Uputstvo za upotrebu (EN)

HUAWEI Watch D2 Gold pametni sat

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Exercise

Getting Started

Wear and care tips

Wearing the watch

Measure your wrist circumference and choose a 2-in-1 strap-airbag suitable for you.

1 Wrap the soft measuring tape that comes in the product box around your wrist about two finger widths away from the edge of your palm.

2 Pull the tail of the tape through the head buckle until it's nicely secured on your wrist, not being too tight. Note down the length indicated by the arrow.
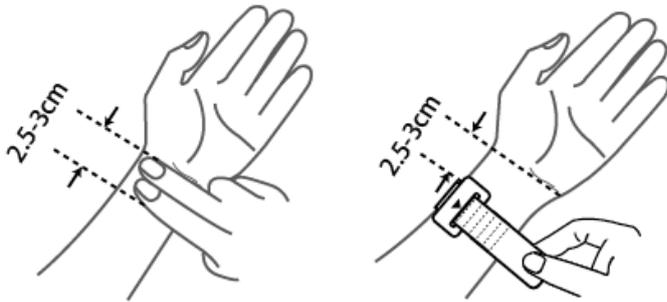
3 According to the length, select the appropriate strap-airbag.

Put on the watch.

Make sure that an edge of the watch body rests slightly away from your wrist bone, so that the watch sits flat in the center on the back of your wrist. Please avoid wearing the watch directly on or too far from your wrist bone.
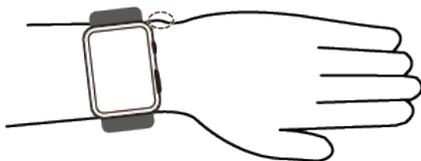
ⓘ Please don't attach any protector film to the back of your watch, as it contains sensors. Blocking the sensors in any form will lead to inaccurate measurements or even failure to measure your health data, such as heart rate, ECG, blood oxygen, and sleep.

Caring for the watch

- Before cleaning or maintenance, make sure to disconnect the watch from its charger.

- The watch meets the requirements for everyday use, such as when exposed to water splashes and on rainy days, and should not be worn during showers or swims, in saunas, or in any other similar conditions. It is recommended that you keep the airbag clean and dry during daily use, and make sure to measure your blood pressure in dry environments.

- The watch can prevent dust from entering in everyday environments such as living rooms, offices, laboratories, light industrial studios, and storage rooms. However, it should not be worn in particularly dusty environments.

- It is recommended that you clean the watch every week, by wiping the surfaces of the watch and strap-airbag with soft cloth or wet tissue. Avoid cleaning with water, so as to prevent any liquid or water from entering the airbag through the air nozzle and damaging the device.
- Keep the watch and your wrist skin clean and dry. Make sure to wipe off any sweat after workouts.

  - Do not use powerful chemicals, strong detergents, or disinfectants to clean the watch or its accessories, to avoid damaging or corroding your device and its accessories.

  - Do not use any sharp metallic objects (such as a steel wire cleaning ball) to wipe the charging port, as that may scratch off the paint and damage the charging port.

  - Do not use any organic solvents (such as hand sanitizer, soapy water, or other acidic or alkaline solvents) to clean the watch. If such products are not washed off completely, they could build up on the strap and irritate your skin. Make sure the watch is wiped completely dry before putting it back on your wrist.

  - If the strap gets stained by something that's hard to wash off, you can use a wet soft brush to clean it.

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.

Bluetooth earphone connection

You can use your Bluetooth earphones for music and audio listening after connecting the device to your watch.

Via watch system Settings

1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.

2 Enter the app list on your watch and go to **Settings** > **Bluetooth**.

3 Select the target Bluetooth earphones, and initiate the connection as prompted.

Via the watch-based Music app

1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.

2 Enter the app list on your watch, find and select **Music**, tap in the lower right corner of the music playback screen, and go to **Audio channel** > **Pair**.

3 Select the target Bluetooth earphones, and initiate the connection as prompted.

Buttons and touch operations

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

Up button

ℹ️ Operations may differ during calls and workouts.

Operation	Function
Rotate	• In List mode and Hex grid mode: Scrolls up and down on the app list. On the first app list screen in Hex grid mode, rotate the crown counterclockwise or swipe down on the screen to display or hide the names of apps. • In an app: Scrolls up and down on the screen. ⓘ To switch between Hex grid and List modes: • In either mode, swipe up until you reach the last app list screen, and touch the other mode to make the switch. • Go to **Settings** > **Watch face & home** > **Launcher**, and select **Hex grid** or **List**.
Press	• When the screen is off: Turns on the screen. • On home screen: Takes you to the app list screen. • On any other screen: Returns to the home screen. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps. For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can touch the watch face card to return to the watch home screen.
Press and hold	• When the watch is off: Powers on the watch. • When the watch is on: Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Function
Press	Launches an individual blood pressure measurement by default. To set which features to access: 1 Press the Up button on the watch and select **Settings** > **Down button** from the app. 2 Select target apps for your custom setting. Once you're done, return to the home screen and press the Down button to access the selected features.

Shortcuts

Operation	Function
Press the Up and Down buttons at the same time	Takes a screenshot and uploads it to your phone Gallery.

Screen controls

Operation	Function
Touch	Chooses and confirms.
Touch and hold	• On home screen: Opens the watch face editing screen. • On a feature card: Opens the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screem: Opens the shortcut menu. • You can enable **Find Phone**, **Screen on**. • You can view the remaining battery level and Bluetooth connection status.
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the Assistant·TODAY screen. In an app (excluding the app home screen): Returns to the previous screen.

