

HONOR Watch 5

User Guide

HONOR

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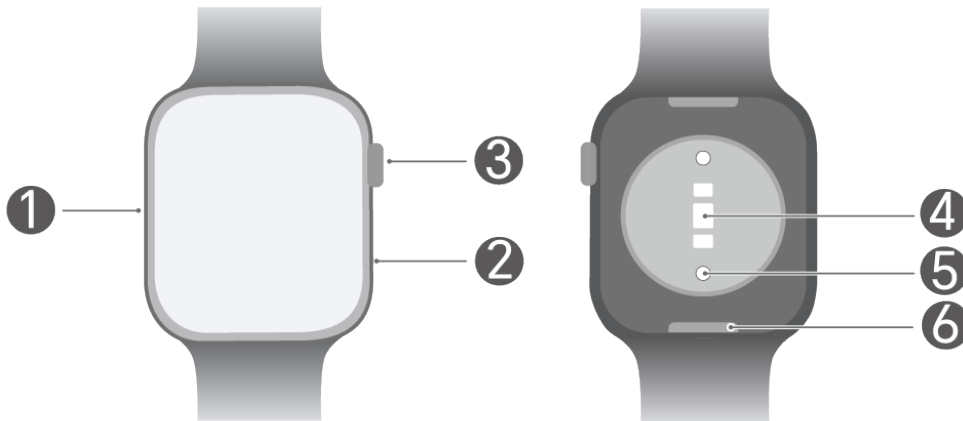
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Get Familiar

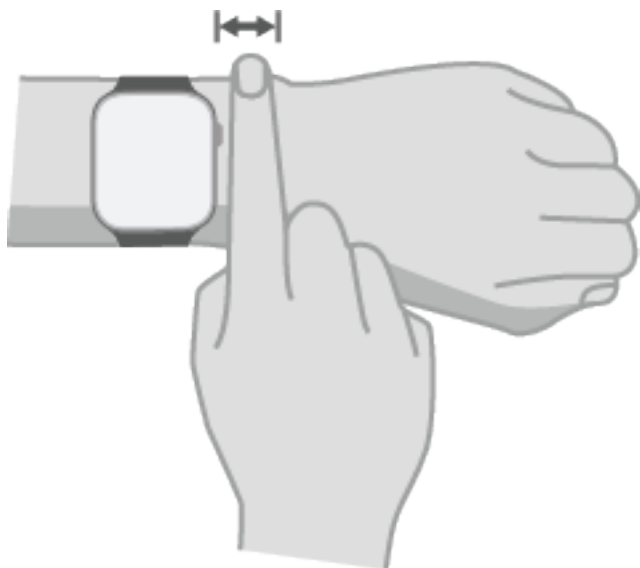
Getting to know your watch



Number	Describe
1	Microphone
2	Speaker
3	Button
4	Heart rate sensor
5	Charging port
6	Quick release button

Wearing Device Properly

Before putting on your watch, make sure the back of the watch is clean and dry. Adjust the strap so the watch sits snugly yet comfortably on your wrist. Avoid placing any film or cover on the back of the watch. This can obstruct the sensors, leading to inaccurate or failed recordings of vital monitoring data like heart rate, blood oxygen levels, and sleep patterns.



- The watch is crafted from professional, health-safe materials and has undergone rigorous skin allergy testing. You can wear it confidently. If you experience discomfort while wearing the product, discontinue use and consult a physician.
- For the best monitoring results, wear the watch just above the wrist bone. Ensure there's at least a finger's gap between the watch and your wrist joint, not too tight or too loose. The fit should be more secure during physical activities to prevent movement.

Power On/Off and Restart

Power on

- Long press the button to power the device on.
- Auto power on when plugged in.

Power off

- Long press the button and tap **Power off** on the restart/shutdown screen.
- Press the button and select **Settings** > **System** > **Power off**.
- Auto power off after ultra-low battery vibration alert.

Restart

- Long press the button and tap **Restart** on the restart/shutdown screen.
- Press the button and select **Settings** > **System** > **Restart**.

Force restart

Long press the button until your watch restarts.

Gesture Control on Screen

The device supports operations of tapping, swiping up, swiping down, swiping left, swiping right, long pressing, etc.


Gestures	Functions
Tap the screen	Select or confirm
Touch and hold the screen	<ul style="list-style-type: none"> • Change watch face (touch and hold the watch face screen) • Access the card settings screen (touch and hold the card)
Swipe right	<ul style="list-style-type: none"> • View device card (swipe right on the watch face screen) • Go back
Swipe left	View device card (swipe left on the watch face screen)
Swipe up	<ul style="list-style-type: none"> • View messages and notifications (swipe up on the watch face screen) • View more functions and messages
Swipe down	<ul style="list-style-type: none"> • View shortcut menu and status bar (swipe down on the watch face screen) <ul style="list-style-type: none"> • Turn on and off Do Not Disturb, Sleep mode, and more in the shortcut menu • Check remaining battery and Bluetooth status in the status bar • View more functions and messages

Connecting with Your Phone

For Android users:

- 1 Install the HONOR Health app.
Scan the QR code to download and install the latest HONOR Health app.



- 2 Launch HONOR Health, tap **Me** > **Log in to HONOR ID** to log in with your HONOR ID and password.
- 3 Power on your watch and set the language.
- 4 Bring your watch close to your phone, Open the HONOR Health app and go to **Device** > **Add device**. Your phone will automatically scan for available devices. Tap the watch you wish to connect, and follow the on-screen instructions to complete the pairing process.
- 5 When a pairing request appears on your watch, first tap  on the screen to accept, then confirm the pairing on your phone to complete the pairing process.




- When scanning for available devices and the target watch doesn't appear in the list, tap **> Scan**, then scan the QR code on your watch and follow the instructions to pair it.
- Once paired successfully, your watch shows a "Pairing successful" image, then guides you to dive into its features. If the pairing fails, your watch shows a "Pairing failed" image and reverts to the initial screen seen after turning it on.

