

**HUAWEI Band 4 Pro**

# User Guide

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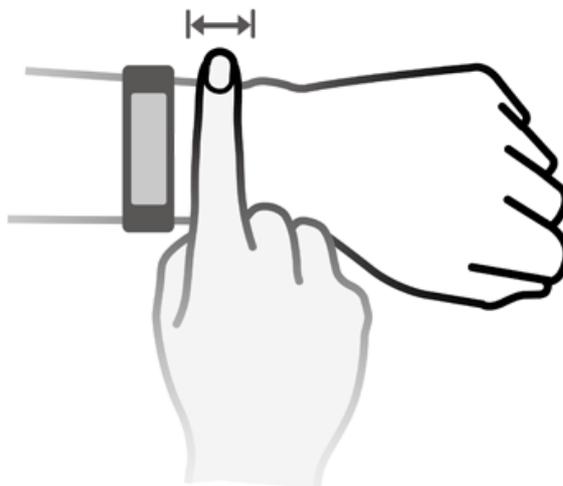
# 1 Getting started

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## 1.1 Wearing your band

To make sure that activity and sleep tracking and heart rate monitoring work properly, make sure you are wearing your band correctly as shown in the following figure.



The band strap adopts a U-shaped buckle design so it won't 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.

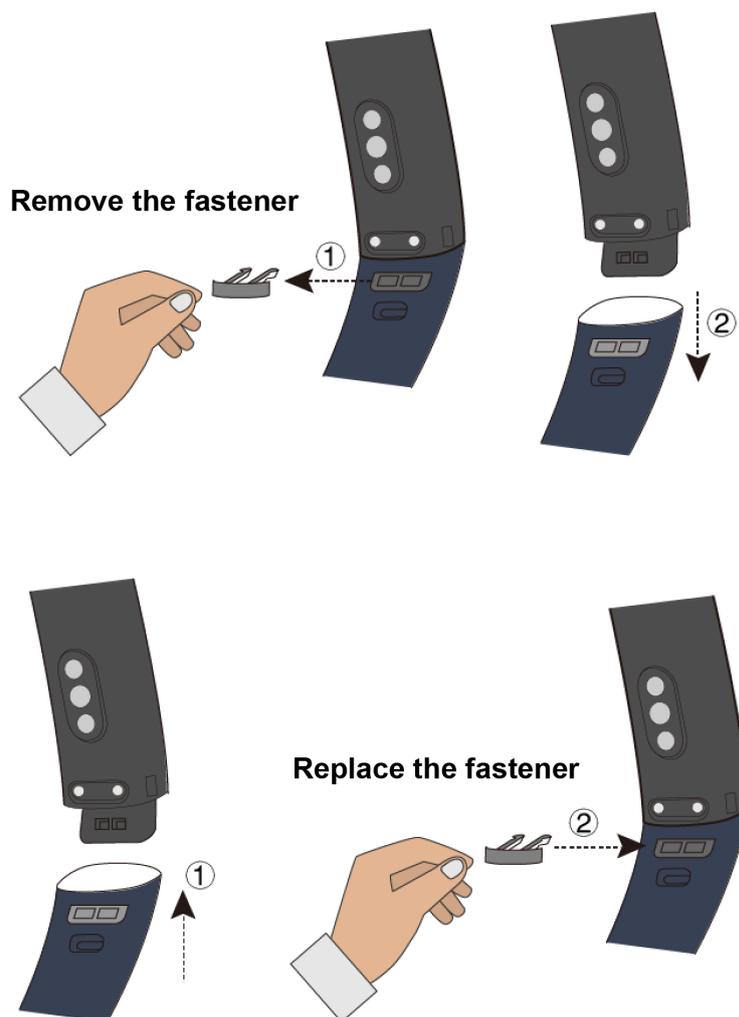
 **NOTE**

- 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.

## 1.2 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 remove the fastener to take off the strap. Follow the steps in reverse to attach a new strap. Make sure that the band body is fit tightly in the strap before replacing the fastener.



**NOTE**

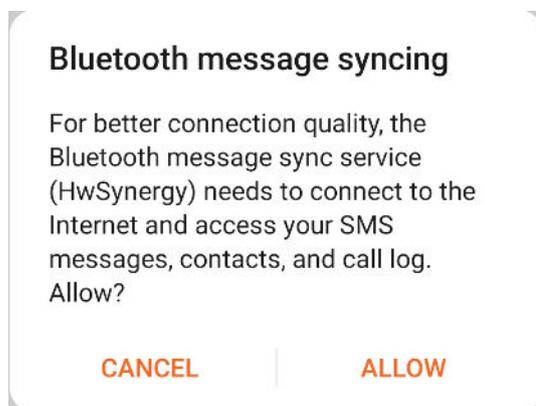
The fastener that come with your band is small so be careful not to lose it during disassembly.

## 1.3 Pairing your band with your phone

When using your band for the first time, plug your band into a power source and it will automatically turn on. The band will enter Bluetooth pairing mode by default.

 **NOTE**

- Your band can only be paired with phones running Android 4.4 or later, or iOS 9.0 or later. Make sure that you have enabled Bluetooth on your phone before starting pairing.
- Once paired, the device's name will appear in the notification and the **Settings'** Bluetooth list. HWSynergy will appear under its name if it supports the feature. Your phone must be EMUI 8.0 or later to use it.



