Lunar Embrace

LUNAR EMBRACE

Thank you for choosing the boAt Lunar Embrace 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.

USER MANUAL

PACKAGE CONTAINS:
- boAt Lunar Embrace 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.
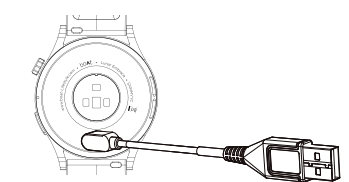
TURNING THE WATCH ON/OFF

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

CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.
Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 7.0 and above)
OR.

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

2. Connect the device with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on
3. Select Lunar Embrace on the home screen of the app and click pair to connect.
4. Once connected, you will get an alert to connect with EMBRACE_XXXX, click pair if need to receive or make calls from the watch
4. To use all features of your Lunar Embrace seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.
5. 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 Lunar Embrace 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.
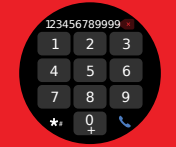
NAVIGATING THROUGH THE FUNCTIONS

SHORT PRESS THE UPPER SIDE BUTTON FOR MAIN MENU

Activity Tracker
Click on this to check your daily activity data like step count, calories, active minutes, no. of times you were standing, and distance travelled.
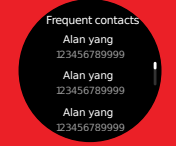
Dialpad
Use a dialer to dial any number.
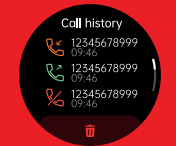Note: Make sure your watch is connected with the phone's Bluetooth.

Frequent Contacts
You can find your frequently contacted numbers here. Up to 20 contacts can be saved on the watch.
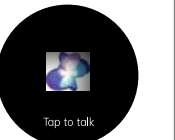
Call History
You can find recently received, missed, and outgoing call logs in the recent calls of the watch.

Voice Assistant
Tap on this and pair the watch with the phone's Bluetooth and give the command from the watch.

Game
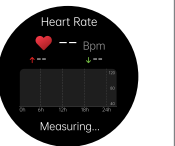Tap on the icon to play the built-in games. Select from Jigsaw Puzzle, Color Blindness and Tic Tac Toe.

Workout

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.

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.

Stress monitoring
Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get accurate results.
Analysis of the measurement is
Relax: 1-29
Normal: 30-59
Medium: 60-79
High: 80-100
Note: Measurements are for reference only and not for medical purposes.

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 Crest 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
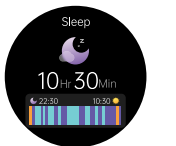
Workout records
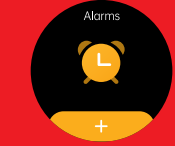You can view the records of your workouts here.
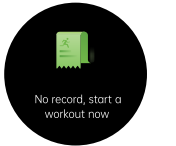
Breathe
Click on the breath training icon to regulate your breathing with the instructions given to relax.
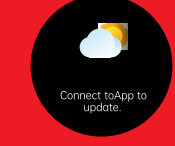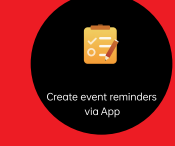
Alarm
Tap on this to set an alarm on your watch.

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

Event reminders
You can create event reminders from the app and get alerts on the watch.
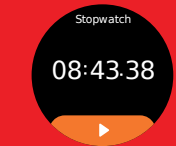

Women Health
Enable and set the details on the boAt crest app and get alerts of your period and ovulation dates on the watch.
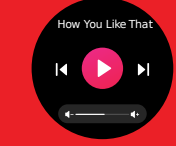
TOOLS

Stopwatch
Click on this to start the stopwatch on your watch.

Timer
Tap on this to turn on the timer.

Music Control
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.

Camera Control
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.

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 smartwatch should be connected to your phone via Bluetooth and within its range for this feature to work.
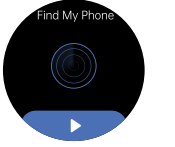
Flashlight
Tap on this to turn your dial into a flashlight.

