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Getting Started

Powering on, powering off, and restarting

Powering on

- Press and hold the side button to power on the device.

- Charge the device.

  ⓘ When the device is powered on at an ultra-low battery level, a charging reminder will be displayed on the screen and the device will automatically power off. It is recommended that you charge the device in a timely manner.

Powering off

- Press the side button and go to **Settings** > **System** > **Power off**.

- Press and hold the side button, then touch **Power off**.

  ⓘ The device automatically powers off when the battery power is used up. Charge the device in a timely manner.

Restarting

- Press the side button and go to **Settings** > **System** > **Restart**.

- Press and hold the side button, then touch **Restart**.

Buttons and gestures

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

Operation	Function	Note
Press the side button.	Return to the home screen.	This feature is unavailable in some scenarios including during calls and workouts.
Press the side button when on the home screen.	Enter the app list.	--
Press and hold the side button.	Power on, power off, and restart.	--
Swipe left or right on the home screen.	Switch between screens.	--

Operation	Function	Note
Swipe right on a screen other than the home screen.	Return to the previous screen.	--
Swipe up on the home screen.	Check messages.	--
Swipe down on the home screen.	Access the settings menu or enable some features including Do Not Disturb, screen on, Find Phone, and setting alarms.	--
Touch the screen.	Select and confirm.	--
Touch and hold the home screen.	Change the watch face.	--

Charging the device

Charging

Connect the metal contacts on the charging cradle to those on the back of the device, place them on a flat surface, and connect the charging cradle to a power supply. The screen will light up and display the battery level.

i The charging cradle is not water-resistant. Make sure that the port, metal contacts, and device are dry during charging.

Charging time

It takes around 65 minutes to fully charge the device.

Viewing the battery level

Swipe down on the device's home screen to check the battery level. Alternatively, open the Health app, touch **Devices**, and check the battery level under the device's name.

Pairing and connecting

The device is ready to be paired via Bluetooth by default after it is powered on.

ⓘ · Ensure that you are using one of the following devices on which Bluetooth and location services have been enabled:

        phones: HarmonyOS 2/Android 6.0/iOS 9.0 or later

    · When you power on your device for the first time or pair it after a factory reset, you will be prompted to select a language before pairing.

1 Make sure you have installed the latest version of the Health app from an app store.

2 Open the Health app and go to **Devices** > **ADD** to add a device.

    · HarmonyOS/Android users: The app automatically searches for available devices. Touch **LINK** next to the target device and follow the onscreen instructions to finish pairing.

        ⓘ · Press the button on the right side of the device to enter the app list, swipe down on the screen, and go to **Settings** > **About** to view the device's name.

            · If the target device is not in the list of devices that can be connected to automatically, touch **ADD**, select the target device, touch **PAIR**, and follow the onscreen instructions to finish pairing.

    · iOS users: Select the target device type, touch the target device name, touch **PAIR**, and follow the onscreen instructions to finish pairing.

3 Your device will vibrate when it receives a pairing request. Follow the onscreen instructions to finish pairing.

Notifications

Once this feature is enabled, the device will display notifications displayed in the phone's status bar and vibrate to notify you.

Notifications from the following phone apps can be synced to the device: Messaging, Email, Calendar, AI Tips, and certain third-party social media apps .

· Enable notifications:

  1 Open the Health app, then touch **Devices** and your device name. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps that you want to receive notifications from.

  2 At the same time, make sure that the apps you want to receive notifications from are allowed to display notifications in your phone's status bar. Using EMUI 8.1.0 phones as an example, go to **Settings** > **Apps and notifications** > **Notification management**, and touch the apps that you want to receive notifications from.

· Disable notifications: Open the Health app, touch **Devices** and your device name, touch **Notifications**, and disable **Notifications**.

ⓘ · The device can receive messages but will not notify you when you are exercising, using Do Not Disturb mode, or asleep. Swipe up on the home screen to view new messages.

· You will not receive any app notifications on the wearable device if the app is open on your phone.

Changing watch faces

ⓘ Before using this feature, update the Health app and your device to the latest versions. Your phone must run HarmonyOS 2/Android 6.0/iOS 12.0 or a later version.

