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Getting Started

Appearance

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

The product in the following figures is the HUAWEI WATCH GT 6 Pro (46 mm).
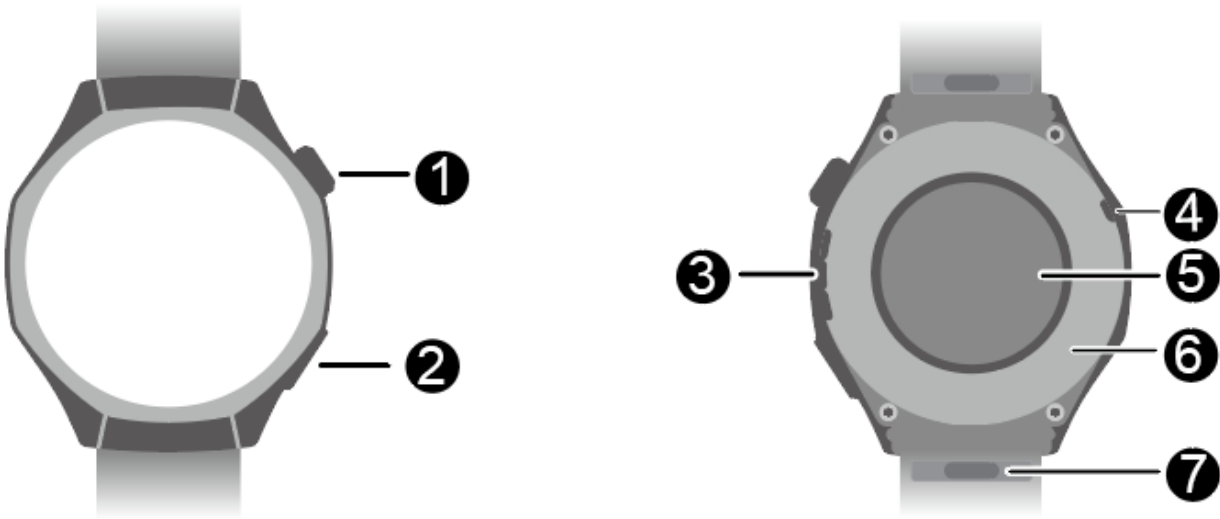
About the device:

No.	Description
1	Up button
2	Down button
3	Speaker
4	Microphone
5	Heart rate sensor
6	Charging area
7	Quick release button

Buttons and touch operations

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

Up button

ⓘ Operations may differ during calls and workouts.

Operation	Feature

Rotate	• In List mode and Hex grid mode: Scrolls up and down on the app list.
	On the first app list screen in Hex grid mode, rotate the crown counterclockwise or swipe down on the screen to display or hide the names of apps.
	• In an app: Scrolls up and down on the screen.
	  ⓘ To switch between Hex grid and List modes:
	    • In either mode, swipe up on the screen until you reach the last app list screen, and tap **Hex grid** or **List** to make the switch.
	    • Go to **Settings** > **Watch face & home** > **Home** and select **Hex grid** or **List**.

Press	• When the screen is off: Turns on the screen. • On home screen: Takes you to the app list screen. • On any other screen: 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. For example, during a workout session, double-press the Up button to view running tasks in the background, and then you can tap the watch face card to return to the watch home screen.
Press and hold	• When the watch is off: Powers on the watch. • When the watch is on: Takes you to the restart/power-off screen. • Forcibly restarts the watch when the button is pressed and held for at least 12 seconds.

Down button

Operation	Feature
Press	Quickly accesses selected features. To set which features to access: 1 Press the Up button to enter the app list, and go to **Settings** > **Down button** > **Press once**. 2 Select target apps for your custom setting. Once you're done, return to the home screen and press the Down button to access the selected features.

Operation	Feature
Press and hold	Wakes up **AI Voice**. ⓘ • 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.

Shortcuts

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

Screen controls

Operation	Feature
Tap	Chooses and confirms.
Touch and hold	• On home screen: Opens the watch face editing screen. • On a feature card: Opens the card management screen.
Swipe up	On home screen: Shows notifications.
Swipe down	On home screen: Opens the Control Panel. • You can enable **Find Phone** or set **Focus**. • You can view the remaining battery level and Bluetooth connection status.
Swipe left	On home screen: Accesses the custom feature cards.
Swipe right	On home screen: Enters the Assistant·TODAY screen. In an app (excluding the app home screen): Returns to the previous screen.

Pairing with an EMUI phone

1 Install the **Huawei Health** app ( ).
  If you have already installed **Huawei Health**, open it, go to **Me** > **Check for updates**, and update the app to its 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, tap ⋮⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **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, tap **Agree**.

6 When a pairing request displays on your wearable device, tap ✓ and follow the onscreen instructions on your phone to complete the pairing.

ⓘ To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with an iPhone

ⓘ Only available for iOS 13.0 and later.

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 place the device close to your phone. On the home screen of the **HUAWEI Health** app, tap ⋮⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. You can also tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

4 When a pairing request appears on your wearable device, tap ✓.
When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, tap **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Tap **Allow** and follow the onscreen instructions.

5 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing.

ⓘ · Keep **HUAWEI Health** running in the background (and 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.

· To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with an Android phone

1 Install the **Huawei Health** app ( ).
If you have already installed **Huawei Health**, open it, go to **Me** > **Check for updates**, and update the app to its 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, tap ⋮ in the upper right corner and then **Add device**. Find your wearable device in the search result and tap **Connect**. Alternatively, tap **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.

5 When a pairing request displays on your wearable device, tap ✓ and follow the onscreen instructions on your phone to complete the pairing.

6 Tap **Settings** and complete the Watch/Band 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.

ⓘ To ensure an optimal experience with push notifications, check that the notifications settings on your phone are correct.

Pairing with a new phone

Your wearable device can only connect to one phone at a time. So if you want to pair with a new phone, you'll need to first disconnect from the current phone.

1 Enter the app list and go to **Settings** > **System & updates** > **Disconnect**.
ⓘ · If the current connected phone is an iPhone, go to your phone **Settings** and select **Bluetooth** to find your wearable device. Tap the **i** icon and set to forget the device.

2 Tap **Disconnect** to disconnect from the connected phone.

3 When your wearable displays the pairing screen, follow the onscreen instructions to pair with a new phone.

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

2 Tap ⊕ and select a desired card.

3 Now that you're done, you can swipe left or right on the watch home screen to view the added cards.

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 You can replace the component by swiping left or right on the card and tapping **Custom** at the bottom of the card.

> ⓘ · Components of combo cards can only be replaced, not deleted.
>
> · To add a custom workout mode as a feature card, you'll need to first add this mode to the workout mode list in the Workout app.

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 the card and drag it to where you want it.

· To remove a card, either tap 🗑 at the bottom of the card, or swipe up on the card and then tap **Remove**.

Assistant

Setting modes

You can quickly enable or disable Do not disturb/Sleep mode in the Control Panel of your watch.