For iOS users:

1 Install the HONOR Health app.


Scan the QR code to download and install the latest HONOR Health app.



- 2 Launch HONOR Health, tap **Me > Log in to HONOR ID** to log in with your HONOR ID and password.
- 3 Power on your watch and set the language.
- 4 Bring your watch close to your phone, Open the HONOR Health app and go to **Device > Add device**. Select the watch you wish to connect, and follow the on-screen instructions to complete the pairing process.
- 5 For certain products, completing the Bluetooth pairing with your phone is necessary. Follow the on-screen instructions in the Bluetooth settings menu to establish connection. When a pairing request appears on your wearable, tap  on the screen and then confirm the pairing on your phone to finalize the setup.

Learning About Button

Common buttons


Operation	Functions
Rotate the button	<ul style="list-style-type: none"> • In the flat view, rotate to zoom in and out apps on the app list screen. • In the three-column view or single-column view, rotate to scroll through apps on the app list screen. • On an app screen, rotate to scroll down or up the screen. <p>You can set the home screen style by selecting  > Watch face & home > Home style.</p>

Operation	Functions
Press the button	<ul style="list-style-type: none"> • When the screen is off, press to wake up the screen. • From the watch face screen, press to access the app list screen. • While you're navigating other screens or apps, press to return to the watch face screen.
Double tap the button	Double tap the button during workout to pause or resume exercise.
Long press the button	<ul style="list-style-type: none"> • When the device is shut down, long press the button to power on the device. • While the device is powered on, long press the button to access the Restart/Shutdown screen.

Device Charging

Charge

- 1 Connect the charging dock, charging cable, and power adapter (some watch charging cable and charging dock are one-piece), and connect the adapter to an electrical outlet.
- 2 Place watch on the charging dock and make the back of watch fit the charging dock until the charging indicator is displayed on the watch screen.

-  • Use an HONOR adapter, a computer USB port, or a power adapter that complies with applicable national/regional regulations and international and regional safety standards. Other adapters and mobile power supplies (power banks) may not meet applicable safety standards and may cause problems such as slow charging, incomplete charging, and heat generation. Exercise caution while using such adapters and mobile power supplies.
- Before charging, keep the charging port and the surface of the charging dock dry and clean to prevent short circuits or other risks. Do not charge or use the product in an environment where flammable and explosive items are stored. When using the charging dock, confirm that there is no liquid residue or other foreign matter on the USB port of the charging dock. Keep away from liquids and flammable textile items when charging. It is forbidden for human body to touch the electrode contacts of the charging dock while charging in order to prevent unnecessary safety hazards.
- After charging is completed, the charging indicator shows 100% and charging stops automatically; when the battery level is less than 100% and the charger is not disconnected, charging will continue automatically.
- As the charging dock contains magnets, it is prone to absorb metal and other foreign objects. Before using the charging dock, ensure that there are no metal or other foreign objects. As the charging dock contains magnetic materials, it is forbidden to keep the charging dock in contact with high-temperature objects for a long time, which may cause demagnetization of the charging dock and other abnormalities.

Viewing Battery Left

Method 1: Swipe down the watch face and view the battery left from the drop-down list.

Method 2: During charging, view the battery left on the charging instruction page.




Method 3: View the battery left in the watch face that displays the battery level.

Method 4: In the HONOR Health app, view the battery level on the device details page.

Sports

Starting Workout

Start workout on your watch

- 1 On the app list on your watch, go to **Workout**.
- 2 Select a course or workout. You can also tap **Add** to add and select other workouts.
 Tap  next to the workout type to set your goals, reminders, and metronome. The parameters you can set may vary with workout types.
- 3 Tap the Start icon to start a workout. For an outdoor workout, wait until the GPS coordinates are found.
- 4 During the workout, you can perform the following operations:
 - Swipe left or right to switch between the settings, workout data, or music screen.
 - On the settings screen, you can pause, resume, or end the workout, lock or unlock the screen, and adjust the volume of audio instructions.
 - On the workout data screen, swipe up or down to view the workout data.
 - On the workout data screen, touch and hold the screen, and tap the workout data type to customize the data displayed on the custom screen in real time. (Some data cannot be customized and edited.)
- 5 Swipe left or right and tap  on the settings screen to end the workout.

Start workout in HONOR Health

To start running and other workouts in HONOR Health, you need to carry both your phone and watch and make sure that your phone and watch are connected.

- 1 Open the HONOR Health app and go to **Exercise**, select the target workout, and tap the Start icon.
- 2 After the workout starts, your watch will display the heart rate, speed, duration, and other data.

Customizing Workout List

You can add a workout as needed for easy use.

Adding a Workout


On the app list on your watch, go to **Workout**. Swipe up and tap **Add** to select the workout to be added to your workout list.

Removing a Workout

On the app list on your watch, go to **Workout**. Tap  next to the workout to be removed. On the settings page, tap **Remove**.



Automatically Detecting Workout Status

The watch can automatically recognize your workout status and remind you to start a workout on the watch.

- 1 On the app list on your watch, go to **Settings > Workout settings**, and turn on **Auto-detect workouts**.
 - 2 When the watch detects that you are exercising, it will remind you to start a workout. You can ignore the reminder or tap it to start the workout.
-  • Currently, the following workouts can be automatically detected: indoor walk, outdoor walk, indoor run, outdoor run, elliptical, and rower. Refer to the screen instructions on the watch.
 - If the posture, duration, and intensity requirements are met, your watch will automatically detect and remind you to start a workout.
 - When you start exercising, if your actual workout intensity doesn't match the required level for that exercise type, your watch will display a reminder asking if you've finished your workout. You can either dismiss this reminder or choose to end the workout.

Fat Burning with Voice Guidance

Your watch is a smart fitness coach that can help you target fat loss more effectively. By monitoring changes in body fat and the carbon-water ratio during outdoor exercises, it visualizes your fat-burning progress and offers voice guidance to keep you in the optimal zone for burning fat.

