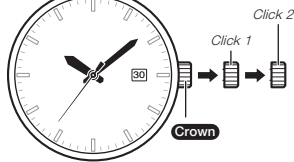
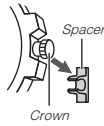


Operation Guide ANA(F3H-3)

- Your watch may differ somewhat from the one shown in the illustration.

Before Using the Watch for the First Time

- Depending on your watch model, there may be a spacer installed at the factory around the crown. If your watch has a spacer, you should remove the spacer before using the watch.
- After removing the spacer, use the procedures in "Crown Operations" and "To adjust the time setting" to set up the watch for use.



To adjust the time setting

When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.

Rotate the **Crown** to change the time setting.

Push the **Crown** back in on a time signal to resume timekeeping.

Note

- Take care that you set the correct AM or PM time.
- When changing the time, move the minute hand four or five minutes past your final setting, and then back it up to the setting you want.

To change the day setting

Pull the **Crown** out to Click 1.

Rotate the **Crown** away from you to set the day.

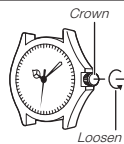
Push the **Crown** back in.

Note

- The day setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day may not change correctly at midnight.

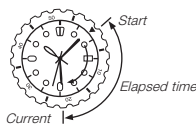
Crown Operations

Some water-resistant models (100 meters, 200 meters) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



If your watch has a rotary bezel...

You can rotate the bezel to align its ▼ mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the ▼ mark.



Specifications

Accuracy at normal temperature: ±20 seconds a month

Other: Low battery alert

Power Supply: Solar panel and one rechargeable battery
Approximate battery operating time: 5 months

Specifications are subject to change without notice.

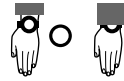
Solar Charging

A solar panel generates electrical power that charges a built-in (secondary) battery. The entire face is a solar panel, so power is generated when the face is exposed to light. Keep the watch exposed to light as much as possible.

Charging the Battery



When you are not wearing the watch, leave it where it is exposed to light. For stable operation, expose the watch to at least a half day of light per month.



When wearing the watch, try to keep your clothing from blocking its face (solar panel). Charging efficiency is reduced significantly even if the face is blocked only partially.

Caution!

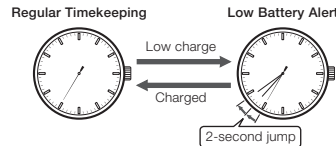
- The case of the watch may become quite hot when charging. Guard against burn injury after charging.
- Avoid charging in the following locations, and anywhere else where the watch may become very hot.
 - On the dashboard of an automobile parked in the sun
 - Close to an incandescent light source or other sources of heat
 - Locations exposed to direct sunlight for long periods

Low Charge and Dead Battery Conditions

An alert operation is performed when the battery charge goes low.

Low Battery Alert

The second hand will jump at two-second intervals to alert you when the charge is low.



Charging Time

The times below are general guidelines for reference only.

Charging Time to Support Daily Use

Exposure Level (Brightness)	Approximate Charging Time
Outdoor sunlight (50,000 lux)	8 minutes
Sunlight through a window (10,000 lux)	30 minutes
Daylight through a window on an overcast day (5,000 lux)	48 minutes
Indoor fluorescent lighting (500 lux)	8 hours

Charging Time to Recover from Dead Battery

Exposure Level (Brightness)	Approximate Charging Time to 1-second Hand Movement	Approximate Time to Full Charge
Outdoor sunlight (50,000 lux)	3 hours	24 hours
Sunlight through a window (10,000 lux)	11 hours	90 hours
Daylight through a window on an overcast day (5,000 lux)	18 hours	144 hours
Indoor fluorescent lighting (500 lux)	172 hours	- - -

Note

- Actual charging time depends on environmental conditions.