

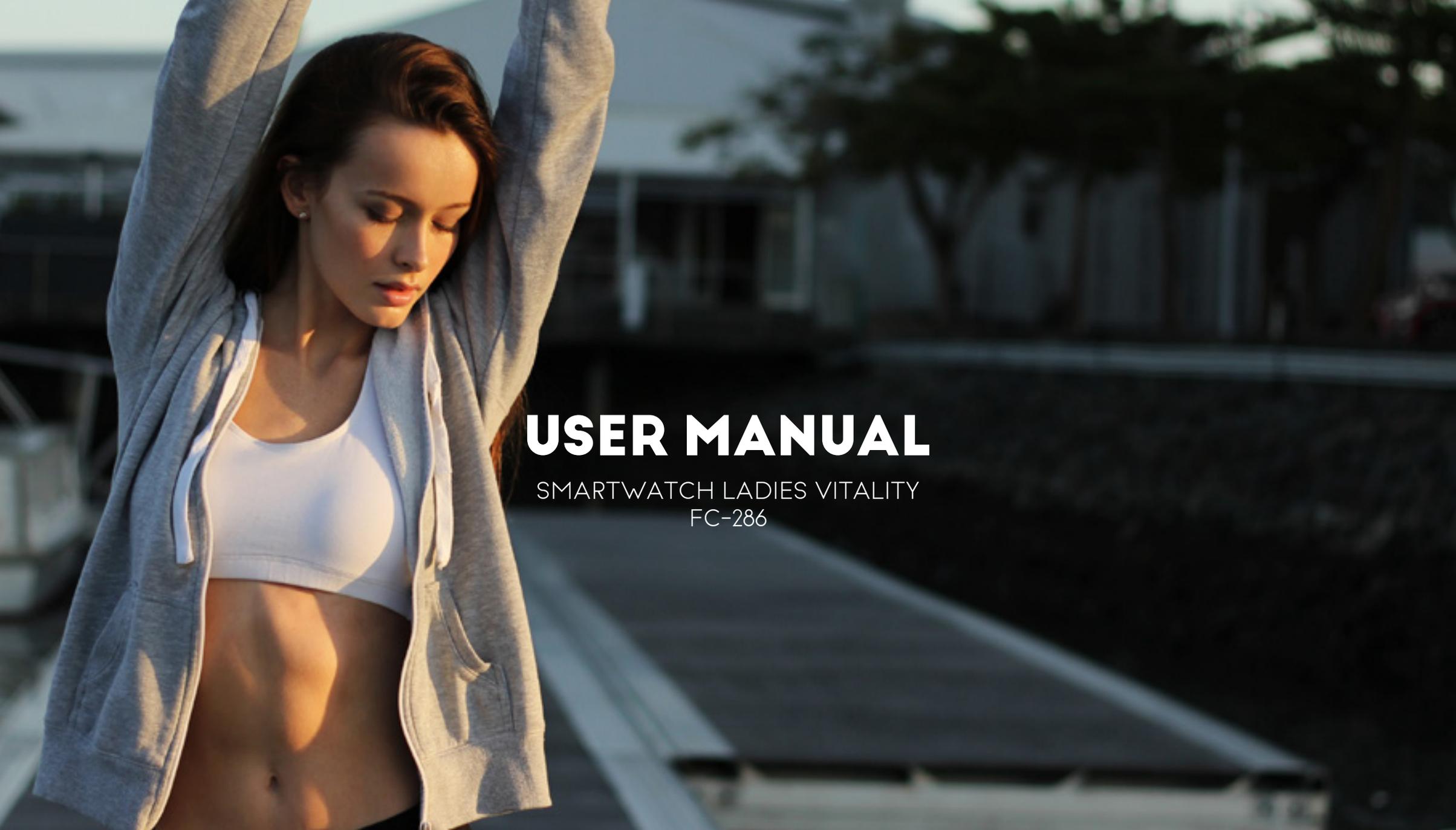


VITALITY

SMARTWATCH



FREDERIQUE CONSTANT
GENEVE

A woman with long dark hair, wearing a white sports bra and a grey zip-up hoodie, is stretching her arms upwards. She is outdoors, with a blurred background of trees and a building under a warm, golden sunset sky. The lighting is soft and directional, highlighting her physique.

