HUAWEI WATCH FIT 2

USER GUIDE

HUAWEI

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Getting Started

Powering on/powering off/restarting

Powering on

- Press and hold the side button to power on the device.

- Charge the device.

Powering off

- Press the side button, and go to **Settings** > **System** or **System & updates** > **Power off**.

- Press and hold the side button, then select **Power off**.
  - ℹ️ The device will automatically power off when the battery is drained. Charge the device in a timely manner.

Restarting

- Press the side button, and go to **Settings** > **System** or **System & updates** > **Restart**.

- Press and hold the side button, then touch **Restart**.

- Press and hold the side button for more than 8 seconds to forcibly restart your device.

Buttons and screen control

- You can swipe up, down, left, or right, as well as touch and hold the screen to perform operations on your .
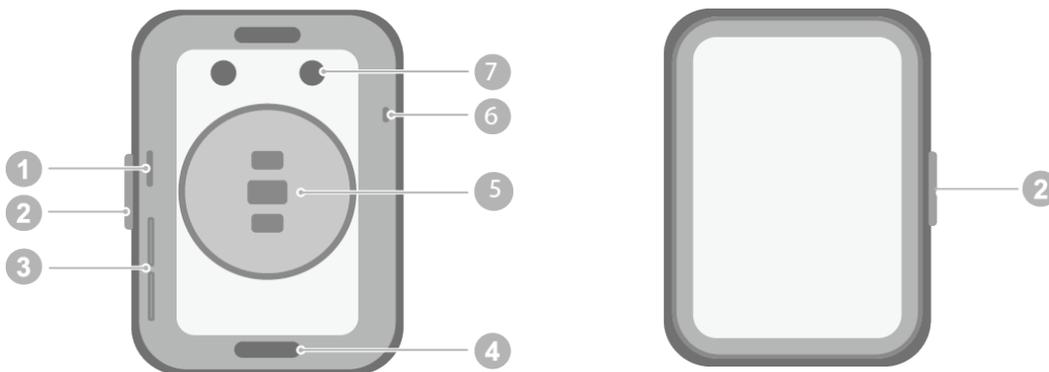
1: Air pressure hole

2: Side button

3: Audio hole

4: Superfit button

5: Monitoring unit area

6: Microphone

7: Charging port

Operation	Function	Note
Press the side button.	• When the screen is off, press the side button to turn on the screen. • When the watch face screen is displayed, press the side button to access the app list screen. • When a non-watch face screen is displayed, press the side button to return to the watch face screen.	This feature is unavailable in some scenarios, including when an incoming call arrives, during calls and workouts.
Press and hold the side button.	Wake up the voice assistant.	-
Press and hold the side button.	Power on, power off, and restart.	-
Swipe left or right on the home screen.	Switch between screens.	-
Swipe right on a screen other than the home screen.	Return to the previous screen.	-
Swipe up on the home screen.	Check messages.	-
Swipe down on the home screen.	Go to shortcuts such as Settings, One-touch drainage, Alarm, Find Phone, Screen on, and Do Not Disturb.	-
Touch the screen.	Select and confirm.	-
Touch and hold the home screen.	Change the watch face.	-

Icons

ⓘ Icons may vary depending on the product model.

Level-1 Menu

Remote shutter	Workout records	Workout status	Breathing exercises	SpO2	Activity records
Sleep	Stress	Heart rate	Music	Workout	Notifications
Weather	Cycle Calendar	Settings	Stopwatch	Timer	Alarm
Torch	Find Phone	--	--	--	--

Contacts	Call log	Healthy Living	Compass	--	--

Level-2 Menu

Steps	Activity	Hours active

Shortcuts

Settings	Alarm	Screen on
Find Phone	Do Not Disturb	Drain

Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app	Connected to the phone's Bluetooth and the Huawei Health app	--

Pairing and connecting to wearable devices

Before using the device, pair it with your phone. Ensure that your phone meets all the following requirements:

- Your phone must run HarmonyOS 2, Android 6.0, iOS 9.0, or later. (Some devices must be paired with iOS 12.)
- The phone runs the latest version of the Huawei Health app. For details on how to download and install the app, see **Installing the Huawei Health appInstalling the Huawei Health app**.
- Bluetooth and location services are enabled on your phone, and the Huawei Health app is authorised to access your phone's location.

Installing the Huawei Health app

Before pairing your phone with your device, download and install the Huawei Health app on your phone. If you have already installed the app on your phone, update it to its 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 https://appgallery.cloud.huawei.com/appdl/C10414141, 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.

- Visit https://appgallery.cloud.huawei.com/app/C10414141 to download and install **HUAWEI AppGallary**. Search for the **Huawei Health** app on HUAWEI AppGallery, and follow the onscreen instructions to download and install the app.
- **iPhone**

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

Pairing and connecting

- **Huawei/Non-Huawei Android phones**

  1 Press and hold down on the Up button to power on the device, and select a **language**. Once the device is powered on, Bluetooth will enter pairing mode 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**.

