

GUESS CONNECT

smartwatch



DIGI+AL+

Model no: MO2Q

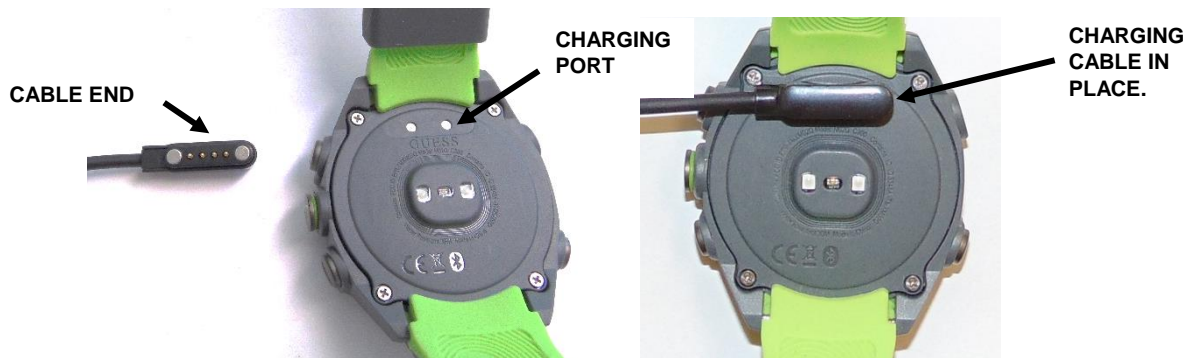
Getting Started	4
Setting up watch and app.....	4
Connecting the GUESS CONNECT DIGITAL+ watch to your phone.....	6
Entering personal data	16
GUESS CONNECT DIGITAL+ Features.....	24
Operating Your New Watch.....	25
Basic Button Functions	25
SOS Function	25
Viewing different watchfaces.....	26
Main Menu.....	26
Long Press Quick Menu	27
NOTIFICATIONS	28
ACTIVITY	30
WORKOUT	34
Workout features.....	35
Workout Settings (refer to the settings workout section)	37
MUSIC.....	39
TIMING	41
STOP WATCH.....	41
TIMER.....	43
ALARMS.....	45
SETTINGS	50
TIME & DATE Functions	51
UNITS	52
WORKOUT SETTINGS	53
POWER & MODES (Quick Menu)	54
ABOUT.....	56
FACTORY RESET	57
SOS	58
Common Help Topics	60
General.....	60
Connectivity & Bluetooth.....	61
Activity & Workout Data	61
User Account & Profile.....	62
Getting familiar with the app	63

Dashboard Navigation Bar	63
DASHBOARD.....	64
Steps.....	65
Distance.....	66
Calories.....	67
Watchfaces.....	68
Sleep.....	71
Last Workout.....	73
Workout Details	73
Heart Rate BPM.....	75
Smart Camera.....	77
The Workout Feed.....	78
The Calendar	79
Phone Settings.....	80
Profile	81
Watch Control	83
Heart Rate.....	84
Workout and Activity	85
Device Settings.....	86
Daily Goals	88
Notifications.....	89
SOS Contacts	90
Sharing.....	92
About.....	94
Logout	94
Compliance & Regulatory	95
Water Resistance	95
Warranty	Error! Bookmark not defined.
TIMEX INTERNATIONAL WARRANTY.....	Error! Bookmark not defined.
Watch Repair Shop	Error! Bookmark not defined.
FCC Notice (U.S.) / IC Notice (Canada):	97
DECLARATION OF CONFORMITY	98

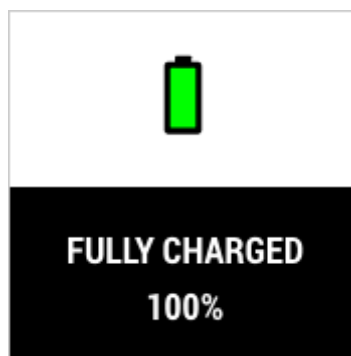
Getting Started

Setting up watch and app

1. What's in the box:
 - The Watch
 - Magnetic Charging Cable
 - Quick Start Guide
2. The first step to using your new **GUESS CONNECT DIGITAL+** watch is to fully charge the battery. This will take up to 2.5 hours.
3. Position the magnetic charging cable to the charging port (2 silver pins) on the back of the watch. With the strap buckle facing away from you, set the cable so that it comes from the left side. The magnetic connection will hold the cable in position while charging.



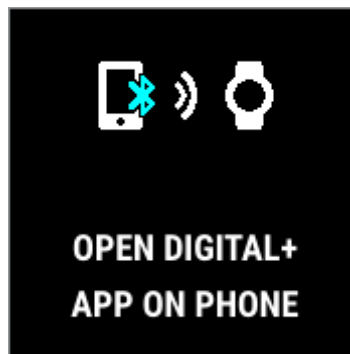
4. The charging status will be displayed as the watch is being charged and will read "FULLY CHARGED" when it's done.



5. Disconnect the charging cable. The screen will display the list of language options. Use the buttons on the right side of the watch to scroll through and select from the list of language options.



6. Press the SELECT button (center right side) to select the appropriate language. The screen prompts you to OPEN DIGITAL+ APP ON PHONE in selected language.



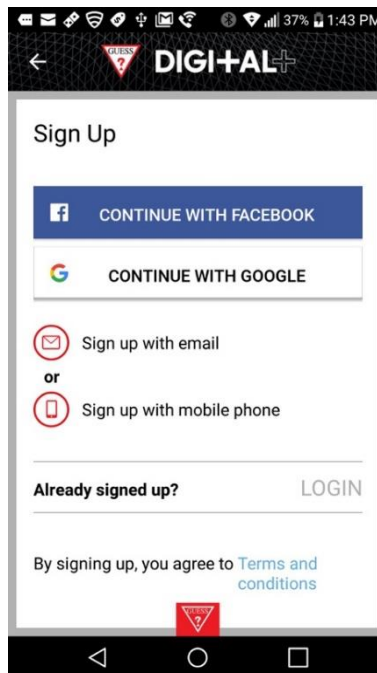
7. Download the **GUESS CONNECT DIGITAL+** app for your type of phone.
 - For Android phones, download the app from the Google Play Store
 - For iPhones, download the app from the Apple Store.

Connecting the **GUESS CONNECT DIGITAL+** watch to your phone.

1. Once you have downloaded and installed the **GUESS CONNECT DIGITAL+** app on your phone, open the app.

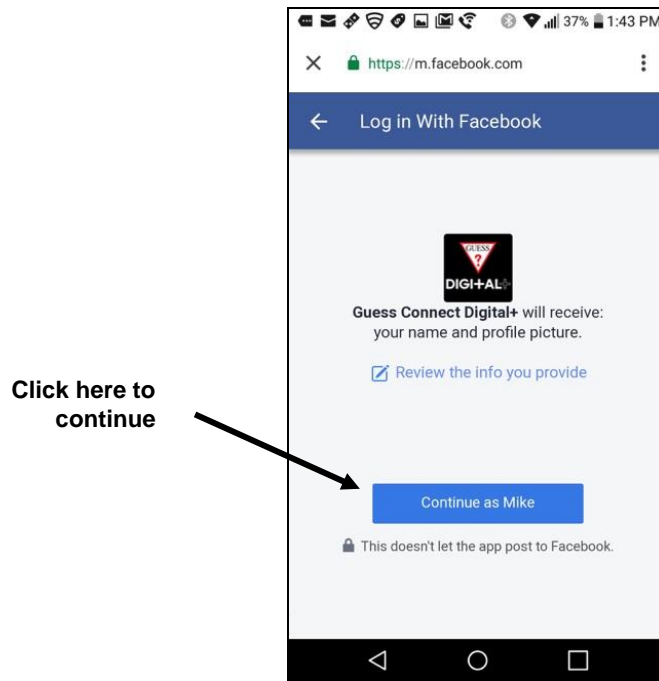


2. You will be prompted to Sign Up. You have four options for creating an account. The sign up options include:
 - Facebook
 - Google
 - Email
 - Mobile Phone



3. To sign in using **Facebook**:

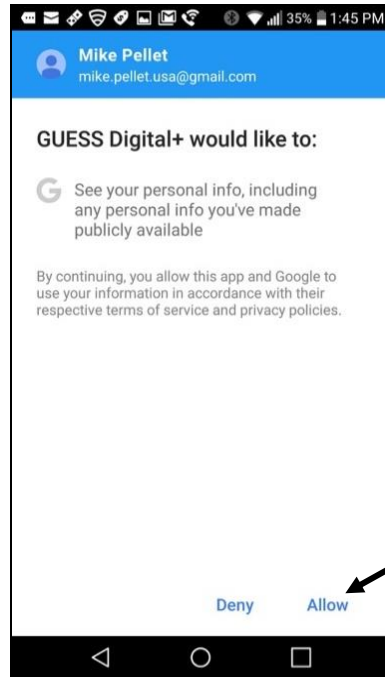
- a. Tap on the CONTINUE WITH FACEBOOK OPTION. The following screen is displayed.



- b. Tap on the “Continue as ...” button to continue. The “Select your watch” screen is displayed.

4. To sign in using your **Google** account:

a. Tap on the CONTINUE WITH GOOGLE button. The following screen is displayed.



GUESS Connect Digital + for app name on screenshot

Click here to continue.

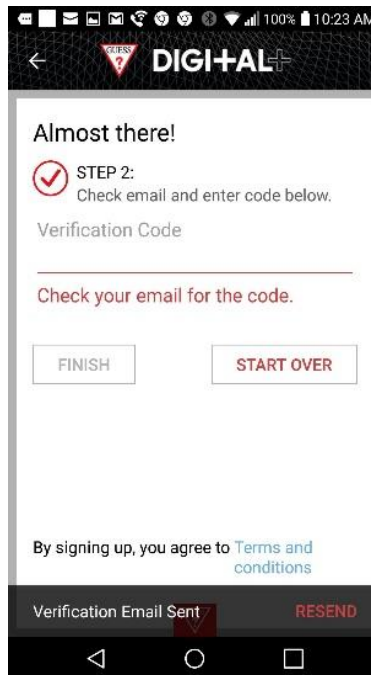
b. Tap on the Allow button. The Select your watch screen is displayed.

5. To sign up using an **email address**:

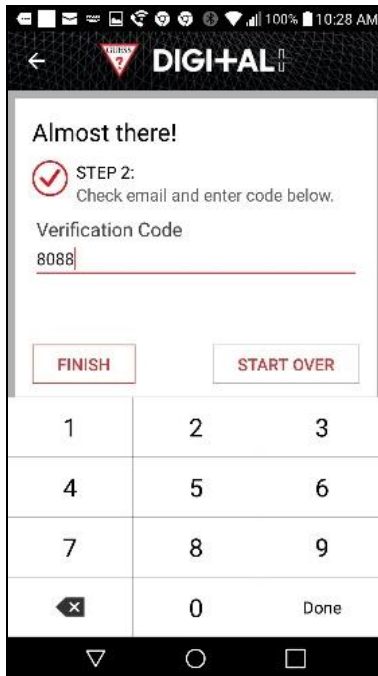
- a. Tap the Sign up with email option. You are prompted to enter a valid email address and password.



- b. Enter your email address and create a password. Press the Done button on the keypad.
- c. You will be prompted to enter the 4-digit code that was sent to your email address.

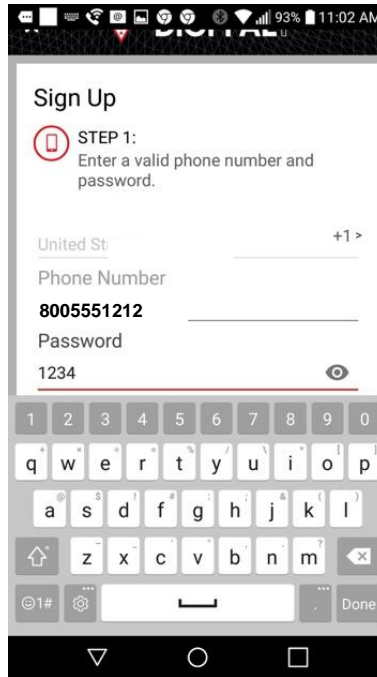


- d. Check your email for the code and enter it in the Verification Code field. Press the Done button and the Select your watch screen will be displayed.

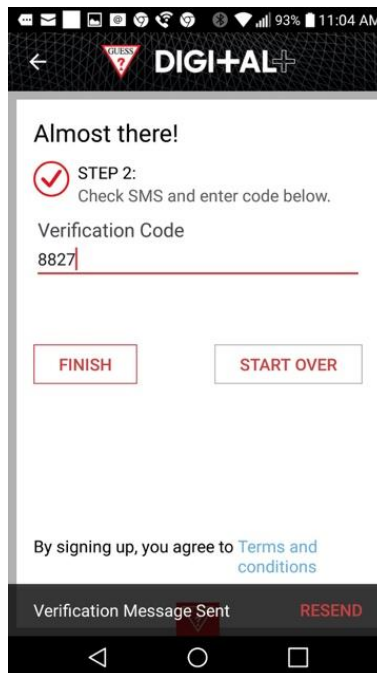


6. To sign in using a **mobile phone**:

- a. Tap the Sign up with mobile phone option and the next screen prompts you to enter a valid phone number and password.



- b. Enter your phone number and a password to be used when signing in. Press the Done button. A text message is sent to that phone number with a verification code. The next screen displayed prompts you to enter the Verification Code.

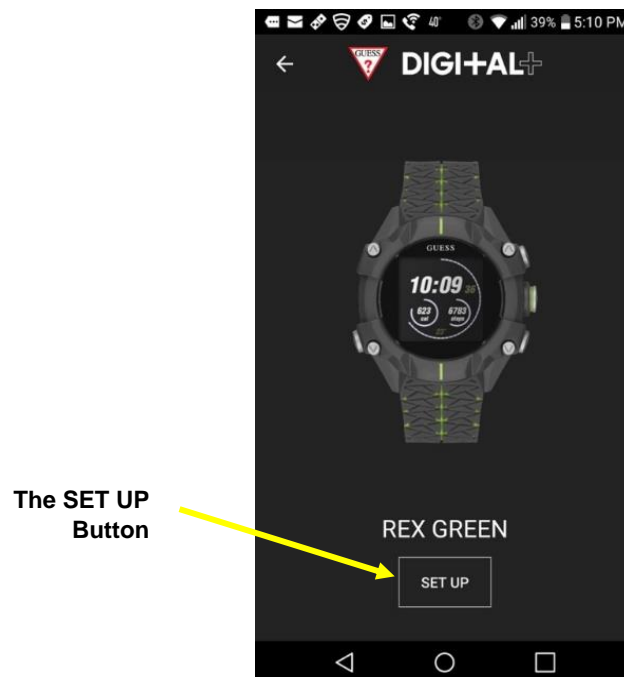


- c. Enter the Verification Code and press the Finish button.

7. After signing in with any of the four options, you are prompted to select your watch from the illustrated list.

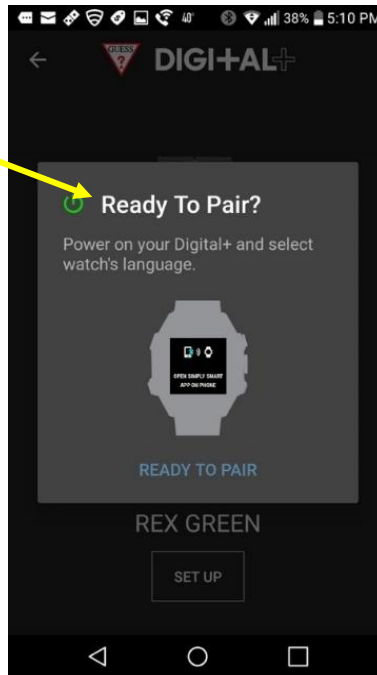


- a. Swipe the screen to view all of the watches. When you find your new watch, tap it. Your selection will be displayed on the next screen.
- If the correct watch is displayed, press the SET UP button on the screen.
 - If the watch displayed is not the correct one, simply press the back button (lower left) to display the list and re-select.



- b. With your selected watch displayed, tap Ready To Pair?.

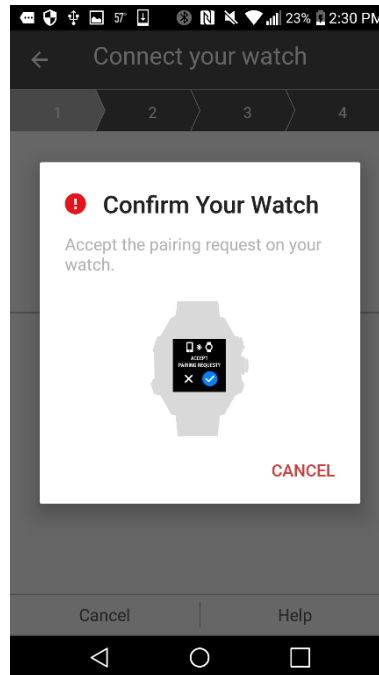
Tap here to continue.



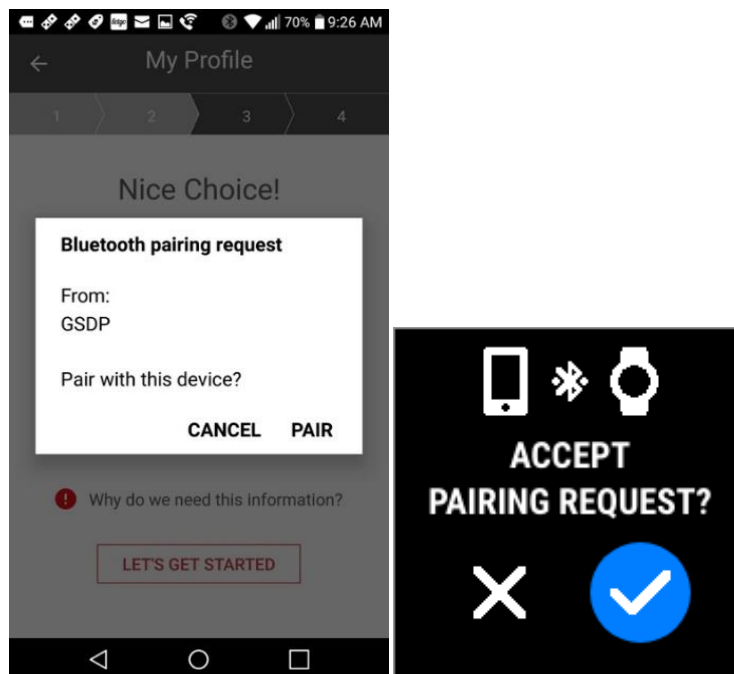
- c. The app will search for and display a list of compatible watches. You are prompted to Select a Watch to Pair. Your watch will likely be the first (and only) watch on the selection screen.



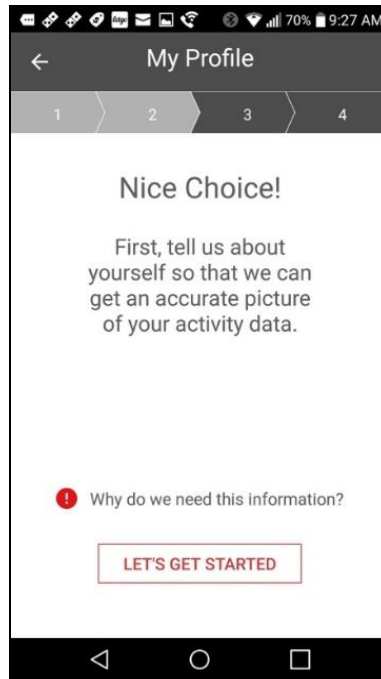
- d. Tap the watch with the strongest signal to pair to your cell phone. You will be prompted to Confirm Your Watch.



