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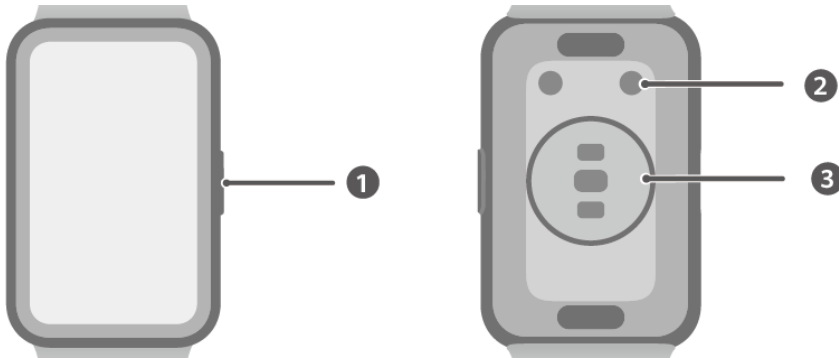
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# Getting Started

## Buttons and screen control

- comes with a touchscreen that supports full-screen touch operations (including swiping up, down, left, and right, and touching and holding).

### Appearance of the HUAWEI WATCH FIT Series



1: Side button


2: Charging port

3: Monitoring unit area




Operation	Feature	Remarks
Press the side button.	<ul style="list-style-type: none"><li>• When the screen is off, press the side button to turn on the screen.</li><li>• When the watch face screen is displayed, press the side button to access the app list screen.</li><li>• When a non-watch face screen is displayed, press the side button to return to the watch face screen.</li></ul>	This feature is unavailable in some scenarios, including when an incoming call arrives and workouts.
Press and hold the side button.	Powers on, powers off, and restarts your device.	-
Swipe left or right on the home screen.	Switches between screens.	-
Swipe right on a screen other than the home screen.	Returns to the previous screen.	-
Swipe up on the home screen.	Views notifications.	-

Operation	Feature	Remarks
Swipe down on the home screen.	Views the shortcut menu.	-
Touch the screen.	Chooses and confirms.	-
Touch and hold the home screen.	Changes the watch face.	-


## Pairing with an EMUI/Android phone

- 1 Install the **Huawei Health** app ().  
If you have already installed the **Huawei Health** app, go to **Me > Check for updates** and update it to the latest version.  
If you haven't yet installed the app, go to your phone's app store and download and install the app. You can also scan the QR code below to download and install the app.





- 2 Open the **Huawei Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
  - 3 Power on your wearable device, select a language, and start pairing.
  - 4 Place your wearable device close to your phone. Open the **Huawei Health** app, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.  
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.
  - 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **Allow**.
  - 6 When a pairing request displays on the wearable device, touch , and follow the onscreen instructions on the phone to complete the pairing.
-  After the pairing is complete, if you are using a non-Huawei phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents the **Huawei Health** app from being cleared from the background.

## Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().  
If you have already installed the app, please update it to its latest version.  
If you haven't yet installed the app, go to your phone's **App Store** and download and install the app. You can also scan the QR code below to download and install the app.



- 2 Open the **HUAWEI Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing.
  - a Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and then touch **Add device**. Select the wearable device that you would like to pair, and touch **LINK**.  
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.
  - b When the pairing request appears on your wearable device, touch . When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether to allow the wearable device to display notifications from your phone. Touch **Allow**.
  - c Wait a few seconds for the **HUAWEI Health** app to display a message indicating that the pairing has been successful. Touch **Done** to complete the pairing.

## Managing watch faces

### Changing watch faces

- Method 1: Touch and hold anywhere on the home screen until the device vibrates. When the home screen zooms out and shows a preview, swipe left or right to select your preferred watch face and set it.
- Method 2: (HUAWEI WATCH FIT/HUAWEI WATCH FIT new/HUAWEI WATCH FIT mini) On your device, go to **Settings > Display > Watch face**, and swipe left or right to select your preferred watch face and set it.  
HUAWEI WATCH FIT Special Edition: On your device, go to **Settings > Watch face > Watch face**, and swipe left or right to select your preferred watch face and set it.
- Method 3: Make sure that your device is linked with the **Huawei Health** app. Open the **Huawei Health** app, go to the device details screen, touch **Watch faces** and then **More**,


select your preferred watch face, and install it. Your device will automatically switch to the selected watch face once it is installed. Alternatively, touch a watch face that you have installed, then touch **Set as default** to switch to it.

