

CITIZEN®

INSTRUCTION MANUAL

China	
Japan	JJY

Europe	
North America	

JP この時計が、受信可能な標準電波は表のとおりです。

- この時計は、日本国内の標準電波のみを受信します。

EN Time signals available to this watch is as shown on the table.

- This watch receives time signals from the signal stations in Japan only.

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

Visit the Citizen website (<https://citizen.jp/>) to view visual guides for operation of your watch.

Some models may be equipped with external features (calculation scale, tachymeter, etc.).

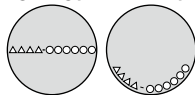
Visual guides for operation of such external features can also be found on the website.

To check the movement number

A case number—4 alphanumeric characters and 6 or more alphanumeric characters—is engraved on the case back. (Figure on the right)

The first 4 characters of the case number represent the movement number of the watch. In the example on the right, “ $\triangle\triangle\triangle\triangle$ ” is the movement number.

Engraving position example






The engraving position may differ depending on watch model.



Safety precautions — IMPORTANT

This manual may contain certain safety advisories. Your watch should be used in accordance with these advisories at all times to ensure optimal enjoyment of your watch and to prevent injury to yourself, other persons and/or damage to property. Understand the meaning of the following symbols and read pages from **38** to **49**.

■ Safety advisories are categorized and depicted in this manual as follows:

 DANGER	Highly likely to cause death or serious injury
 WARNING	Can cause serious injury or death
 CAUTION	Can or will cause minor or moderate injury or damage

■ Important instructions are categorized and depicted in this manual as follows:
(Following symbols are examples of Pictograms.)

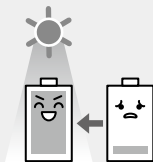
	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

Before using this watch

After unpacking, the following must be done before using the watch:

- **Checking whether the second hand moves normally**

When the second hand moves once every two seconds, charge your watch.



This watch has a rechargeable cell which is charged by exposing the dial to light.

Expose the dial to direct sunlight regularly to charge the watch.

For details of charging, see pages **10**.

Before using this watch

Band adjustment

Do not adjust the length of the band (metal or rubber) yourself. If you fail to perform the work properly, the watch may fall off, or an injury may occur during adjustment.

For band adjustment, consult the shop where you purchased the watch or an authorized service center. Other shops may not be able to handle the watch, or may charge a fee.

Protective stickers





Be sure to remove any stickers covering the metal parts (back cover, band, clasp) or glass of the watch before use. 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.

How to use a specially designed crown/push button

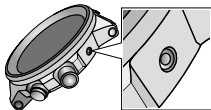
Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

Screw down crown and screw down push button

Unlock the crown prior to operate your watch.

	Unlock	Lock
Screw down crown	 <p>Rotate the crown counterclockwise until it releases from the case.</p>	 <p>Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.</p>
Screw down push button	 <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p>	 <p>Rotate the locking screw clockwise, and tighten firmly.</p>

Recessed buttons



Press the button with a narrow-tipped object such as a wooden toothpick.

- Metal objects may cause marring or scratching of the button.

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Features



Radio controlled watch:

Receives a time signal and adjusts the time automatically when in Japan (→ page 15)

•When you adjust the time and calendar in an area where you cannot receive the standard time signal, see pages 24 to 27.



Eco-Drive

No need for periodical changing of rechargeable cells.

The watch is charged by light.



Perpetual calendar:

No need for date correction at the end of each month.

The leap year is also updated automatically.

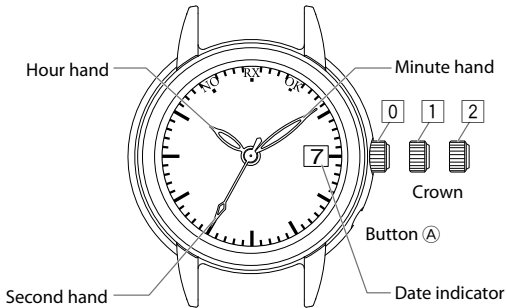
Impact detection function:

This function prevents unwanted movement of the hour, minute and second hands when the watch receives an impact.

JIS Type-1 antimagnetic performance:

This watch maintains its time functionality as close as 5 cm away from devices that generate a magnetic field during normal use.

Component identification



- The solar cell is built in under the dial.
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

Charging the battery

This watch has a rechargeable cell which is charged by exposing the dial to light, such as direct sunlight or fluorescent lamps.

