

Quick Start Guide
Guide de démarrage rapide
Guide de démarrage rapide
Início rápido
Manual de referência rápida
Guía de inicio rápido
Краткое руководство пользователя
Panduan Memulai Cepat
간편 사용 설명서
クイックスタートガイド
Hướng dẫn nhanh
คู่มือเริ่มต้นใช้งาน
အမြန် စတင်ရန် လမ်းညွှန်

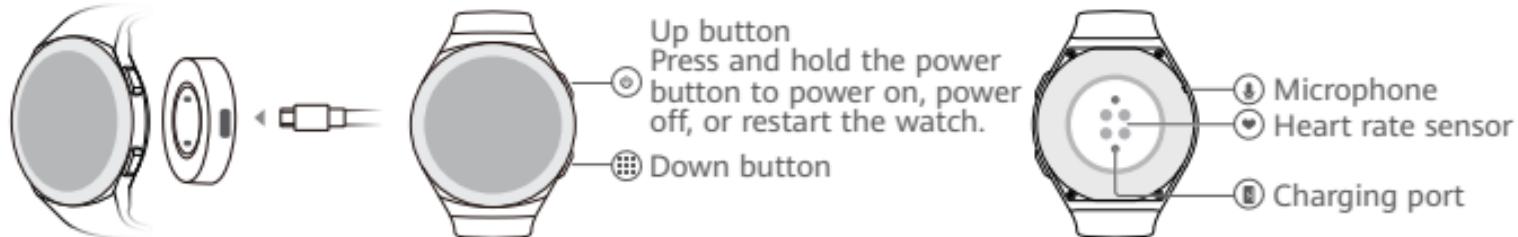
Contents

| | |
|---------------------------------------|-----|
| Quick Start Guide..... | 1 |
| Guide de démarrage rapide..... | 10 |
| Guide de démarrage rapide..... | 19 |
| Início rápido..... | 27 |
| Manual de referência rápida..... | 34 |
| Guía de inicio rápido..... | 42 |
| Краткое руководство пользователя..... | 49 |
| Panduan Memulai Cepat..... | 64 |
| 간편 사용 설명서 | 72 |
| クイックスタートガイド | 78 |
| Hướng dẫn nhanh..... | 85 |
| គ្រឿងរើសរាយប្រើប្រាស់..... | 92 |
| အမြန် စတင်ရန် လမ်းညွှန် | 100 |

Quick Start Guide

1. Charging

Connect the watch to the charging cable, as shown in the following figure. Align and attach the charging port to the magnets of the charging cradle. The battery level will be displayed on the screen.



- Wipe the charging port dry before charging.
- Use the dedicated charging cable that comes with your watch to charge it.

2. Downloading Huawei Health

To download and install the Huawei Health app, scan the QR code on the right, or search for Huawei Health in AppGallery or other app stores.



AppGallery

3. Pairing your watch with your phone

From the device list in the Huawei Health app, select the watch and follow the onscreen instructions to complete the pairing.

4. Getting help

View the online help in the Huawei Health app for more information about connection and functions, as well as usage tips.

Copyright © Huawei 2020. All rights reserved.

THIS DOCUMENT IS FOR INFORMATION PURPOSE ONLY, AND DOES NOT CONSTITUTE ANY KIND OF WARRANTIES.

Trademarks and Permissions



HUAWEI, and  are trademarks or registered trademarks of Huawei Technologies Co., Ltd.

The *Bluetooth*® word mark and logos are registered trademarks owned by the *Bluetooth SIG, Inc.* and any use of this mark by Huawei Technologies Co., Ltd. is under license. Huawei Device Co., Ltd. is an affiliate of Huawei Technologies Co., Ltd.

Other trademarks, product, service and company names mentioned may be the property of their respective owners.

Privacy Policy

To better understand how we protect your personal information, please see the privacy policy at <http://consumer.huawei.com/privacy-policy>, or read the privacy policy and service terms using the app after pairing it with your phone.

