

QUICK START

MONDAINE®

Swiss  Watch





1

GET THE APP

Download the MMT-365 App from App Store (iOS) or Play Store (Android). Minimum versions supported: iOS 9.1 and Android v4.3



MMT-365



2

ACTIVATE BLUETOOTH ON YOUR PHONE



3

FOLLOW THE INSTRUCTIONS

on the app to pair your watch and set your goals.



PAIR YOUR WATCH WITH THE MMT-365 APPLICATION

To pair your watch, launch the MMT-365 application and touch the watch icon in the upper right corner of the screen. Press the crown on your watch to wake up the Bluetooth radio, then press the "start" button in the app screen. Keep your watch close to your phone during the pairing process. You will be prompted to push the crown on your watch one more time to complete the pairing.

1



OPEN
APP

2



 TOUCH
ICON

3



 PRESS **PUSH**
BUTTON

4



start PRESS
START

5

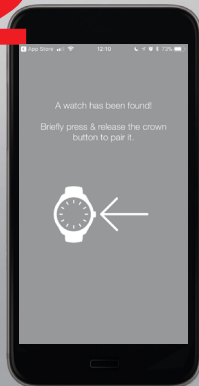


 PRESS **PUSH**
BUTTON AGAIN

1



2



TROUBLE SHOOTING PAIRING



3



4

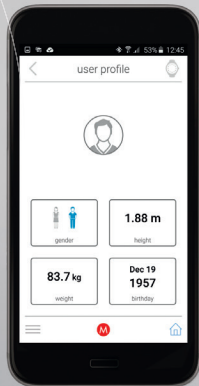
IF YOUR WATCH DOES **NOT PAIR**



- 1 Press help.
- 2 Follow 4 steps.

PERSONAL SETTINGS

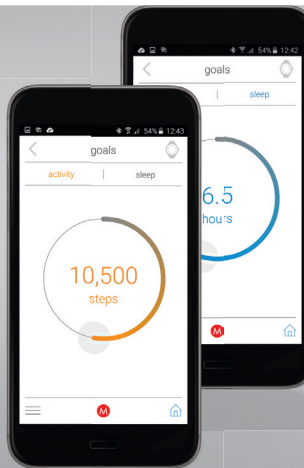
MONDAINE
HOROLOGICAL
smartwatch



CREATE USER PROFILE

To make sure you get the right goal analysis, personalize the user profile.

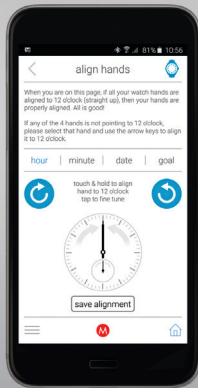
⊕ → ⚙ settings → 👤 user profile



SET GOALS

Personal activity and sleep goals can be set individually.

➔ ⚙️ settings ➔ ☆ goals



ALIGN HANDS

1 Go to settings:

➔ ⚙️ settings ➔ ⌚ my watch ➔ ⌚ align hands

2 Align hands: all 4 hands should move to 12. If not, adjust each hand manually.

3 Save alignment.

The logo features a red circular graphic with a white outline, containing the text 'MONDAINE HOROLOGICAL smartwatch'.

MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

SLEEP

GOALS ACHIEVED

ACTIVITY

GOALS ACHIEVED

COACH

OVERALL GOALS ACHIEVED

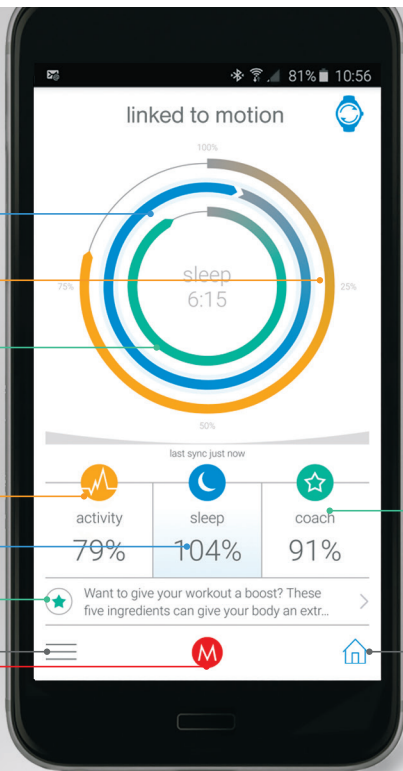
[Percentage of reached activity goals](#)




[Percentage of reached sleep goals](#)

[Daily tips for better activity and sleep](#)

[Settings](#)

[More about Mondaine Watch](#)



-  not connected
-  synchronizing
-  connected

Percentage of overall goals reached

Back to home screen



USE THE SMART- WATCH




PUSH **1x**

A **WHILE IN ACTIVITY MODE** 
show progress toward activity goal.

S **WHILE IN SLEEP MODE** 
show progress toward sleep goal.

PUSH **2x**

A **WHILE IN ACTIVITY MODE** 
show progress toward sleep goal.

S **WHILE IN SLEEP MODE** 
show progress toward activity goal.

PUSH **3x**

WORLDTIMER

Hour hand shows time in selected time zone.

HOLD **3 SEC**

CHANGE MODES BETWEEN ACTIVITY AND SLEEP.

S **SLEEP**
If hour hand points to S icon, your watch is in sleep tracking mode.



SWISS MADE



2 YEARS BATTERY LIFE



3 ATM WATER RESISTANT



ACTIVITY
SLEEP
MODE





A

ACTIVITY MODE

After the crown press, minute hand moves to the **A icon** on the dial.

HOUR HAND points to 0-100 scale representing 35% Activity.

Two seconds later, hands will move back to time.

S

SLEEP MODE

After the crown press, minute hand moves to the **S icon** on the dial.

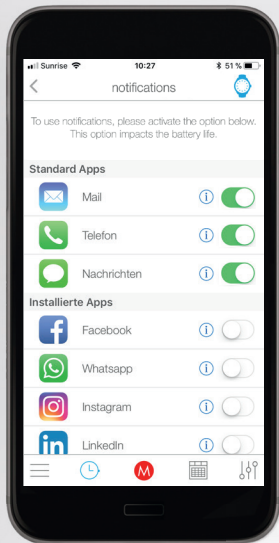
HOUR HAND points to 0-100 scale representing 85% Sleep.

