

honor Band 4 Running

honor Band 4 Running Online Help_V1.1

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1 Getting started

- 1.1 Using your band
- 1.2 Icons
- 1.3 Wearing your band
- 1.4 Screen Control
- 1.5 Pairing your band with your phone
- 1.6 Syncing time
- 1.7 Charging your band
- 1.8 Powering on and off/Restarting/Restoring your band to its factory settings

1.1 Using your band

This smart band supports two wearing modes: Wrist mode and Foot mode. There are several smart features in the band such as running form monitoring, daily activity tracking and monitoring, sleep monitoring, and message reminders. The band is the perfect partner for smartphones as it is a combination of fitness, health, and fashion. It helps you learn about your fitness and sleeping habits, achieve better running results, and minimize risk of injury.

1.2 Icons

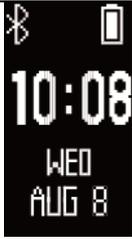


NOTE

The icons may vary with the band version. The following information is for your reference only.

Wrist Mode:

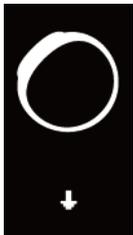
Time	Steps	Distance
------	-------	----------

		
<p>Calories</p> 	<p>Sleep time</p> 	<p>Find phone</p> 
<p>Switch manually to Foot mode</p> 	<p>Incoming call notification</p> 	<p>Muting an incoming call</p> 
<p>Alarm</p> 	<p>Disable alarm</p> 	<p>Activity reminders</p> 
<p>Achievement reminders</p> 	<p>Message reminders</p> 	<p>More</p> 
<p>Restart</p> 	<p>Power off</p> 	<p>Device name</p> 

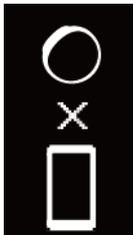
 **NOTE**

You cannot view the "Find phone" icon when your band is not connected with your phone.

Foot Mode:

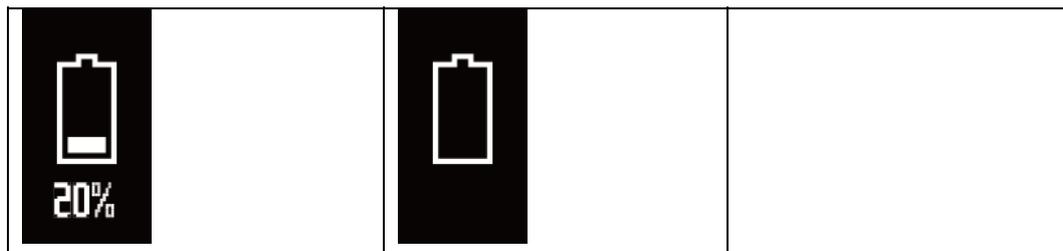
<p>Single workout</p> 	<p>Switching to Wrist mode</p> 	<p>Single workout distance</p> 
<p>Single workout time</p> 		

Connection

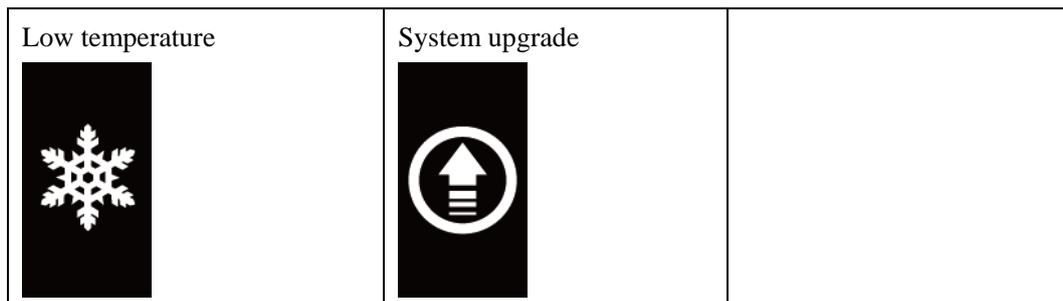
<p>Waiting for a Bluetooth connection</p> 	<p>Bluetooth connection failed</p> 	<p>Bluetooth connected</p> 
<p>Bluetooth disconnected</p> 		

Battery:

Charging	Low battery alert	
----------	-------------------	--

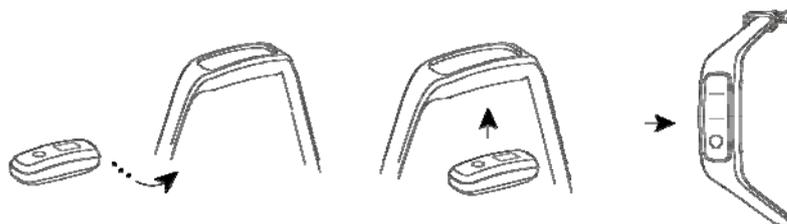


Others



1.3 Wearing your band

1. Attach and fix the body into the wrist strap as shown in the following figure.



2. The band strap adopts a U-shaped buckle designs. To wear the band, insert one end of the strap through the U-shaped buckle and then fasten it.



 **NOTE**

- Your band is made of materials that are safe to use. If you experience skin discomfort when wearing the band, stop using it and consult a doctor.
- Make sure to wear your band properly to maximize comfort.
- Keep the band and your skin dry and clean to prevent any damages caused by moisture.

1.4 Screen Control

The band offers a resolution of 48×88 pixels PMOLED 0.5-inch black and white screen with a touch key on the bottom of the screen.

Operation	Function
Single touch	Switch screens
Touch and hold	Enable related functions



Turning on the screen

To turn on the screen, raise your wrist or rotate it inward. The screen will stay on for 5 seconds.



NOTE

You can enable the **Raise wrist to wake screen** function in the Huawei Health app.



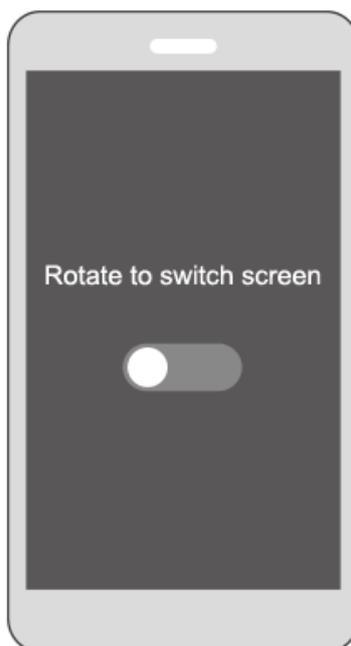
Switching between screens

Ensure that the screen is on, and then rotate your wrist to switch between screens.



NOTE

- You can enable the **Rotate wrist to switch screen** function in the Huawei health app.
- You cannot rotate your wrist to switch between screens when your band is in Foot mode.



Turning off the screen

- Lower your wrist to turn off the band screen.
- The screen will turn off automatically when the band is idle for 5 seconds.



NOTE

If you turn on the screen within 5 seconds after turning it off, the previous screen accessed will be displayed. Otherwise, the home screen will display.

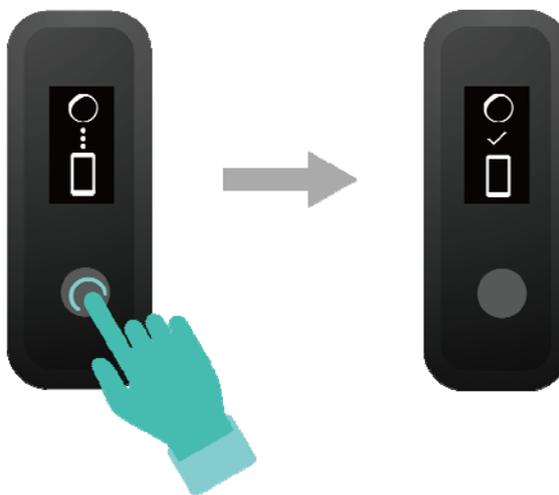
1.5 Pairing your band with your phone

Connect your band to the charging cradle to activate your band when you use it for the first time. The band is ready to be paired via Bluetooth by default.

Please do not pair your band with your phone using Bluetooth on your phone as the band may not be able to display the accurate time and steps information if you do so.

