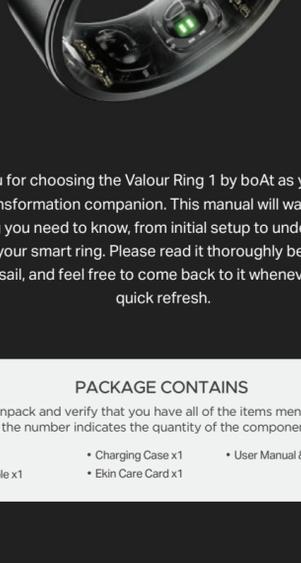


USER MANUAL



Thank you for choosing the Valour Ring 1 by boAt as your next-gen fitness transformation companion. This manual will walk you through everything you need to know, from initial setup to understanding the features of your smart ring. Please read it thoroughly before using it for a smooth sail, and feel free to come back to it whenever you need a quick refresh.

PACKAGE CONTAINS

Carefully unpack and verify that you have all of the items mentioned below. The x with the number indicates the quantity of the component:

- Valour Ring 1 x1
- Charging Case x1
- User Manual & Warranty QR Card x1
- USB Type-C Cable x1
- Ekin Care Card x1

FIT & WEAR INSTRUCTIONS

- Follow these simple wearing instructions to ensure accurate health insights from your Valour Ring 1:
- **Fit:** Wear the ring on your index or middle finger for accurate tracking. It should feel comfortable and secure but not tight or restrictive.
 - **Sensor Position:** Ensure the sensor faces your palm for proper contact.
 - **Wear Daily:** For consistent results, wear it day and night.



CHARGING THE VALOUR RING 1

Docking the Ring in the Wireless Charging Case

The Valour Ring 1 does not require a cable connection for charging it charges wirelessly inside the case. Simply connect the charging case to the power source, and wireless charging will begin inside the case.

- Follow the steps below to dock the ring securely:
- Your Valour Ring 1 must be charged before initial use.
 - Gently lift the lid of the charging case to reveal the inner charging dock.
 - The ring and the charging dock feature contoured surfaces designed for proper placement.
 - Place the ring in the dock until it naturally settles into the groove (as shown in the image here.)
 - Close the lid to begin the charging (optional but recommended).

Note: Improper placement may damage the wireless charging case or the ring.

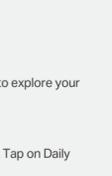
CHARGING INSTRUCTIONS

- Connect the USB Type-C cable to the charging case port.
- A blue LED on the front of the case will light up, indicating that the charger is securely connected and ready. It will turn off once the charging wire is removed from the charging case.
- When the ring is correctly positioned in the dock, a green LED will begin blinking between the ring's inner surface and charging interface. It indicates that the charging is in progress. Once charged, the green LED will stop blinking and become static.
- Once the ring is placed inside, close the lid of the case for optimal charging conditions.
- Please keep the smart ring fully charged when pairing for the first time.

CONNECTING TO THE CREST 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 Here



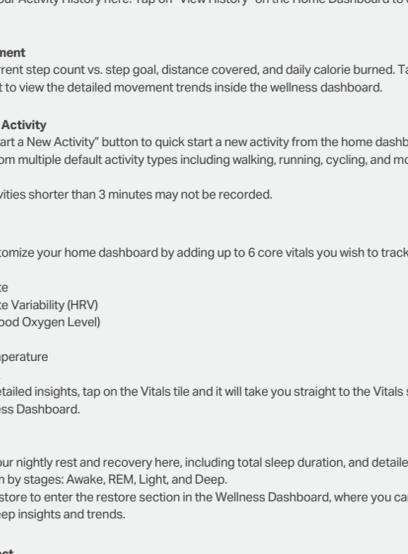
2. Pairing the Valour Ring 1 to the Crest App

It is recommended that the ring be kept in a charging state while pairing it with the app. Follow the step-by-step instructions mentioned below to pair the ring with the Crest app:

- Turn on your device's Bluetooth.
- Open the Crest app on your device.
- Search for Valour Ring 1 on the app home. You can also find it under the Valour series.
- Select the Valour Ring 1 and click 'Continue'.
- When prompted, choose the device name VALOURRING1_XXXX.
- Once the pairing process begins, you will receive a prompt confirming "Pairing Successful".

