

TIMEX

**iConnect Pro By Timex™**

USER GUIDE ..... 1

**05J096001 5.18.20**

Register your product at <https://www.timex.com/product-registration.html>  
Register your product at <https://www.timex.ca/product-registration.html>

# iConnect Pro

## User Manual



### Important Safety Instructions And Warnings

1. To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
  - a. Do not attempt to remove the case back or exterior shell of the unit, or to remove its non-user-replaceable battery.
  - b. Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
  - c. Do not puncture or incinerate the unit.

- d. When storing the unit for an extended time, keep it in the 32°F to 77°F (0°C to 25°C) temperature range.
  - e. Charge the unit only within the 50°F to 113°F (10°C to 45°C) temperature range.
  - f. Do not operate the unit outside the -14 to 104°F (-10°C to 40°C) temperature range.
  - g. Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.
2. Use only the charging cable supplied with this product.
  3. This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
  4. Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so. See instructions for details.

## 1. Product Specifications

- Model: M05J
- Memory: RAM 256KB+ ROM 128Mb
- Capacitive touch screen 1.3" 360\*360 pixel AMOLED IPS
- Bluetooth: version 5.0
- Function: Heart Rate, Anti-lost, Pedometer, Sleep monitor, Notification
- Battery: Lithium-ion 3.8V/310mAh

## 2. Product Details



### Side button function:

(1) MODE button: Press the MODE button from the time of day screen to enter the Sports Mode directly. Swipe the screen up and down to navigate different sport modes. Tap on the icon to select the corresponding sport mode and start the workout.

- (2) HOME button: Press and hold the button for 5 seconds to turn on or shut down the watch. After the watch is on, short press the button from the time of day screen to turn off the display. Short press the button in menu or sub-menu to return to the time of day screen.
- (3) MENU button: Press the button from the time of day screen to enter the menu directly. Swipe the screen up and down to navigate different functions in the menu. Tap on the icon to select the corresponding function or enter related submenu.

### 3. Features and Functions

#### 3.1 Basic Operations

- (1) In TOD screen, swipe the screen left to select different dial faces. Stay idle for 2 second after choosing the desired dial face to confirm the selection.
- (2) In TOD screen, swipe the screen right to enter the menu. Different function in menu are shown below.

- Daily activity – Record the activity data of current date.
- Heart rate – Measure heart rate
- Message – Check message pushed from phone.
- Sleep – Record the sleep of last night
- Weather – Weather information
- Sports mode – Different workout modes including Walking, Running, Hiking, Biking.
- Timer - Stopwatch
- Find phone – Find the connected phone.
- Setting – Allow manually adjusting the screen brightness, enabling vibration and showing system information.
- Shutdown – Shut down the watch



- (3) In TOD screen, swipe the screen down to show short cut icon of menu item Setting, Always ON Mode, Fine Phone, Shutdown and Timer.
- (4) In TOD screen, swipe the screen up to show new pushed messages.
- (5) The screen will be off after being idle for about 10sec. Simply pushing the HOME button to light up the screen.

#### 3.2 Watch Faces



## 4. Getting Connected

### 4.1 The iConnect By Timex 2 App

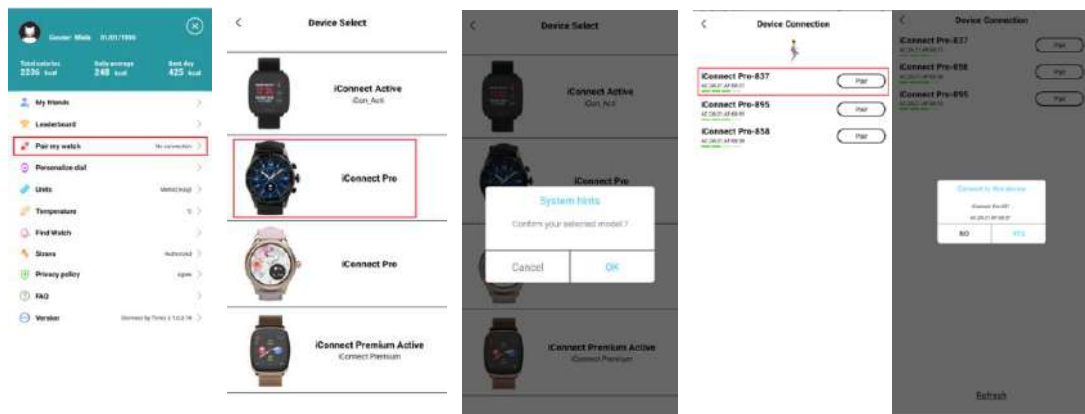
You have to download and install the "iConnect By Timex 2" App from APP Store or Google Play Store; iPhone with IOS 10.0 or higher and Android phone with Android 6.0 or higher is recommended.

