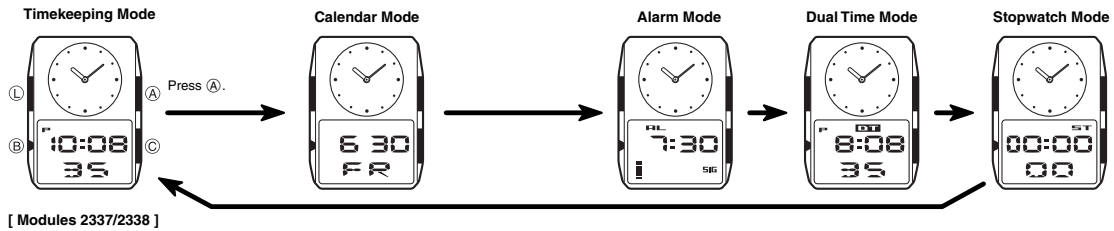


General Guide

- Some models have a white-on-black display.
- Press (A) to change from mode to mode.



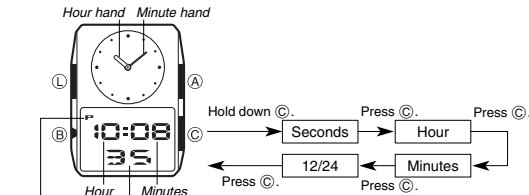
About the Backlight

- Press (L) to illuminate the display for about 2 seconds.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch may emit an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.
- When the backlight is turned on, it blinks whenever the minute hand moves. This is normal, and does not indicate malfunction of the watch.
- The backlight of Module 2338 illuminates both the digital display and analog face. The backlight of Module 2337 illuminates the digital display only. The backlight of Modules 2374, 2384 and 2705 illuminates the analog face only.

Timekeeping Mode

- Use this mode to set the current time. An incorrect digital time setting will result in incorrect operation of the calendar.

To set the time and date



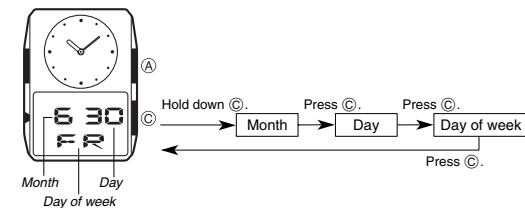
1. Hold down (C) until the seconds digits start to flash.
2. Press (A) to reset the seconds to 00. If you press (A) while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
3. Press (C) to move the selection to the hour digits.
4. Press (A) to increase the hour digits. Holding down (A) changes the hour digits at high speed.
5. Press (C) to move the selection to the minutes digits.
6. Press (A) to increase the minutes digits. Holding down (A) changes the minutes digits at high speed.
7. Press (C) to move the selection to 12/24.
8. Press (A) to toggle the timekeeping format between 12-hour and 24-hour.
 - When 12-hour format is selected, the indicator P appears on the display to indicate "p.m." times. There is no indicator for "a.m." times.
9. Press (C) to complete the procedure.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

To set the hands

When in any Mode, press (B) with a thin object to advance the analog time setting. Each press of (B) advances the time by 20 seconds. Three presses advance by one minute. Holding down (B) advances the analog setting at high speed. You can only advance the setting and cannot reverse it.

Calendar Mode

To set the date

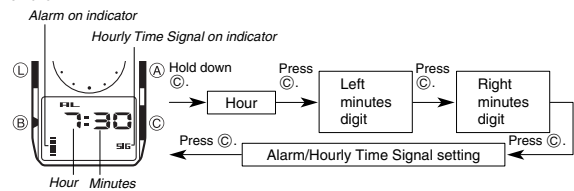


1. Hold down (C) until the month digits start to flash.
2. Press (A) to increase the month digits. Holding down (A) changes the digits at high speed.
3. Press (C) to move the selection to day digits.
4. Press (A) to increase the day digits. Holding down (A) changes the digits at high speed.
5. Press (C) to move the selection to the day of the week indication.
6. Press (A) to advance to the next day. Holding down (A) changes the indication at high speed.
7. Press (C) to complete the procedure.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Calendar Mode automatically.

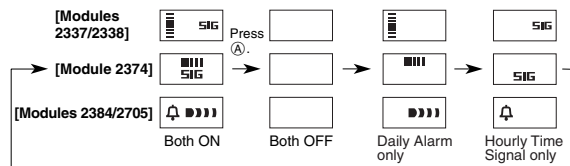
Alarm Mode

When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time and to turn the Daily Alarm and Hourly Time Signal on and off



1. Hold down (C) until the hour digits start to flash.
2. Press (A) to increase the hour digits. Holding down (A) changes the digits at high speed.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
3. Press (C) to move the selection to the left minutes digit.
4. Press (A) to increase the left minutes digit. Holding down (A) changes the digit at high speed.
5. Press (C) to move the selection to the right minutes digit.
6. Press (A) to increase the right minutes digit. Holding down (A) changes the digit at high speed.
7. Press (C) to move Daily Alarm and Hourly Time Signal on and off setting.
8. Press (A) to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.
 - At this time Daily Alarm and Hourly Time Signal automatically turn on.



9. Press (C) to complete the procedure.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To stop the alarm

- Press any button to stop the alarm after it starts to sound.

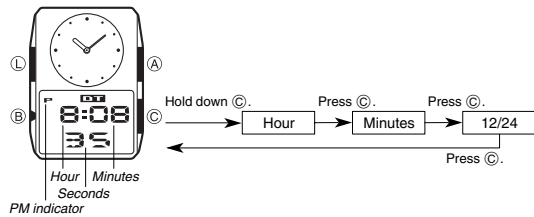
To test the alarm and select an alarm tone

Hold down (A) in any mode (except when making any settings) to sound the alarm. Each time you test the alarm, a four different alarm tones. The alarm tone you select is used for the Daily Alarm and Hourly Time Signal.

- Note that holding down (A) also changes the mode.

Dual Time Mode

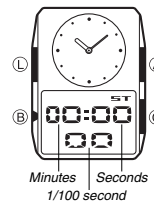
To set the Dual Time



1. Hold down **C** until the hour digits start to flash.
 2. Press **A** to increase the hour digits. Holding down **A** changes the digits at high speed.
 3. Press **C** to move the selection to the minutes digits.
 4. Press **A** to increase the minutes digits. Holding down **A** changes the digits at high speed.
 5. Press **C** to move the selection to 12/24.
 6. Press **A** to toggle the timekeeping format between 12-hour and 24-hour.
 - When 12-hour format is selected, the indicator **P** appears on the display to indicate "p.m." times. There is no indicator for "a.m." times.
 7. Press **C** to complete the procedure.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Dual Time Mode automatically.
 - In the Dual Time Mode, the seconds count is synchronized with the seconds count of the Timekeeping Mode.

Stopwatch Mode

The Stopwatch Mode lets you measure elapsed time. The range of the stopwatch is 59 minutes 59.99 seconds.



To use the Stopwatch

1. Press **C** to start the stopwatch.
2. Press **C** to stop the time measurement.
 - You can press **C** as many times as you want to resume and stop timing.
3. After you are finished using the stopwatch, hold down **C** to clear the stopwatch time to all zeros.