Enabling Do not disturb

Enable:

When Do not disturb is enabled, your watch won't ring or vibrate when receiving incoming calls and notifications (except for **Alarm**).

1 Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and select **Do not disturb**.

2 After the setting, **Control Panel** is displayed as **Do not disturb**.

To disable Do not disturb mode, go to **Control Panel** and tap 🌙. You can touch and hold to change the mode or perform other settings.

Scheduled Start:

1 You can access the **Do not disturb** setting screen in either of the following ways:

   · Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and tap ⋮ next to **Do not disturb**.

   · Go to the app list and tap **Settings** > **Focus** > **Do not disturb**.

2 Tap **Add time** and set **Start**, **End**, and **Repeat**.

To disable scheduled wakeup, turn off the switch next to the corresponding time period. (If the device is in Do not disturb mode, turn off the **Do not disturb** switch first.)

Enabling Sleep mode

Enable:

When Sleep mode is enabled, the watch won't ring or vibrate for incoming calls and notifications (except **Alarm**). Raise to wake will also be disabled, and the watch will enter Simple mode.

1 Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and select **Sleep**.

2 After the setting, **Sleep** will be displayed in the Control Panel.

To disable Sleep mode, go to **Control Panel** and tap 💤. You can touch and hold to change the mode or perform other settings.

Scheduled Start:

1 You can access the **Sleep** setting screen in either of the following ways:

- Swipe down from the top of the watch face to access **Control Panel**, tap **Focus**, and
  tap ⋮ next to **Sleep**.

- Go to the app list and tap **Settings** > **Focus** > **Sleep**.

2 Tap **Add time** and set **Bedtime**, **Wake up**, and **Repeat**.

To disable scheduled start, turn off the switch next to the corresponding time period. (If the device is in Sleep mode, turn off the **Sleep mode** switch first.)

Managing messages

When your wearable device is linked with **Huawei Health** and the Notifications feature is enabled, new messages pushed to the status bar of your phone will be synced to your wearable.

Enabling the Notifications feature

1 Open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and toggle on **Notifications**.

2 In the app list below, toggle on the switches for the apps you wish to receive notifications from.

ⓘ On the **Notifications** screen, the **APPS** section shows the list of apps that you can receive notifications from.

Push notifications settings

To receive notifications on the wearable based on the phone usage status, open **Huawei Health**, navigate to the device details screen, tap **Notifications**, and toggle on **Smart notifications** or **Mute notifications when using phone** (This switch is toggled off by default.).

- **HUAWEI phones**: Enable **Smart notifications**.
  Notifications will be muted on your wearable while you are using your phone. The wearable will still receive the notification, but it won't vibrate or ring.
  When you aren't using your phone and wearing your wearable, you will be notified of messages via your wearable and your phone won't ring or vibrate.

- **Other Android phones**: Once **Mute notifications when using phone** is enabled, notifications will be muted on your wearable while you are using your phone. The wearable will still receive the notification, but it won't vibrate or ring.

ⓘ • The **Smart notifications** or **Mute notifications when using phone** feature is not available when the wearable is paired with an iPhone.

Viewing and deleting unread messages

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

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

3 To delete a message, do as follows:

- Swipe left on a message that you wish to delete, and tap 🗑 to delete it.

- Tap 🗑 at the bottom of the message list to clear all messages.

Replying to SMS messages

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

2 To customize quick replies, open **Huawei Health**, navigate to the device details screen, and tap **Quick replies**.

3 You can tap **Add reply** to add a reply, tap an existing reply to edit it, or tap ⊗ next to a reply to delete it.

ℹ️ • This feature is unavailable when your wearable is paired with an iPhone.

- Quick SMS replies only work with the SIM card that has received the SMS message.

Managing watch faces

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 device home screen to visit the watch face selection screen, and swipe left or right to select your desired watch face.

2 Tap **Custom** below the watch face and swipe left or right to choose a style and features you like.

- On the **Style** or **Color** screen, swipe up or down to select your favorite style or color.

- On the **Function** screen, tap a component to replace it.

ℹ️ Customization is available only for the watch faces with the **Custom** button below them. Custom capabilities vary depending on the watch face.

Switching to another watch face

On the wearable device

Touch and hold anywhere on the watch face to visit the watch face selection screen, and swipe left or right to browse through the available watch faces. Tap on the watch face you want to use to select it.

In the Huawei Health app

1 Open **Huawei Health**, navigate to the device details screen, and tap **My faces**.

2 Select your desired watch face, and tap **Apply**.
If the watch face hasn't been installed, install it first. Your device will automatically switch to the new watch face once it's installed.

Deleting a watch face

On the wearable device

1 Touch and hold anywhere on the watch face to visit the watch face selection screen.

2 Swipe up from the bottom of the screen and tap **Remove** to delete a watch face.

🛈 If you want to use the watch face again after it is deleted, you can do so in either of the following ways:

- Touch and hold anywhere on the watch face to visit the watch face selection screen, swipe left to the last screen, tap ➕, and tap the watch face to use it again.

- Open **Huawei Health**, navigate to the device details screen, tap **My faces**, and select and set the watch face.

In the Huawei Health app

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

2 Tap ✕ in the upper right corner of a target watch face to delete it.

🛈
- If you don't see ✕ at the upper right corner of a watch face, it indicates this watch face cannot be deleted. For example, **Gallery** cannot be deleted.

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

Sticker watch faces

You can select or upload multiple stickers to create a unique watch face with personalized styles and widgets, and mix it up by touching the screen.

1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces** > **Sticker Fun**.

2 Select your desired stickers on the **Geometric**, **Emoji**, and **Pet** screens, or upload stickers by touching **Custom** and then ╋.

3 Customize the settings of **Layout**, **Background color**, and **Font**. You can also change the data displayed on the watch face by touching **Features**.

4 Touch **Set as default** and your wearable device will switch to the newly set Sticker watch face. You can mix it up by touching the screen.

Video watch face

ⓘ • Make sure that you have updated the Huawei Health app and your watch to their latest versions.

• Customized video watch faces are unavailable when the watch is paired with an iPhone.

1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces** > **Video** to access the Video watch face settings screen.

2 Tap ╋ , select an uploading method, record a new video or select an existing video to upload, and tap ✓ .

3 Tap **Style**, **Time position**, and **Features** to set the style and position of the widgets on the video watch face.

4 Tap **Apply** and your watch will switch to the newly set watch face.

ⓘ • Only one video watch face can be uploaded. You can also choose a preinstalled video watch face. Pre-installed video watch faces cannot be deleted.

• Video watch faces are designed to cycle through different videos. The watch will switch between different videos when you tap the watch face or turn on the screen.

Gallery watch face

Setting Gallery watch face

1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces** > **Gallery** to access the Gallery watch face settings screen.

2 Tap $+$, select either **Take photo** or **Select image**, select an image, drag it to adjust the portion of the image you want to display, and tap $\checkmark$ in the upper right corner to finish uploading.

