USER
GUIDE

MONDAINE

Swiss + Watch

MONDAINE
HOROLOGICAL
smartwatch

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HOROLOGICAL
smartwatch

START
WITH YOUR
HOROLOGICAL
SMARTWATCH

1
GET THE APP
Download the MMT-365 App from App Store (iOS)
or Play Store (Android). Minimum versions supported:
iOS 8.0 and Android v4.4.3 (June 2015).

MMT-365

Available on the
App Store

ANDROID APP ON
Google play

2
ACTIVATE BLUETOOTH
ON YOUR PHONE

Bluetooth

3
FOLLOW THE
INSTRUCTIONS
on the app to pair your watch and set your goals.

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PAIR
YOUR WATCH
WITH THE
MMT-365
APPLICATION

To pair your watch, launch the MMT-365 app on your smart device and follow the instructions in the app. Keep your watch close to the smart device (phone or tablet) during the the pairing process.

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1 OPEN **APP**

2 ⊕ TOUCH **ICON**

3 PRESS **PUSH BUTTON**

4 PRESS **START**

5 PRESS **PUSH BUTTON** AGAIN

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8

1

If your watch does not sync, try the following tips:

Make sure your phone's Bluetooth is turned on.

If it is already on: turn it off, then back on again.

Bluetooth can be found in your phone's Settings app.

back

2

Make sure your watch is close to your phone, launch Motion, then press the crown button to sync.

back

3

Turn off your phone and restart it, then launch Motion

back

4

You can also view the User Manual and FAQ for further information.

help & faq

back

TROUBLE
SHOOTING PAIRING

IF YOUR WATCH DOES **NOT PAIR**

help

1 Press help
2 Follow 4 steps

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USE
THE
HOROLOGICAL
SMARTWATCH

MONDAINE
Helvetica
Smart
Swiss
Made

PUSH
1×
CONNECTION & SYNC
of the watch with the app
(Bluetooth must be activated to synchronize)

PUSH
2×
WHILE IN ACTIVITY MODE
show progress toward
sleep goal

WHILE IN SLEEP MODE
show progress toward
activity goal

PUSH
3×
WORLDTIMER
Press the crown button three times
to temporarily see the current time
in the time zone you have selected.

