

Contents

Getting Started

Appearance	1
Buttons and screen controls	1
Pairing with an EMUI phone	2
Pairing with an iPhone	3
Pairing with an Android phone	3
Custom feature cards	4

Assistant

Setting modes	6
Notifications and messages	7
Remote shutter	8
Music playback controls	8
Calculator	9

Health Management

Emotional wellbeing	10
Sleep monitoring	11
Sleep breathing awareness	12
Heart rate measurement	12
Pulse wave arrhythmia analysis	13
SpO2 measurement	15
Cycle Calendar	15

Exercise

Workout settings	17
Starting a workout	17
Starting a run	18
Band-phone linking for cycling	19
Activity rings	20
Wheelchair mode	21
Auto-detect workouts	22

More

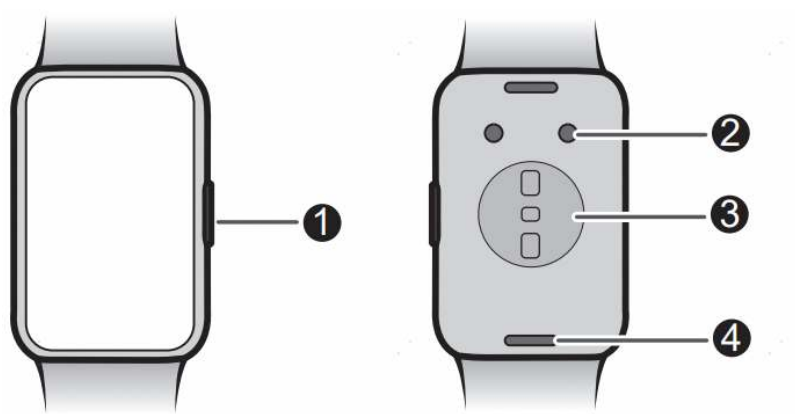
Charging	23
Pet-themed watch faces	25
Gallery watch face	25
Managing watch faces	26
Compass	27
PIN settings	27
User Guide Instructions	28

Getting Started

Appearance

Device appearance:

 The images are for reference only.



About the device:

①	Side button
②	Charging contact
③	Heart rate sensor
④	Quick release button

Buttons and screen controls

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

Button operations

Operation	Feature
Press	• When the screen is off: Turns on the screen. • When home screen is displayed: Takes you to the app list screen.  App names can be displayed only in List mode. To switch between Hex grid and List modes: • In either mode, swipe up until you reach the last app list screen, and tap the other mode to make the switch. • Go to Settings > Watch face & home > Home, and select Hex grid or List. • When any other screen is displayed: Returns to the home screen.

Operation	Feature
Press and hold	• When the device is off: Powers on the device. • When the device is on: Takes you to the restart/power-off screen when the button is pressed and held for at least 3 seconds. • When the device is on: Forcibly restarts the device when the button is pressed and held for at least 12 seconds.

Screen controls

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

Pairing with an EMUI phone

- 1 Install the **Huawei Health** app ().
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

- 5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, tap **Agree**.
- 6 When a pairing request displays on your wearable device, tap ✓ and follow the onscreen instructions on your phone to complete the pairing.
 - ❗ To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().
If you have already installed the app, update it to its latest version.
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.
- 2 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 - ❗ It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and place the device close to your phone. On the home screen of the **HUAWEI Health** app, tap ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. You can also tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 4 When a pairing request appears on your wearable device, tap ✓.
When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, tap **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Tap **Allow** and follow the onscreen instructions.
- 5 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.
 - ❗ • Keep **HUAWEI Health** running in the background (and don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.
 - To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with an Android phone

- 1 Install the **Huawei Health** app ().
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.

- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. On the home screen of the **Huawei Health** app, tap  in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request displays on your wearable device, tap  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Tap **Settings** and complete the connection protection settings, so as to ensure a more stable connection between your device and **Huawei Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.
 -  To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Custom feature cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the device home screen to view and access these apps, with little effort. A feature card can include one or multiple apps, based on your needs.

Adding a card

- 1 Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Tap  and select a desired card.
- 3 Now that you're done, you can swipe left on the device home screen to view the added cards.

