



T-Touch Connect Sport

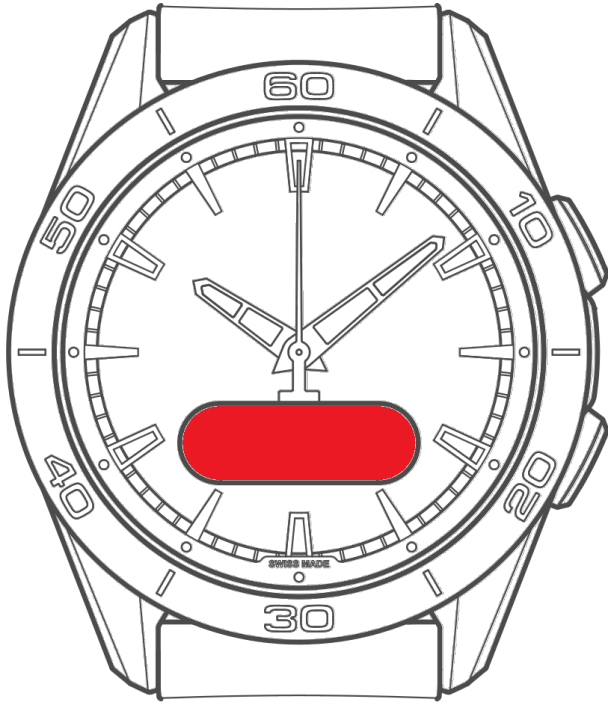









WELCOME TO THE MANUAL FOR YOUR T-TOUCH CONNECT SPORT

Home

Home

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Your watch has been made with the greatest of care, using fine-quality materials and components, and is protected against shocks, temperature fluctuations, water and dust.



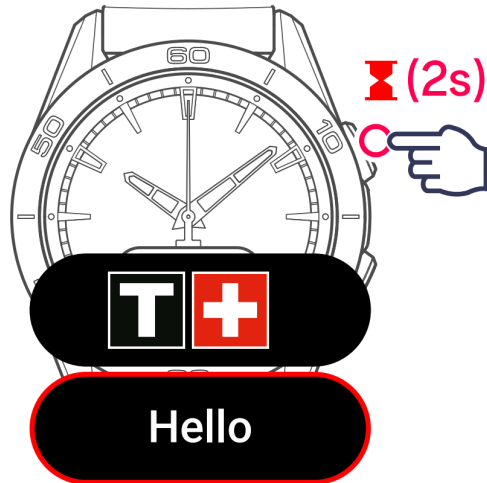
-  Start-up / pairing
-  Starting an activity
-  Functions
-  Statistics
-  Settings
-  Information
-  Documents

Start-up / pairing

Start-up

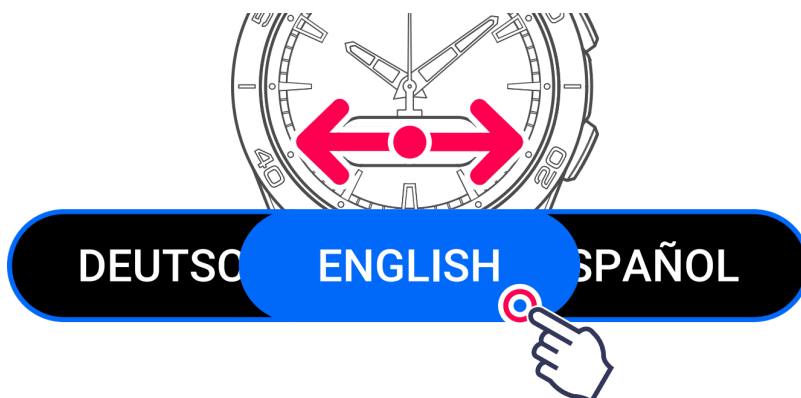
When first used or after reinitialising, some parameters on your T-Touch Connect Sport will need to be set.

1 Activate the watch



Press the upper pusher for 2 seconds.

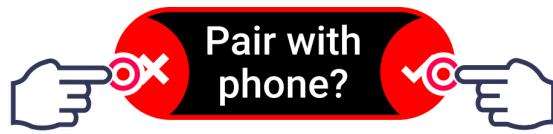
2 Select the language



Swipe the screen sideways to display the languages.



3 Touch the screen to select the operating mode



Accept: the watch will be connected to the Tissot app that you will install on your smartphone. The time, date and other information will be loaded automatically from the app.

Continue in paired mode

Refuse: the watch will operate on its own. You will need to set the date and time.

Continue in non-paired mode

Paired mode

1 Download and install

Download and install the Tissot app on your smartphone.



When the app is installed, the screen will display the pairing code.

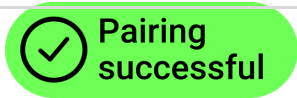


2 Check and confirm the codes

The codes are identical, confirm on the app and on the watch.



Pairing is finished.



! PERSONAL DATA

We recommend you fill out your personal data in the Tissot app to improve the activity measurement precision.

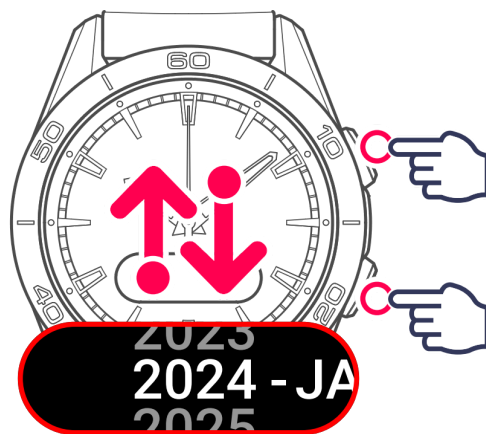
Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

Familiarisation

Non-paired mode

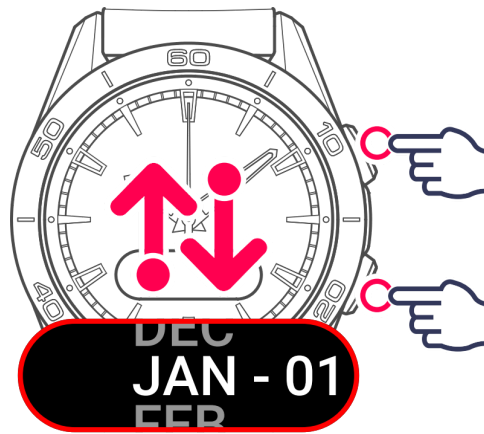
Use your watch in non-paired mode (without connecting to your smartphone).

1 Select the year

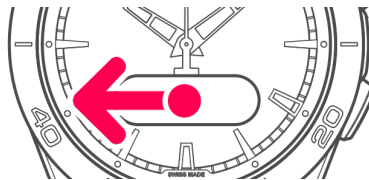
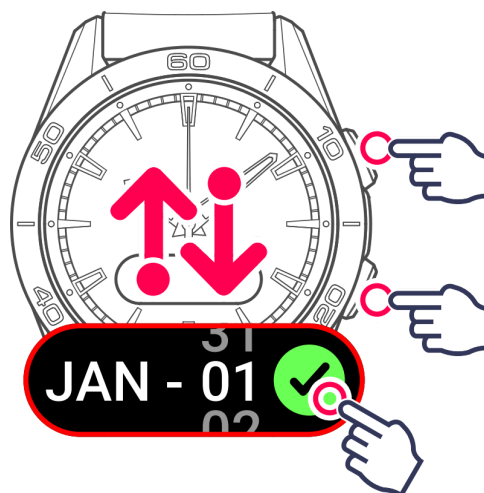


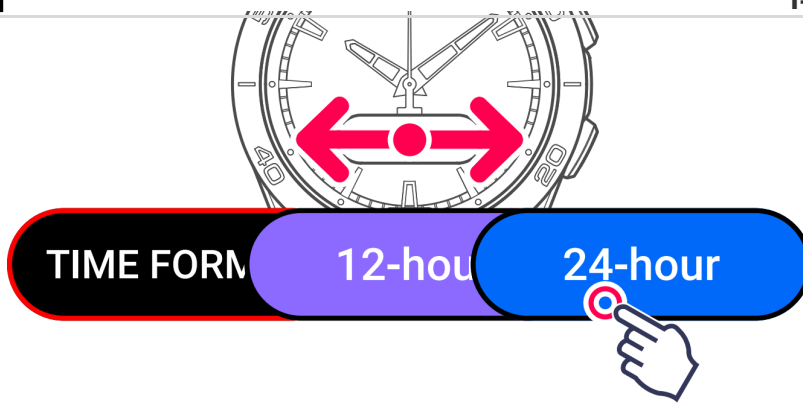
Then go to the next setting.



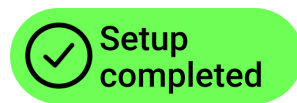
2 Select the month

Then go to the next setting.

**3 Select the date and confirm****4 Select the time format**



Start-up in non-paired mode is finished.



Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

Familiarisation

Familiarisation

Acknowledgements

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Meticulously designed, using only the highest quality materials and components, your watch is protected against impacts, temperature variations, water and dust.

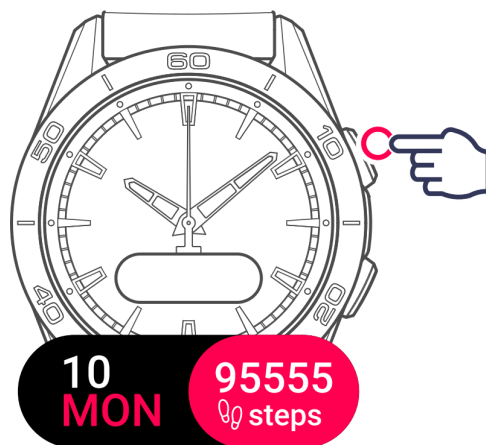
Your T-Touch Connect Sport is a high-performance instrument which accompanies you in all your daily activities.

[See Start-up / pairing](#)

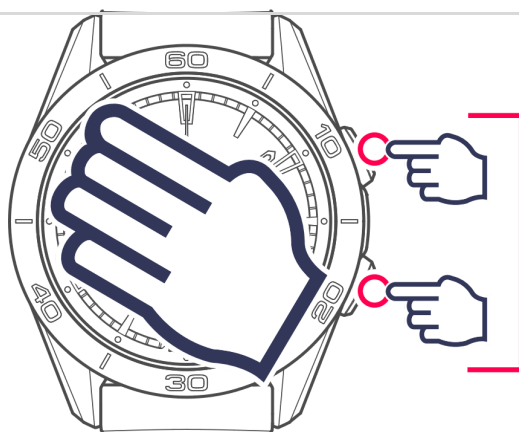
Unlock / lock your watch

The touch screen and pushers provide quick access to all of your watch's features.

