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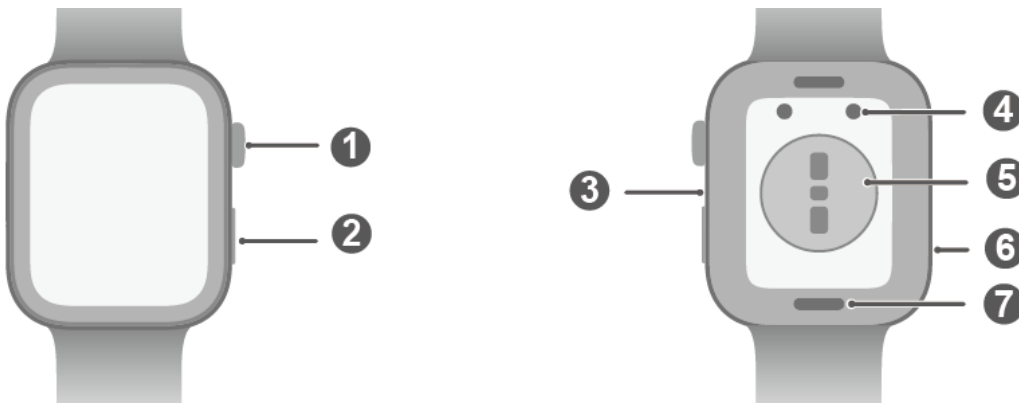
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# Getting Started




## Appearance




### Appearance





①	Up button
②	Down button
③	Microphone
④	Charging contacts
⑤	Heart rate sensor
⑥	Speaker
⑦	Quick release button

## Pairing with an EMUI phone





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


- 6 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.

## Pairing with an Android phone

- 1 Install the **Huawei Health** app ().  
If you have already installed **Huawei Health**, open it, go to **Me > Check for updates**, and update the app to its latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
  -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Touch **Settings** and complete the Watch/Band connection protection settings, so as to ensure a more stable connection between your device and **Huawei Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.

## Pairing with an iPhone


- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.
  -  Only available for iOS 13.0 and later.
- 2 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
  -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **HUAWEI Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

- 5 When a pairing request appears on your wearable device, touch . When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow** and follow the onscreen instructions.
- 6 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing. If the pairing fails, go to **Settings > Bluetooth** on your phone, connect to the corresponding device, and try pairing again.
- 7 Keep **HUAWEI Health** running in the background (and don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.


## Buttons and touch operations

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

### Up button

Operation	Feature
Rotate	<ul style="list-style-type: none"> <li>• In <b>Grid</b> mode: Zooms in and out on app icons and app names on the app list screen.</li> <li>• In <b>List</b> mode: Scrolls up and down on the app list and details screens.</li> <li>• In an app: Scrolls up and down on the screen.</li> </ul> <p> To enter <b>Grid</b> or <b>List</b> mode, go to <b>Settings &gt; Watch face &amp; home &gt; Home</b>.</p>
Press	<ul style="list-style-type: none"> <li>• When the screen is off: Turns on the screen.</li> <li>• When home screen is displayed: Takes you to the app list screen.</li> <li>• When any other screen is displayed: Returns to the home screen.</li> <li>• Mutes incoming Bluetooth calls.</li> </ul>
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps.
Press and hold	<ul style="list-style-type: none"> <li>• Powers on the watch.</li> <li>• Takes you to the restart/power-off screen.</li> <li>• Forcibly restarts the watch when pressed and held for at least 12 seconds.</li> </ul>

## Down button

Operation	Feature
Press	<p>Opens the Workout app by default.</p> <p>You can also customize what the Down button does, by performing the steps below:</p> <ol style="list-style-type: none"> <li>1 Press the Up button to enter the app list, and go to <b>Settings &gt; Down button</b>.</li> <li>2 Select an app for your custom setting. Once you're done, return to the home screen and press the Down button to open the app.</li> </ol>
Press and hold	<p>Wakes up the voice assistant.</p> <p> This feature is available only when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.</p>

## Touch operations

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	<p>On home screen: Changes the watch face. On a watch feature card: Accesses the card management screen.</p>
Swipe up	On home screen: Shows notifications.
Swipe down	<p>On home screen: Opens the shortcut menu and status bar.</p> <ul style="list-style-type: none"> <li>• You can enable or disable <b>Do Not Disturb</b> and <b>Sleep</b> from the shortcut menu.</li> <li>• You can view the remaining battery level and Bluetooth connection status in the status bar.</li> </ul>
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	<p>On home screen: Enters the HUAWEI Assistant·TODAY screen.</p> <p>On any app's screen: Returns to the previous screen.</p>

## Turning off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the screen.
- The watch will automatically sleep without operation for a period of time.

## Turning on the screen

- Press the Up button once to wake the screen.
- Raise your wrist to wake the screen.  
This feature is enabled by default. To disable it, open **Huawei Health**, navigate to the device details screen, touch **Device settings**, and toggle off **Raise to wake**.

## Custom feature cards

Swipe left on the device home screen to browse through and instantly access the feature cards, which can be customized, sorted, and stored away to your heart's content.

### Adding custom cards

- 1 Go to **Settings > Custom cards**.
- 2 Touch the add icon and select the cards you would like to add, such as **Sleep**, **Stress**, and **Heart rate**, depending on the available choices on your device.
- 3 Swipe left or right on the device home screen to view the added cards.

### Moving/Deleting cards

Swipe left on the device home screen, and hold down on any card to enter the card editing screen. Then touch and hold a card, and you can either drag it to its new position, or touch



and then **Remove** to delete it.

## Gallery watch face

Create your unique watch face with your favorite photos and images, to turn your wearable device into a timeless timepiece. Choose pictures of your unforgettable travel experiences, family life, or lovely pets, and upload them to set as your Gallery watch faces.

