

HUAWEI Band 3 & 3 Pro Online Help_V1.0

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Huawei Technologies Co., Ltd.

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

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

Email: support@huawei.com

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1 Getting started

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1.1 Using your band

- The HUAWEI Band 3 Pro is a 50-meter water resistant smart band with a full-touch color screen and Home key. Its features include heart rate monitoring, GPS, activity assistant, sleep monitoring, and message reminder.

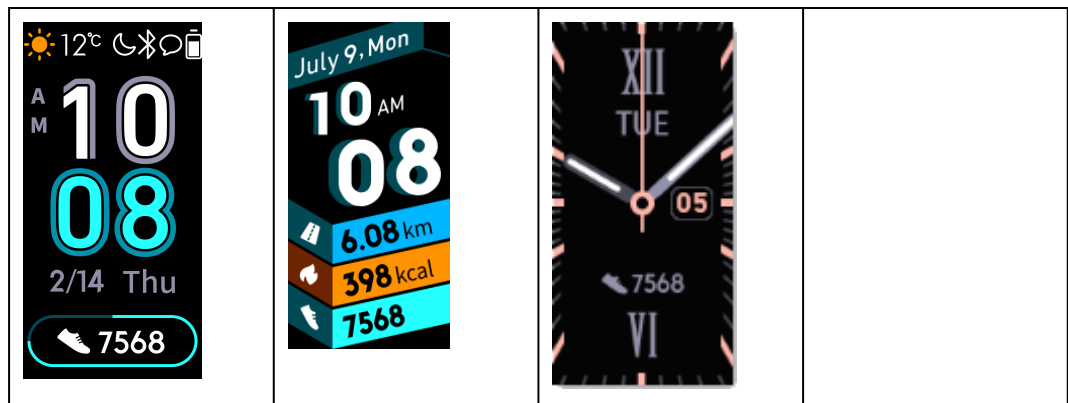


- HUAWEI Band 3 is a high-end smart band with 50 m water resistance, color screen, full screen touch and a home button control. Integrating smart features such as heart rate monitoring, fitness monitoring, sleep monitoring and message reminder, it is the best partner of a smartphone that helps users understand their fitness and health status.



1.2 Icons







Watch face:



NOTE

Actual icons may vary with the band version. The following watch face icons are for your reference only.



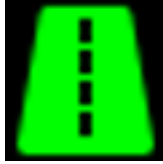


Level-1 Menu:

<p>Activity records</p> 	<p>Heart rate monitoring</p> 	<p>Sleep</p> 
<p>Workout</p> 	<p>More</p> 	<p>Messages</p> 




 **NOTE**






The percentage displayed in Activity records indicates the current target's completion status.

Activity records

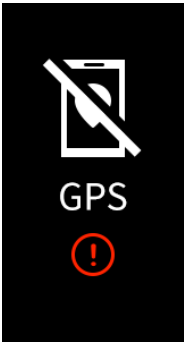
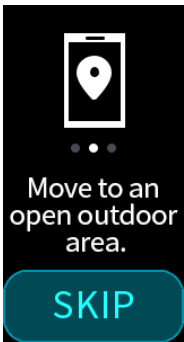
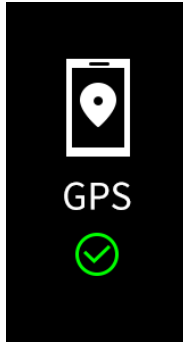
<p>Steps</p> 	<p>Calories</p> 	<p>Distance</p> 
<p>Moderate to high-intensity activity duration</p> 	<p>Standing time</p> 	

Work out types:




<p>Outdoor run</p> 	<p>Treadmill run</p> 	<p>Outdoor walk</p> 
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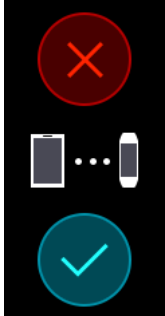
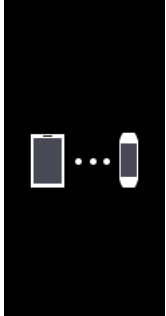
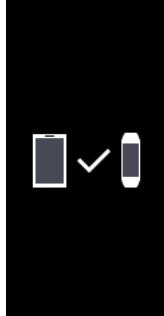
<p>Indoor cycle</p> 	<p>Outdoor cycle</p> 	<p>Pool swim</p> 
<p>Open water(Only for HUAWEI Band 3 Pro)</p> 	<p>Free training</p> 	

GPS connection during exercises(Only for HUAWEI Band 3 Pro):


<p>GPS off</p> 	<p>GPS connection prompts</p> 	<p>GPS on</p> 
---	--	--

Connection and pairing










<p>Not connected</p> 	<p>Bluetooth connected</p> 	<p>Please connect Bluetooth</p> 
--	--	---

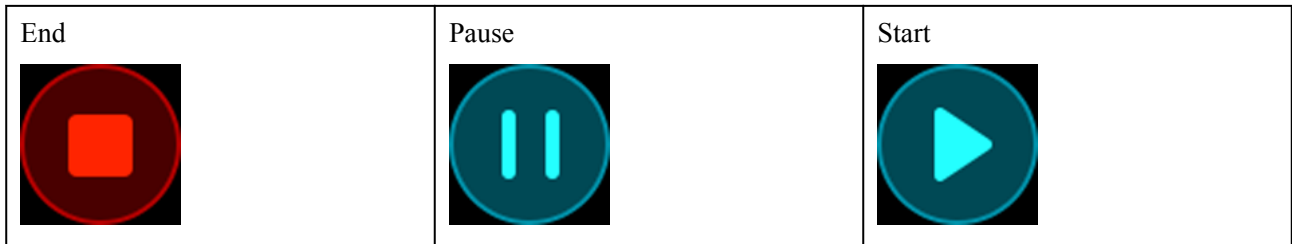
<p>First-time pairing request</p> 	<p>Pairing</p> 	<p>Pairing successful</p> 
---	--	---

Battery:

