



Before using this watch

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.

Charging your watch

Charge the built-in secondary battery using the special battery charger to use this watch.

For details, see "Quick start guide" provided with the product.

Component identification



- You can control whether small windows are displayed or not. You can also set what items are indicated on the windows as you like.
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

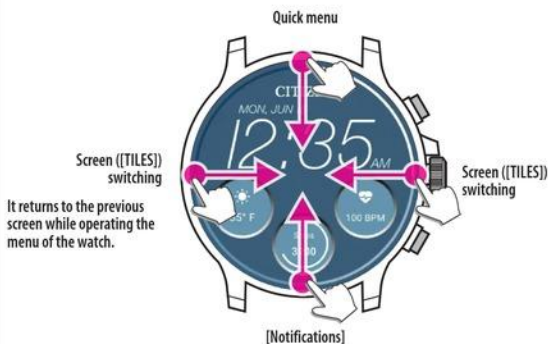
How to operate the display

This watch is equipped with a touch screen display. The operations shown below are available when the display is turned on.

- The display of the watch goes to sleep automatically in a certain period of time. Tap the display or press any of the buttons of the watch to wake it up to the normal (time indication).

Swiping wide

On the normal screen, swipe the display of the watch widely to its center from a edge (left, right, top or bottom) to access a function quickly.



- Items accessible with swipe from top/bottom can also be accessed by rotating the middle button **C**.
- Screens ((TILES)) switches in different order depending whether you swipe from left or right.

For details of [TILES], see "Changing [TILES] of the watch" (→ page 16).

When you are operating menus on the watch, you can go back to the previous screen by swiping the screen from left to the center.

Touching and holding the center of the display

You can change the watch face by touching and holding the center of the display. You can also customize it.



- You can make this operation ineffective. For details, see "Settings on the watch body" (→ page 6).

Tapping icons or small windows

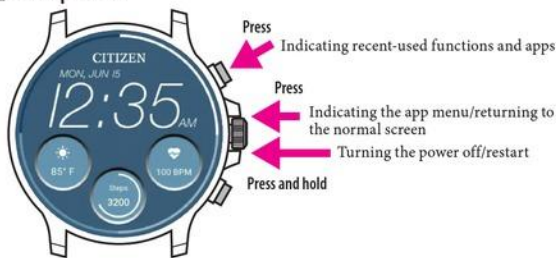
You can proceed to the next or access advanced setting or other screens by tapping icons or small windows indicated on the display of the watch.



Buttons of the watch

You can assign apps and functions to operations of the buttons of the watch.
 • Functions of some operations are fixed and unchangeable.

Fixed operations



Operations you can apply apps or functions freely



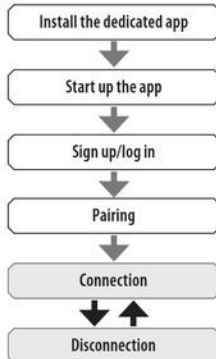
Upper button [Ⓒ]	Press	The list of functions and apps you recently used is indicated.
	Press and hold	Free assignment
Center button [Ⓑ]	Press	When the normal screen is displayed: the app menu appears. Any other case than above: returns to the normal screen.
	Press twice	Free assignment
	Press and hold	Turns off/restarts the watch.
Lower button [Ⓐ]	Press	Free assignment

• For assignment of functions to the buttons, see page "Settings on the watch body" (→ page 6).

Before connecting with a smartphone

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

The flow of connection is as follows.



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

Requirements for connection

Android	Android OS 7.0 - (with the latest version of [Google Play service])
iPhone	iOS 15.0 -
Bluetooth®	Bluetooth smart compatible/5.0 Low Energy
Dedicated app	CITIZEN CONNECTED (version 5.1 or later)

- You cannot install the dedicated app when your smartphone is not compatible with it.
- Fulfillment of the requirements of your smartphone does not warrant normal operation of the app.
- Update of the dedicated app may be stopped after manufacturing of the watch is ended.
- For updating [Google Play service], access the URL below and click/tap "How do I pair my smartwatch to my phone?" and see "For Android users" on the article: https://www.citizenwatch-global.com/support/html/en/p991/index_faq_p991.html#accordion-header-5

Actual screens and/or indication of the dedicated app may differ from those on this manual depending on your usage conditions and/or changes of specifications at update of the app.
 In that case, follow instructions on the actual screen of the app.

