



1883 GENEVE

REACH YOUR SUMMIT

ALPINE X
COMTESSE
glacier

USER MANUAL

WATCH & COMPANION APP

INDEPENDENCE, PERSEVERANCE, HERITAGE.
alpinawatches.com

01

WELCOME



BODY & SPORT

- 🚶 Activity Tracking
- ❤️ Heart Rate Monitoring
- 📊 Heart Rate Notifications
- 🏃 Dynamic Coach
- 📍 Workout with GPS Tracking (Connected GPS)
- 🧘 Breathing Exercise
- 🌙 Sleep Monitoring

TIME & NOTIFICATIONS

- 🕒 Always on-Time (Hours, Minutes, Day and Date)
- 🕒 Chronograph
- 🌍 Worldtimer (2nd Time Zone)
- 🕒 Smart Sleep Alarms
- 📢 Get-Active Alerts
- 📞 Notifications (Calls, Messages, Emails)
- 📧 Messages Review
- ☁️ Weather

-
- 🔋 Rechargeable Battery & Battery Level Indicator
 - ☁️ Cloud Backup & Restore

ALPINERX COMTESSE GLACIER

Thank you for purchasing your AlpinerX Comtesse Glacier and becoming a member of the Alpina community!

Please follow the simple instructions detailed in this user manual to start using your watch.

02

GET STARTED

GET STARTED



01. CHARGE YOUR WATCH

Please make sure to charge your watch using the charging device provided before pairing for the first time. Please refer to page 28 for additional details.

02. GET THE APP

Download the ALPINA SMARTWATCH app for iPhone® or Android.

03. ACTIVATE BLUETOOTH ON YOUR PHONE

04. 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.

05. YOU ARE NOW READY TO USE YOUR ALPINERX COMTESSE GLACIER



NAVIGATE ON THE ALPINERX COMTESSE GLACIER DIGITAL SCREEN

By pressing the crown button, you can scroll through your watch's various functions.

03

THE APP



GET MOTIVATED

Watch, learn and improve.

BE ACTIVE

Walk, run, check your steps.

SLEEP

Rest and check your sleep pattern.

HEART RATE

Keep an eye on your heart beats.

WORKOUT

Track and improve your performance.

DISCOVER OUR COMPANION APP

Check your results and data with in-depth graphs and stats while being able to configure your notifications and display preferences.

04

FUNCTIONS OVERVIEW



FUNCTIONS



ALWAYS ON-TIME (LOCAL 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.

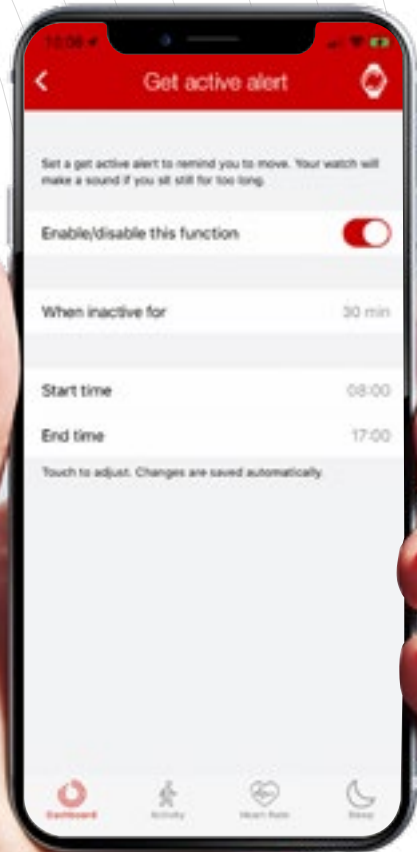


FUNCTIONS



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.



