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Getting started

Buttons and gestures

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

Up button

Operation	Function	Remarks
Press	• Wake watch screen when the screen is off. • Access the app list screen from the home screen. • Return to the home screen.	There are certain exceptional scenarios such as for calls and workouts.
Press and hold	• Power on your watch when the watch is off. • Access the restart/power off screen when the watch is on.	

Down button

Operation	Function	Remarks
Press	Open the workout app. Access the customized feature you set.	There are certain exceptional scenarios such as for calls and workouts.
Press and hold	• Lock or unlock the screen. • Wake up the voice assistant.	The lock/unlock feature is only available with the following models: HONOR MagicWatch Series, HONOR Watch VIVIENNE TAM version, HONOR Watch Magic/ Dream Series, and HUAWEI WATCH GT Series. If you are using a HUAWEI WATCH GT 2, HUAWEI WATCH GT 2e, or HUAWEI WATCH GT 2 Pro, you can only press the Up button to lock or unlock screen, and press the Down button to switch screens during workouts. The watch screen is locked by default during swim workouts and cannot be unlocked. Voice assistant is only available with phones that run EMUI 10.1.

Button functions during a workout

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

Gestures

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

Wake the screen

· Press the Up button.

· Raise or rotate your wrist inwards.

· Swipe down on the home screen to open the shortcut menu. Enable **Show Time** and the screen will stay on 5 minutes.

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

Turn off the screen

· Lower or rotate your wrist outwards.

· The screen will turn off automatically 5 seconds after the watch's screen is turned on if no operation is performed within this period of time. If any operation is performed, the screen will turn off 15 seconds after it is turned on.

ⓘ From the home screen press the Up button and go to **Settings > Display > Advanced** to adjust the duration it takes for your watch to go to sleep and turn off the screen. The duration is set to **Auto** by default.

Pairing your watch with your phone

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

· **For Android users:**

1 Download and install the Huawei Health app from an AppGallery or other app stores. If you have already installed it, make sure that it is up-to-date.

2 Open the Huawei Health app and follow the onscreen instructions to grant required permissions to the app. Go to ⋮ > **Add** > **Smart Watch**, and touch the device you wish to pair.

3 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.

4 When a pairing request is displayed on the watch screen, touch ☑ to pair your watch and phone. Confirm the pairing on your phone as well.

· **For iOS users:**

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

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

1 Log in to the App Store on your phone and search Huawei Health. Download and install the app, and make sure it is fully updated.

2 On the phone go to **Settings > Bluetooth**. The watch should show up automatically, touch your device, then touch ☑ to finish pairing.

3 Open the Health app and go to the settings screen, touch **+** in the upper right corner and select Smart watches. Select your device's model.

4 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.

5 When a pairing request is displayed on the watch screen, touch ✓ to pair your watch and phone. Confirm the pairing on your phone as well.

Others follow these steps to pair:

1 Download and install the Huawei Health app from App Store. If you have already installed it, make sure that it is up-to-date.

2 Open the Huawei Health app, go to **Devices** > **+** > **Smart Watch**, and touch the device you wish to pair.

3 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.

4 When a pairing request appears on your watch screen, touch ✓ to pair your watch and phone.

- When pairing for the first time, you can use your phone to scan the QR code on the watch screen to download the Huawei Health app.

- If your watch does not respond after you touch ✓ to confirm the pairing request, press the Down button and hold to unlock your watch, and initiate a pairing procedure again.

- Your watch will display an icon on the screen to inform you that pairing was successful. It will then receive information (such as the date and time) from your phone.

- If the paring failed, your watch screen will display an icon to inform you that pairing was unsuccessful. It will then return to the startup screen.

- A watch can be connected with only one phone at any given time, and vice versa. If you want to pair your watch with another phone, disconnect your watch from the current phone using the Huawei Health app, and then pair your watch with another phone using the Huawei Health app.

Powering on/off and restarting the watch

Powering on the watch

- When the watch is powered off, press and hold the Up button to power on the watch.

- When the watch is powered off, the watch will automatically power on if you charge it.

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

Powering off the watch

- When the watch is powered on, press and hold the Up button, and then touch **Power off**.

- When the watch is powered on, press the Up button while on the home screen, swipe up or down until you find **Settings**, touch it, go to **System** > **Power off**, and then touch √ to confirm.

- If the battery level is critically low, the watch will vibrate and then automatically power off.

- If the battery has not been charged for a long time, the watch will vibrate and then automatically power off.

Restarting the watch

- When the watch is powered on, press and hold the Up button, and then touch **Restart**.

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

Force restarting the watch

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

Charging my watch

Charging

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

2 Rest your watch on top of the charging cradle and align the metal contacts on your watch to those of the charging cradle until a charging icon appears on the watch screen.

3 After the watch is fully charged, the charging indicator will display 100%. When your watch is fully charged, it will automatically stop charging. If the watch is still connected to the power adaptor and the battery level is below 100%, it will start charging automatically.

ⓘ   •   The watch does not come with a power adapter. For details about power adapters that are compatible with your watch, see the product specification list. You are advised to use a Huawei power adapter, a computer USB port, or a non-Huawei power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your watch.

•   Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a Huawei power adapter from an official Huawei sales outlet.

•   Keep the charging port dry and clean to prevent short circuits or other risks.

•   When wireless charging is used for your watch, use the dedicated charging cradle and make sure that the watch coil is aligned with that of the charging cradle. If a non-dedicated charging cradle is used and the watch coil is not aligned with that of the charging cradle, the charging efficiency will deteriorate and issues such as overheating will occur.

•   Only the HUAWEI WATCH GT 2 Pro and PORSCHE DESIGN HUAWEI WATCH GT 2 support reverse charging from phones. The phone models that support this feature are as follows: HUAWEI Mate 20 Pro, HUAWEI Mate 30, HUAWEI Mate 30 Pro, HUAWEI Mate 30E Pro, HUAWEI Mate 40 Pro, HUAWEI Mate 40 Pro+, HUAWEI P30 Pro, HUAWEI P40 Pro, HUAWEI P40 Pro+, HONOR V30 Pro, and HONOR 30 Pro+. You can also use a HUAWEI Wireless Quick Charger, a HUAWEI Wireless Charger, a HUAWEI SuperCharge Wireless Charger, or a HUAWEI SuperCharge Wireless Charger Stand to charge your watch. If you use a non-dedicated charging cradle to charge your watch, place your watch in the center area of the charging cradle, otherwise the watch may be powered off due to a protection mechanism that prevents overheating.

•   The charging cradle tends to attract metal objects due to the magnets inside it. Therefore, it is necessary to check and clean it before using it. In addition, it is recommended that you use the charger in an environment with an appropriate ambient temperature to prevent issues such as degaussing of the charging cradle.

