WAVE ASTRA NEO

USER MANUAL

boAt

WAVE ASTRA NEO

Thank you for choosing the boAt Wave Astra Neo 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.
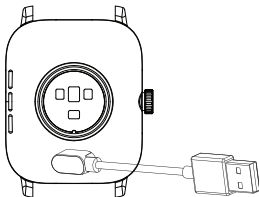
CHARGING THE WATCH

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.
Note: Use a standard 5V/2A charger only.

TURNING THE WATCH ON/OFF AND RESTART

• Power On/Off: Long-press the side button for 3–5 seconds to turn the watch on or off.

• Restart: While the watch is on, long-press the side button to select the restart option. Tap on "Restart" to reboot the smartwatch.
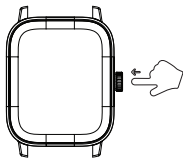
CONNECTING TO THE APP

1. Downloading the boAt Crest App on your Device

Easily download the boAt Crest App on your device using the QR card included
in the package. 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. PAIRING 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

the best experience.

3. Search and select the 'Wave Astra Neo' on the app's home screen. It will also be available under

the Wave series.

4. Scan the QR code displayed on the watch to pair it with the app. You can also find the

QR code under 'System' or 'App QR'. Alternatively, select 'Pair with Bluetooth', search for available devices,

and choose the smartwatch named WAVEASTRANEO_XXXX.

5. As the binding process will begin, you will receive a prompt confirming "Pairing Successful".

A pop-up may appear requesting access to your contacts. Tap "Authorise" for a seamless experience.

6. Make sure battery optimisation is disabled for the Crest app.

*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 Crest app on your phone.
• Make sure your Wave Astra Neo is connected to the app.
• Synchronisation will start automatically once you enter the app interface.
Note: Synchronise data at least once every day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS

CROWN FUNCTIONALITY (POWER BUTTON)

Gently rotate the functional crown to scroll through menus and navigate the watch interface with ease.

Short Press:
• Silent Incoming Calls: Short press the side button to silence the incoming calls.
• Main Menu: Open the main menu or navigate within apps and widgets.
• Back Navigation: Short press once to go back to the previous screen. Keep pressing to reach the home screen.

Long Press:
Long press the side button to Restart or Power off.

Rotate:
• To scroll through the main menu.
• Switch between the default watch faces from the home screen.

MAIN MENU

To open the main menu short press the side button. Use the functional crown to rotate the navigate through the main menu.

ACTIVITIES

To open activities either swipe left from home screen or press the side button.
The activities screen will display following stats:
• Steps: Total steps counted throughout the day.
• Calories (Cal): Estimated calories burned based on your movement.
• Times: Number of active sessions or activity periods.
• Minutes (Min): Total active minutes tracked.
Swipe down to scroll through the details. To view detailed history, sync your watch with the boAt Crest app.
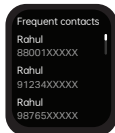
DIALPAD

Tap on the Dialpad icon to use the on-screen number pad to enter the phone number. Tap the call icon to place the call via Bluetooth.

FREQUENT CONTACTS

Add up to 30 contacts from the boAt Crest app. Select any contact to dial directly from the watch.
Note: Ensure your smartwatch is connected to your phone via Bluetooth calling for this feature to work.
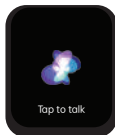
CALL HISTORY

Find recently received, missed, and dialed call logs under Call History.

VOICE ASSISTANT

Tap the Voice Assistant icon to activate and give commands directly from the watch.
Note: Ensure the watch is connected to the boAt Crest App.

GAME

Tap on the Game icon to access in-built games. Press the side button to exit the game anytime.

WORKOUT

Choose from various default workout modes here, including:
Outdoor run, Outdoor Walk, Indoor Walk, Long Jump, Indoor Run, Strength Training, Football, Basketball, Table Tennis, Badminton, Indoor Cycle, Elliptical, Yoga, Cricket, Mountaineering, Golf and more.
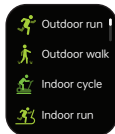
HEART RATE

For Heart Rate monitoring either swipe left from the home screen or press the side button.

