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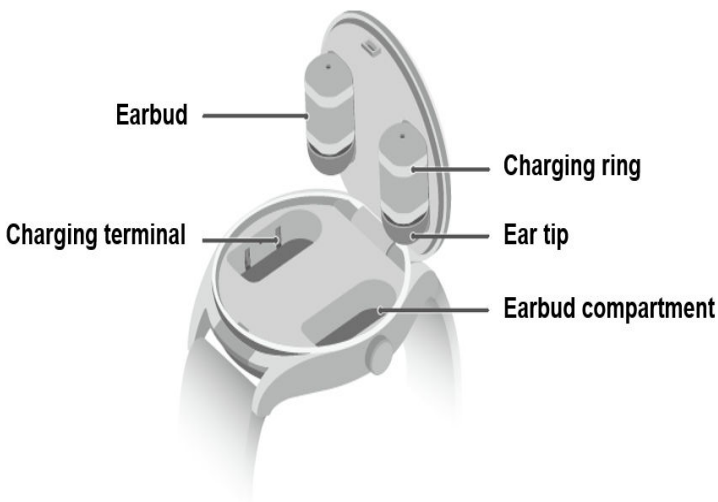
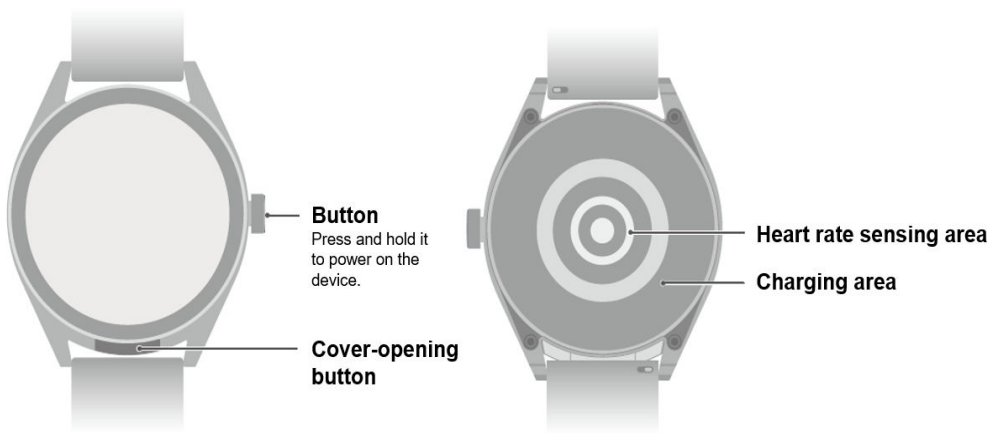
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Getting Started


Appearance



Button operations

Operation	Function
Press	<ul style="list-style-type: none">• Wake the device screen up.• Access the app list screen from the home screen.• Return to the home screen.• Mute an incoming call.
Press and hold	<ul style="list-style-type: none">• Power on the watch.• When the watch is powered on, press and hold the side button for three seconds or longer to display the restart/power-off screen.• Forcibly restart the watch by pressing and holding the side button for more than 12 seconds.

Operation	Function
Gently push the cover-opening button	Open the watch cover.


 There are certain exceptions such as for calls and workouts.

Using the touchscreen

The device comes with a colour touchscreen that supports full-screen touch operations (including swiping up, down, left, and right, and touching and holding).


Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face (when the watch home screen is displayed).
Swipe up	View notifications (when swiping up on the watch home screen).
Swipe down	View the shortcut menu (when swiping down on the watch home screen).
Swipe left	View the watch feature cards (when swiping left on the watch home screen).
Swipe right	Return to the previous screen (when swiping right on any app's screen other than the home screen).

Pairing with an EMUI/Android phone


- 1 Install the **Huawei Health** app ().
If you have already installed the **Huawei Health** app, go to **Me > Check for updates** and update it to the latest version.
If you haven't yet installed the app, go to your phone's app store and download and install the app. You can also scan the QR code below to download and install the **Huawei Health** app.




- 2 Open the **Huawei Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing. Touch **Continue** to enter the pairing screen.

