



ONE GPS+
User Guide

ONE GPS+ ONE GPS+ ONE

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Thank you for purchasing the TIMEX® IRONMAN® ONE GPS+ smart watch! Read this User Guide to learn more about this exciting product.

For the latest Quick Start Guide, please visit www.Timex.com/Manuals.

Be sure to visit <http://www.Timex.com/ONE> for the latest product information, instructional videos, and other features.

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
 - a. Do not attempt to remove the case-back or exterior shell of the unit, or to remove its non-user-replaceable battery.
 - b. Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
 - c. Do not puncture or incinerate the unit.
 - d. When storing the unit for an extended time, keep it in the 32 to 77°F (0 to 25°C) temperature range.
 - e. Charge the unit only within the 32 to 113°F (0 to 45°C) temperature range.
 - f. Do not operate the unit outside the -4 to 131°F (-20 to 55°C) temperature range.
 - g. Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.
2. Use only the charging cable supplied with this product.
3. This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
4. Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so. See the instructions for details.

WHAT'S INCLUDED

- TIMEX® IRONMAN® ONE GPS+ smart watch
- Charging cable
- Bluetooth® Smart heart rate sensor (select boxed styles)

GETTING STARTED

1. Charge the watch.
2. Activate the watch.
3. Learn to use the watch controls: buttons, touch screen, and Apps.
4. Set up the watch.
5. Work out!

CHARGING THE WATCH

NOTE: Before activating and setting up the ONE GPS+ watch, fully charge its battery. Clip the charging cable to the watch so its pins align with the slot on the back of the watch.

1. Select a power source:
 - Computer: Insert the charging cable into a powered USB port on your computer.
 - Wall outlet: Insert the charging cable into a USB power adapter, then insert the adapter into a wall outlet.
2. The watch display then indicates that the watch is charging.
3. Let the battery charge at least two hours or until the watch indicates 100% charge.

MAXIMIZING BATTERY LIFE

Use this procedure to maximize the run-time of your watch after each battery recharge:



1. Use your watch without recharging until the battery indicator shows no charge.
2. Fully charge the watch battery for at least two hours, until the watch indicates 100% charge.
3. Repeat this procedure twice more over the next few days.

NOTE: Repeat this procedure every two months if the watch is not used or recharged regularly.

ACTIVATING THE WATCH

You must activate the ONE GPS+ watch to make full use of its features. Without activation, your watch will not have cellular services, so the Live Tracking, Messaging, and Data Upload functions will not be available.

Follow these steps on your watch:

1. Make sure the watch is fully charged. If needed, attach the charging cable (see "[Charging the Watch](#)").
2. An unactivated ONE GPS+ runs a Demo animation the first time you turn it on. To recharge the watch rapidly, turn its power Off: hold down the POWER  button and tap > when prompted.
3. When prompted by the watch, remove the charging clip.
4. Turn on the watch by holding down the POWER  button.
5. The Demo animation loop then runs. Tap the watch display or press any button to pause the animation.
6. Tap > to begin activation.
7. Select a language by swiping through the list and tapping yours.
8. Follow the instructions shown on the watch. When prompted, tap the green >.

Next, set up your account and online activation as follows:

1. On your computer or mobile device, go to the ONE GPS+ Portal at <https://onegps.timex.com>.
2. Under SIGN IN, select **Create One Here**, or click SIGN UP HERE.
3. Enter the requested information, then select **Create Profile**.
4. Check your email for a verification message, and follow its directions.
5. When prompted by the Portal, enter the 8-character ID code that appears on the watch.



6. Enter your contact info, then select **Activate**.


NOTE: If the Portal prompts you, allow it to use your location info.

7. The Portal then displays an activation code (and sends it by email). Enter that code on the watch.

To enter a digit, long tap that digit's group, then tap a displayed digit.

NOTE: Save the code in case activation fails.

8. Tap ✓. The watch downloads firmware and may turn off.

NOTE: If the watch turns off, press and hold Power  to turn it on.

9. When prompted, tap ✓. The watch face screen appears, and the watch is ready to use!
10. When the Portal shows **Activation Complete**, set up your ONE GPS+ Contacts, including inviting people to be **members of your** ["SOS, Live Trackers and Angels Lists"](#).
11. Continue learning about your watch and Apps in the sections that follow, and set up the watch as shown in ["Setting Up the Watch"](#).