### Deleting a watch face



Open the **Huawei Health** app, go to the device details screen, touch **Watch faces**, and go to **More > Me > Edit**, touch the Cross icon in the upper right corner of a watch face to delete it.

## Setting custom cards


### To add custom cards

- 1 HUAWEI WATCH FIT/HUAWEI WATCH FIT new/HUAWEI WATCH FIT mini: Go to **Settings > Display > Favourites**.  
HUAWEI WATCH FIT Special Edition: Go to **Settings > Custom cards**.
- 2 Touch  and select the cards you would like to display, such as **Sleep, Stress, and Heart rate**. The cards you see on your device may be different.
- 3 To view custom cards after adding them, swipe left or right on the home screen.

### To move/delete cards


- To move an added card, touch  next to the card.
- To delete an added card, touch  or **x** next to the card.

## Setting Do Not Disturb

-  If you are using HUAWEI WATCH FIT Special Edition, perform the following operations to set this mode.

When Do Not Disturb is enabled, your device won't vibrate when receiving incoming calls and notifications. It will still vibrate if you have set any alarms.

### Enabling or disabling Do Not Disturb


**Method 1:** Swipe down from the top of the watch face and touch  to enable or disable it.


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

### Scheduling Do Not Disturb

- **To schedule Do Not Disturb:**  
Enter the device's app list, go to **Settings > Do Not Disturb** to access the Do Not Disturb settings screen. Then, enable **Scheduled**, and set your preferred start and end times.
- **To disable scheduled Do Not Disturb:**

Enter the device's app list, go to **Settings > Do Not Disturb > Scheduled**, and disable it.






-  If you are using the HUAWEI WATCH FIT/HUAWEI WATCH FIT new/HUAWEI WATCH FIT mini, perform the following operations to set this mode:

Swipe down on the device home screen, touch  or go to **Settings > Do Not Disturb** to enable Do Not Disturb mode, and set your preferred start and end times.





# Exercise

## Starting an individual workout

### Using your device to start a workout

- 1 Enter the device's app list, and touch **Workout** ().
- 2 Swipe up or down on the screen and select the workout that you would like to do.
- 3 Touch a workout icon to start a workout.
- 4 When the screen is on, press and hold the side button to stop the workout. Alternatively, press the button to pause the workout, touch  to resume the workout, or touch  to stop the workout.
  -  Touch  for a workout mode to set goals, reminders, and more.
  - When you finish your workout, you can view the workout data which includes the workout duration, the number of calories you burnt, a graph of your heart rate, the change in your heart rate, your average heart rate, and your heart rate zone.

### Using the Huawei Health app to start a workout

- 1 When your device is connected to the **Huawei Health** app, start a workout (including a single workout session and training course) in the app.
- 2 In the **Huawei Health** app, touch  to pause a workout, touch  to resume a workout, and touch and hold  to end a workout. The device will pause, resume, or end the workout accordingly.
  -  During a workout, data such as the workout duration and distance will be displayed in both the Huawei Health app and on your device.
  - If the workout distance or duration is too short, no workout data will be recorded.

## Viewing workout records

### Viewing workout records on the device

- 1 On the device, enter the app list and touch **Workout records**.
- 2 Select a record and view the corresponding details. The device will display different data types for different workouts.


### Viewing workout records in the Huawei Health app

You can also view detailed workout data under **Exercise records** on the **Health** screen in the Huawei Health app.

## Deleting a workout record

Touch and hold a workout record on **Exercise records** in the Huawei Health app and delete it. However, this record will still be available in **Workout records** on the device.