### 4.2 Connection and Synchronize Data

#### 4.2.1 For Android:

Open iConnect By Timex 2 - left slide menu bar – Pair my watch - select the corresponding device icon - search for the corresponding Bluetooth address pairing.

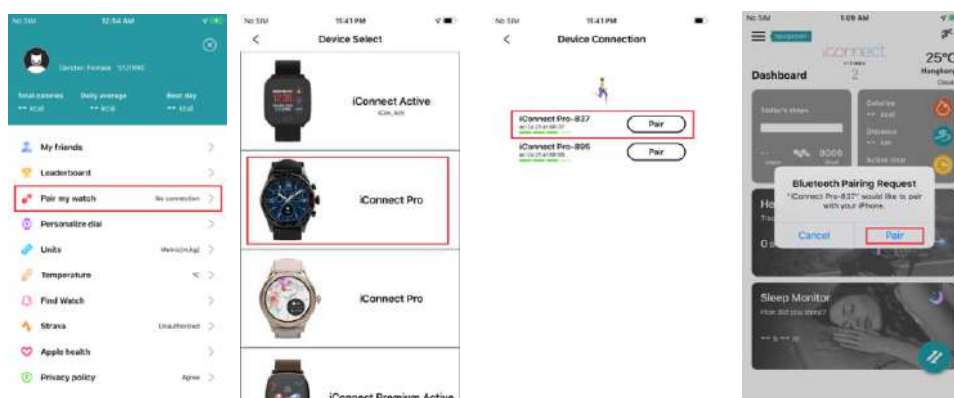
Click OK and Click Pair to bind watch as below.



#### 4.2.1.2 For IOS:

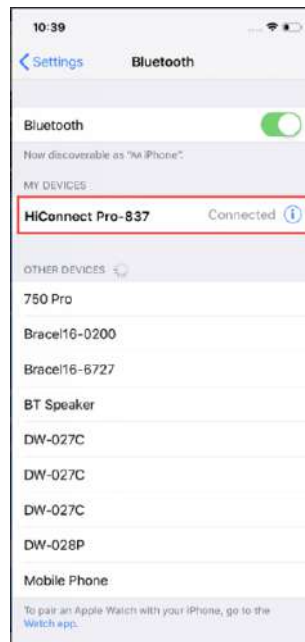
##### Connect Step 1:


Open "iConnect By Timex 2"- left slide menu bar – Pair my watch - select the corresponding device icon - search for the corresponding Bluetooth address pairing




**Connect Step 2:** Now the Bluetooth menu interface displays iConnect Pro connected

successfully as shown below:



There will be “Connected” and icon  shown on the right of the Bluetooth name of the watch after connected successfully.

#### 4.2.2 Synchronizing Data

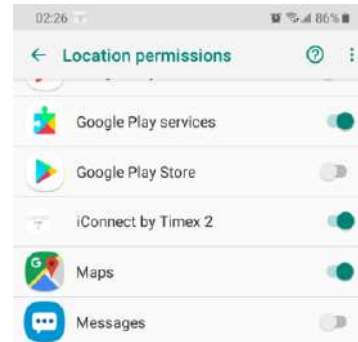
Pair your watch with " iConnect By Timex 2 " App, Press "  " to sync data. Your data will be shown on App accordingly.



## Notice :

Turning off the Bluetooth function on your phone will interrupt synchronization features between your phone and watch. Please keep Bluetooth turned on.

It is recommended to allow the “Location Services” on your phone to the iConnect by Timex 2 App. This will enable the Weather feature as well other functions.



## 4.3 Main Features

### 4.3.1 Daily Activity

(1) Function introduction: The watch will display the user's total number of steps on the day, walking distance, calories burned on the same day, and the data will be cleared at 0 o'clock every day.

(2) Operation instructions: the main interface slides left and right, clicks the motion data to switch to the step counter interface, and automatically stops the screen after 5S without operation.

### 4.3.2 Heart Rate

(1) Function introduction:

Heart rate measurement: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

(2) Operating instructions:

Heart rate measurement: slide to the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the

measurement will start. "- -" is shown on screen when the watch starts the measurement. The measurement will take about 40sec to come up with a stable value to be displayed on the screen, which will be indicated with vibration on the watch. If no value is displayed, please return to menu and re-enter the heart rate measurement interface and try again.



