

# **HONOR Band 7**

## **User Guide**

**HONOR**

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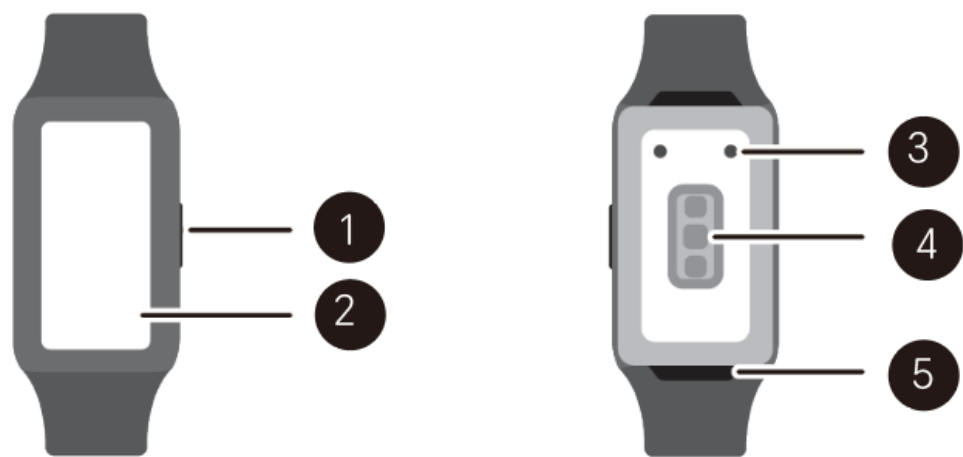
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# Getting Started

## Appearance



Number	Describe
1	Button
2	Screen
3	Charging port
4	Heart rate sensor
5	Quick release

## Charging your

### Charging



- 1 Connect the metal contacts on the charging cradle to those on the back of the device, without disconnecting them, place them on a flat surface.
- 2 Then connect the charger to a power supply, the device screen will light up and display the battery level.

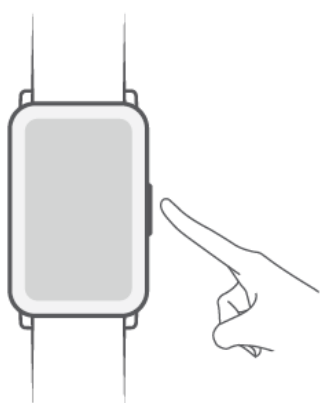
- If the device screen flickers or goes black, place the device on the charging cradle and connect it to a power source to restart the device.
- This band requires a Micro-USB port. It is recommended that you use the charging cable that comes with your band to charge your band.

### Checking the Battery Level

- Touch the device home screen when the device is on.
- Then connect the charger to a power supply, the band screen will light up and display the battery level.
- Open Health, then go to **Device** and check under the connected device's name.

## Powering on and powering off and restarting the device

### Powering on



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

### Powering off

- When the is powered on, press and hold the button, and then touch **Power off**.
- When the is powered on, press the button while on the home screen, swipe up or down until you find **Settings**, touch it, go to **System > Power off**.
- If the battery level is critically low, the will vibrate and then automatically power off.

### Restarting

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

### Force restarting the device

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

## Pairing your with your phone


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

### For Android users:


- 1 The is ready to be paired via Bluetooth by default. To download and install the Health app, please scan the QR code.



- 2 Open the HONOR Health app and go to **Device > Add device**. The app will automatically search for nearby available Bluetooth devices. Once your is found, touch its name to start pairing.

- 3 When a pairing request is displayed on the screen, touch  to pair your and phone. Confirm the pairing on your phone as well.



- If the target is not in the list of devices that can be connected to automatically, touch  > **Scan** to scan the QR code on the screen, and follow the onscreen instructions to finish pairing.
- Your will display an icon on the screen to inform you that pairing was successful. If the paring failed, your screen will display an icon to inform you that pairing was unsuccessful. It will then return to the startup screen.

