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# Detailed User’s Manual for

## realme Watch S2

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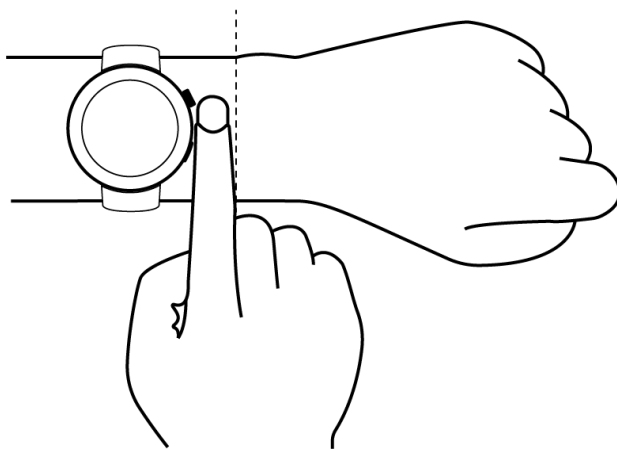
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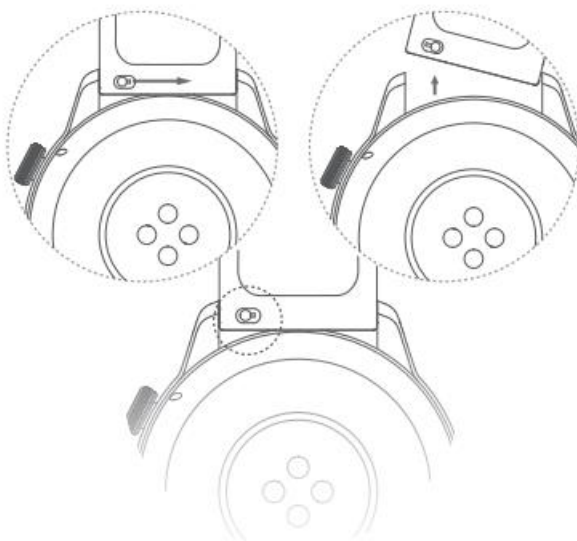
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# 1. Getting Started

## 1.1 Wearing the watch



## 1.2 Changing the watch strap



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## 1.3 Connecting the watch to the mobile phone

When it is used for the first time, please charge it until the watch vibrates and the logo appears to before power is on. After clicking to select the corresponding language, skip to the pairing interface and follow the watch prompts to proceed with the pairing process.

- **User scans the QR code for pairing:**
  - a. From the software store, search “realme Link”, download and install the realme Link APP, or update the existing realme Link APP on your phone to the latest version;
  - b. Activate the realme Link APP, register an account and log in, and enable the APP-related permissions based on the pop-up prompts. Click on Home -> Add devices -> Scan the QR code on the watch interface -> The phone will pop up a pairing prompt and confirm the pairing -> Set according to the prompts until the pairing is completed.
- **Manual pairing by the user**
  - a. Swipe up on the watch pairing interface to go to the manual pairing interface;
  - b. Open the realme Link APP, register an account and log in, and follow the pop-up prompts to enable App- related permissions. click home - > Add device- > Select manual pairing device below the scanning interface- > Click realme Watch S2 , the App automatically searches for the Bluetooth device name of the watch and lists it. Click the Bluetooth name of the watch to pop up a pairing request and confirm it. Set according to the prompts until the pairing is completed.

### Description

- AFTER SUCCESSFUL PAIRING, THE WATCH DISPLAYS THE PAIRING SUCCESS SCREEN AND SYNCHRONIZES MOBILE PHONE RELATED INFORMATION (DATE, NOTIFICATIONS, ETC.).
- AFTER PAIRING FAILS, THE WATCH DISPLAYS THE PAIRING FAILURE SCREEN AND RETURNS TO THE BINDING PAGE.
- A WATCH CAN ONLY BE CONNECTED TO ONE MOBILE PHONE AT THE SAME TIME. IF YOU NEED TO CONNECT TO OTHER MOBILE PHONES, PLEASE FIRST GO TO realme Link APP -> HOME -> CLICK ON THE DEVICE -> CLICK ON DELETE THE DEVICE .