  You can also touch ⠢ > **SCAN** to scan the onscreen QR code. Your phone will then display **Pairing...**.

  3 Once a pairing request is displayed on the device screen, touch √, and follow the onscreen instructions **OK/Allow/Agree** to complete the pairing.

- **iPhone**

  1 Press and hold down on the Up button to power on the device, and select a **language**. Once the device is powered on, Bluetooth will enter pairing mode by default.

  2 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**.
  You can also 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.

  3 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 √.

  4 When a pop-up requests a Bluetooth pairing via the Huawei Health app, touch **Pairing**. A pop-up will display, asking you whether to allow the device to display notifications. Touch **Allow**.

  5 Wait for about 10 seconds until the Huawei Health app displays a message indicating that the pairing is successful. Touch **Done** to complete the pairing.

Charging

Charging

Connect the metal contacts on the charging cradle to those on the back of your device, place them on a flat surface, and connect the charging cradle to a power supply. The screen will turn on and display the battery level.

- • The charging cradle is not water-resistant. Make sure that the port, the metal contacts, and your device are dry during charging.
- • Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure there is no residual liquid or any other foreign objects on the USB port of the charging cradle. Keep the charging cradle away from liquids and flammable materials. Do not touch the metal contacts of the charging cradle when it is connected to a power supply, to avoid potential safety hazards.
- • The charging cradle has a magnet inside. If the magnet repels the charging port, switch the direction of the charging port. The charging cradle's magnetism tends to attract metal objects. It is recommended that you check and clean the charging cradle before use.
- • Do not expose the charging cradle to high temperatures for an extended period of time, or to sources with strong electromagnetic interference, as this may cause it to demagnetise or cause other issues.

Viewing the battery level

Swipe down on the device's home screen to check the battery level. Alternatively, open the Huawei Health app, touch **Devices**, and check the battery level under the device's name.

Setting grid layout on the home screen

Go to **Settings** > **Watch face & home** > **Home**, and select **Grid** to display the apps on the home screen in grid view or select **List** to display the apps as a list.

Adjusting the screen brightness

1 Press the Up button on your watch and go to **Settings > Display & brightness** or **Settings > Display**.

2 If **Automatic** is enabled, disable it.

3 Touch **Brightness** to adjust the screen brightness.

Changing watch faces

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

- Method 1: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a frame, swipe left or right to select your preferred home screen design.
- Method 2: Go to **Settings** > **Watch face & home** > **Watch face**. Swipe left or right on the screen to select your preferred watch face and install it.
- Method 3: Ensure that your device is connected to the Huawei Health app. Open the Huawei Health app, go to Watch Face Store, select **More**, and touch **INSTALL** under your preferred watch face. The device will automatically install and switch to your chosen watch face. Alternatively, touch a watch face that you have installed, then touch **SET AS DEFAULT** to switch to it.

  Deleting a watch face:

- Method 1: Open the Huawei Health app, go to Watch Face Store, and select **More** > **Mine** > **Edit**. Touch the cross icon in the upper right corner of a watch face to delete it.
- Method 2: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a preview, swipe left or right to select the watch face you'd like to delete, swipe up on the screen, and touch **Remove**.

Receiving weather reports

Enabling Weather reports

Open the Huawei Health app, enable **Weather reports** on the device details screen, and select your preferred temperature unit (°C or °F).

Viewing weather information

Method 1: On the Weather card

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

Method 2: In the Weather app

On the home screen, press the side button and select **Weather**. You can view information such as your location, the weather, temperature, air quality, and outdoor environment on the screen. Swipe up or down on the screen to view weather forecasts for different times throughout the day, and for the next six days.

Method 3: On a watch face that can display the weather

Set a watch face that can display the weather. Once this is set, you will be able to see the latest weather report on the home screen.

Setting an alarm

Method 1: Set an alarm on your device.

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

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

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

Method 2: Set an alarm in the Huawei Health app.

Smart alarm:

> If Smart alarm is not displayed in the Huawei Health app, it indicates that your device does not support this feature.

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

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

3 Touch √ in the upper right corner (for HarmonyOS/Android users) or touch **Save** (for iOS users) to finish configuring the settings.

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

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

Event alarm:

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

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

3 Touch √ in the upper right corner (for) or touch **Save** (for) to finish configuring the settings.

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

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

> - Alarms are synced between your device and the Huawei Health app.
>
> - When the alarm vibrates, touch , then swipe right or press the side button of your device to snooze (for 10 minutes). Touch to stop the alarm. The alarm will stop on its own if no other operations are performed for one minute or the alarm has snoozed on its own three times.

