

boat

FLAUNT YOUR FITNESS

WATCH flash



WATCH flash



Thank you for choosing the boAt Watch Flash 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 Contents

- | | |
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| 1 boAt WATCH FLASH x1 | 3 USB magnetic charging cable x1 |
| 2 User Manual x1 | 4 Warranty Card x1 |

CHARGING THE WATCH

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



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

Note: Once your watch is at 5% battery, it will automatically switch to power saving mode which will disable all functions.

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

- Download the boAt Wearable app on your phone. Available on both App Store (iOS 9.0 and above) and Google Play Store (Android 5.0 and above)

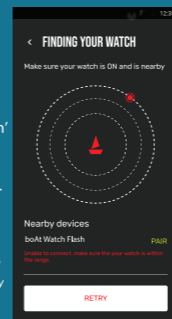


OR

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



- Connect the device directly with the mobile application. Do not connect with the phone's Bluetooth directly.
- Select Flash on the home screen of the app and click OK to connect.
- To use all features of your Watch Flash seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.



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 FLASH.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your watch flash is connected to the app.
- Synchronization will start automatically once you enter the app interface.

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

NAVIGATING THROUGH THE FUNCTIONS

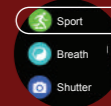
Changing the dial interface

Swipe left on the main interface of your watch screen to enter the function menu or settings ➡️ Scroll down ➡️ Select 'watch faces' ➡️ Tap on your preferred display



FUNCTIONALITY

Swipe up from the main interface to select different functions



Sports Mode

Click on the sports mode icon to choose from 10 different sports modes:
Walking Running Cycling Climbing Skipping Badminton Basketball Football Yoga Swimming
To pause or stop the exercise, press the home button.

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

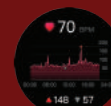
*The touch screen will not function when exposed to water. When your watch does get wet, wipe the surface with a soft cloth before using it. Make sure maximum depth of water is 1.5m & maximum time for exposure to water is 30 minutes.



Steps, Distance & Calorie Monitor

You can view daily records of steps, distance and calories on the app as well as your smart watch. The data will be cleared at the end of every day.

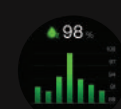
Note: *All records will be available on the app if you keep it synchronized.



Heart Rate Monitor

Click on the heart rate monitor icon to check heart rate data for the day. For accurate measurements, try to stay still and raise your hand to the same level as your heart. It should start measuring in about 2 seconds and last upto 20 seconds to complete the measurement. To allow the watch to measure your heart rate automatically throughout the day, enable the function on the app.

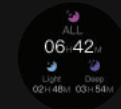
Note: Measurements are for reference only and not for medical purposes.



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.



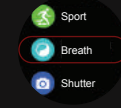
Sleep Monitor

Tap on the icon to review the sleep data of the previous night. Once the asleep criteria is met, your watch Flash 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 only when it detects excessive movement.

You can check the data on the app only after the awake criteria is met.

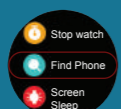
Note: *For accurate sleep data recording, the asleep criteria has to be met which includes limited movement, wrist positions and angles.

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



Guided Breathing Mode

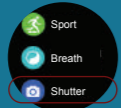
Click on the breath training icon to regulate your breathing with the instructions given to relax.



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 watch Flash should be connected to your phone via Bluetooth and within its range for this feature to work. Find my phone can be stopped from watch only. Click again on find my phone icon to stop.



Camera Control Mode

Click on the remote camera icon on your watch Flash to click a photo from your phone.

Note: For both android and iOS, you need to turn on the camera from the app and trigger from the watch.



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.



Call and Text Notifications

Turn this feature on from your app to receive notifications on your watch Flash. It will show 5 new notifications and automatically overwrite the last message if there are more than 5.

Note: The watch can be used to reject calls, but cannot be used to answer calls or messages.



Brightness

Click on the brightness icon to adjust brightness levels. To maximize battery life, keep your Watch Flash's brightness at 0 or 1.



Alarm & Timer

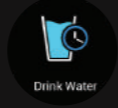
To add this feature on the watch, enable it on the app on your phone.



Weather Forecasts

Make sure the app is connected to your smartwatch to receive the weather updates for current and next two days. Watch will show the high and low values for weather.

Note: The weather updates are obtained from your service provider and might vary with different providers.



Sedentary & Hydration Alerts

The sedentary & hydration alerts can be activated and adjusted only from the app. You can choose a time period and set timely alerts according to your preference.



Do Not Disturb Mode

When activated, feature will disable all your notifications except alarms.

Note: Enable the function on the app to use it on your watch Flash

PRODUCT PARAMETERS:

Model	Watch Flash
Screen Type	1.3" Full touch LCD display
Battery Capacity	200 mAh
Net Weight	33g
Bluetooth Version	5.0
Working Temperature	20°C-65°C
Charging Time	2 hours
Working Time	up to 7 days
Maximum Transmit Power	40mA
Frequency Band	2402-2408

Maintenance: Regularly clean your wrist and the strap of the smart watch, 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

- Keep the boAt Wearable app updated to the latest version
- Close all the programs on the watch ➡️ Stop and restart bluetooth & GPS ➡️ Connect again
- 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 4.4 and above and iOS 8.0 and above.

My Watch Flash is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Watch Flash. Also make sure your notification centre of the phone is displaying messages. Only then will your smartwatch also display those notifications.

My Bluetooth keeps getting disconnected

- Make sure there is not more than 7m distance between bluetooth on the phone and the watch.
- There is no obstacle in between the watch and the phone.

Which functions of the Watch Flash need bluetooth to work?

Activity tracker, Sleep Monitor, Alarm Clock, Sports Mode, Call & Text Notifications, Find My Phone need bluetooth connectivity to work.

The time displayed on my phone and on the watch Flash are inconsistent

Make sure your watch flash 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 Flash are inconsistent

Ensure that your app and the watch Flash are synchronized.

Will it be okay to take a bath wearing the watch Flash?

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: 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.

Why is my blood pressure level measurement not accurate?

The measurements are for reference only because there is a different way to measure your blood pressure levels on your watch and a different way when medical equipment is used.

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.	

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 every 7 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.