## Viewing the RAI

 This feature is only available on the HUAWEI WATCH FIT Special Edition.

Running ability index (RAI) is a comprehensive index that reflects a runner's endurance and technique efficiency. It is based on a runner's best times. In general, a runner with a higher RAI performs better in competitions.

### Before you start

- To use this feature, update the device and the **Huawei Health** app to their latest versions.
- The RAI feature is only available for certain running scenarios, and the running must last for more than 12 minutes.

### Viewing the RAI

- On your device:

In the device's app list, touch **Workout status** () to view the RAI.

- On your phone:

Open the **Huawei Health** app, access the **Me** screen, go to **My data > Running Ability Index**, and view your fitness data like running ability.

## Viewing daily activity data


If you are wearing the device properly, the device will record your activity automatically, including the step count, active distance, and calories burnt.

### Method 1: View your activity data on the device.

On the device, enter the app list and touch **Activity records**. You can then view your data including the step count, calories burnt, distance covered, active hours, and the duration of moderate to high intensity activities.

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

You can view your activity records on the home screen of the Huawei Health app or on the device details screen.

-  • To view your daily activity data in the Huawei Health app, make sure that your device is connected to the Huawei Health app.
- Your activity data resets at midnight.






# Health Management

## Monitoring your sleep


Make sure that you are wearing your device in the correct manner. The device will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake.

### Sleep settings



 Sleep settings are only available on the HUAWEI WATCH FIT Special Edition.

- 1 Select **Sleep** () from the app list, swipe up on the screen, and touch **Sleep mode**.
- 2 Enable **Auto**, or touch **Add time**, set **Bedtime**, **Wake-up**, and **Repeat**, and touch **OK**.
  -  When **Auto** is enabled, and the device detects that you are asleep, it won't vibrate when receiving incoming calls and notifications (except alarms), and will automatically disable the Raise to wake feature and other features, in order to avoid disturbing your sleep.

### Enabling/Disabling HUAWEI TruSleep™

-  The switch for **HUAWEI TruSleep™** is toggled on by default.
- Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **HUAWEI TruSleep™**, and toggle on or off the switch for **HUAWEI TruSleep™**. When the switch for **HUAWEI TruSleep™** is toggled on, the device can accurately recognise when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or REM sleep. The watch can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.


### Viewing your sleep data

- Open **Sleep** () from the app list on your device to view the night sleep and nap data record.
- Open the **Huawei Health** app, go to the **Health** screen, and touch the **Sleep** card to view your daily, weekly, monthly, and yearly sleep data.
  -  The recorded data is updated at 00:00 every day.

## Measuring SpO<sub>2</sub>

- i • To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- To ensure the accuracy of the SpO<sub>2</sub> measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.

### Single SpO<sub>2</sub> measurement

- 1 Wear your wearable device in the correct manner, and keep your arm still.
- 2 Enter the device's app list, and swipe up or down to find and touch **SpO<sub>2</sub>** ().
- 3 Remember to keep still with the screen facing upwards, during SpO<sub>2</sub> measurements.

- i • For more accurate results, it is recommended that you wait three to five minutes after putting the device on before measuring your SpO<sub>2</sub>.
- This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
- The results are for reference only and are not intended for medical use.
- The measurement will be interrupted if you swipe right on the device screen, receive an incoming call, or an alarm goes off.

### Automatic SpO<sub>2</sub> measurements

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Health monitoring**, and toggle on the switch for **Notifications**. The device will then automatically measure and record your SpO<sub>2</sub> every 10 minutes when it detects that you are still.
- 2 Touch **Low SpO<sub>2</sub> alert** to set the lower limit of your SpO<sub>2</sub> for you to receive a vibration alert when you are not asleep.

### Viewing data

Open the **Huawei Health** app, touch **SpO<sub>2</sub>**, and select a date to view the SpO<sub>2</sub> measurement data on that day.

## Measuring your heart rate

- i • This measurement may also be affected by some external factors such as low ambient temperatures, arm movements, or tattoos on your arm.
- Keep still and make sure the device fits relatively tightly during the measurement, but avoid wearing it directly over your wrist bone. Ensure that the heart rate sensor is in contact with your skin and that there are no foreign objects between your skin and the device. The screen also needs to stay facing up.

