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# Getting Started

## Buttons and gestures

The watch is equipped with a color touchscreen that is highly touch-responsive and can be swiped in different directions.



### Up button

Operation	Function	Remarks
Rotate	<ul style="list-style-type: none"><li>• In <b>Grid</b> mode, zoom in and out on an app on the app list screen.</li><li>• In <b>List</b> mode, swipe up and down on the app list screen or the details screen.</li><li>• Scroll up and down the screen after you enter an app.</li></ul> <p><b>i</b> To enable Grid or List mode on your watch, go to <b>Settings &gt; Watch face &amp; launcher &gt; Launcher</b> and select <b>Grid</b> or <b>List</b>.</p>	There are certain exceptions such as for calls and workouts.
Press	<ul style="list-style-type: none"><li>• Turn on the screen.</li><li>• Open the app list screen from the home screen.</li><li>• Return to the home screen.</li></ul>	There are certain exceptions such as for calls and workouts.
Press and hold	<ul style="list-style-type: none"><li>• Power on the watch.</li><li>• Access the restart/power-off screen when the watch is powered on.</li><li>• Forcibly restart the watch by pressing and holding the button for more than 12 seconds.</li></ul>	There are certain exceptions such as for calls and workouts.



## Down button

Operation	Function	Remarks
Press	Open the Workout app. Access the set customized app.	There are certain exceptions such as for calls and workouts.
Press and hold	Wake up the voice assistant.	-

## Gestures

Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face.
Swipe up	View notifications.
Swipe down	View the shortcut menu.
Swipe left or right	View watch feature cards or enter the Assistant·TODAY screen.
Swipe right	Return to the previous screen.


## Turning on the screen

- Press the Up button.
- Raise or rotate your wrist inwards.
  -  To turn on the screen by raising your wrist, open the watch's app list, go to **Settings > Accessibility features > Gestures**, and enable **Raise to wake**.
- Swipe down on the home screen to open the shortcut menu. Enable **Show Time** for the screen to stay on for five minutes.
  -  To set a different duration for the screen to stay on, go to **Settings > Display & Brightness > Screen time**.

## Turning off the screen

Perform no operations for a period of time after you turn on the screen by pressing the button or raising your wrist.

Cover the entire screen to turn off the screen.

-  • To set a duration for the screen to stay off, go to **Settings > Display & Brightness > Sleep** to set a duration.
- To enable the watch face and some app screens to stay on, go to **Settings > Watch face & launcher** and enable **Always On Display**.
- To change the AOD style, go to **Settings > Watch face & launcher > AOD style > Default style** and select a different AOD style.

## Pairing and connecting

The device is ready to be paired via Bluetooth by default after it is powered on for the first time. Download and install the latest version of the Health app.

- Ensure that you are using one of the following devices on which Bluetooth and location services have been enabled:

Phones: HarmonyOS 2/Android 6.0/iOS 9.0 or later

Tablets: HarmonyOS 2 or later

### HarmonyOS/Android users

- 1 Open the Health app and go to **Devices** > **ADD**. The app will then automatically search for the devices that it can connect to. Touch the **LINK** next to the target device and follow the onscreen instructions to finish pairing.
  - If you want to pair your device with another phone, go to **Settings** > **System** > **Disconnect** on your device, touch ✓, and follow the onscreen instructions.
  - If the target device is not in the list of devices that can be connected to automatically, touch **ADD**, select the target device, touch **PAIR**, and follow the onscreen instructions to finish pairing.
- 2 When a pairing request is displayed on the device screen, touch ✓ to start pairing. Confirm the pairing on your phone/tablet as well.

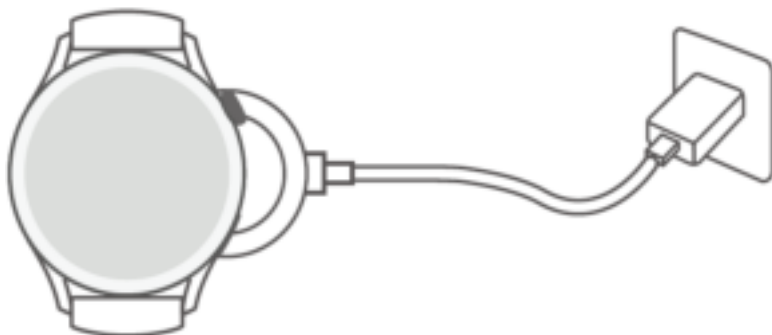
### iOS users

- 1 Open the Health app, go to **Devices** > **ADD**, select the device you want to pair with, and touch **PAIR**.
- 2 For some device models, you need to pair your device with the phone/tablet via Bluetooth. Follow the onscreen instructions to select your device from the Bluetooth settings screen. When a pairing request is displayed on your device, touch ✓.
- 3 Open the Health app and follow the onscreen instructions to finish pairing.
  - Your device will display an icon on the screen to inform you that pairing was successful. It will then return to the home screen and receive information (such as the date and time). Otherwise, your device will display an icon on the screen to inform you that pairing was unsuccessful. It will then return to the startup screen.

## Charging

### Charging

- 1 Connect the charging cradle to a power adapter and then connect the power adapter to a power supply.