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 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.

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

Viewing unread messages

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

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

Replying to messages

> ℹ️ This feature is not supported for iOS phones.

When receiving a message on your watch, you can swipe up on the screen and select a quick reply.

Customising quick replies

> ℹ️ This feature is not supported for iOS phones.

You can customise a quick reply as follows:

1 Connect your device to the Huawei Health app, open the devices details screen, and touch the **Quick replies** card.

2 You can touch **Add reply** to add a reply, touch an added reply to edit it, and touch ✕ next to a reply to delete it.

Deleting unread messages

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

Setting favourite contacts

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

2 On the **Favourite contacts** screen:

- Touch **ADD** to display your phone's contacts list and then select the contacts you wish to add.

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

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

3 Touch a favourite contact from **Favourite contacts** in your watch's app list to call the contact's number on your watch.

Incoming call notifications

Make sure that your device is connected to your phone and worn correctly on your wrist. The screen will turn on and the device will vibrate or ring when there is an incoming call. You can reject the call or send a quick reply on your device.

- The quick reply feature is not supported for iPhones.

- If you aren't wearing the device, or Do Not Disturb is enabled and the screen is off, the device will receive the incoming call, but the screen will not turn on, and the device will not vibrate.

- If an incoming call is missed, the screen will turn on, and the device will vibrate to notify you of the missed call.

Bluetooth voice calling

To use this feature, ensure that your device is paired and connected to the Huawei Health app.

To make a call: Go to the app list on your device, select **Favourite contacts** or **Call log**, and select the contact that you would like to call.

To answer a call via Bluetooth: When there is an incoming call on your phone, you will receive an incoming call notification on your device. Touch on your device to answer the call. After the call is answered, the audio will come from the device's speaker.

Viewing your call logs on the

Viewing your call logs

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

Calling back

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

Deleting call logs

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

Voice assistant

ⓘ Ensure that you are using a HUAWEI phone running EMUI 10.1 or later, and have installed the latest version of the Huawei Health app.

Connect the device to your phone via the Huawei Health app, and then press and hold the side button to activate the voice assistant.

The voice assistant supports the following features:

1 Controlling local apps: Set an alarm, set a timer, start a count down, play music, measure your heart rate, and start a workout.

2 Finding information: View the weather, air quality, encyclopaedia, and world clock, translate from one language to another, perform digital computing, tell jokes, tell stories and view constellations.

3 Controlling the smart appliances linked to the AI Life app.

Exercise

Starting an individual workout

Starting a workout using the device

1 On the device, enter the app list and touch **Workout**.

2 Swipe up or down on the screen and select the workout you want to do.

3 Touch a workout icon to start a workout.

4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch ▶ to resume the workout, or touch ⏹ to stop the workout.

🛈

- Touch ⚙ to set goals, reminders, and more.

- After you start running, cycling, swimming, or rope skipping, touch 🏃 > **Warm up** and follow the onscreen instructions to warm up.

- Go to **Workout settings** > **Always on**, and your device screen will be steady on when you are working out.

- After the workout is finished, you can view the workout data including the workout time, calories, heart rate graph, heart rate range, average heart rate, and heart rate zone.

Starting a workout using the Huawei Health app

1 Select the workout you want to record on the Exercise screen in the Huawei Health app.

2 Touch the start icon to start the workout.

3 After a workout ends, touch the pause icon, then touch and hold the end icon, and select **END** to end the workout.

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.

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.

> ⓘ After completing a workout, such as running, cycling, swimming, or jump rope, touch **Workout records** > **Stretch**, and then demos will be displayed to show you how to stretch your body.

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.

Viewing daily activity data

If you are wearing the device properly, the device will record your activity automatically, including the step count, active distance, and calories burnt.

Method 1: View your activity data on the device.

On the device, enter the app list and touch **Activity records**. You can then view your data including the step count, calories burnt, distance covered, active hours, and the duration of moderate to high intensity activities.

Method 2: View your activity data in the Huawei Health app.

You can view your activity records on the home screen of the Huawei Health app or on the device details screen.

- ⓘ · To view your daily activity data in the Huawei Health app, make sure that your device is connected to the Huawei Health app.

    · Your activity data resets at midnight.

Running courses

Your device comes with a variety of running courses that can guide you and record your workouts, helping you to stay more active each day.

1 On the device, enter the app list and touch **Workout**.

2 Select **Courses and plans** > **Running courses** > **Preset courses**.

3 Choose a course and follow the onscreen instructions to start the workout.

Custom running courses

1. Make sure that your device is paired with the Huawei Health app. Open the Huawei Health app, go to **Exercise** > **Outdoor run** > **Recommended courses**. Swipe left on the screen, and touch **Custom** > **New**. You can then choose **Add round** and **Add movement** to set a specific course, and touch √ in the upper right corner to complete the settings.

