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Pairing with an EMUI phone

1 Install the **Huawei Health** app (![icon]).
   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
   Connect. 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 **Agree**.

6 When a pairing request displays on your wearable device, touch $\checkmark$ and follow the onscreen instructions on your phone to complete the pairing.

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 $\checkmark$ 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.

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

ℹ️ Operations differ during calls and workouts.

Operation	Function
Rotate	• In Grid mode: Zooms in and out on app icons and app names on the app list screen. • In List mode: Scrolls up and down on the app list and details screens. • In an app: Scrolls up and down on the screen. ℹ️ To enter Grid or List mode, go to **Settings** > **Watch face & home** > **Home**, and select **Grid** or **List**.
Press	• When the screen is off: Turns on the screen. • When home screen is displayed: Takes you to the app list screen. • When any other screen is displayed: Returns to the home screen. • Mutes incoming Bluetooth calls.
Double-press	When the screen is on: Takes you to the recent tasks screen to view all running apps.
Press and hold	• Powers on the watch. • Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is held for at least 12s.

Down button

Operation	Function
Press	Opens the Workout app by default. You can also customize what the Down button does, by performing the steps below: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button**. 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.
Touch and hold	Supports ECG measurements, with a touch-and-hold on the Down button which includes an electrode. 🛈 During the measurement, keep still, breathe evenly, and avoid speaking. Keep your finger in proper contact with the electrode (Down button), but avoid pushing too hard on it.
Press and hold	Wakes up the voice assistant.

Shortcuts

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

Assist button

Operation	Function
Press	• When home screen is displayed: Takes you to **Expedition**. • During a dive: Switches or edits gas types, resets average depth, or ends the dive.

Touch operations

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

Operation	Function
Swipe down	On home screen: Opens the shortcut menu and status bar. • You can enable or disable **Do Not Disturb** and **Sleep** from the shortcut menu. • You can view the remaining battery level and Bluetooth connection status in the status bar.
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.

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**.

Outdoor Adventures

Diving terms

Gas

Before scuba diving, check or set the gas concentration of your cylinder. Gas concentration is very important for scuba diving, and is used by the decompression algorithm. Recreational diving only needs the oxygen percentage. Technical diving needs oxygen and helium percentages, based on which the device will get the nitrogen percentage.

Water type

The density of sea water is different from the density of fresh water. Higher water density indicates greater pressure at a given depth. Therefore, the depth displayed on the watch differs depending on water type. Setting the water type before diving can help your watch calculate depth more accurately.

GF

The Gradient Factor (GF) is an important part of the decompression algorithm. The factor is usually a paired number, GF LOW/GF HIGH, for example, 30/70. A smaller GF LOW value indicates a deeper stay, and a smaller GF HIGH value indicates a longer duration of decompression stop.

The default GF depends on the diving mode. The default GF for recreational diving is 40/85, and that for technical diving is 30/70, which is more conservative.

ⓘ It is not recommended to change the default GF unless you fully understand how it works and how it will change decompression calculations.

Partial pressure of oxygen

Partial pressure of oxygen (PO2) is the pressure of oxygen alone in the mixture of gases, which is equal to the atmospheric pressure at the current depth (a multiple of the atmospheric pressure) multiplied by the oxygen percentage.

1. Max partial compression is the maximum oxygen partial pressure threshold while descending. If this threshold is reached, your watch will give an alert. This threshold is also used to calculate the maximum operating depth (MOD).

2. Max reduced partial pressure is the maximum oxygen partial pressure threshold while ascending. If this threshold is reached, your watch will give an alert. This threshold is also used to determine when to trigger the cylinder switching reminder.

3. Min partial pressure is the minimum oxygen partial pressure threshold while ascending or descending. When a hypoxic gas (based on the gas concentration) is used incorrectly and oxygen partial pressure is lower than this threshold, your watch will give an alert, indicating oxygen partial pressure is too low.

Safety stop duration

A safety stop is a pause a scuba diver makes during their return to the surface. The purpose of a safety stop is to allow the body to release some inert gases, reducing the risk of decompression sickness. The stop is typically done at a depth of 6 m for 3, 4, or 5 minutes, just before the diver surfaces. When a diver will descend to a depth beyond 30 m or the no-decompression limit (NDL) is less than 5 minutes, the safety stop duration will be 5 minutes.

ⓘ A safety stop is optional, but recommended to reduce the risk of decompression sickness. If you return to the surface without a safety stop, the safety stop will show as paused, and then disappear when you return to the surface.

Bottom depth

Bottom depth is the depth of the last decompression stop in a technical diver's ascent. This number can be set as needed.

MOD

MOD is the maximum operational depth limit for divers, as allowed by gases. In other words, it is the depth at which the PO2 of mixed gases will almost exceed the max partial compression.

Ascent rate

An ascent rate is how fast a diver ascends during a dive. Scuba diving is configured to a 12 m per minute threshold. The watch will give an alert if this threshold is exceeded. Fast ascents will greatly increase the risk of decompression sickness. It is strongly recommended to keep to a reasonable ascent rate.

PO2

PO2 is calculated during dives in real time according to changes in depth and gas switching. Depending on PO2 threshold settings, the watch will give a reminder or an alert.

Nitrogen load

Diving causes nitrogen to build up in the body. As nitrogen load increases, the diver must take the necessary safety stop and decompression stops to reduce the risk of decompression sickness.

CNS

CNS is a measure of the time a diver is exposed to elevated PO2. CNS is expressed as a percentage of the maximum allowed exposure time. CNS toxicity can show itself in many ways. The most serious way is epileptic spasms, which can lead to drowning.

During a dive, the CNS value will only rise. As PO2 increases, CNS will rise faster, indicating a shorter allowed exposure time. When you return to the surface, CNS will fall gradually, dropping to half of its original value approximately every 90 minutes.

NDL

NDL is the maximum time a diver can spend at the current depth without having to take any decompression stops while surfacing. This time is shown as a countdown timer.

Safety stop

A safety stop is a pause a scuba diver makes during their return to the surface. To reduce the risk of decompression sickness, any dives below 11 m should have a safety stop.

TTS

Time to Surface (TTS) is an estimation of the time required before a scuba diver can surface, after the NDL is over. It includes the durations of decompression stops, the ascent time, and the duration of the safety stop.

Decompression stop

If you exceed the NDL, you must make several decompression stops at specific depths, so that your body can gradually release extra nitrogen underwater. This helps reduce the risk of decompression sickness.

CEIL

CEIL is a decompression ceiling depth when a diver begins their ascent. The closer the diver is to the ceiling, the better the decompression effects. Make sure not to break the decompression ceiling. If you break the decompression ceiling, the watch will give an alert, asking you to return to decompression stop range.

OT+3

This indicates the TTS after you stay at the current depth for an additional 3 minutes.

+OD+5

This indicates the TTS after you descend another 5 m and stay there for 3 minutes.

Surface GF

This indicates the GF HIGH value if you ascend non-stop from the current depth during a technical dive.

Set GF

This indicates the pre-set GF LOW/HIGH values for technical dives, which will affect the depth of the first decompression stop and the total decompression time.

Average depth

This indicates the average depth of a diving session. You can also calculate the average depth by time segment via the Assist button.

Temperature

This indicates the water temperature measured by your watch during diving.

Stopwatch

The stopwatch is used for timing during diving. On the stopwatch screen, you can press buttons to start/pause the timer and reset the stopwatch.

Compass

The compass helps navigate underwater. On the compass screen, you can view and lock/unlock navigation directions.

Dive settings

General settings

You can set **Auto-start dive** and **Auto-end dive** as needed.

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 **Diving**. Touch ⋮ to its right to access the settings screen.

- Enable or disable **Auto-start dive** to suit your needs. When enabled, you can set **Auto-start depth** and **Default mode**.

  ⓘ **Auto-start dive** is disabled by default.

- Enable or disable **Auto-end dive** to suit your needs. When enabled, you can set **Surface delay time**.

  Auto-start depth: The default value is 1.2 m. If you haven't started a workout session, your watch will automatically start a diving session when you dive deeper than 1.2 m.
  Default mode: This will default to the most recent diving mode, and can be set manually.
  Surface delay time: If you do not dive again and trigger the diving feature within 30 minutes of the last dive, the diving session will automatically end.