HOLD
3 SECONDS
START/END SLEEPTRACKER®
Sleep mode can be started by holding
the crown for 3 seconds. Hold crown again
for 3 seconds after waking up to finish
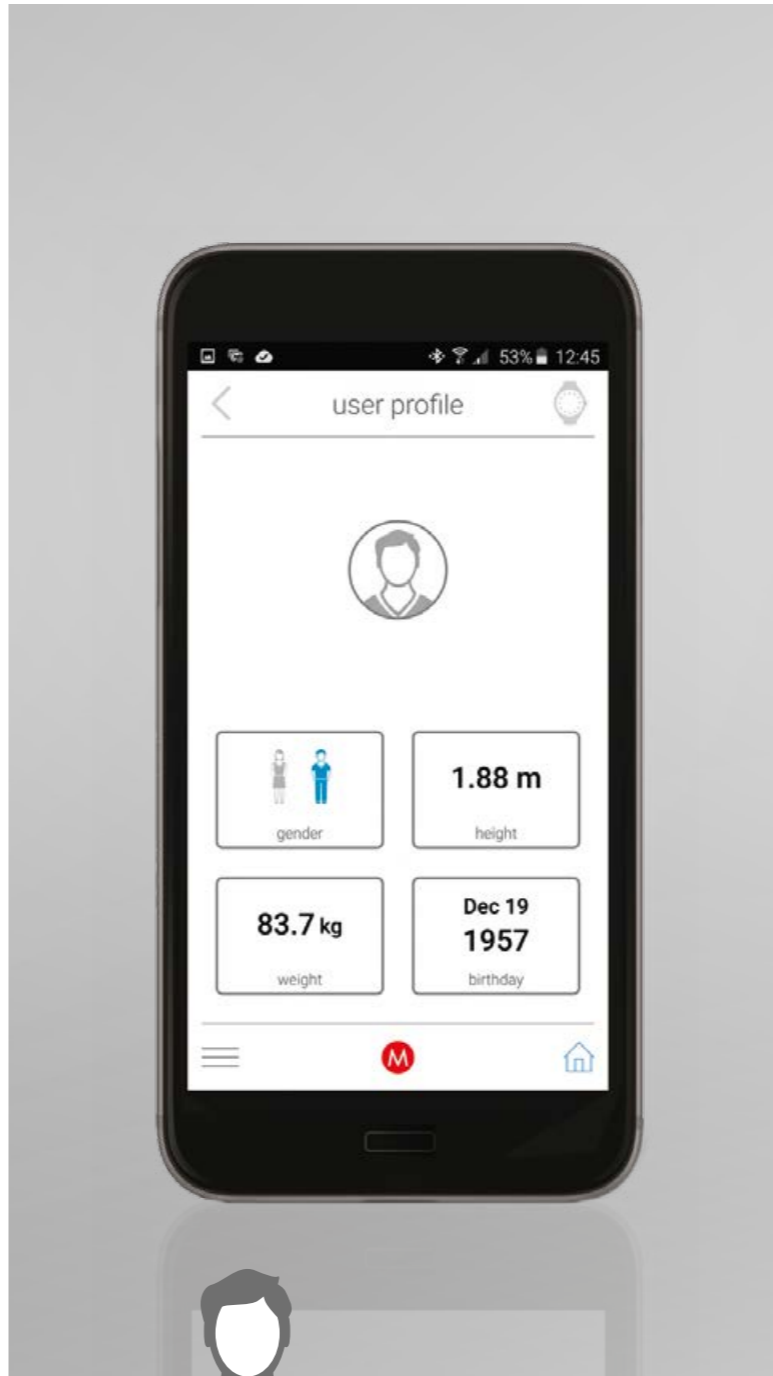sleep mode and start activity mode.

ACTIVITY - If the LONGER hand shows the
date, your watch is in activity tracking mode.

SLEEP - If BOTH hands show the moon,
your watch is in sleep tracking mode.

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last sync just now

activity
79%

sleep
0%

coach
39%

Good food leads to good sleep. For instance, green leafy vegetables, such as...