Custom feature cards

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

Adding a card

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

2 Tap ⊕ and select a desired card.

3 Now that you're done, you can swipe left or right on the watch home screen to view the added cards.

Editing a combo card

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

2 You can replace the component by swiping left or right on the card and tapping **Custom** at the bottom of the card.

- Components of combo cards can only be replaced, not deleted.

  - To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.

Moving/Removing a card

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

- To move a card, touch and hold the card and drag it to where you want it.

- To remove a card, either tap at the bottom of the card, or swipe up on the card and then tap **Remove**.

Blood Pressure (BP) Management

Individual BP measurements

Taking blood pressure (BP) measurements regularly can help better manage your blood pressure health.

ⓘ • This product can be used as a reference for BP measurements.

  • If you feel uncomfortable during a measurement due to the airbag's excessive inflation or other reasons, you can cancel the measurement immediately to deflate the airbag or unfasten the strap to end the measurement.

  • To prevent injuring your arm, do not keep the device inflated for an extended period while wearing it.

  • If the airbag inflates to 300 mmHg (40 kPa) or a higher pressure but then does not deflate automatically, please unfasten your strap.

Precautions

To ensure optimal measurement accuracy, make sure the following requirements are met:

• Double-check that you've chosen the 2-in-1 strap-airbag suitable for you, that the device is worn snugly and correctly on your wrist, and that you keep the correct posture throughout a measurement.

• It is recommended that you take BP measurements around the same time every day, as blood pressure naturally fluctuates throughout the day and night.

• Avoid measuring immediately after smoking, drinking alcoholic beverages, consuming caffeine-containing foods or drinks, taking a shower/bath, or exercising. Instead, wait for at least 30 minutes and then take a measurement.

• After using the toilet, wait for at least 10 minutes before measuring your blood pressure.

• Refrain from taking measurements within one hour after a meal.

• Avoid measuring in extreme temperatures or in rapidly changing environments.

• Avoid measuring when your body is experiencing stress or pressure.

• Avoid measuring in a moving vehicle.

• Refrain from stretching or bending the strap-airbag with force.

• Avoid measuring your blood pressure when you're experiencing stress or negative emotions. Take a 5-minute rest before a measurement, to allow your body to naturally relax.

• Perform a measurement in a quiet environment, during which refrain from speaking, bending your fingers, or moving your body or arms.

• Wait about 1–2 minutes between consecutive BP measurements, to allow your arteries to return to their baseline state before the previous measurement was taken.

Taking a BP measurement

1 Double-check that the device is worn snugly and correctly on your wrist. If this is your first BP measurement with the device, you can get some tips by touching **Measurement guide** and scanning the QR code displayed on the device screen.

2 Press the Up button to enter the app list, then choose **Blood pressure**. If this is your first BP measurement with the device, touch **Next**.
If you've set the Down button as the short-cut to BP measurements, you can then press the Down button to enter the measurement screen.

3 Select a range applicable to your wrist circumference, and go to **Next** > **Next**.

4 Make sure that your watch-wearing arm is steady, with your elbow bent and your palm facing your chest. Your wrist and palm should be naturally relaxed. Hold this elbow with your other palm, so that the watch is level with your heart, but not pressing against your chest. Keep both feet flat on the ground. Avoid crossing your legs.

Correct posture for BP measurements
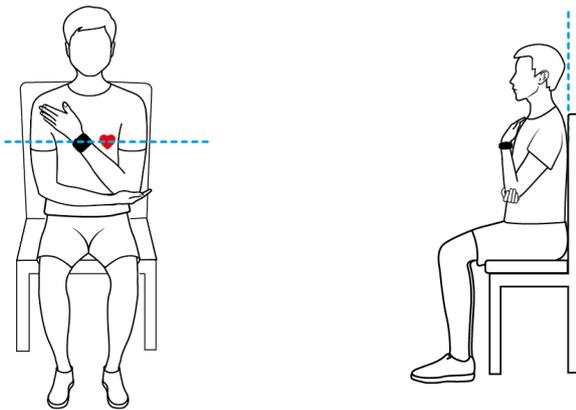
Incorrect postures for BP measurements
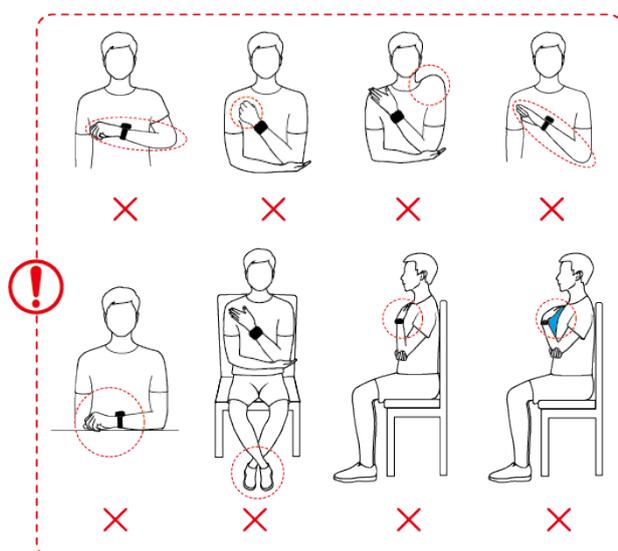
5 On the measurement screen, touch **Measure**. Check out the result after the measurement is complete.
You can also double-press the Down button on the watch face screen, to initiate a measurement straightaway.

- Refer to the following if measurement results do not display normally.

