

realme

version:1.0

realme Watch User Manual



717-0074320025



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www.realme.com

Thank you for choosing realme Watch. For your own safety, please read this user manual carefully before you use realme Watch. We suggest proper preservation of this user manual is necessary for further reference.

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Symbol Meaning

	Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "DIRECT CURRENT"
	Symbol for "MANUFACTURER"
	Symbol for "COMPLIES WITH EU REQUIREMENTS"
	Symbol for "THE OPERATION GUIDE MUST BE READ"
	Symbol for "MANUFACTURE DATE"

Overview

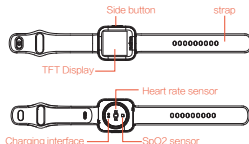
1. General Instructions

The new realme Watch will help tracking activity data and health status 24/7. It is designed to monitor daily activities: steps, distance, consumed calories and dynamic heart rate. With Bluetooth 5.0 technology, realme Watch can update users' personal information such as height, weight, step goal etc. from "realme Link" APP, data stored in realme Watch can be synced to mobile device via Bluetooth 5.0 as well.

Features:

- Bluetooth BLE 5.0
- Full-screen touch
- TFT color screen
- Daily Tracking: Steps / Distance / Calories / Heart rate
- 24/7 Dynamic Heart rate monitoring
- Meditation
- Sleep monitoring report
- Call notification
- Auto identification (Running / Walking)
- Find your phone
- Music control

2. Product Information



3. In the box

1. realme Watch (Built-in Polymer Lithium Battery)
2. User Manual
3. The charger

Instructions

4. Install the App and Pair-Up

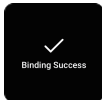
- Please turn on the Bluetooth of mobile phone.
- Search and download "realme Link" APP from Google Play.
- Register account and complete profile information (Gender, Birthday, Height, Weight, Name etc.) on "realme Link" APP.
- Long press side button for 3 seconds or connect charger to activate realme Watch. Select language.
- Scan the QR code to download "realme Link" APP if failed to search in Google Play.



realme.com/global/link

- Please make sure Bluetooth of your mobile device is on, open the realme Link APP for device pairing:

- Open "realme Link" APP , scan the device QR code displayed on watch to start pairing process.
- Open "realme Link" APP, select realme Watch to scan device nearby, choose and connect to the intended realme Watch . Click confirm to pair with your phone on the watch.



"Binding Success" will be displayed if the binding process is done;

"Binding Failure" will be displayed if the binding process is failed.

Please try again until binding is done to make sure the realme Watch is able to work properly.

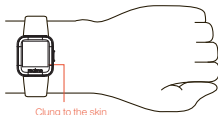
Instructions

5. Function instruction

Please find detail instruction of realme Watch on "realme Link" APP = >> "User Manual" = >> "Function Instructions".

6. Wear properly

Keep the touch button facing the user and make sure the bottom sensor is clung to the skin. Keep the wristband 2cm or more from the wrist.



7. Low battery

When the battery is less than 10%, the watch will vibrate once and display the below symbol, please select the mode you want. Click to turn on Power Saving Mode, press and hold the side button for 5 seconds to exit.



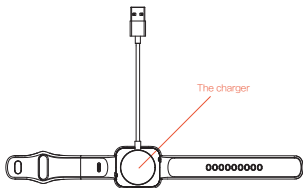
Please charge the watch immediately if the battery power is lower than 3%.



Instructions

8. Charging

Please connect charger to the watch as follow:



When the watch is charging, the display will show the following page.



The display will show this image to indicate when the battery is 100%.



FAQ

9. FAQ

Issue description	Possible cause	Solution
Incorrect step counting.	Abnormal wagging or vibration of device.	Wear the watch properly to avoid abnormal vibration.
	Walked less than 10 steps.	Walk continuously for more than 10 steps.
	Sliding or walk wearing slippers.	Walk with normal posture.
No display.	Low battery.	Connect to charger to charge the watch.
Failed to sync up data with APP.	The mobile's Bluetooth is off.	Turn on your mobile's Bluetooth.
	APP is shut down or crashed.	Reset "realme Link" APP.
	Out of Bluetooth signal range.	Keep your device close to mobile device with Bluetooth is on.



For further information, please scan the QR code below to follow us.

Specifications

10. Specifications

Product Name	realme Watch
Dimension	Approx. 36.2 x 40.5 x 11.8 mm (excluding the strap)
Weight	Approx. 31 g (including the strap)
Display	TFT colour screens 25.4 x 25.4 mm
Steps	0-120000 steps
Calories	0-11999.9 kcal
Distance	60.00 km
Heart rate	Range: 40 ~240 bpm
Exercise Time	Maximum 24hours per record
Battery Level	0%-100%
Battery Life	about 7 days with heart rate monitor is ON; about 9 days with heart rate monitor is OFF.
Power supply	Input: 5VDC, 0.5A Internal polymer lithium battery:3.8V 160mAh
Working Environment	Temperature: 0°C to 35°C Relative Humidity: ≤90% RH Atmospheric Pressure: 80 kPa ~ 106 kPa
Storage Environment	Temperature: -20°C to 60°C Relative Humidity: ≤90% RH
Protection level	IP68
Accessories	1. One strap 2. User Manual 3. Charger

WARNING: Unauthorized disassembly/ assembly of the product is NOT allowed.

About the Accuracy of This Product

This product accuracy has been inspected by our quality control department. Its performance parameters/sensors are base on technical standards above. It is qualified for delivery.