- 2 Rest your watch on top of the charging cradle and align the metal contacts on your watch to those of the charging cradle until a charging icon appears on the watch screen.
  - 3 After the watch is fully charged, the charging indicator will display 100%.
- i • You are advised to use a Huawei power adapter, a USB port of a computer, or a non-Huawei power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your watch. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a Huawei power adapter from an official Huawei sales outlet.
  - Keep the charging port dry and clean to prevent short circuits or other risks.
  - The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.

### Checking the battery level

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

Method 2: Connect your watch to a power supply and check the battery level on the charging screen.

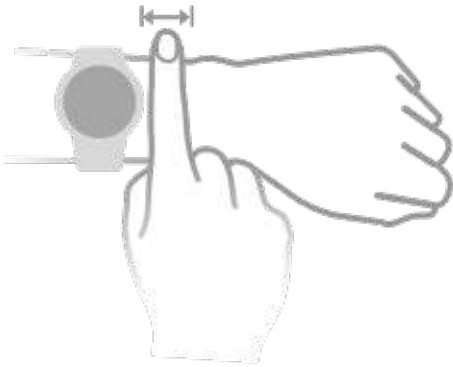
Method 3: View the battery level on a watch face that displays the battery level.

Method 4: Connect your watch to the Health app, open the Health app, touch **Devices** then your device name, and check the battery level on the device details screen.

## Wearing the watch

Ensure that the rear cover of the watch is clean, dry, and free of foreign objects. Attach the monitoring area of the watch to your wrist and make sure it feels comfortable. Do not attach a protective film to the rear of the watch. The rear cover of the watch has sensors that can identify signals from the human body. If the sensors are blocked, the identification will be inaccurate or fail and the watch won't be able to accurately record the heart rate, SpO<sub>2</sub>, and sleep data.

To ensure the accuracy of measurements, avoid wearing the strap more than one finger width away from your wrist bone. Ensure that the strap is worn relatively tightly and ensure it is secure during workouts.




- i** The device is made of materials that are safe to use. If you experience skin discomfort when wearing the device, take it off and consult a doctor.

# Exercise

## Starting a workout

### Starting a workout on your watch

- 1 Enter the app list of your watch and touch **Workout**.
- 2 Select the workout you want to do or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 Touch the Start icon to start a workout session. (Ensure that GPS positioning is working before you start an outdoor workout.)
- 4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.
  -  During a workout, you can press the Up button to pause the workout and then adjust the volume.  
Swipe left or right on the screen to switch between the music, sunrise/sunset, route back, and other screens.

### Starting a workout in the Health app

-  This feature is not available in the Health app on tablets.

To start a workout using the Health app, move your phone and watch close to each other to ensure that they are connected.

- 1 Open the Health app, touch **Exercise**, choose a workout mode, and touch the Start icon to start a workout.
- 2 Once you have started a workout, your watch will sync and display your workout heart rate, speed, and time. Your workout data, such as the workout time, will be displayed in the Health app.

## Enabling Smart Trainer

After Smart Trainer is enabled on your watch, your watch will send you real-time voice guidance during a running session.

- 1 Press the Up button to access the app list and touch **Workout**.
- 2 Touch **Outdoor run** and then the Settings icon to the right of **Smart Trainer** to enable **Smart Trainer**.
- 3 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.



**i** Smart Trainer is currently only available for Outdoor run. If you have set your workout goal, your smart trainer won't provide you with any voice guidance.

After **Smart Trainer** is enabled, you will be able to get real-time voice guidance when you are running. **Smart Trainer** has replaced the functions of **Goals, Reminders,** and **Smart companion.**

## Running plans


The device provides customized scientific training plans that adapt to your time to meet your training requirements. The device can help you finish your plan in a timely manner and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.



### Creating a running plan

- 1 Open the Health app, go to **Exercise > Outdoor run** or **Indoor run > AI running plan**, touch **More** on the right, select a running plan, and follow the onscreen instructions to finish creating the plan.
- 2 Press the Up button on your watch to enter the app list and go to **Workout > Courses & plans > Training plan** to view your running plan. On the training day, touch the Workout icon to start a workout.

### Ending a running plan

Open the Health app, go to **Exercise > Plan**, touch  in the upper right corner, and touch **End plan**.

### Other settings

Open the Health app, go to **Exercise > Plan**, and touch  in the upper right corner:

Touch **View plan** to view the plan details.

Touch **Sync to wearable device** to sync plans to your wearable device.

Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to the calendar.

## Viewing workout records

### Viewing workout records on the device

- 1 On the device, enter the app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. The device will display different data types for different workouts.

### Viewing workout records in the Health app

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

### Deleting a workout record

Touch and hold a workout record on **Exercise records** in the Health app and delete it. This record will still be available on the watch after you delete it in the app.

## Workout status

Enter the watch's app list, touch **Workout status**, and swipe up on the screen to view data including your training load and VO2Max.