- e. On your new device, accept the pairing request by hitting the select button when highlighting the check icon. You will need to accept the pairing request from the watch on your phone (both iOS and Android). Tap PAIR when this prompt appears.

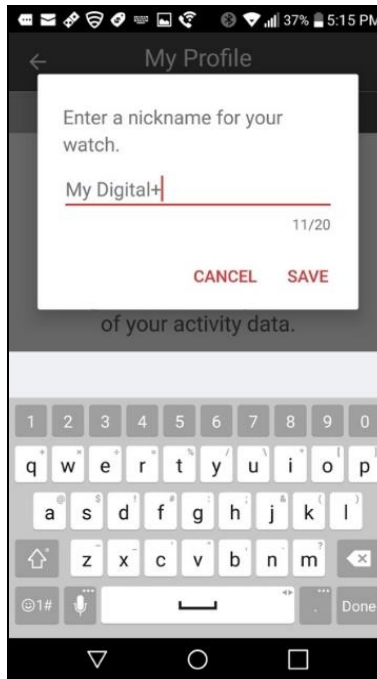


- f. You will now begin creating your profile. Tap LET'S GET STARTED at the bottom of the screen.

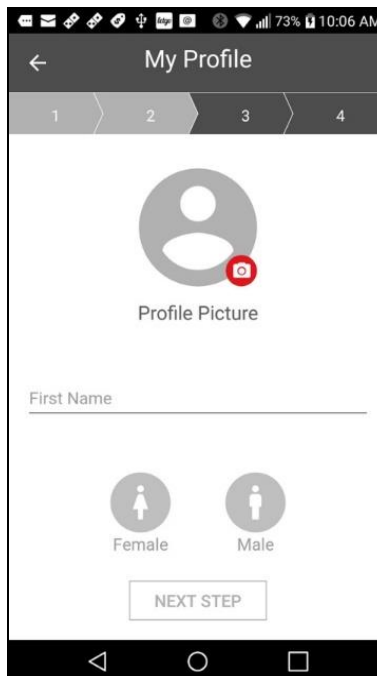


Entering personal data

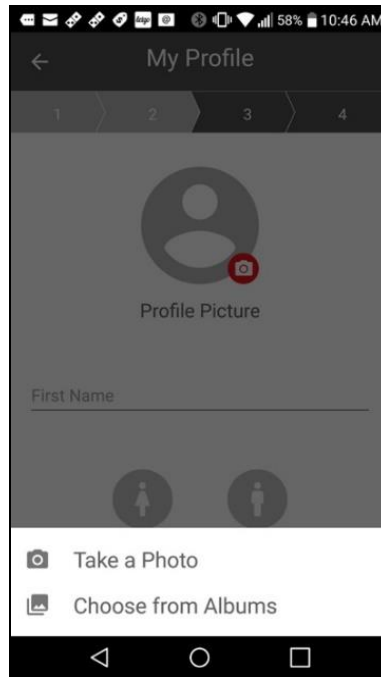
1. Enter a nickname for your watch and tap SAVE.



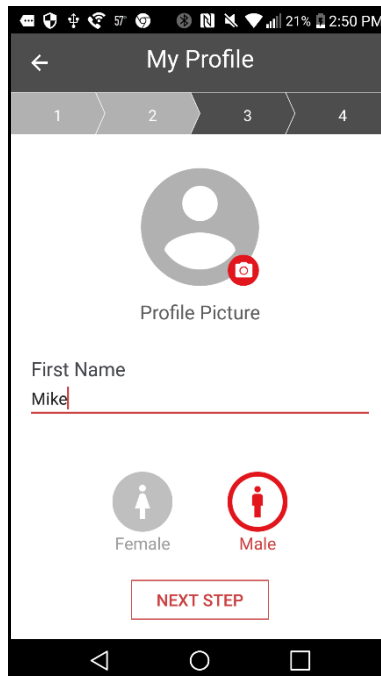
2. The next screen gives you the option to take a profile picture or select one already stored on your phone. Tap the camera icon to display the options for your profile picture.



3. After tapping the camera icon you can choose to either take a picture or choose from your device's photo album.

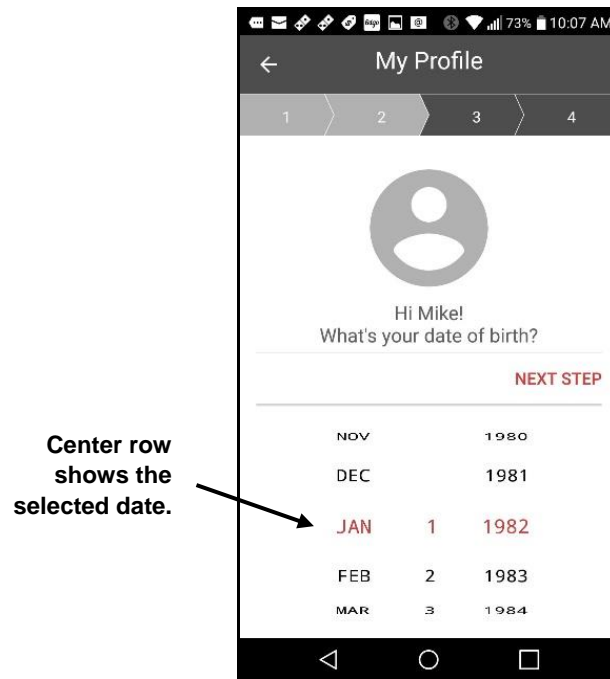


4. Edit the photo as required. When you have finished editing, tap Done.
5. Tap the First Name field to open the keypad and type in your First Name and tap Done.



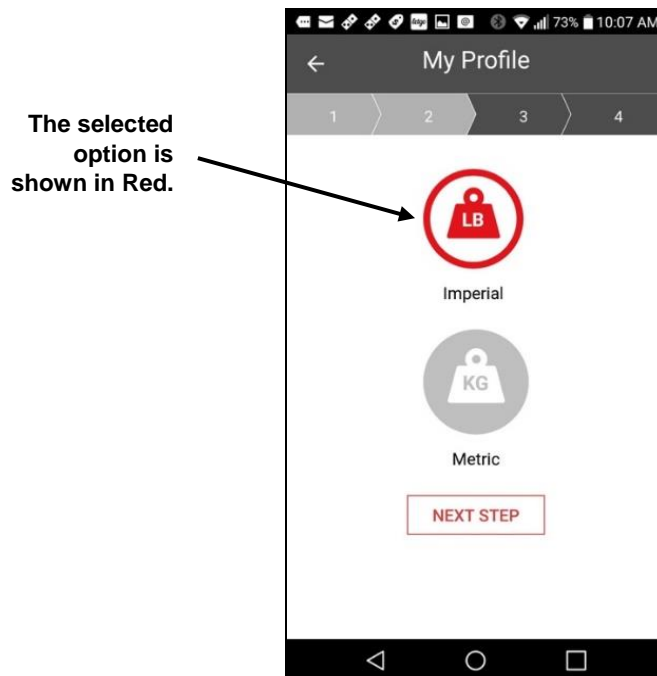
6. Tap the icon for your gender and tap the NEXT STEP button.

7. The next screen asks for your date of birth.

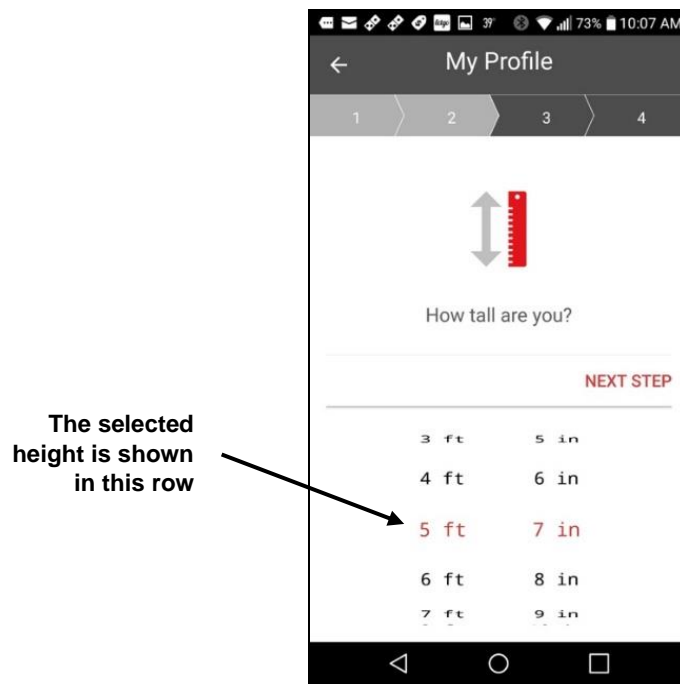


8. Swipe the columns for Month, Day, and Year so that your birthdate is displayed in the center row of the display. Tap NEXT STEP.

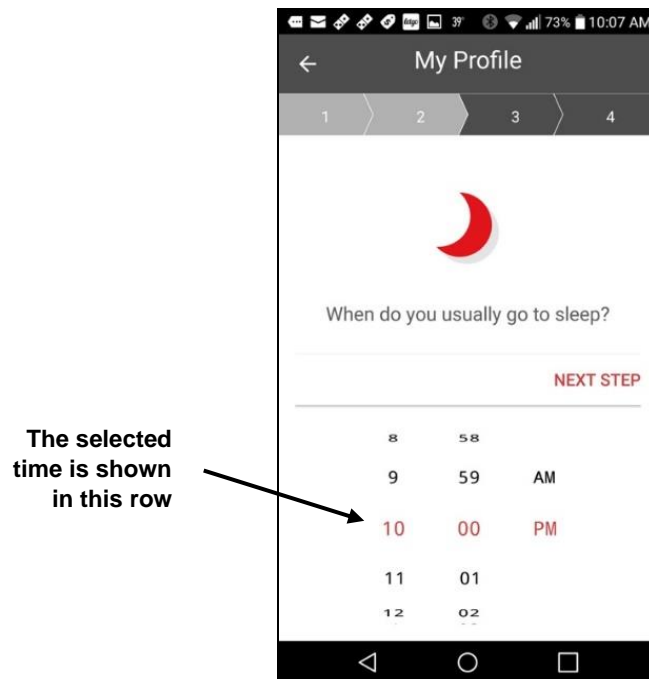
9. Tap either Imperial or Metric and tap NEXT STEP.



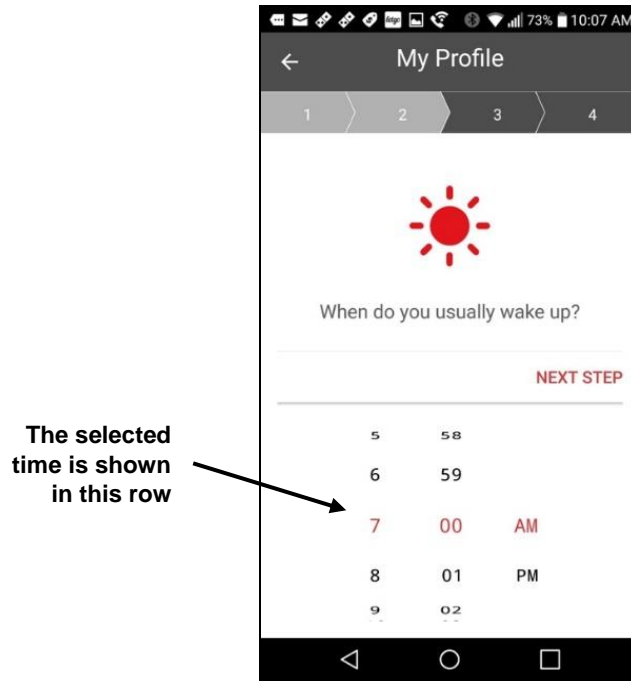
10. Swipe through the columns for feet and inches (if you selected Imperial) or centimeters (if you selected Metric) until your height is displayed in the middle row of the screen. Tap NEXT STEP.



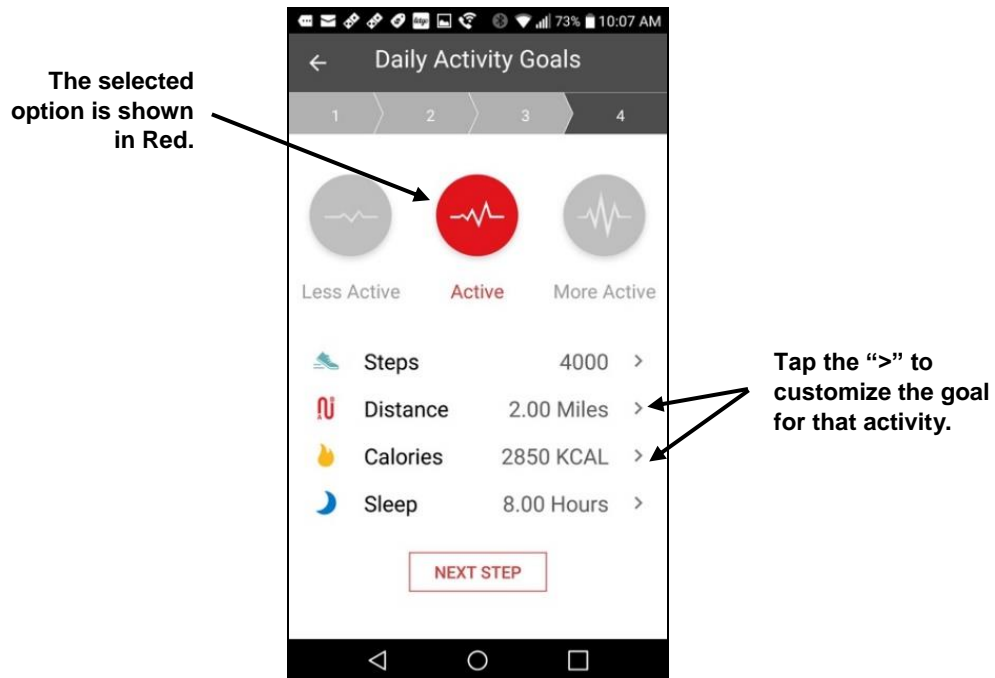
11. Swipe through the three columns to select the time you go to sleep and select whether the time is AM or PM. Tap NEXT STEP.



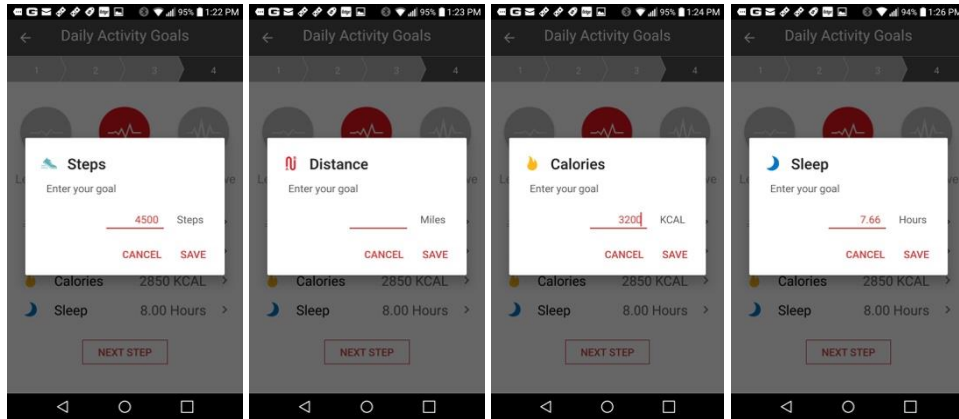
12. Swipe through the three columns to select the time you wake up and whether the time is AM or PM. Tap NEXT STEP.



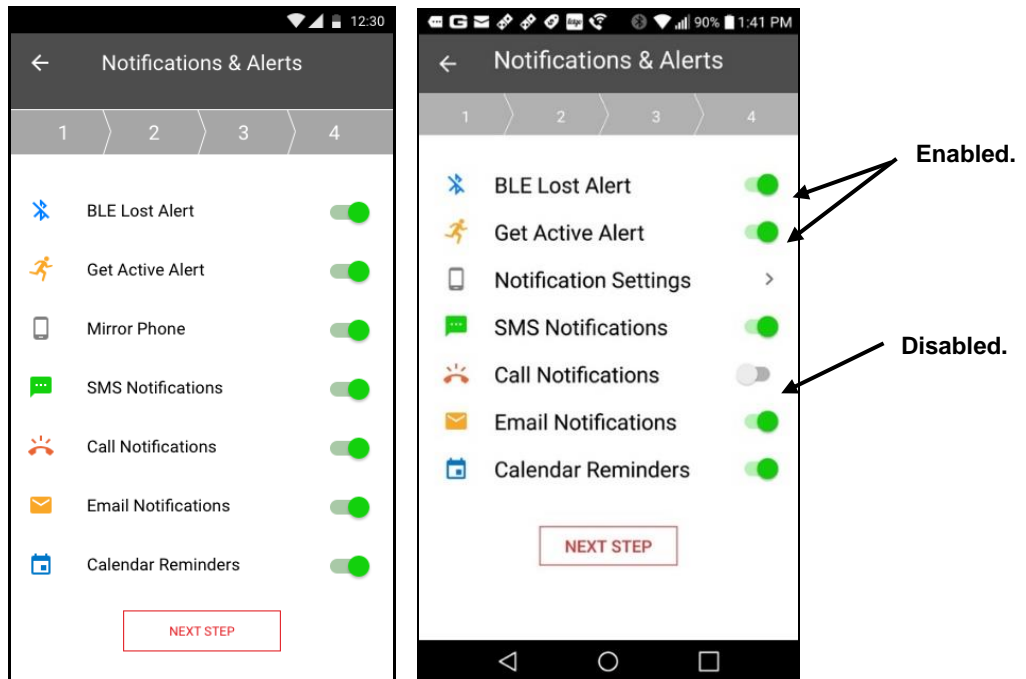
13. Highlight the circle representing the activity level you prefer.



14. You can customize your goals by tapping a specific activity goal (Steps, Distance, Calories, or Sleep) that you want to change. To change the goal, tap the “>” symbol to the right of the activity to enter a new figure for each goal, and tap SAVE to save your changes.

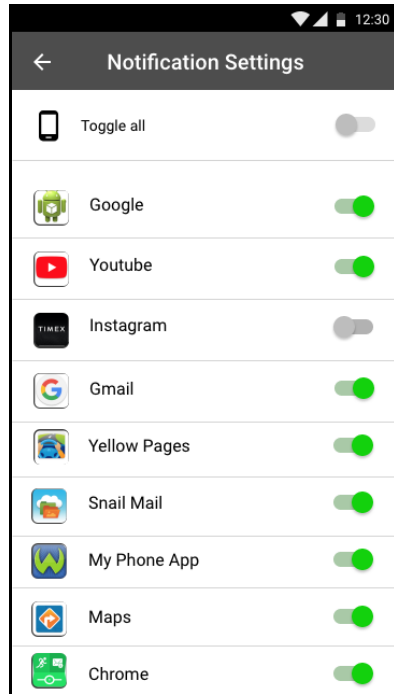


15. Tap NEXT STEP. The next screen allows you to select which Notifications and Alerts from your phone are to be displayed on your watch. When all of your selections are made, tap NEXT STEP.