Charging time

It takes about 120 minutes to fully charge the battery. Disconnect your watch from the power adapter once it is fully charged.

ⓘ   To protect the battery, the charging current will be reduced if the ambient temperature is low. This will prolong the charging time without affecting the battery lifespan.

Checking the battery level

Method 1: Connect your watch to a power supply and check the battery level on the charging screen.

Method 2: Swipe down from the top of the home screen to check the battery level.

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

> *i* If the remaining battery level is 10%, a charging reminder will be displayed. Charge your watch in a timely manner and avoid using it when the battery level is low.

Workout monitoring

Starting a workout

Starting a workout using your watch:

1 Enter the app list of your watch and touch **Workout**.

2 Swipe up or down and select the workout you want to do or your preferred running course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.

3 Touch the start icon to start the workout.

4 Press the Up button and touch the red stop icon, or hold the Up button to end a workout session.
In the app list, touch **Workout records** to view detailed workout records data including the training effect, speed, cadence, climbed distance, heart rate graph, heart rate zone, cadence graph, pace graph, and VO2Max.

ⓘ
- Touch ⚙ to set a workout goal such as a distance, time, or calorie goal, or set the goal to **None**. You can also set reminders for intervals, your heart rate, or training effects. You can remove the workout from the list as well.

    - You cannot set goals and reminders for a triathlon. After you start a triathlon workout, press the Down button to switch between different workout modes.

    - You cannot set the workout goals for skiing and snowboarding. However, skiing, snowboarding, and cross-country skiing support SpO_2 measurement during workouts.

- You can customize the feature of the Up button during workouts. For example, you can select to press the Down button to pause or exit the workout, lock the screen, or adjust the volume or mute. Press the Down button to swipe up or down screens to view different workout data. Hold the workout data screen until you feel the watch vibrate, then touch any data type such as the heart rate, speed, distance, and time to edit the data type on the screen.

- The workout will exit if you have paused a cycling or running workout for 1 hour.

- If you are using the HUAWEI WATCH GT 2, HUAWEI WATCH GT 2e, HONOR MagicWatch 2, HUAWEI WATCH GT 2 Pro, HONOR WATCH GS Pro, or HUAWEI WATCH GT 2 PORSCHE DESIGN, you can press the Up button to lock or unlock the screen during workout sessions. Please note that the watch screen is locked by default during a swimming session and cannot be unlocked.

- If you have selected a workout mode that includes swimming, the watch screen will be locked after you start the workout session. Press and hold the Up button to end the workout. After the swimming session is complete, the watch will vibrate occasionally while displaying a message indicating that the watch is draining water.

Starting a workout using the Huawei Health app:

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

1 Open the Huawei Health app, touch **Exercise**, choose a workout mode, and then touch the Start icon to start a workout.

2 Once you have started a workout, your watch will sync and display your workout heart rate, step count, speed, and time.

3 During a workout, the Huawei Health app displays the workout time and other data.

Using Smart companion

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

1 From the home screen press the Up button, swipe until you find **Workout**, then touch it.

2 Touch the Settings icon on the right side of **Outdoor Run** and then enable **Smart companion**.

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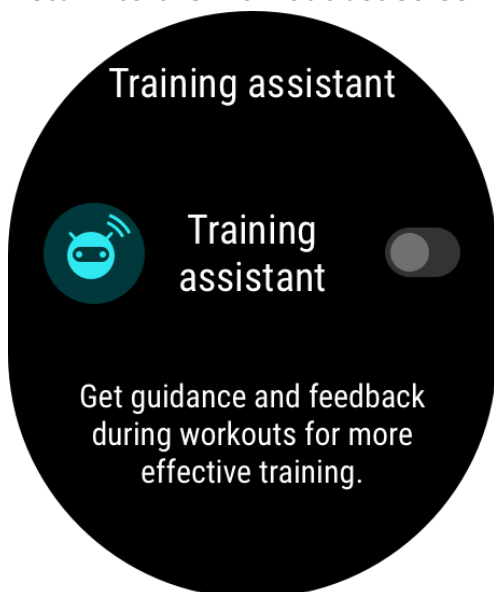
i Smart companion is currently only available for Outdoor Run . If you have set your workout goal, your smart companion will not provide you with any voice guidance. To ensure that your workout companion can work properly, wear a Huawei or Honor smart watch or smart band.

Viewing workout records

Viewing workout records on the band

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

2 Select a record to view the details.

i • Your band will display different data types for different workouts.

Viewing workout records in Huawei Health

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

Workout status

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

classified as High, Low, or Optimal, and you can determine your level based on your fitness status.

The Workout status app mainly tracks your training load and VO$_2$max variations.

The watch collects your training load from workout modes which track your heart rate, such as running, walking, and cycling, and collects your VO$_2$max value when you start an outdoor running workout. The watch cannot display your workout status if it has not collected any VO$_2$max values. VO$_2$max variation will be displayed only if you use Outdoor Run mode at least once a week (at least 2.4 kilometers within 20 minutes for each workout), and the watch collects at least two VO$_2$max values with an interval of more than a week.

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

ⓘ Fitness status (VO$_2$max) variation is an important indicator of your workout status. Your watch will display your VO$_2$max variation and your workout status only if you use Outdoor Run mode at least once a week, and the watch collects at least two VO$_2$max values with an interval of more than a week.

Tracking daily activities

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

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

You can view activity records by performing the following:

Method 1: Viewing activity records on your watch

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

Method 2: Viewing activity records using the Huawei Health app

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

ⓘ · To view your activity records using the Huawei Health app, ensure that the watch is connected to your phone.

· Workout data on your watch can be synced to the Huawei Health app, but data recorded in the app cannot be synced to your watch.

Automatic workout detection

Your band can identify your workout status on its own.

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

Route back

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

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

- Touch the **+** or **–** icon on the navigation screen to adjust the scale of the map.
- This feature is only available during workouts and will be disabled once the workout ends.
- This feature is only supported on phones running Android 5.0 or later, or iOS 9.0 or later.

Health management

ECG

ⓘ • This feature is only supported after connecting a HUAWEI WATCH GT 2 Pro ECG to an Android phone.

   • To enable this feature, make sure that the Huawei Health app has been updated to the latest version. Open the Huawei Health app, touch the **Heart** card on the **Health** screen, and enable **ECG**.

1 Keep your arm still and wear your watch correctly.

2 Press the Up button of the watch, swipe up and down the screen, and touch **ECG**.

3 Touch ⚙, select **Wrist mode**, and follow the onscreen instructions to touch and hold against the electrode on the side of the watch until the countdown is over.

4 After the measurement is complete, touch **Done**. Then open the Huawei Health app, touch the **Heart** card, and view detailed reports in the **ECG** app.

ⓘ • During measurements, keep your body still, put your arms on a table or on your knees, and relax your arms and fingers.

