**realme RMW2103**

# realme Smart Watch S100 User Manual

Model: RMW2103

## Introduction

Welcome to the user manual for your new realme Smart Watch S100. This guide provides essential information on setting up, operating, and maintaining your device to ensure optimal performance and longevity. Please read this manual thoroughly before using the product.

## Safety Information

- Do not attempt to disassemble, repair, or modify the device. This may cause damage, fire, or electric shock.
- Keep the device away from extreme temperatures, direct sunlight, and high humidity.
- Avoid exposing the device to strong impacts or vibrations.
- The device is IP68 water-resistant, but it is not suitable for diving or high-pressure water activities. Avoid prolonged submersion.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.
- Dispose of the device and its battery responsibly according to local regulations.

## What's in the Box

Upon opening the package, please verify that all the following items are included:

- realme Smart Watch S100 (Black)
- Magnetic Charging Cable
- User Manual




Image: The realme Smart Watch S100, showcasing its sleek design and the included magnetic charging cable.

## Product Overview

The realme Smart Watch S100 features a rectangular 1.69-inch HD display, a comfortable silicone strap, and advanced sensors on the rear for health monitoring.




Image: Front view of the realme Smart Watch S100, highlighting its 1.69-inch HD display.




Image: Rear view of the realme Smart Watch S100, showing the integrated health sensors and charging contacts.

## Setup

### Charging the Device

Before first use, fully charge your realme Smart Watch S100. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included).

### Initial Power On

The watch will typically power on automatically once connected to the charger. If not, press and hold the side button for a few seconds until the realme logo appears.

### Pairing with Your Smartphone

1. Download the official realme Link app from your smartphone's app store (Google Play Store for Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the realme Link app, create an account or log in.
4. Follow the in-app instructions to add your realme Smart Watch S100. The app will guide you through the pairing process.

## Operating the Smart Watch

### Navigating the Interface

The realme Smart Watch S100 features a responsive touch screen. Swipe left/right to access different functions and widgets, swipe up for notifications, and swipe down for quick settings. Press the side button to return to the home screen or access the app list.

### Key Functions

- **1.69-inch Ultra-Bright TFT-LCD Color Display:** Provides clear visuals for all your data and notifications.
- **Battery Life:** Enjoy up to 12 days of battery life on a single charge, depending on usage patterns.
- **24x7 Heart Rate Monitor:** Continuously tracks your heart rate throughout the day and night.
- **Blood Oxygen Saturation (SpO2) Monitor:** Measures your blood oxygen levels, providing insights into your respiratory health.
- **Body and Skin Temperature Sensor:** Monitors your body and skin temperature.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **IP68 Water Resistance:** Designed to withstand dust and immersion in water up to 1.5 meters for 30 minutes.
- **Magnetic Fast Charging:** Convenient and quick charging solution.
- **Fitness, Outdoor Activities, and Health Tracking:** Supports various sports modes and tracks daily activity data like steps, distance, and calories burned.
- **Over 110 Watch Faces:** Customize your watch face to match your style and mood.

## Maintenance

- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Charging Contacts:** Ensure the charging contacts on the back of the watch are clean and dry before charging to prevent corrosion.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.
- **Water Resistance:** While IP68 rated, avoid exposing the watch to hot water, steam, or chemicals, as these can compromise the water seal.

## Troubleshooting

| Problem | Possible Solution |
| --- | --- |
| Watch does not turn on | Ensure the watch is fully charged. Connect it to the magnetic charger and wait a few minutes. If it still doesn't turn on, try pressing and holding the side button for 10-15 seconds. |

| Problem | Possible Solution |
|---|---|
| Watch does not charge | Check if the magnetic charging cable is properly connected to the watch and the power source. Ensure the charging contacts on the watch and cable are clean and free of debris. Try a different USB port or power adapter. |
| Cannot pair with smartphone | Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Make sure the realme Link app is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again. |
| Inaccurate health data | Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area on the back of the watch. Avoid excessive movement during measurements. Note that the watch is not a medical device and data is for reference only. |

## Specifications

| Feature | Detail |
|---|---|
| Model Number | RMW2103 |
| ASIN | B09YLWDBKZ |
| Manufacturer | realme |
| Product Dimensions | 4.5 x 4.8 x 1.2 cm |
| Weight | 50 grams |
| Screen Size | 1.69 inches |
| Shape | Rectangular |
| Battery Type | 1 Lithium Ion (Included) |
| Battery Capacity | 260 mAh |
| Connectivity Technology | Bluetooth |
| Wireless Communication Standard | Bluetooth |
| Operating System | Android (Compatible) |
| Memory Storage Capacity | 128 MB |
| GPS | Without GPS |
| Special Features | Sleep Monitor, Distance Tracker, Heart Rate Monitor, SpO2 Monitor, Temperature Sensor |
| First Available Date | April 27, 2022 |

## Warranty and Support

Your realme Smart Watch S100 comes with a standard manufacturer's warranty. For detailed warranty terms and conditions, please refer to the warranty card included in your product packaging or visit the official realme website. For technical support, troubleshooting assistance, or service inquiries, please contact realme customer support through their official channels.
You can find more information and support resources by visiting therealme Store on Amazon.

## Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question