

TIMEX®

HEALTH TOUCH™

HEART RATE MONITOR WATCH USER GUIDE

W265 NA 298-095000





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Introduction to Your Timex® Health Touch™ Watch

Our technology measures the electronic signals that pass through your body as a result of the beating of your heart. This measurement is obtained by the watch's two sensors located in the top ring and the case back. The case back is the primary sensor plate that measures these electronic signals off your arm.

The ECG (electrocardiogram) measurement is done when you place your finger from the opposite hand onto the top ring of the watch. This creates a loop across your body from where the watch can now determine your heart rate.

Please remove any stickers from the face or case back of the watch to assure optimal heart rate measurement.

Watch Display and Button Overview

The watch buttons are not intended for use in or under water as this will compromise the watch's water resistance.



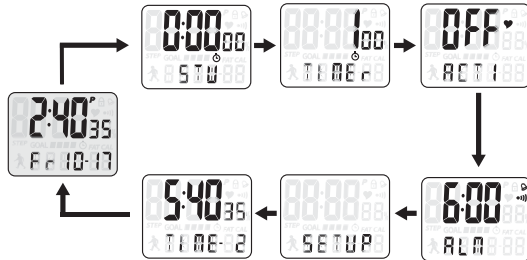
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Display Icons and Descriptions

♥	HEART RATE	Indicates heart rate values and Setup mode; flashes during acquisitions
🔒	HEART RATE LOCK	Indicates heart rate function is disabled
P	PM	Indicates PM time, unless 24-hour time is selected
🔊	ALARM	Indicates alarm function is ON
🔔	HOURLY CHIME	Indicates hourly chime function is ON
⌚	STOPWATCH / TIMER	Indicates Stopwatch and Timer modes; flashes when mode is active

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Operation Overview



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Mode Order

1. Time of Day
2. STW (Stopwatch)
3. TIMER (Countdown Timer)
4. ACTI (Activity)
5. ALM (Alarm)
6. SETUP (Setup)
7. TIME-2 (Second Time Zone)

Measuring Your Heart Rate

To get your heart rate reading, follow these three simple steps:

1. Strap the watch snugly around your wrist.

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2. Place your finger on the watch's Heart Rate Sensor (the stainless steel top ring) and touch gently for 5-8 seconds (the heart icon will flash).
3. The Health Touch™ watch will beep and your heart rate will be displayed in beats per minute (BPM).

Your Heart Rate reading will remain displayed for 6 seconds after you remove your finger from the Heart Rate Sensor.

This watch is a sensitive monitoring device that reads your ECG signals and reading times may vary. If you do not get a reading, remove your finger from the bezel for 30 seconds and try again. If you still do not get a reading refer to the Troubleshooting - Heart Rate section.

Heart Rate Lock

The Heart Rate Lock feature prevents triggering the heart rate feature from accidental contact and environments where excessive water/moisture is present. An example would be in a pool where the watch is

submerged in water. Since water acts as a natural conductor, it can accidentally trigger the heart rate feature.

To activate the Heart Rate Lock:

1. In Time of Day, hold RESET for 3 seconds.
2. The "🔒" icon will appear, and if you try to measure your heart rate, the message "Hr OFF" will display.
3. To unlock the heart rate feature, repeat Step 1.



NOTE: If you need to take a heart rate reading while the watch is "locked", there is an override to this feature. Press RESET, and while the "🔒" is flashing, measure your heart rate. Once the heart rate is displayed, the Lock feature is reinstated.

Relative Heart Rate

Relative Heart Rate is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as:
Male: 220 minus your age; Female: 226 minus your age
- Your Relative Heart Rate will be displayed as a percentage below your BPM heart rate.

Target Heart Rate Zone

The Target Heart Rate Zone feature compares your measured heart rate with your targeted heart rate zone.

If your heart rate is within the target zone, the watch will beep once and your heart rate will display with the message "ZONE-In".



If your heart rate is lower than your target zone lower limit, the watch will beep twice and your heart rate will display with the message "ZONE-Lo".

If your heart rate is higher than your target zone upper limit, the watch will beep twice and your heart rate will display with the message "ZONE-HI".

