HUAWEI WATCH D

USER GUIDE

HUAWEI

Contents

Getting Started

Buttons and screen control

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 once	· 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	· 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 once	The Blood pressure app is enabled by default. 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 supported in some countries/regions.

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.
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 Huawei Health app.

    - iOS users can enable or disable **Show Time** on the device details screen of the Huawei 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 watch screen to turn off.
    You cannot turn off the screen by covering the standby watch face screen with your palm.

Pairing and connecting to wearable devices

Ensure that your phone meets all the following requirements:

- Download and install the latest version of the Huawei Health app.

- Bluetooth and location services are enabled on your phone, and the Huawei Health app is authorized to access your phone's location.

  - When you power on your device for the first time or pair it after a factory reset, you will be prompted to select a language before pairing.

Installing the Huawei Health app

Before pairing, download and install the Huawei Health app on your phone. If you have installed the Huawei Health app, update it to the latest version.

- **HUAWEI phones**

  The Huawei Health app is installed on your phone by default. If you are unable to find this app on your phone, you can download and install it from AppGallery.

- **Non-HUAWEI Android phones**

  If you are using a non-HUAWEI Android phone, you can download and install the Huawei Health app through either of the following ways:

  - Visit Download the Huawei Health app, or scan the following QR code to download and install the Huawei Health app.

- Search for the **Huawei Health** app in the app store on your phone, and follow the onscreen instructions to download and install the app.

- **iPhones**

  Search for the **HUAWEI Health** app in the App Store, and follow the onscreen instructions to download and install the app.

Pairing and connecting to wearable devices

ⓘ To protect your privacy, your watch will need to be restored to its factory settings in certain scenarios (subject to the onscreen instructions) when it connects to a new phone. Restoring the watch to its factory settings will clear all data from the device. Please exercise caution when performing this operation.

- **HUAWEI/Non-HUAWEI Android phones**

  1 After the device is powered on, select a **language**. Bluetooth is ready for pairing by default.

  2 Place the device close to your phone, open the Huawei Health app on your phone, touch ⋮ in the upper right corner, and then touch **ADD**. Your phone will automatically scan for available devices. Select the device you wish to pair with, and touch **LINK**.

  3 When a pairing request is displayed on the device screen, touch √, and follow the onscreen instructions to complete the pairing.

- **iPhones**

  1 After the device is powered on, select a **language**. Bluetooth is ready for pairing by default.

  2 Follow the onscreen instructions to go to **Settings > Bluetooth** and select your device for pairing. Once a pairing request is displayed on the device screen, touch √.

  3 You can place your device close to your phone, open the Huawei Health app on your phone, touch ⋮ in the upper right corner, touch **ADD**, and then follow the onscreen instructions to select your device from the pop-up window.

  Or you can open the Huawei Health app on your phone, touch ⋮ in the upper right corner, and then touch **SCAN** to scan the QR code on your device. On your phone, follow the onscreen instructions and touch **Yes** > **Next**.

  4 When a pop-up window on your phone requests a Bluetooth pairing via the Huawei Health app, touch **Pair**. Another pop-up window will display, asking you whether to allow the device to display phone notifications. Touch **Allow**.

5 Wait for several seconds until the Huawei Health app displays a message indicating that the pairing is successful. Touch **Done** to complete the pairing.

Measure the wrist circumference and select a strap and airbag

Measuring your wrist's circumference and selecting a suitable strap

1 At a position on your wrist that is about the width of two fingers away from the bottom of your palm, put the end of the ruler that comes with the watch through the buckle on the head.

