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Huawei Technologies Co., Ltd.

Address: Huawei Industrial Base
Bantian, Longgang,
Shenzhen 518129,
People's Republic of
China

Website:

http://www.huawei.co

m Email support@huawei.com

1 Getting Started

About This Chapter

1.1 Using your HONOR Watch Magic/Dream

1.2 Wearing your watch

1.3 Screen controls

1.4 Pairing your watch with your phone

1.5 Setting the Time Zone and Language

1.6 Charging your watch

1.7 Turning your watch on and off/restarting your watch

1.1 Using your HONOR Watch Magic/Dream

The HONOR Watch Magic/Dream (hereinafter referred to as the “watch”) is a lightweight and stylish smartwatch with a long battery life. It is designed to provide you with more health information and professional workout guidance, and includes features such as workout tracking, message notifications, heart rate monitoring and GPS.

The HONOR Watch Magic/Dream features an attractive case with two crowns, a colour display, and comes with an allergy-tested strap for maximum comfort and safety. HUAWEI offers a range of different strap models, so you can easily choose the one that suits you best.

To start using the watch, wear it on your wrist and pair it with your phone using the Huawei Health app. You can then activate various features, such as professional workout tracking, heart rate monitoring, sleep tracking and notifications.

- **Professional Workout**

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Optimise your workouts with a customised training plan and professional fitness advice.

- **Heart rate monitoring**

Track your fitness and health with continuous and accurate heart rate monitoring.

- **Sleep Monitoring**

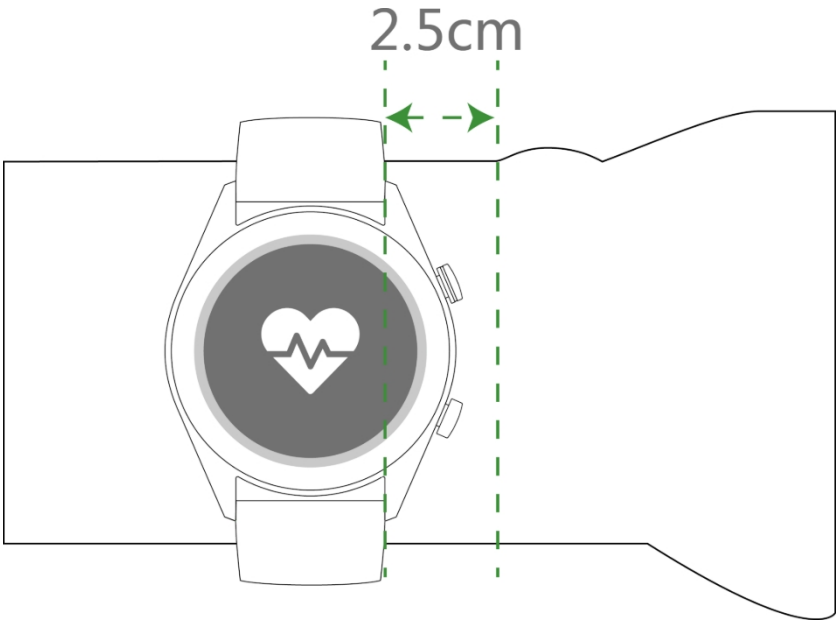
Rest better with comprehensive sleep pattern analysis.

- **Instant messaging**

Stay up to date with notifications for messages, chats, social media and more.

1.2 Wearing your watch

Wear your watch as shown in the illustration below and ensure it sits comfortably on your wrist. If the watch is too tight or too loose, this may affect heart rate monitoring.



NOTE

- If the watch is too tight, this may restrict blood flow and affect heart rate monitoring.
- Take care not to damage the heart rate sensor on the back of your watch.
- Your watch is made from non-toxic materials that are harmless to the body. In the event of an allergic reaction, seek medical attention immediately.

Two types of wristbands are available for your watch:

- **Silicone rubber strap:** A silicone strap with a T-bar clasp. To wear the watch, thread one end of the strap through the T-bar clasp and fasten the clasp.

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- **Leather strap:** A leather strap with a T-bar buckle. To wear the watch, thread one end of the strap through the T-bar buckle and fasten the buckle.



NOTE

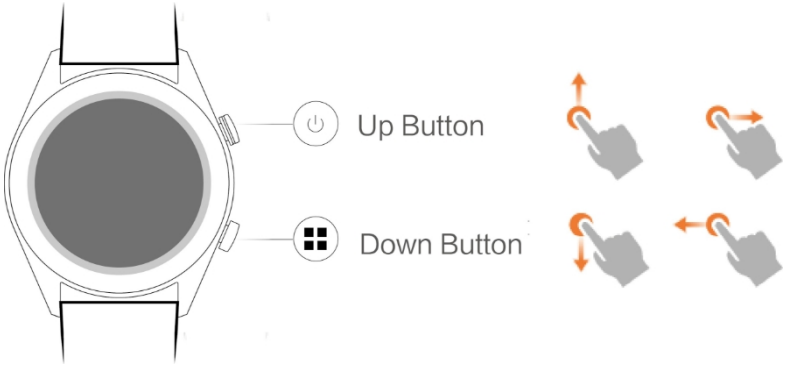
- Your watch is made from non-toxic, harmless materials. In the event of an allergic reaction, seek medical attention immediately.
- Ensure that your watch fits comfortably around your wrist. Make sure it is neither too tight nor too loose.
- Keep your watch and wrist dry and clean to ensure maximum comfort and to prevent any damage that may be caused by moisture

  .

1.3 Screen controls

The watch features a 1.2-inch AMOLED touchscreen with a resolution of 390 x 390 pixels. You can tap, press and hold, or swipe across the screen.

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Up button

Action	Function	Notes
Press	● To activate the watch screen when it is off. ● To access the screen displaying the app from the home screen. ● To return to the home screen.	Not available in certain situations, such as during calls and workouts.
Press and hold	● To turn on the watch when it is switched off. ● To access the ‘Restart’ screen/ "Power off" screen when the watch is on.	

Down button

Action	Function	Notes
Press	To open workout apps.	Not available in specific scenarios, such as calls and workouts.
Press and hold	To lock/unlock the screen.	

