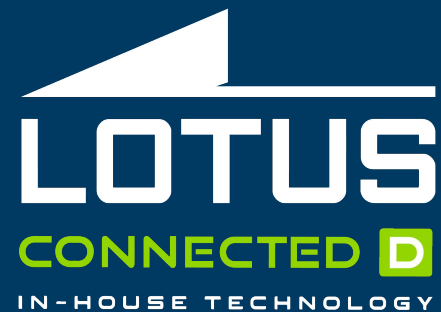


Connected D

Introduction



Your watch

It's about time

A watch tailored to your life

The Connected D watch is a comprehensive activity tracker which monitors your heart, day and night. Any activity that gets you moving makes an impact on your health.

Smart functions when you need them

With the classic design and ease of use, it's the perfect companion both for a day at the office and an evening workout.

Patiently waiting when you don't

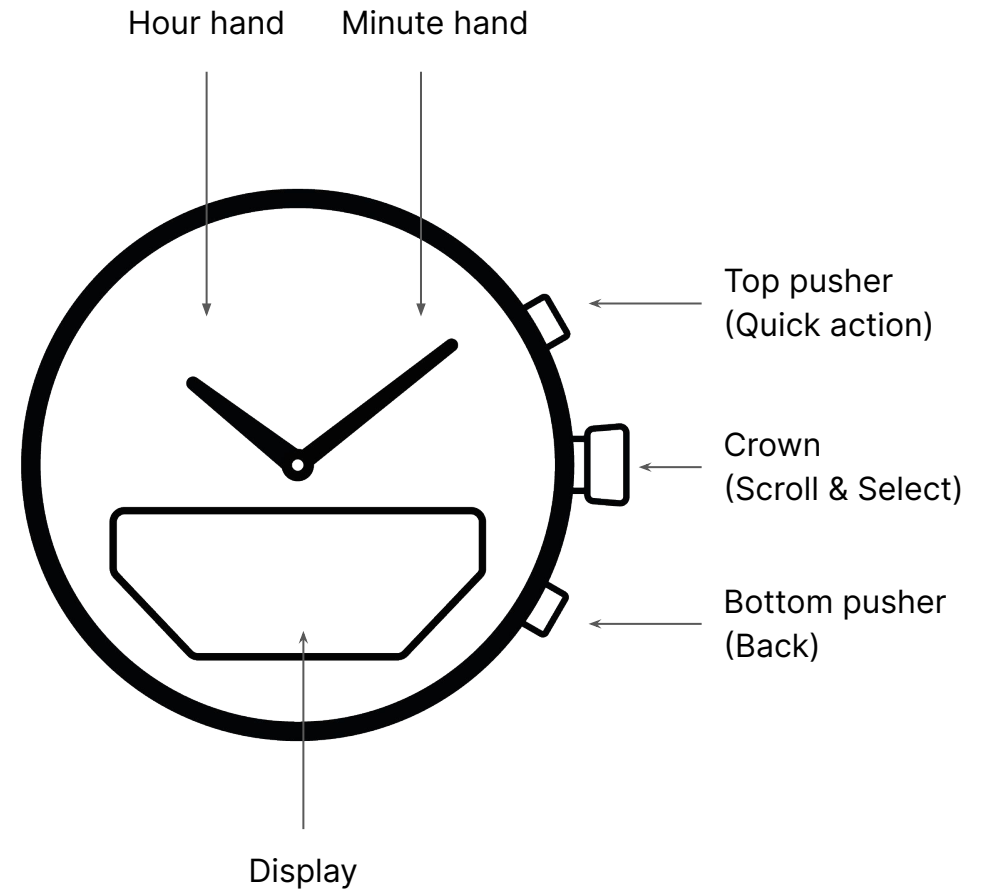
When the whole world seems to compete for your attention it helps you filter through the clutter and notifies you only by the people and events you care most about.



Terminology

We create timepieces that honors our love for classic watches. Without excluding the craft, and all the attention to detail that are part of it, we have enhanced it with technology.

On the outside, it's an authentic and beautiful timepiece with a display, hinting the magic that lies on the inside. We created a movement that can do more than just keep time, and to the right we show the main external components.



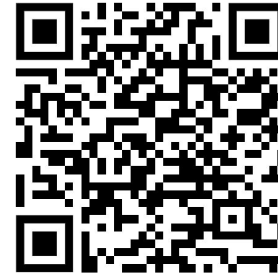
Pair

To get started with your watch you need to pair it with your phone.

1. Download the Connected app from Google Play or App store.
2. Open the Connected app. Press and hold the crown to start pairing process.

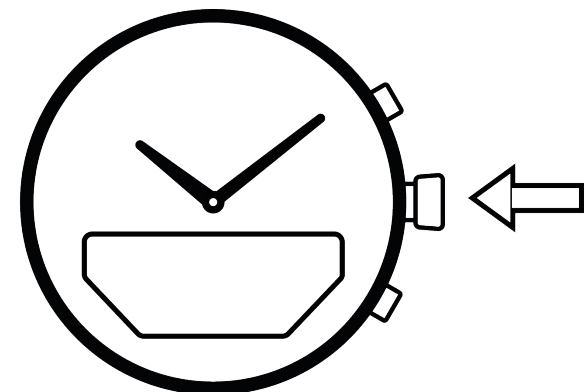
Do not connect your watch via Bluetooth in the phone settings.