- Your training load from the last seven days can be viewed to determine your level based on your fitness status. The watch collects your training load from workout modes that track your heart rate.
- VO2Max data can be obtained from outdoor running workouts. The requirements for the watch to obtain the VO2Max change trends are as follows:
  - At least one outdoor running workout is done every week (2.4 km within 20 minutes).
  - VO2Max data is collected at least twice and the interval between the measurements is longer than one week.

## Recording daily activities


Wear your watch correctly for it to automatically record data relating to calories, distance, climbing stairs, steps, duration of moderate to high intensity activities, and other activities.

Press the Up button to access the app list, swipe until you find **Activity records**, touch it, and then swipe up or down to view data relating to calories, distance, climbing stairs, steps, duration of moderate to high intensity activities, and other activities.

## Auto-detecting workouts

The device can automatically identify your workout status.

Go to **Settings > Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

-  The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.
- If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

## Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you took and provide you with navigation services. After reaching your destination, you can use this feature to find out how to return to where you passed through or came from.

On your watch, enter the app list, then swipe until you find **Workout** and touch it. Start an individual outdoor workout session. Swipe left on the screen and select **Route back** or **Straight line** to return to the starting point. If there is no **Route back** or **Straight line** on the screen, touch the screen to display it.

# Health


## Heart rate data broadcasts

After heart rate broadcasts are enabled, the device will continuously measure your heart rate and share your heart rate with connected devices or third-party apps.

- 1 Enter the app list and go to **Settings > HR Data Broadcasts**.
- 2 Read the statement carefully, go to **√ > Go workout**, select a workout mode, and start a workout. Your device will then broadcast your heart rate data.
- 3 To end the workout, press and hold the up button when the screen is on.
- 4 Press the up button and touch **√** to exit heart rate data broadcasts.


## Measuring your skin temperature

Skin temperature measurements are mainly used to monitor the changes in the wrist skin temperature after exercise. After you enable a continuous skin temperature measurement, your skin temperature will be continuously measured and a measurement curve will be generated.

-  The HUAWEI WATCH Runner does not support this feature.
  - The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the 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, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.
  - After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

### Single measurement


In the watch's app list, go to **Skin temperature > Measure** to start measuring your temperature.

-  Touch **Join study** if you are measuring for the first time. If you touch **Leave study**, you will need to touch **Join study** again before you start a measurement. Swipe up on the **Measure** screen and touch **About study** to view more information about the study, applicable objects and scenarios, and requirements for wearing the device while using this feature.


## Continuous measurement

- 1 Open the Health app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.
- 2 In the watch's app list, touch **Skin temperature** to view the measurement curve.

## Sleep tracking

-  Ensure you are wearing your device correctly. The device will automatically record how long you are asleep and identify whether you are in a deep sleep, light sleep, or awake.
- Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, wake up, and whether you are in a deep sleep or REM sleep, and provide you with sleep quality analysis and suggestions to help you understand and improve your sleep quality.
- If **HUAWEI TruSleep™** has not been enabled, the device will track your sleep using the normal method. When you wear your device while sleeping, it will identify the different sleep stages including the time you fall asleep, wake up, and enter or exit deep/light sleep, and sync the corresponding data to the Health app.
- View your sleep data: Open the Health app and touch the **Sleep** card. You can then view your daily, weekly, monthly, and yearly sleep data.

## Measuring blood oxygen levels (SpO2)

-  To ensure the accuracy of the SpO2 measurement, wear the watch properly and ensure the strap is fastened. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

### Single SpO2 measurement

- 1 Wear your watch correctly and keep your arm still.
- 2 From the home screen, press the Up button, swipe on the screen, and touch **SpO2**.
- 3 Keep your body still during the SpO2 measurement.

### Automatic SpO2 measurement

- 1 Open the Health app, touch **Devices** and then your device name, go to **Health monitoring**, and enable **Automatic SpO2 measurement**. The device automatically measures and records your SpO2 when it detects that you are still.
- 2 Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

- The measurement will be interrupted if you swipe right on the watch screen, start a workout with the Health app, or receive a notification for an incoming call or alarm.
- Data provided is for reference only and not for medical use. Consult a doctor as soon as possible if you feel uncomfortable.
- During the SpO2 measurement, the watch will also measure your heart rate.
- This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

## Heart rate measurements

- To guarantee a more accurate heart rate measurement, wear the watch correctly and ensure the strap is fastened. Make sure that your watch is secure on your wrist. Ensure that the monitoring module is in direct contact with your skin without any obstructions.

### Individual heart rate measurement

- 1 Open the Health app, touch **Devices** then your device name, go to **Health monitoring > Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.
- 2 Access the app list and select **Heart rate** to measure your heart rate.


- This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

### Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

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

## Running

- If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).
- If you select HRR percentage as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve (HRmax - HRrest).
- Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout.
  -  • After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.
  - Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.


## Continuous heart rate monitoring

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your watch can measure your real-time heart rate.

## Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the Health app, touch **Devices** then your device name, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then measure your resting heart rate automatically.

-  • If you disable **Continuous heart rate monitoring** after checking your resting heart rate, the resting heart rate displayed in the Health app will remain the same.
- The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).

## Heart rate limit warning

After you start a workout using your watch, your watch will vibrate to alert you that your heart rate value has exceeded the upper limit for more than 60 seconds.

