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Getting Started

Buttons and gestures

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

Up button

Operation	Function	Remarks
Press	<ul style="list-style-type: none">• Wake watch screen when the screen is off.• Access the app list screen from the home screen.• Return to the home screen.	-
Press and hold	<ul style="list-style-type: none">• Power on the 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 set customized feature.	There are certain exceptions such as for calls and workouts.
Press and hold	Wake up the voice assistant.	Voice assistant is only available with phones that runs EMUI 10.1 or later.

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 watch feature cards.

Operation	Function
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** for the screen to stay on for five minutes.
-  HarmonyOS/Android users can enable or disable **Show Time** on the **Device settings** screen of the Health app.
- iOS users can enable or disable **Show Time** on the device details screen of the Health app.



Turn off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the watch face screen.
- Perform no operations for a period of time after you wake the screen by pressing the button or raising your wrist.
-  Press the Up button to access the app list screen and go to **Settings > Display > Advanced** to adjust the duration it takes for the screen of the watch to turn off. You can't turn off the screen by covering the standby watch face screen with your palm.


Pairing and connection




The watch is ready to be paired via Bluetooth by default after it is powered on for the first time. Enable Bluetooth on your phone/tablet before pairing. Download and install the latest version of the Health app.

HarmonyOS/Android users

- 1 Open the Health app and go to **Devices > ADD**. The app will then automatically search for the devices that it can connect to. Touch **LINK** next to the target device and follow the onscreen instructions to finish pairing.
 -  If the target device is not in the list of devices that can be connected to automatically, touch **ADD**, select the target device, touch **PAIR**, and follow the onscreen instructions to finish pairing.
- 2 When a pairing request is displayed on the watch screen, touch  to start pairing. Confirm the pairing on your phone/tablet as well.

iOS users

- 1 Open the Health app, go to **Devices >  > ADD**, and select your watch's name from the device list.

- 2 For some watch models, you need to pair your watch with the phone via Bluetooth. Follow the onscreen instructions to select your watch from the Bluetooth settings screen on your phone. When a pairing request is displayed on your watch, touch , and confirm the pairing on your phone.
- 3 Open the Health app and touch **PAIR**. The app will then automatically search for the devices that it can connect to. Select the target device and follow the onscreen instructions to finish pairing.
 -  If your watch does not respond after you touch  to confirm the pairing request, press and hold the Down button 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 return to the home screen and receive information (such as the date and time). If the pairing failed, your watch screen will display an icon to inform you that pairing failed. It will then return to the startup screen.

Powering on, powering off, and restarting the watch

Powering on

- Press and hold the Up button.
- Charge the device.

Powering off

- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings > System > Power off**.
- If the battery level is critically low, the watch will vibrate and then automatically power off.
- If the watch is not charged promptly after the standby time expires, it will automatically power off.

Restarting

- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings > System > Restart**.


Force restarting

Press and hold the Up button for at least 16 seconds.

Charging

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.
-  You are advised to use a Huawei power adapter, a USB port of a computer, 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.
 - The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

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

Method 3: View the battery level on a watch face that displays the battery level.

Method 4: Check the battery level on the device details screen in the Health app.


Exercise

Starting a workout

Starting a workout on your watch

- 1 Enter the app list of your watch and touch **Workout**.
- 2 Select the workout you want to do or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 Touch the Start icon to start a workout session. (Ensure that GPS positioning is working before you start an outdoor workout.)
- 4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.

Starting a workout in the Health app

 This feature is not available in the Health app on tablets.

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

- 1 Open the Health app, touch **Exercise**, choose a workout mode, and 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, speed, and time. Your workout data, such as the workout time, will be displayed in the Health app.

Smart companion

After Smart companion is enabled on your watch, your watch will send you real-time voice guidance during a running session.

- 1 Press the Up button to access the app list and touch **Workout**.
- 2 Touch **Outdoor run** and then the Settings icon to the right of **Smart companion** to enable **Smart companion**.
- 3 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

 After **Smart companion** is enabled, it will be used instead of the Reminders feature.

Viewing workout records

Viewing workout records on the device

- 1 On the device, enter the app list and touch **Workout records**.
- 2 Select a record and view the corresponding details.

Viewing workout records in the Health app

Open the Health app and go to **Health** > **Exercise records** to view detailed workout data.

Workout status

Enter the watch's app list, touch **Workout status**, and swipe up on the screen to view data including your training load and VO2Max.

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The watch collects your training load from workout modes that track your heart rate, such as running, walking, cycling, and climbing.
- VO2Max data can be obtained from outdoor running workouts. The requirements for the watch to obtain the VO2Max change trends are as follows:
 - At least one outdoor running workout is done every week (2.4 km within 20 minutes).
 - VO2Max data is collected at least twice and the interval between the measurements is longer than one week.

