

# Contents

## Getting Started

Appearance	1
Pairing with an EMUI phone	1
Pairing with an Android phone	1
Pairing with an iPhone	2
Buttons and screen controls	3
Gallery watch face	4
Style watch face	4
Switching and removing watch faces	5
Custom cards	6

## Assistant

Notifications and messages	7
Alarms	8
Do Not Disturb mode	8
Remote shutter	9
Music playback controls	9
Weather	9

## Health Management

Emotional wellbeing	11
Sleep monitoring	12
Sleep breathing awareness	13
Heart rate measurement	14
Pulse wave arrhythmia analysis	16
SpO2 measurement	18
Cycle Calendar	18

## Exercise

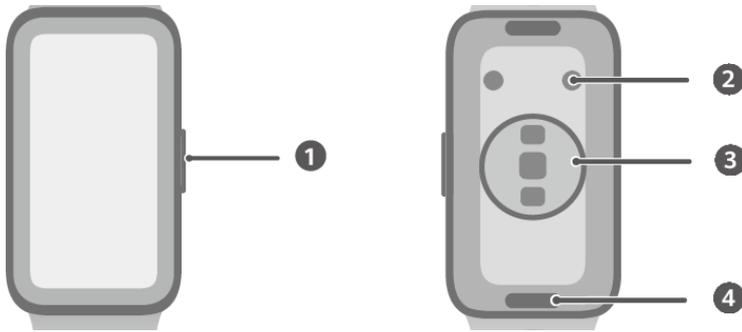
Starting a workout	20
Workout records	21
Running ability index	21
Workout status	22
Activity records	22

## More

Charging	24
AOD watch face	26
PIN settings	26
Water-resistant and dust-resistant level definition and usage scenario description of wearable devices	27

# Getting Started

## Appearance



①	Side button
②	Charging contacts
③	Heart rate sensor
④	Quick release button

## 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, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When the message **Bluetooth message syncing** appears on the **Huawei Health** screen, touch **Agree**.
- 6 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.

## Pairing with an Android phone

- 1 Install the **Huawei Health** app ()

If you have already installed **Huawei Health**, 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, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. Alternatively, touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request displays on your wearable device, touch  and follow the onscreen instructions on your phone to complete the pairing.
- 6 Touch **Settings** and complete the Watch/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.

## Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().
 

If you have already installed the app, update it to its latest version.

If you haven't yet installed the app, go to your phone's **App Store** and search for **HUAWEI Health** to download and install the app.

  -  Only available for iOS 13.0 and later.
- 2 Go to **HUAWEI Health > Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
  -  It is recommended that an adult account be used for login, to ensure successful pairing and connection between your wearable device and your phone.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. In the **HUAWEI Health** app, touch  in the upper right corner and then **Add device**. Find your wearable device in the search result and touch **Connect**. You can also touch **Scan** and initiate pairing by scanning the QR code displayed on your wearable device.
- 5 When a pairing request appears on your wearable device, touch . When a pop-up window appears in **HUAWEI Health** requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow** and follow the onscreen instructions.
- 6 Wait for a few seconds until **HUAWEI Health** displays a message indicating a successful pairing. If the pairing fails, go to **Settings > Bluetooth** on your phone, connect to the corresponding device, and try pairing again.

- 7** Keep **HUAWEI Health** running in the background (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.

## Buttons and screen controls

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

### Side button operations

Operation	Feature	Remarks
Press once	<ul style="list-style-type: none"> <li>When the screen is off: Turns on the screen.</li> <li>When home screen is displayed: Takes you to the app list screen.</li> <li>When any other screen is displayed: Returns to the home screen.</li> </ul>	Operations differ for incoming calls and during workouts.
Press and hold	Powers on, powers off, or restarts your device.	--

### Screen controls

Operation	Feature
Touch	Chooses and confirms.
Touch and hold	On home screen: Changes the watch face.
Swipe down	On home screen: Opens the shortcut menu.
Swipe up	On home screen: Shows notifications.
Swipe left	On home screen: Accesses the device feature cards.
Swipe right	On home screen: Enters the HUAWEI Assistant·TODAY screen. On any app's screen: Returns to the previous screen.

### Turning on the screen

- **Press to wake:** Press the side button once to wake the screen.
- **Raise to wake:** Raise your wrist to wake the screen. To use this feature, open **Huawei Health**, navigate to the device details screen, touch **Device settings**, and toggle on **Raise to wake**.
- **Tap to wake:** Tap the screen to wake it. To use this feature, on your wearable device, go to **Settings > Display & brightness > Tap to wake** and toggle on **Tap to wake**.