- **For Android users:**
  - a. Search for and install the latest version of the Huawei Health app in an app store on your phone. (For Huawei device users, search for and install the Huawei Health app through AppGallery.)
  - b. Open the Huawei Health app, go to **Devices > ADD > Smart Band**, and select your band's name.
  - c. Touch **PAIR**, and the Huawei Health app will start searching for the band. Then select the correct device name from the list of available devices, and it will start pairing on its own.

 **NOTE**

When you turn on your band for the first time or pair it with your phone after a factory reset, you'll be prompted to select a language before pairing. After your band is paired with your phone, your band will adapt to your phone system language.

- d. Your band will vibrate when it receives a pairing request. Touch  to confirm pairing.

 **NOTE**

- Your band screen will display an icon when the pairing is complete. It will take about 2 seconds to sync important information from your phone (such as date and time).
  - Otherwise, your band screen will display a different icon to inform you that the pairing failed then return to the startup screen 2 seconds later.
- **For iOS users:**
    - a. Search for and install the Huawei Health app in the App Store on your phone.
    - b. Open the Huawei Health app, touch **Devices**, then go to **+ > Smart Band**, and touch your band's name.

- c. The Huawei Health app will search for the band automatically. Select the correct device from the list of Bluetooth devices available, and the pairing will start automatically.

 **NOTE**

When you turn on your band for the first time or pair it after a factory reset, you'll be prompted to select a language before pairing. After your band is paired with your phone, your band will display the language that set on your phone.

- d. Your band will vibrate when it receives a pairing request. Touch  to confirm pairing.
- e. Once your phone displays the Bluetooth pairing request, touch **PAIR** to begin pairing.

## 1.4 Powering on/off and restarting the band

### Powering on your band

Your band will automatically power on when you charge it.

### Powering off your band

Swipe on the screen until you find **More**, then go to **System** > **Power off**. After you have read the prompt, then touch .

 **NOTE**

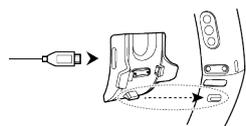
To power your band on after it has turned off, just plug it into a power source, your band will automatically power on.

### Restarting your band

Swipe on the screen until you find **More**, then go to **System** > **Restart**.

## 1.5 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 that the charging port is in contact with them. The charging icon and battery level will display on the band screen.



 **NOTE**

- Before charging, make sure that the charging port and metal end are clean and dry, to prevent short circuits or other issues.
- If the band screen goes black or is slow to respond, connect your band to the charging cradle to restart it.

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

 **NOTE**

To ensure optimal battery safety, the charging current decreases substantially when the ambient temperature is low. This means that it will take longer to charge. It is recommended that you charge your band in an environment with an ambient temperature of at least 20°C.

**Checking the battery level:**

- If the screen is on, simply tap on it to check the battery.
- Alternatively go to **More > Battery**.
- You can also open the Huawei Health app on the connected phone and, touch Devices to view the battery level.

 **NOTE**

The battery level is displayed as a whole number percent value.

**Low battery alert**

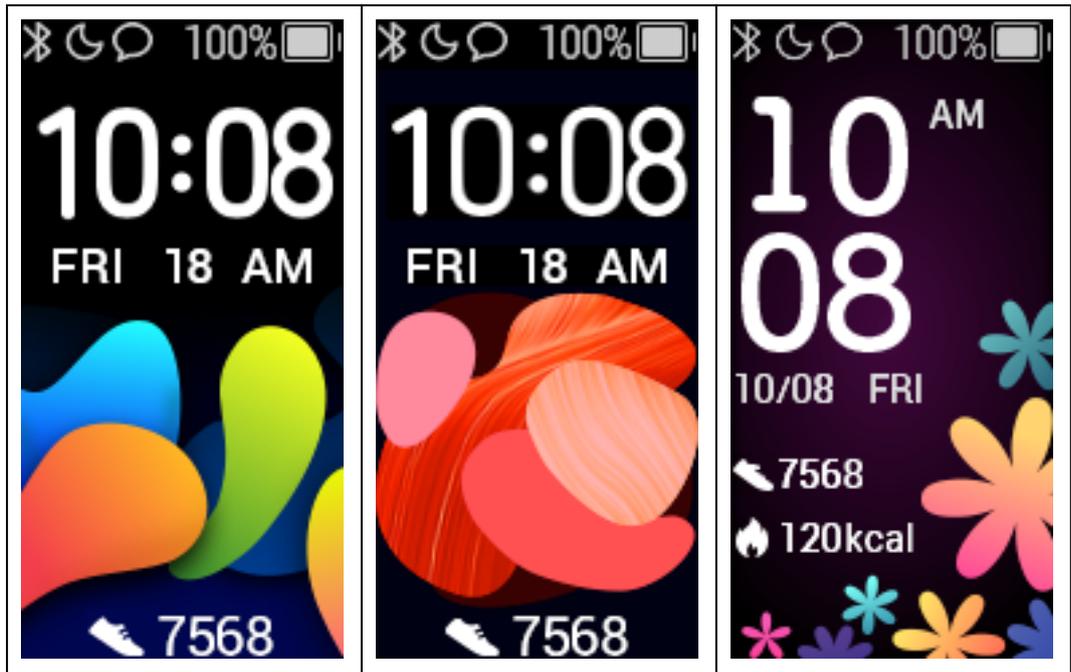
If the battery level is 10%, your band will vibrate, and the band screen will display



reminding you to charge your band promptly.

