



VITALITY

SMARTWATCH



FREDERIQUE CONSTANT
GENEVE



USER MANUAL

SMARTWATCH LADIES VITALITY
FC-286



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 VITALITY



The background of the image consists of a series of concentric, thin white circles centered on the page, creating a ripple effect against the dark grey background.

02

NAVIGATE



NAVIGATE ON THE SMARTWATCH VITALITY'S DIGITAL SCREEN

By pressing the crown pusher, you can scroll through your watch's different functions.

03

FUNCTIONS



VITALITY

SMARTWATCH

FUNCTIONS



ACTIVITY TRACKING



WORKOUT



DYNAMIC COACH



CHRONOGRAPH



GET-ACTIVE ALERTS



HEART RATE MONITORING



HEART RATE NOTIFICATIONS



BREATHING EXERCISE



SLEEP MONITORING



SMART SLEEP ALARMS



MESSAGES REVIEW



NOTIFICATIONS



WEATHER



WORLDTIMER



LOCAL TIME



ALWAYS ON-TIME

SPECIFICITIES



CLOUD BACKUP & RESTORE



RECHARGEABLE BATTERY



FREDERIQUE CONSTANT
GENEVE

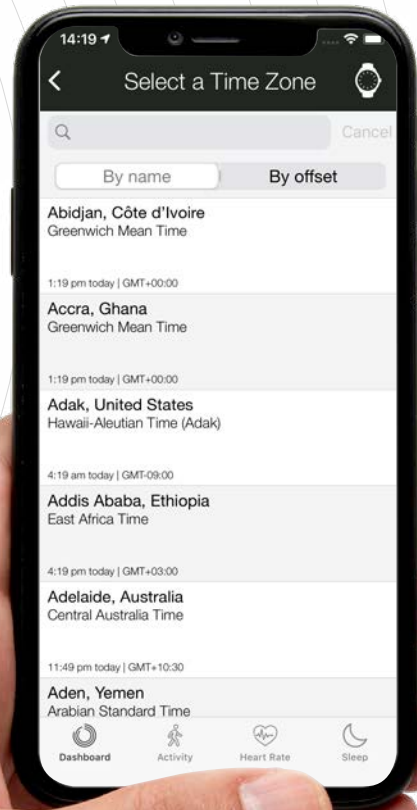


FUNCTIONS



ALWAYS ON-TIME

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

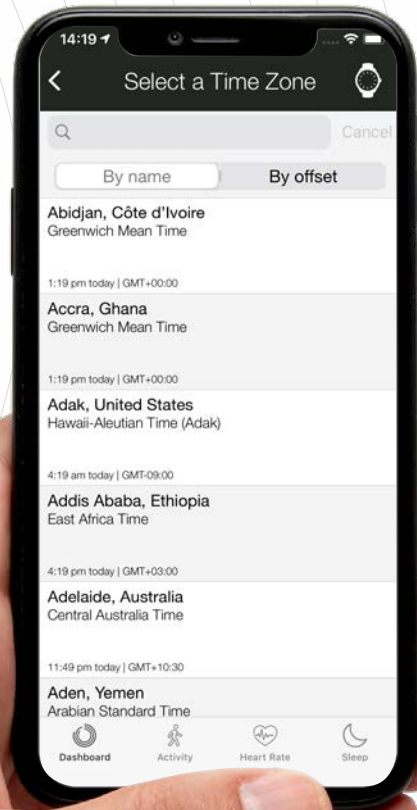


FUNCTIONS



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.



FUNCTIONS



LOCAL TIME

For regular business travelers and globe dwellers, the local time function will help you to keep track of the time wherever you are.

The perfect addition to your second time zone indicator.

