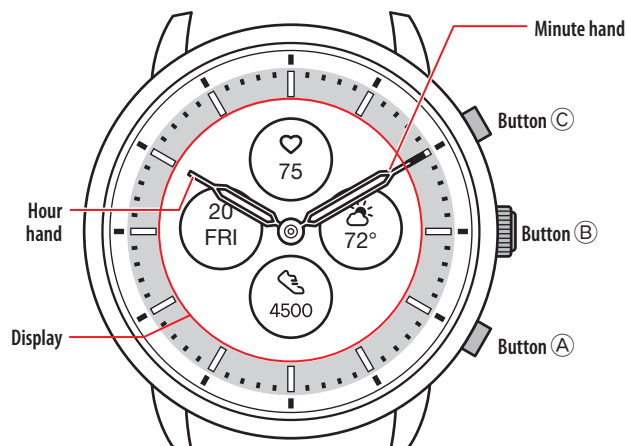


- To see details of specifications and operations, refer to the instruction manual:  YF20 instruction manual

Component identification



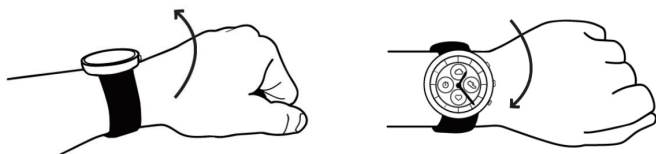
- Actual appearance may differ from the illustrations.

About the display of the watch

This watch is equipped with an electronic paper display. Owing to the display, the watch can always indicate various information with little consumption of power reserve. On the other hand, unlike an ordinary LCD, indication is not always renewed.

To see current total steps or other real-time data, you need to renew indication intentionally.

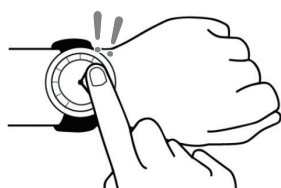
Renewing indication on the display



Twist your wrist quickly, and the hands on the watch move and the indication on the display is refreshed.

- Try the twist again if the hands do not move.

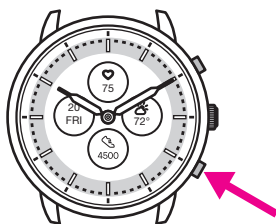
Turning on the light



Tap the center of the display twice to turn on the light.

- The light is turned off automatically without any operation.

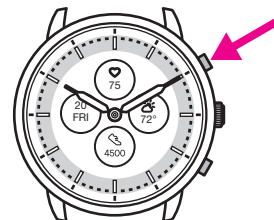
Indicating notifications



Press and hold the lower right button (A) of the watch to indicate notifications on the display of the watch.

- For details of notifications, see the instruction manual.

Hiding information on the display



You can hide information on the display by pressing and holding the upper right button (C) of the watch.

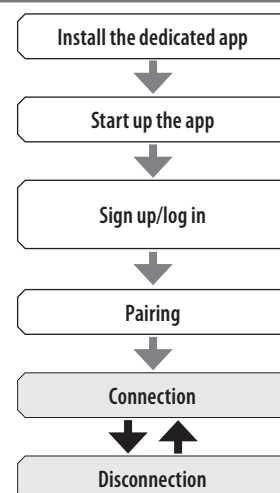
- You can also hide the information through the settings of the watch. For details, see the instruction manual.

Before connecting with a smartphone

You must install the dedicated app "CITIZEN CONNECTED" on your smartphone and start it to make pairing between the phone and the watch to connect them.

The flow of connection is as follows.

- This watch communicates with smartphones through Bluetooth® Low Energy power-saving communication technology.
- The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.
- Google, Wear OS by Google, Google Play and Google Play logo, Google Fit, Google Assistant, Google Calendar, Gmail, Android and Android Go Edition, Android One, Google Pixel, Google Nest Thermostat are trademarks of Google LLC.
- iOS is a trademark or registered trademark of Cisco Systems, Inc. or its affiliates in the United States and other countries, and is used under license.



Requirements for connection

Android	Android OS 7.0 -
iPhone	iOS 15.0 -
Bluetooth®	Bluetooth smart/4.2 Low Energy

- You cannot install the dedicated app when your smartphone is not compatible with it.
- The app may not be warranted to work correctly even when your smartphone fulfills requirements.
- Update of the dedicated app may be ceased after the end of production of the watch.

Actual screens and/or indication of the dedicated app may differ from those on this manual depending on your usage conditions and/or changes of specifications at update of the app.

In that case, follow instructions on the actual screen of the app.

Execute pairing with the smartphone

Execute pairing at first when connecting the watch and your smartphone.

