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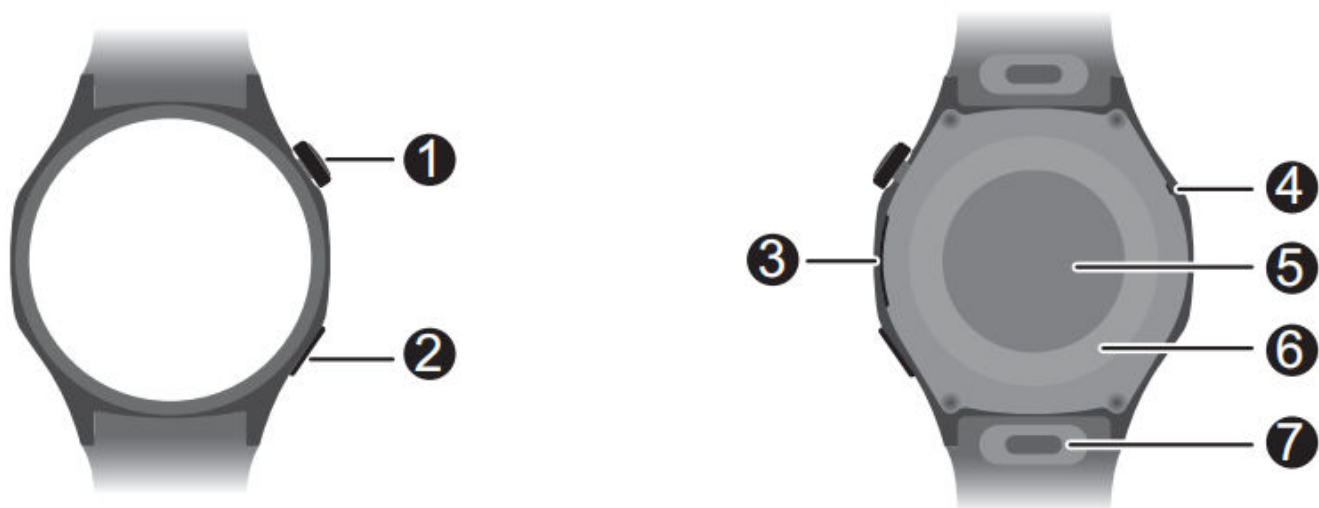
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# Getting Started

## Appearance



 The following figures are for reference only. The actual product appearance shall prevail.



The product in the following figures is the HUAWEI WATCH GT 5 Pro (46 mm).







①	Up button
②	Down button
③	Speaker
④	Microphone
⑤	Heart rate sensor
⑥	Charging area
⑦	Quick release button

## Pairing with an EMUI phone


- 1 Install the **Huawei Health** app ().  
If you have already installed **Huawei Health**, go to **Me > Check for updates** and update it to the latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.  
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.




- 4 Place your wearable device close to your phone. In the **Huawei Health** app, touch  in the upper right corner and then **Add device**. Select your wearable device and touch **LINK**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, touch **Allow**.
- 6 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 7 To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

## Pairing with an Android phone

- 1 Install the **Huawei Health** app ().  
If you have already installed **Huawei Health**, go to **Me > Check for updates** and update it to the latest version.
- 2 Go to **Huawei Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.  
 It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **Huawei Health** app, touch  in the upper right corner and then **Add device**. Select your wearable device and touch **LINK**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Touch **Settings** and complete the Watch connection protection settings, so as to ensure a more stable connection between your device and **Huawei Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.
- 7 To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

## Pairing with an iPhone


- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.

- 2 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
  -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **HUAWEI Health** app, touch  in the upper right corner and then **Add device**. Select your wearable device and touch **LINK**. You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request appears on your wearable device, touch . When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow** and follow the onscreen instructions.
- 6 Wait for a few seconds until **HUAWEI Health** displays a message indicating that the pairing has been successful. If the pairing fails, go to **Settings > Bluetooth** on your phone, connect to the corresponding device, and try pairing again.
- 7 Keep **HUAWEI Health** running in the background (so don't swipe up to close the app), to ensure a more stable connection between your device and **HUAWEI Health**. This will help enable a better experience with push notifications of new messages and incoming calls from your phone.
- 8 To ensure optimal experience with push notifications, refer to this link for correct notifications settings on your phone.

## Buttons and touch operations

The device's color touchscreen supports a range of touch operations, like swiping up, down, left, and right, touching, and touching and holding.

### Up button

Operation	Feature
Rotate	<ul style="list-style-type: none"> <li>• In <b>Grid</b> mode: Zooms in and out on app icons and app names on the app list screen.</li> <li>• In <b>List</b> mode: Scrolls up and down on the app list and details screens.</li> <li>• In an app: Scrolls up and down on the screen.</li> </ul> <p> To enter <b>Grid</b> or <b>List</b> mode, go to <b>Settings &gt; Watch face &amp; home &gt; Launcher</b>.</p>

Operation	Feature
Press	<ul style="list-style-type: none"> <li>• When the screen is off: Turns on the screen.</li> <li>• When home screen is displayed: Takes you to the app list screen.</li> <li>• When any other screen is displayed: Returns to the home screen.</li> <li>• Mutes incoming Bluetooth calls.</li> </ul>
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps.
Press and hold	<ul style="list-style-type: none"> <li>• Powers on the watch.</li> <li>• Takes you to the restart/power-off screen.</li> <li>• Forcibly restarts the watch when pressed and held for at least 12 seconds.</li> </ul>

### Down button

Operation	Feature
Press	<p>Opens the Workout app by default.</p> <p>You can also customize what the Down button does, by performing the steps below:</p> <ol style="list-style-type: none"> <li>1 Press the Up button to enter the app list, and go to <b>Settings &gt; Down button</b>.</li> <li>2 Select an app for your custom setting. Once you're done, return to the home screen and press the Down button to open the app.</li> </ol>
Press and hold	Wakes up the voice assistant.

### Shortcuts

Operation	Feature
Press the Up and Down buttons at the same time	Takes a screenshot and uploads it to your phone Gallery.

### Touch operations

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	On home screen: Changes the watch face. On a watch feature card: Accesses the card management screen.
Swipe up	On home screen: Shows notifications.

Operation	Feature
Swipe down	On home screen: Opens the shortcut menu and status bar. <ul style="list-style-type: none"> <li>You can enable or disable <b>Do Not Disturb</b> and <b>Sleep</b> from the shortcut menu.</li> <li>You can view the remaining battery level and Bluetooth connection status in the status bar.</li> </ul>
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the HUAWEI Assistant-TODAY screen. On any app's screen: Returns to the previous screen.

### Turning off the screen

- Lower or rotate your wrist outwards, or use your palm to cover the screen.
- The watch will automatically sleep without operation for a period of time.

### Turning on the screen


- Press the Up button once to wake the screen.
- Raise your wrist to wake the screen.

This feature is enabled by default. To disable it, open **Huawei Health**, navigate to the device details screen, touch **Device settings**, and toggle off **Raise to wake**.


## Custom feature cards

After adding frequently used apps as feature cards, you'll be able to swipe left on the watch home screen to view and access these apps, with little effort. A feature card can include one or multiple apps, based on your needs.

### Adding a card


- 1 Press the Up button to enter the app list, and go to **Settings > Manage cards**.
- 2 Touch  and select a desired card.
- 3 Swipe left or right on the home screen to view the added card.

### Editing a combo card

- 1 Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Swipe left or right to select a desired combo card, touch **Custom** below it, and change the components to suit your needs.
  -  Components of combo cards can only be replaced, not deleted.

### Moving/Removing a card

Swipe left on the watch home screen to access feature cards. Touch and hold any card to enter the card editing screen.

- To move a card, touch and hold down on it, then drag it to its new position.
- To remove a card, touch  and then **Remove**.




# Assistant

## Setting the watch face

### Changing the watch face

You can switch to a new watch face with just a few easy steps on your watch or your phone.

-  This feature is only supported in certain markets. For more information, contact the local Huawei hotline.

#### On your watch:

You can use either of the following methods:

- Touch and hold anywhere on the home screen to visit the watch face selection screen, and swipe left or right to select a desired watch face.
- From the home screen, press the Up button, go to **Settings > Watch face & home > Watch faces**, and swipe left or right to select a desired watch face.