- 4 Place your wearable device close to your phone. Open the **Huawei Health** app, touch  in the upper right corner, and touch **ADD**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.
- 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **ALLOW**.
- 6 When a pairing request is displayed on the wearable device, touch **✓**, and follow the onscreen instructions on the phone to complete the pairing.
- 7 Once your wearable device has been successfully paired with your phone, the earbuds and phone will automatically start pairing.

Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().
If you have already installed the app, please update it to its latest version.
If you haven't yet installed the app, go to your phone's App Store and download and install the app. You can also scan the QR code below to download and install the **HUAWEI Health** app.





- 2 Open the **HUAWEI Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing. Touch **Continue** to enter the pairing screen.
- 4 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 would like to pair, and touch **LINK**.
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.
- 5 When the pairing request appears on your wearable device, touch **✓**. When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether you would like to allow the wearable device to display notifications from your phone. Touch **Allow**.
- 6 Once your wearable device has been successfully paired with your phone, the earbuds and phone will automatically start pairing.
 - **If your phone is running iOS 13.0 or later:**

When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. When another **HUAWEI Health** pop-up window appears indicating a successful pairing, touch **Done**.

- **If your phone is running an earlier version of iOS:**
 - a** The **HUAWEI Health** app displays the pairing guide screen.
 - b** Follow the onscreen pairing instructions to go to **Settings** > **Bluetooth** and select **HUAWEI W Buds** from the Bluetooth list.
 - c** Return to the **HUAWEI Health** app, select **Finished these steps**, and touch **Next**. Once your devices have been paired successfully, touch **Done**.

Pairing with a new phone



















- i** To protect your privacy, you may be prompted to restore your wearable device to its factory settings before pairing it with a new phone. Restoring your device to its factory settings will clear all your data. Please exercise caution when doing this.



When you are ready to pair your wearable device with a new phone, go to **Settings** () > **System & updates** > **Disconnect** () on your wearable device, touch **√**, and follow the onscreen instructions to complete the pairing.

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 	--	--	--	--
---	---	----	----	----	----

Level-2 Menu

Steps 	Activity 	Hours active 
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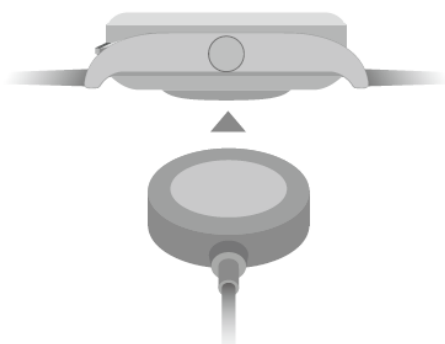
Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth but disconnected from the Huawei Health app 
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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.

- 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.

Charging your earbuds

Place the earbuds in the watch and close the watch cover. The watch will automatically charge the earbuds. You can see the earbuds' charging status and battery level on the watch screen.



- When your watch has low battery, it will not be able to charge your earbuds. To charge your earbuds, make sure your watch has enough battery.
- When your watch enters Power saving mode, it will not be able to charge your earbuds. In this case, go to **Settings > Battery** to disable **Power Saving**.
- When your watch is wet, it will not be able to charge your earbuds. Please keep it dry.
- The earbuds are charged via the charging terminals in the watch. Putting your earbuds into the compartments and taking them out may slightly scratch the terminals, which is normal and does not affect the normal use of the earbuds.
- Battery life may vary depending on the settings, storage, and usage environments of the device, and enabled features of the earbuds.

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.

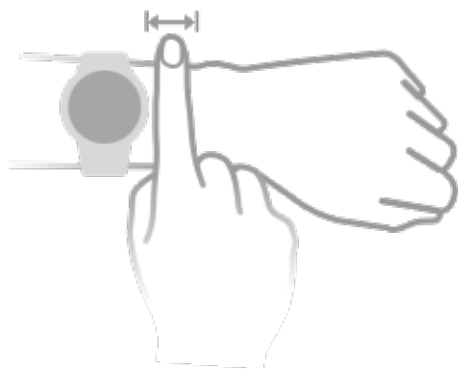
Method 3: View the battery level on a watch face that displays the battery level.

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.

Locking or unlocking

You can set a PIN on the device to bolster your privacy. After you have set a PIN and enabled Auto-lock, you will need to enter the PIN to unlock the device and enter the home screen. If you keep wearing your device, the screen will not be locked.

