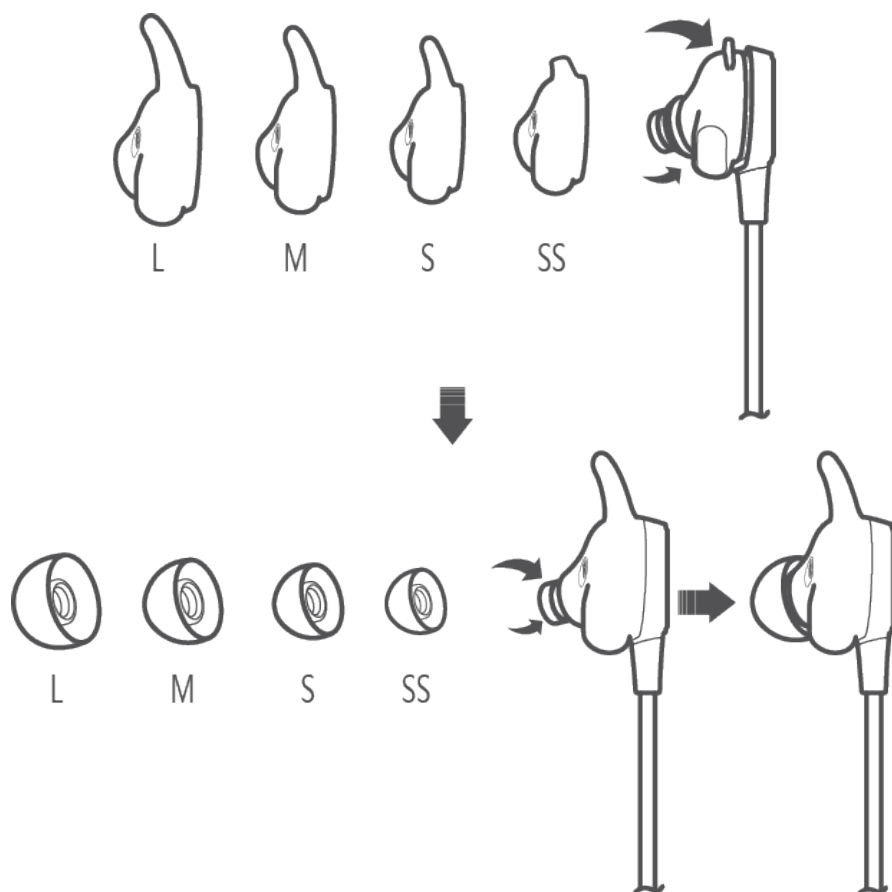


Before use

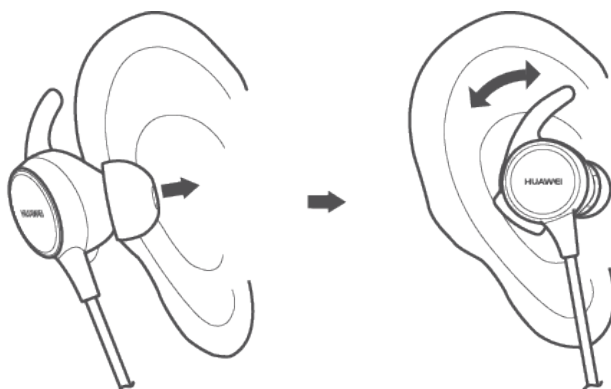
Choosing your earbud

Choose the earbud and ear tip that are most comfortable in your ear.



Wearing your headphones

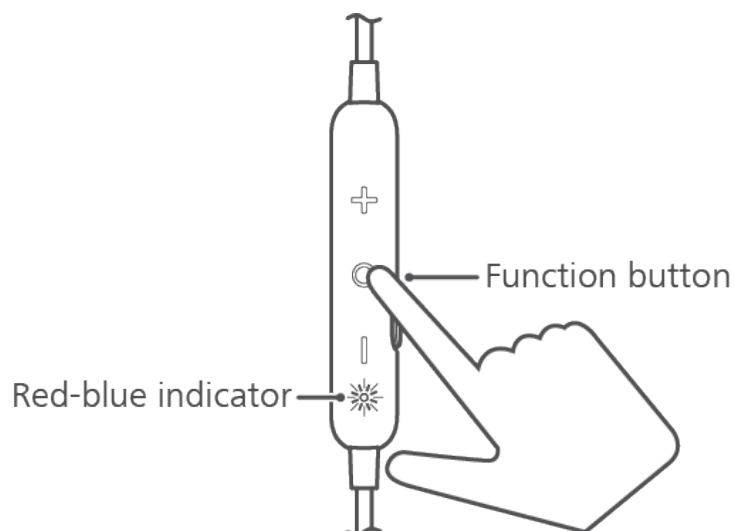
Adjust the headphones so they rest in a comfortable and secure position.