After taking off the watch, put it in a location where the dial is exposed to bright light, such as by a window.

For optimal performance, be sure to:

- Expose the watch to direct sunlight for five or six hours at least once a month.
- Avoid leaving the watch in dark places for long periods of time.

Caution

- Do not charge the watch at high temperature (about +60°C /140°F or higher).
- If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.

Checking the remaining charge

The second hand shows the remaining charge of the watch

1. Ensure that the crown is in position 0.

2. Press the button (A).

When the charge of the watch is low, the second hand rotates a quarter counterclockwise.

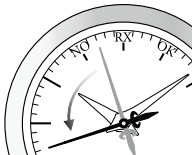
• If the second hand does not move counterclockwise, the watch is sufficiently charged.

* This is the same procedure as checking the time signal reception.

* The second hand points to “OK” or “NO”, but this indicates time signal reception, not watch charge.

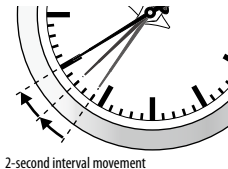
3. Press button (A) to finish the confirmation.

• The current time will be indicated automatically in 10 seconds.



Insufficient charge warning function

When your watch becomes insufficiently charged, the movement of the second hand will change from 1-second intervals to 2-second intervals (the second hand moves 2 scales at once in every 2 minutes). Your watch will stop due to insufficient charging if 2-second interval movement continues for about 3 days. Regularly charge your watch so that it does not become insufficiently charged.



If the second hand is moving at 2-second intervals, the time cannot be corrected manually, or by using automatic reception or on demand reception.

If insufficient charging occurs while Receiving Radio Waves, Confirming Reception Status, Adjusting the Time, or Confirming and Adjusting the Reference Position, the relevant function will be cancelled automatically, the watch will return to the time displayed before the function started, and movement will change to 2-second intervals.

Charging time by environment

Below are the approximate times required for charging when exposing the watch dial to light continuously. Please use this table as a reference only.

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	4 minutes	3 hours	25 hours
Outdoors (cloudy)	10,000	15 minutes	5.5 hours	80hours
20 cm away from a fluorescent lamp (30W)	3,000	45 minutes	14 hours	200hours
Interior lighting	500	4.5hours	80 hours	–

Charging the battery

- To charge your watch, it is recommended to expose the dial to direct sunlight. A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.
- Time taken for batteries to deplete after a full charge, without any further charging:
With Power Saving on: Approx. 2.5 years
With Power Saving off: Approx. 7 months
- Time taken for batteries to deplete after an insufficient charge warning: Approx. 3 days
(The time differs depending on how often time signals are received, etc.)

Power save feature

If the watch has been kept in a dark locatin for a long period of time, the Power save feature is activated and the hands of the watch will stop at 00:00:00. (Even though the watch is on power save feature, the correct time is kept in memory.)

- The Power save feature will be cancelled when the watch is exposed to light again.
- After the Power save feature is cancelled, perform the on demand reception.

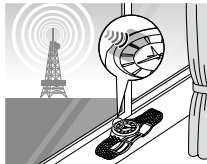
Receiving the time signal

There are three methods for reception: automatic reception, on demand reception, and recovery automatic reception.

<About Receiving radio waves>

To receive the time signal, remove the watch from your arm, and put the crown into position [0]. Place the watch by a window, directing the left side (the 9 o'clock side) of the watch face towards the nearest transmitter.

- Do not move the watch during the time signal reception.
- Even when this watch receives the time signal successfully, the time indication may be off a little bit depending on the reception environment and internal processing.
- Without reception of the time signal, the watch will continue to be accurate to within ± 15 seconds per month.
- It takes from 3 to 15 minutes to complete the time signal reception.
- The watch will not receive a time signal when in a low charge state as indicated by the second hand moving in two second increments (the insufficient charge warning). Charge the watch before reception.



Checking the time signal reception

You can check whether the last reception of the time signal succeeded or not.

1. Ensure that the crown is in position 0.

2. Press the button A.

The second hand indicates the previous reception result.

OK	Reception succeeded
NO	Reception failed
RX	During reception



- Before indicating the reception result, the second hand may show the remaining charge of the watch. (Refer to “Checking the remaining charge”.)
(→ page 11)

3. Press the button A to finish the confirmation.

The current time is shown.