Setting a PIN

- 1** Set a PIN: Swipe down on the watch's home screen, go to **Settings** > **PIN** > **Set PIN**, and follow the onscreen instructions to set a 6-digit PIN.
- 2** Enable Auto-lock: Swipe down on the watch's home screen, go to **Settings** > **PIN**, and enable **Auto-lock**.

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

Changing the PIN

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


Disabling the PIN

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

Forgot the PIN

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

Open the Huawei Health app, go to the device details screen, and touch **Restore factory settings**.


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

Powering on/Powering off/Restarting

Powering on

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

Powering off

- Press the side button, and go to **Settings > System & updates > Power off**.
- Press and hold the side button, and select **Power off**.
 -  The device will automatically power off when the battery is drained. Charge the device in a timely manner.


Restarting

- Press the side button, and go to **Settings > System & updates > Restart**.
- Press and hold the side button for more than eight seconds to forcibly restart your device.

Answering and making calls

If the earbuds have been connected to the watch, and they have both been connected to the same phone

Answering calls





- If the earbuds are in the watch when you receive a call, the watch will prompt you to wear the earbuds. Once you are wearing the earbuds, the watch will automatically answer the call.
- If you are already wearing the earbuds, touch  to answer the call.

Making calls

Press the button on the side of your watch to see the app list. Touch **Call log** or **Contacts** and then select the contact that you would like to call.





- If you are not currently wearing the earbuds, you need to wear them first.
- If you are already wearing the earbuds, the watch will automatically make the call.

Rejecting/Ending calls

- To reject or end a call, touch .
- Alternatively, touch  to reject the call and reply with an SMS message instead.
 -  You can only reject calls and reply with an SMS message when your watch is paired with certain phone models. This feature is not available if  is not displayed on the watch when you receive a call.


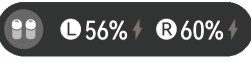
If the earbuds have been connected to the watch, but the watch is connected to phone A, and the earbuds are connected to phone B

Answering/Rejecting calls

- If the earbuds are in the watch
 - The watch will not respond when there is an incoming call on **phone B**.
 - When there is an incoming call on **phone A**, the watch will prompt you to wear the earbuds to answer the call. Once you are wearing the earbuds, the watch will automatically answer the call, and the call on **phone A** will be heard through the earbuds.
- If you are wearing the earbuds
 - The watch will display the incoming call on **phone B**. Touch  to reject the call, or touch  to answer the call.
 - The watch will display the incoming call on **phone A**. Touch  to reject the call, or touch  to first connect the earbuds to **phone A** and then answer the call.

Making calls

Wear the earbuds. Press the button on the side of your watch to see the app list, touch **Call log** or **Contacts**, and then select the contact that you would like to call. The earbuds will connect to **phone A**, and then automatically make the call.

-  • When the call ends, the earbuds will remain connected to **phone A**. They will not automatically reconnect to **phone B**.
- To reconnect the earbuds to **phone B**, swipe down on the watch face to access the shortcut menu, touch  to access the earbuds management screen, and touch **phone B**.

Earbuds Management

Taking out and wearing your earbuds

Taking out the earbuds

- 1 Gently push the button which opens the cover as shown in the diagram below.
- 2 When the cover pops open, lift it to open the cover fully.
- 3 Take out the earbuds, wear them, and close the cover.



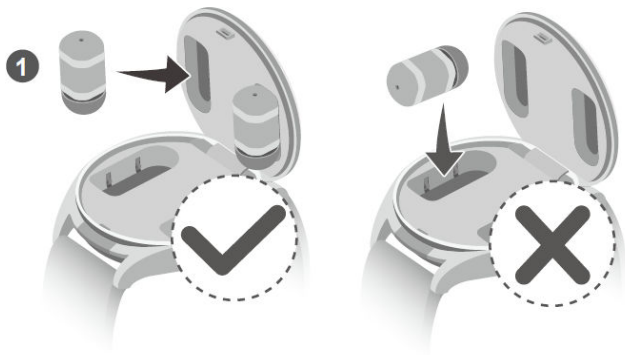
Wearing the earbuds

Insert an earbud into your ear canal and gently rotate the tail of the earbud until it is sitting comfortably.