USER MANUAL

SMARTWATCH LADIES VITALITY
FC-286

The background of the image consists of a series of concentric, thin white circles centered on the page, creating a ripple effect against a solid teal background. The circles are evenly spaced and extend towards the edges of the frame.

01

GET STARTED



GET STARTED

01. GET THE APP

Download the FREDERIQUE CONSTANT SMARTWATCH app for iPhone® or Android.

02. ACTIVATE BLUETOOTH ON YOUR PHONE

03. LAUNCH THE APP AND FOLLOW THE INSTRUCTIONS

You will first be invited to create your own profile, then to pair your watch with the app and finally to set your own goals.

04. YOU ARE NOW READY TO USE YOUR SMARTWATCH VITALITY

The background of the image consists of a series of concentric circles in a light blue-grey color, centered on the page. The circles vary in size, creating a subtle pattern that fills the entire frame.

02

NAVIGATE



NAVIGATE ON THE SMARTWATCH VITALITY'S DIGITAL SCREEN

By pressing the crown pusher, you can scroll through your watch's different functions.

The background of the slide features a series of concentric, thin white circles centered on a solid teal background, creating a ripple effect.

03

FUNCTIONS



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FUNCTIONS



ACTIVITY TRACKING



WORKOUT



DYNAMIC COACH



CHRONOGRAPH



GET-ACTIVE ALERTS



HEART RATE MONITORING



HEART RATE NOTIFICATIONS



BREATHING EXERCISE



SLEEP MONITORING



SMART SLEEP ALARMS



MESSAGES REVIEW



NOTIFICATIONS



WEATHER



WORLDTIMER



LOCAL TIME



ALWAYS ON-TIME

SPECIFICITIES



CLOUD BACKUP & RESTORE



RECHARGEABLE BATTERY



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FUNCTIONS



ALWAYS ON-TIME

You won't ever need to set a time, day and date - traveling across time zones, the watch picks-up the time from your smartphone and displays the current time automatically.

