

HUAWEI Band 8

USER GUIDE



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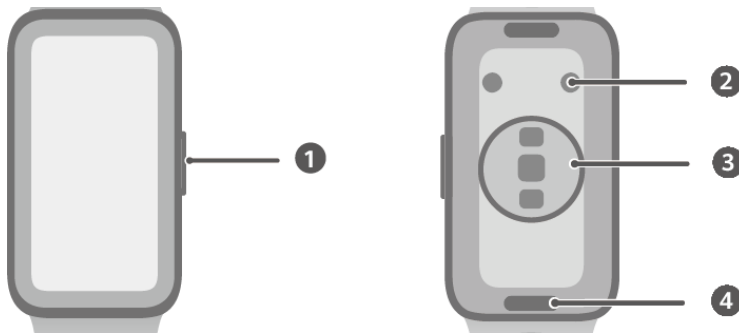
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Getting Started

Buttons and screen control

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



1: Side button

2: Charging port

3: Monitoring unit area

4: Quick release button

Operation	Feature	Remarks
Press the side button.	• When the screen is off, press the side button to turn on the screen. • When the watch face screen is displayed, press the side button to access the app list screen. • When a non-watch face screen is displayed, press the side button to return to the watch face screen.	This feature is unavailable in some scenarios, including when an incoming call arrives and workouts.
Press and hold the side button.	Powers on, powers off, and restarts your device.	-
Swipe left or right on the home screen.	Switches between screens.	-
Swipe right on a screen other than the home screen.	Returns to the previous screen.	-
Swipe up on the home screen.	Views notifications.	-

Operation	Feature	Remarks
Swipe down on the home screen.	Views the shortcut menu.	-
Touch the screen.	Chooses and confirms.	-
Touch and hold the home screen.	Changes the watch face.	-

Pairing with an EMUI/Android phone

- 1 Install the **Huawei Health** app ().
If you have already installed the **Huawei Health** app, go to **Me > Check for updates** and update it to the latest version.
If you haven't yet installed the app, go to your phone's app store and download and install the app. You can also scan the QR code below to download and install the app.



- 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.
 - a Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and then touch **Add device**. Select the wearable device that you would like to pair, and touch **LINK**.
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.
 - b When the pairing request appears on your wearable device, touch . When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.
 - c Wait a few seconds for the **HUAWEI Health** app to display a message indicating that the pairing has been successful. Touch **Done** to complete the pairing.

Managing watch faces

Changing watch faces

- Method 1: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a preview, swipe left or right to select your preferred watch face and set it.
- Method 2:
On your device, go to **Settings > Watch face > Watch face**, and swipe left or right to select your preferred watch face and set it.
- Method 3: Make sure that your device is linked with the **Huawei Health** app. Open the **Huawei Health** app, go to the device details screen, touch **Watch faces** and then **More**, select your preferred watch face, and install it. Your device will automatically switch to the

selected watch face once it is installed. Alternatively, touch a watch face that you have installed, then touch **Set as default** to switch to it.

Deleting a watch face

Open the **Huawei Health** app, go to the device details screen, touch **Watch faces**, and go to **More > Me > Edit**, touch the Cross icon in the upper right corner of a watch face to delete it.

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

- To move an added card, touch  to the right of the card.
- To delete an added card, touch **x** to the left of the card.

Exercise

Starting an individual workout

Using your device to start a workout

- 1 Enter the device's app list, and touch **Workout** ().
- 2 Swipe up or down on the screen and select the workout that you would like to do.
- 3 Touch a workout icon to start a workout.
- 4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch  to resume the workout, or touch  to stop the workout.



- Touch  for a workout mode to set goals, reminders, and more.
- When you finish your workout, you can view the workout data which includes the workout duration, the number of calories you burned, a graph of your heart rate, the change in your heart rate, your average heart rate, and your heart rate zone.