INTRODUCING THE WATCH

The TIMEX IRONMAN ONE GPS+ watch operates through its control buttons, its full-color, sunlight-readable, always-on Qualcomm® MIRASOL™ touch screen display, and its preloaded Apps.

CONTROL BUTTONS

Some functions of the control buttons depend on the watch's operating mode.



POWER ⏻

- Long press: Turns the watch On or Off.
- Short press: Lights the screen for 10 seconds.
- Double press: Lights the screen until a short press.

MENU ⋮

- Long press: Locks/unlocks the touch screen.
- Short press: Opens the Apps menu or dismisses the Time display.
- Double press: Toggles between the current and the previous App.

CONFIG ⋮

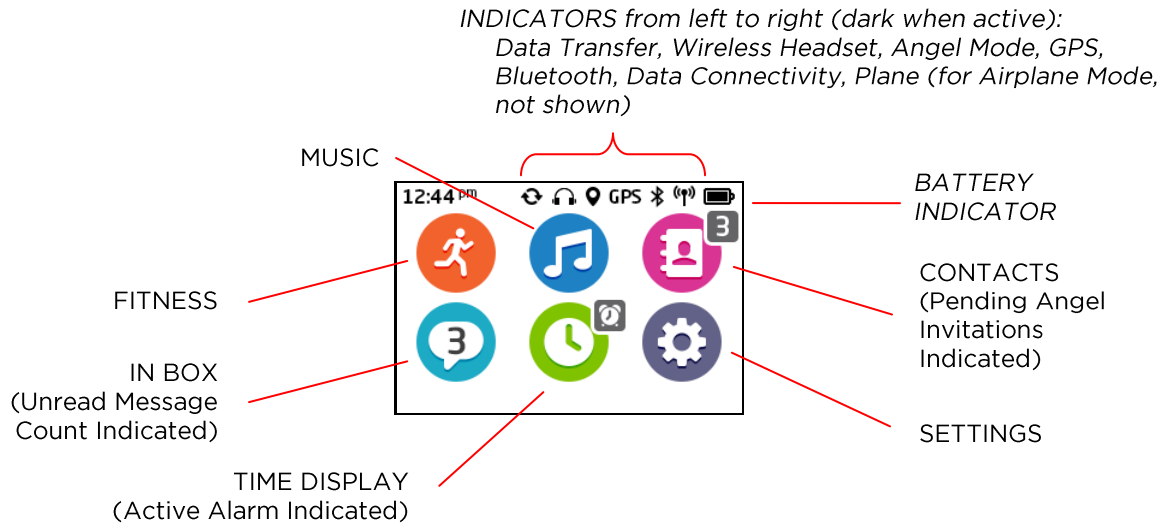
- Long press: Sets the button's function to that shown on the display.
- Short press: Performs the user-selected function.

NOTE: The Lap/Split function is only available during active workouts in the Fitness App.

FITNESS 🏃

- Short press: Opens the Fitness App. Starts, pauses, or resumes an active workout.

TOUCH SCREEN APPS MENU

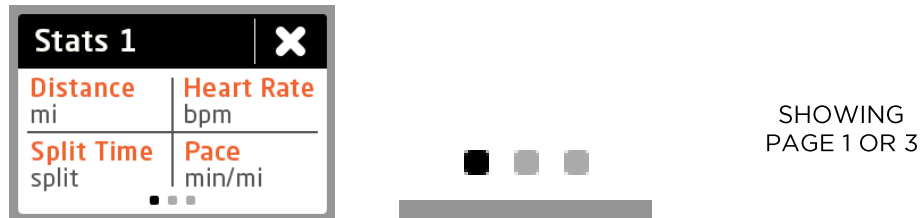


NAVIGATING THE TOUCH SCREEN

HINTS: Swipe in a straight line from the center of the screen. Tap firmly using as much of your fingertip as possible.

- Swipe **horizontally** through screens.

NOTE: The □ indicators along the bottom of the screen show which page you are on.



