

# HUAWEI WATCH GT 2 Pro OnlineHelp

**Issue** 01  
**Date** 2020-09-10



**Copyright © Huawei Technologies Co., Ltd. 2020. All rights reserved.**

No part of this document may be reproduced or transmitted in any form or by any means without prior written consent of Huawei Technologies Co., Ltd.

## **Trademarks and Permissions**



HUAWEI and other Huawei trademarks are trademarks of Huawei Technologies Co., Ltd.

All other trademarks and trade names mentioned in this document are the property of their respective holders.

## **Notice**

The purchased products, services and features are stipulated by the contract made between Huawei and the customer. All or part of the products, services and features described in this document may not be within the purchase scope or the usage scope. Unless otherwise specified in the contract, all statements, information, and recommendations in this document are provided "AS IS" without warranties, guarantees or representations of any kind, either express or implied.

The information in this document is subject to change without notice. Every effort has been made in the preparation of this document to ensure accuracy of the contents, but all statements, information, and recommendations in this document do not constitute a warranty of any kind, express or implied.

## **Huawei Technologies Co., Ltd.**

Address: Huawei Industrial Base  
Bantian, Longgang  
Shenzhen 518129  
People's Republic of China

Website: <https://www.huawei.com>

Email: [support@huawei.com](mailto:support@huawei.com)

---

# Contents

---

|  |           |
|--|-----------|
| <b>1 Getting started</b>   | <b>1</b>  |
| 1.1 Wearing the watch  | 1         |
| 1.2 Adjusting and Replacing the watch strap                          | 2         |
| 1.3 Pairing your watch with your phone                               | 5         |
| 1.4 Powering on/off and restarting the watch                         | 6         |
| 1.5 Charging your watch  | 7         |
| 1.6 Buttons and gestures   | 9         |
| 1.7 Customizing the Down button                                      | 12        |
| 1.8 Setting time and language  | 12        |
| 1.9 Choosing Favorites apps  | 12        |
| 1.10 Enabling frequently used features                               | 13        |
| 1.11 Adjusting the ringtone  | 13        |
| 1.12 Enabling Do not disturb mode                                    | 13        |
| 1.13 Updating the watch and the Huawei Health app                    | 14        |
| 1.14 Restoring the watch to its factory settings                     | 14        |
| <b>2 Convenient life</b>   | <b>16</b> |
| 2.1 Getting notifications and deleting messages                      | 16        |
| 2.2 Setting favorite contacts (using a watch to make/receive a call) | 18        |
| 2.3 Answering or rejecting incoming calls                            | 18        |
| 2.4 Checking your call log   | 18        |
| 2.5 Playing music  | 19        |
| 2.6 Using Stopwatch or Timer   | 19        |
| 2.7 Setting an alarm   | 20        |
| 2.8 Using Flashlight   | 21        |
| 2.9 Using the Barometer app  | 21        |
| 2.10 Severe weather warnings   | 22        |
| 2.11 Using Compass   | 22        |
| 2.12 Weather reports   | 22        |
| 2.13 Viewing environment information                                 | 23        |
| 2.14 Finding your phone using your watch                             | 23        |
| 2.15 Remote shutter  | 23        |
| <b>3 Workout monitoring</b>  | <b>25</b> |

|   |           |
|---|-----------|
| 3.1 Starting a workout.....   | 25        |
| 3.2 Using Smart companion.....  | 27        |
| 3.3 Tracking daily activities.....  | 28        |
| 3.4 Viewing the duration of moderate to high intensity activity.....                | 28        |
| 3.5 Recording workout routes.....   | 29        |
| 3.6 Syncing and sharing your fitness and health data.....                           | 29        |
| 3.7 Automatic workout detection.....  | 29        |
| 3.8 Route back.....   | 29        |
| 3.9 100+ workout modes.....   | 30        |
| <b>4 Health management.....</b>   | <b>31</b> |
| 4.1 Monitoring your heart rate.....   | 31        |
| 4.2 Protecting your heart.....  | 34        |
| 4.3 Tracking sleep.....   | 35        |
| 4.4 Testing stress levels.....  | 36        |
| 4.5 Breathing exercises.....  | 37        |
| 4.6 Sleep apnea research.....   | 37        |
| 4.7 Measuring blood oxygen levels (SpO2).....                                       | 38        |
| 4.8 Activity reminder.....  | 38        |
| 4.9 Enabling HUAWEI TruSleep™.....  | 39        |
| 4.10 Predicting the menstruation cycle.....   | 39        |
| <b>5 More guidance.....</b>   | <b>40</b> |
| 5.1 Setting Gallery watch faces.....  | 40        |
| 5.2 Always On Display.....  | 43        |
| 5.3 Installing, replacing, and deleting watch faces.....                            | 44        |
| 5.4 Viewing the Bluetooth name, MAC address, Model, Serial Number, and version..... | 44        |
| 5.5 Connecting earbuds.....   | 45        |
| 5.6 Unlocking your phone using your watch.....                                      | 45        |
| 5.7 Adjusting screen brightness.....  | 45        |

# 1 Getting started

---

- [1.1 Wearing the watch](#)
- [1.2 Adjusting and Replacing the watch strap](#)
- [1.3 Pairing your watch with your phone](#)
- [1.4 Powering on/off and restarting the watch](#)
- [1.5 Charging your watch](#)
- [1.6 Buttons and gestures](#)
- [1.7 Customizing the Down button](#)
- [1.8 Setting time and language](#)
- [1.9 Choosing Favorites apps](#)
- [1.10 Enabling frequently used features](#)
- [1.11 Adjusting the ringtone](#)
- [1.12 Enabling Do not disturb mode](#)
- [1.13 Updating the watch and the Huawei Health app](#)
- [1.14 Restoring the watch to its factory settings](#)

## 1.1 Wearing the watch

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

**NOTE**

- Your watch uses non-toxic materials that have passed strict skin allergy tests. Please rest reassured when wearing wear it. If you experience skin discomfort when wearing the watch, take it off and consult a doctor.
- Wear your watch correctly for greater comfort.
- Clean the strap in a timely manner after an intense workout to prevent the bacteria from growing. After you have washed the strap, place it in a well-ventilated area to dry. Try not wearing the strap while it is wet.
- Leather straps are not water resistant. Keep the strap dry and wipe off any sweat or other liquids in a timely manner. For braided straps, wash them once every one to two weeks. You can use some laundry detergent to remove any odor.
- You can wear your watch on either wrist.

## 1.2 Adjusting and Replacing the watch strap

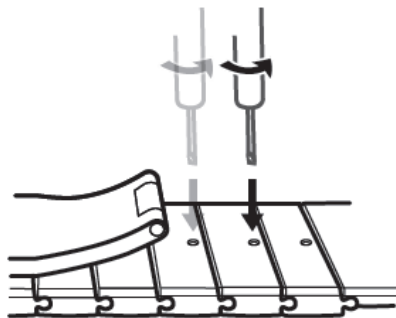
### Adjusting the strap

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

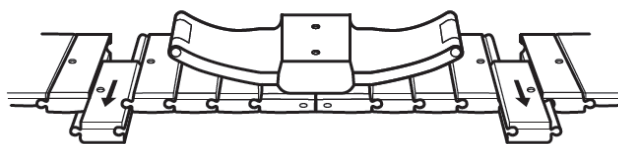
If the strap is made of metallic materials, adjust it by performing the following:

#### Adjusting metal link straps

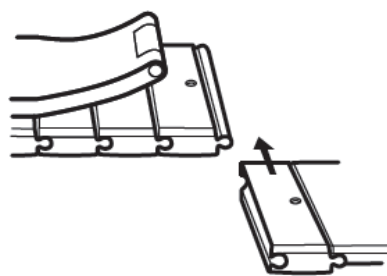
1. Use the screwdriver that comes with the watch to remove the screws from the links you want to remove.



