# WAVE SPECTRA

boAt

**USER MANUAL**

Thank you for choosing the boAt Wave Spectra 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 Spectra 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.
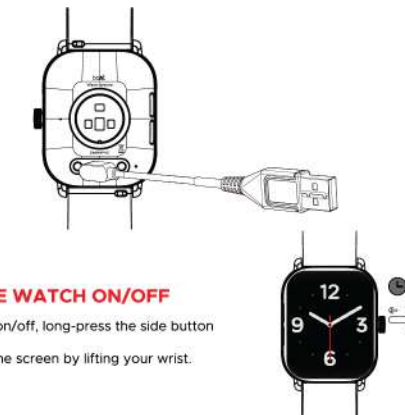
## TURNING THE WATCH ON/OFF

To turn the watch on/off, long press the side button for 3-5 seconds.
You can wake 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)
OR

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 turned on
3. Select Wave Spectra on the home screen of the app and click pair to connect.
4. Once connected, you will get an alert to connect with WAVESPECTRA_XXXX, click pair if need to receive or make calls from the watch
4. To use all features of your Wave Spectra seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.
5. Disable battery optimization

Get it on Google Play · Download on the App Store

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 Wave Spectra 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

### SHORT PRESS THE SIDE BUTTON FOR MAIN MENU

**Activity Tracker**
Click on this to check your daily activity data like step count, calories, active minutes, no. of times you were standing, and distance travelled.

**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 Crest app.

Note:
For accurate sleep data recording, the asleep criteria have to be met which includes limited movement, wrist position and angles, and more.
*The awake criteria will be met only offer it records some noticeable movement

**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.

**Workout**
Choose from multiple sports modes like outdoor run, outdoor walk, indoor walk, long jump, indoor run, strength training, football, basketball, table tennis, badminton, indoor cycle, elliptical, yoga, cricket, mountaineering, and golf. You can also add or replace activities according to your preferences through the boAt Crest app.

Tap on any sports mode to start the activity, you can pre-set your goal as well for each activity. Press the side button or swipe right to pause or stop the activity. If the activity is less than 3 minutes, it will not be recorded.

Sync your smartwatch to the app to get a detailed analysis.

**Workout records**
You can view the records of your workouts here.

**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.

**Stress monitoring**
Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get 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.

**DialPad**
Use a dialer to dial any number.
Note: Make sure your watch is connected with the phone's Bluetooth.

**Frequent Contacts**
You can find your frequently contacted numbers here. Up to 20 contacts can be saved on the watch.

**Call History**
You can list recently received, missed, and outgoing call logs in the recent calls of the watch.

**Weather**
Connect with the boAt crest app to get daily weather updates on the watch.

**Women Health**
Enable and set the details on the boAt crest app and get alerts of your period and ovulation dates on the watch.

**TOOLS**

**Calendar**
Click on this to check the date on your smartwatch.

**Stopwatch**
Click on this to start the stopwatch on your watch.

**Timer**
Tap on this to turn on the timer.

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

**Event reminders**
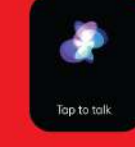You can create event reminders from the app and get alerts on the watch.

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

**Voice Assistant**
Tap on this and pair the watch with the phone's Bluetooth and give the command from the watch.

**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.

**Calculator**
Tap on this icon to do all the calculations in your smartwatch.

## SETTING

**Watch Faces**
Tap on this icon to change your watch face. You can also change the watch face by long pressing the home dashboard or by rotating the side button.
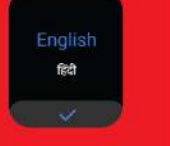
**Display**
Tap on this to adjust the brightness, set the screen on time and enable wake gesture.
Note: Once the smart mode in enabled if the watch detects that you are sleeping it won't vibrate and make a sound except for alarms.

**Sounds & Vibration**
Tap on this to adjust the volume, enable/disable ringtone, adjust vibration levels.

**Language**
Tap on this icon to change the language

**Auto Activity**
Enable auto workout mode from here

**DND Mode**
Tap on this to enable/disable all notifications except alarms and timers, to schedule DND, and to enable smart mode.

## GENERAL

**Main View**
Change the menu style to grid or list view from here

**Power off**
Tap on this to switch your watch off.

**Restart**
Tap on this to restart your watch.

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

**About**
Shows the device details

**SWIPE DOWN FOR SHORTCUT MENU**
You can access DND, Brightness, Power saving mode, Raise to Wake, Flashlights and Settings.

**SWIPE LEFT OR RIGHT TO ACCESS ALL DATA**
You can access daily activity, sleep, heart rate monitor, weather, music player from here.

**SWIPE UP TO ACCESS THE NOTIFICATIONS**
You can check all the notifications from here. Click delete icon to delete all the notification.

## 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 → Search 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 12.0 and above

**My Watch Wave Spectra is receiving no alerts, texts, or phone calls**
Make sure smart reminders on the app are on and synced to the Wave Spectra.
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 and 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 Spectra need Bluetooth to work?**
Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and Bluetooth calling need Bluetooth connectivity to work.

**Will it be okay to take a bath wearing the Wave Spectra?**
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

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 watch.
Do not wash the strap with a household cleaner. 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.

## 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.
- 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 SpO2 are 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 everyday 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 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.

| Model | Wave Spectra |
|---|---|
| Screen type | 2.04" AMOLED Display |
| Battery capacity | 300 mAh |
| Net weight | 33g |
| Bluetooth version | V5.3 |
| Working temperature | 0-45°C |
| Charging time | 2H |
| Working time | up to 10 days |
| Water Resistance | IP68 |
| Frequency band | 2402MHz~2480MHz |