

ULTIMA
AERIS



USER MANUAL

boAt

ULTIMA AERIS

Thank you for choosing the boAt Ultima Aeris 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.

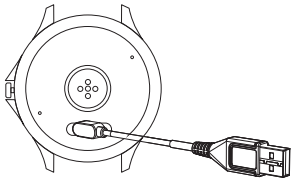


Package Contains:

- Ultima Aeris x1
- USB Magnetic Charging Cable x1
- User Manual and Warranty QR Card x1
- Stickers x6

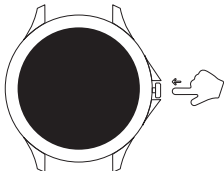
CHARGING THE WATCH

Charge the smartwatch before initial use. A full charge takes about 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 (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 >> System Menu >> Power Off.



CONNECTING TO THE APP

1. DOWNLOAD THE CREST APP ON YOUR DEVICE

Download the 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. 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 & select the Ultima Aeris on the app's home screen. It will also be available under the Ultima series.
4. Select 'Pair with Bluetooth' to search for available devices, and choose the smartwatch named `ULTIMAAERIS_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.
6. Make sure battery optimization 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 app on your phone.
- Make sure your Ultima Aeris is connected to the app.
- Synchronization will start automatically once you enter the app interface.

NAVIGATING THROUGH THE FUNCTIONS

Functional Crown

1. Short Press:

- Main Menu: Short press the power button to open the main menu from the home screen.
- Back Navigation: Short press the power button once to go back to the previous screen. Keep pressing to reach the home screen.

2. Long Press:

- Power off: Press and hold the power button for 3-5 seconds to access the Shut Down option. Tap the ✓ (Confirm) icon to initiate the shutdown.

3. Rotate:

- 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 main menu.
- Switch Watch Faces: From the Home Screen, rotate the power button to switch between the 5 default watch faces. Alternatively, long press on the Home screen, to choose a default watch face.

4. Continuous Double Clicks

- Switch Menu Styles: Continuous double click the functional crown allow to switch the main menu styles.

MAIN MENU

Access the 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.

Sports

The smartwatch offers multiple sports modes to help you track your workouts. You can choose from a variety of modes, outdoor running, indoor running, outdoor walking, cycling, mountain climbing, basketball, badminton, football, yoga, free exercise.

Note: The activity will not be recorded if the total duration is less than 7-8 minutes.



Exercise 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.



Activity

Tap on this icon to view your daily step count, along with distance covered and calories burned. Swipe up on the screen to check detailed records including the trends from the past week.



Sleep

Ultima Aeris 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 include:

- Sleep Duration
- Deep Sleep
- Light Sleep
- REM Sleep
- Awake

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.



Heart Rate

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

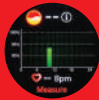


SpO2

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, then click on the Measure option to start measurements the SpO2 monitoring.

The smartwatch will display your real-time SpO2 along with resting heart rate. 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 displays 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.



Breathing Exercise

Tap on the Breathing Exercise icon to begin a guided breathing session. You can set the Timer from 1 minute to 3 minutes and set the rhythm, Slow, Gentle, or Rapid, as per your comfort. Finally click on Start to begin the session.



Call Menu

- Call Records: You can find recently received, missed, and outgoing call logs in the Call History of the watch.
- Dial: You can use the dialler to dial any number.
- Contact: Add up to 20 contacts from the boAt Crest app. You can select any contact to directly dial from the contacts of the watch. To add a contact, Go to Crest App > Settings > Watch Features > Bluetooth Calling > Your Synced Contacts > Add Contacts > Save Contacts.



Messages

You can check all the message notifications from your connected device.



Weather

The Weather feature allows you to view current weather conditions, including maximum temperature, minimum temperature, wind speed, and rainfall. Weather information is synced from the boAt Crest App.

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



Voice Assistant

The Voice Assistant feature 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.



Camera

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



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.



Alarm

Tap here to set an alarm on your watch.



Stopwatch

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



Timer

Tap on this to turn on the timer. Preset durations include 1, 3, 5, 10, 15, 20, 30 minutes, 1 and 2 Hours. Also, a custom duration can also be set.



Calendar

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



World Clock

The World Clock feature allows you to view the current time for multiple cities across different time zones directly on your smartwatch. You can add up to 5 cities using the Crest app. On the app open Settings > Watch Features > World Clock > Add City.

Cycle Tracking

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.



Calculator

Use the calculator to perform basic mathematical calculations on your smartwatch.



Bedside Clock Mode

Toggle on the Bedside Clock Mode to allow your smartwatch to function as a bedside clock, displaying the time clearly while charging.



Flashlight

Turns the smartwatch display into a flashlight for quick visibility in low-light conditions.

Tap on the screen to turn it off; rotate the functional crown to switch between steady light and flashing (on-off) mode.



SOS

Once set up on the boAt Crest app, the Emergency SOS feature can be toggled ON or OFF directly from the watch.



Find Phone

Tap on the Find Phone icon to locate your paired device. Once activated, your device will start ringing or vibrating depending on the device settings.

