HUAWEI WATCH FIT 2

User Guide

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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 & updates** > **Power off**.

- Press and hold the side button, then select **Power off**.
  - ⓘ 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 & 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 .
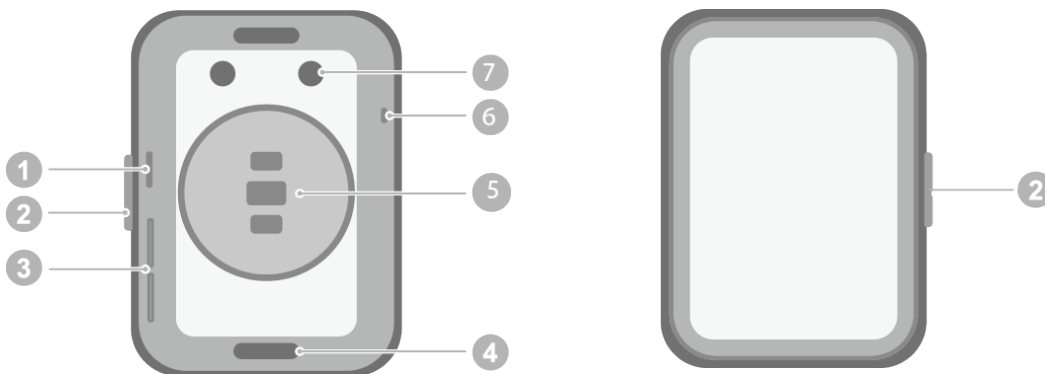
1: Air pressure hole

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
Flashlight	Find Phone	Alipay	Wallet	--	--

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

Ensure that your phone meets all the following requirements:

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

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

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

Installing the Huawei Health app

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

· **HUAWEI phones**

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

· **Non-HUAWEI Android phones**

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

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

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

· Visit Download HUAWEI AppGallery to download and install **HUAWEI AppGallery**. Search for the **Huawei Health** app on HUAWEI AppGallery, and follow the onscreen instructions to download and install the app.

· **iPhones**

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

ⓘ For details about how to register a HUAWEI ID on a non-HUAWEI third-party phone, refer to Registering a HUAWEI ID.

Pairing and connecting to wearable devices

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

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

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

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

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

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

- **iPhones**

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

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

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

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

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

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

Pairing and connecting in other scenarios

- If the device is going to be paired with a different HUAWEI ID in the Huawei Health app, you'll need to go to **Settings** > **System & updates** > **Reset** on the device, and then select √ to complete the pairing.

- If the connection failed and cannot be automatically reconnected, or you'd like to use another phone for pairing, you'll need to go to **Settings** > **System & updates** > **Disconnect** on the device, and then select √ to complete the pairing.

  🛈 If you are using an iPhone, it is recommended that you ignore or delete the Bluetooth connection records on your phone and unlink your wearable device in the Huawei Health app.

  To ignore or delete the Bluetooth connection records on your phone, go to **Settings** > **Bluetooth**, touch 🛈 next to the Bluetooth name of the device that has been paired with your phone, and select **Forget this device**. (You need to ignore and delete the pairing record twice.)

  To unlink your wearable device, open the Huawei Health app, go to the **Devices** screen, and touch ⋮ > **Unpair device** in the upper right corner.

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 demagnetize 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.

Locking or unlocking

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

Setting a PIN

1 Set a PIN.

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

2 Enable Auto-lock.

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

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

Changing the PIN

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

Disabling the PIN

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

Forgot the PIN

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

- Method 1: Open the Huawei Health app, touch **Devices** and your device name, and then select **Reset**.

- Method 2: If you've enter an incorrect password for five times, touch **Reset** at the bottom of the device screen, or press and hold the side button to restore the device to its factory settings.

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

  If you have added a transportation card or an access card to the device, the data of the card will be deleted once you have restored the device to its factory settings.

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 Access the app list on your device, 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

ℹ️ 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 preview, swipe left or right to select your preferred watch face and install it.

- 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:

- 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.
- 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.

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 Touch an alarm to delete it or modify the alarm time 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.

  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 center.

Replying to messages

  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.

Customizing quick replies

  This feature is not supported for iOS phones.

You can customize 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 favorite contacts

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

2 On the **Favorite contacts** screen:

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

- Press the Down button that has been customized, and touch **Sequence** to sort the contacts you have added.

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

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

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.

Unknown caller display

ⓘ • This feature is only supported on HUAWEI phones.

