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realme DIZO Smartwatch

DIZO Smartwatch User Manual

Model: DIZO Smartwatch

INTRODUCTION

This manual provides essential information for setting up, operating, and maintaining your DIZO Smartwatch. Please read it carefully to ensure proper use and to maximize the device's features.



Image: The DIZO Smartwatch displaying different watch faces and icons representing features like call reminder, message reminder, blood oxygen monitoring, heart rate monitoring, sleep monitoring, calorie tracking, steps, 90 sports modes, camera control, music control, find phone, and stopwatch.

1. SETUP

1.1 Charging the Device

Before first use, fully charge your DIZO Smartwatch. Connect the magnetic charging base to the charging pins on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes less than 2 hours.

12-Day Ultra Long Usage Time

315mAh Large Battery Stores Enough Power to Enjoy Outdoor Sports



Image: The DIZO Smartwatch screen showing a 100% battery charge indicator and the time 07:30 AM, illustrating its long battery life.

1.2 Powering On/Off

To power on, press and hold the side button until the screen lights up. To power off, navigate to the settings menu on the watch, select 'Power Off', and confirm.

1.3 Pairing with the **realmeLink** App

1. Download the **realmeLink** app from your smartphone's app store (available for Android and iOS).
2. Open the app and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the **realmeLink** app, tap 'Add Device' and select the DIZO Smartwatch from the list of nearby devices.
5. Follow the on-screen prompts on both your watch and smartphone to complete the pairing process.



Image: A smartphone displaying the realmeLink application interface, showing activity data and connection status, alongside the DIZO Smartwatch, indicating app connectivity.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

The DIZO Smartwatch features a 1.4-inch full touch screen. Swipe left, right, up, or down to navigate through menus and features. Tap to select an option. The side button typically acts as a back button or to return to the home screen.

2.2 Health Monitoring

The smartwatch offers comprehensive health tracking features:

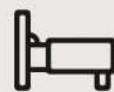
- **Heart Rate Monitoring:** The watch automatically monitors your heart rate in real-time. View your current heart rate and historical data on the watch or in the realmeLink app.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels directly from the watch. Ensure the watch is worn snugly on your wrist for accurate readings.
- **Sleep Tracking:** The watch tracks your sleep patterns, including deep sleep, light sleep, and wake times. Review your sleep quality analysis in the app.
- **Breathing Function:** Utilize the guided breathing exercises for relaxation and stress reduction.



Real-time Heart Rate Monitoring



Measure Your Blood Oxygen



Sleep Quality Monitoring



Image: The DIZO Smartwatch screen showing real-time heart rate data (86 bpm) and a graph, with icons for heart rate, blood oxygen, and sleep quality monitoring above a person wearing the watch.

2.3 Activity Tracking and Sports Modes

The smartwatch tracks your daily activity and supports 90 different sports modes:

- **Daily Activity:** Records steps, calories burned, and distance covered throughout the day.
- **90 Sports Modes:** Select from a wide range of activities such as running, cycling, badminton, basketball, strength training, yoga, and more. The watch records specific data for each mode, helping you monitor your performance.

24H Activity Tracking



Steps



Heart Rate
Monitoring



Calorie



Image: The DIZO Smartwatch displaying activity tracking metrics like steps, heart rate, and calories, alongside a smartphone showing a map of a running route and a person running, illustrating 24-hour activity tracking.