### Setting Gallery watch face

- 1 Open **Huawei Health** and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine**, swipe up to find **On watch**, and touch **Gallery** to access the custom settings screen.
- 2 Touch **+** and select **Take photo** or **Gallery** as the method for uploading.
- 3 Touch **✓** in the upper right corner and then **Save**. Your wearable device will then switch to the newly set Gallery watch face. You can also customize **Style**, **Layout**, and **Widgets**, and then touch **Save**.

- You can upload more than one image, and tap on the device home screen to switch between the images and enjoy multiple customized watch faces.
- The Gallery watch face feature is unavailable on some device models.
- To delete an image from Gallery watch face, navigate to the Gallery watch face settings screen, touch the cross icon at the upper right corner of the target image, and touch **Save**.

## Style watch face

Select a photo or take one of your current outfit to generate a watch face that matches your style.

- This feature is currently unavailable when your watch is paired with an iPhone.

### Setting a Style watch face


- 1 Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine > Style**.
- 2 Touch **+** in the lower left corner, and select either **Take photo** or **Gallery** as the method for uploading an image.
- 3 Multiple watch faces will be generated based on the elements in the photo. Select your favorite option(s) and touch **Save**. Your device will then switch to the newly set Style watch face(s).



### Deleting a Style watch face

On your phone, open **Huawei Health** and navigate to the **Style** watch face settings screen. Touch the cross icon in the upper right corner of an image to delete it.

## Multi-tasking

Multi-tasking makes it easy to switch between recently used apps and quickly clear all background apps.


- 1 Double-press the Up button when your watch is unlocked with its screen turned on, to enter the multi-tasking screen. From there you can view all running apps.
- 2 Swipe left or right on this screen and perform any of the following operations:
  - Touch an app card to visit the app details screen.
  - Hold down on an app card and swipe up, to clear the app.
  - Touch  to clear all running apps.

-  If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.
- Touching  won't clear Music and/or Workout if music is being played and/or you're amid a workout session.

# Assistant

## Voice assistant

Voice assistant on your watch makes it easy to look things up, once your watch has been connected to your phone via **Huawei Health**.

-  • Make sure that your watch has been updated to its latest version, for the best user experience possible.
- Ensure the consistency between the following three settings: **language** and **region** in your phone system **Settings**, and the **country/region selected when registering** your HUAWEI ID (i.e. the HUAWEI ID used to log in to the **Huawei Health** app).
- This feature is only available when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.
- This feature is only available in certain countries/regions. In these markets, language and region settings must be consistent.

### Using the voice assistant

- 1** Enter the app list, go to **Settings > Smart assistance > AI Voice**, and toggle on the switch for **Wake-up button**.
- 2** Press and hold the Down button to wake up the voice assistant.
- 3** Give a voice command, such as "What's the weather like today?". After the voice assistant responds to your query and finds relevant information, your watch will display the result and broadcast it for you.

## Managing apps

-  • The feature is not supported when your watch is paired with an iPhone.

### Installing apps

- 1** Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2** Select a desired app from the **Apps** list and touch **Install**. After installation is successful, open the app list on your watch to find and access the newly installed app.

### Updating apps


- 1** Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2** Go to **Manager > Updates > UPDATE** to update apps to their latest versions.

### Uninstalling apps


#### On your phone

- 1** Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.

**2** Go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the uninstallation is complete, you won't find the removed apps on your watch.

-  Only third-party apps can be uninstalled. The pre-installed apps on your wearable device cannot be uninstalled.
- If you have set **Disable AppGallery service** in **Huawei Health**, you'll need to touch **AppGallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.
- Before using a third-party app, add it to the list of protected background apps via Phone Manager/Optimizer. In addition, on your phone, go to **Settings > Battery**, select the app in **Battery usage by app**, touch **Launch settings**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**. If a third-party app doesn't work after you add it to the list of protected background apps, uninstall the app, reinstall it, and try again.

### On your watch

Enter the app list, touch and hold the app you want to uninstall until the uninstall icon is displayed, and touch the uninstall icon and then .


### Reordering the app list

Enter the app list, touch and hold any app, drag it to a desired position, and release once other apps are moved away.

## Message management

When your watch is linked with **Huawei Health** and message notifications are enabled, new messages pushed to your phone's status bar will be synced to your watch.

### Enabling message notifications

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


### Push notifications settings

Open **Huawei Health**, navigate to the device details screen, and touch **Notifications**. On this screen, you can enable **Smart notifications** or **Mute notifications when using phone** depending on your phone model.

- **HUAWEI phones:** When **Smart notifications** is enabled, the phone will intelligently select which device to notify based on phone usage. When you're using your phone, notifications

will be muted on your watch. It'll still receive the notifications, but it won't vibrate or ring. When you aren't using your phone but keeping your watch on your wrist, you will be notified of messages via your watch and your phone won't vibrate or ring. **Smart notifications** is disabled by default.

- **Android phones:** When **Mute notifications when using phone** is enabled, notifications will be muted on your watch if you're using your phone. The watch won't vibrate or ring. **Mute notifications when using phone** is disabled by default.


-  The **Smart notifications** and **Mute notifications when using phone** features are not available when the watch is paired with an iPhone.

### Viewing unread messages

When being worn, your watch will vibrate to notify you of new messages pushed from the status bar of your phone.


Unread messages will be kept on your watch. To view them, swipe up on the watch home screen to enter the message center.

### Replying to SMS messages


-  This feature is unavailable when your watch is paired with an iPhone.
  - Quick SMS replies only work with the SIM card that has received the SMS message.

To reply to a new SMS message or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons. Supported message types are subject to actual use.

### Customizing quick SMS replies

-  If there is no **Quick replies** card, it indicates that your watch does not support this feature.
  - This feature is unavailable when your watch is paired with an iPhone.

