



**FREDERIQUE CONSTANT**  
**GENEVE**

# E-STRAP

MAKE ANY ANALOG WATCH SMART



USER'S MANUAL



FREDRIQUE CONSTANT  
**E-STRAP**  
MAKE ANY ANALOG WATCH SMART



## 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



## INTERNATIONAL

More user guide languages available on our website.  
[www.frederiqueconstant/e-strap](http://www.frederiqueconstant/e-strap)

## PACKAGE CONTENTS



1x Connected Buckle set on strap



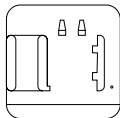
1x Strap part



2x Spring bars



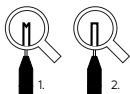
1x Spring bar tool



1x Charging support base



1x USB cable



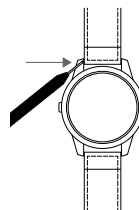
Spring bar tool detail  
1. Pronged (forked) end  
2. Push-pin end

## INSTALLING YOUR STRAP

In order to configure your E-Strap, you will need the strap itself, the spring bar tool, 2 spring bars provided, a smartphone or tablet with activated Bluetooth and access to the Apple App Store or Google Play Store.

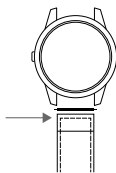
### STEP 1 REMOVE PREVIOUS STRAP

Lay your watch in order to have its back facing you. Then use the pronged end side of your spring bars tool. Insert it between the strap and the watch lug. Gently apply pressure inwards to loosen the spring bar, until it pops out with the strap.

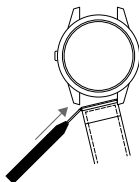
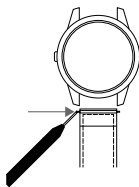


**STEP 2****INSTALL THE E-STRAP**

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

**STEP 3**

Use the spring bar tool to loosen 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 6 o'clock side). Your watch is ready to be worn.

**STEP 5**

Download the Frederique Constant Smartwatch App from the Apple App Store or Google Play Store onto your smartphone or tablet.

**STEP 6**

Activate Bluetooth on your device and launch the app.

**STEP 7**

Go in the actions menu > settings.

Keep the buckle close to your device and press the button on the side of the buckle once.

Follow the instructions on the screen to pair your E-Strap. Your E-Strap is now successfully connected to your smartphone or tablet.

## THE FUNCTIONS

Each time you open your app, health data will be transferred from your E-Strap. Make sure that Bluetooth is turned on and that your E-Strap is near your smartphone or tablet.

### 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 Frederique Constant Smartwatch app. Alerts will appear as notifications on your smartphone / tablet.

### SLEEP MONITORING

After putting E-Strap in sleep mode: Wear your E-Strap at night or put it under your pillow to record your sleep. Sleep monitoring provides details on how much time you spent in deep sleep, light sleep, or awake. End the sleep mode via a long press on the crown.

### SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the most appropriate time in your sleep cycle so that you wake up refreshed. Alerts will appear as notifications on your smartphone / tablet.

### 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 E-Strap 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, making your E-Strap a perfect travel companion.

# FREQUENTLY ASKED QUESTIONS

## PAIRING

In case of pairing difficulties, please make sure that:

- 1) The E-Strap is fully charged
- 2) Your mobile device has Bluetooth turned on
- 3) The E-Strap is close to your mobile device
- 4) No electromagnetic devices such as microwaves are running closeby
- 5) You try again

For additional information about your E-Strap, visit our support page on [frederiqueconstant.com](http://frederiqueconstant.com)

## MODES

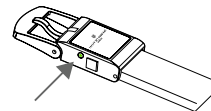
The E-Strap can be used in Activity Mode or Sleep Mode.

To know which mode the E-Strap is set to, press the E-Strap crown button.

To switch between modes, long press the E-Strap crown button.

## E-STRAP LED COLOR MEANING

- Green: activity mode
- Orange: sleep mode
- Flashing green and orange: E-Strap needs to be paired



## BATTERY LEVEL

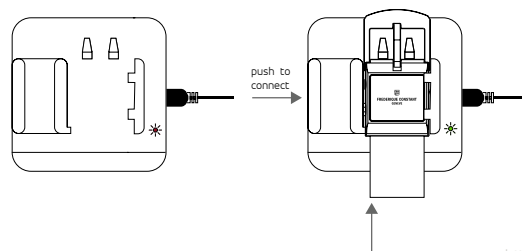
The E-Strap battery level is indicated via the App. Connect your E-Strap to your smartphone or tablet and refer to the icon on the upper right corner of your screen.

## HOW TO CHARGE YOUR E-STRAP

Put your E-Strap on the charger as indicated below.