- 1 On the app list on your watch, go to **Workout**.
 - 2 Tap  on the right side of **Outdoor run** to enable **Burn Fat Fast**.
 - 3 Go back to the application list, select **Outdoor run** to access the running screen, and begin your run.
 - 4 Pay attention to the voice instructions to stay within the fat-burning heart rate zone. Swipe the screen to switch views and check your fat-burning data in real-time.
 - 5 After wrapping up your exercise, you can look over the fat-burning stats to view your performance.
-  For an optimal user experience, update your watch to the latest version.


Running and Fitness Courses

Your watch is equipped with a variety of running and fitness courses that, with real-time voice guidance and animation, help you exercise effectively.

- 1 On the app list on your watch, go to **Workout** > **Courses**, tap **Running courses** or **Fitness courses**.
- 2 Select a course and follow your watch's voice instructions to carry out your exercise session.

Run with a Virtual Running Companion

Take your outdoor runs to the next level by turning on the Smart companion feature. This virtual partner keeps you in check, showing the difference between your current speed and your target pace. Say goodbye to running too fast or too slow and hello to a consistent running rhythm tailored just for you.

- 1 On the app list on your watch, go to **Workout**.
- 2 Tap  on the right side of **Outdoor run** to enable **Smart companion** and set **Target pace**.
- 3 Go back to the application list, select **Outdoor run** to access the running screen, and begin your run.
- 4 During your run, swipe left and right to switch between settings, exercise data, and other screens. Swipe up and down to explore more data.


 The virtual partner visually indicates how your current pace compares to your set goal.

Viewing workout records

Your watch keeps logging your workout sessions, allowing you to view your fitness progress across various sports. This professional data serves as a motivation tool, pushing you towards your fitness objectives.

View on your watch

On the app list on your watch, go to **Workout records** to dive your detailed workout history. Each sport comes with its own set of detailed metrics.

 Your watch stores up to 10 recent records in **Workout records**. Any new records beyond this limit will replace the oldest ones. Records cannot be deleted individually. A factory reset will clear all exercise records but be warned, this also wipes other settings and data on your watch. Proceed with caution.

View in the app

Open the HONOR Health app and go to **Health**, tap **More** to view choose the specific sport record you wish to explore for more detailed insights.

Viewing the training status

You can judge the effectiveness of your current training based on the trend of the past week's training load and maximum oxygen uptake (VO2 Max), so as to avoid exercise injuries and have a healthier life.

On the app list on your watch, go to **Workout status** to view data such as **Fatigue**, **Training load**, and **VO2Max**.

- **Fatigue:** It indicates how tired you are after a workout. Exercise-induced fatigue refers to the temporary decline of human body's exercise ability due to physiological and biochemical changes during exercise. Your watch calculates your recovery time based on a formula.
- **Training load:** It is the 7-day training load that can be used to determine your level based on your fitness status. Your watch collects your training load from workout modes that track your heart rate, such as running, walking, and cycling.
- **VO2Max:** It can be obtained from outdoor running. Your watch gets the VO2Max curve if the following conditions are met:
 - You run outdoors at least once a week (for 2.4 km in 20 minutes).
 - VO2Max has been calculated at least twice, with an interval of more than a week.



Viewing Daily Activity Records


Your daily activity data is meticulously recorded, allowing you to review your performance at any time.

View on your watch

On the app list on your watch, go to **Activity records**, swipe the screen to view detailed metrics such as the number of steps, medium and high-intensity activity time, calories consumed, activity hours, and distance.

The activity record is visually represented by three rings, each with a specific focus:

1.  Number of steps: Indicates the total steps you've taken during the day. The default goal is 8,000 steps, but you can adjust this target via the HONOR Health App.
2.  Exercise duration: Reflects the duration of exercise based on your step frequency and heart rate intensity. The default goal is 30 minutes.

3.  Activity consumption: Your watch monitors and records the calories burned during activities. This target can also be customized in the HONOR Health App.

View in the app

Ensure your watch is properly connected to the HONOR Health App. Go to HONOR Health > Health and view comprehensive records, including steps.

Health

Health Scan

Health Scan is a tool designed to monitor various health indicators, such as heart rate and stress levels, and generates quick results. If you enable Morning Health Snapshot, you will receive your previous day's health summary.

One-tap measurement

- 1 On the app list on your watch, go to **Health Scan**.
- 2 Tap **One-tap measurement** to start. Remain still during the measurement process and wait for 45 seconds for the device to generate your health results.

Morning Health Snapshot

On the app list on your watch, go to **Health Scan**, swipe up from the screen, turn on or off **Morning report**.


When enabled, the device will show your previous day's health summary. Tap the Morning Health Snapshot reminder in the notification panel to view details.


View history results and Morning Health Snapshot reports

- On the app list on your watch, go to **Health Scan**, swipe up on the screen and tap **Checkup report** to view Health Scan results and Morning Health Snapshot results.
- Open the HONOR Health app and go to **Me > My reports** to view Health Scan results, share and download results.

Fitness Age Measurement

Your watch can automatically determine your fitness age based on your performance during outdoor workouts. This feature makes it easy to track changes in your body.

- 1 On the app list on your watch, go to **Fitness age**.
- 2 Tap **Measure** to verify your personal details.
 -  If you've previously measured your fitness age and wish to do so again, tap **Measure again** to initiate a new test.
- 3 After verifying your personal information, follow the on-screen prompts to begin your workout session.

-  Your fitness age is calculated using your personal data, so it's crucial that the information in the HONOR Health app is current and accurate. Update your details in the app as needed.
- To assess your fitness age, the app needs to monitor your workout continuously for 25 minutes. For best results, we recommend an outdoor run, keeping your pace at or below 8 minutes per kilometer.

4 Once your workout concludes, your watch will intelligently calculate your fitness age.

-  For an optimal user experience, update your watch to the latest version.