Wear your headphones and adjust the headphones so that they rest in a comfortable and secure position.

Using your headphones

Powering on/off



- To power on the headphones, press and hold the function button for 2 to 4 seconds.
- To power off the headphones, press and hold the function button for over 4 seconds.

Pairing



Pairing with your phone for the first time

1. Power on your headphones to automatically enter Bluetooth pairing mode, where the indicator blinks red and blue, and plays a voice alert.
2. Enable Bluetooth on your phone to pair with the headphones.

Automatic reconnection after power-on

Power on the headphones. The headphones will automatically connect to the recently-connected phones.

- i** The headphones will enter Bluetooth pairing mode if they are not connected to a phone within 2 minutes of being powered on. The headphones will power off automatically after 8 minutes.

Re-pairing

1. Press and hold the function button for over 4 seconds to power on your headphones and enter Bluetooth pairing mode. You will hear a voice message instructing you to wait for the Bluetooth connection. The red-blue indicator will blink.
2. Enable Bluetooth on your phone to pair with the headphones.
 - i** The headphones will enter Bluetooth pairing mode if they are not connected to a phone within 3 minutes of being powered on. The headphones will power off automatically after 8 minutes.

Pairing with two phones simultaneously

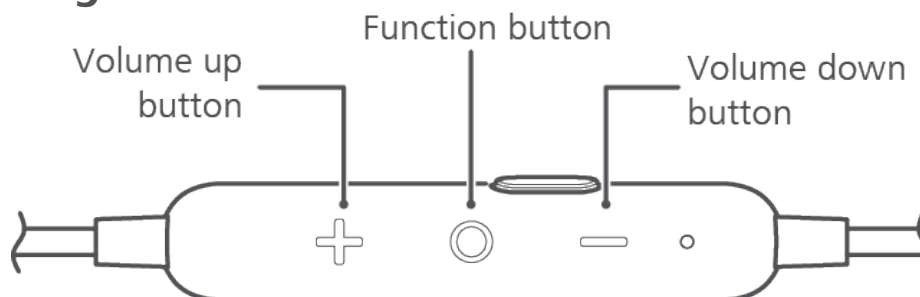
1. Pair your headphones with the first phone and power-off your headphones.
2. Press and hold the function button for over 4 seconds to power on your headphones and enter Bluetooth pairing mode. Pair your headphones with the second phone.
3. Enable Bluetooth in your first phone and pair it with the headphones.
 - i** When your headphones are paired with two phones simultaneously, music can only be played on one phone at a time.

Reconnection after long distance disconnection

After the headphones disconnect from your paired phones:

- If you return to Bluetooth range within 10 minutes, the connection will automatically resume.
If you return to Bluetooth range within 30 minutes, the connection can be manually reconnected.
- If you do not return to Bluetooth range within 30 minutes, the headphones will automatically power off.
- i** Some phones cannot reconnect to the headphones automatically due to differences in their Bluetooth technologies. Go to the Bluetooth screen on your phone and manually connect your headphones.

Handling calls



For an incoming call:

- To answer the call, press the function button.
- To reject a call, press and hold the function button for 2 to 4 seconds until you hear the prompt.

During call:

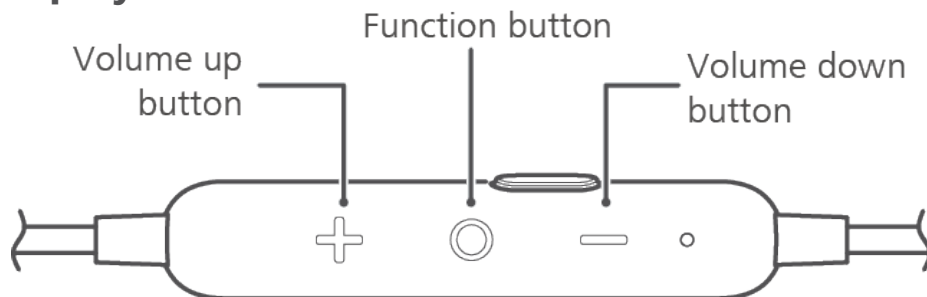
- To end the call, press the function button.
To switch between the phone and the headphones, press and hold the function button for 2 to 4 seconds.
- To increase the volume, press the volume up button.
- To decrease the volume, press the volume down button.