You can customize a quick reply as follows:


- 1 Once your watch is linked with **Huawei Health**, open the app, navigate to the device details screen, and touch the **Quick replies** card.
- 2 You can touch **Add reply** to add a new one, touch an existing reply to edit it, or touch  next to a reply to delete it.

### Deleting messages

- On the device's message center, swipe left on a message that you wish to delete, and touch



to delete it.

- Touch  at the bottom of the message list to clear all messages.

## Bluetooth voice calls

 To use this feature, make sure that your wearable device is linked with **Huawei Health**.


### Adding favorite contacts

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Favorites**.
- 2 On the **Favorites** screen, touch **Add** and you'll be automatically redirected to your phone contacts. From there, select the ones you wish to add to your watch. Then you can **Sort** or **Remove** contacts on the **Favorites** screen.

 • You can choose a maximum of 10 contacts for **Favorites**.


### Making and answering calls

**To make a call:** Enter the app list on your wearable device, touch **Contacts** or **Call log**, and select the contact you'd like to call.


-  • If you're using dual SIM cards, when you make a call to a watch contact, you cannot select which SIM card to use for the call, as that is determined by the phone's protocols. For details, contact your phone manufacturer's customer service.
- When you make a call from your watch, the audio will be played from your watch, and your phone will display the message that a Bluetooth call is in progress. To switch the audio channel to your phone, you'll need to set your phone to Receiver mode.




**To answer a call:** Simply touch the Answer icon to receive an incoming call on your wearable device when it reminds you of your phone's incoming call. Once the call is answered, the audio will be played from your wearable device's speaker.

## Remote shutter


-  • This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
- Camera rotation, camera preview and photo viewing are not supported on the watch. Please do so on your phone.

- 1 Make sure that your watch is linked with **Huawei Health**.


Swipe down from the top of the watch home screen, and make sure that  is displayed on the shortcut menu, indicating that your watch is connected to your phone.

- 2 On your watch, open the app list, and select **Remote shutter** () , which will automatically launch your phone camera. Touch  on the watch screen to take a photo. Touch  to set a timer.





## Controlling music playback

-  Music syncing to watch is unavailable when your watch is paired with an iPhone. If your watch has not been restored to its factory settings, it is recommended that you connect your watch to an Android phone first for music transfer, and then link your watch with an iPhone for music playback controls (provided that the same HUAWEI ID is used to log in to the Huawei Health app on all of the used phones).
- To use this feature, make sure that your watch is properly linked with **Huawei Health**.


### Controlling phone music playback

- 1 On your phone, open **Huawei Health**, navigate to the device details screen, touch **Music**, and toggle on **Control phone music**.
  -  There's no need to set the **Control phone music** switch in **Huawei Health** if you're using an iPhone.
- 2 Open a phone music app and start the playback.
- 3 On your watch, swipe right on the home screen to enter the HUAWEI Assistant·TODAY screen, and touch the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

### Syncing music to your watch

- 1 Open **Huawei Health** and navigate to the device details screen.
- 2 Go to **Music > Manage music > Add songs**, and select songs to be synced.
- 3 When you're done, touch  in the upper right corner of the screen.
- 4 Access the music management screen, touch **New playlist**, create a name for the playlist, and add songs to suit your desires. You can also categorize tracks that have been uploaded to your watch for easier management. You can update an existing playlist at any time by touching  in the upper right corner of the playlist screen and then **Add songs**.
  -  To delete an added song, enter **Huawei Health**, navigate to the device details screen, go to **Music > Manage music**, find the target song in the list, touch the  icon next to it, and then touch **Delete**.
  - The synchronization of certain songs requires the Premium PLUS membership of HUAWEI Music.

### Controlling watch music playback

- 1 On your watch, open the app list, and go to **Music** () > **Playing**, or open another music app.
- 2 Touch the Play button to start playing.

- 3 On the music playback screen, you can adjust the volume, set the playback mode (such as Play in order and Shuffle), and swipe up on the screen to view the playlist or switch between tracks.

## Alarms

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




### Setting an alarm using your wearable 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 no repeat cycle is set, the alarm will go off only once.
- 3 Touch an existing alarm to modify the alarm time and repeat cycle, or to delete the alarm.

### Set an alarm using Huawei Health

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Alarm**.
- 2 Touch **Add** and set the alarm time, alarm name, and repeat cycle.
- 3 If you're using Android or EMUI, touch ✓ in the upper right corner. If you're using iOS, touch **Save**.
- 4 Touch an existing alarm to modify the alarm time, name, and repeat cycle. You can also delete the alarm.
- 5 When all the settings are done, the alarms set in **Huawei Health** will automatically sync to your wearable. You can also swipe down on the **Huawei Health** home screen and manually sync data to your device.

## Find Phone feature

- 1 Swipe down on the device home screen to open the shortcut menu. Check that  is displayed, indicating your wearable is properly connected to your phone over Bluetooth.
- 2 On the shortcut menu, touch **Find Phone** (). The Find Phone animation will then play on the screen.
- 3 Look for your phone following the ringtone played on your phone (even in Vibration or Silent mode), as long as your wearable and phone are within the Bluetooth connection range.
- 4 Touch the wearable screen to end the search.
  -  If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as ringtone playback is controlled by iOS.
  - The ringtone and volume are preset and cannot be changed.

## Do Not Disturb

When Do Not Disturb mode is enabled, your device won't ring or vibrate when receiving incoming calls and notifications (except when an alarm goes off).