Note: Your smartwatch should be connected to your phone via Bluetooth and within its range for this feature to work.



SETTINGS

Watch Face Settings

Tap on this icon to change your watch face. You can choose from 5 default watch faces.



General

Raise to wake: Tap on this icon allows you to automatically turn on when you lift your wrist.

- Turn on All Day: Toggle On or Off to keep Wake Gesture active throughout the day.
- Schedule: Toggle On to set a specific time period for Wake Gesture. You can also set up the Start Time and End time to start and stop the Wake Gesture.

Brightness: You can adjust the brightness of the watch by clicking on this icon. Note, the higher the brightness, the lower the battery life.

Screen On Time: Tap on this icon to set the screen time-out duration on your smartwatch, ranging from 5 seconds to up to 20 seconds.

Do Not Disturb: Tap on Do Not Disturb to silence alerts and notifications on your smartwatch.

- All Day: Enable Do Not Disturb for the entire day.
- Schedule: Set a specific time period to automatically enable Do Not Disturb.

Password

Tap on this icon to set a 4-digit password as a secure lock on your smartwatch.

Always on Display

Enable the Always on Display (AOD) feature to keep the smartwatch screen constantly visible, even when not in active use. Choose how the AOD appears on the screen between Analog and Digital watch faces.

Note: The battery will drain quickly once this mode is enabled.



Language

Choose your preferred language for the watch.



Theme

Select the preferred menu layout style for the watch here.



Call Settings

Allows you to manage call-related preferences on the smartwatch. Enable or disable the ringtone and vibration alerts as required.



Alarm Clock Ring

Enable or Disable Alarm Clock Ring here.



Animation Switch

Select the moving screen effects.



System Menu

- **Power Off:** Turns off the smartwatch. Tap the ✓ (Confirm) icon to initiate the power off.
- **Reboot:** Restarts the smartwatch to refresh its operation. Tap the ✓ (Confirm) icon to initiate the restart.
- **Factory Reset:** Restores the smartwatch to factory settings. Tap the ✓ (Confirm) icon to initiate the restart. Note: All data and customizations will be erased.



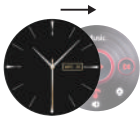
About

Displays device information including device name, model, mac address, and version information.



SWIPE RIGHT TO ACCESS THE WIDGETS

Swipe right from the Home screen to access features like Activity, Sleep, Heart Rate, SpO2, Stress, Weather, Cycle Tracking, Music, and Call Menu.



SWIPE LEFT TO ACCESS QUICK MENU

Swipe left on the home screen to access the quick menu – Music, Weather, Recently Used Apps, Activity, and Animation Switch. Also, check the connectivity status, battery status, time, date, and day here.



SWIPE UP TO ACCESS NOTIFICATIONS

Access recent notifications instantly by swiping up on your home screen.



SWIPE DOWN FOR THE SHORTCUT MENU

Access shortcut keys for Phone Connectivity, DND, Wake Gesture, Brightness, Flashlight, Find Phone, Call Settings, Call Menu, Settings, Brightness, Breathing Exercise, Drain Water, Alarm, Calendar, Stopwatch, Timer, Calculator, and QR Code.



Also, check the status of BT / phone connectivity, battery level here.

PRODUCT PARAMETERS

Model	Ultima Aeris
Screen Size	3.63 cm (1.43")
Screen Type	AMOLED
Brightness	1000nits (Max)
Battery Capacity	220 mAh
Net Weight	Up to 113.1g
Bluetooth Version	v5.3
Working Temperature	0°C-55°C
Charging Time	1 Hour 45 Minutes
Working Time	7 to 10 Days
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)

Which functions of the Ultima Aeris need Bluetooth to work?

Call and text notifications, Find My Phone, music control, camera control, weather forecast, cloud services, custom watch faces, and Bluetooth calling require Bluetooth connectivity to function.

Does the battery life of the Ultima Aeris vary based on usage?

Yes, the actual battery life of Ultima Aeris may vary depending on factors such as Bluetooth calling, display brightness, workout tracking, and other active features.

Optimizing settings like reducing brightness and limiting always on display can help extend battery performance.

How long does it take to fully charge the Ultima Aeris smartwatch?

It takes up to 1 Hour 45 Minutes to reach a full charge. For optimal charging, use a 5V/2A adapter with the provided magnetic charger.

Using lower power adapters may result in slower charging speeds.

The search for the app to connect keeps failing.

Keep the boAt Crest app updated to the latest version

Close all the programs on the watch → Stop and restart Bluetooth and GPS → Connect again

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 Watch is receiving no alerts, texts, or phone calls.

Make sure smart reminders on the app are on and synced to the Ultima Aeris.

Also, make sure the notification centre of the phone displays 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 10-meter 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.

Will it be okay to take a bath wearing Ultima Aeris?

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

- Maximum depth of water: 1.5 m
- 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.
- Features may vary by product model. For detailed specifications, please refer to the product user manual.
- 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.

Disclaimer

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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.



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