3 On the **Gallery** screen, set **Color**, **Style**, and **Features** as you like.

4 In **Other settings**, enable or disable **Raise to display new image** as you like.
When this feature is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you wake the screen by raising your wrist. When this feature is disabled, raising your wrist will only display the last image shown, to change it you'll need to tap the screen.

5 Tap **Apply**, and your wearable will switch to Gallery watch face.

ⓘ The Gallery watch face feature supports the following image
formats: .gif, .jpg, .jpeg, .png, .bmp, .psd, .tif, .tiff, .webp, and .pcx. Images in .gif format appear as static images rather than animations.

OneHop Gallery watch face

With OneHop, you can easily turn Gallery images from your phone into watch faces on your watch. You can transfer more than one image if you want, and tap the watch home screen to switch between the images and enjoy multiple customized watch faces.

ⓘ · To use this feature, make sure that your wearable is linked with **Huawei Health**.

· This feature is only available when your NFC-capable wearable is paired with a HUAWEI phone that supports NFC.

Before using this feature, make sure that **Gallery** has been applied on your wearable.

1 Enable NFC on your phone.

2 Open Gallery, select an image for transfer, and tap the NFC area on the back of your phone against the wearable screen. The selected image will then display as the watch face, indicating a successful transfer.
To modify the watch face style, open **Huawei Health**, navigate to the device details screen, go to **My faces** > **Gallery**, and complete the setting.

Deleting an image from Gallery watch face

On the **Gallery** settings screen, tap $>$ to go to the image overview screen, tap $\times$ in the image you want to delete, then return to the **Gallery** settings page, and tap **Save**.

Bluetooth voice calls

ⓘ To use this feature, make sure that your wearable device is linked with **Huawei Health**.

Syncing contacts

You can't add contacts on your watch. When the watch is connected to your phone via Bluetooth, your watch will automatically sync contacts from your phone.

- If the contacts are not automatically synced, open the app list on your watch, and go to **Contacts** > **Sync contacts** > **Sync**.

- If you do not want to sync contacts, open the Huawei Health app, access the device details screen, go to **Device settings** > **App management** > **Contacts**, and disable **Sync data to watch**.

  This option is not available in the HUAWEI Health app on iPhones. iOS 18 supports contact authorization. You can go to **Settings** > **App** > **HUAWEI Health** > **Contacts**, and sync contacts as required.

Making and answering calls

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

- If you're using dual SIM cards, when you make a call to a watch contact, you can't 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, the audio will be played from your watch, and your phone will display the message that a Bluetooth call is in progress. To switch the audio channel to your phone, you'll need to set your phone to Receiver mode.

To answer a call: Simply tap 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 be played from your wearable device's speaker.

Remote shutter

Remote shutter allows you to launch your phone's camera and take photos from your wrist.

- This feature is only available when your device is paired with a HUAWEI phone running EMUI 10.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, open the camera first.

Remote shutter

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

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

2 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap the shutter icon on the watch screen to take a photo.

Setting a timer for photo taking

1 Enter the watch's app list and select **Remote shutter**, which will automatically launch your phone's camera. Tap ⏱ on the Remote shutter screen to set a timer for photo taking, and tap ⏱ again to switch to another timer.

2 Tap the shutter icon on the watch screen. The phone's camera will take a photo as soon as the countdown ends.

Controlling music playback

You can use your watch to control the music playback on your phone or use your watch for independent music playback.

ⓘ · To use this feature, make sure that your watch is properly linked with **Huawei Health**.

Controlling phone music playback

1 On your phone, open **Huawei Health**, navigate to the device details screen, tap **Music**, and toggle on **Control phone music**.

ⓘ · This setting is not required if you're using an iPhone.

2 Open a phone music app and start the playback.

3 On your watch, swipe right on the home screen to enter the Assistant·TODAY screen, and tap the Music card. From there you can pause playback, switch between tracks, and adjust the volume.

Syncing music to your watch

ⓘ · Before syncing music to your watch, make sure that the tracks have already been downloaded to your phone from a music app and are in a format supported by your watch.

1 Open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music** > **Add songs**.

2 Select the tracks to be added and tap ✓ in the upper right corner of the screen.

3 Access the music management screen, tap **New playlist**, create a name for the playlist, and add tracks 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 tapping ⋯ in the upper right corner of the playlist screen and then **Add songs**.

4 Music files synced to your watch can be played even without an internet connection.

5 To delete an added track, open **Huawei Health**, navigate to the device details screen, and go to **Music** > **Manage music**. In the music list, tap the ⋮ icon next to the track, and select **Delete**.

Controlling watch music playback

1 Press the Up button on your watch to enter the app list, select **Music** ( ) or open another music app, and tap **Playing**.

2 Tap the Play button to start playing.

3 On the music playback screen, you can adjust the volume and set the playback sequence (such as Play in order and Shuffle).

4 You can swipe up on the screen to view the playlist and switch between tracks.

AI Voice

AI Voice on your watch makes it easy to check the weather and set an alarm, once your watch has been connected to your phone via **Huawei Health**.

- This feature is only available when your watch is paired with a HUAWEI phone running EMUI 10.1 or later.
- 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 in certain countries/regions. In these markets, language and region settings must be consistent.

Using AI Voice

1 You can wake up AI Voice in either of the following ways:
- **Using Assistant·TODAY**: Swipe right on the watch home screen to enter the Assistant·TODAY screen, and tap the AI Voice icon to enter the voice input screen.
- **Button wakeup**: Press and hold the Down button to enter the voice input screen. This feature is enabled by default.

   If this feature is not enabled, go to **Settings** > **Smart assistance** > **AI Voice**, and toggle on the switch for **Wake-up button**.

2 Give a voice command on the displayed screen, such as "What's the weather like today?", or "Set an alarm for 8:00 a.m. tomorrow".

Voice broadcast

Voice broadcast is enabled by default. Once disabled, the watch will no longer play voice messages.

Enabling voice broadcast: Enter the app list, go to **Settings** > **Smart assistance** > **AI Voice**, and toggle on the switch for **Broadcast**.

Adjusting the broadcast volume: The broadcast volume can be adjusted only during a broadcast, by pressing the volume buttons on the paired phone.

Assistant·TODAY

Assistant·TODAY provides quicker, easier access to services including weather information display and music playback controls.

Entering/Exiting Assistant·TODAY

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

Quick access to apps

1 Swipe right on the watch home screen to enter Assistant·TODAY.

2 On the Assistant TODAY screen, tap any card to access the corresponding app details screen.

Audio/Video control

- Phone audio/video controls via Assistant·TODAY on your watch are only available for ongoing audio/video apps displayed in the Media Controller on your phone. Certain apps are not compatible with your phone's Media Controller. If the Media Controller on your phone displays a message indicating that playback controls are not supported, the same applies to watch-based controls.

On the Assistant·TODAY screen, you can use the Audio/Video control card for audio/video playback controls on both your phone and watch. Note that phone audio/video controls will only work when your watch is linked with your phone normally and your phone is playing audio/video.