· Method 1: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a frame, swipe left or right to select your preferred home screen design.

· Method 2: On the device, go to **Settings** > **Display** > **Watch face**, then swipe left or right to select your preferred home screen design.

· Method 3: Ensure that your watch is connected to the Health app, open the Health app, go to **Watch faces** > **More**, and touch **INSTALL** under your preferred watch face. The device will automatically switch to the chosen one once it is installed. Alternatively, touch a watch face that you have installed, then touch **SET AS DEFAULT** to switch to it.

Delete a watch face: Open the Health app, go to **Watch faces** > **More** > **Mine** > **Edit**, and touch the cross icon in the upper right corner of a watch face to delete it.

Setting an alarm

Method 1: Set an alarm on your device.

1 Enter the app list, select **Alarm**, and touch 🞢 to add an alarm.

2 Set the alarm time and repeat cycle and then touch **OK**. If you do not set the repeat cycle, the alarm will be a one-time alarm.

3 You can touch an alarm to delete it or modify the alarm time, tag, and repeat cycle. Only event alarms can be deleted.

Method 2: Set an alarm in the Health app.

Smart alarm:

1 Open the Health app, touch **Devices** then your device name, and go to **Alarm** > **SMART ALARM**.

2 Set the alarm time, smart wakeup time, and repeat cycle.

3 Touch √ in the upper right corner (for HarmonyOS/Android users) or touch **Save** (for iOS users) to finish configuring the settings.

4 Return to the home screen and swipe down to sync the alarm settings to your device.

5 You can touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

1 Open the Health app, touch **Devices** then your device name, and go to **Alarm** > **EVENT ALARM**.

2 Touch **Add** at the bottom to set the alarm time, tag, and repeat cycle.

3 Touch √ in the upper right corner (for) or touch **Save** (for) to finish configuring the settings.

4 Return to the home screen and swipe down to sync the alarm settings to your device.

5 You can touch an alarm to delete it or modify the alarm time, tag, and repeat cycle.

- Alarms are synced between the device and Health app.

- The smart alarm may vibrate in advance if it detects that you woke up before the alarm is set to go off using **HUAWEI TruSleep™**. If **HUAWEI TruSleep™** isn't enabled, the smart alarm will vibrate in advance if it detects that you are no longer in a deep sleep or that you are already awake.

Receiving weather reports

Enabling Weather reports

Open the Health app, enable **Weather reports** on the device's details screen, and select a unit of temperature (°C or °F).

View the weather information

Method 1: On the weather screen

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

Method 2: In the Weather app

On the home screen, press the side button and select **Weather**. You can view information such as your location, the weather, temperature, air quality, and outdoor environment on the screen. Swipe up or down on the screen to view weather forecasts for each time segment during the current day and for the next six days.

Method 3: On a watch face that can display the weather

Set a watch face that can display the weather. Once this is set, you will be able to see the latest weather reports on the home screen.

- Make sure that GPS and Location are enabled on the phone and that the Health app has been granted the Location permission. Open areas are better for getting a GPS signal.

- For phone versions earlier than Android 9.0, select **Use GPS, WLAN, and mobile networks** or **Use WLAN and mobile networks** as the positioning mode instead of **Use GPS only**.

Incoming call notifications

Make sure that your device is connected to your phone and worn correctly on your wrist. The device will turn on the screen and vibrate when there is an incoming call. You can reject the call or quickly reply with a message on your device.

- The quick reply feature is supported. To use this feature, pair your device with a phone running or later and use the latest version of the Health app.

- The quick reply feature is not supported when the device is connected with an .

- If you aren't wearing the device or Do Not Disturb is enabled and the screen is off, the device will receive the incoming call, but it won't vibrate or light up.

- If an incoming call is missed, the device will vibrate and the screen will turn on to notify you of the missed call.

Exercise

Starting an individual workout

Starting a workout using the device

1 On the device, enter the app list and touch **Workout**.

2 Swipe up or down on the screen and select the workout you want to do.

3 Touch a workout icon to start a workout.

4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch to resume the workout, or touch to stop the workout.