2 Pull the ruler until it touches your arm, but don't pull it too tightly. Record the position indicated by the arrow.
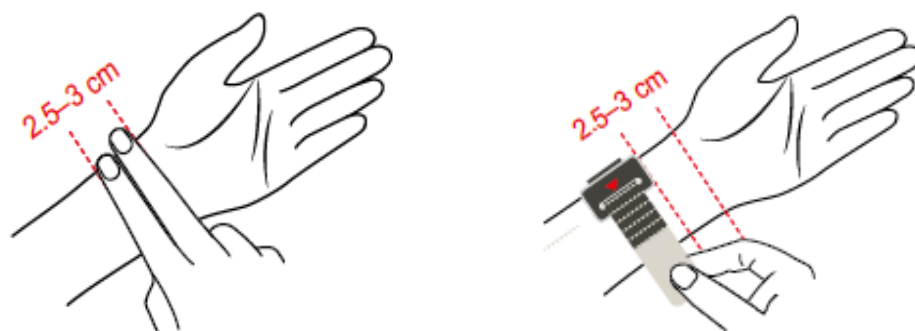
3 Select the strap and airbag based on the scale value.

Replacing the strap and airbag with ones in suitable sizes

1 Open the strap nail buckle and the upper and lower buckles of the airbag.

2 Press the cover button and pull up the airbag to separate the airbag cover from the body of the watch.

3 Push the lever inwards and pull the strap outwards.

4 Align one side of the strap to be installed with the watch body, push the lever inwards, and fasten it.
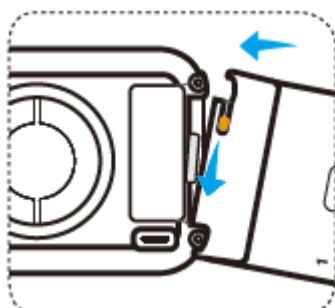
5 Align the airbag with the air nozzle and press the airbag cover.

6 Align the end of the strap with the buckle and insert the strap into the buckle.

7 After adjusting the tightness, fasten the airbag buckle.

Adjust the strap based on your wrist's circumference.

1 Open the watch buckle and airbag buckle.
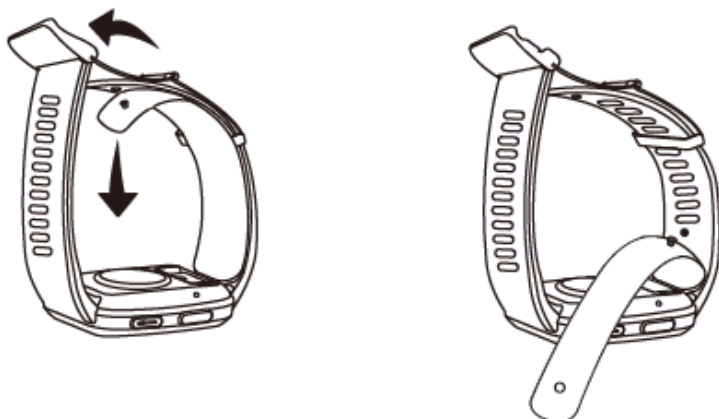
2 Select the size of the strap based on the measurement, and then fasten the nail buckle.
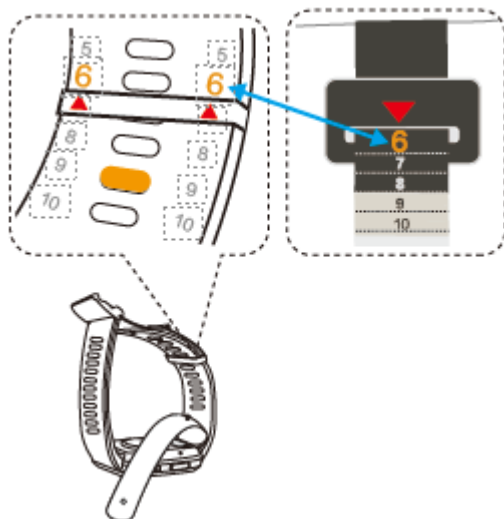
3 Fasten the airbag buckle to finish adjusting the strap.

Wearing the watch

To ensure the accuracy of the measurement, place the watch body in the middle of the back of your wrist. The edge of the watch's body should be below the root of the ulnar styloid process, and should not press the root of the ulnar styloid process or be too far away from it. The center of the watch's face should be on your wrist about two fingers width away from the palm.