ⓘ Before each dive, check the diving settings and device battery level, and manually select and enter a diving mode. You can check the diving mode icon on the diving data home screen, to make sure that the device is working as normal.

Diving modes

Your watch supports **Recreational dive**, **Freedive**, **Technical dive**, and **Gauge**. Each diving mode supports settings, real-time monitoring of diving data, surface time, and diving log generation and syncing after dives. Your watch also supports apnea training and apnea tests to help you train.

- **Recreational dive**: No-decompression diving with nitrogen and oxygen mixtures. This diving mode includes safety stop guidance.
- **Freedive**: Breath-hold diving.
- **Technical dive**: Technical decompression diving with multiple cylinders containing helium, nitrogen, and oxygen mixtures. This diving mode does not include safety stop guidance.

- **Gauge**: This diving mode works like an underwater timer and displays only the depth and time. It does not provide information tracking or decompression calculations.

For each diving mode, you can set the parameters to suit your needs.

1 Press the Up button on the watch to open the app list, and go to **Workout** > **Diving**.

2 Touch the ⋮ icon on the right of each diving mode to access the corresponding settings screen.

- **Recreational dive**: You can set **Gas**, **Water type**, **Difficulty level**, **Max PO2**, **Safety stop duration**, **Reminders**, **Alerts**, and **Notification method**.
- **Freedive**: You can set **Water type**, **Reminders**, **Alerts**, and **Notification method**.
- **Technical dive**: You can set **Gas**, **Water type**, **GF**, **Oxygen partial pressure limit**, **Bottom depth**, **Reminders**, **Alerts**, and **Notification method**.
- **Gauge**: You can set **Water type** and **Notification method**.

Dive tools

Press the Up button on the watch to open the app list, and go to **Workout** > **Diving** > **Dive tools**.
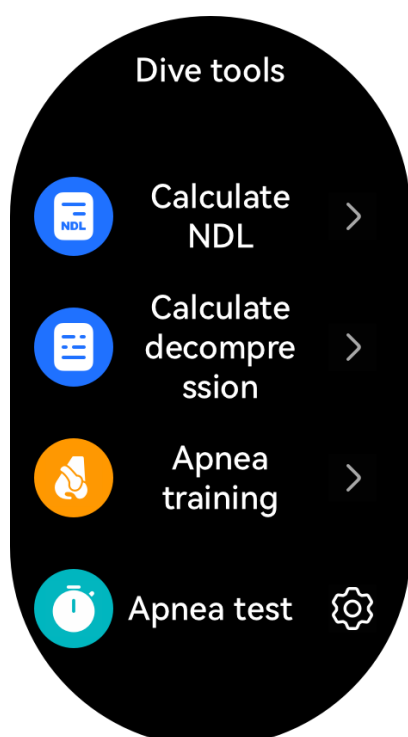
NDL calculator

The Calculate NDL tool helps quickly calculate the maximum time you can spend at a given depth in recreational dive without having to take any decompression stops when surfacing. After calculation, the tool outputs an NDL list corresponding to depths of 12–60 m. You can also quickly find results based on the planned depth of your dive.

NDL calculation is affected by the following parameters:

- GF (for recreational dives)

- Gas concentration

- Depth (required when you query the NDL for a given depth)

- Start dive

- Body nitrogen load (automatically stored on the watch)

1 Touch **Calculate NDL**, swipe up or down on the screen to select **Gas**, and touch **Next**.

2 Swipe up or down on the screen to find and select **Start dive**, and touch **OK**. You can view the respective **NDL** for different depths.
Touch **Check precision**, select **Dive depth**, and view the **NDL** for the chosen depth.

Deco calculator

The Calculate decompression tool estimates the total gases required, and the depths and durations of decompression stops, for a technical dive. It helps better plan your dives and adjust any relevant parameters.

Decompression calculation is affected by the following parameters:

- GF, maximum PO2, and bottom depth (for technical dives)

- Gas concentration and gas consumption (When calculating decompression, the tool automatically distributes gases and marks inappropriate gases.)

- Dive depth

- Start dive

- Body nitrogen and helium loads (automatically stored on the watch)

1 Touch **Calculate decompression**, confirm the settings such as **Gas** and **GF**, and touch **Next**.

2 Set **Start dive**, **Dive depth**, **Bottom time**, and **Gas consumption** in sequence, and touch **Next**. You'll then be able to view the decompression calculation results.

Apnea training

Free diving is a challenging workout which requires you to undertake apnea training. Normally, you can practice on land by breathing in and holding your breath several times. You can choose different training durations based on your specific ability and your goals. Please follow the advice of a professional instructor when deciding on your training routine.

Before using this feature, pay attention to the following:

- Do not do apnea training if you have hypertension, heart or lung disease, or other diseases or physical conditions which make this type of training unsuitable for you.

- Make sure to carefully follow a qualified instructor's training advice.

- Do apnea training on a soft cushion or bed, and with a professional instructor guiding you.

Touch **Apnea training**, and follow the onscreen instructions to begin the training session.

Apnea test

ℹ️ Before using this feature, pay attention to the following:

- Do not do apnea test if you have hypertension, heart or lung disease, or other diseases or physical conditions which make this type of test unsuitable for you.

- Do apnea test on a soft cushion or bed, and with a professional instructor guiding you.

The test is predominantly used to test and record the maximum length of time that you can hold your breath for, and the diaphragm contraction. Each apnea test consists of four phases:

1 Relax: Before you hold your breath, you should relax physically and mentally in order to conserve oxygen. Perform diaphragmatic breathing during this phase.

2 Take a full breath: Take a deep and slow breath to let your lungs absorb as much air as possible.

3 Start to hold your breath: At the beginning, you'll feel pleasant and peaceful. Gradually, as carbon dioxide builds up in your body, you'll want to breathe. At this point, your diaphragm will start to contract until you are no longer able to hold your breath.

4 Recover your breathing: Relax and exhale naturally, then take a deep and quick breath, and hold the air in your body for two seconds. Repeat this process at least three times. Make sure to recover your breathing every time that you hold your breath.

Touch **Apnea test**, and follow the onscreen instructions to start a test. Press the Down button to record **Diaphragm contraction** anytime during the test.

Diving

Starting a dive

1 Press the Up button on the watch to open the app list, and go to **Workout** > **Diving**.

2 Choose your target diving mode, touch ⋮ on the right to access the settings screen, complete the settings to better suit your needs, and touch **OK**.

3 Press the Down button or touch the start icon to begin your dive. While diving, you can:

- Press the Down button or rotate the crown to scroll on the data screen.

  Data details screen:

21	20
Temp (°C)	NDL (min)

30.0	65	15.0
Max depth (m)	MOD (m)	Avg depth(m)

0.84	14	1
PO2	NDL(min)	CNS(%)

ES 130°

00:50.21
Stopwatch
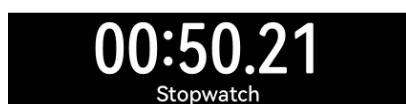
Additional data for technical dives:

0	0	0
TTS(min)	OT+3	+OD+5

30	30/70
Surface GF(%)	Set GF

- **Stopwatch**: When you reach the stopwatch screen, you can press the Up button to start/pause/resume timing, or press and hold the Up button to reset the stopwatch.

- **Compass**: When you scroll to the compass screen, you can press the Up button to lock/unlock navigation directions.

- During technical dives, you can press the Assist button on the upper left side of the watch to view the advanced settings.

  - **Switch gas**: Press the Up button to select **Switch gas**, and press the Down button to open the gas list. After selecting a gas, press the Down button to confirm the switch.

  - **Edit gas**: Press the Up button to select **Edit gas**, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium concentration**, and press the Down button to confirm the edit. The watch will automatically switch to the selected gas.

  - **Add gas**: Press the Up button to select gas, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium concentration**, and press the Down button to confirm the edit. Set the gas switch to off/on, or set the gas type as the current, and press the Down button to complete the settings.

  - **Reset avg depth**: Press the Up button to reset average depth and press the Down button to confirm the reset. The watch will automatically redirect to the diving data screen with the latest average depth displayed.

