings > Sounds & vibration**, and set the related items.


## Connecting your watch to the Internet

The watch can access the Internet via Wi-Fi, via a connected phone, or via an eSIM mobile network if the eSIM service is activated. The watch will switch between these methods in the following order to use the best possible network:

- 1 If the watch is connected to your phone via Bluetooth, the watch will use the phone's network to save battery power.
  -  If you are using an iPhone, the watch cannot use the iPhone's network via Bluetooth.
- 2 If the Bluetooth connection fails or disconnects, the watch will use the connected Wi-Fi network.
- 3 If the Bluetooth connection between the watch and the phone disconnects and the Wi-Fi network is unavailable, the watch will then use the eSIM mobile network.


### Connecting to the Internet via Bluetooth

If the watch is connected to the phone using the **Huawei Health** app and the app is running in the background, the watch will use the phone's network by default.


-  This feature is currently not supported on iPhones.

### Connecting to the Internet via Wi-Fi

If the watch is connected to the Internet via Wi-Fi, you can make MeeTime calls on your watch when you are not carrying the phone.

- 1 Press the Up button on your watch to open the app list, go to **Settings > Wi-Fi**, and turn on the Wi-Fi switch. The watch will then automatically scan for available Wi-Fi networks.
- 2 Touch the Wi-Fi network you want to connect to, enter the password, and touch **Connect**.
  -  The watch only supports a 2.4 GHz Wi-Fi network.

### Connecting to the Internet via an eSIM

-  To connect to the Internet via an eSIM, you need to enable the eSIM service first.

Press the Up button on your watch to open the app list, go to **Settings > Mobile network > Mobile data**, and turn on the switch for **Mobile data**.

### Ignoring the connected Wi-Fi network

- 1 Press the Up button on your watch to open the app list and then go to **Settings > Wi-Fi**.
- 2 Select the connected Wi-Fi network and touch **Forget**.

## Airplane mode

When taking a flight, enable **Airplane mode** as required by the airline. After **Airplane mode** is enabled, your watch will disable Bluetooth, Wi-Fi, and the mobile network.

You can enable or disable **Airplane mode** using either of the following methods:

- Swipe down from the top of the home screen to open the shortcut menu, and touch the Airplane mode icon to turn it on or off.
- Press the Up button on your watch to open the app list, go to **Settings > Mobile network**, and enable or disable **Airplane mode**.

## Carriers and regions that support the eSIM/VoLTE service

The watch supports the eSIM service (One Number service and Standalone Number service).

⊘ To ensure better call experience and normal call service when there is no 3G network, it is recommended that you contact your carrier to enable VoLTE.

- **eSIM One Number service:** This service allows you to add the watch as an eSIM auxiliary device of your phone and enables the watch to share your phone's number (primary number), voice plan, and data plan. You will then be able to make calls and browse on the watch.
- **eSIM Standalone Number service:** This service means that the watch has a standalone number and can be connected to the cellular mobile network. It has an independent tariff package with allowances for SMS messages, calls, and data.

### Device support

One Number Service	Standalone Number Service
HUAWEI WATCH 3 Series and HUAWEI WATCH 4 Series	HUAWEI WATCH 4 Series, and HUAWEI WATCH 3 Series (the service available only in Italy)

### Support from carriers

The support for the eSIM service depends on your country/region and carrier.

- **i** The eSIM service type depends on the specified carrier.
  - For details about how to activate the eSIM service, visit Huawei's official website, select a product, and then select **Product Support**.
  - Yes for some public land mobile networks (PLMNs)\*: Update your watch to the latest version. Some carriers have multiple PLMNs. Contact the vendor or your carrier to check whether VoLTE is supported.

### Carriers that support the eSIM service

Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
Estonia	elisa	Yes	Yes
	Tele2	Yes	No
	EMT	Yes	Yes

Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
Austria	3 AT	Yes	Yes for some PLMNs*
	bob	Yes	Yes
	T-Mobile A	Yes	Yes for some PLMNs*
	telering	Yes	Yes for some PLMNs*
	Ge org!	Yes	No
	ventocom	Yes	No
	yesss!	Yes	Yes
	A1	Yes	Yes
	Mass	Yes	Yes
Bulgaria	A1 BG	Yes	Yes
	VIVACOM	Yes	Yes
	Telenor BG	Yes	Yes
Croatia	VIPNET	Yes	Yes
	bonbon	Yes	Yes
	HT HR	Yes	Yes for some PLMNs*
Czech Republic	O2	Yes	Yes
	T-Mobile CZ	Yes	Yes for some PLMNs*
	Vodafone CZ	Yes	Yes
Finland	elisa	Yes	Yes for some PLMNs*
	Telia FI	Yes	Yes
	DNA	Yes	Yes for some PLMNs*
Latvia	Tele2	Yes	No
	Bite	Yes	No
	LMT	Yes	Yes
Hungary	Telekom HU	Yes	Yes
	Telenor HU	Yes	Yes
	vodafone HU	Yes	Yes
Greece	GR COSMOTE	Yes	Yes

Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
South Africa	MTN SA	Yes	Yes
	Vodacom SA	Yes	Yes
Malaysia	MY MAXIS	Yes	Yes
	MY CELCOM	Yes	Yes
	Digi	Yes	Yes
	U Mobile	Yes	Yes
Republic of the Philippines	GLOBE	Yes	Yes
Russia	Beeline	Yes	Yes
	MegaFon	Yes	Yes
	MTS-RUS	Yes	Yes
Belarus	life:) BY	Yes	No
	velcom	Yes	Yes
	MTS.BY	Yes	Yes
Portugal	NOS	Yes	Yes
	MEO	Yes	Yes
Oman	Oman Mobile	Yes	Yes
	Ooredoo	Yes	Yes
France	Orange F	Yes	Yes for some PLMNs*
	F SFR	Yes	Yes
	Free	Yes	Yes
	Bouygues Telecom	Yes	Yes
UK	EE	Yes	No
	O2	Yes	No
	vodafone UK	Yes	No
Germany	1&1	Yes	Yes
	congstar GmbH	Yes	Yes
	Telekom.de	Yes	Yes
	O2	Yes	Yes for some PLMNs*



Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
	Vodafone.de	Yes	Yes
Italy	Wind3	Yes	No
	vodafone IT	Yes	Yes
	TIM	Yes	Yes
	Very Mobile	Yes	No
Spain	vodafone ES	Yes	Yes for some PLMNs*
	Movistar	Yes	Yes for some PLMNs*
	Orange	Yes	Yes
Lithuania	Bite	Yes	Yes
	Tele2 LT	Yes	No
Slovakia	O2	Yes	Yes
	Telekom SK	Yes	Yes for some PLMNs*
	Orange	Yes	Yes for some PLMNs*
Slovenia	A1 SI	Yes	Yes
	Mobitel	Yes	Yes
	Telemach	Yes	Yes
	T-2	Yes	No
Serbia	Vip mobile	Yes	No
	mts	Yes	No
	Telenor	Yes	No
	Globaltel	Yes	No
Sweden	Telia	Yes	Yes
	Telia SE	Yes	No
	Telenor SE	Yes	No
Norway	Telenor	Yes	Yes
	Telia	Yes	Yes
	One Call	Yes	Yes
Türkiye	Turk Telekom	Yes	Yes for some PLMNs*

Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
	TURKCELL	Yes	Yes
	VODAFONE TR	Yes	Yes
Poland	T-Mobile.pl	Yes	Yes for some PLMNs*
	Plus	Yes	Yes
	Orange	Yes	Yes
Romania	Vodafone RO	Yes	Yes
	rain	Yes	Yes
	ORANGE	Yes	Yes
Saudi Arabia	Zain KSA	Yes	Yes
	Mobily	Yes	Yes for some PLMNs*
	STC KSA	Yes	Yes
	Virgin Mobile	Yes	No
	RedBull	Yes	No
	Salam	Yes	No
	Lebara	Yes	No
Kuwait	VIVA KW	Yes	Yes
	ooredoo	Yes	Yes
Bahrain	Batelco	Yes	Yes
	STC	Yes	Yes
	Zain BH	Yes	Yes
Vietnam	Mobifone	Yes	No
	VIETTEL	Yes	Yes
	Vinaphone	Yes	No
UAE	du	Yes	Yes for some PLMNs*
	etisalat	Yes	Yes for some PLMNs*
	VIRGIN	Yes	Yes for some PLMNs*
Macao (China)	CTM	Yes	Yes
Hong Kong (China)	3 HK	Yes	Yes for some PLMNs*

Country or Region	Supported Carrier	eSIM	Your Watch Supports VoLTE or Not
	SmarTone HK	Yes	Yes
	CSL	Yes	Yes for some PLMNs*
	CMHK	Yes	Yes for some PLMNs*

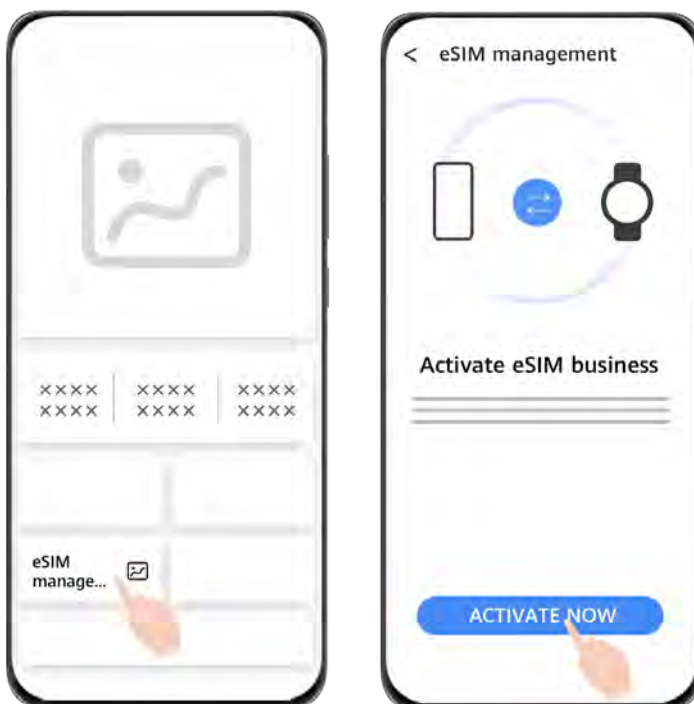
## Activating the eSIM service

### Requirements

- Your SIM card must be the primary card (default card) in order for it to be enabled with the eSIM One Number service.
- The watch must be connected to your phone via Bluetooth and your phone must be able to access the Internet.
- The battery level of the watch is higher than 20%.
- If you are using an iPhone, connect the watch to a Wi-Fi network first.

### Activation

- 1 Connect the watch to your phone using the Huawei Health app.
- 2 Go to the device details screen, go to **eSIM management > One number, two devices > Activate** or **eSIM management > Standalone number > Activate**, select the SIM card or carrier, and touch **Continue**.



- 3 Follow the onscreen instructions to activate the service by scanning the QR code of your carrier. Enter the verification code sent by your carrier if necessary.

4 The eSIM service will be automatically activated after the account information is downloaded and configured for the first time.


-  Do not perform any operations on the watch when the eSIM service is being activated.

## Making calls on your watch


The watch supports making Bluetooth calls and eSIM calls in different situations.


When the watch is connected to your phone via Bluetooth, you can use the watch to make or answer calls through your phone number.

If the Bluetooth connection disconnects and the eSIM service is activated for the watch, you can make or answer calls through the eSIM number that has been activated on the watch.

-  The support for call forwarding by the eSIM One Number service varies depending on the region. For details, consult with the local customer service personnel of your carrier.

### Answering/Ending a call on your watch


-  To use the eSIM service on the watch, you need to wear your watch and disable **Auto-disable network** by going to **Settings > Battery**, swiping up on the screen, and going to **Power saving > Auto-disable network**.
  - When you use the eSIM service on the watch, the blocklist feature is not supported.

**Answer a call:** When you receive an incoming call, your watch will notify you and display the caller's information. Touch  to answer the call.

**End a call:** Touch  to end the call.


If you are not on the call screen, touch the Phone icon on the top of the home screen to return to the call screen.

### Making a call on your watch

-  When the Standalone Number service is enabled and your watch is connected to the eSIM mobile network, you can use the eSIM card or the SIM card of your phone to make a call if the watch is connected to your phone via Bluetooth. When the watch is not connected to the eSIM mobile network, use the SIM card of your phone to make a call. When your watch is disconnected from the phone, use the eSIM card to make a call.
  - MeeTime is only supported in certain countries or regions. For details, contact the official customer service.

You can make a call in one of the following ways:

- Using the voice assistant: Press and hold the Down button on your watch to wake up the voice assistant and say:
  - "Call Zichen."

