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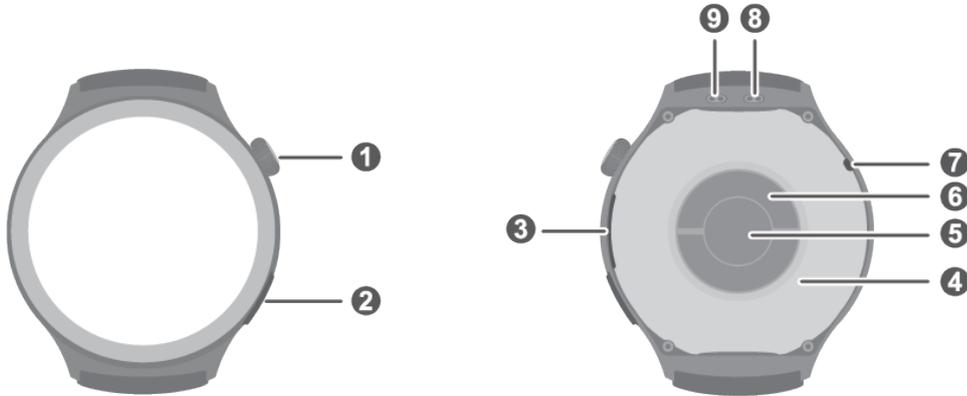
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Getting Started

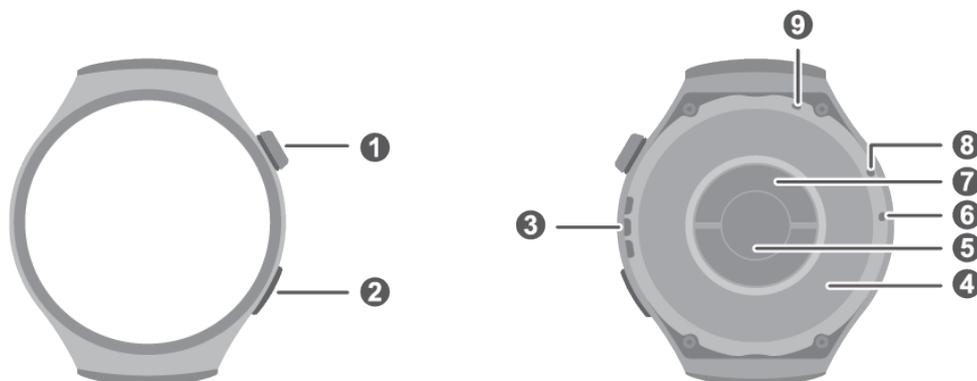
Appearance

HUAWEI WATCH 4:



①	Up button
②	Down button
③	Speaker
④	Charging area
⑤	Heart rate sensor
⑥	Electrode
⑦	Microphone
⑧	Balance hole
⑨	Barometer hole

HUAWEI WATCH 4 Pro:



①	Up button
②	Down button
③	Speaker

④	Charging area
⑤	Heart rate sensor
⑥	Barometer hole
⑦	Electrode
⑧	Microphone
⑨	Balance hole

Buttons and touch operations

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

Up button

Operation	Feature
Rotate	<ul style="list-style-type: none"> • In Grid mode: Zooms in and out on app icons and app names on the app list screen. • In List mode: Scrolls up and down on the app list and details screens. • In an app: Scrolls up and down on the screen. <p> To enter Grid or List mode, go to Settings > Watch face & home > Launcher.</p>
Press	<ul style="list-style-type: none"> • When the screen is off: Turns on the screen. • When home screen is displayed: Takes you to the app list screen. • When any other screen is displayed: 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.
Press multiple times	Launches emergency SOS when pressed five times in quick succession.
Press and hold	<ul style="list-style-type: none"> • Powers on the watch. • Takes you to the restart/power-off screen. • Forcibly restarts the watch when pressed and held for at least 12 seconds.

Down button

Operation	Feature
Press	<p>Displays the Workout, Health Glance, and Phone apps by default.</p> <p>You can also customize what the Down button does, by performing the steps below:</p> <ol style="list-style-type: none"> 1 Press the Up button to enter the app list, and go to Settings > Down button. 2 Select apps for your custom setting, by touching the Settings icon and then adding or removing apps. 3 Once you're done, return to the home screen, press the Down button to access the customized apps, and select one as needed. <ul style="list-style-type: none">  This feature is available only when the watch works in Standard mode. A maximum of three apps can be accessed by pressing the Down button.
Double-press	Opens the Wallet app.

Touch operations

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

Turning off the screen

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

Turning on the screen

- Press the Up button once to wake the screen.
- Raise your wrist to wake the screen.

To use this feature, enter the app list on your watch, go to **Settings > Accessibility > Gestures**, and make sure **Raise to wake** is enabled. Follow the same path if you want to disable the feature.

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 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.

Standalone communications on your watch

Activating eSIM One Number service

The eSIM One Number service allows you to add your watch as an eSIM auxiliary device (supplementary card) of your phone (primary card) and enables your watch to share your phone's number, voice plan, and data plan.

Activating eSIM Standalone Number service

The eSIM Standalone Number service gives your watch a standalone number and abilities to access a cellular network on its own. Your watch will have an independent tariff package with allowances for SMS messages, calls, and data, which means you can make calls and send/receive SMS messages phone-free, directly on your watch.

For details about how to activate the eSIM service for your watch, see "Carriers and regions that support the eSIM service".

Convenient lifestyle features on your watch

Sending and receiving SMS messages

You can send and receive SMS messages directly on your watch once the eSIM Standalone Number service is enabled. Press the Up button on the watch to enter the app list, touch **Messaging** and then **+**, select a recipient, write your message, and touch **Send**.



HUAWEI Assistant-TODAY

Swipe right on the watch home screen to enter the HUAWEI Assistant-TODAY screen, where you can view various lifestyle data such as the weather info.

Finding your phone using your watch

As long as your watch is connected to your phone via Bluetooth, you can quickly locate your phone using your watch. To do so, swipe down on the watch home screen to open the shortcut menu, touch **Find Phone** (📱), and follow the ringtone played on your phone to find it.

Health data on your watch

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.



Health Glance

Health Glance tracks multiple vital health indicators in one go, including your heart rate, ECG, SpO2, and stress.



Sleep monitoring

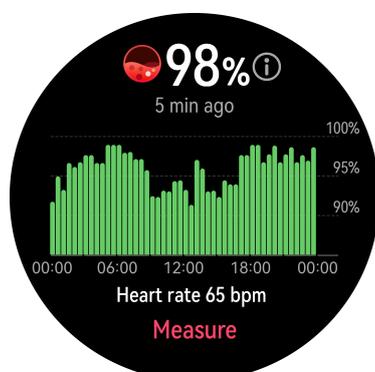
Keep your wearable device properly on while sleeping, and it will automatically record your sleep duration, identify whether you are in deep sleep, light sleep, or awake, as well as provide science-based, personalized services and tips for sleep improvement. Press the Up

button on your watch to enter the app list. Touch **Sleep** () to view your night sleep and nap data of the current day.



SpO2 measurement

SpO2 is the percentage of oxygen-saturated hemoglobin (HbO2) relative to the total hemoglobin (Hb) in the blood. Oxygen saturation is vital for body functions and therefore an important health indicator. You can have your SpO2 levels measured on your watch.