When there is a new incoming call during a call:

- To end the current call and answer the new call, press the function button.
- To hold the current call and answer the new call, double-press the function button.
- To reject the new call, press and hold the function button for 2 to 4 seconds.
- To cancel a call, press the function button.
- To call back the last outgoing call, double-press the function button when your headphones are paired with your phone over Bluetooth.

i Actual operations may vary by phone brand and specification. Please consult Huawei after-sales personnel for more information.

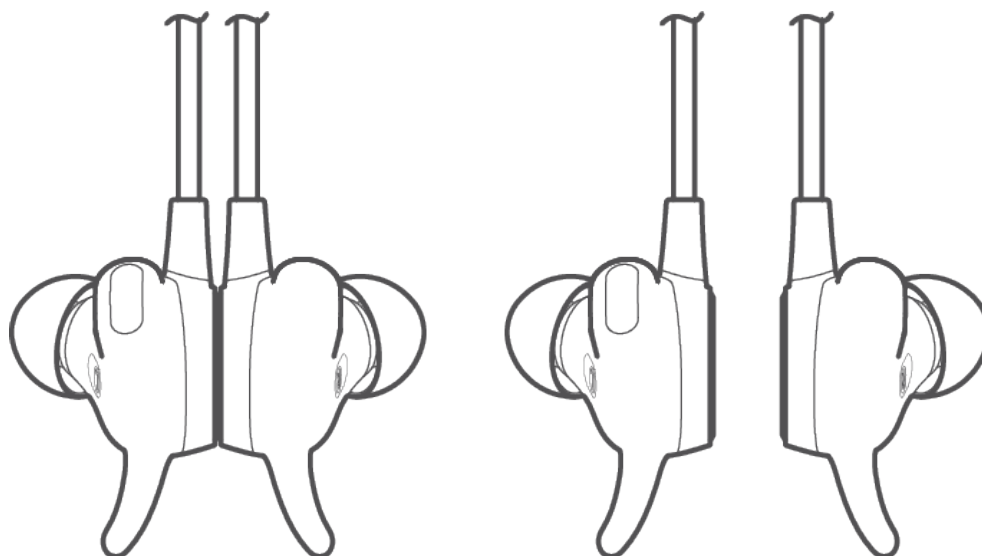
Music playback



- To play or resume playback, press the function button when the Bluetooth connection is on standby or music is paused.
- During playback:
 - To pause playback, press the function button.
 - To increase the volume, press the volume up button.
 - To decrease the volume, press the volume down button.
 - To skip to the next track, double-press the function button.
 - To return to the previous track, triple-press the function button.
- When you receive an incoming call during music playback, the music pauses automatically. To answer the call, press the function button. To end the call and resume playback, press the function button again.

i To help ensure music playback quality and connectivity, keep the headphones close to your phone with as few obstacles as possible.

Magnetic Hall effect features



Attracted

Separate

- End a call by attracting the earpieces.
Pause media playback by attracting the earpieces. Resume playback automatically by separating the earpieces (only valid for 5 minutes).
 - Stop heart rate monitoring by attracting the earpieces.
Continue heart rate monitoring by separating the earpieces.
- i** Some third-party players may have a delay of several seconds when resuming music playback. The length of the delay depends on the phone model.
- Some third-party players may not support this function.

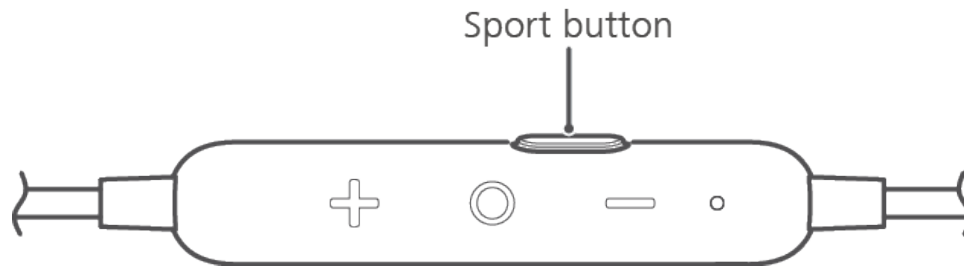
Heart rate monitoring

Scan the following QR code to download and install the **Huawei Wear app**.