Example: Debbie's target zone is 80 BPM (Low) to 120 BPM (High). After 5 minutes of walking, Debbie measures her heart rate at 72 BPM. She is under her target zone and can decide to pick up her pace.



Target Heart Rate Zone Setup

You can customize the settings in your watch to more accurately determine calories burned and to set a personalized target zone. The following chart provides some heart rate target ranges for your reference.



TYPE	HIGH (85% of max HR)	LOW (65% of max HR)
Male 20 / Female 20	170 / 175	130 /134
Male 30 / Female 30	162 / 167	124 /127
Male 40 / Female 40	153 / 158	117 /121
Male 50 / Female 50	145 / 150	111 / 114
Male 60 / Female 60	136 / 141	104 /108
Male 70 / Female 70	128 / 133	98 / 101
Male 80 / Female 80	119 / 124	91 / 95

1. In Setup mode, hold MODE for 3 seconds until the display flashes.
2. Press MODE to advance through the settings from Age and Gender into the Target Zones.
3. Edit these settings by using START/STOP (+) or RESET (-).
4. To save the new settings, hold MODE for 3 seconds.

The age, gender and target zones will appear in confirmation, and anytime you enter Setup mode, if the zone alert is set to ON.

NOTE: To rapidly change the setting, hold START/STOP (+) or RESET (-).

Heart Rate Zone Alert

While in Setup mode, press START/STOP or RESET to toggle the Heart Rate Zone Alert function ON or OFF.

- When OFF, your upper and lower limits will be "hidden" and your Heart Rate Zone Alert function will be disabled.
- When ON, your upper and lower limits will appear in the display and your Heart Rate Zone Alert function will be enabled.



Activity

Activity mode is coupled with an exercise timer and will inform you of your calories burned. Calories are calculated from the last heart rate measured. So for more accurate readings, check your heart rate often throughout your workout.

1. In Activity mode, press START/STOP to begin timing.
2. During your workout gently touch and leave your finger on the Heart Rate Sensor top ring for 5-8 seconds until your heart rate appears.
3. Press START/STOP again to stop timing.
4. To reset the calorie and timer data, press RESET (the timer must be stopped).

NOTE: To insure accurate data, enter your Age and Gender in Setup mode.

Time and Date Setup

1. In Time of Day mode, hold MODE for 3 seconds until the display flashes.
2. Press MODE to advance through settings:
Hours / Minutes / Seconds / Month / Day / Year / 12/24 hr format /
Month/Day format / Beep ON/OFF (beep with every button press)
3. Edit these settings by using START/STOP (+) or RESET (-).
4. To save the new settings, hold MODE for 3 seconds.

NOTE: To rapidly change the setting, hold START/STOP (+) or RESET (-).

Alarm and Hourly Chime

1. In Alarm mode, hold MODE for 3 seconds until the display flashes.
2. Press MODE to advance thru settings:
-Hours
-Minutes
3. Edit these settings by using START/STOP (+) or RESET (-).
4. To save the new settings, hold MODE for 3 seconds.

Press START/STOP to toggle the Alarm alert ON (🔔) or OFF.

Press RESET to toggle the Hourly Chime alert ON (🔔) or OFF.

NOTE: To rapidly change the setting, hold START/STOP (+) or RESET (-).



Stopwatch

1. In Stopwatch mode, press START/STOP to begin timing.
2. Press START/STOP again to stop timing.
3. To reset the Stopwatch, press RESET (the chronograph must be stopped).



Countdown Timer Setup

1. In Countdown Timer mode, hold MODE for 3 seconds until the display flashes.
2. Press MODE to advance through settings: Hours / Minutes / Seconds
3. Edit these settings by using START/STOP (+) or RESET (-).
4. To save the new settings, hold MODE for 3 seconds.

NOTE: To rapidly change the setting, hold START/STOP (+) or RESET (-).

Countdown Timer Operation

1. In Countdown Timer mode, press START/STOP to begin the countdown.
2. Press START/STOP again to stop the timer.
3. To reset the timer to its original setting, press RESET (the timer must be stopped).