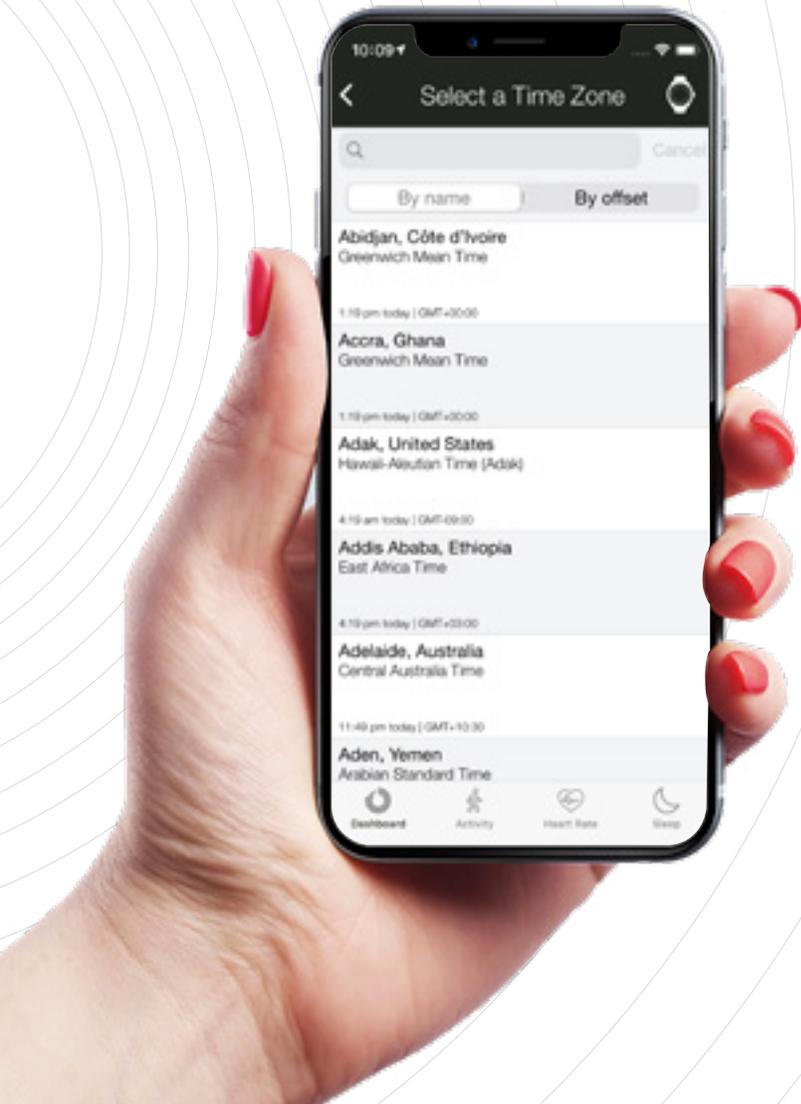


FUNCTIONS



WORLDTIMER

You can choose to display a second time zone on your watch. A feature particularly useful when travelling in order to keep track of your time at home.



FUNCTIONS



LOCAL TIME

For regular business travelers and globe dwellers, the local time is picked-up directly from your phone, enabling you to keep your watch on-time wherever you are.

The perfect addition to your second time zone indicator.



FUNCTIONS



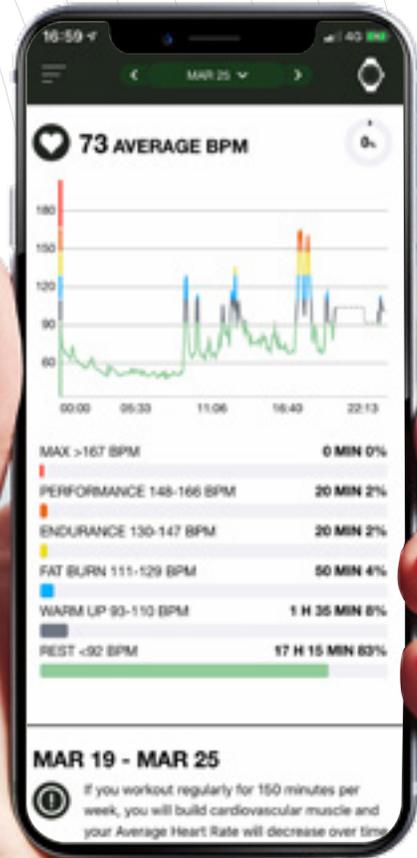
CHRONOGRAPH

The chronograph function can be launched directly on your watch's digital screen. Go to the chronograph function using the crown pusher.

- 01.** Tap on your watch's digital screen to start the chronograph
- 02.** Tap on your watch's digital screen to stop the chronograph and press the crown pusher to confirm stop (you can also press the crown pusher directly).

PAUSE OPTION: When your chronograph is activated, push on the crown pusher to stop the chronograph, you can relaunch the chronograph by tapping on your watch's digital screen.

RESET: To reset the chronograph, you only have to switch to a new functionality by pressing the crown pusher.



