

# CITIZEN®

## INSTRUCTION MANUAL



***Eco-Drive.***

ENGLISH

FRANÇAIS

ESPAÑOL

DEUTSCH

ITALIANO

PORTUGUÊS

中文（繁体字）

中文（简体字）

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.

Be sure to visit the Citizen website at <http://www.citizenwatch-global.com/>.

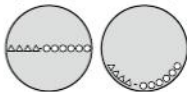
Here you will find a variety of information such as electronic setting guides, answers to frequently asked questions, Eco-Drive recharging information and more.

#### 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, “△△△△” is the movement number.

#### Engraving position example






The engraving position may differ depending on watch model.

## Safety precautions — IMPORTANT



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This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, pages **98** to **111**) and understand the meaning of the following symbols:

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

|  |  |
|--|--|
|  <b>DANGER</b>  | Highly likely to cause death or serious injury       |
|  <b>WARNING</b> | Can cause serious injury or death                    |
|  <b>CAUTION</b> | 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. |

## Features



- **Satellite Wave-GPS**

Receives location and time information sent from GPS satellites and adjusts the time and calendar on the watch automatically.

- **Light-Level Indicator**

Indicates current power generation amount.

It can be used as a reference for choosing a good charging place.

- **Eco-Drive**

No periodical battery replacement is needed. This watch is fueled by light.

- **World time**

Indicates the time around the world by choosing one of 39 time zones.

- **±5-second average monthly accuracy**

Keeps high accuracy without time signal reception.

- **Dual time**

Shows the home time and local time at the same time.

The two times can be interchanged easily.

- **Chronograph**

Measures up to 24 hours by 1 second.

- **Alarm**

Sounds at the time set every day.

- **Perpetual calendar**

No need for monthly and leap-year date correction until February 28, 2100.

- “Eco-Drive” is an original technology of Citizen.

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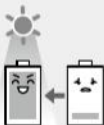
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## Before using this watch



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 page **62** -.

- Especially, satellite signal reception is power consuming. Take care to keep sufficient power.

After unpacking, the following must be done before setting the time and calendar (page **45** or **80** ).

- 1 Checking the current power reserve (page 24)**
- 2 Setting the world time (page 33)**
- 3 Checking leap second setting (page 73)**

## **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. Consult an authorized service center.

## **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.

## How to use a specially designed crown/button

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

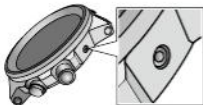
### ***Screw down crown/button***

Unlock the crown/button prior to operate your watch.

|                               | Unlock   | Lock   |
|-------------------------------|--|--|
| <b>Screw down crown</b>       |  <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> |
| <b>Screw down push button</b> |  <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p> |  <p>Rotate the locking screw clockwise, and tighten firmly.</p>   |

***Recessed button***

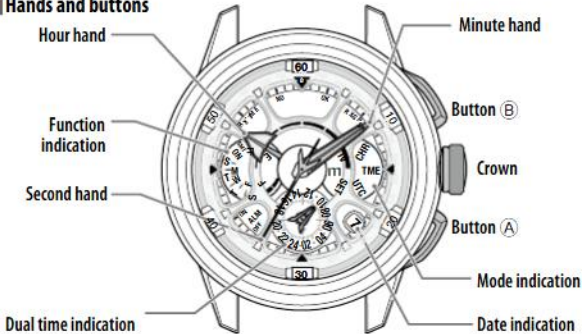
Press the button with a non-marring narrow-tipped object.



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

## Component identification

### Hands and buttons

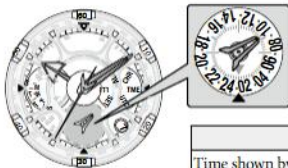


- The illustrations in this instruction manual may differ from the actual appearance of your watch.



## ■ About dual time indication

This watch is equipped with the dual time function: two times are indicated in parallel.



**Dual time indication** (Ex.: 1:09AM)

- "Hour" is indicated with the marker (▲) pointing numbers on the outer circle.
- "Minute" is indicated with the minute hand and markers on the inner circle.

### Home time

The time shown by the hour, minute and second hands and day of week/ date indication.

### Local time

Time shown by the dual time indication.

- Indications differ depending on the mode of the watch. For details, see "Changing the mode" (page 17).
- Local time can show a time other than home time.
- Time is in 24-hour format.
- Local time moves in conjunction with home time.

## Changing the mode

This watch features six different modes (functions). The way to change the mode and indication in each mode are explained here.

### Changing the mode



- 1. Pull the crown out to position 1 .**  
The second hand points to 30 seconds and stops.
- 2 Rotate the crown to set a mode name on the mode indication to the ◀marker.**
  - Set the mode name you want horizontal.
- 3 Push the crown in to position 0 to finish the procedure.**

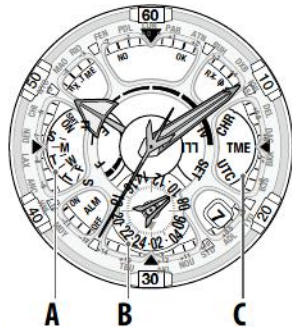


Marker of mode indication

► *Changing the mode*

■ Indication in each mode (when the crown is in position 0 )

**TME (ordinary time) mode**



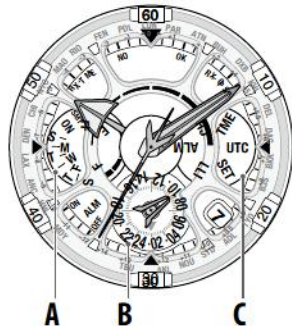
| Hand and indication           | Content                 |
|-------------------------------|-------------------------|
| Hour, minute and second hands | Home time               |
| Date indication               | Date (home time)        |
| <b>A</b> Function indication  | Day of week (home time) |
| <b>B</b> Dual time indication | Local time              |
| <b>C</b> Mode indication      | <b>TME</b>              |



► *Changing the mode*

## UTC (Coordinated Universal Time) mode

Mode where the dual time indication always shows UTC.