Editing a combo card

- 1 Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 You can replace the component by swiping left or right on the card and tapping **Custom** at the bottom of the card.
 -  Components of combo cards can only be replaced, not deleted.
 - To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.

Moving/Removing a card

Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.

- To move a card, touch and hold the card and drag it to where you want it.
- To remove a card, either tap  at the bottom of the card, or swipe up on the card and then tap **Remove**.

Assistant

Setting modes

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

Enabling Do not disturb

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

Enable:

- 1 Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and select **Do not disturb**.
- 2 After the setting, **Control Panel** is displayed as **Do not disturb**.

To disable Do not disturb mode, go to **Control Panel** and tap . You can touch and hold to change the mode or perform other settings.

Scheduled Start:

- 1 You can access the **Do not disturb** setting screen in either of the following ways:
 - Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and tap  next to **Do not disturb**.
 - Go to the app list and tap **Settings** > **Focus** > **Do not disturb**.

- 2 Tap **Add time** and set **Start**, **End**, and **Repeat**.

To disable scheduled wakeup, turn off the switch next to the corresponding time period. (If the device is in Do not disturb mode, turn off the **Do not disturb** switch first.)

Enabling Sleep mode

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

Enable:

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

To disable Sleep mode, go to **Control Panel** and tap . You can touch and hold to change the mode or perform other settings.

Scheduled Start:

1 You can access the **Sleep** setting screen in either of the following ways:

- Swipe down from the top of the device home screen to access **Control Panel**, tap **Focus**, and tap  next to **Sleep**.
- Go to the app list and tap **Settings** > **Focus** > **Sleep**.

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

To disable scheduled start, turn off the switch next to the corresponding time period. (If the device is in Sleep mode, turn off the **Sleep** switch first.)

Notifications and messages

When your band is connected to the **Huawei Health** app and the Notifications feature is enabled, new messages pushed to the status bar of your phone will be synced to your band.

Enabling the Notifications feature

- 1** Open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and toggle on **Notifications**.
 - 2** In the app list below, toggle on the switches for the apps you wish to receive notifications from.
-  On the **Notifications** screen, the **APPS** section shows the apps for which push notifications are available.

Push notifications settings

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

- **HUAWEI phones:** Toggle on **Mute notifications when using phone**.
Notifications will be muted on your band while you are using your phone. The band will still receive the notification, but it won't vibrate.
When you aren't using your phone and wearing your band, you will be notified of messages via your band and your phone won't vibrate.
 - **Other Android phones:** Once **Mute notifications when using phone** (disabled by default) is enabled, notifications will be muted on your band while you are using your phone. The band will still receive the notification, but it won't vibrate.
-  • The **Smart notifications** or **Mute notifications when using phone** feature is not available when the wearable is paired with an iPhone.

Viewing and deleting unread messages

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

- 2 Unread messages will be kept on your band. To view them, swipe up on the device home screen to enter the message center.
- 3 To delete a message, do as follows:

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

Replying to SMS messages

- 1 To reply to a new SMS message or a message from WhatsApp, Messenger, or Telegram on your band, you can use quick replies or emoticons. Supported message types are subject to actual use.
 - 2 To customize quick replies, open **Huawei Health**, navigate to the device details screen, and tap **Quick replies**.
 - 3 You can tap **Add reply** to add a reply, tap an existing reply to edit it, or tap  next to a reply to delete it.
-  • This feature is unavailable when your wearable is paired with an iPhone.
 - Quick SMS replies only work with the SIM card that has received the SMS message.

Remote shutter

-  • When using this feature with an iPhone running iOS 13.0 or later, be sure to open the camera first.
 - Camera preview and photo viewing are not supported on the wearable device. Please do so on your phone.
- 1 Make sure your wearable device is properly linked with the **Huawei Health** app on your phone.

Swipe down from the top of the device home screen, and make sure that  is displayed on the Control Panel, indicating that your wearable is connected to your phone.
 - 2 Enter the device app list, swipe up until you find **Remote shutter**, and select it. This will automatically launch your phone camera.
 - 3 On your wearable device, tap the camera icon to remotely control your phone to take a photo. To close **Remote shutter**, swipe right on the screen or press the side button.

