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1. Introduction

- A word of thanks

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Your watch has been made with the greatest of care, using fine-quality materials and components, and is protected against shocks, temperature fluctuations, water and dust.

- Compatibility

The T-Touch Connect Solar is equipped with Bluetooth® and requires the use of a smartphone running on at least Android 6.0 or above, or iOS 12.0 or above.

	Operating system 6.0 or above
Android requirements	Version 6.0 of Android (Android Marshmallow) was released in October 2015. Most devices manufactured after this date will meet this requirement.
	iOS 12 or above
Apple iOS requirements	Compatible with iPhone

Tissot ensures its products are compatible with Android mobile devices, the bestknown and most widely-used worldwide. Some devices, however, are not compatible with the T-Touch Connect Solar:

- Xiaomi Mi 8 lite international version
- Blackberry Key2 LE
- Samsung A21S
- Sony XZ3

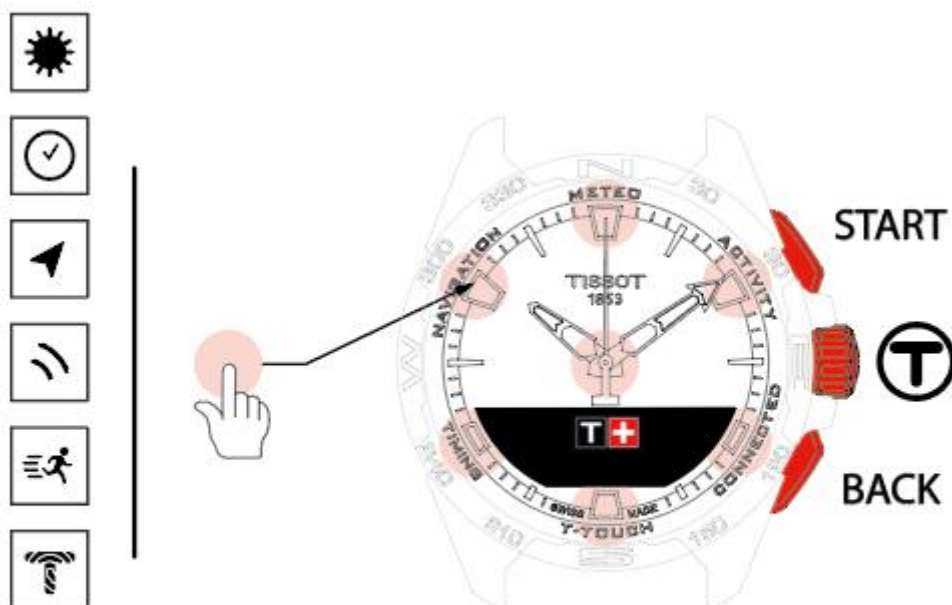
The T-Touch Connect application is supported only in the following countries and languages:

Supported countries	Supported languages	Application languages
Albania	Afrikaans	English
Austria	Albanian	French
Belarus	Basque	German
Belgium	Breton	Italian
Bulgaria	Catalan*	Spanish
Canada	Corsican	
Croatia	Danish*	
Cyprus	Dutch*	
Czech republic	English	
Denmark	Estonian*	

Estonia	Faroese	
Finland	Finnish*	
France	French	
Germany	Galician	
Greece	German	
Hungary	Hungarian*	
Ireland	Icelandic	
Island	Indonesian	
Italia	Irish	
Lettonia	Irish* (traditional orthography)	
Lithuania	Italian	
Luxembourg	Kurdish[a]	
Malta	Leonese	
Moldavia	Luxembourgish[b]	
Netherlands	Malay[c]	
North Macedonia	Manx	
Norway	Norwegian[d]	
Poland	Occitan	
Portugal	Portuguese[e]	
Romania	Rhaeto-Romanic	
Slovakia	Scots	
Slovenia	Scottish Gaelic	
Spain	Southern Sami	
Sweden	Spanish	
Switzerland	Swahili	
Turkey	Swedish	
Ukraine	Tagalog	
United Kingdom	Walloon	
USA	Welsh*	

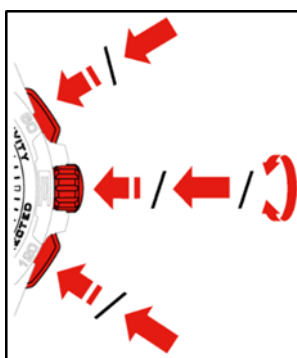
*Please note that some characters may be missing.

- Basic operations



 : Touch zones

 : MIP screen



-  : Short press (less than ½ a second)
-  : Long press (more than ½ a second)
-  : Rotation (applies only to the crown)

START push-piece:

- Short press: to start or stop timer/countdown
- Long press: to lock/unlock the watch  / 



BACK push-piece:

- Short press: to cancel a setting, reject an incoming call, stop an alarm, return to previous screen or exit a mode
- Short press: to reset timer/countdown to zero
- Long press: to return to the main menu



Crown :

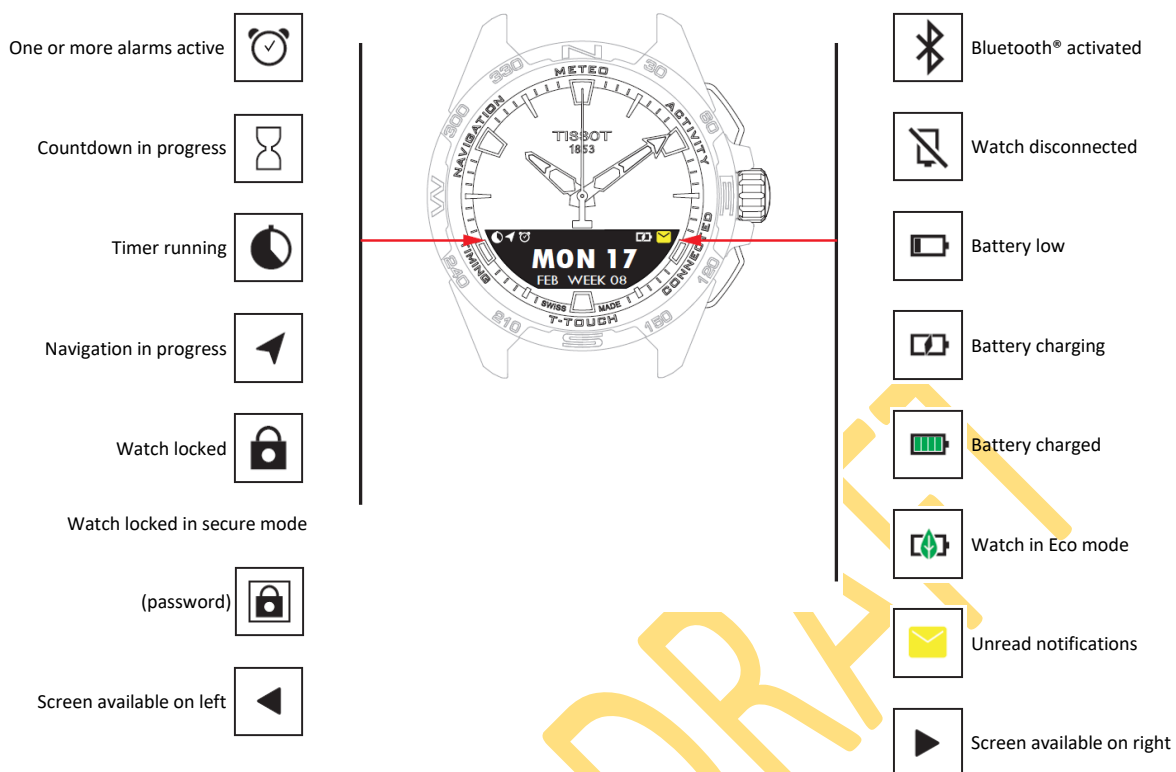
- Short press: to confirm, access a sub-menu, snooze an alarm, or stop the alarm sounding during an incoming call
- Long press: to activate screen backlighting
- Rotation: to navigate/scroll through functions and menus or change a value



Please note:

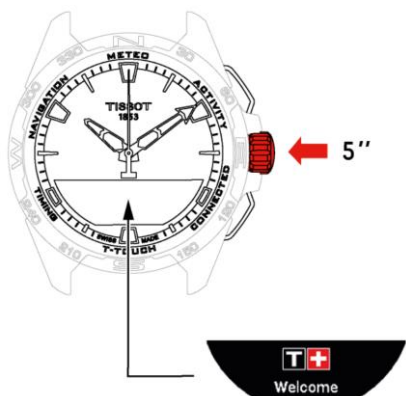
All touch actions can be performed by using the push-pieces and crown instead.