Do not attach a protector to the back of your watch. Your watch's bottom cover contains a sensor that can identify your body. If the sensor is blocked, the identification may fail or be inaccurate, affecting heart rate, ECG, blood oxygen, and sleep data measurements.
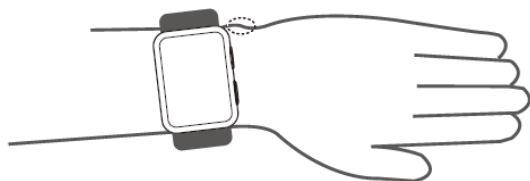
Setting the time and language

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, region, or 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 AOD watch face

After the Always on display (AOD) feature is enabled, the current watch face will be displayed when you raise your wrist if the main watch face doesn't come with a built-in AOD watch face.

Setting AOD

1 In the app list, go to **Settings > Watch face** or **Settings > Watch face & home**, and enable **AOD**.

2 Go to **AOD style** > **Default style** and select your preferred style. The style will then be displayed when the main watch face doesn't come with a built-in AOD watch face and you raise your wrist.

Configuring Gallery watch faces

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

Selecting Gallery watch faces

1. Open the Huawei Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Mine** > **On watch** > **Gallery** to access the Gallery settings screen.

2. Touch **+** and select either **Camera** or **Gallery** as the method for uploading an image.

3. Touch √ in the upper right corner, and then touch **Save**. Your watch will then display the selected image as the watch face.

Other settings

On the Gallery settings screen:

- Touch **Style**, **Position**, and **Function** to set the style, location of the date and time and functions on the Gallery watch faces.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

Locking or unlocking

You can set a PIN on the device to bolster your privacy. After you have set a PIN and enabled Auto-lock, you will need to enter the PIN to unlock the device and enter the home screen.

Setting a PIN

1 Set a PIN.

Swipe down on the home screen of the device, go to **Settings** > **PIN** > **Enable PIN**, and follow the onscreen instructions to set a PIN.

2 Enable Auto-lock.

Swipe down on the home screen of the device, go to **Settings** > **PIN**, and enable **Auto-lock**.

ⓘ If you forget the PIN, you will be required to restore the device to its factory settings.

Changing the PIN

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

Disabling the PIN

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

Forgot the PIN

If you have forgotten the PIN, restore the device to its factory settings and try again.

- Method 1: Open the Huawei Health app, touch **Devices** and your device name, and then select **Reset**.
- Method 2: If you've enter an incorrect password for five times, touch **Reset** at the bottom of the device screen.

ⓘ Once you have restored your device to its factory settings, all of your data will be cleared, so please exercise caution when performing this operation.

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.

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.
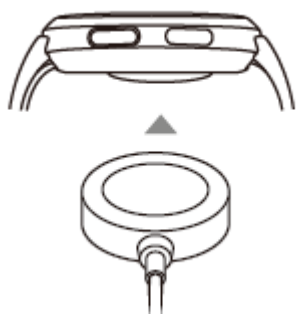
3 Remove the watch and disconnect the power adapter after the watch is fully charged and the charging icon displays 100%.

- You are advised to use a Huawei charger or a non-Huawei charger 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.

- 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: Connect your watch to the Health app, open the Health app, touch **Devices** then your device name, and check the battery level on the device details screen.

Updating the watch

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

Method 2: Go to **Settings** > **System & updates > Update** and touch **Update**. Follow the onscreen instructions to complete the update.

Powering on, powering off, and restarting your 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** or **Settings > System & updates > Power off**

Restarting

· Press and hold the Up button, and then touch **Restart**.

· Press the Up button and go to **Settings > System > Restart** or **Settings > System & updates > Restart**.

Blood Pressure Management

Blood pressure measurement results are different each time

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

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

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

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

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

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

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

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

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

Measuring blood pressure

The blood pressure measurement feature helps you better manage your health.

