TIMEX® iQ+™

IQ+ Move

TIMEX® iQ+™ MOVE FEATURES
Your Timex® iQ+™ Move timepiece is the best of both worlds. It gives you the beauty of a classic analog watch, and the ability to track multiple metrics vital to your fitness and health, including steps, distance, calories and sleep.
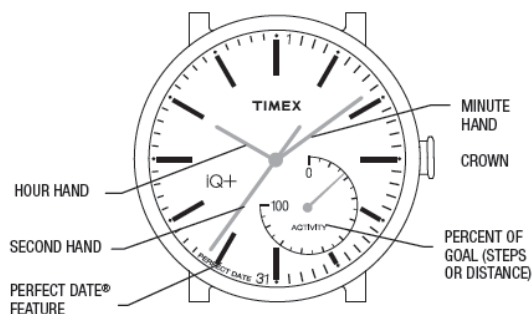
- Classic Analog Design
- Bluetooth® Low Energy (BLE) connection with smartphone app (iOS and Android OS)
- Activity tracking can be displayed on watch dial in both steps and distance
- Sleep tracking measures time slept as well as level of sleep displayed on smartphone app
- Alarm and countdown timer controlled by smartphone app
- Smartphone app retains activity and sleep data and displays it by day, week, month or year
- INDIGLO® night-light
- Estimated battery life of 1 year

MINIMUM REQUIREMENTS
This watch requires the use of a compatible iOS or Android smartphone, and the Timex Connected smartphone app.

Go to http://www.timex.com/getstarted and download the Timex Connected mobile app to your smartphone.

OVERVIEW

HOW TO SET UP YOUR WATCH

NOTE: Pairing your watch and smartphone is performed during the on-boarding steps below. Do not attempt to pair devices from the smartphone's manual Bluetooth® settings.

1. Download the Timex Connected app to your smartphone.
2. Make sure Bluetooth® is turned ON in your smartphone settings.
3. On your watch press and release the crown into the closed (pushed in) position.
4. On your smartphone, **with your watch near your phone**, follow the instructions in the app:
   a. Open the Timex Connected app on your smartphone.
   b. Accept the user agreement.
   c. Select the iQ+ Move watch.
      For Android only: give permission and accept device location.
   d. Answer user profile questions to set up activity tracking and set goals.
   e. When prompted, press and hold the crown for 5 seconds, until the melody plays and the hands move. Bluetooth® function is now turned on.
   f. From the list, select the "iQMVxxxxxx" watch.
   g. If a watch update is available, it will install automatically.
   h. Follow app instructions to calibrate watch hands.

After completing these steps, your watch is synced with your phone and set to the current phone time with its activity and sleep tracking functions ready to use.

CHANGING THE TIME
The time displayed on your watch is updated from your smartphone upon successful initial completion of the setup steps listed above and every time the watch and phone app are synced.

To manually override the time on your watch, gently pull out crown to outer position, rotate hands to set time and then push the crown to the closed position. Following sync, time displayed on watch will return to that of the smartphone.

WATCH CROWN POSITIONS
The watch crown has four positions.

One is the temporary push position. Push briefly to activate the INDIGLO® night-light and show the Perfect Date® feature. Push longer than 5 seconds to activate Bluetooth®.

The other three are closed, middle and outer. Observe how the watch hands change as you move the crown: First extend the crown to its outer position, and then push the crown very lightly until you feel it click into the middle position, before pushing it to closed.

ACTIVATING THE INDIGLO® NIGHT-LIGHT
Press and hold the crown to activate the INDIGLO® night-light. The light will stay on for 2–3 seconds after the crown is released. Pressing the crown for longer than 5 seconds will activate sync mode and hands will move to the 12 o'clock positions.

SYNCHRONIZING WATCH AND SMARTPHONE
Synchronization, or sync, does the following:

- Transfers the previous 7 calendar days' worth of activity and sleep tracking data from your watch to your phone.
- Updates the watch time to match the smartphone time.
- Sends other app settings, such as alarm, to watch.
- Sends other watch information, such as low battery, to smartphone.
- Does not delete activity data, either during or after synchronization.
- Checks for watch updates, and updates automatically.

NOTE: To prevent data loss, synchronize the watch to the smartphone app, a minimum of every six days.

NOTE: The watch must be within 2 meters (6.5 feet) distance of your smartphone for optimal communication.

To synchronize the watch and the smartphone:

1. Open the Timex Connected app on your smartphone.
2. On your watch, push and hold the crown for 5 seconds until a melody sounds and the hands move to 12 o'clock position.
3. Immediately tap the sync 🔴 icon on the lower right on the app.
4. Listen for the melody that indicates the watch has completed Bluetooth® synchronization with the smartphone app.

NOTE: If the Bluetooth® connection between the smartphone app and the watch is disrupted, re-pair the watch and smartphone as follows:

1. Tell your smartphone to "forget" the watch:
   a. In your smartphone's settings (not the Timex app), view Bluetooth® devices.
   b. Have your smartphone un-pair ("forget" or disconnect) your iQ+ Move watch.
   c. Exit the Bluetooth® settings.
   d. Open the Timex Connected app and sync watch and smartphone.

