

realme

# realme Watch 2 User Manual

Version: 0.1

- Thank you for choosing realme Watch 2. Please read this User Manual carefully before you use realme Watch 2. We suggest that proper preservation of this User Manual is necessary for further reference.
- Illustrations of products, accessories and user interface, etc. in the Manual are schematic diagrams for reference only. Due to the updating and upgrading of the Watch, there may be some differences between the physical product and the schematic diagrams. Please refer to the physical product.



## 1. Overview

The new realme Watch 2 (hereinafter referred to as "the Watch") is an ultra-thin and lightweight smart fitness watch with a long-lasting battery life; it is capable of measuring your blood oxygen levels, tracking your heart rate, sleep, and workout activities, as well as serving as an information assistant and offering other smart tools. With its lightweight, fashionable design and the ability to accurately track your workout and health, the Watch is the perfect companion for your daily fitness and leisure activities.

Featuring a color display and a soft, skin-friendly silicone strap, the Watch feels nice to the touch and is extremely comfortable to wear.

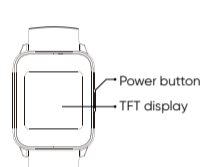
After wearing the Watch on your wrist and pairing it with your phone, you can enjoy thoughtful services such as healthy workout, heart rate monitoring, sleep tracking, and instant notification.

## Performance

- Bluetooth LE
- Full-screen touch
- TFT color display
- 24-hour dynamic heart rate monitoring
- Blood oxygen measurement
- Multiple workout modes
- Sleep tracking
- Meditation mode
- Message notification
- Music control

## 2. Product Information

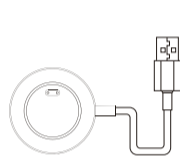
Main body of the Watch:



In the box:

- a. A realme Watch 2      b. A User Manual      c. A charging base

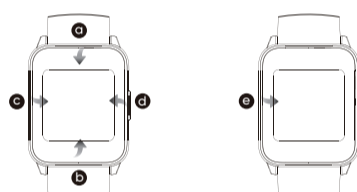
The charging base:



## 3. Instruction for Use

### 01. Screen Control

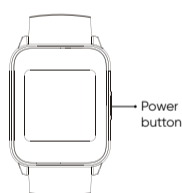
The Watch features a 1.4-inch TFT color display with a 320\*320 pixel resolution, and a full touch screen on which you can swipe (up, down, left, right), tap, or touch and hold.



- On the watch face, swipe down to open the message notification list, and then swipe up to go back;
- On the watch face, swipe up to open the function list, and then swipe down to go back;
- On the watch face, swipe right to go to shortcut settings, and then swipe left to go back;
- On the watch face, swipe left to switch to another top-level interface, and then swipe left or right to switch between top-level interfaces;
- On a non-watch-face screen, swipe right to go back to the previous screen;
- On the watch face, touch and hold to switch to another watch face.

### 02. Button Control

#### Power Button



- When the screen is off, briefly press it to wake it up;
- Briefly press the watch face to enter the function list;
- Briefly press a non-watch-face screen to go back to the watch face;
- When exercising, briefly press the screen to pause/continue your workout;
- Press and hold the watch face to enter the restart or power off screen;
- Whatever mode you are in, you can force restart the Watch by pressing the button for at least 10 seconds.

### 03. Connect the APP

#### a. Installing the APP

Press and hold the power button to power on the Watch, and then use your phone to scan the QR code shown on the watch screen to download and install the realme Link APP. You can also scan the QR code below or go to the APP store to download and install the .



[realme.com/global/Link](https://realme.com/global/Link)

#### b. Binding and connecting

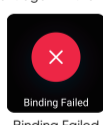
Go to the realme Link APP, tap "add device", and bind the Watch according to the prompts.

#### Tips:

- Before binding, make sure your phone has Bluetooth turned on, and that your phone is properly connected to the Watch.
- If you fail to find the Watch when trying to add it, or are unable to connect to it when using it, try restoring the Watch to factory settings, and then add it again in the APP.



Binding Success



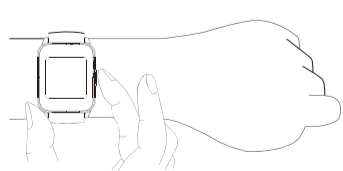
Binding Failed

### 04. Wearing

Wear the Watch about one finger away from your carpal bones, and adjust the strap to ensure that the Watch is tight enough for the heart rate sensor to properly collect data.

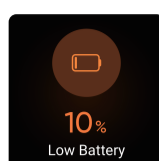
#### Tips:

Your heart rate monitoring data may be inaccurate if you wear the Watch too loosely.

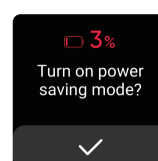


### 05. Battery Low

When the battery level drops to 10%, the Watch vibrates once and shows a pop-up window saying "Battery less than 10%. Please charge soon".