Perform the following to set a **heart rate upper limit**:

- For iOS users: Open the Health app, touch **Device** and your device name, go to **Heart rate limit interval and warning** > **Heart rate limit warning**, and set an upper limit.

- For HarmonyOS/Android users: Open the Health app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, touch **Heart rate limit**, and set an upper limit.

## Heart rate alerts


### High heart rate alert

Touch **Devices** and your device name, go to **Health monitoring > Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a high heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

### Low heart rate alert

Touch **Devices** and your device name, go to **Health monitoring > Continuous heart rate monitoring**, turn on the switch for **Continuous heart rate monitoring**, and set a low heart rate alert. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

## Stress tests

-  The stress test feature is not available on the HUAWEI WATCH GT Series sold outside the Chinese mainland.

### Testing your stress levels


During a stress test, wear your watch correctly and keep still. The watch will not test your stress level when you are doing a workout or when you move your wrist too frequently.

- Single stress test:

Open the Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Health app to calibrate your stress level.

- Periodic stress tests:

Open the Health app, touch **Devices** and then your device name, go to **Health monitoring > Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

-  The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the watch incorrectly.

### Viewing stress data

- On the watch:

Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view the graph indicating changes to your stress level, the stress bar chart, stress levels, and stress intervals.



- In the Health app:  
Open the Health app, then touch the **Stress** card to view your latest stress level, daily, weekly, monthly, and yearly stress curves, and corresponding advice.


## Breathing exercises

Enter the app list on your device and touch **Breathing exercises**, set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises. After the exercise is finished, the screen will display data such as the heart rate before the exercise, exercise duration, and evaluation.

## Activity reminder


When **Activity reminder** is enabled, the device will monitor your activity throughout the day in increments (1 hour by default). It will vibrate and the screen will turn on to remind you to take a moment to get up and move around if you didn't move around during the set period.


To disable **Activity reminder**, open the Health app, touch **Devices** then your device name, touch **Health monitoring**, and turn off the switch for **Activity reminder**.

-  The device will not vibrate to remind you to move around if you have enabled **Do Not Disturb** on it.
- The device will not vibrate if it detects that you are asleep.
- The device will only send reminders between 8:00 and 12:00 and between 14:30 and 21:00.

## Menstrual cycle predictions

The device can predict your next period and fertile window based on data from your periods.


- 1 Open the Huawei Health app, touch **Cycle Calendar**, and grant the corresponding permissions. If you are unable to find the **Cycle Calendar** card on the home screen, touch **EDIT** on the home screen to add this card to the home screen.
- 2 Click **Record period** on the **Cycle Calendar** screen. You can then select **Period started** or **Period ended?** for specific dates to record your period duration. You can also record your physical condition in **Record symptoms**.
- 3 Touch  in the lower right corner, select **Wearable device reminders**, and turn on all reminder switches. The device will send you reminders for the start and end of your period and fertile window.  
You can also select **Edit period** to set **Period length** and **Cycle length**.

-  This feature is only available with the following phones/tablets:  
Phones: or later  
Tablets: HarmonyOS 2 or later
- Touch Records to view and modify the period data. The predicted period is marked in the dotted line.
- The device will remind you about the start of your period before 8:00 AM on the day before it's supposed to start. You will be reminded about all other reminders for the day of the event at 8:00 AM on that day.

# Assistant

## Assistant·TODAY on the watch


On the Assistant·TODAY screen, you can view the weather forecast, wake up the voice assistant, access running apps, and view push messages from the calendar and AI Tips with ease.

-  AI Tips push messages are only supported when the device is paired with a phone running HarmonyOS 2/EMUI 11.0.1 or later.

### Entering/Exiting Assistant·TODAY

Swipe right on the home screen of your watch to enter the Assistant·TODAY. Swipe left on the screen to exit Assistant·TODAY.


## Apps

-  This feature is only available with the following phones/tablets:
  - Phones: HarmonyOS 2/Android 6.0 or later
  - Tablets: HarmonyOS 2 or later

### Installing apps

- 1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.
- 2 Select the app you want to use from the **Apps** list and touch **Install**. After the app is installed, it will be displayed in the app list on your watch.

### Using apps

- 1 Press the Up button on your watch to enter the app list.
- 2 Swipe up or down, select an app, and follow the onscreen instructions to use it.
  -  Some apps can only be used when the watch is connected to your phone. If the watch displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone.
  - When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when giving authorization, open the Health app, go to **Me > Settings > Device capabilities**, and select the app that you want to give authorization to again.


### Updating apps

- 1 Open the Health app, touch **Devices** and your device name, then touch **Apps**.

- 2 Touch **Manager** to view the apps to be updated and the list of installed apps.
- 3 Go to **Updates > Update** to update apps to the latest version for a better experience.


### Uninstalling apps

- 1 Open the Health app, touch **Devices** and your device name, then touch **AppGallery**.
- 2 Touch **Manager** to view the apps to be updated and the list of installed apps.
- 3 Go to **Installation manager > Uninstall** to uninstall apps. After the app is uninstalled, it will also be deleted from your watch.


