

Tissot T1534204705104

Tissot T-Touch Connect Sport Smartwatch User Manual

Model: T1534204705104

1. INTRODUCTION

The Tissot T-Touch Connect Sport is a sophisticated smartwatch that combines traditional Swiss watchmaking with advanced smart technology. Featuring a durable 43mm titanium case with black PVD coating and an AMOLED touchscreen, this device is designed for an active lifestyle while maintaining a refined aesthetic. It offers comprehensive tracking of health metrics such as heart rate, distance, speed, and calories, alongside timely smart notifications. Powered by solar energy and the innovative SwALPS system, it ensures extended battery life and reliable performance.

2. SETUP

2.1 Initial Charge

Although the T-Touch Connect Sport is solar-powered, it is recommended to ensure a sufficient initial charge before first use. Place the watch in a well-lit area or under direct sunlight for several hours to activate the solar charging function. The watch also includes a 9V battery for backup power, which is pre-installed.

2.2 Pairing with Your Smartphone

1. Download the official Tissot T-Touch Connect Sport app from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Tissot app and follow the on-screen instructions to create an account or log in.
4. On your watch, navigate to the 'Settings' menu and select 'Pair Device' or 'Bluetooth'.
5. Select your watch from the list of available devices in the app to complete the pairing process.
6. Confirm the pairing code displayed on both your watch and smartphone.

2.3 Basic Controls





Figure 2.3.1: Side view of the watch case, highlighting the crown and pushers for navigation and function selection.

- **Crown:** Rotate to scroll through menus and lists. Press to select items or return to the previous screen.
- **Upper Pusher:** Typically used for quick access to specific functions or as a 'Start/Stop' button for activities.
- **Lower Pusher:** Often used for 'Back' or 'Lap' functions, or to access a customizable shortcut.

3. OPERATING THE WATCH

3.1 Touchscreen Navigation

The AMOLED touchscreen allows for intuitive interaction:

- **Tap:** Select an item or confirm an action.
- **Swipe:** Navigate through menus, notifications, and widgets.
- **Long Press:** Access additional options or customize watch faces.

3.2 Health and Activity Tracking



Figure 3.2.1: Rear view of the watch, illustrating the integrated heart rate sensors.

The watch continuously tracks various health and activity metrics:

- **Heart Rate:** Monitor your heart rate throughout the day and during workouts. Access historical data via the app.
- **Distance & Speed:** Utilizes integrated GPS (if available or connected to phone GPS) to track your movement during activities.
- **Calories:** Estimates calories burned based on your activity level and personal data.
- **Activity Modes:** Select specific modes for walking, running, cycling, and other sports to get tailored tracking.

3.3 Smart Notifications

Once paired with your smartphone, the watch will display notifications for calls, messages, emails, and app alerts. You can manage notification preferences through the Tissot app.

3.4 Solar Charging

The T-Touch Connect Sport features solar charging capabilities. Exposure to natural or artificial light will help maintain and extend the watch's battery life. For optimal performance, ensure the watch face is regularly exposed to light.

3.5 Water Resistance

The watch is water-resistant up to a pressure of 5 bar (50 meters / 165 feet). This makes it suitable for showering and swimming in shallow water. Avoid operating the pushers or crown while the watch is submerged to prevent water ingress.

4. MAINTENANCE

4.1 Cleaning

- **Case:** Wipe the titanium case with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and thorough drying.
- **Strap:** The silicone strap can be cleaned with mild soap and water. Ensure it is completely dry before wearing.
- **Touchscreen:** Use a microfiber cloth to gently wipe the screen. Avoid abrasive materials that could scratch the sapphire crystal.





Figure 4.1.1: The black silicone strap with its buckle, designed for comfort and durability.

4.2 Battery Care

To maximize the lifespan of your watch's battery, regularly expose it to light for solar charging. Avoid prolonged storage in dark environments. If the watch is not used for an extended period, ensure it receives some light exposure periodically.

4.3 Strap Replacement

The T-Touch Connect Sport features an interchangeable quick-release bracelet system, allowing for easy strap changes without tools. Refer to the Tissot website or an authorized dealer for compatible replacement straps.

5. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch has sufficient charge by exposing it to light for several hours. If the issue persists, contact Tissot support.
- **Connectivity issues (Bluetooth):**
 - Ensure Bluetooth is enabled on both your watch and smartphone.
 - Restart both devices.
 - Try unpairing and re-pairing the watch through the Tissot app.

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the heart rate sensors regularly.
- **Display unresponsive:** Try restarting the watch by holding down the crown for approximately 10-15 seconds until the screen resets.
- **App not syncing:** Check your internet connection and ensure the Tissot app is updated to the latest version.

6. SPECIFICATIONS



Figure 6.0.1: The Tissot T-Touch Connect Sport watch worn on a wrist, demonstrating its design and fit.

Feature	Detail
Model Number	T1534204705104
Case Material	Titanium with Black PVD Coating
Case Diameter	43.75 mm
Case Thickness	13.47 mm
Strap Material	Silicone (Black)
Band Width	21 mm
Band Length	199.35 mm
Crystal	Synthetic Sapphire
Movement Type	Quartz
Power Source	Solar Powered
Display Type	AMOLED Touchscreen, Analog
Water Resistance	5 bar (50 m / 165 ft)
Item Weight	0.39 Kilograms (13.76 ounces)
Included Battery	1 x 9V battery (pre-installed)

7. WARRANTY

The Tissot T-Touch Connect Sport smartwatch comes with a **2-Year International Warranty** from the manufacturer. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the warranty card included with your product or visit the official Tissot website.

8. SUPPORT

For further assistance, technical support, or service inquiries regarding your Tissot T-Touch Connect Sport, please visit the official Tissot website or contact an authorized Tissot service center. You can find contact information and FAQs on the official Tissot support page:

Official Tissot Website: www.tissotwatches.com