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HONOR Band 9

User Guide

HONOR

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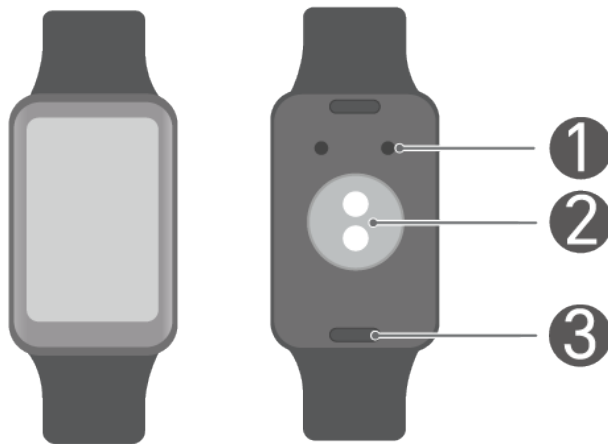
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Getting Started

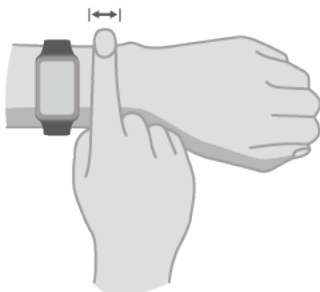
Getting to know your band



Number	Describe
1	Charging port
2	Heart rate sensor
3	Quick release button

Wearing your band properly

Make sure that the back of your band is clean and dry, and adjust the strap so that your band fits snugly and comfortably on your wrist. Don't put a protective film on the back of your band, as it may block the sensor and lead to failed or inaccurate measurements of the heart rate, SpO₂, sleep, and other monitoring data.



- i** • Your band uses non-toxic materials that have passed strict skin allergy tests. You can rest easy when wearing it. If you experience skin discomfort when wearing it, take it off and consult a doctor.
- To ensure the accuracy of the monitoring results, wear your band at least one finger away from your wrist. Don't wear it too loosely or too tightly but make sure that it is attached securely during a workout.

Power on, power off, and restart

Power on

Auto power on when plugged in.

Power off

- Touch the screen to light it up, swipe left on the watch face to enter the app list and select **Settings** > **System** > **Power off**.
- Auto power off after ultra-low battery vibration alert.

Restart

Touch the screen to light it up, swipe left on the watch face to enter the app list and select **Settings** > **System** > **Restart**.

Gesture control on screen

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

Gesture operations	Operation instructions	Functions
	Tap the screen	• Light up the screen (when the screen is off) • Select, confirm
	Touch and hold the screen	• Change watch face (touch and hold the watch face screen)
	Swipe right	• View device cards (swipe right on the watch face screen) • Go back



Swipe left Enter app list page (swipe left on the watch face screen)



Swipe up • View message notifications (swipe up on the watch face screen)
• View more functions and messages



Swipe down • View shortcut menu (swipe down on the watch face screen)
• View more functions and messages

Pairing with a phone

Android

1 Install HONOR Health.

To download and install the latest HONOR Health app, please scan the QR code.



2 Open HONOR Health, tap **Me** > **Log in to HONOR ID**, and log in by entering the account and password.

3 Power on your band and select the language.

4 Place your band close to your phone. Open the HONOR Health app and go to **Device** > **Add device**. Then, the app will automatically scan for available devices. Select the target band and pair it according to the onscreen instructions.

5 If a pairing request appears on your band, tap and confirm the pairing on your phone.



- If you don't see the target band in the list of available devices automatically found, tap  > **Scan**, scan the QR code on the band, and pair it according to the onscreen instructions.
- After the successful pairing, your band will display the success, and you can start exploring more features of your band. If the pairing failed, your band will display the failure and go back to the power-on screen.

iOS

1 Install HONOR Health.

To download and install the latest HONOR Health app, please scan the QR code.



- 2 Open HONOR Health, tap **Me** > **Log in to HONOR ID**, and log in by entering the account and password.
- 3 Power on your band and select the language.
- 4 Place your band close to your phone. Open the HONOR Health app and go to **Device** > **Add device**. Then, select the target band in the list to pair it.
- 5 Some devices need to be paired with your phone via Bluetooth. In this case, connect them on the Bluetooth setting screen according to the onscreen instructions. If a pairing request appears on your band, tap  and confirm the pairing on your phone.