Music playback controls

- 1 Open **Huawei Health**, navigate to the device details screen, tap **Device settings**, and toggle on **Music playback control**.
- 2 Start audio playback on your phone, and you can navigate to the **Music** app on your band to pause or resume playback, switch to the previous or next track, and adjust the volume.

Calculator

- 1 Enter the device app list and tap **Calculator**.
- 2 You can do basic math like addition, subtraction, multiplication, and division.
 - To delete the last digit, tap .
 - To clear the display, tap . You can also tap  to clear the display after tapping = to finish a calculation.

Health Management

Emotional wellbeing

-  • Measurement data and results are for reference only and should not be used as a basis for medical diagnosis or treatment. If you experience any discomfort, please seek medical assistance.
- This feature is only available in certain markets. For example, it's not available in certain European countries.

Enabling Additional emotions/stress records

- 1 Enter the device app list and tap **Emotional wellbeing**. Follow the onscreen instructions to complete the settings and the **Emotional wellbeing** screen will appear.
- 2 Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.
 -  • When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.
 - Emotional data isn't available while you're asleep.

Viewing/Modifying your emotional data

On your wearable:

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

On your phone:

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

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

-  • If you believe that the test result is inaccurate, tap the edit icon next to the emotional data at the top to modify your emotional data.

Mood reminders

- 1 Enter the device app list and tap **Emotional wellbeing**.
- 2 Swipe up to enter the **Settings** screen, tap **Reminder settings**, and toggle on **Mood** to have your wearable send notifications based on your latest mood. When your device detects that you've been stressed out for quite some time recently, the mood reminders will include tips for adjusting yourself and recovering to a better emotional state.

Sleep monitoring

Keep your wearable device properly on while sleeping, and it will automatically record your sleep duration, and identify whether you're in deep sleep, light sleep, REM sleep, or awake.

Sleep settings

- 1** Enter the device app list, tap **Sleep**, swipe up to access the **More** screen, and tap **Sleep mode**.
- 2** You can choose either **Sleep mode** or **Schedule**.
 - **Sleep mode** is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.
 - When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.
To add a scheduled period, tap **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then tap **OK**.
To delete a scheduled period, tap the target and then **Delete**. You can only edit the scheduled periods preset on your device but cannot delete them.

Enabling/Disabling HUAWEI TruSleep™

Open the **Huawei Health** app, navigate to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle the switch for **HUAWEI TruSleep™** on or off. **HUAWEI TruSleep™** is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.

Viewing/Deleting your sleep data

Viewing your sleep data

- Enter the device app list and select **Sleep** to check out your night sleep and nap data, as well as sleep health information. Tap ⓘ for more details on result description.
- Access the home screen of **Huawei Health** and tap the **Sleep** card to view detailed data.
 On the **Sleep** screen, tap ⋮ in the upper right corner and then **All data** to access historical data records.

Deleting your sleep data

- 1** Access the home screen of **Huawei Health** and tap the **Sleep** card.
- 2** Go to ⋮ > **All data** and tap the delete icon in the upper right corner to select and delete historical data records as needed.

Sleep breathing awareness

The Sleep breathing awareness feature helps detect interruptions in your breathing while you're asleep.

Activating the app

-  • This feature is only available in certain markets.
 - Before using this feature, connect your wearable device to the Huawei Health app.
- 1** Open **Huawei Health**, enter the **Health** screen, tap the **Sleep** card, swipe up till you reach the bottom of the screen, and tap **Sleep breathing awareness**.
- 2** When using the feature for the first time, follow the onscreen instructions to activate it. Then, **Sleep breathing awareness** is enabled by default.
- 3** Now the settings are done. Wear your device to bed, and it'll detect and analyze interruptions in your breathing while you're asleep.

Viewing data

Go to **Huawei Health > Health > Sleep**, tap **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the feature screen where you can see the latest detection result and a summary of your data records.