Using the Huawei Health app to start a workout

- 1 When your device is connected to the **Huawei Health** app, start a workout (including a single workout session and training course) in the app.
 - 2 In the **Huawei Health** app, touch  to pause a workout, touch  to resume a workout, and touch and hold  to end a workout. The device will pause, resume, or end the workout accordingly.
-  • During a workout, data such as the workout duration and distance will be displayed in both the Huawei Health app and on your device.
 - If the workout distance or duration is too short, no workout data will be recorded.

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.

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 outdoor running and running courses that last for more than 12 minutes. Indoor running is not supported.

Viewing the RAI

- On the device:

1 Go to **Settings > Watch face & home > Home**, and select **Grid** to display the apps in grid view.

2 Touch  to view the RAI.

- Phone:

Open the Huawei Health app, go to **Exercise > Outdoor run > Total distance run (km)**, select a running record, and touch **Graph** to view your fitness data such as RAI, pace zone, and training load level.

Workout status

Enter the device's app list, touch **Workout status** () , and swipe up on the screen to view data including your running ability index (RAI), recovery status, training load, and VO2Max.

- RAI is a comprehensive index that reflects a runner's endurance and technique efficiency. In general, a runner with a higher RAI performs better in competitions.
- Recovery status reflects the recovery from fatigue caused by the impact of the latest training session. A training session with a higher intensity will require a longer recovery time.

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The device collects your training load from workout modes that track your heart rate.
- VO2Max refers to the maximum amount of oxygen that you can utilize during intense exercise. It is an important indicator of your body's aerobic ability.

Viewing daily activity data

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

Method 1: View your activity data on the device.

Enter the device's app list and touch **Activity records**. You can then view your data including the step count, calories burned, distance covered, active hours, and the duration of moderate to high-intensity activities.

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

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

The data displayed in the **Huawei Health** app is collected from both your phone and device. Therefore, there is nothing to be concerned about if there is a data discrepancy between the app and your wearable device.

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

Health Management

Monitoring your sleep

Make sure that you are wearing your device in the correct manner. The device will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, rapid eye movement (REM) sleep, or awake.

Sleep settings

- 1 Swipe down on the watch face screen, and touch and hold  to access the **Sleep mode** settings screen. Alternatively, enter the device's app list, select **Sleep** () , swipe up on the screen, and touch **Sleep mode** to access the settings screen.
- 2 Enable **Auto**, or touch **Add time**, set **Bedtime**, **Wake up**, and **Repeat**, and touch **OK**.

Recording sleep

-  • When **Auto** is enabled, and the device detects that you are asleep, it 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.
- When **Auto** is enabled, the device will enter Simple mode.
- Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on the switch for **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 REM sleep. The watch 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.

Viewing your sleep data

- Open **Sleep** () from the app list on your device to view the night sleep and nap data record.
- Open the **Huawei Health** app, go to the **Health** screen, and touch the **Sleep** card to view your daily, weekly, monthly, and yearly sleep data.

Activity reminder

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

Open the **Huawei Health** app, go to the device details screen, touch **Health monitoring**, and toggle on or off the switch for **Activity reminder**.

-  • The device will not remind you to move around if you have enabled **Do Not Disturb** on it.
- The device will not remind you to move around if it detects that you are asleep.

Measuring your heart rate

-  • This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
- Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.

Individual heart rate measurement

- 1** Open the **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** Enter the device's app list and select **Heart rate** to measure your heart rate.

Continuous 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 on the switch for **Continuous heart rate monitoring**.
- 2** View your heart rate:
 - Enter the device's app list and select **Heart rate** to view your heart rate.
 - In the **Huawei Health** app, go to **Me > My data > Heart**, and view your heart rate.

Resting heart rate measurement

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

- 1** Open the **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**. The device will then automatically measure your resting heart rate.
 - 2** In the **Huawei Health** app, go to **Me > My data > Heart > Resting heart rate**, and view your resting heart rate at a specific time or average resting heart rate.
-  The resting heart rate data displayed in the **Huawei Health** app will not change after you disable **Continuous heart rate monitoring**.

