TIMEX

iConnect By Timex™ Square

USER GUIDE 1

03Y096003 6.5.19

Register your product at https://www.timex.com/product-registration.html

Register your product at https://www.timex.ca/product-registration.html

Please read this manual before use.

The watch should be charged for at least 2 hours before use.

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
   a. Do not attempt to remove the case back or exterior shell of the unit, or to remove its non-user-replaceable battery.
   b. Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
   c. Do not puncture or incinerate the unit.
   d. When storing the unit for an extended time, keep it in the 32°F to 77°F (0°C to 25°C) temperature range.
   e. Charge the unit only within the 50°F to 113°F (10°C to 45°C) temperature range.
   f. Do not operate the unit outside the -14 to 104°F (-10°C to 40°C) temperature range.
   g. Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.
2. Use only the charging cable supplied with this product.
3. This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
4. Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so. See instructions for details.

Product Features

Notifications, Optical Heart Rate Monitor, Activity Tracking, Sleep Tracking, Bluetooth Calling, Camera and Music Control, Anti-Lost, Alarm, Sedentary Reminder, Selectable Watch Faces.

Product Details



A. Power Button:

- Power On/Off: Press and hold for at least 3 seconds.
- Awaken/Turn Off screen: Press button.

- Go back to Main Menu: Press button.

B. Touch Screen: Each function (Main Menu) will be shown and displayed on screen.

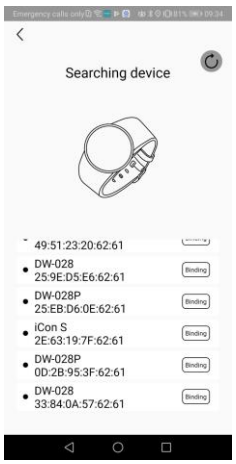
Smartphone App Pairing
Please download and install the " iConnect By Timex" App from the Google Play Store or App Store

A. When pairing, make sure the watch's Bluetooth® radio is turned on and in searching mode.

- Power on the watch, swipe the Menu to BT and tap."Search new device".
- If Bluetooth is off, tap to turn it on.

B. For Android
Open iConnect By Timex app → Tap "Me" in bottom → "Add device" → Searching Device.
Click OK and Tap "Pair" to bind watch as below.



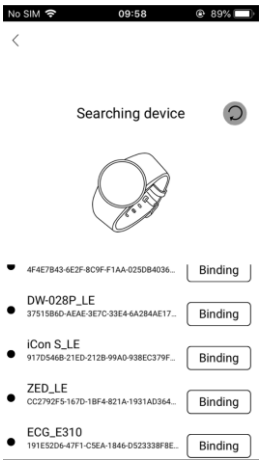


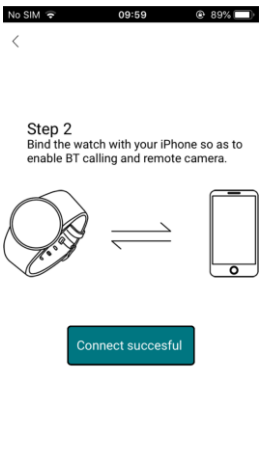


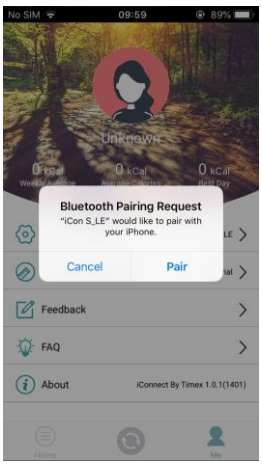


C. For iOS
STEP 1: Open iConnect By Timex app, tap "Add device" on "Me" screen to search for Bluetooth® devices nearby. Find the device name "iCon S" and pair with it in app. The device name "iCon S" will be shown on the phone's Bluetooth menu screen as below pictures once the watch is connected.

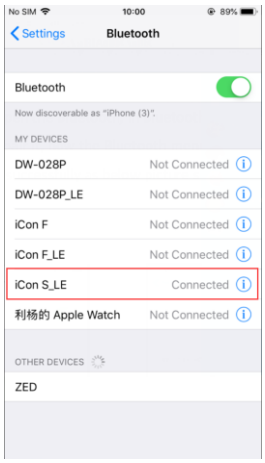


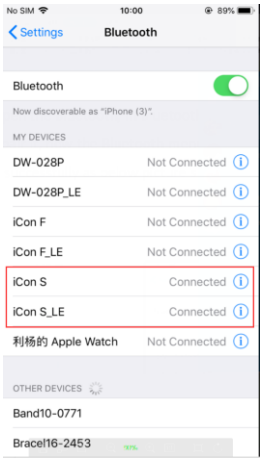






STEP 2: Enable the Bluetooth® function. In Bluetooth menu screen, find device name "iCon S" and pair with it. Then, the Bluetooth menu interface displays two "iCon S" connected successfully as below picture shows.