## Individual heart rate measurement


- 1 Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle off the switch for **Continuous heart rate monitoring**.
- 2 Enter the device's app list and select **Heart rate** to measure your heart rate.

## Continuous heart rate measurement

- 1 Open the **Huawei Health** app, go to the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**.
- 2 View your heart rate:
  - Enter the device's app list and select **Heart rate** to view your heart rate.
  - In the **Huawei Health** app, go to **Me > My data > Heart**, and view your heart rate.

## Resting heart rate measurement

The resting heart rate refers to the heart rate measured in a quiet, inactive, and non-sleep state. The best time to measure the resting heart rate is after you wake up (and before getting up) in the morning.

- 1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**. The device will then automatically measure your resting heart rate.
- 2 In the **Huawei Health** app, go to **Me > My data > Heart > Resting heart rate**, and view your resting heart rate at a specific time.
  -  • The resting heart rate data displayed in the **Huawei Health** app will not change after you disable **Continuous heart rate monitoring**.
  - The resting heart rate data on the device will be cleared automatically at 00:00 AM.
  - If "- -" is displayed as the resting heart rate reading, it indicates that the device was unable to measure your resting heart rate.


## High or low resting heart rate alert

If you are resting for 30 minutes and your heart rate stays above or below the set limit for over 10 minutes, your device will vibrate and display a message letting you know that your heart rate is too high or low. You can swipe right on the screen or press the side button to clear the message.

- 1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring > Continuous heart rate monitoring**, and toggle on the switch for **Continuous heart rate monitoring**.
- 2 Touch **High heart rate alert** to set the upper limit for the high heart rate alert, or touch **Low heart rate alert** to set the lower limit for the low heart rate alert.


## Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- To choose the calculation method for heart rate zones, open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and set **Heart rate zones** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.
- Heart rate measurement during a workout: You can view the real-time heart rate on the device when you start a workout.
  -  Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
  - You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from workout records in the **Huawei Health** app.

## Workout high heart rate alert

During a workout, if your heart rate exceeds the preset upper limit for a certain period of time, your device will vibrate and notify you that your heart rate is too high, until your heart rate drops below the upper limit or you swipe right to clear the notification.

- iOS users: Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, toggle on the switch for **Heart rate warning**, touch **Heart rate limit**, and set an upper limit that is suitable for you.
- HarmonyOS and Android users: Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, toggle on the switch for **High heart rate**, touch **Heart rate limit**, and set an upper limit that is suitable for you.
-  Heart rate alerts are only available during workouts and are not generated during daily monitoring.

## Stress tests


### Testing your stress levels

During a stress test, wear your watch correctly and keep still. The watch will not test your stress level when you are doing a workout or when you move your wrist too frequently.

- Single stress test:  
Open the Huawei Health app, touch the **Stress** card, and touch **Stress test** to start a single stress test. When using the stress test feature for the first time, follow the onscreen instructions in the Huawei Health app to calibrate your stress level.

- Periodic stress tests:

Open the Huawei Health app, touch **Devices** and then your device name, go to **Health monitoring > Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then start automatically when you wear the watch correctly.

-  The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the watch incorrectly.

### Viewing stress data

- On the watch:

Press the Up button to access the app list, swipe up or down until you find **Stress**, and touch it to view your daily stress change, including the stress bar chart, level, and percentage in a single day.

- In the Huawei Health app:

Open the Huawei Health app, then touch the **Stress** card to view your latest stress level, daily, weekly, monthly, and yearly stress curves, and corresponding advice.


## Breathing exercises

Enter the app list on your device and touch **Breathing exercises**, set the duration and rhythm, touch the breathing exercises icon on the screen, and follow the onscreen instructions to do the breathing exercises. After the exercise is finished, the screen will display data such as the heart rate before the exercise, exercise duration, and evaluation.

