MONDAINE

Swiss Watch

USER GUIDE

SMART WATCH

MotionX® powered

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

START WITH YOUR HOROLOGICAL SMARTWATCH

1
GET THE APP

Download the MotionX-365 App from App Store (iOS) or Play Store (Android). Minimum versions supported: iOS 8.0 and Android v4.4.3 (June 2015).

MotionX-365

Available on the App Store

ANDROID APP ON Google play

2
ACTIVATE BLUETOOTH ON YOUR PHONE

Bluetooth™

3
FOLLOW THE INSTRUCTIONS

on the app to pair your watch and set your goals.

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

PAIR YOUR WATCH WITH THE MotionX-365 APPLICATION

To pair your watch, launch the MotionX-365 app on your smart device and follow the instructions in the app.
Keep your watch close to the smart device (phone or tablet) during the the pairing process.

1

OPEN **APP**

2
TOUCH **ICON**

3
PRESS **PUSH BUTTON**

4

start PRESS **START**

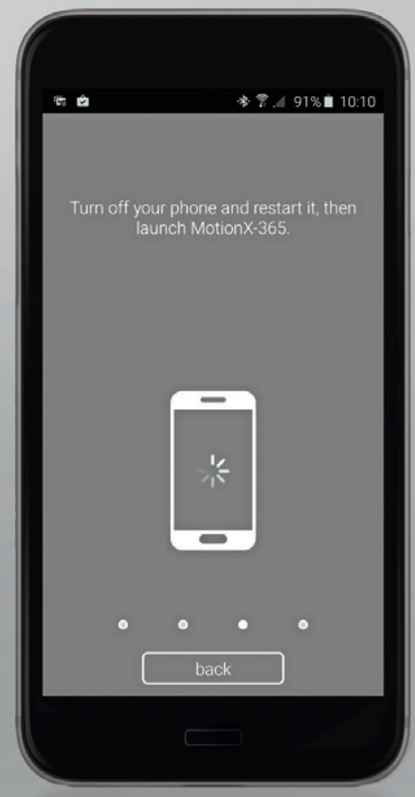
5
PRESS **PUSH BUTTON** AGAIN

MONDAINE
Swiss Watch

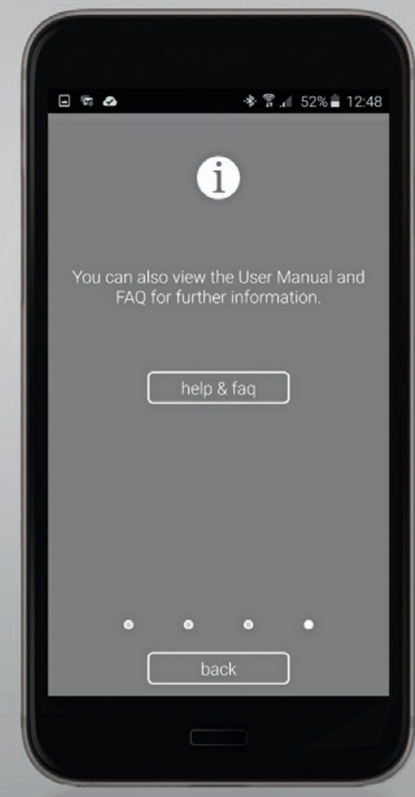
1

2

3



4



TROUBLE SHOOTING PAIRING

IF YOUR WATCH DOES **NOT PAIR**

help

1 Press help
2 Follow 4 steps

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

USE THE HOROLOGICAL SMARTWATCH

PUSH
1×
CONNECTION & SYNC
of the watch with the app
(Bluetooth must be activated to synchronize)

PUSH
2×
WHILE IN ACTIVITY MODE
show progress toward
sleep goal

WHILE IN SLEEP MODE
show progress toward
activity goal

PUSH
3×
WORLDTIMER
Press the crown button three times
to temporarily see the current time
in the time zone you have selected.

