MOVETIME

Family Watch

MT40SX





User manual

TCL

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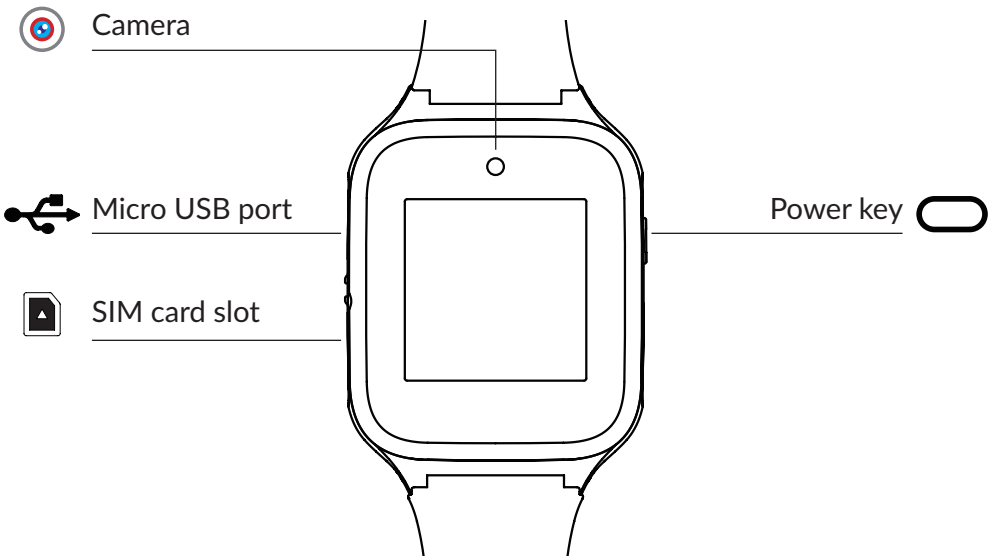
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MOVETIME Family Watch

Getting to know your watch

Watch overview

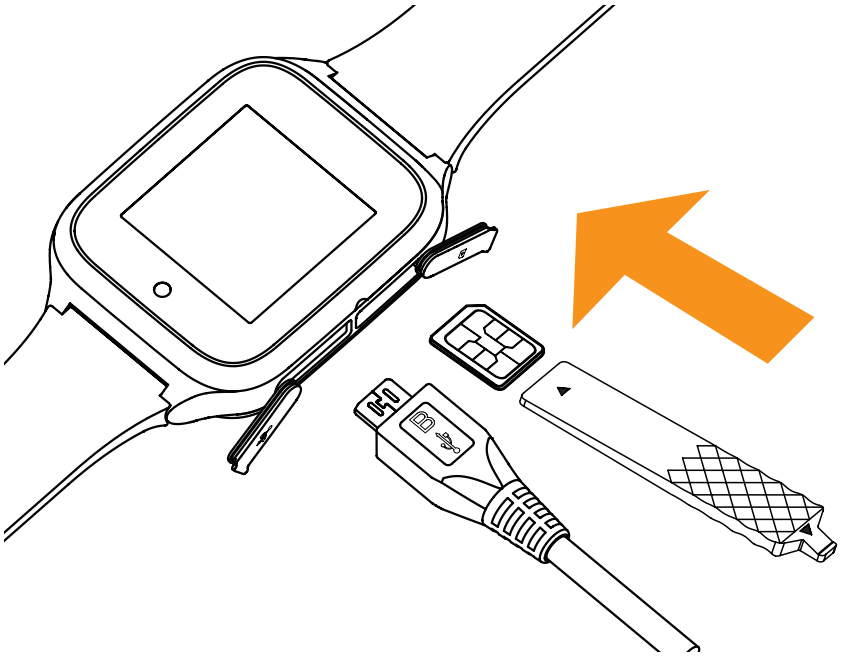


Power key

- Long press for 3s to power on.
- Long press for 3s to call SOS when the SIM card is inserted and paired with your smartphone. In any other case, long press for 3s to power off.
- Long press for 15s to force restart.
- Short press to end a call when dialling.
- Short press to wake up the device.
- Short press to go back to Home screen when the current screen is not the Home page. Press again to turn off the screen.

Charging your watch

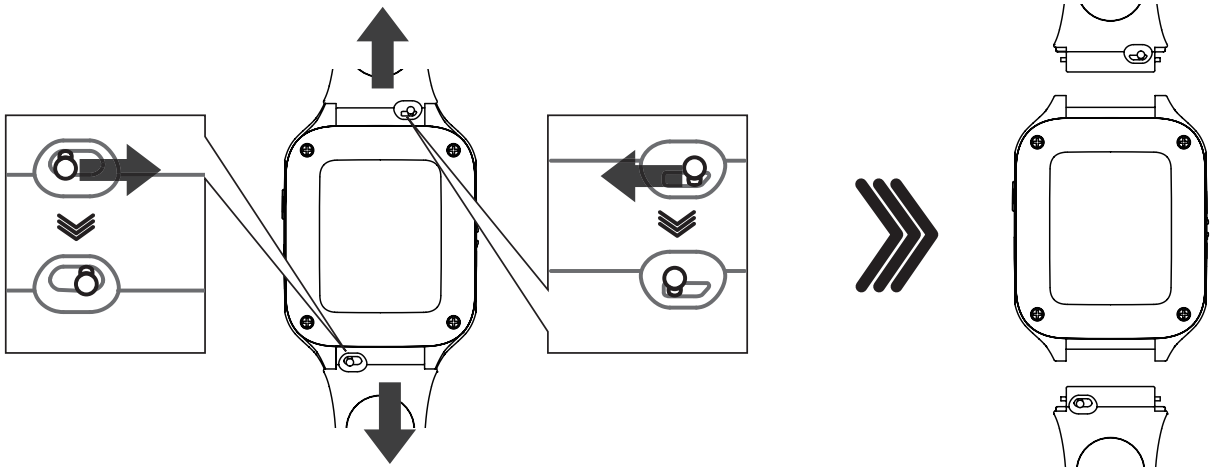
Plug the micro-USB cable into your watch and connect it to a USB charger or any 1A/5V USB port.



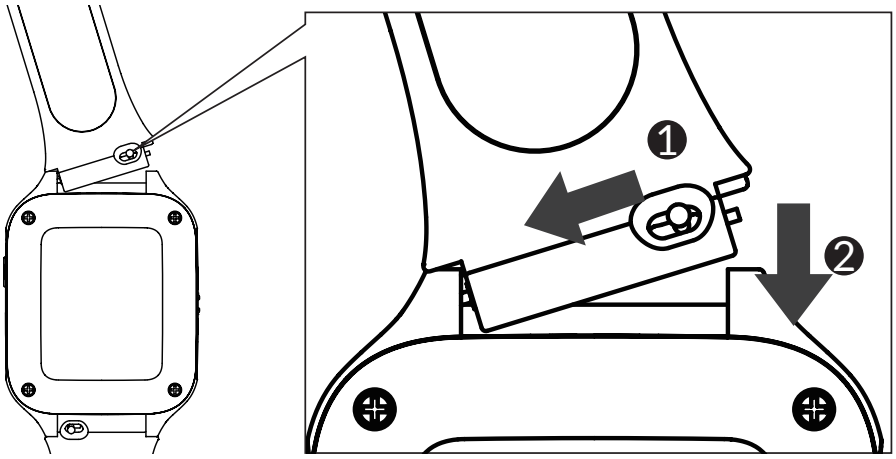
Watch strap

Straps are available in a range of colours, styles, and materials. To purchase one, please contact retailers.

