HOROLOGICAL
SMARTWATCH

FREDERIQUE CONSTANT
GENEVE

USER MANUAL

SMARTWATCH
FC-282

01

GET STARTED

GET STARTED

01. **GET THE APP**
Download the FREDERIQUE CONSTANT SMARTWATCH app for iPhone® or Android.

02. **ACTIVATE BLUETOOTH ON YOUR PHONE**

03. **LAUNCH THE APP AND FOLLOW THE INSTRUCTIONS**
You will first be invited to create your own profile, then to pair your watch with the app and finally to set your own goals.

04. **YOU ARE NOW READY TO USE YOUR SMARTWATCH GENTS NOTIFY**

02

NAVIGATE

NAVIGATE ON THE SMARTWATCH GENTS NOTIFY
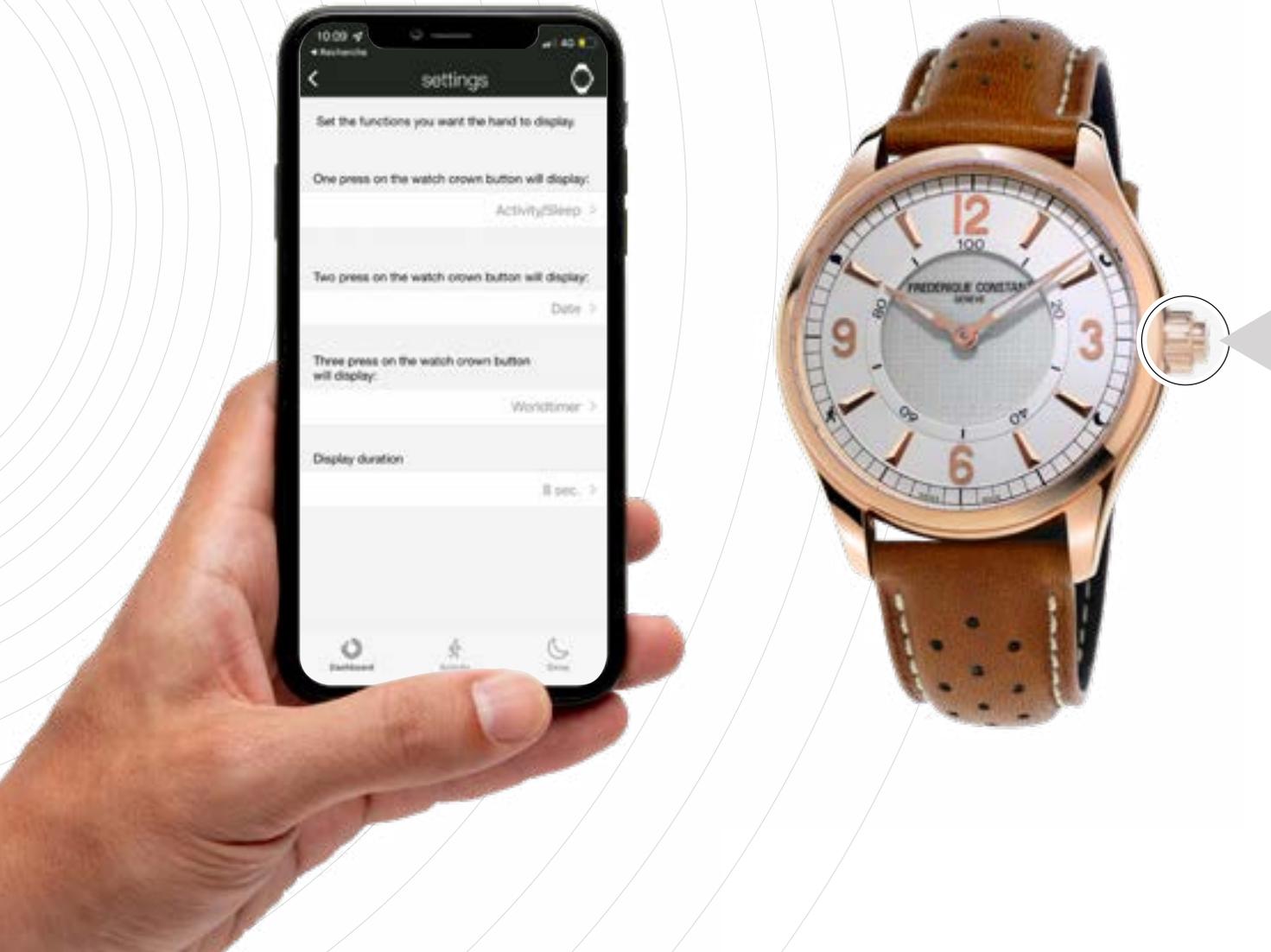
The Smartwatch Delight Notify is equipped with a crown button which allows you to access its different functions:
- Activity / Sleep
- Date
- Worldtimer (2nd time zone)
- Temperature (watch temperature)
- Chronograph
- Workout (5 different sports available that can be monitored)