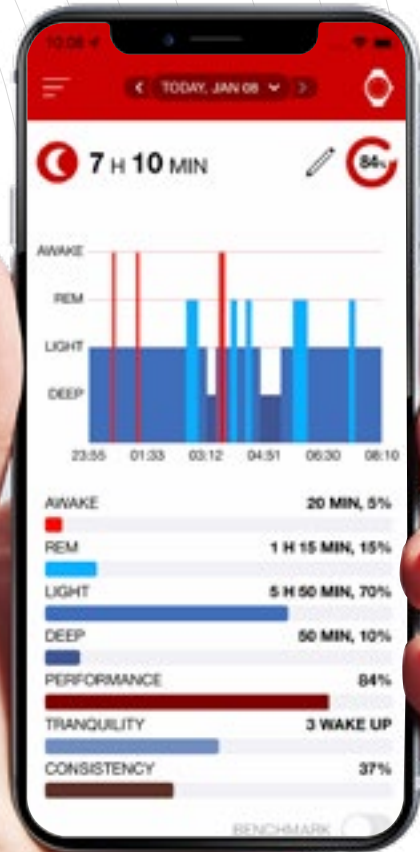
FUNCTIONS



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 and move icon.

Customize your Get-Active alert in the companion app.



FUNCTIONS

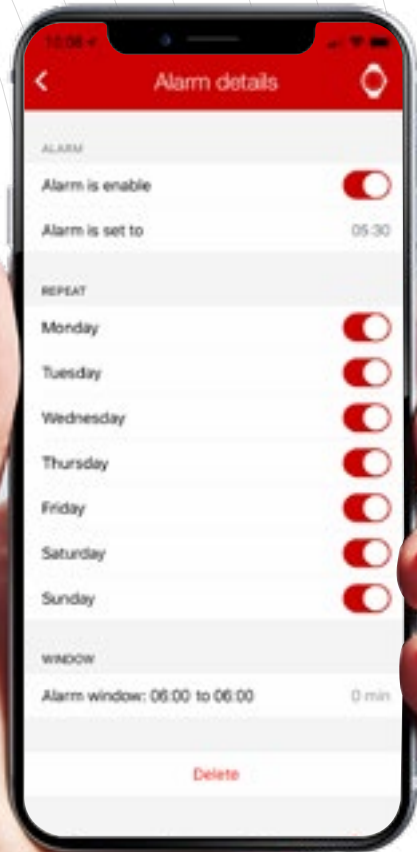


SLEEP MONITORING

The sleep monitoring function provides details on your sleeping pattern, including how much time you have spent in deep sleep, light sleep, REM sleep or awake. It will also provide you with insights and tips on how to improve your sleep.

Wear your watch at night or put it under your pillow to record your sleep. You can set your favorite mode in the app.

Please note that REM sleep is unavailable when using the *under the pillow* mode.



FUNCTIONS



SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best time by vibrating based on your sleep cycle in order to feel rested and refreshed.

You can easily activate and disable the Smart Sleep Alarms via your watch's digital screen or within the companion App.