- "Dial 950800."
- Press the Up button on the watch to enter the app list, touch **Contacts**, and select the contact you want to call.
  - Making a MeeTime call: Touch the connected device of the contact you want to call to initiate an HD voice call over the Internet.
    -  To make a MeeTime call, make sure that MeeTime has been enabled for both parties.
      - MeeTime is only supported on Huawei phones running EMUI 11.0 or later.
  - Making a call: Touch **Phone** to call the contact.
- Press the Up button on the watch to enter the app list and then select **Phone**. You can choose one of the following methods to make a call:
  - Touch **Call logs** and touch a call record to call back.
  - Touch **Keypad**, enter the number you want to call, and touch the Dial icon to make a call.
  - Touch **MeeTime** (if you are using this feature for the first time, follow the onscreen instructions to activate it), select a contact you want to call, and touch the connected device of the contact to make an HD voice call over the Internet.
  - Touch **Contacts** and then a contact to make a call.

### Configuring settings during a call

You can configure the settings while in a call:

- Adjust the call volume by rotating the Up button. Mute a call by touching the Mute icon.
- Dial a phone number by touching the More icon and then the Keyboard icon.

### Switching calls between your phone and watch

When the watch is connected to your phone via Bluetooth, you can switch between the two devices on your phone during a call.

On the call screen of your phone, touch the Bluetooth button in the lower right corner and switch audio to your phone, watch, or earphones.

### Viewing your call logs

Press the Up button on the watch to enter the app list and then go to **Phone > Call logs** to view your call logs (including incoming, outgoing, and missed calls).

### Deleting call logs

Press the Up button on the watch to enter the app list, go to **Phone > Call logs**, swipe left on the screen, and then touch the Delete icon to delete a call log.

You cannot delete multiple call logs at once.


## Syncing contacts to your watch

When the watch is connected to your phone via Bluetooth, your watch will automatically sync contacts from your phone.

Press the Up button on the watch to enter the app list and then touch **Contacts** to view your contacts.


## Using your watch to forward MeeTime calls to a HUAWEI Vision product

Make sure that the watch, phone, and HUAWEI Vision are connected to the same Wi-Fi network and you use the same HUAWEI ID to log in to them. Disconnect the watch from your phone.

When your phone receives a MeeTime video call from another phone, your watch will receive the MeeTime video call at the same time. Touch  to forward the MeeTime video call to the HUAWEI Vision.

## Changing the eSIM number or the watch

To change the eSIM number for your watch or replace your watch, you need to deregister from the activated eSIM service first, and then reset the eSIM configurations and re-activate the service.

- 1 Deregister from the eSIM number. Otherwise, fees will be deducted continuously.
  - 2 Use a new phone number or a new watch to activate the eSIM service.
-  The reset operation only deletes the eSIM information from the watch and does not automatically deregister from the eSIM service. If the eSIM service is not deregistered, the carrier will continue to deduct fees.

## Sending and receiving SMS messages

The watch can send and receive SMS messages with the eSIM Standalone Number service.

- If the eSIM Standalone Number service is not enabled, the watch is unable to send or receive SMS messages.
  - Before using this feature, update the watch to its latest version.
  - The eSIM Standalone Number service does not support MMS, SMS forwarding, group SMS message sending, and interception of SMS from blacklisted numbers.
  -

### Viewing SMS messages

When your watch with the eSIM Standalone Number service receives an SMS message, press the Up button to enter the app list, and touch **Notifications** to view the number of unread SMS messages and the message content.

- Swipe up on the SMS details screen to call the contact or view the contact details.


### Sending SMS messages

#### Write an SMS message:

Press the Up button on the watch to enter the app list, touch **Notifications**, touch **+**, select a recipient, write your message, and touch **Send**.

#### Reply to an SMS message:

Touch an SMS message session in the message list or go to the notifications details screen to reply in any of the following ways:

- Touch  at the bottom, and use an input method to enter text or select emoticons.
- Swipe up on the screen and select a quick reply.

### Deleting SMS messages

#### Delete a single SMS message:

Touch an SMS message session in the message list, touch and hold a message, and touch **Delete**.

#### Delete all SMS messages for a contact:

Find the SMS message session to be deleted, swipe left on the screen, and touch the Delete icon.

#### Delete the SMS messages for multiple contacts or all SMS messages:

Select the SMS message sessions to be deleted in the message list, or select all SMS message sessions, and touch **Delete**.

## HUAWEI Assistant·TODAY

The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast.

### Entering/Exiting HUAWEI Assistant·TODAY

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

### Audio control

You can use the Audio control card on the HUAWEI Assistant·TODAY screen to control music playback on both your phone and watch. To control music playback on your phone via the watch, you'll need to link your watch with the **Huawei Health** app.

When music is not being played, the Music card is hidden, and you can swipe down to expand it.

- Only some product models support the feature of controlling music on your phone. With music being played on your phone, this feature is supported if the music is displayed on the HUAWEI Assistant·TODAY screen. Otherwise, this feature is not supported.

### HUAWEI Assistant·TODAY settings

- The settings of the Music and Weather cards cannot be changed.
- Touch a card on the HUAWEI Assistant·TODAY screen to visit its details screen, touch and hold down the card to edit it, and select **Pin**, **Ignore today**, or **Unfollow**.

## Voice assistant

When the watch is connected to the network, you can wake up its voice assistant to make calls, view weather information, play music, start workouts, set alarms, set timers, open apps, and translate between different languages.

- This feature is only supported in some countries/regions. For details, see HUAWEI WATCH 3 Series HiVoice supported countries/regions and languages.

Before using this feature, make sure that your watch's Bluetooth is enabled and the watch is connected to your phone, or is connected to a Wi-Fi network.

### Using the voice assistant

- 1 Press and hold the Down button to wake up the voice assistant.
- 2 Give a voice command on the displayed screen, such as "What's the weather like today?"

### More settings

Go to **Settings** > **HUAWEI Assistant** > **AI Voice** and configure settings.




- **Wake by voice:** This feature is disabled by default. After it is enabled, you can say **Hey Celia** to wake up the voice assistant. (This feature is only supported in some countries/regions.)
- **Wake by press:** This feature is enabled by default. After it is enabled, you can press and hold the Down button to wake up the voice assistant.
- **Broadcast:** This feature is enabled by default. After it is disabled, the watch will not broadcast voice messages.

Go to **Settings > Sounds & vibration > AI Voice volume** on the watch to adjust the volume.