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## 1.4 Power on/off/Restart

### Power on

- In the power off state, long press the button to turn it on.
- In the power off state, when the charger is connected to be charged, the watch will be powered on automatically.

### Power off

- In the power on state, long press the button to display the power off/Restart option interface, click on "Power off".
- In the power on state, click on the button to go to the "Application List" interface and select "Settings -> System -> Power off".
- The watch will power off automatically when the battery is extremely low.

### Restart

- In the power on state, long press the button to display the power off/Restart option interface, click on "Restart".
- In the power on state, click on the button to go to the "Application List" interface and select "Settings -> System -> Restart".

### Forced restart

- You can press and hold the watch button for more than 8 seconds to restart the watch by force.

## 1.5 Charging the watch

### Charging

1. Connect the power adapter to a power outlet;
2. Align the charging port on the back of the watch with the metal contacts on the charging

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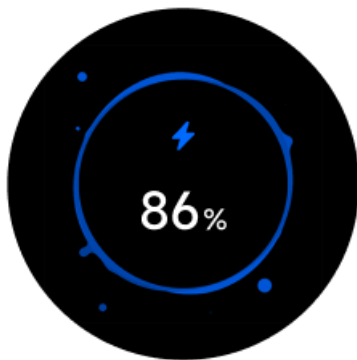
base, and adjust the fit until the charging indicator appears on the watch screen;

#### **DESCRIPTION**

- It is recommended that the included dedicated charging cable and a realme charger with a rated output voltage of 5V and a rated output current of 0.5A be used to charge the watch.
- After the watch is shut down due to low power, connect the power supply. The watch will power on automatically soon after charging.

#### **Charging time**

The watch can be fully charged in about 2 hours . When the charging indicator shows 100% , it indicates that the watch is fully charged. Please disconnect the charger promptly after it is fully charged.



#### **DESCRIPTION**

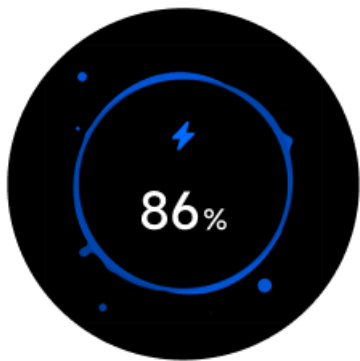
- Please charge your watch in a dry and well-ventilated environment.
- Please dry the charging port before charging to avoid short circuit or other risks caused by dirty metal contacts or water ingress.
- The charging interface and charging base need to be kept dry before charging, and be sure to wipe away water and sweat stains.
- It is recommended that the ambient temperature be maintained between 0 and 45° C.
- In order to protect the battery's service life of the product, the charging current will be reduced in cold and low temperature environments, and the charging time may be longer, but it will not affect the battery life.

#### **Check battery power**

You can check the battery power of your watch in the following ways.

Way 1: The watch will automatically identify the charging scenario. After the watch is connected to a power source, check the charging indicator interface that pops up automatically.

Check the battery power percentage. You can click the button or slide to the right to exit the charging interface.



Way 2: In the realme Link APP, you can check the battery power percentage at the device page

## 1.6 Watch buttons and screen control functions

A color screen is used for the watch and it supports full-screen touch, swipe up, swipe down, left swipe, right swipe, and long press operations.



### button

Operation	Functions	Remarks
Click	1. When the watch screen is black, click on the button to light up the screen; 2. When the watch displays the dial interface interface, click on the up button to go to the application list interface; 3. When the watch displays the non-dial interface, click on the up button to return	Exceptions include specially defined scenarios such as phone calls and sports .

