

# iQ+*move*

Your iQ+*move* timepiece is the best of both worlds. The beauty of a classic analog watch with the ability to track your daily activity in both steps and distance!

## Features

- **Classic Analog design**
- **BLE connection with Smartphone application (iOS and Android formats)**
- **Automatic sync of time and date every 6 hours**
- **Daily automatic sync of activity**
- **Activity tracking displayed on watch dial**
- **Percent to goal achievement displays on the watch dial**
- **Smartphone application displays actual count and percent to set goal achieved for Steps, Distance and Calories**
- **Smartphone application retains activity data and displays activity by day, week, month or year.**
- **Perfect Date**
- **Alarm and Count-down Timer (operated from phone application)**
- **INDIGLO® night-light**
- **Estimated battery life of 1+ years – *no charging required!***

**SMARTPHONE APPLICATION AND MINIMUM REQUIREMENTS:** This watch requires the use of the Smartphone application which is available in both iOS and Android formats. Please download the application from the iTunes or Google Play stores, prior to starting the watch.

**HOW TO START YOUR WATCH:** To start your watch remove the plastic guard from under the crown, set the time, and then press the crown in to the closed position. Open the Timex Connected app on your Smartphone. When instructed to do so by the app, push and hold the crown for about 5 seconds to activate the Bluetooth radio. A tone will sound on the watch as the Bluetooth radio is activated. The hands are initially all located at the 6 position. The Smartphone application will instruct you on the hand calibration and ask you a series of questions to complete your profile and set up the watch and application for use. The current date and time from your Smartphone is utilized to set the time and date on the watch. **NOTE:** Your watch will be updated 4 times per day with the current time and date from your Smartphone. This is done automatically, but can also be done on-demand (see MANUAL SYNC section below).

**AUTOMATIC SYNC:** The automatic time/date sync occurs every 6 hours, provided your watch and Smartphone are within the maximum 2 meters range. This synchronization is done automatically without any action required by the user. **NOTE: The watch must be within 2 meters distance of your Smartphone for optimum communication**

**MANUAL TIME SETTING:** In the event you need to update the time setting on your watch when your Smartphone is out of range of the watch, you may do so manually. **NOTE:** The watch crown has four positions: one temporary push position used to activate the INDIGO night-light, and three indexing positions: closed, middle and outer. To familiarize yourself with the difference between the various positions extend the crown to its outer position and then push the crown very lightly until you feel it click into the middle position. To set the time: Pull the crown to its outer position and turn it until the correct time is shown. Once the dial reflects the correct time, return the crown to the closed position.

**MANUAL SYNC:** In the event you wish update the time and date setting on your watch between the automatic time/date sync which occurs every 6 hours, you may do so manually. Open the Timex Connected app on our Smartphone. When instructed to do so by the app, push and hold the crown for about 5 seconds to activate the Bluetooth radio. A tone will sound on the watch as the Bluetooth radio is activated. Once the sync cycle is complete, you will hear an ascending melody to note a sync success or a descending melody to note sync failure. **NOTE: The watch must be within 2 meters distance of your Smartphone for optimum communication**

**INDIGLO® night-light:** Press the crown to activate the INDIGLO night-light. The light will remain on for 2-3 seconds after releasing the crown.

**HAND ADJUSTMENT:** In the event the hands need to be recalibrated, such as after the battery replacement, open the Timex Connected app on your Smartphone and follow the instructions on Hand Calibration.

**PERFECT DATE:** When the second hand function is not selected as *perfect date*, you can view the current date by pressing the crown. The INDIGLO night-light will activate and the second hand will stop its currently assigned function and move to the correct position on the scale to indicate the current date, pause for 3 seconds and then return to performing its currently assigned function.

**ALARM:**

Your watch is equipped with an audible daily alarm, which is set and operated from the Smartphone app. In order to set, activate or disable the alarm, open the Timex Connected app on your Smartphone and open the alarm setting page. You will be able to set the desired alarm time, activate or disable the alarm. You will be prompted to manually sync the watch with the Smartphone app in order to push the revised alarm settings to the watch. The watch will retain the new alarm settings until new settings are applied via synchronization. The alarm will activate the audible tone at the desired time each day. When the audible tone sounds the INDIGLO night-light will flash. To silence the tone and the INDIGLO night-light, press the crown.

**COUNT-DOWN TIMER:**

Your watch is equipped with a count-down timer with an audible alert, which is set and operated from the Smartphone app. The duration of the count-down timer can be set for a maximum of 23:59:59 and a minimum of 00:00:15. In order to set, activate or disable the count-down timer, open the Timex Connected app on your Smartphone and open the count-down timer setting page. You will be able to set the desired count-down duration, activate or disable the count-down timer. You will be prompted to manually sync the watch with the Smartphone app in order to push the revised count-down timer settings to the watch. The watch will retain the new count-down timer settings until new settings are applied via synchronization. Once started, the timer will count-down the selected duration to zero. Once the timer

reaches zero, the audible tone sounds and the INDIGLO night-light will flash. To silence the tone and the INDIGLO night-light, press the crown.