- Free diving hover time in **Freedive**
  Freedivers make use of a rope to dive to a particular depth and stay there for some time to let their lungs adapt to underwater pressure. Hover time reminders let freedivers know when the hover time is over.

4 After you return to the surface after a dive, press and hold the Up button to end the diving session.

5 After the dive, gently rinse the watch with fresh water or soak it in clean water for more than 15 minutes, to clean off any sea salt, silt, or other substances. Swipe down on the watch face screen to enter the shortcut menu and touch **Drain**. Then, wait for the watch to dry.

 The watch will show a no-fly time after each dive, during which you are advised not to travel by plane.

Button functions during dives

Screen	Up Button	Down Button	Assist Button
Data screen	• Rotate: Scroll on the screen. • Short press: Add a mark.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.
Compass screen	• Rotate: Scroll on the screen. • Lock/Unlock navigation direction.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.
Stopwatch screen	• Rotate: Scroll on the screen. • Press once: Start/ Pause timing. • Press and hold: Reset the stopwatch.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings.
Surface rest screen	Touch and hold: End a workout.	• Press once: Scroll on the screen. • Press and hold: Return to the home screen.	Press once: Enter the advanced settings, where you can reset the average depth and switch the gas.
Gas switching reminder screen	Press once/Rotate: Switch gas.	Press once: Confirm the gas switch.	Press once: Cancel.
Operation confirmation screen	Press once/Rotate: Change an option.	Press once: Confirm the options.	Press once: Exit the confirmation screen.
Alert/reminder screen	Press once: Clear the alert/reminder.	Press once: Clear the alert/reminder.	Press once: Clear the alert/reminder.

Diving examples

Recreational dives

1 Preparation screen
   You can set the water type, and view the current diving mode by its icon, altitude, and surface time.

2 Descent time
   During your descent, you can view real-time diving data like the diving mode, descent rate, depth, temperature, gas, and dive time. You can also use buttons to scroll on the

screen to view more diving data, and key data like depth, no-decompression limit (NDL), and dive time will be displayed on all screens.

3 Bottom stay
The initial NDL is 99 minutes, but this value decreases as the depth and time increase. Further, the PO2 increases with the depth, and the CNS rises gradually.

4 Low NDL
When the NDL is less than 5 minutes, the NDL will turn yellow. To avoid decompression, you need to ascend to the surface.

5 Ascent
The NDL will gradually increase as you ascend. Pay attention to your ascent rate. When the ascent rate is greater than 9 m/min for a certain period of time, the watch will give a reminder. When the ascent rate is greater than 12 m/min for a certain period of time, the watch will give an alert. When receiving a reminder or alert, you are strongly recommended to reduce your ascent rate, to reduce the risk of decompression sickness.

6 Safety stop
When you ascend to a depth of 6 meters, the watch will pop up "Start safety stop", after which a safety stop countdown will begin. (When you've descent to a depth beyond 30 meters or the NDL is less than 5 minutes, the safety stop duration will be adjusted to 5 minutes.) After the safety stop duration ends, the watch will pop up "Safety stop complete", and start timing.

Technical dives

Maximum depth: 50 meters
Underwater time: 20 minutes
Gas: 21/00, 50/00, pure oxygen
GF: 30/70
Oxygen partial pressure limit: 1.4/1.6/0.18

1 Gas list
Check the gas list before each dive. The gas settings in decompression calculation also apply to technical diving. Make sure that you have properly set each type of gas that you carry in the gas list, and don't enable any gas that you don't have.

2 Calculate decompression
You can use the Calculate decompression tool to make a decompression plan, and estimate your total dive time, decompression plan, gas switching time, and gas consumption based on the maximum depth and bottom stay time.
All decompression calculation results are estimates and for reference only. Do not take them as the only basis for your decisions. In complex diving activities, you are advised to use multiple devices for comprehensive calculation and evaluation.

Calculate decompression			
Depth	Time	Total	Gas
30m	20	20	21/00
22m	Ascen	23	21/00
21m	Ascen	24	50/00
21m	1	25	50/00
m	1	26	50

Estimates

Air consumption (L)

21/00 1531 L
50/00 289 L
100/00 208 L

Total duration

40 min

Decompression tim

Total duration

40 min

Decompression time

24 min

End CNS

115 %

Close
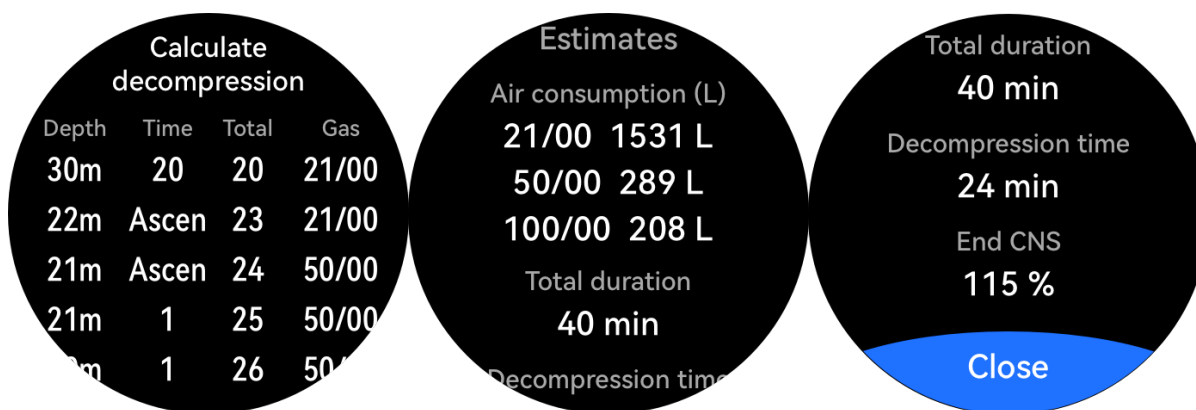
3 Preparation screen
You can set the water type, and view the current diving mode by its icon, altitude, and surface time. Make sure your watch has sufficient power.

4 Descent screen
During the descent, you can view real-time data such as depth, dive time, PO2, and CNS. The screen will also show the gradual decrease of NDL.

21/00
20.0 6 m/min
Depth (m)
0.63 **29** 2
PO2 NDL (min) CNS (%)
TEC **02:15**
Dive time
10:10 100

5 Bottom stay
When the NDL drops to 0, the NDL information switches to the first decompression stop (including the depth and the decompression duration), and the TTS gradually increases.

21/00
50.0 0 m/min
Depth (m)
1.26 21m|2min 23
PO2 Deco stop TTS (min)
TEC **20:00**
Dive time
10:28 100

6 Gas switch
During a dive, the watch will prompt you to switch the gas when another gas is more suitable for the current stage. If the switch is not made in time, the watch many give a reminder or alert, and the accuracy of decompression information cannot be ensured.
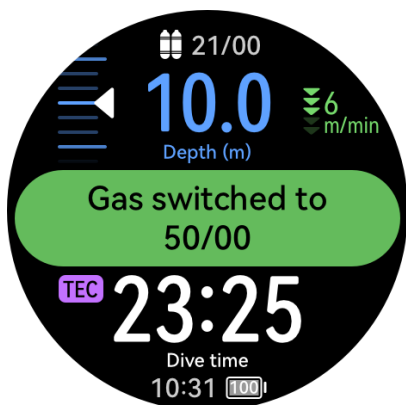
7 Ascent to decompression stop

During your ascent, the watch will give a decompression stop reminder when you reach your first decompression stop. After completing the decompression, you can continue to ascend until the next decompression stop.