   • If your skin is too dry, the measurement may be affected. Use a small amount of water to moisten your finger and keep the surface of the ECG recorder dry before measuring.

   • An individual measurement lasts for 30 seconds. If the report shows that your ECG is abnormal, consult a doctor or go to hospital for assistance.

   • Users who are under 18, or pregnant, or with a pacemaker, or have been diagnosed as having severe arterial stenosis, arrhythmia, or hypertension are not advised to use this feature.

   • You can pay to read your ECG report online. The corresponding services including ECG interpretation results and health advice are provided by doctors from the National Telemedicine and Connected Health Center.

Heart health research

Starting the Heart health research project

1 Open the Heart Health Research app.

   • Open the Huawei Health app, enter the device settings screen, and touch **Heart health research** to open the app.

   • Open the Huawei Health app, touch the **Heart** card on the **Health** screen, and touch **Heart health research** to open the Heart Health Research app.

ⓘ If you have not downloaded and installed the Heart Health Research app, you will be directed to download and install the app. After downloading and installing it, follow the onscreen instructions to log in to the app.

2 Join in the Heart health research project.

3 Touch **Devices**, and follow the onscreen instructions to pair the watch with your phone. You can also select the device from the list of connected devices.

4 After the pairing is successful, touch the paired device. Select **Heart health research** and ensure that **Smart real-time measurement** has been enabled. Once enabled, your watch will automatically and intelligently evaluate your heart health when you are still, and sync your heart health information to your phone after it is connected to your phone.
Heart arrhythmia detection:
Open the Heart Health Research app, go to **Heart health research** > **Heart Arrhythmia Detection**, and touch **Start detection**.

ⓘ • We recommend that you detect heart arrhythmia twice a day for two continuous weeks or once every two days for three months.

• You can follow your friends and family members to stay tuned in to their heart health.

• If you need to see a doctor, touch **Reserve appointment** in the app.

• HUAWEI WATCH GT 2 Pro ECG:

  • Users who are under 18, or pregnant, or with a pacemaker, or have been diagnosed with severe arterial stenosis, arrhythmia, or hypertension are not advised to use this feature.

  • Ensure that the ECG electrodes and the back cover of your watch are not blocked by foreign objects or covered by dirt. Ensure that the actual wearing mode of your watch is consistent with the setting. Ensure that the fingers in contact with the electrodes are slightly moist. Otherwise, the measurement may be inaccurate or the signal quality may be poor.

  • If you have installed the Heart Health Research app on your watch, you can only perform an individual pulse wave measurement on your watch and cannot perform an individual ECG measurement on your watch. If you want to measure ECG, please use the Heart Health Research app on your phone.

Atrial fibrillation risk detection:
Open the Heart Health Research app, touch **301 Hospital research project** , and touch **+** in the upper right corner. Select **AF risk prediction**, or go to **Predict** > **Join in**.
You can view the prediction result and risk trend to predict risks and take countermeasures.

> ⓘ · This feature is useful for people who have tested positive for arrhythmia. If you are feeling uncomfortable, it is important to consult a doctor as soon as possible.
>
> · We recommend you to detect the risk of atrial fibrillation at least three times a day and enable automatic measurement to ensure enough data for analysis and better predictions.

Exiting the Heart health research project

Open the Heart Health Research app, enter the Heart health research project, touch **+** in the upper right corner, and select **Exit**.

You can re-join in the research project if you want to.

Vascular health research

Vascular health research provides personalized guidance and implements arteriosclerosis screening based on wearable high-precision ECG and PPG sensors. To use this feature, download and install the latest version of the Vascular Health Research app from Huawei AppGallery.

> ⓘ · Currently, this feature is only available on the HUAWEI WATCH GT 2 Pro (ECG) when paired with Huawei phones running Android 5.0 or later.
>
> · Before using this feature, please:
>
>   · Read and agree to the *User Agreement for Vascular Health Research* and *Statement from Vascular Health Research and Privacy*.
>
>   · On the **Huawei Wearable capabilities** screen, enable **Allow all**. To disable the authorization, open the Huawei Health app and go to **Me** > **Settings** > **Device capabilities**.

Vascular health measurement

1 Log in to the Huawei Health app and the Vascular Health Research app.

2 Pair the watch with your phone using the Huawei Health app.

3 Open the Vascular Health Research app, touch **Devices**, and select your device name to connect to it.

4 Click **Start** to start a measurement.

5 Select your wearing mode and place your finger on the electrode of the watch to start a measurement.

6 After the measurement is complete, you can view the measurement result on this app.

- Enter your correct gender, age, height, and weight information for accurate measurement results. The measurement results are for reference only and cannot be used for professional clinical diagnosis of vascular diseases.

- Ensure that the ECG electrodes and the back cover of your watch are not blocked by foreign objects or covered by dirt. Ensure that the actual wearing mode of your watch is consistent with the setting. Ensure that the fingers in contact with the electrodes are slightly moist. Otherwise, the measurement may be inaccurate or the signal quality may be poor.

- Users who are under 18, or pregnant, or with a pacemaker, or have been diagnosed with severe arterial stenosis, arrhythmia, or hypertension are not advised to use this feature.

Introduction to the three rings in Activity records on the watch

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

1) Steps: This ring indicates the proportion of your steps to the target step count. The default goal is 10,000 steps. You can change the goal settings in Huawei Health depending on your preferences.

2) Duration of moderate to high intensity activity (unit: minutes): The default goal is 30 minutes. Your wearable device will calculate the total duration of your moderate to high intensity activity based on your pace and heart rate intensity. We recommend that you take five 30-minute sessions of exercise a week at a moderate intensity to keep healthy.

3) Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend you stand up once an hour and get at least 12 active hours every day.

Sleep tracking

Your sleep data for a single day is measured from 8:00 PM the night before to 8:00 PM of that day for a total of 24 hours. For example, if you sleep11 hours straight, starting from 7:00 PM to 06:00 AM, your band will count the length of time you slept before 8:00 PM towards the first day and the rest of the time that you slept towards the second day.

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

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

Viewing your sleep data:

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

Measuring blood oxygen levels (SpO2)

- To use the feature, update your wearable device and Huawei Health to the latest version.
  - To ensure the accuracy of the SpO_2 measurement, wear the watch properly and ensure the strap is fastened. Ensure that the watch body is in direct contact with your skin.
  - If you are not wearing your watch, or wearing it incorrectly, an error message will be displayed. Please read the onscreen instructions for how to wear it correctly and touch **Retry** to perform the measurement again.

Measuring blood oxygen levels (SpO$_2$)

1 Wear your watch correctly and keep your arm still.

2 From the home screen, press the Up button, swipe on the screen, and touch **SpO2**.

3 HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 Pro ECG, and HUAWEI WATCH GT 2 PORSCHE DESIGN: Touch **Measure**.