1 Unlock the watch



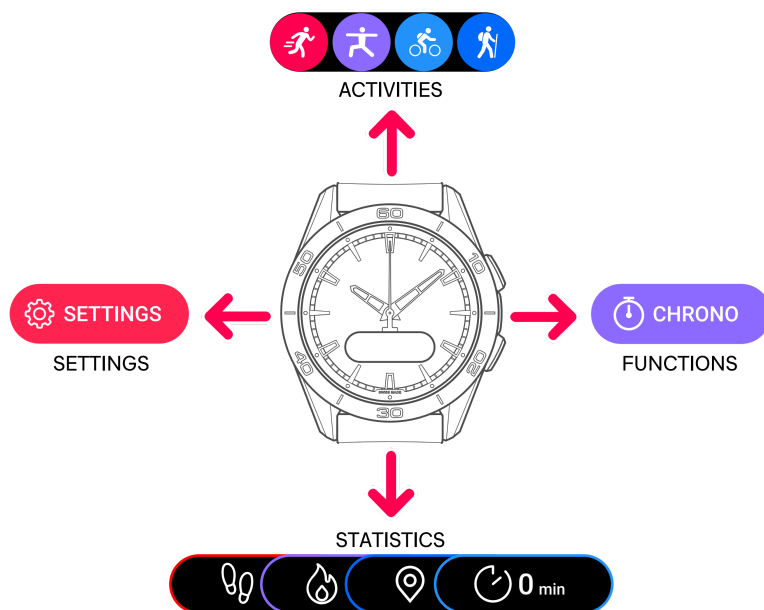
2 Lock the watch



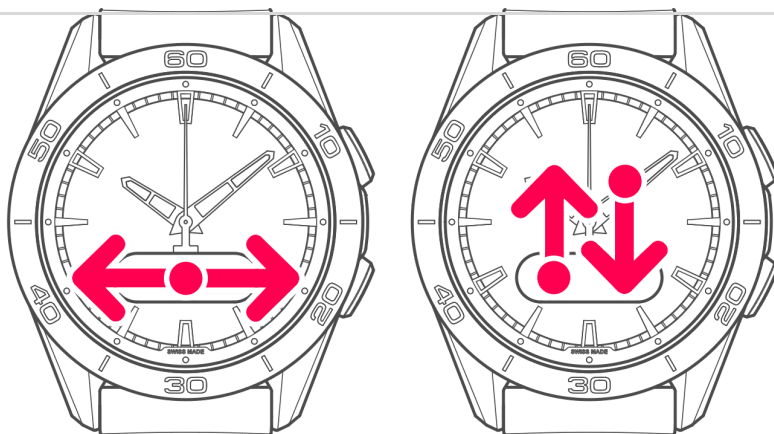
Either by placing your hand on the watch dial, or by pressing both pushers at the same time.

Browse through the menus

Your watch screen displays all available features. Navigate through the menus by swiping in any of the four directions.

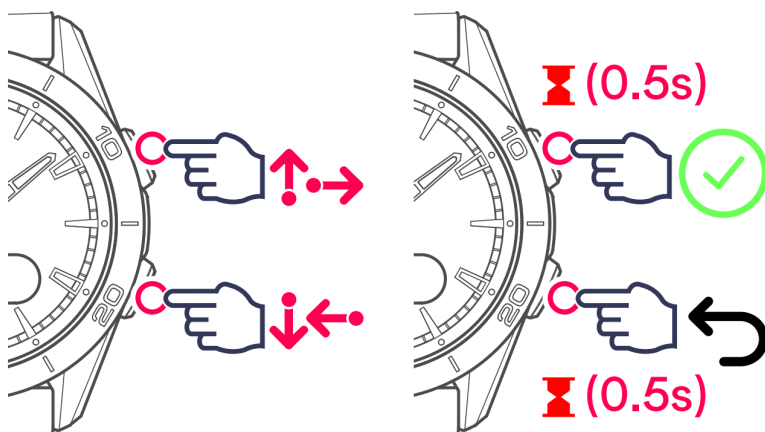


1 Swipe the screen



Horizontally or vertically (from the centre of the watch) to browse through the menus.

2 Use the pushers



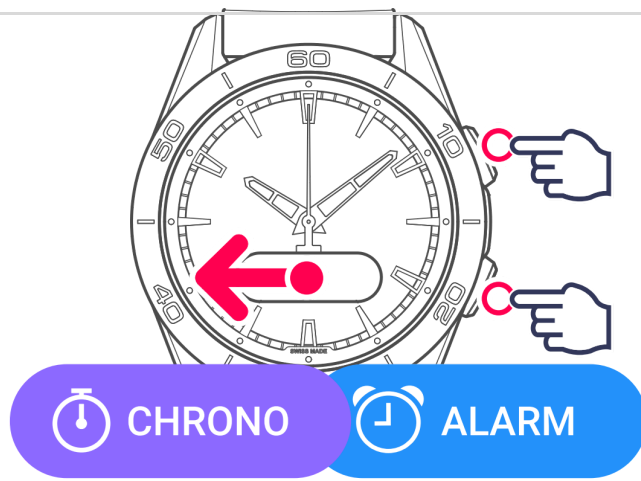
To browse, confirm or go back.

Upper pusher to browse down or left (short press) and confirm (long press).

Lower pusher to browse up or right (short press) and go back (long press).

Access the functions, activities, settings and statistics

1 Swipe left to access the watch's FUNCTIONS



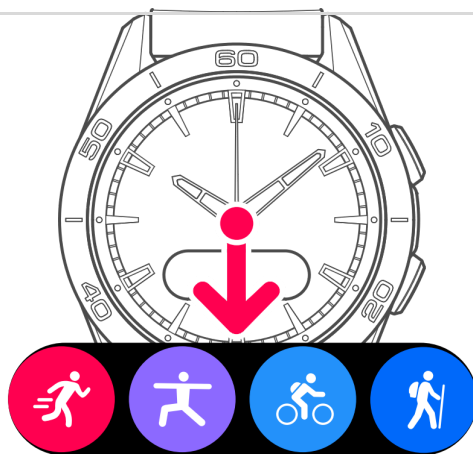
See Functions

2 Swipe up to access the daily **STATISTICS**



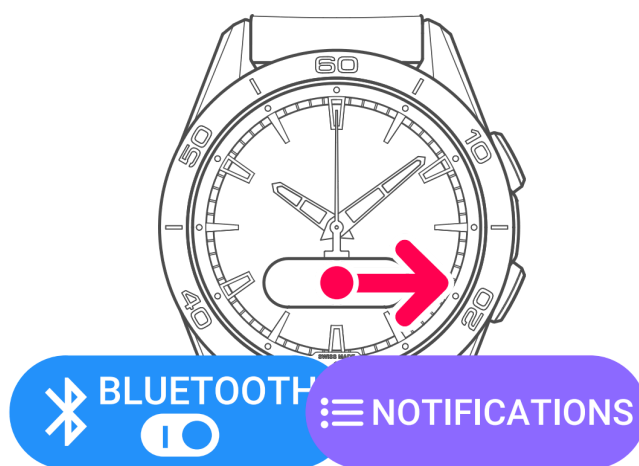
See Statistics

3 Swipe down to access the **ACTIVITIES**



See Starting an activity

4 Swipe right to access the **SETTINGS**



See Settings

Reading messages

When a message received on your smartphone is displayed on the watch, you can browse through it by touching the screen and then swiping vertically.

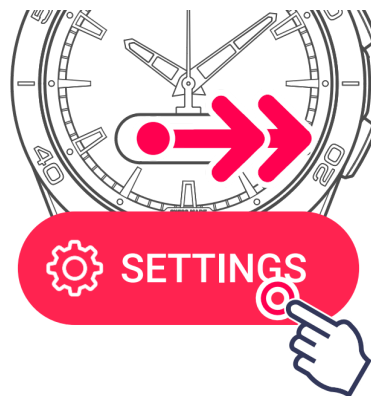
Pairing

Your watch can be paired if this was not done the first time you used it.

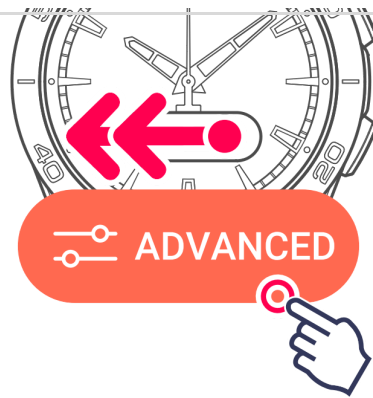
1 Activate the watch



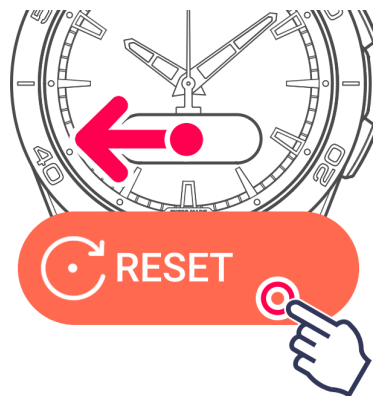
2 Display and select the settings menu



3 Display and select advanced settings



4 Display and start reinitialising the watch



5 Confirm data deletion

Touch the screen zone matching your choice.



Accept: the data saved on your watch will be cleared (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

Refuse: the procedure is cancelled.

The watch will perform a new initialisation cycle, the same as when it was first started.

Continue the start-up procedure

Starting an activity

Running

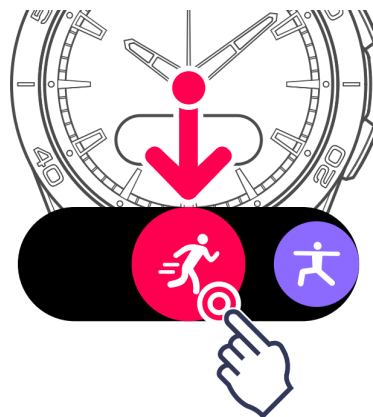
Track your running activity, and save your data.

The app must be open on your smartphone.

1 Activate the watch



2 Select the activity



The watch will connect to GPS.



ⓘ **INFORMATION**

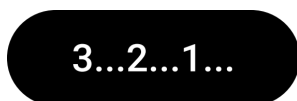
Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

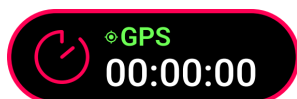
The watch is ready to track your activity.



The countdown is started automatically.

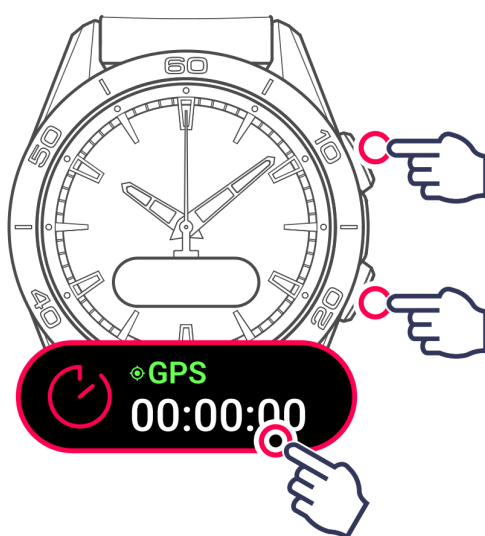


Your activity will start being saved, with the time displayed.



3 **View the activity data**

Use the watch's pushers or touch the screen.