Table 2-1 The measurement result may be inaccurate

Error Scenario	Displayed Icon	Possible Causes	Solution
Failure to keep the correct posture for BP measurements		The watch was not level with your heart, due to an incorrect posture.	Take another measurement with the correct posture as shown in the figure above.
Failure to keep still and steady		The measurement was performed in a moving vehicle or an elevator.	Avoid measuring your BP with this product while you're not still or steady.
Post-exercise measurements		Medium- or high-intensity exercises were carried out before the measurement.	Take a half-hour break before performing another measurement.
Strap loosely worn		The strap was not buckled appropriately.	Fasten the strap and take another measurement.

Error Scenario	Display ed Icon	Possible Causes	Solution
Irregular heartbeat		• The presence of A-fib or premature beats led to inaccurate results. • The measurement was performed in a moving vehicle or while you're moving.	• Take a half-hour break before performing another measurement, or performing multiple measurements and calculating the average. • Avoid measuring your BP with this product while you're not still or steady.

Table 2-2 An error message is displayed during the measurement

Error Scenario	Possible Causes	Solution
Poor signal quality	The watch was pressing against your chest, your body moved, or you took a beep breath during the measurement.	Avoid pressing the watch against your chest. Keep still and breathe normally.
Failure to hold still	You moved your arm or fingers, or spoke during the measurement.	Keep still and refrain from speaking or moving your arms or fingers.
Irregular heartbeat	Irregular heartbeats were detected during the measurement.	Wait about 1–2 minutes before taking another measurement. If you receive this message multiple times, seek medical assistance.
Airbag inflation error	The airbag was installed incorrectly, or the airbag, pump, or air pipe is damaged.	Check whether the airbag is installed correctly. Check whether the airbag, pump, or air pipe is damaged. If so, replace the faulty component in a timely manner.

Error Scenario	Possible Causes	Solution
Watch not worn	The watch was worn incorrectly during the measurement.	Follow the instructions to ensure that the watch is worn snugly and correctly.
Low battery	The watch's battery level was too low.	Charge your watch and try again when the battery level is sufficient.
No airbag installed	The airbag is not installed on the strap.	Choose a 2-in-1 strap-airbag suitable for you based on your wrist circumference, and install the strap-airbag correctly. If no airbag is installed, you'll keep getting the notification that reminds you to install one, and this reminder cannot be turned off. Also, the absence of an airbag may cause dust, mud, or liquid to enter your watch and affect watch features. If an airbag has been installed but you still receive the reminder, take your watch to an after-sales service center for inspection.
Unsuitable airbag	The airbag installed does not match the set wrist circumference. That means either the airbag is incorrectly installed, or that the wrist circumference selected in the Blood pressure app is incorrect.	Measure your wrist circumference as instructed in the Getting Started section, install a suitable strap-airbag accordingly, and go to **Blood pressure** > **Settings** > **Wrist circumference** to select your wrist circumference.
Abnormal deflation	The airbag deflated slowly after the measurement was complete.	Take off your watch immediately and clean the air inlet and outlet as instructed in the **Solution for handling slow deflation** section.

Error Scenario	Possible Causes	Solution
Takes a long time to inflate	The inflation took too long during the measurement.	Take off your watch immediately, wait until the airbag is fully deflated, and start a measurement again. If this occurs multiple times, contact a service center for the device to be repaired.
Abnormally high pressure	The pressure was too high during the measurement.	Do not press against the airbag or strap during the measurement.

- Solution for handling slow deflation:
Remove the short strap (the section with the buckle), then shake the watch two to three times with the connecting port facing down. If liquid comes out of the connecting port, use a clean tissue or cloth to wipe it dry. Then fasten the short strap to the watch body and wait about 2–4 hours before taking another measurement again, to see if the issue is fixed. If the issue persists after 24 hours, contact a service center.

Other settings

Swipe up on the measurement result screen to access **More**, and then:

- Touch **Settings** to set your wrist circumference, preferred measurement unit, and other information.
- Touch **Guest measurement** to enter the guest mode for BP measurements.

Measurement results

On your watch:

Swipe up on the measurement result screen to access **More** and touch **Records** to view historical data. For more details, visit the **Huawei Health** app.

On your phone:

1 Access the home screen of **Huawei Health** and touch the **Blood pressure** card to enter the detailed data screen.

2 Touch in the upper right corner and then **All data** to view all your measurement records.

3 Select a record, and touch in the upper right corner and then **Details**, to view the measurement time and data source.

# Ambulatory blood pressure monitoring (ABPM)

This feature measures blood pressure (BP) at preset intervals over a 24-hour period, calculates your averages for the whole day, daytime, and nighttime, and analyzes your BP rhythm.

ⓘ
- This product can be used as a reference for BP measurements.

- ABPM is recommended for users whose highest pressure stands at 120 mmHg or above on average or lowest pressure stands at 80 mmHg or above on average, and for users whose doctor recommends ABPM. Measurement frequency can be increased if necessary.

- During this 24-hour period, BP measurements will be taken frequently during which you'll need to stay at rest. Therefore, it is recommended that you choose a less busy day to conduct this plan, for best possible results.

Starting an ABPM plan

1 Enter the device app list and go to **ABPM** > **Start plan**. If this is your first BP measurement with the device, tap **Next** and follow the onscreen instructions to complete wrist circumference and other settings.

2 If the recommended plan looks good to you, go to **Enable** > **Continue**.

ⓘ
- Medical guidelines recommend using ABPM for at least 24 hours, including at least 20 daytime readings (which require you to maintain the correct measurement posture) and seven nighttime measurements (which can be automatically taken by the watch without requiring you to adjust your posture).

- By default, daytime measurements are taken every 30 minutes. When your watch vibrates to notify you of a due measurement, tap **Measure** and assume the posture displayed on the watch.