4 Keep your body still during the SpO_2 measurement.

Automatic SpO$_2$ measurement

- Automatic SpO_2 measurement is only supported on the HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 Pro ECG, and HUAWEI WATCH GT 2 PORSCHE DESIGN.

1 Open Huawei Heath, touch **Devices** and then your device name, go to **Health monitoring** > **Automatic SpO2 measurement**, and enable **Automatic SpO2 measurement**. The device automatically measures and records your SpO2 when it detects that you are still.

2 Touch **Low SpO2 alert** to set the bottom limit of your SpO_2 for you to receive an alert when you are not asleep.

- ⓘ · The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Huawei Health app, or receive a notification for an incoming call or alarm.

  · A SpO2 measurement will take around 1 minute. Data provided is for reference only and not for medical use. If you feel uncomfortable, consult a doctor for assistance.

  · During the measurement, the watch will also sync your heart rate data.

  · Your watch will measure your SpO_2 on its own during the workout session after you have enabled **Mountain hike**. Swipe on the screen to view your SpO_2 data during the workout.

  · HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 Pro ECG, HUAWEI WATCH GT 2 PORSCHE DESIGN: Your watch will measure your SpO_2 on its own during the workout session after you have enabled **Skiing**, **Snowboarding**, or **Cross-country skiing**. Swipe on the screen to view your SpO_2 data.

  · This feature is not supported for users in Japan, Korea, and Taiwan (China).

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

Monitoring your heart rate

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

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

Heart rate measurement

1 Keep your arm still and wear your watch correctly.

2 From the home screen press the Up button, swipe until you find **Heart rate**. Touch **Heart rate**. The watch will then measure your current heart rate.

3 To pause the heart rate measurement, swipe right on your watch screen.
It usually takes approximately 6 to 10 seconds to display the first measurement value (1 to 2 seconds if **Continuous heart rate monitoring** is enabled in the Huawei Health app and **MONITORING MODE** is set to **Real-time**), and the data updates every 5 seconds afterward. A complete measurement takes approximately 45 seconds to complete.

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

Setting the heart rate zone calculation method

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

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

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

Measuring your heart rate during a workout

1 After you start a workout, swipe on the watch screen to check your real-time heart rate and heart rate zone.

2 After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

3 You can view graphs that show the changes in heart rate, maximum heart rate, and average heart rate for each workout under **Exercise records** in the Huawei Health app.

> ⓘ • Your heart rate will not be displayed if you remove the watch from your wrist during the workout. However, the watch will continue to search for your heart rate for a while. The measurement will resume once you wear the watch again.
>
> • Your watch can measure your heart rate when you have connected it to your phone and started a workout using the Huawei Health app.

Continuous heart rate monitoring

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

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

• Smart mode

1 The heart rate measurement will be performed every 10 minutes for low-intensity activities (such as when you are not moving).

2 The heart rate measurement will be performed every 10 minutes for moderate-intensity activities (such as when you are walking).

3 The heart rate measurement will be performed once a second for high-intensity activities (such as when you are running) and it takes 6 to 10 seconds to display the first heart rate value, though this may vary between individuals).

- Real-time mode: The heart rate measurement will be performed once a second for any type of activity intensity.

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

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

Resting heart rate measurement

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

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

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

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

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

Heart rate warning

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

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

ⓘ · The default heart rate limit is 220 - age, which is obtained from the personal information you enter.

· If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.

· Heart rate alerts are only available during active workouts and are not generated during daily monitoring.

Heart rate alerts

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

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

Testing stress level

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

· To measure your stress level on a one-off basis: Open the Huawei Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test function for the first time, follow the onscreen instructions in the Huawei Health app to calibrate your stress level.

· To measure your stress level on a periodic basis: Open the Huawei Health app and enter the device details screen. Touch **Health monitoring**, enable **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Wear your watch correctly for the periodic stress test to start automatically.

Viewing stress data:

· Using the watch: Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view the graph indicating changes to your stress level and including the stress bar chart, your stress level, and your stress interval.

· Using the Huawei Health app: Open the Huawei Health app, then touch the **Stress** card to view your latest stress level and your daily, weekly, monthly and yearly stress curve and corresponding advice.

ⓘ • During a stress test, wear your watch correctly and keep still. The watch will not test your stress level when you are doing a workout or when you move your wrist too frequently.

• The accuracy of the stress test may be affected if the user has just taken caffeine, nicotine, alcohol, and some other psychoactive drugs. In addition, it may also be affected when the user suffers from heart disease or asthma, is exercising, or wears the watch incorrectly.

Breathing exercises

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

1 From the home screen press the Up button, swipe until you find **Breathing exercises**, then touch it.

2 Set your training duration and breathing rhythm.

3 Wear your watch and keep your arm still. Touch the start icon on the screen and follow the onscreen instructions to inhale and exhale.

4 After you finish the exercises, you are able to view the training results and the change in your heart rate on the watch screen.

Activity reminders

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

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

ⓘ • Your band will not vibrate to remind you to move around if you have enabled Do Not Disturb on your band.

• Your band will not vibrate if it detects that you are asleep.

• Your band will only send reminders between 8:00 AM to noon and from 2:00 to 10:00 PM.

Menstrual cycle predictions

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

1 Open the Health app, touch **Cycle Calendar**, and grant corresponding permissions. If you can't find the Cycle Calendar card on the home screen, touch **EDIT** and then touch **+** next to **Cycle Calendar**.

2 On the **Cycle Calendar** screen, set data for your previous period date, **period length**, and **period cycle**, touch ⋮ in the top-right corner, select **Wearable device reminders**, and toggle on **All**.

3 Your wearable device will send you reminders for the start and end of your period and fertile window.

> · HONOR Band 6: This feature is only available in some countries and regions. For more information, contact the official Huawei service hotline.
>
> · Touch Records to view and modify period data. The predicted period is marked in the dotted line.
>
> · Your wearable device will remind you about the start of your period before 8 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8 AM on that day.
>
> · If you are wearing the wearable device, it will vibrate without turning on its screen. Touch the screen to view reminders. If you are not wearing the wearable device, it will not vibrate or turn on its screen, and the reminders will not be displayed even if you turn on the screen. You can view messages in the message list instead.

Convenient life

Apps

ⓘ This feature is only supported with the HUAWEI WATCH GT 2 Pro Series and.
This feature is only available with phones that run Android 6.0 or later.

Installing apps

1 Open the Huawei Health app and touch **Apps** on the device details screen.

2 Select the app you want to use from the **Apps** list and touch **Install**. After the app is installed, it will be displayed in the app list on your watch.

ⓘ · Currently, the following apps are available on watches purchased in countries and regions outside the Chinese mainland: Home Workout, Fit, Offline Map Navigation, Fitify Workouts, Radioline Watch, Prayer Now, TickTick, Infinity Loop Lite, Wodpuz, Math Train, Numpuz, Focus To-Do, and GPS Tools. Apps that are available on the watch will vary depending on the country or region.

