



WATCH Xtend

Thank you for choosing the boAt Watch Xtend 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.

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, we share the data indicative:
0-30: Ideal
30-40: Normal
40-50: Medium
50-60: Recommended to be diagnosed.
When your HRV is higher than usual, use the guided breathing mode to take a breather and relax.
Note: It is recommended to wear your stress watch every day before reaching 100% battery for the same data, and under the same conditions for accurate measurements.
This measurement is for reference purposes only, and not for medical use only.

Sleep records
Tap on the icon to review the sleep data of the previous night. Once the sleep 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 movement requirements.
You can check the data on the app only after the awake criteria is met.
Note:
*For accurate sleep data recording, the sleep criteria has to be met which includes limited movement, wrist positions and angles, and noise.
**The awake criteria will be met only after it records some noticeable movement.

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

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

Music Control Mode
Tap on this icon to launch music control mode.
Note: Enable the music app 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.

Sleep watch
Tap on this icon to use the sleep watch.

Alarm
Tap on the icon to set alarms.

Package Contents

- 1 boAt WATCH Xtend x1
- 1 User Manual x1
- 1 USB magnetic charging cable x1
- 1 Warranty Card 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.

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

Flashlight
Tap on this icon to turn your dial into a flashlight.

Settings
You can access the following from the settings menu: Wake Gesture, DND, Watch face, Brightness, Choose from manual or auto sync. You can also add screen display duration, Power Off, Restart, Data Reset (erase all data), About Device & Help.

Watch face
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 long press to select your preferred watch face.

CONNECTING TO THE APP

1. Download the boAt Wave app on your phone. Available on both App Store (iOS 9.0 and above) and Google Play Store (Android 6.0 and above).
2. Connect the device with the mobile application. Do not connect with the phone's Bluetooth directly.
3. Tap on "Add device" or "+" icon on top right corner of device section.
4. Select Xtend on the home screen of the app and tap on bind.
5. To use all features of your Watch Xtend seamlessly, tap on "yes" to the connection and "grant access" system prompt.
6. 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.

Swipe down to view all your notifications
Turn this feature on from the app first to receive notifications on your watch.
Note: The watch can be used to reject calls, but cannot be used to answer or delete messages.

Swipe up to access the shortcut menu
You can access DND, Wake Gesture, Brightness & Find my phone from the shortcut menu.

TURNING THE WATCH OFF
Press the side button → Scroll down and go to settings → Tap on power off.

ACCESSING FEATURES ON THE APP

Home Page: Full screen to synchronize your data. You can add or remove cards on the home page by tapping on edit watch.

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
Tap on this market to browse through watch faces. Customize your watch face by adding a photo from your camera or album or select a theme to pre-installed 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
To use the voice assistant through your watch, login with your Amazon account on the app.

Health Monitoring
Enables automatic or real time heart rate monitoring, stress monitoring, intake, excessive stress reminder, hydration reminder, sedentary reminder, and menstrual cycle watch.

Open App → device → device info → health monitoring

Call alerts
When you turn on call alerts to get notification of important calls when you are not wearing the watch.

Message notifications
Enable to get text message notifications on the watch.

Device Settings
Enable DND, Find My Phone, Music Control, Wake Gesture, & Weather to use from the watch.

PRODUCT PARAMETERS:

Model	Watch Xtend
Screen Type	1.3"
Battery Capacity	300mAh
Net weight	42g
Bluetooth version	BLE5.0
Working temperature	-10°C to 45°C
Charging time	around 2 hours
Working time	up to 7-10 days
Maximum transmit power	0 dBm
Frequency band	2400-2480 MHz

Maintenance:
Regularly clean your wrist and the strap of the smartwatch, especially after creating 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 cleaner. Please use soap with 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 & Precautionary Guidelines:

- 1) Charge with the Adapter
- 2) CAUTION: Do not use any other accessories can be paired up with the product as per the specifications are as per above norms.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your watch is turned on and connected to the app.
- Synchronization will start automatically once you enter the app interface. Note: Synchronization will first occur in 1 day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS

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 Menu
Tap on this to access the 14 sports mode on the menu, which include: Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cheetah, Yoga, Workout, Pool Swim, Open Water Swim, Rowing & E-Rowing.
Tap on your preferred activity to begin. You can swipe left to access music control when 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.
Note:
• 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 watch screen will not function after exposure 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 50m & maximum time of exposure is under a 30 minutes.

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

My Bluetooth keeps getting disconnected

1. Make sure there is no distance between your phone's Bluetooth and the watch.
2. Make sure there is no obstacle in between the watch and the phone.

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

Amazon Alexa

To access Amazon Alexa Voice Assistant, your Alexa account needs to be logged in on the app. On the app, go to Alexa → 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 following interface.

Once a voice command is recognized, it turns into the "Thinking" interface, to then return an answer to your command. You can enable sleep watch, alarm & countdown.

On the app request items like, items can't be recognized, account isn't logged in, internet is unavailable or Bluetooth isn't connected, the device will display error prompts. If that happens, wait for 10 seconds, check all connections, and try again!

The calculated number of steps on the app and on the watch Xtend are inconsistent

Will it be okay to take a bath wearing the watch Xtend?
The water resistance will only work under the following conditions:
(1) Maximum depth of water: 50m (2) Maximum time for exposure to water: 30 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snowkilling, 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 bulk 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 and flash. 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.

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

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.

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 mode 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 arms still when measuring data for accurate measurement.

CAUTION
RISK OF EXPLOSION: BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE. DO NOT USE BATTERIES NOT ACCORDING TO THE INSTRUCTIONS.

Old discarded appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal of the commercial collecting point via mobile services is free. The removal of old appliances is responsible to bring the appliances to those collecting points or to suitable collection points, with this being determined by your country's law to ensure a safe and correct disposal and treatment of toxic substances.