# Assistant

## Setting style watch faces

You can create personalised watch faces based on the outfit you're wearing.



-  This feature is currently not supported on iPhones.
  - This feature is only available on the HUAWEI WATCH FIT Special Edition.

- 1 Open the **Huawei Health** app, go to the device details screen, touch the **Watch faces** card, and go to **More > Mine > Style**
- 2 Touch **+** in the lower left corner, and upload a photo of your outfit by either taking a photo using **Camera** or selecting one from your **Gallery**.
- 3 Multiple watch faces will be generated based on the elements in the photo. Select your favourite option, and touch **Save** to set it as the current watch face.


## Settings alarms

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




### Setting an alarm on your device

- 1 Go to the app list, select **Alarm** () , and touch  to add an alarm.
- 2 Set the alarm time and specify whether you would like the alarm to be repeated, and then touch **OK**. If you do not select repetitions, the alarm will be a one-time alarm.
- 3 Touch an alarm to modify the time, the repetitions, or to delete it.

### Setting an alarm in the Huawei Health app

- 1 Open the **Huawei Health** app, go to the device details screen, and touch **Alarm**. Touch **Add** to set the alarm time, tag, and repeat cycle.
- 2 If you are an Android or EMUI user, touch  in the upper right corner. If you are an iOS user, touch **Save**.
- 3 Swipe down on the **Huawei Health** home screen to ensure that the alarm settings are synced to the device.
- 4 Touch an alarm to modify the alarm time, the name, and its repetitions.

## Remote shutter

-  • HUAWEI WATCH FIT Special Edition: This feature is available on HUAWEI phones running EMUI 8.1 or later and on iPhones running iOS 13.0 or later. When paired with an iPhone running a compatible version, you need to open the camera on the iPhone first.
  - HUAWEI WATCH FIT/HUAWEI WATCH FIT new/HUAWEI WATCH FIT mini: This feature is available on HUAWEI phones running EMUI 8.1 or later.
  - To use this feature, make sure that the **Huawei Health** app is running in the background.
- 1** Make sure that your wearable device is connected to your phone via Bluetooth and the **Huawei Health** app is running properly.
  - 2** Enter the device's app list, and select **Remote shutter** (  ). This will open the Camera app on your phone at the same time.
  - 3** Touch  on the device screen to remotely control your phone to take photos. Swipe right on the screen or press the side button to close **Remote shutter**.


## Controlling music playback

- 1** Open the **Huawei Health** app, go to the device details screen, touch **Device settings**, and toggle on the switch for **Music playback control**.
- 2** After a song is played on your phone, touch **Music** in the device's app list to pause or resume music playback, switch to the previous or next song, and adjust the volume.

## Managing messages

When the **Huawei Health** app is connected to your wearable device, and the message notifications are enabled, messages pushed to the status bar of your phone can be synced to your wearable device.

### Enabling message notifications


- 1** Open the **Huawei Health** app, go to the device details screen, touch **Notifications**, and toggle on the switch for **Notifications**.
  - 2** Go to the app list and toggle on the switches for the apps that you wish to receive notifications from.
-  Go to **APPS** to view the list of apps that you can receive notifications from.

### Viewing unread messages

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


Unread messages can be viewed on your wearable device. To view them, swipe up on the home screen to enter the unread message centre.

### Replying to SMS messages


-  • This feature is only available on the HUAWEI WATCH FIT Special Edition.
- This feature is not supported on iPhones.
- This feature is only supported when replying to an SMS message with the SIM card that has received the message.

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


### Customising quick replies

-  • This feature is only available on the HUAWEI WATCH FIT Special Edition.
- This feature is not supported on iPhones.

You can customise a quick reply as follows:

- 1** Once your wearable device is connected to the **Huawei Health** app, open the app, go to the device details screen, and touch the **Quick replies** card.
- 2** You can touch **Add reply** to add a reply, touch an added reply to edit it, or touch  next to a reply to delete it.

### Deleting unread messages


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

## Torch


On the device, enter the app list and touch **Torch**. The screen will light up. Touch the screen to turn off the torch, then touch the screen again to turn it back on. Swipe right on the screen or press the side button to close the Torch app.