· More apps are being updated and released. Please stay tuned for the latest notifications from Huawei's official channels.

Using apps

1 Press the Up button on your watch to enter the app list.

2 Swipe up or down to select an app and follow the onscreen instructions to use it.

ⓘ · Some apps can only be used when the watch is connected to the phone. If the watch displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone. Due to continuous app release:

· If you purchased the watch in a country or region outside the Chinese mainland, apps including Home Workout, Fit, Offline Map Navigation, Fitify Workouts, Radioline Watch, Prayer Now, and TickTick can only be used on your watch after you open them on the paired Huawei phone running Android 6.0 or later.

· When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete the sign-in and authorization. Otherwise, you will not be able to use the app. If there is an issue during authorization, open the Huawei Health app, go to **Me** > **Settings** > **Device capabilities**, and select the Fit fitness app to re-authorize.

Updating apps

1 Open the Huawei Health app and touch **Apps** on the device details screen.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Updates** > **Update** to update apps to the latest version for a better experience.

Uninstalling apps

1 Open the Huawei Health app and touch **Apps** on the device details screen.

2 Touch **Manager** to view the apps to be updated and the list of installed apps.

3 Go to **Installation manager** > **Uninstall** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.

ⓘ If you touch **Disable AppGallery service** and **DISABLE**, this feature will be disabled. If you want to use this feature again, touch **Apps** and follow the onscreen instructions to complete the authorization and enable **Apps**.

Receiving notifications, and viewing and deleting messages

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

- Notifications: Open the Huawei Health app, then touch **Devices** and your device name. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps that you want to receive notifications from. If you are using an iOS phone, enable notifications for the corresponding apps in your phone Settings.

- Viewing unread notifications: Unread notifications will be available to view on your watch. To view them, swipe up on the home screen or touch **Notifications** in the app list. A maximum of 10 unread notifications can be saved on your watch. If there are more than 10 unread notifications, the older notifications will be overwritten. Each message will only be displayed on one screen.

- Deleting notifications: Swipe right on a notification to delete a single notification or touch **Clear** at the bottom of the list to delete all unread notifications.

- **ⓘ** · When your watch is in Do Not Disturb or Sleep mode, not being worn, or during workouts, it will still receive notifications but will not alert you. You can swipe up on your watch screen to view these messages.

   · After you have disabled the feature to display detailed notification content, the sender and the message content will not be displayed in the status bar, and you will not be able to view the detailed message content on your wearable either.

   · If your phone and watch are connected, your phone will push an alert to your watch over Bluetooth when you receive an incoming call or message on your phone. Due to the slight delay in sending information over Bluetooth, your phone and watch will not receive the alert at exactly the same time.

   · Reminders and incoming call notifications on your watch will not be affected if other Bluetooth devices are also connected to your phone.

   · Messages that you have viewed on your phone will be deleted from your watch at the same time. If a new message is received when you are viewing a message, the new message will automatically pop up and overwrite the current message (content of emails cannot be viewed).

   · When a new notification is received and displayed on the phone's status bar, your watch will vibrate to notify you but the screen will not turn on.

   · You can only view but not reply to messages on your watch. You can receive voice and image messages from WeChat or QQ, but cannot listen to voice messages or view images on the watch.

   · Whether your watch can receive notifications for audio or video calls depends on if messages can be displayed on the status bar on the phone and the phone system version. For phones that run EMUI 10.0 or later, when **Banners** is selected under **Notifications**, you can only receive the notification reminder but cannot answer calls directly. When the full-screen option is selected, you will not receive any notifications. Notifications are not supported on other Android phones. iOS phones only support displaying notifications.

Answering or rejecting incoming calls

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

· Press the Up button to stop the watch from vibrating during an incoming call.

· Touch the End icon on the screen or touch and hold the Up button on your watch to end the call.

· On the call screen, touch the Up or Down button to adjust the call volume.

ⓘ
- Incoming call notifications and answering or rejecting calls are supported on the HUAWEI WATCH GT 2 (46 mm), HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 PORSCHE DESIGN, HONOR MagicWatch 2 (46 mm), and HONOR WATCH GS Pro.

- When the HUAWEI WATCH GT 2 (46 mm), HUAWEI WATCH GT 2 Pro, HUAWEI WATCH GT 2 PORSCHE DESIGN, HONOR WATCH GS Pro, or HONOR MagicWatch 2 (46 mm) is paired with a phone that runs iOS 9.0 or later, or EMUI 8.0 or later, you can press the Up button to mute the call during an incoming call. When the phone is in Mute mode, the watch will only vibrate during an incoming call.

- Incoming call notifications and rejecting calls are supported on the HUAWEI WATCH GT 2 (42 mm), HUAWEI WATCH GT 2e, HONOR MagicWatch 2 (42 mm), HUAWEI WATCH GT, and HONOR Watch Magic/Dream.

- The watch will not vibrate and the screen won't light up for incoming calls when in Do Not Disturb or Sleep mode, or when the watch is not being worn, but it will still receive the incoming call.

- When you answer a call on your watch, the call screen will be displayed on your watch. When you answer a call on your phone, the watch face screen will be displayed on your watch, and you can use the watch functions normally. If you do not perform any operations, your watch will display the AOD screen or display a black screen after the preset screen-off time has elapsed.

Checking your call log

1 From the home screen press the Up button, swipe until you find **Call Log**, touch it to view call logs.

2 Touch an entry to call them back.

3 Swipe down to the bottom of the screen and touch **Clear** to clear all call logs.

Playing music

ⓘ The adding music feature is only supported on phones that run Android 5.0 or later. If you are using an iOS phone and want to add songs to the watch, connect your watch to an Android phone, and follow the following methods to add music to the watch. Then reconnect your watch to your iOS phone. To connect your watch to a new phone, on your watch, enter the app list, go to **Settings** > **System** > **Disconnect**. Do not reset your watch when connecting to a new phone. You can only play and control songs stored on the watch.

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

2 Touch **Manage music > Add songs**, select the music as needed from the list, and touch √ in the upper-right corner of the screen.