Via the companion app, you can set up to 3 different functions to be displayed on your watch.

03

FUNCTIONS

HOROLOGICAL
SMARTWATCH

FUNCTIONS

ACTIVITY TRACKING

SLEEP MONITORING

NOTIFICATIONS

WORLDTIMER

CLOUD BACKUP & RESTORE

DYNAMIC COACH

SMART SLEEP ALARMS

CALIBRE TEMPERATURE

ALWAYS ON-TIME

2+ YEARS BATTERY LIFE

GET-ACTIVE ALERTS

CHRONOGRAPH

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FUNCTIONS

ALWAYS ON-TIME

You won't ever need to set a time and date - travelling across time zones, the watch picks-up the time from your smartphone and displays the current time automatically.

The date can be displayed on your watch via the hour hand.
To do so:
1. Set your push button in the companion app.
2. Push the crown's push button (one push, two push or three push depending on your settings).
3. The minute hand will display the date on the minutes graduation.

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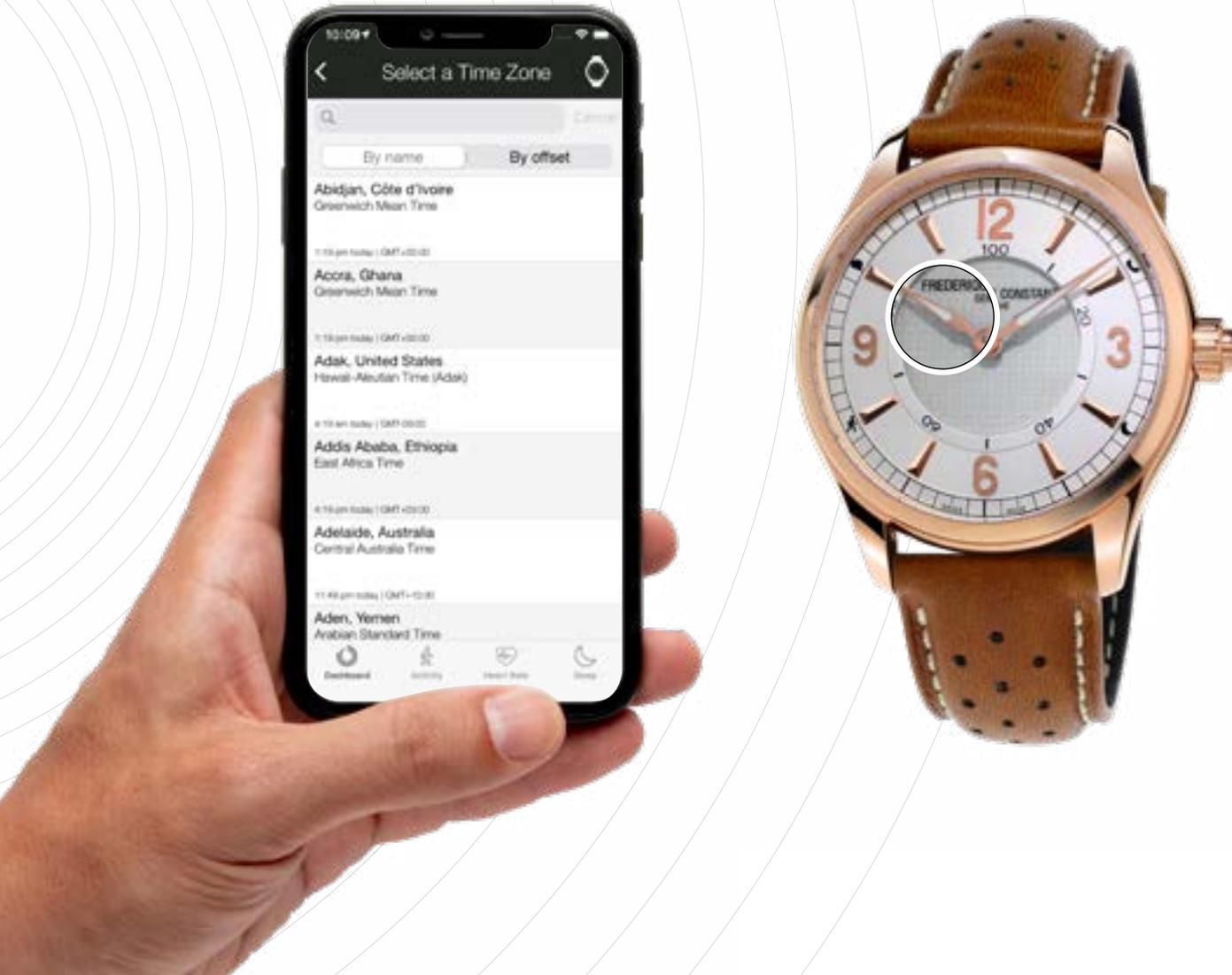
FUNCTIONS