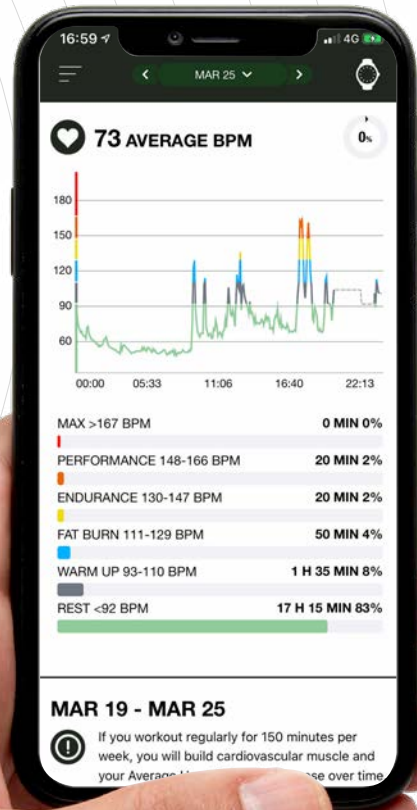


FUNCTIONS



CHRONOGRAPH

The chronograph can be started and stopped by a single tap on the watch's dial. While exercising, the digital screen will then show the passing seconds and minutes. On top of that, the minute hand will show the chronograph's seconds, while the hour hand will show the minutes – this will ensure visibility when using the function in broad daylight. To pause the chronograph, press the crown pusher at any time. To stop the time measurement, simply tap once on the watch's screen. Once stopped, the digital screen will switch to the next function.



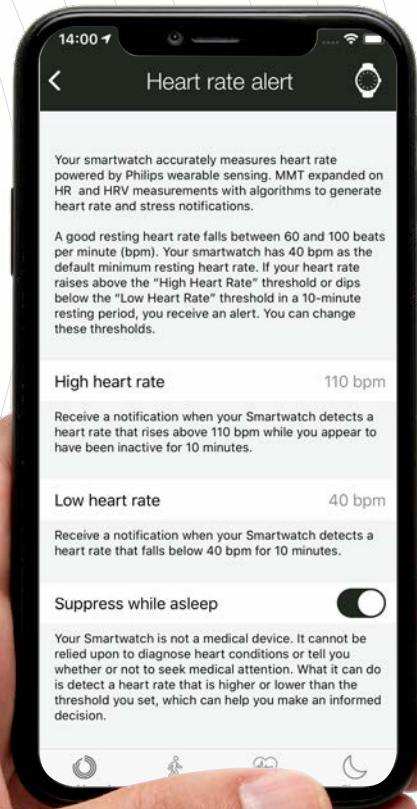
FUNCTIONS



HEART RATE MONITORING

Your watch has an integrated optical heart rate measuring system provided by electronics expert Philips. Philips being the leading provider of optical heart rate solutions, the sensor will provide accurate monitoring for cardiac, activity, health and fitness metrics. It offers an algorithm that extracts and processes the sensor's data, factoring out body motion, pigmentation and ambient light to produce highly accurate results.

The watch measures your Heart Rate throughout the day and night.



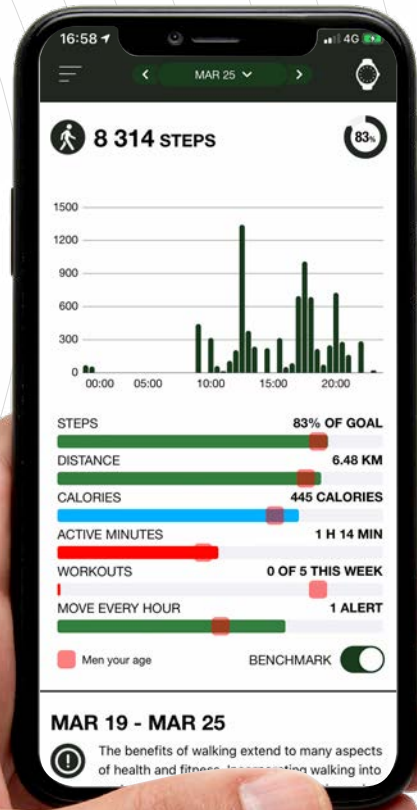
FUNCTIONS



HEART RATE NOTIFICATIONS

Should your heart rate measure be too low or too high, you will get notified by your watch with a vibration and visual alert.

If your Heart Rate gets too low, an alarm can be triggered. If your Heart Rate is too high 10 minutes after resting, then alert can be triggered (not when active, only at rest).

