

HUAWEI WATCH GT 3 SE

USER GUIDE



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Getting Started

Buttons and screen control

The watch is equipped with a colour touchscreen that is highly responsive to your touches and can be swiped in different directions.

Up button

Operation	Function
Press once	<ul style="list-style-type: none">• Wake watch screen when the screen is off.• Access the app list screen from the home screen.• Return to the home screen.
Press and hold	<ul style="list-style-type: none">• Power on the watch when the watch is off.• Access the restart/power off screen when the watch is on.


Down button

Operation	Function	Remarks
Press once	The Workout app is opened by default. Access the set customised feature.	There are certain exceptions such as for calls and workouts.
Press and hold	Wake up the voice assistant.	Voice assistant is only supported in some countries/regions.


Gestures

Operation	Function
Touch	Choose and confirm.
Touch and hold on the home screen	Change the watch face.
Swipe up on the home screen	View notifications.
Swipe down on the home screen	View the shortcut menu.
Swipe left or right	View watch feature cards.
Swipe right	Return to the previous screen.

Wake the screen

- Press the Up button.
- Raise or rotate your wrist inwards.
- Swipe down on the home screen to open the shortcut menu. Enable **Show Time** for the screen to stay on for five minutes.
-  HarmonyOS/Android users can enable or disable **Show Time** in **Device settings** in the Huawei Health app.
- iOS users can enable or disable **Show Time** in **Device settings** on the device details screen in the Huawei Health app.

Turn off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the watch face screen.
- Perform no operations for a period of time after you wake the screen by pressing the button or raising your wrist.
-  Press the Up button to access the app list screen and go to **Settings > Display & brightness** to set a duration for the screen to stay off.
You cannot turn off the screen by covering the standby watch face screen with your palm.

Powering on, powering off, and restarting the watch

Powering on

- Press and hold the Up button.
- Charge the device.

Powering off

- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings > System > Power off** or **Settings > System & updates > Power off**

Restarting

- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings > System > Restart** or **Settings > System & updates > Restart**.

Pairing





Pairing for the first time

- 1 Install the Huawei **Health** app ().



If the app has already been installed, please update it to its latest version.

If not, please download and install it from the app store on your phone. You can also scan the following QR code to download and install the app.



- 2 Open the Huawei **Health** app, and go to **Me** > **Log In to HUAWEI ID**. If you don't have a HUAWEI ID, please register for one.
- 3 Power on the wearable device, select a language, and start pairing.
 - **HUAWEI/Non-HUAWEI Android phones**
 - a Place your wearable device close to your phone. Open the Huawei **Health** app on your phone, touch  in the upper right corner, and then touch **ADD**. Select the wearable device that you wish to pair with, and touch **LINK**. You can also touch **SCAN** to scan the QR code displayed on the wearable device to initiate pairing.
 - b When a Huawei **Health** app pop-up window appears to request a Bluetooth pairing, touch **ALLOW**.
 - c When the pairing request is displayed on the wearable device, touch , and follow the onscreen instructions on the phone to complete the pairing.
 - **iPhones**
 - a Go to **Settings** > **Bluetooth** on your phone, and select the wearable device that you wish to pair with from the device list. When the pairing request displays on your wearable device, touch .
 - b Place your wearable device close to your phone. Open the Huawei **Health** app on your phone, touch  in the upper right corner, and then touch **ADD**. Select the wearable device that you wish to pair with, and touch **LINK**. You can also touch **SCAN** to scan the QR code displayed on the wearable device to initiate pairing.
 - c When a Huawei **Health** app pop-up window appears to request a Bluetooth pairing, touch **Pair**. Follow the onscreen instructions to pair your wearable device with your phone.

Connecting to a new phone





















Go to **Settings** > **System & updates** > **Disconnect** () on your wearable device, touch , and follow the onscreen instructions to complete the pairing.





- i** For privacy protection, in some cases (subject to the prompt on the device), you'll need to restore the wearable device to its factory settings when connecting it to a new phone. Restoring to the factory settings will clear all data from the wearable device. Please exercise caution when performing this operation.