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Button functions during a workout

Action	Function
Press the up button	To pause/resume the workout.
Press the down button	To switch screens
Hold down the up button	To end the workout
Press and hold the down button	To lock/unlock the screen.
Swipe up or down on the screen	To switch screens
Press and hold the screen	To replace data

Gestures

Action	Function
Tap	To select and confirm
Press and hold an area on the home screen	To change the watch face
Swipe up on the home screen	To view notifications
Swipe down on the home screen	To display the context menu
Swipe right or left	To view heart rate data, workout data and weather information.
Swipe right	To return to the previous screen

Activate screen

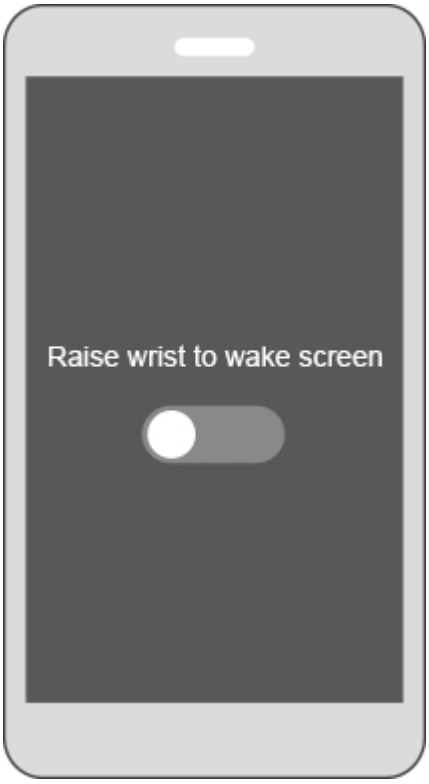
To wake up your watch’s screen, follow these steps:

- Press the up button.
- Raise your wrist or turn it inwards.
- Swipe down on the home screen to open the context menu. Select Show time. The screen will then remain on for 5 minutes.

NOTE

You can enable the Raise wrist to wake screen feature in the Huawei Health app.

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Turn off the screen

- Lower your wrist or turn it outwards to turn off the watch screen.
- The screen turns off automatically if the watch is not used for 10 seconds.

1.4 Pairing your watch with your phone

Press and hold the up button to turn on your watch. The watch is now ready to pair via Bluetooth.

- **Android users:**
  a. Download the Huawei Health app from the Google Play Store. (On Huawei phones, you can download the Huawei Health app from the AppGallery.) If you already have the Huawei Health app installed on your phone, make sure it has been updated to the latest version.
  b. Open the Huawei Health app and follow the on-screen instructions to set it up. Then navigate to **User** > **My**

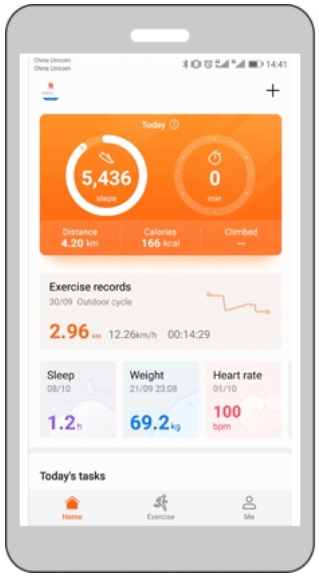
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Devices > **Add** > **Smart Watch** (Me > My devices > Add > Smart Watch) and tap **HONOR Watch Magic/Dream**.

c. Tap Pair. The Huawei Health app will automatically search for the watch. Select **honor Watch–XXX** from the device list. The watch will automatically start the pairing process with your phone.



d. When a pairing request appears on your watch, tap and then confirm the request on your phone to complete the pairing.





- **iOS users:**

a. Download the Huawei Health app from the App Store. If you already have the Huawei Health app installed on your phone, make sure it has been updated to the latest version.

b. Open the Huawei Health app. Tap **the + icon** in the top-right corner. Under Devices, select **Smart Watch** and tap **HONOR Watch Magic/Dream**.

c. Tap Pair. The Huawei Health app will automatically search for the watch. Select **honor Watch–XXX** from the device list. The watch will automatically start the pairing process with your phone.

d. When a pairing request appears on your watch, tap ‘’ to complete the pairing.

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NOTE

- An icon will appear on your watch screen to let you know whether pairing was successful and to start synchronising information (such as date and time) from your phone.
- An icon will appear on your watch's screen to let you know if pairing has failed. The home screen will then reappear.

1.5 Setting the time zone and language

The time zone and language settings on your phone are automatically synchronised with your watch.

If you change the language, region, time or time format on your phone, these changes are automatically synchronised with your watch.

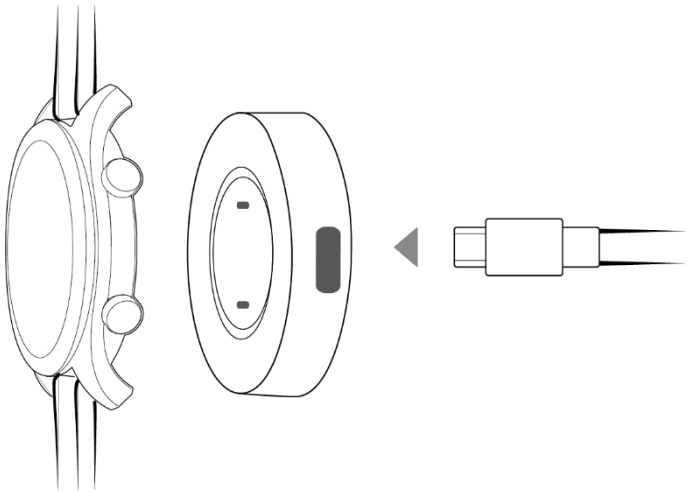
1.6 Charging your watch

Charging

Your watch comes with a magnetic charging cradle and a USB cable, which can be used with a HUAWEI charger to charge your watch.
Connect the charging cradle to the charger using the USB cable. Place your watch in the charging cradle. Align the charging connector with the magnets on the charging cradle. You should be able to see the battery level on the watch face.

NOTE

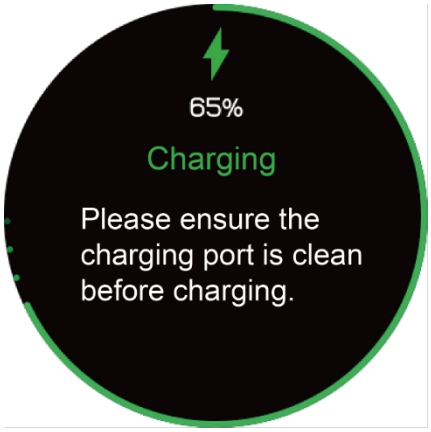
- Before charging, ensure that the charging port is clean and dry.
- Use the original charging cable supplied with the watch.
- Use an original HUAWEI charger (5 V/1 A or higher) or your computer's USB port to charge your watch. Using other chargers may cause issues such as slow charging or overheating. It is recommended that you purchase genuine HUAWEI chargers from an official Huawei retailer.



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Charging time

It takes approximately 2 hours for your watch to fully charge. When your watch is fully charged, **100%** will appear on the watch screen. Remove your watch from the charging cradle as soon as it is fully charged.



NOTE

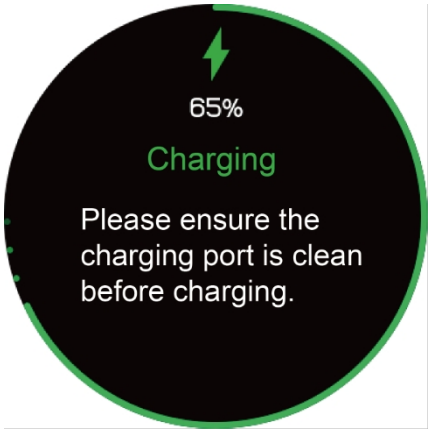
- Charge your watch in a dry and well-ventilated environment.
- Before charging, ensure that the charging port is clean and dry to prevent short circuits or other issues.
- At low ambient temperatures, the charging current is reduced to maximise battery life. In this case, charging your watch may take longer.

