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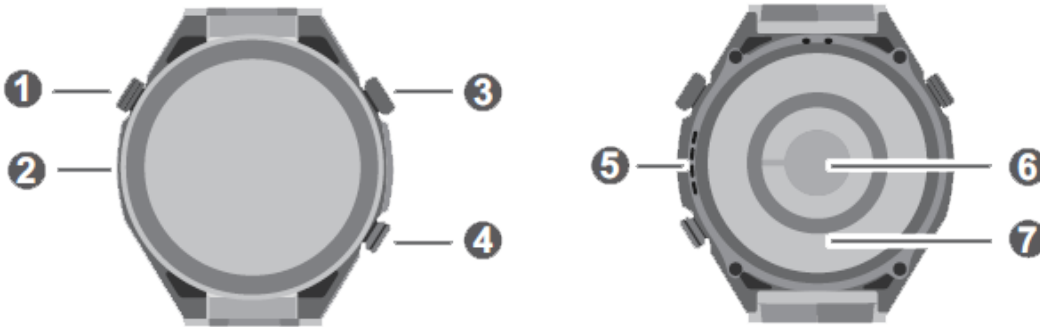
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# Getting Started


## Appearance and button functions


### Appearance



❶	Assist button
❷	Microphone
❸	Up button Press and hold the button to power on, power off, or restart the device.
❹	Down button
❺	Speaker
❻	Heart rate sensor
❼	Charging sensor

### Up button

 Operations differ during calls and workouts.

Operation	Feature
Rotate	<ul style="list-style-type: none"><li>• In Grid mode, zooms in and out on apps in the app list screen.</li><li>• In List 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> To enter Grid or List mode, go to <b>Settings &gt; Watch face &amp; home &gt; Home</b>, and select <b>Grid</b> or <b>List</b>.</p>
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>

Operation	Feature
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 12s.</li> </ul>

### Down button


- Pressing the Down button opens the Workout app by default.
- You can also customize what the Down button does, by performing the steps below:

**1** Press the Up button to enter the app list, and go to **Settings > Down button**.

**2** Select an app and customize the Down button feature.

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

### Assist button


Operation	Feature
Press	<ul style="list-style-type: none"> <li>• Takes you to <b>Expedition</b> from the home screen.</li> <li>•  The Expedition mode will be supported via OTA updates.</li> <li>• Switches or edits gas types, resets the average depth, and ends dives under diving mode.</li> </ul>

## Screen operations




The device comes with a color touchscreen that supports full-screen touch operations (including swiping up, down, left, and right, and touching and holding).

Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face (when the watch home screen is displayed).
Swipe up	View notifications (when swiping up on the watch home screen).
Swipe down	View the shortcut menu (when swiping down on the watch home screen).
Swipe left	View the watch feature cards (when swiping left on the watch home screen).
Swipe right	Return to the previous screen (when swiping right on any app's screen other than the home screen).


## 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 it has not been installed, save the QR code below to an album and scan it to download 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.
  - 4 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.
-  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.
- 4 Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and 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.
- 5 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 you would like to allow the wearable device to display notifications from your phone. Touch **Allow**.

## Icons




 Icons may vary depending on the product model.

### Level-1 menu

Remote shutter 	Workout records 	Workout status 	Breathing exercises 	SpO2 	Activity records 
Sleep 	Stress 	Heart rate 	Music 	Workout 	Notifications 
Weather 	Cycle Calendar 	Settings 	Stopwatch 	Timer 	Alarm 


<b>Find Phone</b> 	<b>Healthy Living</b> 	<b>Flashlight</b> 	<b>Call log</b> 	<b>Lactate threshold</b> 	<b>Barometer</b> 
<b>Contacts</b> 	<b>Diving</b> 	<b>Golf</b> 	<b>Expedition</b> 	--	--

### Bluetooth connection status




Disconnected from the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth but disconnected from the Huawei Health app 
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## Setting custom cards

### To add custom cards

- 1 Go to **Settings** > **Custom 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



-  First update your watch to the latest version.
- To move an added card, touch  to the right of the card.
- To delete an added card, touch  to the left of the card.

# Outdoor Exploration

## Diving settings

### General settings


You can set **Auto-start dive** and **Auto-end dive** as needed.

- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
- 2 Touch  next to the diving mode.
  - Enable or disable **Auto-start dive**. When enabled, you can set **Auto-start depth** and **Default mode**.
    -  **Auto-start dive** is disabled by default.
  - Enable or disable **Auto-end dive**. When enabled, you can set **Surface delay time**.

**Auto-start depth:** The default value is 1.2 m. If you haven't started a workout mode, your watch will automatically start a diving mode when you dive deeper than 1.2 m.

**Default mode:** Diving mode will default to the most recent mode. Default mode can also be set manually.

**Surface delay time:** If you do not dive again and trigger the diving feature within 30 minutes of the last dive, the diving automatically stops.

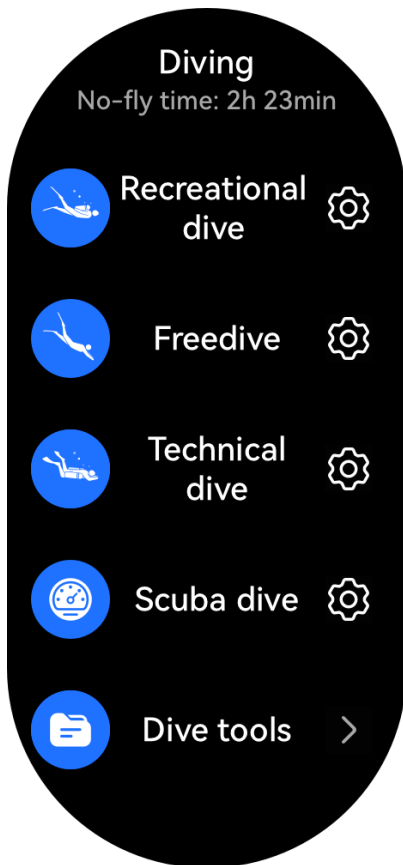
-  Before each dive, check the diving settings and device battery level, and manually select and enter a diving mode. You can check the diving mode icon on the diving data home screen, to make sure that the device is working as normal.

### Diving modes


Your watch supports **Recreational dive**, **Freedive**, **Technical dive**, and **Scuba dive**. Each diving mode supports settings, real-time monitoring of diving data, surface time, and diving log generation and syncing after dives. Your watch also supports apnea training and apnea tests to help you train.

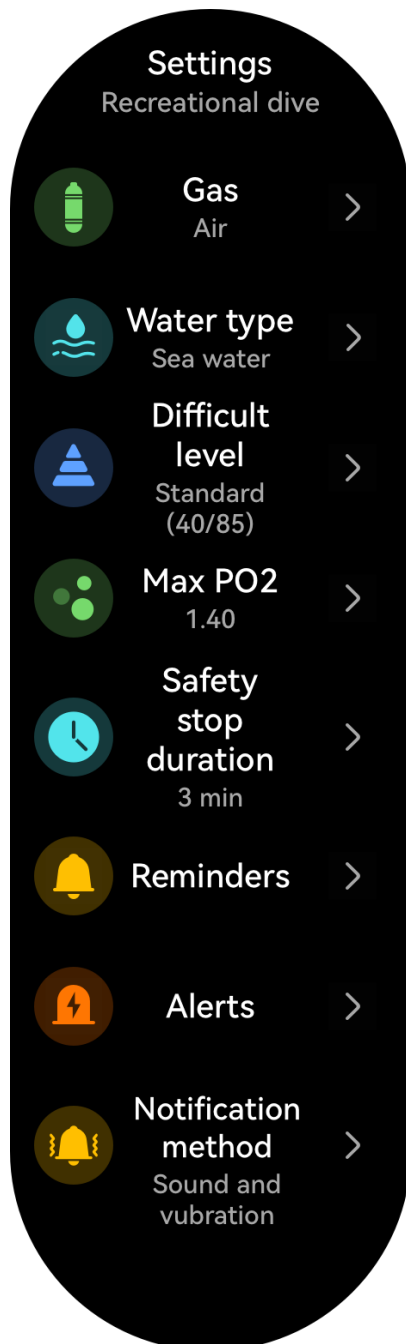
- **Recreational dive:** No-decompression diving with nitrogen and oxygen mixtures. This diving mode includes safety stop guidance.
- **Freedive:** Breath-hold diving.
- **Technical dive:** Technical decompression diving with multiple cylinders containing helium, nitrogen, and oxygen mixtures. This diving mode does not include safety stop guidance.
- **Scuba dive:** This diving mode works like an underwater timer and displays only the depth and time. It does not provide information tracking or decompression calculations.