3 From the home screen press the Up button, swipe until you find **Music**, and then touch it.

4 Choose music that you have added in the Huawei Health app and then touch the play
icon to play the music.

> ⓘ • Music can be played through third-party social media apps, only MP3 and AAC (LC-
> AAC) files can be added to the watch locally.
>
> • You can also create a playlist by performing the following: Touch **New playlist** in
> the Huawei Health app and then add the music that has been synced to your watch
> to the playlist.
>
> • On the music playback screen of your watch, you can switch between songs, adjust
> the volume, and select a playback mode, such as Play in order, Shuffle, Repeat the
> current song, and Repeat list. Swipe up to view the music list, touch the Settings
> icon in the lower-right corner of the screen to delete music, connect the watch to
> Bluetooth earphones, control the music playback on your watch, or control music
> playback on your phone. Using your watch to control the music playback on your
> phone is available only on Android phones.
>
> • To use your watch to control music playing on your phone, open the Huawei Health
> app, touch **Devices** and touch your device's name, touch **Music** and enable **Control
> phone music**.
>
> • You can use your watch to control music playback in third-party music apps on your
> phone.
>
> • You can check the amount of storage left available on the watch in the Huawei
> Health app by going to **Devices** > **Music** > **Manage music**.
>
> • The HUAWEI WATCH GT 2e music playback function can be used only after a
> Bluetooth headset is connected to the phone.

Using Stopwatch or Timer

Stopwatch

From the home screen press the Up button, swipe until you find **Stopwatch**, and then touch

it. Touch ▶ to start timing. Touch ↻ to reset the stopwatch. Swipe right on your watch
screen to exit Stopwatch.

Timer

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

Touch ▶ to start the countdown, touch ⏸ to pause the countdown, and touch ✕ to
stop the countdown.

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

Swipe right on your watch screen to exit Timer.

Setting an alarm

Method 1: Set a smart or event alarm using your watch.

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

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

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

Method 2: Set a smart or event alarm using the Huawei Health app.

Smart alarm:

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

2 Set the alarm time, smart wakeup time, and repeat cycle.

3 If you are using an Android phone, touch √ in the upper right corner. If you are using an iPhone, touch **Save** in the upper right corner.

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

5 You can touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

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

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

3 If you are using an Android phone, touch √ in the upper right corner. If you are using an iPhone, touch **Save** in the upper right corner.

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

5 You can touch an alarm to delete it or modify the alarm time, tag, and repeat cycle.

ⓘ · Event alarms set on your watch and the Huawei Health app are synchronized. You can set a maximum of five event alarms. By default, there is only one smart alarm. You cannot delete the smart alarm or add smart alarms.

- When an alarm goes off, you can touch ⏰ on the screen, press the Up button, or swipe right on the screen to snooze for 10 minutes. To turn off the alarm, touch ✕ on the screen or press and hold the Up button. If no operations are performed within one minute, the alarm will automatically turn off after snoozing three times.

- When **HUAWEI TruSleep™** is enabled, the smart alarm will go off before the scheduled time if it detects you have already woken up.

- If you do not set the repeat cycle for an alarm, the alarm will be a one-time alarm.

- The alarms on the watch will also go off on holidays.

- If you are using an HONOR Watch GS Pro but not wearing it, only the alarms on your phone will go off.

- Event alarms will go off at the time you set. If you have set a tag and time for the event alarm, the watch will display the tag. Otherwise, only the time will be displayed.

- When **Silent mode** is enabled on the watch, the alarm will vibrate but not ring. To enable Silent mode, enter the app list and go to **Settings** > **Volume** to turn on its switch.

- Currently, only Huawei or Honor phones running EMUI 8.1 or later and Honor phones running Magic UI 2.0 or later (except those launched in 2021) support syncing the alarms set in Settings to the watch when they are connected to the watch. The syncing process cannot be cancelled.

Flashlight

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

Using the Barometer app

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

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

Altitude:

Altitude measurement range: –800 to 8800 meters.

Air pressure:

Air pressure measurement range: 300 to 1100 hPa.

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

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

Using Compass

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

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

Weather reports

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

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

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

Method 2: Viewing the weather information on the weather screen

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

Method 3: Viewing the weather information in the Weather app

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

ⓘ • To check the weather information on your watch, you are advised to open the Huawei Health app, touch **Devices**, touch your device name, and then enable **Weather reports**. You can set the **Temperature unit** to **Celsius °C** or **Fahrenheit °F**.

   • The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is collected from different weather service providers.

   • Ensure that you have granted your phone and the Huawei Health app the permission to access your location. For versions earlier than EMUI 9.0, select **Use GPS, WLAN, and mobile networks** as the positioning mode instead of **Use GPS only**.

Finding your phone using your watch

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

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

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

Remote shutter

1 Connect your band with your phone and make sure that the Huawei Health app is running in the background.

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

3 Touch 📷 on the band to take photos. Touch 🕐 to switch between a 2-second and 5-second timer. Swipe right on the screen or press the button on the band to close Camera and exit Remote shutter.

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

Connecting earbuds

1 From the home screen press the Up button and go to **Settings** > **Earbuds**.

2 Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your earbuds and follow the onscreen instructions to complete the pairing.

- **i** · If Bluetooth earbuds are connected via the watch and you answer a call from the watch, the audio will play from the watch's speaker. Audio for calls cannot go through the earbuds yet.

  · If you would like to use your Bluetooth earbuds for calls, connect the earbuds to your phone and answer calls from your phone too.

Do Not Disturb mode

Swipe on the band screen to display the menu, touch to enable **Do Not Disturb**. Alternatively, enter the app list, go to **Settings** > **Do Not Disturb**, and schedule a period for this mode.

i After Do Not Disturb is enabled:

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

Using voice assistant

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

For example, you can ask:

Celia, what is the weather like today?

Celia, call Mike.

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

- **i** · Voice assistant is only available on phones running EMUI 10.1 or later and on the HUAWEI WATCH GT 2 (46 mm), HUAWEI WATCH GT 2e, and HONOR MagicWatch 2 (46 mm). If your phone runs a version of EMUI earlier than EMUI 10.1, the watch screen will display a message asking you to connect your watch to a Huawei phone running EMUI 10.1 or later after you press and hold the Down button.

  · Currently, voice assistant is only available for the following three apps: Alipay, Alarm (creating an alarm), and Workout.

  · The HUAWEI WATCH GT 2e does not support making calls.

More guidance

Wearing the watch

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

- ⓘ · Your watch uses non-toxic materials that have passed strict skin allergy tests. Please rest reassured when wearing wear it. If you experience skin discomfort when wearing the watch, take it off and consult a doctor.

  - Wear your watch correctly for greater comfort.

  - Clean the strap in a timely manner after an intense workout to prevent the bacteria from growing. After you have washed the strap, place it in a well-ventilated area to dry. Try not wearing the strap while it is wet.

  - Leather straps are not water resistant. Keep the strap dry and wipe off any sweat or other liquids in a timely manner. For braided straps, wash them once every one to two weeks. You can use some laundry detergent to remove any odor.

  - You can wear your watch on either wrist.