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** or **HRR percentage**.
- Heart rate measurement during a workout: You can view the real-time heart rate on the device when you start a workout.
 -  • After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
 - Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

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.

Single SpO2 measurement

- 1 Wear your wearable device in the correct manner, and keep your arm still.
 - 2 Enter the device's app list, and swipe up or down to find and touch **SpO2** ().
 - 3 Remember to keep still with the screen facing upward, during SpO2 measurements.
-  • For more accurate results, it is recommended that you wait three to five minutes after putting the device on before measuring your SpO2.
 - This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
 - The results are for reference only and are not intended for medical use.
 - The measurement will be interrupted if you swipe right on the device screen, receive an incoming call, or an alarm goes off.

Automatic SpO2 measurements

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Health monitoring**, and toggle on the switch for **Notifications**. The device will then automatically measure and record your SpO2 every 10 minutes when it detects that you are still.
- 2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive a vibration alert when you are not asleep.

Viewing data

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

Heart rate limit warning

During a workout, if your heart rate exceeds the preset upper limit for a certain period of time, your device will vibrate and notify you that your heart rate is too high, until your heart rate drops below the upper limit or you swipe right to clear the notification.

Perform the following to set a heart rate upper limit:

- iOS users: Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, toggle on the switch for **Heart rate warning**, touch **Heart rate limit**, and set an upper limit that is suitable for you.
 - Android users: Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, toggle on the switch for **High heart rate**, touch **Heart rate limit**, and set an upper limit that is suitable for you.
-  Heart rate alerts are only available during workouts and are not generated during daily monitoring.

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.

Breathing exercises

Enter the device's app list, touch **Breathing exercises** () , set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises.

After the exercise is finished, the screen will display data such as the heart rate before the exercise, exercise duration, and evaluation.

Assistant

Setting alarms

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

Setting an alarm on your device

- 1 Enter the device's app list, touch **Alarm** () , and touch  to add an alarm.
- 2 Set the alarm time and specify whether you would like the alarm to be repeated, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.
- 3 Touch an alarm to modify the alarm time, its repetitions, or to delete it.

Setting an alarm in the Huawei Health app

- 1 Open the **Huawei Health** app, go to the device details screen, and touch **Alarm**.
- 2 Touch **Add** to set the alarm time, alarm name, and repeat cycle.
- 3 If you are an Android or EMUI user, touch ✓ in the upper right corner. If you are an iOS user, touch **Save**.
- 4 Swipe down on the **Huawei Health** home screen to make sure that the alarm settings are synced to the device.
- 5 Touch an alarm to modify the alarm time, the name, and its repetitions.

Remote shutter

-  • This feature is available for phones running EMUI 8.1/iOS 9.0 or later. When paired with an iPhone running a compatible version, you need to open the camera on the iPhone first.
 - To use this feature, make sure that the **Huawei Health** app is running in the background.
- 1 Make sure that your wearable device is connected to your phone via Bluetooth and the **Huawei Health** app is running properly.
 - 2 Enter the device's app list, and select **Remote shutter** (). This will open the Camera app on your phone at the same time.
 - 3 Touch  on the device screen to remotely control your phone to take photos. Swipe right on the screen or press the side button to close **Remote shutter**.

Controlling music playback

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Device settings**, and toggle on the switch for **Music playback control**.

- 2 After a song is played on your phone, touch **Music** in the device's app list to pause or resume music playback, switch to the previous or next song, and adjust the volume.

Managing messages

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

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 wearable device will vibrate to notify you of new messages pushed from the status bar of your phone.

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

Replying to SMS messages

-  • This feature is not supported on iPhones.

When receiving an SMS message on your wearable device, you can swipe up on the screen and select a quick reply.

Customizing quick replies

-  • This feature is not supported on iPhones.