Recording daily activities

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

Press the Up button to access the app list, swipe until you find **Activity records**, touch it, and then swipe up or down to view data relating to calories, distance, climbing stairs, steps, duration of moderate to high intensity activities, and other activities.

Auto-detecting workouts

The device can automatically identify your workout status.

Go to **Settings** > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

Currently, the following workout modes are supported: indoor walk, outdoor walk, indoor run, outdoor run, elliptical trainer activity, and rowing machine activity.

Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you took and provide you with navigation services. After reaching your destination, you can use this feature to find out how to return to where you passed through or came from.

On your watch, enter the app list, then swipe until you find **Workout** and touch it. Start an individual outdoor workout session. Swipe left on the screen and select **Route back** or **Straight line** to return to the starting point. If there is no **Route back** or **Straight line** on the screen, touch the screen to display it.

Health

ECG


Conditions


- This feature is only supported when a HUAWEI WATCH GT 2 Pro ECG or HUAWEI WATCH GT 2 Pro ECG gold card edition is connected to one of the following phones/tablets:
Phones: HarmonyOS 2/Android 6.0 or later
Tablets: HarmonyOS 2 or later
- When using this feature for the first time, download the latest version of the Health app from HUAWEI AppGallery and install it or update the Health app to the latest version.
- When using this feature for the first time, open the **Health** app, touch the **Heart** card on the **Health** screen, and enable **ECG** for your watch.

Target users

- Users under the age of 18 are not advised to use this feature.
- Users with pacemakers or other implanted devices are not advised to use this feature. (Pacemakers and other implantable devices are precision medical devices. The ECG waveform of users with such devices is different from that of ordinary users. Currently, Huawei ECG-capable watches can't provide ECG record and interpretation services for users with such devices. If you are using such devices, we recommend that you consult your doctor to check whether the ECG-capable watch is suitable for you.)

Starting a measurement

- 1 Keep your arm still and wear your watch correctly.
- 2 Press the Up button of the watch, swipe until you find **ECG**, and touch it.
- 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**, open the 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 starting a measurement.
- Ensure that the wearing mode selected on your watch is consistent with the actual wearing mode.
- Being in an environment with a strong electromagnetic field will severely affect the ECG waveform quality. Do not start a measurement when you are close to such an environment.
- 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.
- The ECG-capable watch is a single-lead ECG acquisition device that has obtained national medical equipment certification.

ECG interpretation gold card

The ECG interpretation gold card can be redeemed for a one-year ECG interpretation service package. When the package is valid, you can use the ECG interpretation service provided by professionals at top-tier hospitals.

Update the Health app to version 11.0.7.512 or later and then activate the gold card service in the following way:


Open the Health app, go to **Health > Heart > ECG > ECG interpretation > Redeem**, enter the redemption code on the card, and touch **OK**.


Reading your report


The device allows you to use the ECG interpretation gold card or pay a third party for your ECG report to be read online. The corresponding services, which include ECG interpretation results and health advice, are provided by doctors from the National Telemedicine and Connected Health Center.

TriRing


TriRing 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 on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me > Settings > Goal** in the Health app.


(2)  Duration of moderate to high intensity activity (unit: minutes): The default goal is 30 minutes. Your device will calculate the total duration of your moderate to high intensity activity based on your pace and heart rate intensity.

(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 between 7:00 and 22:00 every day.

Sleep tracking

-  Wear your device correctly. The device will automatically record how long you are asleep and identify whether you are in a deep sleep, light sleep, or awake.
- Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device 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.
- If **HUAWEI TruSleep™** has not been enabled, the device will track your sleep using the normal method. When you wear your device during sleep, it will identify the different sleep stages including the time you fall asleep, wake up, and enter or exit deep/light sleep, and sync the corresponding data to the Health app.
- View your sleep data: Open the Health app and touch the **Sleep** card. You can then view your daily, weekly, monthly, and yearly sleep data.


Measuring blood oxygen levels (SpO2)

-  • To ensure the accuracy of the SpO2 measurement, wear the watch properly and ensure the strap is fastened. Ensure that the monitoring module is in direct contact with your skin without any obstructions.


Single SpO2 measurement

- 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** Touch **Measure**.
- 4** Keep your body still during the SpO2 measurement.