Heart Rate Measurement

With continuous heart rate tracking on your watch, monitor your heart rate 24 hours. You also have the option for single measurements or to check your resting heart rate, as well as receiving notifications for any high or low heart rate incidents.

Continuous heart rate measurement

Enable continuous heart rate measurement on your watch to track your heart rate.

Enable it on your watch:

- 1** On the app list on your watch, go to **Heart rate**.
- 2** Swipe up on the screen to turn on **Continuous heart rate measurement**.
- 3** Choose your heart rate measurement method: **Intelligent** or **Real time**.
 - **Intelligent:** Automatically adjust heart rate monitoring based on your activity.
 - **Real time:** Provide real-time heart rate measurements, independent of activity intensity.

Enable it in HONOR Health:

- 1** Open the HONOR Health app and go to the device details screen.
- 2** Tap **Health Alert > Continuous Heart Rate Measurement** and turn on **Continuous Heart Rate Measurement**.
- 3** Choose your heart rate measurement method: **Smart** or **Real time**.
 - **Smart:** Automatically adjust heart rate monitoring based on your activity.
 - **Real time:** Provide real-time heart rate measurements, independent of activity intensity.

Single heart rate measurement

- 1** Use one of the following methods to turn off **Continuous heart rate measurement**:
 - Launch HONOR Health, go to Device details, tap **Health Alert > Continuous Heart Rate Measurement**, and turn off **Continuous Heart Rate Measurement**.

- On the app list on your watch, go to **Heart rate**, swipe up on the watch screen to turn off **Continuous Heart Rate Measurement**.

- 2 On the app list on your watch, go to **Heart rate**, and take a single heart rate measurement.

Real-time heart rate measurement during sports

Once you begin your sports, watch will automatically initiate heart rate monitoring, tracking it in real-time throughout your exercise session.

- 1 On the app list on your watch, go to **Workout**.
- 2 Select a course or sport.
- 3 Tap the Start icon to start exercise. watch will track your heart rate in real-time throughout your exercise session.

Resting heart rate measurement

Resting heart rate is the number of heartbeats per minute while you stay inactive yet awake. It's one the most crucial indicators of your cardiovascular health. For the most accurate resting heart rate measurement, it is recommended to take the measurement in the morning, immediately after waking up and before engaging in any physical activity.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement**, turn on **Continuous Heart Rate Measurement**, and your watch will automatically measure your resting heart rate.
 - If your settings do not meet the measurement standard, your watch will display the result as --.
 - If your watch isn't measuring at the ideal moment, it might not display your resting heart rate accurately or at all.

Heart rate reminders

After setting up **High heart rate reminder** and **Low heart rate reminder**, your watch will alert you if it finds your resting heart rate outside your chosen range for 10 consecutive minutes.

Set up on your watch:

- 1 On the app list on your watch, go to **Heart rate**.
- 2 Swipe up on the screen to turn on **Continuous heart rate measurement**.
- 3 Set thresholds for **high heart rate reminders** and **low heart rate reminders**. You'll be alerted if your heart rate stays outside these boundaries for 10 consecutive minutes.


Set up in HONOR Health:

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and turn on **Continuous Heart Rate Measurement**.

- 3 Set thresholds for **High heart rate reminder** and **Low heart rate reminder**. You'll be alerted if your heart rate stays outside these boundaries for 10 consecutive minutes.


High exercise heart rate alert

Once you begin your sports, if your heart rate is beyond the set upper limit during exercise for more than a minute, your watch will vibrate to warn you of a high heart rate.

Open the HONOR Health app and go to **Exercise**, select a sport type, then tap  > **Workout settings** > **Exercise heart rate settings**, set the upper limit and turn on **High heart rate**.

Blood Oxygen Measurement

Blood oxygen level is a key indicator of your health status. With your wearable device, you can track your blood oxygen fluctuations throughout the day, allowing you to monitor any changes in your body at any time.

-  For accurate measurement results, make sure you're wearing your watch the right way. Keep it a finger's width above your wrist joint, with its back snugly against your skin, free from any blockages. If it's not sitting right, adjust it according to the on-screen instructions before you measure.

Single blood oxygen measurement

- 1 On the app list on your watch, go to **SpO2**.
- 2 Tap **Measure** and remain still while the device assesses your current blood oxygen level.

Automatic blood oxygen measurement

Once you've activated automatic measurement, your watch will automatically track and record your blood oxygen levels during periods of inactivity.

Enable it on your watch:

- 1 On the app list on your watch, go to **SpO₂**.
- 2 Swipe up on the screen to turn on **Auto SpO₂ measurement**.
- 3 Tap **Low SpO₂ alert** to get alert when your blood oxygen level falls below the set limit during wakefulness.

Enable it in HONOR Health:

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert** > **Automatic blood oxygen monitoring** and turn on **Automatic blood oxygen monitoring**.
- 3 Tap **Lower blood oxygen limit reminder** to get alert when your blood oxygen level falls below the set limit during wakefulness.

- The measurement results are for reference only and should not be used for diagnostic or medical purposes. If you're feeling unwell, please seek advice from a healthcare professional.
- To minimize frequent low SpO₂ alerts, your wearable will vibrate and show a pop-up if your blood oxygen level falls below the set limit three times in a row within 30 minutes during wakefulness. You can swipe left to clear the reminder of your screen.

This feature may not be available in certain countries and regions. For more information, please reach out to your local HONOR hotline.

Monitoring Sleep

Device can monitor your sleep quality and provide suggestions to help you achieve your sleep goal.

Regular Sleep

When properly worn to bed, watch will automatically identify your time to fall sleep, time to wake up, deep sleep status, and light sleep status, and record your sleep time.

Healthy Sleep

With **Healthy sleep** enabled, watch can automatically identify your time to fall sleep, time to wake up, deep sleep status, light sleep status, REM, and waking state. It can accurately identify your sleep quality and respiratory quality, as well as provide sleep quality analysis and suggestions.