Basic settings on your watch

Changing the watch face

Pick from a wide range of designs in the Watch Face Store, to start off each new day with a brand-new look. To change the watch face, touch and hold anywhere on the home screen until it zooms out and shows a preview of watch faces, then swipe left or right to select your preferred watch face. You can also swipe up on a watch face and touch **Remove** to delete it.



Customizing components of Universal cards

Components of Universal cards can be customized and grouped to suit your needs. To do so, swipe left on the watch home screen, touch and hold any card, touch the Settings icon at the bottom of the screen, and select the components you wish to include in a Universal card.



Customizing the Down button feature

To customize the Down button to quickly access frequently-used apps, press the Up button to enter the app list, go to **Settings > Down button**, and select apps for your custom setting.



Returning to ongoing apps

You can set to have your device status, such as Do Not Disturb or Sleep mode, and your ongoing tasks minimized as a floating task ball on the top of the watch face. Touching the ball redirects you to the corresponding app instantly, whether it's a timer, stopwatch, workout, or call. For display settings on the watch face, go to **Settings > Watch face & home > Display task statuses**, and toggle on or off the switches for **Tasks in progress** and **Device status**.



Ultra-long Battery Life mode

Your watch has two battery modes: Standard mode and Ultra-long Battery Life mode. To switch to Ultra-long Battery Life mode, go to **Settings > Battery**, swipe up on the screen, and toggle on the switch to the right of **Ultra-long Battery Life**. Note that you can't install or use third-party apps in Ultra-long Battery Life mode. To disable this mode, swipe down on the watch home screen and touch **Standard mode**. To check the battery usage ranking of apps on your watch and adjust settings to optimize power efficiency, go to **Settings > Battery**.

Health monitoring

To ensure more effective health monitoring, open the **Huawei Health** app on your phone, navigate to the device details screen, touch the **Health monitoring** card, and toggle on or off the switches for **HUAWEI TruSleep™**, **Stand**, and **Continuous heart rate monitoring** as needed.

Sounds & vibration

You can set the ringtone, ringtone volume, and vibration strength of your watch by pressing the Up button to enter the app list, going to **Settings > Sounds & vibration**, and setting the related items.

Internet access on your watch

Your watch can access the Internet via WLAN, via a connected phone, or via an eSIM mobile network if the eSIM service is activated. Your watch will switch between these methods in the following order to use the best possible network:

- 1 When connected to your phone via Bluetooth, your watch will use the phone's current network (mobile data or WLAN) to save battery power.
 - i** The watch cannot use an iPhone's network via Bluetooth.

If you'd like to use your watch's eSIM network when it's connected to your phone via Bluetooth, go to **Settings > Mobile network > Auto-disable network** on your watch and toggle off **When connected to phone**.
- 2 If the Bluetooth connection fails or disconnects, your watch will use the connected WLAN.
- 3 If the Bluetooth connection between your watch and phone fails and no WLAN is available, your watch will then use its own eSIM mobile network (if applicable).



Accessing the Internet via Bluetooth

When your watch is connected to your phone over the **Huawei Health** app and the app is running in the background, your watch will use your phone's current network (mobile data or WLAN) by default.

Accessing the Internet via WLAN

When your watch is connected to the Internet via WLAN, you can make MeeTime calls directly on your watch when you don't have your phone nearby.

- 1 Press the Up button on your watch to open the app list, go to **Settings > WLAN** and turn on the WLAN switch. Your watch will then automatically scan for available WLANs.
- 2 Touch the WLAN you want to connect to, enter the password, and touch **Connect**.
 - i** The watch only supports 2.4 GHz WLANs.

Accessing the Internet via an eSIM

i To use this feature, you'll need to enable the eSIM service first.

Press the Up button to enter the app list, go to **Settings > Mobile network > Mobile data**, and toggle on **Mobile data**.

Ignoring the connected WLAN

- 1 Press the Up button to open the app list, and then go to **Settings > WLAN**.
- 2 Select the connected WLAN and touch **Forget**.

Airplane mode

Enable **Airplane mode** before a flight, to have your watch turn off Bluetooth, WLAN, and cellular data.

You can enable or disable **Airplane mode** using either of the following methods:

- Swipe down from the top of the home screen to open the shortcut menu, and touch **Airplane mode** to enable or disable it.
- Press the Up button to open the app list, go to **Settings > Mobile network** and toggle **Airplane mode** on or off.

Setting the time format

When your watch is connected to the Internet, you can go to **Settings > System & updates > Date & time** and toggle on **24 Hours**, to display time in 24-hour format. If **24 Hours** is toggled off, your watch will switch to 12-hour timekeeping.

eSIM subscription

Carriers and regions that support the eSIM/VoLTE service

The watch supports the eSIM service (One Number service and Standalone Number service).

- ⊘ To ensure better call experience and continue to support normal call service even when 3G network is unavailable, it is recommended that you contact your carrier to enable VoLTE.
- **eSIM One Number service:** This service allows you to add your watch as an eSIM auxiliary device (supplementary card) of your phone (primary card) and enables your watch to share your phone's number, voice plan, and data plan. You will then be able to make calls and access the Internet on your watch.
- **eSIM Standalone Number service:** This service gives your watch a standalone number and abilities to access a cellular network on its own. Your watch will have an independent tariff package with allowances for SMS messages, calls, and data. You'll then be able to make calls, send/receive SMS messages, and access the Internet phone-free, directly on your watch.

Device support

One Number Service	Standalone Number Service
HUAWEI WATCH 3 Series and HUAWEI WATCH 4 Series	HUAWEI WATCH 3 Series (only in Italy and Türkiye) and HUAWEI WATCH 4 Series

Support from carriers

The support for the eSIM service depends on your country/region and carrier.

-  The eSIM service type depends on the specified carrier.
 - For details about how to activate the eSIM service, visit Huawei's official website, select a product, and then select **Product Support**.
 - "Yes for some PLMNs"* indicates that a carrier has multiple public land mobile networks (PLMNs). In this case, update your watch to the latest version, and contact the vendor or your carrier to check whether VoLTE is supported.