Automatic SpO2 measurement

- 1 Open the Health app, touch **Devices** and then your device name, go to **Health monitoring**, 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 lower limit of your SpO2 for you to receive an alert when you are not asleep.
-  • Swipe right on the watch screen to stop measuring. The measurement will run in the background if there is a notification for an incoming call or alarm.
 - The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Health app, or receive a notification for an incoming call or alarm.
 - Data provided is for reference only and not for medical use. Consult a doctor as soon as possible if you feel uncomfortable.
 - During the SpO2 measurement, the watch will also measure your heart rate.
 - This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Heart rate measurements

-  • 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 monitoring module is in direct contact with your skin without any obstructions.

Individual heart rate measurement

- 1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring > Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.
 - 2 Access the app list and select **Heart rate** to measure your heart rate.
-  This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, open the Health app, go to **Me > Settings > Workout settings > Exercise heart rate settings** 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 minus your age" by default).
- 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 measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout.
 - After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
 - Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

Continuous heart rate monitoring

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your watch can measure your real-time heart rate.

Resting heart rate measurement

Resting heart rate refers to your heart rate measured when you are still, awake, and at rest. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

- If you disable **Continuous heart rate monitoring** after checking your resting heart rate, the resting heart rate displayed in the Health app will remain the same.
- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).

Heart rate limit 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 60 seconds.

Perform the following to set a **heart rate upper limit**:

- For iOS users: Open the Health app, touch **Device** and your device name, go to **Heart rate limit interval and warning** > **Heart rate limit warning**, and set an upper limit.

- For HarmonyOS/Android users: Open the Health app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, touch **Heart rate limit**, and set an upper limit.

Heart rate alerts


High heart rate alert

Touch **Devices** and your device name, go to **Health monitoring > Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a high heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Touch **Devices** and your device name, go to **Health monitoring > Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a low heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

Stress tests

-  The stress test feature is not available on the HUAWEI WATCH GT Series sold outside the Chinese mainland.

Testing your stress levels


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.

- Single stress test:

Open the Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Health app to calibrate your stress level.

- Periodic stress tests:

Open the Health app, touch **Devices** and then your device name, go to **Health monitoring > Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

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

Viewing stress data

- On 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, the stress bar chart, stress levels, and stress intervals.

- In the Health app:
Open the Health app, then touch the **Stress** card to view your latest stress level, daily, weekly, monthly, and yearly stress curves, and corresponding advice.


Breathing exercises

Enter the app list on your device and touch **Breathing exercises**, set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises. After the exercise is finished, the screen will display the training stress, heart rate before the exercise, training duration, and evaluation.

Activity reminder


When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (1 hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.


To disable **Activity reminder**, open the Health app, touch **Devices** then your device name, touch **Health monitoring**, and turn off the switch for **Activity reminder**.

-  The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
- The device will not vibrate if it detects that you are asleep.
- The device will only send reminders between 8:00 and 12:00 and between 14:00 and 22:00.

Menstrual cycle predictions


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

- 1 Open the Huawei Health app, touch **Cycle Calendar**, and grant the corresponding permissions. If you are unable to 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 The device will send you reminders for the start and end of your period and fertile window.

-  This feature is only available in some countries and regions. For more information, please call the official Huawei customer service hotline.
- Touch Records to view and modify the period data. The predicted period is marked in the dotted line.
- The device will remind you about the start of your period before 8:00 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 8:00 AM on that day.

Assistant

Apps

 This feature is only available with the following Huawei phones/tablets:


Phones: HarmonyOS 2/Android 6.0 or later

Tablets: HarmonyOS 2 or later

Installing apps

- 1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.
- 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.


Using apps

- 1 Press the Up button on your watch to enter the app list.
- 2 Swipe up or down, select an app, and follow the onscreen instructions to use it.
 -  Some apps can only be used when the watch is connected to your 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.
 - 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 giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when giving authorization, open the Health app, go to **Me > Settings > Device capabilities**, and select the app that you want to give authorization to again.

Updating apps


- 1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.
- 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 Health app, touch **Devices** and your device name, then touch **Apps**.
- 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**, AppGallery will be disabled. If you want to use this feature again, touch **Apps**, follow the onscreen instructions to complete giving authorization, and enable **Apps**.

Receiving notifications and viewing and deleting messages

After you enable notifications, all messages with notifications that are displayed in the status bar of your phone/tablet will be synced to your watch.

-  When the Health app is connected to your device via Bluetooth, the notifications displayed in the status bar of your phone/tablet will be pushed to your device. The notifications that are not displayed in the status bar will not be pushed to your device.

Enabling message notifications


- Open the Health app, touch **Devices** and then your device name, touch **Notifications**, and turn on the switch.
- Touch **Apps** and turn on the switches for apps that you want to receive notifications from.
 -  Notifications from the following apps can be synced to the watch: Messaging, Email, and Calendar, as well as certain third-party social media apps including Facebook and WhatsApp.