On watch:

- 1 On the app list on your watch, go to **Sleep**.
- 2 Swipe up to turn on **Healthy Sleep**.

On HONOR Health app:

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Choose **Health Alert** and enable **Healthy sleep**. You can also go to **Health > Sleep > ⋮ > Healthy sleep** to turn on **Healthy sleep**.

- After **Healthy sleep** is enabled, power consumption will increase. You are recommended to keep the battery level of watch above 30% before you go to bed.
- The sleep with the duration less than three hours is recorded as **Naps**. If the sleep time is less than 30 minutes or you have body or wrist movements during sleep, watch may fail to monitor your sleep data, causing a data deviation.
- If you remain at bed after waking up and have few activities, watch may fail to monitor your wake up data. You can tap watch to turn on the screen and make watch exit the sleep monitoring.

Setting Sleep Mode

Turn on Sleep, keep your watch not vibrate or ring for notifications and incoming calls (except for alarms and timers), disable Raise to wake, and perform other settings to prevent being disturbed during sleep.

- 1 On the app list on your watch, go to **Sleep**.
- 2 Swipe up to select **Sleep mode**. Turn on **Enable now** to enable the sleep mode, or turn on **Turn on as scheduled** to enable the sleep mode as scheduled.
- 3 Set the Effective Period of the Eye Bedtime you:
 - Set your daily bedtime and wake-up time, and set an alarm to remind you to wake up.
 - Enable **Bedtime reminder**. You will receive a reminder when the wind down duration or bed time is about to start.
 - Set **Wind down duration** and select sleep sounds. The sleep sounds will play on the scheduled time to help you sleep.

Viewing Sleep Data

View your sleep data in the following ways:

- On On the app list on your watch, go to **Sleep**, swipe up to view data, such as the sleep time and nap duration.
- On the Open the HONOR Health app and go to **Sleep** card, view historical data by day, week, month, or year.

Menstrual Cycle



To use the menstrual cycle feature, Open the HONOR Health app and go to **Period cycle** card and grant necessary permissions. If the menstrual cycle card isn't visible on your home screen, tap **Edit cards** to add **Period cycle**.


Set up on your watch

- 1 On the app list on your watch, go to **Cycle Calendar**, tap **Edit** to set the start time and end times of the menstrual cycle for the month. Swipe left or right to switch views between the monthly calendar and the ring chart.
- 2 Swipe up on the screen to record how you're feeling throughout your menstrual cycle. Continue swiping up to set the duration of your period, your cycle's length, and to arrange reminders.

Set up in HONOR Health

- 1 Open HONOR Health, tap the **Period cycle** on the **Health** screen.
- 2 On the menstrual cycle screen, pick a date and turn on **"Had your period Started?"** to mark that date as the start time.

- 3** Tap  > **Settings** to specify the duration of your period and cycle. You can also tap  > **Reminders on wearables** to switch on reminders.

-  If you've listed your gender as female in your profile, the **Period cycle** feature will pop up in your wearable's app list. For those with their gender set to male, you won't see the **Period cycle** option on your watch. However, you can still add the card manually through the HONOR Health app. Once added, it'll sync to your wearable, letting you view and record your partner's menstrual cycle details.
- You'll get reminded for your period starting at 8 AM the day before it begins. For everything else, you'll receive reminders at 8 AM on the day they're due.

Detecting Stress

Stress detection can detect your stress value and give suggestions. You can select appropriate stress relief services based on the stress detection result.

Stress Detection

Wear watch correctly and keep body still during the detection.

Single stress detection

- On watch:
On the app list on your watch, go to **Stress**, tap **Measure** to perform detection.
- On the HONOR Health app:
Open the HONOR Health app, tap the **Stress** card, and select **Stress test** to start detection.

Scheduled stress detection


After automatic stress detection is enabled, watch will automatically perform stress detection at proper times.

- On watch:
Choose On the app list on your watch, go to **Stress** and swipe up to turn on **Auto stress detection**.
- On the HONOR Health app:
On Open the HONOR Health app and go to the device details screen., choose **Health Alert** and turn on **Stress Detection**.

Viewing Stress Data


- On watch:
On the app list on your watch, go to **Stress**. You can view the daily stress change chart, weekly stress change chart, and more.
- On the HONOR Health app:

On the Open the HONOR Health app and go to **Stress** card area, you can view the latest stress value. By tapping the latest stress value, you can enter the stress details page where you can view the daily, weekly, monthly, and yearly stress change charts as well as the corresponding suggestions.

-  The intake of caffeine, nicotine, alcohol and some psychotropic drugs will affect the accuracy of stress detection. In addition, heart disease, asthma, physical exercise, or limb compression due to the wearing position may also affect the stress test results.




Activity reminder

Stay active with your watch's Activity reminder feature. It nudges you to move around if it detects inactivity for an extended period.

- 1 Open the HONOR Health app and go to the device details screen.
 - 2 Tap **Health Alert** to turn on **Sedentary Alert**.
 - 3 If you've been inactive for 1 hour, you'll receive a prompt. Tap **Get active!** to jump into some fitness activities.
-  • The activity reminder operates between 08:00–12:00 and 14:30–21:00. You won't receive reminders outside these hours.
 - The device won't send reminders when you're asleep or have activated the Do Not Disturb mode.

Follow Instructions for Breathing Exercises

Ease stress and center your mind with guided breathing exercises right from your watch.

- 1 On the app list on your watch, go to **Breathing exercises**.
 - 2 Tap  and  to set your preferred breathing duration and rhythm. Tap the icon and follow the on-screen instructions to begin your session.
After completing your breathing training, you may view your pre-training heart rate, the duration of your session, and an evaluation of the training effect.
-  The breathing duration can be set as 1 min, 2 min or 3 min, and the rhythm can be set to slightly faster, moderate or slow.

