

HONOR Watch 4

User Guide

HONOR

Contents

Getting Started

Getting to know your watch	1
Wearing your watch properly	1
Powering on/off and restarting your watch	2
Gestures	2
Pairing with a phone	4
Getting to know the button	5
Charging your watch	5

Exercise

Starting a workout	7
Customizing the workout list	8
Rope skipping	8
Taking a training course	9
Exercising based on animated instructions	9
Running with a virtual companion	9
Efficiently burning your fat based on audio instructions	10
Viewing workout records	10
Viewing daily activity records	10
Accurately routing back	11
Viewing your workout route	11

Health

Measuring your heart rate	13
Monitoring your sleep quality	14
Predicting your menstrual cycle	15
Measuring your SpO ₂	16
Measuring your fitness age	16
Testing your stress	17
Breathing exercises	17
Sedentary alert	18

Assistant

Making a call	19
Answering a call	19
Playing a song	20
Remote shutter	21
Checking the weather	21
Setting an alarm	21
Compass	22
Flashlight	22

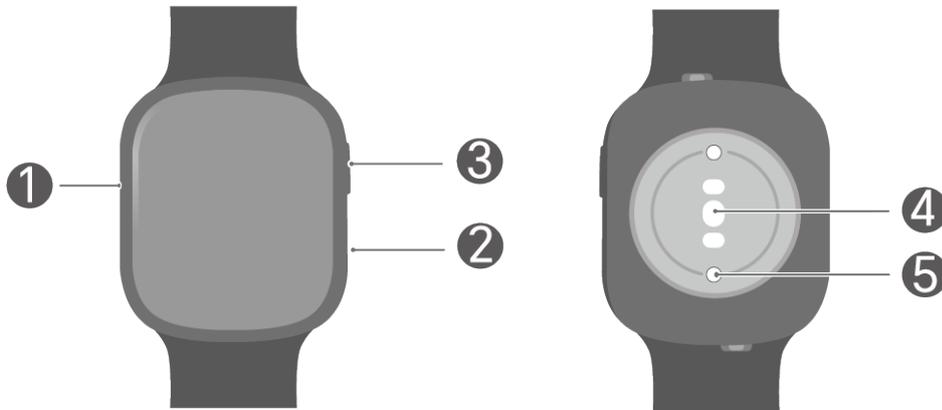
Finding your phone using your watch	23
Finding your watch using your phone	23

More Guidance

Changing the strap	24
Setting time and language	26
Connecting your watch to earphones	26
Changing the watch face	26
Setting an Always On Display (AOD)	27
Adjusting the display and brightness of the screen	28
Adjusting the volume	28
Setting the haptics strength	28
Enabling Do not disturb	28
Locking and unlocking the screen	29
Viewing device information	29
Updating your version	30
Cleaning and maintenance	30

Getting Started

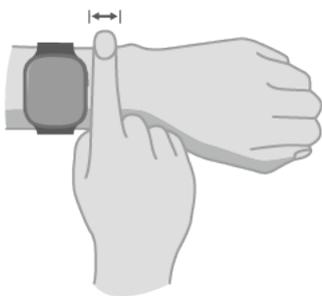
Getting to know your watch



Number	Describe
1	Microphone
2	Speaker
3	Button
4	Heart rate sensor
5	Charging port

Wearing your watch properly

Make sure that the back of your watch is clean and dry, and adjust the strap so that your watch fits snugly and comfortably on your wrist. Don't put a protective film on the back of your watch, as it may block the sensor and lead to failed or inaccurate measurements of the heart rate, SpO₂, sleep, and other monitoring data.



- Your watch uses non-toxic materials that have passed strict skin allergy tests. You can rest easy when wearing it. If you experience skin discomfort when wearing it, take it off and consult a doctor.
- To ensure the accuracy of the monitoring results, wear your watch at least one finger away from your wrist. Don't wear it too loosely or too tightly but make sure that it is attached securely during a workout.

Powering on/off and restarting your watch

Powering on

- Press and hold the button to power on your watch.
- If it is powered off, it will automatically power on if you charge it.

Powering off

- Press and hold the button and tap **Power off** on the restart/power off screen.
- Press the button and select **Settings > System > Power off**.
- If the battery level is critically low, your watch will vibrate and then automatically power off.

Restarting

- Press and hold the button and tap **Restart** on the restart/power off screen.
- Press the button and select **Settings > System > Restart**.

Force restarting

Press and hold the button for at least 16 seconds to force restart your watch.

Gestures

You can tap or tap and hold the screen and swipe up/down or right/left.

Gesture	Description	Feature
	Tap	Select and confirm.



Tap and hold



Change the watch face (by tapping and holding on the watch face screen).

Swipe right



- View the device card (by swiping right on the watch face screen).
- Return to the previous screen.

Swipe left



View the device card (by swiping left on the watch face screen).

Swipe up



- View message notifications (by swiping up on the watch face screen).
- View more features and information.

Swipe down



- View the shortcut menu (by swiping down on the watch face screen).
- View more features and information.

Pairing with a phone

Android

1 Install HONOR Health.

To download and install the latest HONOR Health app, please scan the QR code.



2 Open HONOR Health, tap **Me > Log in to HONOR ID**, and log in by entering the account and password.

3 Power on your watch and select the language.

4 Place your watch close to your phone. Open the HONOR Health app and go to **Device > Add device**. Then, the app will automatically scan for available devices. Select the target watch and pair it according to the onscreen instructions.

5 If a pairing request appears on your watch, tap  and confirm the pairing on your phone.



- If you don't see the target watch in the list of available devices automatically found, tap  > **Scan**, scan the QR code on the watch, and pair it according to the onscreen instructions.
- After the successful pairing, your watch will display the success, and you can start exploring more features of your watch. If the pairing failed, your watch will display the failure and go back to the power-on screen.

iOS

1 Install HONOR Health.

To download and install the latest HONOR Health app, please scan the QR code.