### Enabling/Disabling Do Not Disturb

**Method 1:** Swipe down from the top of the watch home screen and touch **Do Not Disturb** to enable or disable it.

**Method 2:** Go to **Settings > Sounds & vibration > Do Not Disturb > All day** to complete the setting.

### Scheduling Do Not Disturb

- Go to **Settings > Sounds & vibration > Do Not Disturb**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods and put any of them into effect.
- To disable a scheduled Do Not Disturb period, go to **Settings > Sounds & vibration > Do Not Disturb** and turn off the switch for the target period.

## Flashlight

The flashlight on your wearable device comes in three modes, namely Common mode, Flash mode, and Color mode, so that there's a suitable option for anywhere you go.

### Enabling/Disabling flashlight

Swipe down from the top of the device home screen to access the shortcut menu, and touch the **Flashlight** icon to turn on the flashlight.


Touch the screen again to turn off the flashlight, and again to turn it back on.

You can swipe right on your screen or press the Up button (for watches) or side button (for bands) to exit the **Flashlight** app.

### Flashlight settings

You can switch between eight standard colors, customize your own colors, and adjust flashing frequency. To do so:

- 1 Swipe down from the top of the device home screen to access the shortcut menu, and touch the **Flashlight** icon to turn on the flashlight.
- 2 Swipe up on the Flashlight screen to access the settings, and set your preferred color and flashing frequency via **Color** and **Flash**.

-  The flashlight stays on for five minutes by default.
- The icon colors may vary depending on the wearable model.

# Health Management


## Activity rings

Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. Reaching your goals for all three rings can help you lead a healthier life.

To set your own goals for Activity rings:

### On your phone


Access the home screen of **Huawei Health** and touch the Activity rings card to access the


**Activity records** screen. Touch  in the upper right corner and then **Edit goals**.


### On your watch

You can touch **Activity records** and perform the following operations:

- Swipe left on the screen to view data of **This week**.
- Swipe up on the screen to view data of **Today, Move, Exercise, Stand**, and more.
- Swipe up to the last screen, select **Edit goals** or **Reminders**, and set it as needed. In **Reminders**, you can disable **Stand, Progress**, and **Goal reached**.

(1) : **Move** measures the active calories, which are burned in addition to the calories you burn at rest. You can burn active calories through all kinds of movement, from doing household chores to competing in sports.

(2) : **Exercise** measures the total duration of moderate- and high-intensity workouts you've engaged. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and strength training tailored to your fitness level can enhance cardiopulmonary endurance, improve strength, and boost overall fitness.


(3) : **Stand** measures the number of hours during which you stood up and moved around for at least one minute. For example, if you have walked for more than one minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**. Sitting for too long is harmful. WHO studies indicate that sitting for long periods of time is linked to higher risks of high blood sugar, type 2 diabetes, obesity, and depression.

This ring is designed to help remind you that staying seated for too long is damaging to your health. You are advised to stand up at least once per hour and score as high as you can for **Stand** every day.

## Stay Fit app

The app helps set a science-based, personalized training plan for you to reach or maintain your ideal weight, based on weight changes, calorie deficit, diet records, exercise data, and more.

### Setting your initial goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Touch **Agree** on the user authorization screen if you're using the app for the first time.
  - 2 Enter the **Sync goal** screen, choose whether or not to sync your goal to Activity rings, and you'll be redirected to the notifications settings screen where you can complete the relevant settings. Once you're done, you'll be redirected to the gesture guidance screen and then the **Stay Fit** home screen.
-  • If no weight data has been entered, follow the onscreen instructions to fill in **Weight**, **Goal type**, **Rate of loss**, and **Target weight** to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you. Touch **Start**.
  - If you have set your current weight and target weight via **Huawei Health > Health > Weight management**, such data will automatically sync to your watch.
  - If you're using the **Weight Loss** watch face, just touch the watch face to instantly access the **Stay Fit** app.


### Resetting your goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2 Touch **Reset goal** to adjust **Weight**, **Goal type**, **Rate of loss**, and **Target weight**, to have a new weight loss or weight maintaining plan generated for you.

### Recording your weight


- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2 Touch **Record weight** and note down your current weight.

### Recording your diet

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe left on the app home screen to access **Today's intake**.
  - 2 Touch **Quick add** or **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
-  You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.

- Remember to log each meal on your phone's **Calorie records** screen. You can then view your diet data on your phone's **Calorie records** screen or your watch's **Today's intake** screen.

### Exercising

- Press the Up button on the watch to open the app list and select **Stay Fit** to enter the app home screen.
- Swipe left twice on the screen to access **Today's calories burned**, and view your **Burned (kcal)**, **Resting**, and **Active** calorie data for the current day.
- Swipe up on the screen, touch **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.  
Touch **Fitness course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Touch a fitness course to start a workout session.  
 You'll only be redirected when your watch is paired with a HUAWEI phone.

### More settings


- Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **More settings**.
- Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

### Reminders

- Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up to the last screen and touch **Reminders**.
- Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

## Pulse wave arrhythmia analysis


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

-  This feature is only available in certain markets.
  - Measurement data and results are for reference only and are not intended for medical use.


### Activating the app

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


## Taking measurements on your wearable device

- 1 Double-check that your wearable device is worn properly, and place your forearm flat on a table or on your laps, with your arms and fingers relaxed.
- 2 Enter the device app list and go to **Pulse wave arrhythmia analysis > Measure**.
- 3 Keep still and wait till the measurement is complete, then view your result on the wearable screen. You can touch  to check out result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart > Pulse wave arrhythmia analysis**.

## Enabling automatic measurements and reminders


- 1 Access the home screen of **Huawei Health**, go to **Heart > Pulse wave arrhythmia analysis**, and touch  in the upper right corner and then **Automatic measurement**.
- 2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state.  
You can toggle the switch for **Arrhythmia alerts** on or off as needed. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.