8 Decompression end

After completing all decompression stops, the watch will give a "Decompression stop complete" reminder, and start timing.
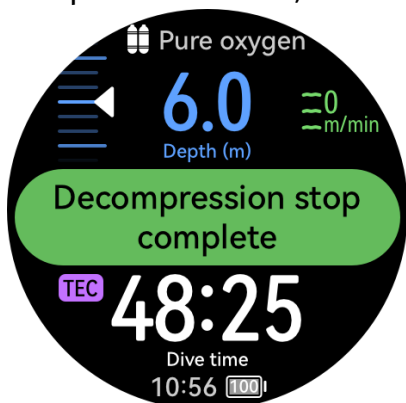
Reminders/Alerts

Reminder /Alert	Description	Trigger Condition	Notification Mode
Reminder	**Ascent rate too fast**	The ascent rate is greater than 9 m/min for 3 seconds straight.	Speed (yellow + blinking for 5 seconds)

Reminder	NDL countdown	The NDL is less than or equal to 5 minutes for 3 seconds straight.	NDL (yellow + blinking for 5 seconds)
Reminder	**Start safety stop**	You are ascending, the safety stop is required, and the depth is less than or equal to 6 meters.	The watch will pop up **Start safety stop**.
Reminder	**Safety stop complete**	The safety stop time decreases to 0.	The watch will pop up **Safety stop complete**.
Reminder	Safety stop range exceeded	You stay at a depth less than 3 meters or greater than 7 meters during the safety stop.	Arrow (yellow + animation)
Reminder	**Start decompression**	The NDL reaches –1.	The watch will pop up **Start decompression**.
Reminder	**Start decompression**	You are ascending, the decompression stop is required, and the depth is less than or equal to the depth of the decompression stop.	The watch will pop up **Start decompression**.
Reminder	**Decompression stop complete**	The algorithm determines that the decompression stop is complete.	The watch will pop up **Decompression stop complete**. X m Y min (yellow + blinking for 5 seconds)
Reminder	Depth limit exceeded	The diving depth reaches the preset value.	Depth (yellow + blinking for 5 seconds)
Reminder	Time limit exceeded	The diving time exceeds the preset value.	Time (yellow + blinking for 5 seconds)
Reminder	CNS alert	The CNS is greater than or equal to 80%.	CNS (yellow + blinking for 5 seconds)

Reminder	**Recommended to switch to XX**	When the preset maximum PO2 set is reached, and there are better gas options, the watch will prompt you to switch to other gas.	The watch will pop up **Recommended to switch to XX**.
Reminder	Better gas	The algorithm determines that there is a better gas option.	Gas (yellow + blinking for 5 seconds)
Reminder	Surface rest time	The surface rest time reaches the preset value.	Time (yellow + blinking for 5 seconds)
Alert	**Partial pressure too low**	The PO2 falls below the preset minimum value.	The watch will pop up **Partial pressure too low**. PO2 (red + blinking) Gas (red + blinking)
Reminder	**Done hovering**	The time you stay in a depth range exceeds the preset threshold.	The watch will pop up **Done hovering**.
Alert	**Ascent rate too fast**	The ascent rate is greater than 12 m/min for 3 seconds straight.	The watch will pop up **Ascent rate too fast**. Speed (red + blinking)
Reminder	Decompression ceiling depth exceeded	You stay at a depth which is 0.3 meter above the depth of the decompression stop in technical diving, or is 1 meter above the depth of the decompression stop in recreational diving.	Downward indication animation (yellow)
Alert	Depth less than CEIL	The depth is less than CEIL.	Downward indication animation (red)
Alert	Missed decompression stop	The depth is less than CEIL for 1 minute straight.	The watch will pop up **Missed decompression stop**. Downward indication animation (red)

Alert	Partial pressure too high	The PO2 is greater than the preset maximum value.	The watch will pop up **Partial pressure too high**. PO2 (red + blinking) Gas (red + blinking)
Reminder	Water resistance limit exceeded	The diving depth is greater than 100 meters.	The watch will pop up **Water resistance limit exceeded**. Depth (yellow + blinking for 5 seconds)
Alert	CNS too high	The CNS is greater than or equal to 100%, and the watch will give an alert for every 5% increase.	The watch will pop up **CNS too high**. CNS (red + blinking)
Alert	Depth limit exceeded	Depth	The watch will pop up **Depth limit exceeded**. Depth (red + blinking)
Alert	Time limit exceeded	Time	The watch will pop up **Time limit exceeded**. Time (red + blinking)
Reminder	Low battery	The battery level is less than or equal to 5%.	The watch will pop up **Low battery**.

Expedition

When you're on an outdoor expedition, you can mark your locations and use these marked locations to find your way back. You can also use the watch to get key data like altitude and SpO2.

Settings

1 On the watch face screen, press the Assist button on the upper left side of the watch to access the **Expedition** screen.

2 Touch ⚙ at the bottom for more **Expedition** related settings.

- **Battery**: When in Expedition mode, the Raise to wake feature is enabled by default.

  You can toggle off the 🔘 switch to disable it. You can also set **Positioning interval** to by **Time** or **Steps**.
- **Storm warning**: Enable or disable **Warnings** to suit your needs. When enabled, you can set **Pressure drop**.
- **Routes**: Download routes in the **Huawei Health** app and then import them to your watch. For details, see Sharing workout routes.

- **Record at night** is enabled by default, and you can toggle off the ⬤ switch to disable it.

- **Dim after sunset** is enabled by default, and you can toggle off the ⬤ switch to disable it.

Starting an outdoor expedition

1 On the watch face screen, press the Assist button on the upper left side of the watch to access the **Expedition** screen, then touch **Start**.

2 During the expedition:

- **Mark**: On the Expedition app home screen, press the Down button or touch **Mark** to manually mark a location. Touch **Markers** to view and edit the marked locations.

    ℹ️ • The **Markers** option only shows manually marked locations.

      - You can mark up to 500 locations.

      - Such marked locations, whether automatically or manually marked, are called waypoints. By default, a waypoint is marked automatically every 30 minutes. You can set positioning interval to by time or steps to better suit your needs.

- **Dim**: On the Expedition app home screen, press the Assist button on the upper left side of the watch to enable or disable Dim mode.

- **Tools**: On the Expedition app home screen, swipe down to access **Tools**, like **SpO2** and **Flashlight**.

- On any screen of the Expedition app, your can press the Up button on the watch and select to **End** or **Pause** the journey, or **Lock screen**.

3 For your return journey:

- Navigate back to a waypoint
  Method 1: Touch **Markers** to enter the waypoint list, find and select your target waypoint, and touch **Navigate**.
  Method 2:
  On the Expedition app home screen, swipe down twice to access the compass screen, touch that screen, and touch **Navigate** to enter the waypoint list. Rotate the Up button to switch between waypoints, press the Up button to select a target waypoint, and touch **Navigate** to navigate to a place near the waypoint.
  HUAWEI WATCH Ultimate Green Edition: On the Expedition app home screen, swipe down twice to access the map screen, touch that screen, and touch **Navigate** to enter the waypoint list. Rotate the Up button to switch between waypoints, press the Up button to select a target waypoint, and touch **Navigate** to navigate to a place near the waypoint.

- Backtrack: On the Expedition app home screen, swipe down twice to access the compass or map screen, touch that screen, and touch **Backtrack** to navigate to a place near your starting point.

4 Press and hold the Up button on the watch to end the expedition.

Viewing expedition records

On your watch:

1 Press the Assist button on the upper left side of the watch to access the **Expedition** screen, and touch **Expedition records** to display the record list.

2 Select a target record, and swipe up or down on the screen to view the details like **Distance** and **Altitude**.

On your phone:

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

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.

Barometer

Barometer on your watch automatically measures the altitude and atmospheric pressure at the current location, and shows all data from the current day in a waveform graph.

Altitude and atmospheric pressure

ⓘ Before everything, connect your watch to **Huawei Health** for automatic calibration.

1 Press the Up button on the watch to open the app list, and then touch **Barometer**.

2 Swipe up or down on the screen to view the current **Altitude** and **Air pressure**.

Other settings

• Touch **Calibrate** on the **Altitude** screen to manually calibrate the altitude.

• Touch **Settings** on the **Air pressure** screen, then you can enable or disable **Warnings** for **Storm warning** to better suit your needs. You can also customize **Pressure drop**, which is set to **4 hPa/3 hr** by default. This means a warning will be sent when the atmospheric pressure decreases by more than 4 hPa within 3 hours.

Assistant

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 face

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.

Setting Gallery watch face

1 Open **Huawei Health** and navigate to the device details screen. On the **Watch faces** tab, go to **More** > **Mine**, swipe up to find **On watch**, and touch **Gallery** to access the custom settings screen.

2 Touch **+** and select **Take photo** or **Gallery** as the method for uploading.

3 Touch **√** in the upper right corner and then **Save**. Your wearable device will then switch to the newly set Gallery watch face. You can also customize **Style**, **Layout**, and **Widgets**, and then touch **Save**.