2 Open HONOR Health, tap **Me > Log in to HONOR ID**, and log in by entering the account and password.

3 Power on your watch and select the language.

4 Place your watch close to your phone. Open the HONOR Health app and go to **Device > Add device**. Then, select the target watch in the list to pair it.

- 5** Some watches need to be paired with your phone via Bluetooth. In this case, connect them on the Bluetooth setting screen according to the onscreen instructions. If a pairing request appears on your watch, tap  and confirm the pairing on your phone.

Getting to know the button

Button feature

Action	Feature
Press the button	<ul style="list-style-type: none"> • Wake up the screen when it is off. • Go to the app list screen (if you are on the watch face screen). • Go back to the watch face screen (if you are not on the watch face screen).
Press and hold the button	<ul style="list-style-type: none"> • Power on your watch if it is off. • Go to the restart/power-off screen (press and hold the button for three seconds if your watch is on).

Charging your watch

Charging

- 1** Connect the charging cradle, charging cable, and power adapter (the first two are integrated for some watches), and plug in the power adapter.
- 2** Rest your watch on top of the charging cradle and make sure that the your watch and the cradle are aligned. Wait until the charging icon appears on the screen of your watch.

-  We recommend that you use an HONOR adapter, a USB port of a computer, or a non-HONOR power adapter that complies with corresponding regional or national laws and regulations as well as regional and international safety standards. Other power adapters and power banks that don't meet corresponding safety standards may cause issues such as slow charging, undercharging, and overheating. Exercise caution when using them.
- Keep the surface of the charging port and charging cradle dry and clean to prevent short circuits or other risks. Don't charge or use your watch in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure that there is no residual liquid or foreign object on the USB port of the charging cradle. Keep the charging cradle away from liquids and any flammable materials. Don't touch the metal contacts of the charging cradle when it is being used for charging.
- After your watch is fully charged, the indicator will display 100%, and charging will automatically stop. Charging will continue if your watch isn't fully charged and the power adapter is plugged in.
- The charging cradle tends to attract metal objects as it is magnetic. Therefore, it is necessary to check and clean the cradle before use. Don't expose the charging cradle to high temperatures for long, as this may cause it to demagnetize or cause other problems.

Checking the battery level

Method 1: Swipe down on the watch face screen and check the battery level from the drop-down menu.

Method 2: Check the battery level on the indicator screen during charging.

Method 3: Check the battery level on the watch face that can display it.

Method 4: Check the battery level on the device details page of HONOR Health.

Exercise

Starting a workout

Starting a workout on your watch

- 1 In the application list, select **Workout**.
- 2 Select a course or workout mode. You can also select **Custom** to add and select another workout.
 -  Tap  of a workout mode to set the goal and reminder (available for certain workout modes).
- 3 Tap the Start icon to start a workout. For an outdoor workout, wait until the GPS coordinates are found.
- 4 During the workout, you can perform the following operations:
 - Swipe left or right to switch to the settings, workout data, or music screen.
 - On the settings screen, you can pause, resume, or end the workout, lock or unlock the screen, and adjust the volume of audio instructions.
 - On the workout data screen, swipe up or down to view the workout data.
 - On the workout data screen, tap and hold the screen and tap the workout data type displayed on the custom screen in real time. (Some data cannot be customized and edited.)
- 5 Swipe left or right and tap  on the settings screen to end the workout.

Viewing workout data

In the application list, select **Workout records** to view the details of a workout record. The items of a detailed record vary by workout mode.

Automatically detecting the workout status and starting a workout

Your watch can automatically recognize the workout status and remind you to start a workout on your watch.

- 1 In the application list, select **Settings > Workout settings** and toggle on **Auto-detect workouts**.
- 2 If your watch detects that you are exercising but haven't selected a workout mode, it will remind you to start a workout. You can ignore the reminder or tap to start the workout.

-  Currently, the following workout modes can be automatically detected: Indoor walk, Outdoor walk, Indoor run, Outdoor run, Elliptical, and Rower. Refer to the actual screen on your watch.
- Your watch will automatically detect and remind you to start a workout if the posture, duration (about 10 minutes for walking and 3 minutes for other workouts), and intensity characteristics are met.

Starting a workout on HONOR Health

To start running and other workout modes on HONOR Health, you need to carry both your phone and watch and make sure that your phone and watch are connected properly.

- 1 Open the HONOR Health app and go to **Exercise**, select the target workout mode, and tap the Start icon.
- 2 After the workout starts, your watch will display the heart rate, speed, duration, and other data.

Viewing workout data on HONOR Health

Open the HONOR Health app and go to **Exercise**, select the target workout mode, and tap cumulative data to view the detailed data of the workout.

Customizing the workout list

You can add a workout as needed for easy use.

Adding a workout

In the application list, select **Workout**, swipe up, and tap **Custom > Add** to add a workout to the workout app list.

Removing a workout

In the application list, select **Workout**, tap  of the target workout to enter the settings screen. Then, tap **Remove**.

Sorting workouts

In the application list, select **Workout > Custom** and tap  of a workout to adjust its order. You can move common workouts up the workout app list.

Rope skipping

- 1 In the application list, select **Workout**.
- 2 Tap **Rope skipping** to enter the preparations screen. You can tap  or  to select the **Free** or **Evaluation** mode.

 If rope skipping is not in the workout list, tap **Custom** to add it.

- 3 Tap the start icon to start rope skipping.
 - 4 During rope skipping, you can perform the following operations:
 - Swipe left or right to switch to the settings, workout data, or music screen.
 - On the settings screen, you can pause, resume, or stop a workout, lock or unlock the screen, and adjust the volume of prompts during a workout.
 - On the workout data screen, swipe up or down to view the workout data.
 - 5 Swipe left or right and tap  on the settings screen to stop a workout.
-  In evaluation mode, a workout stops automatically after one minute of exercise.

