

VALOUR

WATCH | 1R



USER MANUAL

boAt

VALOUR WATCH 1R

Thank you for choosing the boAt Valour Watch 1R 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.



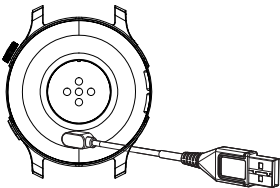
Package Contains:

- Valour Watch 1R x1
- USB Magnetic Charging Cable x1
- User Manual and Warranty QR Card x1
- Ekin Care Card x1

CHARGING THE WATCH

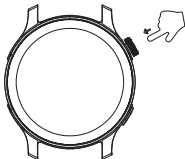
Charge the smartwatch before initial use. A full charge takes about 2 hours. Use the provided USB magnetic charging cable and a 5V/2A adapter. Align the magnetic connector with the charging contacts on the back of the watch until it attaches securely. Refer to the image below for guidance.

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



TURNING THE WATCH ON/OFF

- **Power On:** Long press the power button (also known as Functional Crown / Upper side button) for 3-5 seconds until the screen lights up.
- **Power Off:** Long press the power button for 3-5 seconds. Swipe on the screen to confirm the Power Off action.



CONNECTING TO THE APP

1. DOWNLOAD THE 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 device's Bluetooth, Notifications and Location functionalities are turned on for the best experience.
3. Search and select the 'Valour Watch 1R' on the app's home screen. It will also be available under the Valour series.
4. Select 'Pair with Bluetooth' to search for available devices, and choose the smartwatch named WATCH1R_XXXX. As the pairing process will begin, you will receive prompt confirming "Pairing Successful". A pop-up may appear requesting access to your contacts. Tap "Authorize" for a seamless experience.
5. 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 DATA OF THE SMARTWATCH WITH THE APP

- Open the app on your phone.
- Make sure your Valour Watch 1R 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.

TAG LOCATIONS

The Tag Location feature allows you to save and access frequently visited places such as Home, Office, or Friend's Place using your smartwatch.

SAVING A LOCATION

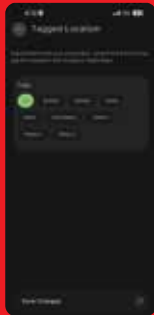
- From the watch Home Screen, navigate to the App Menu.
- Tap Tag Location > Save Current Location. The smartwatch will fetch the current location coordinates.
- Tap Next to proceed. Select the desired tag from the available options: Parking, Home, Office, Fuel Station, or Others.
- Once selected, the tagged location will be saved and synced to the boAt Crest App. Your smartwatch can save up to 10 locations.

ACCESSING TAGGED LOCATIONS ON THE BOAT CREST APP

- Open the boAt Crest App on your smartphone.
- Go to Home > My Watch > Tagged Location. Select a location from the list.
- Tap the Navigation icon to open the location in Google Maps or Apple Maps for navigation.

Note:

- Ensure that Location permissions are enabled for the boAt Crest App on the connected smartphone. To enable location permissions, go to the smartphone's Settings > Location > App Permissions, select boAt Crest App, and allow location access.
- Ensure that the smartwatch is connected to the smartphone via Bluetooth.



NAVIGATING THROUGH THE FUNCTIONS

CROWN/POWER BUTTON FUNCTIONALITY (UPPER SIDE BUTTON)

Short Press:

- **Silent Incoming Calls:** Short press the power button to silence the incoming calls.
- **Main Menu:** Short press the power button to open the main menu.
- **Back Navigation:** Short press the power button once to go back to the previous screen. Keep pressing to reach the home screen.

Long Press:

- **Power off or Restart:** Press and hold the power button for 3-5 seconds to access the Power Off and Restart options. Swipe on the screen to confirm the selected action.

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.



LOWER SIDE BUTTON FUNCTIONALITY

Activities (Default)

From the Home Screen, short press the Lower Side Button once to access the Activities menu. The Valour Watch 1R supports a wide range of built-in sports modes, designed for both indoor and outdoor training.

