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boAt ACTIVE PLUS Smart Ring

Thank you for choosing the boAt SmartRing Active Plus as your fitness transformation companion.

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

PACKAGE CONTAINS

- 1x boAt SmartRing Active Plus
- 1x Case Charger
- 1x Charging Case
- 1x User Manual & Warranty QR Card x1

CHARGING THE SMARTRING

The SmartRing must be charged before initial use. Place the smart ring on a portable case charger, as shown in the image below.

The ring will flash red light to indicate charging. Once the smart ring is fully charged, it will flash a green light.

Note: The red light will turn off immediately if not connected properly to the charger. When the charging level of the smart rings is below 20 percent, a pop-up notification will be sent to the app.

CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.
   Available on both on App Store (iOS 14.0 and above) and Google Play Store (Android

7.0 and above)

OR

Scan [QR CODE]

2. It is recommended that the ring is kept in a charging state while pairing it with the app.

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

4. Select SmartRing Active Plus on the app's home screen and click pair to connect.

5. You will get an alert to connect with the device name, ACTIVEPLUS_XXXX, click pair.

6. To use all features of your SmartRing Active Plus seamlessly, tap 'Yes' on the 'Connection' and 'Grant Access' system prompts.


Note: To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times.
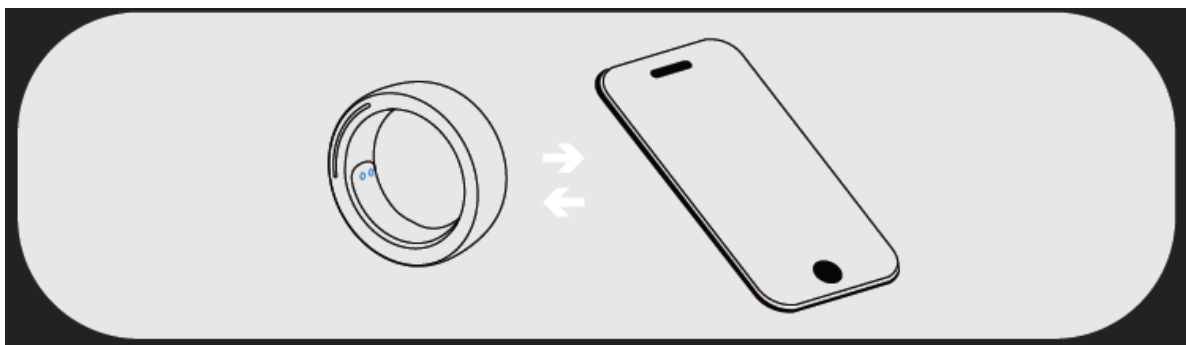
FIT & WEAR INSTRUCTIONS

To get the most accurate health insights from your SmartRing Active Plus, follow these simple wearing instructions for accurate tracking:

- Fit: Wear on your index or middle finger for accurate tracking. It should feel comfortable—secure but not restrictive.
- Sensor Position: Ensure the sensor faces your palm for proper contact.
- Wear Daily: For consistent results, wear it day and night.
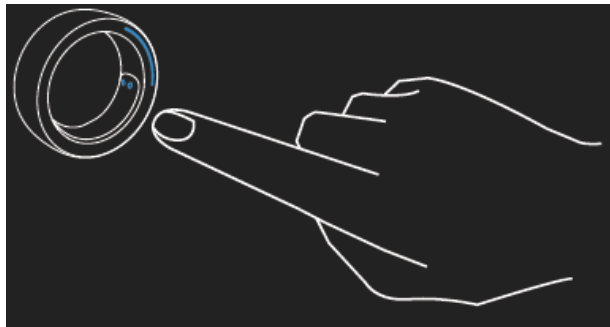
SYNCING YOUR SMARTRING TO THE APP

Data Synchronization

- Open the Crest app on your phone.
- Ensure your boAt SmartRing Active Plus is connected to the app.
- Synchronization will start automatically once you enter the app interface.
- If synchronization does not start automatically, tap "Tap to Sync" on the home page.