- **For Android users:**

- a. Search and install the Huawei Health app in the Google Play Store. If you have already installed the Huawei Health app on your phone, update it to the latest version.
 - b. Open the Huawei Health app, touch the + icon on the top-right corner (or device icon if you have paired your band), or go to **Me > My devices > Add** to access the device details screen, and then touch **Smart Band** and select **honor Band 4 Running**.
 - c. Touch **Pair**. The Huawei Health app will search for the band automatically. Select **honor Band 4R-XXX** from the list of devices available. The band will start to pair with your phone automatically.
 - d. Your band will vibrate when it receives a pairing request. Touch the touch key on your band screen to start pairing.
- **For iOS users:**
 - a. Search and install the Huawei Health app in the App Store. If you have already installed the Huawei Health app on your phone, update it to the latest version.
 - b. Open the Huawei Health app. Access the **Device** screen, and touch the + icon in the top-right corner. Touch **Smart Band** and select **honor Band 4 Running**.
 - c. Touch **PAIR**. The Huawei Health app will then search for the band automatically. Select the **honor Band 4R-XXX** from the available devices list. The band will then start pairing with your phone automatically.
 - d. Your band will vibrate when it receives a pairing request. Touch the touch key on your band to start pairing.

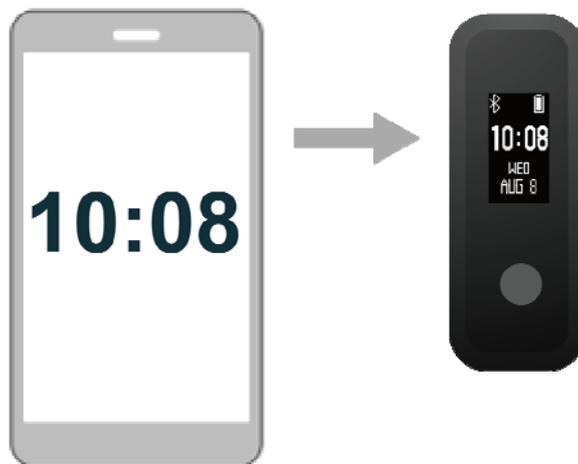


 **NOTE**

- Your band will display an icon on the screen to inform you that the pairing is successful, and then sync information (such as data and time) from your phone.
- Your band will display an icon on the screen to inform you that pairing is failed and return to the startup screen.

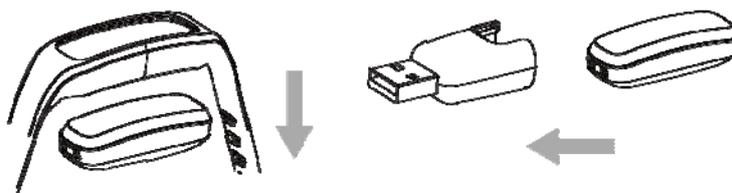
1.6 Syncing time

After your band is paired with your phone, the time zone and language set on your phone will be synced to the band automatically.



1.7 Charging your band

To charge your band, remove the band body from the strap. Align the metal charging end of the band with the charging cradle. Battery level is displayed on the smart band screen.

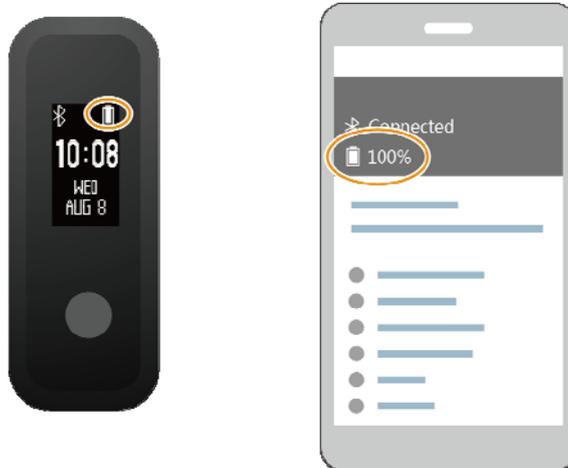


NOTE

- Ensure that you use an original HUAWEI charger with a rated output voltage of 5 V and a rated output current of 0.5 A or higher, or connect your band to your laptop's USB port. If you are using other chargers, your band may charge slowly or overheat. Please purchase original HUAWEI chargers from a Huawei official sales channel.
- Charge your band in a well-ventilated environment. Before charging your band, wipe off any water or sweat on the band, and make sure the **band charging port is clean and dry** to prevent short circuits.

Charging time: It takes about 2 hours to fully charge your band. Once the battery icon is full, your band is fully charged.

View battery level: Check the battery icon  on the band home screen or in the Huawei Health app.