Adjusting and Replacing the watch strap

Adjusting the strap

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

If the strap is made of metallic materials, adjust it by performing the following:
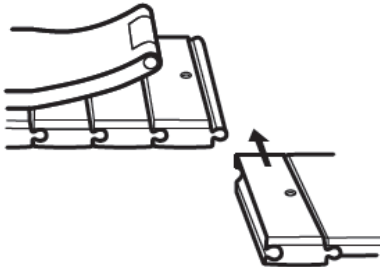
Adjusting metal link straps

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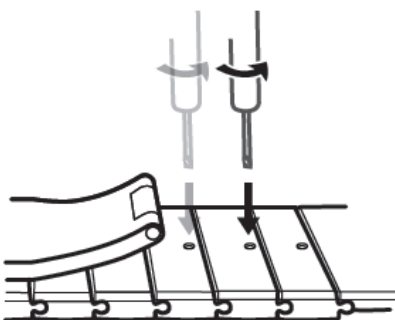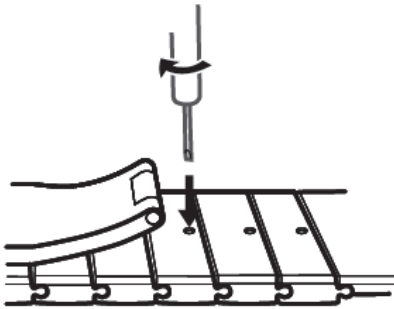

2. Remove a link from both sides of the clasp to make sure the watch face is still centered.
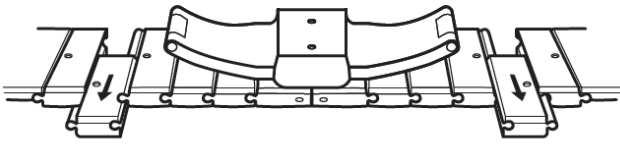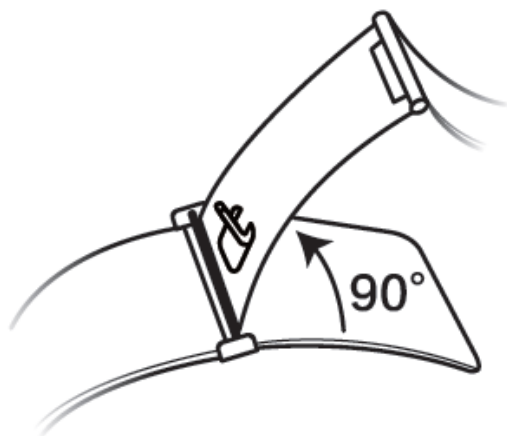
3. Re-assemble the strap.

4. Put the screws back in.

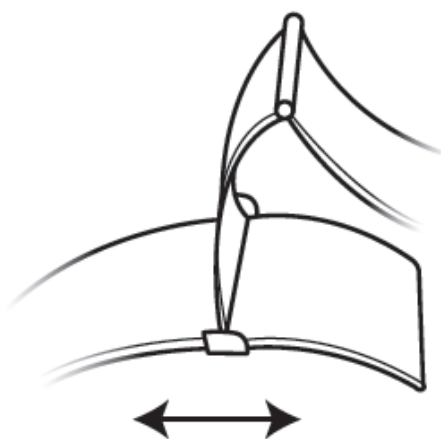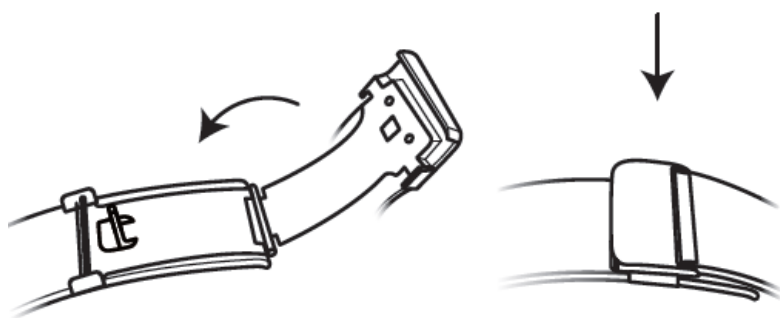**Adjusting metal mesh straps**

1. Undo the clasp.

2. Pull the bottom plate upward so it is at a 90° angle with the strap.
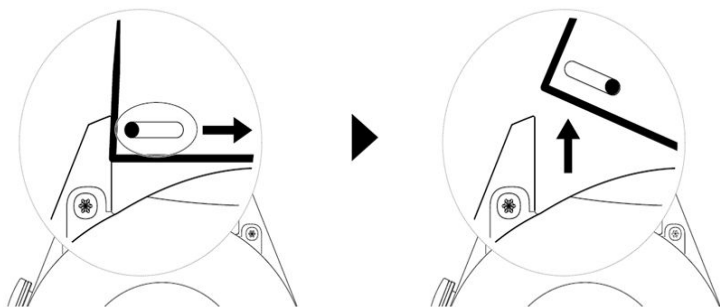
3. Slide the clasp to adjust the length.

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

Removing and installing the strap

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

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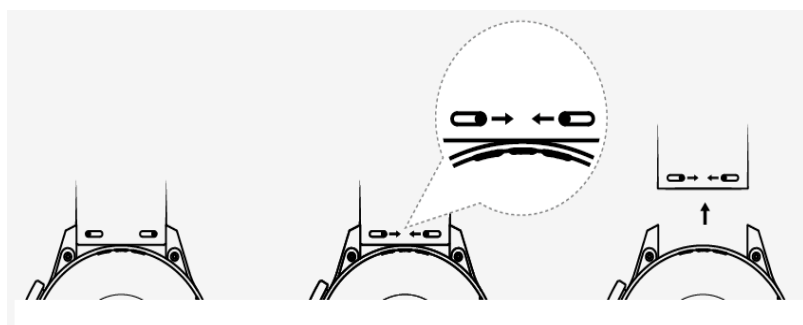
Setting Gallery watch faces

- • Only available on Android phones. If you are using iOS, unpair the device, then pair it with an Android phone and follow the instructions to transfer photos. The photos will be saved and you can unpair the device and pair it with your iOS phone again

  - • This feature requires that the Health app by updated to version 10.0.0.633 or above and the watch updated to 1.0.1.16 or above.

  - • You may not be able to set Gallery Watch faces in certain countries and regions.

1 Open the Huawei Health app, touch **Devices**, go to **Watch faces > More > Mine**, and touch **Galler**y.

2 Touch **+** and choose to either upload an image from your phone's Gallery or take a new photo. Then select your desired image and touch **Save**.

3 On the **Gallery** screen in the Huawei Health app, touch **Style** to customize the font and color of the displayed time and date.

4 Touch **Layout** to adjust the position of the displayed time and date.

  - • Only still images can be used as watch faces. There are no restrictions on the file format

  - • A maximum of 20 images can be transferred at one. If you transfer multiple images an image will be selected randomly and displayed each time the screen wakes up. You can switch between the images by tapping the screen when it's on.

