

GETTING STARTED

1 SET THE TIME.

1. Gently pull the crown out to position 2; the seconds hand stops moving.
2. Rotate the crown in either direction to move the hour and minute hands to the desired time.
3. Push the crown back in to position 1; the seconds hand restarts.



2 ACTIVATE YOUR WATCH.

To turn on your watch, press and hold the top watch button until the Set Up screen is displayed on your watch.

NOTE: If the digital watch battery is completely depleted during shipping, your watch will not illuminate or vibrate until after it has charged for a few minutes.



3 CHARGE YOUR WATCH.

Charge your watch for at least four hours.



IMPORTANT: You must make sure that your watch is connected securely to the charger. When your watch is successfully connected to the charger, it vibrates twice.

NOTE: If your watch battery has depleted completely during shipping, your watch will not vibrate and a faint charging icon displays on your watch screen after 5-10 minutes.

Before you charge your watch, disconnect the charger from power and thoroughly wipe the charger and watch contact pins with a soft, lint-free cloth. Never use soap or any chemicals to clean the contact pins for your watch or charger.

Your watch contains two batteries. One battery controls the digital functions of your watch and can be recharged. The other battery controls the analog functions of your watch and is not rechargeable.

Replacement of either battery—for the analog or the digital functions—requires service from an authorized watch repair location. For locations, visit smartsupport.repairs.com. Never open your watch or attempt to replace the batteries yourself; opening your watch case will void your warranty. Movado Group assumes responsibility only for service performed at its Authorized Service Centers.

4 INSTALL THE PHONE APP.

The phone app connects your watch to your phone. Use the app to control the information and notifications that are displayed on your watch. If your watch is not connected to the phone app, it will continue to tell the time, but you cannot use the digital functions.

NOTE: Your phone must have either iOS 8 or later or Android 4.4 operating system or later. It does not support tablets.

A. On your phone, search for the product name of your watch in your app store.

B. Download and install the app on your phone.

5 CONNECT YOUR WATCH TO YOUR PHONE.

A. Make sure that your phone's Bluetooth® is turned on. See your phone documentation for instructions.

NOTE: If you connect your watch to the phone using only your phone's Bluetooth settings, you cannot use the functions of your watch. You must connect your watch using the phone app to enable the phone to push notifications and other information to your watch.

B. Open the phone app, and then follow the on-screen instructions to set up your account.

C. The phone app automatically searches for nearby watches.

Press the top watch button 1 so that the setup screen is displayed and the app can find your watch.

D. When the phone app finds your watch, select Use This Watch. When prompted by the app, press the top watch button 1 again and enter the PIN displayed on your watch.



6 SET UP YOUR WATCH USING THE PHONE APP.

A. Select Set Up Watch.

B. In the phone app, enable Allow Notifications, Allow Contacts Access, and Allow Calendar Access. You must enable access for all three for your watch to work properly. Then, select Next.

C. Enable the notifications (Calls, Calendar, Messaging, Email, Social, Other) you want to be displayed on your watch.

D. Select **Next** and swipe through the app tutorial.

You have now completed your watch setup. The rest of this guide provides more information about using your watch and customizing it using the phone app.

NAVIGATING YOUR WATCH DISPLAYING YOUR WATCH STATUS



To display your watch status, press and hold button 2 for three seconds. The status icons disappear automatically after five seconds.

- ✶ **Bluetooth status icon** Appears when Bluetooth is disconnected.
- ⚡ **Charging status icon** Appears when your watch is connected to power.
- 🔋 **Battery status icon** Displays remaining battery charge for the battery that powers the digital functions of your watch.

NAVIGATING BETWEEN WATCH VIEWS

To navigate between World Clock and Activity Tracker, press button 1. In World Clock view, press button 2 to display the time in your next selected city. In Activity Tracker view, press button 2 to view yesterday's steps.

DISMISSING NOTIFICATIONS

To dismiss a notification or to decline a call, press button 1.

To dismiss all notifications, press and hold button 1.

WATCH FUNCTIONS



INCOMING CALL

When you have an incoming call, the caller's name is displayed if the caller is in your contacts. If the caller is not in your contacts, their phone number is displayed instead. Press button 1 to decline the call.

TEXT MESSAGE

When you receive a text message, the sender's name and message are displayed if the sender is in your contacts. If the sender is not in your contacts, the sender's phone number is displayed with the message. Press button 2 to scroll through the text, and press button 1 to dismiss the text.