> ⓘ · You can upload more than one image, and tap on the device home screen to switch between the images and enjoy multiple customized watch faces.
>
> · The Gallery watch face feature is unavailable on some device models.
>
> · To delete an image from Gallery watch face, navigate to the Gallery watch face settings screen, touch the cross icon at the upper right corner of the target image, and touch **Save**.

HUAWEI Assistant·TODAY

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

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 **AppGallery** 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.

Message management

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 you wish to receive notifications from.

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

Push notifications settings

Open **Huawei Health**, navigate to the device details screen, and touch **Notifications**. On this screen, you can enable **Smart notifications** or **Mute notifications when using phone** depending on your phone model.

· **HUAWEI phones:** When **Smart notifications** is enabled, the phone will intelligently select which device to notify based on phone usage. When you're using your phone, notifications will be muted on your watch. It'll still receive the notifications, but it won't vibrate or ring. When you aren't using your phone but keeping your watch on your wrist, you will be notified of messages via your watch and your phone won't vibrate or ring. **Smart notifications** is disabled by default.

· **Android phones:** When **Mute notifications when using phone** is enabled, notifications will be muted on your watch if you're using your phone. The watch won't vibrate or ring. **Mute notifications when using phone** is disabled by default.

ⓘ · The **Smart notifications** and **Mute notifications when using phone** features are not available when the watch is paired with an iPhone.

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:

1 Once your watch is linked with **Huawei Health**, open the app, navigate to the device details screen, and touch the **Quick replies** card.

2 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 **Favorites**.

2 On the **Favorites** 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 **Favorites** screen.

 You can choose a maximum of 10 contacts for **Favorites**.

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.

- *i* • 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

- *i* • 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

- *i* • 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

- *i* 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, select **Alarm**, and touch **Add alarm**.

2 Set the alarm time and repeat cycle, and then touch **OK**. If no repeat cycle is set, the alarm will go off only once.

3 Touch an existing alarm to modify the alarm time and repeat cycle, or to delete the alarm.

Setting an alarm using Huawei Health

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 latest alarm settings to your wearable device.

5 Touch an existing alarm to modify the alarm time, name, and repeat cycle. You can also delete the alarm.

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 the consistency between the following three settings: **language** and **region** in your phone system **Settings**, and the **country/region selected when registering** your HUAWEI ID (i.e. the HUAWEI ID used to log in to the **Huawei Health** app).

- This feature is only available when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.

- This feature is only available in certain countries/regions. In these markets, language and region settings must be consistent.

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.

> i · 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 wearable using your phone

> i · Some models need to be updated to their latest versions to use this feature.

1 Make sure your wearable device is linked with **Huawei Health**.

2 Open **Huawei Health**, navigate to the device details screen, and go to **Find device** > **Ring**.

3 Touch **Ring** or **Sound**, and your wearable will start ringing (even in vibration or silent mode). When you find your watch, touch **Stop ringing** or wait until the ringing ends itself.

Do Not Disturb

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**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods and put any of them into effect.

· To disable a scheduled Do Not Disturb period, go to **Settings** > **Sounds & vibration** > **Do Not Disturb** and turn off the switch for the target period.

Health Management

Emotional wellbeing

ⓘ · Measurement data and results are for reference only and should not be used as a basis for medical diagnosis or treatment. If you experience any discomfort, please seek medical assistance.

- This feature is only available in certain markets. For example, it's not available in European countries.

- This feature is only available on HUAWEI WATCH Ultimate Green Edition.

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.

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

Recording your emotions/stress

1 Enter the device app list and touch **Emotional wellbeing**. 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 this is enabled, the device will automatically measure stress level, emotional state, and other related information when it detects that you're at rest. Emotional data isn't available while you're asleep. When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.

Viewing your emotions/stress data

On your wearable:

Enter the device app list and touch **Emotional wellbeing** to enter the app home screen, where your current emotional state is shown via an animation. Swipe up to view more data.

On your phone:

Access the home screen of **Huawei Health** and touch the **Emotional wellbeing** card to view your emotions/stress data, and read the analysis and tips by different time ranges.

Stress-relieving services

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

1 Enter the device app list and touch **Emotional wellbeing**.

2 Swipe left to view available services, and select a breathing exercise or workout to suit your needs.
Breathing exercises and workouts are directly available on your wearable. Other stress-relieving service options need to be initiated in the **Huawei Health** app on your phone.

Mood reminders

1 Enter the device app list and touch **Emotional wellbeing**.

2 Swipe up to enter the **More** screen, touch **Reminder settings**, and toggle on **Mood** to have your wearable send notifications based on your latest mood.
When your device detects that you've been stressed out for quite some time recently, the mood reminders will include tips for adjusting yourself and recovering to a better emotional state.

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.

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, access the app list and select **Sleep** ( ) to check out your night sleep and nap data.

- On your phone, access the home screen of **Huawei Health**, touch the **Sleep** card, 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 target records, and delete them.

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: Access the home screen of **Huawei 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 records** app, swipe left to view **This week**'s data,
swipe up to view **Today**'s details, **Workout records**, **Move**, **Exercise**, and **Stand** data, and
swipe up again to find **Edit goals** or **Reminders** for more custom settings. In **Reminders**, you
can disable the reminders for **Stand**, **Progress**, and **Goal reached**.

(1) : **Move** measures the calories you burn through activities like running, cycling, and
even doing housework 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 strength training tailored to your fitness level can enhance
cardiopulmonary endurance, improve strength, 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.

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

1 Before everything, download the latest version of **Huawei Health** from HUAWEI AppGallery, or update the installed **Huawei Health** app to its latest version.

2 Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**, and activate the **Pulse wave arrhythmia analysis** feature.

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, access the home screen of **Huawei Health** on your phone and go to **Heart** > **Pulse wave arrhythmia analysis**.

Enabling automatic measurements and reminders

1 Access the home screen of **Huawei Health**, go to **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.

Disabling the service

Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**, touch ⋮ in the upper right corner and then **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.

Open **Huawei Health** and navigate to the **Pulse wave arrhythmia analysis** screen to view the data in bar charts. You can also touch ⋮⋮ in the upper right corner and then **Help** for more info on measurement results.

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 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 SpO₂**.

ⓘ 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 SpO₂ 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** > **SpO₂**, 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 (HRmax = 220 – 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**.

ⓘ 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.

ⓘ • 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). Ensure 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** > **Me** > **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 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.

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.

Viewing fitness data on your wearable

Anytime during a workout, you can swipe up or down on the workout screen of your wearable to view your real-time fitness data, including **Heart rate** and **Pace**.

   · If the workout distance or duration is too short, the record won't be saved.

  · For exercise sessions started in the **Huawei Health** app, real-time fitness data will be displayed both in the app and on your wearable screen.

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 real-time map-based routes, for enriched data display.

ⓘ • 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

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.

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

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

Driving range mode

1 Press the Up button on the watch to enter the app list, and go to **Workout** > **Golf**.

2 Select **Driving range** 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.

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.

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 positioning functions properly, 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, slope direction, wind speed and direction, as well as direction of the green.

5 During the golf session, touch **View scorecard** to view your scores, **Pause** to temporarily save the game, or **End** to end the session and save the exercise record. You can also press and hold the Up button to end the workout at any time.

More settings for Course mode

ⓘ The **Mistouch prevention** feature and **Unit** settings in Course mode are only available on
HUAWEI WATCH Ultimate Green Edition.

1 Press the Up button on the watch to enter the app list, and go to **Workout** > **Golf**.

2 Choose **Course mode** and touch ⋮ on its right to access the settings screen.
Enable or disable **AI Caddie**, **Plays-like distance**, **Shot distance**, and **Mistouch
prevention** to suit your needs. You can also touch **Unit** to select your preferred unit of
measurement, or touch **Manage courses** and hold down on a course to delete it.
If you wish to use **AI Caddie**, first go to **Huawei Health** > **Golf** > **My clubs** and fill in your
club info, so that **AI Caddie** tips will be more tailored to you.

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. If not, touch the hole number tab at the top of the fairway view screen and
select your target hole.

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.

Scorecard data

Hole

Displays the hole number on a golf course.