## Disabling the service

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

## Result interpretation

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

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

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


Measurement results: No abnormalities, Risk of premature beats, Risk of A-fib, Suspected premature beats, or Suspected A-fib


## Sleep monitoring

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

## Enabling/Disabling Sleep mode

Sleep mode is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.



Swipe down on the device home screen and touch  to enable or disable Sleep mode.


-  If AOD is enabled, enabling Sleep mode will cause the AOD watch face to turn off several seconds after taking effect.

## Enabling/Disabling HUAWEI TruSleep™

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


## Viewing/Deleting your sleep data

- On your wearable, enter the device app list and select **Sleep** () to check out your night sleep and nap data. Touch  for more details on result description.
- On your phone, access the home screen of **Huawei Health** and touch the **Sleep** card to view detailed data.

On the **Sleep** screen, touch  in the upper right corner and then **All data** to access historical data records. From that screen, you can touch the delete icon in the upper right corner, select target records, and delete them.

## Heart rate measurement


Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed.

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

## Individual heart rate measurement

- 1 Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle off **Continuous heart rate monitoring**.

**2** Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.

-  Heart rate data from individual measurements will not sync to the **Huawei Health** app.


### Continuous heart rate monitoring

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

### Resting heart rate measurement

Resting heart rate, measured in beats per minute, refers to the heart rate measured while you're awake but in a quiet, resting state. This is an important indicator of heart health. The best time to measure your resting heart rate is first thing in the morning after waking up (but before getting out of bed).

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Your wearable device will then automatically measure your resting heart rate.

-  • There are some prerequisites for your resting heart rate to be measured and displayed. Suboptimal measurement timing may lead to deviations or no result at all.
- The device displays the resting heart rate data of the last seven days.

### Heart rate alerts


#### High heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **High heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays above your set value for more than 10 minutes while you're resting. You can then swipe right on the alert screen to dismiss the notification.

#### Low heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **Low heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays below your set value for more than 10 minutes. You can then swipe right on the alert screen to dismiss the notification.

### Heart rate data

Access the home screen of **Huawei Health**, touch the **Heart** card, touch  in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.

## Heart rate measurement during a workout

During a workout, your wearable device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the pre-set upper limit. For better training results, you're advised to use heart rate zones as a guide for your exercise.

### Setting the heart rate zone calculation method:

Open **Huawei Health** and go to **Me > Settings > Workout settings > Exercise heart rate settings**.

Running: Set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**.

Other workout modes: Set **Heart rate zones** to **Maximum heart rate percentage** or **HRR percentage**.

- i • If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate ( $HR_{max} = 220 - \text{Your age}$ ).
- If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).

## Heart rate measurement during a workout:

After you start a workout, you'll see your real-time heart rate on your wearable screen. At the end of the workout, you can view your average heart rate, maximum heart rate, and heart rate zone-related data on the workout results screen.


- i • During a workout, your real-time heart rate will not display once your wearable device is removed from your wrist, but the device will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
- You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** on the **Huawei Health** home screen.

## High heart rate alert during workouts


After a workout is initiated, your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time. You can swipe right on the alert screen to dismiss the notification, or the alert screen will exit automatically when your heart rate drops back below the threshold.

- 1 Open **Huawei Health**, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and toggle on **High heart rate**.


**2** Touch **Heart rate limit**, set the upper limit to suit your needs, and touch **OK**.

-  Such heart rate alerts are only available during workouts and are not generated during daily usage.

## SpO2 measurement

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

### Individual SpO2 measurement

- 1** Double-check that your wearable device is worn properly, and keep still.
- 2** Open the app list, and swipe up or down until you find **SpO2** () , and touch this option.
- 3** Touch **Measure**. (The actual product interface shall prevail.)
- 4** Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upward.

### Automatic SpO2 measurement

When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.

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

### Viewing your SpO2 data

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


## Testing stress levels

### Testing stress levels

Wear the device correctly and keep your body still during the stress test.


- Single stress test:  
Open the **Huawei Health** app, touch the **Stress** card, and touch **Stress test** to start a single stress test. Touch **Calibrate** and follow the onscreen instructions to calibrate the stress level.
- Periodic stress test:

Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring** > **Automatic stress test**, toggle on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then automatically start when you wear the device correctly.

-  The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the device incorrectly.

### Viewing stress data

- On the device:

Enter the app list, and touch **Stress** () to view your daily stress change, including the stress bar chart and specific stress levels.

- In the **Huawei Health** app:


You can see your latest stress scores and level on the **Stress** card. Touch the card to view your daily, weekly, monthly, and yearly stress curves, and corresponding advice.

-  The device is not a medical device and the data is for reference only.

## Stand reminder

With Stand reminder enabled, your wearable device will monitor your activity throughout the day in increments (60 minutes by default). It'll vibrate and turn on its screen to display a reminder, to prompt you to get up and move around if you've been sitting for over an hour between 08:00 and 12:00 or between 14:30 and 21:00.

- Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle the switch for **Stand** on or off.
- Open the app list on your watch/band, touch **Activity records**, swipe up to the last screen, and touch **Reminders** where you can enable/disable **Stand**.

-  When **Do Not Disturb** mode is enabled, you won't receive reminders during the Do-Not-Disturb hours.
  - You won't receive reminders when your wearable device detects that you are asleep.

## Cycle Calendar

### Activating the app



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

- Access the home screen of the **Huawei Health** app, touch the **Cycle Calendar** card, download the feature package, set your period data, and touch **Get started**.


If the **Cycle Calendar** card is not on the Huawei Health home screen, touch **Edit** and add the card.

- 2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.  
Touch **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.  
Touch **OK** to return to the previous screen.

### Recording and viewing your periods on your watch

- 1 Press the Up button on your watch to open the app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Touch  to the right of the app name to switch between monthly view and ring chart view.
- 2 Touch **Edit** or  to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**. Swipe up once more to go to the **More** screen and view **Help**.
- 3 On the **monthly view** screen, swipe left and right to view data of the previous cycle and next three cycles.

