



Getting started

The TalkBand B1 is a wrist band that integrates the functions of exercise monitoring, sleep monitoring, and Bluetooth calling. Let's begin by configuring your B1.

Downloading the Huawei TalkBand application

1. Search for **Huawei TalkBand** in Google Play Store.



2. Download and install the TalkBand application.
3. After the application is installed, is displayed on your phone or tablet.

Pairing with your phone

For devices compatible with the B1, visit consumer.huawei.com. To pair your phone with the B1, perform the following steps:

1. Press and hold the B1's side button to power it on and turn on Bluetooth. will start blinking.

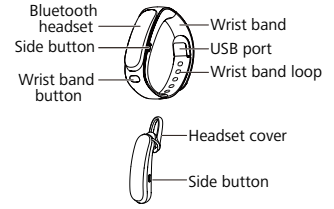


2. Touch to open the TalkBand application and check your phone's Bluetooth status. If Bluetooth is off, touch the Bluetooth switch displayed in the upper right corner of the application screen to turn it on.

Visit consumer.huawei.com or scan the 2D Barcode on the right to search for and download the TalkBand B1 User Guide in other languages.



Getting to know your B1



Item	Description
Bluetooth headset	You can remove it from the B1 for Bluetooth calls.
Side button	<ul style="list-style-type: none"> • Press and hold it to power on or off the B1 or reject an incoming call. • Press it to switch between screens, answer or end a call, and disable reminders.
Wrist band button	Press it to eject the Bluetooth headset.
USB port	Connect it to a charger for charging.
Headset cover	Use it to wear a Bluetooth headset more conveniently.



Screen display	Description
	<ul style="list-style-type: none"> • Blinking: Pairing with a Bluetooth device. • Steady on: A Bluetooth connection has been set up.

Screen display	Description
	The Bluetooth connection has failed or is terminated.
	Bluetooth status, time, and battery level
	Exercise reminder
	Step counter
	Calorie counter
	Target completion progress
	Target completion
	Congratulations on completing your target
	Sleep duration
	Alarm
	Updating
	Incoming call
	End a call
	Reject a call
	Caller name or number
	Calling
	Battery level from low to high

Fitness monitoring



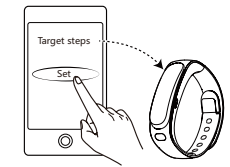
Exercise reminder

The TalkBand application lets you set exercise reminders, letting you set the time you want to be reminded when to exercise.

If you do not exercise at the set interval, the B1 will vibrate and display to remind you. Wear the B1 on your wrist and begin a healthier life.

Setting the exercise target

Use the TalkBand application to set your daily exercise target.



- You can set a target for calorie burned in the same manner.

Viewing your fitness statistics

When you are working out, press the side button to view your fitness statistics.



1. Press the side button to view your steps and target completion progress
2. Press the side button again to view how many calories you have burned

Completing your exercise target

After you complete an exercise target, the B1 displays

Synchronizing your fitness statistics

The B1 stores your fitness statistics. You can synchronize the data to the TalkBand application to view it.

1. Touch to open the TalkBand application.
2. Pair the B1 with your phone. For details, see "Pairing with your phone."
3. To synchronize data between the TalkBand application and the B1, drag down on the application screen and then release your finger.

- After the data is synchronized, the TalkBand application automatically generates a figure to provide a quick view of your current and previous fitness statistics.

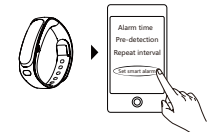
Sleep monitoring



When you wear the B1 to bed, it collects your deep sleep, light sleep, and awake statistics. After you set a smart alarm, if the alarm finds that you are in a light sleep during the pre-detection period, it will go off ahead of time; if you are in the deep sleep state, the alarm will go off at the preset time.

Setting a smart alarm

Use the TalkBand application to set the alarm time, pre-detection duration, and repeat interval.



Waking up

When your alarm is due, the B1 vibrates and displays and the current time . Press the side button to dismiss the alert.