Par

Indicates the number of predetermined putts and strokes required to complete a hole on a course. Generally, pars are divided into par 3, par 4, and par 5, based on the distance from the tee to the hole. (Unit: strokes)

Strokes

Displays the total number of strokes taken on a hole, by summing the numbers of swings, putts, and penalty strokes. (Unit: strokes)

Performance

Indicates the difference between the par and the total number of strokes taken on a hole. A smaller value indicates a better score. If the total strokes are fewer than par, the score will be negative. (Unit: strokes)

Putts

Displays the number of putts on a hole on the green. (Unit: strokes)

Penalty

Displays the number of penalty strokes for a hole. These occur if the player hits out-of-bounds (OB) or into a water hazard. (Unit: strokes)

Fairway keep ratio (FKR)

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5. This is also known as the fairway hits percentage.

Green in regulation (GIR)

Refers to the par-on green rate. The ball needs to be on the green within par minus two strokes.

Identifiers

⬡ Albatross: three strokes or more under par on a hole. Also known as Double Eagle.

◎ Eagle: two strokes under par on a hole

◯ Birdie: one stroke under par on a hole

▢ Bogey: one stroke over par on a hole

▣ Double Bogey+: two strokes or more over par on a hole

◉ Fairway hit: landing the tee shot in the fairway on a par 4 or par 5

↖ Curved left: landing the tee shot outside the fairway on the left-hand side on a par 4 or par 5

↗ Curved right: landing the tee shot outside the fairway on the right-hand side on a par 4 or par 5

Technical stats
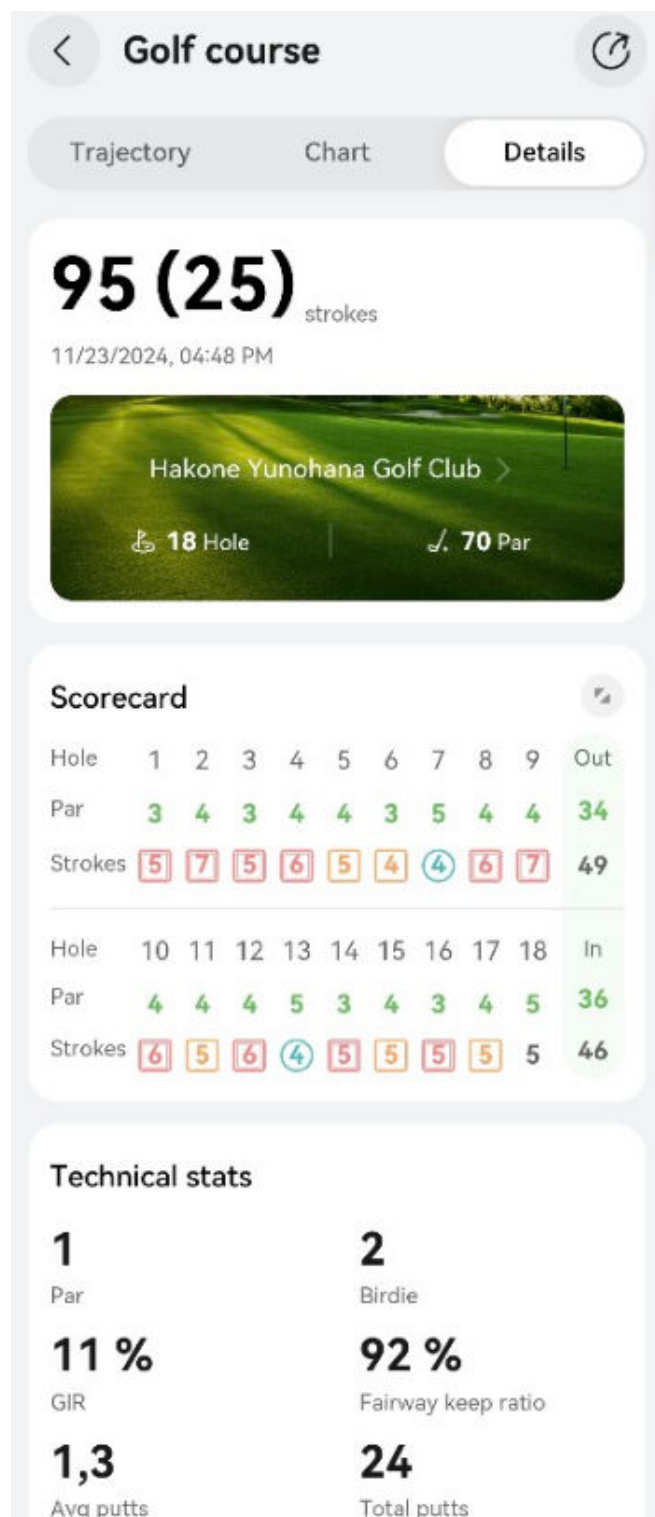
Fairway keep ratio (FKR)

Refers to the percentage of tee shots that hit the fairway on a par 4 or par 5 in the completed round. This is also known as the fairway hits percentage.

Green in regulation (GIR)

Refers to the par-on green rate in the completed round. The ball needs to be on the green within par minus two strokes.

Average putts

Refers to the average number of putts per hole in the completed round. Equals the total number of putts divided by the number of holes played. (Unit: strokes)

Total putts

Refers to the total number of putts on the green in the completed round. (Unit: strokes)

Average par

Refers to the average strokes for par 3, par 4, or par 5 holes in the completed round. (Unit: strokes)

Golf swing data
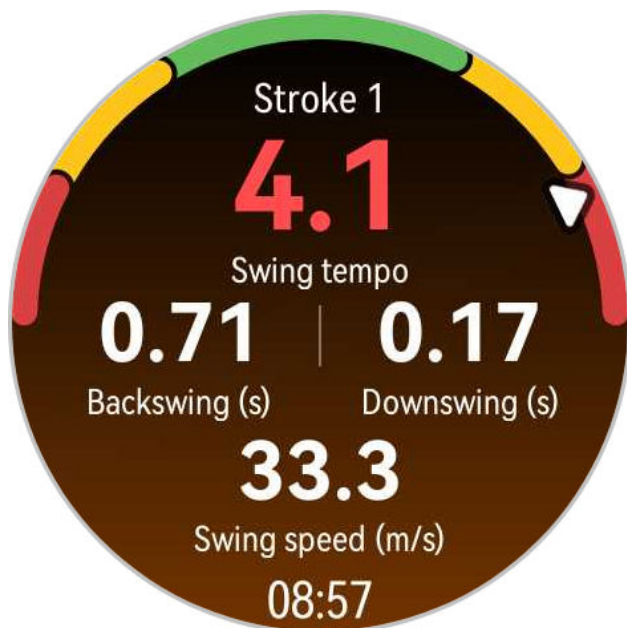
Swing tempo

Refers to the ratio of your backswing time to your downswing time. The ideal swing tempo for a professional golfer is 3:1. Everyone has their own tempo. Improving your swing tempo and timing requires consistent practice and patience.

Backswing (s)

Refers to the time from when you start your takeaway and swing your club backwards off the ground, to when you take your club to the top of the swing.

Downswing (s)

Refers to the time from the top of the swing to the ultimate impact with the ball.

Swing speed (m/s)

Refers to the speed of the club head when it hits the ball.

Course information

ⓘ · Course mode settings differ by device model. If a specific feature setting cannot be found on your device, it indicates setting unavailability.

· Screen display varies by device model. Refer to your own device's interface.

Golf course intro

① **Hole No. & Par**

Displays the hole number and the par for that hole.

② **Course view**

Provides a complete view of the green on a golf course.

⑤④③ **Distances to the front, center, and back of the green**

Shows the distances from your current location to the front, center, and back of the green. (Unit: yards)

⑥ **Reference lines for the distance to the center of the green**

Displays markers for 50, 100, 150, and 200 yards from the center of the green.

⑦ **Location information**

Indicates your current location in real time.

⑧ **Reference lines for the batting distance**

Displays markers for 150 and 200 yards of batting distance from your current position.