1



Scan this code with your phone

2



Calibrate

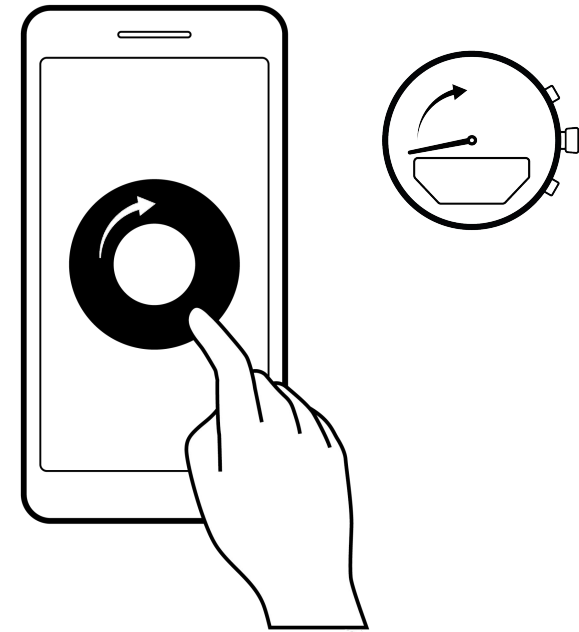
To show the correct time, the hands need to be calibrated.

1. Rotate the wheel on the phone to move the hands.
2. Position both hands straight up.

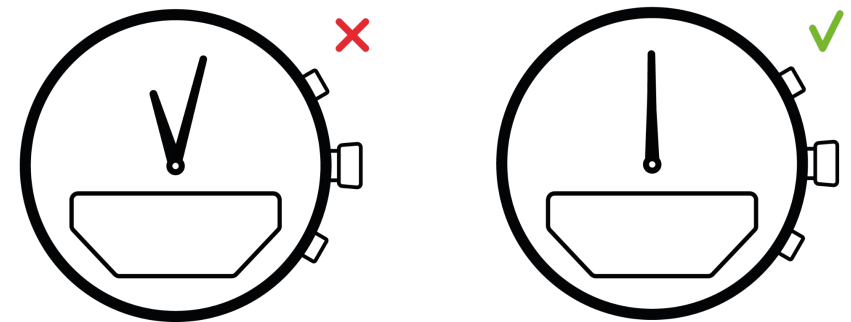
If the watch hands do not show the correct time, calibration might be needed. Calibration may be required after a few months of normal use to secure correct alignment of the hands:

1. Open the Connected app
 2. Tap 'Settings' on the home screen menu
 3. Tap an 'Your watch'
 4. Tap 'Calibration'
-

1



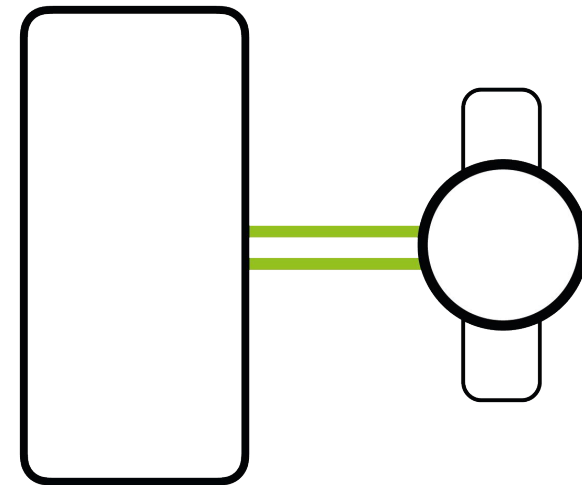
2



Stay connected

Always keep the Connected app running in the background to secure the connection.

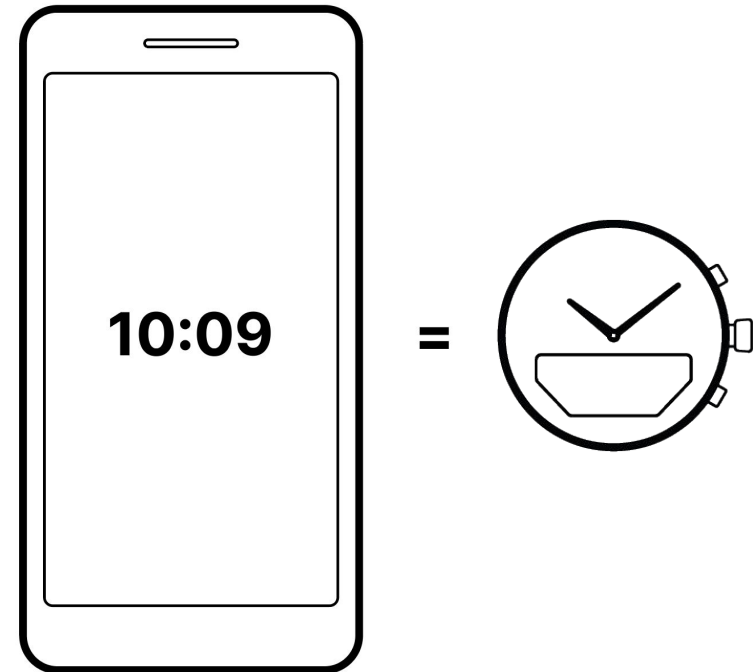
The range of the Bluetooth connection between your phone and watch can vary depending on the environment. In general, you should have at least 10 meters (or 30 feet) of connectivity in free air.



Time

Time on your watch is automatically synchronized with the phone while the watch is connected and will adjust for time zone or daylight saving changes.

If the watch is disconnected from the phone it will continue to keep accurate time for several weeks.



Navigation

The interface is easy to use and navigation is done with the crown and bottom pusher.