Lifestyle


Making a call

If your watch and phone are connected via Bluetooth, you can make calls on your watch using your phone number.

- On the app list on your watch, go to **Phone** and make a call in one of the following methods as needed:
 - Tap **Call log** to view the call log on your watch and tap any record to call back.
 - Tap **Keypad**, enter the target number, and tap to call.
 - Tap **Contacts** and select a contact to call.

Settings for an ongoing call

You can set the following for an ongoing call as needed:

- Mute a call: Tap the Mute icon.
- Enter digits: Tap the More icon and select the keypad to enter digits.
- Adjust call volume: Swipe down and tap . Then, swipe up or down to adjust the volume.
- Switch devices during a call:

If your watch and phone are connected via Bluetooth, you can use your phone to switch the device for an ongoing call. Tap the Bluetooth icon in the bottom-right corner on the call screen of your phone and switch the call to your phone, your watch, or earphones.


Synchronizing contacts from your phone

If connected to your phone via Bluetooth, your watch will automatically synchronize contacts from your phone.

On the app list on your watch, go to **Phone** > **Contacts** to view your contacts.

Answer calls

When you receive an incoming call, the watch will alert and display the caller's information, and you can choose to answer and reject the call with one touch.

Answer a call: Tap  to answer the incoming call. Before answering, press the Up key to mute the ringtone or to cancel the vibration of an incoming call.

Reject a call: Tap  to reject the incoming call.

- Incoming call notifications still remain on watch during Do not disturb mode, or sleep state, but will not vibrate to light up the screen for alerts.

Syncing Phone Notifications

If your watch is connected to your phone via the HONOR Health app, you can receive notifications and reminders, including alarm alerts, from your phone directly on your watch.

Sync phone notifications

- 1 On your phone, go to **Settings** > **Notifications** and turn on the switches next to the apps from which you wish to receive notifications.
- 2 On the device details screen in the HONOR Health app, go to **Notifications**, turn on **Notifications** and the switches of apps from which you want to receive notifications. Phone notifications, such as messages from DingTalk, will be synced to your watch, which will vibrate to notify you (the screen will stay off).

View unread messages



When you receive notifications on your watch, if not checking immediately, you can view unread messages from the Message Center.

Delete messages

Go to Message Center on your watch, open a message to view its details, and tap **Clear** at the bottom to delete the message.

Go to Message Center on your watch and tap **Clear all** at the bottom of the list to delete all messages.



Sync phone alarm

When your watch receives synced alarm reminders, you can tap  or  on your watch to dismiss or snooze the reminder. Such operation will be synced to the phone.


 Currently, alarm syncing is supported exclusively on HONOR mobile phones.


Controlling Music Playback

Adding Music to Watch

-  The music adding function is available on Android phones, instead of iOS phones. You can choose to pair and connect to an Android phone, add music to watch, and then use an iOS phone to log in to the same account to play music.
 - Non-encrypted music files downloaded from third-party music apps can be added to watch.
 - The supported music file formats are MP3, AAC, WAV, SBC, and FLAC.
- 1 Open the HONOR Health app and go to the device details screen.
 - 2 Choose **Music management** > **Music management** > . Select the music you want to add.

- 3** Touch the  on the upper right corner to complete music addition.

You can tap **New playlist** to create a playlist. After a playlist is created, you can tap  > **Add music** to add the music uploaded to watch to the playlist as you wish for convenient management.



-  On the device details page of the HONOR Health app, tap **Music management** > **Music management**. In the playlist, touch and hold the music to be deleted and then tap **Delete** to delete an added music item.

Watch Music Playback

- 1** On the app list on your watch, go to **Music**.

- 2** Tap  and select **Watch**.

- 3** Tap  and play music.


-  . On the music playback page, you can switch music, adjust the volume, and set the playback mode (sequential play, random play, single song loop, or list loop).
- Tap  and choose **Delete song**, **Earphones**, **Watch**, or **Phone** as required.
 - Swipe up to check the playlist, and select the desired track to play. If you swipe left or right from the watch face to enter the music card, you cannot view the playlist.

Phone Music Playback


You can control phone music via watch to perform playback, pause, switching, and volume adjustment operations.

- 1** On the device details screen in the HONOR Health app, go to **Music management**. Enable **Control phone music**.



- 2** Open the Music app on your phone to play music.

- 3** On the app list on your watch, go to **Music**. Tap  and select **Phone**.

- 4** On the music playback page, you can perform the pause, switching, and volume adjustment operations.

-  . When you use watch to control phone music, ensure that the watch and phone Bluetooth connection are working properly and the HONOR Health app on your phone is running in the background.
- Device supports the control of third-party music apps on your phone, including NetEase Cloud Music, Ximalaya, and QQ Music. Please refer to the actual condition.

Remote Shutter

- 1 Make sure your watch is properly connected with to your phone via Bluetooth and HONOR Health is running in the background.
 - 2 On the app list on your watch, go to **Remote shutter** to control your phone to take photos. If your phone's camera is not turned on, enable it manually.
 - 3 Tap  to control your phone to take photos. Tap **Timer** at the bottom of the screen to control your phone to take time-lapse photos (2 seconds or 5 seconds).
-  Due to different phone models and versions, the app list of your watch may not display the Remote shutter after successful connection and pairing. Please refer to the actual product software capability for specific support.

This feature requires an iPhone running iOS 12.0 or above or an HONOR phone running Magic UI 4.2 or above. The app list of your watch will display **Remote shutter** after successful connection and pairing.

Checking the weather

Make sure that your watch is connected to your phone via Bluetooth, your phone is connected to the Internet, and the location service is enabled on your phone. Then, your watch can display the temperature, air quality, weekly weather forecast, and other weather conditions at the current location.

Setting weather push

On the device details screen in the HONOR Health app, go to **Weather** and toggle on **Weather**. Then, set the temperature unit for display.

