Crius Online Help_V1.0

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**Issue**      01

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HUAWEI TECHNOLOGIES CO., LTD.

# Huawei Technologies Co., Ltd.

# Contents

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# 1 Getting started

## 1.1 Using your honor Band 4

The honor Band 4 is a 50-meter water resistant color-screen smart band with long standby time. Intended to help you learn about your health and live a better life, its feature include daily activity tracking, heart rate monitoring, sleep monitoring, and message reminders.

## 1.2 Icons

Watch face:

|  |  | | |
|---|---|---|---|
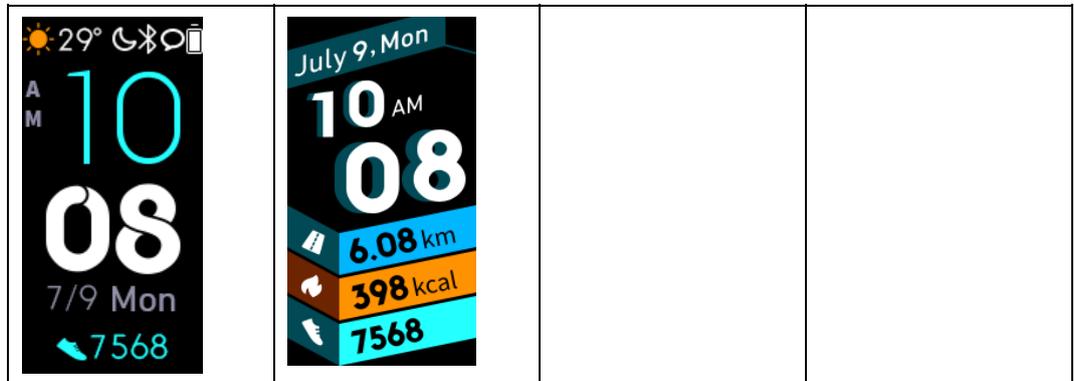
 NOTE

Actual icons may vary with the band version. The following watch face icons are for your reference only.

Level-1 Menu:

| Activity records | Heart rate monitoring | Sleep |
|---|---|---|

| | | |
|---|---|---|
| | | |
| Workout | More | Messages |
| | | |

📖 **NOTE**

The percentage displayed in Activity records indicates the current target's completion status.

Activity records

| Steps | Calories | Distance |
|---|---|---|
| | | |
| Moderate to high-intensity activity duration | Standing time | |
| | | |
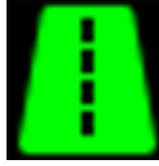
Work out types:

| Outdoor run | Treadmill run | Outdoor walk |
|---|---|---|
| | | |
| Indoor cycle | Outdoor cycle | Pool swim |
| | | |

| Free training | | |
|---|---|---|
|  | | |

Outdoor cycling is only supported on phones with GPS functions (phones running EMUI 5.0 or later and phones running iOS 9.0 or later). The outdoor cycling icon will not be displayed on your band if this workout type is not supported on your phone.

Connection and pairing

| Not connected | Bluetooth connected | Please connect Bluetooth |
|---|---|---|
|  |  |  |
| First-time pairing request | Pairing | Pairing successful |
|  |  |  |
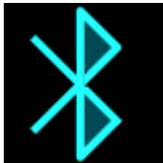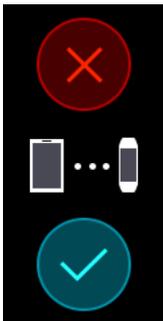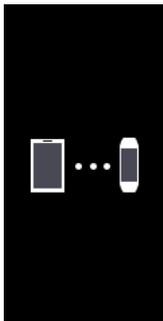
Battery:

| Charging | Low battery alert | Ultra low battery alert |
|---|---|---|
|  |  |  |

Others:

| Activity reminders | Upgrading | Update failure |
|---|---|---|
| | | |
| Alarm | Find phone | Unread text messages |
| | | |
| Take a photo | Confirmed | Cancel |
| | | |
| End | Pause | Start |
| | | |
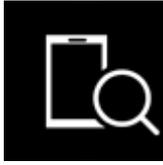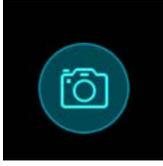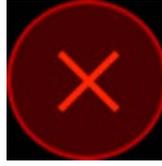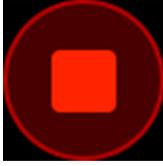
# 1.3 Wearing your honor Band 4