- i** Android users also need to install the **Huawei Health app**.
To download Huawei Health, open Huawei Wear, touch **Go to Huawei Health to view all data**, and follow the onscreen instructions to download and install the app.



(二维码需确认)



- The heart rate monitoring function is disabled by default when you power on the headphones.
- To enable/disable the heart rate monitoring function, press and hold the sport button for over 4 seconds.
- To start or pause heart rate monitoring, press and hold the sport button for 2 to 4 seconds.

When your headphones are paired with corresponding apps and you have enabled workout mode, press the sport button to get a voice report about your current workout.

- i** Make sure that your headphones are connected to your phone over Bluetooth when you use the heart rate monitoring function.

For more information, go to **Huawei Wear > Help**.

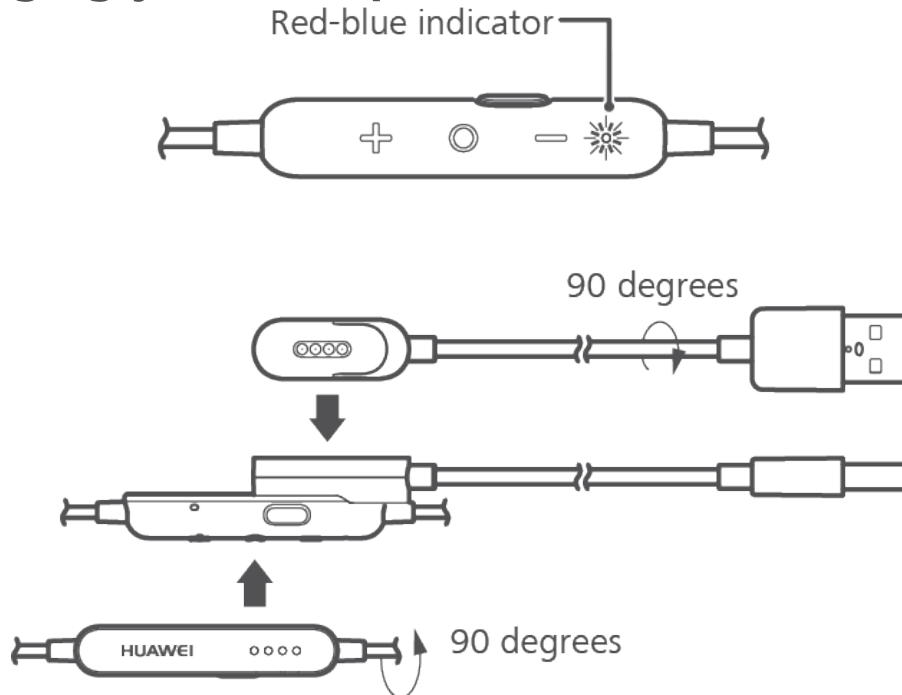
Android users: **Huawei Wear > Help**.

iOS users: **Huawei Wear > Discover > Help**.

System update

- You can update your headphones' firmware by connecting the headphones to a computer through a USB port. The headphones update system supports Windows Vista, Windows 7, Windows 8, Windows 8.1, Windows 10, and macOS.
- Visit [xxx](#) and download the update package to your computer.
- Connect your headphones to your computer using the data cable, then run the update package. Follow the onscreen instructions to update your headphones' firmware.
- If the update fails, and the headphones stay in update mode, you can reconnect the headphones to your computer and run the update package again.
- Make sure that the headphones are properly connected to the computer during the update process.

Charging your headphones



- During charging, the indicator is steady red.
- When the headphones are fully charged, the indicator is steady blue.

i When you attach the USB cable for charging, the headphones will power off automatically.

! If the headphones power off due to insufficient battery level, charge the headphones within 30 days. Otherwise, charging failure may occur.

Restoring to factory settings

To restore your headphones to factory settings, press and hold the function button and volume down button for over 4 seconds when your headphones are powered on. This will cause Bluetooth pairing information to be wiped.

Safety information

Before you use the AM-R1, read the following precautions carefully to ensure optimal product performance and to avoid danger or violation of laws and regulations.