FUNCTIONS



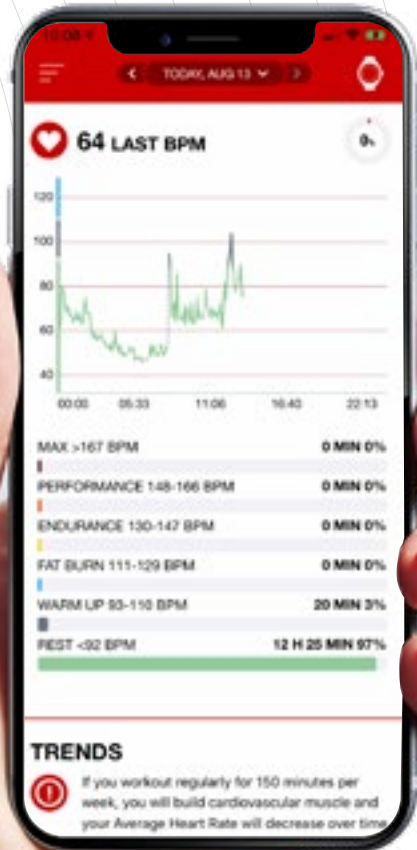
HEART RATE MONITORING

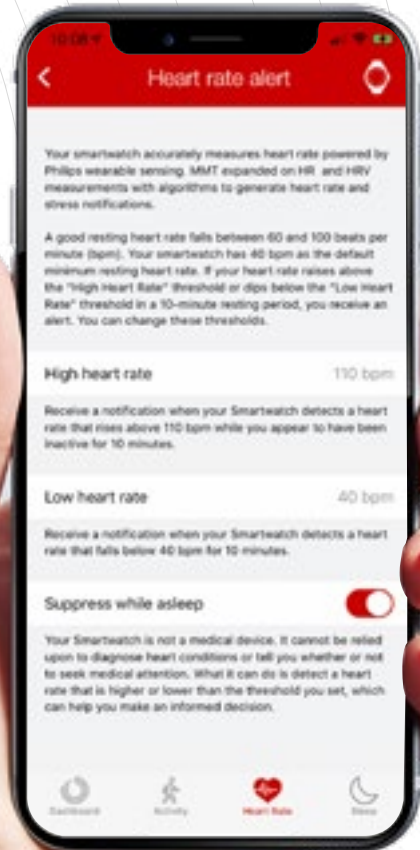
Your AlpinerX Comtesse Glacier watch has an integrated optical heart rate measuring system powered by Philips Wearable Sensing. Philips being the leading provider of optical heart rate solutions, the sensor will provide accurate monitoring for cardiac, activity, health and fitness metrics.

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. You can see in depth results within the companion app.

A nice add-on is also available in your app: the Breathing Rate which will give you your average of breaths per minutes.





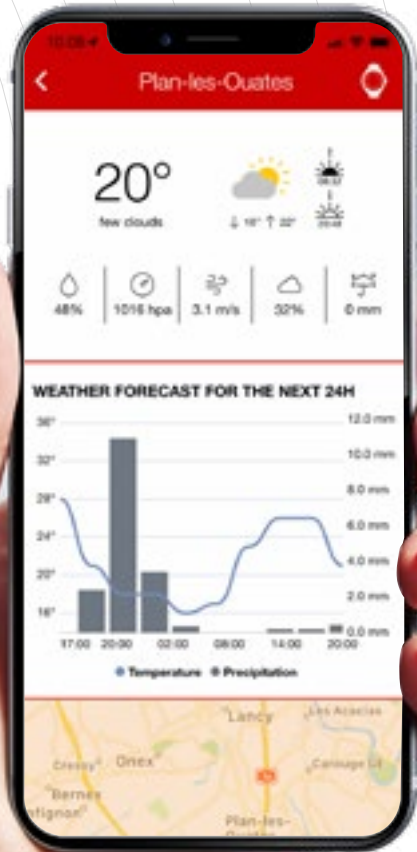
FUNCTIONS



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).



