HUAWEI Band 7

USER GUIDE

Contents

Getting Started

Powering on/powering off/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** or **System & updates** > **Power off**.

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

  ⓘ 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** or **System & updates** > **Restart**.

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

Buttons and screen control

- You can swipe up, down, left, or right, as well as touch and hold the screen to perform operations on your .

  Appearance of the HUAWEI Band 7 Series devices:
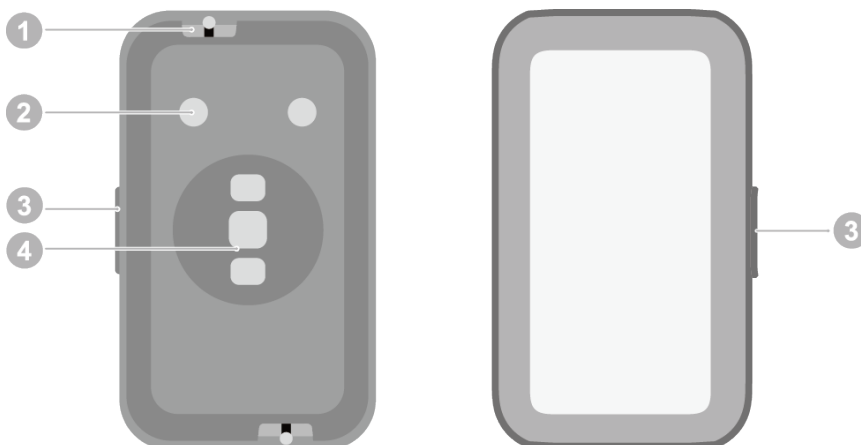
1: Spring bar

2: Charging port

3: Side button

4: Monitoring unit area

Operation	Function	Note
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.	Power on, power off, and restart.	-
Swipe left or right on the home screen.	Switch between screens.	-
Swipe right on a screen other than the home screen.	Return to the previous screen.	-
Swipe up on the home screen.	Check messages.	-
Swipe down on the home screen.	Go to shortcuts such as Settings, Do Not Disturb, Screen on, Find Phone, and Alarm.	-
Touch the screen.	Select and confirm.	-
Touch and hold the home screen.	Change the watch face.	-

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.

HUAWEI Band 7 Series

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

· 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

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

Icons

  ⓘ Icons may vary depending on the product model.

Level-1 Menu

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

Level-2 Menu

Steps	Activity	Hours active

Shortcuts

Settings	Alarm	Screen on
Find Phone	Do Not Disturb	--

Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app	Connected to the phone's Bluetooth and the Huawei Health app	--

Pairing and connecting to wearable devices

Ensure that your phone meets all the following requirements:

- Download and install the latest version of the Huawei Health app.
- Bluetooth and location services are enabled on your phone, and the Huawei Health app is authorized to access your phone's location.

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

Installing the Huawei Health app

Before pairing, download and install the Huawei Health app on your phone. If you have installed the Huawei Health app, update it to the latest version.

- **HUAWEI phones**

  The Huawei Health app is installed on your phone by default. If you are unable to find this app on your phone, you can download and install it from AppGallery.

- **Non-HUAWEI Android phones**

  If you are using a non-HUAWEI Android phone, you can download and install the Huawei Health app through either of the following ways:

  - Visit Download the Huawei Health app, or scan the following QR code to download and install the Huawei Health app.

  - Search for the **Huawei Health** app in the app store on your phone, and follow the onscreen instructions to download and install the app.

- **iPhones**

  Search for the **HUAWEI Health** app in the App Store, and follow the onscreen instructions to download and install the app.

  ℹ️ For details about how to register a HUAWEI ID on a non-HUAWEI third-party phone, refer to Registering a HUAWEI ID.

Pairing and connecting to wearable devices

- **HUAWEI/Non-HUAWEI Android phones**

  1 After the device is powered on, select a **language**. Bluetooth is ready for pairing by default.

  2 Place the device close to your phone, open the Huawei Health app on your phone, touch ⋮ in the upper right corner, and then touch **ADD**. Your phone will automatically scan for available devices. Select the device you wish to pair with, and touch **LINK**.

3 When a pairing request is displayed on the device screen, touch √, and follow the onscreen instructions to complete the pairing.

- **iPhones**

  1 After the device is powered on, select a **language**. Bluetooth is ready for pairing by default.

  2 You can place your device close to your phone, open the Huawei Health app on your phone, touch ⋮⋮ in the upper right corner, touch **ADD**, and then follow the onscreen instructions to select your device from the pop-up window.

  Or you can open the Huawei Health app on your phone, touch ⋮⋮ in the upper right corner, and then touch **SCAN** to scan the QR code on your device. On your phone, follow the onscreen instructions and touch **Yes** > **Next**.