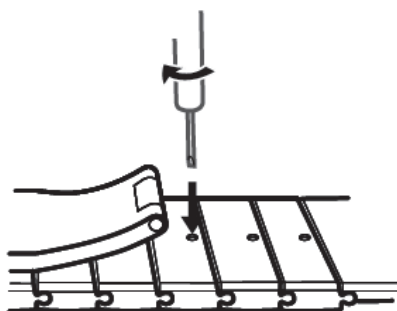
2. Remove a link from both sides of the clasp to make sure the watch face is still centered.



3. Re-assemble the strap.

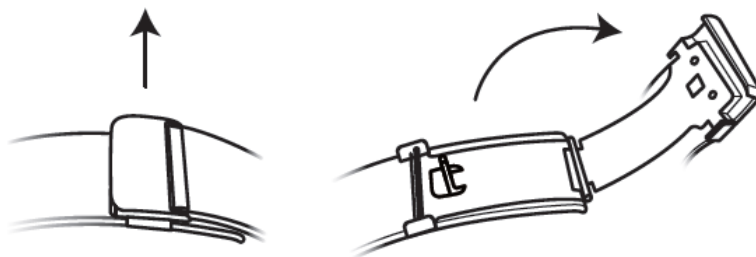


4. Put the screws back in.

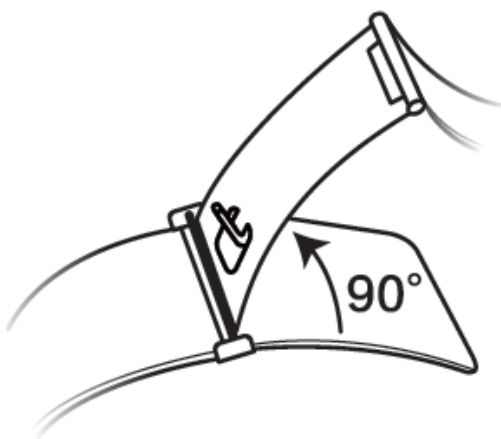


### Adjusting metal mesh straps

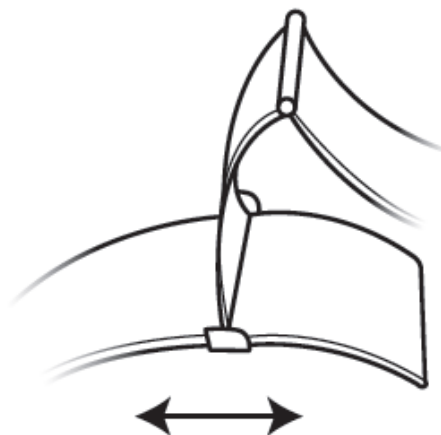
1. Undo the clasp.



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



3. Slide the clasp to adjust the length.

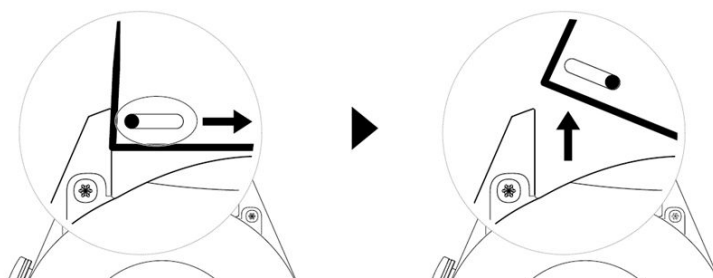


4. Align the plate with the grooves and clamp it back down. Finish by fastening the clasp.



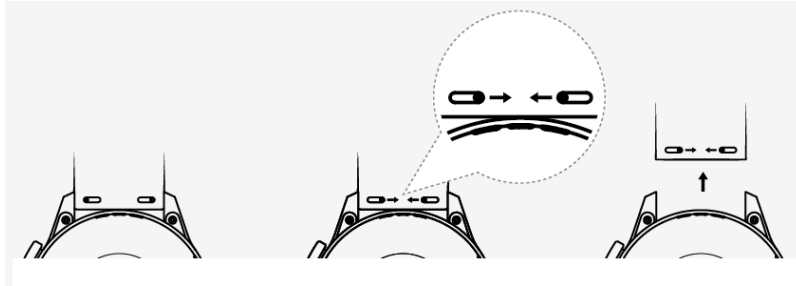
## Removing and installing the strap

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



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






## 1.3 Pairing your watch with your phone

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

- **For Android users:**


- Download and install the Huawei Health app from an app store. If you have already installed it, make sure that it is up-to-date.
- Open the Huawei Health app and follow the onscreen instructions to grant required permissions to the app. Go to **⋮ > Add > Smart Watch**, and touch the device you wish to pair.
- Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
- When a pairing request is displayed on the watch screen, touch  to pair your watch and phone. Confirm the pairing on your phone as well.


- **For iOS users:**

 **NOTE**


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

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


- Log in to the App Store on your phone and search Huawei Health. Download and install the app, and make sure it is fully updated.
- On the phone go to **Settings > Bluetooth**. The watch should show up automatically, touch your device, then touch  to finish pairing.
- Open the Health app and go to the settings screen, touch **+** in the upper right corner and select Smart watches. Select your device's model.

- iv. Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
- v. When a pairing request is displayed on the watch screen, touch  to pair your watch and phone. Confirm the pairing on your phone as well.

**Others follow these steps to pair:**

- a. Download and install the Huawei Health app from App Store. If you have already installed it, make sure that it is up-to-date.
- b. Open the Huawei Health app, go to **Devices > + > Smart Watch**, and touch the device you wish to pair.
- c. Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your watch is found, touch its name to start pairing.
- d. When a pairing request appears on your watch screen, touch  to pair your watch and phone.

 **NOTE**

- When pairing for the first time, you can use your phone to scan the QR code on the watch screen to download the Huawei Health app.
- If your watch does not respond after you touch  to confirm the pairing request, press the Down button and hold to unlock your watch, and initiate a pairing procedure again.
- Your watch will display an icon on the screen to inform you that pairing was successful. It will then receive information (such as the date and time) from your phone.
- If the pairing failed, your watch screen will display an icon to inform you that pairing was unsuccessful. It will then return to the startup screen.
- A watch can be connected with only one phone at any given time, and vice versa. If you want to pair your watch with another phone, disconnect your watch from the current phone using the Huawei Health app, and then pair your watch with another phone using the Huawei Health app.

## 1.4 Powering on/off and restarting the watch

### Powering on the watch

- When the watch is powered off, press and hold the Up button to power on the watch.
- When the watch is powered off, the watch will automatically power on if you charge it.

 **NOTE**

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

## Powering off the watch

- When the watch is powered on, press and hold the Up button, and then touch **Power off**.
- When the watch is powered on, press the Up button while on the home screen, swipe up or down until you find **Settings**, touch it, go to **System > Power off**, and then touch ✓ to confirm.
- If the battery level is critically low, the watch will vibrate and then automatically power off.
- If the battery has not been charged for a long time, the watch will vibrate and then automatically power off.

## Restarting the watch

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

## Force restarting the watch

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

# 1.5 Charging your watch

## Charging

1. Connect the USB Type-C port and power adapter and then plug in the power adapter.
2. Rest your watch on top of the charging cradle, ensuring that the contacts on your watch and the cradle are aligned. Wait until the charging icon appears on your watch screen.
3. When your watch is fully charged, 100% will be displayed on the watch screen and the charging will stop automatically. If the battery level is below 100% and the charger is still connected to the watch, the charging will start automatically.