- The current time will be indicated automatically in 10 seconds.

Automatic Reception

Receives the signal every night.

Refer to <About Receiving radio waves>. (→ page 15)

- When reception starts, the second hand moves to the RX position.
- During reception, the second hand rotates to automatically correct the time difference from the start of reception. Do not move the watch until it returns to normal movement.
- When reception is complete, the second hand will leave the RX position and return to normal movement.
- Follow the procedure in “Checking the time signal reception” to check the time signal reception.

■ On Demand Reception

Using this method, you can receive radio waves whenever you want to. Use this method when there is a change in the reception environment that did not allow automatic reception.

1. Ensure that the crown is in position 0.

2. Press and hold the button (A) for two seconds or more.

Release the button when the second hand indicates “RX.” The reception starts. Place your watch in the same position as described in <About Receiving radio waves>. (→ page 15)

To stop reception, press and hold button (A).

If reception is stopped, the hands rotate quickly, and return to the time before reception started, plus the time taken for reception.

* The time and date are not adjusted if the reception was canceled or failed.

Recovery Automatic Reception

If your watch stops due to insufficient charging, expose it to sunlight to charge. After it is sufficiently charged, it will automatically receive radio waves once.

- If recovery automatic reception fails, the watch returns to the time when the battery ran out of charge and the hands start moving. The second hand is now moving at 1-second intervals, but as the time is not accurate, perform “On Demand Reception” or “Adjusting the time/calendar manually” before using the watch.(→ page 24 to 27)
- No other operations can be performed during recovery automatic reception.

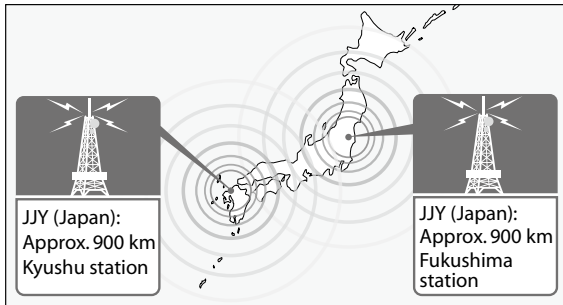
Radio wave reception area

This watch incorporates an automatic tuning function that selects the radio wave transmitter for reception.

The reception area on the maps on page 20 is only guideline, and it may be difficult to receive the radio wave even within the areas indicated on the map.

Receiving the time signal

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather. The receivable range is often affected by the following conditions: receiving environment, time, weather (lightning), and so on.



<Transmitters>

- Mt. Otakadoya Standard Time Transmitter (Fukushima Station)
- Mt. Hagane Standard Time Transmitter (Kyushu Station)

<The time signal>

The time signal is broadcast almost continuously 24-hours a day, but may occasionally be interrupted due to maintenance. The broadcasting conditions of the time signal for Japan can be checked on the English web site of Japan Standard Time Project (<http://jjy.nict.go.jp/index-e.html>).

*The time signal has no effect on the human body or medical equipment.

<When signal reception is poor>

High-tension electrical lines or other structures near your house may block the path to the signal station. This may result in a poor environment for receiving the time signal. Using the position of your nearest transmitter as a reference, look for a location where the signal can be received easily. (→ page **20**)

Then, place the watch by a window facing the transmitter, and try receiving the signal manually. (→ page **18**)

- If the window contains a wire netting in it, the signal reception may become poor.

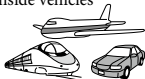
Poor reception areas

It may be difficult to receive the time signal properly under certain environmental conditions or in areas susceptible to radio noise.

- Extremely hot or cold locations



- Inside vehicles



- Near electrical equipment or office appliances



- Near high-tension electrical lines, railway overhead wires or communication facilities



- Inside reinforced concrete buildings, between tall buildings, mountains, or underground



- Near mobile phones or smartphones that are in use



Adjusting the time/calendar manually

You can adjust the time and date (year, month, date) manually

1. Pull the crown out to position 2.

The second hand moves to the 30 second position.

2. Press the button (A).

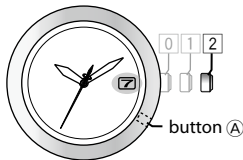
The second hand moves to the 0 second position.

3. Rotate the crown and adjust the minute.

- Each time the minute hand is moved one minute, the second hand rotates around once.
- If you quickly spin the crown a few times, the hand starts to move continuously. To stop the hand, rotate the crown in either direction.