Maintenance

11. Maintenance

Dos and Don'ts:

- Do adjust the tightness of the product to ensure smooth blood circulation.
- Do wear the product close to the skin during exercise.
- Do use a clean, damp cloth to clean and dry the product regularly.
- Do not use excessive skin care products on the wrists where the product is worn.
- Do not remove the product shell.
- Do not replace the built-in battery of the product yourself.
- Never use a corrosive cleaning agent to clean the product.
- Do not charge the product when it is wet.
- Avoid long exposure to the sunlight.
- Never use the product in a sauna or steam room.
- Do not place the product at extremely high or low temperatures.
- Do not use the product if the screen or shell is damaged.
- Do not put the product in a dishwasher, washing machine or dryer.
- Do not place the product in a fire avoiding explosion of battery.
- Please use the USB port of your computer or mobile phone charger to charge the product properly.
- If the product temperature rises too high during charging, please stop charging.

Maintenance

12. Warranty

- Realme warrants its products free of defects in materials and workmanship in normal use for a period of TWO years from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:
 - Failure caused by unauthorized repairs or modifications;
 - Damage caused by shock or drop during transportation;
 - Failure caused by improper operation inconsistent with the instructions stated in this user manual;
 - Malfunction or damage from failure to provide the recommended maintenance;
 - Damage caused by improper use of power supply.

If you encounter any problems with using realme watch, please contact realme authorized customer service center.

For more details information, please email: service.eu@realme.com or visit us on: www.realme.com.

WARRANTY CARD

Dear user, thank you for using this product. To better serve your needs, please read and fill out the warranty card.

User Information

Name: _____

Phone No: _____

Address: _____

E-mail: _____

Product Information

Model: _____

S/N: _____

Dealer Information

Date of Purchase: _____

Dealer's Name: _____

Dealer's Address: _____

Warning

13. Cautions

The product contains electronic equipment that, if improperly handled or disposed, may damage the environment or cause injury:

1. Do not open the shell;
2. Do not replace the built-in battery by yourself;
3. Do not clean the product with corrosive cleansers;
4. Do not charge the product when it is wet;
5. Do not charge the product if it is not completely dry.
6. Do not leave the product in direct sunlight for a long time;
7. Do not use the product in sauna or steam rooms;
8. Do not place the product in an environment under non-operating temperatures;
9. Do not use the product if screen or case is damaged;
10. Do not put the product into dishwasher, washing machine or dryer;
11. Do not put the product into fire; the battery may explode;
12. Please use the USB port of computer or mobile phone charger properly when charging.
13. If the temperature of the product rises too sharply during charging, please stop charging.

Warning

14. Safety Instructions

1. This product is not a medical device and cannot be used to diagnose, treat, cure or prevent any disease;
2. Consult a doctor before starting or adjusting any exercise plan;
3. If you currently have any preexisting physical conditions that may be affected by the use of this product, please consult your doctor first;
4. Some users may have skin irritation or allergy after wearing the wristband for a long time. In cases of redness, swelling, itching or other allergic symptoms, please consult your doctor.
5. Do not check screen information when driving, being distracted, or other circumstances that may be dangerous;
6. This is not a toy. Do not allow children or pets to play with the product. Small components of the product may cause choking hazards;
7. Product functionalities may be affected by external factors such as interference, therefore data is for reference only;
8. The product has a heart rate recording function. Wearing for a long time may cause some users to have skin discomfort, allergic symptoms, or some risk for the users suffering from certain diseases. If any of the followings occurs, please consult your doctor before use or stop using this product:

- Epilepsy or sensitive to light;
- Poor blood circulation or prone to have bruises; Heart disease or other diseases;
- Taking any light sensitive drugs.

15. Medical Disclaimer

WARNING: THIS REALME WATCH IS NOT A MEDICAL DEVICE. The realm Watch and its associated applications should not be used to diagnose, treat, or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep or nutrition, as doing so may cause severe harm or death.

Warning

16. Other Notes

- Do not dispose of the battery against with regional regulation of household waste.
- Package recycle should be in accordance with local regulations.

17. EU Declaration of Conformity (DoC)

Hereby, realme, declares that this realme Watch is in compliance with the essential requirements and other relevant provisions of Radio Equipment Directive 2014/53/EU.

The declaration of conformity may be consulted at www.realme.com/global/support/eu-declaration

18. Warnings

- Replacement of a battery with an incorrect type that can defeat a safeguard (for example, in the case of some lithium battery types);
- Disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- Leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- A battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Warning

19. Recycling Initiative

At realme we understand that our responsibility doesn't end at selling you our products. realme have been working in the area of safe disposal of electronic waste. Since mobiles, wearables and other electronic items are made of hazardous constituents. Under the Guidelines of Ministry of Environment, Forest and Climate Change, Government of India, E-waste (Management) Rule, 2016 and Amendment E-waste Rule 2018.



- realme will seek shared responsibility and cooperation from customers in reducing the environmental impact of their products.
- realme will comply with all the applicable laws related to e-waste management.

As a part of e-waste recycling initiative, realme have partnered with an authorizes e-waste company named as 3R Recycler for collection, dismantling and disposing E-waste collected from all over India. 3R vision is to look at e-waste not just as waste, but as an important resource that can be made useful instead of shunning it as a social and environmental burden with their fully automated facility for e-waste recycling.

For further information about e-waste recycling and our e-waste recycling partner & their process you may log on to www.3recycler.com or write an email to admin@3recycler.com Call us on toll free hotline - 1800 102 8632