

HONOR Band 5 Sport

User Guide

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Contents

1 Pairing and connection.....	1
1.1 How to pair my band with my phone.....	1
2 Getting started.....	3
2.1 Icons.....	3
2.2 Wearing your band.....	7
2.3 Gestures.....	7
2.4 Setting the time zone and language.....	8
2.5 Charging your band.....	8
2.6 Powering on/off and restarting the band.....	9
2.7 Restoring the band to its factory settings.....	9
3 Smart reminders.....	11
3.1 Incoming calls.....	11
3.2 Rejecting incoming calls.....	11
3.3 Notifications.....	11
3.4 Activity reminder.....	12
3.5 Goal completion alert.....	12
3.6 Finding your phone.....	12
4 Fitness and health.....	14
4.1 Wearing mode.....	14
4.2 Monitoring running form.....	14
4.3 Tracking basketball performance.....	16
4.4 Daily activity tracking.....	19
4.5 Sleep tracking.....	20
4.6 Syncing and sharing your fitness and health data.....	21
4.7 Dual device connection.....	21
5 Setting alarms.....	23
6 Updating and factory reset.....	24
6.1 Viewing version information.....	24
6.2 Updating the band and the Huawei Health app.....	25
6.3 Viewing the Bluetooth name and MAC address.....	25
7 Maintenance.....	27

7.1 Water resistance.....	27
7.2 Cleaning and taking care of your band.....	28

1 Pairing and connection

1.1 How to pair my band with my phone

1.1 How to pair my band with my 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.

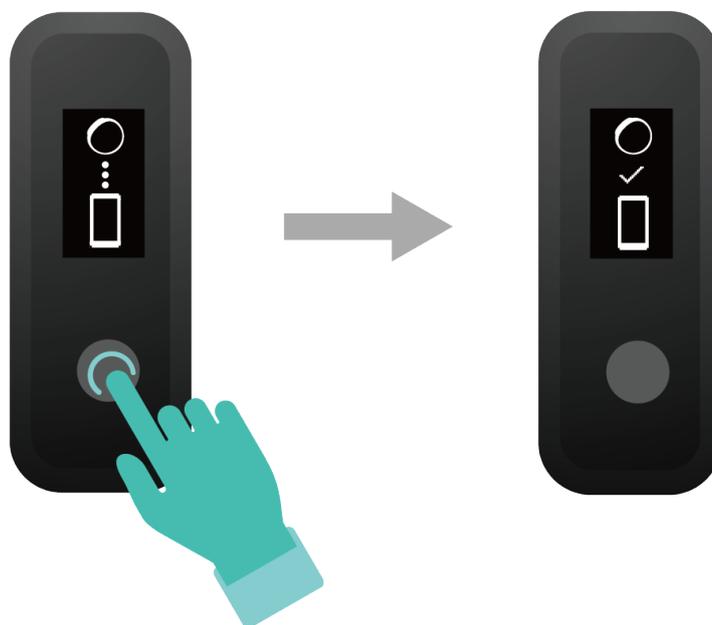
Instead of pairing your band with the phone via Bluetooth directly, pair your band with the phone using the Huawei Health app. Otherwise, your phone will not display the correct time and step count.

- **For Android users:**

- Download the latest version of the Huawei Health app.
- Open the Huawei Health app, go to **Devices** > **Add** > **Smart Band**, and select your band's name.
- Touch **PAIR**. The Huawei Health app will automatically search for the band. Select the correct device name from the list of available devices. The band will then automatically start pairing with your phone.
- Your band will vibrate when it receives a pairing request. Touch the touch key on your band to start pairing.

For iOS users:

- Download the latest version of the Huawei Health app.
- Open the Huawei Health app, touch **Devices**, then go to **Add** > **Smart Band**, and touch your band's name.
- The Huawei Health app will automatically search for the band. Select the correct device from the list of Bluetooth devices available. The band will then automatically start pairing with your phone.
- 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. It will then receive information (such as the date and time) from your phone.
- Otherwise, your band screen will display an icon to inform you that pairing was unsuccessful. It will then return to the startup screen.

