HONOR Band 10

User Guide

HONOR

Contents

Getting started

Getting to know your band 1
Wearing Device Properly 1
Power on, power off, and restart 1
Gesture control on screen 2
Connecting with Your Phone 4
Device Charging 5

Professional sports

Start workout 7
Customizing the workout list 8
Rope skipping 8
Viewing workout records 9
Viewing the training status 9
Viewing Daily Activity Records 10

Health management

Measuring your heart rate 11
Measuring your SpO2 12
Monitoring your sleep quality 13
Predicting your menstrual cycle 14
Fitness Age Measurement 14
Testing your stress 15
Follow Instructions for Breathing Exercises 15
Sedentary alert 16

Convenient life

Syncing Phone Notifications 17
Heart rate broadcast 17
Morning Health Snapshot 18
Control playback of mobile phone music 18
Remote shutter 18
Check weather 19
Setting an alarm 19
Flashlight 20
Find phone via band 20
Searching for Your band Using Your Phone 20

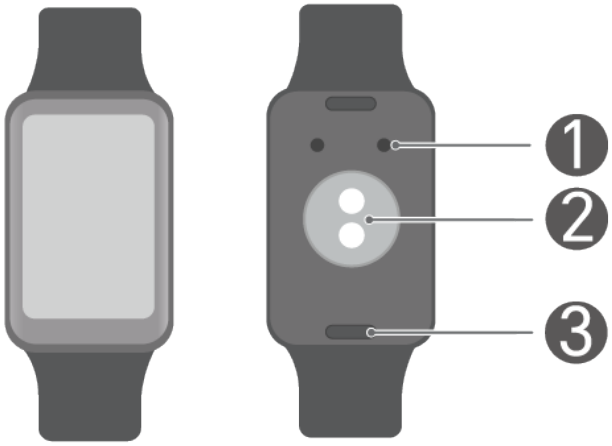
Personalized settings

Setting Time & Language 21
Turning on/off Bluetooth 21
Change strap 21

Change watch faces 21
Set the Memory watch face 22
Setting the gallery watch face 23
Set the Always On Display 23
Adjusting the display and brightness of the screen 24
Setting Vibration Strength 24
Enabling Do not disturb 24
Screen Locking and Unlocking 25
Check device information 25
Updating your version 26

Getting started

Getting to know your band



Number	Describe
1	Charging port
2	Heart rate sensor
3	Quick release button

Wearing Device Properly

Before putting on your band, make sure the back of the watch is clean and dry. Adjust the strap so the band sits snugly yet comfortably on your wrist. Avoid placing any film or cover on the back of the band. This can obstruct the sensors, leading to inaccurate or failed recordings of vital monitoring data like heart rate, blood oxygen levels, and sleep patterns.

- The band is crafted from professional, health-safe materials and has undergone rigorous skin allergy testing. You can wear it confidently. If you experience discomfort while wearing the product, discontinue use and consult a physician.
- For the best monitoring results, wear the band just above the wrist bone. Ensure there's at least a finger's gap between the watch and your wrist joint, not too tight or too loose. The fit should be more secure during physical activities to prevent movement.

Power on, power off, and restart

Power on

Auto power on when plugged in.

Power off

- Touch the screen to light it up, swipe left on the watch face to enter the app list and select **Settings** > **System** > **Power off**.
- Auto power off after ultra-low battery vibration alert.

Restart

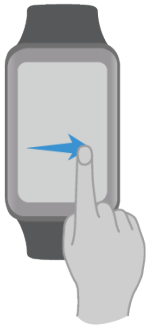
Touch the screen to light it up, swipe left on the watch face to enter the app list and select **Settings** > **System** > **Restart**.

Gesture control on screen

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

Gesture operations	Operation instructions	Functions
	Tap the screen	• Light up the screen (when the screen is off) • Select, confirm
	Touch and hold the screen	Change watch face (touch and hold the watch face screen)

Swipe right



- View device cards (swipe right on the watch face screen)
- Go back

Swipe left



Enter app list page (swipe left on the watch face screen)

Swipe up



- View message notifications (swipe up on the watch face screen)
- View more functions and messages

Swipe down



- View shortcut menu (swipe down on the watch face screen)
- 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 band and set the language.

4 Bring your band 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 band you wish to connect, and follow the on-screen instructions to complete the pairing process.

