

Thank you for choosing the boAt Watch Storm as your fitness transformation companion. Your Watch Storm is here to remove all obstructions that may come on your goal achieving path.

Allow this manual to guide you through the functioning of your smart watch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.

**WELLNESS MODE**



**Heart Rate Monitor**  
Click on the heart rate monitor icon to check heart rate and data for the day.  
Note: Measurements are for reference only



**Blood Oxygen Level Monitor**  
Click on the blood oxygen level monitor icon to check blood oxygen levels and data for the day.  
Note: Measurements are for reference only



**Blood Pressure Monitor**  
Click on the blood pressure monitor icon to check your diastolic / systolic blood pressure  
Note: Measurements are for reference only



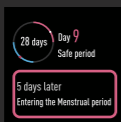
**Guided Breathing Mode**  
Click on the guided breathing icon to regulate your breathing and relax.



**Alarm & Timer**  
To enable this feature, add it on the app on your phone.



**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.



**Menstruation Cycle Tracker**  
To enable this feature, add it on the app. The menstruation cycle tracker records menstrual cycle, predicts changes and ovulation.

**Package Contents**

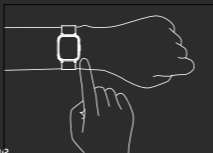
- 1 boAt WATCH STORM x1
- 2 User Manual
- 3 USB magnetic charging cable x1
- 4 Warranty Card

**TURNING THE WATCH ON**

To turn the watch on, press the key on the right side of the watch.  
Note: The smart watch must be charged before initial use.

**WEARING THE WATCH**

Wear the watch at a finger's distance from your wrist bone, adjusting the tightness of the band to a comfortable position.



Note: Wearing too loosely might affect the accuracy of the measurements of the wellness mode.



**CHANGING THE STRAP**

Flip the switch on the side to take the wristband out.

**PRODUCT PARAMETERS:**

Model	boAt WATCH STORM
Screen Type	1.3 Inches Full-Touch 2.5D Curved Display
Battery Capacity	210 mAh
Charging Voltage	5±0.2V
Charging time	2.5 hours
Battery life	8-10 days
Water Resistance	5 ATM
Weight of product	39g
Operating Temperature	-20°C - 45°C
Bluetooth version	BLE 4.2
Product frequency	2402-2480 MHz
Max. transmission power consumption	0.75 dBm

<b>Charging norms &amp; Precautionary Guidelines:-</b>	
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.	

**CONNECTING TO THE APP**

1. Download the boAt ProGear app on your phone.  
Available on both App Store (iOS 8.0 and above) and Google Play Store (Android 4.4 and above)



OR

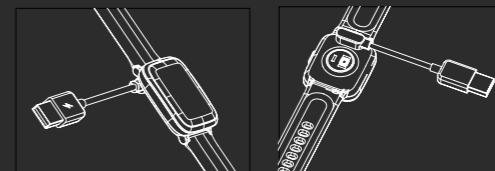
Scan QR Code given

2. Connect the device directly with the mobile application. Do not connect with the phone's bluetooth directly.  
3. Select STORM on the home screen of the app and click OK to connect.  
4. To use all features of your Watch Storm 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 STORM.

**CHARGING THE WATCH**

Connect and charge the watch with the image below as a reference.



\* Check out the walkthroughs for Watch Enigma and other boAt gears on our YouTube channel by scanning the QR code.

Which functions of the Watch Storm need bluetooth to work?  
• Activity tracker, Sleep Monitor, Alarm Clock, Sports Mode, Call & Text Notifications, Find My Phone need bluetooth connectivity to work.

Note: For more detailed queries, go to the Progear App Help and Feedback

**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.

**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**

My Watch Storm is not connecting to the app  
• Keep the boAt progear app updated to the latest version  
• Close all the programs on the watch > Stop and restart bluetooth > Connect again

Note: Make sure your phone system meets Android 4.4 and above and iOS 8.0 and above.

My Watch Storm is receiving no alerts, texts, or phone calls  
• Make sure smart reminders on the app are on and synced to the Watch Storm.

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.

**SYNCING YOUR SMARTWATCH TO THE APP**

On the app, connect the watch with bluetooth to synchronize your data. Open mobile-app > swipe down > click on the sync prompt

Note: Synchronize data at least once within every 7 days to avoid data loss in the watch.

**CHANGING THE DIAL INTERFACE**

Go to settings > Click on Dial > Select the Watch face by sliding.

Short press the right key to return to the previous interface.

**FUNCTIONALITY**



**Sports Mode**  
On the app, click on the sports mode icon to choose different sports modes. There are a total of 9 sports modes on the Watch Storm. You can choose up to 8 active modes at once.

Click the sports mode icon and select sports type > enter the sports countdown automatically

**During sports**  
To Pause: Short press the right key  
To Restore: short press the right key  
To End: Long press the right key > select end on the screen

**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.