

The Huawei Honor Band 5 was released in Xi'an, China on July 23, and consumers can buy the latest Honor Band 5 at Gearbest. Before buy it, you must have some problems? How to pair your Honor Band 5 with your smartphone? How to charge your Honor Band? How to change the dial theme of Honor band 5? Here is a specific user guide for you.



## What can Honor band 5 do?

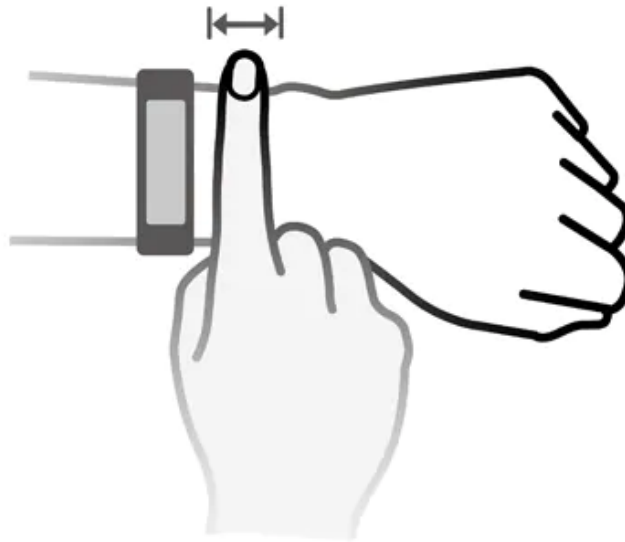
The Honor band 5 is a 50-meter waterproof, ultra-long battery life AMOLED multicolor screen smart band that integrates activity records, heart rate monitoring, sleep monitoring, and message reminders to help you understand your health and facilitate your daily life.

## What the icon's meaning in smart band?

The Honor band 5 equipped with AMOLED multi-color screen, there have many icon on this smart band. For detailed icon information, please refer to this post: [What the icons of Huawei Honor band 5 mean](#).

## How to wear the Honor band 5?

In order to ensure the normal operation of the movement monitoring, sleep monitoring and heart rate detection of the Honor band 5, please refer to the diagram below to wear the smart bracelet correctly.



**Note:** The bracelet strap adopts the horseshoe buckle anti-lost design, when wearing, put one side of the strap into the hole of the horseshoe buckle, and then press the strap buckle into the hole of the strap.

## How to control the Honor band 5 screen?

The Honor band 5 adopts 0.95 inch AMOLED color screen and 2.5D arc glass material, which supports full screen touch, slide up, slide, right slide, long press operation, with home key operation, easy to use.

Operation	Function	Notes
When other pages light up, click the HOME button	Back to Home page	Except under certain circumstances, such as electricity, exercise, etc
When the screen is black, click the HOME button	Light up the screen	the screen is black within 10s to click HOME key is back to the page before the screen is off and return to the main dial page after 10 seconds
Slides right at HOME page	Go to the message center to view the cached messages	If there are no cache messages, will not enter the message center ; Delete messages by right sliding on the message details screen
Slides right at subpage	Return to the previous page	/
Slide on level 1 page	Page switching	/
Click the screen	Confirm	/
Long press the main screen	Quick to change dial	/

## How to pair and connect your smartphone with the Honor band 5?

When you use it for the first time, use the charging base to connect the Honor band 5, and the band will open automatically. The bracelet Bluetooth is pairing by default. Please use the phone Android 4.4 and above, or iOS 9.0 and above, and turn on smartphone's Bluetooth.

### **For Android phone:**

- Search and download the latest version of **Huawei Sports Health APP** in the mobile app market.
- Open "Huawei Sports Health" APP, click "+" in the upper right corner or click "**my > my equipment**", click "**add equipment**", and select "**smart band > Honor Band 5**" in the list of optional devices.
- Click "**start pairing**", APP automatically search for the band Bluetooth device name **Honor band 5-XXX**, select the correct Bluetooth device and click, the bracelet and mobile phone automatically start pairing.
- When the Honor band 5 vibration prompts you to receive a pairing request, click to confirm the pairing.