To make sure that activity tracking and sleep and heart rate monitoring work properly, make sure you are wearing your band correctly as shown in the following figure.
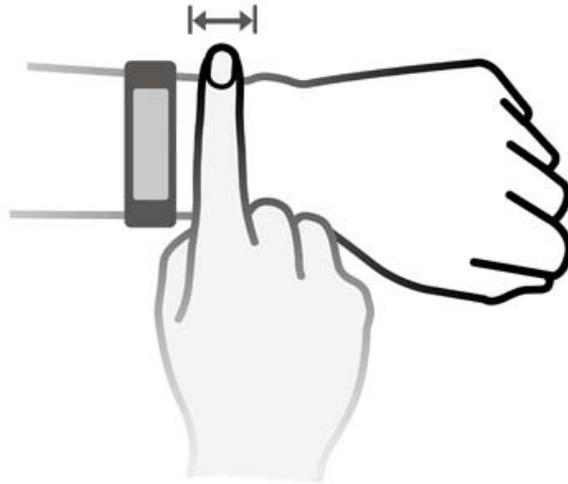
The band's wrist strap is made of silicone rubber. Three colors are available for choice: Black, Blue, and Pink.

The band strap adopts a U-shaped buckle design so it will fall out easily. To wear the band, insert one end of the strap through the U-shaped buckle and then fasten it. The end of the strap is intentionally bent so as to enhance wearability.

📖 **NOTE**

- Your band is made of materials that are safe to use. If you experience skin discomfort when wearing the band, stop using it and consult a doctor.
- Be sure to wear your band properly to maximize comfort.

# 1.4 Screen Control

The honor Band 4 features a 0.95-inch AMOLED touchscreen made of 2.5 D curved glass material. Touching, swiping, and holding your finger to the screen input a variety of different commands. There is also a Home key for operating convenience.

| Operation | Function | Remarks |
|---|---|---|
| Touch the Home key when the screen is on | Return to the home screen | This function is unavailable during special scenarios like calls or workouts. |
| Touch the Home key when the screen is off | Turn on the screen | Touch the Home screen when the screen has been turned off for less than 10 seconds to return to the previous screen. Otherwise, touch the Home key to return to the home screen. |
| Swipe right on the home screen | Access the message center to view cached messages. | This function is unavailable when there are no cached messages. You are able to clear messages by swiping right on the message content screen. |
| Swipe right on non-home screens | Return to the previous screen. | |
| Swipe up or down on the level 1 screen | Switch to another screen. | |
| Touch the screen | Choose and confirm | |
| Touch and hold the home screen | Change the watch face | |

## Turning on the screen

To wake the screen, raise your wrist or rotate it inward. The screen will stay on for 5 seconds.

📖 **NOTE**

You can enable the **Raise wrist to wake screen** function in the Huawei Health app.
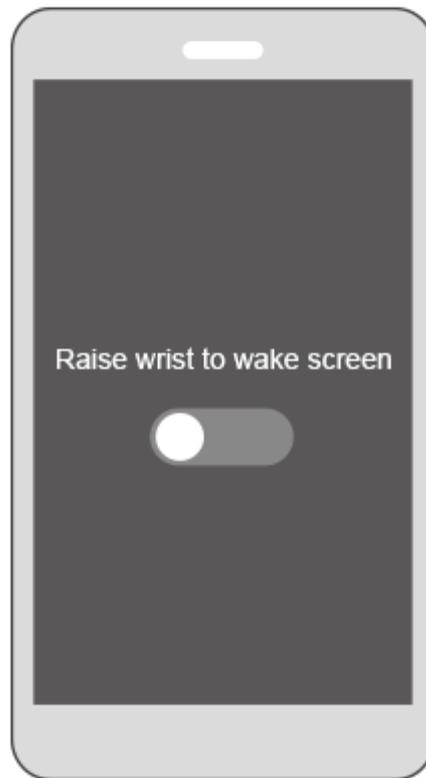
## Switching between screens

To switch between screens, when the screen is on, rotate your wrist or swipe on the screen.

📖 **NOTE**

You can enable the **Rotate wrist to switch** screen function in the Huawei Health app.
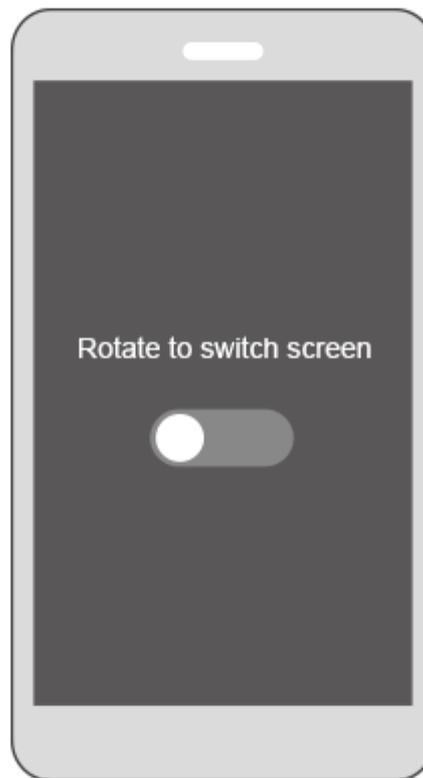
### Turning off the screen

- Lower your wrist or rotate it outward to turn off the band screen.
- The screen will turn off automatically when the band is idle for 5 seconds.

