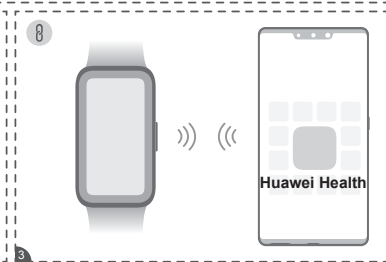
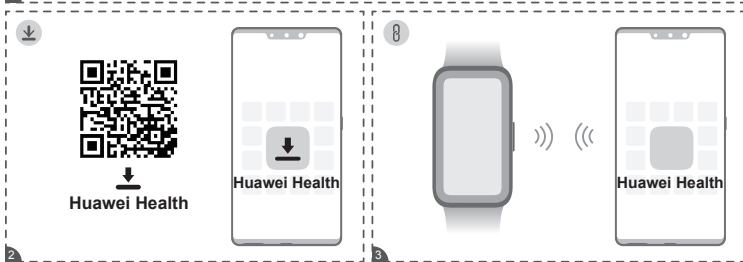
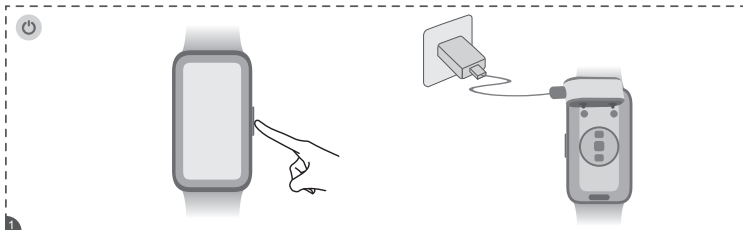


Quick Start Guide  
Guide de démarrage rapide  
Kurzanleitung  
Guida introduttiva  
Guía de inicio rápido  
Início rápido  
Beknopte handleiding  
Οδηγός γρήγορης έναρξης  
Instrukcja obsługi  
Īsā darba sākšanas pamācība  
Sparčiosios paleisties vadovas  
Kiirjuhend  
Ghid de pornire rapidă  
Краткое руководство пользователя  
Упатство за брз почеток  
Ръководство за бърз старт  
Stručná příručka  
Stručná úvodná príručka  
Gyorsútmutató  
Kratko uputstvo  
Kratak priručnik za početak upotrebe  
Priročnik za hiter začetek  
Snabbstartsguide  
Pikaopas  
Kort startvejledning  
Hurtigstartveiledning  
Короткий посібник користувача  
Akıllı bant Hızlı Kullanım Kılavuzu



## English

Before using the device, review and download the latest Quick Start Guide at <https://consumer.huawei.com/en/support/>.

### Set Up Your Device

1. Press and hold the button or charge the device to power it on.
2. Use your phone to scan the QR code on the first page, or search for "Huawei Health" in AppGallery or on [consumer.huawei.com](https://consumer.huawei.com) to download the Huawei Health app.
3. Open the Huawei Health app, go to the devices screen, choose the devices you wish to add, and follow the onscreen instructions to complete pairing.


### 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.

### Petrol stations and explosive atmospheres

In locations with potentially explosive atmospheres, obey all posted signs to turn off wireless devices such as your phone or other radio equipment. Areas with potentially explosive atmospheres include fuelling areas, below decks on boats, fuel or chemical transfer or storage facilities, areas where the air contains chemicals or particles, such as grain, dust, or metal powders.

### Operation and safety

- Ideal temperatures: -10°C to +45°C for operating, -20°C to +55°C for storage.
- 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. Do not disassemble, modify, throw, or squeeze it. Do not insert foreign objects into it, submerge it in liquids, or expose it to external force or pressure, as this may cause it to leak, overheat, catch fire, or even explode.
- The device has a built-in, non-removable battery, do not attempt to remove the battery, otherwise the device may be damaged.
- When charging the device, make sure the power adapter is plugged into a socket near the devices and is easily accessible.
- Please consult your doctor and the device manufacturer to determine if operation of your device may interfere with the operation of your medical device.
- 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.
- 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.
- Ensure that the power adapter meets the requirements of IEC/EN 62368-1 and has been tested and approved according to national or local standards.
- Your device meets requirements of IP68 (IEC 60529).
-  WARNING: This device contains a small size cell battery. Do not ingest battery, Chemical Burn Hazard.

# Obsah je uzamčen

**Dokončete, prosím, proces objednávky.**

**Následně budete mít přístup k celému dokumentu.**



**Proč je dokument uzamčen? Nahněvat Vás rozhodně nechceme. Jsou k tomu dva hlavní důvody:**

- 1) Vytvořit a udržovat obsáhlou databázi návodů stojí nejen spoustu úsilí a času, ale i finanční prostředky. Dělali byste to Vy zadarmo? Ne\*. Zakoupením této služby obdržíte úplný návod a podpoříte provoz a rozvoj našich stránek. Třeba se Vám to bude ještě někdy hodit.

*\*) Možná zpočátku ano. Ale vězte, že dotovat to dlouhodobě nelze. A rozhodně na tom nezbohatneme.*

- 2) Pak jsou tady „roboti“, kteří se přiživují na naší práci a „vysávají“ výsledky našeho úsilí pro svůj prospěch. Tímto krokem se jim to snažíme překazit.

A pokud nemáte zájem, respektujeme to. Urgujte svého prodejce. A když neuspějete, rádi Vás uvidíme!