Checking the battery level

Use one of the following three methods to check the battery level:

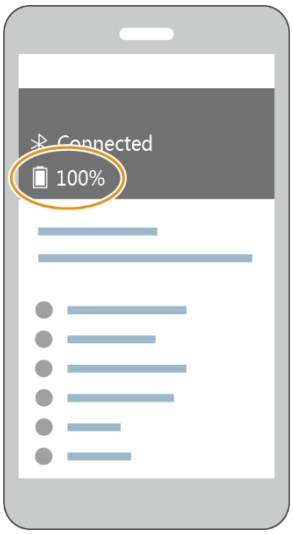
Method 1: While your watch is charging, the battery level is displayed on the charging screen. Press the up button to exit the charging screen.

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Method 2: Swipe down on the watch's home screen. You can view the battery level in the context menu.

Method 3: View the battery level in the Huawei Health app.



1.7 Turning your band on and off/restarting it

Turning on your watch

- **Method 1:** Press and hold the up button until the watch screen turns on.
- **Method 2:** Charge your watch and it will switch on automatically.

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NOTE

If you switch on the watch when the battery is very low, the watch will notify you and advise you to charge it. The watch screen will switch off after two seconds and you will not be able to switch the watch on again until you have charged it.

Turning off your watch

- **Method 1:** Press and hold the up button and tap Power off.
- **Method 2:** Press the up arrow key and navigate to **System Settings** > **System** > Power off.
- If your watch's battery level is very low, the watch will vibrate to notify you and then switch off automatically.



Restarting your watch

- **Method 1:** Press and hold the Up button and tap Restart.
- **Method 2:** Press the up button and navigate to **System Settings** > **System** > Power off.

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2 Basic actions

About This Chapter

2.1 Adjusting the screen brightness

2.2 Locking and unlocking your watch screen

2.3 Weather forecast

2.1 Adjusting the screen brightness

On the watch’s home screen, tap the up button and navigate to System Settings > Display > Brightness to adjust the screen brightness. The brightness is set to **Auto** by default, which automatically adjusts the screen brightness based on your surroundings. Level 5 is the brightest setting and Level 1 is the darkest.

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2.2 Locking and unlocking your watch screen

Touch gestures do not work when your watch screen is locked. This feature helps prevent accidental operations (e.g. caused by water whilst swimming).

Locking the screen

Method 1: On the watch’s home screen, press and hold the down button.

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Method 2: Swipe down on your watch’s home screen and tap Lock.

Unlock the screen

Press and hold the down button for five seconds to unlock the screen.

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2.3 Weather forecast

You can view weather information for your current location on your watch.

Method 1: Use the Weather watch face

Use the Weather watch face to view the current weather information on the home screen.

Method 2: Use the weather map screen

Swipe right on the home screen to open the weather map screen and view information such as your current location, current weather, temperature and air quality.

Method 3: Use the Weather app

On the home screen, tap the up arrow, swipe up or down on the screen, and tap Weather to view information such as your current location, the current weather, the temperature and air quality.

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NOTE

- To use the weather report feature, enable Weather report in the Huawei Health app.
- The weather information displayed on your watch comes from the Huawei Health app and may differ slightly from the data shown on your phone, as the Huawei Health app and your phone retrieve weather information from different service providers.
- Ensure that both your phone's GPS and the Huawei Health app have permission to access location information. Select 'Use **GPS, Wi-Fi, and** mobile networks instead of Use GPS only as the location mode to achieve the best results.

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3 Fitness and Health

About This Chapter

3.1 Daily activity logs

3.2 Start a workout

Training status

3.3 Heart rate monitoring

3.4 Sleep monitoring

3.5 Synchronising and sharing your fitness and health data

3.1 Daily activity tracking

Your watch can detect and track your daily activities using the accelerometer and gyroscope sensors, including your step count, calories burned, activity intensity and the total time you've spent standing.

Your watch can automatically detect your current activity, whether you are walking, running, sleeping or standing.

Your band records your activity data, including your step count, workout distance, workout time and calories burned, after it has detected whether you are walking or running.

To view your fitness data after a workout, use one of these two methods:

Method 1: View fitness data on your band

Press the up button, swipe up or down on the screen, and tap Exercise record. Swipe up or down on the screen to view your calories burned, workout distance, step count, and duration of moderate to high-intensity activity.

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Method 2: View fitness data via the Huawei Health app.

View your fitness data on the Exercise record tab in the Huawei Health app.

NOTE

To view your fitness data in the Huawei Health app, ensure your watch is connected to your phone via the Huawei Health app.

3.2 Start a workout

Your watch supports a number of workout types, such as running classes, running (outdoors), running (indoors), walking (outdoors), climbing, cycling (outdoors), cycling (indoors), pool swimming, open water swimming and others.

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Starting a guided run

The watch provides professional running training courses for beginners to advanced users. These training courses offer customised running guidance in real time during a workout. You can switch between different courses during a workout and synchronise additional courses from the Huawei Health app with the watch.

1. To start ‘Guided running’, **press** the up button, swipe up or down on the screen, navigate to Exercise > Guided running and select a running course.
2. During the workout, press the up button to pause or stop the workout. Press the down button to switch between screens and view workout data.
3. After the workout, tap Exercise record on the watch screen to view detailed workout data, such as training effects, general information, speed, steps, total elevation, heart rate, heart rate zones, cadence, pace and VO2max.

NOTE

You can also view detailed workout data in the Huawei Health app under the ‘Exercise records’ tab.

Starting a workout

1. Press the up button, swipe up or down on the screen, and tap Exercise.
2. Swipe up or down on the screen to select the type and duration of the workout. (Running [Outdoor], Running [Indoor], Walking [Outdoor], Climbing,

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Cycling [Outdoor], Cycling [Indoor], Pool Swimming, Open Water and Other). Before a workout, you can set the goal, reminders and display screen on your watch's screen.

3. Tap the Start icon on the watch screen to begin the workout.
4. During your workout, press the up button to pause or stop the workout. Press the down button to switch between screens and view workout data.
5. After your workout, **tap** Exercise record on the watch screen to view detailed workout data.

NOTE

- If the workout distance or duration is too short, your watch will not record the workout data.
- After finishing your workout, tap the stop icon to extend battery life.

3.3 Heart rate monitoring

Your watch features an optical heart rate sensor that can continuously monitor and record your heart rate throughout the day, allowing you to track your health and fitness. Enable Automatically measure heart rate in the Huawei Health app to use this feature.