Note: Synchronize data at least once every day to avoid data loss in the ring.

NAVIGATING THROUGH THE FUNCTIONS

App Home Dashboard

Wellness Overview

This feature displays your Step Count, Sleep Duration, Distance Covered, and Calories Burned.

Click on "View Fitness Dashboard" to check detailed insights on each parameter. This will direct you to the Wellness Dashboard in the app.

Quick View

Track and monitor your vitals with Quick View for easy access on the Crest App dashboard. You can add up to 5 vitals of your choice. Choose from the following parameters:

1. Heart Rate
2. SpO2 (Blood Oxygen Level)
3. HRV (Heart Rate Variability)
4. Skin Temperature
5. Stress Level
   Click on "Track more markers" to choose the data you want to see from the range of markers.

Activities

Choose from multiple exercises such as Running, Walking, Cycling, Hiking, Spinning Bike, Rope Skipping, Elliptical Trainer, Yoga, Basketball, Volleyball, and many more. Tap on any exercise to start the activity.

Note: Activities shorter than 3 minutes will not be recorded.

Wellness

Movement

Monitor your daily steps, activities and wellness progress here.

- Steps: Check your distance, steps, and calories burnt. You can also edit your step goals and view daily insights.

- Activities: View the data for all your recorded activities.

Vitals

Monitor your key health metrics here.

- Heart Rate: Check your real-time heart rate data here. View daily, weekly, and monthly trends, along with the minimum and maximum heart rate for the day. You can also review a graphical chart that displays heartbeats from 12:00 AM to 8:00 PM, with values ranging from 0 to 180 bpm.
- Stress: Track your everyday stress levels here. View daily, weekly, and monthly stress trends, along with minimum, maximum, and average stress levels for the day. You can also review a graphical chart that displays stress data from 12:00 AM to 8:00 PM, with values ranging from 0 to 100. The chart uses colour-coded zones to indicate stress levels:
- Relaxed: 0–29
- Normal: 29–59
- Medium: 59–79
- High: 79–100

It also displays comparative stress data based on yesterday's readings.
Note: The watch calculates stress levels using algorithms based on metrics like heart rate variability. For more accurate results, wear the device correctly, consistently throughout the day and night, and remain still during measurements.

- SpO2: Monitor your blood oxygen saturation in real time here. View graphical data points from 12:00 AM to 8:00 PM, with readings ranging from 0 to 100. You can also check previous SpO$_2$ data through the calendar for easy reference and comparison.
- Skin Temperature: Monitor your real-time skin temperature here. View graphical data from 12:00 AM to 8:00 PM, with skin temperature readings shown in a consistent range. You can also check previous skin temperature records through the calendar for daily comparisons and trends.

Restore

- Sleep: Track your sleep patterns with precision here. View your total sleep duration,

"Sleep at" and "Awake at" times, edit your sleep goals, and track daily, weekly, and monthly trends for the deeper analysis. Compare your total sleep time and deep sleep duration with the previous day to spot changes in your recovery. The SmartRing Active Plus is designed to be highly intuitive, offering detailed insights on your sleep metrics, including:

- Deep Sleep Duration
- Light Sleep Duration
- REM Sleep Duration
- Awake Duration
- HRV (Heart Rate Variability): Check the variation in time intervals between each heartbeat with HRV readings. View a graph displaying both HRV values and your baseline value to understand the fluctuations.

  Note: Typical heartbeat varies from person to person and depends, among factors like a person's age, gender, fitness levels, lifestyle, etc.

My Ring

Open the Crest app, and go to the 'My Ring' option; you will be able to check battery percentage, Bluetooth connectivity and Last Sync time.

Calibrate Your SmartRing

Click on this to optimise your ring for accurate vitals and activity tracking.

Ring Settings

Clicking here will direct you to ring settings.

Ring Settings

Ring Status

Click on this to check the status of the ring or to disconnect the ring.

Ring features

Click on this to enable auto monitoring of Heart Rate, Stress, Temperature, SpO2, and HRV measurement.