- Touch to set a workout goal such as a distance, time, or calories goal, or set the goal to **None**. You can also set reminders for intervals, training pressure, or your heart rate.
- Some devices don't come with built-in GPS. If you want to record your workout route after you start a workout, make sure that your device is connected to the Health app, your is running or later, GPS has been enabled on your , and the GPS signal is stable.

Starting a workout using the Health app

1 Select the workout you want to record on the Exercise screen in the Health app.

2 Touch the start icon to start the workout.

 After you finish a workout, touch the Pause button and then press and hold the End button to end the workout. The battery drains faster while recording workouts so it is important to end the workout when it is finished.

Linking for a single workout

After your wearable device is paired with the Health app, the wearable device will automatically start, pause, resume, or end a workout when you start a workout (including a single workout or a training course), pause, resume, or end the workout in the Health app.

 During a workout, the wearable device and the Health app can respond synchronously when you pause, resume, or end the workout.

Viewing workout records

Viewing workout records on the device

1 On the device, enter the app list and touch **Workout records**.

2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Health app

You can also view detailed workout data under **Exercise records** on the **Health** screen in the Health app.

Deleting a workout record

Touch and hold a workout record on **Exercise records** in the Health app and delete it. This record will still be available on the watch after you delete it in the app.

Viewing daily activity data

If you are wearing the device properly, the device will record your activity automatically, including the step count, active distance, and calories burned.

Method 1: View your activity data on the device.

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

Method 2: View your activity data in the Health app.

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

- To view your activity data in the Health app, make sure that the device is connected to the Health app.
- Your activity data resets at midnight.

Auto-detecting workouts

The device can automatically identify your workout status.

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.

Fitness courses

Your watch comes with a variety of running courses that can guide you and record your workouts and fitness training. It can also work with voice prompts to help you complete the courses, allowing you to stay more active in daily life.

1 On the device, enter the app list and touch **Workout**.

2 Swipe up or down on the screen, then select **Fitness courses** .

3 Choose a course and follow the onscreen instructions to start the workout.

Health

Sleep tracking

ⓘ Ensure you are wearing your device correctly. The device will automatically record how long you are asleep and identify whether you are in a deep sleep, light sleep, or awake.

- Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, wake up, and whether you are in a deep sleep or REM sleep, and provide you with sleep quality analysis and suggestions to help you understand and improve your sleep quality.
- If **HUAWEI TruSleep™** has not been enabled, the device will track your sleep using the normal method. When you wear your device while sleeping, it will identify the different sleep stages including the time you fall asleep, wake up, and enter or exit deep/light sleep, and sync the corresponding data to the Health app.
- View your sleep data: Open the Health app and touch the **Sleep** card. You can then view your daily, weekly, monthly, and yearly sleep data.

Measuring blood oxygen levels (SpO2)

Single SpO2 measurement

Wear your device properly, press the side button to enter the app list, swipe down on the screen, and touch **SpO2** to start measuring your SpO2. After the measurement is complete, **Test again** will be displayed at the bottom of the screen.

ⓘ
- For more accurate results, it is recommended that you wait three to five minutes after putting the device on before measuring your SpO2.
- Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.
- This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
- The results are for reference only and are not intended for medical use.
- The measurement will be interrupted if you swipe right on the device screen, receive an incoming call, or an alarm goes off.

Automatic SpO2 measurements

1 Open the Health app, touch **Devices** and then your device name, touch **Health monitoring**, and enable **Automatic SpO2 measurement**. The device will then automatically measure and record your SpO2 when it detects that you are still.

2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

Measuring your heart rate

ⓘ • This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

• Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.

Individual heart rate measurement

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2 On the device, enter the app list and select **Heart rate** to measure your heart rate.

Continuous heart rate measurement

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.

2 View your heart rate:

• On the device, enter the app list and select **Heart rate** to view your heart rate.

• Open the Health app, go to **Me** > **My data** > HEALTH MEASUREMENTS > **Heart**, and view your heart health data.

Resting heart rate measurement

The resting heart rate refers to the heart rate measured in a quiet, inactive, and non-sleep state. The best time to measure the resting heart rate is after you wake up (and before getting up) in the morning.