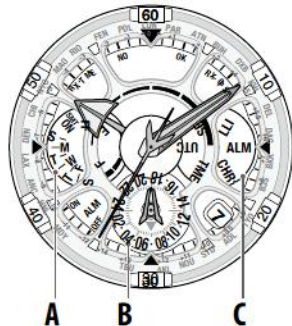


| Hand and indication           | Content                 |
|-------------------------------|-------------------------|
| Hour, minute and second hands | Home time               |
| Date indication               | Date (home time)        |
| A Function indication         | Day of week (home time) |
| B Dual time indication        | UTC                     |
| C Mode indication             | UTC                     |



## ALM (alarm) mode

- For details, see page 58 .

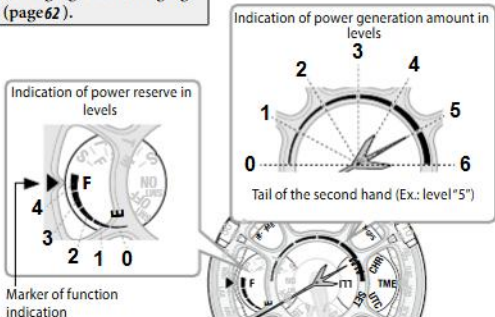


| Hand and indication           | Content                 |
|-------------------------------|-------------------------|
| Hour, minute and second hands | Home time               |
| Date indication               | Date (home time)        |
| A Function indication         | Day of week (home time) |
| B Dual time indication        | Alarm time              |
| C Mode indication             | <b>ALM</b>              |



## Checking the power reserve and power generation amount

For details of charging, see “Charging your watch” (page 62).



- Power generation amount is indicated in levels with the tip of the second hand on some model.

## Checking the power reserve



**1** Change the mode to [TME] or [UTC] and push the crown in to position **0**.

**2** Press and release the upper right button **B**.

The function indication indicates the power reserve in levels (page 26) and the second hand points the current time zone setting of the home time.






- The power reserve level is always shown in the [LU] mode.

**3** Press and release the upper right button **B** to finish the procedure.

The second hand returns to indicate the second.

- The hand returns automatically in 10 seconds without pressing the button.

## Indication of power reserve in levels

| Level                    | 4   | 3   | 2   | 1  | 0   |
|--------------------------|---|---|---|--|---|
| Power reserve indication |  |  |  |  |  |
| Duration (approx.)       | 1.5 - 1.2 years   | 1.2 years - 10 months   | 10 - 4 months   | 4 months - 5 days  | 5 days or shorter   |
| Meaning                  | Power reserve is sufficient.  | Power reserve is OK.  |   | Power reserve is getting low.  | Insufficient charge warning has started.  |
|                          | OK for normal use.  |   |   | <b>Charge immediately.</b>   |   |

**CAUTION**

- At the level “0”, the second hand starts to move once every two seconds (insufficient charge warning function, page 64). Some functions become unavailable while this function is activated. For details, see page 65
- The function indication indicates “**SMT OFF**” and does not indicate the level of power reserve when temperature of the watch is too high or too low. (non-chargeable state)  
Check it again at a location of suitable temperature.

## ■ **Checking power generation amount (Light-Level Indicator)**



- 1 Change the mode to [LLI] and push the crown in to position [0].**

The function indication indicates the power reserve in levels (page 26).

- 2 Press and release the upper right button [B].**

The second hand indicates power generation amount in levels (page 29).

- Power generation amount is measured in 1-second interval and indicated in levels.

- 3 Press and release the upper right button [B] to finish the procedure.**








The second hand returns to indicate the second.

- It returns to current time indication automatically in about 30 seconds without pressing the button.

## Indication of power generation amount in levels

The level of power generation amount means power being generated by the solar cell represented in 7 levels (0 - 6).

- Power generation amount is indicated in levels with the tail or tip of the second hand (whether the tail or tip depends on models).

| Level      | 6   | 5   | 4  | 3   | 2  | 1   | 0   |
|------------|---|---|--|---|--|---|---|
| Indication |  |  |             |  |  |  |  |
| Meaning    | Sufficient power generation for charging.   |   | Charge in a brighter location where the level of power generation amount reaches "5" or "6". |   |  |   |   |

**CAUTION**

- Light level indication will change as brightness changes. In addition, the level may vary even under the same brightness due to the entry angle of light to the dial of the watch or other elements.
- The level may also vary in the same environment depending on difference of models.
- The light level indication of “6”, indicates light being received is equivalent to a cloudy outdoors (about 10,000 lux illuminance) or a brighter location.
- Use the level of power generation amount as a general reference only.

## Checking the reception result of the satellite signal



**1** Change the mode to [TME] or [UTC] and push the crown in to position **0**.

**2** Press and release the lower right button **A**.

The second hand indicates the result of the last reception.

|           |  |                           |
|-----------|--|---------------------------|
| <b>OK</b> |  | Reception was successful. |
| <b>NO</b> |  | Reception failed.         |

- The indication shows the result of the last reception, regardless types of received information, or information of location or time.



**3 Press and release the lower right button (A) to finish the procedure.**

The second hand returns to indicate the second.

- The hand returns automatically in 10 seconds without pressing the button.

***About the reception result***

The previous reception result is stored for 6 days and “NO” is indicated after that.

## Setting the world time

This watch can indicate the time around the world according to which of 39 time zones (offsets from UTC — Coordinated Universal Time) is chosen.

You can set offsets from UTC through any of the two ways below.

| Method   | What to set   |
|--|---|
| Obtaining location information from satellite signal (page <b>40</b> ) | The time zone for the home time is set automatically and time and calendar are adjusted based on the chosen zone. |
| Setting the time zone manually (page <b>42</b> )                       | The time zones for the home time and local time are set manually.   |

- Summer time (DST) information is not contained in the satellite signal. Adjust the setting manually before and after the summer time (DST) period. (page **52**)

## Checking the time zone setting for the home time



- 1 Change the mode to [IME] or [UTC] and push the crown in to position 0.**
  - Proceed to the next step after the hands stop.
- 2 Press and release the upper right button (B).**

The second hand points the current time zone setting of the home time and the function indication indicates the power reserve in levels (page 24).

