

Nora

Product Overview

Issue 01
Date 2024-11-06

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About This Document

Change History

| Issue | Date | Description |
|-------|------------|-----------------------------|
| 01 | 2024-11-05 | Released the first version. |

Description

This document includes the following contents.

| Section | Description |
|--------------------------------------|---|
| 1. Product Overview | Basic services, features, and appearance of the product |
| 2. Product Features and Applications | General features and application scenarios |
| 3. Product Specifications | Technical specifications |
| 4. Included in this Package | Items in the product package |

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1 Product Overview

HUAWEI Band Nora is a brand new, high-end sports band which has a full-sized color touchscreen, side button control, and is water resistant to 50 meters. This smart wearable product integrates a wide range of features, including workout detection, smart heart rate monitoring, workout assistant, multiple workout modes, sleep monitoring, message notifications, automatic SpO₂ measurement, and music playback control.

The device supports the following features:

- Color screen with adjustable brightness
- Color icons for a more dynamic and cool display
- Full screen touch and home/side button control
- Intelligent heart rate monitoring, supporting high/low heart rate alert
- Automatic SpO₂ detection and low SpO₂ alert
- TruSleep™ (sleep status recognition and data collection)
- Emotional wellbeing management
- Cycle Calendar data and fertility window alerts (This feature is available in selected countries and regions.)
- TriRing
- Professional running guidance and running ability analysis
- Multiple customizable workout types
- Running capability evaluation system: running ability index (RAI), pace zone (divided based on RAI), and training volume level/weekly training load
- Professional workout data including VO₂Max, workout records, RAI, recovery level, and training load
- Outdoor environment information
- Pool swimming workout analysis, including stroke identification, stroke count, distance covered, calories burned, laps, and SWOLF (efficiency)
- Pre-installed watch face designs
- Watch face store rich in exquisite watch faces
- Customizing the parameters displayed on the watch face
- Incoming call notifications, incoming calls quick reply, SMS message quick reply (supported by phones running Android 8.0/HarmonyOS 2 or later), and WeChat audio and video notifications (only supported by some phones running Android 10.0/HarmonyOS 2 or later)
- Notifications of incoming calls, SMS messages, emails, calendar events, and other social apps
- Controlling phone music

Remote shutter (supported by HUAWEI phones running EMUI 8.1 or later, and phones running HarmonyOS 2/iOS 9.0 or later), preview not supported
Independent apps, including weather, stopwatch, timer, flashlight, alarm, and other useful everyday tools
Support heart rate broadcast;

You can download and install the Huawei Health app. With this app, you can connect your band with your phone and better manage your band. You can also check your fitness and health data and get a better understanding of your physical health and fitness level.

2 Product Features and Applications

2.1 Connecting to Your Phone

Step 1 Search for "Huawei Health" on HUAWEI AppGallery, to download and install the app.

Step 2 Enable Bluetooth on your phone, open the Huawei Health app, and access the device list screen.


 **NOTE**

When you pair the band with your phone for the first time, open the Huawei Health app and grant the required permissions as prompted. Otherwise, some features of the band may be unavailable.

Step 3 Select the name of your band and its Bluetooth name.

 **NOTE**

To find the band's name, see the product package. The band's Bluetooth name will be displayed on the startup screen when you pair the band with your phone for the first time.

Step 4 Upon receiving a pairing request, your band will vibrate. Touch  on the band screen to confirm the pairing.

2.2 Phone Assistant

You can access even more features when you use your band and phone together. When your band is connected to your phone via Bluetooth, the following features are available:

- Finding your phone using your band
- Incoming call notifications
Your band will vibrate to notify you of an incoming call from your phone, and display the caller name or number. You can use your band to decline the call.
- Message notifications
Notifications of SMS messages, emails, calendar events, and other social apps are supported.

When a new message notification appears on your phone, your band will vibrate to notify you, and you will be able to view the message on your band.

2.3 Customized Workout Types

The band offers a multitude of workouts that you can customize as required.

2.4 Auto-detect Workouts

This feature automatically identifies your workout status. You can enable this feature in the workout settings in order to receive prompts to record a workout when the band detects that you are exercising. You can either ignore the reminder or touch the notification to start the corresponding workout session. Currently, this feature can detect running, walking.

2.5 TriRing

The TriRing contains the day's activity data. You can record your daily activity through the Vitality Three Rings, achieve the three-ring goals, and maintain health and vitality at all times.

2.6 Smart Heart Rate Monitoring

When you are wearing the band correctly, you can manually measure your heart rate. You can also enable the continuous heart rate monitoring feature in the Huawei Health app. When this feature is enabled, your band will monitor your heart rate continuously.

When you start a workout session such as running, walking, or swimming, your band will measure your heart rate every second.

When your heart rate exceeds the pre-set heart rate warning level, your band will vibrate to alert you.

NOTE

- Heart rate data obtained from single measurements will not be recorded or synced to the app. Only when the continuous heart rate monitoring feature is enabled will the results be synced to the app with a heart rate curve displayed.
- The heart rate measurement data should not be used for medical purposes.

2.7 Blood oxygen detection

Support blood oxygen saturation measurement, support single measurement and automatic detection, and obtain personal blood oxygen saturation data.

 **NOTE**

The work data is not for medical reference.

2.8 Sleep Monitoring

If you wear your band while sleeping, it will be able to collect sleep data and monitor your sleep status, for example, the time at which you fall asleep and wake up, and whether you are in a light or deep sleep. You can sync and view your sleep data in the Huawei Health app.

The band uses sleep tracking technology to accurately detect whether you are in a deep sleep, light sleep, rapid eye movement (REM) sleep, or awake, and subsequently provide you with sleep quality assessments and suggestions for improving the quality of your sleep.

