

# QUICK START

MONDAINE®

Swiss  Watch



MONDAINE  
**HOROLOGICAL**  
smartwatch



MONDAINE  
**HOROLOGICAL**  
smartwatch



# 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.

The logo for Mondaine Horological Smartwatch is located in the top left corner. It consists of a red circular graphic with a white outline, containing the text "MONDAINE" in black, "HOROLOGICAL" in red, and "smartwatch" in black below it.

MONDAINE  
HOROLOGICAL  
smartwatch

# 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



 PRESS  
**START**

5

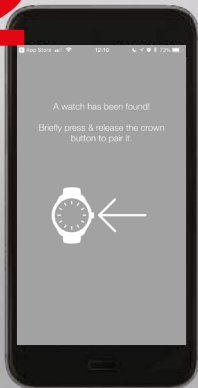


 PRESS **PUSH**  
**BUTTON AGAIN**

# 1



# 2



# TROUBLE SHOOTING PAIRING



3



4

## IF YOUR WATCH DOES **NOT PAIR**



help

- 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 for the Mondaine Horological Smartwatch, featuring a red circular graphic with the text "MONDAINE HOROLOGICAL smartwatch" inside.

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

---

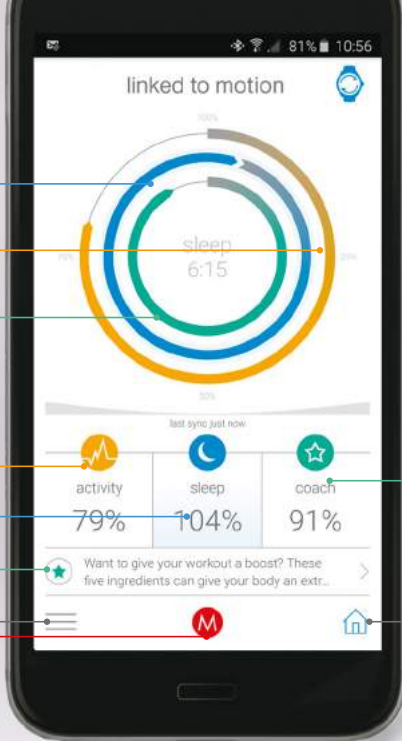
Daily tips for better activity and sleep




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Settings

---

More about Mondaine Watch



-  not connected
-  synchronizing
-  connected

Percentage of overall goals reached

Back to home screen




**USE  
THE  
SMART-  
WATCH**



**A**

**PUSH 1x**  
**WHILE IN ACTIVITY MODE**   
 show progress toward activity goal.

**S**

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

**A**

**PUSH 2x**  
**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





## ACTIVITY MODE

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

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

Two seconds later, hands will move back to time.



## SLEEP MODE

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

**HOURLY 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.

MONDAINE  
**HOROLOGICAL**  
smartwatch



# 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.

The logo features the text 'MONDAINE HOROLOGICAL smartwatch' centered within a red circular graphic. The red circle is composed of several concentric lines, with the outermost line being the most prominent. The text is in a clean, sans-serif font, with 'MONDAINE' in black, 'HOROLOGICAL' in red, and 'smartwatch' in black.

MONDAINE  
HOROLOGICAL  
smartwatch

# 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

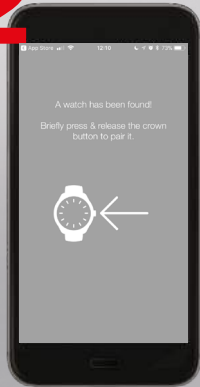


**KRONE**  
NOCHMAL  
DRÜCKEN

# 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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## 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.



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# HOME SCREEN

## SCHLAF

---

ERREICHTE SCHLAFZIELE

## AKTIVITÄT

---

ERREICHTE AKTIVITÄTSZIELE

## COACH

---

ÜBERBLICK ERREICHTE ZIELE

Anteil der erreichten Aktivitätsziele

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Anteil der erreichten Schlafziele

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Tägliche Tipps für bessere Aktivität  
und besseren Schlaf

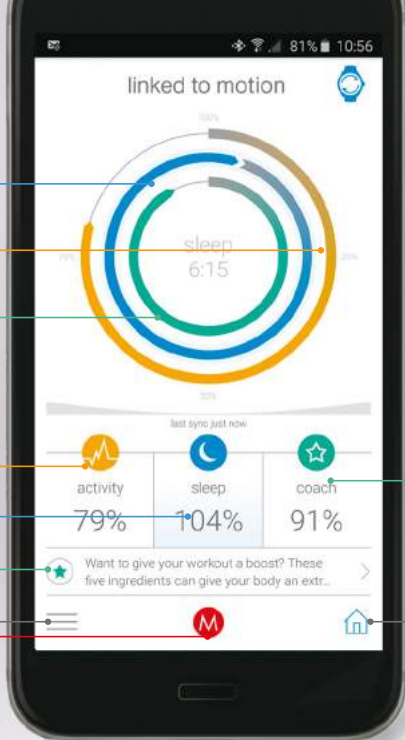
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Einstellungen

---

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



## 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.



## 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.

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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.