Available activity modes include Walking, Running, Treadmill, Indoor Cycling, Elliptical Trainer, Rope Skipping, Rowing Machine, Pilates, Karate, Yoga, Meditation, Dancing, Badminton, Basketball, Gym Workout, Boxing, Cricket, Football, Hockey, Handball, Roller Skating, Table Tennis, Tennis, Volleyball, Archery, Softball, Kabaddi, Frisbee Playing, Hiking, and Mountain Climbing.



Emergency SOS (Default)

The Valour Watch 1R features a dedicated Emergency SOS button for quick access to help during critical situations. Press and hold the Lower Side Button for up to 5 seconds to activate Emergency SOS.



Customise Lower Side Button (4H Button)

Personalise the lower side button for quick access by choosing an action for short press or long press.

- Open the boAt Crest App on your connected device.
- Go to More > Watch Settings > Watch Control > Customise 4H Button.
- Select the desired function for Short Press and Long Press.

Note: By default, the long press is assigned to SOS and short press is assigned to Activities. However, if 4H Button is customised, the default SOS function will be disabled. To restore SOS, reset the smartwatch to factory settings, or alternatively, access the SOS functionality on swipe down from the Quick Menu.

MENU

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

APPS

From the Home Screen, tap on the App Menu to access the available app features.

Navigation

Tap this icon to access navigation features. You can check your current trip, last trip and add frequently visited locations like Home or Work.

- Open the Crest App.
- Go to Home > More > Watch Features > Turn-by-Turn Navigation.
- Grant permissions for "Location", disable "App Pause", and enable "Background Activity".



- In the search bar, search for the location you wish to navigate to.
- Tap on "Get Directions".
- Tap on "Preview" to check the route before starting navigation.
- To begin Turn-by-Turn Navigation on your watch, tap on "Navigate on Watch".

Navigating on the Watch

The Navigation instruction will appear on the smartwatch along with the ETA, and detailed turn-by-turn navigation.

Your Places: Save your frequently visited places, like Home, Work, or custom locations as Place 1, Place 2, etc., in your saved locations for quicker access.

Navigation Settings:

- Audio: Toggle On or Off.
- Haptic: Toggle On or Off.
- Always on Display: Toggle On or Off.

Note: Enabling Audio and Haptic setting during Navigation may result in reduced battery life. Also, the Turn-By-Turn Navigation feature works as long as the app is running. Ensure your watch is always connected to the app for seamless navigation. Users are responsible for maintaining a stable internet connection.

QR Tray

Use this feature to store and access QR codes such as metro tickets, UPI payment codes, and membership passes directly on your smartwatch.

- Open the boAt Crest App on your connected device.
- Go to More > Watch Features > QR Tray.
- Tap Get Started > Upload to add a QR code from your device (supported formats: PNG, JPG, HEIC).
- Enter a name under "Name this QR code" and select a category of QR code: Payment, Movie, or Others.
- Now click on the "Save & Push to Watch" to upload the QR code to the smartwatch. Alternatively, tap "Save" to store the QR code in the app.
- Once uploaded successfully, a confirmation message will appear on the app.



Access QR Codes on the Smartwatch

- On successful upload, the QR code will be available under the QR Tray feature on the smartwatch.
- Swipe left from the Home Screen to view the QR code.
- Double tap on the QR screen to adjust the screen brightness, if required.

Smart Alerts

Tap here to check/receive smart alerts from the support apps.

- Open the boAt Crest App on your connected device.
- Go to More > Watch Features > Notifications.
- Enable the "App Notifications".
- Select the app that supports Smart Alerts from the available list.
- Make sure Notification Access is granted to the boAt Crest app in your device settings.

Once set, the user will start receiving quick updates like ride status etc.