Scroll

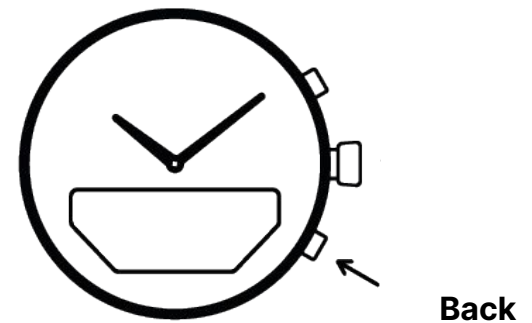
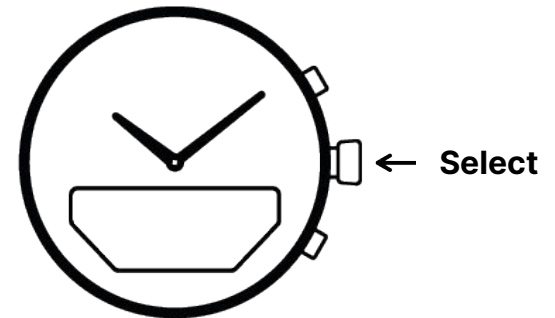
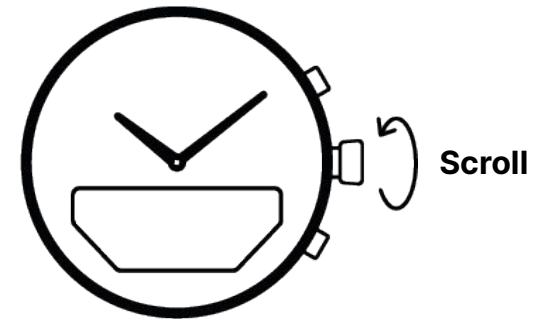
Rotate the crown up or down

Select

Press the crown

Back

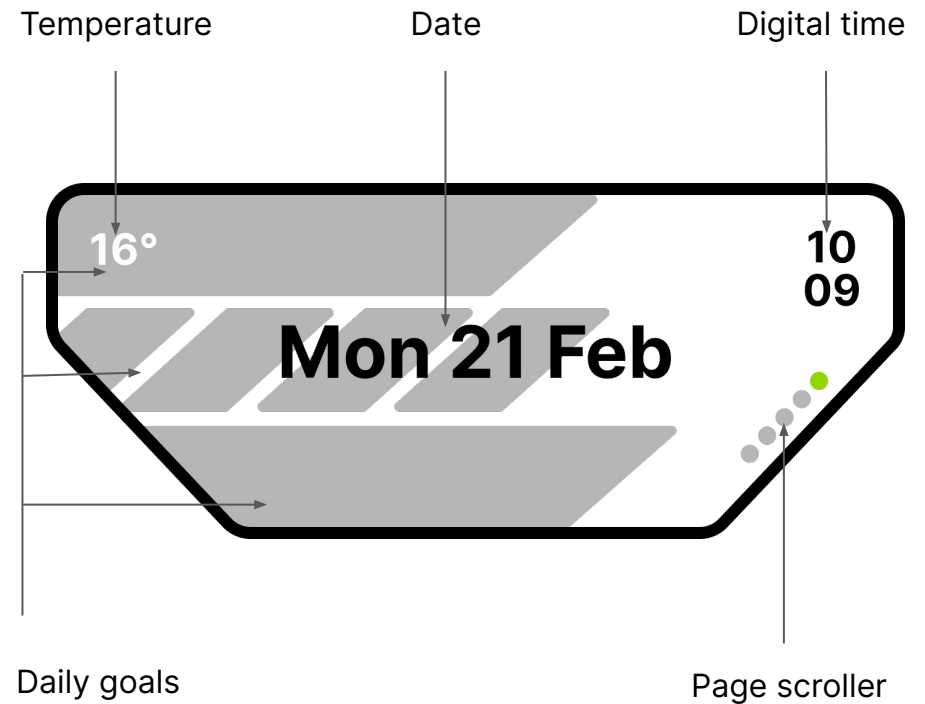
Press bottom pusher



Home screen

For our Connected D watches we have added a display to enhance the modern day lifestyle.

In the home screen you get a glance on some useful features like date, temperature, activity tracking etc.



Interface

Once you have learned the basic navigation of the watch, it's easy to find your way in the interface.

Home screen

Main screen (detailed description on previous page)

Health screens

From home screen you scroll down to view your activity and health data. If you press crown (Select) you open:

App launcher

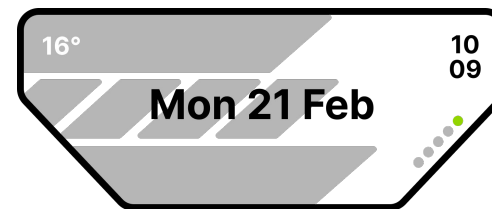
In the App launcher you have a list of apps you can choose from. Press select to open an app.

By pressing bottom pusher (Back) you always go one step back in the interface.

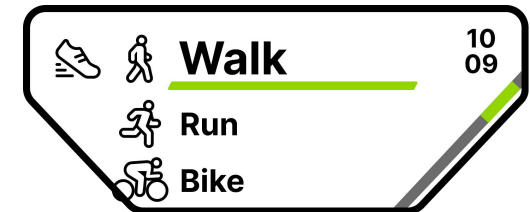
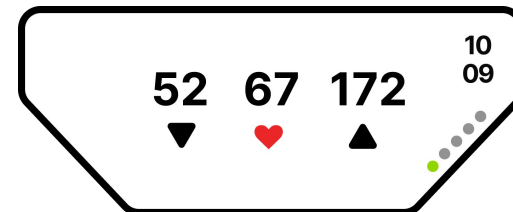
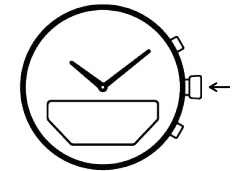
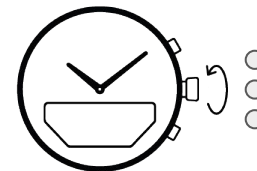
↓ Scroll down from home screen to see your health related screens.