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

2 Open the Health app, go to **Me** > **My data** > **Heart** > **Resting heart rate**, and select the time for viewing your resting heart rate or average resting heart rate.

ⓘ If you disable **Continuous heart rate monitoring** after taking your resting heart rate, the resting heart rate data in the Health app will not change.

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.

- Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, open the Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings** and set **HEART RATE ZONES** to **Maximum heart rate percentage** or **HRR percentage**.
- Heart rate measurement during a workout: You can view the real-time heart rate 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.

Heart rate limit and zones

During a workout, if your heart rate exceeds the upper limit for more than 1 minute, the device will vibrate once and display a message indicating that your heart rate is too high until your heart rate drops below the upper limit or you swipe right on the screen to clear the message.

Perform the following to set a heart rate upper limit:

- iOS users: Open the Health app, go to **Me** > **Settings** > **Exercise heart rate settings**, enable **Heart rate limit warning**, touch **Heart rate limit**, and set an upper limit that is suitable for you.
- HarmonyOS/Android users: Open the Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, touch **Heart rate limit**, and set an upper limit that is suitable for you.

> Heart rate alerts are only available during workouts and are not generated during daily monitoring.

High heart rate alert

If you aren't resting or didn't wake up within the last 30 minutes and your heart rate stays above the set limit for over 10 minutes, the device will vibrate once and display a message letting you know that your heart rate is too high. You can swipe right on the screen or press the side button to clear the message.

Perform the following to enable **High heart rate alert**:

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** >
   Continuous heart rate monitoring, and enable **Continuous heart rate monitoring**.

2 Touch **High heart rate alert** and set a limit.

Low heart rate alert

If you aren't resting or didn't wake up within the last 30 minutes and your heart rate stays
below the set limit for over 10 minutes, the device will vibrate once and display a message
letting you know that your heart rate is too low. You can swipe right on the screen or press
the side button to clear the message.

Perform the following to enable **Low heart rate alert**:

1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring** >
   Continuous heart rate monitoring, and enable **Continuous heart rate monitoring**.

2 Touch **Low heart rate alert** and set a limit.

Heart rate data broadcasts

After heart rate broadcasts are enabled, the device will continuously measure your heart rate
and share your heart rate with connected devices or third-party apps.

ⓘ This feature is only available on the HUAWEI WATCH FIT mini.

1 Enter the app list and go to **Settings** > **HR Data Broadcasts**.

2 Read the statement carefully, go to √ > **Go workout**, select a workout mode, and start a
   workout. Your device will then broadcast your heart rate data.

3 To end the workout, press and hold the side button when the screen is on.

4 Press the side button and touch √ to exit heart rate data broadcasts.

Testing stress levels

To perform a stress test, open the Health app, touch **Devices** then your device name, go to
Health monitoring > **Automatic stress test**, and enable **Automatic stress test**.

To view stress data, enter the app list on the device and touch **Stress** to view your stress level
and percentages of time spent at different stress levels.

ⓘ The automatic stress test feature is disabled during a workout.

Breathing exercises

Enter the app list on your device and touch **Breathing exercises**, set the duration and
rhythm, touch the breathing exercises icon on the screen, and follow the onscreen
instructions to do the breathing exercises. After the exercise is finished, the screen will display
data such as the heart rate before the exercise, exercise duration, and evaluation.

Activity reminder

When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (1 hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.

To disable **Activity reminder**, open the Health app, touch **Devices** then your device name, touch **Health monitoring**, and turn off the switch for **Activity reminder**.

- The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.

- The device will not vibrate if it detects that you are asleep.

- The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.

Menstrual cycle predictions

The device can predict your menstrual cycle based on the data you have added in the app as well as your period. Cycle Calendar data and reminders can be viewed on the device. You can use the following methods to enable this feature.

Open the Health app, touch **Cycle Calendar** and grant the corresponding permissions. If you are unable to find the **Cycle Calendar** card on the home screen, touch **EDIT** on the home screen to add this card to the home screen.

Method 1: On the watch's home screen, press the side button, touch **Cycle Calendar** and touch ![edit icon]. You can edit or confirm the start and end of your period to help increase accuracy. After you finish, your watch will predict your next period based on the data you recorded.

