



## boAt Watch Flash User Manual

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### Watch Flash



## User Manual

With a 33mm LCD Display and a perfectly round dial **BOAT Flash smartwatch** is what you will be flaunting in style. boAt Flash smartwatch will be monitoring your heart rate and blood oxygen SpO2 24\*7 So do that intense workout and sleep without a worry too! 10 active sports mode and activity tracker will only make your life easier and the six watch faces will dwell with your mood and keep you sassed. With live weather forecast, 7-day-long battery, music, camera control, and IP68, get ready to be fit in a flash and love it!

## Walkthrough Videos



[Specifications plus/wp-content/uploads/2022/06/Walkthrough-Videos.mp4](https://www.boat.com/plus/wp-content/uploads/2022/06/Walkthrough-Videos.mp4)

<b>Headphone Type</b>	In-Ear
<b>IPX Rating</b>	IPX4
<b>Music Playtime</b>	Up to 4.5 hours per charge and additional 18 hours with case
<b>Call Noise Isolation</b>	Qualcomm cVc
<b>Audio Technology</b>	Qualcomm aptX
<b>Charging Technology</b>	ASAP Charge Technology
<b>Charging Time</b>	About 40 minutes
<b>Transmission Range</b>	10 Meters
<b>Driver Size</b>	6mm*2
<b>Frequency</b>	20Hz-20KHz
<b>Battery</b>	400mAh (case) 45mAh*2 (Earbuds)
<b>Compatibility</b>	All Bluetooth Devices
<b>Charging Interface</b>	Type C

## **Troubleshooting FAQs**

### **Charging**

#### **How do I charge the Watch Flash?**

1. Attach the magnetic end of the charging cable which comes with the watch package on the charging pad of the watch which is located on the back of the watch and connect the other end which is a USB-A end to a 5V, 2A rated power adapter or power bank or a computer.
2. The watch Flash's display would show the charging status and charging percentage while charging.
3. If the watch Flash is connected to a computer USB port for charging, the speed of charging would be less as the power pushed by the USB port of a computer is less than the 5V 2A rated power adapter.

#### **What to do if the smartwatch is not charging or if the battery life is low?**

1. Check if the charging connector behind the watch is clean and rust free.
2. Try cleaning it with an alcohol swab.
3. If the problem still persists, kindly replace the product.

#### **How to check battery charge status?**

Battery charge status is shown on the watch homepage with the percentage of the charge remaining on the watch Flash's battery.

#### **What are the charging norms and guidelines?**

1. Before using the Watch Flash for the first time, please fully charge the smartwatch first.
2. Charging through wall adapter – Specs of the adapter: 5V, 2A
3. Any other accessories could be used for charging the Watch Flash as long as the above norms are followed.

### **Incorrect Data Recording**

#### **What to do if unable to record sleep data or records incorrectly?**

- Make sure you wear the watch while sleeping in order to track the sleep data.
- Sleep data is estimated by primarily movement. Once you are laid down, watch will take approximately an hour to assume that you have gone to sleep.

#### **What to do if the heart rate monitor is not taking the reading well. What can be the issue?**

- Check if the user is having hairs, tattoo, skin complexion, scarring, wear the watch too loose or too tight might affect the readings.
- Check if the heart rate sensor which is there on the bottom of the watch is glowing in green or not. If the sensor is working properly the sensor should glow in green colour.
- Check if the device was not subject to any mishandling, broken wires or exposed to direct sunlight or hazards like fire and liquid.

## Why does the watch show the step count even when I am not walking?

- Your watch is tracking the movement of your wrist so if you are doing something that requires a lot of hand movement then step count can be affected.
- What to do if the blood Pressure is not showing accurate data?
- Blood pressure monitoring is only for the reference, data may not match with the medical equipment. This watch is not a medical grade equipment.

## Connectivity

### How do I Install the boAt Wearable App?

#### Process 1

##### Via QR Code Scanning

- Find the QR code on the product manual of the Watch Flash for installing the Wearable App on the media devices of the users.
- Open the QR Code Scanner app on the user's devices and scan the code present on the user manual of the Watch Flash.
- Thereafter, follow the on-screen instructions to install the Wearable app on the user's device.