- Make sure that your device is paired with the Huawei Health app.

When you receive a call from an unknown number, you can tag the number in the call log, for example, express delivery, take-out, or harassment. If that number calls again, the tag will display alongside the phone number.

Bluetooth voice calling

ℹ️ 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 **Favorite 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 call logs

Viewing your call logs

Press the Up button on your device 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 device.

Calling back

When your device 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** or 🗑️ to clear all call logs.

Voice assistant

ℹ️ 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, encyclopedia, 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 jump roping, touch > **Warm up** and follow the onscreen instructions to warm up.

- Go to **Workout settings** and enable **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.

Linking for a single workout

After your device is paired with the Huawei Health app, the device will automatically start, pause, resume, or end the workout (such as a single workout or a training course) that you start, pause, resume, or end in the Huawei Health app.

 During a workout, the device and the Huawei Health app can respond synchronously when you pause, resume, or 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 burned.

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 burned, 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 customized 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.

Enabling Smart Trainer or Smart companion

Enabling Smart Trainer

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

1 Press the Up button to access the app list, and swipe up or down to find and touch **Workout**.

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

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

ⓘ · Smart Trainer is currently only available for Outdoor run.

- After **Smart Trainer** is enabled, you will be able to get real-time voice guidance when you are running. **Smart Trainer** has replaced the functions of **Goals**, **Reminders**, and **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 customize 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.

ⓘ When you are running outdoors, Smart Trainer and Smart companion can't be selected at the same time.

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.

- 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 device 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 device, 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 warning

During a workout, if your heart rate exceeds the preset upper limit for a certain period of time, your device will vibrate and notify you that your heart rate is too high, until your heart rate drops below the upper limit or you swipe right to clear the notification.

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.

High heart rate alert

If you aren't resting for 30 minutes and your heart rate stays above the set limit for over 10 minutes, the device will vibrate and display a message letting you know that your heart rate is too high. You can swipe right on the screen or press the side button to clear the message.

Perform the following to enable **High heart rate alert**:

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 Touch **High heart rate alert** and set a limit.

Low heart rate alert

If you aren't resting for 30 minutes and your heart rate stays below the set limit for over 10 minutes, the device will vibrate and display a message letting you know that your heart rate is too low. You can swipe right on the screen or press the side button to clear the message.

Perform the following to enable **Low heart rate alert**:

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 Touch **Low heart rate alert**, and set a limit.

HR Data Broadcasts

After **HR Data Broadcasts** is enabled, the device will continuously measure your heart rate. You can share your heart rate with other devices that support this feature or third-party apps.

1 Enter the app list and go to **Settings** > **HR Data Broadcasts**.

2 Touch √, your device will then broadcast your heart rate data, and third-party devices and apps can search for and connect to the device to collect the data. You can also touch **Go workout**, select a workout type, and start the workout. The device will continue the broadcasts.

3 To end the workout, press and hold the button when the screen is on.

4 On the **HR Data Broadcasts** screen, press the button and touch √ to exit **HR Data Broadcasts**.

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 test

Testing your stress levels

Wear the device correctly and keep your body still during the stress test.

- Single stress test:

  Open the Huawei Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. Touch **Calibrate stress level** and follow the onscreen instructions to calibrate the stress level.

- Periodic stress test:

  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.

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

Viewing stress data

- On the device:

  Press the Up button to access the device's app list, and touch **Stress** to view your daily stress change, including the stress bar chart and level in a single day.

- In the Huawei Health app:

  Open the Huawei Health app, then touch the **Stress** card to view your latest stress scores and 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 ![pen icon] 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.

ⓘ · 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 recognize 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.

Sleep apnea detection

ⓘ This feature is not supported for iOS phones.

Joining in the Sleep Apnea Study

1 Open the Huawei Health app, touch **Devices** then your device name, go to **Health monitoring** > **Advanced** to enable TruSleep^{TM} and other related settings.

2 Open the Huawei Health app, go to the device details screen, and touch **Heart Study** to open the Heart Study app.

ⓘ If you have not downloaded and installed the Heart Study app on your phone, you will be directed to download and install the app. After downloading and installing it, follow the onscreen instructions to sign in to the app.

3 Select to join the Sleep Apnea Study.

4 Touch **Devices**, and the app will automatically search for and notify you of the devices that can be connected to. You can also manually select the device to be connected from the list of supported devices, and follow the onscreen instructions to finish pairing.