You can go to **Apps** to view the apps that you can receive notifications from.

Viewing unread messages

Your device will vibrate to notify you of new messages pushed from the status bar of your phone/tablet.

Unread messages can be viewed on your device. To view them, swipe up on the home screen to enter the unread message center.

-  A maximum of 10 unread messages can be saved on your watch. If there are more than 10 unread messages, the older messages will be overwritten. Each message will only be displayed on one screen.

If you are using Do not disturb mode, asleep, not wearing your watch, or doing a workout, your watch can receive messages but will not push notifications.

Messages that you have viewed on your phone/tablet will be deleted from your watch at the same time.

Deleting unread messages

Swipe right on a message to delete it or touch **Clear** at the bottom of the list to delete all unread messages.

Answering and rejecting incoming calls

When there is an incoming call, your watch will inform you and display the caller's number or name. You can answer or reject the call.

- 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.

Checking your call logs

Viewing your call logs

Press the Up button on your watch to access the app list, swipe up or down until you find **Call Log**, and touch it to view call logs (including incoming, outgoing, and missed calls) on your watch.

Calling back

When your watch is paired with your , touch any call record to call back.

Deleting call logs


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

Music


Prerequisites


To use this feature, ensure that the watch is connected to your phone.

Adding music



- 1 Open the Health app and touch **Devices** then your device name.
- 2 Go to **Music > Manage music > Add songs** and select the music to be added.
- 3 Click ✓ in the upper right corner of the screen.
 -  This feature is only supported on the following devices:
 Phones: HarmonyOS 2/Android 6.0 or later
 Tablets: HarmonyOS 2 or later
 - You can add unencrypted music files (in MP3 or AAC (LC-AAC) format) downloaded from some music apps to your watch. (You can add approximately 200 to 500 songs to your watch depending on the different sizes of music files.)
 - To check the remaining storage space on your watch, open the Health app and go to **Devices > Music > Manage music**.

Controlling music playback on the watch




- 1 Press the Up button of the watch to access the app list, swipe until you find **Music**, and then touch it.
- 2 Go to  > **Watch**.
- 3 Swipe right on the screen to return to the previous screen, touch the music you have added to your watch using the Health app, and touch the play button to play the music.


- 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.
- Touch  in the lower right corner and touch **Delete song**, **Earphones**, **Watch**, or **Phone** (only available with HarmonyOS/Android phones, with the playback sequence unable to be selected).
- Swipe up on the screen to view the music list. If you swipe left or right on the watch's home screen to access the music playback card, you won't be able to view the music list.

Controlling music playback on the phone

- 1 Open the Health app, touch **Devices** then your device name, touch **Music**, and turn on **Control phone music**.
 - 2 Open the Music app on your phone and play music.
 - 3 Open the **Music** app on your watch and go to  > **Phone**.
 - 4 Swipe right on the screen to return to the previous screen to pause, switch, or adjust the music volume on your phone.
- You can use your watch to control music playback of third-party music apps such as KuGou Music, NetEase Music, Himalaya, and QQMusic on your phone.
 - On the music playback screen of your watch, touch  in the lower right corner and select **Watch** or **Phone**.


Timer

Touch **Timer** in the app list. Touch  to start the countdown, touch  to pause the countdown, touch  to exit the countdown, or swipe right on the screen to exit **Timer**.

- There are 8 available default 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.
- In the lower part of the **Timer** screen, touch **Custom** to set the countdown time. Touch  to start the countdown. You can only use a customized timer once and you will need to reset it when you exit the **Timer** screen and enter it again.

Setting alarms on Huawei watches

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

- 1 Enter the app list, select **Alarm**, and touch  to add an event 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 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 in the Health app.

Smart alarm:

- 1 Open the Health app, touch **Devices** and your device name, and go to **Alarm > SMART ALARM**.
- 2 Set the alarm time, smart wakeup time, and repeat cycle.
- 3 If you are an Android user, touch ✓ in the upper right corner. If you are an iOS user, 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 Touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

- 1 Open the Health app, touch **Devices** and 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 an Android user, touch ✓ in the upper right corner. If you are an iOS user, 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 Touch an alarm to delete it or modify the alarm time and repeat cycle.

- Event alarms set on your watch and the Health app are synced. You can set a maximum of five event alarms. By default, there is only one smart alarm. You can't 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.
- The smart alarm will only wake you up in advance based on the preset time when you are not in deep sleep.
- If you do not set the repeat cycle for an alarm, the alarm will be a one-time alarm.
- The alarms on the wearable device will also go off on holidays.
- 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.
- Alarms set on your phone will be automatically synced to your watch when they are connected, and the syncing process cannot be cancelled.