## 1.6 Icons

Preinstalled watch faces:

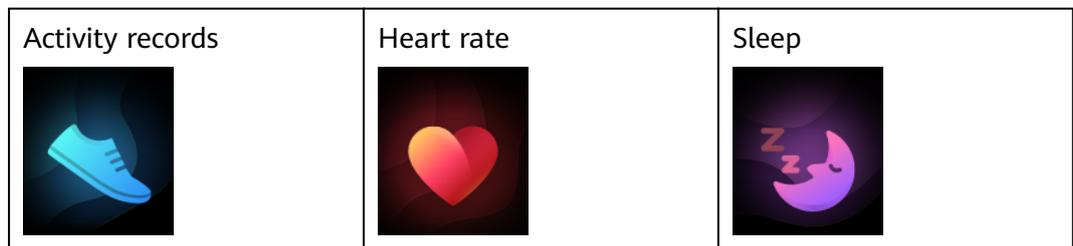


NOTE

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

- indicates that the band is connected to the phone via the Huawei Health app.
- indicates that **Do not disturb all day** is enabled for the band. indicates that there is an incoming message on the band.
- indicates the battery level of your band.
- indicates your step count today.
- indicates the calories burned today.

Main menu:



<p>Workout</p> 	<p>Messages</p> 	<p>More</p> 
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 **NOTE**

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

Activity records:

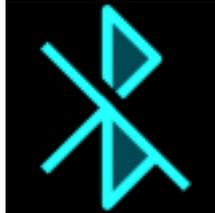
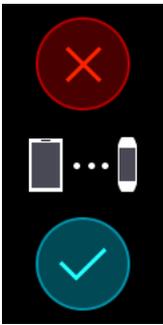
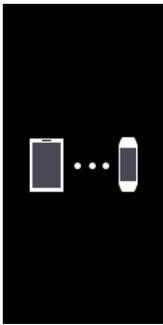
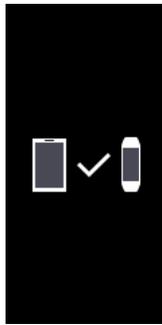
<p>Steps</p> 	<p>Calories burned</p> 	<p>Distance</p> 
<p>Moderate to high intensity activity</p> 	<p>Standing times</p> 	<p>-</p>

Workout types:

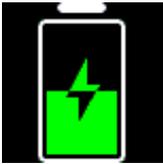
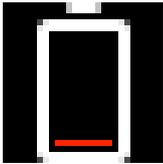
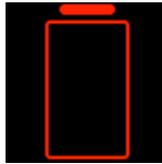
<p>Outdoor run</p> 	<p>Indoor run</p> 	<p>Outdoor walk</p> 
<p>Indoor walk</p> 	<p>Outdoor cycle</p> 	<p>Indoor cycle</p> 

<p>Elliptical</p> 	<p>Rower</p> 	<p>Pool swim</p> 
<p>Open water</p> 	<p>Other</p> 	-

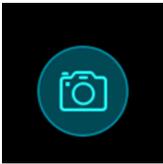
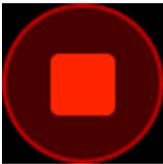
Connection and pairing:

<p>Bluetooth not connected</p> 	<p>Bluetooth connected</p> 	<p>Connect with Bluetooth</p> 
<p>Initial pairing</p> 	<p>Pairing</p> 	<p>Pairing successful</p> 

Battery:

<p>Charging</p> 	<p>Low battery alert</p> 	<p>Ultra low battery alert</p> 
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Others:

Activity reminder 	Updating 	Update error 
Alarms 	Find phone 	Unread text messages 
Take a photo 	Confirm 	Cancel 
End 	Pause 	Start 

Weather:

Sunny 	Cloudy 	Overcast 	Showers 
Thunder storms 	Hail storms 	Light rain 	Rain 
Severe rain storms 	Snow flurries 	Light snow 	Snow 

Heavy snow 	Snow storms 	Dust storms 	Dust 
Sand 	Sand storms 	Smog 	No data 
Fog 	Freezing rain 	Heavy rain 	Heavy rain storms 

## 1.7 Controlling your band screen

Your band has a full screen touchscreen and can detect up, down, and right swipes, as well as when you touch and hold the screen. It works with the Home key to make using your band even easier.

Steps	Function	Notes
Touch the Home key when the screen is on	Return to the home screen	There are certain cases such as during workouts or calls where this won't work.
Touch the Home key when the screen is off	Wake the band	Touching the Home key when the screen has been off for less than 10 seconds will take you back to the last screen, if it has been more than 10 seconds, this will bring you to the home screen.
Swipe right from the home screen	Check messages on your band	You will only see messages if you have some saved on your band. This screen is for deleting messages.
Swipe right on screens other than the home screen	Return to the previous screen	-
Swipe up or down on the level 1 screen	Browse through features	-
Touch the screen	Select and confirm	-

Steps	Function	Notes
Touch and hold the home screen	Change watch faces	-

## Waking the screen

To wake the screen, touch the Home key, raise your wrist, or rotate your wrist towards yourself. The screen will sleep again after 5 seconds if you don't do anything.

### NOTE

- You can enable **Raise wrist to wake screen** in the Huawei Health app.
- The maximum length of time that the screen of your band can stay on is 5 minutes. To extend the length of time that the screen stays on time, do the following: go to **More > Screen on** and then enable **Screen will sleep after 5 min**. Now the screen will automatically turn off after five minutes these changes are temporary. You will need to extend the time again after you wake the screen.