• Wear the smartwatch on the wrist to start real-time heart rate measurements.

• Check out the Current Beats Per Minute (BPM), Max BPM, and Min BPM here.

• View the detailed data on the boAt Crest app.
Note: Measurements are for reference only and not for medical purposes.

SpO2

From the main menu, tap on the SpO2 icon.

• Wear the smartwatch securely on your wrist.

• Tap on Measure to begin real-time blood oxygen level tracking.

• Stay still and wait a few seconds for the measurement to complete.

• View your SpO2 reading on the screen.

• You can also access detailed SpO2 data through the app.
Note: The measurement is for reference only and not intended for medical use.

STRESS

• Press the side button to open the Stress icon on the main menu.
• Sit still and ensure the watch is properly worn on your wrist.
• Wait for a few seconds as the watch measures your stress level.
• View your stress result on the screen once the measurement is complete.
Note: The measurement is for reference only and not intended for medical use.

SLEEP

Tap on the Sleep icon to view data from the previous night. Sleep tracking begins between 8 PM and 10 AM, once inactivity is detected. Recording starts after 30 minutes of no movement and stops if excessive movement is detected. Sleep data becomes available on the app after the awake criteria are met.
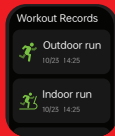Note:
• For accurate sleep data recording, the sleep criteria have to be met, which include limited movement, wrist positions and angles, and more.
• The awake criteria will be met only after it records some noticeable movement

WORKOUT RECORDS

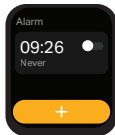Sync the smartwatch with the app to view detailed workout records.

BREATHE

Tap the Breathe icon to begin a calming session of guided breathing. Set the desired duration before starting.

ALARMS

Tap the Alarm icon to set and manage alarms on the smartwatch.
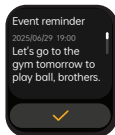
WEATHER

Receive real-time updates on weather conditions by connecting to the boAt Crest app.
Note: Your smartwatch will refresh the weather information periodically, keeping you informed throughout the day.

EVENT REMINDER

Set reminders in the Crest app and view upcoming alerts directly on the watch.
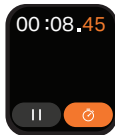
WOMEN HEALTH

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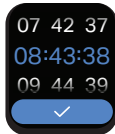
TOOLS

Stopwatch

Tap to start the stopwatch.

Timer

Tap on the Timer icon to set a countdown timer. Choose from the preset durations: 1 min, 3 min, 5 min, 10 min, 15 min, 30 min, 1 hour, 2 hours, or set a Custom timer.
Note: The timer will continue running in the background even if you switch screens.

Music Control

Tap the Music Control icon to manage playback on the paired device.
Functions include Play/Pause, Next/Previous track, and Volume adjustment.
Note:
• Ensure your watch is connected to your phone via Bluetooth.
• Some music apps with different control protocols may not be supported.
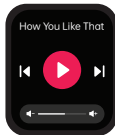
Camera Control

Tap the Camera Control icon to remotely trigger the camera on the paired device.
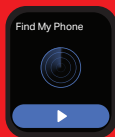Note: Turn the camera on from your device to use this feature

FIND MY PHONE

Tap the Find My Phone icon to help locate your paired smartphone. It will ring to guide you, making it easier to find. Press the side button on the watch to stop the alert.
Note: The watch must be connected to the device via Bluetooth and within the connectivity range for this feature to work.

FLASHLIGHT

Tap the Flashlight icon to turn it on or off.

CALENDAR

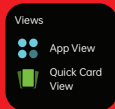Tap on the Calendar icon to view the current month, date, and day displayed on the screen.
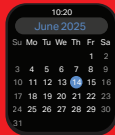
CALCULATOR

Tap on the Calculator icon to use the on-screen keypad to perform basic arithmetic operations like addition, subtraction, multiplication, and division.

