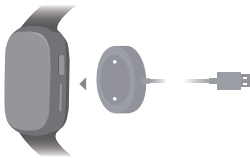


Quick Start Guide



TMA-B19

HONOR



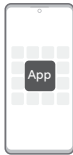
1



HONOR Health



2



3

English

Before using the device, review and download the latest Quick Start Guide at <https://www.hihonor.com/global/support/>.

Please go to **Settings > About > Regulatory information** on the device to view the E-label screen.

Depending on the region or model, some devices are required to receive approval from the Federal Communications Commission (FCC). If your device is approved by the FCC, you can go to **Settings** and touch **About > Regulatory information** to view FCC ID. If your device does not have an FCC ID, the device has not been authorized for sale in the U.S. or its territories and may only be brought to the U.S. for the owner's personal use.

Downloading app

Scan the QR code to download and install the app for managing the device.



Blasting Caps and Areas

Turn off your mobile phone or wireless device when in a blasting area or in areas posted turn off "two-way radios" or "electronic devices" to avoid interfering with blasting operations.

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.

Safety Information



- To prevent possible hearing damage, do not listen at a high volume for long periods.
- Ideal temperatures: -20°C to +45°C for operating, -20°C to +60°C for storage.
- Keep the battery away from fire, excessive heat, and direct sunlight. Do not place it on or in heating devices. Do not disassemble, modify, throw, or squeeze it. Do not insert foreign objects into it, submerge it in liquids, or expose it to external force or pressure, as this may cause it to leak, overheat, catch fire, or even explode.
- Do not attempt to replace the battery yourself — you may damage the battery, which could cause overheating, fire, and injury. The built-in battery in your device should be serviced by Honor or an authorized service provider.
- When charging, an adapter should be plugged into a socket nearby and easily accessible. Use approved power adapters and chargers.
- Please consult your doctor and the device manufacturer to determine if operation of your device may interfere with the operation of your medical device.
- This product is not designed to be a medical device, and is not intended to diagnose, treat, cure or prevent any disease. All data and measurements should be used for personal reference only.
- If you experience skin discomfort when wearing the device, take it off and consult a doctor.
- Wipe the charging port dry before charging.

Disposal and Recycling Information



■ The symbol on the product, battery, literature, or packaging means that the products and batteries should be taken to separate waste collection points designated by local authorities at the end of the lifespan. This will ensure that EEE waste is recycled and treated in a manner that conserves valuable materials and protects human health and the environment. For more information, please contact your local authorities, retailer, or household waste disposal service or visit the website <https://www.hihonor.com/>.

EU Regulatory Compliance

Hereby, Honor Device Co., Ltd. declares that this device TMA-B19 is in compliance with the following Directive: RED 2014/53/EU, RoHS 2011/65/EU.

The full text of the EU declaration of conformity, and most recent information about accessories & software are available at <https://www.hihonor.com/global/legal/certification/>.

RF Exposure Information

Important safety information regarding radio frequency (RF) radiation exposure:

RF exposure guidelines require that the device be used at a minimum of 1 cm from the human face and wrist worn only. Failure to observe this guideline may result in RF exposure exceeding limits.

For countries that adopt the SAR limit of 2.0 W/kg over 10 grams of tissue: The device complies with RF specifications when used near your head at a distance of 1 cm.

The highest reported SAR value: head SAR: 0.15 W/kg, with a limit of 2.0 W/kg over 10 g, at a distance of 1 cm.

Frequency Bands and Power

Bluetooth 2.4 GHz: 20 dBm, NFC 13.56MHz: 42 dBμA/m @ 10m

FCC Regulatory Compliance

RF exposure information

Important safety information regarding radio frequency (RF) radiation exposure:

RF exposure guidelines require that the device be used at a minimum of 1 cm from the human face and wrist were only. Failure to observe this guideline may result in RF exposure exceeding limits.

For countries that adopt the SAR limit of 1.6 W/kg over 1 gram of tissue: The device complies with RF specifications when used near your head at a distance of 1 cm.

The highest reported SAR value: head SAR: 0.30 W/kg, with a limit of 1.6 W/kg over 1 g, at a distance of 1 cm.

FCC statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Any changes or modifications to this device not expressly approved by Honor Device Co., Ltd. for compliance could void the user's authority to operate the equipment.

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