SELECT THE FITTER LIFE

boAt

WAVE Select

Thank you for choosing the boAt Wave Select 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.
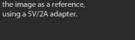
WAVE Select

Package Contents

1. boAt Wave Select x1
2. User Manual x1
3. USB magnetic charging cable x1
4. Warranty Card x1

CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes 2 hours to be fully charged.

Magnetic charging contacts

Connect and charge the watch with the image as a reference, using a 5V/2A adapter.

TURNING THE WATCH ON

Long press the side button to turn the watch on.

CONNECTING TO THE APP

1. Download the boAt Wave app on your phone. Available on both App Store (iOS 9.0 and above) and Google Play Store (Android 6.0 and above)
OR
Scan [QR CODE]

2. Connect the device with the mobile application. Do not connect with the phone's Bluetooth directly.
3. Tap on "Add device" or '+' icon on top right corner of device section.
4. Choose Select on the home screen of the app and tap on bind.
5. To use all features of your Wave Select seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.
6. Turn your phone's Bluetooth and GPS on.

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

Get it on Google Play / Download on the App Store

Please select a device

ACCESSING FEATURES ON THE APP

Home Page: Pull down to synchronize your data. You can add or remove cards on the home page by tapping on 'edit cards'
Training: Start any sport of your preference. Calibrate your phone's GPS to track routes.
Device: Click on the device info card to enter the menu

Watch Face Market
Select more watch faces by clicking "new arrivals"
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.
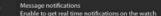
Health Monitoring
Enable automatic or real time heart rate monitoring, blood oxygen level monitoring, stress monitoring, hydration reminder, sedentary reminder, and menstrual cycle alerts.
Open App --> devices --> device info --> health monitoring

Call alerts
You can turn on call alerts to get notification of important calls when you want.

Message notifications
Enable to get real time notifications on the watch
Note: Make sure you allow all the required permissions to get the notifications on the watch.

Device Settings
Enable DND, Find My Phone, Music Control, Wake Gesture, & Weather to use it on the watch

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization
• Open the app on your phone.
• Make sure your watch Select is connected to the app.
• Synchronization will start automatically once you enter the app interface.
• Alternatively, you can pull down the screen for manual synchronization.
Note: Synchronize data at least once a day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS
Press the multifunction button once to enter the main menu

Health Data
Tap on this to view your daily step count, calories burnt, distance covered and sports data.

Sports Mode
Tap on this to access the 14 sports modes on the menu, which include: Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Indoor Cycle, Cricket, Yoga, Workout, Pool Swim, Open Water Swim, Rower & Elliptical.
Tap on your preferred activity to begin. You can swipe left to access music control while you work out.
To pause/resume: short press the side button
To end: short press --> tap on the X icon --> long press to end sport.
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 50m & maximum time of exposure in water is 30 minutes.

Sports records
Tap on this to check your sports data.

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.
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.

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.

Breath Training Mode
Tap on the icon, select your mode (from slow, rapid or normal,) select your preferred time duration, then follow the instructions to relax.

inhale

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.
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 it records some noticeable movement.

Weather
Enable this from the app to get weather updates for the next 3 days.

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.

Camera Control Mode
Tap on this icon to launch remote camera control mode.

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

Alarm
Tap on the icon to set alarms.

Timer
Tap on the icon to start timer.

Find My Phone
Tap on the icon to make your phone ring. Make sure the app and phone are connected.

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

Settings
You can access the following from the settings menu: Wake Gesture, DND, Watch Faces, Brightness (choose from manual or auto. You can also add screen display duration), Power Off, Restart, Data Reset (erases all data), About Device & Help.

Watch faces
You can access all watch faces from the settings menu.
You can also long press on the home screen to see watch face options.
Swipe left or right to navigate and then long press to select your preferred watch face.

Swipe down to view all your notifications
Turn the feature on from the app first 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 up to access the shortcut menu
You can access DND, Wake Gesture, Brightness & Find my phone from the shortcut menu.

TURNING THE WATCH OFF
Press the side button --> Scroll down and go to settings --> Tap on power off

PRODUCT PARAMETERS:

Model	Wave Select
Screen Type	TFT
Battery Capacity	300 mAh
Net weight	42 g
Bluetooth version	BLE5.1
Working temperature	-20°C to 50°C
Charging time	2H
Working time	7- 10 days
Maximum transmit power	0
Frequency band	2402-2480 MHz

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 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 once a 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.

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.

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.	

FAQ

Search for the app to connect keeps failing
1. Keep the boAt Wave 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 9.0 and above

My Watch Select is receiving no alerts, texts, or phone calls
Make sure smart reminders on the app are on and synced to the Watch Select.
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
1. Make sure there is not more than 7m distance between your phone's Bluetooth and the watch.
2. Make sure 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
Ensure 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:
(1) Maximum depth of water: 30m
(2) 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.