AI Coach

AI Coach is your personalized, adaptive wellness guide that evolves with you. It delivers meaningful health insights through Morning Digest & Evening Recap, helps you form lasting healthy habits with Customized Habit Routines, supports progress through Personalized Workout Plans, and keeps you on track with Daily Progress Tracking and Wellness Balance Guidance.



First-Time Setup

- **Open AI Coach:** In the Crest app, go to Top Features and tap Explore AI Coach.
- **Complete Onboarding:** Swipe through the introduction screens to view AI Coach features. Tap Next to continue or Skip to proceed directly.
- **Choose Your Path:** Select your preferred mode of guidance:
 1. **Habit Routine:** When you select Habit Routine, AI Coach will ask you questions

your lifestyle, activity level, exercise preferences, sleep schedule, and stress. Based on your responses, it creates daily routines including steps, cardio minutes, and sleep targets. Note: Your routine begins the next day and can be viewed on the smartwatch as well as on the dashboard.

2. Fitness Plan: After selecting the Fitness Plan during setup, input your height, weight and age to calculate your BMI. Moreover, the coach will ask you about training frequency, intensity and your fitness goal to curate a customized workout plan for you.

- **Start Using AI Coach:** Once setup is complete, your smartwatch will display routines, fitness plans, progress insights, and personalized guidance. Follow the daily recommendations to stay consistent and improve your Wellness Balance Score.

1. Coach Guidance: Receive health insights in the form of Morning Digest and Sundown Recap notifications at default times, 8:00 AM and 8:00 PM, respectively.

You can adjust these timings in the app to suit your preference.

2. AI Health Nudges: AI Health Nudges are gentle reminders designed to keep you connected to your wellness journey. They draw from your daily activity, recovery, and lifestyle patterns to provide timely cues that encourage balance, consistency, and healthier choices. There are two types of cues available: (1) Progress Cues, which offer insights on daily activity, recovery, and goal progression; and (2) Coach Cues, which deliver personalized guidance linked to your active Habit Routine or Fitness Plan. Together, these nudges make it easier to stay mindful and build habits that last.

Switching Between Programs: Users can only choose one program at a time, either Habit Routines or Fitness Plans. To switch, you'll need to end your current program and then select a new one from the setup screen.

Note: AI Coach is intended for general well-being guidance only and should not replace professional medical advice.

Alarm

Tap here to set an alarm on your watch.



Activities

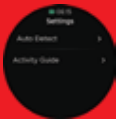
The smartwatch offers multiple sports modes to help you track your workouts effectively. You can choose from a variety of modes, including Walking, Treadmill, Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Cycling, and Indoor Cycling and more. As your activity proceeds, swipe left to access the music controls during your session.

Note: The activity will not be recorded if the total duration is less than 3 minutes.



Activities Settings

- **Auto-Detect:** Auto Detect allows the smartwatch to automatically identify selected activities when you start moving. Go to Activities > Settings > Auto Detect. Toggle ON/OFF auto detection for supported activities such as: Walking, Running, Elliptical Trainer, Rowing Machine.
- **Activity Guide:** Activity Guide provides alerts and audio/haptic guidance during your workout. Go to Activities > Settings > Activity Guide. Toggle Enable to turn Activity Guide ON or OFF.
- **Alerts:** Alerts notify you during an activity based on selected parameters. Choose the alert type you want to configure: Interval (Duration / Distance / Calories), Heart Rate (Heart Rate BPM / Heart Rate Zone), and Pace (Walk Pace / Run Pace). Also, select Alert Mode to choose how alerts are delivered: Haptic or None.
- **Activity Audio:** Toggle Activity Audio ON/OFF to enable audio guidance during the activity.



Auto Activity Detection Through Crest

- Open the boAt Crest App on your connected device.
- Navigate to More > Watch Features > Auto Activity Detection.
- Toggle ON the activities you want the watch to detect automatically: Walking, Running, Elliptical Trainer and Rowing Machine.
- Only the enabled activities will be auto detected by the smartwatch. Tap Save changes after making the selection.



