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Iconnect active by timex manual

Type: Digital Features: INDIGLO®, Chronograph, Time Zones, Alarms Type: Analog Features: Quartz Analog Type: Digital Features: Digital Type: Analog Features: Automatic 3-hand with Date Type: Analog Features: INDIGLO®, Chronograph, Date Type: Digital Features: INDIGLO®, Countdown, Timer, Alarms Type: Accessory Features: GPS for Training, Heart Rate Monitor Tools For Success User Guide Type: Digital / Analog Combo Type: Digital / Analog Combo Important Safety Instructions And WarningsTo prevent the risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:Do not attempt to remove the case back or exterior shell of the unit, or to remove its non-user-replaceable battery.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.Do not puncture or incinerate the unit.When storing the unit for an extended time, keep it in the 32°F to 77°F (0°C to 25°C) temperature range.Charge the unit only within the 50°F to 113°F (10°C to 45°C) temperature range.Use only the charging cable supplied with this product. 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.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 FeaturesNotifications, Caller ID, Optical Heart Rate Monitor, Activity Tracking, Sport Mode, Sleep Tracking, Music Control, Camera Control, Alarm Clock, Sedentary Reminder, Weather, and Selectable Watch Faces.Charging:The watch should be charged for at least 2 hours before use. Connect the supplied charger to the watch's case back as shown below. When charging, the watch will automatically power on.Product Details:Tap ButtonTap repeatedly on this area to scroll through the menu screens.Hold down for at least three seconds to enter the menus and use the watch functions.Watch Function Icons:Smartphone AppPlease download and install the "iConnect By Timex 2" App from the Google Play or App Store. The free smartphone app is an integral part of the iConnect experience.Minimum Requirements:Before pairing, make sure your phone's Bluetooth® radio is turned on in the phone settings.Personal Data Settings:After installing the iConnect By Timex 2 app, click on the top profile to enter the personal data settings. To accurately estimate calorie consumption, it is recommended to set the personal information in the app as accurately as possible.Using The Watch:Watch FacesHold the time of day screen shown above for 3 seconds to change the watch face.Daily ActivityDisplays the total number of steps, calories, and distance for the day. The activity data can also be viewed in the app after connecting the watch.Heart RateTo measure heart rate, press and hold the tap button for 5 seconds. The icon will change dynamically and the light on the back of the watch will begin flashing. After measuring for 15 seconds, the real-time heart rate data will be shown on the screen. After measuring for about 40 seconds, the device will stop the measurement automatically. The watch will check your heart rate automatically every 30 minutes.MessagesThe message screen stores your last 5 received messages.Sports ModeThe sports function supports walking, running, cycling, swimming, and tennis. This mode allows you to track your activity during a workout period.Find PhoneTo find your Bluetooth-connected phone, press and hold the tap button for 5 seconds and the phone will ring.Notice:Make sure the device and the phone are already connected via Bluetooth.ShutdownPress and hold the tap button for 5 seconds to shut down the device.Synchronizing Data Between Watch and App:The watch automatically synchronizes your data after successfully pairing it with your phone. Data includes steps, calories, distance, date and time, heart rate, and sports mode. You can manually synchronize data at any time by tapping the Sync icon shown below.Notification Settings:Once the watch and app are paired you can turn the notification settings on or off. Click on the Navigation menu on the top left of the app home screen, then Pair My Watch to open the watch setting menu. Next click on Notification Settings. Here you can select which notifications to receive or Close All, which will turn off all notifications.IP68 Water ResistanceThe watch is rated IP68 for dust and water resistance. rocibu The watch is resistant to submersion in fresh water up to a maximum depth of 1.5 meters for up to 30 minutes. Care should be taken to avoid overexposure to moisture and excessive submersion in water.Other Safety and Precaution Notices Bluetooth® Wireless TechnologyBluetooth 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).RecycleAlways return your used electronic products, batteries, and packaging materials to dedicated collection points.Battery and Charger InfoYour 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, HospitalsCAUTION: 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 PrecautionsResponsible, 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 messagesReview on-screen dataPerform any other functions that divert your attention from drivingMedical DevicesOperation 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.Do 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's directions for the implanted medical device.If you have any questions about using your wireless device with an implanted medical device, consult your healthcare provider.REFERENCE LINK PDFTimex iConnect by Timex Active