Execute pairing with the smartphone

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

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

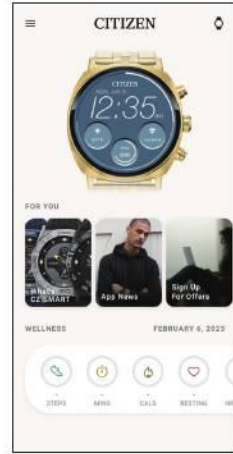
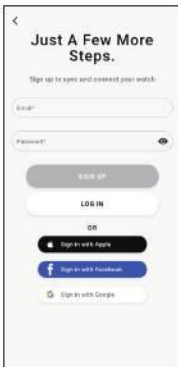
Executing pairing

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

- 1 Press and hold the middle button [Ⓑ] of the watch to turn it on.**
 - The watch is automatically turned on by putting it on the battery charger.
- 2 Download the dedicated app "CITIZEN CONNECTED" at an app site and install it.**



- 3 Start the dedicated app.**
 - Keep the app screen displayed until pairing is finished.





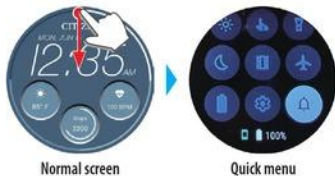
Settings on the watch body

We introduce settings on the watch body here.

- See "Quick menu" (→ page 7) and "About the app menu on the watch" (→ page 20) for other functions.
- When the watch is sleeping, wake it up to show the normal screen by pressing a button or by other operations.

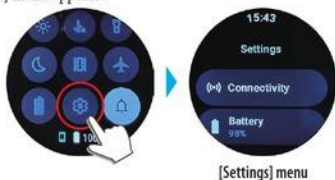
1 Swipe the display of the watch down from the top edge.

The quick menu appears.






2 Tap .

The [Settings] menu appears.



3 Scroll the screen to choose an item and tap it.

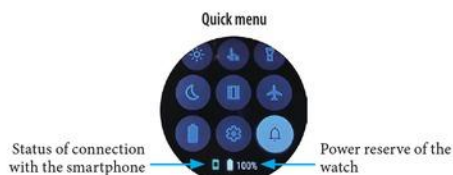
The screen for the chosen item is displayed.

[Connectivity]	Use this to set connection functions such as Bluetooth® and Wi-Fi. <ul style="list-style-type: none"> • You can control the airplane mode (mode for deactivating communication functions temporarily) of the watch here.
[Battery]	Use this to check power reserve and to set power saving mode.
[Display]	Use this to set functions related with the screen. Below are major setting items: <ul style="list-style-type: none"> • Watch face customization • Brightness and font size of the display • Time until sleep • Wrist you wear the watch on
[Gestures]	Use this to set conditions to wake the watch up from sleep. <ul style="list-style-type: none"> • You can also control settings of temporary touch screen deactivation, operations of pressing and holding the screen, etc.
[Apps & notifications]	Use this to set notification condition of the watch and apps.
[Google]	Use this to set your Google account on the watch. <ul style="list-style-type: none"> • You can also check the account you set.
[Sound]	Use this to control sound volume of the watch.
[Vibration]	Use this to change vibration settings for incoming calls and notifications of the watch.
[Buttons]	Use this to assign apps or functions to the buttons of the watch. Following button operations are reserved for the assignment: <ul style="list-style-type: none"> • Upper button : pressing and holding • Center button : Pressing twice • Lower button : Pressing
[General]	Use this to control settings of unread notification indication and operations on the watch while using music app or others on the smartphone.
[Health Profile]	Use this to set your sex, height and weight which are used as measurement basis.
[Location]	Use this to set agreement of use of location information on the watch and apps on it.
[Accessibility]	Use this to control user-assisting functions such as screen magnification (by tapping the display three times) and text-to-speech.
[Security]	Use this to set functions such as watch search and screen lock of the watch display.
[System]	Use this to check or control items below. <ul style="list-style-type: none"> • Firmware update • Turning off/on the power of the watch • Manual adjustment of time and calendar • ID information and regulation information of the watch • Resetting the watch (Connection removal and initialization of the watch)

4 After finishing settings, press the middle button of the watch to finish the procedure.

Quick menu

From the screen of the quick menu, you can browse and access functions and settings of the watch quickly.



