

HONOR Watch 6

User Guide

HONOR

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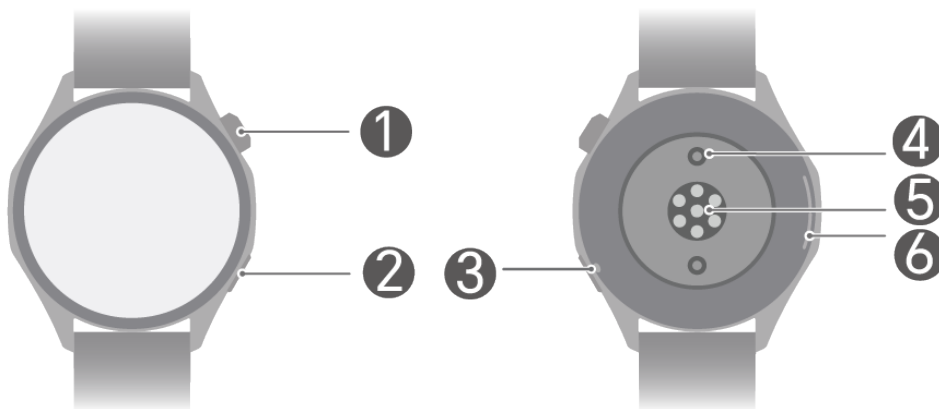
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Getting started

Getting to know your device



Number	Describe
1	Up button
2	Down button
3	Microphone
4	Charging port
5	Heart rate sensor
6	Speaker

Wearing Device Properly

Ensure the back of your device is clean and dry, adjust the strap of your device to fit snugly and comfortably on your wrist. Do not apply a film to the back of your device to avoid blocking the sensor, which may result in unrecorded or inaccurate data for monitoring items, such as heart rate, blood oxygen, and sleep.

-  If you experience skin discomfort while wearing, please stop using it and consult a doctor.
- To ensure the accuracy of monitoring results, wear your device correctly. Keep it at least one finger's width away from the wrist joint, avoid wearing it too loose or too tight, and wear it slightly tighter during exercise.

Power On/Off and Restart

Power on

- Long press the button to power the device on.

- Auto power on when plugged in.

Power off

- Long press the button and tap **Power off** on the restart/shutdown screen.
- Press the button and select **Settings** > **System** > **Power off**.
- Auto power off after ultra-low battery vibration alert.

Restart

- Long press the button and tap **Restart** on the restart/shutdown screen.
- Press the button and select **Settings** > **System** > **Restart**.

Force restart

Long press the button until your device restarts.

Gesture Control on Screen

The device supports operations of tapping, swiping up, swiping down, swiping left, swiping right, long pressing, etc.

Gestures	Functions
Tap the screen	Select or confirm
Touch and hold the screen	• Change watch face (touch and hold the watch face screen) • Access the card settings screen (touch and hold the card)
Swipe right	• View device card (swipe right on the watch face screen) • Go back
Swipe left	View device card (swipe left on the watch face screen)
Swipe up	• View messages and notifications (swipe up on the watch face screen) • View more functions and messages
Swipe down	• View shortcut menu and status bar (swipe down on the watch face screen) • Turn on and off Do Not Disturb, Sleep mode, and more in the shortcut menu • Check remaining battery and Bluetooth status in the status bar • View more functions and messages

Connecting with Your Phone

For Android users:

- 1 Install the HONOR Health app.
Scan the QR code to download and install the latest HONOR Health app.



- 2 Launch HONOR Health, tap **Me** > **Log in to HONOR ID** to log in with your HONOR ID and password.
 - 3 Power on your device and set the language.
 - 4 Bring your device close to your phone, Open the HONOR Health app and go to **Device** > **Add device**. Your phone will automatically scan for available devices. Tap the device you wish to connect, and follow the on-screen instructions to complete the pairing process.
 - 5 When a pairing request appears on your device, first tap  on the screen to accept, then confirm the pairing on your phone to complete the pairing process.
-  When scanning for available devices and the target device doesn't appear in the list, tap  > **Scan**, then scan the QR code on your device and follow the instructions to pair it.
 - Once paired successfully, your device shows a "Pairing successful" image, then guides you to dive into its features. If the pairing fails, your device shows a "Pairing failed" image and reverts to the initial screen seen after turning it on.

For iOS users:

- 1 Install the HONOR Health app.
Scan the QR code to download and install the latest HONOR Health app.



- 2 Launch HONOR Health, tap **Me** > **Log in to HONOR ID** to log in with your HONOR ID and password.
- 3 Power on your device and set the language.

- 4** Bring your device close to your phone, Open the HONOR Health app and go to **Device > Add device**. Select the device you wish to connect, and follow the on-screen instructions to complete the pairing process.
- 5** For certain products, completing the Bluetooth pairing with your phone is necessary. Follow the on-screen instructions in the Bluetooth settings menu to establish connection. When a pairing request appears on your wearable, tap  on the screen and then confirm the pairing on your phone to finalize the setup.

Learn about buttons

Common buttons

Operation	Functions
Rotate Up button	- In the three-column view or single-column view, swipe down apps in the app list screen. - On an app screen, scroll down or up the screen. You can set the home screen style by selecting  > Watch face & home > Home style.
Press the Up button	- Wake up the screen (when it's off). - Enter app list page (on the watch face interface). - Return to the watch face interface (when it's on other interfaces).
Long press the Up button	- Start the device (when it's shut down). - Enter the Restart/Shutdown page (long press the Up button for 3s when the device is on). - Long press the Up button for over 12s to force restart.
Press the Down button	Open a shortcut app (the default app is Workout and you can customize it).

Button functions in exercise scenes

Operation	Functions
Press the Up button	Pause/Continue exercise.
Press the Down button	View more exercise data (for some exercise modes).
Long press the Up button	End exercise.

Device Charging

Charge

- 1 Connect the charging dock and power adapter, and connect the adapter to an electrical outlet.
 - 2 Place device on the charging dock and make the back of device fit the charging dock until the charging indicator is displayed on the device screen.
-  Use an HONOR adapter, a computer USB port, or a power adapter that complies with applicable national/regional regulations and international and regional safety standards. Other adapters and mobile power supplies (power banks) may not meet applicable safety standards and may cause problems such as slow charging, incomplete charging, and heat generation. Exercise caution while using such adapters and mobile power supplies.
 - Before charging, keep the charging port and the surface of the charging dock dry and clean to prevent short circuits or other risks. Do not charge or use the product in an environment where flammable and explosive items are stored. When using the charging dock, confirm that there is no liquid residue or other foreign matter on the USB port of the charging dock. Keep away from liquids and flammable textile items when charging. It is forbidden for human body to touch the electrode contacts of the charging dock while charging in order to prevent unnecessary safety hazards.
 - After charging is completed, the charging indicator shows 100% and charging stops automatically; when the battery level is less than 100% and the charger is not disconnected, charging will continue automatically.
 - As the charging dock contains magnets, it is prone to absorb metal and other foreign objects. Before using the charging dock, ensure that there are no metal or other foreign objects. As the charging dock contains magnetic materials, it is forbidden to keep the charging dock in contact with high-temperature objects for a long time, which may cause demagnetization of the charging dock and other abnormalities.

