HOROLOGICAL SMARTWATCH

FREDERIQUE CONSTANT
GENEVE

USER GUIDE

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HOROLOGICAL SMARTWATCH

HOROLOGICAL SMARTWATCH

START
WITH YOUR HOROLOGICAL SMARTWATCH

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1
GET THE APP

Download the MMT-365 App
for iPhone® or Android.

MMT-365

Available on the App Store

ANDROID APP ON Google play

2
ACTIVATE BLUETOOTH ON YOUR PHONE

3
FOLLOW THE INSTRUCTIONS

within the app to pair your watch and set your goals.

HOROLOGICAL SMARTWATCH

PAIR YOUR WATCH

WITH THE MMT-365 APPLICATION

To pair your watch, launch the MMT-365 application and touch the watch icon in the upper right corner of the screen. Press the crown on your watch to wake up the Bluetooth radio, then press the “start“ button in the app screen. Keep your watch close to your phone during the pairing process. You will be prompted to push the crown on your watch one more time to complete the pairing.

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USE
THE HOROLOGICAL SMARTWATCH

285 - CLASSICS

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ACTIONS | RESULTS

PUSH
ONCE

CONNECTION & SYNC OF THE WATCH WITH THE APP

PUSH
TWICE

WHILE IN ACTIVITY MODE
SHOW PROGRESS TOWARD ACTIVITY GOAL

WHILE IN SLEEP MODE
SHOW PROGRESS TOWARD SLEEP GOAL

PUSH
THREE TIMES

WORLDTIMER
HOUR HAND SHOWS TIME IN SELECTED TIMEZONE

3 SECONDS PUSH
& HOLD

CHANGE MODES

- ACTIVITY
  If the **BLUE** hand shows the date, you are in activity tracking mode

- SLEEP
  If the **BLUE** hand shows the moon, you are in sleep monitoring mode

HOROLOGICAL SMARTWATCH

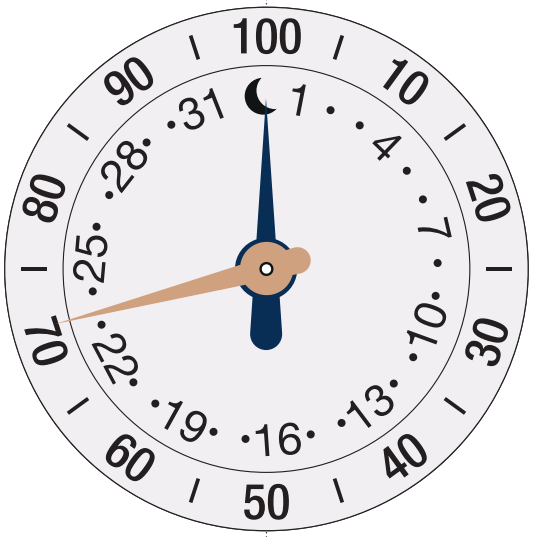
MODES

285 - CLASSICS

ACTIVITY MODE

If the **BLUE** hand shows the date, you are in activity tracking mode

ROSE GOLD hand points to 0-100 scale representing 60% Activity



SLEEP MODE

If the **BLUE** hand shows the moon, you are in sleep monitoring mode

ROSE GOLD hand points to 0-100 scale representing 70% Sleep

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USE
THE HOROLOGICAL SMARTWATCH

281/282 - NOTIFY

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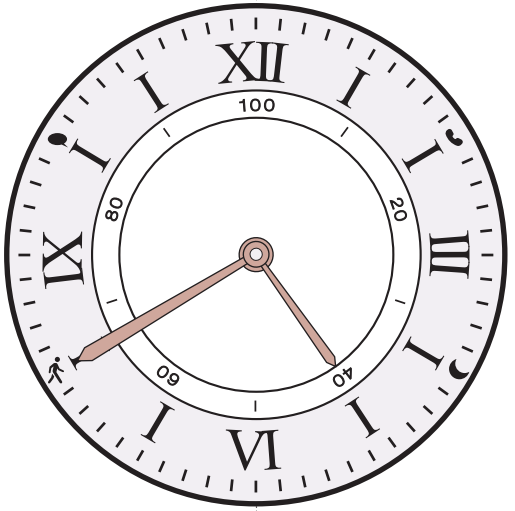
ACTIONS	RESULTS
●	**PUSH** ONCE **WHILE IN ACTIVITY MODE** SHOW PROGRESS TOWARD ACTIVITY GOAL **WHILE IN SLEEP MODE** SHOW PROGRESS TOWARD SLEEP GOAL
●●	**PUSH** TWICE **WHILE IN ACTIVITY MODE** SHOW PROGRESS TOWARDS SLEEP GOAL **WHILE IN SLEEP MODE** SHOW PROGRESS TOWARDS ACTIVITY GOAL
●●●	**PUSH** THREE TIMES **WORLDTIMER** HOUR HAND SHOWS TIME IN SELECTED TIMEZONE
◉	**3 SECONDS PUSH** & HOLD **CHANGES MODES BETWEEN ACTIVITY AND SLEEP**