	Use this to control brightness of the display.
	Use this to lock the touch screen to make it inactive. <ul style="list-style-type: none"> Press and hold the center button of the watch for 2 seconds to unlock it.
	Use this to make the display fully lit. <ul style="list-style-type: none"> Each time you tap this, the display switches to red, turned off and white respectively.
	Use this to turn on/off the silent mode.
	You can use the mode when you want to keep the watch silent temporarily in a theater, concert hall, etc. The mode turns off the display, locks the touch screen and make sounds for incoming call and notifications silent. <ul style="list-style-type: none"> To cancel the mode, push a button of the watch and turns it off through the quick menu.
	Use this to turn on/off the communication function of the watch in a plane.
	Use this to switch to power saving mode.
	Use this to access the [Settings] menu.
	Use this to turn on/off the sound for incoming calls.

Items on the quick menu can be accessed through other ways.

■ Ex.: Displaying the [Settings] menu

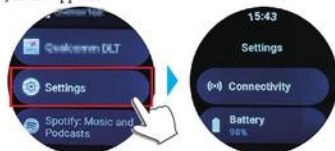
1 Press the middle button of the watch.

The app menu appears.



2 Scroll the menu and tap [Settings].

The [Settings] menu appears.



Measuring heart rate and blood oxygen levels

The watch can also measure your heart rate and blood oxygen levels automatically during activities and sleep though,

here we introduce the way to measure them manually.

- It is convenient that measuring them with using [TILES]. For details, see "Changing [TILES] of the watch" (→ page 16).

1 Press the middle button of the watch.

The app menu appears.

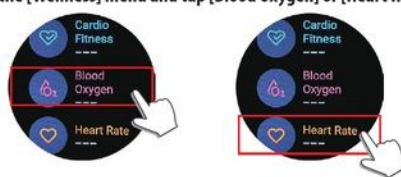


2 Scroll the menu and tap [Wellness].

The [Wellness] menu appears.



3 Scroll the [Wellness] menu and tap [Blood Oxygen] or [Heart Rate].

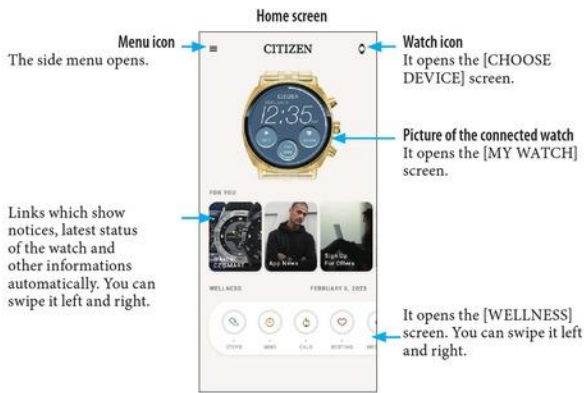


4 Start measurement following instructions on the screen.

5 After measurement, press the middle button of the watch to finish it.

Screens of the dedicated app

We call the screen just below the home screen, which appears immediately after starting the dedicated app.



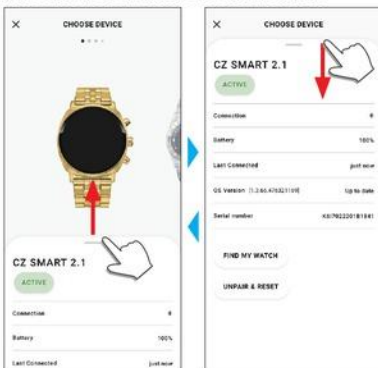
Side menu

You can control your account, settings of activity goals and those for the dedicated app here.