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Press	<p>to the main dial interface;</p> <p>4. Click on the physical button to go to the exercise list</p> <p>1. When the watch is turned off, press and hold the upper button for 2 seconds to turn it on ;</p> <p>2. When the watch is turned on, press and hold the button for 5 seconds , and the power off/Restart option screen will appear.</p>	
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### Basic screen gestures

Operation	Functions
Single click	Select OK
Long press	When the watch displays the dial interface, press and hold it to go to the dial switching interface ;
Swipe up	View message notifications (swipe up on the dial interface)
decline	View the control cgo to (swipe down on the dial interface)
Swipe left or right	View activity data , sleep records, heart rate , weather and other cards
Swipe right	Return to previous screen

### Bright screen

- Click on the button to light up the screen;
- Lift your wrist or turn your wrist inward to light up the screen;

### Resting screen

- When the screen is on, if you lower your wrist or turn your wrist outward, the screen will turn off;

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- When the screen is on and the screen-off function is turned on , if your palm completely covers the screen, the screen will turn off;
  - After turning on the screen by pressing the button or raising the wrist to turn on the screen , the watch screen will automatically turn off if there is no operation.

#### **Description**

- Click on the button to go to the application list, select "Settings -> Display and Brightness -> Screen Off Duration" to set the screen off time. The default setting is "5 seconds".

## **1.7 Setting time and languages**

There is no need to set the watch time. After the watch is synchronized with your phone, the phone time will be automatically synchronized to the watch.

If you modify the time /languages of your mobile phone, the changes will be synchronized after the watch is connected to the mobile phone via Bluetooth.

## **1.8 Setting commonly used switches**

After the watch is successfully paired with the realme Link APP, you can turn on the following switches to experience the corresponding functions provided by the device from the -> Health Reminder " page:

- Automatic heart rate monitoring
- Rest heart rate monitoring
- Automatic pressure monitoring
- Automatic blood oxygen monitoring
- Automatic monitoring of ambient volume
- Automatic body energy monitoring
- Goal achievement reminder
- Sedentary reminder
- Water drinking reminder

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## 1.9 Activating the Do-Not-Disturb mode

Swipe down on the dial interface to open the control cgo to and turn on the "Do-Not-Disturb" switch to turn on the Do-Not-Disturb mode.

After turning on the Do-Not-Disturb mode on your watch:

1. Incoming calls from the phone will be pushed to the watch, but the watch will not vibrate to remind you. You can still answer the call on the watch .

Hang up an incoming call.

2. Messages and notifications will no longer remind you, and the screen will not light up when you raise your wrist.

### Description

- Click on the button to go to the application list and select "Settings -> Do-Not-Disturb Mode".
- Enable now: Activate the Do-Not-Disturb mode immediately.
- Do-Not-Disturb period: When it is activated, you can set the Do-Not-Disturb period.
- Swipe down on the dial interface interface to open the control cgo to , and then directly click on "Do-Not-Disturb" to quickly activate the " Do-Not-Disturb " function.

## 1.10 Upgrading the watch and App version

### Updating the watch version:

The watch and mobile phone are connected normally through the realme Link APP. Please select "Device Upgrade " from the realme Link APP device page, and the version update package will be automatically detected.

When there is an update package, the interface will prompt "Start Upgrading". Click to update. If the watch's power is low, place the watch on the charging base and charge it to more than 25%.

### Description

- Please wait patiently according to the progress of the watch interface upgrade until the upgrade is completed.

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## 1.11 Restoring factory settings

Click on the button to go to the application list interface. Select "Settings -> System -> Restore factory settings", and the watch will be restored to factory settings. All your data will be cleared, so please act with caution.