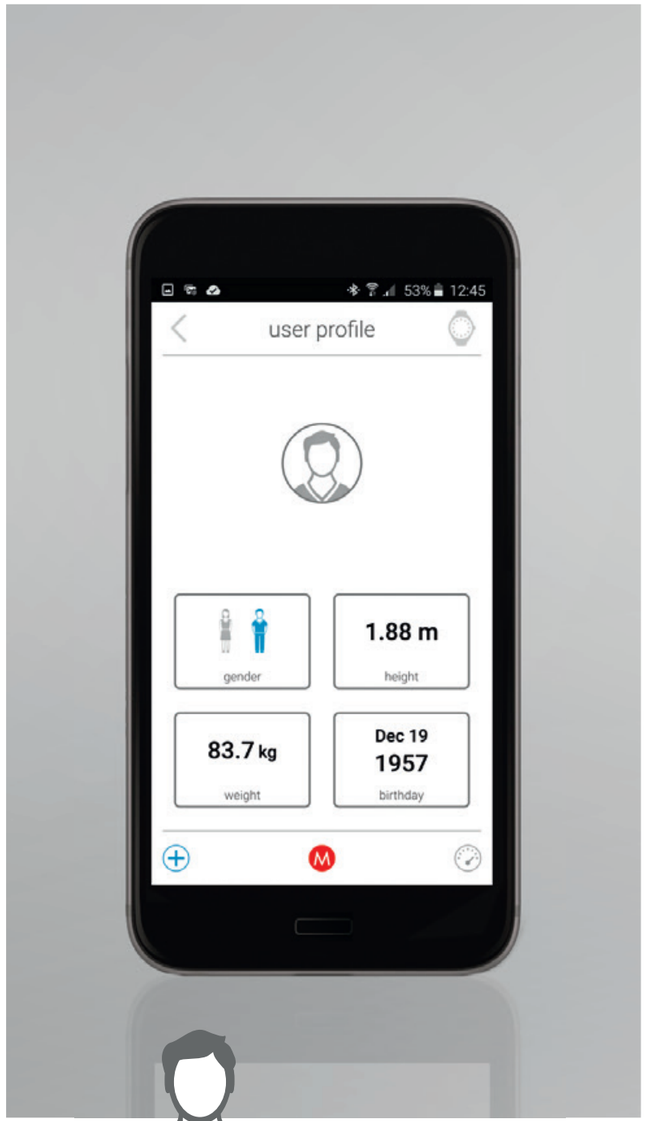
HOLD
3 SECONDS
START/END SLEEPTRACKER®
Sleep mode can be started by holding
the crown for 3 seconds. Hold crown again
for 3 seconds after waking up to finish
sleep mode and start activity mode.

ACTIVITY - If the LONGER hand shows the date, your watch is in activity tracking mode.

SLEEP - If BOTH hands show the moon, your watch is in sleep tracking mode.

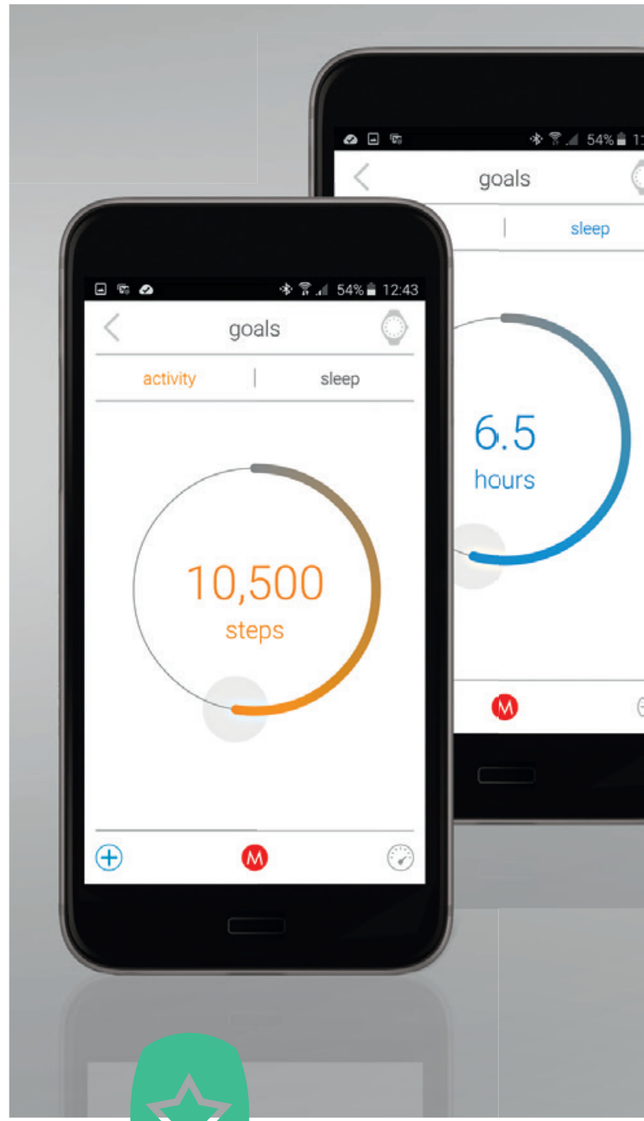
MONDAINE
Swiss Watch

PERSONAL SETTINGS



CREATE USER **PROFILE**

To make sure you get the right goal analysis, personalize the user profile.
⊕ → ⚙ settings → user profile