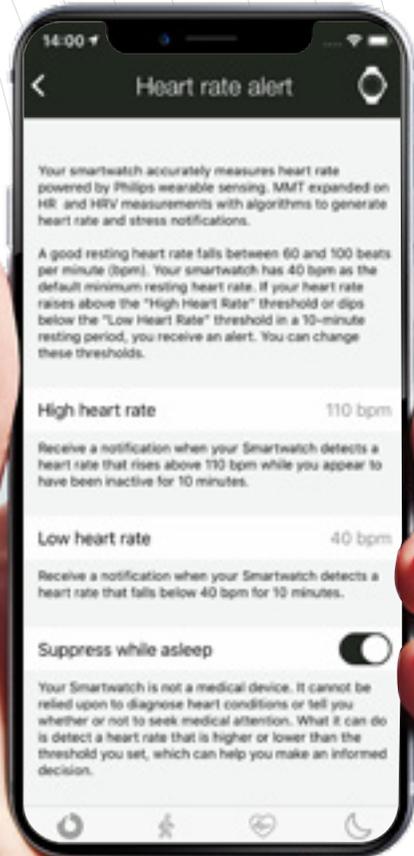
FUNCTIONS



HEART RATE MONITORING

Your watch has an integrated optical heart rate measuring system powered by Philips Wearable Sensing. Philips being the leading provider of optical heart rate solutions, the sensor will provide accurate monitoring for cardiac, activity, health and fitness metrics. It offers an algorithm that extracts and processes the sensor's data, factoring out body motion, pigmentation and ambient light to produce highly accurate results.

The watch measures your Heart Rate throughout the day and night.



FUNCTIONS



HEART RATE NOTIFICATIONS

Should your heart rate measure be too low or too high, you will get notified by your watch with a vibration and visual alert.

If your Heart Rate gets too low, an alarm can be triggered. If your Heart Rate is too high 10 minutes after resting, then alert can be triggered (not when active, only at rest).



FUNCTIONS



ACTIVITY TRACKING

Keep track of your daily steps, calories burnt and total distance travelled. The companion app's charts will help you to get an overview of your results per week as well as compare your results to people of your age worldwide thanks to a benchmarking tool.