## Turning off the screen

- Lower your arm or rotate your wrist outwards, or use your palm to cover the screen.
- The device screen will automatically turn off after it's left idle for a certain period of time.

## Gallery watch face

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

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Gallery** to access the Gallery watch face settings screen.
- 2 Touch **+** and select either **Take photo** or **Select image** as the method for uploading.  
When you're done, touch  in the upper right corner.
- 3 Adjust the area where you want the image to display, and touch  in the upper right corner to finish uploading.
- 4 You can set the following on the **Gallery** screen:
  - **Style, Time position, Time color**, and features to access from each corner of the watch face.
  - **Raise to display new image**: When this is enabled and more than one image has been uploaded as Gallery watch faces, the displayed watch face will change to another image every time you raise your wrist. When this switch is off, raising your wrist will only display the last image shown.
- 5 Touch **Set as default** and your wearable device will switch to the newly set Gallery watch face.
  -  • You can upload more than one image, and tap the device home screen to switch between the images and enjoy multiple customized watch faces.
  - The Gallery watch face feature supports the following image formats: .gif, .jpg, .jpeg, .png, .bmp, .psd, .tif, .tiff, .webp, and .pcx.
  - The settings screen varies by feature version. Refer to the actual interface on your device.

## Style watch face

Select a photo or take one of your current outfit to generate a watch face that matches your style.

-  This feature is currently unavailable when your device is paired with an iPhone.

## Setting a Style watch face

- 1 Open the **Huawei Health** app, navigate to the device details screen, and go to **My faces > Style**.
- 2 Touch + and select either **Take photo** or **Select image** as the method for uploading.  
When you're done, touch ✓ in the upper right corner.
- 3 Multiple watch faces will be generated based on the elements in the uploaded photo. Select your favorite options and touch **Save**. On the **Style** screen, touch **Set as default** to switch to the newly set Style watch face.

## Deleting a Style watch face

- Pre-installed watch faces cannot be deleted.

Open the **Huawei Health** app, navigate to the device details screen, and go to **My faces > Style**. Touch ✕ at the upper right corner of a target Style watch face to delete it.

# Switching and removing watch faces

## Switching to another watch face

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

### On your watch:

Touch and hold anywhere on the watch face screen (device home screen) to visit the watch face selection screen, and swipe left or right to select your desired watch face.

### On your phone:

Open **Huawei Health**, navigate to the device details screen, choose **My faces** or **Watch faces**, and select your desired watch face.

## Deleting a watch face

- 1 Open **Huawei Health**, navigate to the device details screen, and go to **My faces > Manage local watch faces**.
- 2 Touch ✕ at 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 watch face** cannot be removed.
  - 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.

## Custom cards

Swipe left or right on the device home screen to browse through feature cards, which can be sorted and stored away to your heart's content. Each card redirects you instantly to the corresponding app.

### Adding custom cards

- 1 Enter the device app list and go to **Settings > Custom cards**.
- 2 Touch  and select a desired card.
- 3 Now that you're done, you can swipe left or right on the device home screen to view the added cards.

### Editing a combo card

- 1 Swipe left on the device home screen to access feature cards. Touch and hold any card to enter the card editing screen.
- 2 Swipe up or down to view available cards, touch **Custom** under a combo card, and select each component for customization.
  -  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/Deleting cards

- To move an added card, touch  next to it.
- To delete an added card, touch  next to it.

# Assistant

## Notifications and messages

When your wearable device is connected to the **Huawei Health** app 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, touch **Notifications**, and toggle on **Notifications**. You can enable or disable **Smart notifications** to suit your own needs.

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

- 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 apps for which push notifications are available.

### Viewing unread messages

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

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

### Replying to SMS messages

-  This feature is not available when your device is paired with an iPhone.
- This feature is only supported when replying to an SMS message with the SIM card that has received the message.

When receiving an SMS message on your wearable device, you can swipe up on the screen and select a quick reply.

### Customizing quick replies

-  This feature is not available when your device is paired with an iPhone.

You can customize a quick reply as follows:

- 1 Ensure your wearable device is connected to **Huawei Health**, open the app, navigate to the device details screen, and touch the **Quick replies** card.

- 2** You can touch **Add reply** to add a reply, touch an added reply to edit it, or touch  next to a reply to delete it.

### Deleting unread messages

Swipe up on the device home screen to enter the message center, and touch  at the bottom of the message list to clear all unread messages.

## Alarms

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

### Setting an alarm using your wearable device

- 1** Enter the app list, select **Alarm**, and touch + to add an alarm.
- 2** Set the alarm time and repeat cycle, and then touch **OK**. If no repeat cycle is set, the alarm will go off only once.
- 3** Touch an existing alarm to modify the alarm time and repeat cycle, or to delete the alarm.