Heart rate measurement

1. Wear your watch and hold it steady.
2. To measure your heart rate, press the up button, swipe up or down, and tap Heart rate.



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NOTE

Wear your watch regularly and ensure the strap is securely fastened to ensure an accurate heart rate measurement. Make sure the watch is in direct, unobstructed contact with your skin.

Heart rate measurement during a workout

During a workout, the watch can display your heart rate and heart rate zone in real time and notify you if your heart rate exceeds the upper limit. To achieve the best training results, it is recommended that you select a workout based on your heart rate zone.

- Setting the calculation method for the heart rate zone
  The heart rate interval can be calculated based on a percentage of your maximum heart rate or your HRR. To set the calculation method for the heart rate interval, open the Huawei Health app, navigate to Heart rate limit interval and warning > Calculation method under Devices, and select either Maximum heart rate percentage or HRR percentage.

NOTE

- If you select Maximum heart rate percentage as the calculation method, the heart rate interval for various workout
  activities (Extreme, Anaerobic, Aerobic, Fat-burning and Warm-up) based on your maximum heart rate (by default, '220 – your age'). Heart rate = Maximum heart rate x Maximum heart rate percentage
- If you select the HRR percentage as the calculation method, the heart rate interval for various workout activities (Advanced Anaerobic, Basic
  anaerobic, lactic acid, advanced aerobic and basic aerobic [Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic]) are calculated based on your heart rate reserve (HRmax – resting HR). Heart rate = heart rate reserve × percentage of heart rate reserve + resting heart rate.
- The calculation method for the heart rate zone for a running course is not affected by the settings in the Huawei Health app. For most running courses, the calculation is based based on the percentage of heart rate reserve (HRR).

- Measuring your heart rate during a workout

1. After starting a workout, swipe across the watch screen to check your heart rate and heart rate interval in real time.
2. Once you have finished your workout, you can view your average heart rate, maximum heart rate and heart rate range under Exercise record on your watch.
3. On the 'Exercise record' screen in the Huawei Health app, you can view your heart rate graph, your maximum heart rate and your average heart rate for each workout.

NOTE

- If you take off your watch during a workout, the watch will stop displaying your heart rate. Measurement will resume when you put your watch back on.
- Your watch can measure your heart rate when you connect it to your phone and start a workout using the Huawei Health app.

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Continuous heart rate monitoring

To enable this feature, **connect** your watch to your phone using the Huawei Health app and enable Continuous heart rate monitoring in the Huawei Health app.

Measuring resting heart rate

Your resting heart rate refers to your heart rate whilst you are awake and at rest. It is a general indicator of your heart health.

The best time to measure your resting heart rate is in the morning, immediately after waking up. As your watch's automatic heart rate monitoring tracks your heart rate throughout the day, the resting heart rate displayed may not match your morning measurement.

To measure your resting heart rate automatically**,** enable Continuous heart rate monitoring in the Huawei Health app.

NOTE

If you disable Continuous heart rate monitoring after checking your resting heart rate, the resting heart rate displayed in the Huawei Health app will remain at the last measured value.

3.4 Sleep monitoring

Your watch records your sleep quality when you wear it whilst sleeping. It can automatically detect when you fall asleep, wake up, and whether you are in light or deep sleep. You can also view your sleep data in the Huawei Health app after syncing your sleep data with your phone.

You can view today's sleep data on your watch. Your sleep history can be viewed in the Huawei Health app.

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You can enable **TruSleep** in the Huawei Health app. TruSleep provides you with sleep quality analyses and makes suggestions to give you information about your sleep quality and help you improve it.

Once **TruSleep** is enabled, your watch collects comprehensive sleep data to generate the analysis. It can detect when you fall asleep, wake up, and whether you are in light, deep or REM sleep. It also tracks how often you wake up and monitors your breathing quality.

3.5 Synchronising and sharing your fitness and health data

You can share your fitness and workout data with third-party apps to compete against your friends.

To share your fitness data with a third-party app, open the Huawei Health app, navigate to Me > Data sharing and select the platform you wish to share your data with. Follow the specific on-screen instructions for each platform.

NOTE

This feature is only available in certain regions.

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4 News Assistant

About This Chapter

4.1 Notification of an incoming call

4.2 Rejecting an incoming call

4.3 Message reminders and content display

4.4 Deleting a message

4.1 Notification of an incoming call

When the watch is connected to your phone and you receive a call, your watch will vibrate and display the caller's number and name.

NOTE

- The information displayed on your watch regarding the incoming call corresponds to the information shown on your phone. For an unknown caller, the phone number. If you have saved the number in your contacts, the caller's name will be displayed.
- **Your** watch will not vibrate for incoming calls if Do Not Disturb is enabled.



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4.2 Rejecting an incoming call

When you receive a notification of an incoming call on your watch, you can reject the call by tapping Reject.

4.3 Message reminders and content display

Your watch can notify you when a new message appears in your phone's status bar.

To enable this feature, use one of the following methods:

- **Android users:** Open the Huawei Health app, navigate to **Me** > **My devices** > Notifications management > Notice) and enable Notice for apps whose notifications you wish to receive.
- **iOS users:** Open the Huawei Health app, go to **Devices** > **Notifications management** > **Notifications** (Devices > Notifications management > Message alerts) and enable **notifications** (Message alerts). Also, in your phone's settings
  'Notifications' for the apps whose notifications you wish to receive.

You can receive notifications on your watch when new app notifications appear in your phone's status bar.



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When you receive a notification, swipe up or down on the watch screen to view the message content. A maximum of 10 unread messages can be stored on your watch. If there are more than 10 unread messages, only the 10 most recent messages will be displayed.

NOTE

- Your watch can display messages from the following apps: Messages, Email, Calendar and social media apps.
- If you receive a new message whilst reading another message, your watch will not display the new message immediately. The new message will only be displayed after you have finished reading the current
  You have deleted the message.
- **If** your watch is in Do Not Disturb mode or Sleep mode, it will still receive notifications but will not alert you to them. You
  can swipe right on your watch's home screen to view new messages.

4.4 Deleting a message

Swipe right on the screen to delete the current message. You can also tap Clear all at the bottom of the message list to delete all unread messages.



- **Android users:** Once you've read or viewed a message on your phone, it's automatically deleted from your watch.
- **iOS users:** After reading or deleting a message on your phone, it is automatically deleted from your watch.

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5 Setting alarms

About This Chapter

5.1 Setting a smart alarm

5.2 Setting a reminder

5.1 Setting a smart alarm

In the Huawei Health app, you can set a smart alarm for your watch. The watch will wake you up when it detects that you are in light sleep. Waking up from light sleep is more pleasant and leaves you feeling naturally refreshed.

Android users:

1. Open the Huawei Health app, tap the watch icon in the top right-hand corner under Home, and navigate to **Alarm** > Smart Alarm.
2. Set the wake-up time, smart wake-up and repeat cycle.
3. Tap √ in the top right-hand corner to save your settings.
4. Swipe down on the Huawei Health app’s home screen to sync the alarm with your watch.

