COSMOS
USER MANUAL

boAt

COSMOS

Thank you for choosing the boAt Cosmos as your fitness transformation companion.

Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.
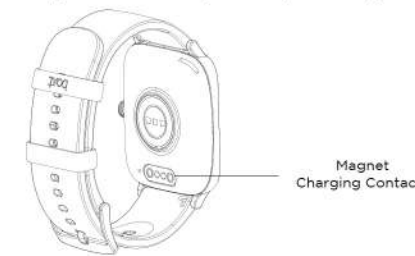
CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes 30 minutes to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.

Note: Once your watch is at 10% battery, it will automatically switch to power saving mode which will disable all functions.

Magnet Charging Contacts

TURNING THE WATCH ON/OFF

To turn the watch on/off, long-press the side button for 3-5 seconds.

You can wake the screen by lifting your wrist. Enable it from the app to use.

CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.

Available on both App Store (iOS 13.0 and above) and Google Play Store (Android 7.0 and above)

OR

Scan [QR CODE] (Also available on the watch)

2. Connect the device directly with the mobile application.

3. Select COSMOS on the home screen of the app and click OK to connect.

4. Turn your phone's Bluetooth and GPS on.

5. Enable battery optimization

Note: To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times.

Google Play / App Store

Activities

Your watch is equipped with 20 default activities from Walking, Treadmill, Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Indoor Cycling, Cricket, Boxing, Karate, Table Tennis, Pilates, Skipping, Hiking, Hockey, Kabaddi, Bowling.

You also get an array of activity mode options on the app which you can select and push to the watch.

The steps to use them are as follows.

1. Make sure your watch and app are connected. Also ensure any existing activity record on the watch is already synced to the app.

2. Select the activity category of interest.

3. The screen will show you the list of activities within the category. Further select the activity within this category which you want to push to the watch.

4. You can also search for an activity from the search box.

5. Next, select the activity you want to replace.

6. Once you confirm, it will be available on your watch for use. To pause or stop the exercise, press the home button.

Notes:
All records will be saved to the app if you keep it synchronized.

Activity Records
Tap on this icon to check sports records.

Activity records

Heart Rate Monitor

Wear the watch on your wrist, then click on the measure button to start measurements. You can also view the data on the app.

Note: Measurements are for reference only and not for medical purposes.

90 bpm

Blood Oxygen Level Monitor

Wear the watch on your wrist, then click on the measure button to start measurements. You can also view the data on the app.

Note: Measurements are for reference only and not for medical purposes. Make sure you are in a still position for accurate results

98 %

Sleep Monitor

Tap on the icon to review the sleep data of the previous night. Once the asleep criteria is met, your wave Cosmos will start recording from 6 pm at night to 10 am in the morning the next day.

Once you lie down and watch detects no movement for 30 minutes, it will start recording, and will stop recording if it detects excessive movement.

You can check the data on the app only after the awake criteria is met. You can also track sleep scores on the boAt Crest app.

Note:
For accurate sleep data recording, the asleep criteria has to be met which includes limited movement, wrist positions and angles, and more. The awake criteria will be met only after it records some noticeable movement.

8h 30min

Breathing exercises

Click on the breath training icon to regulate your breathing with the instructions given to relax.
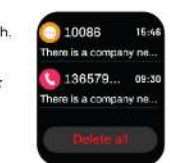
Note: Measurements are for reference only and not for medical purposes.
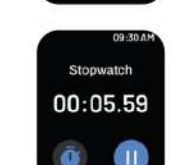
Exhale

Notifications

Turn this feature on from your app to receive notifications on your watch. You can also send quick replies on an incoming call or SMS notification.

Note: The watch can be used to reject calls only. Quick replies will work only with call and SMS notifications.

Stopwatch

Tap on the icon to start the stopwatch.

00:05.59

Stopwatch

Timer

Tap on this icon to start the timer.

00:03:00

Timer

Alarm

Tap on this icon to set alarms.

07:40 am
07:40 am
07:42 am

Flashlight

Tap on this icon to turn your screen into the flashlight.

Flashlight
Female voice
Camera control
Music control

Camera Control

Click on the remote camera icon on your Cosmos to click a photo from your phone.
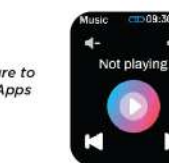
Note: Turn the camera on from your app to use this feature.
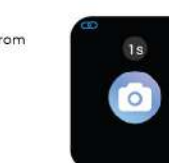
Music Control

Tap on this icon to launch music control mode.

Note: Ensure the music App is running on your phone for this feature to work properly. This feature might not work for some of the Music Apps with different control protocols.

not playing

Weather

Enable this feature from the app to track the weather forecast for next 6 days.

You can also track humidity, wind speed and air pressure for the current day.

Bangalore

Find My Phone

Tap on this icon to find your phone. Once enabled, your phone will start ringing and vibrating. Tap again to stop it.

Note: Your Cosmos should be connected to your phone via Bluetooth and within its range for this feature to work.

Found your phone?

Settings

Display
Tap on this icon to change your watch face.

Watch Faces
Tap on this icon to change your watch face.

09 / 45   09 / 45   09 / 45   09:45

Screen sleep
Tap on this icon to set screen timeout duration.

Screen sleep
5 sec

Vibration
Set your preferred vibration intensity for your watch.

Vibration
Soft
None

Do Not Disturb
This will disable all notifications except for alarms and alerts.

Do not disturb
All day
Schedule
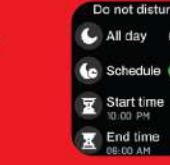
Restart
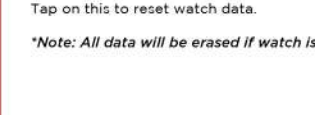Tap on this to restart your watch.