Viewing Battery Left

Method 1: Swipe down the watch face and view the battery left from the drop-down list.

Method 2: During charging, view the battery left on the charging instruction page.

Method 3: View the battery left in the watch face that displays the battery level.

Method 4: In the HONOR Health app, view the battery level on the device details page.

Professional sports

Starting Workout

Start workout on your device

- 1 On the app list on your device, go to **Workout**.
- 2 Select a course or workout. You can also tap **Add** to add and select other workouts.
 Tap  next to the workout type to set your goals, reminders, and metronome. The parameters you can set may vary with workout types.
- 3 Tap the Start icon to start a workout. For an outdoor workout, wait until the GPS coordinates are found. Otherwise, the workout route cannot be recorded or may be inaccurate.
- 4 During the workout, you can perform the following operations:
 - Swipe left or right to switch between 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, touch and hold the screen, and tap the workout data type to customize the data 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.

Start workout in HONOR Health

To start running and other workouts in HONOR Health, you need to carry both your phone and device and make sure that your phone and device are connected.

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

Customizing Workout List

You can add a workout as needed for easy use.

Adding a Workout

On the app list on your device, go to **Workout**. Swipe up and tap **Add** to select the workout to be added to your workout list.

Removing a Workout

On the app list on your device, go to **Workout**. Tap  next to the workout to be removed. On the settings page, tap **Remove**.

Automatically Detecting Workout Status

The device can automatically recognize your workout status and remind you to start a workout on the device.

- 1 On the app list on your device, go to **Settings > Workout settings** or **Workout > Workout settings**, and turn on **Auto-detect workouts**.
 - 2 When the device detects that you are exercising, it will remind you to start a workout. You can ignore the reminder or tap it to start the workout.
-  . Currently, the following workouts can be automatically detected: indoor walk, outdoor walk, indoor run, outdoor run, elliptical, and rower. Refer to the screen instructions on the device.
 - If the posture, duration, and intensity requirements are met, your device will automatically detect and remind you to start a workout.
 - When you start exercising, if your actual workout intensity doesn't match the required level for that exercise type, your device will display a reminder asking if you've finished your workout. You can either dismiss this reminder or choose to end the workout.

Badminton

- 1 On the app list on your device, go to **Workout > Badminton**.
- 2 Select Match mode or Exercise mode.
 - In Match mode, you can configure the match scoring system and number of games. Tap the Start icon and select the server to begin the match. During the match, tap the screen on the scoring side to update the score. When a game ends, the app will automatically transition to the next game. Once the match is over, you can view your workout data, including the match score, heart rate curve, and calories burned, and follow the on-screen instructions to perform professional stretches.
 - In Exercise mode, set the wrist where your device is worn and the racket hand. Swipe up on the screen to set your exercise duration target, calories burned target, and reminders for intervals, heart rate, and other metrics, as needed. After completing the settings, tap the Start icon, and your device will monitor your swing count, calories burned, swing speed, and other data during your workout.
- 3 Swipe left or right on the screen and tap  to finish your workout.

Lactate Threshold Measurement

Through the lactate threshold measurement, aerobic and anaerobic zones can be refined and personalized to improve the workout efficiency.

-  During measurement, ensure that you are in an open environment and GPS positioning is successful before starting to guarantee measurement accuracy.
 - During measurement, keep your pace within the prompted pace range.
- 1 On the app list on your device, go to **Lactate Threshold Test**, and tap **Measure**.
 - 2 Check whether your personal information is correct. If modifications are needed, tap **Open on phone** to automatically open the Honor Health app's personal profile editing interface.
 -  This feature is only supported on Honor phones.
 - 3 Select your exercise capacity, tap **Start** to start measuring, follow the prompts to exercise, and view your lactate threshold heart rate and lactate threshold pace after completion.

Fat Burning with Voice Guidance

Your device is a smart fitness coach that can help you target fat loss more effectively. By monitoring changes in body fat and the carbon-water ratio during outdoor exercises, it visualizes your fat-burning progress and offers voice guidance to keep you in the optimal zone for burning fat.

- 1 On the app list on your device, go to **Workout**.
 - 2 Tap  on the right side of **Outdoor run** to enable **Burn Fat Fast**.
 - 3 Go back to the application list, select **Outdoor run** to access the running screen, and begin your run.
 - 4 Pay attention to the voice instructions to stay within the fat-burning heart rate zone. Swipe the screen to switch views and check your fat-burning data in real-time.
 - 5 After wrapping up your exercise, you can look over the fat-burning stats to view your performance.
-  For an optimal user experience, update your device to the latest version.
- To use the **Burn Fat Fast** function, please turn off the **AI Coach**. When the **AI Coach** is turned on, the **Burn Fat Fast** function will not be available.

Running and Fitness Courses

Your device is equipped with a variety of running and fitness courses that, with real-time voice guidance and animation, help you exercise effectively.

- 1 On the app list on your device, go to **Workout** > **Courses**, tap **Running courses** or **Fitness courses**.
- 2 Select a course and follow your device's voice instructions to carry out your exercise session.

Running with AI Coach

In outdoor running scenarios, enable AI Coach to provide intelligent real-time guidance through voice announcements.

- 1 On the app list on your device, go to **Workout**.
- 2 Tap  on the right side of **Outdoor run** to enable **AI Coach**.
- 3 Choose **Heart rate guidance** or **Pace guidance** based on your needs.
Heart rate guidance: Recommends suitable heart rate zones and workout duration based on your physical condition and exercise capacity, and provides voice guidance.
Pace guidance: Helps you maintain a steady running rhythm based on your preset target pace through a virtual pacer, and provides voice guidance.
- 4 Return to the app list, tap **Outdoor run** to enter the running interface, and start running.
- 5 During exercise, swipe left or right on the screen to switch between settings, workout data, music screen and other interfaces. On the workout data screen, swipe up or down to view the workout data.

Viewing workout records

Your device keeps logging your workout sessions, allowing you to view your fitness progress across various sports. This professional data serves as a motivation tool, pushing you towards your fitness objectives.