## Setting custom cards

### To add custom cards

- 1 Go to **Settings > Watch face & home > Card > Manage cards**.
- 2 Touch  and select the cards you would like to display, such as **Sleep, Stress, and Heart rate**. The cards you see on your device may be different.
- 3 To view custom cards after adding them, swipe left or right on the home screen.

### To move/delete cards

- To move a card, hold and drag it to its new position.
- To delete a card which can be deleted, swipe up the card and touch **Remove**.

## Customizing service widgets

-  Before using this feature, update the watch to its latest version.

You can customize service widgets to suit your needs.

### Customizing service widgets

- 1 Swipe left on the watch home screen to enter the widget screen, and touch a widget to go to its home screen or a specific screen.
- 2 Touch and hold any widget to access the editing screen.
- 3 Touch the Settings icon at the bottom of the widget, and touch another widget to replace the earlier one.

### Adding and deleting third-party components

Third-party components are automatically installed along with third-party apps and watch faces. Removing the third-party watch face on the watch will not affect the display of third-party components. To remove a third-party component, open the **Huawei Health** app, go to the device details screen, go to **Watch faces > Mine**, and touch the Delete icon in the lower right corner to delete the watch face and its components.

## Enabling or disabling Do Not Disturb

When enabled, your watch won't ring or vibrate when receiving incoming calls and notifications (except alarms).

### Enabling or disabling Do Not Disturb



**Method 1:** Swipe down from the top of the watch face and touch **Do Not Disturb** to enable or disable it.

**Method 2:** Go to **Settings > Sound and vibration > Do Not Disturb > All day** to enable or disable it.

### Scheduling Do Not Disturb


- i To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- Go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods, and schedule any of them to enter Do Not Disturb mode.
- To disable any scheduled Do Not Disturb periods, go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**.

## Finding your phone using your watch




- 1** Swipe down on the watch face screen to enter the shortcut menu, and confirm that the Bluetooth connection between your watch and phone is normal. You will see the Bluetooth icon for your phone displayed as either  or .
  - 2** If your watch and phone are within the Bluetooth connection range, the phone will play a ringtone (even in Vibrate or Silent mode) to help you locate it.
  - 3** Touch the device screen to end the search.
- i • If Auto-switch is enabled on your watch, the watch must be connected to **Huawei Health** to use the Find Phone feature.
  - If you are using an iPhone and the screen is turned off, the phone may not respond when you are using the Find Phone feature.

## Remote shutter

When connected to a phone, you can use the Remote shutter feature to remotely control your phone to take photos and record videos. You can also preview the photos and videos on your watch.

-  Remote shutter is only available on certain Huawei phones running HarmonyOS 2 or later or running versions later than EMUI 8.0. Preview is only available on certain Huawei phones running HarmonyOS 2 or later.

### Remotely controlling your phone to take photos or record videos

- 1 Press the Up button on the watch to enter the app list, and touch **Remote shutter** to enable the camera of your phone.
- 2 Select **Photo**, **2s delay**, **5s delay**, or **30s video** on the top of the watch's camera screen.
  -  When paired with a Huawei phone running HarmonyOS 2 or later, you can adjust the focal length of the rear camera by rotating the Up button or pinching two fingers together.
  - When paired with a Huawei phone running HarmonyOS 2 or later, you can switch between the front and rear cameras on the watch.
  - If the watch is connected to a Huawei phone running a version later than EMUI 8.0, video shooting is not supported.
- 3 Preview the photo or video on your watch, then touch  to take a photo or touch  to start recording a video.


### Viewing photos

Touch the thumbnail in the lower left corner to view the most recent photo on your watch, or see all photos in the Gallery on your phone.

## Managing messages

When your watch is linked with the **Huawei Health** app and message notifications are enabled, messages pushed to the status bar of your phone can be synced to your watch.

### Enabling message notifications

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Notifications**, and toggle on the switch for **Notifications**.
  - 2 Go to the app list and toggle on the switches for the apps that you wish to receive notifications from.
-  Go to **APPS** to view the list of apps that you can receive notifications from.

### Viewing unread messages


Your watch will vibrate to notify you of new messages pushed from the phone status bar.

Unread messages can be viewed on your watch. To view them, swipe up on the home screen to enter the unread message center.

- When your watch is disconnected from the iPhone, you cannot receive or reply to SMS messages or messages on your watch.  
Unread messages will not be retained once viewed in the unread message center. If you want to view them again, open the corresponding app on your phone.

### Replying to messages

- This feature is not supported on iPhones.
- This feature is only supported when replying to an SMS message with the SIM card that has received the message.


When receiving an SMS message on your watch, you can touch  below the message to reply in any of the following ways:

- Use an input method to enter text.
- Swipe up on the screen and select a quick reply.
- Touch the mini keyboard in the lower left corner and select an emoticon.

### Customizing quick replies

- If the **Quick replies** card does not display, it means that your watch does not support this feature.
- This feature is not supported on iPhones.

You can customize a quick reply as follows:

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

### Deleting unread messages

- Touch  at the bottom of the message list to clear all unread messages.



## Music

The watch supports playing online and offline music. You can still enjoy listening to music even if you do not have your phone or tablet with you.


- Before using this feature, update the watch to its latest version.
- Some songs require Premium PLUS to be activated in the HUAWEI Music app.

### Playing music online

- 1 Press the Up button on the watch to open the app list and then touch **Music**.
- 2 Play songs in one of the following ways:

- a** Touch **Daily recommendations** to play songs by category.
  - b** Touch **Playlists** and select a song in the playlist. To use this feature, you need to create a playlist in HUAWEI Music on your phone first.
  - c** Touch **Favorites**. To use this feature, you need to add songs being played to the **Favorites** list on the watch or add songs you like on your phone.
  - d** Touch **Songs**. To use this feature, you need to go to **Music > Playing**, touch , and download music, or you need to use the Huawei Health app to add songs.
  - e** Touch **Search** to search by song name using the voice assistant.
-  • You can only sync songs from **Playlists** and **Favorites** in the HUAWEI Music app logged in with your HUAWEI ID to the watch.
    - The search feature in Music on the watch is available only in some languages.
    - When the watch is connected to a Wi-Fi network and being charged, it will automatically download songs from **Favorites** (with **Favorites** enabled by going to **Music > Settings > Favorites**) and from **Playlists**.

### Adding music to your watch

- 1** Open the Huawei Health app and go to the device details screen.
- 2** Go to **Music > Manage music > Add**, and select songs to be added.
- 3** Click ✓ in the upper right corner of the screen.
  -  • To use this feature, update your watch and the Huawei Health app to their latest versions.
    - You cannot add music to your watch using an iPhone.
    - You can use the Huawei Health app to add unencrypted music files downloaded from your phone to your watch.