5 After the pairing is successful, touch the paired device, select **Sleep Apnea Study**, and enable **Sleep Apnea**. Your watch will automatically measure and evaluate your breathing during sleep when you are not moving. After the watch is connected to your phone, it will sync your breathing data during sleep to your phone.

Exiting the Sleep Apnea Study

Open the Heart Study app, enter the Sleep Apnea Study on the home screen, touch **+** in the upper right corner and select **Leave study** to exit the Sleep Apnea Study.

You can re-join in the Sleep Apnea Study if you want to.

Heart Study

ⓘ This feature is not supported for iOS phones.

Starting the Heart Study

1 Open the Heart Study app.

- Open the Huawei Health app, go to the device details screen, and touch **Heart Study** to open the Heart Study app.

- Open the Huawei Health app, touch the **Heart** card on the home screen, and touch **Heart Study** to open the Heart Study app.

> ℹ️ If you have not downloaded and installed the Heart Study app on your phones, you will be directed to download and install the app. After downloading and installing it, follow the onscreen instructions to sign in to the app.

2 Join in the Heart Study.

3 Touch **Devices**, and the app will automatically search for and notify you of the devices that can be connected to. You can also manually select the device to be connected from the list of supported devices, and follow the onscreen instructions to finish pairing.

4 After pairing is successful, touch the paired device. Select **Heart Study** and ensure that **Smart real-time measurement** has been enabled. Once enabled, your device will automatically and intelligently evaluate your heart health when you are still, and sync your heart health information to your phone after it is connected to your phone.

Arrhythmia detection

Connect your device to the Heart Study app. Open the Heart Study app, go to **Heart health information** > **Arrhythmia detection**, and touch **Start**.

> ℹ️ · It is recommended that you detect arrhythmia twice a day for two weeks or once every two days for three months, to enhance the detection accuracy.
>
> · You can follow your friends and family members to stay in the loop with their heart health.

Atrial fibrillation risk detection

Open the Heart Study app, touch **Heart health information**, and touch **+** in the upper right corner. Select **AF risk prediction**, or go to **Predict** > **Join in**.

You can view the prediction result and risk trend to predict risks and take countermeasures.

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

Quitting the Heart Study

Open the Heart Study app, select the heart research project, touch **+** in the upper right corner, and touch **Leave study**.

You can re-join the research project at any time if you want to.

Healthy Living

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

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

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

Enabling Healthy Living

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

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

Selecting check-in tasks and setting goals

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

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

Viewing the task completion status

· Enter the app list, and select **Healthy Living** to view the completion status of a specific task.

· Open the Huawei Health app and touch the **Healthy Living** card on the **Health** screen to view the task completion status.

Reminders

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

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

Weekly report and sharing

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

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

Disabling Healthy Living

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

Assistant

Apps

ⓘ This feature is not supported for iOS phones.

Installing apps

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

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

Using apps

Swipe up or down on the app list of your device, select an app, and follow the onscreen instructions to use it.

ⓘ • Some apps can only be used when the device is connected to your phone. If the device displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone.

• When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when granting authorization, open the Huawei Health app, go to **Me** > **Settings** > **Device capabilities**, and select the app that you want to grant authorization to again.

Updating apps

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

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

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

Uninstalling apps

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

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

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

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

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.

Setting the vibration strength

On the device, go to **Settings** > **Vibration** or **Settings** > **Sounds & vibration** > **Vibration**, select your preferred vibration strength (strong, soft, or none), and touch **OK**.

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.

> 🛈 HUAWEI WATCH FIT 2 Series uses a default watch face style, which doesn't need to be manually set, after **AOD** is enabled.

OneHop Watch Faces

You can use OneHop to upload images as Gallery watch faces on your device. 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.

> 🛈 - Before using this feature, update the Huawei Health app to its latest version, and make sure that the wearable device is connected to your phones.
>
> - This feature is only available when your device is paired with some HUAWEI phones that support NFC. Your wearable device must support NFC.

Enabling OneHop

> 🛈 If the feature is not displayed on your device, you do not need to activate it manually. 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.

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 customize the style and layout of the Gallery watch faces to suit your preferences.

Alipay

Once you have linked your device to your Alipay account, you can use the QR code or bar code on your device to make payments.

Linking Alipay

1 Select **Alipay** from the app list on your device and follow the onscreen instructions until you see the **Scan to link** QR code displayed.

2 Open the Alipay app, scan the QR code displayed on your device, and then follow the onscreen instructions to complete linking.

