

Thank you for your purchase of this product.
Before using the watch, read this instruction manual carefully to ensure correct use.

Accessing the latest information (Cal. No.: YF20)

You can access the latest information of this watch using the QR code.
<https://www.citizenwatch-global.com/support/html/en/yf20/yf20.html>

- Access also here to see notices.
- You can also see how to use enhanced features and functions such as slide rules and tachymeters on the web site. It depends on models whether they are equipped with enhanced features and functions or not.



Safety precautions

“Precautions” provided with the product 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.
Make sure to read it through before using the product.

Features



Connection with a smartphone through the dedicated app

Time and calendar are synchronized with those on the smartphone.
To get the dedicated app, access a download site of apps for your smartphone.

Built-in activity monitor and heart rate sensor

The watch records your activity and heart rate and you can see their data on the dedicated app.

User-configurable buttons

You can assign two functions to the buttons of the watch as you want by setting them on the dedicated app.

- | | |
|------------------------|-------------------|
| • [ADD FEATURES] | • [MUSIC CONTROL] |
| • [WORKOUT MODE] | • [TIMER] |
| • [WELLNESS DASHBOARD] | • [WEATHER] |
| • [STOPWATCH] | • [RING PHONE] |
| • [NOTIFICATIONS] | |

Permanent indication on the display

The watch is equipped with an electronic paper display. It can always indicate up to 4 items you choose from the information items below.

- | | |
|-------------------------|--------------------|
| • [ADD FEATURES] | • [HEART RATE] |
| • [SECOND TIMEZONE] | • [CHANCE OF RAIN] |
| • [DAY-DATE] | • [ACTIVE MINUTES] |
| • [CURRENT TEMPERATURE] | • [CALORIES] |
| • [STEPS] | • [BATTERY] |

Appearance of the display (watch face) can freely be customized.

Use more functions through Riiiver.



Imagine. Inspire. Innovate.

Riiiver is a unique service platform which provides connection between watches and the Internet through a special app on your smartphone.

On this watch, you can add prepared functions (called “iiidea” in the Riiiver service) to the watch by choosing [ADD FEATURES] when assigning functions to watch buttons or when choosing display items.

- It is limited that regions where the Riiiver service is available. It is not available in places where the Riiiver service is not provided.

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Before using this watch

Protective stickers

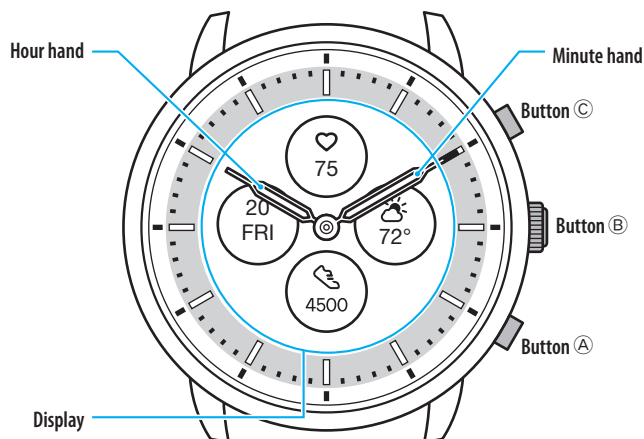
Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

Charging your watch

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

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

Component identification



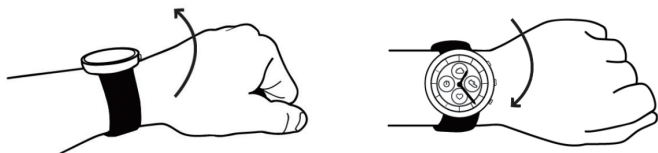
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

About the display of the watch

This watch is equipped with an electronic paper display. Owing to the display, the watch can always indicate various information with little consumption of power reserve. On the other hand, unlike an ordinary LCD, indication is not always renewed.

To see current total steps or other real-time data, you need to renew indication intentionally.

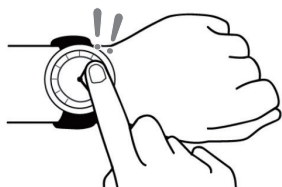
Renewing indication on the display



Turn your wrist wearing the watch quickly to move the hands and renew indication on the display.

- Try the twist again if the hands do not move.

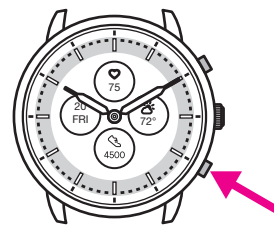
Turning on the light



Tap the center of the display twice to turn on the light.

- The light is turned off automatically without any operation.
- You can change the setting not to turn on the light on the watch. For details, see "Settings on the watch body" (→ page 6).

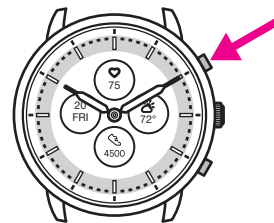
Indicating notifications



Press and hold the lower right button (A) of the watch to indicate notifications on the display of the watch.

- For details of notifications, see "Setting notification" (→ page 15).

Hiding information on the display



You can hide information on the display by pressing and holding the upper right button (C) of the watch.

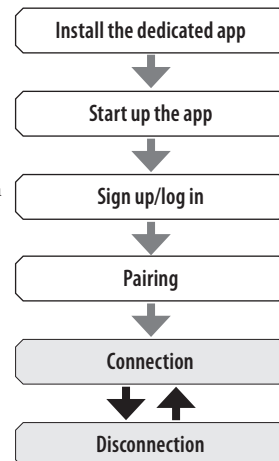
- You can also hide the information through the settings of the watch. For details, see "About the menu on the watch" (→ page 18).

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 -
iPhone	iOS 15.0 -
Bluetooth®	Bluetooth smart compatible/ 4.2 Low Energy

- You cannot install the dedicated app when your smartphone is not compatible with it.
- The app may not be warranted to work correctly even when your smartphone fulfills requirements.
- Update of the dedicated app may be ceased after the end of production of the watch.

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 Bluetooth® and function(s) related with location information on your smartphone.

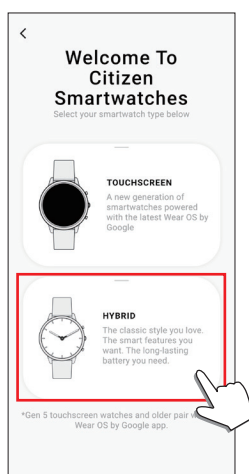
1 Download the dedicated app "CITIZEN CONNECTED" at an app site and install it.



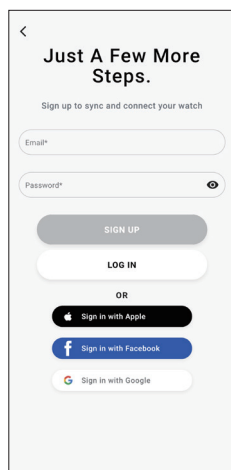
2 Start the dedicated app.

- Keep the app screen displayed until pairing is finished.

3 Tap [HYBRID].

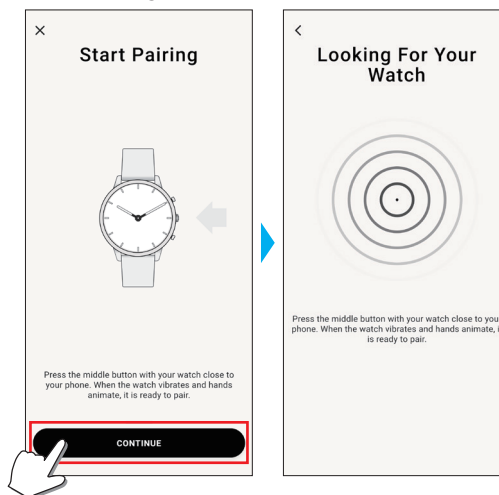


4 Make an account.

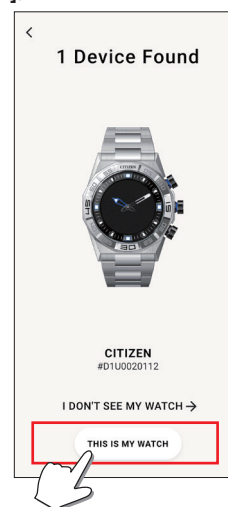


- Proceed to authentication after making an account. Authentication number is sent to the mail address you entered here.
- Tap [LOG IN] if you had logged out without executing pairing after making an account before.
- Once signed up, the status (login status) is kept regardless whether the app is activated or deactivated.