<p>Charging</p> 	<p>Low battery alert</p> 	<p>Ultra low battery alert</p> 
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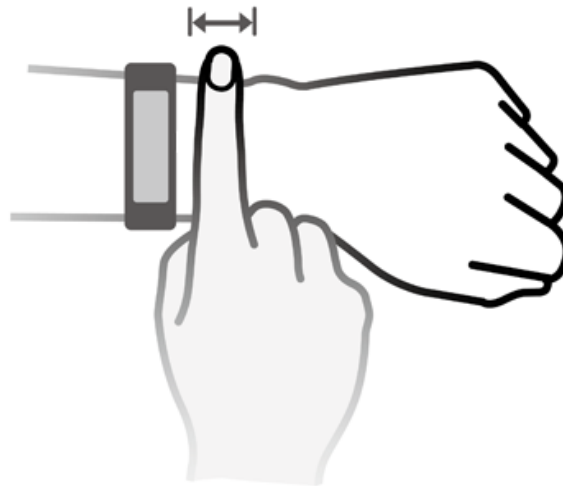
Others

<p>Activity reminders</p> 	<p>Upgrading</p> 	<p>Update failure</p> 
<p>Alarm</p> 	<p>Find phone</p> 	<p>Unread text messages</p> 
<p>Take a photo</p> 	<p>Confirmed</p> 	<p>Cancel</p> 



1.3 Wearing your band

To make sure that activity tracking and sleep and heart rate monitoring work properly, make sure you are wearing your band correctly as shown in the following figure.



The band strap adopts a U-shaped buckle design so it will not fall out easily. To wear the band, insert one end of the strap through the U-shaped buckle and then fasten it. The end of the strap is intentionally bent so as to enhance wearability.



 **NOTE**

- Your band is made of materials that are safe to use. If you experience skin discomfort when wearing the band, stop using it and consult a doctor.
- Be sure to wear your band properly to maximize comfort.

1.4 Screen Control

Touching, swiping, and holding your finger to the screen input various command. There is also a Home key for operating convenience.

Operation	Function	Remarks
Touch the Home key when the screen is on	Return to the home screen	This function is unavailable during special scenarios like calls or workouts.
Touch the Home key when the screen is off	Turn on the screen	Touch the Home screen when the screen has been turned off for less than 10 seconds to return to the previous screen. Otherwise, touch the Home key to return to the home screen.
Swipe right on the home screen	Access the message center to view cached messages.	This function is unavailable when there are no cached messages. You are able to clear messages by swiping right on the message content screen.

Operation	Function	Remarks
Swipe right on non-home screens	Return to the previous screen.	
Swipe up or down on the level 1 screen	Switch to another screen.	
Touch the screen	Choose and confirm	
Touch and hold the home screen	Change the watch face	

Turning on the screen

To wake the screen, raise your wrist or rotate it inward. The screen will stay on for 5 seconds.

NOTE

You can enable the **Raise wrist to wake screen** function in the Huawei Health app.

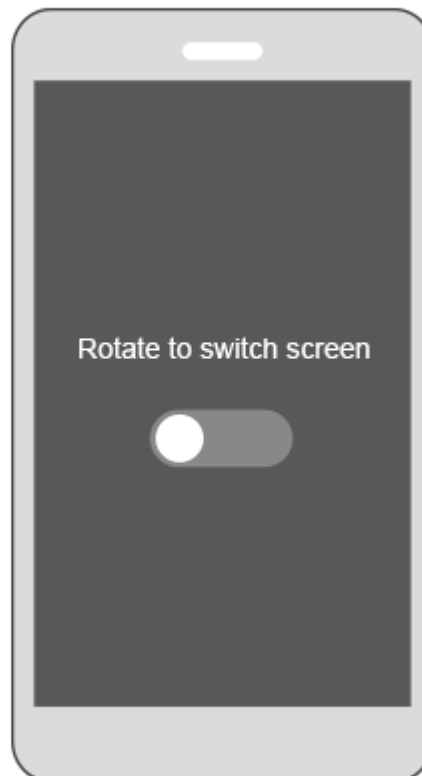


Switching between screens

To switch between screens, when the screen is on, rotate your wrist or swipe on the screen.

NOTE

You can enable the **Rotate wrist to switch** screen function in the Huawei Health app.



Turning off the screen

- Lower your wrist or rotate it outward to turn off the band screen.
- The screen will turn off automatically when the band is idle for 5 seconds.

1.5 Pairing your band with your phone

Connect your band to the charging cradle when you use it for the first time. The band will automatically power on. The band is ready to be paired via Bluetooth by default.

NOTE


You are able to pair your band only with phones running Android 4.4 or later, or phones running iOS 9.0 or later. Make sure you have enabled Bluetooth on your phone before you start pairing.

- **For Android users:**

To pair your band with the phone,

- a. Search for and install the latest version of the **Huawei Health app** in the Google Play Store. (For Huawei device users, search for and install the **Huawei Health app** in AppGallery.)
- b. Open the Huawei Health app, touch the + icon on the top-right corner (or device icon if you have paired your band), or go to **Me > My devices > Add** to access the device details screen, and then touch **Smart Band** and select **HUAWEI Band 3/3 Pro**.
- c. Touch **Pair**. The Huawei Health app will search for the band automatically. Select your band from the list of devices available. The band will start to pair with your phone automatically.



- d. Your band will vibrate when it receives a pairing request. Touch  to start pairing.


 **NOTE**

- Your band's screen will display an icon to inform you that pairing was successful, and that information from your phone (such as data and time) will be synced after 2 seconds.
- Your band's screen will display an icon to inform you that pairing has failed and the startup screen will return after 2 seconds.



- **For iOS users:**
 - a. Search for and install the **Huawei Health app** in the App store.
 - b. Open the Huawei Health app. Access the **Device** screen, and touch the + icon in the top-right corner. Touch **Smart Band** and select **HUAWEI Band 3/3 Pro**.
 - c. The Huawei Health app will search for the band automatically. Select the correct band name from the list of Bluetooth devices available. The band will start to pair with your phone automatically.