ACTIVITY TRACKER

Activity Tracker keeps track of your daily steps and your progress to your daily goal. To check today's steps, press button 1. Review yesterday's steps by pressing button 2.

A notification is displayed when you reach your daily goal. Use the app to view your steps for the day, as well as a bar chart detailing your steps per week and a line graph detailing monthly trends.

WORLD CLOCK



World Clock syncs automatically with your phone. In the app, you can select other time zones to be displayed and change the order in which the cities are displayed on your watch. Press button 2 to scroll through your selected cities.

CALENDAR REMINDERS

Your watch syncs with the calendar on your phone to notify you of upcoming appointments.

Press button 2 to scroll for more information, such as meeting time and location.

Press button 1 to dismiss the notification.

OTHER NOTIFICATIONS

Your watch can receive notifications from any third-party app on your phone that has optional notifications.

To dismiss a third-party notification, press button 1.

DIGITAL BATTERY STATUS

When the battery that powers the digital functions of your watch has less than a 20% charge, a notification displays. When the digital watch battery has less than a 10% charge, another notification displays. To display the battery status any time, press and hold button 2 for 3 seconds.

You can also use the phone app to view digital battery status for your watch at the bottom of the home screen, next to your watch graphic.

NOTIFICATION VIBRATIONS






In addition to on-screen messages, your watch vibrates to notify you of events. Notification vibrations are either high or low priority. You can change the priority of most notifications. High-priority notifications use a longer vibration than low-priority notifications.


To enable, disable, or change the priority of notification vibrations:

1. In the app, select Notifications.
2. Tap the button next to the notification to turn that notification on or off. Tap Edit to change the default vibration priority to high or low.

NOTE: You can enable a notification vibration for any third-party app. All notification vibrations not enabled by default are set automatically to low priority.

The following table describes the default vibration patterns for notifications.

NOTIFICATION	VIBRATION PATTERN	DEFAULT
Incoming call		On
Text message		On
Activity goal reached		On
Calendar reminder		On
Email		Off

KEY ● - Short pulse  - Long pulse

MANAGING INCOMING CALL NOTIFICATIONS

[Declining an incoming call using your watch](#)

When you receive an incoming call notification, press your watch button once to decline the call.

[Enabling or disabling incoming call notifications](#)

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to CALLS to turn notifications on or off.

CUSTOMIZING MESSAGE NOTIFICATIONS

[Enabling or disabling all message notifications](#)

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to MESSAGING to turn notifications on or off.

[Enabling or disabling notifications from a specific messaging app](#)

1. In the phone app, select NOTIFICATIONS.
2. Next to MESSAGING, tap EDIT.
3. To enable notifications from a messaging app, select it. To disable notifications from a messaging app, clear it.

NOTE: On a phone running iOS, the text message app preloaded on your phone is listed as SMS. All other messaging apps are listed by their name.

[Changing the priority of all message notifications](#)

1. In the phone app, select NOTIFICATIONS.
2. Next to MESSAGING, tap EDIT.
3. Tap the slider next to PRIORITY to select either low or high priority.

MANAGING FAVORITE CONTACTS

Setting your favorite contacts

You can set up to 12 people as your favorite contacts.

You can use the favorite contacts list to filter calls and text messages.

1. In the phone app, select NOTIFICATIONS.
2. Next to FAVORITE CONTACTS, select EDIT.
3. To remove a favorite contact, select the X next to their name.
4. To add a favorite contact, select ADD CONTACTS.
5. Scroll or use the search field to locate the name of a contact saved in your phone. Select the name to add the contact to your favorites.
6. Select DONE.

Receiving notifications from favorite contacts only

To receive call and text message notifications from only your favorite contacts:

1. In the phone app, select NOTIFICATIONS.
2. Next to FAVORITE CONTACTS, tap the slider next to EDIT to turn notifications from only favorite contacts on or off.

CUSTOMIZING EMAIL NOTIFICATIONS

Enabling or disabling all email notifications

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to EMAIL to turn notifications on or off.

Enabling or disabling notifications from a specific email app

1. In the phone app, select NOTIFICATIONS.
2. Next to EMAIL, tap EDIT.
3. To enable notifications from an email app, select it.

To disable notifications from an email app, clear it.

Changing the priority of all email notifications

1. In the phone app, select NOTIFICATIONS.
2. Next to EMAIL, tap EDIT.
3. Tap the slider next to PRIORITY to select either low or high priority.