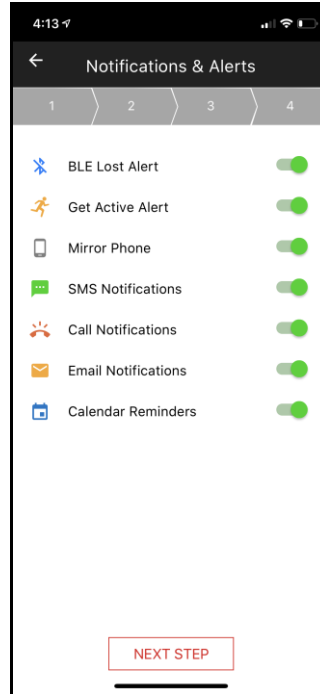


16. Notifications are handled slightly differently, depending on the phone operating system.

- iOS users can adjust app notification settings individually (Settings, Notifications), and “Mirror Phone” will simply mirror the notifications from the phone.
- Android users can toggle apps on and off individually.



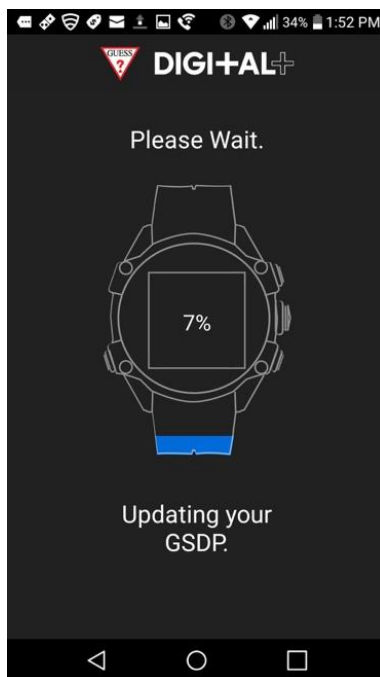
Android Screen



iPhone Screen

Mirror Phone option sets watch notifications to match iPhone settings.

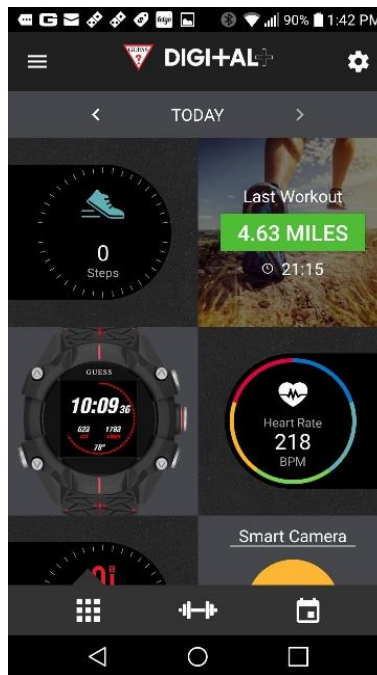
- The app will check to ensure your watch is running the latest software. If the app detects that the software is outdated, it will update your watch automatically.



- Once the update has completed, a setup complete screen is displayed.



- The information you entered on the app setup screens are downloaded to the watch.
- When the setup is complete, this will be indicated on the watch.
- An interactive walkthrough of the app is available when users first setup the watch and app, describing the major features of the app. Users can view the walkthrough or skip.
- Your mobile app dashboard will display the statistics for your various activities. When the setup is brand new, there will be no history to display.



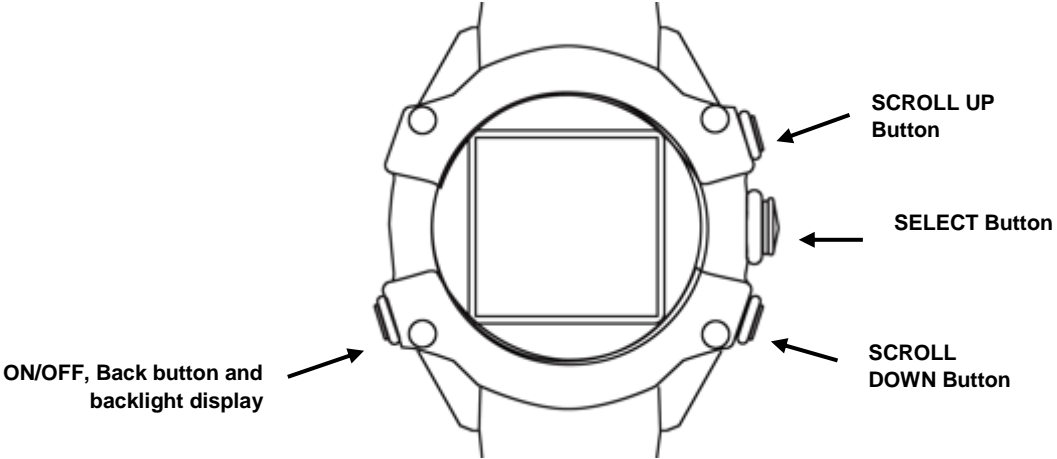
17. End of Setup Procedure.

GUESS CONNECT DIGITAL+ Features

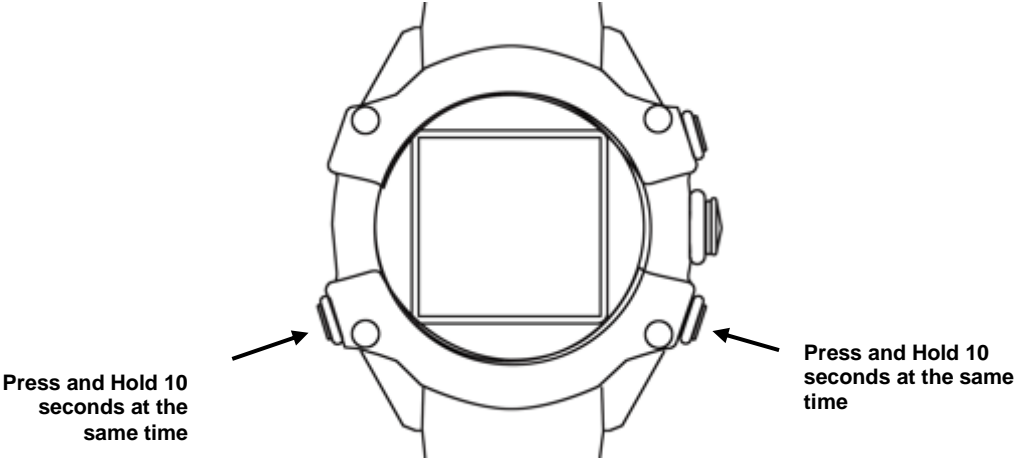
- Long Battery Life
- Water-resistant to 50m (Do not activate the buttons while the watch is submerged.)
- Compatible with iOS and Android smartphones.
- Daily activity tracking of steps, distance, calories & sleep
- Supports multiple types of notifications (calls, text messages, inactivity)
- Workout mode provides time, distance, Heart Rate, as well as pace, speed, cadence, calories and time of day.
- Timing features: Alarms, Stopwatch & Timer
- Music control of connected phone
- SOS Emergency Alerts

Operating Your New Watch

Basic Button Functions



SOS Function



Viewing different watchfaces

1. When you first turn on the watch after it's been connected to your phone (by pressing the ON/OFF button), the screen displays the watchface you last selected.



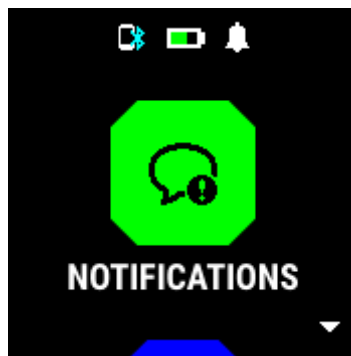
2. Press the UP or DOWN scroll buttons to toggle through the installed watchfaces if you want to change the one current displayed.

Main Menu

From TOD, press the Select button to display a scrollable Main Menu list of features:

- NOTIFICATIONS
- ACTIVITY
- WORKOUT
- MUSIC
- TIMING
- SETTINGS

By default, NOTIFICATIONS icon is displayed first. To access all options in the main menu, use the Up and Down scroll buttons to move through the list. Press the Select button to open a feature displayed on the screen. For example to view Notifications, press the Select button to view the list of notifications.



Use the ON/OFF and BACK button to move to the previous screen or back out of the current function to return to the main menu.

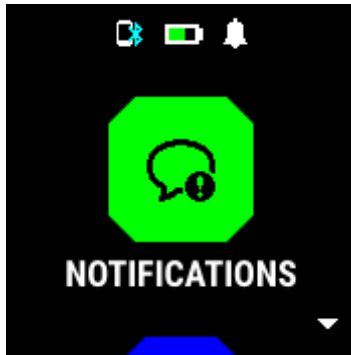
Long Press Quick Menu

Long press Back button to access the Quick Menu:

- Power Options
- Airplane Mode
- Do Not Disturb

NOTIFICATIONS

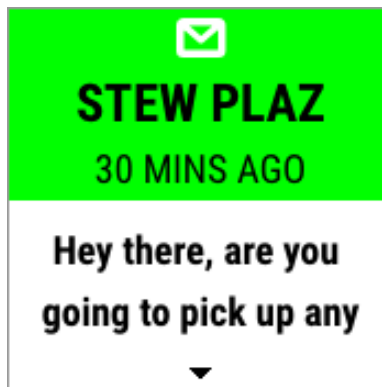
1. The NOTIFICATIONS feature is always the first screen in the main menu. This feature stores all notifications and allows you to quickly view them.



2. Press the SELECT button to view your list of notifications.



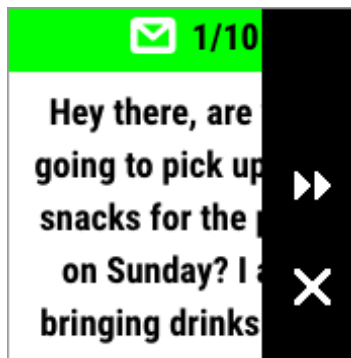
3. Use the UP and DOWN scroll buttons to scroll through the list of notifications. When highlighting the notification you would like to view, press the SELECT button to display the message.



4. With the message opened, you have the following options:
 - a. View the full message by pressing the scroll down button.



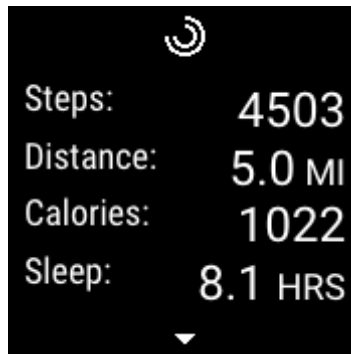
- b. Press the select button to display a side menu, displaying options to view next notification or delete the current notification.



- c. Press the select button to save this notification and view the next notification or
 - d. Press the scroll down button to delete the displayed notification.
 - e. At the end of the list of notifications there is a CLEAR ALL entry. Use the scroll button to highlight this option and press the select button to clear all notifications from the current list. Note that the actual emails and text messages will not be deleted, just the notification of the email or text will be removed from the watch.
 - f. When you have finished viewing your notifications, press the ON/OFF and BACK button to return to the list of applications.

ACTIVITY

1. The ACTIVITY feature allows you to view multiple aspects of your daily activity level including:
 - Steps taken
 - Distance traveled
 - Calories burned
 - Sleep time
 - HR TODAY (Heart Rate at rest, average, and maximum for the day).



2. To view the details for each of the activity aspects, use the UP and DOWN SCROLL buttons and each activity detail screen will be displayed in the sequence the activity is listed on the watchface.
3. As you reach the half way point for your Steps, Calories, and Miles (or kilometers) you will be notified with one of the following displays:

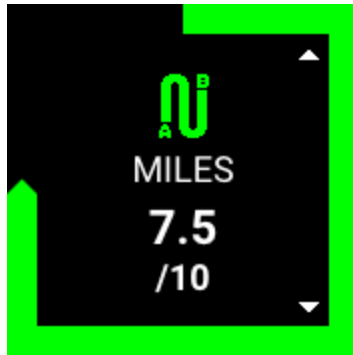


4. The screens show your activity goals along with your current progress. The border along the inside of each panel is a progress bar showing how close you are to reaching your daily goals.
 - a. In the STEPS display, the progress bar is complete as you completed 12,500 steps against a goal of 10,000.
 - b. In the MILES display, the progress bar is 75% complete as you have covered 7.5 miles against a goal of 10 miles.

NOTE: Steps and distance are calculated based on the (Thalcherry) algorithm, taking into consideration the user's height and age. Calories are based on BMR (Basal Metabolic Rate, an estimate of how many calories your body burns at rest) and active calories.



Steps Detail Screen



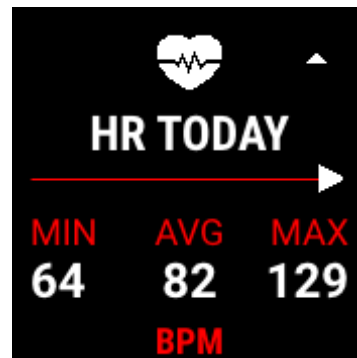
Distance Detail Screen



Calories Burned Detail Screen



Hours Slept Detail Screen



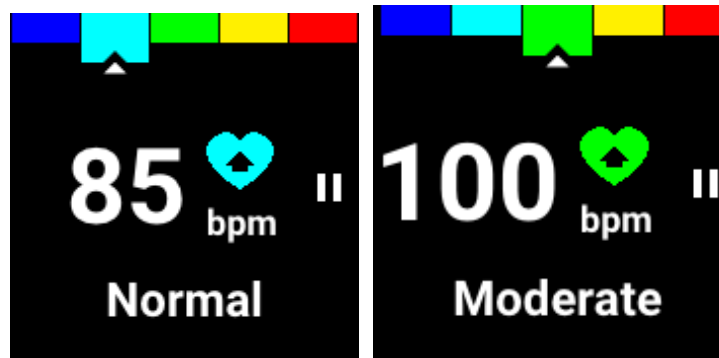
Heart Rate Today Detail Screen

5. To view your continuous heart rate, press the select button with the HR TODAY screen displayed.

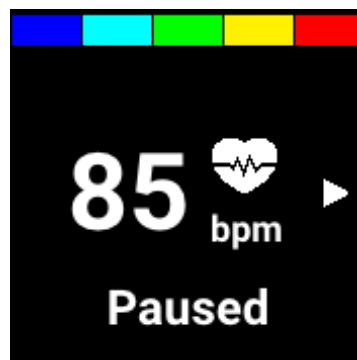
6. As your activity level increases, the heart rate zone will be displayed to match your current heart rate. The heart icon next to the heart rate display is color coded to the heart rate zone. In this case, the screen shows a blue heart icon to match the low heart rate zone.



7. The zone and heart icon colors will change as your heart rate continues to increase.



8. To pause the heart rate reading, press the select button. Press the select button once more to resume continuous reading.



9. Heart Rate Zones are based on this formula (220 - Age = 100% Maximum HR)
So for a 28 year old, 192 is their maximum HR value (@ 100% (200 - 28 = 192))
- Maximum zone range is from 90-100% (173 - 192 bpm)
 - Hard is 80-90% (154 - 172)
 - Moderate is 70-80% (134 - 153)
 - Normal is 60-70% (115 - 133)

- Low is 50-60% (96 - 114)
10. Press the ON/OFF and BACK button to return to the activity screens.
 11. When you have finished viewing your activity details, press the ON/OFF and BACK button to return to the list of applications.

WORKOUT

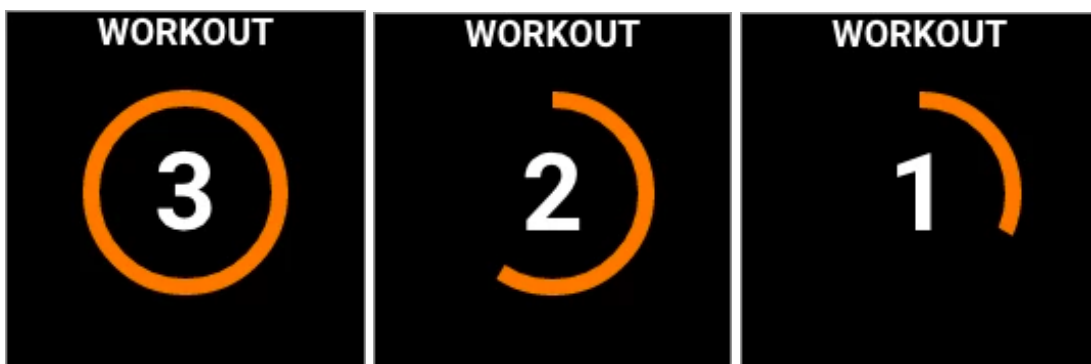
1. The WORKOUT feature allows you to start a workout or access the workout settings.



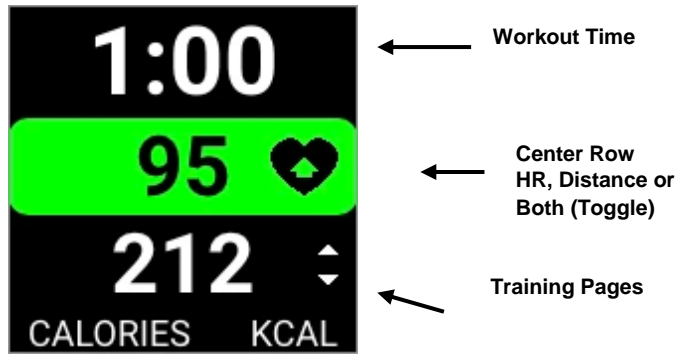
2. To **start** a workout, while in the workout menu press the SELECT button.



3. With the START button highlighted, press the SELCET button. A three second timer will count down and tell you to "**GO**". option.



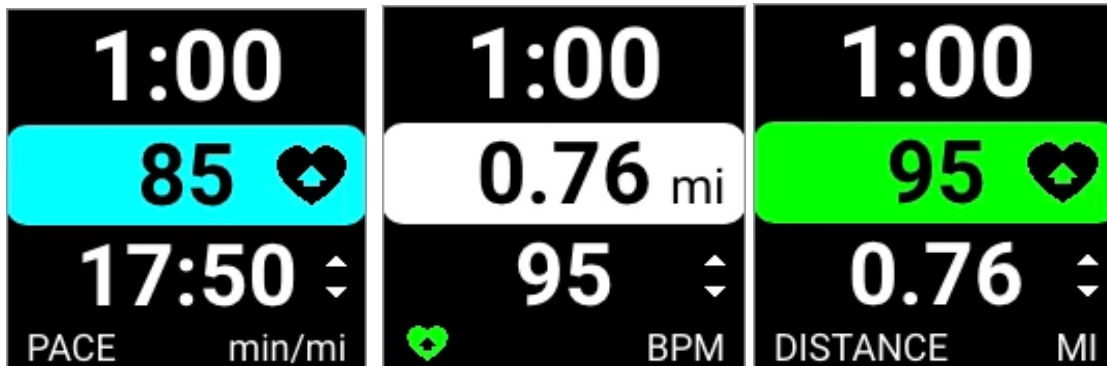
- The workout details screen will display during your workout.



Workout features

Configurable Center row (Distance, HR or toggle)

- The Workout display center row is configurable. By default the center row display will toggle between Heart Rate and Distance. The center row can be changed to display either Heart Rate or Distance.