SMART
WATCH
MotionX®
powered

PERSONAL
SETTINGS

user profile

1.88 m
height

83.7 kg
weight

Dec 19
1957
birthday

gender
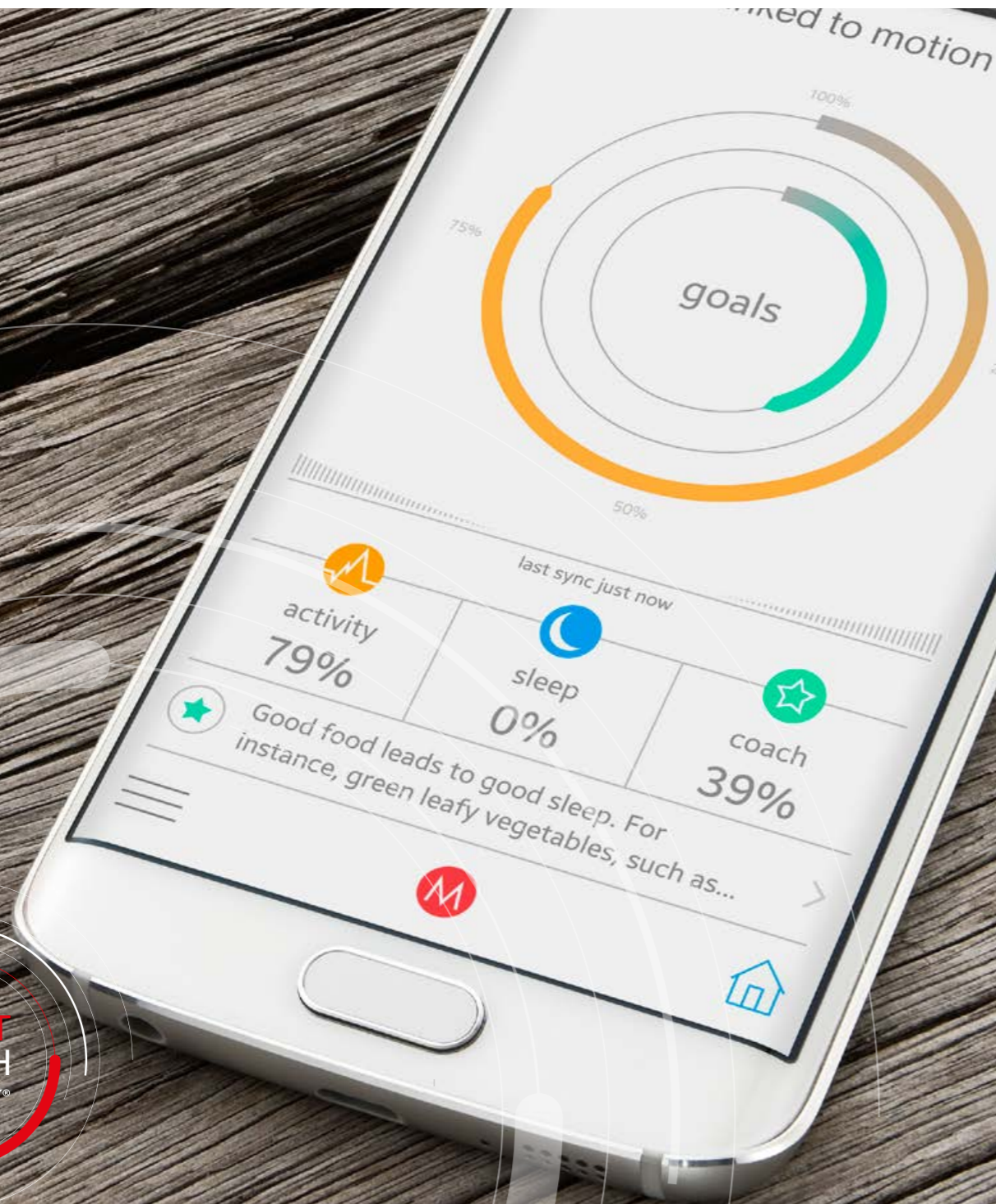
goals

activity | sleep

10,500
steps

CREATE USER
PROFILE
To make sure you get the right goal analysis, personalize the user profile.
⊕ → ⚙ settings → 👤 user profile