# 1.5 Pairing your band with your phone

Connect your band to the charging cradle when you use it for the first time. The band will automatically power on. The band is ready to be paired via Bluetooth by default.

&#9776; **NOTE**

You are able to pair your band only with phones running Android 4.4 or later, or phones running iOS 9.0 or later. Make sure you have enabled Bluetooth on your phone before you start pairing.

- **For Android users:**

  To pair your band with the phone,

  a. Search for and install the latest version of the **Huawei Health app** in the app store. (For Huawei device users, search for and install the **Huawei Health app** in AppGallery.)

b. Open the Huawei Health app, touch the + icon on the top-right corner (or device icon if you have paired your band), or go to **Me** > **My devices** > Add to access the device details screen, and then touch **Smart Band** and select **honor Band 4**.

c. Touch **Pair**. The Huawei Health app will search for the band automatically. Select **honor Band 4-XXX** from the list of devices available. The band will start to pair with your phone automatically.

d. Your band will vibrate when it receives a pairing request. Touch ![icon] to start pairing.

📖 **NOTE**

- Your band's screen will display an icon to inform you that pairing was successful, and that information from your phone (such as data and time) will be synced after 2 seconds.

- Your band's screen will display an icon to inform you that pairing has failed and the startup screen will return after 2 seconds.

- **For iOS users:**

  a. Search for and install **the Huawei Health app** in the App store.

  b. Open the Huawei Health app. Access the **Device** screen, and touch the + icon in the top-right corner. Touch **Smart Band** and select **honor Band 4**.

  c. The Huawei Health app will search for the band automatically. Select the correct band name from the list of Bluetooth devices available. The band will start to pair with your phone automatically.

  d. Your band will vibrate when it receives a pairing request. Touch ![icon] to start pairing.

  e. Once your phone displays the Bluetooth pairing request, touch **PAIR** to begin pairing.

# 1.6 Setting the time zone and language

After the band syncs with your phone, the time zone and language set on your phone will be automatically synced as well.

If you change the language, region, time, or time format on your phone, the changes will be automatically synced to the band as long as the band is connected to it.
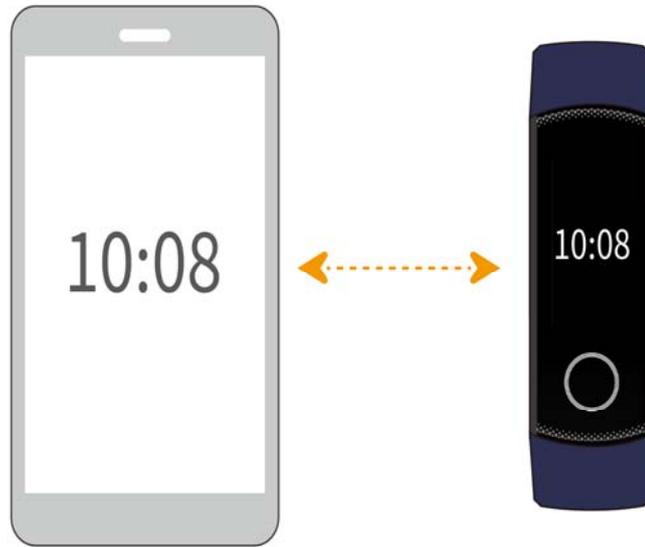
## 1.7 Charging your band

**To charge your band**, align the plastic rubber contacts with the charging port on the wrist strap, and fasten the contacts to ensure the charging port has made good contact. The charging icon and battery level will be displayed on the band screen.
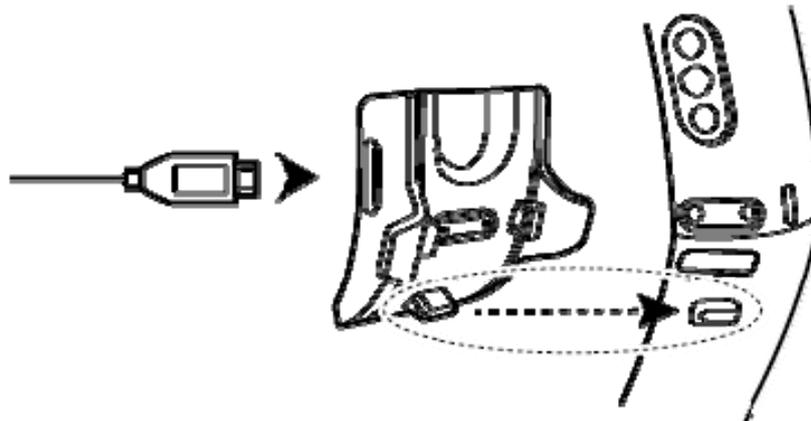


&#9737; NOTE

- Before charging, make sure the charging port and metal end are clean and dry to prevent short circuits or other issues.
- If the band screen gets black or responds slowly, connect your band to the charging cradle to restart it.