Introduction to Icons


- i** 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 	--	--	--	--

Contacts 	Call log 	Healthy Living 	Compass 	--	--
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Level-2 Menu

Steps 	Activity 	Hours active 
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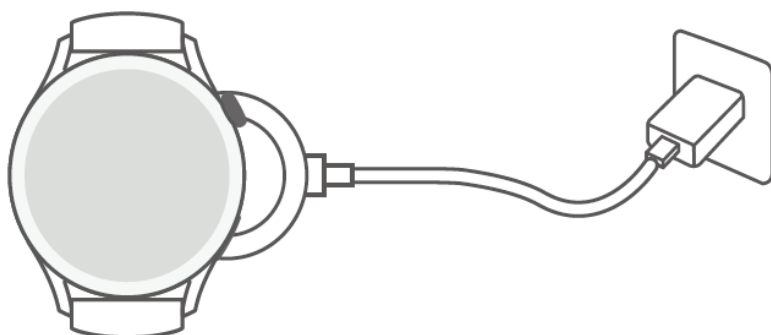
Bluetooth connection status

<p>Disconnected from the phone's Bluetooth and the Huawei Health app</p> 	<p>Connected to the phone's Bluetooth and the Huawei Health app</p> 	<p>Connected to the phone's Bluetooth but disconnected from the Huawei Health app</p> 
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Charging

Charging

- 1 Connect the charging cradle to a power adapter and then connect the power adapter to a power supply.



- 2 Rest your watch on top of the charging cradle and align the metal contacts on your watch to those of the cradle until a charging icon appears on the watch screen.
- 3 After the watch is fully charged, the indicator will display 100%. When your watch is at 100%, it will automatically stop charging.

- i** • You are advised to use a Huawei power adapter, a USB port of a computer, or a non-Huawei power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards, to charge your watch. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a Huawei power adapter from an official Huawei sales outlet.
- Keep the charging port dry and clean to prevent short circuits or other risks.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

Method 2: Connect your watch to a power supply and check the battery level on the charging screen.

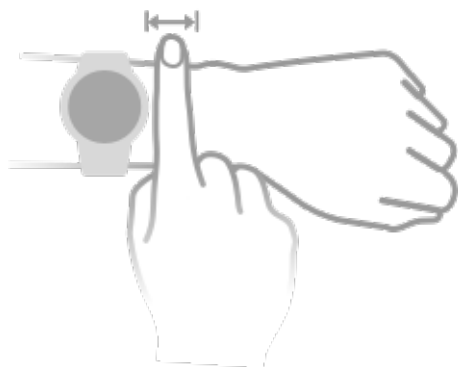
Method 3: View the battery level on a watch face that displays the battery level.

Method 4: Check the battery level on the device details screen in the Health app.

Wearing the watch

Make sure that the rear cover of the watch is clean, dry, and free of foreign objects. Attach the monitoring area of the watch to your wrist and make sure it feels comfortable. Do not attach a protective film to the back of the watch. It has sensors that can identify signals from the human body. If the sensors are blocked, the identification will be inaccurate or fail and the watch won't be able to accurately record the heart rate, SpO₂, and sleep data.

To make sure the accuracy of measurements, avoid wearing the strap more than one finger width away from your wrist bone. Make sure that the strap is worn relatively tightly and that it is secure during workouts.



- i** The device is made of materials that are safe to use. If you experience skin discomfort when wearing the device, take it off and see a doctor.

Exercise

Starting a workout

Starting a workout on your watch

- 1 Enter the app list and touch **Workout**.
- 2 Select the workout you want to do or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 Touch the Start icon to start a workout session. (Ensure that GPS positioning is working before you start an outdoor workout.)
- 4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.
 - For watches that support voice broadcasts, press the Up button to pause the workout and then adjust the volume during a workout.
 - Swipe left or right on the screen to switch between the music, sunrise/sunset, and other screens.

Starting a workout in the Huawei Health app

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

- 1 Open the Huawei **Health** app, touch **Exercise**, choose a workout mode, and touch the Start icon to start a workout.
- 2 Once you have started a workout, your watch will sync and display your workout heart rate, speed, and time. The Huawei **Health** app will display your workout time.

Smart companion

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

- 1 Press the Up button to access the app list and touch **Workout**.
- 2 Touch the Settings icon to the right of **Outdoor run** and enable **Smart companion**.
- 3 Touch **Target pace** to customise a target running pace.
- 4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

Running plans


The device provides customised scientific training plans that adapt to your time to meet your training requirements. The device can automatically adjust the training plan every week by

taking into consideration how you perform the training, create a summary to help you finish your plan in a timely manner, and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.