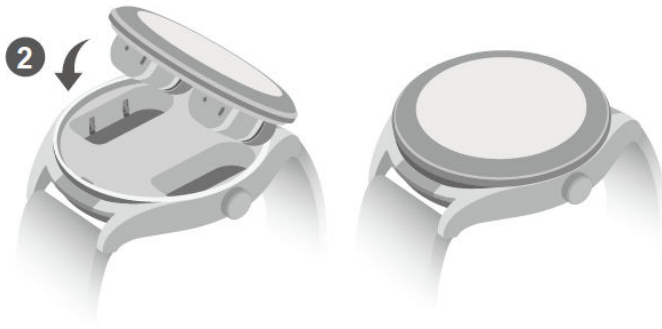


Putting the earbuds back into the case

- i** Please do not put the earbuds directly into the charging compartments as you may damage the charging terminals.
- 1 Attach the earbuds to the underside of the cover lid, with the ear tips facing downwards.



2 Close the cover.



Managing your earbuds

Managing the earbuds from your phone

i The guidance below applies to when you have opened the watch cover, or taken the earbuds out of the watch.

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

2 On this screen you can:

- Choose from **Noise cancelling**, **Off**, or **Awareness** mode.
- Touch **Sound effects** to choose from **Default**, **Bass boost**, **Treble boost**, and **Voices**.
- Tap **Gestures** to set gesture controls for the earbuds, such as double-tapping to answer/end a call.
- Touch **Tip fit test** to find out how well the ear tips fit your ears.
- Touch **Settings** to enable or disable **Auto-switch left & right**.

Managing the earbuds from your watch

1 Swipe down on the watch face screen to access the shortcut menu, and touch



to access the earbuds management screen.

2 If you swipe down, you can:

- Choose from **Noise cancelling**, **Off**, or **Awareness** mode.
- Touch **EQ effects**, then swipe up or down on the screen to select a sound effect (such as **Treble boost**).

- Touch **More settings** to enable or disable **Auto-switch L/R**, **Reset earbuds**, or check the system version of the earbuds.

Using gestures to control your earbuds

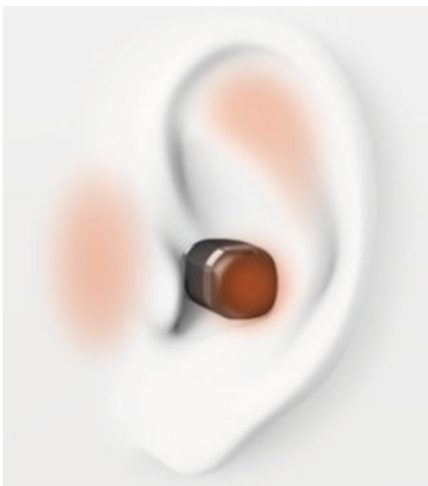
Setting earbud gestures

Open the **Huawei Health** app, go to the device details screen, go to **Earbuds > Gestures**, and touch **Double-tap** or **Triple-tap** to set gesture controls.

For example, set double-tapping to answer/end a call.

Using gestures to control the earbuds

You can control the earbuds by double-tapping or triple-tapping the areas highlighted in orange on the diagram below.



Connecting your earbuds to a new device


By default, both the HUAWEI WATCH Buds earbuds and watch are connected to the same phone. You can connect the earbuds to a new Bluetooth device, such as a phone or tablet.

i Before using this feature, update your watch and earbuds to their latest versions.

When you disconnect the earbuds from a new Bluetooth device (such as a phone or tablet), the earbuds will not be able to automatically reconnect to it.

1 Put the earbuds in Pairing mode.

- **If the earbuds are inside the watch**, gently push the cover-opening button. When the cover pops open, press and hold the side button for 2 seconds.

- **If you have taken the earbuds out of the watch**, swipe down on the watch face screen to access the shortcut menu, touch  **L 56%** **R 60%** to access the earbuds management screen, and touch **Pair new**.

2 Go to the new device's Bluetooth screen.


Go to **Settings** > **Bluetooth**, select **HUAWEI W Buds** (which is the Bluetooth name of the earbuds) from the discovered devices, and complete the pairing.