4. Press the button (A).

The hour hand moves slightly.



5. Rotate the crown and adjust the hour and date.

- The hour hand and the date indication work together.
- If you quickly spin the crown a few times, the hands start to move continuously.
To stop the hands, rotate the crown in either direction.

6. Press the button .

The second hand indicates the current setting of the month and year.

- Refer to “Month indication” and “Year indication”. (→ page 26 and 27)

7. Rotate the crown and adjust the month and year (the number of years passed since the last leap year).

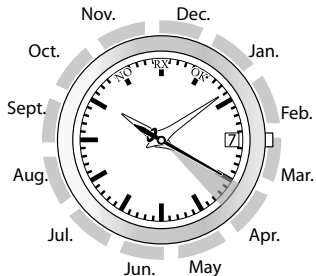
8. Push the crown in to position .

The current time is shown.

Adjusting the time/calendar manually

Month indication

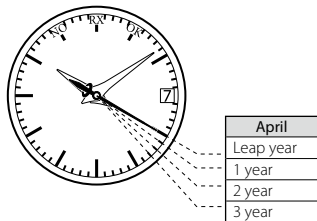
You can check the month at the area where the second hand points.



When indicating April of a leap year.

Number of years since a leap year indication

The number of years since a leap year (passed years) is indicated by the marker pointed to by the second hand in the area for the month.



The second hand points to:	Passed years	Year
Hour marker	Leap year	2020, 2024
1st min. marker	1 year	2021, 2025
2nd min. marker	2 year	2018, 2022
3rd min. marker	3 year	2019, 2023

Perpetual calendar

The date is automatically adjusted until 28 February, 2100.
You do not need to correct it at the end of each month.

Checking and setting a time difference

Setting the time difference

You can see the time at your current location by setting the time difference for the country you are in.

1. Pull the crown out to position **1**.

- The second hand indicates the set time difference on the watch.
0 second position: ± 0 hours / 3 second position: + 3 hours

2. Press button **A**

When the second hand moves, a time difference can be set.

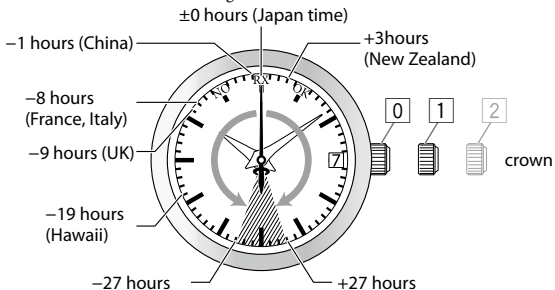
3. Rotate the crown to move the second hand to the desired time difference.

- The hour hand moves by 1 hour each time the second hand is moved by 1 step.
- Refer to “Time difference indication based on Japan time”.

4. Push the crown in to position **0** to finish checking or setting the time difference.

Time difference indication based on Japan time

One step movement of the second hand changes the time difference by one hour.
Time difference can be set in the range of ± 27 hours.



To return to Japan time

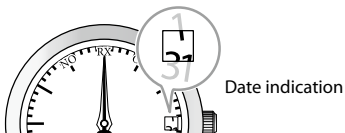
Move the second hand to the "±0" position at step 3.

About the reference positions

If the time or date is not shown correctly even after proper reception of the time signal, check whether the reference position is correct or not.

The reference positions are the hand and date positions used as basic positions for time and date indication. The watch uses the reference positions indicated below as a basis for the received time signals.

- For the time indication: “00:00:00”
- For the date indication: Between “31” and “1” (see diagram below)



If the time and date indications is off from the correct reference position, the watch will not display the time and date correctly.

Checking and correcting the reference positions

1. Ensure that the crown is in position 0.

2. Press the lower right button (A).

- The second hand move to show the previous reception result.

3. Pull the crown out as far as possible.

(Pull the crown out to position 2.)

- Pull it out while the previous time signal reception results are displayed.
- All hands move quickly to show the current reference position.

The reference positions are correct	Proceed to step 8 (the final step)
The reference positions are incorrect	Proceed to step 4

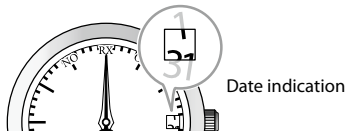
4. Press the lower right button (A).