- **In-App Settings:** Control when auto activity detection functions using the scheduling options. Choose specific days (S, M, T, W, T, F, S), or Tap Select All to enable detection for all days of the week.
- **Smart Mode:** When Smart Mode is enabled, auto activity detection works only during selected time ranges. Select one or multiple time slots as per your preference. Tap Save Changes to apply the schedule.

Activity Records

The smartwatch stores data for your completed 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 activity 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 activity records.
- Go to the Wellness > Movements > Activities section within the app to review past activities.



Breath Exercise

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



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. You can also set a duration from 1 second to 10 seconds, after which your phone's camera will click a picture.



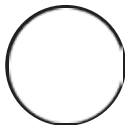
Call

- **Dialer:** You can use the dialer to dial any number.
- **Phone Book:** 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 > Bluetooth Calling > Your Synced Contacts > Add Contacts > Save Contacts.
- **Call History:** You can find recently received, missed, and outgoing call logs in the Call History of the watch.



Flashlight

Tap the Flashlight icon to turn the watch screen bright white. This feature is useful in low-light situations.



Find Phone

Tap on the Find Phone icon to locate your paired device. Once activated, your device will start ringing and vibrating. Short press the power button on the watch to stop the alert.

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



Female Wellness

Enable and set the details on the boAt Crest App to receive alerts for your period and ovulation dates directly on the watch.

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



Heart Rate

Tap the heart rate icon to check real-time heart rate. Click on the "Measure" to start the heart rate measurements. The feature lets you monitor your Current Beats Per Minute (BPM), Max BPM, Min BPM, and Resting BPM. Users can also view the detailed data on the boAt Crest app.

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



Music Control

Tap on the Music Control icon on your watch to control music playback from connected device. You can 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.



Notifications

You can check all the notifications from your connected device.



Reminders

You can set reminders from here. Follow the steps mentioned below to set the reminder:

- Open the boAt Crest App
- Go to More > Watch Settings > Watch Features > Custom Reminders
- Enter your reminder details and save

The reminder will appear on your watch at the scheduled time.

Note: Make sure your watch is synced with the app to receive reminder notifications.



Sports Score

You can check live cricket and football scores directly on your smartwatch. To enable and view sports scores:

- Open the boAt Crest App on your device.
- Go to the Device section.
- Tap on Sports Score.
- Select Enable Now to activate live score updates.
- Turn on Enable Score Push to Watch for real-time updates.
- Toggle on Vibration Alert to get notified when scores are updated(Optional).

Sports Score Settings:

1. **Cricket:** Choose the match type – T20 or ODI – and set your preferred update interval.
2. **Football:** Tap on Get Score Update to receive updates every 15 minutes.

Note: Only one sport can be selected at a time. Switching the sport will stop score updates for the previously selected one.

Enabling vibration alerts may lead to increased battery consumption.



Stress

Enable auto-stress monitoring from the Crest App to track Stress 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.



Settings

Check all the Settings from here.



SpO2

SpO2 measures 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. You can also view the data on the app.

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



Sleep

Valour Watch 1R 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 Goals. 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.



Steps

Tap on this icon to view your daily step count, along with distance covered and calories burned.



Stopwatch

Click on this to start the stopwatch on your watch. Functions include start, pause, reset, and lap record. Select the lap record option to mark lap times while the total stopwatch time continues running.



Tag Location

The Tag Location feature allows you to save and access frequently visited places such as Home, Office, or Friend's Place using your smartwatch.

Saving a Location

- From the watch Home Screen, navigate to the App Menu.
- Tap Tag Location > Save Current Location. The smartwatch will fetch the current location coordinates.
- Tap Next to proceed. Select the desired tag from the available options: Parking, Home, Office, Fuel Station, or Others.
- Once selected, the tagged location will be saved and synced to the boAt Crest App. Save up to 10 locations in the watch at a time on new replaceable basis.