→ Select to navigate to App launcher. Select again to start chosen app.

Home screen



App launcher



Health

Daily goals

There are three activity goals to assist in maintaining your motivation and monitoring your daily physical exercise. The goals are based on recommendations provided by the WHO*, but they can be customized to align with your personal starting point and lifestyle.

Walk - Every step counts

10.000 steps.

Stand - Take a stand

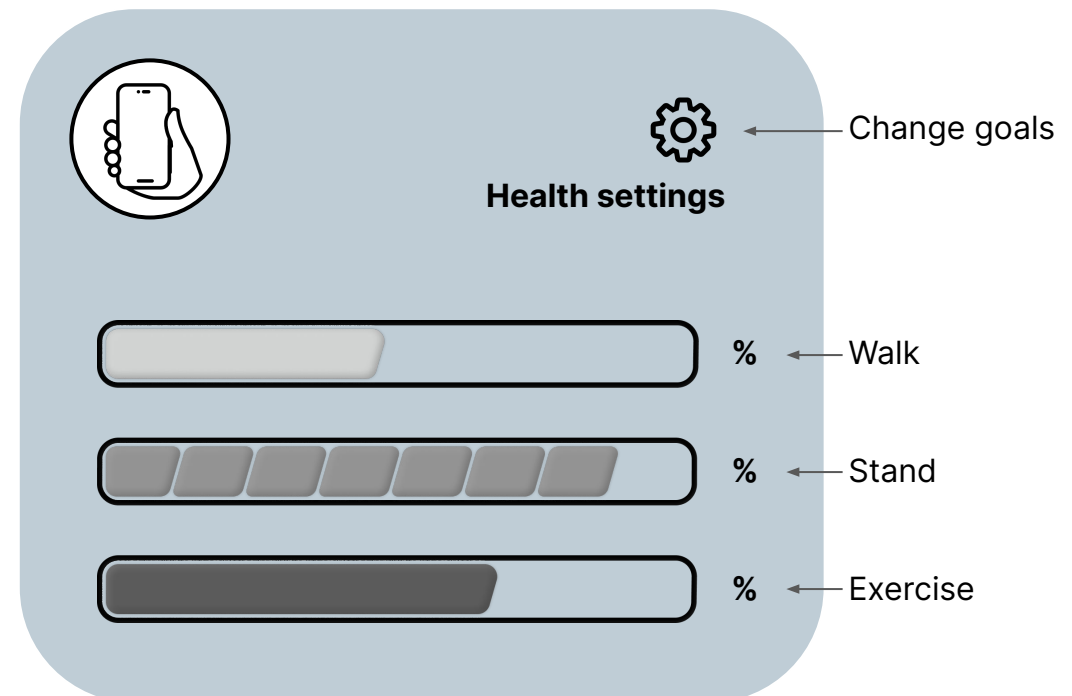
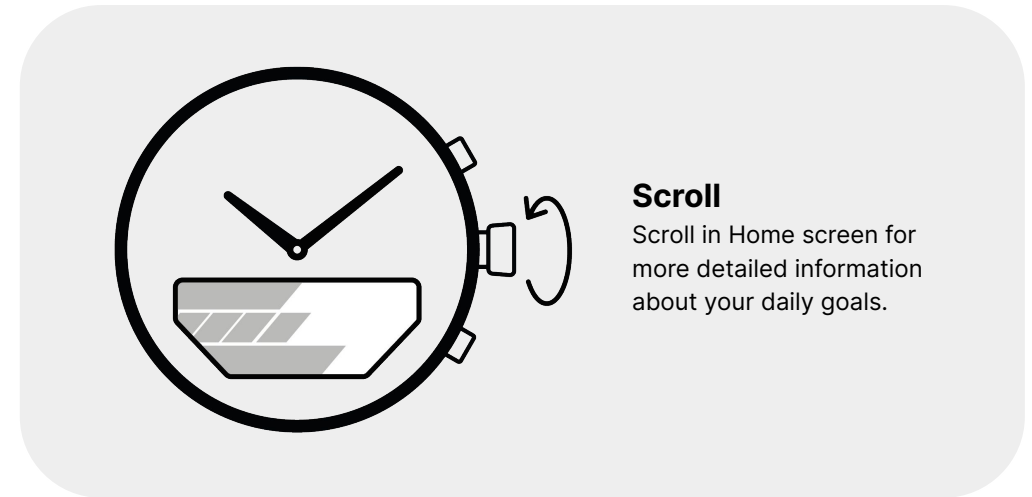
8 Stand hours. Take at least 100 steps every hour.

Exercise - Get your heart pumping

30 min/day.

You can follow your progress over time by:

1. On home screen tap 'Health'
2. Tap 'Daily goals'
3. Tap 'Full History'



Health

Workout

Track your workouts and follow your progress with e.g. distance, elapsed time, steps, average pace, calories and splits.