When the hour hand moves, the hour hand and date positions can be corrected.

5. Rotate the crown to move the hands, etc. to the positions shown below.

Hour Hands: “00:00:00”

The date: Between “31” and “1” (see diagram below)



- The hour hand and the date indication work together.
- If you quickly spin the crown a few times, the hand starts to move continuously.
To stop the hands, rotate the crown in either direction.



6. Press the button (A).

The minute hand and the second hand move slightly.

7. Rotate the crown to move the hands, etc. to the positions shown below.

The minute hand: 0 minute

The second hand: 0 second

8. Push the crown in to position , and press button  to finish.

The current time is shown.

The current time will be indicated automatically in about two minutes.

Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
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Problems with time signal reception.

The reception fails in a receivable area.	Push the crown in to position 0 .	–
	Avoid things likely to interfere with radio waves and place the watch with the 9:00 position facing toward the station.	15 and 22
	Do not move the watch until the reception has finished.	15
	Contact an authorized service center	55
The correct time and calendar are not indicated after successful reception.	Check the time difference setting.	28 and 29
	Check and correct the reference position.	30 to 33

Symptoms	Remedies	Page
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The hands do not work properly.

The second hand moves only once every 2 seconds.	Charge the watch.	3 and 10
The second hand turns every few minutes.	The watch is receiving the standard radio wave.	15
All hands stop moving.	Push the crown in to position [0].	–
	Charge the watch by exposing it to watch to the direct sunlight for five or six hours. After charging, the watch starts to receive the standard radio wave automatically (automatic recovery reception).	19
The hands start turning rapidly as you take it out of the case.	The watch is canceling the power saving mode. Wait until the rapid movement stops.	14

Troubleshooting

Symptoms	Remedies	Page
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The time and/or date is not correct.

The time and/or date is wrong.	Check the time difference setting.	28 and 29
	Check and correct the reference position.	30 to 33
	Receive the standard radio wave to adjust the time and date.	15
	Set the time and date manually.	24 to 27
The date changes at around 12:00 p.m.	Check and correct the reference position.	30 to 33
	Receive the standard radio wave to adjust the time and date	15
	Adjust the time by 12 hours manually.	24 and 25

Others

The watch does not move even if it is charged.	Charge the watch by exposing it to direct sunlight for five or six hours. If the problem is not solved after charging, contact an authorized service center or the store where your watch was purchased.	55
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All Reset

Do not perform All Reset when the functions are working normally.

After performing All Reset, carry out "Reference position setting" and "Time setting" before using the watch. If these procedures are not carried out, watch functions cannot be used normally.

1. Put the watch into reference position confirmation status.

2. Pull the crown out to position [2].

3. Press and hold button (A) for 9 seconds or more.

- While holding the button each hand will move slightly.

Release the button after 9 seconds or more. All Reset has been performed, and the watch hands will move again.

4. Correct the reference positions.

5. Push the crown in to position [0].

- Press button (A) and return the watch to its normal state.
- The second hand starts to move once a second.

6. Receive a time signal, or set the time manually to finish

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

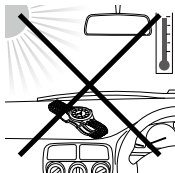
- For optimal performance, your watch should remain fully charged.
- Long sleeves may inhibit light transmission to your watch.
This may result in your watch losing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, place it in a bright location to ensure optimal performance.

⚠ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C /140°F or higher) as doing so may cause the movement to malfunction.

Examples:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.
 - * When charging under an incandescent lamp, be sure to leave 50 cm (20 inches) or more between the lamp and the watch to avoid exposing the watch to excessive heat.
- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate.

WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch.
If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.

WARNING Use Only the Specified Battery






- Never use a battery other than the rechargeable cell specified for use in this watch.
Although the watch structure is designed so that it will not operate when another type of battery is installed, if a conventional watch battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer.
When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Water resistance

WARNING Water Resistance

- Refer to the watch dial and/or the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit “1bar” is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) \times bar may also be indicated as W.R. \times bar.