Accessing Tagged Locations on the boAt Crest App

- Open the boAt Crest App on your smartphone.
- Go to Home > Device > Tagged Location. Select a location from the list.
- Tap the Navigation icon to open the location in Google Maps or Apple Maps for navigation.



- Note:**
- *Ensure the Location permissions must be enabled for the boAt Crest App. To enable location permissions, go to your connected device's Settings > Locations > Permissions > Allow all the Time.*
 - *The smartwatch must be connected to the phone via Bluetooth.*

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.



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.



Weather

The Weather feature allows you to view current weather conditions, humidity, wind speed, pressure, and weekly weather forecasts on your smartwatch. Weather information is synced from the boAt Crest App.

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



Wellness Balance

Wellness balance is a daily score which provides a snapshot of your overall well-being based on your fitness activity, vitals, and emotional state. A higher and balanced score indicates a fit and healthy lifestyle. Use this score as a guide to track your progress and identify areas for improvement.

Note:

- *Wellness Balance tracking begins after 2 weeks of consistent activity.*
- *This score is meant to be used as a guidance tool for self-monitoring and not for any medical diagnosis or treatment.*
- *Use it to stay consistent and make healthier lifestyle choices over time.*



SETTINGS

Watch Faces

There are 5 default watch faces available on the watch. Follow the steps below to switch between the watch faces:

- Long press on the home screen.
- Rotate the side button to browse through the available options.



Always on Display

Enable the Always on Display feature to keep the smartwatch screen constantly visible, even when not in active use.

Always on Display Options:

- Analog / Digital / Follow Watch Face: Choose how the AOD appears on the screen.
- Raise to Wake: Select whether lifting your wrist shows the AOD screen or the full watch face.

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



Screen Sleep

The Screen Sleep setting allows you to customize how long the smartwatch screen stays on before turning off. You can choose a screen-on duration between 5 seconds and 20 seconds based on your preference.

Note: Longer screen durations may lead to increased battery consumption.



Sounds

Use the Sounds settings to manage audio preferences on your smartwatch.

- **Silent Mode:** Toggle Silent Mode On or Off.
- **Ringtone:** Select the ringtone for incoming calls from available options Dream and Calm.
- **Message Tone:** Set the notification tone for messages is Marimba.
- **Volume:** Adjust the sound volume level here.



Vibration

Tap on Vibration to select the preferred vibration intensity for alerts and notifications. Choose from None, Soft, or Strong.



Wake Gesture

The Wake Gesture feature allows the smartwatch screen to turn on automatically when you raise your wrist.

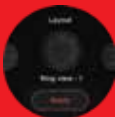
- **All Day:** Toggle On or Off to keep Wake Gesture active throughout the day.
- **Schedule:** Toggle On to set a specific time period for Wake Gesture.
- **Start Time:** Set the time when Wake Gesture should begin.
- **End Time:** Set the time when Wake Gesture should stop.



Layout

Tap on Layout to change how Main Menu is displayed on your smartwatch. Swipe to browse through the available layout styles. Once selected, tap Apply to confirm and set the chosen layout.

Layout Options: List View, Grid View 1, Grid View 2, Circular View, Ring View 1, and Ring View 2.



Brightness

Tap on Brightness to adjust the screen brightness. Drag the slider to increase or decrease the screen brightness.



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.



Bedtime Mode

Bedtime Mode helps minimize distractions during rest periods by automatically enabling Do Not Disturb, Silent Mode, and disabling the Wake Gesture.

- All Day: Enable Bedtime Mode for the entire day.
- Schedule: Set a specific time period to automatically enable Bedtime Mode.
- Start Time: Set when Bedtime Mode begins.
- End Time: Set when Bedtime Mode ends.

When enabling Bedtime Mode, a confirmation prompt will appear. Tap Apply to activate or Cancel to exit.