2. On the screen with the details of your custom running course, touch **START** to start the workout in the app.

On the screen with the details of your custom course, touch the device icon in the upper right corner to sync the customised course to your device. Select the corresponding course on the device, and start it by following onscreen instructions.

3. On the screen with the details of your custom course, touch ⠢ in the upper right corner to display a menu. Select **Edit course** to edit the course, **Copy course** to copy the course, or **Delete course** > **OK** to delete the course.

Creating a training plan

ⓘ • To create a training plan, pair your device with the Huawei Health app first.

  • Running plans can only be created and started using the Huawei Health app. To create a new plan, terminate the existing plan first.

1 Create a training plan in the Huawei Health app: Open the Huawei Health app, go to **Exercise** > **Outdoor run** > **Running plans** or **Exercise** > **Indoor run** > **Running plans**, select a training plan, and follow the onscreen instructions to create it.

2 Sync the training plan to your device: Once the training plan has been created, it will automatically be synced to your device and your device will vibrate.

3 Share, view, edit, and terminate the training plan: When a training plan is created, the **Plan** option is displayed in the app, on the upper part of the **Exercise** screen. Touch ⠢ in the upper right corner and select **Share** to share the plan; touch **View plan** to view the details of your training plan; touch **Plan settings** to change the training day and reminder time, and enable **Sync to Calendar**; touch **Sync to wearable device** to sync the plan to your device; touch **Terminate plan** > **OK** to terminate the plan.

Smart companion

Enabling Smart companion

After Smart companion is enabled, you can view how much you have exceeded or fallen behind the target pace in real time during an outdoor workout.

1 Press the Up button to access the app list and touch **Workout**.

2 Touch the Settings icon to the right of **Outdoor run** and enable **Smart companion**.

3 Touch **Target pace** to customise a target running pace.

4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

Viewing the RAI

Running Ability Index (RAI) is a comprehensive index that reflects a runner's endurance and technique efficiency. It is based on a runner's best times. In general, a runner with a higher RAI performs better in competitions.

Before you start

- To use this feature, update the device and the Huawei Health app to their latest versions.

- The RAI feature is only available for outdoor running and running courses that last for more than 12 minutes. Indoor running is not supported.

Viewing the RAI

- On the device:

  1 Go to **Settings** > **Watch face & home** > **Home**, and select **Grid** to display the apps in grid view.

  2 Touch to view the RAI.

- On your phone: Open the Huawei Health app, go to **Exercise** > **Outdoor run** > **Total distance run (km)**, select a running record, and touch **Graph** to view your fitness data such as RAI, pace zone, and training load level.

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.

Route back

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

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

Routes

- You can export your workout routes and share them with your friends, so that they can use the same routes for workout.
- This feature is only available for outdoor running, cycling, and walking.

Exporting workout routes

1 Open the Huawei Health app, enter the **Exercise** screen, touch **Total distance run**, **Total distance cycled**, or **Total distance walked** to view the corresponding outdoor workout record, and select it.

2 On the **Route** screen, touch the route icon on the right, select **Save to My routes** > **OK** to save the route.

3 On the **Route** screen, touch the route icon on the right, and select **Export route** > **OK**. After selecting the export method, you can transfer the route file to friends or save it to the device.

Importing workout routes

1 After receiving a route, the friend can touch to save it to their device.

2 Your friend can swipe up on the **Me** screen in the Huawei Health app, select **My route**, and touch **Import route** in the lower right corner to import the workout route.

Syncing routes to the wearable device

1 Open the Huawei Health app, swipe up on the **Me** screen, and select **My route**. Select a route, touch in the upper right corner, and select **Send to wearable**.

2 Go to outdoor workout settings on the device, touch **Routes**, and follow the onscreen instructions to use the route for navigation.

Deleting routes

- Open the Huawei Health app, swipe up on the **Me** screen, and select **My route**. Select a route, touch ⋮ in the upper right corner, and select **Delete route** to delete the route.
- Go to outdoor workout settings on the device, touch **Routes**, touch and hold the route you want to delete, and touch **Delete**.

Health Management

Measuring your heart rate

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

•   Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.

Individual heart rate measurement

1   Open the Huawei Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2   On the device, enter the app list and select **Heart rate** to measure your heart rate.

Continuous heart rate measurement

1   Open the Huawei Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.

2   View your heart rate:

•   On the device, enter the app list and select **Heart rate** to view your heart rate.

•   Open the Huawei Health app, go to **Me** > **My data** > **HEALTH MEASUREMENTS** > **Heart**, and view your heart health data.

Resting heart rate measurement

The resting heart rate refers to the heart rate measured in a quiet, inactive, and non-sleep state. The best time to measure the resting heart rate is after you wake up (and before getting up) in the morning.