Charge the band

Charge

- 1 Connect the charging dock, charging cable, and power adapter (charging cable and charging dock are one-piece for some band), and connect the adapter to an electrical outlet.
- 2 Place band on the charging dock, make the back of band be in connect with the dock until the charging indication appears on the screen of band.

-  • Please use Honor adapter, PC USB port or power adapter that complies with applicable national/regional regulations, international and regional safety standards. Other adapters and mobile power (portable charger) may not meet the applicable safety standards and have problems such as slow charging, insufficient charging, and increasing heat. Please use with caution.
- Please keep the surface of the charging port and dock dry and clean before charging to prevent short circuit or other risks. Please do not charge or use the product in an environment where flammable and explosive items are stored. When using the charging dock, check that there is no liquid residue or other foreign matter in the USB port. Keep away from liquids and flammable textile items, and prohibit the human body from touching the electrode contacts of the dock in the charging state in order to prevent unnecessary safety hazards.
- When charging is complete, the indicator displays 100% and the charging automatically stops. When the power is less than 100%, if the charger is still connected, charging will be carried out automatically.
- Since the charging dock contains magnets inside, it will inevitably adsorb metal and other foreign objects, so please clean it up when you use it. Since the charging dock contains magnetic substance inside, it is prohibited for long exposure to items of high temperature, which may lead to demagnetization of the charging dock and other abnormalities.

Check battery level

Method 1: Swipe down the watch face and view the battery percentage in the drop-down menu.

Method 2: When charging, view the battery percentage on the charging indicator screen.

Method 3: View the battery percentage on watch face that supports displaying the battery level.

Method 4: View the battery percentage from the details page of HONOR Health App.

Exercise

Start workout

Starting a workout on your band

- 1 On the app list on your band, go to **Workout**.
- 2 Select a course or workout. You can also tap **Custom** to add and select other workouts.
 Tap  beside a workout to set the goal and reminder (available for certain workouts).
- 3 Tap the Start icon to start a workout.
 . Use connect-GPS for wearable devices, including band and watch. For an outdoor workout, please ensure that the wearable products are properly connected with HONOR Health, search for GPS to start workout. Otherwise, the workout route cannot be recorded or may be inaccurate.
 - If using Non-Honor phones to connect with wearable devices, it is recommended to start workout via HONOR Health App since GPS may not be found due to the phone system.
- 4 During the workout, you can perform the following operations:
 - Swipe left or right to switch between the workout control, workout data, and music.
 - On workout control screen, workout can be paused/continued and can also be ended.
 - On the workout data screen, swipe up or down to view the workout data.
- 5 Swipe left or right and tap  on the workout control screen to end the workout.

View workout data

On the app list on your band, go to **Workout records** to view the details of a workout record. The data recorded may vary by workout types.

Start by automatically detecting workout status

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

- 1 On the app list on your band, go to **Settings > Workout settings** and turn on **Auto-detect workouts**.
- 2 When the band 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. Please refer to the instructions on the band.
- band will automatically detect workout type and remind you to start a workout if the posture, duration (about 10 minutes for walking and 3 minutes for other workouts), and intensity requirements are met.

Start workout on HONOR Health

To start running and other workouts on HONOR Health, you need to carry both your phone and band, and make sure that your phone is properly connected with band.

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

View workout data on HONOR Health App

Open the HONOR Health app and go to **Exercise**, select a workout, and tap cumulative data to view the detailed data of a workout.

Customizing the workout list

You can add a workout as needed for easy use.

Adding a workout

On the app list on your band, go to **Workout**, swipe up, and tap **Custom > Add**, select a workout and check the workout type you want to add, swipe the screen right to go back to the previous screen, and then tap **OK**.

Removing a workout

On the app list on your band, go to **Workout**, tap  of the target workout to enter the settings screen. Then, tap **Remove**.

Sorting workouts

On the app list on your band, go to **Workout > Custom** and tap  of a workout to adjust its order. You can move common workouts up the workout app list.