Creating a running plan

- 1 Open Health app, go to **Exercise > Outdoor run** or **Indoor run > AI running plan**, touch **More** on the right, select a running plan, and follow the onscreen instructions to finish creating it.
- 2 Press the Up button on your watch to enter the app list and go to **Workout > Courses & plans > Training plan** to view your running plan. On the training day, touch the Workout icon to start.

Ending a running plan

Open Health app, go to **Exercise > Plan**, touch  in the upper right corner, and touch **End plan**.

Other settings


Open Health app, go to **Exercise > Plan**, and touch  in the upper right corner:


Touch **View plan** to view the plan details.

Touch **Sync to wearable device** to sync plans to your wearable device.

Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to the calendar.

Workout status

Enter the watch's app list, touch **Workout status** () , and swipe up on the screen to view data including your Running Ability Index, recovery status, training load, and VO2Max. (Running Ability Index is only supported by certain product models, such as HUAWEI WATCH GT 3 and HUAWEI Band 7.)

- Running Ability Index (RAI) is a comprehensive index that reflects a runner's endurance and technique efficiency. In general, a runner with a higher RAI performs better in competitions.
 - Recovery status reflects the recovery from fatigue caused by the impact of a training session. A training session with a higher intensity will require a longer recovery time.
 - 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 refers to the maximum oxygen consumption measured when the body is unable to support the next movement. It is an important indicator of the body's aerobic ability.
-  The device cannot display your workout status if it has not collected any VO2Max values.

Viewing workout records

Viewing workout records on the device

- 1 On the device, enter the app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

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

Deleting a workout record

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

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.

Route back

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

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

Workout route sharing

Importing a route from the Huawei Health app

- 1 Export a route.
 - a On the **Exercise records** screen in the Huawei Health app, open a specific outdoor workout record, touch the Route icon on the right, and select **Export route**.
 - b Then touch **Save** to save the route to the phone.
- 2 Import a route.

Go to **Me > My route > Import route**, and choose a route to save and transfer it to your wearable device.
- 3 View or delete a saved route file.

Go to **Me > My route** and select a route file to view or delete it.


Sharing a route to the wearable device

- 1 Open the Huawei Health app, go to **Me > My route**, and touch the target route. On the route details screen, touch the four-dot icon in the upper right corner and select **Send to wearable**.
- 2 On the wearable device, go to **Routes** for a specific workout type that supports this feature and select the target route to start navigation. You can then navigate to the destination as prompted.

Health Management


Measuring your heart rate

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed. If this feature is disabled, only the result of a single measurement can be displayed.

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

Individual heart rate measurement


- 1 Open the Huawei **Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.
- 2 Access the app list and select **Heart rate** to measure your heart rate.

-  This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Continuous heart rate monitoring

Open the Huawei **Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

You can set **MONITORING MODE** to either **Smart** or **Real-time**.

- Smart mode: Monitors your heart rate based on your training load.
- Real-time mode: The heart rate measurement will be performed once a second regardless of the training load.
-  Using Real-time mode will increase the power consumption of your device, while using Smart mode will adjust the heart rate measurement interval based on the activity intensity and help to save power.

Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the Huawei **Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).
- Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate was automatically measured at the best time.

Heart rate alerts

High heart rate alert

Enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **High heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **Low heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

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.

- To choose the calculation method for heart rate zones, open the Huawei **Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and set **Calculation method** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.
 - If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).
 - If you select **HRR percentage** as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ("HRmax minus HRrest").
- Heart rate measurement during a workout: The real-time heart rate can be displayed 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.
- You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** in the Huawei **Health** app.

Exercise heart rate upper limit

After you start a workout, your device will vibrate to alert you that your heart rate value has exceeded the upper limit for more than 60 seconds.

- 1 Open the Huawei **Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and touch **Heart rate limit**.
 - 2 Select the heart rate upper limit value you want to set, and touch **OK**.
- If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.

Sleep monitoring

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.


Recording sleep data on your wearable device

- When the device detects that you are asleep, it will automatically disable the Always-on display, notifications (including incoming call notifications), the Raise wrist to wake feature, and other features, in order to avoid disturbing your sleep.
- Open the Huawei **Health** app, enter the device details screen, go to **Health monitoring > HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognise when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or REM sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.
- If **HUAWEI TruSleep™** has not been enabled, your device will track your sleep in the regular way. When you wear your device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, and enter or exit each sleep stage, and it will then sync the data to the Huawei **Health** app.