 NOTE

- Use the dedicated charging cable, charging cradle, rated output voltage of 5 V, and rated output current of 1 A or higher to charge your watch. Use a standard Huawei charger with a rated output of 2A to charge the HUAWEI WATCH GT 2 Pro. Charging the watch using a non-Huawei charger or a power bank may result in it taking a longer time to charge, the device being unable to charge fully, overheating, or other similar issues. Therefore, you are advised to purchase an official Huawei charger from an official Huawei sales outlet.
- Use a Huawei power adapter or other power adapters that comply with local and international security standards. Adapters that do not conform to the security standard may cause security issues.
- Keep the surface of the charging cradle clean. Make sure the watch is placed properly on the charging cradle and displaying the charging status. Avoid putting metal objects on the medal contacts of the charger too long, or repeatedly sticking and removing metal objects to the contacts, as this can result in short circuiting and other risks. (If you are using a metal strap, make sure that the metal contacts on the watch are in proper contact with that of the charger during charging. Try to keep the metal links of the strap from touching the metal contacts of the charger.)
- Only the HUAWEI WATCH GT 2 Pro can be charged reversely using a phone. Currently, the watch can be charged using the following phone models: HUAWEI Mate 20 Pro, HUAWEI Mate 30, HUAWEI Mate 30 Pro, HUAWEI P30 Pro, HONOR V30, HUAWEI P40 Pro, and HUAWEI P40 Pro+.
- Do not charge or use your watch in a hazardous environment, make sure there is nothing flammable or explosive nearby. When using the charging cradle, make sure there is no residual liquid or other foreign objects on the USB port of the charging cradle. Keep the charging cradle away from liquids and any flammable materials. Do not touch the charging contacts while the device is charging, or take any other unnecessary safety risks.
- There are magnets in the charging cradle, due to their nature they will also attract other medal objects, so it is important to check for any before using the charger. The charging cradle contains magnetic materials. It is important not to let it overheat by placing it out in the sun or somewhere too warm.
- It is recommended that you lift the charging cradle to attach it to your watch. Ensure that the side of your watch with buttons is aligned with the charging port of the cradle. After the cradle and watch are connected properly, check to see if the charging icon is displayed. If you cannot see the charging icon, you may need to slightly adjust the position of the cradle until contact is established and the charging icon appears.
- When carrying and storing the charging cradle, make sure the charger stays dry, especially the USB port on the base, clean it to prevent foreign objects from entering the USB port, these can cause damage to the charger and may lead to other safety risks.
- Your watch will automatically power off when its battery level is too low. After it is charged for a while, your watch will automatically power on.

## Charging time

Your watch will be fully charged within two hours. When the charging indicator displays 100%, the watch is fully charged. Disconnect your watch from the power adapter once it is fully charged.

**NOTE**

- Charge your watch in a dry and well-ventilated environment.
- Before charging, make sure that the charging port and metal parts are clean and dry to prevent short circuits or any other risks.
- Before charging, make sure the charging port is dry. Wipe off any water or sweat stains.
- The charging cradle is not water resistant, so keep it dry at all times.
- It is recommended that the ambient temperature is between 0 and 45°C.
- To protect the battery, the charging current will be reduced if the ambient temperature is low, which will prolong the charging time without affecting the battery lifespan.

**Checking the Battery Level**

Use one of the following three methods to check the battery level:

**Method 1:** When your watch is connected to the charger, you can check the battery level on the charging screen that is displayed automatically. Press the Up button to exit the charging screen.

**Method 2:** Swipe the home screen from top to bottom and then check the battery level in the drop-down menu.

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

**1.6 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"> <li>• Wake watch screen when the screen is off.</li> <li>• Access the app list screen from the home screen.</li> <li>• Return to the home screen.</li> </ul> | There are certain exceptional scenarios such as for calls and workouts. |
| Press and hold | <ul style="list-style-type: none"> <li>• Power on your watch when the watch is off.</li> <li>• Access the restart/power off screen when the watch is on.</li> </ul>                             |   |

## Down button

| Operation      | Function   | Remarks   |
|----------------|--|---|
| Press          | Open the workout app.<br>Access the customized feature you set.  | There are certain exceptional scenarios such as for calls and workouts.   |
| Press and hold | <ul style="list-style-type: none"> <li>Lock or unlock the screen.</li> <li>Wake up the voice assistant.</li> </ul> | <p>The lock/unlock feature is only available with the following models: HONOR MagicWatch Series, HONOR Watch VIVIENNE TAM version, HONOR Watch Magic/Dream Series, and HUAWEI WATCH GT Series.</p> <p>If you are using a HUAWEI WATCH GT 2, HUAWEI WATCH GT 2e, or HUAWEI WATCH GT 2 Pro, you can only press the Up button to lock or unlock screen, and press the Down button to switch screens during workouts. The watch screen is locked by default during swim workouts and cannot be unlocked.</p> <p>Voice assistant is only available with phones that run EMUI 10.1.</p> |

## Button functions during a workout

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

| Operation                 | Function                    |
|---------------------------|-----------------------------|
| Touch the screen and hold | Show a different data type. |

## Gestures

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

## Wake the screen

- Press the Up button.
- Raise or rotate your wrist inwards.
- Swipe down on the home screen to open the shortcut menu. Enable **Show Time** and the screen will stay on 5 minutes.

### NOTE

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

## Turn off the screen

- Lower or rotate your wrist outwards.
- The screen will turn off automatically 5 seconds after the watch's screen is turned on if no operation is performed within this period of time. If any operation is performed, the screen will turn off 15 seconds after it is turned on.

### NOTE

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

## 1.7 Customizing the Down button

1. From the home screen press the Up button and go to **Settings > Down button**.
2. Touch an app from the list. This app will be opened when you press the Down button.

### NOTE

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

## 1.8 Setting time and language

You do not need to set the time and language on your watch. When the watch is connected with your phone, the time and language settings on your phone will be automatically synced to your watch.

If you change the language, time, or time format on your phone, the changes will be automatically synced to your watch when the watch and phone are connected.



### NOTE

- For iOS users: Open your phone, go to **Settings > General > Language & Region**, set the language and region, and then connect the watch with your phone to sync the settings.
- For Android users: Taking EMUI 9.0 as an example, open your phone, choose **Settings > System > Language & input**, set the language, and then connect the watch with your phone to sync the settings.

## 1.9 Choosing Favorites apps

1. On the watch, go to **Settings > Display > Favorites**, and select the apps you use the most, such as Transportation card, Alipay, Sleep, Stress, Heart rate, Music, Weather, and Activity records.
2. Once you're done, touch **OK**. Then you can see your Favorites by swiping right or left on the main screen.

### NOTE

- This feature is only available on the HUAWEI WATCH GT 2e and HUAWEI WATCH GT 2 Pro. If you are using a different GT 2 series watch, stay tuned for the latest updates.
- On the Favorites screen, touch  to move the app up to the top of the list.
- On the Favorites screen, touch  to remove the app from the list.
- You can select up to six apps.



## 1.10 Enabling frequently used features

After connecting your watch to your phone through the Huawei Health app, you can enable features for your watch in the app. Frequently used features include:

- HUAWEI TruSleep™
- AI LiFe Link
- Activity reminder
- Continuous heart rate monitoring
- Automatic stress test
- Notifications
- Weather reports
- Bluetooth disconnection reminder
- Raise wrist to wake screen

## 1.11 Adjusting the ringtone

### NOTE

- This feature is only available on the HUAWEI WATCH GT 2 (46 mm) version 1.0.2.28 or later and the HUAWEI WATCH GT 2 Pro.
  - To use this feature, update the Huawei Health app to version 10.0.0.651 or later.
1. From the home screen of the watch press the Up button, swipe on the screen and go to **Settings > Sounds > Volume**, then slide to adjust ringtone volume.
  2. If you have enabled Silent mode, your watch will only vibrate to inform you of incoming calls and messages. Otherwise, your watch will ring and vibrate when receiving new calls or messages.

### NOTE

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

## 1.12 Enabling Do not disturb mode

To enable Do not disturb mode, swipe down on your watch's home screen, touch **No Disturb**, and then touch ✓ to confirm.

If your watch enters Do not disturb mode:

1. The watch will not vibrate for incoming calls, but you can still answer or reject incoming calls with the watch.
2. Messages and notifications will not be displayed on the watch, and the Raise wrist to wake screen feature will be disabled.

 NOTE

If your watch does not support the calling feature, you will be unable to answer or reject incoming calls with the watch.

Your watch will ring for alarms even when you have enabled Do Not Disturb.

## 1.13 Updating the watch and the Huawei Health app

### Updating the watch

#### Method 1:

Connect the watch to your phone using the Huawei Health app, open the app, touch **Devices**, touch the device name, choose **Firmware update**, then follow the onscreen instructions to update your watch if there are any new updates.

