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# Getting started

## Buttons and gestures

The watch is equipped with a color touchscreen that is highly responsive to your touches and can be swiped in different directions.

### Up button

Operation	Function	Remarks
Press	<ul style="list-style-type: none"><li>• Wake watch screen when the screen is off.</li><li>• Access the app list screen from the home screen.</li><li>• Return to the home screen.</li></ul>	There are certain exceptional scenarios such as for calls and workouts.
Press and hold	<ul style="list-style-type: none"><li>• Power on your watch when the watch is off.</li><li>• Access the restart/power off screen when the watch is on.</li></ul>	

### Down button

Operation	Function	Remarks
Press	Open the workout app. Access the customized feature you set.	There are certain exceptional scenarios such as for calls and workouts.
Press and hold	<ul style="list-style-type: none"><li>• Lock or unlock the screen.</li><li>• Wake up the voice assistant.</li></ul>	<p>The lock/unlock feature is only available with the following models: HONOR MagicWatch Series, HONOR Watch VIVIENNE TAM version, HONOR Watch Magic/Dream Series, and HUAWEI WATCH GT Series.</p> <p>If you are using a HUAWEI WATCH GT 2, HUAWEI WATCH GT 2e, or HUAWEI WATCH GT 2 Pro, you can only press the Up button to lock or unlock screen, and press the Down button to switch screens during workouts. The watch screen is locked by default during swim workouts and cannot be unlocked.</p> <p>Voice assistant is only available with phones that run EMUI 10.1.</p>

## Button functions during a workout


Operation	Function
Press the Up button	Lock/unlock, mute, or end workout
Press the Down button	Switch screen.
Press and hold the Up button	Finish the workout.
Press and hold the Down button	Wake up the voice assistant. Currently, this feature is only available with the HUAWEI WATCH GT 2 (46 mm), HUAWEI WATCH GT 2e, and HUAWEI WATCH GT 2 Pro.
Swipe up or down on the screen	Switch screen.
Swipe left or right on the screen	Switch screen.
Touch the screen and hold	Show a different data type.

## Gestures


Operation	Function
Touch	Choose and confirm.
Touch and hold on the home screen	Change the watch face.
Swipe up on the home screen	View notifications.
Swipe down on the home screen	View the shortcut menu.
Swipe left or right	View your heart rate data, workout data, weather information.
Swipe right	Return to the previous screen.

## Wake the screen

- Press the Up button.
- Raise or rotate your wrist inwards.
- Swipe down on the home screen to open the shortcut menu. Enable **Show Time** and the screen will stay on 5 minutes.

-  You can enable the **Raise wrist to wake screen** function in the Huawei Health app by going to the details screen of your watch.



## Turn off the screen

- Lower or rotate your wrist outwards.
- The screen will turn off automatically 5 seconds after the watch's screen is turned on if no operation is performed within this period of time. If any operation is performed, the screen will turn off 15 seconds after it is turned on.
-  From the home screen press the Up button and go to **Settings > Display > Advanced** to adjust the duration it takes for your watch to go to sleep and turn off the screen. The duration is set to **Auto** by default.


## Pairing your watch with your phone

If you have just taken the watch out of the box, press the Up button and hold until your watch vibrates and displays a startup screen. The watch is ready to be paired via Bluetooth by default.


### • For Android users:


- 1 Download and install the Huawei Health app from an AppGallery or other app stores. If you have already installed it, make sure that it is up-to-date.
- 2 Open the Huawei Health app and follow the onscreen instructions to grant required permissions to the app. Go to  > **Add > Smart Watch**, and touch the device you wish to pair.
- 3 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
- 4 When a pairing request is displayed on the watch screen, touch  to pair your watch and phone. Confirm the pairing on your phone as well.

### • For iOS users:




-  When pairing with an iOS phone, make sure that the device has been removed from the last device's list of paired devices. If it was paired before make sure it is also removed from **Huawei Health**, then go to **Settings > Bluetooth**, touch the Settings icon behind the Bluetooth name, and touch **Forget This Device**. Then, pair them to connect the devices again.

### • HUAWEI WATCH GT2 (46 mm) and HUAWEI WATCH GT 2 Pro follow these steps to pair:

- 1 Log in to the App Store on your phone and search Huawei Health. Download and install the app, and make sure it is fully updated.
- 2 On the phone go to **Settings > Bluetooth**. The watch should show up automatically, touch your device, then touch  to finish pairing.


- 3 Open the Health app and go to the settings screen, touch + in the upper right corner and select Smart watches. Select your device's model.
- 4 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
- 5 When a pairing request is displayed on the watch screen, touch  to pair your watch and phone. Confirm the pairing on your phone as well.

#### Others follow these steps to pair:

- 1 Download and install the Huawei Health app from App Store. If you have already installed it, make sure that it is up-to-date.
  - 2 Open the Huawei Health app, go to **Devices** > + > **Smart Watch**, and touch the device you wish to pair.
  - 3 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
  - 4 When a pairing request appears on your watch screen, touch  to pair your watch and phone.
-  When pairing for the first time, you can use your phone to scan the QR code on the watch screen to download the Huawei Health app.
  - If your watch does not respond after you touch  to confirm the pairing request, press the Down button and hold to unlock your watch, and initiate a pairing procedure again.
  - Your watch will display an icon on the screen to inform you that pairing was successful. It will then receive information (such as the date and time) from your phone.
  - If the pairing failed, your watch screen will display an icon to inform you that pairing was unsuccessful. It will then return to the startup screen.
  - A watch can be connected with only one phone at any given time, and vice versa. If you want to pair your watch with another phone, disconnect your watch from the current phone using the Huawei Health app, and then pair your watch with another phone using the Huawei Health app.

## Powering on/off and restarting the watch

### Powering on the watch

- When the watch is powered off, press and hold the Up button to power on the watch.
- When the watch is powered off, the watch will automatically power on if you charge it.
-  If you power on the watch when the battery level is critically low, the watch will remind you to charge it and the watch's screen will turn off after 2 seconds. You will be unable to power on the watch until you charge it.

## Powering off the watch

- When the watch is powered on, press and hold the Up button, and then touch **Power off**.
- When the watch is powered on, press the Up button while on the home screen, swipe up or down until you find **Settings**, touch it, go to **System > Power off**, and then touch ✓ to confirm.
- If the battery level is critically low, the watch will vibrate and then automatically power off.
- If the battery has not been charged for a long time, the watch will vibrate and then automatically power off.

## Restarting the watch

- When the watch is powered on, press and hold the Up button, and then touch **Restart**.
- When the watch is powered on, from the home screen press the Up button, swipe until you find **Settings**, touch it, go to **System > Restart**, and then touch ✓ to confirm your choice.


## Force restarting the watch

- Press and hold the Up button for at least 16 seconds to force restart the watch.

# Charging your watch

## Charging

- 1 Connect the USB Type-C port and power adapter and then plug in the power adapter.
- 2 Rest your watch on top of the charging cradle, ensuring that the contacts on your watch and the cradle are aligned. Wait until the charging icon appears on your watch screen.
- 3 When your watch is fully charged, 100% will be displayed on the watch screen and the charging will stop automatically. If the battery level is below 100% and the charger is still connected to the watch, the charging will start automatically.


