



boAt Watch Storm RTL Smartwatch User Guide

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boAt

A TIMELESS
PURSUIT



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 smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.

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Package Contents

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

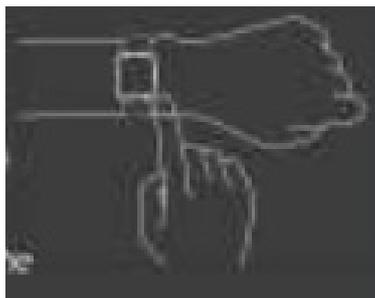
TURNING THE WATCH ON

To turn the watch on, press the key on the right side of the watch.

Note: The smartwatch 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.



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



<http://www.youduoyun.com/boAtProGear/app.html>

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.

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

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 to 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 Musk Apps with different control protocols.



Menstruation Cycle Tracker

To enable this feature, add it to the app.

The menstruation cycle tracker records the menstrual cycle predicts changes and ovulation.

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	25 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

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 the above norms	

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

My Watch Storm is not connecting to the app

- Keep the boAt program 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 between the watch and the phone.

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 Amble1p 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 are 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.

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 liquids. 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 the 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 recycling valuable raw materials and treatment of toxic substances.

Documents / Resources

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