- By default, nighttime measurements are taken every 30 minutes. The watch will inflate and perform a measurement automatically, without sending any reminder.

- To modify the plan, tap **Modify** and set **Nighttime**, **Nighttime frequency**, and **Daytime measurement** to suit your needs. Then tap **Start plan**.

- **Daytime measurement** is set to **Manual measurement** by default. When this is changed to **Auto-start**, the watch will automatically start a measurement after an 8-sec countdown from the time the reminder goes off.

3 Make sure that your watch-wearing arm is steady, with your elbow bent and your palm facing your chest. Your wrist and palm should be naturally relaxed. Hold this elbow with your other palm, so that the watch is level with your heart, but not pressing against your chest.

Correct posture for BP measurements
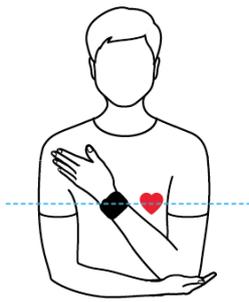
> ⓘ • For daytime measurements, ensure you assume the correct posture either standing or sitting.
>
> • The watch will automatically inflate and perform measurements while you're asleep, not requiring you to assume the correct posture.

4 On the measurement screen, tap **Measure**. Check out the result after the measurement is complete.

5 When your watch vibrates to notify you of the next due measurement, tap **Start** and maintain the correct posture.

> ⓘ • To change **Daytime measurement** during an effective ABPM plan, navigate to the **ABPM** app home screen, swipe up to access **More**, and go to **Settings** > **Monitoring plan** > **Daytime measurement**. However, you'll need to end the current plan if you want to modify the measurement time and monitoring frequency.
>
> • Avoid taking BP measurements while driving.
>
> • Using ABPM will affect the Sleep breathing awareness feature and heart rate monitoring during sleep.

Ending an ABPM plan

Auto end: An effective plan will automatically terminate at the conclusion of the current measurement cycle (24 hours). You can create a new plan afterwards.

Manual end: From the device app list, go to **ABPM** > . You can restart the plan by navigating to the **ABPM** screen and tapping **Restart**.

Viewing an ABPM report

On your watch:

1 Use either of the following methods to access the ABPM screen:

• Enter the device app list and tap **ABPM**.

• Swipe left on the device home screen to find the blood pressure card, and tap the ABPM icon at the bottom of the screen.

2 Swipe up on the screen to view your BP trend chart, and tap **Records** to view all measured data. Swipe up again to access **Key indicators**, where you can tap **More** to view detailed data for each indicator.

On your phone:

1 Access the home screen of **Huawei Health** and tap the **Blood pressure** card to enter the detailed data screen.

2 Swipe up on the screen and tap the **ABPM** card, to view or delete all ABPM records.

3 Select a record to view its details, such as your average blood pressure and BP trend during that specific plan.

4 Tap ⟋ in the upper right corner to print the report or save it on your phone.

Best time to measure blood pressure and precautions

- The best time to measure blood pressure is within 1 hour after getting up in the morning (after going to the toilet but before having your breakfast and engaging in intense activities), or before going to bed at night.
- It is recommended that you take BP measurements around the same time every day, as blood pressure naturally fluctuates throughout the day and night.
- Avoid measuring immediately after smoking, drinking alcoholic beverages, consuming caffeine-containing foods or drinks, taking a shower/bath, or exercising. Instead, wait for at least 30 minutes and then take a measurement.
- After using the toilet, wait for at least 10 minutes before measuring your blood pressure.
- Refrain from taking measurements within one hour after a meal.
- Avoid measuring in extreme temperatures or in rapidly changing environments.
- Avoid measuring when your body is experiencing stress or pressure.
- Avoid measuring in a moving vehicle.
- Refrain from stretching or bending the strap-airbag with force.
- Avoid measuring your blood pressure when you're experiencing stress or negative emotions. Take a 5-minute rest before a measurement, to allow your body to naturally relax.
- Perform a measurement in a quiet environment, during which refrain from speaking, bending your fingers, or moving your body or arms.
- Wait about 1–2 minutes between consecutive BP measurements, to allow your arteries to return to their baseline state before the previous measurement was taken.

Blood pressure measurement results are different each time

- **Blood pressure varies depending on the time period of the measurement.**
  Blood pressure fluctuates throughout the day.
  To correctly manage blood pressure, it is recommended that you measure your blood pressure at the same time every day.
- **Blood pressure fluctuates in the following situations:**
  · Within 1 hour after meal
  · After going to the toilet
  · After drinking alcohol and caffeine
  · Not being quiet during the measurement
  · After smoking
  · Feeling stressed
  · After bathing
  · The environment being too cold or hot, or changing drastically
  · After exercise
- **Measurement results can be affected if long-time measurements cause blood stasis.**
  During the measurement, the wrist is pressed by the airbag, which may result in the blood flow to your fingertips slowing down and cause blood stasis. In this case, take off your watch, raise your arm high, and repeatedly make a fist and open it for about 15 times.

The blood pressure measured at home is different from that measured at the hospital

- **If the blood pressure measured at home is lower than that measured at the hospital, the possible causes are as follows:**

  - **You feel more stressed at the hospital, resulting in the blood pressure higher than it should be.**
    You have greater peace of mind and your body is more relaxed at home, sometimes resulting in the blood pressure lower than that measured at the hospital.

  - **The measurement results will be lower if the measurement position is above the heart.**
    The measurement results may be lower if your wrist is above your heart during the measurement.

