



USER MANUAL



FLASH PLUS

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

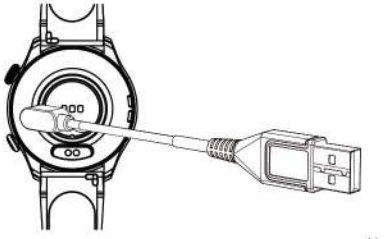
Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



- PACKAGE CONTAINS:**
- boAt Flash Plus x1
 - USB Magnetic charging cable x1
 - User Manual x1
 - Warranty Card x1

CHARGING THE WATCH

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



TURNING THE WATCH ON/OFF

To restart or turn the watch on/off, long-press the upper side button for 3-5 seconds. You can wake up the screen by lifting your wrist.



CONNECTING TO THE APP

1. Download the boAt Wearables app on your phone.



Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 7.0 and above).

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

2. Connect the device with the boAt Wearables app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on

3. Select Flash Plus on the home screen of the app and click pair to connect.

4. Once connected, you will get an alert to connect with FLASHPLUSBT, click pair if need to receive or make calls from the watch

5. To use all features of your Flash Plus seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

6. Disable 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.

SYNCING YOUR SMARTWATCH TO THE APP

- Data Synchronization**
- Open the app on your phone.
 - Make sure your Flash Plus is connected to the app.
 - Synchronization will start automatically once you enter the app interface.

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

NAVIGATING THROUGH THE FUNCTIONS

SWIPE RIGHT FOR THE MAIN MENU

Phone
To use the BT Calling feature, open the boAt Wearables app and pair the watch.

Once paired you will get the pop-up on the app home screen to connect with Phone's Bluetooth.

Click on "pair" to connect with phone's Bluetooth. Alternatively, you can go to phone's Bluetooth settings and pair "FLASHPLUSBT" to start the calling feature on your watch.

Note: Enable call alerts from the setting to get calls on the watch
Up to 10 contacts can be saved in the phonebook. Call history will show the latest call details. Use a dialer to dial any number.

Sleep Monitor
Tap on the icon to review the sleep data of the previous night.



Once the asleep criteria are met, your smartwatch will start recording from 8 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 Wearables app.

Note: For accurate sleep data recording, the asleep criteria have 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*

Heart Rate Monitor
Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.
Note: Measurements are for reference only and not for medical purposes



Steps
Click on this to check your daily activity data like step count, calories, and distance covered.



AI Voice

Tap on this to enable the voice assistant feature and give the command from the watch.

Note: Make sure the watch is connected with the app



Training

Choose from multiple sports modes like Walking, Running, Cycling, Skipping, Badminton, Cycling, Basketball, Football, Climbing, Tennis, Rugby, Golf, Yoga, Fitness, Dancing, Baseball, Elliptical, Indoor Cycling, Free Training, Rowing Machine, and Trail Running. You can also add more sports activities or hide the activities.

Tap on any sport mode to start the activity, you can pre-set your goal as well for each activity. Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded.



SpO2 monitoring

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

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



Weather

Connect with the boAt Wearables app to get daily weather updates on the watch.



Shutter

Tap on the remote camera icon on your smartwatch to click a photo from your phone.

Note: Turn the camera on from your phone to use this feature.



Player

Tap on the remote music control icon on your watch to play music from your phone.

Note: Some apps with different protocols might not work.



Breathe

Click on the breath training icon to regulate your breathing with the instructions given to relax.



Games

Tap on this to access the built-in game.



Settings

Stopwatch

Click on this to start the stopwatch on your watch.



Alarm

Tap on this to set an alarm on your watch.



Timer

Tap on this to turn on the timer.



View

Tap on this icon to change the menu style.



Brightness

Tap on this to adjust the brightness.



Call Reset

Tap on this to reset the call logs



Vibration

Tap on this to turn the vibration mode on/off



Power saving mode

Tap on this to turn on the power-saving mode



Ring:vibration

Tap on this to turn on/off the vibration mode during phone calls.



Reset

Tap on this to reset the watch data.

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



Power Off

Tap on this to switch your watch off.



About

Shows the device details.



App

Scan and download the boAt Wearables App from here.



Swipe down for the shortcut menu

You can access DND, Brightness, Settings, find my phone, etc.

Swipe left to access all data.

You can access daily activity, Phone, voice assistant, heart rate monitor, weather, shutter, player, and breathe.

Swipe up to access the notifications.

You can check all the notifications from here.

Short press the bottom side for shortcut to Sports Mode

You can go to the sports mode by pressing the bottom side button.

PRODUCT PARAMETERS:

Model	boAt Flash Plus
Screen type	1.39" HD Display
Battery capacity	280mAh
Net weight	45.1g
Bluetooth version	BLE 5.1 + BT3.0
Working temperature	-10° - 50°C
Charging time	2h
Working time	5 days
Water Resistance	IP68
Frequency band	No

MAINTENANCE:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercises 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 cleanser. 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.

FAQ

Search for the app to connect keeps failing

1. Keep the boAt Wearables 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 12.0 and above.

My Watch Flash Plus is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Flash Plus. Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications. Make sure app is running in the background and battery optimization feature on the phone is disabled.

My Bluetooth keeps getting disconnected

1. Make sure there is not more than 7m distance between Bluetooth on the phone & the watch.
2. There is no obstacle in between the watch and the phone.
3. Make sure the app is running in background

Which functions of the Flash Plus need Bluetooth to work?

Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and need Bluetooth connectivity to work.

Will it be okay to take a bath wearing Flash Plus?

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.

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.

• The device accessories, heart rate sensor, 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.

Things to keep in mind

- Sync data everyday days to avoid data loss.
- Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents & other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports modes support up to 6 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.

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.

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 to bring 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.