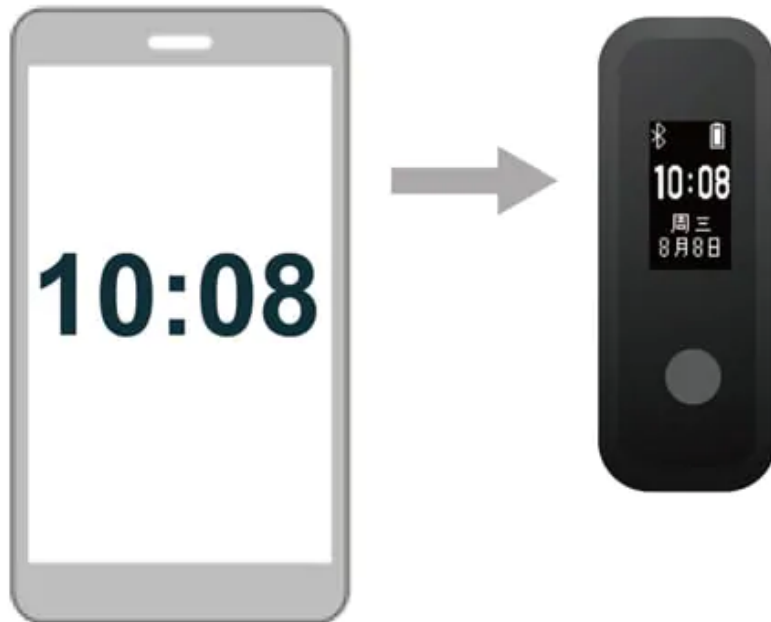
### **For iOS phone:**

- Search and download the latest version of **Huawei Sports Health APP** in the App Store.
- Open "Huawei Sports Health" APP, click "+" in the upper right corner or click "**my > my equipment**", click "**add equipment**", and select "**smart band > Honor Band 5**" in the list of optional devices.
- Click "**start pairing**", APP automatically search for the band Bluetooth device name **Honor band 5-XXX**, select the correct Bluetooth device and click, the bracelet and mobile phone automatically start pairing.
- When the Honor band 5 vibration prompts you to receive a pairing request, click to confirm the pairing.

## **How to set the time and languages of Honor band 5?**

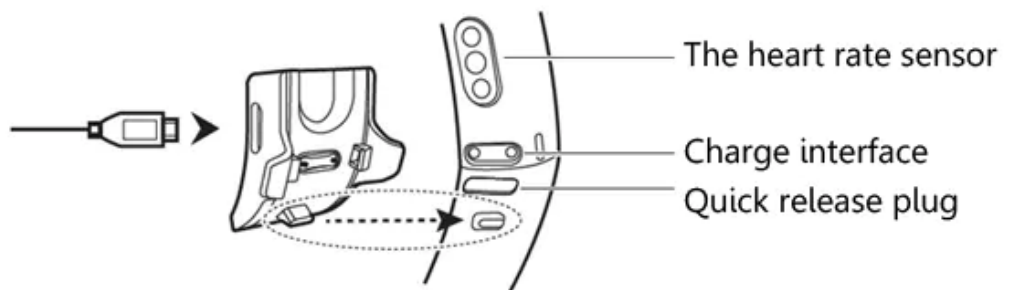
There is no need to set the time and language of the Honor band 5. When the smart bracelet is synchronized with the mobile phone, the language and time on the mobile phone system will be automatically synchronized to the Honor band 5.

If you modify the language + region, time or time format of your phone, the smart bracelet will be modified synchronously after it is normally connected to Bluetooth.



## How to charge the Honor band 5?

**Charging method:** Please insert the plastic positioning boss on the charging base into the positioning hole of the bracelet strap, and then fasten the clasp firmly so that the charging port is in good contact. After the clasp is closed, the charging icon and power prompt will appear on the Honor band 5 screen.



**Charging time:** About 100 minutes

**Battery information:** You can check the battery information by Honor band itself or check at the Huawei sport APP.

## How to power on, shutdown and restart?

**Power on:** When the Honor band 5 is turned off, connected the charging base to charge, and the bracelet starts automatically after the power supply is turned on.

**Power off:** Light up your band screen and slight to choose the “**More>Power off**”.

**Restart:** Light up your band screen and slight to choose the “**More>Restart**”.



## How to change the dial theme of Honor band 5?

Honor band 5 provide kinds off dial theme to choose, you can change at will.

**Method 1:** Long press the main dial theme until the band vibration. When the dial shrinks and a border appears, slide the screen up and down to select your favorite theme.

**Method 2:** Light up your band screen and slight to choose the “**More>Change the dial**”. When the dial shrinks and a border appears, slide the screen up and down to select your favorite theme.