Enabling/Disabling Sleep breathing awareness

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

Disabling service

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

Heart rate measurement

-  • Measurement data and results are for reference only and are not intended for medical use.
 - For optimal heart rate data accuracy, fasten the device snugly above your wrist bone for the best possible fit. Opt for a tighter fit during workouts.
 - Heart rate measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

Continuous heart rate monitoring

- 1 Access the home screen of **Huawei Health** and tap **Heart**.
 - 2 Tap  in the upper right corner and then **Settings**, and make sure that **Continuous heart rate monitoring** is enabled.
 - 3 Access the home screen of **Huawei Health**, tap **Heart**, tap  in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.
-  The monitoring screen of the device displays the highest and lowest heart rates measured on the current day, such as the data shown in .

Heart rate alerts

- 1 Access the home screen of **Huawei Health** and tap **Heart** and  in the upper right corner. Select **Settings**, enable **Continuous heart rate monitoring**, and set **High heart rate alert** and **Low heart rate alert**.
- 2 Your device will vibrate and display an alert when your heart rate stays above/below your set value for more than 10 minutes while you're resting.

Individual heart rate measurement

- 1 Access the home screen of **Huawei Health** and tap **Heart** and  in the upper right corner. Select **Settings** and disable **Continuous heart rate monitoring**.
- 2 Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.

Pulse wave arrhythmia analysis

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

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

Activating the app

- 1 To use this feature, first update the **Huawei Health** app to its latest version.
- 2 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and activate the **Pulse wave arrhythmia analysis** feature.

Taking measurements on your wearable device

- 1 Double-check that your wearable device is worn properly, and place your forearm flat on a table or on your laps, with your arms and fingers relaxed.

- 2 Enter the device app list and go to **Pulse wave arrhythmia analysis > Measure**.
- 3 Keep still and wait till the measurement is complete, then view your result on the wearable screen. You can tap ⓘ to check out result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart > Pulse wave arrhythmia analysis**.

Enabling automatic measurements and reminders

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

Disabling the service

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

Result interpretation

Results may differ from ECG analysis results. Please consult with a medical professional about the results. Do not interpret the results on your own or self-medicate.

Access the home screen of **Huawei Health** and go to **Heart > Pulse wave arrhythmia analysis** to view your data in bar charts. You can also tap ⋮ in the upper right corner and then **Help** for more info on measurement results.

- ⓘ The measurement results may vary depending on the marketing strategy in different countries/regions.

Measurement results: No abnormalities or Suspected A-fib

SpO2 measurement

- i** To ensure the accuracy of the SpO2 measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.

Individual SpO2 measurement

- 1** Double-check that your wearable device is worn properly, and start a measurement only when you're at rest.
 - 2** Enter the device app list and tap **SpO2**.
 - 3** Tap **Measure** to start an SpO2 measurement. Once initiated, remember to keep still with the device screen facing up.
- i** An incoming call, alarm, or swiping right on the device screen will interrupt a measurement.

Automatic SpO2 measurement

When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest (for example, when you're asleep).

- 1** To enable this feature, open **Huawei Health**, navigate to the device details screen, go to **Health monitoring > Automatic SpO2**, and toggle on **Automatic SpO2**.
- 2** Tap **Low SpO2 alert** and set the lower limit for you to receive an alert while you're awake.

Viewing your SpO2 data

Access the home screen of **Huawei Health**, tap **SpO2**, and select a date to view your data on that day.

Cycle Calendar

Activating the app

If you're using this feature for the first time, make sure that your band and phone are connected and complete feature activation.

- 1** Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, download the feature package, set your period data, and tap **Get started**.
If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.
- 2** An activation notification will pop up on your band when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
Tap **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** app home screen.
Tap **OK** to return to the previous screen.

Recording and viewing your period data on your band

- 1 Enter the device app list, tap **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar in a monthly view.
- 2 Tap **Edit** to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**.
- 3 On the **monthly view** screen, swipe left and right to view data of the previous and next three cycles.

Recording your periods in the Huawei Health app

- 1 Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period.
- 2 On the **Cycle Calendar** screen, tap  in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the switch for **Reminders** on or off. You can also select **Period records** to view **Avg period** and **Avg cycle**. Selecting **All data** will take you to the historical data screen.