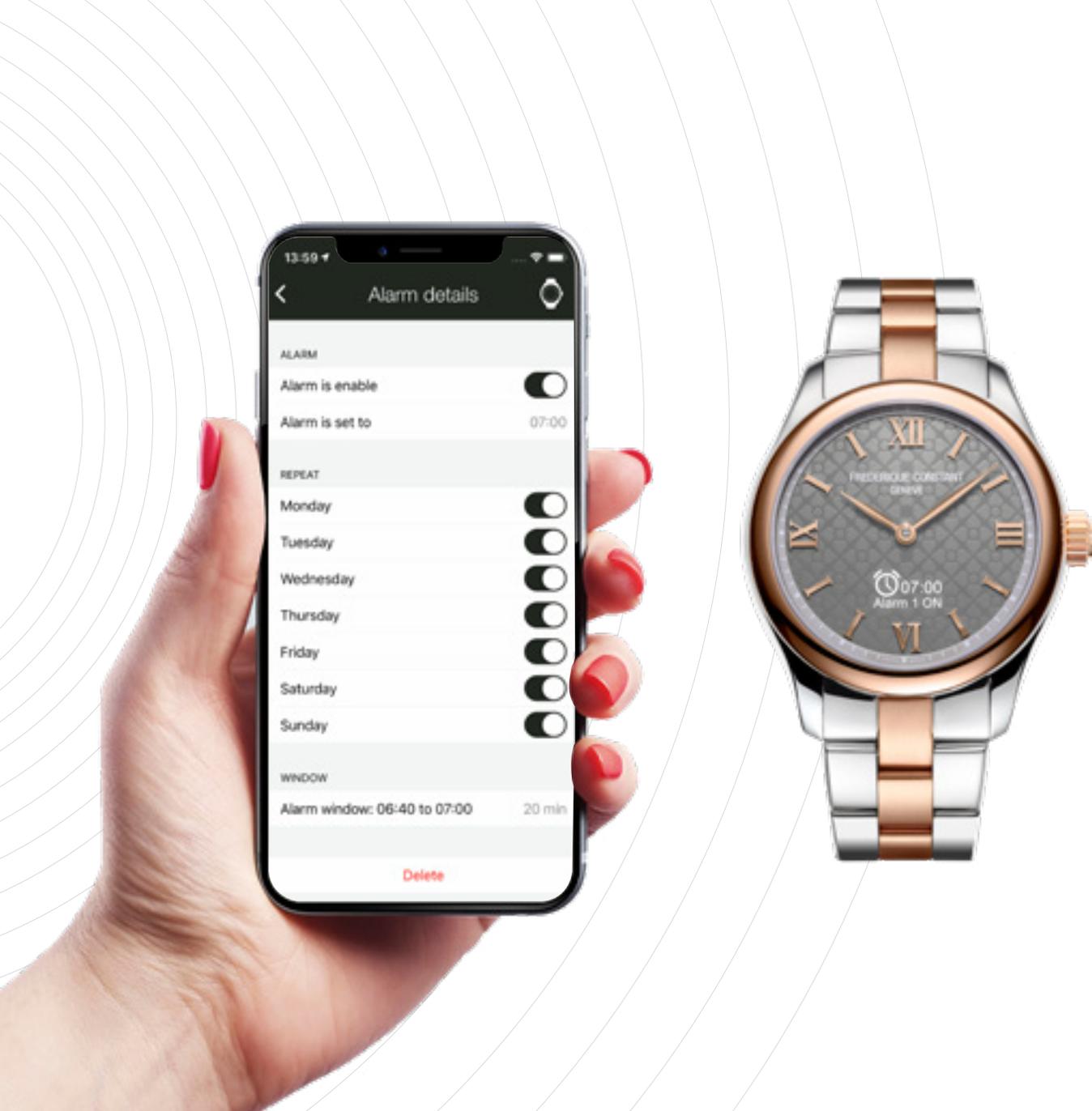


FUNCTIONS



SLEEP MONITORING

Wear your watch at night or put it under your pillow to record your sleep. You can set your favorite mode in the app. The sleep monitoring function provides details on your sleeping pattern, including how much time you have spent in deep sleep, light sleep, or awake. It will also provide you with insights and tips on how to improve your sleep.



FUNCTIONS



SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best time based on your sleep cycle in order to feel rested and refreshed.

You can easily activate and deactivate the Smart Sleep Alarms via your watch's digital screen or within the companion App.

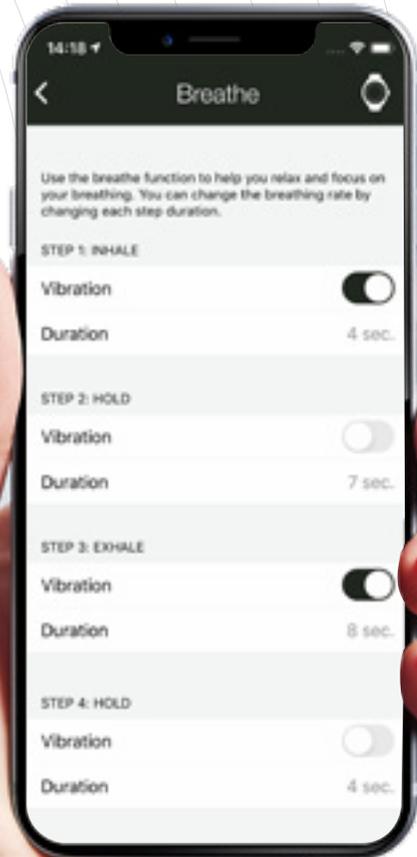


FUNCTIONS



WEATHER

Local weather forecast including the maximum and minimum temperature are displayed on your watch's digital screen and in the companion app.



FUNCTIONS



BREATHING EXERCISE

The Breathe function allows you to regulate your breathing and lower your stress level thanks to a quick and easy exercise.



FUNCTIONS



MESSAGES REVIEW

Firstly, via the app, you will need to select the various applications for which you wish to receive notifications. You will be able to see the last five messages received on your watch screen based on the above service/app selection.

For example, the following apps can be selected amongst others:

Mail, Messages, Facebook, Twitter, WhatsApp, Instagram, Snapchat, LinkedIn, WeChat, Viber, Uber, KakaoTalk, Pinterest, Spotify etc.