Checking the weather

- Weather watch face
Switch your watch to the watch face that supports weather display to check the weather. The information displayed on the watch face shall prevail.
- Weather app
On the app list on your watch, go to **Weather** to check the weather.





Setting Alarms

Set up on your watch

- 1 On the app list on your watch, go to **Alarm**, tap **Add an event alarm**.
- 2 Set the time and repeat frequency, then tap **OK**.
If you need to adjust the time or repeat frequency of an existing alarm or delete it, tap the set alarm.

Set an alarm via app


Event alarm

- 1 On the device details screen in the HONOR Health app, go to **Wearable alarm > Add alarm**. Set the time, tag, and repeat frequency.
- 2 Tap  to save these settings.
- 3 Swipe down from the home screen of the HONOR Health app to ensure the alarm's saved settings are synced to your watch.
- 4 If you need to adjust the time or repeat frequency of an existing alarm or delete it, tap the set alarm.
 -  • By default, you are allowed to set one smart alarm only, with no option to add or delete smart alarms. However, you have the flexibility to set up to 14 event alarms.
 - Upon receiving a vibrating alarm notification, you can tap  or swipe right to snooze the alarm for a later reminder (10 minutes); tap  to dismiss the alarm. If no action is taken, the alarm will snooze and remind you three additional times. After these reminders, it will automatically dismiss itself.

Compass


The compass app displays the direction of your watch, helping you get your bearings in unfamiliar environments such as when you are outdoors or traveling.

On the app list on your watch, go to **Compass** and follow the onscreen instructions to rotate your watch smoothly and slowly to calibrate it. After the calibration, you can use the compass.


-  During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers, as they might affect the calibration accuracy.

Flashlight


On the app list on your watch, go to **Flashlight**, your screen lights up. Tap the screen to adjust the brightness of that bright light. Tap the screen again to turn off the flashlight. Tap

 to turn on the flashlight again. Swipe right to leave.

Use watch Find Phone

Swipe down the watch screen to enter the shortcut menu, and tap  or **On the app list on your watch, go to Find Device**.

The screen will play an animation of searching for the phone, and if your phone is within Bluetooth connection range, it will play media music to remind you. Tap watchscreen or exit Find Device to stop the ringing.

 Please make sure that the product and the phone are connected properly, the phone is on and the HONOR Health app is enabled.

Searching for Your watch Using Your Phone

If your watch is connected to your phone via the HONOR Health app, finding your watch can be straightforward.

On the device details screen in the HONOR Health app, go to **Find Device**, and find your watch through the notification sound.

Custom Settings

Change strap

Remove the strap: Press the quick release buttons on both sides of the watch body to separate the strap from the body.

Install the strap: Align the strap on the watch body and fasten.


Setting Time & Language

When your watch stays connected to your phone, watch smartly keeps in sync with your phone, ensuring that you never have to manually adjust the time or language settings on your watch.

If you change the language, region, or time on your phone, your watch will automatically synchronize these changes.

More Watch Faces


watch supports multiple watch faces for your choice.



 Before using this function, upgrade watch and HONOR Health app to the latest version.

Replacing Watch Face on watch



On the watch watch face page, you can touch and hold the screen to enter the watch face selection page. Swipe on the screen to select your favorite watch face.

Installing and Replacing Watch Face via App

- 1 On the device details screen in the HONOR Health app, go to **Watch face market**.
- 2 Tap **More** and view the watch faces supported by watch for installation.
- 3 Select your favorite watch face for setting.
 - a If no watch face is installed, tap **Download**. After the watch face is downloaded and installed, watch watch face will automatically switch to the installed watch face.
 - b If the watch face has been installed, select this watch face and tap **Set as watch face**. The watch watch face will switch to the installed watch face.
- 4 You can also choose **Me > Gallery** to add images on your phone to the watch face.
 - a Tap  to select the image to be used as the watch face (Photo or Gallery).
 - b Tap **Style** to set the time display style.
 - c Tap **Location** to adjust the location where the time is displayed on the watch face.


-  • Some watch faces support customization of watch face content. You can touch and hold the watch face screen and tap  to customize the watch face content. When the custom watch face content is displayed as - -, ensure that watch meets the detection requirements for relevant functions and check whether the HONOR Health app has been enabled with the relevant functions.
- Paid watch face download and installation are currently not available for iOS users.
- The size displayed on the watch face details page indicates the size of traffic required for downloading and installing the watch face file, instead of the size of the memory this watch face occupies.
- The number of watch faces that can be downloaded and installed varies according to the remaining memory of your watch and the watch face size.

Deleting Watch Face

- 1** Tap On the device details screen in the HONOR Health app, go to **More** to enter the watch face market.
- 2** Choose **Me > Edit** and tap  on the upper right corner of the watch face to delete the watch face.
 -  After a purchased watch face is deleted from **Watch face market > Me** and you want to use it again, you only need to re-install it, instead of having a secondary purchase.

Setting the AOD Watch Face

Once you set an AOD watch face, the watch face screen will stay on after watch enters standby mode. By default, the AOD watch face is turned off.

- 1** On the app list on your watch, go to **Settings > Watch face & home > AOD**.
- 2** Turn on **AOD**.
- 3** Tap **Styles of AOD** to set a style for the AOD watch face.
- 4** Turn on **Scheduled** to set the start time and end time for the AOD watch face.
- 5** Turn on **Raise to wake watch face** to allow the Raise to wake watch face function in AOD mode.
 -  • Only the AOD watch face preconfigured for watch can be configured. Adding an AOD watch face is not supported.
 - When **Raise to wake watch face** is turned off, the screen brightness will be adjusted automatically when you raise your wrist, and the standby watch face will be displayed.
 - After AOD is enabled, the battery life will be affected.

Pairing Your watch with Bluetooth Earbuds

- 1 Make sure the Bluetooth earbuds are ready to be paired.
- 2 On the app list on your watch, go to **Settings > Earphones**.
- 3 From the list of search results, select the Bluetooth earbuds you wish to pair with your wearable, then follow the on-screen instructions to complete the pairing process.

