WAVE
ASTRA 4



USER MANUAL

boAt

WAVE ASTRA 4

Thank you for choosing the boAt Wave Astra 4 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.



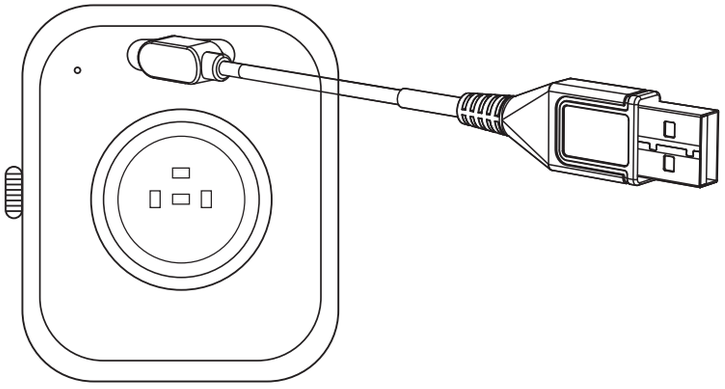
Package Contains:

- Wave Astra 4 x1
- USB Magnetic Charging Cable x1
- User Manual and Warranty QR Card x1
- Stickers x6

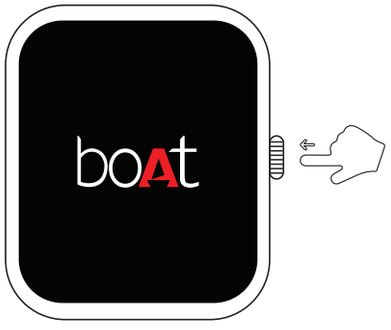
CHARGING THE SMARTWATCH

The smartwatch must be charged before initial use. It takes up to 1 hour and 50 minutes 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:** Long-press the side button for 3–5 seconds to turn the watch on.
- **Power Off:** While the watch is on, long-press the side button to select the power off option. Select "Power off" and then tap the ✓ (Confirm) icon to initiate the power off.
- **Restart:** While the watch is on, long-press the side button to select the restart option. Select "Restart" and then tap the ✓ (Confirm) icon to initiate the restart.

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 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 the best experience.

3. Search and select the 'Wave Astra 4' on the app's home screen. It will also be available under the Wave series. Once detected, select the smartwatch named ASTRA4_XXXX.

4. As the binding process will begin, you may receive a prompt on the smartwatch display confirming "Accept Pairing". A pop-up may appear requesting access to your contacts and call logs. Tap "Pair" for a seamless experience.

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

GET IT ON Google Play

Download on the App Store

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 4 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.

1. Short Press:

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

2. Long Press:

• **Restart or Power Off:** Long press the side button to Restart or Power off.

3. Rotate:

• **Scroll Main Menu:** From the Main Menu, rotate the functional crown to scroll through it.
• **Switch Default Watch Faces:** From the watch Home screen, rotate the Functional Crown, to switch between the 5 default watch faces.

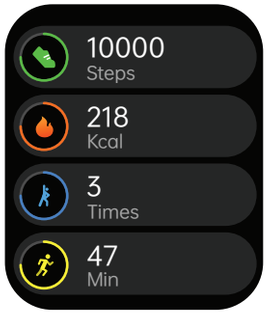
4. Continuous Triple Press:

• **Emergency SOS:** Press the side button three times in quick succession to trigger the Emergency SOS (once it has been set up via the Crest App). Follow the steps below to set up Emergency SOS:
Open the boAt Crest App
Go to Settings > Watch Features > Emergency SOS Settings
Tap on Add Emergency Contact
Select the Contacts you wish to save on the watch
Once set up, press the power button thrice continuously to initiate an Emergency SOS call from the watch

MAIN MENU

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

Activity

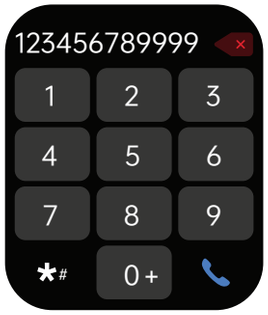


To open activity either swipe left from home screen or press the side button. The activities screen will display following stats:

- **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.

To view detailed activity history, make sure to regularly sync your smartwatch 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.

Note: Ensure that Bluetooth Calling is enabled.

