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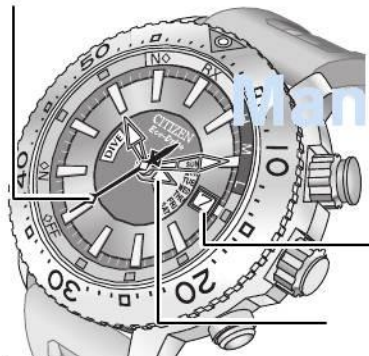


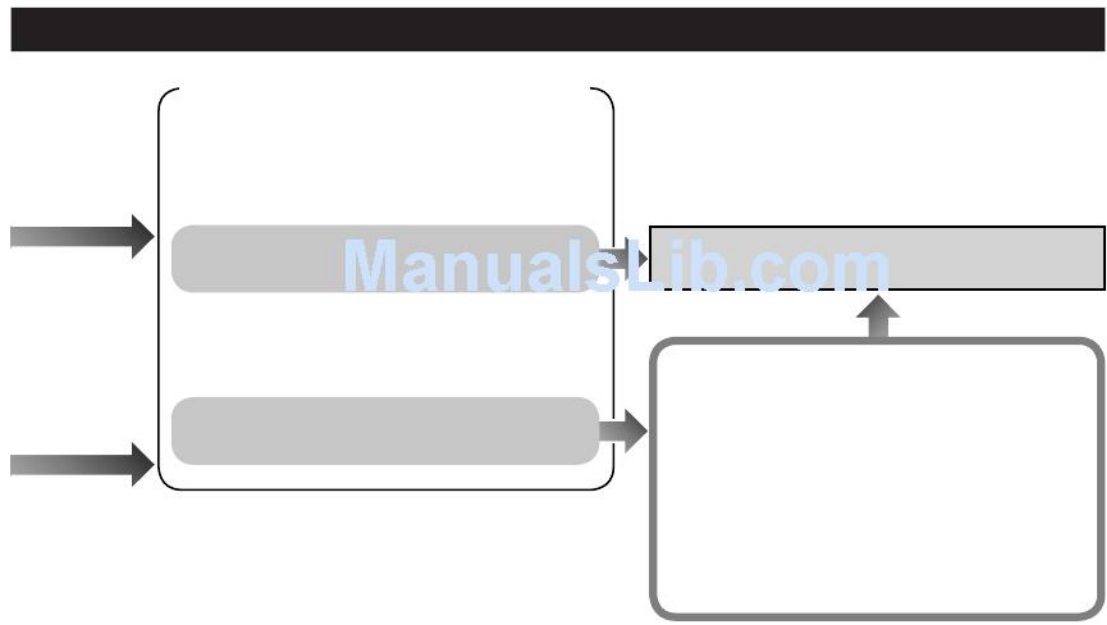
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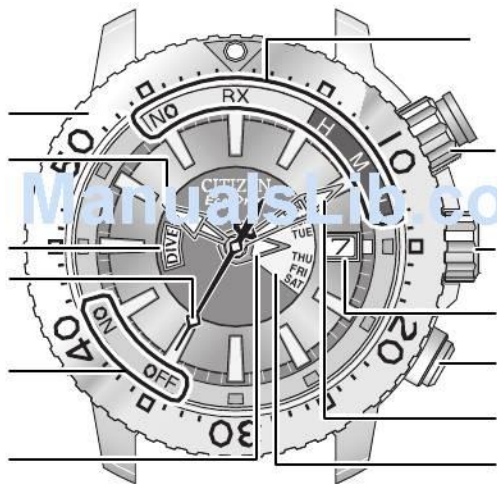
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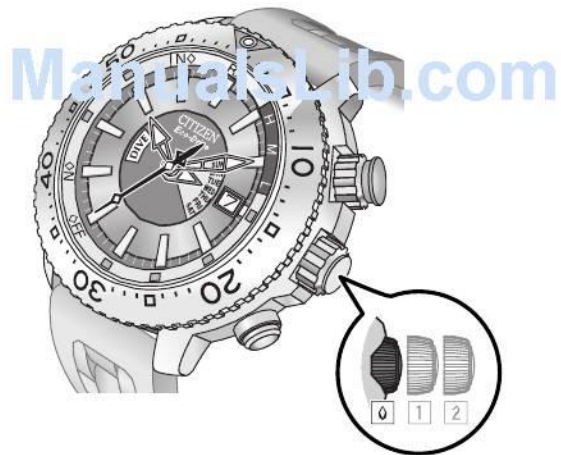
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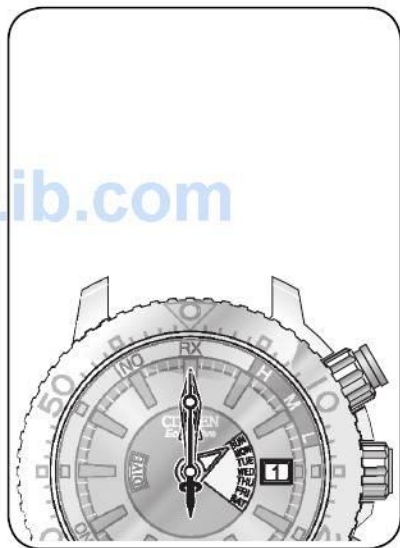