# 2. Application Management

## 2.1 Message reminder and removal of messages

### Message reminder

1. After the watch is paired and connected with the realme Link APP, please click on "Sync Mobile Phone Notification" from the realme Link APP device page, turn on the "Sync Mobile Phone Notification" switch, and also turn on the switch of the application that needs to push messages.
2. When the watch receives new messages, the watch will vibrate to remind you.
3. You can swipe up on the dial interface interface to open the message list , and swipe up or down the screen to view messages. The watch can store up to 100 unread messages . After 100 unread messages are reached , the earliest received message will be overwritten.

### Description

- The watch supports the following message types: SMS, email, and messages pushed by social apps such as Facebook , Instagram , and WhatsApp.
- After the watch receives a text message or email, you cannot reply directly on the watch.
- If you set the Do-Not-Disturb mode, your watch will still receive push notifications, but will not vibrate to remind you . Messages will be directly saved in the message list .
- When the phone and watch are connected via Bluetooth, calls and messages received by the phone will be transmitted to the watch via Bluetooth. There is a certain delay in Bluetooth message transmission, so it is impossible to achieve the effect of simultaneous reminders.
- When the mobile phone, watch and other Bluetooth devices are connected at the same time, the message reminder and call push functions of the watch will not be affected.
- Voice messages and picture messages can be received on the watch, but voice messages and pictures cannot be listened to or viewed on the watch.

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## Removing messages

You can select a message to view and then click on the "Dustbin" icon below to delete the message. You can also click on the "Dustbin" icon at the bottom of the message list interface to clear all messages.

## 2.2 Receiving calls using the watch

### Setting frequent contacts and emergency contacts

1. Open the realme Link APP device page and select "More functions -> Frequent Contacts".
2. On the "Frequent Contacts" settings page, you can add contacts, sort added contacts, delete added contacts, and set emergency contacts.
3. Click on the button on the watch to go to the application list, select "Phone-Frequent Contacts", and you can call the contact through the watch.

#### Description

- of 40 frequently used contacts ( including emergency contacts ) can be set .
- After setting up emergency contacts, you can quickly press the upper button three times to call the emergency contact.
- To make calls through the watch's "Frequent Contacts", the watch and phone must be connected and paired normally.
- In the call answering interface , you can adjust the call volume by clicking the small speaker icon and sliding it up and down .
- 40 call records can be saved .

### Dial

Click on the button to go to the application list. Select "Phone -> Dial", directly go to the phone number you want to dial, and click on the "phone icon" to make a call.

## 2.3 Answering and rejecting calls

The watch is connected to the phone normally. When the phone has an incoming call, the watch

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will ring and vibrate to remind you and display the caller's number or name. You can choose to answer or reject the call.

### **Description**

- The caller ID name remains the same as that on the mobile phone , the unknown caller ID number , and the name of the phone address book contact is stored in the caller ID address book.
- If you set Do-Not-Disturb mode, your watch will still receive push notifications for incoming calls, but it will not vibrate to remind you.
- During the watch vibration reminder process, click on the watch button to stop the watch from vibrating .
- When it is inconvenient to answer a call or a call ends, you can hang up through the hang up key on the watch screen.

## **2.4 Viewing call register**

1. Click on the button to go to the application list and select "Phone -> Call register" to be able to view the call register of the watch.
2. Click on any call register to call back.
3. Swipe left on any call register, and the delete call register icon will appear. Swiping right will not remove the call register. You can remove this register by clicking on the remove icon.

## **2.5 Music Control**

1. Open the realme Link APP device page and find the music control switch to turn on/off the watch music control function .
2. In addition, you can also download music to the watch through the realme Link APP , and the watch can play the music transferred from the App.
3. Click on the button on the watch to go to the application list, select "Music Control" to go to music control .
4. The watch is connected to the mobile phone normally. When playing music on the mobile phone, the watch can adjust the music volume, control music play/pause, and switch between the previous and next music.

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5. When playing local music on the watch, the watch can adjust the volume of the music, and can also switch between the previous and next music.