Tap to Restart

Power off
Tap on this to switch your watch off.

Tap to Power off

Reset
Tap on this to reset watch data.

Note: All data will be erased if watch data is reset.

Confirm?

Factory reset
Factory reset will erase your personal data. Confirm?

Download app
Tap on this icon to download the app through QR code.

About
Tap on this icon to view information about the watch.

About
Name COSMOS
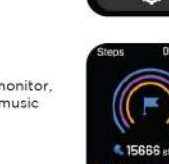MAC bbaf
8.30.01
00:00:00:00:00:00

Swipe down for shortcut menu
You can access: DND, find my phone, raise to wake gesture, alarms, brightness and settings.

24/08/2021 MON

Swipe left or right to access records and monitors
You can access daily activity and sports records, heart rate monitor, blood oxygen monitor, temperature monitor, sleep monitor, music control, weather forecast and notifications from here.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization
● Open the app on your phone.
● Make sure your Cosmos is connected to the app.
● Synchronization will start automatically once you enter the app interface.

Note: Synchronize data at least once every day to avoid data loss in the watch.

Energy Score
Track your energy level throughout the day with the Energy Meter score on the app. Click on the Energy Meter value on the App Dashboard to see detailed insights as well as historical data of energy levels.
The energy meter takes into account various parameters like your age, BMI, sleep data, activities performed etc. and gives you a real time update of your energy level on a scale of 100.

NAVIGATING THROUGH THE FUNCTIONS
Changing the dial interface
Using the app
Select cloud watch faces on the app and push your preferred watch face to your smartwatch.
Go to the boAt crest app -> Settings -> Cosmos features -> Watch faces.

Note: Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 secs to sync the watch face with the app.

Swipe up to view live cricket scores.
Enable this feature from the app to use.

Go to the home page -> tap on the cricket icon on the top right corner -> Select the match and time intervals to receive notifications on the watch.

App features
Home screen
You can access steps, HR, spo2, sleep,energy meter data here.

Swipe left to access Fitness plans
Make your custom fitness plans based on your BMI.

Swipe left to access 700 active modes
Click on the >> icon to select the activity from the list of categories.
For instance, click on bicycling, click the next button. Once you get in you can select any activity of your choice from this category, click the next button.
Replace already selected activity from the list as at a time only 20 activities can be stored on the watch. Once done click confirm, you activity will be synced to the watch.

Using the Cosmos
Long press the home screen to select the watch face.
Go to settings of the watch -> Display -> Watch face -> Select the watch face of your choice.

Maintenance:
Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.
Do not wash the strap with a household cleaner. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.
For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

PRODUCT PARAMETERS:

Model	boAt Cosmos
Screen Type	1.78" AMOLED Display
Battery Capacity	230 mah
Net weight	45g
Bluetooth version	Bluetooth 5.0
Working temperature	-20 ~ 60 degree
Charging time	about 30 mins
Working time	about 7 days
Maximum transmit power	8dBm
Frequency band	2402 - 2480 MHz

FAQ

Search for the app to connect keeps failing
1. keep the boAt Crest app updated to the latest version
2. Close all the programs on the watch -> Stop and restart Bluetooth and GPS -> Connect again
3. Check and enable notification functions of your phone and keep the phone and watch in close contact.

Note: Make sure your phone system meets Android 7.0 and above and iOS 13.0 and above.

My Cosmos is receiving no alerts, texts, or phone calls
Make sure smart reminders on the app are on and synced to the Cosmos.
Also make sure your notification center of the phone is displaying message. Only then will your smartwatch also display these notifications.

My Bluetooth keeps getting disconnected
Make sure there is not more than 1m distance between Bluetooth on the phone and the watch.
There is no obstacle in between the watch and the phone.

Which functions of the Cosmos need Bluetooth to work?
Call & Text Notifications, Find My Phone, music control, cloud and custom watch faces need Bluetooth connectivity to work.

The time displayed on my phone and on the Cosmos are inconsistent
Make sure your watch Cosmos is connected to your phone through the app and not your phone's Bluetooth feature itself.

Will it be okay to take a bath wearing the COSMOS?
The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 1.5m (2) Maximum time for exposure to water: 10 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

Why is my blood oxygen level measurement not accurate?
The measurements are for reference only because there is a different way to measure your blood oxygen levels on your watch and a different way when medical equipment is used.

How do I receive live cricket scores?
Go to app home page-> click on the cricket icon top right corner-> select the match for which you want to receive notifications -> Select the time interval.

Note: Notifications can be received for 1 match at a time.

What is the average rate of fast charging?
Watch will be fully charged in 30 minutes.

SAFETY & PRODUCT INFORMATION

Battery
● Do not disassemble, bore or damage the battery.
● Do not disassemble the built-in batteries of non-replaceable battery devices.
● Do not use sharp objects to remove the battery.

Health Warning
● If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
● The optical heart rate sensor will glow green. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
● The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

Things to keep in mind
● Sync data every day to avoid data loss.
● Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
● Sports modes support up to 8 hours of exercise at a time.
● Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.
● Keep your arm still while measuring data for accurate measurement.

● The device accessories, heart rate sensor, blood pressure, oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate and blood pressure data is for reference only. We're not responsible for any deviation in data.

● Avoid wearing the watch too tightly. Make sure you keep your skin dry - the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible for bringing the appliances to these collecting points or to similar collection points. With this little personal effort you contribute to recycle valuable raw materials and treatment of toxic substances.

Disclaimer: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content.

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