- Scroll **vertically** through lists and settings.

NOTE: The position bar on the screen's right edge shows your location on the page.



- Tap icons and fields to select options and enter settings. Use ◀ to go back one screen, or ✕ to close the screen.
- The touch screen keyboard appears when needed:
 - Swipe between character sets: upper case letters/numbers and lower case letters/special characters. Some Apps use multiple character sets.
 - Tap a character group to open.
 - **NOTE:** To go back, tap the dark gray area.
 - Tap a character to enter it into the text field.
 - Tap in a text field to enter a space, or select the space symbol from the special characters.

- Double-tap in the text field to backspace, or select the backspace from the special characters.
- Long-tap in a text field to clear the entire entry,

APP HIGHLIGHTS


FITNESS

When running a workout:

- Displays (selected on STATS pages):
 - Distance
 - Pace
 - Lap Time
 - Heart Rate Zone
 - Calories (Burned)
 - Current (Watch) Time
 - Split Time
 - Elevation (from GPS)
 - Elevation Gain
 - Heart Rate (sensor required)
- Pauses, restarts, or ends the workout.
- Displays workout feedback and alerts.

When not running a workout:



- Starts the workout.
- Selects the Workout type, Sensors, and Live Track settings.
- Displays Workout Histories, Weekly Summaries, and Personal Records.
- Configures the workout, including displayed Stats, Alerts, and Hands-Free (Auto) settings.
- Configures User Info.

NOTE: You can also use the Fitness button  to preview, start, pause, and resume workouts.

MUSIC (see the “Music App Setup” for more details)

Download music from your computer through the charging cable, and play it wirelessly to a linked headset or speaker.

CONTACTS (see “Contacts App Setup” for more details)

- Allows entry and management of contacts:
 - Favorites - choose up to five selected contacts (tap to open your Address Book).
 - SOS - select who will receive emergency messages from you.
- **NOTE:** Assigning the SOS function to the  button enables you to messages your SOS list by pressing .
- Live Trackers - select who will receive an email notification at the start of your workout with a link to track your progress online, or through the ONE GPS+ Portal or Phone App.
- Angels - select who will receive email notifications at the start and end of your workout, and can track your location through the ONE GPS+ Portal or Phone App.
- Sends pre-configured, free-form, and emergency messages.

IN BOX

- Lets you view, reply to, and delete your ONE GPS+ messages.

TIME DISPLAY

- Selects the watch display: watch face and time/date settings.
- Provides a stopwatch and countdown timer (without the Fitness App).
- Controls up to three separate alarms.

SETTINGS (see “[Settings App Setup](#)” for details)

- Enables Airplane Mode.
- Enables Bluetooth, and searches for wireless heart rate sensors, foot pods, and headsets to pair to your watch.
- Selects settings for language, units, feedback, watch info, and display color.
- Clears watch data.

SETTING UP THE WATCH

Set up watch Apps and configure settings as follows.

NOTE: If the watch is left inactive for an extended period during setup, the screen will show a Time Display “screen saver” to protect the MIRASOL™ display. Press the MENU button **⋮** to return to setup.

FITNESS APP

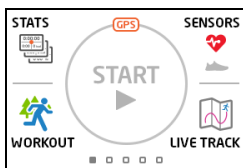
ON FIRST USE, THE WATCH TAKES YOU THROUGH THE FITNESS PROFILE SETUP

NOTE: If you tap **X** to leave the Fitness App setup, you will return to the last entered setting.

1. Press the FITNESS button **⚡**, or press the MENU button **⋮** and tap Fitness **⚡**.
2. Select units:
 - US (mi, mph, ft, lbs)
 - UK (mi, mph, m, kg)
 - Metric (km, kph, m, kg)
3. Select your gender for calorie calculations.
4. Swipe to enter your birth date, height, and weight for calorie calculations. Tap **➤** to proceed.

UPDATING YOUR FITNESS APP

Press the FITNESS button **⚡**, or press the MENU button **⋮** and tap Fitness **⚡**.






STATS – Tap to change your Fitness Data displays.

- Swipe to change the workout display.
- Tap any data field to modify.
- Swipe to see choices, and tap to select.
- Tap **X** to return to the workout display.