Carriers that support the eSIM service

Country/Region	Supported Carrier	eSIM	VoLTE
Estonia	Elisa	Yes	Yes
	Tele2	Yes	No
	Telia	Yes	Yes

Country/Region	Supported Carrier	eSIM	VoLTE
Austria	3 AT	Yes	Yes for some PLMNs*
	bob	Yes	Yes
	T-Mobile A	Yes	Yes for some PLMNs*
	telering	Yes	Yes for some PLMNs*
	Ge org!	Yes	No
	Ventocom	Yes	No
	yesss!	Yes	Yes
	A1	Yes	Yes
	Mass	Yes	Yes
Bulgaria	A1 BG	Yes	Yes
	VIVACOM	Yes	Yes
	Telenor BG	Yes	Yes
Croatia	VIPNET	Yes	Yes
	bonbon	Yes	Yes
	HT HR	Yes	Yes for some PLMNs*
Czech Republic	O2	Yes	Yes
	T-Mobile CZ	Yes	Yes for some PLMNs*
	Vodafone CZ	Yes	Yes
Finland	Elisa	Yes	Yes for some PLMNs*
	Telia FI	Yes	Yes
	DNA	Yes	Yes for some PLMNs*
Latvia	Tele2	Yes	No
	Bite	Yes	No
	LMT	Yes	Yes
Hungary	Telekom HU	Yes	Yes
	Telenor HU	Yes	Yes
	Vodafone HU	Yes	Yes
Greece	GR COSMOTE	Yes	Yes
South Africa	MTN SA	Yes	Yes

Country/Region	Supported Carrier	eSIM	VoLTE
	Vodacom SA	Yes	Yes
Malaysia	MY MAXIS	Yes	Yes
	MY CELCOM	Yes	Yes
	Digi	Yes	Yes
	U Mobile	Yes	Yes
Republic of the Philippines	GLOBE	Yes	Yes
Russia	Beeline	Yes	Yes
	MegaFon	Yes	Yes
	MTS-RUS	Yes	Yes
Belarus	life:) BY	Yes	No
	velcom	Yes	Yes
	MTS.BY	Yes	Yes
Portugal	NOS	Yes	Yes
	MEO	Yes	Yes
Oman	Oman Mobile	Yes	Yes
	Ooredoo	Yes	Yes
France	F SFR	Yes	Yes
UK	EE	Yes	No
	O2	Yes	No
	Vodafone UK	Yes	No
Germany	1&1	Yes	Yes
	congstar GmbH	Yes	Yes
	Telekom.de	Yes	Yes
	O2	Yes	Yes for some PLMNs*
	Vodafone.de	Yes	Yes
Italy	Wind3	Yes	No
	Vodafone IT	Yes	Yes
	TIM	Yes	Yes
	Very Mobile	Yes	No

Country/Region	Supported Carrier	eSIM	VoLTE
Spain	Vodafone ES	Yes	Yes for some PLMNs*
	Movistar	Yes	Yes for some PLMNs*
	Orange	Yes	Yes
Lithuania	Bite	Yes	Yes
	Tele2 LT	Yes	No
Slovakia	O2	Yes	Yes
	Telekom SK	Yes	Yes for some PLMNs*
	Orange	Yes	Yes for some PLMNs*
Slovenia	A1 SI	Yes	Yes
	Mobitel	Yes	Yes
	Telemach	Yes	Yes
	T-2	Yes	No
Serbia	A1	Yes	No
	MTS	Yes	No
	Yettel	Yes	No
	Globaltel	Yes	No
Sweden	Telia	Yes	Yes
	Telia SE	Yes	No
	Telenor SE	Yes	No
Norway	Telenor	Yes	Yes
	Telia	Yes	Yes
	One Call	Yes	Yes
Türkiye	Turk Telekom	Yes	Yes for some PLMNs*
	Turkcell	Yes	Yes
	Vodafone TR	Yes	Yes
Poland	T-Mobile.pl	Yes	Yes for some PLMNs*
	Plus	Yes	Yes
	Orange	Yes	Yes
Romania	Vodafone RO	Yes	Yes

Country/Region	Supported Carrier	eSIM	VoLTE
	rain	Yes	Yes
	Orange	Yes	Yes
Saudi Arabia	Zain KSA	Yes	Yes
	Mobily	Yes	Yes for some PLMNs*
	STC KSA	Yes	Yes
	Virgin Mobile	Yes	No
	RedBull	Yes	No
	Salam	Yes	No
	Lebara	Yes	No
Kuwait	VIVA KW	Yes	Yes
	Ooredoo	Yes	Yes
Bahrain	Batelco	Yes	Yes
	STC	Yes	Yes
	Zain BH	Yes	Yes
Vietnam	Mobifone	Yes	No
	VIETTEL	Yes	Yes
	Vinaphone	Yes	No
UAE	du	Yes	Yes for some PLMNs*
	Etisalat	Yes	Yes for some PLMNs*
	VIRGIN	Yes	Yes for some PLMNs*
Macao (China)	CTM	Yes	Yes
Hong Kong (China)	3 HK	Yes	Yes for some PLMNs*
	SmarTone HK	Yes	Yes
	CSL	Yes	Yes for some PLMNs*
	CMHK	Yes	Yes for some PLMNs*

Activating the eSIM service

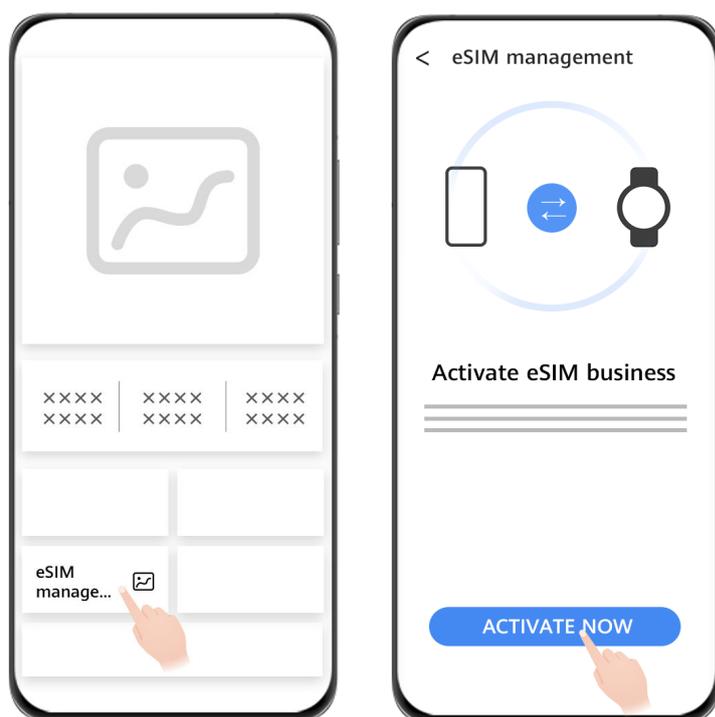
Requirements

- To activate the eSIM One Number service, your SIM card must be the primary card (default card).

- Your watch must be connected to your phone via Bluetooth and your phone must be able to access the Internet.
- Your watch's battery level must be higher than 20%.
- If you're using an iPhone, connect your watch to a WLAN first.

Activation

- 1 Connect your watch to your phone using the Huawei Health app.
- 2 Navigate to the device details screen, go to **eSIM management > One number, two devices > Activate** or **eSIM management > Standalone number > Activate**, select the SIM card or carrier, and touch **Continue**.



- 3 Follow the onscreen instructions to activate the service by scanning the QR code of your carrier. Enter the verification code sent by your carrier if necessary.
- 4 The eSIM service will be automatically activated after the eSIM account is downloaded and configured on your watch for the first time.

- ⓘ Do not perform any operations on the watch during the eSIM service activation.
Carriers and regions that support the eSIM/VoLTE service on the HUAWEI WATCH 3/
WATCH 4 Series

Making calls on your watch

Your watch supports Bluetooth calls and standalone eSIM calls in different situations.

- ⓘ The support for call forwarding by the eSIM One Number service varies by region. For details, consult with the customer service of your local carrier.