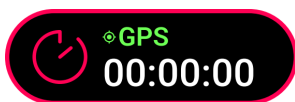


ⓘ **INFORMATION**

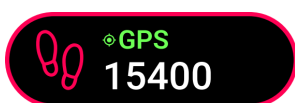
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

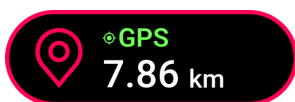
- Activity time



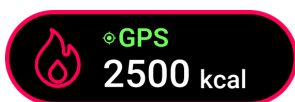
- Number of steps taken



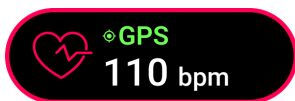
- Distance covered (km or miles)



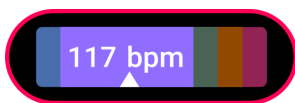
- Energy burned



- Heart rate



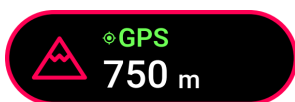
- Training zone (heart rate)



- Time per unit distance (km or miles)



- Maximum altitude reached

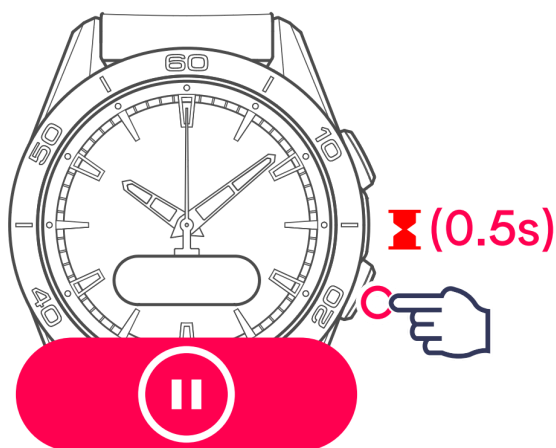


- Elevation gain/loss



More information

4 Exit activity



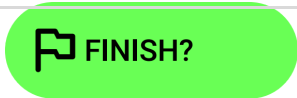
The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Training

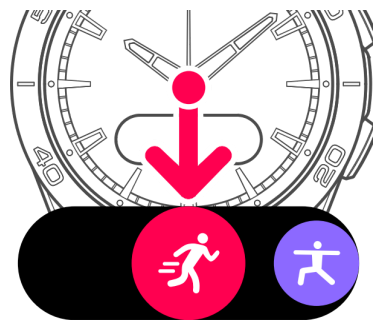
Track your training activity and save your data.

The app must be open on your smartphone.

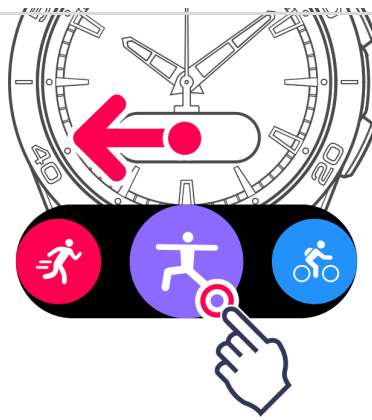
1 Activate the watch



2 Display activities



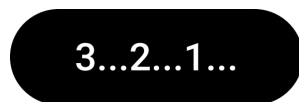
3 Display and select the activity



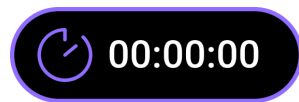
The watch is ready to track your activity.



The countdown is started automatically.

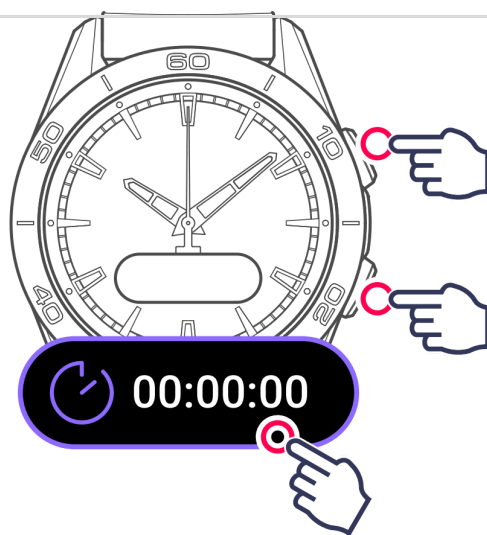


Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

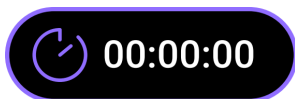


! INFORMATION

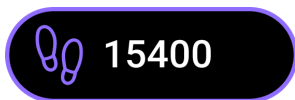
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

- Activity time



- Number of steps taken



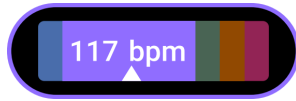
- Energy burned



- Heart rate

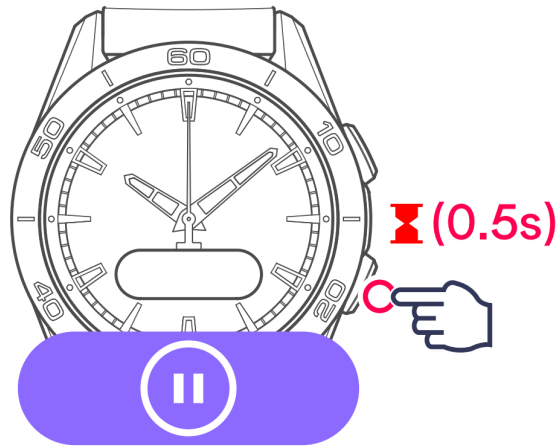


- Training zone (heart rate)



More information

5 Exit activity



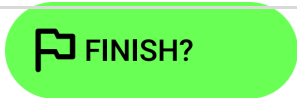
The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Cycling

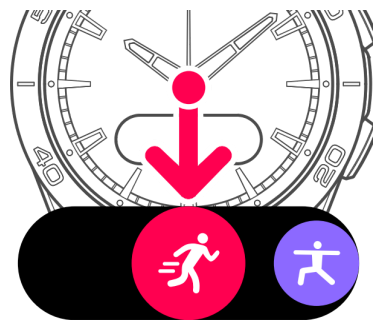
Track your cycling activity and save your data.

The app must be open on your smartphone.

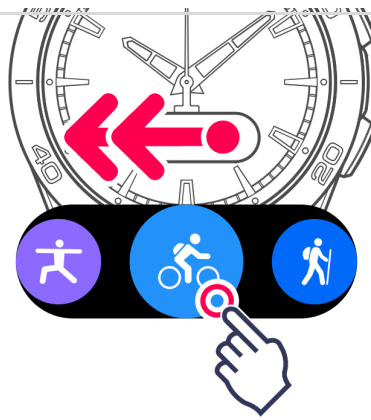
1 Activate the watch



2 Display activities



3 Display and select the activity



The watch will connect to GPS.



! INFORMATION

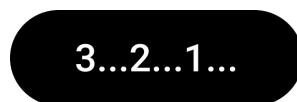
Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

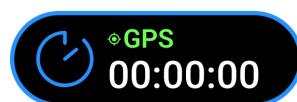
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

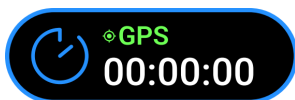


! INFORMATION

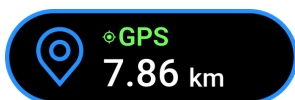
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

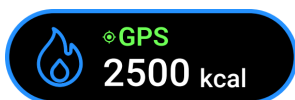
- Activity time



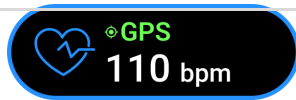
- Distance covered (km or miles)



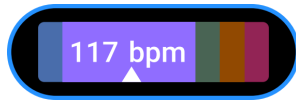
- Energy burned



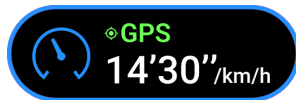
- Heart rate



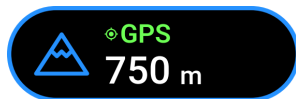
- Training zone (heart rate)



- Time per unit distance (km/h or mph)



- Maximum altitude reached

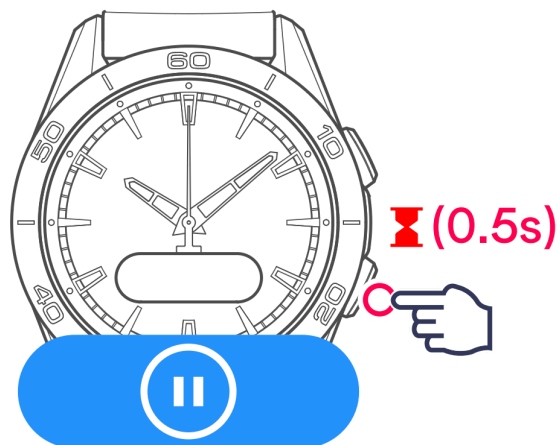


- Elevation gain/loss



More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity

▶ RESUME?

Finish and confirm end of tracking

🚩 FINISH?



Hiking

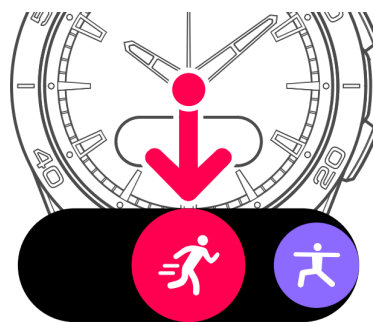
Track your hiking activity and save your data.

The app must be open on your smartphone.

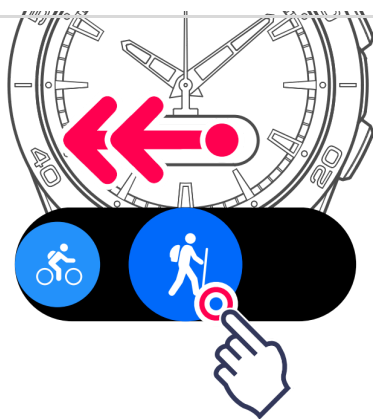
1 Activate the watch



2 Display activities



3 Display and select the activity



The watch will connect to GPS.



! INFORMATION

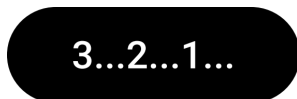
Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

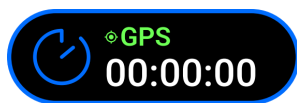
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

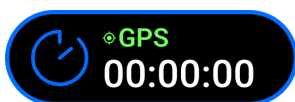


! INFORMATION

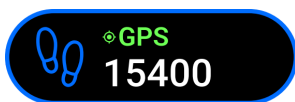
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

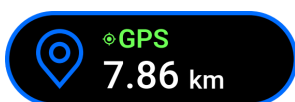
- Activity time



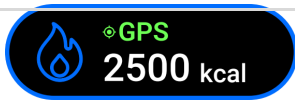
- Number of steps taken



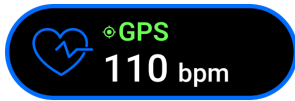
- Distance covered (km or miles)



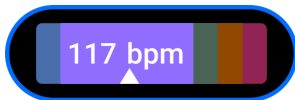
- Energy burned



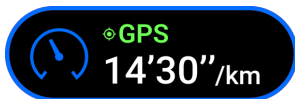
- Heart rate



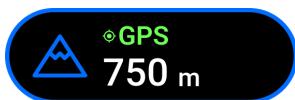
- Training zone (heart rate)



- Time per unit distance (km or miles)



- Maximum altitude reached

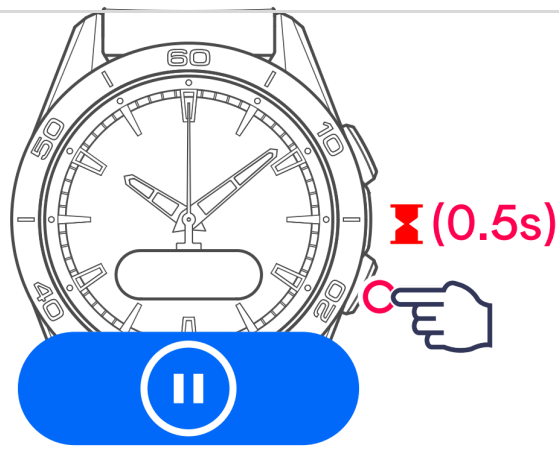


- Elevation gain/loss



More information

5 Exit activity



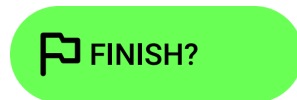
The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



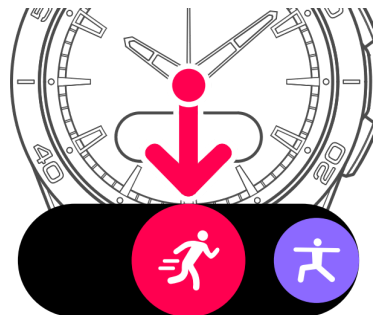
Activity history

Your watch displays the data from your most recent activity.