## 2.6 Weather

The watch supports displaying weather information for your current location:

Click on the button to go to the application list and select "Weather", the screen will display your location, weather, temperature and other information.

### Description

- The weather function needs to be connected to the realme Link APP, and make sure the GPS is enabled on the phone , and the realme Link APP allowed to obtain location information.
- The weather information displayed on the watch is obtained from the service provider and pushed by the realme Link APP. Since the weather service provider used by the mobile phone system is different, the displayed results may be slightly different.

## 2.7 Alarm clock

1. Single click on the button to go to the application list. Select "Alarm Clock", and click on "+" to add an alarm clock.
2. Set the alarm time and click on OK to complete the alarm setting.
3. Click on the set alarm clock to edit the time and recurrence period or delete the alarm clock.
4. When the alarm reminds, click on the "Delay icon" or click on the button to delay the reminder. Click on the " Close icon " to directly turn off the alarm.

### Description

- The recurrence period of the alarm is not set, and the default is a one-time alarm.
- 10 alarm clocks at most can be added .
- The alarm will automatically delay the reminder after 60 seconds of inactivity , with delay for 3 times at most.

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## 2.8 Timer

1. Click on the button to go to the application list and click "Timer". The watch provides you with 6 countdowns by default, 1 minute, 3 minutes, 5 minutes, 10 minutes, 30 minutes , and 1 hour. You can choose the appropriate time according to different scenarios.
2. Meanwhile, you can customize the timer. At the bottom of the "Timer" interface, click on the custom icon, swipe up or down to select a specific countdown time, click on the start icon to start the countdown, click on the "Pause Icon" to pause the countdown. Click on the "Stop Icon" to exit the countdown.
3. When the countdown ends, the bell will ring and vibrate for 60 seconds. Click on the "confirm icon" to return to the previous interface.
4. Swipe right on the screen to exit the "Timer" app.

### Description

- Select the default countdown time and start the countdown directly after clicking on it.
- The timer exits while running and can run in the background.

## 2.9 Stopwatch

1. Click the button to go to the application list, click "Stopwatch", and click the "Start Icon" to start timing. Click the "pause icon" to pause the timing. After pausing, click the "reset icon" on the right to reset the stopwatch. Click the "stopwatch icon " to count times.
2. Swipe right on the screen to exit the Stopwatch app.

### Description

- The counts are displayed in a sequence, with the most recent count at the top, with the upper limit as 99 counts .
- The stopwatch display format is: " minutes: seconds.milliseconds"; if it exceeds 1 hour , it will display "hours: minutes:seconds".
- The stopwatch is exited during operation and can run from the background .

## 2.10 World Clock

You can check the time of your city on the watch, and set the time of other cities in other

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countries to be displayed on the watch through the realme Link App .

## 2.10 Flashlight

1. Swipe down on the dial interface to open the control center, and you can directly tap "Flashlight" to quickly turn on the "Flashlight" function. Tap the screen to highlight 50%, and swipe right to exit the "Flashlight" application .

## 2.11 Searching the mobile phone

1. Click on the button to go to the application list. Select "search Phone", touch Find Phone, the screen will play the find phone animation, and the phone will ring.

2. After you find your phone, tap the on-screen button or click on the button to exit Search My Phone.

### Description

- The Find Phone function requires that the Bluetooth connection between the phone and the watch is normal.
- The phone will still ring even if it is in silent or the Do-Not-Disturb mode.

## 2.12 Remote control shooting

The watch can operate the mobile phone to take pictures (equivalent to the camera shutter)

1. Click on the button to go to the application list. Select " Remote Camera" to go to the remote camera function;

2. Click on the camera button in the middle of the screen to start taking photos with your phone;

3. Click on the delay button at the bottom of the screen to set the photo delay time.

### Description

- When operating, the phone needs to be in the photo taking interface.
- During the operation, the watch needs to keep the Bluetooth connection and the phone's camera function turned on .