## Buttons and gestures

Your band comes equipped with a touchscreen. You can swipe up, down, or right, as well as touch and hold the screen to perform operations.

### Buttons

Operation	Function
Press the button	Return to the home screen. This feature is unavailable in some scenarios including during calls and workouts.
Press the button from the home screen	Access the app list screen.
Press and hold the button	Power on your device when the device is off.

**gestures**



Operation	Function
Swipe right from the home screen.	Switch screens.
Swipe right on screens other than the home screen.	Return to the previous screen.
Swipe up on the home screen.	Check messages on your band.
Swipe down on the home screen.	Access the settings menu or enable some features including Do Not Disturb, screen on, Find Phone, and setting alarms.
Touch the screen.	Select and confirm.
Touch and hold the home screen.	Change watch faces.

# Workout modes

## Starting an individual workout

### Starting a workout using your device

- 1 From the home screen press the button, swipe until you find **Workout**.
- 2 Swipe up or down and select the workout you want to do.
- 3 Touch the icon to start the workout.
- 4 Swipe up or down and view workout records.

- Press the button to pause the workout, touch  to resume workout, or touch  to stop the workout.
- To end a workout session, press and hold the button.

### Viewing workout records on the device

From the home screen press the button, swipe until you find **Workout records**, then select a record to view the details.

Your device will display different data types for different workouts.

### Starting a workout using the app



During a workout, data such as the workout duration and distance will be displayed both in the Health app and on the band.

- 1 Open the HONOR Health app and go to **Exercise**, Select the workout you want.
- 2 Touch the start icon to start the workout.

### Viewing workout records in App

Open the HONOR Health app and go to **Health**, you can also view detailed workout data under **Exercise records** in the HONOR Health app.

## Rope skipping


- 1 From the home screen press the button, swipe until you find **Workout**.
- 2 Touch **Rope skipping** and touch the icon to choose different testing modes.
  -  Alternatively, swipe up on the screen and touch **Custom** to add workout modes.
- 3 Touch the Start icon to start a rope skipping.
- 4 To end a rope skipping, press the button and touch the Stop icon, or press and hold the button.
  -  Get to know your physical fitness with evaluation mode. This mode will automatically stop after 1 minute.





## Multiple workout modes

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

### Add the workout

From the home screen press the button, swipe until you find **Workout**. Swipe up or down until you find **Custom** > , touch it and then add the ones you want.


### Remove the workout

- 1 From the home screen press the button, swipe until you find **Workout**.
- 2 Swipe up or down until you find **Custom** > .
- 3 Touch the  on the side of the workout mode to remove the workout.

## Automatic workout detection

Your can identify your workout status on its own. This feature is disabled by default. To use it, you need to enable it manually.

- 1 From the home screen press the button, swipe until you find **Settings > Workout settings**, and enabled **Auto-detect workouts**.
- 2 The will remind you to start the workout if it detects that there is a change in your activity intensity and suggests a workout mode for you. You can select to ignore or start recording the workout session.

-  . Currently, this feature can detect walking, running, elliptical, and rowing workouts.
  - This feature requires trigger posture and intensity requirements of the exercise type, and stay in this exercise state for a period of time (walking exercise is about 10 minutes, other exercises are about 3 minutes), then the device automatically judges the exercise type and reminds the user to start a single exercise.
  - After the reminder is triggered, the vibrating reminder interface lasts for 30 seconds. If the user does not handle it, the reminder disappears. If the user continues to exercise, it will vibrate again after 3 minutes. If the user does not operate after three reminders, the exercise self-recognition will end.
  - If the actual exercise intensity is less than the exercise type intensity requirement for a period of time (more than three minutes), the device will pop up a reminder of the end of exercise, and you can ignore or end the exercise.

## Recording daily activities

### Recording daily activities on your device

From the home screen press the button, swipe until you find **Activity records**. The three rings on the display three types of data: steps, moderate to high intensity activity, and active calorie.



**Steps:** This ring indicates the proportion of your steps to the target step count. The default goal is 10,000 steps. You can change the goal settings in App depending on your preferences.