Second Time Zone Setup

1. In Time-2 mode, hold MODE for 3 seconds until the display flashes.
2. Press MODE to advance through settings: Hours / Minutes
3. Edit these settings by using START/STOP (+) or RESET (-).
4. To save the new settings, hold MODE for 3 seconds.



NOTE: To rapidly change the setting, hold START/STOP (+) or RESET (-).

Care and Maintenance

To ensure proper function of your Heart Rate Watch:

- The watch buttons are not intended for use in or under water as this will compromise the watch's water resistance.
- Avoid rough usage or severe impacts to the watch.
- Keep the top ring sensor and the case back plate free from dirt, oils, or other contaminants.
- Periodically clean the watch using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.

- Do not expose the watch to chemicals such as gasoline, alcohol, solvents, insect repellent or sunscreen.

Troubleshooting – Heart Rate

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

1. Make sure the watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. When touching the heart rate sensor, make sure you are using the soft, flat pad of your finger, not the tip of your finger.
3. Press gently with enough pressure to activate the heart rate measure function. Muscle "noise" from pressing too hard can make it difficult to measure your heart rate.

4. Make sure the case back metal plate of the watch is laying flat on your skin.
5. Make sure your wrist and finger are clean and free from dirt, oils, or lotions.
6. Stay still, and relax your arms on a stable surface while taking your heart rate.
7. Clean the top ring sensor and the case back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten, with water, the pad of the finger you are using to contact the top ring sensor on the face of the watch.
9. Moisten, with water, the surface between the case back metal plate of the watch and the skin on your wrist.
10. If the watch was exposed to excessive water/moisture, such as being

in a pool or in the shower, dry the watch before attempting to acquire a heart rate.

SPECIFICATIONS

HEART RATE

- Heart Rate Range: 30-240 BPM
- Upper and lower limit heart rate zones/alerts
- Percentage of maximum heart rate (% MHR) display

Activity Mode

- Calorie range: 0-9999
- Timer range: 100 hours

Time of Day

- AM, PM, hour, minute, second

- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment
- Key beep ON/OFF

Alarm

- One (1) alarm time
- Hourly chime
- Alarm duration: 30 seconds

Stopwatch

- Resolution: 1/100 second
- Measuring range: 100 hours

Countdown Timer

- Resolution: 1 second

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- Measuring Range: 100 hours

Other

- Indiglo® button
- Water resistant up to 50 meters / 164 ft (86 p.s.i.a.)

Battery

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light and heart rate features (which have high power consumption).

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We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

The watch uses one (1) standard lithium replacement battery: **CR2032**

Power Off Mode

To conserve battery life during long periods of inactivity, hold the MODE, START/STOP and RESET buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply hold any button for 3 seconds until the screen turns on.

CAUTION: Entering Power Off Mode will reset the watch settings and all of its data.

Warranty & Service

TIMEX INTERNATIONAL WARRANTY (U.S. LIMITED WARRANTY)
YOUR TIMEX® WATCH OR HEART RATE MONITOR IS WARRANTED AGAINST MANUFACTURING DEFECTS BY TIMEX FOR A PERIOD OF ONE YEAR FROM THE ORIGINAL PURCHASE DATE. TIMEX GROUP USA, INC. AND ITS WORLD-WIDE AFFILIATES WILL HONOR THIS INTERNATIONAL WARRANTY.

Please note that Timex may, at its option, repair your Timex® 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, sensor 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 or heart rate monitor to Timex, one of its affiliates or the Timex retailer where the watch or heart rate monitor was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original 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 or heart rate monitor 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\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information.

For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. 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 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany/Austria: +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Repair Mailer for your convenience in obtaining factory service.

If your Timex® watch or Heart Rate Monitor 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.

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Mailer.

See the Timex International Warranty for specific instructions on the care and service of your Timex® Heart Rate Monitor.

Should you need a replacement strap or band, call 1-800-328-2677.

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THIS IS YOUR REPAIR COUPON. KEEP IT IN A SAFE PLACE.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON

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(attach a copy of sales receipt, if available)

Purchased by: _____
(name, address, telephone number)

Place of Purchase: _____
(name and address)

Reason for Return: _____

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