2 Getting started

- [2.1 Icons](#)
- [2.2 Wearing your band](#)
- [2.3 Gestures](#)
- [2.4 Setting the time zone and language](#)
- [2.5 Charging your band](#)
- [2.6 Powering on/off and restarting the band](#)
- [2.7 Restoring the band to its factory settings](#)

2.1 Icons

NOTE

The icons may vary depending on the band version. The following information is for reference only.

Wrist mode:

Time	Steps	Distance
		

<p>Calories</p>	<p>Sleep time</p>	<p>Find phone</p>
<p>Switch to Foot mode</p>	<p>Incoming calls</p>	<p>Mute incoming calls</p>
<p>Alarm</p>	<p>Dismiss the alarm</p>	<p>Standing times</p>
<p>Moderate to high intensity</p>	<p>Goal reached</p>	<p>Message reminders</p>
<p>More</p>	<p>Restart</p>	<p>Power off</p>

<p>Device name</p>  <p>honor Band 5 Sport</p>	-	-
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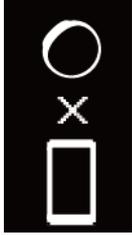
 **NOTE**

The "Find phone" icon will not be displayed when your band is not connected to your phone.

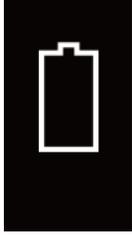
Foot mode:

<p>Running</p>  <p>↓</p>	<p>Switch to Wrist mode</p>  <p>↓</p>	<p>Individual workout distance</p>  <p>5.5</p>
<p>Individual workout time</p>  <p>55:54</p>	<p>App connected running</p> 	<p>Basketball</p>  <p>↓</p>

Connection and pairing:

<p>Bluetooth to be connected</p> 	<p>Bluetooth connection failure</p> 	<p>Bluetooth connected</p> 
<p>Connect to Bluetooth</p> 	<p>-</p>	<p>-</p>

Battery:

<p>Charging</p> 	<p>Low battery</p> 	<p>-</p>
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Others:

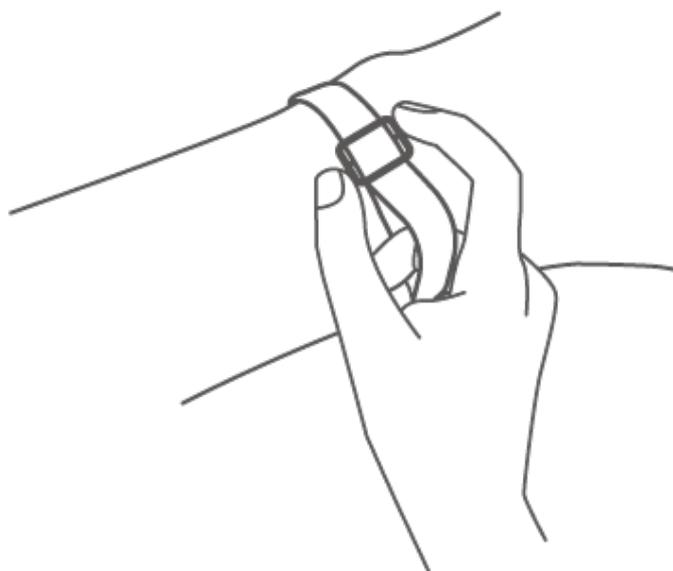
<p>System update</p> 	<p>-</p>	<p>-</p>
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2.2 Wearing your band

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



2. The strap is made of flexible materials. Adjust it before putting it on. If you need to adjust the strap again after putting it on, put your middle finger between the layers of the strap, then use your thumb and index finger to slide the buckle.



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.
- Be 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.