- Do not use this device in areas where the use of wireless devices is prohibited. It may interfere with other devices or present other hazards.
- Follow rules and regulations set forth by hospitals and health care facilities. Do not use your device where prohibited.
- Some wireless devices may interfere with implantable medical devices

and other medical equipment, such as pacemakers, cochlear implants, and hearing aids. Consult the manufacturer of your medical equipment for more information.

- Keep this device at a minimum distance of 15 cm from implantable medical devices (such as pacemakers and cochlear implants).
- Keep the volume as low as possible during music playback and calls to avoid hearing damage. Prolonged exposure to high volumes may result in permanent hearing damage.
- High volume of sound during driving may cause distraction and car accidents.
- Observe all local traffic laws and regulations while using this device. Do not use this device while driving.
- Wireless signals may interfere with vehicle electrical systems. For more information, consult your vehicle manufacturer.
- Wireless devices may interfere with the airplane's flight system. Power off your wireless devices according to airplane companies regulations.
- Pay attention to your own and others' safety when using the headphones when cycling, walking near roads, construction sites, or rail tracks, or engaging in any other activity that requires a high level of concentration. Take off the headphones or adjust the volume to make sure you can hear sounds around you.
- Avoid dusty, damp, or dirty environments. Avoid magnetic fields. Using AM-R1 in these environments may results in circuit malfunctions.
- Before removing the cable, stop using the device and power it off. Ensure that your hands are dry when attaching or removing the cable.
- Keep the device away from electronic equipment with strong magnetic electrical fields, such as microwave ovens or refrigerators.
- Use and store your headphones and accessories where the ambient temperature is between 5°C to 35°C. Extreme heat or cold may damage the device. When the temperature is lower than 5°C, the battery performance will be affected.
- Avoid placing the device in direct sunlight, such as on the dashboard of a car or a windowsill.
- Keep your device away from fire or heating sources, such as electric heaters, ovens, microwave ovens, stoves, or water heaters.
- Do not allow pins or other sharp metallic objects to come into contact with the speaker or microphone to avoid damaging the device or harming yourself.
- This device and its accessories may contain some small components that present a choking hazard. Keep the device and its accessories out of the reach of children to prevent injury or accidental damage.
- This device is not a toy. Children should only use the device when

supervised by an adult.

- Do not use unauthorized or incompatible power supplies, chargers, or batteries to avoid hazards such as fire and explosion.
- Do not attempt to disassemble or remanufacture the device, insert foreign objects into it, or immerse or expose it to water or other liquids. Doing so may lead to fire, explosion, or other hazards.
- Do not drop, squeeze, or pierce the device. If excessive pressure is applied to the device, the device may short circuit or overheat.
- Your headphones come with an irremovable, built-in battery. Do not attempt to replace the battery on your own to prevent your headphones and battery from being damaged. Go to an authorized service center to replace the battery.
- Keep the device and its accessories dry. Do not use the external heat source, such as microwave oven or hair dryer, to dry the headphones.
- Do not expose the device and its accessories to extreme temperatures as this could cause the device to malfunction, catch fire, or even explode.
- Do not use any strong chemicals, detergents, or other chemical agents. Use a clean, soft, and dry cloth to clean the device and its accessories.
- Do not place magnetic stripe cards, such as bank cards, near the device. Otherwise, these cards may be ruined.
- Do not dismantle the device or accessories. This voids the warranty and releases the manufacturer from liability for damage. In case of any device malfunction, please contact an authorized service center.
- Do not dispose of the headphones and accessories in normal household refuse.
- Dispose of or recycle your headphones and accessories according to local laws.

Disposal and recycling information



The crossed-out wheeled-bin symbol on your product, battery, literature or packaging reminds you that all electronic products and batteries must be taken to separate waste collection points at the end of their working lives; they must not be disposed of in the normal waste stream with household garbage. It is the responsibility of the user to dispose of the equipment using a designated collection point or service for separate recycling of waste electrical and electronic equipment (WEEE) and batteries according to local laws. Proper collection and recycling of your equipment helps ensure electrical and electronic equipment (EEE) waste is recycled in a manner that conserves valuable materials and protects human health and the

environment, improper handling, accidental breakage, damage, and/or improper recycling at the end of its life may be harmful for health and environment. For more information about where and how to drop off your EEE waste, please contact your local authorities, retailer or household waste disposal service or visit the website <http://consumer.huawei.com/en/>.