WORKOUT – Tap to select your exercise:

- Select Outdoor (GPS data) or Indoor (Foot Pod data) to confirm setup of your next workout, or tap the workout type to select: Run, Timed Run, Distance Run, Intervals, or Walk/Hike.
- Swipe to see choices, and tap to select:
 - For Timed Run, Distance Run, or Intervals, the settings menu opens: tap ◀ to confirm the settings and select the workout type
 - Go through the displays to make settings:
 - Timed Run and Distance Run settings establish goals and notify you when they are reached. You can then select to continue or to end the workout.
 - Intervals:
For the Workout:
 - Warm Up – by time, distance, or maximum heart rate
 - Sets – up to 10 repetitions of an interval sequence
 - Cool Down – by time, distance, or desired reduced heart rateFor each Interval (up to 10):
 - Reps – up to 10 repetitions of the interval plus its rest
 - Work – time or distance duration of the interval
 - Rest – time, distance, or heart rate-based recovery after the interval
 - Goal – Pace or Time target for the interval, shown in the lower portion of the display

SETTING UP AN INTERVAL WORKOUT

1. Press the Fitness button , or press the Menu button  and tap Fitness .
2. Tap **WORKOUT** and the Workout Type to change.
3. Swipe to **Intervals**, and tap to open the settings.
4. Tap **Warm Up**. Select a type (time, target distance, or target heart rate (HR)) or turn Off.
5. Swipe and tap Cool Down. Select a type (time, target distance, or target heart rate (HR)) or turn Off.
6. Tap **Sets** (shows the number of programmed intervals and sets).
7. Tap **Sets** to change the number, swipe to the setting, then tap ◀ to confirm.
8. Select **Interval 1** and configure the following. Tap ◀ after each.
 - Reps: up to 10
 - Work interval: Time or Distance
 - Rest interval: Time, Distance, or Heart Rate (HR)
 - Goal: Off, Pace, or Distance
9. Press ◀ to return to **Interval Run**.
10. To add another interval, select **Add interval**, then configure as above.
11. When done adding intervals, tap ◀.
12. Select Outdoor or Indoor, then press **X**. You are now ready to start your interval workout!

SENSORS – Tap to search for your paired Bluetooth® Smart heart rate sensor and/or Foot Pod.

NOTE: The Sensors are Paired through the [Settings – Bluetooth](#)

ALERTS – Swipe to display Pace and Heart Rate zones. If either is active, its settings will be displayed.

NOTE: Heart Rate zones require a wireless sensor.

- Tap the alert to open its settings — Slower Than/Faster Than for Pace, and Low/High for Heart Rate.
- Swipe On/Off, Minutes/Seconds/Units for Pace.
- Swipe On/Off and Low/High BPM for Heart Rate.
- Tap **X** to return to the Alerts display.

SETTINGS – Swipe to display and tap to configure. Swipe spinners to select, and tap **X** to set.



- Count to Start: counts down 3 – 10 seconds before the workout begins.
- Auto Stats: periodically displays up to three stats for your workout - Time (elapsed), Distance, Pace, and/or Heart Rate (HR). The period is based on Distance or Split (time).
- Auto Lap: automatically records a lap each time you cover a specified distance.
- Auto Pause: automatically pauses the workout if you slow to or below a specified pace.
- Data Upload: indicates the most recently uploaded workout. If the workouts failed to upload, retry from here.

NOTE: Make links for Data Upload through the ONE GPS+ Portal or Phone Apps.

- Tap a field.
- Swipe or tap to update, and tap **X** to confirm.

MUSIC APP

To Load Music onto Your Watch:

1. Press the Menu button **⋮** and tap Music .
2. Clip the charging cable to the watch and plug the cable into your computer's USB port.
3. The watch will indicate that is charging. Tap  to proceed.
4. The watch will then display a message that "Music (playback) is disabled", and the watch will appear as a Removable Disk on your computer.
5. Open the Removable Disk, and open its **Music** folder.
6. From your computer's stored music, copy individual song files into the Removable Disk's Music folder.


NOTE: The watch will NOT recognize music copied in folders.