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Receiving the time signal to set the time and calendar

■ Radio controlled watch

This watch receives the time signal from the signal station and automatically adjusts the time and calendar. This watch also features a function to show the reception result (success/failure) and the condition of reception (reception level).

- The signal is normally broadcast continuously 24-hours a day, but may occasionally be interrupted due to maintenance.
- Even when this watch receives the signal successfully, the time indication may be off a little bit depending on the reception environment and internal processing.
- Without reception of the signal, the watch will continue to be accurate to within ± 15 seconds per month.
- The time signal has no effect on the human body or medical equipment.



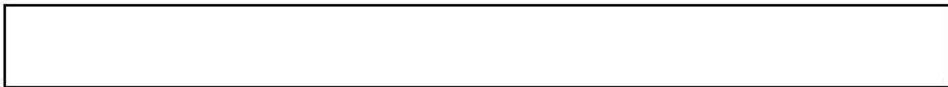
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Receiving the time signal to set the time and calendar

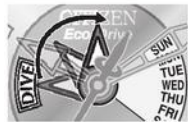
■ Receiving the signal

There are two ways to receive the signal:

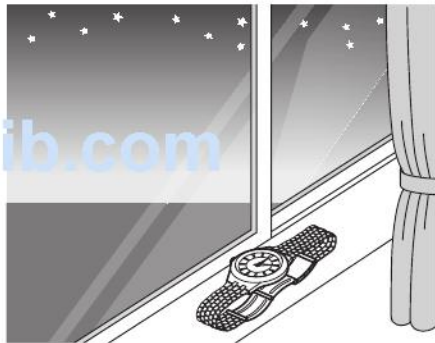
- Automatic reception:** automatically receiving the signal on time (see page 27)
- On demand reception:** receiving the signal when you want to adjust the time and calendar (see page 28)
- The reception is automatically done while charging the watch after it has stopped due to a low charge. (See page 50)

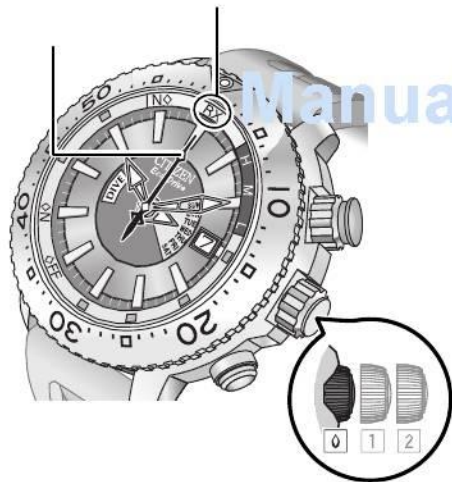
Caution

Be sure to deactivate the dive mode (DIVE) before starting the reception. (See page 49)



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Caution

The watch cannot receive the time signal while the date and day are changing. Perform the on-demand reception after they have changed.

■ Interrupting the reception of the signal

- 1. Press and hold the lower right button (A) for two or more seconds.**
Signal reception will be canceled and all hands move to indicate the current time.

Caution

If reception is interrupted for any reason, the time and calendar will not be automatically updated.