5 Press the right middle button **B** and tap [CONTINUE] on the screen of the app as the [Start Pairing] screen is shown.



6 Tap [THIS IS MY WATCH].



- The watch displayed on the screen may look different from the actual one you use.
- Tap [I DON'T SEE MY WATCH] when not only its color but whole appearance looks different from yours.
- When update of the watch has started, wait until it is finished.

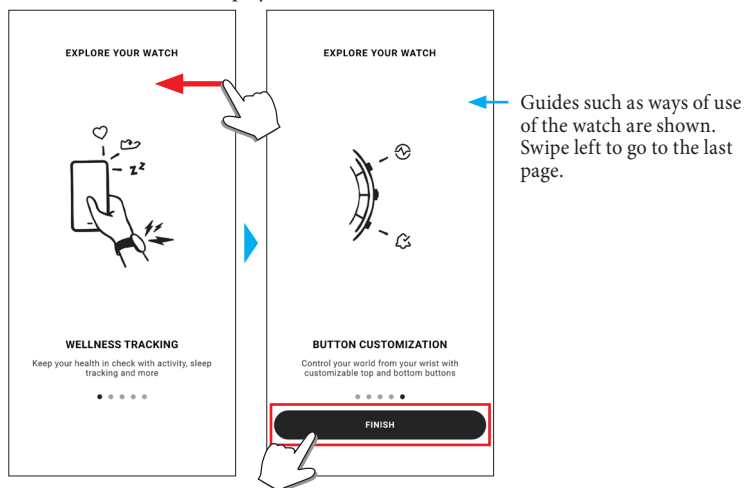
7 Press the middle right button **B** of the watch within time limit.



Pairing starts.

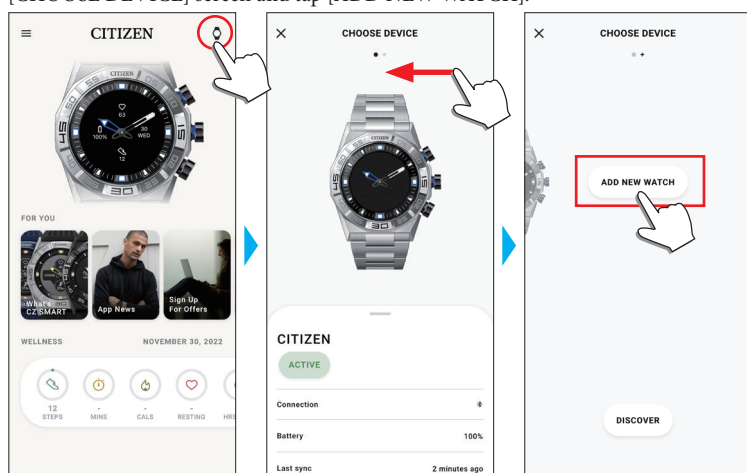
■ When pairing finished successfully

The screen of finish is displayed.



■ To start pairing on the screen of the app

Tap the watch icon (🕒) on the upper right of the home screen, swipe left on the [CHOOSE DEVICE] screen and tap [ADD NEW WATCH].



When pairing fails

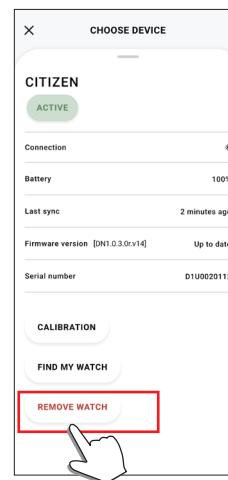
When pairing fails and the target watch does not appear on the dedicated app, try pairing again following the steps below.

- 1 Remove "Citizen Connected HR" on Bluetooth® setting of your smartphone.
- 2 Turn off the Bluetooth function on your smartphone and turn it on again.
- 3 Execute pairing between the watch and the smartphone again.

When connection fails after pairing (canceling pairing)

Try pairing again following the steps below.

- 1 Tap the watch icon (🕒) on the upper right of the home screen.
- 2 Swipe left or right on the [CHOOSE DEVICE] screen to display the watch with which you want to connect your smartphone.
- 3 Swipe up the bottom tab on the [CHOOSE DEVICE] screen to display the menu.



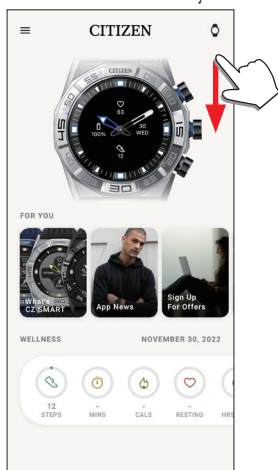
- 4 Tap [REMOVE WATCH].
- 5 Remove "Citizen Connected HR" on Bluetooth® setting of your smartphone.
- 6 Turn off the Bluetooth function on your smartphone and turn it on again.
- 7 Execute pairing between the watch and the smartphone again.

Synchronizing your watch and smartphone

After pairing, the watch and your smartphone are connected and synchronized automatically as the dedicated app is started up or displayed on the phone.

- All the hands of the watch turn fully around when synchronization starts.
- The time and calendar on the watch are also synchronized with those on the smartphone.
- It may take a certain period of time for data synchronization.
- Some operations of the app such as change of settings are accompanied with data synchronization.
- Synchronization does not start when the watch is not charged enough.
- Synchronization does not start when distance between the smartphone and the watch is 10 m (33 feet) or more or there is any obstacle between them.

Swiping down the home screen also starts data synchronization.



Adjustment of the time and calendar

This watch receives time information from your smartphone at every connection and adjusts the time and calendar automatically.

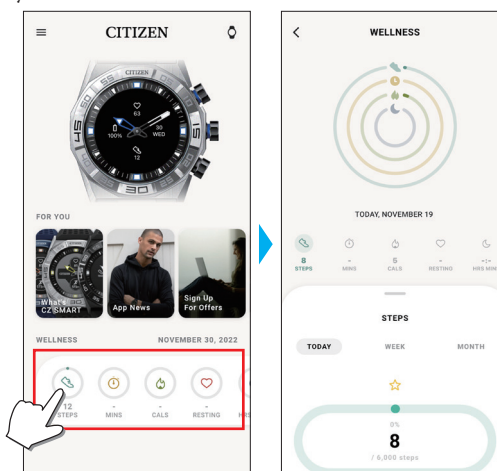
- You cannot adjust time and calendar on the watch only by itself.

Acceleration sensor and heart rate sensor

This watch is equipped with a built-in acceleration sensor and a heart rate sensor. They always execute measurement while you wear the watch.

- The acceleration sensor measures your action such as steps and the heart rate sensor your heart rate.
- If you hold something in the hand of watch-wearing side, the sensors may measure wrongly.

You can see the measurement data in real time on the watch. Also, on the [WELLNESS] screen of the dedicated app, the data are shown in graphs as daily/weekly/monthly records.



In addition, on the screen of dedicated app, you can check status of your workout categorized by types of exercise, time spent for exercise, calorie consumption derived from your height and weight, sleep time, etc.

- Activity data recorded in the watch is transferred to the dedicated app when the watch and the smartphone are synchronized and it is stored in the app.
- Up to about 40-day data of activity is saved on the watch.
- Data taken through this watch can be sent to the other apps for browsing.
- This watch reads motion of the watch through data from the acceleration sensor and estimates types and amount of your activities such as walking and sleeping. The estimation may differ from actual ones.
- You cannot edit their data. Activity data taken with other devices cannot be indicated on the dedicated app of this watch.

Settings on the watch body

You can execute settings for the watch and utilize its various functions only by the watch itself.

- Some settings and functions are not available without connection between the watch and the smartphone through the dedicated app.

We introduce settings on the watch body here.

- See "About the menu on the watch" (→ page 18) for other functions.

1 Press the middle right button **B** of the watch.

The hands of the watch point one of the function icons on the display.



- [Home] is pointed immediately after indication.
- The indication automatically returns to normal indication in 3 minutes without executing any operation.

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

The hands of the watch point the [Settings] icon.



- In this time, pressing the lower right button **A** of the watch moves the hands clockwise to point each function icon one by one. Pressing the upper right button **C** of the watch moves the hands counterclockwise.

3 Press the middle right button **B** of the watch.

The menu of [Settings] appears on the watch.



- [Back] is chosen when the menu appears.