Method 2:

1 Open the Health app, enter the **Cycle Calendar** screen, touch ⋮ in the lower right corner, touch **Settings**, set **period length** and **period cycle**, go to the previous screen, touch **Wearable device reminders**, and toggle on **All** for reminders.

2 The device will send you reminders for the start and end of your period and fertile window.

- This feature is not available when the device is connected to an .

- Touch Records to view and modify the period data. The predicted period is marked with a dotted line.

- The device will remind you about the start of your period at 8:00 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8:00 AM on that day.

Assistant

Viewing and deleting messages

Viewing unread messages: Unread messages will be available to be viewed on the device. To view them, swipe up on the home screen or touch **Notifications** in the app list.

Deleting messages: Swipe right on a message to delete it or touch **Clear** at the bottom of the list to delete all unread messages.

ⓘ Messages will be deleted automatically from the device once they are read or deleted on your phone.

Setting AODs

Once you set an AOD watch face, the watch face screen will stay on after your watch enters standby mode. To enable this feature, perform the following:

1 On the home screen of the device, press the side button, go to **Settings** > **Display** > **Always on display**, swipe left or right on the screen to preview the watch face, and then

    touch ✓ or the selected watch face to complete the settings.

2 If the screen-off time has not been set for the device: When no operations are performed on the screen, the AOD watch face will be displayed five seconds after **Always on display** is configured. When you perform an operation on the screen, the AOD watch face will be displayed 15 seconds after the operation is complete.
If the screen-off time has been set for the device, the time on the AOD watch face is displayed once the screen-off time takes effect.

3 When the device enters standby mode, touch the AOD watch face to enter the home screen.

Configuring Gallery watch faces

ⓘ Before using this feature, update the Health app and your device to the latest versions. Your phone must run HarmonyOS 2/Android 6.0/iOS 12.0 or later.

Choosing Gallery watch faces

1 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Mine** > **On watch** > **Gallery** to access the Gallery settings screen.

2 Touch **+** and select either **Camera** or **Gallery** as the method for uploading a photo.

3 Select a photo or take a new photo, touch √ in the upper right corner, and touch **Save**. Your watch will then display the customized photo as the watch face.

Other settings

On the Gallery settings screen:

- Touch **Style** and **Position** to set the font, color, and position of the date and time displayed on Gallery watch faces.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

OneHop for watch faces

- Before using this feature, update the Health app to the latest version and ensure that the wearable device is connected to your phone.
- This feature is only available with a Huawei phone that supports NFC and is running HarmonyOS 2/EMUI 10.0 or later.
- Once OneHop is enabled on the device, you won't be able to disable it. Even if the device has been restored to its factory settings, this feature will still be enabled.

1 Access the app list on your device then go to **Settings** > **OneHop** > **Enable**. A message will be displayed indicating that the feature is being enabled. After the activation is complete, a message will be displayed indicating that the feature has been enabled.

2 Enable NFC on your phone, take photos, and preview them or open **Gallery** on your phone to select one or multiple images you want to transfer. Place the NFC area on the rear of your phone against the watch face. **Loading…** will be displayed, indicating that images are being cropped or transferred. The selected images will then be displayed on the watch face in sequence.

3 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Mine** > **Gallery**. You will see the transferred images in Gallery. Customize the style and layout of the images based on your preferences.

Stopwatch

On the device, enter the app list, then swipe up or down to select **Stopwatch**. Touch [▶] to start timing, touch [❚❚] to stop timing, and touch [↺] to clear the timing.

Timer

On your device, enter the app list, touch **Timer**, and select or set how long you want to time for. Touch [▶] to start a timer, touch [❚❚] to pause the timer, and touch [✕] to stop the timer.

- The device will vibrate to inform you when the time is up.
- Swipe right on the screen or press the side button to start timing in the background.

Flashlight

On the device, enter the app list and touch **Flashlight**. The screen will light up. Touch the screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right on the screen or press the side button to close the Flashlight app.