-  • Use the dedicated charging cable, charging cradle, rated output voltage of 5 V, and rated output current of 1 A or higher to charge your watch. Use a standard Huawei charger with a rated output of 2A to charge the HUAWEI WATCH GT 2 Pro. Charging the watch using a non-Huawei charger or a power bank may result in it taking a longer time to charge, the device being unable to charge fully, overheating, or other similar issues. Therefore, you are advised to purchase an official Huawei charger from an official Huawei sales outlet.
- Use a Huawei power adapter or other power adapters that comply with local and international security standards. Adapters that do not conform to the security standard may cause security issues.
- Keep the surface of the charging cradle clean. Make sure the watch is placed properly on the charging cradle and displaying the charging status. Avoid putting metal objects on the medal contacts of the charger too long, or repeatedly sticking and removing metal objects to the contacts, as this can result in short circuiting and other risks. (If you are using a metal strap, make sure that the metal contacts on the watch are in proper contact with that of the charger during charging. Try to keep the metal links of the strap from touching the metal contacts of the charger.)
- Only the HUAWEI WATCH GT 2 Pro can be charged reversely using a phone. Currently, the watch can be charged using the following phone models: HUAWEI Mate 20 Pro, HUAWEI Mate 30, HUAWEI Mate 30 Pro, HUAWEI P30 Pro, HONOR V30, HUAWEI P40 Pro, and HUAWEI P40 Pro+.
- Do not charge or use your watch in a hazardous environment, make sure there is nothing flammable or explosive nearby. When using the charging cradle, make sure there is no residual liquid or other foreign objects on the USB port of the charging cradle. Keep the charging cradle away from liquids and any flammable materials. Do not touch the charging contacts while the device is charging, or take any other unnecessary safety risks.
- There are magnets in the charging cradle, due to their nature they will also attract other medal objects, so it is important to check for any before using the charger. The charging cradle contains magnetic materials. It is important not to let it overheat by placing it out in the sun or somewhere too warm.
- It is recommended that you lift the charging cradle to attach it to your watch. Ensure that the side of your watch with buttons is aligned with the charging port of the cradle. After the cradle and watch are connected properly, check to see if the charging icon is displayed. If you cannot see the charging icon, you may need to slightly adjust the position of the cradle until contact is established and the charging icon appears.
- When carrying and storing the charging cradle, make sure the charger stays dry, especially the USB port on the base, clean it to prevent foreign objects from entering

the USB port, these can cause damage to the charger and may lead to other safety risks.

- Your watch will automatically power off when its battery level is too low. After it is charged for a while, your watch will automatically power on.

## Charging time

Your watch will be fully charged within two hours. When the charging indicator displays 100%, the watch is fully charged. Disconnect your watch from the power adapter once it is fully charged.

-  Charge your watch in a dry and well-ventilated environment.
  - Before charging, make sure that the charging port and metal parts are clean and dry to prevent short circuits or any other risks.
  - Before charging, make sure the charging port is dry. Wipe off any water or sweat stains.
  - The charging cradle is not water resistant, so keep it dry at all times.
  - It is recommended that the ambient temperature is between 0 and 45°C.
  - To protect the battery, the charging current will be reduced if the ambient temperature is low, which will prolong the charging time without affecting the battery lifespan.

## Checking the Battery Level

Use one of the following three methods to check the battery level:

**Method 1:** When your watch is connected to the charger, you can check the battery level on the charging screen that is displayed automatically. Press the Up button to exit the charging screen.

**Method 2:** Swipe the home screen from top to bottom and then check the battery level in the drop-down menu.

**Method 3:** Check the battery level on the device details screen in the Huawei Health app.

# Workout monitoring

## Starting a workout

### Starting a workout using your watch:

- 1 Enter the app list of your watch and touch **Workout**.
- 2 Swipe up or down and select the workout you want to do or your preferred running course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 Touch the start icon to start the workout.
- 4 Press the Up button and touch the red stop icon, or hold the Up button to end a workout session.  
In the app list, touch **Workout records** to view detailed workout records data including the training effect, speed, cadence, climbed distance, heart rate graph, heart rate zone, cadence graph, pace graph, and VO2Max.

### Starting a workout using the Huawei Health app:

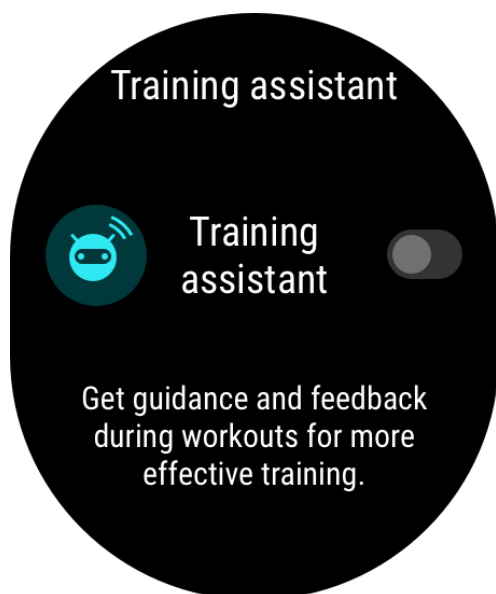
To start a workout using the Huawei Health app, move your phone and watch close to each other to ensure that they are connected properly.

- 1 Open the Huawei Health app, touch **Exercise**, choose a workout mode, and then touch the Start icon to start a workout.
- 2 Once you have started a workout, your watch will sync and display your workout heart rate, step count, speed, and time.
- 3 During a workout, the Huawei Health app displays the workout time and other data.

## Using Smart companion

After Smart companion is enabled on your watch, your watch will send you real-time voice guidance during a running session, such as guidance about your workout strength, running duration, and heart rate.

- 1 From the home screen press the Up button, swipe until you find **Workout**, then touch it.
- 2 Touch the Settings icon on the right side of **Outdoor Run** and then enable **Smart companion**.
- 3 Return to the workout list screen and touch **Outdoor Run**.



- i** Smart companion is currently only available for Outdoor Run . If you have set your workout goal, your smart companion will not provide you with any voice guidance. To ensure that your workout companion can work properly, wear a Huawei or Honor smart watch or smart band.

## Viewing workout records

### Viewing workout records on the band

- 1** On your band, enter the app list and touch **Workout records**.
  - 2** Select a record to view the details.
- i** . Your band will display different data types for different workouts.

### Viewing workout records in Huawei Health

You can also view detailed workout data under **Exercise records** on the **Health** screen in the Huawei Health app.

## Workout status

The Workout status app on your watch can demonstrate your fitness status variation and your training load from the last seven days. You can review and modify your current workout plan with the help of this app. The app can also demonstrate your recovery time, high efficiency levels, peak status, training interruptions, and low efficiency levels. On the Training load screen, you can view your training load from the last seven days. Training load is classified as High, Low, or Optimal, and you can determine your level based on your fitness status.