Viewing your sleep data

- Open the **Sleep** app on your wearable device to view the latest night sleep and nap data record.
- Touch the **Sleep** card on the **Health** screen of the Huawei **Health** app to view your daily, weekly, monthly, and yearly sleep data.

Measuring SpO2

-  To use this feature, update your wearable device and the Huawei **Health** app to their latest versions.
- To ensure the accuracy of the SpO2 measurement, wear the wearable device properly and tightly. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

Single SpO2 measurement

- 1 Wear your wearable device correctly and keep your arm still.
- 2 Press the Up button to enter the app list, swipe on the screen, and touch **SpO2**.
- 3 For some products, touch **Measure**. The actual product prevails.
- 4 Keep your body still and the screen facing upwards during the SpO2 measurement.

Automatic SpO2 measurement

- 1 Open the Huawei **Health** app, enter the device details screen, touch **Health monitoring**, and enable **Automatic SpO2 measurement**. The device will 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.

Stress tests

Testing your stress levels

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

- Single stress test:
Open the Huawei Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Huawei Health app to calibrate your stress level.
- Periodic stress tests:
Open the Huawei Health app, touch **Devices** and then your device name, go to **Health monitoring** > **Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

Viewing stress data

- On the watch:

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


- In the Huawei Health app:

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

Activity reminder

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

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

-  The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
 - The device will not vibrate if it detects that you are asleep.
 - The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.


Menstrual cycle predictions

The device can predict your next period and fertile window based on data from your periods.

- **Method 1:**

1 Open the Huawei Health app, touch **Cycle Calendar**, 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.


2 Press the side button on the watch's home screen, touch **Cycle Calendar**, and then

touch  to set the start and end of your periods. After you finish, your watch will predict your next period based on the data you recorded.


- **Method 2:**

1 Open the Huawei Health app, touch **Cycle Calendar**, 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.

2 Touch **Record period** on the **Cycle Calendar** screen. You can then select **Period started** or **Period ended?** for specific dates to record the duration of your period. You can also record your physical condition in **Record symptoms**.




- 3** Touch  in the lower right corner, select **Wearable device reminders**, and turn on all reminder switches. The device will send you reminders for the start and end of your period and fertile window.

You can also select **Edit period** to set **Period length** and **Cycle length**.

-  • When pairing with iOS phones/tablets, Cycle Calendar is not supported if the card for it is not displayed.
- Touch Records to view and modify the period data. The predicted period is marked by the dotted line.
- The device will remind you about the start of your period before 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.

TriRing

TriRing in Activity records on the watch display three types of data: steps, moderate to high intensity activity, and active hours.

1.  Steps: This ring indicates the proportion of your steps to the target step count on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me > Settings > Goals** in the Health app.
2.  Duration of moderate-to-high intensity activity (unit: minute): The default goal is 30 minutes. Your device will calculate the total duration of your moderate-to-high intensity activity based on your pace and heart rate intensity.
3.  Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend that you stand up once an hour and get at least 12 active hours between 7:00 AM and 10:00 PM every day.

Healthy Living

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


- Due to the different physical conditions of each individual, the health suggestions provided in Healthy Living, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you feel uncomfortable during activities or workouts, please stop and take a rest or consult a doctor in a timely manner.
- The health suggestions provided in Healthy Living are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

Enabling Healthy Living

- 1 Open the Huawei **Health** app, go to **Health > EDIT**, and add the **Healthy Living** card.
- 2 Touch the **Healthy Living** card, and follow the onscreen instructions to agree to the **User Notice**.

Selecting check-in tasks and setting goals


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

On the Healthy Living screen, touch **Edit tasks** or  in the upper right corner, select **Health plan**, and touch **Goal settings** on the task card to set your daily goals, or touch **Change goals** to change your goals.


Viewing the task completion status


- Enter the device's app list, and select **Healthy Living** to view the completion status of a specific task.
- Open the Huawei **Health** app, and go to **Health > Healthy Living** 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 notifications (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  in the upper right corner to share it, or save it to your device.

- Introduction to the **Daily smile** check-in task:
 - 1 On the **Healthy Living** screen, select **Daily smile**.