Health Management

Fall detection and emergency SOS

After fall detection is enabled, the watch will detect your posture through the acceleration sensor on the watch. If the watch detects that you have fallen and may fall into a disabled state, it will enable the emergency SOS feature for you.

To disable fall detection, enter the watch's app list, go to **Settings** > **Emergency SOS**, and toggle off **Fall detection**.

- Your watch can't detect all falls. It can sometimes misinterpret high-impact activities as falls and trigger fall detection.

- If your watch is connected to your phone via Bluetooth and your phone has two SIM cards, make sure to set in advance the default card for making emergency calls.

- When paired with an iPhone, your watch cannot send help messages.

Setting emergency information and emergency contacts

Emergency information can help first responders in an emergency. To set emergency information and emergency contacts, do as follows:

1 Open **Huawei Health**, and go to **Me** > **Profile** > **Emergency information** to add personal information and healthcare information such as your blood type.

2 Go to **Emergency contacts** > **Add emergency contacts** and select an emergency contact that you would like to add. You can also tap ⊗ next to an emergency contact to delete the contact. You can add up to three emergency contacts.

    Make sure you set your emergency contacts in the correct order. If emergency SOS is triggered, your watch will call your first emergency contact and send help messages to all your emergency contacts.

Viewing emergency information

On your watch

Enter the watch's app list, and go to **Settings** > **Emergency SOS** to view your emergency information.

On your phone

Open **Huawei Health**, choose **Me** > **Profile** > **Emergency information** to view your emergency information.

Fall detection and auto-SOS

1 Enter the watch's app list, go to **Settings** > **Emergency SOS**, and toggle on **Fall detection**.

2 If the watch detects that you have fallen and may fall into a disabled state, it displays a pop-up, asking you whether to make emergency calls.

3 If you choose ✓ or don't perform any operations on the watch within 60 seconds, the watch triggers emergency SOS.

- If emergency contacts have been set, the watch will automatically call the first emergency contact and send a help message containing your current location to all emergency contacts.

- If no emergency contact has been set, public emergency call numbers will be displayed for you to select.

Manual emergency SOS initiation

Press the Up button (Power button) five times in quick succession to launch emergency SOS.

- If emergency contacts have been set, the watch will automatically call the first emergency contact and send a help message containing your current location to all emergency contacts.

- If no emergency contact has been set, public emergency call numbers will be displayed for you to select.

ⓘ - If **Fall detection** is disabled, your watch won't initiate an emergency SOS upon detecting a major fall. In this case, press the Up button five times in quick succession.

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 certain European countries.

Enabling Additional emotions/stress records

1 Enter the device app list and tap **Emotional wellbeing**. If you're using the app for the first time, grant the permissions, and view the app introduction and operation guide. Then you'll be redirected to the **Emotional wellbeing** app screen.

2 Open **Huawei Health**, navigate to the device details screen, tap **Health monitoring**, and toggle on **Additional emotions/stress records**.

ⓘ - When using the app for the first time, you'll need to keep your wearable on for a while before emotional data becomes available.

- Emotional data isn't available while you're asleep.

Viewing/Modifying your emotional data

On your wearable:

Enter the device app list and tapped **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:

Go to **Huawei Health** > **Emotional wellbeing** to view your emotions/stress data, and read the analysis and tips by different time ranges.

To view all historical data, go to **Huawei Health** > **Emotional wellbeing**, tap ⋮ in the upper right corner, and tap **All data**.

ⓘ If you believe that the test result is inaccurate, tap the edit icon next to the emotional data at the top to modify your emotional data.

Mood reminders

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

2 Swipe up to enter the **Settings** screen, tap **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.

Health Insights

Introduction

This app tracks changes in your health. It provides health trend analysis and alerts based on a range of personal health data, such as SpO2, heart rate, sleep, workout duration, Activity rings, and emotional wellbeing.

ⓘ · Insights aren't available on a daily basis and may not be generated if the wearable isn't worn for a long enough time or during sleep.

· Before you can view the data on your device, you need to wear it for two consecutive days. Wear your device often and for long periods of time for more accurate results.

· Changes in health can be caused by various factors. Insights are based on a comprehensive analysis of these factors and can identify relationships between them. Short term changes in this data could be an anomaly or a symptom of something more serious.

· This is not medical software and cannot be used as a basis for medical diagnosis. Health advice is provided for reference only, please approach any health improvements based on your actual health.

Enabling Health Insights notifications

Once enabled, your device will remind you to view the Health Insights analysis results if they are updated and you do not view them in time.

To enable this feature, Open the **Huawei Health** app, swipe down on the screen, tap the card under **Health insights**, go to ⠒ > **Settings**, then toggle on **Health Insights notifications**.

Viewing Health Insights data

On your wearable:

Enter the device app list and tap **Health Insights** to view your Health Insights report overview. Swipe up on the screen to view the results for each item. When you're using the app for the first time, follow the onscreen instructions to complete authorization.

On your phone:

Open the **Huawei Health** app, swipe up on the screen, and tap the card under **Health insights**. You can view the following information:

- Tap **Featured insights** to view the summary report of health and fitness data analysis.

- Tap **Trends** to view the trend for each item. Trends can reflect changes in your health. Keep wearing your wearable device or record your health and fitness data in the Huawei Health app to identify trends.

Sleep monitoring

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

Sleep settings

1   Enter the watch app list, tap **Sleep**, swipe up to access the **More** screen, and tap **Sleep mode**.

2   You can choose either **Sleep mode** or **Schedule**.

- **Sleep mode** is disabled by default. When enabled, the wearable won't ring or vibrate for incoming calls and notifications (except when an alarm goes off). Raise to wake will also be disabled, effectively putting the device in a simplified mode.

- When **Schedule** is enabled, your wearable will enter/exit Sleep mode as scheduled.
To add a scheduled period, tap **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then tap **OK**.
To delete a scheduled period, tap the target and then **Delete**. You can only edit the scheduled periods preset on your watch but cannot delete them.

Enabling/Disabling HUAWEI TruSleep™

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

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

Viewing your sleep data

- Enter the watch app list and select **Sleep** to check out your night sleep and nap data, as

  well as sleep health information. Tap ⓘ for more details on result description.

- Access the home screen of **Huawei Health** and tap the **Sleep** card to view detailed data.

  On the **Sleep** screen, tap ⋮ in the upper right corner and then **All data** to access
  historical data records.

Deleting your sleep data

1 Access the home screen of **Huawei Health** and tap the **Sleep** card.

2 Go to ⋮ > **All data** and tap the delete icon in the upper right corner to select and delete
historical data records as needed.

Pulse wave arrhythmia analysis

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

ⓘ
- All data and results are for reference only, and should not be used as a basis for
  medical diagnosis. If you experience any discomfort, please seek medical assistance in
  a timely manner.

  - This feature is only available in certain markets. For details, refer to the Huawei official
    website.

Activating the app

1 To use this feature, first update the **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

1 Double-check that your wearable device is worn properly, and place your forearm flat on a
table or on your laps, with your arms and fingers relaxed.