Just a light press on the push-pieces and a light touch on the glass will suffice to activate the functions of your T-Touch Connect Solar. Excessive force can damage the watch.



- Starting the watch
 - Turning the watch on

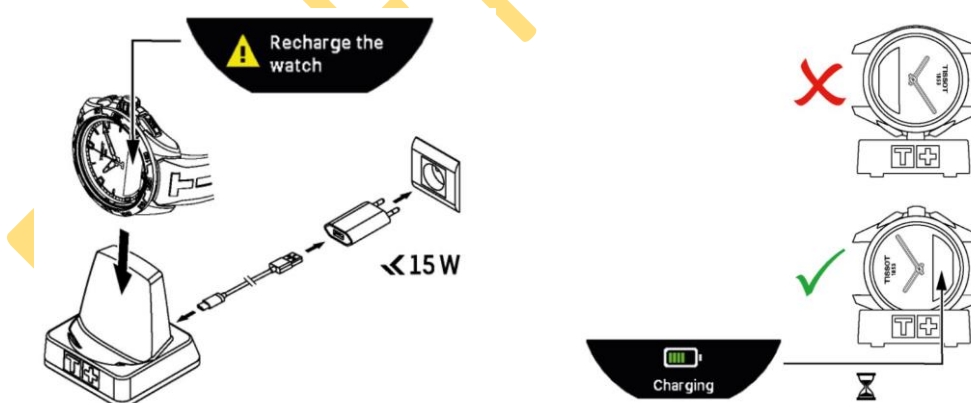
Press the crown for 5 seconds, until the MIP screen lights up.



- Charging the watch

The first time you use your T-Touch Connect Solar, we recommend charging it with the T229 charger supplied, being careful to position the T-Touch Connect Solar correctly on the charger and checking that the “Charging” indicator is visible on the MIP screen.

Do not use a USB adaptor (not supplied) that provides power in excess of 15 watts.



When the T-Touch Connect Solar battery has charged, Give the crown a short press and you will be offered two options for using the watch: paired or unpaired with a smartphone.

-  Using the T-Touch Connect Solar paired with a smartphone

Only paired mode provides access to all the T-Touch Connect Solar's functions.

Download the T-Touch Connect app to the smartphone and follow the connection information.



You will see displayed on the T-Touch Connect Solar's MIP screen:

"PAIR WITH PHONE? "

Using the crown, select "YES".

« Date ? » (Date)

To ensure maximum security for your data, you must enter today's date correctly on the T-Touch Connect Solar. This information is visible on the smartphone screen.



"Download and launch Tissot application"

Open the T-Touch Connect app on the smartphone.



"Pair with T-Touch Connect XXX" (paired with the T-Touch Connect Solar)

From the numbers displayed in the T-Touch Connect app, select the same number as the one displayed on the T-Touch Connect Solar.

Please note: unlike the next step, you are not performing a check at this stage, but rather selecting the right watch if there is more than one nearby.



"PAIRING CODE"

Check the pairing code on the T-Touch Connect Solar's MIP screen and in the T-Touch Connect app.

Please note, you only have 30 seconds to do this before the pairing process times out.

« SET PASSWORD ? "

Using the crown, choose if you want to secure the watch with a password. Activating the password ensures that:

- The content of notifications received is not displayed on the watch, thus protecting your privacy
- The watch menus cannot be accessed.

SET PASSWORD ?

Yes

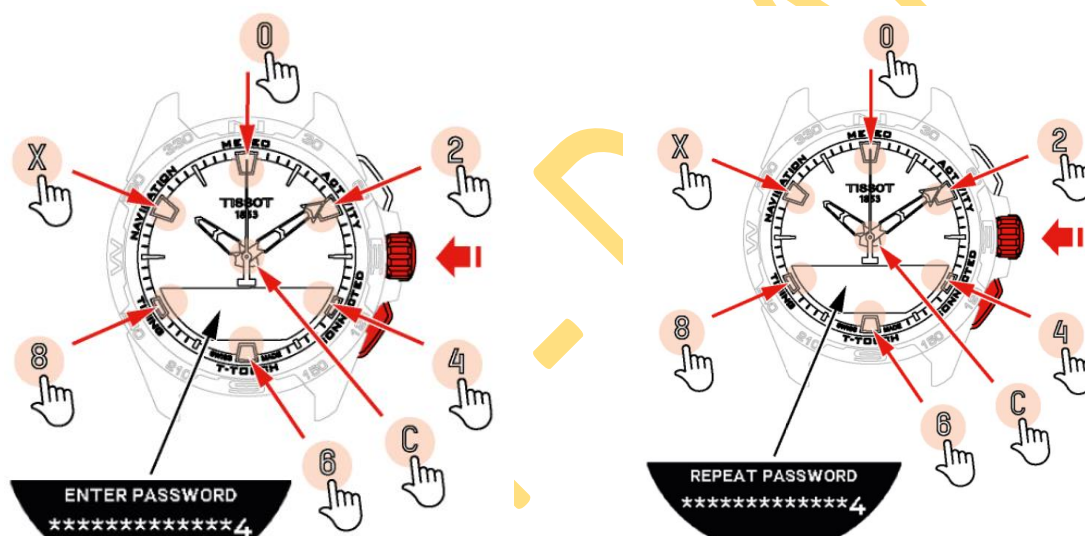
If yes, select "Yes".

"ENTER PASSWORD"

Use the touch zones to create the password. Each zone corresponds to a character: 0, 2, 4, C, 6, 8 and X.

Please note: minimum 6 digits, maximum 14.

When you have entered the code, confirm with T . You can return to the previous screen at any point by using the BACK push button.



Enter the password a second time, then confirm with T .

SET PASSWORD ?

No

If no, select "No" and move on to the next step.

The message "Setup completed" appears, which means the setup has been successfully completed. The hands position themselves to the correct time and the watch automatically self-locks.

If an error appears when you are trying to pair your watch to the Tissot T-Connect app, select the Try Again option to restart the process.

If the problem persists, follow the steps below:

- Uninstall the Tissot T-Connect app.
- Reset your watch (BACK button > "Abort" or T-Touch/Settings/System/Restore to factory settings menu).

- From the "Welcome" screen on your watch, press the crown and enter today's date starting with the year, then the month and finally the day.
- Activate Bluetooth on your smartphone.
- Delete your watch from the Bluetooth settings on your smartphone.
- Activate your smartphone's Internet connection.
- Install the latest version of the Tissot T-Connect app.
- Launch the app and connect to your account to restart the process.

-  Using the T-Touch Connect Solar unpaired with a smartphone

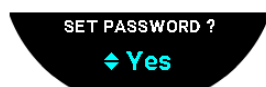
You will see displayed on the T-Touch Connect Solar's MIP screen:

« PAIR WITH PHONE ? ».

Using the crown, select "No".

« SET PASSWORD ? ».

Using the crown, choose if you want to secure the watch with a password. Activating the password ensures the watch menus cannot be accessed.