7. Close and eject the Removable Disk from your computer.
8. Disconnect the charging cable from the USB port, and unclip the cable.
9. The "Music Sync" message appears on the watch screen for about 10 seconds.

NOTE: If Bluetooth is turned Off, or you are not paired to a Headset/Wireless Speaker, the watch screen will remind you to connect. See [Settings – Bluetooth](#) for more information.

10. Tap the top line on the watch screen to go to the Music App home.
11. Tap All Songs to see your music and slide the indicator to see all songs copied to the Music App.

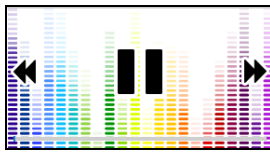
To Play Music on Your Watch:

1. Press the Menu button **⋮** and tap Music .
2. Tap the first song to begin playback.

NOTE: If Bluetooth is turned Off, or you are not paired to a Headset/Wireless Speaker, the watch screen will remind you to connect. See [Settings – Bluetooth](#) for more information.

NOTE: At the end of your music files, your ONE GPS+ will automatically repeat.

3. Follow the on-screen touch controls for music (left to right):




- Go back to the beginning of the song (or go to the previous song)
- Pause the song (or resume playback).
- Go to the next song.


NOTE: Volume Up/Down is controlled by the headset or wireless speaker

NOTE: Because the Music App and Fitness App are independent, you need to pause the Music App or turn off Bluetooth to stop music from playing after your workout.

To Reshuffle Your Recorded Music:

1. Press the Menu button **⋮** and tap Music .
2. Tap the top line on the watch screen to go to the Music App home.
3. Tap Reshuffle to randomize the order of the songs loaded in your watch
4. Tap All Songs to go to your music files.
5. Tap the first song to begin playback, or slide the indicator to the first song you want and tap to begin.

To Delete Music from Your Watch:

1. Press the Menu button **⋮** and tap Music .
2. Tap All Songs to open your music listing.
3. Slide the indicator to the song you want to delete
4. Tap and hold the song shown in the middle of the screen.
5. Follow the on-screen directions to delete (or to change your mind).

NOTE: This function can also be done when the watch is connected to your computer.

CONTACTS APP

NOTE: You can accomplish these tasks more easily through the ONE GPS+ Portal or Phone App.

1. Press the Menu button **⋮** and tap Contacts **👤**.

- If you have NO contacts, you will be prompted to **Add Contact**.
- Enter contact information by tapping each field and using the keypad. Swipe between screens to access uppercase, lowercase, numeric, and special characters (see “[Navigating the Touch Screen](#)”).

NOTE: You must enter at least the contact's First name and Email address.

NOTE: Many cellular companies offer the ability to send email as a text to your contact's phone. See www.Timex.com/ONE for setup instructions.

2. The Favorites screen contains up to five contacts that you can quickly message and a link to your Contacts address book.

- Tap **+** to add a Contact from your address book to your Favorites. Follow the on-screen directions.
- Tap any Favorite to read their most recent message or send a canned or free-form message.
- Tap Contacts **👤** to read/send a message to someone in your address book.
- Swipe to view the Contacts. Tap to select and read the most recent message from that Contact or send a canned or free-form message.
- To delete a Contact or Favorite, tap and hold on the name, and follow the on-screen directions.

3. Swipe to Lists and tap each list to designate or edit Contact categories.

- **SOS:** Receives emergency messages from you and included in the SOS list.
- **Live Trackers:** Receives a message with a link to track your workout progress
- **Angels:** Receives a message when you begin and end your workout.






NOTE: Set the Angels selection to On to activate this feature.

- Each selected Angel must reply to the email from the ONE GPS+ Portal and accept to be added to the list. Until they accept, they will be designated as “Pending”.
- Each Angel can locate your watch's recent location through the ONE GPS+ portal or Phone App.



4. Swipe to Settings:

- **Add** – put new contacts into your address book.
- **Edit** – change information about your contacts.
 - Tap **<** to save the changes and go back.
 - Tap **DELETE** to remove a contact, and follow the on-screen directions.
- **Assign** – add a Contact to your Favorites screen.
- **Sort** – organize your Contacts by First or Last name.
 - Tap **<** to confirm the setting.