Remove straps

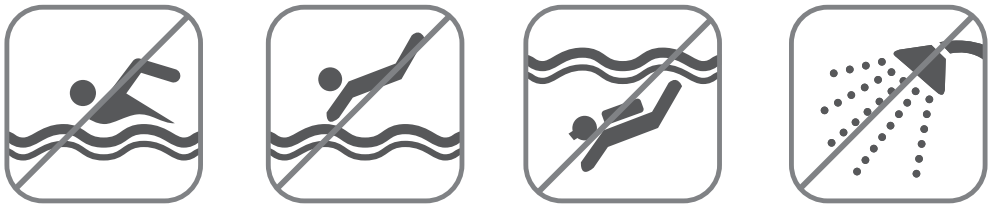


Attaching new straps



Waterproof notice

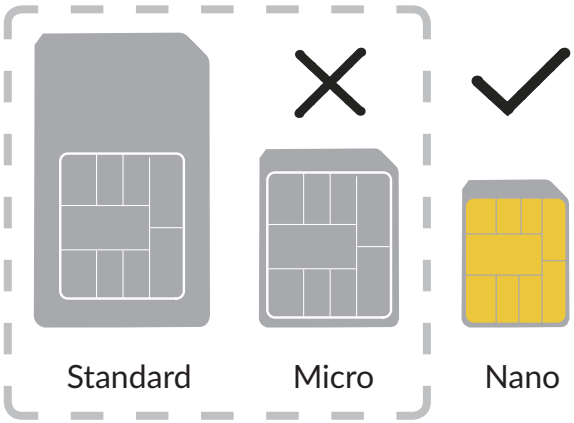
This product has an IP65 rating and is suitable for everyday use. DO NOT use it when swimming, diving, scuba diving and taking shower.



Setting up your watch

Getting a SIM card

A nano-SIM (not included) is required in order to set up and use your watch. Contact your network operator to request a nano-SIM with a voice and data plan.



Inserting the SIM card

Remove the SIM card cover and insert the SIM card. Once inserted, push the SIM card gently using the card remover to remove it.

Powering on your watch

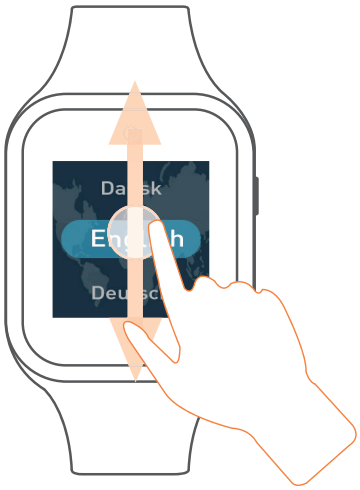
Long press the **Power key** for 3 seconds to power on your watch.

Entering your PIN code

If you've enabled PIN code protection for your SIM card, it's necessary to enter the PIN code on the pop-up window to validate it when using the watch for the first time. The SIM card will be locked after 3 unsuccessful entry attempts, and you will then need to enter your PUK code and enter your new PIN code twice. When you enter the right number, the Home screen will appear, indicating that you have successfully disabled the PIN code protection.

Language

You will be asked to select the system language when powering on your watch for the first time. To change the system language when the watch is unpaired, swipe right twice from the Home screen and then go to **Settings** > **Language** to select a language.



Download and install the app on your smartphone

To download the app you can:

- Search for "TCL Connect" in the Google Play store (Android 5.0 and above), or App store (iOS 10.0 and above).
- Scan the following QR code.

Create an account

1. Touch **Sign up** to create your **TCL Connect** account.
2. Enter your email address and set a password for your account.(1)
3. Enter the verification code sent to your email address. This email address will be used to help you reset your password should you forget it.
4. Touch **Done**.

Log in to your account

Enter your email address and password to log in. You can also log in using your Facebook / Twitter account.

Pairing

Make sure the SIM card is correctly inserted and you are able to connect to the internet before pairing your watch with your phone. The connected network icon will appear at the top left of your watch's basic screen (swipe down from the home screen) once connected to the internet.



4G network



3G network



2G network



Data roaming network


No network but can make calls


No network and can't make calls

There are two ways to pair your watch with your phone:

- Scan the QR code to pair your watch

  Swipe left from the Home screen of your watch and touch **Contacts** to obtain the QR code when pairing the watch for the first time.

  You can also get the QR code by swiping right twice on the Home screen of your watch, then going to **More** > **QR code**.
- Enter the IMEI number to pair your watch

  The IMEI number is printed on a label on the device packaging. You can also swipe right twice, go to **More** > **Settings** > **About watch** to obtain the IMEI number. Enter the IMEI number of your watch and touch **Done** to pair your watch with your phone.

Touch **OK** on your watch.

(1) Read the "Terms of use" and "Privacy and security" and check the box.

Enter your phone number in the app. Follow the instructions to complete your seniors' personal information (profile picture, name, birthday, phone number of the watch etc.) and touch **Done**.

Once the MOVETIME Family Watch has been successfully paired with your phone, you will be brought to the application main screen. The location of the watch will be displayed here on the map.

Connect your watch to a Wi-Fi network via your smartphone

1. Open the "TCL Connect" app. Choose the watch you want to set.
2. Go to **More** > **Wi-Fi**. Touch **Add**.
3. Select the wireless network and enter the password to connect with it. If you didn't find the wireless network you want to connect with in the list, it may have been hidden. Touch **More** to enter the SSID and password to connect with it.
4. The icon will appear on the top left of your watch once connected to the wireless network. Go to **More** > **Settings** > **Wi-Fi** on your watch to view more.

SOS

Long press the **Power key** for 3 seconds from any screen to activate SOS. When SOS is activated each family member will receive an app notification and an SMS informing them that an SOS alert has been issued. These messages will contain a link to the location of the watch. The watch will also make a call to the first favourited family member (the administrator). If there is no answer within 20 seconds it will automatically call the next family member on the list. If none of the 3 favourited family members answer the call, a final call will be made to the emergency services.

Notes:

- To add and nominate favourite family members, please refer to the "Family member management" section of this user manual.
- The emergency services number is not set by default and should be added in the administrator's TCL Connect app. The number that should be set will depend on your region.

Home

Press the **Power key** to wake up your device. The time and date will display on the Home screen. You can change the watch face from the Settings menu.

Using the touch screen

Touch 

To select an application or confirm an action, use your finger to touch it.

Touch and hold 

Long press the Home screen, swipe left to view different options, and touch a watch face to select it.

Swipe left/right 

Swipe left/right to view applications, settings, and functions.

Swipe right to return to the previous page after you have entered any application.

Swipe up/down 

Swipe up from the Home screen to view notifications. Swipe down from the Home screen for volume and brightness controls and to turn on/off the wireless connection.

Watch face

Long press the Home screen, swipe left to view different options, and touch a watch face to select it.

Notifications

Swipe up from the Home screen to view notifications. Swipe down to go back.

Swipe left and touch  to dismiss a notification after viewing it.

Swipe up to the end and touch **Delete** to delete all the notifications.

 Chat message

 Alarm

 New “Praise” in Sports

 Event reminder

 Voice reminder

 Medicine reminder

 Sedentary reminder

 Group invitation

 Missed call

 Mobile binding

Chat message: Notification will appear when a chat message is received.

Alarm: Notification will appear when an alarm sounds.