5 When a pairing request appears on your band, 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 band doesn't appear in the list, tap > **Scan**, then scan the QR code on your band and follow the instructions to pair it.
- Once paired successfully, your band shows a "Pairing successful" image, then guides you to dive into its features. If the pairing fails, you band 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 band and set the language.

4 Bring your band close to your phone, Open the HONOR Health app and go to **Device** > **Add device**. Select the band 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.

Device Charging

Charge

1 Connect the charging dock and power adapter, and connect the adapter to an electrical outlet.

2 Place band on the charging dock and make the back of band fit the charging dock until the charging indicator is displayed on the band 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

Start workout

Starting a workout on your band

1 On the app list on your band, go to **Workout**.

2 Select a course or workout. You can also tap **Edit sports** > **Add** to add and select other workouts.

Tap  beside a workout to set the goal and reminder (available for certain workouts).

3 Tap the Start icon to start a workout.

.

- If using Non-Honor phones to connect with wearable devices,it is recommended to start workout via HONOR Health App since GPS may not be found due to the phone system.

4 During the workout, you can perform the following operations:

- Swipe left or right to switch between the workout control, workout data, and music.
- On workout control screen, workout can be paused/continued and can also be ended.
- On the workout data screen, swipe up or down to view the workout data.

5 Swipe left or right and tap  on the workout control screen to end the workout.

View workout data

On the app list on your band, go to **Workout records** to view the details of a workout record. The data recorded may vary by workout types.

Start by automatically detecting workout status

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

1 On the app list on your band, go to **Settings** > **Workout settings** and turn on **Auto-detect workouts**.

2 When the band 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. Please refer to the instructions on the band.
- band will automatically detect workout type and remind you to start a workout if the posture, duration (about 10 minutes for walking and 3 minutes for other workouts), and intensity requirements are met.

Start workout on HONOR Health

To start running and other workouts on HONOR Health, you need to carry both your phone and band, and make sure that your phone is properly connected with band.

1 Open the HONOR Health app and go to **Exercise**, select the target workout, and tap the Start icon to start workout.

2 After the workout starts, your band will display the heart rate, speed, duration, and other data.

View workout data on HONOR Health App

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

Customizing the workout list

You can add a workout as needed for easy use.

Adding a workout

On the app list on your band, go to **Workout**, swipe up, and tap **Edit sports** > **Add** , select a workout and check the workout type you want to add, swipe the screen right to go back to the previous screen, and then tap **OK**.

Removing a workout

On the app list on your band, go to **Workout**, tap  of the target workout to enter the settings screen. Then, tap **Remove**.

Sorting workouts

On the app list on your band, go to **Workout** > **Edit sports** and tap  of a workout to adjust its order. You can move common workouts up the workout app list.

Rope skipping

1 On the app list on your band, go to **Workout**.

2 Tap **Rope skipping** to enter the rope skipping preparation interface. Tap  to select **Free** mode or **Review** mode.

If rope skipping is not in the workout list, tap **Edit sports** > **Add** to add.

3 Tap the Start workout icon to start rope skipping.

4 During the rope skipping, you can perform the following operations:

- Swipe left or right to switch between the workout control, workout data, and music.

- On workout control screen, workout can be paused/continued and can also be ended.
- On the workout data screen, swipe up or down to view the workout data.

5 Swipe left or right and tap  on the workout control screen to end the workout.

In the evaluation mode, the workout will be automatically stopped after 1 minute.

Viewing workout records

Your band 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 band

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

Your band 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 band. 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 band, go to **Workout status** to view data such as **Fatigue**, and **Training load**.

- **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 band 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 band collects your training load from workout modes that track your heart rate, such as running, walking, and cycling.
- **VO2Max**: It can be obtained from outdoor running. Your band 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.

Viewing Daily Activity Records

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

View on your band

On the app list on your band, go to **Activity records**, swipe the screen to view detailed metrics such as the number of steps, medium and high-intensity activity time, 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 band 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 band is properly connected to the HONOR Health App. Go to HONOR Health > Health and view comprehensive records, including steps.

Health management

Measuring your heart rate

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

Measuring your heart rate throughout the day

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

Single heart rate measurement

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

Measuring your real-time heart rate during a workout

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

1. On the app list on your band, go to **Workout**.
2. Select a workout mode or course.
3. Tap the start icon. Then, your band will measure your heart rate in real time during the workout.