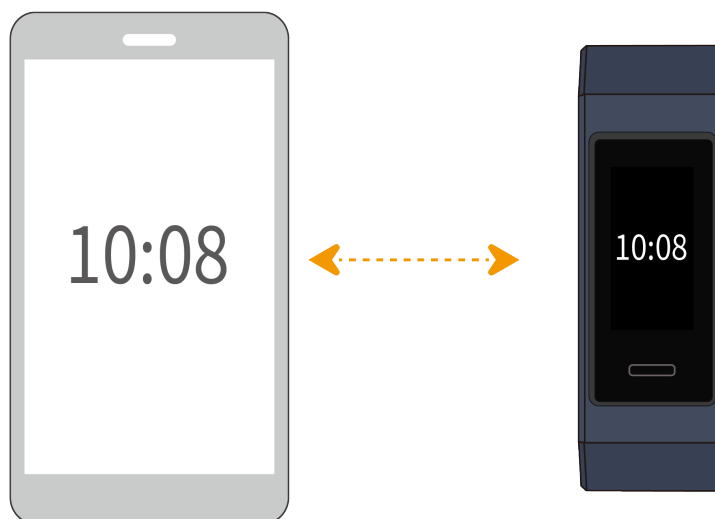


- d. Your band will vibrate when it receives a pairing request. Touch  to start pairing.
- e. Once your phone displays the Bluetooth pairing request, touch **PAIR** to begin pairing.

1.6 Setting the time zone and language

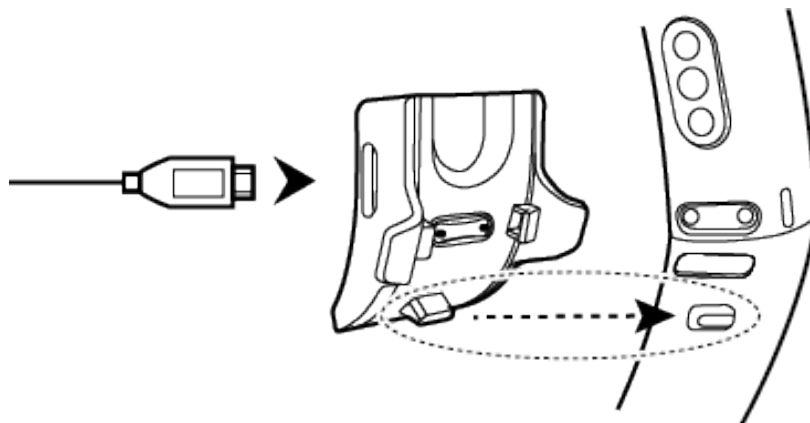
After the band syncs with your phone, the time zone and language set on your phone will be automatically synced as well.

If you change the language, region, time, or time format on your phone, the changes will be automatically synced to the band as long as the band is connected to it.



1.7 Charging your band

To charge your band, align the plastic rubber contacts with the charging port on the wrist strap, and fasten the contacts to ensure the charging port has made good contact. The charging icon and battery level will be displayed on the band screen.

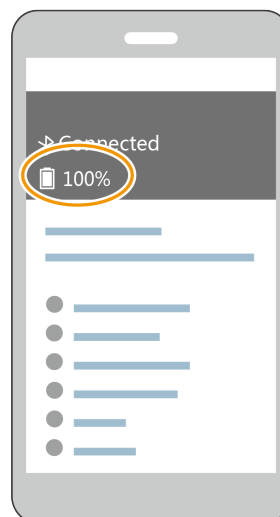


 **NOTE**

- Before charging, make sure the charging port and metal end are clean and dry to prevent short circuits or other issues.
- If the band screen gets black or responds slowly, connect your band to the charging cradle to restart it.

Charging time: It takes about 100 minutes to fully charge your band in 25°C room temperature. Once the battery icon is full, your band is fully charged.

View battery level: Check the battery icon  on the band home screen or in the Huawei Health app.



Low battery alert:

If the battery level is lower than 10%, your band will vibrate, and the band screen will display



reminding you to charge your band promptly.

1.8 Powering on and off/Restarting your band

Power on

Your band will automatically power on when you charge it.

Power off

Swipe on the screen of your band and touch **More > Power off**.



NOTE

To power on your band after it has been powered off, connect the band to the charging cradle, and your band will automatically power on when it has been fully charged.

Restart

Swipe on the screen of your band and touch **More > Restart**.



1.9 Changing home screen styles

Your band comes with multiple home screen styles. See the following two ways for details on how to change your home screen styles.

- **Method 1:** Touch and hold the home screen until your band vibrates. When the home screen zooms out and screen frames are displayed, swipe up and down on the screen to select your desired home screen style.



- **Method 2:** Access the **More** screen and touch **Faces**. When the home screen zooms out and screen frames are displayed, swipe up and down on the screen to select your desired home screen style.

2 Basic operations

- [2.1 Adjusting screen brightness](#)
- [2.2 Finding a phone using the band](#)
- [2.3 Remote photo shooting](#)
- [2.4 Weather report](#)

2.1 Adjusting screen brightness

Access the **More** screen and go to **Brightness > Brightness** to adjust screen brightness. Screen brightness is set to Level 2 by default. Level 3 is the highest screen brightness level, while Level 1 is the lowest.

You can enable **Lower brightness at night** to automatically configure the band to lower screen brightness from 20:00 to 06:00.



2.2 Finding a phone using the band

Forgot where you put your phone? You can use your band to find it.

Access the **More** screen, and touch **Find Phone**. An animation will display on the screen. If your phone is within the Bluetooth range, it will play a ringtone (even in Silent mode), notifying you of its whereabouts.



 **NOTE**

- To use this feature, ensure that the band is connected to your phone, and the Huawei Health app is running in the background or foreground.
- If no phone is found within 2 minutes, a failure icon will display. You can touch the icon to try again.

2.3 Remote photo shooting

 **NOTE**

This feature is only available on Huawei phones running EMUI 8.1 or later.

If you want to take a photo of your family but forget to take your selfie stick on vacation, you can use your band to take remote photos with your phone.