Rope skipping

- 1 On the app list on your band, go to **Workout**.
- 2 Tap **Rope skipping** to enter the rope skipping preparation interface. Tap  to select **Free mode** or **Review mode**.
 -  If rope skipping is not in the workout list, tap **Custom** to add.

- 3 Tap the Start workout icon to start rope skipping.
 - 4 During the rope skipping, you can perform the following operations:
 - Swipe left or right to switch between the workout control, workout data, and music.
 - On workout control screen, workout can be paused/continued and can also be ended.
 - On the workout data screen, swipe up or down to view the workout data.
 - 5 Swipe left or right and tap  on the workout control screen to end the workout.
-  In the evaluation mode, the workout will be automatically stopped after 1 minute.

Viewing workout records

Your band records your workouts so that you can easily view your performance of different workout types, encouraging you to reach your fitness goal with professional data.

Viewing on your band

On the app list on your band, go to **Workout records** to view the details of a workout record. The items of a detailed record vary by workout type.

-  You can view up to 10 records in **Workout records** of your band. The oldest records will be overwritten but cannot be manually deleted. You can clear workout records by restoring your band to the factory settings, but this operation will also clear other settings and data on your band. Proceed with caution.

Viewing on the app

Open the HONOR Health app and go to **Health** and select **More** to go to all workout data. Then, select the target record and view its details.

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 band, go to **Workout status** to view data such as **Fatigue**, and **Training load**.

- **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 band 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 band collects your training load from workout modes that track your heart rate, such as running, walking, and cycling.

Viewing daily activity records

Your band will record your daily activities for you to keep track.

Viewing on your band

On the app list on your band, go to **Activity records** and swipe to view steps, activity time, calories burned, active hours, and distance.

The three rings in the activity records represent the following:

1.  Steps: It indicates the number of steps you walked that day; the goal defaults to 10,000 steps, which can be modified on HONOR Health.
2.  Activity time (in minutes): It indicates the time you spent in moderate-to-vigorous exercise that day. The goal defaults to 30 minutes. This parameter is subject to your cadence and heart rate.
3.  Active calories: Your band automatically monitors your activity and records the calories burned accordingly. You can modify the goal on HONOR Health.

Viewing on the app

If your band is connected to HONOR Health, you can view the detailed records of steps, etc., on the health screen of HONOR Health.

Health

Measuring your heart rate

Your heart rate is an important indicator of your overall health. Your band measures continuously throughout the day. It can perform a single measurement or measure your resting heart rate so that you'll be alerted if this limit is exceeded.

Measuring your heart rate throughout the day

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and enable **Continuous Heart Rate Measurement**, which is enabled by default.
- 3 Select a proper method to have your heart rate continuously measured by your band.

Single heart rate measurement

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and disable **Continuous Heart Rate Measurement**.
- 3 On the app list on your band, go to **Heart rate** to measure your heart rate for a single time.

Measuring your real-time heart rate during a workout

After a workout starts, your band automatically measures and tracks your heart rate in real time.

- 1 On the app list on your band, go to **Workout**.
- 2 Select a workout mode or course.
- 3 Tap the start icon. Then, your band will measure your heart rate in real time during the workout.

Measuring your resting heart rate

A resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure is when you are awake and still in the morning. Ideally, the rate should be 50 to 80 beats per minute.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and toggle on **Continuous Heart Rate Measurement**. Then, your band will automatically measure your resting heart rate.

- If you toggle off **Continuous Heart Rate Measurement** after getting the data for your resting heart rate, the data will be displayed and retained on HONOR Health.
- If conditions are not met for resting heart rate measurement, your band will display your resting heart rate as - -.
- Your resting heart rate may not be displayed or accurately measured, as your band may not always measure it at the best time.

Resting heart rate alert

After **High heart rate reminder** and **Low heart rate reminder** are set, your band will alert you when it detects that your heart rate has been outside of the limit for more than 10 minutes when you are inactive.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and enable **Continuous Heart Rate Measurement**, which is enabled by default.
- 3 Set **High heart rate reminder** and **Low heart rate reminder**. Then, an alert will be generated if your heart rate has been outside of the limit for more than 10 minutes.