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## 2.13 AI voice dial

Click on the AI dial interface icon in the application list. Express the dial interface you want through voice, and the AI big model will generate the dial interface based on the voice.

### Description

- During operation, realme Link needs to stay connected to the watch.

## 2.14 AI voice assistant

Click on the AI voice assistant icon in the application list, output what you want to express through voice, and the AI model will respond to the conversation based on the voice content.

### Description

- During operation, realme Link and BT need to be connected to the watch.

## 2.15 Power saving mode

From the power-saving mode, the watch only displays the time, date and battery information. Turning it on when the battery of the watch is low can greatly improve the battery's service life of the watch.

1. After going to the battery page in the settings through the application list, you can directly click on the "battery icon" to turn on the "power saving mode" function.
2. After going to the power saving mode, press and hold the upper button to exit the power saving mode.

### Description

- In power-saving mode, the watch does not record sleep heart rate, pressure, blood oxygen and other data.
- In the power saving mode, the watch will not send message reminders, low battery reminders and all health reminders .

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## 2.16 User defined power saving mode

Slide down the watch face to enter the Control center and tap the battery icon to enable the default functions of the user-defined power saving mode (exercise, heart rate, blood oxygen and sleep); and can also go to the battery page in the Settings through the application list, and directly click the user-defined power saving mode button to set the available functions of the user-defined power saving mode. You can choose to enable three of the functions of the exercise function and the health function (heart rate, pressure, blood oxygen, ambient volume and sleep). After entering the user-defined power saving mode, the watch face interface display will be simplified, and the functions that are not enabled will be unavailable.

## 2.17 Event Reminder

You can set event reminders in the realme Link App, edit event content, reminder time, and reminder cycle. After setting, save it to the watch side synchronously, and the watch will automatically pop up a window to remind you when the reminder time comes. In the watch application list, click on the event reminder icon to open the event reminder list to view the reminder event list.

# 3. Scientific Exercise

The watch supports a variety of exercise modes, and you can choose the appropriate exercise mode according to different scenarios .

## 3.1 Exercise

1. Click on the up button to go to the application list and select "exercise". You can choose the corresponding exercise type according to your needs.
2. Before starting exercise, you can click on "No goal" to select the exercise goals "Distance", "Duration" , "Calorie" , and " Number of trips " .
3. During exercise, you can pause the exercise by clicking on the upper button. You can view exercise data by sliding the page up and down or short pressing the physical button.

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Take outdoor running as an example. During an exercise, you can view data such as distance, duration, consumption, real-time heart rate, current time, etc. The exercise data for different types of exercise are also different.

4. After an exercise, you can click on "Exercise Record" in the application list to view the detailed exercise record. You can also view it in realme Link APP -> "Health" -> "Exercise Record" .

#### **Description**

- If the exercise time is too short, the exercise data will not be recorded .
- Exercise records will show more and more complete data than during an exercise.

## **3.2 Automatic exercise identification**

Click on the button to go to the application list. Select "Settings", and turn on the exercise recognition button switch to turn on the automatic motion recognition function.

It identifies exercise automatically.

After turning it on, when the watch recognizes that you are walking, running, elliptical machine, or rowing machine, the watch will promptly remind you whether to start the relevant exercise.

## **3.3 Running courses**

The watch supports 6-minute easy running, 10-minute easy running, 15-minute easy running, basic healthy running, advanced healthy running, and walking and healthy running intensive. You can choose a course that suits you based on your current athletic ability . After completing the course, you can select stretching on the running data record page and follow the guidance of the watch to perform stretching exercises.

## **3.4 Activity data**

The watch identifies and monitors the user's diverse movement status throughout the day through acceleration and gyroscope sensors, and supports statistics and display of steps, exercise duration, consumption, activity times, and distance.

Wear the watch correctly, and the watch will automatically record your steps, exercise duration, consumption, activity times, distance and other related data into your daily activity data.