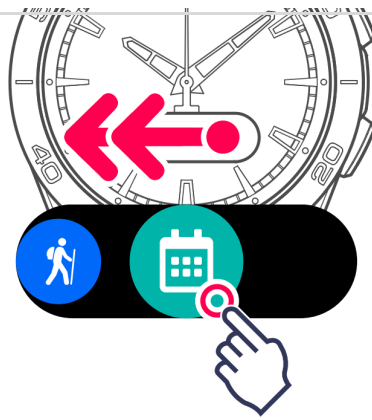
1 Activate the watch



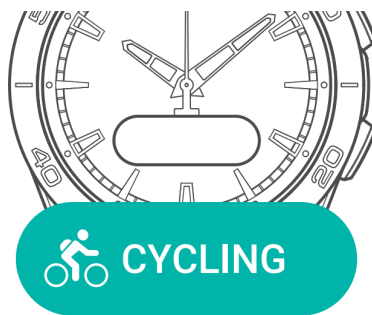
2 Display activities



3 Display and select activity history



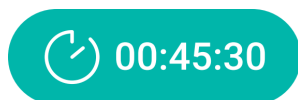
The screen will display the latest activity.



To view the activity data:




- Activity time



- Distance covered



- Energy burned

 440 kcal

- Heart rate

 110 bpm

- Time per unit distance

 7'30" /km

 **INFORMATION**

The data provided vary according to which activity you are doing.

[More information](#)

Functions

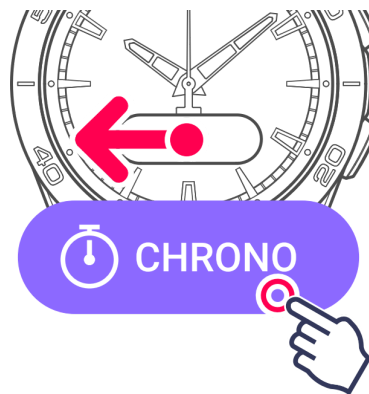
Chrono

A chronometer for measuring times and split times.

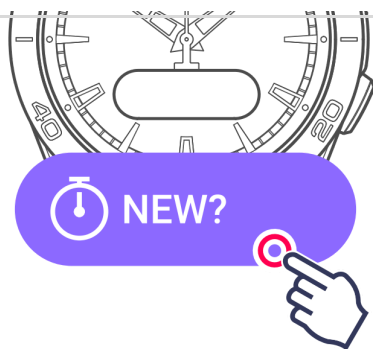
1 Activate the watch



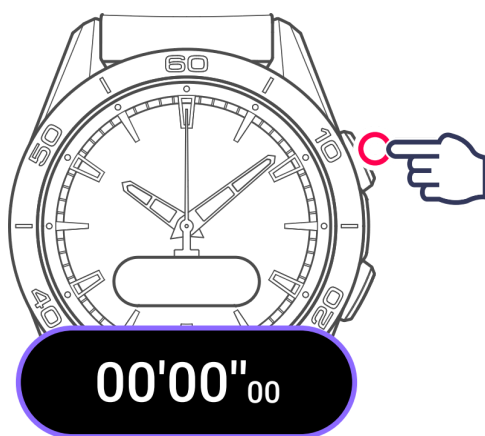
2 Display and select the function



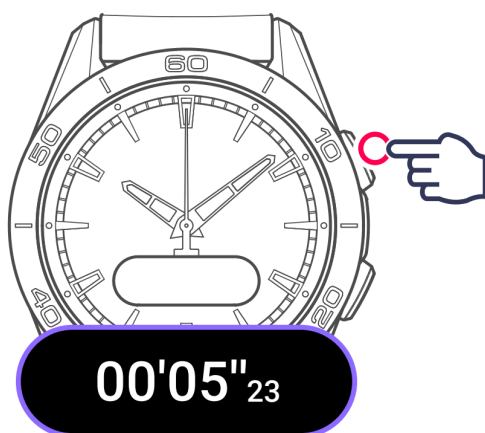
3 Confirm a new timing session



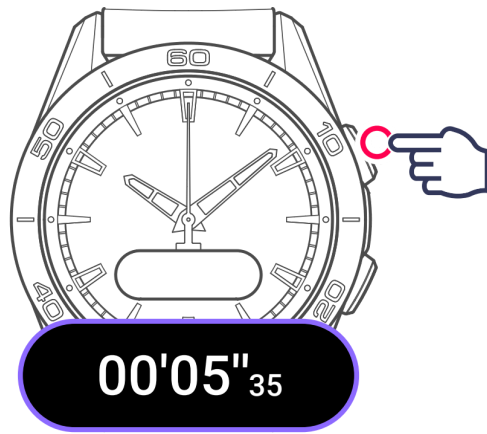
4 Start the chronometer



5 Chronometer paused

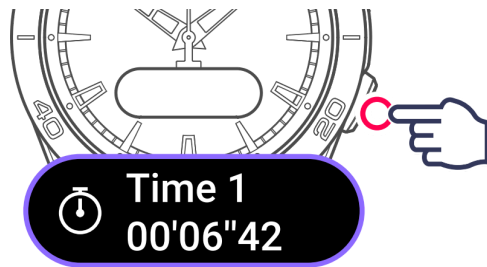


6 Restart the chronometer

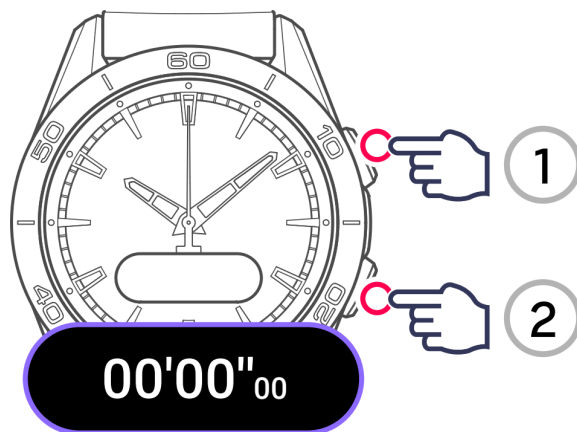


7 Save a split time

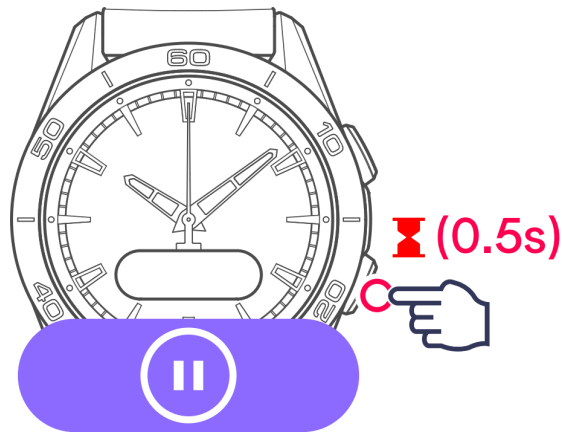
The screen displays the split time for a few seconds, then goes back to timing.



8 Stop with reset



9 Exit timing



The watch offers 2 options:



Restart the current timing session



Finish the timing session



When you finish the timing session, the watch will offer 2 options:



Start a new timing session



Exit the timing function



ⓘ IN PAIRED MODE

The split times are saved on the app.

Alarm

The alarm function sets the watch's chime for a designated time, with the option of repeating it on multiple days.

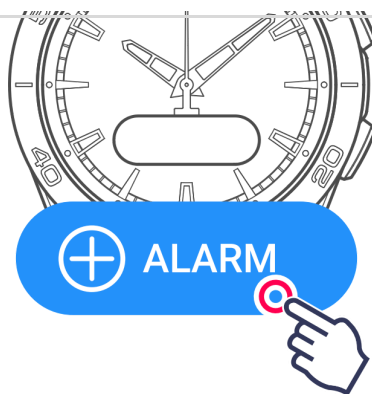
1 Activate the watch



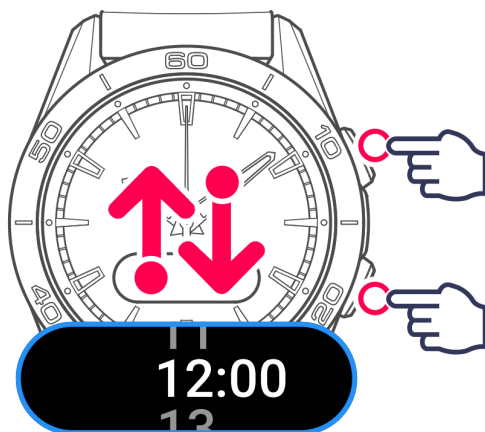
2 Display and select the function



3 Create an alarm



4 Set the hours



Then go to the next setting.



5 Set the minute and confirm



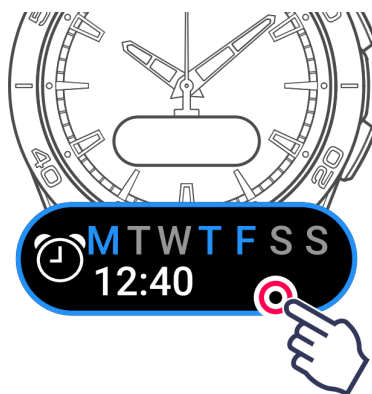
Then define the alarm repetition by selecting a preset menu, or customising it.



Preset alarms

Custom alarm

6 Edit or delete an active / inactive alarm



When the alarm is selected, the watch offers 4 options:

Edit the time and / or repetition



Activate the saved alarm



Deactivate the saved alarm



Clear the saved alarm

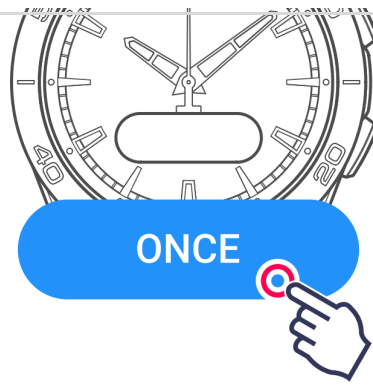


Preset alarms

The watch offers 4 options:

- ONCE
- EVERYDAY
- WEEKDAYS
- WEEKEND

1 Select the preset alarm

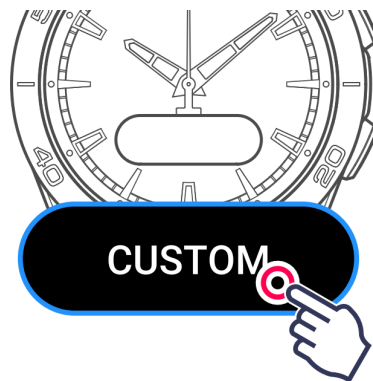


2 Finish and confirm the alarm

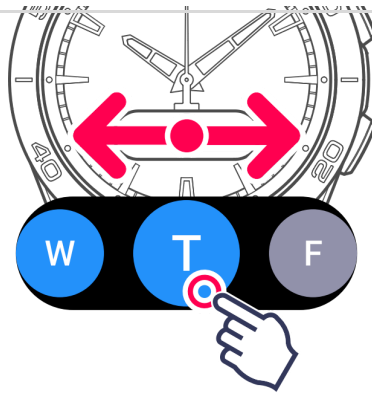


Custom alarm

1 Select the menu



2 Select the days and confirm



3 Finish and confirm the days



Timer

Countdown of up to 23 hours 59 mins 59 secs.