#### Method 2:

- For Android users: Open the Huawei Health app, touch **Devices**, touch the device name, then enable **Auto-download update packages over Wi-Fi**. If there are any new updates, the watch will display update reminders. Follow the onscreen instructions to update your watch.
- For iOS users: Open the Huawei Health app, touch the profile picture in the upper-left corner on the home screen, touch **Settings**, then enable **Auto-download update packages over Wi-Fi**. If there are any new updates, the watch will display update reminders. Follow the onscreen instructions to update your watch.

### Updating the Huawei Health App

For Android users: Open the Huawei Health app, touch **Me**, and then touch **Check for updates**.

For iOS users: Update the Huawei Health app in the App Store.

 NOTE

During an update, the watch will automatically disconnect from your phone.

## 1.14 Restoring the watch to its factory settings

**Method 1:** From the home screen press the Up button, swipe until you find **Settings**, touch it, go to **System > Reset**, and then touch **✓** to confirm. As all the data on your watch will be removed when you restore the watch to its factory settings, please exercise caution before confirming.

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

 **NOTE**

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

# 2 Convenient life

---

- 2.1 Getting notifications and deleting messages
- 2.2 Setting favorite contacts (using a watch to make/receive a call)
- 2.3 Answering or rejecting incoming calls
- 2.4 Checking your call log
- 2.5 Playing music
- 2.6 Using Stopwatch or Timer
- 2.7 Setting an alarm
- 2.8 Using Flashlight
- 2.9 Using the Barometer app
- 2.10 Severe weather warnings
- 2.11 Using Compass
- 2.12 Weather reports
- 2.13 Viewing environment information
- 2.14 Finding your phone using your watch
- 2.15 Remote shutter

## 2.1 Getting notifications and deleting messages

### Getting notifications

Ensure that the watch is paired with your phone using the Huawei Health app, then perform the following:

**For Android users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

**For iOS users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

Your watch will vibrate to notify you when a new message is displayed on your phone's status bar.

Swipe up or down on the watch screen to view message content. A maximum of 10 unread messages can be stored on your watch. If there are more than 10 unread messages, only the latest 10 messages will be displayed. Each message can be displayed on one screen.

#### NOTE

- Your band can display messages from the following apps: SMS, Email, Calendar, and various social media platforms.
- When a new notification comes in, your watch will vibrate to notify you but the screen won't turn on.
- Whether you can view detailed message content on the watch depends on the notifications settings on your phone. When you disable displaying message content, the sender and the message content will not be displayed in the status bar, and you cannot view the detailed message content on your wearable either.
- Whether your watch can receive the notifications of audio or video calls depends on the notification panel display and phone system version.

For phones that run EMUI 10.0 or later, when **Banners** is selected under **Notifications**, you can only receive the notification reminder but cannot answer calls directly. When the full-screen option is selected, you will not receive any notifications. If your watch is paired with a different type of Android phone, it will not send you any notifications. If your watch is paired with an iOS phone, it will display notifications.

- Your watch will not vibrate to remind you of incoming messages during a workout session. You can view the message in the message center. Your watch will send you notifications for incoming calls.
- Your watch will still receive notifications but will not alert you if your watch is in Do not disturb, Sleep mode, or it detects you aren't wearing it.
- If you receive a new message when you are reading another message, your watch will display the new message. You cannot check the content of emails on the watch.
- When your watch is in Do not disturb or Sleep mode or during a workout, it will still receive notifications but will not alert you. You can swipe up on your watch home screen to view new messages.
- If your phone and watch are connected, your phone will push an alert to your watch over Bluetooth when you receive an incoming call or message on your phone. Due to the slight delay in sending information over Bluetooth, your phone and watch will not receive the alert at exactly the same time.
- Messages that you have viewed on your phone will be deleted from your watch at the same time.
- Reminders and incoming call notifications on your watch won't be affected if other Bluetooth devices are also connected to your phone.
- You are able to receive voice messages and images from third-party social media apps but you are unable to listen to voice messages or view images.

## Deleting messages

To delete a message, swipe right on it. To delete all messages, touch **Clear**.

## 2.2 Setting favorite contacts (using a watch to make/receive a call)

1. Open the Huawei Health app and touch **Devices**. Touch your device name to access the watch settings screen. Touch **Favorite contacts**.
2. Then perform the following:
  - Touch **ADD** and your phone contacts list will appear. Then select the contacts you wish to add.
  - Touch **Sequence** to sort the contacts you have added.
  - Touch **Remove** to remove a contact you have added.
3. From the home screen press the Up button, swipe until you find **Contacts** to call your favorite contacts from your watch.

### NOTE

1. A maximum of 10 favorite contacts can be added to your watch.
2. Make sure your watch and phone are connected before making a call from you watch.
3. To adjust the volume during the call, touch the speaker icon on the screen or press the Up button or Down button.
4. A maximum of 30 call records can be saved.
5. Bluetooth calling is only supported with the HUAWEI WATCH GT 2 (46 mm) and the HUAWEI WATCH GT 2 Pro.

## 2.3 Answering or rejecting incoming calls

When your watch is connected to your phone and you receive a call, your watch will vibrate and display the caller's number and name. You can choose to answer or reject the call.

### NOTE

- The HUAWEI WATCH GT 2e, HUAWEI WATCH GT and HONOR MagicWatch support only incoming call notification and call rejection.
- The incoming call information displayed on your watch matches the information displayed on your phone. If the caller is unknown, the phone number will be displayed. If you have the number saved in your contacts, the caller's name will be displayed.
- Your watch will not vibrate and turn on its screen upon incoming calls when **Do not disturb** is enabled or when you are not wearing your watch.
- You can stop the watch from vibrating by pressing the Up button.
- You can reject an incoming call by touching the reject icon on the watch screen.
- You are able to adjust the volume during calls.

## 2.4 Checking your call log

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

2. Touch an entry to call them back.
3. Swipe down to the bottom of the screen and touch **Clear** to clear all call logs.

## 2.5 Playing music

### NOTE

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



1. Open the Huawei Health app, touch **Devices**, touch the device name, and then touch **Music**.
2. Touch **Manage music > Add songs**, select the music as needed from the list, and touch ✓ in the upper-right corner of the screen.
3. From the home screen press the Up button, swipe until you find **Music**, and then touch it.
4. Choose music that you have added in the Huawei Health app and then touch the play icon to play the music.

### NOTE

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




## 2.6 Using Stopwatch or Timer


### Stopwatch

From the home screen press the Up button, swipe until you find **Stopwatch**, and then touch it. Touch  to start timing. Touch  to reset the stopwatch. Swipe right on your watch screen to exit Stopwatch.

### Timer

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

Touch  to start the countdown, touch  to pause the countdown, and touch  to stop the countdown.

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

Swipe right on your watch screen to exit Timer.

## 2.7 Setting an alarm

You can use the Huawei Health app to set a Smart alarm or an Event alarm for your watch. The Smart alarm will wake you up if it detects that you are in a light sleep during a preset period. This helps to gradually wake up your brain and make you feel more refreshed.

Method 1: Setting an alarm using your watch


1. From the home screen press the Up button, swipe until you find **Alarm**, touch it, and then touch **+** to add an alarm.
2. Set the alarm time and repeat cycle and touch **OK**.
3. Touch an alarm to edit or delete it.

#### NOTE

- If you do not set the repeat cycle, the alarm is a one-time alarm by default.
- Working days (skip holidays) is not supported with alarms set on wearable devices.
- Your device will currently only vibrate but not ring to inform you.

Method 2: Setting a Smart/Event alarm using the Huawei Health app

#### For Android users:



1. Open the Huawei Health app, touch **Devices**, touch your device name, and then go to **Alarm > SMART ALARM**, or go to **Alarm > EVENT ALARMS**.
2. Set the alarm time, tag, and repeat cycle.
3. Touch  in the upper-right corner to save the settings.
4. Swipe down on the home screen to ensure that the alarm settings are synced to your watch.
5. Touch an alarm to edit or delete it.