Answering/Ending a call on your watch

- To use the eSIM service on your watch, you'll need to keep wearing your watch and disable **Auto-disable network** by going to **Settings > Battery**, swiping up on the screen, and going to **Power saving > Auto-disable network**.
 - When you use the eSIM service on the watch, the blocklist feature is not supported.

Answering a call: When you receive an incoming call, your watch will notify you and display the caller information. Touch  to answer the call.

Ending a call: Touch  to end the call.

If you're not on the call screen, touch the Phone icon on the top of the device home screen to return to the call screen.

Making a call on your watch

You can make a call in one of the following ways:

- Using the voice assistant: Press and hold the Down button on the watch to wake up the voice assistant and give a voice command, such as: "Call Peter" or "Dial 950800".
- Press the Up button on the watch to enter the app list, select **Phone**, and choose any of the following methods to make a call.
 - Touch **Call logs** and then a call log to call back.
 - Touch **Keypad**, enter the number you want to call, and touch the Dial icon to initiate a call.
 - Touch **MeeTime** (if you're using this feature for the first time, follow the onscreen instructions to activate it), select a contact you want to call, and touch the connected device of the contact to make an HD voice call over the Internet.
 - Touch **Contacts** and then a contact to make a call.

- When the eSIM Standalone Number service is enabled on your watch, you can use your watch's eSIM or your phone's SIM card to make a call depending on the situation. When your watch isn't connected to the eSIM mobile network, your phone's SIM card will be used. When your watch is disconnected from your phone, your watch's eSIM will be used.
- **For eSIM Standalone Number service users:**
You can use your watch's eSIM or your phone's SIM card to make a call depending on the situation. When your watch isn't connected to the eSIM mobile network, your phone's SIM card will be used. When your watch is disconnected from your phone, your watch's eSIM will be used.
- **For eSIM One Number service users:**
Both Bluetooth calls and eSIM calls are available no matter if your watch is connected to an iPhone or any other phone.
- MeeTime calls are available in certain markets only. For details, contact the official customer service.

Configuring settings during a call

- Adjust the call volume by rotating the Up button. Mute a call by touching the Mute icon ()
- Enter digits by touching the More icon () and then typing in the keypad.

Viewing/Deleting call logs

Press the Up button to enter the app list and then go to **Phone > Call logs** to view your call logs (including incoming, outgoing, and missed calls).

Press the Up button to enter the app list, go to **Phone > Call logs**, swipe left on an individual log, and touch the Delete icon to delete the log.

Please note that deleting multiple call logs at once is not allowed.

Switching calls between your phone and watch

When your watch is connected to your phone via Bluetooth, you can switch audio between the two devices during a call.

On the call screen of your phone, touch the Bluetooth button in the lower right corner and choose to switch audio to your phone, watch, or earphones, etc.

-  eSIM calls can't be switched between your phone and watch.

Using your watch to forward MeeTime calls to your HUAWEI Vision

Make sure that your watch, phone, and HUAWEI Vision are connected to the same WLAN and logged in with the same HUAWEI ID. Then disconnect your watch from your phone via Bluetooth.

When your phone receives a MeeTime video call from another phone, your watch will receive the call at the same time. You can touch  to forward the MeeTime video call to your HUAWEI Vision.

eSIM number change or transfer

To change the eSIM number for your watch or transfer the number to a new watch, you'll need to first deregister from the activated eSIM service, reset the eSIM configurations, and then re-activate the service.

- 1** Deregister from the activated eSIM number by contacting your carrier. Otherwise, fees will be deducted continuously and the number cannot be re-activated.
- 2** Re-activate the eSIM service for a new phone number or a new watch.

Assistant

SMS messaging

You can send and receive SMS messages directly on your watch once the eSIM Standalone Number service is enabled.

-  Standalone SMS messaging is unavailable if the eSIM Standalone Number service hasn't been enabled.
- To use this feature, first update your watch to its latest version.
- The eSIM Standalone Number service does not support MMS, SMS forwarding, SMS group messaging, or interception of SMS messages from numbers in the blocklist.

Viewing SMS messages

When your watch's standalone number receives an SMS message, press the Up button to enter the app list, and touch **Messaging** to view the unread message content and number of SMS messages.

-  Swipe up on the message details screen to call the contact or view the contact details.

Sending SMS messages

Writing an SMS message:

Press the Up button to enter the app list, touch **Messaging** and then **+**, select a recipient, write your message, and touch **Send**.

Replying to an SMS message:

Touch an SMS message session in the message list or go to the notifications details screen to reply in any of the following ways:

- Touch  at the bottom, and use an input method to enter text or select emoticons.
- Swipe up on the screen and select a quick reply.

Deleting SMS messages

Deleting a single SMS message:

Touch an SMS message session in the message list, touch and hold a message, and touch **Delete**.

Deleting all SMS messages for a contact:

Find the SMS message session to be deleted, swipe left on the screen, and touch the Delete icon.

Deleting the SMS messages for multiple contacts/Deleting all SMS messages:

Select multiple or all SMS message sessions in the message list, and touch **Delete**.

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.

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.

The Music card is hidden when no music is being played. You can swipe down on the screen to show the card.

HUAWEI Assistant·TODAY settings

-  The Music and Weather cards are built-in features of HUAWEI Assistant·TODAY and cannot be modified.
- On the HUAWEI Assistant·TODAY screen, touch a card to visit its details screen. Touch and hold on a card to edit it, and select **Pin**, **Ignore today**, or **Unfollow**.

Voice assistant

When your watch is connected to the Internet, you can wake up its voice assistant to make calls, view weather information, play music, start workouts, set alarms, set timers, open apps, and translate between different languages.

-  This feature is supported only in certain countries/regions. For details, see this list of supported countries/regions and languages.

Before using this feature, make sure that your watch is properly connected to your phone via Bluetooth, to a WLAN, or to an eSIM cellular network.

The watch cannot use an iPhone's network via Bluetooth. If you're using an iPhone, connect your watch to a WLAN or enable the eSIM cellular network.

Using the voice assistant

- 1 Press and hold the Down button to wake up the voice assistant.
- 2 On the displayed screen, give a voice command like "What's the weather like today?".

More settings

On your watch, go to **Settings > HUAWEI Assistant > AI Voice** and configure the following settings.

- **Wake by voice:** This feature is disabled by default. Once enabled, you can say **Hey Celia** to wake up the voice assistant. (Available only in certain countries/regions.)
- **Wake by button:** This feature is enabled by default, and you can press and hold the Down button to wake up the voice assistant.
- **Broadcast:** This feature is enabled by default, and can be disabled. Once disabled, your watch will no longer broadcast audio for you.
- **Raise to wake:** This feature is disabled by default. Once enabled, you can raise your wrist (while rotating inward by at least 30°) to your mouth to turn on the screen and immediately speak to your watch with words like "Tell me a joke."

Adjusting the volume

Go to **Settings > Sounds & vibration > AI Voice volume**.

Custom feature cards

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

Adding custom cards

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

Moving/Deleting cards

Swipe left on the device home screen, touch and hold down on a card, and drag it to its new position. For the cards that can be deleted, swipe up on a card and touch **Remove**.

Universal cards

 To use this feature, first update your watch to its latest version.

Components of Universal cards can be customized and grouped to suit your needs, and can redirect you instantly to the corresponding information.