**Charging time:** It takes about 100 minutes to fully charge your band in 25°C room temperature. Once the battery icon is full, your band is fully charged.

**View battery level:** Check the battery icon ▢ on the band home screen or in the Huawei Health app.

**Low battery alert：**

If the battery level is lower than 10%, your band will vibrate, and the band screen will display ▯ reminding you to charge your band promptly.

# 1.8 Powering on and off/Restarting your band

## Power on

Your band will automatically power on when you charge it.

## Power off

Swipe on the screen of your band and touch **More** > **Power off**.

📖 **NOTE**

To power on your band after it has been powered off, connect the band to the charging cradle, and your band will automatically power on when it has been fully charged.

**Restart**

Swipe on the screen of your band and touch **More** > **Restart**.

# 1.9 Changing home screen styles

Your band comes with multiple home screen styles. See the following two ways for details on how to change your home screen styles.

- **Method 1:** Touch and hold the home screen until your band vibrates. When the home screen zooms out and screen frames are displayed, swipe up and down on the screen to select your desired home screen style.

- **Method 2:** Access the **More** screen and touch **Faces**. When the home screen zooms out and screen frames are displayed, swipe up and down on the screen to select your desired home screen style.

# 2 Basic operations

## 2.1 Adjusting screen brightness

Access the **More** screen and go to **Brightness** > **Brightness** to adjust screen brightness. Screen brightness is set to Level 2 by default. Level 3 is the highest screen brightness level, while Level 1 is the lowest.

You can enable **Lower brightness at night** to automatically configure the band to lower screen brightness from 20:00 to 06:00.

## 2.2 Finding a phone using the band

Forgot where you put your phone? You can use your honor Band 4 to find it.

Access the **More** screen, and touch **Find Phone**. An animation will display on the screen. If your phone is within the Bluetooth range, it will play a ringtone (even in Silent mode), notifying you of its whereabouts.

☐ **NOTE**

- To use this feature, ensure that the band is connected to your phone, and the Huawei Health app is running in the background or foreground.
- If no phone is found within 2 minutes, a failure icon will display. You can touch the icon to try again.

## 2.3 Remote photo shooting

☐ **NOTE**

This feature is only available on Huawei phones running EMUI 8.1 or later.

If you want to take a photo of your family but forget to take your selfie stick on vacation, you can use your band to take remote photos with your phone.

- Open the Camera app on the phone and the band will automatically display camera shutter screen. Touch the **camera** icon on the band to enable the remote photo shooting feature. The band will return to the camera shutter screen 2 seconds after taking a photo.

- The band screen will turn off if no operation is performed on its camera shutter screen for 5 seconds. You can press the side button or lift your wrist to turn on the band screen and access the camera shutter screen again.

- Press the Home key to return to the home screen, or swipe right on the band screen to go to the previous screen.

- To exit the photo taking screen on your band, close the camera app on your phone or disconnect your phone from the band.

# 2.4 Weather report

Switch the band screen to the home screen supporting the display of weather information. You can obtain the latest weather information on your band:

1. Enable **Weather reports** in the Huawei Health app.
2. Ensure that both the phone GPS and the Huawei Health app have permission to acquire location information.
3. Select **Use GPS, WLAN, and mobile networks** for the positioning mode instead of **Use GPS only**.

&#x1F4D6; **NOTE**

- When you sync weather information from your phone to your band, weather and temperature will display on your band. If the sync fails, no such information will display.

- The weather information displayed on your band comes from the Huawei Health app, and may differ slightly from that displayed on your phone since the Huawei Health app and your phone obtain weather information from different service providers.

# 3 Fitness and health

## 3.1 Recording your fitness data

Your band can automatically identify your activity type, such as walking, running, sleeping, or sedentary.

Your band will record your activity data automatically, including your step count, workout distance, and calories burnt after identifying whether you are walking or running.

Your band will automatically record the duration of your moderate to high intensity activity based on your workout speed and heart rate.

To view your fitness data after a workout, use either of the following two methods:

**Method 1: View your fitness data on your band.**

Swipe on the band screen and switch to the **Activity** screen. On the **Activity** screen, swipe up and down on the screen to view your step count, calories burnt, exercise distances, duration of moderate-high intensity activity, and stand up times.

**Method 2: View your fitness data through the Huawei Health app.**

View your fitness data under the **Exercise record** card in the Huawei Health app.

NOTE
- To view your fitness data in the Huawei Health app, ensure that your band is connected to the Huawei Health app.
- Your fitness data resets at 24:00 every night.

# 3.2 Starting a workout

1. Swipe up or down on the band's home screen and enter the **Workout** screen.

2. Swipe up or down on the screen to select a workout type. The following workout types are supported on the band, including outdoor running, treadmill running, walking, indoor cycling, outdoor cycling, swimming, and free training.