WORLDTIMER

You can choose to display a second time zone on your watch. A feature particularly useful when travelling in order to keep track of your time at home.

Depending on your push button settings (one push, two push or three push on the watch crown), the hour hand will move to display your selected second time zone (display duration can be set in the push button settings).

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FUNCTIONS

ACTIVITY TRACKING

Keep track of your daily steps, calories burnt and total distance travelled. The companion app's charts will help you to get an overview of your results per week as well as compare your results to people of your age worldwide thanks to a benchmarking tool.

SET YOUR ACTIVITY GOAL IN THE COMPANION APP
The first step to do is to set your own activity goal in the app.

HOW TO READ YOUR ACTIVITY RESULTS ON YOUR WATCH
In activity mode (see page 6), after the crown press:
• Minute hand moves to 8 o'clock icon.
• Hour hand moves on the 0-100 scale (central ring) representing your activity goal percentage reached (depending on your own goal set previously within the app).
Few seconds later, hands will move back to time. The display time can be set within the app in the push button settings section.

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FUNCTIONS

SLEEP MONITORING

Wear your watch at night or put it under your pillow to record your sleep. You can set your favorite mode in the app.
The sleep monitoring function provides details on your sleeping pattern, including how much time you have spent in deep sleep, light sleep, or awake.

SET YOUR SLEEP GOAL IN THE COMPANION APP
The first step to do is to set your own sleep goal in the app.

HOW TO READ YOUR SLEEP RESULTS ON YOUR WATCH
In sleep mode (see page 6), after the crown press:
• Minute hand moves to 4 o'clock icon.
• Hour hand moves on the 0-100 scale (central ring) representing your sleep goal percentage reached (depending on your own goal set previously within the app).
Few seconds later, hands will move back to time. The display time can be set within the app in the push button settings section.