Low battery alert

If the battery level is lower than 10%, your band will vibrate, and the battery icon will display  to remind you to charge your band promptly.

1.8 Powering on and off/Restarting/Restoring your band to its factory settings

Power on

Your band will automatically power on when you charge it.

Power off

- Your band will automatically power off when the battery is empty.

- In Wrist mode, touch the touch key on your band screen to locate the  screen, touch and hold the touch key to enter the screen, and touch the touch key to switch to



screen, then touch and hold the touch key to power off the band.

Restart

In Wrist mode, touch the touch key on your band screen to locate the  screen, touch and

hold the touch key to enter the screen, and touch the touch key to switch to  screen, then touch and hold the touch key to restart the band.

Restoring to factory settings

Method 1: Restore your band to its factory settings using your band.

Double-knock the time screen two times with one knuckle. Touch the touch key to access the restoring to its factory settings screen. Touch and hold the touch key to restart the band.



Method 2: Restore your band to its factory settings using the Huawei Health app

Open the Huawei Health app, touch the band icon in the top-right corner under Home. Touch Restore factory settings to reset your band.

2 Smart reminders

- 2.1 Incoming call notification
- 2.2 Muting an incoming call
- 2.3 Rejecting calls
- 2.4 Messages reminders
- 2.5 Activity reminders
- 2.6 Target completion alert
- 2.7 Finding a phone using the band

2.1 Incoming call notification

When your band is connected to your phone and there is an incoming call on your phone:

If you are wearing your band on your wrist, your band will vibrate and turn on the screen to inform you of the incoming call. You will not receive any notifications if your band is in Foot mode.

2.2 Muting an incoming call

When your band is connected to your phone and there is an incoming call, your band will vibrate, turn on its screen, and display an incoming call icon. Touch the touch key on your band to mute the call.



NOTE

This feature can only be enabled when your band is connected to a phone running on iOS system.



2.3 Rejecting calls

When your band is connected to your phone and there is an incoming call, your band will vibrate, turn on its screen, and display an incoming call icon. Touch and hold the touch key on your band to reject the call.



2.4 Messages reminders

Ensure that your band is connected to the Huawei Health app.

For Android users: Open the Huawei Health app, go to **Me > My devices > Notifications management > Notice** and enable **Notice** to select the app notifications you want to receive.

For iOS users: Open the Huawei Health app, go to **Devices > Notifications management > Message alerts**. Enable **Message alerts**. At the same time, enable the notification function for apps you want to receive notifications from on your phone.

Your band will vibrate and turn on its screen to remind you of new messages when new app notifications are displayed on your phone status bar.

Your band currently supports the following message types: text messages, emails, calendar events, and messages from social media apps.



NOTE

- You will not receive any notifications when your band is in Foot mode.
- Only app icons are displayed when you receive a new message as there is a limited screen space on the band.

2.5 Activity reminders

When **Activity reminders** is enabled, your band will monitor your activity level within a designated period of time (set to 1 hour by default). If you did not move around during this period, your band will vibrate and turn on its screen to remind you.

Disable **Activity reminders** in the Huawei Health app if you do not want to be disturbed.

2.6 Target completion alert

You can go to **Me > Target** in the Huawei Health app to set your daily target steps. When your target is achieved, your band will vibrate and turn on the screen to remind you.

2.7 Finding a phone using the band

Forgot where you put your phone? You can now use your band to find it.

Ensure that you are wearing the band **on your wrist**, touch the touch key and access **Find phone** screen. Touch and hold the touch key to enable **Find phone**. If your phone is within Bluetooth range, it will play a ringtone (even in Silent mode) to alert you of its location. On the Find phone screen, touch the touch key to stop searching for your phone.



 **NOTE**

- This feature can only be enabled when your band is connected to your phone and the Huawei Health app is running.
- This feature will be disabled when the phone is not found in 30 seconds.

3 Fitness and health

- 3.1 [Switching between two wearing modes](#)
- 3.2 [Running Form Monitoring](#)
- 3.3 [Daily activity tracking and monitoring](#)
- 3.4 [Sleep monitoring](#)
- 3.5 [Syncing and sharing your fitness and health data](#)
- 3.6 [Dual device connection](#)

3.1 Switching between two wearing modes

Your band can be worn on either your wrist or shoes: Wrist mode and Foot mode respectively.