Measuring your resting heart rate

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

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

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

Resting heart rate alert

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

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

Maximum heart rate alert during a workout

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

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

Measuring your SpO2

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

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

One-time SpO2 measurement

1. On the app list on your band, go to **SpO2**.
2. Tap **Measure** and keep your body still to measure the current SpO2.

Continuous SpO2 measurement

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

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

2 Tap **Health Alert** > **Continuous oxygen measurement** and enable **Automatic blood oxygen monitoring**. Your band automatically measures and records your SpO2 when your wrist is still.

3 You can set **Lower blood oxygen limit reminder** so that you will be alerted after your SpO2 has been below a threshold for some time when you are not sleeping.

The test results of this product are for reference only and are not intended for diagnosis or therapy. If you experience any discomfort, go to see a doctor.

This feature is not available in some countries and regions. For more information, call the regional hotline of HONOR.

Monitoring your sleep quality

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

Regular sleep

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

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

Healthy Sleep

After **Healthy sleep** is enabled, your band automatically recognizes when you fall asleep, when you wake up, whether you are in a deep sleep, a light sleep, or a rapid eye movement (REM) sleep, and when you are awake. It can accurately analyze your sleep and respiratory quality and provide scientific suggestions for better sleep.

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

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

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

- Enabling **Healthy sleep** will consume more power, and we recommend that you make sure that your band has 30% or higher battery before sleep.
- Short periods of sleep (less than three hours) are recorded as **Naps**. If you sleep less than 30 minutes or move your body or wrist excessively while asleep, your band may not be able to detect the sleep, resulting in data deviations.

Viewing sleep data

Method 1:

On the app list on your band, go to **Sleep** and swipe up to view **Sleep** and **Naps**.

Method 2:

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

Predicting your menstrual cycle

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

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

Setting on the app

1. Open HONOR Health and set Latest period, Period length, and Cycle length on the Period cycle screen.
2. On the cycle calendar details screen, you can perform the following:
   - Tap ⋮ > **Reminders on wearables** and toggle on the features (we recommend that you **All reminders**).
   - Your band will record your actual body conditions.

- If the user is female, the app list will show the Period cycle. If the user is male, the Period cycle will not show by default. You can add the card of Period cycle in HONOR Health app, and then it can be displayed in the for you to record and view your partner's period information.
- Your band will remind you once at 08:00 AM one day before the predicted start date.

Fitness Age Measurement

Your band 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 band, 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 band will intelligently calculate your fitness age.

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

Testing your stress

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

Stress test

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

Viewing stress data on your band

On the app list on your band, go to **Stress** to view daily stress test records, including the bar graph, level, proportion, and suggestions.

Viewing data on the app

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

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

Follow Instructions for Breathing Exercises

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

1 On the app list on your band, 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 as1 min,2minor3min, and the rhythm can be set to Faster, Moderate or Slow.

Sedentary alert

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

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

2 Tap **Health Alert** and toggle on **Sedentary Alert**.

3 You'll receive a reminder if you stay inactive or rarely move within an hour.

Your band will only send reminders from 08:00 to 12:00 and from 14:30 to 21:00. If you are asleep or enable Do not disturb, your band will not vibrate.

Convenient life

Syncing Phone Notifications

If your band 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 band.

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 band, which will vibrate to notify you (the screen will stay off).

View unread messages

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

Delete messages

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

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

Sync phone alarm

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

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

Heart rate broadcast

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

1. On the app list on your band, go to **Settings** > **Heart rate broadcast**, and tap  to confirm enabled.
2. band sends heart rate broadcast to third-party devices, and third-party devices can connect to the band Bluetooth search.
3. band 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 After the exercise, swipe the screen to the right to exit Heart rate broadcast. After exiting, the connection with the heart rate broadcast device will be disconnected and reconnected to HONOR Health.

Morning Health Snapshot

When Morning Health Snapshot is enabled, the device will push your previous day's health report, weather, etc.

On the app list on your band, go to **Morning report**, swipe up from the screen, and turn on **Morning report**.

When enabled, you can view the previous day's heart rate, blood oxygen and other health reports in **Morning report**. You can also tap the Morning Health Snapshot reminder in the notification panel to view details.

Control playback of mobile phone music

You can control mobile phone music via band, including play, pause, switch music and volume control.

1 On the device details screen in the HONOR Health app, go to **Music management**, toggle on **Watch controls phone music**.