Flashlight

On the device, enter the app list and touch **Flashlight**. The screen will light up. Touch the screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right on the screen or press the side button to close the Flashlight app.

Barometer

Barometer on the watch automatically measures the altitude and air pressure of the current location and records the measurement data of the current day in a waveform graph.


Viewing the altitude and air pressure

- 1 Press the Up button on the watch to open the app list and then touch **Barometer**.
- 2 Swipe up or down on the screen to view the altitude and air pressure.

Compass

The Compass app displays the direction, longitude, and latitude of your watch, helping you get your bearings in unfamiliar environments such as when you are outdoors or traveling.

Touch **Compass** in the app list and follow the onscreen instructions to calibrate your watch. After the calibration is complete, your watch will display a compass dial.

-  During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers. Otherwise, the calibration accuracy may be affected.

Receiving weather reports

Enabling weather reports

Open the Health app, touch **Devices** and your device name, enable **Weather report**, and select a unit of temperature (°C or °F).

Viewing weather reports

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

Method 1: In the Weather card

Swipe right on the screen until you find the Weather card, then you can check your location, the latest weather, temperature, and air quality.

Method 2: On a watch face

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 3: In the Weather app


Press the Up button when on the home screen of your watch, swipe until you find **Weather**, touch it, and then you can check your location, the latest weather information, temperature, and air quality. Swipe up or down on the screen to view the weather information for the week.

Using the watch to find your phone


Swipe down on the watch face screen to enter the shortcut menu and touch **Find phone**. The Find phone animation will then be played on the screen.


If your watch and phone are within the Bluetooth connection range, the phone/tablet will play a ringtone (even in Vibrate or Silent mode) to notify you of its whereabouts.


Touch your watch screen or unlock your phone/tablet screen to stop finding your phone/tablet.

-  This feature will only work when your phone and watch are connected. If you are using an iOS phone and its screen is turned off, the iOS controls the playback of the system ringtone. As a result, the phone may not respond when the user is using the **Find phone** feature.



Remote shutter

After the watch is connected to your phone, touch **Remote shutter** in the app list on your watch to enable the camera on your phone. Touch  on the watch screen to take a photo.


Touch  to switch between a 2-second and 5-second timer.


-  Remote shutter is only available in the watch's app list when your watch is paired with the following phones/tablets:
 - Phones: HarmonyOS 2/EMUI 10.1 or later
 - Tablets: HarmonyOS 2 or later
- To use this feature, ensure that your watch is connected to your phone and that the Health app is running in the background.

Connecting Bluetooth earbuds

- Method 1:
 - 1 Press the Up button on your watch to access the app list and go to **Settings > Earbuds** or **Settings > Bluetooth**.
 - 2 Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.
- Method 2:
 - 1 Press the Up button on your watch to access the app list, touch **Music** then  or  in the lower right corner of the music playback screen, and touch **Earbuds**.
 - 2 Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.

Do Not Disturb

Swipe down on the device's home screen and touch  to enable **Do Not Disturb**. Alternatively, enter the app list, go to **Settings > Do Not Disturb**, and schedule a period for this mode.

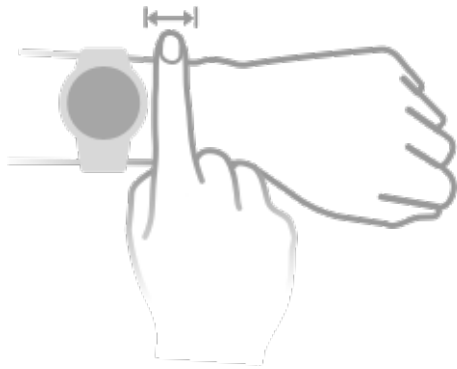
-  After Do Not Disturb is enabled:
 - The device will not vibrate to notify you of incoming calls or notifications, and the Raise to wake feature will be disabled.
 - The alarm will vibrate and ring as normal.

More

Wearing the watch

Ensure that the rear cover of the watch is clean, dry, and free of foreign objects. Attach the monitoring area of the watch to your wrist and make sure it feels comfortable. Do not attach a protective film to the rear of the watch. The rear cover of the watch has sensors that can identify signals from the human body and ECG signals (only for ECG-capable watches). If the sensors are blocked, the identification will be inaccurate or fail and the watch won't be able to accurately record the heart rate, ECG (only for ECG-capable watches), SpO2, and sleep data.

To ensure the accuracy of measurements, avoid wearing the strap more than one finger width away from your wrist bone. Ensure that the strap is worn relatively tightly and ensure it is secure during workouts.