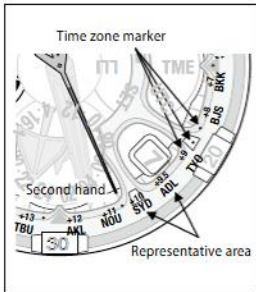
  - See “How to read indication of the world time setting” (page 35) and “Table of time zones and representative places” (page 36).
- 3 Press and release the upper right button (B) to finish the procedure.**

The second hand returns to indicate the second.

  - The hand returns automatically in 10 seconds without pressing the button.

### How to read indication of the world time setting

The watch has 39 time zone markers with several representative area names. A time zone is set by pointing the second hand at one of the markers.



In the illustration on the left, the second hand points to 26 seconds and time zone setting is "+10.5".

- Time zones are represented by offsets from UTC.
- Time zone markers and area names may differ from the illustration in some models.

***Table of time zones and representative places***

- Countries or regions may change time zones for various reasons.
- The information of the time zones and its applicable areas is that as of January 2018.

| <b>Time zone</b> | <b>Second hand</b> | <b>Area name</b> | <b>Representative area</b> |
|------------------|--------------------|------------------|----------------------------|
| <b>0</b>         | 0                  | <b>LON</b>       | London                     |
| <b>+1</b>        | 2                  | <b>PAR</b>       | Paris                      |
| <b>+2</b>        | 4                  | <b>ATH</b>       | Athens                     |
| <b>+3</b>        | 6                  | <b>RUH</b>       | Riyadh                     |
| <b>+3.5</b>      | 7                  | —                | Tehran                     |
| <b>+4</b>        | 8                  | <b>DXB</b>       | Dubai                      |
| <b>+4.5</b>      | 9                  | —                | Kabul                      |
| <b>+5</b>        | 10                 | <b>KHI</b>       | Karachi                    |

| Time zone | Second hand | Area name        | Representative area |
|-----------|-------------|------------------|---------------------|
| +5.5      | 12          | <b>DEL</b>       | Delhi               |
| +5.75     | 13          | —                | Kathmandu           |
| +6        | 14          | <b>DAC</b>       | Dhaka               |
| +6.5      | 15          | —                | Yangon              |
| +7        | 16          | <b>BKK</b>       | Bangkok             |
| +8        | 18          | <b>BJS (HKG)</b> | Beijing/Hong Kong   |
| +8.5      | 19          | —                | Pyongyang           |
| +8.75     | 20          | —                | Eucla               |
| +9        | 21          | <b>TYO</b>       | Tokyo               |
| +9.5      | 23          | <b>ADL</b>       | Adelaide            |
| +10       | 25          | <b>SYD</b>       | Sydney              |
| +10.5     | 26          | —                | Lord Howe Island    |

► *Setting the world time*

| Time zone | Second hand | Area name  | Representative area |
|-----------|-------------|------------|---------------------|
| +11       | 27          | <b>NOU</b> | Noumea              |
| +12       | 29          | <b>AKL</b> | Auckland            |
| +12.75    | 31          | —          | Chatham Islands     |
| +13       | 32          | <b>TBU</b> | Nuku'alofa          |
| +14       | 34          | —          | Kiritimati          |
| -12       | 36          | —          | Baker Island        |
| -11       | 38          | <b>MDY</b> | Midway              |
| -10       | 40          | <b>HNL</b> | Honolulu            |
| -9.5      | 41          | —          | Marquesas Islands   |
| -9        | 42          | <b>ANC</b> | Anchorage           |
| -8        | 44          | <b>LAX</b> | Los Angeles         |

| Time zone | Second hand | Area name  | Representative area |
|-----------|-------------|------------|---------------------|
| -7        | 46          | <b>DEN</b> | Denver              |
| -6        | 48          | <b>CHI</b> | Chicago             |
| -5        | 50          | <b>NYC</b> | New York            |
| -4        | 52          | <b>MAO</b> | Manaus              |
| -3.5      | 53          | —          | St. John's          |
| -3        | 54          | <b>RIO</b> | Rio de Janeiro      |
| -2        | 56          | <b>FEN</b> | Fernando de Noronha |
| -1        | 58          | <b>PDL</b> | Azores              |

- The offsets in the table are based on the standard time.
- When choosing a time zone for a country or area that observes summer time (DST) during the summer period, first apply its time zone then activate the summer time (DST) setting (page 52).

## Obtaining location information from satellite signals

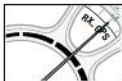
It is recommended to receive the satellite signals outdoors with the wide-open sky. For details, see “Information on satellite signal reception” (page 68).

The time zone for the home time is set automatically by obtaining location information and time and calendar are consequently adjusted based on the chosen zone.

- It may take 30 seconds - 2 minutes to obtain location information.



- 1 Change the mode to [IME] or [UTC] and push the crown in to position 0 .**
- 2 Press and hold the upper right button (B) for 2 seconds until the second hand points “RX-GPS”.**
  - Release the button as the hands points “RX-GPS”. Reception starts.



After finishing the reception, the second hand indicates the new setting and returns to indicate the second.

- To cancel the reception, press and hold any button until the second hand returns to indicate the second.

### ***About obtaining location information***

The time zone may not set appropriately when location information is obtained in a border of time zones, even if the information is correct.

- You can also execute time zone setting manually. (page 42)
- The information of the time zones and its applicable areas is that as of January 2018.

## Setting the time zone manually



### 1 Change the mode to [TME] or [LLI] and pull the crown out to position 2.

The second hand indicates the current time zone setting of the home time.

- When the mode is [UTC], you can only change the time zone setting of the home time.
- In this time, you can also change the setting of summer time (DST) by pressing button (A).
- For details, see “Setting summer time (DST)” (page 52).

**2 Press and release the upper right button (B).**

The second hand indicates the current time zone setting of the local time.

- Each time you press the button, the minute hand of setting target slightly moves and the target (home time/local time) of time zone setting changes alternately.

**3 Rotate the crown to choose a time zone.**

Time indication changes.

**4 Push the crown in to position 0 to finish the procedure.**

The second hand returns to indicate the second.

## Interchanging the home time and local time



- 1** Change the mode to [TME] or [LLI] and push the crown in to position **0**.
- 2** Press and release both the lower right button **A** and upper right button **B** simultaneously.  
A confirmation tone sounds and the home time and local time interchange.
  - Date and day-of-week indication follows the new home time after the interchange.