- The following features are supported in Wrist mode: Daily activity tracking and monitoring, sleep monitoring, message reminders, incoming call notification, alarm reminder, and finding your phone using your band.
- The following features are supported in Foot mode: Daily activity tracking and seven types of professional running form monitoring data, including cadence, step length, ground contact time, foot strike pattern, landing impact, eversion excursion, and swing angle.

3.2 Running Form Monitoring

1. Switch to Foot mode
 - a. When using your band for the first time, download the Huawei Health app and pair your band with your phone.
 - b. Slot the shoe buckle under the shoelace, with the arrow on the shoe buckle facing front. Do slot the shoes buckle under more rows of your shoelace to securely fasten the band body on it.
 - c. Align the metal charging end of the band body with the metal spring on the shoe buckle, and then gently push it down to fasten the buckle. The band switches to



Foot mode automatically and a running startup screen () is displayed.



 **NOTE**

Also, you can switch your band to Foot mode manually. To do this, open the Huawei Health app, go to **Wearing mode > Switch wearing mode** under **Devices**, and touch **Switch wearing mode** to select



Manual. In Wrist mode, touch the touch key on the band screen to enter  screen, then touch and hold the touch key to switch to Foot mode.

2. Running form monitoring

Method 1: Start a run using your band

The band can record your running data during the workout if you brought it without your phone. You can simply connect your band to the phone using the Huawei Health app after the run to sync data between both devices.



- a. Start running: Touch and hold the touch key on the running startup screen () on the band.
- b. Stop running: Touch and hold the touch key on the band.
- c. Sync data: Ensure that the band is connected to the phone using the Huawei Health app and the data can be synced automatically. Also, you are able to swipe down in the Huawei Health app home screen to sync data. Data sync may take a few moments.
- d. View data: Open the Huawei Health app and view your exercise records, including your running form monitoring data and professional running advice.

 **NOTE**

- The Huawei Health app can sync fitness data for the last seven days from your band.
- To prevent data loss, you are advised to sync your data once a day.

Method 2: Start a run using the Huawei Health app

You need to bring your phone and your band during the workout to ensure that fitness data is synced between both devices.

- a. Start running: Enable outdoor running or indoor running in the Huawei Health app.



An "App Connected Running" icon () will be displayed on the band once you enable either running types.

- b. Stop running: Touch the stop icon in the Huawei Health app to stop running.
- c. View data: Open the Huawei Health app and view your exercise records, including your running form monitoring data, GPS track (for outdoor running only) and professional running advice.

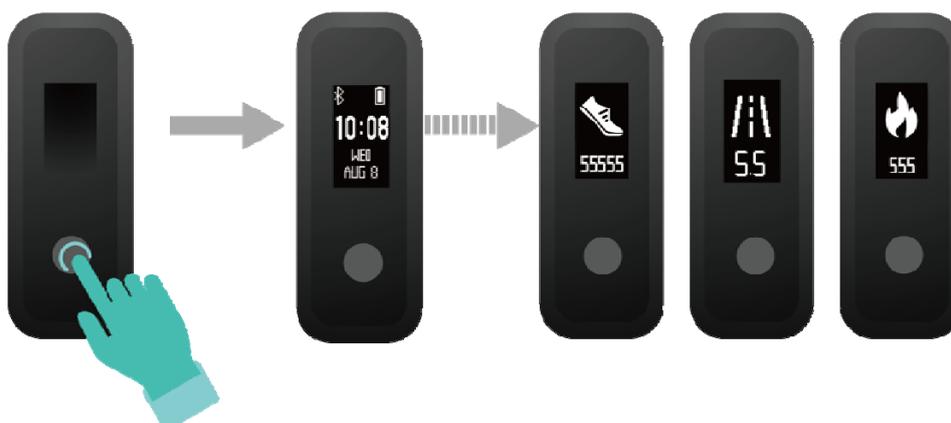
3.3 Daily activity tracking and monitoring

In Wrist mode, your band can automatically identify your walking and running status and record your step count, workout distance, and calories burnt.

You are able to use either of the following two methods to view your activity data after exercising.

Method 1: View your fitness data on your band.

In Wrist mode, touch the touch key on your band to view your step count, workout distance, and calories burnt.



Method 2: View your fitness data through the Huawei Health app.

