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TIMEX®

Metropolitan+

Quick Start Guide • Quick Start Guide •
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TIMEX® WATCHES

Congratulations on purchasing your TIMEX® Metropolitan+™ watch. Please read these instructions carefully to understand how to operate your Timex watch. Your watch may not have all of the features described in this booklet.

For more information, and to register your product please visit:
www.timex.com

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Your Metropolitan+ timepiece is the best of both worlds. The beauty of a classic analog watch with the ability to track your daily activity in both steps and distance! This Quick Start Guide will enable you to begin enjoying your watch right away. Your Metropolitan+ watch is not intended to be used as a medical device. You should always consult your physician before beginning or modifying an exercise program. This Quick Start Guide provides basic information on this product; you may download the full instructions at <http://www.timex.com/metropolitan+>.

FEATURES

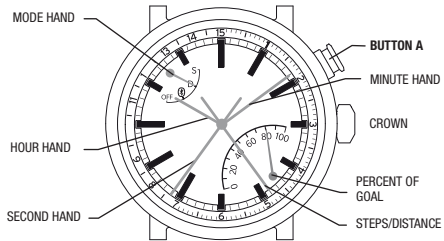
- Classic Analog design
- BLE connection with Smartphone application (iOS and Android formats)
- Activity tracking displayed on watch dial in both steps and distance.
- Percent to goal achievement displays on the watch dial in both steps and distance
- Smartphone application displays actual count and percent to set goal achieved for Steps, Distance and Calories
- Smartphone application retains activity data and displays activity by day, week, month or year.
- INDIGLO® night-light
- 50 Meters Water Resistant
- Estimated battery life of 1.5 years

The strap of your Metropolitan+ watch can easily be changed without tools. The quick-release spring bar allows you to customize your watch for fashion and activity. Visit www.timex.com for a full selection of strap options.

SMARTPHONE APPLICATION AND MINIMUM REQUIREMENTS:

This watch requires the use of the Smartphone application which is available in both iOS and Android formats. Download and install the Metropolitan+ app for iPhone from the iTunes app store, or for Android, from the Google Play app store. Please download the application for use prior to starting the watch. To see if your device is compatible [visit <http://www.timex.com/metropolitan+>](http://www.timex.com/metropolitan+)

OVERVIEW



HOW TO START YOUR WATCH

(To start your watch remove the plastic guard from under the crown, set the time, and then press the crown in to the closed position. You will need to synchronize the watch with the Smartphone application to activate the activity tracking function. Press button A and the upper sub-dial hand will move to the Bluetooth symbol. Perform the synchronization of the watch and Smartphone application. Once the watch has been synchronized with the Smartphone, the activity tracking function is ready for use.

SYNCHRONIZATION OF THE WATCH AND THE SMARTPHONE APPLICATION

Your watch memory holds the activity tracking data for the last 7 calendar days. You should plan to synchronize the watch to the Smartphone application at a minimum every 7th day to prevent the loss of any data. No tracking data will be deleted during, or after synchronization with the Smartphone application.

NOTE: The watch must be within 2 meters distance of your Smartphone for optimum communication

To start the synchronization, prepare the watch by placing it in Bluetooth mode. The lower sub-dial hand and center hand will move to zero.

Start the application on your Smartphone and follow the instructions for synchronization with the mobile

phone. You must start the synchronization process from the Smartphone within 10 seconds, or the Bluetooth on the watch is switched off and you will need to place the watch back into Bluetooth mode.

After the synchronization process has completed, the Bluetooth on the watch is switched off. Both of the sub-dial hands will return to their positions previous to entering the Bluetooth mode. The Smartphone application will indicate the success or failure of the synchronization process.

TIME SETTING

NOTE: The watch crown has four positions: one temporary push position used to activate the INDIGO night-light, and

three indexing positions: closed, middle and outer. To familiarize yourself with the difference between the various positions extend the crown to its outer position and then push the crown very lightly until you feel it click into the middle position. To set the time: Pull the crown to its outer position and turn it until the correct time is shown. Once the dial reflects the correct time, return the crown to the closed position.

INDIGLO® NIGHT-LIGHT:

Press the crown to activate the INDIGLO® night-light. The light will remain on for 2-3 seconds after releasing the crown.

MODE SELECTION

Press button A to advance the upper hand to the desired function. NOTE: The mode cannot be advanced unless the crown is in the closed position.

Steps / Distance: You may switch between the Steps and Distance modes by pressing button A. If the upper sub-dial hand is on "S" the lower sub-dial hand will reflect the percentage of your daily Steps goal currently achieved and the 4th center hand will reflect the actual number of steps (in thousands) you have taken today, when compared against the scale along the outer edge of the dial.

If the upper sub-dial hand is on "D" the lower sub-dial hand will reflect the percentage of your daily Distance goal currently achieved and the 4th center hand will

reflect the actual distance (in Miles or Kilometers as selected on the Smartphone application) you have achieved, based on your activity today, when compared against the scale along the outer edge of the dial.

BLUETOOTH MODE

To enter the Bluetooth mode push and hold button A until the upper hand points to Bluetooth symbol on the upper dial

OFF MODE

If desired you may turn off the activity tracking function. To enter the OFF mode push and hold button A until the upper hand points to OFF on the upper dial

STRIDE LENGTH ADJUSTMENT

If you find that the distance reported does not match your actual walking or running distance you can calibrate the distance by up to +/- 25% via the distance adjustment option on the watch section of the application.

TIMEX INTERNATIONAL WARRANTY

Your TIMEX® watch is warranted against manufacturing defects by Timex Group USA, Inc. for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

1) after the warranty period expires;

2) if the watch was not originally purchased from an authorized Timex retailer;

3) from repair services not performed by Timex;

4) from accidents, tampering or abuse; and

5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to your local Timex affiliate or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon if available, or a written statement identifying your name, address, telephone

number and date and place of purchase. Timex will charge you for any postage and handling due on return shipments (this is not a repair charge) when completing service or repairs. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S. and Canada please call 1-800-448-4639 for additional warranty information. For Brazil, call +11 2664 1001. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For France, call 33 3 81 63 42 51. For Germany/Austria: +43 662 889 2130. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

If your Timex® watch should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to: TG SERVICE CENTER, P.O. Box 2740, Little Rock, AR 72203. For service questions, call 1-800-328-2677 or custserv@timex.com

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EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

FCC NOTICE (U.S.) / IC NOTICE (CANADA):

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device complies with Industry Canada 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.

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

To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada.

Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente

(p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

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.

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® Metropolitan+

Model Numbers: M372

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards: CENELEC EN 55022
ETSI EN 301 489-1
ETSI EN 301 489-3
ETSI EN 301 489-17
ETSI EN 300 440-2

LVD: 2006/95/EC
Standards:

IEC 60950-1
CENELEC EN 60950-1

Digital Device Emissions
Standards:

FCC 47CFR 15C Part 15 Subpart C
15.247 (Bluetooth)

FCC 47CFR 15B cIA Part 15
Subpart B Unintentional Radiators

FCC 47CFR 15B cIA Part 15
Subpart C 15.247 (Bluetooth)

IC RSS 210 Issued:2010/12/01

ICES 003

SAI AS/NZS 4268

Agent: *Sam Everett*

Sam Everett

Quality Regulatory Engineer

Date: 11 July, 2015, Middlebury, Connecticut, U.S.A.