- i** The device is made of materials that are safe to use. If you experience skin discomfort when wearing the device, take it off and consult a doctor.

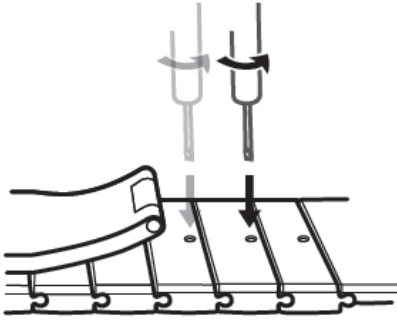
Adjusting and replacing the strap

Adjusting the strap

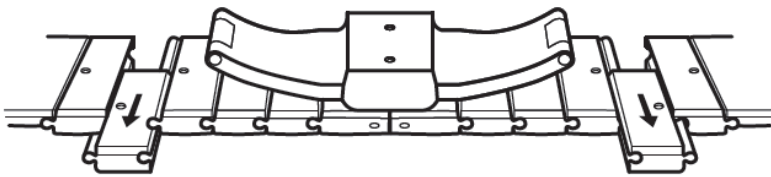
For watches with non-metallic straps and T-shaped buckles, you can adjust the strap to a comfortable fit depending on the circumference of your wrist.

Single-bead metal strap

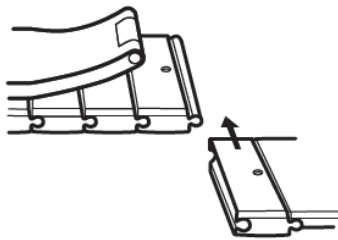
1. Use the screwdriver delivered with your watch to remove the screws from the strap.



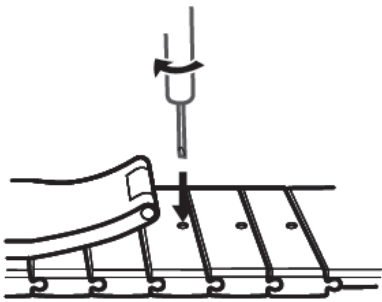
2. Remove the metal screws from both sides.



3. Re-assemble the strap.



4. Tighten the screws.

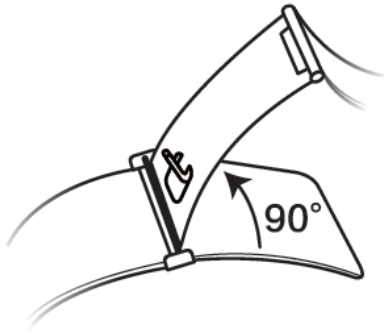


Adjusting metal mesh straps

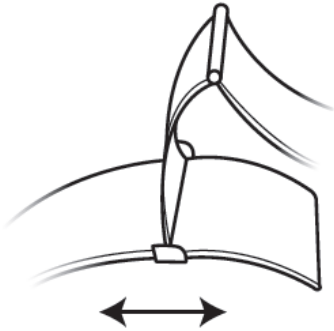
1. Open the clasp.



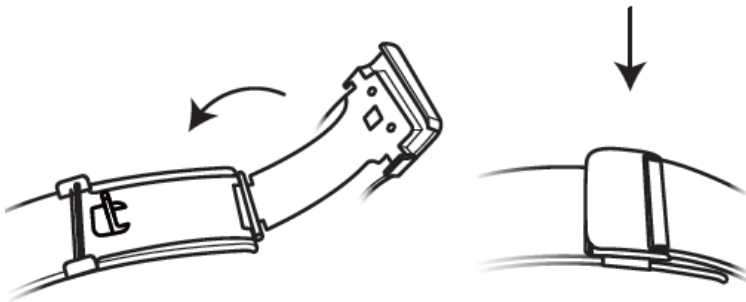
2. Pull the bottom plate upward so it is at a 90° angle to the strap.