Note:

- Make sure that the device's Bluetooth, as well as the Location functionalities, are turned on.
- To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your device at all times.



APP HOME DASHBOARD

Data Synchronization

- Open the Crest app on your device.
- Ensure that the Valour Ring 1 is connected to the app.
- Synchronisation will start automatically once you enter the app interface.
- If synchronisation does not start automatically, tap "Sync Device" on the home page.

Note: Synchronise data at least once every day to avoid data loss in the ring.

Battery Status

At the top of the dashboard, you'll see your Ring Name and battery status.

Activity History

Track of your Activity History here. Tap on "View History" on the Home Dashboard to explore your past data.

Daily Movement

Shows current step count vs. step goal, distance covered, and daily calorie burned. Tap on Daily Movement to view the detailed movement trends inside the wellness dashboard.

Start a New Activity

Tap on "Start a New Activity" button to quick start a new activity from the home dashboard. Choose from multiple default activity types including walking, running, cycling, and more.

Note: Activities shorter than 3 minutes may not be recorded.

Vitals

Easily customize your home dashboard by adding up to 6 core vitals you wish to track regularly including:

- Heart Rate
- Heart Rate Variability (HRV)
- SpO2 (Blood Oxygen Level)
- Stress
- Skin Temperature
- VO2 Max

To view detailed insights, tap on the Vitals tile and it will take you straight to the Vitals sections in the Wellness Dashboard.

Restore

Monitor your nightly rest and recovery here, including total sleep duration, and detailed breakdown by stages: Awake, REM, Light, and Deep.

Tap on Restore to enter the restore section in the Wellness Dashboard, where you can explore deeper sleep insights and trends.

boAt Connect

- Wellness Crew: Add friends & family to track each other's vitals.
- Connect with Buddies: Share your progress and fitness goals.

Fitness Journey

- Fitness Plans: Personalized plans tailored to your lifestyle.
- Fitness Challenges: Compete in ongoing wellness challenges.

DEVICE

Go to the 'Device' option to check Bluetooth connectivity status, Battery Percentage, and Last Sync time.

Ring Settings

Clicking here will direct you to ring settings.

WELLNESS DASHBOARD

Tap on the Wellness tab to access detailed insights into your health and fitness data. The dashboard is organised into three main sections:

- **Movement:** View your step count and activity data.
- **Vitals:** Track key health parameters such as Heart Rate, Stress Level, VO2 Max, SpO2, and Skin Temperature.
- **Restore:** Monitor your sleep patterns and Heart Rate Variability (HRV).

MOVEMENT

Monitor your daily steps, activities and overall wellness progress here.

Steps

View the number of steps taken each day, along with the total distance covered (in kilometres or miles) and averages over time. Switch between Days, Weeks, and Months to analyse your step trends and averages over time.

Set or Edit Goals: Tap on 'Edit Step Goal' to customise your target according to your fitness needs.

Activities

Track the details of your recently performed workouts in the Activities section of the Crest App.

- Tap "Start a New Activity" on the app's home screen to begin a workout.
- Choose from a wide range of activities such as Running, Walking, Cycling, Hiking, Spinning Bike, Rope Skipping, Elliptical Trainer, Yoga, Basketball, Volleyball, and more.
- Once an activity is completed, view a detailed activity summary including duration, calories burned, average heart rate, and more, specific to the activity type.

Note: Activities shorter than 3 minutes will not be recorded.