2 Enter the device app list and go to **Pulse wave arrhythmia analysis** > **Measure**.

3 Keep still and wait till the measurement is complete, then view your result on the

  wearable screen. You can tap ⓘ to check out 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, and tap ⋮ in the upper right corner and then **Automatic measurement**.

2   Toggle the switch for **Automatic arrhythmia detection** on. Once enabled, your wearable
device will automatically perform measurements while you're wearing it in a resting state.
Toggle the switch for **Arrhythmia alerts** on. Once enabled, you'll receive alerts via your
wearable when abnormal heartbeat rhythms are detected.

ⓘ · During measurements, if your heartbeat rhythm is detected as abnormal, a prompt will
pop up on your wearable device. If you are wearing a device that supports ECG, you
will be reminded to measure your ECG.

· Alerts will only be sent when the proportion of abnormal results is high from multiple
measurements, to avoid unnecessary concerns. The wearable will vibrate, turn on its
screen, and display a pop-up alert while you're awake. If it detects that you're asleep,
only a pop-up alert will display.

Disabling the service

Access the home screen of **Huawei Health**, go to **Heart** > **Pulse wave arrhythmia analysis**,
tap ⋮ in the upper right corner and then **About** > **Disable service**, and follow the onscreen
instructions.

Result interpretation

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.

Access the home screen of **Huawei Health** and go to **Heart** > **Pulse wave arrhythmia
analysis** to view your data in bar charts. You can also tap ⋮ in the upper right corner and
then **Help** for more info on measurement results.

ⓘ The measurement results may vary depending on the marketing strategy in different
countries/regions.

Measurement results: No abnormalities 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. Only one-off measurements are supported.

ⓘ · This feature is currently only available on HUAWEI WATCH GT 6 Pro.

· This feature is only available in certain markets. For details, refer to the Huawei official
website. Actual situation shall prevail.

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** > **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 tapping 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 tap ⓘ to check out the result description. For more details, access the home screen of **Huawei Health** on your phone and go to **Heart** > **ECG**. To download an ECG report, tap 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.

Heart rate measurement

ⓘ • Measurement data and results are for reference only and are not intended for medical use.

 • For optimal heart rate data accuracy, fasten the device snugly above your wrist bone for the best possible fit. Opt for a tighter fit during workouts.

 • 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

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮⋮ in the upper right corner. Select **Settings** and make sure that **Continuous heart rate monitoring** is enabled.

2 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.

3 Access the home screen of **Huawei Health**, tap the **Heart** card, tap ⋮⋮ in the upper right corner and then **All data**, and view your heart rate data. You can choose to delete any data record.

ⓘ • Real-time monitoring will increase the device's power consumption, while Smart monitoring is more power-saving.

 • The monitoring screen of the device displays the highest and lowest heart rates measured on the current day, such as the data shown in ▲149 ▼92 .

Heart rate alerts

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮⋮ in the upper right corner. Select **Settings**, enable **Continuous heart rate monitoring**, and set **High heart rate alert** and **Low heart rate alert**.

2 Your device will vibrate and display an alert when your heart rate stays above/below your set value for more than 10 minutes while you're resting.

Individual heart rate measurement

ⓘ Heart rate data from individual measurements will not sync to the **Huawei Health** app.

1 Access the home screen of **Huawei Health** and tap **Heart** and ⋮⋮ in the upper right corner. Select **Settings** and disable **Continuous heart rate monitoring**.

2 Enter the app list on your wearable device, select **Heart rate**, start a measurement, and wait for the result to display.

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 Access the home screen of the **Huawei Health** app, tap the **Cycle Calendar** card, download the feature package, set your period data, and tap **Get started**.
If the **Cycle Calendar** card is not on the Huawei Health home screen, tap **Edit** and add the card.

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.
Tap **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** home screen.
Tap **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. Tap 🔵 to the right of the app name to switch between monthly view and ring chart view. On the monthly view screen, swipe left and right to view data of the previous cycle and next three cycles.

2 Tap **Edit** or ✎ to put in when your period **Started** and **Ended**. Swipe up on the screen to view more details.

Recording your periods in the Huawei Health app

1 Access the home screen of **Huawei Health**, tap the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period. You can also record your **Physical symptoms**.

2 On the **Cycle Calendar** screen, tap ⋮⋮ in the upper right corner to perform the following settings:

- Tap **Settings** to toggle on or off **Ovulation and fertile window predictions** and other switches as needed, and set **Period length** and **Cycle length**.

- 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.

  ℹ️ · This feature is only available on certain device models. If the **Predictions** option cannot be found on your device, it indicates feature unavailability. Actual UI shall prevail.

- Tap **Period records** to view **Avg period** and **Avg cycle**.

- Tap **All data** to view the historical data.

SpO2 measurement

ℹ To ensure the accuracy of the SpO2 measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.

Individual SpO2 measurement

1 Double-check that your wearable device is worn properly, and keep still.

2 Open the app list, swipe up or down until you find **SpO2**, and tap this option.

3 Tap **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

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.

1 To enable this feature, open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Automatic SpO$_2$**, and toggle on **Automatic SpO$_2$**.

2 Tap **Low SpO$_2$ alert** and set the lower limit for you to receive an alert while you're awake.

Viewing your SpO2 data

Access the home screen of **Huawei Health**, tap **SpO$_2$**, and select a date to view your SpO2 data on that day.

Sleep breathing awareness

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

Activating the app

ℹ • This feature is only available in certain markets.

• Before using this feature, connect your wearable device to the Huawei Health app.

1 Open **Huawei Health**, enter the **Health** screen, tap the **Sleep** card, swipe up till you reach the bottom of the screen, and tap **Sleep breathing awareness**.

2 When using the feature for the first time, follow the onscreen instructions to activate it. Then, **Sleep breathing awareness** is enabled by default.

3 Now the settings are done. Wear your device to bed, and it'll detect and analyze interruptions in your breathing while you're asleep.

Viewing data

Go to **Huawei Health** > **Health** > **Sleep**, tap **Sleep breathing awareness** at the bottom of the screen, and you'll be taken to the feature screen where you can see the latest detection result and a summary of your data records.

Enabling/Disabling Sleep breathing awareness

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

Disabling the service

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

Arterial stiffness detection

Arterial stiffness is also referred to as arterial elasticity. An increase in stiffness is an early indicator of artery damage and could indicate an increase in risk of heart disease.

Pulse wave velocity (PWV) refers to the speed at which pressure waves travel down the large arteries each time the heart beats and injects blood into them. It's an effective measure of arterial stiffness. In general, a faster PWV indicates stiffer arteries.

ⓘ · This feature is currently only available on HUAWEI WATCH GT 6 Pro.

· This feature is currently only available in certain countries/regions.

Before you start

1 This app is not intended for users under age 18.

2 This app is not intended for people with pacemakers or other implanted electronic devices.

3 This app is not suitable for people diagnosed with serious arrhythmia.

4 This app should not be used in environments with strong electromagnetic fields.

5 This app is not intended for medical use. 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.

Authorizing and activating the Arterial stiffness detection app

1 For the first-time use of this feature, follow the onscreen instructions in **Huawei Health** to complete the registration, and then enter your account and password to log in.