- 2 Touch **Check in**, and take a photo. Touch **Done** to complete the check-in task (the photo will not be stored), or touch **Save & Share** in the upper right corner to share the photo or save it to your device.

Disabling the service

On the **Healthy Living** screen, touch  in the upper right corner, and go to **About > DISABLE SERVICE**. This will reset Healthy Living, and only the three basic tasks will remain.

Assistant

HUAWEI Assistant·TODAY


The HUAWEI Assistant·TODAY screen makes it easy to view weather forecast, and view information from Calendar.

Entering/Exiting HUAWEI Assistant·TODAY

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

Audio control centre

You can use the HUAWEI Music card on the HUAWEI Assistant·TODAY screen to control music playback on both your phone and watch. To control music playback on your phone via the watch, you'll need to pair the watch with the Huawei **Health** app.

-  With music being played on your phone, this feature is supported if the music is displayed on the HUAWEI Assistant·TODAY screen. Otherwise, this feature is not supported.

Apps


-  This feature is not supported for iPhones and iPads.

Installing apps

- 1 Open the Huawei **Health** app, enter the device details screen, and 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 authorisation and logging in. Otherwise, you will not be able to use the app. If there is an issue when granting authorisation, open the Huawei **Health** app, go to **Me > Settings > Device capabilities**, and select the app that you want to grant authorisation to again.

Updating apps


- 1 Open the Huawei **Health** app, enter the device details screen, and 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

- Uninstall an app in the Huawei **Health** app on your phone.

- 1 Open the Huawei **Health** app, enter the device details screen, and 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.

- Uninstall an app on the device: Touch and hold the third-party app icon to uninstall it.

 If you set **Disable AppGallery service** in the Huawei **Health** app, you need to touch **AppGallery** again and follow the onscreen instructions to give authorisation.


- Before using a third-party app, add it to the background protection list in Phone Manager. In addition, go to **Settings > Battery** on your phone, select the app in **Battery usage by app**, touch **Startup management**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.
- If a third-party app doesn't work after you have added it to the list of protected apps in the background, uninstall the app, reinstall it, and try again.

Message management

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

Enabling message notifications

- 1 Open the Huawei **Health** app, go to the device details screen, touch **Notifications**, and turn on the switch.
- 2 Go to the app list and turn on the switches for apps that you want to receive notifications from.

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

Viewing unread messages

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

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


Replying to messages

- This feature is not supported for iPhones and iPads.
- This feature is only supported when you try to reply to an SMS message with the SIM card that has received the message.



Customising quick replies

- If the **Quick replies** card is not displayed, it indicates that your device does not support this feature.
- This feature is not supported for iPhones and iPads.

You can customise a quick reply as follows:

- 1 With your device successfully connected to the Huawei **Health** app, open the app, go to the device 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

- On the message list screen, swipe left on the message you want to delete, and touch  to delete the message.
- Touch  at the bottom of the message list to clear all unread messages.

Using your watch to make calls

Setting favourite contacts

- 1 Open the Huawei **Health** app, go to the device details screen, and then select **Favourite contacts**.
- 2 On the **Favourite contacts** screen:
 - Touch **ADD** to display your 's contacts list and then select the contacts you wish to add.
 - Touch and hold a favourite contact to drag and move it.
 - Touch **Remove** to remove a contact you have added.
- 3 Touch **Favourite contacts** in your device's app list, and touch a contact to make a call from your device.


Rejecting and answering incoming phone calls

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

- Press the Up button on your device to stop the device from vibrating during an incoming call.
- Touch the End icon on the screen or press and hold the Up button on your watch to end the call.

Sending quick message replies to incoming calls on your watch

When there is an incoming call, touch the Message icon on the right and select a quick reply from the **Respond with text** list to reply to the caller.

 Fixed-line phone numbers cannot be replied to. The actual situation prevails.

Viewing call logs


• Viewing call logs:

Press the side 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 , touch any call record to call back.

• Deleting call logs:

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

Controlling music playback

Adding music to your watch



-  • To use this feature, ensure that your watch is connected to the Huawei Health app.
 - This feature is not supported when your watch 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 Click ✓ 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 on your device

- 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 sequence (for example, play songs in sequence or randomly).