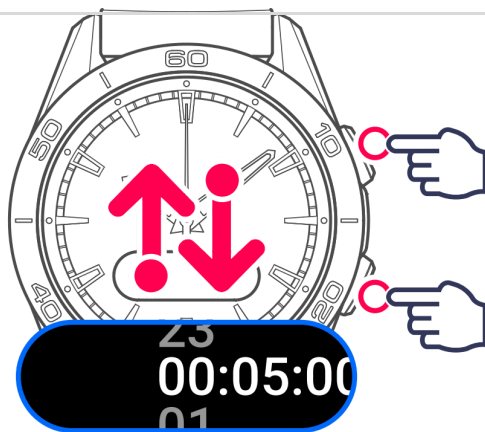
1 Activate the watch



2 Display and select the function



3 Set the hours



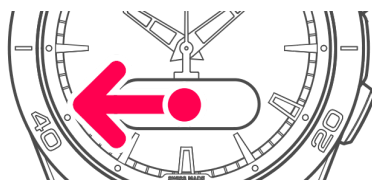
Then go to the next setting.



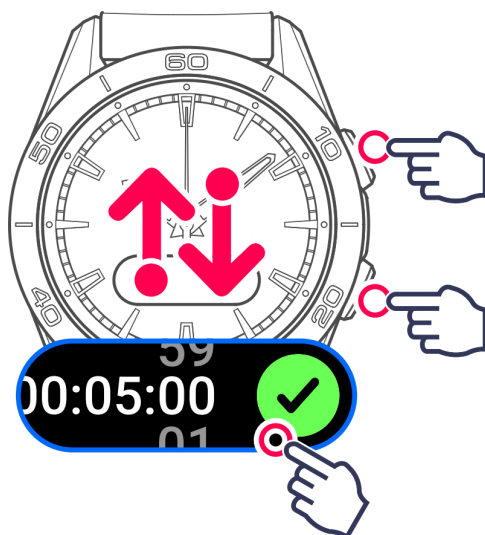
4 Set the minutes



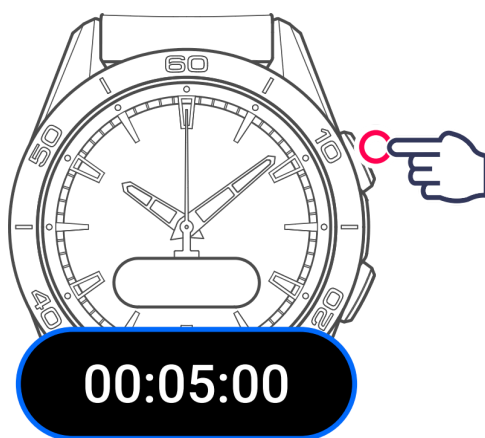
Then go to the next setting.



5 Set the seconds and confirm



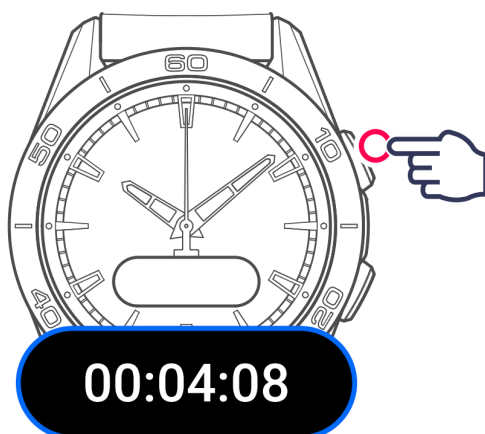
6 Start the timer



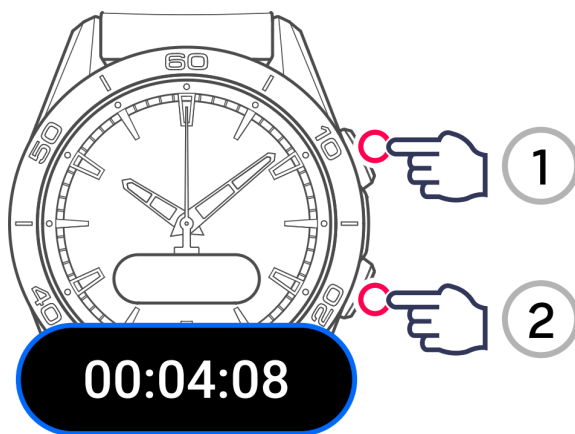
7 Timer paused



8 Restart the timer



9 Stop with reset



When stopped, the watch offers 3 options:



Restart the timer from the set value



Set a new timer value



Stop and exit the function



ⓘ IN PAIRED MODE

The timer duration can also be set in the app.

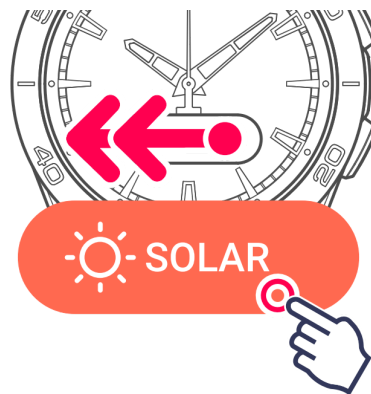
Solar

The solar efficiency bar displays your watch's current solar charging level.

1 Activate the watch

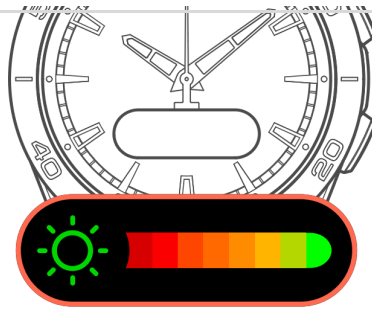


2 Display and select the function

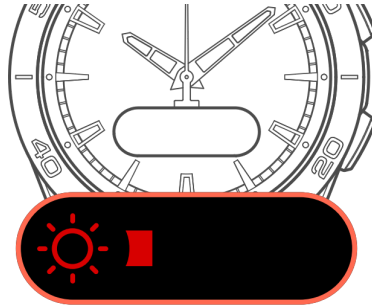


The watch displays the brightness level:

Optimal level



Minimal level



! INFORMATION

The watch automatically switches to standby after a few seconds.

Heart rate

On-demand heart rate for a short period.

⚠ IMPORTANT!

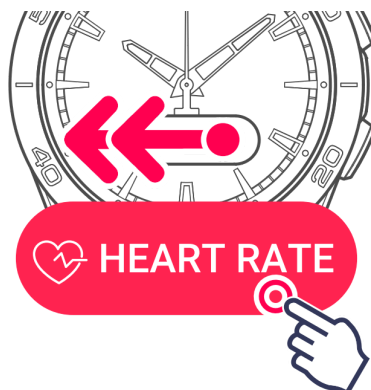
To ensure that your heart rate is measured correctly, make sure that your watch is flush against your wrist.

During strength-based activities (when your wrist muscles are tensed), the reading may be less accurate for a few seconds.

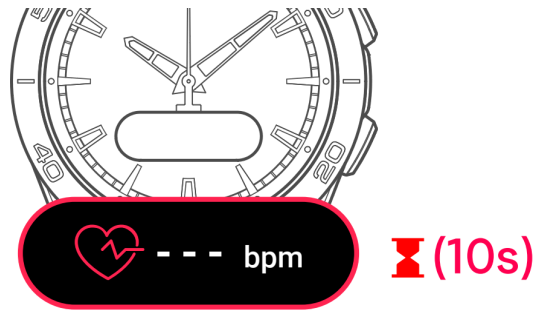
1 Activate the watch



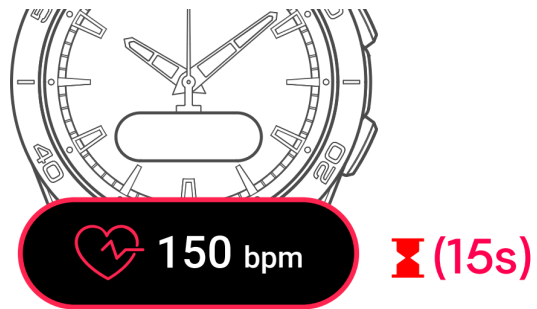
2 Display and select the function



The watch measures your heart rate.



The Heart Rate is displayed on the watch.



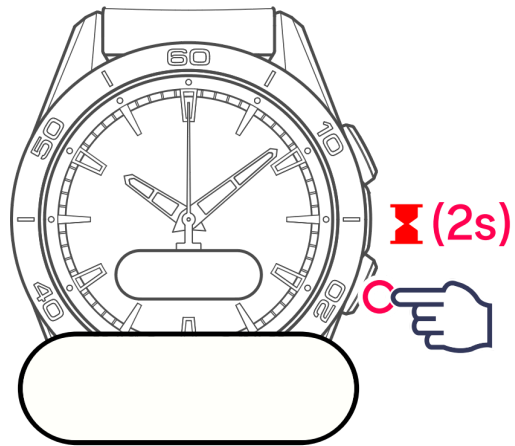
! INFORMATION

The watch automatically switches to standby after a few seconds.

Torch

The watch screen lights up to improve visibility in gloomy conditions.

Activate or deactivate the function



ⓘ INFORMATION

If the watch is in Eco mode, this function cannot be activated.

Statistics

Looking up the displays

Your watch records your daily statistics to help you track your activities and progress. You can look them up at any time on your watch and on the Tissot app.

NOTE

The daily statistical data is reset every day at midnight.

1 Activate the watch

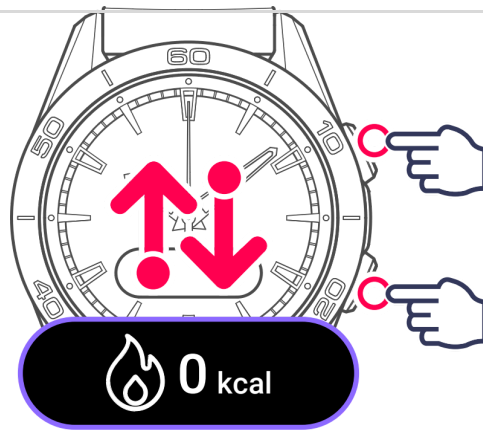


2 Display statistics



3 Display other statistics

Use the watch's pushers or swipe the screen.



Number of steps



Energy burned



Activity time



Distance covered



[More information on the data](#)

You can also customise your daily steps goal.

Display and select the goal menu



Set your own goal

Your goal

Set your daily goal by selecting a preset value, or a custom goal.