-  If you touch **Disable AppGallery service** and **DISABLE**, **AppGallery** will be disabled. If you want to use this feature again, touch **AppGallery** and follow the onscreen instructions to complete giving authorization, and enable **AppGallery**.

## Message management on the watch

After you enable notifications, all messages with notifications that are displayed in the status bar of your phone/tablet will be synced to your watch.

-  When the Health app is connected to your device via Bluetooth, the notifications displayed in the status bar of your phone/tablet will be pushed to your device. The notifications that are not displayed in the status bar will not be pushed to your device.


### Enabling message notifications

- 1 Open the Health app, touch **Devices** and then your device name, touch **Notifications**, and turn on the switch.
  - 2 Touch **Apps** and turn on the switches for apps that you want to receive notifications from.
-  You can go to **Apps** to view the apps that you can receive notifications from.

### Viewing unread messages

Your device will vibrate to notify you of new messages pushed from the status bar of your phone/tablet.

Unread messages can be viewed on your device. To view them, swipe up on the home screen to enter the unread message center.

-  Messages that you have viewed on your phone/tablet will be deleted from your watch at the same time.

### Replying to messages

When your watch receives a message notification, you can use quick replies or emoticons to reply to the message.

### Deleting unread messages

Swipe right on a message to delete it or touch **Clear** at the bottom of the list to delete all unread messages.

## Answering and rejecting incoming calls

When there is an incoming call, your watch will inform you and display the caller's number or name. You can reject the call.

- Press the Up button to stop the watch from vibrating during an incoming call.
- Touch the End icon on the screen or touch and hold the Up button on your watch to end the call.

## Checking your call logs

### Viewing your call logs

Press the Up button on your watch to access the app list, swipe up or down until you find **Call Log**, and touch it to view call logs (including incoming, outgoing, and missed calls) on your watch.

### Calling back

When your watch is paired with your phone, touch any call record to call back.

### Deleting call logs

Swipe down to the bottom of the screen and touch **Clear** to clear all call logs.

## Music

### Prerequisites


- To use this feature, ensure that the watch is connected to your phone.
- This feature is only supported on the following devices:  
Phones: HarmonyOS 2/Android 6.0 or later  
Tablets: HarmonyOS 2 or later


### Adding music

- 1 Open the Health app and touch **Devices** then your device name.
- 2 Go to **Music > Manage music > Add songs** and select the music to be added.
- 3 Click ✓ in the upper right corner of the screen.




### Controlling music playback on the watch

- 1 Press the Up button of the watch to access the app list, swipe until you find **Music**, and then touch it.
- 2 Go to  > **Watch**.

- 3 Swipe right on the screen to return to the previous screen, touch the music you have added to your watch using the Health app, and touch the play button to play the music.
  -  . On the music playback screen of your watch, you can switch between songs, adjust the volume, and select a playback mode, such as Play in order, Shuffle, Repeat the current song, and Repeat list.
    - Swipe up on the screen to view the music list. If you swipe left or right on the watch's home screen to access the music playback card, you won't be able to view the music list.



### Controlling music playback on the phone

- 1 Open the Health app, touch **Devices** then your device name, touch **Music**, and turn on **Control phone music**.
- 2 Open the Music app on your phone and play music.
- 3 Open the **Music** app on your watch and go to  > **Phone**.
- 4 Swipe right on the screen to return to the previous screen to pause, switch, or adjust the music volume on your phone.



## Stopwatch

The watch supports normal and segment-based timing in Stopwatch, helping you with activities that require accurate timing, such as sports and competitions.

### Starting the stopwatch

- 1 Press the Up button on the watch to open the app list and then touch **Stopwatch**.
- 2 Touch  to start timing.
- 3 Touch  to start segment-based timing.

### Pausing or resetting the stopwatch

Touch  to pause the stopwatch and touch  to reset the stopwatch.


## Timers

The watch supports quick timers with preset durations and customized timers to help you complete tasks with specified durations.




### Setting a quick timer

- 1 Press the Up button on the watch to open the app list and then touch **Timer**.
- 2 Select a duration and start timing.
- 3 After the timer expires, the watch will vibrate. You can touch **X** to exit or touch the icon in the lower right corner to repeat the last quick timer.

## Setting a customized timer


- 1 Press the Up button on the watch to open the app list and then touch **Timer**.
- 2 Swipe up on the screen and touch **Custom**.
- 3 Select the hour, minute, and second and then touch  to start timing.

## Pausing, resetting, and exiting the timer

Touch  to pause, touch  to reset or go back to the previous screen, and touch  to exit.

# Setting alarms on Huawei watches

## Method 1: Set a smart or event alarm on your watch.

- 1 Enter the app list, select **Alarm**, and touch  to add an event alarm.
- 2 Set the alarm time and repeat cycle and then touch **OK**. If you do not set the repeat cycle, the alarm will be a one-time alarm.
- 3 Touch an alarm to delete it or modify the alarm time and repeat cycle. Only event alarms can be deleted.