VITALS

Heart Rate

Monitor your cardiovascular load with continuous heart rate tracking enabled by Valour Ring 1. The Crest App provides real-time beats per minute (BPM) readings, along with the minimum and maximum heart rate values recorded throughout the day. You can view your heart rate trends across daily, weekly, or monthly intervals to assess fluctuations related to physical exertion, rest, and recovery. This data helps evaluate cardiovascular strain and supports more informed fitness and recovery decisions.

Stress Level

Valour Ring 1 tracks your stress levels by analysing the Heart Rate Variability (HRV), which is a scientifically recognized indicator of physiological stress. You can view your real-time stress score along with minimum, average, and maximum stress levels recorded throughout the day. Additionally, the Crest App also allows you to monitor these trends over daily, weekly, or monthly intervals. Understanding the Stress Score Range:

- 0-29: Relax
- 30-59: Normal
- 60-79: Medium
- 80-100: High

Note: For accurate results, wear the ring properly and ensure your hand remains still during the measurement.

VO2 Max

VO2 Max describes your cardio-respiratory fitness. It tracks the maximum amount of oxygen your body can utilize in a single minute during an intense activity. Valour Ring 1 tracks VO2 Max measurement for running and warm up (brisk walk and jogging) activities.

- Make sure to select 'Running' activity on your watch for the estimates.
- Ensure that the Run is for approximately 12 minutes for the estimates.
- Check your every day's VO2 Max data here as per your last sync.

Note: The VO2 Max estimates are only available for running activities which are at least 10-15 minutes before your run.

SpO2 Monitoring

Valour Ring 1 enables you to track your blood oxygen saturation (SpO2) levels throughout the day. You can view SpO2 values in the Crest App, along with daily trends that help identify any fluctuations related to activity.

Skin Temperature

Skin Temperature monitoring feature helps identify variations that may be associated with your metabolic state, or potential signs of fever. The Crest App displays skin temperature data in both Celsius and Fahrenheit, allowing you to review fluctuations and better understand your body's external thermal patterns.

RESTORE

Sleep

Valour Ring 1 continuously tracks your sleep to help you better understand your nightly rest and recovery. Through Crest app, you can view your total sleep duration with "Sleep at" and "Awake at" times. Also edit your sleep goals, and track daily, weekly, and monthly trends for the deeper analysis. Moreover, compare your total sleep time and deep sleep duration with the previous day to spot changes in your recovery. The Valour Ring 1 is designed to be highly intuitive, offering detailed insights on your sleep durations, including:

- Deep Sleep
- Light Sleep
- REM Sleep
- Awake

Sleep Score

Your smartwatch uses algorithms and data points such as HRV, Sleep time, wake time, duration, awake time etc. to calculate your sleep score. Refer to the table below to understand the sleep score range:

Score range	Result
Poor	Less than 60
Fair	61-70
Average	71-80
Good	81-90
Excellent	More than 90

HRV (Heart Rate Variability)

Valour Ring 1 tracks Heart Rate Variability (HRV), which refers to the variation in the time interval between consecutive heartbeats. HRV is commonly used as an indicator of how the body responds to stress and recovery.

Through the Crest App, check the variation in time intervals between each heartbeat with HRV readings. View daily, weekly, and monthly trends. The long-term tracking can provide valuable insight into how your body is adapting to stress.

- Note:
- Enable Auto Stress & HRV monitoring under watch features to measure your values.
- Typical heartbeats varies from person to person and depends, among factors like a person's age, gender, fitness levels, lifestyle, etc.

MORE

Ring Status

Click on this to check the status of the ring: Connected or Disconnected
Tap on Disconnect option to unbind the ring from your device.

Ring Features

Click on this to enable auto-monitoring of following vitals:

- Auto Monitoring Heart Rate
- Auto Stress and HRV Monitoring
- Auto Monitoring Skin Temperature
- Auto SpO2 Measurements

Ring Control

Click on this option to adjust the distance unit (kilometres or miles) and the temperature unit (Fahrenheit or Celsius).

About Ring

Check here information related to Firmware Version, Model Name and App Version.
Download User Manual: Click here to download the user manual.
Reset Ring: Click here to factory re-set the device.