- **If the blood pressure measured at home is higher than that measured at the hospital, the possible causes are as follows:**

  - **If you are taking antihypertensive drugs, your blood pressure will rise after the drug effects wear off.**

The effects of the antihypertensive drugs will wear off after you take the drugs for a few hours. Then, your blood pressure will rise. Consult a doctor for details.

- **The measured values may also be higher when the watch isn't worn tight.**
  If the watch is too loose on your wrist, the pressure cannot reach the blood vessels, resulting in the measurement results being higher than expected.

- **An incorrect measurement posture may also result in higher measurement results.**
  Higher measurement results may also result from sitting cross-legged, on a low sofa or in front of a low table, or other postures exerting pressure on your abdomen, or placing the watch below the heart.

Heart Health

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.

Set **Monitoring mode** to **Smart** or **Real-time**.

· **Smart**: Automatically adjusts the frequency of measurements depending on your state of activity.

· **Real-time**: Monitors your heart rate in real time regardless of your state of activity.

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.

> (i) • 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**.

- 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 (HRmax = 220 – 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.

- 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.

ECG measurement

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help identify irregular heart beats and screen for potential health risks. Only one-off measurements are supported.

- This feature is only available in certain markets. Refer to the list of countries/regions where the ECG feature of HUAWEI wearable devices is available.

Before you start

- This feature shall be used in accordance with the laws and regulations of medical devices in your local jurisdiction.

- This feature is not intended for users below the age of 18.

- This feature is not intended for people with pacemakers or other implanted devices.

- Strong electromagnetic fields will lead to severe ECG signal distortion. Avoid using this feature in environments with a strong electromagnetic field.

- All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

Before use

ⓘ To use this feature, first update the **Huawei Health** app to its latest version.

If you're using **ECG** for the first time, go to **Huawei Health** > **Health** > **Heart** > **ECG**, and follow the onscreen instructions to activate the ECG app.

Measuring your ECG

1 Double-check that the device is worn properly. Enter the app list and select **ECG** (🔴). If you're using the feature for the first time, specify which wrist you're wearing the device on. You can then change this setting anytime on the ECG app home screen by tapping the Settings icon at the bottom.

2 Place your arms flat on a table or your lap, with your arms and fingers relaxed.

3 Gently place a finger of your free hand on the electrode (Down button) and hold still, then a measurement will be automatically initiated.

ⓘ • During the measurement, hold still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the electrode, but avoid pushing too hard on it.

• Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water to enhance conductivity.

• The duration of a single measurement is 30 seconds.

4 Keep still and wait till the measurement is complete, then view your result on the watch screen. You can tap ⓘ to check out the result description. For more details, access the **Health** screen of **Huawei Health** and go to **Heart** > **ECG**. To download an ECG report, tap the download icon in the upper right corner of the ECG details screen.

Result interpretation

- Please consult with medical professionals about your measurement results. Do not interpret the results on your own or self-medicate.

- This feature cannot detect blood clots, strokes, heart failure, or other types of arrhythmia or heart issues.

- This feature cannot detect heart attacks or related complications. If you feel pain, tightness, or pressure in your chest, or experience any other symptoms, seek medical assistance immediately.

- Do not adjust your prescription based on the data provided by this feature without first consulting with medical professionals.

Pulse wave arrhythmia analysis

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

- All data and results are for reference only, and should not be used as a basis for medical diagnosis. If you experience any discomfort, please seek medical assistance in a timely manner.

  - This feature is only available in certain markets. For details, refer to the Huawei official website.

Activating the app

1 To use this feature, first update the **Huawei Health** app to its latest version.

2 Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**, and activate the **Pulse wave arrhythmia analysis** feature.

Taking measurements on your wearable device

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

2 Enter the device app list and go to **Pulse wave arrhythmia analysis** > **Measure**.

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

Enabling automatic measurements and reminders

1 Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**, and tap ⋮ in the upper right corner and then **Automatic measurement**.

2 Toggle the switch for **Automatic arrhythmia detection** on. Once enabled, your wearable device will automatically perform measurements while you're wearing it in a resting state.

Toggle the switch for **Arrhythmia alerts** on. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.

> ⓘ
> - During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will pop up on your wearable device. If you are wearing a device that supports ECG, you will be reminded to measure your ECG.
>
> - Alerts will only be sent when the proportion of abnormal results is high from multiple measurements, to avoid unnecessary concerns. The wearable will vibrate, turn on its screen, and display a pop-up alert while you're awake. If it detects that you're asleep, only a pop-up alert will display.

Disabling the service

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

Result interpretation

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

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

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

Measurement results: No abnormalities or Suspected A-fib

Health Management

Emotional wellbeing

ⓘ • Measurement data and results are for reference only and should not be used as a basis for medical diagnosis or treatment. If you experience any discomfort, please seek medical assistance.

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

Enabling Additional emotions/stress records

1 Enter the device app list and tap **Emotional wellbeing**. If you're using the app for the first time, grant the permissions, and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app screen.

2 Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.

ⓘ • When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.

• Emotional data isn't available while you're asleep.

Viewing/Modifying your emotional data

On your wearable:

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

On your phone:

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

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

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

Mood reminders

1 Enter the device app list and tap **Emotional wellbeing**.

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

Health Glance

Get your multiple health indicators quickly measured, including heart rate, blood pressure, SpO2, stress, skin temperature, ECG, arterial stiffness, lung function, and more. This Health Glance feature also generates and displays your health reports on both your watch and phone (in the Huawei Health app), to allow for more effective health management.

Using Health Glance

1 Double-check that your watch is worn properly, and keep still.

2 Enter the device app list, and touch **Health Glance** (   ). Authorize the requested permissions and agree to the privacy agreement if you're using the app for the first time.