HOROLOGICAL SMARTWATCH

MODES

281/282 - NOTIFY

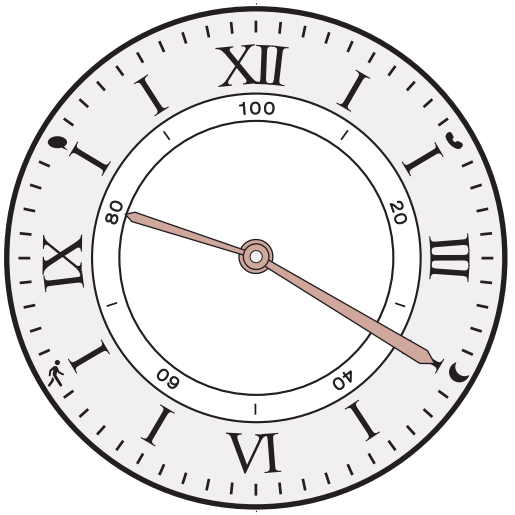


ACTIVITY MODE

After the crown press, minute hand moves to 8 o‘clock icon.

HOUR HAND points to 0-100 scale representing 40% Activity.

Two seconds later, hands will move back to time.



SLEEP MODE

One press on crown will move minute hand to 4 o‘clock icon.

HOUR HAND points to 0-100 scale representing 80% Sleep.

Two seconds later, hands will move back to time.

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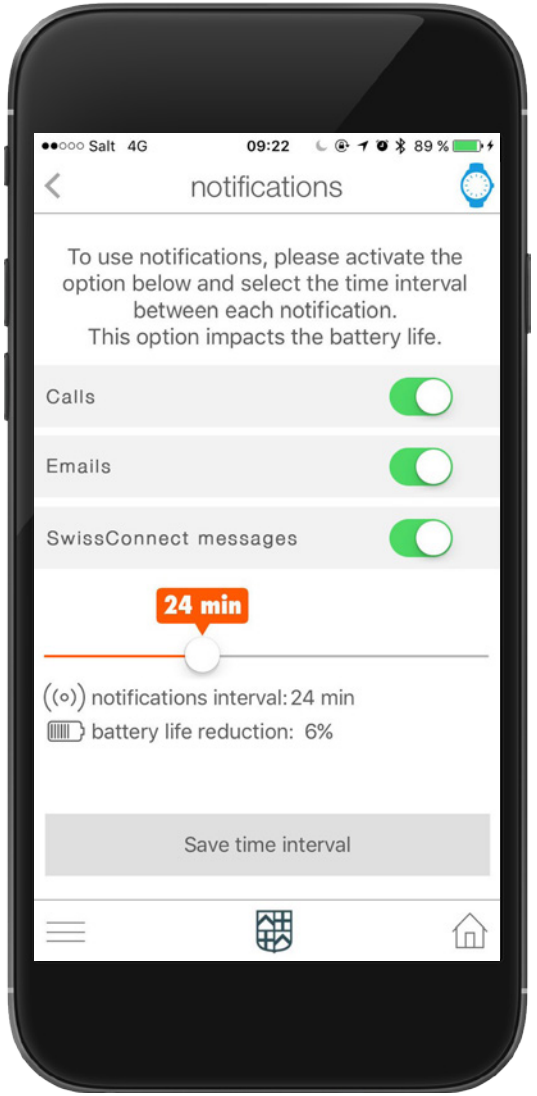
HOROLOGICAL SMARTWATCH

NOTIFICATIONS

281/282 - NOTIFY



CALLS

CALIBER WILL VIBRATE WHEN A MISSED CALL IS DETECTED
HANDS WILL POINT TO ICON AT 2 O'CLOCK
WITH PUSH ON CROWN, HANDS WILL GO BACK TO TIME

MESSAGES

CALIBER WILL VIBRATE WHEN A MESSAGE IS RECEIVED
HANDS WILL POINT TO ICON AT 10 O'CLOCK
WITH PUSH ON CROWN, HANDS WILL GO BACK TO TIME