View on your device

On the app list on your device, go to **Workout records** to dive your detailed workout history. Each sport comes with its own set of detailed metrics.

-  Your device stores up to 10 recent records in **Workout records**. Any new records beyond this limit will replace the oldest ones. Records cannot be deleted individually. A factory reset will clear all exercise records but be warned, this also wipes other settings and data on your device. Proceed with caution.

View in the app

Open the HONOR Health app and go to **Health**, tap **More** to view choose the specific sport record you wish to explore for more detailed insights.

Viewing the training status

You can judge the effectiveness of your current training based on the trend of the past week's training load and maximum oxygen uptake (VO2 Max), so as to avoid exercise injuries and have a healthier life.

On the app list on your device, go to **Workout status** to view data such as **Fatigue**, **Training load**, **VO2Max**, and **Lactate threshold**.

- **Fatigue:** It indicates how tired you are after a workout. Exercise-induced fatigue refers to the temporary decline of human body's exercise ability due to physiological and biochemical changes during exercise. Your watch calculates your recovery time based on a formula.
- **Training load:** It is the 7-day training load that can be used to determine your level based on your fitness status. Your watch collects your training load from workout modes that track your heart rate, such as running and walking.
- **VO2Max:** It can be obtained from outdoor running. Your device gets the VO2Max curve if the following conditions are met:
 - You run outdoors at least once a week (for 2.4 km in 20 minutes).
 - VO2Max has been calculated at least twice, with an interval of more than a week.
- **Lactate threshold:** The lactate threshold is the critical point at which blood lactate accumulates rapidly when exercise intensity increases, marking the body's transition from aerobic metabolism to anaerobic metabolism.

Viewing Daily Activity Records

Your daily activity data is meticulously recorded, allowing you to review your performance at any time.

View on your device

On the app list on your device, go to **Activity records**, swipe the screen to view detailed metrics such as the number of steps, exercise duration, calories consumed, activity hours, and distance.

The activity record is visually represented by three rings, each with a specific focus:

1.  Number of steps: Indicates the total steps you've taken during the day. The default goal is 8,000 steps, but you can adjust this target via the HONOR Health App.
2.  Exercise duration: Reflects the duration of exercise based on your step frequency and heart rate intensity. The default goal is 30 minutes.
3.  Activity consumption: Your device monitors and records the calories burned during activities. This target can also be customized in the HONOR Health App.

View in the app

Ensure your device is properly connected to the HONOR Health App. Go to HONOR Health > Health and view comprehensive records, including steps.

Viewing your workout route

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

Health management

Health Scan

Health Scan is a tool designed to monitor various health indicators, such as heart rate and stress levels, and generates quick results. If you enable Morning Health Snapshot, you will receive your previous day's health summary.

One-tap measurement

- 1 On the app list on your device, go to **Health Scan**.
- 2 Tap **One-tap measurement** to start. Remain still during the measurement process and wait for the device to generate your health results.

Morning Health Snapshot

On the app list on your device, go to **Health Scan**, swipe up from the screen, turn on or off **Morning report**.

When enabled, the device will show your previous day's health summary. Tap the Morning Health Snapshot reminder in the notification panel to view details.

View history results and Morning Health Snapshot reports

- On the app list on your device, go to **Health Scan**, swipe up on the screen and tap **Checkup report** to view Health Scan results and Morning Health Snapshot results.
- Open the HONOR Health app and go to **Me > My reports** to view Health Scan results, share and download results.

Fitness Age Measurement

Your device can automatically determine your fitness age based on your performance during outdoor workouts. This feature makes it easy to track changes in your body.

- 1 On the app list on your device, go to **Fitness age**.
- 2 Tap **Measure** to verify your personal details.
 -  If you've previously measured your fitness age and wish to do so again, tap **Measure again** to initiate a new test.
- 3 After verifying your personal information, follow the on-screen prompts to begin your workout session.

-  • Your fitness age is calculated using your personal data, so it's crucial that the information in the HONOR Health app is current and accurate. Update your details in the app as needed.
- To assess your fitness age, the app needs to monitor your workout continuously for 25 minutes. For best results, we recommend an outdoor run, keeping your pace at or below 8 minutes per kilometer.

4 Once your workout concludes, your device will intelligently calculate your fitness age.

-  For an optimal user experience, update your device to the latest version.

Body energy

By monitoring your daily activities, rest duration, and long-term health risks around the clock, this feature displays real-time changes in your body energy, aiming to help you understand your physical condition and promote a healthy lifestyle.

- 1** On the app list on your device, go to **Body Energy**, turn on the **Auto stress detection** and **HRV detection** switches, and tap **OK**.
- 2** Follow the on-screen instructions to tap **Next**, and confirm your personal information.
 -  Body energy measurements are based on your personal information. Make sure your personal data in the HONOR Health app is accurate. You can update your personal information in the app.
- 3** Swipe up on the screen and turn on the switches for features such as Continuous heart rate measurement and Healthy sleep to monitor your daily activities. Turn on the **Allow notifications** switch, and the watch will provide suggestions in a timely manner based on your body energy levels.

Average heart rate variability (HRV) during sleep

HRV reflects the subtle fluctuations in the intervals between heartbeats and is an important indicator for assessing physical and mental status and recovery ability, typically ranging from 19 to 75 milliseconds. Average HRV during sleep is the average value during sleep.

HRV is influenced by age, gender, and health status, with a wide range of variation and significant differences between individuals. Generally, the average HRV during sleep is slightly higher than that in a wakeful, resting state. Research shows that HRV tends to be higher when sleep quality is good and health status is optimal. HRV may be lower when sleep quality is poor or health status is suboptimal. Your personal baseline range for average sleep HRV is calculated based on your historical sleep data. As long as your lifestyle, physical condition, and environment remain unchanged, your average sleep HRV should fall within your baseline range. This baseline range is not fixed. As your age, lifestyle, physical condition, and environment change, your average sleep HRV will also change, causing your baseline range to gradually shift.

Factors that may cause readings above your baseline range: Improved lifestyle habits (e.g., reduced alcohol and caffeine intake, reduced late nights), recovery from illness, and more.

Factors that may cause readings below your baseline range: Illness, increased alcohol or caffeine intake, higher stress levels, and more.

It is recommended to wear your wearable device consistently and pay attention to the trends in your average sleep HRV.

4 Swipe down on the screen to view the body energy change curve.

 A personal health baseline range is established based on body energy data from the last seven days. By performing real-time monitoring and comparing it with this baseline, you can accurately determine whether your physical condition is normal.