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You can view activity data in two ways.

Way 1: View via watch

Click on the button to go to the application list, select "Activity Data ", and swipe up or down to view your steps, exercise duration, activity times, consumption and other data.

Way 2: View through realme Link APP

Please check on your daily activity detailed records from realme Link APP -> "Health".

#### **Description**

- To view daily activity data through the realme Link APP , you need to keep the watch connected to the realme Link APP properly.

## **4.Health Management**

### **4.1 Heart rate**

The watch is provided with a wrist-type optical heart rate sensor that supports 24-hour continuous monitoring and recording of your heart rates (needs to be opened on the realme Link APP "Heart rate monitoring" switch) to help you keep healthy in a scientific manner.

#### **Heart rate measurement**

1. Wear the watch comfortably in a stationary state.
2. Click on the button to go to the application list and select "Heart rate" to measure your current heart rate.
3. Swipe the watch screen to the right to stop heart rate measurement.

#### **Description**

- It takes 10-15 seconds for heart rate measurement to display the first value under normal circumstances .
- In order to ensure the accuracy of heart rate measurement, please wear the watch normally, avoid joints, and do not make it too loose. Please try to wear it as tightly as possible when exercising. Make sure the heart rate monitoring area is close to the skin and not blocked by foreign objects.

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## Automatic heart rate monitoring

Open the realme Link APP device page, and select "Health Reminder", and select the "24-hour heart rate detection" interval to turn on all-day heart rate monitoring.

1. Monitor the heart rate every set interval in the stationary state.
2. Heart rate is monitored once every 1 second during exercise. It takes 10 to 15 seconds to measure the first value at the beginning.
3. You can view the heart rate graph on the watch "Heart Rate " or on the realme Link APP.

## Rest heart rate warning

The watch will automatically inform you when it detects that your heart rate is out of the set range when you are at rest.

1. From the realme Link APP device page, select "Health Reminder ->24-hour Heart Rate Detection" and turn on the heart rate warning switch.
2. Click on the high heart rate value menu to set the reminder range, which can be set to 100-150 beats/minute, and click on Save.
3. Click on the low heart rate value menu to set the reminder range, which can be set to 40-50 beats/minute, and click on Save .

### Description

- From the realme Link APP", turn on the "24-hour heart rate monitoring" switch, before the quiet heart rate warning can be enabled.
- Rest heart rate refers to the heart rate measured when you are at rest, inactive, and not sleeping, and it can indicate the health of your heart.
- Since it may at no best time when the watch performs automatic measurement, the test value of the resting heart rate may deviate from the actual value.

## Exercise heart rate warning

After you start exercising with the wearable device, if your heart rate is detected to be higher than the limit heart rate value during an exercise, the watch will pop up a reminder that your heart rate is too high.

### Description

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- Everyone's limit heart rate value is different. The limit heart rate value is equal to 220 minus your age.

## 4.2 Blood oxygen

1. Wear the watch normally and keep it still.
2. Click on the button to go to the application list and select "Blood Oxygen" measures your current blood oxygen saturation.
3. If the watch is not worn or worn incorrectly, a prompt will appear on the watch. Please follow the prompts to wear the watch correctly once again. When the watch is worn correctly, the blood oxygen saturation will be measured automatically.

### **Description:**

- To ensure the accuracy of the measurement, please wear the watch normally, avoid the joints, and do not wear it too loosely. Make sure the back cover is close to skin and there is no foreign object blocking it.
- During the measurement, please keep still.
- A single blood oxygen measurement lasts about 30 seconds, and the blood oxygen value is updated every 1 second.

## 4.3 Sleep

Wear the watch to sleep, and the watch will automatically identify the time you go to sleep, exit sleep, deep sleep, and light sleep. You can synchronize it to the realme Link APP to view your sleep details.