Toggle (HR/Distance)

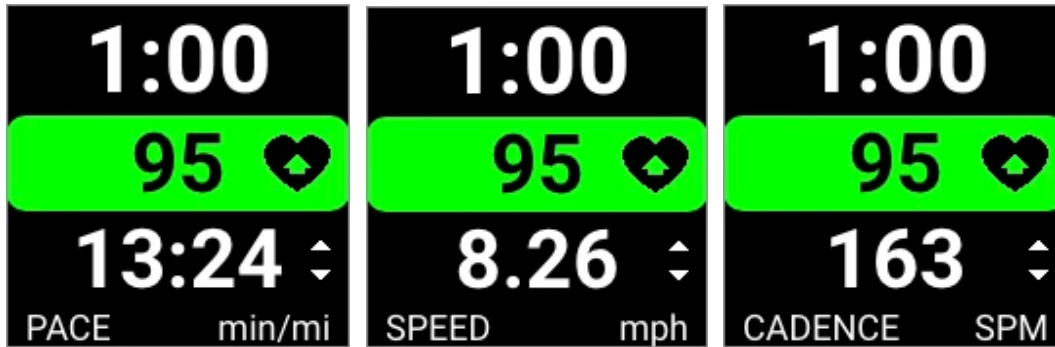
Set to Distance

Set to Heart Rate

Training pages (pace, speed, cadence, calories, time of day)

1. While in a workout, pushing the bottom button scrolls through a list of Training Page views.

Example Training Pages with Center Row set to HR



- If the Center Row setting is set to **Toggle** (Default) the Variable Data Field would cycle in this order:
 1. PACE
 2. SPEED
 3. CADENCE
 4. CALORIES
 5. TIME OF DAY

Note that if the Center Row setting is set to something other than Toggle, the stat that is not shown in the center row is added to the variable data field rotation.

- If the Center Row setting is set to **Distance**, the Variable Data Field would cycle in this order:
 1. HEART RATE
 2. PACE
 3. SPEED
 4. CADENCE
 5. CALORIES
 6. TIME OF DAY
- If the Center Row setting is set to **Heart Rate**, the Variable Data Field would cycle in this order:
 1. DISTANCE
 2. PACE
 3. SPEED
 4. CADENCE
 5. CALORIES
 6. TIME OF DAY

Auto Scroll

This feature activates the transitioning of Training pages during a workout, and can be turned ON or OFF. Default setting is OFF. When Auto Scroll is set to ON, Training Pages will cycle every 4 seconds.

Auto Pause

This feature utilizes the built-in accelerometer to determine if the user is running, and will ask the user if they want to pause the workout if reduced activity is detected. This feature can be turned ON or OFF. Default setting is OFF.

Using other features during a workout

During a workout, other watch features are available (the workout does not pause while you use other watch features). Hit the BACK button to view the main menu. A PLAY icon indicates the workout is still running.

NOTE: If the workout is paused, it will display a PAUSE icon.

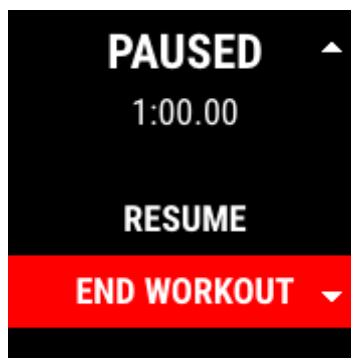


Workout Settings (refer to the settings workout section)

Pausing/Leaving Workout Mode

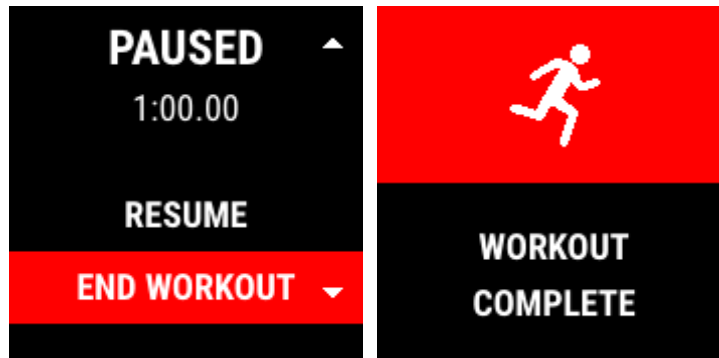
User can pause a workout by pressing the Middle Button (4H) during an active workout. This brings the user to a pause menu, where the user can resume, end the workout, or discard the workout.

1. To **pause** a workout, press the SELECT button while on the workout details page.

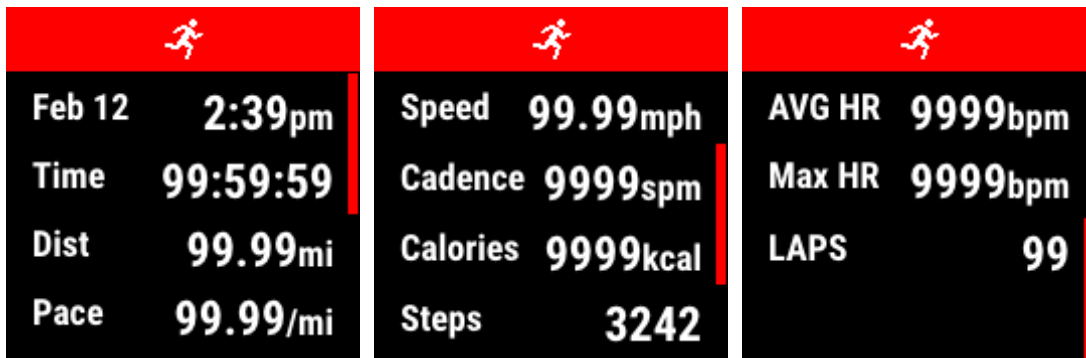


- To resume your workout, highlight RESUME and press the SELECT button and your workout timer will resume where you left off.

- To **end** the workout, highlight the END WORKOUT option and press the SELECT button. The WORKOUT COMPLETE screen is displayed.



- Press the SELECT button to display the first workout detail screen. Use the UP and DOWN SCROLL buttons to scroll through all three workout detail screens.



- When you have finished viewing your workout details, press the ON/OFF and BACK button to return to the list of applications.

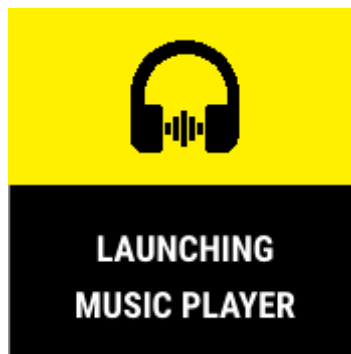
Note: If the message “Workout memory full” is displayed, the watch will not allow you to do another workout until you have synced your workouts to clear the cache.

MUSIC

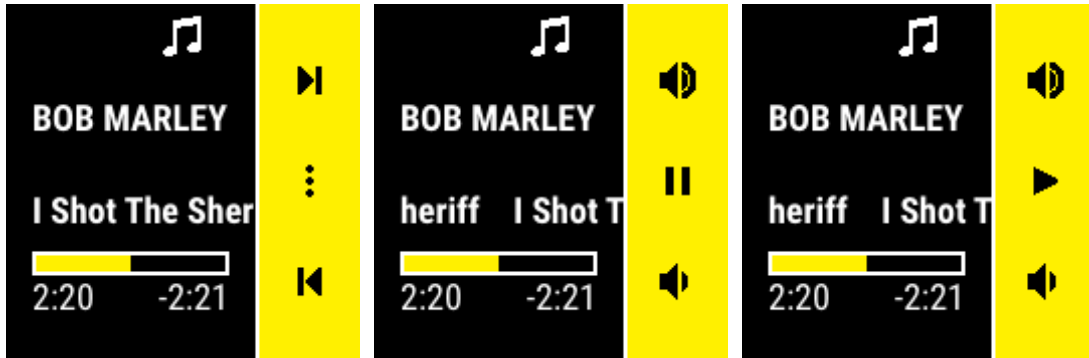
1. This feature requires Bluetooth connection.
2. The MUSIC feature allows you to control your music playing from your smart phone on your watch. You can control the volume and scroll through the list using next and previous buttons.



3. From the main menu, highlight MUSIC and press the SELECT button to launch the watch's music player.



- iOS: Last music app used is reinitialized.
 - Android: Launching music player is displayed until user starts music on their phone.
4. The first set of controls you have in the music player is **next song** or **previous song**. Use the UP button to play the next song and the DOWN button to play the previous song.
 5. Use the SELECT button to launch the timed music player control menu. You can now increase or decrease the volume of your music player and pause/play the song. Use the UP button to increase the volume and the DOWN button to decrease the volume. Use the SELECT button to play/pause your song.



6. To go back to the previous music control, press the SELECT button. If you just played/paused a song, wait 5 seconds for timed music player control menu to switch back to the original option.
7. When you have finished making music selections, press the ON/OFF and BACK button to return to the list of applications.

TIMING

1. The **TIMING** feature provides several functions including:
 - Stop Watch
 - Timer
 - Alarms

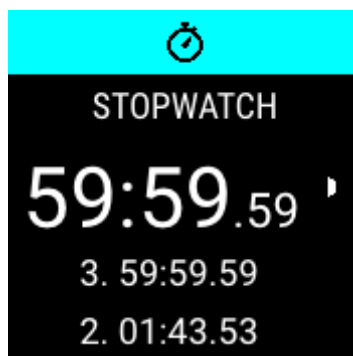


STOP WATCH

1. Stopwatch and timer can be run at the same time.
2. Press the SELECT button. The STOPWATCH screen is displayed.



3. Press the SELECT button. The stop watch screen is displayed with the timer set at 00:00. Press the SELECT button to begin the stop watch. The reading will increment to indicate the recorded time.



4. Press the SELECT button to pause the stop watch. The display will indicate the time recording has paused.



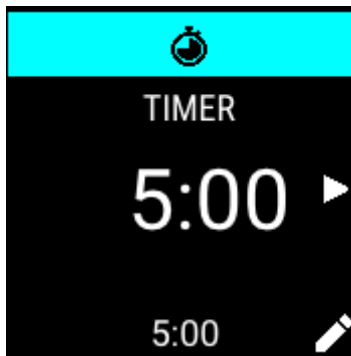
5. Press the SELECT button to restart the stop watch time recording.
6. When you have finished with the stop watch function, press the ON/OFF and BACK button to exit.
7. The millisecond is only displayed on-pause.
8. Recording laps, hitting the lap icon (button right) will increment a new lap
9. Pausing, middle button, will pause the stop watch, allowing you to scroll through your laps using the bottom button.
10. Resetting, top button, will reset the stopwatch.

TIMER

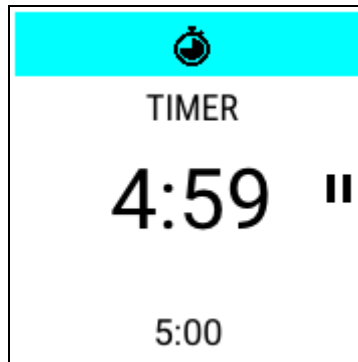
1. The TIMER function allows you to set a timer which counts down from a predefined duration. To access the TIMER function, start the Timing feature and use the UP or DOWN SCROLL buttons to highlight the TIMER function. Then press the SELECT button to start.



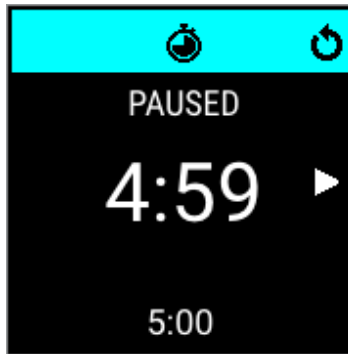
- Default timer is set to 5 minutes.



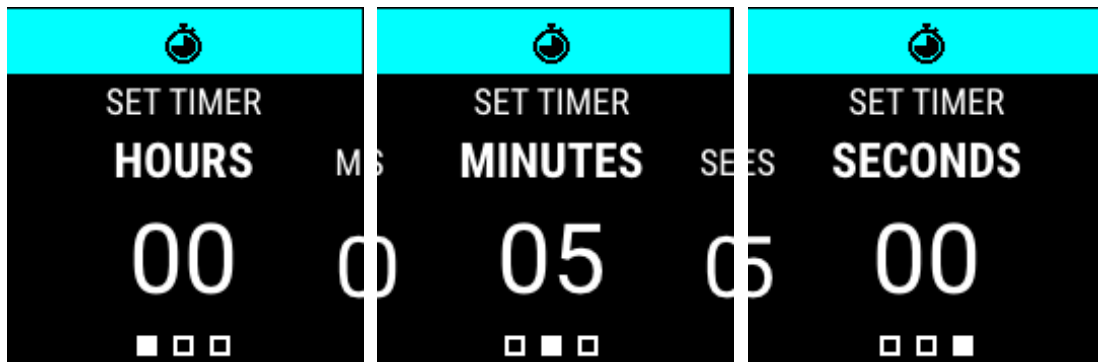
- Press Select to begin the Timer countdown.



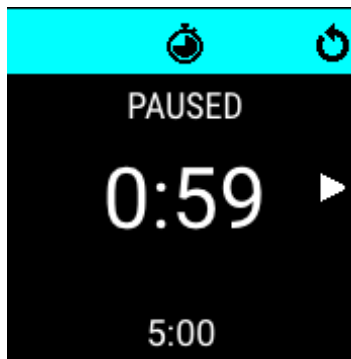
- You can pause the timer by pressing the SELECT button and then resume the timer by pressing the SELECT button once more.



- The TIMER function will operate in the background even when you are viewing another application.
- Edit the timer by hitting the bottom button
- Edit wizard for hour, minute, seconds. (up arrow to add to the number, down arrow to subtract, middle button to advance to next option).



- Reset timer. Press top right reset icon to reset the timer.

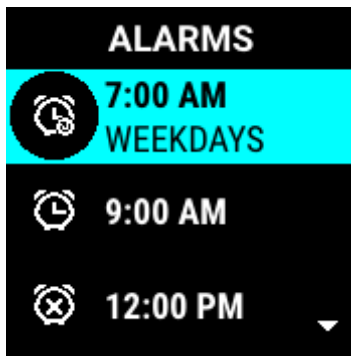


ALARMS

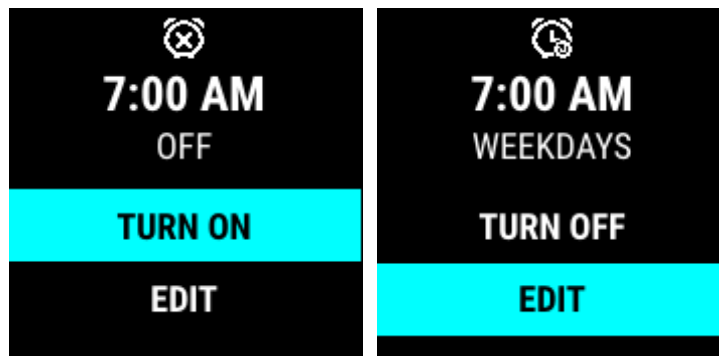
1. The ALARMS function allows you to define and enable or disable multiple alarms and customize which days of the week they are active. To access the ALARMS function, start the Timing feature and use the UP or DOWN SCROLL buttons to highlight the ALARMS function.



2. Press the SELECT button to start the ALARMS function. Previously defined alarms are displayed.

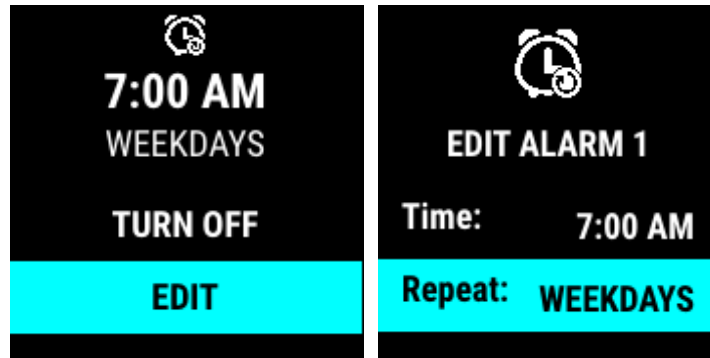


3. Use the UP and DOWN SCROLL buttons to select an alarm to edit and press the SELECT button.

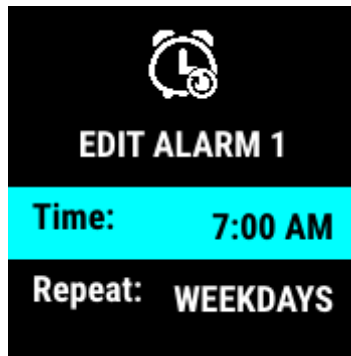


4. The default option on each detail alarm screen allows you to toggle the alarm either ON or OFF. Press the SELECT button to change the ON/OFF status for this alarm. The icon will change based on the alarm state.

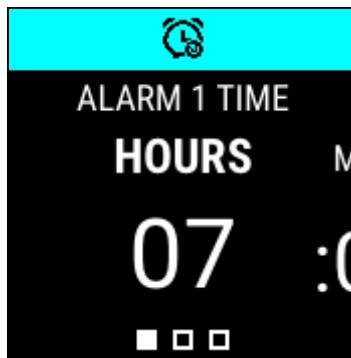
5. Use the SCROLL button to highlight the EDIT option and press the SELECT button to display the edit options.



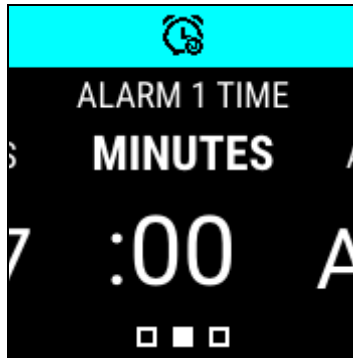
6. To change the time of the alarm, use the scroll keys to highlight the **Time:** entry and press the SELECT button.



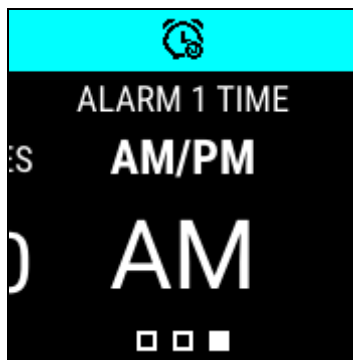
7. The Hours field is first displayed.



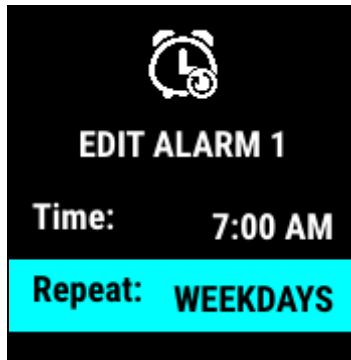
8. To change the time of the alarm, use the UP and DOWN SCROLL buttons to set the hours and press the SELECT button. The Minutes field will be displayed.



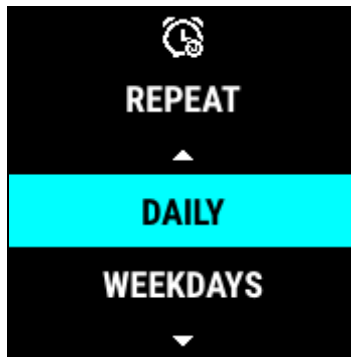
9. Use the UP and DOWN SCROLL buttons to set the minutes for the alarm and press the SELECT button. The AM/PM field will be displayed.



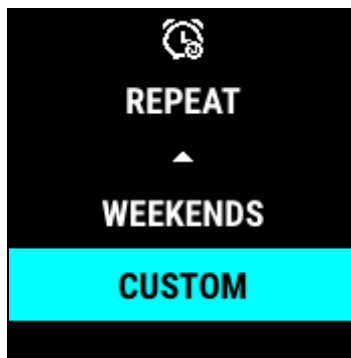
10. Use the SCROLL keys to toggle the entry to AM or PM.
11. Press the ON/OFF and BACK button to save your changes and return to the previous screen.
12. The **Repeat:** field allows you to determine which days the alarm will sound. The options are:
- Once (one time only)
 - Daily (7 days a week)
 - Weekdays (Monday through Friday)
 - Weekends (Saturday and Sunday)
 - Custom (allows you to define specific days for the alarm to be sound)



13. With the **Repeat:** field highlighted, press the SELECT button to display the Repeat options.



14. Use the scroll keys to highlight either one of the predefined repeat options (once, daily, weekends, weekdays) or the CUSTOM option.