2.3 Gestures

Action	Function
Touch the touch key	Switch between screens
Touch and hold the touch key	Enable the corresponding feature

Waking the screen

To wake the screen, raise your wrist or rotate it in an inward direction, and the screen will stay on for 5 seconds.

NOTE

Open the Huawei Health app, then enable the **Raise wrist to wake screen** feature on the device details screen.

Switching between screens

To switch between screens, rotate your wrist when the screen is on.

NOTE

- Open the Huawei Health app, then enable the **Rotate to switch screen** feature on the device details screen.
- The Rotate to switch screen feature is not supported in **Foot** mode.

Turning off the screen

- To turn off the screen, lower your wrist.
- The screen automatically turns off when the band is idle for 5 seconds.

NOTE

When the screen wakes up within 5 seconds after turning off, it returns to the previous screen. When the screen wakes up more than 5 seconds after turning off, it switches to the home screen.

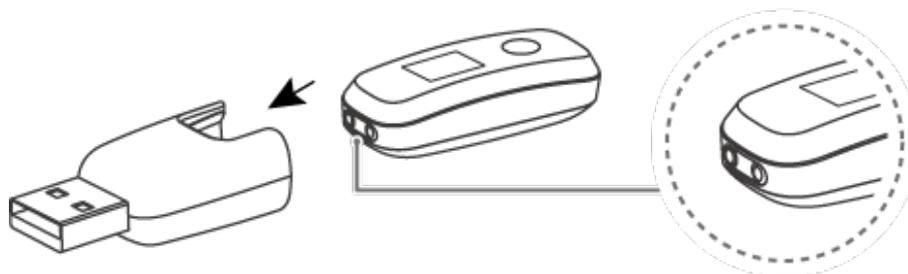
2.4 Setting the time zone and language

Your band will only display time and date due to the limited screen size. Date and day of the week only support English and Chinese. It will only display in Chinese if your phone is set to Chinese and connected, otherwise it will be in English.

When the band is paired with your phone, the time zone and language set on your phone are automatically synced to the band.

2.5 Charging your band

Remove the band body from your band, align its metal charging end with the charging cradle, then connect the cradle to a power supply. A battery indicator will be displayed on your band screen and the body will automatically power on.



NOTE

- Ensure that you use a standard Huawei charger with a rated output voltage of 5 V and a rated output current of 0.5 A or higher, or connect the band to a laptop's USB port to charge your band. Using non-Huawei chargers may lead to slow charging, overheating, or other issues. Therefore, you are advised to purchase a standard HUAWEI charger from an official Huawei sales outlet.
- Charge your band in a well-ventilated environment. Before charging your band, ensure that the **band's charging end is clean and dry** to prevent it from short-circuiting.

Charging time: After about 2 hours of charging, the battery indicator on your band screen will state that your band is fully charged.

View the battery level: View the battery indicator on the band's home screen or in the Huawei Health app.

Low battery alert:

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

2.6 Powering on/off and restarting the band

Powering on the band

Your band will automatically power on if you charge it.

Powering off the band

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

- In **Wrist**, mode touch the touch key below the screen until the  screen is displayed,

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

Restarting the band

In **Wrist**, mode touch the touch key below the screen until the  screen is displayed, touch

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

2.7 Restoring the band to its factory settings

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

Knock the time screen four times consecutively with one knuckle and touch the touch key until you find the **Reset** screen, then hold and touch the touch key to restore the band to its factory settings.



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

Open the Huawei Health app and go to the **Devices** tab and select your device, touch **Restore factory settings**, then touch **RESTORE**.

3 Smart reminders

- [3.1 Incoming calls](#)
- [3.2 Rejecting incoming calls](#)
- [3.3 Notifications](#)
- [3.4 Activity reminder](#)
- [3.5 Goal completion alert](#)
- [3.6 Finding your phone](#)

3.1 Incoming calls

When the band is connected to your phone, there are two scenarios for an incoming call.