### Setting an alarm using Huawei Health

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

## Do Not Disturb mode

When Do Not Disturb mode is enabled, your device won't vibrate when receiving incoming calls and notifications. It will still vibrate when an alarm goes off.

### Enabling/Disabling Do Not Disturb

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

**Method 2:** Enter the device app list and go to **Settings > Do Not Disturb > All day** to enable or disable Do Not Disturb mode.

## Scheduling Do Not Disturb

- **To schedule Do Not Disturb:**

Enter the device app list and go to **Settings** > **Do Not Disturb** to access the custom settings screen. Touch **Add time** and set **Start**, **End**, and **Repeat**. You can add multiple time periods and put any of them into effect.

- **To disable scheduled Do Not Disturb:**

Enter the device app list, go to **Settings** > **Do Not Disturb**, and turn off the switch for the target period.

## Remote shutter

- This feature requires pairing with a HUAWEI phone running EMUI 8.1 or later or an iPhone running iOS 13.0 or later. If you're using an iPhone, be sure to open the camera first.
    - To use this feature, make sure that the **Huawei Health** app is running in the background.
    - Camera preview and photo viewing are not supported on the wearable device. Please do so on your phone.
- 1 Make sure that your wearable device is connected to your phone via Bluetooth and that **Huawei Health** is running properly.
  - 2 Enter the device app list, swipe up until you find **Remote shutter** (  ), and select it. This will automatically launch your phone camera.
  - 3 On your wearable device, touch  to remotely control your phone to take a photo. To close **Remote shutter**, swipe right on the screen or press the side button.

## Music playback controls

- 1 Open **Huawei Health**, navigate to the device details screen, touch **Device settings**, and toggle on **Music playback control**.
- 2 Start audio playback on your phone, and you can navigate to the **Music** app on your wearable to pause or resume playback, switch to the previous or next track, and adjust the volume.

## Weather

### Enabling weather reports

Open the **Huawei Health** app, navigate to the device details screen, touch **Weather reports**, toggle on **Weather reports**, and select a temperature unit (°C or °F).

You can manually refresh weather information by swiping down on the **Huawei Health** home screen or opening the **Weather** app on your wearable device. In normal cases, weather information will be regularly updated.

## Viewing weather information

### Through the Weather app:

Enter the device app list and select **Weather** to view your location, local weather, environmental temperature, and other related data. Swipe up or down on the screen to access more information.

### Through a watch face:

Switch to a watch face that displays the weather info, to keep the latest data always on the device home screen.

### Through HUAWEI Assistant·TODAY:

Swipe right on the device home screen to access HUAWEI Assistant·TODAY, where you can find the latest weather info. Touch the Weather icon to view more details.

-  • Make sure that GPS is enabled on your phone, that **Huawei Health** has been granted the location permission, and that your phone is in an open area with GPS reception.
- The weather information displayed on your wearable is pushed from the **Huawei Health** app and may differ from that displayed in your phone's pre-installed weather app, as data is collected from different weather service providers.

# Health Management

## Emotional wellbeing

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

### Introduction to emotions and stress

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

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

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

### Recording your emotions/stress

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

### Viewing your emotions/stress data

#### On your wearable:

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

#### On your phone:

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

### Stress-relieving services

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

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

### Mood reminders

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

### Huahua the Panda watch face

Once you've switched to this watch face, you can raise your wrist to get your mood straight from the panda's expression which changes based on your latest emotional state.

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

## Sleep monitoring

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

### Sleep settings

- 1 Enter the device app list, select **Sleep** () , swipe up to access the **More** screen, and touch **Sleep mode**.
- 2 You can choose to enable either **Auto** or **Scheduled**.
  - **Auto** is enabled by default. With this feature on, your wearable will automatically enter/exit Sleep mode based on your sleep status. In Sleep mode, the device won't ring or vibrate for incoming calls and notifications (except when an alarm goes off), and Raise to wake will be disabled.
  - When **Scheduled** is enabled, your wearable will enter/exit sleep mode as scheduled.

To add a scheduled period, touch **Add time** and set **Bedtime**, **Wake up**, and **Repeat**. Then touch **OK**.

To delete a scheduled period, touch the target and then **Delete**.

### Enabling/Disabling Sleep mode

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.

Swipe down on the device home screen and touch  to enable or disable Sleep mode.

-  If AOD is enabled, enabling Sleep mode will cause the AOD watch face to turn off several seconds after taking effect.