SET **GOALS**

Personal activity and sleep goals can be set individually.
⊕ → ⚙ settings → ☆ goals

MONDAINE
Swiss Watch

SMART WATCH
MotionX® powered

HOME SCREEN

SLEEP
GOALS ACHIEVED

ACTIVITY
GOALS ACHIEVED

COACH
OVERALL GOALS ACHIEVED

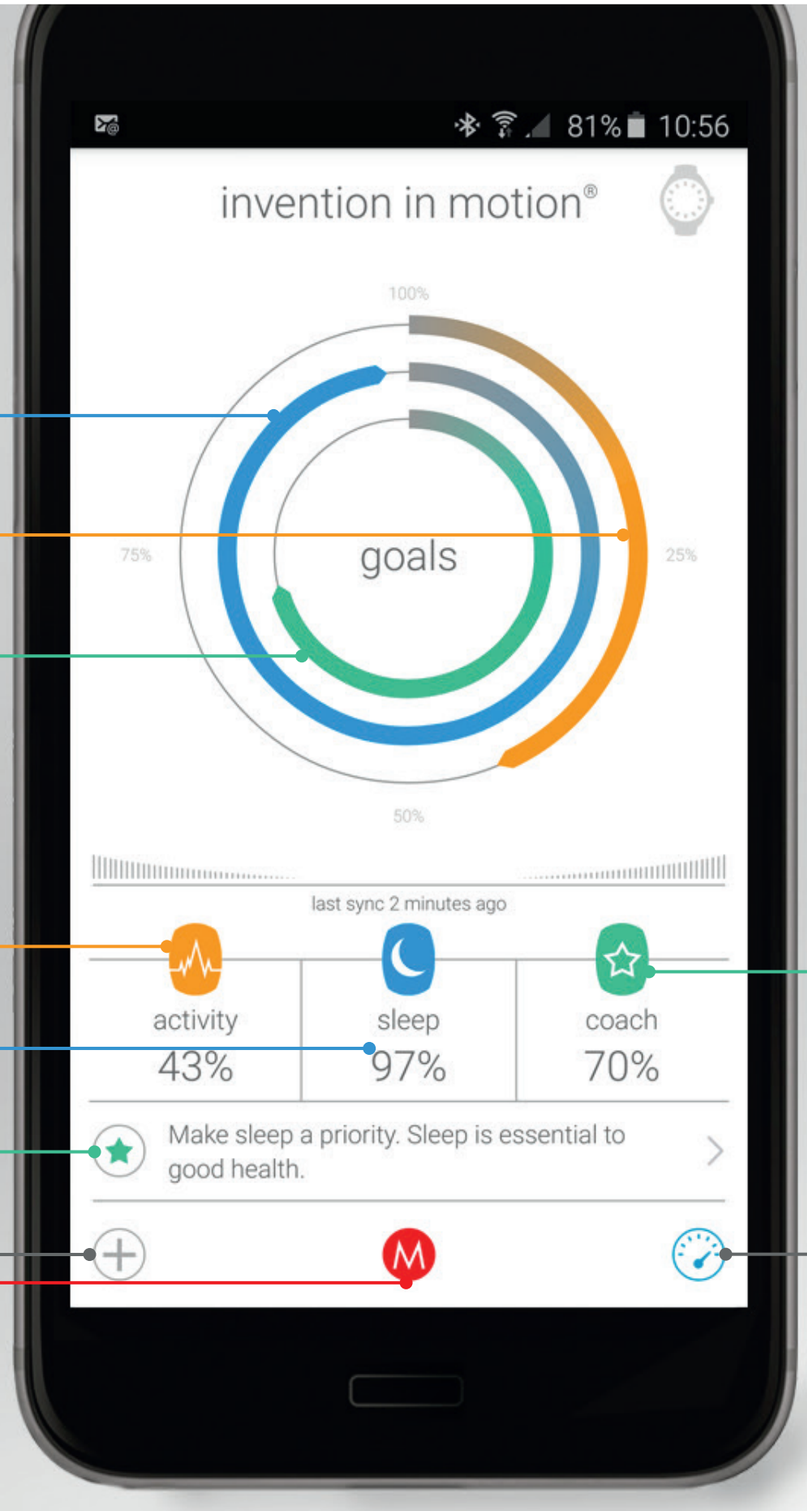
Percentage of reached activity goals

Percentage of reached sleep goals

Daily tips for better activity and sleep

Settings

More about Mondaine Watch