📖 **NOTE**

Outdoor cycling is only supported on phones with GPS functions (phones running EMUI 5.0 or later and phones running iOS 9.0 or later). The outdoor cycling icon will not be displayed on your band if this workout type is not supported on your phone.

3. You can set workout targets such as distance, duration, or calories burnt, as well as a reminder interval. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.

📖 **NOTE**

Considering that fitness data for swimming is special, related operations are to be specified otherwise.

4. To view your fitness data on your band during a workout when the screen is on, swipe up or down on the band screen. To suspend the workout, touch and hold the Home key for 2 seconds, then touch the corresponding key in the pop-out screen to continue or end a workout.

   – Touch ▶ to continue the workout.

– Touch  to end the workout and view your fitness data.

📖 NOTE

- If workout distance is less than 100 meters, the workout will not be recorded.
- If you take off your band during a workout, the workout will be automatically suspended after 10 minutes.
- The workout will not be recorded if the outdoor cycling, indoor cycling, or free training lasts for less than 1 minute.
- Touch the end icon after a workout ends to prolong battery life.

# 3.3 Pool swim

The band is 50-meter water resistant and can be worn when swimming in a pool. With a 6-axis motion sensor, the band can identify swimming strokes such as butterfly, backstroke, freestyle, and breaststroke, as well as record the calories, number of strokes, speed, arm pull frequency, laps, distance, and average SWOLF.
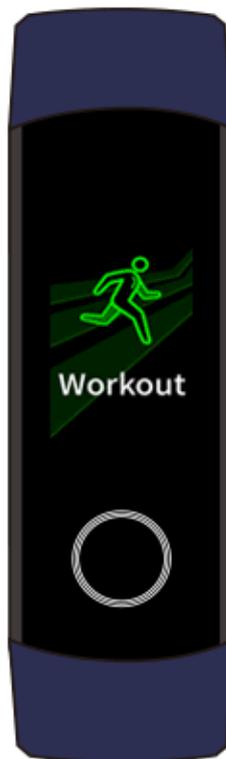
1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe up or down on the screen and touch **Pool Swim**. You can set the **Pool length** when you first use it. You can also set a workout targets such as distance, duration, or calories burnt. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data after a countdown.
3. Your band screen automatically locks when you swim.
4. Swipe up or down on the screen following the on-screen instructions to unlock the band. Then, swipe up or down on the screen to view workout data such as the current workout time, distance, calories burnt, and average speed. To suspend a workout, touch and hold the Home key for 2 seconds, and then touch the corresponding key in the pop-out screen to continue or end a workout.
5. After swimming, you can:
   – Swipe up or down on your band screen to view your fitness data details, including the main style, number of strokes, distance, workout time, laps, and average SWOLF.
   – When your band is connected to the Huawei Health app, you can view detailed swimming data under the **Exercise record** card in the Huawei Health app.

# 3.4 Heart rate monitoring

The honor Band 4 features an optical heart rate sensor, which can monitor and record your heart rate all day. To use this feature, you need to enable **Automatically measure heart rate** in the Huawei Health app.

Data from the band cannot be used for medical purposes.

## Single heart rate measurement

1. Wear your band properly.
2. Swipe up or down on the home screen and touch **Heart rate**.
3. Start a single rate measurement and check your current heart rate.

4.  A single heart rate measurement will last around 45 seconds. Heart rate updates every 3 seconds.

5.  During heart rate measurement, you can press the Home key or swipe right on the screen to terminate the measurement.
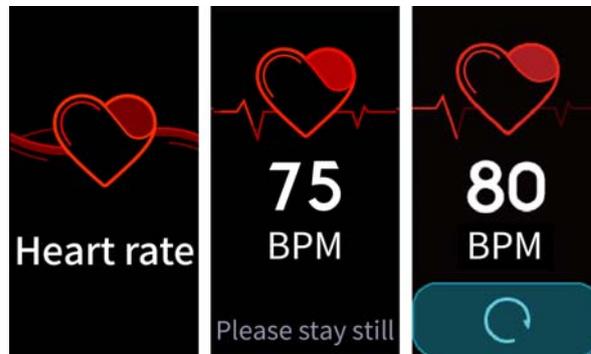


When you do not wear your band or wear it improperly，it will pop up"Wear the band tightly on your wrist and try again"on the band's screen.

📖 NOTE

- To ensure the accuracy of heart rate measurement, wear the band properly and ensure the strap is fastened. Ensure that the band contacts your skin directly without any obstructions.

- Do not move during heart rate measurement.

## Heart rate measurement for a workout

Your band displays your real-time heart rate during a workout.

After you start a workout (a swimming workout excluded), swipe on the band screen to check your heart rate and heart rate interval. Heart rate will update every 5 seconds.

