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Before using this watch

Band adjustment

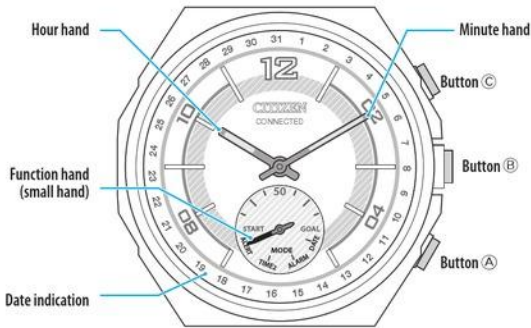
We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).

Consult an authorized service center. Other shops may charge for, or may not provide, the service.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

Component identification



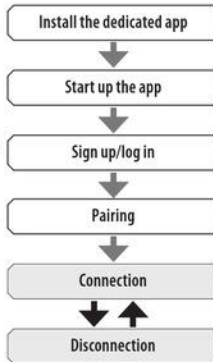
The illustrations in this instruction manual may differ from the actual appearance of your watch.

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 Learning Thermostat are trademarks of Google LLC.
- iOS® is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.



Requirements for connection

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

- You cannot install the dedicated app when your smartphone is not compatible with it.
- Fulfillment of the requirements of your smartphone does not warrant normal operation of the app.
- Update of the dedicated app may be stopped after manufacturing of the watch is ended.

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 smartphone sufficiently beforehand.
- Turn on functions related with Bluetooth® and location information on your smartphone.

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



- Start the dedicated app.

- Keep the app screen displayed until pairing is finished.

- Tap [HYBRID].

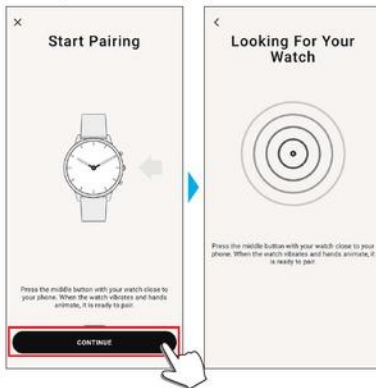


4 Make an account.



- Proceed to authentication process when you made an account. An authentication number will be 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 up, the status (login status) is kept regardless whether the app is activated or deactivated.

5 Press the right middle button **B** 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.

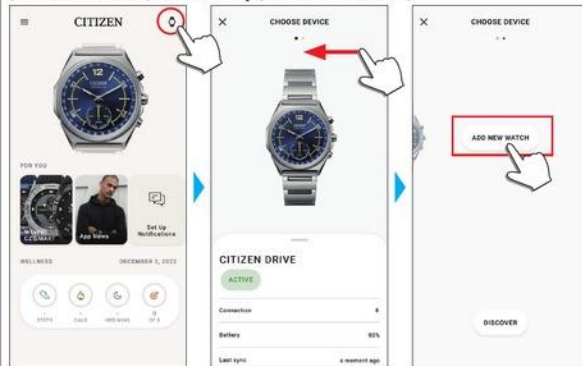
7 Press and hold the upper right button **C** of the watch within time limit.



Pairing starts.

■ To start pairing on the screen of the app

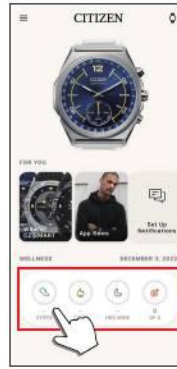
Tap the watch icon (D) on the upper right of the home screen, swipe left on the [CHOOSE DEVICE] screen and tap [ADD NEW WATCH].