not connected
synchronizing
connected

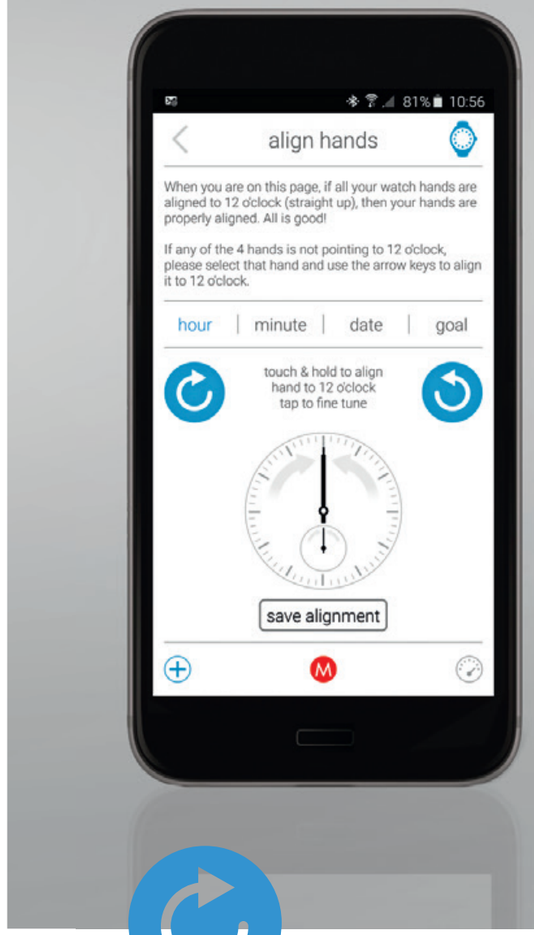
Percentage of overall goals reached

Back to home screen

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

ALIGN
HANDS



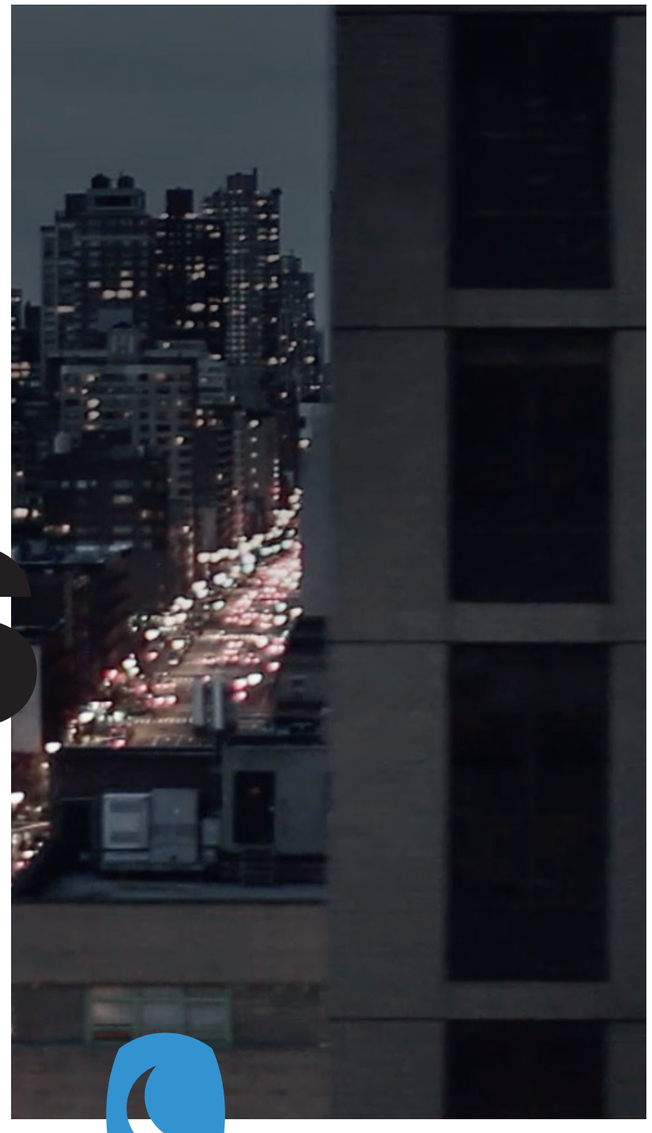
ALIGN
HANDS

1. Go to settings:
   ⊕ → ⚙ settings → ⌚ my watch → ↻ align hands
2. Align hands:
   all 4 hands should move to 12.
   If not, adjust each hand manually.
3. Save alignment.

