

WAVE SIGMA 3

CURV



USER MANUAL

boAt

WAVE SIGMA 3 CURV

Thank you for choosing the boAt Wave Sigma 3 Curv 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 Wave Sigma 3 Curv x1
- USB Magnetic Charging Cable x1
- User Manual & Warranty QR Card x1
- Stickers 6x

CHARGING THE SMARTWATCH

Charge the smartwatch before initial use. The full charge takes up to 1 hour 45 minutes. Use the provided USB magnetic charging cable and a 5V/2A adapter. Align the magnetic connector with the charging contacts on the back of the watch until it attaches securely. Refer to the image below for guidance.



TURNING THE WATCH ON/OFF

- **Power On:** Long press the power button (also known as Functional Crown) for 3-5 seconds until the screen lights up.
- **Power Off:** Long press the power button for 3-5 seconds. Tap the ✓ (Confirm) icon to initiate the power off. Alternatively, go to Settings >> Device >> Power Off.



CONNECTING TO THE APP

1. DOWNLOAD THE CREST APP ON YOUR DEVICE

Scan the QR code included in the package to download the boAt Crest App on your device. The app is available on both:
App Store (for iOS 14.0 and above)
Google Play Store (for Android 7.0 and above)



OR

Scan the QR code of the app provided here to download the app.

2. PAIR YOUR SMARTWATCH WITH YOUR DEVICE

1. Open the Crest app on your device.
2. Ensure the phone's Bluetooth, Notifications and Location functionalities are turned on for best experience.
3. Search and select the Wave Sigma 3 Curv on the app's home screen. It will also be available under the Wave series.
4. Select 'Pair with Bluetooth' to search for available devices, and choose the smartwatch named SIGMA3CURV_XXXX.
5. As the pairing process begins, you will receive prompt on your smartwatch to confirm the binding action. A pop-up may appear requesting access to your contacts. Tap "Authorize" for a seamless experience.



Note: To ensure connectivity throughout your journey, make sure the app is allowed to always run in the background of your phone.

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your Wave Sigma 3 Curv 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

FUNCTIONAL CROWN/POWER BUTTON FUNCTIONALITY

1. Short Press:

- Main Menu: Short press the power button to enter the main menu from the home screen
- Silent Incoming Calls: Short press the power button to silence the incoming calls.

2. Long Press:

- Power off, Restart or Reset: Press and hold the power button for 3-5 seconds to access the Power Off, Restart or Reset options.

3. Rotate:

- Scroll Main menu: From the Home Screen, short press the power button once to open the Main Menu. Rotate the power button to scroll up or down through the menu items.
- Switch Default Watch Faces: From the Home Screen, rotate the power button to switch between the 5 default watch faces. Alternatively, long press the Home Screen to select a watch face.

4. Continuous Double Clicks

- Switch Menu Styles: Continuous double clicks allow you to switch the main menu styles.

MAIN MENU

Access all the features of the smartwatch through the Main Menu. From the watch Home Screen, short press the power button once to open the Main Menu. Rotate the same to scroll through the main menu.

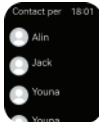
PHONE

Use the dial pad to dial any number.



CONTACT

You can save up to 10 contacts on your smartwatch and dial their number right from your smartwatch.



CALL RECORDS

Using call records, you can view incoming, outgoing, and missed call records at a glance directly on the watch screen.



VOICE ASSISTANT

The Voice Assistant feature of Wave Sigma 3 Curv offers hands-free functionality by enabling you to interact with voice assistants. Tap on this to enable the voice assistant feature and give the command from the watch.

Note: Make sure the watch is connected to the Crest app.



ACTIVITY

Tap on this to view daily activity records including the daily step count, distance covered and calories burned. Swipe up on the screen to check detailed records including the 24 hours steps, 7 days of step data and average steps.

Note: Sync your smartwatch to the app to get a detailed record of your activities.



WORKOUT

Choose from multiple workout records like Outdoor Walk, Outdoor Run, Mountaineering, Outdoor Cycle, Jump Rope, Basketball, Badminton, Football, Indoor Run, Tennis, Baseball, Cricket, Strength Training, Indoor Walk, HIIT, Pilates, Cross Fit, Functional Training, Physical Training, Yoga, etc.

Tap on any workout mode to start the workout, and the watch will start recording the duration of the activity. Press the side button to pause or stop the activity. The activity will not be recorded if it is less than 3 minutes.



WORKOUT RECORDS

The smartwatch stores data for your completed sports/activities, including duration, distance and calories burned. Moreover, depending on the activity chosen, it also displays heart rate and other metrics relevant to the particular activity. Check detailed exercise records on the Crest App:

- Open the Crest App on your device.
- Ensure your smartwatch is connected to the app.
- Sync your smartwatch data with the app to access complete exercise records.
- Go to the Wellness > Movements > Activities section within the app to review past activities.