2 Use **Huawei Health** to scan the QR code on your wearable device, and follow the onscreen instructions to complete the pairing.

3 Go to **Huawei Health** > **Health** > **Heart** > **Arterial stiffness detection** on your phone, and follow the onscreen instructions to activate the feature. This quick app entry under the **Heart** card is provided by default. For your first-time use, you'll need to authorize data sharing and agree to the user agreement and privacy agreement.

Initiating a measurement on the watch

For your first measurement: After app activation on the phone, you'll need to navigate to **Arterial stiffness detection** on your watch and specify on which wrist you're wearing the device.

🛈 To ensure optimal accuracy, make sure that the correct wrist is selected and that the watch is worn in a snug manner.

Measuring method:

1 The measurement will last about 30 seconds, during which please hold still, breathe evenly, and avoid speaking. Dry skin can undermine the measurement. If you notice that your finger is dry, moisten it with a little water.

2 When the measurement is done, return to the app home screen to view the result.

Viewing your data

When your watch and phone are connected over Bluetooth, data will be synced to your phone after a measurement is done.

1 Go to **Huawei Health** > **Health** > **Heart** > **Arterial stiffness detection** on your phone, and view the latest measurement result on the **Arterial stiffness detection** app home screen.

2 Tap **Show more** to view more data.

3 You can also tap the four-dot icon in the upper right corner of the app home screen and then **All data** to view historical data.

Exercise

Workout settings

You can set the workout type as required, including **Goal**, **Reminders**, **Auto-pause**, **Data display**, and **Pin to top**.

1 Enter the device app list and tap **Workout**.

2 Tap ⋮ next to the workout type to access the workout settings screen.

- **Reminders**

   Tap **Reminders** and **Interval** to set interval reminders by distance or time/enable or disable **Heart rate**.

   > - Audio reminders in languages other than Chinese and English, for example, German, are currently available in certain markets. To use this feature, make sure to log in to the Huawei Health app with an account registered in Europe, link your wearable device with the Huawei Health app, and download the required language package as prompted. Please note that the transmission may take a long while if you're using an iPhone.
   > - Actual settings may vary depending on the device model and workout type. If a setting cannot be found, it indicates feature unavailability.

- **Mistouch prevention**

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

- **Auto-pause**

   Toggle on or off the switch for **Auto-pause** to enable or disable it. The wearable device will automatically pause the workout if it detects that you have stopped, then resume the workout when you start again.

- **Remove**

   This option removes the workout mode from the **Workout** list.

- **Pin to top**

   This option pins the workout mode to the top of the **Workout** list.

   You can also pin a mode to the top from the **Workout** list, by holding down on a workout mode and tapping the pin icon.

Data display on the workout screen

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

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

1 Press the Up button on your watch to enter the app list, tap **Workout**, find a desired workout mode (such as **Outdoor run**), and tap $\vdots$ next to it, to access the settings screen.

2 Tap **Data display**, select the cards you need, and toggle on **Show cards**.

3 Tap **Custom cards**, select a display style (such as **4 cells**), and choose the corresponding data (such as **Heart rate** and **Distance**).

4 When the settings are done, you'll be able to swipe up or down on the workout screen to browse selected data cards and view corresponding data during a workout. You can also touch and hold the data displayed on the screen to customize what type of data to display.

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

Using an offline map

After downloading an offline map from the **Huawei Health** app, you can start navigation by tapping **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. You can also import or export routes to and from your watch, with the routes displayed over the map. Once you start an outdoor workout, make sure that the positioning functions properly before using the offline map.

Downloading an offline map

1 Open **Huawei Health**, navigate to the device details screen, and tap **Offline maps**.

2 Tap **Regions**, find your target region and the map, and tap **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.

> ⓘ The Contour lines feature is only available on HUAWEI WATCH GT 6 Pro, and not available on maps of regions in Hong Kong (China), Macao (China), or Taiwan (China).

Deleting an offline map

1 Open **Huawei Health**, navigate to the device details screen, and tap **Offline maps**.

2 Tap **Manage downloads**, select the map to be deleted, then tap $\vdots$ on the right and then **Delete data**.

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 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 tap **Workout**. Swipe up or down on the screen to find and select a workout, such as **Trail run**. On the pre-workout screen, swipe up to access **More** and then select **Routes**.

Starting a workout

Your watch supports multiple workout modes, including exercises such as running and biking, fitness courses, equipment training, and other activities like leisure sports. You can select a workout mode based on your needs.

Starting a workout on your watch

1 Press the Up button to enter the app list, and tap **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 tap **Add** to add other workout modes.

3 Tap the workout icon to start a workout session.

4 During a workout, you can press and hold the Up button to end the exercise. Alternatively, press the Up button to pause, tap to resume, or tap to end the workout. During a workout, you can swipe up or down on the screen to view fitness data.

Starting a workout in the Huawei Health app

1 Double-check that your watch 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 tap the running icon to start your run.

2 During a workout, the fitness data will be displayed on both the **Huawei Health** app and your watch. If the workout distance or duration is too short, the record won't be saved.

3 During a workout, you can tap on the **Huawei Health** screen to pause, tap to resume, or hold down on to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

Viewing exercise records and workout status

After a workout, you can view your exercise records and workout status as follows:

Viewing exercise records

1 Enter the device app list and tap **Workout records**.

2 Select a record and view the corresponding details. You'll see different types of data for different workout modes.

Viewing workout status

1   Enter the device app list and tap **Workout status**.

2   Swipe up on the screen to view data such as **Running Ability Index**, **Training load**, **Training index**, **Recovery**, **VO2Max**, and **Predicted times**. You'll see different types of data for different workout modes. Actual display shall prevail.

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, tap **Workout**, and start an outdoor session. At any time during the exercise, swipe up on the screen to access the route 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 **Route back** and **Straight line** don't display on the screen, tap the screen to show them.

ℹ️ · The route screen is unavailable for track running.

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

Cycling

During cycling, you can calculate the virtual power based on the cycling speed and grade, and record each flat sprint or grade climb with the virtual power, grade linkage, and statistics features.

ℹ️ Make sure that you have updated the Huawei Health app and your watch to their latest versions.

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 tap **+**.

2   When available devices nearby are displayed, find the target device in the list and follow the instructions to complete the pairing. Alternatively, tap **Add manually**, 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 Tap the name of a connected accessory to access the device management screen, and tap **Disconnect**. Tap the name of a paired but currently disconnected accessory to access the device management screen, and tap **Reconnect**.

Virtual power settings

The virtual power is estimated based on the real-time cycling speed, grade, your weight, and more. After cycling, you can view the average virtual power of this session in your exercise records to help you analyze your cycling performance.

Measurements are based on your weight and age. Therefore, before using this feature, make sure your information in **Huawei Health** is correct in **Me** > **Profile**.