Two seconds later, hands will move back to time.

NOTIFICATIONS

281/282 - NOTIFY





To use notifications, please activate the options on your phone.



CALLS

Caliber will vibrate shortly when a missed call is detected. Hands will point to **T icon** on the dial. Push the crown, hands will move back to time.



MESSAGES

Caliber will vibrate shortly when a message is received. Hands will point to **M icon** on the dial. Push the crown, hands will move back to time.



1

APP HERUNTERLADEN

Die Motion- App aus dem App Store (iOS) oder dem Play Store (Android) herunterladen. Unterstützte Versionen: mindestens iOS 8.0 und Android v4.4.3 (Juni 2015).



MMT-365



2

BLUETOOTH AUF IHREM TELEFON AKTIVIEREN



3

DIE APP-INSTRUKTIONEN BEFOLGEN

um Ihre Uhr zu verbinden und Ihre Ziele festzulegen.



IHRE UHR

MIT DER MMT-365 APPLIKATION VERBINDEN

Um Ihre Uhr zu verbinden, starten Sie die MMT-365-App auf Ihrem Gerät und befolgen Sie die Instruktionen. Während des Verbindungsprozesses, halten Sie Ihre Uhr nah an Ihr Gerät (Smartphone oder Tablet).

1



APP
ÖFFNEN

2



 **ICON**
ANKLICKEN

3



 **KRONE**
DRÜCKEN

4



start **START**
DRÜCKEN

5

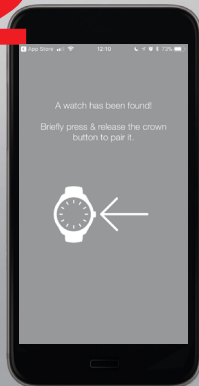


 **KRONE**
NOCHMALS
DRÜCKEN

1



2



VERBINDUNGS- PROBLEME



3



4

WENN SICH IHRE UHR NICHT VERBINDET

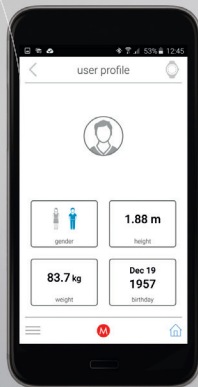


Hilfe

- 1 Hilfe drücken.
- 2 4 Schritte befolgen.

PERSÖNLICHE EINSTELLUNGEN

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HOROLOGICAL
smartwatch

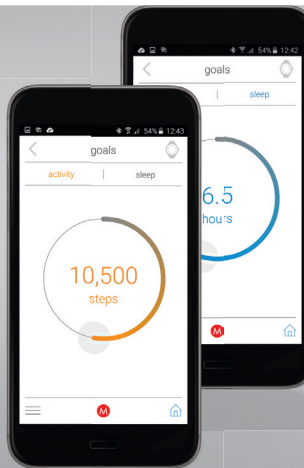


BENUTZER- PROFIL

ERSTELLEN

Personalisieren Sie Ihr Nutzerprofil, um eine korrekte Zielanalyse zu erhalten. ⊕ → ⚙ Einstellungen →

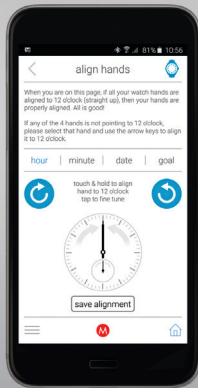
👤 Benutzerprofil



ZIELE FESTLEGEN

Ziele für Ihre Aktivität und Ihr Schlafverhalten können individuell festgelegt werden.

⊕ → ⚙️ Einstellungen → ☆ Ziele



ZEIGER AUSRICHTEN

1 Gehen Sie zu Einstellungen:

⊕ → ⚙️ Einstellungen →

🕒 Meine Uhr → ⌚ Zeiger gleichsetz.

2 Zeiger ausrichten: Alle 4 Zeiger sollten auf 12 Uhr stehen. Falls nicht, richten Sie sie manuell aus.

3 Ausrichtung speichern.



MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

SCHLAF

ERREICHTE SCHLAFZIELE

AKTIVITÄT

ERREICHTE AKTIVITÄTSZIELE

COACH

ÜBERBLICK ERREICHTE ZIELE

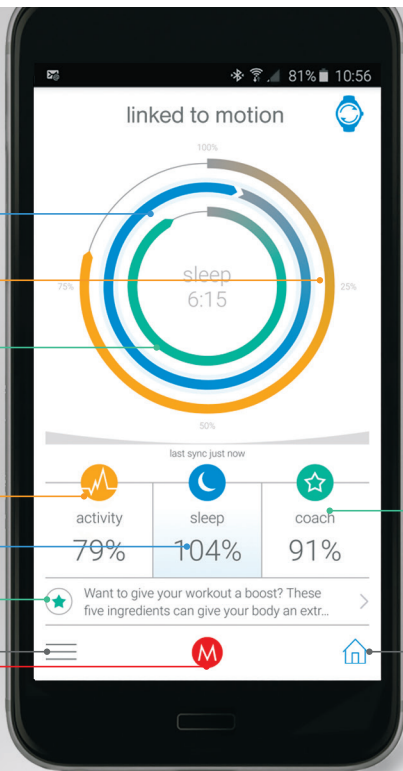
Anteil der erreichten Aktivitätsziele




Anteil der erreichten Schlafziele

Tägliche Tipps für bessere Aktivität
und besseren Schlaf

Einstellungen

Mehr über Mondaine Watch



-  nicht verbunden
-  synchronisieren
-  verbunden

Anteil der
erreichten Ziele

Zurück zum
Home Screen



SMART WATCH BENUTZEN




1x DRÜCKEN

A **IM AKTIVITÄTSMODUS** 
Fortschritt von Aktivitätsziel anzeigen.

S **IM SCHLAFMODUS** 
Fortschritt von Schlafziel anzeigen.

2x DRÜCKEN

A **IM AKTIVITÄTSMODUS** 
Fortschritt von Schlafziel anzeigen.

S **IM SCHLAFMODUS** 
Fortschritt von Aktivitätsziel anzeigen.

3x DRÜCKEN WELTUHR

Stundenzeiger zeigt Zeit in
ausgewählter Zeitzone.