## Switching between screens

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

### NOTE

You can enable **Rotate to switch screen** in the Huawei Health app.

## Turning off the screen

- Lower your wrist or rotate it away from your body.
- The screen will automatically turn off if the band is idle for 5 seconds.

# 1.8 Adjusting screen brightness

Find the **More** screen, then go to **Brightness > Brightness** and adjust the screen's brightness.

### NOTE

There are five brightness levels for the band. Screen brightness is set to level 3 by default. Level 5 is the brightest, while level 1 is the dimmest.

You can enable **Lower brightness at night** to automatically set the band to dim at night from 20:00 to 06:00 the next day.

# 1.9 Setting the time zone and language

After the band syncs with your phone, the time zone and language settings on your phone will automatically sync to your band.

If you change the language, region, time, or time format on your phone, the changes will automatically sync to the band, as long as the band is connected to your phone.

 **NOTE**

1. If the language and region information on your phone are supported on the band, the language on your band will be consistent with that displayed on your phone.
2. If the language on your phone is supported on the band while the region is not, the band will display the same language as that displayed on your phone. For example, if the language displayed on your phone is Brazilian Portuguese, the band will display European Portuguese instead.
3. If the language on your phone is not supported on the band, the band will display English by default.
4. If the system language on your phone is traditional Chinese, the band will display Simplified Chinese.

## 1.10 Viewing the Bluetooth name, MAC address, and Serial Number

### Viewing the Bluetooth name:

**Method 1:** Connect the band to your phone using the Huawei Health app. The device name displayed in the app is the name that will be displayed when using Bluetooth.

**Method 2:** On your band, go to **More > System > About**, the device name displayed on the band screen, this is the name that you will see when using Bluetooth.

### Viewing the MAC address:

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

**Method 2:** Check the back of your band for the MAC address. The 12 alphanumeric characters are your band's MAC address.

**Method 3:** If your band is connected to a phone through the Huawei Health app, open the Huawei Health app, touch **Devices**, and then touch your device's name. The information next to **Restore factory settings** is the MAC address.

### Viewing the Serial Number:

On your band, go to **More > System > About**, and swipe up from the bottom of the screen. You'll see the band's Serial Number, which includes 16 alphanumeric characters, they are next to **SN:**.

## 1.11 Checking system information

### Method 1: Check on your band.

To check your band's version, go to **More > System**, and touch **About**.

### Method 2: Check through the Huawei Health app.

If your band is connected to the Huawei Health app, open the app and touch **Devices** and your device. Then touch **Firmware update** to check the band's version.

## 1.12 Updating your band

**Method 1:** Connect your band to the phone using the Huawei Health app. Open the Huawei Health app, touch **Devices** and then touch your device name. Touch **Firmware update** and follow the onscreen instructions to update your band.

**Method 2:**

- **For Android users:** Open the Huawei Health app. Touch **Devices**, then your device name, touch **Firmware update** and then touch the Settings icon  in the top-right corner, enable **Auto-update device over Wi-Fi**. If an update is available, a notification will pop up on your band. Follow the onscreen instructions to update your band.
- **For iOS users:** Open the Huawei Health app and touch the profile picture in the upper left corner. 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 onscreen instructions to update your band.

### NOTE

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

## 1.13 Restoring the band to factory settings

**Method 1:** Using the band

Swipe on the screen until you find **More**, then go to **System > Reset**, and touch



. Resetting the band will clear all the data from the band. Please use caution when resetting your band.

**Method 2:** Using the Huawei Health app

Open the Huawei Health app, touch **Devices** and then touch your device. Touch **Restore factory settings**.

# 2 App management

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## 2.1 Message reminders

### Enable notifications

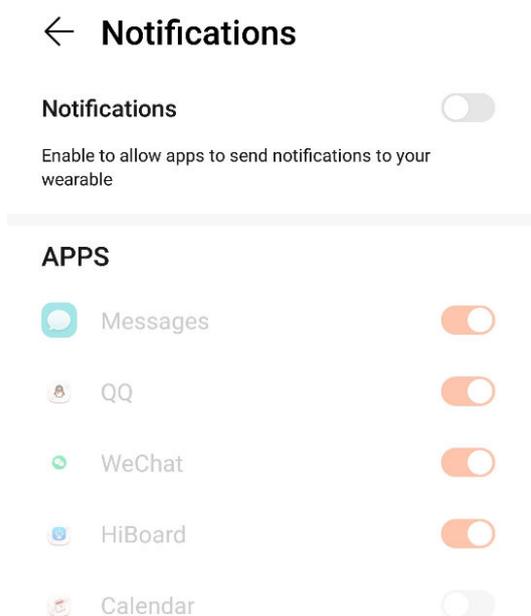
Once enabled, the band can sync messages displayed in the phone's status bar to your band.

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

1. Update your band and the Huawei Health app to the latest version.
2. Set the Huawei Health app as a protected app to ensure that the app runs in the background.

3. **For Android users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

At the same time, enable notifications in your phone Settings to receive notifications from apps. For example, users with phones that run EMUI 8.1.0 should perform the following: Go to **Settings > Apps & notifications > Notifications management**, touch the app for which you want to receive notifications, and enable **Allow notifications** and **Display in the status bar**.



4. **For iOS users:** Open the Huawei Health app, touch **Devices** then your device name. Enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

At the same time, enable notifications in your phone Settings for apps for which you want to receive notifications.