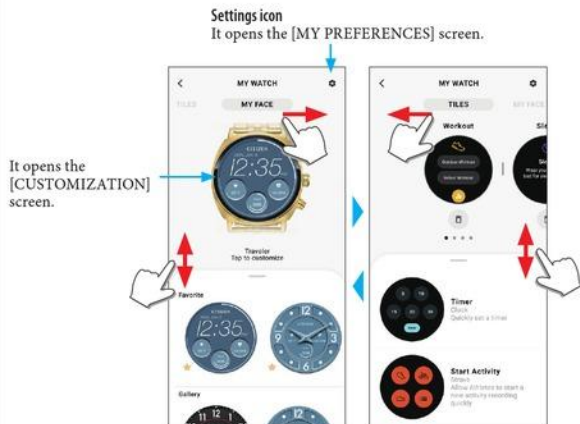
[CHOOSE DEVICE] screen

You can add watches and switch a watch to connect with here.



[MY WATCH] screen

You can customize watch face indication and assign function to buttons of the watch here. You can also control settings of notifications and alarm.



■ [MY PREFERENCES] screen

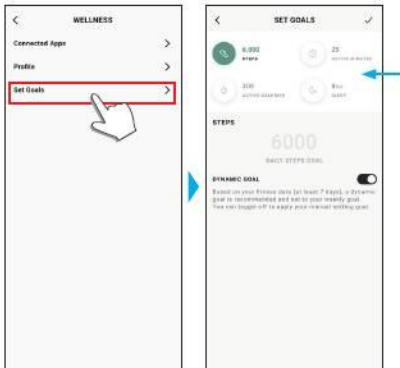
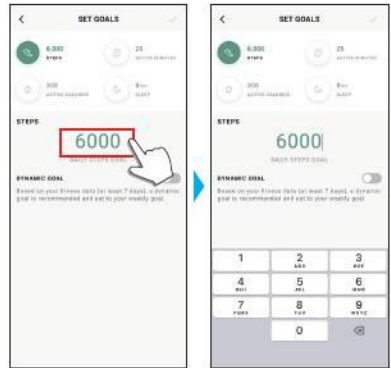
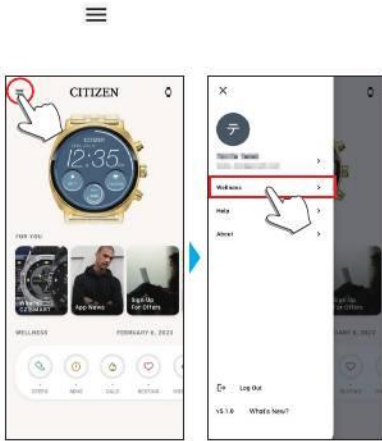
You can control settings of alarm, notifications, unit, etc. here.

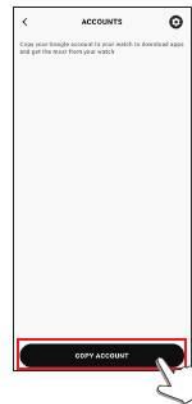
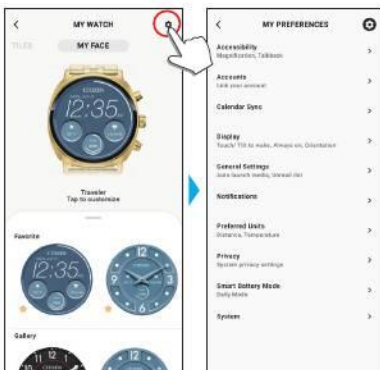
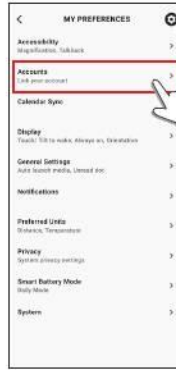


■ [CUSTOMIZATION] screen

You can control display indication of the watch here.





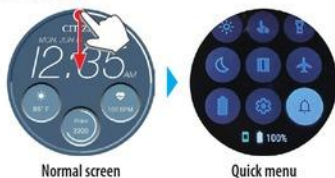


Connecting the watch to Wi-Fi

- You do not have to execute steps below on this section if you have already set Wi-Fi connection in the course of pairing.

1 Swipe the display of the watch down from the top edge.

The quick menu appears.