Getting to know your sleep status

Synchronize your sleep statistics to your TalkBand application to view your sleep status. If you are suffering from poor sleep quality, it is recommended that you do some exercise, such as yoga.

- You can disable the smart alarm function using the TalkBand application.

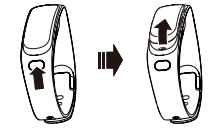
Bluetooth calling



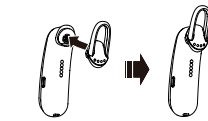
The B1 notifies you of incoming calls and lets you answer them even when it's inconvenient for you to do so, such as when you're driving or carrying baggage. It comes with a Bluetooth headset which vibrates when you receive an incoming call, and displays the caller information.

Answering a call

1. Press the wrist band button and follow the instructions below to remove the headset.

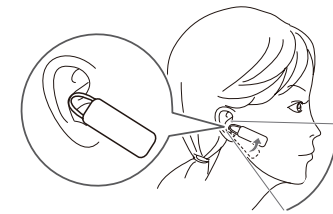


2. If the size of the headset cover included with your B1 does not fit comfortably, follow the instructions in the figures below on how to replace it.



- Backup headset covers are included in the product package.

3. Wear the headset cover and adjust it to the angle shown in the following figure so that it fits comfortably and securely.



4. Press the side button to answer incoming calls.



- Press and hold the side button to reject an incoming call.
- During a call, press the side button to end the call.

Listening to music

Once the B1 is paired with your phone, you can listen to music on your phone using the Bluetooth headset.

Bluetooth calling

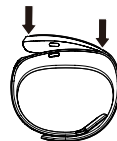
Installing the B1

When you no longer need to use the Bluetooth headset, perform the following steps to insert it back into the B1.

1. Mount the Bluetooth headset onto the B1, as shown in the following figure.



2. Press the front and back ends into the B1 simultaneously.



- i** The B1 vibrates when the Bluetooth headset is properly installed. Make sure the front end of the Bluetooth headset is aligned with the B1's surface.



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Privacy Policy

To better understand how we protect your personal information, please see the privacy policy at <http://consumer.huawei.com/privacy-policy>.

Safety information

This section contains important information about the operation of your device. It also contains information about how to use the device safely. Read this information carefully before using your device.


Electronic device

Do not use your device if using the device is prohibited. Do not use the device if doing so causes danger or interference with other electronic devices.

Interference with medical equipment

- Follow rules and regulations set forth by hospitals and health care facilities. Do not use your device where prohibited.
- 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.

Protecting your hearing when using a headset

-  To prevent possible hearing damage, do not listen at high volume levels for long periods.
- Using a headset at high volumes may damage your hearing. To reduce this risk, lower the headset volume to a safe and comfortable level.
- Exposure to high volumes while driving may cause distraction and increase your risk of an accident.

Areas with flammables and explosives

- Do not use 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. In addition, follow the instructions indicated in text or symbols.
- Do not store or transport the device in containers with flammable liquids, gases, or explosives.

Traffic security

- Observe local laws and regulations while using the device. To reduce the risk of accidents, do not use your wireless device while driving.
- Concentrate on driving. Your first responsibility is to drive safely.
- RF signals may affect the electronic systems of motor vehicles. For more information, consult the vehicle manufacturer.
- Do not place the device over the air bag or in the air bag deployment area in a motor vehicle. Doing so may hurt you because of the strong force when the air bag inflates.
- Do not use your device while flying in an aircraft or immediately before boarding. Using wireless devices in an aircraft may disrupt wireless networks, present a hazard to aircraft operation, or be illegal.

Operating environment

- Avoid damp environments. Avoid magnetic fields. Using the device in these environments may result in circuit malfunctions.
- Do not use your device during thunderstorms to protect your device against any danger caused by lightning.
- Ideal operating temperatures are 0 °C to +35 °C. Ideal storage temperatures are -10 °C to +45 °C. Extreme heat or cold may damage your device or accessories.
- Do not expose your device to direct sunlight (such as on a car dashboard) for prolonged periods.
- Keep the device away from sources of heat and fire, such as a heater, microwave oven, stove, water heater, radiator, or candle.
- Do not place sharp metal objects, such as pins, near the earpiece or speaker. The earpiece may attract these objects and result in injury.
- Do not allow children or pets to bite or suck the device or accessories. Doing so may result in damage or explosion.