5 Swipe left on the screen to exercise or perform breathing exercises according to the smart health suggestions. You can also tap **Change** to change the suggestions.

Heart Rate Measurement

device supports continuous heart rate measurement, 24-hour heart rate monitoring, single heart rate measurement, resting heart rate measurement, and heart rate high/low alerts.

Continuous Heart Rate Measurement

After enabling continuous heart rate measurement, your device will continuously measure your heart rate.

Enable It on device:

- 1** On the app list on your device, go to **Heart rate**.
- 2** Swipe up on the screen to turn on **Continuous heart rate measurement**.

3 Choose your heart rate measurement method: The heart rate measurement method can be set to **Smart** or **Real time**.

- Intelligent: Automatically adjust heart rate monitoring based on your activity.
- Real time: Provide real-time heart rate measurements, independent of activity intensity.

Enable It in HONOR Health:

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

2 Tap **Health notifications > Continuous Heart Rate Measurement**, and enable **Continuous Heart Rate Measurement**.

3 Choose your heart rate measurement method: The heart rate measurement method can be set to **Smart** or **Real time**.

- Intelligent: Automatically adjust heart rate monitoring based on your activity.
- Real time: Provide real-time heart rate measurements, independent of activity intensity.

Single Heart Rate Measurement

1 Use one of the following methods to turn off Continuous heart rate measurement:

- Open the Honor Health app, go to the device details page, tap **Health notifications > Continuous Heart Rate Measurement**, and turn off **Continuous Heart Rate Measurement**.
- On the app list on your device, go to **Heart rate**, swipe up on the screen to turn off **Continuous Heart Rate Measurement**.

2 On the app list on your device, go to **Heart rate**, and perform a single heart rate measurement.

Resting Heart Rate Measurement

Resting heart rate is the number of heartbeats per minute while you stay inactive yet awake. It's one the most crucial indicators of your cardiovascular health. For the most accurate resting heart rate measurement, it is recommended to take the measurement in the morning, immediately after waking up and before engaging in any physical activity.

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

2 Tap **Health notifications > Continuous Heart Rate Measurement**, and turn on the **Continuous Heart Rate Measurement** switch. device will automatically measure the resting heart rate.

-  If the conditions for measuring resting heart rate are not met, device will display --.
- If device is not measuring at the ideal moment, it may not display your resting heart rate accurately or at all.

Heart Rate Alert

After **High heart rate reminder** and **Low heart rate reminder** are set, device will issue an alert if it detects your resting heart rate outside your chosen range for 10 consecutive minutes.

Set It on device:

- 1 On the app list on your device, go to **Heart rate**.
- 2 Swipe up on the screen to turn on **Continuous heart rate measurement**.
- 3 Set the threshold for **high heart rate alert** or **low heart rate alert**. An alert will be issued if the heart rate exceeds or falls below the preset value for more than 10 consecutive minutes.

Set It in HONOR Health:

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health notifications > Continuous Heart Rate Measurement**, and enable **Continuous Heart Rate Measurement**.
- 3 Set the thresholds for **High heart rate reminder** and **Low heart rate reminder**. An alert will be issued if the heart rate exceeds or falls below the preset value for more than 10 consecutive minutes.

Exercise Heart Rate Measurement

During exercise, your device will monitor your heart rate in real time.

Single exercise heart rate measurement

When you start exercise, your wearable's screen displays the current heart rate. At the end of the exercise, you can view the average heart rate, maximum heart rate, and duration statistics of heart rate zones on the exercise result page.

High Exercise Heart Rate Alert

Once you begin your exercise, if your heart rate is beyond the preset upper limit during exercise for more than 1 minute, your device will vibrate to warn of a high heart rate.

Open the HONOR Health app and go to **Exercise**, select a workout type, and then tap  **> Workout settings > Exercise heart rate settings**. Set the upper limit threshold of the heart rate and enable **High heart rate**.

Exercise Heart Rate Zone Division

Different workout types and goals allow for different heart rate zone division methods. Training based on heart rate zones helps achieve better training results.

Open the HONOR Health app and go to **Exercise**, select a workout type, tap  > **Workout settings** > **Exercise heart rate settings**, and select a heart rate zone division method.

- Maximum heart rate percentage: Divides workout zones of different intensities based on your maximum heart rate.
 - Heart rate reserve percentage: Divides workout zones of different intensities based on your heart rate reserve (maximum heart rate – resting heart rate).
 - Lactate threshold heart rate percentage: Divides workout zones of different intensities based on the lactate threshold heart rate percentage measured during outdoor running.
-  Different workout types support different heart rate zone division methods.

Recovery Heart Rate

After exercise, your device will display a recovery heart rate measurement page. After you confirm the measurement, it will start measuring heart rate changes within 1 minute. Once completed, you can view the heart rate recovery curve.

During measurement, maintain a normal state and avoid intense exercise. You can press the Up button to interrupt and exit the measurement.

Blood Oxygen Measurement

Blood oxygen level is a key indicator of your health status. With your wearable device, you can track your blood oxygen fluctuations throughout the day, allowing you to monitor any changes in your body at any time.

-  For accurate measurement results, make sure you're wearing your device the right way. Keep it a finger's width above your wrist joint, with its back snugly against your skin, free from any blockages. If it's not sitting right, adjust it according to the on-screen instructions before you measure.

Single blood oxygen measurement

- 1 On the app list on your device, go to **SpO2**.
- 2 Tap **Measure** and remain still while the device assesses your current blood oxygen level.

Automatic blood oxygen measurement

Once you've activated automatic measurement, your device will automatically track and record your blood oxygen levels during periods of inactivity.

Enable it on your device:

- 1 On the app list on your device, go to **SpO2**.
- 2 Swipe up on the screen to turn on **Auto SpO2 measurement**.
- 3 Tap **Low SpO2 alert** to get alert when your blood oxygen level falls below the set limit during wakefulness.

Enable it in HONOR Health:

- 1** Open the HONOR Health app and go to the device details screen.
- 2** Tap **Health notifications** > **Automatic blood oxygen monitoring** and turn on **Automatic blood oxygen monitoring**.
- 3** Tap **Lower blood oxygen limit reminder** to get alert when your blood oxygen level falls below the set limit during wakefulness.

-  The measurement results are for reference only and should not be used for diagnostic or medical purposes. If you're feeling unwell, please seek advice from a healthcare professional.
- During automatic blood oxygen measurement, if your blood oxygen level falls below the set limit three times in a row during wakefulness, the wearable device will vibrate and show a pop-up. You can swipe right to clear the reminder of your screen.

