



boAt

STORM CONNECT PLUS

Thank you for choosing the boAt Storm Connect Plus 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.

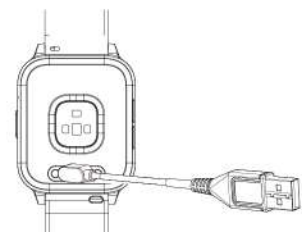


PACKAGE CONTAINS:

- boAt Storm Connect Plus 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 hours to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.



TURNING 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) OR



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

2. Connect the device with the boAt Crest app; ensure that the phone's Bluetooth as well as the GPS functionalities are turned on
3. Select Storm Connect Plus on the home screen of the app and click pair to connect.
4. Once connected, you will get an alert to connect with SCONNECTPLUSBT, click pair if need to receive or make calls from the watch
5. To use all features of your Storm Connect Plus 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 Storm Connect Plus is connected to the app
- Synchronization will start automatically once you enter the app interface.

Note:

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

NAVIGATING THROUGH THE FUNCTIONS

SHORT PRESS THE SIDE BUTTON FOR MAIN MENU

Activity Tracker

Click on this to check your daily activity data like step count, calorie, active minutes, no. of times you were standing.



Phone

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. Alternatively, you can go to phone's Bluetooth settings and pair "SCONNECTPLUSBT" to start the calling feature on your watch.

***Note: Enable call alerts from the setting to get calls on the watch**
Up to 10 contacts can be saved in the phonebook. Call history will show the latest call details. Use a dialer to dial any number.



Spo2 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.



Workout

Choose from multiple sports mode like outdoor run, outdoor walk, indoor walk, long jump, indoor run, strength training, football, basketball, table tennis, badminton, indoor cycle, elliptical, yoga, cricket, mountaineering, golf.



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.

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.



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 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.

Note:

***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**



PRODUCT PARAMETERS

Model	boAt Storm Connect Plus
Screen type	4.85 cm (1.91") Big HD Display
Battery capacity	300 mAh
Net weight	35g
Bluetooth version	V5.3
Working temperature	0-40°C
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	2.5dMB
Frequency band	2402Mhz-2480Mhz

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 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 close contact.

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

Workout records

You can view the records of your workouts here



Breathe

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



Alarm

Tap on this to set an alarm on your watch.



Stress monitoring

Click this option to start the stress monitoring. Make sure you wear your watch on your wrist properly to get the accurate results.

Analysis of the measurement is

Relax: 1-29

Normal: 30-59

Medium: 60-79

High: 80-100

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



Event reminders

You can create event reminders from the app and get the alerts on the watch



Women Health

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



Weather

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



TOOLS

Stopwatch

Click on this to start the stopwatch on your watch



Music Player

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



Camera Control Mode

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

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



Find My Phone

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.



Timer

Tap on this to turn on the timer.



Flashlight

Tap on this to turn your dial into a flashlight.



SETTINGS

Watch Faces

Tap on this icon to change your watch face.



Display

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



Language

Tap on this icon to change the language.



Sound and Vibration

Tap on this to adjust the watch volume, enable/disable ringtone, adjust vibration levels



Workout

Enable auto workout mode from here



Do Not Disturb

Tap on this to disable all notifications except alarms.



GENERAL

View

Change the menu style to grid or list view from here



Restart

Tap on this to restart your watch.



Power off

Tap on this to switch your watch off.



Factory Reset

Tap on this to reset watch data.

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



About

Shows the device details



SWIPE DOWN FOR SHORTCUT MENU

You can access DND, Brightness, Settings, Battery saving mode etc.



SWIPE LEFT OR RIGHT TO ACCESS ALL DATA

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



SWIPE UP TO ACCESS THE NOTIFICATIONS

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