goals

sleep

6.5
hours
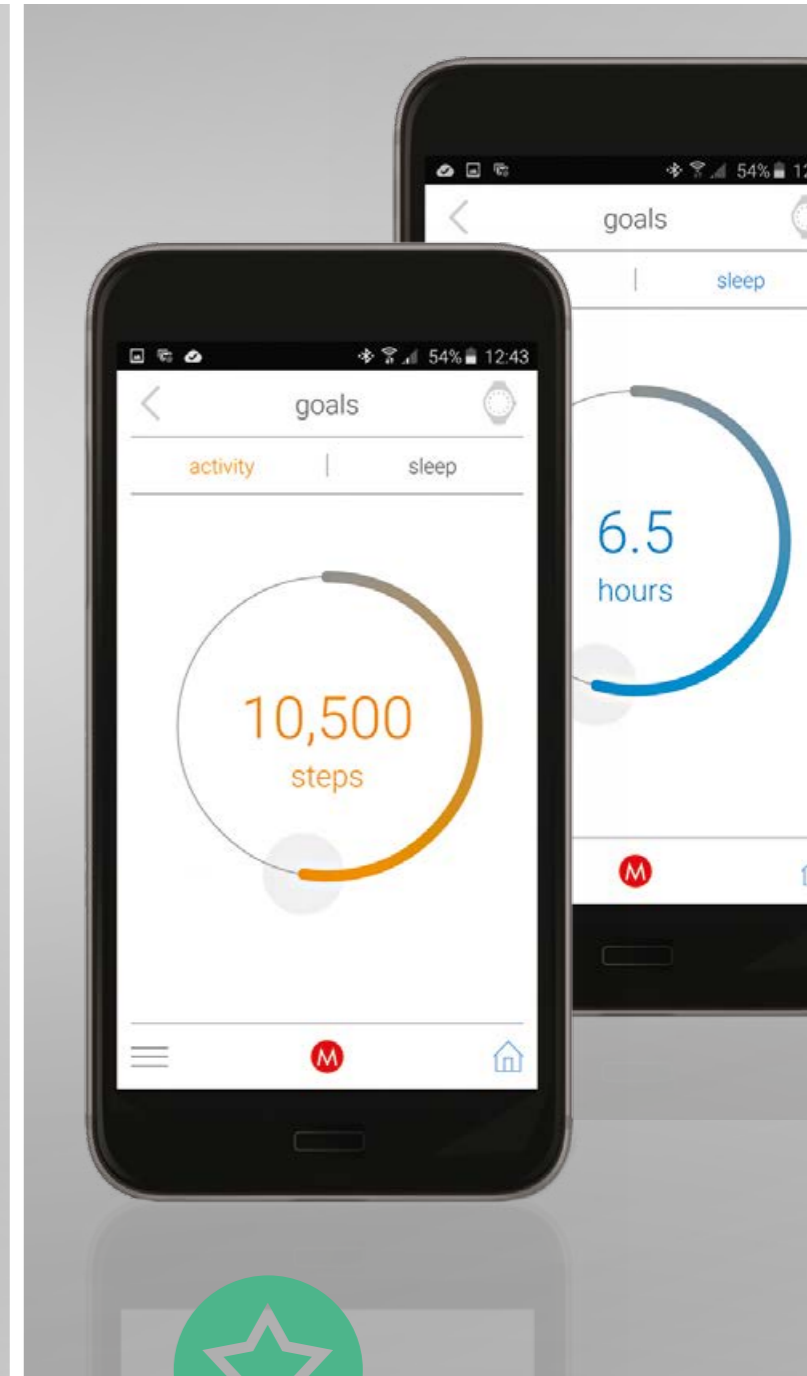
SET
GOALS
Personal activity and sleep goals can be set individually.
⊕ → ⚙ settings → ☆ goals