**For iOS users:**

1. Open the Huawei Health app, touch **Devices**, and then touch your device name from the device list.
2. Go to **Alarm > Event Alarms** or go to **Alarm > Smart Alarm**.
3. Set the alarm time, tag, and repeat cycle.
4. Touch **Save**.
5. Swipe down on the home screen to ensure that the alarm settings are synced to your watch.
6. Touch an alarm to edit or delete it.

 **NOTE**

- Event alarms set on your watch can be synced to the Huawei Health app. You can set a maximum of five Event alarms.
- You can only set one Smart alarm for your watch.
- The Event alarm will ring at the specified time. If you set a tag for the Event alarm, the watch will display the tag. Otherwise, only the time will be displayed.
- When an alarm rings, touch  on your watch screen, press the up button, or swipe right on your watch screen to snooze for 10 minutes. To turn off the alarm, touch  on your watch screen or press and hold the Up button.
- When an alarm rings, the alarm will automatically turn off after snoozing three times if no other operations are performed.
- Currently, only alarms set on on Huawei or Honor phones running EMUI 8.1 or later or Magic UI 2.0 or later can be synced to the watch.

## 2.8 Using Flashlight

From the home screen press the Up button, swipe until you find **Flashlight**, and then touch it to turn on the flashlight. Touch the screen to turn off the flashlight and touch the screen again to turn it on. Swipe right on your watch screen to exit Flashlight.

## 2.9 Using the Barometer app

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

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

**Altitude:**

Altitude measurement range: -800 to 8800 meters.

**Air pressure:**

Air pressure measurement range: 300 to 1100 hPa.

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

 NOTE

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

## 2.10 Severe weather warnings

Your watch supports severe weather warnings. When the watch detects that the air pressure of your surrounding environment changes rapidly and the variation exceeded the set value, it will remind you to move to a safe area in a timely manner.

Press the Up button on your watch to enter the app list, swipe on the screen and touch **Barometer**, then touch **Settings** on the **Air pressure** screen, enable **Warnings** and set which rate of pressure drop you would like to trigger the warning.

 NOTE

## 2.11 Using Compass

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

 NOTE

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

## 2.12 Weather reports

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

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

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

Method 2: Viewing the weather information on the weather screen

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

Method 3: Viewing the weather information in the Weather app

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

 NOTE

- To check the weather information on your watch, you are advised to open the Huawei Health app, touch **Devices**, touch your device name, and then enable **Weather reports**. You can set the **Temperature unit** to **Celsius °C** or **Fahrenheit °F**.
- The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is collected from different weather service providers.
- Ensure that you have granted your phone and the Huawei Health app the permission to access your location. For versions earlier than EMUI 9.0, select **Use GPS, WLAN, and mobile networks** as the positioning mode instead of **Use GPS only**.

## 2.13 Viewing environment information

The watch comes with a feature to view outdoor environment information including sunrise, sunset, moonrise, and moonset times, moon phase, and tide times.

Press the Up button to enter the app list, swipe on the screen and touch **Weather**. Then, you can view information including sunrise, sunset, moonrise, moonset, and tide times.

 NOTE

- Your watch can only display the forecasts for the sunrise, sunset, moonrise, and moonset times for the 5 days.
- Tidal information is only available in some regions.

## 2.14 Finding your phone using your watch

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

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

 NOTE

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

## 2.15 Remote shutter

When the watch is connected to the phone, open **Remote shutter** on your watch to launch the camera of your phone and take a picture by tapping the camera icon on the watch's screen.

 **NOTE**

- This feature is only available with EMUI 8.1 or Magic UI 2.0. The Remote camera shutter feature will only show up on your watch when the watch is connected to the phone.
- The watch needs a stable connection with the phone and the Huawei Health app needs to be running in the background during use.
- You won't be able to preview or view the images on your watch. They will be saved in your phone's Gallery.
- The Huawei Health app needs to be updated to version 10.0.5.515 or later, and the HUAWEI WATCH GT 2e watch needs to be updated to version 1.0.2.18, the HUAWEI WATCH GT 2/HONOR MagicWatch 2 watch needs to be updated to version 1.0.7.16.

# 3 Workout monitoring

---

- [3.1 Starting a workout](#)
- [3.2 Using Smart companion](#)
- [3.3 Tracking daily activities](#)
- [3.4 Viewing the duration of moderate to high intensity activity](#)
- [3.5 Recording workout routes](#)
- [3.6 Syncing and sharing your fitness and health data](#)
- [3.7 Automatic workout detection](#)
- [3.8 Route back](#)
- [3.9 100+ workout modes](#)

## 3.1 Starting a workout

Your watch supports multiple workout modes. Choose a workout mode and start exercising.

### Running Courses

The watch has been preinstalled with a series of running courses, from entry-level to advanced, that provide personalized and real-time guidance. You can choose different courses on your watch.

1. From the home screen press the Up button, swipe until you find **Workout**, touch it, choose **Running courses**, choose a course that you want to use, and then start running as prompted by your watch.
2. During the workout, press the Up button to pause or end the running course, lock the screen, or adjust the volume for prompts during the workout. Press the Down button to switch between screens and view different workout data.
3. After a workout, touch **Workout records** to view detailed workout records, including training effects, overall performance, speed, steps, total height, heart rate, heart rate zone, cadence, pace, and VO<sub>2</sub>max.

 **NOTE**

To view detailed workout data, you can also open the Huawei Health app and touch **Exercise records**.

## Starting a workout

### Starting a workout using your watch:

1. From the home screen press the Up button, swipe until you find **Workout**, and then touch it.
2. Swipe up or down until you find your workout type. Before a workout, you can touch the Settings icon located next to each workout mode to configure target, reminders, and display settings.

 **NOTE**

There is no Settings icon located next to Triathlon mode.

In Triathlon mode, press the Down button to move to the next form.

Skiing, snowboarding do not support setting workout goals, however, they and cross-country skiing do support SpO<sub>2</sub> measurement during workouts.

3. Touch the Start icon to start a workout. During a workout, touch and hold the workout data screen until the watch vibrates, touch any workout data (such as heart rate, speed, distance, and time), and then choose what to display on the screen in real time.
4. During the workout, press the Up button to pause or end the running course, lock the screen, or adjust the volume for prompts during the workout. Press the Down button to switch between screens and view different workout data. (Take Outdoor Run mode as an example. During the workout, you can view a range of data displayed next to Heart rate, Pace, Distance, Time, Steps, Cadence, Total calories, and Total climbing. Different workout modes display different types of data.)
5. After a workout, press the Up button and touch the stop icon, or hold the Up button to end a workout session. Touch **Workout records** to view detailed workout records.

 **NOTE**

If you have selected a workout mode that includes swimming, the watch screen will be locked after you start the workout session. Press and hold the Up button to end the workout.

After the swimming session is complete, the watch will vibrate occasionally while displaying a message indicating that the watch is draining water.

### Starting a workout using the Huawei Health app:

To start a workout using the Huawei Health app, you need to bring your phone and watch together to ensure that they are connected properly.

1. Open the Huawei Health app, touch **Exercise**, choose a workout mode, and then touch the Start icon to start a workout.
2. Once you have started a workout, your watch will sync and display your workout heart rate, step count, speed, and time.
3. During a workout, the Huawei Health app displays workout time and other data.