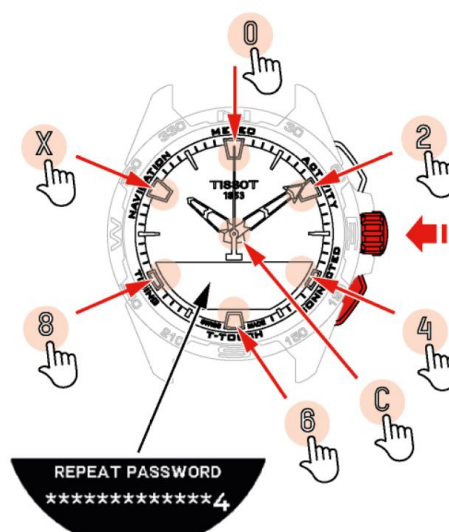
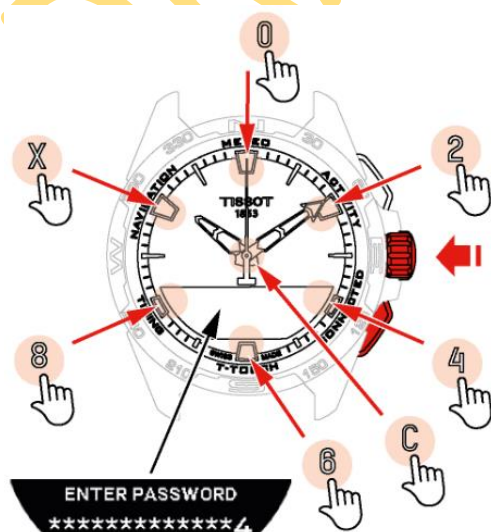
If yes, select "Yes".

"ENTER PASSWORD"

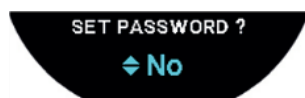
Use the touch zones to create your password. Each zone corresponds to a character: 0, 2, 4, C, 6, 8 and X.

Please note: minimum 6 digits, maximum 14.

When you have entered the code, confirm with . You can return to the previous screen at any point by using the BACK push button.



Enter the password a second time, then confirm with .



If no, select "No" and move on to the next step.

Use the crown to adjust the watch settings manually:



"Gender"

- Male or Female

"Height unit"

- Centimetres or Feet
- Enter your height

"Weight unit"

- Kilograms or Pounds
- Enter your weight

"Date format"

- DD.MM.YY (day.month.year) or MM.DD.YY (month.day.year)

"Birth date"

- Select the year, month and date

"Date"

- Enter today's date

"Time format"

- 24h or 12h (AM/PM)

"TIME 1"

- Enter the time

The message “Setup completed” appears, which means the setup has been successfully completed. The hands position themselves to the time you entered and the watch automatically self-locks.

DRAFT - DRAFT

- Charging the watch

-  Solar power

As its name indicates, the T-Touch Connect Solar uses light, especially sunlight, to recharge its battery automatically and naturally. This has the advantage of prolonging the watch's operating time.

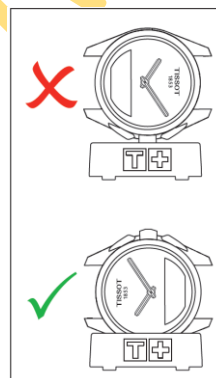
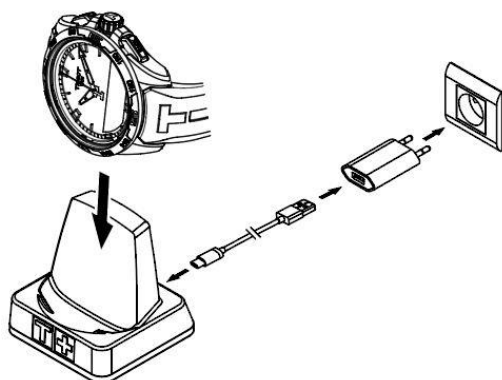
Please note: Avoid close exposure (≤ 20 cm) of the watch to any light source. In no circumstances should you do this in an attempt to make the battery charge faster.

-  T229 cordless charger

Do not use a USB adaptor (not supplied) that provides power in excess of 15 watts.

Do not use a cable or connector that is kinked, twisted, damaged or broken.

When placed on the T229 cordless charger, the T-Touch Connect Solar charges fully in under 3 hours.



This cordless power supply is compliant with circuit PS1 as set out in EN 62368-1.

2. Clock

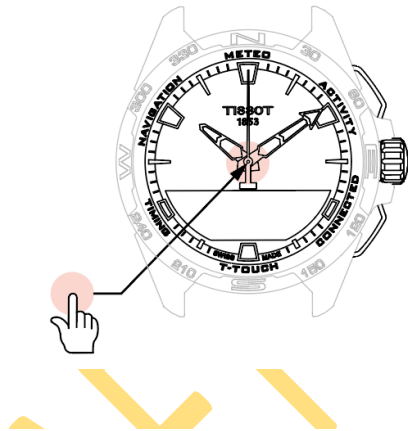
To access the "Clock" functions:

Unlock the watch with a long press on START.

Press the "Clock" touch zone.

Pressing and turning  will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



• Date

The T-Touch Connect Solar is equipped with a calendar:



: in paired mode the date is synchronised automatically with the watch.



: in unpaired mode, settings are entered manually:

- Press 

« Set Date ? »

- Press 
- Enter today's date

• Time 1 and Time 2

- Set Time



: in unpaired mode

- Turn  to display **Time 1**, press , the watch displays "Set time 1".
- Confirm by pressing 
- Using  enter the time then confirm by pressing 



- Swap with Time (Changing to the second time)

The “Swap” function enables swapping between the times set in **Time 1** and **Time 2**.

Please note that this function is available only when **Time 1** and **Time 2** have been set.

- Timezone



: in paired mode

The watch has two times, **Time 1** and **Time 2**, for which you can choose the desired time zone from a list that can be modified on the Tissot smartphone app. The hands always display **Time 1**.

The list of time zones contains:

- The “phone” time zone, which is the smartphone’s time zone.
- The “custom” time zone, which enables you to set the time manually.
- The time zones of various cities and other places as listed on the T-Touch Connect smartphone app.

Please note: When changing between summer and winter time, the watch will inform you of the change 18 hours beforehand and will update itself automatically.

3. **Meteo** (Weather)

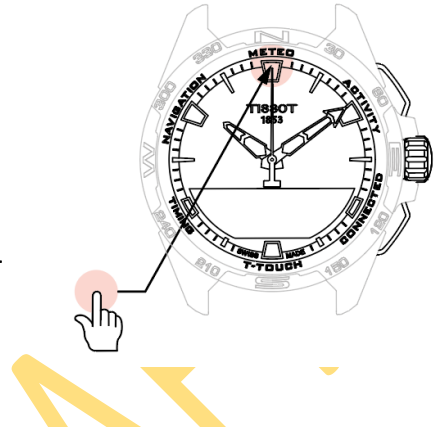
To access the “Meteo” (Weather) functions:

Unlock the watch with a long press on START.

Press the “Weather” touch zone.

Pressing and turning  will give you access to the following functions:

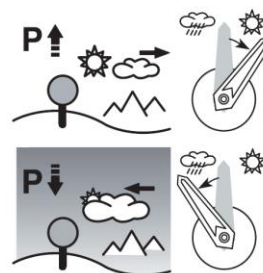
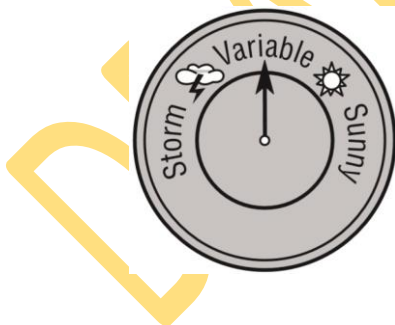
Please note: You can go backwards at any time by using the BACK push-piece.



• **Barometer**

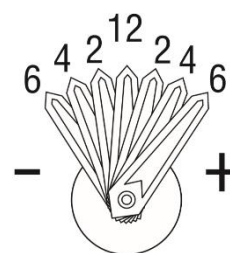
In Meteo mode, the hands are superimposed on each other to indicate the meteorological trend. The advantage of the barometer is that it enables the relative atmospheric pressure to be displayed. This relative pressure is displayed in hectopascals.

Changes in the weather are related to variations in atmospheric pressure. When the atmospheric pressure rises, the sky clears. The area is then referred to as one of “high pressure”, or an “anticyclone”. When the atmospheric pressure falls, the sky clouds over. The area is then referred to as one of “low pressure” or a “depression”.