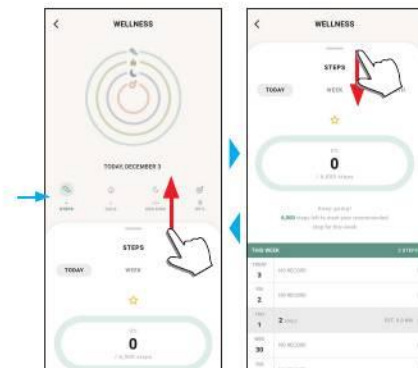
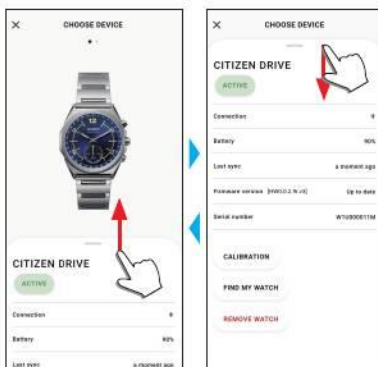


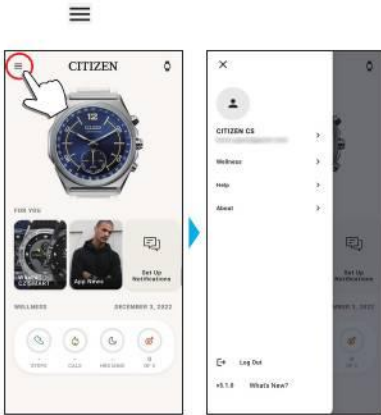
When pairing fails

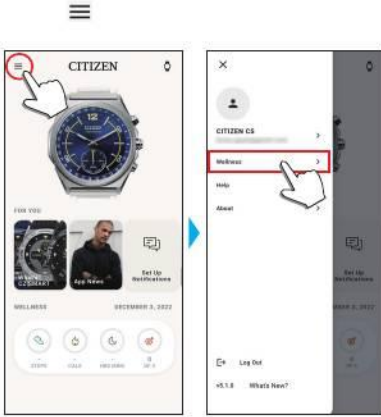
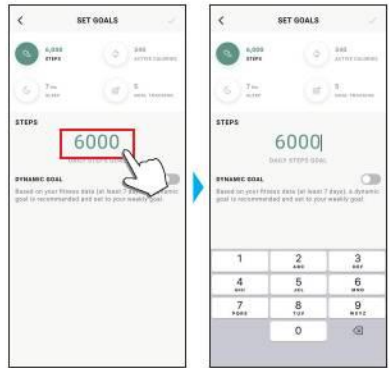
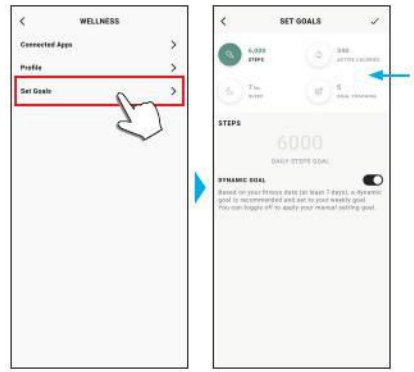
When pairing fails and the target watch does not appear on the dedicated app, try pairing again following the steps below.

- 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.









Executing settings for functions and assigning them to the buttons of the watch

You can assign functions you like to the buttons of the watch. Some functions need settings on the dedicated app.

1 Start the dedicated app.

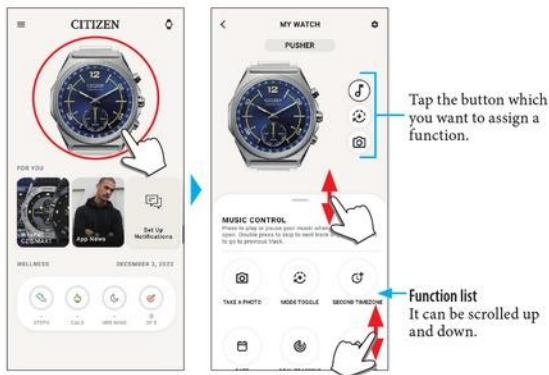
The watch and the smartphone are connected.

- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.

The function list is appeared on the tab on the bottom of the screen.



- The example above shows when the upper right button (⊙) is tapped.