#### 4.3.3 Message

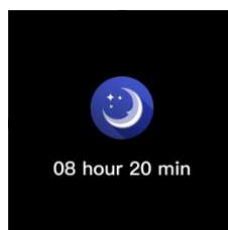
After pairing the watch to the phone, notifications from your phone will be sent to your watch. It is necessary to switch on the supported message sending software in the App in advance in the “Notification Settings” page.

Please note that the notifications are shown in characters but not in word. Emojis are not supported on notifications.

#### 4.3.4 Sleep

(1) Function introduction: The watch will display the user's sleep time of the previous night. The default sleep measuring period is from 21:30 of current day to 12:00 of next day.

(2) Check measured Sleeping time: Drag the TOD screen to the right side. Tap on the Sleep icon to enter the sleep interface. “Monitoring.....” on the screen indicating the watch is still measuring the sleeping time. Once the watch detects valid activity after sleep, the sleeping time counting will stop and the measured sleep time of the previous night will be displayed on the screen.



#### 4.3.5 Weather

After connected with iConnect By Timex 2, the watch will show the local weather and temperature.

#### 4.3.6 Sports Mode




Single tapping the “Sports Mode” in the menu allows you to enter sports mode which



includes Walking, Running, Hiking, Biking.

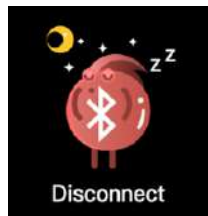
Please note that it is NOT allowed to turn off the watch during tracking the activity in Sports Mode. Once the activity in sport mode is paused, the heart rate measured value will be reset to zero. Please also note that the watch supports 4 hours of sport mode tracking.

#### 4.3.7 Timer

Single tapping the Timer icon enter the stopwatch interface. Tap the  icon to start time counting. The counting can be paused by single tapping the  icon and be reset by single tapping the  icon. Drag the screen to the right in the Timer interface to return to the menu page. The watch supports time counting to 99hrs 59mins 59sec.

#### 4.3.8 Find phone

Single tapping the “Find phone” icon to attempt finding the paired phone. The phone vibrates and rings indicating the phone is found. A “Disconnect” icon being shown on watch screen indicates the watch has not been connected successfully to any phone.



#### 4.3.9 Setting

You can manually adjust the screen brightness, enabling vibration and getting system information in the Setting page.

#### 4.3.10 Shutdown

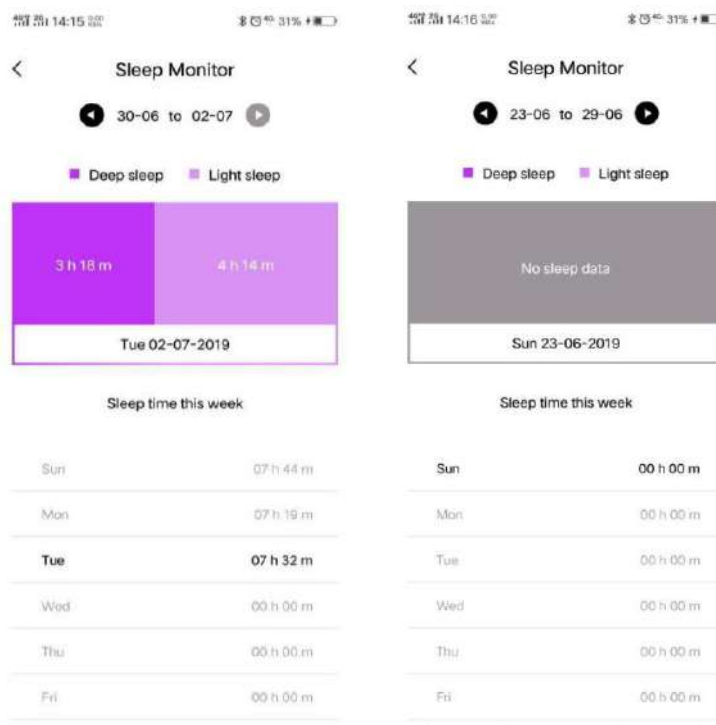
Single tapping the green icon to confirm shutting down the watch or tapping the red icon to return to menu page.