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iOS users:

1. Open the Huawei Health app and tap Devices.
2. Tap the watch's Bluetooth device name from the device list.
3. Go to **Alarm** > Smart **alarm**.
4. Set the wake-up time, smart wake-up and repeat cycle.
5. **Tap** Save.
6. Swipe down on the Huawei Health app home screen to sync the alarm with your watch.

NOTE

- When the alarm goes off, tap '  ' to snooze the alarm for another 10 minutes. Tap  or press the up button to turn off the alarm.
- If the alarm vibrates and you do not take any action, it will switch off automatically after you have tapped 'Snooze' three times.

5.2 Setting a scheduled alarm

Method 1: Setting a scheduled alarm on your watch

1. On the home screen, press the up button, tap Alarm clock, and tap + to add the alarm.
2. Set the alarm time and the repeat cycle, then tap Confirm.
3. Tap the set alarm to edit or change it.

Method 2: Setting an alarm using the Huawei Health app

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Android users:

1. Open the Huawei Health app and navigate to Alarm > Event alarms under Devices.
2. Set the alarm time, day and repeat cycle.
3. Tap √ in the top right-hand corner to save your settings.
4. Swipe down on the Huawei Health app's home screen to make sure the alarm has been synchronised with the clock.



iOS users:

1. Open the Huawei Health app, tap Devices, and then tap the watch's Bluetooth device name in the device list.
2. **Go** to Alarm > Event alarm.
3. Set the alarm time, day and repeat cycle.
4. **Tap** Save.
5. Swipe down on the Huawei Health app's home screen to ensure the alarm has been synchronised with the watch.

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NOTE

- The event alarm set on your watch can be synchronised with the Huawei Health app, and you can set a maximum of five event alarms.
- The alarm vibrates to remind you at exactly the time you have set. Once you have set a day and time for the alarm, the watch displays the day.
  Otherwise, only the time is displayed.
- When the watch's alarm vibrates, tap the '  ' on the screen to snooze the alarm to snooze the alarm for another 10 minutes, and tap the  on the screen or press the Up button to turn off the alarm.
- If the alarm vibrates and you do not take any action, it will switch off automatically after you have pressed 'Snooze' three times.

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6 Dials

About This Chapter

6.1 Changing the watch face
6.2 Features and functions of the watch faces

6.1 Changing the watch face

You can change the watch face using any of these methods:

Method 1: Press and hold an area on the home screen to bring up the watch face selection menu.



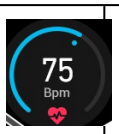
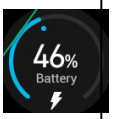
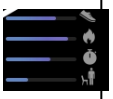
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Method 2: Press the up button on the home screen, navigate to System Settings > **Display** > Watch face, then swipe right or left to select the watch face you wish to use.

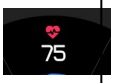
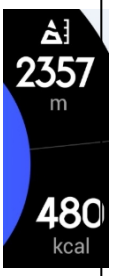
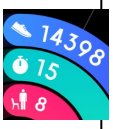
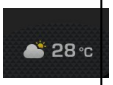
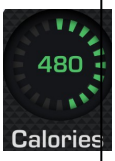
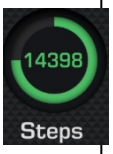
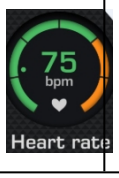


6.2 Features and functions of the watch faces

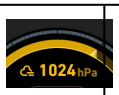
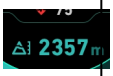
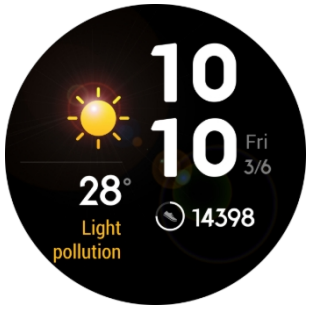
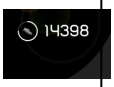
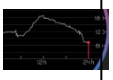
The following table outlines the features and functions of each watch face.

Dark Blue			**Heart rate**
			**VO2max**
			**Battery level**
			**Step count/Calories burned/Moderate to very intense activity/Time spent standing**

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<table>
<tr><td rowspan="4">Dashboard</td><td rowspan="4">
</td><td>
</td><td>Weather/Air quality</td></tr>
<tr><td>
</td><td>Heart rate monitoring</td></tr>
<tr><td>
</td><td>Altitude/Calories burned</td></tr>
<tr><td>
</td><td>Step count/Moderate to very intense activity/Time spent standing</td></tr>
<tr><td rowspan="4">Explorer</td><td rowspan="4">
</td><td>
</td><td>Weather</td></tr>
<tr><td>
</td><td>Calories burned</td></tr>
<tr><td>
</td><td>Step counter</td></tr>
<tr><td>
</td><td>Heart rate</td></tr>
</table>

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Outdoors			**Atmospheric pressure**
			**Heart rate**
			**Altitude**
			**Step counter**
Weather			**Weather**
			**Air quality**
			**Step counter**
			**Time and date**
Heart rate			**Minimum/maximum heart rate**
			**Step counter**
			**Real-time heart rate**
			**Heart rate graph**
Classic sporty			**Weather**
			**Step counter**

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			**Moderate to very intense activity**
			**Heart rate**
Three needles			**Day**
			**Time (time dial)**
			**Date**
			**Time (chronograph dial)**
Measuring device			**Pedometer**
			**Stand time**
			**Heart rate**

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7 Apps

About This Chapter

7.1 Barometer

7.2 Compass

7.3 Stopwatch and timer

7.4 Torch

7.5 Find my phone

7.1 Barometer

Your watch can measure the altitude and atmospheric pressure at your current location.

Press the up button on your watch, then swipe up or down on the screen and tap Barometer. Your watch will display your current altitude and atmospheric pressure, as well as a graph showing atmospheric changes throughout the current day.

Altitude

Altitude measurement range: –800 to 8800 metres

Atmospheric pressure:

Atmospheric pressure measurement range: 300 to 1100 hPa

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7.2 Compass

Need to find your bearings? Your watch can point you in the right direction.

Press the up button on your watch, then swipe up or down on the screen and tap Compass. Move your watch as instructed on the screen to complete the calibration process. The compass will then be displayed.

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7.3 Stopwatch and timer

Stopwatch

Press the up button on your watch, swipe up or down on the screen, and tap ‘Stopwatch’. Tap ‘ ’ to start the stopwatch. Tap ‘ ’ to reset the stopwatch. Swipe right on the screen to close the stopwatch.

Timer

The watch offers eight countdown options for the timer by default: 1 minute, 3 minutes, 5 minutes, 10 minutes, 15 minutes, 30 minutes, 1 hour and 2 hours.

Tap ‘ ’ to start the countdown. Tap ‘ ’ to pause, and tap ‘ ’ to close the **timer**.