TIME DISPLAY APP

1. Press the Menu button  and tap Time Display .
2. Swipe to select a display:
 - Watch face (time and date)
 - Stopwatch: Tap the upper box to Start/Stop, the lower box to take Lap/Splits, or  to reset.
 - Timer: Tap  to set the timer, the upper box to Start/Stop, or  to reset.
3. Swipe to **Alarms** to enable and set up to three non-repeating alarms.
4. Swipe to **Settings** to set the time, select 12- or 24-hour time format, and select the display format.




SETTINGS APP

1. Press the Menu button  and tap Settings .
2. Swipe to configure:
 - Airplane Mode: Turn On to disable cellular services and Bluetooth.
 - Bluetooth: Link Bluetooth devices to your watch for the Fitness and Music Apps.
NOTE: To avoid interference, link your Bluetooth device away from other similar devices.
 - Tap each icon to discover the Bluetooth heart rate sensor, foot pod sensor, and headset (or wireless speaker).
 - Wear the heart rate sensor against your skin or rub the sensor's pads with your thumbs.
 - Shake the foot pod.
 - Turn On the headset (or wireless speaker).
 - Tap the found device to pair it with the watch, and generate pairing signals:
 - Language, units, and touch screen or headset feedback
 - Watch information including name, ID, software, and configuration (view only)
 - Display colors: normal or inverted
 - Delete all watch content and settings

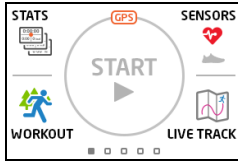
CONFIG BUTTON

1. Press and hold the Config button  until **Assign Function** appears.
2. Select the action to occur when you short-press the Config button:
 - Record a lap/split (during an active Fitness App workout).
 - Send a message to SOS contacts.

RUNNING A WORKOUT

1. Press the Fitness button , or press the Menu button  and tap Fitness .

NOTE: If you do not see the START button, swipe to it.



2. The watch automatically searches for a GPS signal for an Outdoor workout (or for a Foot Pod for an Indoor workout), as shown on the START button.

NOTE: To change your Workout type or settings, see [“Updating Your Fitness App”](#).

3. The START circle fills when the watch is ready to begin the workout, once GPS is acquired (or the Foot Pod is connected).






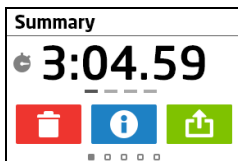
NOTE: To acquire GPS more quickly, move away from tall buildings and trees, and stand still.




4. Tap **START**.

NOTE: The watch begins counting down to your workout, or simply begins the workout, based on your setting for [“Fitness App”](#) count-to-start.

NOTE: Based on your settings, your Live Tracker and Angel contacts will receive their emails.

5. Swipe to select a workout display.
6. At the end of your workout, tap  to pause the workout.
7. Tap  to resume the workout or  to stop the workout. The watch then displays your workout summary.



8. Select to Delete , Review, Share  (with your social network), or Upload  (to your designated sites/apps) the workout summary.

NOTE: Uploads are made according to your ONE GPS+ account settings on the Portal or Phone App.

WHAT ARE LAP AND SPLIT TIMES?

Lap Time is the length of an individual segment of your workout (usually a repeated segment, such as a lap around a track). *Split Time* is the total elapsed time from the beginning of your workout through the current segment.

When you “take a split”, you have completed timing one workout segment (such as a lap), and are timing the *next* segment.

This figure illustrates lap and split times for a typical workout in which four laps/splits were taken:

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

TAKING A LAP/SPLIT

When the Fitness app is running, press the [CONFIG](#) button (if set to record a Lap/Split). This function also works when the watch is set for Auto Lap.

The watch can store up to 999 lap/split times per workout. Once you stop and save the workout, you can review summary data for the entire workout, as well as for individual laps.

BENEFITS OF INTERVAL TRAINING

Your watch features an interval timer that can track times and distances for a workout of up to 10 intervals, where each interval can be repeated up to 10 times, and the entire set of intervals can be repeated up to 10 times.