## Receiving time information

It is recommended to receive the satellite signals outdoors with the wide-open sky. For details, see “Information on satellite signal reception” (page 68).

You can use the three types of reception below to receive time information. You can also check the result of the previous reception (success or fail). (page 31 )

| Type   | Use  | Time required (approx.) |
|--|--|-------------------------|
| <b>Time reception</b><br>(page 46)           | Normal reception for time and calendar adjustment                    | 3 - 30 seconds          |
| <b>Leap second reception</b><br>(page 48)    | Reception for the leap-second-setting adjustment                     | 36 seconds - 13 minutes |
| <b>Automatic time reception</b><br>(page 50) | Reception executed automatically when some conditions are fulfilled. | 3 - 30 seconds          |

- location information is not obtained while receiving time information. Execute world time setting (page 33 ) beforehand.

## **Time reception (time required: about 3 -30 seconds)**

Reception for time and calendar adjustment.

- It may take more time for reception when difference in time is large or calendar was set manually.



- 1 Change the mode to [TME] or [UTC] and push the crown in to position 0 .**
- 2 Press and hold the lower right button A for 2 seconds until the second hand points "RX-TME".**
  - Release the button as the hands points "RX-TME". Reception starts.



After finishing the reception, the second hand indicates the reception result (page 31) and returns to indicate the second.

- To cancel the reception, press and hold any button until the second hand returns to indicate the second.
- The time of the local time is also corrected automatically following its time zone setting.

***When the time or calendar is still incorrect even after reception***

Check the settings of world time (page 33) and summer time (DST) (page 52). If the time is still incorrect after that, execute leap second reception (page 48). The leap second may be updated.

- Summer time (DST) information is not contained in the satellite signal.

## Leap second reception (time required: about 36 seconds - 13 minutes)

Reception for the leap-second-setting adjustment.

- You can also execute leap second setting manually. (page 73 )



- 1 Change the mode to [TME] or [UTC] and push the crown in to position 0 .**
- 2 Press and hold the lower right button (A) for 7 seconds or more.**
  - Release the button after the second hand points "RX-TME" and turns fully around to point "RX-TME" again. Reception starts.



After finishing the reception, the second hand indicates the reception result (page 31) and returns to indicate the second.

- To cancel the reception, press and hold any button until the second hand returns to indicate the second.
- The time of the local time is also corrected automatically following its time zone setting.

***When the time or calendar is still incorrect even after reception***

Check the settings of world time (page 33) and summer time (DST) (page 52).

- Summer time (DST) information is not contained in the satellite signal.

## Automatic time reception

The watch starts time reception automatically when the conditions below are fulfilled:

- The watch has not received satellite signals for 6 days or more.
- The watch dial is being exposed to strong direct sunlight for 20 seconds or more.
- The crown is in position [0] and the mode is [TME] or [UTC]
- The time of the home time is between 6:00AM and 6:00PM.
- The second hand does not move in two-second interval (page 64).

***To cease to use automatic time reception***

Set the mode to other than [TME] and [UTC] to use the watch.

***About automatic time reception***

Automatic time reception may be delayed in the following cases:

- The second hand started to move once every two seconds (insufficient charge warning) after the last time reception.
- Automatic time reception is executed 6 days or more after the insufficient charge warning stopped by charging the watch.
- Time zone setting of the home time was changed.  
Automatic time reception is executed 6 days or more after the moment of the changing of the setting.

## Setting summer time (DST)

Summer time (Daylight Saving Time: DST) is a system adopted in some countries/ areas to gain an extra daylight during summer.

This watch can display summer time (DST) or standard time according to the time zone selected.

- You can change settings of summer time (DST)/standard time indication separately for the home time and the local time.
- Summer time (DST) information is not contained in the satellite signal. Adjust the setting manually before and after the summer time (DST) period.
- The summer time (DST) period varies depending on the country or area.
- The summer time (DST) rules may change depending on the country or area.



**1 Change the mode to [TME] or [LLI] and pull the crown out to position 2.**

The function indication indicates summer time (DST) setting of the home time (SMT ON/OFF) (page 54).

- When the mode is [UTC], you can only change summer time (DST) setting of the home time.



## 2 Press and release the lower right button (A).

|         |  |                                 |
|---------|--|---------------------------------|
| SMT ON  | <p>A close-up of the SMT indicator, which is a semi-circular dial with 'SMT ON' and 'SMT OFF' markings. An arrow points to the 'SMT ON' position.</p>  | Summer time (DST) is indicated. |
| SMT OFF | <p>A close-up of the SMT indicator, which is a semi-circular dial with 'SMT ON' and 'SMT OFF' markings. An arrow points to the 'SMT OFF' position.</p> | The standard time is indicated. |

- Each time you press the button, the summer time (DST) setting (**SMT ON/OFF**) changes alternately.

**3 Press and release the upper right button (B).**

The function indication indicates summer time (DST) setting of the local time (**SMT ON/OFF**).

- Each time you press the button, the minute hand of setting target slightly moves and the target (home time/local time) of time zone setting changes alternately.

**4 Press and release the lower right button (A) to change summer time (DST) setting of the local time.****5 Push the crown in to position 0 to finish the procedure.**

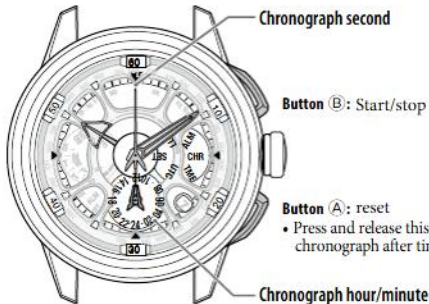
The second hand returns to indicate the second.

## Using the chronograph

The chronograph on this watch can measure up to 23 hours 59 minutes 59 seconds by 1 second.



- 1 Change the mode to [HR] and push the crown in to position 0.**  
0 second is indicated.
- 2 Start measurement.**
  - See the next page for the method of measurement.
  - Pulling out the crown will stop and reset the chronograph.
- 3 Change the mode to [ME] and push the crown in to position 0 to finish the procedure.**  
The second hand returns to indicate the second.



- After 24 hours of continuous chronograph operation, the chronograph automatically stops and is reset.
- The hour and minute hands and date and day-of-week indication indicate the time of the home time.