4 Press and release the lower right button **A** or the upper right button **C** repeatedly to choose a menu item.

5 Press the middle right button **B** of the watch.

The setting of the menu item you chose is changed.

- Each time you press button, the setting is changed.

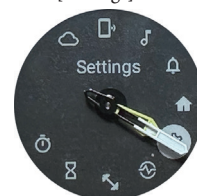
[About]	Use it to see the serial number and the firmware version of the watch. <ul style="list-style-type: none"> • This item has no setting values. • Press the lower right button A/the upper right button C of the watch to scroll indication up/down.
[Watch Mode]	You can set which wrist you wear the watch on. Choose [RIGHTIE] or [LEFTIE]. <ul style="list-style-type: none"> • Each time you change the setting, indication on the the display rotates upside down. • When you choose [LEFTIE], read "middle right", "upper right" and "lower right" on this manual as "middle left", "upper left" and "lower left" respectively.
[Dial Info]	You can set whether information is indicated on the display of the watch or not. <ul style="list-style-type: none"> • Pressing and holding the upper right button C switches its [ON]/[OFF].
[Heart Rate]	You can set whether you use the heart rate sensor.
[Vibration]	You can set vibration strength of the watch. Choose one of the followings: [OFF], [MILD], [MEDIUM] or [STRONG]. <ul style="list-style-type: none"> • Each time you change the setting, the watch actually vibrates in the new setting.
[Notification Size]	You can set text size of notifications on the display of the watch. You can choose one from [SMALL], [MEDIUM] and [BIG].
[Do Not Disturb]	You can set whether notifications to the watch are stopped temporarily. You can choose one from [ON], [MIRROR PHONE] and [OFF]. <ul style="list-style-type: none"> • The setting does not affect action of alarm.
[Back]	The [Settings] menu is closed.
[Front Light]	You can set whether you use the light.

6 Repeat steps 4 and 5 to adjust settings of other items.

7 After finishing setting, press and release the lower right button **A** or the upper right button **C** of the watch repeatedly to choose [Back].

8 Press the middle right button **B** of the watch.

The hands of the watch point the [Settings] icon.



9 Press the upper right button **C**.

The hands of the watch point the [Home] icon.

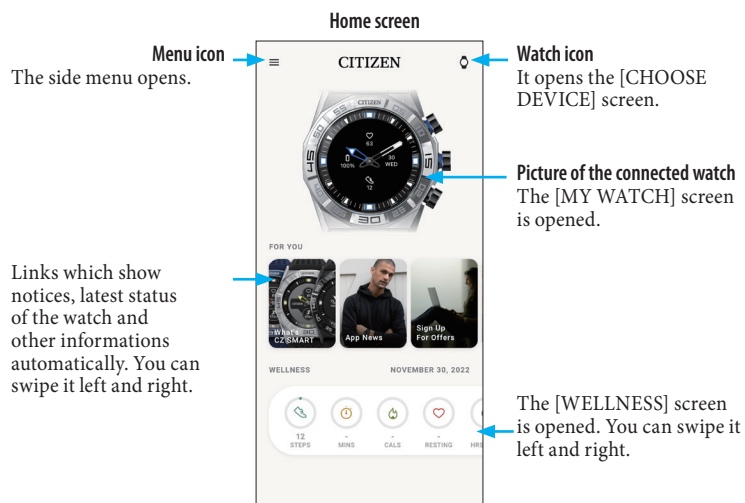
10 Press the middle right button **B** of the watch to finish the procedure.

The watch returns to normal indication.

- After step 5, press and hold the middle right button **B** of the watch to skip to step 8.

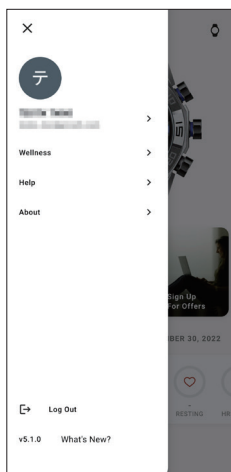
The screen of the dedicated app

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



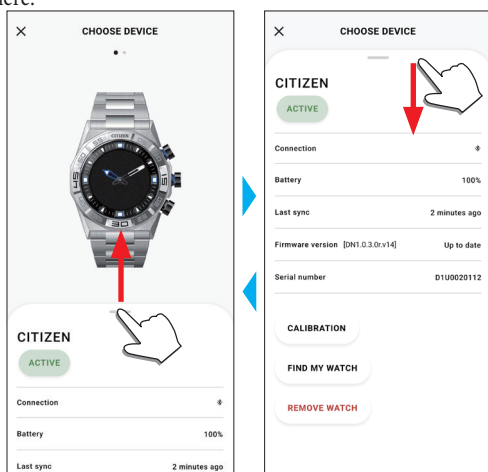
Side menu

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



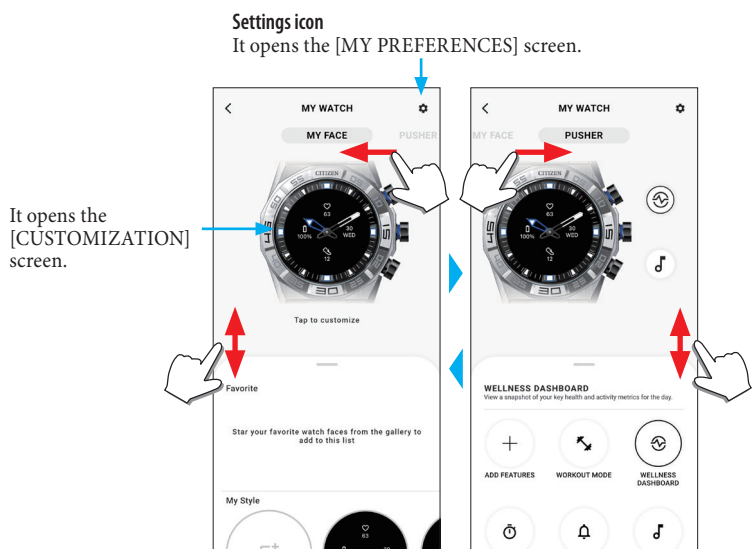
[CHOOSE DEVICE] screen

You can add watches, manage connection and adjust the reference position of the watch hands here.



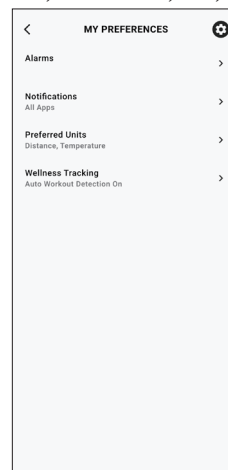
[MY WATCH] screen

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



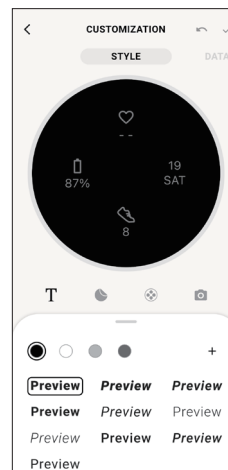
■ [MY PREFERENCES] screen

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



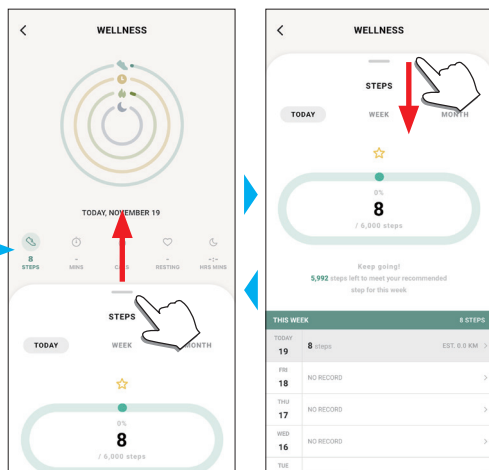
■ [CUSTOMIZATION] screen

You can control display indication of the watch here.



[WELLNESS] screen

It is the screen for indicating the data of the activity monitor on the watch. The screen has the five following sub menus: [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CAL)], [HEART RATE (RESTING)] and [SLEEP (HRS MINS)].



Tap to switch to an item you want to indicate.

- Activity amount is indicated by percentage where the target value set is supposed 100 %. One whole circle means 100 % on a circle graph. For bar graphs, the 100 % line is indicated in the graph field.
- For details of Target value, see "Changing goal values of activities" (→ page 9).

