Contents

Getting started

Powering on, powering off, and restarting

Powering on the band

- Press and hold the button to power on the band.
- The band will power on automatically when you connect it to a charger.
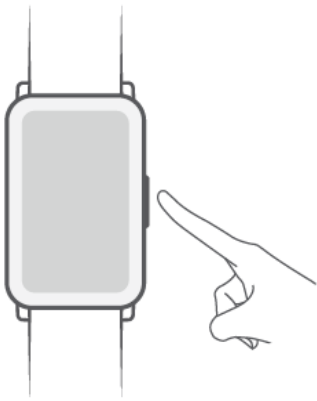
You will be prompted with a message asking you to charge your band when the battery is critically low. The band will power off automatically after 2 seconds and you won't be able to power it back on again without the charger.

Powering off the band

- On your band, go to **Settings** > **System** > **Power off**.
- Press and hold the button for 3 seconds, then touch **Power off**.

Your band will automatically power off if it has run out of battery.

Restarting your band

- On your band, go to **Settings** > **System** > **Restart**.
- Press and hold the button for 3 seconds, then touch **Restart**.

Pairing and connecting

The band is ready for Bluetooth pairing by default when it is powered on.

- Your band can only be paired with phones running Android 5.0 or later, or iOS 9.0 or later. Make sure you have enabled Bluetooth on your phone before starting pairing. Make sure to enable Location Services if you are connecting your band to a phone running Android 6.0 or later.

- When you turn on your band for the first time or pair it with your phone after a factory reset, you will be prompted to select a language before continuing. After the devices are paired, the language on your band will sync to your phone's language.

1 Make sure you have the latest version of Health before starting, you can scan the QR code to download and install the Health app.

2 Open the Health app, go to **Devices** > **ADD** > **SmartBand**, and select your scale's name.

3 Touch **PAIR** and the app will automatically search for nearby available Bluetooth devices. Once your band is found, touch its name to start pairing.

4 Your band will vibrate when it receives a pairing request. Touch [✓] to start pairing.

ⓘ
- Your band screen will display an icon to inform you of the pairing result, and the data from your phone (such as date and time) will be synced to your band after 2 seconds.

- Otherwise, your band screen will display an icon to inform you that pairing has failed and return to the startup screen after 2 seconds.

Charging your band

Charging

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

ⓘ
- The charger is not water resistant. Make sure the port, metal contacts, and device are all dry before charging.

- Use the dedicated charging cable, charging cradle, rated output voltage of 5 V, and rated output current of 1 A or USB power output to charge your band. Charging the band using a non-Honor charger or a power bank may result in it taking a longer time to charge, the band being unable to charge fully, overheating, or other similar issues.

Charging time

It takes around 65 minutes to fully charge the band.

Viewing the battery level

To view the battery level, swipe down on the band's home screen or open Health, then go to **Devices** and check under the connected device's name.

Low battery alert

When the battery level is lower than 10%, your band will vibrate to remind you.

Buttons and gestures

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

Operation	Function	Note
Press the side button.	Return to the home screen.	This feature is unavailable in some scenarios including during calls and workouts.
Press the side button when on the home screen.	Enter the app list.	--
Press and hold the side button.	Powering on, powering off, and restarting.	--
Swipe right from the home screen.	Switch screens.	--
Swipe right on screens other than the home screen.	Return to the previous screen.	--
Swipe up on the home screen.	Check messages on your band.	--
Swipe down on the home screen.	Access the settings menu or enable some features including Do Not Disturb, screen on, Find Phone, and setting alarms.	--
Touch the screen.	Select and confirm.	--

Operation	Function	Note
Touch and hold the home screen.	Change watch faces.	--

Changing watch faces

- Method 1: Touch and hold anywhere on the home screen until your band vibrates. When the home screen zooms out and shows a frame, swipe left or right on the screen to select your preferred home screen design.
- Method 2: On your band, go to **Settings** > **Display** > **Watch face**, swipe left or right to select your preferred home screen design.
- Method 3: Open the Health app, go to **Watch faces** > **More**, and touch **INSTALL** under your preferred watch face. Your band will automatically switch to the chosen one once its finished being installed. Alternatively, touch an installed watch face and touch **SET AS DEFAULT** to switch to it.