#### On your phone:

Open **Huawei Health**, touch **Devices**, choose **My faces** or **Watch faces**, and select a desired watch face.

### Deleting a watch face


- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.

- 2 Touch  to delete a target watch face.

If you have purchased a watch face and deleted it through **My faces > Manage local watch faces**, you only need to reinstall it when you want to use it again. There's no need to pay again.


## Customizing watch faces

You can customize the style and feature components of a watch face to suit your desires.

- 1 Touch and hold anywhere on the home screen to visit the watch face selection screen.
- 2 Touch **Customize** below a watch face, and swipe up or left to switch between watch face styles or feature components.
  -  Customization is available only for the watch faces with the **Customize** button below them. Custom capabilities vary depending on the watch face.

## Gallery watch faces

Create your unique watch face with your favorite photos and images, to turn your wearable device into a timeless timepiece. Choose pictures of your unforgettable travel experiences, family life, or lovely pets, and upload them to set as your Gallery watch faces.

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
  - 2 Touch **+** and select either **Take photo** or **Gallery** as the method for uploading. When you're done, touch ✓ in the upper right corner.
  - 3 Adjust the area where you want the image to display, and touch ✓ in the upper right corner to finish uploading.
  - 4 You can set the following on the **Gallery** screen:
    - **Image color, Style, Time position, and Time color.**
    - **Function:** You can select the components you like.
    - **Raise to display new image:** When this is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you raise your wrist. When disabled, raising your wrist will only display the last image shown.
    - **Apply style to all:** Applies the custom style on all added images.
  - 5 Save all the custom settings, touch **Set as default**, and your wearable device will switch to the newly set Gallery watch face.
-  If more than one image has been uploaded, you can tap the screen to change to a new image.

## HUAWEI Assistant·TODAY

The HUAWEI Assistant·TODAY screen provides quicker, easier access to weather information.


### Entering/Exiting HUAWEI Assistant·TODAY

Swipe right on the device home screen to enter HUAWEI Assistant·TODAY. Then, swipe left on the screen to exit HUAWEI Assistant·TODAY.

### Audio control

On the HUAWEI Assistant·TODAY screen, you can use the Audio control card for music playback controls on both your phone and watch. Note that phone music controls via the watch will only work when your watch is linked with **Huawei Health** and when music is being played on the phone.

## Managing apps

 This feature is unavailable when your watch is paired with an iPhone.


### Installing apps

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2 Select a desired app from the **Apps** list and touch **INSTALL**. After installation is successful, open the app list on your watch to find and access the newly installed app.

### Updating apps

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
- 2 Go to **Manager > Updates > UPDATE** to update apps to their latest versions.

### Uninstalling apps

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **AppGallery**.
  - 2 Go to **Manager > Installation manager > UNINSTALL** to uninstall apps. After the uninstallation is complete, you won't find the removed apps on your watch.
-  If you have set **Disable AppGallery service** in **Huawei Health**, you'll need to touch **App Gallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.
- Before using a third-party app, add it to the list of protected background apps via Phone Manager/Optimizer. In addition, on your phone, go to **Settings > Battery**, select the app in **Battery usage by app**, touch **Launch settings**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.
  - If a third-party app doesn't work after you add it to the list of protected background apps, uninstall the app, reinstall it, and try again.

### Reordering your watch's app list

Press the Up button on your watch to open the app list, touch and hold down on any app, drag it to a desired position, and release once other apps are moved away.

## Managing messages

When your watch is linked with **Huawei Health** and message notifications are enabled, new messages pushed to your phone's status bar will be synced to your watch.

### Enabling message notifications

- 1 Open **Huawei Health**, navigate to the device details screen, touch **Notifications**, and toggle on **Notifications**.
- 2 In the app list below, turn on the switches for the apps that you wish to receive notifications from.

-  On the **Notifications** screen, the **APPS** section shows the apps for which push notifications are available.

## Smart notifications


Open **Huawei Health**, navigate to the device details screen, touch **Notifications**, and toggle on **Smart notifications**. Then push notifications will be sent to your watch intelligently based on phone usage status. This feature is disabled by default.

## Viewing unread messages

When being worn, your watch will vibrate to notify you of new messages pushed from the status bar of your phone.


Unread messages will be kept on your watch. To view them, swipe up on the watch home screen to enter the message center.

## Replying to SMS messages


-  This feature is unavailable when your watch is paired with an iPhone.
  - Quick SMS replies only work with the SIM card that has received the SMS message.

To reply to a new SMS message or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons. Supported message types are subject to actual use.



## Customizing quick SMS replies

-  If there is no **Quick replies** card, it indicates that your watch does not support this feature.
  - This feature is unavailable when your watch is paired with an iPhone.


You can customize a quick reply as follows:

- Once your watch is linked with **Huawei Health**, open the app, navigate to the device details screen, and touch the **Quick replies** card.
- You can touch **Add reply** to add a new one, touch an existing reply to edit it, or touch  next to a reply to delete it.

## Deleting messages


- On the message center, swipe left on a message that you wish to delete, and touch  to delete it.
- Touch  at the bottom of the message list to clear all messages.

## Bluetooth voice calls

-  • To use this feature, make sure that your wearable device is linked with **Huawei Health**.
  - Wearable devices do not support the dialer function.


### Adding favorite contacts

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Favorite contacts**.
- 2 On the **Favorite contacts** screen, touch **Add** and you'll be automatically redirected to your phone contacts. From there, select the ones you wish to add to your watch. Then you can **Sort** or **Remove** contacts on the **Favorite contacts** screen.

-  You can choose a maximum of 10 contacts for **Favorite contacts**.


### Making and answering calls

**To make a call:** Enter the app list on your wearable device, touch **Contacts** or **Call log**, and select the contact you'd like to call.


-  • If you're using dual SIM cards, when you make a call to a watch contact, you cannot select which SIM card to use for the call, as that is determined by the phone's protocols. For details, contact your phone manufacturer's customer service.  
When you make a call from your watch, sound will be played from your watch, and your phone will display the message that a Bluetooth call is in progress. To switch the sound output to your phone, you'll need to set your phone to Receiver mode.




**To answer a call:** Simply touch the Answer icon to receive an incoming call on your wearable device when it reminds you of your phone's incoming call. Once the call is answered, the audio will play from your wearable device's speaker.

## Remote shutter


-  • This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.
  - Camera preview and photo viewing are not supported on the watch. Please do so on your phone.

- 1 Make sure that your watch is linked with **Huawei Health**.


Swipe down from the top of the watch home screen, and make sure that  is displayed, indicating that your watch is connected to your phone.

- 2 On your watch, open the app list, and select **Remote shutter** () , which will automatically launch your phone camera. Touch  on the watch screen to take a photo. Touch  to set a timer.





## Controlling music playback

-  • Music syncing to watch is unavailable when your watch is paired with an iPhone. If your watch has not been restored to its factory settings, it is recommended that you connect your watch to an Android phone first for music transfer, and then link your watch with an iPhone for music playback controls (provided that the same HUAWEI ID is used to log in to the Huawei Health app on all of the used phones).
- To use this feature, make sure that your watch is properly linked with **Huawei Health**.


### Controlling phone music playback

-  There's no need to set the **Control phone music** switch in **Huawei Health** if you're using an iPhone.
- On your phone, open **Huawei Health**, navigate to the device details screen, touch **Music**, and toggle on **Control phone music**.
- Open a phone music app and start the playback.
- On your watch, swipe right on the home screen to enter the HUAWEI Assistant-TODAY screen, and touch the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

### Syncing music to your watch

- 1** Open **Huawei Health** and navigate to the device details screen.
  - 2** Go to **Music > Manage music > Add songs**, and select songs to be synced.
  - 3** When you're done, touch  in the upper right corner of the screen.
  - 4** Access the music management screen, touch **New playlist**, create a name for the playlist, and add songs to suit your desires. You can also categorize tracks that have been uploaded to your watch for easier management. You can update an existing playlist at any time by touching  in the upper right corner of the playlist screen and then **Add songs**.
-  • To delete an added song, enter **Huawei Health**, navigate to the device details screen, go to **Music > Manage music**, find the target song in the list, touch the  icon next to it, and then touch **Delete**.
  - The synchronization of certain songs requires the Premium PLUS membership of HUAWEI Music.