## 5. Features in the iConnect By Timex 2 App

### 5.1 Sleep Monitor.

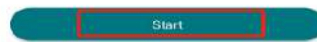
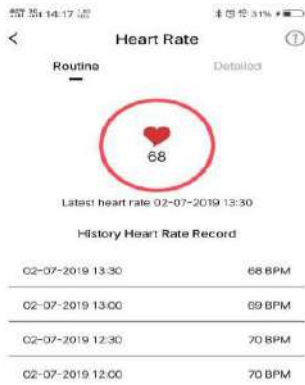
Wearing the watch at night will allow you to monitor your sleep schedule and analyze the quality of your sleep according to your nocturnal movements.



### 5.2 Heart Rate Monitoring.

The watch will automatically monitor your heart rate in 5 minute intervals and the measured HR value will be synced to the App automatically. The measured value will be shown on the Heart Rate block in the Dashboard of the App

In the App, you can initiate real-time measurement of heart rate. Tap on “Start” to start heart rate monitoring and the measured heart rate will be shown in graphical manner. Tap Close to end monitoring.



## 5.12 Step History

Tap on the block “Today’s steps” or “Activity data” will enter the “Step History” page. User is allowed to adjust the goal of step by tapping on the “set up” located at the top right corner. The step count recorded per day and the accumulated step count will be shown under Step History.

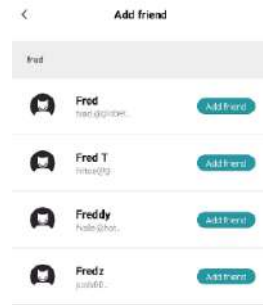
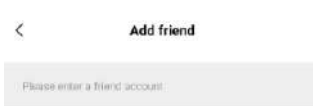
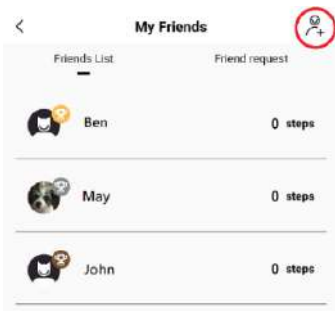


Your most steps in a day was 10,571 steps

## 5.13 My Friends

Add friends to compete on daily activity with each other.

Enter the “My Friend” in the Navigation menu. Tap on the “add friend” icon at the top right corner to enter “Add friend” page. Type the email address of desired friend and search. The users with the name searched will be listed. Tap on the “Add friend” button to add the friend.

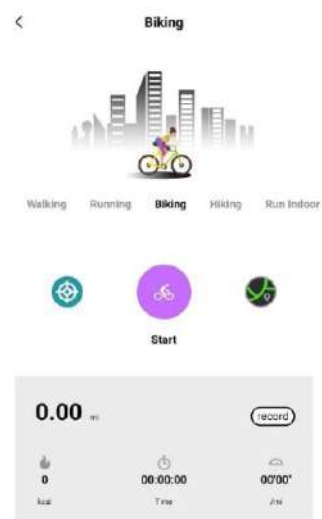


### 5.14 Leaderboard

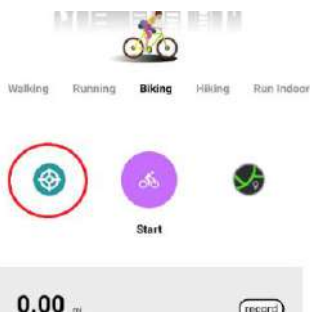
Show the ranking among added friends by daily activity.

### 5.15 Motion Record

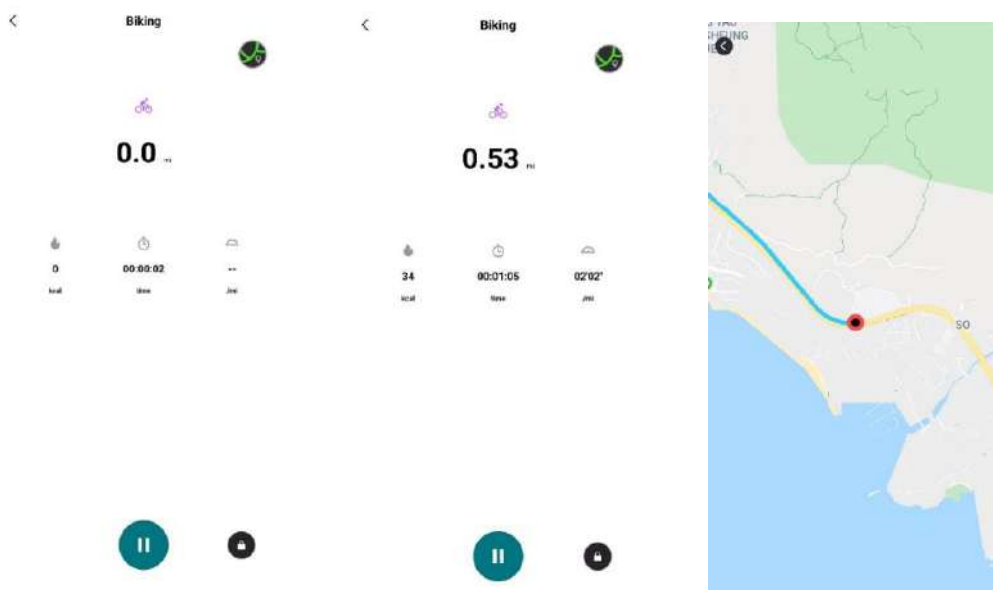
Tap on the Motion Record icon at the top right corner on the dashboard page. Then, tap on the “Start” button to enter the workout page. There are several workout choices, Walking, Running, Biking, Hiking, Run Indoor, Trial Run, available in Motion Record. Choose a desired workout mode.