### Controlling music on your phone

When the watch is connected to your phone or tablet and music is being played on your phone or tablet, you can use HUAWEI Assistant-TODAY on your watch to start or pause music playback, play the previous or next song, and adjust the volume.

## Timers


The watch supports quick timers with preset durations and customized timers to help you complete tasks with specified durations.

### Setting a quick timer




- 1** Press the Up button on the watch to open the app list and then touch **Timer**.
- 2** Select a duration and start timing.

- 3 After the timer expires, the watch will vibrate. You can touch the icon in the lower right corner to repeat the last quick timer.


### Setting a customized timer


- 1 Press the Up button on the watch to open the app list and then touch **Timer**.
- 2 Swipe up on the screen and touch **Custom**.
- 3 Select the hour, minute, and second and then touch  to start timing.

### Pausing, resetting, and exiting the timer

Touch  to pause, touch  to reset or go back to the previous screen, and touch  to exit after the countdown ends.

## Pairing with a new phone




-  You may be reminded to restore your device to its factory settings before pairing it with a new phone, to ensure that your privacy is protected. Restoring your device to its factory settings will clear all of your data. Please exercise caution when doing this.

Go to **Settings** > **System & updates** > **Disconnect** on your wearable device, touch , and follow the onscreen instructions to complete the pairing.


# Health Management

## Activity rings




 Before using this feature, update the watch to its latest version.

Activity rings track your daily physical activity and help you see if you are reaching your goals. They display three types of measurements: **Move** () , **Exercise** () , and **Stand** () . Reaching your goals for all three rings will help you lead a healthier life.

To set your own goals for Activity rings:

On the phone: Open the **Huawei Health** app, touch **Health** and then the Activity rings card to display the Activity records screen, and then go to  > **Edit goals**.


On the watch: On the home screen of Activity rings, swipe left to view **This week**, swipe right to view today's statistics, swipe down at the bottom of the home screen to view **Today**, and swipe down again to select **Edit goals** or **Reminders**.


1.  : **Move** measures the calories you burn through activities like running, cycling, or even house work.
2.  : **Exercise** measures how much time you're active. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate exercise or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and moderate-intensity strength training can improve cardio endurance and boost overall fitness.
3.  : Each hour during which you stand up and move around for at least 1 min counts into **Stand**. Sitting for too long is harmful. WHO studies link sitting for long periods of time with a higher risk of high blood sugar, type 2 diabetes, obesity, and depression. If you have walked for more than 1 minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**.

Staying seated for too long is damaging to your health. We recommend that you stand up at least once per hour and, every day, get a value of at least 12 for **Stand** between 7:00 AM and 10:00 PM.

## Health Glance


The Health Glance app allows you to track health indicators such as ECG, heart rate, and SpO2 all at one time, and generates health reports.

- 1 Press the Up button on the watch to enter the app list, touch **Health Glance** () (accept the requested permissions if you are using the app for the first time).

- 2 Touch **Measure** on the home screen of the Health Glance app, and follow the onscreen instructions to complete the measurement.
- 3 Once a health report is generated, your watch vibrates. Swipe up on the home screen of the Health Glance app to view historical reports.
  -  Before using this feature, update the watch to its latest version.
    - Swipe up on the home screen of the Health Glance app, and touch **More** to select which hand you are wearing the device on.
    - To view the report on your phone, open the **Huawei Health** app, and go to **Health > Health Glance**.

## ECG

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

-  Currently, this feature is only supported in certain countries and regions. For details, please refer to Countries where the ECG function of Huawei wearable devices is available.

### Before you start


- You must use this feature in accordance with the laws and regulations of medical devices in your local jurisdiction.
- This feature should not be used by those under 18 years of age.
- Those with pacemakers or other implanted devices are advised not to use this feature.
- Being in an environment with a strong electromagnetic field will severely affect the quality of the ECG waveforms. Do not start a measurement when you are in such an environment.
- A SIM card needs to be inserted into the phone.
- This product is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for medical research, diagnostic, or treatment purposes.

### Preparing for measurement



-  To use this feature, download the latest version of the **Huawei Health** app from HUAWEI AppGallery and install it, or update the **Huawei Health** app to the latest version.

Activating the app: If you are using **ECG** for the first time, go to **Health > Heart > ECG** in the **Huawei Health** app, 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 you are using the feature for the first time, select which hand you are wearing the device on.
- 2 Place your arm flat on the table or your lap and relax your arm and fingers.




- 3 Keep a finger from your free hand on the electrode (Down button) of your watch to initiate a measurement.
  -  During the measurement, keep still and breathe evenly and steadily. Do not speak and do not release the electrode with your fingers. Ensure that the contact with the electrode is proper to avoid excessive pressing or insufficient contact.
  - Dry skin can affect the quality of the measurement. If you notice that your finger is dry, wet it with a little bit of water to improve conductivity.
- 4 After the measurement is complete, the measurement result is displayed on the device screen. You can touch  to view the measurement result description. For details, open the **Huawei Health** app, and go to **Health > Heart > ECG**.

### Result interpretation



- Please consult with a medical professional about the measurement result. Do not interpret the result or take clinical measures by yourself.
- The feature isn't capable of detecting blood clots, strokes, heart failure, or other types of arrhythmia.
- This feature isn't capable of detecting heart attacks and related complications. Please seek timely medical assistance if you feel pain, tightness, or pressure in your chest, or experience any other symptoms.
- Do not adjust your prescription based on app content without first consulting with a medical professional.

## Measuring your heart rate

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed. If this feature is disabled, only the result of a single measurement can be displayed.

-  To guarantee a more accurate heart rate measurement, wear the device correctly and ensure the strap is fastened. Make sure that your device is secure on your wrist during workouts.


### Individual heart rate measurement

- 1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.
- 2 Open the device's app list and select **Heart rate** () to measure your heart rate.
  -  This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

## Continuous heart rate monitoring

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


You can set **MONITORING MODE** to either **Smart** or **Real-time**.

- Smart mode: Monitors your heart rate based on your training load.
  - Real-time mode: The heart rate measurement will be performed once a second regardless of the training load.
-  Using Real-time mode will increase the power consumption of your device, while using Smart mode will adjust the heart rate measurement interval based on the activity intensity and help to save power.

## Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then automatically measure your resting heart rate.

