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# realme Watch Review Guidelines

## Key Highlights

- 3.5cm (1.4") Large Color Touchscreen
- Real-time Heart Rate Monitor
- Blood-oxygen Level Monitor
- Smart Notifications
- Intelligent Activity Tracker
- 14 Sports Mode
- Personalized Watch Face
- Music and Camera Controls
- realme Link Smart App

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## 1. Trendsetting Design

### I. 3.5mm(1.4") Large Color Touchscreen

realme Watch comes with 3.5cm (1.4") Large Color Touchscreen with a high resolution of 320\*320 pixels (323 PPI) that can display vivid and lifelike visuals. Its responsive touch lets you effortlessly control the watch.

With 380 nits brightness and ten levels of adjustment, users can see the screen clearly anywhere. The surface of the screen uses the 2.5D Corning Gorilla Glass, combined with a round frame, to provide a seamless and more comfortable touch.

### II. Stylish Watch Face

In the default watch face of realme Watch, it can display six key data - time, date, weather, steps, heart rate, and calories - which are what most users want.

Meanwhile, users could choose one among the 12 built-in exquisite watch faces. They can also download additional trendy watch faces from realme Link app for a fresh look every time you power-on the watch. In following OTA, realme will provide more than 100 new watch faces.

### III. Colorful Watch Straps

There are two straps designs (classic design and fashion design) and four colors (black, blue, red, and green) for watch straps to make your watch truly unique.

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With a one-button quick detach, it's easy to change the strap. Moreover, the watch weighs just 31g and is made from silicone, which is soft and skin-friendly, and doesn't stain easily.

## **2. Health Assistant**

### **I. Real-time Heart Rate Monitor**

The built-in high-precision PPG optical heart rate sensor supports 24-hour uninterrupted heart rate monitoring, and measures your heart rate quickly and precisely. You will be also alerted if your heart rate is too high or too low in time to protect your health throughout the day.

realme Watch carries the top-level PPG sensor from Goodix. The heart rate monitoring is achieved by emitting specific wavelength green light to the skin, and then detecting the reflected light. The sensor in realme Watch performs great in multiple key factors such as accuracy, skin tone compatibility and power consumption.

realme Watch detects heart rate every 5 minutes 24/7. If under special conditions, the heart rate is lower or higher than the safe thresholds, realme Watch will send you a heart rate alarm to remind you to always be mindful of your physical health.

### **II. Blood Oxygen Saturation Level Monitor**

realme Watch can also detect blood oxygen level. Blood oxygen is one of the most important indicators of physical health. If blood oxygen is too low, it means that the cells cannot get enough oxygen, which will lead to various symptoms. Usually blood oxygen detection requires medical equipment, but now with realme Watch, you can monitor your blood oxygen at any time. In terms of accuracy, realme Watch has also reached quite a high level, comparable to medical blood oxygen monitors.

### **III. 14 Sports Mode**

realme Watch supports up to 14 kinds of sports monitoring:

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Outdoor Run, Walk, Indoor Run, Outdoor Cycle, Aerobic Capacity, Strength Training, Football, Basketball, Table Tennis, Badminton, Indoor Cycle, Elliptical machine, Yoga and Cricket

The watch also identifies whether you are walking or running, and the accurate step counting algorithm makes every step count.

## **IV. Other Health Features**

realme Watch also has most comprehensive of health functions including many practical ones: step monitoring, sedentary reminder, sleep monitoring, hydration reminder and meditation relaxing.

## **3. Smart Features**

### **I. Smart Notifications**

realme Watch can receive almost all app notifications and show some corresponding icons. realme Watch can be seamlessly paired with realme smartphones and supports display of calls, SMS and third-party app messages. It is worth mentioning that realme Watch has been adapted to almost all third-party apps for smart notification, including the most commonly used tools such as Facebook, Whatsapp, Instagram, etc. Combined with the big screen, it can display more information for easy reading.