You can set a maximum heart rate and heart rate interval on your band for different workout such as extreme sports, endurance training, aerobic workout, fat burning workouts, and warm-ups. During your workout, if your heart rate exceeds the maximum value you set in the Huawei Health app ("220 – your age" by default), your band will vibrate to notify you. Touch the Home key or swipe right on the screen to cancel the heart rate alarm.

After your workout, you can check your average heart rate, maximum heart rate, and heart rate interval in the workout results screen.

You can view your change in heart rate diagram, maximum heart rate, and average heart rate for each workout on the exercise record screen in the Huawei Health App.

📖 NOTE

- During your workout, if you remove the band from your wrist, your band will stop displaying your heart rate, although it will continue to search for it. Measurement will resume if you put the band back on again within 10 minutes.

- Your band can measure your heart rate when you have connected it to your phone and started a workout using the Huawei Health app.

## Automatic heart rate measurement

When you have connected your band to your phone, you can enable **Automatically measure heart rate** in the Huawei Health app. **Automatically measure heart rate** is disabled by default.

After you enable **Automatically measure heart rate**, your band will measure your heart rate automatically.

📖 **NOTE**

If you enable **TruSleep**, your heart rate will not be displayed by default at nighttime. To check your nighttime heart rate, enable **Automatically measure heart rate**.

## Resting heart rate measurement

Resting heart rate refers to your heart rate as measured in a quiet, static, non-sleep state, and is a general indicator of your cardiac health.

The best time to measure your resting heart rate is right after you wake up in the morning. Because your band's automatic heart rate measurement may not measure your heart rate at the optimal time, your actual resting heart rate may not display or the measured heart rate that is displayed may differ from it.

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

📖 **NOTE**

If you disable **Automatically measure heart rate** after checking your resting heart rate, the resting heart rate displayed in the Huawei Health app will remain the same.

# 3.5 Sleep monitoring

Your band monitors your sleep quality when you wear it during sleep. 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 you sync your band with your phone.

You can enable **TruSleep** in the Huawei Health app.

HUAWEI TruSleep$^{TM}$ sleep monitoring technology accurately analyzes deep sleep, light sleep, REM sleep, and wakefulness to provide you with sleep quality evaluations and recommendations as authorized by the Center for Dynamical Biomarkers (DBIOM) at Beth Israel Deaconess Medical Center, a major Harvard Medical School academic hospital.

📖 **NOTE**

Enabling TruSleep may reduce your band's standby time.

# 3.6 Syncing and sharing your fitness and health data

After your workout, you can share your fitness data to third-party apps and compete with your friends.

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

# 4 Messages reminders

## 4.1 Message display and reminders

### Messages reminders

Ensure that your band is connected to the Huawei Health app.

**For Android users:** Open the Huawei Health app, go to **Me** > **My devices** > **Notifications management** > **Notice** and enable **Notice** for apps whose notifications you want to receive.

**For iOS users:** Open the Huawei Health app, go to **Devices** > **Notifications management** > **Message alerts**. **Enable Message alerts**. Also enable notifications in your phone **Settings** for apps whose notifications you want to receive.

You are able to receive alerts on your band when new app notifications are displayed on your phone status bar. Turn on your band's screen before viewing messages. When the band screen is on, you are able to view incoming messages.

&#x1F4D6; **NOTE**

- Your band can display messages from the following apps: SMS, Email, Calendar, and various social media platforms.

- Your band will not notify you of new messages when it is in Single workout mode or in Ultra-Low battery mode. After you disable Single workout mode or Ultra-Low battery mode, swipe right, up, or down on your band's home screen to access the message center screen and view new messages.

- Your band will only receive and will not push any notifications when it is in Do not disturb mode or Sleep mode. Swipe right, up, or down on your band home screen to access the message center screen and view new messages.

- If you enable **Push notifications only when wearing device**, you will receive new messages only when wearing the band.

## Viewing messages

You are able to receive alerts on your band when new app notifications are displayed on your phone status bar. Turn on your band's screen before viewing messages. When the band screen is on, you are able to view incoming messages.

An unread message reminder icon will be displayed in the top-right corner of your band screen when you have not read incoming messages upon receiving them. Swipe right on your band home screen to access the message center screen and read these messages.

&#x1F4D6; **NOTE**

- You can directly view the content of a message when it is the only one displayed. Otherwise, touch to select the message you want to read.

- You can swipe right on your band's unread message details screen to exit viewing one message and delete it from the unread message center.

- A maximum of 10 unread messages can be saved on your band. If there are more than 10 unread messages, previous messages will be overwritten. The content of one message can be displayed on at most two band screens. View the rest of the content on your phone.

- You are unable to swipe right on the band home screen when there are no cached messages as the unread message center is automatically hidden.