HEART RATE MONITORING

Tap the heart rate icon to check real-time heart rate. This feature lets you track your Current Beats Per Minute (BPM), Max BPM, and Min BPM. Users can also view the detailed data on the boAt Crest app, go to Wellness > Vitals > Heart Rate.

Note: Sync your smartwatch with its Crest app on your smartphone for deeper insights, trends, and historical data.

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

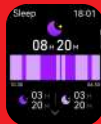


SLEEP MONITOR

Wave Sigma 3 Curv automatically tracks your sleep when worn at night. Sleep tracking records are available on the watch and on the boAt Crest app. 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 are met. The sleep statistics on watch include:

- Sleep Duration
- Sleep At Time
- Wake At Time
- 7 Days Sleep Data
- Average Sleep

Set Sleep Goals on Crest App: Sleep goals can be configured through the boAt Crest app. To set the sleep goals Open Crest App > Wellness > Restore > Edit Sleep Goal. Once the schedule is set, the watch will monitor sleep.



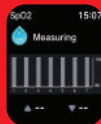
Note: For accurate sleep data recording, the asleep criteria have to be met, which include limited movement, wrist positions and angles, and more. The awake criteria will be met only after it records some noticeable movement.

SPO2 MONITORING

Blood Oxygen saturation is the measure of how much oxygen your blood is carrying as a percentage of the maximum it could carry. Wear the watch on your wrist, and watch will start measurements the SpO2 monitoring automatically, or you can click on the measure icon to begin the measurements.

The smartwatch will display your real-time SpO2 along with Max SpO2, Min SpO2 and Average SpO2. You can also view the detailed SpO2 data on the Crest app, go to Wellness > Vitals > SpO2.

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



STRESS

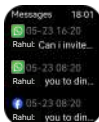
Tap the stress icon to check real-time stress. The watch also shows the maximum and minimum stress level throughout the day. Make sure you wear your watch on your wrist properly to get the accurate results.

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



NOTIFICATIONS

You can check all the notifications from your connected device.



WEATHER

Stay prepared for the day with weather updates on your Wave Sigma 3 Curv. By connecting to the Crest app, you can receive real-time temperature updates.

Note: Location permissions must be enabled for the boAt Crest App on the smartphone.



FEMALE WELLNESS

Enable and set the details on the boAt Crest App to receive alerts for your menstrual and ovulation dates directly on the watch. On the app open Settings > Watch Features > Female Wellness Tracker > Set Up Menstrual Cycle related details. Once enabled, the smartwatch will display alerts based on the information provided.

Note: This feature is available only if 'Female' is selected as the gender during the initial watch and app setup.



MUSIC

Tap on the Music Control icon on your watch to control music playback from connected device. You can also play music on your smartwatch and perform the following actions:

- Play/Pause the track
- Skip to the Next or Previous track
- Adjust the Volume Up (+) or Volume Down (-)



Note: Ensure your watch is connected to your phone via Bluetooth. Some music apps with different control protocols may not be supported.

BREATHING EXERCISE

Tap on the Breathing Exercise icon to begin a guided breathing session. You can set the Timer for 1 minute and 2 minutes, as per your comfort. Finally click on Start option to begin the session.



STOPWATCH

Click on this to start the stopwatch on your watch. Functions include start, pause, reset and lap record.



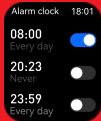
TIMER

Tap on this to turn on the timer. Preset durations include 1, 3, 5, 10, 15, and 20 minutes. Also, a custom duration can also be set.



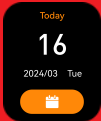
ALARM

Tap here to check alarm on your watch. To set an alarm, open Crest app > Settings > Watch Features > Alarms > Add Alarms.



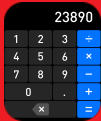
CALENDAR

Click on the calendar to check the date, day, and month on your smartwatch.



CALCULATOR

Use the calculator for mathematical calculations.



FIND PHONE

Tap on this icon to find your phone. Once enabled, your phone will start ringing or 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.



CAMERA CONTROL

Open the Crest app to use the remote camera option. Next, tap on the 'Camera Control' on your smartwatch to click a picture.

Note: Open the Crest app on your connected device to use this feature.



FLASHLIGHT

Tap on this to turn your dial into a flashlight.



SOS

Tap on this icon to either turn on the SOS Siren or make an SOS call to your selected emergency contact. Follow these steps to activate the SOS feature:

- Open the boAt Crest app on your device.
- Navigate to Settings.
- Go to the Bluetooth Calling in the watch features.
- Select the contacts to be added to your watch. The first contact you select will be your emergency contact.

After setup, go to the Main Menu > SOS. From here, you can place an SOS call or activate the SOS siren.



Note: The first selected contact will be your emergency contact as a default.

GAME

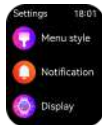
Tap the Games icon to access built-in games such as 2048 and Car for quick entertainment on the go.