### Recording your periods in the Huawei Health app






- 1 Access the home screen of **Huawei Health**, touch the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.
- 2 On the **Cycle Calendar** screen, touch  in the upper right corner to perform the following settings:
  - Touch **Settings** to set your period length and cycle length, and toggle on or off the switches as needed.
  - Touch **Period records** to view **Avg period** and **Avg cycle**.
  - Touch **All data** to view the historical data.

# Exercise




## Starting a workout

Your wearable device supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports.

### Starting a workout on your wearable device

- 1 Enter the device app list and touch **Workout**.
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and touch **Add** to add other workout modes.
  -  To remove a workout or reorder the workout list: Enter the app list, select **Workout**, swipe up until you reach the end of the screen, and touch **Reorder**. Touch  to reorder the list. Touch  to remove the workout from the list.
- 3 Touch the workout mode icon to start.
- 4 During a workout, you can press and hold the Up button to end the exercise. Alternatively, press the Up button to pause, touch  to resume, or touch  to end the workout.


### Starting a workout in the Huawei Health app


- 1 Double-check that your wearable device is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, go to **Exercise > Outdoor run** and touch the running icon to start your run.
- 2 During a workout, you can touch  on the **Huawei Health** screen to pause, touch  to resume, or hold down on  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

### Viewing fitness data on your wearable

- Anytime during a workout, you can swipe up or down on the workout screen of your wearable to view your real-time fitness data.
- For exercise sessions started in the **Huawei Health** app, real-time fitness data will display both in the app and on your wearable screen. If the workout distance or duration is too short, the record won't be saved.

### Workout settings

Go to **Workout**, touch the  icon next to the workout mode, and set **Goal, Reminders, Data display, Mistouch prevention, Remove, Pin to top**, and more as needed.

-  Setting options vary depending on the workout mode. Please refer to the interface on your own device.
- Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain countries. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the transmission may take a long while if you're using an iPhone.

## Customizing running plans

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

### Creating a running plan

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.

### Viewing and starting your running plan


#### On your wearable device:

Enter the app list, go to **Workout > Courses and plans > Training plans**, touch **View plan**, then touch the workout icon to start training.


#### On your phone:

In the **Huawei Health** app, enter the **Exercise** or **Me** screen, and select **Plan** to view your training plan. Touch a date to view the corresponding plan details and start training, which will be synced to your wearable device.

### Ending a running plan

Go to **Huawei Health > Exercise > Plan**, and touch  in the upper right corner and then **End plan**.

### Other settings

Go to **Huawei Health > Exercise > Plan**, touch  in the upper right corner, and then you can:

- Touch **View plan** to view the detailed information about the plan.

- Touch **Sync to wearable device** to sync the plan.
- Touch **Plan settings** to customize training days and reminder settings, and set whether to sync to Calendar.

## Workout status

Enter the device app list, touch **Workout status**, and swipe up on the screen to view related information such as **Running Ability Index**, **Training load**, **Recovery**, and **VO2Max**.

- **Running ability index (RAI)** is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- **Training load** is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout, except for swimming modes.
- **Recovery** is how long it will take for your body to return to 100%. For an individual workout, this indicator is directly related to recovery time which is determined by training intensity and workout duration.
- **VO2Max** refers to the maximum amount of oxygen your body can absorb and use per unit time during intense exercise. It is an important indicator of your body's aerobic ability.

## Workout records

### Viewing workout records on your wearable device

- 1 Enter the device app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.

### Viewing workout records in the Huawei Health app

Access the home screen of **Huawei Health**, touch the **Exercise records** card, select a record, and view the corresponding details.

If the **Exercise records** card is not on the Huawei Health home screen, touch **Edit** and add the card.

### Deleting a workout record

Access the home screen of **Huawei Health**, touch the **Exercise records** card, hold down on a record, and delete it. However, this record will still be available in **Workout records** on your wearable device.

- If a workout record has been synced to **Huawei Health** and later deleted in the app, this record will still be available in **Workout records** on your wearable device and will not be synced again to **Huawei Health**.
- Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the Huawei Health app if they have been synced.

## Auto-detect workouts

- 1 Enter the device app list, go to **Settings > Workout settings**, and toggle on **Auto-detect workouts**.
  - 2 After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification, choose to start the corresponding workout, or touch **Ignore today** or **Disable Auto-detect**.
- Your device can automatically identify a workout and send a reminder only when your posture and activity intensity meet the corresponding requirements and when you maintain similar active states for a certain period of time.
  - When your activity intensity remains below the corresponding requirements for a certain period of time, your device will remind you to end the workout. You can ignore the notification, continue the workout, or end the workout as prompted.


# More

## Charging

### Charging your device

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



-  It is recommended that you use a HUAWEI charging cradle and adapter when charging your device, or use a charging cradle and adapter that comply with relevant safety regulations and standards. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using them. To guarantee the authenticity of your HUAWEI charging cradle and adapter, it is recommended that you purchase them from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the charging port, metal contacts, and your wearable device remain dry during charging.
- Keep the surface of the charging cradle clean. Make sure your wearable device is placed correctly on the charging cradle and that the charging status is displayed on your device screen. Avoid bringing metal objects into contact with the metal contacts on the charging cradle, to avoid short circuiting and other risks.
- When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter.
- If you don't plan on using your wearable device for a long time, you're advised to charge the battery once every two to three months, to extend the battery lifespan.
- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, you can go to an authorized Huawei Customer Service Center to have the battery replaced.
- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure that its USB port is free of any residual liquid or foreign object. Keep the cradle and your device away from liquids and flammable materials during charging. Do not touch the metal contacts of the charging cradle when it is connected to a power supply.
- The charging cradle contains a magnet. If you find repulsion against your device when attempting to charge it, switch its direction and connect it to the cradle. The cradle is magnetic, and tends to attract metal objects. Please check and clean it before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources of strong electromagnetic interference, so as to avoid the reduction or switching of the magnetic properties or other issues.