The Workout status app mainly tracks your training load and VO<sub>2</sub>max variations.

The watch collects your training load from workout modes which track your heart rate, such as running, walking, and cycling, and collects your VO<sub>2</sub>max value when you start an outdoor

running workout. The watch cannot display your workout status if it has not collected any VO<sub>2</sub>max values. VO<sub>2</sub>max variation will be displayed only if you use Outdoor Run mode at least once a week (at least 2.4 kilometers within 20 minutes for each workout), and the watch collects at least two VO<sub>2</sub>max values with an interval of more than a week.

From the home screen press the Up button, swipe until you find **Workout status**, touch it, and then swipe up on the screen to view your workout status.

- ❗ Fitness status (VO<sub>2</sub>max) variation is an important indicator of your workout status. Your watch will display your VO<sub>2</sub>max variation and your workout status only if you use Outdoor Run mode at least once a week, and the watch collects at least two VO<sub>2</sub>max values with an interval of more than a week.

## Tracking daily activities

As your watch comes equipped with a motion sensor, it can track and display your steps, amount of calories burned, activity intensity, and standing times.

Wear your watch correctly for it to automatically record data relating to calories, distance, steps, duration of moderate to high intensity activities, and other activities.

You can view activity records by performing the following:

### Method 1: Viewing activity records on your watch

From the home screen press the Up button, swipe until you find **Activity records**, touch it, and then you can swipe up or down to view data relating to calories, distance, steps, duration of moderate to high intensity activities, and other activities.

### Method 2: Viewing activity records using the Huawei Health app

Open the Huawei Health app and view activity records on the home screen.

- ❗ • To view your activity records using the Huawei Health app, ensure that the watch is connected to your phone.
- Workout data on your watch can be synced to the Huawei Health app, but data recorded in the app cannot be synced to your watch.

## Automatic workout detection

Your band can identify your workout status on its own.

After you have enabled **Auto-detect workouts** under **Settings > Workout settings**, the wearable will remind you to start the workout if it detects that there is a change in your activity intensity and suggests a workout mode for you. You can select to ignore or start recording the workout session. Currently, this feature can detect walking, running, elliptical, and rowing workouts.

## Route back




When you start an outdoor workout and enable the Route back feature, the watch will record routes and provide you with navigation services. After reaching your destination, you can use this feature to get help returning to the place you started.

On your watch, enter the app list, swipe on the screen and touch Workout. Start an individual outdoor workout session. Swipe on the screen and select **Route back** or **Straight line** to return to the starting point.

# Health management

## Introduction to the three rings in Activity records on the watch

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

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

## Sleep tracking

Your sleep data for a single day is measured from 8:00 PM the night before to 8:00 PM of that day for a total of 24 hours. For example, if you sleep 11 hours straight, starting from 7:00 PM to 06:00 AM, your band will count the length of time you slept before 8:00 PM towards the first day and the rest of the time that you slept towards the second day.


Your band will track your sleep using the traditional method if **HUAWEI TruSleep™** has not been enabled. When you wear your band to sleep, your band will identify the different sleep stages including the time you fall asleep, wake up, and enter/exit deep sleep, and light sleep, and sync the corresponding data to the Huawei Health app.

Open Huawei Health, touch **Devices** then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**. When enabled, the band can accurately recognize when you fall asleep, wake up, and whether you are in deep or REM sleep, and provide you with sleep quality analysis and suggestions to help you understand and improve your sleep quality.

Viewing your sleep data:

- Enter your band's app list, swipe on the screen and touch **Sleep**, then you can view data including the duration of your sleep and naps. Any time you slept during the day will be displayed under **Naps**.
- Open the Huawei Health app, then touch **Sleep**, to view your daily, weekly, monthly, and yearly sleep data.


## Measuring blood oxygen levels (SpO<sub>2</sub>)

-  • To ensure the accuracy of the SpO<sub>2</sub> measurement, wear the watch properly and ensure the strap is fastened. Ensure that the watch body is in direct contact with your skin.

### Measuring blood oxygen levels (SpO<sub>2</sub>)

- 1 Wear your watch correctly and keep your arm still.
- 2 From the home screen, press the Up button, swipe on the screen, and touch **SpO<sub>2</sub>**.
- 3 Touch **Measure**.
- 4 Keep your body still during the SpO<sub>2</sub> measurement.

### Automatic SpO<sub>2</sub> measurement

-  Automatic SpO<sub>2</sub> measurement is only supported on the HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 Pro ECG, and HUAWEI WATCH GT 2 PORSCHE DESIGN.
- 1 Open Huawei Health, touch **Devices** and then your device name, go to **Health monitoring** > **Automatic SpO<sub>2</sub> measurement**, and enable **Automatic SpO<sub>2</sub> measurement**. The device automatically measures and records your SpO<sub>2</sub> when it detects that you are still.
  - 2 Touch **Low SpO<sub>2</sub> alert** to set the bottom limit of your SpO<sub>2</sub> for you to receive an alert when you are not asleep.

- The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Huawei Health app, or receive a notification for an incoming call or alarm.
- A SpO<sub>2</sub> measurement will take around 1 minute. Data provided is for reference only and not for medical use. If you feel uncomfortable, consult a doctor for assistance.
- During the measurement, the watch will also sync your heart rate data.
- Your watch will continue to measure and record your SpO<sub>2</sub> during sleep if the sleep apnea switch is turned on while **Automatic SpO<sub>2</sub> measurement** is disabled.
- HUAWEI WATCH GT 2 and HONOR MagicWatch 2: Your watch will measure and record your SpO<sub>2</sub> during sleep if the sleep apnea switch is turned on. You can only view data in Huawei Health.
- Your watch will measure your SpO<sub>2</sub> on its own during the workout session after you have enabled **Mountain hike**. Swipe on the screen to view your SpO<sub>2</sub> data during the workout.
- Your watch will measure your SpO<sub>2</sub> on its own during the workout session after you have enabled **Skiing**, **Snowboarding**, or **Cross-country skiing**. Swipe on the screen to view your SpO<sub>2</sub> data.
- This feature is not supported for users in Japan, Korea, and Taiwan (China).
- This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

## Monitoring your heart rate

The watch features an optical heart rate sensor, which can monitor and record your heart rate all day. To use this feature, you need to enable **Continuous heart rate** in the Huawei Health app.

- When the watch detects that the user has fallen asleep, it will switch to use the non-visible light to measure your heart rate, letting you have a good nights sleep.

### Heart rate measurement

- 1 Keep your arm still and wear your watch correctly.
- 2 From the home screen press the Up button, swipe until you find **Heart rate**. Touch **Heart rate**. The watch will then measure your current heart rate.
- 3 To pause the heart rate measurement, swipe right on your watch screen. It usually takes approximately 6 to 10 seconds to display the first measurement value (1 to 2 seconds if **Continuous heart rate monitoring** is enabled in the Huawei Health app and **MONITORING MODE** is set to **Real-time**), and the data updates every 5 seconds afterward. A complete measurement takes approximately 45 seconds to complete.