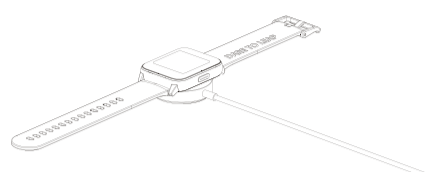


When the battery level drops to 3%, a pop-up window appears saying "Battery is too low. Watch will power off".



### 06. Charging

Place the Watch on the charging base, and make sure the charging contacts on the back of the Watch are properly aligned and attached to the metal pins on the charging base; Connect the charging base to a standard, certified USB charger (output voltage: 5V, output current: 0.5A and above).



#### Tips:

- When not used for a long time, the Watch may fail to power on. In this case, you will need to charge the Watch for about 1 minute before the charging icon appears on the screen.
- Before charging, gently wipe the charging contacts clean and dry to get rid of sweat and moisture.



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

## 4. Specifications

Product Name	realme Watch 2
Product Model	RMW2008
Screen	1.4 inch TFT color display
Resolution	320*320
Battery Capacity	305mAh
Frequency Range	2402MHz- 2480MHz
Conducted Average Power	1.48dBm for EU
Conducted Peak Power	2.68dBm for US
Wireless Connection	Bluetooth 5.0 BLE
Protection Level	IP68
Product Size	257x35.7x12.2mm
Operating Temperature	0- 45 C
Storage Temperature	-20 C to 60 C
Pair with Phone	Android 5.0 and above

## 5. Frequently Asked Questions (FAQ)

### a. Incorrect Step Counting

Possible causes and solutions:

- Abnormal vibration of equipment: wear the Watch correctly to avoid abnormal vibration;
- Walk less than 10 steps: walk more than 10 steps continuously;
- Slide or walk in slippers: walk in normal posture.

### b. No display

Possible cause and solution:

- Low battery: connect the charger to charge the Watch.

### c. Fail to synchronize data with the APP

Possible causes and solutions:

- The mobile phone's Bluetooth is off: turn on Bluetooth of the mobile phone;
- The APP is shut down or crashed: reset the "realme Link" APP; Out of Bluetooth signal range: Turn on Bluetooth and bring your device close to the mobile device

## 6. Frequently Asked Questions

Questions	Answers
No incoming call notification	<ul style="list-style-type: none"> <li>• Please make sure the incoming call notification is on (APP)</li> <li>• realme Link APP is not allow to access phone notification</li> <li>• Please make sure watch is connected to mobile device</li> <li>• Please make sure realme Link APP is not shut down in background</li> <li>• Please make sure the Do Not Disturb is off on watch</li> </ul>
Fail to connect your watch	<ul style="list-style-type: none"> <li>• Power off --&gt; Long press side button for 3 seconds to power on</li> <li>• Please keep watch close to mobile device to proceed connection</li> <li>• Please keep bluetooth of mobile device on during connection</li> <li>• Please restart bluetooth of mobile device if fail to connect</li> <li>• Please download realme Link before start pairing --&gt;search "realme Link" on google play</li> <li>• Phone system is too old --&gt; Android 5.0 or above, realme Link is not available on iOS</li> </ul>

Questions	Answers
Fail to pair with APP	<ul style="list-style-type: none"> <li>• Power off --&gt; Long press side button for 3 seconds to power on</li> <li>• Please keep watch close to mobile device to proceed pairing</li> <li>• Please keep bluetooth of mobile device on during pairing</li> <li>• Please restart bluetooth of mobile device if fail to pair</li> <li>• Please download realme Link before start pairing --&gt;search "realme Link" on google play</li> <li>• Phone system is too old --&gt; Android 5.0 or above, realme Link is not available on iOS</li> <li>• Allow realme Link to use phone camera to scan QR code --&gt; phone settings =&gt; APP =&gt; realmeLink =&gt; camera</li> <li>• Select the correct watch in realme Link</li> </ul>
No SPO2/HR measurement result	<ul style="list-style-type: none"> <li>• Please keep still when measuring SPO2/HR</li> <li>• Please make sure your watch clung to your skin and 2cm away from wrist. Please make sure skin is dry and properly wear</li> <li>• Please keep your arm rest and still, keep the screen upward</li> </ul>