3. Slide the clasp to adjust the length.

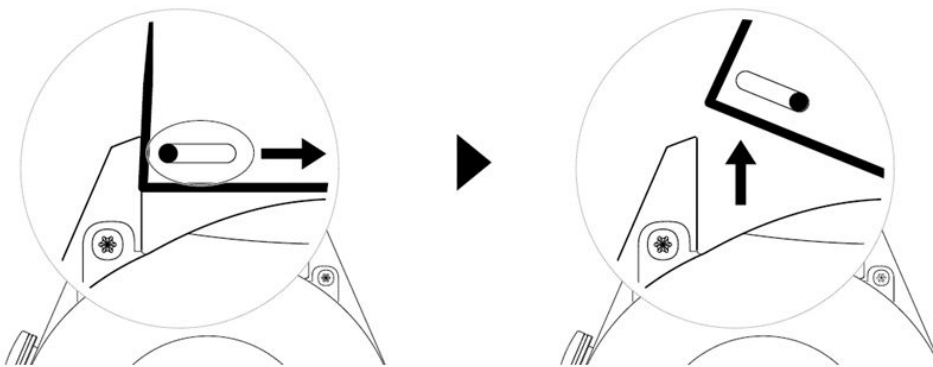


4. Align the plate with the grooves and clamp it back down. Finish by fastening the clasp.

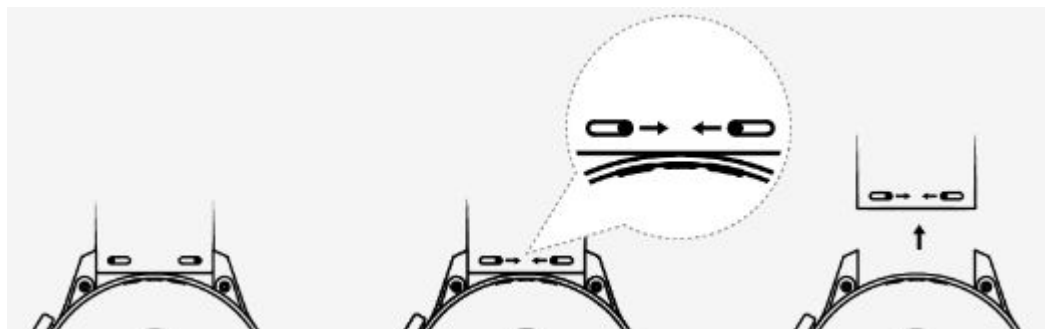


Replacing the strap

- If you are using a non-metal strap, perform the following steps to remove it and install the new strap in a reverse order.



- If you are using a metal strap, perform the following steps to remove it and install the new strap in a reverse order.



- **i** The leather strap is not waterproof. Please keep it dry and clean up your sweat and other liquids in a timely manner.

Configuring Gallery watch faces

- **i** Before using this feature, update the Health app and your device to the latest versions.

Choosing Gallery watch faces

- 1 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Me** > **On watch** > **Gallery** to access the Gallery settings screen.
- 2 Touch **+** and select either **Camera** or **Gallery** as the method for uploading a photo.
- 3 Select a photo or take a new photo, touch **✓** in the upper right corner, and touch **Save**. Your watch will then display the customized photo as the watch face.

Other settings

On the Gallery settings screen:

- Touch **Style** and **Position** to set the font, color, and position of the date and time displayed on Gallery watch faces.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.


Animated watch faces

Open the Health app, touch **Devices** and then your device name, go to **Watch faces** > **More** > **Recommended**, select the animated watch faces, and install them.

- **i** Using an animated watch face will result in higher power consumption. To extend the battery life of your watch, use a static watch face.

Setting AODs

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

- 1 On the home screen of the device, touch the side button, go to **Settings > Display > Always on display**, swipe left or right on the screen to preview the watch face, and then touch  or the selected watch face to complete the settings.
- 2 If the screen-off time has not been set for the device: When no operations are performed on the screen, the AOD watch face will be displayed five seconds after **Always on display** is configured. When you perform an operation on the screen, the AOD watch face will be displayed 15 seconds after the operation is complete.
If the screen-off time has been set for the device, the time on the AOD watch face is displayed once the screen-off time takes effect.
- 3 When the device enters standby mode, touch the AOD watch face to enter the home screen.

OneHop for watch faces

-  Before using this feature, update the Health app to the latest version and ensure that the wearable device is connected to your phone/tablet.
 - This feature is only available with a Huawei phone that supports NFC and is running EMUI 10.0 or later.
 - Once OneHop is enabled on the device, you won't be able to disable it. Even if the device has been restored to its factory settings, this feature will still be enabled.
- 1 Access the app list on your device then go to **Settings > OneHop > Enable**. A message will be displayed indicating that the feature is being enabled. After the activation is complete, a message will be displayed indicating that the feature has been enabled.
 - 2 Enable NFC on your phone, take photos, and preview them or open **Gallery** on your phone to select one or multiple images you want to transfer. Place the NFC area on the rear of your phone against the watch face. **Loading...** will be displayed, indicating that images are being cropped or transferred. The selected images will then be displayed on the watch face in sequence.
 - 3 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces > More > Mine > Gallery**. You will see the transferred images in Gallery. Customize the style and layout of the images based on your preferences.

Setting dual time zones on watch faces

Touch and hold the home screen to switch between watch face designs. Some designs will have a settings icon beneath them. Touch the icon and swipe until you find dual time zone display and touch it.