- This product can be used as a reference in clinical practice, but the measurement results cannot serve as the basis for diagnosis.
  - If you feel uncomfortable during a measurement due to the airbag inflating excessively or other reasons, stop the measurement immediately to deflate the airbag or unfasten the strap.
  - To prevent injuring your arm, do not keep your arm in the device for a long time when it is inflated.

Precautions

- If you feel uncomfortable during a measurement due to the airbag inflating excessively or other reasons, stop the measurement immediately to deflate the airbag or unfasten the strap.
- Unfasten your strap if the inflation pressure increases to more than 300 mmHg (40 kPa) but does not deflate automatically.
- To ensure the accuracy of measurement results, comply with the following requirements:
  - The airbag and strap sizes are suitable, you are wearing the device correctly, and your posture during the measurement is correct. For details, see the *Wearing Guide*.
  - Measure your blood pressure during the same time period each day. Measurement results may vary depending on the time of day.
  - After smoking, drinking alcohol, coffee, or black tea, bathing, or doing exercise, wait at least 30 minutes before measuring.
  - After going to the toilet, wait 10 minutes before measuring.
  - Do not measure within one hour after eating a meal.
  - Do not measure in a place where the temperature is too low or too high or the environment changes dramatically.

- Do not measure when you are standing or lying down.

- Do not measure when your body is under pressure.

- Do not measure in a moving vehicle.

- Do not stretch or bend the strap and airbag with force.

- Rest for 5 minutes before a measurement and keep your body naturally relaxed until the measurement is complete. Do not perform the measurement when you feel emotional or stressed.

- Perform a measurement in a quiet environment. Do not speak, bend your fingers, or move your body or arms during the measurement.

- Rest your wrist for 1 to 2 minutes or longer before you perform the next measurement. During this period of time your arteries will return to how they were before the blood pressure was measured.

Measuring blood pressure

1 Ensure that you are wearing your device correctly. (Before the first measurement, you can scan the QR code on the device to view the guide.)

2 Press the Up button and select **Blood pressure** from the app list. If you are measuring for the first time, touch **Next**.
You can set to press the Down button to enter the blood pressure measurement screen by default.

3 On the wrist circumference settings screen, select a range, and touch **Next > Next**.

4 Ensure that your arm being measured is steady (with your arm bent and your palm facing your chest). Your palm should be naturally relaxed and not clenched. Hold the elbow of the arm with your other hand and keep the device at the same height as your heart.

Measuring posture
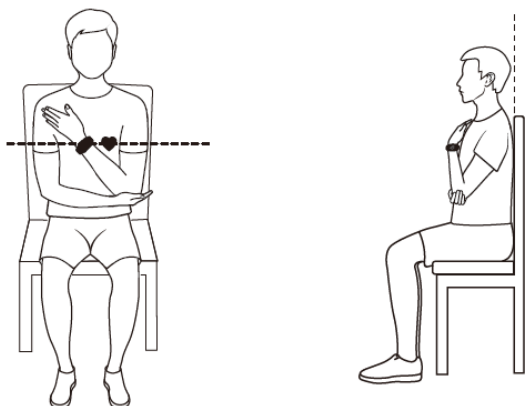
Incorrect postures when measuring blood pressure
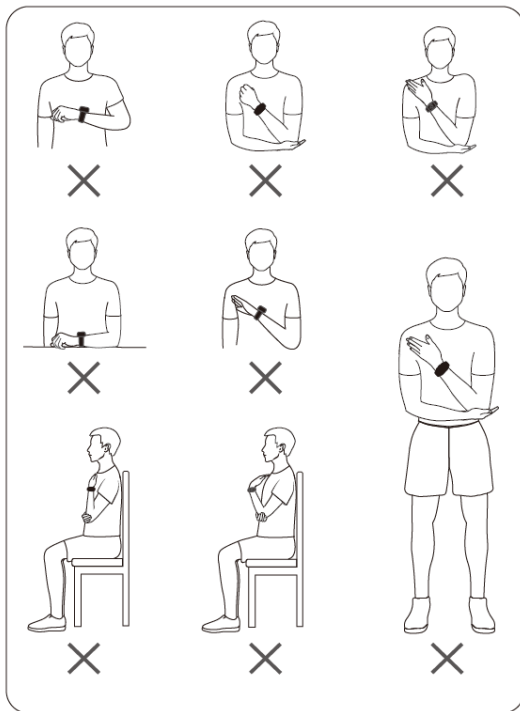
5 Tap **Measure** on the measurement screen to start a measurement. After the measurement is complete, the measurement result will be displayed.
You can also press the Down button twice to start a measurement.