Editing components of Universal cards

- 1 Swipe left on the watch home screen to access a Universal card, where you can touch a component to visit the corresponding app's home screen or any specific screen.
- 2 Touch and hold any Universal card to access the editing screen.

- 3 Touch the Settings icon below a desired Universal card, and select the components you wish to include in this card.

Adding and deleting third-party components

Third-party components automatically display in the component library after the download and installation of third-party apps and watch faces, even after a certain third-party watch face is removed from the wearable end. To completely remove a third-party component, open the **Huawei Health** app, navigate to the device details screen, go to **Watch faces** > **More** > **Mine**, and touch the Delete icon in the lower right corner to delete the corresponding watch face and all of its components.

Do Not Disturb

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

Enabling/Disabling Do Not Disturb

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

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

Scheduling Do Not Disturb

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

Live view

 To use this feature, first update your watch and Huawei Health to their latest versions.

Notifications on your HUAWEI phone can be synced to your watch and displayed in a live view window, for easier access to key info like upcoming events.

- 1 Press the Up button on your watch to open the app list, go to **Settings** > **Watch face & home** > **Live view**, and toggle on the switch. You can toggle it off anytime you'd like to disable the feature.
- 2 Open **Huawei Health** on your phone, navigate to the device details screen, touch **Notifications**, enable **Notifications**, and then toggle on the switches for apps you'd like to receive notifications from, such as **Calendar**.
- 3 Swipe diagonally from/to the top right to show/hide Live view and check upcoming reminders. Touch the window to show the complete list if there are multiple reminders.

-  By default, Live view only shows when there are notifications. If you'd like it to display always, you'll need to disable power saving settings by pressing the Up button on your watch and going to **Settings > Watch face & home > Live view > Power saving**.

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 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.
 - 3 Touch the wearable screen to end the search.
-  . If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as ringtone playback is controlled by iOS.

Remote shutter

When properly paired with your phone, your watch can remotely control your phone camera to take photos and record videos. You can also preview the imaging effect in real time on your watch before touching the shutter.

-  . HUAWEI WATCH 4 Series: Remote shutter and camera preview are only available when paired with certain HUAWEI phones running EMUI 12.0 or later.

Remotely controlling your phone camera

- 1 On your watch, press the Up button to enter the app list, find and select **Remote shutter**, and your phone camera will be automatically launched.
- 2 Touch the text on the top of the Remote shutter screen on your watch to choose from **Photo**, 2s timer, 5s timer, or 30s video.
 -  . When paired with a HUAWEI phone running EMUI 12.0 or later, you can switch between your phone's front and rear cameras on your watch, and adjust the focal length of the rear camera by rotating the Up button or pinching/spreading two fingers on the watch screen.
- 3 Preview the imaging effect on your watch, then touch  to take a photo or  to start recording a video.

Viewing photos

Touch the thumbnail in the lower left corner to view the most recent photo on your watch. To view more photos, go to Gallery on your phone.

Calendar & events

- If you're using a Google phone, make sure that your phone has a network connection, and go to **Settings > About > Google Account > Sync** to enable **Google Calendar, Calendar, and Calendar events**.
- Google Calendar syncs only events to your wearable device.
- If you're using a Samsung phone, go to **Settings > Accounts and backup > Manage account**, touch your Google account and then **Sync account**, and touch **Tasks in the Calendar, Google Calendar, and Calendar** for data syncing.

Create an event on your phone as usual, and this new event will be synced to your wearable device after it's connected to your phone.

- To ensure the best user experience possible, make sure to update your phone to its latest version.
- Calendar info syncing is enabled by default. If you no longer want new or modified calendar events to be synced from your phone to your wearable, simply disable this feature by opening **Huawei Health**, navigating to the device details screen, going to **Device settings > App management > Calendar**, and toggling off **Sync Calendar to watch**.
- Only calendar events over the next seven days can be synced.
- The monthly or yearly calendar is not available on the wearable device. If calendar syncing is off, the prompt "No upcoming events" will display.

Enter the app list on your wearable device and touch **Calendar** to view the current date and upcoming events. If you have set reminders for your events, your wearable will notify you at the preset times.

Managing messages

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

Enabling message notifications

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Notifications**, and toggle on the switch for **Notifications**.
 - 2 Go to the app list and toggle on the switches for the apps that you would like to receive notifications from.
- Go to **APPS** to view the list of apps that you can receive notifications from.

Viewing unread messages

Your watch will vibrate to notify you of new messages pushed from the phone status bar.

Unread messages can be viewed on your watch by swiping up on the home screen to enter the unread message center.

-  Messages will not be stored on your watch after you view them in the unread message center. If you want to view them again, open the corresponding app on your phone.

Replying to SMS messages

-  This feature is not supported on iPhones.
 - This feature is only supported when replying to an SMS message using the SIM card that has received the message.

When receiving an SMS message on your watch, you can touch  below the message to reply in any of the following ways:

- Use an input method to enter text.
- Swipe up on the screen and select a quick reply.
- Touch the mini keyboard in the lower left corner and select an emoticon.

Customizing quick replies

-  This feature is not supported on iPhones.

You can customize a quick reply as follows:

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

Deleting unread messages

Swipe up on the home screen of your watch to enter the unread message center, and touch

-  at the bottom of the message list to delete all unread messages.

Music

The watch supports playing online and offline music, so you can still enjoy listening to music even if you don't have your phone or tablet with you.

-  To use this feature, first update your watch to its latest version.

Playing music online

- Press the Up button on the watch to open the app list and then touch **Music**.
- Play songs in any of the following ways:
 - Touch **Daily recommendations** to play songs by category.
 - Touch **Playlists** and select a song in a playlist. To use this feature, you'll need to first create playlists in HUAWEI Music on your phone.

- c** Touch **Favorites**. To use this feature, you'll need to first add songs to the **Favorites** list (when they're being played) on the watch or add songs to **Favorite** in HUAWEI Music on your phone.
- d** Touch **Songs**. To use this feature, you'll need to first download music on your watch or sync music via the Huawei Health app to your watch.
- e** Touch **Search** to search by song name using the voice assistant.
 -  • Syncing music to watch only works for the tracks in **Playlists** and **Favorites** in the HUAWEI Music app logged in with the same HUAWEI ID used to log in to the watch.
 - Create Playlist option is not support with Non-Huawei device.
 - The search feature in Music on the watch is available only in certain languages.

Syncing music to your watch

- 1** Open the **Huawei Health** app, select **Devices**, and touch the connected device card.
- 2** Go to **Music > Manage music > Add**, and select tracks to be synced.
- 3** When you're done, touch ✓ in the upper right corner of the screen.
 -  • To use this feature, update your watch and the Huawei Health app to their latest versions.
 - Music syncing to watch is unavailable when paired with an iPhone.
 - You can use the Huawei Health app to sync to your watch the unencrypted music files downloaded on your phone. These songs can then be played on your watch independently, not requiring Internet access.

Downloading music on your phone

Manual download:

On the music playback screen on your watch, touch  in the lower right corner and then **Download**.

Auto-download:

On your watch, go to **Music > Settings > Favorites**, and toggle on **Favorites**, to have your watch automatically download tracks from **Favorites** and **Playlists** when connected to WLAN and being charged.