3 SEK HALTEN WECHSELN ZWISCHEN AKTIVITÄTS- UND SCHLAFMODUS

S **SCHLAF**
Wenn der Stundenzeiger auf
das S-Symbol zeigt, ist die Uhr im
Schlafmessmodus.



SWISS MADE



2 JAHRE BATTERIELAUFZEIT



WASSERDICHT BIS 30 M



AKTIVITÄT
SCHLAF
MODUS



A

AKTIVITÄTSMODUS

Nach Drücken auf die Krone bewegt sich der Minutenzeiger auf das **A-Symbol** auf dem Zifferblatt.

STUNDENZEIGER zeigt auf Skala von 0–100: 35 % Aktivität.

Zwei Sekunden später zeigen die Zeiger wieder die Zeit an.

S

SCHLAFMODUS

Nach Drücken auf die Krone bewegt sich der Minutenzeiger auf das **S-Symbol** auf dem Zifferblatt.

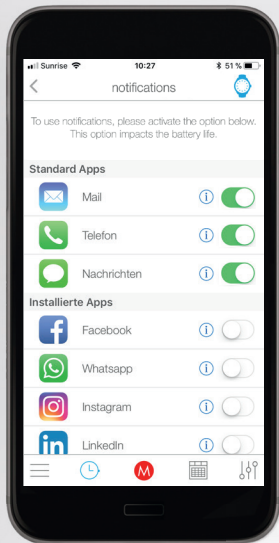
STUNDENZEIGER zeigt auf Skala von 0–100: 85 % Schlaf.

Zwei Sekunden später zeigen die Zeiger wieder die Zeit an.

BENACHRÄCHTIGUNGEN

281/282 - NOTIFY





Bitte aktivieren Sie die Optionen auf Ihrem Smartphone, um Benachrichtigungen zu erhalten.



ANRUF

Das Kaliber vibriert kurz, wenn ein Anruf verpasst wurde. Die Zeiger zeigen dann auf das **T-Symbol** auf dem Zifferblatt. Bei Druck auf die Krone werden die Uhrzeiger auf die Uhrzeit zurückgesetzt.



NACHRICHTEN

Das Kaliber vibriert kurz, wenn eine Nachricht eingegangen ist. Die Zeiger zeigen dann auf das **M-Symbol** auf dem Zifferblatt. Bei Druck auf die Krone werden die Uhrzeiger auf die Uhrzeit zurückgesetzt.



1

TÉLÉCHARGEZ L'APPLICATION

Téléchargez l'application Motion depuis l'App Store (iOS) ou le Play Store (Android). Versions minimales requises: iOS 8.0 et Android v4.4.3 (juin 2015).



MMT-365



2

ACTIVEZ LE BLUETOOTH DE VOTRE TÉLÉPHONE



3

SUIVEZ LES INSTRUCTIONS

de l'application pour jumeler votre montre avec votre appareil et définir vos objectifs.



JUMELEZ VOTRE MONTRE AVEC L'APPLICATION MMT-365

Pour jumeler votre montre, lancez l'application MMT-365 sur votre appareil connecté et suivez les instructions de l'application. Laissez votre montre à proximité de votre appareil (téléphone ou tablette) au cours du processus de jumelage.

1



OUVREZ
L'APPLICATION

2



 CLIQUEZ
SUR **L'ICÔNE**

3



 < PRESSEZ
LA COURONNE

4



start CLIQUEZ
«**START**»

5

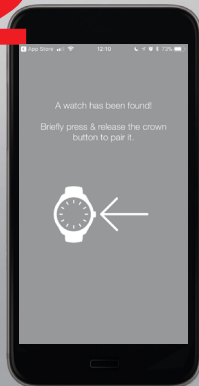


 < PRESSEZ
DE NOUVEAU
LA COURONNE

1



2



DIFFICULTÉS POUR CONNECTER SA MONTRE



3



4

SI LA CONNEXION DE VOTRE MONTRE NE FONCTIONNE PAS

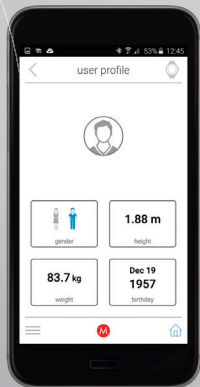


help

- 1 Cliquez sur «aide».
- 2 Suivez les 4 étapes indiquées.

PARAMÈTRES PERSONNELS

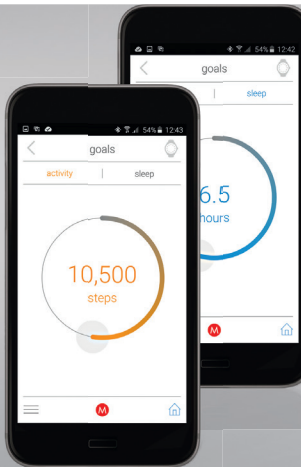
MONDAINE
HOROLOGICAL
smartwatch



CRÉER SON PROFIL D'UTILISATEUR

Pour vous assurer que l'analyse de vos objectifs soit effectuée correctement, personnalisez votre profil d'utilisateur.

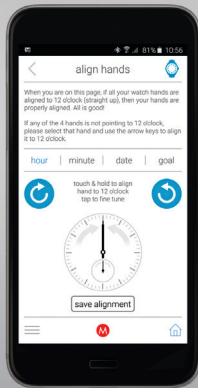
⊕ → ⚙ Paramètres → 👤 Profil d'utilisateur



DÉFINIR SES OBJECTIFS

Vos objectifs d'activité personnelle et de sommeil peuvent être définis individuellement.

⊕ → ⚙ Paramètres → ☆ Objectifs



ALIGNER LES AIGUILLES

1 Choisissez dans les paramètres:

⊕ → ⚙ Paramètres → ⌚ Ma montre →

⌚ Aligner les aiguilles

2 Alignez les aiguilles : les 4 aiguilles doivent se positionner sur 12. Si ce n'est pas le cas, réglez chaque aiguille manuellement.

3 Save alignment.

The logo features a red circular graphic with a white dot in the center, surrounded by concentric white circles. The text 'MONDAINE HOROLOGICAL smartwatch' is positioned to the right of the graphic.

MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

SOMMEIL

OBJECTIFS DE SOMMEIL ATTEINTS

ACTIVITÉ

OBJECTIFS D'ACTIVITÉ ATTEINTS

OBJECTIFS

OBJECTIFS DE PERFORMANCES
GÉNÉRALES ATTEINTS

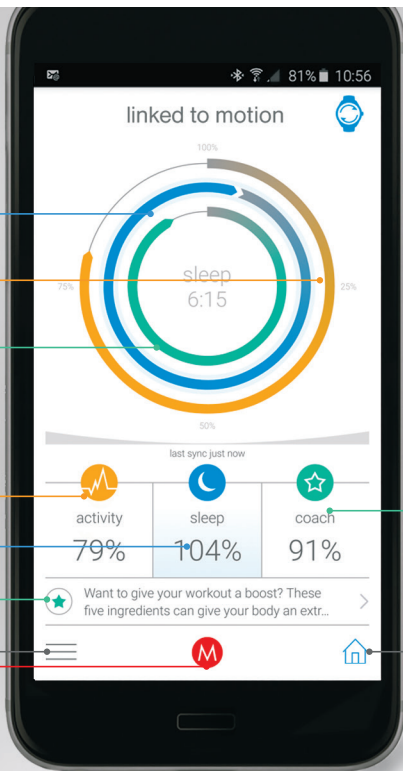
Pourcentage d'objectifs
d'activité atteints

Pourcentage d'objectifs
de sommeil atteints

Conseils quotidiens pour améliorer
son activité et son sommeil

Paramètres

En savoir plus à propos
de Mondaine Watch



- non connectée
- synchronisation en cours
- connectée

Pourcentage d'objectifs de performances générales atteints

Retour à l'écran d'accueil



UTILISER LA SMART WATCH



A **PRESSER 1x**
EN MODE ACTIVITE 
montrer la progression pour l'activité.

S **EN MODE SOMMEIL** 
montrer la progression pour le sommeil.

A **PRESSER 2x**
EN MODE ACTIVITE 
montrer la progression pour le sommeil.

S **EN MODE SOMMEIL** 
montrer la progression pour l'activité.

PRESSER 3x
HEURE UNIVERSELLE
L'aiguille des heures indique
l'heure du fuseau horaire choisi.

PRESSER 3 SEC
PASSER D'UN MODE À L'AUTRE
(ACTIVITÉ OU SOMMEIL)

S **SOMMEIL**
Si l'aiguille des heures pointe
vers le S, votre montre est en
mode suivi du sommeil.



SWISS MADE



DURÉE DE VIE DE
LA PILE DE 2 ANS



TESTÉE ÉTANCHE
À 3 ATM



ACTIVITY
SLEEP
MODE





A

ACTIVITY MODE

After the crown press, minute hand moves to the **A icon** on the dial.

HOUR HAND points to 0-100 scale representing 35% Activity.

Two seconds later, hands will move back to time.

S

SLEEP MODE

After the crown press, minute hand moves to the **S icon** on the dial.

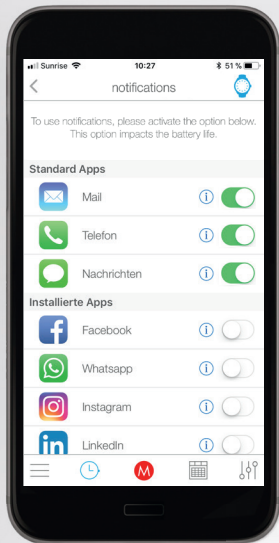
HOUR HAND points to 0-100 scale representing 85% Sleep.

Two seconds later, hands will move back to time.

NOTIFICATIONS

281/282 - NOTIFY





To use notifications, please activate the options on your phone.



CALLS

Caliber will vibrate shortly when a missed call is detected. Hands will point to **T icon** on the dial. Push the crown, hands will move back to time.



MESSAGES

Caliber will vibrate shortly when a message is received. Hands will point to **M icon** on the dial. Push the crown, hands will move back to time.



1

SCARICA L'APP

Scarica l'App Motion dall'App Store (iOS) o Play Store (Android). Versioni minime supportate: iOS 8.0 e Android v4.4.3 (giugno 2015).



MMT-365



2

ATTIVA LA FUNZIONE BLUE-TOOTH SUL TUO TELEFONO



3

SEGUI LE ISTRUZIONI

sull'app per collegare il tuo orologio e impostare i tuoi obiettivi.



COLLEGA

IL TUO OROLOGIO

all'APPLICAZIONE

MMT-365

Per collegare il tuo orologio, lancia l'app MMT-365 sul tuo dispositivo smart e segui le istruzioni nell'app. Tieni l'orologio vicino al dispositivo smart (telefono o tablet) durante il processo di collegamento.

1



APRI
L'APP

2



 SFIORA
L'ICONA

3



 ← PREMI
IL PULSANTE

4



start PREMI
AVVIO

5

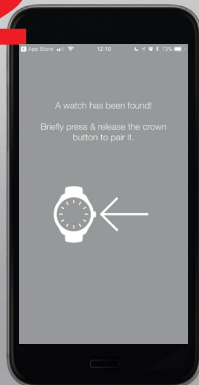


 ← PREMI DI
NUOVO
IL PULSANTE

1



2



RISOLUZIONE DEI **PROBLEMI DI ACCOPPIAMENTO**



3



4

SE IL TUO OROLOGIO **NON EFFETTUA** **L'ACCOPIAMENTO**

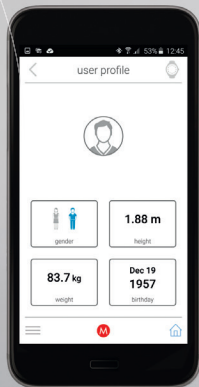


help

- 1 Premi Guida.
- 2 Segui i 4 passaggi.

IMPOSTAZIONI PERSONALI

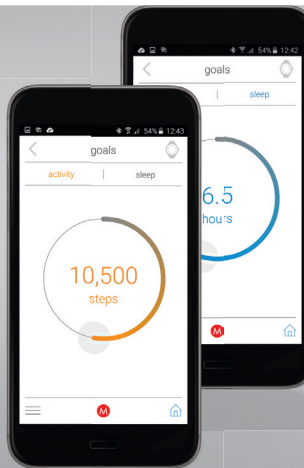
MONDAINE
HOROLOGICAL
smartwatch



CREA IL **PROFILO** **UTENTE**

Per accertarti di ricevere l'analisi dell'obiettivo giusto, personalizza il profilo utente.