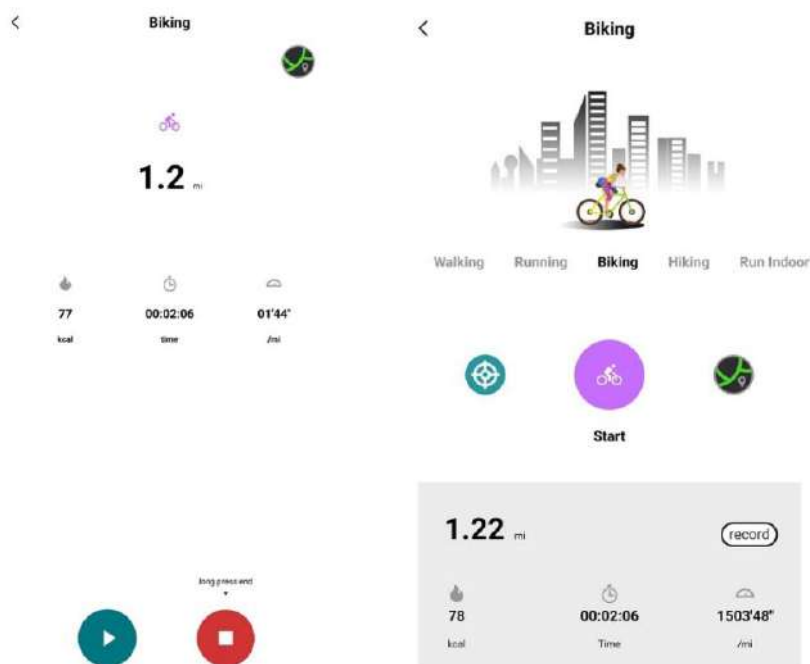
You can set target workout distance, time and calories. Tap on the target setting icon located at the left side of the “Start” icon.



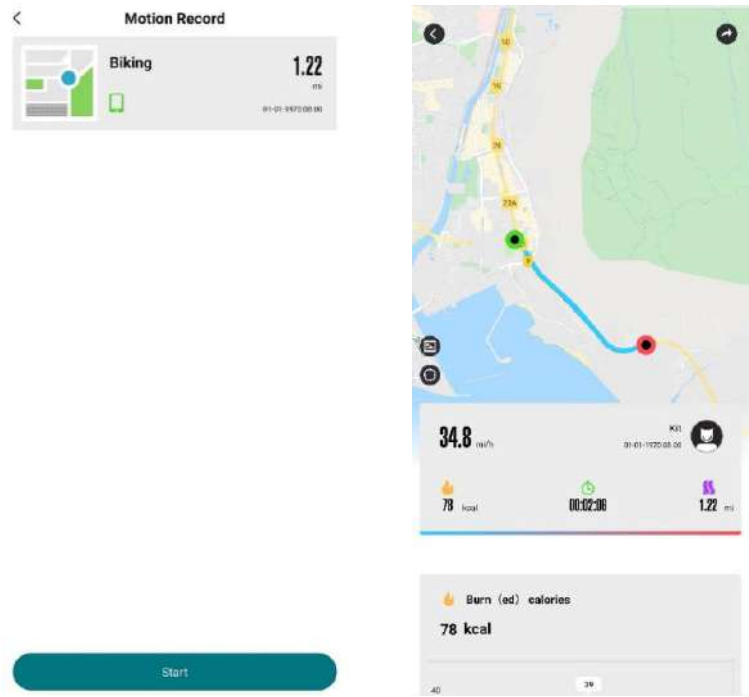
Once setting is completed, tap on “Start” to start he workout. Tap on the map icon at the top right corner to check the real-time location tracking.