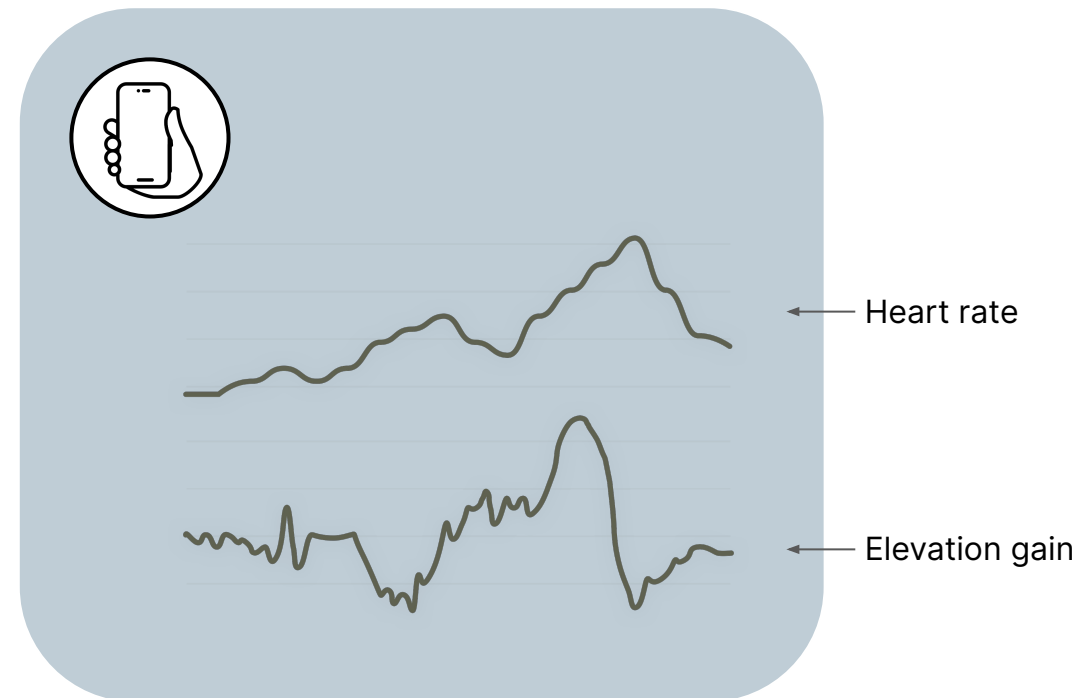
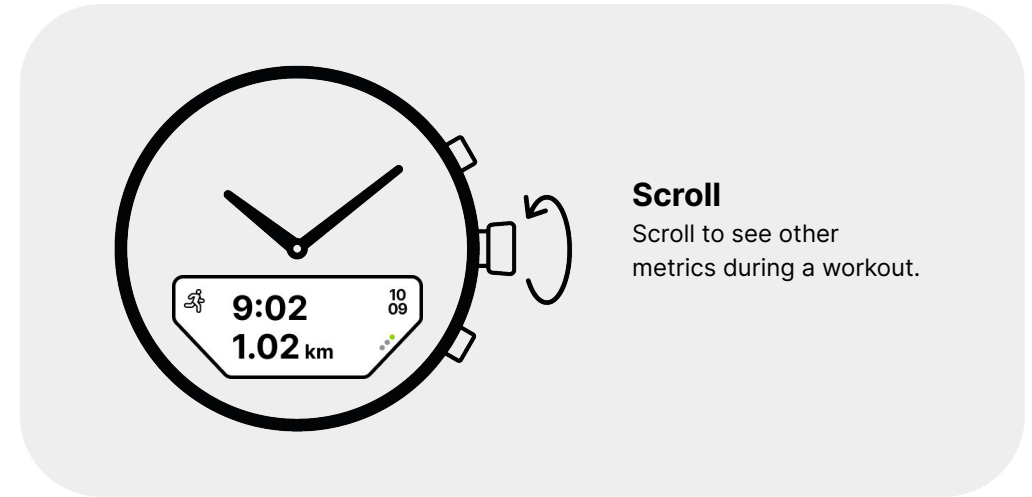
Connected GPS

Location data from your phone can be used if you keep it connected during the workout.

Strava integration

Our Connected D watches are compatible with Strava.

Wear the watch with a snug fit for the most accurate measurements.



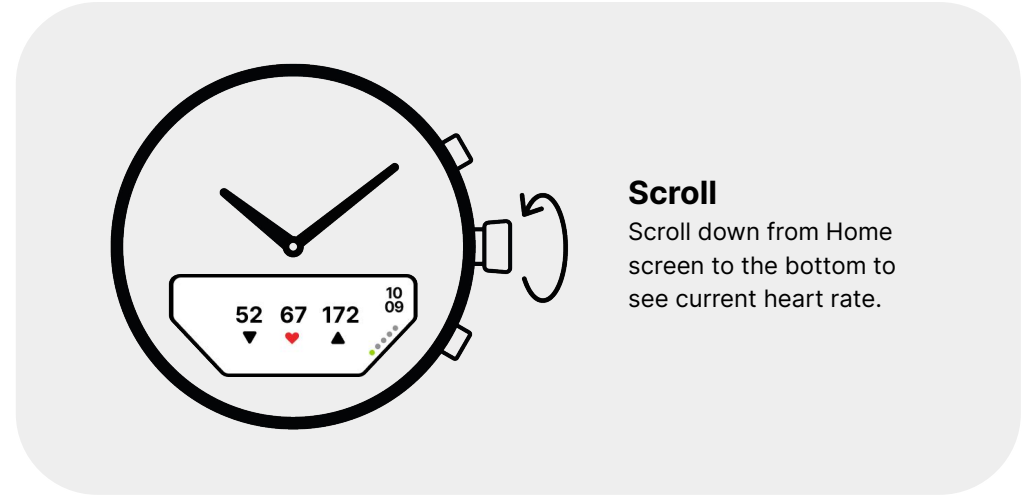
In Connected app

Health

Health metrics

Track your health metrics and follow your progress with e.g. steps, heart rate, calories, VO₂ max and sleep.

To get a VO₂ max estimate you need to have done a couple of runs. The VO₂ max estimate is based on data gathered during workouts at an elevated heart rate.