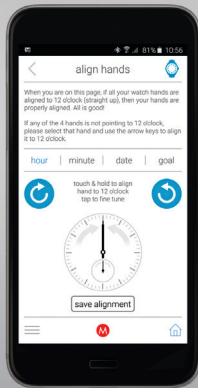
⊕ → ⚙ settings → 👤 user profile



IMPOSTA GLI OBIETTIVI

L'attività personale e gli obiettivi di sonno possono essere impostati singolarmente.

⊕ → ⚙️ settings → ☆ goals



ALLINEA LE LANCETTE

- 1 Vai a Impostazioni: ⊕ → ⚙️ settings → ⌚ my watch → ⌚ align hands
- 2 Allinea le lancette: tutte e 4 le lancette devono spostarsi a 12. In caso contrario, regola ogni lancetta manualmente.
- 3 Salva l'allineamento.

The logo features a red circular graphic with a white dot in the center, surrounded by concentric white circles. The text 'MONDAINE HOROLOGICAL smartwatch' is positioned to the right of the graphic.

MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

SLEEP

TRAGUARDI DI SONNO RAGGIUNTI

ACTIVITY

TRAGUARDI DI ATTIVITÀ RAGGIUNTI

COACH

TRAGUARDI COMPLESSIVI
DELL'ALLENATORE RAGGIUNTI

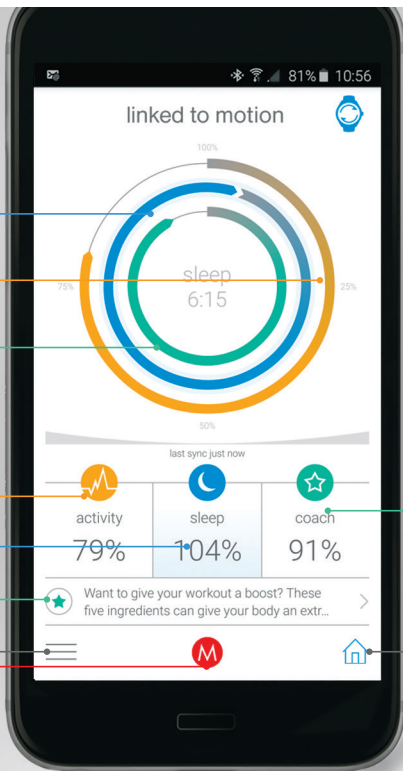
Percentuale di traguardi di
attività raggiunti

Percentuale di traguardi di
sonno raggiunti

Suggerimenti giornalieri per
migliorare attività e sonno

Impostazioni

Maggiori informazioni
sull'orologio Mondaine



non connesso



sincronizzazione
in corso



connesso

Percentuale generale
di traguardi raggiunti

Torna alla
schermata Home




USO DELLO SMART WATCH



PREMERE 1x

A **IN MODALITÀ ATTIVITÀ** 
mostra i progressi verso l'obiettivo attività.

S **IN MODALITÀ SLEEP** 
mostra i progressi verso l'obiettivo sleep.

PREMERE 2x

A **IN MODALITÀ ATTIVITÀ** 
mostra i progressi verso l'obiettivo sleep.

S **IN MODALITÀ SLEEP** 
mostra i progressi verso l'obiettivo attività.

PREMERE 3x

WORLDTIMER

Hour hand shows time in
selected time zone.

PREMERE 3SEC

**CAMBIA MODALITÀ TRA
ATTIVITÀ E SLEEP.**

S **SLEEP**

Se la lancetta delle ore è puntata
verso l'icona S, l'orologio è in modalità
localizzazione sleep.



SWISS MADE



**2 YEARS
BATTERY LIFE**



**3 ATM
WATER RESISTANT**



ATTIVITÀ
SLEEP
MODALITÀ



**A****MODALITÀ ATTIVITÀ** 

Dopo aver premuto sulla corona, la lancetta dei minuti si sposta sull'**icona A** sul quadrante.

La **LANCETTA DELLE ORE** indica la graduatoria 0-100 che rappresenta il 35% di Attività.

Due secondi dopo, le lancette tornano a indicare l'ora.

S**MODALITÀ SLEEP** 

Dopo aver premuto sulla corona, la lancetta dei minuti si sposta sull'**icona S** sul quadrante.

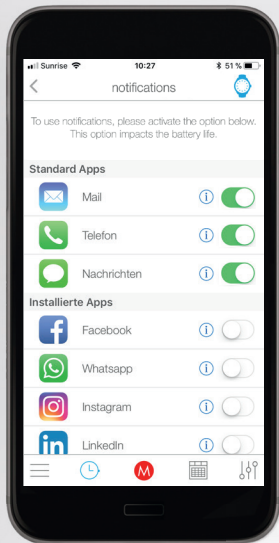
La **LANCETTA DELLE ORE** indica la graduatoria 0-100 che rappresenta l'85% di Sleep.

Due secondi dopo, le lancette tornano a indicare l'ora.

NOTIFICHE

281/282 - NOTIFY





Per utilizzare le notifiche, occorre attivare le apposite opzioni presenti sul telefono.



CHIAMATE

Il calibro vibrerà brevemente per indicare una chiamata persa. Le lancette indicheranno l'**icona T** sul quadrante. Premere sulla corona e le lancette torneranno a indicare l'ora.



MESSAGGI

Il calibro vibrerà brevemente per indicare il ricevimento di un messaggio. Le lancette indicheranno l'**icona M** sul quadrante. Premere sulla corona e le lancette torneranno a indicare l'ora.



1

CONSIGUE LA APP

Consigue la app MMT-365 de App Store (iOS) o Play Store (Android). Versiones mínimas compatibles: iOS 9.1 y Android v 4.3



MMT-365



2

ACTIVA BLUETOOTH EN TU TELÉFONO



3

SIGUE LAS INSTRUCCIONES

de la app para sincronizar tu teléfono y establecer tus objetivos.