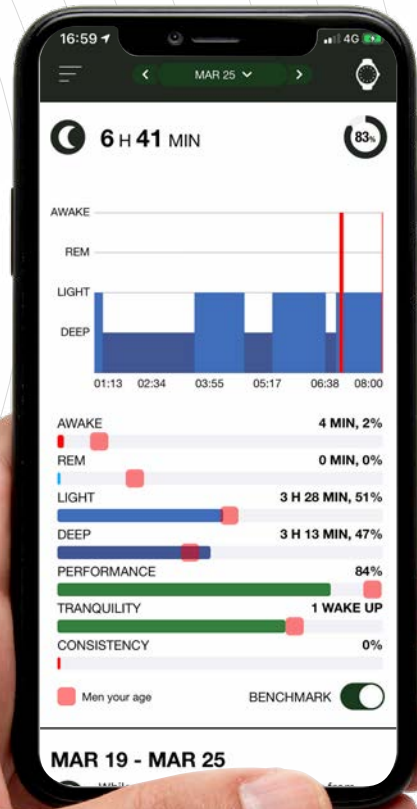


FUNCTIONS



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.

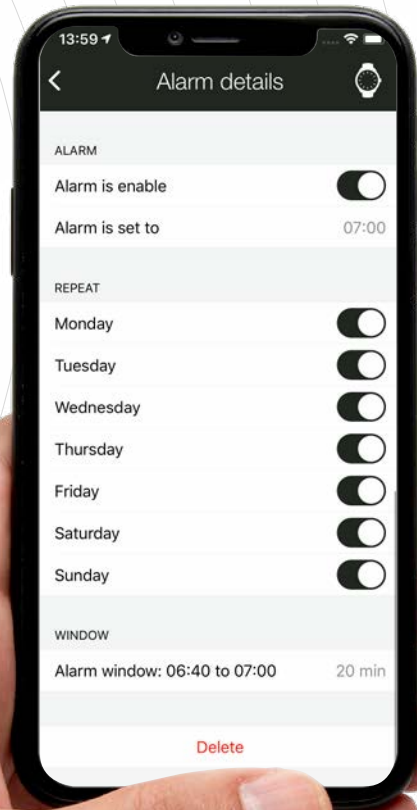


FUNCTIONS



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. It will also provide you with insights and tips on how to improve your sleep.



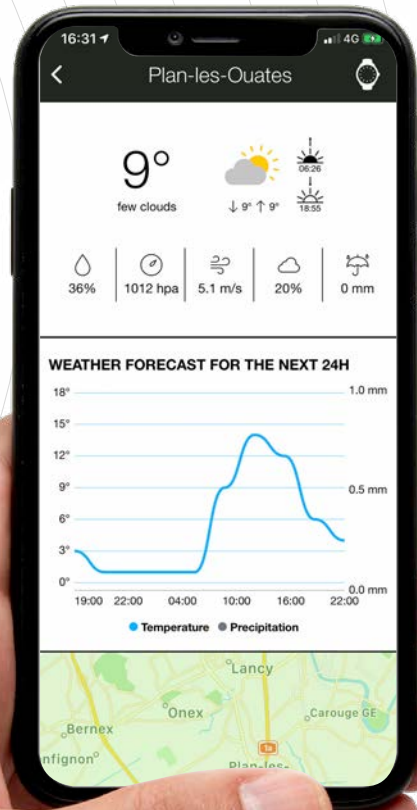
FUNCTIONS



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 deactivate the Smart Sleep Alarms via your watch's digital screen or within the companion App.



FUNCTIONS



WEATHER

Local weather forecast including the maximum and minimum temperature are displayed on your watch's digital screen and in the companion app.



FUNCTIONS



BREATHING EXERCISE

The Breathe function allows you to regulate your breathing and lower your stress level thanks to a quick and easy exercise.



FUNCTIONS

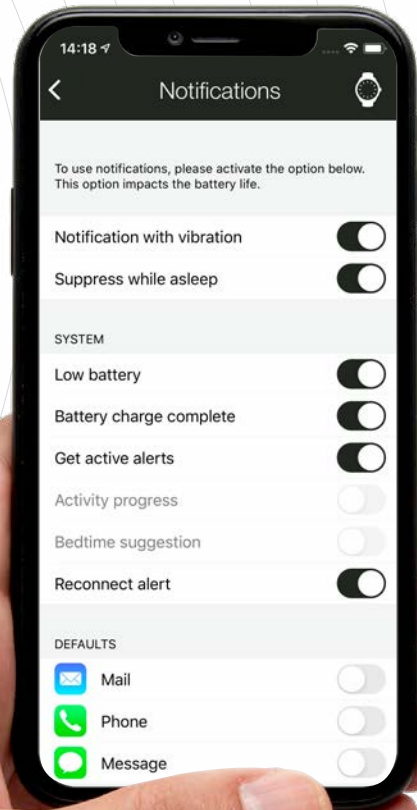


MESSAGES REVIEW

Firstly, via the app, you will need to select the various applications for which you wish to receive notifications. You will be able to see the last five messages received on your watch screen based on the above service/app selection.