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

FEATURES



ALWAYS **ON-TIME & DATE**

You never have to set a time and date - traveling across time zones, the Mondaine Helvetica 1 Smart picks up the time from your smartphone and displays the new time automatically, when connected.

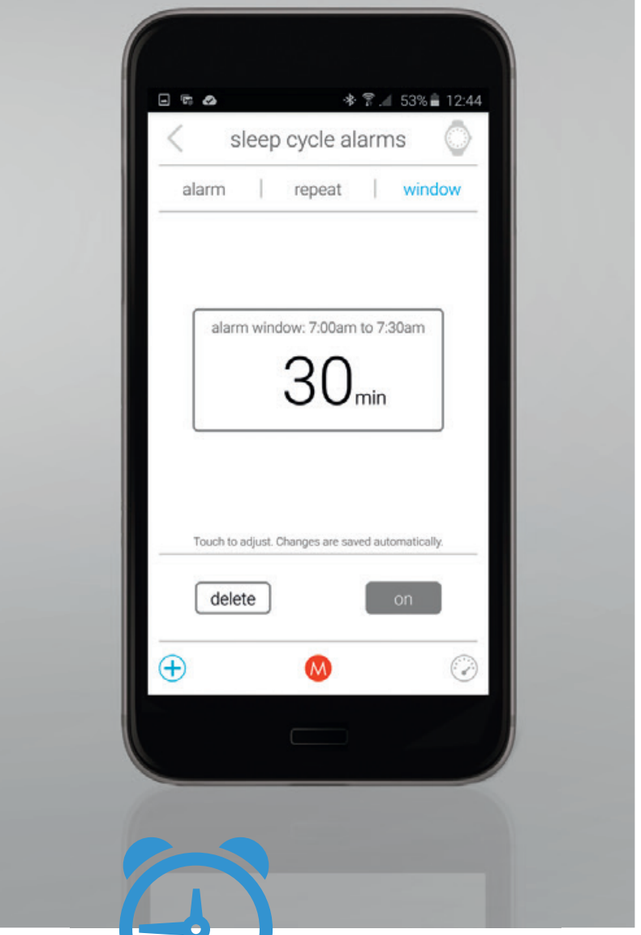
SLEEP-TRACKER® **SLEEP MONITORING**

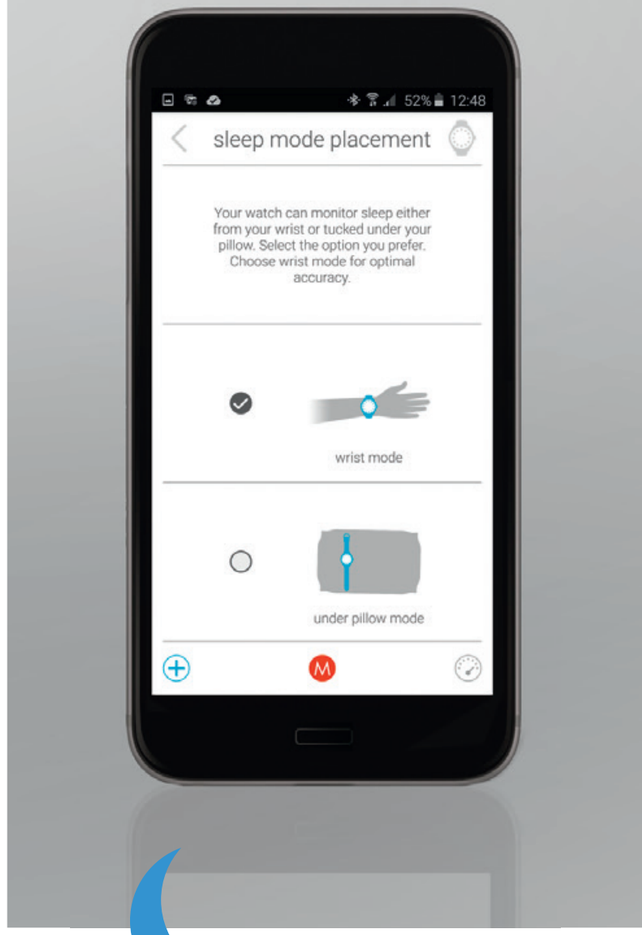
Wear your watch at night or put it under your pillow to record your sleep. Sleeptracker® provides details on how much time you spent in deep sleep, light sleep, or awake.