#### NOTE

- Your band will not notify you of new messages during a workout or in Ultra-low battery mode. After you end the workout or disable Ultra-low battery mode, swipe in any direction on your band's home screen (except to the left) to view new messages.
- If you enable **Do not disturb when not wearing**, you will receive new messages only when wearing the band.
- If you are using a chat app, messages will not be pushed to your band. For example, messages on a chat screen in WhatsApp will not be pushed to your band.
- Your band supports Bluetooth disconnection reminders. Enable this feature on the device details screen in the Huawei Health app.

After the Bluetooth disconnection reminder feature is enabled, your band will vibrate when the Bluetooth connection is disconnected. Ensure that your band is properly connected to your phone.

#### **Disable notifications**

- To disable notifications in the Huawei Health app:

- **For Android users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and then disable **Notifications**.
- **For iOS users:** Open the Huawei Health app, touch **Devices**, and then touch your device. Disable **Notifications**.
- You are able to enable **Do not disturb** on the device details screen in the Huawei Health app. Once this mode is enabled, your band will not vibrate or turn on the screen to inform you of any incoming messages during a set period. The Raise wrist to wake screen will also be unavailable when **Do not disturb** is enabled. To avoid missing important messages, it is recommended that you do not enable Do not disturb mode.

 **NOTE**

Your band will only receive and will not push any notifications when it is in Do not disturb mode or Sleep mode. Swipe in any direction on your band's home screen (except to the left) to view new messages.

## 2.2 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 screen in order to view messages. The incoming messages will be displayed on the band screen directly when your band screen is on.

An unread message reminder icon will be displayed in the top-right corner of the band screen or on the screen after you touch the home screen. Swipe right on the home screen, or swipe up or down on your band's app list to enter the message screen to view unread messages.

 **NOTE**

- You can directly view the content of a single message when it is the only one displayed. Otherwise, touch to select the message you want to read.
- You can swipe right on the 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. A single message can be displayed on two screens at most. Swipe on the screen to view the message. You can view the remaining content on your phone.
- Messages that have been marked as read can no longer be viewed on the band. To view message history, please check 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.

## 2.3 Deleting messages

Swipe on the band's home screen (except to the left) 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.

**Android users:** Messages from third-party social media apps and text messages will be deleted automatically once read or deleted on your phone.

**iOS users:** Messages will be deleted automatically once read or deleted on your phone.

## 2.4 Incoming calls

Your band will vibrate and turn on its screen to notify you of an incoming call. A contact name and number will also be displayed. Touch the reject call icon or swipe up from bottom on your band to reject a call, or touch the band screen or the Home key to ignore/mute a 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.

### NOTE

- The band screen will remain on when notifying you of an incoming call.
- Your band can mark an unknown number. This feature is available only when the band is paired with a phone running EMUI 4.0 or later.
- Your band will vibrate and turn on its screen to notify you of any incoming calls during a workout.
- When pairing your band with an Android phone, touch the band screen or the Home key to return to the home screen and ignore incoming calls. Muting calls is only supported on iOS. To use this feature, touch your band screen or the Home key. Your band will display a muting screen and then the home screen after two seconds. Proceed to mute the call.

## 2.5 Remote photo shooting

### NOTE

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

1. After connecting your band to your phone, open Camera on your phone, and your band screen will turn on and display the camera icon shown below.



2. Touch the camera icon on the band screen to take photos on your phone. The band will return to the camera shutter screen two seconds after taking a photo.

 **NOTE**

1. The band screen will automatically turn off if no operation is performed on the camera shutter screen for five seconds.
2. From the camera shutter screen, touch the Home key to return to the home screen, or swipe right on the band screen to go back to the previous screen.
3. To exit the camera shutter screen on your band, close the Camera app on your phone or disconnect your phone from the band.

## 2.6 Using Stopwatch

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

1. Touch **More** and then select **Stopwatch**.
2. Touch  to start timing. The stopwatch can count up to "59:59.9". Once it hits that number it will stop on its own.
3. While Stopwatch is running, you are able to:
  - Touch  to stop timing.
  - Touch  to resume timing.
  - Touch  to end timing and reset the stopwatch to "00:00.0".
  - Swipe right to return to **More** screen without stopping timing.

## 2.7 Setting a Timer

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

1. To use this function, go to **More > Timer** on your band screen.
2. Setting the Timer
  - 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 0-11, while that of minutes and seconds is 0-59.
  - 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  to pause the timing, 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.

## 2.8 Setting an alarm

You can use the Huawei Health app to set a Smart alarm or an Event alarm for a connected band.

- A Smart alarm, has two conditions to go off, it needs to be around when the time was set for and you need to be in light sleep. This type of alarm helps your body gradually adjust to waking up and helps you wake up feeling more refreshed.

 **NOTE**

The Smart alarm feature is only available when **HUAWEI TruSleep™** is not enabled.

- The Event alarm will always go off at the specified time. If you set a tag for the Event alarm, the band will display the tag. Otherwise, only the time will be displayed.

**For Android users:**

1. Open the Huawei Health app, touch **Devices**, touch your device, and then go to **Alarm > SMART ALARM** or **Alarm > EVENT ALARMS**.
2. Set the alarm time, repeat cycle, and the snooze cycle under **Smart wakeup**.
3. Touch ✓ in the top-right corner to save your settings.
4. Swipe down on the home screen of the Huawei Health app to make sure the alarm settings are synced to your 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** or **Alarm > EVENT ALARMS**.
4. Set the alarm time, repeat cycle, and the snooze cycle under **Smart wakeup**.
5. Touch **Save**.
6. Swipe down on the home screen of the Huawei Health app to make sure the alarm settings are synced to your band.