  3 When a pairing request is displayed on the screen, touch √. When a pop-up window on your phone requests a Bluetooth pairing via the Huawei Health app, touch **Pair**. Another pop-up window will display, asking you whether to allow the device to display phone notifications. Touch **Allow**.

  4 Wait for several seconds until the Huawei Health app displays a message indicating that the pairing is successful. Touch **Done** to complete the pairing.

Changing watch faces

ⓘ Before using this feature, update the Huawei Health app and your device to their latest versions.

- 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 install it.
- Method 2: Go to **Settings** > **Display** > **Watch face**. Swipe left or right on the screen to select your preferred watch face and install it.
- Method 3: Ensure that your device is connected to the Huawei Health app. Open the Huawei Health app, go to Watch Face Store, select **More**, and touch **INSTALL** under your preferred watch face. The device will automatically install and switch to your chosen watch face. 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 Watch Face Store, and select **More** > **Mine** > **Edit**. Touch the cross icon in the upper right corner of a watch face to delete it.

Setting an alarm

Method 1: Set an alarm on your device.

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

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

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

Method 2: Set an alarm in the Huawei Health app.

Event alarm:

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

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

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

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

5 Touch an alarm to delete it or modify the alarm time and repeat cycle.

ⓘ · Alarms are synced between your device and the Huawei Health app.

· When the alarm vibrates, touch 🔔, then swipe right or press the side button of your device to snooze (for 10 minutes). Touch ✕ to stop the alarm. The alarm will stop on its own if no other operations are performed for one minute or the alarm has snoozed on its own three times.

Receiving weather reports

Enabling Weather reports

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

Viewing weather information

Method 1: On the Weather card

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

Method 2: In the Weather app

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

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

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

Message notifications

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

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

· Enable notifications:

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

2 At the same time, make sure that the apps you want to receive notifications from are allowed to display notifications in your phone's status bar.

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

> · The device can receive messages but will not notify you when you are exercising, using Do Not Disturb mode, or asleep. Swipe up on the home screen to view new messages.
>
> · You will not receive any app notifications on the wearable device if the app is open on your phone.

Viewing and deleting messages

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

Deleting messages: On the message content display screen, touch **Clear** or 🗑 at the bottom of the message list to delete all unread messages.

Incoming call notifications

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

> · The quick reply feature is not supported for iPhones.
>
> · If you aren't wearing the device, or Do Not Disturb is enabled and the screen is off, the device will receive the incoming call, but the screen will not turn on, and the device will not vibrate.
>
> · If an incoming call is missed, the screen will turn on, and the device will vibrate to notify you of the missed call.

Exercise

Starting an individual workout

Starting a workout using the device

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

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

3 Touch a workout icon to start a workout.

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

press the button to pause the workout, touch to resume the workout, or touch to stop the workout.

    🛈

-   Touch to set goals, reminders, and more.

-   After the workout is finished, you can view the workout data including the workout time, calories, heart rate graph, heart rate range, average heart rate, and heart rate zone.

Starting a workout using the Huawei Health app

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

2 Touch the start icon to start the workout.

3 After a workout ends, touch the pause icon, then touch and hold the end icon, and select **END** to end the workout.

Linking for a single workout

After your device is paired with the Huawei Health app, the device will automatically start, pause, resume, or end the workout (such as a single workout or a training course) that you start, pause, resume, or end in the Huawei Health app.

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

Viewing workout records

Viewing workout records on the device

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

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

Viewing workout records in the Huawei Health app

You can also view detailed workout data under **Exercise records** on the **Health** screen 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 daily activity data

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

Method 1: View your activity data on the device.

On the device, enter the app list and touch **Activity records**. You can then view your data including the step count, calories burned, 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.

- 🛈 To view your daily activity data in the Huawei Health app, make sure that your device is connected to the Huawei Health app.

  - Your activity data resets at midnight.

Automatic workout detection

Go to **Settings** > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

- 🛈 The supported workout types are subject to the onscreen instructions.

  - The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.

  - If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Workout status

🛈 This feature is only available on the HUAWEI Band 7 Series.

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

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The watch collects your training load from workout modes that track your heart rate.
- VO2Max data can be obtained from outdoor running workouts.

Health Management

Sleep monitoring

Recording sleep data on your wearable device

ⓘ Ensure that you are wearing your device correctly. The device will automatically record the duration of your sleep, and identify whether you are in a deep sleep, a light sleep, or awake.