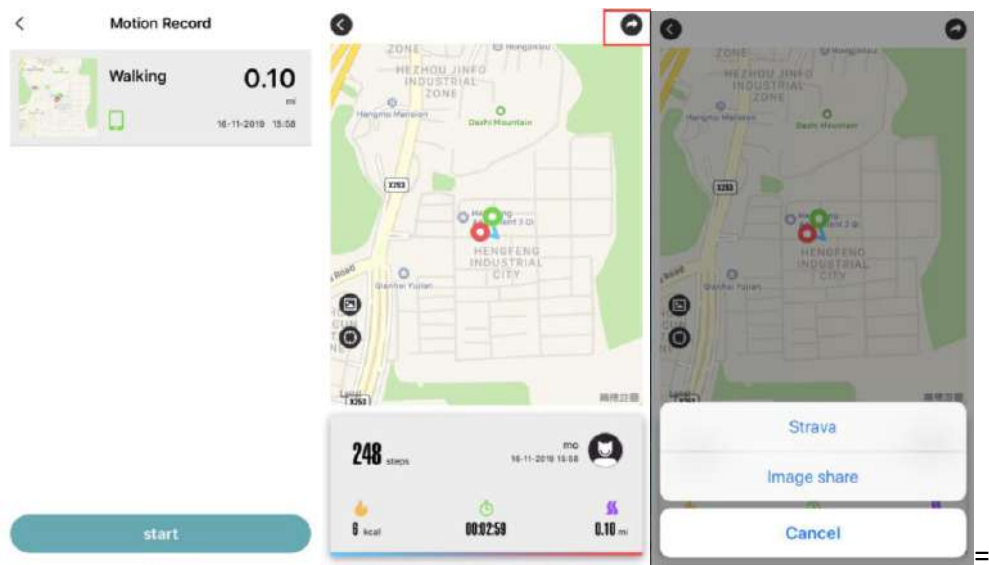
Press the “Pause” icon to pause the workout. Then press and hold the “Stop” button for several seconds to end the workout.



There will be a record of the workout stored on the Motion Record page. You can always check the workout details by tapping on the record.



The Motion Record support sharing the workout record to Strava, Google fit, Apple Health and also third-party apps.



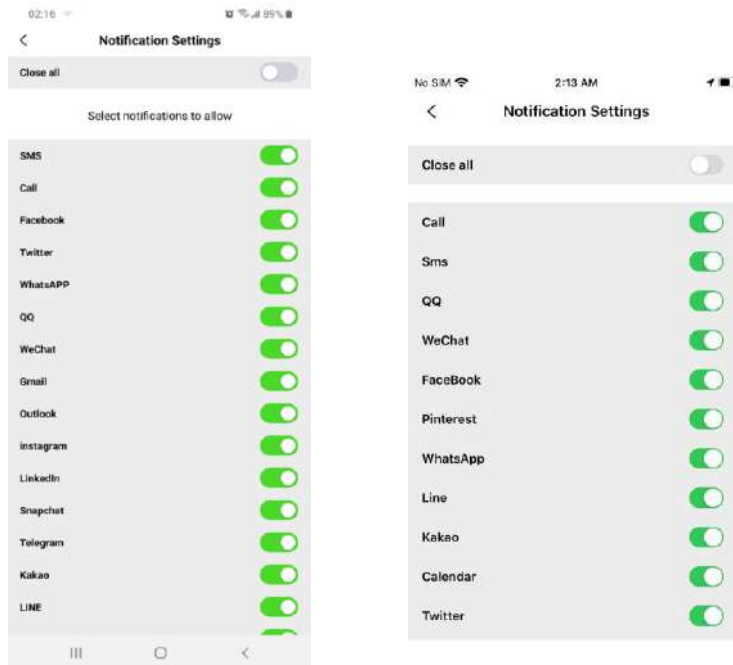
### 5.16 Pair my watch

Pair the watch by following the step shown on the App.

After the watch is successfully paired the below features are available:

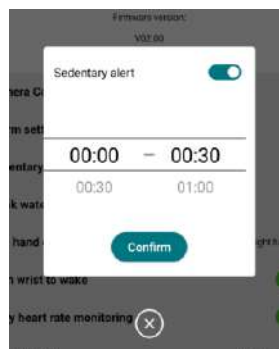
## Notification Settings

After connecting the watch to the phone, enter “Pair my watch” -> “Notification Settings” to enable the watch to receive messages, caller ID and other notifications.