 **NOTE**

- When the band rings, touch the Home key on your band to snooze it or hold it to turn off the alarm. Hitting snooze means the alarm will go off in another 10 minutes.
- If you don't do anything after the alarm goes off, it will automatically turn to snooze, after this happens 3 times the alarm will automatically turn off.

## 2.9 Syncing an alarm from your phone

You can sync alarms from your phone to your band (phone must be EMUI 8.1 or above). When an alarm goes off on your phone, you can even dismiss or snooze it with your band.

### NOTE

- Ensure that the band is connected to the phone through the Huawei Health app.
- If you are unable to sync alarms from your phone, disconnect the two before reconnecting them and trying again.

## 2.10 Weather reports

Make sure you are using a band theme that displays the weather from the home screen. Once this is set up, you will be able to see the latest weather reports on your band:

1. Enable **Weather reports** on the device details screen in the Huawei Health app.
2. Make sure that GPS and Location enabled in the notification panel and that Huawei Health has been granted the Location permission.

For users having phones running a version earlier than EMUI 9.0, Select **Use GPS, WLAN, and mobile networks**, or **Use WLAN and mobile networks** for the positioning mode instead of **Use GPS only**.

### NOTE

- If it has been set up successfully, you will see the weather and temperature displayed on your band. If it is unable to sync, they will not appear.
- The weather information displayed on your band comes from the Huawei Health app, and may differ slightly from what's displayed on your phone since the information is from different service providers.
- You can switch between Celsius °C and Fahrenheit °F under **Weather reports** in the Huawei Health app.

## 2.11 Finding your phone using the band

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.
- The Find phone feature works for 15 seconds. If the phone does not respond after 30 seconds, the band turns off its screen.

## 2.12 Changing watch faces

Your band comes with multiple watch faces for you to switch between. You can select the watch face that is most suitable for you. To change the watch face, perform the following:

- **Method 1:** Press and hold the home screen until your band vibrates and swipe through the previews. Touch a watch face to apply it.
- **Method 2:** Go to **More > Faces** and swipe through the previews. Touch a watch face to apply it.
- **Method 3:** Open the Huawei Health app, go to **Watch faces > More**, and touch **INSTALL** under your preferred watch face. Your watch face will automatically switch to the chosen one once it is installed. Alternatively, touch an installed watch face and touch **SET AS DEFAULT** to set the current watch face as your desired one.

### NOTE

- The Watch faces screen is not available on iOS phones. To download new watch faces, you are advised to temporarily pair your band with an Android phone. When the downloaded watch faces are synced to your watch, pair the watch back with your iOS phone.
- The watch face feature is available only in certain countries and regions. For more information, contact your local Huawei hotline.

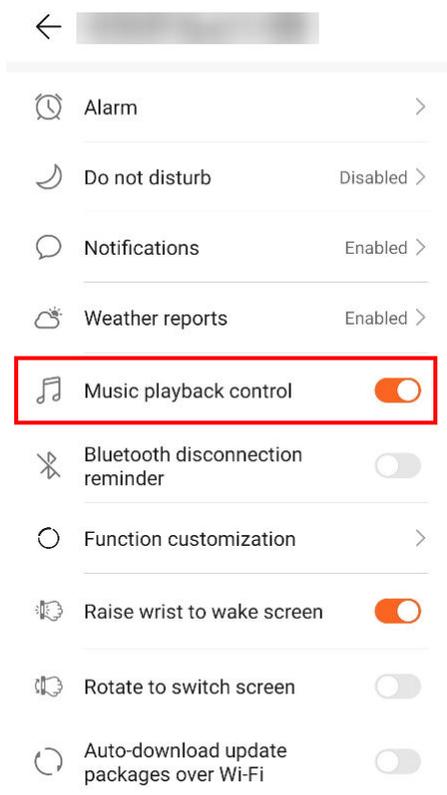
### Deleting a watch face:

You can only remove watch faces downloaded in the Huawei Health app. To do this, touch the installed watch face then touch  in the top-right corner.

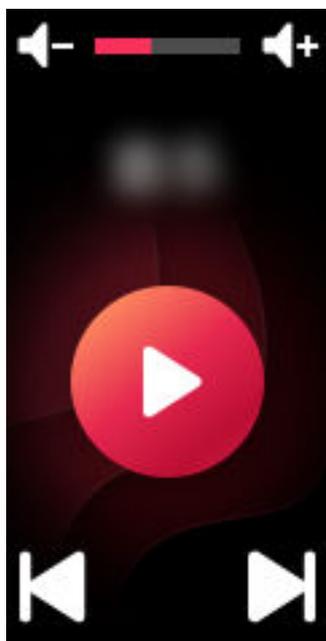
## 2.13 Controlling music playback

### NOTE

- This feature is only available on phones running Android 5.0 or later.
  - To use this feature, update your band and the Huawei Health app to the latest version.
  - You can use your band to control music playback with music apps such as HUAWEI Music, Shazam, VLC for Android, and Tube Go on your phone.
1. Open the Huawei Health app, touch **Devices** and then touch your device name.
  2. Touch Music and then enable **Music playback control**.