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

2   Open the Huawei Health app, go to **Me** > **My data** > **HEALTH MEASUREMENTS** > **Heart** > **Resting heart rate**, and view your resting heart rate at a specific time or average resting heart rate.

ⓘ   The resting heart rate data displayed in the Huawei Health app will not change after you disable **Continuous heart rate monitoring**.

Heart rate measurement for a workout

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

· Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, open the Huawei Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings** and set **HEART RATE ZONES** to **Maximum heart rate percentage** or **HRR percentage**.

· Heart rate measurement during a workout: You can view the real-time heart rate on the device when you start a workout.

> ⓘ · After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
>
> · Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.

Heart rate limit and zones

During a workout, if your heart rate exceeds the upper limit for more than 1 minute, the device will vibrate once and display a message indicating that your heart rate is too high, until your heart rate drops below the upper limit or you swipe right on the screen to clear the message.

Perform the following to set a heart rate upper limit:

· iOS users: Open the Huawei Health app, go to **Me** > **Settings** > **Exercise heart rate settings**, enable **Heart rate limit warning**, touch **Heart rate limit**, and set an upper limit that is suitable for you.

· HarmonyOS/Android users: Open the Huawei Health app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, touch **Heart rate limit**, and set an upper limit that is suitable for you.

> ⓘ Heart rate alerts are only available during workouts and are not generated during daily monitoring.

Breathing exercises

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

Stress tests

Testing your stress levels

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

- Single stress test:

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

- Periodic stress tests:

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

Viewing stress data

- On the watch:

  Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view your daily stress change, including the stress bar chart, level, and percentage in a single day.

- In the Huawei Health app:

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

Activity reminder

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

Open the Huawei Health app, go to the device details screen, touch **Health monitoring**, and enable **Activity reminder**.

- The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.

- The device will not vibrate if it detects that you are asleep.

- The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.

Get up

After receiving an activity reminder, touch **Get moving** > **Start**, and then demos will be displayed on the watch to show you how to stretch your body.

Menstrual cycle predictions

The device can predict your future periods and fertile windows based on your previous menstrual periods and calendar info. Related data and reminders can be viewed on the device. You can use the following methods to enable this feature.

Open the Huawei Health app, touch the **Cycle Calendar** card, and grant the corresponding permissions. If you are unable to find the **Cycle Calendar** card on the home screen, touch **EDIT** on the home screen to add this card to the home screen.

Method 1: On the device's home screen, press the side button, select **Cycle Calendar**, and touch to set the start and end of your period. After being set, your device will intelligently predict your next period based on the data you recorded.

Method 2:

1 Open the Huawei Health app, go to the Cycle Calendar screen, go to > **Cycle Calendar settings** in the upper right corner, select **Period length** or **Cycle length**, and you can enable reminders for **Start of period**, **End of period**, **Start of fertile window**, and **End of fertile window** in **Reminders**. You can also enable **All**.

2 The device will send you reminders for the start and end of your period and fertile window.

> · Touch Records to view and modify the period data. The predicted period is marked with a dotted line.
>
> · The device will remind you about the start of your period at 8:00 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8:00 AM on that day.

Measuring blood oxygen levels (SpO2)

Single SpO2 measurement

Wear your device properly, press the side button to enter the app list, swipe down on the screen, and touch **SpO2** to start measuring your SpO2. After the measurement is complete, **Test again** will be displayed at the bottom of the screen.

- ℹ️ • For more accurate results, it is recommended that you wait three to five minutes after putting the device on before measuring your SpO2.

  - Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.

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

  - The results are for reference only and are not intended for medical use.

  - The measurement will be interrupted if you swipe right on the device screen, receive an incoming call, or an alarm goes off.

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

ℹ️ 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 recognise when you fall asleep, when you wake up, and whether you 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.

Live a healthy life

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

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**.

- Due to different physical conditions of each individual, the health suggestions provided in Healthy life, 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 life are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

Selecting check-in tasks and setting goals

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

On the **Healthy Living** screen, touch [icon] in the upper right corner, select **Health plan**, and then select check-in tasks. Basic check-in tasks include **Sleep**, **Activity**, and **Mood**. Optional tasks include **Activity**, **Sleep**, **Daily mindfulness**, **Daily smile**, **Drink water**, **Medication**

reminders, **Blood pressure measurement**, and **Weight measurement**. You can touch **Goal settings** on the task card to set your daily goals.

Viewing the task completion status

- Press the Up button on your watch to 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

On the **Healthy Living** screen, touch ⠿ in the upper right corner, select **Health plan**, and then enable **Weekly report reminders on watch**, or enable **Reminders** for check-in tasks such as **Breathing**.