SINCRONIZA TU RELOJ CON LA APLICACIÓN MMT-365

Para sincronizar tu reloj, ejecuta la aplicación MMT-365 y toca el icono del reloj en la esquina superior derecha de la pantalla. Pulsa la corona de tu reloj para activar la radio Bluetooth, y, a continuación, pulsa el botón de inicio de la pantalla de la app. Mantén tu reloj cerca de tu teléfono durante la sincronización. Se te pedirá que pulses en la corona de tu reloj una vez más para completar la sincronización.

1



ABRIR
APP

2



 TOCAR
ICONO

3



 PULSAR **BOTÓN**
EMPUJAR

4



start PULSAR
INICIO

5

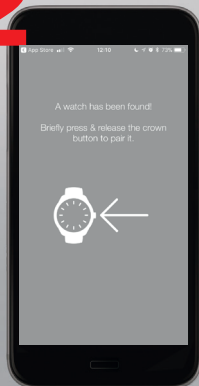


 PULSAR **BOTÓN**
EMPUJAR DE NUEVO

1



2



SOLUCIÓN DE PROBLEMAS DE SINCRONIZACIÓN



3



4

SITURELOJ **NO** **SE SINCRONIZA**

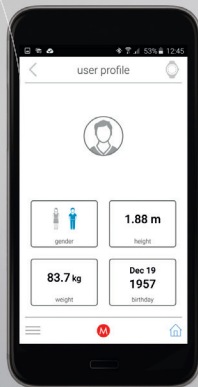


help

- 1 Pulsa el botón de ayuda.
- 2 Sigue los 4 pasos.

CONFIGURACIÓN PERSONAL

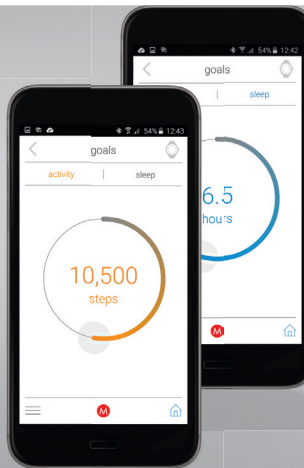
MONDAINE
HOROLOGICAL
smartwatch



CREAR PERFIL DE **USUARIO**

Para asegurarte de obtener el análisis de objetivos adecuado, personaliza el perfil de usuario.

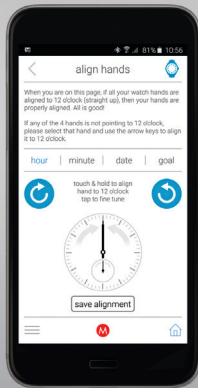
⊕ → ⚙ configuración → 👤 perfil de usuario



ESTABLECER OBJETIVOS

Pueden definirse individualmente objetivos de actividad personal y sueño.

⊕ → ⚙ configuración → ☆ de objetivos



ALINEAR LAS MANECILLAS

1 Ve a configuración:

⊕ → ⌚ mi reloj → ⚙ alinear a mano.

2 Alinear a mano: las 4 manecillas deberían moverse al 12.

3 Guardar alineación.

The logo features a red circular graphic with a white dot in the center, surrounded by concentric white circles. The text 'MONDAINE HOROLOGICAL smartwatch' is positioned to the right of the graphic.

MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

DORMIR

OBJETIVOS ALCANZADOS

ACTIVIDAD

OBJETIVOS ALCANZADOS

ENTRENADOR

OBJETIVOS ALCANZADOS
EN GENERAL

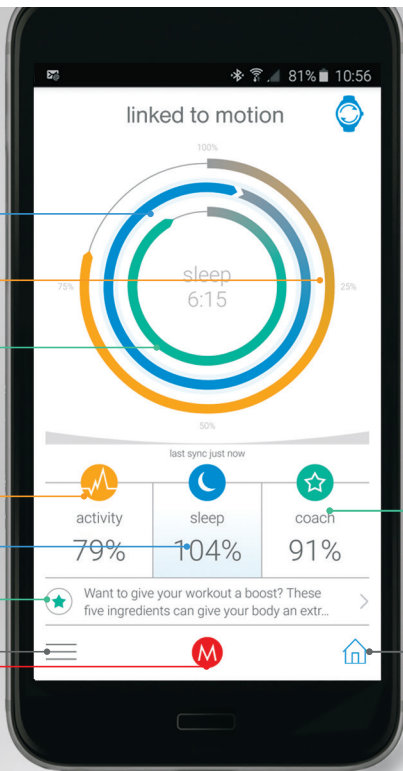
Porcentaje de objetivos de actividad
alcanzados alcanzados

Objetivos de sueño alcanzados

Consejos diarios para una actividad y un
sueño mejores

Configuración

Más sobre Mondaine Watch



sin conexión



sincronizando



conectado/a

Porcentaje de objetivos alcanzados

Volver a la pantalla de inicio





USAR

EL RELOJ
INTELIGENTE



A EMPUJAR **1x**
EN MODO ACTIVIDAD 
progreso hacia objetivo de actividad.

S **EN MODO SUEÑO** 
progreso hacia objetivo de sueño.

A EMPUJAR **2x**
EN MODO SUEÑO 
progreso hacia objetivo de sueño.

S **EN MODO ACTIVIDAD** 
progreso hacia objetivo de actividad.

EMPUJAR 3x
RELOJ MUNDIAL
La manecilla de la hora muestra el tiempo en la zona horaria seleccionada.

PULSADO 3 SEG
CAMBIAR MODOS ENTRE
ACTIVIDAD Y SUEÑO.

S **SUEÑO**
Si la manecilla de la hora apunta al icono S, tu reloj está en modo de seguimiento del sueño.



SWISS MADE



2 AÑOS DURACIÓN
DE LA BATERIA



3 ATM
RESISTENTE
AL AGUA



ACTIVIDAD
SUEÑO
MODO



A

MODO ACTIVIDAD

Tras presionar la corona, el minitero se moverá al **ícono A** de la esfera.

LA MANECILLA DE LA HORA

apuntará a una escala del 0 al 100 que representa el 35 % de actividad.

Dos segundos después, las manecillas volverán a la hora.

S

MODO SUEÑO

Tras presionar la corona, el minitero se moverá al **ícono S** de la esfera.