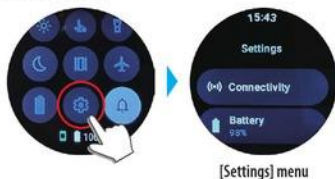


Normal screen

Quick menu

2 Tap [Settings].

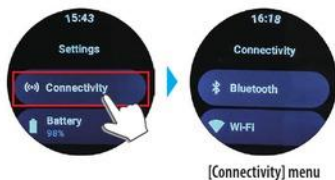
The [Settings] menu appears.



[Settings] menu

3 Tap [Connectivity] on the [Settings] menu.

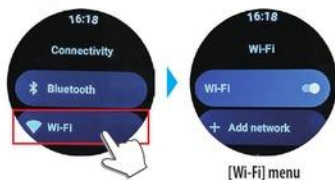
The [Connectivity] menu appears.



[Connectivity] menu

4 Tap [Wi-Fi] on the [Connectivity] menu.

The [Wi-Fi] menu appears.



[Wi-Fi] menu

5 Tap [Add network] on the [Wi-Fi] menu.

The list of connectable network is indicated.

- When the switch icon of [Wi-Fi] is off, tap it to turn on.



6 Tap a network you want to connect the watch to.

- If you tap [Enter on phone] when entering the password for the network, a key-in dialog appears on the dedicated app.



When the watch is connected to the network successfully, [Connected] is indicated as icon on the [Wi-Fi] menu.

Installing the Amazon Alexa app for smartwatches on the watch

- You can also start install by tapping [Amazon Alexa for Smart Watches] when it is indicated on the app menu on the watch. In that case, you do not have to search for the app.

1 Press the middle button (B) of the watch.

The app menu appears.



App menu

2 Scroll the menu and tap [Play Store].

The [Play Store] menu appears.



[Play Store] menu

3 Tap the search icon (🔍) on the [Play Store] menu.



4 Tap any of icons and enter "Alexa".

You can enter "Alexa" with your voice.



Enter with the keyboard displayed on the screen.

- After entering the word, tap the search icon (🔍).



5 As [Amazon Alexa for Smart Watches] was found, install it.

When it is successfully installed, [Amazon Alexa] is indicated on the app menu on the watch.

- It may take a certain period of time to install the app.

■ When the app is not found

Scroll the [Play Store] menu to the bottom and tap [Open on phone].



As a dialog appears on the dedicated app on the smartphone connected with the watch, open the web page of Google Play following the instructions on the dialog. Find [Amazon Alexa for Smart Watches] through searching on the page and install it.

Setting Amazon Alexa

Set an Amazon account on the Amazon Alexa app installed on the watch.

1 Press the middle button of the watch.

The app menu appears.




2 Scroll the menu and tap [Amazon Alexa].

The [Amazon Alexa] menu appears.



Proceed operation hereafter following instructions on the screen of the app.

After finishing the setting, terms of use and others are shown.

- In the course of the setting, you can assign Amazon Alexa to a button of the watch. On this instruction manual, Amazon Alexa is regarded to be assigned to "Pressing and holding the upper button  hereafter.
- You can execute or change the button setting any time after installing the app. For details, see "Buttons of the watch" (→ page 3) and "Settings on the watch body" (→ page 6).


Using Amazon Alexa

You can operate the watch using Alexa through voice operation and the watch display to control phone call, alarm and timer and to check lists, reminder and notifications.

- Use the built-in microphone and speaker of the watch to talk to Alexa.
- Functions of Alexa such as timer and alarm works independently from those of the watch itself.
- You must execute setting previously following instructions on "Preparing for Amazon Alexa" (→ page 13).

1 Press and hold the upper button of the watch.

Amazon Alexa starts up.

- On this instruction manual, Amazon Alexa is regarded to be assigned to "Pressing and holding the upper button  in the course of setting of Amazon Alexa app.
- For details of assigning an app to a button of the watch, see "Buttons of the watch" (→ page 3) and "Settings on the watch body" (→ page 6).

2 Talk to Alexa.

- Talk in the language you set for the watch.

To start from the app menu on the watch

1 Press the middle button of the watch.

The app menu appears.



2 Scroll the menu and tap [Amazon Alexa].

Amazon Alexa starts up.



3 Talk to Alexa.

- Talk in the language you set for the watch.