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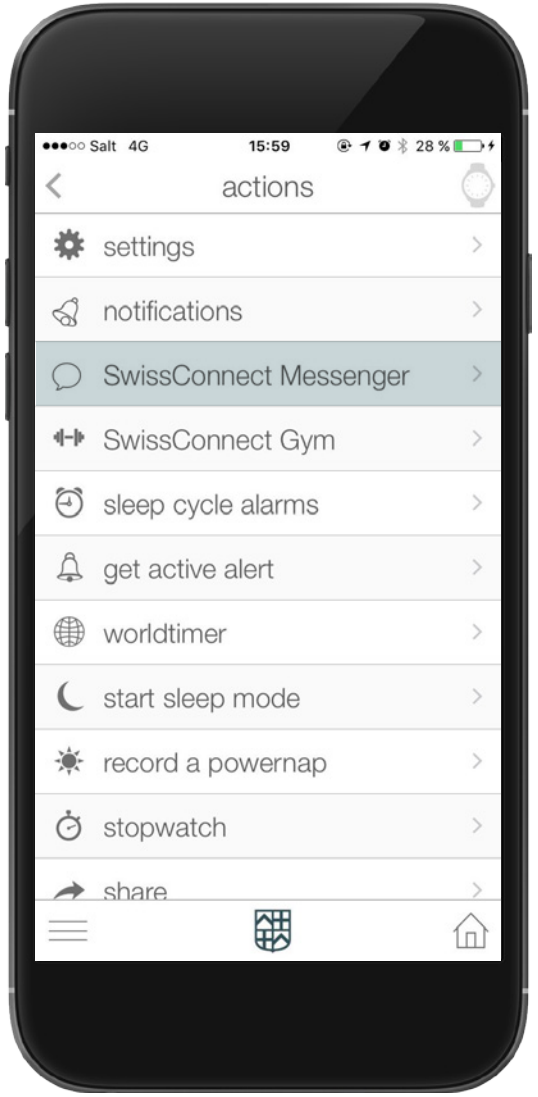
SWISS CONNECT MESS ENGER

FROM MAIN MENU,
SELECT SWISSCONNECT MESSENGER
IN THE MMT-365 APPLICATION

281/282 - NOTIFY



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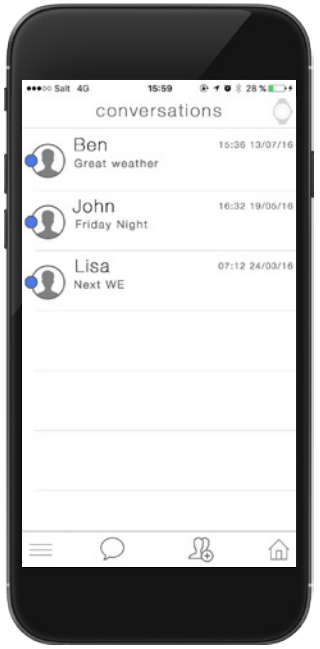
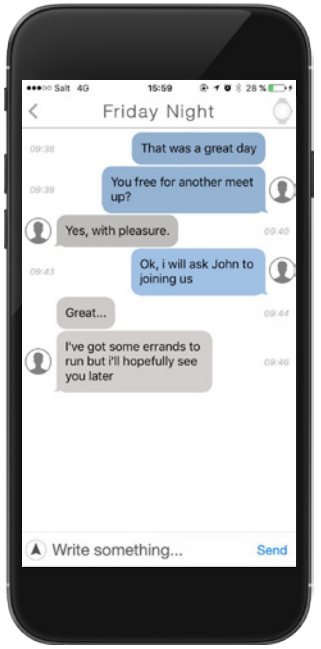
SWISSCONNECT MESSENGER

SwissConnect Messenger was especially created to grant an exclusive access to one's Horological Smartwatch by family and friends. For example, a mother and daughter could easily communicate and keep in touch by authorizing each other to send vibrating alerts to their connected watches.





SWISSCONNECT MESSENGER works like typical sms/messenger applications. please see **www.swiss-connect.ch/messenger** for more information.

FUNCTIONS

HOROLOGICAL SMARTWATCH

ALWAYS ON-TIME & DATE

You never have to set a time and date - traveling across time zones, the Frederique Constant Horological Smartwatch picks up the time from your smartphone and displays new time automatically.

ACTIVITY TRACKING

Keep track of daily steps, calories burned, and total distance.

SLEEP MONITORING

Wear your watch at night or put it under your pillow to record your sleep. Sleep monitoring function provides details on how much time you spent in deep sleep, light sleep, or awake.

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SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best appropriate time in your sleep cycle so that you wake up refreshed.

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GET ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time. Customize your Get Active Alert from the MMT-365 app.

DYNAMIC COACH

Get suggestions, tips, and information catered specifically to you based on your activity and sleep goals.

WORLDTIMER

The new version now includes a world timer function, displaying a chosen second time zone (hometown).

CLOUD

Recover all of your data, even if you lose your watch or phone. The Horological Smartwatch independently stores your activity and sleep up to 30 days without having to synchronise it to your smartphone. A great way to collect and keep your data on-the-go!