### Controlling watch music playback



- 1** On your watch, open the app list, and go to **Music** () > **Playing**, or open another music app.
- 2** Touch the Play button to start playing.

- 3 On the music playback screen, you can adjust the volume, set the playback mode (such as Play in order and Shuffle), and swipe up on the screen to view the playlist or switch between tracks.

## Alarms

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

### Setting an alarm using your wearable device

- 1 Enter the app list, touch **Alarm** () , and touch  to add an alarm.
- 2 Set the alarm time and repeat cycle, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.
- 3 Touch an existing alarm to modify the alarm time and repetitions, or to delete it.

### Setting an alarm using the Huawei Health app


- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Alarm**.
- 2 Touch **Add** to set the alarm time, alarm name, and repeat cycle.
- 3 If you're using Android or EMUI, touch ✓ in the upper right corner. If you're using iOS, touch **Save**.
- 4 Return to the **Huawei Health** home screen and swipe down on it, to sync the alarm settings to your wearable device.
- 5 Touch an existing alarm to modify the alarm time, alarm name, and repeat cycle.

### Setting the alarm volume

Enter the app list on your wearable device, go to **Settings > Sounds & vibration > Alarm volume** and make the adjustment based on your needs.

## Voice assistant





Voice assistant on your watch makes it easy to look things up, once your watch has been connected to your phone via **Huawei Health**.

-  Make sure that your watch has been updated to its latest version, for the best user experience possible.
- Ensure that the **Language** and **Region** settings in your phone system Settings are consistent with those set in the Huawei Health app.
- This feature is available only when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.
- This feature is available in certain markets only.


## Using the voice assistant

- 1 Press the Up button on your watch to enter the app list, go to **Settings > Smart assistance > AI Voice**, and toggle on **Wake-up button**.
- 2 Press and hold the Down button to wake up the voice assistant.
- 3 Give a voice command, such as "What's the weather like today?". After the voice assistant responds to your query and finds relevant information, your watch will display the result and broadcast it for you.

## Finding your phone using your watch

- 1 Swipe down on the watch home screen to open the shortcut menu. Check to make sure that  is displayed, indicating that your watch is properly connected to your phone over Bluetooth.
- 2 On the shortcut menu, touch **Find Phone** (  ) and then . The Find Phone animation will then play on the screen.
- 3 Look for your phone following the ringtone played on your phone (even in Vibration or Silent mode), as long as your watch and phone are within the Bluetooth connection range.
- 4 Touch the wearable device screen to end the search.
  -  • If **Auto-switch** is enabled on your watch, make sure that your watch is linked with **Huawei Health** before using the Find Phone feature.
  - If you are using an iPhone and the phone screen is turned off, your phone may not respond to the Find Phone feature as the ringtone playback is controlled by iOS.

## Finding your watch using your phone

-  • Some models need to be updated to their latest versions to use this feature.
- 1 Make sure that your watch is linked with **Huawei Health**.
  - 2 Open **Huawei Health**, navigate to the device details screen, and go to **Find device > Ring**.
  - 3 Touch **Ring**, and your watch will start ringing (even in Vibration or Silent mode). When you find your watch, touch **Stop ringing**, or wait until the ringing ends.

## Do Not Disturb mode

When Do Not Disturb mode is enabled, your device won't ring or vibrate when receiving incoming calls and notifications (except when an alarm goes off).



## Enabling/Disabling Do Not Disturb


**Method 1:** Swipe down from the top of the watch home screen and touch **Do Not Disturb** to enable or disable it.

**Method 2:** Go to **Settings > Sounds & vibration > Do Not Disturb > All day** to complete the setting.


## Scheduling Do Not Disturb

- Go to **Settings > Sounds & vibration > Do Not Disturb > Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods and put any of them into effect.
- To disable any scheduled Do Not Disturb periods, go to **Settings > Sounds & vibration > Do Not Disturb > Scheduled**.

## Viewing calendar events

-  If you're using a Google phone, make sure that your phone has a network connection, and go to **Settings > About > Google Account > Sync** to enable **Google Calendar**, **Calendar**, and **Calendar events**.
  - Google Calendar syncs events only to your wearable device.
  - If you're using a Samsung phone, go to **Settings > Accounts and backup > Manage account**, touch a Google account and **Sync account**, and then touch **Tasks in the Calendar**, **Google Calendar**, and **Calendar**.


Create an event on your phone as usual, and this new event will be synced to your wearable device after it's connected to your phone.

-  To ensure the best user experience possible, make sure to update your phone to its latest version.
  - Calendar syncing is enabled by default. You can disable it in the Huawei Health app, by visiting the device details screen, going to **Device settings > App management > Calendar**, and toggling off **Sync Calendar to watch**. Once disabled, your calendar will no longer sync between your devices.
  - Only calendar events over the next seven days can be synced.
  - The monthly calendar or yearly calendar does not show on the wearable device. If calendar syncing is off, the message "No upcoming events" will display.

Enter the app list on your wearable device, and select **Calendar** to view the current date and upcoming events. If you have set reminders for your events, your wearable will notify you at the preset times.

# Health Management

## Emotional wellbeing

-  • Measurement data and results are for reference only and should not be used as a basis for diagnosis or treatment. If you experience any discomfort, please seek medical assistance.
- This feature is only available in certain countries. For example, it's not available in European countries.

### Introduction to emotions and stress

Emotions are the natural response to and outward expression of a person's subjective experience and belong to a type of psychological phenomenon closely related to the person's tendencies such as wants and desires, reflecting whether or not these have been satisfied.

In psychology, stress is the feeling of being constrained or tension. Stress is caused by an external stimulus, such as a task or challenge. An appropriate amount of stress can increase productivity.

General emotional wellbeing is the reflection of emotions and stress over a long period of time. Small or brief fluctuations don't indicate an actual problem. Emotional health is reflected in the ability to recover to an ideal status and adapt to your surroundings. A smart watch can help you record your emotions and stress, for your physical and mental wellbeing.

### Recording your emotions/stress

- 1 Press the Up button to enter the app list, and select **Emotional wellbeing** to enter the app home screen.  
If you're using the app for the first time, touch **Agree** on the user authorization screen and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app home screen.
- 2 Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Additional emotions/stress records**. When enabled, the device will automatically measure stress level, emotions, and other related information when it detects that you're at rest. Data isn't available while you're asleep. When using the app for the first time, you'll need to keep the watch on for a period of time before emotional data is available.

### Viewing your emotions/stress data

#### On your wearable

Press the Up button to enter the app list, and select **Emotional wellbeing** to enter the app home screen, where your current emotion is shown via an animation. Swipe up to view more data records.

#### On your phone

Open **Huawei Health** and touch the **Emotional wellbeing** card to view your emotion data. You can view your emotion/stress data by day, week, month, and year, and read the analysis and tips by day, week, month, and year.

### Relaxation services

If negativity or stress has been building up, you can adjust yourself with stress relieving services.

- 1 Press the Up button to enter the app list, and select **Emotional wellbeing** to enter the app home screen.
- 2 Swipe left to view available services, and select a breathing exercise or workout to suit your needs.  
Breathing exercises and workouts are available directly on your watch. Other options like meditation and yoga classes need to be initiated in the **Huawei Health** app on your phone.

### Emotional wellbeing reminders

- 1 Press the Up button to enter the app list, and select **Emotional wellbeing** to enter the app home screen.
- 2 Swipe up on the screen to enter the **More** screen, touch **Reminder settings**, and toggle on **Mood**. Your watch will send full-screen reminders based on your recent mood. When it detects that you've been stressed out for quite some time recently, the reminders will include a link to stress relieving services (such as breathing exercises), which you can touch and start the service straightaway.

### Pet·Panda watch face


Once you've switched to this watch face, you can raise your wrist to get your mood straight from the panda's expression which changes based on how you feel throughout the day.

- 1 Touch and hold anywhere on the current watch face to visit the watch face selection screen
- 2 Swipe left or right or rotate the Up button to find the **Pet·Panda** watch face, touch it, and complete the settings as instructed.

## Sleep monitoring

Keep your wearable device properly on while sleeping, and it will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, REM sleep, or awake.