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Swiss ✛ Watch

HOME
SCREEN

SLEEP
GOALS ACHIEVED

ACTIVITY
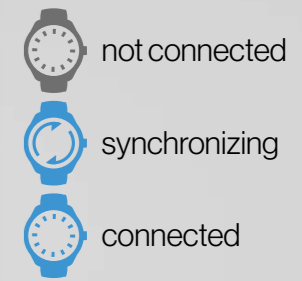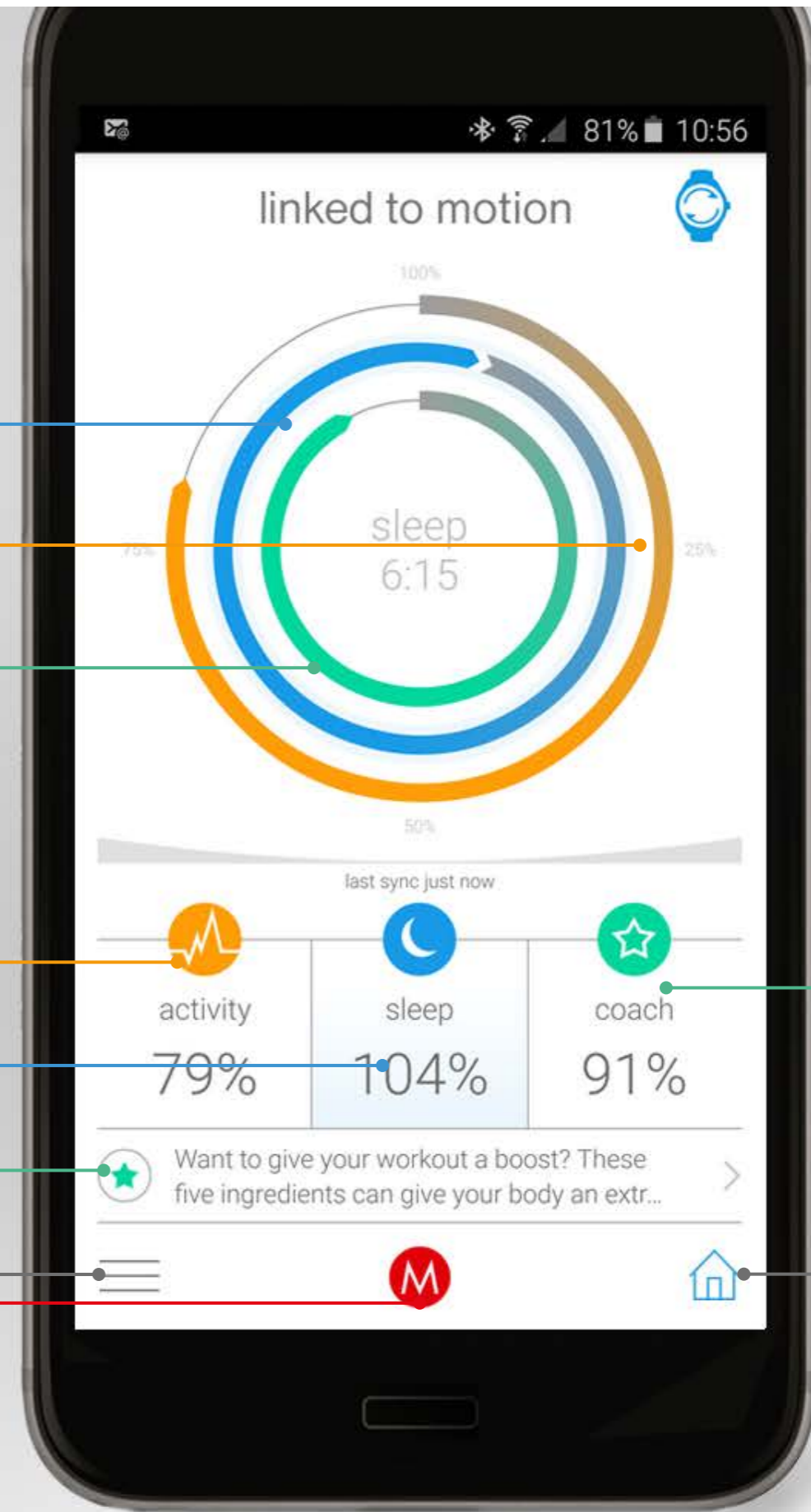GOALS ACHIEVED

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

linked to motion

100%

sleep
6:15

25%

50%

last sync just now

activity   sleep   coach

79%   104%   91%

Want to give your workout a boost? These
five ingredients can give your body an extr...

Percentage of overall
goals reached

Back to
home screen

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ALIGN
HANDS
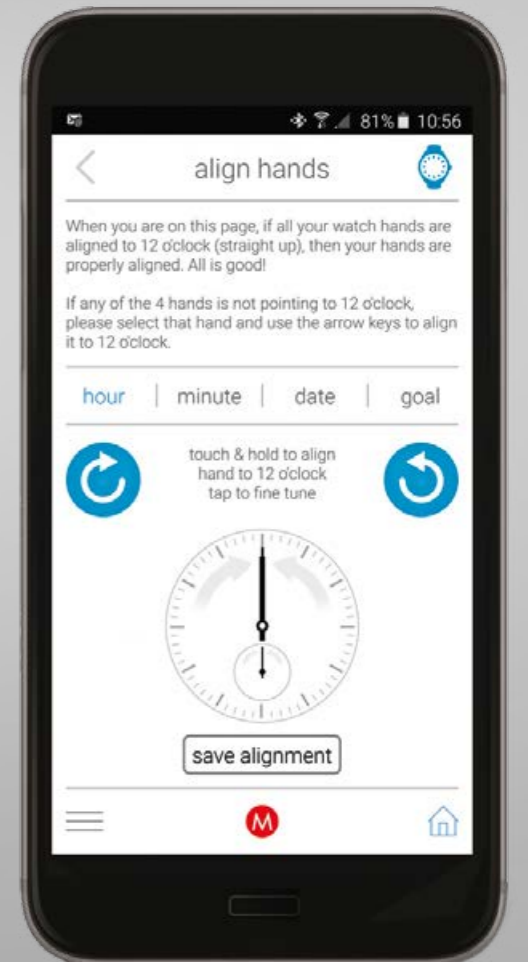
ALIGN
HANDS

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.