Blasting Caps and Areas

Turn off your mobile phone or wireless device when in a blasting area or in areas posted turn off "two-way radios" or "electronic devices" to avoid interfering with blasting operations.

Operation and safety

- Using an unapproved or incompatible power adapter, charger or battery may cause fire, explosion or other hazards.
- Ideal temperatures are -20°C to +45°C.
- Some wireless devices may affect the performance of hearing aids or pacemakers. Consult your service provider for more information.
- Pacemaker manufacturers recommend that a minimum distance of 15 cm be maintained between a device and a pacemaker to prevent potential interference with the pacemaker. If using a pacemaker, hold the device on the side opposite the pacemaker and do not carry the device in your front pocket.
- Keep the device and the battery away from excessive heat and direct sunlight. Do not place them on or in heating devices, such as microwave ovens, stoves, or radiators.
- Observe local laws and regulations while using the device. To reduce the risk of accidents, do not use your wireless device while driving.
- To prevent damage to your device's parts or internal circuits, do not use it in dusty, smoky, damp or dirty environments or near magnetic fields.
- Do not use, store or transport the device where flammables or explosives are stored (in a gas station, oil depot, or chemical plant, for example). Using your device in these environments increases the risk of explosion or fire.
- Dispose of this device, the battery, and accessories according to local regulations. They should not be disposed of in normal household waste. Improper battery use may lead to fire, explosion, or other hazards.
- The device has undergone testing and has demonstrated water and dust resistance in certain environments.

- The device has a built-in, non-removable battery, do not attempt to remove the battery, otherwise the device may be damaged. To replace the battery, take the device to an authorized service center.
- If the battery leaks, ensure that the electrolyte does not make direct contact with your skin or eyes. If the electrolyte touches your skin or splashes into your eyes, immediately flush with clean water and consult a doctor.
- When charging the device, make sure the power adapter is plugged into a socket near the devices and is easily accessible.
- Unplug the charger from electrical outlets and the device when not in use.
- Do not place sharp metal objects, such as pins, near the microphone. The microphone may attract these objects and result in injury.
- Wireless devices may interfere with the airplane's flight system. Do not use your device where wireless devices are not allowed according to the airplane company's regulations.
- To ensure the best audio performance of your device's microphone, use a cloth to wipe the area of the microphone which has been exposed to water. Do not use the microphone until the wet areas are totally dry.

Disposal and recycling information



The crossed-out wheeled-bin symbol on your product, battery, literature or packaging reminds you that all electronic products and batteries must be taken to separate waste collection points at the end of their working lives; they must not be disposed of in the normal waste stream with household garbage. It is the responsibility of the user to dispose of the equipment using a designated collection point or service for separate recycling of waste electrical and electronic equipment (WEEE) and batteries according to local laws.

Proper collection and recycling of your equipment helps ensure electrical and electronic equipment (EEE) waste is recycled in a manner that conserves valuable materials and protects human health and the environment, improper handling, accidental breakage, damage, and/or improper recycling at the end of its life may be harmful for health and environment. For more information about where and how to drop off your EEE waste, please contact your local authorities, retailer or household waste disposal service or visit the website <http://consumer.huawei.com/en/>.

Reduction of hazardous substances

This device and any electrical accessories are compliant with local applicable rules on the restriction of the use of certain hazardous substances in electrical and electronic equipment, such as EU REACH, RoHS and Batteries (where included) regulations, etc. For declarations of conformity about REACH and RoHS, please visit our web site <http://consumer.huawei.com/certification>.

EU regulatory conformance

RF exposure requirements

Important safety information regarding radio frequency (RF) radiation exposure:

RF exposure guidelines require that the device be used at a minimum of 1 cm from the human face and wrist worn only. Failure to observe this guideline may result in RF exposure exceeding limits.

Statement

Hereby, Huawei Technologies Co., Ltd. declares that this device HCT-B19 is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

The most recent and valid version of the DoC (Declaration of Conformity) can be viewed at <http://consumer.huawei.com/certification>.

