



FREDERIQUE CONSTANT
GENEVE

E-STRAP

MAKE ANY ANALOG WATCH SMART



USER'S MANUAL



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TECHNICAL DETAILS

The Smart E-Strap works in association with a smartphone or tablet

Compatible with iOS and Android.



The Smart E-Strap can be used on any analog watch with a matching lugwidth.

- > Autonomy/Battery Life: 7 days
- > Average charging time: 4 hours
- > Water-Resistance: 3 ATM
- > Patented MMT-100 Module
- > Material: Stainless steel (yellow gold plated/rose gold plated) & glass

USER GUIDE

In order to configure your e-strap, you will need the strap itself, its USB charger and a smartphone or tablet with activated Bluetooth and an access to the App Store or Google Play Store.

STEP 1

Assemble the E-Strap onto your watch case.

> Go to our Installing your Strap Guide on page 08 for further help.

STEP 2

Place the connected buckle in the USB charger provided in the box. The buckle needs to be charged for at least 4 hours before use.

STEP 3

Download the MMT-365 App from the App Store or Google Play Store onto your smartphone or tablet.

STEP 4

Activate Bluetooth on your device and launch the app.

STEP 5

- > Click on the I'VE GOT AN E-STRAP button
- > Once the app is open, touch the icon on the upper right corner of the screen.

- > Keep the buckle close to your device and press the pusher on the side of the buckle once in order to pair with your phone or tablet.
- > The light will switch repeatedly between orange and green while pairing.
- > The app will ask you to press the pusher again to complete the pairing.
- > Your E-Strap is now successfully connected to your smartphone or tablet.

STEP 6

You can now use your E-strap and enjoy its numerous features.

MODES

- > The E-Strap can be used in Activity Mode and Sleep Mode.
- > To switch, press the pusher for 3 seconds and release.
- > A light will appear below the pusher.
- > When in Activity Mode, the light will turn green. In Sleep Mode, the light will turn orange.

BATTERY LEVEL

- > The E-Strap's battery level is indicated via the App.
- > Connect your e-strap to your smartphone or tablet and refer to the icon on the upper right corner of your screen.

THE FUNCTIONS



ACTIVITY TRACKING

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



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 Alerts from the MMT-365 app.



SLEEP MONITORING

Wear your E-Strap at night or put it under your pillow to record your sleep. Sleep monitoring function provides details on how much time you spent in deep sleep, light sleep, or awake.



SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best appropriate time in your sleep cycle so that you wake up refreshed.



DYNAMIC COACH

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



CLOUD BACKUP AND RESTORE

Recover all of your data, even if you lose your watch or phone. The E-Strap independently stores your activity and sleep up to 30 days without having to synchronize it to your smartphone.

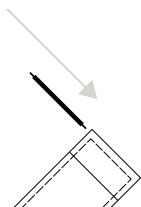
A great way to collect and keep your data on-the-go!



RECHARGEABLE BATTERY

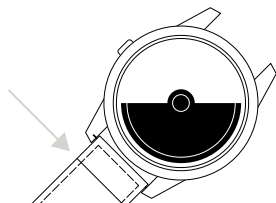
Once the battery of your E-Strap is low, you can easily recharge it using the provided USB charger. Small and practical, the charger can be carried anywhere effortlessly, making your E-Strap a perfect travelling companion.

INSTALLING YOUR STRAP



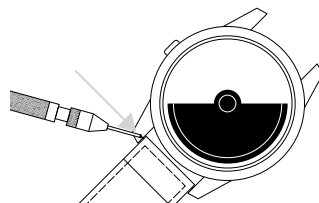
STEP 1

Slide your spring bars into the hole on the long and the short end of the strap. Push them all the way in so they are centered inside the strap.



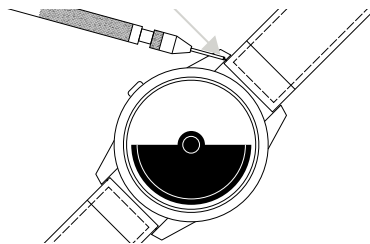
STEP 2

Install the short end of the strap (the end with the buckle). It goes on the top of the watch (the end of the watch with 12 o'clock). From the back side of your watch, insert one end of the spring bar into the hole on the watch lug.



STEP 3

Use the spring bar tool provided to depress the other end of the spring bar, so it slides inside the watch lug. Make sure both ends of the spring bar securely snap into their holes, or the strap will fall off the watch.



STEP 4

Repeat the process on the other end of the watch. The long end of the strap (with the holes) goes on the bottom of the watch (the end with 6 o'clock). Your watch is ready to be worn.

NOTICE

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.

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:

- > this device may not cause harmful interference, and
- > this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications made to this equipment not expressly approved by Manufacture Modules Technologies SA may void the FCC authorization to operate this equipment.

Japanese Radio Law and Japanese Telecommunications Business Law Compliance.

This device is granted pursuant to the Japanese Radio Law (電波法) and the Japanese Telecommunications Business Law (電気通信事業法)

This device should not be modified (otherwise the granted designation number will become invalid)

Manufature Modules Technologies Sarl
Chemin du Pré-Fleuri, 5
1228 Plan-les-Ouates
Switzerland

Declares that the product:

MMT-100

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:

Place and date of the declaration of conformity
Geneva, 01.04.2017

Philippe Fraboulet, CEO



1. HEALTH

(ARTICLE 31A OF THE R&TTE DIRECTIVE)
APPLIED STANDARD(S)
EN 62311:2008

2. SAFETY

(ARTICLE 31A OF THE R&TTE DIRECTIVE)
APPLIED STANDARD(S)
EN 60950-1:2006 + A11:2009 + AC:2011 + A12:2001 + A1:2010

3. ELECTROMAGNETIC COMPATIBILITY

(ARTICLE 31B OF THE R&TTE DIRECTIVE)
APPLIED STANDARD(S)
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)
APPLIED STANDARD(S)
EN 300 328 V1.8.1



Companion App available for iOS and Android.



Designed in Geneva, Switzerland – Produced in China.

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