## Using alarm

The alarm on this watch always works based on the home time.

- The alarm time is set in 24-hour basis.
- Take care when changing the time zone setting of the home time after setting alarm.

### Checking alarm setting



- 1 Change the mode to [ALM] and push the crown in to position 0.**

The dual time indication indicates the current alarm time setting.

- “Hour” is indicated with the marker (▲) pointing numbers on the outer circle. “Minute” is indicated with the minute hand and markers on the inner circle.

- 2 Press and release the lower right button (A).**

Ex.  
7:15 AM



Hour marker of the alarm time



The second hand indicates the current alarm setting (**ALM ON/OFF**).

| ALM ON | ALM OFF |
|--------|---------|
|        |         |

- Alarm setting indication (**ALM ON/OFF**) stops in 10 seconds and returns to indicate the second automatically. Pressing button **(A)** also ends the indication.
- Press and hold button **(B)** for 2 seconds or more to monitor the alarm sound.

### **3 Change the mode to [TME] and push the crown in to position **0** to finish the procedure.**

The second hand returns to indicate the second.

## Changing alarm setting



### 1 Change the mode to [ALM] and pull the crown out to position 2.

The dual time indication indicates the current alarm time setting and the second hand shows the current alarm setting (ALM ON/OFF).

- The hour and minute hands may temporarily be moved away to show the alarm time setting without obstruction.

### 2 Rotate the crown to set the alarm time.

- If you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.



- “Hour” is indicated with the marker (▲) pointing numbers on the outer circle. “Minute” is indicated with the minute hand and markers on the inner circle.

Ex.  
7:15 AM



▲ Hour marker of the alarm time

**3 Press and release the lower right button (A) to set the alarm setting (ALM ON/OFF).**

- Each time you press the button, the setting changes alternately.

**4 Change the mode to [TME] and push the crown in to position 0 to finish the procedure.**

The second hand returns to indicate the second.

## Charging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light, such as direct sunlight or fluorescent lamps (refer to page 66 for charging guidelines).

For optimal performance, be sure to:

- Put the watch in a location where the dial is exposed to bright light such as by the window even when it is not used.
- Expose its dial to direct sunlight for 5 or 6 hours at least every half-a-month.
- Avoid leaving it in dark places for long periods of time.



**CAUTION**

- This watch contains a large-capacity rechargeable cell for performing power-consuming satellite signal reception. This large capacity cell takes more time to charge than those found in other Eco-Drive watches.
  - If the surrounding temperature falls below 0°C (32°F) or exceeds 40°C (104°F), the “Charge suspension temperature detection function” will activate and charging will not be possible.
  - Do not charge the watch at a high temperature (about 60°C (140°F) or higher) as doing so may cause movement malfunction.
  - If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.
- The watch stops charging automatically after finishing (overcharging prevention function). The function prevents damage to performance of the watch and rechargeable cell due to overcharging.

## ■ When the watch reaches a low charge state (insufficient charge warning function)

When the power reserve becomes low, the second hand moves once every two seconds. This is the insufficient charge warning function. Be sure to fully charge your watch immediately as outlined on page 66 .

- When the watch is sufficiently charged, the second hand will move normally.
- If you do not charge the watch for 5 days or longer after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.



### **CAUTION**

- If you do not charge the watch for 30 days after it has stopped, recharging will not be possible (over discharge detection function).  
Consult an authorized service center if no hands start to move even after charging a stopped watch for one day or more exposing to direct sunlight.

***During the insufficient charge warning state***

The time and date is indicated correctly.

- In any mode other than [UTC], indication is the same as that in the [TME] mode.

Operations below are available:

- Checking power generation amount
  - Setting the world time
  - Adjusting the time and calendar manually
  - Resetting the watch - All Reset
- You cannot execute operations other than above such as obtainment of location information or reception of satellite time signals.

## Charging time by environment

Below are the approximate charging times when exposing 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               | 5.5 hours   | 50 hours  |
| Outdoors (cloudy)                                       | 10,000           | 25 minutes              | 40 hours  | 270 hours   |
| 20 cm (7-7/8 inches) away from a fluorescent lamp (30W) | 3,000            | 1.5 hours               | 150 hours   | –   |
| Interior lighting                                       | 500              | 8 hours                 | –   | –   |

- Exposing to direct sunlight is recommended to charge your watch. A fluorescent lamp or interior lighting does not have sufficient illumination to charge the rechargeable cell efficiently.

**Power save function**

The hour, minute and second hands stop automatically to save power as 3 days passed after starting to keep the watch in a dark place such as in a case.

- The watch is still running internally to keep the time and calendar correctly even after the power save function has activated.
- The alarm does not sound during power save function is activated.
- The power save function is not activated when the position of the crown is [1] or [2].
- The power save status ends and the hands return to indicate the current time as the watch is operated or the dial is exposed to light and power generation starts.

**Duration without additional charging after charging the watch fully**

About 1 year and 6 months in normal use.

- When using functions in the frequency below: time reception every 6 days, chronograph 1 hour a day and alarm once a day.
- The watch will keep running internally for up to 5 years with the power save function.

## Information on satellite signal reception

This watch receives time information from satellites to indicate the time and calendar.

It also obtains location information from them to indicate time appropriate in the area where it is actually used.

### ***For receiving the satellite signal smoothly***

Satellite signal reception is power consuming. Take care of power reserve when executing reception.

- This watch keep moving in average monthly accuracy of  $\pm 5$  seconds even without receiving the satellite time signal.
- Use the function to see the result of the previous reception (success or fail) (page 31) effectively to try to execute reception in best frequency.

## Cautions regarding receiving the satellite signal

Do not perform signal reception while operating a vehicle as doing so is extremely dangerous.

- If the second hand is moving once every two seconds (insufficient charge warning function), you cannot perform satellite signal reception. Charge the watch sufficiently before attempting signal reception.
  - Even when this watch receives the signal successfully, the accuracy of the displayed time will be dependent on the reception environment and internal processing.
- The automatic correction feature of this watch is supported until 28/2/2100.
- Summer time (DST) information is not contained in the satellite signal. Adjust the setting manually before and after the summer time (DST) period. (page 52)

## When receiving the satellite signal

As shown in the picture below, make sure you are in an area with few surrounding trees, buildings, or other objects which may obstruct the satellite signal. Face the dial towards the sky and perform signal reception.