CUSTOMIZING CALENDAR EVENT NOTIFICATIONS

Enabling or disabling all calendar event notifications

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to CALENDAR to turn notifications on or off.

Enabling or disabling notifications from a specific calendar

1. In the phone app, select NOTIFICATIONS.
2. Next to CALENDAR, tap EDIT.
3. Scroll to the name of the app.
4. To enable notifications from a calendar for that app, select it. To disable notifications from a calendar for an app, clear it. For example, you might select both the OFFICE and BIRTHDAYS calendars for an app.

CUSTOMIZING SOCIAL MEDIA NOTIFICATIONS

Enabling or disabling all social media notifications

NOTE: To turn on notifications for private messages from a social media app, see CUSTOMIZING MESSAGE NOTIFICATIONS.

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to SOCIAL to turn notifications on or off.

Enabling or disabling notifications from a specific social app

1. In the phone app, select NOTIFICATIONS.
2. Next to SOCIAL, tap EDIT.
3. To enable notifications from a social media app, select it. To disable notifications from a social media app, clear it.

Changing the priority of all social media notifications

1. In the phone app, select NOTIFICATIONS.
2. Next to SOCIAL, tap EDIT.
3. Tap the slider next to PRIORITY to select either low or high priority.

CUSTOMIZING OTHER THIRD-PARTY APP NOTIFICATIONS

Your watch can display notifications from any third-party app with optional notifications enabled on your phone. See your phone documentation for instructions for enabling notifications.

Enabling or disabling all other third-party app notifications

1. In the phone app, select NOTIFICATIONS.
2. Tap the button next to OTHER to turn notifications on or off.

Enabling or disabling notifications from a specific uncategorized third-party app

1. In the phone app, select NOTIFICATIONS.
2. Next to OTHER, tap EDIT.
3. To enable notifications from a third-party app, select it. To disable notifications from a third-party app, clear it.

Changing the priority of all other third-party app notifications


1. In the phone app, select NOTIFICATIONS.
2. Next to OTHER, tap EDIT.
3. Tap the slider next to PRIORITY to select either low or high priority.

MANAGING ACTIVITY TRACKER

Use the activity tracker to monitor your progress toward your daily step goal and to view graphs of your weekly and monthly step goal achievements.

Enabling and disabling activity tracker

To enable or disable the activity tracker:

1. In the phone app, select the settings icon .
2. Next to ACTIVITY TRACKING, tap the button.

When the button is white, tracking is disabled.

Viewing your progress toward your daily step goal

On your watch, press button 1 once.

In the app, select ACTIVITY.


Viewing your daily steps for the day, week, or month

1. In the phone app, select ACTIVITY. Your daily step count and goal are displayed.
2. Tap WEEK or MONTH to view your daily steps for the current week or month.

If your watch becomes disconnected from the phone, it continues to collect activity tracker data but cannot send the data to the phone app. The phone app displays when the activity tracker data last updated.

When you connect your watch to the phone again, the data is sent to the phone app. If your watch remains disconnected from the phone for more than two days, some data might be lost.


Changing your daily step goal

1. In the phone app, select the settings icon .
2. Next to DAILY GOAL, tap the current number of steps.

3. Tap the Daily Goal box and enter your target number of steps per day.

4. Tap SAVE.

CHANGING THE TIME FORMAT

1. In the app, select the settings icon. 
2. Select the current setting of Time Format to switch between **12 Hour** and **24 Hour**.

CHECKING YOUR WATCH DIGITAL BATTERY STATUS

On your watch, press button 2 for 3 seconds.


In the phone app, view digital battery status for your watch at the bottom of the home screen.

MANAGING QUIET MODE

Quiet mode allows you to turn off notifications during a specified time period. By default, quiet mode is enabled, and you will not receive any event notifications from 10 o'clock PM to 8 o'clock AM.

You can manage this setting in the phone app to adjust the time period when notifications are disabled or to turn quiet mode off.

To configure quiet mode:

1. In the phone app, select the settings icon .
2. Select the slider next to **Silence watch notifications between XX and XX** to turn quiet mode on or off. This starts and ends quiet mode at a specific time and can be set to reoccur, like an alarm. Only device alerts and specifically configured notifications are displayed on your watch in this mode.
3. Click the time next to START TIME or END TIME to set the start and end times.