## Method 2: Set a smart or event alarm in the Health app.

### Smart alarm:

- 1 Open the Health app, touch **Devices** and your device name, and go to **Alarm > SMART ALARM**.
- 2 Set the alarm time, smart wakeup time, and repeat cycle.
- 3 If you are an Android user, touch **✓** in the upper right corner. If you are an iOS user, touch **Save** in the upper right corner.
- 4 Return to the home screen and swipe down to sync the alarm settings to your watch.
- 5 Touch an alarm to modify the alarm time, smart wakeup time, and repeat cycle.

### Event alarm:

- 1 Open the Health app, touch **Devices** and your device name, and go to **Alarm > EVENT ALARM**.
- 2 Touch **Add** to set the alarm time, tag, and repeat cycle.
- 3 If you are an Android user, touch **✓** in the upper right corner. If you are an iOS user, touch **Save** in the upper right corner.
- 4 Return to the home screen and swipe down to sync the alarm settings to your watch.
- 5 Touch an alarm to delete it or modify the alarm time and repeat cycle.

- Event alarms set on your watch and the Health app are synced. You can set a maximum of five event alarms. By default, there is only one smart alarm. You can't delete the smart alarm or add smart alarms.
- When an alarm goes off, you can touch  on the screen, press the Up button, or swipe right on the screen to snooze for 10 minutes. To turn off the alarm, touch  on the screen or press and hold the Up button. If no operations are performed within one minute, the alarm will automatically turn off after snoozing three times.
- The smart alarm will only wake you up in advance based on the preset time when you are not in deep sleep.
- If you do not set the repeat cycle for an alarm, the alarm will be a one-time alarm.
- The alarms on the wearable device will also go off on holidays.
- Event alarms will go off at the time you set. If you have set a tag and time for the event alarm, the watch will display the tag. Otherwise, only the time will be displayed.
- When **Silent mode** is enabled on the watch, the alarm will vibrate but not ring. To enable Silent mode, enter the app list and go to **Settings > Volume** to turn on its switch.
- Alarms set on your phone will be automatically synced to your watch when they are connected, and the syncing process cannot be cancelled.

## Flashlight

On the device, enter the app list and touch **Flashlight**. The screen will light up. Touch the screen to turn off the flashlight, then touch the screen again to turn it back on. Swipe right on the screen or press the side button to close the Flashlight app.

## Barometer

**Barometer** on the watch automatically measures the altitude and air pressure of the current location and records the measurement data of the current day in a waveform graph.

### Viewing the altitude and air pressure


- 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 altitude and air pressure.

## Compass

The Compass app displays the direction, longitude, and latitude of your watch, helping you get your bearings in unfamiliar environments such as when you are outdoors or traveling.



Touch **Compass** in the app list and follow the onscreen instructions to calibrate your watch. After the calibration is complete, your watch will display a compass dial.

-  During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers. Otherwise, the calibration accuracy may be affected.

## Receiving weather reports

### Enabling weather reports

Open the Health app, touch **Devices** and your device name, enable **Weather report**, and select a unit of temperature (°C or °F).

### Viewing weather reports

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

#### Method 1: In the Weather card

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

#### Method 2: On a watch face

Ensure that you are using a watch face that displays weather information, then you can check the latest weather information on the home screen.

#### Method 3: In the Weather app


Press the Up button when on the home screen of your watch, swipe until you find **Weather**, touch it, and then you can check your location, the latest weather information, temperature, and air quality. Swipe up or down on the screen to view the weather information for the week.

## Using the watch to find your phone


Swipe down on the watch face screen to enter the shortcut menu and touch **Find phone**. The Find phone animation will then be played on the screen.


If your watch and phone are within the Bluetooth connection range, the phone/tablet will play a ringtone (even in Vibrate or Silent mode) to notify you of its whereabouts.


Touch your watch screen or unlock your phone/tablet screen to stop finding your phone/tablet.

-  This feature will only work when your phone and watch are connected. If you are using an iOS phone and its screen is turned off, the iOS controls the playback of the system ringtone. As a result, the phone may not respond when the user is using the **Find phone** feature.

## Remote shutter

After the watch is connected to your phone, touch **Remote shutter** in the app list on your watch to enable the camera on your phone. Touch  on the watch screen to take a photo.

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



-  Remote shutter is only available in the watch's app list when your watch is paired with the following phones/tablets:
  - Phones: HarmonyOS 2/EMUI 10.1 or later
  - Tablets: HarmonyOS 2 or later
- To use this feature, ensure that your watch is connected to your phone and that the Health app is running in the background.

## Connecting Bluetooth earbuds

• Method 1:

- 1** Press the Up button on your watch to access the app list and go to **Settings > Earbuds** or **Settings > Bluetooth**.
- 2** Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.

• Method 2:

- 1** Press the Up button on your watch to access the app list, touch **Music** then  or  in the lower right corner of the music playback screen, and touch **Earbuds**.
- 2** Your watch will search automatically for the Bluetooth earbuds list for pairing. Select the name of your target earbuds and follow the onscreen instructions to complete pairing.

## Enabling or disabling Do Not Disturb


After you enable Do Not Disturb, incoming calls and notifications will be muted and the watch will not vibrate when receiving incoming calls or notifications.