Questions	Answers
Fail to control camera	<ul style="list-style-type: none"> <li>• Please make sure watch is connected --&gt;Reconnect on APP</li> <li>• Please follow the instruction of APP to pair your watch in system bluetooth setting of mobile device</li> <li>• Turn on photo control on APP, open camera of mobile device, click "Camera" of watch to control camera</li> </ul>
Fail to control music	<ul style="list-style-type: none"> <li>• Please make sure watch is connected --&gt;Reconnect on APP</li> <li>• Turn on music control on APP, open music player of mobile device, click "Music" of watch to start music control</li> </ul>
No message notification	<ul style="list-style-type: none"> <li>• Please make sure the message notification is on(APP)</li> <li>• realme Link APP is not allow to access phone notification</li> <li>• Please make sure watch is connected to mobile device</li> <li>• Please make sure realme Link APP is not shut down in background</li> <li>• Please make sure the Do Not Disturb is off on watch</li> </ul>

Questions	Answers
Inaccurate step count	<ul style="list-style-type: none"> <li>• Abnormal vibrations: wear the Watch correctly to avoid abnormal vibrations;</li> <li>• Insufficient steps: walk continuously for at least 10 steps;</li> <li>• Walking is done improperly or in slippers: walk properly in proper shoes;</li> </ul>
Screen cannot be turned on	<ul style="list-style-type: none"> <li>• Battery too low: plug in the charger to charge the Watch.</li> </ul>
Unable to sync data with the APP	<ul style="list-style-type: none"> <li>• Bluetooth is off on the phone: turn on the phone's Bluetooth;</li> <li>• The APP is closed or has crashed: reset the realme Link APP;</li> <li>• Not within the Bluetooth connection range: turn on Bluetooth and bring the Watch close to your mobile device.</li> </ul>

## 7. 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.

### FCC Warning

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

#### Note:

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.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure condition without restriction.

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# Warranty policy

## 1. Using Guide

01. For detailed instructions on how to use the realme Watch S, go to the following path:

The realme Link APP → Settings → User Guide

02. How to view "Regulatory Information" on your watch?

You can go to Settings page → System → Regulatory Information to view "Regulatory Information"

## 2. Specifications

Protection Level: IP68

## 3. Safety Instructions

1. The product is not a medical device, and so is not intended to diagnose, treat, cure, or prevent any disease;
2. Please consult your doctor before starting or adjusting any fitness program;

3. If you are suffering from a physical illness that may be affected by the use of this product, please consult your doctor first;
4. Do not check information on the screen when you are driving, distracted or in other hazardous situations;
5. The product is not a toy. Do not allow children or pets to play with it. The small components of the product may cause suffocation;
6. The functionality of the product may be affected by external factors such as interference; therefore, the data are for reference only;
7. The product can be used to track your heart rate. Prolonged wearing of the product may cause skin irritation or allergies for some users, or pose a health risk to users suffering from certain ailments. If you are in any of the following situations, please check with your doctor before using the product or stop using it:
  - You are epileptic or sensitive to light;
  - You have poor blood circulation or are susceptible to bruising, or you have heart disease or other diseases;
  - You are taking any photosensitive drugs.

## 4. EU Declaration of Conformity (DoC)

Hereby, realme, declares that this device 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](http://www.realme.com/global/support/eu-declaration)

## 5. Recycling Initiative



- 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.

## 6. Warranty Policy

Thank you for choosing realme products. Within 24 months from the date of purchase, you can enjoy the company's warranty services if the product has a quality issue.

### Important Notes:

- A valid proof of purchase must be issued by the seller at the time of purchase.
- User must properly retain the warranty card and proof of purchase. These will not be replaced if lost.
- If the product fails due to non-human factors, the user can go to the realme customer service center with the warranty card and proof of purchase for free repairs within the warranty period.

### Warranty Exclusions:

- Warranty period has expired.
- Damage caused by failure to use in accordance with the requirements in the manual or user guide.
- Damage caused by human factors.
- Failure caused by unauthorized disassembly, repair and modification of the product.
- Damage caused by force majeure (such as floods, earthquakes and lightning).
- No warranty card and invoice, or information on the warranty card and invoice is inconsistent.
- Natural wear and tear of the product.
- Failure and damage caused by other non-product-related quality issues.



717-0074360XXX

### Contact information:

- Service website: [www.realme.com](http://www.realme.com)

## 7. Warranty Card (stub copy)

Dear user, thank you for using our company's product. In order to serve you better, please read and keep this warranty card properly after purchasing the product.

### User Information

Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Product Information

Model: \_\_\_\_\_

S/N: \_\_\_\_\_

### Sales Information

Date of Purchase: \_\_\_\_\_

Invoice No.: \_\_\_\_\_

Selling unit's Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Selling Address: \_\_\_\_\_

## 7. Warranty Card (customer copy)

Dear user, thank you for using our company's product. In order to serve you better, please read and keep this warranty card properly after purchasing the product.

### User Information

Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Product Information

Model: \_\_\_\_\_

S/N: \_\_\_\_\_

### Sales Information

Date of Purchase: \_\_\_\_\_

Invoice No.: \_\_\_\_\_

Selling unit's Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Selling Address: \_\_\_\_\_