> ⓘ For some wearable devices that do not support the Healthy Living feature, you can set a health plan in the Huawei Health app and enable the reminder switch for the check-in tasks. Then the reminders will be displayed on your wearable device.

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, 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.

Assistant

HUAWEI Assistant·TODAY

HUAWEI Assistant·TODAY makes it easy to view weather forecast, wake up the voice assistant, and control music playback.

Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the device's home screen to enter HUAWEI Assistant·TODAY. Swipe left on the screen to exit HUAWEI Assistant·TODAY.

Controlling music playback

ⓘ This feature is not supported when the device is paired with an iPhone.

· **Controlling music playback on the watch:**

Swipe right on the home screen of your watch to enter HUAWEI Assistant·TODAY, and touch the music card with the watch icon. You can pause music, switch between songs, and adjust the music volume for your watch.

· **Controlling music playback on the phone:**

1 Open the Huawei Health app, go to the device details screen, touch **Music**, and turn on **Control phone music**.

2 Open the music app on your phone and play music.

3 Swipe right on the home screen of your watch to enter HUAWEI Assistant·TODAY, and touch the music card with the phone icon. You can pause music, switch between songs, and adjust the music volume for your phone.

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.

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.

ℹ️ uses a default watch face style, which doesn't need to be manually set, after **AOD** is enabled.

OneHop for watch faces

You can use OneHop to upload images as Gallery watch faces on your watch. Images saved on the cloud will need to be downloaded before being transferred. When you upload more than one image, you can tap on the watch face to switch between them.

ℹ️ · Before using this feature, update the Huawei Health app to its latest version, and make sure that the wearable device is connected to your phone.

· This feature is only available on Huawei phones that support NFC and run HarmonyOS 2/EMUI 10.0 or later. OneHop will no longer be supported after EMUI 9.0 is updated to a HarmonyOS version.

Enabling OneHop

ℹ️ Once OneHop is enabled on your device, you won't be able to disable it. Even if the device has been restored to its factory settings, the feature will still be enabled.
For some device models (such as the HUAWEI WATCH GT 3 series), OneHop is enabled by default, and does not need to be enabled manually.

1 In the device app list, go to **Settings > OneHop** to access the OneHop screen.

2 Touch **Enable**. Once you've enabled the feature, **Enabled** will display onscreen.

Using OneHop

1 Enable NFC on your phone.

2 Go to Gallery on your phone, select the images you wish to transfer, and tap the NFC area on the back of your phone against the watch face. Once the transfer is successful, the images will display on the watch face in sequence.

3 Open the Huawei Health app, go to the device details screen, and touch **Watch faces >
More > Mine > Gallery**. You will see the transferred images in Gallery. Feel free to
customise the style and layout of the Gallery watch faces to suit your preferences.

Setting the time and language

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

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

Torch

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

 The torch turns on for 5 minutes by default.

Compass

The compass displays the direction, longitude, and latitude of the device, helping you get
your bearings in unfamiliar environments such as when you are outdoors or travelling.

Open the app list on the device, touch **Compass**, and follow the onscreen instructions to
slowly rotate the device and finish calibrating. After the calibration is complete, you will then
be able to use the compass.

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

Remote shutter

 This feature is not supported when the device is paired with an iPhone.

1 Make sure that your device is connected to the phone via Bluetooth and the Huawei
Health app is running properly.

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

3 Touch the camera icon on the screen to take a photo using your phone. Swipe right on the
screen or press the side button to close **Remote shutter**.

Music

Adding music to the device

ⓘ This feature is not supported when the device is paired with an iPhone.

1 Open the Huawei Health app and go to the device details screen.

2 Go to **Music** > **Manage music** > **Add songs** and select the music to be added.

3 Touch √ in the upper right corner of the screen.
When adding music, you can also create a playlist by touching **New playlist**. After you have created a playlist, you can add your preferred music that has been uploaded to your watch to the playlist for easy management.

Controlling music playback

1 Go to the app list of your device, select **Music**, or go to **Music** > **Playing music**.

2 Touch the play button to play the song.

3 On the music playback screen, you can swipe up on the screen to view the playlist, switch between songs, adjust the volume, and set the playback mode (for example, play songs in order or randomly).

More

Do Not Disturb

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

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

Adding custom cards

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

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

3 Touch the up icon next to an app that you have added, or touch and hold the card to move the app to another position (supported on some device models such as). Touch the delete icon to delete the card.

