

HMD Watch X1



GETTING STARTED

Track your fitness and wellness information using your smart fitness companion Smart watch. With a focus on wellbeing as a priority, it helps one smartly track his/her key fitness data such as daily activity levels, heart rate and temperature.

CHARGING YOUR SMARTWATCH

Connect and charge the watch before initial use. To charge your Smart watch follow the steps below:

1. Insert the USB of your charging cable into a (5V/2A) adapter.
2. Connect the charging pin in the correct orientation with the charging pad located at the bottom of the watch.
3. A charging prompt will let you know when it is connected. Check the charging % to know the charging progress

DOWNLOAD THE APP AND CONNECT WITH YOUR PHONE-

To download the boAt Crest app and connect with your phone, follow the below-mentioned steps

1. Enable Bluetooth and Location on your phone
2. Download the app from the Appstore or Play store; Alternatively to download the app, scan the app QR code shown on your Smart watch
3. Launch the app and follow the instructions on the phone
4. Select 'Protec Neo _XXXX' on the app and tap OK to connect.
5. Proceed with on boarding,
 - a. In Android, you will get a popup to connect to HMD Watch X1. Tap on it to pair to Bluetooth calling feature.
 - b. In iOS, go to the phone's Bluetooth settings. Search for HMD Watch X1. Tap on it to pair to Bluetooth calling feature.

Note:

- Please ensure that your phone Android version is 7.0 and above or iOS is 13.0 and above and supports Bluetooth Low Energy (BLE).
- Pair your smart watch from the app, do NOT pair it directly from the phone's Bluetooth setting

USING YOUR SMART WATCH

Syncing your data to the app

Each time you open the app, your data is automatically synced to the app if the paired smart watch is nearby and connected. For up to date insights on your wellness and fitness information, syncing at least once a day is recommended.

FEATURES AT A GLANCE

Below is a detail on the key features of the Smart watch and the app



App Dashboard

The app dashboard shows your last measured Heart Rate, Spo2, Sleep and Sleep Score, Stress & your Energy Meter value. It also provides you an overview of your fitness information like Steps taken, Calories burned, and Distance covered.

Steps, Distance and Calories

View your daily fitness details, such as Steps, Calories and Distance. Tap on Step menu item on watch to view the details.

Continuous Heart Rate Monitoring

Tap on “Heart Rate” on your watch menu and then “Measure” to check your heart rate data. Swipe up to view your Heart Rate daily graph

Monitor your heart rate automatically and keep track of your heart rate trend from the app. Check your last measured heart rate from the app dashboard. You can also view your daily, weekly and monthly heart rate trend on the app.

NOTE: For continuous heart rate monitoring, wear your smart watch at all times.

SpO2 Measurement

On your watch menu, tap on “SpO2” and then “Measure” to check your SpO2 levels. Swipe up to view your SpO2 daily graph

NOTE: SpO2 readings from the watch are not meant for medical or diagnostic purposes

Auto Sleep Tracking

Track your sleep and get insights about your sleep quality. On the watch tap on Sleep section on watch to view your last night’s sleep data on the watch. Swipe up to view your Sleep data classification. You can also view your Sleep data including historical details on the app. You can view your sleep patterns, periods in deep, light, REM sleep on the app.

There is also a Sleep score value which shows the quality of Sleep along with other some parameters like Time to Deep Sleep, Sleep consistency & how many times the user was awake in between sleep.

NOTE: Wear your smart watch at least 15 min before and after your sleep.

Energy Meter

Track your energy level throughout the day with real time Energy Meter score. Click on the Energy Meter value on the App Dashboard to see the real time value as well as historical data of energy spent.

700+ Activities

The watch supports multiple activities – Walking, Treadmill, Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Indoor Cycling, Cricket, Boxing, Karate, Table tennis, Pilates, Skipping, Hiking, Hockey, Kabaddi, Bowling. You can start your activity on the watch to measure and view details. Get details and insights of activities like HR | distance covered | pace | calories burned to monitor your performance.

In addition to default activities, user can choose from a host of activity options from Sports to Conditioning Exercises to Household chores and much more, from the app. For this, Go to the “Activity” section in the app and Select “700+ activities”. Select the required Activity category and then the activity. Use the Search option to find any Activity across or within categories. Tap to replace the selected activity on the watch. Your activity records are available in the “Activity record” menu and synced activities are also available on the app.

NOTE: The smart watch must be worn before starting any activity session.

[Sports Scores on Watch](#)

Tap on the Sports score card on the app Home dashboard. Change the settings as per your preference & select the sport for which you want to receive alerts. Next, select the match you want to receive the scores on the watch for and Save.