Exercise

Workout settings

You can set the workout type as required, including **Goal**, **Reminders**, **Remove**, and **Pin to top**.

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

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

2 Tap  next to the workout type to access the workout settings screen.

- **Goal**
Tap **Goal** to customize your workout goal based on **Distance**, **Time**, or **Total calories**.
- **Reminders**
Tap **Reminders** and **Interval** to set interval reminders by **Distance** or **Time**, and enable or disable **Heart rate**.
- **Remove**
This option removes the workout mode from the **Workout** list.
To add a removed workout mode, swipe up on the **Workout** list screen, tap **Add**, and select the target workout mode.
- **Pin to top**
This option pins the workout mode to the top of the **Workout** list.
You can also pin a mode to the top from the **Workout** list, by holding down on a workout mode and tapping the pin icon.
- **Auto-pause**
Tap **Mistouch prevention** to toggle on or off **Auto-pause**. The wearable device will automatically pause the workout if it detects that you have stopped, then resume the workout when you start again.
The auto-pause/resume feature is only supported for certain workout modes, such as outdoor cycling, outdoor running, and track running. Actual supported workout modes may vary.

Starting a workout

Your band features a variety of workout modes, including running and cycling, fitness courses, equipment training, and leisure sports. You can choose the mode that best suits your fitness needs.

On your band

- 1 Enter the device app list and tap **Workout**.
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and tap **Add** to add other workout modes.
- 3 Tap the workout icon to start a workout session.
- 4 During a workout, you can press and hold the side button to end the exercise.

Alternatively, press the side button to pause, tap  to resume, or tap  to end the workout.

During a workout, you can swipe up or down on the screen to view fitness data.

In the Huawei Health app

- 1 Double-check that your band is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, tap **Exercise**, select **Outdoor run**, and tap the running icon to start your run.
- 2 During a workout, the fitness data will be displayed on both the **Huawei Health** app and your band. If the workout distance or duration is too short, the record won't be saved.
- 3 During a workout, you can tap  on the **Huawei Health** screen to pause, tap  to resume, or touch and hold  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

Viewing exercise records and workout status

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

Viewing exercise records

- 1 Enter the device app list and tap **Workout records**.
- 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.
When you start a workout using **Huawei Health** and sync it to your band, the exercise records will only be available in **Huawei Health**.

Viewing workout status

- 1 Enter the device app list and tap **Workout status**.
- 2 Swipe up on the screen to view data such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **VO2Max**, and **Predicted times**. You'll see different types of data for different workout modes. Actual display shall prevail.

Starting a run

Track running

 This feature is only supported on the HUAWEI Band 11 Pro.

For the best results, run on a standard 400-m track and avoid switching lanes.

- 1 Enter the device app list and go to **Workout > Track run**.
- 2 Then select a lane and tap **GO** to start your run.

Running courses

Your device comes with a variety of running courses that can guide you and record your workouts, helping you to stay more active each day.

- 1 Enter the device app list and tap **Workout**.
- 2 Go to **Courses and plans > Running courses > Preset courses** or tap **Custom courses**, and choose a running mode based on your preference.
Custom courses needs to be first created and synced in **Huawei Health** as prompted.

Training plans

You can have science-based training plans custom-made for you to suit your training goals and schedule, and get motivated to finish a plan in a timely manner while benefiting from intelligent adjustments of the content and difficulty levels of subsequent courses based on your current training status and feedback.

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.
- 4 You can begin your training session on your wearable device or phone.
On your wearable device:
Enter the app list, go to **Workout > Courses and plans > Training plans**, tap **View plan** to see your running plan, and then tap on a course name to begin your training session.
On your phone:
In the **Huawei Health** app, enter the **Exercise** or **Me** screen, and select **Plan** to see your training plan. Select a date to view the details of that day's plan and begin your training session. If you are wearing your device, the session will automatically sync to it.

Band-phone linking for cycling

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

 This feature is only supported on the HUAWEI Band 11 Pro.