-  • The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).
- Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate was automatically measured at the best time.

## Heart rate alerts

### High heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **High heart rate alert**. Your device will vibrate to alert you when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

### Low heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **Low heart rate alert**. Your device will vibrate to alert you when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

### Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- To choose the calculation method for heart rate zones, open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and set **Calculation method** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.
  - If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).
    - If you select **HRR percentage** as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ("HRmax minus HRrest").
- Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout. After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
  - Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
  - You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** in the **Huawei Health** app.

### Exercise heart rate upper limit

After you start a workout, your device will vibrate to alert you if your heart rate value has exceeded the upper limit for more than 60 seconds.

- 1 Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and touch **Heart rate limit**.
  - 2 Select the heart rate upper limit value you want to set, and touch **OK**.
- If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.

## Measuring SpO2

- To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- 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.

- 1 Wear your wearable device in the correct manner, and keep your arm still.
- 2 For certain products, you'll need to touch **Measure**. The actual product interface shall prevail.
- 3 Remember to keep still with the screen facing upward, during SpO2 measurements.

## Automatic SpO2 measurement

### Enabling/Disabling Automatic SpO2 measurement


- 1 Open the **Huawei Health** app, touch **Devices** then the name of your connected device, and enter its details screen. Touch **Health monitoring**, and enable/disable **Automatic SpO2 measurement**.
- 2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

### Viewing data

Go to **Huawei Health > Health**, touch **SpO2**, and select a date to view the SpO2 measurement data on that day.

## Measuring your skin temperature

Skin temperature measurements are mainly used to monitor the changes in the wrist skin temperature after exercise. After you enable a continuous skin temperature measurement, your skin temperature will be continuously measured and a measurement curve will be generated.

-  • The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.
- During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.
- After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

### Single measurement


In the watch's app list, go to **Skin temperature > Measure** to start measuring your temperature.

## Continuous measurement

- 1 Open the **Huawei Health** app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.
- 2 In the watch's app list, touch **Skin temperature** to view the measurement curve.

## Emergency SOS

The watch will trigger emergency services when the Fall detection feature is enabled and the watch detects a serious fall. To prevent false alarms, emergency contacts are given priority for SOS emergency calls. If no emergency contact has been set, you will need to manually select a public emergency number.

-  You can only send help messages when the watch is connected to the Huawei Health app.
  - Sending help messages is not supported when the watch is connected to an iOS phone.
  - If the watch is connected to your phone via Bluetooth and your phone has dual SIM cards, set the default card for making emergency calls in advance.

## Setting emergency information

- 1 Open the Huawei Health app, go to **Me > Profile > Emergency information**, and fill in your personal information.
- 2 Go to **Emergency contacts > Add emergency contacts** and select an emergency contact you want to add.


## Viewing emergency information


**Method 1:** On your watch, go to **Settings > Security & privacy > SOS emergency help > Emergency information** to view your emergency information and directly call an emergency contact.

**Method 2:** If you have set a PIN for your watch, touch the Call icon in the lower left corner of the screen to view your emergency information and directly call an emergency contact.

**Method 3:** Open the Huawei Health app, and go to **Me > Profile > Emergency information** to view your emergency information.

## Editing emergency information

- 1 Open the Huawei Health app, go to **Me > Profile > Emergency information**, and edit information such as your name, address, and medical information.
- 2 Go to **Emergency information > Emergency contacts**, and touch Edit in the upper right corner to enter the screen for editing an emergency contact.
  - Touch  next to an emergency contact to delete the contact.
  - Touch **Add emergency contacts** and follow the onscreen instructions to add an emergency contact.


-  If you have updated your emergency information on the , it will need to be synced to your watch again the next time you pair your watch via Bluetooth.

### Automatically initiating an SOS request

- 1 On the watch's menu, go to **Settings > Security & privacy > SOS** and enable **Fall detection**.
- 2 After the watch detects a fall:
  - If emergency contacts have been set, the system will automatically call the first emergency contact and send an SMS message containing your current location to all emergency contacts when you do not select an emergency contact or you select to make an emergency call within 60 seconds.
  - If no emergency contact has been set, public emergency call numbers will be displayed for you to select one.

### Manually initiating an SOS request


If emergency contacts have been set, press the Up button five times consecutively to initiate an SOS request.

-  In some countries/regions, you can press the Up button for three consecutive times to initiate an SOS request.
- If **Fall detection** is disabled, your watch will not make emergency calls after it detects a serious fall. In this case, you can press the Power button five times consecutively to make an emergency call.
- If the watch is connected to the phone via Bluetooth, you can make calls on the phone. If they are not connected, you can only make calls and send SMS messages after enabling the eSIM service on your watch.

## Monitoring your sleep

Make sure that you are wearing your wearable device in the correct manner. The wearable device will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake.



### Sleep settings

- 1 Enter the app list, select **Sleep** () , swipe up on the screen twice, and touch **Sleep**.
- 2 **Auto** is enabled by default. You can also set your wearable device to enter and exit Sleep mode at a scheduled time. To do so, touch **Add time**, set **Bedtime**, **Wake up**, and **Repeat**, and touch **OK**.


## Recording sleep data on your wearable device

- **i** **Auto** is enabled by default. Once detecting that you are asleep, your wearable device will automatically disable the Always On Display (AOD), notifications (including incoming call notifications), the Raise to wake feature, and other features, in order to avoid disturbing your sleep.
- Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or rapid eye movement (REM) sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.
- If **HUAWEI TruSleep™** has not been enabled, your wearable device will track your sleep in the regular way. When you wear your wearable device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, enter or exit each sleep stage, and awake, and it will then sync the data to the **Huawei Health** app.

## Recording sleep data on your phone

- Open the **Huawei Health** app, touch the **Sleep** card on the **Health** screen, and then touch **Record sleep** to enter the sleep monitoring screen.
- Go to  > **Sleep settings** in the upper right corner to edit your schedule, and enable or disable general sleep settings, such as **Sleep sounds**. Go to  > **Sleeping sounds** to view sleep talking and snoring records.
  - **i** Snoring cannot be recorded if you play sleep music.
- Touch **Go to sleep** and place your phone within 50 cm of your pillow. Your phone will then monitor and record your sleep data. Touch and hold **Hold to end** for 3 seconds to exit sleep recording.
- Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.


## Viewing your sleep data

- Enter the app list, open **Sleep** () to view the night sleep and nap data record of the current day.
- Open the **Huawei Health** app, and touch the **Sleep** card on the **Health** screen to view your daily, weekly, monthly, and yearly sleep data.
  - **i** The recorded data is updated early each morning.  
You can view **Sleep score**, staging chart, and sleep details on your watch.

