WATCH MERCURY

boAt

WELLNESS REDEFINED

USER MANUAL

Thank You for choosing the boAt Watch Mercury as your trusted fitness companion. The boAt Watch Mercury is here to ensure that no matter where you go, you never lose track of your fitness destination.

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.

Stay healthy, boAthead!

Package Contents
- boAt WATCH MERCURY x1
- User Manual x1
- USB magnetic charging Cable x1
- Warranty Card x1

CHARGING THE WATCH
Connect and charge the watch before initial use.
1. Insert the USB of your charging cable into a (5V/2A) adapter.
2. Connect the charging pin in the correct orientation with the charging pad located at the bottom of the watch.
   A charging prompt will let you know when it is connected.

TURNING THE WATCH ON
Long press the side button to turn the watch on.

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]
2. Turn your phone's Bluetooth and GPS on before connecting to the app.

3. Add the device directly from the mobile application. Do not connect with the phone's Bluetooth directly.

4. Select 'Mercury_xxxx' on the home screen of the app and click OK to connect.

SYNCING YOUR SMARTWATCH TO THE APP
Data Synchronization
- Open the app on your phone.
- Make sure your watch mercury is connected to the app.
- Synchronization will start automatically once you enter the app interface. Or you can pull down to manually synchronize data.

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

FUNCTIONALITY
You can easily access and operate the boAt Watch Mercury's functions with its push-button and touch screen.
To wake the screen
- Press the side button once.
- Lift your wrist. (Enable in the settings menu on the app to use.)
Changing the dial interface
Long press the side button for 2-3 seconds to view multiple watch faces to choose from.

Tap on your preferred watch face to select.
Or
Download more from the app.

MAIN MENU
Swipe up to enter the main menu.

Heart Rate Monitor
Tap on the icon to check your heart rate data.

Temperature Monitor
Tap on the icon to check your body temperature.

Blood Oxygen Monitor
Tap on the icon to measure Blood Oxygen.

Activities
Choose your preferred activity from the scrollable menu. There are 10 activities to choose from: Running, Walking, Cycling, Climbing, Treadmill, Spinning, Yoga, Basketball, Football, & Badminton. Short press the side button to see the pause or exit menu.

Alarm
To use this feature, go to the app

Timer
Set your preferred duration on the watch.

Stopwatch
Tap on the icon to use the stopwatch.

Remote Camera Control
Tap on the camera icon or short press the side button to click a photo. Make sure you accept the prompt on your phone. Swipe right on the watch to exit the remote camera.

Remote Music Control
You can play, pause, play next, previous and adjust the volume on your streaming app with the remote music control.

Find My Phone
Tap on this icon to find your phone. Once enabled, your phone will start ringing and vibrating. Tap on pause on your watch to stop. Swipe right to exit.

SETTINGS
You can control brightness, view the QR code for the app, turn power off, factory reset and see the about section from the settings menu.

Swipe down to enter the shortcut menu
You can control brightness, settings, flight mode, vibrate mode & sleep mode.

Sleep Monitor
Set your sleep goal on the app by going to more → settings.

Then you can review the sleep data of the previous night on the vitals section/home screen on the app.

Once the asleep criteria are met, your watch Mercury will record your sleep from 10 pm – 7 am.

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.

*Note *For accurate sleep data recording, the asleep criteria have to be met which includes limited movement, wrist positions and angles, and more*

Note: Your watch should be connected to your phone via Bluetooth and within its range for this feature to work.

Notifications & Schedule
Swipe right on the home screen to read your notifications and alerts

Note: To receive notifications on your watch make sure the feature is enabled on the app. More → Settings → Watch Settings

Swipe right from the notifications screen to view your schedule.

Note: Make sure you save your schedule on the app. More → Schedule Reminder.

Daily Activity Tracker
Swipe left from the home screen to see your daily activity summary.

APP activities
Sedentary, Menstrual Cycle Alerts & DND
The sedentary, menstrual cycle alerts and DND can be activated and adjusted only from the app. Go to 'more' to find these options.

Wellness crew
Add wellness crew members on the home screen to share your vitals and progress reports on your goals.

Buddies
On the buddies screen, add your buddies to share daily activities.

Google Fit & Apple Fit
Sync your data on Google or Apple Fit.

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.

PRODUCT PARAMETERS:

Model	Watch Mercury
Screen Type	1.54" (3.9 cm) Full Touch TFT Display
Battery Capacity	200mAh
Net Weight	48.5g
Bluetooth Version	BLE 5.0
Working Temperature	-10°C - 50°C
Charging Time	3 hours
Working Time	up to 7 days
Maximum Transmit Power	8db
Frequency Band	2402-2480MHz

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 → Connect again

Note: Make sure your phone system meets Android 7.0 and above and iOS 13.0 and above.

My Watch Mercury is receiving no alerts, texts, or phone calls
Make sure smart reminders on the app are on and synced to the Watch Mercury.
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.
Which functions of the Watch Mercury need Bluetooth to work?
Sleep Monitor, Alarm Clock, Call & Text Notifications, Find My Phone, Music and camera control need Bluetooth connectivity to work.
The temperature shown on the watch is different from the temperature shown on the thermometer.
There will be a variation of approximately 0.1 to 0.6 degree Celsius on the watch and the thermometer as it's not medical grade equipment.

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, sleep 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 data is for reference only. We're not responsible for any deviation in data.

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 or when surfing, diving, showering, etc. Moreover, the water-resistance might be affected if the device falls, knocks other things, or comes in contact with soap or detergent water, perfume, lotion, etc. 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.