#### Process 2

##### Via Searching the app on Google Play or Apple Play Store

- On Google Play or Apple App Store, in the search bar, type 'boAt Wearable App' and enter search.
- You will see the boAt Wearable app in the search result list.
- Click on the install button to install boAt Wearable app on the user's media device.

### How can I connect the Watch Flash with the Wearable App?

#### Step 1:

After installing the boAt Wearable app, turn the watch Flash on and open the Wearable app on the user's device. Click on the 'Start Setup' on the Wearable app to switch on the Bluetooth on the user's device. Accept the privacy policy to continue.

## Step 2

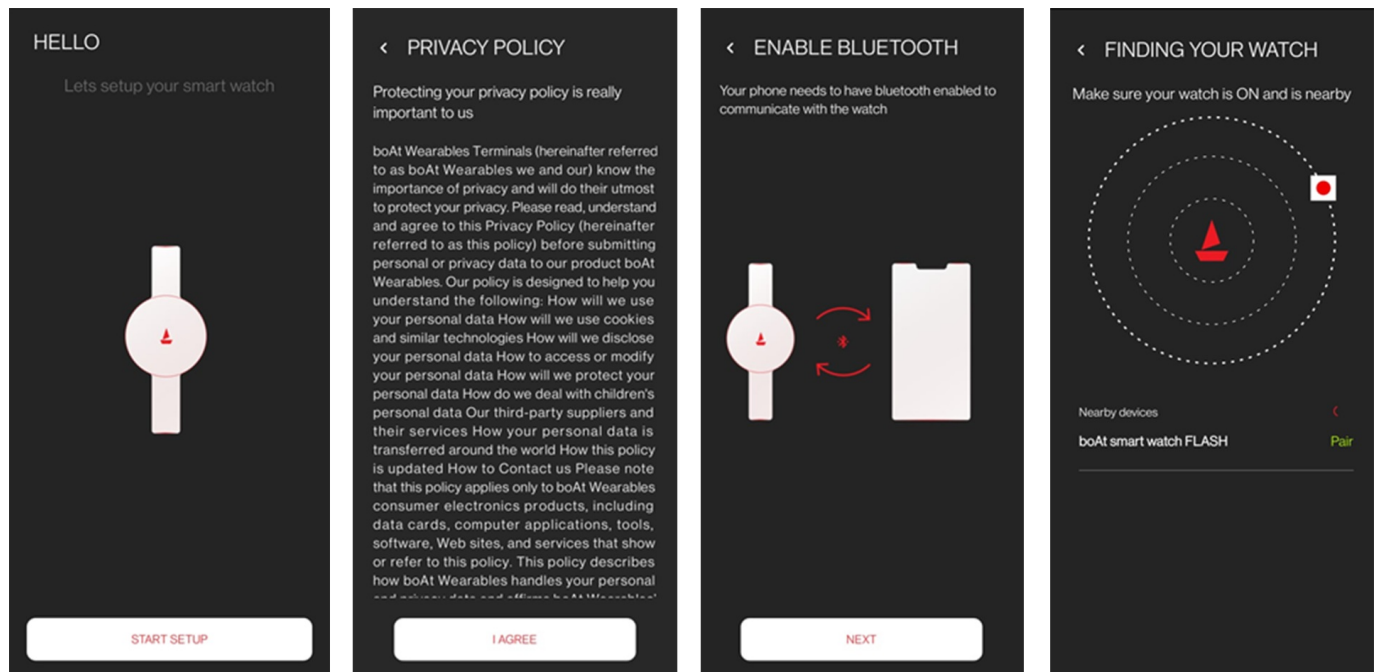
The previous process would enable the user to search for the Watch Flash to connect with the Wearable app as it would enable the Bluetooth of the device.

## Step 3

Once the Watch Flash is found via Bluetooth, it will show on the Wearable app.