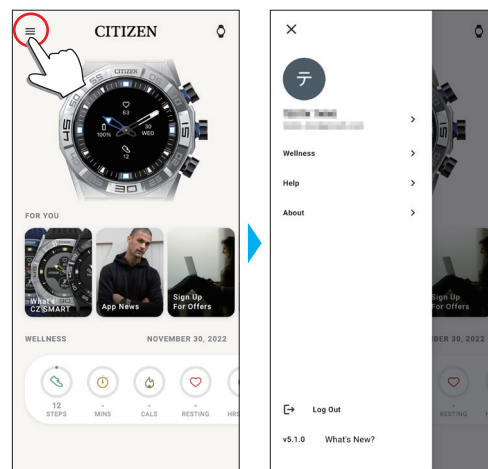
Changing settings of the dedicated app**1 Start the dedicated app.**

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 menu icon (☰) on the upper left of the home screen.

The side menu opens.



Account name	Tap to change account name.
[Wellness]	You can change connected apps, height, weight, gender and settings of activity goals here.
[Help]	You can access FAQ and contact us here.
[About]	You can control data sharing setting for software improvement and browse terms of use and privacy policy here. You can also remove your account here.
[Log Out]	Use this to log out of the dedicated app. Your account is not removed.
Version indication	Version of this dedicated app is indicated.
[What's New?]	You can access the latest information of this dedicated app and other topics.

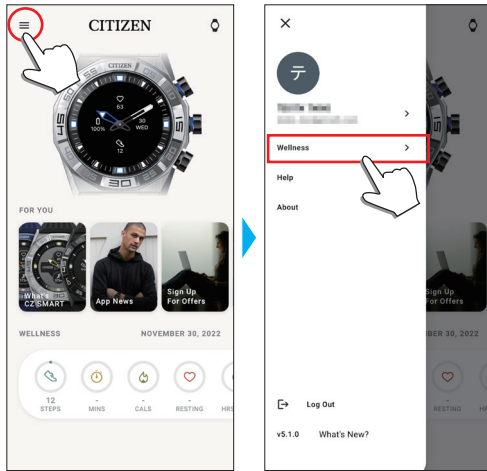
Changing goal values of activities

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.

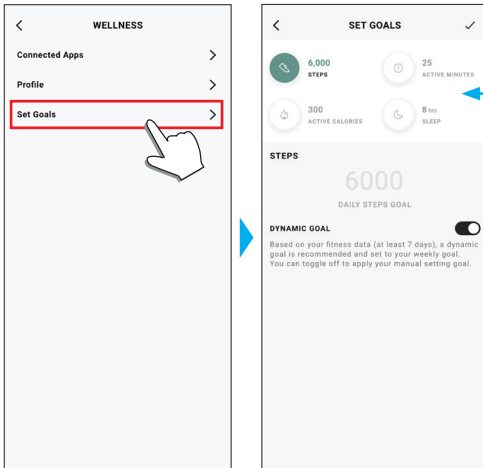
2 Tap the menu icon (☰) on the upper left of the home screen, then tap [Wellness] on the side menu.



The [WELLNESS] screen is opened.

3 Tap [Set Goals] on the [WELLNESS] screen.

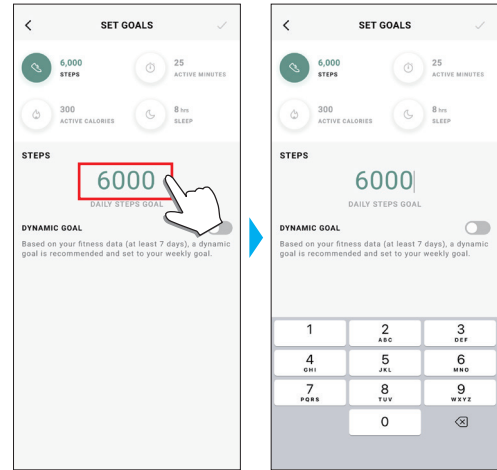
The [SET GOALS] screen is opened.



The current setting values are indicated. Tap an item whose setting value you want to change.

4 Choose the item which you want to change goal value on the top of the screen and tap the value.

The screen keyboard appears.



- When [DYNAMIC GOAL] is active on [STEPS], you cannot change its goal value. The goal value is automatically set based on your past activity history (at least records of your 7-day activity is required to activate the function).

5 Tap the check icon (✓) on the upper right of the [SET GOALS] screen to finish the procedure.



Checking the status of the connected watch

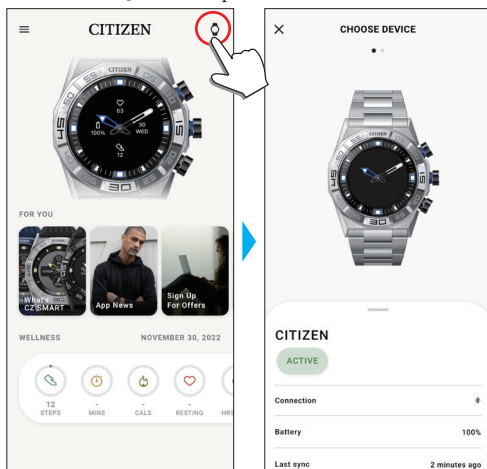
1 Start the dedicated app.

The watch and the smartphone are connected.

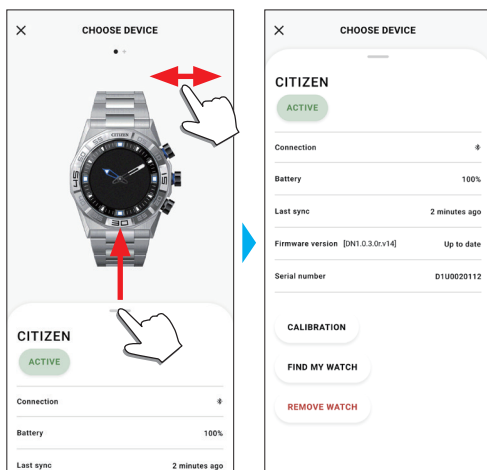
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.



2 Tap the watch icon (🕒) on the upper right of the home screen.

The [CHOOSE DEVICE] screen is opened.



3 Swipe left or right on the screen to display the connected watch and swipe up the tab on the bottom of the screen.



[ACTIVE]	[ACTIVE] is indicated for the currently connected watch. <ul style="list-style-type: none"> • When you use two or more watches, you can switch the watch to be connected by tapping [MAKE ACTIVE].
[Connection]	The current connection status is indicated.  Connected  Disconnected
[Battery]	You can check power reserve of the connected watch here.
[Last sync]	The time elapsed since the last connection is indicated.
[Firmware version]	The current firmware version of the watch is indicated.
[Serial number]	The serial number of the watch is indicated.
[CALIBRATION]	Check and correct the reference position of the hour and minute hands. For details, see "Checking and correcting the reference position" (→ page 17).
[FIND MY WATCH]	Use this to search the watch. A rough-estimated position of the watch where it lastly synchronized with the smartwatch can be indicated on the map. <ul style="list-style-type: none"> • Permission for access to the positional information of your smartphone is needed.
[REMOVE WATCH]	Use this to cancel pairing between the watch and the smartphone and reset the watch. <ul style="list-style-type: none"> • The watch and the smartphone must be in their connectible range.

Executing settings for functions and assigning them to the buttons of the watch

You can assign various functions to the lower right button (A) and the upper right button (C) of the watch. Some functions need setting on the dedicated app.

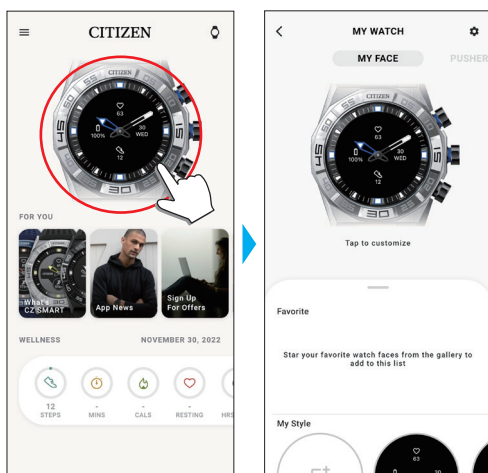
1 Start the dedicated app.

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.

