

WAVE CONNECT PLUS

Thank you for choosing the boAt Wave Connect Plus as your fitness transformation

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.



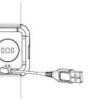


oAt Wave Connect Plus

CHARGING THE WATCH

PACKAGE CONTAINS:

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.



Note: Once your watch is at 10% battery, it will automatically switch to power-saving mode which will disable all functions.

URNING THE WATCH ON/OFF

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



CONNECTING TO THE APP

1. Download the boAt Crest app on your phone. Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 7.0 and above)

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

3. Select Wave Connect Plus on the home screen of the app and

2. Connect the device with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on

click pair to connect. 4. Once connected, you will get an alert to connect with CONNECTPLUSBT, click pair if need to receive or make calls from the watch

4. To use all features of your Wave Connect Plus seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt. 5. 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,

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

Tap on this to restart your watch.

Tap on this to switch your watch off.

Tap on this to reset watch data.

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

- · Open the app on your phone.
- Make sure your Wave Connect Plus 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.

SHORT PRESS THE SIDE BUTTON FOR MAIN MENU

Click on this to check your daily activity data like step count, calorie,

Activity Tracker

NAVIGATING THROUGH THE FUNCTIONS



To use the BT Calling feature, open the boAt Crest app and pair the watch 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.

calling feature on your watch. *Note: Enable call alerts from the setting to get calls on the watch

Call history will show the latest call details. Use a dialer to dial any number.

Spo2 Monitor

pair "CONNECTPLUSBT" to start the

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



indoor walk, indoor run, strength training, football, basketball, table tennis, badminton, indoor cycle, elliptical, yoga, cricket, free training,

Tap on any sport mode to start the activity, you can pre-set your goal as well for each activity.

Press the side button to pause or stop the activity. If the activity is less than 3 mins, it will not be recorded.

Choose from multiple sports mode like outdoor run, outdoor walk,

Sync your smartwatch to the app to get the detailed analysis

Heart Rate 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.



Tap on the icon to review the sleep data of the previous Once the asleep criteria are met, your smartwatch 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 recording if it detects excessive movement. You can check the data on the app only after the awake criteria is met.

You can also track sleep scores on the boAt Crest app.

*For accurate sleep data recording, the asleep criteria have to be met which includes limited movement, wrist positions and angles, and more.

*The awake criteria will be met only after it records some noticeable movement

Note: Measurements are for reference only and not for medical

2. There is no obstacle in between the watch and the phone.

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

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

The IP68 water resistance will only work under the following conditions:

other wading or deep-water activities with high-speed water flow.

My Watch Wave Connect Plus is receiving no alerts, texts, or phone calls

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

Also make sure your notification center of the phone is displaying messages. Only then will your

Make sure app is running in the background and battery optimization feature on the phone is

. Make sure there is not more than 7m distance between Bluetooth on the phone and the watch.

Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, cloud

and custom watch faces and Bluetooth calling need Bluetooth connectivity to work.

(1) Maximum depth of water: 1.5m (2) Maximum time for exposure to water: 10 minutes

If you are wearing a pacemaker or other implanted electronic devices, please consult your

blinking light sources, please consult your physician before wearing this device.

The optical heart rate sensor will glow green. If you suffer from epilepsy or are sensitive to

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 watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and

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

Workout records

with the instructions given to relax.

Tap on this to set an alarm on your watch.

Stress monitoring

Relax: 1-29

Normal: 30-59

High: 80-100

Medium: 60-79

your watch on your wrist

properly to get the accurate results.

martwatch also display those notifications.

My Bluetooth keeps getting disconnected

5. Make sure the app is running in background

SAFETY & PRODUCT INFORMATION

o not disassemble, bore or damage the battery.

Do not use sharp objects to remove the battery.

doctor before using the heart rate monitor of the watch.

HEALTH WARNING

completely accurate.

Analysis of the measurement is



nable and set the details on the boAt crest app and get the alerts of your period and ovulation dates on the watch

You can create event reminders from the app and get the



pdates on the watch



TOOLS

Click on this to start the stopwatch on your watch

music from your phone. Note: Some apps with different protocols might not work

Camera Control Mode

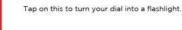
a photo from your phone *Note: Turn the camera on from your phone to use this

Tap on this icon to find your phone. Once enabled, your

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









Tap on this to adjust the brightness, set the screen on time and enable wake gesture



Sound and Vibration Tap on this to adjust the watch volume, enable/disable

ringtone, adjust vibration levels



Tap on this icon to change your watch face.



Change the menu style to grid or list view from here





Do Not Disturb



Tap on this to disable all notifications except alarms.

Enable auto workout mode from here



Shows the device details

Power off

Factory Reset



SWIPE DOWN FOR SHORTCUT MENU You can access DND, Brightness, Settings, etc.



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





PRODUCT PARAMETERS

Model	boAt Wave Connect Plus	
Screen type	1.83" HD Display	
Battery capacity	300 mAh	
Net weight	40g	
Bluetooth version	V5.3	
Working temperature	0-40℃	
Charging time	up to 2 hours	
Working time	up to 2 days on with BT calling, up to 7 days on normal mode	
Maximum transmit power	2.5dBm	
Frequency band	2402Mhz-2480Mhz	

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.

Search for the app to connect keeps failing 1. Keep the boAt Crest app updated to the latest version

2. 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 12.0 and above

You can view the records of your workouts here

Click on the breath training icon to regulate your breathing

Event reminders

alerts on the watch





Stopwatch



stop using the watch and consult the doctor. THINGS TO KEEP IN MIND

 Sync data everyday days to avoid data loss. · Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents and

by the warranty. Sports modes support up to 6 hours of exercise at a time.

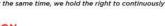
Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.

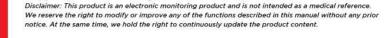
Keep your arm still while measuring data for accurate measurement.

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.





The device accessories, heart rate sensor, oxygen level monitor, and other relevant data is

pressure data is for reference only. We're not responsible for any deviation in data.

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

 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

other corrosive liquid. The damage or defects caused by misuse or improper use are not covered



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