- For successful reception there should be a clear view of the sky as depicted in the illustration when attempting to receive the satellite signal.
- Reception may fail due to the positions of satellites when you try to receive their signals.



### ***Receiving signals indoors near a window***

Place the watch near a window with a wide view of the sky and orient the dial in an obliquely upward direction to the sky.

- Signal reception from some satellites is required for obtaining location information. So it is possible that location information cannot be obtained in an environment where time information can be received.

Outdoor signal reception is recommended for obtaining location information.

- It may be difficult to receive satellite signals through special types of window glass.



## **Poor reception areas**

It may be difficult to receive the satellite signal under certain environmental conditions or in certain areas.

| <b>Areas with obstructions above the watch</b>  | <b>Nearby objects which emit magnetism or noise</b>  |
|---|--|
| <ul style="list-style-type: none"><li>• Indoors or underground</li><li>• Areas surrounded by tall buildings or trees</li><li>• When the weather is cloudy or rainy, or during a thunderstorm</li></ul> etc. | <ul style="list-style-type: none"><li>• High-voltage electric cables, railway lines /overhead cables, airports, and transmission facilities.</li><li>• Electrical appliances and OA equipment</li><li>• Mobile telephones in the process of calling/transmitting</li><li>• Mobile telephone base stations</li></ul> etc. |

## Checking and adjusting the leap second setting

This watch displays the time by applying the leap second to the International Atomic Time information received from satellites.

The leap second may be applied once a few years and the leap second setting on the watch is automatically adjusted when it is applied.

Check and adjust the leap second setting manually following the steps below when it is not adjusted automatically.

You can find a list of leap seconds at the website of IERS (INTERNATIONAL EARTH ROTATION & REFERENCE SYSTEMS SERVICE):

[http://hpiers.obspm.fr/eop-pc/earthor/utc/TAI-UTC\\_tab.html](http://hpiers.obspm.fr/eop-pc/earthor/utc/TAI-UTC_tab.html)



- 1 Change the mode to [SET] and pull the crown out to position 2.**

The second hand stops.

- 2 Press and hold upper right button (B) for 2 seconds or more.**

Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.

| When the leap second setting is<br>"-37 seconds" | When the leap second setting is<br>"-65 seconds" |
|--|--|
|  |  |
| The hands point to "0 minute 37 seconds".        | The hands point to "1 minute 5 seconds".         |



- 3 Turn the crown to adjust the setting if the leap second is not correct.**
  - Adjustable range is from 0 to -90 seconds.
- 4 Change the mode to [TME] and push the crown in to position 0 to finish the procedure.**

The second hand returns to indicate the second.

## **Checking and adjusting the rollover number setting**

In order for this watch to correctly process the week information\* received from the satellite, a rollover number for each time period is set. The rollover numbers will be updated automatically.

If the rollover number setting is incorrect, the time and date may not be indicated accurately. Check the rollover number setting and adjust it if it is incorrect.

\* Called "Week number". Weeks are represented with numbers from 0 to 1023 (approx. 20-year cycle).

**Table of rollover number and time period**

| <b>Time period (Coordinated Universal Time, GMT)</b> | <b>Rollover number</b> |
|--|------------------------|
| 22/8/1999 (Sun) 0:00 –                               | <b>0</b>               |
| 7/4/2019 (Sun) 0:00 –                                | <b>1</b>               |
| 21/11/2038 (Sun) 0:00 –                              | <b>2</b>               |
| 7/7/2058 (Sun) 0:00 –                                | <b>3</b>               |
| 20/2/2078 (Sun) 0:00 –                               | <b>4</b>               |
| 6/10/2097 (Sun) 0:00 – 22/5/2117 (Sat) 23:59         | <b>5</b>               |



- 1 Change the mode to [SET] and pull the crown out to position [2].**

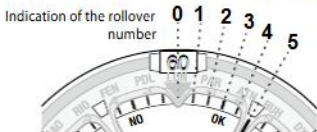
The second hand stops.

- 2 Press and hold the upper right button [B] for 2 seconds or more until the leap second setting is indicated.**

- Release the button when the second and minute hands indicate the leap second setting (page 73).

- 3 Press and hold the upper right button [B] for 7 seconds or more.**

The second hand indicates the current rollover number setting.



**4 Turn the crown to adjust the setting if it is not correct.**

- Adjustable range is from “0” to “5”.
- See “Table of rollover number and time period” (page 77) and set the correct rollover number.

**5 Change the mode to [TME] and push the crown in to position  to finish the procedure.**

The second hand returns to indicate the second.

## Adjusting the time and calendar manually

You can set the time and calendar of the home time manually.

- Execute world time setting (page 33 ) beforehand.
- The time of the local time is corrected automatically following its time zone setting after setting the home time manually.



- 1 Change the mode to [SET] and pull the crown out to position [2].**

The second hand stops.

- 2 Press and hold the lower right button (A) for 2 seconds or more.**

The minute hand slightly moves and time and calendar become adjustable.



**3 Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**

- Each time you press the button, the target changes as follows:  
**Hour and minute** → **date** → **year/month** → **day of week** → (back to the top)
- The hands and indications slightly move when selected to show they become adjustable.



#### **4. Rotate the crown to adjust the hand/indication.**

- Hour, minute and date move synchronously. Take care the time set is AM or PM. Change of date indication shows it just became AM.
- Year and month are indicated with the second hand. Set them referring to page **84** .
- Date indication changes to the next as the function indication rotates 5 times.
- When you rotate the crown quickly a few times, the hand/ indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

#### **5 Repeat steps 3 and 4.**



- 6 Push the crown in to position 0 in accordance with a reliable time source.**

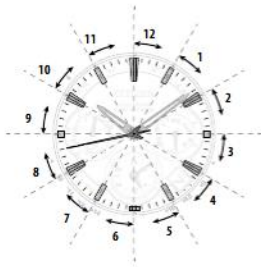
The second hand starts moving from 0 second.