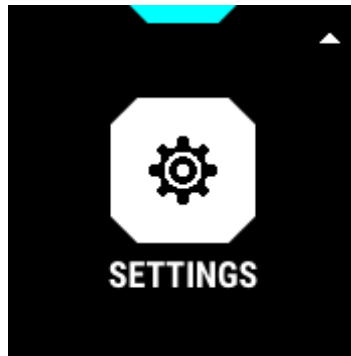
15. Use the CUSTOM option to scroll through the days of the week and set each day individually for the alarm to sound. Highlight each day with the scroll buttons and use the SELECT button to toggle the day to either ON (to sound the alarm) or OFF (to not sound the alarm).

CUSTOM	
MON	ON
TUES	OFF
WED	OFF
THUR	OFF ▼

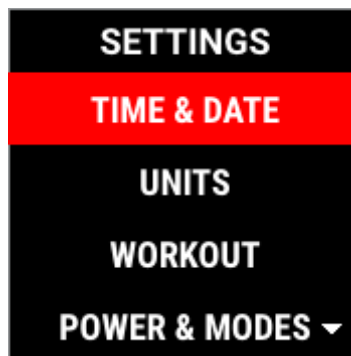
16. When you have finished setting the alarm options, press the ON/OFF and BACK button to save your changes and return to the list of features.
17. You can also customize the alarms vibrations and sounds through the app.

SETTINGS

1. The SETTINGS function allows you to enable or disable certain watch functions and how some functions are displayed (such as your choice of a 12 or 24 hour clock).

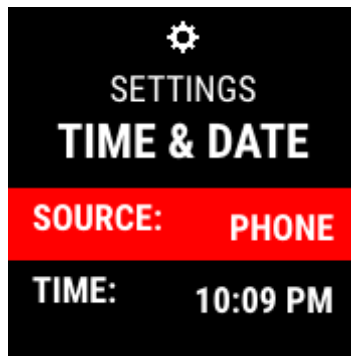


2. Press the SELECT button to display the SETTINGS options.



TIME & DATE Functions

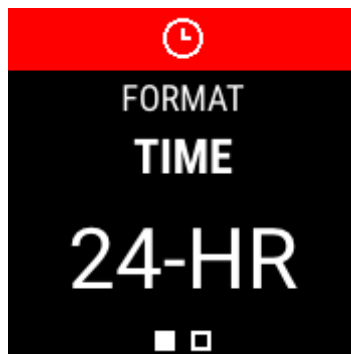
1. Press the SELECT button with the TIME & DATE option highlighted. The time and date setting options are displayed.



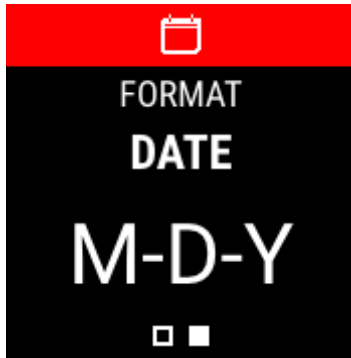
2. The TIME & DATE function shows:
 - SOURCE: Where your device is obtaining the time and date information. You can choose either your phone or a custom time.
 - TIME: The current time. This field cannot be edited.
 - DATE: The current date. This field cannot be edited.
 - Format: This field allows you to toggle between 12 hour (AM and PM) and 24 hour (military style) formats for displaying the time and determine if the date is to be displayed in Month-Day-Year (M-D-Y) format or Day-Month-Year (D-M-Y) format.
 - Custom time and date, user can override current time and date. (ex: if it is currently 4:30, the user can choose to have his/her watch to display the time as 10:30).

NOTE: When using custom time, the workout

3. To change the hour or date format from its current setting, highlight the Format option and press the SELECT button. The Time format screen is displayed.

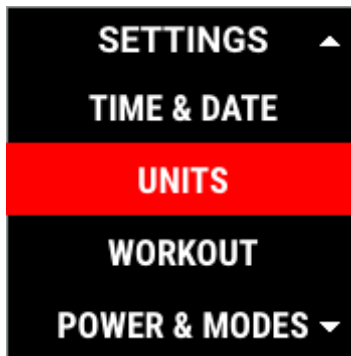


4. Press either scroll button to toggle between 12 and 24 hour time formats. When your choice is displayed, press the SELECT button to display the options for the date format.

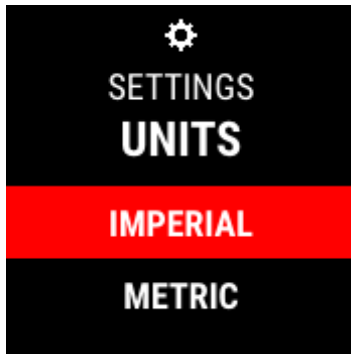


5. Press either scroll button to toggle between M-D-Y and D-M-Y formats. When your choice is displayed, press the SELECT button to return to the TIME & DATE screen.
-

UNITS



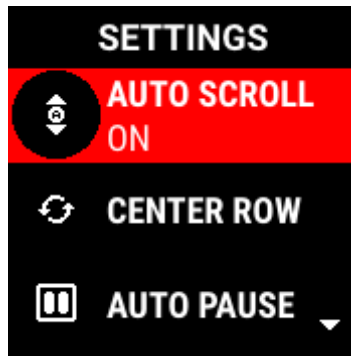
1. The UNITS function allows you to determine if Imperial (miles, pounds, etc.) or Metric (kilometer, kilograms, etc.) will be used. Highlight the UNITS option and press the SELECT button to display the UNITS options.



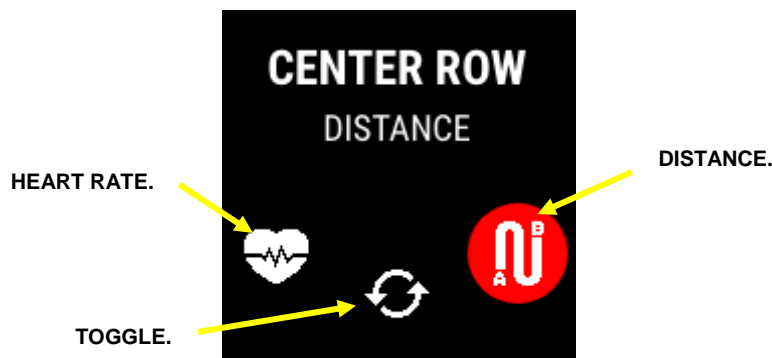
2. Use the scroll buttons to toggle between Metric and Imperial and press the SELECT button when your choice is highlighted. The previous menu will be displayed.

WORKOUT SETTINGS

1. The WORKOUT feature allows you to set the default settings for three characteristics of the workout display:



- AUTO SCROLL: You can toggle this option either ON or OFF. When ON, this will slowly scroll the details of your workout into view. When OFF, you will need to manually scroll through the list to see all of the workout details.
 - CENTER ROW: This allows you to select which detail is displayed in the center row of the workout screen. The options are Heart Rate, Distance, or Toggle which allows you to view either heart rate or distance.
 - AUTO PAUSE: You can toggle this option either ON or OFF. When ON, this will automatically pause your workout timer when you stop exercising and resume your workout when you start again. When OFF, you will need to manually pause and resume your workout when you take a break to keep an accurate time duration.
2. To change either the AUTO SCROLL or AUTO PAUSE settings, highlight the option and press the SELECT button. The ON or OFF setting will toggle with each press of the SELECT button.
 3. To change the CENTER ROW setting, highlight the option and press the SELECT button. The three options for the center row display are shown.



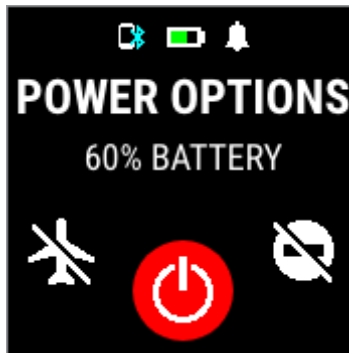
4. Highlight the option you want displayed at the center of the workout screen, use the scroll buttons to highlight the desired option and press the SELECT button to save your change and return to the previous menu.

POWER & MODES (Quick Menu)

1. The POWER & MODES function allows you to view the watch's remaining battery life and to enable or disable the Airplane Mode and Do Not Disturb options.



2. Highlight the option and press the SELECT button to display the POWER & MODES options. The battery icon is selected and displays the remaining watch battery life.



3. With the POWER OPTIONS (center) icon highlighted, press on the SELECT button to display its options.



4. Highlight the desired option and press the SELECT button either turn off or restart the watch.

5. Airplane mode, when enabled, turns off Bluetooth; you will not receive any notifications or phone calls connected from your phone. To change the setting of Airplane mode:
- Use the scroll buttons to highlight the Airplane icon and press the SELECT button. AIRPLANE MODE will be displayed on the screen along with the current setting (ON or OFF). A strike through line is drawn on the airplane icon when Airplane Mode is disabled (OFF).
 - When the setting is correct, press the ON/OFF and BACK button to return to the previous screen.



6. DO NOT DISTURB has three options:

- Sound and vibration off
- Sound only
- Vibration only

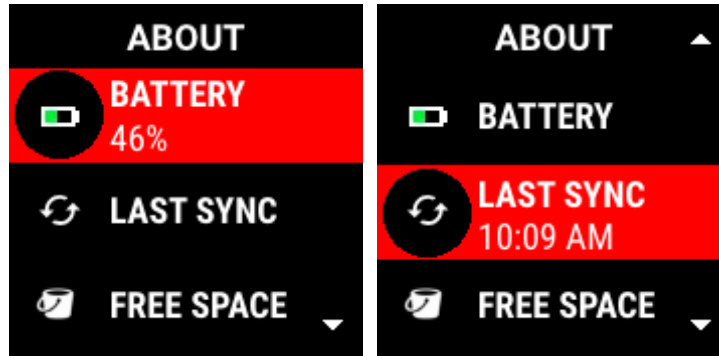
7. To change the setting of the DO NOT DISTURB mode:

- Highlight the icon on the right side of the screen and press the SELECT button. The DO NOT DISTURB option status is shown as either ON or OFF.
- Press the SELECT button to change the setting. A strike through line is drawn through the icon when the option is disabled.
- When the setting is correct, press the ON/OFF and BACK button to return to the previous screen.



ABOUT

1. The ABOUT feature list technical data about your watch including:
 - BATTERY – remaining battery percentage.
 - LAST SYNC – the time the watch and phone were last synced.
 - FREE SPACE – the remaining device storage space.
 - VERSION – the version of the firmware currently running on the watch.
 - DEVICE ID – the unique number ID for this watch.
 - SENSOR – the version number of the sensor currently installed.
 - FCC ID – the Federal Communications Commission ID number.
 - IC REGULATORY – the Interstate Communications Regulatory number.
2. To view the detail for any of these options, simply use the scroll buttons to highlight the option. Its detail will automatically be displayed.



3. To exit the ABOUT screen, press the ON/OFF and BACK button to display the previous menu.

FACTORY RESET

The FACTORY RESET feature will return the watch to all of its factory default settings. All of your customized settings will be lost. Be certain you are willing to lose your changes before performing a factory reset.

1. To perform a factory reset, highlight the FACTORY RESET option and press the SELECT button.



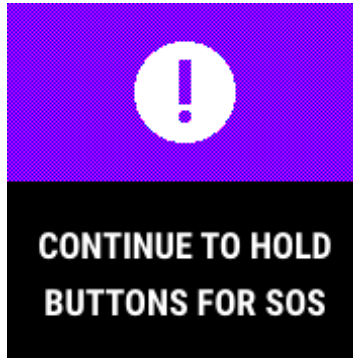
2. Use the scroll keys to highlight either the "X" to cancel the factory reset or the checkmark to proceed with the reset. This will disconnect your watch from your smart phone.



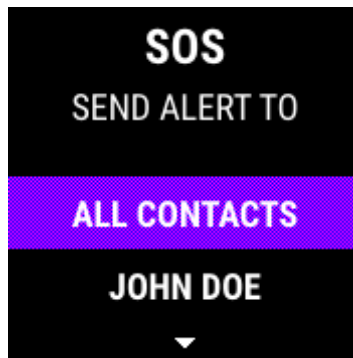
3. Press the SELECT button when the correct icon is highlighted.
4. Make sure to "Forget" your watch from your phones Bluetooth settings to ensure you can connect your watch back to your phone or to another phone.

SOS

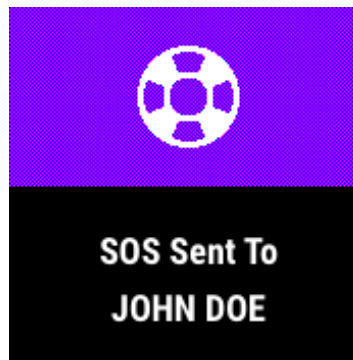
1. The SOS feature sends an alert to all of those on the list you created from the SOS Contacts dashboard feature. To send the alert:
2. Press and hold the lower left (ON/OFF) button and the lower right (SCROLL DOWN) button at the same time. The watch will display “CONTINUE TO HOLD BUTTONS FOR SOS”.



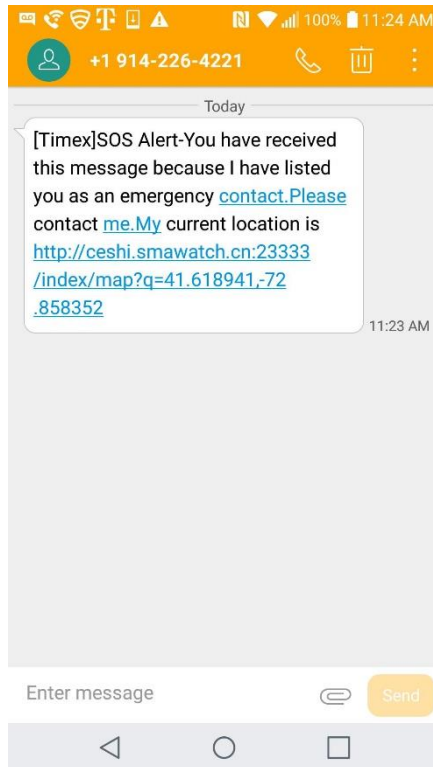
3. Keep pressing and holding the two buttons. You will be prompted to as to whom to send the alert. Your options are all contacts or just for one contact.



4. Use the scroll buttons to highlight your choice and press the select button to send the alert. The screen will change to verify the SOS was sent.



5. The contact will receive the following text message. It displays your location coordinates as follows:



[GUESS CONNECT
DIGITAL +] SOS Alert

Common Help Topics

General

1. How to Turn off your watch.

To get to the power options, either hold the back button for 5s, or go to the settings in the main menu then go to the power & modes section.

2. I am not able to sync.

If your app is having trouble syncing, try to close and reopen your app and sync again.

3. Time of Day out of sync.

When changing time zones, restart the app in order for the watch time to be in sync with your updated phone time.

4. How do I change watch faces?

On your dashboard, tap the watch face tile. Then select your desired watch face. Tap SETUP, then select which of the 3 current watch face you would like to replace.

5. How do I change backlight timer?

On the settings tab (top right of app) go to the device settings and change the backlight time.

6. How do I use the music controller?

Launching the music controller from your watch's main menu will start your default music playing application from your phone. You have the option to skip ahead with the top button, behind with the bottom button, and access new options with the middle button. If you hit the middle button you have the option to raise or lower your volume. To go back to the original options, hit the back button.

7. What is the SOS function?

When you assign a contact as your SOS contact you can hold the back button and the down button simultaneously for 5 seconds and it will text them that you need help and to contact you as soon as possible.

8. Best placement for HR measurement accuracy.

To get optimal HR measurements, place your watch one fingers length high from your wrist bone.

Connectivity & Bluetooth

1. What is the bluetooth range?

The range of the bluetooth connector is around 10-20 meters, or 30 feet. This could be a challenge when going through walls.

2. How do I update firmware?

To update your watches firmware, go to the settings in the app. Then go to Watch Controls. Tap “Firmware Update” to see if there is an update available for your watch.

3. I cannot re-pair my watch.

If for some reason you need to pair your watch to your device for a second time, you will need to “forget” your watch from your phones bluetooth settings.

Activity & Workout Data

1. How do I record a workout?

You can record a workout with your watch from the “Workout” section in the main menu. Once you select “Workout”, then select “Start”.

2. What is auto-pause?

Auto-pause detects when you stopped exercising during a workout and will pause for you. It will also detect when you start up again. To turn this on go to your watch, go to settings > workout > auto pause.

3. How do I share my workout details?

From the dashboard, tap the workout tile. Select which workout you would like to share then tap it. Once you are in the workout details page, tap the share icon.

4. How do I change my workout goals?

In the settings tabs (top right of app), tap Daily Goals to change your daily goal preset or make a custom goal.

5. What is Distance Adjustment?

Distance adjustment compensates for the difference between people’s actual leg length relative to the user’s height. Users can adjust distance using the app if they are finding the watch records distances too short or too long.

User Account & Profile

1. Can I delete my account info?

When you remove your watch, you have the option to permanently delete your account and all activity data associated with your account (including workouts).

2. How do I change my profile info?

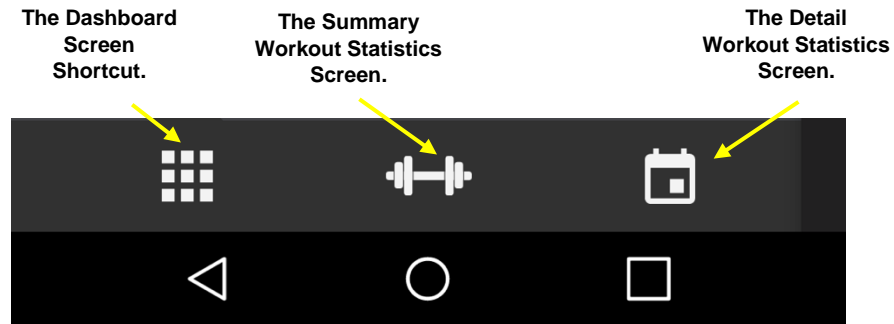
In the settings tab (top right of app), tap Profile to change your profile info.

3. Why does the app ask when I go to bed?

To easily determine your sleep data, the app will use your usual enter sleep and wake time data to assist with automatically stitching together sleep events.