3 Touch **Measure** on the Health Glance app home screen, and follow the onscreen instructions to complete the measurement.

4 Your watch will vibrate to notify you once a health report is generated. Swipe up on the app home screen to view historical reports.

> - For optimal measurement accuracy, specify which wrist you're wearing the device on, by swiping up on the Health Glance app home screen, touching **More**, and setting **Wrist**.
> - If the **Health Glance** card is not on the **Huawei Health** app home screen, touch **Edit** and add the card.

Viewing your Health Glance report

- On your watch: Enter the app list, touch **Health Glance**, and swipe up on the screen to view historical reports.
- On your phone: Go to **Huawei Health** > **Health Glance**.

> - All data and results are for reference only, and should not be used as a basis for medical diagnosis. If you experience any discomfort, please seek medical assistance in a timely manner.

Sleep monitoring

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

Sleep settings

1 Enter the device app list, select **Sleep** (   ), swipe up to access the **More** screen, and touch **Sleep mode**.

2 You can choose to enable either **Auto** or **Scheduled**.

- **Auto** is enabled by default. With this feature on, your wearable will automatically enter/exit Sleep mode based on your sleep status. In Sleep mode, the device won't ring or vibrate for incoming calls and notifications (except when an alarm goes off), and Raise to wake will be disabled.
- When **Scheduled** is enabled, your wearable will enter/exit sleep mode as scheduled. To add a scheduled period, touch **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then touch **OK**.

  To delete a scheduled period, touch the target and then **Delete**.

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.

> ℹ️ 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.

Sleep breathing awareness

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

Activating the app

> ⓘ · This feature is only available in certain markets.
>
> · Before using this feature, connect your wearable device to the Huawei Health app.

1 Open **Huawei Health**, enter the **Health** screen, tap the **Sleep** card, swipe up till you reach the bottom of the screen, and tap **Sleep breathing awareness**.

2 When using the feature for the first time, follow the onscreen instructions to activate it. Then, **Sleep breathing awareness** is enabled by default.

3 Now the settings are done. Wear your device to bed, and it'll detect and analyze interruptions in your breathing while you're asleep.

Viewing data

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

Enabling/Disabling Sleep breathing awareness

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

Disabling the service

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

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.

3 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

1 Press the Up button on the watch to open the app list and select **Stay Fit** to enter the app home screen.

2 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.

3 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

1 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**.

2 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

1 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**.

2 Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

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.

Health Clovers

The Huawei Health app offers Health Clovers to help you develop healthy lifestyle habits and enjoy better well-being.

- Due to differences between people, Health Clovers can only provide general recommendations for health improvements, especially regarding exercise recommendations, and effects are not guaranteed. If you feel uncomfortable at any time during activities or exercises, stop immediately and rest or get medical assistance.

- The health suggestions provided in Health Clovers are for reference only. You are responsible for all risks, damages, and responsibilities caused by participation in any activities or sports.

Enabling Health Clovers

1 Go to **Huawei Health** > **Health** > **Health Clovers**.
If **Health Clovers** is not on the **Health** screen, touch **Edit** and add the card.

2 Follow the onscreen instructions to agree to the User Notice, and you'll be redirected to the Health Clovers screen.

Setting check-in tasks and your goals

Check-in tasks are classified into basic tasks and optional tasks. You can add optional check-in tasks to better suit your health and fitness needs.

1 Go to **Huawei Health** > **Health** > **Health Clovers**.

2 Touch **Edit tasks** or go to ⋮ > **Health plan**.

3 Touch **Goal settings** in a task card to customize your daily goal. Touch **Change goals** for more personalization options.

Daily smile task:

1 On the **Health Clovers** screen, touch **Daily smile**.

2 Touch **Check in** and take a photo. Touch **Done** to complete the check-in task (the photo will not be stored), or touch **Save & share** in the upper right corner to share the photo or save it to your phone.

Viewing the task completion status

- Enter the app list and select **Health Clovers**, to view the task completion status.

- On your phone, open the **Huawei Health** app and navigate to the **Health Clovers** screen, to view the task completion status.

Reminders

Open **Huawei Health**, navigate to the **Health Clovers** screen, touch ⠢ in the upper right corner, and then you can:

- Touch **Health plan** and toggle on the **Reminders** switch for each check-in task (such as **Steps** and **Breathing**).
- Touch **Reminders** and toggle on **Health Clovers achievements** and **Weekly report notifications (watch)**.

Weekly report and sharing

Viewing your weekly report: On the **Health Clovers** screen, touch ⠢ in the upper right corner and then **Weekly report**.

Achievement sharing: On the **Health Clovers** screen, touch ⤺ in the upper right corner to share your weekly report or save it to your phone.

Disabling the service

Historical data of Health Clovers cannot be deleted.

On the **Health Clovers** screen, touch ⠢ in the upper right corner and go to **About** > **Disable service**. This will reset **Health Clovers** and only three basic tasks will remain.

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 tap this option.

3 Tap **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, go to **Health monitoring** > **Automatic SpO$_2$**, and toggle on **Automatic SpO$_2$**.

2 Tap **Low SpO$_2$ alert** and set the lower limit for you to receive an alert while you're awake.

Viewing your SpO2 data

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

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.

1 Access the home screen of the **Huawei Health** app, tap the **Cycle Calendar** card, download the feature package, set your period data, and tap **Get started**.
If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.

2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
Tap **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.
Tap **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. Tap to the right of the app name to switch between monthly view and ring chart view. On the monthly view screen, swipe left and right to view data of the previous cycle and next three cycles.

2 Tap **Edit** or to put in when your period **Started** and **Ended**. Swipe up on the screen to view more details.

Recording your periods in the Huawei Health app

1 Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.