- 1 Make sure that your band is linked with **Huawei Health** via Bluetooth.
- 2 Enter the device app list, go to **Settings > Workout settings > Display on phone**, and enable **Display on phone**.
- 3 Enter the device app list and tap **Workout**.
- 4 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**. Tap the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

Activity rings

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

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

Editing goals and setting reminders

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

On your phone:

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

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

On your wearable device:

Enter the device app list, tap **Activity records**, swipe up to the last screen, and select **Edit goals** or **Activity rings settings** to perform the settings.

You can tap **Activity rings settings** to enable or disable **Roll reminders**, **Progress**, and **Goal reached**.

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

Viewing activity records

On your phone:

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

On your wearable device:

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

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



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



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



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

Smart suggestions

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

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

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

Wheelchair mode

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

Enabling Wheelchair mode

On your phone:

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

On your wearable device:

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

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

On the **Edit goals** screen, you can set your goals for **Move**, **Exercise**, and **Stand**.

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

Viewing activity records

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

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



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



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



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

Auto-detect workouts

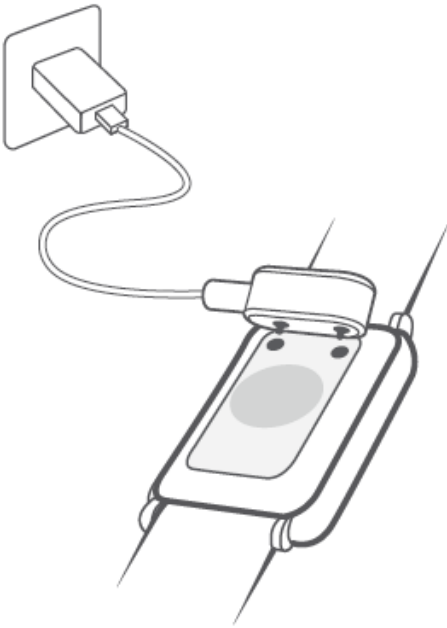
- 1 Enter the device app list, go to **Workout > Workout settings > Auto-detect workouts**, and toggle on **Auto-detect workouts**.
 - 2 When your device detects that you are working out, it will remind you whether to start a session. You can:
 - Tap the corresponding workout icon to start the session.
 - Tap **Ignore today**, and you will not receive any more auto-detect reminders for the rest of the day.
 - Tap **Disable Auto-detect**, and the **Auto-detect workouts** switch will be turned off.
-  Your device can automatically identify a workout and send a reminder only when your posture and activity intensity meet the corresponding requirements and when you maintain similar active states for a certain period of time.
- When your activity intensity remains below the corresponding requirements for a certain period of time, your device will remind you to end the workout. You can ignore the notification, continue the workout, or end the workout as prompted.

More

Charging

Charging your device

Connect the metal contacts on the charging cradle to those on the back of the device, then put them on a flat surface. Connect the other end to the charging cradle to a power adapter and connect the adapter to a power supply. Then the device screen will light up and display the battery level.



-  • It is recommended that you use a HUAWEI charging cradle and power adapter when charging your device, or use a charging cradle and power adapter that comply with relevant safety regulations and standards. Power adapters and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using them. To guarantee the authenticity of your HUAWEI charging cradle and power adapter, it is recommended that you purchase them from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the charging port, metal contacts, and your wearable device remain dry during charging.
- Keep the surface of the charging cradle clean. Make sure your wearable device is placed correctly on the charging cradle and that the charging status is displayed on your device screen. Avoid bringing metal objects into contact with the metal contacts on the charging cradle, to avoid short circuiting and other risks.
- When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter.
- If you don't plan on using your wearable device for a long time, you're advised to 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, you can go to an authorized Huawei Customer Service Center to have the battery replaced.
- 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 that its USB port is free of any residual liquid or foreign object. Keep the cradle and your device away from liquids and flammable materials during charging. Do not touch the metal contacts of the charging cradle when it is connected to a power supply.
- The charging cradle contains a magnet. If you find repulsion against your device when attempting to charge it, switch its direction and connect it to the cradle. The cradle is magnetic, and tends to attract metal objects. Please check and clean it before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources of strong electromagnetic interference, so as to avoid the reduction or switching of the magnetic properties or other issues.