You can also set a custom timer. Tap **‘Timer’** at the bottom of the screen, then tap ‘Custom’ and set your timer. Tap ‘ ’ to start the countdown.

7.4 Flashlight

Light up your surroundings with your watch’s torch.

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Press the up button on your watch, then swipe up or down on the screen and tap Flashlight. Tap the screen to turn off the flashlight. Tap the screen again to turn it on. Swipe left to close Flashlight.

7.5 Find my phone

Have you forgotten where you put your phone? Find it using your watch.

Press the up button on your watch and tap Find my phone, or swipe down on the home screen and tap Find Phone. An animation will appear on the screen. If your phone is within Bluetooth range, it will ring (even if it’s on silent mode) to let you know where it is.

NOTE

To use this feature, ensure that the watch is connected to your phone and that the Huawei Health app is running in the background or in the foreground.



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8 Update and reset to factory settings

About This Chapter

8.1 Viewing version information

8.2 Updating your watch and the Huawei Health app

8.3 Resetting your watch

8.4 Force restart

8.5 Viewing the Bluetooth device name and MAC address

8.1 Viewing version information

On the watch’s home screen, press the up button and navigate to System Settings > About. You can then view your watch’s system version.

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8.2 Updating your watch and the Huawei Health app

From time to time, updates are released for your watch and the Huawei Health app, providing improvements to the user experience. When a new update is available, follow these steps to update your watch and the Huawei Health app.

Updating your watch

Method 1: Connect your watch to your phone using the Huawei Health app. Open the Huawei Health app and tap the watch icon in the top right-hand corner under Home (or navigate to Me > My devices). Tap Firmware update and follow the on-screen instructions to update your watch.

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Method 2:

- **Android users:** Open the Huawei Health app and tap the clock icon in the top-right corner under Home (or navigate to **User** > **My devices** [Me > My devices] and enable Auto-update device over Wi-Fi). If an update is available, a notification will be sent to your watch. Follow the on-screen instructions to update your watch.
- **iOS users:** Open the Huawei Health app, tap the profile picture in the top-left corner, tap Settings, and **enable automatically over** Wi-Fi. When an update is available, a notification will be sent to your watch. Follow the on-screen instructions to update your watch.

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Updating the Huawei Health app

Android users: Open the Huawei Health app and navigate to **Me** > **Settings** > Check for updates.

iOS users: Update the Huawei Health app from the App Store.

NOTE

During an update, your watch's Bluetooth connection will be automatically disconnected. It will be re-established once the update is complete.

8.3 Resetting your watch

You can reset your watch to its factory settings by following the steps below.

Note: Resetting your watch will delete all your data.

Method 1: On the watch's home screen, press the up button and navigate to System Settings > System > Reset.

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Method 2: Open the Huawei Health app and tap the device icon in the top right-hand corner under Home. Then tap Reset.

8.4 Force restart

Press and hold the up button for 16 seconds or longer to force the watch to restart.

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8.5 Viewing the Bluetooth device name and MAC address

You can view the Bluetooth device name and MAC address of your watch using the following methods:

Method 1: On the watch’s home screen, press the up button and navigate to System Settings > About. The Device Name is your watch’s Bluetooth device name. The 12 alphanumeric characters next to **MAC:** are your watch’s MAC address.

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Method 2: The Bluetooth device name and MAC address of your watch are laser-engraved on the back of the watch. The Bluetooth device name is written as follows: “honor Watch-XXX”. The 12 alphanumeric characters next to **MAC:** are the MAC address of your watch.

Method 3:

1. Open the Huawei Health app and tap the watch icon in the top-right corner under Home. The information next to ‘Restore factory settings’ is your watch’s MAC address.
2. Go to **Me** > **My** devices. The name of the watch under **My devices** is its current Bluetooth device name.

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9 Maintenance

About This Chapter

9.1 Protection against water and dust

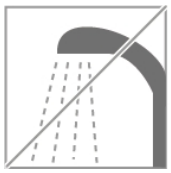
9.2 Cleaning and Care

9.3 Adjusting or replacing the strap

9.1 Protection against water and dust

Your watch is water-resistant to 50 m in accordance with ISO standard 22810:2010. You can wear your watch during water activities, such as swimming in a pool or the sea. You should not wear your watch whilst snorkelling, water skiing, diving or during other activities carried out in deep water or at high speeds on the water. You should not wear your watch in saunas, hot springs or under a hot shower.





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Your watch is dust-resistant in many typical situations (such as in a living room or office). It is not suitable for use in extremely dusty environments.

NOTE

- The leather strap is not waterproof and should not be exposed to liquids. Switch to a silicone rubber strap if you wish to take part in water activities
  .
- If your watch screen is wet, wipe it dry before use.
- Your watch's water resistance is not permanent and may diminish over time.

9.2 Cleaning and care

Cleaning your watch

You should keep your watch and wrist clean and dry. Wipe the watch with a soft cloth to clean it. It is also recommended that you regularly remove dust from the crevices.

Caring for the watch face

The surface of your watch is made of scratch-resistant glass and high-hardness ceramic material. It can withstand normal wear and tear, but should not be dropped or exposed to excessive force or sharp objects, such as knives and stones.

Caring for light-coloured straps

Avoid contact between your light-coloured strap and dark clothing to prevent discolouration.

If your light-coloured strap becomes dirty, dip a soft brush in clean water and gently wipe the strap with it.

Try removing stubborn stains by rubbing a small amount of toothpaste into the soiled area.

Caring for your leather strap

- Store your leather strap in a well-ventilated and dry place when not in use. If the strap becomes dirty or wet, wipe the
  water or dirt from the strap with a clean, soft cloth. Then leave the strap to air-dry in a well-ventilated, cool place. Once the strap is dry again, apply leather polish to the surface.
- Do not dry the leather strap by exposing it to direct sunlight or heat sources such as microwaves or hairdryers. This could cause it to
  stretch or shrink.
- Do not expose your leather strap to rough or sharp objects.
- Do not twist the bracelet for prolonged periods. This could damage your bracelet.
- Keep the strap away from flammable, acidic or alkaline substances.
- Do not wear your leather strap too tightly around your wrist or bend it excessively. This could damage your strap.

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- Do not drill any additional holes in your leather strap. This will damage the protective layer of the strap and expose the raw leather to damage
.