Taking a training course

Your watch is built with running courses at the beginner, intermediate, advanced levels as well as real-time voice instructions by virtual trainers. You can easily get started and get better with the help of scientific audio training.

- 1 In the application list, select **Workout > Running courses**.
- 2 Select a running course and start training along with the audio instructions of your watch.

Exercising based on animated instructions

Your watch is built with fitness courses and animated instructions by a virtual trainer. You can easily get in shape thanks to the scientific training and detailed audio instructions in the various types of courses.

- 1 In the application list, select **Workout > Fitness courses**.
 - 2 Select a fitness course and start training along with the audio and animated instructions of your watch.
-  Upgrade HONOR Health and your watch to the latest versions to use this feature.

Running with a virtual companion

In outdoor running scenarios, enable Smart companion to run with a virtual companion. This helps you understand the gap between your current pace and your goal. You don't have to worry about running too fast or slow, as you will always be at a proper pace and rhythm.

- 1 In the application list, select **Workout**.
- 2 On the right of **Outdoor run**, tap . Then, enable **Smart companion** and set **Target pace**.
- 3 Go back to the app list, tap **Outdoor run**, and enter the running screen.

4 During the workout, swipe left or right to switch to the settings or workout data screen, and swipe up or down to view more data.

 The virtual companion can show the gap between the current workout status and the goal.

Efficiently burning your fat based on audio

instructions

Your watch intelligently monitors your body fat, carbohydrate percentage, and other changes during outdoor workouts, visualizes fat burning data, and offers audio instructions for efficient fat burning, moving you one step closer to your goal.

1 In the application list, select **Workout**.

2 Tap  on the right of **Outdoor run**, and enable **Burn Fat Fast**.

3 Go back to the app list, tap **Outdoor run**, and enter the running screen.

4 During the workout, keep your heart rate within the range instructed by the audio for fat burning. Swipe to switch to the fat burning data screen.

5 After the workout, you can view the fat burning details.

 Upgrade your watch to the latest version to enjoy more premium experiences.

Viewing workout records

Your watch records your workouts so that you can easily view your performance of different workout types, encouraging you to reach your fitness goal with professional data.

Viewing on your watch

In the application list, select **Workout records** to view the details of a workout record. The items of a detailed record vary by workout type.

 You can view up to 10 records in **Workout records** of your watch. The oldest records will be overwritten but cannot be manually deleted. You can clear workout records by restoring your watch to the factory settings, but this operation will also clear other settings and data on your watch. Proceed with caution.

Viewing on the app

Open the HONOR Health app and go to **Health** and select **More records** to go to all workout data. Then, select the target record and view its details.

Viewing daily activity records

Your watch will record your daily activities for you to keep track.

Viewing on your watch

In the application list, select **Activity records** and swipe to view steps, activity time, calories burned, active hours, and distance.

The three rings in the activity records represent the following:

1.  Steps: It indicates the number of steps you walked that day; the goal defaults to 10,000 steps, which can be modified on HONOR Health.
2.  Activity time (in minutes): It indicates the time you spent in moderate-to-vigorous exercise that day. The goal defaults to 30 minutes. This parameter is subject to your cadence and heart rate.
3.  Active calories: Your watch automatically monitors your activity and records the calories burned accordingly. You can modify the goal on HONOR Health.

Viewing on the app

If your watch is connected to HONOR Health, you can view the detailed records of steps, distance, etc., on the health screen of HONOR Health.

Accurately routing back

Your watch supports route records and route back. After a workout starts or the destination is reached, you can enable **Route back** to return to a stop along the route or enable **Straight line** to directly return to the starting point.

- 1 In the application list, select **Workout**.
 - 2 Start an outdoor workout (such as outdoor walk, outdoor run, and outdoor cycling).
 - 3 Swipe left during the workout and select **Route back** or **Straight line** to return to a stop along the route or the starting point according to the route instructions.
-  Upgrade your watch to the latest version to enjoy more premium navigation experience.
 - You can tap  or  on the Route back screen to zoom in or out the route.
 - The route back feature is only available during an outdoor workout and becomes unavailable if the workout ends.
 - The route information provided by the route back feature is for reference only and not the single basis for your return. You may also refer to the actual road conditions.

Viewing your workout route

Your watch supports independent GPS. After being disconnected from your phone, your watch can still record the route of your workout, such as outdoor running, walking, and

cycling. If your watch is reconnected to your phone, workout data will be automatically synchronized to HONOR Health, where you can view the detailed workout data such as route in **Exercise history**.

-  Skipping the GPS calibration during an outdoor workout may render the route data abnormal. We recommend that you start the workout after your watch has calibrated the GPS.

Health

Measuring your heart rate

Your heart rate is an important indicator of your overall health. Your watch measures continuously throughout the day. It can perform a single measurement or measure your resting heart rate so that you'll be alerted if this limit is exceeded.

Measuring your heart rate throughout the day

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and enable **Continuous Heart Rate Measurement**, which is enabled by default.
- 3 Select a proper method to have your heart rate continuously measured by your watch.

Single heart rate measurement

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and disable **Continuous Heart Rate Measurement**.
- 3 In the application list, select **Heart rate** to measure your heart rate for a single time.

Measuring your real-time heart rate during a workout

After a workout starts, your watch automatically measures and tracks your heart rate in real time.

- 1 In the application list, select **Workout**.
- 2 Select a workout mode or course.
- 3 Tap the start icon. Then, your watch will measure your heart rate in real time during the workout.

