



FREDERIQUE CONSTANT
GENEVE

USER GUIDE







START

WITH YOUR
HOROLOGICAL
SMARTWATCH


FREDERIQUE CONSTANT
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1

NABAVITE APLIKACIJU

Skinite MMT-365 aplikaciju sa App Store-a ili Google Play portala.



MMT-365



2

AKTIVIRAJTE BLUETOOTH NA VAŠEM TELEFONU

3

PRATITE UPUTSTVO

UNUTAR SAME APLIKACIJE KAKO BISTE POVEZALI SAT
I ZADALI CILJEVE



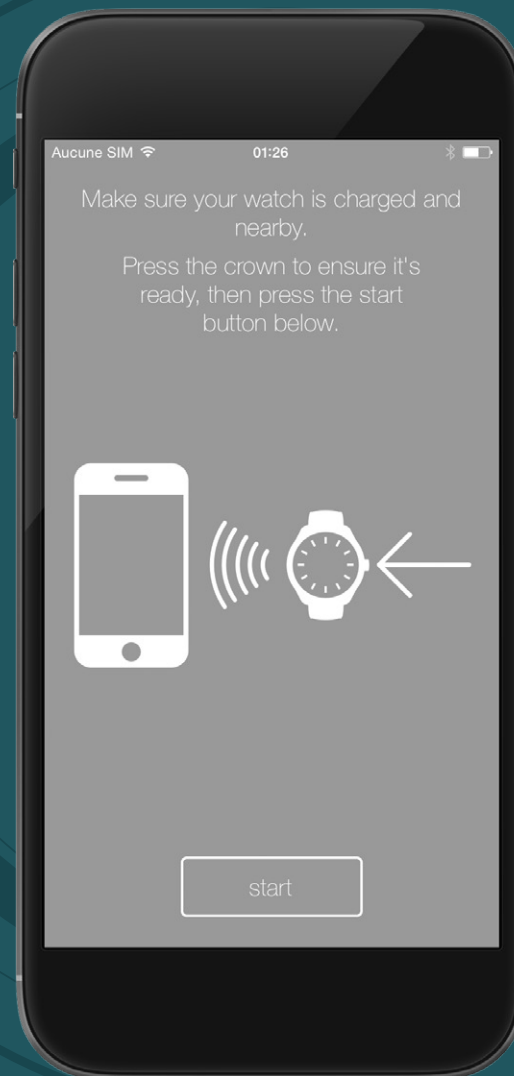
PAIR YOUR WATCH

WITH THE
MMT-365
APPLICATION

Da biste povezali sat sa telefonom, pokrenite MMT-365 aplikaciju, stavite sat blizu telefona i kratko pritisnite dugme na krunici sata kako biste aktivirali bluetooth.

Pritisnite dugme start na telefonu i sačekajte da se upare. Kako biste završili povezivanje potrebno je još jednom da pritisnete dugme na krunici sata.

Sledeći put kad budete hteli da sat uparite sa telefonom potrebno je da kliknete na ikonicu sata u gornjem desnom uglu u samoj aplikaciji i da pratite dalja uputstva.



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USE THE HOROLOGICAL SMARTWATCH

285 - CLASSICS




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ACTIONS

RESULTS

PRITISNITE JEDNOM

Povezali ste i sinhronizovali sat sa aplikacijom



PRITISNITE DVA PUTA



DOK STE U AKTIVNOM REŽIMU

PRIKAZUJE SE NAPREDAK KA CILJU AKTVNOSTI



DOK STE U REŽIMU SPAVANJA

PRIKAZUJE SE NAPREDAK KA CILJU SPAVANJA

PRITISNITE TRI PUTA

SVETSKI SAT

PRIKAZUJE SE VREME U DRUGOJ VREMESNKOJ ZONI ZADATOJ U APLIKACIJI

PRITISKOM DUGMETA U TRAJANJU OD 3 SEKUNDE

MENJA SE REŽIM

- AKTIVNOST
ako **PLAVA** kazaljka pokazuje datum nalazite se u aktivnom režimu
- SPAVANJE
ako **PLAVA** kazaljka pokazuje na ikonicu meseca, nalazite se u režimu spavanja.





MODES

285 - CLASSICS



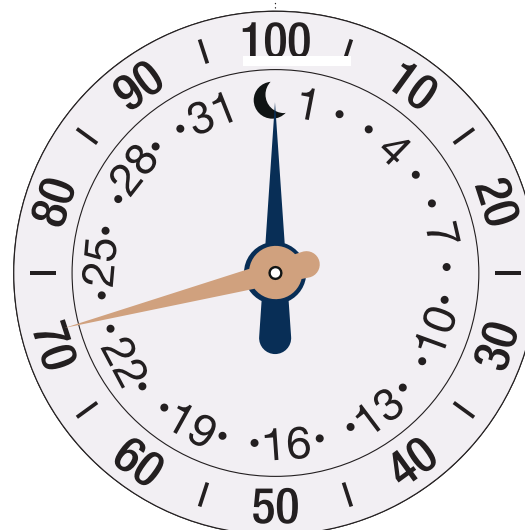

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AKTIVAN
REŽIM



Druga kazaljka pokazuje aktivnost na skali od 0-100. U ovom primeru kazaljka je na 60%.