### Customizing sleep settings



- 1 Enter the app list, select **Sleep** () , swipe up on the screen, and go to **More > Sleep mode**.
- 2 **Auto** is enabled by default. You can also set your wearable device to enter and exit Sleep mode at a scheduled time. To do so, touch **Add time**, set **Bedtime**, **Wake up**, and **Repeat**, and touch **OK**. To delete a schedule, touch it and then **Delete**.

## Enabling/Disabling HUAWEI TruSleep™

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off **HUAWEI TruSleep™**.

**HUAWEI TruSleep™** is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.


## Viewing/Deleting your sleep data

- On your wearable device, open the app list and select **Sleep** () , to check out your night sleep and nap records.
- On your phone, go to **Huawei Health** > **Health** > **Sleep**, touch  in the upper right corner and then **All data**, and you'll be taken to the screen where historical sleep data is displayed. If required, touch the Delete icon in the upper right corner, select the target records, and delete them.


## Sleep breathing awareness

The sleep breathing awareness feature helps detect interruptions in your breathing while you're asleep.


### Enabling the app

-  This feature is only available in certain markets.
    - Before using this feature, connect your watch to the Huawei Health app.
- 1 In the **Huawei Health** app, enter the **Health** screen, touch the **Sleep** card, swipe up till you reach the bottom of the screen, and touch **Sleep breathing awareness**.
  - 2 When using the feature for the first time, follow the onscreen instructions to select which permissions to grant, touch **Allow** and then **Agree**, and you'll be taken to the **Sleep breathing awareness** screen. Touch **Activate**, and toggle on the switch for **Sleep breathing awareness**.
  - 3 Now the settings are done. Wear your watch to bed, and your watch will detect and analyze interruptions in your breathing while you're asleep.


### Viewing data

- 1 Go to **Huawei Health** > **Health** > **Sleep**, touch **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the app where you can see the latest detection result and a summary of all records.
- 2 Touch  in the upper right corner and then **All data**, and select a specific date to view the data records of that day.


## Enabling/Disabling Sleep breathing awareness

Go to **Huawei Health > Health > Sleep > Sleep breathing awareness**, touch  in the upper right corner and then **Sleep breathing awareness**, and toggle the switch for **Sleep breathing awareness** on or off.


## Disabling the service

Go to **Huawei Health > Health > Sleep > Sleep breathing awareness**, touch  in the upper right corner, go to **About > Disable service**, and follow the onscreen instructions to complete the settings.


## Activity rings


 To use this feature, first update your watch to its latest version.


Activity rings track your daily physical activity with three types of data (three rings): Move, Exercise, and Stand. Reaching your goals for all three rings can help you lead a healthier life. To set your own goals for Activity rings:

**On your phone:** Go to **Huawei Health > Health**, and touch the Activity rings card to access the **Activity records** screen. Touch  in the upper right corner and then **Edit goals**.

**On your watch:** Navigate to the Activity rings app, swipe left to view **This week's** data, swipe up to view **Today's** details, and swipe up again to find and touch **Edit goals** or **Reminders**. In **Reminders**, you can disable **Stand**, **Progress**, and **Goal reached**.

(1) : **Move** measures the calories you burn through activities like running, cycling, or even doing house work or walking your dog.

(2) : **Exercise** measures the total duration of moderate- and high-intensity workouts you've engaged. The World Health Organization (WHO) recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise per week. Fast walking, jogging, and moderate-intensity strength training can improve cardio endurance and boost overall fitness.



(3) : **Stand** measures the number of hours during which you stood up and moved around for at least one minute. For example, if you have walked for more than one minute in a given hour (such as between 10:00 and 11:00), this hour will be counted into **Stand**. Sitting for too long is harmful. WHO studies indicate that sitting for long periods of time is linked to higher risks of high blood sugar, type 2 diabetes, obesity, and depression.

This ring is designed to help remind you that staying seated for too long is damaging to your health. You are advised to stand up at least once per hour and score as high as you can for **Stand** every day.

## Stay Fit app

The app helps set a science-based, personalized training plan for you to reach or maintain your ideal weight, based on weight changes, calorie deficit, diet records, exercise data, and more.

### Setting your initial goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Touch **Agree** on the user authorization screen if you're using the app for the first time.
- 2 If no weight data has been entered, follow the onscreen instructions to fill in **Weight**, **Goal type**, **Rate of loss**, and **Target weight** to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you. Touch **Start**.
  -  If you have set your current weight and target weight via **Huawei Health > Health > Weight management**, such data will automatically sync to your watch.
- 3 Enter the **Sync goal** screen, choose whether or not to sync your goal to Activity rings, and you'll be redirected to the notifications settings screen where you can complete the relevant settings. Once you're done, you'll be redirected to the gesture guidance screen and then the **Stay Fit** home screen.
  -  If you're using the **Weight Loss** watch face, just touch the watch face to instantly access the Stay Fit app.


### Resetting your goal

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2 Touch **Reset goal** to adjust **Weight**, **Goal type**, **Rate of loss**, and **Target weight**, to have a new weight loss or weight maintaining plan generated for you.

### Recording your weight


- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen to enter the **Goal** screen.
- 2 Touch **Record weight** and note down your current weight.

### Recording your diet

- 1 Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe left on the app home screen to access **Today's intake**.
- 2 Touch **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
  -  You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.

- Remember to log each meal on your phone's **Calorie records** screen. You can then view your diet data on your phone's **Calorie records** screen or your watch's **Today's intake** screen.

### Exercising

- Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe left twice on the app home screen to access **Today's calories burned**, and view your **Burned (kcal)**, **Resting**, and **Active** calorie data for the current day.
  - Swipe up on the screen, touch **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.  
Touch **Video course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Touch a fitness course to start a workout session.
-  You'll only be redirected when your watch is paired with a HUAWEI phone.

### More settings


- Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen and touch **More settings**.
- Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

### Reminders

- Press the Up button on the watch to open the app list and select **Stay Fit**. Swipe up on the app home screen and touch **Notifications**.
- Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

## Pulse wave arrhythmia analysis


Pulse wave arrhythmia analysis uses the high-precision PPG sensor on your wearable device to screen for abnormal heartbeat rhythms.

-  This feature is only available in certain markets.
- The results are for reference only and are not intended for medical use.

### Activating the app

- Before everything, download the latest version of **Huawei Health** from HUAWEI AppGallery, or update the installed **Huawei Health** app to its latest version.
- Open **Huawei Health**, go to **Health > Heart > Pulse wave arrhythmia analysis**, and activate **Pulse wave arrhythmia analysis**.

### Taking measurements on your wearable device

-  If your wearable device supports the ECG feature, use the ECG app to perform measurements.



- 1 Double-check that your wearable device is worn properly, and place your arms flat on a table or on your laps, with your arms and fingers relaxed.
- 2 Enter the app list, select **Pulse wave arrhythmia analysis**, and touch **Measure**.
- 3 Keep still and wait till the measurement is complete, then view your result on the wearable device screen. You can touch ⓘ to check out the result description. For more details, open **Huawei Health** on your phone, and go to **Health > Heart > Pulse wave arrhythmia analysis**.

### Enabling automatic measurements and reminders

- 1 Open **Huawei Health**, go to **Health > Heart > Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner, and select **Automatic measurement**.
  - 2 Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while it's worn. You can toggle the switch for **Arrhythmia alerts** on or off as needed.
- ⓘ During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will pop up on your wearable device. If you are wearing a wearable device that supports ECG, you will be reminded to measure your ECG.

### Disabling the service

Go to **Huawei Health > Health > Heart > Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner, go to **About > Disable service**, and follow the onscreen instructions to complete the settings.

### Possible results

Results may differ from ECG analysis results. Please consult with a medical professional about the results. Do not interpret the results on your own or self-medicate.

To check out the result description, open **Huawei Health**, navigate to the **Pulse wave arrhythmia analysis** screen, touch ⋮ in the upper right corner, and select **Help**.

Measurement results: No abnormalities, Risk of premature beats, Risk of A-fib, Suspected premature beats, or Suspected A-fib

## ECG measurement

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help identify irregular heart beats and screen for potential health risks.

- ⓘ This feature is currently only available on the HUAWEI WATCH GT 5 Pro.
- ⓘ This feature is only available in certain markets. Refer to the list of countries/regions where the ECG feature of HUAWEI wearable devices is available.