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

3.2 Rejecting incoming calls

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

3.3 Notifications

Ensure that the band is paired with your phone using the Huawei Health app.

For Android users: Open the Huawei Health app, touch **Devices**, and then touch your device. Touch **Notifications** and enable **Notifications**. Turn on the switch for apps for which you want to receive notifications.

For iOS users: Open the Huawei Health app, touch **Devices**, choose your band from the device list to enter the device details screen, enable **Notifications**, and then go to system settings to select the apps of which notifications you want to display.

The band will vibrate and turn on its screen to remind you that your phone has received new app notifications.

Compatible phone apps: SMS, Email, Calendar, and social media apps that support this feature.

 **NOTE**

- The band will not display notifications in **Foot** mode.
- As the band screen is not large enough, the screen only displays the source and type of notification instead of showing a detailed message.

3.4 Activity reminder

When **Activity reminder** is enabled, your band will monitor your activity throughout the day in increments (set to 1 hour by default). Your band will vibrate and turn on its screen to remind you to make sure you have a good balance of activity and rest throughout the day.

Disable **Activity reminder** in the Huawei Health app if you find the reminders distracting.

 **NOTE**

- Your band will not vibrate to remind you to move around if you have enabled **Do not disturb** for your band in the Huawei Health app.
- Your band will not vibrate when it detects that you are asleep.
- Your band will only send reminders from 8:00 to 22:00.

3.5 Goal completion alert

You can go to **Me > Settings > Goals** in the Huawei Health app to set your daily step goal. If you complete the preset goals, your band will vibrate and turn on the screen to congratulate you.

3.6 Finding your phone

Lost your phone? Don't worry. Your band is ready to help you out.

In **Wrist** mode touch the touch key below the screen until you find the **Find phone** screen, then touch and hold the touch key to enable the Find phone feature. If your phone is within the Bluetooth range, it will play a ringtone to alert you, even in Silent mode. On the Find phone screen, touch the touch key to disable the feature.

 **NOTE**

- To enable the Find phone feature, ensure that the band is connected to your phone and that the Huawei Health app is running in the background or foreground.
- The Find phone feature is automatically disabled when there is no response for more than 30 seconds.
- The sound that plays will be different for iOS and Android phones.

4 Fitness and health

- 4.1 Wearing mode
- 4.2 Monitoring running form
- 4.3 Tracking basketball performance
- 4.4 Daily activity tracking
- 4.5 Sleep tracking
- 4.6 Syncing and sharing your fitness and health data
- 4.7 Dual device connection

4.1 Wearing mode

The band supports **Wrist** mode and **Foot** mode.

- The following features are supported in **Wrist** mode: daily activity tracking, sleep tracking, message reminders, incoming call notifications, alarm reminders, and finding your phone using your band.
- The following features are supported in **Foot** mode: step count, running form tracking (cadence, step length, ground contact time, foot strike pattern, landing impact, eversion excursion, and swing angle), and basketball performance tracking (average and maximum vertical jump height, number of jumps, average hang time, as well as average and maximum moving speed).

4.2 Monitoring running form

1. Switching to Foot mode
 - a. Download the Huawei Health app and pair your band with your phone when you use your band for the first time.

- b. Align the metal contacts on the side of the band body with those on the shoe buckle.



The band will automatically switch to Foot mode and a running startup screen will be displayed.

- c. Pinch the buttons on either side of the shoe bucklet to open it. Insert the band body, aligning the metal contacts with those on the shoe buckle, then close it. Slide the back part of the case behind the laces of your shoes. Secure the shoe buckle tightly. Please note that fastening the shoe buckle around too many or too few laces may cause the shoe buckle to become too loose, fasten the shoe buckle.