2.9 Emotion Monitoring

This feature monitors your emotions and provides you with positive guidance.

 **NOTE**

Not support in EU.

2.10 Automatic Stress Test

The band is certified by the Chinese Academy of Sciences. It uses the optical heart rate sensor to monitor your stress, provides your stress index, and takes care of your health.

You can sync data to your phone and then to the Huawei Health app cloud.

 **NOTE**

Results should not be used for medical purposes.

2.11 Breathing Exercises

Breathing exercises can help you stay relaxed and prevent stressful situations at work or in daily life from affecting your mood.

Wear the band correctly, keep your arms still, and follow the onscreen guide to exhale and inhale.

Once you start a breathing exercise, a countdown will be displayed on the screen and text and graphics will then be alternately displayed to show you how to exhale and inhale. The band will automatically start collecting your heart rate signal.

When you finish the breathing exercise, a summary of the exercise, including the change to your heart rate, will be displayed on the screen.

 **NOTE**

Results should not be used for medical purposes.

2.12 Menstrual cycle predictions

The device can predict your future periods and fertile windows based on your previous menstrual periods and calendar info. Related data and reminders can be viewed on the device.

2.13 Remote Shutter

Once you have connected your band to your phone, touch the Remote shutter app on the band to enable the phone's camera. Then tap on the photo-taking icon on your band to use your phone's camera to take photos.

 **NOTE**

- Remote shutter is only available in the band's app list when your band is paired and connected with your phone.
- To use this feature, ensure that the band is connected to your phone properly and that the Huawei Health app is running in the background.
- The band does not support previews or viewing the photo. You can do this on your phone.

2.14 Environment Predictions

The band provides local environment predictions.

2.15 Weather

Supports weather-related information. Under normal circumstances, weather data will be automatically refreshed every interval.

2.16 Music Control

When the band is paired and connected with your phone, you can use the band to control music playback on your phone. For example, you can switch songs and adjust the volume.


2.17 Calendar

Synchronize mobile phone calendar information and support schedule display and reminders..

3 Product Specifications

3.1 Hardware Specifications

Table 3-1 Hardware specifications

| Item | Description |
|------------|--|
| Body | <p>Dimensions (H x W x D): 43.45 mm x 24.54 mm x 8.99 mm</p> <p> NOTE</p> <p>8.99 mm is the thickness of the band as measured at its thinnest location (excluding the sensor area).</p> <p>Material: fiber-reinforced polymer、 aluminum alloy</p> |
| Strap | <p>Material: Fluoroelastomer</p> <p>Width: 16mm</p> <p>Compatible wrist circumferences: 120–190 mm (Pink/White /Purple Strap) and 130-210mm (Other strap)</p> |
| Screen | <p>AMOLED color screen</p> <p>Resolution: 194 x 368 pixels</p> <p>Size: 1.47 inches</p> |
| Weight | Approx. 14 g(fiber-reinforced polymer)/ 15 g(aluminum alloy) (excluding the strap) |
| Battery | <p>Rated capacity: 180 mAh</p> <p>Type: non-detachable lithium polymer battery</p> <p>Charging time: approx. 45 minutes (at an ambient temperature of 25°C)</p> |
| Usage time | <p>typical usage: 8 Days</p> <p>maximum usage: 14 Days</p> |
| GPS | Not supported |
| NFC | Not supported |

| Item | Description |
|------------------------|---|
| Bluetooth | 2.4 GHz, BT5.0, with support for BLE |
| Microphone + speaker | Not supported |
| Charging port | Magnetic eject pin charging port |
| Button | Full-screen touch + side button |
| Water resistance level | 5 ATM |
| Environment conditions | Operating temperature: 0°C to 35°C Storage temperature: -20°C to +55°C |

3.2 Software Specifications

Table 3-2 Software specifications

| Category | Function | Android 8.0 or later | HarmonyOS 2.0 or later | iOS 13.0 or later |
|-----------------|---|----------------------|------------------------|-------------------|
| Basic Functions | Message notification | √ | √ | √ |
| | Incoming call notification | √ | √ | √ |
| | Watch face | √ | √ | √ |
| | automatic light adjustment | √ | √ | √ |
| | Always on display | √ | √ | √ |
| Workout | 100+ workout modes | √ | √ | √ |
| | Activity rings | √ | √ | √ |
| | Auto-detect workouts | √ | √ | √ |
| Health | smart heart rate monitoring | √ | √ | √ |
| | Pulse Wave Arrhythmia Analysis | √ | √ | √ |
| | Automatic SpO ₂ measurements | √ | √ | √ |

| Category | Function | Android 8.0 or later | HarmonyOS 2.0 or later | iOS 13.0 or later |
|-----------|-------------------------------------|----------------------|------------------------|-------------------|
| | TruSleep™ | √ | √ | √ |
| | Sleep breathing awareness | √ | √ | √ |
| | Menstrual Cycle | √ | √ | √ |
| | Emotional wellbeing | √ | √ | √ |
| | Stress monitoring | √ | √ | √ |
| | Breathing exercises | √ | √ | √ |
| Lifestyle | Music control | √ | √ | √ |
| | Alarm, stopwatch, and timer | √ | √ | √ |
| | Flashlight | √ | √ | √ |
| | Weather | √ | √ | √ |
| | Calendar | √ | √ | √ |
| | Remote shutter | √ (Only HUAWEI) | √ | √ |
| | Do Not Disturb / Sleep mode | √ | √ | √ |
| | Finding your phone using your watch | √ | √ | √ |

4 Packing List

| Item | Quantity | Remarks |
|--|----------|----------|
| Band | 1 | Standard |
| Charging cable | 1 | Standard |
| Quick Start Guide, Safety Information, and Warranty Card | 1 | Standard |