Maximum heart rate alert during a workout

After a workout starts, if your heart rate has exceeded the limit for more than one minute, your band will vibrate to alert high heart rate.

Open the HONOR Health app and go to **Exercise**, select the workout mode, and tap  > **Workout settings > Exercise heart rate settings**. Then, set the maximum heart rate and toggle on **High heart rate**.

Monitoring your sleep quality

Getting enough sleep helps you stay in good health. Your band monitors and records your sleep trends. Based on monitoring results, keep you up to date with your sleep status.

Regular sleep

Sleep while correctly wearing your band. Your band will automatically recognize when you fall asleep, when you wake up, and whether you are in a deep sleep or a light sleep. After your band is properly connected to HONOR Health, you can view the sleep details on the app.

- Your band updates monitoring data at 24:00 (00:00) every day. Historical data is stored in your band, and you need to synchronize it to HONOR Health timely before it is cleared.

Healthy Sleep

After **Healthy sleep** is enabled, your band automatically recognizes when you fall asleep, when you wake up, whether you are in a deep sleep, a light sleep, or a rapid eye movement

(REM) sleep, and when you are awake. It can accurately analyze your sleep and respiratory quality and provide scientific suggestions for better sleep.

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

2 Select **Health Alert** and toggle on **Healthy sleep**.

You can also go to **Health > Sleep > ⋮ > Healthy sleep** and toggle on **Healthy sleep**.

-  • Enabling **Healthy sleep** will consume more power, and we recommend that you make sure that your band has 30% or higher battery before sleep.
- Short periods of sleep (less than three hours) are recorded as **Naps**. If you sleep less than 30 minutes or move your body or wrist excessively while asleep, your band may not be able to detect the sleep, resulting in data deviations.

Viewing sleep data

Method 1:

On the app list on your band, go to **Sleep** and swipe up to view **Sleep** and **Naps**.

Method 2:

Open the HONOR Health app and go to **Sleep** card, where you can view historical data by day, week, month, and year.

Measuring your SpO₂

The SpO₂ level is a key indicator of a person's overall health. SpO₂ measurement dynamically tracks your SpO₂ changes throughout the day and displays information in real time so that you can take control of your health.

-  To ensure accurate measurements, wear your band properly, that is, wear it at least one finger away from the wrist and make sure that it is close to your skin without foreign objects. If you wear it improperly, follow the onscreen instructions to adjust it before the measurement.

One-time SpO₂ measurement

1 On the app list on your band, go to **SpO₂**.

2 Tap **Measure** and keep your body still to measure the current SpO₂.

Continuous SpO₂ measurement

Your band supports continuous SpO₂ measurement and dynamic tracking of SpO₂ changes to help you understand your health in real time.

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

2 Tap **Health Alert > Continuous oxygen measurement** and enable **Automatic blood oxygen monitoring**. Your band automatically measures and records your SpO₂ when your wrist is still.

3 You can set **Lower blood oxygen limit reminder** so that you will be alerted after your SpO₂ has been below a threshold for some time when you are not sleeping.

 The test results of this product are for reference only and are not intended for diagnosis or therapy. If you experience any discomfort, go to see a doctor.

This feature is not available in some countries and regions. For more information, call the regional hotline of HONOR.

Measuring your fitness age

Your band intelligently measures your fitness age through outdoor workouts so that you can know your body changes.

1 On the app list on your band, go to **Fitness age**.

2 Tap **Measure** to enter the personal information confirmation screen.

 If there is any historical data about your fitness age, tap **Measure again** to have another test.

3 After confirming that your personal information is correct, tap  and start the workout according to the onscreen instructions.

-  . Fitness age measurement is based on your personal information, so you need to make sure that it is entered correctly on HONOR Health. You can also modify it on the app.
- The measurement is a process of workout monitoring for about 25 minutes. We recommend that you perform an outdoor running workout at a pace of up to 8'00"/km.

4 After the workout, your band will intelligently measure your fitness age.

 Upgrade your band to the latest version to enjoy more premium experiences.

Testing your stress

The stress test feature always keeps an eye on your stress level as a reminder that you should relieve stress to keep in good health.