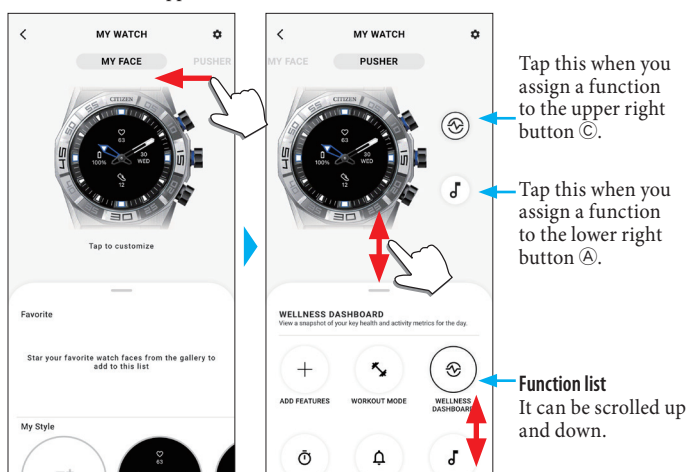
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



3 Swipe left on the [MY WATCH] screen to indicate [PUSHER].

The function list is appeared on the tab on the bottom of the screen.



- The example above shows when the upper right button (C) is tapped.

4 Tap the button which you want to assign a function to and tap a function on the bottom of the screen.

- Items shown on the function list may differ depending on status of the watch.

[ADD FEATURES]	Use this to assign an iidea of Riiver to a button as a function. Function setting: Turn on iideas on [IIIDEA LIST] and execute required settings to make iideas of Riiver appear on the bottom of the screen. <ul style="list-style-type: none"> • Riiver and iideas are not shown on the list in places where the Riiver service is not available. Even after assigning an iidea, it is not shown in places where the Riiver service is not provided.
[WORKOUT MODE]	It measures your exercise and indicates its result for each exercise type. Results of your exercise are indicated on the screen of the app.
[WELLNESS DASHBOARD]	It indicates [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CAL)], [HEART RATE (RESTING)] and [SLEEP (HRS MINS)] of a day. It measures your heart rate.
[STOPWATCH]	It provides stopwatch measurement. The minute hand overlaps the hour hand and they moves to indicate seconds.
[NOTIFICATIONS]	It indicates notifications. Function setting: it is required to execute settings for notifications on [Notifications] on the [MY PREFERENCES] screen.
[MUSIC CONTROL]	You can control music playback through the watch while using the music app: can command play/pause/go previous/go next. Play/pause: Press and hold the upper right button (C) of the watch. Volume up: press the upper right button (C) once. Volume down: press the lower right button (A) once. Back to the previous tune: Press and hold the lower right button (A).
[TIMER]	It provides a countdown timer. The minute hand overlaps the hour hand and they moves counterclockwise to countdown seconds. You can set countdown time in 1-minute increments. The watch vibrates when time is up. Function setting: countdown time must be changed on the watch itself.
[WEATHER]	It indicates weather reports of up to two places including current one. Function setting: choose places on [ADD LOCATION]. <ul style="list-style-type: none"> • Permission for access to the positional information of your smartphone is needed.
[RING PHONE]	It makes your smartphone emit sound to help you when looking for the phone. To stop emitting sound, press the middle right button (B) of the watch.

Functions added through [ADD FEATURES]

[UV Index]	It indicates UV indexes of three places including the current one.
[Surf Report]	It indicated special weather reports for surfing.
[Hue Light]	It controls Hue, a smart light of Philips. • This function is available on iOS only.
[Golf Report]	It indicated special weather reports for golf.
[Golf Course]	It indicates information of each hole of a course such as length and handicap.
[Flight Information]	You can check information of the flight you registered.
[Delivery Tracking]	You can check delivery tracking information of your parcel.
[Google Nest Thermostat]	You can control room temperature management tool.
[Yard to Hole]	You can check distance to a hole on a golf course.

5 Tap the back icon (<) on the upper right of the [MY WATCH] screen to finish the procedure.

- Follow instructions on the screen.



The selected function is assigned to the button.

■ To try to use assigned functions

When you press a button of the watch which a function is assigned to, the screen for the function is shown on the display of the watch.

- Some functions needs Internet connection through the dedicated app.

■ After using functions

Press and hold the middle right button (Ⓜ) to return to normal indication.

- Measurement of functions such as the timer continues after returning to the normal indication.

Customizing the watch face

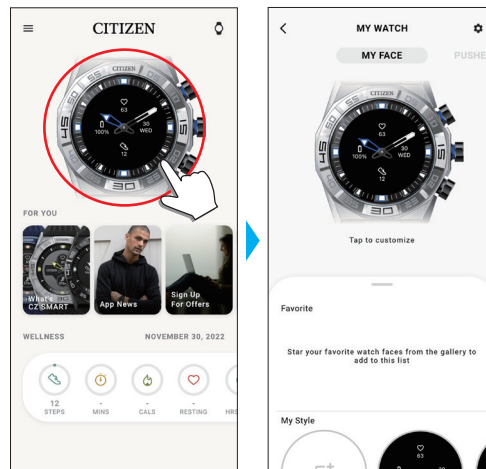
1 Start the dedicated app.

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.

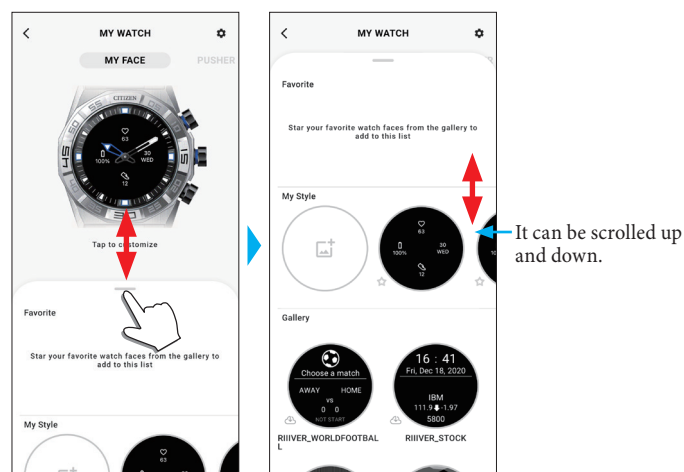
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



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

- Swipe right on the screen when [PUSHER] is shown.
- Proceed to step 5 when you want to customize the current watch face.



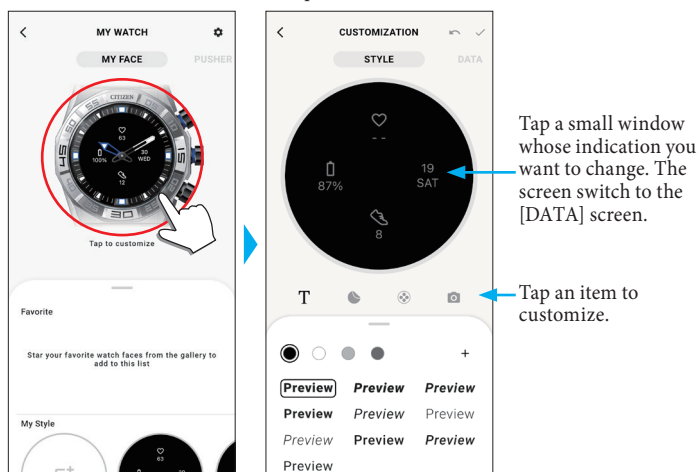
4 Choose and tap a watch face you like.

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

Proceed to the next when you want to customize the watch face.

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

The [CUSTOMIZATION] screen is opened.



- Some faces cannot be customized.

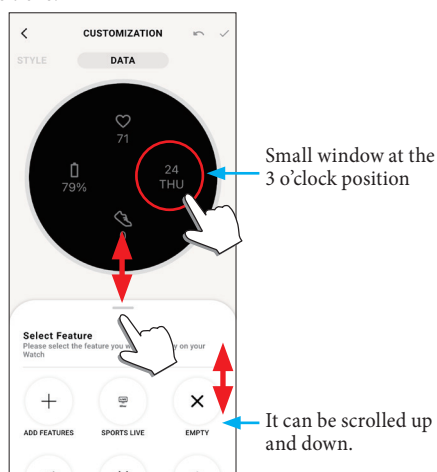
	You can enter text you want to show on the watch display. Tap [+] to add text. You can choose text color. Drag it to change its position; Pinch it in/out to change its size.
	Use it when you add one of sticker prepared for watch faces. Tap the sticker you placed to change its color. Drag it to change its position; Pinch it in/out to change its size.
	Use it to choose a background for the watch face.
	Use it when you arrange a photo data stored in your smartphone into a watch face. The existing watch face is overwritten with the new one.