In Connected app

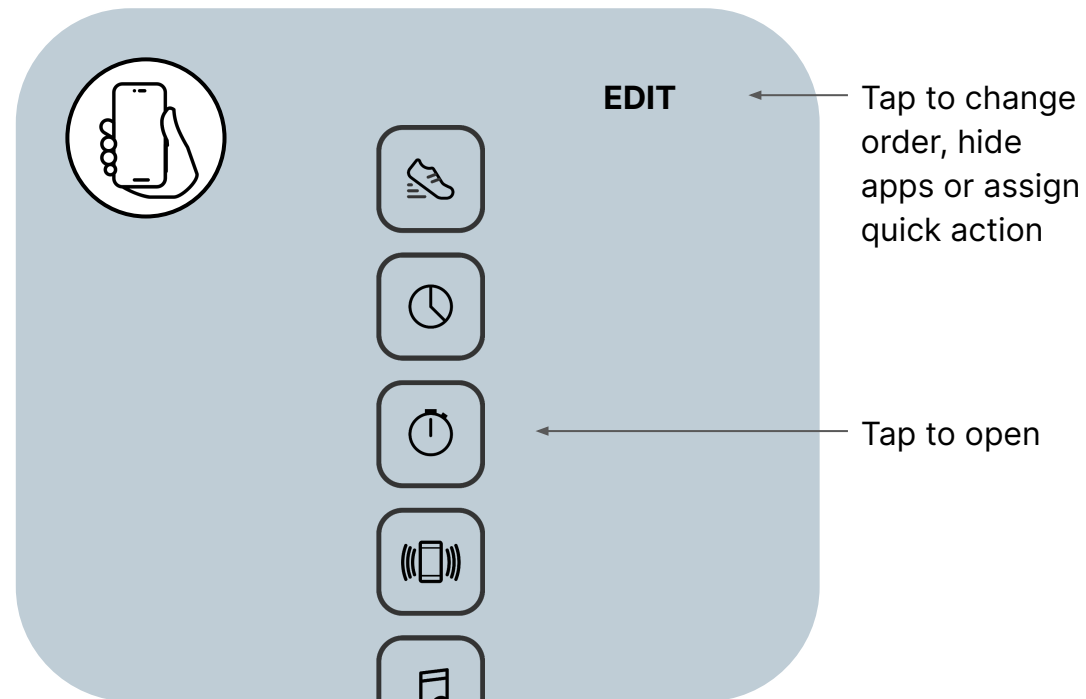
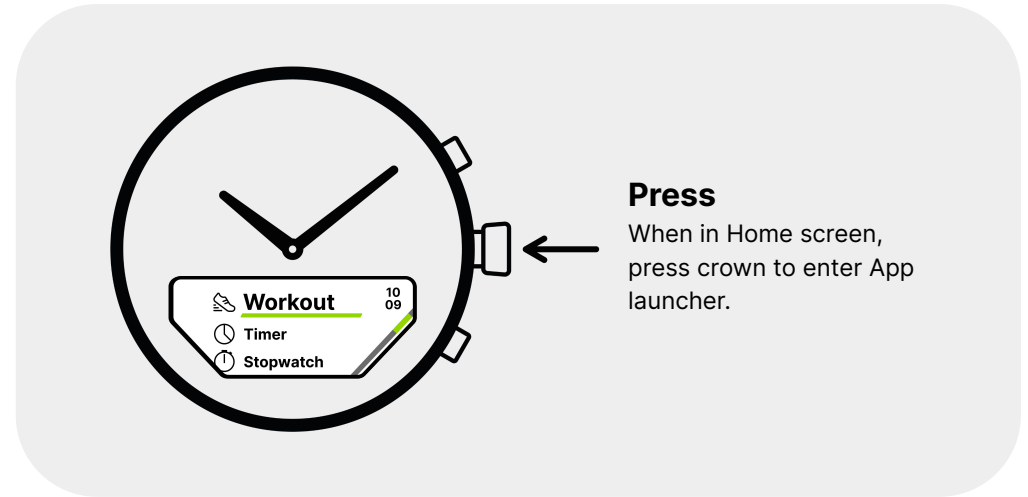
Apps

The Apps can help you out in your everyday life. Use the timer for meditation, cooking or for boosting your productivity. Or use the music control to play, pause or skip tracks on your phone.

You can read more about all the Apps in the Connected app.