New “Praise” in Sports: Notification will appear when a friend “Praise” your Sport steps.

Event reminder: Notification will appear to remind you of an upcoming event.

Voice reminder: Notification will appear to remind you by playing a recording.

Medicine reminder: Notification will appear to remind you to take medicine.

Sedentary reminder: Notification will appear to remind you to exercise.

Group invitation: Notification will appear when a group chat invite is received.

Missed call: Notification will appear when a call is missed. Touch the notification to call back.

Mobile binding: Notification will appear when your watch has been successfully paired with a smartphone.

Please note that only that day’s notifications will appear in the list, all the notifications will be erased at midnight every day.

Basic

Swipe down on the Home screen to enter the Basic page. Swipe up to return to the Home screen.

Weather

You can see today's weather and temperature on the screen, touch to see tomorrow's, touch again to see the day after tomorrow's, touch a third time to go back to today's weather.



Brightness

1. Touch to see the brightness control.
2. Swipe left/right to adjust brightness.

Volume

1. Touch to see a range of controls for volume.
2. Swipe left/right to adjust the volume. When the slider is swiped to the far left, the watch will be mute and only vibrate.

Ringtone & Notification.

Alarm volume.

In call volume and call alert volume.



Wi-Fi

Touch to turn on/off the Wi-Fi connection.

Call

Make a call

1. Swipe right from the Home screen and touch **Call**.
2. Whitelist off: Tap the number and touch  to dial. You can also swipe right to the contacts list and touch the contact to place a phone call.

   Whitelist on: Touch the contact which on the contacts list to place a phone call.

Call history

Swipe left to the call history.

- Touch one name to call back.
- Swipe left on the name. Touch the Delete icon  that then appears on screen. Touch  to confirm, or touch  to cancel.

Contacts

Adding new friends

Swipe left from the Home screen and touch **Contacts** > **+ Friend.** Keep both watches in close proximity, shake them, and touch **OK**.

Deleting a friend

In the contact list, swipe left on the name of the friend. Touch the Delete icon that then appears on screen. Touch to confirm, or touch to cancel.

Phone call

1. Swipe left from the Home screen and touch **Contacts**.
2. Touch the contact and choose to place a phone call.
   Touch to end the call.

Video call

1. Swipe left from the Home screen and touch **Contacts**.
2. Touch the contact and choose to place a video call.
3. Touch the screen to show the control icon, and touch to end the video call.

If you want to place a video call with the watch user, you need to download the app on your smartphone or have a watch with a camera.

Chat

Sending a message

Voice message

Touch **Chat** to select a contact or a group. Hold to record, and release it to send the message.

Emoji

Touch **Chat** to select a contact or a group. Touch + > to select and send an emoji.

Photo

Touch **Chat** to select a contact or a group. There are two ways to send a photo:

- Touch + > to select and send a photo from the Gallery.
- Touch + > > to take a photo. Then select to send, or touch to go back and take the photo again.

Note: If the message fails to send, will appear next to the message. Touch the icon to resend the message.

Listening to voice messages

If there is an unheard voice message, a red dot and the number of unheard voice messages (up to 99) will appear on the contact icon.

1. Touch the contact.
2. Touch the unheard voice message to hear it.

Group chat

Creating a group

Add friends first before you create a group.

1. Swipe left twice from the Home screen and touch **Chat** > **Create a group**.
2. Choose a group picture and invite friends.
3. Touch ✓ to create a group, or touch ✕ to cancel.

Managing group chat

1. Swipe left twice from the Home screen and touch **Chat**.
2. Swipe left and touch to edit the group:
   - Touch + on the top to invite friends to join in.
   - Touch to remove a member from the group.(1)
   - Touch **Mute this group** to mute group notifications.
3. Touch **Save**.

Deleting a group

1. Swipe left twice from the Home screen and touch **Chat**.
2. Swipe left and touch to quit the group.

If you have been removed from the group by the creator, the group icon will change to grey. When you touch it, a pop-up will remind you that you have been removed.

(1) Removing your friends from the group is not the same as deleting your friends from the watch. you can still find them in the contact list.

Camera

Take a photo

1. Swipe left/right from the Home screen to select an application.
2. Touch **Camera** and move your watch to look for a good angle for the photograph.
3. Touch to take a photo.

Sport

Swipe left/right from the Home screen to select an application. Touch **Sports** to view your sports statistics including steps, distances and calories burned. If you have inserted a SIM card in your watch, you can view the daily step rankings for you and your friends. You can touch the ♡ to "praise" their steps. You will receive a notification if one of your friends "praises" your steps. You can also swipe up to the end of this page and touch **Who praised me** to view the friends who have "praised" you.

Sleep monitor

Swipe left/right from the Home screen to select an application. Touch **Sleep monitor** to view your sleep status including the total hours slept and the number of deep or light sleep hours.

Note: You need to turn on this function on app first as the default is off.

More

Alarm

Set a new alarm

1. Touch +.
2. Touch **Time**, swipe up/down to set the time.
3. Touch **Save**.
4. Touch **Repeat**, choose **Never** or **Mon** to **Sun** one or more, then touch **Save**.
5. Touch **Finish**.

Disable an alarm

Disable:
Enable:
Touch the switch to turn on/off the alarm.

Delete an alarm

Swipe left on the alarm, touch to delete.

Message

Read a message

Swipe up/down and touch the message you wish to read.

Delete a message

Swipe left on the message you want to delete. Touch the Delete icon that then appears on screen. Touch ✓ to confirm, or touch ✕ to cancel.

Delete all the messages

1. Swipe up to the bottom of the message list.
2. Touch **Delete all**.

Watch face

There are different watch faces to choose from.

1. Touch .
2. Swipe left/right to view different watch faces.
3. Click one to confirm and return to the settings page.

QR code

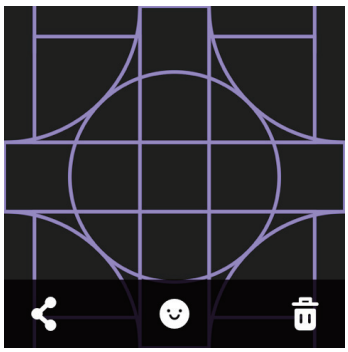
Touch to show the QR code.

Gallery

View a photo/video

1. Touch **More** > **Gallery**.
2. Touch a photo to view it.
3. Swipe up to view the previous photo.
   Swipe down to view the next photo.
   Swipe right to return to the previous menu.

Share a photo



1. Touch **More** > **Gallery**.
2. Touch a photo to view it.
3. Touch the photo again to show the edit buttons.
4. Touch .
5. Select a friend or group.
6. When you have successfully shared a photo, you will be returned to the photo view screen.

Add an emoji sticker to your photo

1. Touch **More** > **Gallery**.
2. Touch a photo to view it.
3. Touch the photo again to show the edit buttons.
4. Touch .
5. Select an emoji sticker. Touch and hold with your fingers on , and then drag your fingers to the top-left or lower right on the display to zoom in/out of the emoji sticker.

Delete a photo

1. Touch **More** > **Gallery**.
2. Touch a photo to view it.
3. Touch the photo again to show the edit buttons.
4. Touch .
5. Touch **OK**.

Calculator

To access the Family watch calculator, swipe left / right from the Home screen to select an application, touch **More**, and then touch .

Sedentary reminder

Set the time interval for the sedentary reminder

1. Touch **More** > **Sedentary reminder**.
2. Choose the time interval: 1 hour, 1 hour 30 min or 2 hours.

Touch the switch to turn this mode on or off. The default setting is off.

