

TRUE  
SINCE  
1854



USER GUIDE

**ENGLISH 372-095000 7.14.15**

Register your product at [www.timex.com](http://www.timex.com)

## EXTENDED WARRANTY

**Available in U.S. only.** Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

Please read instructions carefully to understand how to operate your Timex® watch. **Your model may not have all of the features described in this booklet.**

## TIMEX® METROPOLITAN+

Your Timex® Metropolitan+ timepiece is the best of both worlds. The beauty of a classic analog watch with the ability to track your daily activity in both steps and distance!

## FEATURES

- Classic Analog design
- BLE connection with Smartphone application (iOS and Android formats)
- Activity tracking displayed on watch dial in both steps and distance.
- Percent of goal achievement displays on the watch dial in both steps and distance
- Smartphone application displays actual count and percent of set goal achieved for Steps, Distance and Calories
- Smartphone application retains activity data and displays activity by day, week, month or year.
- INDIGLO® night-light
- Estimated battery life of 1.5 years

## SMARTPHONE APPLICATION AND MINIMUM REQUIREMENTS

This watch requires the use of the Smartphone application which is available in both iOS and Android formats.

### iTunes iOS:

<https://itunes.apple.com/us/app/timex-connected/id919212774?mt=8>

### Android Store:

<https://play.google.com/store/apps/details?id=com.timex.TimexConnected&hl=en>

Please download the application for use prior to starting the watch.

### To see if your device is compatible visit:

<http://www.timex.com/metropolitan>

## HOW TO START YOUR WATCH

To start your watch remove the plastic guard from under the crown, set the time, and then press the crown in to the closed position. You will need to synchronize the watch with the Smartphone application to activate the activity tracking function. Press button A and the upper sub-dial hand will move to the Bluetooth® symbol. Perform the synchronization of the watch and Smartphone application. Once the watch has been synchronized with the Smartphone, the activity tracking function is ready for use.

## TIME SETTING

**NOTE:** The watch crown has four positions: one temporary push position used to activate the INDIGLO® night-light, and three indexing positions: closed, middle and outer. To familiarize yourself with the difference between the various positions extend the crown to its outer position and then push the crown very lightly until you feel it click into the middle position. To set the time: Pull the crown to its outer position and turn it until the correct time is shown. Once the dial reflects the correct time, return the crown to the closed position.

## INDIGLO® NIGHT-LIGHT:

Press the crown to activate the INDIGLO® night-light. The light will remain on for 2-3 seconds after releasing the crown.

## 4TH CENTER HAND ADJUSTMENT:

To readjust a misaligned 4th center hand:

1. Pull the crown out to the outer position. The upper and lower hands will move in a counter clock-wise direction and automatically calibrate. The 4th center hand will make up to one revolution and stop at 12 o'clock.

2. If the 4th center hand does not point to 12 o'clock then, press button A to move the hand in a clockwise direction until it points to 12 o'clock. Pressing and holding button A will make the hand move at a fast rate.
3. Push crown in to the closed position when finished.

## MODE SELECTION

Press button A to advance the upper hand to the desired function. **NOTE:** The mode cannot be advanced unless the crown is in the closed position.

**Steps / Distance:** You may switch between the Steps and Distance modes by pressing button A.

If the upper sub-dial hand is on "S" the lower sub-dial hand will reflect the percentage of your daily Steps goal currently achieved and the 4th center hand will reflect the actual number of steps (in thousands) you have taken today, when compared against the scale along the outer edge of the dial.

If the upper sub-dial hand is on "D" the lower sub-dial hand will reflect the percentage of your daily Distance goal currently achieved and the 4th center hand will reflect the actual distance (in Miles or Kilometers as selected on the Smartphone application) you have achieved, based on your activity today, when compared against the scale along the outer edge of the dial.

**Bluetooth® mode:** No pairing is required, but you must prepare the watch for the sync process.

To enter the Bluetooth® mode push and hold button A until the upper hand points to Bluetooth® symbol on the upper dial. The watch is now ready for Bluetooth® synchronization with the Smartphone application. During the synchronization the lower sub-dial hand and center hand will move to zero, but the activity tracking is still active (assuming it was not "off" prior to entering the Bluetooth® mode). After completing the sync process on the Smartphone application, both of the sub-dial hands return to their positions previous to entering the Bluetooth® mode.

**OFF mode:** If desired you may turn off the activity tracking function. The battery life is extended, due to less energy demand, when the activity tracking function is suspended. Please note: the memory holds the activity tracking data for the last 7 calendar days. When you turn off the activity tracking mode it is advised that you synchronize the watch and the Smartphone application to prevent any loss of activity tracking data.