Charger LED color meaning:

- Red: standby
- Green blinking: charging mode
- Green: fully charged E-Strap



# STATEMENTS

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)

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

#### 2. SAFETY

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

#### 3. ELECTROMAGNETIC COMPATIBILITY

(ARTICLE 31.B OF THE R&TTE DIRECTIVE)  
APPLIED STANDARD(S)  
EN 301 489-1 V19.2  
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 V1.81



# IMPORTANT SAFETY INSTRUCTIONS

**EN** By using your E-Strap, you expressly agree to our Services Terms and Conditions available on our website. This product is not a medical device and should not be used to diagnose or treat any medical condition. Always read the instructions and follow this safe use advice carefully. The package contains a sharp product which can be harmful. Do not, drop or throw the product. Never allow the product mounted to be operated by children or individuals unfamiliar with its operation. Never use the provided components for applications other than those specified. If the product appears to be operating unusually or appears defective, stop using it immediately. Service and maintenance not described in the User Guide should be performed by professional technicians. Exposure to high or low temperatures may shorten battery life.

**DE** Mit der Verwendung Ihres E-Straps stimmen Sie ausdrücklich unseren allgemeinen Geschäftsbedingungen zu, die auf unserer Website abrufbar sind. Bei diesem Produkt handelt es sich nicht um ein medizinisches Messinstrument. Daher sollte es nicht für die medizinische Diagnose oder Behandlung verwendet werden. Lesen Sie die Anweisungen immer sorgfältig durch und folgen Sie den Empfehlungen für einen sicheren Gebrauch. In der Verpackung befindet sich ein scharfes Produkt, das gesundheitsschädlich sein kann. Lassen Sie das Produkt nicht fallen und werfen Sie es nicht. Lassen Sie das Produkt weder von Kindern noch von Menschen bedienen, die mit der Bedienung nicht vertraut sind. Verwenden Sie die enthaltenen Teile niemals für einen anderen Zweck als die beschriebenen Zwecke. Wenn das Produkt nicht normal zu funktionieren oder beschädigt zu sein scheint, beenden Sie den Gebrauch sofort. Wartungsarbeiten, die nicht in der Bedienungsanleitung beschrieben sind, sollten von professionellen Technikern durchgeführt werden. Hohe oder tiefe Temperaturen können die Akku-Lebensdauer verkürzen.

**FR** En utilisant un E-Strap, vous acceptez les conditions d'utilisation de nos services consultables sur notre site Internet. Ce produit n'est pas un dispositif médical et ne doit pas être utilisé dans le cadre d'un diagnostic ou d'un traitement médical. Lisez attentivement les instructions et suivez les recommandations d'usage. L'emballage contient un objet pointu qui peut blesser. Ne pas lancer ni faire tomber le produit. Ne pas laisser un enfant ou une personne ne connaissant pas la procédure effectuer l'installation du produit. Ne pas utiliser les pièces fournies à d'autres fins que celles spécifiées. Si le produit semble ne pas fonctionner correctement ou être défectueux, interrompre immédiatement son utilisation. Toute opération d'entretien ou de maintenance non décrite dans le mode d'emploi doit être réalisée par un technicien professionnel. Exposer le produit à des températures très élevées ou très basses peut réduire la durée de vie de la batterie.

**IT** L'utilizzo dell'E-Strap implica l'approvazione esplicita dei nostri Termini e Condizioni di utilizzo disponibili sul nostro sito web. Questo prodotto non è un dispositivo medico e come tale non deve essere utilizzato per diagnosticare o curare malattie e patologie. Leggere sempre le istruzioni e seguire attentamente queste raccomandazioni di sicurezza. La confezione contiene un prodotto affilato che può risultare pericoloso. Non lasciare cadere il prodotto e non lanciarlo. Non lasciare mai assemblare il prodotto a bambini o a persone non dotate di sufficiente esperienza e competenza. Non usare mai i componenti forniti per applicazioni diverse da quelle specificate. Se il prodotto non funziona correttamente o se risulta difettoso, smettere di usarlo immediatamente. Qualunque intervento di manutenzione non descritto nella Guida utente deve essere effettuato da tecnici qualificati. L'esposizione a temperature basse o elevate può ridurre la durata della batteria.

**ES** Al usar la E-Strap, usted acepta de forma expresa los términos y condiciones de nuestros servicios que figuran en nuestro sitio web. Este producto no es un dispositivo médico y no debe utilizarse con fines de diagnóstico o de tratamiento de enfermedades. Lea siempre las instrucciones y siga atentamente estas recomendaciones de uso seguro. El embalaje contiene un producto cortante que puede provocar lesiones. No deje caer ni tire el producto. No confíe nunca el montaje del producto a niños o personas no familiarizadas con este tipo de operaciones. No utilice nunca los componentes suministrados para usos que no sean los previstos. Si el producto funciona de forma inusual o defectuosa, deje de usarlo de inmediato. Las operaciones de servicio y mantenimiento no descritas en las instrucciones de uso deben ser realizadas por técnicos profesionales. La exposición a altas o bajas temperaturas puede reducir la duración de la pila.