- i** To guarantee a more accurate heart rate measurement, wear the watch correctly and ensure the strap is fastened. Make sure that your watch is secure on your wrist. Ensure that the watch body is in direct contact with your skin without any obstructions.

### Setting the heart rate zone calculation method

The heart rate interval can be calculated based on the maximum heart rate percentage or HRR percentage. To set the heart rate interval calculation method, open the Huawei Health app, go to **Me > Settings > Heart rate limit and zones** and set **Calculation method** to either **Maximum heart rate percentage** or **HRR percentage**.

- i** • If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 – your age" by default).  $\text{Heart rate} = \text{Maximum heart rate} \times \text{Maximum heart rate percentage}$ .
- If you select HRR percentage as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ( $\text{HR}_{\text{max}} - \text{HR}_{\text{rest}}$ ).  $\text{Heart rate} = \text{Heart rate reserve} \times \text{Heart rate reserve percentage} + \text{Resting heart rate}$ .
- The heart rate zone calculation methods while you are running are not affected by the settings in the Huawei Health app. For most running courses, **HRR percentage** is selected by default.

Your watch will display different colors when your heart rate reaches corresponding zones during a workout.

### Measuring your heart rate during a workout

- 1 After you start a workout, swipe on the watch screen to check your real-time heart rate and heart rate zone.
  - 2 After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
  - 3 You can view graphs that show the changes in heart rate, maximum heart rate, and average heart rate for each workout under **Exercise records** in the Huawei Health app.
- i** • Your heart rate will not be displayed if you remove the watch from your wrist during the workout. However, the watch will continue to search for your heart rate for a while. The measurement will resume once you wear the watch again.
  - Your watch can measure your heart rate when you have connected it to your phone and started a workout using the Huawei Health app.


## Continuous heart rate monitoring

To enable this feature, connect your watch to your phone using the Huawei Health app and enable **Continuous heart rate monitoring** in the Huawei Health app. Once this feature is enabled, your watch can measure your real-time heart rate.

Set the **MONITORING MODE** to **Smart** or **Real-time**.

- Smart mode
  - 1 The heart rate measurement will be performed every 10 minutes for low-intensity activities (such as when you are not moving).
  - 2 The heart rate measurement will be performed every 10 minutes for moderate-intensity activities (such as when you are walking).
  - 3 The heart rate measurement will be performed once a second for high-intensity activities (such as when you are running) and it takes 6 to 10 seconds to display the first heart rate value, though this may vary between individuals).
- Real-time mode: The heart rate measurement will be performed once a second for any type of activity intensity.

When this feature is enabled, the watch will continuously measure your real-time heart rate. You can view graphs for your heart rate in the Huawei Health app.

-  Using Real-time mode will increase the power consumption of your watch while Smart mode will adjust the heart rate measurement interval based on the intensity of your activity, thus reducing power consumption.


## Resting heart rate measurement

Resting heart rate refers to the heart rate when it is measured in a quiet and relaxed environment when you are awake. It is a general indicator of cardiovascular health.

The best time to measure your resting heart rate is immediately after you have woken up in the morning. Your actual resting heart rate may not be displayed or accurately measured if your heart rate was measured at the wrong time.

To automatically measure your heart rate, enable **Continuous heart rate monitoring** in the Huawei Health app.


If "--" is displayed as the resting heart rate reading, it indicates that your watch was unable to measure your resting heart rate. In this case, ensure that you measure your resting heart rate in a quiet and relaxed environment when you are awake. It is recommended that you measure your resting heart rate immediately after you wake up in the morning for the most accurate result.

-  If you disable **Continuous heart rate monitoring** after checking your resting heart rate, the resting heart rate displayed in the Huawei Health app will remain the same.

## Heart rate warning

After you start a workout using your watch, your watch will vibrate to alert you that your heart rate value has exceeded the upper limit for more than 10 seconds. To view and configure your heart rate limit, perform the following:

Open the Huawei Health app, go to **Me > Settings > Heart rate limit and zones** and select your desired heart rate limit. The following figure shows how to set your heart rate limit:

-  • The default heart rate limit is  $220 - \text{age}$ , which is obtained from the personal information you enter.
- If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.
- Heart rate alerts are only available during active workouts and are not generated during daily monitoring.

## Heart rate alerts

To enable **High heart rate alerts** for your resting heart rate, open the Huawei Health app, touch **Devices** then your device, go to **Continuous heart rate monitoring > High heart rate alert**, and set your heart rate upper limit. Then, touch **OK**. When you are not doing any exercise, you will receive an alert when your resting heart rate stays above your set limit for more than 10 minutes.

To enable **Low heart rate alerts** for your resting heart rate, open the Huawei Health app, touch **Devices** then your device, go to **Continuous heart rate monitoring > Low heart rate alert**, and set your heart rate lower limit. Then, touch **OK**. When you are not doing any exercise, you will receive an alert when your resting heart rate stays below your set limit for more than 10 minutes.

## Testing stress levels

You can use your watch to test your stress level on a one-off or periodic basis.

- To measure your stress level on a one-off basis: Open the Huawei Health app, touch **Stress** then **Stress test**. When using this feature for the first time, you need to calibrate the stress value. Follow the onscreen instructions in the Huawei Health app to answer the questionnaire for a better stress test result.
- To measure your stress level on a periodic basis: Open the Huawei Health app, touch **Devices**, then touch your device name, enable **Automatic stress test** and follow the onscreen instructions to calibrate the stress value. Make sure that you are wearing your watch correctly and the watch will periodically test your stress level.

Viewing stress data:

- Viewing stress data on the watch: Press the Up button while on the home screen, swipe up or down until you find **Stress**, and touch it to view the graph indicating your stress change, including the stress bar chart, your stress level, and your stress interval.

- Viewing stress data in the Huawei Health app: Open the Huawei Health app, touch **Stress** to view your latest stress level and your daily, weekly, monthly and yearly stress curve and corresponding advice. At the same time, you can refer to content under **STRESS RELIEF ASSISTANT** to reduce your stress and stay relaxed.
- Stress tests are only available with a HUAWEI WATCH GT 2/HUAWEI WATCH GT 2e and require an Android phone.
  - During the stress test, wear your watch correctly and keep still.
  - Your watch will be unable to accurately detect your stress level during a workout or when you move your wrist too frequently. In this case, your watch will not carry out a stress test.
  - The accuracy of the data may be affected by caffeine, nicotine, alcohol, and some psychotropic medication. In addition, heart disease, asthma, exercise or an incorrect wearing position will also affect the data.
  - The watch is not a medical device and the data is for reference only.

## Breathing exercises

Breathing exercises can help you relax and improve your mood at work or in day-to-day life.

- 1 From the home screen press the Up button, swipe until you find **Breathing exercises**, then touch it.
- 2 Set your training duration and breathing rhythm.
- 3 Wear your watch and keep your arm still. Touch the start icon on the screen and follow the onscreen instructions to inhale and exhale.
- 4 After you finish the exercises, you are able to view the training results and the change in your heart rate on the watch screen.