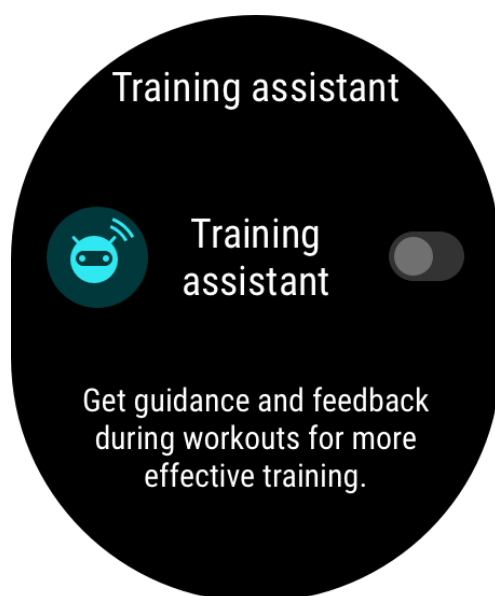
 NOTE

- If the workout distance or time is too short, the results will not be recorded.
- To avoid draining your battery, make sure you hold the stop icon after a workout to end it.
- Connect the watch to the phone using the Huawei Health app and start a workout in the app. When you start it from the app, the data between the watch and the app can sync.
- After a workout, open the Huawei Health app, touch **Exercise records** to view detailed workout data. Touch and hold a record to delete it from the app. This record will still be available on your watch. Up to 10 workout records can be saved on your watch. If you have more than 10 records, the oldest ones will be overwritten by new ones. Records on the watch cannot be deleted manually. You can reset your watch to its factory settings to clear your workout records. However, this will also clear any other data on your watch as well.

## 3.2 Using Smart companion

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

1. From the home screen press the Up button, swipe until you find **Workout**, then touch it.
2. Touch the Settings icon on the right side of **Outdoor Run** and then enable **Smart companion**.
3. Return to the workout list screen and touch **Outdoor Run**.

 NOTE

Smart companion is currently only available for Outdoor Run . If you have set your workout goal, your smart companion will not provide you with any voice guidance. To ensure that your workout companion can work properly, wear a Huawei or Honor smart watch or smart band.

## 3.3 Tracking daily activities

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

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

You can view activity records by performing the following:

### Method 1: Viewing activity records on your watch

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

### Method 2: Viewing activity records using the Huawei Health app

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

#### NOTE

- To view your activity records using the Huawei Health app, ensure that the watch is connected to your phone.
- Workout data on your watch can be synced to the Huawei Health app, but data recorded in the app cannot be synced to your watch.

## 3.4 Viewing the duration of moderate to high intensity activity

### Viewing the duration of moderate to high intensity activity

From the home screen press the Up button, swipe until you find **Activity records**.



**Steps:** This ring indicates the proportion of your steps to the target step count.



**Duration of moderate to high intensity activity (unit: minutes):** The default goal is 30 minutes.



**Active hours:** This ring represents how many hours you have been stood up for during the day.

#### NOTE

Android users can also check the duration of moderate to high intensity activity on the home screen of the Huawei Health app. The data displayed in the Huawei Health app is collected from both your phone and watch. Therefore, there is nothing to be concerned about if there is a data discrepancy between the app and your watch.



## 3.5 Recording workout routes

The watch features built-in GPS. Even if disconnected from your phone, the watch can still record your workout routes when you start Outdoor Run, Outdoor Walk, Outdoor Cycle, Climb, and other outdoor modes.

### NOTE

Outdoor sports skipping the GPS positioning process will result in abnormal motion track data. It is recommended that you start the sport after the satellite search and positioning of the wearable device is successful during outdoor exercise.

Different models support different outdoor workout modes.

If you cannot view workout routes on your watch, sync the workout data to the Huawei Health app and view the workout routes and other detailed workout data under **Exercise records** in Huawei Health.

## 3.6 Syncing and sharing your fitness and health data

You can share your fitness data to third-party apps and compare with your friends.

### For Android users:

To share your fitness data to a third-party app, open the Huawei Health app, go to **Me > Settings > Data sharing** and select the platform you want to share to. Follow the onscreen instructions specific to each platform.

### For iOS users:

To share your fitness data to a third-party app, open the Huawei Health app, go to **Discover > Third party services** and select the platform you want to share to. Follow the onscreen instructions specific to each platform.

## 3.7 Automatic workout detection

The watch can detect your workout status automatically. After you have enabled **Auto-detect workouts** by going to **Settings > Workout settings** on the watch, your watch will remind you to start recording your workout when it detects an increase in activity. You can select to ignore or start recording the workout session. Currently, this feature can detect running, elliptical, and rowing workouts.

## 3.8 Route back

Your watch will record routes and provide you with navigation services. After you use reach your target destination, you can use the route back function to get help returning to the place you started.

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

## 3.9 100+ workout modes

The watch supports 100+ workout modes, you can add or remove them from the watch for easier use.

### **Add**

To add a workout mode, on your watch home screen, press the Up button, touch **Workout**. Swipe up or down until you find **Add**, touch it and then add the ones you want.

### **Remove**

To remove a workout mode, on your watch home screen, press the Up button, touch **Workout** and the Settings icon on the right side of the workout mode, swipe to the bottom and touch **Remove** to remove the workout.

# 4 Health management

---

- 4.1 Monitoring your heart rate
- 4.2 Protecting your heart
- 4.3 Tracking sleep
- 4.4 Testing stress levels
- 4.5 Breathing exercises
- 4.6 Sleep apnea research
- 4.7 Measuring blood oxygen levels (SpO2)
- 4.8 Activity reminder
- 4.9 Enabling HUAWEI TruSleep™
- 4.10 Predicting the menstruation cycle

## 4.1 Monitoring your heart rate

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

### NOTE

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

### Heart rate measurement

1. Keep your arm still and wear your watch correctly.
2. From the home screen press the Up button, swipe until you find **Heart rate**. Touch **Heart rate**. The watch will then measure your current heart rate.
3. To pause the heart rate measurement, swipe right on your watch screen.

It usually takes approximately 6 to 10 seconds to display the first measurement value (1 to 2 seconds if **Continuous heart rate monitoring** is

enabled in the Huawei Health app and **MONITORING MODE** is set to **Real-time**), and the data updates every 5 seconds afterward. A complete measurement takes approximately 45 seconds to complete.

#### NOTE

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

## Setting the heart rate zone calculation method

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

#### NOTE

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

Your watch will display different colors when your heart rate reaches corresponding zones during a workout. The following figure shows how heart rate is displayed during an outdoor run.



## Measuring your heart rate during a workout

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

2. After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
3. You can view graphs that show the changes in heart rate, maximum heart rate, and average heart rate for each workout under **Exercise records** in the Huawei Health app.

#### NOTE

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

## Continuous heart rate monitoring

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

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

- Smart mode
  - a. The heart rate measurement will be performed every 10 minutes for low-intensity activities (such as when you are not moving).
  - b. The heart rate measurement will be performed every 10 minutes for moderate-intensity activities (such as when you are walking).
  - c. The heart rate measurement will be performed once a second for high-intensity activities (such as when you are running) and it takes 6 to 10 seconds to display the first heart rate value, though this may vary between individuals).
- Real-time mode: The heart rate measurement will be performed once a second for any type of activity intensity.

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

#### NOTE

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

## Resting heart rate measurement

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

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

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

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

#### NOTE

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

## Heart rate warning

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

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

#### NOTE

- The default heart rate limit is 220 - age, which is obtained from the personal information you enter.
- If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.
- Heart rate alerts are only available during active workouts and are not generated during daily monitoring.

## Heart rate alerts

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

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

## 4.2 Protecting your heart

The heart health research project was initiated by the 301 Hospital and aims to develop heart health and sleep apnea detection based on Huawei wearable devices.

To use the heart health research features, perform the following:

1. Download the 301 Hospital app from AppGallery.

2. Open the app and follow the onscreen instructions to register and log in.
3. On the management screen, select to join the heart health research project.
4. Then, go to **Me >My device** , and select your device name, and follow the onscreen instructions to pair your wearable to the app.
5. After it's paired, touch paired device (in **Me >My device** ), and enable intelligent alerts, then the wearable will be able to collect relevant data and monitor your heart health while you're resting.

To use the atrial fibrillation risk prediction, perform the following:

1. Open the 301 Hospital app, touch + in the top-right corner and select to join the atrial fibrillation risk prediction project.
2. Start a reading from the home screen to see if you may have irregular heart beats.
3. You can view the detailed data in the app and learn more about the results and risk trends to get more information and learn about possible precautions.