**Duration of moderate to high intensity activity (unit: minutes):** The default goal is 30 minutes. Your wearable device will calculate the total duration of your moderate to high intensity activity based on your pace and heart rate intensity. We recommend that you take five 30-minute sessions of exercise a week at a moderate intensity to keep healthy.



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

### Recording daily activities in the app


Ensure that your is connected to the app for you to view your activity records on the home screen of the app

# Health management

## Monitoring your heart rate

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

### Continuous heart rate measurement


- 1 Open the HONOR Health app and go to the device details screen.
- 2 Go to **Health Alert > Continuous Heart Rate Measurement**, and enable **Continuous Heart Rate Measurement**.
- 3 Viewing your heart rate:
  - On your band, enter the app list and select **Heart rate** to view your heart rate.
  - Open HONOR Health, go to **Health > Heart health** and view your heart rate.
  -  • The band can display the current heart rate, heart rate graph of the current day, heart rate range of the current day, resting heart rate, and heart rate zone.◦
  - When **Continuous heart rate measurement** is enabled in the app, the device will automatically adjust the monitoring frequency based on the workout status and can provide you with 24/7 heart rate monitoring.◦

### Individual heart rate measurement

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Go to **Health Alert > Continuous Heart Rate Measurement**, and disable **Continuous Heart Rate Measurement**.
- 3 On your device, enter the app list and select **Heart rate** to measure your heart rate.


### Heart rate measurement during workouts

During a workout, your device can display your real-time heart rate and heart rate zone, and notify you when your heart rate exceeds the upper limit. For better training results, it's advised to workout based on your heart rate zone.

-  • If you select **Maximum heart rate percentage** as the calculation method, the heart rate zones (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) will be calculated based on your maximum heart rate ("220 – your age" by default).
- If you select **HRR percentage** as the calculation method, the heart rate zones (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) will be calculated based on your heart rate reserve (HRmax – HRrest).

## Resting heart rate measurement

Resting heart rate refers to your measured heart rate when you are awake and at rest. The best time to measure your resting heart rate is immediately after you wake up in the morning.


- 1 Open the HONOR Health app and go to the device details screen.
  - 2 Go to **Health Alert > Continuous Heart Rate Measurement**, and enable **Continuous Heart Rate Measurement**.
  - 3 Then your band will measure your resting heart rate on its own.
-  If "--" is displayed as the resting heart rate reading, it indicates that your band was unable to measure your resting heart rate.
  - Your actual resting heart rate may not be displayed or measured incorrectly if your heart rate was measured at the wrong time.

## Heart rate alerts

Once you have set an limit for your heart rate during workouts, your band will vibrate once if your heart rate exceeds the value for over 10 seconds during a workout.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Go to **Health Alert > Continuous Heart Rate Measurement**, and enable **Continuous Heart Rate Measurement**.
- 3 Touch **High heart rate reminder** and **Low heart rate reminder** then set your preferred heart rate.

## Measuring blood oxygen levels (SpO2)

-  To ensure the accuracy of the SpO2 measurement, wear the properly and ensure the strap is fastened. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

### Single SpO2 measurement


- 1 From the home screen press the button, swipe until you find **SpO2**.
- 2 Touch **Measure**. Keep your body still during the SpO2 measurement.

### Automatic SpO2 measurement

-  This feature is only available to HONOR Band 6 and HONOR Band 7.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Go to **Health Alert > Continuous oxygen measurement**, and enable **Automatic blood oxygen monitoring** The device automatically measures and records your SpO2 when it detects that you are still.

**3** Touch **Lower blood oxygen limit reminder** to set the bottom limit of your SpO2 for you to receive an alert when you are not asleep.


-  This feature is only available in some countries and regions. For more information, contact the official Honor service hotline.
- The reading will be interrupted if you swipe right on the band screen, receive an incoming call, or an alarm goes off.
- For more accurate results, it is recommended that you wait three to five minutes after putting your band on before measuring your SpO2.
- Keep still and make sure your band is fastened tightly during the measurement, but avoid wearing it directly over your wrist joint. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the band. The band screen needs to stay facing up too.
- This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
- The measurement results are for reference only and are not intended for medical use.