The logo features a red circular graphic with a white dot at the top, surrounded by several thin, concentric grey circles. The text is centered within the red circle.

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smartwatch

# 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

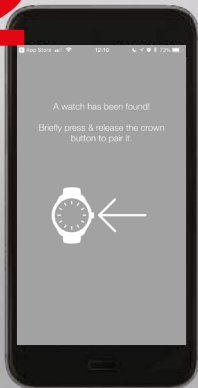


 ← PRESSEZ  
DE NOUVEAU  
**LA COURONNE**

# 1



# 2



# DIFFICULTÉS POUR CONNEXIONNER 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

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## 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 for Mondaine Horological Smartwatch features a red circular graphic with a white outline, containing the text "MONDAINE HOROLOGICAL smartwatch" in a sans-serif font.

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# 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

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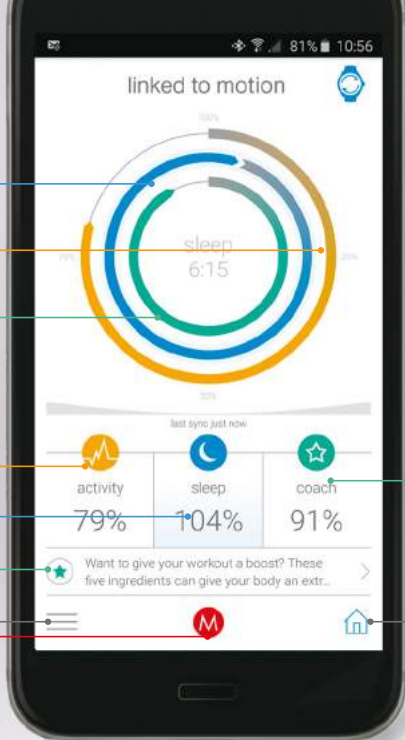
Conseils quotidiens pour améliorer  
son activité et son sommeil

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Paramètres

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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 3SEC****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 ANSTESTÉE ÉTANCHE  
À 3 ATM



ACTIVITY  
SLEEP  
MODE





## ACTIVITY MODE

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

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

Two seconds later, hands will move back to time.



## SLEEP MODE

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

**HOURLY 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.

MONDAINE  
**HOROLOGICAL**  
smartwatch



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.

The logo features the brand name 'MONDAINE HOROLOGICAL smartwatch' centered within a red circular graphic. This graphic consists of a thick red ring with a gap, surrounded by several thin, concentric grey circles that create a sense of motion or a watch face dial.

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smartwatch

# 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

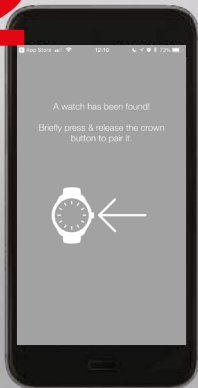


 PREMI DI  
NUOVO  
**IL PULSANTE**

# 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

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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 the text 'MONDAINE HOROLOGICAL smartwatch' inside a red circular graphic with a white outline, set against a background of concentric white circles.

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

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Percentuale di traguardi di  
sonno raggiunti

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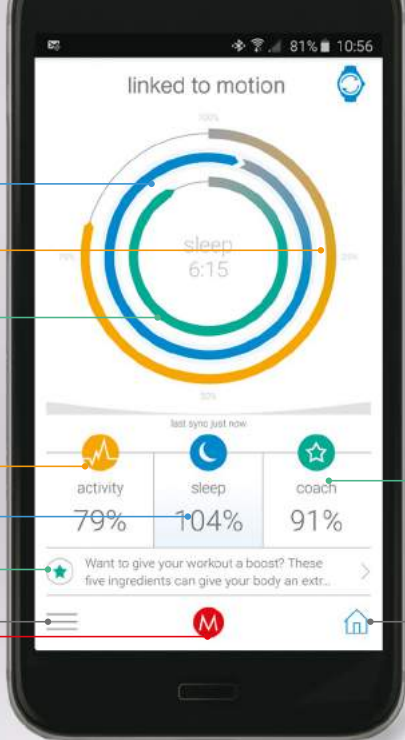
Suggerimenti giornalieri per  
migliorare attività e sonno

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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



**A****PREMERE 1x  
IN MODALITÀ ATTIVITÀ** 

mostra i progressi verso l'obiettivo attività.

**S****IN MODALITÀ SLEEP** 

mostra i progressi verso l'obiettivo sleep.

**A****PREMERE 2x  
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**

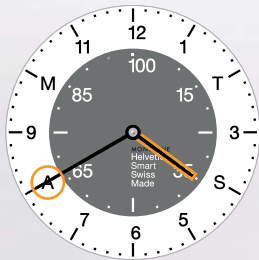
Se la lancetta delle ore è puntata verso l'icona S, l'orologio è in modalità localizzazione sleep.