- 7 Change the mode to [TME] to finish the procedure.**

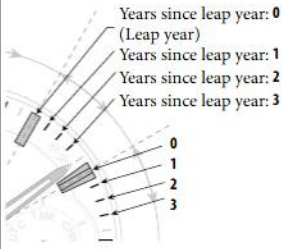
## Month and year indications

Set the year and month with the position of the second hand.

“Month” corresponds to one of the 12 zones shown in the figure below. Each number means month.



“Year” corresponds to the years since leap year and is indicated with markers in the zone of each month.



| Year |      |      |      |      | Years since leap year | Second hand     |
|------|------|------|------|------|-----------------------|-----------------|
| 2016 | 2020 | 2024 | 2028 | 2032 | 0 (Leap year)         | Hour marker     |
| 2017 | 2021 | 2025 | 2029 | 2033 | 1                     | 1st min. marker |
| 2018 | 2022 | 2026 | 2030 | 2034 | 2                     | 2nd min. marker |
| 2019 | 2023 | 2027 | 2031 | 2035 | 3                     | 3rd min. marker |



Ex.: Position of the second hand when setting July 2018

You can find that the years since leap year of 2018 is "2" from the table and the second hand must be set to the 2nd minute marker of July zone.

## Troubleshooting

### Checking and correcting the reference position

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

- If the hands and indication do not reflect the correct reference position, the time and calendar will not be indicated accurately even if the satellite signal is received.

#### ***What is the reference position?***

The base position of all hands and calendar to properly indicate the various functions of this watch.

- Hour, minute and second hands: 0 hour 00 minute 0 second
- Date indication: between “31” and “1”
- Function indication: “S” (Sunday)
- Dual time indication: 0 hour 00 minute

Correct reference positions





**1 Change the mode to [CHR] and pull the crown out to position 2.**

The second hand and dual time indication point to 0 position and stop.

**2 Press and hold the lower right button (A).**

The hands and indication start to move to the current reference positions stored in memory.

- Release the button as the hands start to move.
- Some hands show special movement to adjust their position.

**3 Check the reference positions of them referring to the illustration of the previous pages.**

|                |  |
|----------------|--|
| <b>Correct</b> | Push the crown in to position 0 to finish the procedure. Set the mode to [TME] after that. |
| <b>Wrong</b>   | Proceed to step 4 in the next page and correct the reference position.                     |



- 4 Press and release the lower right button (A) .**  
The function indication slightly moves and the indication and date indication become adjustable.
- 5 Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
  - Each time you press the button, the target changes as follows:  
**Function indication/date indication → Dual time indication → Hour and minute hands → Second hand → (Back to the top)**
  - The hands slightly move when selected to show they become adjustable.



- 6 Rotate the crown to adjust the hand/indication.**
  - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- 7 Repeat steps 5 and 6.**
- 8 Push the crown in to position 0.**
- 9 Change the mode to [TME] to finish the procedure.**

## Symptom and Remedies

| Symptom   | Remedies  | Page |
|---|---|------|
| <b>Problems with satellite signal reception</b> |   |      |
| Reception is unsuccessful.                      | Check whether the mode is [TME] or [UTC].   | —    |
|   | When the second hand moves once every two seconds, the watch cannot receive signals. Charge the watch.  | 65   |
|   | Avoiding places where the satellite signal may be obstructed and objects which emit noise, face the dial towards the sky and start reception. | 72   |
|   | Remove the watch from your wrist and try again.   | —    |
|   | If the remedies above do not solve the problems, consult an authorized service center.  | —    |

| Symptom   | Remedies   | Page          |
|---|--|---------------|
| <b>Problems with satellite signal reception (continued)</b>                 |  |               |
| Automatic time reception does not work correctly.                           | Check whether the mode is <b>[TME]</b> or <b>[UTC]</b> .   | <b>50</b>     |
| The correct time and calendar are not indicated after successful reception. | Check the world time setting.  | <b>33</b>     |
|   | Check the summer time (DST) setting.   | <b>52</b>     |
|   | Execute leap second reception if the time and calendar is still incorrect even after executing time reception. | <b>48</b>     |
|   | Check and adjust the settings of leap second and rollover number.  | <b>73 ,76</b> |
|   | Check and correct the reference position.  | <b>86</b>     |

| Symptom  | Remedies   | Page |
|--|--|------|
| <b>Movement of a hand/indication seems strange</b> |  |      |
| Indication is incorrect.                           | Check the mode.  | 17   |
| The power reserve is not indicated.                | Charging may be stopped (non-chargeable state).<br>Check it again at a location of suitable temperature. | 27   |
| The second hand moves once every two seconds.      | Charge the watch.  | 62   |
| The second hand does not move.                     | Push the crown in to position [0] in any mode other than [CHR].  | —    |
| No hands move.                                     | Charge the watch under direct sunlight until the second hand moves normally.                             | 66   |
|  | If the remedies above do not solve the problems, consult an authorized service center.                   | —    |

| Symptom   | Remedies  | Page      |
|---|---|-----------|
| <b>Time/calendar is abnormal.</b>   |   |           |
| Time/calendar is incorrect.   | Check the world time setting.                                 | <b>33</b> |
|   | Check the summer time (DST) setting.                          | <b>52</b> |
|   | Receive the satellite signal to adjust the time and calendar. | <b>45</b> |
|   | Check and correct the reference position.                     | <b>86</b> |
|   | Adjust the time and calendar manually.                        | <b>80</b> |
| Time is incorrect though the world time setting is correct and reception of the satellite signal succeeded. | Check the summer time (DST) setting.                          | <b>52</b> |
|   | Check and correct the leap second setting.                    | <b>73</b> |
|   | Check and correct the reference position.                     | <b>86</b> |

| Symptom  | Remedies   | Page |
|--|--|------|
| <b>Charging and other problems</b>                 |  |      |
| The watch does not work even though it is charged. | If the surrounding temperature falls below 0°C (32°F) or exceeds 40°C (104°F), the “Charge suspension temperature detection function” will activate and charging will not be possible.   | 62   |
|  | If the “Over discharge detection function” is activated, charging is not possible. If the watch does not work after exposing the dial to direct sunlight for more than one day, it is possible that the rechargeable cell has over discharged. Consult an authorized service center. | 64   |

| Symptom  | Remedies   | Page |
|--|--|------|
| <b>Charging and other problems (continued)</b>   |  |      |
| The watch stops immediately after it is charged. | Charge the watch for 2 to 3 days under direct sunlight. If the second hand starts moving once every two seconds the watch is being charged correctly. Continue charging even when the second hand starts moving normally.<br>If no change can be seen, consult an authorized service center. | –    |
| Do not want to receive satellite signals.        | Change to any mode other than [TME] and [UTC]. Automatic time reception is ceased.   | 51   |

## **Resetting the watch — All Reset**

When the watch does not work properly, you can reset all the settings. If the power reserve is insufficient, charge the watch first.