VIEWS

• App View: List, Grid, Waterfall, Convex List, Honeycomb List, and Football.
• Quick Card: Zoom and Wheel.

SETTINGS

WATCH FACES

Tap on this icon to change your watch face. You can choose from 5 default watch faces.
Alternatively, you can long press the home screen or rotate the side button to switch between the watch faces.

Display

• Brightness: Tap on this to adjust the brightness.
• Screen-on Time: Tap on the Screen-on time option to adjust the screen timeout duration. You can set it from 5 second to 20 seconds based on your preference. Note: Longer screen time may lead to faster battery consumption.
• Raise to Wake: Toggle Wake Gesture on or off. It allows you to automatically turn on the screen when you raise your wrist.

Sound and Vibrations

• Volume: Adjust the overall watch volume as per your preference.
• Ringtone: Toggle on/off the ringtone here. Note: Setting it to mute will silence all incoming calls, alarms, message notifications, and other alerts.
• Vibration Intensity: Choose the level of vibration from Strong, Medium, or Weak depending on your comfort.

Auto-activity

Toggle On/Off the Auto-Activity Recognition here.
Note: The watch will detect your workout status continuously. When it senses that you are walking or running, it will enter the workout mode automatically and start recording the workout data.

DND Mode

Toggle DND on or off here.
• Scheduled DND: Set a specific start and end time to automatically enable DND during those hours.
• Smart Mode: When enabled, the watch automatically detects sleep and silences all alerts, except alarms and timers.
Note: When enabled watch will not vibrate and make sound except for alarms and time.

Language

Select your preferred language from the available options, either English or as हिन्दी the watch interface.

Battery

View the current battery percentage. Also check how many days ago the watch was last fully charged.

• Power Saving Mode: Enable or disable power saving to extend battery life by limiting select features. Once enabled, long press the side button to exit power saving mode.
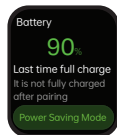
General

• Power Off: Turn off the smartwatch safely.
• Restart: Reboot the device to refresh system performance.
• Reset: Restore the smartwatch to factory settings. All data on the device will be erased.

General
Power off ›
Restart ›
Reset ›

App QR Code

Scan the Crest app QR code to bind the smartwatch with your device.

Wave Astra Neo

WAVEASTRANEO_XXXX

About

Shows the device details.

About

Device
Wave Astra Neo

Model
WA0040

SN
16428672764725

MAC
12:32:df:45:56:d2

Software Version
XXXXXX
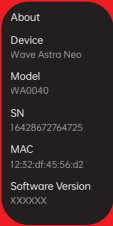
SWIPE LEFT OR RIGHT TO ACCESS WIDGETS

From the watch face, swipe left or right to scroll through the widgets. Swipe left from the home screen to access features such as Activities, Sleep, Heart Rate, Weather, and Music. Swipe right to navigate back through the widgets in reverse order.

SWIPE UP TO ACCESS THE NOTIFICATIONS

Swipe up from the watch face to view all your notifications, including messages, calls, and app alerts, all in one place.
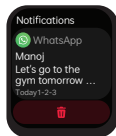
SWIPE DOWN FOR THE SHORTCUT MENU

From the watch face, swipe down to access shortcuts such as Do Not Disturb (DND), Brightness, Power Saving, Wake Gesture, Flashlight, and Settings. It also displays status icons for Battery Percentage, Bluetooth Connectivity, Date, and Day.

PRODUCT PARAMETERS

Model	Wave Astra Neo
Screen type	1.83" (4.64 cm) HD Display
Battery capacity	300 mAh
Net weight	20 g
Bluetooth version	Bluetooth 5.4
Charging time	Up to 2 hours
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.

1. Keep the boAt Crest app updated to the latest version.
2. Close all the programs on your device → 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 14.0 and above.

My smartwatch is not receiving alerts, texts, or phone calls.

Make sure that smart reminders are enabled and synced with the watch via the boAt Crest App.
Also, 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 the 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 Astra Neo 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 Astra Neo?
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

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 data is 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.

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.

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.