## Activity reminders



When **Activity reminder** is enabled, your band will monitor your activity throughout the day in increments (1 hour by default). Your band will vibrate and the screen will turn on to remind you to take a moment to get up and move around.

To disable **Activity reminder**, open Huawei Health, touch **Devices** then your device name, touch **Health monitoring** and disable **Activity reminder**.

- Your band will not vibrate to remind you to move around if you have enabled Do Not Disturb on your band.
- Your band will not vibrate if it detects that you are asleep.
- Your band will only send reminders between 8:00 AM to noon and from 2:00 to 10:00 PM.

## Menstrual cycle predictions


The wearable device can predict your menstrual cycle based on data you have added in the app and predict your period and fertile window. Cycle Calendar data and reminders can be viewed on the wearable device, but the data can only be recorded using the Cycle Calendar quick app in the Huawei Health app.

- 1** Open the Health app, touch **Cycle Calendar**, and grant corresponding permissions. If you can't find the Cycle Calendar card on the home screen, touch **EDIT** and then touch **+** next to **Cycle Calendar**.
- 2** On the **Cycle Calendar** screen, set data for your previous period date, **period length**, and **period cycle**, touch  in the top-right corner, select **Wearable device reminders**, and toggle on **All**.
- 3** Your wearable device will send you reminders for the start and end of your period and fertile window.
  -  • This feature is only available in some countries and regions. For more information, contact the official Huawei service hotline.
  - Touch Records to view and modify period data. The predicted period is marked in the dotted line.
  - Your wearable device will remind you about the start of your period before 8 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 AM on that day.

# Convenient life

## Receiving notifications, and viewing and deleting messages

Once the notifications feature is enabled, the watch can sync notifications displayed on the phone's notification panel. Notifications from the following phone apps can be synced to the watch: Messaging, Email, Calendar, and certain third-party social media apps including WeChat and QQ.

- **Notifications:** 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. If you are using an iOS phone, enable notifications for the corresponding apps in your phone Settings.
- **Viewing unread notifications:** Unread notifications will be available to view on your watch. To view them, swipe up on the home screen or touch **Notifications** in the app list. A maximum of 10 unread notifications can be saved on your watch. If there are more than 10 unread notifications, the older notifications will be overwritten. Each message will only be displayed on one screen.
- **Deleting notifications:** Swipe right on a notification to delete a single notification or touch **Clear** at the bottom of the list to delete all unread notifications.
-  When your watch is in Do Not Disturb or Sleep mode, not being worn, or during workouts, it will still receive notifications but will not alert you. You can swipe up on your watch screen to view these messages.

## Answering or rejecting incoming calls

Your watch will display the number and caller information when there is an incoming call on your phone. You can then answer or reject the call directly using your watch.

- Press the Up button to stop the watch from vibrating during an incoming call.
- Touch the End icon on the screen or touch and hold the Up button on your watch to end the call.
- On the call screen, touch the Up or Down button to adjust the call volume.

## Checking your call log



- 1 From the home screen press the Up button, swipe until you find **Call Log**, touch it to view call logs.
- 2 Touch an entry to call them back.
- 3 Swipe down to the bottom of the screen and touch **Clear** to clear all call logs.

## Playing music

- i** The adding music feature is only supported on phones that run Android 5.0 or later. If you are using an iOS phone and want to add songs to the watch, connect your watch to an Android phone, and follow the following methods to add music to the watch. Then reconnect your watch to your iOS phone. To connect your watch to a new phone, on your watch, enter the app list, go to **Settings > System > Disconnect**. Do not reset your watch when connecting to a new phone. You can only play and control songs stored on the watch.
- 1** Open the Huawei Health app, touch **Devices**, touch the device name, and then touch **Music**.
  - 2** Touch **Manage music > Add songs**, select the music as needed from the list, and touch ✓ in the upper-right corner of the screen.
  - 3** From the home screen press the Up button, swipe until you find **Music**, and then touch it.
  - 4** Choose music that you have added in the Huawei Health app and then touch the play icon to play the music.
    - i** • Music can be played through third-party social media apps, only MP3 and AAC (LC-AAC) files can be added to the watch locally.
    - You can also create a playlist by performing the following: Touch **New playlist** in the Huawei Health app and then add the music that has been synced to your watch to the playlist.
    - On the music playback screen of your watch, you can switch between songs, adjust the volume, and select a playback mode, such as Play in order, Shuffle, Repeat the current song, and Repeat list. Swipe up to view the music list, touch the Settings icon in the lower-right corner of the screen to delete music, connect the watch to Bluetooth earphones, control the music playback on your watch, or control music playback on your phone. Using your watch to control the music playback on your phone is available only on Android phones.
    - To use your watch to control music playing on your phone, open the Huawei Health app, touch **Devices** and touch your device's name, touch **Music** and enable **Control phone music**.
    - You can use your watch to control music playback in third-party music apps on your phone.
    - You can check the amount of storage left available on the watch in the Huawei Health app by going to **Devices > Music > Manage music**.
    - The HUAWEI WATCH GT 2e music playback function can be used only after a Bluetooth headset is connected to the phone.




## Using Stopwatch or Timer


### Stopwatch

From the home screen press the Up button, swipe until you find **Stopwatch**, and then touch it. Touch  to start timing. Touch  to reset the stopwatch. Swipe right on your watch screen to exit Stopwatch.

### Timer

From the home screen press the Up button, swipe until you find **Timer**, and then touch it. By default, there are 8 available countdown modes: 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, 30 minutes, 1 hour, and 2 hours. Choose a countdown mode depending on the situation.

Touch  to start the countdown, touch  to pause the countdown, and touch  to stop the countdown.


You can also customize the timer. On the Timer screen, touch **Custom**, set the time, and touch  to start the countdown.

Swipe right on your watch screen to exit Timer.

## Setting an alarm

You can use the Huawei Health app to set a Smart alarm or an Event alarm for your watch. The Smart alarm will wake you up if it detects that you are in a light sleep during a preset period. This helps to gradually wake up your brain and make you feel more refreshed.

Method 1: Setting an alarm using your watch

- 1 From the home screen press the Up button, swipe until you find **Alarm**, touch it, and then touch **+** to add an alarm.
- 2 Set the alarm time and repeat cycle and touch **OK**.
- 3 Touch an alarm to edit or delete it.
  -  If you do not set the repeat cycle, the alarm is a one-time alarm by default.
    - Working days (skip holidays) is not supported with alarms set on wearable devices.
    - Your device will currently only vibrate but not ring to inform you.




Method 2: Setting a Smart/Event alarm using the Huawei Health app

**For Android users:**

- 1 Open the Huawei Health app, touch **Devices**, touch your device name, and then go to **Alarm > SMART ALARM**, or go to **Alarm > EVENT ALARMS**.
- 2 Set the alarm time, tag, and repeat cycle.

- 3 Touch ✓ in the upper-right corner to save the settings.
- 4 Swipe down on the home screen to ensure that the alarm settings are synced to your watch.
- 5 Touch an alarm to edit or delete it.