For example, the following apps can be selected amongst others:

Mail, Messages, Facebook, Twitter, WhatsApp, Instagram, Snapchat, LinkedIn, WeChat, Viber, Uber, KakaoTalk, Pinterest, Spotify etc.



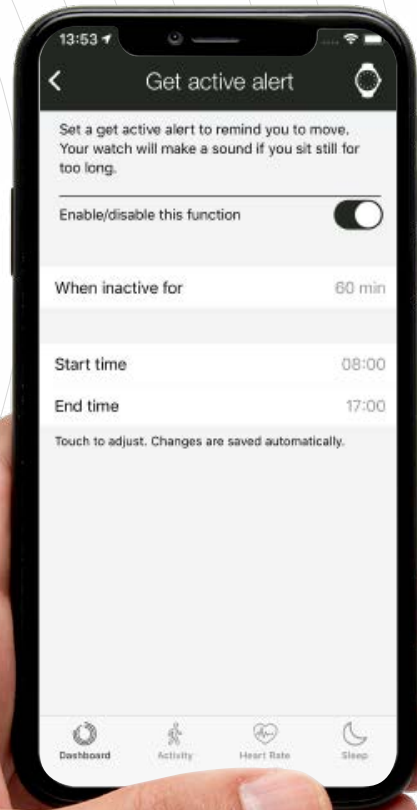
FUNCTIONS



NOTIFICATIONS

Never miss a call, email or text message!

Customize your notifications and alerts directly from the app.



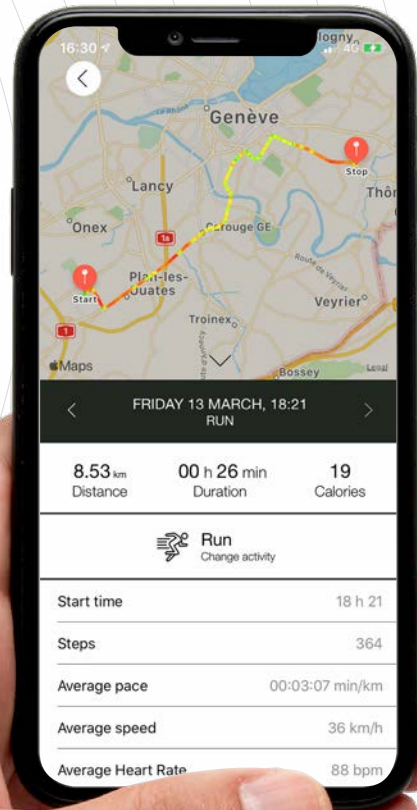
FUNCTIONS



GET-ACTIVE ALERTS

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

Customize your Get-Active alert in the companion app.



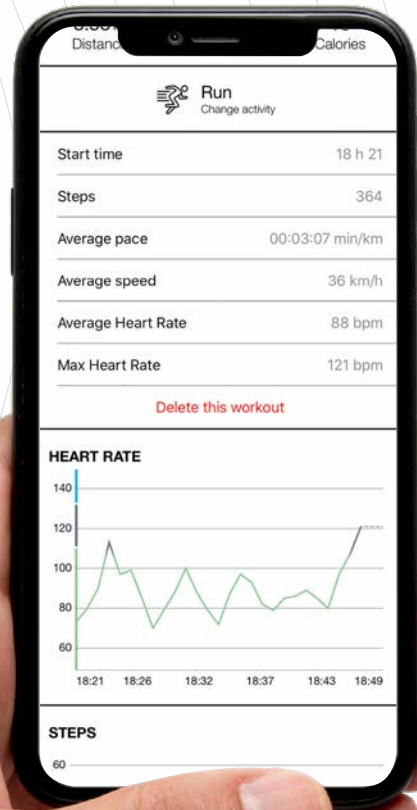
FUNCTIONS



WORKOUT

The workout function can be launched directly on your watch's digital screen. Go to the workout function using the crown pusher.