### **SECOND HAND FUNCTION:**

The second hand on your watch is able to perform one of three functions. The selection of the second hand function is done in the Smartphone app. Each of the three functions provides unique information and impact the battery life of the watch:

<b>Function</b>	<b>Battery Life impact</b>
<b>Second hand:</b> Indicates the seconds within the minute.	Decreases the 1+ year battery life
<b>Perfect Date:</b> Indicates the current day of the month	Improves the 1+ year battery life
<b>Step / Distance:</b> Indicates the approximate number of steps or distance you have achieved for the day (based on your selection)	Maintains the 1+ year battery life

The second hand function can be adjusted by the wearer at any time to best fit their needs at the moment and provide opportunity to maximize the life span of the battery.

### **TRACKING YOUR ACTIVITY ON THE WATCH DIAL:**

You can track your daily activity on both your Smartphone app and the dial of your watch. The Smartphone app will show you exact steps, distance, and calorie expenditure. The sub-dial on your watch track your percent of achievement to your daily goal set in your app. Within the Smartphone app, you can customize the function of the sub-dial to track your step, distance, or calorie expenditure goal – the option that keeps you most motivated. If you choose to do so, you can also track your number of steps or the distance you have travelled during the day by opting for the second hand to track activity. Once selecting this option in your Smartphone app, the second hand will indicate the approximate number of steps or distance you have achieved for the day (based on your selection) using the 1 to 12 hour positions on the dial. If the second hand is positioned half way between the 1 and 2 hour positions, the hand is indicating you have achieved 1500 steps or 1.5 miles/kilometers (based on your selection). **NOTE: The sub-dial hand will indicate the maximum of 100% achievement of your daily selected goal. The second hand will only indicate the maximum of 12000 steps or 12 miles/kilometers (based on your selection) per day. Once the maximum indication has been achieved, the hands will remain at the maximum indication position until the next day. The Smartphone app will show actual activity achieved for each day.**

**LOW BATTERY INDICATOR:** The watch is equipped with a low voltage detection to indicate when it is time to replace the battery. During the synchronization of the watch with the Smartphone, the application will alert the user the battery needs to be replaced soon. The watch will also indicate the low battery by the movement of the second hand, when in the “second hand” function. The second hand will move once every 2 seconds in 2 second increments until the battery is replaced. To further save the battery power until it is replaced the INDIGLO® night-light will not function until the battery has been replaced. The activity tracking function will remain active until the battery has been completely depleted, **but new data will not be stored.**

**BATTERY REPLACEMENT:** ***Before replacing the battery, it is recommended that you synchronize to the phone to make sure you have retrieved all of the latest activity data from the watch.*** After the battery has been replaced, the hands will require recalibration. Open the Timex Connected app on your Smartphone and follow the instructions on Hand Calibration. Once the hand calibration is complete, a sync will be required to adjust the time and date to the current time and date shown on the Smartphone.

**STORING THE WATCH:** The power may be removed from the watch for storage. Pull the crown out to the outer position. The hour, minute and second hands will immediately cease to operate and the activity tracking function will be completely inactive after 30 minutes with the crown in this position. Prior to the complete shut down the hour, minute and second hands will move to the 6 position and the sub-dial hand will move to the zero position. When you wish to resume use of the watch, push the crown in to the

closed position, calibrate the hands within the Smartphone app and perform a manual sync to push the current settings (time, date, alarm, second hand function, count-down timer) into the watch.

**WATCH RESET:** If you wish to do a factory reset on the watch (all data will be lost), open the Timex Connected app and follow the instructions on the Factory Reset page to perform a factory reset. If the factory reset cannot be performed from the Timex Connected app, follow the instructions below to reset the watch alone:

- Press and hold the crown for 3 seconds
- Release the crown for 1 second
- Press and hold the crown for 3 seconds
- Release the crown for 1 second
- Press and hold the crown for 1 second
- Release the crown for 1 second
- Press and hold the crown for 7 seconds

The hands will make a single rotation of the dial and stop at the 6 position (zero position for the sub-dial hand). You will need to calibrate the hands within the Smartphone app and perform a manual sync to push the current settings (time, date, alarm, second hand function, count-down timer) into the watch.

**FIRMWARE UPDATE:** As updates for the Smartphone application are published you will receive notification through your Smartphone application. While the synchronization is occurring with the update the sub-dial hand will indicate the progress of the download, moving from 0 to 100%.

**STRIDE LENGTH ADJUSTMENT:** The *iQ+move* uses an algorithm for distance measurement which automatically determines your stride, based on your height and speed. If you find that the distance reported does not match your actual walking or running distance you can calibrate the distance by up to +/- 25% via the Smartphone application. This is done by the stride calibration page of the Smartphone app.