

WAVE ASTRA

Thank you for choosing the boAt Wave Astra 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.

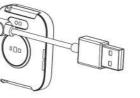


boAt Wave Astra x1

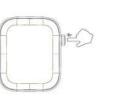
ackage Contains:

CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes up to 2 hours to be fully charged Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.



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



CONNECTING TO THE APP

1. Download the boAt Crest app on your phone. Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 7.0 and above)

Scan [QR CODE] (Also available on the watch)

2. Connect the device with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are

3. Select Wave Astra on the home screen of the app and click pair to connect.

4. Once connected, you will get an alert to connect with WAVEASTRA_XXXX, click pair if need to receive or make calls from the watch

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

6. Disable battery optimization



Note: To ensure connectivity throughout your journey, make sure the app is allowed to always run in the background of your phone.

SYNCING YOUR SMARTWATCH TO THE APP

Open the app on your phone.

Make sure your Wave Astra is connected to the app. Synchronization will start automatically once you enter the app interface.

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

NAVIGATING THROUGH THE FUNCTIONS SHORT PRESS THE SIDE BUTTON FOR MAIN MENU

To use the BT Calling feature, open the boAt Crest app and pair the watch

Once paired you will get the pop-up on the app home screen to connect Activities with the Phone's Bluetooth.

Click on "pair" to connect with the phone's Bluetooth.

Alternatively, you can go to the phone's Bluetooth settings and pair "WAVEASTRA_XXXX" to start the calling feature on your watch.

Note: Enable call alerts from the setting to get calls on the watch

Add up to 10 contacts from boAt Crest app. You can select any contact to directly dial from the

Choose from multiple sports modes like Walking, treadmill,

Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Cycling, Indoor Cycling, etc. The watch has 700+ activity modes. You can also add or replace the activities according to your preferences through boAt Crest app.

Tap on any sport mode to start the activity, click the go button, and the watch will start recording the duration of the activity. Swipe right to pause or stop the activity. The activity will not be recorded if it is less than 3 mins.

Sync your smartwatch to the app to get a detailed record of the



Heart Rate Monitor

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

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



SpO2 monitoring Wear the watch on your wrist, then click on the icon to start

Sleep Monitor

movement

Breathe exercises

measurements. You can also view the data on the app.

Note: Measurements are for reference only and not for medical

Tap on the icon to review the sleep data of the previous night.

pm at night to 10 am in the morning the next day.

You can also track sleep scores on the boAt Crest app.

Once the asleep criteria are met, your smartwatch will start recording from 8

Once you lie down and watch detects no movement for 30 minutes, it will

For accurate sleep data recording, the asleep criteria have to be met which

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.

includes limited movement, wrist positions and angles, and more.

The awake criteria will be met only after it records some noticeable

Click on the breath exercises icon to regulate your breathing by doing breathing exercises. You can set the time and level of exercise.



Stopwatch

Click on this to start the stopwatch on your watch.

You can check all the notifications from here

Tap on this to set an alarm on your watch.



Tap on this to turn your dial into a flashlight.

amera Control Mode Tap on the remote camera icon on your smartwatch to click a photo from your phone.

Note: Turn the camera on from your phone to use this feature.

Tap on the remote music control icon on your watch to play

music from your phone.



ringing and vibrating. Tap again to stop it.

Bluetooth and within its range for this feature to work.



SETTINGS



Tap on this and adjust the screen sleep time





Watch Faces

Tap on this icon to change your watch face.







Tap on this to choose the ringtone and put the watch on silent



Tap on this to enable wake gesture



Do Not Disturb







Shows the device details





SWIPE DOWN FOR SHORTCUT MENU

SWIPE LEFT OR RIGHT TO ACCESS ALL DATA. You can access daily activity, SpO2, Heart rate, sleep, phone and

SWIPE UP TO ACCESS THE LIVE SCORE

SHORT PRESS THE SIDE BUTTON FOR BACK



Shows the device regulatory details

Tap on this to enable the voice assistant feature and give the



You can access DND, Alarm, Find my phone, Brightness, and Settings

notifications.

You can check the cricket live scores from here.

Short press the side button to go to the previous tab.



del	boAt Wave Astra	
en type	1.83" HD Display	
tery capacity	230mAh	- 1
weight	41.5g	1
etooth version	Bluetooth 5.2	
rking temperature	-20°C- 60°C	
rging time	70 mins	
rking time	4-6 days	
ter Resistance	IP67	
quency band	2.4GHz	

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

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

thoroughly and wipe with a piece of soft towel or napkin.

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 and GPS → Connect again

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

Note: Make sure your phone system meets Android 7.0 and above and iOS 12.0 and above.

My Bluetooth keeps getting disconnected

. Make sure there is not more than 7m distance between Bluetooth on the phone & the watch. 3. Make sure the app is running in background

Which functions of the Wave Astra need Bluetooth to work?

Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the Wave Astra? The IP67 water resistance will only work under the following conditions:

(1) Maximum depth of water: 1.5m (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.

SAFETY & PRODUCT INFORMATION

· Do not disassemble, bore or damage the battery. . Do not disassemble the built in batteries of non-replaceable battery devices.

Health Warning

· 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 watch.

• The optical heart rate sensor will glow green. 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, 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

· 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,

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

immediately stop using the watch and consult the doctor. Things to keep in mind

Sync data everyday days to avoid data loss.

· Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents & other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.

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

 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

Keep your arm still while measuring data for accurate measurement.

DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Old electrical appliances must not be disposed of together with the residual waste,



RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.

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.