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

Adjusting and replacing the strap
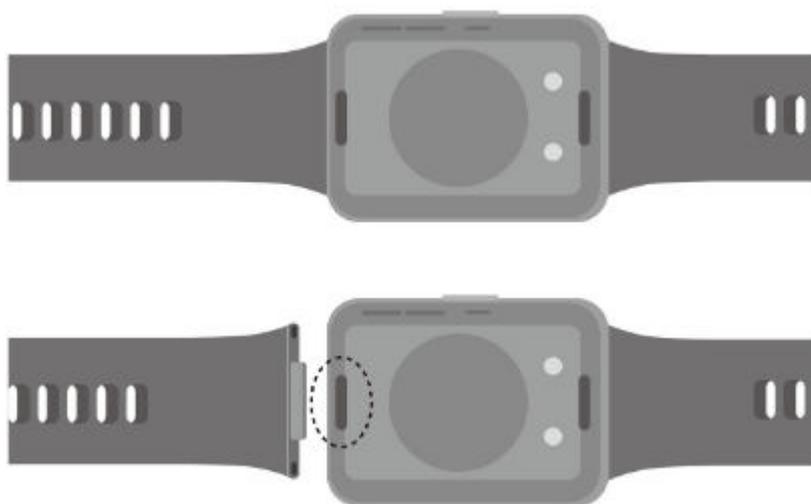
Adjusting the strap length

The soft rubber and leather straps are designed with horseshoe buckles, and the metal strap is designed with a dual magnetic clasp. You can adjust the strap based on your wrist circumference, so that it fits comfortably.

Removing and installing the strap

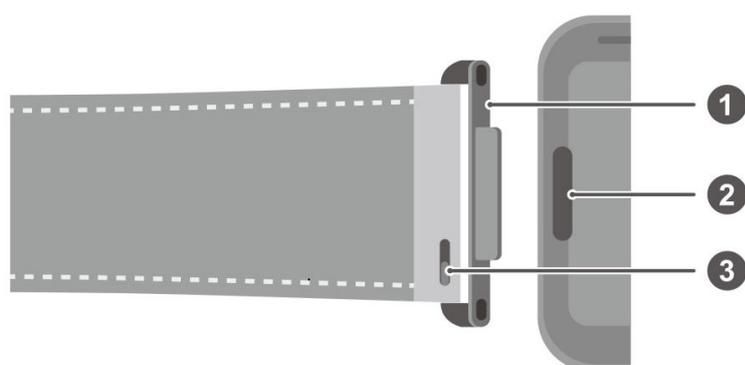- **Strap 1: Active Edition**

1: Superfit button

Remove the strap: Press the superfit button on each end of the watch body to separate the strap from the watch body.
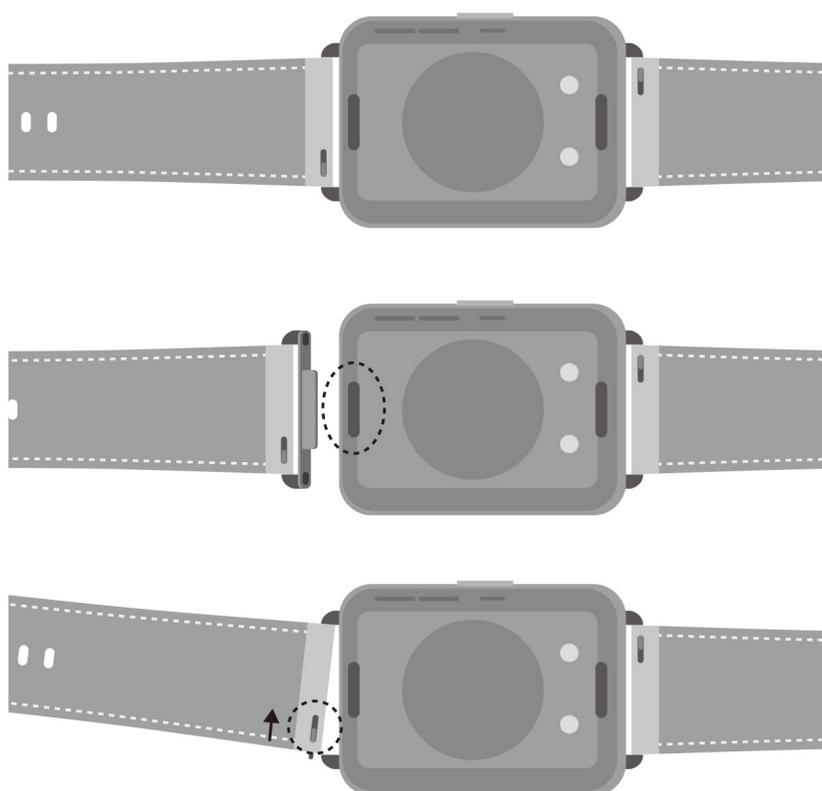
Install the strap: Align the strap with the watch body and fasten it.

ⓘ Separately purchased links are required for replacing the softer rubber strap of the Active Edition with a leather or metal strap.