01. Tap on your watch's digital screen to start the workout session
02. Tap on your watch's digital screen to stop the workout session
03. Press the crown pusher to confirm stop otherwise it goes back to active after a few seconds (this is a security to avoid unwanted tap detection).



FUNCTIONS



WORKOUT

During the workout session, the heart rate sensor will take 1 measurement every 10 seconds.

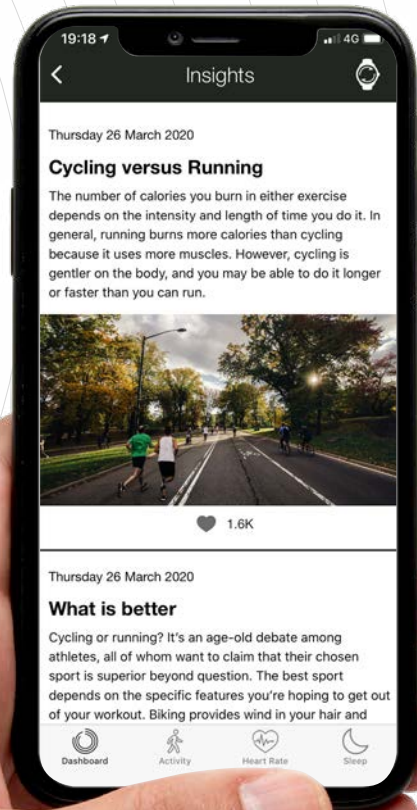
You will then be able to see in-depth results in your companion app.

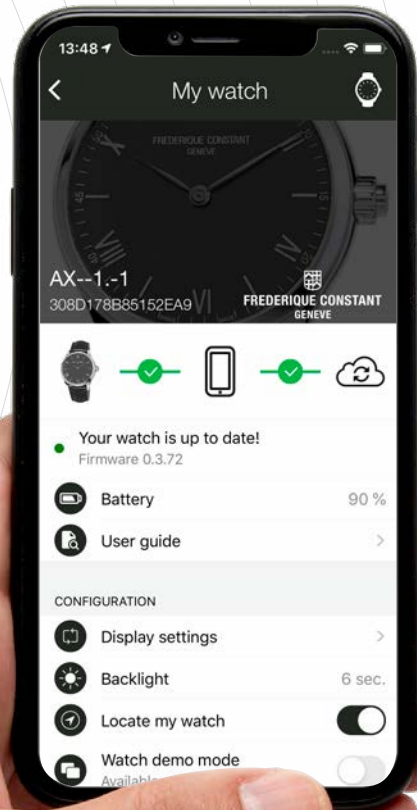
FUNCTIONS



DYNAMIC COACH

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





SPECIFICITIES



CLLOUD BACKUP & RESTORE

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



SPECIFICITIES



RECHARGEABLE BATTERY

Your watch is equipped with a rechargeable battery that will last up to **11** days (depending on your usage). Your watch will need to be charged via the charging device provided with the watch.

04

LEGAL NOTICES



VITALITY

SMARTWATCH

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

ISED COMPLIANCE

This device complies with ISED 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'ISDE 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'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



FREDERIQUE CONSTANT
GENEVE



VITALITY

SMARTWATCH

LEGAL NOTICES

EUROPE

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

Declares that the product:

SMARTWATCH FC-286X5B4/6
Frequency range: 2402~2480MHz
Output power: 0 dBm
Antenna Gain: 1.5 dBi gain Software
version: 6.1.0
Hardware version: Rev 1

Comply with the following directive and
regulations: 2014/53/EU (The Radio
Equipement Directive)

1. Health & safety (article 3.1.A of the
red directive)

Applied standard(s) EN 50663:2017; EN
62368-1:2014/A11:2017

2. Electromagnetic compatibility (article
3.1 B of the red directive)

Applied standard(s) EN301489-1V2.2.3;
EN301489-17V3.2.2; EN55032: 2012;
EN55032:2015; EN55035:2017

3. Radio spectrum (article 3.2 of the red
directive)

Applied standard(s) EN300328V2.2.2



FREDERIQUE CONSTANT
GENEVE



WWW.FREDERIQUE-CONSTANT.COM