Frequent Contacts

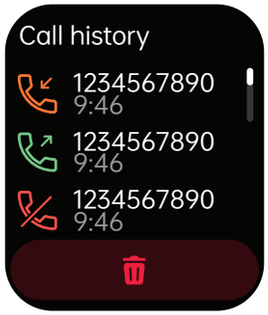


Add up to 30 contacts from the boAt Crest app. Select any contact to dial directly from the watch.

Note: Ensure your smartwatch is connected to your phone via Bluetooth calling for this feature to work.

Call History

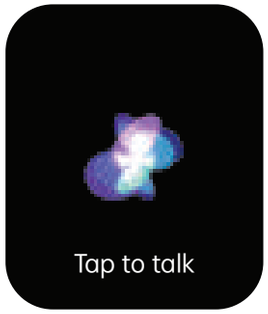
Find recently received, missed, and dialed call logs under Call History.



Voice Assistant

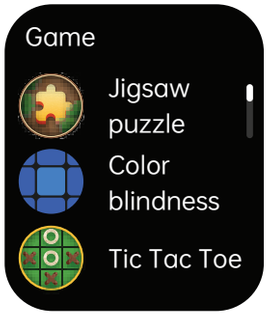
Tap the Voice Assistant icon to activate and give commands directly from the watch.

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, and Golf.



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 power button to go 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.

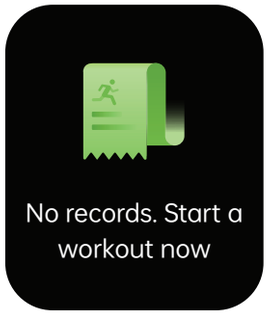
Sleep



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.



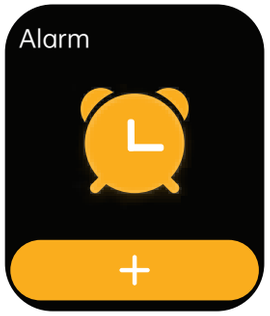
Breathe

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



Alarms

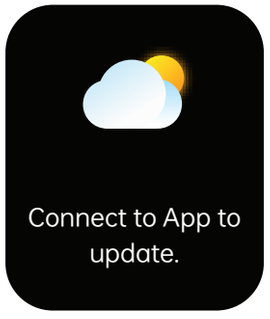
Tap the Alarm icon to set and manage alarms on the smartwatch.



Weather

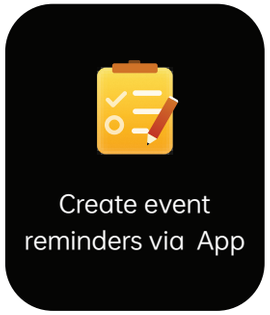
Receive real-time updates on weather conditions by connecting to the boAt Crest app.

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

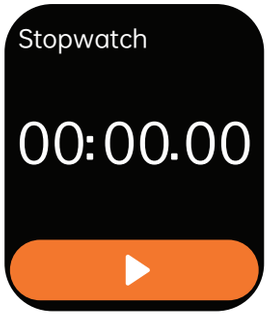
Enable and set the details on the boAt Crest app and get alerts of your period and ovulation dates on the watch.



TOOLS

Stopwatch

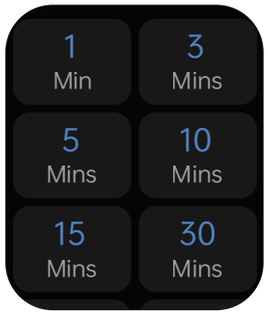
Tap to start the stopwatch.



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 or set a Custom timer.

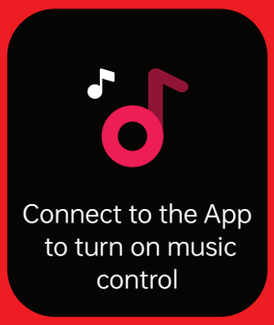
Note: The timer will continue running in the background even if you switch screens.



Music Control

Tap the Music Control icon to manage playback on the paired device. Functions include Play/Pause, Next/Previous track, Volume adjustment and Connectivity.

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

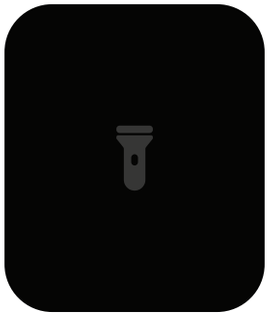
Tap the Find My Phone icon to help locate your paired smartphone. It will ring to guide you, making it easier to find. Press the side button on the watch to stop the alert.