Interval workouts are powerful tools for targeting and training to improve running speed, endurance, and threshold. Periods of heavy activity such as running interspersed with recovery periods of lesser activity such as walking help you train longer and more intensely. Combining aerobic and anaerobic activity in this way helps you:

1. Target workouts for improving speed, cardiovascular and muscular endurance, and other qualities.
2. Improve your body's processing of lactic acid.
3. Reduce the risk of injury.

For best results, set up your interval workouts to train for a specific quality, such as in the following examples.

EXAMPLE ENDURANCE WORKOUT

To train for endurance, you might set up a classic 1-mile repeat workout: three or four repetitions of a 1-mile interval at about half-marathon pace, each followed by a 1/4-mile walking recovery.

EXAMPLE SPEED WORKOUT

To train for speed, you might run sets of 4 x 400m: run a fast 400m interval at slightly more than race pace, followed by a 2-minute slow jog recovery, and repeat both intervals four times.

TROUBLESHOOTING

For detailed guidance, visit www.Timex.com/ONE.

FURTHER INSTRUCTIONS

For instructional videos, visit www.Timex.com/ONE or www.YouTube.com/TimexUSA.

WATER RESISTANCE

The watch is water-resistant to 50 m (164 ft). You can swim with the watch, but the GPS, cellular, and Bluetooth functions will not work while swimming.

Water-Resistance Depth	Water Pressure Below Surface
50m / 164ft	86 p.s.i.a *

* Pounds per square inch absolute

WARNING: To maintain water resistance, do not press watch buttons under water.

- The watch is water-resistant only while its lens, push buttons, and case remain intact.
- Do not use the watch for diving.
- Rinse the watch with fresh water after every exposure to perspiration or salt water.

OTHER SAFETY AND PRECAUTION NOTICES

Bluetooth Wireless Technology

Bluetooth devices communicate without wires, using built-in radio transceivers that operate on a globally available radio frequency to ensure worldwide compatibility. The device can communicate with other Bluetooth devices (e.g. BT headsets) within a range of approximately 10 meters (33 feet).

Audio Safety Instructions

WARNING: Exposure to high volume sound levels or excessive sound pressure may cause temporary or permanent hearing loss or damage. Although there is no single volume setting that is appropriate for everyone, you should always use your headsets with the volume set at moderate levels and avoid prolonged exposure to high volume sound levels. The louder the volume, the less time is required before your hearing could be affected. To protect your hearing, some hearing experts suggest that you:

- Set the volume control to a low setting before using your headsets and use as low a volume setting as possible during use.
- Avoid turning up the volume to block out noisy surroundings.
- Limit the amount of time you use the headsets at high volume levels.
- Turn the volume down if the sound from the headsets prevents you from hearing people speaking in your immediate environment.

Recycle

Always return your used electronic products, batteries, and packaging materials to dedicated collection points.

About Digital Rights Management

When using this device, obey all laws and respect local customs, privacy and legitimate rights of others, including copyrights.

Copyright protection may prevent you from copying, modifying, or transferring photos music, and other content.

Digital rights management (DRM) protected content comes with an associated license that defines your rights to use the content.

Battery and charger info

Your device has an internal, non-removable, rechargeable battery. Do not attempt to open the back cover or remove the battery, as you may damage the device. To replace the battery, take the device to the nearest authorized service facility.

Aircraft, Hospitals

CAUTION: The device must be placed in airplane mode and headsets turned off (if included) in airplanes, hospitals or other public locations where handheld wireless and other electronic devices are prohibited.

Driving Precautions

Responsible, safe driving is your responsibility when operating a vehicle. Using a mobile device or accessory for messaging while driving may cause distraction and could result in death or injury to you or others. Using a mobile device or accessory may be prohibited or restricted in certain areas; always obey the laws and regulations on the use of these products.

While driving, NEVER:

- Type or read messages
- Enter or review on-screen data.
- Perform any other functions that divert your attention from driving.

Medical Devices

Operation of radio transmitting equipment, including wireless phones, may interfere with inadequately shielded medical devices' function. Consult a physician or the medical device's manufacturer to determine if it is adequately shielded from external radio energy.