MotionX® **ACTIVITY TRACKING**

Keep track of daily steps, calories burned, and total distance.

MONDAINE
Swiss Watch





SLEEP CYCLE ALARMS

Set a smart sleep alarm that will help you wake up during a light sleep phase if possible (Happy wake up) in your sleep cycle so that you wake up refreshed.
⊕ → ⚙ settings → ⏰ sleep cycle alarms

GET ACTIVE ALERTS

Set an alert to remind you to become active if you've been idle for a set amount of time.
⊕ → ⚙ settings → 🔔 get active alert

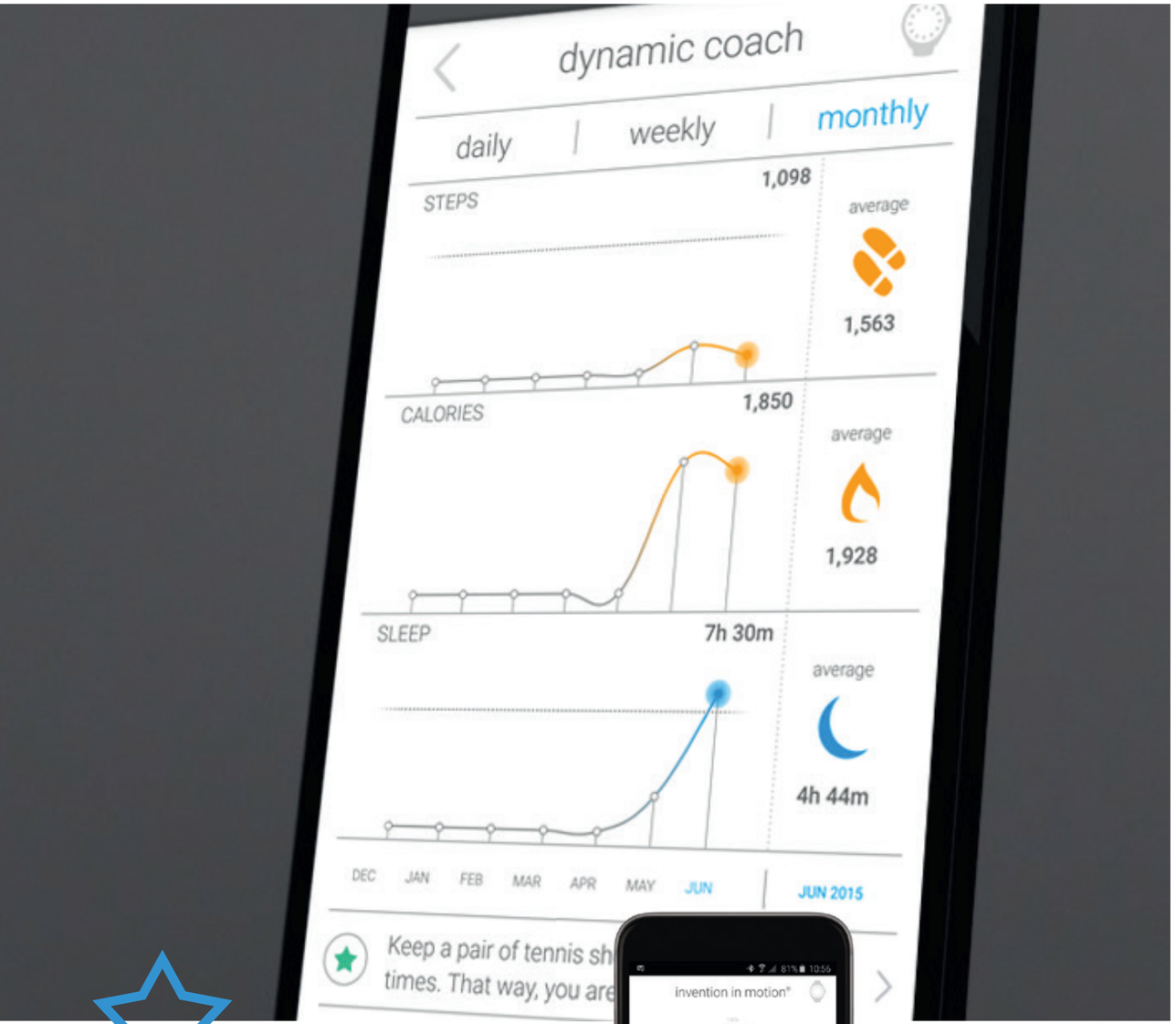
WORLD TIMER

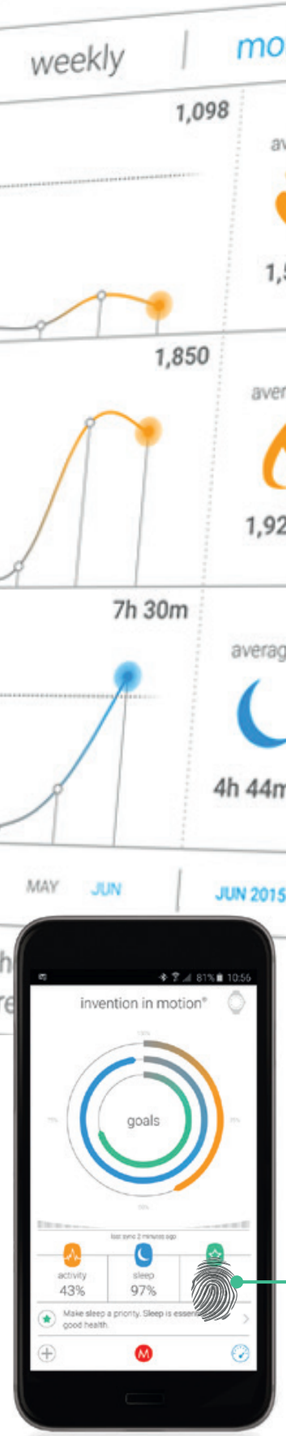
Press the crown button three times to temporarily see the current time in the time zone you have selected.
⊕ → 🌐 worldtimer-function

SLEEP MODE PLACEMENT

Your watch can monitor sleep either from your wrist or tucked under your pillow. Select the option you prefer.
⊕ → ⚙ settings → ☾ sleep mode placement