## Activity reminders

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

**2** Touch **Health Alert** and enable **Sedentary Alert**.

When **Sedentary Alert** is enabled, the will monitor your activity throughout the day in increments (1 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.

-  Your will not vibrate to remind you to move around if you have enabled **Do not disturb** on your device.
- Your will not vibrate if it detects that you are asleep.
- Your will only send reminders between 8:00 to 12:00 AM and from 2:30 to 9:00 PM.

## Tracking sleep

Your tracks your sleep quality when you wear it while sleeping. You can view basic sleep information in the **Sleep** app of your , and view detailed sleep data in the app.

### Sleep monitoring

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

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

### TruSleep™ or Scientific sleep

You can enable **Healthy sleep** in the Health app, and after you enable **Healthy sleep**, your will collect your sleep data, detect when you fall asleep, wake up, and whether you are in a light, deep, or REM sleep, and identify the times when you wake up and your breathing quality to provide you with a sleep quality analysis and suggestions to help you understand and improve your sleep quality.

**1** Open the HONOR Health app and go to **Health**.

**2** Touch **Sleep** >  > **Healthy sleep switch**, and enable **Healthy sleep**.

- i • Enabling **TruSleep™** or **Healthy sleep** may reduce the 's battery life.
  - Naps that you take during the day are counted under **Naps**. If you take a midday nap of less than 30 minutes or you moved around too much during a midday nap, your may have determined incorrectly that you were awake.
  - When your detects that you are sleeping, it will automatically disable Always-on screen, message reminders, incoming call notifications, Raise wrist to wake screen, and other features in order to not disturb your sleep.

### View your sleep data

#### Method 1:

From the home screen press the button, swipe until you find ,

#### Method 2:


You are able to view your history sleep data in the app.

Open the HONOR Health app and go to **Sleep** card to view your daily, weekly, monthly, and yearly sleep statistics.

## Menstrual cycle predictions

The wearable device can predict your menstrual cycle based on data you have added in the app and predict your period and fertile window. Cycle Calendar data and reminders can be viewed on the wearable device, but the data can only be recorded using the Cycle Calendar quick app in the Health app.

- 1** Open the HONOR Health app and go to **Cycle Calendar**, and grant corresponding permissions. If you can't find the **Cycle Calendar** card on the home screen, touch **EDIT** and then touch + next to **Cycle Calendar**.

- 2 On the Cycle Calendar screen, set data for your previous period date, period length, and period cycle, touch in the top-right corner, select **Wearable device reminders**, and toggle on **All**.
  - 3 From the home screen press the Up button, swipe until you find **Cycle Calendar** to view and modify period data.
  - 4 Your wearable device will send you reminders for the start and end of your period and fertile window.
-  • Touch **Records** to view and modify period data. The predicted period is marked in the dotted line.
  - Your wearable device will remind you about the start of your period before 8 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 AM on that day.

## Testing stress levels


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

### Testing your stress levels

- To measure your stress level on a one-off basis:  
Open the HONOR Health app and go to **Stress** then **Stress test**. When using this feature for the first time, you need to calibrate the stress value. Follow the onscreen instructions in the Health app to answer the questionnaire for a better stress test result.
- To measure your stress level on a periodic basis:  
Open the HONOR Health app and go to the device details screen. Then go to **Health Alert**, turn on the switch for **Pressure Detection**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the correctly.


### Viewing stress data

- Viewing stress data on the :  
From the home screen press the button, swipe until you find **Stress**, and touch it to view the graph indicating your stress change, including the stress bar chart, your stress level, and your stress interval.
- Viewing stress data in the app:  
Open the HONOR Health app and go to **Stress** to view your latest stress level and your daily, weekly, monthly and yearly stress curve and corresponding advice.