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FEATURES

ALWAYS
ON-TIME &
DATE

You never have to set a time and date -
traveling across time zones, the Mondaine
Helvetica 1 Smart picks up the time from
your smartphone and displays the new time
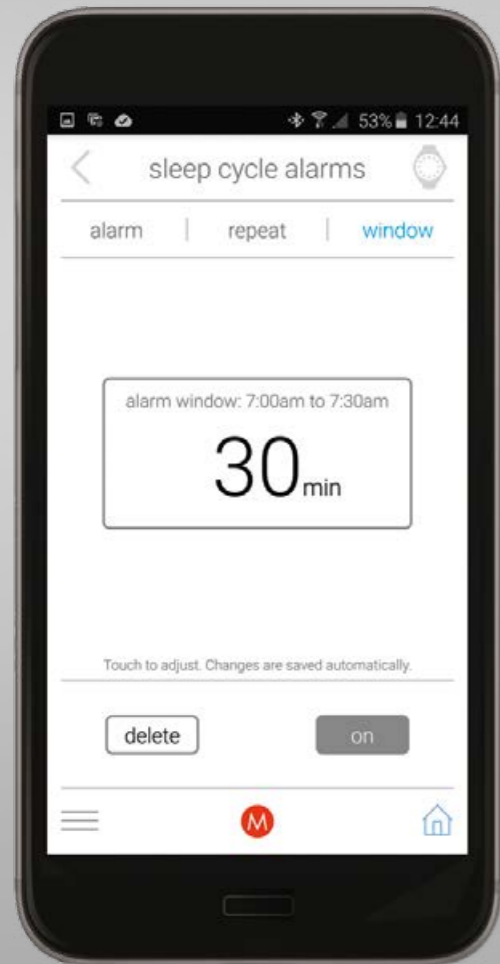automatically, when connected.

SLEEP-
TRACKING
SLEEP
MONITORING

Wear your watch at night or put it under your
pillow to record your sleep. Sleeptracking
provides details on how much time you spent
in deep sleep, light sleep, or awake.

Motion
ACTIVITY
TRACKING

Keep track of daily steps, calories burned,
and total distance.

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SLEEP CYCLE ALARMS

Set a smart sleep alarm that will help you wake up during a light sleep phase if possible (Happy wake up) in your sleep cycle so that you wake up refreshed.

⊕ → ⚙ settings → ⏰ sleep cycle alarms

GET ACTIVE ALERTS

Set an alert to remind you to become active if you've been idle for a set amount of time.
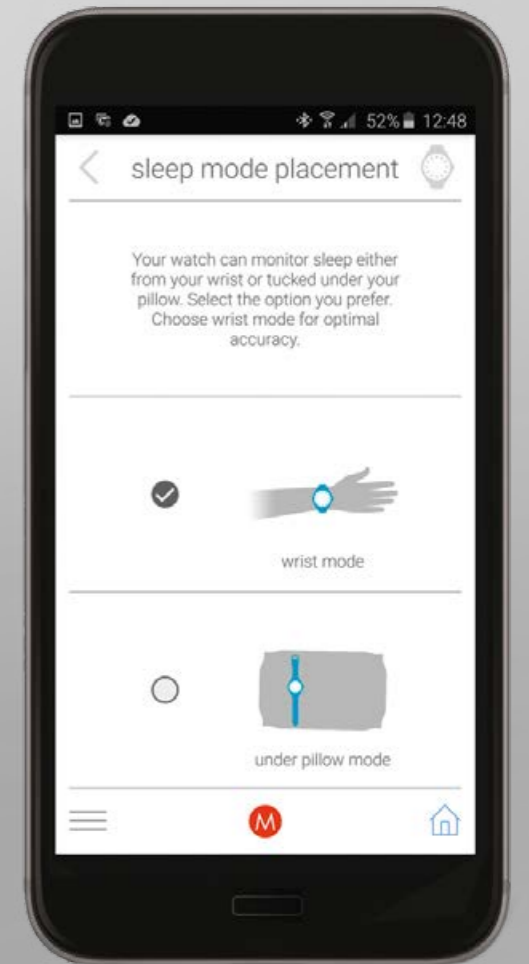
⊕ → ⚙ settings → 🔔 get active alert