### Immediate enabling or disabling

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

**Method 2:** Go to **Settings > Sounds & vibration > Do Not Disturb > All day** to enable or disable it.

### Scheduled enabling or disabling


-  To use this feature, update the watch and the Health app to the latest versions.

Go to **Settings > Sounds & vibration > Do Not Disturb > Scheduled** and set **Start** and **End**.

To disable scheduled Do Not Disturb, go to **Settings > Sounds & vibration > Do Not Disturb > Scheduled**.

## Voice assistant

The wearable device allows you to use the voice assistant to make calls, check for information, and control smart home devices once it is connected to the Health app on your phone.

-  To ensure that the voice assistant will work, update your watch to the latest version. Currently, only Huawei phones support this function. Before using this function, update your phone system to the latest version.

### Using the voice assistant

- 1 Press and hold the Down button to wake up the voice assistant.
- 2 Give a voice command on the displayed screen, such as "What's the weather like today?".

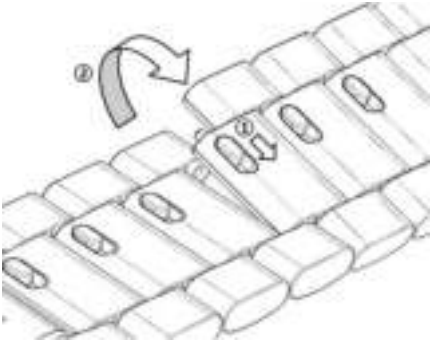
# More

## Adjusting and changing the strap

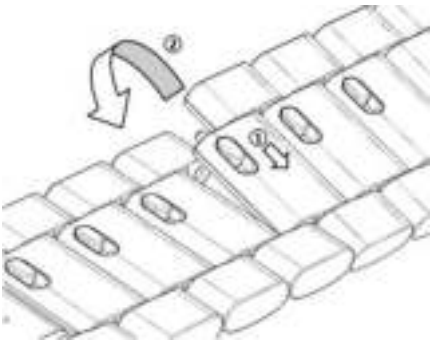
### Adjusting the strap

#### Three-bead metal strap

- 1 To remove the strap, push the lever in the direction indicated by arrow 1 and then remove the chain in the direction indicated by arrow 2.

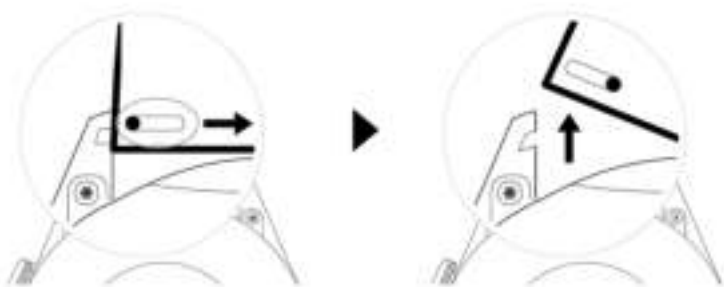


- 2 To install a strap, push the lever in the direction indicated by arrow 1 and then install the chain in the direction indicated by arrow 2.



### Changing the strap

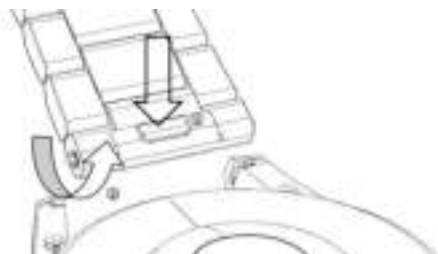
- If you are using a non-metal strap, perform the following steps to remove it and install a new strap in the reverse order.




- To remove and install a metal strap, perform the following steps:
  - Removal:
    - Watch case with one guide slot on a lug:




- Watch case with two guide slots on a lug:



- Installation:
  - If the watch case has one guide slot on a lug, insert the left spring bar of the watch strap into the bar hole on the watch case and then press the right spring bar through the guide slot.
  - If the watch case has two guide slots on a lug, press the left and right spring bars of the watch strap through the two guide slots.
- Fastening the watch buckle  
Press the middle position of the buckle against a lug.
-  The leather strap is not waterproof. Please keep it dry and remove any sweat and other liquids in a timely manner.

## Configuring Gallery watch faces

-  Before using this feature, update the Health app and your device to the latest versions. Your phone must run HarmonyOS 2/Android 6.0/iOS 12.0 or later.

### Choosing Gallery watch faces

- 1 Open the Health app, touch **Devices** and then your device name, and go to **Watch faces** > **More** > **Mine** > **On watch** > **Gallery** to access the Gallery settings screen.
- 2 Touch **+** and select either **Camera** or **Gallery** as the method for uploading a photo.
- 3 Select a photo or take a new photo, touch **✓** in the upper right corner, and touch **Save**. Your watch will then display the customized photo as the watch face.


### Other settings

On the Gallery settings screen:

- Touch **Style** and **Position** to set the font, color, and position of the date and time displayed on Gallery watch faces.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

## Setting the AOD watch face

You can enable the Always on display (AOD) feature and select to display the main watch face or AOD watch face when you raise your wrist.

-  • Enabling screen-off display will reduce battery life.
- After you enable Close screen display, the Raise wrist to wake screen feature will be disabled. You can enable the Raise wrist to wake screen feature on the HUAWEI WATCH 3 to display the home watch face.



