

**CATCH THE NEW WAVE**

**boAt**  
**WAVE NEO**

Thank you for choosing the boAt Wave Neo 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 Neo x1  
• User Manual x1  
• USB magnetic charging cable x1  
• Warranty Card x1

#### CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes 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

Long press the side button to turn the watch on.



#### CONNECTING TO THE APP

1. Download the boAt Hub app on your phone. Available on both App Store (iOS 12.1 and above) and Google Play Store (Android 9.0 and above)  
OR  
Scan (QR CODE)



2. Enable your phone's Bluetooth and location services before connecting to the app

3. Select Neo on the pairing screen, click pair to connect Wave Neo with the app.

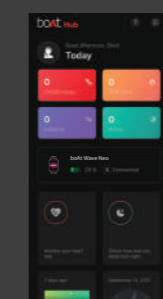
4. Make sure you connect the watch directly with you app and not with the phone's Bluetooth.

5. To use all features of your Watch Wave Neo seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

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 neo is connected to the app  
• Synchronization will start automatically once you enter the app interface



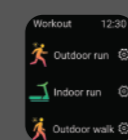
DEVICE: Click on the device info card to enter the menu

#### Watch Faces

Select more watch faces by tapping on "cloud watch faces" option. 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. It may take up to 1 min to sync the watch face with your app.

#### NAVIGATING THROUGH THE FUNCTIONS



#### Sports Modes

Tap on this to access the sports modes on the menu, which include: Outdoor run, indoor run, outdoor walk, indoor walk, Hiking, Outdoor cycle, indoor cycle, rowing, elliptical, yoga, basketball, cricket, strength training, free training.

To pause/resume: short press the side button  
To end: short press => tap on the X icon to end the activity

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 1m & maximum time of exposure in water is 10 minutes.



#### Daily activity record

Tap on this to check your daily step count, calorie burnt, etc.



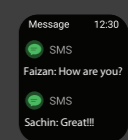
#### Heart Rate Monitor

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.



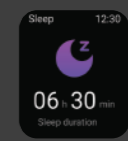
#### Blood Oxygen Level Monitor

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.



#### Notifications

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



#### Sleep records

Tap on the icon to review the sleep data of the previous night. Once the asleep criteria are 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.

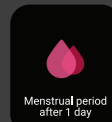
#### Notes:

\*For accurate sleep data recording, the asleep criteria 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.



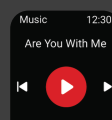
#### Breath Training Mode

Tap on the icon, select your preferred time duration, then follow the instructions to relax.



#### Female Health Mode

Enter your menstruation details on the app and stay updated on your cycle with this feature.



#### 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.



#### 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.



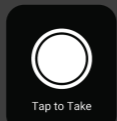
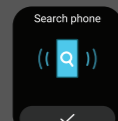
#### Flashlight

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.



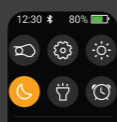
#### Camera Control

Tap on this icon to use the remote camera control feature.



#### Swipe Left

Swipe left for shortcut to view heart rate data, sleep data, music control, weather, activity record, and stress data.

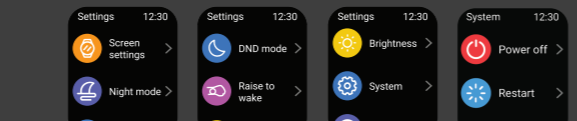


#### Swipe down to enter shortcut menu

You can access wake gesture, settings, adjust brightness. Do not disturb, flashlight and alarms from shortcut menu

#### Settings

Set screen settings (Watch faces, screen time out), Night mode, DND, Raise to wake gesture, brightness, system (power off, reset, reboot), about from the settings menu.



#### TURNING THE WATCH OFF

Long press the side button to switch off the watch.

#### PRODUCT PARAMETERS:

Model	Watch Wave Neo
Screen Type	HD display
Battery Capacity	220 mAh
Net weight	35g
Bluetooth version	BLE5.1
Working temperature	0-45°
Charging time	up to 2h
Working time	up to 7 days
Maximum transmit power	4dBm
Frequency band	2402-2480Mhz

#### 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.

#### Charging norms & Precautionary Guidelines:-

1) Charger/Brick/Adapter : 5V 2A  
Any other accessory can be paired up with the product as long as the specifications are as per above norms.

#### 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 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.

• The device accessories, heart rate sensor, blood pressure, 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 every 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.

#### 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.

#### 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

1. Make sure there is not more than 7m distance between Bluetooth on the phone and the watch.  
2. Make sure there is no obstacle in between the watch and the phone.  
3. Make sure the app is running in the background.

#### The time displayed on my phone and on the watch are inconsistent

Make sure your watch is connected to your phone through the app and not your phone's Bluetooth feature itself.

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

The water resistance will only work under the following conditions:  
(1) Maximum depth of water: 1m (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.

#### FAQs

##### Can't connect my watch to the app.

1. Keep the boAt Hub 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 12.1 and above.

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