Where to find more information on Apps

1. Open the Connected app
 2. Tap 'Apps' on the home screen menu
 3. Tap an App icon to view more details
-



In Connected app

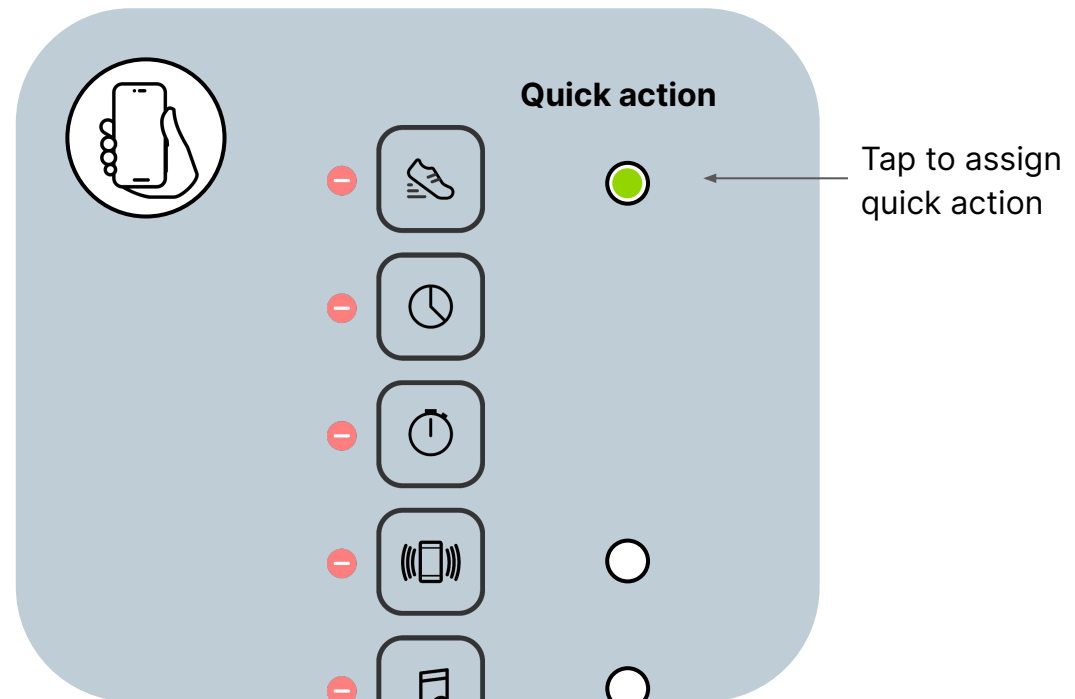
Quick actions

Customise your watch

Configure a quick action for the top pusher on your watch to get quick access to key functionalities within your preferred app. This feature is particularly advantageous for frequently utilized apps such as e.g. 'Music control' or 'Workout'. Instead of engaging in multiple interactions to initiate or pause a song, a single press of the top pusher is all that is required to accomplish the task efficiently.

In the Connected app, you can assign a Quick action by

1. Tap 'Apps' on the home screen menu
2. Tap 'Edit' button
3. Tap the 'Quick action' circle
4. Tap 'Done' to exit



In Connected app

Notifications

Set your filters

In 'Settings' in the Connected app, you can filter your notifications. In general, we believe that time is valuable and disruptions costly. So be picky.

Calls / Texts

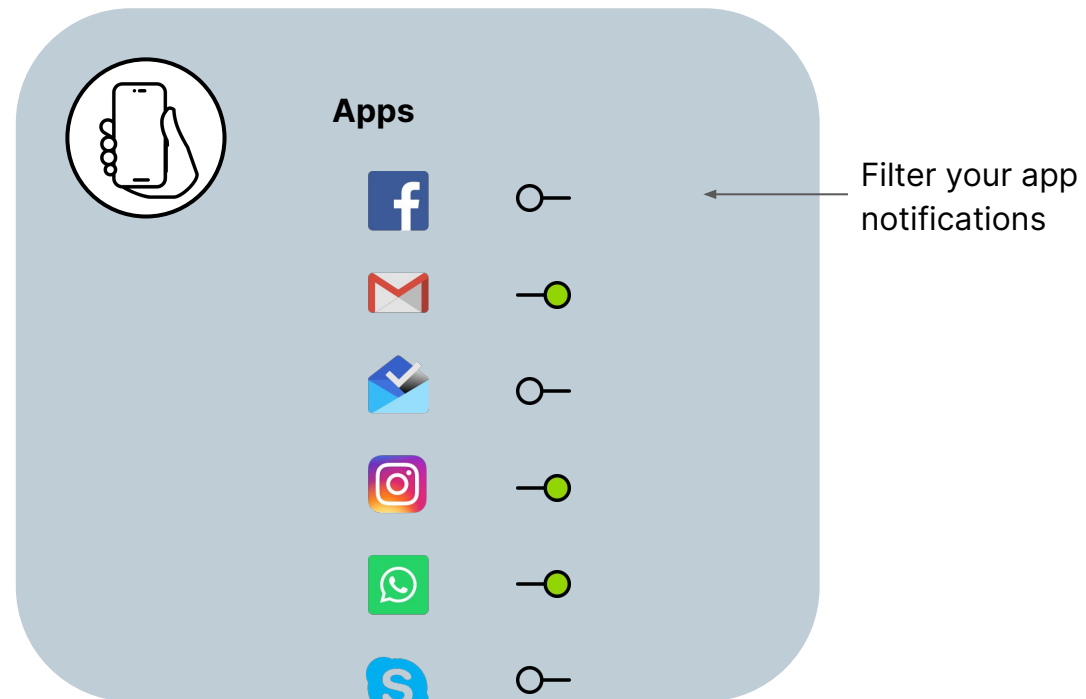
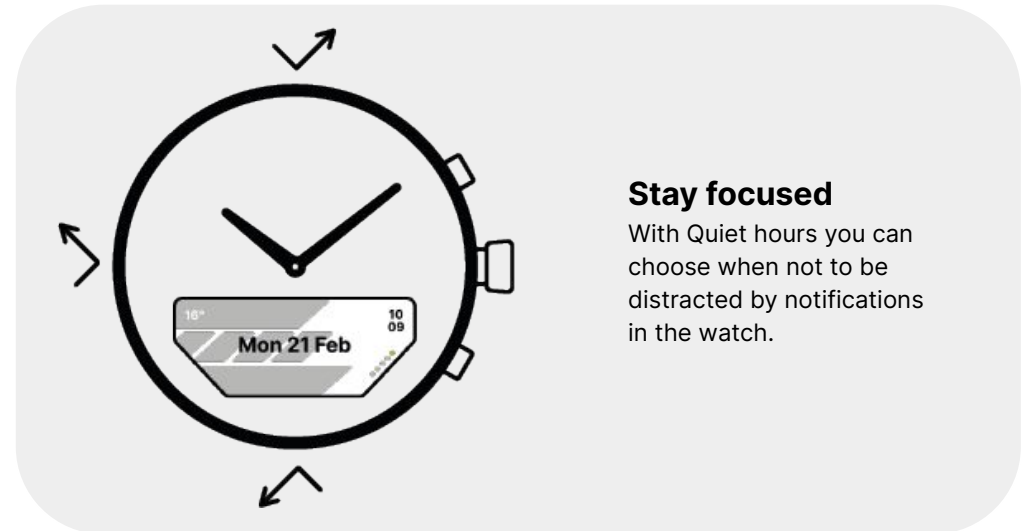
Filter your calls and texts notifications.