- An error occurred while measuring.

Table 2-1 Inaccurate measurement results

Error Scenarios	Icon	Possible Causes	Solution
Not using the standard measuring posture		Your posture was not the standard measuring posture, and your watch was not at the same height as your heart.	Perform the measurement based on the standard measuring posture as shown in the figures.
The measurement was done while you were moving.		The measurement was performed in an environment where you were moving, such as in a vehicle or an elevator.	Do not use this product to measure blood pressure in an environment where you are moving.

Error Scenarios	Icon	Possible Causes	Solution
Post-exercise measurement		You performed moderate-to-high intensity exercise before the measurement.	Rest for at least half an hour after exercise, then measure your blood pressure.

Table 2-2 Error notifications during a measurement

Error Scenarios	Possible Causes	Solution
Poor signals	During the measurement, the watch pressed your chest, your body moved, or you breathed deeply.	During the measurement, avoid pressing your chest with the watch, keep your body stable, and breathe evenly.
Not being still	You moved your arms or fingers, or spoke during the measurement.	Keep still. Do not speak or move your arms or fingers.
Irregular heartbeat	Irregular heartbeats were detected during the measurement.	Take a break of one to two minutes and perform the measurement again. If the issue persists multiple times, contact a doctor.
Airbag inflation error	The airbag was installed incorrectly or damaged.	Check the airbag and ensure that it is installed correctly. Check whether the airbag is damaged. If so, replace the airbag in a timely manner.
Worn incorrectly	You did not wear your watch correctly during the measurement.	Wear your watch correctly based on the instructions.
Low battery	Your watch's battery is too low.	Charge your watch to ensure that the battery level is sufficient.
No airbag	There is not an airbag in the watch.	Install a suitable airbag and strap based on your wrist circumstance.

Error Scenarios	Possible Causes	Solution
Unsuitable airbag	The airbag that is installed does not match the set wrist circumference: The airbag is incorrectly installed or the wrist circumference is incorrectly set in the Blood pressure app.	Measure your wrist circumference as instructed in the Quick Start Guide, install a suitable strap and airbag accordingly, and go to **Blood pressure** > **Settings > Wrist circumference** to select the correct wrist circumference.
Abnormal deflation	The airbag deflated slowly after the measurement was complete.	Take off your watch immediately and clean the air inlet and outlet based on the **solution for handling slow deflation**.
Takes a long time to inflate	The inflation took too long during the measurement.	Take off your watch immediately, wait until the airbag is fully deflated, and start a measurement again. If the fault occurs multiple times, contact a service center for it to be repaired.
High pressure	The pressure was too high during the measurement.	Do not press the airbag or strap during the measurement.

- Solution for handling slow deflation:

  Perform the following steps to clean the air inlet and outlet. If the issue persists, contact a service center for it to be repaired.

  a Remove the short strap (including the buckle) and keep the long strap and airbag. Keep the bottom cover facing up and unfold the long strap and airbag in your hand.

  b Dip the cotton swab in an appropriate amount of detergent and water. Use the cotton swab to slowly wipe the air filter back and forth 20 times along the shorter side of the watch body until the air filter is clean. Do not exert too much force, otherwise the air filter may fall off.

  c Wipe the long strap and airbag dry and put them to one side for half an hour.

Managing blood pressure

1 On the home screen of the Huawei Health app, touch the **Blood pressure** card. If there is no blood pressure card, touch **EDIT** to add it.