LA MANECILLA DE LA HORA

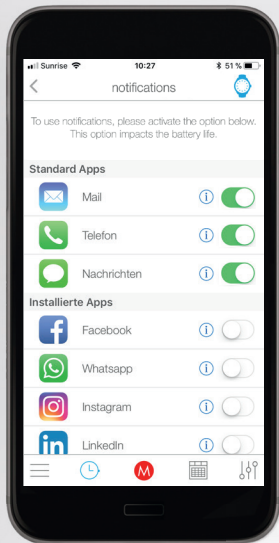
apuntará a una escala del 0 al 100 que representa el 85 % de sueño.

Dos segundos después, las manecillas volverán a la hora.

NOTIFICACIONES

281/282 - NOTIFY





Para usar las notificaciones, activa las opciones de tu teléfono.



LLAMADAS

El calibre vibrará un corto periodo de tiempo al detectar una llamada perdida. Las manecillas apuntarán al **icono T** de la esfera. Al pulsar la corona, las manecillas volverán a la hora.



MENSAJE

El calibre vibrará un corto periodo de tiempo al recibir un mensaje. Las manecillas apuntarán al **icono M** de la esfera. Al pulsar la corona, las manecillas volverán a la misma.



1

アプリを入手する

App Store (iOS)またはPlayストア (Android)からMotionアプリをダウンロード。

対応バージョン:iOS 8.0、Android v4.4.3以降のバージョン
(2015年6月現在)



MMT-365



2

デバイスのBluetoothをONにする



3

アプリの指示に従って時計をペアリングし、目標を設定する



MMT-365 アプリ と時計をペアリン グする

時計をペアリングするには、スマートデバイスの MMT-365 アプリを立ち上げ、アプリの指示に従います。
ペアリング中は、時計とデバイス(スマートフォン、タブレット)を近づけてください。

1



アプリを開く

2



 アイコンをタッチする

3



 プッシュボタンを押す

4



start スタートを押す

5

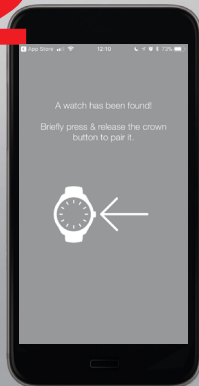


 プッシュボタンをもう一回押す

1



2



ペアリング・トラブル シューティング



3



4

時計のペアリングができない場合

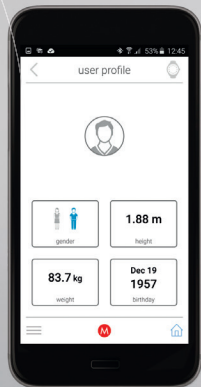


help

- 1 ヘルプを押す
- 2 4つのステップに従う

MONDAINE
HOROLOGICAL
smartwatch

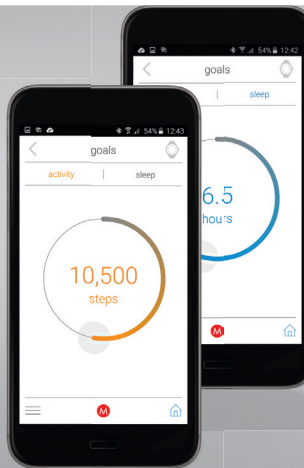
個人設定



ユーザープロフィールを作成

目標分析を正確に行うために、ユーザープロフィールの個人設定を行ってください。

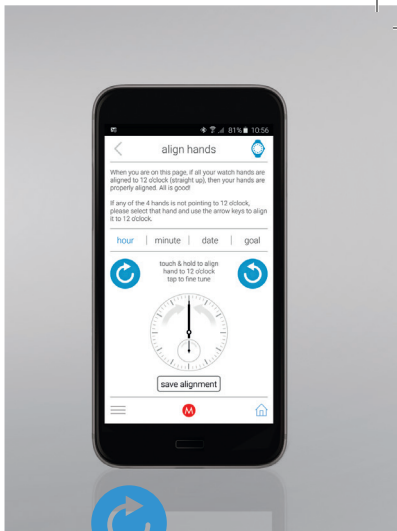
⊕ → ⚙ settings → 👤 user profile



目標を設定

パーソナルアクティビティとスリープゴールは個別に設定できます。

⊕ → ⚙ settings → ☆ goals



時計の針をそろえる

1 設定アイコンを開く

⊕ → ⚙ settings → ⌚ my watch →

🕒 align hands

2 針をそろえる: 全ての4針が12時位置にそろわなければなりません。そうでない場合は、手で針を合わせてください。

3 針をそろえた状態で保存する



MONDAINE
HOROLOGICAL
smartwatch

HOME SCREEN

睡眠

睡眠目標達成

活動

活動目標達成

コーチ

全体目標達成

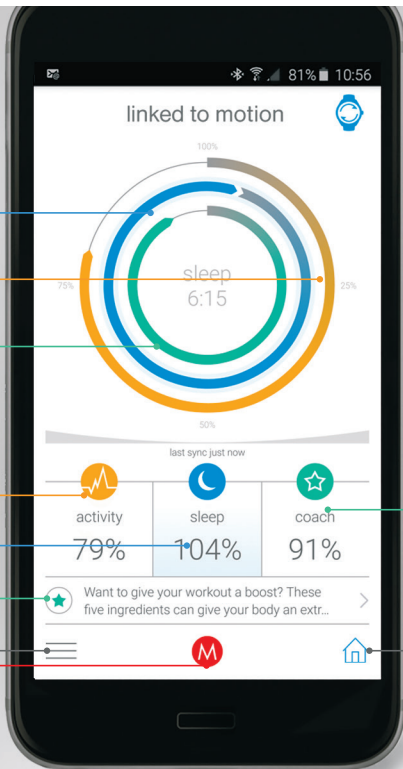
活動目標の達成
(%)

睡眠目標の達成
(%)

より良い日々の活動と睡眠の
ためのヒント

設定

モンディーン計について



未接続



同期中



接続済み

全体目標達成 (%)