Stress test

- Single stress test: Open HONOR Health, tap the **Stress** card and select **Stress test**.
- Periodic stress test: Open the HONOR Health app and go to the device details screen. Select **Health Alert** and toggle on **Stress Detection**. Then, stress tests will be performed automatically and regularly when you wear your band correctly.

Viewing stress data on your band

On the app list on your band, go to **Stress** to view daily stress test records, including the bar graph, level, proportion, and suggestions.

Viewing data on the app

Open the HONOR Health app and go to **Stress** the card area to view the score and level of the last stress test. Tap to enter the stress details page to see stress curves by day, week, month, and year, along with suggestions.

-  • The test results of this product are for reference only and are not intended for diagnosis or therapy. If you experience any discomfort, go to see a doctor.
- Wear your band correctly and keep your body still during a stress test, as movement or excessive wrist movement may cause the result to be inaccurate.
- The accuracy of the stress test may be affected if you have just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected if you suffer from heart disease or asthma, you have exercised, or your wrist around which your band is put is under compression.

Breathing exercises

Your band offers breathing exercises to tame your stress.

- 1 On the app list on your band, go to **Breathing exercises**.
 - 2 Tap  and  to set **Breathe for** and **Pace**. Then, tap the breathing exercise icon and follow the onscreen instructions for breathing exercise.
After the exercise, you can view the initial heart rate, duration, and effect on the screen.
-  **Breathe for** can be set to 1min, 2min, or 3min. **Pace** can be set to Fast, Moderate, or Slow.

Sedentary alert

Get some movement to offset your sedentary life. Your band will monitor your activity and remind you to move around if you stay inactive or rarely move for too long during the wearing period.

- 1 Open the HONOR Health app and go to the device details screen.
 - 2 Tap **Health Alert** and toggle on **Sedentary Alert**.
 - 3 You'll receive a reminder if you stay inactive or rarely move within an hour.
-  Your band will only send reminders from 08:00 to 12:00 and from 14:30 to 21:00. If you are asleep or enable Do not disturb, your band will not vibrate.

Assistant

Sync phone notifications

When band is connected to HONOR Health on your phone, the band can receive notifications such as app messages and alarms on the notification panel of your phone.

Sync phone notifications

- 1 On your phone, go to **Settings > Notifications & status bar** and enable notifications for apps.
- 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 band, which will vibrate to notify you (the screen will stay off).

View unread messages

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

Delete messages

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

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

Sync alarms

On the device details screen in the HONOR Health app, go to **Notifications**, turn on **Notifications**. The notifications from alarms in the phone will be synced to band.

When band receive synced notifications from alarms, you can tap  or  on band to turn off or snooze the notification. Such operation will be synced to the phone.

Control playback of mobile phone music

You can control mobile phone music via band, including play, pause, switch music and volume control.

- 1 On the device details screen in the HONOR Health app, go to **Music management**, toggle on **Watch controls phone music**.
- 2 Open the music App on your phone and on your band **Music** to enter music control interface.
- 3 Play, pause and switch mobile phone music via band. You can also control the volume.

-  . To control music on your phone via band, make sure band are properly connected with Bluetooth on your phone and HONOR Health App runs in the background.
- Only support to control Android phones and support to control the third-party music App on the phone (Music, NetEase Cloud Music, Himalaya, QQ Music, etc.). Please refer to the actual situation.

Remote shutter

- 1** band are properly connected with Bluetooth and the HONOR Health is running in the background.
- 2** On the app list on your band, go to **Remote shutter** to control your phone to take photos. If the camera on the phone is not turned on, please manually turn it on.
- 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.

-  Due to different phone models and versions, the app list of band may not display the Remote shutter after successful connection and pairing. Please refer to the actual product software capability for specific support.

This feature is only available on phones with MagicOS 6.0 and above. The app list of band will display **Remote shutter** after successful connection and pairing.

Check weather

Ensure that band is properly connected with the Bluetooth on the phone which is in normal network connection, and the location information access is enabled. Then you can use band to view the temperature, air quality, weekly weather forecast of the current location and other information to quickly understand the weather conditions.

Set Weather Notifications

On the device details screen in the HONOR Health app, go to **Weather**, enable **Weather** and select temperature unit.