### **II. Work with realme Smartphones**

realme Watch can automatically unlock the phone when approaching, which is convenient and fast, it's very convenient considering people often wear mask in these days.

realme Watch can also remotely control the music player on your phone, user can easily pause and play music when you are running. In addition, realme Watch also supports remote camera, so that you can take photos of yourself even when you are alone.

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Another feature is call rejection. When paired smartphone is getting called, phone number will be showed on realme Watch with a rejection button. User can reject call with one click.

As an important part of the realme AIoT strategy, realme Watch is one of central devices of the realme AIoT system. After the future OTA update, realme Watch will be able to remotely link multiple AIoT devices for easy operation without opening the smartphone.

## **I. realme Link Smart App**

realme Watch can connect to realme Link to enable all features. Use the realme Link App to sync and view your complete health data right on your phone. You can also access and change settings as per your preferences on the app.

## **4. Durable and High-quality**

The realme Watch is IP68 water resistant, which means you don't have to take it off while washing your hands. Every watch is rigorously tested for reliability such as 100,000 times button test, 7kg tension resistance test, 3,000 times bent test and 3,000 times clasped test.

## **5. Instruction for Use**

### **I. Turning on/off**

- Long press side button for 3 seconds to activate your realme Watch.
  - The realme Watch automatically turns off when the battery level is less than 3%.
- \*Note: Before using for the first time, make sure to charge the watch to activate it.

### **II. Setting up the Watch**

- Downloading realme Link

Download “realme Link” APP from Google Play. Sign up your realme account and input your basic information.

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#### - Connecting the Watch

Make sure Bluetooth of your mobile device is on, open the “realme Link” APP and scan the device QR code displayed on realme watch. Or open “realme Link” APP, select realme Watch to scan device nearby or scan the QR code on the watch through the APP, choose and connect to the desired realme Watch . Click confirm to pair realme watch.

#### - Synchronizing Data

Data is generated during daily use of the watch. Synchronize the data of the watch with the app by connecting your smartphone to the watch.

## 6. realme Watch Specs

Appearance	Color: Black Size: 36.5*11.8*256mm (W*H*L) Weight: 31g
Wrist strap	Type: Removable wrist strap Width: 20mm Adjustable length: 164-208mm
Screen	Screen size: 3.5cm(1.4") Resolution: 320*320, 323 PPI Full screen touch
Battery	Battery: 160mAh Battery life: 7 to 9 days Battery life on Power Saving Mode: 20 Days * 7 days with heart rate monitor on; 9 days with heart rate monitor off
Sensor	3-axis accelerometer Heart rate sensor Rotor Vibration motor IP68(1.5m) Water Resistance Rating

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Connectivity	Bluetooth 5.0 realme Link APP Android 5.0+
Sport mode	Outdoor Run, Walk, Indoor Run, Outdoor Cycle, Aerobic Capacity, Strength Training, Football, Basketball, Table Tennis, Badminton, Indoor Cycle, Elliptical, Yoga, and Cricket
Health monitor	Automated Heart Rate Measurement, 24-hour Real-time Heart Rate, Resting Heart Rate, Exercise Heart Rate, Heart Rate Alert, Blood Oxygen Measurement, Sleep Detection, Steps Throughout the Day, Calories, Distance, Water Reminder, Sedentary Reminder, Activity Records
Other functions	Music Control, Camera Control, Find Phone, Meditation, 12/24-hour, Stopwatch, Clock, Weather Forecast, Date Display, Dial, Cloud Multi-dial, OTA Upgrade, Data Storage, All-day Data, Automatic Motion Recognition (Running/Walking), Call Notification, Message Reminder, Alarm Reminder, Step Goal Completion Reminder, Binding Confirmation Reminder, Low Battery Reminder, Brightness Adjustment, Shake Adjustment, Wear Monitoring, Lift Wrist to Wake Screen, Power Saving Mode, Do-Not disturb Mode  * More watch faces in cloud will be coming soon by OTA.