Controlling phone music playback

- 1** On your phone, open the **Huawei Health** app, navigate to the device details screen, touch **Music**, and toggle on the switch for **Control phone music**.
- 2** Open a phone music app, such as HUAWEI Music, and start the playback.
- 3** On your watch, swipe right on the home screen to enter the HUAWEI Assistant·TODAY screen, and you'll find the Music card. From there you can pause playback and switch to the previous/next track.

- 4 Touch the music card to enter the playback screen, where you can adjust the volume or touch the device name at the bottom of the screen to switch between audio output devices.

Timer

Your wearable device supports quick timers with preset durations and customized timers, to help you measure and control the duration of various activities and events.

Setting a quick timer

- 1 Enter the device app list and touch **Timer**.
- 2 Swipe up on the screen and select a duration. Start the timer.
- 3 Your device will notify you when the timer expires. You can touch the  icon to repeat the last quick timer.

Setting a customized timer

- 1 Enter the device app list and touch **Timer**.
- 2 Swipe up on the screen and touch **Custom**.
- 3 Set the hour, minute, and second, then touch **OK** to start timing.

Pausing, resetting, and exiting the timer

Touch  to pause, touch  to reset, or touch  to exit after the timer expires.

Pairing with a new phone

Your wearable can only connect to one phone at a time. So if you want to pair with a new phone, you'll need to first disconnect from the current phone.

- 1 Enter the device app list and go to **Settings** > **System & updates** > **Connect new phone**.
- 2 Touch  .
If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your wearable device. Touch the **i** icon and set to forget the device.
- 3 When your wearable displays the pairing screen, follow the onscreen instructions to pair with a new phone.

Health Management

Activity rings

 To use this feature, first update your watch to its latest version.

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: Navigate to the **Activity records** app, swipe left to view **This week's** data or swipe up to view **Today's** details, **Workout records**, **Move**, **Exercise**, and **Stand** data,, then swipe up again to find **Edit goals** and **Reminders** for more custom settings. In **Reminders**, you can disable the reminders for **Stand**, **Progress**, and **Goal reached**.

(1) : **Move** measures the calories you burn through activities like running, cycling, and even doing housework or walking your dog.

(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 Glance

Get your multiple health indicators quickly measured, including heart rate, SpO2, stress, skin temperature, ECG, vascular health, respiratory health, 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.

-  To use this feature, first update your watch and the **Huawei Health** app to their latest versions.

Using Health Glance

- 1 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.
 - 2 Touch **Measure** on the Health Glance app home screen, and follow the onscreen instructions to complete the measurement.
 - 3 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**.

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 > 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.

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.

-  This feature is available only on HUAWEI WATCH 4 Pro Space Edition.

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 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.

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 **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**. Swipe left twice on the app home screen to access **Today's calories burned**, and view your **Burned (kcal)**, **Resting**, and **Active** calorie data for the current day.
- 2 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 on the app home 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.

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.

-  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 touching 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 touch  to check out the result description. For more details, open **Huawei Health** on your phone, and go to **Health > Heart > ECG**. To download an ECG report, touch 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.

SpO2 measurement

-  To use this feature, first update your wearable device and the **Huawei Health** app to their latest versions.
 - To ensure optimal measurement accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the sensor area is in contact with your skin, without any foreign objects in between.

Individual SpO2 measurement

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

Automatic SpO2 measurement

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

Viewing your SpO2 data

Go to **Huawei Health** > **Health** > **SpO2**, and select a date to view your SpO2 data on that day.

Heart rate measurement

Continual heart rate monitoring is enabled by default, which displays your heart rate curve. If this feature is disabled, you will be prompted to visit **Huawei Health** and toggle on the switch for **Continuous heart rate monitoring**.

-  • 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**.

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.

-  • 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.

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.

- To set heart rate zones in **Huawei Health**, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**. For running, you can choose **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** as the calculation method. For other workouts, **Maximum heart rate percentage** or **HRR percentage** is recommended.
 -  • If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate ($HR_{max} = 220 - \text{Your age}$).
 - If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).
- 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.

Measuring your skin temperature

Skin temperature measurements are mainly used to monitor temperature changes to your wrist skin after exercise. You can enable continuous skin temperature measurement to keep an eye on this health indicator and get intuitive data curves.

- The product is not a medical device. This feature is intended for change monitoring in wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only, and should not be used as a basis for medical diagnosis or treatment.
- During the measurement, keep the device snugly on your wrist for at least 10 minutes and stay in a quiet, resting state in a relaxed environment at room temperature (about 25°C). Make sure that there's no water, alcohol, or other liquids on your wrist skin. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.
- After a workout, shower, or switching between outdoors and indoors, wait 30 minutes before starting a measurement.

Individual measurement

On your watch, enter the app list, select **Skin temperature** and touch **Measure** to initiate an individual measurement.

Continuous measurement

- 1 Open the **Huawei Health** app, navigate to the device details screen, touch **Health monitoring**, and enable **Continuous skin temperature measurement**.
- 2 On your watch, enter the app list and touch **Skin temperature** to view your temperature data curves.

Emergency SOS

The watch will trigger emergency services when the Fall detection feature is enabled and when a major fall is detected. To prevent false alarms, emergency contacts are automatically given priority for SOS emergency calls and help messages. If no emergency contact has been set, you will need to manually select a public emergency number.

-  If your watch is connected to your phone via Bluetooth and your phone has two SIM cards, make sure to set in advance the default card for making emergency calls.
- If the eSIM Standalone Number service hasn't been activated for your watch, you won't be able to send help messages on your watch when it's paired with an iPhone.
(Applicable to the HUAWEI WATCH 4 Series only.)

Setting emergency information

- 1 Open the **Huawei Health** app, go to **Me > Profile > Emergency information**, and fill in your personal data.
- 2 Go to **Emergency contacts > Add emergency contacts** and select the contacts you'd like to add. A maximum of three emergency contacts can be added.

Viewing emergency information

Method 1: On your watch, go to **Settings > Security & privacy > Emergency SOS** to view your emergency information and directly call an emergency contact.

Method 2: If you have set a PIN for your watch, touch the SOS icon in the lower left corner of the PIN screen to view your emergency information and directly call an emergency contact.

Method 3: Open the **Huawei Health** app, and go to **Me > Profile > Emergency information** to view your emergency information.

Editing emergency information

- 1 Go to **Huawei Health > Me > Profile > Emergency information**, where you can edit the data such as your name, address, and medical information.
- 2 On the **Emergency information** screen, touch **Emergency contacts** and then the Edit icon in the upper right corner, and you'll be taken to the editing screen.
 - Touch  next to an emergency contact to delete the contact.
 - Touch **Add emergency contacts** and follow the onscreen instructions to complete the setting.

-  If you have updated your emergency information on your phone or tablet, the new data will be synced to your watch via Bluetooth (when paired) or at the next Bluetooth pairing.

Automatic Emergency SOS initiation

- 1 On your watch, enter the app list and go to **Settings > Security & privacy > Emergency SOS**.
 - 2 Once the watch detects a fall:
 - If emergency contacts have been set, the system will automatically call the first emergency contact and send a help message containing your current location to all emergency contacts when you don't perform any operations on the watch or touch **Call for help** within 60 seconds.
 - If no emergency contact has been set, public emergency call numbers will be displayed for you to select.
-  If the eSIM Standalone Number service has been activated for your watch, you can send help messages on your watch.

