

XTEND TALK

DIAL UP YOUR LIFE



XTEND TALK

Thank you for choosing the boAt Xtend Talk 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.



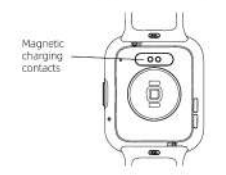
USER MANUAL

Package Contains:

- boAt Xtend Talk x1
- USB magnetic charging cable x1
- Bluetooth Calling Card x1
- Warranty Card x1
- User Manual x1

CHARGING THE WATCH

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



TURNING THE WATCH ON

Long press the side button to turn the watch on.



CONNECTING TO THE APP

1. Download the boAt Wave app on your phone. Available on both App Store (iOS 13.0 and above) & Google Play Store (Android 7.0 and above). OR Scan [QR CODE]
2. Connect the device with the mobile application.
3. Tap on "Add device" or "+" icon of device section.
4. Select "Xtend Talk" on the pairing screen of the app and tap on bind.
5. You will get a prompt to connect to your phone's Bluetooth. In order to receive calls on the watch, click pair. Alternatively, you can go to your phone's Bluetooth setting & select Xtend Talk.
6. To use all features of your Watch Xtend Talk seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.
7. Turn your phone's Bluetooth and GPS on.

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



ACCESSING FEATURES ON THE APP

Home Page: Pull down to synchronize your data. You can add or remove cards on the home page by tapping on 'edit cards'. Training: Start any sport of your preference. Calibrate your phone's GPS to track routes. **DEVICE:** Click on the device info card to enter the menu

Watch Face Market

Select more watch faces by clicking "new arrivals". Customize your watch face by adding a photo from your camera or album or select from the pre-loaded ones. **Note:** Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded.

Amazon Alexa

Use the voice assistant through your watch. Login with your Amazon account to access Alexa on your watch. Tap on login with Amazon. It will redirect you to your amazon account login page. Add your login details to get started.

Health Monitoring

Enable automatic or real time heart rate monitoring, stress monitoring, enable excessive stress reminder, hydration reminder, sedentary reminder, sleep monitoring, ambient sound level and menstrual cycle alerts. Open App-> devices -> device info-> health monitoring

Alarm Clock

Set alarms on your watch from here. You can add alarm, set repeats, and add alarm names.

Message notifications

Enable to get real time notifications on the watch. Make sure all the permissions are enabled to receive notifications

Calls

Call alerts
You can turn on call alerts to get notifications of important calls when you want.

Frequent contacts

Add frequent contacts to your list for them to be displayed on your watch. You can directly make calls when these contacts are set. Up to 10 contacts can be saved.

Breath Training Mode

Tap on the icon, select your mode (from slow, rapid or normal,) select your preferred time duration, then follow the instructions to relax.



Stress Monitoring

Wear the watch on your wrist and tap on the icon to measure stress levels. Try to stay still. The stress monitor tracks your heart rate to track levels of stress. The watch calculates your stress levels using a 1 minute heart rate variability (HRV) test. The higher the value, the higher the stress rate. Here's what the data indicates:
0-30: Relaxed
30-60: Normal
60-80: Medium
80+ is considered to be dangerous.



When your HRV is higher than usual, use the guided breathing modes to take a minute and relax. **Note:** It is recommended to record your stress levels every day before exercising. Preferably at the same time, and under the same conditions for accurate measurements. ***This measurement is for reference purposes only, and not for medical grade use.**



Weather

Enable this from the app to get weather updates for the next 3 days.

Sleep records

Tap on the icon to review the sleep data of the previous night. Once the asleep criteria is met, your watch will start recording from 8 pm at night to 10 am in the morning the next day. Once you lie down and the watch detects no movement for 30 minutes, it will start recording your sleep. It will stop recording if it detects excessive movement. You can check the data on the app only after the awake criteria is met. **Notes:** *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.



Clock Alarm

Tap on the icon to set alarms.



Stop watch

Tap on this icon to use the stop watch



Timer

Tap on this icon to use the timer



World Clock

Tap on this icon to check world time. Shows time for London, New York and India.



Ambient Sound

Tap on this to check ambient sound levels in your environment. It is helpful to understand how long you are exposed to loud noise. Exposure to sounds below 80dB may not be harmful but constant exposure to loud noise can be harmful.



Flashlight

Tap on it to turn your dial into a flashlight



Find My Phone

Tap on the icon to make your phone ring. Make sure the app and phone are connected.



WATCH FACES

You can access all watch faces from the settings menu. You can also long press on the home screen to see watch face options. Swipe left or right to navigate and then long press to select your preferred watch face.



