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Fossil FTW7040

Fossil Women's Monroe Hybrid Smartwatch HR User Manual

Model: FTW7040

INTRODUCTION

This manual provides comprehensive instructions for the Fossil Women's Monroe Hybrid Smartwatch HR, Model FTW7040. This innovative timepiece combines the classic aesthetics of an analog watch with the advanced functionalities of a smartwatch. It features an always-on readout display for quick access to information like heart rate, message previews, and weather, all while offering an extended battery life of up to two weeks on a single charge.

The Monroe Hybrid Smartwatch HR is designed to work seamlessly with both iPhone and Android phones, providing a blend of style and smart technology for daily use.

SETUP

1. Initial Charging

Before first use, fully charge your Fossil Monroe Hybrid Smartwatch HR. Use the included magnetic USB charger. Align the charger with the charging points on the back of the watch. A full charge typically takes approximately one hour and provides up to two weeks of battery life, depending on usage.

2. Download the Fossil Smartwatches App

To unlock all features and customize your smartwatch, download the Fossil Smartwatches App from your smartphone's app store (available for iOS and Android).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Fossil Smartwatches App and follow the on-screen instructions to create an account or log in.
3. Select "Add New Device" and choose your Monroe Hybrid Smartwatch HR from the list of detected devices.
4. Confirm the pairing code on both your watch and smartphone.
5. Once paired, the app will guide you through initial setup, including setting time, date, and personal preferences.

OPERATING YOUR SMARTWATCH

Display and Navigation

The Monroe Hybrid Smartwatch HR features an always-on readout display integrated into the watch face. This display shows various information at a glance. The watch also has physical buttons on the side for navigation and quick access to functions.



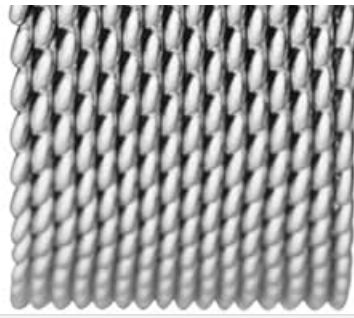


Image Description: This image displays the front of the Fossil Monroe Hybrid Smartwatch HR. The watch features a silver-toned case and a matching silver mesh band. The watch face is white with Roman numerals and traditional watch hands. Within the center of the watch face is a circular digital display, showing four distinct data points: heart rate (75 bpm), date (20 FRI), weather (72 degrees Fahrenheit), and steps (4500). This illustrates the always-on readout display functionality.





Image Description: This image provides a close-up side view of the Fossil Monroe Hybrid Smartwatch HR. The silver watch case is visible, featuring a textured edge. On the right side of the case, three distinct push buttons are clearly shown, which are used for navigating the watch's functions and accessing various features.

Key Features and Functions

- **Heart Rate Tracking:** Monitor your heart rate throughout the day and during workouts.
- **Activity & Sleep Tracking:** Track steps, distance, calories burned, and monitor sleep patterns (deep, light, awake).
- **Smartphone Notifications:** Receive alerts for calls, texts, app notifications, and message previews directly on your wrist.
- **Calendar & Weather Updates:** Stay informed with real-time calendar events and local weather conditions.
- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Customizable Buttons:** The three physical buttons can be customized via the Fossil Smartwatches App to quickly access your most used features.
- **Customizable Watch Face:** Personalize the information displayed on your watch face through the app, creating multiple profiles for different activities.
- **Water Resistance:** The watch is water resistant up to 100ft (30m), suitable for splashes and brief immersion, but not for diving or high-velocity water sports.

MAINTENANCE

Charging

Charge your watch using the provided magnetic USB charger. Connect the charger to a USB power source. The watch's battery can last up to 2+ weeks on a single charge, though actual battery life may vary based on usage and software updates.

Cleaning

To clean your watch, gently wipe the case and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. For the sensor area on the back, ensure it is clean and dry for accurate readings.





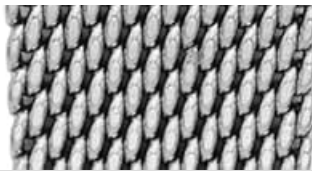


Image Description: This image shows the back of the Fossil Monroe Hybrid Smartwatch HR. The polished silver case surrounds a black circular area which houses the heart rate sensor and charging contacts. The model number and water resistance rating are also visible around the edge of the case back.

Water Resistance

The watch is water resistant to 3 ATM (30 meters or 100 feet). This means it is suitable for everyday use and can withstand splashes or brief immersion in water. It is not recommended for swimming, showering, or diving. Prolonged exposure to water or use in high-pressure water activities may damage the device.

TROUBLESHOOTING

If you encounter issues with your Fossil Monroe Hybrid Smartwatch HR, please refer to the common solutions below.

Problem	Solution
Watch not charging or holding charge	<ul style="list-style-type: none">• Ensure the magnetic charger is properly aligned with the contacts on the watch back.• Try a different USB power adapter or port.• Clean the charging contacts on both the watch and the charger with a soft, dry cloth.• If the issue persists, contact Fossil customer support.
Display light/wrist flick not consistent	<ul style="list-style-type: none">• Ensure the watch is securely worn on your wrist.• For the light, try a firm double-tap on the watch face, potentially using two fingers for better consistency.• Check app settings for display activation sensitivity.
Limited Bluetooth range/disconnection	<ul style="list-style-type: none">• Keep your watch within close proximity to your paired smartphone.• Ensure there are no major obstructions (e.g., thick walls) between the watch and phone.• Restart both your watch and smartphone.
Inaccurate activity tracking (e.g., steps, exercise)	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist.• Verify your personal information (height, weight) is accurate in the Fossil Smartwatches App.• Calibrate the watch's sensors through the app if available.
Watch hands are misaligned or eccentric	<ul style="list-style-type: none">• Perform a hand calibration through the Fossil Smartwatches App. This usually involves setting the hands to 12:00 and then adjusting them digitally.

SPECIFICATIONS

- **Product Dimensions:** 1.5 x 0.47 x 0.47 inches; 2.47 ounces
- **Item Model Number:** FTW7040
- **Department:** Womens
- **Batteries:** 1 Product Specific battery required (included)
- **Date First Available:** October 7, 2020
- **Manufacturer:** Fossil
- **ASIN:** B08KTVVK3P

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the official Warranty PDF document provided by Fossil. This document outlines the terms and conditions of your product's warranty.

For further assistance, technical support, or to access the full user guide, please utilize the Fossil Smartwatches App or visit the official Fossil support website. The app provides direct access to support resources and troubleshooting guides.

Official User Guide (PDF): [Download User Guide](#)

Official Warranty (PDF): [Download Warranty Document](#)

OFFICIAL PRODUCT VIDEOS

Currently, there are no official product videos from the seller available for embedding in this manual. All available videos are from customer reviews and are not included to maintain the informational tone and focus on official content.