WORLD TIMER

Press the crown button three times to temporarily see the current time in the time zone you have selected.
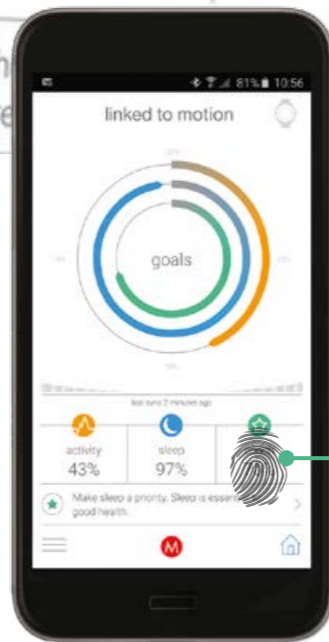
⊕ → 🌐 worldtimer-function

SLEEP MODE PLACEMENT

Your watch can monitor sleep either from your wrist or tucked under your pillow. Select the option you prefer.

⊕ → ⚙ settings → 🌙 sleep mode placement

MONDAINE
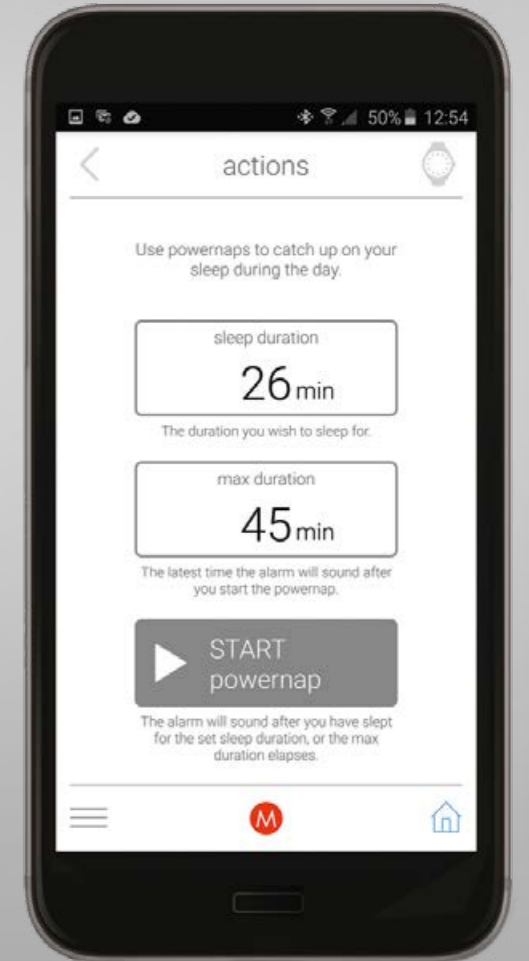Swiss ✛ Watch

DYNAMIC
COACHING
Statistics of steps, calories burned and sleep on a daily, weekly or monthly overview.

Touch here

STOP
WATCH
Use the stopwatch if you want to know the steps you take on a particular walk, hike, jog or run.

⊕ → ⏱ stopwatch

POWER
NAP
Use powernaps to catch up on your sleep during the day.

⊕ → ☀ powernap

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SWISS MADE

2 YEARS BATTERY LIFE

3 ATM WATER RESISTANT

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Smart
Swiss
Made

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LINKED
TO MOTION

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 wells 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 to use the application software and the cloud infrastructure.

MORE
INFORMATION
www.mondaine.com/smartwatch

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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:

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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 (Aricolo.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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