Camera Control

Click on the Camera option, and give access to the boAt crest app to use the camera feature. Now, shake your finger while wearing the smart ring to capture the image. Note: The photo will automatically be saved in your gallery.

Calibrate Your Ring

Calibration helps to optimise your ring for accurate vitals and activity tracking. Click on the "Calibrate" option to start the ring calibration.

System Settings

- Linked Applications: View linked health apps such as Google Fit or Strava.
- App Configurations: Disable battery optimisation here.
- Help & Support: Access customer support and feedback options.
- About: View app information, including Disclaimer, Privacy Policy, and EULA.

Ring Control

Click on this option to adjust the distance unit (kilometres or miles) and the temperature unit (Fahrenheit or Celsius).

Do More with Your Ring

Wellness Crew Set Up

Open the app, and go to the wellness crew feature, which enables you to track and compete with friends' fitness goals. You can add friends, monitor their fitness goals, and engage in friendly challenges to boost motivation.

Build a Fitness Plan

You can build your fitness plan tailored to your needs. You can calculate your BMI and choose a fitness plan that suits your interests.

PRODUCT PARAMETERS

- Model SmartRing Active Plus
- Net weight 4.7 g
- Stainless Steel Stainless Steel
- Bluetooth version 5.0

- Working temperature – 200 C to 500 C
- Ring Charging time 30 Minutes
- Case Charging Time 1.5 -2 Hours
- Case Charging Interface USB Type-C
- Working time 3-4 Days
- Ring Battery 15 mAh (18 mAh for ring size 10 and above)
- Case Battery 200 mAh
- Ring Water Resistance 5 ATM

MAINTENANCE

Regularly clean your finger, especially after sweating during exercise or been exposed to substances such as soap or detergent, which may get stuck on the other end of the product. Do not wash the ring with a household cleanser. Please use soapless detergent, rinse thoroughly, and wipe with a piece of soft towel or napkin.

SAFETY & PRODUCT INFORMATION

Charging Case

- The ring has a built-in non-removable battery.
- Do not disassemble, bore, or damage the ring.
- Do not expose the charging case to high temperatures or around heating equipment.
- Do not contact the skin or eyes in case of a leaked battery. In case of contact with the skin or eyes, please wash immediately with water and go to the hospital for medical treatment.
- Do not throw the case into the fire.

PRECAUTIONS

- Keep it away from children or pets to avoid injury.
- Do not use this product in areas with high or low temperatures, it may cause fire or explosion.
- Do not bring the ring close to the heat source or exposed fire source, such as oven, electric heater, etc. In case of allergic reaction to plastic, leather, fibre, and other

materials such as redness and inflammation, please stop using the ring and consult a doctor.

- The radio waves generated may affect the working of implantable medical equipment or personal medical equipment, such as pacemakers, hearing aids, etc. If you use these devices, please consult their manufacturers for restrictions on the use of this device.

DISCLAIMER

- The manual is based on the existing information, and in the principle of continuous improvement and continuous development.
- The company reserves the right to change the product specifications and functions and modify and improve any products described in this manual.
  The contents of this manual are provided according to the condition of the product at the time of manufacture.
- No explicit or default warranty of any kind is made for the accuracy, reliability, and content of the document. Any claim based on the data, books, or text description of this manual will not be accepted.
- This product is not a medical device. The data and information provided are for reference only.
- If the shell of this product is removed without authorization, the product will lose its warranty qualification.
- The pictures in this manual are used to guide the user's operation and are for reference only. Please refer to the actual object for details .

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.

Frequently Asked Questions

How often should I sync data with the app?

We recommend syncing data at least once every day to avoid any potential data loss.

What should I do if my SmartRing is not charging properly?

If your SmartRing is not charging properly, make sure it is correctly placed on the charger. The red light should indicate charging status, and green light when fully charged.

Documents / Resources

[boAt ACTIVE PLUS Smart Ring](#) [[pdf](#)] User Manual

ACTIVE PLUS Smart Ring, ACTIVE PLUS, Smart Ring, Ring

References

- [User Manual](#)

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