Installing, changing, and deleting a watch face


- Update your watch and the Health app to their latest versions first.
 - You may be unable to use this feature in certain countries and regions. For more information, contact the local Huawei hotline.

Installing or changing a watch face

- On your watch:
 - Touch and hold the home screen of your watch to enter the watch face selection screen.
 - Press the Up button when on the home screen of your watch, go to **Settings > Display > Watch face**, and swipe left or right to choose a watch face.
- In the app:
 - 1 Open the Health app, touch **Devices** and then the device name, and go to **Watch faces > More** to view a variety of watch faces.
 - 2 Touch a watch face you like.
 - a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.
 - b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.

Deleting a watch face

Open the Health app, go to **Watch faces > Me**, select a downloaded watch face, and touch  to delete it. The watch face will also be deleted from your watch. If a purchased watch face is deleted from the app, you only need to reinstall it when you want to use it and do not need to purchase it again.

- Some watch faces can be customized. Touch and hold the home screen, swipe left or right on the screen, and touch  below the watch face to customize the watch face.
 - Some watch faces need to be paid for to be installed. Follow the onscreen instructions to pay for them before you can install and use them. During payment, enable the **Huawei Mobile Services** access permission as prompted. Once you have paid for these watch faces, they can't be refunded. If you can't find a watch face in the Watch Face Store that you have already purchased, call the customer service hotline to apply for a refund.

Setting favorite contacts

- 1 Open the Health app, touch **Devices** and your device name, then select **Favorite contacts**.
- 2 On the **Favorite contacts** screen:

- Touch **ADD** to display your phone/tablet's contacts list and 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 Touch a favorite contact from **Favorite contacts** in your watch's app list to call the contact's number on your watch.

Setting time and language

After you have synced data between your device and phone/tablet, the system language will be synced to your device as well.

If you change the language and region or change the time on your phone/tablet, the changes will automatically sync to the device as long as it is connected to your phone/tablet via Bluetooth.

Setting the ringtone volume

1. From the home screen press the Up button to access the app list, go to **Settings** > **Sound** > **Volume**, and swipe to adjust the 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.

Customizing the function of the Down button

- 1** Press the Up button to open the app list and then go to **Settings** > **Down button**.
- 2** Select an app and customize the function of the Down button.
After you have finished customizing the function, return to the home screen and press the Down button to open the current app. If the function has not been customized, the **Workout** app will be opened by default.

Adding favorites

- 1** On the device, go to **Settings** > **Display** > **Favorites** and select your favorite apps, such as **Sleep**, **Stress**, and **Heart rate**.
- 2** Touch the up icon next to an app that you have added to move the app to another position. Touch the delete icon to delete the app.
- 3** Swipe left or right on the home screen to open the apps added to your favorites.


Adjusting the 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, but screen brightness is automatically adjusted based on your environment. Level 5 is the brightest setting and Level 1 is the dimmest setting.

Updating the watch

For Android users: Connect the watch to your phone using the Health app, enter the device details screen on the watch, go to **Firmware update > Check for updates**, and follow the onscreen instructions to finish updating.

For iOS users: Connect the watch to your phone using the Health app, enter the device details screen on the watch, touch **Firmware update**, and follow the onscreen instructions to finish updating.

-  Once **Auto-update device over Wi-Fi** or **Auto-download update packages over Wi-Fi** is enabled, your device will receive an update package from the phone and send you a notification about the update. Follow the onscreen instructions to update your device.
- During an update, the Bluetooth connection between your watch and phone will disconnect. Please wait patiently until the update is complete.
- You are advised to ensure that the battery level of your device is greater than 20% before an update.

Viewing the Bluetooth name, MAC address, serial number, model, and version number

Viewing the Bluetooth name:

- On your device, go to **Settings > About** to view the name of your device under **Device name**.
- Alternatively, open the Health app, then touch **Devices** and your device name. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

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

Viewing the Serial Number:

On your device, go to **Settings > About** to view the serial number of your device.

Viewing the model:

- On your device, go to **Settings > About** to view the model of your device.

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


Viewing the version information:

- On your device, go to **Settings** > **About** to view the version of your device.
- Open the Health app, touch **Devices** then your device name, and touch **Firmware update** to view the version number of your device.

Restoring the device to its factory settings

Method 1: Go to **Settings** > **System** > **Reset** on your watch.

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

-  To restore your watch to its factory settings, swipe on the watch screen and select **Reset** when pairing for the first time or swipe on the watch's home screen and go to **Settings** > **System** > **Reset**.
- Personal data will be cleared from your device after you restore the device to its factory settings. Exercise caution when performing this operation.