Measuring your resting heart rate

A resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure is when you are awake and still in the morning. Ideally, the rate should be 50 to 80 beats per minute.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and toggle on **Continuous Heart Rate Measurement**. Then, your watch will automatically measure your resting heart rate.

- If you toggle off **Continuous Heart Rate Measurement** after getting the data for your resting heart rate, the data will be displayed and retained on HONOR Health.
- If conditions are not met for resting heart rate measurement, your watch will display your resting heart rate as - -.
- Your resting heart rate may not be displayed or accurately measured, as your watch may not always measure it at the best time.

Resting heart rate alert

After **High heart rate reminder** and **Low heart rate reminder** are set, your watch will alert you when it detects that your heart rate has been outside of the limit for more than 10 minutes when you are inactive.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert > Continuous Heart Rate Measurement** and enable **Continuous Heart Rate Measurement**, which is enabled by default.
- 3 Set **High heart rate reminder** and **Low heart rate reminder**. Then, an alert will be generated if your heart rate has been outside of the limit for more than 10 minutes.

Maximum heart rate alert during a workout

After a workout starts, if your heart rate has exceeded the limit for more than one minute, your watch will vibrate to alert high heart rate.

Open the HONOR Health app and go to **Exercise**, select the workout mode, and tap  > **Workout settings > Exercise heart rate settings**. Then, set the maximum heart rate and toggle on **High heart rate**.

Monitoring your sleep quality

Getting enough sleep helps you stay in good health. Your watch monitors and records your sleep trends, . Based on monitoring results, and keep you up to date with your sleep status.

Regular sleep

Sleep while correctly wearing your watch. Your watch will automatically recognize when you fall asleep, when you wake up, and whether you are in a deep sleep or a light sleep. After your watch is properly connected to HONOR Health, you can view the sleep details on the app.

- Your watch updates monitoring data at 24:00 (00:00) every day. Historical data is stored in your watch, and you need to synchronize it to HONOR Health timely before it is cleared.

Healthy Sleep

After **Healthy sleep** is enabled, your watch automatically recognizes when you fall asleep, when you wake up, whether you are in a deep sleep, a light sleep, or a rapid eye movement

(REM) sleep, and when you are awake. It can accurately analyze your sleep and respiratory quality and provide scientific suggestions for better sleep.

1 Open the HONOR Health app and go to the device details screen.

2 Select **Health Alert** and toggle on **Healthy sleep**.

You can also go to **Health > Sleep >  > Healthy sleep** and toggle on **Healthy sleep**.

-  • Enabling **Healthy sleep** will consume more power, and we recommend that you make sure that your watch has 30% or higher battery before sleep.
- Short periods of sleep (less than three hours) are recorded as **Naps**. If you sleep less than 30 minutes or move your body or wrist excessively while asleep, your watch may not be able to detect the sleep, resulting in data deviations.
- If you rarely move and lie still after wake up, your watch may not detect that you are awake. In this case, you can press to light up the screen and exit the sleep mode on your watch.

Viewing sleep data

Method 1:

In the application list, select **Sleep** and swipe up to view **Sleep** and **Naps**.

Method 2:

Open the HONOR Health app and go to **Sleep** card, where you can view historical data by day, week, month, and year.

Predicting your menstrual cycle

Your watch can intelligently predict your periods and fertile windows based on your previous periods. It displays related data and offers reminders that can be set as follows.

Open the HONOR Health app and go to **Period cycle** card and complete authorization. If the card is not displayed on the home screen, tap **Edit Cards** and add the **Period cycle** card to the home screen.

Setting on your watch

In the application list, select **Period cycle** and tap  to set the start and end of your period. Then, your watch will intelligently predict your period based on your cycle.

Setting on the app

1 Open HONOR Health and set Latest period, Period length, and Cycle length on the Period cycle screen.

2 On the cycle calendar details screen, you can perform the following:

- Tap  > **Reminders on wearables** and toggle on the features (we recommend that you **toggle on all of them**).

- Your watch will record your actual body conditions.
-  • Your watch will remind you once at 08:00 AM one day before the predicted start date and at 08:00 AM once every day during the period.

Measuring your SpO₂

The SpO₂ level is a key indicator of a person's overall health. SpO₂ measurement dynamically tracks your SpO₂ changes throughout the day and displays information in real time so that you can take control of your health.

-  To ensure accurate measurements, wear your watch properly, that is, wear it at least one finger away from the wrist and make sure that it is close to your skin without foreign objects. If you wear it improperly, follow the onscreen instructions to adjust it before the measurement.

One-time SpO₂ measurement

- 1 In the application list, select **SpO2**.
- 2 Tap **Measure** and keep your body still to measure the current SpO₂.

Continuous SpO₂ measurement

Your watch supports continuous SpO₂ measurement and dynamic tracking of SpO₂ changes to help you understand your health in real time.

- 1 Open the HONOR Health app and go to the device details screen..
- 2 Tap **Health Alert > Continuous oxygen measurement** and enable **Automatic blood oxygen monitoring**. Your watch automatically measures and records your SpO₂ when your wrist is still.
- 3 You can set **Lower blood oxygen limit reminder** so that you will be alerted after your SpO₂ has been below a threshold for some time when you are not sleeping.

-  The test results of this product are for reference only and are not intended for diagnosis or therapy. If you experience any discomfort, go to see a doctor.
This feature is not available in some countries and regions. For more information, call the regional hotline of HONOR.

Measuring your fitness age

Your watch intelligently measures your fitness age through outdoor workouts so that you can know your body changes.

- 1 In the application list, select **Fitness age**.
- 2 Tap **Measure** to enter the personal information confirmation screen.
 -  If there is any historical data about your fitness age, tap **Measure again** to have another test.

3 After confirming that your personal information is correct, tap **OK** and start the workout according to the onscreen instructions.