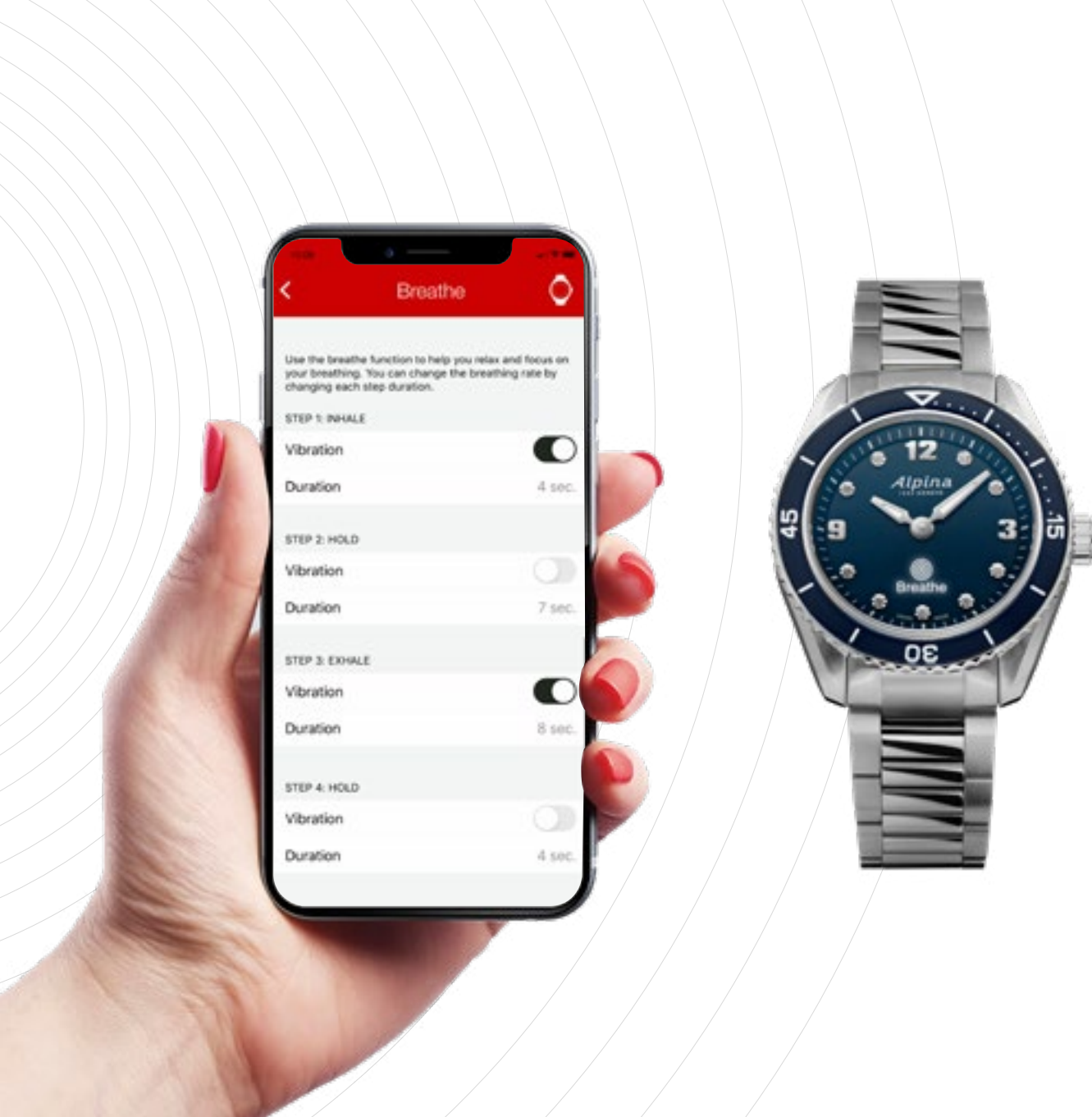
FUNCTIONS



WEATHER

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

The weather forecast displayed on your watch is linked to your app. It should be synced at least every 6 hours in order to stay accurate. Please note that the watch might display blank data should you forget to pair your watch for a longer period of time.



FUNCTIONS



BREATHING EXERCISE

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

To start the breathing exercise on your watch, select the function by pushing the crown button. Then, tap on your watch's digital screen to start the exercise and follow the instructions.

You also have the possibility to customise the exercise to your liking within the app.



FUNCTIONS



NOTIFICATIONS

Never miss a call, email or text message!

Customize your notifications and alerts directly from the app.
The following apps can be selected amongst others:
Mail, Messages, Facebook, Twitter, WhatsApp, Instagram, Snapchat,
LinkedIn, WeChat, Viber, Uber, KakaoTalk, Pinterest, Spotify etc.