Apps

Filter your app notifications.

Quiet hours

Schedule when you want to filter all notifications, unless it is your Important contacts.



Watch settings

In the bottom of the App launcher list in your watch you find settings. In settings you can adjust brightness of the display, set color scheme, reset or turning your watch off.



Customise settings

Customise your watch settings to suit your needs.

Battery

A fully-charged watch has a battery life of up to 10 days. You will receive a notification in your watch when it's time to charge the watch.

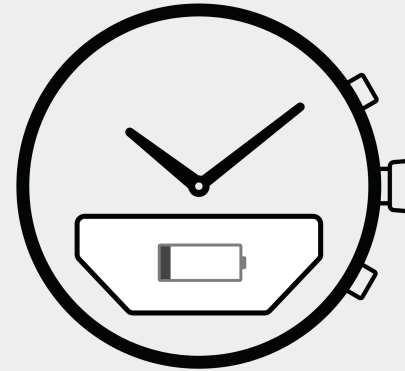
Charging times

10% to 70% - 1h 30m

0% to 100% - 3h

Low battery mode

When the watch is at 10% or lower it will go in to "Low battery mode". The watch will only show time with the hands and the display is not functional. This gives you additional 7 days of telling time before having to charge the watch. When the watch is at 0% the hands will be positioned at 12:00.



Charge

Place the watch in the charging dock.

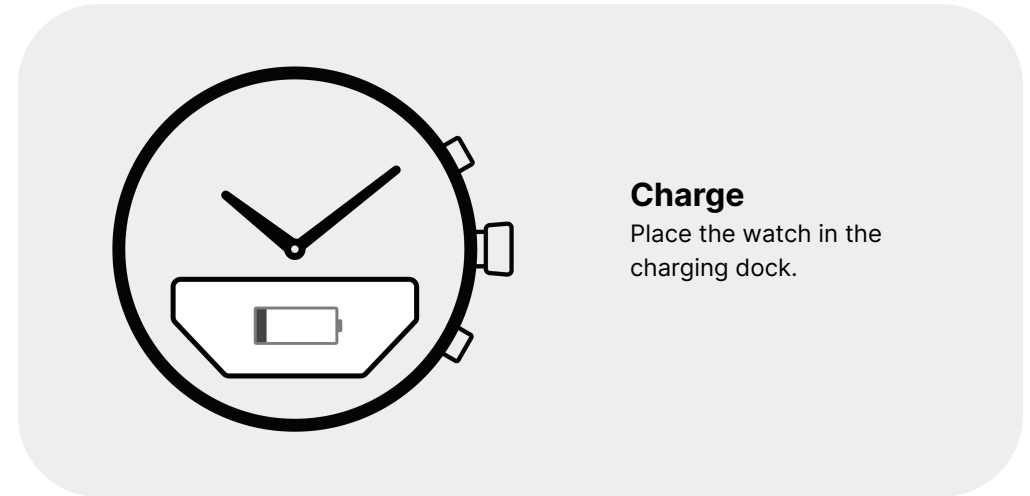
Charging

Make sure you use an USB A adapter (not included) that fits in your wall socket. Plug the included cable to the adapter with the big USB A connector. Then plug the small USB C connector to the charging dock.

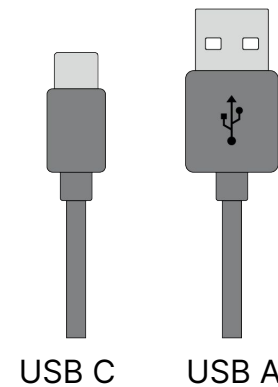
To charge the watch, place the watch in the charging dock as shown in the illustration. The display will start showing battery percentage once the watch is properly connected to the charging dock.

What's included when you buy the watch:

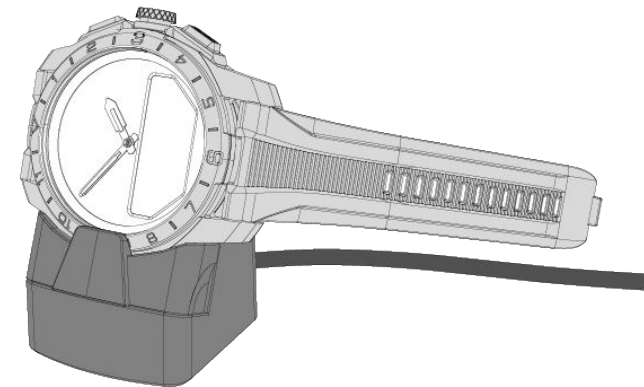
- **Charging cable**
- **Charging dock**



Included in the box:



Charging cable



Charging dock

Forget watch

Follow these steps to unpair the watch from your phone and reset it to its factory defaults.

To unpair watch, in app:

1. Navigate to Settings
2. Tap 'Your watch'
3. Tap 'Forget watch'

Extra steps for iPhone users:

4. Navigate to phone's Bluetooth settings
5. Tap the information icon next to your watch.
6. Tap "Forget this device"