-  The torch turns on for 5 minutes by default.

## Finding your phone

If your wearable device and phone are within the Bluetooth connection range, swipe down on the wearable device's home screen and touch  or touch **Find Phone** in the app list. The Find phone animation will be played on the wearable device screen, and your phone will play a ringtone to help you locate it. Touch the wearable device screen to stop finding your phone.



-  Make sure that your wearable device is connected to your phone via the **Huawei Health** app, your phone is powered on, and the **Huawei Health** app is running.
- Your phone will play a ringtone (even in Vibrate or Silent mode) to help you locate it.

## Receiving weather reports

### Enabling weather reports

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

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


### Viewing weather information

Through the Weather card

Swipe right or left on the screen until you find the Weather card, where you can check your location, the weather, temperature, and more.

Through the Weather app

On the home screen, press the side button and select **Weather**. You can view information such as your location, the weather, and temperature on the screen. Swipe up or down on the screen to view more weather information.

-  Make sure that GPS is enabled on your phone, the **Huawei Health** app is allowed to obtain your location information, and that your phone is in an open area with GPS reception.
- The weather information displayed on the device may differ slightly from that displayed on your phone, as the information is collected from different weather service providers.

# More

## Charging

### **Charging**

Connect the metal contacts on the charging cradle to those on the back of your device, place them on a flat surface, and connect the charging cradle to a power supply. The screen will turn on and display the battery level.

- You are advised to use a HUAWEI charging cradle and adapter or a charging cradle and adapter that comply with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your device. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a HUAWEI charging cradle and adapter from an official Huawei sales outlet.
- The charging cradle is not water-resistant. Make sure that the port, the metal contacts, and your device are dry during charging.
- Keep the surface of the charging cradle clean. Make sure the device is placed correctly on the charging cradle with the charging status displayed on the device screen. Do not use metal objects to connect the metal contacts of the charging cradle. Otherwise, short circuits or other risks will occur.
- When the charging icon displays 100%, it indicates that the device has been fully charged and automatically stopped charging. Remove the device and disconnect the power adapter.
- If the device is not used for a long time, it is recommended that you charge the battery once every two to three months, to extend the battery lifespan.
- Batteries have a limited number of charge cycles. When the battery life becomes noticeably shorter, go to an authorised Huawei Customer Service Centre to replace the battery.
- Do not charge or use your device in a hazardous environment, and make sure that there is nothing flammable or explosive nearby. Before using the charging cradle, make sure there is no residual liquid or any other foreign objects on the USB port of the charging cradle. Keep the charging cradle away from liquids and flammable materials. Do not touch the metal contacts of the charging cradle when it is connected to a power supply, to avoid potential safety hazards.
- The charging cradle has a magnet inside. If the magnet repels the charging port, switch the direction of the charging port. The charging cradle's magnetism tends to attract metal objects. It is recommended that you check and clean the charging cradle before use.
- Do not expose the charging cradle to high temperatures for an extended period of time, or to sources with strong electromagnetic interference, as this may cause it to demagnetise or cause other issues.

## Viewing the battery level

**Method 1:** Swipe down from the top of the home screen to check the battery level.

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


**Method 3:** Check the battery level on a watch face that displays the battery level.

**Method 4:** When your device is properly connected to the **Huawei Health** app, open the **Huawei Health** app, go to the device details screen, and view the battery level.

### Low battery alert

When the battery level is lower than 10%, your device will vibrate to notify you of the low battery level and prompt you to charge it as soon as possible.


## Setting the AOD watch face

 The AOD watch face is only available on the HUAWEI WATCH FIT Special Edition.  
Enabling the AOD watch face will reduce the battery life of your device.



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

- 1 Open the app list, go to **Settings > Watch face**, and enable **Always On Display**.
- 2 Select **Raise to show AOD** or **Raise to show watch face** depending on your preference.