-  . During the stress test, wear your correctly and keep still. Your will be unable to accurately detect your stress level during a workout or when you move your wrist too frequently. In this case, your will not carry out a stress test.
- This product is not a medical device and the monitoring data and results are for reference only and are not intended for diagnostic or medical use.

## Breathing exercises


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

- 1** From the home screen press the button, swipe until you find **Breathing exercises**.
  - 2** Set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises.  
After the exercise is finished, the screen will display the training stress, heart rate before the exercise, training duration, and evaluation.
-  . You can set the duration to **1 min**, **2 min**, or **3 min** and the rhythm to **Fast**, **Moderate**, or **Slow**.
  - After the exercise is finished, the band screen will display the training effects, heart rate before the exercise, training duration, and evaluation.





# Handy features

## Controlling music playback

- 1 On the device details screen in the HONOR Health app, go to **Music management** and enable **Watch controls phone music**.
- 2 After you play a song on your phone and swipe on the watch face screen, you can find the music playback control screen. You can use your band to control the volume, pause or play, and switch songs on your phone.
  -  Controlling music playback is only available with Android phone.
    - You can use your band to control music playback with third-party music apps on your phone including Net Ease Music.


## Remote shutter

- 1 When the is connected to your phone, you can remotely control your phone to take photos.
- 2 From the home screen press the button, swipe until you find **Remote shutter** to control the camera of your phone.
- 3 Select  to take photos, press the button to return to the home screen, or swipe right on the screen to go back to the previous screen.
  -  This feature is only available on Honor phones running Magic UI 6.1 or later.

## Receiving notifications, and viewing and deleting messages

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

- On the device details screen in the HONOR Health app, go to **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.
- Swipe up or down on the watch screen to view message content. A maximum of 10 unread messages can be stored on your watch. If there are more than 10 unread messages, only the latest 10 messages will be displayed. Each message can be displayed on one screen.

-  • Your watch can display messages from the following apps: SMS, Email, Calendar, and various social media platforms.
- You are not able to reply directly on your watch when you receive an SMS message, WeChat message, or email.
- Your watch will still receive notifications but will not alert you if your watch is in Do not disturb, Sleep mode, or it detects you aren't wearing it.
- If you receive a new message when you are reading another message, your watch will display the new message. You cannot check the content of emails on the watch.
- When your watch is in Do not disturb or Sleep mode or during a workout, it will still receive notifications but will not alert you. You can swipe up on your watch home screen to view new messages.
- If your phone and watch are connected, your phone will push an alert to your watch over Bluetooth when you receive an incoming call or message on your phone. Due to the slight delay in sending information over Bluetooth, your phone and watch will not receive the alert at exactly the same time.
- Reminders and incoming call notifications on your watch won't be affected if other Bluetooth devices are also connected to your phone.
- You are able to receive voice messages and images from third-party social media apps but you are unable to listen to voice messages or view images.

## Receiving weather reports

### Receiving weather reports

On the device details screen in the HONOR Health app, go to **Weather**, then enable **Weather**. You can set the Temperature unit to **Celsius °C** or **Fahrenheit °F**.

### Viewing pushed weather reports

**Method 1:** View the weather information on the weather screen

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


**Method 2:** View the weather information on the weather watch face

Make sure you are using a device design that displays the weather on the home screen. Once this is set up, you will be able to see the latest weather reports on the main screen of your device.

**Method 3:** View the weather information in the Weather app

From the device's home screen press the button to enter the app list, swipe on the screen until you find **Weather** and select it, then you can view your location, the latest weather,


temperature, air quality, and more. Swipe up or down on the screen to view a 6-hour weather cast, as well as the weather yesterday and the next six days.

-  • Make sure that GPS and Location are enabled in the notification panel of the phone and the App has been granted the Location permission. Open areas are better for getting a GPS signal.
- The weather information displayed on your band may differ slightly from that displayed on your phone, this is because the information is collected from different weather service providers.



## Using Stopwatch

The supports normal and segment-based timing in Stopwatch, helping you with activities that require accurate timing, such as sports and competitions.





