400mm

95 mm

realme version:1.0

realme Watch S Pro User Manual

Thank you for choosing realme Watch S Pro. 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.

Overview

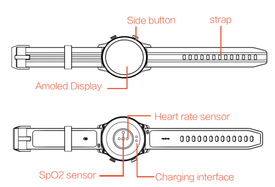
1. General Instructions

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

Features:

- Full-screen touch
- 1.39 Amoled display 454*454 pixel
- Daily Tracking: Steps / Distance / Calories / Heart rate
- Dynamic Heart rate monitoring
- Meditation
- Sleep monitoring report
- Call notification
- Auto identification (Running / Walking)
- Find your phone
- Music control
- Camera control

2. Production 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

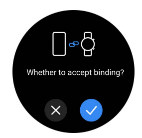
- Please turn on the Bluetooth of mobile phone.
- Search and download “realme Link” APP from Apple APP Store or Google Play.
- Register account and complete profile information (Gender, Birthday, Height, Weight, Name etc.) on “realme Link” APP.
- Select and set device language.
- Scan the QR code to download “realme Link” APP if failed to search in APP store.

realme.com/global/link

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

A.Open “realme Link” APP , scan the device QR code displayed on watch to start pairing process.

B.Open “realme Link” APP, choose the intended realme Watch MAC adresss or Name. Click confirm to pair with your phone on the watch.



"whether to accept binding" will be displayed if the binding process is done; Touch " √ "to accept t or "X" to reject the binding demand.

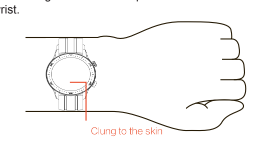
Instructions

5. Function instruction

Please find detail instruction of realme Watch on “realme Link” APP =» “Settting ” =» “User guide” .

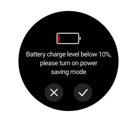
6. Wear properly

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.

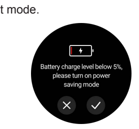


6. Low Battery

When the battery is less than 10%, the watch will vibrate once and display the below symbol, Touch " √ " to turn on Power Saving Mode, or "X" Back to the lastest mode.



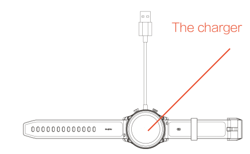
Please charge the watch immediately if the battery power is lower than 5%. the watch will vibrate once and display the below symbol, Touch " √ " to turn on Power Saving Mode, or "X" Back to the lastest mode.



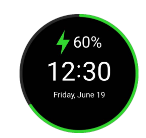
Instructions

7. Charging

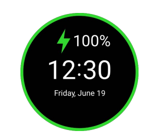
Please connect charger to the watch as follow:



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



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



FAQ

8. FAQ

Issue description	Possible cause	Solution
Incorrect step counting.	Abnormal waggling 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.

More information please scan our QR code to get it

Specifications

9. Specifications

Product Name	realme Watch S Pro
Product Num	RMA186
Display	1.39" Amoled 454*454 pixel
BT Version	BLE
GPS&Glonass	Support
Sensor	Accelerometer,Gyroscope ,Geomagnetic Optical heart rate ,Ambient light, Capacitive
Dimension	Approx. 46.1 mm x 12.8 mm (excluding the strap)
Weight	Approx. 63.5 g (including the strap)
Power supply	Battery: 3.8V DC, 0.5A Internal polymer lithium battery: 420mAh
Working Temperature	10°C to 45°C
Storage Environmen	Temperature: -20°C to 60°C Relative Humidity: ≤90% RH

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

10. Maintenance

Dos and Don’ts:

- 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

50 mm

400mm

95 mm

IS 13253(PART 1):2010
IEC 60950-1:2005
R-41148849
www.bis.gov.in

MCMC CIDF19000022

Complies with IMDA Standards 75448

Philippines
NTC
Type Approval No.:
ESD-GEC-2022565C

Realme Chongqing Mobile Telecommunications Corp.,Ltd.
No.178 Yulong Avenue, Yufengshan Yubei District Chongqing China
TEL:86-023-67164858 www.realme.com

717-0074320021

Warranty

Thank you for purchasing the product of realme. If any quality problems arise within 12 months as from the date of purchase, you can enjoy the company’s warranty service.

Matters Needing Attention:

1. When you buy the product, the sales unit will issue a valid proof of purchase.
2. The warranty card and proof of purchase should be kept properly and will not be reissued if you lose them.
3. As to failures caused by non-human factors, the user can enjoy free maintenance at the customer service center of realme by showing his/her warranty card and proof of purchase within

Non-Warranty Circumstances:

Any of the following cases is not within the warranty scope during the using process.

1. The warranty period expired.
2. Damages caused by using the product not in accordance with the operating manual or operating guide.
3. Damages caused by human factors.
4. Failures caused by illegal dismantlement, maintenance or modification of the product.
5. Damages caused by force majeure factors. (flood, earthquake, lightning, etc).
6. There is no warranty card or invoice or the information of the warranty card is inconsistent with the information of the invoice.
7. Natural abrasion of the product.
8. Failures and damages caused by factors other than quality problems of the product.

Warranty Card (Stub Copy)

Dear user, thank you for using the product of this company. Please read and keep properly the warranty card after purchasing the product so that we can provide better services to you.

User Information

User’s Name ____________

Contact Tel ____________

User’s Address ____________

Email ____________

Product Information ____________

Product Model ____________

Sales Information

Purchase Date ____________

Invoice Number ____________

Sales Unit ____________

Sales Address ____________

Tel ____________

Product Serial Number ____________

Warranty Card (Customer Copy)

Dear user, thank you for using the product of this company. Please read and keep properly the warranty card after purchasing the product so that we can provide better services to you.

User Information

User’s Name ____________

Contact Tel ____________

User’s Address ____________

Email ____________

Product Information ____________

Product Model ____________

Sales Information

Purchase Date ____________

Invoice Number ____________

Sales Unit ____________

Sales Address ____________

Tel ____________

Product Serial Number ____________

Warning

11. 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.

12. Medical Disclaimer

WARNING: THIS REALME WATCH IS NOT A MEDICAL DEVICE. The realme 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

13. Other Notes

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

14. 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

15. 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

16. 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.3rrecycler.com or write an email to admin@3rrecycler.com Call us on toll free hotline - 1800 102 8632

17. 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:

Warning

—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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

50 mm