3 Follow the onscreen instructions to set the device name in the Alipay app.

4 Touch the **Balance** icon in the upper right corner of the Alipay app, and enter an amount. Your watch and Alipay account will be linked once you complete a payment.

5 After your watch and Alipay account are successfully linked, you'll be able to manage your balance by following the onscreen instructions.

- Your device can continue to make payments even when it has been disconnected from the phone, has no Internet connection, or is offline.

- If you have not topped up your Alipay balance on your device, the payment sequence is the same as that set on Alipay.

Scanning to make payments

After you have linked your device with your Alipay account, swipe right on the device screen to find Alipay or press the Up button to access the app list then touch **Alipay**. Open Alipay, and show the payment code (a QR code or a bar code, which you can switch between by touching the device screen) displayed on your device to the vendor to make a payment.

Unlinking Alipay

You can use either of the following methods to unlink your device.

Method 1: Press the Up button on the watch and go to **Alipay** > **Unlink**. If you have topped up your Alipay balance on your watch, the balance will not automatically be refunded. Follow the onscreen instructions to unlink your Alipay account from your watch in Alipay. Only then will your balance be refunded.

Method 2: In the search box of the Alipay app on your phone, search for **smart device** and touch it, then select the target device and follow the onscreen instructions to unlink your

device from the Alipay account. After they have been unlinked, swipe up on the **Alipay** screen on your device and select **Unlink**.

- ⓘ • If the Alipay balance on your device has already been topped up, the balance will automatically be refunded to the remaining balance once your device is unlinked from Alipay.
  - If you enable this feature, please take extra care when using your device. If your device is lost, remember to promptly unlink your Alipay account.
  - After the Alipay account is unlinked, the payment feature will still display, but can no longer be used. Before using Alipay again, make sure that the Alipay account has been unlinked on both devices, and then link it once again.
  - If you restore your device to its factory settings, the Alipay account will automatically be unlinked from the watch.

Bank card payment

After you link a bank card to the device using the Huawei Health app, you will be able to make payments using the device, even if the device is not connected to your phone or the Internet. This makes purchasing easy and convenient.

- ⓘ • To use this feature, update the Huawei Health app to the latest version. This feature is not supported when the device is paired with an iPhone.

Linking a bank card

1 Open the Huawei Health app, touch **Devices** and the connected device's name, and then touch **Wallet**.

2 Touch **+** in the upper right corner, and select **Bank cards**.

- ⓘ • If you are linking bank cards for the first time, you will need to set a PIN on the device screen, and then touch **Next** to add a bank card.
  - If you have set a PIN, unlock the device screen, and touch **Next** to add a bank card.

3 Follow the onscreen instructions to scan the front of your bank card or manually enter your bank card number, and then touch **Next**.

4 On the card issuing notice screen, swipe up, enter the required information, and touch **Next**.

5 After you enter the SMS verification code, a message will be displayed indicating that the card has been activated. Then touch **OK**.

Quick payments

Open the app list on the device, touch **Wallet** to enter the card list, touch **Pay** to activate a card, and place the watch face close to a card reader. When the device displays a message indicating that the device is close to the card reader, use the device to make a payment.

ⓘ · If the device screen is locked, unlock the screen and then place the watch face close to the card reader to make a payment.

· Currently, only UnionPay is supported and international credit cards are not supported. See the **Add bank card** screen to find out which banks are supported.

· **Wallet** of the device can be used to make payments for all the merchants that support UnionPay QuickPass or Cloud QuickPass in the Chinese mainland.

· You will not need to enter the bank card password when making a payment if the password-free micropayment feature is enabled for your bank card and the card reader also supports this feature. Otherwise, you will need to enter the payment password on the card reader.

Removing a bank card

1 Open the Huawei Health app, touch **Devices** and then the connected device's name, touch **Wallet**, and select the bank card you want to remove.

2 Go to **Details** > **Delete card**. Follow the onscreen instructions and touch **OK**.

ⓘ Disabling the screen PIN will cause the bank card to be removed.

Transportation cards

Activate transportation cards in the Huawei Health app, and then you'll be able to make payments simply by tapping your watch against the payment terminal.

ⓘ · To use this feature, update the Huawei Health app to the latest version. This feature is not supported when your device is paired with an iPhone. Your wearable device must support NFC.

· The activated virtual transportation cards enjoy the same benefits as their physical forms.