### Starting the stopwatch

- 1 From the home screen press the Up button, swipe until you find **Stopwatch**.
- 2 Touch  to start timing. Touch the clock icon to split the workout and record a lap.

### Pausing or resetting the stopwatch


Touch  to pause the stopwatch and touch  to reset the stopwatch.


## Using Timer

- 1 From the home screen press the button, swipe until you find **Timer**.
  - 2 Select a duration or swipe up on the screen and touch **Custom**, then touch  to start timing..
  - 3 Touch  to pause the countdown, and touch  to reset the timer.
-  Swipe right on your screen to keep Timer running in the background.

## Setting an alarm

### Setting an alarm on your device



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

 If you do not set the repeat cycle, the alarm is a one-time alarm by default.


Only event alarms can be deleted.


## Setting an alarm in the Health app



### Smart alarm

- 1 On the device details screen in the HONOR Health app, go to **Alarm Clock** > .
- 2 Set the alarm time, smart wakeup time, and repeat cycle.
- 3 Touch  (for Android users) or touch **Save** (for iOS users) in the upper-right corner to save the settings.
- 4 Return to the home screen and swipe down on the home screen to ensure that the alarm settings are synced to your .
- 5 Touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.


### Event alarm

- 1 On the device details screen in the HONOR Health app, go to **Alarm Clock** > **Event alarm**.
- 2 Set the alarm time, tag, and repeat cycle.
- 3 Touch  (for Android users) or touch **Save** (for iOS users) in the upper-right corner to save the settings.
- 4 Return to the home screen and swipe down on the home screen to ensure that the alarm settings are synced to your .
- 5 Touch an alarm to delete it or modify the alarm time and repeat cycle.

 • Event alarms set on your can be synced to the Health app. You can set a maximum of five Event alarms.

- When an alarm rings, touch  on your screen, press the up button, or swipe right on your screen to snooze for 10 minutes. To turn off the alarm, touch  on your screen or press and hold the Up button.

## Using Flashlight

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

## Finding your phone using your device

From the home screen press the button, swipe until you find **Find Phone**.

An animation will be displayed on the screen. If your phone is within Bluetooth range, it will play a ringtone to alert you, even in Silent mode. Touch your screen or unlock your phone screen to stop playing the ringtone.

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

# More guides


## Managing watch faces

Watch Face Store provides a diverse range of watch faces for you to choose from. To download or delete watch faces, update the and the Health app to the latest versions. Download and install even more cool watch faces by performing the following.

### Changing a watch face on your device

- From the home screen press the button, swipe until you find **Settings > Watch faces and cards > Watch face**. Swipe left or right to select the watch face you want to install.



Some watch faces can be customized. You can touch  under a watch face to customize the content that is displayed.


### Installing and changing the watch face in the App

- 1 On the device details screen in the HONOR Health app, go to **Watch face market > All watch faces**.
- 2 Select a watch face.
  - If the watch face has not been installed, touch **Install**. After the installation is complete, you will automatically use this new watch face.
  - If the watch face has been installed, touch **Set as watch face** to use the selected watch face.



- iOS phones do not support paid watch faces.

### Deleting a watch face


- 1 On the device details screen in the HONOR Health app, go to **Watch face market > All watch faces**.
- 2 Touch **Me > Edit**, and select an installed watch face and touch  in the corner to delete it. Certain preinstalled watch faces cannot be deleted.



- To download or delete watch faces, update your and the App to the latest versions.
- You may not be able to download or delete watch faces in certain countries and regions. For more information, contact the local Honor hotline.
- 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 Always On Display watch face

Once you set a standby watch face, the watch face screen will stay on after your enters standby mode.



- 1 From the home screen press the button, swipe until you find **Settings > Watch faces and cards > AOD**.
- 2 Enable the **AOD** and touch .
- 3 Touch Style of AOD and swipe left or right on the screen to select a watch face.

## Setting favorites app

### Adding favorites app

- 1 From the home screen press the button, swipe until you find **Settings > Watch faces and cards > Favorites**.
- 2 Select your preferred data, such as **sleep, stress level, ,heart rate ,music ,weather , activity record**.
- 3 Then, swipe left or right on the home screen of the device to check which cards you added.