VIEWING GOALS
Use the smartphone app to choose goals for steps or distance to be displayed on your watch sub-dial. To view other goals on your watch's sub-dial, gently pull crown out to middle position.

SHOWING SECONDS, DATE, DISTANCE, STEPS
By default, the second hand shows seconds as on any analog watch.

When the second hand is set to show seconds, pressing the crown temporarily causes the second hand to point to the current day of the month; for example, at 23 seconds past the minute, pressing the crown would cause the second hand to point to 10 on the tenth day of the month.

You can set the second hand to show, instead of seconds, the number of steps, distance, or day of the month. These settings are in the smartphone app.

ALARM
Set and turn on daily alarm on smartphone app. Sync to send alarm setting to watch. When alarm sounds, night-light flashes on watch. Press crown to silence, if crown is not pressed, alarm will sound for 20 seconds.

COUNTDOWN TIMER

Set and start Countdown Timer on smartphone app. Sync to send to watch. Watch beeps and night-light flashes when countdown ends. Press crown to silence, if crown is not pressed, alert will sound for 20 seconds.

ADJUSTING STRIDE LENGTH

The Timex IQ+ Move uses an algorithm for distance measurement which automatically determines your stride based on your height and speed. If you find the distance reported does not match your actual walking or running distance, you can calibrate the distance by up to +/- 25% via the smartphone app. You can do this through the distance-adjustment option on the watch section of the app.

LOW BATTERY POWER

The watch indicates when you need to replace the battery:

- During synchronization of the watch with the smartphone, the app will alert you if the battery needs to be replaced soon.
- The watch second hand will begin to move every 2 seconds in 2-second increments until the battery is replaced.

When battery power is low:

- To conserve power, the INDIGLO® night-light will not function until the battery has been replaced.
- The watch and smartphone will not communicate.

The activity tracking functions will remain functional until the battery has been completely depleted, but new data will not be stored.

REPLACING THE BATTERY

Before replacing the battery, it is recommended that you synchronize to the smartphone app to ensure you have retrieved all of the latest activity and sleep data from the watch. After the battery is replaced, the watch will need to be re-calibrated with the smartphone.

STORING THE WATCH

You may remove power from the watch for storage. To do this, pull the crown out to the outer position. With the crown in this position, the hour, minute and second hands will stop immediately, and the activity- and sleep-tracking functions will be inactive after 30 minutes.

SMARTPHONE APP UPDATES

As smartphone app updates become available, you will be notified on your smartphone, in the same way you learn of updates to other smartphone apps. Update this app using the same process you would to update any other app. Specific process varies by smartphone.

WATCH UPDATES

As watch updates become available, you will be notified in the Timex Connected smartphone app. Follow the instructions in the app.

NOTE: Because the update will delete all activity recorded for the current day, performing the update early in the day will minimize the loss of recorded activity.

To ensure an uninterrupted connection during the update, place the watch and smartphone on a flat surface, beside each other, and avoid moving them until the update completes. During the update, the lower subdial hand shows progress, from 0 to 100%.

The duration of the update varies, averaging 5 to 10 minutes, but sometimes lasting up to 30 minutes.

WATER RESISTANCE

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

NOTE: To confirm that your watch is water resistant, check for the

(≋) **symbol before immersing in water.**

Your iQ+ Move watch is water resistant to a depth of 50 meters (164 ft.).

- The watch is water resistant only as long as lens, push buttons and case remain intact.
- The watch is not a diver watch and should not be used for diving.
- Rinse the watch with fresh water after exposure to salt water.

Water Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160
200m/656ft	284

* pounds per square inch absolute

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TIMEX INTERNATIONAL WARRANTY

http://www.timex.com/productWarranty.html

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.

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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada.

Caution–Any user changes/modifications to this device could void the user's authority to operate this device.

DECLARATION OF CONFORMITY

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

declares that the product:

Product Name:	Timex® IQ+™ MOVE
Model Numbers:	M328

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:

R&TTE: 1999/05/EC – RED Directive 2014/53/EU

Standards:
CENELEC EN 61000-4-2: 2009
CENELEC EN 61000-4-3: 2006+A2:2010
CENELEC EN 55022: 2010
ETSI EN 300 440-1: V1.6.1 (2010-08)
ETSI EN 300 440-2: V1.4.1 (2010-08)
ETSI EN 301 489-1: V1.9.2
ETSI EN 301 489-17: V2.2.1

LVD: 2006/95/EC – 2014/35/EU

Standards:

IEC 60950-1: 2005+A1:A2
CSA C22.2 #60950-1: 2007+A1:A2
CENELEC EN 60950-1: 2006+A11:

Electromagnetic Compatibility (EMC) – Radio Frequency (RF)

Standards:

FCC 47CFR 15, Subpart C
IC RSS 102; Issue 4
IC RSS 210; Issue 8
IC RSS GEN Issue 4
AS/NZS 4268: 2012

Agent: *Sam Everett*

Sam Everett
Quality Regulatory Engineer
Date: 1 May 2016, Middlebury, Connecticut, U.S.A.