Click on the 'Flash' Device and then click on the 'Pair' button to start pairing Watch Flash with the boAt Wearable app.

Once the connection is successful all the fitness data stored on the Watch Flash will sync automatically on the Wearable app.



## What to do if the smartwatch is unable to connect with the phone?

1. Make sure you are using Android 9.0/ IOS 13.0 or above OS version in your smartphone.
2. It is necessary to accept and agree to all the terms and permissions including the location services also.
3. Make sure you have downloaded boat Hub app in your smartphone.
4. Do not connect the watch directly with the phone's Bluetooth, make sure you are connecting it via the boat Hub app.
5. Make sure your Bluetooth is on and try to bind the watch with the app. Once the device is discoverable, it will display on the app screen, click to connect the device with the app.
6. If you still continue to have binding issues, please restart your phone and try again.

## What to do if the smartwatch often disconnects from the watch?

1. The operational distance for the Bluetooth is 10m. It is ideal that phone and watch is in direct contact with each other.
2. If still the Bluetooth is disconnecting, close the app, switch off and on the Bluetooth and start the app again.
3. Make sure the app is running in background always.

## Can the user use the smartwatch out of phone's Bluetooth range?

1. Yes, step counting, heart rate monitoring, calorie count, spO2, BP, time can be recorded directly on your
2. watch while your phone is not connected.
3. Watch has some internal memory to record this data.
4. Once you are in contact with your phone, you can sync the data to the app.

## **Product Functionality**

### **What to do if the smartwatch is not getting call or message notifications?**

1. Make sure call alert and message alert are enabled from the app.
2. Sync the watch after enabling these features
3. Even if the notifications are not coming, switch off your phone's Bluetooth and again switch on OR restart your phone
4. Try uninstalling and installing the boAt Hub app and then start binding process with the watch and check if the issue is still persisting or not.
5. Reset the watch and check if the function is working or not.

### **What to do if the user is not able to adjust volume of the music player?**

Yes, users can control music from your watch. Previous/next/volume up/Volume down can be adjusted from the watch. Users have to enable the feature from the app first.

### **What to do if the data is taking too long to sync on the app?**

1. In order to sync the data to the boAt Hub app, connect the watch Flash to the media device via the Hub app and go to the app's homepage, drag down the screen. This will start the syncing process and data will be synced to the app.
2. Make sure you are in Bluetooth range and watch and Hub app are nearby when you are syncing the data.
3. If the app is taking too long time to sync or it gets stuck while syncing, unbind the device with the app and reconnect again.

**Note:** Try to sync the data of the app at least once in every 7 days to avoid huge data to be synced in a single go and to avoid any data loss.

## **General FAQs**

### **Technology**

#### **What is "relax" mode in the watch?**

Relax mode is the meditative breathing mode to improve your breathing. Select time 1 min or 2 min for how long you want to do the meditation. Watch will vibrate to notify to when to inhale and when to exhale.

#### **Does watch Flash has camera control feature?**

Yes, you have to shake your wrist to click photos or click the tick button on the screen to take photos. Make sure you open camera from the app and use shutter from the watch.

#### **Can I adjust the screen brightness and screen out time?**

Yes. screen brightness and screen time out can be adjusted from settings option. You can also long press the home screen to increase the brightness.

## **What is blood Oxygen feature in the watch?**

1. Inside the menu, click on the 'Blood Oxygen' icon while wearing the watch on the wrist.
2. Bring your wrist close to your heart and try to hold the arm still.
3. This will enable the watch to show the reading of the spO2 in the blood of the user on the watch's screen.

## **How accurate is the Heart Rate and SpO2 data?**

Blood pressure, spO2 and Heart Rate monitoring is only for the reference, data may not match with the medical equipment. This watch is not a medical grade equipment.

## **Device Controls**

### **How do I switch ON Watch Flash?**

Long press the button located on the right side of the Watch Flash, it would lead to turning the watch ON. Raise your wrist to wake up the screen of the watch

### **How do I switch OFF Watch Flash?**

While the Watch Flash is On, go to the setting option in the main menu and then tap on shut down shutdown option, this would lead to turning the watch off.