Manual Emergency SOS initiation

If emergency contacts have been set, press the Up button five times consecutively to initiate an emergency SOS request.

-  In some countries/regions, you only need to press the Up button three consecutive times to initiate an emergency SOS request.
- If **Fall detection** is disabled, your watch won't initiate an emergency SOS request upon detecting a major fall. In this case, press the Up button five times consecutively.
- When your watch is connected to your phone via Bluetooth (no matter if the eSIM service has been activated for your watch or not), you can press the Up button five consecutive times to make an emergency call from your watch, and you'll see the call screen display on your phone a few seconds later. When disconnected, only an eSIM-enabled watch can make an emergency call.

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.

-  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.

Cycle Calendar

-  This feature is available only on the HUAWEI WATCH 4 Pro Space Edition.

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 Go to **Huawei Health > Health > Cycle Calendar**, download the feature package, set your period data, and touch **Get started**.
- 2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.
Touch **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.
Touch **OK** to return to the previous screen.

Recording and viewing your periods on your watch

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

Recording your periods in the Huawei Health app

- 1 Go to **Huawei Health > Health > Cycle Calendar**, and follow the onscreen instructions to download the feature package and complete the data settings. If the **Cycle Calendar** card is not on the app home screen, touch **Edit** and add the card.
- 2 Enter the **Cycle Calendar** screen, toggle on **Period started** or **Period ended** for specific dates to record the duration of a menstrual cycle. You can also record your **Physical symptoms**.
- 3 On the **Cycle Calendar** screen, touch  in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the **Reminders** switch on or off. 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. Touch **Period records** to view **Avg period** and **Avg cycle**.
Touch **All data** to view the historical data.

Exercise

Starting a workout

Your wearable device supports multiple workout modes, including exercises like running and biking, fitness courses, and other activities like dancing, ice and snow sports, and 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 **Custom** to add other workout modes.
 -  To remove a workout or reorder the workout list:
Enter the app list, select **Workout**, swipe up until you reach the end of the screen, and touch **Custom**. Select a workout mode and touch  to remove it. Hold down on a mode and drag it to its new position.
- 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.

Golf

Driving range mode offers detailed swing data including backswing/downswing time, swing tempo, and swing speed, and provides animated swing and grip demos and tips.

 Ball trajectory tracking is only available for swings, not putts.

Driving range mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout** > **Driving range**.
- 2 Select **Driving range** and touch the start icon (or press the Down button) to start a golf practice.
- 3 Swipe up or down on the screen to check out the swing and grip demos and view your workout data.

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.

On your watch, enter the app list, touch **Workout**, and start an outdoor session. At any time during the exercise, swipe left three times 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.

 This feature is only available during an outdoor workout, and will become unavailable once the workout has ended.

Phone-watch linking for cycling

Starting a cycling session on your watch auto-links with your phone, for enriched real-time data display on both devices.

-  This feature is only available when your watch is paired with a HUAWEI phone.
 - Before everything, enter the watch's app list, go to **Settings** > **Workout settings**, and enable **Display on phone**.
 - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.

- 1 Press the Up button to enter the app list, and touch **Workout** ()

- 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**. Touch the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

Auto-detect workouts

- 1 Enter the device app list, go to **Settings > Workout settings**, and toggle on **Auto-detect workouts**.
- 2 When this feature is enabled, your wearable device will remind you to start workout recording when it detects increased activity intensity. You can ignore the notification or touch a workout icon to start an exercise session.
 - 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 or end the workout as prompted.

Diving

- ⊘ Diving can be dangerous and should only be done by certified divers in the presence of another experienced diver or diving instructor.

Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized training table, and record your heart rate during each training session.

To enable this feature, enter the app list, go to **Workout > Dive > Apnea training**, and follow the onscreen instructions to start training.

Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea test. During the test, your data like breath-holding duration and real-time heart rate will be available.

To enable this feature, enter the app list, go to **Workout > Dive > Apnea test**, and follow the onscreen instructions to start a test. During the apnea test, press the Down button to record diaphragm contractions.

Freediving

- 1 Enter the app list and go to **Workout > Dive > Freedive**.
- 2 Tap the icon on the right to set reminders, alarms, water type, and notification methods.

- 3** Touch the start icon or press the Down button to start the workout.
- 4** Press and hold the Up button to end the workout.

More

App management

Installing/Uninstalling apps

- 1 Press the Up button on the watch to open the app list and then select **AppGallery**.
- 2 Search for an app or select one from the list of recommended apps to enter the app details screen, and touch **Download**.
- 3 After the installation is complete, touch the downloaded app to open it. To uninstall an app, touch and hold it on the app list screen.

Managing background apps

- 1 Press the Up button twice and swipe left or right on the screen to view apps running in the background.
- 2 From there you can perform any of the following as needed:
 - Touch an app to access its home screen.
 - Swipe up on an app to close it.
 - Touch the Delete icon to clear all apps running in the background.

Managing installed apps

- 1 Press the Up button on the watch to enter the app list, and select **AppGallery**.
- 2 Swipe up on the screen to view and update installed apps.

App settings

- 1 Press the Up button to enter the app list, and go to **Settings > Apps > App management**.
- 2 Touch an app to view its permissions, storage information, and other details. You can also configure settings as required.

Reordering the app list

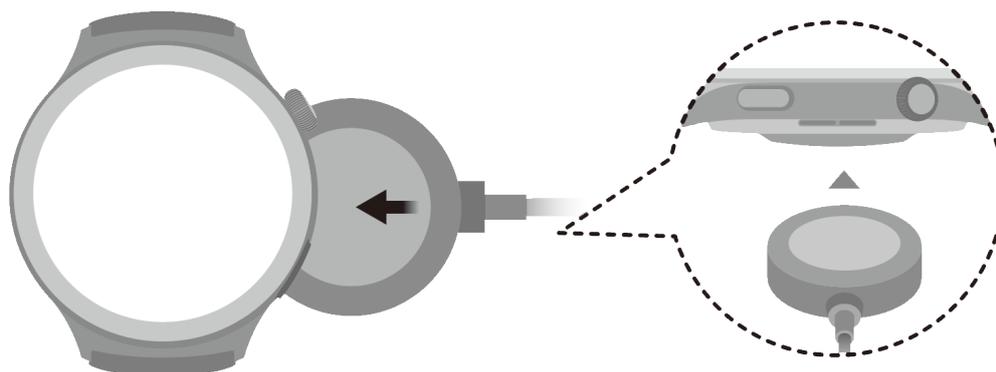
Press the Up button to enter the app list, touch and hold down on any app, and drag it upward or downward. Alternatively, touch and hold an app while rotating the watch crown to take the app to its new position.

Charging

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.



- 3** When the charging icon displays 100%, it indicates that the device has been fully charged, and charging will automatically stop.

- i** • Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers.
- When your device is being charged wirelessly, use the dedicated charging cradle and make sure that the device coil is aligned with that on the charging cradle. If a non-official charging cradle is used or the device coil is not aligned with that on the charging cradle, slow charging or overheating may occur.
- 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.
- If the device is idle for a long time, remember to charge the battery once every two to three months, to extend the battery lifespan.