**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.

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smartwatch



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



 PULSAR  
**INICIO**

5

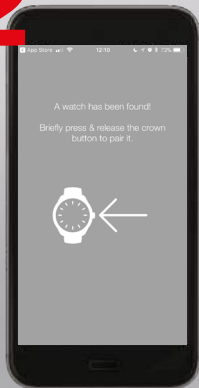


 ← PULSAR **BOTÓN**  
**EMPUJAR DE NUEVO**

# 1



# 2



## **SOLUCIÓN DE PROBLEMAS DE SINCRONIZACIÓN**



3



4

## SITU RELOJ **NO** **SE SINCRONIZA**



help

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

# CONFIGURACIÓN PERSONAL

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## 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 for Mondaine Horological Smartwatch features the brand name in a clean, sans-serif font. 'MONDAINE' is in black, 'HOROLOGICAL' is in red, and 'smartwatch' is in black. The text is centered within a circular graphic composed of several concentric, semi-transparent white rings and a prominent red ring that is partially broken, suggesting motion or a watch face.

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

---

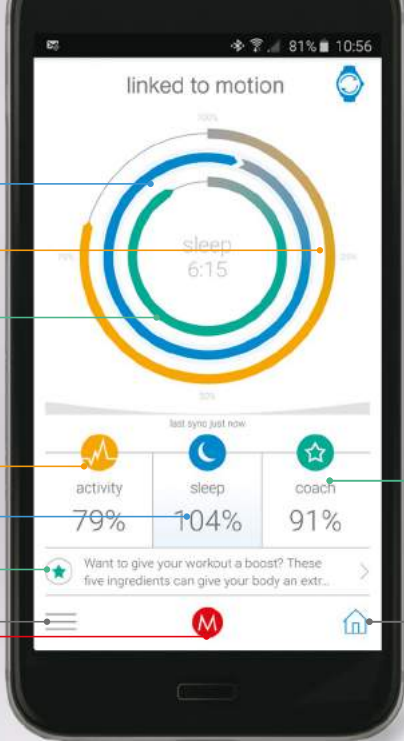
Consejos diarios para una actividad y un  
sueño mejores

---

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



## MODO ACTIVIDAD

Tras presionar la corona, el minutero 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.



## MODO SUEÑO

Tras presionar la corona, el minutero 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

MONDAINE  
**HOROLOGICAL**  
smartwatch







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.

MONDAINE  
**HOROLOGICAL**  
smartwatch



# 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

The logo features a red circular graphic with a gap, surrounded by several concentric grey circles. The text 'MONDAINE HOROLOGICAL smartwatch' is centered within the red circle.

MONDAINE  
HOROLOGICAL  
smartwatch

# 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

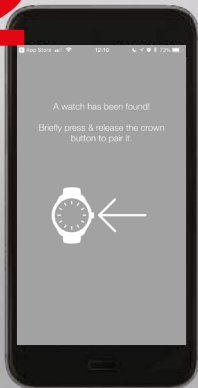


← プッシュボタンをもう一回押す

# 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  
(%)

---

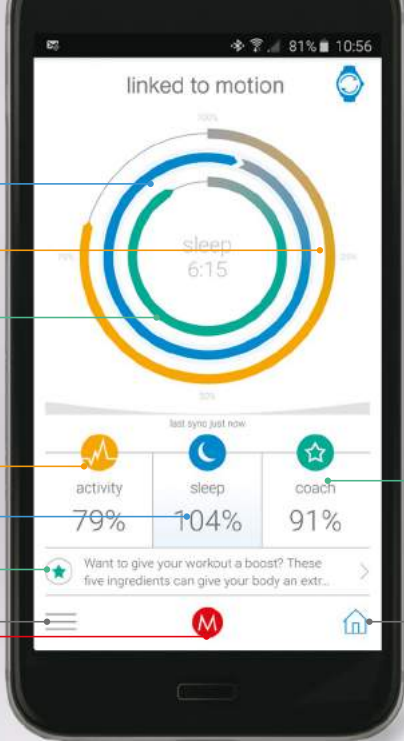
より良い日々の活動と睡眠の  
ためのヒント

---

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   
リュースを押すと、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   
リュースを押すと、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。

The logo features the text 'MONDAINE HOROLOGICAL smartwatch' centered within a red circular graphic. The red circle is composed of several concentric, slightly offset lines, creating a sense of motion or a watch dial. The text is in a clean, sans-serif font, with 'MONDAINE' in black, 'HOROLOGICAL' in red, and 'smartwatch' in black.

MONDAINE  
HOROLOGICAL  
smartwatch

**LINKED**  
TO MOTION

**MORE**

A row of four social media icons: YouTube (red), Facebook (blue), Twitter (light blue), and Instagram (blue).

INFORMATION

[www.mondaine.com/smartwatch](http://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](http://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.

The logo consists of a red circular graphic with a gap, surrounded by several thin, concentric grey circles. The text 'MONDAINE HOROLOGICAL smartwatch' is centered within the red circle.

MONDAINE  
HOROLOGICAL  
smartwatch

# 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 du 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**




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MONDAINE  
**HOROLOGICAL**  
smartwatch

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