- This feature is only available in some countries and regions. For more information, contact the official Honor service hotline.

Notifications

Once the notifications feature is enabled, the band can sync notifications displayed in the phone's notification panel to your band.

The following phone features' notifications can be synced to the band: SMS messages, Email, Calendar, and certain third-party social media apps including WeChat and QQ.

- **Enable notifications:** Open the Health app, touch **Devices** then your device name. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps that you want to receive notifications from.
  At the same time, make sure that the apps you want to receive notifications from are allowed to display notifications in your phone's notification panel.
- **Disable notifications:** Open the Health app, touch **Devices** and then your device name, touch **Notifications** and disable **Notifications**.

ⓘ   ·   Your band will receive notifications but will not notify you during workouts, Do Not Disturb mode, Low battery alert, Sleep mode or not wearing the band. Swipe up on the home screen to view new messages.

·   You will not receive any app notifications on your wearable device if the chat is also open on your phone. For example, if you are sending a message to a friend on your phone via WeChat, the message notifications will not be displayed on your wearable device.

·   After Bluetooth disconnection reminder is enabled, your band will vibrate when the Bluetooth connection is interrupted. Make sure that your band is properly connected to your phone.

Setting alarms

Method 1: Set a smart or event alarm using your band.

1   On your band, enter the device app list, select **Alarm** and touch 🔵➕ to add an event alarm.

2   Set the alarm time and repeat cycle, then touch **OK**. If you don't set a repeat cycle for your alarm, it will only ring once.

3   Touch set alarm to modify the alarm time, repeat cycle, or delete the alarm. You can only delete event alarms.

Method 2: Set a smart or event alarm using Health.

Smart alarm:

1   Open the Health app, touch **Devices** then your device name, and go to **Alarm > SMART ALARM**.

2   Set the alarm time, smart wakeup time, and repeat cycle.

3   Touch √ (for Android users) or **Save** (for iOS users) in the upper right corner.

4   Swipe down on the home screen to ensure that the alarm settings are synced to your band.

5   Touch the set alarm time to modify the alarm time, smart wakeup time, and repeat cycle.

Event alarm:

1   Open the Health app, touch **Devices** then your device name, and go to **Alarm > EVENT ALARMS**.

2   Touch **Add** to set the alarm time, tag, and repeat cycle for the Event alarm.

3   Touch √ (for Android users) or **Save** (for iOS users) in the upper right corner.

4   Swipe down on the home screen to ensure that the alarm settings are synced to your band.

5   Touch set alarm to modify the alarm time, repeat cycle, or delete the alarm.

🛈 · Event alarms are synced between the band and Health app.

· There is only one smart alarm by default. You cannot add more or delete the smart alarm. You can set a maximum of five event alarms.

· The smart alarm may vibrate in advance if it detects that you woke up before the alarm is set to go off using **TruSleep™**. If **TruSleep™** isn't enabled, the smart alarm will vibrate in advance if it detects that you are no longer in deep sleep or already awake.

· When the alarm vibrates, touch ⏰, swipe right or press the side button of the band to snooze (for 10 minutes). Touch ✕ to stop the alarm. Touch ✕ to dismiss the alarm. The alarm will stop on its own if no other operation has been performed for five minutes.

· Currently, alarms set on phones running Magic UI 2.0 or later can be synced to the band.

Receiving weather reports

Receiving weather reports

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

Viewing pushed weather reports

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

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

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

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

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

- From the band's home screen press the button to enter the app list, swipe on the screen until you find **Weather** and select it, then you can view your location, the latest weather, temperature, air quality, and more. Swipe up or down on the screen to view a 6-hour weather cast, as well as the weather yesterday and the next six days.

- 📖 NOTE

- Make sure that GPS and Location are enabled in the notification panel of the phone and that Health has been granted the Location permission. Open areas are better for getting a GPS signal.