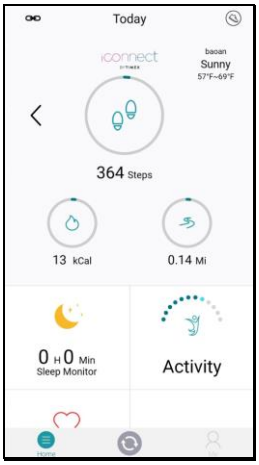




After connecting successfully, the blue green dual color icon  will be shown on the watch.
Please note in iOS, the default device name shown in the “Me” page is “iCon S_LE” while the device name shown in “Device Settings” page is “iCon S”.

D. Synching for Android and iOS

When your watch is paired with the " iConnect By Timex " app, tap " " to sync the app with the data on the watch. Your data will be shown on App accordingly.



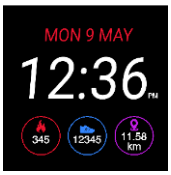
NOTE**:** Please keep the phone’s Bluetooth® radio on to maintain the connection with the watch for data synchronization and other functions.

Product Operation

Clock Display Selection







When the watch is powered on, it will be in Clock mode. Tap and hold the watch face for 3 seconds to open the watch face selection mode. Swipe left or right to tap “OK” to select the watch face.

Watch Navigation
From the Clock display, swipe left to enter the Main Menu, and swipe up or down to enter subsequent menu pages. Tap to select a function. To return to the Clock display, swipe right.



Phonebook
For Android: After being connected to Bluetooth, the Phonebook will sync to the watch and a phone call can be made from or received by the watch.
For iOS: It is required to manually switch on Phone Contacts Synchronization.

Dialer
Dial the phone number and the click the icon "" to call.

Call logs
You can check your phone call records after connecting the watch to phone with Bluetooth. All records including missed calls, dialed calls and received calls will be shown in the Call logs.

Messaging
Smartphone message will sync automatically with the watch once connected successfully.
NOTE: The message synchronization is NOT supported for iPhone.

Notifier
Once the watch and phone are connected successfully, it allows push notifications from Skype, WhatsApp, SMS, etc. to appear on the watch.

BT
Pair devices with the iConnect By Timex™ smartwatch.

Pedometer
The pedometer function is automatically on, but can be enabled and disabled manually. The history, pedometer goal settings, and personal information can be viewed and set. The pedometer data will automatically sync with App once the watch is successfully connected to the phone.

Sleep monitor
The watch will automatically monitor your sleep quality from 21:00 (9pm) to 9:00 (9am). The sleep monitor function can be turned on or off manually from the watch. Sleep tracking can also be controlled through the App. The history of sleep can be checked by scrolling through the watch, and the history of sleep quality can also be checked in the App.

Heartrate
While wearing the watch, select the heart rate icon from the menu. Tap the Heart symbol to start measuring your

Heart Rate. It will take around 15 seconds to get the heart rate data. Swipe down to go to the Options page to see the history or to control the mode

Sedentary

Set the sedentary time to vibrate the watch and sound an alert as a reminder to get up and move. It can be set from 30 to 300 minutes.

Anti-lost

With the watch connected to the phone, press “Start” to find the phone be making it vibrate and ring.

Alarm

From the Alarm page, set up the time, frequency and sound/vibrate type. When the alarm is set, tap "" to enable or "" to disable the alarm. When the alarm sounds, swipe to turn off the alert or to snooze the alert for 10 minutes.

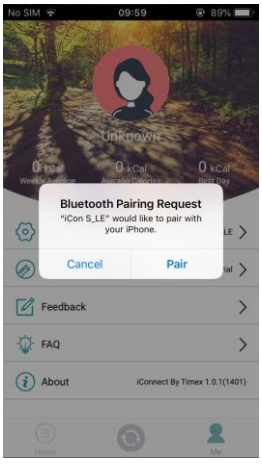
Calendar

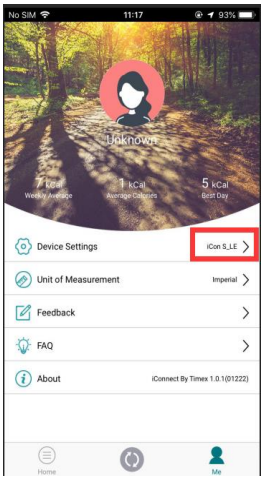
View today`s date or tap the calendar icon below to swipe through monthly calendars.