For each diving mode, you can set the parameters to suit your needs.

- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
- 2 Touch  next to the diving mode to set the parameters.
  - **Recreational dive:** You can set **Gas, Water type, Difficulty level, Max PO2, Safety stop duration, Reminders, Alerts, and Notification method**.



- **Freedive:** You can set **Water type**, **Reminders**, **Alerts**, and **Notification method**.
- **Technical dive:** You can set **Gas**, **Water type**, **GF**, **Oxygen partial pressure limit**, **Bottom depth**, **Reminders**, **Alerts**, and **Notification method**.
- **Scuba dive:** You can set **Water type** and **Notification method**.

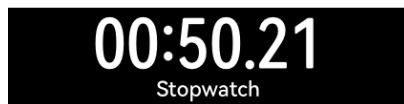
## Diving screen

### Starting your dive

- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
- 2 Select a diving mode. For certain diving modes, you'll need to set the parameters in the diving settings screen. Once the settings are complete, touch **OK**.
- 3 Press the Down button on the watch or touch the start icon to begin your dive. While diving, you can:

- Press the Down button or rotate the crown to scroll on the screen.

Data details screen



Technical diving additional data



- Stopwatch:** When you scroll to the stopwatch screen, you can press the Up button to start/pause/resume timing, and press and hold the Up button to reset the stopwatch.




- **Compass:** When you scroll to the compass screen, you can press the Up button to lock/unlock navigation directions.



- During technical dives, you can press the Assist button on the upper left side of the watch to view the advanced settings.
- **Switch gas:** Press the Up button to select **Switch gas**, and press the Down button to open the gas list. After selecting a gas, press the Down button to confirm the switch.



- **Edit gas:** Press the Up button to select **Edit gas**, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium concentration**, and press the Down button to confirm the edit. The watch will automatically switch to the selected gas.
- Free diving hover time  
Freedivers make use of a rope to dive to a particular depth and stay there for some time to let their lungs adapt to underwater pressure. Hover time reminders let freedivers know when the hover time is over.

- 4** After you return to the surface after a dive, press and hold the Up button to end the diving session.
- 5** After the dive, gently rinse the watch with fresh water or soak it in clean water for more than 15 minutes, to clean off any sea salt, silt, or other substances. Swipe down on the watch face screen to enter the shortcut menu and touch **Drain**. Then, wait for the watch to dry.
-  The watch will show a no-fly time after each dive, during which you are advised not to travel by plane.

### Button functions during dives

Screen	Up Button	Down Button	Assist Button
Data screen	<ul style="list-style-type: none"> <li>• Rotate: Scroll on the screen.</li> <li>• Press and hold: Add a mark.</li> </ul>	<ul style="list-style-type: none"> <li>• Press once: Scroll on the screen.</li> <li>• Press and hold: Return to the home screen.</li> </ul>	Press once: Enter the advanced settings.
Compass screen	<ul style="list-style-type: none"> <li>• Rotate: Scroll on the screen.</li> <li>• Press once: Lock/Unlock navigation directions.</li> </ul>	<ul style="list-style-type: none"> <li>• Press once: Scroll on the screen.</li> <li>• Press and hold: Return to the home screen.</li> </ul>	Press once: Enter the advanced settings.
Stopwatch screen	<ul style="list-style-type: none"> <li>• Rotate: Scroll on the screen.</li> <li>• Press once: Start/Pause timing.</li> <li>• Press and hold: Reset the stopwatch.</li> </ul>	<ul style="list-style-type: none"> <li>• Press once: Scroll on the screen.</li> <li>• Press and hold: Return to the home screen.</li> </ul>	Press once: Enter the advanced settings.
Surface rest screen	Touch and hold: End a workout.	<ul style="list-style-type: none"> <li>• Press once: Scroll on the screen.</li> <li>• Press and hold: Return to the home screen.</li> </ul>	Press once: Enter the advanced settings, where you can reset the average depth and switch the gas.
Gas switching reminder screen	Press once/Rotate: Switch gas.	Press once: Confirm the gas switch.	Press once: Cancel.
Operation confirmation screen	Press once/Rotate: Change an option.	Press once: Confirm the options.	Press once: Exit the confirmation screen.
Alert/reminder screen	Press once: Clear the alert/reminder.	Press once: Clear the alert/reminder.	Press once: Clear the alert/reminder.

## Diving examples

### Recreational dives

#### 1 Preparation screen

You can set the water type, and view the current diving mode by its icon, altitude, and surface time.



#### 2 Descent time

During your descent, you can view real-time diving data like the diving mode, descent rate, depth, temperature, gas, and dive time. You can also use buttons to scroll on the screen to view more diving data, and key data like depth, NDL, and dive time will be displayed on all screens.



#### 3 Bottom stay

The initial NDL is 99 minutes, but this value decreases as the depth and time increase. Further, the PO<sub>2</sub> increases with the depth, and the CNS rises gradually.



#### 4 Low NDL

When the NDL is less than 5 minutes, the NDL will turn yellow. To avoid decompression, you need to ascend to the surface.



## 5 Ascent

The NDL will gradually increase as you ascend. Pay attention to your ascent rate. When the ascent rate is greater than 9 m/min for a certain period of time, the watch will give a reminder. When the ascent rate is greater than 12 m/min for a certain period of time, the watch will give an alert. When receiving a reminder or alert, you are strongly recommended to reduce your ascent rate, to reduce the risk of decompression sickness.



## 6 Safety stop

When you ascend to a depth of 6 meters, the watch will pop up "Start safety stop", after which a safety stop countdown will begin. (When you've descent to a depth beyond 30 m or the NDL is less than 5 minutes, the safety stop duration will be adjusted to 5 minutes.) After the safety stop duration ends, the watch will pop up "Safety stop complete", and start timing.