Note: This will erase all data stored on the device.

Ring Software Update

Click here to check any available software updates. Also check Current Version and Model Name of the ring here.

System Settings

- **Linked Applications:** View linked health apps such as Google Fit or Strava.
- **App Configurations:** Disable battery optimisation here.
- **Help & Support:** Access device recovery, Contact us and FEEDBACK options, and FAQs here.
- **About App:** Get product Disclaimer, Privacy Policy and EULA here.

boAt CONNECT

Wellness Crew Set Up

Open the app and go to the wellness crew feature on Home. This feature helps to enable you to track and compete with friends' fitness goals. To add someone to your Wellness Crew:

- Open the Crest App.
- Scroll down to navigate Wellness Crew option on the App Home Dashboard.
- Tap Add Friends & Family.
- Select Add Contact.
- Accept the Terms & Conditions to share your health data.
- Send an invite via your preferred chat platform (e.g., WhatsApp, SMS).

Once your contact accepts the request, they will be added to your Wellness Crew automatically.

Connect with Buddies

Stay motivated by teaming up with friends using the Fitness Buddy feature on the Crest App. To add a fitness buddy:

- Open the Crest App.
- Go to My Buddies on the Home Dashboard.
- Tap on Add Buddies.
- Select a contact from your list.

An invite will be sent automatically.

Once they accept, they'll be added to your Fitness Buddies list.

Fitness Plan

You can build your fitness plan tailored to your needs. You can calculate your BMI and choose a fitness plan that suits your interests.

PRODUCT PARAMETERS

Model	Valour Ring 1
Net weight	4 to 6 Grams (depending on Ring Size)
Body	Titanium
Bluetooth version	5.0
Working temperature	- 20° C to 50° C
Ring Charging time	Up to 1.5 hours
Case Charging Interface	USB Type-C
Standby Time	15 Days
Ring Battery	14.5 - 21.5 mAh (depending on the Ring Size)
Ring Water Resistance	5 ATM

MAINTENANCE

Regularly clean your finger, especially after sweating during exercise or been 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 soapless detergent, rinse thoroughly, and wipe with a piece of soft towel or napkin.

FREQUENTLY ASKED QUESTIONS (FAQS)

App Fails to Find and Connect to the Device

1. Keep the boAt Crest app updated to the latest version.
2. Close all the programs on the phone → Stop and restart Bluetooth and GPS → Connect again.
3. 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 7.0 and above and iOS 14.0 and above.

My Bluetooth Keeps Getting Disconnected

1. Make sure there is not more than a 5-metre distance between the Bluetooth on the device and the ring.
2. There is no obstacle between the ring and the device.
3. Make sure the app is running in the background.

Which Features of the Valour Ring 1 Require Bluetooth Connectivity?

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

Can I Wear the Valour Ring 1 While Bathing?

The 5ATM water resistance is effective under the following conditions:

- (1) Maximum water depth: 50 meters
- (2) Maximum water exposure time: Keep exposure under 30 minutes

Disclaimer: The ring is not suitable for high-pressure water activities such as diving. Do not wear rings during hot baths, hot springs, saunas, snorkelling, water skiing and other deep-water activities with high-speed water flow. If it's been exposed to seawater, rinse it in fresh water and dry it after use.

How can I check the battery percentage of my Valour Ring 1?

- You can check the battery status in two places on the Crest app:
- Crest App Home Screen – The battery percentage is visible right on the home screen.
- Device – Navigate to this section to view the current battery level.

Will I be notified when the battery is low?

Yes, when the battery drops below 20%, you will receive a low battery notification via the Crest app.

How do I check if my ring is connected?

You can view the ring's connection status in two ways:

- **Device Dashboard** – Open the Crest app and go to 'My Ring' to see if your device is connected.
- **More > Ring Settings > Ring Status** – This section also displays the current connection status of your ring.

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 an allergic reaction to titanium and epoxy materials, 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 or 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.