- Open the Huawei Health app, touch **Devices**, then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or REM sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.
- If **HUAWEI TruSleep™** has not been enabled, your device will track your sleep in the regular way. When you wear your device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, and enter or exit each sleep stage, and it will then sync the data to the Huawei Health app.

Recording sleep data on your phone

- In the Huawei Health app, touch **Sleep monitoring** on the **Health** screen to enter the sleep monitoring screen. Alternatively, touch the **Sleep** card on the **Health** screen, and swipe to find and touch **Record your sleep**.
- Touch the settings icon in the upper right corner to edit your schedule and enable or disable general sleep settings, such as **Sleep sounds**.
- Touch **Go to sleep** and place your phone within 50 cm of your pillow. Your phone will then monitor and record your sleep data. Press and hold **Hold to end** for 3 seconds to exit sleep recording.
- Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.

Productive nap

- Touch the **Sleep** card on the **Health** screen of the Huawei Health app, swipe to find and touch **Productive nap**. Touch the settings icon in the upper right corner to set an alarm or nap reminder.
- Swipe to select a break time and touch **START** to enable the alarm. Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.

Viewing your sleep data

Touch the **Sleep** card on the **Health** screen of the Huawei Health app to view your daily, weekly, monthly, and yearly sleep data.

Measuring blood oxygen levels (SpO2)

Single SpO2 measurement

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

ⓘ • For more accurate results, it is recommended that you wait three to five minutes after putting the device on before measuring your SpO2.

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

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

• The results are for reference only and are not intended for medical use.

• The measurement will be interrupted if you swipe right on the device screen, receive an incoming call, or an alarm goes off.

Automatic SpO2 measurements

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

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

Measuring your heart rate

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

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

Individual heart rate measurement

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

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

Continuous heart rate measurement

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

2 View your heart rate:

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

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

Resting heart rate measurement

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

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

2 Open the Huawei Health app, go to **Me** > **My data** > **HEALTH MEASUREMENTS** > **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.

- Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, 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.

- (i) · After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

  · Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

Heart rate limit 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** > **Exercise heart rate settings**, enable **Heart rate limit warning**, touch **Heart rate limit**, and set an upper limit that is suitable for you.

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

(i) Heart rate alerts are only available during workouts and are not generated during daily monitoring.

Testing stress levels

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

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

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

Breathing exercises

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

Activity reminder

When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (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 enable **Activity reminder**.

> ⓘ • The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
>
> • The device will not vibrate if it detects that you are asleep.
>
> • The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.

Menstrual cycle predictions

The device can predict your future periods and fertile windows based on your previous menstrual periods and calendar info. Related data and reminders can be viewed on the device. You can use the following methods to enable this feature.

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

Method 1: On the device's home screen, press the side button, select **Cycle Calendar**, and

touch 🖊 to set the start and end of your period. After being set, your device will intelligently predict your next period based on the data you recorded.

Method 2:

1 Open the Huawei Health app, go to the Cycle Calendar screen, go to ⠿ > **Cycle Calendar settings** in the upper right corner, select **Period length** or **Cycle length**, and you can enable reminders for **Start of period**, **End of period**, **Start of fertile window**, and **End of fertile window** in **Reminders**. You can also enable **All**.

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

> ⓘ • Touch Records to view and modify the period data. The predicted period is marked with a dotted line.
>
> • The device will remind you about the start of your period at 8:00 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8:00 AM on that day.

Assistant

Setting AODs

ℹ This feature is only available on the HUAWEI Band 7 Series.

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

1 On the home screen of the device, press the side button, go to **Settings** > **Display** > **Always on display**, swipe left or right on the screen to preview the watch 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 AOD watch face will be displayed five seconds after **Always on display** is configured. When you perform an operation on the screen, the AOD watch face will be displayed 15 seconds after the operation is complete.
If the screen-off time has been set for the device, the time on the AOD watch face is displayed once the screen-off time takes effect.

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

Configuring Gallery watch faces

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

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

3. Touch √ in the upper right corner, and then touch **Save**. Your watch will then display the selected image as the watch face.

Other settings

On the Gallery settings screen:

- 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.

Flashlight

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

ⓘ The flashlight turns on for 5 minutes by default.

Remote shutter

ⓘ This feature is only supported for HUAWEI phones.

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

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

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

Controlling music playback

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

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

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

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

More

Do Not Disturb

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

ⓘ After Do Not Disturb is enabled:

- The device will not ring or vibrate to notify you of incoming calls or notifications, and the Raise to wake feature will be disabled.
- The alarm will vibrate and ring as normal.

Adding favorites

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

2. Touch ⊕, select the cards to be displayed, and select **OK** to add cards. Swipe left or right on the home screen of your device to view the added cards.