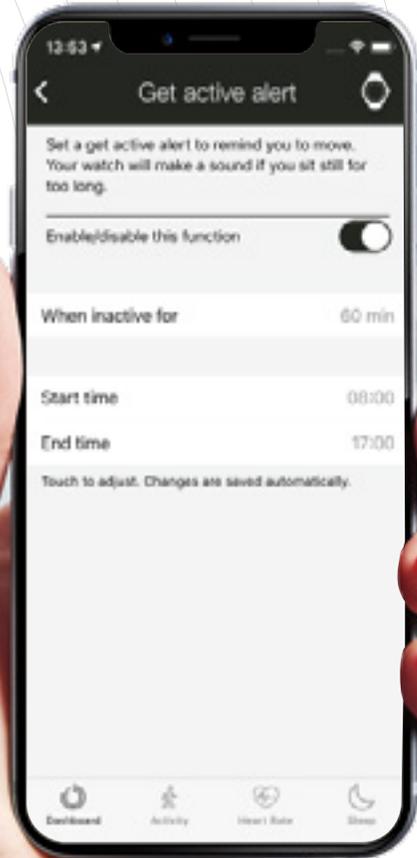
FUNCTIONS



NOTIFICATIONS

Never miss a call, email or text message!

Customize your notifications and alerts directly from the app.



FUNCTIONS



GET-ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time.

Customize your Get-Active alert in the companion app.

FUNCTIONS

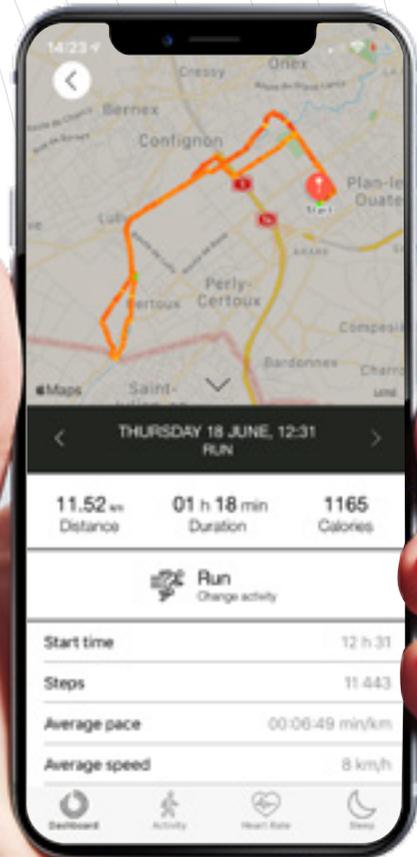


WORKOUT

The workout function can be launched directly on your watch's digital screen. Go to the workout function using the crown pusher.

01. Tap on your watch's digital screen to start the workout session
02. Tap on your watch's digital screen to stop the workout session
03. Press the crown pusher to confirm stop otherwise it goes back to active after a few seconds (this is a security to avoid unwanted tap detection).

During the workout session, the heart rate sensor will take 1 measurement every 10 seconds. You will then be able to see in-depth results in your companion app.

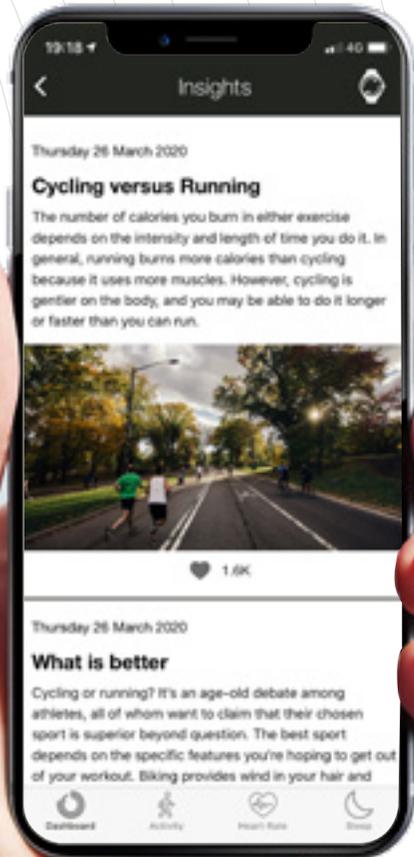


FUNCTIONS



DYNAMIC COACH

Get suggestions, tips, and information catered specifically to you based on your activity and sleep goals.