Check weather

- Weather on watch face
Switch band to the watch face that supports temperature display to check weather information. The specific information is based on the watch face.
- Weather App
On the app list on your band, go to **Weather**, check weather information.

Setting an alarm

Setting an alarm on your band

- 1 On the app list on your band, go to **Alarm** and tap .
- 2 Set the time and repeat cycle of the alarm and tap **OK**.
Tap an existing alarm to modify its time and repeat cycle or delete it.

Setting an alarm on the app

Smart alarm:

- 1 On the device details screen in the HONOR Health app, go to **Wearable alarm > Smart alarm**. Set the time, smart wakeup time, and repeat cycle of the alarm.
- 2 Tap  to save.
- 3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your band.
- 4 Tap an existing alarm to modify its time, smart wakeup time, and repeat cycle.

Event alarm:

- 1 On the device details screen in the HONOR Health app, go to **Wearable alarm > Add**. Set the time, label, and repeat cycle of the alarm.
 - 2 Tap  to save
 - 3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your band.
 - 4 Tap an existing alarm to modify its time and repeat cycle or delete it.
-  • There is only one smart alarm by default. You cannot add more or delete the smart alarm. You can set up to five event alarms.
 - When your band vibrates due to the alarm, tap  or swipe right to snooze (for 10 minutes); tap  to stop the alarm. If no other operations are performed, the alarm will stop on its own after it has snoozed three times.

Flashlight

On the app list on your band, go to **Flashlight**, the screen displays bright light. Tap the screen again to turn off the flashlight. Touch  to turn on the flashlight again. Swipe right to leave.

Find phone via band

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

Tap **Tap to play**. The screen of band will play an animation of searching for the phone. If your phone is within Bluetooth connection range, it will play media music to remind you. Tap the screen of band or leave Find Device App to stop ringing.

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

Search for band via phone

You can quickly find band via Honor phone when band is properly connected with HONOR Health App.

On the device details screen in the HONOR Health app, go to , tap **Find Device**, and band can be found via notification sound.

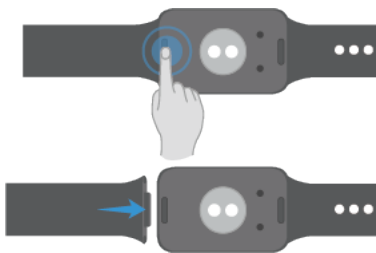
More Guidance

Setting time and language

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

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

Change strap



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

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

Change watch faces

band support multiple watch faces. You can set your favorite one.

 Update band and HONOR Health to the latest version to use this feature.

Change watch faces on band

- Touch and hold the watch face of band to enter the selection interface. Swipe to select your favorite watch face.
- On the app list on your band, go to **Settings** > **Watch faces and cards** > **Watch face**. Swipe to select your favorite watch face.

Install and change watch face via App

- 1 On the device details screen in the HONOR Health app, go to **Watch face market**.
- 2 Select **More** to view watch faces supported on band.
- 3 Select your favorite watch face and start setup.
 - a If the watch face has not been installed, tap **Download**. The watch face of band automatically switches to the selected one after successful download and installation.

- b** If the watch face has been installed, select it and tap **Set as watch face**, then the watch face of band switches to this one.
- 4** You can also go to **Me > Gallery** to add images in your phone to watch face.
 - a** Tap  to select image as watch face (take a photo or select from the Gallery).
 - b** Tap **Style** to set different time styles.
 - c** Tap **Location** to adjust the display location for time.
-  . Some watch faces support customization. Touch and hold the screen of the watch face and tap  at the bottom to customize the display. If the watch face displays - - during customization, please ensure that band meet the monitoring conditions for relevant functions and check if these functions are enabled in HONOR Health.
 - The download and installation of paid watch faces are not supported for iOS users at this time.
 - The data shown on the details page presents how much mobile data is needed to download and install the watch face. It does not refer to the size of the memory occupied by the watch face.

Delete watch face

- 1** On the device details screen in the HONOR Health app, go to **Watch face market > More**.
- 2** Select **Me > Edit**, tap the upper right corner on the watch face  to delete it.
 -  . Update band and HONOR Health to the latest version to use this feature.
 - Purchased watch faces do not need to be purchased again after being deleted in **Watch face market > Me**. Just reinstall them.