2 On the **Cycle Calendar** screen, tap in the upper right corner to perform the following settings:

- Tap **Settings** to toggle on or off **Ovulation and fertile window predictions** and other switches as needed, and set **Period length** and **Cycle length**.

- Toggle on the switch for **Predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.

  - This feature is only available on certain device models. If the **Predictions** option cannot be found on your device, it indicates feature unavailability. Actual UI shall prevail.

- Tap **Period records** to view **Avg period** and **Avg cycle**.
- Tap **All data** to view the historical data.

Assistant

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.

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 30 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.

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.

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.

Switching and removing watch faces

Switching to another watch face

You can switch to a new watch face with just a few easy steps on your watch or on your phone.

On your watch:

Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen, and swipe left or right to select your desired watch face.

On your phone:

Open **Huawei Health**, navigate to the device details screen, choose **My faces** or **Watch faces**, and select your desired watch face.

Deleting a watch face

On the Huawei Health app

1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces** > **Manage local watch faces**.

2 Touch ✕ at the upper right corner of a target watch face to delete it.

  🛈
  • If you don't see ✕ at the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** watch face cannot be removed.
  • If you have purchased a watch face and deleted it through **My faces** > **Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.

On the wearable device

1 Touch and hold anywhere on the watch face screen (device home screen) 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.

  🛈 If you want to use the watch face again after it is deleted, open **Huawei Health** on your phone, navigate to the device details screen, touch **My faces**, and select and set the target watch face.

Customizing watch faces

You can customize the style and feature components of a watch face to suit your desires.

1 Touch and hold anywhere on the home screen to visit the watch face selection screen.

2 Touch **Custom** below a watch face, and swipe up or left to switch between watch face styles or feature components.

ⓘ Customization is available only for the watch faces with the **Custom** button below them. Custom capabilities vary depending on the watch face.

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.

1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces** > **Gallery** to access the Gallery watch face settings screen.

2 Touch **+** and select either **Take photo** or **Select image** as the method for uploading. Then, select a photo or an image, and touch ✓ in the upper right corner.

3 Adjust the area where you want the image to display, and touch ✓ in the upper right corner to finish uploading.

4 You can set the following on the **Gallery** screen:

- **Color**, **Style**, **Time position**, and features to access from each corner of the watch face.

- **Raise to display new image**: When this is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you wake the screen by raising your wrist. When this switch is off, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.

5 Touch **Set as default** and your wearable device will switch to the newly set Gallery watch face.

ⓘ ・ The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .bmp, .psd, .tif, .tiff, .webp, and .pcx.

- The settings screen varies by feature version. Refer to the actual interface on your device.

More watch faces

With a wealth of excellent watch faces to choose from, on your watch or via the **Huawei Health** app, you can enrich each new day with a design that speaks to you.

Always On Display (AOD) watch face

AOD keeps your watch screen on in a low-power state, if no operation is performed on it for a period of time, so that you can always view the time and date without lifting a finger. You can select to display the watch face or AOD when you raise your wrist. For details, see Always On Display.

Style watch face

Select a photo or take one of your current outfit to generate a watch face that matches your style. For details, see Style watch face.

More watch faces

Go to **Huawei Health** > **Devices**, touch **My faces** or **Watch faces**, and select a desired watch face.

> Some watch faces can be customized. To do so, hold down on the device home screen, swipe left or right to select a desired watch face, and touch **Custom** under the watch face, to set the content to be displayed on the watch face, such as **Steps**.

Controlling music playback

You can use your watch to control the music playback on your phone or use your watch for independent 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, tap **Music**, and toggle on **Control phone music**.

> - This setting is not required 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 Assistant·TODAY screen, and tap the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

Syncing music to your watch

ⓘ · Before syncing music to your watch, make sure that the tracks have already been downloaded to your phone from a music app and are in a format supported by your watch.

· If the **Music** card is not displayed on the device details screen of **Huawei Health**, this feature is not supported.

1 Open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music** > **Add songs**.

2 Select the tracks to be added and tap ✓ in the upper right corner of the screen.

3 Access the music management screen, tap **New playlist**, create a name for the playlist, and add tracks 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 tapping ⋮ in the upper right corner of the playlist screen and then **Add songs**.

4 Music files synced to your watch can be played even without an internet connection.

5 To delete an added track, open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music**. In the music list, tap the ⋮ icon next to the track, and select **Delete**.

Controlling watch music playback

1 Press the Up button on your watch to enter the app list, select **Music** (🎵) or open another music app, and tap **Playing**.

2 Tap the Play button to start playing.

3 On the music playback screen, you can adjust the volume and set the playback sequence (such as Play in order and Shuffle).

4 You can swipe up on the screen to view the playlist and switch between tracks.

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.

PIN settings

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

Enabling PIN

1 Swipe down on the device home screen to show the Control Panel, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a six-digit PIN.

2 You can set **PIN verification** for **Device** or **Payment app** to suit your needs, and tap **OK**.

- **Device**: When your device is taken off or when its screen turns off, you will need to enter the PIN to unlock your device.

- **Payment app**: When your device is taken off or when its screen turns off, you will need to enter the PIN to use Wallet. Other operations will not be affected.

3 On the **PIN** screen, make sure that **Auto-lock** is enabled.

ⓘ - When **Auto-lock** is enabled, the device will lock the screen upon detecting that it's taken off. When disabled, the device will not lock the screen and will only prompt you to enter your PIN when powered off and then on.

- Keep your PIN secure. If you forget it, you'll need to restore your device to its factory settings.