2 Open the music App on your phone and on your band **Music** to enter music control interface.

3 Play, pause and switch mobile phone music via band. You can also control the volume.

- To control music on your phone via band, make sure band are properly connected with Bluetooth on your phone and HONOR Health App runs in the background.
- Only support to control Android phones and support to control the third-party music App on the phone (Music, NetEase Cloud Music, Himalaya, QQ Music, etc.). Please refer to the actual situation.

Remote shutter

1 band are properly connected with Bluetooth and the HONOR Health is running in the background.

2 On the app list on your band, go to **Remote shutter** to control your phone to take photos. If the camera on the phone is not turned on, please manually turn it on.

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.

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

This feature is only available on phones with MagicOS 6.0 and above. The app list of band will display **Remote shutter** after successful connection and pairing.

Check weather

Ensure that band is properly connected with the Bluetooth on the phone which is in normal network connection, and the location information access is enabled. Then you can use band to view the temperature, air quality, weekly weather forecast of the current location and other information to quickly understand the weather conditions.

Set Weather Notifications

On the device details screen in the HONOR Health app, go to **Weather**, enable **Weather** and select temperature unit.

Check weather

- Weather on watch face
  Switch band to the watch face that supports temperature display to check weather information. The specific information is based on the watch face.
- Weather App
  On the app list on your band, go to **Weather**, check weather information.

Setting an alarm

Setting an alarm on your band

1 On the app list on your band, go to **Alarm** and tap .

2 Set the time and repeat cycle of the alarm and tap **OK**.
Tap an existing alarm to modify its time and repeat cycle or delete it.

Setting an alarm on the app

Smart alarm:

1 On the device details screen in the HONOR Health app, go to **Wearable alarm** > **Smart alarm**. Set the time, smart wakeup time, and repeat cycle of the alarm.

2 Tap  to save.

3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your band.

4 Tap an existing alarm to modify its time, smart wakeup time, and repeat cycle.

Event alarm:

1 On the device details screen in the HONOR Health app, go to **Wearable alarm** > **Add**. Set the time, label, and repeat cycle of the alarm.

2 Tap ✓ to save

3 Refresh the home page of HONOR Health by pulling it down to make sure that the alarm settings are synchronized to your band.

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

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

Flashlight

On the app list on your band, go to **Torch**, the screen displays bright light. Tap the screen again to turn off the flashlight. Touch to turn on the flashlight again. Swipe right to leave.

Find phone via band

Swipe down the watch face to enter the shortcut menu and tap , or On the app list on your band, go to **Find Phone**.

Tap **Tap to play**. The screen of band will play an animation of searching for the phone. If your phone is within Bluetooth connection range, it will play media music to remind you. Tap the screen of band or leave Find Device App to stop 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 band Using Your Phone

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

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

Personalized settings

Setting Time & Language

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

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

Turning on/off Bluetooth

On the app list on your band, go to **Settings** > **Bluetooth**, and turn on/off Bluetooth.

After turning off Bluetooth, the band will be disconnected from HONOR Health, and other devices cannot search for the band.

Change strap

Remove the strap: Press the quick release buttons on both sides of the band body to separate the strap from the body.

Install the strap: Align the strap on the band body and fasten.

Change watch faces

band support multiple watch faces. You can set your favorite one.

Update band and HONOR Health to the latest version to use this feature.

Change watch faces on band

- Touch and hold the watch face of band to enter the selection interface. Swipe to select your favorite watch face.
- On the app list on your band, go to **Settings** > **Watch faces and cards** > **Watch face**. Swipe to select your favorite watch face.

Install and change watch face via App

1. On the device details screen in the HONOR Health app, go to **Watch face market**.
2. Select **More** to view watch faces supported on band.
3. Select your favorite watch face and start setup.
   a. If the watch face has not been installed, tap **Download**. The watch face of band automatically switches to the selected one after successful download and installation.

b If the watch face has been installed, select it and tap **Set as watch face**, then the watch face of band switches to this one.

4 You can also go to **Me** > **Gallery** to add images in your phone to watch face.

a Tap  to select image as watch face (take a photo or select from the Gallery).

b Tap **Style** to set different time styles.

c Tap **Location** to adjust the display location for time.

- Some watch faces support customization. Touch and hold the screen of the watch face and tap  at the bottom to customize the display. If the watch face displays **- -** during customization, please ensure that band meet the monitoring conditions for relevant functions and check if these functions are enabled in HONOR Health.
- The download and installation of paid watch faces are not supported for iOS users at this time.
- The data shown on the details page presents how much mobile data is needed to download and install the watch face. It does not refer to the size of the memory occupied by the watch face.