- Open the Camera app on the phone and the band will automatically display camera shutter screen. Touch the **camera** icon on the band to enable the remote photo shooting feature. The band will return to the camera shutter screen 2 seconds after taking a photo.
- The band screen will turn off if no operation is performed on its camera shutter screen for 5 seconds. You can press the side button or lift your wrist to turn on the band screen and access the camera shutter screen again.
- Press the Home key to return to the home screen, or swipe right on the band screen to go to the previous screen.
- To exit the photo taking screen on your band, close the camera app on your phone or disconnect your phone from the band.



2.4 Weather report

Switch the band screen to the home screen supporting the display of weather information. You can obtain the latest weather information on your band:

1. Enable **Weather reports** in the Huawei Health app.
2. Ensure that both the phone GPS and the Huawei Health app have permission to acquire location information.
3. Select **Use GPS, WLAN, and mobile networks** for the positioning mode instead of **Use GPS only**.

NOTE

- When you sync weather information from your phone to your band, weather and temperature will display on your band. If the sync fails, no such information will display.
- The weather information displayed on your band comes from the Huawei Health app, and may differ slightly from that displayed on your phone since the Huawei Health app and your phone obtain weather information from different service providers.

3 Fitness and health

- [3.1 Recording your fitness data](#)
- [3.2 Starting a workout](#)
- [3.3 Pool swim](#)
- [3.4 Open water swim](#)
- [3.5 Heart rate monitoring](#)
- [3.6 Sleep monitoring](#)
- [3.7 Syncing and sharing your fitness and health data](#)

3.1 Recording your fitness data

Your band can automatically identify your activity type, such as walking, running, sleeping, or sedentary.

Your band will record your activity data automatically, including your step count, workout distance, and calories burnt after identifying whether you are walking or running.

Your band will automatically record the duration of your moderate to high intensity activity based on your workout speed and heart rate.

To view your fitness data after a workout, use either of the following two methods:

Method 1: View your fitness data on your band.

Swipe on the band screen and switch to the **Activity** screen. On the **Activity** screen, swipe up and down on the screen to view your step count, calories burnt, exercise distances, duration of moderate-high intensity activity, and stand up times.



Method 2: View your fitness data through the Huawei Health app.

View your fitness data under the **Exercise record** card in the Huawei Health app.

NOTE

- To view your fitness data in the Huawei Health app, ensure that your band is connected to the Huawei Health app.
- Your fitness data resets at 24:00 every night.

3.2 Starting a workout

The HUAWEI Band 3 Pro start a workout:

The HUAWEI Band 3 Pro has a built-in GPS, which means it can track your activities even when the phone is not nearby. It also provides easy access to sharing your real-time fitness data to your social circles.

1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe up or down on the screen to select a workout type. The following workout types are supported on the band, including outdoor running, treadmill running, walking, indoor cycling, outdoor cycling, pool swimming, open water swimming and free training.
3. You can set workout targets such as distance, duration, or calories burnt, as well as a reminder interval. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.

The HUAWEI Band 3 start a workout:



1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe up or down on the screen to select a workout type. The following workout types are supported on the band, including outdoor running, treadmill running, walking, indoor cycling, outdoor cycling, pool swimming and free training.
3. You can set workout targets such as distance, duration, or calories burnt, as well as a reminder interval. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.



NOTE

Considering that fitness data for swimming is special, related operations are to be specified otherwise.

To view your fitness data on your band during a workout when the screen is on, swipe up or down on the band screen. To suspend the workout, touch and hold the Home key for 2 seconds, then touch the corresponding key in the pop-out screen to continue or end a workout.

- Touch  to continue the workout.
- Touch  to end the workout and view your fitness data.

NOTE

- If workout distance is less than 100 meters, the workout will not be recorded.
- If you take off your band during a workout, the workout will be automatically suspended after 10 minutes.
- The workout will not be recorded if the outdoor cycling, indoor cycling, or free training lasts for less than 1 minute.
- Touch the end icon after a workout ends to prolong battery life.

3.3 Pool swim

The band is 50-meter water resistant and can be worn when swimming in a pool. With a 6-axis motion sensor, the band can identify swimming strokes such as butterfly, backstroke, freestyle, and breaststroke, as well as record the calories, number of strokes, speed, arm pull frequency, laps, distance, and average SWOLF.

1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe up or down on the screen and touch **Pool Swim**. You can set the **Pool length** when you first use it. You can also set a workout targets such as distance, duration, or calories burnt. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.
3. Your band screen automatically locks when you swim.
4. Swipe up or down on the screen following the on-screen instructions to unlock the band. Then, swipe up or down on the screen to view workout data such as the current workout time, distance, calories burnt, and average speed. To suspend a workout, touch and hold the Home key for 2 seconds, and then touch the corresponding key in the pop-out screen to continue or end a workout.



5. After swimming, you can:
 - Swipe up or down on your band screen to view your fitness data details, including the main style, number of strokes, distance, workout time, laps, and average SWOLF.
 - When your band is connected to the Huawei Health app, you can view detailed swimming data under the **Exercise record** card in the Huawei Health app.

3.4 Open water swim

The HUAWEI Band 3 Pro is 50-meter water resistant, enabling you to wear it in open water.

1. Swipe up or down on the band's home screen to access the **Workout** screen.
2. Swipe up or down on the screen and touch **Open Water**. You can set workout targets for distance, duration, or calories burnt, as well as distance intervals at which swimming data displays on the screen. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.
3. Your band screen automatically locks when you swim.
4. Swipe up or down on the screen following the on-screen instructions to unlock the band. Then, swipe up or down on the screen to view workout data such as current workout time, distance, calories burnt, and average speed. To suspend a workout, touch and hold the Home key for 2 seconds, and then touch the pop-up screen to continue or end a workout.
5. After swimming, you can:
 - Swipe up or down on your band screen to view your fitness data details, including your main stroke style, number of strokes, distance, workout time, laps, and average SWOLF.
 - When your band is connected to the Huawei Health app, you can view detailed swimming data under the **Exercise record** card in the Huawei Health app.