You can view your workout data, such as step count, calories burnt, and workout distance, on the device details screen in your Huawei Health app.



NOTE

To view your workout data in the Huawei Health app, ensure that your band is connected to the app.

3.4 Sleep monitoring

The band adopts sleep monitoring technology to collect sleep data, and determines your sleep status (such as sleeping, awake, light or deep sleep) when you wear it during sleep.

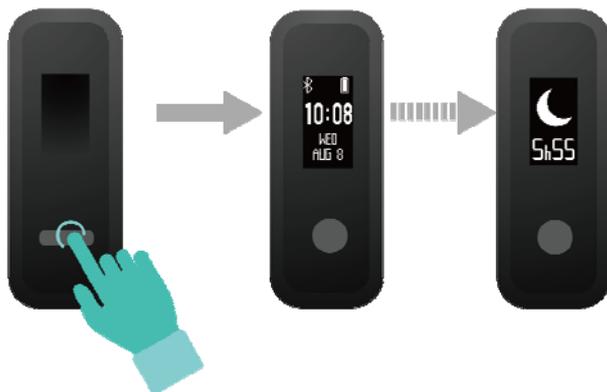
 **NOTE**

Wear your band to a comfortable fit to obtain accurate sleep data. When you are not using the band, lay it sideways on a flat surface. Avoid covering the back of the band.

You can use either of the following methods to check your sleep data.

Method 1: View your sleep data on your band.

Make sure that you are wearing the band on your wrist. Touch the touch key on your band screen to access and view your sleep data.



Method 2: View your sleep data through the Huawei Health app.

To view your sleep data, touch **Sleep** card in your Huawei Health app.

3.5 Syncing and sharing your fitness and health data

After your workout, you can share your fitness data to third-party apps and compete with your friends.

Open the Huawei Health app, go to **Me > Data sharing** and select the platform you want to share to. Follow the on-screen instructions to share data on the platform.

3.6 Dual device connection

You are able to connect an honor Band 4 Running and another HONOR wearable device to your phone using the Huawei Health app. The device must support heart rate monitoring. After both devices are connected, your honor Band 4 Running is used as a running form monitoring device while the other wearable device is used as a heart rate monitoring device.

1. Connect your honor Band 4 Running to your phone using the Huawei Health app. Secure the band body to the shoe buckle and the band will switch to Foot mode automatically.
2. Connect another HONOR wearable device to the phone using the Huawei Health app.
3. Start a run in the Huawei Health app and ensure that the App Connected Running feature is enabled on both devices.
4. Touch the stop icon to end your run in the Huawei Health app.
5. You can then view detailed workout data in the Huawei Health app.



NOTE

- This feature is available only on phones running on Android 4.4 or later, and it is unavailable on phones running on iOS system.
- Compatible wearable devices: honor Band 3, honor Band 4.

4 Setting alarms

4.1 Setting a Smart alarm

4.2 Setting an Event alarm

4.1 Setting a Smart alarm

You can use the Huawei Health app to set a Smart alarm, and the band can wake you up when it detects that you are in light sleep. This helps your body to gradually accept that you are waking up, and you will feel more refreshed afterward.

For Android users:

1. Open the Huawei Health app, touch the band icon in the top-right corner under **Home**, and go to **Alarm > Smart alarm**.
2. Set the alarm time, Smart wake-up, and repeat cycle.
3. Touch ✓ in the top-right corner to save the settings.
4. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.



For iOS users:

1. Open the Huawei Health app and touch **Devices**.
2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Smart alarm**.
4. Set the alarm time, Smart wake-up, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.



NOTE

- When the band vibrates to signal an alarm, touch the touch key to snooze the alarm, or do nothing to let it snooze for two more times.
- After you restart your band, or pair it again to your phone, your alarm may not work normally. It is recommended that you open the Huawei Health app, turn the alarm off and then on it again.

4.2 Setting an Event alarm

You can use the Huawei Health app to set a maximum of five Event alarms to remind you of daily activities, such as work meetings and gatherings.

For Android users:

1. Open the Huawei Health app and access the device details screen, and go to **Alarm > Event alarm**.
2. Set the alarm time, label, and repeat cycle.
3. Touch ✓ in the top-right corner to save the settings.
4. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.