### Checking the battery level

**Method 1:** Swipe down from the top of the device home screen to open the shortcut menu, where you'll find the battery level.

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

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


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

### Low battery alert

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

## Always On Display

Always On Display (AOD) keeps your device screen on in a low-power state, so that you can always view the time and date without lifting a finger. When AOD is enabled, you can select to display the watch face or AOD when you raise your wrist.

 Enabling AOD will reduce the battery life.

- 1 Open the app list, go to **Settings > Watch face & home**, and enable **Always On Display**. Once AOD is enabled, the default style will be automatically displayed.
- 2 Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

## HUAWEI Assistant·TODAY

HUAWEI Assistant·TODAY provides quicker, easier access to services such as weather information.

### Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the device home screen to enter HUAWEI Assistant·TODAY. Then, swipe left on the screen to exit HUAWEI Assistant·TODAY.

### Quick access to apps

On the HUAWEI Assistant TODAY screen, touch any card to access the corresponding app details screen.


### Audio control

On the HUAWEI Assistant·TODAY screen, you can use the Audio control card for music playback controls on both your phone and watch. Note that phone music controls via the watch will only work when your watch is linked with **Huawei Health** and when music is being played on the phone.

## OneHop watch face

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. If you plan to use images saved on the cloud, download them before the

transfer. You can transfer more than one image if you want, and tap on the device home screen to switch between the images and enjoy multiple customized watch faces.

-  Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is available only when your device is paired with a HUAWEI phone that supports NFC. Your wearable device must also support NFC.


### Using OneHop

- 1 Enable NFC on your phone.
- 2 Go to Gallery on your phone, select the image(s) you would like to transfer, and tap the NFC area on the back of your phone against the watch face.
- 3 Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine > On watch > Gallery**, where you'll see the images that you've just transferred, and customize the style and layout to suit your preferences.


## Managing watch faces

Update your watch and the **Huawei Health** app to their latest versions, and pick from a wide range of designs in the Watch Face Store, to start off each new day with a brand-new look.

### Changing the watch face on your watch


- 1 Touch and hold anywhere on the home screen until the device vibrates, to visit the watch face selection screen.
- 2 Swipe left or right on the screen or rotate the Up button to select a desired watch face. You can also swipe on the screen to the rightmost, touch **+**, and swipe up or down to select a favored watch face.
-  Some watch faces support custom control. You can touch **Custom** at the bottom of the watch face to customize the display content.

### Installing and changing the watch face on your phone

- 1 Open the **Huawei Health** app, navigate to the device details screen, find the **Watch faces** tab, and touch **More**.
- 2 Select a preferred watch face, or use the search box in the upper right corner to find the design you want.
  - a If the watch face has not been installed, touch **Install**. Your device will automatically switch to the new watch face once it is installed.
  - b If the watch face has been installed, touch **Set as default** to use the watch face.
-  The size displayed on the watch face details screen is the data required to download and install the watch face.

### Deleting a watch face

#### On the Huawei Health app

- 1 Open the **Huawei Health** app, navigate to the device details screen, find the **Watch faces** tab, and touch **More**.
  - 2 Touch **Mine**, swipe up on the screen, touch and hold on any installed watch face or touch **Edit**, touch **x** on the upper right corner of a watch face to delete it.
-  Gallery and Style watch faces cannot be deleted.
    - If you have purchased a watch face and deleted it, you only need to reinstall it. There's no need to pay again.

### On your wearable device

- 1 Touch and hold anywhere on the home screen until the device vibrates, to visit the watch face selection screen.
- 2 Swipe up from the bottom of the device screen and touch **Remove** to delete a watch face. You can download the deleted watch face again from the Watch Face Store.

### Sharing a watch face

Open the **Huawei Health** app and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine > On watch**, touch a watch face, and touch the Share button in the upper right corner of the screen to share it with a friend.

## Sounds & vibration

### Vibration settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Vibration**.
- 2 Select your desired vibration strength: **Strong**, **Weak**, or **None**.

### Ringtone volume settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration > Ring volume**.
- 2 Swipe up or down to adjust the volume.

### Mute settings

- 1 Enter the device app list and go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute** to suit your needs.

### Crown haptics

- 1 Press the Up button to enter the app list, and go to **Settings > Sounds & vibration**.
- 2 Enable **Crown haptics**, and you will feel the haptic feedback at each turn of the watch crown. You can also disable the feature to suit your needs.

## Updates

### On the phone end

- 1 Open the **Huawei Health** app, navigate to the device details screen, and touch **Firmware update**. On the displayed screen, touch the settings icon in the upper right corner, and enable **Auto-download over WLAN** and **Auto-install updates and restart the device when it's not in use**. Then new versions will be automatically pushed to your wearable device.
- 2 Your phone will check for any available updates. Then follow the onscreen instructions to update your wearable device.

## Water-resistant and dust-resistant level definition and usage scenario description of wearable devices

Being water-resistant and dust-resistant means that the wearable device can prevent water and dust from entering inside, thereby safeguarding its interior components and mainboard from damage.

For more information about the water resistance of HUAWEI wearables, refer to **Water Resistant Levels and Daily Applications for HUAWEI Wearables**.

Water-resistant and dust-resistant level definitions and usage scenarios are as follows.