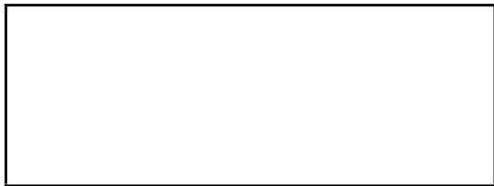
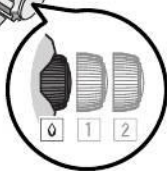




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<Result of the reception>

H/M/L: reception succeeded

NO: reception failed

- If NO is indicated, find a location and direction where the reception is better and perform reception again. (See page 28)

<Reception level>

H (High)	Very good condition for reception.
M (Middle)	Good condition for reception.
L (Low)	Not good condition for reception.

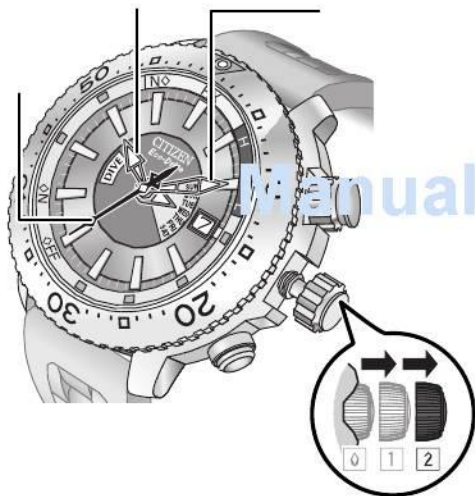
- H, M and L only indicate the condition for reception, and are not related to the performance of the watch.

- If the time is not indicated properly even after successful reception, correct the reference position. (See page 60)

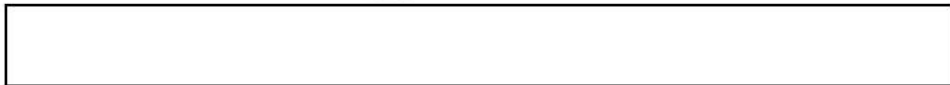
To return to the usual time indication

Press **the lower right button** (A) again.

- The current time will be indicated automatically 10 seconds after indicating the reception result.



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Now, you can adjust the time.

- You can skip the time adjustment to adjust the calendar by pressing **the lower right button (A)**.

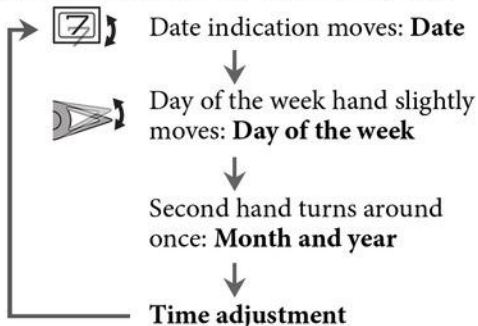
4. Rotate **the crown** to adjust the time.

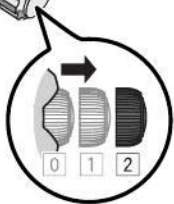
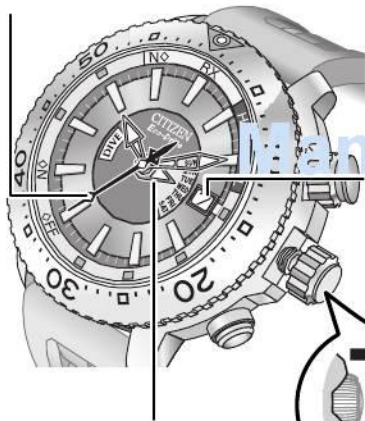
The hour, minute and second hands move.

- If you quickly spin **the crown** continuously, the three hands start to move continuously. To stop the hands, rotate **the crown**.
- When you set the time to 12:00 a.m., the indications for the date and day start to change. Go to step **5** after the movement of the date indication and day of the week hand stops.