Controlling music playback on your phone

- Open the Huawei Health app, go to the device details screen, touch **Music**, and turn on **Control phone music**.
- Open the Music app on your phone and play music.
- You can use the following methods to access the music playback screen and pause, switch between songs on your phone, adjust the music volume on your phone, and more.
For watches that support HUAWEI Assistant-TODAY: Swipe right on the home screen of your watch. On the HUAWEI Assistant-TODAY screen, touch the music card with the phone icon.
For watches that do not support HUAWEI Assistant-TODAY: Open the **Music** app on your watch, touch  or , and select **Phone**.

Setting alarms



You can set the smart alarm and event alarms in the Huawei Health app. The smart alarm will only wake you up in advance based on the preset time when you are not in deep sleep. Event alarms will go off at the time you set. If you have set a tag and time for an event alarm, the watch will display the tag. Otherwise, only the time will be displayed.

Setting alarms on your device

- 1 Enter the app list, select **Alarm**, and touch  or  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 Touch an alarm to delete it or modify the alarm time and repeat cycle. Only event alarms can be deleted.

Setting alarms using the Huawei Health app

Smart alarm:

-  If Smart alarm is not displayed in the Huawei Health app, it indicates that your device does not support this feature.
- 1 Open the Huawei Health app, touch **Devices** and your device name, and go to **Alarm > Smart alarm**.
 - 2 Set the alarm time, smart wakeup time, and repeat cycle.
 - 3 If you are an Android or HarmonyOS user, touch  in the upper right corner. If you are an iOS user, touch **Save**.
 - 4 Return to the home screen and swipe down to sync the alarm settings to your watch.
 - 5 Touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

- 1 Open the Huawei Health app, touch **Devices** and your device name, and go to **Alarm > Event alarms**.
- 2 Touch **Add** to set the alarm time, tag, and repeat cycle.
- 3 If you are an Android or HarmonyOS user, touch ✓ in the upper right corner. If you are an iOS user, touch **Save**.
- 4 Return to the home screen and swipe down to sync the alarm settings to your watch.
- 5 Touch an alarm to modify its time, tag, and repeat cycle.

Receiving weather reports

Enabling weather reports

Open Health app, touch **Devices** and your device name, enable **Weather report**, and select a unit of temperature (°C or °F).

Viewing weather reports

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

Method 1: In the Weather card

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

Method 2: On a watch face

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

Method 3: In the Weather app


Press the Up button when on the home screen of your watch, swipe until you find **Weather**, touch it, and then you can check your location, the latest weather information, temperature, and air quality. Swipe up or down on the screen to view the weather information for the week.

Using your watch to find your phone

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

If your watch and phone are within the Bluetooth connection range, the phone/tablet 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/tablet.

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

If you are using an iOS phone and its screen is turned off, the iOS controls the playback of the system ringtone. As a result, the phone may not respond when the user is using the **Find phone** feature.

Finding your watch using your phone


When your watch is connected to the Huawei **Health** app, you can find your watch on your phone.

Finding your watch using the Huawei Health app

 Before using this feature, update your watch to the latest version.



- 1 Open the Huawei **Health** app, enter the device details screen, and go to **Find device > Ring**.
- 2 Touch **Ring**, and your watch will ring. You can touch **STOP** or wait until the ringing ends.


Finding your watch using the Find Device app

 This feature is only supported on Huawei phones running EMUI 11.0/HarmonyOS 2 or later.

- 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 account to log in to the preceding three apps.
- 3 Open the **Find Device** app, touch **Devices** to view the device list, and touch the target device.
- 4 On the device details screen in the Huawei **Health** app, locate the device and touch **Listen for the ringtone** to find the device.

Remote shutter


After your device is connected to the Huawei **Health** app, touch **Remote shutter** in the app list on the device to enable the camera on your phone, and then you can touch  on the device screen to take a photo. Touch  to switch between a 2-second and 5-second timer.

-  After your wearable device is paired with your phone/tablet, if Remote shutter is displayed in the app list on your device, it indicates that this feature is supported. Otherwise, this feature is not supported.
 - To use this feature, ensure that the Huawei **Health** app is running in the background.
 - To pair with an iPhone, open the camera on your phone first.

Connecting Bluetooth earphones

After the device is connected to your Bluetooth earphones, you will be able to use the Bluetooth earphones to listen to music.