### Enabling/Disabling HUAWEI TruSleep™

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off **HUAWEI TruSleep™** to suit your own needs. **HUAWEI TruSleep™** is enabled by default. If manually disabled, sleep data cannot be obtained and sleep analysis will become unavailable.

### Viewing/Deleting your sleep data

- On your wearable, enter the device app list and select **Sleep** () to check out your night sleep and nap data, as well as Sleep health information. Touch  for more details on result description.
- On your phone, access the home screen of **Huawei Health** and touch the **Sleep** card to view detailed data.

On the **Sleep** screen, touch  in the upper right corner and then **All data** to access historical data records. From that screen, you can touch the delete icon in the upper right corner, select target records, and delete them.

## Sleep breathing awareness

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

### Activating the app

-  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, touch the **Sleep** card, swipe up till you reach the bottom of the screen, and touch **Sleep breathing awareness**.

- 2 When using the feature for the first time, follow the onscreen instructions to select which permissions to grant, touch **Allow** and then **Agree**, and you'll be taken to the **Sleep breathing awareness** screen. Touch **Activate**, and toggle on the switch for **Sleep breathing awareness**.
- 3 Now the settings are done. Wear your device to bed, and it'll detect and analyze interruptions in your breathing while you're asleep.

### Viewing data

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

### Enabling/Disabling Sleep breathing awareness

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

### Disabling the service

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

## Heart rate measurement

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

-  • 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.

### Individual heart rate measurement

- 1 Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle off **Continuous heart rate monitoring**.
- 2 Enter the app list on your wearable device, select **Heart rate** () , start a measurement, and wait for the result to display.

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

### Continuous heart rate monitoring

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

### Resting heart rate measurement

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

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

-  . There are some prerequisites for your resting heart rate to be measured and displayed. Suboptimal measurement timing may lead to deviations or no result at all.

### Heart rate alerts

#### High heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **High heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays above your set value for more than 10 minutes while you're resting. You can then swipe right on the alert screen to dismiss the notification.

#### Low heart rate alert

Open **Huawei Health**, navigate to the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, toggle on **Continuous heart rate monitoring**, and set **Low heart rate alert** to suit your needs. Your wearable device will vibrate and display an alert when your heart rate stays below your set value for more than 10 minutes. You can then swipe right on the alert screen to dismiss the notification.

### Heart rate data

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

### Heart rate measurement during a workout

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

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

### High heart rate alert during workouts

After a workout is initiated, your wearable device will vibrate and display an alert when your heart rate is over the preset upper limit for a certain period of time. You can swipe right on the alert screen to dismiss the notification, or the alert screen will exit automatically when your heart rate drops back below the threshold.

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

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

-  Such heart rate alerts are only available during workouts and are not generated during daily usage.

## Pulse wave arrhythmia analysis

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

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

### Activating the app

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

### Taking measurements on your wearable device

- 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 touch  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 touch  in the upper right corner and then **Automatic measurement**.
- 2** Toggle the switch for **Automatic arrhythmia detection** on or off. Once enabled, your wearable device will automatically perform measurements while it's worn. You can toggle the switch for **Arrhythmia alerts** on or off as needed. Once enabled, you'll receive alerts via your wearable when abnormal heartbeat rhythms are detected.

### Disabling the service

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

### Possible results

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

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 touch  in the upper right corner and then **Help** for more info on measurement results.

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

## SpO2 measurement

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

### Individual SpO2 measurement

- 1** Double-check that your wearable device is worn properly, and start a measurement only when you're at rest.
  - 2** Enter the device app list and touch **SpO2**.
  - 3** Touch **Measure** to start an SpO2 measurement. Once initiated, remember to keep still with the device screen facing up.
- i An incoming call, alarm, or swiping right on the device screen will interrupt a measurement.

### Automatic SpO2 measurement

- 1** Open the **Huawei Health** app, navigate to the device details screen, touch **Health monitoring**, and toggle on **Automatic SpO2**. The device will then automatically measure and record your SpO2 level when it detects that you're at rest.
- 2** Touch **Low SpO2 alert** to set a lower limit for your device to vibrate and display an alert while you're awake.

### Viewing your SpO2 data

Access the home screen of **Huawei Health**, touch the **SpO2** card, and select a date to view your data on that day.

## Cycle Calendar

### Activating the app

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

- 1** Access the home screen of **Huawei Health**, touch the **Cycle Calendar** card, download the feature package, set your period data, and touch **Get started**.  
If the **Cycle Calendar** card is not on the Huawei Health home screen, touch **Edit** and add the card.
- 2** An activation notification will pop up on your band when you're wearing it. If it's off your wrist, the notification will be stored in the message center.  
Touch **Open app** to enter the privacy statement screen. Agree to the privacy statement, and you'll be redirected to the **Cycle Calendar** app home screen.  
Touch **OK** to return to the previous screen.