#### NOTE

- This feature is useful for people who have tested positive for arrhythmia in the past. If you are feeling uncomfortable, it is important to consult a doctor as soon as possible.
- If you feel very anxious, like your heart is beating really fast, chest tightness, shortness of breath, or fatigue, you can take a reading to check for any serious risks and take any necessary precautions.
- It is recommended to wear your wearable regularly for most of the day and enable automatic measurements. Taking measurements regularly over a long period of time can help you get to know your heart better.
- Leaving the program will clear all of your data records and you will need to join the program again to take the atrial fibrillation risk prediction test again.
- To use this feature, make sure you are using a Huawei/Honor phone running Android 5.0 or later. The Huawei Health app needs to be version 10.0.5.521 or later, and the 301 Hospital app, version 2.3.0 or later.
- Currently, this feature is only available on the HUAWEI WATCH GT 2 series and HONOR MagicWatch 2 series.

## 4.3 Tracking sleep

Your watch collects sleep data and identifies your sleep status when you wear it while sleeping. It can automatically detect when you fall asleep and wake up and whether you are in a light or deep sleep. You can sync and view your sleep data in detail in the Huawei Health app.

Your watch measures your sleep data from 20:00 to 20:00 on the following day (24 hours in total). For example, if you sleep for 11 hours from 19:00 to 06:00, your watch will count the length of time you slept before 20:00 during the first day as well as the rest of the time that you were asleep during the second day.

From the home screen press the Up button, swipe until you find **Sleep**, then touch it and swipe up on the screen to view your nighttime sleep duration and nap duration. Your daytime sleep duration is displayed under **Naps**.

You are able to view your history sleep data in the Huawei Health app. Open the Huawei Health app and touch Sleep to view your daily, weekly, monthly, and yearly sleep statistics.

 **NOTE**

Naps that you take during the day are counted under **Naps**. If you take a midday nap of less than 30 minutes or you moved around too much during a midday nap, your watch may have determined incorrectly that you were awake.

You can enable **HUAWEI TruSleep™** in the Huawei Health app.

After you enable **HUAWEI TruSleep™**, your watch will collect your sleep data, detect when you fall asleep, wake up, and whether you are in a light, deep, or REM sleep, and identify the times when you wake up and your breathing quality to provide you with a sleep quality analysis and suggestions to help you understand and improve your sleep quality.

When your watch detects that you are sleeping, it will automatically disable Always-on screen, message reminders, incoming call notifications, Raise wrist to wake screen, and other features in order to not disturb your sleep.

## 4.4 Testing stress levels

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

- To measure your stress level on a one-off basis: Open the Huawei Health app, touch **Stress** then **Stress test**. When using this feature for the first time, you need to calibrate the stress value. Follow the onscreen instructions in the Huawei Health app to answer the questionnaire for a better stress test result.
- To measure your stress level on a periodic basis: Open the Huawei Health app, touch **Devices**, then touch your device name, enable **Automatic stress test** and follow the onscreen instructions to calibrate the stress value. Make sure that you are wearing your watch correctly and the watch will periodically test your stress level.

Viewing stress data:

- Viewing stress data on the watch: Press the Up button while on the home screen, swipe up or down until you find **Stress**, and touch it to view the graph indicating your stress change, including the stress bar chart, your stress level, and your stress interval.
- Viewing stress data in the Huawei Health app: Open the Huawei Health app, touch **Stress** to view your latest stress level and your daily, weekly, monthly and yearly stress curve and corresponding advice. At the same time, you can refer to content under **STRESS RELIEF ASSISTANT** to reduce your stress and stay relaxed.



 **NOTE**

- Stress tests are only available with a HUAWEI WATCH GT 2/HUAWEI WATCH GT 2e and require an Android phone.
- During the stress test, wear your watch correctly and keep still.
- Your watch will be unable to accurately detect your stress level during a workout or when you move your wrist too frequently. In this case, your watch will not carry out a stress test.
- The accuracy of the data may be affected by caffeine, nicotine, alcohol, and some psychotropic medication. In addition, heart disease, asthma, exercise or an incorrect wearing position will also affect the data.
- The watch is not a medical device and the data is for reference only.

## 4.5 Breathing exercises

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

1. From the home screen press the Up button, swipe until you find **Breathing exercises**, then touch it.
2. Set your training duration and breathing rhythm.
3. Wear your watch and keep your arm still. Touch the start icon on the screen and follow the onscreen instructions to inhale and exhale.
4. After you finish the exercises, you are able to view the training results and the change in your heart rate on the watch screen.

## 4.6 Sleep apnea research

### Enabling sleep apnea research

1. Open the Huawei Health app, touch **Devices**, then touch your device name, and enable **HUAWEI TruSleep™**.
2. Open the Huawei Health app, enter the device settings screen, touch **301 Hospital's research** then you will be directly to the 301 Hospital's research app.

 **NOTE**

If you have not installed the 301 Hospital's research app, you will be redirected to a screen to download the app. After the app is installed, following the onscreen instructions to register and log in.

3. Select to join in the sleep apnea project.
4. Open the 301 Hospital's research app, enter the device list and select the corresponding device and following the onscreen instructions to pair your watch with the app.
5. Then go to the device settings screen and toggle on the switch for sleep apnea research. This will enable the wearable to evaluate your breathing during sleep and sync data to the app when the app is connected to the watch.

## Opting back out of a research project

Open the 301 Hospital's research app, touch the corresponding research project on the home screen, touch + in the top-right corner and select to exit the corresponding project.

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

## 4.7 Measuring blood oxygen levels (SpO<sub>2</sub>)

1. Wear your watch correctly and keep your arm still.
2. From the home screen press the Up button, swipe until you find **SpO<sub>2</sub>**. Touch **SpO<sub>2</sub>**. The watch will then measure your current heart rate.

If you are not wearing your watch, or wearing it incorrectly, an error message will be displayed. Please read the onscreen instructions for how to wear it correctly and touch **Retry** to restart the measurement.

Note:

- The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Huawei Health app, or receive a notification for an incoming call or alarm.
- To ensure the accuracy of the heart rate measurement, wear the watch correctly and ensure that the strap is fastened. Ensure that the band body is in direct contact with your skin.
- Stay as still as possible during the measurement.
- Each measurement lasts for about 1 minute, and the displayed SpO<sub>2</sub> level is updated every 3 seconds.
- During the measurement, the watch will also measure your heart rate.

### NOTE

- To measure your blood oxygen level while mountain climbing, swipe up or down on the climbing screen, select **SpO<sub>2</sub>** then touch **Measure**.
- To use this feature, update HUAWEI WATCH GT 2 and HONOR MagicWatch 2 to 1.0.6.32 or later, or HUAWEI WATCH GT 2e to 1.0.1.20 or later. Update the Huawei Health app to 10.0.5.311 or later.
- This feature is not available for users in Japan, Korea, or Taiwan (China).

## 4.8 Activity reminder

When Activity reminder is enabled, your band/watch will monitor your activity throughout the day in increments (set to 1 hour by default). Your band/watch will vibrate and turn on its screen to remind you if you haven't moved during that time period, so you can keep a good balance of activity and rest throughout the day.

Disable Activity reminder in the Huawei Health app if you do not want to be disturbed. To do this, open the Huawei Health app, touch **Health monitoring** and disable **Activity reminder**.

 NOTE

- Your band/watch will not vibrate to send you notifications while Do Not Disturb is enabled or you are asleep.
- Your band/watch will only send activity reminders between 8:00–12:00 and 14:00–22:00.

## 4.9 Enabling HUAWEI TruSleep™

Open the Huawei Health app, touch **Devices**, then touch your device name, and enable **HUAWEI TruSleep™**.

 NOTE

- Enabling **HUAWEI TruSleep™** may reduce the battery life.
- **HUAWEI TruSleep™** is disabled by default.
- The HUAWEI TruSleep™ tracking will not be affected if your phone powers off while you are asleep.
- Enabling **Do not disturb** in the Huawei Health app will not affect the HUAWEI TruSleep™ tracking.