1. The latest sleep data of the day will be displayed on the watch. Click on the button to go to the application list and select "Sleep" to view sleep data. Swipe up the screen to view deep sleep, light sleep, wakefulness, and REM duration.
2. Historical sleep data can be viewed in the realme Link APP. Please click on realme Link APP -> "Health" and select "Sleep" to display historical data, with statistical data by day, week, month, and year.

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## 4.4 Stress

Stress detection can be divided into single stress detection and automatic stress monitoring.

Single stress test:

Click on the button to go to the application list, select "Stress", and automatically perform stress detection after going to it.

Automatic stress monitoring:

From the realm Link APP device page, select "Health Reminder" to open "Automatic stress monitoring" switch, wear the watch correctly every day, and the watch will measure your stress status automatically when measuring your heart rate.

View stress data:

Click on the button to go to the application list and select "Stress" to view the single-day stress trend, maximum and minimum stress values for the day.

### Description

- During the stress test, please wear the watch correctly and keep your body still.
- When you are exercising or your wrist is moving frequently, your stress cannot be accurately assessed and the watch will not track stress in this case .
- The intake of caffeine, nicotine, alcohol and some psychotropic drugs will affect the accuracy of stress detection. In addition, heart disease, asthma, sports or limb compression at the wearing position will also affect the stress test results.
- This device is not a medical device and the test results are for reference only.

## 4.5 Breathing courses

Breathing courses can help you relax and soothe your mood during nervous work or life.

1. Click on the button to go to the application list and select "Breathing Course".

2. You can choose the course you want to take from three modes: abdominal breathing, 4-7-8 breathing, and breathing exercise.

3. Please wear the watch and keep your arms still. After selecting the course, follow the on-screen prompts to train.

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4. After training, you can choose to swipe right to exit or "try again" .

#### **Description**

- Please stay still during the breathing process and wear the watch correctly. Otherwise the stress and heart rate values during training cannot be accurately evaluated, and the breathing training results may not display the stress, heart rate, or the stress and heart rate results may be incorrect.

## **4.6 Body energy**

When the realme Link App is set to detect body energy, the watch will calculate your body energy value based on your activities while wearing the watch. You can go to the Body Energy from the App list to check your body energy.

#### **Description**

- Wearing it for long will make the body energy value more accurate.

## **4.7 Ambient volume**

When realme Link is set to monitor the ambient volume throughout the day, the watch will measure the ambient volume every 15 minutes. You can also go to the ambient volume through the app list to detect the current surrounding noise.

## **4.8 Menstrual period tracking**

You can enable Women's Health in the realme Link App. The App will estimate your menstrual period, fertile period and ovulation day automatically based on the personal data you have entered. After the watch is connected to the App, you can view the information synchronously. You can also set reminders for menstrual period and fertile period in advance in the realme Link App Women's Health. After the setting is successful, the watch will remind you of your menstrual period or ovulation day.

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## 4.9 Sedentary reminder

The sedentary reminder function will detect your activity within the set time. If you are inactive , the watch will vibrate and light up the screen to remind you to stand up and move your body to ensure you get enough rest and stay healthy.

### Description

- Sedentary reminders refer to periods of inactivity for long periods of time.
- If you turn on the no-disturb function for lunch breaks in the realme Link APP , the watch will not remind you during the no-disturb period .

## 4.10 Water drinking reminder

Water drinking reminder function will remind you of drinking water regularly within the set time to ensure that you get enough water every day and promote body metabolism.

1. From the realme Link APP device page, select "Health Reminder" and turn on the "Water Drinking Reminder" switch.
2. Click on the reminder period menu to set the starting\ending time.
3. Click on the reminder interval menu to set the interval time. After setting, during the reminder period, the watch will remind you of drinking water at corresponding intervals.

### Description

- If you turn on the lunch break Do-Not-Disturb function from the realme Link APP, the watch will not remind you of drinking water during the Do-Not-Disturb period.