Changing [TILES] of the watch

The whole screen can be switched for special ones convenient for specific functions. The switchable screens are called [TILES].

On the normal screen, swipe the display of the watch from the left or right edge to its center to switch [TILES].




- On the figures above, the screen is switched to [TILES] 1 by swiping from the right edge of the display to the left while the normal screen is shown. [TILES] 3 is shown when you swipe from the left edge to the right while the normal screen is shown.

The [TILES] below are prepared for use.

[Workout]	For measuring your activity
[Blood Oxygen]	For measuring blood oxygen levels
[Sleep]	For measuring your sleeping time
[Timer]	For using a timer
[Next Alarm]	For checking alarm setting. You can also change the setting here.
[Next Event]	For indicating the next schedule on the calendar. <ul style="list-style-type: none"> Permission for accessing the calendar is required.
[UV index]	For indicating UV index of the current place. <ul style="list-style-type: none"> Permission for accessing positional information is required.
[Forecast]	For indicating the weather report of the current place. <ul style="list-style-type: none"> Permission for accessing positional information is required.
[Phone]	For making a phone call. <ul style="list-style-type: none"> Permission for accessing Contacts is required.

- [TILES] shown may vary depending on what apps are installed on the watch.

To return to the normal screen from [TILES]

Press the middle button  of the watch.

- Swiping the display one direction repeatedly can also return to the normal screen.

Changing [TILES] indicated on the dedicated app

You can change [TILES] indicated on the dedicated app and their indication order.

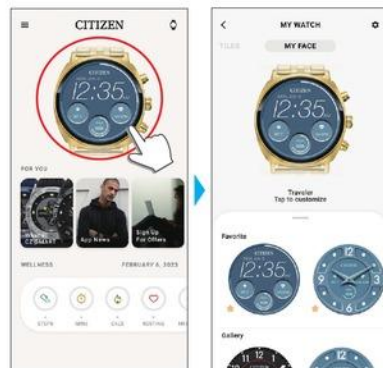
1 Start the dedicated app.

The watch and the smartphone are connected.

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

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

The [MY WATCH] screen is opened.



3 Swipe to the right on the [MY WATCH] screen to indicate [TILES].

Unused [TILES] are shown on the tab on the bottom of the screen.



The [TILES] currently used and their order are indicated.

- Drag [TILES] to change their order.

Tap here to remove one.

Tap to add one.

Changing [TILES] indicated through operation on the watch

- When the watch is sleeping, wake it up to show the normal screen by pressing a button or by other operations.

1 Swipe the display of the watch to the left from the right edge.

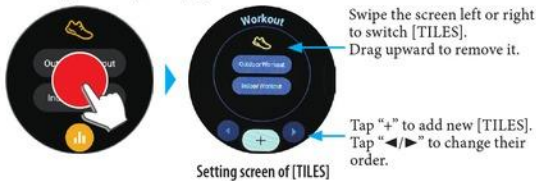
The [TILES] switch.

- Swiping from the left edge is also OK.
- [TILES] shown below is an example.



2 Touch and hold the center of the display while it shows [TILES].

The setting screen of [TILES] appears.



3 Tap the display or press the middle button of the watch.

The watch returns to indication of [TILES].

4 Press the middle button of the watch to finish the procedure.

The normal screen is indicated.

Customizing watch face

Changing the watch face using the dedicated app

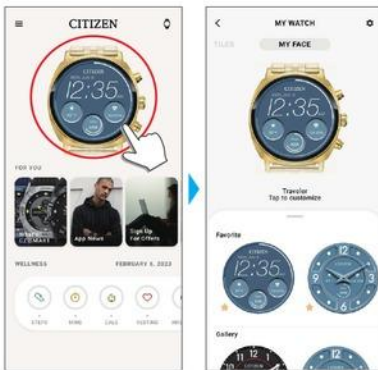
1 Start the dedicated app.

The watch and the smartphone are connected.

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

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

The [MY WATCH] screen is opened.



3 Swipe up the tab on the bottom of the screen while [MY FACE] is indicated.

- Swipe left on the screen when [TILES] is shown.



4 Choose and tap a watch face you like.

The face you choose appears on the display of the watch and the screen of the smartphone.