5. Press **the lower right button (A)**.

Now, you can adjust the calendar.
Each time you press **the lower right button (A)**, the adjustable item changes as follows:





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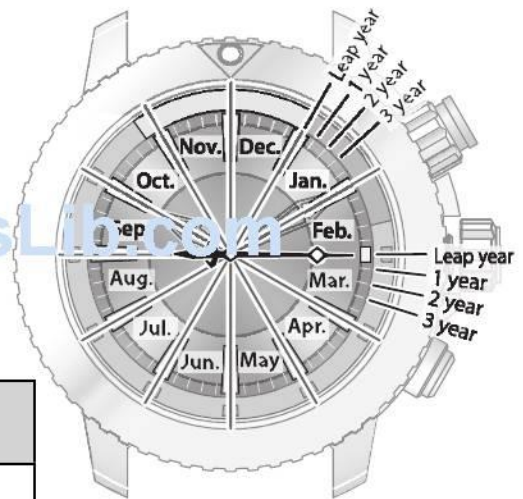


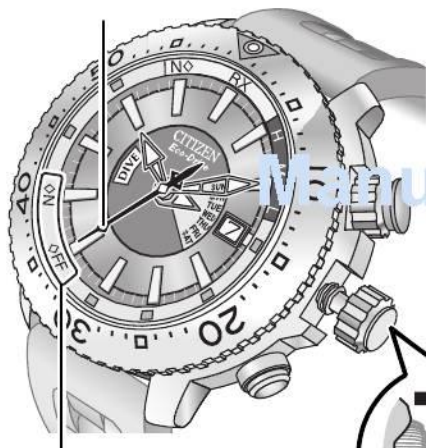
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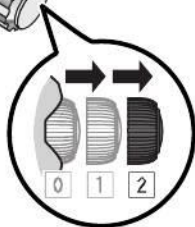


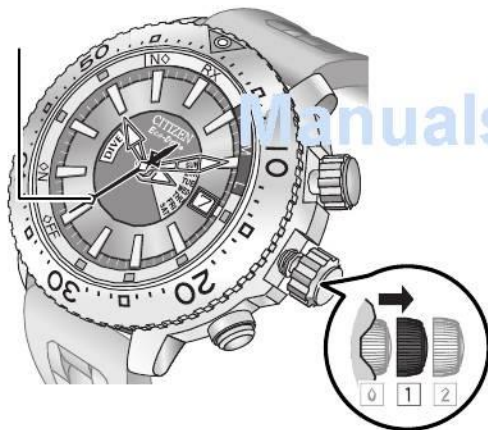
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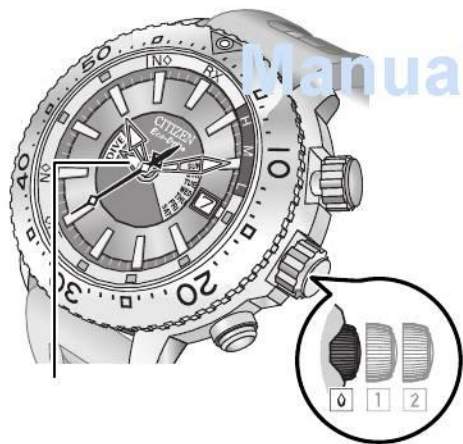


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You cannot use the time signal reception function when the dive mode is activated.

- Reception of the signal (see page 26)
- Checking the results of the reception (see page 32)

To deactivate the dive mode

Set **the crown** to position **0**, then press and hold **the upper right button** (Ⓑ) for seven or more seconds.

The dive mode hand moves to indicate the current day of the week.

Caution

- You cannot activate/deactivate the dive mode while the insufficient charge warning function (see page 51) is active. Use the watch only after charging it fully.
- You cannot activate/deactivate the dive mode while the indications for the date and day are changing. Activate/deactivate it after they have changed.
- Make sure to deactivate the dive mode after diving.

Charging your watch

■ Charging your watch

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

Do not charge the watch at a high temperature (about 60°C/140°F or higher).

To obtain optimum performance:

- Expose the watch with the watch dial towards direct sunlight for several hours at least once a month.
- After taking off the watch, put it **in a position so that the watch dial is exposed to bright light**, such as by a window.
- Before storing the watch in a dark place for an extended period of time, be sure to charge it fully.