3 Tap the button which you want to assign a function to and tap a function on the bottom of the screen.

[TAKE A PHOTO]	Pressing the button while using the photo app takes a picture.
[MODE TOGGLE]	Each time you press the button, the indication of the watch switches in the following order: notification (ALERT), 2nd time zone (TIME2), alarm time (ALARM), date indication (DATE). Indication of the function hand (small hand) changes corresponding to the switch of the indication above.
[SECOND TIMEZONE]	Pressing the button indicates the 2nd time zone on the watch. Set an area you want to indicate when assigning the function. The function hand (small hand) points TIME2.
[DATE]	Pressing the button indicates the current date with the hour and minute hands. The function hand (small hand) points DATE.
[GOAL TRACKING]	The watch records when you pressed the button and number of times you pressed it.
[NOTIFICATIONS]	Pressing the button indicates the last indication received with the hour and minute hands. The function hand (small hand) points ALERT.
[MUSIC CONTROL]	You can control music playback through the watch while using the music app: can command play/pause/go previous/go next. Play/pause: Press and release the button once. Back to the previous tune: Press and hold the button during playback. Go forward to the next tune: Press and release the button twice during playback
[RING PHONE]	Pressing the button makes the smartphone emitting sound. You can set the sound you like. To stop the sound, press the same button again.
[VOLUME UP]	Pressing the button turns up the volume.
[VOLUME DOWN]	Pressing the button turns down the volume.

4 Tap the back icon (<) on the upper right of the [MY WATCH] screen to finish the procedure.

- Follow instructions on the screen.



The selected function is assigned to the button.

About the function hand (small hand)

■ Achievement level indication of steps

The function hand (small hand) of this watch normally indicates daily achievement level of steps measured with the activity monitor of the watch.



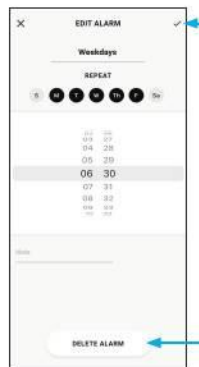
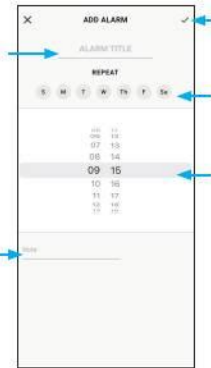
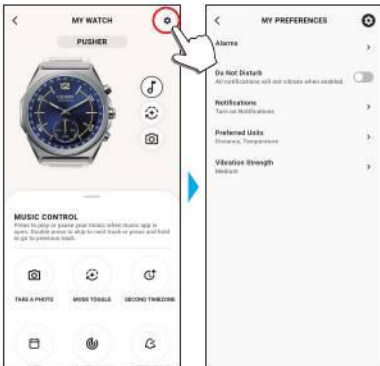
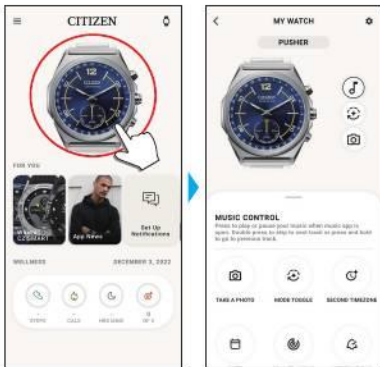
- The example above shows 75 % achievement level.
- The achievement level is reset at 0:00 every day and the indication returns to 0 %.

