

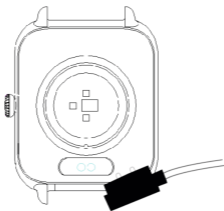


Smartwatch Ridge User Manual

For better experience, suggest use IOS 9
Android 5 or above operating system.

Watch charging and activation

Please attach the magnetic charging cable to the charging area of the watch. You will see a charging symbol on the watch screen when watch is charging. Put your watch on charging when it shows the battery low indication. Do not try to dismantle the watch, doing so will damage the watch and void the warranty.



How to download & connect to APP

To connect your Boulton Ridge smartwatch with your smartphone. Scan the below QR code and download the "BoultonTrack" app from the respective app stores.

Scan the QR code below to download and connect your watch with mobile phone:



Function

Calling Function:

After connecting the Boult Watch with the App, a pop-up notification will come to connect the phone feature.

Check the access box and call history access box and click on pairing option.

Bluetooth Pairing Request

Pair with the following devices:

Ridge_Phone

Once paired, the paired device is granted access to the address book and call history

cancel

pairing



Watch face change

Hold down on the home screen for 2 seconds, Now slide left or right to switch the dial, Click to select the watch face to be applied.



Quick Settings

Do not disturb mode, brightness control, settings, find phone option, Watch call mode, Wrist wake mode



Activity data

Check taken steps, distance and burned calories data here. Your daily target for steps, distance and calories can be set in the BOULT APP.



Sports

Select an exercise mode from 100+ sport modes to record the respective data accordingly. Sports mode including Walking, running, cycling, hiking, swimming, yoga, elliptical machine, basketball, etc. Click an icon to start the exercise.



Exercise records

This screen saves the history of your 10 most recent exercises data. You can view the exercise duration, heart rate, calories and other exercise data.



Heart rate

Enter this interface for heart rate measurement. When the green light lit at the bottom, it will start measuring. The measurement will be completed within 40s and gives a vibration reminder If watch is unable to record heart rate correctly.



Sleep

It shows the sleep monitoring data. Sleep data updates daily to BOULT APP once connected. The watch will recalculate the data information for the new day.



Blood pressure

Once entered to blood pressure measurement screen. A green light starts measurement at the bottom. It takes 30~60 seconds to complete measurement. It gives a vibration reminder once measurement is completed. The measurement is based on PPG technology.



Blood oxygen

This function records and shows the body blood oxygen. It takes 30~60 seconds to record a measurement and notifies with a vibration reminder once completed. The measurement is based on PPG technology.



Women's cycle

Connect watch to BOULT APP, Enable Women's Health Alert on the BOULT APP to view women's health alert information on the watch. When set to male, there will be no female health prompts.



Music

After the watch is connected to the BOULT App. You can control music player functions using watch.



The weather

Once watch is connected to BOULT App. The weather screen displays real-time weather temperature and weather type.



Alarm clock

After connecting the watch to BOULT App. You can set a single alarm, and loop alarms. A maximum of 5 alarms can be set.



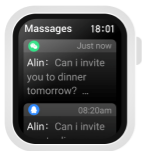
A stopwatch

Click the Start button to start the timer, pause button to pause and reset button to reset the timer. A maximum of 99 data points can be saved.



Timer

User can choose from a handful of preset timers to record data or can use custom timer duration to record custom data. Click the Start button to start the timer. pause button to pause the timer, and reset button to reset the timer.



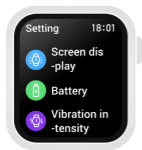
Notification

Once watch is connected to the BOULT App. Go and enable notification settings on the BOULT APP. Your watch will start receiving smart notifications. A maximum of 15 recent messages can be saved.



Find phone

Once watch is connected to the BOULT App. Click the screen to find the phone. The phone will ring/vibrate and say "search is successful". If the watch is not connected to the BOULT APP, the watch will prompt that it is not connected.



Settings

Here user can change different watch settings like changing watch face, brightness adjustment, wrist wake feature, brightness duration, Language, vibration intensity, menu style, battery, QR code, system etc.



Drink water to remind

Open the BOULT APP > device > drink water reminder, and set the start and end time and remind interval after in the App.



Sedentary remind

On the BOULT APP [Device > Sedentary Reminder], you can set the start time, end time and do not disturb time there.

Frequently Asked Questions

1. Unable to start the watch?

Please hold down the power button for more than 3 seconds or recharge the battery and try again.

2. Bluetooth cannot be connected?

1. Please try to restart the watch and reconnect.
2. Please try to restart Bluetooth and connect again
3. Don't connect your phone to other Bluetooth devices at the same time

3. Getting Inaccurate measurement of heart rate/blood pressure/blood oxygen

1. Make sure to wear the watch properly and watch sensor in the contact with your body
2. Make sure the sensor is in full contact with the wrist during the measurement
3. For people with darker skin and hairy arms, turn on enhanced measurement in Boult App [Device > Enhanced Measurement]
4. Clean the back side sensor of the watch and try again.

4. Sleep data are not accurate enough

1. Sleep monitoring simulates people's natural sleep and wake up time, which needs to be worn the watch. Sleeping too late can give errors.
2. The default sleep monitoring is starts from 9:30 PM to 12:00 noon the next day. Try to record sleep during this time for accurate sleep data.

For more questions, please view [My>FAQ] on the Boult App