NOTE

1. Make sure the device is resting on the top of your laces near the middle for more accurate results.
2. You can switch your band to **Foot** mode manually. To do this, open the Huawei Health app, touch **Devices** and select your device name, then touch **Wearing mode**. Touch **Switch wearing mode** and



select **Manual**. In **Wrist** mode, tap the touch key to enter the screen, then touch and hold the touch key to switch to **Foot** mode.

3. The running form monitoring is a feature powered by algorithm that is specially designed for running in **Foot** mode and offers seven types of professional running form data. Wear the device on your shoe when running to get the most efficient and accurate data.

2. Running form monitoring

Method 1: Start a run using your band.

The band can record your running data during the workout even when it is not connected to 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 to stop running.
- c. Sync data: Ensure that the band is connected to the phone using the Huawei Health app for the data to be synced automatically. You can also swipe down on the home screen in the Huawei Health app to manually sync data. It may take a few moments to sync data.
- d. View data: Open the Huawei Health app and touch **Exercise records** to view new workout data, including your running form monitoring data and professional running advice.

 **NOTE**

- Your Huawei Health app can sync workout data which lasted less than six hours from the band.
- To prevent your data from being lost, it is recommended that you 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 with you during the workout to ensure that fitness data is synced between both devices.

- a. Start running: Enable **Outdoor run** or **Indoor run** under **Exercise** in the Huawei



Health app. An "App connected running" icon will be displayed on the band once you enable either running type.

- b. Stop running: Touch the stop icon in the Huawei Health app to stop running.
- c. View data: Open the Huawei Health app and touch **Exercise records** to view new workout data, including your running form data, GPS mapped route (outdoor runs only), professional running advice, and more.

4.3 Tracking basketball performance

 **NOTE**

The basketball performance tracking feature is only supported on phones running Android 4.4 or later.

1. Switch to **Foot** mode
 - a. When you use the band for the first time, download the Huawei Health app and pair the band with your phone.
 - b. Remove the band body from your band, align its metal contacts on the side of the band body with those on the shoe buckle, fasten the band body to the shoe buckle, then your band will automatically switch to **Foot** mode, and the running screen  will be displayed. Touch the touch key to switch to the basketball screen.
 - c. Pinch the buttons on either side of the shoe bucklet to open it. Insert the band body, aligning the metal contacts with those on the shoe buckle, then close it. Slide the back part of the case behind the laces of your shoes. Secure the shoe buckle tightly. Please note that fastening the shoe buckle around too many or too few laces may cause the shoe buckle to become too loose, fasten the shoe buckle.



 **NOTE**

1. Make sure the device is resting on the top of your laces near the middle for more accurate results.
2. You can also switch your band to Foot mode by performing the following: Open the Huawei Health app, touch **Me**, then your device name, then touch **Wearing mode**, and set **Switch wearing mode** to **Manual**. In Wrist mode, touch the touch key on your band screen until you



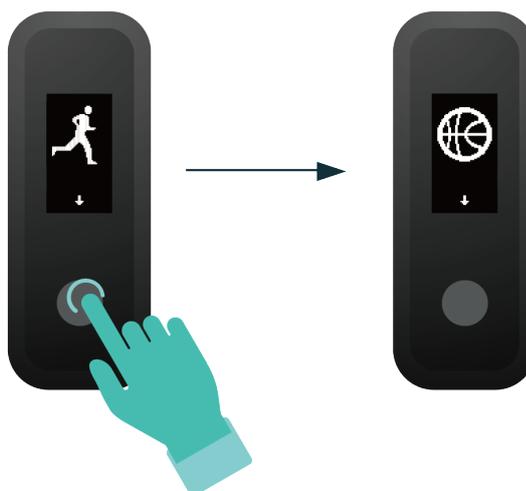
find the  screen, then touch and hold the touch key to switch to Foot mode.

3. When shooting in basketball, a player tends to jump with one superior leg while bending the other, and wearing the band on different legs leads to data discrepancy. Wear the band on your superior leg which you tend to jump with when playing sports.