- Some menu items do not appear for some watch faces.
- To remove text and stickers, select one you want to remove and tap the trash icon.

To change indication of small windows

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 tab on the bottom of the screen.

- You can add [GOAL RING] to a window when it shows indication with a goal value such as [STEPS].

[ADD FEATURES]	Use it when you choose an information item from iideas of Riiiver. Turn on iideas on [IIIDEA LIST] to make information items of Riiiver appear on the bottom of the screen. • Riiiver and iideas are not shown on the list in places where the Riiiver service is not available. Even after choosing an iidea for indication, it is not shown in places where the Riiiver service is not provided.
[SECOND TIMEZONE]	It indicates the current time of the place you chose. The chosen place is shown on the bottom of the screen. Tap it to change the place.
[EMPTY]	Choose this when you want to display no indication.
[DAY-DATE]	It indicates date and day of week.
[CURRENT TEMPERATURE]	It indicates temperature of the current place. • Permission for access to the positional information of your smartphone is needed.
[STEPS]	It indicates how many steps you have taken today.
[HEART RATE]	It indicates the heart rate lastly measured.
[CHANCE OF RAIN]	It indicates chance of rain of the current place. • Permission for access to the positional information of your smartphone is needed.
[ACTIVE MINUTES]	It indicates time you have spent for exercise today.
[CALORIES]	It indicates calorie you have consumed today.
[BATTERY]	It indicates the current power reserve of the watch.

Functions added through [ADD FEATURES]

[Sports Live]	Flash reports of the sport you chose are indicated.
[UV Index]	It indicates UV index of the current place.
[Stock price]	Stock price condition of a company you assigned is indicated.
[World Football]	Flash reports of a soccer team you chose are indicated.

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

The [APPLY] screen is displayed.



7 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.

Setting alarm

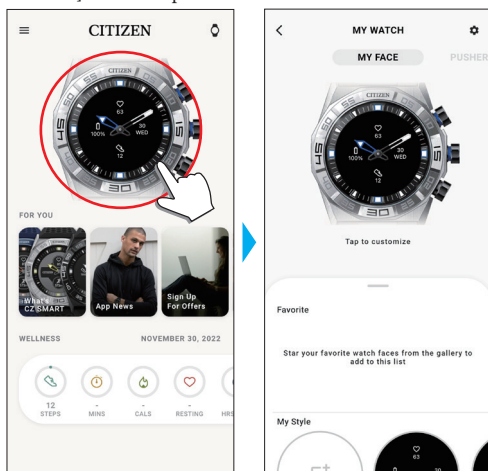
1 Start the dedicated app.

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.

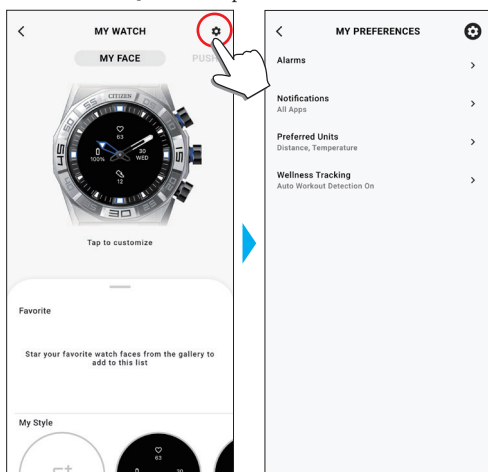
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



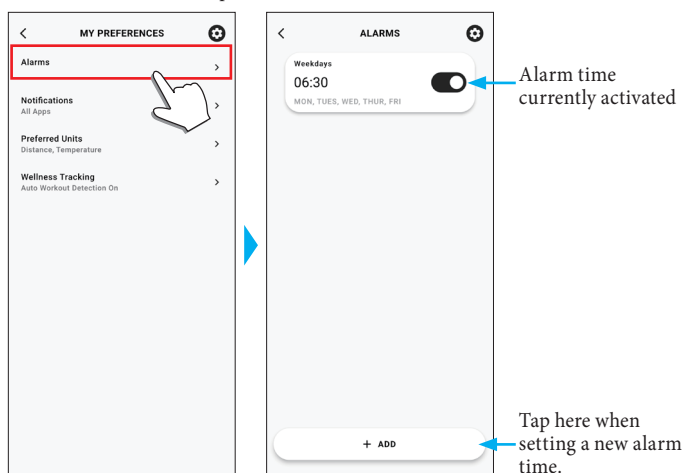
3 Tap the setting icon (⚙️) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.



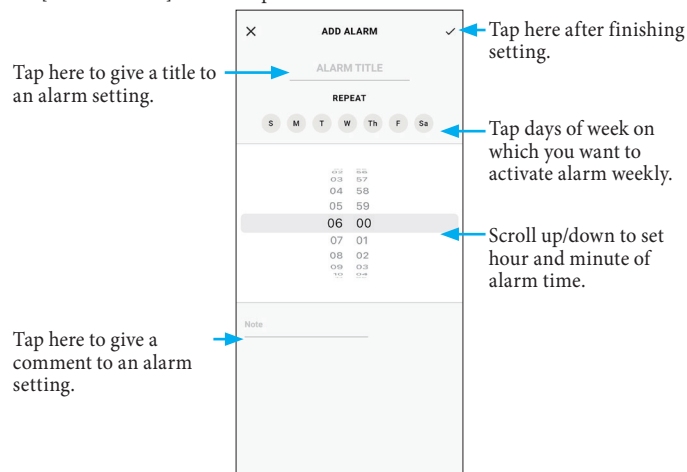
4 Tap [Alarms] on the [MY PREFERENCES] screen.

The [ALARMS] screen is opened.



5 Tap [+ ADD] on the bottom of the [ALARMS] screen.

The [ADD ALARM] screen is opened.

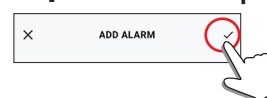


Tap here to give a comment to an alarm setting.

- Tap days of week on [REPEAT] on which you want to use alarm repeatedly. On the example below, days from Monday to Friday are selected.



6 After finishing setting of alarm time, tap the check icon (✓) on the upper right of the [ADD ALARM] screen to finish the procedure.



The alarm time newly set is indicated in the activated status.

■ When alarm time comes

The watch vibrates.

- Press any button to stop vibration.

■ Turning on/off the alarm

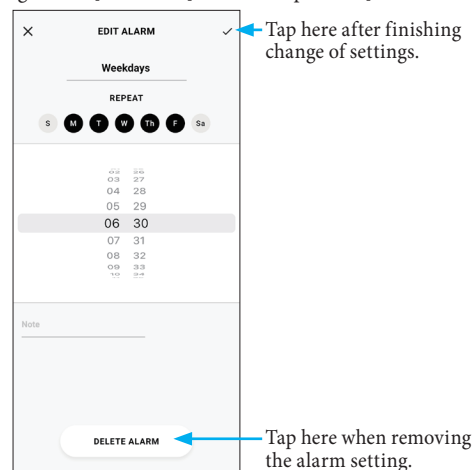
Tap the switch of alarm setting to turn on/off on the [ALARMS] screen.



Each time you tap it, the alarm is turned on/off.

■ Changing alarm setting

Tap alarm setting on the [ALARMS] screen to open the [EDIT ALARM] screen.



Setting notification

- Notifications may be missed when distance between the smartphone and the watch is 10 m (33 feet) or more or there is any obstacle between them.

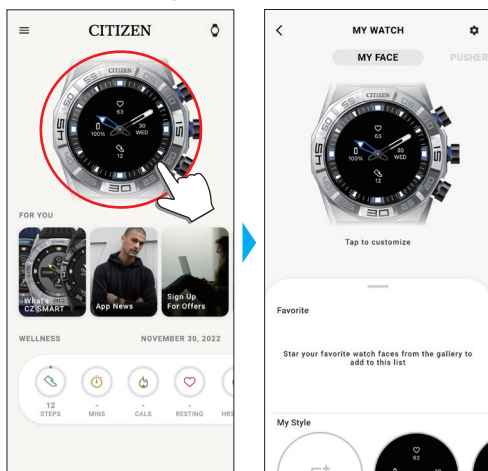
1 Start the dedicated app.

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.