1 Press the Up button to enter the app list, and tap **Workout**.

2 Swipe up or down on the screen to find and tap ⋮ next to **Outdoor cycle** to access the settings screen.

3 Go to **Cycling management** > **Manage bikes** to fill in the vehicle information (such as the vehicle model and weight).

Starting a cycling session

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

- ⓘ Before using this feature, check if **Display on phone** has been enabled by entering the app list on your watch and going to **Settings** > **Workout** > **Display on phone**.

  - To ensure real-time cycling data display on your phone, the two devices must remain connected over Bluetooth throughout the workout.

  - Cadence data will only be displayed on your phone when your watch is paired with a third-party cadence sensor.

1 Press the Up button to enter the app list, and tap **Workout**. Swipe up or down on the screen to find and select **Outdoor cycle** or **Indoor cycle**.
If you select **Outdoor cycle**, swipe up on the outdoor cycling preparation screen to access the **More** screen, select **Routes**, choose a route, and start the workout.

2 Tap the icon to start the workout, and your cycling data will be displayed on your phone in real time. You can customize the displayed data type on the phone to suit your needs.

Viewing cycling 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**, tap **Outdoor cycle** or **Indoor cycle**, and swipe up or down on the screen to view cycling data.

- If no power meter is connected, go to **Huawei Health** > **Exercise records** after cycling, to view the virtual power, grade linkage, and more.

Trail run

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

ⓘ To use these features, make sure that you have updated the Huawei Health app and your watch to their latest versions. Segment-based navigation is a Trail run feature only available on certain watch models. If the option cannot be found on your watch, it indicates feature unavailability. Actual display shall prevail.

Workout settings

1 Press the Up button to enter the app list, and tap **Workout**.

2 Swipe up or down on the screen to find and select **Trail run**. Tap ⋮ to access the settings screen.

- Tap **Goal** and set targets for distance, time, and total calories burned.

- Tap **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.

- Tap **Data display** and set the data to be displayed on the workout screen.
  ⓘ You can set the data to be displayed on the screen, such as heart rate, pace, grade, and altitude trend. Actual display may vary depending on the device.

- Complete other settings, such as mistouch prevention, metronome, and segmentation, to suit your needs.

Importing a route for Trail run

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

If the imported route contains checkpoints and altitude data, an altitude curve chart and segment-based navigation data will be displayed during the workout.

ⓘ The altitude curve chart feature is only available on HUAWEI WATCH GT 6 Pro.

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. Tap ⋮ in the upper right corner and then **Send to wearable**, to sync the route to your watch.

Starting a Trail run session

1 Press the Up button to enter the app list, and go to **Workout** > **Trail run** to enter the pre-workout screen.

2 Swipe up to access **More** and then tap **Routes**.

3 Select your route. Tap **Work out** and then **GO** to start the run.

4 Swipe up or down the screen to view your fitness data.

RouteDraw

RouteDraw infuses artistic creation into your workouts. Move from checkpoint to checkpoint to draw images on the map and add a touch of fun to your runs.

Selecting a route

1 Go to **Huawei Health** > **Exercise** > **Outdoor run**. Tap the Route icon to view the available routes in your current city.

2 Make sure that your watch is connected to your phone via Bluetooth. Select a route to visit the route details screen, and tap **Transfer to wearable** to sync the route to your watch.

Starting a run with RouteDraw

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

2 Select your target route. Tap **Go exercise** and then **GO** to start your run.

3 Follow the navigation to pass all checkpoints. You can view the checkpoint progress on your device at any time during the run, and then check out your fitness data after the end of the run.

Sharing your RouteDraw records

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

2 Tap the share icon in the upper right corner to share it on social media.

Deleting a route

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

2 Hold down on a RouteDraw route and delete it by tapping **Delete** below it. You can also hold down on a route, tap **Select all** above it, and tap **Delete** to remove all routes.

Golf mode

ℹ️ This feature is currently only available on HUAWEI WATCH GT 6 Pro.

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 tap the start icon (or press the Down button) to start a golf practice.

3 Swipe up or down on the screen to check out the swing and grip demos and view your workout data.

Course mode

ⓘ Golf course maps are only available for certain regions or courses. If no nearby course is found after you go to **Golf** > **Course mode** > **Nearby** on your watch, or if the course is not displayed in **Huawei Health** > **Exercise** > **Golf** > **Course map**, it indicates feature unavailability.

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

2 Go to **Course mode** > **Nearby**, wait till positioning functions properly, and select the target course.
If the course has already been downloaded, you will find it in **Downloaded**. You can also download or delete a course. For details, see the **Downloading or deleting a course** section.

3 Follow the onscreen instructions to set the venue and teeing area, wait till positioning functions properly, and tap 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 a green view, and check out the green direction (in **Data display**) and information on the data screen.
The fairway panoramic view supports vector maps. You can also:

- Tap the fairway map to enter the distance measurement screen. Rotate the watch crown to zoom in or out the map. Or drag the map background to view the map outline.

- Tap an obstacle on the fairway map to enter the obstacle distance measurement screen. You can then switch between the obstacle outline and the distances to both the front and back of the obstacle.

- Tap **Back** at the bottom to return to the home screen.

5 During the golf session, tap **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

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

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

2 Choose **Course mode** and tap ⋮ to access the settings screen, where you can:

- Tap **Manage courses** to delete a course map or check for updates. You can hold down on a map to delete it, or tap a map to enter the map screen to delete the map. You can also tap **Check** to check for a new version of a map.

- Enable or disable **Mistouch prevention** to suit your needs.

- Tap **Unit** to change the unit.

- Set **Tee reference line**.

- Toggle on or off the switches (such as the switch for green direction) on the **Data display** screen in a golf session.

More about Course mode

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 tap **L**/**R** on the screen to switch between the greens.

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, tap the hole number tab at the top of the home 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.

Downloading or deleting a course

ⓘ To use this feature, first update the Huawei Health app to its latest version. The downloaded courses will be automatically synced to your watch when it is properly connected to your phone.

1 Go to **Huawei Health** > **Exercise** > **Golf** and tap **Course map**.

2 On the **Discover** tab, select your target course, and tap **Download**.

3 Once the download is complete, tap the course to enter the course details screen. Tap ⋮ in the upper right corner and then **Sync to watch**. You can also choose to delete the downloaded course.

Stay Fit app

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

Setting your initial goal

1 Press the Up button on the watch to open the app list and tap **Stay Fit**. Tap **Agree** on the user authorization screen if you're using the app for the first time.

2 Follow the onscreen instructions to set up the app. Then you'll be able to enter the home screen of the **Stay Fit** app.

ⓘ • If no weight data has been entered, follow the onscreen instructions to fill in the relevant information to suit your needs. Your watch will generate a weight loss or weight maintaining plan for you.

 • If you have set your current weight and target weight via the **Huawei Health** app, such data will automatically sync to your watch.

Resetting your goal

1 Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Goal**.