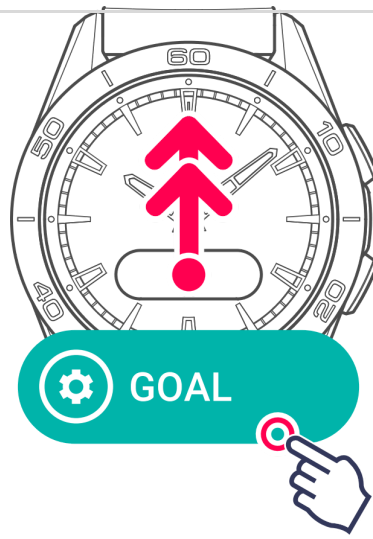
1 Activate the watch



2 Display statistics



3 Display and select the goal menu

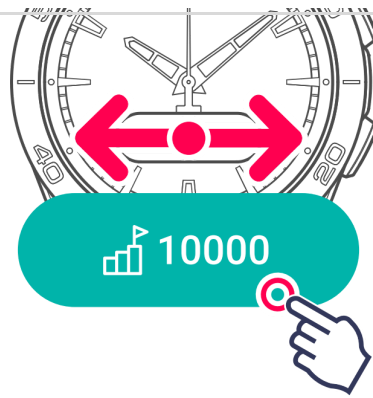


Preset goals

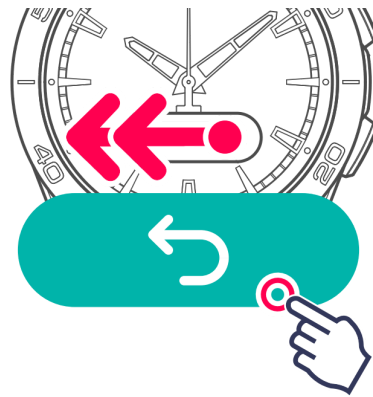
Your watch offers 3 options:



4 Select the preset goal

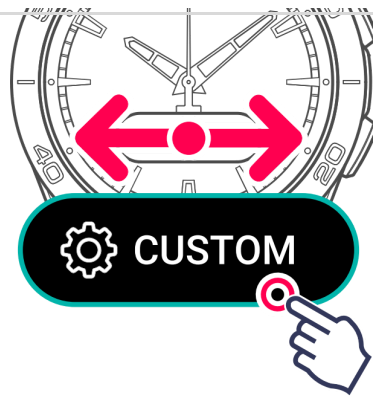


5 Finish and confirm the goal

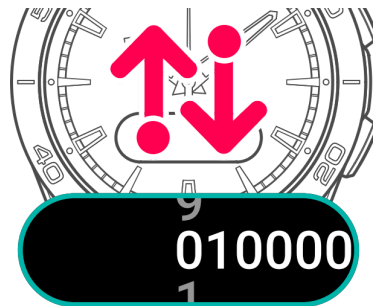


Custom goal

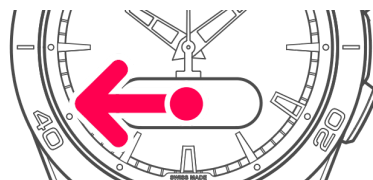
1 Select the menu



2 Customise your goal, firstly setting the hundreds of thousands unit



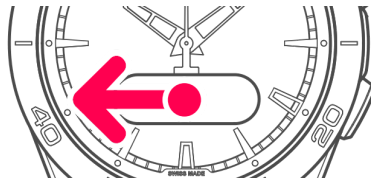
Then go to the next setting.



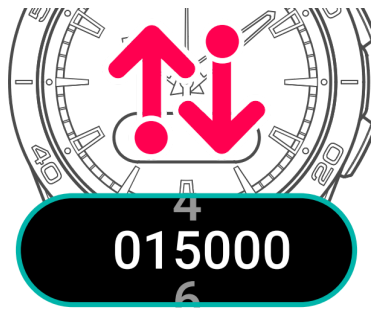
3 Set the tens of thousands unit



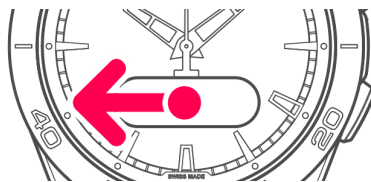
Then go to the next setting.



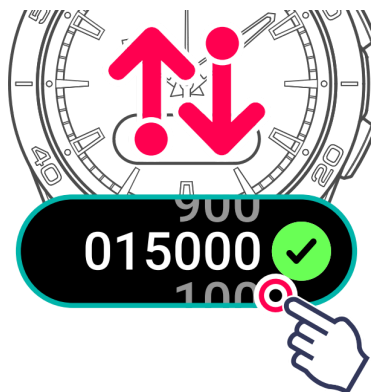
4 Set the thousands unit



Then go to the next setting.



5 Set the hundreds unit, and confirm



6 Finish and confirm the goal



ⓘ INFORMATION

If you hit your goal, the watch will beep.

Settings

Notifications

The notifications history enables you to search for notifications that have been received, but not deleted.

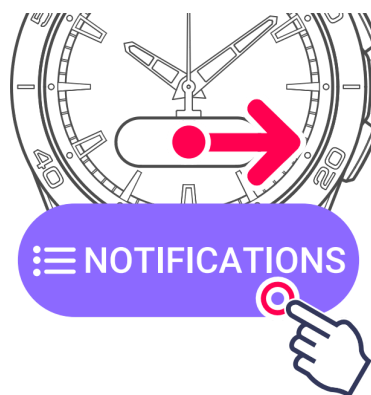
⚠ IMPORTANT!

To search for notifications, the watch must be in paired mode.

1 Activate the watch



2 Display and select the setting

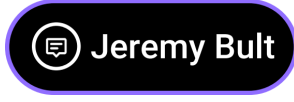


The watch offers the following options:

No notifications



Available notifications



Clear notifications



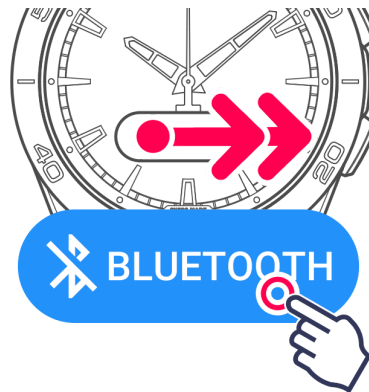
Bluetooth®

Activating / deactivating the Bluetooth® connection

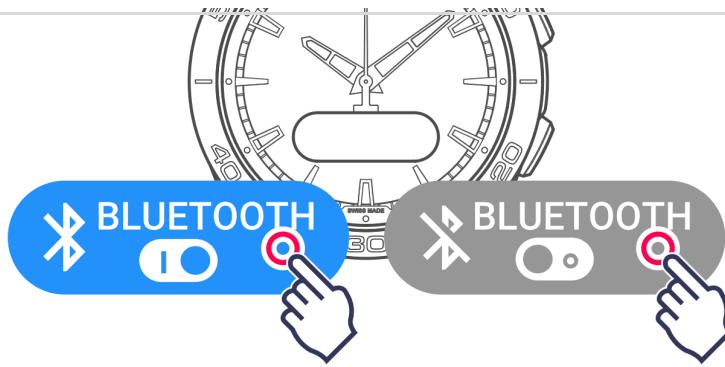
1 Activate the watch



2 Display and select the setting



3 Activate or deactivate



⚠ IMPORTANT!

The Bluetooth® connection is required for communication between your watch and your smartphone. If deactivated, the watch's functions can no longer be used in paired mode.

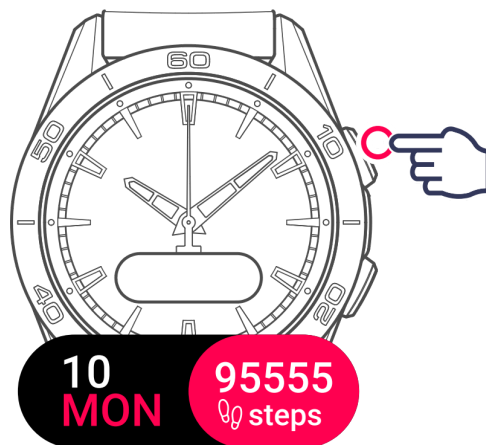
Find phone

The watch triggers your smartphone's ringtone to locate it.

⚠ IMPORTANT!

To find the smartphone, the watch must be in paired mode.

1 Activate the watch



2 Display and select the setting



The smartphone rings



The smartphone's ringtone can be switched off via the app or the watch.

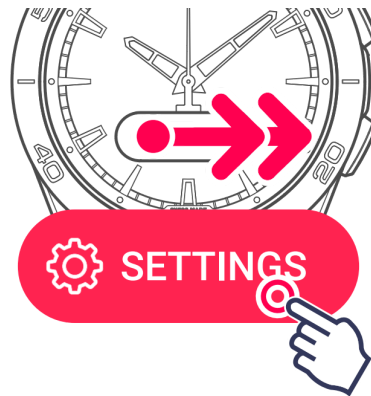
Battery

Using Standby and Eco modes

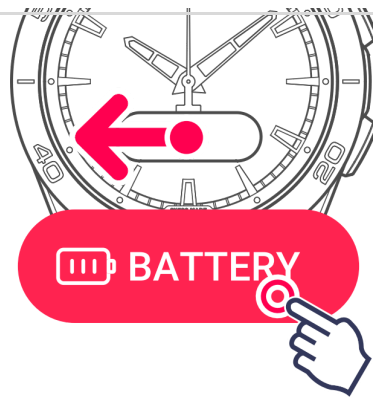
1 Activate the watch



2 Display and select the settings menu



3 Display and select the battery setting



The watch offers 3 options:

Eco mode



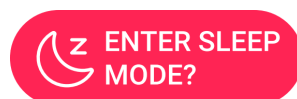
When Eco mode is activated, the watch switches off the functions using too much battery (Bluetooth®, Vibrations, Sounds, etc.).

Automatic standby mode



When Automatic standby mode is activated, the watch will not detect any movements for 2 hours.

Standby mode



To deactivate standby mode, press the upper pusher for 2 seconds.

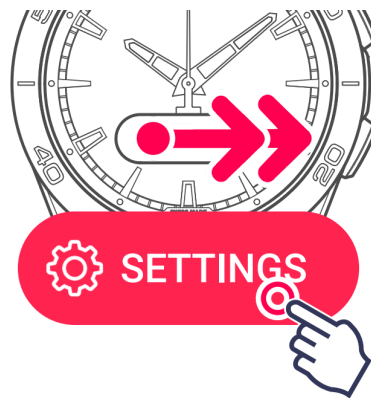
Alerts

Activation / deactivation

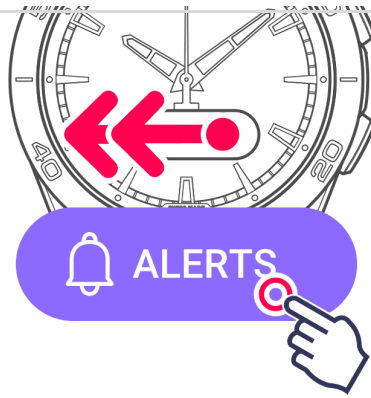
1 Activate the watch



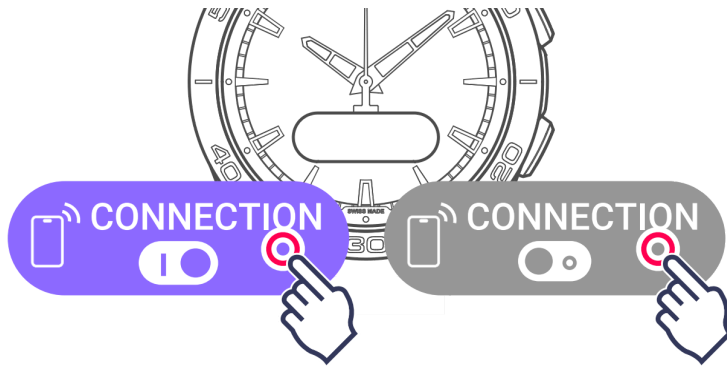
2 Display and select the settings menu



3 Display and select the alerts setting



4 Activate / deactivate alerts



ⓘ INFORMATION

If alerts are activated, the watch will beep when its connects to or disconnects from the app.