Changing the watch face through operation on the watch

- When the watch is sleeping, wake it up to show the normal screen by pressing a button or by other operations.

1 Touch and hold the center of the display while it shows the normal screen.

The face switching screen is displayed.



- You can display one of watch faces shown on [Favorite] on the dedicated app only. Tapping [Add new] to add and choose other watch faces than those.

2 Tap the display or press the middle button of the watch to finish the procedure.

The watch face is changed.

Customizing watch face using the dedicated app

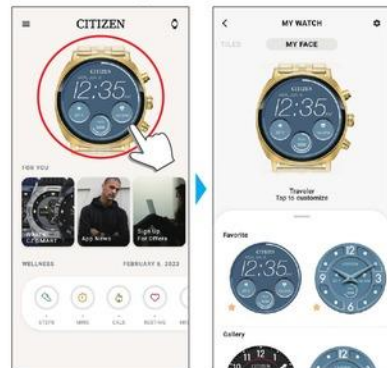
1 Start the dedicated app.

The watch and the smartphone are connected.

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

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

The [MY WATCH] screen is opened.

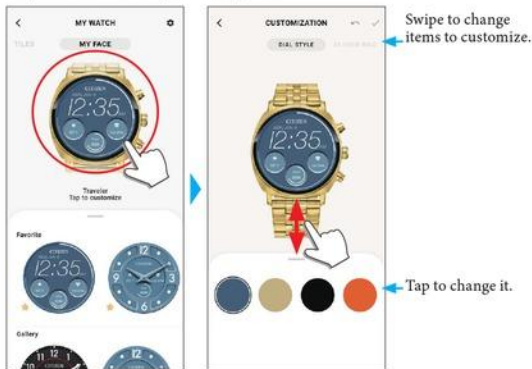


3 While [MY FACE] is indicated, choose a watch face you want to customize.

- For details, see "Changing the watch face using the dedicated app" (→ page 17).

4 Tap the picture of the watch on the [MY WATCH] screen.

The [CUSTOMIZATION] screen is opened.



Swipe to change items to customize.

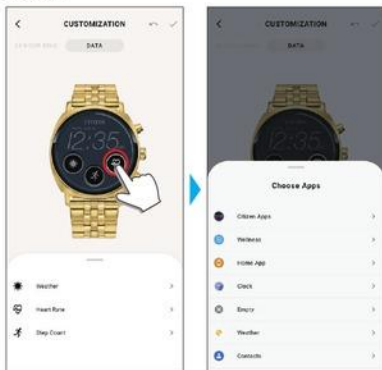
Tap to change it.

- Items you can customize may vary depending on types of watch face you chose.

To change indication of small windows

While [DATA] is indicated, tap a window whose indication you want to change.

- On the example below, the watch face has three small windows on its 3, 6 and 9 o'clock positions.



Choose a function you want to indicate from the [Choose Apps] tab on the bottom of the screen.

[Citizen Apps]	Available items: [Time Zone], [Heart Rate], [Step Count]
[Home App]	Available items: [App shortcut], [Battery], [Media controls], [World clock], [Sunrise and sunset], [Date], [Day and date], [Time and date], [Day of the week], [Next Event], [Notifications]
[Wellness]	Available items: [Cardio Fitness], [Sleep]
[Clock]	Available items: [Alarm], [Stopwatch], [Timer], [Moon phase], [Countdown to date]
[Empty]	Choose this when removing indication on a small window.
[Weather]	Available items: [UV index], [Weather]
[Phone]	Choose this to indicate [Phone Status].
[Contacts]	Choose this to indicate [Favorite contact].

- Order of items on the list may vary depending on settings.

5 After finishing customization, tap the check icon (✓) on the upper left of the [CUSTOMIZATION] screen.

The [Settings] screen is displayed.



- Tap the cancel icon (↶) to cancel the previous modification.

6 Tap the check icon (✓) on the upper right of the [APPLY] screen to finish the procedure.

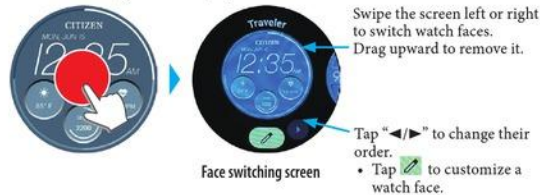
The customized watch face is shown on the display of the watch.