MONDAINE
Swiss Watch

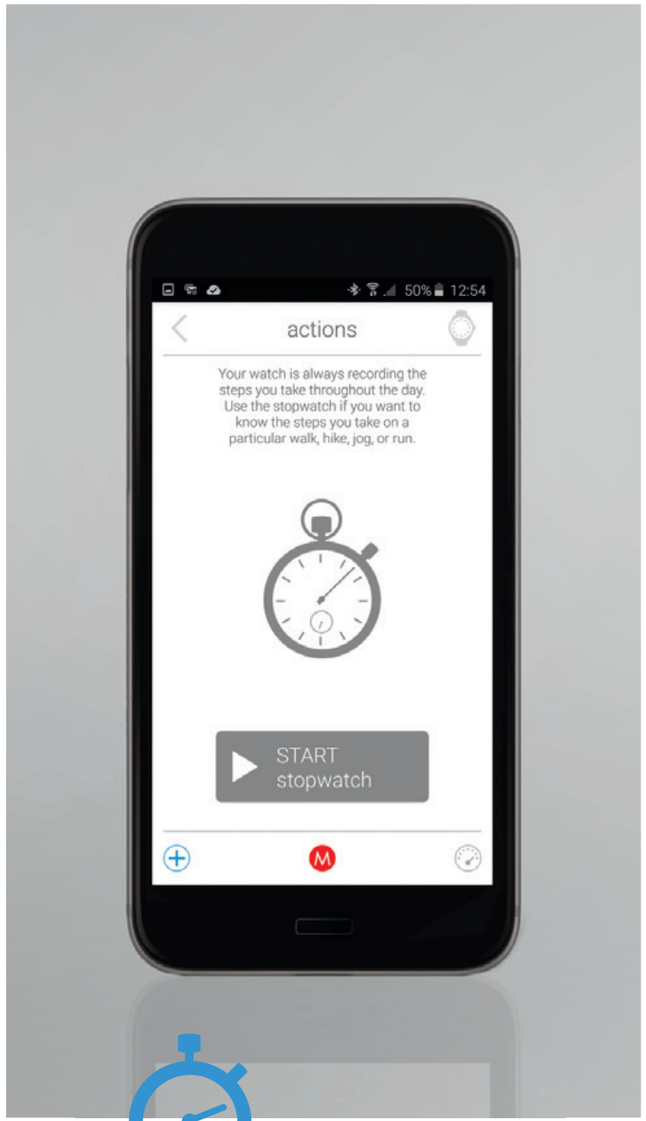




Touch here

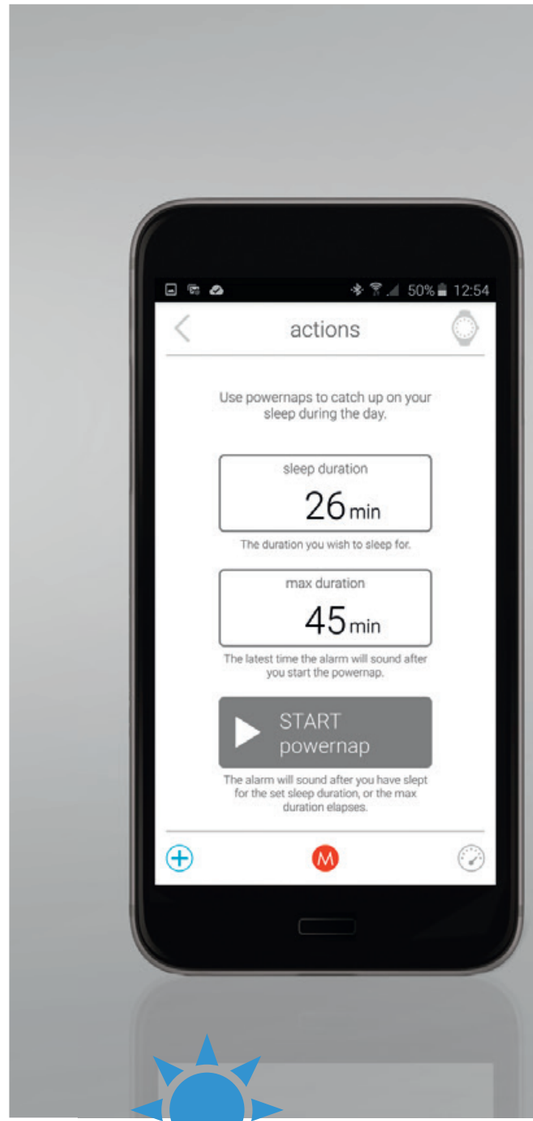
DYNAMIC **COACHING**

Statistics of steps, calories burned and sleep on a daily, weekly or monthly overview.



STOP WATCH

Use the stopwatch if you want to know the steps you take on a particular walk, hike, jog or run.
⊕ → stopwatch



POWER **NAP**

Use powernaps to catch up on your sleep during the day.
⊕ → ☀ powernap

MONDAINE
Swiss Watch

SWISS MADE

2 YEARS
BATTERY LIFE

3 ATM
WATER RESISTANT

MONDAINE
Swiss Watch

SMART
WATCH
MotionX® powered

LINKED TO MOTION

WARRANTY DISCLAIMER FOR USE WITH THIRD PARTY PRODUCTS
This MONDAINE smartwatch has been designed to communicate via Bluetooth with certain mobile devices of other manufacturers and mobile application software as wells as cloud infrastructure of third party providers such as Fullpower Technologies Inc. The limited international watch warranty does not apply to failures or damages caused by use with hardware or software products of other companies whose own warranty terms and software end user license provisions will govern defects of their hardware and software products and failures or damages caused by them.

TECHNOLOGY UPDATES
The battery has a life expectancy of approximately 2 years, depending on how often the Bluetooth connection is activated. The battery must be changed by an authorized MISO® service center listed under www.mondaine.com which will check the watch for available updates of hard- and/or software and install such updates at a reasonable fee.