Set the Always On Display

The Always on Display is the watch face that is always on when band goes to standby mode. The system turns the screen off by default.

- 1** On the app list on your band, go to **Settings > Watch faces and cards > AOD**.
- 2** Turn **AOD** on.
- 3** Tap **Styles of AOD** to set it.
- 4** Turn **Scheduled** on to set the start and end time for AOD.
 -  . AOD only supports pre-installed watch faces in band and cannot be customized.
 - Enable AOD will disable “Raise to wake”.
 - Enable AOD will reduce battery life.

Setting the gallery watch face

You

can add images to the gallery watch face. Each time you light up the screen or tap the gallery watch face, the watch face will display a new image.

Adding images to the gallery watch face

- 1 On the device details screen in the HONOR Health app, go to **Watch face market** > **Me** > **Gallery** to enter the **Gallery watch face** settings screen.
 - 2 Tap  to select the upload method (take a picture or select from the gallery).
 - 3 Select an image and adjust the image display area. Then, tap **Save**. Then, the watch face will automatically display this image.
-  Only static images can be set to the watch face, with no restrictions on the image format.
 - This feature is only available in some countries and regions. For more information, call the regional hotline.

Other settings

On the gallery watch face settings screen:

- Tap **Style** to set the font and color of the time and date on the gallery watch face.
- Tap **Location** to set the location of the time and date on the gallery watch face.
- Tap **Background** and  in the top-right corner of an image to delete it.

Adjusting the display and brightness of the screen

Adjusting the screen brightness

- 1 On the app list on your band, go to **Settings** > **Display & brightness** > **Brightness**.
- 2 Select the brightness level and tap **OK**. Level 5 is the brightest, and level 1 is the darkest.

Setting the sleep time

- 1 On the app list on your band, go to **Settings** > **Display & brightness** > **Sleep**.
- 2 Select the sleep time and tap **OK**.

Setting the screen on time

- 1 Swipe down on the watch face to enter the shortcut menu, and light up  to keep the screen on.
- 2 On the app list on your band, go to **Settings** > **Display & brightness** > **Screen on**.
- 3 Select the screen on time and tap **OK**.

Setting Raise to wake

On the app list on your band, go to **Settings > Display & brightness**, enable **The screen will light**, then you can raise your wrist to wake up the screen.

Setting the haptics strength

- 1 On the app list on your band, go to **Settings > Haptics > Vibration**.
- 2 Select the haptics strength (your band will vibrate accordingly) and tap **OK**.

Enabling Do not disturb

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

-  After you enable Do not disturb, your band won't vibrate for incoming calls and notifications, and Raise to wake will be disabled.

Locking and unlocking the screen

You can set a PIN used to unlock your band after it automatically locks when not on the wrist.

Setting the PIN

On the app list on your band, go to **Settings > PIN > Enable PIN** and follow the onscreen instructions to complete the settings. Your band automatically locks when not on the wrist or worn.

-  Keep your PIN safe. If you forget it, you need to restore your band to the factory settings.

Disabling the PIN

On the app list on your band, go to **Settings > PIN > Disable PIN** and follow the onscreen instructions to enter the current PIN.

Changing the PIN

On the app list on your band, go to **Settings > PIN > Change PIN** and follow the onscreen instructions to enter the current and new PINs.

-  If you enter the incorrect PIN five times in a row, PIN changing will automatically lock for 10 minutes. Retry later.

Forgetting the PIN

Keep your PIN safe. If you forget it, you need to restore your band to the factory settings before further operations. After being reset, your band will lose all settings.

Check device information

Device name

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

MAC address

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

Serial number (SN)

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

Model

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

Version number

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

Updating your version

Updating on the app

On the device details screen in the HONOR Health app, go to **Firmware update** > **Check for Updates**. Your phone will check for any available updates for your band. Follow the onscreen instructions to update.

-  Toggle on **Auto-download over Wi-Fi**, and your band will send you a notification every time it detects a new version. Follow the onscreen instructions to update.
- To ensure a successful update, make sure that your band has 20% or higher battery.