· **Strap 2: Classic Edition**

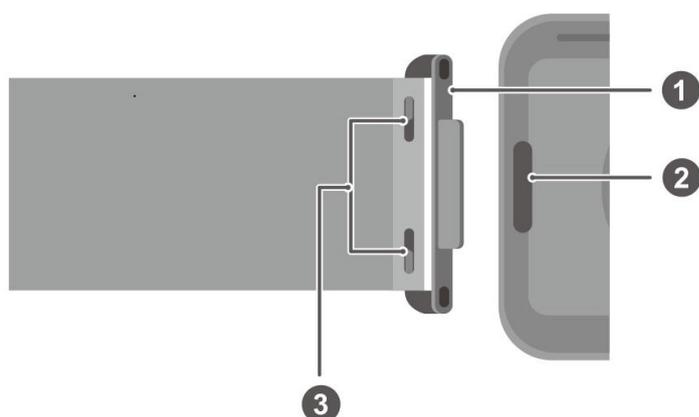1: Link 2: Superfit button 3: Springbar lever

Remove the links: Press the superfit button on each end of the watch body to separate the links from the watch body.

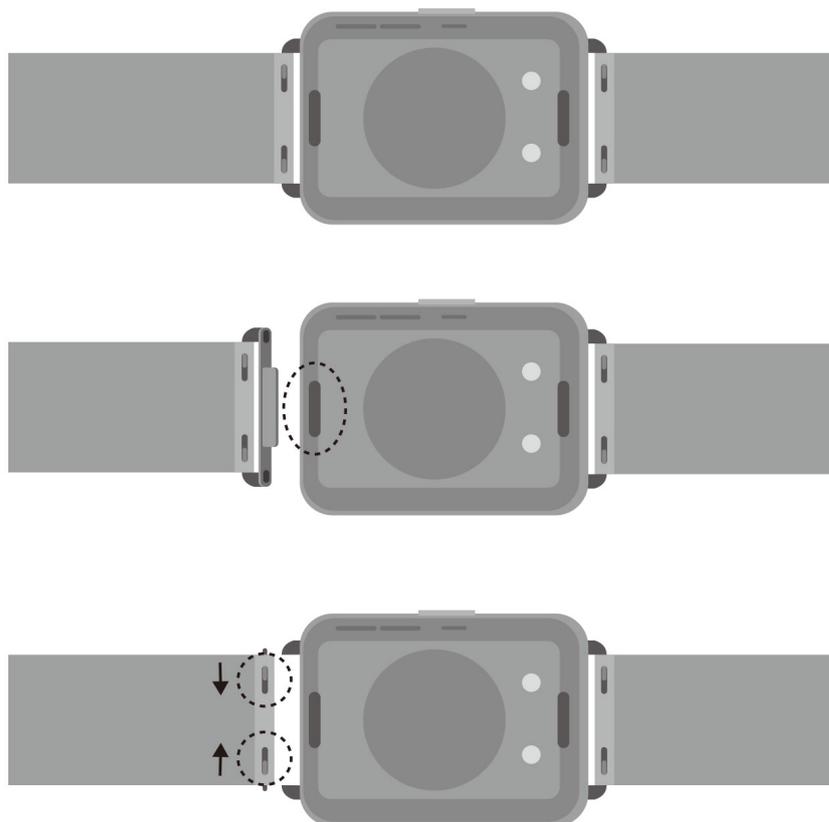Install the links: Align the links with the watch body and fasten them.

Remove the strap: Push the springbar lever on the strap, tilt the strap outwards and remove it from the link fixing slot.

Install the strap: Push the springbar lever on the strap, align the springbar pin with the link fixing slot, and install the strap.

- **Strap 3: Elegant Edition**

1: Link 2: Superfit button 3: Springbar lever

Remove the links: Press the superfit button on each end of the watch body to separate the links from the watch body.

Install the links: Align the links with the watch body and fasten them.

Remove the strap: Push the springbar levers on the strap, tilt the strap outwards and remove it from the link fixing slot.

Install the strap: Push the springbar levers on the strap, align the springbar pin with the link fixing slot, and install the strap.

Updating the watch

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.

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

- **Method 1:** On your device, go to **Settings > About**, swipe up and down to view the device name (the device Bluetooth name), MAC address, model, version number and SN (serial number).
- **Method 2:** Open the Huawei Health app, then touch **Devices** and the device name. The name of the connected device is the Bluetooth name.
  Open the Huawei Health app, go to the device details screen, touch **Firmware update**, the **Current version** is the current version number of your device.

One-touch drainage

Swipe down from the home screen, touch , and the screen will display that it's draining water. During drainage, the device will vibrate and make a drip sound. When the drainage is about to finish, you can shake the device to speed up the drainage of water droplets from the bell mouth.

ⓘ After you swim with the device, it will automatically vibrate and drain water.