#### For iOS users:

- 1 Open the Huawei Health app, touch **Devices**, and then touch your device name from the device list.
  - 2 Go to **Alarm > Event Alarms** or go to **Alarm > Smart Alarm**.
  - 3 Set the alarm time, tag, and repeat cycle.
  - 4 Touch **Save**.
  - 5 Swipe down on the home screen to ensure that the alarm settings are synced to your watch.
  - 6 Touch an alarm to edit or delete it.
-  • Event alarms set on your watch can be synced to the Huawei Health app. You can set a maximum of five Event alarms.
  - You can only set one Smart alarm for your watch.
  - The Event alarm will ring at the specified time. If you set a tag for the Event alarm, the watch will display the tag. Otherwise, only the time will be displayed.
  - When an alarm rings, touch  on your watch screen, press the up button, or swipe right on your watch screen to snooze for 10 minutes. To turn off the alarm, touch  on your watch screen or press and hold the Up button.
  - When an alarm rings, the alarm will automatically turn off after snoozing three times if no other operations are performed.
  - Currently, only alarms set on on Huawei or Honor phones running EMUI 8.1 or later or Magic UI 2.0 or later can be synced to the watch.

## Flashlight

On your band, enter the app list, touch **Flashlight** the band's screen will then light up. Touch the screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right or press the side button to exit.

## Using the Barometer app

You can check the altitude and atmospheric pressure of your current location on your watch.

From the home screen press the Up button, swipe until you find **Barometer**, and touch it to check the altitude and air pressure of your current location and a graph showing atmospheric changes of the current day.


#### **Altitude:**

Altitude measurement range: -800 to 8800 meters.

#### **Air pressure:**


Air pressure measurement range: 300 to 1100 hPa.

Swipe up or down to check altitude and air pressure respectively.

-  • Swipe on the screen to view the air pressure and altitude value.
  - On the **Altitude** screen, touch **Calibrate** and adjust it to the current altitude manually.
  - On the **Air pressure** screen, touch **Settings**, and enable or disable warnings for severe weather.

## Using Compass

From the home screen press the Up button, swipe until you find **Compass**, touch it, and then follow the onscreen instructions to calibrate it. After it is successfully calibrated, your watch will display a compass dial.

-  • The compass of your wearable device does not display the longitude, latitude, and altitude. You can use your phone to this information. You can also use the barometer of your wearable device to view the current altitude and air pressure.

## Weather reports

You can check your watch to find out about the weather in your local area.

Method 1: Viewing the weather information on a watch face that can display weather data

Ensure that you are using a watch face that displays weather information, then you can check the latest weather information on the home screen.

Method 2: Viewing the weather information on the weather screen

Swipe right on the screen until you find the weather screen, then you can check your location, the latest weather, temperature.

Method 3: Viewing the weather information in the Weather app

From your home screen press the Up button, swipe until you find **Weather**, touch it, and then you can check your location, the latest weather information, temperature, and air quality.

- To check the weather information on your watch, you are advised to open the Huawei Health app, touch **Devices**, touch your device name, and then enable **Weather reports**. You can set the **Temperature unit** to **Celsius °C** or **Fahrenheit °F**.
- The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is collected from different weather service providers.
- Ensure that you have granted your phone and the Huawei Health app the permission to access your location. For versions earlier than EMUI 9.0, select **Use GPS, WLAN, and mobile networks** as the positioning mode instead of **Use GPS only**.



## Finding your phone using your watch

From the home screen press the Up button, swipe until you find **Find my phone**, or swipe down on the home screen and touch **Find Phone**. An animation will be displayed on the screen. If your phone is within Bluetooth range, it will play a ringtone to alert you, even in Silent mode.

Touch your watch screen or unlock your phone screen to stop playing the ringtone.

- This feature will only work when your phone and watch are connected.

## Remote shutter

- 1 Connect your band with your phone and make sure that the Huawei Health app is running in the background.
- 2 On your band, enter the app list and select **Remote shutter**. This will open Camera on your phone at the same time.
- 3 Touch  on the band to take photos. Touch  to switch between a 2-second and 5-second timer. Swipe right on the screen or press the button on the band to close Camera and exit Remote shutter.


- Requires Huawei and Honor phones that run EMUI 8.1 or later.

## Connecting earbuds

- 1 From the home screen press the Up button and go to **Settings > Earbuds**.
- 2 Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your earbuds and follow the onscreen instructions to complete the pairing.

- If Bluetooth earbuds are connected via the watch and you answer a call from the watch, the audio will play from the watch's speaker. Audio for calls cannot go through the earbuds yet.
- If you would like to use your Bluetooth earbuds for calls, connect the earbuds to your phone and answer calls from your phone too.

## Do Not Disturb mode

Swipe on the band screen to display the menu, 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 band will not 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.

## Using voice assistant


To enable the voice assistant feature on the watch, connect your watch to the phone using the Huawei Health app, then press and hold the Down button on the watch. Input your voice commands to your watch, such as for making calls, checking life services, and controlling HiLink-enabled devices.

For example, you can ask:

Celia, what is the weather like today?

Celia, call Mike.

Celia, I would like the water to be at 45°C please.

-  Voice assistant is only available on phones running EMUI 10.1 or later and on the HUAWEI WATCH GT 2 (46 mm), HUAWEI WATCH GT 2e, and HONOR MagicWatch 2 (46 mm). If your phone runs a version of EMUI earlier than EMUI 10.1, the watch screen will display a message asking you to connect your watch to a Huawei phone running EMUI 10.1 or later after you press and hold the Down button.
- Currently, voice assistant is only available for the following three apps: Alipay, Alarm (creating an alarm), and Workout.
- The HUAWEI WATCH GT 2e does not support making calls.

# More guidance

## Wearing the watch

Attach the heart rate monitoring area of your watch on the top of your wrist. To ensure the accuracy of heart rate measurement, wear your watch properly and do not wear it above the joint in your wrist. Do not wear it too loosely or too tightly but make sure that your watch is attached securely on your wrist.

- **i** Your watch uses non-toxic materials that have passed strict skin allergy tests. Please rest reassured when wearing wear it. If you experience skin discomfort when wearing the watch, take it off and consult a doctor.
- Wear your watch correctly for greater comfort.
- Clean the strap in a timely manner after an intense workout to prevent the bacteria from growing. After you have washed the strap, place it in a well-ventilated area to dry. Try not wearing the strap while it is wet.
- Leather straps are not water resistant. Keep the strap dry and wipe off any sweat or other liquids in a timely manner. For braided straps, wash them once every one to two weeks. You can use some laundry detergent to remove any odor.
- You can wear your watch on either wrist.

## Adjusting and Replacing the watch strap

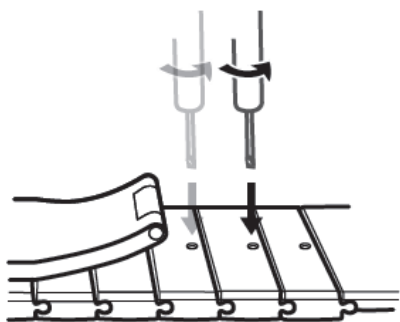
### Adjusting the strap

For watches with non-metallic straps and T-shaped buckles, you can adjust the strap to a comfortable fit depending on the circumference of your wrist.