Getting familiar with the app

Dashboard Navigation Bar

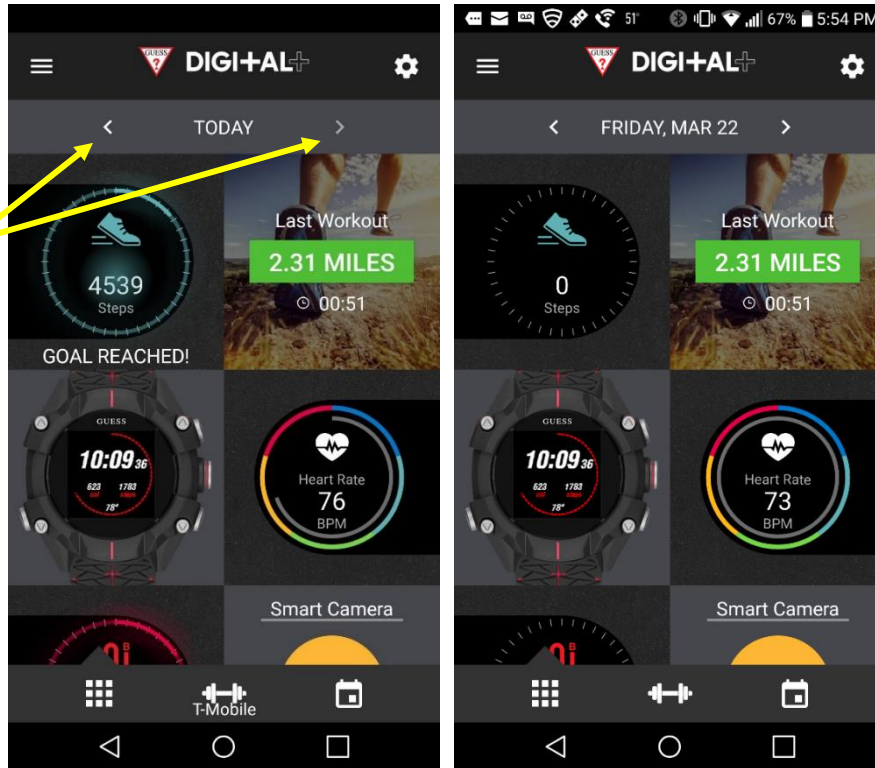


1. The **Dashboard Screen** shortcut brings you back to the dashboard screen.
2. The **Summary Workout Statistics Screen** shortcut shows a partial listing of details from the previous several workouts.
3. The **Detail Workout Statistics Screen** shortcut displays statistics of your saved workouts including duration, distance, heartrate info, calories burned, etc.

DASHBOARD

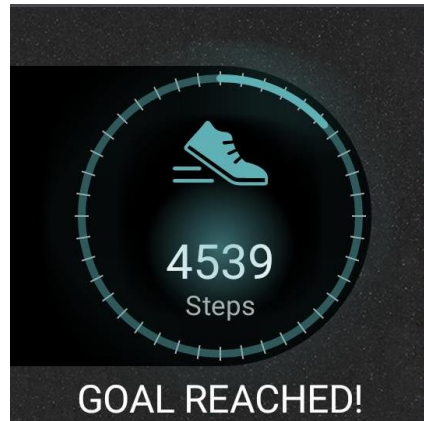
1. The dashboard screen is the first screen displayed when you open the app on your phone. Select the day for which you want to view activity data by pressing the left and right arrow keys at the top of the screen.

These arrows allow you to scroll among calendar days.

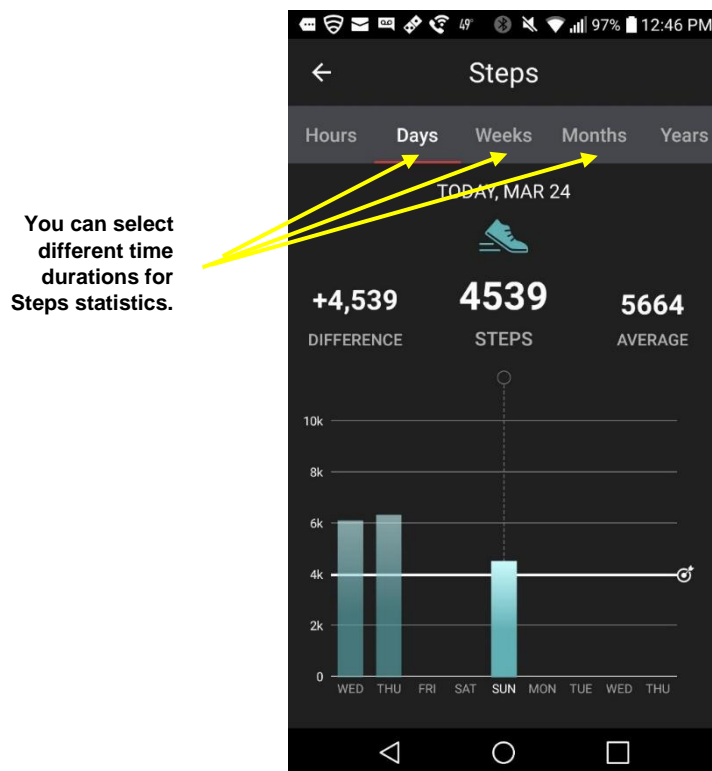


Steps

1. The Steps feature indicates the number of steps taken during the day and indicates if the daily goal has been reached, based on the preferred activity goal you selected during setup.

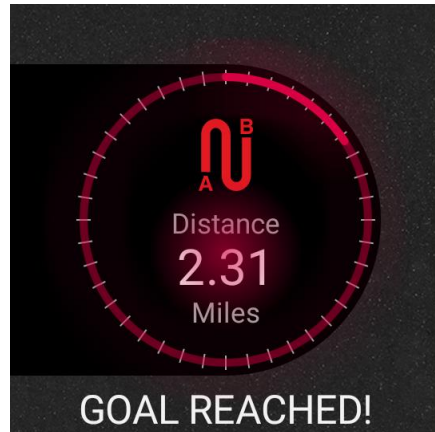


2. Tap the icon to display the detail screen for the Steps feature which allows you to view saved Steps data for periods of time including previous hours, days, weeks, months, and years.

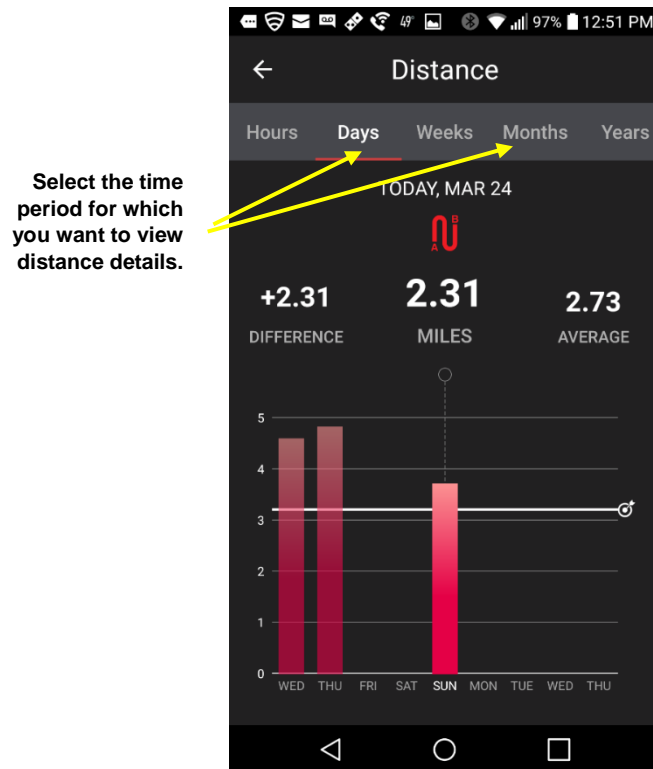


Note: To edit the step goal, go to Daily Goals in the Settings Menu.

Distance

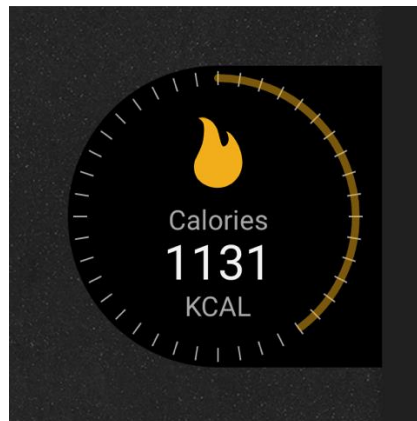


1. The distance run or walked is displayed on the icon and whether the goal for the day has been reached, based on your preferred activity goal selection during setup.
2. Tap the icon to display the detail distance information for any time period including hours, days, weeks, months, and years. Tap one of the duration options to display distance information for different time periods.

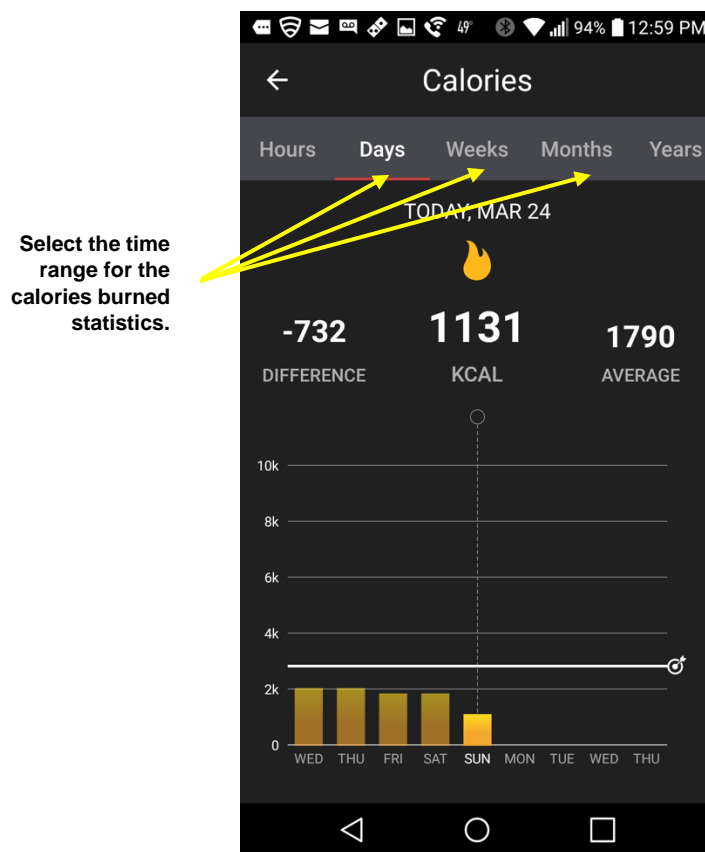


Note: To edit the Distance goal, go to Daily Goals in the Settings Menu.

Calories



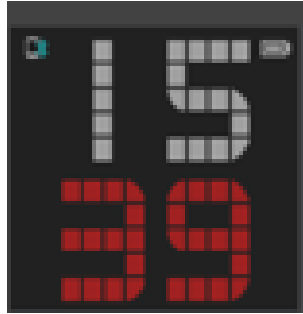
1. The Calories icon displays the calories (KCAL) burned so far today. Tap the Calories icon to display the Days detail screen.



2. You can view the statistics for durations of time ranging from hours to years by tapping on the buttons for the various time periods.
3. Note: To edit the Calories goal, go to Daily Goals in the Settings Menu.

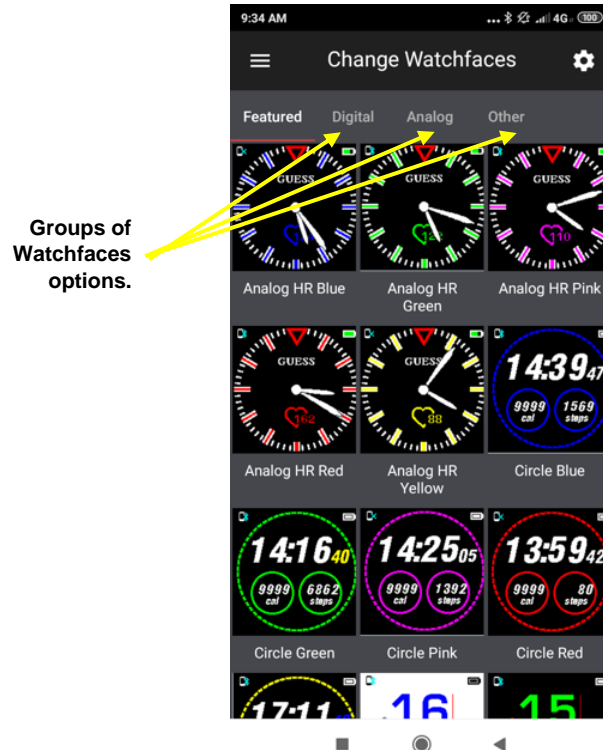
Watchfaces

1. There are 3 preloaded watchfaces on your watch for viewing the time of day (TOD). A different watchface can be chosen using the up and down buttons.

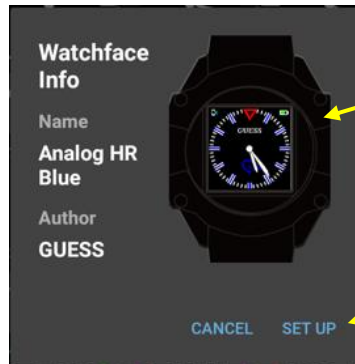


The watchface app feature allows you to download different watchfaces to the watch.

2. Tap this icon to display the watchface options. The “Featured” group is displayed. The “Other” group and “Feature” group both show all watchface options.



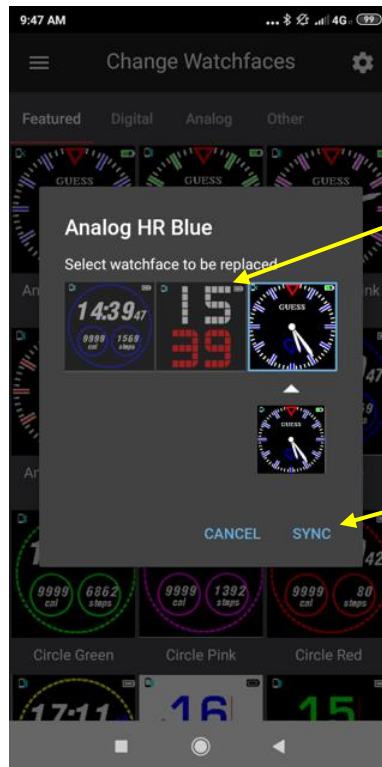
3. Tap the watchface you want. A popup message is displayed showing your watchface selection and a prompt to CANCEL or SET UP.



The Watchface you selected on the previous screen.

Press the SET UP button to continue.

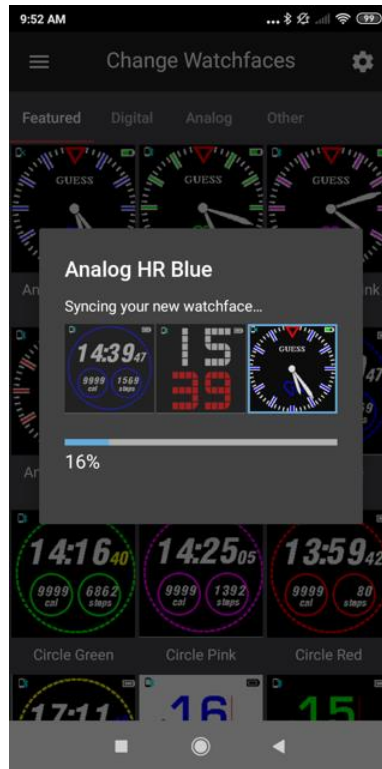
4. Tap SET UP and the next popup message will display your three currently installed watchfaces. You will need to select one watchface to be replaced with your newly selected watchface.



Tap a watchface to highlight the one you want to be replaced with your newly selected watchface.

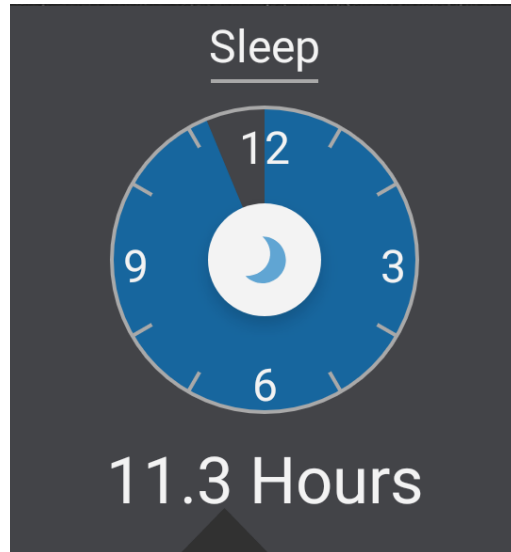
Press the SYNC button to continue.

5. Highlight the currently selected watchface and tap the SYNC button. The new watchface will be installed and a progress bar is displayed during the installation.



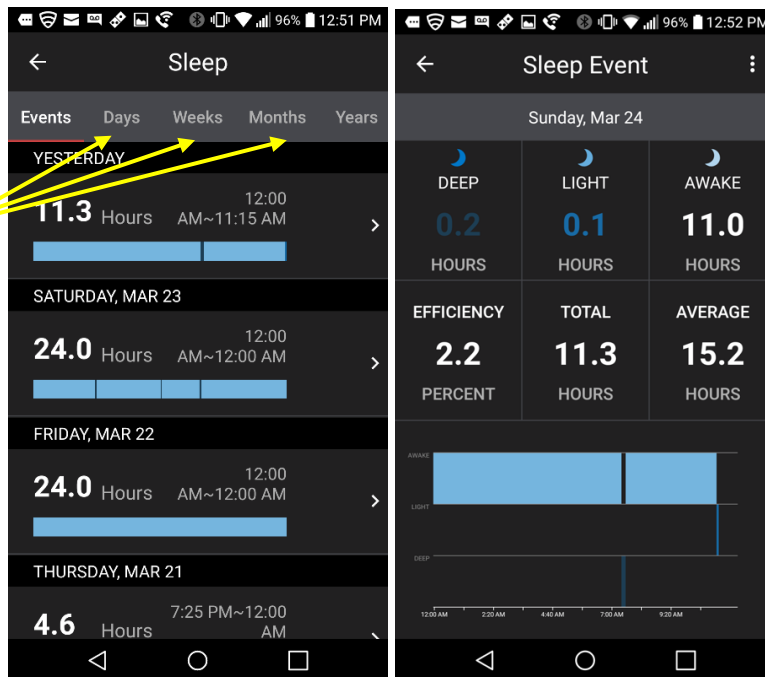
Sleep

1. This feature shows your sleep events and details from the previous night.



2. Tap the Sleep icon to display the Events durations screen for this feature.
 - To see further details on any specific sleep event, tap that event.
 - To see statistics for any range of time from days to years, tap one of the duration options.

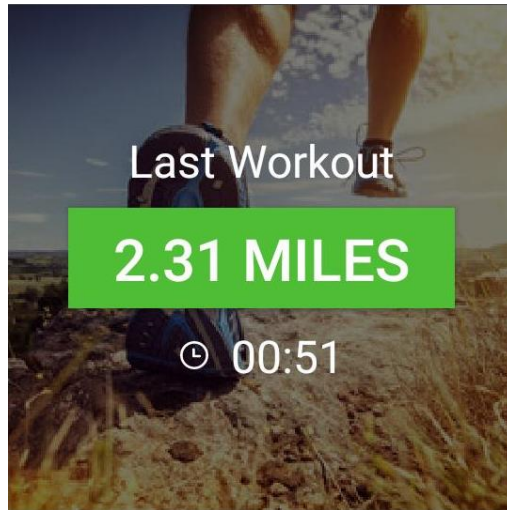
Select the period of time to include in the display.



3. The Sleep Event screen displays the following details:

Deep	The duration of deep (restful) sleep.
Light	The duration of light (non-restful) sleep.
Awake	The duration of awake time.
Efficiency	This is the percentage of the sleep event actually spent sleeping.
Hours	Total number of sleeping and waking hours for this sleep event.
Average	The average number of hours for a sleep event.