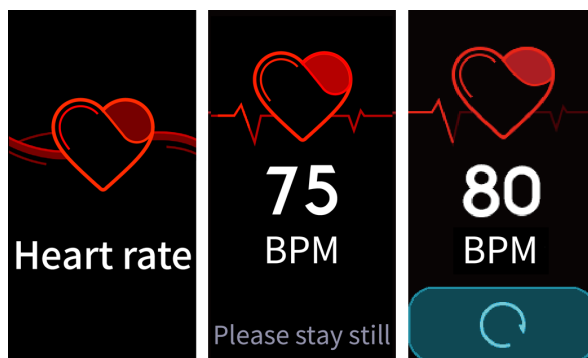
3.5 Heart rate monitoring

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

Data from the band cannot be used for medical purposes.

Single heart rate measurement

1. Wear your band properly.
2. Swipe up or down on the home screen and touch **Heart rate**.
3. Start a single rate measurement and check your current heart rate.
4. A single heart rate measurement will last around 45 seconds. Heart rate updates every 3 seconds.
5. During heart rate measurement, you can press the Home key or swipe right on the screen to terminate the measurement.



When you do not wear your band or wear it improperly, it will pop up "Wear the band tightly on your wrist and try again" on the band's screen.

 **NOTE**

- To ensure the accuracy of heart rate measurement, wear the band properly and ensure the strap is fastened. Ensure that the band contacts your skin directly without any obstructions.
- Do not move during heart rate measurement.

Heart rate measurement for a workout

Your band displays your real-time heart rate during a workout.

After you start a workout (a swimming workout excluded), swipe on the band screen to check your heart rate and heart rate interval. Heart rate will update every 5 seconds.

You can set a maximum heart rate and heart rate interval on your band for different workout such as extreme sports, endurance training, aerobic workout, fat burning workouts, and warm-ups. During your workout, if your heart rate exceeds the maximum value you set in the Huawei Health app ("220 - your age" by default), your band will vibrate to notify you. Touch the Home key or swipe right on the screen to cancel the heart rate alarm.

After your workout, you can check your average heart rate, maximum heart rate, and heart rate interval in the workout results screen.

You can view your change in heart rate diagram, maximum heart rate, and average heart rate for each workout on the exercise record screen in the Huawei Health App.

 **NOTE**

- During your workout, if you remove the band from your wrist, your band will stop displaying your heart rate, although it will continue to search for it. Measurement will resume if you put the band back on again within 10 minutes.
- Your band can measure your heart rate when you have connected it to your phone and started a workout using the Huawei Health app.

Automatic heart rate measurement

When you have connected your band to your phone, you can enable **Continuous heart rate monitoring** in the Huawei Health app. **Continuous heart rate monitoring** is disabled by default.

After you enable **Continuous heart rate monitoring**, your band will measure your heart rate automatically.

 **NOTE**

If you enable **TruSleep**, your heart rate will not be displayed by default at nighttime. To check your nighttime heart rate, enable **Continuous heart rate monitoring**.

Resting heart rate measurement

Resting heart rate refers to your heart rate as measured in a quiet, static, non-sleep state, and is a general indicator of your cardiac health.

The best time to measure your resting heart rate is right after you wake up in the morning. Because your band's automatic heart rate measurement may not measure your heart rate at the optimal time, your actual resting heart rate may not display or the measured heart rate that is displayed may differ from it.

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

 **NOTE**

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

3.6 Sleep monitoring

Your band monitors your sleep quality when you wear it during sleep. It can automatically detect when you fall asleep, wake up, and whether you are in light or deep sleep. You can also view your sleep data in the Huawei Health app after you sync your band with your phone.

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

HUAWEI TruSleep™ sleep monitoring technology accurately analyzes deep sleep, light sleep, REM sleep, and wakefulness to provide you with sleep quality evaluations and recommendations as authorized by the Center for Dynamical Biomarkers (DBIOM) at Beth Israel Deaconess Medical Center, a major Harvard Medical School academic hospital.



 **NOTE**

Enabling TruSleep may reduce your band's standby time.

3.7 Syncing and sharing your fitness and health data

After your workout, you can share your fitness data to third-party apps and compete with your friends.

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

4 Messages reminders

[4.1 Message display and reminders](#)

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4.1 Message display and reminders

Messages reminders

Ensure that your band is connected to the Huawei Health app.

For Android users: Open the Huawei Health app, go to **Me > My devices > Notifications**. Enable **Notifications** and the notice for apps whose notifications you want to receive.

For iOS users: Open the Huawei Health app, go to **Devices > Notifications management > Message alerts**. Enable **Message alerts**. Also enable notifications in your phone **Settings** for apps whose notifications you want to receive.

You are able to receive alerts on your band when new app notifications are displayed on your phone status bar. Turn on your band's screen before viewing messages. When the band screen is on, you are able to view incoming messages.



 **NOTE**

- Your band can display messages from the following apps: SMS, Email, Calendar, and various social media platforms.
- Your band will not notify you of new messages when it is in Single workout mode or in Ultra-Low battery mode. After you disable Single workout mode or Ultra-Low battery mode, swipe right, up, or down on your band's home screen to access the message center screen and view new messages.
- Your band will only receive and will not push any notifications when it is in Do not disturb mode or Sleep mode. Swipe right, up, or down on your band home screen to access the message center screen and view new messages.
- If you enable **Do not disturb when not wearing**, you will receive new messages only when wearing the band.

Viewing messages

You are able to receive alerts on your band when new app notifications are displayed on your phone status bar. Turn on your band's screen before viewing messages. When the band screen is on, you are able to view incoming messages.

