boAt

WAVE ULTIMA

Thank you for choosing the boAt Wave Ultima 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 ULTIMA

USER MANUAL

PACKAGE CONTAINS:
- boAt Wave Ultima x1
- USB magnetic charging cable x1
- User Manual x1
- Warranty Card x1
- BT Calling 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.

CONNECTING TO THE APP

1. Download the boAt Wave 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 Wave app

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

4. Click on "pair" when you get a prompt to connect with ULTIMA_BT. This is required if you want to attend calls on your watch.

5. Alternatively, you can go to your phone's setting and pair ULTIMA_BT manually.

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

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

8. 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 ULTIMA.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization
- Open the app on your phone
- Make sure Wave Ultima 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

Health Data
Tap on this icon to check Activity Records.

Sports
Go to the sports icon to choose from different sports modes Outdoor Run, Indoor Run, Outdoor Walk, Indoor Walk, Hiking, Outdoor Cycle, Cricket, Soccer, Pool Swim, Open Water Swim, Yoga, Pilates, Dance, Zumba, Rower, Elliptical, Core Training, Strength Training, HIIT, Cooldown & More!

Alternatively, you can choose/add other sports modes from the app

Tap on "Edit" from the top right corner, then tap on "Add" and select the activity of your choice from the list.

Tap on your preferred activity to begin. You can swipe left to access music control while you work out.

To pause or stop the exercise, press the home button, click finish to end the exercise.

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

Phone
Tap on this to access Favorite contacts, Call History & Dialer from here.

Add up to 10 contacts on the phonebook from the boAt Wave app.

Call history will show the latest call details.
Use a dialer to dial any number.

To use the BT Calling feature, open the boAt Wave 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 "ULTIMA_BT" to start the calling feature on your watch

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

Sports Record
Tap on this to check your sports 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.

Blood Oxygen Level 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.

Stress Monitor
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.

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

Sleep Monitor
Tap on the icon to review the sleep data of the previous night Once the asleep criteria is met, your Wave Ultima will start recording from 6 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 Wave app.

*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

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Weather
Tap on this to know weather forecasts.
*Enable weather feature from the app first

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

Note: Some apps with different protocols might not work.

Event Reminder
Tap on this to set event reminders on your watch.

Clock
Tap on this to access Alarms, Stopwatch, Timer & World Clock.

Ambient Sound
Tap on this to access Alarms, Stopwatch, Timer & World Clock Tap on this to check ambient sound levels in your environment It is helpful to understand how long you are exposed to loud noise.
Exposure to sounds below 80dB may not be harmful but constant exposure to loud noise can be harmful.

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

Find My Phone
Tap on this to vibrate your phone when you're looking for it.

Note: Your phone and watch must be connected via Bluetooth for this feature to work.

Settings

Wake Gesture
Tap on this to enable or disable wake gesture.

Do Not Disturb
Tap on this to disable all notifications except alarms.

Brightness
Tap on this to adjust the brightness of your watch.

Ringtone Settings
Tap on this to adjust ringtone settings and volume.

App View
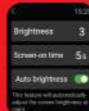Tap on this to change the app view. You can select list or grid view.

Watch Faces
Tap on this icon to change your watch face. Alternatively, long press the home screen to change the watch faces

Reset
Tap on this to reset watch data.

Note: All data will be erased if watch is reset

About
Tap on this to know information about your watch.

Swipe down to view your notifications
Swipe left or right for shortcut to activity data, heart rate, stress, sports & weather.
Swipe right to view recent activities used on your watch.
Swipe up for shortcut menu

You can access DND, Wake Gesture, Brightness, Find My Phone & Flashlight from here.

PRODUCT PARAMETERS:

Model	boAt Wave Ultima
Screen Type	1.8" HD Display
Battery Capacity	340mAh
Net weight	45.7g
Bluetooth version	BLE5.3
Working temperature	-20º to 50ºCelsius
Charging time	within 2.5 hours
Working time	battery life of 8 days, BT battery life of 5 days
Maximum transmission power	0.008W
Frequency band	2402-2480 Hz

Restart
Tap on this to restart your watch.

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 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 7.0 and above and iOS 12.0 and above.

My Wave Ultima is receiving no alerts, texts, or phone calls
Make sure smart reminders on the app are on and synced to the Ultima.
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
Make sure ULTIMA_BT is connected from the phone to receive calls on the watch

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 Ultima 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 Ultima ?
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.

How to use Bluetooth calling feature on the watch?
1. Open the boAt Wave app, pair the watch with the app first.
2. Once paired you will get the pop up on the app home screen to connect with Phone's Bluetooth
3. Click on "pair" to connect with phone's Bluetooth
4. Alternatively, you can go to phone's Bluetooth settings and pair "ULTIMA_BT" to start the calling feature on your watch

How to add contacts in the watch?
Open App > devices > device info > contacts
You can select up to 10 contacts from your phonebook which will be synced with the watch.
Once you initiate the call from the watch, you can select caller name from the list or directly dial the number from the dialer.

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 the 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 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

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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

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.

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