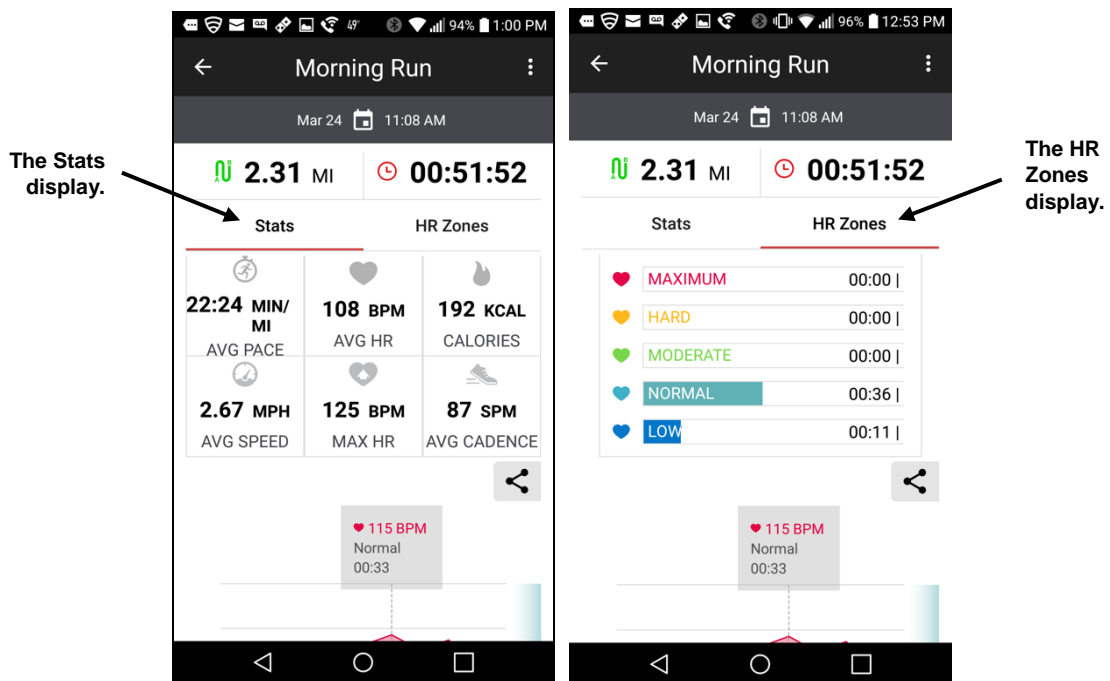
Last Workout



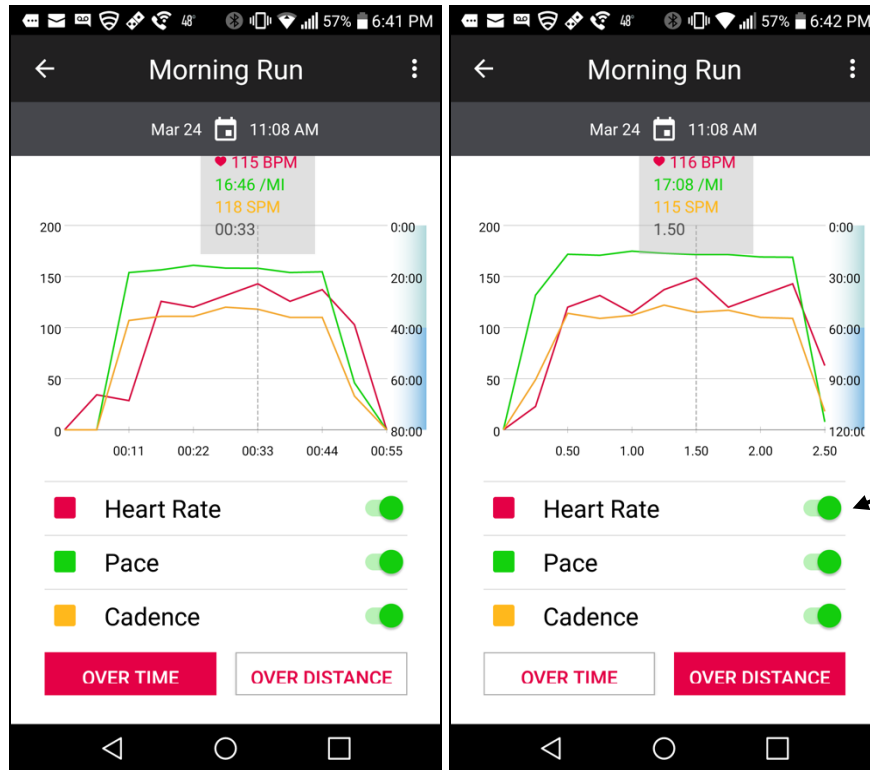
1. The Last Workout icon shows the distance of your last workout and the duration in hours and minutes. Tap the icon to display the detail screen. There are four views to this screen.

Workout Details

1. The **upper** half of the screen shows Stats and HR Zones.
 - The Stats side that shows speed distance and cadence statistics. Other stats? Avg pace, avg hr, calories, avg speed, max HR
 - The HR Zones side that shows how many minutes were spend in each heartrate zone

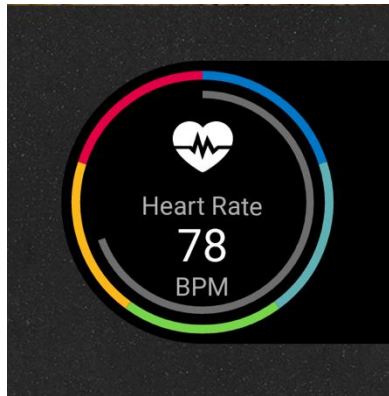


2. Swipe down on the screen to display the graphing options for the Last Workout. You can view graphs of your workout based over time or distance and for of those options, you can elect to view Heart Rate and/or Pace, and/or Cadence by using the buttons to the right of each option to turn on or off that part of the graph.

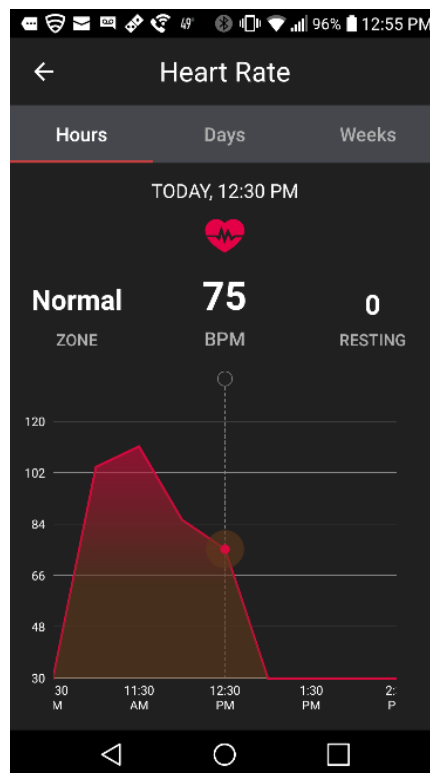


Move these buttons to the right to enable the option.

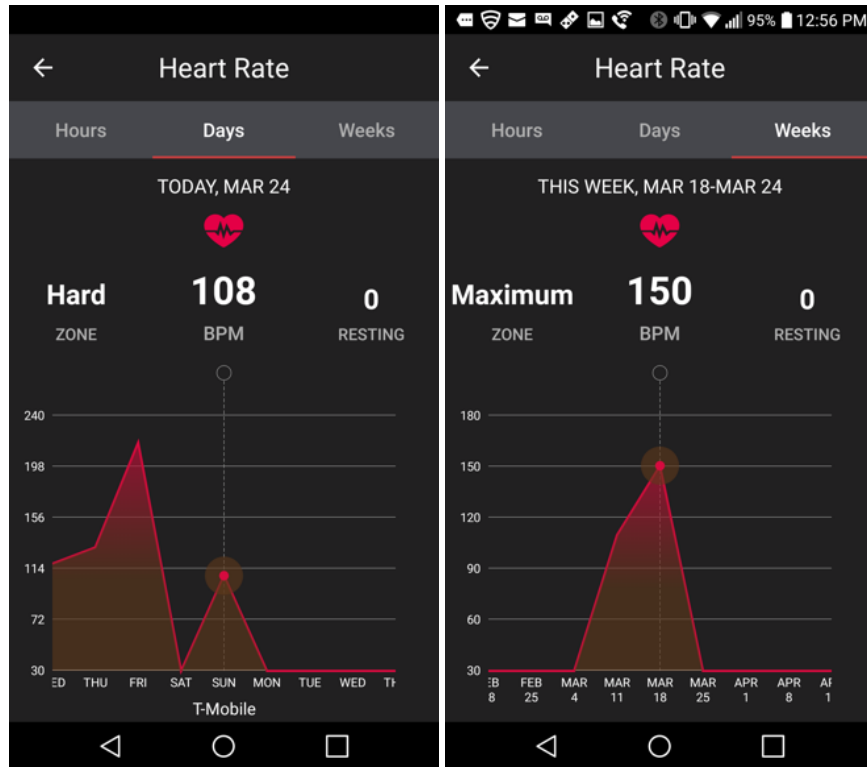
Heart Rate BPM



1. The Heart Rate BPM icon shows your current heart rate in beats per minute. Tap the icon to display the detail screen for this feature. The Hours duration screen is displayed.



2. Swipe the screen side-to-side to show graphic representation of your heart rate over time.

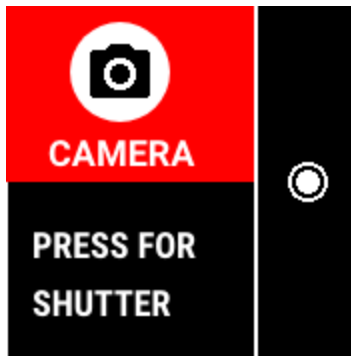


Smart Camera

1. The Smart Camera Feature allows you to use your watch to operate the camera on your smart phone. Tap the Smart Camera icon. Your phone's camera is activated and the prompt to PRESS FOR SHUTTER is displayed on your watch.

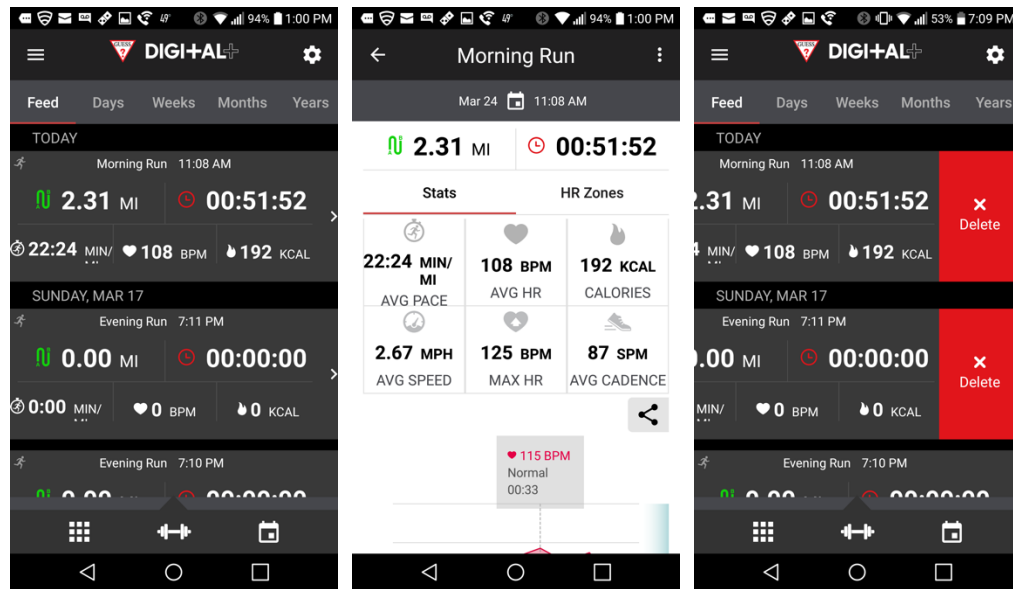


2. Position the camera phone as required and press the SELECT button (right side, center position) to take the picture.



The Workout Feed

1. This screen is accessed by selecting the Detail Workout Statistics shortcut icon from the Navigation Bar, or selecting Workouts from the menu.
 - Workouts are listed by date, with most recent workout first.
 - Multiple workouts in the same day are not separated with a thick line.
 - Tap any of the entries to view the Workout Detail / Statistics for that workout.



The Summary Workout Statistics

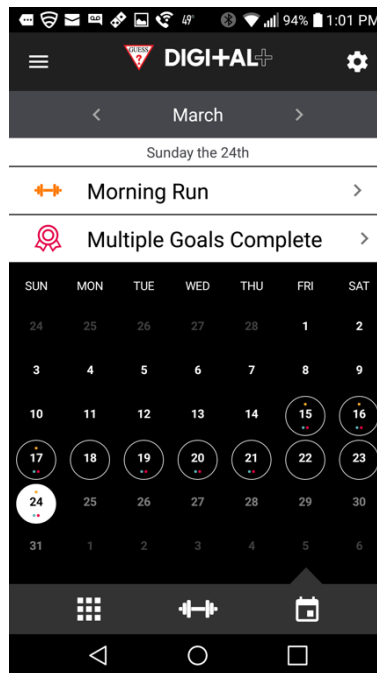
The Detail Workout Statistics

Tap the "X" to delete entries.

- Swipe any of the entries to the left to mark the entry for deletion. Tap the "X" in the red box to complete the deletion. **NOTE:** There is a limit to the number of workouts that can be saved. An error message will be displayed when that limit is reached. It is therefore beneficial to delete unwanted workouts before the limit is reached to ensure future workouts can be saved.

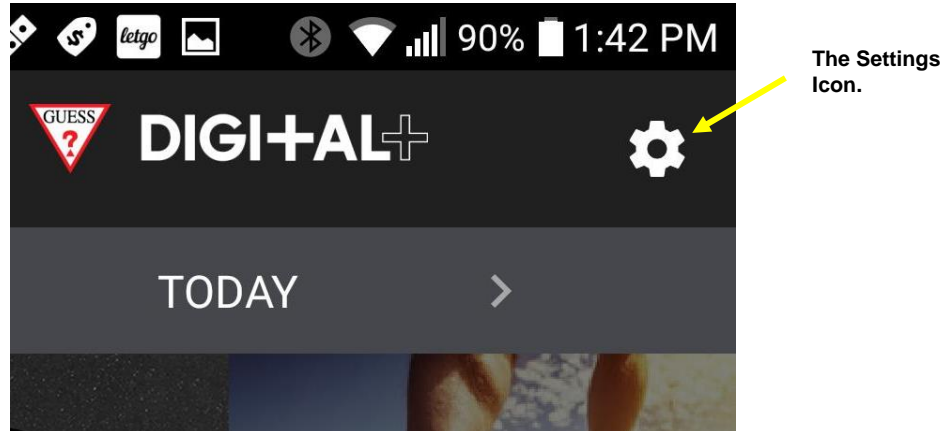
The Calendar

- The **Calendar** icon displays a screen listing recent workouts and previously completed goals.
- Days with completed goals and/or workouts are indicated with a colored dot:
 - a. Orange Dot represents a workout
 - b. Tapping a day circle activates the goals and workout summary for that day.

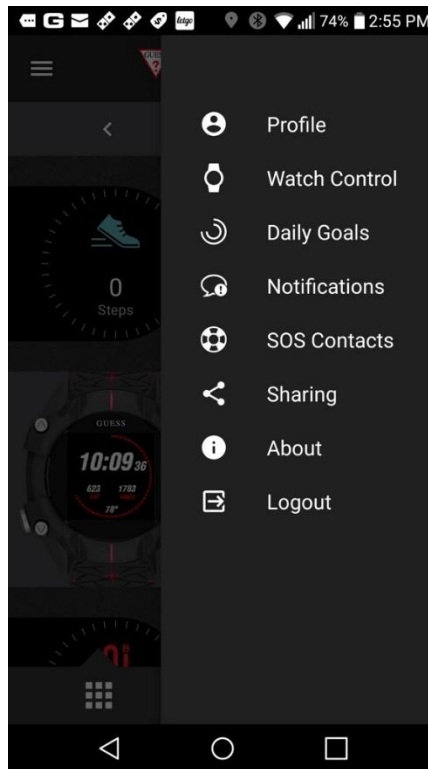


Phone Settings

1. The Settings options for the phone provide an easy way to update personal information and activity goals and to allow for control over how communications are handled.
2. Tap the Settings icon at the top right corner of the screen.

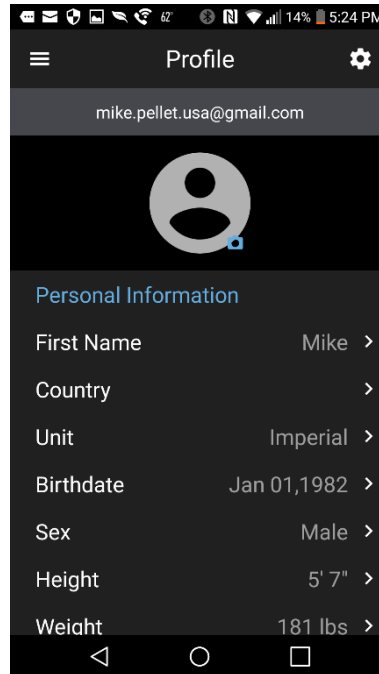


2. The list of settings categories is displayed.



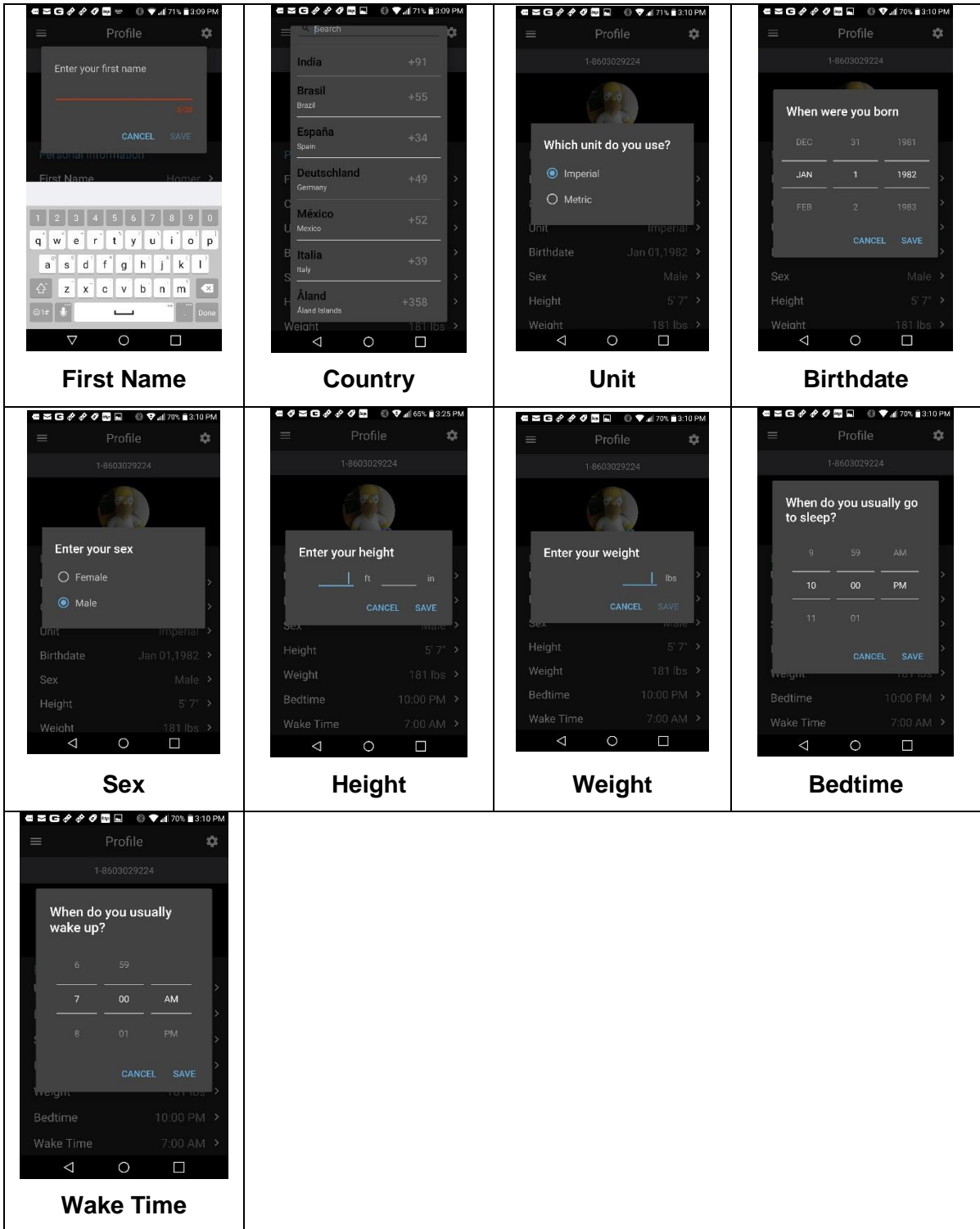
Profile

1. Tap the Profile option under the Settings icon to display all of the profile information you entered when you created your account. You can tap any of the entries to update the information.