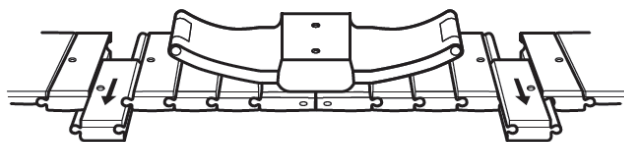
If the strap is made of metallic materials, adjust it by performing the following:

### Adjusting metal link straps

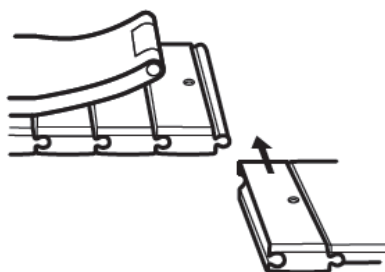
1. Use the screwdriver that comes with the watch to remove the screws from the links you want to remove.



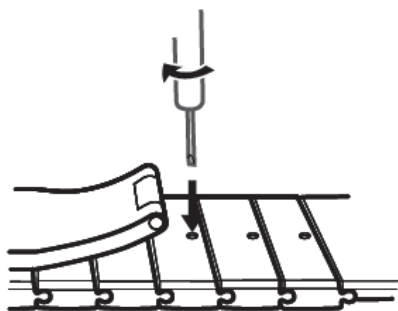
2. Remove a link from both sides of the clasp to make sure the watch face is still centered.



3. Re-assemble the strap.



4. Put the screws back in.

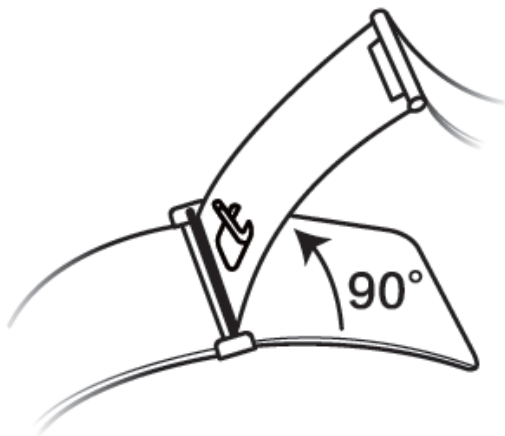


### Adjusting metal mesh straps

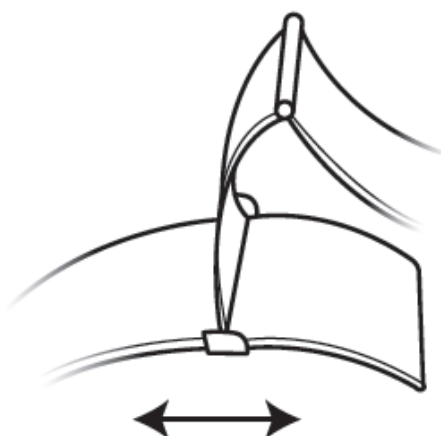
1. Undo the clasp.



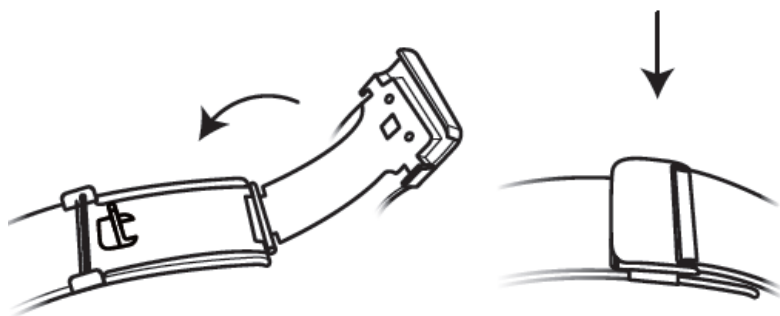
2. Pull the bottom plate upward so it is at a 90° angle with the strap.



3. Slide the clasp to adjust the length.

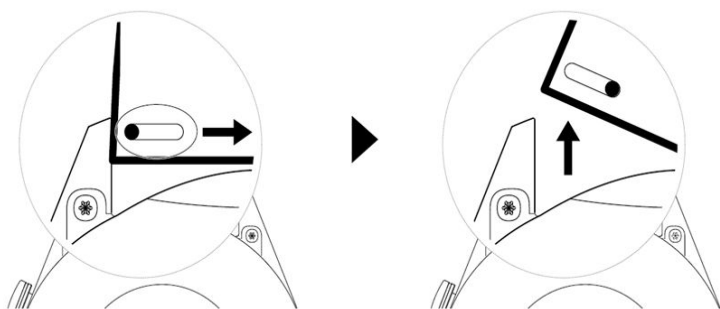


4. Align the plate with the grooves and clamp it back down. Finish by fastening the clasp.

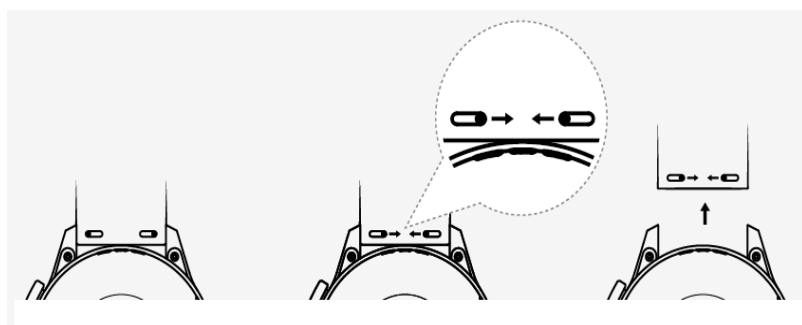


### Removing and installing the strap

To remove a non-metallic strap, unlock the fastener, remove your current strap, and then release the spring pin, as shown in the following figure. Follow the steps in the reverse order to install a new strap.



To remove a metal strap, perform the steps shown in the following figure. Follow the steps in the reverse order to install a new strap.



## Setting Gallery watch faces


- i • Only available on Android phones. If you are using iOS, unpair the device, then pair it with an Android phone and follow the instructions to transfer photos. The photos will be saved and you can unpair the device and pair it with your iOS phone again
  - This feature requires that the Health app be updated to version 10.0.0.633 or above and the watch updated to 1.0.1.16 or above.
  - You may not be able to set Gallery Watch faces in certain countries and regions.
- 1** Open the Huawei Health app, touch **Devices**, go to **Watch faces > More > Mine**, and touch **Gallery**.
  - 2** Touch **+** and choose to either upload an image from your phone's Gallery or take a new photo. Then select your desired image and touch **Save**.
  - 3** On the **Gallery** screen in the Huawei Health app, touch **Style** to customize the font and color of the displayed time and date.
  - 4** Touch **Layout** to adjust the position of the displayed time and date.
    - i • Only still images can be used as watch faces. There are no restrictions on the file format
    - A maximum of 20 images can be transferred at one. If you transfer multiple images an image will be selected randomly and displayed each time the screen wakes up. You can switch between the images by tapping the screen when it's on.