3. After playing a song on the phone, swipe up or down on the band's home screen to control music playback on your phone.  
You can use your band to control the volume, pause or play, and switch songs on your phone.



# 3 Professional workouts

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- [3.1 Initiating a workout](#)
- [3.2 Pool swim](#)
- [3.3 Open water](#)
- [3.4 Recording your activity data](#)

## 3.1 Initiating a workout

1. Swipe up or down on the band's home screen to enter the **Workout** screen.
2. Swipe up or down on the screen to select your desired workout mode. The following workout modes are available on your band: **Outdoor run, Indoor run, Outdoor walk, Indoor walk, Outdoor cycle, Indoor cycle, Elliptical, Rower, Pool swim, Open water, and Free training.**

### NOTE

- Your band is equipped with a built-in GPS, and is capable of independently tracking the route that you take, without needing your phone, when you start a **Outdoor run, Outdoor walk, Outdoor cycle, or Open water** workout.
3. You can set workout targets, such as distance, duration, or calories burned, 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 following a countdown.

 NOTE

- Since swimming data is unique, corresponding operations for swims are different.
  - If you set up a reminder interval, your band will wake up and vibrate at each interval.
    - **Outdoor run/Outdoor walk/Indoor run/Indoor walk:** The interval for notifications is set to 1 km by default. You can customize the distance, switch to time-based intervals in **Notify me**, or disable them by going to **Notify me** and selecting **None**.
    - **Outdoor cycle:** The notification interval is set to 3 km by default. You can customize the distance, switch to time-based intervals in **Notify me**, or disable them by going to **Notify me** and selecting **None**.
    - **Free training/Indoor cycle/Elliptical/Rower:** The notification interval is set to 10 minutes by default. You can customize the time by in **Notify me**, or you can disable them by going to **Notify me** and selecting **None**.
4. To view fitness data on your band during a workout, when the screen is on, swipe up or down on the screen. To pause the workout, touch and hold down the Home key for 2 seconds, then touch the corresponding key on the pop-out screen to resume or end the workout.

- Touch  to resume the workout.

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

 NOTE

- If the workout distance is less than 100 meters, it will not be recorded.
- The workout will not be recorded if it lasts for less than 1 minute, when you are using **Outdoor cycle**, **Indoor cycle**, **Free training**, **Elliptical**, or **Rower** mode.
- Touch the end icon after completing a workout, to prolong battery life.
- During a workout, your band will vibrate, and the screen will wake up if there is an incoming call. When there is a new message, it will be saved in the background. You can swipe right on the home screen to view new messages, after you have completed your workout.

## 3.2 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, avg stroke rate, laps, distance, and average SWOLF.

1. Swipe up or down on the band's home screen and enter the **Workout** screen.
2. Swipe down on the screen and touch **Pool swim**. Touch the Settings icon then touch **Target** to customize your targets for laps, duration, and calories. Touch **Pool length** to set the length of the pool. Then touch the start icon to start a workout. Your workout data will be recorded after the end of the countdown.
3. Your band screen automatically locks when you swim.
4. You can perform the following when swimming:
  - To view the current data, turn on the screen, follow the onscreen instructions to unlock the screen, then swipe right on the screen or touch

the Home key to switch between screens and view the current data about your duration, distance, calories, and average speed.

- To pause or end the workout, turn on the screen, follow the onscreen instructions to unlock the screen, touch and hold the Home key for 2 seconds to pause the workout, then touch the corresponding options on the screen to continue or end the workout.
5. You can perform the following after swimming:
- Swipe up or down on your band screen to view your fitness data details, including the main stroke, distance, duration, average speed, calories, number of strokes, avg stroke rate, average SWOLF, laps, and pool length.
  - When your band is connected to the Huawei Health app, you can view detailed swimming data under the **Exercise records** card in the Huawei Health app.

#### NOTE

- Heart rate monitoring is not available during swimming.
- The length of the pool can be adjusted for Pool Swims, it can be set to 15 to 60 meters long.

## 3.3 Open water

The band is water resistant up to 50 meters, and has a built-in GPS, enabling you to wear it in open water environments.

1. Swipe up or down on the band's home screen to enter the **Workout** screen.
2. Swipe up or down on the screen and touch **Open water**. From there, you can set workout targets for distance, duration, and calories burned, as well as distance intervals, after which swimming data will display on the screen. After selecting your targets, touch the icon at the bottom of the screen, and your band will begin to record your fitness data following a countdown.
3. Your band screen automatically locks when you are swimming.
4. While swimming, you are able to:
  - **View workout data:** Turn on the band's screen, and swipe up or down on the screen to unlock your band. Swipe right on the screen or touch Home key, then swipe on the screen to view your workout data, including the duration, distance, calories burned, and average pace.
  - **Pause the current workout:** Turn on the band screen, and swipe up or down on the screen to unlock your band. Hold down the Home key for to pause the current workout. You can resume the workout, or pause it again, on the pop-up screen.
5. After you have finished swimming, you can:
  - Swipe up or down on your band screen to view detailed data for your recent swim, such as the main stroke, number of strokes, distance, workout duration, average pace, calories burned, and average SWOLF.
  - When your band is connected to your phone via the Huawei Health app, you can view the detailed swimming data under **Exercise records** in the Huawei Health app.

## 3.4 Recording your activity data

Wear the band properly, and your band will record your activity data automatically, including step count, workout distance, and calories burned.

You can use either of the following methods to view your activity data after exercising.