Finding your phone

Swipe down on the home screen and touch 📳 or touch **Find phone** in the app list. The Find phone animation will be played on the device screen, and you can touch the screen to stop finding your phone.

If your device and phone are located within the Bluetooth connection range, it will play a ringtone (even in Silent mode) to notify you of your phone's whereabouts.

ⓘ Make sure that the device is connected to your via the Health app app, your is powered on, and the Health app is running in the background.

Controlling music playback

ⓘ • You can use the device to control music playback on third-party music apps, such as NetEase Music.

   • This feature is not available when the device is connected to an iOS phone.

1 Open the Health app, touch **Devices** then your device name, and touch **Music**.

2 After a song is played on your phone, touch **Music** in the app list to pause or play the song, or switch to the previous or next song.

Remote shutter

1 Ensure that your device is connected to the phone via Bluetooth and the Health app is running properly.

2 On the device, enter the app list and select **Remote shutter**. This will open the Camera app on your phone at the same time.

3 Touch the camera icon on the screen to take a photo using your phone. Swipe right on the screen or press the side button to close **Remote shutter**.

   ⓘ This feature is not available when the device is connected to an .

Voice assistant

Connect the device to your phone via the Health app and then press and hold the side button to activate the voice assistant.

- This feature is only supported on devices purchased in the Chinese mainland. Make sure that you are using a Huawei phone running EMUI 10.1 or later and have installed the latest version of the Health app.

- This feature is only available on the HUAWEI WATCH FIT and HUAWEI WATCH FIT new.

More

Do Not Disturb

Swipe down on the device's home screen and touch [icon] to enable **Do Not Disturb**. Alternatively, enter the app list, go to **Settings** > **Do Not Disturb**, and schedule a period for this mode.

> ⓘ After Do Not Disturb is enabled:
>
> - The device will not vibrate to notify you of incoming calls or notifications, and the Raise to wake feature will be disabled.
> - The alarm will vibrate and ring as normal.

Adding favorites

1 On the wearable device, go to **Settings** > **Display** > **Favorites** and select your favorite apps, such as **Sleep**, **Stress**, and **Heart rate**.

2 Touch the up icon next to an app that you have added to move the app to another position. Touch the delete icon to delete the app.

3 Swipe left or right on the home screen to open the apps added to your favorites.

Setting vibration strength

On the device, go to **Settings** > **Strength**, select your preferred vibration strength level, such as **Strong**, **Soft**, or **None**, and touch **OK**.

Setting screen on/off for Huawei bands

To use Raise to wake, open the Health app, touch **Devices** and your device name, touch **Device settings**, and enable **Raise to wake**. You will then be able to turn on the screen by raising your wrist.

To adjust the screen brightness, go to **Settings** > **Display** > **Brightness settings** on the device and set the brightness level.

To use the screen on feature, go to **Settings** > **Display** > **Advanced** on the device and set the screen on time. Then swipe down on the home screen and touch [icon]. The screen will then stay on for the amount of time that you set.

To use the screen off feature, go to **Settings** > **Display** > **Advanced** on the device and set the screen off time.

ⓘ Go to **Settings** > **Display** > **Brightness settings** on the device and turn on the switch for **Reduce brightness at night**. The screen brightness will then automatically decrease when you use the device between 22:00 and 06:00 (local time), which cannot be customized.

Locking or unlocking

You can set a PIN on the device to bolster your privacy. After you have set a PIN and enabled Auto-lock, you will need to enter the PIN to unlock the device and enter the home screen.

Setting a PIN

1 Set a PIN.

Swipe down on the home screen of the device, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a PIN.

2 Enable Auto-lock.

Swipe down on the home screen of the device, go to **Settings** > **PIN**, and enable **Auto-lock**.

ⓘ If you forget the PIN, you will be required to restore the device to its factory settings.

Changing the PIN

Swipe down on the home screen of the device, go to **Settings** > **PIN** > **Change PIN**, and follow the onscreen instructions to change the PIN.

Disabling the PIN

Swipe down on the home screen of the device, go to **Settings** > **PIN** > **Disable PIN**, and follow the onscreen instructions to disable the PIN.

Forgot the PIN

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

Open the Health app, touch **Devices** and your device name, and select **Restore factory settings**.