This feature may not be available in certain countries and regions. For more information, please reach out to your local HONOR hotline.

Monitoring Sleep

Device can monitor your sleep quality and provide suggestions to help you achieve your sleep goal.

Regular Sleep

When properly worn to bed, device will automatically identify your time to fall sleep, time to wake up, deep sleep status, and light sleep status, and record your sleep time.

Healthy Sleep

With **Healthy sleep** enabled, device can automatically identify your time to fall sleep, time to wake up, deep sleep status, light sleep status, REM, and waking state. It can accurately identify your sleep quality and respiratory quality, as well as provide sleep quality analysis and suggestions.

On device:

- 1** On the app list on your device, go to **Sleep**.
- 2** Swipe up to turn on **Healthy Sleep**.

On HONOR Health app:

- 1** Open the HONOR Health app and go to the device details screen.
- 2** Choose **Health notifications** and enable **Healthy sleep**. You can also go to **Health** > **Sleep** >  > **Healthy sleep** to turn on **Healthy sleep**.

- After **Healthy sleep** is enabled, power consumption will increase. You are recommended to keep the battery level of device above 30% before you go to bed.
- The sleep with the duration less than three hours is recorded as **Naps**. If the sleep time is less than 30 minutes or you have body or wrist movements during sleep, device may fail to monitor your sleep data, causing a data deviation.
- If you remain at bed after waking up and have few activities, device may fail to monitor your wake up data. You can tap device to turn on the screen and make device exit the sleep monitoring.

Setting Sleep Mode

Turn on Sleep, keep your watch not vibrate or ring for notifications and incoming calls (except for alarms and timers), disable Raise to wake, and perform other settings to prevent being disturbed during sleep.

- 1 On the app list on your device, go to **Sleep**.
- 2 Swipe up to select **Sleep mode**. Turn on **Enable now** to enable the sleep mode. Turn on **Automatic**, and the watch will automatically enter and exit sleep mode based on your sleep status. Alternatively, you can turn on **Turn on as scheduled** to enable sleep mode according to the set schedule.
- 3 Set the Effective Period of the Eye Bedtime you:
 - Set your daily bedtime and wake-up time, and set an alarm to remind you to wake up.
 - Enable **Bedtime reminder**. You will receive a reminder when the wind down duration or bed time is about to start.
 - Set **Wind down duration**.

Viewing Sleep Data

View your sleep data in the following ways:

- On the app list on your device, go to **Sleep**, swipe up to view data, such as the sleep time and nap duration.
- Open the HONOR Health app and go to **Sleep** card, view historical data by day, week, month, or year.

Menstrual Cycle

To use the menstrual cycle feature, Open the HONOR Health app and go to **Period cycle** card and grant necessary permissions. If the menstrual cycle card isn't visible on your home screen, tap **Edit cards** to add **Period cycle**.

Set up on your device

- 1 On the app list on your device, go to **Cycle Calendar**, tap **Edit** to set the start time and end times of the menstrual cycle for the month. Swipe left or right to switch views between the monthly calendar and the ring chart.
- 2 Swipe up on the screen to record how you're feeling throughout your menstrual cycle. Continue swiping up to set the duration of your period, your cycle's length, and to arrange reminders.

Set up in HONOR Health

- 1 Open HONOR Health, tap the **Period cycle** on the **Health** screen.
 - 2 On the menstrual cycle screen, pick a date and turn on "**Had your period Started?**" to mark that date as the start time.
 - 3 Tap  > **Settings** to specify the duration of your period and cycle. You can also tap  > **Reminders on wearables** to switch on reminders.
-  . If you've listed your gender as female in your profile, the **Period cycle** feature will pop up in your wearable's app list. For those with their gender set to male, you won't see the **Period cycle** option on your device. However, you can still add the card manually through the HONOR Health app. Once added, it'll sync to your wearable, letting you view and record your partner's menstrual cycle details.
 - You'll get reminded for your period starting at 8 AM the day before it begins. For everything else, you'll receive reminders at 8 AM on the day they're due.

Detecting Stress

Stress detection can detect your stress value and give suggestions. You can select appropriate stress relief services based on the stress detection result.

Stress Detection

Wear device correctly and keep body still during the detection.

Single stress detection

- On device:
On the app list on your device, go to **Stress**, tap **Measure** to perform detection.
- On the HONOR Health app:
Open the HONOR Health app, tap the **Stress** card, and select **Stress test** to start detection.

Scheduled stress detection

After automatic stress detection is enabled, device will automatically perform stress detection at proper times.

- On device:

ChooseOn the app list on your device, go to **Stress** and swipe up to turn on **Auto stress detection**.

- On the HONOR Health app:
On Open the HONOR Health app and go to the device details screen. , choose **Health notifications** and turn on **Stress Detection**.

Viewing Stress Data

- On device:
On the app list on your device, go to **Stress**. You can view the daily stress change chart, weekly stress change chart, and more.
- On the HONOR Health app:
Open the HONOR Health app and go to **Stress** card area, you can view the latest stress value. By tapping the latest stress value, you can enter the stress details page where you can view the daily, weekly, monthly, and yearly stress change charts as well as the corresponding suggestions.

 The intake of caffeine, nicotine, alcohol and some psychotropic drugs will affect the accuracy of stress detection. In addition, heart disease, asthma, physical exercise, or limb compression due to the wearing position may also affect the stress test results.

Follow device Instructions for Breathing Exercises

Ease stress and center your mind with guided breathing exercises right from your device.

- 1 On the app list on your device, go to **Breathing exercises**.
- 2 Tap  and  to set your preferred breathing duration and rhythm. Tap the icon and follow the on-screen instructions to begin your session.
After completing your breathing training, you may view your pre-training heart rate, the duration of your session, and an evaluation of the training effect.

 The breathing duration can be set as 1 min, 2 min or 3 min, and the rhythm can be set to Faster, Moderate or Slow.

Activity reminder

Stay active with your device's Activity reminder feature. It nudges you to move around if it detects inactivity for an extended period.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Tap **Health notifications** to turn on **Sedentary Alert**.
- 3 If you've been inactive for 1 hour, you'll receive a prompt. Tap **Get active!** to jump into some fitness activities.

-  The activity reminder operates between 08:00–12:00 and 14:30–21:00. You won't receive reminders outside these hours.
- The device won't send reminders when you're asleep or have activated the Do Not Disturb mode.

Convenient life

Syncing Phone Notifications

If your device is connected to your phone via the HONOR Health app, you can receive notifications and reminders, including alarm alerts, from your phone directly on your device.