## Animated watch faces

To install animated watch faces, open the Huawei Health app, go to **Devices**, touch your device name, touch **More** beside **Watch faces**, touch **Recommended**, select the animated watch faces, and install them.

## Standby watch face

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



On the home screen, touch the side button and go to **Settings > Display > Standby watch face**. Swipe left or right on the screen to select a watch face, and touch .


## Installing, replacing, and deleting watch faces

**Download and install even more cool watch faces by performing the following:**

- 1** Open the Huawei Health app and touch your watch name. Go to **Watch faces > More** and see all the watch faces that are supported on your watch.
- 2** Select your desired watch face and touch **Install**. After the watch face is installed, your watch will automatically display the new watch face.
- 3** Choose an installed watch face, touch **SET AS DEFAULT**, and your watch will switch to the new one.

### Deleting a watch face:

1. Open **Huawei Health**.
2. Tap **Devices** and your band name.
3. Tap **More** on the right of **Watch faces**, and then tap **Mine > Edit**.
4. Tap  > **CONFIRM** to delete the watch face you want to delete.
5. Tap  to save your settings.

-  • You cannot download additional watch faces in the Huawei Health app on an iOS phone. To download new watch faces, you are advised to temporarily pair your watch with an Android phone. When the downloaded watch faces are synced to your watch, pair the watch back with your iOS phone.
- To download or delete watch faces, update your watch and the Huawei Health app to the latest versions.
- You may not be able to download or delete watch faces in certain countries and regions. For more information, contact the local Huawei hotline.

## Setting favorite contacts



- 1 Open the Huawei Health app and touch **Devices**. Touch your device name to access the watch settings screen. Touch **Favorite contacts**.
  - 2 Then perform the following:
    - Touch **ADD** and your phone contacts list will appear. Then select the contacts you wish to add.
    - Touch **Sequence** to sort the contacts you have added.
    - Touch **Remove** to remove a contact you have added.
  - 3 From the home screen press the Up button, swipe until you find **Contacts** to call your favorite contacts from your watch.
- i** 1 A maximum of 10 favorite contacts can be added to your watch.
- 2 Make sure your watch and phone are connected before making a call from you watch.
  - 3 To adjust the volume during the call, touch the speaker icon on the screen or press the Up button or Down button.
  - 4 A maximum of 30 call records can be saved.
  - 5 Bluetooth calling is only supported with the HUAWEI WATCH GT 2 (46 mm) and the HUAWEI WATCH GT 2 Pro.

## Setting the time zone and language


When you turn on your watch for the first time or pair it with your phone after a factory reset, you will be prompted to select a language before pairing. After both devices are paired, the language on your watch will be the same as the language on the phone. If you change the language, region, time, or time format on your phone, the changes will automatically sync to the watch, as long as the watch is connected to your phone.

- i** 1 If the language and region information on your phone are supported on the watch, the language on your watch will be the same as the language displayed on your phone.
- 2 If the language on your phone is supported on the watch while the region is not, the watch will display the same language as that displayed on your phone. For example, if the language displayed on your phone is Brazilian Portuguese, the watch will display European Portuguese instead.
  - 3 If the language on your phone is not supported on the watch, the watch will display English by default.
  - 4 If your phone has a 12-hour time format, the time displayed on the watch will not distinguish whether it is in the morning or afternoon.


## Adjusting the ringtone

-  This feature is only available on the HUAWEI WATCH GT 2 (46 mm) version 1.0.2.28 or later and the HUAWEI WATCH GT 2 Pro.
  - To use this feature, update the Huawei Health app to version 10.0.0.651 or later.
- 1** From the home screen of the watch press the Up button, swipe on the screen and go to **Settings > Sounds > Volume**, then slide to adjust ringtone volume.
- 2** If you have enabled Silent mode, your watch will only vibrate to inform you of incoming calls and messages. Otherwise, your watch will ring and vibrate when receiving new calls or messages.
-  The ringtone on your watch for incoming calls, alarms and notifications is the default sound and cannot be customized.

## Customizing the Down button

- 1** From the home screen press the Up button and go to **Settings > Down button**.
- 2** Touch an app from the list. This app will be opened when you press the Down button.
  -  By default, pressing the Down button will open the Workout app.

## Adding favorites

- 1** On your band, press the button to enter the app list, go to **Settings > Display > Favorites**, select your favorite apps such as Sleep, Stress, Heart rate, Music, Weather, and Activity records.
- 2** Then, swipe left or right on the home screen of the band to check view your favorites.
  - 



## Adjusting screen brightness

From the home screen press the Up button and go to **Settings > Display > Brightness** to adjust the screen brightness. Brightness is set to **Auto** by default, which automatically adjusts screen brightness based on your environment. Level 5 is the brightest setting and Level 1 is the dimmest setting.

## Updating your band

Method 1: Open the Huawei Health app, **Devices** and your device name. Touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your band's firmware.

**Method 2:**

- For Android users: Open the Huawei Health app, then go to **Devices** and touch your device's name, then touch **Firmware update**. Touch  in the upper-right corner and enable **Auto-download update packages over Wi-Fi**.
- For iOS users: Open the Huawei Health app, go to **Me > Settings**, and enable **Auto-download update packages over Wi-Fi**.
-  Once **Auto-download update packages over Wi-Fi** is enabled, your band will receive update package from the phone and send you a notification about the update. Follow the onscreen instructions to update the firmware.
  - During an update, your band will automatically disconnect the Bluetooth, and reconnect once the update is complete.
  - Do not charge your band during the update.

## Viewing the Bluetooth name, MAC address, Model, Serial Number, and version

### Viewing the Bluetooth name:

- On your watch, go to **Settings > About**. The name displayed under **Device name** is the device's Bluetooth name.
- Alternatively, open the Huawei Health app and enter the device settings screen. The name of the connected device is the Bluetooth name.

### Viewing the MAC address:

On your watch, go to **Settings > About** to view the MAC address.

### Viewing the Serial Number (SN):

On your watch, go to **Settings > About**. Your watch's Serial Number is displayed next to **SN**.


### Model:

- On your watch, go to **Settings > About**, the model name is displayed under **Model**.
- The laser-engraved characters after the word "MODEL" on the back of the watch is the model name.

### Viewing the version:


- On your watch, go to **Settings > About** to view your watch's version.
- Open the Huawei Health app, go to the device settings screen, then touch **Firmware update** to check the version of your watch.

## Restoring the watch to its factory settings

**Method 1:** From the home screen press the Up button, swipe until you find **Settings**, touch it, go to **System > Reset**, and then touch  to confirm. As all the data on your watch will be

removed when you restore the watch to its factory settings, please exercise caution before confirming.

**Method 2:** Open the Huawei Health app, touch **Devices**, touch the device name, and then touch **Restore factory settings**.

-  When you are pairing your watch with the phone for the first time or you are on the **System** screen under **Settings**, follow the onscreen instructions to restore the watch to its factory settings.