### **Method 1: View your activity data on your band.**

Swipe on the band screen, and switch to the **Activity** screen. From there, swipe up and down to view your step count, calories burned, exercise distances, duration of moderate-high intensity activity, and duration of time standing up.

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

Open the Huawei Health app and view activity records on the home screen.

#### **NOTE**

- To view your fitness in the Huawei Health app, make sure that your band is connected to your phone via the Huawei Health app.
- Your fitness data resets every night at midnight.
- Moderate to high intensity activity duration on your band will not sync to the Huawei Health app.

# 4 Health and fitness

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[4.1 Monitoring your heart rate](#)

[4.2 Sleep tracking](#)

[4.3 Activity reminder](#)

## 4.1 Monitoring your heart rate

### Individual heart rate measurement

1. Keep your arm still, and make sure the band is being worn correctly.
2. Swipe up or down on the home screen, and touch **Heart rate**.
3. Start an individual heart rate measurement, and check your current heart rate.
4. Each reading takes around 45 seconds, and the displayed heart rate is updated every 3 seconds.
5. During the reading, you can press the Home key, or swipe right on the screen to halt 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 accurate heart rate measurements, wear the band properly and make sure the strap is fastened securely. Make sure that the watch is in direct contact with your skin, without any obstruction.
- Try to keep still during heart rate measurements.
- The heart rate data from manual readings is not synced to the Huawei Health app.
- The reading will be interrupted if you swipe right on the band screen, receive an incoming call, or an alarm goes off.

### Heart rate measurement during workouts

Your band displays your real-time heart rate during workouts.

After starting a workout, swipe on the band screen to check your heart rate and heart rate zone. The displayed heart rate is updated every 5 seconds.

You can set an upper limit for your heart rate and target zone on your band, for specific workout modes. During the workout, if your heart rate exceeds the value that you set in the Huawei Health app ("220 – your age" by default), the band will vibrate to notify you. Touch the Home key or swipe right on the screen, to dismiss the alert.

After completing the workout, you can check your average heart rate, maximum heart rate, and heart rate zone for the workout, on the results screen.

You can view graphs that show your heart rate throughout the workout, maximum heart rate, and average heart rate for each workout, on the workout record screen in the Huawei Health app.

#### NOTE

- If you remove the band from your wrist during the workout, it will not display your heart rate for that period of time. However, the band will continue to check for your heart rate. The band will resume recording your heart rate when you put it back on.
- Your band can measure your heart rate when you have connected it to your phone, and started a workout via the Huawei Health app.

## Automatic heart rate measurement

1. Connect the band to your phone. Open the Huawei Health app, touch **Devices** then your device name. Touch **Continuous heart rate monitoring**.
2. Enable **Continuous heart rate monitoring** (disabled by default).
3. Set the **MONITORING MODE** to **Smart** or **Real-time**.
  - Smart mode
    - i. Resting heart rate is measured every 10 minutes when the band detects that you aren't in motion (such as when you are sitting).
    - ii. Heart rate is measured every 10 minutes during moderate-intensity activities (such as when you are walking).
    - iii. Heart rate is measured every second during high-intensity activities (such as when you are running). It will take about 6 to 10 seconds to measure and display the first heart rate value, though this initial delay can vary according to the individual.
  - Real-time mode: Heart rate measurement are performed every second, regardless of the intensity of the activity.

When this feature is enabled, the band will continuously measure your real-time heart rate. You can view heart rate graphs in the Huawei Health app.

#### NOTE

- If you enable **HUAWEI TruSleep™**, your heart rate will not display by default at nighttime. To check your nighttime heart rate, enable **Continuous heart rate monitoring**.
- Real-time mode increases the power consumed by your band, whereas Smart mode adjusts the interval for heart rate measurements, based on the intensity of the activity, to help preserve power.
- Your band uses invisible light to monitor your heart rate, and will switch between visible light and invisible light to measure your heart rate, based on your sleep status.
- The band is capable of measuring heart rate values from 30 bpm to 240 bpm.

## Resting heart rate measurement

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

To obtain 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 the same.
- The best time to measure your resting heart rate is right waking up in the morning. The device is unable to detect the exact optimal time to check your resting heart rate. Therefore it may not be displayed at all times in the app, and differ slightly from the actual value.

## 4.2 Sleep tracking

Your band collects sleep data and identifies your sleep status when you wear it while sleeping. It can automatically detect when you fall asleep and wake up and whether you are in a light or deep sleep. You can sync and view your sleep data in detail in the Huawei Health app.

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

The band adopts HUAWEI TruSleep™ sleep tracking technology to accurately detect whether you are in a deep sleep, light sleep, REM sleep (rapid eye movement), or awake, and provide you with sleep quality assessments and suggestions for improving the quality of your sleep.

#### NOTE

Enabling TruSleep may slightly reduce your band's battery life.

## 4.3 Activity reminder

When **Activity reminder** is enabled, your band will monitor your activity to make sure you don't sit still for long periods of time (set to 1 hour by default). If it detects that you have been still for longer than the set period of time, the band will vibrate and the screen will light up to remind you to take a break and walk around.

Disable **Activity reminder** in the Huawei Health app if you find the reminders distracting.

 **NOTE**

- Your band will not vibrate to remind you to move around if you have enabled **Do not disturb** for your band in the Huawei Health app.
- Your band will not vibrate when it detects that you are asleep.
- Your band will only send reminders from 8:00 to 12:00 and from 14:00 to 20:00.