Name	Indication	Specification
	Dial or Case back	
Non-water resistant	—	Non-water resistant
Everyday-use water resistant watch	WATER RESIST	Water-resistant to 3 atmospheres
Upgraded everyday use water-resistant watch	W. R. 5 bar	Water-resistant to 5 atmospheres
	W. R. 10/20 bar	Water-resistant to 10 or 20 atmospheres

Water-related use				
 <p>Minor exposure to water (washing face, rain, etc.)</p>	 <p>Swimming and general washing work</p>	 <p>Skin diving, marine sports</p>	 <p>Scuba diving using an air tank</p>	 <p>Operate the crown or button when the watch is wet</p>
NO	NO	NO	NO	NO
OK	NO	NO	NO	NO
OK	OK	NO	NO	NO
OK	OK	OK	NO	NO

Water resistance

- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do not wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.

CAUTION Precautions (continued)

- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration dirt. Because of the natural materials, leather band will be worn, deformed, and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.

- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- 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.
Consult an authorized service center.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

Precautionary items and usage limitations

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from keeping time accurately.

Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may not indicate the correct time if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<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.

CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin . Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration. Be sure to keep your watch clean at all times.
- Be sure to periodically clean the bracelet and case of your watch to remove accumulated dirt and foreign matter. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you notice this, discontinue wearing the watch and consult your physician.
- Be sure to periodically clean foreign matter and accumulated materials from the metal band, synthetic rubber strap (polyurethane) and/or metal case using a soft brush and mild soap. Be careful not to allow moisture on the case if your watch is not water resistant.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For metallic, plastic or synthetic rubber (polyurethane) band, clean it with soap and a soft toothbrush. Be sure to thoroughly rinse the band after cleaning to remove any soap residue.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

<About Luminous Paint>

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission will appear bright at first and then diminish as time passes.
- The duration of the light (“glow”) will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Warranty and service

<Free Guarantee>

In the case a malfunction has occurred during the course of normal use while the watch is till under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.

<Stock Period of Repair Parts>

Our standard period for stocking repair parts for each model is generally seven years. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.

<Repair Period>

Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. Please take the watch to the shop where you purchased it and ask whether it can be repaired.

<Change of Address or Receiving as a Gift>

In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for serving, please consult an authorized service center.

<Periodic Inspection (Charge Basis)>

- Water resistance

As the water resistance will be reduced over time, you should have your watch inspected and its water resistance verified every 2-3 years (charge basis) to extend its life and ensure safety. To maintain its water resistance, it is recommended to request us to replace the packings and other parts of your watch.

- Disassembling for internal cleaning (repair)

You should have your watch disassembled and its internal components cleaned periodically to extend its life. Lubrication oils are used to reduce wearing of moving parts such as gears. However, over time the lubrication oils will degrade and wear will increase, eventually resulting in malfunction. Please have your watch undergo internal cleaning every 5 years (although the maintenance frequency depends on the usage circumstances).

<Request to Customers>

All parts of this watch, except for the band, are to be repaired only at CITIZEN. This is because special technologies and equipment are required to perform repairs, inspections and adjustments. Please make requests for repairs to an authorized service center when having your watch repaired.

<Other Inquiries>

If you have any questions regarding the way warranty, repairs or other matters, please inquire at the shop where you purchased your watch or an authorized service center.

Specifications

Model	H0F*	Type	Analog solar-powered watch
Timekeeping accuracy (without the time signal reception)	Within ± 15 seconds per month when worn at normal operation temperatures (between $+5^{\circ}\text{C} / 41^{\circ}\text{F}$ and $+35^{\circ}\text{C} / 95^{\circ}\text{F}$)		
Operating temperature range	$-10^{\circ}\text{C} / 14^{\circ}\text{F}$ to $+60^{\circ}\text{C} / 140^{\circ}\text{F}$		
Display functions	<ul style="list-style-type: none">• Time: Hours, minutes, seconds• Calendar: Date		
Maximum run time from full charge	<ul style="list-style-type: none">• Fully charged to fully discharged: Approximately seven months (at normal operation) Approximately 2.5 years (with power save feature)• Power reserve upon insufficient charge warning function: Approximately 3 days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions	<ul style="list-style-type: none">• Solar power function• Power reserve indication (The charge level is not displayed)• Insufficient charge warning function (two-second interval movement)• Energy saving function (power save feature)• Receiving time signal (automatic, on demand, recovery automatic)• Confirming reception status (RX)• Indicating the result of the last reception (OK/NO)• Perpetual calendar (until February 28th, 2100)• Impact detection function• JIS Type-1 antimagnetic performance
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* Specifications are subject to change without prior notice.

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