Customizing watch face through operation on the watch

- When the watch is sleeping, wake it up to show the normal screen by pressing a button or by other operations.

1 Touch and hold the center of the display while it shows the normal screen.

The face switching screen is displayed.



Swipe the screen left or right to switch watch faces. Drag upward to remove it.

- Tap "◀/▶" to change their order.
- Tap "✓" to customize a watch face.

2 Choose a watch face you want to customize and tap the edit icon (✎).



Scroll the screen up or down to choose items to customize.

To change indication of small windows

Tap a small window you want to customize on the edit screen of the watch face and choose an item from the list appeared.

3 Press the middle button (B) of the watch to finish the procedure.

The watch face is changed.

Setting notification

- Notifications may not be received if distance between the smartphone and the watch is 10 m (30 feet) or more or there is any obstacle between them.

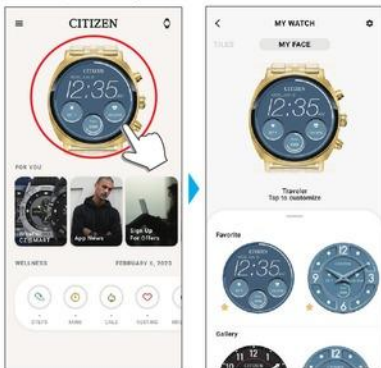
1 Start the dedicated app.

The watch and the smartphone are connected.

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

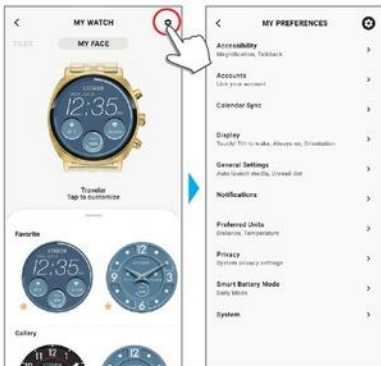
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



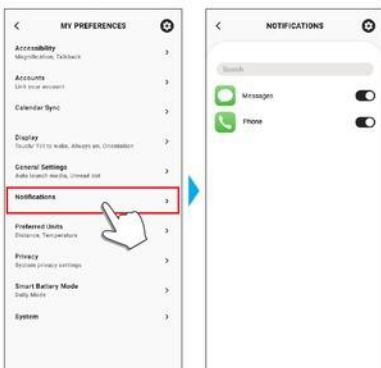
3 Tap the setting icon (⚙️) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.



4 Tap [Notifications] on the [MY PREFERENCES] screen.

The [NOTIFICATIONS] screen is opened.



- On the [NOTIFICATIONS] screen, all the apps which have ever sent at least one notification are shown.

5 Activate/deactivate notifications by turning on/off switches of items listed.

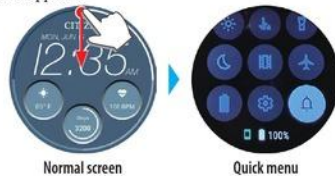
- Access right setting may be required when accessing an app on your smartphone.

Setting notification through operation of the watch

You can set notifications apps on the watch.

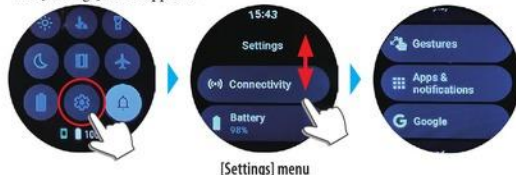
1 swipe the display of the watch down from the top edge.

The quick menu appears.



2 Tap ⚙️.

The [Settings] menu appears.



3 Scroll the [Settings] menu and tap [Apps & notifications].

The [Apps & notifications] menu appears.



4 Tap [Notifications].

The [App notifications] menu appears.



[Show all]	All the apps that can send notifications are shown. Turn on/off notifications for each app.
[Show disabled]	Apps whose notifications are turned off are indicated.

5 Press the middle button Ⓑ of the watch to finish the procedure.

The normal screen is indicated.