## Technical dives

Maximum depth: 50 meters  
 Underwater time: 20 minutes  
 Gas: 21/00, 50/00, pure oxygen  
 GF: 30/70  
 Oxygen partial pressure limit: 1.4/1.6/0.18

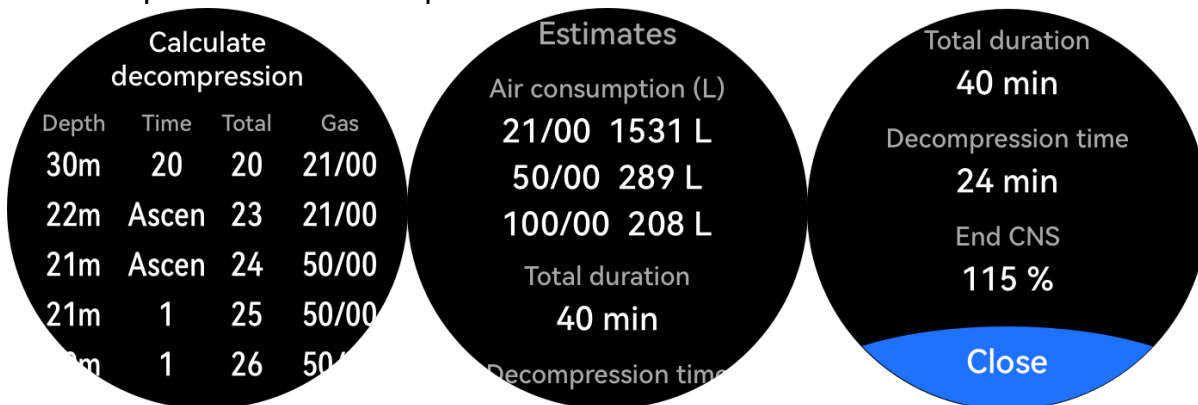
### 1 Gas list

Check the gas list before each dive. The gas settings in decompression calculation also apply to technical diving. Make sure that you have properly set each type of gas that you carry in the gas list, and don't enable any gas that you don't have.

### 2 Calculate decompression

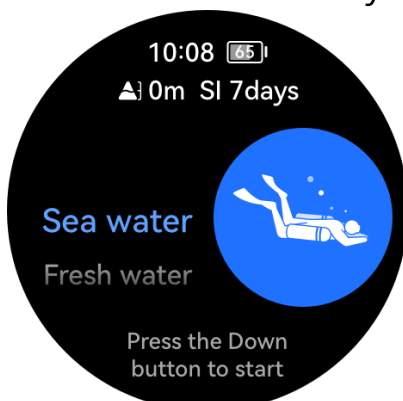
You can use the Calculate decompression tool to make a decompression plan, and estimate your total dive time, decompression plan, gas switching time, and gas consumption based on the maximum depth and bottom stay time.

All decompression calculation results are estimates and for reference only. Do not take them as the only basis for your decisions. In complex diving activities, you are advised to use multiple devices for comprehensive calculation and evaluation.



### 3 Preparation screen

You can set the water type, and view the current diving mode by its icon, altitude, and surface time. Make sure your watch has sufficient power.



### 4 Descent screen

During the descent, you can view real-time data such as depth, dive time, PO<sub>2</sub>, and CNS. The screen will also show the gradual decrease of NDL.





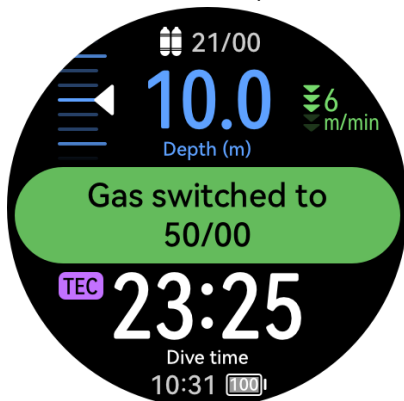
## 5 Bottom stay

When the NDL drops to 0, the NDL information switches to the first decompression stop (including the depth and the decompression duration), and the TTS gradually increases.



## 6 Gas switch

During a dive, the watch will prompt you to switch the gas when another gas is more suitable for the current stage. If the switch is not made in time, the watch may give a reminder or alert, and the accuracy of decompression information cannot be ensured.



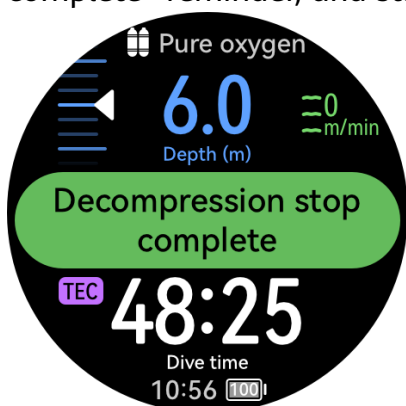
## 7 Ascent to decompression stop

During your ascent, the watch will give a decompression stop reminder when you reach your first decompression stop. After completing the decompression, you can continue to ascend until the next decompression stop.



## 8 Decompression end

After completing all decompression stops, the watch will give a "Decompression stop complete" reminder, and start timing.



## Reminders/Alerts

Reminder /Alert	Description	Trigger Condition	Notification Mode
Reminder	<b>Ascent rate too fast</b>	The ascent rate is greater than 9 m/min for 3 seconds straight.	Speed (yellow + blinking for 5 seconds)
Reminder	NDL countdown	The NDL is less than or equal to 5 minutes for 3 seconds straight.	NDL (yellow + blinking for 5 seconds)
Reminder	<b>Start safety stop</b>	You are ascending, the safety stop is required, and the depth is less than or equal to 6 meters.	The watch will pop up <b>Start safety stop</b> .
Reminder	<b>Safety stop complete</b>	The safety stop time decreases to 0.	The watch will pop up <b>Safety stop complete</b> .
Reminder	Safety stop range exceeded	You stay at a depth less than 3 meters or greater than 7 meters during the safety stop.	Arrow (yellow + animation)

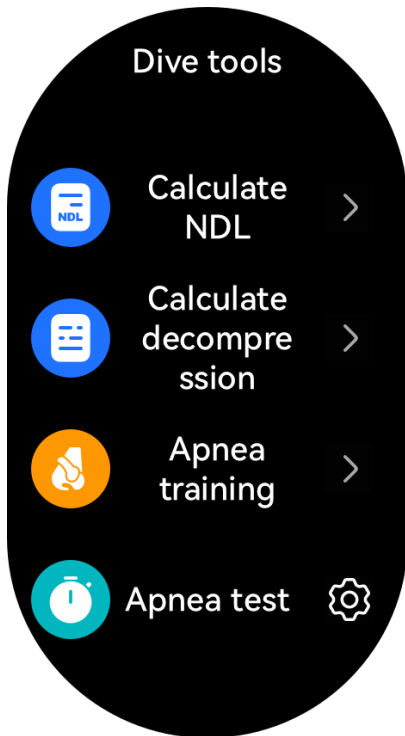
Reminder	<b>Start decompression</b>	The NDL reaches -1.	The watch will pop up <b>Start decompression</b> .
Reminder	<b>Start decompression</b>	You are ascending, the decompression stop is required, and the depth is less than or equal to the depth of the decompression stop.	The watch will pop up <b>Start decompression</b> .
Reminder	<b>Decompression stop complete</b>	The algorithm determines that the decompression stop is complete.	The watch will pop up <b>Decompression stop complete</b> . XmYmin (yellow + blinking for 5 seconds)
Reminder	Depth limit exceeded	The diving depth reaches the preset value.	Depth (yellow + blinking for 5 seconds)
Reminder	Time limit exceeded	The diving time exceeds the preset value.	Time (yellow + blinking for 5 seconds)
Reminder	CNS alert	The CNS is greater than or equal to 80%.	CNS (yellow + blinking for 5 seconds)
Reminder	<b>Recommended to switch to XX</b>	When the preset maximum PO <sub>2</sub> set is reached, and there are better gas options, the watch will prompt you to switch to other gas.	The watch will pop up <b>Recommended to switch to XX</b> .
Reminder	Better gas	The algorithm determines that there is a better gas option.	Gas (yellow + blinking for 5 seconds)
Reminder	Surface rest time	The surface rest time reaches the preset value.	Time (yellow + blinking for 5 seconds)
Alert	<b>Partial pressure too low</b>	The PO <sub>2</sub> falls below the preset minimum value.	The watch will pop up <b>Partial pressure too low</b> . PO <sub>2</sub> (red + blinking) Gas (red + blinking)
Reminder	<b>Done hovering</b>	The time you stay in a depth range exceeds the preset threshold.	The watch will pop up <b>Done hovering</b> .