## Before you start



- This feature shall be used in accordance with the laws and regulations of medical devices in your local jurisdiction.
- This feature is not intended for users below the age of 18.
- This feature is not intended for people with pacemakers or other implanted devices.
- Strong electromagnetic fields will lead to severe ECG signal distortion. Avoid using this feature in environments with a strong electromagnetic field.
- All data obtained during the use of this app is for reference only, and should not be used as a basis for medical research, diagnosis, or treatment.

## Before use

-  To use this feature, first update the **Huawei Health** app to its latest version.

If you're using **ECG** for the first time, go to **Huawei Health > Health > Heart > ECG**, and follow the onscreen instructions to activate the ECG app.

## Measuring your ECG


- 1 Double-check that the device is worn properly. Enter the app list and select **ECG**. If you're using the feature for the first time, specify which wrist you're wearing the device on. You can then change this setting anytime on the ECG app home screen by touching the Settings icon at the bottom.
- 2 Place your arms flat on a table or your lap, with your arms and fingers relaxed.
- 3 Gently place a finger of your free hand on the electrode (Down button) and hold still, then a measurement will be automatically initiated.
  -  During the measurement, hold still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the electrode, but avoid pushing too hard on it.
  - Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water to enhance conductivity.
  - The duration of a single measurement is 30 seconds.
- 4 Keep still and wait till the measurement is complete, then view your result on the watch screen. You can touch  to check out the result description. For more details, open **Huawei Health** on your phone, and go to **Health > Heart > ECG**. To download an ECG report, touch the download icon in the upper right corner of the ECG details screen.

## Result interpretation


- Please consult with medical professionals about your measurement results. Do not interpret the results on your own or self-medicate.
- This feature cannot detect blood clots, strokes, heart failure, or other types of arrhythmia or heart issues.

- This feature cannot detect heart attacks or related complications. If you feel pain, tightness, or pressure in your chest, or experience any other symptoms, seek medical assistance immediately.
- Do not adjust your prescription based on the data provided by this feature without first consulting with medical professionals.


## SpO2 measurement

-  • To use this feature, first update your wearable device and the **Huawei Health** app to their latest versions.
- To ensure optimal measurement accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the sensor area is in contact with your skin, without any foreign objects in between.

### Individual SpO2 measurement

- 1 Double-check that your wearable device is worn properly, and keep still.
- 2 Open the app list, and swipe up or down until you find **SpO2** () , and touch this option.
- 3 Touch **Measure**. (The actual product interface shall prevail.)
- 4 Once an SpO2 measurement is initiated, remember to keep still with the device screen facing upward.

### Automatic SpO2 measurement


- 1 To enable this feature, open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Automatic SpO<sub>2</sub>**.
  -  When enabled, the device will automatically measure and record your SpO2 when it detects that you are at rest. This indicator is especially important when you're asleep or in high-altitude areas.
- 2 Touch **Low SpO<sub>2</sub> alert** and set the lower limit for you to receive an alert while you're awake.

### Viewing your SpO2 data


Go to **Huawei Health > Health > SpO<sub>2</sub>**, and select a date to view your SpO2 data on that day.


## Heart rate measurement

Continual heart rate monitoring is enabled by default, which displays your heart rate curve. If this feature is disabled, you will be prompted to visit **Huawei Health** and toggle on the switch for **Continuous heart rate monitoring**.

-  To ensure optimal monitoring accuracy, fasten the device snugly one finger width above your wrist bone for the best possible fit. Make sure that the watch remains secure on your wrist during workouts.

## Individual heart rate measurement


- 1 Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle off **Continuous heart rate monitoring**.
- 2 On your watch, open the app list and select **Heart rate** () to initiate an individual measurement.

-  Heart rate measurements may be affected by external factors such as low ambient temperatures, arm movements, or tattoos on your arm.

## Continuous heart rate monitoring

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**.


Set **Monitoring mode** to **Smart** or **Real-time**.

- **Smart:** Automatically adjusts the frequency of measurements depending on your state of activity.
- **Real-time:** Monitors your heart rate in real time regardless of your state of activity.
-  Real-time monitoring will increase the power consumption of your device, while Smart monitoring is more power-saving.

## Resting heart rate measurement

Resting heart rate, measured in beats per minute, refers to the heart rate measured while you're awake but in a quiet, resting state. This is an important indicator of heart health. The best time to measure your resting heart rate is first thing in the morning after waking up (but before getting out of bed).

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and toggle on **Continuous heart rate monitoring**. Your wearable device will then automatically measure your resting heart rate.

-  There are some prerequisites for your resting heart rate to be displayed. Suboptimal measurement time may lead to deviations or no result in your resting heart rate measurement.

## Heart rate alerts

### High heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **High heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when you've been in a resting state and your resting heart rate stays above your set limit for more than 10 minutes.



## Low heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **Low heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when you've been in a resting state and your resting heart rate stays below your set value for more than 10 minutes.

## Heart rate measurement during a workout

During a workout, your wearable device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the pre-set upper limit. For better training results, you're advised to use heart rate zones as a guide for your exercise.

- To choose the calculation method for heart rate zones, go to **Huawei Health** > **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**. For your runs, set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage**. For other workout modes, choose either **Maximum heart rate percentage** or **HRR percentage**.

-  If you select **Maximum heart rate percentage** as the calculation method, your heart rate zones for different workout intensities (namely Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) are calculated based on your maximum heart rate ( $\text{HRmax} = 220 - \text{Your age}$ ).
- If you select **HRR percentage** as the calculation method, your heart rate zones for different workout intensities (namely Advanced anaerobic, Basic anaerobic, Lactate threshold, Advanced aerobic, and Basic aerobic) are calculated based on your heart rate reserve (or HRR, determined by taking your maximal heart rate and subtracting your resting heart rate).
- After you start a workout, you'll see your real-time heart rate on your wearable screen. At the end of the workout, you can view your average heart rate, maximum heart rate, and heart rate zones on the workout results screen.
-  During a workout, your real-time heart rate will not display once your wearable device is removed from your wrist, but the device will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
- You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** on the **Huawei Health** home screen.

## High heart rate alert during workouts

Your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time during a workout.

**1** Go to **Huawei Health > Me > Settings > Workout settings > Exercise heart rate settings**, and toggle on **High heart rate**.

**2** Touch **Heart rate limit**, set the upper limit to suit your needs, and touch **OK**.

**i** If you disable audio reminders for individual workouts, you will be alerted through vibrations and card prompts only, without audio broadcasts.

## Skin temperature measurement

This feature monitors the changes in your wrist skin temperature after exercise. When the Continuous skin temperature measurement feature is enabled, your data will be displayed in a curve.

- i** • To use this feature, first update your watch and **Huawei Health** to their latest versions.
- The product is not a medical device. This feature is intended for change monitoring in wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only, and should not be used as a basis for medical diagnosis or treatment.
- During the measurement, keep the device snugly on your wrist for at least 10 minutes and stay in a quiet, resting state in a relaxed environment at room temperature (about 25°C). Make sure that there's no water, alcohol, or other liquids on your wrist skin. Avoid measuring in environments with direct sunlight, wind, or extreme temperatures.
- After a workout, shower, or switching between outdoors and indoors, wait 30 minutes before starting a measurement.
- Avoid measuring after drinking.

### Individual body temperature measurement

On your watch, enter the app list, and go to **Skin temperature > Measure**.

### Continuous measurement

- 1** Open **Huawei Health**, navigate to the device details screen, touch **Health monitoring**, and toggle on **Continuous skin temperature measurement**.
- 2** On your watch, enter the app list and touch **Skin temperature** to view your temperature data curve.

### Changing the temperature unit

Go to **Huawei Health > Mine > Settings > Units > Temperature unit**, and choose Celsius (°C) or Fahrenheit (°F).



# Cycle Calendar

## Activating the app


If you're using this feature for the first time, make sure that your watch and phone are connected and complete the feature activation.

- 1 Go to **Huawei Health > Health > Cycle Calendar**, download the feature package, set your period data, and touch **Get started**.
- 2 An activation notification will pop up on your watch when you're wearing it. If it's off your wrist, the notification will be stored in the message center.  
Touch **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.  
Touch **OK** to return to the previous screen.