Checking the battery level

Method 1: Swipe down from the top of the device home screen to check 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: Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

Managing watch faces

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

Changing the watch face on your watch

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

Installing and changing the watch face on your phone

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

Deleting a watch face

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

Sharing a watch face

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

Gallery and video watch faces

-  When connected to an iPhone, be sure to first update the HUAWEI Health app to version 14.0.8.305 or later. When connected to a Android phone, update Huawei Health to version 14.0.8.300 or later.
- 1 Open **Huawei Health** and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine**, swipe up to find **On watch**, and touch **Gallery** to access the custom settings screen.

- 2 Touch **+** and select either **Take photo** or **Gallery** as the method for uploading. When you're done, touch ✓ in the upper right corner.
- 3 Adjust the area where you want the image to display, choose to have the time displayed at the **Top** or **Bottom** of the screen, and touch ✓ in the upper right corner to finish uploading.
- 4 You can set the following on the **Gallery** screen:
 - **Image color, Style, Time position, and Time color.**
 - **Edit data display:** You can select the components you like, such as the heart rate and sleep monitoring features.
 - **Raise to display new image:** When this is enabled and more than one image has been uploaded for Gallery watch face, the displayed watch face will change to another image every time you raise your wrist. When disabled, raising your wrist will only display the last image shown.
 - **Apply style to all images:** Applies the custom style on all added images.
- 5 Touch **Save**. Your wearable device will then switch to the newly-set Gallery watch face.

Setting Video watch face

- Be sure to update your device and the **Huawei Health** app to their latest versions.
 - This feature is unavailable when your watch is paired with an iPhone.
 - This feature is unavailable when the watch is in Ultra-long Battery Life mode.
- 1 Open **Huawei Health** and navigate to the device details screen. On the **Watch faces** tab, go to **More > Mine**, swipe up to find **On watch**, and touch **Video** to access the custom settings screen.
 - 2 Touch **Customize**, select an uploading method, record a new video or select an existing video to upload, and touch ✓. You can also choose a preinstalled video watch face.
 - 3 Touch **Save**. Your device will then switch to the newly set Video watch face. You can upload more than one video, and tap on the device home screen to switch between the videos.
You can also customize **Style, Layout, and Widgets**, and then touch **Save**.

Setting watch faces via OneHop

- Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
 - This feature is available only when your device is paired with a HUAWEI phone running EMUI 10.0 or later that supports NFC.
- 1 Press the Up button on the watch to open the app list, go to **Settings > More connections > NFC**, and enable **NFC**.
 - 2 Touch and hold down on the watch home screen, and touch **Gallery**.

- 3 On your phone, enable NFC, open **Gallery**, select an image, and tap the NFC area on the back of your phone against the watch face.
- 4 Once the transfer is complete, the image will become the watch face.
 -  OneHop isn't applicable to images saved to the cloud. To set such an image as the watch face, download it first and then use OneHop to transfer it.

Time and language settings

Time and language settings cannot be adjusted independently on a wearable device.

Connecting your wearable device to your phone will automatically sync the phone's time and language settings to the wearable.

Any changes to the phone's language, region, or time settings will sync to your wearable once the two devices are connected via Bluetooth.

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 or when its screen turns off, and you will need to enter the PIN to unlock your device and access the watch face screen. If you keep wearing your device, the screen will not be locked.

Enabling PIN

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

-  • Be sure to toggle on **Auto-lock** to use this feature. This PIN is only used to unlock the device after it automatically locks itself when it's taken off or when its screen turns off.
- 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.

Sounds & vibration

Vibration settings

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

Ringtone volume settings

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

Ringtone settings

- 1 Press the Up button to enter the app list, and go to **Settings > Sounds & vibration > Ringtone**.
- 2 Swipe up or down on the screen and select a ringtone.

Mute settings

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

Crown haptics

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

Updates

On your watch

-  Before updating, make sure that your watch is connected to a 2.4 GHz WLAN or cellular network.
- 1 Press the Up button to enter the app list, and go to **Settings > System & updates > Software updates**.
 - 2 Touch **Check for updates** and follow the onscreen instructions to complete the update.

On your phone

-  This operation is not supported on iPhones.

Open the **Huawei Health** app, navigate to the device details screen, and touch **Firmware update**. Your phone will check for any available updates. Then follow the onscreen instructions to update your watch.

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

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

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

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

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

Water/Dust Resistance Level	Resistance Level Definition	Usage Scenario Description
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<p>Dive (Depth up to 100 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 100 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Diving activities exceeding a depth of 100 meters. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 4. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 5. Composite vegan leather, composite woven, titanium, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is
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		<p>recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 30 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (3.3 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 30 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Scuba dives and technical dives. 2. Diving activities exceeding a depth of 30 meters. 3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.
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		<p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 40 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (4.4 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 40 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Scuba dives and technical dives. 2. Diving activities exceeding a depth of 40 meters. 3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.
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		<p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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10 ATM	<p>This is a water resistance standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can withstand up to simulated 100-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 100 meters deep.</p>	<p>The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 100-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 100-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Diving, scuba diving, or other activities involving high water pressure. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such
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		<p>as speedboats and motorboats), car washing, and rafting.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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5 ATM	<p>This is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 meters deep.</p>	<p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Diving, scuba diving, or other activities involving high water pressure. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such
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		<p>as speedboats and motorboats), car washing, and rafting.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP69K	<p>Complies with the IP69K rating under the ISO 20653:2023 standard. The IPX9K test conditions are as follows: water temperature: $80\pm 5^{\circ}\text{C}$; water flow: 15 ± 1 L/min; water pressure: $10,000\pm 500$ kPa; spray angle: 0°, 30°, 60°, and 90°, 30 seconds for each angle. This does not indicate protection during hot water showers.</p>	<p>Complies with the IP69K rating under the ISO 20653:2023 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>IPX9K involves high-pressure liquid splashes. This means that IP68-rated products can be worn during shallow water activities, such as swimming in a pool or along the coast; products that have obtained both the IP68 and IP69K ratings can also be worn during activities involving fast-flowing water, such as water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does
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		<p>come into contact with any such product, rinse and clean the device with fresh water in a timely manner. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
<p>IPX8 (water resistance for daily life)</p>	<p>Products that meet this standard are splash-proof and water-resistant, and can be worn and used during exercise as they are resistant to sweat, on rainy days, and when exposed to water splashes. However, it is not recommended that you immerse such a device in water. This wearable device is rated as IPX8 under the GB/T 4208-2017 standard and was tested under controlled lab conditions.</p>	<p>Products that hold an IPX8 rating meet the water resistance requirements for everyday use, such as during handwashing and on rainy days. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

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

• On your watch

Press the Up button and go to **Settings** > **About** to find **Device name**, **Model**, **HarmonyOS**, **SN**, and **Bluetooth address** for your watch.

 You can touch **HarmonyOS** to view your watch's software version.

• On your phone

Open the **Huawei Health** app, navigate to the device details screen, and touch **Device info** to find **Name**, **Model**, **SN**, and **MAC address** for your watch.