For iOS users:

1. Open the Huawei Health app and touch **Devices**.

2. Touch the band's Bluetooth name from the device list.
3. Go to **Alarm > Event alarm**.
4. Set the alarm time, label, and repeat cycle.
5. Touch **Save**.
6. Swipe down on the Huawei Health app's home screen to ensure that the alarm is synced to the band.



NOTE

- When the band vibrates to signal an alarm, touch the touch key to snooze the alarm, or do nothing to let it snooze for two more times
- After you restart your band, or pair it again to your phone, your alarm may not work normally. It is recommended that you open the Huawei Health app, turn the alarm off and then on it again.

5 Updating and MAC address

- 5.1 Viewing version information
- 5.2 Updating your band and the Huawei Health app
- 5.3 Viewing the Bluetooth name and MAC address

5.1 Viewing version information

Method 1:

To view the version information, double-knock the time screen two times with one knuckle and touch the touch key to access the version details screen.



Method 2:

Touch the band icon in the top-right corner of the Huawei Health app home screen. Touch **Firmware update** under **Devices** to view the current band version.

5.2 Updating your band and the Huawei Health app

For a better user experience, new updates are released from time to time. When a new update is available, perform the following steps to update your band and the Huawei Health app.

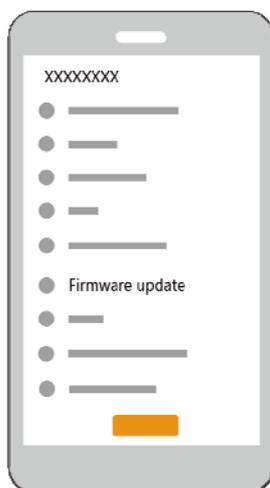
Updating your band



NOTE

Before upgrading your band, ensure that your band is properly connected to your phone so that the fitness data on your band can be synced to Huawei Health app.

Method 1: Connect your band to the Huawei Health app, touch the device icon in the top-right corner of the Huawei Health app home screen to access the device details screen and touch **Firmware update**. Follow the on-screen instructions to update your band.



Method 2: Connect your band to the Huawei Health app, go to **Me > My devices**. Access the device details screen, touch **Firmware update**, and then follow the on-screen instructions to update your band.

Updating the Huawei Health app

For Android users: Open the Huawei Health app and go to **Me > Settings > Check for updates** to update the Huawei Health app.

For iOS users: Update the Huawei Health app in the App Store.



NOTE

During an update, your band will automatically disconnect from Bluetooth, and then re-connect once the update is complete.

5.3 Viewing the Bluetooth name and MAC address

Method 1:

- In Wrist mode, touch the touch key on your band screen to locate the  screen. To touch and hold the touch key to enter the screen, and touch the touch key to switch to  screen, and view Bluetooth name of the band.
- Double-knock the time screen two times with one knuckle. Touch the touch key to access the **MAC** screen. The band's MAC address is displayed in 12 alphanumeric characters next to **MAC:** .



Method 2: View the Bluetooth name and MAC address on the back of your band body. The Bluetooth name of your band is **honor XXXX-XXX**, while the band's MAC address is in 12 alphanumeric characters next to **MAC:** .

Method 3: View your band's MAC address in the Huawei Health app.

- Open the Huawei Health app. You can find the MAC address at the right of **Restore factory settings**.
- Touch the device icon on the top-right corner of the Huawei Health app's home screen. Access **My devices** and the band's Bluetooth name is the band's name.

6 Maintenance

6.1 Water resistance

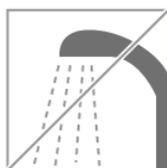
6.2 Cleaning and care

6.1 Water resistance

- The band is 5ATM-rated water resistant, but this is not permanent and may wear off over time.
- You can wear your band when you are washing your hands, in the rain or swimming in shallow water. Do not wear your band when you are showering, diving, scuba diving, and surfing.

The following operations may affect the water resistance of your band:

- Dropping your band or other impacts.
- Exposing to alkaline substances, such as soap, body wash, perfume, emulsion, and oil.
- Using your band in humid and high temperature conditions, for example in a hot shower or sauna.



6.2 Cleaning and care

To extend the lifespan of your band, keep your band and your wrist clean and dry.

- Wipe sweat off your band and wrist after your workout.
- Use a soft cotton cloth to clean the band strap and the shoe buckle, and remove any dirt from the gaps regularly.