- Unique pairing information is saved on the watch and smartphone as pairing is executed.
- Make an account at the startup of the dedicated app. An e-mail address which can be used for e-mail reception is required for making an account.
- Keep the mail address and password for the account in case they are required.

Executing pairing

- For pairing, you have to operate both the watch and the smartphone.
- Charge the watch and the smartphone sufficiently beforehand.
- Turn on Bluetooth® and function(s) related with location information on your smartphone.

1. Download the dedicated app "CITIZEN CONNECTED" at an app site and install it.



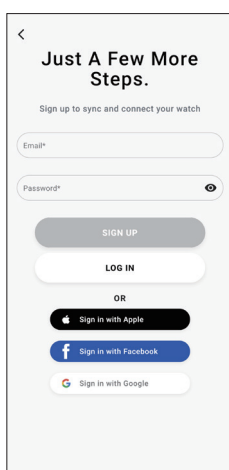
2. Start the dedicated app.

- Keep the app screen displayed until pairing is finished.

3. Tap [HYBRID].

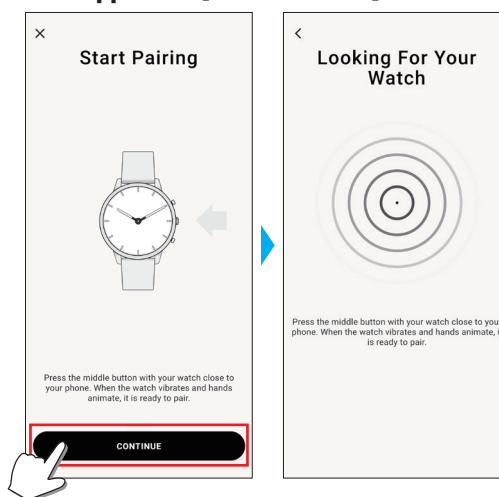


4. Make an account.

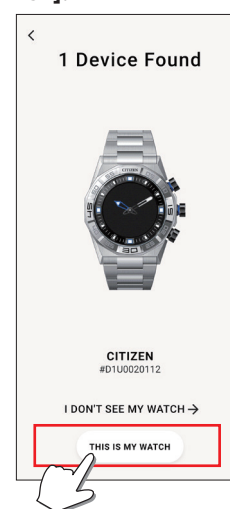


- Proceed to authentication after making an account. Authentication number is sent to the mail address you entered here.
- Tap [LOG IN] if you had logged out without executing pairing after making an account before.
- Once signed in, the status (login status) is kept regardless whether the app is activated or deactivated.

5. Press the right middle button ⑤ and tap [CONTINUE] on the screen of the app as the [START PAIRING] screen is shown.



6. Tap [THIS IS MY WATCH].



- The watch displayed on the screen may look different from the actual one you use.
- Tap [I DON'T SEE MY WATCH] when not only its color but whole appearance looks different from yours.
- When update of the watch has started, wait until it is finished.

7. Press and hold the middle right button ⑤ of the watch within time limit.

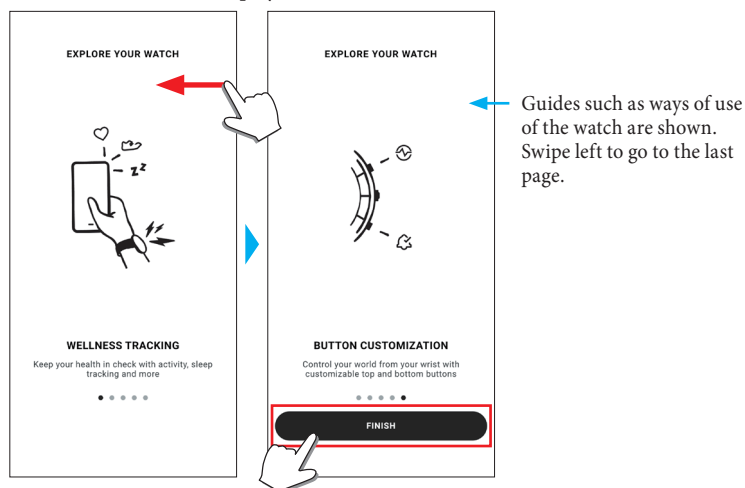


Pairing starts.