- The weather information displayed on your band may differ slightly from that displayed on your phone, this is because the information is collected from different weather service providers.

Incoming calls

When the band is connected to the phone and is being worn properly, the band's screen will turn on and the band vibrates to notify you of any incoming calls.

- You can reject calls directly on your band.
- If you aren't wearing the band, it will not light up its screen to notify you when there is an incoming call.
- If the call is missed, the band will vibrate and the screen will turn on to notify you of the missed call.

Workout modes

Starting an individual workout

Starting a workout using your band

1 On your band, enter the app list and touch **Workout**.

2 Swipe up or down and select the workout you want to do.

3 Touch the icon to start the workout.

ⓘ
- Touch to set a workout goal such as a distance, time, or calorie goal, or set the goal to **None**. You can also set reminders for intervals or your heart rate.

- When the band screen is on, press and hold the button to stop the workout. Alternatively, press the button to pause the workout, touch to resume workout, or touch to stop the workout.

- After the workout is finished, you can view the workout results including the workout time, calories, heart rate graph, heart rate range, average heart rate, and heart rate zone.

- Your band does not have built-in GPS. If you want to record your workout route, make sure your band is connected to the Health app, GPS is enabled on your phone, the GPS signal is stable, and your phone is running Magic UI 2.0 or later, or iOS 9.0 or later. If all these conditions are met, your band can record your workout once the workout starts.

- Outdoor cycle is supported on Honor phones running Magic UI 2.0 or later and iPhones that run iOS 9.0 or later.

Starting a workout using the Health app

1 Select the workout you want to record on the Exercise screen in the Health app.

2 Touch the start icon to start the workout.

ⓘ
- Your band will start the workout at the same time when an outdoor run, indoor run, walk, or cycle workout is started in the Health app.

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

- If the workout distance is too short, it will not be recorded.

- After you finish a workout, touch the Pause button, then hold the End button to end the workout, the battery drains faster while recording workouts so it is important to end the workout when you're finished.

Viewing workout records

Viewing workout records on the band

1 On your band, enter the app list and touch **Workout records**. Then select a record to view the details.

ⓘ • Your band will display different data types for different workouts.

• Workout records include comprehensive data, such as speed, cadence, heart rate graph, heart rate zone, cadence graph, and pace graph.

• You can view up to 10 records in the "exercise record" of the bracelet. More than 10 records will be overwritten by new records and cannot be deleted manually (the exercise record can be cleared by restoring the factory settings, but other data on the bracelet will also be cleared, please be careful operating).

Viewing workout records in Health

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

ⓘ • You can view up to 10 records in the **exercise record** of the band. More than 10 records will be overwritten by new records. The records cannot be deleted manually but can be cleared by restoring the factory settings, please be careful operating because of other data on the bracelet will also be cleared.

Viewing daily activity data

If you are wearing the band properly, and your band will record your activity automatically, including step count, active distance, activity hours, hours active and calories burned.

Method 1: Viewing your activity data on your band

On your band, enter the app list and touch **Activity records**. You can then view your data including step count, calories burnt, active distance, activity time, and hours active.

Method 2: Viewing workout records in Health

You can view your activity data on the home screen of the Health app or on the device settings screen.

ⓘ • To view your fitness data in the Health app, make sure that your band is connected to your phone via the Health app.

• Your activity data resets every night at midnight.

Automatic workout detection

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

After you have enabled **Auto-detect workouts** under **Settings > Workout settings**, the wearable will remind you to start the workout if it detects that there is a change in your activity intensity and suggests a workout mode for you. You can select to ignore or start recording the workout session. Currently, this feature can detect walking, running, elliptical, and rowing workouts.

- Different products support different types of exercises, please check the device interface prompts.

- This feature requires trigger posture and intensity requirements of the exercise type, and stay in this exercise state for a period of time (walking exercise is about 10 minutes, other exercises are about 3 minutes), then the device automatically judges the exercise type and reminds the user to start a single exercise.