2 Tap **Reset goal** to adjust **Weight**, **Goal type**, **Rate of loss**, and **Target weight**, to have a new weight loss or weight maintaining plan generated for you.

Recording your weight

1 Enter the watch's app list, and tap **Stay Fit**.

2 Swipe right on the app's home screen, tap **Record weight**, and note down your current weight.

Recording your diet

1 Enter the watch's app list, and tap **Stay Fit**. Swipe right on the app home screen and tap **Today's intake** to check today's total intake.

2 Tap **Quick add** to record your diet.
Tap **Use phone** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **Diet log** screen of **Huawei Health**, where you can record your diet.
ⓘ You'll only be redirected when your watch is paired with a HUAWEI phone. If you're using a phone of another brand, follow the instructions on your watch and record your diet on the **Huawei Health** app on your phone.

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

Workout

1 Enter the watch's app list, and tap **Stay Fit**.

2 Swipe right on the screen, and tap **Today's calories burned**, where you can view your today's **Burned (kcal)**, **Resting**, and **Active**.

3 Swipe up on the screen, tap **Workout**, and you'll be redirected to the **Workout** app on your watch. Select an option to start a workout session.
Tap **Fitness course** and, if your phone screen is on and unlocked, you'll be automatically redirected to the **All fitness courses** screen of the **Huawei Health** app. Tap a fitness course to start a workout session.
ⓘ You'll only be redirected when your watch is paired with a HUAWEI phone.

More settings

1 Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **More settings**.

2 Toggle the **Sync goals** switch on or off as needed. When disabled, the daily activity goal recommended by the Stay Fit app won't be synced to your Move goal in Activity rings.

Reminders

1 Enter the watch's app list, and tap **Stay Fit**. Swipe up to the last screen and tap **Reminders**.

2 Toggle the switches on or off as needed. When all switches are off, you won't receive any notifications from the Stay Fit app.

Diving mode

ⓘ This feature is currently only available on HUAWEI WATCH GT 6 Pro.

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

Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized training table, and record your heart rate and SpO2 data during each training session.

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

Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea test. During the test, your data like breath-holding duration, real-time heart rate, and SpO2 data will be available.

To enable this feature, press the Up button, enter the app list, go to **Workout** > **Dive** > **Apnea test**, and follow the onscreen instructions to start a test. When you feel the first contraction, press the Down button to record it.

Freediving

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

2 Tap the settings icon on the right to set reminders, alarms, water type, notification methods, and mistouch prevention.

3 Tap the start icon or press the Down button to start the workout.

4 Press and hold the Up button to end the workout.

Diving records

Access the home screen of **Huawei Health**, tap **Exercise records**, and select the target diving record to view **Dives**, **Charts**, and **Details**.

On the **Charts** tab page, you can view the depth of dive at the corresponding time. Tap in the upper right corner of the chart to view the depth of dive in landscape mode.

More

Managing apps

ⓘ · To use this feature, first update **Huawei Health** on your phone to its latest version.

· The feature is not supported when your watch is paired with an iPhone.

Installing apps

1 Open **Huawei Health**, navigate to the device details screen, and tap **AppGallery**.

2 Select a desired app from the **Apps** list and tap **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 tap **AppGallery**.

2 Go to **Manager** > **Updates** > **UPDATE** to update apps to their latest versions.

Uninstalling apps

On your phone

1 Open **Huawei Health**, navigate to the device details screen, and tap **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.

ⓘ · Only third-party apps can be uninstalled. The pre-installed apps on your wearable device cannot be uninstalled.

· If you have set **Disable AppGallery service** in **Huawei Health**, you'll need to tap **App Gallery** and follow the onscreen instructions to grant the required permissions, to enable **AppGallery** again.

On your watch

Enter the app list, touch and hold the app you want to uninstall until the uninstall icon is

displayed, and tap the uninstall icon and then ✓.

Reordering the app list

Enter the app list, touch and hold any app, drag it to a desired position, and release once other apps are moved away.

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:

- Tap an app card to visit the app details screen.

- Hold down on an app card and swipe up, to clear the app.

- Tap 🗑 to clear all running apps.

ℹ️
- If you're amid a workout session, the Workout app can't be cleared by holding down on it and swiping up.

- If you're amid a workout session, the Workout app can't be cleared by tapping 🗑.

Charging

Precautions for charging

- It is recommended that you use a HUAWEI charging cradle and power adapter purchased from an official Huawei sales outlet, or a charging cradle and power adapter that comply with relevant safety regulations and standards, when charging your device. Other power adapters and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using such devices. If the charging cradle is connected to the USB port of other devices (such as a PC, docking station, or multi-port charger), your watch may be unable to be charged or charge slowly. 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.

- Keep the metal charging contacts and all charging ports dry and clean, to prevent short circuits or other dangers. Make sure that the device is placed correctly on the charging cradle, with the charging status displayed on screen. When the charging icon displays 100%, this means that your device is fully charged and has automatically stopped charging. However, it won't send an alert. Remove the device from the charging cradle and disconnect the power adapter. Otherwise, the battery level may decrease a while later before recharging to capacity.

- The watch uses a lithium-ion battery. There is no need to charge and discharge battery multiple times to activate it when you use the watch for the first time.

- If the device is idle for a long time, remember to charge the battery once every month, to extend the battery lifespan.

Checking the battery level

Method 1: Swipe down on the device home screen to show the Control Panel, where you'll find the battery level.

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

Method 3: Once your device is linked with **Huawei Health**, open the app and navigate to the device details screen, where the battery level is displayed.

> ⓘ ・ The battery level can only be viewed on certain watch faces.
>
> ・ When the battery level is too low, your device will vibrate to alert you and suggest immediate charging.

Charging your watch

1 Connect the charging cradle, 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 appear on the device screen.

Bluetooth earphone connection

You can use your Bluetooth earphones for music and audio listening after connecting the device to your watch.

Via watch system Settings

1 Link your watch with the **Huawei Health** app, and set your Bluetooth earphones to pairing mode.

2 Enter the app list on your watch and go to **Settings** > **Bluetooth**.

3 Select the target Bluetooth earphones, 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 earphones to pairing mode.

2 Enter the app list on your watch, find and select **Music**, tap ⬤ in the lower right corner of the music playback screen, and go to **Audio channel** > **Pair**.

3 Select the target Bluetooth earphones, and initiate the connection as prompted.

Updates

On your wearable device

> ⓘ ・ Updates cannot be performed on the wearable end when the device is paired with an iPhone.
>
> ・ Notifications for wearable system updates cannot be disabled. Version rollback is not supported after an update.

1 Enter the device app list and go to **Settings** > **System & updates** > **Software updates**.

2 Tap the update icon and follow the onscreen instructions to download the package and update your device.

On your phone

1 Open the **Huawei Health** app, navigate to the device details screen, and tap **Firmware update** and then the ⚙ icon in the upper right corner.

2 Toggle on **Auto-download over Wi-Fi** 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.

3 Your phone will check for any available updates. Then follow the onscreen instructions to update your wearable device.