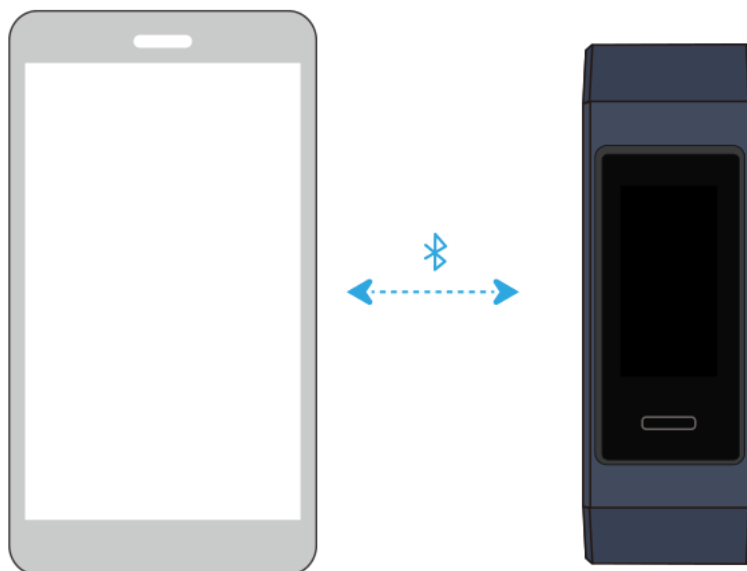
An unread message reminder icon will be displayed in the top-right corner of your band screen when you have not read incoming messages upon receiving them. Swipe right on your band home screen to access the message center screen and read these messages.

 **NOTE**

- You can directly view the content of a message when it is the only one displayed. Otherwise, touch to select the message you want to read.
- You can swipe right on your band's unread message details screen to exit viewing one message and delete it from the unread message center.
- A maximum of 10 unread messages can be saved on your band. If there are more than 10 unread messages, previous messages will be overwritten. The content of one message can be displayed on at most two band screens. View the rest of the content on your phone.
- You are unable to swipe right on the band home screen when there are no cached messages as the unread message center is automatically hidden.

Incoming call notification

Your band will vibrate and its screen will switch on to notify you when your phone is receiving an incoming call. A contact name and number will also display. You can touch the reject call icon on your band screen to reject an incoming call.



If you do not perform any operation during an incoming call, your band will display a message to notify you of the missed call. Swipe right on the home screen to clear the message.

 **NOTE**

The band screen will remain on when notifying you of an incoming call.

4.2 Deleting a message

Swipe right, up, or down on the band home screen to view unread messages when there are new incoming messages.

Delete one message: Swipe right on the message content display screen.

Delete all messages: Touch **Clear All** at the bottom of the message list to delete all unread messages.

For Android users: Messages from social media apps or text messages will be deleted automatically from your band once read or viewed on your phone.

For iOS users: Messages will be deleted automatically from your band once read or deleted on your phone.

 **NOTE**

You are unable to swipe right on the band home screen when there are no cached messages as the unread message center is automatically hidden.

5 Setting alarms

- [5.1 Setting a Smart alarm](#)
- [5.2 Setting an Event alarm](#)
- [5.3 Syncing Alarm from your phone](#)
- [5.4 Setting a Timer](#)
- [5.5 Stopwatch](#)

5.1 Setting a Smart alarm

You can use the Huawei Health app to set a Smart alarm, and the band will wake you up when it detects you are in light sleep. This helps your body gradually accept you are waking up, and leaves you feeling more refreshed.

For Android users:

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm > Smart alarm**.
2. Set the alarm time, Smart wake-up, and repeat cycle.
3. Touch ✓ in the top-right corner to save your settings.
4. Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.



For iOS users:

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Smart alarm**.
4. Set the alarm time, Smart wake-up, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.

 **NOTE**

- When the band vibrates to signal an alarm, a message is displayed on the band screen indicating that touching the home key will snooze the alarm while touching and holding the home key will stop the alarm. The alarm can snooze for 10 minutes.
- If you perform no operations when the alarm rings, it will automatically be turned off if you hit snooze three times.

5.2 Setting an Event alarm

You can use the Huawei Health app to set a maximum of five Event alarms to remind you of daily and work activities, such as gatherings or meetings.

For Android users:

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm > Event alarm**.
2. Set the alarm time, label, and repeat cycle.
3. Touch \surd in the top-right corner to save the settings.
4. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.



For iOS users:

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Event alarm**.
4. Set the alarm time, label, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.

NOTE

- The Event alarm will ring at precisely the time you specify. If you set a label and time for the Event alarm, the band will display the label. Otherwise, only the time will be displayed.
- When the band vibrates to signal an alarm, a message is displayed on the band screen indicating that touching the home key will snooze the alarm while touching and holding the home key will stop the alarm. The alarm can snooze for 10 minutes.
- If you perform no operations when the alarm rings, it will automatically be turned off if you hit snooze three times.



5.3 Syncing Alarm from your phone

Your band can sync alarms from your phones running EMUI 8.1 or later. When an alarm goes off on your phone, you can stop or snooze it with your band.




5.4 Setting a Timer

To use the Timer function on your band, perform the following steps:

1. Go to **More > Timer** on your band screen.

2. Setting the Timer
 - When using the Timer function for the first time, access the Timer settings screen of your band, and set the hours, minutes, and seconds. The value range for hours is 0 - 12, while that of minutes and seconds is 0 - 59.
 - If you have used the Timer function before, open the Timer screen you accessed last time and touch , and set the hours, minutes, and seconds.
3. Touch  to start the Timer.




4. Touch  to pause the time, and touch  to end it.
5. Your band will vibrate and its screen will switch on to notify you when the set time has been reached. Swipe right on the screen or touch  to turn off the Timer. Perform no operations and Timer will automatically close after 1 minute.




 **NOTE**

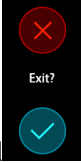


When Timer is enabled, the on-going timing screen will display when you return to it again from the home screen.

5.5 Stopwatch

To use the Stopwatch function on your band, perform the following steps:

1. Go to **More > Stopwatch** on your band screen.
2. Touch  to start timing. The maximum display time for Stopwatch on your band is "59:59.99s". The band screen will remain on while it is running.
3. While Stopwatch is running, you are able to:

- Touch  to stop the clock.
- Touch  to continue taking time.
- Touch  to end timing and reset Stopwatch at "00:00.00".

- Swipe right on the screen and  will pop up, touch  to continue taking time, and touch  to exit and return to the previous screen.