2 Touch **Blood pressure management plan** > **Go**, and follow the onscreen instructions to enter basic information and join the plan.

Other settings

Swipe up on the measurement result screen

- You can touch **Measurement records** to view historical measurement records.

- Touch **Settings** to set your wrist circumstance, unit, and other information.

- Touch **Guest measurement** to enter the guest measurement mode.

Care for Health

Measuring 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 For some products, touch **Measure**. The actual product prevails.

4 Keep your body still during the SpO2 measurement.

ⓘ · 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.

Automatic SpO2 measurements

1 Open the Huawei Health app, touch **Devices** and then your device name, touch **Health monitoring**, and enable **Automatic SpO2 measurement**. The device will then automatically measure and record 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.

Sleep monitoring

Recording sleep data on your wearable device

ⓘ Ensure that you are wearing your device correctly. The device will automatically record the duration of your sleep, and identify whether you are in a deep sleep, a light sleep, or awake.

· Open the Huawei 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, when you wake up, and whether you

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are in a deep sleep, a light sleep, or REM sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.

- If **HUAWEI TruSleep™** has not been enabled, your device will track your sleep in the regular way. When you wear your device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, and enter or exit each sleep stage, and it will then sync the data to the Huawei Health app.

Recording sleep data on your phone

- In the Huawei Health app, touch **Sleep monitoring** on the **Health** screen to enter the sleep monitoring screen. Alternatively, touch the **Sleep** card on the **Health** screen, and swipe to find and touch **Record your sleep**.
- Touch the settings icon in the upper right corner to edit your schedule and enable or disable general sleep settings, such as **Sleep sounds**.
- Touch **Go to sleep** and place your phone within 50 cm of your pillow. Your phone will then monitor and record your sleep data. Press and hold **Hold to end** for 3 seconds to exit sleep recording.
- Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.

Productive nap

- Touch the **Sleep** card on the **Health** screen of the Huawei Health app, swipe to find and touch **Productive nap**. Touch the settings icon in the upper right corner to set an alarm or nap reminder.
- Swipe to select a break time and touch **START** to enable the alarm. Touch the icons at the bottom of the screen to select, play, turn off, and set a time for sleep music.

Viewing your sleep data

Touch the **Sleep** card on the **Health** screen of the Huawei Health app to view your daily, weekly, monthly, and yearly sleep data.

Measuring your skin temperature

Skin temperature measurements are mainly used to monitor the changes in the wrist skin temperature after exercise. After you enable a continuous skin temperature measurement, your skin temperature will be continuously measured and a measurement curve will be generated.

ⓘ · The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.

· During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.

· After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

Single measurement

In the watch's app list, go to **Skin temperature** > **Measure** to start measuring your temperature.

Continuous measurement

1 Open the Health app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.

2 In the watch's app list, touch **Skin temperature** to view the measurement curve.

Healthy Living

The Huawei Health app offers Healthy Living to help you develop healthy lifestyle habits and enjoy a healthy new life.

ⓘ · Due to the different physical conditions of each individual, the health suggestions provided in Healthy Living, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you feel uncomfortable during activities or workouts, please stop and take a rest or consult a doctor in a timely manner.

· The health suggestions provided in Healthy Living are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

Enabling Healthy Living

1 Open the Huawei Health app, go to **Health** > **EDIT**, and add the **Healthy Living** card.

2 Touch the **Healthy Living** card, and follow the onscreen instructions to agree to the **User Notice**.

Selecting check-in tasks and setting goals

Check-in tasks are classified into basic check-in tasks and optional check-in tasks. You can add optional check-in tasks based on your needs.

On the Healthy Living screen, touch ⠿ in the upper right corner, select **Health plan**, select a check-in task, and touch **Goal settings** on the task card to set your daily goal.

Viewing the task completion status

- Enter the app list, and select **Healthy Living** to view the completion status of a specific task.
- Open the Huawei Health app and touch the **Healthy Living** card on the **Health** screen to view the task completion status.

