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

1 boAt WATCH FLASH 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 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

1. 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)

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

5. 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. iPhones will not prompt any information unless you complete Bluetooth pairing with FLASH.

FINDING YOUR WATCH
Make sure your watch is ON and is nearby

Nearby devices
boAt Watch Flash   PAIR

RETRY

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
Breath
Shutter

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.

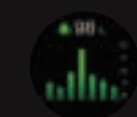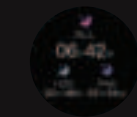**Blood Oxygen Level Monitor**
Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

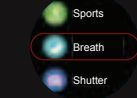Note: Measurements are for reference only and not for medical purposes.

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.

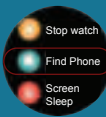You can check the data on the app only after the awake criteria is met.

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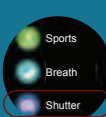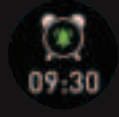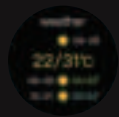*The awake criteria will be met only after it records some noticeable movement.

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

Sports
Breath
Shutter

Stop watch
Find Phone
Screen Sleep

Sports
Breath
Shutter

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 shutter option to access remote camera on your flash. Click again on the camera icon to open the camera on the app.

Note: For both Android and IOS, you need to turn on the camera from the app and then 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.

Brightness
Click on the brightness icon to adjust brightness levels. To maximize battery life, keep your Watch Flash's brightness at 0 or 1.
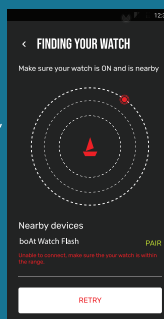
Alarm & Timer
To add this feature on the watch, enable it on the app on your phone.

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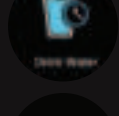
Sedentary & Hydration Alerts
The sedentary & hydration alerts can be activated and adjusted only from the app. You can choose a time period and set timely alerts according to your preference.

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

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.

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
1. Keep the boAt Wearable app updated to the latest version
2. Close all the programs on the watch ➡ Stop and restart bluetooth & 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 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
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.

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.

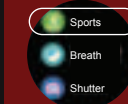**Will it be okay to take a bath wearing the watch Flash?**
The IP68 water resistance will only work under the following conditions:
(1) Maximum depth of water: 1.5m (2) Maximum time for exposure to water: 30 minutes
The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

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.

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.