SPECIFICITIES



CLLOUD BACKUP & RESTORE

Recover all your data, even if you lose your watch or phone.
Your data is saved on your personal profile.

SPECIFICITIES

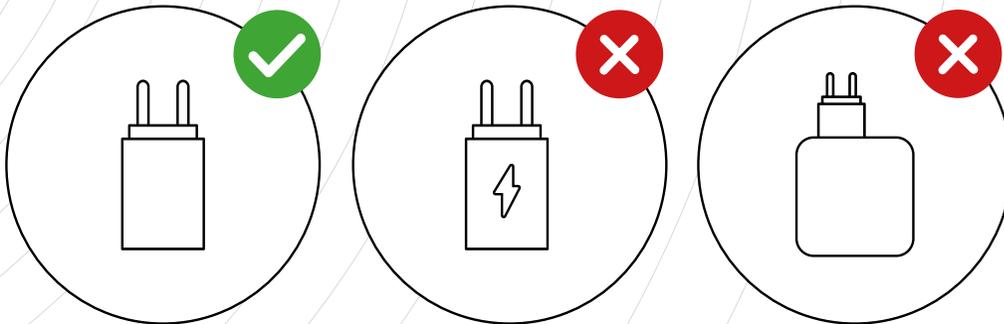
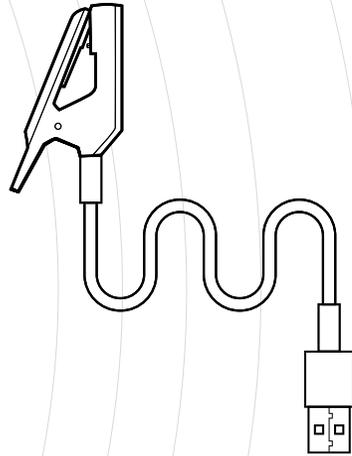


RECHARGEABLE BATTERY

Your watch is equipped with a rechargeable battery that will last up to 7 days (depending on your usage). Your watch will need to be charged via the charging device provided with the watch*.

**Please refer to page 27 for indications and details*





SPECIFICITIES



USB CHARGER INDICATIONS

Your watch will need to be charged via the charging cable provided with the watch. If plugged to a wall rather than a computer's USB port, please use a CE marked adapter with the following characteristics:

Input voltage: 100/240 V - 50hz 60hz

Output voltage: DC 5V (+-5%)

Maximum current: 500 mA

As shown on the opposite diagram, do not use a fast charging device nor a tablet charger.

Caution

Loosen the cable while charging.

Never clip on other metal parts or items.

Always unplug the cable from the mains when the watch is fully charged.

04

LEGAL NOTICES



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LEGAL NOTICES

USA CANADA

FREDERIQUE CONSTANT SA
Chemin du Champ-des-Filles, 32
1228 Plan-les-Ouates Switzerland

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.

NOTICE

Changes or modifications made to this equipment not expressly approved by Frederique Constant SA may void the FCC authorization to operate this equipment.

ISED COMPLIANCE

This device complies with ISED 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'ISDE 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'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



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LEGAL NOTICES

EUROPE

FREDERIQUE CONSTANT SA
Chemin du Champ-des-Filles, 32
1228 Plan-les-Ouates
Switzerland

Declares that the product:

SMARTWATCH FC-286X5B4/6
Frequency range: 2402~2480MHz
Output power: 0 dBm
Antenna Gain: 1.5 dBi gain Software
version: 6.1.0
Hardware version: Rev 1

Comply with the following directive and
regulations: 2014/53/EU (The Radio
Equipement Directive)

1. Health & safety (article 3.1.A of the
red directive)

Applied standard(s) EN 50663:2017; EN
62368-1:2014/A11:2017

2. Electromagnetic compatibility (article
3.1 B of the red directive)

Applied standard(s) EN301489-1V2.2.3;
EN301489-17V3.2.2; EN55032: 2012;
EN55032:2015; EN55035:2017

3. Radio spectrum (article 3.2 of the red
directive)

Applied standard(s) EN300328V2.2.2



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