



USER MANUAL

boAt WAVE FORCE

Thank you for choosing the boAt Wave Force 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.

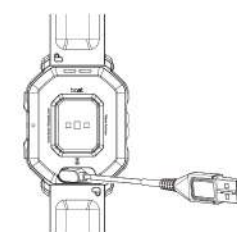


PACKAGE CONTAINS:

- boAt Wave Force 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 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 with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on

3. Select Wave Force on the home screen of the app and click pair to connect.
4. Once connected, you will get an alert to connect with FORCEBT, click pair if need to receive or make calls from the watch

5. To use all features of your Wave Force 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

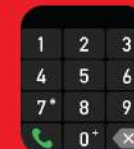
- Open the app on your phone.
- Make sure your Wave Force is connected to the app
- Synchronization will start automatically once you enter the app interface.

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

NAVIGATING THROUGH THE FUNCTIONS

SHORT PRESS THE BOTTOM SIDE BUTTON FOR MAIN MENU

Dial
Use the dialer to dial any number from the watch



Contact Person

Add up to 10 contacts from boat Crest app. You can select any contact to directly dial from the watch.



Call Records

See the dial history here.



Voice assistant

Tap on this icon to enable voice assistant feature. Make sure your FORCEBT and app is connected to use this feature.



Workout

Choose from multiple sports mode like Walking, running, climbing, cycling, basketball, badminton, football, elliptical, yoga, table tennis, skipping, tennis, baseball, rugby, hual hoop, golf, long jump, sit up, volleyball.
Tap on any sport mode to start the activity. Press any side button or swipe right to pause or stop the activity. If the activity is less than 5 mins, it will not be recorded.
Sync your smartwatch to the app to get the detailed analysis.



Workout records

Check you daily workout records here.



Heart Rate Monitor

Wear the watch on your wrist, slide twice towards left on the screen 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.



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.



Blood Oxygen

Wear the watch on your wrist, press the side button 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.



Messages

Check your notification from this menu option



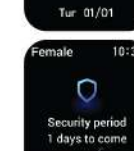
Weather

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



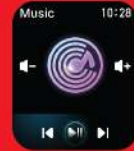
Female

Track your menstrual cycle and ovulation period from here. Make sure this feature is enabled from the boat Crest app.



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.



Stopwatch

Click on this to start the stopwatch on your watch.



Timer

Tap on this to turn on the timer.



Alarm

Tap on this to set an alarm on your watch.



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

Menu Style

Change the menu style from here.



SCREEN DISPLAY

Brightness

Tap on this to adjust the brightness.



Watch Faces

Select and change the watch faces from here. Alternatively, you can long press the home screen to switch between the watch faces.



Screen Time

Adjust the screen time out from here.



Raise To Wake

Enable this feature from here, you can adjust the wake time also.



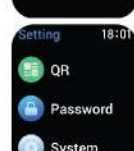
Battery

Enable power saving mode from here



Vibration Intensity

Adjust the vibration intensity to soft, strong or turn off the vibration from here.



QR Code

Scan and download the boat Crest app from here.

Password

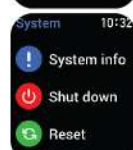
You can set or change your watch password from here.



SYSTEM

System Info

Shows the device details.



Reset

Tap on this to reset watch data.
Note: All data will be erased if watch is reset.



Shut down

Tap on this to switch your watch off.



SWIPE DOWN FOR SHORTCUT MENU

You can access DND, Brightness, Settings, find my phone, Phone, voice assistant

SWIPE LEFT TO ACCESS ALL DATA

You can access daily activity, sleep, heart rate monitor, weather or select any other menu to add by clicking "+".



SWIPE RIGHT TO ACCESS ALL DATA

Swipe right to access recently used activity.



SWIPE UP TO ACCESS THE NOTIFICATIONS

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



PRODUCT PARAMETERS

Model	boAt Wave Force
Screen type	1.83" HD Display
Battery capacity	410 mAh
Net weight	35.5g
Bluetooth version	BLE 5.2 + BT3.0
Working temperature	0-40°C
Charging time	up to 2 hours
Working time	up to 2 days with BT calling, up to 7 days in normal mode
Maximum transmit power	4dBm
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 13.0 and above

My Wave Force is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Wave Force. 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 Wave Force 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 Wave Force?

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 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.



boAt