MANAGING THE CONNECTION BETWEEN YOUR WATCH AND THE PHONE

Verifying the Bluetooth connection status

On your watch, press and hold button 2 for 3 seconds.

In the app, the status of the Bluetooth connection between your watch and your phone is displayed at the bottom of the home screen.

Turning Bluetooth on or off

To turn Bluetooth on or off, press and release the top and bottom buttons at the same time.

Reconnecting your watch to your phone

If your phone and your watch are disconnected, try these methods to reconnect them in the following order:

1. Ensure that your watch is fully charged and the phone and watch are within range of each other. Press watch button 1.
2. Check ensure that Bluetooth is enabled on both the phone and your watch.
3. Open the app on your phone.
4. Close and restart your phone app. (See the manufacturer's instructions for your phone.)

If none of these procedures work, try the following:

- Make sure airplane mode is disabled on phone
- Make sure airplane mode is disabled on watch
- Make sure watch app is running
- Toggle Bluetooth on and off
- Call customer support


SETTING YOUR WATCH TO AIRPLANE MODE

When airplane mode is on, your watch still receives activity tracker and device notifications. General notifications, such as calendar meetings, are disabled.

To turn airplane mode on or off, press and release both watch buttons at the same time.

PAIRING YOUR WATCH TO A DIFFERENT PHONE

You might want to use your watch with a different phone or transfer ownership of your watch.

1. In the phone app, select the settings icon , and then tap SIGN OUT.

NOTE: Your locally stored user data might be deleted.

2. Select OK to confirm that you want to sign out. When finished, the phone app returns to the login screen.
3. A prompt to Remove Watch appears. If you select OK, your watch automatically resets to factory settings.


If you select Skip, you must press and hold button 2 while pressing button 1 three times. Press button 2 to confirm.

4. If prompted, select OK.

5. If you are using Android, you can now pair your watch to a different phone. If you are using iOS, open your phone Settings, and then select Bluetooth. Tap the I icon next to your watch, and then tap FORGET THIS DEVICE. You can now pair your watch to a different phone.

PAIRING THE PHONE TO A DIFFERENT WATCH

You can only pair one watch to the phone at a time.

1. In the phone app, select the settings icon .
2. Tap **Remove Watch**.
3. Select OK to confirm that you want to remove your watch.
4. If you are using Android, you can now pair the phone to a different watch. If you are using iOS, open your phone Settings, and then select Bluetooth. Tap the I icon next to your watch, and then tap FORGET THIS DEVICE. You can now pair the phone to a different watch.

REINSTALLING THE PHONE APP

You might need to uninstall and reinstall the phone app. You must reconnect your watch to your phone after reinstalling the phone app.

If you are using Android, you should be able to reconnect your watch to the phone. If you are using iOS, open your phone Settings, and then select Bluetooth. Tap the I icon next to your watch, and then tap FORGET THIS DEVICE.

You can now pair your watch to the phone again.

UPDATING YOUR WATCH

When a software update is available, a notification is displayed at the bottom of the phone app home screen.


1. Connect your watch to the charger and ensure your watch battery is charged to at least 80%.
 2. In the phone app, select INSTALL NOW and then START INSTALLATION to install the update.
- NOTE: Do not press your watch button or close the phone app until the update is complete.
3. When the update is complete, select DONE.

If you receive an error message, tap RETRY.

RESETTING YOUR WATCH TO FACTORY SETTINGS

NOTE: Resetting your watch to factory settings removes all user data from your watch. Reset your watch only if you are experiencing a serious problem that has not been solved after trying all other troubleshooting methods, or if you want to pair your watch with a different phone. Use one of the following methods:

If your watch is connected to your phone, use the phone app to reset your watch.

1. In the phone app, select the settings icon .
2. Tap **Remove Watch**.

3. Select OK to confirm that you want to remove your watch.

If your watch is not connected to your phone, to reset to factory settings, press and hold button 2 while pressing button 1 three times. Press button 2 to confirm.

CARE AND MAINTENANCE

Charging and replacing your watch batteries

Your watch contains two batteries. One battery controls the digital functions of your watch and can be recharged. The other battery controls the analog functions of your watch and is not rechargeable. Under normal use, the battery that controls the analog functions of your watch should last approximately two years.