***Be sure to perform the following operations after All Reset.***

**1 . Correct the reference positions.**

After All Reset, the watch is in the reference position adjustment mode. Refer to step 4 and after on page **88** .

**2 Set the world time.**

Obtaining location information: See page **33** . When you set it manually, execute also time and calendar setting (page **45** or **80** ).



- 1 Change the mode to [CHR] and pull the crown out to position 2.
- 2 Press and hold buttons (A) and (B) at the same time for 4 seconds or more and release them.

Alarm sounds as the buttons are released and the hands move to their current reference position.

| The setting values after All Reset |  |
|------------------------------------|--|
| Calendar                           | January of leap year (5-second position) |
| World time                         | Time zone (offset) 0 (LON), London       |
| Reception result                   | NO                                       |
| Summer time (DST)                  | OFF at all time zones                    |
| Alarm setting                      | OFF                                      |
| Alarm time                         | 0:00 AM                                  |
| Leap seconds                       | No change after All Reset                |
| Rollover number                    |  |

## **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. For optimal performance, we recommend having your watch inspected every 2-3 years for proper operation and condition check.

### **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) ××bar may also be indicated as W.R.××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   |   |   |   |  |   |
|---|---|---|---|--|---|
|  |  |  |  |  |  |
| Minor exposure to water (washing face, rain, etc.)                                | Swimming and general washing work   | Skin diving, marine sports  | Scuba diving using an air tank  | Saturation diving using helium gas   | Operate the crown or button when the watch is wet                                   |
| <b>NO</b>   | <b>NO</b>   | <b>NO</b>   | <b>NO</b>   | <b>NO</b>  | <b>NO</b>   |
| <b>OK</b>   | <b>NO</b>   | <b>NO</b>   | <b>NO</b>   | <b>NO</b>  | <b>NO</b>   |
| <b>OK</b>   | <b>OK</b>   | <b>NO</b>   | <b>NO</b>   | <b>NO</b>  | <b>NO</b>   |
| <b>OK</b>   | <b>OK</b>   | <b>OK</b>   | <b>NO</b>   | <b>NO</b>  | <b>NO</b>   |

## ► *Water resistance*

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- 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.
- 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.

**⚠ CAUTION When Wearing Your Watch (continued)**

- 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.

**<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 the watch may operate erratically or not at all 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.

#### **<When Luminous Paint is used for your watch>**

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.

## Specifications

|   |  |   |                            |
|---|--|---|----------------------------|
| <b>Model</b>                                    | F990   | <b>Type</b>   | Analog solar-powered watch |
| <b>Timekeeping accuracy (without reception)</b> | Average monthly accuracy: $\pm 5$ seconds when worn at normal operation temperatures between $+5^{\circ}\text{C}$ ( $41^{\circ}\text{F}$ ) and $+35^{\circ}\text{C}$ ( $95^{\circ}\text{F}$ )  |   |                            |
| <b>Operating temperature range</b>              | $-10^{\circ}\text{C}$ ( $14^{\circ}\text{F}$ ) to $+60^{\circ}\text{C}$ ( $140^{\circ}\text{F}$ )  |   |                            |
| <b>Display functions</b>                        | <ul style="list-style-type: none"><li>• Time: Hours, minutes, seconds</li><li>• Calendar: Date, day of week</li><li>• Dual time: Hour, minute</li></ul>  | <ul style="list-style-type: none"><li>• Power reserve: 5 levels</li><li>• Power generation amount: 7 levels</li></ul> |                            |
| <b>Maximum run time from full charge</b>        | <ul style="list-style-type: none"><li>• When fully charged, the watch runs without additional charging in normal use: Approximately 1.5 years (When saving power: Approximately 5 years)</li><li>• Power reserve upon insufficient charge warning function: Approximately 5 days</li></ul> |   |                            |
| <b>Battery</b>                                  | Rechargeable cell (lithium button cell), 1pc.  |   |                            |

|                             |  |  |
|-----------------------------|--|--|
| <b>Additional functions</b> | <ul style="list-style-type: none"> <li>•Solar power function</li> <li>•Overcharging prevention function</li> <li>•Insufficient charge warning function (two-second interval movement)</li> <li>•Over discharge detection function</li> <li>•Charge suspension temperature detection function</li> <li>•Uncharged state indication function</li> <li>•Power reserve indication (in five levels)</li> <li>•Light-Level Indicator (power generation amount indication function in seven levels)</li> <li>•Power save function</li> <li>•Satellite time signal reception function</li> <li>•Location information obtainment function</li> <li>•Confirming reception status (RX-GPS/RX-TIME)</li> </ul> | <ul style="list-style-type: none"> <li>•Indicating the result of the last reception (OK/NO)</li> <li>•World time—39 time zones (27 place names)</li> <li>•Summer time (DST) (SMT ON/OFF)</li> <li>•Dual time function (hour and minute)</li> <li>•Home time/local time interchanging function</li> <li>•Chronograph function</li> <li>•Alarm function (ALM ON/OFF)</li> <li>•Perpetual calendar (until February 28th, 2100)</li> <li>•Antimagnetic feature/<br/>Impact detection function/<br/>Automatic hand correction function (for hour, minute and second hands)</li> </ul> |
|-----------------------------|--|--|

Specifications and contents of this booklet are subject to change without prior notice.

European Union directives conformance statement



Hereby, CITIZEN WATCH CO.,LTD. declares that this product is in compliance with the essential requirements and other relevant provisions of directive 2014/53/EU and all other relevant EU directives.

You can find your product's Declaration of Conformity at "<http://www.citizenwatch-global.com/>".

Model No. CC7 \*  
Cal. F990  
CTZ-B8198