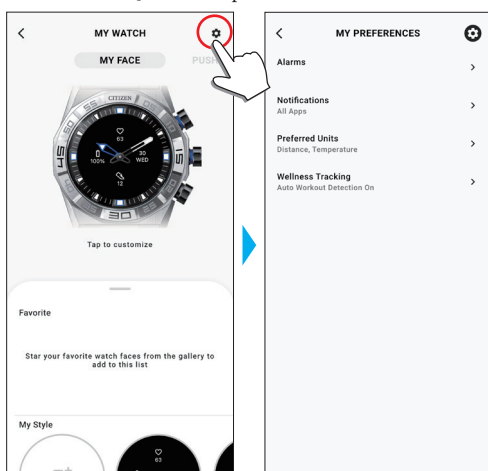
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



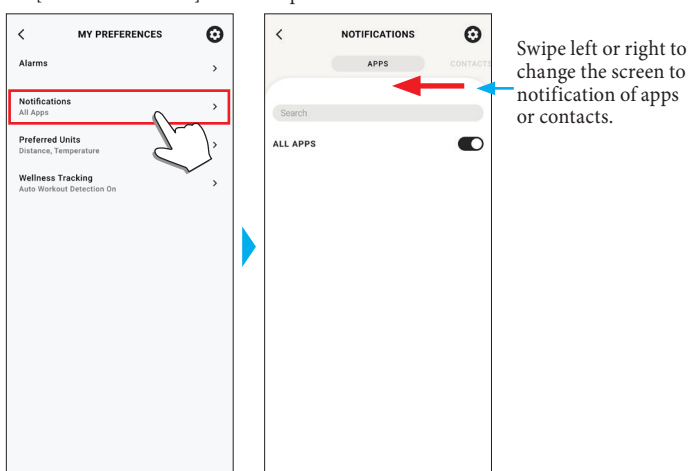
3 Tap the setting icon (⚙️) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.



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

The [NOTIFICATIONS] screen is opened.



[APPS]	[CONTACTS]
<p>Choose apps for receiving notifications.</p> <ul style="list-style-type: none"> You need to enable notification reception also on the settings of your smartphone. Apps shown may differ depending the OS of your smartphone. 	<p>You can choose notification targets for phone and each message services.</p> <ul style="list-style-type: none"> For [QUICK RESPONSE] (on the dedicated app for Android only), see below.

- You need to control access right on your smartphone to access its address management app.
- On Android OS, you can tap items with “i” and control their access right.

■ About [QUICK RESPONSE]

When a call comes in from one of notification targets, you can answer it with a message using [QUICK RESPONSE] (the dedicated app for Android only). You can make and stock up to two messages beforehand.

When you use [QUICK RESPONSE], as a call comes in, choose a message from the stocked ones by using the lower right button (A) or the upper right button (C) on the watch and send it by using the middle right button (B).

Detecting activities automatically

For the four activities, [Run], [Bike], [Walk] and [Row Machine], you can set the watch to detect them automatically and start measurement. ([Auto Workout Detection])

In addition, this watch has the notification function to tell you to stand up when it detects that you have had no action a certain period time while studying or working. ([Move Alerts])

- Notifications may be missed when distance between the smartphone and the watch is 10 m (33 feet) or more or there is any obstacle between them.
- The [Move Alerts] function works when the acceleration sensor of the watch has detected no action for a certain period of time.

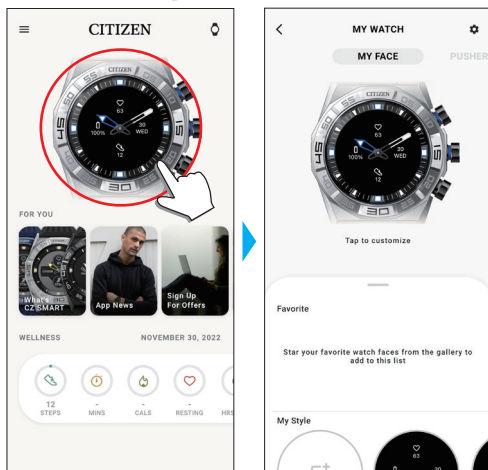
1 Start the dedicated app.

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.

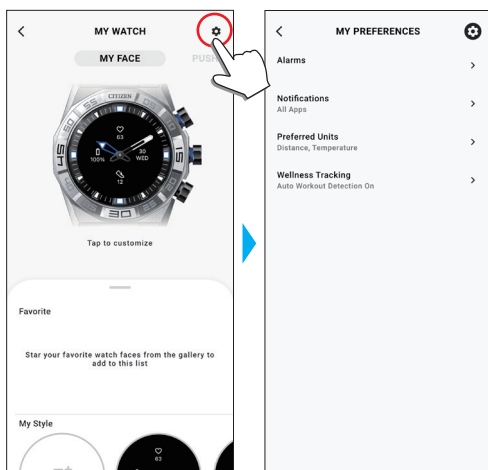
2 Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.



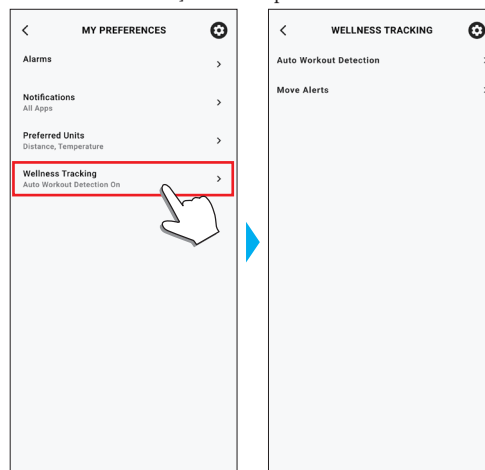
3 Tap the setting icon (⚙️) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.



4 Tap [Wellness Tracking] on the [MY PREFERENCES] screen.

The [WELLNESS TRACKING] screen is opened.



[Auto Workout Detection]	[Move Alerts]
<p>Run 3 mins <input type="checkbox"/> Ask me first <input checked="" type="checkbox"/> Bike 5 mins <input type="checkbox"/> Ask me first <input checked="" type="checkbox"/> Walk 10 mins <input type="checkbox"/> Ask me first <input checked="" type="checkbox"/> Row Machine 3 mins <input type="checkbox"/> Ask me first <input checked="" type="checkbox"/></p>	<p>RECEIVE MOVE ALERTS <input type="checkbox"/> Start 11:58 End 21:00 Alert me if I'm inactive for 20 MINS Receive an alert when you're inactive for a specified time.</p>
<p>Tap switches of activities for which you want to start measurement automatically.</p> <ul style="list-style-type: none"> • When you check [Ask me first], a notification comes when measurement starts. 	<p>Use [Start] and [End] to set the time period when the function is active. The notification is not sent while it is out of the time you set.</p> <p>Use [Alert me if I'm inactive for] to set interval between the last detection of action and sending the notification.</p>

Checking and correcting the reference position

Check and adjust the reference position through the dedicated app.

If the time or calendar is not shown correctly even after connecting with the smartphone, check whether the reference position of the watch hands is correct.

- If the hands do not reflect the correct reference position, the time will not be indicated accurately.

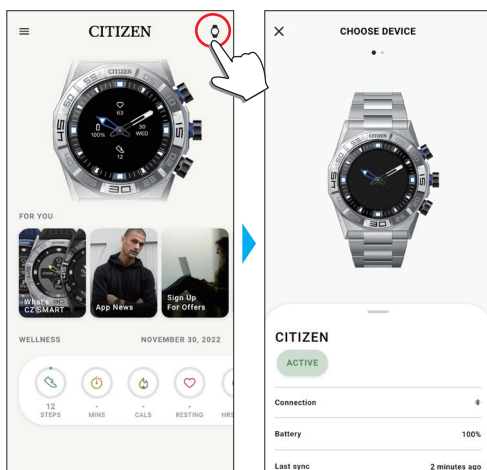
1 Start the dedicated app.

The watch and the smartphone are connected.

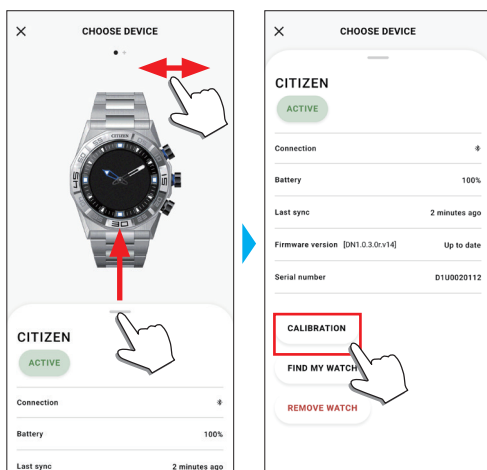
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the watch icon (🕒) on the upper right of the home screen.