- After the reminder is triggered, the vibrating reminder interface lasts for 30 seconds. If the user does not handle it, the reminder disappears. If the user continues to exercise, it will vibrate again after 3 minutes. If the user does not operate after three reminders, the exercise self-recognition will end.

- If the actual exercise intensity is less than the exercise type intensity requirement for a period of time (more than three minutes), the device will pop up a reminder of the end of exercise, and you can ignore or end the exercise.

Health management

Sleep tracking

Your band collects sleep data and identifies your sleep status when you wear it while sleeping. It can automatically detect when you fall asleep and wake up and whether you are in a light or deep sleep.

Your sleep data for a single day is measured from 8:00 PM the night before to 8:00 PM of that day for a total of 24 hours. For example, if you sleep11 hours straight, starting from 7:00 PM to 06:00 AM, your band will count the length of time you slept before 8:00 PM towards the first day and the rest of the time that you slept towards the second day.

Your band will track your sleep using the traditional method if **TruSleep™** has not been enabled. When you wear your band to sleep, your band will identify the different sleep stages including the time you fall asleep, wake up, and enter/exit deep sleep, and light sleep, and sync the corresponding data to the Health app.

Open Health, touch **Devices** then your band name, go to **Health monitoring** > **TruSleep™**. When enabled, the band can accurately recognize when you fall asleep, wake up, wakefulness, and whether you are in deep or REM sleep, and provide you with sleep quality analysis and suggestions to help you understand and improve your sleep quality.

Viewing your sleep data: l Open the Health app, then touch Sleep, to view your daily, weekly, monthly, and yearly sleep data.

📖 NOTE

- Enabling **TruSleep^{TM}** may reduce the battery life.
- Device data is refreshed every morning.
- If you enable **Do not disturb when not wearing** or power off the phones, it will not affect detection.

Measuring blood oxygen levels (SpO2)

When the band screen is on, press the button to enter the app list, swipe on the screen and touch **SpO2** to start a SpO2 measurement. The measurement is complete when you see a screen that says **Test again** near the bottom.

ⓘ · This feature is only available in some countries and regions. For more information, contact the official Honor service hotline.

· The reading will be interrupted if you swipe right on the band screen, receive an incoming call, or an alarm goes off.

· For more accurate results, it is recommended that you wait three to five minutes after putting your band on before measuring your SpO2.

· Keep still and make sure your band is fastened tightly during the measurement, but avoid wearing it directly over your wrist joint. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the band. The band screen needs to stay facing up too.

· This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

· The measurement results are for reference only and are not intended for medical use.

Monitoring your heart rate

Individual heart rate measurement

1 Open Health, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

2 Then, on your band, enter the app list and select **Heart rate** to measure your heart rate.

Continuous heart rate measurement

1 Open Health, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.

2 Viewing your heart rate:

· On your band, enter the app list and select **Heart rate** to view your heart rate.

· Open Health, go to **Me** > **My data** > **HEALTH MEASUREMENTS** > **Heart rate** and view your heart rate.

ⓘ · The band can display the current heart rate, heart rate graph of the current day, heart rate range of the current day, resting heart rate, and heart rate zone.

· Add **Heart rate** to the band's home screen or the **Health** screen of Health to view your heart rate data.

· When **Continuous heart rate monitoring** is enabled in the Health app, the band will automatically adjust the monitoring frequency based on the workout status and can provide you with 24/7 heart rate monitoring.

Resting heart rate measurement

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

Open Health, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Then your band will measure your resting heart rate on its own.

* ⓘ · If you disable **Continuous heart rate monitoring** after taking your resting heart rate, the resting heart rate data in Health won't change.

  · The resting heart rate data on the band will be cleared on its own at 12 a.m.

  · If "--" is displayed as the resting heart rate reading, it indicates that your band was unable to measure your resting heart rate.

  · Your actual resting heart rate may not be displayed or measured incorrectly if your heart rate was measured at the wrong time.

