

USER MANUAL

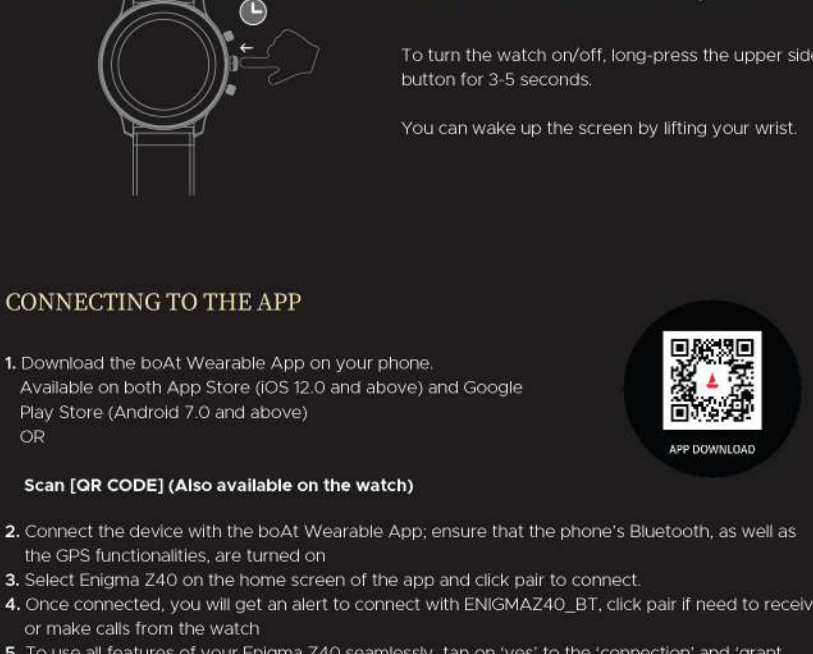


Thank you for choosing the boAt Enigma Z40 as your fitness transformation companion.

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.



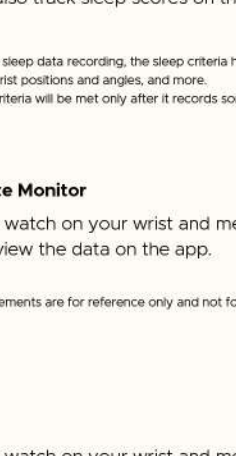
PACKAGE CONTAINS

- boAt Enigma Z40 x1
- USB magnetic charging cable x1
- User Manual x1
- Warranty Card x1

CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes up to 2-3 hours to be fully charged.

Connect and charge the watch with the image below as a reference, using 5V/2A adapter.



TURNING THE WATCH ON/OFF

To turn the watch on/off, long-press the upper side button for 3-5 seconds.

You can wake up the screen by lifting your wrist.

CONNECTING TO THE APP

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



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

2. Connect the device with the boAt Wearable App; ensure that the phone's Bluetooth, as well as the GPS functionalities, are turned on
3. Select Enigma Z40 on the home screen of the app and click pair to connect.
4. Once connected, you will get an alert to connect with ENIGMAZ40_BT, click pair if need to receive or make calls from the watch
5. To use all features of your Enigma Z40 seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.
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.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your Enigma Z40 is connected to the app.
- Synchronization will start automatically once you enter the app interface.

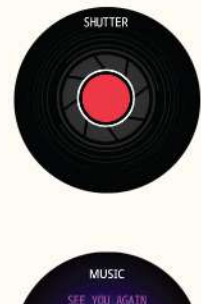
Note: Synchronize data at least once every day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS

Swipe right for the Main Menu

Steps

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



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 9 pm at night to 9 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 Wearables app.



Note: *For accurate sleep data recording, the sleep 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.

Heart Rate Monitor

Wear the watch on your wrist and measure the heart rate. You can also view the data on the app.



Note: Measurements are for reference only and not for medical purposes

SpO2

Wear the watch on your wrist and measure the SpO2. You can also view the data on the app.



Note: Measurements are for reference only and not for medical purposes.

Exercise

Choose from multiple sports modes like Walking, Running, Cycling, Skipping, Badminton, Basketball and Football. Tap on any sports mode to start the activity, and the watch will start recording the duration of the activity. Swipe right to pause or stop the activity. The activity will not be recorded if it is less than 5 minutes.



Phone

DialPad

Use a dialer to dial any number.

Note: Make sure your watch is connected with the phone's Bluetooth.



Contact Person

Add up to 8 contacts from boAt Wearable App. You can select any contact to directly dial from the watch.



Recent Call

You can find recently received, call logs in the recent calls of the watch.



Weather

Connect with the boAt Wearables app to get daily weather updates on the watch.



Messages

Tap on this icon to check your messages.



Camera Shutter

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

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



Music

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

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



Breathe

Click on the breath exercises icon to regulate your breathing by doing the breathing exercise.



Game

Tap on this to play the built-in games. You can select from Young Bird and 2048.



Watch Face Switch

Long press the screen to change the watch face.



SETTINGS

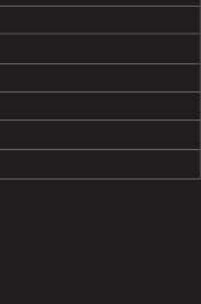
Stopwatch

Click on this to start the stopwatch on your watch.