Changing PIN

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

Disabling PIN

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

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** (📱) and then ✅. 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.

ℹ️ • 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.

Finding your device using your phone

ℹ️ • Devices without speakers (such as bands) will not ring. Actual performance shall prevail.

 • Make sure that your wearable is connected to the **Huawei Health** app on your phone.

Using the Huawei Health app

1 Open **Huawei Health**, navigate to the device details screen, and go to **Find device** > **Ring** or **Find device** > **Vibrate**.

2 The device will then ring or vibrate. You can tap **Stop ringing** or **Stop** to stop it.

Display & brightness

Enter the device app list and go to **Settings** > **Display & brightness** to adjust screen brightness and the sleep time.

Screen brightness

• On the **Display & brightness** screen, tap **Brightness** and manually adjust screen brightness to a desired level.

• On the **Display & brightness** screen, enable or disable auto brightness adjustments by toggling **Automatic** on or off.

Enable Screen on

When enabled, the screen will stay on for the set time, and automatically turn off when the time arrives.

To set the screen-on time, swipe down from the top of the watch home screen to access
Control Panel and perform either of the following:

- Tap **Screen on** and select a time. You can tap **Screen on** to disable the feature.

- Tap **Screen on** to enable the feature, and touch and hold **Screen on** to set the time. You can tap **Screen on** to disable the feature.

Sleep time

On the **Display & brightness** screen, tap **Sleep** to set the sleep time.

- When **Sleep** is set to **Auto**: After you raise your wrist to turn on the screen, the screen will automatically turn off if left idle for five seconds when the watch face is displayed, or for 15 seconds when any other screen is displayed.

Charging

Precautions for charging

- It is recommended that you use a HUAWEI charging cradle and adapter purchased from an official Huawei sales outlet, or a charging cradle and adapter that comply with relevant safety regulations and standards, when charging your device. 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 such devices. If the charging cradle is connected to the USB port of other devices (such as a PC, docking station, or multi-port charger), your watch may be unable to be charged or charge slowly. The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.

- Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers. Make sure that the device is placed correctly on the charging cradle, with the charging status displayed on screen. 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. Otherwise, the battery level may decrease a while later before recharging to capacity.

- The watch uses a lithium-ion battery. There is no need to charge and discharge battery multiple times to activate it when you use the watch for the first time.

- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

Charging your watch

1 Connect the charging cradle and charging cable, and then connect the power adapter to a power source.

2 Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle, until you see the charging icon on the device screen.

Checking the battery level

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

Method 2: Connect your device to a power source, 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 below 10%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible.

Updates

On the wearable end

- Updates cannot be performed on the wearable end when the device is paired with an iPhone.

- Notifications for wearable system updates cannot be disabled. Version rollback is not supported after an update.

1 Enter the device app list and go to **Settings** > **System & updates** > **Software updates**.

2 Touch the update icon and follow the onscreen instructions to download the package and update your device.

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.

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.

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.

Data display on the workout screen

You can customize what type of health and fitness data to display during your workouts, to best suit your needs.

ⓘ Such custom settings are only available to certain workout modes.

1 Press the Up button on your watch to enter the app list, tap **Workout**, find a desired workout mode (such as **Outdoor run**), and tap ⋮ next to it, to access the settings screen.

2 Tap **Data display**, select the cards you need, and toggle on **Show cards**.

3 Tap **Custom cards**, select a display style (such as **4 cells**), and choose the corresponding data (such as **Heart rate** and **Distance**).

4 When the settings are done, you'll be able to swipe up or down on the workout screen to browse selected data cards and view corresponding data during a workout. You can also touch and hold the data displayed on the screen to customize what type of data to display.

To restore the default settings, navigate to the **Data display** screen and tap **Reset**.

Running with Smart Companion

This feature is enabled by default. You can view how much you have exceeded or fallen behind the target pace in real time during an outdoor run.

1 Open the app list, and swipe up or down to find and select **Workout** (🏃).

2 Touch the icon to the right of **Outdoor run**, and check if **Smart Companion** is enabled. If not, enable it.

3 Touch **Target pace** to set a target running pace.

4 Return to the workout list, touch **Outdoor run**, wait until the positioning system is working, and touch the running icon to start the workout.

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 records

Viewing workout records on your wearable device

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

2   Select a record and view the corresponding details. You'll see different types of data for different workout modes.

Viewing workout records in the Huawei Health app

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

2   You can also touch and hold a workout record to delete it.

ℹ️ · 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 can be added but cannot be modified.

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.

Auto-detect workouts

1   Enter the device app list, go to **Workout** > **Workout settings** > **Auto-detect workouts**, and toggle on **Auto-detect workouts**.

2   When your device detects that you are working out, it will remind you whether to start a session. You can:

· Tap the corresponding workout icon to start the session.

· Tap **Close** to dismiss this reminder (only available on certain watches).

· Tap **Ignore today**, and you will not receive any more auto-detect reminders for the rest of the day.

· Tap **Disable Auto-detect** to disable Auto-detect workout.

- 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.

Route back

When you start an outdoor workout and enable the Route back feature, your watch will record the route you take and help you navigate. Anytime during the exercise or after you reach your destination, you can use the Route back feature to return to the area you came from or anywhere you passed through.

On your watch, enter the app list, touch **Workout**, and start an outdoor session. At any time during the exercise, swipe up on the screen to access the route screen, and select **Route back** or **Straight line** as a guide to return to the area you came from or anywhere you passed through.

If **Route back** and **Straight line** don't display on the screen, touch the screen to show them.

- The route screen is unavailable for track running.
- This feature is only available during an outdoor workout, and will become unavailable once the workout has ended.