The [CHOOSE DEVICE] screen is opened.

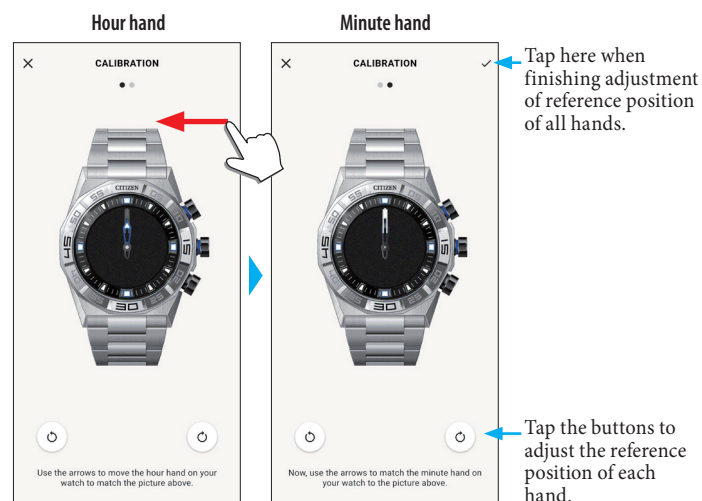


3 Swipe left or right on the screen to display the connected watch and swipe up the tab on the bottom of the screen.



4 Tap [CALIBRATION].

The reference position of the hour hand becomes adjustable.



5 Correct the reference position of watch hands following instructions on the screen.

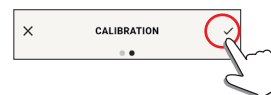
- Use the buttons below the figure of the watch on the screen to move the hand of the watch.

6 Swipe left after finishing adjustment of the hour hand.

The reference position of the minute hand becomes adjustable.

7 Adjust the reference position of the minute hand of the watch through the same steps.

8 Tap the check icon (✓) on the upper right of the screen to finish the procedure.



- The check icon (✓) appears on the screen of adjustment of reference position of the minute hand.

About the menu on the watch

You can choose a function from the menu of the watch and use it.

- Some functions are not available without connection between the watch and the smartphone through the dedicated app.

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

The hands of the watch point one of the function icons on the display.



- [Home] is pointed immediately after indication.
- The indication automatically returns to normal indication in 3 minutes without executing any operation.

2 Press and release the lower right button **(A)** or the upper right button **(C)** of the watch repeatedly to switch the function to use.

The hands of the watch point one of the function icons.

- Press and hold the lower right button **(A)** or the upper right button **(C)** of the watch to move the hands continuously.
- The black icon in a white circle shows the function currently chosen.
- iiideas are not available in places where the Riiiver service is not provided.

[Weather]	It indicates weather reports of up to two places including current one. <ul style="list-style-type: none"> Settings on the dedicated app are needed to use it. For details, see "Executing settings for functions and assigning them to the buttons of the watch" (→ page 11).
[Ring Phone]	It makes the smartphone connected with the watch emit sound. It is useful for searching the smartphone. To stop emitting sound, press the middle right button (B) of the watch.
[Music Control]	You can control music playback through the watch while using the music app: can command volume up/down and play/pause/go previous. Play/pause: Press and hold the upper right button (C) of the watch. Volume up: press the upper right button (C) once. Volume down: press the lower right button (A) once. Back to the previous tune: Press and hold the lower right button (A) .
[Notifications]	It indicates notifications. <ul style="list-style-type: none"> Settings on the dedicated app are needed to use it. For details, see "Setting notification" (→ page 15).
[Home]	The watch returns to normal screen.
[Settings]	Use it to execute settings on the watch. <ul style="list-style-type: none"> For details, see "Settings on the watch body" (→ page 6).
[Wellness]	It indicates [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CAL)], [HEART RATE (RESTING)] and [SLEEP (HRS MINS)] of a day. It measures your heart rate.
[Workout]	Use it to choose a type of exercise from 10 categories and take measurement for it. For some activities, you can make your exercise course indicated on a map. <ul style="list-style-type: none"> For [Run], [Bike], [Walk] and [Row Machine], you can set the watch to detect them automatically and start measurement. For details, see "Detecting activities automatically" (→ page 16).
[Timer]	It provides a countdown timer. For details, see "Using the timer" (→ page 18).
[Stopwatch]	It provides stopwatch measurement. The minute hand overlaps the hour hand and they moves to indicate seconds.

3 Press the middle right button **(B)** of the watch.

Indication on the display is switched to that for the function you chose.

- Some functions starts working immediately.

■ To return to normal indication

Press and hold the middle right button **(B)** of the watch to return to normal indication.

- When you have returned to the menu from settings of an item, press and hold the middle right button **(B)** again.

Using the timer

The timer on this watch can set countdown time in 1-minute increments.

- Countdown time of the timer must be changed on the watch.

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

The hands of the watch point one of the function icons on the display.



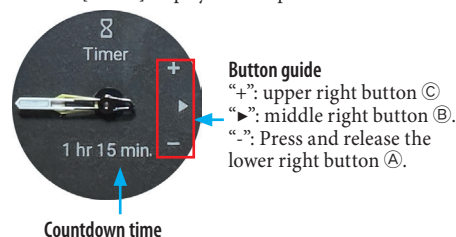
- The indication automatically returns to normal indication in 3 minutes without executing any operation.

2 Press and release the lower right button **(A)** or the upper right button **(C)** of the watch repeatedly to indicate [Timer].



3 Press the middle right button **(B)** of the watch.

The watch shows the [Timer] display and the previous countdown time is indicated.



Here we change the countdown time to 25 minutes for example.

4 Press and release the lower right button **(A)** repeatedly to change countdown time to [25 min].

- Countdown time changes continuously in 10-minute increments while you are pressing and holding one of the buttons.

5 Press the middle right button **(B)** of the watch.

The hands of the watch start moving from 12 o'clock position and countdown timer starts.



- Press the middle right button **(B)** of the watch to return to normal indication. The timer keeps countdown.

■ After measurement

The watch vibrates to tell you time is up.

■ To cancel measurement

Measurement of timer and other functions does not stop even when the display is switched. To cancel measurement, stop it following the steps below.

- 1 Call the [Timer] display by executing steps 1 - 3 of "Using the timer" (→ page 18).



- 2 Press the lower right button (A) of the watch.

Countdown of the timer is paused.

- Press the lower right button (A) of the watch again to restart.



- 3 Press the upper right button (C) of the watch to reset the timer.

The timer's remaining time becomes [0 min] and countdown is ended.



- 4 Press the middle right button (B) of the watch to finish the procedure.

The watch returns to normal indication.

- The countdown time set is kept.
- Pressing the upper right button (C) at step 3 above updates countdown time.

Bluetooth® wireless technology

■ Regulatory concerning to Bluetooth® (Areas where Bluetooth® is available)

Use of the Bluetooth® communication technology is not legally permitted in some countries or regions.

- Using this watch in a country where it is not permitted may be punished under its law.
- Communication using Bluetooth® may be monitored intentionally or accidentally. Do not use this watch for important communication or any communication involving human lives.

For details of Bluetooth, see the following items.

https://www.citizenwatch-global.com/support/html/en/yf20/bt_info_01_yf20.html



Specifications

Model	YF20	
Type	Analog-digital combination smart watch	
Display functions	Analog section	Hour, minute
	Display section	Indicates various functions permanently
Duration	About 2 weeks - 4 weeks (vary depending on conditions of use)	
Battery	Rechargeable cell (lithium ion cell), 1pc.	
Additional functions	<ul style="list-style-type: none"> • Connection function (through the dedicated app on the smartphone) • Vibration function (for alarm and so on. setting through the dedicated app) • Activity monitoring function • Heart rate measurement function • Riiiver function • Indications based on functions equipped with the watch: Steps/time and achievement of each type of workout/heart rate/calorie consumption/hours of sleep notification of incoming calls/notification from apps/move alerts stopwatch/timer Music control weather/temperature/chance of rain second time zone (local time)/date and days-of-week indication assigning functions to buttons/editing watch faces Searching the smartphone 	

Specifications and contents are subject to change without prior notice.