· Transportation cards are only supported in some cities. Please refer to official Huawei notices and the wearable health section of Huawei Club for the latest information on which cities transportation cards are supported in.

· Dedicated transportation cards, such as those for students, elderly people, and soldiers, can't be added.

Activation

1 Open the Huawei Health app, touch **Wallet** on the device details screen, and then touch **+ > Transportation cards** or the transportation card icon.

2 Follow the onscreen instructions to select your desired transportation card, such as **Chang'An Card**.

3 Select your preferred top-up amount, and touch **Activate**.

4 After you have paid for the card to be activated, a message will display onscreen indicating that the card is being activated. Once activation is complete, touch **Done**.

- (i) • Supported regions are subject to regional transportation cards displayed in the Huawei Health app. The card issuer will determine whether the virtual transportation card requires a service fee to be activated, and if so how the fee is charged. The card activation service fee and method are subject to the information on the card activation screen. You can choose whether or not you would like to activate the card.

- • The card activation service fee is charged by the card issuing company or partner. You can view the merchant information when submitting an order, or on the payment screen. After a transportation card is successfully activated, the refundability of the service fee is dependent on the card issuer's own policies.

Top-up

1 Open the Huawei Health app, touch **Wallet** on the device details screen, and select the transportation card you want to top up.

2 Touch **Top up**, select an amount, and touch **Confirm**.

3 Your transportation card will be topped up once you have completed the payment.

(i) You can touch the transportation card you have topped up in **Cards** to view its balance.

Payment

If you have linked multiple transportation cards, you can set your most frequently used card as the default card on the device details screen in the Huawei Health app.

Once the transportation card is activated and set as the default card, you'll be able to make payments with your watch, even when the watch screen is off, Bluetooth is disconnected, or the watch is powered off. Hold the watch screen close to the payment terminal to make the payment.

(i) Transportation cards are activated in the wearable's NFC chip. Therefore, card payments will not be affected if you do not connect the watch to your phone, forget to bring your phone, or pair the watch with another phone.

Simulating physical access cards

The device can simulate most unencrypted 13.56 MHz access cards that are currently on the market. This feature does not yet apply to bank cards with access functions, or access cards with banking or transportation functions. By importing the physical access card information to the chip on the device, you'll be able to use the device as an access card.

- (i) • To use this feature, update the Huawei Health app to the latest version. This feature is not supported when your watch is paired with an iPhone.

- • Each access card can be simulated on several different devices. A maximum of five access cards can be added to each device.

- • Some encrypted cards can be added to the watch, but the watch may be unable to function as an access card.

Simulating physical access cards

1 Update your wearable device and the Huawei Health app to their latest versions.

2 Open the Huawei Health app, touch **Devices** and then the connected device's name, and touch **Wallet**.

3 Touch **+** > **Keys** > **Access cards**, and attach the device to the center of the card. After the card has been read successfully, the physical card will be automatically simulated on the device.
Enter a name for the access card in the Huawei Health app and touch **Done**.

Using access cards

1 Move your device close to the card sensor to enable the access card feature.

2 Swipe up or down on your watch screen to switch to the access card you want to use, and bring your device close to the card sensor again.

- Access cards will be deleted when the watch is restored to its factory settings.

- The use of the access card feature does not require connection to a mobile phone.

Viewing and removing access cards

1 Open the Huawei Health app, touch **Devices** and then the connected device's name, and touch **Wallet**.

2 Touch **X cards** on the right side of **Key** to view all of the added access cards.

3 Select an access card to view its details.

4 Touch ⋮ in the upper right corner of the screen and select **Remove**. Follow the onscreen instructions to remove the access card.

Setting the default card

1 Open the Huawei Health app, touch **Devices** and then the connected device's name, and touch **Wallet**.

2 Touch **X cards** on the right side of **Key** to view all of the added access cards.

3 Touch the access card you want to use as the default card and then touch **Set as default**.

- Only one access or transportation card can be set as the default card.

- Open Wallet on your device and swipe to a non-default card for a while. Your device will vibrate to notify you to swipe your card against the sensing area. Then this card will be automatically set as the default card.

- Once you have set a default card, you will still be able to swipe that card even when the screen is off or the device is powered off. When the device powers off due to low battery, you can swipe the default access card up to 10 times in one day.

Smart Swipe

Smart Swipe allows your device to automatically switch between cards to adapt to different card readers.