ⓘ • Once you have restored your device to its factory settings, all of its data will be cleared, so please proceed with caution.

  • If you have added a transportation card or an access card to the device, the data of these cards will be deleted once you have restored the device to its factory settings.

Setting time and language

After you have synced data between your device and phone, the system language will be synced to your device as well.

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

Scanning QR code for pairing

1 Open the Health app, touch **Devices** and the More (three dots) icon in the upper right corner, then touch **Scan** and scan the QR code on the screen.

- HarmonyOS/Android users: Go to ⋰ > **Scan**.

- iOS users: Go to ⋮ > **Scan** or ⋰ > **Scan**.

2 Touch **ALLOW** on the pop-up dialog box for Bluetooth message syncing.

3 The device will vibrate when it receives a pairing request. Touch ✓ to confirm.

4 Touch **DONE** on your phone to finish pairing.

ℹ The device will only display the QR code when you power on it for the first time or after it is reset.

Restoring the device to its factory settings

ℹ Once you have restored your device to its factory settings, all its data will be cleared, so please proceed with caution.

Method 1:

Go to **Settings** > **System** > **Reset**.

Method 2:

Open the Health app, touch **Devices** and your device name, then select **Restore factory settings**.

Updating your device

Open the Health app, touch **Devices** and your device name, then touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your device.

Adjusting or replacing the strap

Strap adjustment: The straps are designed with U-shaped buckles. Adjust the strap based on your wrist size.

Strap replacement:

Strap 1: Carefully remove the fastener from the back of the strap to take off the strap. Perform the steps in reverse to attach a strap to the device's body. Make sure that the device's body fits tightly in the strap before removing the fastener.

Removal method 1: Remove the fastener from the back of the strap and pull down the strap to separate it from the device's body.
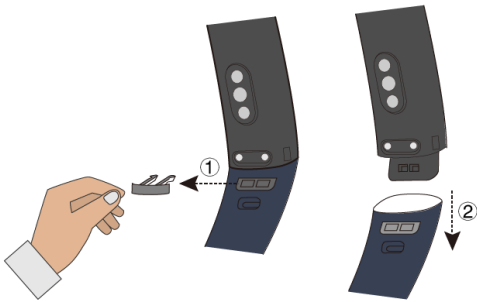
Removal method 2: Remove the fastener from the back of the strap and push the strap from the back of the device to the screen to separate the strap from the device's body.
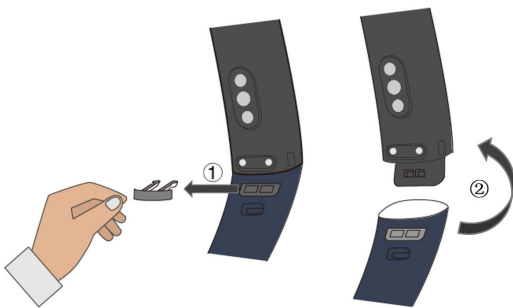
Installation: Perform the steps in reverse to attach a strap to the device's body. Make sure that the device's body fits tightly in the strap before removing the fastener.
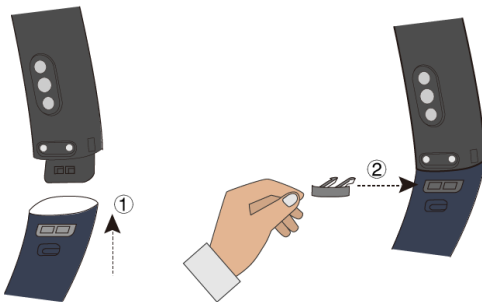
- The fastener is very small, so be careful not to lose it during disassembly.

- When installing the strap, place the device with the button on the right side of the screen and the strap with the buckle on the top.