## Setting the Standby watch face

 The Standby watch face is only available on the HUAWEI WATCH FIT/HUAWEI WATCH FIT new/HUAWEI WATCH FIT mini.

Once you set a Standby watch face, the watch face screen will stay on even when your watch enters standby mode. To set a Standby watch face, perform the following:

- 1 On the home screen of your device, press the side button, go to **Settings > Display > Always On Display**, swipe left or right on the screen to preview the watch faces, and then touch  or touch the selected watch face to set it.
- 2 If the screen-off time has not been set for the device, and no operations are performed on the screen, the Standby watch face will be displayed 5 seconds after Always On Display is configured. When you perform an operation on the screen, the Standby watch face will be displayed 15 seconds after the operation is complete.  
If the screen-off time has been set for the device, the time when the Standby watch face is displayed will depend on the screen-off time.
- 3 When the device enters Standby mode, touch the Standby watch face to go to the home screen.
  -  Only the preinstalled Standby watch faces can be set.
    - When the watch detects that the user is not wearing the watch or is sleeping, the Standby watch face screen will turn off.
    - Enabling the Standby watch face feature will reduce the battery life of your device and disable the Raise to wake feature.

## Configuring Gallery watch faces

**i** Before using this feature, update the **Huawei Health** app and your device to their latest versions.

### Selecting Gallery watch faces

- 1** Open the **Huawei Health** app, go to the device details screen, and go to **More > Mine > On watch > Gallery** to access the Gallery watch face settings screen.
- 2** Touch **+**, and select either **Camera** or **Gallery** as the method for uploading an image.
- 3** Touch **✓** in the upper right corner, and then touch **Save**. Your device will then display the selected image as the watch face.
  - i** When you upload more than one image, you can tap on the watch face to switch between them.

### Other settings

On the **Gallery** watch face settings screen on your phone:


- Touch **Style** and **Position** to set the style and display position of the date and time on your Gallery watch face.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

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

Being water-resistant and dust-resistant means that the wearable device prevents water and dust from entering inside and damaging the interior components and the mainboard.

**i** In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).

Water Resistance Level	Resistance Level Definition	Resistance Scenario

<p>5 ATM</p>	<p>It is a water-resistant standard (ISO22810) defined by the ISO. It indicates that the wearable device can stand up to simulated 50-metre static water pressure at room temperature for 10 minutes, and does not mean that the watch is water-resistant in water that is 50 metres deep. Wearable devices with a resistance level of 5 ATM are water-resistant when you are swimming. You can wear this type of wearable device when swimming or taking part in other water-related activities in your daily life.</p> <p>Dust-resistant level: If wearable devices comply with the IEC 60529:2013 standard (level 6), it means that no dust can get inside.</p>	<p>These wearable devices comply with the 5 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that they can withstand up to 50-metre static water pressure for 10 minutes, but does not actually mean that they are water-resistant in water that is 50-metre deep. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear.</p> <p>Wearable devices can prevent dust from living rooms, offices, laboratories, light industrial studios, and storage rooms from entering. They are not suitable in particularly dusty environments.</p> <p>It can be used in shallow waters such as in swimming pools and at the beach, and can be worn and used during exercise, on rainy days, and when washing your hands.</p> <p> If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker.</p> <p>The wearable device is not suitable for use in the following scenarios:</p> <ol style="list-style-type: none"> <li>1. Dives, scuba dives, platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water.</li> <li>2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments.</li> </ol>
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		<p>3. Leather and metal straps are not designed to withstand swimming or sweat. It is recommended that you wear other types of straps, in such scenarios.</p> <p>(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)</p>
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Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

The device being dropped from a high place or impacted by other objects.

Dismantling or repairing the wearable device at a non-authorized Huawei store.

Exposing the device to alkaline substances, such as soap or soapy water during showers or baths.

Exposing the device to perfumes, solvents, detergents, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Pressing the buttons of the device or using it underwater.

Charging the device when it is wet.

 The water-resistant and dust-resistant features are only applicable for the watch body.

Other components such as the strap, charging base, and base are not water-resistant or dust-resistant.

Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.