## Recording and viewing your periods on your watch

- 1 Press the Up button on your watch to open the app list, find and select **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar. Touch  to the right of the app name to switch between monthly view and ring chart view.
- 2 Touch **Edit** or  to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**. Swipe up again to record your physical symptoms. Swipe up once more to go to the **More** screen and view **Help**.
- 3 On the **monthly view** screen, swipe left and right to view data of the previous cycle and next three cycles.








## Recording your periods in the Huawei Health app

- 1 Go to **Huawei Health > Health > Cycle Calendar**, and follow the onscreen instructions to download the feature package and complete the data settings. If the **Cycle Calendar** card is not on the app home screen, touch **Edit** and add the card.
- 2 Enter the **Cycle Calendar** screen, toggle on **Period started** or **Period ended** for specific dates to record the duration of a menstrual cycle. You can also record your **Physical symptoms**.
- 3 On the **Cycle Calendar** screen, touch  in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the **Reminders** switch on or off. Toggle on the switch for **Predictions**. Once enabled, your watch will (provided that it's worn all the time, especially at night) combine the tracked health data, such as body temperature, heart rate, and respiratory rate, to generate better cycle predictions.  
Touch **Period records** to view **Avg period** and **Avg cycle**.  
Touch **All data** to view the historical data.





# Exercise

## Starting a workout

### Starting a workout on your wearable device

- 1 Enter the device app list, and touch **Workout** () .
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and touch **Custom** to add other workout modes.
  -  To remove a workout:  
Enter the app list, select **Workout**, swipe up until you reach the end of the screen, and touch **Custom**. Select a workout mode, and touch  to remove it from the list or  to reorder your workout list.
- 3 Touch the workout icon to start a workout session.
- 4 During a workout session, you can press and hold the Up button to end the exercise.  
Alternatively, press the Up button to pause, touch  to resume, or touch  to end the workout.
  -  . To keep your device screen on during workouts, go to **Workout > Workout settings**, and toggle on the switch for **Always on**.
  - To adjust the volume of workout reminders, go to **Workout > Workout settings**, touch the Volume icon, and swipe up or down on the volume slider. When the volume is lowered to zero, the Mute icon will display and audio reminders will be silenced.

### Starting a workout in the Huawei Health app


- 1 Double-check that your wearable device is linked with **Huawei Health**, and wear your device snugly on your wrist.  
Then in **Huawei Health**, for example, go to **Exercise > Outdoor run** and touch the running icon to start your run.
- 2 Controls via **Huawei Health** during workouts: Touch  to pause the workout, touch  to resume, or touch and hold  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.
  -  . During a workout, data such as the workout duration and distance will display both in the **Huawei Health** app and on your wearable screen.
  - If the workout distance or duration is too short, the record won't be saved.
  - After a workout ends, you can view your workout data (collected from both your phone and wearable device) in the **Huawei Health** app. Such data will not be displayed on your wearable device.

## Workout settings

On your wearable device, touch the Settings icon to the right of a workout mode to set **Goal**, **Reminders**, **Data display**, and **Mistouch prevention**. You can also choose to **Remove** the workout. (Available options may vary depending on the device model and workout mode. If there's no such icon, it indicates that such settings are unavailable on your device.)

### • Reminders

Touch **Reminders** and set **Interval** by **Distance** or by **Time**. You can also toggle the switch for **Heart rate** on or off.


-  Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain countries. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the download may take a long while if you're using an iPhone.

### • Mistouch prevention


Touch **Mistouch prevention** and toggle the switches for **Auto-lock Crown** and **Auto-lock screen** on or off.

## Customizing workout data cards

You can customize what type of health and fitness data to display during your workouts, to best suit your needs.

- 1** Press the Up button on your watch to enter the app list, touch **Workout**, find a desired workout mode (such as **Outdoor run**), and touch  to its right, to access the settings screen.
- 2** Touch **Data display**, select the cards you need, and toggle on **Show cards**.
- 3** Touch **Custom cards**, select a display style (such as **2 cells**), and choose the corresponding data (such as **Heart rate** and **Pace**).
- 4** When the settings are done, you'll be about to swipe up or down on the workout screen to browse selected data cards and view corresponding data during a workout.

To restore the default settings, navigate to the **Data display** screen and touch **Reset**.

-  Such custom settings are only available to certain workout modes.

## Trail run



The pro-level Trail run mode on your watch supports segment-based navigation and real-time map-based routes, for enriched data display.





- Segment-based navigation is a Trail run feature only available on HUAWEI WATCH GT 5 Pro. To use this feature, make sure to update the Huawei Health app and your wearable device to their latest versions.
- Segment-based navigation is currently unavailable when the wearable device is connected to an iPhone.

### Starting a Trail run session

Before everything, download the official route from relevant website, import the route to **Huawei Health**, and sync it to your watch. If this route is in a new city, you'll need to download the relevant offline map as well.

- 1 Go to **Huawei Health > Me > My route > Import route**, select a downloaded route, and save it to **My route**.
- 2 Select the target route. Touch  in the upper right corner and then **Send to wearable**, to sync the route to your watch.
- 3 Press the Up button on your watch to enter the app list, and touch **Workout**.
- 4 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen, and touch **Routes**.
- 5 Select your route. Touch **Go exercise** and then **GO** to start the run.
- 6 Swipe up or down the screen to view your fitness data.

### Workout settings

- 1 Press the Up button to enter the app list, and touch **Workout** ().
- 2 Swipe up or down on the screen to find and select **Trail run**. Touch  to its right to access the settings screen.
  - Touch **Goal** and set targets for distance, time, and calories burned.
  - Touch **Reminders** to set intervals and reminders for heart rate and training stress. Audio reminders will play when a preset threshold is met during the workout.
  - Touch **Data display** and set the data to be displayed on the workout screen.
  - Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

## Golf

- This feature is currently only available on HUAWEI WATCH GT 5 Pro.

Course mode accurately detects the location of the green and obstacles, and provides pinpoint distance measurements, to help you improve your golfing game.

Driving range mode offers detailed swing data including backswing/downswing time, swing tempo, and swing speed, and provides animated swing and grip demos and tips.

- Ball trajectory tracking is only available for swings, not putts.

## Downloading or deleting a course

- 1 Go to **Huawei Health > Exercise > Golf** and touch **Course map**.
- 2 On the **Discover** tab, select your target course, and touch **Download**.
- 3 Once the download is complete, touch the course to enter the course details screen. Touch **⋮** in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.

## Driving range mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Select **Practice** and touch the start icon (or press the Down button) to start a golf practice.
- 3 Swipe up or down on the screen to check out the swing and grip demos and view your workout data.

## Course mode

- 1 Press the Up button on the watch to enter the app list, and go to **Workout > Golf**.
- 2 Go to **Course mode > Search nearby**, and select the current course you are at. If the course has already been downloaded, you will find it in **Downloaded**.
- 3 Follow the onscreen instructions to set the venue and teeing area, wait till GPS positioning is functioning, and touch the start icon (or press the Down button) to start a golf session.
- 4 Swipe left to enter the scorecard screen and record your scores for each hole. Swipe up or down to obtain a panoramic view of the fairway and obstacles, and check out distance measurements, wind speed and direction, as well as information on the direction and slopes of the green.
- 5 During the golf session, touch **View scorecard** to view your scores, **Save** to temporarily save the game, or **End** to end the session and save the record. You can also press and hold the Up button to end the workout.

## More info

- 1 How do I switch to the other green if there are two on the course?  
Update your watch to the latest version and you'll be able to touch **L/R** on the screen to switch between the greens. (Touch **A/B** if your watch is not running the latest version.)
- 2 How do I switch between holes during a match?  
The watch should automatically switch to the corresponding hole when you enter its teeing area.
- 3 How do I modify data in a scorecard?  
During a workout, swipe left on the screen to access the scorecard and make the modification. Scorecard data cannot be edited after the session ends.

## Diving

-  This feature is currently only available on the HUAWEI WATCH GT 5 Pro.

- ⊘ Diving can be dangerous and should only be done by certified divers in the presence of another experienced diver or diving instructor.

### Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized training table, and record your heart rate during each training session.

To enable this feature, enter the app list, go to **Workout > Diving > Apnea training**, and follow the onscreen instructions to start training.

### Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea test. During the test, your data like breath-holding duration and real-time heart rate will be available.

To enable this feature, enter the app list, go to **Workout > Diving > Apnea test**, and follow the onscreen instructions to start a test. During the apnea test, press the Down button to record diaphragm contractions.

### Freediving


- 1 Enter the app list and go to **Workout > Diving > Freedive**.
- 2 Tap the icon on the right to set reminders, alarms, water type, and notification methods.
- 3 Touch the start icon or press the Down button to start the workout.
- 4 Press and hold the Up button to end the workout.

## Offline maps

### Downloading an offline map

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
- 2 Touch **Regions**, find your target region and the map, and touch **Download**.  
Make sure not to leave the screen during the download. After the download is complete, you can view the map via the **Manage downloads** tab.

### Deleting an offline map

- 1 Open **Huawei Health**, navigate to the device details screen, and touch **Offline maps**.
- 2 Touch **Manage downloads**, select the map to be deleted, then touch  on the right and then **Delete data**.


### Offline map settings


- 1 Press the Up button to enter the app list, and go to **Settings > Offline maps**.
- 2 Complete the following settings for the offline map display to suit your needs.

- Toggle the switch for **Contour lines** on or off. (Only available on the HUAWEI WATCH GT 5 Pro.)
- **Display mode:** Choose **Auto**, **Light**, or **Dark**.
- **Map view:** Choose **Auto-rotate** or **North up**.

## Phone-watch linking for cycling


Starting a cycling session on your watch auto-links with your phone, for enriched real-time data display on both devices.

-  • This feature is only available when your watch is paired with a HUAWEI phone.
  - Before everything, enter the watch's app list, go to **Settings > Workout settings**, and enable **Display on phone**.
  - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.

- 1 Press the Up button to enter the app list, and touch **Workout** (.
- 2 Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**. Touch the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

## Running with Smart Companion

This feature is enabled by default. You can view how much you have exceeded or fallen behind the target pace in real time during an outdoor run.

- 1 Open the app list, and swipe up or down to find and select **Workout** (.
- 2 Touch the icon to the right of **Outdoor run**, and check if **Smart Companion** is enabled. If not, enable it.
- 3 Touch **Target pace** to set a target running pace.
- 4 Return to the workout list, touch **Outdoor run**, wait until the positioning system is working, and touch the running icon to start the workout.

## Customizing running plans

You can have science-based training plans custom-made for you to suit your training goals and schedule, and get motivated to finish a plan in a timely manner while benefiting from intelligent adjustments of the content and difficulty levels of subsequent courses based on your current training status and feedback.

## Creating a running plan

- 1 Go to **Huawei Health > Exercise > Plan**.
- 2 Under the **Smart running plans** section, choose a plan that best suits your needs, and follow the onscreen instructions to complete the settings.
- 3 The plan will then be automatically synced to your wearable device when it's connected to the Huawei Health app.

## Viewing and starting your running plan


### On your wearable device:

Enter the app list, go to **Workout > Courses and plans > Training plans**, touch **View plan**, then touch the workout icon to start training.


### On your phone:

In the **Huawei Health** app, enter the **Exercise** or **Me** screen, and select **Plan** to view your training plan. Touch a date to view the corresponding plan details and start training, which will be synced to your wearable device.

## Ending a running plan

Go to **Huawei Health > Exercise > Plan**, and touch  in the upper right corner and then **End plan**.

## Other settings

Go to **Huawei Health > Exercise > Plan**, touch  in the upper right corner, and then you can:

- Touch **View plan** to view the detailed information about the plan.
- Touch **Sync to wearable device** to sync the plan.
- Touch **Plan settings** to customize training days and reminder settings, and set whether to sync to Calendar.

## Viewing your workout status

Enter the device app list, touch **Workout status** () , and swipe up on the screen, to view related information such as **Running Ability Index**, **Training load**, **Training index**, **Predicted times**, **Recovery**, and **VO2Max**.

- **Running ability index (RAI)** is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- **Recovery** is how long it will take for your body to return to 100%. For an individual workout, this indicator is directly related to recovery time which is determined by training intensity and workout duration.

- **Training load** is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout, except for swimming modes.
- **VO2Max** refers to the maximum amount of oxygen your body can absorb and use per unit time during intense exercise. It is an important indicator of your body's aerobic ability.

## Workout records

### Viewing workout records on your wearable device


- 1 Enter the app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.

### Viewing workout records in the Huawei Health app


Go to **Huawei Health** > **Health** > **Exercise records**, select a record, and view the corresponding details.

### Deleting a workout record

Go to **Huawei Health** > **Health** > **Exercise records**, touch and hold a workout record and delete it. However, this record will still be available in **Workout records** on your wearable device.

-  Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the **Huawei Health** app if they have been synced.

## Auto-detect workouts


- 1 Enter the app list, go to **Settings** > **Workout settings**, and toggle on **Auto-detect workouts**.
  - 2 When this feature is enabled, your wearable device will remind you to start a workout when it detects increased activity intensity. You can ignore the notification or touch a workout icon to start an exercise session.
-  • Your device can automatically identify a workout and send a reminder only when your posture and activity intensity meet the corresponding requirements and when you maintain similar active states for a certain period of time.
  - When your activity intensity remains below the corresponding requirements for a certain period of time, your device will remind you to end the workout. You can ignore the notification or end the workout as prompted.

## Route back

When you start an outdoor workout and enable the Route back feature, your watch will record the route you take and help you navigate. Anytime during the exercise or after you reach your destination, you can use the Route back feature to return to the area you came from or anywhere you passed through.

On your watch, enter the app list, touch **Workout**, and start an outdoor session. At any time during the exercise, swipe up on the screen and select **Route back** or **Straight line** as a guide to return to the area you came from or anywhere you passed through. If you choose **Route back**, you can rotate the Up bottom to zoom in and out on the route.

If **Route back** and **Straight line** don't display on the screen, touch the screen to show them.

-  This feature is only available during an outdoor workout, and will become unavailable once the workout has ended.

## Workout route syncing

### Managing workout routes in the Huawei Health app

#### 1 Exporting a route

- a** Go to **Huawei Health > Health > Exercise records**, select an outdoor workout record that includes route data, touch the route icon on the right, and select **Export route**.
- b** Select an export method and touch **Save**.



#### 2 Importing a route

Go to **Me > My route > Import route**, select a downloaded route file, and save it to **My route**.

#### 3 Viewing/Deleting a saved route

Go to **Me > My route** and select a route to view its details or delete it.




### Syncing workout routes to your wearable

- 1** Go to **Huawei Health > Me > My route** and select a target route. On the route details screen, touch  in the upper right corner and then **Send to wearable**, to import the route to your watch.
- 2** On your wearable device, enter the app list, touch **Workout**, swipe up or down on the screen to select a supported workout mode, and touch  on the right. On the settings screen, touch **Routes**, select the target route, and enable workout navigation. Then you can follow the onscreen instructions to navigate to the target location.

# More help


## Multi-tasking

Multi-tasking makes it easy to switch between recently used apps and quickly clear all background apps.

- 1 Double-press the Up button when your watch is unlocked with its screen turned on, to enter the multi-tasking screen. From there you can view all running apps.
  - 2 Swipe left or right on this screen and perform any of the following operations:
    - Touch an app card to visit the app details screen.
    - Hold down on an app card and swipe up, to clear the app.
    - Touch  to clear all running apps.
-  • If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.
- Touching  won't clear Music and/or Workout if music is being played and/or you're amid a workout session.

## Charging

### Charging your watch

- 1 Connect the charging cradle and charging cable, and then connect the power adapter to a power source.
  - 2 Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle, until you see the charging icon on the device screen.
  - 3 When the charging icon displays 100%, it indicates that the device has been fully charged, and charging will automatically stop.
-  • Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers.
- The charging cradle is magnetic, and tends to attract metal objects. Please check and clean the charging cradle before use. Avoid exposing the charging cradle to high temperatures for extended periods of time, as doing so may damage the charging cradle.
  - If the device is idle for a long time, remember to charge the battery once every two to three months, to extend the battery lifespan.