Animated watch faces

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

Standby watch face

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

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

- 🛈 • Only the preinstalled standby watch faces can be set.

    - The number and style of preinstalled standby watch faces vary depending on the device model.

    - When the watch detects that the user is not wearing the watch or is sleeping, the standby watch face screen will turn off.

    - When the watch enters standby mode, touch the standby watch face to enter the home screen.

    - The standby watch face only displays basic data such as the time or date.

    - Enabling the standby watch face feature will drain the battery life by half and disable the Raise wrist to wake screen feature.

    - The feature name will vary depending on the device version.

OneHop

- 🛈 • This feature is only available on Huawei or Honor phones running EMUI 10.1. You cannot use Watch faces with iOS phones. To use Gallery on iOS phones, pair your watch with an Android phone and follow the aforementioned method to transfer images.

    - To use this feature, update the Huawei Health app to version 10.0.0.651 or later.

    - OneHop is only available on the HUAWEI WATCH GT 2 (46 mm) version 1.0.2.28 or later and HUAWEI WATCH GT 2 Pro.

1 Connect your watch to the phone using the Huawei Health app, press the Up button on your watch to enter the app list, go to **Settings > OneHop** and touch **Enable**. The watch will then prompt you when the feature is enabling and when it is enabled.

2   Enable NFC on your phone and select up to five images. Then hold your watch against the back of your phone to create and transfer your images.

3   Open the Huawei Health app, touch **Devices**, touch your device name, touch **More** beside **Watch faces**, and go to **Mine > Gallery**. Transferred images will be displayed in Gallery. Customize the style and layout of the images based on your preferences.

> ⓘ · If more than one image is transferred, your watch will randomly display a transferred image as the watch face each time the screen is on. You can also randomly switch between watch faces by touching the watch screen.
>
> · You cannot use OneHop to transfer images saved on the cloud. To transfer these images, download these images then use OneHop to transfer.
>
> · When you use OneHop to transfer images again, the previously transferred image will be deleted, and only images transferred this time will be displayed in Gallery.
>
> · After you have enabled OneHop on your watch, you cannot reset this operation. Restoring your watch to its factory settings will not disable OneHop.

Installing, replacing, and deleting watch faces

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

1   Open the Huawei Health app and touch your watch name. Go to **Watch faces** > **More** and see all the watch faces that are supported on your watch.

2   Select your desired watch face and touch **Install**. After the watch face is installed, your watch will automatically display the new watch face.

3   Choose an installed watch face, touch **SET AS DEFAULT**, and your watch will switch to the new one.

Deleting a watch face:

1. Open **Huawei Health**.

2. Tap **Devices** and your band name.

3. Tap **More** on the right of **Watch faces**, and then tap **Mine** > **Edit**.

4. Tap ⊗ > **CONFIRM** to delete the watch face you want to delete.

5. Tap ∨ to save your settings.

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

Setting favorite contacts

1 Open the Huawei Health app and touch **Devices**. Touch your device name to access the watch settings screen. Touch **Favorite contacts**.

2 Then perform the following:

- Touch **ADD** and your phone contacts list will appear. Then select the contacts you wish to add.

- Touch **Sequence** to sort the contacts you have added.

- Touch **Remove** to remove a contact you have added.

3 From the home screen press the Up button, swipe until you find **Contacts** to call your favorite contacts from your watch.

 ⓘ **1** A maximum of 10 favorite contacts can be added to your watch.

2 Make sure your watch and phone are connected before making a call from you watch.

3 To adjust the volume during the call, touch the speaker icon on the screen or press the Up button or Down button.

4 A maximum of 30 call records can be saved.

5 Bluetooth calling is only supported with the HUAWEI WATCH GT 2 (46 mm) and the HUAWEI WATCH GT 2 Pro.

Setting the time zone and language

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

 ⓘ **1** If the language and region information on your phone are supported on the watch, the language on your watch will be the same as the language displayed on your phone.

2 If the language on your phone is supported on the watch while the region is not, the watch will display the same language as that displayed on your phone. For example, if the language displayed on your phone is Brazilian Portuguese, the watch will display European Portuguese instead.

3 If the language on your phone is not supported on the watch, the watch will display English by default.

4 If your phone has a 12-hour time format, the time displayed on the watch will not distinguish whether it is in the morning or afternoon.

Adjusting the ringtone

ⓘ · This feature is only available on the HUAWEI WATCH GT 2 (46 mm) version 1.0.2.28 or later and the HUAWEI WATCH GT 2 Pro.

· To use this feature, update the Huawei Health app to version 10.0.0.651 or later.

1 From the home screen of the watch press the Up button, swipe on the screen and go to **Settings** > **Sounds** > **Volume**, then slide to adjust ringtone volume.

2 If you have enabled Silent mode, your watch will only vibrate to inform you of incoming calls and messages. Otherwise, your watch will ring and vibrate when receiving new calls or messages.

ⓘ The ringtone on your watch for incoming calls, alarms and notifications is the default sound and cannot be customized.

Customizing the Down button

1 From the home screen press the Up button and go to **Settings > Down button**.

2 Touch an app from the list. This app will be opened when you press the Down button.

ⓘ By default, pressing the Down button will open the Workout app.

Adding favorites

1 On your band, press the button to enter the app list, go to **Settings** > **Display** > **Favorites**, select your favorite apps such as Sleep, Stress, Heart rate, Music, Weather, and Activity records.

2 Then, swipe left or right on the home screen of the band to check view your favorites.

ⓘ

Adjusting screen brightness

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

Updating your band

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

Method 2:

- For Android users: Open the Huawei Health app, touch **Devices** and your device name, then select **Firmware update**. Touch ⚙ in the upper right corner and enable **Auto-update device over Wi-Fi**.

- For iOS users: Open the Huawei Health app, go to **Me** > **Settings**, and enable **Auto-download update packages over Wi-Fi**.

ℹ️
- Once **Auto-update device over Wi-Fi** or **Auto-download update packages over Wi-Fi** is enabled, your band will receive an update package from the phone and send you a notification about the update. Follow the onscreen instructions to update your band.

    - During an update, Bluetooth on your band will automatically disconnect, and reconnect once the update is complete.

    - Do not charge your band during the update.

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

Viewing the Bluetooth name:

- On your watch, go to **Settings > About**. The name displayed under **Device name** is the device's Bluetooth name.

- Alternatively, open the Huawei Health app and enter the device settings screen. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

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

Viewing the Serial Number (SN):

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

Model:

- On your watch, go to **Settings > About** , the model name is displayed under **Model**.

- The laser-engraved characters after the word "MODEL" on the back of the watch is the model name.

Viewing the version:

- On your watch, go to **Settings** > **About** to view your watch's version.

- Open the Huawei Health app, go to the device settings screen, then touch **Firmware update** to check the version of your watch.

Restoring the watch to its factory settings

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

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

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

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