-  Fitness age measurement is based on your personal information, so you need to make sure that it is entered correctly on HONOR Health. You can also modify it on the app.
- The measurement is a process of workout monitoring for about 25 minutes. We recommend that you perform an outdoor running workout at a pace of up to 8'00"/km.

4 After the workout, your watch will intelligently measure your fitness age.

-  Upgrade your watch to the latest version to enjoy more premium experiences.

Testing your stress

The stress test feature always keeps an eye on your stress level as a reminder that you should relieve stress to keep in good health.

Stress test

- Single stress test: Open HONOR Health, tap the **Stress** card and select **Stress test**.
- Periodic stress test: Open the HONOR Health app and go to the device details screen. Select **Health Alert** and toggle on **Stress Detection**. Then, stress tests will be performed automatically and regularly when you wear your watch correctly.

Viewing stress data on your watch

In the application list, select **Stress** to view daily stress test records, including the bar graph, level, proportion, and suggestions.

Viewing data on the app

Open the HONOR Health app and go to **Stress** the card area to view the score and level of the last stress test. Tap to enter the stress details page to see stress curves by day, week, month, and year, along with suggestions.

-  The test results of this product are for reference only and are not intended for diagnosis or therapy. If you experience any discomfort, go to see a doctor.
- Wear your watch correctly and keep your body still during a stress test, as movement or excessive wrist movement may cause the result to be inaccurate.
- The accuracy of the stress test may be affected if you have just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected if you suffer from heart disease or asthma, you have exercised, or your wrist around which your watch is put is under compression.

Breathing exercises

Your watch offers breathing exercises to tame your stress.

- 1 In the application list, select **Breathe**.
- 2 Tap  and  to set **Breathe for** and **Pace**. Then, tap the breathing exercise icon and follow the onscreen instructions for breathing exercise. After the exercise, you can view the initial heart rate, duration, and effect on the screen.
 -  **Breathe for** can be set to 1min, 2min, or 3min. **Pace** can be set to Fast, Moderate, or Slow.

Sedentary alert

Get some movement to offset your sedentary life. Your watch will monitor your activity and remind you to move around if you stay inactive or rarely move for too long during the wearing period.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health Alert** and toggle on **Sedentary alert**.
- 3 You'll receive a reminder if you stay inactive or rarely move within an hour. You can tap **Get active** and take a fitness course.
 -  Your watch will only send reminders from 08:00 to 12:00 and from 14:30 to 21:00. If you are asleep or enable Do not disturb, your watch will not vibrate.

Assistant

Making a call

If your watch and phone are connected via Bluetooth, you can make calls on your watch using your phone number.

- In the application list, select **Phone** and make a call in one of the following methods as needed:
 - Tap **Call log** to view the call logs on your watch and tap any record to call back.
 - Tap **Keypad**, enter the target number, and tap to call.
 - Tap **Contacts** and select a contact to call.

Settings for an ongoing call

You can set the following for an ongoing call as needed:

- Mute a call: Tap the **Mute** icon.
- Enter digits: Tap the **More** icon and select the keypad to enter digits.
- Switch devices during a call:

If your watch and phone are connected via Bluetooth, you can use your phone to switch the device for an ongoing call. Tap the **Bluetooth** icon in the bottom-right corner on the call screen of your phone and switch the call to your phone, your watch, or earphones.

Synchronizing contacts from your phone

If connected to your phone via Bluetooth, your watch will automatically synchronize contacts from your phone.

In the application list, select **Phone** > **Contacts** to view your contacts.

Answering a call

If you receive a call, your watch will notify you and display the caller's information. You can tap to answer or reject it.

Answer a call: Tap  to answer a call. Before answering it, you can press the button to mute the ringtone or stop your watch from vibrating.

Reject a call: Tap  to reject a call.

-  If you enable Do Not Disturb or are sleeping, your watch will receive incoming call notifications but won't vibrate or light up.

Playing a song

Add a song on your phone to your watch and listen to it even if you don't bring your phone.

Adding a song

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Music management** > **Music management** >  and select the target song.
- 3 Tap  in the top-right corner.
 -  Only Android phones support the feature. iOS phones do not support this feature at this time.
 - You can add unencrypted music files downloaded from third-party music apps on your phone to your watch.

Playing a song

- 1 In the application list, select **Music**.
- 2 Tap  and select **Watch**.
- 3 Tap  to play.
 -  On the music playing screen, you can switch songs, adjust the volume, and set the play mode (order, shuffle, single, and loop).
 - Tap  and select **Delete song**, **Earphones**, **Watch**, or **Phone**.
 - Swipe up to view the playlist and tap to play it. If you swipe left or right from the watch face to enter the music playing card, you cannot view the playlist.

Controlling songs on your phone

Your watch allows you to play, pause, switch songs on your phone and adjust the volume.

- 1 On the device details screen in the HONOR Health app, go to **Music management** and toggle on **Watch controls phone music**.
- 2 In the application list, select **Music**, tap , and select **Phone**.
- 3 Tap  to play a song on your phone.
 -  To control the music feature of your phone on your watch, make sure that your watch and phone are connected via Bluetooth and HONOR Health runs normally in the background.
 - Your watch allows you to control third-party apps on your phone, such as NetEase Cloud Music, Ximalaya, and QQ Music. This feature is subject to the specific third-party app.

Remote shutter

- 1 Connect your watch to your phone via Bluetooth and run HONOR Health in the background.
- 2 In the application list, select **Remote shutter** to remotely control the camera of your phone to take pictures. If the camera is not opened on your phone, manually open it.
- 3 Tap  to remotely control your phone to take a picture immediately or tap **Timer** to do so two or five seconds later.

-  Your watch may not display the remote shutter feature in the app list after being paired with your phone due to the phone model or version. This depends on the software capabilities of your watch.