Calendar
Click on this to check the date on your smartwatch.

Calculator
Tap on this icon to do all the calculations in your smartwatch.

SETTINGS

Watch Faces
Tap on this icon to change your watch face. You can also change the watch face by long pressing the home dashboard or by rotating the side button.

Display
Tap on this to adjust the brightness, set the screen-on time, and enable wake gesture
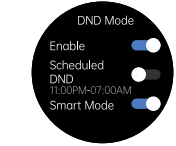
Sounds and Vibration
Tap on this to adjust the watch volume, enable/disable ringtone, adjust vibration levels.

Auto Activity
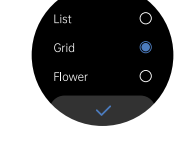Enable auto workout mode from here

Do Not Disturb
Tap on this to enable/disable all notifications except alarms and timers, to schedule DND, and to enable smart mode.
Note: Once the smart mode in enabled if the watch detects that you are sleeping it won't vibrate and make a sound except for alarms.
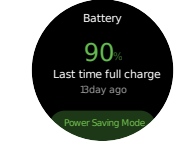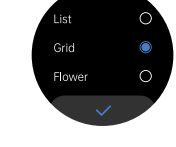
Language
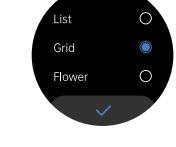Tap on this icon to choose Hindi or English language.

Battery
Tap on this icon to see the battery percentage and enable power-saving mode.
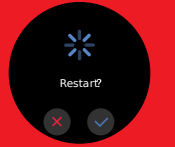
GENERAL

View
Change the menu style to grid or list view from here

Restart
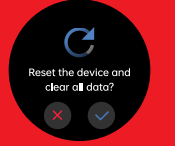Tap on this to restart your watch.

Power off
Tap on this to switch your watch off.

Reset
Tap on this to reset the watch data.
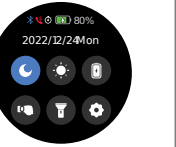*Note: All data will be erased if the watch is reset
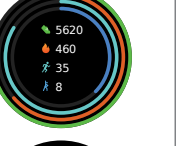
About
Shows the device details

SWIPE DOWN FOR SHORTCUT MENU
You can access DND, Brightness, Power saving mode, Raise to Wake, Flashlight, and Settings.
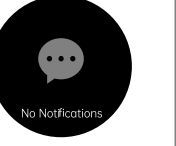
SWIPE LEFT OR RIGHT TO ACCESS ALL DATA
You can access daily activity, sleep, heart rate monitor, weather, and music player from here.

SWIPE UP TO ACCESS THE NOTIFICATIONS
You can check all the notifications from here. Click the delete icon to delete all the notifications.

SHORT PRESS THE BOTTOM SIDE BUTTON FOR SHORTCUT TO SPORTS MODE
You can go to the sports mode by pressing the bottom side button.

FUNCTIONALITY OF THE UPPER SIDE BUTTON
Short press the upper side button to change the watch faces and short press the button to enter the main menu.
Long press the button to restart and power off the smartwatch

PRODUCT PARAMETERS

Model	boAt Lunar Embrace
Screen type	1.5" AMOLED Display
Battery capacity	300 mAh
Net weight	34g
Bluetooth version	V5.3
Working temperature	0-65°C
Charging time	Less than 2H
Working time	up to 10 days
Water Resistance	IP68
Frequency band	2402MHz—2480MHz

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 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 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 12.0 and above

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My Watch Lunar Embrace is receiving no alerts, texts, or phone calls
Make sure smart notifications on the app are on and synced to the Lunar Embrace.
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 and 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 Lunar Embrace need Bluetooth to work?
Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and Bluetooth calling need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the Lunar Embrace?
The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 15m (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.

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 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 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.

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.

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.

- 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 SpO2 are for reference only. We're not responsible for any deviation in data.
- Avoid wearing the watch too tightly. Make sure you keep a gap between your wrist and the watch.
- Keep a gap between your wrist and the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.