Note: You won't receive reminders while the sleep monitor function is active or during lunchtime (12:00 to 14:00). Even if the sleep monitor function is not switched on, the sedentary reminder won't operate between 21:00 and 9:00.

Settings

Wi-Fi

Touch to turn on/off the Wi-Fi connection. Default is off.

Roaming connection

Touch to turn on/off the roaming data connection. Default is on.

Display

To adjust the screen brightness:

1. Touch **More** > **Settings** > **Display** > **Brightness**.
2. Swipe the slider to adjust the brightness.

To set the duration of the screen display time:

1. Touch **More** > **Settings** > **Display** > **Screen time out**.
2. Choose the time: 10s, 30s or 1min.

To set the font size of the watch:

1. Touch **More** > **Settings** > **Display** > **Font size**.
2. Choose the size: larger font or normal font.

Sound

To change the ringtone:

1. Touch **More** > **Settings** > **Sound**.
2. Touch **Call ringtone** to change the ringtone for calls.
   Touch **Notification ringtone** to change the ringtone of notifications.
   Touch **Alarm ringtone** to change the ringtone of alarms.

To turn on vibration:

Touch **More** > **Settings** > **Sound**, and turn on the switch for **Also vibrate for ring**. Your watch will vibrate for calls, messages, alarms, reminders, low battery, power on, power off, and notifications.

To adjust the volume:

1. Touch **More** > **Settings** > **Sound**.
2. Swipe left/right to adjust the volume. When the slider is swiped to the far left, the watch will be muted and only vibrate.

   Ringtone & Notification.

   Alarm volume.

   In call volume and call alert volume.

Watch memory

To check storage space:

1. Touch **More** > **Settings** > **Watch memory**. You can see the storage status (total used/total available) on the top.
2. Touch **Gallery** to view stored photos. Swipe right to return to the **Watch memory** screen.

To free up storage:

1. Touch **More** > **Settings** > **Watch memory**.
2. Touch **Clean** to delete all the photos on the watch.
3. Touch **OK**.

VoLTE

VoLTE (Voice over Long-Term Evolution) is a high-definition voice/video communication technology carried on the 4G network.

Restart

To restart your watch:

1. Touch **More** > **Settings** > **Restart**.
2. Touch **OK** to restart.

Reset PIN code

To reset your PIN code:

1. Touch **More** > **Settings** > **Reset PIN code**.

2. Enter your PIN code and touch **OK**.

Language

You can set your watch's language by swiping up/down and selecting your preferred language.

Update

To update your watch's operating system:

1. Touch **More** > **Settings** > **Update**.
2. If there is an update available, touch **Update** to download. Touch **OK** to confirm if it is OK to use the data network to download the update if you are not connected to Wi-Fi.
3. Once the file has been downloaded successfully, the device will automatically restart to complete the update.

If your watch fails to update, please check:

- If you watch is connected to the network.
- If you watch battery strength is more than 30%.
- If you watch has enough free storage.

Note: Do not power off your watch during the update process as this may damage the device.

About watch

You can view device information here, including firmware version, hardware version, IMEI and carriers.

Power off

Touch to power off your watch.

Reminder

Check what need to do today in this list. The list is created by a guardian using their smartphone.

TCL Connect app

Manage your devices

View information about all the connected devices, including watch and tracker device names and their battery levels.

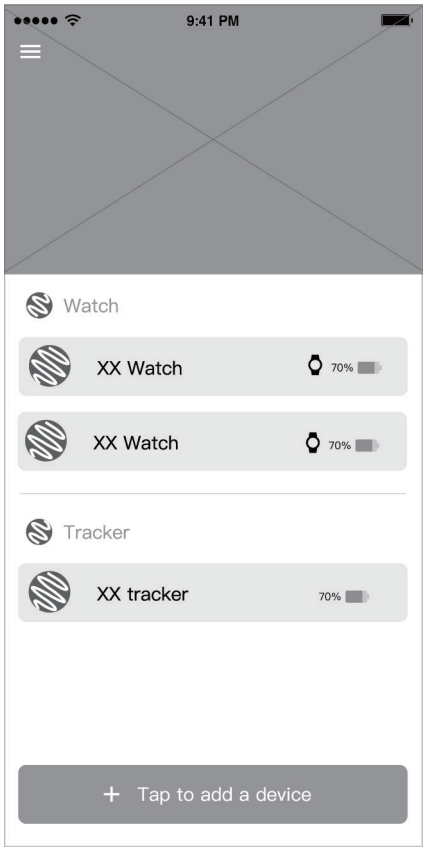
Profile information

Viewing and changing profile information

1. Touch ☰ on the upper left corner of the ALL IN ONE page.
2. Select your account.
3. Edit your photo, name, gender, birthday, region and password.
4. Touch **Log out** to exit your account.

Clear the cache

Show the size of the cache file, touch to clear the cache.



ALL IN ONE page

Adding a new watch

You can add and manage multiple watches and trackers with your account.

1. Touch **Tap to add a device** on the ALL IN ONE page.
2. Start to add the new device. (For more information on pairing a watch with your phone, refer to “Pairing” on page 5 of this user manual.)

Family member management

Family members can be added using the administrator’s application either manually or by scanning a QR code.

Adding a family member manually

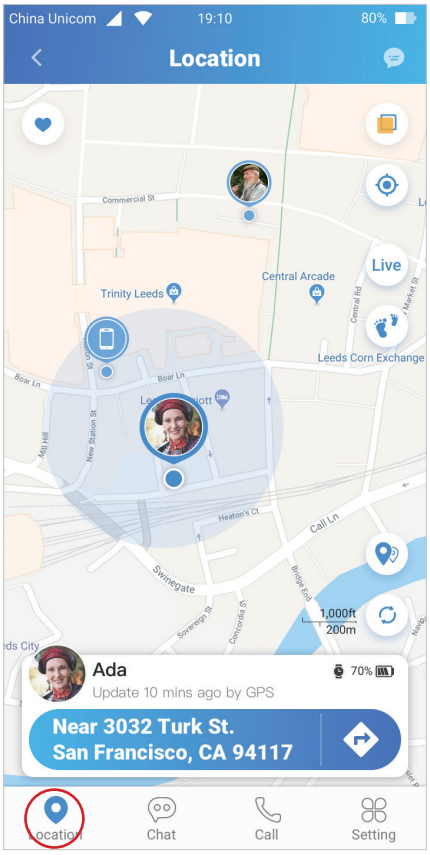
1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.
3. Touch **Watch contacts**.
4. Touch + on the top right of this page.
5. Enter a name/relationship and phone number. You can also upload a photo (optional).
6. Touch **Save**.

Adding a family member via QR code

1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.

3. Touch **Share QR code**.
4. A QR code will appear on screen. If the invited family member is next to you they can scan it directly using their TCL Connect app. If the invited family member is not in your vicinity, touch ••• to send them the QR code.

Home



	Back to the ALL IN ONE page
	Unread messages
	Seniors' sports and sleep monitor
	The phone's location
	Hold and move the fingers to zoom in/out of the map.
	The Seniors' location

	Switch between satellite view and street view.
	Touch to refresh the phone's location
	Live tracking mode
	History
	Touch to switch view for single or multiple devices
	Touch to refresh the watch's location
	Navigation in 3rd app

Live Tracking Mode

Please download the latest TCL Connect app from the Google Play Store or Apple App Store.
With Live Tracking enabled, the device continuously monitors and records its position.