REŽIM SPAVANJA



Ako plava kazaljka pokazuje mesec, nalazite se u režimu spavanja.

Druga kazaljka na skali od 0-100 pokazuje spavanje. U ovom primeru je 70%.



USE

THE
HOROLOGICAL
SMARTWATCH

281/282 - NOTIFY



ACTIONS

RESULTS

PRITISNITE JEDNOM



U AKTIVNOM REŽIMU

PRIKAZUJE NAPREDAK KA CILJU AKTIVNOSTI



U REŽIMU SPAVANJA

PRIKAZUJE NAPREDAK KA CILJU SPAVANJA

PRITISNITE DVA PUTA



U AKTIVNOM REŽIMU

PRIKAZUJE NAPREDAK KA CILJU SPAVANJA



U REŽIMU SPAVANJA

PRIKAZUJE NAPREDAK KA CILJU AKTIVNOSTI

PRITISNITE TRI PUTA

SVETSKI SAT

PRIKAZUJE VREME U DRUGOJ VREMESNKOJ ZONI KOJU STE IZABRALI U APLIKACIJI.



PRITISKOM U TRAJANJU OD 3 SEKUNDE

MENJATE REŽIM IZMEĐU AKTIVNOSTI I SPAVANJA

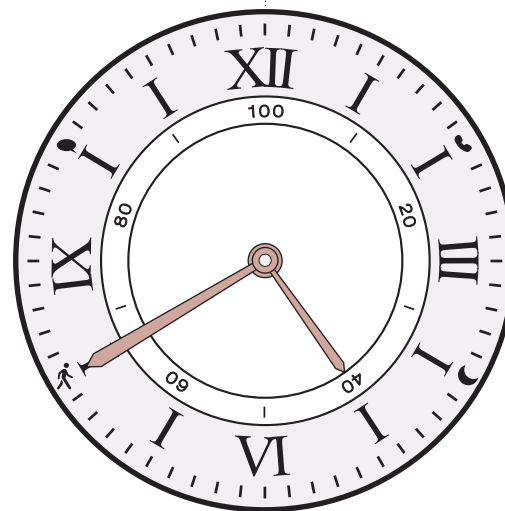


MODES

281/282 - NOTIFY




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AKTIVAN REŽIM



Nakon pritiska na krunicu, kazaljka za minute ide na 8h (ikonica za aktivnost)

Kazaljka za sate prikazuje aktivnost na skali od 0-100. U ovom primeru je 40%.

Dve sekunde kasnije, kazaljke će se vratiti na vreme.

REŽIM SPAVANJA



Pritiskom na dugme, kazaljka za minute ide na 4h (ikonica mesec).

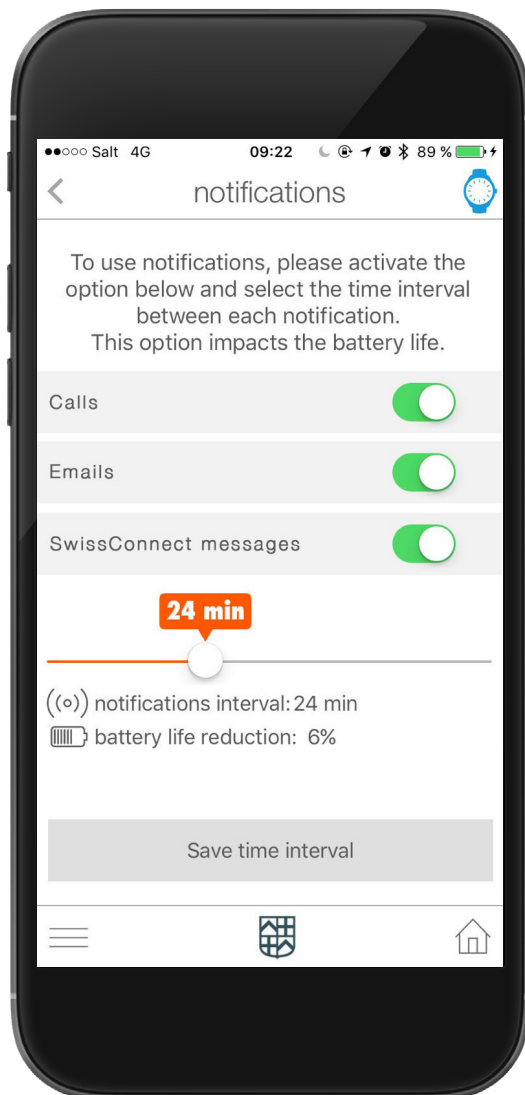
Kazaljka za sate prikazuje progres sna na skali od 0-100. U ovom primeru je 80%.