Implanted Medical Devices

To avoid potential interference, manufacturers of implanted medical devices recommend a minimum separation of 6 inches (15.3 centimeters) between a wireless device and the medical device. Persons who have such devices should:

- Always keep the wireless device more than 6 inches (15.3 centimeters) from the medical device.
- Not carry the wireless device in a breast pocket.
- Turn the wireless device off if there is any reason to suspect that interference is taking place.
- Follow the manufacturer directions for the implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

TIMEX INTERNATIONAL WARRANTY

(U.S. - LIMITED WARRANTY)

Your TIMEX® watch is warranted against manufacturing defects by Timex Group USA, Inc. for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or -thoroughly -reconditioned and inspected components or replace it with an identical or -similar model. **IMPORTANT – PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

- 1) after the warranty period expires;
- 2) if the watch was not originally purchased from an authorized Timex retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, watch case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on -damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from -country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a -written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and -handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$12.00 cheque or money order in Canada; and a UKE3.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +11 2664 1001. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For France, call 33 3 81 63 42 51. For Germany/Austria: +43 662 889 2130. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

If your Timex should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to: TG SERVICE CENTER, P.O. Box 2740, Little Rock, AR 72203. For service questions, call 1-800-328-2677 or custserv@timex.com

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FCC NOTICE (U.S.) / IC NOTICE (CANADA):

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two -conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

This Class [B] digital apparatus complies with Canadian ICES-003.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Additional notices and warnings

DECLARATION OF CONFORMITY

Manufacturers Name: Timex Group USA, Inc.
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex® One GPS+ Watch & Bluetooth Smart HRM

Model Numbers: M061 & M077

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards: EN 300 440-1 V1.6.1 (M061)
EN 300 440-2 V1.4.1 (M061)
EN 300 328 V1.7.1 (Bluetooth) (M061)
EN 301 908-1 V5.2.1 (WWAN) (M061)
EN 301 908-2 V5.2.1 (WWAN) (M061)
EN 301 489-1 V1.9.1 (EMC) (M061)
EN 301 489-24 V1.5.1 (B1 WCDMA) (M061)
EN 301 489-17 V1.7.1 (Bluetooth) (M061)
EN 301 489-1 V1.9.2 (2011) (M077)
EN 301 489-17 V2.1.1 (2009) (M077)
EN 300 440-2 V1.2.1 (2008-05) (M077)
EN 61000-4-2: 2008/2009 (M077)
EN 61000-4-3: 2010/2006 (M077)
EN55011 (2009) (M077)

Product safety

Standards: UL60950-1:2006 (M061)
EN 60950-1:2006 (M061)
IEC60950-1:2005 (M061)
CSA C22.2 No. 60950-1:2007 (R2012) (M061)
EN 60601-1: 2006 (M077)

Radio and EMC

Standards: FCC Part 22/24 (M061)
FCC Part 15.247 (M061)
IC RSS-210 Issue 8, Dec 2010 for Bluetooth (M061)
FCC Part 15 B (M061)
EN55022:2006 (M061)
EN55024:2010 (M061)
FCC 47CFR Part 15, Subpart C (M077)
FCC 47CFR Part 15, Subpart B (15.249) (M077)
FCC 47CFR Part 18 (15.249) (M077)
IC RSS 210 Issued:2007/06/01 Issue:7 (M077)
ICES 003 Issue:2004/01/01 Issue No.4 (M077)
AS/NZS 4268 (2012) (M077)

SRD and the RF Exposure:

Standards: SAR testing for US (FCC CFR47 2.1093) (M061)
EU (EN62311:2008) body worn (4mW/10g limit) (M061)
IC RSS-131 Issue2, July 2003/132 Issue 3, Jan 2013 for WCDMA (M061)
Radio communications (Short Range Devices) Standard 2004 (M061)
Radio communications (Electromagnetic Radiation-Human Exposure) Standard, March 2003 (M061)
AS/CA S042.1:2011 - Requirements for connection to an air interface of a Telecommunications Network - General (M061)
AS/CA S042.4:2010 - Requirements for connection to an air interface of a Telecommunications Network - IMT-2000 Customer Equipment (M061)

Agent: 

Sam Everett
Quality Regulatory Engineer
Date: 15 September, 2014; Middlebury, Connecticut, U.S.A.