6 Updating and factory reset

- [6.1 Viewing version information](#)
- [6.2 Updating your band and the Huawei Health app](#)
- [6.3 Restoring your band to its factory settings](#)
- [6.4 Viewing the Bluetooth name and MAC address](#)

6.1 Viewing version information

Method 1: Viewing the version on your band.

To view your band's version information, go to the **More** screen on your band and touch **About**.



Method 2: Viewing the version through the Huawei Health app.

Connect your band to the Huawei Health app. Open the Huawei Health app, touch the band icon in the top-right corner under Home, and touch **Firmware updates** to check the band version.

6.2 Updating your band and the Huawei Health app

For a better user experience, new updates are released from time to time. When a new update is available, perform the following steps to update your band and the Huawei Health app.

Updating your band

Method 1:

Connect your band to the Huawei Health app. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**. Touch **Firmware update** and follow the on-screen instructions to update your band.

Method 2:

- **For Android users:** Open the Huawei Health app. On the device details screen, enable **Auto-download update packages over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the on-screen instructions to update your band.
- **For iOS users:** Open the Huawei Health app, touch the profile picture on the upper left corner to enter the level-2 menu. Touch Settings and enable **Auto-download update**

packages over Wi-Fi. If an update is available, a notification will pop up on your band. Follow the on-screen instructions to update your band.

Updating the Huawei Health app


For Android users: Open the Huawei Health app and go to **Me > Check for updates** to update the Huawei Health app.

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

NOTE

During an update, your band will automatically disconnect from Bluetooth, and will reconnect once the update is complete.

6.3 Restoring your band to its factory settings

Access the **More** screen, touch **Reset**, and then touch  to restore your band to its factory settings. Once you have restored your band to its factory settings, all its data will be cleared, so please exercise with caution.



6.4 Viewing the Bluetooth name and MAC address

Finding the Bluetooth name:

Ensure your band is connected to the Huawei Health app. Your band's name in the Huawei Health app will be the same as its Bluetooth name.

Finding the MAC address:

Method 1: Go to **More > About** on your band. The band's MAC address will be displayed as 12 alphanumeric characters next to **MAC:**.

Method 2: View the MAC address on the back of your band. The 12 alphanumeric characters next to **MAC:** are your band's MAC address.

Method 3: Make sure your band is connected to the Huawei Health app. Open the Huawei Health app and touch the band icon in the top-right corner under **Home**. The information next to **Restore factory settings** is the MAC address.

7 Maintenance

[7.1 Water resistant and dust-proof](#)

[7.2 Cleaning and care](#)

[7.3 Adjusting or replacing the strap](#)

7.1 Water resistant and dust-proof

The band is 50-meter water resistant, but this protection is not permanent and may wear off over time.

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

The following operations may affect the water resistance of your band:

- Dropping your band or other physical impact.
- Exposure to alkaline substances, such as soap, body wash, perfume, emulsion, or oil.
- Using your band in humid or high temperature conditions, for example in a hot shower or sauna.

7.2 Cleaning and care

To extend the lifespan of your band, keep your band and your wrist clean and dry.

- Wipe sweat off your band and wrist after a workout.
- Use a soft cloth to wipe the band, and clean the dirt between the gaps to prolong the lifespan of your strap.

Light-color strap maintenance

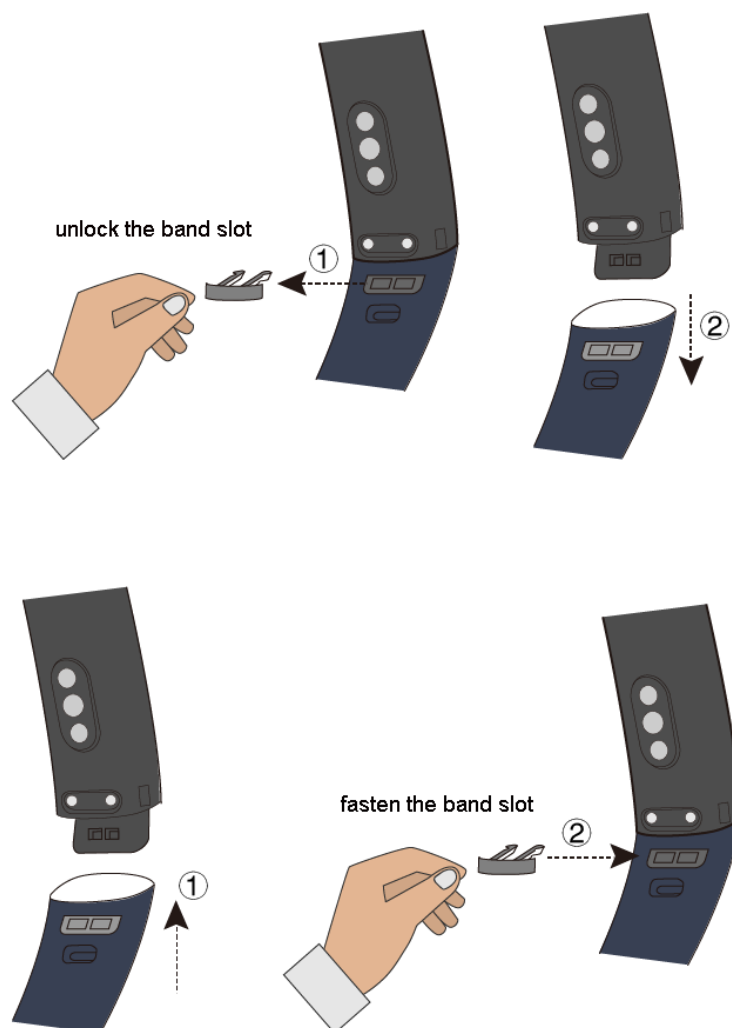
To prevent discoloration, avoid letting the light-colored strap come in contact with dark colored clothing.

If the light color strap accidentally gets dirty, dip a soft brush in clean water and gently wipe the strap dry.

7.3 Adjusting or replacing the strap

Strap adjustment: The straps are designed with U-shaped buckles. Adjust the strap to your wrist size.