2. Basketball performance tracking

You can start a basketball session without carrying your phone. Your workout data is saved to your band, and can be synced to the Huawei Health app after your band is connected to the phone.

- a. Start the basketball session:
 - i. In **Foot** mode, touch the touch key to display the basketball session screen.



- ii. Hold the touch key until the band vibrates for three seconds to start the basketball session.

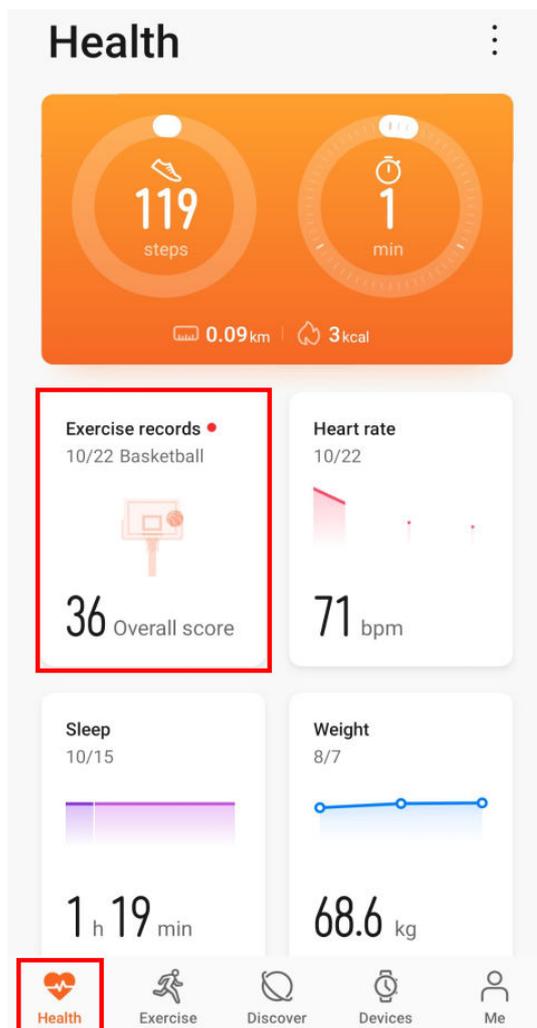


- b. End the basketball session:

Touch the touch key to turn on the screen. Hold the touch key until the band vibrates and exits the basketball session.



- c. View data: Open the Huawei Health app, touch the **Exercise records** card on the **Health** screen, and choose **Basketball** to view specific data, including average and maximum vertical jump height, number of jumps, average hang time, and average and maximum moving speed, as well as a range of scores.



NOTE

1. For more accurate scores, please perform the following steps before taking a basketball session: Open the Huawei Health app, go to **Me > Profile**, and edit your height, age, and weight accordingly.
2. Definition of different basketball performance scores:
 - Jump score: To evaluate your ability to jump, based on the vertical jump height and number of jumps.
 - Explosiveness score: To evaluate your lower limb strength, based on the weight and explosive strength.
 - Sprint score: To evaluate your ability to sprint in fast break, defense, running, and other scenarios, based on the sprint speed and times.
 - Moving score: To evaluate your ability to move, based on the moving speed and continuity.
 - Acceleration score: To evaluate your ability to accelerate and change speed, based on the acceleration rate and times. Overall score: To comprehensively evaluate your ability in terms of jumping, lower limb strength, sprinting, moving, and accelerating.