Alert	<b>Ascent rate too fast</b>	The ascent rate is greater than 12 m/min for 3 seconds straight.	The watch will pop up <b>Ascent rate too fast.</b> Speed (red + blinking)
Reminder	Decompression ceiling depth exceeded	You stay at a depth which is 0.3 meter above the depth of the decompression stop in technical diving, or is 1 meter above the depth of the decompression stop in recreational diving.	Downward indication animation (yellow)
Alert	Depth less than CEIL	The depth is less than CEIL.	Downward indication animation (red)
Alert	Missed decompression stop	The depth is less than CEIL for 1 minute straight.	The watch will pop up <b>Missed decompression stop.</b> Downward indication animation (red)
Alert	<b>Partial pressure too high</b>	The PO <sub>2</sub> is greater than the preset maximum value.	The watch will pop up <b>Partial pressure too high.</b> PO <sub>2</sub> (red + blinking) Gas (red + blinking)
Alert	<b>Water resistance limit exceeded</b>	The diving depth is greater than 100 meters.	The watch will pop up <b>Water resistance limit exceeded.</b> Depth (red + blinking)
Alert	<b>CNS too high</b>	The CNS is greater than or equal to 100%, and the watch will give an alert for every 5% increase.	The watch will pop up <b>CNS too high.</b> CNS (red + blinking)
Alert	Depth limit exceeded	Depth	The watch will pop up <b>Depth limit exceeded.</b> Depth (red + blinking)
Alert	Time limit exceeded	Time	The watch will pop up <b>Time limit exceeded.</b> Time (red + blinking)

Reminder	<b>Low battery</b>	The battery level is less than or equal to 5%.	The watch will pop up <b>Low battery</b> .
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## Dive tools

Press the Up button on the watch to open the app list, and go to **Workout > Diving > Dive tools**.



### Calculate NDL

The Calculate NDL tool helps quickly calculate the maximum time you can spend at a given depth in recreational dive without having to take any decompression stops when surfacing. After calculation, the tool outputs an NDL list corresponding to depths of 12–60 m. You can also quickly find results based on the planned depth of your dive.

NDL calculation is affected by the following parameters:

- GF (for recreational dives)
- Gas concentration
- Depth (required when you query the NDL for a given depth)
- Start dive
- Body nitrogen load (automatically stored on the watch)

**1** Touch **Calculate NDL**, swipe up or down on the screen to select **Gas**, and touch **Next**.

**2** Swipe up or down on the screen to select **Start dive**, and touch **OK**. You can view the respective **NDL** for different depths.

Touch **Check precision**, select **Dive depth**, and view the **NDL** for the chosen depth.

## Calculate decompression

The Calculate decompression tool estimates the total gases required, and the depths and durations of decompression stops, for a technical dive. It makes it easy to plan your dives and adjust any relevant parameters.

Decompression calculation is affected by the following parameters:

- GF, partial pressure, and bottom depth (for technical dives)
- Gas concentration and gas consumption (When calculating decompression, the tool automatically distributes gases and marks inappropriate gases.)
- Depth
- Start dive
- Body nitrogen and helium loads (automatically stored on the watch)

- 1** Touch **Calculate decompression**, confirm the settings such as **Gas** and **GF**, and touch **Next**.
- 2** Set **Start dive**, **Dive depth**, **Bottom time**, and **Gas consumption** in sequence, and confirm the settings. You'll then be able to view the decompression calculation results.

## Apnea training

Free diving is a challenging workout which requires you to undertake apnea training.

Normally, you can practice on land by breathing in and holding your breath several times.

You can choose different training durations based on your specific ability and your goals.


Please follow the advice of a professional instructor when deciding on your training routine.

Before using this feature, pay attention to the following:

- Do not do apnea training if you have hypertension, heart or lung disease, or other diseases or physical conditions which make this type of training unsuitable for you.
- Make sure to carefully follow a qualified instructor's training advice.
- Do apnea training on a soft cushion or bed, and with a professional instructor guiding you.

Touch **Apnea training**, and follow the onscreen instructions to begin the training session.

## Apnea test

 Before using this feature, pay attention to the following:

- Do not do apnea test if you have hypertension, heart or lung disease, or other diseases or physical conditions which make this type of test unsuitable for you.
- Do apnea test on a soft cushion or bed, and with a professional instructor guiding you.

The test is predominantly used to test and record the maximum length of time that you can hold your breath for, and the diaphragm contraction. Each apnea test consists of four phases:

- 1** Relax: Before you hold your breath, you should relax physically and mentally in order to conserve oxygen. Perform diaphragmatic breathing during this phase.

- 2 Take a full breath: Take a deep and slow breath to let your lungs absorb as much air as possible.
- 3 Start to hold your breath: At the beginning, you'll feel pleasant and peaceful. Gradually, as carbon dioxide builds up in your body, you'll want to breathe in. At this point, your diaphragm will start to contract until you are no longer able to hold your breath.
- 4 Recover your breathing: Relax and exhale naturally, then take a deep and quick breath, and hold the air in your body for two seconds. Repeat this process at least three times. Make sure to recover your breathing every time that you hold your breath.

Touch **Apnea test**, and follow the onscreen instructions to start the test. During the apnea test, press the Down button to record **Diaphragm contraction**.

## Diving terms

### Gas

Before scuba diving, check or set the gas concentration of your cylinder. Gas concentration is very important for scuba diving, and is used by the decompression algorithm. Recreational diving only needs the oxygen percentage. Technical diving needs oxygen and helium percentages, based on which the device will get the nitrogen percentage.


### Water type

The density of sea water is different from the density of fresh water. High water density indicates greater pressure at a given depth. Therefore, the depth displayed on the watch differs depending on water type. Setting the water type before diving can help your watch calculate depth more accurately.

### GF

The Gradient Factor (GF) is an important part of the decompression algorithm. The factor is usually a paired number, GF LOW/GF HIGH, for example, 30/70. A smaller GF LOW value indicates a deeper stay, and a smaller GF HIGH value indicates a longer duration of decompression stop.

The default GF depends on the diving mode. The default GF for recreational diving is 40/85, and that for technical diving is 30/70, which is more conservative.

-  It is not recommended to change the default GF unless you fully understand how it works and how it will change decompression calculations.

### Partial pressure of oxygen

Partial pressure of oxygen (PO<sub>2</sub>) is the pressure of oxygen alone in the mixture of gases, which is equal to the atmospheric pressure at the current depth (a multiple of the atmospheric pressure) multiplied by the oxygen percentage.


1. Max partial compression is the maximum oxygen partial pressure threshold while descending. If this threshold is reached, your watch will give an alert. This threshold is also used to calculate the maximum operating depth (MOD).

2. Reduced partial pressure is the maximum oxygen partial pressure threshold while ascending. If this threshold is reached, your watch will give an alert. This threshold is also used to determine when to trigger the cylinder switching reminder.

3. Min partial pressure is the minimum oxygen partial pressure threshold while ascending or descending. When a hypoxic gas (based on the gas concentration) is used incorrectly and oxygen partial pressure is lower than this threshold, your watch will give an alert, indicating oxygen partial pressure is too low.

### **Safety stop duration**

A safety stop is a pause a scuba diver makes during their return to the surface. The purpose of a safety stop is to allow the body to release some inert gases, reducing the risk of decompression sickness. The stop is typically done at a depth of 6 m for 3, 4, or 5 minutes, just before the diver surfaces. When a diver will descend to a depth beyond 30 m or the no-decompression limit (NDL) is less than 5 minutes, the safety stop duration will be 5 minutes.