You can customize a quick reply as follows:

- 1 Once your wearable device is connected to 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

Swipe up on the home screen of your wearable device to enter the unread message center, and touch  at the bottom of the message list to clear all unread messages.

Watch/Wristband Flashlight

Press the side button on the device to enter the application list or swipe down from the shortcut menu on the home screen. Touch to open Flashlight. The screen lights up. Touch the screen to turn off Flashlight. Touch the screen again to turn on Flashlight. Swipe right or press the side button to exit.

 The flashlight turns on for 5 minutes by default.

Receiving weather reports

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).

In normal cases, weather information is updated every hour. You can also manually refresh the weather information, by swiping down on the home screen of the **Huawei Health** app or opening the Weather app on your wearable device.

Viewing weather information

Through the Weather app

On the home screen, press the side button and select **Weather**. You can view information such as your location, the weather, temperature, air quality, and more on the screen. Swipe up or down on the screen to view more weather information.

Through a watch face

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

-  • 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 the device may differ slightly from that displayed on your phone, as the information is collected from different weather service providers.

More

Powering on, powering off, and restarting

Powering on

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

Powering off

- Press the side button, and go to **Settings > System & updates > Power off**.
- When the screen is on, press and hold the side button to display the Restart and Power off options, and touch the Power off option.
 - i** The device will automatically power off when the battery is drained. Charge the device in a timely manner.

Restarting

- Press the side button, and go to **Settings > System & updates > Restart**.
- When the screen is on, press and hold the side button to display the Restart and Power off options, and touch the Restart option.
- Press and hold the side button for more than 12 seconds to forcibly restart your device.

Charging

Charging

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



-  • You are advised to use a HUAWEI charging cradle and adapter or a charging cradle and adapter that comply with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your device. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a HUAWEI charging cradle and adapter from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the port, the metal contacts, and your device are dry during charging.
- Keep the surface of the charging cradle clean. Make sure the device is placed correctly on the charging cradle with the charging status displayed on the device screen. Do not use metal objects to connect the metal contacts of the charging cradle. Otherwise, short circuits or other risks will occur.
- When the charging icon displays 100%, it indicates that the device has been fully charged and automatically stopped charging. Remove the device and disconnect the power adapter.
- If the device is not used for a long time, it is recommended that you charge the battery once every two to three months, to extend the battery lifespan.
- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, go to an authorized Huawei Customer Service Center to replace the battery.
- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure there is no residual liquid or any other foreign objects on the USB port of the charging cradle. Keep the charging cradle away from liquids and flammable materials. Do not touch the metal contacts of the charging cradle when it is connected to a power supply, to avoid potential safety hazards.
- The charging cradle has a magnet inside. If the magnet repels the charging port, switch the direction of the charging port. The charging cradle's magnetism tends to attract metal objects. It is recommended that you check and clean the charging cradle before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources with strong electromagnetic interference, as this may cause it to demagnetize or cause other issues.

Viewing the battery level

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

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

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

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

Low battery alert

When the battery level is lower than 10%, your device will vibrate to notify you of the low battery level and prompt you to charge it as soon as possible.

Setting style watch faces

You can create personalized watch faces based on the outfit you're wearing.

 This feature is currently not supported with iPhones.

- 1 Open the **Huawei Health** app, go to the device details screen, touch the **Watch faces** card, and go to **More > Mine > Style**
- 2 Touch **+** in the lower left corner, and upload a photo of your outfit by taking one using **Take photo** or selecting one from **Gallery**.
- 3 Multiple watch faces will be generated based on the elements in the photo. Select your favorite option, and touch **Save** to set it as the current watch face.

Setting the AOD watch face

AOD watch face

After you set the AOD watch face, you can select to display the main watch face or AOD watch face when you raise your wrist.

- 1 Open the app list, go to **Settings > Watch face**, and enable **Always On Display**.
- 2 Select **Raise to show AOD** or **Raise to show watch face** as needed.