USE OF DATA AND PRIVACY POLICY
The use of data and privacy policy are governed by the terms of the end user licenses of third party software and/or cloud infrastructure providers such as Fullpower Technologies Inc. The applicable terms and conditions are communicated at the time the mobile application software is activated or updated on the mobile device and must be accepted in order to download the application software and use the cloud infrastructure.

MORE INFORMATION

www.mondaine.com/smartwatch

MONDAINE
Swiss Watch

LEGAL NOTICES

USA
CANADA
EUROPE

USA CANADA 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.

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.

NOTICE:
Changes or modifications made to this equipment not expressly approved by Mondaine Watch Ltd may void the FCC authorization to operate this equipment.

EUROPE

Declares that the product:
Erklärt, dass das Produkt :
Déclare, que le produit:
i dichiara che il prodotto:
HOROLOGICAL SMARTWATCH
MH1.B2S

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:

MONDAINE
Swiss Watch

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. ELECTRO-MAGNETIC COMPATIBILITY

(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 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

MONDAINE
Swiss Watch

Registered models. All rights reserved and defended by the manufacturer.
Mondaine Watch Ltd, Etzelstrasse 27, 8808 Pfäffikon SZ
P +41 58 666 88 00, F +41 58 666 87 00 www.mondaine.com
Printed on paper bleached without chlorine.

Ed. 11.2015 GGM.D057