- Method 1:

- 1 Put your Bluetooth earphones in pairing mode.
 - 2 Enter the device's app list, swipe up or down on the screen, and go to **Settings > Bluetooth**.
 - 3 If the device has not been paired with any Bluetooth device, the system automatically searches for the Bluetooth devices ready for pairing. You can also touch **Select type** at the bottom of the screen to select the target Bluetooth earphones.
If the device has been paired with some Bluetooth devices, the paired devices will be displayed. Touch **Pair** and follow the onscreen instructions to pair with the target Bluetooth earphones.
- Method 2:
 - 1 Put your Bluetooth earphones in pairing mode.
 - 2 Enter the device's app list, swipe up or down on the screen to find and select **Music**, touch  in the lower right corner of the music playback screen, and go to **Audio channel > Add device**.
 - 3 Touch **Pair**, and your watch will automatically search for the devices ready for pairing. Select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.


Enabling or disabling Do Not Disturb

Immediate enabling or disabling

Method 1: Swipe down from the top of the watch face and touch **Do Not Disturb** to enable or disable it.

Method 2: Go to **Settings > Sound and vibration > Do Not Disturb > All day** to enable or disable it.

Scheduled enabling or disabling

-  To use this feature, update your wearable device and the Huawei **Health** app to their latest versions.
- Go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods, and enable any of them to enter Do Not Disturb mode at the scheduled time.
- To disable scheduled Do Not Disturb, go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**.

Voice assistant

The wearable device allows you to use the voice assistant to check for information, and control smart home devices once it is connected to the Huawei **Health** app on your phone.

i To ensure that the voice assistant will work, update your wearable device to the latest version.

This feature is supported only when your device is paired with certain HUAWEI phones. Currently, this feature is only supported in certain countries and regions.

Using the voice assistant

- 1** Go to **Settings > Smart assistance > AI voice** and enable **Wake-up button**.
- 2** Press and hold the Down button to wake up the voice assistant.
- 3** Give a voice command on the displayed screen, such as "What's the weather like today?".

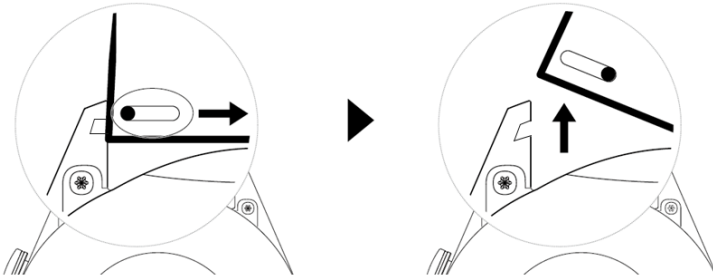
Other settings

- Go to **Settings > Smart assistance > AI voice**, and set the voice assistant feature. If the following menus are not displayed, it indicates that your device does not support these features.
 - **Wake-up button**: Wakes up the voice assistant by pressing the button. After it is enabled, press and hold the Down button to wake up the voice assistant.
 - **Broadcast**: This feature is enabled by default. After it is disabled, the watch will not broadcast voice messages.
 - **AI Tips**: After this feature is enabled by default, the **AI Tips** card will be displayed on the HUAWEI Assistant·TODAY screen. Once **AI Tips** is disabled, the card will not be displayed on the HUAWEI Assistant·TODAY screen.
- The broadcast volume of the voice assistant can only be adjusted by going to **Settings > Sound and vibration** to adjust the volume of **AI Voice**.

More

Changing the strap

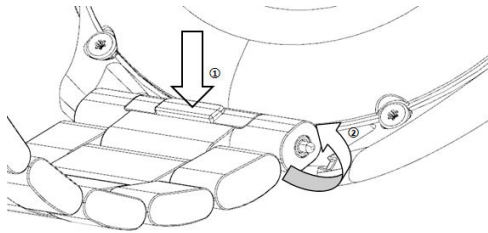
- If you are using a non-metal strap, perform the following steps to remove it and install a new strap in the reverse order.



