



# boAt STORM PLUS

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

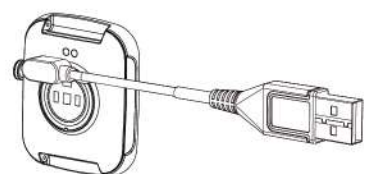
Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



- PACKAGE CONTAINS:**
- boAt Storm 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 turn the watch on/off, long-press the side button for 3-5 seconds. You can wake 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 Storm Plus on the home screen of the app and click pair to connect.

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

5. To use all features of your Storm 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 Storm 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 LEFT FOR MAIN MENU

##### Workout

Choose from multiple sports mode like outdoor walk, outdoor run, cycling, free exercise, Hike, Trail run, rowing machine, mountaineer, elliptical training, Yoga, indoor swim, Outdoor swim. 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.

Sync your smartwatch to the app to get the detailed analysis



##### 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.*



##### Phone

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

Click on "pair" to connect with the phone's Bluetooth.

Alternatively, you can enable watch BT and go to phone's Bluetooth settings and pair "STORM PLUS" to start the calling feature on your watch.

Call history will show the latest call details.

You can save up to 20 contacts in the phonebook.

Use a dialer to dial any number.

##### 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.*



##### Activity

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



##### Sleep Monitor

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

Watch is default to record the user's sleep of 24 hours (the whole day). If app can set the monitoring duration, it will update accordingly

Once you lie down, the watch detects Less/No movement and if it meets the sleep patterns 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 sleep 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*



##### Stress monitoring

Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get the 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.*



##### Breathe

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



##### Weather

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



##### Calendar

Click on calendar to check the date, day and month

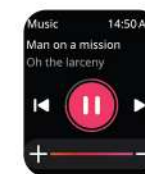


### STORM PLUS USER MANUAL

#### 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 Mode

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.*



#### Timer

Tap on this to turn on the timer.



#### Alarm

Tap on this to set an alarm on your watch.



#### Flashlight

Tap on this to turn your dial into a flashlight.



#### 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.*



#### SETTINGS

##### Brightness

Tap on this to adjust the brightness



##### Timeout

Tap on this and adjust the screen the screen time-out.



##### Watch Faces

Tap on this icon to change your watch face.



#### Vibration

Tap on this to adjust vibration levels



#### About

Shows the device details



#### QR Code

Tap on this and scan the bar code from mobile to connect the smartwatch



#### Power off

Tap on this to switch your watch off.



#### Reset

Tap on this to reset watch data.

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



#### Swipe down for shortcut menu

You can access Brightness, Bluetooth, Phone, Settings, etc.

#### Swipe up to access all data

You can access daily activity, heart rate monitor, stress, sleep, weather, music player from here.

#### Swipe right to access the notifications

You can check all the notifications from here. Click delete icon to delete all the notification.

#### PRODUCT PARAMETERS:

Model	Storm Plus
Screen type	1.78" AMOLED
Battery capacity	240mAh
Net weight	21g
Bluetooth version	5.1
Working temperature	0-45°C
Charging time	2h
Working time	14 days
Water Resistance	IP68
Frequency band	2400-2483.5MHz

#### 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.*

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

Make sure smart reminders on the app are on and synced to the Storm 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 Storm 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 the Storm 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.