### Setting AOD

- 1** Open the app list, go to **Settings > Watch face & home**, and enable AOD.
- 2** Go to **AOD style > Default style** and select a style you like. The style will then be displayed when the main watch face doesn't come with a built-in AOD watch face and you raise your wrist.


## Managing watch faces

Watch Face Store provides a diverse range of watch faces for you to choose from. To download or delete watch faces, update the watch and the Health app to the latest versions.



### Changing a watch face on your watch

- 1** Touch and hold the watch face screen or go to **Settings > Watch face & launcher > Watch faces**.
- 2** Swipe left or right to select a watch face you like.
  -  Some watch faces can be customized. You can touch  under a watch face to customize the content that is displayed.

### Installing and changing the watch face on your phone

- 1** Open the Health app, touch **Devices** and the device name, and go to **Watch faces > More**.
- 2** Select a watch face.
  - a** If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.
  - b** If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.
    -  • iOS phones do not support paid watch faces.
    - Paid watch faces cannot be refunded. If you cannot find watch faces in Watch Face Store that you have already purchased, contact the customer service hotline.

## Deleting a watch face

- 1 Open the Health app, touch **Devices** and the device name, and go to **Watch faces > More**.
- 2 Select an installed watch face and touch  to delete it.
  -  Gallery or video watch faces cannot be deleted.
    - You do not need to purchase a watch face again after deleting it from Watch Face Store. You will only need to reinstall it.

## Setting favorite contacts

- 1 Open the Health app, touch **Devices** and your device name, then select **Favorite contacts**.
- 2 On the **Favorite contacts** screen:
  - Touch **ADD** to display your phone/tablet's contacts list and then select the contacts you wish to add.
  - Touch **Sequence** to sort the contacts you have added.
  - Touch **Remove** to remove a contact you have added.
- 3 Touch a favorite contact from **Favorite contacts** in your watch's app list to call the contact's number on your watch.

## Setting time and language

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

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

## Sound settings

### Setting the ring volume

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Sounds & vibration > Ring volume**.
- 2 Swipe up or down to adjust the ring volume.

### Muting and unmuting

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute**.

## Customizing the function of the Down button

- 1 Press the Up button to open the app list and then go to **Settings > Down button**.
- 2 Select an app and customize the function of the Down button.  
After you have finished customizing the function, return to the home screen and press the Down button to open the current app. If the function has not been customized, the **Workout** app will be opened by default.

## Adding custom cards

- 1 Go to **Settings > Custom cards** on your wearable device and select your favorite apps, such as **Sleep**, **Stress**, and **Heart rate**.
- 2 Touch the up icon next to an app that you have added to move the app to another position. Touch the delete icon to delete the app.
- 3 Swipe left or right on the home screen to open the apps added to your custom cards.


## Adjusting the screen brightness

- 1 Press the Up button on the watch to open the app list and then go to **Settings > Display & brightness**.
- 2 If **Automatic** is enabled, disable it.
- 3 Touch **Brightness** to adjust the screen brightness.

## Updating the watch

**For Android users:** Connect the watch to your phone using the Health app, enter the device details screen on the watch, go to **Firmware update > Check for updates**, and follow the onscreen instructions to finish updating.

**For iOS users:** Connect the watch to your phone using the Health app, enter the device details screen on the watch, touch **Firmware update**, and follow the onscreen instructions to finish updating.

-  Once **Auto-update device over Wi-Fi** or **Auto-download update packages over Wi-Fi** is enabled, your device will receive an update package from the phone and send you a notification about the update. Follow the onscreen instructions to update your device.
- During an update, the Bluetooth connection between your watch and phone will disconnect. Please wait patiently until the update is complete.
- You are advised to ensure that the battery level of your device is greater than 20% before an update.



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

### Viewing the Bluetooth name:

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

### Viewing the MAC address:

On your device, go to **Settings** > **About** to view the MAC address of your device.

### Viewing the Serial Number:

On your device, go to **Settings** > **About** to view the serial number of your device.

### Viewing the model:

- On your device, go to **Settings** > **About** to view the model of your device.
- The laser-engraved characters after the word "MODEL" on the back of the device indicate the model name.

### Viewing the version information:

- On your device, go to **Settings** > **About** to view the **Version** or **HarmonyOS Version** of your device.
- Open the Health app, touch **Devices** then your device name, and touch **Firmware update** to view the version number of your device.

## Powering on, powering off, and restarting the watch

### Powering on

- Press and hold the Up button.
- Charge the device.

### Powering off

- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings** > **System** > **Power off**.
- If the battery level is critically low, the watch will vibrate and then automatically power off.
- If the watch is not charged promptly after the standby time expires, it will automatically power off.

### Restarting

- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings** > **System** > **Restart**.


## Force restarting

Press and hold the Up button for at least 16 seconds.

## Restoring the device to its factory settings

Method 1: Go to Settings > System menu > Factory data reset or Settings > System update > Factory data reset.

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

-  Personal data will be cleared from your device after you restore the device to its factory settings. Exercise caution when performing this operation.