SETTINGS

MENU STYLE

Tap this option to choose your preferred layout for the Main Menu display on the smartwatch. Alternatively, Continuous double clicks allow you to switch the main menu styles.



NOTIFICATIONS

Toggle on Wake Screen here to automatically turn on the display when a notification is received.



DISPLAY

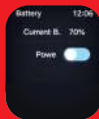
Display-related settings include:

- **Watch Face Switch:** Tap on this icon to change your watch face. You can choose from 5 default watch faces.
- **Brightness:** You can adjust the brightness of the watch here. Note, the higher the brightness, the lower the battery life.
- **Screen Time:** Tap on this icon to set the screen time-out duration on your smartwatch, ranging from 5 seconds to up to 30 seconds. Note, longer screen time consumes, more battery.
- **Wake Up Gesture:** Tap this option to set the wake gesture duration. When enabled, the screen turns on automatically upon lifting your wrist.



BATTERY

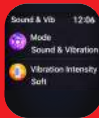
Tap on this icon to check the battery percentage and to enable power-saving mode.



SOUND & VIBRATIONS

Adjust the sound and vibration settings of your smartwatch as per your preference.

- **Mode:** Select from Mute, Vibration, or Sound & Vibration.
- **Vibration Intensity:** Choose between Soft or Strong vibration levels.



LANGUAGE

Choose your preferred language for the watch.



QR CODE

Scan the boAt Crest app QR code here to download the app.



SET TIME

Select the preferred time format and set the date from this option.



PASSWORD

Tap on this icon to set a 4-digit password on your smartwatch for an extra layer of security.



DEVICE

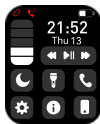
- **Device Info:** Shows the device details.
- **Power off:** You can shut down your smartwatch from here.
- **Restart:** You can restart your smart watch by clicking on this icon.
- **Reset:** Resetting will clear all data on your smartwatch.



SWIPE DOWN FOR THE SHORTCUT MENU

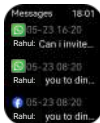
Swipe down on the Home screen to access the Shortcut Menu, which includes Brightness, Music Control, DND, Flashlight, Phone Connectivity, Settings, Device Info, and Find My Phone.

You can also view the Bluetooth/Phone connectivity status, battery level, time, and date from this screen.



SWIPE UP TO ACCESS MESSAGES

Swipe up on the Home screen to instantly view your recent messages.



SWIPE LEFT TO ACCESS WIDGETS

Swipe left on the Home screen to access widgets such as Activity, Heart Rate, SpO₂, Sleep, Weather, Music, and Workout Mode.



SWIPE RIGHT TO ACCESS RECENTLY USES APPS

Swipe right on the Home screen to access the Dial Pad, Weather, and frequently used apps. You can also view the time, day, and date from this screen.



PRODUCT PARAMETERS

Model	Wave Sigma 3 Curv
Screen Size	5.10 cm (2.01") HD Display
Battery Capacity	320 mAh
Net Weight	150 g
Bluetooth Version	Bluetooth 5.4
Working Temperature	-20°C to 60°C
Charging Time	1 Hour 45 Minutes
Working Time	Up to 10 days (Battery life may vary depending on usage)
Water Resistance	IP68

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.

Frequently Asked Questions (FAQs)

Search for the app to connect keeps failing.

Keep the boAt Crest app updated to the latest version.

Close all the programs on your device → Stop and restart Bluetooth and GPS → Connect again.

Check and enable the notification functions of your device and keep the smartphone and watch in close contact.

Note: Make sure your phone system meets Android 7.0 and above and iOS 14.0 and above.

My watch is receiving no alerts, texts, or phone calls.

Make sure the notification centre of the phone is displaying messages. Only then will your smartwatch also display those notifications. Make sure the app is running in the background and the battery optimisation feature on the phone is disabled.

My Bluetooth keeps getting disconnected.

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

Which functions of Wave Sigma 3 Curv need Bluetooth to work?

Bluetooth must be continuously enabled on both devices for these features to function reliably. Call & Text Notifications, Find My Phone, music control, camera control, weather forecast, and Bluetooth calling require the proper Bluetooth connectivity to work.

Will it be okay to take a bath wearing Wave Sigma 3 Curv?

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

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

The watch isn't suitable for hot baths, hot springs, saunas, snorkelling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

SAFETY & PRODUCT INFORMATION

WEEE INFORMATION



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.

- This device and any electrical accessories are compliant with local applicable rules on the restriction of the use of certain hazardous substances in electrical and electronic equipment.
- Feature Disclaimer: Features may vary by product model. For detailed specifications, please refer to the product user manual.
- Image Disclaimer: Due to ongoing improvements, specifications are subject to change without prior notice. We continuously enhance our products to ensure the highest quality.

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 do not apply to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. They 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 & 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.

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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.