-  A safety stop is optional, but recommended to reduce the risk of decompression sickness. If you return to the surface without a safety stop, the safety stop will show as paused, and then disappear when you return to the surface.

### **Bottom depth**

Bottom depth is the depth of the last decompression stop in a technical diver's ascent. This number can be set as needed.

### **MOD**

MOD is the maximum operational depth limit for divers, as allowed by gases. In other words, the depth at which the PO<sub>2</sub> of mixed gases will almost exceed the max partial compression.

### **Ascent rate**

An ascent rate is how fast a diver ascends during a dive. Scuba diving is configured to a 12 m per minute threshold. The watch will give an alert if this threshold is exceeded. Fast ascents will greatly increase the risk of decompression sickness. It is strongly recommended to keep to a reasonable ascent rate.

### **PO<sub>2</sub>**

PO<sub>2</sub> is calculated during dives in real time according to changes in depth and gas switching. Depending on PO<sub>2</sub> threshold settings, the watch will give a reminder or an alert.

### **Nitrogen load**

Diving causes nitrogen to build up in the body. As nitrogen load increases, the diver must take the necessary safety stop and decompression stops to reduce the risk of decompression sickness.



**CNS**

CNS is a measure of the time a diver is exposed to elevated PO<sub>2</sub>. CNS is expressed as a percentage of the maximum allowed exposure time. CNS toxicity can show itself in many ways. The most serious way is epileptic spasms, which can lead to drowning.

During a dive, the CNS value will only rise. As PO<sub>2</sub> increases, CNS will rise faster, indicating a shorter allowed exposure time. When you return to the surface, CNS will fall gradually, dropping to half of its original value approximately every 90 minutes.

**NDL**

NDL is the maximum time a diver can spend at the current depth without having to take any decompression stops while surfacing. This time is shown as a countdown timer.

**Safety stop**

A safety stop is a pause a scuba diver makes during their return to the surface. To reduce the risk of decompression sickness, any dives below 11 m should have a safety stop.

**TTS**

Time to Surface (TTS) is an estimation of the time required before a scuba diver can surface, after the NDL is over. It includes the durations of decompression stops, the ascent time, and the duration of the safety stop.

**Decompression stop**

If you exceed the NDL, you must make several decompression stops at specific depths, so that your body can gradually release extra nitrogen underwater. This helps reduce the risk of decompression sickness.

**CEIL**

CEIL is a decompression ceiling depth when a diver begins their ascent. The closer the diver is to the ceiling, the better the decompression effects. Make sure not to break the decompression ceiling. If you break the decompression ceiling, the watch will give an alert, asking you to return to decompression stop range.

**OT+3**

This indicates the TTS after you stay at the current depth for an additional 3 minutes.

**+OD+5**

This indicates the TTS after you descend another 5 m and stay there for 3 minutes.

**Surface GF**

This indicates the GF HIGH value if you ascend non-stop from the current depth during a technical dive.

## Set GF

This indicates the pre-set GF LOW/HIGH values for technical dives, which will affect the depth of the first decompression stop and the total decompression time.

## Average depth

This indicates the average depth of a diving session. You can also calculate the average depth by time segment via the Assist button.

## Temperature

This indicates the water temperature measured by your watch during diving.

## Stopwatch


The stopwatch is used for timing during diving. On the stopwatch screen, you can press buttons to start/pause the timer and reset the stopwatch.

## Compass


The compass helps navigate underwater. On the compass screen, you can view and lock/unlock navigation directions.

# Expedition

When you're on an outdoor expedition, you can mark your locations and use these marked locations to find your way back. You can also use the watch to get key data like altitude and SpO2.

 The Expedition mode will be supported via OTA updates.

## Settings

- 1 On the watch face screen, press the Assist button on the upper left side of the watch to access the **Expedition** screen.
- 2 Touch  at the bottom.
  - **Battery:** When in Expedition mode, the Raise to wake feature is enabled by default. You can toggle off the switch to disable it. You can also touch **Positioning interval** to set **Time** or **Steps**.
  - **Storm warning:** You can choose to enable or disable **Warnings**. When it is enabled, you can set **Pressure drop**.
  - **Record at night** is enabled by default, and you can toggle off the switch to disable it.
  - **Dim after sunset** is enabled by default, and you can toggle off the switch to disable it.

## Starting an outdoor expedition

- 1 On the watch face screen, press the Assist button on the upper left side of the watch to access the **Expedition** screen, then touch **Start**.

## 2 During the expedition:

- **Waypoint distance:** Waypoints are the important locations marked through positioning technologies, like a crossroad and a medical service station. **Waypoint distance** is the sum of the distances of the waypoints connected in a straight line.
- **Mark:** On the home screen of Expedition, press the Down button or touch **Mark** to manually mark a location. Touch **Markers** to view and edit the marked locations.
  - **i** Markers only count the number of manually marked locations.
    - A maximum number of 500 markers are allowed.
- **Dim:** On the home screen of Expedition, press the Assist button on the upper left side of the watch to enable or disable Dim mode.
- **Tools:** On the home screen of Expedition, swipe down on the watch screen to access **Tools**, like **SpO2** and **Flashlight**.
- **Lock screen/Unlock screen:** On any screen of Expedition, press the Up button on the watch to lock or unlock the screen.
  - Touch **Home screen** to halt the recording of expedition data. You can resume this expedition by opening the app again and touching **Resume**.

**3** On the home screen of Expedition, swipe down on the watch screen twice to go to the route back screen. Touch **Backtrack** to navigate to a place near the starting point. Touch **Navigate** to display the marked locations, rotate the Up button to switch between marked locations, and press the Up button to select a marked location. Touch **Navigate** to navigate to a place near the marked location.

**4** Press and hold down on the Up button on the watch to end the outdoor expedition.

## Viewing expedition records

### On your watch:

- 1** Press the Assist button on the upper left side of the watch to access the **Expedition** screen, and touch **Expedition records** to display the expedition records.
- 2** Touch the expedition record you wish to view, and swipe up or down on the screen to view detailed records like **Distance**, **Altitude**, and **Avg heart rate**.

### On your phone:


Open the **Huawei Health** app, go to **Health > Exercise records**, and touch expedition records to view the details.

## 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 the area that you passed through or came from.

On your watch, enter the app list, then swipe down to find and touch **Workout**. Start an outdoor workout session. Then swipe up on the screen and select **Route back** or **Straight line** to return to the area that 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 the workout has ended.

## Sharing workout routes

### Managing your workout routes in the Huawei Health app

#### 1 Exporting a route

**a** On the **Exercise** screen, open a specific outdoor workout record, touch the Route icon on the right, and select **Export route**.

**b** Then touch **Save** to save the route to the phone.


#### 2 Importing a route


Go to **Me > My route > Import route**, and select a downloaded route to save to **My route**.

#### 3 Viewing or deleting a saved route file

Go to **Me > My route** and select a route file to view or delete it.

### Sharing workout routes to your device


**1** Open the Huawei **Health** app, go to **Me > My route**, and touch the target route. On the route details screen, touch  in the upper right corner and select **Send to wearable**.

**2** Enter **Workout** on your device, touch  on the right of a specific workout type that supports sharing routes, touch **Routes**, and select the target route to start navigation. You can then navigate to the destination as prompted.

## Barometer

**Barometer** on your watch automatically measures the altitude and atmospheric pressure at the current location, and shows all data from the current day in a waveform graph form.

### Viewing the altitude and atmospheric pressure

 Connect your watch to **Huawei Health** for automatic calibration before using this feature.