Finding your earbuds

- 1 Swipe down on the watch face screen to access the shortcut menu, and go to **Find Device** > **Earphones**.
 - If both earbuds are connected to your watch, touch **Ring left bud** or **Ring right bud**.
 - If an earbud is disconnected, touch **Reconnect** first. Once reconnected, touch **Ring left bud** or **Ring right bud**.
- 2 When you find your earbuds, touch **Stop ringing** or wait until the ringing ends.

Factory reset


Restoring your watch to its factory settings

-  Once you restore your watch to its factory settings, all of your personal data will be cleared, transport card migration will be triggered (if available), and access cards and bank cards will be removed. Please exercise caution when doing this.
- Place your earbuds back inside the watch. The earbuds will be restored to their factory settings together with the watch.

Method 1: In the app list on your watch, go to **Settings** > **System & updates** > **Reset**.

Method 2: Open the **Huawei Health** app, go to the device details screen, and touch **Restore factory settings**.

Resetting the earbuds

- 1 Swipe down on the watch face screen to access the shortcut menu, and touch  **L 56%** **R 60%** to access the earbuds management screen.

- 2 Go to **More settings** > **Reset earbuds**, and touch .

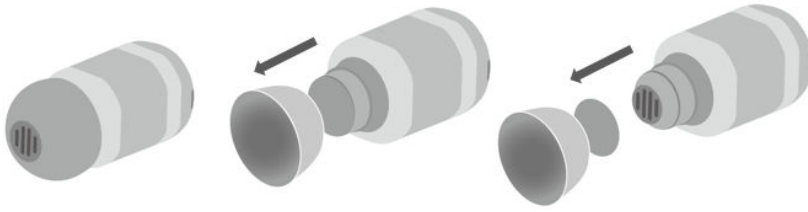
Selecting and changing the ear tips

Selecting suitable ear tips

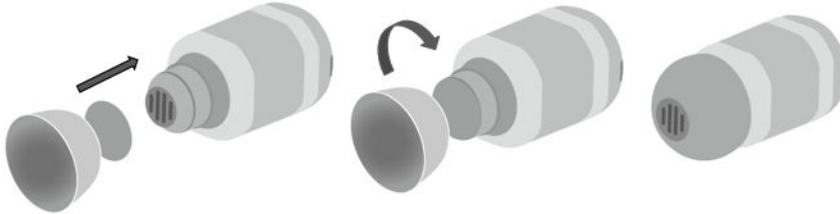
The pre-installed ear tips may not fit everyone due because everyone has differently shaped ear canals. If you don't find the earbuds very comfortable, try using larger or smaller ear tips. You could use a different ear tip size for each ear if this is most comfortable for you.

Changing the ear tips

- 1 Turn the end of the ear tip over, as shown in the diagram below. Pinch the ear handle with one hand, and pinch the ear tip with the other, and gently pull to separate them.




- 2** Turn the new ear tip over in the same way, and as shown in the diagram below, gently push it into the slot. Finally, turn the ear tip over once again, so that it is back to normal.



Exercise






Activity records

Wear your device correctly for it to automatically record data relating to calories burnt, distance, step count, duration of moderate-to-high intensity activities, and other daily activities.





Access the app list, swipe on the screen until you find  **Activity records**, touch it, and then swipe up or down to view data relating to calories burnt, distance, step count, duration of moderate-to-high intensity activities, and other activities.

Starting an individual workout

Using your device to start a workout

- 1 On your device, go to the app list, and touch  **Workout**.
- 2 Swipe up or down on the screen and select the workout that you would like to do.
- 3 Touch a workout icon to start a workout.
- 4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch  to resume the workout, or touch  to stop the workout.
 -  Touch  on the right of a workout mode to set goals, reminders, and more.
 - When you finish your workout, you can view the workout data which includes the workout duration, the number of calories you burnt, a graph of your heart rate, the change in your heart rate, your average heart rate, and your heart rate zone.

Using the Huawei Health app to start a workout

- 1 Select the workout you would like to start on the **Exercise** screen in the Huawei Health app.
- 2 Touch a workout icon to start a workout.
- 3 After you finish a workout, touch  to pause the workout, touch  to continue the workout, or touch and hold  to end the workout.
 -  During a workout, data such as the workout duration and distance will be displayed in both the Huawei Health app and on your device.
 - If the workout distance or duration is too short, no workout data will be recorded.

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 (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.