ホーム画面に戻る



スマート
ウォッチ
を使う



1回押す

A 活動モード中 
活動目標に向けた進捗状況を示します

S 睡眠モード中 
睡眠目標に向けた進捗状況を示します

2回押す

A 活動モード中 
睡眠目標に向けた進捗状況を示します

S 睡眠モード中 
活動目標に向けた進捗状況を示します

3回押す

ワールドタイマー
時針が選択したタイムゾーン
の時間を指します。

3秒間押す

活動モードと節電モードを
切り替えます。

S 睡眠
時針がSアイコンを指す場合は、
睡眠追跡モードです。



SWISS MADE



バッテリー寿命 約2年



3気圧防水




活動、
睡眠
モード





A


活動モード 

リューズを押すと、分針はダイヤルのAアイコンを指します。

時針は、活動を0-100%で表示します。※左写真は35%を表示。

2秒後、針は現在の時間を指します。

S

睡眠モード 

リューズを押すと、分針はダイヤルのSアイコンを指します。

時針は、睡眠を0-100%で表します。※左写真は85%を表示。

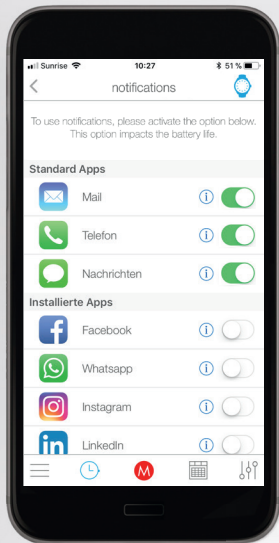
2秒後、針は現在の時間を指します。



通知


281/282 - NOTIFY






通知を使用するには、デバイスでオプションを有効にしてください。



着信 
不在着信が検出されると本体が振動します。針はダイヤルのTアイコンを指します。リユーズを押すと、針がリユーズを指します。



メッセージ 
メッセージを受信すると本体が振動します。針はダイヤルのMアイコンを指します。リユーズを押すと、針がリユーズを指します。



LINKED
TO MOTION

MORE
INFORMATION



www.mondaine.com/smartwatch

WARRANTY DISCLAIMER FOR USE WITH THIRD PARTY PRODUCTS

This MONDAINE smartwatch has been designed to communicate via Bluetooth with certain mobile devices of other manufacturers and mobile application software as well as cloud infrastructure of third party providers such as MMT SwissConnect. The limited international watch warranty does not apply to failures or damages caused by use with hardware or software products of other companies whose own warranty terms and software end user license provisions will govern defects of their hardware and software products and failures or damages caused by them.

TECHNOLOGY UPDATES

The battery has a life expectancy of approximately 2 years, depending on how often the Bluetooth connection is activated. The battery must be changed by an authorized MISO® service center listed under www.mondaine.com.

USE OF DATA AND PRIVACY POLICY

The use of data and privacy policy are governed by the terms of the end user licenses of third party software and/or cloud infrastructure providers such as MMT SwissConnect. The applicable terms and conditions are communicated at the time the mobile application software is activated or updated on the mobile device and must be accepted in order in order to use the application software and the cloud infrastructure.



LEGAL NOTICES

USA
CANADA
EUROPE



USA CANADA

NOTE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced technician for help.

NOTICE

This device complies with Part 15 of the FCC Rules and with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

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.

NOTICE:

Changes or modifications made to this equipment not expressly approved by Mondaine Watch Ltd may void the FCC authorization to operate this equipment.

EUROPE

Declares that the product:

Erklärt, dass das Produkt :

Déclare, que le produit:

i dichiara che il prodotto:

HOROLOGICAL SMARTWATCH

MH1.B2S

complies with the essential requirements of Article 3 of the R&TTE 1999/5/EC Directive, if used for its intended use and that the following standards has been applied:

bei bestimmungsmässiger Verwendung den grundlegenden Anforderungen gemäss Artikel 3 der R&TTE-Richtlinie 1999/5/EG entspricht und dass die folgenden Normen angewandt wurden:

répond aux exigences essentielles de l'article 3 de la directive R&TTE 1999/5/EC, prévu qu'il soit utilisé selon sa destination, et qu'il répond aux standards suivants:

soddisfa tutti i requisiti secondo l'art. 3 della direttiva R&TTE 1999/5/EC qualora venga utilizzato per l'uso previsto e che le seguenti norme siano applicate:

1. HEALTH

(ARTICLE 3.1.A OF THE R&TTE DIRECTIVE)

Gesundheit

(Artikel 3.1.a der R&TTE-Richtlinie)

Santé (Article 3.1.a de la Directive R&TTE)

Salute (Articolo 3.1 a della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s)

standard(s) appliqué(s)

norma(e) applicata(e)

EN 62311:2008

2. SAFETY

(ARTICLE 3.1.A OF THE R&TTE DIRECTIVE)

Sicherheit

(Artikel 3.1.a der R&TTE-Richtlinie)

Sécurité électrique

(Article 3.1.a de la Directive R&TTE)

Sicurezza elettrica

(Articolo 3.1 a della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s)

standard(s) appliqué(s)

norma(e) applicata(e)

**EN 60950-1:2006 + A11:2009 + AC:2011
+ A12:2001 + A1:2010**

3. ELECTRO- MAGNETIC COMPATIBILITY

(ARTICLE 3.1.A OF THE
R&TTE DIRECTIVE)

Sicherheit

(Artikel 3.1.a der R&TTE-Richtlinie)

Sécurité électrique

(Article 3.1.a de la Directive R&TTE)

Sicurezza elettrica

(Articolo 3.1.a della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s)

standard(s) appliqué(s)

norma(e) applicata(e)

EN 301 489-1 V1.9.2

EN 301 489-17 V2.2.1

4. EFFICIENT USE OF THE RADIO

(ARTICLE 3.2 OF THE R&TTE DIRECTIVE)

Effiziente Nutzung des

Funkfrequenzspektrums

(Artikel 3.2 der R&TTE-Richtlinie)

Efficacité du spectre radio

(Article 3.2 de la Directive R&TTE)

Effettivo uso dello spettro radio

(Articolo 3.2 della Direttiva R&TTE)

APPLIED STANDARD(S)

applied standard(s)

standard(s) appliqué(s)


norma(e) applicata(e)

EN 300 328 V1.8.1

A circular logo consisting of a red ring with a white center. The text 'MONDAINE HOROLOGICAL smartwatch' is written inside the ring in red and black.

MONDAINE
HOROLOGICAL
smartwatch

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www.mondaine.com

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