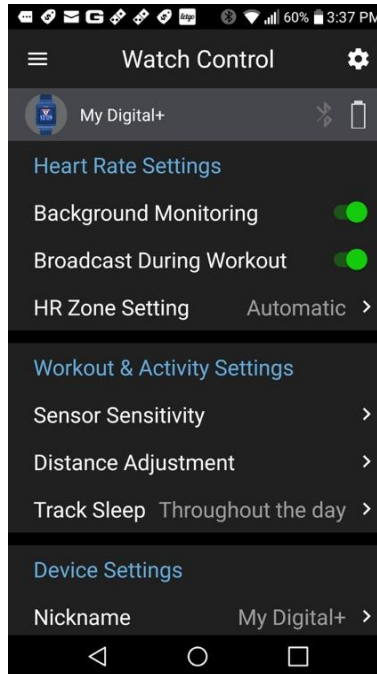
2. To change an entry, tap the greater than (>) sign next to the existing value to display a field allowing a change to that entry. Either type in the new entry or scroll through the list to select the new entry, depending on the type of field.

3. Scroll through the list to view and access all aspects of the profile including your photo. You can add or change the profile photo using the same steps used during original setup.



Watch Control

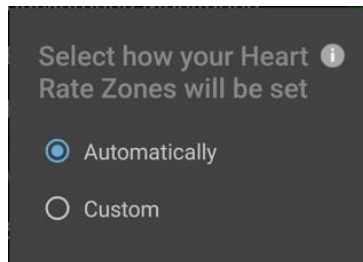
1. Tap the Watch Control option under the Settings icon to access control over many aspects of your watch's performance.



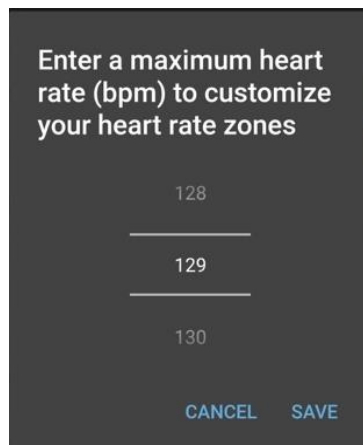
2. The options under the Watch Control heading are described below.

Heart Rate

1. The Heart Rate Settings options include:
 - Background Monitoring. When enabled, this option records your heart rate even when you are not participating in a workout. Use the button to the right of the option to enable or disable background monitoring.
 - Broadcast During Workout. When enabled, this option displays your heart rate on the watchface. Use the toggle button to the right of this option to enable or disable broadcast during workout.
 - HR Zone Setting. This option allows you to select from Automatic HR zone setting (the system determines when you should be alerted about your heart rate) or Custom HR zone setting which allows you to determine at which heart rate you should be alerted.
2. To change the HR Zone setting, tap the > next to the option. A screen is displayed allowing to select either Automatically or Custom.



3. Tap the Custom option. A screen is displayed allowing you to enter the heart rate at which you will be alerted.

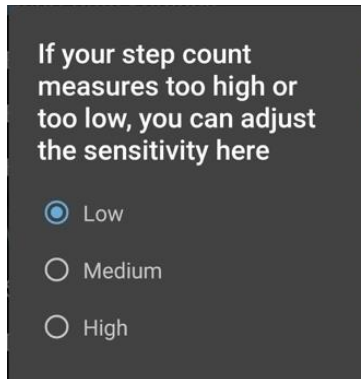


4. Scroll up or down the field to select the maximum heart rate (in beats per minute) that you want for your HR zone. Click the SAVE button to save your changes and return to the Watch Control screen.

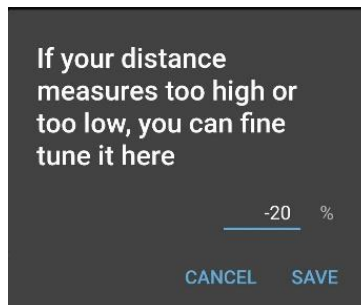
Workout and Activity

The Workout and Activity settings include:

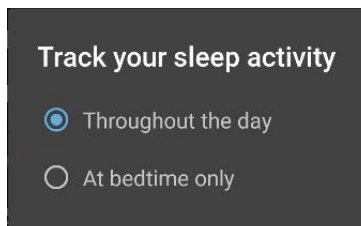
1. Sensor Sensitivity. This feature allows you to determine how sensitive the motion sensors in the watch are. Use this option to adjust the sensitivity if too much or too little activity is detected. Select a sensitivity level and you will return to the Watch Control screen.



2. Distance Adjustment. Your distance traveled is estimated based on your height and the number of steps taken. If your stride is longer or shorter than the estimate, you will need to adjust the estimated stride to be more accurate. Tap the Distance Adjustment option to access this screen.

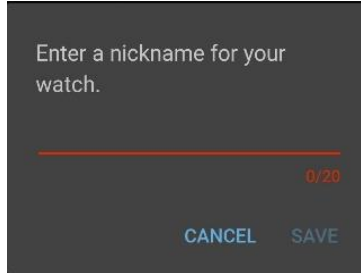


3. Enter the percentage adjustment which can be either a positive or negative amount. To determine how much adjustment is needed and in which direction (+ or -), run a known distance (like a few laps around a quarter mile track) and compare the watch's reading to the known distance.
4. Track Sleep. The Track Sleep feature allows you to track your sleep time either throughout the day or only at night. Select an option and the display returns to the Watch Control screen.

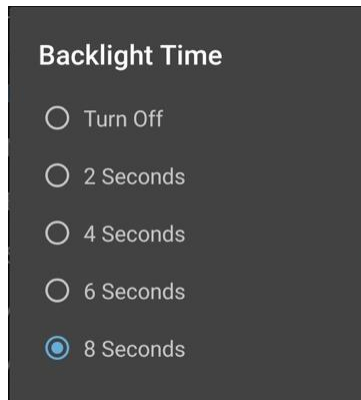


Device Settings

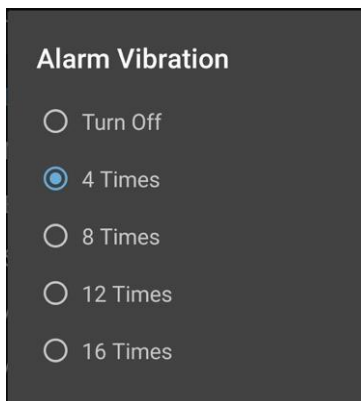
1. **Nickname.** Tap this option to enter or change the nickname of your watch. Type in the new name and tap the Save button to save your change and return to the Watch Control screen.



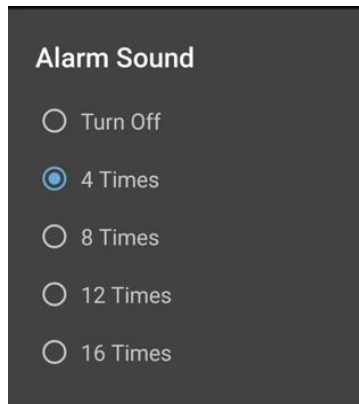
2. **Backlight Time.** Tap this option to select the duration of time (in seconds) the backlight will remain lit. A lower backlight time will significantly increase your battery life. Select an option and the display will return to the Watch Control screen.



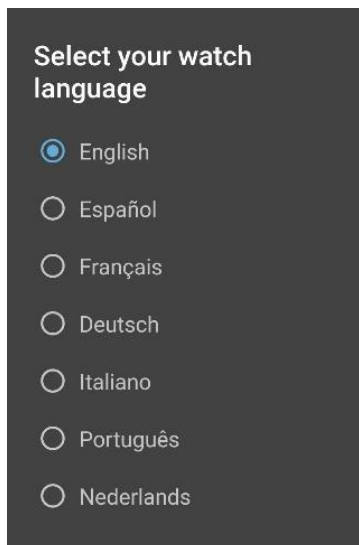
3. **Sounds.** This option turns watch sounds either on or off.
4. **Alarm Vibration.** Use this option to set the number of times the watch will vibrate when providing notifications. Select an option and the display will return to the Watch Control screen.



5. Alarm Sound. Use this option to set the number of times the watch alarm will sound on notification. Select an option and the display will return to the Watch Control screen.



6. Language. Use this option to select what language your watch will display. Select an option and the display will return to the Watch Control screen.



7. Firmware Update. Use this option to check for software updates to your watch and load them if they are available. If you have the latest software, this will be indicated. If a newer software version is available, you will be prompted to load it into your watch. Tap the OK button to return to the Watch Control screen.

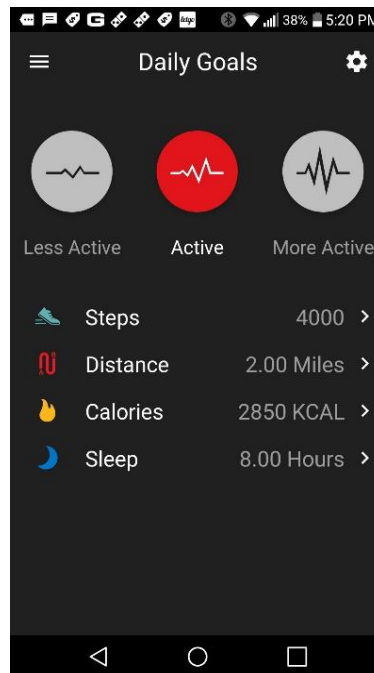


8. **Remove Watch.** This option decouples your phone from your watch. You would only need to do this if you want to couple your phone to a different watch or couple your watch to a different phone. If you are using an iOS device, please “forget” your watch from your Bluetooth settings.



Daily Goals

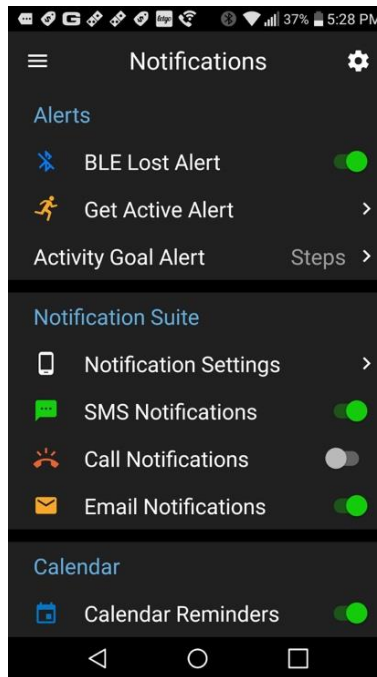
1. The Daily Goals screen allows you to define daily activity goals. The goals are expressed in Steps taken, Distance run or walked, Calories burned, and the number and duration of Sleep events.



2. You can select a specific goal profile among Less Active, Active, or More Active. Once you select the activity level you have the option to customize the individual settings just as you did during the initial setup.

Notifications

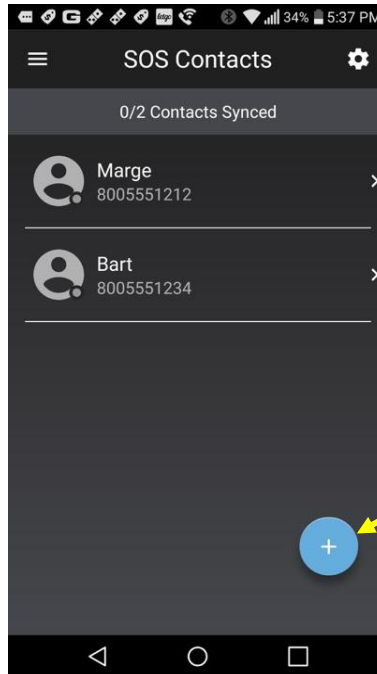
1. The Notifications screen allow you to select which phone apps which send notifications to your watch.



2. Select the Notifications and customize the individual settings just as you did during the initial setup.

SOS Contacts

1. Use this option to list those people who are to receive a notification in case you have an emergency and use the SOS feature. Tap the option to view or edit existing contacts and to create new contacts. **You can save up to 30 contacts.**



Click here to add a new SOS contact.


2. To create a new entry, tap the + sign.

A screenshot of the "New SOS Contact" form. The title "New SOS Contact" is at the top. Below it is a grey circular icon representing a person's profile. The form has three input fields: "Contact Name *" with a character count of "0/30", "Mobile Phone *" and "Email Address". Below the "Email Address" field is a label "Enter email address to". At the bottom of the form are two buttons: "CANCEL" and "SAVE".

3. The Name and Mobile Phone number entries are required. You can optionally add the contact's email address. Press the SAVE button to save you adds or edits and return to the previous screen.

4. To view and/or edit an existing contact, tap that contact to display its existing information and make any changes as necessary. Tap the Save button to save your changes and return to the previous screen.

New SOS Contact



Contact Name *
Marge 5/30

Mobile Phone *
8005551212

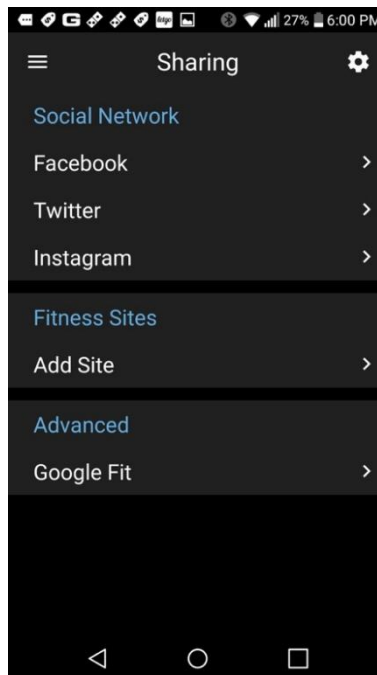
Email Address
marge@simpsons.com

Enter email address to

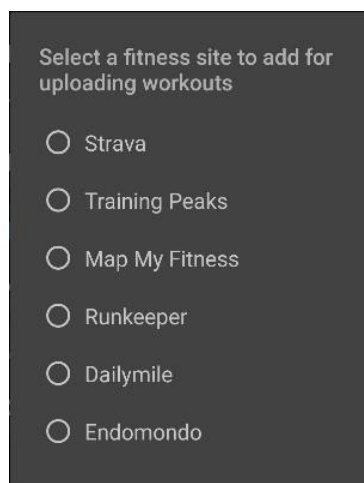
[CANCEL](#) [SAVE](#)

Sharing

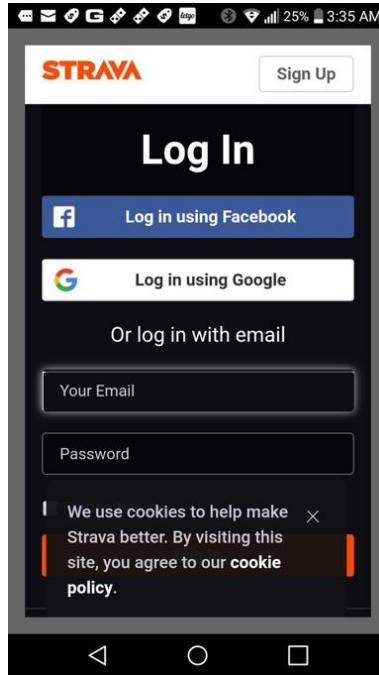
1. The Sharing option allows you to post workout activities to various social media or fitness sites.



2. To post your data to one of the three major social networks or Google Fit, tap the option and log into the site as you normally would.
3. To post to another fitness site, tap the Add Site option. A display of supported fitness sites is displayed.



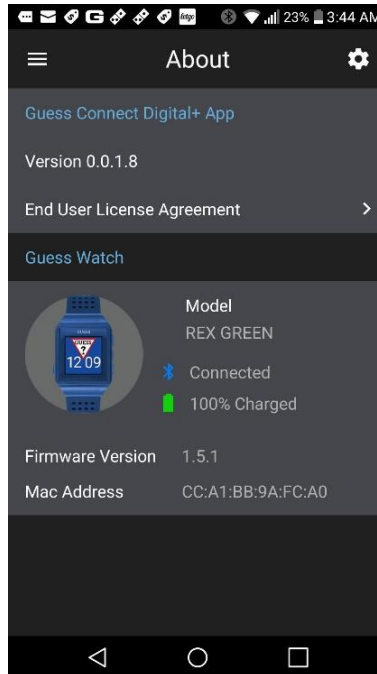
4. Select a site. In this case it is Strava. The login screen for the selected site will be displayed.



5. Log into the selected site as you normally would to allow communication with your phone.

About

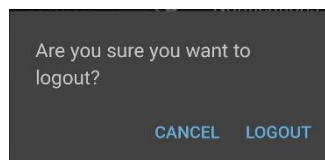
1. The About screen displays technical information about your phone, including software version, firmware version, model name, connection and battery status, and Mac Address.



2. Tap the End User License Agreement to view the agreement.
-

Logout

1. The Logout function logs you out of your **GUESS CONNECT DIGITAL+** account.



2. Tap the LOGOUT button to continue with the disconnection.

Compliance & Regulatory

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 Osymbol before immersing in water.

- Your **GUESS CONNECT DIGITAL+** watch is water resistant to a depth of 50 meters (164 feet).
- 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.

FCC Notice (U.S.) / IC Notice (Canada):

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 radio/TV technician for help.

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 licence-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.
- This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.
- Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé.

DECLARATION OF CONFORMITY

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

declares that the product:

Product Name: Timex® Simply Smart Fit / Guess Digital+

Product Description: Smartwatch

Model Numbers: M02Q

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:

RED Directive 2014/53/EU

Standards:

ETSI EN 301 489-1: V2.2.0
ETSI EN 301 489-17: V3.2.0
EN 300 328: V2.1.1
EN 62479: 2010

LVD: 2014/35/EU

Standards:

EN 60950-1: 2006+A11:A1:A12:A2

Electromagnetic Compatibility (EMC) – Radio Frequency (RF)

Standards

FCC 47CFR 15, Subpart B and C
IC RSS GEN Issue 4
IC RSS 247; Issue 2
ICES-003; Issue 6

Agent: 

Sam Everett
Director Quality Assurance & Regulatory
Date: 7 May 2019, Middlebury, Connecticut, U.S.A.