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

- **i** 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.
- 1 Wear your wearable device correctly and keep your arm still.
 - 2 Press the side 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.

Enabling/Disabling Automatic SpO2 measurement

- 1 Open the Huawei Health app, touch **Devices** then the name of your connected device, and enter its details screen. Touch **Health monitoring**, and enable/disable **Automatic SpO2 measurement**.
- 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.

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.

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.



Menstrual cycle predictions

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

• Method 1:

- 1 On the home screen of the **Huawei Health** app, touch the **Cycle Calendar** card to download the feature package and complete data settings. If you are unable to find the card, touch **Edit** to add it to the home screen.
- 2 Press the side button on the device's home screen, touch **Cycle Calendar** () , and then touch  to set the start and end of your periods. After you finish, your device will predict your next period based on the data you recorded.

• Method 2:

- 1 On the home screen of the **Huawei Health** app, touch the **Cycle Calendar** card to download the feature package and complete data settings. If you are unable to find the card, touch **Edit** to add it to the home screen.
- 2 On the **Cycle Calendar** screen, you can select **Period started** or **Period ended** for specific dates to record the duration of your period. You can also record your physical condition in **Physical symptoms**.
- 3 Touch  in the upper right corner, and select **Settings** to set the period length and cycle length.
 -  • Period and fertile window reminders are disabled by default. You can enable them in **Settings**.
 - If you are wearing the device, it will vibrate without turning on its screen. You can touch the screen to view reminders. If you are not wearing the device, it will not vibrate or turn on its screen, and the reminders will not be displayed even if you turn on the screen. You can view messages in the message list instead.

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.

i 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.

Managing messages

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

Enabling message notifications


- 1 Open the **Huawei Health** app, 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.

i 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.

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


-  Unread messages will not be retained after you view them in the unread message centre. If you want to view them again, go to the corresponding app on your phone.

Replying to messages


-  This feature is not supported when your device is paired with an iPhone.
 - This feature is only supported when you try to reply to an SMS message with the SIM card that has received the message.

When receiving a message on your watch, you can use quick replies or emoticons to reply to it. The supported message types are subject to the actual situation.



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:

- 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.
- 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.


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**.

Controlling music playback


-  Your device must be connected to the **Huawei Health** app to use this feature.

Adding music to your watch

- 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 that you'd like to add.
- 3 Touch ✓ in the upper right corner of the screen.
You can create a playlist by touching **New playlist**. Once you have created a new playlist, add the songs that you'd like to have in the playlist by going to  > **Add songs**.


-  • You cannot add music to your watch using an iPhone.
- To delete a song, open the **Huawei Health** app, go to the device details screen, go to **Music > Manage music**, select the song that you'd like to delete, touch  and then touch **Delete**.

Using your watch to control music playback

-  Your watch does not have a speaker, so you need to wear the earbuds to listen to music.

If you have connected your earbuds to your watch, and they are connected to the same phone:

- Controlling music playback on your watch


- 1 Go to the app list, then go to **Music** () > **Playing music**, or use another music app.
- 2 Touch the play button to play music.
- 3 On the music playback screen, you can adjust the volume, set the playback mode (for example, play songs in order or shuffle them), and if you swipe up on the screen, you'll be able to view your playlist or switch between songs.

- Controlling music playback on your phone


- 1 Open the **Huawei Health** app, go to the device details screen, touch **Music**, and turn on **Control phone music**.
- 2 Open the music app on your phone and play music.
- 3 Swipe right on your watch's home screen to access HUAWEI Assistant.TODAY. Touch the Music widget with a phone icon to go to the music playback screen. From this screen, you'll be able to pause the music, switch between songs, and adjust the volume.

If you have connected your earbuds to your watch, but the watch is connected to phone A, and the earbuds are connected to phone B:


- Controlling music playback on your watch



Swipe left on your watch's home screen to go to the music playback screen, touch  in the lower right corner, and select your watch.

- Controlling music playback on phone B

Swipe left on your watch's home screen to go to the music playback screen, touch  in the lower right corner, and select **phone B**.

- Controlling music playback on phone A



Swipe left on your watch's home screen to go to the music playback screen, touch  in the lower right corner, and select **phone A**. The earbuds will disconnect from **phone B**, and connect to **phone A**.