Strap 2: Slide the strap fixing button, lift the strap to remove it, and then release the strap fixing button. Perform the steps in reverse to attach a strap to the device's body.
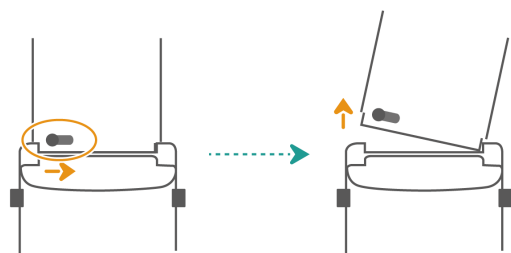
Viewing the Bluetooth name, MAC address, serial number, model, and version number

Viewing the Bluetooth name:

- On your device, go to **Settings** > **About** to view the name of your device under **Device name**.

- Alternatively, open the Health app, then touch **Devices** and your device name. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

On your device, go to **Settings** > **About** to view the MAC address of your device.

Viewing the Serial Number:

On your device, go to **Settings** > **About** to view the serial number of your device.

Viewing the model:

- On your device, go to **Settings** > **About** to view the model of your device.

- The laser-engraved characters after the word "MODEL" on the back of the device indicate the model name.

Viewing the version information:

- On your device, go to **Settings** > **About** to view the **Version** or **HarmonyOS Version** of your device.

- Open the Health app, touch **Devices** then your device name, and touch **Firmware update** to view the version number of your device.

Water resistance

The device features 5ATM water resistance, but this protection is not permanent and may reduce over time.

You can wear the device when you are washing your hands, outside in the rain, or swimming in shallow water. Do not wear it when you are showering, scuba diving, or diving.

The following may affect the water resistance of the device:

· It is dropped, bumped, or encounters other impacts.

· It comes into contact with liquids including soap, shower gel, detergent, perfume, lotion, and oil.

· It is used in high-temperature and high-humidity environments including hot baths and saunas.

Wearing the device

To make sure that workout data monitoring, sleep tracking, and heart rate monitoring work properly, make sure you are wearing your device correctly as shown in the following figure. Steps in the figure are for reference only.
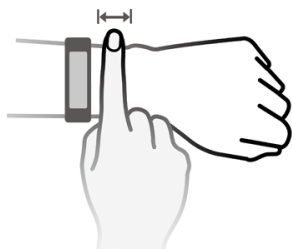
The band strap adopts a U-shaped buckle design so it will not fall off easily. To wear the band, insert one end of the strap through the U-shaped buckle and then fasten it. The end of the strap is intentionally bent so as to enhance wearability.

🛈 · If you experience skin discomfort when wearing the device, take it off and consult a doctor.

· Wear your device correctly and keep your wrist skin clean and dry for greater comfort.

NFC function statement

🛈 This statement only applies to devices that support NFC.

This product supports micropower short-range radio (also referred to as NFC) specified in the "Radio Regulations of the People's Republic of China". According to Notice No. 52, 2019 issued by the Chinese Ministry of Industry and Information Technology (MIIT) on requirements for NFC:

1. The product shall comply with the provisions of C-class equipment in "(1) Common micropower (short distance) radio transmitting equipment" specified in the "Technical Requirements forMicropower (Short Distance) Radio Equipment": with built-in loop NFC antennas, 1.5 A/m ≤ magnetic field intensity ≤ 7.5 A/m.

2. It is forbidden to change the application scenarios or conditions, expand the transmit frequency range, increase the transmit power (including installing additional RF power amplifiers), or change the transmit antenna without permission.

3. The product shall not cause harmful interference to other legal radio stations, and a request for protection against harmful interference shall not be proposed.

4. The product shall withstand interference from industrial, scientific, and medical (ISM) devices that radiate radio frequency energy or other legal radio stations.

5. If the product causes harmful interference to other legal radio stations, stop using it immediately and take measures to eliminate the interference before continuing to use it.

6. The use of civil and military radio stations such as radio astronomy stations, meteorological radar stations, and satellite earth stations (including measurement and control stations, ranging stations, reception stations, and navigation stations) inside aircraft and in accordance with laws and regulations, relevant national regulations, and standards, as well as the use of micropower equipment in the electromagnetic environment protection areas such as airports, shall comply with the regulations of the electromagnetic environment protection and relevant industry administrative departments.

7. It is forbidden to use model remote controls in an area with a radius of 5 kilometers with the center of the airport runway as the center.

8. The NFC feature of the product shall work at room temperature and is powered by its own battery.