You will receive the latest score updates of the match on the watch. Swipe up from the watch the home screen to view the score screen.

[Sedentary Reminder](#)

Receive Sedentary reminder on your watch. Settings for Sedentary reminder can be configured from the app.

[Breath Exercise](#)

Tap on Breath exercise on watch. Select the duration and rhythm. Tap on start to start your breath exercise.

[Call, SMS & Social Message Notifications](#)

Receive Call, SMS, Social app notifications on your watch. To receive these, notifications should be enabled on the app from the Settings menu on the app. Also ensure that Do Not Disturb is disabled.

[Watch face Studio](#)

Create a watch face from the scratch. Add your favorite background, time formats and your favorite widgets. Infinite number of possibilities

Quick Reply

Send a pre-set Quick reply to an incoming call from the watch itself instead of disconnecting the call.

Bluetooth (BT) calling

Ability to answer incoming calls from the watch. Users can also place a call to the synced contacts or dial a number from the watch itself.

Note: The paired smartphone & the watch needs to be connected via Bluetooth for this feature to work.

Custom Messages

Get custom messages on the watch itself in various scenarios to keep the user engaged and improve the interaction between the watch and the user.

Always on Display

Keep the watch screen ON all the time through an Always on Display watch face.

Female Wellness

Track your monthly cycles with the female wellness feature. User can add their last period details on the app and track the cycles from the watch.

Phone Finder

Find your phone by ringing it from your Smart watch.

Stopwatch

Tap on Stopwatch to use the function on the watch

Timer

Set your preferred duration on the watch under the Timer menu. You can also set a custom Timer.

Alarm

Set reminder alarm from the app

Camera Control

Tap on the Camera icon to click a photo. Make sure you accept the prompt on your phone. Swipe on the watch to exit the remote camera.

Remote Music Control

You can play, pause, play next, previous and adjust the volume on your app with the remote music control.

Voice Assistant

Invoke & interact with the voice assistant on the watch. Use it to perform various operations seamlessly from voice itself.

Settings

You can set watch face, select vibration strength, select the QR code for the app, turn power off, factory reset and see the about section from the settings menu.

Swipe down to enter the shortcut menu

You can control brightness, set DND mode, quick access Alarm, Settings from the shortcut menu.

Watch Faces

Choose from a variety of watch faces depending on your style from the app

Fitness crew

Invite your friends; cheer and applaud them as they move to achieve their fitness goals.

Wellness Crew

Invite your nominated friend or family member as a guardian to share and keep them up to date with your fitness and vital information

Rank & Badges

Earn badges as you keep fit and monitor how you stack up against others from the app.

Fitness Plans

Select your fitness objective and get customized fitness plan based on your BMI and current activity levels, so that you can achieve your fitness goals, train and transform to a healthier lifestyle.

Auto Activity Detection

When the auto activity detection is enabled, your smart watch will automatically detect certain activities as supported,

Power Saving Mode

Power saving mode provides you the option to optimize your battery usage. Based on the specific modes, certain features will be disabled

Custom Reminders

Add a custom reminder of various category like meeting, water reminder, medicine, hand wash & others category and get notified at the mentioned time.

SOS

Users can add emergency contacts from their list and trigger an SOS alert when needed. This feature depends on the connectivity between the smart device and the phone.

Crown and Button Functions

Users can customise these functions according to their needs from the list of option in the App.



For non-medical use only:

This device or software is intended for use only for general wellbeing purposes or to encourage or maintain a healthy lifestyle, and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health-related information provided by this device or software should not be treated as medical advice. Please consult a physician for any medical advice required.

M.10 Instructions to prevent reasonably foreseeable misuse

A battery incorporated in the equipment and a battery together with its associated components (including cells and electric power generators) shall be so constructed that an electric shock or fire safeguard failure (for example, flammable chemical leakage causing fire or insulation damage) is unlikely, taking all reasonably foreseeable conditions into account. If applicable, this shall include extreme conditions as specified by the manufacturer, such as:

- high or low extreme temperatures that a battery can be subjected to during use, storage or transportation; and
- low air pressure at high altitude.

Where providing safety devices or design in a battery or equipment is not reasonably practical considering the functional nature of the battery or equipment containing a battery, instructional safeguards in accordance with Clause F.5 shall be provided to protect the battery from extreme conditions or user's abuse. Examples that shall be considered include:

- replacement of a battery with an incorrect type that can defeat a safeguard (for example, in the case of some lithium battery types);

To prevent possible hearing damage, do not listen at high volume levels for long periods.



Depending on the region, firmware version and software version, contents may differ from your smart watch or app, and is subject to change without prior notice.

All trademarks are the sole property of the respective company.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This

equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

Model number: HMD Watch X1