Reminders

1 On the **Healthy Living** screen, touch ⠿ in the upper right corner, and select **Health plan**.

2 On the **health plan** screen, you can set general reminders or reminders for check-in tasks. That is, you can turn on the **Weekly report reminders on watch** switch or the **Reminders** switch for a specific task, for example, enabling **Reminders** for **Breath**.

Weekly report and sharing

Viewing a weekly report: On the **Healthy Living** screen, touch ⠿ in the upper right corner, and select **Weekly report** to view the report details.

Sharing: On the **Healthy Living** screen, touch the share icon in the upper right corner to share it to your WeChat friends, WeChat Moments, or Weibo, or save it to your device.

Disabling Healthy Living

On the **Healthy Living** screen, touch ⠿ in the upper right corner, and go to **About** > **Disable**. Once **Healthy Living** is disabled, all data of goals will be cleared.

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.

    ⓘ   · For devices that support voice broadcasts, press the Up button to pause the workout and then adjust the volume during a workout.

        · Swipe left or right on the screen to switch between the music, sunrise/sunset, and other screens.

Starting a workout in the Huawei Health app

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

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

1 Open the Huawei 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 Huawei Health app.

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. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

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

Deleting a workout record

Touch and hold a workout record on **Exercise records** in the Huawei Health app and delete it. However, this record will still be available in **Workout records** on the device.

Workout status

Enter the watch's app list, touch **Workout status**, and swipe up on the screen to view data including your recovery status, 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.
- VO2Max data can be obtained from outdoor running workouts.

Recording daily activities

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

Automatic workout detection

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.

- The supported workout types are subject to the onscreen instructions.

- The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.

- If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Assistant

HUAWEI Assistant·TODAY

The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast, wake up the voice assistant, access apps that have been opened, and view push messages from the calendar and AI Tips.

Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the watch home screen to enter HUAWEI Assistant·TODAY. Swipe left on the screen to exit HUAWEI Assistant·TODAY.

Message management

When the Huawei Health app is connected to your device, and the message notifications are enabled, messages pushed to the status bar of your phone/tablet can be synced to your device.

Enabling message notifications

1 Open the Huawei Health app, touch **Devices** and then your device name, touch **Notifications**, and turn on the switch.
2 Go to the app list and turn on the switches for apps that you want to receive notifications from.

ⓘ 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.

Replying to messages

ⓘ This feature is not supported for iOS phones/tablets.

When receiving a message on your watch, you can use quick replies or emoticons to reply to it. The supported message types are subject to the actual situation.

Deleting unread messages

Touch **Clear** or 🗑 at the bottom of the message list to clear all unread messages.

Rejecting incoming calls

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

Controlling music playback

- You can use the device to control music playback on third-party music apps, such as NetEase Music.

- This feature is not available when the device is connected to an iOS phone.

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

2 After a song is played on your phone/tablet, touch **Music** in the device's app list to pause or play the song, or switch to the previous or next song.

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.

The flashlight turns on for 5 minutes by default.

Remote shutter

After the watch is connected to your phone/tablet, touch **Remote shutter** in the app list on your watch to enable the camera on your phone/tablet, and then you can touch 📷 on the watch screen to take a photo. Touch 🔄 or 🔄 to switch between a 2-second and 5-second timer.

- After your watch is paired with your phone/tablet, if Remote shutter is displayed in the app list on your watch, it indicates that this feature is supported. Otherwise, this feature is not supported.

- To use this feature, ensure that your watch is connected to your phone/tablet and that the Huawei Health app is running in the background.

Adding custom cards

1 Go to **Settings** > **Custom cards** or **Settings** > **Display** > **Favorites**.

2 Touch ⊕ , and select the cards to be displayed, such as the **Sleep**, **Stress**, and **Heart rate** cards. The actual display prevails.

3 Touch ⬆ next to a card that you have added, or touch and hold the card to move it to another position (supported on some device models). Touch ✕ to delete the card.

4 After the settings are complete, swipe left or right on the home screen to view the added cards.