## 4.10 Predicting the menstruation cycle

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

1. Open the Huawei Health app, touch **Cycle Calendar** and then grant corresponding permissions for the quick app.

 NOTE

If Cycle Calendar is not displayed on the home screen, touch **EDIT** near the bottom to add the card to the home screen.

2. You can record your period, and edit the average cycle and period length in the app. Use the More icon (three dots) to enable cycle reminders.
3. You can set reminders for the start and end of your period and fertile window.

 NOTE

- You can view and modify period data in the **Records** tab.
- Your wearable will remind you about the start of your period at 8 AM the day before it's supposed to start, all other reminders are for the day of the event, and will remind you at 8 AM that day.
- If you are wearing the wearable, it will just vibrate to remind you, tap the screen to see the information. If you aren't wearing the wearable, the wearable won't vibrate or light up to notify you. Tapping the screen won't reveal any information either. You can only view the reminder.
- Period cycle tests are only available with a HUAWEI WATCH GT 2/HUAWEI WATCH GT 2e/HONOR MagicWatch 2 and require an Android phone.

# 5 More guidance

---

[5.1 Setting Gallery watch faces](#)

[5.2 Always On Display](#)

[5.3 Installing, replacing, and deleting watch faces](#)

[5.4 Viewing the Bluetooth name, MAC address, Model, Serial Number, and version](#)

[5.5 Connecting earbuds](#)

[5.6 Unlocking your phone using your watch](#)

[5.7 Adjusting screen brightness](#)

## 5.1 Setting Gallery watch faces

### NOTE

- Only available on Android phones. If you are using iOS, unpair the device, then pair it with an Android phone and follow the instructions to transfer photos. The photos will be saved and you can unpair the device and pair it with your iOS phone again
- This feature requires that the Health app be updated to version 10.0.0.633 or above and the watch updated to 1.0.1.16 or above.
- You may not be able to set Gallery Watch faces in certain countries and regions.

1. Open the Huawei Health app, touch **Devices**, go to **Watch faces > More > Mine**, and touch **Gallery**.
2. Touch **+** and choose to either upload an image from your phone's Gallery or take a new photo. Then select your desired image and touch **Save**. Your watch will then display your customized image, as shown in the following figure:

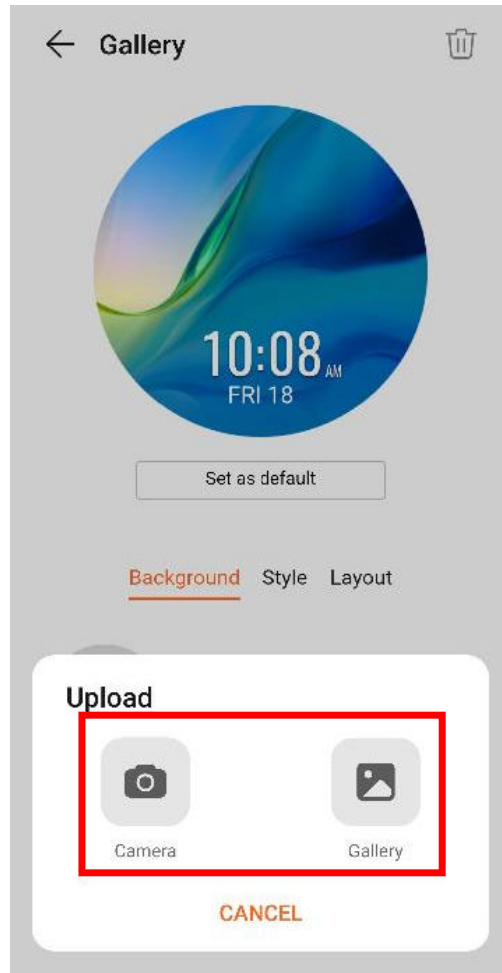
← Gallery

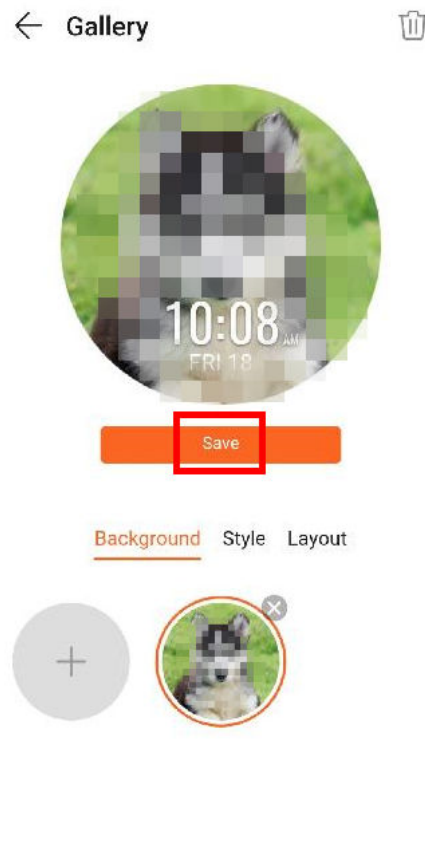


Set as default

Background Style Layout








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

#### NOTE

- Only still images can be used as watch faces. There are no restrictions on the file format
- A maximum of 20 images can be transferred at one. If you transfer multiple images an image will be selected randomly and displayed each time the screen wakes up. You can switch between the images by tapping the screen when it's on.

## 5.2 Always On Display

When your watch enters standby mode, the Always On Display will be displayed. Always On Display is disabled by default. To enable this feature, perform the following:

From the watch's home screen, go to **Settings > Display > Always On Display** , swipe to the left or right on the screen, then touch  to finish setting it up.

#### NOTE

Currently, only watch faces that are preinstalled on the watch can be used as the Always On Display.


## 5.3 Installing, replacing, and deleting watch faces

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

1. Open the Huawei Health app and touch your watch name. Go to **Watch faces > More** and see all the watch faces that are supported on your watch.
2. Select your desired watch face and touch **Install**. After the watch face is installed, your watch will automatically display the new watch face.
3. Choose an installed watch face, touch **SET AS DEFAULT**, and your watch will switch to the new one.

**Deleting a watch face:**

To delete a watch face, open the Huawei Health app, touch **Devices**, touch **Watch**

**faces**, touch **Mine**, select the watch face you want to delete, touch  in the upper-right corner, and the watch face installed on your watch will then be deleted. Certain preinstalled watch faces cannot be deleted.

### NOTE

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

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

**Viewing the Bluetooth name:**

- On your watch, go to **Settings > About**. The name displayed under **Device name** is the device's Bluetooth name.
- Alternatively, open the Huawei Health app and enter the device settings screen. The name of the connected device is the Bluetooth name.

**Viewing the MAC address:**

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

**Viewing the Serial Number (SN):**

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

**Model:**



- On your watch, go to **Settings > About** , the model name is displayed under **Model**.
- The laser-engraved characters after the word "MODEL" on the back of the watch is the model name.

#### Viewing the version:

- On your watch, go to **Settings > About** to view your watch's version.
- Open the Huawei Health app, go to the device settings screen, then touch **Firmware update** to check the version of your watch.

## 5.5 Connecting earbuds

1. From the home screen press the Up button and go to **Settings > Earbuds**.
2. Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your earbuds and follow the onscreen instructions to complete the pairing.

#### NOTE

- If Bluetooth earbuds are connected via the watch and you answer a call from the watch, the audio will play from the watch's speaker. Audio for calls cannot go through the earbuds yet.
- If you would like to use your Bluetooth earbuds for calls, connect the earbuds to your phone and answer calls from your phone too.

## 5.6 Unlocking your phone using your watch

Whether this feature is supported depends on your phone's specifications.

To enable this feature, perform the following: (The following takes a phone running EMUI 9.0 as an example.)

1. Ensure that your phone and watch have been paired.
2. On your phone, go to **Settings > Security & privacy > Lock screen password > Smart lock**. Set your lock screen password and add your watch as a trusted device.
3. You can now access your phone just by swiping on the phone screen and without having to enter a password.

#### NOTE

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

## 5.7 Adjusting screen brightness

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