-  Once disconnected, the earbuds will not automatically reconnect to **phone B**. To manually reconnect the earbuds to **phone B**, swipe down on the watch face to access the shortcut menu, touch  to access the earbuds management screen, and touch **phone B** to connect the earbuds.


Settings alarms

You can set alarms using either your device or the **Huawei Health** app on your phone.

Setting an alarm on your device

- Go to the app list, select **Alarm** () , and touch  to add an alarm.
- Set the alarm time and specify whether you would like the alarm to be repeated, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.
- Touch an alarm to modify the time, the repetitions, or to delete it.

Setting an alarm in the Huawei Health app

- Open the **Huawei Health** app, go to the device details screen, and touch **Alarm**. Touch **Add** to set the alarm time, tag, and repeat cycle.
- If you are an Android or EMUI user, touch  in the upper right corner. If you are an iOS user, touch **Save**.
- Swipe down on the **Huawei Health** home screen to ensure that the alarm settings are synced to the device.
- Touch an alarm to modify the alarm time, the name, and its repetitions.

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.

Remote shutter

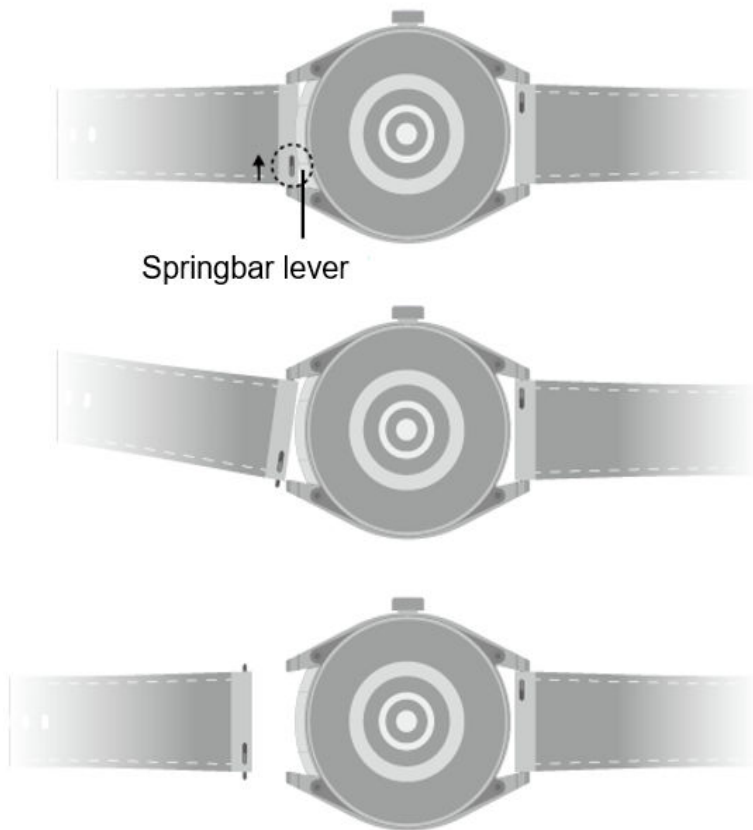
After your device is connected to the **Huawei Health** app, touch **Remote shutter** () in the app list on the device to enable the camera on your phone, and then you can touch  on the device screen to take a photo. Touch  to switch between a 2-second and 5-second timer.

-  • This feature is available for HUAWEI phones running EMUI 8.1 or later and iPhones.
 - To use this feature, ensure that the **Huawei Health** app is running in the background.
 - To use this feature with an iPhone, open the camera on the iPhone first.