- The T-Touch Connect Solar watch measures these variations in pressure and indicates the meteorological trend using hands that can adopt the following 7 positions depending on how weather conditions are changing:

- -6': Sharp fall in pressure, rapid deterioration
- -4': Moderate fall in pressure, deterioration likely
- -2': Slight fall in pressure, slight deterioration likely
- 12h: No appreciable change in the weather
- +2': Slight rise in pressure, slight improvement likely
- +4': Moderate rise in pressure, improvement likely
- +6': Sharp rise in pressure, rapid improvement



The T-Touch Connect Solar programme takes account of the variation in atmospheric pressure over the last 6 hours in order to calculate the forecast to be displayed. In addition, the variation in pressure caused by a rapid change in altitude is detected by the watch and compensated for automatically. It therefore has only a minimal influence on the barometric trend. The T-Touch Connect Solar's digital display shows the absolute and relative value of atmospheric pressure in hectopascals [hPa]. Absolute atmospheric pressure is the actual pressure at the time and place the measurement is taken, and cannot be modified. Relative pressure is a value as at sea level, based on the local absolute atmospheric pressure. Barometers and weather maps show relative pressure values. The relative pressure value depends on the climatic zone set and can be reset within the watch. Calibration of relative pressure is related to altitude.

Measurement range:	absolute pressure: 250 hPa to 1200 hPa relative pressure: 950 hPa to 1100 hPa
Accuracy:	absolute pressure: ± 3 hPa
Relative pressure:	changes with the altimeter
Resolution:	1 hPa
Unit conversion:	1 hectopascal [hPa] = 1 millibar [mb]

Pressing and turning  will give you access to the following functions:



- Calibrate pressure

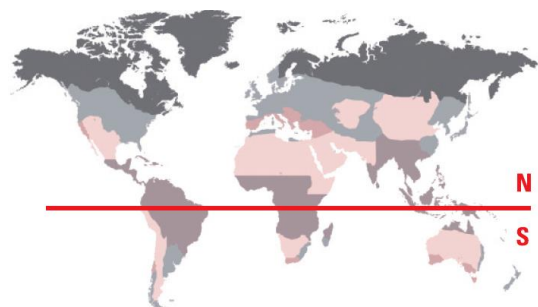
Adjusting the relative pressure causes the displayed altitude to change. The relative pressure is intentionally restricted to between 950 hPa and 1,100 hPa.

- Absolute pressure

Absolute atmospheric pressure is the actual pressure at the time and place the measurement is taken, and cannot be modified.

To obtain the most accurate barometer readings, you have the option to adjust the hemisphere and climatic zone based on your geographical location. In the "T-Touch"/"Setting"/"Sens.&Motors"/"Altimeter" functions, select your climatic zone either manually or automatically, using the simplified Koeppen climate classification (see illustration below). If the watch is not set ("Not Set"), the

standard atmosphere model is used: steady temperature at sea level = 15°C, average pressure at sea level = 1013.25hPa.



■ Polar

■ Temperate

■ Arid

■ Tropical

■ Mediterranean



○ Temperature

The temperature displayed is the temperature of the watch case. This is, in turn, affected by the body's temperature. This is why the temperature displayed may differ from the ambient temperature.

In order to display the actual ambient temperature, the watch must be removed from the wrist until no longer affected by the body's temperature (this takes around 15 to 30 minutes).

The temperature can be displayed in degrees Celsius [°C] or degrees Fahrenheit [°F].

Measurement range:

-10°C à +60°C

14°F à 140°F

Accuracy:

± 1°C

± 1.8°F

Resolution:

1°C

1°F

4. Activity

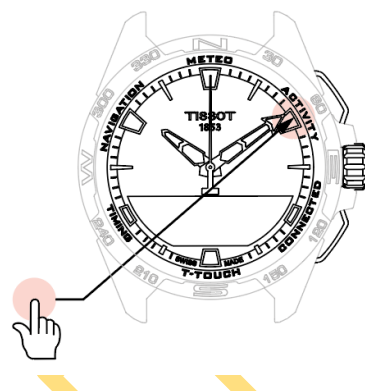
To access the “Activity” functions:

Unlock the watch with a long press on START.

Press the “Activity” touch zone.

Pressing and turning  will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



• Activity tracker

In activity tracker mode, the T-Touch Connect Solar measures daily physical activity by counting the number of steps taken.

These daily data are always calculated by reference to **Time 1**, and changing **Time 1** automatically causes the daily data to be refreshed.

For more detailed activity tracking, more data are estimated, such as distance covered, number of calories burned and duration of activity.

Pressing and turning  will give you access to the following data:

○ Steps goal

The default daily steps goal is 5,000. This figure can be altered by using .

When the day's goal has been reached, a “goal alert” notification is displayed, accompanied by a beep or a vibration.



: in paired mode

The “Steps goal” can also be set in the app. In addition, daily activity records can be consulted for up to 10 years in the app.

○ Calories

Displays the number of calories burned during the day.

-  Distance

Displays the distance covered during the day, in kilometres (km) or miles (mi).

- Steps

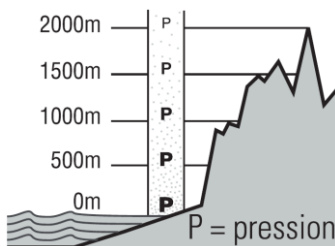
Displays the number of steps taken during the day.

- Activity Period

Displays the duration of the day's activity.

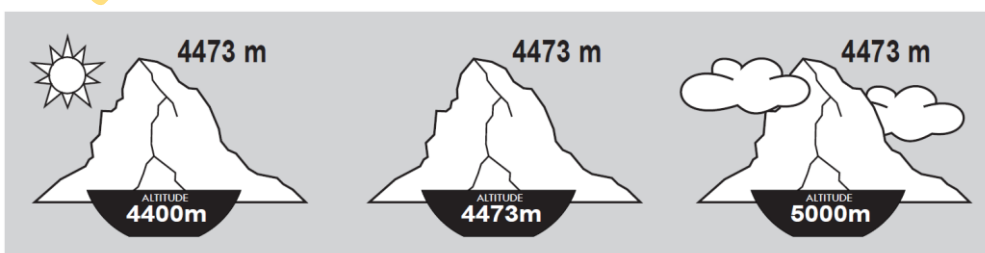
-  Altimeter

In altimeter mode, the T-Touch Connect Solar becomes a barometric altimeter and displays the altitude in relation to the average sea level. The measurement unit used to display the altitude (m or ft) is the unit that was selected in the watch settings.



Please note: Because pressure is used to calculate altitude, the altimeter is sensitive to variations in atmospheric pressure as the weather changes. It is not unusual to observe differences in altitude of 100 m in a single night. The value displayed can thus vary even though the altitude has not actually changed.

Change in the weather = variation in pressure = change in the altitude displayed



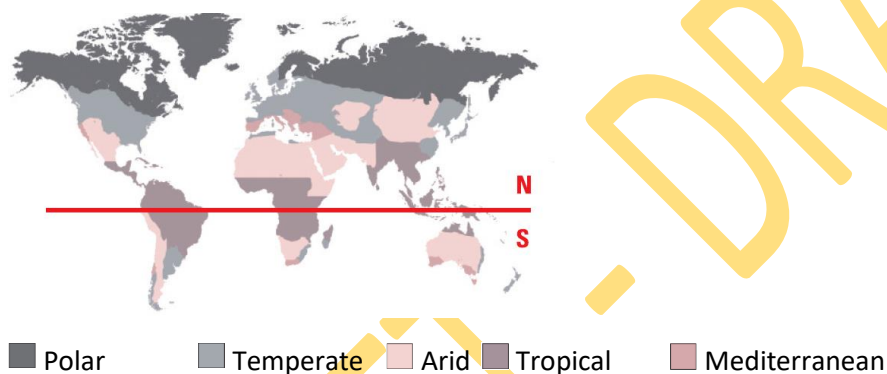
- Altitude setting (Altitude calibration)

“Calibrating” an altimeter means setting it to the known altitude at a particular point. You can reset the altitude by using . True altitude values are displayed in various places: on signposts, and on contour lines and spot elevations on maps. Altitude must be “calibrated” in relation to the ambient atmospheric pressure.

Measurement range:	- 400 m to +9000 m	- 1,312 ft to +29,527 ft
Resolution:	1 m	3 ft

Please note: The average pressure at sea level is 1,013.25 hPa.