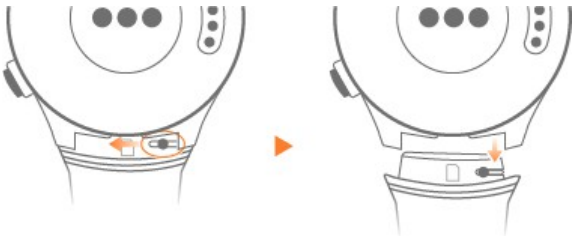
9.3 Adjusting or replacing the strap

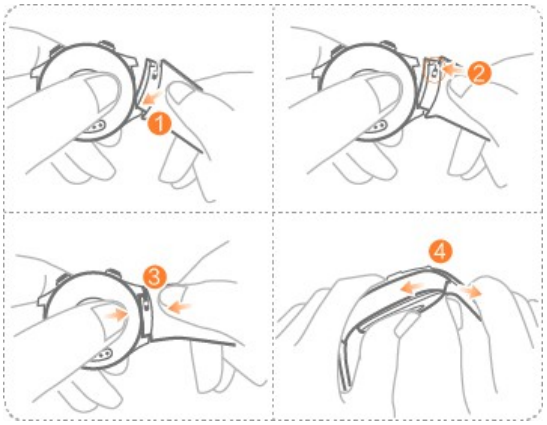
Adjusting the strap

Thread the strap through the T-buckle, adjust the length until it fits comfortably around your wrist, and then secure it by threading the T-buckle pin through one of the holes in the strap.

Changing the strap

Unlock the spring pin and remove your current strap. Unlock the spring pin, insert your new strap, and then release the spring pin to secure it.





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10 Frequently Asked Questions (FAQs)

About This Chapter

10.1 How can I extend my watch’s standby time?

10.2 Why do the step counts in the Huawei Health app and on my watch not match?

10.3 What factors can affect heart rate monitoring?

10.4 Which languages does the watch support? How do I change the language on my watch?

10.5 What should I do if the workout data on my watch won’t sync with the Huawei Health app?

10.6 What should I do if I can’t sync my sleep data with the Huawei Health app?

10.7 What factors affect the accuracy of the step counter?

10.8 Why does a workout session pause automatically?

10.9 Why are my workout status results not available?

10.10 What should I do if my watch’s location tracking is incorrect and my activity tracking is inaccurate?

10.11 Why is my watch’s location tracking slow?

10.12 What should I do if my mobile device doesn’t vibrate when I receive a new message or an incoming call?

10.13 What should I do if I cannot reconnect my wearable device to my phone after the two devices have been disconnected?

10.14 Does heart rate monitoring use a lot of battery power, and can I disable this feature?

10.15 Why is the TruSleep data synchronising so slowly?

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10.1 How can I extend my watch's standby time?

To extend the standby time of your watch, follow these steps:

Disable the following features in the Huawei Health app if you are not using them: TruSleep, continuous heart rate monitoring and notification management.

10.2 Why do the step counts in the Huawei Health app and on my watch not match?

To maximise step count accuracy, the Huawei Health app combines the step counts from your watch and your phone. Please note that the two devices may not be in close proximity throughout the day.

For example, if you only take your phone with you and do not wear your watch, your steps during this period will only be recorded by your phone. In this case, the step count in the Huawei Health app will not match the step count on your watch.

10.3 What factors can affect heart rate monitoring?

Heart rate monitoring can be affected by numerous environmental and situational factors. If heart rate measurement fails during use or the data is incorrect, please note the following:

- If your watch is too loose or not fitted properly to your wrist, it will not be able to record data based on fluctuations in your blood flow.
  in this case, ensure that your watch fits snugly on your wrist and that the dial is facing upwards. It is recommended that you wear the watch slightly above your wrist for maximum comfort. Ensure that your watch fits snugly on your wrist whilst exercising to prevent it from slipping due to movement during exercise.
- Ensure that the back of your watch is clean, dry and free from any obstructions caused by foreign objects. Excessive sweating whilst exercising
  can cause your watch to slip or block the light path, resulting in an inaccurate measurement. In this case, remove your watch and wipe away any sweat or dirt. Then put the watch back on your wrist.
- Ensure that the back of your watch is clean, dry and free from any obstructions caused by foreign objects. Excessive sweating during exercise
  This may cause your watch to slip or block the light path, resulting in an inaccurate reading. In this case, remove your watch and wipe away any sweat or dirt. Then put the watch back on your wrist.

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- Ensure that the area of skin where the measurement is taken is free from scars, tattoos or excessive hair, as these may interfere with the heart rate measurement .
- Extremely low temperatures can also alter blood circulation in the human body and lead to inaccurate heart rate measurements. In this case, it is recommended to start a heart rate measurement after warming up from low temperatures.
- Heart rates are considerably easier to measure during sporting activities involving regular movements (such as running, walking and cycling) than in comparison for sports involving irregular movements (such as basketball and free-form activities), whereas exercises that put strain on the wrist (such as weightlifting) can actually make the process more difficult. Check the sports menu on your watch to select the appropriate sport.
- If you have an abnormal heart rate during a sporting activity, hold your watch with the dial facing upwards and stand still for 10 to 15 seconds to see if your heart rate returns to normal. If your heart rate cannot be measured even after several attempts, it is recommended that you restart your watch and try again.

10.4 Which languages does the watch support? How do I change the language on my watch?

Ten languages are supported: Simplified Chinese, English (US), Spanish (Europe), Portuguese (Europe), French, German, Russian, Italian, Japanese and English (UK).

Your watch uses the same system language as your phone. To change the language, follow these steps:

Android users: Change your phone’s system language and then sync the data with your watch via the Huawei Health app.

iOS users: Change your phone’s system language and region, then sync the data with your watch via the Huawei Health app.

NOTE

If your phone’s language is not supported, English will be the default language on your watch.

Messages displayed on the watch can be shown in the following 44 languages:

American English	Azerbaijani (Latin script)	Basque
Bosnian	British English	Bulgarian
Catalan	Croatian	Czech
Danish	Dutch	Estonian
Spanish (Europe)	Finnish	French

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Galician	German	Greek
Traditional Chinese (Hong Kong)	Hungarian	Indonesian
Italian	Japanese	Spanish (Latin America)
Latvian	Lithuanian	Macedonian
Mala	Norwegian	Polish
Portuguese (Brazil)	Portuguese (Europe)	Romanian
Russian	Serbian	Simplified Chinese
Slovak	Slovenian	Swedish
Traditional Chinese (Taiwan)	Turkish	Ukrainian
Uzbek	Vietnamese	

10.5 What should I do if the training data on my watch cannot be synchronised with the Huawei Health app?

If the workout data on your watch cannot be synced with the Huawei Health app, follow these steps:

1. Make sure your watch has been successfully paired with your phone.
2. Swipe down on the home screen of the Huawei Health app to sync the data from your watch.

If the problem persists, we recommend that you re-enable Bluetooth on your phone, reopen the Huawei Health app and try again.

10.6 What should I do if I can’t sync sleep data with the Huawei Health app?

Tap the up button on your watch to display the list of apps. Tap **Sleep** to view your sleep duration. If your sleep duration is 0, this means your watch has not recorded any sleep data. Make sure you are wearing your watch correctly.

If you move your wrist constantly whilst sleeping, this may cause your watch to assume that you are not asleep. This issue also occurs if you are sleeping in a moving vehicle, such as a car or a train.

If your watch’s battery runs out and the watch switches off whilst you are asleep, your sleep data will be lost.