# Exercise

## Starting a workout

### Starting a workout on your watch

- 1 Enter the app list and touch **Workout**.
- 2 Select the workout you would like to do, or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 To start a workout session, touch the Start icon. (Ensure that GPS positioning is functioning properly before you start an outdoor workout.)
- 4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.
  -  For watches that support voice broadcasts, press the Up button to pause the workout and then adjust the volume during a workout.
  - Swipe left or right on the screen to access the music and other screens.

### Starting a workout in the Huawei Health app

To start a workout using the **Huawei Health** app, put your and watch close to each other to ensure that they are connected.


- 1 Open the **Huawei Health** app, touch **Exercise**, choose a workout mode, and touch the Start icon to start the workout.
- 2 Once you have started a workout, your watch will sync and display your heart rate, speed, and time. The **Huawei Health** app will display your workout time.

## Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you take and help you navigate. After you reach your destination, you can use this feature to return to where you came from.


On your watch, enter the app list, then swipe until you find **Workout** and touch it. Start an outdoor workout session. Swipe left on the screen and select **Route back** or **Straight line** to return to where you passed through or came from.


If there is no **Route back** or **Straight line** option on the screen, touch the screen to display it.

-  Touch + or - on the navigation screen to adjust the scale of the map.
- This feature is only available during workouts and will be disabled once a workout ends.



## Automatic workout detection

On your device, go to **Settings** (  ) > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

-  The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.
- If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

# More

## Managing apps

### Installing and uninstalling apps

- 1 Press the Up button on the watch to open the app list and then select **AppGallery**.
- 2 Search for an app or select an app from the list of recommended apps, enter the app details screen, and touch **Download**.
- 3 After the installation is complete, touch the app to open or uninstall it.

### Managing apps running in the background

- Press the Up button twice and swipe left or right on the screen to view apps running in the background.
- Touch an app tab to switch to the app.
- Swipe up on the app tab to close it.
- Touch the Delete icon to stop all apps running in the background.

### Managing installed apps

- 1 Press the Up button on the watch to open the app list and then select **AppGallery**.
- 2 Swipe up on the screen to update or view installed apps.

### Viewing or setting apps

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Apps > Apps**.
- 2 Touch an app to view its permission and storage information. You can configure settings as required.

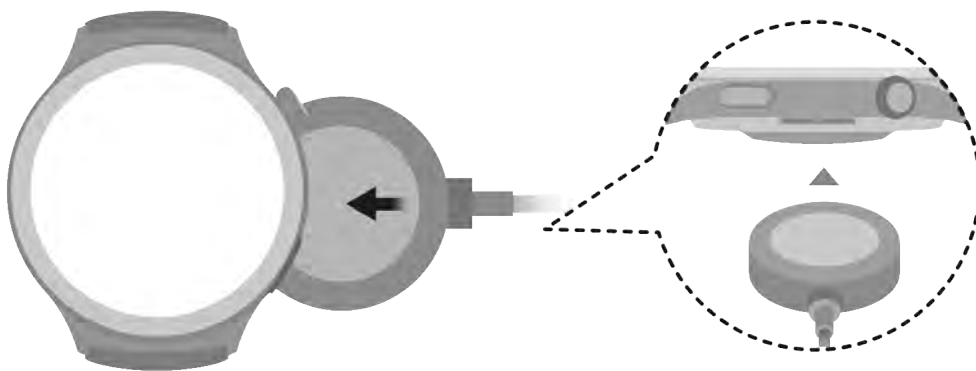
### Adjusting the sequence of apps in the app list

Press the Up button on the watch to go to the app list and then drag an app up or down. Alternatively, touch and hold an app while rotating the watch crown.

## Charging

### Charging your watch

- 1 Connect the charging cradle, charging cable, and power adapter, and then connect the power adapter to a power supply. (For some watch models, the charging cradle and cable are 2-in-1.)
- 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 a charging icon appears on the device screen.



**3** When the charging icon displays 100%, it indicates that the device has been fully charged and automatically stopped charging.

- i** • You are advised to use a HUAWEI charging cradle and adapter or a charging cradle and adapter that comply with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your device. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a HUAWEI charging cradle and adapter from an official Huawei sales outlet.
- Keep the charging port dry and clean to prevent short circuits or other risks.
- When wireless charging is used for your device, use the dedicated charging cradle and make sure that the device coil is aligned with that of the charging cradle. If a non-dedicated charging cradle is used and the device coil is not aligned with that of the charging cradle, the charging efficiency will deteriorate and issues such as overheating will occur.
- The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.
- If the device is not used for a long time, it is recommended that you charge the battery once every two to three months, to extend the battery lifespan.

### Checking the battery level

**Method 1:** Swipe down from the top of the home screen to check the battery level.

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



**Method 3:** Check the battery level on a watch face that displays the battery level.

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


## Managing watch faces

The watch face store provides a diverse range of watch faces for you to choose from. To use this feature, update your watch and the **Huawei Health** app to their latest versions.



### Changing a watch face on your watch

- 1 Touch and hold the watch face on the home screen.
- 2 Swipe left or right to select your favorite watch face. You can also swipe on the screen to the rightmost, touch +, and swipe up or down to select your favorite watch face.
  -  Some watch faces support custom control. You can touch  at the bottom of the watch face to customize the content that is displayed.


### Installing and changing the watch face on your phone

- 1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More**.
- 2 Select a watch face.
  - a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.
  - b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.
    -  The details screen of a watch face displays the traffic that will be generated when downloading and installing the watch face.

### Deleting a watch face

- 1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More**.
- 2 Select an installed watch face and touch  to delete it.
  -  Gallery, video, or kaleidoscope watch faces cannot be deleted.
    - You do not need to purchase a watch face again, after deleting it, from the watch face store.

## Setting OneHop Watch Faces

-  Update the **Huawei Health** app to the latest version, and make sure that your watch is connected to your phone.
    - This feature is only available on phones running HarmonyOS 2/EMUI 10.0 or later with NFC.
- 1 Press the Up button on the watch to open the app list and then go to **Settings > More connections** and enable **NFC**.

- 2 Touch and hold on your watch home screen, and touch **Gallery**.
- 3 Enable NFC on your phone, open Gallery, select an image, and place the NFC area against the watch screen.
- 4 After the transfer is complete, the image will become the watch face.
  - i** You can't use OneHop to transfer images saved on the cloud. To transfer these images, download these images first, and use OneHop to transfer them.

