



boAt WAVE FLEX CONNECT

Thank you for choosing the boAt Wave Flex Connect as your fitness transformation companion.

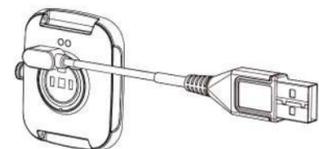
Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



PACKAGE CONTAINS:
• boAt Wave Flex Connect x1
• USB magnetic charging cable x1
• User Manual x1
• Warranty Card x1

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.



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.



CONNECTING TO THE APP

1. Download the Hub app on your phone.

Available on both App Store (iOS 13.0 and above) and Google Play Store (Android 6.0 and above)



OR

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

2. Connect the device with the boAt Hub app

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

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

5. Turn your phone's Bluetooth and GPS on.

6. Disable battery optimization



Note: To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times. iPhones will not prompt any information unless you complete Bluetooth pairing with WAVE Flex Connect.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your Wave Flex Connect 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 FROM RIGHT TO LEFT TO ACCESS THE MAIN MENU

Workout

Choose from multiple sports mode like outdoor run, outdoor walk, indoor walk, outdoor cycle, indoor run, hike, exercise, indoor cycle, elliptical, yoga, climbing, trail run, rowing.

Tap on any sport mode to start the activity. Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded.

Sync your smartwatch to the app to get the detailed analysis



Record

It shows all your workout records



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.

Phone

Tap to check Activity Records of the day. To use the BT Calling feature, open the hub app and pair the watch.

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

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

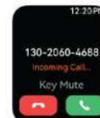
Alternatively, you can go to phone's Bluetooth settings and pair "FLEX CONNECT" to start the calling feature on your watch. You can also enable the Bluetooth calling feature from the watch.

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

Up to 10 contacts can be saved in the contact list.

Recent calls will show the latest call details.

Use a dialer to dial any number.



Stress monitoring

Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get the accurate results. Analysis of the measurement is

Relax: 1-29
Normal: 30-59
Medium: 60-79
High: 80-100



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



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

Activity

Click on this to check your daily activity data like step count, calorie and distance covered.



Breathe

Click on the breath training icon to regulate your breathing with the instructions given to relax.



Notification

Check your call, SMS and other notifications here



Sleep Monitor

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

Once the asleep criteria are met, your smartwatch will start recording from 8 pm at night to 10 am in the morning the next day.

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.

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

Note: 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*



WAVE FLEX CONNECT USER MANUAL

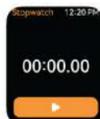
Weather
Connect with the hub app to get daily weather updates on the watch



Alarm
Tap on this to set an alarm on your watch.



Stopwatch
Click on this to start the stopwatch on your watch



Timer
Tap on this to turn on the timer.



Music Control
Tap on the remote music control icon on your watch to play music from your phone.



**Note: Some apps with different protocols might not work.*

Camera 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.*

Find My Phone
Tap on this icon to find your phone. Once enabled, your phone will start ringing and vibrating. Tap again to stop it.



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

Flashlight
Tap on this to turn your dial into a flashlight.



Settings

Brightness

Tap on this to adjust the brightness



Timeout

Adjust the screen awake time



Watch Faces

Tap on this icon to change your watch face.



Vibration

Tap on this to adjust the vibration to strong, normal, weak or off



Time Set

To set date and time



About

Shows the device details



QR code

Scan the QR code to download boAt Hub app



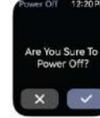
Restart BT

It restarts the phone's BT to ensure better connectivity. Tap on this to restart your watch.



Power off

Tap on this to switch your watch off.



Factory Reset

Tap on this to reset watch data. **Note: All data will be erased if watch is reset*



Swipe down for shortcut menu

You can access DND wake gesture, BT calling, find my phone, flashlight, About device, phone menu and Settings.

Swipe from left to right for notifications

You can check all the notifications from here. Click delete icon to delete all the notification.

Swipe up to access data instantly

You can access daily activity, sleep, heart rate monitor, weather, music player from here.

PRODUCT PARAMETERS:

Model	boAt Wave Flex Connect
Screen type	1.83" HD Display
Battery capacity	240mAh
Net weight	37.5g
Bluetooth version	Bluetooth LE 5.1
Working temperature	0°C-45°C
Charging time	2 hours
Working time	7days
Maximum transmit power	7dBm
Frequency band	2400 - 2483.5MHz

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.

FAQ

Search for the app to connect keeps falling

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 7.0 and above and iOS 13.0 and above.

My Wave Flex Call is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Wave Flex Connect. Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications. Make sure app is running in the background and battery optimization feature on the phone is disabled.

My Bluetooth keeps getting disconnected

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

Which functions of the Wave Flex Connect 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 Flex Connect?

The IP68 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

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. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.

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.