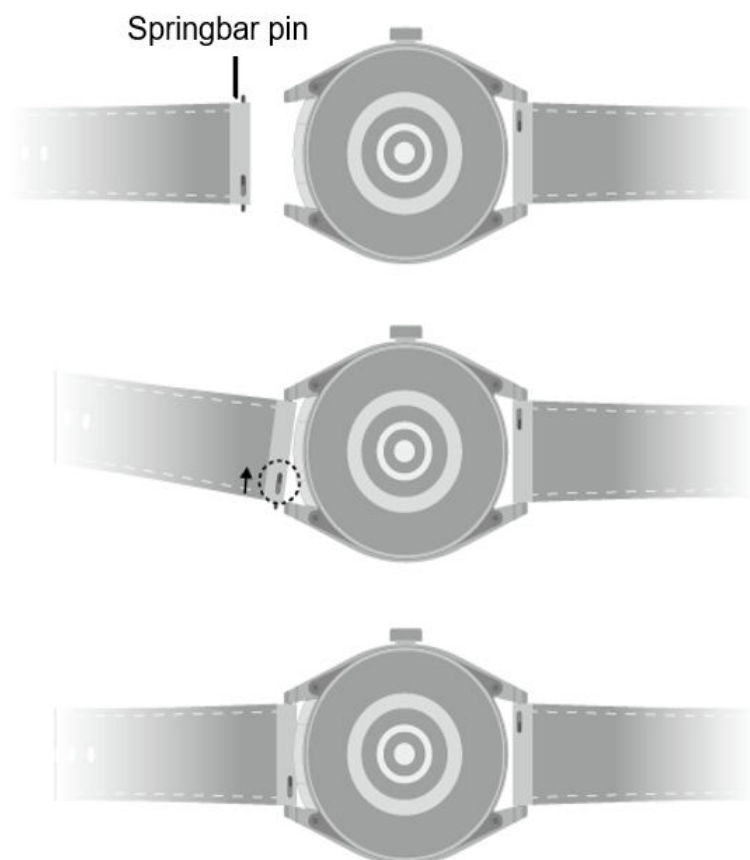
More

Adjusting and changing the strap

Remove the strap: Move the springbar lever on the strap. Tilt the strap outwards and remove it from the fixing slot on the watch body.



Install the strap: Align one side of the springbar pin with the fixing slot. Move the springbar lever on the other side to make the pin draw back and then push into the slot.



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.

- 1 Open the app list, go to **Settings > Watch face & home**, 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.

OneHop for watch faces

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

- Before using this feature, update the Huawei Health app to its latest version, and make sure that the wearable device is connected to your phone/tablet.
 - This feature is only available on Huawei phones that support NFC and run HarmonyOS 2/EMUI 10.0 or later. OneHop will no longer be supported after EMUI 9.0 is updated to a HarmonyOS version.

Enabling OneHop

- Once OneHop is enabled on your device, you won't be able to disable it. Even if the device has been restored to its factory settings, the feature will still be enabled. For some device models, OneHop is enabled by default, and does not need to be enabled manually.

- 1 In the device app list, go to **Settings > OneHop** to access the OneHop screen.
- 2 Touch **Enable**. Once you've enabled the feature, **Enabled** will display onscreen.



Using OneHop

- 1 Enable NFC on your phone.
- 2 Go to Gallery on your phone, select the images you wish to transfer, and tap the NFC area on the back of your phone against the watch face. Once the transfer is successful, the images will display on the watch face in sequence.
- 3 Open the Huawei Health app, go to the device details screen, and touch **Watch faces > More > Mine > Gallery**. You will see the transferred images in Gallery. Feel free to customise the style and layout of the Gallery watch faces to suit your preferences.


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 your favourite watch face. You can also swipe on the screen to the rightmost, touch +, and swipe up or down to select your favourite watch face.
 -  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

In the Huawei Health app:

- 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.

On the device:

- 1 Touch and hold the home screen of the device to access the watch face selection screen.
- 2 Swipe up from the bottom of the device screen and touch **Remove** to delete the watch face.
 -  Gallery watch faces cannot be deleted.
 - You do not need to purchase a watch face again, after deleting it, from the watch face store.

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.

Setting sounds

Setting the ring volume

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

Muting and unmuting

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

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.

Updates

Open the **Huawei Health** app, go to the device details screen, and touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your device.

- **i** • Ensure that the earphones are placed in the watch. The earphones will be updated together with the wearable device.
- Touch the Settings icon to the right of **Firmware update**, enable **Auto-download update packages over WLAN**, and your device will automatically download the update package and send you a notification every time it detects a new version. 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.

Water resistance

The earbuds have an IP54 rating of water resistance.

- The device has a cover that can be opened and closed. The earbud compartments aren't waterproof. If water enters the earbud compartments, promptly wipe them dry with cotton swabs or tissues.
- Try to avoid getting the device wet. Take extra care when washing your hands.
- Do not use the device in places where you are likely to get it wet, such as in the shower or while swimming or diving.