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If TruSleep is enabled on your watch, follow these steps to troubleshoot:

1. Huawei phone users: Ensure your watch is connected to the Huawei Health app when sleep data is being synchronised.

   If the sleep data cannot be synchronised, we recommend opening the Huawei Health app, swiping down on the app's home screen and refreshing manually.

   We recommend adding the Huawei Health app to the list of protected background apps on your phone to prevent it from being automatically cleared by your phone's system.

2. Users who do not use a Huawei phone: Ensure that your watch is connected to the Huawei Health app and the Huawei Mobile Services app when synchronising sleep data.

   If sleep data cannot be synchronised, we recommend opening the aforementioned apps, swiping down on the Huawei Health app's home screen and refreshing manually.

   It is also recommended that you add both of the aforementioned apps to the list of protected background apps on your phone to prevent them from being automatically cleared by your phone's system.

3. iPhone users: Ensure that your watch is connected to the Huawei Health app when syncing sleep data.

   If the sleep data cannot be synchronised, we recommend opening the Huawei Health app, swiping down on the app's home screen and refreshing manually.

If the problem persists, turn Bluetooth off on your phone and then turn it back on. Make sure the connection between your watch and the Huawei Health app is working. Then swipe down on the home screen to resync the data.

10.7 What factors affect the accuracy of the step counter?

The step count is too low.

Your watch has been comprehensively optimised based on the large amount of sample data collected and analysed by Huawei. It is designed not to generate erroneous data when you are not engaging in physical activity (for example, when you are sitting, moving your arms, eating or brushing your teeth). Therefore, it may show a lower step count compared to other products.

The step count is too high.

As well as sporting activities, we move around a great deal in our daily lives. In this case, if your arms or body move unevenly or shake over long periods, your watch may mistakenly recognise these movements as steps and increase the step count.

Steps are not being recorded.

Your watch increases the time required to recognise steps if irregular movements of your arms have been mistakenly recognised as steps. This improves the

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accuracy of the step counter. Your first steps are not displayed immediately, but only after your steady movements have been accurately detected. If, in this case, you only take a few steps, the step count will not be recorded.

The way step counts are generated differs between the watch and the phone.

Your watch and your phone record step data using the built-in A+G sensor, which measures acceleration in different directions. However, as phones are usually kept in a trouser pocket or handbag, they focus more on changes in vertical acceleration. Tests have shown that your watch provides accurate step data, as it measures the movements of your arms whilst taking into account changes in gravitational direction along the X, Y and Z axes. In theory, this method of motion detection is more scientific and accurate.

10.8 Why is a training session paused automatically?

Accidentally pressing the up button whilst the watch's main screen is displayed will pause the current session. In this case, you can press the up button again to resume.

You can hold down the down button during a sporting activity to lock the screen and prevent accidental operation.

10.9 Why are my training status results not available?

You need to complete several sporting activities each week to generate Training Status results, such as several running sessions (outdoor).

10.10 What should I do if my watch's location tracking is incorrect and the tracking of my sporting activities becomes inaccurate?

The GPS positioning of your watch can be directly affected by various environmental factors. These include, amongst others:

1. No GPS signal in enclosed spaces (such as lifts and underground car parks).
2. Obstructions caused by high-rise buildings.
3. Surface reflections from seas or lakes.
4. Interference from nearby metal objects.

In this case, it is recommended that you carry out sporting activities in an open area where there are fewer interferences and obstacles.

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10.11 Why is my watch taking a long time to locate my position?

GPS positioning can be directly affected by numerous environmental factors, including obstructions caused by high-rise buildings, surface reflections from seas or lakes, and interference from nearby metal objects. All these factors can impair GPS signal reception and delay your watch's positioning.

In this case, it is recommended that you carry out physical activities in an open area where there are fewer distractions and obstacles.

10.12 What should I do if my mobile device does not vibrate when I receive a new message or an incoming call?

This problem may be caused by the following:

- You may have enabled 'Do Not Disturb' mode and your wearable device is currently in 'Do Not Disturb' mode.
- Your phone screen is displaying an ongoing chat. In this case, the new message will not appear on your watch or in your phone's status bar.
- If messages arrive in quick succession and the intervals between each message are short, your watch will not vibrate when a new message arrives.

10.13 What should I do if I can't reconnect my portable device to my phone after the two devices have been disconnected?

Cause:

This problem may be caused by the Bluetooth chip used by your phone. Your phone's Bluetooth chip may be an 'all-in-one' chip. If the phone does not respond when the device sends a request to reconnect, the device and the phone cannot reconnect automatically.

Solution:

1. Open the Huawei Health app and tap **'Touch to reconnect'** on the device details screen for the current device.
2. If you are an Android user, make sure the Huawei Health app is running in the background. We recommend adding the app to the list of protected background apps.

   To add the Huawei Health app to the list of protected background apps**,** go to **'Phone Manager'** > **'Lock screen cleanup'** on your phone screen and toggle the switch next to the Huawei Health app.

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To set the Huawei Health app to launch automatically, go to **"Phone Manager"** > "Auto-launch" on your phone screen and toggle the switch next to the Huawei Health app to the on position.

3. Press the side button on the watch and try again.
4. Turn Bluetooth off on your phone, turn it back on, and try connecting again.
5. Restart the watch and try again.
6. If the problem persists, follow these steps to unpair your watch from your phone and pair the two devices again.

   Android users: Open the Huawei Health app and go to the device details screen. Tap **'Unpair'** and clear the pairing history. Tap the device name on the device details screen and pair the device with the Huawei Health app again.

   iOS users: On the Huawei Health app home screen, tap 'Devices' in the bottom-right corner, swipe the device icon to the left and tap the delete icon. Tap the exclamation mark icon next to the device name and tap **'Forget This Device'** to delete the pairing record. Reconnect the device to your phone.

10.14 Does heart rate monitoring use a lot of battery power, and can I disable this feature?

Your watch is optimised so that the heart rate monitoring function uses only a small amount of additional battery power. Continuous heart rate monitoring is enabled by default and measures your heart rate at set intervals throughout the day.

You can disable the heart rate monitoring feature on the device details page in the Huawei Health app.

10.15 Why is TruSleep data synchronising so slowly?

	Scenario	Solution

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Huawei phone users	The Huawei Health app is connected to your watch.	1. Open the Huawei Health app on your phone. 2. Swipe down on the app's home screen and refresh manually. 3. We recommend adding the Huawei Health app to the list of protected background apps on your phone to prevent it from being automatically cleared by your phone's system.
Users of other Android phones	The Huawei Mobile Services app is working normally. The Huawei Health app is connected to your watch.	1. Open the Huawei Mobile Services app and the Huawei Health app on your phone. 2. Swipe down on the app's home screen and refresh manually. 3. It is also recommended that you add both of the aforementioned apps to the list of protected background apps on your phone to prevent them from being automatically cleared by your phone's system.
iPhone users	The Huawei Health app is connected to your watch.	1. Open the Huawei Health app on your phone. 2. Swipe down on the app's home screen and refresh manually.

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