**NL** Door gebruik te maken van uw E-Strap gaat u uitdrukkelijk akkoord met onze algemene voorwaarden, die te vinden zijn op onze website. Dit product is geen medische hulpmiddel en dient niet te worden gebruikt om een medische aandoening te diagnosticeren of te behandelen. Lees altijd de instructies en volg dit advies voor veilig gebruik zorgvuldig op. De verpakking bevat een scherp product dat schade kan aanrichten. Het product is niet bestemd tegen gooien of vallen. Laat het product nooit gebruiken door kinderen of personen die niet bekend zijn met de bediening van het product. Gebruik de geleverde onderdelen nooit voor andere toepassingen dan die welke in de gebruiksaanwijzing worden vermeld. Staak het gebruik onmiddellijk indien het product abnormaal lijkt te functioneren of defect lijkt. Service- en onderhoudswerkzaamheden die niet in de gebruiksaanwijzing worden vermeld, dienen te worden uitgevoerd door een gekwalificeerd technicus. Blootstelling aan hoge of lage temperaturen kan de levensduur van de batterij verkorten.

**SV** Genom att använda din E-Strap, accepterar du uttryckligen våra tjänstevillkor som finns på vår hemsida. Denna produkt är inte en medicinsk enhet och bör inte användas för att ställa diagnos eller behandla några medicinska tillstånd. Las alltid anvisningarna och följ dessa säkerhetsanvisningar noggrant. Paketet innehåller en vass produkt som kan vara skadlig. Släpp eller kasta inte produkten. Låt aldrig produktmonteringen användas av barn eller personer som inte känner till dess funktion. Använd aldrig de medföljande komponenterna för andra tillämpningar än de som angavs. Sluta använda produkten omedelbart om den inte fungerar som vanligt eller verkar vara defekt. Service och underhåll som inte beskrivs i användarhandboken bör utföras av professionella tekniker. Exponering för höga eller låga temperaturer kan förkorta batteriets livslängd.

**DA** Når du anvender din E-Strap, accepterer du udtrykkeligt vores vilkår og betingelser, som findes på vores websted. Dette produkt er ikke et medicinsk apparat og bør ikke anvendes til at diagnosticere eller behandle sygdomme. Læs instruktionerne og følg sikkerhedsoplysningerne nøje. Denne pakke indeholder en skarp genstand, som kan gøre skade. Tab og kast ikke med produktet. Lad aldrig barn eller personer, som ikke kender til, hvordan produktet fungerer, sætte det op. Anvend aldrig de medfølgende dele til andre formål end dem, som er beskrevet. Såfremt produktet synes at fungere unormalt eller virker defekt, bedes du stoppe med at bruge det øjeblikkeligt. Service og vedligeholdelse, som ikke er beskrevet i brugsanvisningen, skal udføres af en professionel tekniker. Batteriets levetid kan forkortes, hvis produktet udsættes for høje eller lave temperaturer.

**NO** Ved å bruke E-Strap godtar du alle vilkår og betingelser som finnes på nettstedet vårt. Dette produktet er ikke en medisinsk enhet og skal ikke brukes til å stille diagnose eller behandle sykdom. Les bruksanvisningen nøye og følg sikkerhetsanbefalingene til punkt og prikke. Pakken inneholder et spisst produkt som kan føre til skade. Ikke slipp produktet eller kast det i gulvet. Ingen barn eller personer som ikke har fått opplæring i produktet skal behandle produktet. Ikke bruk komponentene til noe annet enn det de er utviklet til. Hvis produktet oppfører seg uvanlig eller virker ødelagt, skal du avslutte bruken av det umiddelbart. Service og vedlikehold som ikke er beskrevet i brukerveiledningen skal kun utføres av profesjonelle teknikere. Hvis batteriet utsettes for svært høye eller lave temperaturer, kan batteriets levetid reduseres.

**FI** Käyttämällä E-Strapia nimenomaisesti hyväksyt palveluehdot, jotka ovat verkkosivustollamme. Tämä tuote ei ole lääkinnällinen laite, eikä sitä saa käyttää sairauksien diagnosiintia tai hoitoon. Lue ohjeet ja noudata näitä turvallisuusohjeita huolellisesti aina. Pakkauksessa on terävä osa, joka voi aihe vahingoittua. Älä pudota tai heitä tuotetta. Älä koskaan anna lasten tai henkilöiden, jotka eivät tunne tuotteen toimintaa, käyttää tuotetta. Älä koskaan käytä mukana toimitettuja osia muihin kuin ilmoitetuihin käyttötarkoituksiin. Jos tuote toimii poikkeuksellisella tavalla tai vaikuttaa vialliselta, lopeta sen käyttö välittömästi. Vain pätevät teknikot saavat suorittaa huolto- ja kunnossapitotöitä, joita ei ole kuvattu käyttöoppaassa. Tuotteen altistuminen korkeille tai matalille lämpötiloille saattaa lyhentää akun kestoa.



Companion App available for iOS and Android.



Designed in Geneva, Switzerland - Produced in China.

©2017 All rights reserved - frederiqueconstant.com