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.



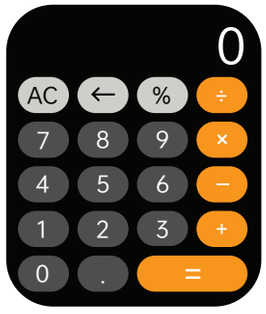
Calendar

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



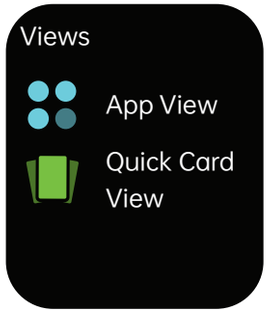
Calculator

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



Views

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



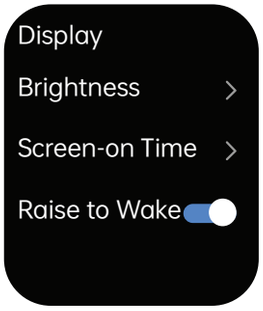
SETTINGS

Watch Face

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

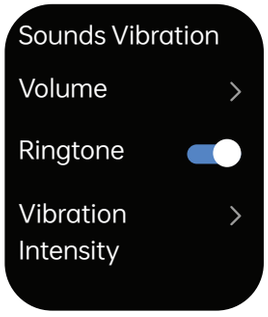


Display



• **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.

Sounds and Vibration



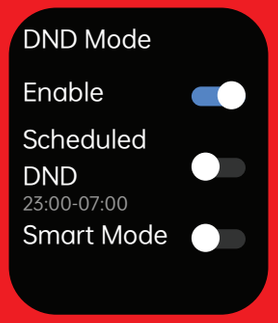
• **Volume:** Adjust the overall watch volume as per your preference.
• **Ringtone:** Toggle on/off the ringtone here. Note: Setting it to mute will silence all incoming calls, alarms, message notifications, and other alerts.
• **Vibration Intensity:** Choose the level of vibration from Strong, Medium, 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. However, this feature will greatly drain the battery life.

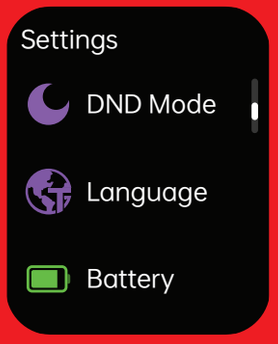
DND Mode



Toggle DND on or off here.

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

Language



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



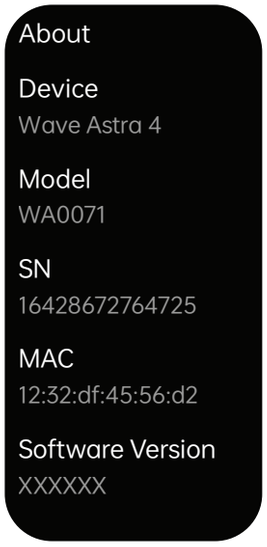
App QR Code

Scan the Crest app QR code to download the app.



About

Shows the device details.



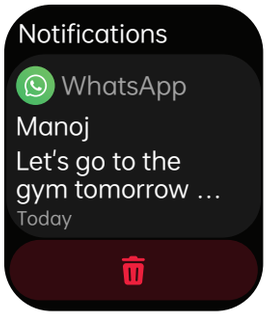
SWIPE LEFT OR RIGHT TO ACCESS WIDGETS

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.



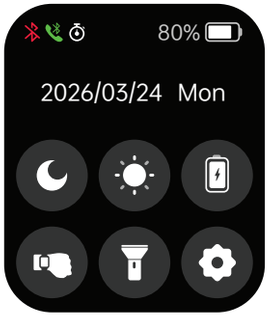
SWIPE UP TO ACCESS THE NOTIFICATIONS

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, Connectivity, Date, and Day.



PRODUCT PARAMETERS

Model	Wave Astra 4
Screen Size	1.83" (4.64 cm) HD Display
Battery Capacity	300 mAh
Net Weight	43.8 g
Bluetooth Version	Bluetooth 5.4
Charging Time	Up to 1 hour and 50 Minutes
Working Time	Up to 7 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 watch is receiving no 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 7 m 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 4 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 4?

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

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.

• Feature Disclaimer: Features may vary by product model. For detailed specifications, please refer to the product user manual.

• Image Disclaimer: 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.

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.