This feature needs to work with Magic UI 3.1 or later phones. In this case, your watch will display **Remote shutter** in the app list after being paired.

Checking the weather

Make sure that your watch is connected to your phone via Bluetooth, your phone is connected to the Internet, and the location service is enabled on your phone. Then, your watch can display the temperature, air quality, weekly weather forecast, and other weather conditions at the current location.

Setting weather push

On the device details screen in the HONOR Health app, go to **Weather** and toggle on **Weather**. Then, set the temperature unit for display.

Checking the weather

- HONORBoard
Swipe right on your watch to enter HONORBoard of your watch to check the weather.
- Weather watch face
Switch your watch to the watch face that supports weather display to check the weather. The information displayed on the watch face shall prevail.
- Weather app
In the application list, select **Weather** to check the weather.

Setting an alarm

Setting an alarm on your watch

- 1 In the application list, select **Alarm** and tap .
- 2 Set the time and repeat cycle of the alarm and tap **OK**.

Tap an existing alarm to modify its time and repeat cycle or delete it.

Setting an alarm on the app

Smart alarm:

- 1 On the device details screen in the HONOR Health app, go to **Alarm Clock > Smart alarm**. Set the time, smart wakeup time, and repeat cycle of the alarm.
- 2 Tap  to save.
- 3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your watch.
- 4 Tap an existing alarm to modify its time, smart wakeup time, and repeat cycle.

Event alarm:

- 1 On the device details screen in the HONOR Health app, go to **Alarm Clock > > Add**. Set the time, label, and repeat cycle of the alarm.
- 2 Tap  to save
- 3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your watch.
- 4 Tap an existing alarm to modify its time and repeat cycle or delete it.

-  . There is only one smart alarm by default. You cannot add more or delete the smart alarm. You can set up to five event alarms.
- When your watch vibrates due to the alarm, tap  or swipe right to snooze (for 10 minutes); tap  to stop the alarm. If no other operations are performed, the alarm will stop on its own after it has snoozed three times.

Compass

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

In the application list, select **Compass** and follow the onscreen instructions to rotate your watch smoothly and slowly to calibrate it. After the calibration, you can use the compass.

-  During the calibration, avoid sources of magnetic field interference, such as phones, tablets, and computers, as they might affect the calibration accuracy.

Flashlight

In the application list, select **Flashlight** to turn on the flashlight. Then, tap the screen to turn it off. Tap  again to turn it on, or swipe right to exit.

Finding your phone using your watch

Swipe down on the watch face screen to enter the shortcut menu and tap . In the application list, select **Find Phone**.

Your watch will play an animation of phone finding. If your phone is within the Bluetooth range, it will ring. Tap your watch or exit the Find My Phone app to stop the ringtone.

 Make sure that your watch and phone are connected properly, your phone is powered on, and HONOR Health is running.

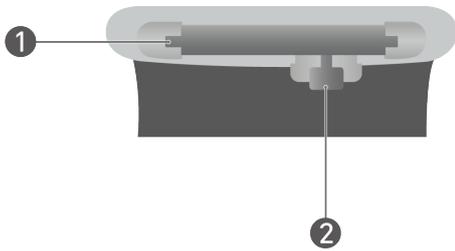
Finding your watch using your phone

If your watch is connected to HONOR Health, you can quickly find your watch using your HONOR phone.

On the device details screen in the HONOR Health app, go to **Finder Device**, locate your watch based on the prompt tone.

More Guidance

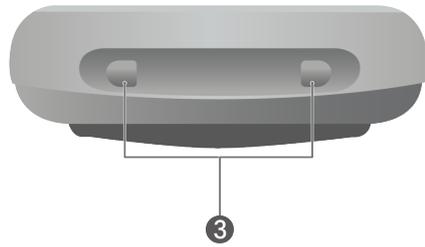
Changing the strap



1

2

3



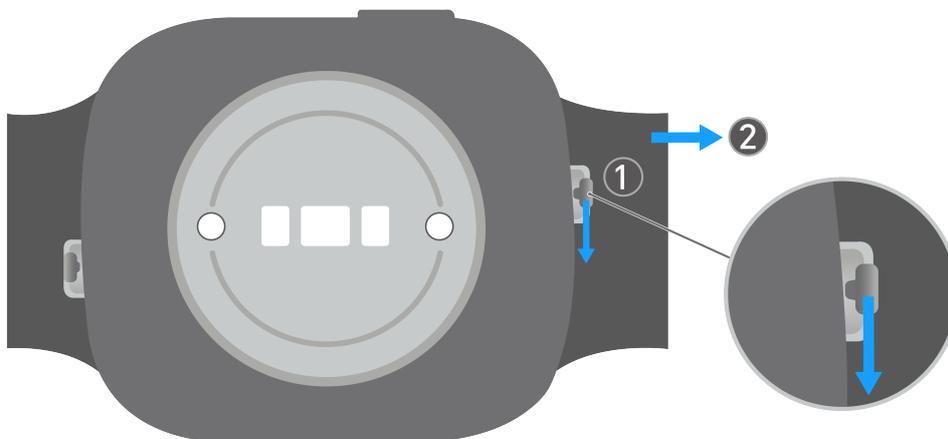
Spring bar. Push the spring bar lever to release the spring bar.

Spring bar lever.

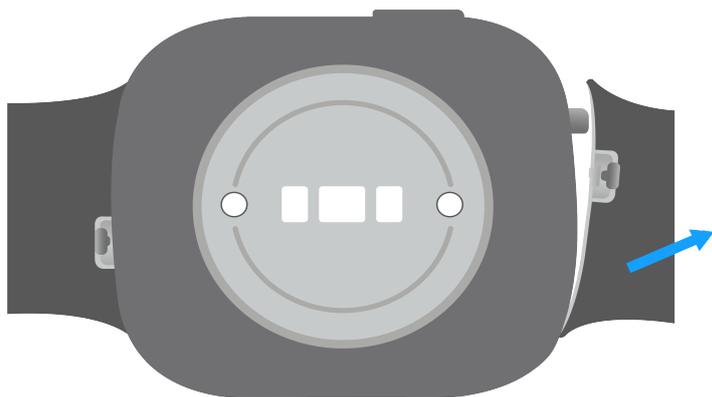
Lugs.