## Incoming call notification

Your band will vibrate and its screen will switch on to notify you when your phone is receiving an incoming call. A contact name and number will also display. You can touch the reject call icon on your band screen to reject an incoming call.
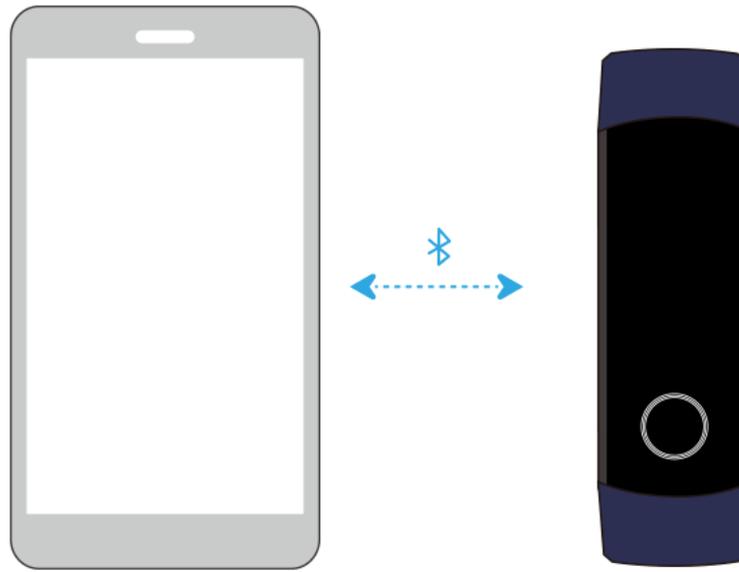
If you do not perform any operation during an incoming call, your band will display a message to notify you of the missed call. Swipe right on the home screen to clear the message.

&#9741; NOTE

The band screen will remain on when notifying you of an incoming call.

# 4.2 Deleting a message

Swipe right, up, or down on the band home screen to view unread messages when there are new incoming messages.

**Delete one message:** Swipe right on the message content display screen.

**Delete all messages:** Touch **Clear All** at the bottom of the message list to delete all unread messages.

**For Android users:** Messages from social media apps or text messages will be deleted automatically from your band once read or viewed on your phone.

For iOS users: Messages will be deleted automatically from your band once read or deleted on your phone.

&#9741; NOTE

You are unable to swipe right on the band home screen when there are no cached messages as the unread message center is automatically hidden.

# 5 Setting alarms

## 5.1 Setting a Smart alarm

You can use the Huawei Health app to set a Smart alarm, and the band will wake you up when it detects you are in light sleep. This helps your body gradually accept you are waking up, and leaves you feeling more refreshed. **For Android users:**

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm** > **Smart alarm**.

2. Set the alarm time, Smart wake-up, and repeat cycle.

3. Touch √ in the top-right corner to save your settings.

4. Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.

**For iOS users:**

1. Open the Huawei Health app and touch **Devices**.

2. Touch the band's Bluetooth name from the device list.

3. Go to **Alarm** > **Smart alarm**.

4. Set the alarm time, Smart wake-up, and repeat cycle.

5. Touch **Save**.

6. Swipe down on the Huawei Health app's home screen to ensure the alarm is synced to the band.

☐ NOTE
- When the band vibrates to signal an alarm, a message is displayed on the band screen indicating that touching the home key will snooze the alarm while touching and holding the home key will stop the alarm. The alarm can snooze for 10 minutes.

- If you perform no operations when the alarm vibrates, it will automatically be turned off if you hit snooze three times.

# 5.2 Setting an Event alarm

You can use the Huawei Health app to set a maximum of five Event alarms to remind you of daily and work activities, such as gatherings or meetings.

**For Android users:**

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm** > **Event alarm**.
2. Set the alarm time, label, and repeat cycle.
3. Touch √ in the top-right corner to save the settings.
4. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.

**For iOS users:**

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm** > **Event alarm**.
4. Set the alarm time, label, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.

📖 NOTE
- The Event alarm will ring at precisely the time you specify. If you set a label and time for the Event alarm, the band will display the label. Otherwise, only the time will be displayed.

- When the band vibrates to signal an alarm, a message is displayed on the band screen indicating that touching the home key will snooze the alarm while touching and holding the home key will stop the alarm. The alarm can snooze for 10 minutes.

- If you perform no operations when the alarm vibrates, it will automatically be turned off if you hit snooze three times.

# 5.3 Syncing Alarm from your phone

Your band can sync alarms from your phones running EMUI 8.1 or later. When an alarm goes off on your phone, you can stop or snooze it with your band.

# 5.4 Setting a Timer

To use the Timer function on your band, perform the following steps:

1. Go to **More** > **Timer** on your band screen.
2. Setting the Timer

&ndash; When using the Timer function for the first time, access the Timer settings screen of your band, and set the hours, minutes, and seconds. The value range for hours is 0–12, while that of minutes and seconds is 0–59.