## Recording and viewing your period data on your band

- 1 Enter the device app list, touch **Cycle Calendar** to access the app home screen, where you'll see your cycle calendar in a monthly view.
- 2 Touch **Edit** to put in when your period **Started** and **Ended**. Swipe up on the screen to view the **Summary**.
- 3 On the **monthly view** screen, swipe left and right to view data of the previous and next three cycles.

## Recording your periods in the Huawei Health app

- 1 Access the home screen of **Huawei Health**, touch the **Cycle Calendar** card, choose a specific date, and toggle on **Period started** or **Period ended** to record the duration of a period.
- 2 On the **Cycle Calendar** screen, touch  in the upper right corner and then **Settings** to set your period length and cycle length, and toggle the switch for **Reminders** on or off. You can also select **Period records** to view **Avg period** and **Avg cycle**. Selecting **All data** will take you to the historical data screen.

# Exercise

## Starting a workout

Your wearable device supports multiple workout modes, including exercises like running and biking, fitness courses, and other activities like dancing, ice and snow sports, and leisure sports.

### Starting a workout on your wearable device

- 1 Enter the device app list and touch **Workout** () .
- 2 Swipe up or down on the screen and select a desired workout mode. You can also swipe up until you reach the end of the screen, and then:
  - Touch **Add** to add other workout modes.
  - Touch **Reorder** and then  to reorder the workout list. You can also touch  to remove a mode from the list.
- 3 Touch the workout mode icon to start.
- 4 During a workout, you can press and hold the side button to end the exercise.

Alternatively, press the side button to pause, touch  to resume, or touch  to end the workout.

### Starting a workout in the Huawei Health app

- 1 Double-check that your wearable device is linked with **Huawei Health**, and wear your device snugly on your wrist. Then in **Huawei Health**, for example, go to **Exercise** > **Outdoor run** and touch the running icon to start your run.
- 2 During a workout, you can touch  on the **Huawei Health** screen to pause, touch  to resume, or hold down on  to end the workout. Your wearable device will pause, resume, or end the workout accordingly.

### Viewing fitness data on your wearable

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

For exercise sessions started in the **Huawei Health** app, real-time fitness data will display both in the app and on your wearable screen. If the workout distance or duration is too short, the record won't be saved.

## Workout records

### Viewing workout records on your wearable device

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

### Viewing workout records in the Huawei Health app

Access the home screen of **Huawei Health**, touch the **Exercise records** card, select a record, and view the corresponding details.

If the **Exercise records** card is not on the Huawei Health home screen, touch **Edit** and add the card.

### Deleting a workout record

Access the home screen of **Huawei Health**, touch the **Exercise records** card, hold down on a record and delete it. However, this record will still be available in **Workout records** on your wearable device.

-  • If a workout record has been synced to **Huawei Health** and later deleted in the app, this record will still be available in **Workout records** on your wearable device and will not be synced again to **Huawei Health**.
- Workout records won't be permanently stored on the wearable device. When new workout records are generated, the oldest ones will be cleared, but the same records won't be deleted synchronously from the **Huawei Health** app if they have been synced.

## Running ability index

Running ability index (RAI) is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.

### Before you start

- Update your wearable device and the **Huawei Health** app to their latest versions.
- The RAI feature is only available for runs that last more than 12 minutes in certain scenarios.

### Checking out your RAI

- On your wearable device:

Enter the app list and touch **Workout status** () to find your RAI data.

- On your phone:

Go to **Huawei Health > Me > My data > Running Ability Index** to view your current RAI and assessment result.

## Workout status

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

- **Running ability index (RAI)** is a comprehensive index that reflects a runner's endurance, technique, and efficiency. In general, a runner with a higher RAI may perform better in competitions.
- **Recovery** is how long it will take for your body to return to 100%. For an individual workout, this indicator is directly related to recovery time which is determined by training intensity and workout duration.
- **Training load** is based on your total workout amount over the last seven days and on your fitness status. Such data is available after you start a workout that has your heart rate tracked throughout, except for swimming modes.
- **VO2Max** refers to the maximum amount of oxygen your body can absorb and use per unit time during intense exercise. It is an important indicator of your body's aerobic ability.

## Activity records

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

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

To set your own goals for Activity rings:

On your phone: Access the home screen of **Huawei Health**, touch the Activity rings card to enter the **Activity records** screen. Touch  in the upper right corner and then **Edit goals**.