Child's safety

- Comply with all precautions with regard to child's safety. Letting children play with the device or its accessories may

be dangerous. The device includes detachable parts that may present a choking hazard. Keep away from children.

- The device and its accessories are not intended for use by children. Children should only use the device with adult supervision.

Accessories

Using an unapproved or incompatible power adapter, charger or battery may cause fire, explosion or other hazards.


Battery safety

- 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.
- Do not connect battery poles with conductors, such as keys, jewelry, or other metal materials. Doing so may short-circuit the battery and cause injuries or burns.
- Keep the battery away from excessive heat and direct sunlight. Do not place it on or in heating devices, such as microwave ovens, stoves, or radiators. Batteries may explode if overheated.
- Do not attempt to modify or remanufacture the battery, insert foreign objects into it, or immerse or expose it to water or other liquids. Doing so may lead to fire, explosion, or other hazards.
- If the battery leaks, ensure that the electrolyte does not make direct contact with your skins or eyes. If the electrolyte touches your skins or splashes into your eyes, immediately flush with clean water and consult a doctor.
- Do not put batteries in fire as they may explode. Damaged batteries may also explode.
- Dispose of used batteries in accordance with local regulations. Improper battery use may lead to fire, explosion, or other hazards.
- Do not allow children or pets to bite or suck the battery. Doing so may result in damage or explosion.
- Do not smash or pierce the battery, or expose it to high external pressure. Doing so may lead to a short circuit or overheating.

Cleaning and maintenance

- Keep the device and accessories dry. Do not attempt to dry it with an external heat source, such as a microwave oven or hair dryer.
- Do not expose your device or accessories to extreme heat or cold. These environments may interfere with proper function and may lead to fire or explosion.
- Avoid collision, which may lead to device malfunctions, overheating, fire, or explosion.
- Before you clean or maintain the device, stop using it, stop all applications, and disconnect all cables connected to it.
- Do not use any chemical detergent, powder, or other chemical agents (such as alcohol and benzene) to clean the device or accessories. These substances may cause damage to parts or present a fire hazard. Use a clean, soft, and dry cloth to clean the device and accessories.
- Do not place magnetic stripe cards, such as credit cards and phone cards, near the device for extended periods of time. Otherwise the magnetic stripe cards may be damaged.
- Do not dismantle or remanufacture the device and its accessories. This voids the warranty and releases the manufacturer from liability for damage. In case of damage, contact an authorized service center for assistance or repair.

Disposal and recycling information

 This symbol (with or without a solid bar) on the device, batteries (if included), and/or the packaging, indicates that the device and its electrical accessories (for example, a headset, adapter, or cable) and batteries should not be disposed of as household garbage. These items should not be disposed of as unsorted municipal waste and should be taken to a certified collection point for recycling or proper disposal.

For more detailed information about device or battery recycling, contact your local city office, household waste disposal service, or retail store.

Disposal of the device and batteries (if included) is subject to WEEE Directive Recast (Directive 2012/19/EU) and Battery Directive (Directive 2006/66/EC). The purpose of separating WEEE and batteries from other waste is to minimize the potential environmental impacts and human health risk of any hazardous substances that may be present.

Reduction of hazardous substances

This device is compliant with the REACH Regulation [Regulation (EC) No 1907/2006] and RoHS Directive Recast (Directive 2011/65/EU). Batteries (if included) are compliant with the Battery Directive (Directive 2006/66/EC). For up-to-date information about REACH and RoHS compliance, please visit the web site <http://consumer.huawei.com/certification>.

EU regulatory conformance

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Statement

Hereby, Huawei Technologies Co., Ltd. declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

For the declaration of conformity, visit the web site <http://consumer.huawei.com/certification>.

The following marking is included in the product:



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.

For More Help

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