- To use this feature, update the Huawei Health app to the latest version. This feature is not supported when your device is paired with an iPhone.
- Currently, this feature only supports access cards that do not require identity authentication.
- Currently, Smart Swipe supports adding only one transportation card and one access card. When the two cards are added at the same time, the access card needs to be identified twice when being used.

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

2 Touch the default card and select **Smart Swipe** from the default card settings screen.

3 After the screen displays a message indicating that the settings are complete, add your frequently used cards.

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.

Stopwatch

Select **Stopwatch** from the device's app list, touch ▶ to start a stopwatch, ⏱ to count times, ⏸ to pause the stopwatch, and ↺ to reset the stopwatch.

Timer

On your device, enter the app list, touch **Timer**, and select or set how long you want to time for. Touch ▶ to start a timer, ⏸ to pause the timer, ↺ to clear the timer, and ✕ to exit the timer.

- The device will vibrate to inform you when the time is up.
- Swipe right on the screen or press the side button to start timing in the background.

Flashlight

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

ⓘ The flashlight turns on for 5 minutes by default.

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 traveling.

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.

Finding your phone using your watch

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

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

Touch the watch screen to stop searching for your phone.

ⓘ This feature will only work when your phone and device are connected via Bluetooth.

Finding your watch using your phone

You can use your HUAWEI phone to find your watch once your watch is connected to the Huawei Health app.

Getting started

1 Download and install the latest versions of the HUAWEI Mobile Cloud, Find Device, and Huawei Health apps from AppGallery. If the apps have already been installed, update them to their latest versions.

2 Use the same HUAWEI ID to log in to the three apps and ensure that your wearable device is connected to the Huawei Health app.

Finding your watch using your phone

1 Select the target device in the Find Device app's device list.

2 On the device details screen, locate the device and touch **Listen for the ringtone** to find the device.

Remote shutter

ⓘ This feature is only supported for HUAWEI phones.

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** > **Favorites**.

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

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

4 After the settings are complete, swipe left or right on the home screen to view the added cards.
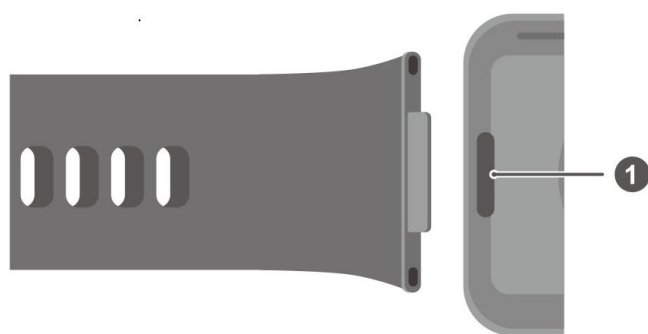
Adjusting and replacing the strap
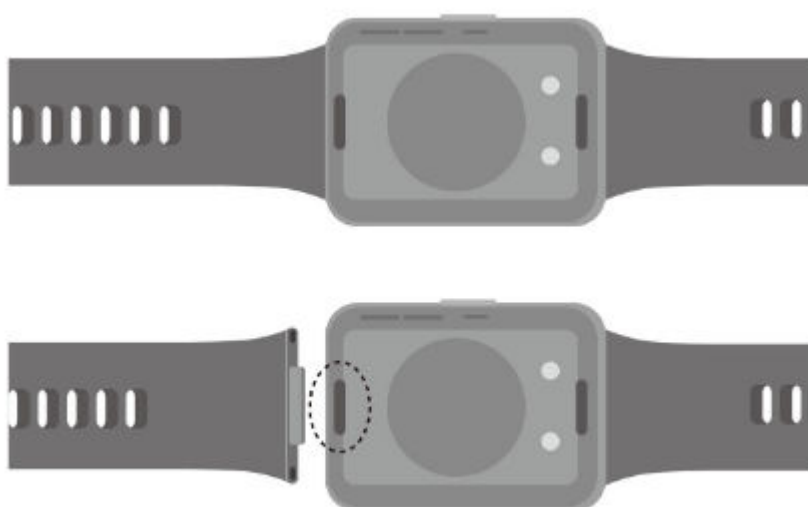
Adjusting the strap length