To enter the OFF mode push and hold button A until the upper hand points to OFF on the upper dial. This mode will suspend the activity tracking feature until you wish to re-activate this feature. To re-activate the activity tracking feature, push and hold button A until the upper hand points to "S" on the upper dial. You are now in the Steps mode with the activity tracking function active again.

## SYNCHRONIZATION OF THE WATCH AND THE SMARTPHONE APPLICATION

Your watch memory holds the activity tracking data for the last 7 calendar days. You should plan to synchronize the watch to the Smartphone application at a minimum every 7th day to prevent the loss of any data. No tracking data will be deleted during, or after synchronization with the Smartphone application.

**NOTE: The watch must be within 2 meters distance of your Smartphone for optimum communication**

To start the synchronization, prepare the watch by placing it in Bluetooth® mode. The lower sub-dial hand and center hand will move to zero.

Start the application on your Smartphone and follow the instructions for synchronization with the mobile phone. You must start the synchronization process from the Smartphone within 10 seconds, or the Bluetooth® on the watch is switched off and you will need to place the watch back into Bluetooth® mode.

After the synchronization process has completed, the Bluetooth® on the watch is switched off. Both of the sub-dial hands will return to their positions previous to entering the Bluetooth® mode. The Smartphone application will indicate the success or failure of the synchronization process.

## LOW BATTERY INDICATOR

The watch is equipped with a low voltage detection to indicate when it is time to replace the battery. During the synchronization of the watch with the Smartphone, the application will alert the user the battery needs to be replaced soon. The watch will also indicate the low battery by the movement of the second hand. The second hand will move once every 2 seconds in 2 second increments until the battery is replaced. To further save the battery power until it is replaced the INDIGLO® night-light will not function until the battery has been replaced. The activity tracking function will remain active until the battery has been completely depleted, but new data will not be stored.

## BATTERY REPLACEMENT

**Before replacing the battery, it is recommended that you synchronize to the phone to make sure you have retrieved all of the latest activity data from the watch.** After the battery has been replaced, the watch will automatically calibrate the sub-dial hands. Upon completion of the auto-calibration process, the upper sub-dial hand will point to "OFF" and the lower sub-dial hand will be positioned at ZERO. The activity tracking function will be off. You will need to adjust the center hand and synchronize the watch with the Smartphone application. Press button A and the upper sub-dial hand will move to the Bluetooth® symbol. Perform the synchronization of the watch and Smartphone application. Once the watch has been synchronized with the Smartphone, the activity tracking function can be activated.

## STORING THE WATCH

The power may be removed from the watch for storage. Pull the crown out to the outer position. The hour, minute and second hands will immediately cease to operate and the activity tracking function will be completely inactive after 30 minutes with the crown in this position.

## FIRMWARE UPDATE

As updates for the Smartphone application are published you will receive notification through your Smartphone application. While the synchronization is occurring with the update the lower sub-dial hand will indicate the progress of the download, moving from 0 to 100%.

## STRIDE LENGTH ADJUSTMENT

The Timex Metropolitan+ uses an algorithm for distance measurement which automatically determines your stride, based on your height and speed. If you find that the distance reported does not match your actual walking or running distance you can calibrate the distance by up to +/- 25% via the Smartphone application. This is done by the distance adjustment option on the watch section of the application.

## WATER RESISTANCE

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.

If your watch is water-resistant, meter marking or (  ) is indicated.

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160
200 m/656ft	284

\* pounds per square inch absolute.

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## 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.

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.

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.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada.

To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada.

Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

**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.

## 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:** Timex® Metropolitan+  
**Model Numbers:** M372

conforms to the following specifications:

**R&TTE: 1999/05/EC**

**Standards:** CENELEC EN 55022  
ETSI EN 301 489-1  
ETSI EN 301 489-3  
ETSI EN 301 489-17  
ETSI EN 300 440-2

**LVD: 2006/95/EC**

**Standards:** IEC 60950-1  
CENELEC EN 60950-1

**Digital Device Emissions**

**Standards:** FCC 47CFR 15C Part 15 Subpart C 15.247 (Bluetooth)  
FCC 47CFR 15B c/A Part 15 Subpart B Unintentional Radiators  
FCC 47CFR 15B c/A Part 15 Subpart C 15.247 (Bluetooth)  
IC RSS 210 Issued:2010/12/01  
ICES 003  
SAI AS/NZS 4268

Agent:   
Sam Everett  
Quality Regulatory Engineer

Date: 11 July, 2015, Middlebury, Connecticut, U.S.A.