To obtain the most accurate altimeter readings, you can adjust the hemisphere and climatic zone based on your geographical location. In the “T-Touch”/”Setting”/”Sens.&Motors”/”Altimeter” functions, select your climatic zone either manually or automatically, using the simplified Koeppen climate classification (see illustration below). If the watch is not set (“Not Set”), the standard atmosphere model is used: steady temperature at sea level = 15°C, average pressure at sea level = 1013.25hPa.



5. Connected

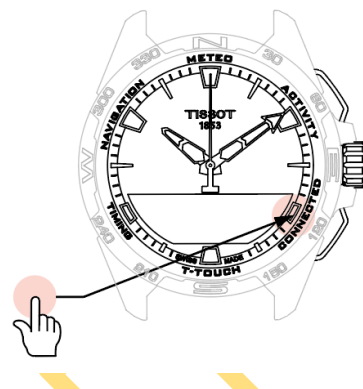
To access the “Connected” functions:

Unlock the watch with a long press on START.

Press the “Connected” touch zone.

Pressing and turning  will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



-  Notification (message, e-mail, call, social media)

When the watch is paired with and connected to a smartphone, it can display notifications sent by the smartphone (message, e-mail, call, social media). The choice of notifications to be sent from the smartphone to the watch is made in the smartphone settings and depends on the smartphone's operating system.

On receipt of a notification, you can:

- Open the notification by pressing and turning  to scroll through the notification. At the end of the message, “CLEAR” is displayed, and pressing  deletes the notification from the watch.
- To hide the notification, click on the BACK push-piece, and the notification will be stored in “Notification”.
- If you do nothing, the notification remains visible on the MIP screen for 15 seconds, after which time it is automatically stored in “Notification”.

To read or delete hidden and non-deleted notifications:

- When “NOTIFICATION” is displayed, confirm by pressing , and turn  to browse through the various notifications received.
- Open a notification by pressing , and turn  to scroll through the notification. At the end of the message “CLEAR” is displayed, and pressing  deletes the notification from the watch.

-  Incoming call



On receipt of an incoming call, you can:

- Put the watch in silent mode by pressing  on the right of the MIP screen or pressing .
- Reject the call by pressing  on the left of the MIP screen or pressing BACK.

DRAFT - DRAFT

6. T-Touch

To access the “T-Touch” functions:

Unlock the watch with a long press on START.

Press the “T-Touch” touch zone.

Pressing and turning  will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- Quick settings

Using quick settings enables you to check some of the watch's settings more quickly.

Press the crown  to activate or deactivate the following quick settings:

- “Sound” (Quick setting of sound)



The watch's sound alerts are activated or deactivated.

Please note: Alarm and timer sounds remain active regardless of this setting.

- “Vibration” (Quick setting of vibration)



The watch's vibration alerts are activated or deactivated.

Please note: Alarm and timer vibrations remain active regardless of this setting.



: in paired mode

When the watch is paired with a smartphone, you can control the watch's Bluetooth® technology using additional quick settings.

- “Bluetooth” (Quick setting of Bluetooth®)



Activation or deactivation of Bluetooth®.

Please note: The T-Touch Connect Solar is disconnected from the smartphone.

- “Airplane” (Flight mode)



Activation or deactivation of communication functions.

Please note: The T-Touch Connect Solar is disconnected from the smartphone.

-  Watch settings

- “PAIR WITH PHONE? Return of the Telephone’s watch)



: available only in unpaired mode

When the watch is operating in unpaired mode, you have the option to pair it with your phone at any time.

Please note that data stored in the watch will be deleted if you confirm this option.

Please note: It is necessary for the latest version of the Tissot T-Connect app to be installed on your phone.

- “Connection” (Connection settings)



: available only in paired mode

In this sub-menu, you can adjust the settings for connecting the watch to the phone.



- “Alerts” (Connection alerts)

Activation or deactivation of communication alerts.

Please note: If this setting is active, the watch will notify you each time it connects to or disconnects from the phone.



- “Notifications”

Activation or deactivation of receipt of notifications from the phone.

Please note: If this setting is active, the watch will not receive notifications from the phone.

- “Unpair from phone” (Disconnect the watch from the phone)

This action disconnects the watch from your phone and does not allow synchronisation of your data in the Tissot T-Connect app.

- System

In the “System” sub-menu, you can adjust the watch’s system settings.

- Time (Date and time)

In the "Time" sub-menu, you can adjust all the watch's date and time settings, such as the date and time display format, and the first day of the week.

- Password

In the "Password" sub-menu, you can manage the watch's password. When the password is activated, the watch automatically locks itself when disconnected from the phone or if you press simultaneously on the "START" and "BACK" push-pieces.

- Sounds

In the "Sounds" sub-menu, you can adjust all the watch's sound alerts.

Please note: Alarm and timer sounds remain active regardless of this setting.

- Vibrations

In the "Vibrations" sub-menu, you can adjust all the watch's vibration alerts.

Please note: Alarm and timer vibrations remain active regardless of this setting.

- Units

In the "Units" sub-menu, you can adjust all the watch's units.

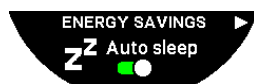
- Energy saving

The "Energy saving" sub-menu allows you to manage and obtain information about your watch's energy consumption.



Watch battery level

Please note: The battery level is represented by coloured bars. When the watch is fully charged, the battery level is represented by 6 green bars. When the battery is nearly flat, the level is represented by a single red battery.



Activation and deactivation of "Auto sleep" mode (Automatic sleep mode)

Please note: When this mode is activated, the watch automatically enters sleep mode when it has not been worn for at least 2 hours. When the watch is in sleep mode, the hands are stopped and the screen, backlighting and Bluetooth® are turned off to save energy.

You can enter this mode manually by selecting "Enter in sleep. »



Activation and deactivation of "Eco mode"

This mode increases battery life by reducing battery output. For example, the connection with your phone is slower and vibration and backlighting are deactivated.

- Restore to factory settings

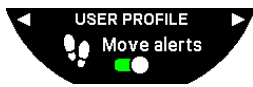


You can restore the watch to its factory settings from this sub-menu.

Please note: If you opt to restore the factory settings, all data not yet synchronised with the Tissot T-Connect mobile app will be lost. The connection with your phone will be deleted and you will have to remove your watch from your phone's connection settings if you wish to initiate the connection procedure again.

- User profile

In the “User profile” sub-menu, you can change all your user profile details as well as the alert reception settings.



- “Move alerts”

Activation and deactivation of reception of alerts when you are not moving enough.

Please note: If you have not been moving enough for a period of time, the watch issues an alert prompting you to move.



- “Goal alerts”

Activation and deactivation of reception of alerts when you reach the goal you have set for a daily number of steps.

- Calibration

In the “Calibration” sub-menu, you can calibrate and adjust all the watch’s sensors and motors.

- “Compass”

To maximise compass accuracy, you can adjust the correct magnetic declination value (for place and date), either automatically or manually. You can also calibrate the compass as explained in the “Navigation/Compass” chapter.

- “Barometer”

To obtain the most accurate barometer readings, you have the option to adjust the hemisphere and climatic zone based on your geographical location.

- “Altimeter”

To obtain the most accurate altimeter readings, you can adjust the hemisphere and climatic zone based on your geographical location.

- “Motors”

When the watch hands are no longer showing the correct time, you can calibrate the motors automatically from this sub-menu. This synchronisation takes place automatically every night.

- About

In the “About” sub-menu, you can obtain full details about the watch.

7. Timing (Timing and Alarm)

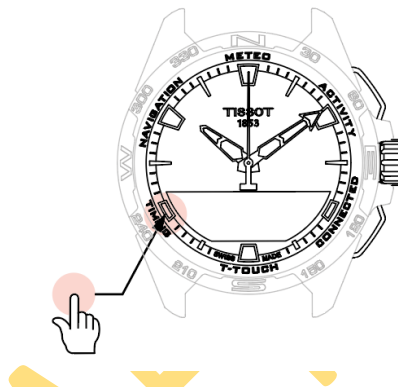
To access the “Timing” (Timing and Alarm) functions:

Unlock the watch with a long press on START.

Press the “Timing” touch zone.

Pressing and turning  will give you access to the following functions:

Please note: You can go back at any time by using the BACK push-piece.



- Chrono (Timing)

In “Chrono” mode, various types of timing are available in addition to basic timing, such as lap timing and intermediate timing.