The silicone strap and leather strap 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**
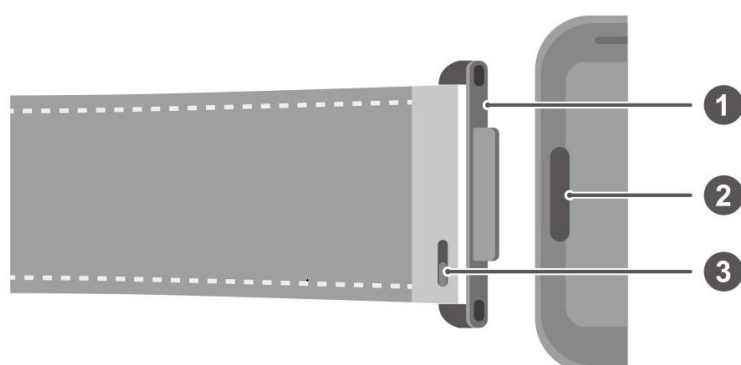
1: Superfit button

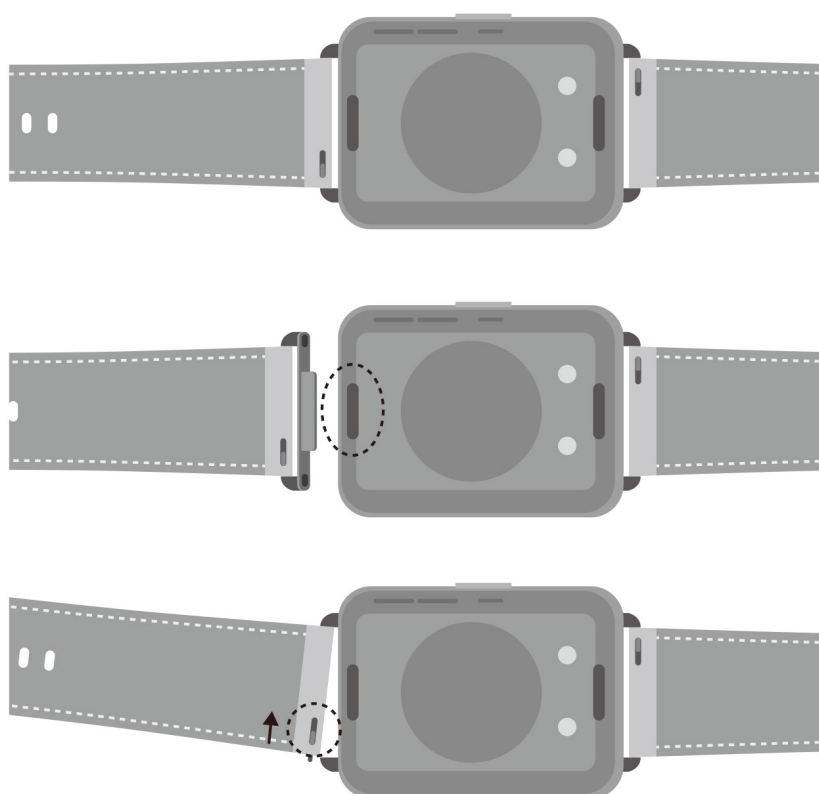Remove the strap: Press the superfit button on each end of the watch body to separate the strap from the watch body.

Install the strap: Align the strap with the watch body and fasten it.

ℹ️ Separately purchased links are required for replacing the silicone 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**
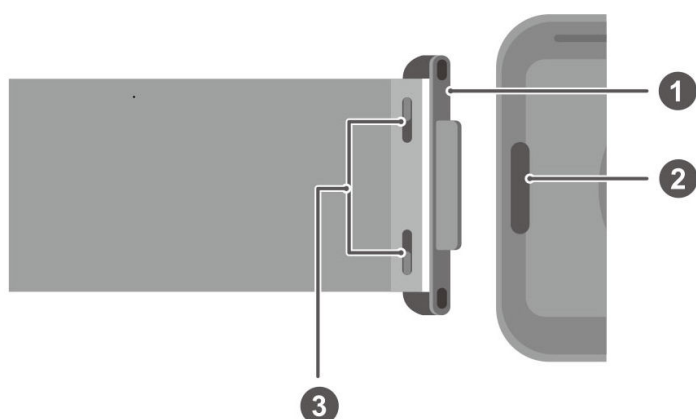
1: Link 2: Superfit button 3: Springbar lever