Reduction of hazardous substances

This device and any electrical accessories are compliant with local applicable rules on the restriction of the use of certain hazardous substances in electrical and electronic equipment, such as EU REACH, RoHS and Batteries (where included) regulations, etc. For declarations of conformity about REACH and RoHS, please visit our web site <http://consumer.huawei.com/certification>.

EU regulatory conformance

Hereby, Huawei Technologies Co., Ltd. declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

The most recent, effective version of the DoC (declaration of Conformity) can be viewed at <http://consumer.huawei.com/certification>.

This device may be operated in all member states of the EU.

Observe national and local regulations where the device is used.

This device may be restricted for use, depending on the local network.

Certification information (SAR)

This device meets guidelines for exposure to radio waves.

Your device is a low-power radio transmitter and receiver. As recommended by international guidelines, the device is designed not to exceed the limits for exposure to radio waves. These guidelines were developed by the International Commission on Non-Ionizing Radiation Protection (ICNIRP), an independent scientific organization, and include safety measures designed to ensure the safety of all users, regardless of age and health. The Specific Absorption Rate (SAR) is the unit of measurement for the amount of radio frequency energy absorbed by the body when using a device. The SAR value is determined at the highest certified power level in laboratory conditions, but the actual SAR level during operation can be well below the value. This is because the device is designed to use the minimum power required to reach the network.

The SAR limit adopted by Europe is 2.0 W/kg averaged over 10 grams of tissue, and the highest SAR value for this device complies with this limit.

Frequency bands and power

(a) Frequency bands in which the radio equipment operates: Some bands may not be available in all countries or all areas. Please contact the local carrier for more details.

(b) Maximum radio-frequency power transmitted in the frequency bands in which the radio equipment operates: The maximum power for all bands is less than the highest limit value specified in the related Harmonized Standard.

The frequency bands and transmitting power (radiated and/or conducted) nominal limits applicable to this radio equipment are as follows:

Bluetooth: 20 dBm.

Accessories and Software Information

It is recommended that the following accessories should be used:


Batteries: VDL1254-R, VDL1254-L

All RF parameters (for example, frequency range and output power) are not accessible to the user, and cannot be changed by the user.

For the most recent information about accessories and software, please see the DoC (declaration of Conformity) at

<http://consumer.huawei.com/certification>.

Protecting your hearing when using a headphone

-  To prevent possible hearing damage, do not listen at high volume levels for long periods.
- Using a headphone at high volumes may damage your hearing. To reduce this risk, lower the headphone volume to a safe and comfortable level.
- Exposure to high volumes while driving may cause distraction and increase your risk of an accident.

FCC statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a

particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

--Reorient or relocate the receiving antenna.

--Increase the separation between the equipment and receiver.

--Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

--Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Any changes or modifications to this device not expressly approved by Huawei Technologies Co., Ltd. for compliance could void the user's authority to operate the equipment.

Certification information (SAR)

This device is also designed to meet the requirements for exposure to radio waves established by the Federal Communications Commission (USA). The SAR limit adopted by the USA is 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported to the FCC for this device type complies with this limit.

IC Statement

This device complies with CAN ICES-3 (B)/NMB-3(B).

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Body worn operation

The device complies with RF specifications when used near your ear or at a distance of 0mm cm from your body. Ensure that the device accessories, such as a device case and device holster, are not composed of metal components. Keep the device away from your body to meet the distance requirement.

Certification information (SAR)

The highest SAR value reported to the IC for this device type when using in portable exposure conditions is 0.19W/kg.

Déclaration d'Industrie Canada

Cet appareil est conforme à la norme CAN ICES-3 (B)/NMB-3 (B).

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. Son fonctionnement est soumis aux conditions suivantes : (1) l'appareil ne doit pas causer d'interférence et (2) l'appareil doit accepter toute interférence, y compris une interférence pouvant entraîner un fonctionnement non désiré.

Fonctionnement sur soi

L'appareil respecte les spécifications RF s'il est utilisé près de votre oreille ou à une distance de 0cm de votre corps. Assurez-vous que les accessoires de l'appareil, comme un étui ou un porte-étui, ne contiennent pas de métal. Gardez l'appareil loin de votre corps afin de satisfaire à l'exigence relative à la distance.

Informations de certification (DAS)

La valeur maximale de DAS signalée à IC pour ce type d'appareil lors du test dans des conditions d'exposition portative est de 0.19W/kg.

Legal statement

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