Sync phone notifications

- 1 On your phone, go to **Settings** > **Notifications** and turn on the switches next to the apps from which you wish to receive notifications.
- 2 On the device details screen in the HONOR Health app, go to **Notifications**, turn on **Notifications** and the switches of apps from which you want to receive notifications. Phone notifications, such as messages from DingTalk, will be synced to your device, which will vibrate to notify you (the screen will stay off).

View unread messages

When you receive notifications on your device, if not checking immediately, you can view unread messages from the Message Center.

Delete messages

Go to Message Center on your device, open a message to view its details, and tap **Clear** at the bottom to delete the message.

Go to Message Center on your device and tap  at the bottom of the list to delete all messages.

Sync phone alarm

When your device receives synced alarm reminders, you can tap  or  on your device to dismiss or snooze the reminder. Such operation will be synced to the phone.

 Currently, alarm syncing is supported exclusively on HONOR mobile phones.

Making a call

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

- On the app list on your device, go to **Phone** and make a call in one of the following methods as needed:
 - Tap **Call log** to view the call log 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.
- Adjust call volume: Tap the More icon and select the volume. Then, swipe up or down to adjust the volume.
- 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 device, or earphones.

Synchronizing contacts from your phone

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

On the app list on your device, go to **Phone** > **Contacts** to view your contacts.

Answering a call

If you receive a call, your device 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 device from vibrating.

Reject a call: Tap  to reject a call.

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

Voice Notes

The watch can act as a voice recorder. You can use the watch to record voices and sync voice notes to the Notes app on your phone.

-  Synchronized notes need to be used with Honor phones running MagicOS 9.0 or above.

Start recording

- 1 On the app list on your device, go to **Voice Notes**.
- 2 Tap  to start recording. You can tap  to add tags, tap  to pause the recording, and tap  to resume the recording.
- 3 Tap  to save the recording.

Sync voice notes

Make sure Bluetooth and HONOR Connect are enabled on both the phone and watch.

- 1 On the app list on your device, go to **Voice Notes**.
- 2 Swipe up on the screen, tap , and then turn on **Auto sync to phone**. After recording is completed, voice notes are automatically synchronized to the **Notes** app of the phone.

You can also swipe left on the voice note you want to sync and tap  for a manual synchronization.

Delete voice notes

On the app list on your device, go to **Voice Notes**. Swipe left on the voice note you want to delete and tap .

Controlling Music Playback

Adding Music to Watch

-  The music adding function is available on Android phones, instead of iOS phones. You can choose to pair and connect to an Android phone, add music to device, and then use an iOS phone to log in to the same account to play music.
- Non-encrypted music files downloaded from third-party music apps can be added to device.
- The supported music file formats are MP3, AAC, WAV, SBC, and FLAC.

- 1 Open the HONOR Health app and go to the device details screen.
- 2 Choose **Music** > **Music** > . Select the music you want to add.
- 3 Touch the  on the upper right corner to complete music addition.

You can tap **New playlist** to create a playlist. After a playlist is created, you can tap  > **Add music** to add the music uploaded to device to the playlist as you wish for convenient management.

-  On the device details page of the HONOR Health app, tap **Music** > **Music**. In the playlist, touch and hold the music to be deleted and then tap **Delete** to delete an added music item.

Watch Music Playback

- 1 On the app list on your device, go to **Music**.
- 2 Tap  and select **Watch**.

3 Tap  and play music.

-  . On the music playback page, you can switch music, adjust the volume, and set the playback mode (sequential play, random play, single song loop, or list loop).
- Tap  and choose **Delete song**, **Earphones**, **Watch**, or **Phone** as required.
- Swipe up to check the playlist, and select the desired track to play. If you swipe left or right from the watch face to enter the music card, you cannot view the playlist.

Phone Music Playback

You can control phone music via device to perform playback, pause, switching, and volume adjustment operations.

- 1** On the device details screen in the HONOR Health app, go to **Music**. Enable **Watch controls phone music**.
 - 2** Open the Music app on your phone to play music.
 - 3** On the app list on your device, go to **Music**. Tap  and select **Phone**.
 - 4** On the music playback page, you can perform the pause, switching, and volume adjustment operations.
-  . When you use device to control phone music, ensure that the device and phone Bluetooth connection are working properly and the HONOR Health app on your phone is running in the background.

Pay with NFC

You can enable the NFC payment function on your device using the HONOR Health app. When making a payment, simply hold the device screen close to the sensing area of the card reader to complete the transaction.

Add a card

- 1** On the device details screen in the HONOR Health app, go to **Cards > Add**.
 - 2** Follow the on-screen instructions to select the bank card you want to add.
 - 3** Follow the on-screen instructions to complete the setup, and wait for the card activation to finish.
-  Restoring your device to its factory settings will delete its pairing information, meaning you will need to pair it with your phone again. However, this process does not delete your bank card information, so you will not need to re-add your existing bank cards.

Pay using a card

Hold the screen close to the card reader to pay.

If you have linked multiple bank cards, open the device details page in the HONOR Health app and go to **Cards > Default card settings**. Select your most frequently used bank card and then select **Set as default card**.

-  If your device is locked, you must enter the lock screen password before making a payment.
- Your bank card information is stored securely in the NFC chip of your device. This means you can still make payments even if the device is disconnected from your phone, you leave your phone behind, or you pair the device with a different phone.

Remote Shutter

- 1 Make sure your device is properly connected with to your phone via Bluetooth and HONOR Health is running in the background.
- 2 On the app list on your device, go to **Remote shutter** to control your phone to take photos. If your phone's camera is not turned on, enable it manually.
- 3 Tap  to control your phone to take photos. Tap **Timer** at the bottom of the screen to control your phone to take time-lapse photos (2 seconds or 5 seconds).

-  Due to different phone models and versions, the app list of your device may not display the Remote shutter after successful connection and pairing. Please refer to the actual product software capability for specific support.

This feature requires an iPhone running iOS 12.0 or above or an HONOR phone running MagicOS7.0 or above. The app list of your device will display **Remote shutter** after successful connection and pairing.

Checking the weather

Make sure that your device 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 device 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

- Weather watch face

Switch your device to the watch face that supports weather display to check the weather. The information displayed on the watch face shall prevail.

- Weather app

On the app list on your device, go to **Weather** to check the weather.

Heart rate broadcast

device can share heart rate with third-party applications that support receiving heart rate broadcast devices, such as Keep, Gudong, etc.