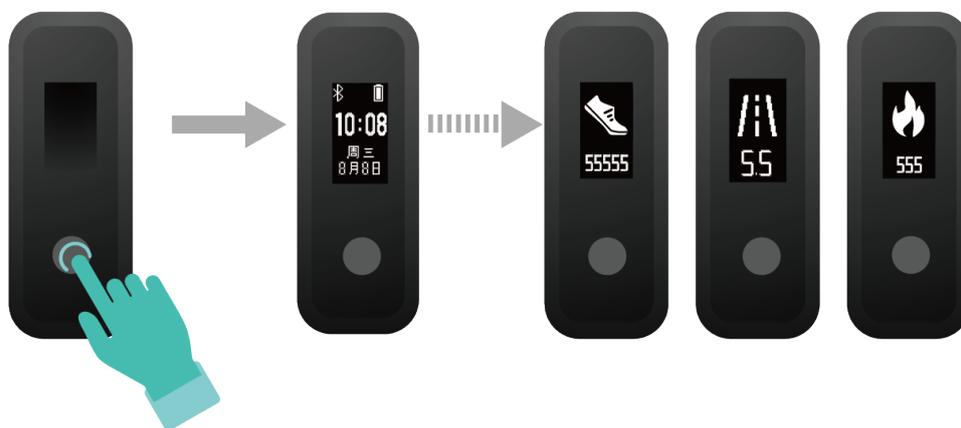
4.4 Daily activity tracking

In wrist mode, the band can automatically identify your walking or running status and record your step count, distance covered, calories burned, and other data.

To view daily activity data, perform the following:

Method 1: Viewing data on your band

In wrist mode, touch the touch key on your band screen, then touch the touch key to switch between screens to view your step count, distance covered, calories burned, and other data.



Method 2: Viewing data in the Huawei Health app

View your detailed activity data on the home screen in the Huawei Health app.

NOTE

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

4.5 Sleep tracking

Your band can automatically record your sleep data while you are asleep and determine your sleep status, such as a deep or light sleep, or if you woke up.

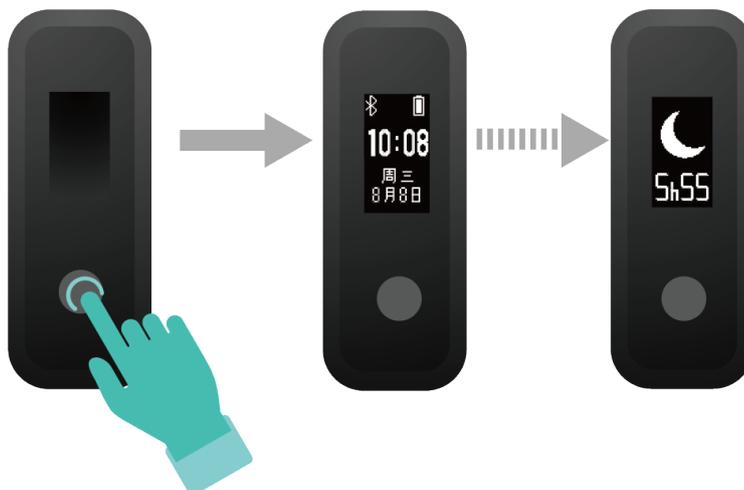
NOTE

Wear your band so it fits comfortably for you to obtain accurate sleep data. It is recommended that you wear it quite tightly. 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 fitness data through the Huawei Health app.

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

4.6 Syncing and sharing your fitness and health data

You can share your fitness data to third-party apps and compare with your friends.

For Android users:

To share your fitness data to a third-party app, open the Huawei Health app, go to **Me > Settings > Data sharing** and select the platform you want to share to. Follow the onscreen instructions specific to each platform.

For iOS users:

To share your fitness data to a third-party app, open the Huawei Health app, go to **Discover > Third party services** and select the platform you want to share to. Follow the onscreen instructions specific to each platform.

4.7 Dual device connection

You are able to connect a band in **Foot** mode and another Huawei/Honor wearable device to your phone using the Huawei Health app. The second device must support heart rate monitoring. After both devices are connected, your band is used as a running form monitoring device while the other wearable device is used as a heart rate monitoring device.

1. Connect your band to your phone using the Huawei Health app. Secure the band body to the shoe buckle and the band will automatically switch to **Foot** mode.
2. Connect the band to the phone using the Huawei Health app and connect another Huawei/Honor wearable device to the phone using the Huawei Health app.