## Checking the battery level

**Method 1:** Swipe down from the top of the device home screen to check the battery level.

**Method 2:** Connect your device to a power source, and check the battery level on the charging screen.

**Method 3:** View the battery level on your device home screen if the current watch face displays such data.

**Method 4:** Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

## Pairing with cycling accessories

### Pairing for the first time

- 1 Activate the accessory so that it can be found. Press the Up button on the watch to enter the app list, go to **Settings > More connections > Health & fitness devices**, and touch **+**.
- 2 When available devices nearby are displayed, find the target device in the list and follow the instructions to complete the pairing. Alternatively, touch **Manually Add**, select power meter, pedometer, speedometer, or heart rate strap, and find the target device, then follow the instructions to complete the pairing.


### Disconnecting from/Reconnecting to a paired accessory

- 1 Press the Up button to enter the app list, and go to **Settings > More connections > Health & fitness devices**.
- 2 Touch the name of a connected accessory to access the device management screen, and touch **Disconnect**. Touch the name of a paired but currently disconnected accessory to access the device management screen, and touch **Reconnect**.

### Viewing your fitness data

- Heart rate straps: Connect a strap to your watch, start your workout, and view the heart rate strap's collected data on your watch. Such data is only available when you are exercising, and not supported for pool swims or open water swims. When you are not exercising, the watch's collected data will display.
- Speedometers, pedometers, and power meters: Enter the app list, select **Workout**, touch **Outdoor cycle** or **Indoor cycle**, and swipe up or down on the screen to view cycling data.

## Pairing with a HUAWEI S-TAG

-  If you need to pair your watch with two or more devices, do it one by one following the steps below.
  - Before pairing, update your watch to its latest version.

- 1 Press and hold the device button for two seconds to power it on.

- 2 Press the Up button to enter the app list, go to **Settings > More connections > Health & fitness devices**, touch **+**, and your watch will automatically search for available devices. Alternatively, go to **Manually Add > HUAWEI S-TAG**, and wait for the search for available devices.
- 3 Select the device you wish to pair with, from the list of detected Bluetooth devices.
- 4 Confirm the pairing on your watch as prompted. Once the pairing is successful, you can access the device details screen to view the connection status, installation location, and remaining battery power.  
To access the device details screen, press the Up button on your watch to enter the app list, go to **Settings > More connections > Health & fitness devices**, and touch the connected device.


## Connecting to Bluetooth headphones

You can use your Bluetooth headphones for music and audio listening after connecting them to your watch.

### Via watch system Settings


- 1 Link your watch with the **Huawei Health** app, and set your Bluetooth headphones to pairing mode.
- 2 Enter the app list on your watch and go to **Settings > Bluetooth**.
- 3 Select the target Bluetooth headphones, and initiate the connection as prompted.

### Via the on-watch Music app

- 1 Link your watch with the **Huawei Health** app, and set your Bluetooth headphones to pairing mode.
- 2 Enter the app list on your watch, select **Music**, touch  in the lower right corner of the music playback screen, and go to **Audio channel > Pair**.
- 3 Select the target Bluetooth headphones, and initiate the connection as prompted.

## Always On Display


Always On Display (AOD) keeps your device screen on in a low-power state, so that you can always view the time and date without lifting a finger. When AOD is enabled, you can select to display the watch face or AOD when you raise your wrist.

 Enabling AOD will reduce the battery life.

- 1 Open the app list, go to **Settings > Watch face & home**, and enable **Always On Display**.
- 2 Enable **Always On Display**, which will automatically come with a default watch face style.
- 3 Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

## OneHop watch faces

With OneHop, you can easily turn Gallery images from your phone into watch faces on your wearable device. If you plan to use images saved on the cloud, download them before the transfer. You can transfer more than one image if you want, and tap on the watch face screen to switch between the images and enjoy multiple customized watch faces.

-  • Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is only available when your NFC-capable wearable device is paired with a HUAWEI phone that supports NFC.

- 1** Enable NFC on your phone.
- 2** Open Gallery, select an image for transfer, and tap the NFC area on the back of your phone against the wearable screen. The selected image will then display as the watch face, indicating that the transfer is successful.
- 3** You can customize the watch face settings to suit your needs:  
Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.

## Sounds & vibration

### Setting the ring volume

- 1** Enter the device app list and go to **Settings > Sounds & vibration > Ring volume**.
- 2** Swipe up or down to adjust the ring volume.

### Muting and unmuting

- 1** Enter the device app list and go to **Settings > Sounds & vibration**.
- 2** Enable or disable **Mute**.

### Setting the vibration mode

- 1** Press the Up button to enter the app list, and go to **Settings > Sounds & vibration > Vibration**.
- 2** Select your desired vibration strength.

### Crown haptics

- 1** Press the Up button to enter the app list, and go to **Settings > Sounds & vibration**.
- 2** Enable **Crown haptics**, and you will feel the haptic feedback at each turn of the watch crown. You can also disable the feature to suit your needs

## Display and brightness

On your watch, enter the app list, and go to **Settings > Display & brightness** to adjust the screen brightness and set the screen-on and sleep time.

### Adjusting the screen brightness


- On the **Display & brightness** screen, touch **Brightness** to manually adjust the screen brightness to your desired level.
- On the **Display & brightness** screen, enable or disable auto brightness adjustments by toggling **Automatic** on or off.

### Setting the screen-on time

- 1 On the **Display & brightness** screen, touch **Screen on** and select the time you wish the screen to remain steady on.
- 2 Swipe down on the watch face screen and touch **Screen on** to enable or disable **Screen on**.

### Setting the sleep time

On the **Display & brightness** screen, touch **Sleep** to set the sleep time.

-  When **Sleep** is set to **Auto**: After you raise your wrist to turn on the screen, the screen will automatically turn off if left idle for five seconds when the watch face is displayed, or for 15 seconds when any other screen is displayed.

## Updates


### On the wearable end

-  Updates cannot be performed on the wearable end when it's paired with an iPhone.

- 1 Enter the device app list and go to **Settings > System & updates > Software updates**.
- 2 Touch the update icon and follow the onscreen instructions to download the package and update your device.

### On the phone end

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

-  Touch **Firmware update** and then the settings icon in the upper right corner, toggle on **Auto-download update packages over WLAN** and **Auto-install updates and restart the device when it's not in use**, and then new versions will be automatically pushed to your wearable device.

## Water-resistant and dust-resistant level definition and usage scenario description of wearable devices

Being water-resistant and dust-resistant means that the wearable device prevents water and dust from entering inside and damaging the interior components and the mainboard.

- i** In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).

Water/Dust Resistance Level	Resistance Level Definition	Resistance Scenario
5 ATM	Complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard. Products that meet this standard can withstand up to 50 meters of static water pressure for 10 minutes. This does not necessarily mean that the device is water-resistant in water that is 50-meter deep.	The wearable device should not be worn in the following scenarios: (Damage to the device caused by immersion in liquid is not covered by the warranty if the device is worn in an inappropriate scenario.) 1. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.
Dive (Depth up to 40 meters) (HUAWEI WATCH GT 5 Pro only)	Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 40 meters) and during shallow water activities such as swimming in a pool or along the coast. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.	2. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes. 3. Scuba dives, technical dives, and diving activities at depths greater than 40 meters. 4. Composite vegan leather, composite woven, titanium, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.

IP69K	Complies with the IP69K rating under the ISO 20653:2023 standard. The IPX9K test conditions are as follows: water temperature: $80\pm5^{\circ}\text{C}$ ; water flow: $15\pm1$ L/min; water pressure: $10,000\pm500$ kPa; spray angle: $0^{\circ}$ , $30^{\circ}$ , $60^{\circ}$ , and $90^{\circ}$ , 30 seconds for each angle.	
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Water resistance is not permanent, and performance may deteriorate with daily wear and tear. The following usage conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

Pressing the device buttons or operating on the device underwater.

Using an ultrasonic cleaner or mildly acidic or alkaline detergent to clean the device.

Dropping the device from a high place or subjecting the device to impact from a collision.

Disassembling or repairing the device at a non-Huawei-authorized store.

Exposing the device to alkaline substances, such as soap or soapy water during showers or baths.

Exposing the device to perfumes, solvents, detergents, acids, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Charging the device when it is wet.

 The water-resistant and dust-resistant features are applicable only to the watch body.

Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.

Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.