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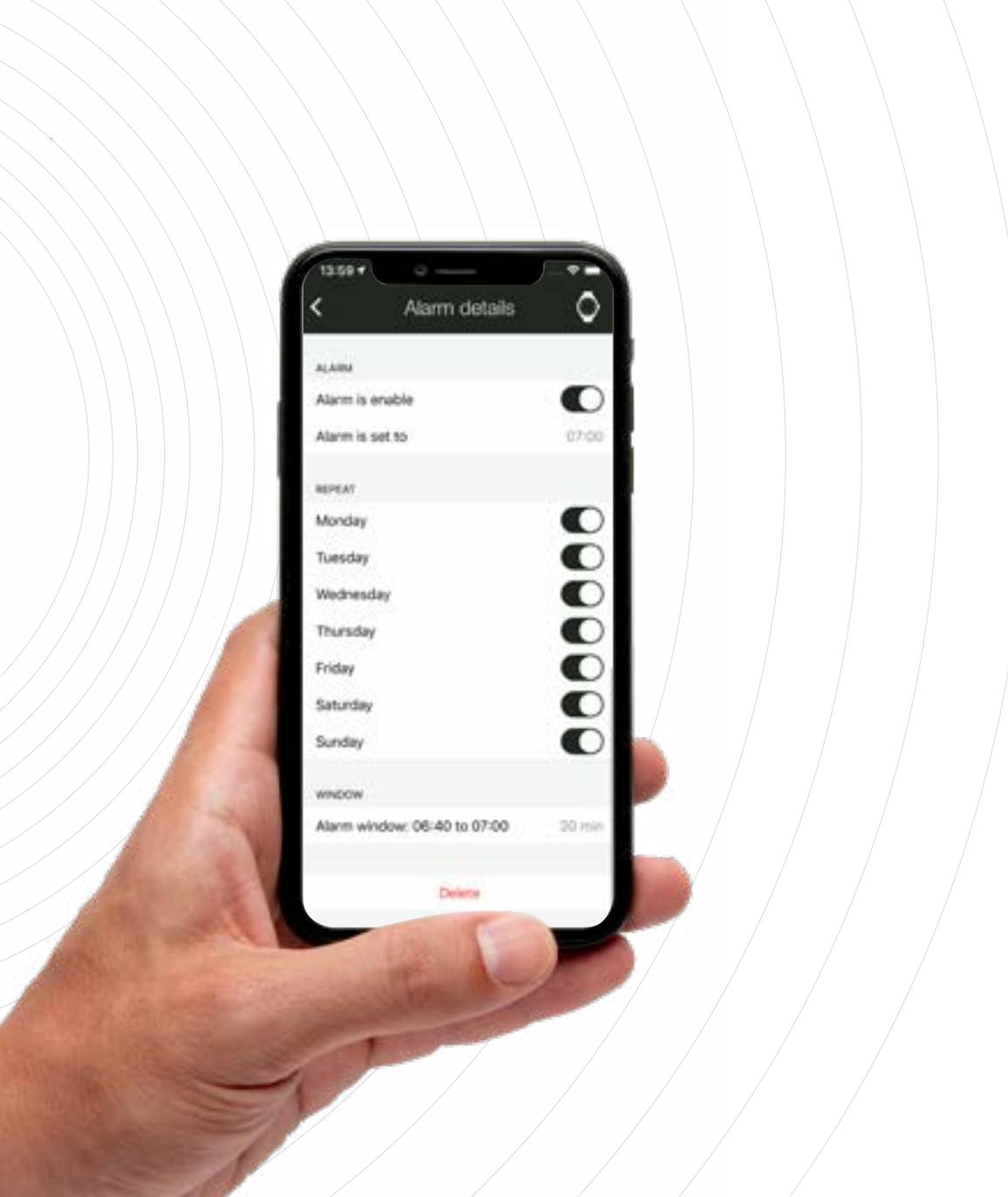
FUNCTIONS

SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best time based on your sleep cycle in order to feel rested and refreshed.
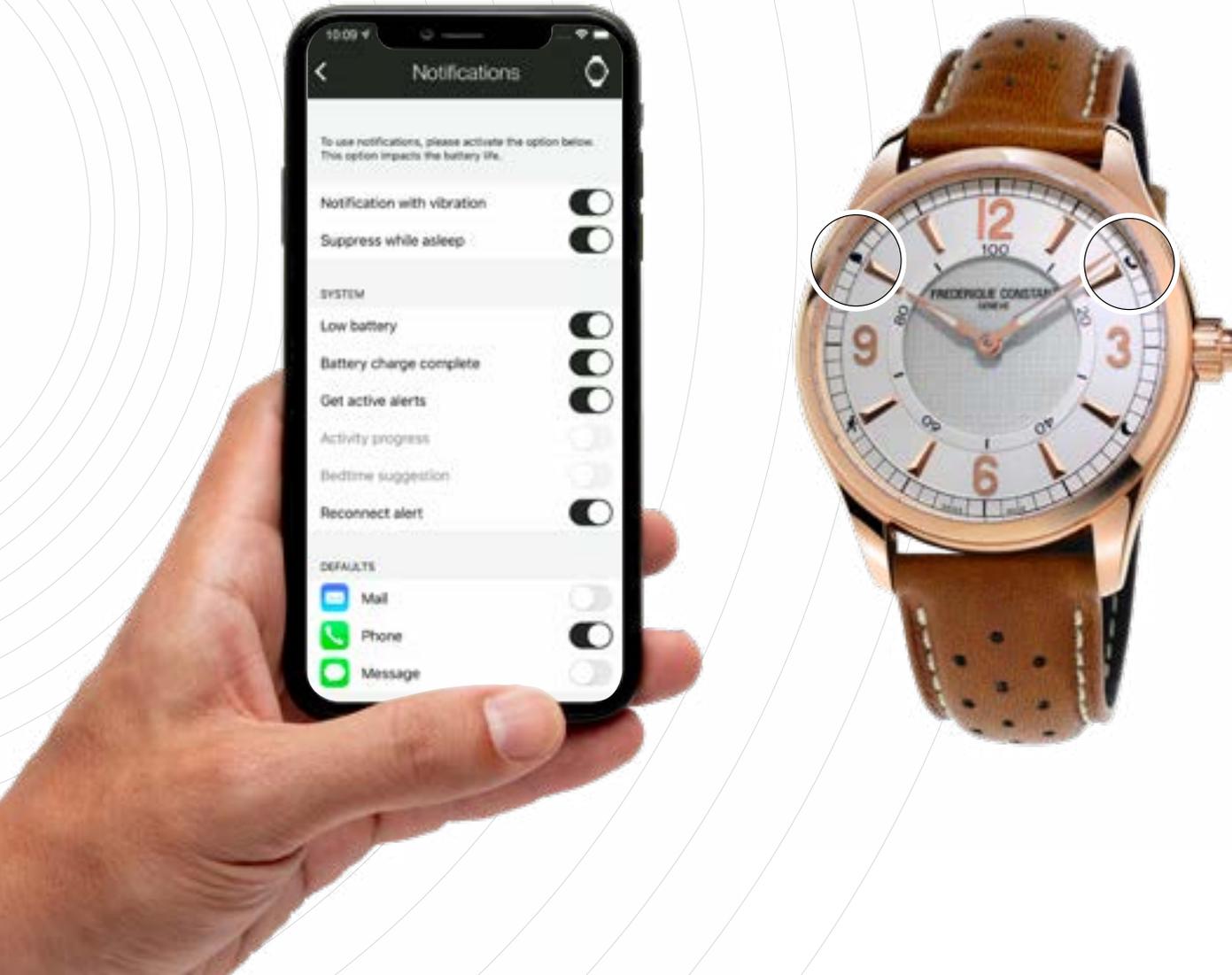
You can easily activate and diactivate the Smart Sleep Alarms within the companion App.

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FUNCTIONS

NOTIFICATIONS

Never miss a call or text message!

MESSAGES:
Your watch will vibrate when a message is received and the hands will point to the icon at 10 o'clock. With a push on the crown, the hands will go back to time indication.

CALLS:
The watch will vibrate when a missed call is detected and the hands will point to the icon at 2 o'clock. With a push on the crown, the hands will go back to time indication.

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FUNCTIONS

CALIBRE TEMPERATURE

The calibre temperature can be displayed on your watch via the hour hand.
To do so:
1. Set your push button in the companion app.
2. Push the crown's push button (one push, two push or three push depending on your settings).
3. The minute hand will display the calibre temperature on the minutes graduation.