Delete watch face

1 On the device details screen in the HONOR Health app, go to **Watch face market** > **More**.

2 Select **Me** > **Edit**, tap the upper right corner on the watch face  to delete it.

- Update band and HONOR Health to the latest version to use this feature.
- Purchased watch faces do not need to be purchased again after being deleted in **Watch face market** > **Me**. Just reinstall them.

Set the Memory watch face

Transform your band into a canvas of cherished moments by setting it to the Memory watch face. This feature automatically syncs new memories from your mobile phone's Gallery to your wearable device daily, allowing you to glimpse beautiful memories with a simple wrist raise.

Getting started

- This feature needs to work with MagicOS 8.0 or later phones.
- Make sure your band is updated to the latest version.
- Launch HONOR Health, go to Device details, and ensure your band is connected.
- Have a Memory album ready in your phone's Gallery.

Set the Memory watch face

1 On the device details screen in the HONOR Health app, go to **Watch face market** > **Me** > **Gallery**, and select **Memories**.

2 Tap and hold the watch face screen on your band and swipe left or right to select and set a watch face you like.

Setting the gallery watch face

You can add images to the gallery watch face. Each time you light up the screen or tap the gallery watch face, the watch face will display a new image.

Adding images to the gallery watch face

1 On the device details screen in the HONOR Health app, go to **Watch face market** > **Me** > **Gallery** to enter the **Gallery watch face** settings screen.

2 Tap  to select the upload method (take a picture or select from the gallery).

3 Select an image and adjust the image display area. Then, tap **Save**. Then, the watch face will automatically display this image.

- Only static images can be set to the watch face, with no restrictions on the image format.
- This feature is only available in some countries and regions. For more information, call the regional hotline.

Other settings

On the gallery watch face settings screen:

- Tap **Style** to set the font and color of the time and date on the gallery watch face.
- Tap **Location** to set the location of the time and date on the gallery watch face.
- Tap **Background** and  in the top-right corner of an image to delete it.

Set the Always On Display

The Always on Display is the watch face that is always on when band goes to standby mode. The system turns the screen off by default.

1 On the app list on your band, go to **Settings** > **Watch faces and cards** > **AOD**.

2 Turn **AOD** on.

3 Tap **Styles of AOD** to set it.

4 Turn **Scheduled** on to set the start and end time for AOD.

- AOD only supports pre-installed watch faces in band and cannot be customized.
- Enable AOD will disable “Raise to wake”.
- Enable AOD will reduce battery life.

Adjusting the display and brightness of the screen

Adjusting the screen brightness

1. On the app list on your band, go to **Settings** > **Display & brightness** > **Brightness**.
2. Select the brightness level and tap **OK**. Level 5 is the brightest, and level 1 is the darkest.

Setting the sleep time

1. On the app list on your band, go to **Settings** > **Display & brightness** > **Sleep**.
2. Select the sleep time and tap **OK**.

Setting the screen on time

1. Swipe down on the watch face to enter the shortcut menu, and light up to keep the screen on.
2. On the app list on your band, go to **Settings** > **Display & brightness** > **Screen on**.
3. Select the screen on time and tap **OK**.

Setting Raise to wake

On the app list on your band, go to **Settings** > **Display & brightness**, enable **The screen will light**, then you can raise your wrist to wake up the screen.

Setting Vibration Strength

1. On the app list on your band, go to **Settings** > **Haptics** > **Vibration**。
2. Select a vibration strength. bandThe selected vibration strength will be displayed automatically. Tap **OK**.

Enabling Do not disturb

Swipe down on the watch face screen to enter the shortcut menu and tap or On the app list on your band, go to **Settings** > **Do not disturb** to enable Do not disturb.

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

Screen Locking and Unlocking

You can set a lock screen password. After that, bandthe 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 band, go to **Settings** > **PIN** > **Enable PIN**. Complete settings as prompted. When bandyour 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 band, go to **Settings** > **PIN** > **Disable PIN**. Enter the password as prompted.

Changing Lock Screen Password

On the app list on your band, 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.band After your watch is restored to factory settings, all the settings in band 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.

Check device information

Device name

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

MAC address

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

Serial number (SN)

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

Model

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

Version number

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

Updating your version

Updating on the app

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

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