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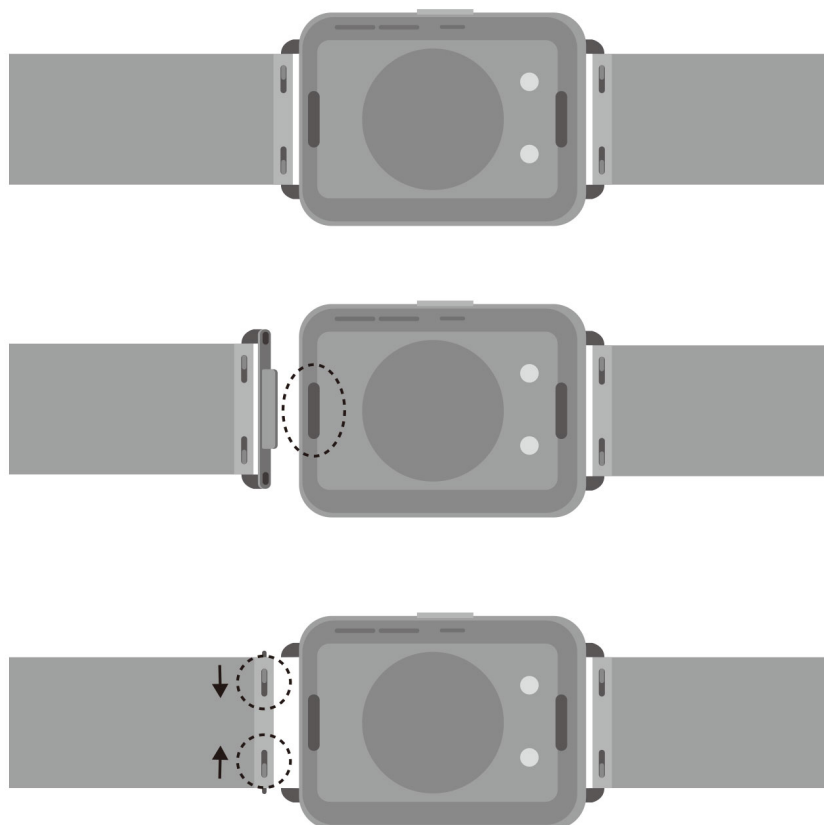
Remove the strap: Push the springbar levers on the strap, tilt the strap outwards and remove it from the link fixing slot.

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.

Restoring your device to its factory settings

Method 1: Go to **Settings > System > Reset** or **Settings > System & updates > Reset** on your device.

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

> ⓘ Personal data will be cleared from your device after you restore the device to its factory settings. Exercise caution when performing this operation.

Water and dust resistance

The device features 5 ATM water resistance, but this protection is not permanent and may reduce over time.

You can wear the device when you are washing your hands, outside in the rain, or swimming in shallow water. Do not wear it when you are showering, scuba diving, or diving.

The following may affect the water resistance of the device:

- It is dropped, bumped, or encounters other impacts.
- It comes into contact with liquids including soap, shower gel, detergent, perfume, lotion, and oil.
- It is used in high-temperature and high-humidity environments including hot baths and saunas.

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.

Statement for devices supporting micropower frequency bands

This product supports micropower short-range radio (also referred to as NFC) specified in the "Radio Regulations of the People's Republic of China". According to Notice No. 52, 2019 issued by the Chinese Ministry of Industry and Information Technology (MIIT) on requirements for NFC:

1. The product complies with the specific clauses and application scenarios specified in the Technical Requirements for Micropower (Short Distance) Radio Equipment, including the antenna types and performance, and usage of control, adjustment, and switches.

2. It is forbidden to change the application scenarios or conditions, expand the transmit frequency range, increase the transmit power (including installing additional RF power amplifiers), or change the transmit antenna without permission.

3. The product shall not cause harmful interference to other legal radio stations, and requests for protection against harmful interference shall not be proposed.

4. The product shall withstand interference from industrial, scientific, and medical (ISM) devices that radiate radio frequency energy or other legal radio stations.

5. If the product causes harmful interference to other legal radio stations, stop using it immediately and take measures to eliminate the interference before continuing to use it.

6. The use of civil and military radio stations such as radio astronomy stations, meteorological radar stations, and satellite earth stations (including measurement and control stations, ranging stations, reception stations, and navigation stations) inside aircraft and in accordance with laws and regulations, relevant national regulations, and standards, as well as the use of micropower equipment in the electromagnetic environment protection areas such as airports, shall comply with the regulations of the electromagnetic environment protection and relevant industry administrative departments.

7. It is forbidden to use model remote controls in an area with a radius of 5,000 meters centered on the center of the airport runway.

8. Environmental conditions for the temperature and voltage of the micro-power device being used have been specified.