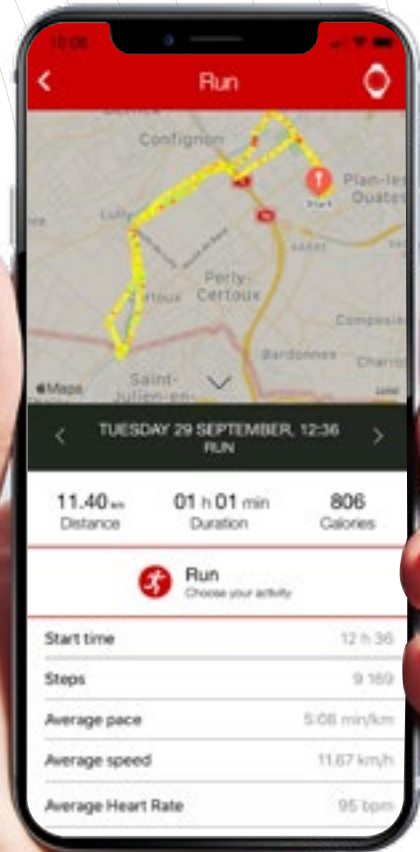
FUNCTIONS



MESSAGES REVIEW

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.



FUNCTIONS



WORKOUT WITH GPS TRACKING (CONNECTED GPS)*

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

- 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 button to confirm stop otherwise it goes back to active after a few seconds (this is a security to avoid unwanted tap detection).

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.

**If you wish to see your GPS circuit in the app, please keep your phone with you during your workout session with the Alpina app open in the background.*

INDICATION

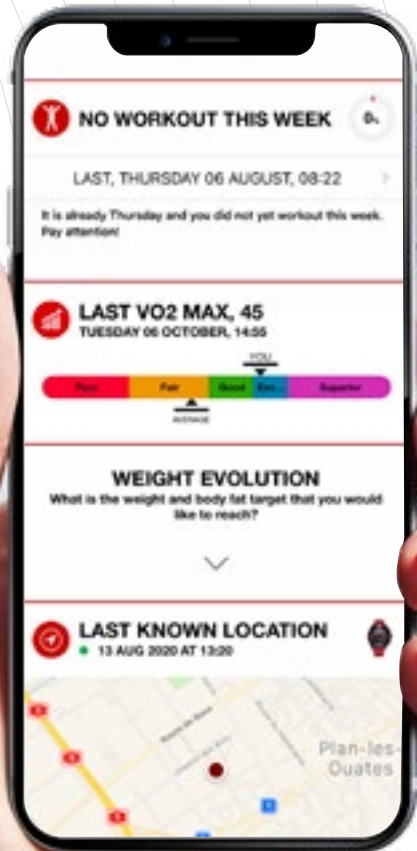
LINKED TO THE WORKOUT FUNCTION



VO2 MAX

The VO2 Max, which is your maximal oxygen consumption, is available within the app after a minimum 30 minutes workout session.

The graph in the app gives you your performance data as well as a benchmark data (same sex and same age as the info you set previously in your profile).