Activation of timing functions:

- Give the “START” push-piece a short press to start the timer
- Give the “BACK” push-piece a short press to enter an intermediate time (e.g. lap time or arrival of first runner)
- Give the “START” push-piece a short press to stop the timer (e.g. end of last lap or arrival of last runner)
- Give the “START” push-piece a short press to reset the timer to zero

To choose between Lap Timing and Intermediate Timing:

Select “Set mode” by pressing and turning . You will now have access to “Set mode”, enabling you to choose between timing types, and “Logbook”, for the most recent times recorded.

- Chrono Lap (Lap timing)

The Lap Timing function is a timer for measuring lap time for a single runner, vehicle, etc. Maximum measurement limit: 99 days 23 hours 59 mins 59 secs.

- Chrono Split (Intermediate timing)

The Intermediate Timing function is a timer for measuring the total duration of a race for up to 99 runners or vehicles participating in the same timed event. For example: measuring the arrival time of several runners in a 100-metre race.

-  Logbook

Regardless of the type of pairing, the “Logbook” function gives you access to the last timing taken, as well as some statistics specific to the type of timing. To access these details, press and turn .

Please note: The stored data is deleted when you start a new timing from zero.

- Reading stored lap time data:



: in unpaired mode, all times measured by the lap timing function are stored and can be displayed on the watch in the “Logbook” function, together with statistics of the total race duration and the fastest, slowest and average lap times.



: in paired mode, you will also find the most recent times recorded on the T-Touch Connect app. Under the History heading, you will also have access to the most recent timings taken.

- Reading stored intermediate time data:



: in unpaired mode, all timings measured by the intermediate timing function are stored and can be displayed on the watch in “Logbook” function.



: in paired mode and with the timer reset to zero, you can see the latest timings recorded on the T-Touch Connect app. Under the History heading, you will also have access to the most recent timings taken.

-  Timer (Countdown)

The “Timer” function enables you to start a countdown of up to 23 hours 59 mins 59 secs.

- To adjust the countdown duration, press and turn 
- Give the “START” push-piece a short press to confirm
- An acoustic signal will sound at the end of the countdown
- Stop the acoustic signal by pressing the “X” on the right of the MIP screen or pressing BACK



: in paired mode, the countdown settings can be adjusted and countdown initiated from the T-Touch Connect app.



- Alarm

The T-Touch Connect Solar watch has an Alarm function. An alarm can recur at various intervals. You can programme 30 different alarms.

- Setting an alarm



: in unpaired mode, settings are entered manually:

- Press 

“Add Alarm”

- Press 
- Use  to enter the alarm time, then confirm
- Use  to specify the recurrence:

ONCE:	the alarm will sound once only
WEEKDAY:	the alarm will sound every weekday (Monday to Friday)
EVERY DAY:	the alarm will sound every day (Monday to Sunday)
PERSONALIZED:	the alarm will sound on the days of the week selected by the user, by pressing and turning  to select the required day(s)



: in paired mode, alarms can also be set and adjusted directly from the T-Touch Connect app.

When the alarm sounds you can either turn it off or set it to snooze, in which case the alarm will be repeated 5 minutes later. Please note: a maximum of 3 snoozes is possible.

- To stop the alarm: press “X” or press BACK
- To snooze the alarm: press “ZZ” or press START



- Change, activate or deactivate an alarm



: in unpaired mode, settings are entered manually:

- Press 
- Use  to select the alarm to be changed
- Using  gives you three options:

“Enable”/“Disable”? : To activate or deactivate the alarm

“Modify? » : To change the alarm

“Delete? » : To delete one alarm or all of them



: in paired mode, alarms can also be changed directly from the T-Touch Connect app.

8. Navigation

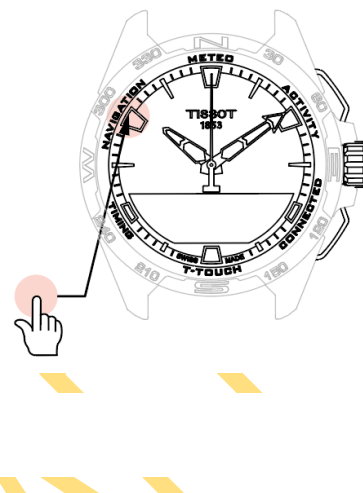
To access the “Navigation” functions:

Unlock the watch with a long press on START.

Press the “Navigation” touch zone.

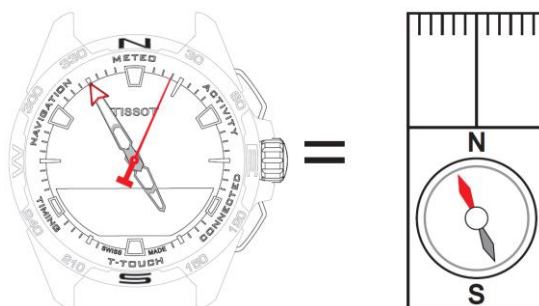
Pressing and turning  will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- Compass

In Compass mode the watch indicates magnetic north. Other display modes are available, such as indication of geographic north or azimuthal direction.



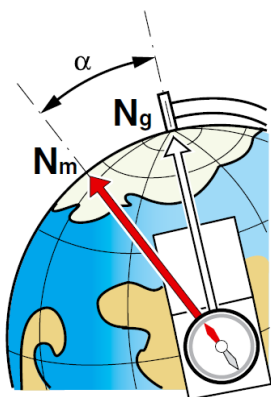
Explanations:

On a geographical map of the world, the vertical lines (meridians) converge towards the Geographic North Pole (gN), thus indicating its direction. The needle on a standard compass, which is often red, points towards the North Magnetic Pole (mN). The angle (α) between these two directions, gN and mN, is called the magnetic declination. The value of the magnetic declination thus depends on where you are on the globe.

In addition, the North Magnetic Pole is constantly shifting. The magnetic declination value thus also depends on the date. When the correct (for location and date) magnetic declination value is set, either automatically or manually (see setting procedure under the “T-Touch” heading), the T-Touch Connect Solar’s minute hand points towards geographic north (gN). When magnetic declination is reset to zero, the watch points to magnetic north (mN).

Magnetic declination values and dates are shown on topographical maps or can be looked up in dedicated software packages available online.

For the whole world: www.ngdc.noaa.gov/geomag/calculators/magcalc.shtml



Accuracy: $\pm 8^\circ$

Resolution: 1°

Note 1:

For the most accurate indication of North, hold the watch as nearly horizontal as possible.

Note 2:

The compass function, like any other compass, should not be used near any metallic or magnetic body, and should preferably be used outdoors. If in doubt, you can recalibrate the compass.

Pressing and turning T will give you access to the following compass settings:

“Set Mode”

Three types of indication are available: « Magn. North” (magnetic north), “True north” (geographic north) and “Azimuth” (azimuthal direction). Select the desired indication by pressing and turning T .

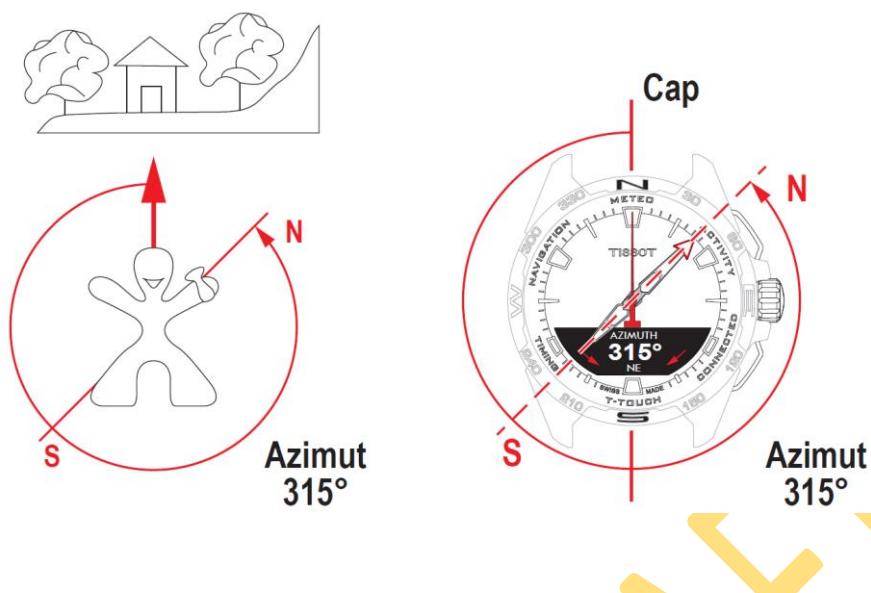
Please note: In “Azimuth” mode, the T-Touch Connect Solar indicates the azimuthal direction (course) you need to follow.



