

# WAVE

Thank you for choosing the boAt Wave Connect 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 Contents

1 boAt Wave Connect x1 3 USB magnetic charging cable x1

2 User Manual x1

### CHARGING THE WATCH

the image as a reference. using a 5V/2A adapter.

### TURNING THE WATCH ON



5 Alexa Card x1

4 Warranty Card x1

Bluetooth Calling Card x1.

The smartwatch must be charged before initial use. It takes around 2 hours to be fully charged.

Connect and charge the watch with

Long press the side button to turn the watch on.



### ACCESSING FEATURES ON THE APP Home Page: Pull down to synchronize your data. You can add or remove cards on

CONNECTING TO THE APP

Download the boAt Wave app on your phone.

(Android 7.0 and above)

3. Tap on "Add device" or "+" icon of

of the app and tap on bind.

and select CONNECT BT.

4. Select "Connect" on the pairing screen

5. You will get a prompt to connect to your

phone's Bluetooth. In order to receive calls

seamlessly, tap on 'yes' to the 'connection'

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.

and 'grant access' system prompt.

on the watch, click pair. Aleternatively,

Scan [QR CODE]

application.

device section.

Training: Start any sport of your preference. Calibrate your phone's GPS to track Available on both App Store (iOS 13.0 and above) and Google Play Store DEVICE: Click on the device info card to enter the menu

2. Connect the device with the mobile



Please select 4 device

you can go to your phone's Bluetooth setting 6. To use all features of your Watch Connect

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

the home page by tapping on 'edit cards'

Message notifications Enable to get real time notifications on the watch. Make sure all the

ustomize your watch face by adding a photo from your camera or album

Note: Make sure your watch and phone are connected via Bluetooth. Do not

Tap on login with Amazon. It will redirect you to your amazon account login

Enable automatic or real time heart rate monitoring, stress monitoring

sleep monitoring, ambient sound level and menstrual cycle alerts.

Open App-> devices -> device info-> health monitoring

enable excessive stress reminder, hydration reminder, sedentary reminder

exit the downloading interface until it displays 100% downloaded.

Login with your Amazon account to access Alexa on watch.

Use the voice assistant through your watch.

page. Add your login details to get started.

### You can turn on call alerts to get notifications of important calls when you

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.

### **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.



Enable Do not disturb, Find My Phone, Music Control, Wake Gesture, Weather, World Clock, Screen Brightness, Auto Brightness to use it on the You can also edit the shortcut menu on your watch.

Training type: Select up to 24 exercises out of 60 sports mode mentioned in 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



GPS Connect again

iOS 9.0 and above.

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

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

Press the multifunction button once to enter the main menu

covered and sports data.

music control while you work out.

To pause/resume: short press the side button

NAVIGATING THROUGH THE FUNCTIONS

Synchronization will start automatically once you enter the app interface. Alternatively, you can pull down the home screen for manual synchronization.

Amazon Alexa

logged in on the app. On the app, go to Device --> Amazon Alexa --> Login with 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.

o access Amazon Alexa Voice Assistant, your Alexa account needs to be



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



In case the request times out, voice can't be recognized, account isn't logged in Internet is unstable or Bluetooth isn't connected, the device will display error prompts. If that happens, wait for 10 seconds, check all connections, and try

Alternatively, you can choose/add other sports modes from the Notes: \*All records will be available on the app if you keep it

Tap on this to view your daily step count, calories burnt, distance

Tap on this to access the 24 sports modes on the menu, which

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, Rower, 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

To end: short press --> tap on the X icon --> long press to end sport

\*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. exposure in water is 30 minutes. exposure in water is 30 minutes.

Mar. 896. Min. 526.



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



stress levels. Try to stay still.

variability (HRV) test. The higher the value, the higher the stress

Here's what the data indicates 30-60: Normal

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

Notes: \*For accurate sleep data recording, the asleep criteria has to

### Wear the watch on your wrist and tap on the icon to measure

The stress monitor tracks your heart rate to track levels of stress.

60-80: Medium

conditions for accurate measurements.

\*This measurement is for reference purposes only, and not for medical grade use

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

You can check the data on the app only after the awake criteria is

\*The awake criteria will be met only after it records some



### 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



Tap on the icon to set alarms.



Tap on this icon to use the stop watch.

Tap on this icon to use the timer



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

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

Tap on this icon to launch music control mode.



### Watch faces

You can also long press on the home screen to see watch face options. Swipe left or











### Turn the feature on from the app first to receive notifications on

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.



**Ambient Sound** 

Tap on it to turn your dial into a flashlight



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

You can access all watch faces from the settings menu.

right to navigate and then long press to select your preferred watch face.







### Swipe down to view all your notifications



### Swipe up to access the shortcut menu

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



### TURNING THE WATCH OFF Short press the side button --> Scroll down and go to settings -->

### PRODUCT PARAMETERS:

Model	Wave Connect	
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	

### Maintenance:

Maximum transmit power 0 dBm

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 For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

MANAGEM CONTRACTOR OF THE STREET	Section and a second and a second
arger/Brick/Adapter	: 5V 2A
	paired up with the product as

arging norms & Precautionary Guidelines:

### 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

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

### My Wave Neo 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 Wave Neo

### 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 watch Xtend are inconsistent Ensure that your app and the watch are synchronized.

### Will it be okay to take a bath wearing the Wave Neo?

The water resistance will only work under the following conditions (1) maximum depth is 1.5m for 10 mins

(2) Maximum time for exposure to water: 30 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

### 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.

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the
- 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

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 oxygen 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 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.

The device accessories, heart rate sensor, blood oxygen level monitor,

- 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.

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

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

### Tap on this to check your sports data.

### **Heart Rate Monitor**

































