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realme RMW2108

realme Watch 3 Smartwatch User Manual

Model: RMW2108

1. Introduction

This manual provides comprehensive instructions for the realme Watch 3 Smartwatch, Model RMW2108. It covers essential information regarding product setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The realme Watch 3 features a 1.8-inch Horizon Curved Display, Bluetooth calling capabilities with AI noise cancellation, and advanced health monitoring functions including heart rate, SpO2, stress, and sleep quality tracking.

2. Package Contents

Verify that all items are present in your product package:

- realme Watch 3 Smartwatch
- Charging Cable
- User Manual (this document)

3. Product Overview

Familiarize yourself with the components of your realme Watch 3.



Figure 3.1: Front view of the realme Watch 3 Smartwatch with its 1.8-inch display showing time and activity data.

- **Display:** 1.8-inch (4.57 cm) Horizon Curved LCD touchscreen with 400x400 resolution.
- **Side Button:** Used for navigation and power control.
- **Microphone:** Integrated for Bluetooth calling.
- **Speaker:** Integrated for Bluetooth calling audio.



Figure 3.2: Side view of the realme Watch 3 Smartwatch, highlighting the physical control button.

- **Health Sensors:** Optical heart rate sensor, blood oxygen (SpO2) sensor, stress monitoring, and accelerometer for activity tracking.
- **Charging Pins:** Magnetic pins located on the back for charging.



Figure 3.3: Rear view of the realme Watch 3 Smartwatch, showing the health sensors and charging pins.

4. Setup

4.1. Charging the Device

1. Connect the charging cable to a USB power adapter (not included) or a computer's USB port.
2. Align the magnetic charging pins of the cable with the charging contacts on the back of the watch. The cable will snap into place.
3. The watch display will indicate charging status. A full charge takes approximately 2 hours and provides up to 7 days of battery life, depending on usage.

4.2. Pairing with Your Smartphone

1. Ensure your realme Watch 3 is sufficiently charged.
2. Download and install the official realme Link app (or equivalent realme smartwatch app) from your smartphone's app store (available for Android and iOS devices).

3. Open the realme Link app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the realme Link app, select "Add Device" and choose the realme Watch 3 from the list of nearby devices.
6. Confirm the pairing request on both your smartphone and the watch.
7. Once paired, the watch will synchronize data with your phone, and you can customize settings via the app.

5. Operating Instructions

5.1. Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Side Button:** Press to wake the screen, return to the home screen, or access the app list. A long press may activate specific functions or power options.

5.2. Bluetooth Calling

The realme Watch 3 supports Bluetooth calling directly from your wrist.

- Ensure the watch is connected to your smartphone via Bluetooth.
- When a call comes in, you can answer or reject it directly on the watch.
- Use the built-in microphone and speaker for clear communication, enhanced by AI noise cancellation.
- You can also initiate calls from the watch's contact list or dialer, if enabled through the app.

5.3. Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate:** Tracks your heart rate throughout the day. View real-time data on the watch or detailed trends in the app.
- **SpO2 (Blood Oxygen):** Measures your blood oxygen saturation levels.
- **Stress Monitoring:** Provides insights into your stress levels based on heart rate variability.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and provides a sleep quality score.
- **Activity Tracking:** Records steps, distance, calories burned, and active minutes using the accelerometer.

Note: Health monitoring data is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health-related concerns.

5.4. Sports Modes

The realme Watch 3 supports over 110 sports modes to track your workouts. Examples include:

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

Select your desired sport mode on the watch to start tracking specific metrics for that activity.

5.5. Watch Faces

Customize your watch's appearance with over 100 available watch faces. You can change watch faces directly on the device or through the realme Link app.

6. Maintenance

6.1. Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

6.2. Water Resistance

The realme Watch 3 is IP68 water and dust resistant, with a water resistance depth of up to 1 meter. This means it is suitable for daily use and can withstand splashes, rain, and brief immersion in shallow water. However, it is not recommended for swimming, diving, or high-pressure water activities.

- Avoid exposing the watch to hot water, steam, or detergents.
- If the watch gets wet, dry it thoroughly before charging or operating.

7. Troubleshooting

If you encounter issues with your realme Watch 3, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Unable to pair with smartphone:**
  - Ensure Bluetooth is enabled on your smartphone and the watch.
  - Make sure the watch is within the Bluetooth range of your phone.
  - Restart both the watch and your smartphone.
  - Clear the Bluetooth cache on your phone or try unpairing and re-pairing the device through the realme Link app.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Keep the sensor area on the back of the watch clean.
  - Avoid excessive movement during measurements.
- **Notifications not appearing:**
  - Check notification settings in the realme Link app and on your smartphone.
  - Ensure the watch is connected to your phone.

For further assistance, refer to the official realme support resources or contact customer service.

8. Specifications

Model Number	RMW2108
Display	1.8-inch (4.57 cm) LCD, 400 x 400 resolution
Battery Capacity	340 mAh Lithium Ion
Battery Life (Average)	Up to 7 days
Charging Time	Approximately 2 hours
Connectivity	Bluetooth
Sensors	Optical Heart Rate, Blood Oxygen, Stress, Accelerometer

Water Resistance	IP68, up to 1 meter depth
Dimensions (LxWxH)	24.4 x 3.7 x 1.3 cm
Weight	40 g
Case Material	Polycarbonate
Band Material	Silicone
Compatible OS	Android, iOS

9. Warranty and Support

9.1. Warranty Information

The realme Watch 3 (Model RMW2108) comes with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.
Please retain your proof of purchase for warranty claims.

9.2. Manufacturer and Importer

- **Manufacturer:** Shenzhen Do Intelligent Technology CO LTD
- **Importer (India):** Oppo Mobiles India Private Limited, 5th Floor, Tower-B, Building No. 8, DLF Cyber City, Gurugram, Haryana-122002, India

9.3. Customer Support

For technical support, warranty claims, or service inquiries, please visit the official realme support website or contact their customer service channels. Contact information can typically be found on the realme official website or within the realme Link application.

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