Strap replacement: Carefully unlock the band slot to remove the strap. Perform the strap replacement operation in reverse sequence to attach a new strap. To install the strap, make sure that the strap and the band body fit well before you fasten the band slot.



 **NOTE**

The band slot that come with your band is small so be careful not to lose it during disassembly.

8 FAQs

[8.1 How do I download the Huawei Health app](#)

[8.2 How do I use the message reminder feature](#)

[8.3 How do I ensure that the weather information is displayed on my band at all times](#)

[8.4 Why is the step count on my wearable device inaccurate? And why are the step count results different on other products/phones](#)

[8.5 Why does my battery drain so quickly? How can I improve the battery life](#)

[8.6 How do I sync data between my band and the Huawei Health app](#)

8.1 How do I download the Huawei Health app

For Android users:

- Huawei device users can download and install the Huawei health app in AppGallery. Other users can download and install the latest version of the Huawei health app in their respective app stores.
- Scan the QR code on the retail box to download the app.

NOTE

Some non-Huawei device users may not be able to install Huawei Mobile Services using the Huawei Health app. If this is the case, download and install Huawei Mobile Services in the AppGallery.

For iOS users:

- Download and install the Huawei health app in the App Store.
- Scan the QR code on the package to download and install the app.

8.2 How do I use the message reminder feature

Your band can display up to 10 messages. The latest message will be pushed to the top, and you can view a maximum of two screens of message content by sliding the screen.

To enable the message reminder, perform the following steps:

1. Update your band and the Huawei Health app to the latest version.
2. Set the Huawei Health app as the protected app and ensure the app is running in the background.
3. For Android users: Open the Huawei Health app, go to **Me > My devices > Notifications**. Enable **Notifications** and the notice for apps whose notifications you want to receive.
For iOS users: Enable **Message alerts** in the Huawei Health app. Go to **Settings > Notifications**, enable **Allow Notifications** and **Show in History**.
4. If the **Do not disturb when not wearing** is enabled, ensure that you are wearing your band.
5. Ensure that the notifications can be displayed in the status bar of your phone.
For example, phones running on EMUI 8.1.0: Go to **Settings > Apps and notifications > Notifications management**, touch the apps that you want to receive notifications from, and then enable **Allow notifications** and **Display in the status bar**.

 **NOTE**

- Once enabled, the message reminder can only sync messages displayed in the status bar on your phone to your band.
- Ensure that your band is properly connected to your phone.
- If you are currently chatting on apps like WhatsApp, notifications from the same app will not be pushed to your band.
- If message reminder is enabled, the power consumption of the band increases as well.

8.3 How do I ensure that the weather information is displayed on my band at all times

The weather information on your band may be hidden if your band is unable to obtain weather information due to weak GPS signals.

To resolve this issue, perform the following steps:

1. Update your band and the Huawei Health app to the latest version.
2. Set the band face to the one that supports the weather information display.
3. Stay in an open area with stable GPS signals, and ensure that the phone and the Huawei Health app have been granted permission to obtain your location information.
4. After pairing your band and the Huawei Health app, enable the **Weather reports** on the app.
5. Set the location mode on your phone: Slide down to open the notification bar. Touch and hold **Location information** and touch **Use GPS, WLAN and mobile networks**, or **Use WLAN and mobile networks** instead of **Use GPS only**.
6. Open the Huawei Health app, disable **Weather reports**, and enable it again.
7. If the band is still not displaying the weather information, disconnect the band from the phone. Disable Bluetooth, and then enable it, and try again.

8.4 Why is the step count on my wearable device inaccurate? And why are the step count results different on other products/phones

Your wearable device is equipped with an industry leading sensor to meet your daily step counting needs. The step count data is different on other products/phones in some special scenarios.

1. The step count feature on the wearable device has been improved for situations where there is room for error. For example, when the user is working in the office or standing and his or her arms may move back and forward, or when the user is eating or brushing teeth. If other step counting products don't deal with these situations, then the number of steps they count will be many more than the actual number of steps as recorded by the wearable device.
2. People often shake their arms or bodies in their daily lives. When they regularly shake for a long time, the data collected by sensors is similar to that of walking, and the wearable device may mistakenly consider that you are walking and record the steps.
3. If you walk a few steps and then stop, your wearable device may not record these steps, which may result in a falsely low step count. Currently, all other products on the market have this same problem.
4. The wearable device and mobile phone work based on an accelerator, which is used to identify whether steps are recorded according to acceleration in different directions. However, as phones are normally placed in a pocket or bag, the detection point focus more on the changing accelerated velocity vertically. Tests have shown that the wearable device provides accurate step data as it measures the movements of users' arms, incorporating changes of accelerated velocity in X, Y and Z axis. Based on the principle and experimental data, the movement detection method adopted by Huawei devices is more scientific and accurate.
5. The steps number on the home page of the Huawei Health app is integrated with the motion data of different sources. Therefore, the steps may be different from that on the wearable device.

8.5 Why does my battery drain so quickly? How can I improve the battery life

The power consumption of the band depends on your usage habit. Your band's power consumption increases, for example, if you use the band or Bluetooth for an extended period of time, receive frequent app notifications, enable heart rate and stress monitoring, or TruSleep for the entire day.

It is recommended that you disable some infrequently used features in the Huawei Health app to extend the device standby time, such as:

1. HUAWEI TruSleep
2. Continuous measurement of heart rate
3. Raise wrist to wake screen
4. Notifications management

5. Bluetooth disconnection reminder

8.6 How do I sync data between my band and the Huawei Health app

To sync data from your band to the Huawei Health app:

1. Check that your band is connected to your phone properly via Bluetooth.
2. Ensure that the latest Huawei Health app is installed on your band and it is working properly.
3. Check that there is sufficient battery in your band and your phone.

NOTE

When you open the Huawei Health app for the first time, data is automatically synced to your band. You need to manually sync data on subsequent use.

To manually sync the data from your band to the Huawei Health app, swipe down on the home screen of the Huawei Health app.