&ndash; If you have used the Timer function before, open the Timer screen you accessed last time and touch [⚙], and set the hours, minutes, and seconds.

3. Touch [▶] to start the Timer.

4. Touch [II] to pause the time, and touch [✕] to end it.

5. Your band will vibrate and its screen will switch on to notify you when the set time has been reached. Swipe right on the screen or touch [■] to turn off the Timer. Perform no operations and Timer will automatically close after 1 minute.

📖 **NOTE**

When Timer is enabled, the on-going timing screen will display when you return to it again from the home screen.

# 5.5 Stopwatch

To use the Stopwatch function on your band, perform the following steps:

1. Go to **More** > **Stopwatch** on your band screen.

2. Touch [▶] to start timing. The maximum display time for Stopwatch on your band is "59:59.99s". The band screen will remain on while it is running.

3. While Stopwatch is running, you are able to:

&ndash; Touch [II] to stop the clock.

&ndash; Touch [▶] to continue taking time.

&ndash; Touch [↻] to end timing and reset Stopwatch at "00:00.00".

&ndash; Swipe right on the screen and [Exit? ✕ ✓] will pop up, touch [✕] to continue taking time, and touch [✓] to exit and return to the previous screen.

# 6 Updating and factory reset

## 6.1 Viewing version information

**Method 1: Viewing the version on your band.**

To view your band's version information, go to the **More** screen on your band and touch **About**.

**Method 2: Viewing the version through the Huawei Health app.**

Connect your band to the Huawei Health app. Open the Huawei Health app, touch the band icon in the top-right corner under Home, and touch **Firmware updates** to check the band version.

## 6.2 Updating your band and the Huawei Health app

For a better user experience, new updates are released from time to time. When a new update is available, perform the following steps to update your band and the Huawei Health app.

### Updating your band

**Method 1:** Connect your band to the Huawei Health app. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**. Touch **Firmware update** and follow the on-screen instructions to update your band.

**Method 2:**

- **For Android users:** Open the Huawei Health app. On the device details screen, enable **Auto-update device over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the on-screen instructions to update your band.

- **For iOS users:** Open the Huawei Health app, touch the profile picture on the upper left corner to enter the level-2 menu. Touch Settings and enable **Auto-update device over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the on-screen instructions to update your band.

### Updating the Huawei Health app

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

**For iOS users:** Update the Huawei Health app in the App Store.

📖 **NOTE**

During an update, your band will automatically disconnect from Bluetooth, and will reconnect once the update is complete.

# 6.3 Restoring your band to its factory settings

Access the **More** screen, touch **Reset**, and then touch  to restore your band to its factory settings. Once you have restored your band to its factory settings, all its data will be cleared, so please exercise with caution.

# 6.4 Viewing the Bluetooth name and MAC address

**Finding the Bluetooth name:**

Ensure your band is connected to the Huawei Health app. Your band's name in the Huawei Health app will be the same as its Bluetooth name.

**Finding the MAC address:**

**Method 1:** Go to **More** > **About** on your band. The band's MAC address will be displayed as 12 alphanumeric characters next to **MAC:**.

**Method 2:** View the MAC address on the back of your band. The 12 alphanumeric characters next to **MAC:** are your band's MAC address.

Method 3: Make sure your band is connected to the Huawei Health app. Open the Huawei Health app and touch the band icon in the top-right corner under **Home**. The information next to **Restore factory settings** is the MAC address.

# 7 Maintenance

## 7.1 Water resistant and dust-proof

The band is 50-meter water resistant, but this protection is not permanent and may wear off over time.

You can wear your band when you are washing your hands, in the rain or swimming in shallow water. Do not wear your band when you are showering, diving, scuba diving, or surfing.

The following operations may affect the water resistance of your band:

- Dropping your band or other physical impact.
- Exposure to alkaline substances, such as soap, body wash, perfume, emulsion, or oil.
- Using your band in humid or high temperature conditions, for example in a hot shower or sauna.

## 7.2 Cleaning and care

To extend the lifespan of your band, keep your band and your wrist clean and dry.

- Wipe sweat off your band and wrist after a workout.
- Use a soft cloth to wipe the band, and clean the dirt between the gaps to prolong the lifespan of your strap.

### Light-color strap maintenance

To prevent discoloration, avoid letting the light-colored strap come in contact with dark colored clothing.

If the light color strap accidentally gets dirty, dip a soft brush in clean water and gently wipe the strap dry.

# 7.3 Adjusting or replacing the strap

**Strap adjustment:** The straps are designed with U-shaped buckles. Adjust the strap to your wrist size.

**Strap replacement:** Carefully unlock the band slot to remove the strap. Perform the strap replacement operation in reverse sequence to attach a new strap. To install the strap, make sure that the strap and the band body fit well before you fasten the band slot.

&#x1F4D6; **NOTE**

The band slot that come with your band is small so be careful not to lose it during disassembly.