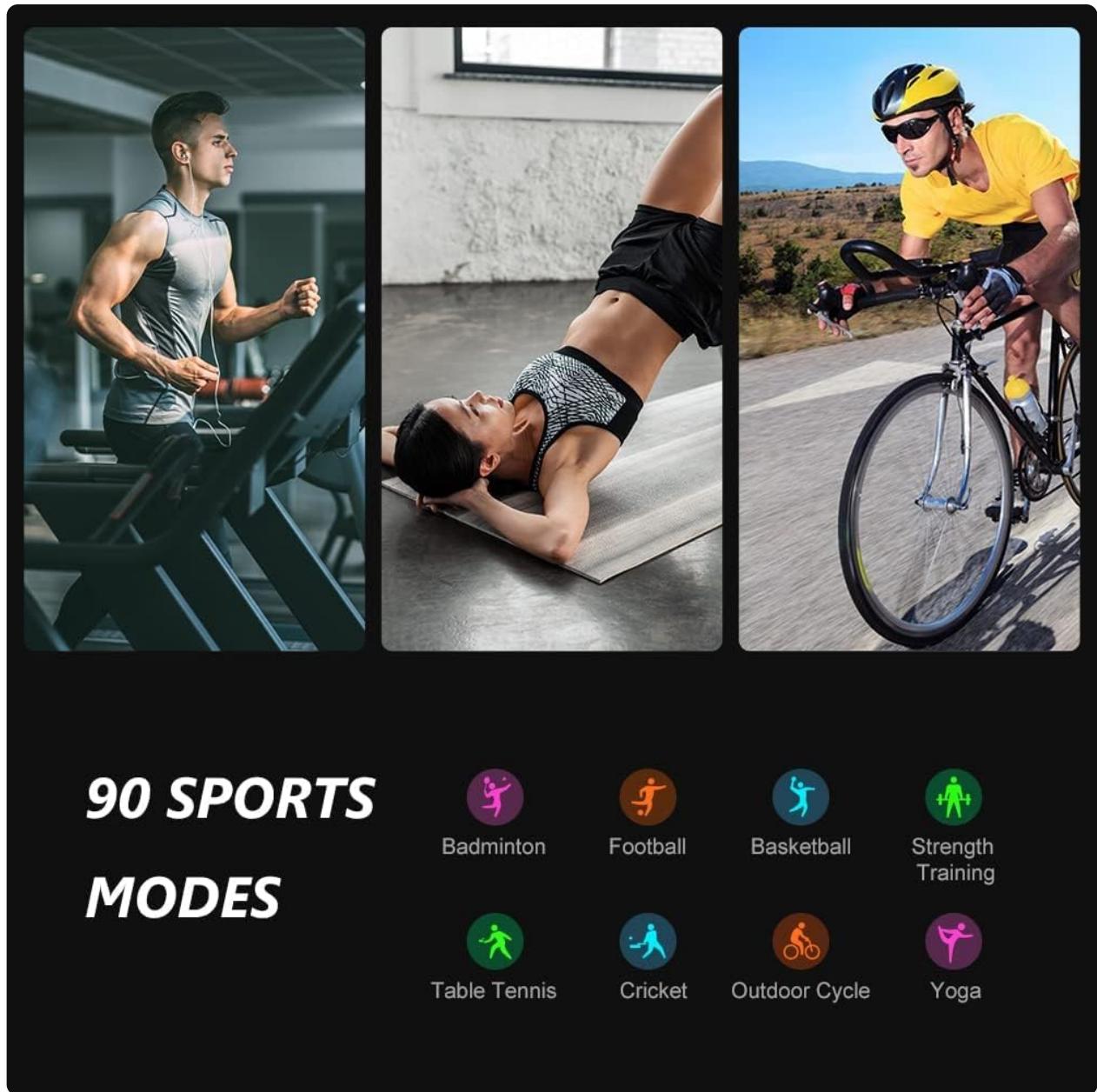


Image: A collage showing individuals engaged in various sports activities such as running, yoga, and cycling, with icons for 90 different sports modes including badminton, football, basketball, and strength training.

2.4 Smart Features

When connected to the realmeLink app, your smartwatch provides additional functionalities:

- **Notifications:** Receive alerts for incoming calls, messages, and app notifications directly on your wrist.
- **Weather Forecast:** Get real-time weather updates.
- **Music Control:** Control music playback on your smartphone.
- **Remote Camera:** Use your watch as a remote shutter for your smartphone camera.
- **Alarm & Stopwatch:** Set alarms and use the stopwatch function.
- **Smart Home Reminders:** Integrate with compatible smart home devices for reminders.

2.5 Watch Face Customization

Personalize your smartwatch by choosing from a variety of watch faces. You can select pre-installed faces or download more through the realmeLink app.

First Brand in realme TechLife Ecosystem



Call Reminder



Message
Reminder



Blood Oxygen
Saturation
Monitoring



Heart Rate
Monitoring



Sleep
Monitoring



Calorie



Steps



90 Sports
Modes



Camera
Controller



Music
Controller



Find Phone



Stopwatch

Image: Three DIZO Smartwatches side-by-side, each displaying a unique and dynamic watch face, demonstrating the customization options available.

3. MAINTENANCE

3.1 Water Resistance (IP68)

The DIZO Smartwatch is IP68 water-resistant, meaning it is splash-proof and sweat-proof. It can withstand incidental exposure to water, such as hand washing or light rain. **It is not suitable for swimming, showering, or diving.** Avoid exposing the watch to hot water or steam.

IP68 Water Resistant

Safe to Wear When Washing Hands.



Image: The DIZO Smartwatch being splashed with water, illustrating its IP68 water-resistant capability, safe for activities like hand washing.

3.2 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials.

3.3 Battery Care

To prolong battery life, avoid extreme temperatures. Charge the device using the provided magnetic charger. Do not attempt to replace the battery yourself.

4. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:**

- Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within range of your smartphone.
 - Restart both the watch and your smartphone.
 - Check if the realmeLink app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
 - **Notifications not received:**
 - Verify that notifications are enabled in both the watch settings and the realmeLink app.
 - Check your smartphone's notification settings to ensure the realmeLink app has permission to send notifications.
 - Ensure the watch is connected to your smartphone via Bluetooth.

5. SPECIFICATIONS

Brand	realme
Model	DIZO Smartwatch
Screen Size	1.4 Inches
Display Resolution	320 x 320 pixels
Operating System	Android (Compatible)
Compatible Devices	Smartphone
Wireless Connectivity	Bluetooth
Human Interface Input	Touchscreen
Battery Type	Lithium Polymer (315 mAh)
Battery Life	Up to 12 days (typical use)
Water Resistance	IP68
Special Features	Notifications, Heart Rate Monitor, Blood Oxygen Sensor, 90 Sports Modes, Sleep Tracker
Item Weight	120 g
Shape	Rectangular
GPS	Integrated GPS

6. WARRANTY INFORMATION

Please refer to the warranty card included in your product packaging for detailed warranty terms and conditions. The warranty typically covers manufacturing defects for a specified period from the date of purchase. Keep your proof of purchase for warranty claims.

7. SUPPORT

For further assistance, technical support, or service inquiries, please visit the official realme website or contact their customer service. You can usually find contact details on the realme website or in your product's packaging.

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