Heart rate measurement during workouts

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

· Heart rate zones can be calculated based on the maximum heart rate percentage or HRR percentage. To choose the calculation method, open the Health app, go to **Me > Settings > Heart rate limit and zones** and set **Calculation method** to either **Maximum heart rate percentage** or **HRR percentage**.

* ⓘ · If you select **Maximum heart rate percentage** as the calculation method, the heart rate zones (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) will be calculated based on your maximum heart rate ("220 – your age" by default).

  · If you select **HRR percentage** as the calculation method, the heart rate zones (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) will be calculated based on your heart rate reserve (HRmax - HRrest).

· Heart rate measurement during a workout: You can view real-time heart rate on your band 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 band from your wrist during the workout. However, the band will continue to search for your heart rate signal for a while. Measurement will resume once you put the band back on.

  · Your band can measure your heart rate when you have connected it to your phone and started a workout using the Health app.

  · You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout under **Exercise records** in the Health app.

Heart rate alerts

Once you have set an upper limit for your heart rate during workouts, your band will vibrate once if your heart rate exceeds the value for over 10 seconds during a workout. At the same time, it will vibrate and display an alert message on your screen. The message will stay until your heart rate returns to the normal range or you swipe right to clear the message.

Perform the following to set a heart rate limit:

- For iOS users: Open the Health app, touch **Device**. Touch the band icon, go to **Heart rate limit interval and warning** > **Heart rate limit warning**, and set a heart rate upper limit that is suitable for you.
- For Android users: Open the Health app, go to **Me** > **Settings** > **Heart rate limit interval and warning**, touch **Heart rate limit warning** and set an upper limit suitable for you.

- The upper heart rate alert for workouts needs to be between 100 and 220 bpm.

  - Heart rate alerts are only available during active workouts and are not generated during daily monitoring.

High heart rate alert

If you aren't resting or didn't just wake up within the last 30 minutes and your heart rate stays above the set limit for over 10 minutes straight, your band will vibrate once and display a message letting you know that your heart rate is too high. You can swipe right on the screen or press the side button to clear the message.

Perform the following to set an alert for a high resting heart rate:

1 Open Health, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.

2 Touch **High heart rate alert** then set your preferred high heart rate.

You can set the high heart rate value to the following: 100 bpm, 110 bpm, 120 bmp, 130 bpm, 140 bpm, or 150 bpm.

Low heart rate alert

If you haven't been resting or sleeping for the past 10 minutes and your heart rate stays below the limit for 10 consecutive minutes, your band will vibrate once and display a message letting you know that your heart rate is too low. You can swipe right on the screen or press the side button to clear the message.

Perform the following to set an alert for low resting heart rate:

1 Open Health, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**.

2 Touch **Low heart rate alert** then set a limit.

ⓘ • You can set the low heart rate value to the following: 40 bpm, 45 bpm, or 50 bpm.

Performing a stress test

To perform a stress test, open Health, touch **Devices** then your device name, go to **Health monitoring** > **Automatic stress test**, and enable **Automatic stress test**.

To view stress data, on your band, enter the app list and touch **Stress** to view your stress level and percentages of time spent at different stress levels.

The automatic stress test feature is disabled during workouts.

Using Breathing exercises

1 On your band, enter the app list and select **Breathing exercises**. You can set the duration and rhythm for your exercises.

2 Touch the breathing icon and follow the onscreen instructions to start the exercise.

ⓘ • You can set the duration to **1 min**, **2 min**, or **3 min** and the rhythm to **Fast**, **Moderate**, or **Slow**.

• After the exercise is finished, the band screen will display the training effects, heart rate before the exercise, training duration, and evaluation.

Activity reminders

When **Activity reminder** is enabled, your band will monitor your activity throughout the day in increments (1 hour by default). Your band will vibrate and the screen will turn on to remind you to take a moment to get up and move around.

To disable **Activity reminder**, open Health, touch **Devices** then your device name, touch **Health monitoring** and disable **Activity reminder**.

ⓘ • Your band will not vibrate to remind you to move around if you have enabled Do Not Disturb on your band.