3. Touch ⬆ next to an added card to move the card, and touch ⊗ to delete the card.

Setting the vibration strength

On the device, go to **Settings** > **Vibration** or **Settings** > **Sounds & vibration** > **Vibration**, select your preferred vibration strength (strong, soft, or none), and touch **OK**.

Locking or unlocking

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

Setting a PIN

1. Set a PIN.

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

2. Enable Auto-lock.

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

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

Changing the PIN

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

Disabling the PIN

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

Forgot the PIN

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

- Method 1: Open the Huawei Health app, touch **Devices** and your device name, and then select **Reset**.
- Method 2: If you've enter an incorrect password for five times, touch **Reset** at the bottom of the device screen.

ℹ️ 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 the time and language

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

If you change the language, 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.
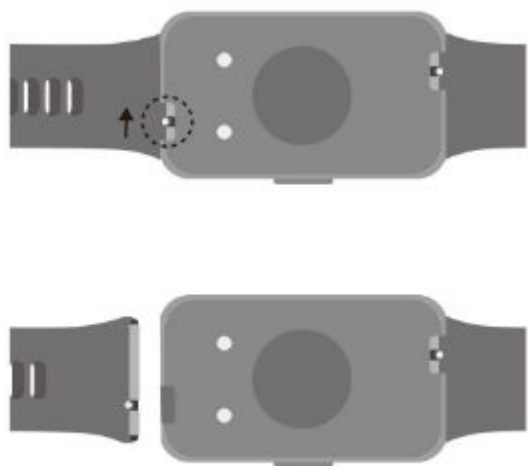
Adjusting or replacing the strap

Adjusting the strap length

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

Removing and installing the strap of a Band 7 Series device
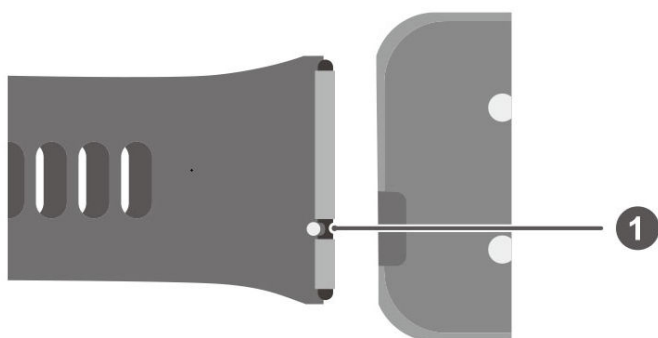

1: Spring bar

Remove the strap: Push the springbar lever on the strap, tilt the strap outwards and remove it from the link fixing slot.

Install the strap: Align the springbar pin with the link fixing slot, push the springbar lever to make its pin into the device body and install the strap.

Removing and installing the strap of a Band 6 Series device

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

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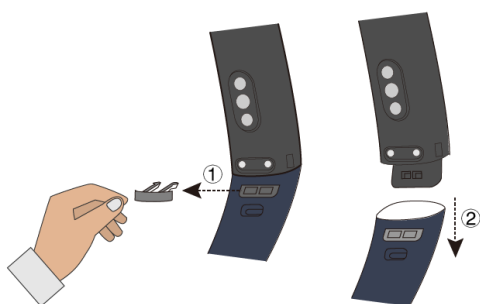
Removal method 2: Remove the fastener from the back of the strap and rotate and pull the strap from the buckles on both sides of the strap to separate the strap from the device's body.
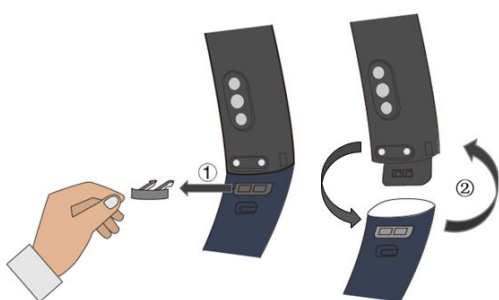
Installation: Perform the steps in reverse to attach a strap to the device's body. Make sure that the device's body fits tightly in the strap before removing the fastener.
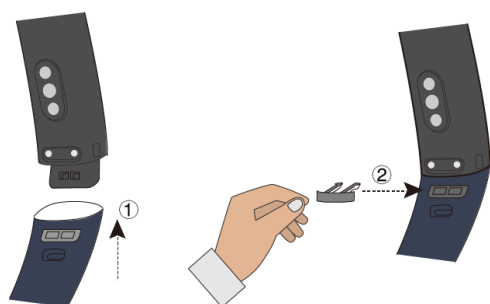
- The fastener is very small, so be careful not to lose it during removal.

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

Water and dust resistance

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

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

The following may affect the water resistance of the device:

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

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

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