## Sedentary Alert

After connecting the watch to the phone, enter “Pair my watch” -> “Sedentary alert”. Set the start time and end time of sedentary reminder. Push the Sedentary alert button to right to activate the feature. If user is not active for 1 hour, device will vibrate to remind you to get up and move.



## Drinking water reminder

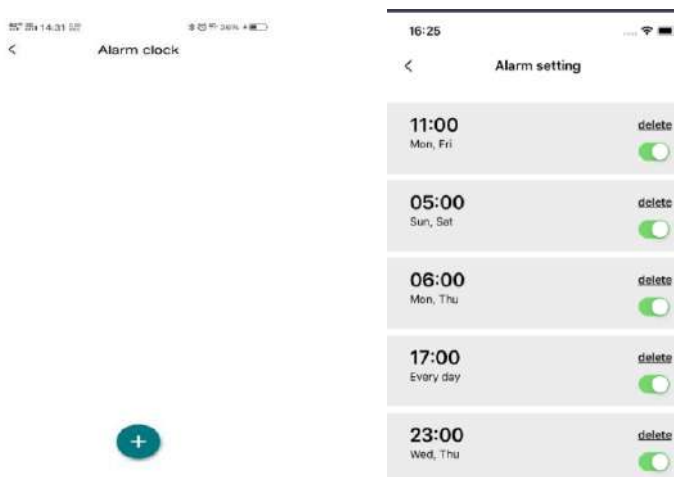
After connecting the watch to the phone, enter “Pair my watch” -> “Drink water reminder”. Set the start time and end time of the drink water reminder. Push the Drink water reminder button to right to activate the feature. The watch will show a drink

icon and vibrate to remind the user to drink every 30 minutes



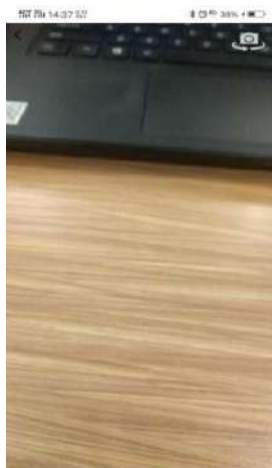
## Alarm Setting

After connecting to the phone, enter the “Pair my watch” -> “Alarm setting” , add the new alarm; The watch will vibrate when the preset alarm time is reached. The alarm clock can be set daily or the day of a week, and you can create up to 5 alarm clocks.



## Remote Camera control

After connecting to the phone, enter Pair my watch -> “Camera control” . The phone will enter camera UI automatically. Rotating wrist to trigger photo taking by the watch.





### **Left hand or right hand**

Choose which hand wear the watch.

### **Turn wrist to wake**

Turn on this option to allow waking up the screen on by turning wrist.

### **Daily heart rate monitoring**

Turn on this feature to enable the automatic heart rate monitoring in the “Routine” page of the Heart Rate Monitoring feature.

### **Time display**

Set the time of data format to 12-hour or 24-hour.

### **Reset**

Reset the watch in factory default. Please note that all data on the watch will be cleared.

### **Unpair**

Unpair the watch from the phone. Just simply choose “OK” to confirm unpairing when pop-up appears.

For iPhone user, after unpairing the watch in the App, it’s recommended to find out the Bluetooth name of the watch in the Bluetooth Settings of the iPhone and “Forget the device” to ensure the watch is completely disconnected from iPhone.

## **5.17 Personalize Watch Faces**

Tap on the “Personalize dial” in the Navigation menu, the available dials will be shown on the “Personalize dial” page. Tap on the desired dial and the dial push should begin automatically.



Please ensure the App staying on the front during dial pushing. DO NOT attempt to close the App once starting to push the dial face to watch. Only one dial among the five on the watch can be replaced by the pushed dial from the App.

### **5.18 Unit**

Set the unit of parameters shown on the watch and App to be Imperial or Metric.

### **5.19 Temperature**

Set the temperature shown on the watch and App to be Celsius or Fahrenheit.

### **5.20 Find Watch**

When the watch is connected successfully to the App, tap on the “Find Watch” in the App, the icon below will be shown on the watch as the indication of the connected watch.



### **5.21 STRAVA**

Authorize the App to upload Motion Record to STRAVA. Choose “Authorize” on the App and then follow the instruction of STRAVA site to complete the authorization.

