



## WATCH Storm RTL

Thank you for choosing the boat® Watch Storm RTL as your fitness transformation companion. Your Watch Storm RTL is here to remove all obstructions that may come on your goal achieving path.

Allow this manual to guide you through the functioning of your smart watch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



### WELLNESS MODE

**Heart Rate Monitor**  
Click on the heart rate monitor icon to check heart rate and add it for today.  
Note: Measure heart rate for reference only.

**Blood Oxygen Level Monitor**  
Click on the blood oxygen level monitor icon to check blood oxygen levels and data for today.  
Note: Measure oxygen for reference only.

**Blood Pressure Monitor**  
Click on the blood pressure monitor icon to check your blood pressure.  
Note: Measure blood pressure for reference only.

**Guided Breathing Mode**  
Click on the guided breathing icon to regulate your breathing and relax.



**Alarm & Timer**  
To enable this feature, add it on the app on your phone.



**Music Control mode**  
Select this mode to launch music control mode.  
Note: Requires Bluetooth App to connect on your phone for Bluetooth music playback. Do not play music for long time to protect the health of your phone.



**Heart Rate**  
Click on the heart rate monitor icon to check your heart rate.  
Note: Measure heart rate for reference only.



**Blood Pressure**  
Click on the blood pressure monitor icon to check your blood pressure.  
Note: Measure blood pressure for reference only.



**Breathing**  
Click on the guided breathing icon to regulate your breathing and relax.

### Package Contents

1. boat® WATCH Storm RTL, 1 USB magnetic charging cable, 1 User Manual
1. Warranty Card

### TURNING THE WATCH ON

To turn the watch on, press the key on the right side of the watch.  
Note: The smart watch must be charged before initial use.

### WEARING THE WATCH

Wear the watch at a 1 finger distance from your wrist bone, adjusting the tightness of the band to a comfortable position.

Note: Wearing too loosely might affect the accuracy of the measurement of the wellness mode.



### CHANGING THE STRAP

Flip the switch on the side to take the watch band out.



### CONNECTING TO THE APP

1. Download the boat® ProKeeper app on your phone.  
Available on both App Store (iOS 8.0 and above) and Google Play Store (Android 4.4 and above).

OR

Scan QR Code given

2. Connect the device directly with the mobile application. Do not connect with the phone's Bluetooth directly.
3. Select Storm RTL on the home screen of the app and click OK to connect.
4. To use all features of your Watch Storm RTL, seamlessly tap on 'yes' to the connection and grant access system prompt.
5. Turn your phone's bluetooth and GPS on.

Note: To maintain connectivity throughout your journey, make sure the phone software is updated to the latest version. All the phone's software updates will not interrupt your information unless you complete the update with your phone.



### CHARGING THE WATCH

Connect and charge the watch with the image below as a reference.



### SYNCING YOUR SMARTWATCH TO THE APP

On the app, connect the watch with Bluetooth to synchronize your data.  
Open the app > tap on 'yes' > click on the right prompt.  
Note: Synchronize data at least once with every 7 days to avoid data loss in the watch.

### CHANGING THE DIAL INTERFACE

Go to settings > click on Dial > Select the Watch Face by clicking.  
Short press the right key to return to the previous interface.

### FUNCTIONALITY

**Sports Mode**  
On the app, click on the sports mode icon to choose different sports mode. There are total of 16 sports mode on the Watch Storm RTL. You can choose up to 8 active modes at once.  
Click the sports mode icon and select sports type > enter the sport you'd like to start automatically.

**During sports**  
To start: Short press the right key.  
To pause: Short press the right key.  
To End: Long press the right key > select end on the screen.

### PRODUCT PARAMETERS

Model	boat WATCH Storm RTL
Screen Type	1.18 inch TFT LCD (Active Matrix) Display
Battery Capacity	200mAh
Charging Voltage	3.7V/3V
Charging Time	2.5 hours
Battery Life	8-10 days
Water Resistance	1.5 ATM
Weight of product	78g
Operating Temperature	0°C - 35°C
Bluetooth version	BLE 4.2
Working frequency	2400-2480MHz
Max. transmission power (EIRP)	0.125W

### Charging norms & Precautionary Guidelines :-

- 1) Charger/Brick/Adapter : 5V 2A

Any other accessory can be paired up with the product as long as the specifications are as per above norms.

### Maintenance

Regularly clean your wrist and the strap of the smart watch, 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 cleaner. Please use soap and detergent, rinsed 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.

### FAQ

- My Watch Storm RTL is not connecting to the app**  
- Keep the both app updated to the latest version.  
- Close all the program on the watch > stop and restart Bluetooth > Connect again.
- Note:** Make sure your phone system meets Android 4.4 and above and iOS 8.0 and above.

**My Watch Storm RTL is receiving no alerts, texts, or phone calls**  
- Make sure smart notifications on the app are on and synced to the Watch Storm RTL.

**My Bluetooth keeps getting disconnected**  
- Make sure there is not more than 7m distance between Bluetooth on the phone and the watch.  
- There is no obstacle in between the watch and the phone.

### Which functions of the Watch Storm RTL need Bluetooth to work?

- Activity Tracker, Sleep Monitor, Alarm Clock, Sports Mode, Call & Text Heart Rates, Find My Phone need Bluetooth connectivity to work.

Note: For microcontroller queries, go to the Program > app > help and feedback.

### SAFETY & PRODUCT INFORMATION

**Battery**  
- Do not disassemble, bore or damage the battery.  
- Do not disassemble the built-in batteries of non-rechargeable 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 and red. If you fall or from epilepsy or are sensitive to flashing lights, please consult your physician before wearing the 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 accesses heart rate sensor, blood pressure, 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 and blood pressure data is reference only. We're not responsible for any deviation in data.

### THINGS TO KEEP IN MIND

- Sync data every 7 days to avoid data loss.
- Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquids. The damage or defects caused by misuse of waterproof use are not covered by the warranty.
- Sports mode supports 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.
- Wipe your e-mail when measuring data for accurate measurement.

### DISCLAIMER

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.

### CAUTION

- RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.
- CHARGE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
- Old electrical appliances must not be disposed of together with the residual wastes but have to be disposed of separately. The disposal of the communal collecting point via private persons is for free. The owner of old appliances is responsible for bringing the appliances to these collecting points or to similar collection points. With this little personal of you, you contribute to recycle valuable raw material and treatment of waste substances.