### Editing favorites app

- On the Favorites screen, touch  to move the app up to the top of the list.
- On the Favorites screen, touch  to remove the app from the list.

## Adjusting screen brightness


- 1 From the home screen press the button, swipe until you find **Settings > Display > Brightness**.
- 2 Touch **OK** to adjust the screen brightness. Level 5 is the brightest setting and Level 1 is the dimmest setting.

## Setting the screen wake by tapping


- 1 From the home screen press the button, swipe until you find **Settings > Display > Tap to wake**.
- 2 Touch **Tap to wake** to enable the tap screen to wake.

## Setting Sleep time

On your device, go to **Settings > Display > Advanced > Sleep** and set the screen sleep time to 10 sec, 15 sec, or 20 sec. If **Sleep** is set to **Auto**, the watch screen will turn off when you tilt or lower your wrist.

-  If you turn the screen back on within 10 seconds of it turning off, the previous screen will be displayed. Otherwise, the home screen will be displayed.



## Setting the Screen Always Display

On your watch, go to **Settings > Display > Advanced > Screen time**, and set the screen on time to 5 min, 10 min, 15 min, or 20 min. After it is set, swipe down on the home screen of the watch, touch . The screen will then stay on for the amount of time you set.

## Setting the vibration strength

- 1 From the home screen press the button, swipe until you find **Settings > Vibration**.
- 2 Swipe up or down on the screen and select **Strong** or **Soft**. You will then automatically return to the previous screen and vibrate with the strength that you set.


## Enabling Do not disturb mode

- **Method 1:** Swipe down from the top of the watch face and touch  to enable or disable it.
  - **Method 2:** Go to **Settings > Do not disturb** to enable or disable it.
-  After you enable **Do not disturb**, incoming calls and notifications will be muted, the watch will not vibrate when receiving incoming calls or notifications, and the screen will not turn on when you raise your wrist.

## Locking or unlocking the device

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

### Setting a PIN

- 1 From the home screen press the button, swipe until you find **Settings > PIN > Enable PIN**, and follow the onscreen instructions to set a PIN.
  - 2 Swipe down on the device's home screen, go to **Settings > PIN**, and enable **Auto-Lock**.
-  If you forget the PIN, you will be required to restore the watch to its factory settings.



## Disabling the PIN

From the home screen press the button, swipe until you find **Settings > PIN > Disable**, and follow the onscreen instructions to disable the PIN.

## Changing the PIN

From the home screen press the button, swipe until you find **Settings > PIN > Change PIN**, and follow the onscreen instructions to change the PIN.

## Forgot the PIN

If you have forgotten the PIN, restore the to its factory settings and try again. Once you have restored your to its factory settings, all of its data will be cleared, so please proceed with caution.

# Viewing the information

## Device name

- From the home screen press the button, swipe until you find **Settings > About**. The **Device name** is your 's name.
- Alternatively, open the app and touch **Device** then your device name to view the Device name of the connected .

## Viewing the MAC

From the home screen press the button, swipe until you find **Settings > About** to view the MAC address of your .

## Viewing the SN

From the home screen press the button, swipe until you find **Settings > About** to view the SN of your .

## Viewing the model


- From the home screen press the button, swipe until you find **Settings > About** to view the model of your .
- The laser-engraved characters after the word "MODEL" on the back of the indicate the model name.

## Viewing the version number

- From the home screen press the button, swipe until you find **Settings > About** to view the version number of your .
- Open the HONOR Health app and go to the device details screen. Touch **Firmware Upgrade** to view the version number of your .

## Updating the device

On the device details screen in the HONOR Health app, go to **Firmware Upgrade**, then follow the onscreen instructions to update your device if there are any new updates.

-  • During an update, the Bluetooth connection between your watch and phone will disconnect. Please wait patiently until the update is complete.
- You are advised to ensure that the battery level of your device is greater than 20% before an update.