- 1 On the app list on your device, go to **Settings > Heart rate broadcast**, and tap  to confirm enabled.
- 2 device sends heart rate broadcast to third-party devices, and third-party devices can connect to the device
- 3 Tap **Start your exercise**, selects the exercise type, and clicks the Start exercise icon to begin. The heart rate data during the exercise will be sent to the third-party device.
- 4 Swipe the screen to the right and tap  to end the exercise.
- 5 Go back to "**Settings > Heart Rate Broadcast** and tap **Stop Broadcast** > , the connection with the heart rate broadcast device will be disconnected and reconnected to HONOR Health.

Setting Alarms

Set up on your device

- 1 On the app list on your device, go to **Alarm**, tap **Add an event alarm**.
- 2 Set the time and repeat frequency, then tap **OK**.
If you need to adjust the time or repeat frequency of an existing alarm or delete it, tap the set alarm.

Set an alarm via app

Event alarm

- 1 On the device details screen in the HONOR Health app, go to **Wearable alarm > Add alarm**. Set the time, tag, and repeat frequency.
- 2 Tap  to save these settings.
- 3 Swipe down from the home screen of the HONOR Health app to ensure the alarm's saved settings are synced to your device.
- 4 If you need to adjust the time or repeat frequency of an existing alarm or delete it, tap the set alarm.

- By default, you are allowed to set one smart alarm only, with no option to add or delete smart alarms. However, you have the flexibility to set up to 14 event alarms.
- Upon receiving a vibrating alarm notification, you can tap  to snooze the alarm for a later reminder (10 minutes); tap  to dismiss the alarm. If no action is taken, the alarm will snooze and remind you three additional times. After these reminders, it will automatically dismiss itself.

Compass

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

On the app list on your device, go to **Compass** and follow the onscreen instructions to rotate your device 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

On the app list on your device, go to **Flashlight**, your screen lights up. Tap the screen to adjust the brightness of that bright light. Tap the screen again to turn off the flashlight. Tap



to turn on the flashlight again. Swipe right to leave.

Air pressure

The air pressure feature automatically measures the altitude and air pressure of the current location and records the measurement data of the current day in a waveform graph, so that you can be better aware of your surroundings during outdoor workouts.

- 1 On the app list on your device, go to **Air pressure**.
- 2 Swipe up or down to view the current altitude or air pressure.

-  • Your watch can measure any altitude between -800 and 8,800 m and any air pressure between 300 and 1,100 hPa.
- On the Altimeter screen, tap **Calibrate** to calibrate the current altitude, which can be any value between 0000 to 9,999 m.
- On the Air pressure screen, tap **Settings** to set **Severe weather warning**, specifically, enable or disable **Warnings** and configure **Drop rate**.
 - This feature is designed for monitoring air pressure while you are in a fixed location outdoors, for example, a camping site. It is not applicable to indoor scenarios or some outdoor scenarios, for example, when you are on a ride.
 - The following are some of the scenarios that trigger severe weather warnings: you enter or leave a swimming pool, you take an elevator or go into an enclosed vehicle, and you enter or exit an enclosed space.
 - The drop rate is 4 hPa/3 h by default, indicating that a warning will be triggered if air pressure continuously drops by more than 4 hPa in total within 3 hours. Warnings are only for reference and should not be used as criteria for making plans involving the safety of life and property.

Use device Find Phone

Swipe down the device screen to enter the shortcut menu, and tap  or On the app list on your device, go to **Find Device**.

The screen will play an animation of searching for the phone, and if your phone is within Bluetooth connection range, it will play media music to remind you. Tap device screen or exit Find Device to stop the ringing.

-  Please make sure that the product and the phone are connected properly, the phone is on and the HONOR Health app is enabled.

Searching for Your device Using Your Phone

If your device is connected to your phone via the HONOR Health app, finding your device can be straightforward.

On the device details screen in the HONOR Health app, go to **Find Device**, and find your device through the notification sound.

-  For precise location tracking of your device, it's recommended to use the Find Device app rather than the HONOR Health app.

Personalized settings

Setting Time & Language

When your device stays connected to your phone, device smartly keeps in sync with your phone, ensuring that you never have to manually adjust the time or language settings on your device.

If you change the language, region, or time on your phone, your device will automatically synchronize these changes.

Device Connect to Bluetooth earphones

- 1 Make sure the Bluetooth earphones are ready to be paired.
- 2 On the app list on your device, go to **Settings > Earphones**.
- 3 From the list of search results, select the Bluetooth earphones you wish to pair with your wearable, then follow the on-screen instructions to complete the pairing process.

More Watch Faces

Device supports multiple watch faces for your choice.

 Before using this function, upgrade device and HONOR Health app to the latest version.

Replacing Watch Face on device

On the device watch face page, you can touch and hold the screen to enter the watch face selection page. Swipe on the screen to select your favorite watch face.

Installing and Replacing Watch Face via App

- 1 On the device details screen in the HONOR Health app, go to **My watch face**.
- 2 Tap **More** and view the watch faces supported by device for installation.
- 3 Select your favorite watch face for setting.
 - a If no watch face is installed, tap **Download**. After the watch face is downloaded and installed, device watch face will automatically switch to the installed watch face.
 - b If the watch face has been installed, select this watch face and tap **Apply**. The device watch face will switch to the installed watch face.
- 4 You can also choose **Me > Magic** to add images on your phone to the watch face.

-  Some watch faces support customization of watch face content. You can touch and hold the watch face screen and tap  to customize the watch face content. When the custom watch face content is displayed as - -, ensure that device meets the detection requirements for relevant functions and check whether the HONOR Health app has been enabled with the relevant functions.
- Paid watch face download and installation are currently not available for iOS users.
- The size displayed on the watch face details page indicates the size of traffic required for downloading and installing the watch face file, instead of the size of the memory this watch face occupies.
- The number of watch faces that can be downloaded and installed varies according to the remaining memory of your watch and the watch face size.

Deleting Watch Face

- 1 Tap On the device details screen in the HONOR Health app, go to **More** to enter the watch face market.
- 2 Choose **Me > Edit** and tap  on the upper right corner of the watch face to delete the watch face.
 -  After a purchased watch face is deleted from **Watch face market > Me** and you want to use it again, you only need to re-install it, instead of having a secondary purchase.

Set Magic dial

You can customize your watch face elements and you can also set memory watch faces. After the watch face is set to Memories, the newly generated memory watch face every day from your phone's Gallery will be automatically synchronized to the device.

Preparation before use

- This function is only available on Honor phones installed with MagicOS 8.0 or higher versions.
- Make sure your device is upgraded to the latest version.
- Open the Honor Health app, go to the device details page, and make sure the device is connected.