Swipe down to view all your notifications

Turn the feature on from the app first to receive notifications on your watch.



Swipe up to access the shortcut menu

You can access DND, Wake Gesture, Brightness, Phone, Silent, flashlight, Find my phone and settings from shortcut menu.



Turning The Watch Off

Short press the side button --> Scroll down and go to settings --> Tap on power off



Music Control Mode

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.



PRODUCT PARAMETERS:

Model	Xtend Talk
Screen Type	HD display
Battery Capacity	300 mAh
Net weight	42 g
Bluetooth version	BLE5.1 / Classic BT 3.0
Working temperature	-10°C to 45°C
Charging time	around 2 hours
Working time	5-8 days normal usage / 2-3 on bluetooth calling
Frequency band	2402-2480Mhz
Maximum transmit power	0 dBm

Auto Sports recognition

This smart feature identifies your walking or running activity and sends prompts on the watch to enable an activity. Click Ok to start the activity. **Note:** This feature works only for walking and running modes.

Device Settings

Enable Do not disturb, Find My Phone, Music Control, Wake Gesture, Weather, World Clock, Screen Brightness, Auto Brightness to use it on the watch. You can also edit the shortcut menu on your watch. Training type: Select up to 24 exercises out of 60 sports mode mentioned in the list. Tap on "Edit" from the top right corner, then tap on "Add" and select the activity of your choice from the list. You can also restart your watch with restart your watch option. To remove the device from the app, tap on the "delete device" option

Device upgrade

This feature allows you to upgrade your watch with the latest firmware. Once the firmware is available, you can see a red dot against this feature, which symbolizes that there is a new firmware available. Tap on this option and follow the steps to upgrade the watch.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your Xtend Talk is connected to the app.
- Synchronization will start automatically once you enter the app interface. Alternatively, you can pull down the home screen for manual synchronization.

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

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.

Charging Norms & Guidelines : Charger/Adapter at 5V 2A

FAQ

Search for the app to connect keeps failing
1. Keep the boAt Wave 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 6.0 and above and iOS 9.0 and above.

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

My Bluetooth keeps getting disconnected
Make sure there is not more than 7m distance between bluetooth on the phone and the watch. There is no obstacle in between the watch and the phone.

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

The calculated number of steps on the app and on the Xtend Talk are inconsistent
Ensure that your app and the watch are synchronized.

SYNCING YOUR SMARTWATCH TO THE APP

Press the multifunction button once to enter the main menu



Health Data

Tap on this to view your daily step count, calories burnt, distance covered and sports data.



Sports Mode

Tap on this to access the 24 sports modes on the menu, which include: Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, soccer, Pilates, dance, Zumba, Yoga, Workout, Pool Swim, Open Water Swim, Rowing, core training, traditional strength training, functional strength training, HIIT,Cooldown, workout, others & Elliptical. Tap on your preferred activity to begin. You can swipe left to access music control while you work out. To pause/resume: short press the side button To end: short press --> tap on the X icon --> long press to end sport. Alternatively, you can choose/add other sports modes from the app.



Notes: *All records will be available on the app if you keep it synchronized. *A minimum of 1 minute of any activity is required for the watch to record. *The touch screen will not function when exposed to water. When your watch does get wet, wipe the surface with a soft cloth before using it. *Make sure the maximum depth of water is 1.5m & maximum time of exposure in water is 10 minutes.

Amazon Alexa

To access Amazon Alexa Voice Assistant, your Alexa account needs to be logged in on the app. On the app, go to Device --> Amazon Alexa --> Login with Amazon. Once you are logged in, you can access Alexa by swiping right, long pressing the side button or from the main menu!

When in use, the Alexa function will begin at the 'listening' interface.



Once a voice command is recognized, it turns into the 'thinking' interface, to then return an answer to your command. You can enable stop watch, alarms, countdowns, timers, start workout, ask your current heart rate, spo2, etc. with Alexa.

THINGS TO KEEP IN MIND

- Sync data once a 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 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.

- 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.

Phone

You can access favorite contacts, caller history and dialer from this menu. You can add upto 10 contacts from the app.



Sports records

Tap on this to check your sports data.



Heart Rate Monitor

Tap on this icon to measure your heart rate. Wear the watch on your wrist, keep it close to your heart, and stay still. Enable auto HR from the app for continuous measurements. **Note:** Measurements are for reference only and not for medical purposes. Enabling auto HR may drain the battery quickly.



Blood Oxygen Level Monitor

Tap on this icon to measure your SPO2 levels. Wear the watch on your wrist and stay still. **Note:** Measurements are for reference only and not for medical purposes.