Enable/Disable Live Tracking Mode

Touch the Live Tracking button, select a time period, and confirm. Live Tracking will be enabled and the time period countdown will begin.

After the time period has passed, Live Tracking will be disabled automatically.

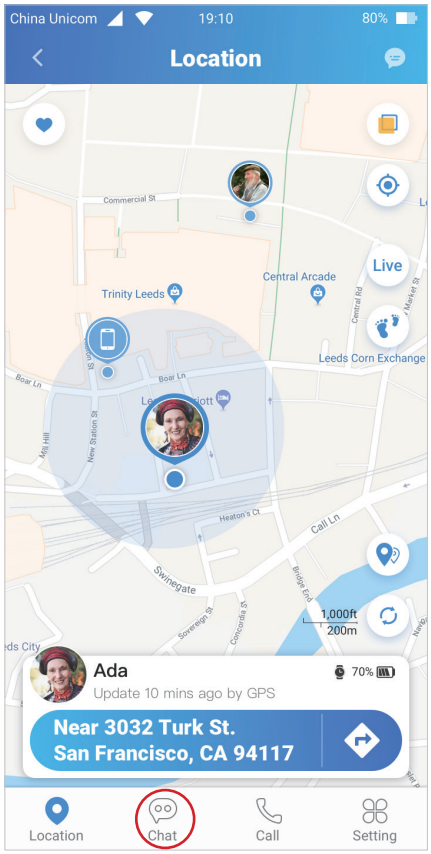
It also can be disabled manually by touching the Live Tracking button again.

Please note that Live Tracking may use additional battery power. Make sure your battery is fully charged before activating it.

Chat

Sending a voice message, emoji, photo or text

1. Touch the chat icon.
2. Select whether to send a message to your seniors' watch or to the family chat.
   - Touch and hold the bottom of the screen to send a voice message. Voice messages can be up to 60 seconds long.
   - Touch ☺ at the bottom right of the screen to view emojis, then touch one to send.
   - Touch ⊕ at the bottom right of the screen to view more. You can touch the camera to take a photo immediately or select a photo from the gallery to send.
   - Touch the keyboard icon at the bottom left of the screen to input text.



Deleting a message

1. Long press the message you wish to delete.
2. To delete the selected message, touch **Delete** in the pop-up menu. To delete all messages in the chat, touch **More** > **All** > 🗑.

Notes:

- Unheard messages are indicated with a red dot.
- Touch a message to listen to it.

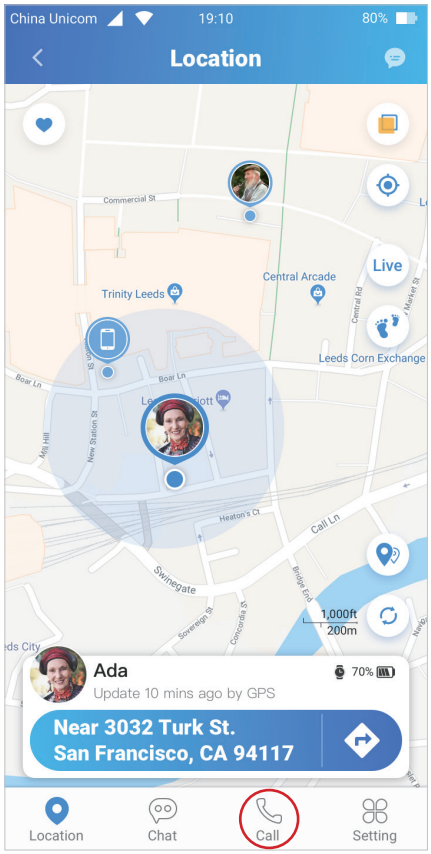
Call

Voice call

1. Touch the call icon .
2. Select a friend and touch .
3. Touch **OK**.
4. Touch to end the call.

Video call

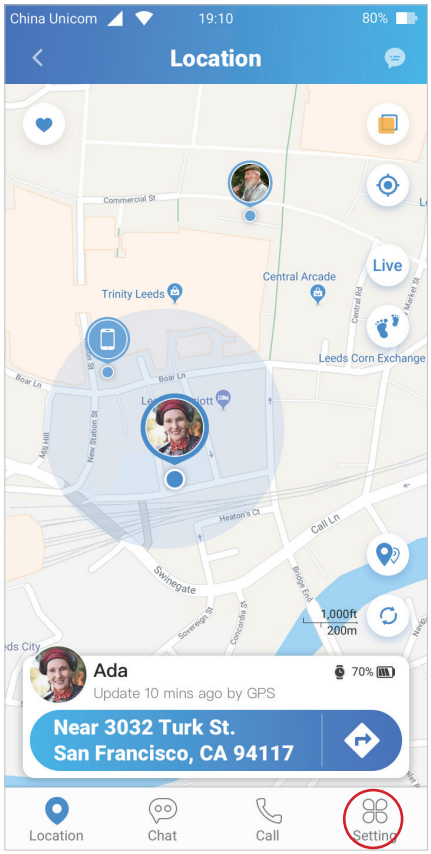
1. Touch the call icon
2. Select a friend and touch .
3. Touch **OK**.
4. Touch to end the call.



More

Share QR code

Touch the screen to share the QR code with your family. They can then scan it to download the TCL Connect app. When they scan the code again using the app they will be added to the Administrator's contact list.



Geofence

You can set up areas called 'geofences' for places frequently visited by your seniors (e.g. your home, senior-citizen center, etc.) Once set up, you'll receive notifications from the TCL Connect app every time your seniors enters or leaves a geofence.

Set up a geofence

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Geofence**.
4. Touch **Add geofence**.
5. Enter a name for the safe zone and enter the address.
6. Set the range.
7. Touch **Done**.
8. Touch the switch to enable/disable the geofence.

Watch contacts

Group by contact: Family, Friend and Friends added by watches.

- Family: The first is the smartphone administrator and the second is the current watch contact, the others are the contacts who have paired with this watch.
- Friend: Contacts added by phone.
- Friends added by watches: Contacts added via the watch.

You can only call the contacts in the whitelist when the whitelist switch on.

Adding a friend manually

1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.
3. Touch **Watch contacts**.
4. Touch + on the top right of this page.
5. Enter a name/relationship and phone number. You can also upload a photo (optional).
6. Touch **Done**.

Adding a family member via QR code

1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.
3. Touch **Share QR code**.
4. A QR code will appear on screen. If the invited family member is next to you they can scan it directly using their TCL Connect app. If the invited family member is not in your vicinity, touch ··· to send them the QR code.

Edit details of a friend

1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.
3. Touch **Watch contacts**.
4. Select a friend and then touch **Edit** on the top right.
5. Edit the name, phone number and photo. Touch **Delete** to remove this contact.
6. Touch **Save**.

Set the emergency contacts

1. Touch **More** on the application main screen.
2. Swipe left/right on the top to select a Family watch.
3. Touch **Watch contacts** > **Emergency contact**. The first 3 contacts in the list are the default emergency contacts. You can check the box on the contact to change this.
4. Touch **Emergency number** to set SOS number.
5. Touch **Save**.

SOS

If your senior makes an SOS call, an SOS message will be sent to the emergency contacts. This message contains a link. Touch the link to go directly to the SOS screen. Your seniors' location will be shown on the map.

Reminder

There are 3 reminders including Medicine reminder, Voice reminder and Event reminder.