Bunker
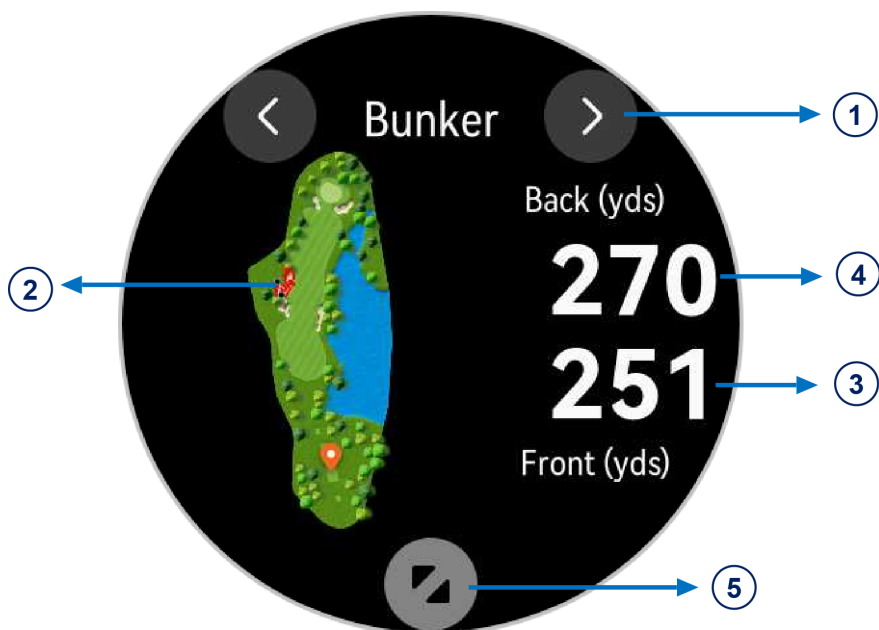
① Obstacle

Displays the types of obstacles on the green, including bunkers and water hazards.

② Obstacle view

Provides a complete view of a specific obstacle on the green.

③④ Distances to a specific obstacle

Shows the distances from your current position to both the front and back of a specific obstacle. (Unit: yards)

⑤ Zooming in on the obstacle view

Green direction
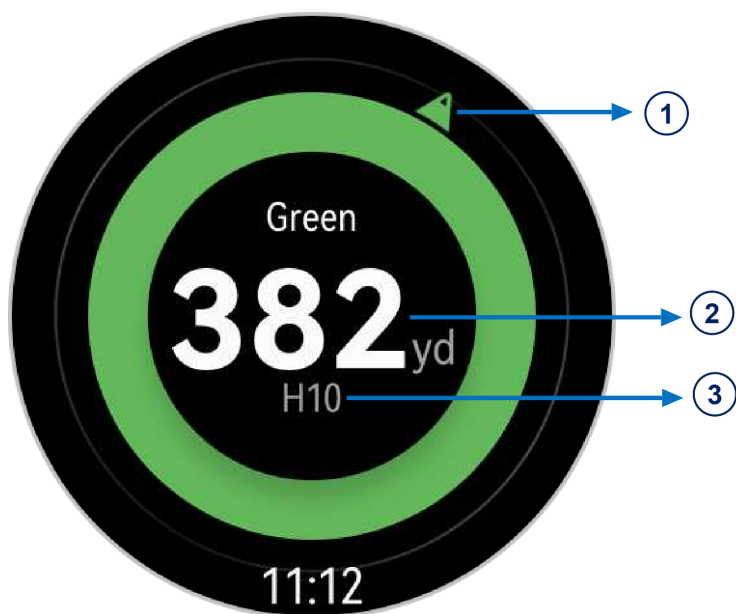
① Green direction

Displays a compass arrow pointing in the direction of the green. This is useful in locating the green when you can't see it for various reasons.

② Distance to the center of the green

Displays the distance from your current location to the center of the green.

③ Hole No.

Displays the number of the hole you are currently playing.

Wind info

Displays the local wind direction and speed, to help you factor this into your shots. To use this feature, you'll need to connect your wearable device to the Huawei Health app on your phone.

AI Caddie

Provides smart recommendations on which areas to target and which clubs to use, based on the shot distance for each of your clubs, the layout and information of the current hole, fairway, and obstacles, as well as terrain and slope info, and on data-driven factors like potential approach paths and corresponding risks.

A default value will be used if a club's shot distance is not set. You are advised to enter **Huawei Health**, navigate to the **Golf** screen, and edit the **My clubs** section for more tailored AI Caddie services.

To enable **AI Caddie**, access the Course mode settings screen and toggle on its switch.
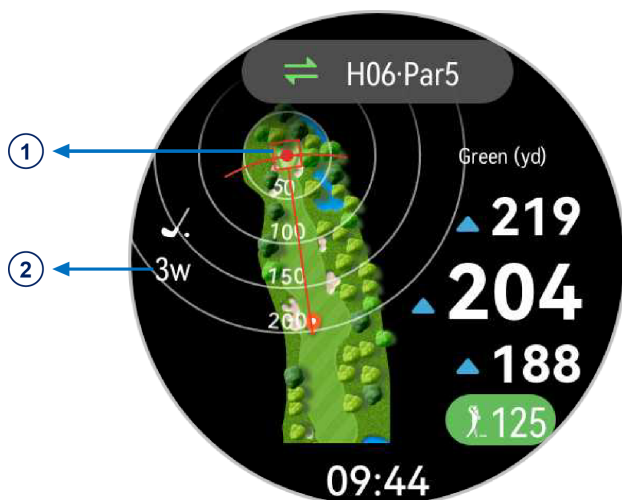
① Recommended area to aim the ball from your current location.

② Recommended club to use at your current location.

Plays-like distance

Plays-like distance compensates for the slope of the terrain, to help you hit your target area with greater precision.

Plays-like distance is displayed by default when this feature is supported on the current course, and you can switch between horizontal and plays-like distances by tapping the right part of the screen. When this feature is disabled or not supported on the current course, horizontal distance will be displayed.

To enable **Plays-like distance**, access the Course mode settings screen and toggle on its switch.

Distance marker

: Farther hit recommended based on slope data.

: Shorter hit recommended based on slope data.

: Slope has no significant effect.

Shot distance

The last stroke's distance can be displayed in real time using auto-detection. When a swing is detected, the shot distance in the lower right corner of the screen resets to **0**. This data then updates in real time as the ball flies and lands. At least two swings for the same hole must be detected for shot distance statistics to be available.

This data is displayed in the following manner on the Course mode interface of a golf session:

To enable **Shot distance**, access the Course mode settings screen and toggle on its switch.

Green slope direction

If your wearable device supports this feature, you can find the green slope direction info in the data cards. Green slope data is color-coded, with the arrows pointing toward the elevated areas on the course. The distance from your current location to the center of the green is also displayed.

All of this data can help you better plan your putts.

Distance measurements
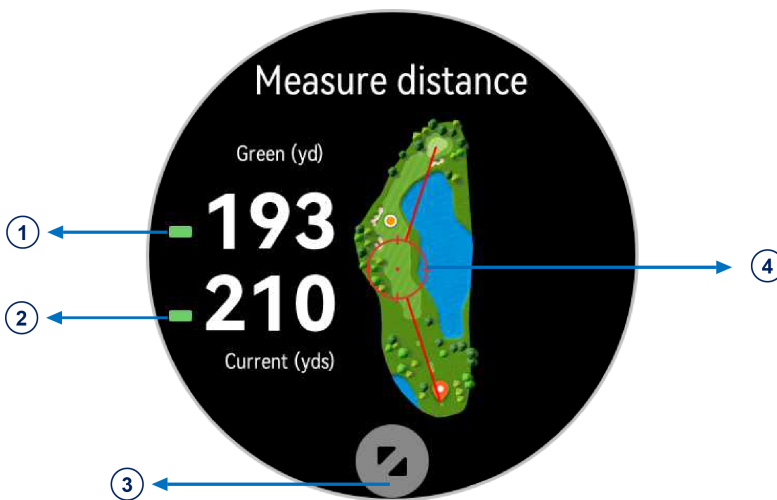
① Distance from a specified point to the center of the green.

② Distance from a specified point to your current location (or to the current tee ground when location information is unavailable).

③ Zooming in on the specified point view.

④ The circle indicates the specified point for distance measurements, which can be customized by selecting on the map. You can zoom in on the view and drag the map for more precise pinpointing.