## Configuring Gallery and video watch faces

- i** Before using this feature, update the **Huawei Health** app and your device to their latest versions.

### Selecting Gallery watch faces

- 1 Open the **Huawei Health** app, go to the device details screen, and go to **More > Mine > On watch > Gallery** to access the Gallery watch face settings screen.
- 2 Touch **+**, and select either **Take photo** or **Gallery** as the method for uploading an image.
- 3 Touch **✓** in the upper right corner, and then touch **Save**. Your device will then display the selected image as the watch face.
  - i** When you upload more than one image, you can tap on the watch face to switch between them.

### Selecting video watch faces

- i**
    - Before using this feature, update your device and the **Huawei Health** app to their latest versions.
    - This feature is not supported on iPhones.
- 1 Open the **Huawei Health** app, go to the device details screen, and go to **More > Mine > On watch > Video** to access the video watch face settings screen.
  - 2 Touch **Customize**, select an upload method, record a new video or select a video you want to upload, and touch **✓**. You can also select a preinstalled video watch face.
  - 3 Touch **Save**. Your device will then display the watch face. Touch the watch face to switch between videos.

### Other settings

On the **Gallery** watch face settings screen on your phone:


- Touch **Style** and **Position** to set the style and display position of the date and time on your Gallery watch face.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

## Setting time and language

Time and language cannot be set on your wearable device.

Once the wearable device is connected to a phone, the time and language settings on the phone will automatically sync to the wearable device.

If you change the language, region, or time on your phone, the changes will automatically sync to the wearable device as long as it is connected to your phone via Bluetooth.


-  Go to **Settings > System & updates > Date & time**, and toggle on the switch for **24 Hours** to change the format of the time display.

## Setting a PIN

You can set a PIN on your device to further protect your privacy. After you have set a PIN and enabled Auto-lock, you will need to enter the PIN to unlock the device and access the home screen. If you keep wearing your device, the screen will not be locked.

### Setting a PIN

- 1** To set a PIN, swipe down on the device's home screen, go to **Settings > PIN > Set PIN**, and follow the onscreen instructions to set a 6-digit PIN.
- 2** To enable Auto-lock, swipe down on the device's home screen, go to **Settings > PIN > Auto-lock**, and enable **Auto-lock**.

-  If you forget the PIN, you will need to restore the device to its factory settings.

### Changing the PIN

To change the PIN, swipe down on the device's home screen, go to **Settings > PIN > Change PIN**, and follow the onscreen instructions.


### Disabling the PIN

To disable the PIN, swipe down on the device's home screen, go to **Settings > PIN > Disable PIN**, and follow the onscreen instructions.

### Forgetting the PIN

If you have forgotten the PIN, restore the device to its factory settings and try again.

Open the **Huawei Health** app, go to the device details screen, and touch **Restore factory settings**.

-  When you restore your device to its factory settings, all of your data will be cleared, so please exercise caution when performing this operation.

## Setting sounds

### Setting the ring volume


- 1** Press the button on the watch to open the app list and then go to **Settings > Sounds & vibration > Ringtone**.
- 2** Swipe up or down to adjust the ring volume.

## Muting and unmuting

- 1 Press the button on the watch to open the app list and then go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute**.


## Updates

### On the watch

 Before updates, make sure that your watch is connected to a 2.4 GHz Wi-Fi network or a mobile data network.

- 1 Press the Up button to enter the app list, and go to **Settings > System & updates > Software updates**.
- 2 Touch **Check**, and follow the onscreen instructions to finish updating.


### On the phone

 This feature is not supported on iPhones.


Open the **Huawei Health** app, go to the device details screen, and touch **Firmware update**. Your phone will check for any available updates. Then follow the onscreen instructions to update your watch.

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

Being water-resistant and dust-resistant means that the wearable device prevents water and dust from entering inside and damaging the interior components and the mainboard.

 In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).

Water Resistance Level	Resistance Level Definition	Resistance Scenario

<p>5 ATM</p>	<p>It is a water-resistant standard (ISO 22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the watch is water-resistant in water that is 50 meters deep. Wearable devices with a resistance level of 5 ATM are water-resistant when you are swimming. You can wear this type of wearable device when swimming or taking part in other water-related activities in your daily life.</p> <p>Dust-resistant level: If wearable devices comply with the IEC 60529:2013 standard (level 6), it means that no dust can get inside.</p>	<p>These wearable devices comply with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-meter static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-meter deep. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear.</p> <p>Wearable devices can prevent dust from living rooms, offices, laboratories, light industrial studios, and storage rooms from entering. They are not suitable in particularly dusty environments.</p> <p>It can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands.</p> <p> If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker.</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives, platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.</li> </ol>
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		<p>3. Leather and metal straps are not designed to withstand swimming or sweat. It is recommended that you wear other types of straps, in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)</p>
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IP68	Wearable devices that meet this standard are resistant to dust, and can be immersed in water deeper than 1 meter at a normal temperature and pressure (the depth and duration may vary depending on the product model). It is a higher standard than IPX7.	<p>These wearable devices comply with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>Wearable devices can prevent dust from living rooms, offices, laboratories, light industrial studios, and storage rooms from entering. They are not suitable in particularly dusty environments.</p> <p>They are resistant to being splashed by water. However, we recommend that you do not immerse your wearable devices in water. You can wear your wearable device when you exercise as they are resistant to sweat or wash your hands. You can also wear them when it is raining.</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba diving or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.</li> <li>3. Activities related to high-speed water currents, such as diving, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)</p>
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Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

The device being dropped from a high place or impacted by other objects.


Dismantling or repairing the wearable device at a non-authorized Huawei store.

Exposing the device to alkaline substances, such as soap or soapy water during showers or baths.

Exposing the device to perfumes, solvents, detergents, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Pressing the buttons of the device or using it underwater.

Charging the device when it is wet.


-  The water-resistant and dust-resistant features are only applicable for the watch body. Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.

Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.

## Viewing device information

### • On the watch

Press the Up button on the watch, go to **Settings** > **About**, and view **Device name**, **Model**, **HarmonyOS version**, **SN**, and **Bluetooth address** of your watch.

-  Touch the **HarmonyOS version** to view the software version of your watch.

### • On the phone

Open the **Huawei Health** app, go to the device details screen, and touch **Device info** to view **Name**, **Model**, **SN**, and **MAC address** of your watch.