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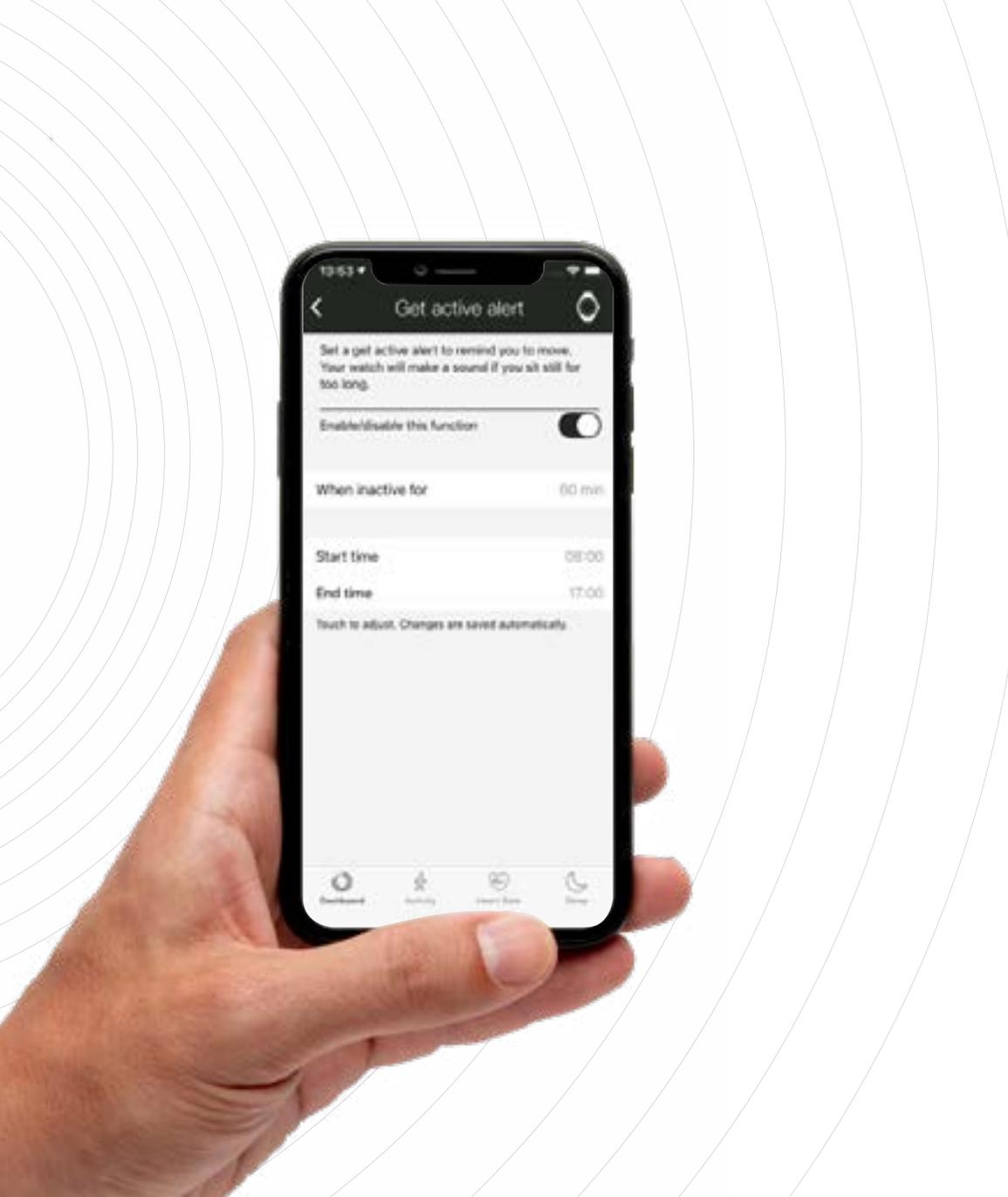
FUNCTIONS

GET-ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time.

You will get notified by the watch's vibration.

Customize your Get-Active alert in the companion app.

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FUNCTIONS

CHRONOGRAPH

The chronograph function can be launched directly on your watch via the push button.
To do so:
1. Set your push button in the companion app.
2. Push the crown's push button (one push, two push or three push depending on your settings).
3. The hour and minute hands will go to 12 o'clock.
4. To launch the chronograph: push the crown.
The minute hand will indicate the seconds while the hour hand will indicate the minutes.
5. To stop the chronograph: push the crown.
6. To reset: push the crown.
The hands will automaticaly go back to time indication.