Never open your watch yourself. If your watch needs repair or adjustment, take or mail it directly to an authorized watch repair location. Do not attempt to change the batteries yourself. If one or both of your batteries needs to be changed, take or send your watch to an authorized watch repair location to have battery(ies) changed. To locate an authorized watch repair location in your region, visit smartsupport.repairs.com and click FIND AN AUTHORIZED WATCH REPAIR LOCATION.

NOTE: The Movado Watch Company assumes responsibility only for service performed at its Authorized Service Centers.

Cleaning the connection pins of your watch and charger

Each time you need to charge your watch, disconnect the charger from power and thoroughly wipe the charger and watch contact pins with a soft, lint-free cloth before connecting the charger to power and then to your watch.

If necessary, you may dampen the cloth with a small amount of isopropyl rubbing alcohol. Never use soap or any chemicals other than isopropyl rubbing alcohol to clean the contact pins for your watch or charger.

Caring for your watch strap

While the life span of a watch strap depends on your care and wearing habits, as well as the climate in which you live, proper care will extend its life.

To help preserve the natural elasticity and quality of your watch strap, wipe the strap with a soft cloth soaked in fresh water or a dilute detergent if the strap has been exposed to salt water, chemicals, isopropyl alcohol, or abrasive substances. Contact with acetone, ethyl alcohol, organic solvents, and perfume should be avoided.

NOTE: Movado watch straps are not covered by the Movado watch warranty.

Water resistance

All Movado watches are tested to meet international standards for water resistance. This style is resistant to 50 meters (5 ATM), as marked on the case back; however, because of its connectivity feature, Movado recommends not wearing your watch when showering or swimming. You should avoid submerging your watch in water or allowing the contact pins to get wet. Moisture and electrolyte residues (salts and chlorides) can cause corrosion and possibly short circuit the contact pins.

If the contact pins get wet, wipe them with isopropyl alcohol, and then dry them with a soft cloth. The contact pins must be moisture-free before you attach the charging cable.

CAUTION: Do not subject your watch to a pressure/depth greater than 50 meters (5 ATM), or your watch could be damaged and your warranty voided.

IMPORTANT: Do not operate your watch button or pull the crown out while your watch is wet or underwater.

NOTE: The Movado Group will not be responsible for any damage caused by or related to leakage originating from improper handling or damage to the case, crown, gaskets, or crystal.


To maintain water resistance, yearly maintenance is required. The gaskets and crown that seal the case are subject to wear and deterioration under normal use. These parts should be inspected and replaced as needed each time your watch is opened for service, including battery changes. An authorized watch repair location will automatically retest your watch for water resistance as a routine step in all service orders. To locate an authorized watch repair location in your region, visit smartsupport.repairs.com and click FIND AN AUTHORIZED WATCH REPAIR LOCATION.

Water resistance applies only to your watch case; some watch straps should not be worn under water or subjected to wet conditions.

Avoid exposing your watch to sudden and excessive temperature variations.

Do not drop your watch or bang it against a hard surface. Water resistance must be rechecked after every violent shock. Clean your watch regularly by wiping it with a soft cloth dampened with fresh water, especially after exposure to seawater.

MORE INFORMATION

In the phone app, select the settings icon , then tap Help & Support to access the user manual, FAQs, terms of use, privacy policy, customer service phone number, or other information about your watch, including the app software version and watch serial number.

WARRANTY AND SUPPORT

Your watch comes backed by a 2-year limited warranty. For full terms and conditions, visit smartsupport.mgiservice.com.

For customer service support, visit smartsupport.mgiservice.com.

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FCC STATEMENT

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.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications 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.

FCC ID: O4GTEIIM

Model: HSTNW-D08W

ISED Statement

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.
CAN ICES-3(B)/NMB-3(B)

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) il ne doit pas produire de brouillage et
 - (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.
- CAN ICES-3(B)/NMB-3(B)

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS-102 and compliance with RSS-102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

Le dispositif rencontre l'exemption des limites courantes d'évaluation dans la section 2.5 de RSS 102 et la conformité à l'exposition de RSS-102 rf, utilisateurs peut obtenir l'information canadienne sur l'exposition et la conformité de rf.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a distance of less than 5 millimeters between the radiator and your body.

Cet émetteur ne doit pas être Co-placé ou ne fonctionnant en même temps qu'aucune autre antenne ou émetteur. Cet équipement devrait être installé et actionné avec une distance moins de 5 millimètres entre le radiateur et votre corps.

ISED Certification Number: 7666A-COACH

Model: HSTNW-D08W