Battery Saver Mode

Battery Saver Mode helps extend the smartwatch's battery life by optimizing performance and limiting certain features.

- Battery Saver: Toggle On or Off to enable or disable Battery Saver Mode. Select a preferred battery-saving mode from Standard (Default) and Advanced.
- Auto Turn on at: Set a battery percentage at which Battery Saver Mode will automatically turn on, available options are from Off to 70%.



System

The System menu provides options to Power Off, Factory Reset and Restart the smartwatch.

Note: Performing a Factory Reset will delete all stored data on the smartwatch.



App QR Code

Scan the QR code to download the boAt Crest App.



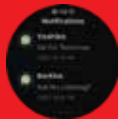
About

Displays the device details.



SWIPE UP TO ACCESS NOTIFICATIONS

Swipe up from the Home Screen to view notifications received from the connected device.



SWIPE DOWN FOR THE QUICK MENU

Swipe down from the Home Screen to access the Quick Menu for frequently used features. It includes Settings, Battery Saver, SOS, DND, Layout, Wake Gesture, Brightness, Silent Mode, Flashlight, Bedtime Mode, Always On Display, Find Phone, Navigation, Power Off/Restart, and Phone Book.

The Quick Menu also displays the battery percentage, Bluetooth connectivity status, date, and day. Swipe left or right to view more shortcuts.



SWIPE LEFT OR RIGHT TO ACCESS WIDGETS

Swipe left or right on the home screen to access widgets such as Calls, AI Coach, Navigation, Smart Alerts, QR Tray, Sports Scores, Camera Control, Music Control, Weather, Activities, Female Wellness, Breathing Exercises, Sleep, Stress, SpO₂, Steps, Heart Rate, and Wellness Balance.



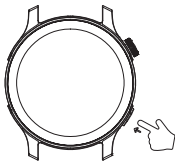
Emergency SOS with Dedicated Lower Side Button

Press and hold the Lower Side Button on the smartwatch for 5 seconds to initiate an SOS call to your emergency contact. Alternatively, you can initiate an SOS call from the Quick Menu on the watch. To ensure the Emergency SOS feature works correctly, make sure the following conditions are met:

- Smartwatch is connected to the boAt Crest app.
- Bluetooth is 'On', connected with your phone and calling is enabled.
- Emergency contact is updated on the boAt Crest app.
- Location permission is set to Always Allow for the boAt Crest app.
- Location is enabled on your phone while the SMS alert is sent to your emergency contact.

Steps to Activate the Emergency SOS Feature:

- Open the boAt Crest app on your device.
- Navigate to the Settings > Watch Features > Emergency SOS Settings > Add Emergency Contact.
- Add 1 emergency contact.
- The watch will prompt you to notify the emergency contact that they have been added.



PRODUCT PARAMETERS

Model	Valour Watch 1R
Screen Size	3.63 cm (1.43")
Screen Type	3D AMOLED
Battery capacity	300 mAh
Net weight	Up to 113.1g
Bluetooth version	v5.3
Working Temperature	0°C-55°C
Charging time	2 Hours
Working time	7 to 10 Days
Water Resistance	3ATM

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 Valour Watch 1R 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 Valour Watch 1R vary based on usage?

Yes, the actual battery life of Valour Watch 1R 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 Valour Watch 1R smartwatch?

It takes up to 2 hours 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.

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.

Will it be okay to take a bath wearing Valour Watch 1R?

The Valour Watch 1R comes with 3ATM water resistance. It is safe to use up to 30 meters depth.

Note: The watch is not suitable for activities like diving, snorkelling, or high-pressure water sports. Avoid using it in hot water, saunas, or during deep submersion.

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

Make sure smart reminders on the app are on and synced to the Valour Watch 1R.

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 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.

SAFETY & PRODUCT INFORMATION

WEEE INFORMATION



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

Disclaimer:

Features may vary by product model. For detailed specifications, please refer to the product user guide.

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 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.

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.