- i • In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).
- Water resistance is not permanent, and performance may deteriorate with daily wear and tear. It is recommended that you regularly take your device to an authorized Huawei Customer Service Center for inspection and maintenance.
- Water and dust resistance is only applicable to the watch body. Other components such as the strap, charging cradle, and base are not water-resistant or dust-resistant. (The straps for the HUAWEI WATCH Ultimate Series and HUAWEI WATCH ULTIMATE DESIGN Series are water-resistant.)
- Note: The IPXX rating means Ingress Protection, and is a standardized measurement of a product's protection against liquids and solid particles. **An IP rating carries two numbers. The first number signifies the protection of important components against dust and solid particles, ranging from 0 to 6, with 6 being the highest protection level. The second number refers to water resistance, ranging from 0 to 8, with 8 being the highest protection level.** Certain IPX8-rated wearable devices can be worn during swims. Actual usage shall prevail.
- Please use the product in accordance with the user guide provided on the official Huawei website or in the product documentation that comes in the product box. Free warranty services are not provided for damage caused by improper use.
- Avoid the following conditions, so as to maintain the water-resistance performance of the wearable device. Damage caused by immersion in liquid is not covered by the warranty.
  - 1** Pressing the device buttons or operating on the device underwater. (If you're using a HUAWEI WATCH Ultimate Series or HUAWEI WATCH ULTIMATE DESIGN Series device, you can press the buttons and rotate the crown when underwater.)
  - 2** Cleaning the device with an ultrasonic cleaner or mildly acidic or alkaline detergents.
  - 3** Dropping the device from a high place or subjecting the device to impact from a collision.
  - 4** Disassembling or repairing the device at a non-Huawei-authorized store.
  - 5** Exposing the device to household chemicals, such as soap or soapy water during showers or baths.
  - 6** Exposing the device to perfumes, solvents, detergents, acids, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.
  - 7** Charging the device when it is wet.

Water/Dust Resistance Level	Resistance Level Definition	Usage Scenario Description
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<p>Dive (Depth up to 100 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 100 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving activities exceeding a depth of 100 meters.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>4. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> </ol>
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		<p>5. Composite vegan leather, leather, composite woven, titanium, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 30 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (3.3 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 30 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 30 meters.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>5. Jumping into water, high-pressure rinsing, or other activities that involve</li> </ol>
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		<p>high water pressure or fast-flowing water.</p> <p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 40 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (4.4 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 40 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 40 meters.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>5. Jumping into water, high-pressure rinsing, or other activities that involve</li> </ol>
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		<p>high water pressure or fast-flowing water.</p> <p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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10 ATM	<p>This is a water resistance standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can withstand up to simulated 100-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 100 meters deep.</p>	<p>The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 100-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 100-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> </ol>
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		<p>4. Jumping into water, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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5 ATM	<p>This is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 meters deep.</p>	<p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> </ol>
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		<p>4. Jumping into water, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP69	<p>Complies with the IP69 rating under the GB/T 4208-2017 standard. The IPX9 test conditions are as follows: water temperature: <math>80\pm 5^{\circ}\text{C}</math>; water flow: <math>15\pm 1</math> L/min; water pressure: <math>10,000\pm 500</math> kPa; spray angle: <math>0^{\circ}</math>, <math>30^{\circ}</math>, <math>60^{\circ}</math>, and <math>90^{\circ}</math>, 30 seconds for each angle. This does not indicate protection during hot water showers.</p>	<p>Complies with the IP69 rating defined in GB/T 4208-2017 standard.</p> <p>The IP6X-rated device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>IPX9 involves high-pressure liquid splashes. This means that IPX8- and IPX9-rated products can be worn during activities involving fast-flowing water, such as water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does</li> </ol>
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		<p>come into contact with any such product, rinse and clean the device with fresh water and remove the water stains in a timely manner. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
<p>IPX8 (water resistance for daily life)</p>	<p>Products that meet this standard are splash-proof and water-resistant, and can be worn and used during exercise as they are resistant to sweat, on rainy days, and when exposed to water splashes. However, it is not recommended that you immerse such a device in water. This wearable device is rated as IPX8 under the GB/T 4208-2017 standard and was tested under controlled lab conditions.</p>	<p>Products that hold an IPX8 rating meet the water resistance requirements for everyday use, such as during handwashing and on rainy days. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>

IPX8 (20 meters)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 20-meter static water pressure, and does not mean that the device is water-resistant in water that is 20 meters deep.</p>	<p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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IPX8 (1.5 meters)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep.</p>	<p>The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP6X	Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.	The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.
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<p>IP68 (20 meters)</p>	<p>Complies with the 2 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 20-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 20-meter deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance. Do not insert anything into the holes of the microphone, speaker, or barometer. Do not heat the device or use compressed air to remove the water stains.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>3. Activities involving fast-flowing water, such as jumping into water,</li> </ol>
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		<p>water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>IP68 (1.5 meters)</p>	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion</li> </ol>
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		in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
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<p>IP67</p>	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1 meter deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP67-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>IP57</p>	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues.</p> <p>Can be immersed in water that is up to 1 meter deep at normal temperature and atmospheric pressure for 30 minutes.</p>	<p>The wearable device complies with the IP57-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP55	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water jets of 12.5 L/min aiming at the device case from any direction for 3 minutes.</p>	<p>The wearable device complies with the IP55-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during swimming, platform diving, jumping into water, or any other behavior or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other scenarios or types of use that may cause the wearable device to be</li> </ol>
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		<p>exposed to fast-flowing water or strong water currents or to directly face the fast water flow for more than 3 minutes, such as during long-time use in heavy rain or rainstorms. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP54	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water splashes of up to 10 L/min aiming at the device case from any direction for 10 minutes.</p>	<p>The wearable device complies with the IP54-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during underwater photography or any other behavior or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other types of inappropriate use and scenarios where the device may be in contact with fast-flowing water</li> </ol>
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		<p>or with water currents for more than 10 minutes. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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