Setting the Standby watch face

Standby watch face

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

- 1 On the home screen of the device, press the side button, go to **Settings > Display > Always On Display**, swipe left or right on the screen to preview the watch faces, and then touch  or the selected watch face to complete the settings.
- 2 If the screen-off time has not been set for the device: When no operations are performed on the screen, the Standby watch face will be displayed 5 seconds after Always On Display is configured. When you perform an operation on the screen, the Standby watch face will be displayed 15 seconds after the operation is complete.

If the screen-off time has been set for the device, the time when the Standby watch face is displayed depends on the screen-off time.

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

- Only the preinstalled Standby watch faces can be set.
- When the watch detects that the user is not wearing the watch or is sleeping, the Standby watch face screen will turn off.
- Enabling the Standby watch face feature will drain the battery life by half and disable the Raise to wake feature.

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

Setting Do Not Disturb

When enabled, your device 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  to enable or disable it.

Method 2: Enter the device's app list, and go to **Settings > Do Not Disturb > All day** to enable or disable it.

Scheduling Do Not Disturb

- Swipe down on the watch face screen, and touch and hold  to access the Do Not Disturb settings screen. Alternatively, enter the device's app list, go to **Settings > Do Not Disturb** to access the Do Not Disturb settings screen. Then, enable **Scheduled**, and set the start time and end time of the Do Not Disturb mode.
- To disable any scheduled Do Not Disturb periods, go to **Settings > Do Not Disturb > Scheduled**, and disable it.

Setting a PIN

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

Setting a PIN

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

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

Changing the PIN

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

Disabling the PIN

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

Forgot the PIN

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

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

 Once you have restored your device to its factory settings, all of your data will be cleared, so please exercise caution when performing this operation.

Setting time and language

Time and language cannot be set on your wearable device.

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

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

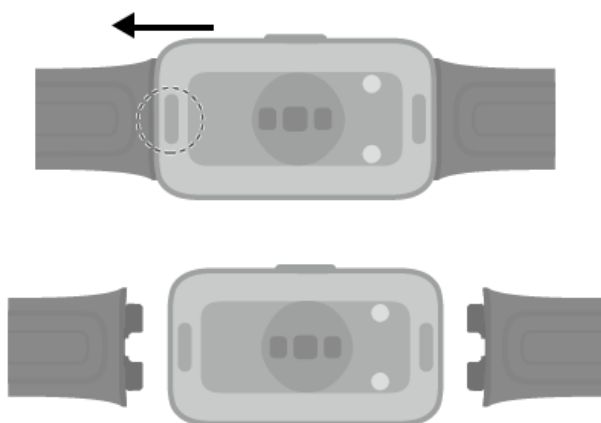
Adjusting or replacing the strap

Adjusting the strap length

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

Remove the strap: Press the quick release button on the back of the band, and remove the strap from the link fixing slot.

Install the strap: Align the strap with the link fixing slot, and install the strap.



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

5 ATM	It is a water-resistant standard (ISO 22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the watch is water-resistant in water that is 50 meters deep. Wearable devices with a resistance level of 5 ATM are water-resistant when you are swimming. You can wear this type of wearable device when swimming or taking part in other water-related activities in your daily life. Dust-resistant level: If wearable devices comply with the IEC 60529:2013 standard (level 6), it means that no dust can get inside.	These wearable devices comply with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-meter static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-meter deep. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear. 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. It can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands.  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. The wearable device is not suitable for use in the following scenarios: 1. Scuba dives, platform dives, dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.
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		3. Leather and metal straps are not designed to withstand swimming or sweat. It is recommended that you wear other types of straps, in such scenarios. (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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Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

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

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

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

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

Pressing the buttons of the device or using it underwater.

Charging the device when it is wet.

 The water-resistant and dust-resistant features are only applicable for the watch body.

Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.

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