**1** Press the Up button on the watch to open the app list, and then touch **Barometer**.

**2** Swipe up or down on the screen to view the **Altitude** and **Air pressure**.

### Other settings

- Touch **Calibrate** on the altitude screen to manually calibrate the altitude.
- Touch **Settings** on the atmospheric pressure screen to enable or disable **Warnings** for **Severe weather warning**. You can also set **Pressure drop**. The default warning frequency

is 4 hPa/3 hr, which indicates that a warning will be sent when the accumulated decrease in atmospheric pressure exceeds the preset frequency (4 hPa) within three hours.

## Viewing weather information


### Enabling weather reports

Open the **Huawei Health** app, go to the device details screen, enable **Weather reports**, and select a temperature unit (°C or °F).

### Viewing weather information


You can check your watch to get the local weather forecast.

**1** Open the Weather app in any of the following ways:

- Press the Up button on the watch to open the app list, and touch **Weather** ().
- Swipe right on the screen until you find the Weather card, to check your location, and get the weather information. Touch the Weather card to open it.
- Set a watch face that is able to display the weather. Once this is set, you will be able to get the latest weather information directly from the home screen. Touch the weather information to open the Weather app.

**2** Swipe up or down on the screen to view the weather information for the week, **Sun**, **Moon**, **Moon phase**, and **Tide**.


Tidal queries are only supported in certain regions.

-  • Make sure that GPS is enabled on your phone, the **Huawei Health** app is allowed to obtain your location information, and that your phone is in an open area with GPS reception.
- The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is pushed from the **Huawei Health** app and collected from different weather service providers.

# 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 phone and watch close to each other to make sure 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.

## Making running plans


The device provides customized scientific training plans that adapt to your time to meet your training requirements. The device can help you finish your plan in a timely manner and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.

### Creating a running plan

- Open the **Huawei Health** app, go to **Exercise > Outdoor run, Indoor run or Plan**, and touch **AI running plan**.
- Open the **Huawei Health** app, and go to **Me > Plan > Create plan**.  
Select a running plan based on your needs, and follow the onscreen instructions to finish creating the plan. Once created, the plan will be automatically synced to your device when your device is connected to the app.

## Viewing and starting your running plan


### On your device:

Open the app list, go to **Workout** () > **Courses & plans** > **Training plan**, and touch **View plan** to view your running plan, or touch the Workout icon to start the plan.


### On your phone:

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

## Ending a running plan

Open the **Huawei Health** app, go to **Exercise** > **Plan**, touch  in the upper right corner, and touch **End plan**.

## Other settings

Open the **Huawei Health** app, go to **Exercise** > **Plan**, and touch  in the upper right corner:

- Touch **View plan** to view the plan details.
- Touch **Sync to wearable device** to sync plans to your wearable device.
- Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to Calendar.

## Viewing the RAI

Running ability index (RAI) is a comprehensive index that reflects a runner's endurance and technique efficiency. It is based on a runner's best times. In general, a runner with a higher RAI performs better in competitions.

### Before you start

- To use this feature, update the device and the **Huawei Health** app to their latest versions.
- The RAI feature is only available for certain running scenarios, and the running must last for more than 12 minutes.

### Viewing the RAI

- On your device:


In the device's app list, touch **Workout status** () to view the RAI.

- On your phone:

Open the **Huawei Health** app, access the **Me** screen, go to **My data** > **Running Ability Index**, and view your fitness data like running ability.

## Viewing workout records

### Viewing workout records on your device

- 1 Enter the device's 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 Huawei Health app

You can also view detailed workout data by going to **Health** > **Exercise records** in the **Huawei Health** app.

### Deleting a workout record

Touch and hold a workout record on **Exercise records** in the **Huawei Health** app and delete it. However, this record will still be available in **Workout records** on the device.

## Enabling Smart companion

Smart companion is enabled by default. You can view how much you have exceeded or fallen behind the target pace in real time during an outdoor workout.

- 1 Enter the device's app list, and swipe up or down to find and touch **Workout**.
- 2 Touch the Settings icon to the right of **Outdoor run**, and touch **Smart companion** to enable it if it is not enabled.
- 3 Touch **Target pace** to customize a target running pace.
- 4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.


## Measuring the lactate threshold

- Before you measure the lactate threshold, you need to complete information about your gender, age, height, and weight in the **Huawei Health** app.
  - Go to an open area and make sure that the GPS positioning is successful, to ensure the measurement accuracy.
  - During the measurement, make sure that your heart rate is within the required range and your pace does not fluctuate too much.
- 1 Press the Up button on your watch to enter the app list, start a lactate threshold measurement, confirm your information, and touch **OK**.
  - 2 Ensure that the requirements are met, touch **OK**, and follow the onscreen instructions to start measuring the lactate threshold.
  - 3 After the measurement is complete, touch **Workout records** to view the result.



## Auto-detect workouts


In the app list 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.

# Health Management

## 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.
- The duration of a single measurement is 30 seconds.

**4** After the measurement is complete, the measurement result is displayed on the device screen. You can touch  to view the measurement result description. To view detailed measurement result, open the **Huawei Health** app, go to the **Health** screen, and go to **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, you will be prompted to open the **Huawei Health** app, and toggle on the switch for **Continuous heart rate monitoring**.

- 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, go to the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle off the switch for **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, go to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on the switch for **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 toggle on the switch for **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 for a long duration 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 **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or to **Maximum heart rate percentage** and **HRR percentage** for other workout modes.
  - **i** 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.
  - **i** 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**.

- **i** If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.


## 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 **Settings**.
- 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


-  **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.
  -  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.
  -  The recorded data is updated early each morning.



## Testing stress levels

### Testing stress levels


Wear the device correctly and keep your body still during the stress test.

- Single stress test:
  - Open the **Huawei Health** app, touch the **Stress** card, and touch **Stress test** to start a single stress test. Touch **Calibrate** and follow the onscreen instructions to calibrate the stress level.
- Periodic stress test:
  - Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **Automatic stress test**, toggle on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then automatically start when you wear the device correctly.
  -  The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the device incorrectly.


### Viewing stress data

- On the device:
  - Enter the app list, and touch **Stress** () to view your daily stress change, including the stress bar chart and specific stress levels.
- In the **Huawei Health** app:
  - You can see your latest stress scores and level on the **Stress** card. Touch the card to view your daily, weekly, monthly, and yearly stress curves, and corresponding advice.
  -  The device is not a medical device and the data is for reference only.

## 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 Press the Up button on your wearable device to enter the app list, swipe up or down on the screen until you see **SpO2** () , and touch this option.
- 3 For certain products, you'll need to touch **Measure**. The actual product interface shall prevail.
- 4 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, and touch **Devices** then the name of your connected device to visit its details screen. Touch **Health monitoring**, and toggle on or off the switch for **Automatic SpO<sub>2</sub>**.
- 2 Touch **Low SpO<sub>2</sub> alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

### Viewing data

Open the **Huawei Health** app, enter the **Health** screen, touch **SpO<sub>2</sub>**, 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** to start measuring your temperature.




## Continuous measurement

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

## Reaching daily goals for Healthy Living

The Huawei Health app offers Healthy Living to help you develop healthy lifestyle habits and enjoy a healthy new life.


-  • Due to the different physical conditions of each individual, the health suggestions provided in Healthy Living, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you feel uncomfortable during activities or workouts, please stop and take a rest or consult a doctor in a timely manner.
- The health suggestions provided in Healthy Living are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

## Enabling Healthy Living

- 1 Open the **Huawei Health** app, go to **Health > EDIT**, and add the **Healthy Living** card.
- 2 Touch the **Healthy Living** card, and follow the onscreen instructions to agree to the **User Notice**.

## Selecting check-in tasks and setting goals


Check-in tasks are classified into basic check-in tasks and optional check-in tasks. You can add optional check-in tasks based on your needs.