INDICATION

LINKED TO THE WORKOUT FUNCTION



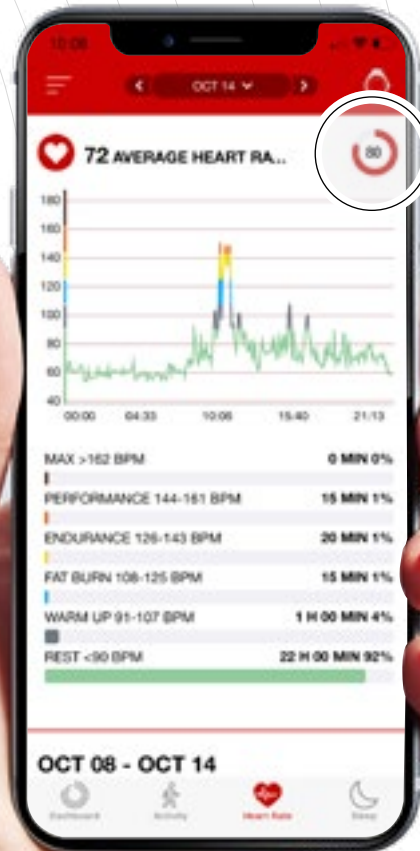
CARDIO FITNESS INDEX

Your cardio fitness index is related to your VO2max. VO2max is how much oxygen your body uses when you're exercising as hard as you can. It's the best known way of measuring cardiovascular fitness. When calculating your cardio fitness index, we also take into account your resting heart rate, age, gender, and weight.

To find out where you are on the cardio fitness index chart, take a one-hour workout session and check your app*.

We'll recalculate your cardio fitness index each day, using your most up-to-date health data.

***Your cardio fitness index is available on the HRM page, it is the top right circled number (80 in our illustration). To learn more about your cardio fitness index, press on the above mentioned value.**





FUNCTIONS



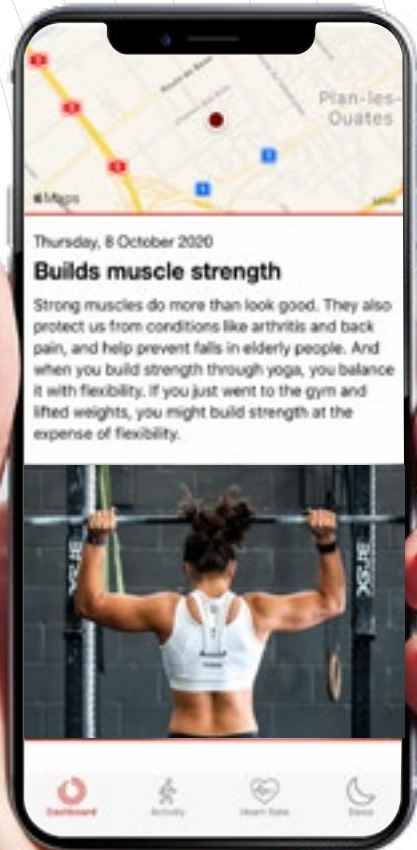
CHRONOGRAPH

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

- 01.** Tap on your watch's digital screen to start the chronograph
- 02.** Tap on your watch's digital screen to stop the chronograph and press the crown button to confirm stop (you can also press the crown button directly).

PAUSE OPTION: When your chronograph is activated, push on the crown button to stop the chronograph, you can relaunch the chronograph by tapping on your watch's digital screen.

RESET: To reset the chronograph, you only have to switch to a new functionality by pressing the crown button.



FUNCTIONS



DYNAMIC COACH

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



FUNCTIONS



CLOUD BACKUP & RESTORE

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



CAUTION

Loosen the cable while charging.
Never clip on other metal parts or items.
Always unplug the cable from the mains when the watch is fully charged.

SPECIFICITIES



RECHARGEABLE BATTERY & BATTERY LEVEL INDICATOR

Your watch is equipped with a rechargeable battery that will last up to 7 days (depending on your usage). Your watch will need to be charged via the charging device provided with the watch.

You can check your battery level directly on your watch's digital screen by pushing the crown button.

05

LEGAL NOTICES

LEGAL NOTICES

USA CANADA

ALPINA WATCH INTERNATIONAL SA
Route de la Galaise, 8
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 Alpina Watch International 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.

DECLARATION OF CONFORMITY

EUROPE

ALPINA WATCH INTERNATIONAL SA
Route de la Galaise, 8
1228 Plan-les-Ouates Switzerland

DECLARES THAT THE PRODUCT:

SMARTWATCH AL286X3C6
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 Equipment 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



This product contains a coin/button cell battery.

If the coin / button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.



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.

ALPINAWATCHES.COM