Removing the strap

1 The strap on the right is removed as an example. Push the spring bar lever and pull the upper part of the strap to remove it from the dial.

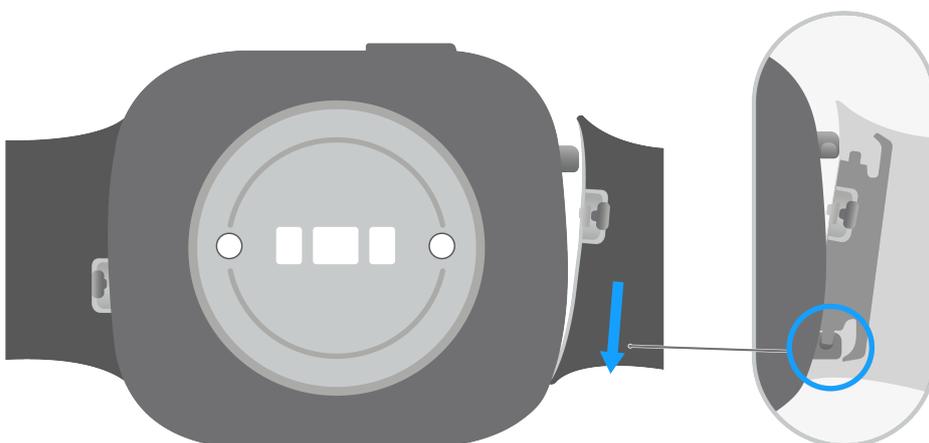


2 Tilt to remove the lower part of the strap.

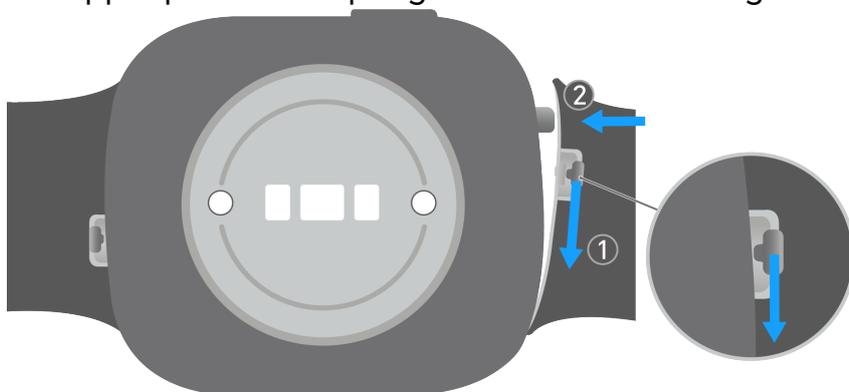


Installing the strap

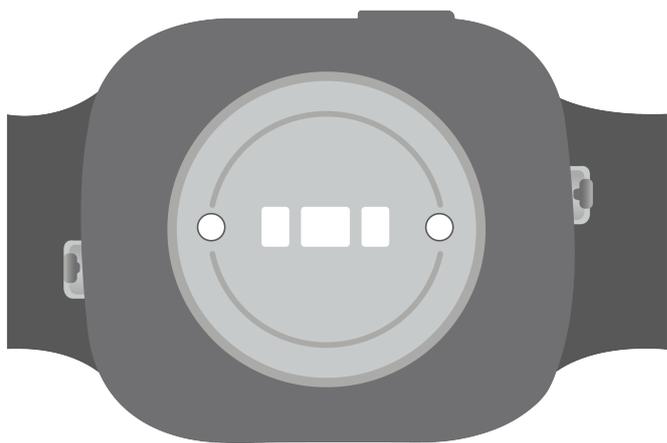
- 1 Fit the lower part of the spring bar into the lug on the right of the dial.



- 2 Push the spring bar lever, move the strap close to the dial, and let go of the lever so that the upper part of the spring bar will fit into the lug.



- 3 After the installation, make sure that the strap and watch are not loose or falling off.



Setting time and language

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

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

Connecting your watch to earphones

- 1 Set your earphones to the pairable status.
- 2 In the application list, select **Settings** > **Earphones**.
- 3 Select the target earphones in the search results and follow the onscreen instructions to pair.

Changing the watchface

Your watch supports multiple watch faces that can be set as you like.

 To use this feature, upgrade your watch and HONOR Health to the latest versions.

Changing the watch face on your watch

- Tap and hold the watch face screen on your watch and swipe to select a watch face you like.
- In the application list, select **Settings** > **Watch face & home** > **Watch face** and swipe to select a watch face you like.

Installing a watch face on the app

- 1 On the device details screen in the HONOR Health app, go to **Watch face market**.
- 2 Select **More** and view the watch faces that can be installed for your watch.

- 3** Select a watch face you like.
 - a** If the watch face is not installed, tap **Download**. After the successful download, the watch face will be automatically used on your watch.
 - b** If the watch face has been installed, select it and tap **Set as watch face** to use it on your watch.
 - 4** You can also select **Me > Gallery** and add an image on your phone as the watch face.
 - a** Tap  to display an image on the watch face (take a picture or select from the gallery).
 - b** Tap **Style** to set the time style.
 - c** Tap **Location** to set the position of the time on the watch face.
-  . You can customize the content of certain watch faces. Specifically, tap and hold the watch face screen and tap  of a watch face to customize it. If the custom content of a watch face is displayed as --, check whether your watch is ready for monitoring and you have enabled the corresponding feature on HONOR Health.
- iOS users cannot download and install paid watch faces.
 - The size displayed on the watch face details screen indicates the traffic but not the memory space required to download and install the watch face file.