This device may be operated in all member states of the EU.

Observe national and local regulations where the device is used.

This device may be restricted for use, depending on the local network.

Frequency bands and power

(a) Frequency bands in which the radio equipment operates: Some bands may not be available in all countries or all areas. Please contact the local carrier for more details.

(b) Maximum radio-frequency power transmitted in the frequency bands in which the radio equipment operates: The maximum power for all bands is less than the highest limit value specified in the related Harmonized Standard.

The frequency bands and transmitting power (radiated and/or conducted) nominal limits applicable to this radio equipment are as follows: HCT-B19: Bluetooth: 13 dBm

Accessories and Software Information

It is recommended that the following accessories should be used:

The product software version is HCT-B19: 1.0.0.6

Software updates will be released by the manufacturer to fix bugs or enhance functions after the product is released.

has been released. All software versions released by the manufacturer have been verified and are still compliant with the related rules.

All RF parameters (for example, frequency range and output power) are not accessible to the user, and cannot be changed by the user.

For the most recent information about accessories and software, please see the DoC (Declaration of Conformity) at <http://consumer.huawei.com/certification>.

Please go to **Settings > About > Regulatory Information** on the device to view the E-label screen.

Please visit <http://consumer.huawei.com/en/support/hotline> for recently updated hotline and email address in your country or region.

Disposal and recycling information(India)



This symbol on the device or on its packaging indicates that the device (including its electrical accessories) should not be disposed of as normal household garbage.

Do not dispose this product with Regular Household, Dry and Wet Waste. If you wish to discard this product, please contact on the details below and follow the correct method of disposal as guided:

E-mail: service.hw.in@huawei.com, Service hotline: 1800-209-6555 (Toll-Free) 9AM-9PM all 7 days, except public holidays.

For further information, log on to:

Huawei E-waste Policy: <http://consumer.huawei.com/in/support/e-waste-process-policy/>.

Official Recycling Partner: Reteck Envirotech Private Limited.

Plot-4A, Sanghi Udyog, Near Navade Railway Station, Tal-Panvel, Dist. - Raigad, Taloja MIDC-410208.

info@reteck.in

www.reteck.in / www.reteck.co

Reduction of hazardous substances(India)

This device is compliant with the E-Waste (Management) Rules, 2016 and does not contain hazardous substances regulated by the Rules except for the applications of exemption.

Battery BIS details

IS 16046 (Part 2): 2018/ IEC 62133-2:2017



R-41145653

www.bis.gov.in

IS 16046 (Part 2): 2018/ IEC 62133-2:2017



R-41133523

www.bis.gov.in

Industry Canada compliance

RF exposure requirements

Important safety information regarding radio frequency (RF) radiation exposure:

RF exposure guidelines require that the device be used at a minimum of 1 cm from the human face and wrist worn only. Failure to observe this guideline may result in RF exposure exceeding limits.

Certification information (SAR)

This device is also designed to meet the requirements for exposure to radio waves established by Industry Canada.

The SAR limit adopted by Canada is 1.6W/kg averaged over 1 gram of tissue for use against the head and 4.0W/kg averaged over 10 grams of tissue for use on the wrist, and the highest SAR value reported

to the IC for this device type complies with this limit.

IC Statement

This device complies with CAN ICES-3 (B)/NMB-3(B).

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Déclaration de l'IC

Cet appareil est conforme à la norme CAN ICES-3 (B)/NMB-3(B).

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Caution: Any changes or modifications to this device not expressly approved by Huawei Technologies Co., Ltd. for compliance could void the user's authority to operate the equipment.

This product is not designed to be a medical device, and is not intended to diagnose, treat, cure or prevent any disease. All data and measurements should be used for personal reference only. If you experience skin discomfort when wearing the device, take it off and consult a doctor. The charging dock is not water resistant. Wipe the port, metal contacts, and the device dry during charging.