To set a medicine reminder:

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Reminder**. Touch the dates with a green dot to view the reminders.
4. Touch **Add** > **Medical reminder** to create a new reminder.
5. Touch the title to rename.
6. Set reminder time to take medicine. You can set up to 5 times a day.
7. Set when the medicine reminder should repeat.
8. Touch **Save**.
9. Swipe left to delete.

To set a voice reminder

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Reminder**. Touch the dates with a green dot to view the reminders.
4. Touch **Add** > **Voice reminder** to create a new reminder.
5. Hold to record a voice message for reminding.
6. Set reminder time.
7. Set when the voice reminder should repeat.
8. Touch **Save**.
9. Swipe left to delete.

To set an event reminder

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Reminder**. Touch the dates with a green dot to view the reminders.
4. Touch **Add** > **Event reminder** to create a new reminder.
5. Set a title.
6. Set when the event should begin and end.
7. Set when the to do list should repeat.
8. Touch **Save**.
9. Swipe left to delete.

Clock

Set an alarm

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Clock**.
4. Touch **Add**.
5. Set the alarm time.
6. Set which days the alarm should repeat.
7. Touch **Save**.
8. Touch the switch to turn on/off the alarm.
9. Swipe left to delete.

Health

Sports information:

You can view the steps, burned calories and distance which the watch user has achieved when walking and running. The sport statistics can be shown in day, week and month format. Touch to share sports scores. Touch to praise.

Set a sport goal

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Sport information** to view the sport achievement for today, touch ❮ / ❯ to view it for other days.
4. Touch ⚙. Enter **Height** and **Weight** for your seniors, and set the step goal.
5. Touch **Done**.

Sleep monitor information:

Set sleep monitor mode:

1. Switch the sleep monitor mode on. The default setting is off.
2. Set the time interval for the sleep monitor mode.
3. Touch **Save**.

View the sleep monitor data:

You can view your sleep data here, displayed in days (D), weeks (W), months (M), and years (Y). The data includes the time you went to sleep, the length of deep sleep and light sleep, and the total length of sleep.

Wi-Fi

You can set the watch to connect in Wi-Fi mode if a Wi-Fi network is available. Enable Wi-Fi on the watch when you have successfully connected to the Wi-Fi network on your smartphone.

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Wi-Fi** > **Add**.
4. The available Wi-Fi will appear in the list. Touch one to enter the password.
5. Touch **Add**.

Enable Wi-Fi on your watch to use the selected Wi-Fi network.

Scheduled power on/off

You can set the watch to power on/off automatically at scheduled times.

The watch user can then choose whether to keep the watch on or turn it off in the pop-up.

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Scheduled power on/off**.
4. Set a power on time and a power off time.
5. Select which days of the week to schedule the power on/off times.
6. Touch **Save**.

7. Touch the switch to enable/disable scheduled power on/off.

Time zone

In the time zone menu you can set your time zone, enable/disable automatic date & time and set 12-hour/24-hour format.

Language

The language set for the Family watch will follow the language of the administrator's TCL Connect app by default. English is set by default.

Firmware update

You can update your watch firmware or the TCL Connect app version by following these steps:

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Touch **Firmware update**.
4. Touch **Download**.

Note: Using mobile data to download updates may incur significant data charges. Your watch will restart automatically after updating.

Unpair the watch

To unpair your watch follow the steps below:

1. Touch **More** on the application main screen.
2. Select a Family watch.
3. Scroll down and touch **Unpair**.
4. Touch **Unpair** again in the pop-up dialog.

Location mode

Automatic mode: The device sets the tracking period and the location technology automatically. The faster the device is moved the more often the position is transmitted; in outdoor areas the device uses GPS, in indoor areas the device uses the surrounding WiFi hot spots and the mobile network to determine its position.

Low power mode: The location is transmitted only when clicking the location icon .

FAQ

Touch to read the FAQ first if you have queries about using your watch. It may the fastest way to solve your problem.

User manual

This manual details how to use your watch and the TCL Connect app.

Safety and use

We recommend that you read this chapter carefully before using your device. The manufacturer disclaims any liability for damage, which may result as a consequence of improper use or use contrary to the instructions contained herein.

Traffic safety

Given that studies show that using a device while driving a vehicle constitutes a real risk, drivers are requested to refrain from using their device when the vehicle is not parked.

When switched on, MOVETIME Family Watch emits electromagnetic waves that can interfere with the vehicle's electronic systems such as ABS anti-lock brakes or airbags. To ensure that there is no problem:

- Do not place MOVETIME Family Watch on top of the dashboard or within an airbag deployment area.
- Check with your car dealer or the car manufacturer to make sure that the dashboard is adequately shielded from RF energy.

CONDITIONS OF USE

You are advised to switch off MOVETIME Family Watch from time to time to optimise its performance.

Switch MOVETIME Family Watch off before boarding an aircraft.

Switch MOVETIME Family Watch off when you are in health care facilities, except in designated areas. As with many other types of equipment now in regular use, mobile devices can interfere with other electrical or electronic devices, or equipment using radio frequency.

Switch MOVETIME Family Watch off when you are near gas or flammable liquids. Strictly obey all signs and instructions posted in a fuel depot, petrol station, or chemical plant, or in any potentially explosive atmosphere.

When MOVETIME Family Watch is switched on, it should be kept at least 15 cm from any medical device such as a pacemaker, a hearing aid or insulin pump, etc.

Please note that MOVETIME Family Watch is a unibody device, the battery is not removable. Do not attempt to disassemble MOVETIME Family Watch. If you disassemble your device the warranty will not apply. Also disassembling the device may damage the battery, and may cause leakage of substances that could create an allergic reaction.

Always handle your MOVETIME Family Watch with care and keep it in a clean and dust-free place.

Do not allow MOVETIME Family Watch to be exposed to adverse weather or environmental conditions (moisture, humidity, rain, infiltration of liquids, dust, sea air, etc.). The manufacturer's recommended operating temperature range is -10°C to +45°C.

At over 55°C the legibility of the device's display may be impaired, though this is temporary and not serious.

Do not open, dismantle or attempt to repair your MOVETIME Family Watch yourself.

Do not drop, throw or bend your MOVETIME Family Watch.

Do not use MOVETIME Family Watch if the glass made screen, is damaged, cracked or broken to avoid any injury.

Do not paint it.

Use only accessories which are recommended by TCL Communication Ltd. and its affiliates and are compatible with your device model.

Pay attention to any warnings.

Do not attempt to open or disassemble MOVETIME Family Watch. Under inappropriate operation, the device and battery can be damaged and be hazardous to the human body and the environment.

Do not clean MOVETIME Family Watch with corrosive cleaning products.

Do not place MOVETIME Family Watch in dishwashers, washing machines or dryers.

Do not place MOVETIME Family Watch on or in heating devices, such as microwave ovens, stoves, or radiators.

Do not expose MOVETIME Family Watch to extreme temperatures. The recommended temperature ranges from -10°C to 55°C.

Do not place MOVETIME Family Watch close to fire.

Do not dispose of MOVETIME Family Watch in a fire. This may cause the device to explode.

Prevent the USB connector from contacting water to avoid rust.

Do not crush, drop, or puncture your MOVETIME Family Watch.

Medical devices

Please consult your doctor and the device manufacturer to determine if operation of your watch may interfere with the operation of your medical device.



Warning! CHOCKING HAZARD – small parts. Not suitable for use by children under 3 years.