### **How do I navigate to the main menu?**

Swiping left on the Watch Flash's home screen would lead to opening the menu.

### **How do I enter into different modes/options?**

While the user is inside the menu, tapping the several icons would lead to entering the different modes on the Watch Flash.

### **There are following mode options on the menu of the Watch Flash-**

- (i) Sport – For tracking the exercises done by the users.
- (ii) Heart Rate – For measuring the heart rate of the users.
- (iii) Blood Oxygen – For Measuring the saturation level of oxygen (spO2) in the user's blood
- (iv) Blood Pressure – For measuring the blood pressure of the users
- (v) Relax – For breathing exercise of the users
- (vi) Alarm – To set up alarm for the users
- (vii) Music Control – To control the music from the watch when the users are listening to music
- (viii) Timer – To set up timer for the users when in need
- (viii) Settings – To enter in to the settings of the watch

### **How do I track the exercises via Sports mode into different modes/options?**

There are 9 different exercises which can be tracked via Sports Mode.

- (i) Run (ii) Walk (iii) Bike (iv) Bike (v) Hike (vi) Climbing (vii) Treadmill (viii) Spinning (ix) Yoga

1. Select any one of the exercises before starting that particular exercise.
2. Short press side button to start/pause that particular exercise
3. To stop that particular exercise tracking session, long press the side button.

### **How can I measure blood oxygen levels?**

Inside the menu, click on the 'Blood Oxygen' icon while wearing the watch on the wrist.

Bring your wrist close to your heart and try to hold the arm still. This will enable the watch to show the reading of the spO2 in the blood of the user on the watch's screen.

### **How can I switch on the relax mode?**

Inside the menu, click on the 'Relax' icon while wearing the watch on the wrist.  
Choose your preferred time for breath in and breath out and relax to undergo the breathing exercise.

### **How can I use 'Music Control'?**

Inside the menu, click on the 'Music Control' icon on the watch to enter into the music control feature.  
While listening to music users can play, Pause, move back to previous track, jump forward to next track and control the volume of the music.

### **How to change the watch faces on the device?**

Step-1: Go to the Menu of the watch  
Step-2: Inside the menu, select the 'Setting' option  
Step-3: Inside the 'Setting' option, scroll down and select the 'Watch Faces' option.  
Step-4: Swipe to see all the available watch face options and select your preferred watch face.

**Alternate Step:** Long Press on the home screen to switch between the watch faces on the watch Flash.

### **Can the vibrations be modified on the watch?**

No, users cannot change the intensity or the number of vibrations for any alert.

### **How many sports mode can be accessed at once?**

There are total 7 sports mode, you can select all of them in one go.

### **How to check notifications in watch Flash?**

Swipe down on the home screen of the watch to review the notifications of the connected media device.  
Swipe up to the last page to delete all notifications.

### **What is the "Wake Gesture" feature?**

When the "Wake Gesture" feature is enabled, the watch display will turn "ON" when you lift your wrist to view the watch.

### **What is Theatre Mode?**

The mode is like a power saving mode, once enabled, the brightness of the watch will be reduced to the minimum and the watch will be on silent, which means vibrations will be off, notifications will be silent as well.

### **Can users find their phone using Flash Watch?**

Yes. Users can find your connected phone using the Flash watch.

Step 1: Move to the 'Find Phone' option and tap on it.

Step 2: Your phone will start ringing.

Step 3: Tap on pause button to stop it.

**The user is facing issue with Phone Finder. The sound does not come, nor does the camera flash work.**

### **How to resolve this?**

Kindly make sure that if the sound is not turned off from Phone (for Phone Ringing) and Camera permission is allowed which is required for flash light to work. Also, check in some of the phones the physical switch for volume is "Not Turned Off".

### **Water Dust Protection**

### **Is the smart watch waterproof?**

Watch Flash comes with IP68 Dust, sweat and water resistance. Flash is ready for sweat, water, dust and an intensive workout session.

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