

WATCH
MYSTIQ

boat

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Thank you for choosing the boAt Watch Mystiq 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.

LIVE ON
THE EDGE



Package Contents

- 1 boAt Watch Mystiq x1
- 3 USB magnetic charging cable x1
- 2 User Manual x1
- 4 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

To turn the watch on/off, long-press the side button for 3-5 seconds. You can wake the screen by lifting your wrist.

Note:
Go to App Settings → Enable Wake gesture to use this feature



CONNECTING TO THE APP

- Download the boAt Hub app on your phone. Available on both App Store (iOS 9.0 and above) and Google Play Store (Android 4.4 and above)
- Connect the device directly with the mobile application. Do not connect with the phone's Bluetooth directly.
- Select Mystiq on the home screen of the app and click OK to connect.
- To use all features of your Watch Mystiq seamlessly, tap on 'Yes' to the 'connection' and 'grant access' system prompt.
- Turn your phone's Bluetooth and GPS on.



Get it on Google Play

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 watch 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

Swipe left from the home screen to enter the sports menu

Sports Mode
Tap on the sports mode icon to choose from 17 different sports modes:

Sit Ups, Dancing, HIIT (high intensity interval training with full body weighted training coaches), Swimming, Running, Biking, Fast Walking, Hiking, Basketball, Badminton, Tennis, Soccer, Jump Rope, Yoga, Aerobics, Elliptical, Rowing Machine

Tap on your preferred activity to begin. To pause or stop the exercise, press the home button or swipe right on the activity screen. Enable smart track feature for automatic sports recognition.



Note:
*All records will be available on the app if you keep it synchronized. *A minimum of 1 minute of any function 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 30m in maximum time of exposure in water is 30 minutes.

Swipe left from the sports menu to enter the main menu

Blood Oxygen Level Monitor
Wear the watch on your wrist, then tap on the icon and keep your hand still for accurate measurements. You can also view the data on the app.

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

Heart Health

When enabled, it will monitor heart health during REM sleep. Note: Battery life will be affected when this feature is enabled.

Breath Training Mode
Click on the breath training icon to regulate your breathing with the instructions given to relax. There are 4 breath training modes that affect different areas of your brain to help you relax. Choose one and follow the instructions on the watch. Deep Relax, Nerve regulation, Replenishing energy, Self-recognition

- The 'Deep Relax' breath training mode will help you calm down and relax.
- The 'Nervous Regulation' breath training mode can help you deal with mild anxiety if you practice consistently.
- The 'Replenishing Energy' breath training mode can help you unwind after a long day.

4. The 'Self-Reconciliation' breath training mode can help you center yourself and focus on the task at hand when you need to.

Stress Monitoring
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 mode 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.

Calendar Events
To receive calendar events on your watch, make sure you have your phone connected to the watch.

Stop watch
Tap on this icon to use the stop watch.

Timer
Tap on this icon to use the timer.

Compass
Wear the watch and swing your arm to calibrate the directions on the compass.

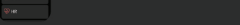
Changing the dial Interface
Select 'watch faces' → Swipe up to navigate through different watch faces. Long press on the one you want to select. You can change the theme of your watch face by tapping on it.

Alternatively,
Long press on the home screen to see watch face options. Swipe up or down to navigate and then long press to select your preferred watch face.

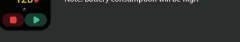
Using the app
Select clock watch faces on the app and push your preferred watch face to your smartwatch.

Note: Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded.

Menu display
You can select a tiled view or a list view to change how the watch menu looks.



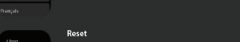
24 hour heart rate monitor
Enable this to automatically monitor heart rate 24x7. Note: Battery consumption will be high.



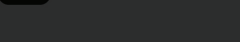
DND
Tap on this icon to disable all notifications except for alarms.



Date, Time & Language
You can manually set the date and time on your watch, and select your preferred language.



Reset
All data will be lost if you tap on this.



Swipe right on the home screen to view notifications

Call and Text Notifications
Turn this feature on from your app to receive notifications on your watch.

Note: The watch can be used to reject calls, but cannot be used to answer calls or messages. Swipe down on the home screen to view daily activity records

Steps, Distance & Calorie Monitor
You can view daily records of steps, distance and calories on the app as well as your smart watch. The data will be cleared at the end of every day.

Note: All records will be available on the app if you keep it synchronized.

Swipe down again to check your heart rate

For accurate measurements, try to stay still and raise your hand to the same level as your heart. It should start measuring in about 2 seconds and last up to 20 seconds to complete the measurement.

Swipe up on the home screen for shortcut menu

Camera Control Mode
This feature will function only from the app.



Brightness
Click on the brightness icon to adjust brightness levels. To maximize battery life, keep the brightness at 0%.

The auto mode activates the ambient light sensor to automatically reduce or increase brightness according to your environment.

Flashlight
Turn your watch screen into a flashlight. You can enable/disable heart health and DND from the shortcut menu.

Sleep Monitor can be activated only from the app
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 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 has to be met which includes limited movement, wrist positions and angles, and more.

The 'awake' criteria will be met only after 1 record shows noticeable movement.

The Sleep Monitor on your watch with Mystiq also records REM (Rapid Eye Movement) sleep. REM sleep is a stage of sleep during which your brain is very active, eyes move around quickly behind the eyelids, it is also known as the dream stage. It's important to get a healthy amount of REM sleep since it plays a major role in emotional regulation, memory and learning.

To ensure healthy REM sleep levels, you should try and maintain a regular routine, go to bed and get up early, and avoid caffeine, alcohol & cigarettes after noon.

Note: Make sure you wear the watch through the night to record all stages of sleep.

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.



Sedentary Alerts
The sedentary alerts can be activated and adjusted only from the app. Once enabled, you'll get hourly alerts on your watch.



PRODUCT PARAMETERS:

Model	Watch Mystiq
Screen Type	1.1T
Battery Capacity	300mAh
Net weight	40g
Bluetooth version	BLE5.0
Working temperature	-10°C to 45°C
Charging time	2h
Working time	2-10 days
Maximum transmit power	0
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.

SAFETY & PRODUCT INFORMATION

- Battery**
 - Do not disassemble, bore or damage the battery.
 - Do not disassemble the built-in batteries or 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 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 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 every 7 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 defect caused by misuse or improper use are not covered by the warranty.
- Sports modes support up to 8 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 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 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 on private persons is free. The owner of old appliances is responsible to bring the appliances to those collecting points or to similar collection points. With this little personal effort you contribute to recycle valuable raw materials and treatment of toxic substances.

FAQ

Search for the app to connect keeps failing

- Keep the boAt Hub app updated to the latest version
- Close all the programs on the watch - Stop and restart Bluetooth and GPS-Connect again
- 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 4.4 and above and iOS 9.0 and above

My Watch Mystiq is receiving no alerts, texts, or phone calls
Make sure smart reminder on the app are on and synced to the Watch Mystiq. 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

- Make sure there is not more than 7m distance between your phone's Bluetooth and the watch.
- There is no obstacle in between the watch and the phone.

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.

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

Ensures that your app and the watch are synchronized.

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

The water resistance will only work under the following conditions:

- Maximum depth of water: 30m
 - 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.

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.