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2+/4+ YEARS BATTERY LIFE

Your Frederique Constant Horological Smartwatch is a real Swiss watch in its pure tradition. Your timepiece features an electronic movement with 2+ years battery life for FC-285/FC-281 pieces and 4+ years for FC-282 references.

LINKED
TO MOTION
MORE INFORMATION
frederiqueconstant.com/smartwatch

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LEGAL
NOTICES

HOROLOGICAL SMARTWATCH

USA
CANADA

FREDERIQUE CONSTANT SA
Chemin du Champ-des-Filles, 32
1228 Plan-les-Ouates
Switzerland

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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 dœs 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 technician for help.

NOTICE

This device complies with Part 15 of the FCC Rules and with Industry Canada license-exempt RSS standard(s).
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.

NOTICE:
Changes or modifications made to this equipment not expressly approved by Frederique Constant SA may void the FCC authorization to operate this equipment.

EUROPE

CE

FREDERIQUE CONSTANT SA - Chemin du Champ-des-Filles, 32 - 1228 Plan-les-Ouates - Switzerland

Declares that the product:
Erklärt, dass das Produkt : / Déclare, que le produit / si dichiara che il prodotto:

HOROLOGICAL SMARTWATCH
FC-285X5B4/6 - FC-282XB4/6 - FC-281X3ER2/6

complies with the essential requirements of Article 3 of the R&TTE 1999/5/EC Directive, if used for its intended use and that the following standards has been applied:

bei bestimmungsmäßiger Verwendung den grundlegenden Anforderungen gemäß Artikel 3 der R&TTE-Richtlinie 1999/5/EG entspricht und daß die folgenden Normen angewandt wurden:

répond aux exigences essentielles du Article 3 de la directive R&TTE 1999/5/EC , prévu qu'il soit utilisé selon sa destination, et qu'il répond aux standards suivants :

soddisfa tutti i requisiti secondo l'art. 3 della direttiva R&TTE 1999/5/EC qualora venga utilizzato per l'uso previsto e che le seguenti norme siano applicate:

Geneva, October 1st, 2016

Place and date of the declaration of conformity
(Ort und Datum der Konformitätserklärung)
(lieu et date de la declaration de conformité)
(Luogo e data della dichiarazione di conformità)

Peter C. Stas

Name and signature
(Name und Unterschrift)
(Nom et signature)
(Nome, cognome e firma)

1. HEALTH

(ARTICLE 3.1.A OF THE R&TTE DIRECTIVE)

Gesundheit (Artikel 3.1.a der R&TTE-Richtlinie)
Santé (Article 3.1.a de la Directive R&TTE)
Salute (Aricolo.3.1 a della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s) / standard(s) appliqué(s) / norma(e) applicata(e)

EN 62311:2008

2. SAFETY

(ARTICLE 3.1.A OF THE R&TTE DIRECTIVE)

Sicherheit (Artikel 3.1.a der R&TTE-Richtlinie)
Sécurité électrique (Article 3.1.a de la Directive R&TTE)
Sicurezza elettrica (Articolo 3.1 a della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s) / standard(s) appliqué(s) / norma(e) applicata(e)

EN 60950-1:2006 + A11:2009 + AC:2011 + A12:2001 + A1:2010

3. ELECTROMAGNETIC COMPATIBILITY

(ARTICLE 3.1.B OF THE R&TTE DIRECTIVE)

Elektromagnetische Verträglichkeit (Artikel 3.1.b der R&TTE-Richtlinie)
Compatibilité Electromagnétique(Article 3.1.b de la Directive R&TTE)
Compatibilità Elettromagnetica (Articolo 3.1 b della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s) / standard(s) appliqué(s) / norma(e) applicata(e)

EN 301 489-1 V1.9.2

EN 301 489-17 V2.2.1

4. EFFICIENT USE OF THE RADIO

(ARTICLE 3.2 OF THE R&TTE DIRECTIVE)

Effiziente Nutzung des Funkfrequenzspektrums (Artikel 3.2 der R&TTE-Richtlinie)
Efficacité du spectre radio (Article 3.2 de la Directive R&TTE)
Effettivo uso dello spettro radio (Articolo 3.2 della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s) / standard(s) appliqué(s) / norma(e) applicata(e)

EN 300 328 V1.8.1

SOUTH AFRICA

ICASA

TA-2015/1103 / TA-2015/1104 / TA-2015/1105

AUSTRALIA

NEW FEATURES

From time to time, we will add new features.
Please subscribe at
www.frederiqueconstant.com/smartwatch/subscribe
to receive an email update.

MORE INFORMATION

www.frederiqueconstant.com