Dve sekunde kasnije, kazaljke će se vratiti na vreme.



NOTIFICATIONS

281/282 - NOTIFY



POZIVI

SAT ĆE ZAVIBRIRATI PRI PROPUŠTENOM POZIVU.
KAZALJKE ĆE POKAZATI NA IKONICU NA 2h.
PRITISKOM NA KRUNICU, KAZALJKE ĆE SE VRATITI NA VREME.



PORUKE

SAT ĆE ZAVIBRIRATI UKOLIKO PRIMITE PORUKU.
KAZALJKE ĆE POKAZATI NE IKONICU NA 10h.
PRITISKOM NA KRUNICU, KAZALJKE ĆE SE VRATITI NA VREME.



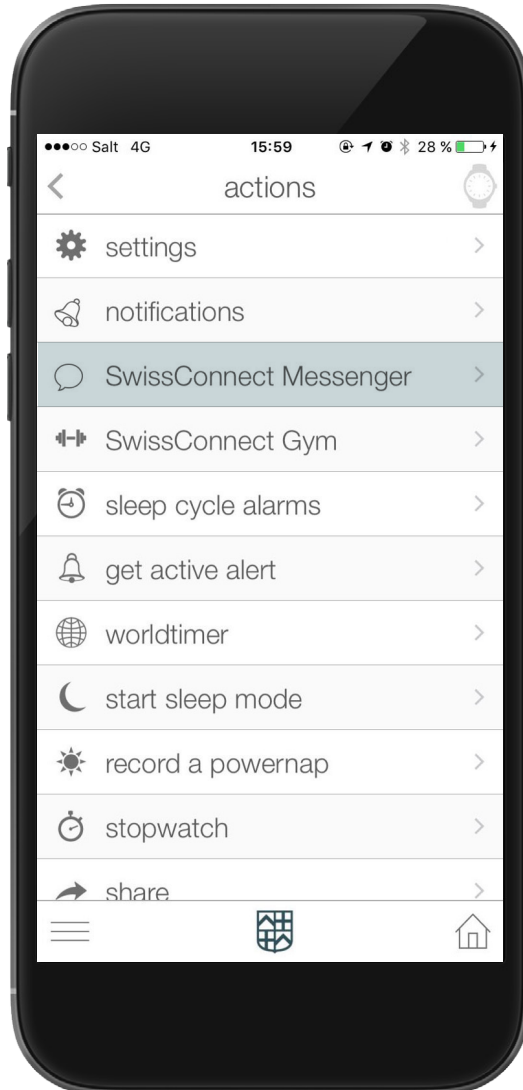
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SWISS CONNECT MESS ENGER

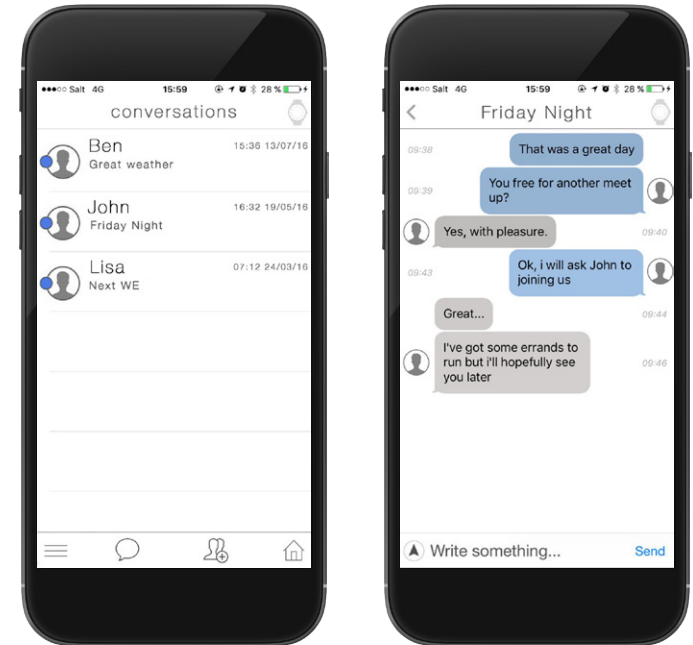
FROM MAIN MENU,
SELECT SWISSCONNECT MESSENGER
IN THE MMT-365 APPLICATION

281/282 - NOTIFY



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



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.



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)



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CLOUD

Recover all of your data, even if you lose your watch or phone. The Horological Smartwatch independently stores your activity and sleep for 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+ 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.



LINKED
TO MOTION



MORE INFORMATION
frederiqueconstant.com/smartwatch



FREDERIQUE CONSTANT
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LEGAL

NOTICES





USA
CANADA

FREDERIQUE CONSTANT SA

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



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 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 (Articolo.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



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