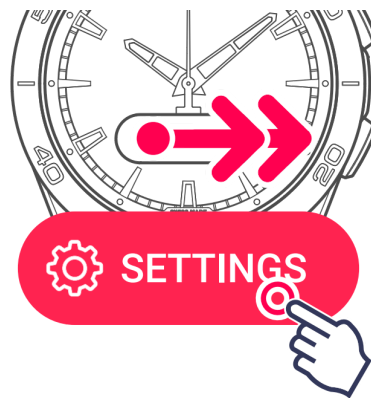
Sounds

Sounds and vibrations management

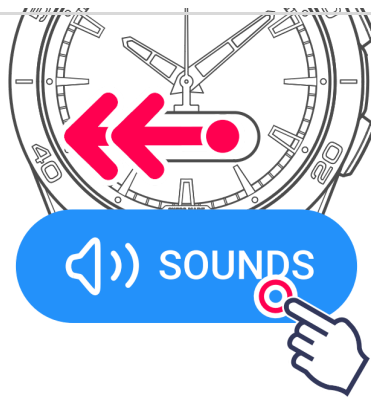
1 Activate the watch



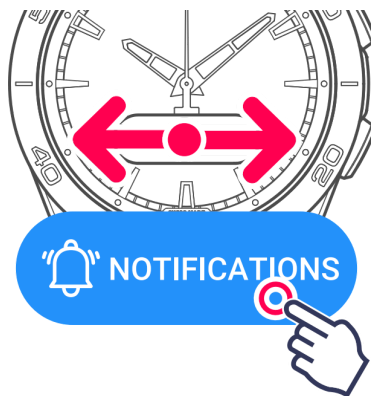
2 Display and select the settings menu



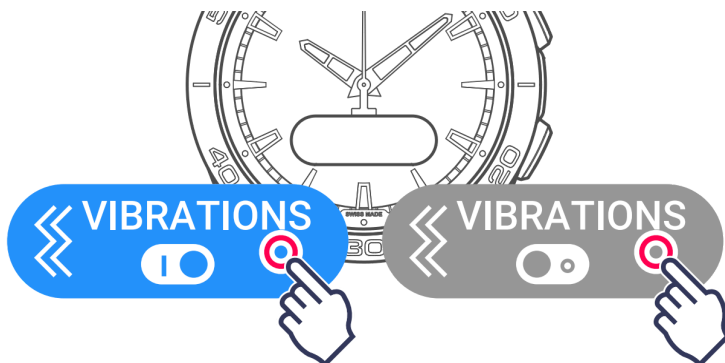
3 Display and select the sounds setting



4 Display and select the setting

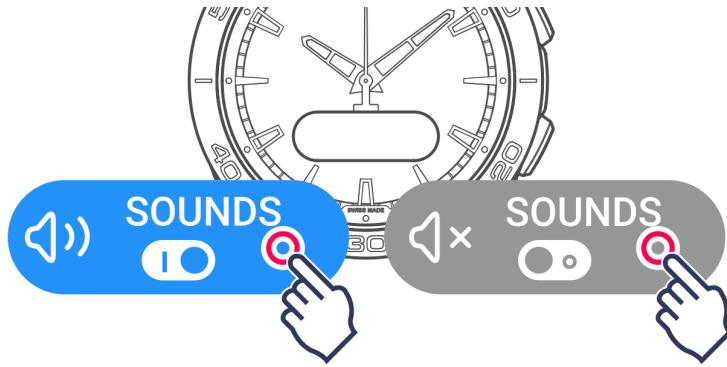


5 Activate / deactivate vibrations



If vibrations are activated, the watch will briefly vibrate when a notification arrives from the app.

6 Activate / deactivate sounds



If sounds are activated, the watch will beep when a notification arrives from the app.

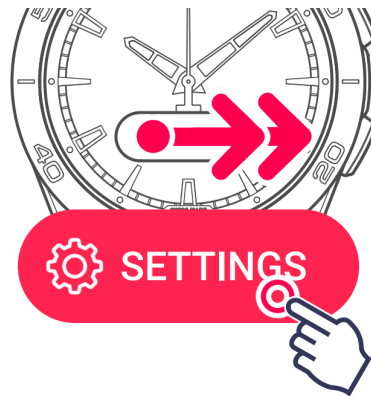
Language

Selecting the display language

1 Activate the watch



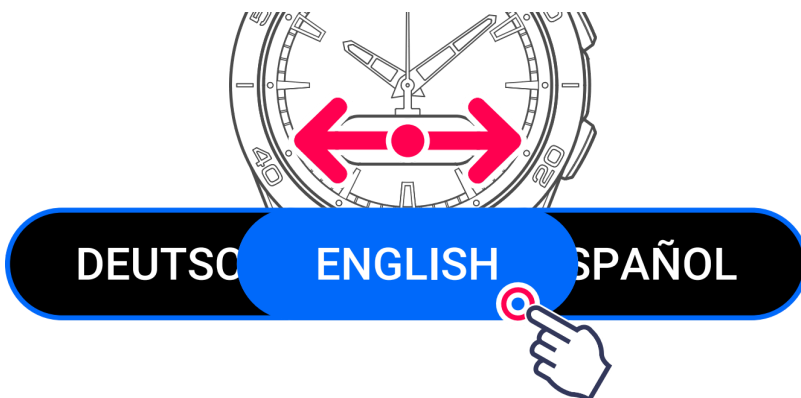
2 Display and select the settings menu



3 Select the language setting



4 Display and select the desired language



Advanced

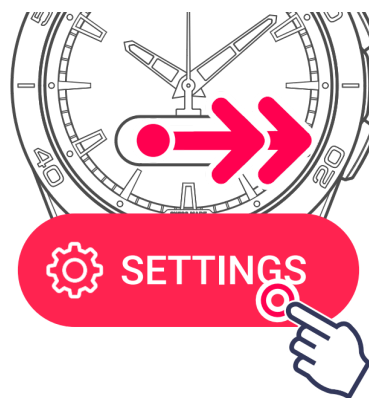
Using advanced settings

These settings are used to calibrate the hands or reinitialise your watch.

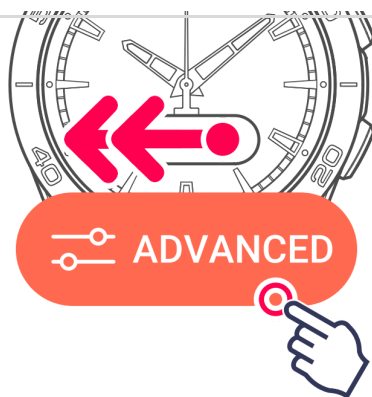
1 Activate the watch



2 Display and select the settings menu



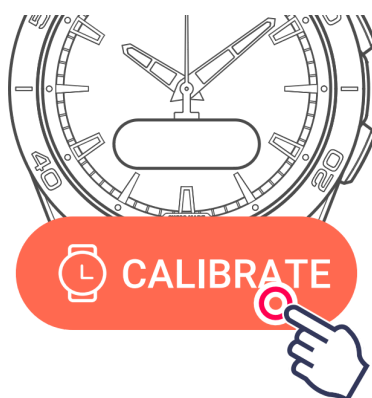
3 Display and select advanced settings



CALIBRATE

This control is used to calibrate the hands when they are no longer correctly positioned. This can happen after an impact, or when the watch is close to a powerful magnetic field.

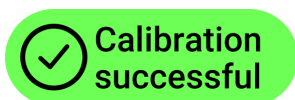
1 Display and start hands calibration



The watch performs a hands calibration cycle to ensure that they are accurately positioned.



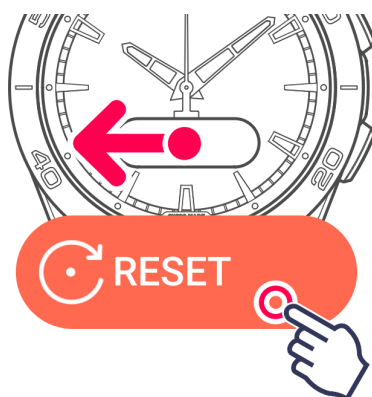
End of calibration cycle



RESET

This control reinitialises your watch, enabling you to wish to reselect its paired or non-paired mode.

2 Display and start reinitialising the watch



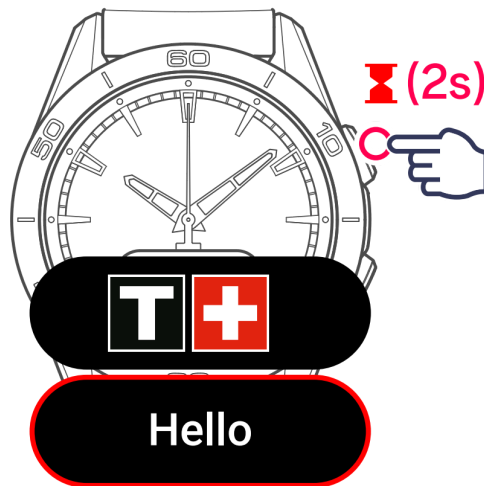
3 Confirm data deletion

Touch the screen zone matching your choice.



Accept: the data saved on your watch will be cleared (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

Refuse: the procedure is cancelled.



The watch will perform a new initialisation cycle, the same as when it was first started.

Continue the start-up procedure

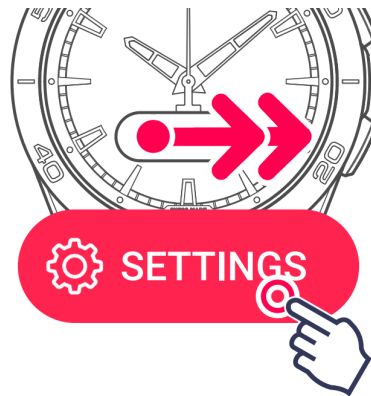
About

Information about your watch

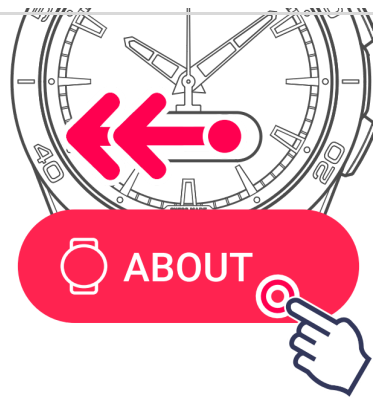
1 Activate the watch



2 Display and select the settings menu



3 Display the watch's information



Watch ID

Your watch's unique identification number guarantees its authenticity. You could be asked for it when making a support request.

Firmware version

This is your watch's software version. Tissot SA is determined to ensure the constant development of its products. New features are regularly added. When you make an update request from the app, the server checks that your watch has the latest software version. If this is not the case, it suggests that you install this update.

Fonts version

To ensure optimal readability, the screen fonts may be updated in order to improve text and value displays on your watch.