• Your band will not vibrate if it detects that you are asleep.

• Your band will only send reminders between 8:00 AM to noon and from 2:00 to 10:00 PM.

Menstrual cycle predictions

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

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

2 On the **Cycle Calendar** screen, set data for your **previous period** date, **period length**, and period **cycle**, touch ⋮ in the top-right corner, select **Wearable device reminders**, and toggle on **All**.

3 Your wearable device will send you reminders for the start and end of your period and fertile window.

- This feature is only available with Android 5.0 or later.

- This feature is only available in some countries and regions. For more information, contact the official Honor service hotline.

- Touch **Records** to view and modify period data. The predicted period is marked in the dotted line.

- Your wearable device will remind you about the start of your period before 8 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8 AM on that day.

- If you are wearing the wearable device, it will vibrate without turning on its screen. Touch the screen to view reminders. If you are not wearing the wearable 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.

Handy features

Viewing and deleting notifications

Viewing unread notifications: Unread notifications will be available to view on your band. To view them, swipe up on the home screen or touch **Notifications** in the app list.

Deleting notifications: Swipe right on a notification to delete a single notification or touch **Clear** at the bottom of the list to delete all unread notifications.

- 🛈 · A maximum of 10 unread notifications can be saved on your band. If there are more than 10 unread notifications, the older notifications will be overwritten.

  · Some notifications can't be fully displayed on the band, check the phone for the full message.

  · Notifications will be deleted automatically from your band once they are read or deleted on your phone.

Unknown caller display

When you receive a call from an unknown number, you can mark the number (for example, as express delivery, take-out, or harassment) in the call log of your phone. If the number calls again, the new tag will be displayed along with their phone number on your phone and band.

Requires a Honor phone running Magic UI 2.0 or later.

Stopwatch

On the band, enter the app list, swipe on the screen, and touch **Stopwatch**. Touch to start counting time. Touch the clock icon to split the workout and record a lap, touch to stop counting, and touch to clear the stopwatch.

- 🛈 · Swipe right or press the button to move Stopwatch to the background.

  · The stopwatch can only count up to"99:59:59". The stopwatch will stop automatically once the maximum time is reached.

Timer

On your band, enter the app list and touch **Timer**. Select or set your preferred time.

There are eight presets for you to choose from, including 1 min, 3 min, 5 min, 10 min, 15 min, 30 min, 1 h, and 2 h.

Alternatively, touch **Custom** to set a custom length of time.

Touch ▶ to start the timer, touch ⏸ to pause the timer, or touch ✕ to exit
the timer.

> • Swipe right on the screen or press the button to move Timer to the background.
>
> • The band will vibrate to inform you when the time is up.

Flashlight

On your band, enter the app list, touch **Flashlight** the band's screen will then light up. Touch the
screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right or
press the side button to exit.

Find Phone

Swipe down on the band's screen and touch 〘☐〙 or enter the app list and touch **Find Phone**. If
your phone is within the Bluetooth range, it will play a ringtone (even if it is in Silent mode or in
Vibration mode) to notify you of its whereabouts.

Tap the Find Phone screen on your band again to stop it from ringing.

> • Ensure that the band is connected to your phone. your phone is powered on, and the
>   Health app is running in the background.
>
> • The Find Phone feature will make the phone ring for about 10 seconds, after which the
>   band will prompt you with a message reading **Stopped ringing** if no other operation is
>   performed. The band screen will then turn off after another 30 seconds.

Controlling music playback

> • Controlling music playback is only available with Android 5.0 or later.
>
> • You can use your band to control music playback with third-party music apps on your
>   phone including Net Ease Music.

1 Open Health, touch **Devices** and then your device name, touch **Music** and then enable
Control phone music.

2 After you play a song on your phone and swipe on the watch face screen, you can find the
music playback control screen. You can use your band to control the volume, pause or play,
and switch songs on your phone.