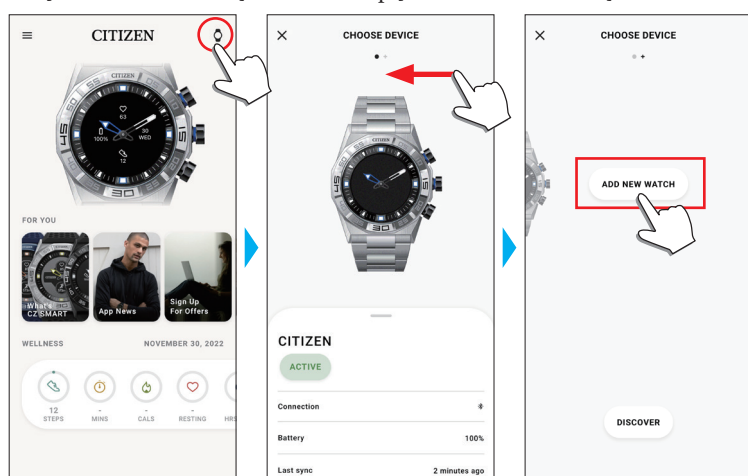
When pairing finished successfully

The screen of finish is displayed.



To start pairing on the screen of the app

Tap the watch icon (🕒) on the upper right of the home screen, swipe left on the [CHOOSE DEVICE] screen and tap [ADD NEW WATCH].



When pairing fails

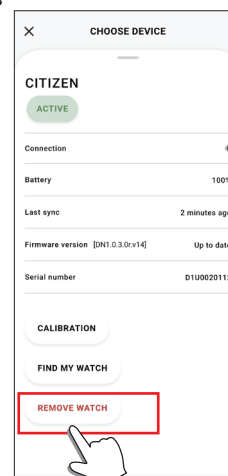
When pairing fails and the target watch does not appear on the dedicated app, try pairing again following the steps below.

1. Remove "Citizen Connected HR" on Bluetooth® setting of your smartphone.
2. Turn off the Bluetooth function on your smartphone and turn it on again.
3. Execute pairing between the watch and the smartphone again.

When connection fails after pairing (canceling pairing)

Try pairing again following the steps below.

1. Tap the watch icon (🕒) on the upper right of the home screen.
2. Swipe left or right on the [CHOOSE DEVICE] screen to display the watch with which you want to connect your smartphone.
3. Swipe up the bottom tab on the [CHOOSE DEVICE] screen to display the menu.



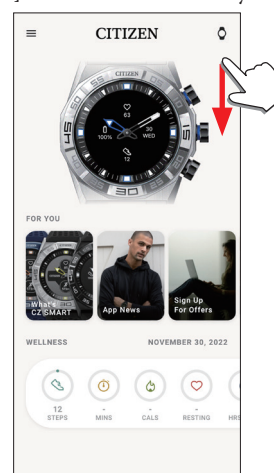
4. Tap [REMOVE WATCH].
5. Remove "Citizen Connected HR" on Bluetooth® setting of your smartphone.
6. Turn off the Bluetooth function on your smartphone and turn it on again.
7. Execute pairing between the watch and the smartphone again.

Synchronizing your watch and smartphone

Once paired, the watch and the smartphone are connected and start to synchronize their data automatically as the dedicated app is started or displayed.

- All the hands of the watch turn fully around when synchronization starts.
- The time and calendar on the watch are also synchronized with those on the smartphone.
- It may take a certain period of time for data synchronization.
- Some operations of the app such as change of settings are accompanied with data synchronization.
- Synchronization does not start when the watch is not charged enough.
- Synchronization does not start when distance between the smartphone and the watch is 10 m (33 feet) or more or there is any obstacle between them.

Swiping down the [Home] screen also starts data synchronization.



Adjustment of the time and calendar

This watch receives time information from your smartphone at every connection and adjusts the time and calendar automatically.

- You cannot adjust time and calendar on the watch only by itself.

Operating the menu on the watch

You can modify settings for the watch and utilize its various functions by using the menu on the watch.

Here we introduce the basic procedure to use the menu on the watch.

- For more information on the settings on the watch and other functions, refer to “About the menu on the watch” and “Settings on the watch body” on the online guide.
- Some functions are not available without connection between the watch and the smartphone through the dedicated app.

1. Press and hold the middle right button **(B)** of the watch.

The hands of the watch point one of the function icons on the display.



- [Home] is pointed immediately after indication.
- The indication automatically returns to normal indication in 3 minutes without executing any operation.

2. Press and release the lower right button **(A)** or the upper right button **(C)** of the watch repeatedly to switch the function to use.

The hands of the watch point one of the function icons.

- Press and hold the lower right button **(A)** or the upper right button **(C)** of the watch to move the hands continuously.
- The black icon in a white circle shows the function currently chosen. Function icons move left or right.

3. Press the middle right button **(B)** of the watch.

Indication on the display is switched to that for the function you chose.

- Some functions start working immediately.

■ To return to normal indication

Press and hold the middle right button **(B)** of the watch to return to normal indication.

- When you have returned to the menu from settings of an item, press and hold the middle right button **(B)** again.