On your band: Navigate to the **Activity rings** app, swipe left to view **This week's** statistics or swipe up to view **Today's** data and then up again to touch **Edit goals**.

(1) : **Move** measures the calories you burn through physical activity. You can increase Move calories by engaging in activities such as running, cycling, household chores, and walking your dog.

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

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

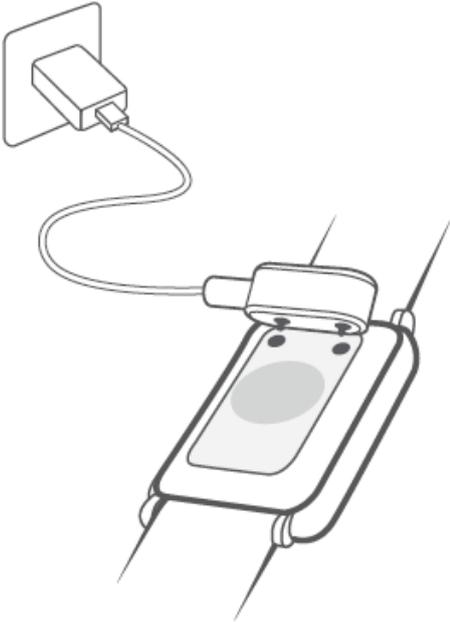
This ring is designed to help remind you that staying seated for too long is damaging to your health. You are advised to stand up at least once per hour and score as high as you can for **Stand** every day.

# More

## Charging

### Charging your device

Connect the metal contacts on the charging cradle to those on the back of the band, then put them on a flat surface. Connect the charging cradle to a power supply, then the device screen will light up and display the battery level.



-  It is recommended that you use a HUAWEI charging cradle and adapter when charging your device, or use a charging cradle and adapter that comply with relevant safety regulations and standards. Chargers and power banks that do not meet relevant safety standards may cause issues such as slow charging or overheating. Please exercise caution when using them. To guarantee the authenticity of your HUAWEI charging cradle and adapter, it is recommended that you purchase them from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the charging port, metal contacts, and your wearable device remain dry during charging.
- Keep the surface of the charging cradle clean. Make sure your wearable device is placed correctly on the charging cradle and that the charging status is displayed on your device screen. Avoid bringing metal objects into contact with the metal contacts on the charging cradle, to avoid short circuiting and other risks.
- When the charging icon displays 100%, your device has been fully charged and has automatically stopped charging. Remove it from the charging cradle and disconnect the power adapter.
- If you don't plan on using your wearable device for a long time, you're advised to charge the battery once every two to three months, to extend the battery lifespan.
- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, you can go to an authorized Huawei Customer Service Center to have the battery replaced.
- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure that its USB port is free of any residual liquid or foreign object. Keep the cradle and your device away from liquids and flammable materials during charging. Do not touch the metal contacts of the charging cradle when it is connected to a power supply.
- The charging cradle contains a magnet. If you find repulsion against your device when attempting to charge it, switch its direction and connect it to the cradle. The cradle is magnetic, and tends to attract metal objects. Please check and clean it before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources of strong electromagnetic interference, so as to avoid the reduction or switching of the magnetic properties or other issues.

### Checking the battery level

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

**Method 2:** Connect your device to a power supply, and you'll see the battery level on the charging screen.

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

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

### Low battery alert

When the battery level falls below 10%, your device will vibrate to notify you of the low battery level and prompt you to charge your device as soon as possible.

## AOD watch face

Once you have set the AOD watch face, you can choose whether to display the main watch face or AOD watch face when you raise your wrist.

- 1 Enter the device app list, go to **Settings > Watch face**, and toggle on **Always On Display**.
- 2 Select **Raise to show AOD** or **Raise to show watch face** to suit your preferences.

## PIN settings

You can set a PIN for your device to further protect your privacy. Then your device will automatically lock itself when it's taken off or when its screen turns off, and you will need to enter the PIN to unlock your device and access the watch face screen. If you keep wearing your device, the screen will not be locked.

### Enabling PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings > PIN > Set PIN**, and follow the onscreen instructions to set a six-digit PIN.

-  Be sure to toggle on **Auto-lock** to use this feature. This PIN is only used to unlock the device after it automatically locks itself when it's taken off or when its screen turns off.
- Keep your PIN secure. If you forget it, you'll need to restore your device to its factory settings.

### Changing PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings > PIN > Change PIN**, and follow the onscreen instructions to change your PIN.

### Disabling PIN

Swipe down on the device home screen to show the shortcut menu, go to **Settings > PIN > Disable PIN**, and follow the onscreen instructions to disable the PIN.