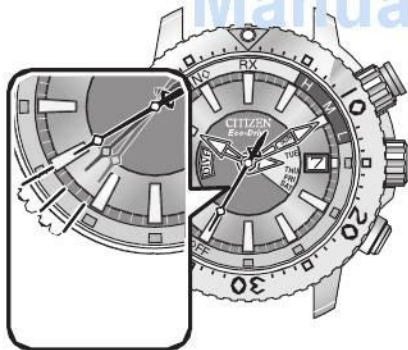


When the watch is not exposed light sufficient for charging such as when covered with long sleeves, the watch may not be charged sufficiently for normal operation. Try to keep the watch exposed to light sufficient for charging.

While you are charging the watch after it has stopped due to inadequate charge, the watch automatically receives the time signal once (recovery automatic reception). To make the reception surer, place the watch according to "Placement for better reception" (see page 24) while recharging it.



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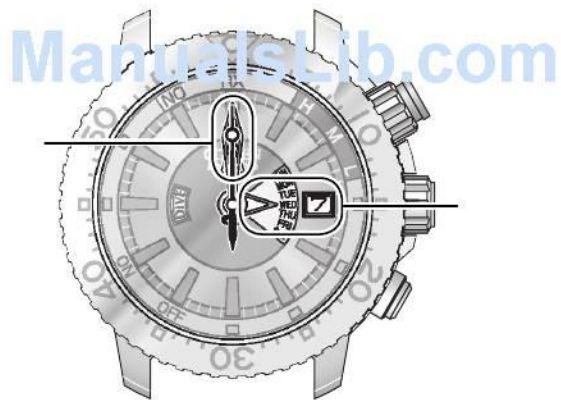
Charging your watch

■ Charging time

Below are the approximate times needed for charging when exposing the watch dial to light continuously. Use the table below only as a reference.

Illuminance (Lx)	Environment	Charging time to work for one day (approx.)	Charging time to start working normally when the rechargeable cell is empty (approx.)
500	Interior lighting	4 hours	13 hours
1,000	60-70 cm under a fluorescent lamp (30 W)	2 hours	6 hours
3,000	20 cm under a fluorescent lamp (30 W)	40 minutes	2.5 hours
10,000	Under cloudy weather	11 minutes	1 hour
100,000	Under direct sunlight in summer	5 minutes	40 minutes
Power reserve duration after fully charging (without further charging)			About 6 months

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Symptoms	Remedies	Page
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Cannot activate the dive mode.

The dive mode hand does not move to "DIVE."	Activate the mode after the reference position check or the change of date and day of the week has finished.	48
	Charge the watch if the second hand is moving once every 2 seconds.	51

The hands do not work properly.

The second hand moves once every 2 seconds.	Charge the watch.	51
All hands stop moving.	Push the crown in to position <input type="checkbox"/> 0.	—
	Charge the watch.	50
The hands start turning rapidly as you take it out of the case.	The watch is canceling the power save feature. Wait until the rapid movement stops.	55

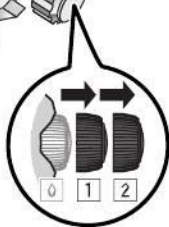


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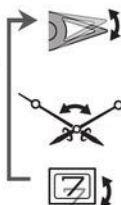


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4. Press the lower right button (A) repeatedly to select the item you want to adjust.

Each time you press the lower right button (A), the adjustable item changes as follows:



Day of the week hand moves slightly: **Day of the week**

Second hand moves: **Time**

Date moves: **Date**

5. Rotate the crown to adjust the selected item.

- If you quickly spin the crown continuously, the selected item (day of the week hand, second hand, or date) starts to move continuously. To stop the item, rotate the crown.



6. Repeat steps 4 and 5 to adjust the items to “SUN,” “0:00:00” and “1” respectively.

7. Push the crown in to position 0 to finish the reference position adjustment.

All hands move to indicate the current time.



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	Position of the crown	Operation using button/crown	Page
	0	Press and hold the upper right button (B) for seven or more seconds.	48
	0	Press and hold the lower right button (A) for two or more seconds.	28
	0	Press the lower right button (A).	32
	1	Rotate the crown after pressing the lower right button (A).	40
	2	Press the lower right button (A) repeatedly to select the item to set (time date, day of the week, month and year), and turn the crown.	34
	2	Rotate the crown after pressing the lower right button (A).	39

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