On the Healthy Living screen, touch **Edit tasks** or  in the upper right corner, select **Health plan**, and touch **Goal settings** on the task card to set your daily goals, or touch **Change goals** to change your goals.


## Viewing the task completion status


- Enter the device's app list, and select **Healthy Living** to view the completion status of a specific task.
- Open the **Huawei Health** app, and go to **Health > Healthy Living** to view the task completion status.

## Reminders

- 1 On the **Healthy Living** screen, touch  in the upper right corner, and select **Health plan**.
- 2 On the **health plan** screen, you can set general reminders or reminders for check-in tasks. That is, you can turn on the **Weekly report notifications (watch)** switch or the **Reminders** switch for a specific task, for example, enabling **Reminders** for **Breath**.

## Weekly report and sharing


Viewing a weekly report: On the **Healthy Living** screen, touch  in the upper right corner, and select **Weekly report** to view the report details.

Sharing: On the **Healthy Living** screen, touch  in the upper right corner to share it, or save it to your device.

• Introduction to the **Daily smile** check-in task:




- 1 On the **Healthy Living** screen, select **Daily smile**.
- 2 Touch **Check in**, and take a photo. Touch **Done** to complete the check-in task (the photo will not be stored), or touch **Save & Share** in the upper right corner to share the photo or save it to your device.

## Disabling the service

On the **Healthy Living** screen, touch  in the upper right corner, and go to **About > DISABLE SERVICE**. This will reset Healthy Living, and only the three basic tasks will remain.

## TriRing

TriRing in Activity records on the watch display three types of data: steps, moderate to high intensity activity, and active hours.

1.  Steps: This ring indicates the proportion of your steps to the target step count on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me > Settings > Goals** in the **Huawei Health** app.
2.  Duration of moderate-to-high intensity activity (unit: minute): The default goal is 30 minutes. Your device will calculate the total duration of your moderate-to-high intensity activity based on your pace and heart rate intensity.
3.  Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend that you stand up once an hour and get at least 12 active hours between 7:00 AM and 10:00 PM every day.

# Assistant

## HUAWEI Assistant·TODAY


The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast and access apps that have been opened.

### 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.

-  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.

## Answering and rejecting incoming calls


When there is an incoming call, your watch will keep vibrating to remind you, and display the caller's number or name. You can answer or reject the call.

### Answering and rejecting incoming calls

- Press the Up button to stop the watch from vibrating.
- Touch the End icon on the screen or press and hold the Up button on your watch to end the call.
- Touch the Answer icon on the screen to answer the call.

### Quick message replies


Here we'll use a HUAWEI phone as an example: When your watch reminds you of an incoming call, you can touch the Message icon to quickly reply with an SMS message and reject the call.

-  • The content related to rejecting an incoming call through a quick message reply does not apply to the **Quick replies** feature in the **Huawei Health** app.
  - The method of modifying the SMS message content varies by phone model. Actual usage shall prevail.
  - This feature is not supported on iPhones. For details about how to use this feature on phones of other brands, please contact the phone manufacturer.

## 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.


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



### 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

- On the message list screen, swipe left on the message that you wish to delete, and touch  to delete the message.
- Touch  at the bottom of the message list to clear all unread messages.

## App management

 This feature is not supported on iPhones.

### Installing apps on your watch using the Huawei Health app

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.
- 2 Touch **AppGallery**, and select the app you want to use from the **Apps** list and touch **INSTALL**. After the app is installed, it will be displayed in the app list on your watch.


### Updating apps

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.
- 2 On the device details screen, touch **AppGallery**, and go to **Manager > Updates > UPDATE** to update apps to their latest version.

### Uninstalling apps

Pre-installed apps on your watch cannot be uninstalled.

- 1 Open the **Huawei Health** app, touch **Devices**, and then touch your watch name to enter the device details screen.
- 2 On the device details screen, touch **AppGallery**, and go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.

 If you have set **Disable AppGallery service** in the **Huawei Health** app, you need to touch **AppGallery** and follow the onscreen instructions to grant the required permission, to enable **AppGallery** again.

- Before using a third-party app, add it to the background protection list in Phone Manager/Optimizer. In addition, go to **Settings > Battery** on your phone, select the app in **Battery usage by app**, touch **Battery usage by app**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.
- If a third-party app doesn't work after you have added it to the list of protected apps in the background, uninstall the app, reinstall it, and try again.

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

Press the Up button on your watch to open the app list and then drag an app up or down.


## Controlling music playback

- You cannot transfer music to your watch using an iPhone. If your watch has not been restored to its factory settings, it is recommended that you link your watch to an Android phone first to transfer music to your watch, then link your watch with an iPhone and use the same HUAWEI ID to control music playback.
- To use this feature, make sure that your watch is connected to the **Huawei Health** app.

### 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 songs**, and select songs to be added.
  - 3 Touch ✓ in the upper right corner of the screen.  
When adding music, you can create a playlist by touching **New playlist**. After you have created a playlist, you can add songs from your watch to the playlist by going to **•• > Add songs** in the upper right corner.
- To delete a song, open the **Huawei Health** app, go to the device details screen, go to **Music > Manage music**, select the song you would like to delete from the displayed list, and touch **•** and then **Delete**.
  - The music transferred to your watch via the **Huawei Health** app can be played offline. It is not necessary to have network connection.






### Controlling music playback on your watch

- 1 Enter the watch's app list, and go to **Music** (  ) > **Playing**, or use another music app.
- 2 Touch the play button to play the song.
- 3 On the music playback screen, you can adjust the volume, set the playback mode (for example, play songs in order or shuffle them), and swipe up on the screen to view the playlist or switch between songs.

### Controlling music playback on your phone


- Open the **Huawei Health** app, go to the device details screen, touch **Music**, and toggle on the switch for **Control phone music**.
- Open the music app on your phone and play music.
- Swipe right on the home screen of your watch to enter the HUAWEI Assistant-TODAY screen, and touch the Music widget with a phone icon.

## Remote shutter

-  To use this feature, make sure that the **Huawei Health** app is running in the background.
- 1 Make sure that your watch is linked with the **Huawei Health** app on your phone.  
Swipe down from the top of your watch's home screen, and make sure that  is displayed, indicating that your watch is connected to your phone.
  - 2 Enter your watch's app list, touch **Remote shutter** () to enable your phone's camera, and touch  on the watch screen to take a photo. Touch  to switch between a 2-second and 5-second timer.

## Voice assistant

The watch allows you to use the voice assistant to check for information, and control smart home devices once it is connected to the **Huawei Health** app on your phone.

-  Update your watch to the latest version, to ensure the best possible experience.  
Currently, this feature is only supported in certain countries and regions.

### Using the voice assistant

- 1 Press the Up button on your watch to enter the app list, go to **Settings > Smart assistance > AI Voice**, and enable **Wake-up button**.
- 2 Press and hold the Down button to wake up the voice assistant.
- 3 Give a voice command on the displayed screen, such as "What's the weather like today?".

### Other settings

Go to **Settings > Smart assistance > AI Voice** on your watch, and set the voice assistant feature. If the following menus do not display, it means that your watch does not support these features.

- **Wake-up button:** Wakes up the voice assistant by pressing the button.
- **Broadcast:** This feature is enabled by default. Once disabled, the watch will no longer broadcast voice messages.  
To adjust the volume of the voice assistant, you'll need to press the volume buttons on the paired phone.
- **AI Tips:** Once this feature is enabled by default, the **AI Tips** card will display on the HUAWEI Assistant·TODAY screen. Once **AI Tips** is disabled, the card will no longer display on the HUAWEI Assistant·TODAY screen.


## Connecting to Bluetooth earphones

After the watch is connected to your Bluetooth earphones, you will be able to use the Bluetooth earphones to listen to music.

