

SMART RING ACTIVE



boAt

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Thank you for choosing the boAt Smart ring Active 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.



USER MANUAL

PACKAGE CONTENTS

- 1x Smart ring Active
- 1x Case Charger
- 1x Type-C Charging Cable
- 1x Warranty Card
- 1x User Manual

CHARGING THE SMART RING

The smart ring 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.



CHARGING THE CASE

Step: To charge the case plug one end of the provided cable into the case and connect the other end to a computer/ Wall adapter/power bank etc.

Case Remaining Battery	Charging State
Indicating low battery	Goes into red blinking LED
While charging	Steady Red Light
Fully Charged	Steady Green Light

CONNECTING TO THE APP

- Download the app on your phone. Available on both App Store (iOS 8.0 and above) and Google Play Store (Android 5.1 and above)

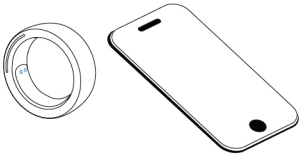


OR

Scan [QR CODE]

- The smart ring should be charged to bind with the app.
- Connect the device with the app; ensure that the phone's Bluetooth, as well as the GPS functionalities, are turned on.
- Select boAt Smart ring Active on the app's home screen and click pair to connect.
- You will get an alert to connect with boAt Smartring Active, click pair.
- To use all features of your Smartring Active seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

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



HOW TO WEAR YOUR SMARTRING

Wear the ring on your finger, to use all the functionality.

Make sure that the inner monitoring sensor of the ring is touching the finger.



SYNCING YOUR SMARTRING TO THE APP

- Data Synchronization
- Open the app on your phone.
 - Make sure your boAt Smart ring Active 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 ring.



NAVIGATING THROUGH THE FUNCTIONS

APP HOME DASHBOARD

FITNESS OVERVIEW

This feature shows your step count, sleep duration, Distance and calories.

FITNESS VITALS

Click on this feature on the app to check your health score, heart rate, SpO2, and stress.

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

ACTIVITY

Choose from multiple exercises such as running, walking, cycling, Hiking, Spinning Bike, Rope skipping, Elliptical machine, Yoga, Basketball, Volleyball, and many more. Tap on any exercise to start the activity. With the app, you can pause or end the activity. If the activity is less than 3 mins, it will not be recorded.

FITNESS

Click on the fitness feature on the app to check step count, Heart Rate, stress level, SpO2, sleep duration, Distance, and calories. The up most tab on the fitness feature will show your health goals achieved, steps and sleep duration.

GOALS INSIGHT

It allows you to view insights for step count and sleep on a daily, weekly, and monthly basis. Choose the time frame you want to analyze.

ACTIVITY HISTORY

Shows the activities records.

MY RING

Open the app, go to the My Ring feature, you'll be able to check battery percentage and Bluetooth connectivity.

RING SETTINGS

In the My Ring feature, click on ring settings to check the ring status, ring features, ring controls and about ring.

FIT CREW

Open the app, go to fit crew feature, it 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.

SETTINGS

RING STATUS

Click on this to connect or disconnect the smart ring.

RING FEATURES

Click on this to enable auto monitoring heart rate, auto SpO2 and auto stress measurement.

CAMERA

Click on the camera option, give access to 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.

RING CONTROL

Click on this to change the formats and unit of Time and Distance

ABOUT RING

Click on this to know about the device details, read the user manual and reset the ring.

PRODUCT PARAMETERS

Model	Smart ring Active
Net weight	4.7g
Ring Bluetooth version	5.0
Working temperature	- 20° C to 50° C
Ring Charging time	30mins
Case Charging Time	1.5 -2 hours
Case Charging Interface	Type - C
Working time	4-5 days
Case Battery	200mAh
Ring Water Resistance	5 ATM

MAINTENANCE

Regularly clean your finger, 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 ring with a household cleanser. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

FAQ

Search for the app to connect keeps failing.

- Keep the boAt Crest app updated to the latest version
 - Close all the programs on the phone → Stop and restart Bluetooth and GPS → Connect again
 - Check and enable notification functions of your phone and keep the phone and ring in close contact.
- Note: Make sure your phone system meets Android 5.1 and above and iOS 8.0 and above.

My Bluetooth keeps getting disconnected

- Make sure there is not more than 7m distance between Bluetooth on the phone and the ring
- There is no obstacle in between the ring and the phone.
- Make sure the app is running in background

Which functions of the smart ring Active need Bluetooth to work?

Heart rate, step count, stress, daily activities, sleep and exercises need Bluetooth connectivity to work.

Will it be okay to take a bath wearing the smart ring Active?

The SATM water resistance will only work under the following conditions:
(1) Maximum depth of water: 1.5m (2) Maximum time for exposure to water: 10 minutes

The ring 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 (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, Fiber, 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.

CHARGING NORMS & GUIDELINES:

Charger/Adapter at 5V/2A and Standard Cable (35 strands @0.10mm diameter/strand)
Any other accessory can be paired up with the product as long as the specifications are per above norms.