### **5.22 Firmware upgrade**

Perform firmware upgrade on the watch through the App if there is new version of watch firmware available. Please ensure the App staying on the front during firmware upgrade. DO NOT attempt to close the App once the firmware upgrade is started or the watch will no longer be workable anymore.

It is NOT recommended to upgrade watch firmware if the watch function is normal.

### **5.23 FAQ**

Tap on FAQ of the Navigation menu of the App to check the FAQ for the watch function and operation. Please check FAQ for solution first in case of finding any problem during normal usage.

### **5.24 Privacy Policy**

Please note that it is required to agree the Privacy Policy or the registered account information will be cleared and it is not allowed to use the App.

### **5.25 Version**

Tap on the Version to show the version number of the iConnect by iConnect 2 App. There is also a “Feedback” link provided for user to provide the detailed

comment. Please also provide your email address before submitting the comment.

### **IP68 Water Resistance**

The watch is rated IP68 for dust and water resistance. The watch is resistant to submersion in fresh water up to a maximum depth of 1.5 meters for up to 30 minutes. Care should be taken to avoid over exposure to moisture and excessive submersion in water.

### **Other Safety and Precaution Notices**

#### **Bluetooth® Wireless Technology**

Bluetooth devices communicate without wires, using built-in radio transceivers that operate on a globally available radio frequency to ensure worldwide compatibility. The device can communicate with other Bluetooth devices (e.g. BT headsets) within a range of approximately 10 meters (33 feet).

#### **Recycle**

Always return your used electronic products, batteries, and packaging materials to dedicated collection points.

#### **Battery and Charger Info**

Your device has an internal, non-removable, rechargeable battery. Do not attempt to open the back cover or remove the battery, as you may damage the device. To replace the battery, take the device to the nearest authorized service facility.

#### **Aircraft, Hospitals**

CAUTION: The device's Bluetooth radio must be switched to OFF in airplanes, hospitals or other public locations where handheld wireless and other electronic devices are prohibited.

#### **Driving Precautions**

Responsible, safe driving is your responsibility when operating a vehicle. Using a mobile device or accessory for messaging while driving may cause distraction and could result in death or injury to you or others. Using a mobile device or accessory may be prohibited or restricted in certain areas; always obey the laws and regulations on the use of these products.

While driving, NEVER:

- Read messages
- Review on-screen data
- Perform any other functions that divert your attention from driving

### **Medical Devices**

Operation of radio transmitting equipment, including wireless phones, may interfere with the function of inadequately shielded medical devices. Consult a physician or the medical device's manufacturer to determine if it is adequately shielded from external radio energy.

To avoid potential interference, manufacturers of implanted medical devices recommend a minimum separation of 6 inches (15.3 centimeters) between a wireless device and the medical device. Persons who have such devices should:

- Always keep the wireless device more than 6 inches (15.3 centimeters) from the medical device.
- Not carry the wireless device in a breast pocket.
- Turn the wireless device off if there is any reason to suspect that interference is taking place.
- Follow the manufacturer directions for the implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

## Timex International Warranty

[www.timex.com/Warranty](http://www.timex.com/Warranty) or [www.timex.ca/Warranty](http://www.timex.ca/Warranty)

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

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

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

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

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

This Class [B] digital apparatus complies with Canadian ICES-003.

This device complies with Industry Canada license-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.

Book# 05J096001

**DECLARATION OF CONFORMITY**

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

declares that the product:

**Product Name:** iConnect Pro By Timex®

**Model Numbers:** M05J – M05K

is in conformity with the relevant EU harmonized legislations. This declaration is issued under the sole responsibility of the manufacturer and conforms to the following:

**Radio Equipment Directive (RED): 2014/53/EU**

Standards:

EN 62479  
EN 55032  
EN 55035  
ETSI EN 301 489-1  
ETSI EN 301 489-17  
ETSI EN 300 328

**Low Voltage Directive (LVD): 2014/35/EU**

Standards:

IEC 60950-1  
CENELEC EN 60950-1  
UL 60950-1  
CAN/CSA-C22.2 No.60950-1

**Electromagnetic Compatibility (EMC) – Radio Frequency (RF)**

Standards

FCC 47CFR 15C Part 15 Subpart C  
IC RSS 210 Issue 9  
IC RSS GEN Issue 5



Agent: \_\_\_\_\_

Sam Everett

Director Quality Assurance & Regulatory

Date: 14 Apr 2020, Middlebury, Connecticut, U.S.