Deleting a watch face

- 1** On the device details screen in the HONOR Health app, go to **Watch face market > More** .
- 2** Select **Me > Edit** and tap  in the top-right corner of a watch face to delete it.

 . To use this feature, you need to upgrade your watch and HONOR Health to the latest versions.

Setting an Always On Display (AOD)

An AOD is displayed if your watch is standby. It is disabled by default.

- 1** In the application list, select **Settings > Watch face & home > AOD**.
 - 2** Toggle on **AOD**.
 - 3** Tap **AOD style** to set the AOD style.
 - 4** Toggle on **Scheduled** to set the start and end time of the AOD.
-  . You can only set preset AODs but not custom ones on your watch.
- If the AOD is enabled, the **Raise to wake** feature will be unavailable.
 - Enabling AOD may reduce the battery life.

Adjusting the display and brightness of the screen

Adjusting the screen brightness

- 1 In the application list, select **Settings** > **Display & brightness** > **Brightness**.
- 2 Select the brightness level and tap **OK**. Level 5 is the brightest, and level 1 is the darkest.

Setting the sleep time

- 1 In the application list, select **Settings** > **Display & brightness** > **Sleep**.
- 2 Select the sleep time and tap **OK**.

Setting the screen on time

- 1 Swipe down on the watch face to enter the shortcut menu, and light up  to keep the screen on.
- 2 In the application list, select **Settings** > **Display & brightness** > **Screen on**.
- 3 Select the screen on time and tap **OK**.

Adjusting the volume

Adjusting the volume

- 1 In the application list, select **Settings** > **Volume** > **Volume**.
- 2 Tap  or  to turn down or up the volume.

Enabling or disabling the silent mode

- 1 In the application list, select **Settings** > **Volume**.
- 2 Toggle on or off **Silent mode**.

Setting the haptics strength

- 1 In the application list, select **Settings** > **Haptics** > **Strength**.
- 2 Select the haptics strength (your watch will vibrate accordingly) and tap **OK**.

Enabling Do not disturb

Swipe down on the watch face screen to enter the shortcut menu and tap  or In the application list, select **Settings** > **Do not disturb** to enable **Do not disturb**.

-  After you enable **Do not disturb**, your watch won't vibrate for incoming calls and notifications, and **Raise to wake** will be disabled.

Locking and unlocking the screen

You can set a PIN used to unlock your watch after it automatically locks when not on the wrist.

Setting the PIN

In the application list, select **Settings** > **PIN** > **Enable PIN** and follow the onscreen instructions to complete the settings. Your watch automatically locks when not on the wrist or worn.

 Keep your PIN safe. If you forget it, you need to restore your watch to the factory settings.

Disabling the PIN

In the application list, select **Settings** > **PIN** > **Disable PIN** and follow the onscreen instructions to enter the current PIN.

Changing the PIN

In the application list, select **Settings** > **PIN** > **Change PIN** and follow the onscreen instructions to enter the current and new PINs.

 If you enter the incorrect PIN five times in a row, PIN changing will automatically lock for 10 minutes. Retry later.

Forgetting the PIN

Keep your PIN safe. If you forget it, you need to restore your watch to the factory settings before further operations. After being reset, your watch will lose all settings.

Viewing device information

Device name

- In the application list, select **Settings** > **About** to view the device name of your watch.
- On the device details screen in the HONOR Health app, the name of the currently connected watch is the device name of your watch.

MAC address

In the application list, select **Settings** > **About** to view the MAC address of your watch.

SN

In the application list, select **Settings** > **About** to view the SN of your watch.

Model

- In the application list, select **Settings** > **About** to view the model of your watch.
- The laser model on the back of your watch is the model of your watch.

Version

- In the application list, select **Settings** > **About** to view the version of your watch.
- On the device details screen in the HONOR Health app, tap **Firmware update** to view the firmware version of your watch.

Updating your version

Updating on the app

On the device details screen in the HONOR Health app, go to **Firmware update** > **Check For Updates**. Your phone will check for any available updates for your watch. Follow the onscreen instructions to update.

-  Toggle on **Auto-download over Wi-Fi**, and your watch will send you a notification every time it detects a new version. Follow the onscreen instructions to update.
- To ensure a successful update, make sure that your watch has 20% or higher battery.

Updating on your watch

In the application list, select **Settings** > **System** > **Update** > **Check**. Your watch will check for the latest version available. Follow the onscreen instructions to update.

Cleaning and maintenance

Keep the device and strap clean and dry to extend their service life. You can use a piece of paper or soft cloth dipped in alcohol to wipe the surface of your device. When cleaning the device, pay attention to the following:

- Before cleaning the device, disconnect the device from the power adapter.
- After you exercise, remove any sweat or stains from the surface of the device and the strap.
- When at room temperature, do not place the device in a liquid other than water or immerse the device in liquid for a long time.
- To prevent corrosion and damage to the device, do not use chemical products or detergent to clean the device or its accessories.
- After cleaning the device, use a piece of dry cloth or cotton paper to clean the device to prevent the remaining water from condensing inside the device and damaging the device.
- To prevent discoloration, avoid letting the light-colored strap come into 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.

- Once you have done a lot of workouts, please clean the strap in a timely manner to avoid the accumulation of sweat, which may cause bacteria to build up. After cleaning the strap, dry it in a well-ventilated and dry place. Do not wear it when wet.
- It is recommended that you regularly use a cotton swab, cotton cloth or a brush dipped in alcohol to wipe the charging base and the charging port on the back of the product to remove the dirt.