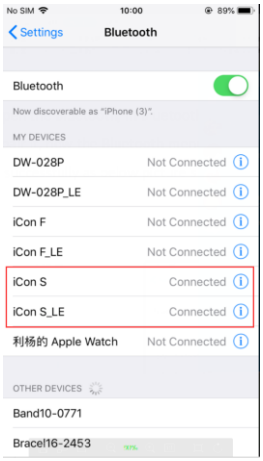
BT music

When connected through Bluetooth, the watch can act as a controller for music on your phone: play/pause, track forward, track back, volume up and volume down.

NOTE: For iPhone users, please ensure both “icon S”and“iCon S_LE” are connected successfully in the BT setting in iOS before starting music control.







Camera

Use the watch for remote control picture taking by the connected phone.

NOTE: For iOS, it is required to manually access to the camera UI of iPhone in advance.

Sport

Capture specific metrics (e.g., calories, distance, step rate, speed, heart rate, etc.) for one of 3 selected modes -- running, hiking or cardio.
Tap “GO” to start, and tap the screen to bring up the controls (stop or pause). Tap again to make the controls disappear.
If stopped, tap to discard or save the workout. If paused, tap to stop or to resume recording.
In this menu, there are controls to set or turn on/off reminders (pace, goal time, daily activity, mileage, and per km/mile alert).

Stopwatch

Click "" to start recording the elapsed time. Tap the right icon to record a split. Swipe up or down to review split times while the stopwatch is running.

Tap the left icon to pause the stopwatch, or tap the right icon to reset the stopwatch.

Calculator

Enter the menu to use the built-in calculator.

Settings

Available settings within the watch:

- BT settings：Turn on or off the Bluetooth® radio in the watch and view its status.
- Clock: Display type and whether it is synched to the phone or set manually.
- Sound: See or select alert types, ringtone and notification tone.
- Volume: See or select multimedia, ringtones and notification tones.
- Display: See or select brightness and time-out for watch screen.
- International: Language selection synched to App or selected manually. Name format display confirmed or selected.
- Units: Select the metric or imperial units.
- Motion: Select or disable gestures to mute incoming calls, mute alarms, wake up the watch display, switch menus, and answer a phone call.
- Reset: Erase all stored data from watch.
- About: See the watch device address, connected service, and firmware version.

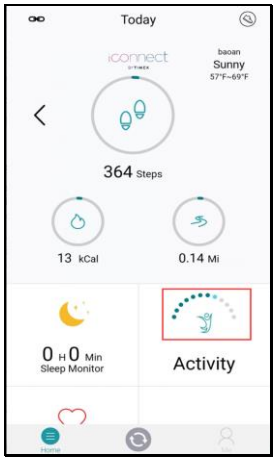
NOTE: Please manually reconnect the watch and phone if they are disconnected for more than 5 minutes.
Please agree to the phone book synchronization request or the phone book cannot be synchronized to the watch.

iConnect By Timex™ App

The free smartphone app is an integral part of the iConnect By Timex experience.

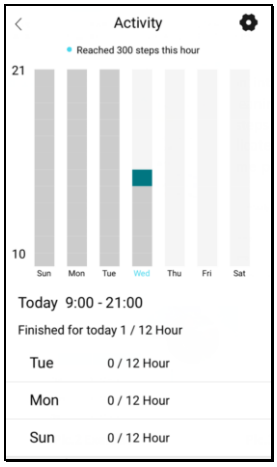
Home Page

Functions as your dashboard for Steps, Calories, Distance, Sleep, Activity, and Heart Rate data.



Tap the Steps, Calories, Distance, or Sleep icons to see that data for the current week. Tap the “<” or “>” next to the week range to navigate through previous weeks’ data.

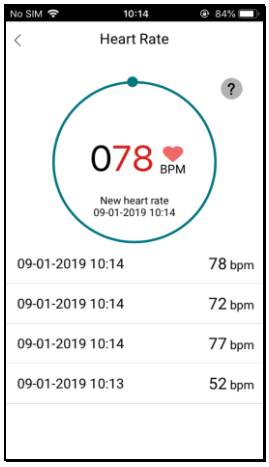
For Activity, see your hourly attainment of your step goal for the current week.