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

Being water-resistant and dust-resistant means that the wearable device can prevent water and dust from entering inside, thereby safeguarding its interior components and mainboard from damage.

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

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

- i • In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).
- Water resistance is not permanent, and performance may deteriorate with daily wear and tear. It is recommended that you regularly take your device to an authorized Huawei service center for inspection and maintenance.
- Water and dust resistance is only applicable to the watch body. Other components such as the strap, charging cradle, and base are not water-resistant or dust-resistant. (The straps for the HUAWEI WATCH Ultimate Series and HUAWEI WATCH ULTIMATE DESIGN Series are water-resistant.)
- Note: The IPXX rating means Ingress Protection, and is a standardized measurement of a product's protection against liquids and solid particles. **An IP rating carries two numbers. The first number signifies the protection of important components against dust and solid particles, ranging from 0 to 6, with 6 being the highest protection level. The second number refers to water resistance, ranging from 0 to 8, with 8 being the highest protection level. Certain IPX8-rated wearable devices can be worn during swims. Actual usage shall prevail.**
- Please use the product in accordance with the user guide provided on the official Huawei website or in the product documentation that comes in the product box. Free warranty services are not provided for damage caused by improper use.
- Avoid the following conditions, so as to maintain the water-resistance performance of the wearable device. Damage caused by immersion in liquid is not covered by the warranty.
  - 1** Pressing the device buttons or operating on the device underwater. (If you're using a HUAWEI WATCH Ultimate Series or HUAWEI WATCH ULTIMATE DESIGN Series device, you can press the buttons and rotate the crown when underwater.)
  - 2** Cleaning the device with an ultrasonic cleaner or mildly acidic or alkaline detergents.
  - 3** Dropping the device from a high place or subjecting the device to impact from a collision.
  - 4** Disassembling or repairing the device at a non-Huawei-authorized store.
  - 5** Exposing the device to household chemicals, such as soap or soapy water during showers or baths.
  - 6** Exposing the device to perfumes, solvents, detergents, acids, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.
  - 7** Charging the device when it is wet.

Water/Dust Resistance Level	Resistance Level Definition	Usage Scenario Description
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<p>Dive (Depth up to 100 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during dives (at depths of up to 100 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.) Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving activities exceeding a depth of 100 meters.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>4. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> <li>5. Composite vegan leather, composite woven, titanium, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is</li> </ol>
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		<p>recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 30 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (3.3 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 30 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 30 meters.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>Dive (Depth up to 40 meters)</p>	<p>Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (4.4 ATM at most), and remain at excess pressure for one minute in each cycle.</p>	<p>Complies with the EN 13319 standard for diving accessories. The product can be worn during freediving (at depths of up to 40 meters) and during shallow water activities such as swimming in a pool or along the coast. (For safety reasons, please do not dive alone.)</p> <p>Soak the device in fresh water for 30 minutes before and after diving. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Scuba dives and technical dives.</li> <li>2. Diving activities exceeding a depth of 40 meters.</li> <li>3. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>4. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>5. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>6. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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10 ATM	<p>This is a water resistance standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can withstand up to simulated 100-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 100 meters deep.</p>	<p>The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 100-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 100-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such</li> </ol>
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		<p>as speedboats and motorboats), car washing, and rafting.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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5 ATM	<p>This is a water resistance standard (ISO 22810) defined by the ISO. It indicates that the wearable device can withstand up to simulated 50-meter static water pressure at room temperature for 10 minutes, and does not mean that the device is water-resistant in water that is 50 meters deep.</p>	<p>The wearable device complies with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 50-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 50-meter deep.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when exposed to water splashes. After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Diving, scuba diving, or other activities involving high water pressure.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and soak the device in fresh water for 30 minutes.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such</li> </ol>
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		<p>as speedboats and motorboats), car washing, and rafting.</p> <p>5. Composite vegan leather, composite woven, leather, metal, and ceramic straps are not designed for water activities (such as swimming) or to withstand sweat, and therefore it is recommended that other straps be used in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP69K	<p>Complies with the IP69K rating under the ISO 20653:2023 standard. The IPX9K test conditions are as follows: water temperature: <math>80\pm 5^{\circ}\text{C}</math>; water flow: <math>15\pm 1</math> L/min; water pressure: <math>10,000\pm 500</math> kPa; spray angle: <math>0^{\circ}</math>, <math>30^{\circ}</math>, <math>60^{\circ}</math>, and <math>90^{\circ}</math>, 30 seconds for each angle. This does not indicate protection during hot water showers.</p>	<p>Complies with the IP69K rating under the ISO 20653:2023 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>IPX9K involves high-pressure liquid splashes. This means that IP68-rated products can be worn during shallow water activities, such as swimming in a pool or along the coast; products that have obtained both the IP68 and IP69K ratings can also be worn during activities involving fast-flowing water, such as water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does</li> </ol>
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		<p>come into contact with any such product, rinse and clean the device with fresh water in a timely manner. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
<p>IPX8 (water resistance for daily life)</p>	<p>Products that meet this standard are splash-proof and water-resistant, and can be worn and used during exercise as they are resistant to sweat, on rainy days, and when exposed to water splashes. However, it is not recommended that you immerse such a device in water. This wearable device is rated as IPX8 under the GB/T 4208-2017 standard and was tested under controlled lab conditions.</p>	<p>Products that hold an IPX8 rating meet the water resistance requirements for everyday use, such as during handwashing and on rainy days. The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>