3. Start a run in the Huawei Health app and ensure that both the two devices have been connected to the Huawei Health app. The actual screen may vary depending on the device model.
4. Touch the stop icon to stop the run in the Huawei Health app.
5. You can then view detailed workout data under **Exercise records** in the Huawei Health app.

 **NOTE**

- The dual device connection feature is only available on phones running on Android 4.4 or later.
- Currently, the following wearable devices support the dual connection feature: HONOR Band 3, HONOR Band 4, HONOR Band 5, HUAWEI Band 2 Pro, HUAWEI TalkBand B5, HUAWEI Band 3 Pro, HUAWEI Band 3, HONOR WATCH S1, HUAWEI WATCH GT, and HONOR Watch Magic/Dream.

5 Setting alarms

设置智能闹钟

设置事务闹钟

6 Updating and factory reset

6.1 Viewing version information

6.2 Updating the band and the Huawei Health app

6.3 Viewing the Bluetooth name and MAC address

6.1 Viewing version information

Method 1: Knock the time screen four times consecutively with one knuckle and touch the touch key to switch between screens until the version information is displayed.



Method 2: Open the Huawei Health app, touch the band icon in the upper-right corner on the home screen, and choose **Firmware update**. The band's version information will then be displayed under **Current version**.

6.2 Updating the band and the Huawei Health app

Updating the band

Method 1:

Connect the band to your phone using the Huawei Health app, open the app, touch the band icon in the upper-right corner on the home screen (or touch **Me**, then your device name under **MY DEVICES**), choose **Firmware update**, then follow the onscreen instructions to update your band if there are new updates.

Method 2:

- For Android users: Open the Huawei Health app, enter the device details screen, then enable **Auto-download update packages over Wi-Fi**. If there are new updates, the band will display update reminders. Follow the onscreen instructions to update your band.
- For iOS users: Open the Huawei Health app, touch the profile picture in the upper-left corner on the home screen, touch **Settings**, then enable **Auto-download update packages over Wi-Fi**. If there are new updates, the band will display update reminders. Follow the onscreen instructions to update your band.

Updating the Huawei Health app

For Android users: Open the Huawei Health app, touch **Me**, then touch **Check for updates**.

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

NOTE

During an update, the band will automatically disconnect from your phone.

6.3 Viewing the Bluetooth name and MAC address

Method 1:

1. In Wrist mode, touch the touch key on your band screen until the  screen is displayed, touch and hold the touch key to enter it, then touch the touch key to switch to the  screen. The Bluetooth name of your band will then be displayed.
2. Knock the time screen four times consecutively with one knuckle and touch the touch key until you find the MAC information screen. The band's MAC address will then be displayed as 12 alphanumeric characters next to **MAC:**.



Method 2: View the Bluetooth name and MAC address on the back of your band. The band's MAC address is displayed as 12 alphanumeric characters next to **MAC:**.

Method 3: View the Bluetooth name and MAC address in the Huawei Health app.

- Open the Huawei Health app and touch the band icon in the upper-right corner of the home screen. The MAC address of your band will then be displayed next to **Restore factory settings**.
- Touch the band icon in the upper-right corner on the home screen. The Bluetooth name of your band will then be displayed in the upper-left corner of the screen.

7 Maintenance

7.1 Water resistance

7.2 Cleaning and taking care of your band

7.1 Water resistance

- The band has a water resistance rating of 5ATM, but this protection is not permanent and may deteriorate 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, or surfing.

The following may affect the water resistance of your band:

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





7.2 Cleaning and taking care of your band

- You can hand-wash your wrist strap with soap and warm water and place the strap somewhere out of direct sunlight to dry.
- To prevent color transfer, do not let the woven wrist strap soak in water too long with light-colored clothes, and avoid leaving it in the sun.