Adjusting Screen Display and Brightness

Adjust screen brightness


- 1 On the app list on your watch, go to **Settings > Display & brightness > Brightness**.
- 2 Choose the brightness level that suits your needs, tap **OK** to confirm your selection. The screen brightness will adjust to your selected level, with level 5 being the brightest setting and level 1 the dimmest.


Control when the screen is turned off

- 1 On the app list on your watch, go to **Settings > Display & brightness > Sleep**.
- 2 Pick your preferred screen off time, tap **OK** to confirm your selection. Your screen will now turn off automatically at the selected time.

Set the screen as always on



- 1 On the app list on your watch, go to **Settings > Display & brightness > Screen on**.
- 2 Choose your desired time and tap **OK**.

Swipe down from the watch face screen and tap  to activate the Screen on feature.

Your screen will now stay on for the time period you've chosen. Tap  again to deactivate the Screen on feature.

Setting Sound Volume

Setting Ringtone Volume

- 1 On the app list on your watch, go to **Settings > Volume > Volume**.
- 2 Tap  to turn down the volume. Tap  to turn up the volume.


Turning Mute On or Off


- 1 On the app list on your watch, go to **Settings > Volume**.
- 2 Turn on or turn off **Silent mode**.

Setting Vibration Strength

- 1 On the app list on your watch, go to **Settings** > **Haptics** > **Strength**.
- 2 Select a vibration strength. watchThe selected vibration strength will be displayed automatically. Tap **OK**.

Enable Do Not Disturb

Swipe down on the watch face screen to enter the shortcut menu and tap  or On the app list on your watch, go to **Settings** > **Do Not Disturb** to enable Do Not Disturb mode.


-  With this option turned on, your wearable will not vibrate or ring for notifications or incoming calls, and Raise to wake will be disabled.

Screen Locking and Unlocking

You can set a lock screen password. After that, watchthe screen will be automatically locked after your watch is taken off from your wrist. In this case, you need to enter the lock screen password to proceed with your use of the watch.

Setting a Lock Screen Password

On the app list on your watch, go to **Settings** > **PIN** > **Enable PIN**. Complete settings as prompted. When watchyour watch is taken off from your wrist or is not worn, the screen will be locked automatically.


-  Keep your lock screen password safe. If you forget the password, restore your watch to factory settings.

Disabling Lock Screen Password

On the app list on your watch, go to **Settings** > **PIN** > **Disable PIN**. Enter the password as prompted.


Changing Lock Screen Password

On the app list on your watch, go to **Settings** > **PIN** > **Change PIN**. Enter the old and new passwords as prompted.

-  If you consecutively enter an incorrect password for five times, the screen will be automatically locked for 30 seconds. Try to change the password after the screen is unlocked.

Forgetting Lock Screen Password

If you forgot your password, you need to restore your watch to factory settings.watch After your watch is restored to factory settings, all the settings in watch will be lost. Keep your password safe.

-  If you consecutively enter an incorrect password for five times, **Reset** will be displayed on the current page. Tap **Reset** and restore your watch to factory settings as prompted.

Checking Device Information

Device name

- On the app list on your watch, go to **Settings** > **About** to check the name of your watch.
- On the device details screen in the HONOR Health app, the names of currently paired watch are the device names of watch.

MAC address

On the app list on your watch, go to **Settings** > **About** to check the MAC address of your watch.

Serial number (SN)

On the app list on your watch, go to **Settings** > **About** to check the SN of your watch.


Device model

- On the app list on your watch, go to **Settings** > **About** to check the model of your watch.
- Check the model of watch from the laser characters “MODEL/型号” on the back of watch.

Version number

- On the app list on your watch, go to **Settings** > **About** to view the version number of your watch.
- On the device details screen in the HONOR Health app, Tap **Firmware update** to check the firmware version of your watch.


Reset

-  This operation will clear all of your personal data on your wearable. Proceed with caution.
- On the app list on your watch, go to **Settings** > **System** > **Reset**.
 - On the device details screen in the HONOR Health app, , select **Reset**.

Version Update

Update via App

Go to On the device details screen in the HONOR Health app, go to **Firmware update** > **Check for updates**. The phone will check the version updates of watch. Perform update as prompted.

-  • Go to **Automatically download app updates over Wi-Fi** and turn on the switch. If there is a new version available, an upgrade reminder will appear on the watch. Update the version as prompted.
- To ensure a successful update, it is recommended that you confirm that the battery level of watch is greater than 20% before the update.

Upgrade on watch

Go to On the app list on your watch, go to **Settings > System > Update > Check** to check the latest version of watch. Update the version as prompted.

Cleaning & Maintenance

To ensure the longevity of your wearable, it's crucial to keep both the device and its strap clean and dry. You can use a soft cloth or thin paper dipped in alcohol to gently wipe the surface your wearable. Follow these guidelines for effective cleaning and maintenance:

- Disconnect your wearable from the power supply before starting the cleaning process.
- After workouts, promptly wipe off any sweat from both your wearable and its strap.
- Avoid exposing your wearable to liquids other than fresh water, especially in room temperature environments. Do not soak the device for an extended period.
- Never use chemical products or cleaners on your wearable or its accessories, as these can cause corrosion and damage.
- After cleaning, use a dry cloth or cotton paper to thoroughly dry your smartwatch, ensuring no water remains inside the device to prevent damage.
- Keep light-colored straps away from dark-colored clothing to prevent dye transfer. If stains or oil marks appear on light-colored straps, gently wipe them clean with a soft brush dipped in water.
- Clean the strap promptly after intensive workouts to prevent bacterial growth from sweat accumulation. Always dry the strap in a ventilated area before reuse, and avoid wearing it while it's wet.
- Regularly clean the charging base and the charging port on the back of your wearable using a cotton swab, cloth, or brush dipped in alcohol.