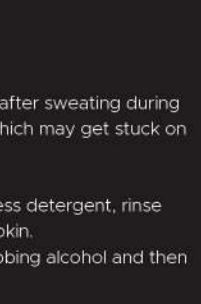
Alarm

Tap on this to set an alarm on your watch through the app.



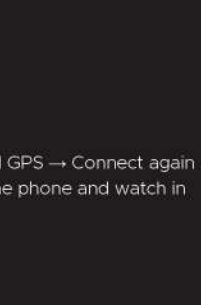
Timer

Tap on this to turn on the timer.



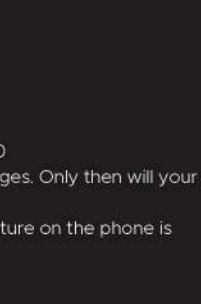
Brightness

Tap on this to adjust the brightness.



Phone

Tap on this icon to enable/disable call notifications on the watch



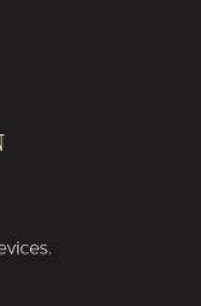
Call Reset

Tap on this to reset your call logs.



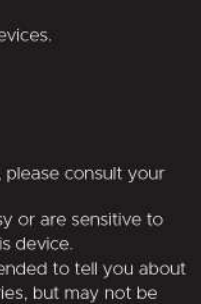
Vibration

Tap on this icon to turn on/off the vibration.



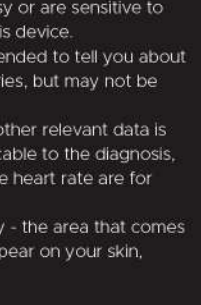
Theatre Mode

Tap on this icon to disable the vibration and to turn down the brightness.



Restart

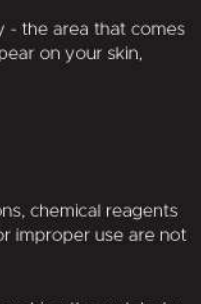
Tap on this to reset the watch.



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

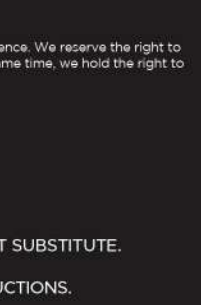
Power Off

Tap on this to switch your watch off.



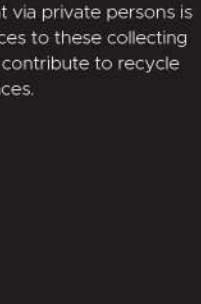
About

Shows the device details.



App Download

Scan and download the boAt Wearables App from here.



Regulatory

Shows the device's regulatory details.



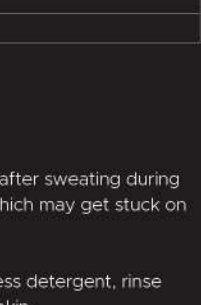
SWIPE UP TO ACCESS THE NOTIFICATIONS

You can check all the notifications from here.



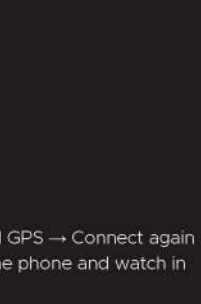
SWIPE DOWN TO ACCESS THE SHORTCUT MENU

You can access Power saving mode, Theatre mode, Flashlight, Vibration, Brightness and Settings.



SWIPE LEFT OR SHORT-PRESS THE UPPER BUTTON OR LOWER SIDE BUTTON TO ACCESS ALL DATA.

You can access phone, daily activity, health, weather, camera shutter, music, and breathe.



PRODUCT PARAMETERS

MODEL	Enigma Z40
SCREEN TYPE	1.32" HD Display
BATTERY CAPACITY	260mAh
NET WEIGHT	127g with metal strap
BLUETOOTH VERSION	BT 5.0
WORKING TEMPERATURE	-20°C-60°C
CHARGING TIME	2-3 hours
WORKING TIME	5 days
WATER RESISTANCE	IP67
FREQUENCY BAND	No

Note: The weight will vary according to the metal and silicon strap.

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

Search for the app to connect keeps failing.

1. Keep the boAt Wearable 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 the notification functions of your phone and keep the phone and watch in close contact.

Note: Make sure your phone system meets Android 7.0 and above and iOS 12.0 and above.

My Watch Enigma Z40 is receiving no alerts, texts, or phone calls.

Make sure smart reminders on the app are on and synced to Enigma Z40. 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 is disabled.

My Bluetooth keeps getting disconnected.

1. Make sure there is not more than 10m distance between Bluetooth on the phone and the watch.
2. There is no obstacle between the watch and the phone.
3. Make sure the app is running in the background.

Which functions of Enigma Z40 need Bluetooth to work?

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.

Will it be okay to take a bath wearing Enigma Z40 ?

The IP67 water resistance will only work under the following conditions:

- (1) Maximum depth of water: 1m (2) Maximum time for exposure to water: 30 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

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. 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, 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 are for reference only. We're not responsible for any deviation in data.
- 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 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 other corrosive liquid. 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 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 recycle valuable raw materials and treatment of toxic substances.