

Connect with the hub app to get daily weather updates on



Tap on this to set an alarm on your watch.



Click on this to start the stopwatch on your watch



Tap on this to turn on the timer.



WAVE FLEX CONNECT

Thank you for choosing the boAt Wave Flex Connect as your fitness transformation companion.

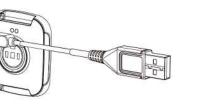
Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



CHARGING THE WATCH

onAt Wave Flex Connect v1

The smartwatch must be charged before initial use. It takes up to 2 hours to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.



To turn the watch on/off, long-press the side button for 3-5 seconds. You can wake the screen by lifting your wrist.

Tap on this to adjust the brightness

Adjust the screen awake time

Watch Faces



CONNECTING TO THE APP

1. Download the Hub app on your phone.

Available on both App Store (iOS 13.0 and above) and Google Play Store (Android 6.0 and above)

Scan [QR CODE] (Also available on the watch)

2. Connect the device with the boAt Hub app

3. Select Wave Flex Connect on the home screen of the app and click pair to connect.

4. To use all features of your Wave Flex Connect seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

5. Turn your phone's Bluetooth and GPS on.

6. Disable battery optimization



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 WAVE Flex Connect.

SYNCING YOUR SMARTWATCH TO THE APP

Open the app on your phone. Make sure your Wave Flex Connect is connected to the app

Synchronization will start automatically once you enter the app interface.

Synchronize data at least once a day to avoid data loss in the watch.

SWIPE FROM RIGHT TO LEFT TO ACCESS THE MAIN MENU

Choose from multiple sports mode like outdoor run, outdoor walk, indoor walk, outdoor cycle, indoor run, hike, exercise, indoor cycle, elliptical, yoga, climbing, trail run, rowing,

NAVIGATING THROUGH THE FUNCTIONS

Tap on any sport mode to start the activity. Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded.

Sync your smartwatch to the app to get the detailed analysis

It shows all your workout records

10'10" /KM

Heart Rate Monitor

Note: Measurements are for reference only and not for

medical purposes.

Tap to check Activity Records of the day. To use the BT Calling feature, open the hub app and pair the

Once paired you will get the pop-up on the app home screen to connect with Phone's Bluetooth.

Click on "pair" to connect with phone's Bluetooth.

Alternatively, you can go to phone's Bluetooth settings and pair "FLEX CONNECT" to start the calling feature on your watch. You can also enable the Bluetooth calling feature from the watch.

*Note: Enable call alerts from the setting to get calls on the watch Up to 10 contacts can be saved in the contact list.

Recent calls will show the latest call details.

Use a dialer to dial any number.

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

purposes. SpO₂ monitoring

Normal: 30-59

Medium: 60-79

High: 80-100

Analysis of the measurement is

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

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Click this option to start the stress monitoring. Make sure you wear

your watch on your wrist properly to get the accurate results.

Click on this to check your daily activity data like step count, calorie and distance covered.



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



Notification

Check your call, SMS and other notifications here



Sleep Monitor Tap on the icon to review the sleep data of the previous night.

Once the asleep criteria are met, your smartwatch will start recording from 8 pm at night to

Once you lie down and watch detects no movement for 30 minutes,

it will start recording, and will stop recording if it detects excessive movement.

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

The device accessories, heart rate sensor, 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.

· Water Resistance will not work for seawater, acidic and alkaline solutions, chemical

reference. We reserve the right to modify or improve any of the functions described in this

Old electrical appliances must not be disposed of together with the residual waste,

manual without any prior notice. At the same time, we hold the right to continuously update the

reagents & other corrosive liquid. The damage or defects caused by misuse or improper

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

*For accurate sleep data recording, the asleep criteria have to be

met which includes limited

novement, wrist positions and angles, and more. The awake criteria will be met only after it records some noticeable movement

Tap on the remote music control icon on your watch to play music from your phone.

*Note: Some apps with different protocols might not work.

Tap on the remote camera icon on your smartwatch to click a photo from your phone.

phone will start ringing and vibrating. Tap again to stop it.

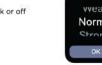




Tap on this icon to change your watch face.



Tap on this to adjust the vibration to strong, normal, weak or off



To set date and time



Shows the device details





It restarts the phone's BT to ensure better connectivity Tap on this to restart your watch.



Tap on this to reset watch data.

*Note: All data will be erased if watch is reset

Tap on this to switch your watch off.



menu and Settings.

You can check all the notifications from here. Click delete icon to delete all the notification.

You can access daily activity, sleep, heart rate monitor, weather, music player from here.

PRODUCT PARAMETERS:

een type	1.83" HD Display
tery capacity	240mAh
t weight	37.5g
etooth version	Bluetooth LE 5.1
rking temperature	0°C-45°C
arging time	2 hours
rking time	7days
ximum transmit power	7dBm
guency hand	2400 - 2483 5MHz

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

FAQ

Search for the app to connect keeps failing

then follow the above procedure.

- Keep the boAt Hub app updated to the latest version
- Close all the programs on the watch→Stop and restart Bluetooth and GPS→Connect again 3. Check and enable notification functions of your phone and keep the phone and watch in

Note: Make sure your phone system meets Android 7.0 and above and iOS 13.0 and above.

Also make sure your notification center of the phone is displaying messages. Only then will your smartwatch also display those notifications. Make sure app is running in the background and battery optimization feature on the phone

My Wave Flex Call is receiving no alerts, texts, or phone calls

My Bluetooth keeps getting disconnected I. Make sure there is not more than 7m distance between Bluetooth on the phone & the watch.

Make sure smart reminders on the app are on and synced to the Wave Flex Connect.

2. There is no obstacle in between the watch and the phone. 3. Make sure the app is running in background

Which functions of the Wave Flex Connect need Bluetooth to work?

Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud and custom watch faces and need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the Wave Flex Connect?

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: 10 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.

SAFETY & PRODUCT INFORMATION

- 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.

· 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. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.

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,

Things to keep in mind

Sync data everyday days to avoid data loss.

immediately stop using the watch and consult the doctor.

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

 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

product content.

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.

DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

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.























*Note: Turn the camera on from your phone to use this feature.

Tap on this icon to find your phone. Once enabled, your Note: Your smartwatch should be connected to your phone via Bluetooth and within its range for this feature to work.

Tap on this to turn your dial into a flashlight.









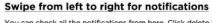












Swipe up to access data instantly