Remote shutter

1 Connect your band with your phone and make sure that the Health app is running in the
background.

2 On your band, enter the app list and select **Remote shutter**. This will open Camera on your phone at the same time.

3 Touch on the band to take photos. Swipe right on the screen or press the button on the band to close Camera and exit Remote shutter.

Requires Honor phones that run Magic UI 2.0 or later.

Touch to switch between a 2-second and 5-second timer.

More guides

Do Not Disturb mode

Swipe on the band screen to display the menu, touch 🌙 to enable **Do Not Disturb**. Alternatively, enter the app list, go to **Settings** > **Do Not Disturb**, and schedule a period for this mode.

After Do Not Disturb is enabled:

ⓘ
- The band will not vibrate to notify you of incoming calls or notifications, and the Raise to wake feature will be disabled.
- The alarm will vibrate and ring as normal.

Vibration strength

On the band, go to **Settings** > **Strength**, then select your preferred vibration strength level, such as **Strong**, **Soft**, or **None**, then touch **OK**. Your band will then automatically return to the previous screen and the new vibration strength will be applied.

Adding favorites

1 On your band, press the button to enter the app list, go to **Settings** > **Display** > **Favorites**, select your favorite apps such as **Sleep**, **Stress**, **Heart rate**, **Music**, **Weather**, and **Activity records**.

2 On the Favorites screen, touch ⬆ to move the app up to the top of the list.

3 On the Favorites screen, touch ⛔ to remove the app from the list.

4 Then, swipe left or right on the home screen of the band to check view your favorites.

A maximum of five cards can be displayed.

Turning the screen on and off

To use Raise to wake, open the Health app, touch **Devices** and then your device name. Touch **Device settings** and enable **Raise to wake**.

To adjust the screen brightness of the band, on your band, go to **Settings** > **Display** > **Brightness** and adjust the brightness level.

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

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

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

Restoring the band to its factory settings

Method 1: Press the button, go to **Settings > System > Reset**. Resetting your device will clear all your personal data.

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

Updating your band

Method 1: Open the Health app, **Devices** and your device name. Touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your band's firmware.

Method 2:

- For Android users: Open the Health app, then go to **Devices** and touch your device's name,

  then touch **Firmware update**. Touch ⚙ in the upper-right corner and enable **Auto-download update packages over Wi-Fi**.
- For iOS users: Open the Health app, go to **Me** > **Settings**, and enable **Auto-download update packages over Wi-Fi**.

> 🛈 · Once **Auto-download update packages over Wi-Fi** is enabled, your band will receive update package from the phone and send you a notification about the update. Follow the onscreen instructions to update the firmware.
>
> · During an update, your band will automatically disconnect the Bluetooth, and reconnect once the update is complete.
>
> · Do not charge your band during the update.

Viewing the Bluetooth name, MAC address, serial number, model, and version number

Viewing the Bluetooth name:

- Press the button and go to **Settings > About**. The name displayed under **Device name** is the Bluetooth name of the device.
- Alternatively, open the Health app, touch **Devices** and then your device name. The name of the connected device is the Bluetooth name.

Viewing the MAC address:

Press the button and go to **Settings > About** to view the MAC address of the device.

Viewing the SN:

Press the button and, go to **Settings > About**. The name displayed under **SN** is the serial number of the device.

Viewing the model:

• Press the button and go to **Settings > About**. The name displayed under **Model** is the model of the device.

• The model name is also laser-engraved on the back of the band, after the words "MODEL/型号:".

Viewing the version number:

• Press the button and, go to **Settings > About**. The name displayed under **Version** is the version of the device.

• Open the Health app, touch **Devices** and then your device name, then touch **Firmware update** to check the version of your band.

Water and dust resistance

The wearable device features 5ATM water resistance, but this protection is not permanent and may reduce over time.

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

The following may affect the water resistance of your wearable device:

• The wearable device is dropped, bumped, or encounters other impacts.

• The wearable device comes into contact with liquids including soap, shower gel, detergent, perfume, lotion, and oil.

• The wearable device is used in high-temperature and high-humidity environments including hot baths and saunas.