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FUNCTIONS

DYNAMIC COACH

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

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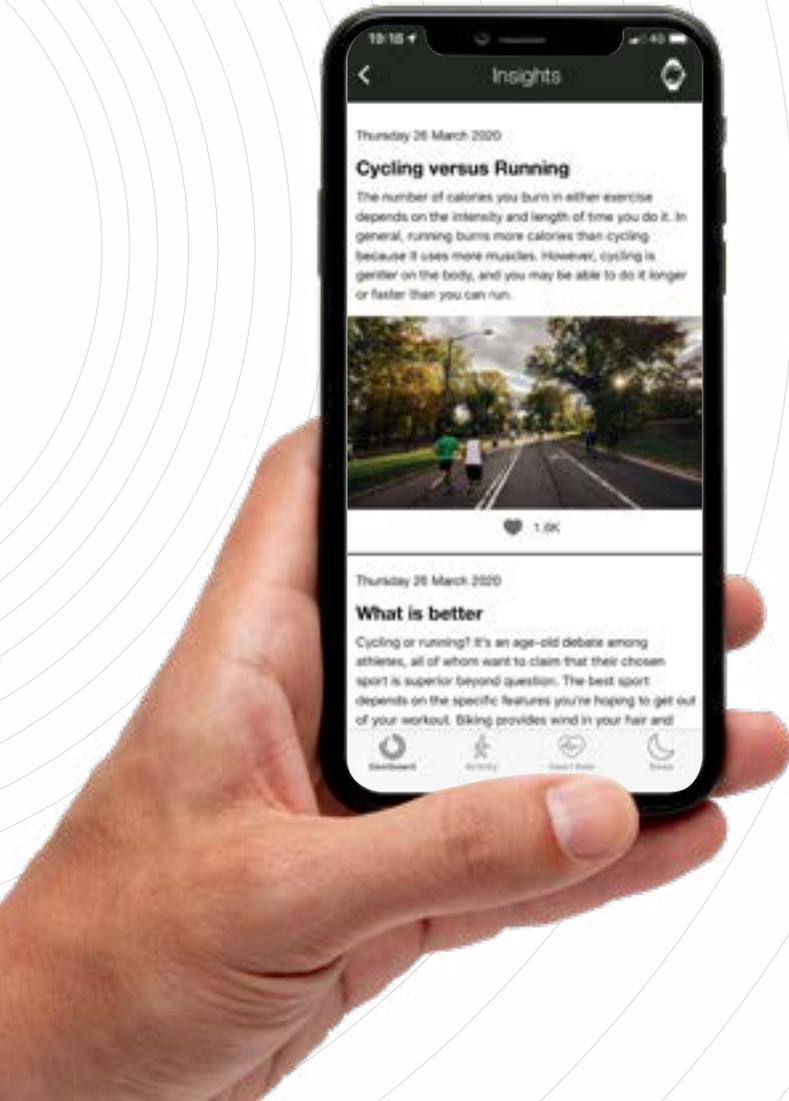
SPECIFICITIES

CLOUD BACKUP & RESTORE

Recover all your data, even if you lose your watch or phone. Your data is saved on your personal profile.

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SPECIFICITIES

2 YEARS BATTERY LIFE

Your Frederique Constant Smartwatch is a real Swiss watch in its pure tradition.

Your timepiece features an electronic movement with 2 years battery life (depending on your usage).

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04
LEGAL NOTICES

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 expresslyapproved by Frederique Constant SA may void the FCC authorization to operate this equipment.

Perchlorate Material -
special handling may apply.
See www.dtsc.ca.gov/hazardouswaste/perchlorate

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

$C\epsilon$

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

SMARTWATCH FC-282X3ER2/6
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)

LEGAL NOTICES

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

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

AUSTRALIA

In compliance with eu directive 2002/96/
ce, any parts of quartz watches should
be disposed of at a deee/weee registered
recycling organization.
Please contact your Frederique Constant
distributor.

WWW.FREDERIQUECONSTANT.COM