IPX8 (20 meters)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 20-meter static water pressure, and does not mean that the device is water-resistant in water that is 20 meters deep.</p>	<p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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IPX8 (1.5 meters)	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep.</p>	<p>The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as during handwashing and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP6X	Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.	The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.
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<p>IP68 (20 meters)</p>	<p>Complies with the 2 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that the device can withstand up to 20-meter static water pressure for 10 minutes, but does not mean that it is water-resistant in water that is 20-meter deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The product can be used in shallow waters such as in swimming pools and at the beach, and meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>After wearing the device in water activities, clean and dry it promptly, remove the water stains from the product surfaces and all holes, and use the device's drainage feature to avoid negative impact on device performance.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>3. Activities involving fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
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<p>IP68 (1.5 meters)</p>	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1.5-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1.5 meters deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP68-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1.5 meters deep for a short period of time. However, it is not recommended that you immerse the device in water. It meets the water resistance requirements for everyday use, such as when exposed to water splashes and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion</li> </ol>
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		in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)
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<p>IP67</p>	<p>This is a water resistance rating defined in GB/T 4208-2017 standard. It indicates that the wearable device can withstand up to simulated 1-meter static water pressure for 30 minutes, and does not mean that the device is water-resistant in water that is 1 meter deep.</p> <p>Complies with the IEC 60529:2013 standard (level 6). Products that meet this standard can prevent dust from entering.</p>	<p>The wearable device complies with the IP67-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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<p>IP57</p>	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues.</p> <p>Can be immersed in water that is up to 1 meter deep at normal temperature and atmospheric pressure for 30 minutes.</p>	<p>The wearable device complies with the IP57-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The device can withstand immersion in water that is up to 1 meter deep for a short period of time. However, it is not recommended that you immerse the device in water. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> </ol>
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		<p>5. Other unsuitable types of use and scenarios where the device may be placed in water deeper than 1 meter or immersed in water for more than 30 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP55	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water jets of 12.5 L/min aiming at the device case from any direction for 3 minutes.</p>	<p>The wearable device complies with the IP55-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, when exposed to water splashes, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during swimming, platform diving, jumping into water, or any other behavior or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other scenarios or types of use that may cause the wearable device to be</li> </ol>
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		<p>exposed to fast-flowing water or strong water currents or to directly face the fast water flow for more than 3 minutes, such as during long-time use in heavy rain or rainstorms. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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IP54	<p>Cannot completely prevent dust from entering, but the amount of dust entering must not affect the normal operation of the device or cause any safety issues. Can withstand exposure to water splashes of up to 10 L/min aiming at the device case from any direction for 10 minutes.</p>	<p>The wearable device complies with the IP54-rated resistance level under the IEC 60529:2013 standard.</p> <p>The device can prevent dust from entering in living rooms, offices, laboratories, light industrial studios, and storage rooms, but should not be worn in particularly dusty environments.</p> <p>The wearable device is splash-proof and water-resistant. You can wear the device during exercise as it is resistant to sweat, and on rainy days.</p> <p>The wearable device should not be worn in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Being dropped into water, or during underwater photography or any other behavior or activity that immerses the device in water.</li> <li>2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and/or high-humidity environments.</li> <li>3. Activities that could expose the device to shower gel, shampoo, soapy water, and any other laundry or cleaning products. If the device does come into contact with any such product, rinse and clean the device with fresh water in a timely manner.</li> <li>4. Activities involving high water pressure or fast-flowing water, such as jumping into water, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting.</li> <li>5. Other types of inappropriate use and scenarios where the device may be in contact with fast-flowing water</li> </ol>
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		<p>or with water currents for more than 10 minutes.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is worn in an inappropriate scenario.)</p>
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