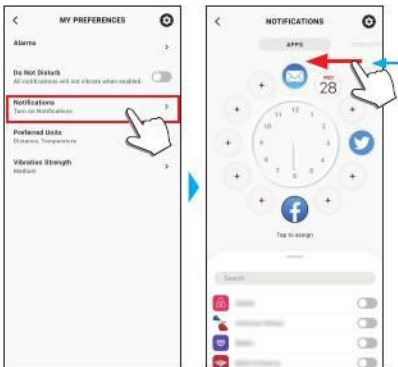
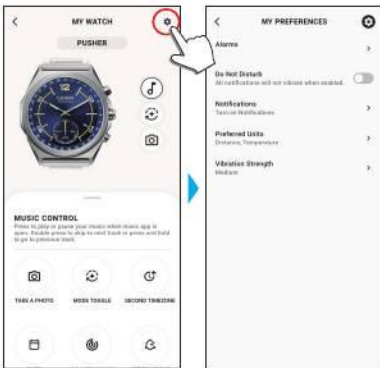
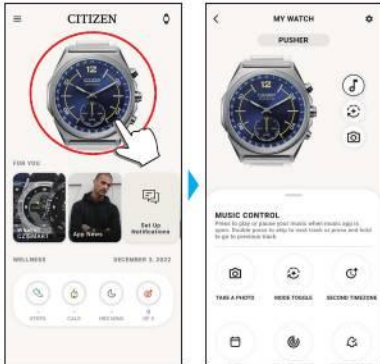
■ Mode indication

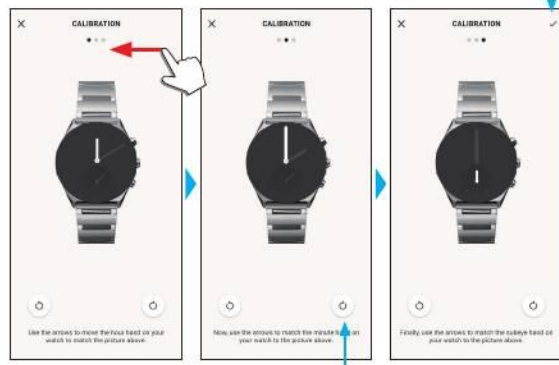
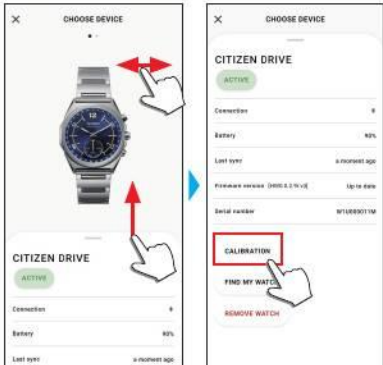
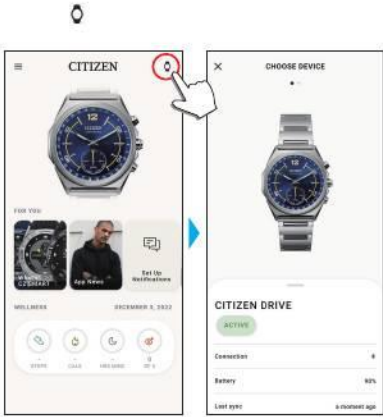
When some functions have been assigned to the buttons of the watch and one of the following functions is activated, indication of the watch is changed for 10 seconds and the function hand (small hand) points the mode corresponding to the activated function.

Indication of the function hand (small hand)	Indication of the hour and minute hands
ALERT	The previous notification is indicated. Nothing is indicated when no notification exists.
TIME2	It indicates the time of the place you chose on [SECOND TIMEZONE].
ALARM	The alarm time set on [Alarms] is indicated.
DATE	Date is indicated.

- **ALERT**, **TIME2** and **DATE** are indicated when any of [NOTIFICATIONS], [SECOND TIMEZONE] or [DATE] are assigned to buttons of the watch and a corresponding one is pressed. They are also indicated when using a watch button which is assigned the [MODE TOGGLE] function.
- **ALARM** is indicated by pressing a watch button which is assigned the [MODE TOGGLE] function repeatedly. **ALARM** is skipped when alarm is not set.











[Dark Gray Header]	
[Gray]	[White]
[Gray]	[White]
[Gray]	[White]
[Gray]	[White]
[Gray]	[White]
[Gray]	[White]
[Gray]	[White]

[White]	[White]
[White]	[White]
[White]	[White]
[White]	[White]