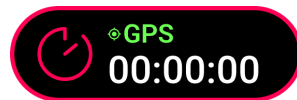
Information

Data

Activity data

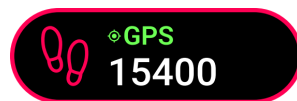
Data saved during tracked activities.

Activity time



This is the elapsed time during a tracked activity. The time is counted until the activity finishes.

Number of steps



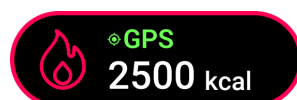
The number of steps is calculated based on your arm movements measured by the 3-axes accelerometer fitted in the watch.

Distance covered



The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as GPS data.

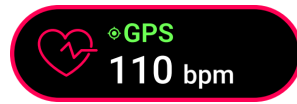
Energy burned



The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.

Cardiac activities

Heart rate



Heart rate is measured by means of an optical sensor fitted on the back of the watch. It measures the quantity of light as a function of blood flow in your wrist.

⚠ IMPORTANT!

To ensure that your heart rate is measured correctly, make sure that your watch is flush against your wrist.

During strength-based activities (when your wrist muscles are tensed), the reading may be less accurate for a few seconds.

Training zones

The training zones display the heart rate during an activity.

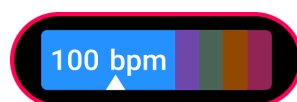
The heart rate is defined according to the values specified in the Tissot app. If not specified, the default year of birth value is 1970. Its maximum value is calculated as follows: $220 - \text{age}$.

⚠ IMPORTANT!

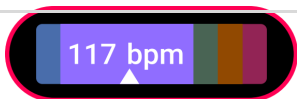
The default values for the zones are not the bpm (beats per minute), but the % of your max. heart rate.

The max. heart rate and percentages may be edited in the app.

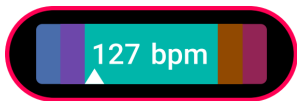
Training zone 1: 50 %-60 %



Training zone 2: 60 %-70 %



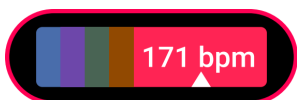
Training zone 3: 70 %-80 %



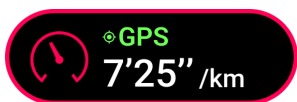
Training zone 4: 80 %-90 %



Training zone 5: 90 %-100 %



Time per unit distance



Average time taken to cover one kilometre (or one mile) during an activity. The app calculates the average value of the time taken for each kilometre.

Speed



Average travel speed during your activity, expressed in kilometres (or miles) per hour.

Altitude



Maximum altitude reached during your activity. This value is calculated using your smartphone's GPS data.

Cumulative altitude gain



Sum total of all upward movement during the activity, expressed in metres (or feet). This value is calculated using your smartphone's GPS data.

Statistical data

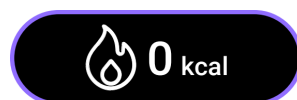
Data saved in the daily statistics, and reset every day at midnight.

Number of steps



The number of steps is calculated based on your arm movements measured by a 3-axes accelerometer fitted in the watch.

Energy burned



The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.



Your movement time or physical activity time. Any rest time is disregarded.

Distance covered



The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as your smartphone's GPS data.

Battery

Information

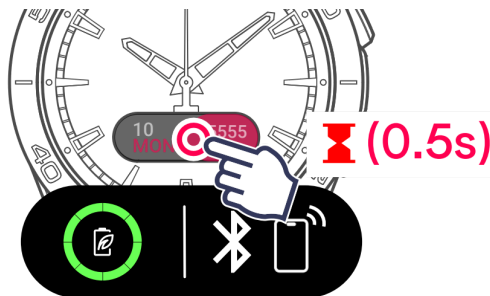
Your T-Touch Connect Sport runs on a Lithium-ion Polymer battery charged by means of the solar sensor fitted in the dial, or the cable supplied.

Its average life, according to your activity level, is:

- 2 months with 3 activities per week;
- 6 months in paired mode without activities;
- 1 year with low activity.

Look up the battery level

- 1 Touch the screen for 0.5 seconds



Charging the battery

The watch is supplied with a special USB cable for charging with guaranteed water resistance.

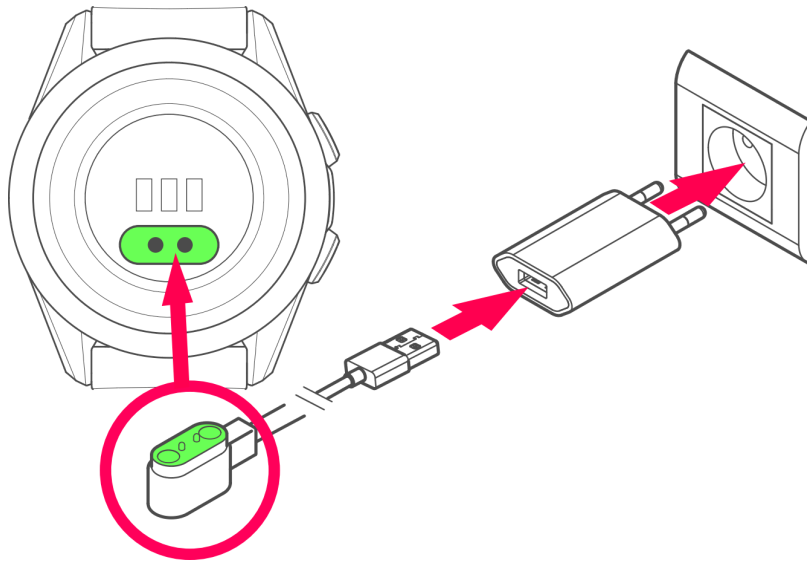
⚠ IMPORTANT!

Do not use a charger of more than 15 Watts.

If the battery charge level is too low to ensure correct operation, the screen will display the message below:

 **Battery low**

1 Place the end of the cable on the connector as shown



NOTE

There are magnets ensuring that the connector is correctly oriented.

INFORMATION

The complete charging time is approximately 90 minutes.

Modes

Using paired mode

In this mode, the watch is connected to the Tissot app installed on your smartphone.

Some features can also be used via the smartphone:

- **Timer:** the duration can be set via the app.
 - **Chronometer:** both time measurements and split times are saved, and can be looked up on the app.
 - **Activity tracking data:** these are saved, and can be looked up on the app.
 - **Location:** your smartphone's GPS saves the location data during cycling, hiking or running activities.
 - **Statistics:** these can also be looked up on the app.
-

Bluetooth®

The data are exchanged between the watch and the app by means of the Bluetooth® protocol.

The Bluetooth® connection must be activated on your smartphone and on the watch.

[See Settings](#)

▲ IMPORTANT!

Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet).

If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

Modes

Using non-paired mode

In this mode, the watch operates autonomously.

The settings are made directly on the watch, rather than via the app.

Some data are saved in the watch temporarily:

- **Chronometer:** both final time measurements and split times are saved, and can be looked up during timing.
- **Activity tracking data:** these are saved in the watch temporarily, and can be looked up during the activity.
- **Statistics:** these can be looked up during the day.
- **Location:** no location or distance measurement.

GPS

General information

Using some of your watch's functions requires access to the positioning data. It is your smartphone's GPS which is used.

⚠ IMPORTANT!

Your smartphone must always enable location for the Tissot app, and not only when the app is active.

Use with GPS

GPS information is exchanged between your smartphone and your watch, thanks to the Bluetooth® connection.

To enable the Bluetooth® connection to operate, your watch must be used in paired mode, and the Bluetooth® connection must be activated.

Activate the connection

Paired mode

⚠ IMPORTANT!

Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet).

If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

Using without GPS

If the watch cannot use GPS data, the location information is not available, and data tracking for running, cycling and hiking activities will be limited.

The following information cannot be saved:

- Location
- Distance measurement
- Speed

Compatibility

The T-Touch Connect Sport is equipped with a Bluetooth® function, and requires the use of a smartphone meeting the following requirements:

<p>Android requirements</p>	<p>Requisite configuration for Android: minimum version 9.0, recommended version 13 or 14. This system version has been available since 7 March 2018. Most devices manufactured after this date will meet this requirement.</p>
<p>Apple iOS requirements</p>	<p>Apple iOS requisite configuration: minimum version 16, recommended version 17.x or 18.x. Compatible with iPhone available since September 2022.</p>
<p>Huawei requirements</p>	<p>Huawei requisite configuration: minimum version HarmonyOS 2.0, recommended version Harmony 3.x or 4.x. Available for some Huawei smartphones from June 2021.</p>

Tissot ensures the compatibility of its products with the best-known and most widespread Android mobile devices worldwide. However, some devices are incompatible with the T-Touch Connect Sport:

- Xiaomi Mi 8 lite international version;
- Blackberry Key2 LE;
- Samsung A21S;
- Sony XZ3;
- Caterpillar S60.

The T-Touch Connect Sport app is supported only in the following countries and languages:

Supported countries

<p>Albania</p>	<p>Greece</p>	<p>Moldova</p>

Germany	Greenland	Monaco
Australia	Guatemala	Montenegro
Austria	Hong Kong	Norway
Belarus	Hungary	New Zealand
Bosnia and Herzegovina	Faroe Islands	Netherlands
Belgium	India	Poland
Brazil	Ireland	Portugal
Bulgaria	Iceland	Czech Republic
Canada	Israel	Romania
Chile	Italy	United Kingdom
China	Japan	San Marino
Cyprus	Jordan	Serbia
Colombia	Kosovo	Singapore
Korea	Latvia	Slovakia
Croatia	Liechtenstein	Slovenia
Denmark	Lebanon	Sweden
United Arab Emirates	Lithuania	Switzerland
Spain	Luxembourg	Taiwan
Estonia	Macao	Thailand
USA	North Macedonia	Turkey

Finland	Malta	Ukraine
France	Malaysia	Vatican City
Gibraltar	Mexico	Venezuela

Supported character sets (notifications)

Afrikaans	French	Manx
Albanian	Scottish Gaelic	Dutch*
German	Galician	Norwegian
English	Welsh*	Occitan
Basque	Hungarian*	Polish
Breton	Indonesian	Portuguese
Catalan*	Irish	Rhaeto-Romanic
Chinese (simplified)	Irish* (traditional orthography)	Southern Sami
Korean	Icelandic	Slovak
Corsican	Italian	Swedish
Danish*	Japanese	Swahili
Scots Gaelic	Kurdish	Tagalog
Spanish	Leonese	Czech
Estonian*	Lithuanian	Walloon
Faroese	Luxembourgish	

Finnish*	Malay	

*Please note that some characters may be missing.

App languages

German	Spanish	Norwegian
English	Finnish	Polish
Chinese (simplified)	French	Portuguese
Chinese (traditional)	Italian	Romanian
Korean	Japanese	Swedish
Danish	Dutch	Thai

Watch languages

German	Spanish	Malay
English	French	Russian
Chinese (simplified)	Italian	Thai
Korean	Japanese	

Versions and new features

Version	Availability	Modifications
8.0	October 2024	<p>Auto Lap for Activities Access detailed Auto Lap insights for hiking, running, and cycling.</p> <p>Solar Energy Level Track solar energy trends over time and better understand their positive impact on battery life.</p> <p>Heart Rate on Demand Measure heart rate in real time directly from the watch with a simple touch.</p> <p>Torch Feature Long-press the lower pusher to instantly turn the watch into a flashlight.</p> <p>Bug Fixes & Improvements</p>

Documents

Declaration of conformity

- [Declaration of conformity](#)

Warranty

- [Warranty](#)