Using an offline map

After downloading an offline map from the Huawei Health app, you can start navigation by touching **Routes** or after selecting an outdoor workout on your watch. The offline map can be used to navigate or return to the starting point during outdoor exercises or expeditions. You can also import or export routes to and from your watch, with the routes displayed over the map.

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 on the watch to enter the app list, and go to **Settings** > **Offline maps**.

2 Complete the following offline map display settings to suit your needs.

- **Display mode**: Choose **Auto**, **Light**, or **Dark**.

- **Map view**: Choose **Auto-rotate** or **North up**.

More info

With an offline map, the watch draws your real-time route, routes you have imported, marked points, and direction on top of the map, for a more intuitive navigation. You can preview the routes you have imported on an offline map.

Routes: Press the Up button on your watch to enter the app list, and touch **Workout**. Swipe up or down on the screen to find and select a workout, such as **Trail run**, then touch ⋮ on the right to access the settings screen, and select **Routes**.

- Compared with the previous route import feature: Now routes are displayed on map.

- For details about how to use an offline map during a trail run, see Trail run mode on your HUAWEI watch.

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.
- **Training index** refers to a prediction of exercise performance based on long-term changes in fitness and fatigue during periodic systematic training. This index is determined by both fitness and fatigue statuses.
- **Predicted times** are based on your history workout data, and can be used to project your best times for different distances. Predicted times can also be affected by training conditions and race strategy.

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.

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.

Bluetooth headphone connection

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 watch-based 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, find and 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.

> ℹ️ 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.

Sounds & vibration

Setting the ring volume

1 Enter the device app list and go to **Settings** > **Sounds & vibration** > **Ringtone**.

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**.

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.

For more information about the water resistance of HUAWEI wearables, please visit **Water-Resistant Levels and Daily Applications for HUAWEI Wearables**.

Water-resistant and dust-resistant level definitions and usage scenarios are as follows.

ⓘ · 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 resistance is not permanent, and performance may deteriorate with daily wear and tear. It is recommended that you regularly take your device to an authorized Huawei service center for inspection and maintenance.

· Note: The IPXX rating means Ingress Protection, and is a standardized measurement of a product's protection against liquids and solid particles. **An IP rating carries two numbers. The first number signifies the protection of important components against dust and solid particles, ranging from 0 to 6**, with 6 being the highest protection level. **The second number refers to water resistance, ranging from 0 to 8**, with 8 being the highest protection level.

Water/Dust Resistance Level	Resistance Level Definition	Resistance Scenario

Dive (Depth up to 100 meters)	Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.	Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 100 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. 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. The wearable device should not be worn in the following scenarios: 1. Diving activities exceeding a depth of 100 meters. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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. 4. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 5. 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. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

Dive (Depth up to 30 meters)	Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (3.3 ATM at most), and remain at excess pressure for one minute in each cycle.	Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 30 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. 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. The wearable device should not be worn in the following scenarios: 1. Scuba dives and technical dives. 2. Diving activities exceeding a depth of 30 meters. 3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 4. 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. 5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

		6. Composite vegan leather, composite woven, leather, metal, 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. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

Dive (Depth up to 40 meters)	Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (4.4 ATM at most), and remain at excess pressure for one minute in each cycle.	Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 40 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. 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. The wearable device should not be worn in the following scenarios: 1. Scuba dives and technical dives. 2. Diving activities exceeding a depth of 40 meters. 3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 4. 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. 5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

		6. Composite vegan leather, composite woven, leather, metal, 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. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

| 10 ATM | This is a water resistance standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can withstand up to simulated 100-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 100 meters deep. | The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 100-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 100-meter deep.

The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. 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.

The wearable device should not be worn in the following scenarios:
1. Diving, scuba diving, or other activities involving high water pressure.
2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.
3. 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.
4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such |

		as speedboats and motorboats), car washing, and rafting. 5. Composite vegan leather, composite woven, leather, metal, 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. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

| 5 ATM | This is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 meters deep. | The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-meter deep.

The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. 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.

The wearable device should not be worn in the following scenarios:
1. Diving, scuba diving, or other activities involving high water pressure.
2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.
3. 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.
4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such |

		as speedboats and motorboats), car washing, and rafting.
		5. Composite vegan leather, composite woven, leather, metal, 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.
		(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

IP69K	Complies with the IP69K rating under the ISO 20653:2023 standard. The IPX9K test conditions are as follows: water temperature: 80±5°C; water flow: 15±1 L/min; water pressure: 10,000±500 kPa; spray angle: 0°, 30°, 60°, and 90°, 30 seconds for each angle. This does not indicate protection during hot water showers.	Complies with the IP69K rating under the ISO 20653:2023 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. IPX9K involves high-pressure liquid splashes. This means that IP68-rated products can be worn during shallow water activities, such as swimming in a pool or along the coast; products that have obtained both the IP68 and IP69K ratings can also be worn during activities involving fast-flowing water, such as water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. 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. The wearable device should not be worn in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
IPX8 (water resistance for daily life)	Products that meet this standard are splash-proof and water-resistant, and can be worn and used during exercise as they are resistant to sweat, on rainy days, and when exposed to water splashes. However, it is not recommended that you immerse such a device in water. This wearable device is rated as IPX8 under the GB/T 4208-2017 standard and was tested under controlled lab conditions.	Products that hold an IPX8 rating meet the water resistance requirements for everyday use, such as during handwashing and on rainy days. The wearable device should not be worn in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

IPX8 (20 meters)	This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 20-meter static water pressure, and does not mean that the device is water-resistant in water that is 20 meters deep.	The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as during handwashing and on rainy days. 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. The wearable device should not be worn in the following scenarios: 1. Snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

| IPX8 (1.5 meters) | This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep. | The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.

The wearable device should not be worn in the following scenarios:
1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.
2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.
3. 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 clean the device with fresh water in a timely manner.
4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.
(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.) |

IP6X	Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.	The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.

| IP68 (20 meters) | Complies with the 2 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 20-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 20-meter deep.
Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering. | The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.
The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.
The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.
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.
The wearable device should not be worn in the following scenarios:
1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.
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 clean the device with fresh water in a timely manner.
3. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. |

		(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

| IP68 (1.5 meters) | This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep. Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering. | The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days. The wearable device should not be worn in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion |

		in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

IP67	This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1 meter deep. Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.	The wearable device complies with the IP67-rated resistance level under the IEC 60529:2013 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days. The wearable device should not be worn in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

		5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

IP57	Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can be immersed in water that is up to 1 meter deep at normal temperature and atmospheric pressure for 30 minutes.	The wearable device complies with the IP57-rated resistance level under the IEC 60529:2013 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days. The wearable device should not be worn in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.

		5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

IP55	Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water jets of 12.5 L/min aiming at the device case from any direction for 3 minutes.	The wearable device complies with the IP55-rated resistance level under the IEC 60529:2013 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days. The wearable device should not be worn in the following scenarios: 1. Being dropped into water, or during swimming, platform diving, jumping into water, or any other behavior or activity that immerses the device in water. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. 5. Other scenarios or types of use that may cause the wearable device to be

		exposed to fast-flowing water or strong water currents or to directly face the fast water flow for more than 3 minutes, such as during long-time use in heavy rain or rainstorms. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

IP54	Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water splashes of up to 10 L/min aiming at the device case from any direction for 10 minutes.	The wearable device complies with the IP54-rated resistance level under the IEC 60529:2013 standard. The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments. The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, and on rainy days. The wearable device should not be worn in the following scenarios: 1. Being dropped into water, or during underwater photography or any other behavior or activity that immerses the device in water. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments. 3. 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 clean the device with fresh water in a timely manner. 4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. 5. Other types of inappropriate use and scenarios where the device may be in contact with fast-flowing water

		or with water currents for more than 10 minutes. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)

Note: 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.

1 Pressing the device buttons or operating on the device underwater. (You can press the buttons of the HUAWEI WATCH Ultimate/HUAWEI WATCH ULTIMATE DESIGN and rotate the crown when underwater.)

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

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

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

5 Exposing the device to household chemicals, such as soap or soapy water during showers or baths.

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

7 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. (The straps for the HUAWEI WATCH Ultimate/HUAWEI WATCH ULTIMATE DESIGN are water-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.

- Certain IPX8-rated wearable devices can be worn during swims. Actual usage shall prevail.