Set memory watch face

-  Setting memory watch faces requires the existence of a Memories album in your phone's Gallery.
- 1 On the device details screen in the HONOR Health app, go to **My watch face > Me > Magic**, and select **Memory**.
 - 2 Touch and hold the watch face interface on the device to enter the watch face selection interface, and swipe the screen left and right to set it as the Magic dial.

Set AI watch face

- 1 On the device details screen in the HONOR Health app, go to **My watch face** > **Me** > **Magic**, and select **AI**.
- 2 Tap  to select from your phone's Gallery or take a photo.
- 3 Set the watch face clock font, position, data displayed on the watch face, font color, etc., and tap **Save**.
- 4 Touch and hold the watch face interface on the device to enter the watch face selection interface, and swipe the screen left and right to set it as the Magic dial.

Setting an Always On Display (AOD)

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

- 1 On the app list on your device, go to **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 device.
- If the AOD is enabled, the Raise to wake feature will be unavailable.
 - Enabling AOD may reduce the battery life.

OneHop watch face

You can use OneHop to transfer images on your phone to watch faces on your device. Images set as watch faces in this way will be synchronized to and can be edited in the gallery watch face.

Using OneHop

- 1 Toggle on NFC on your phone and select the target image from the phone gallery.
- 2 Place the NFC area on the back of your phone close to your device, and the image will be displayed on the watch face after being transferred.
- 3 On the device details screen in the HONOR Health app, go to **More** to enter the watch face management screen.
- 4 Tap **Me** and find and tap the **Magic** watch face from Local watch faces, which displays the successfully transferred images. You can set the style and position of the watch face as needed.

- To use this feature, please upgrade the HONOR Health to the latest version and log in to the app with your HONOR ID. Make sure that the device is connected in the device details page of the app.
- This function only applies to devices with NFC functions, and you need to pair it with HONOR phones with MagicOS 7.0 and above, as well as with NFC functions.

Adjusting Screen Display and Brightness

Adjust screen brightness

- 1 On the app list on your device, go to **Settings > Display & brightness > Brightness**.
- 2 Choose the brightness level that suits your needs, tap **OK** to confirm your selection. The screen brightness will adjust to your selected level, with level 5 being the brightest setting and level 1 the dimmest.

Control when the screen is turned off

- 1 On the app list on your device, go to **Settings > Display & brightness > Sleep**.
- 2 Pick your preferred screen off time, tap **OK** to confirm your selection. Your screen will now turn off automatically at the selected time.

Set the screen as always on

- 1 On the app list on your device, go to **Settings > Display & brightness > Screen on**.
- 2 Choose your desired time and tap **OK**.

Swipe down from the watch face screen and tap  to activate the Screen on feature.

Your screen will now stay on for the time period you've chosen. Tap  again to deactivate the Screen on feature.

Gesture Settings

When it is inconvenient for you to tap the screen, you can delay alarms or answer calls by flipping your wrist.

On the app list on your device, go to **Settings > Gesture settings**, and enable gesture control based on your needs. For example, select Alarm, tap **Add**, and follow the prompts to simulate the flipping action. Once the alarm is successfully added, flipping your wrist will delay the alarm.

Setting Sound Volume

Setting Ringtone Volume

- 1 On the app list on your device, go to **Settings > Volume > Volume**.
- 2 Tap  to turn down the volume. Tap  to turn up the volume.

Turning Mute On or Off

- 1 On the app list on your device, go to **Settings > Volume**.
- 2 Turn on or turn off **Silent mode**.

Setting Vibration Strength

- 1 On the app list on your device, go to **Settings > Haptics > Strength**.
- 2 Select a vibration strength. The selected vibration strength will be displayed automatically. Tap **OK**.

Enable Do Not Disturb

Swipe down on the watch face screen to enter the shortcut menu and tap  or On the app list on your device, go to **Settings > Do Not Disturb** to enable Do Not Disturb mode.

-  With this option turned on, your wearable will not vibrate or ring for notifications or incoming calls (except for alarms and timers), and Raise to wake will be disabled.

Screen Locking and Unlocking

You can set a lock screen password. After that, the screen will be automatically locked after your watch is taken off from your wrist. In this case, you need to enter the lock screen password to proceed with your use of the watch.

Setting a Lock Screen Password

On the app list on your device, go to **Settings > PIN > Enable PIN**. Complete settings as prompted. When your watch is taken off from your wrist or is not worn, the screen will be locked automatically.

-  Keep your lock screen password safe. If you forget the password, restore your watch to factory settings.

Disabling Lock Screen Password

On the app list on your device, go to **Settings > PIN > Disable PIN**. Enter the password as prompted.

Changing Lock Screen Password

On the app list on your device, go to **Settings > PIN > Change PIN**. Enter the old and new passwords as prompted.

-  If you consecutively enter an incorrect password for five times, the screen will be automatically locked for 30 seconds. Try to change the password after the screen is unlocked.

Forgetting Lock Screen Password

If you forgot your password, you need to restore your watch to factory settings. After your watch is restored to factory settings, all the settings in device will be lost. Keep your password safe.

-  If you consecutively enter an incorrect password for five times, **Reset** will be displayed on the current page. Tap **Reset** and restore your watch to factory settings as prompted.

Checking Device Information

Device name

- On the app list on your device, go to **Settings > About** to check the name of your device.
- On the device details screen in the HONOR Health app , the names of currently paired device are the device names of device.

MAC address

On the app list on your device, go to **Settings > About** to check the MAC address of your device.

Serial number (SN)

On the app list on your device, go to **Settings > About** to check the SN of your device.

Device model

- On the app list on your device, go to **Settings > About** to check the model of your device.
- Check the model of device from the laser characters “MODEL” on the back of device

Version number

- On the app list on your device, go to **Settings > About** to view the version number of your device.
- On the device details screen in the HONOR Health app , Tap **Firmware update** to check the firmware version of your device.

Reset

-  This operation will clear all of your personal data on your wearable. Proceed with caution.
- On the app list on your device, go to **Settings > System > Reset**.

- On the device details screen in the HONOR Health app , select **Restore factory settings**.

Version Update

Update via App

Go to On the device details screen in the HONOR Health app, go to **Firmware update** > **Check for updates**. The phone will check the version updates of device. Perform update as prompted.

-  Go to **Auto-download over Wi-Fi** and turn on the switch. If there is a new version available, an upgrade reminder will appear on the device. Update the version as prompted.
- To ensure a successful update, it is recommended that you confirm that the battery level of device is greater than 20% before the update.
- During the update, the product will automatically disconnect from Bluetooth. Please wait patiently until the update is completed.

Upgrade on device

On the app list on your device, go to **Settings** > **System** > **Update** > **Check** to check the latest version of device. Update the version as prompted.