- Method 1:

- 1 Put your Bluetooth earphones in pairing mode.
- 2 Enter the watch's app list, swipe up or down on the screen, and go to **Settings > Bluetooth**.
- 3 If the watch has not been paired with any Bluetooth device, touch **Find devices**, select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.


- Method 2:

- 1 Put your Bluetooth earphones in pairing mode.
- 2 Enter the watch's app list, swipe up or down on the screen to find and select **Music**, touch  in the lower right corner of the music playback screen, and go to **Audio channel > Add device**.
- 3 Go to **Pair > Find devices**, and your watch will automatically search for the devices ready for pairing. Select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.

## Flashlight

To make sure there is a suitable option for anywhere you go, there are three flashlight modes available on your device: Common mode, Flash mode, and Color mode.


### Common mode

Press the side button on your device to access the app list, or swipe down on the home screen to access the shortcut menu, and touch  to turn on the flashlight. The screen will light up. Touch the screen to turn the flashlight off. Touch the screen again to turn the flashlight on again. Swipe right or press the side button to disable the flashlight.

### Flash mode and Color mode

The flashlight on your device supports eight standard colors, custom colors, and adjustment of flash frequency. You can:

Go to the flashlight screen on your device, swipe up on the screen to display the settings options, and set your preferred light color and flash frequency.

-  The flashlight stays on for five minutes by default.
- The icon color may vary depending on the device model.



# More

## Configuring Gallery watch faces

- 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.
  - When you upload more than one image, you can tap on the watch face to switch between them.

### Other settings

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

- Touch **Style** and **Layout** 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 the AOD watch face


After you set the Always On Display (AOD) watch face, you can select to display the main watch face or AOD watch face when you raise your wrist.

- Enabling AOD will reduce the battery life.
  - Once AOD is enabled, the Raise to wake feature will be disabled.

- 1 Open the app list, go to **Settings > Watch face & home** or **Settings > Watch face**, and enable **Always On Display**.
- 2 Once AOD is enabled, the watch face style will be set by default.
- 3 Select **Raise to show AOD** or **Raise to show watch face** as needed.

## OneHop watch faces

You can use OneHop to turn Gallery images from your phone into watch faces on your wearable device. You will need to download images saved on the cloud before transferring them. If you upload more than one image, tap on the watch face to randomly switch between them.



-  Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is only available when your device is paired with a HUAWEI phone that supports NFC.

- 1 Enable NFC on your phone.
- 2 Go to Gallery on your phone, select the images that you would like to transfer, and tap the NFC area on the back of your phone against the watch face. Once the images have been transferred successfully, you will see them appear on your watch face.
- 3 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More > Mine > On watch > Gallery** to see the images that you transferred. Feel free to customize the style and layout of the Gallery watch faces to suit your preferences.


## 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 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

#### In the Huawei Health app

- 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.

#### On the device

- 1 Touch and hold the home screen of the device to access the watch face selection screen.
  - 2 Swipe up from the bottom of the device screen and touch **Remove** to delete the watch face. You can download the deleted watch face again from the watch face store.
- Gallery watch faces cannot be deleted.
  - You do not need to purchase a watch face again, after deleting it, from the watch face store.

## Setting sounds



### Setting the ring volume

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

### Muting and unmuting

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

## 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.
- 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.

## Finding your watch using your phone

- This feature is unavailable when your watch is not linked with the **Huawei Health** app.
  - Some watch models need to be updated to their latest versions to use this feature.
- 1 Open the **Huawei Health** app, go to the device details screen, and touch **Find device** and then **Ring**.

- 2 Touch **Ring**, and your watch will start ringing. When you find your watch, touch **Stop ringing**, or wait until the ringing ends.

## 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 > Sounds & vibration > Do Not Disturb > All day** to enable or disable it.


### Scheduling Do Not Disturb

-  To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- Go to **Settings > Sounds & 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 > Sounds & vibration > Do Not Disturb > Scheduled**.


## Enabling/Disabling Sleep mode

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

Swipe down on the watch face screen and touch **Sleep mode** to enable or disable the mode.

-  • Sleep mode can be manually enabled or automatically enabled when the watch detects that you are asleep.
- If you have enabled AOD, and later on you enable Sleep mode, the AOD watch face will turn off several seconds after it turns on.

## Bluetooth voice call

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

### Adding contacts

- 1 Open the **Huawei Health** app, go to the device details screen, and touch **Favorite contacts**.


- 2 On the **Favorite contacts** screen, touch **Add**. The system automatically opens the contacts list on your phone. Select contacts and add them to the list.


### Answering and making calls

**To make a call:** Go to the app list on your wearable device, touch **Contacts** or **Call log**, and select the contact that you would like to call.

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


## Pairing with a new phone

-  You may be reminded to restore your device to its factory settings before pairing it with another phone with a different HUAWEI ID, 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 > Connect new phone** on your wearable device, touch , and follow the onscreen instructions to complete the pairing.

## Charging

### Charging your watch

- 1 Connect the charging cradle, charging cable, and power adapter, and then connect the power adapter to a power source. (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 you see the charging icon appear on the device screen.
  - 3 When the charging icon displays 100%, it indicates that the device has been fully charged, and charging will automatically stop.
-  • Keep the charging port dry and clean to prevent it from short circuiting or other dangers.
  - The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.
  - If the device is idle for a long time, remember to 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 source, and check the battery level on the charging screen.

**Method 3:** Check the battery level on the watch face (which displays battery level).

**Method 4:** Once your device is linked with the **Huawei Health** app, open the **Huawei Health** app, touch the target device on the **Devices** screen to visit the details screen, where the battery level is displayed.

## Updates

### Method 1

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

### Method 2

Go to **Settings > System & updates > Update** and touch **Update**. Follow the onscreen instructions to complete the update.

- i • Touch the Settings icon to the right of **Firmware update**, enable **Auto-download update packages over WLAN**, and your device will automatically download the update package and send you a notification every time it detects a new version. Follow the onscreen instructions to update your device.
  - You are advised to ensure that your device has sufficient power before the update.
  - During an update, Bluetooth on your device will automatically disconnect, and reconnect once the update is complete.
  - Do not charge your device during the update.

## Powering on/Powering off/Restarting

### Powering on

- Press and hold the Up button.
- Charge the device.

### Powering off

- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings > System & updates > Power off**.

### Restarting

- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings > System & updates > Restart**.

## Restoring factory settings

**i** Restoring the wearable device to its factory settings will clear all personal data from the wearable device, so please exercise caution when performing this operation.

**Method 1:** Go to **Settings > System & updates > Reset** from your wearable device's app list.

**Method 2:** Open the **Huawei Health** app, go to the device details screen, and touch **Restore factory settings**.

## 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.

**i** 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
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<p>Dive (Depth up to 100 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>The wearable device complies with the EN 13319 standard for diving accessories, and supports diving with a maximum depth of 100 meters. (For safety reasons, please do not dive alone.)</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving activities exceeding a depth of 100 meters.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.</li> <li>3. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</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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10 ATM	<p>It is a water-resistant standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can stand up to simulated 100-meter static water pressure at room temperature for 10 minutes.</p>	<p>The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that it can withstand up to 100-meter static water pressure for 10 minutes. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear. The wearable device can be used for water activities such as those in swimming pools and at the beach, and diving (the supported depth and diving types vary depending on the specific product model). It can be worn and used during exercise, on rainy days, and when washing your hands. 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. 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> <li>3. Leather and metal straps are not designed to withstand water or sweat. It is recommended that you wear other types of straps, if you wish to swim, dive, or work out.</li> </ol>
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		(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.)
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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, swimming, snorkeling, 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.

Charging the device when it is wet.

-  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.