Blasting Caps and Areas

Turn off your device when in a blasting area or in areas posted turn off “two-way radios” or “electronic devices” to avoid interfering with blasting operations.

IP (Ingress Protection) Rating

Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations (meets requirements of classification IP65 as described by the international standard IEC 60529 - Degrees of Protection provided by Enclosures [IP Code]; test conditions: 15 - 35 °C, 86 - 106 kPa, 6.3 mm internal diameter of the nozzle, 3 minutes). Despite this classification, your device is not impervious to water damage in any situation.

You may, for example, wear and use the device during exercise (exposure to sweat is OK), in the rain, and while washing your hands with fresh water. But submerging your device is not recommended and the device is only protected against water splashes. Therefore, it’s not recommended to wear your device while swimming or taking a shower.

When using your device, note that:

If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to any liquid other than fresh water, such as salt water, liquid chemicals,

vinegar, alcohol, and liquid detergent, rinse the device with fresh water immediately and dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause it to suffer from operability or cosmetic issues.

Dry your device before charging.

Do not submerge the device.

Do not expose the device to pressurized water or high velocity water, such as water running from a tap, ocean waves, or waterfalls.

Do not wear your device in the sauna or steam room.

Even if your device is resistant to dust and water, you should avoid exposing it to environments with excessive dust, sand and mud or to moist environments with extreme high or low temperatures.

Your warranty does not cover damage or defects caused by abuse or improper use of your device (including use in environments where the relevant IP rating limitations are exceeded).

The first digit in the two-digit IP rating indicates the level of protection against solid objects, such as dust. The second digit indicates how resistant the device is to water, as explained in the table below:

Resistance to solid objects such as dust

0: No special protection
1: Protected against solid objects larger than 50mm in diameter
2: Protected against solid objects larger than 12mm in diameter
3: Protected against solid objects larger than 2.5mm in diameter
4: Protected against solid objects larger than 1mm in diameter
5: Protected against dust; limited ingress (no harmful deposit)
6: Totally protected against dust

Resistance to water

0: No special protection
1: Protected against dripping water
2: Protected against dripping water when device is tilted up to 15 degrees
3: Protected against spraying water
4: Protected against splashing water
5: Protected against low pressure jets of water from all directions

ALLERGENS:

TCL Communication Ltd. avoids using known allergens in our products. From time to time, trace amounts of an allergen may be added during manufacture of a device or device component that could cause discomfort for some individuals. This approach is common for many types of products. We recommend that you monitor any products that may be in prolonged contact with your skin, and remove them if you experience skin irritation.

Location-Based Services

To provide location-based services on TCL products, TCL and our partners and licensees may collect, use, and share precise location data, including the real-time geographic location of your device. Where available, location-based services may use GPS, Bluetooth, and your IP

Address, along with cell tower locations, and other technologies to determine your devices' approximate location. Unless you provide consent, this location data is collected anonymously in a form that does not personally identify you and is used by TCL and our partners and licensees to provide and improve location-based products and services. For example, your device may share its geographic location with application providers when you opt in to their location services.

DATA PRIVACY

Please note by using MOVETIME Family Watch some of your personal data may be shared with the main device (smartphone). It is under your own responsibility to protect your own personal data, not to share it with any unauthorized devices or third party devices connected to yours. Be sure to remove or clear all personal information before you recycle, return, or give away your product. Choose your apps and updates carefully, and install from trusted sources only.

Note that any data shared with TCL Communication Ltd. is stored in accordance with applicable data protection legislation. For these purposes TCL Communication Ltd. implements and maintains appropriate technical and organizational measures to protect all personal data, for example against unauthorized or unlawful processing and accidental loss or destruction of or damage to such personal data whereby the measures shall provide a level of security that is appropriate having regard to

- the technical possibilities available,
- the costs for implementing the measures,
- the risks involved with the processing of the personal data, and
- the sensitivity of the personal data processed.

You can access, review and edit your personal information at any time by logging into your user account, visiting your user profile or by contacting us directly through privacy.europe@tcl.com. Should you require us to edit or delete your personal data, we may ask you to provide us with evidence of your identity before we can act on your request.

BATTERY:

Following air regulation, the battery of your product is not fully charged. Please charge it first.

Please note your MOVETIME Family Watch is a unibody device, the battery is not removable. Observe the following precautions:

- Do not attempt to open the back cover.
- Do not attempt to eject, replace and open battery.
- Do not punctuate the back cover of your device.
- Do not burn or dispose of your device in household rubbish or store it at temperature above 60°C.
- Batteries are only to be charged by adults or by children at least 8 years old.
- Regular examination of transformer or battery charger for any damage to their cord, plug, enclosure and other parts, and, they must not be used until the damage has been repaired.
- The toy is only to be connected to Class II equipment bearing the symbol ⧈

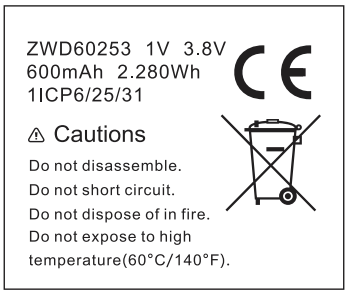
Device and battery as a unibody device must be disposed of in accordance with locally applicable environmental regulations.



This symbol on your device, the battery and the accessories means that these products must be taken to collection points at the end of their life:

- Municipal waste disposal centres with specific bins for these items of equipment.
- Collection bins at points of sale.

They will then be recycled, preventing substances being disposed of in the environment, so that their components can be reused.



In European Union countries:

These collection points are accessible free of charge.

All products with this sign must be brought to these collection points.

In non European Union jurisdictions:

Items of equipment with this symbol are not to be thrown into ordinary bins if your jurisdiction or your region has suitable recycling and collection facilities; instead they are to be taken to collection points for them to be recycled.

CAUTION: RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

CHARGERS

In order to avoid any technical issues, **TCL** recommends to charge under 5V, 1A via USB connector.

RADIO WAVES

THIS DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES

Your device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves (radio frequency electromagnetic fields) recommended by international guidelines. The guidelines were developed by an independent scientific organization (ICNIRP) and include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The radio wave exposure guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit for mobile devices is 2.0 W/kg for Head, and 4.0 W/Kg for Limbs.

Tests for SAR are conducted using standard operating positions with the device transmitting at its highest certified power level in all tested frequency bands. The highest SAR values under the ICNIRP guidelines for this device model are:

Maximum SAR for this model and conditions under which it was recorded.		
Face SAR (10mm)	LTE Band 3 + Wi-Fi 2.4G	1.39 W/kg
Limb-worn SAR (0mm)	LTE Band 1 + Wi-Fi 2.4G	3.04 W/kg

During use, the actual SAR values for this device are usually well below the values stated above. The lower the power output of the device, the lower its SAR value.

Face SAR testing has been carried out at a separation distance of 10 mm.

Limb-worn SAR testing has been carried out at a separation distance of 0 mm.

For more information you can go to www.tclcom.com/wearables

Additional information about electromagnetic fields and public health are available on the following site: http://www.who.int/peh-emf.

General information

- Internet address: www.tclcom.com/wearables
- Hotline: See the “SERVICES” leaflet that came with your device or go to our website.
- Manufacturer: TCL Communication Ltd.
- Address: 5/F, Building 22E, 22 Science Park East Avenue, Hong Kong Science Park, Shatin, NT, Hong Kong.

On our website, you will find our FAQ (Frequently Asked Questions) section. You can also contact us by email to ask any questions you may have.