Checking the battery level

Method 1: Swipe down on the device home screen to show the shortcut menu, where you'll find the battery level.

Method 2: Connect your device to a power supply, and you'll see the battery level on the charging screen.

Method 3: View the battery level on your device home screen if the current watch face displays such data.

Method 4: Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

Low battery alert

When the battery level falls below 10%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible.

Pet-themed watch faces

The pet-themed watch face features a dynamic background and animation that changes based on your latest emotional state. The watch face adapts to reflect whether you're feeling **Neutral**, **Pleasant**, or **Unpleasant**.

 This feature is only available in certain markets. For example, it's not available in certain European countries.

- 1 On the device home screen, touch and hold the watch face to enter the watch face selection screen, and swipe left or right to select a pet-themed watch face, for example, **Cute Pets · Huahua**.
- 2 Tap **Custom** at the bottom of the watch face and swipe left or right to choose the style and features you like.
 - On the **Style** screen, swipe up or down to select the style you like.
 - On the **Function** screen, tap a component to replace it.

Gallery watch face

Setting Gallery watch face

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
- 2 Tap , select either **Take photo** or **Select image**, select an image, drag it to adjust the portion of the image you want to display, and tap  in the upper right corner to finish uploading.
- 3 On the **Gallery** screen, set **Color**, **Style**, and **Features** as you like.
- 4 In **Other settings**, enable or disable **Raise to display new image** as you like. When this feature is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you wake the screen by raising your wrist. When this feature is disabled, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.
- 5 Tap **Apply**, and your wearable will switch to Gallery watch face.

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

OneHop Gallery watch face

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

-  • To use this feature, make sure that your wearable is linked with **Huawei Health**.
 - This feature is only available when your NFC-capable wearable is paired with a HUAWEI phone that supports NFC.

1 Enable NFC on your phone.

2 Open Gallery, select an image for transfer, and tap the NFC area on the back of your phone against the wearable screen. The selected image will then display as the watch face, indicating a successful transfer.

To modify the watch face style, open **Huawei Health**, navigate to the device details screen, go to **My faces > Gallery**, and complete the setting.

Deleting an image from Gallery watch face

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

Managing watch faces

Switching to another watch face

On the wearable device

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

-  Certain watch faces support custom controls. Touch and hold anywhere on the watch face to visit the watch face selection screen, and tap **Custom** at the bottom of the watch face to customize the watch face's display features and style.

In the Huawei Health app

- Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.
- Select your desired watch face, and tap **Apply**.
If the watch face hasn't been installed, install it first. Your device will automatically switch to the new watch face once it's installed.

Deleting a watch face

In the Huawei Health app

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.
- 2 Tap  in the upper right corner of a target watch face to delete it.
 -  If there is no  in the upper right corner of the watch face, the watch face cannot be deleted. For example, **Gallery** cannot be deleted.
 - If you have purchased a watch face and deleted it through **My faces > Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.

Compass

The Compass app displays the direction of your wearable, helping you get your bearings in unfamiliar environments such as when you are outdoors or traveling.

In the device app list, tap **Compass** and follow the onscreen instructions to calibrate your device. After the calibration is complete, your device will display a compass dial.

-  During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers, as they might affect the calibration accuracy.

PIN settings

You can set a PIN for your device to further protect your privacy. Then your device will automatically lock itself when it's taken off and its screen turns off, and you will need to enter the PIN to unlock your device and access the device home screen. If you keep wearing your device, the screen will not be locked.

Enabling PIN

- 1 Swipe down on the device home screen to show the Control Panel, go to **Settings > PIN > Set PIN**, and follow the onscreen instructions to set a six-digit PIN.
- 2 On the **PIN** screen, make sure that **Auto-lock** is enabled.
 -  When **Auto-lock** is enabled, the device will lock the screen upon detecting that it's taken off. When disabled, the device will not lock the screen and will only prompt you to enter your PIN when powered off and then on.
 - Keep your PIN secure. If you forget it, you'll need to restore your device to its factory settings.

Changing PIN

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

Disabling PIN

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

User Guide Instructions

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