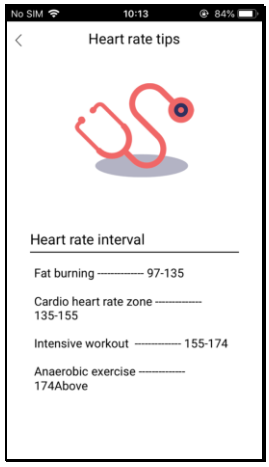




A blue bar indicates that the step goal was met in that hour. Swipe up to see the previous week’s hourly results. Tap on the “ ⚙ ” to adjust the time period for the day to track. The range can be from 5 to 14 hours.

For Heart Rate, tap on the Home Page to see a history of your recorded data from the watch.





Swipe up to see all your data. Tap the circle to update the app with your latest heart rate reading. Tap the " ? " to show suggested heart rate zones based on age and gender.

"Me" Page

Allows you to interact with your iConnect By Timex watch.



- Personal Settings: Tap on the avatar (or photo) to enter the menu.
  - Tap on the avatar again to insert a photo using the camera or your phone's photo album.
  - Tap to enter your Name; select your Gender (which updates your avatar); enter your Height, Weight and Age; and set your Targets Goals for Steps and Sleep Time.
  - Tap to review and accept the app's Privacy Policy, Clean (reset) Data, or Export your data to your email address.
- Device Settings: Confirms your watch ID (address), allows you to find your watch, or unbind/bind your watch.
- Unit of Measurement: Select Metric or Imperial units for displayed and profile data.

Splash Resistance

The watch is rated IP54 for dust and splash resistance. DO NOT immerse the watch in water (for swimming or other sports), and do not wear during showering or bathing. Care should be taken to avoid exposure from moisture due to rain, hand washing or perspiration.

Other Safety and Precaution Notices

Bluetooth® Wireless Technology

Bluetooth devices communicate without wires, using built-in radio transceivers that operate on a globally available radio frequency to ensure worldwide compatibility. The device can communicate with other Bluetooth devices (e.g. BT headsets) within a range of approximately 10 meters (33 feet).

Recycle

Always return your used electronic products, batteries, and packaging materials to dedicated collection points.

Battery and Charger Info

Your device has an internal, non-removable, rechargeable battery. Do not attempt to open the back cover or remove the battery, as you may damage the device. To replace the battery, take the device to the nearest authorized service facility.

Aircraft, Hospitals

CAUTION: The device's Bluetooth radio must be switched to OFF in airplanes, hospitals or other public locations where handheld wireless and other electronic devices are prohibited.

Driving Precautions

Responsible, safe driving is your responsibility when operating a vehicle. Using a mobile device or accessory for messaging while driving may cause distraction and could result in death or injury to you or others. Using a mobile device or accessory may be prohibited or restricted in certain areas; always obey the laws and regulations on the use of these products.

While driving, NEVER:

- Read messages
- Review on-screen data.
- Perform any other functions that divert your attention from driving.

Medical Devices

Operation of radio transmitting equipment, including wireless phones, may interfere with the function of inadequately shielded medical devices. Consult a physician or the medical device's manufacturer to determine if it is adequately shielded from external radio energy.

To avoid potential interference, manufacturers of implanted medical devices recommend a minimum separation of 6 inches (15.3 centimeters) between a wireless device and the medical device. Persons who have such devices should:

- Always keep the wireless device more than 6 inches (15.3 centimeters) from the medical device.
- Not carry the wireless device in a breast pocket.
- Turn the wireless device off if there is any reason to suspect that interference is taking place.
- Follow the manufacturer directions for the implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

Timex International Warranty

www.timex.com/Warranty or www.timex.ca/Warranty

FCC Notice (U.S.) / IC Notice (Canada)

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.

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

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 Class [B] digital apparatus complies with Canadian ICES-003.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) This device may not cause interference, and

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

DECLARATION OF CONFORMITY

Manufacturers Name: Timex Group USA, Inc.
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: iConnect™ By Timex

Model Numbers: M03Y / M03Z

is in conformity with the relevant EU harmonized legislations. This declaration is issued under the sole responsibility of the manufacturer and conforms to the following:

Radio Equipment Directive (RED): 2014/53/EU
Standards:

EN 62479
ETSI EN 301 489-1
ETSI EN 301 489-17
ETSI EN 301 328

Low Voltage Directive (LVD): 2014/35/EU
Standards:

IEC 60950-1
CENELEC EN 60950-1

Electromagnetic Compatibility (EMC) – Radio Frequency (RF)
Standards

FCC 47CFR 15C Part 15 Subpart C 15.247
IC RSS 247 Issue 2
IC RSS GEN Issue 5

Agent: ————————————————

Sam Everett
Director Quality Assurance & Regulatory
Date: 11 Mar 2019, Middlebury, Connecticut, U.S.A.

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