This radio equipment operates with the following frequency bands and maximum radio-frequency power:

GSM 900: 33.5dBm

GSM 1800: 30.5dBm

UMTS B1/8 (2100/900): 23.5dBm

LTE B1/3/7/8/20 (2100/1800/2600/900/800) :23.5dBm

Bluetooth 2.4GHz band: -1.20 dBm

Bluetooth LE: -3.38 dBm

802.11b/g/n 2.4GHz band: 9.28 dBm

Hereby, TCL Communication Ltd. declares that the radio equipment type TCL MT40SX is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address: http://www.tclcom.com/wearables/support_manuals.html.

The description of accessories and components, including software, which allow the radio equipment to operate as intended, can be obtained in the full text of the EU declaration of conformity at the following internet address: http://www.tclcom.com/wearables/support_manuals.html.

LICENCES

The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by TCL Communication Ltd. and its affiliates is under license. Other trademarks and trade names are those of their respective owners.

TCL MT40SX Bluetooth Declaration ID D044934

The Wi-Fi Logo is a certification mark of the Wi-Fi Alliance.

This equipment may be operated in all European countries.

We hereby point out that the end user warranty for infringement IPR is solely limited to the EU/EEA/Switzerland.

If and to the extent that the Product is exported, taken with or used by end customer or end user outside the EU/EEA/Switzerland any responsibility, warranty or indemnification of manufacturer and its suppliers in regard to the Product expires (including any indemnification in regard to infringement IPR).

Disclaimer

TCL Communication Ltd. will not be liable for any damages of any kind arising out of or relating to the use or the inability to use the software or any third party application, its content or functionality, including but not limited to damages caused by or related to errors, omissions, interruptions, defects, delay in operation or transmission, computer virus, failure to connect, network charges, in-app purchases, and all other direct, indirect, special, incidental, exemplary, or consequential damages even if TCL Communication Ltd. Has been advised of the possibility of such damages. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions or limitations may not apply to you. Notwithstanding the foregoing, TCL Communication Ltd. total liability to you for all losses, damages, causes of action, including but not limited to those based on contract, tort, or otherwise, arising out of your use of the software or third party applications on this device, or any other provision of this eula, shall not exceed the amount you paid specifically for the TCL Connect application or any such third party application that was included with this device. The foregoing limitations, exclusions, and disclaimers shall apply to the maximum extent permitted by applicable law, even if any remedy fails its essential purpose.

There may be certain differences between the user manual description and the MOVETIME Family Watch's operation, depending on the software release of your device or specific operator services.

Recycling

Please don't dispose of products or electrical accessories (such as batteries) with your household waste. Warning: Never dispose of batteries, either separately or within a mobile device, in a fire because they may explode. These items should be disposed of in accordance with the national collection and recycling schemes operated by your local or regional authority. Or, you may return unwanted **TCL** products and electrical accessories to any **TCL** Approved Service Center in your region. Packaging and product guides should only be disposed of in accordance with national collection and recycling requirements. Please contact your regional authorities for more details.

Warranty

We aim at "creating value for consumers". In order to better protect consumers' rights, please read through the following points in case of controversy:

MOVETIME Family Watch is warranted against any defect or malfunctioning which may occur in conditions of normal use during the warranty period of twenty-four (24) months from the date of purchase as shown on your original invoice. (The warranty period may vary depending on your country.)

Within the warranty span, damages and defects deemed by authorized technical personnel as incurred from normal uses, are subject to free repair service provided by the company and the company is allowed to charge or refuse to repair under the following.

Damage caused by accident or abuse.

Conducting or allowing unauthorized personnel to conduct tests, repair, or disassembly of the device.

Damages caused by usage of or connection to non-official accessories.

Software

Software Embodied in Physical Media.

No warranty is made that the software will meet your requirements or will work in combination with any hardware or software applications provided by third parties, that the operation of the software products will be uninterrupted or error free, or that all defects in the software products will be corrected.

Software NOT Embodied in Physical Media.

Software that is not embodied in physical media (e.g. software that is downloaded from the Internet), is provided “as is” and without warranty.

FAQ

1. What SIM Card does the watch support?

MOVETIME Family Watch MT40SX supports 2G: GSM 900/1800, 3G: UMTS B1/B8, 4G: LTE B1/B3/B7/B8/B20 Nano-SIM card.

2. What operating systems does the application support?

Please Search for “TCL Connect” in the Google Play store (Android 5.0 and above), or App store (iOS 10.0 and above).

3. If you are unable to pair with your watch:

i) Make sure the SIM is inserted correctly.
- If the SIM is inserted correctly, check to see if 4G, 3G or 2G is displayed on the top left of the screen of your watch.
- If not, long press the Power key for 15s to restart the watch.

ii) If 4G, 3G or 2G is displayed, check to make sure there are no overdue network charges that need to be paid.

4. If you are unable to obtain the position of your watch:

i) Check to see if 4G, 3G or 2G is displayed on the top left of the screen of your watch.

ii) If not, long press the Power key for 15s to restart the watch.

iii) If 4G, 3G or 2G is displayed, check to make sure there are no overdue network charges that need to be paid.

5. If you are unable to obtain the verification code during registration:

Please check your Junk emails. If you still cannot obtain it, please try to get the verification code again.

6. How do I add family members to the contacts list?

You have two ways to add other family members:

i) Choose a family watch, then touch **More** > **Share QR code**. A QR code will appear on screen. If the invited family member is next to you they can scan it directly using their TCL Connect app. If the invited family member is not in your vicinity, you can send them the QR code.

ii) Choose a family watch, then touch **More** > **Watch contacts** > + > **Add manually**. Enter the names, photos, and phone numbers of the invited family members - you can also upload their photos. Touch **Save** to complete.

7. How do I add and delete safezones?

i) Choose a family watch, then touch **More** > **Geofence**.

ii) Touch + at the top right of this page, enter a name, choose a location on the map and set the range, then touch **Save**.

iii) You can swipe left on a safe zone in the list to delete it.

8. How do I add and delete Alarms and Reminders?

i) Choose a family watch, then touch **More** > **Alarms** > +, Set alarm time and which days the alarm will repeat. Touch **Save**.

ii) You can swipe left on an alarm in the list to delete it.

Reminders can be added or deleted in the same way.

9. How do I set a clock alarm?

i) Choose a family watch, then touch **More** > **Clock**.

ii) Enter a name for your clock alarm, then set the alarm time. Select which days the alarm will repeat. Touch **Save**.

iii) You can add more than one school time. Swipe left on each one in the list to delete it.

10. Waterproof notice

This product has an IP65 rating which means it is fully protected from dust and is protected against low pressure jets of water from all directions. But please do not submerge your watch in water, for example when taking a shower, swimming, diving or scuba diving.

11. Positioning accuracy

Your watch will provide 7 different positioning modes: GPS, AGPS, Beidou or Glonass, G Sensor, Wi-Fi and Base Station. Position accuracy will differ according to each positioning method. Sometimes in tall buildings and other urban obstructions there is a small chance of a larger deviation.

12. Data service

The watch uses mobile data to send messages and location information to family members. The data charges incurred will need to be paid by you to the network operator.

13. SOS

All family members and the seniors should be familiar with the SOS operation. It is recommended to practice using this operation first.

14. Are the materials in this product harmful to seniors?

All materials used have passed the required safety tests.

15. Storage and use of my location data

For all data related to you, we will only use the queries you submit to us. We will not use your data for any commercial application or development without authorization.