“Set azimuth”

The azimuth is the horizontal angle between the direction of an object (course) and geographic north. The azimuth is measured from the north in degrees, from 0° to 359° , and can be adjusted by pressing and turning T . When using the compass in azimuth mode, red arrows on the MIP screen show you the direction in which to turn the watch so that the second hand points in the programmed azimuthal direction (course).

In azimuth mode, the T-Touch Connect Solar emits an acoustic signal and displays a visual signal (“Go”) when the watch’s 6 o’clock-12 o’clock axis is aligned with the azimuthal direction set. The direction of the second hand (12 o’clock position) represents the azimuthal direction as compared with geographic north.



“Calibrate”

Various factors affect compass function's precision, and therefore it may be necessary to recalibrate the compass. For accurate calibration, ensure you are outdoors and well away from any metallic or magnetic body. You now have 60 seconds in which to move your wrist fairly rapidly in a



figure-of-eight until you hear a little beep or see “Calibrated” displayed on the MIP screen, indicating that calibration is complete. If “Calibration is unsuccessful” appears on the MIP screen, the calibration operation has failed and you need to re-initiate it.

Please note: For accurate calibration, the watch should not be kept horizontal during the figure-of-eight movements, and it is not necessary to execute a perfect figure-of-eight, the most important thing being for the watch to move within its environment.

9. Care and Servicing

• International Warranty

Tissot SA grants you a twenty-four (24)-month warranty on your Tissot® watch from the date of purchase, subject to the conditions set out in the warranty leaflet. The Tissot® international warranty covers faults in materials and manufacturing that exist at the time of delivery of the purchased Tissot® watch (“faults”). The warranty applies only if the warranty certificate is dated, duly completed and stamped by an approved Tissot® dealer (“valid warranty certificate”). During the warranty period and upon presentation of the valid warranty certificate, you are entitled to have all faults repaired free of charge. If repairs cannot restore your Tissot watch to its normal working order, Tissot SA undertakes to replace it with an identical Tissot watch, or another Tissot watch with similar features. The replacement watch warranty expires twenty-four (24) months after the purchase date of the replaced watch.

This manufacturer's warranty does not cover:

- battery life;

- normal wear and tear and ageing (e.g. scratches on the glass; alteration of the colour and/or material of straps and chains made of non-metallic materials such as leather, fabric or rubber; peeling of the plating);
- any damage to any part of the watch resulting from inappropriate or improper use, lack of care, negligence, accidents (cuts, dents, crushing, broken glass, etc.), incorrect use of the watch or failure to follow the instructions for use provided by Tissot SA;
- any handling of the Tissot watch by a non-approved person (e.g. for battery replacement, servicing or repairs) or any alteration from its original state that is beyond the control of Tissot SA;
- any damage to any part of the watch resulting from connection to a non-recommended accessory;
- any damage to any part of the watch caused deliberately, or by inappropriate use of the watch, or due to an unsuitable connection or exposure to excessively high voltage or an electrical discharge, or any kind of shock;
- any damage to any part of the watch caused by an attempt to modify the watch's software;
- any damage to any part of the watch due to non-compliance with the user's manual;

ALL APPLICABLE IMPLICIT WARRANTIES, INCLUDING THE IMPLICIT GUARANTEES OF MARKETABLE QUALITY AND SUITABILITY TO A PARTICULAR USE GRANTED BY LAW ARE HEREBY LIMITED TO THE DURATION OF THIS WARRANTY. TISSOT CANNOT IN ANY CIRCUMSTANCES BE HELD RESPONSIBLE FOR INDIRECT OR CONSEQUENTIAL DAMAGE OF ANY NATURE WHATSOEVER.

Some countries or states do not allow limitation of the duration of an implicit warranty, nor exclusion of or limitation to accidental or consequential damage, such that the exclusions or limitations above may not apply in your case. This warranty grants you specific rights and you may also have other additional rights by virtue of the applicable law.

THE RESPONSIBILITY OF TISSOT SA IS STRICTLY LIMITED TO REPAIR OR REPLACEMENT AS SET OUT IN THIS LIMITED WARRANTY. YOUR APPROVED TISSOT DEALER ACCEPTS FULL RESPONSIBILITY FOR ANY OTHER WARRANTY.

Any other claims against Tissot SA, for example for damages in addition to those set out in this warranty, are expressly excluded, with the exception of the mandatory rights the purchaser may exercise against the manufacturer.

This manufacturer's warranty:

- is independent of any warranty that may be provided by the vendor and for which it takes sole responsibility;
- does not in any way affect the purchaser's rights with regard to the vendor nor any other mandatory right the purchaser may have against the vendor.

The customer service department of Tissot SA provides full maintenance of your Tissot watch. If your watch needs servicing, entrust it to an approved Tissot dealer or Tissot-certified service centre (see our official website [tissotwatches.com](https://www.tissotwatches.com)): they can guarantee you servicing that meets the standards of Tissot SA.

* TISSOT SA

Chemin des Tourelles 17, 2400 Le Locle, Switzerland

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- Health

THE T-TOUCH CONNECT SOLAR MAY INTERFERE WITH PACEMAKERS, DEFIBRILLATORS AND OTHER MEDICAL DEVICES. MAINTAIN A SAFE DISTANCE BETWEEN YOUR MEDICAL DEVICE AND THE T-TOUCH CONNECT SOLAR AND ITS ACCESSORIES. CONSULT YOUR SURGEON OR DOCTOR TO OBTAIN MORE PRECISE INFORMATION ABOUT POSSIBLE INTERFERENCE WITH YOUR MEDICAL DEVICE. STOP USING YOUR T-TOUCH CONNECT SOLAR OR ITS CHARGER IF YOU ARE CONCERNED ABOUT INTERFERENCE WITH YOUR PACEMAKER, DEFIBRILLATOR OR ANY OTHER MEDICAL DEVICE.

The T-Touch Connect Solar should not be used:

- as a medical device, as it is not designed to make any kind of medical diagnosis whatsoever, nor to treat or prevent any illness or disease, nor for any other type of medical application;
- in circumstances where a fault or failure of the watch might lead to death or cause injury;
- if its glass is broken, any influx of liquid is apparent or its strap or bracelet is damaged, as this may cause injury; or without a strap or bracelet, as it is a wristwatch and the corners on the mid-section of some cases may have sharp edges.

- Distraction

Using the T-Touch Connect Solar in certain circumstances may distract you and lead to hazardous situations, especially when driving. Ensure you comply with laws prohibiting or restricting the use of mobile devices in certain places or situations.

- Water resistance

The T-Touch Connect Solar is water-resistant to 10 bar (100 m/330 ft) at 25°C/77°F, but it is not an instrument suited to sports diving. The water-resistance of watches is assessed on the basis of pressure tests in the laboratory that simulate use by a swimmer or diver in a stationary position at the depth corresponding to the pressure level in question. Nevertheless, many aquatic activities involve a great deal of movement and other environmental changes. These differences from the method used to assess a watch may adversely affect or negate its water-resistant characteristics. A watch's water resistance cannot therefore be guaranteed indefinitely. It may be affected by ageing of the seals or an accidental shock to the crown. We recommend you have the water-resistance of your T-Touch Connect Solar checked once a year by a Tissot-certified service centre. Never activate the

crown and/or the push-pieces when the T-Touch Connect Solar is underwater. In no circumstances should you open the case of the T-Touch Connect Solar yourself: have it inspected only by a Tissot-certified service centre.