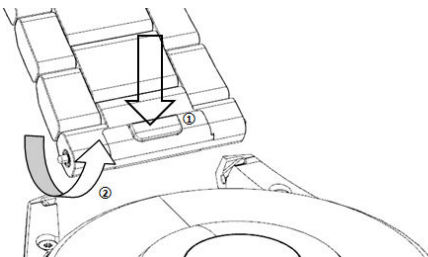
- To remove and install a metal strap, perform the following steps:

- Removal:

- Watch case with one guide slot on a lug:



- Watch case with two guide slots on a lug:



- Installation:

- If the watch case has one guide slot on a lug, insert the left spring bar of the watch strap into the bar hole on the watch case and then press the right spring bar through the guide slot.
- If the watch case has two guide slots on a lug, press the left and right spring bars of the watch strap through the two guide slots.

- Fastening the watch buckle

Press the middle position of the buckle against a lug.

- The leather and metal straps are not waterproof. Please keep it dry, and remove any sweat and other liquids in a timely manner.
- Once you have done a lot of workouts, please clean the strap in a timely manner to avoid the accumulation of sweat, which may cause bacteria to build up. You can clean the braided strap with washing powder or washing-up liquid once every one to two weeks. The method for cleaning the strap is the same as that for washing clothes. After cleaning the strap, dry it in a well-ventilated and dry place. Do not wear it when wet.

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

You can enable the Always On Display (AOD) feature and select to display the main watch face or AOD watch face when you raise your wrist.

- Enabling AOD will reduce the battery life.
 - After AOD is enabled, the Raise to wake feature will be disabled.



Setting AOD

- 1 Open the app list, go to **Settings > Watch face & home** or **Settings > Watch face**, and enable **Always On Display**.
- 2 After AOD is enabled, the watch face style is set by default.
- 3 Select **Raise to show AOD** or **Raise to show watch face** as required.


Managing watch faces

The watch face store provides a diverse range of watch faces for you to choose from. To use this feature, update your watch and the Huawei **Health** app to their latest versions.



Changing a watch face on your watch

- 1 Touch and hold the watch face on the home screen.
- 2 Swipe left or right to select a watch face you like.
 -  Some watch faces support custom control. You can touch  at the bottom of the watch face to customise the content that is displayed.

Installing and changing the watch face on your phone

- 1 Open the Huawei **Health** app, enter the device details screen, and go to **Watch faces > More**.
- 2 Select a watch face.
 - a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.
 - b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.
 -  The details screen of a watch face displays the traffic that will be generated when downloading and installing the watch face.

Deleting a watch face

- 1 Open the Huawei **Health** app, enter the device details screen, and go to **Watch faces > More**.
- 2 Select an installed watch face and touch  to delete it.
 -  Gallery or video watch faces cannot be deleted.
 - You do not need to purchase a watch face again after deleting it from Watch Face Store. You will only need to reinstall it.

Setting the time and language

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

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

Sound settings

Setting the ring volume

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Sounds & vibration > Ring volume**.
- 2 Swipe up or down to adjust the ring volume.

Muting and unmuting

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute**.

Customising the function of the Down button

- 1 Press the Up button to open the app list and then go to **Settings > Down button**.
- 2 Select an app and customise the function of the Down button.
After you have finished customising the function, return to the home screen and press the Down button to open the current app.

Adding custom cards

- 1 Go to **Settings > Custom cards** or **Settings > Display > Favourites**.
- 2 Select the cards to be displayed, such as the **Sleep**, **Stress**, and **Heart rate** cards. The actual display prevails.
- 3 Touch the up icon next to an app that you have added, or touch and hold the card to move the app to another position (supported on some device models such as). Touch the delete icon to delete the card.
- 4 After the settings are complete, swipe left or right on the home screen to view the added cards.

Adjusting the screen brightness

- 1 Press the Up button on your watch and go to **Settings > Display & brightness** or **Settings > Display**.
- 2 If **Automatic** is enabled, disable it.
- 3 Touch **Brightness** to adjust the screen brightness.

Update

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.

- **i** . Once **Auto-update device over Wi-Fi** or **Auto-download update packages over Wi-Fi** is enabled, your device will receive an update package and send you a notification about the update. Follow the onscreen instructions to update your device.
- You are advised to ensure that your device has sufficient power before the update.
- During an update, Bluetooth on your device will automatically disconnect, and reconnect once the update is complete.
- Do not charge your device during the update.

Restoring the device to its factory settings

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

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

- **i** 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 level

The band feature 5ATM water resistance, but this protection is not permanent and may be reduced 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 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, emulsions, or oil.
- Using your band in humid or high temperature conditions, for example in a hot shower or sauna.