- Temperature and magnetic fields

The T-Touch Connect Solar, charging cable and T229 cordless charger comply with the applicable standards and limits for surface temperature. Even within these limits, prolonged contact with very warm surfaces may cause discomfort or injury. The T-Touch Connect Solar, charging cable and T229 cordless charger heat up when connected to a power source. Avoid any prolonged contact between the skin and the T-Touch Connect Solar, charging cable or T229 cordless charger while they are connected to a power source. For example, take care not to fall asleep with your body in contact with the T-Touch Connect Solar, charging cable or T229 cordless charger while they are connected to a power source. Do not cover any of these items while they are connected to a power source. Exercise caution if your physical condition prevents you from feeling heat properly on your skin. Remove your T-Touch Connect Solar immediately if it starts emitting an uncomfortable amount of heat.

The normal range of operating temperatures for the T-Touch Connect Solar is from -5°C to 45°C (23°F to 113°F). Any factor likely to affect the normal operating temperature is to be avoided, particularly:

1. carrying/storing the T-Touch Connect Solar outside an ambient temperature range of -5°C to 45°C (23°F to 113°F);
2. exposing the T-Touch Connect Solar directly or indirectly to a heat source;
3. charging the T-Touch Connect Solar using a charger not recommended by Tissot SA.

To warn you in the event of overheating, a warning message will appear on the screen of your T-Touch Connect Solar.

If the T-Touch Connect Solar reaches a temperature above the normal operating temperature range:

- if it is charging, disconnect the charging cable or immediately remove the T-Touch Connect Solar from the T229 cordless charger;
- if you are wearing the T-Touch Connect Solar on your wrist, remove it immediately. If the temperature does not drop, please contact a Tissot-certified service centre.

Do not expose your watch to strong magnetic fields such as those emitted by speakers, mobile phones, computers, refrigerators or other electromagnetic devices or appliances.

- Shocks and knocks

Avoid thermic and other kinds of shock: they may damage your T-Touch Connect Solar. In the event of a severe shock, please have your T-Touch Connect Solar checked by a Tissot-certified Service Centre.

- Cleaning and maintenance

Clean the case and bracelet regularly with a soft cloth to prevent any corrosion due to perspiration. Your T-Touch Connect Solar can be cleaned with a toothbrush and soapy water, then dried carefully with a soft cloth. Do not use liquid cleaners or corrosive products to clean your accessories.

In the event of immersion in seawater, the T-Touch Connect Solar should be rinsed immediately in soft water, then dried carefully with a soft cloth. Avoid any direct contact with solvents, detergents, perfumes, cosmetics, chemical products, etc. as these may damage the T-Touch Connect Solar.

If you envisage not wearing your T-Touch Connect Solar for several weeks, or even months, we recommend you store it on the charger in a well-ventilated place to prevent the battery from running down.

If this is not done, there is a risk of the battery becoming completely flat and the watch being turned off, causing it to revert to the factory settings and your data being lost.

- After-sales service

Do not open the case of your T-Touch Connect Solar and do not attempt to repair it yourself as this may damage the T-Touch Connect Solar, compromise its water-resistance or cause injury. If the T-Touch Connect Solar is damaged or is not functioning properly, contact a Tissot-certified service centre.

Like any high-precision instrument, the T-Touch Connect Solar must be serviced at regular intervals in order to function properly. As a general rule, we recommend having your T-Touch Connect Solar serviced every 3 to 4 years by your approved Tissot dealer or a Tissot-certified service centre. Please note, however, that servicing may be necessary at more frequent intervals, depending on the weather and the conditions in which your T-Touch Connect Solar is used. To enjoy faultless servicing and for the warranty to remain valid, always go to an approved Tissot dealer or Tissot-certified service centre.

- Replacing the battery and disposing of the product and its battery

Battery type: Lithium-ion Rechargeable Battery

Model: Coin Type 2430

We recommend contacting an approved dealer or Tissot-certified service centre. They have the necessary tools and equipment to carry out this work in a professional manner. A dead battery should be changed as soon as possible to avoid the risk of leaking which may damage the movement.



This symbol* indicates that the product and its battery should not be disposed of with household waste.

They should be taken to an approved collection point. By doing this, you will be helping to protect the environment and human health. Recycling materials will help conserve natural resources.

*Applicable in European Union member countries and in countries with comparable legislation.

- Declaration of Conformity
 - EU Declaration of Conformity

Tissot SA hereby declares that the T-Touch Connect Solar connected watch of radio-equipment type and the T229 cordless charger are conformant with Directive 2014/53/EU.

The full version of the EU Declaration of Conformity is available via the following link:

Waveband(s) in which the radio equipment functions and maximum transmitted radio frequency power within the waveband(s) in which the radio equipment functions:

Bluetooth: 10.0 dBm	(T-Touch Connect watch)
Waveband: 100-205 kHz	(T229 charger)
Maximum power: 15.48 dBμA/m	(T229 charger)

- ISED Declaration of Conformity

The T-Touch Connect Solar and the T229 cordless charger are conformant with Industry Canada's Radio Standards Specifications (RSS) applicable to licence-exempt radio devices. Its operation is subject to both of the following conditions: (1) these devices must not cause interference and (2) these devices must accept all interference received, including any likely to cause malfunction.

These Class B digital devices are compliant with Canada's ICES-003/NMB-003 standard.

The T229 cordless charger complies with Canadian radiation-exposure limits for an uncontrolled environment. This equipment must be installed and used within a minimum distance of 20 cm between the radiation source and your body.

Applicant for this equipment:	Tissot SA , Chemin des Tourelles 17, 2400 Le Locle, Switzerland
ISED certification number:	25567-T121420A (T-Touch Connect Watch)
ISED certification number:	25567-T229 (T229 charger)

- FCC Declaration of Conformity

The T-Touch Connect Solar and T229 cordless charger are conformant with section 15 of FCC regulations. Its operation is subject to both the following conditions: (1) these devices must not cause harmful interference and (2) these devices must accept all interference received, including any likely to cause malfunction.

Beneficiary name:	Tissot SA , Chemin des Tourelles 17, 2400 Le Locle, Switzerland
Beneficiary code:	2AH93
FCC identification number:	2AH93T121420AA (T-Touch Connect watch)

FCC identification number: 2AH93T229 (T229 charger)

This device, namely the T-Touch Connect Solar and the T229 cordless charger, has been tested and declared conformant with the limits set for Class B digital devices, in conformance with section 15 of FCC regulations. These limits are intended to provide reasonable protection from harmful interference in a domestic setup.

This device generates, uses and may emit radio waves; if it is not set up and used in conformance with the instructions it may disrupt radio communications. There is, however, no guarantee that no interference will be produced within a particular setup.

If this device causes harmful interference with a radio or television receiver, this may be detected by switching the equipment on and off, and the user may attempt to eliminate the interference by taking one or more of the following measures:

- repositioning or moving the receiving antenna;
- increasing the distance between the equipment and the receiver;
- plugging the equipment into an electric socket on a different circuit from the one the receiver is plugged into;
- contacting the dealer or a qualified radio or television technician for help.

Important: any modification to the device not expressly approved by Tissot SA will invalidate the user's right to use the device in question. If shielded interface cables have been supplied with the product or if additional components or accessories have been specified for use when setting up the product, they must be used in compliance with FCC regulations.

CEM conformity of this product has been demonstrated in conditions that include the use of compatible peripherals and of shielded cables between system components. It is important to use compatible peripherals and shielded cables between system components in order to reduce the risk of interference with radio and television sets and other electronic devices.

The T229 cordless charger complies with the radiation-exposure limits laid down by the FCC for an uncontrolled environment. This transmitter must not be installed in the same place as other antennae or transmitters, nor operated in conjunction with other antennae or transmitters.

- RoHS conformity

Tissot SA declares that all materials and/or components used in the manufacture of this product, the T-Touch Connect Solar and the T229 cordless charger, satisfy the requirements of EU Directive 2011/65/EU relating to limitations on the use of certain hazardous substances (RoHS). This declaration is based on the information provided by Tissot SA's suppliers and is correct to the best of our knowledge.

- Information about the specific absorption rate (SAR)

Your devices are designed to not exceed the radio-wave exposure limits recommended by international directives.

- Bluetooth®

The Bluetooth® brand and logos are registered trademarks belonging to Bluetooth SIG, Inc. and any use of these trademarks by Tissot SA is subject to licence. Other trade names and brands mentioned belong to their respective owners

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