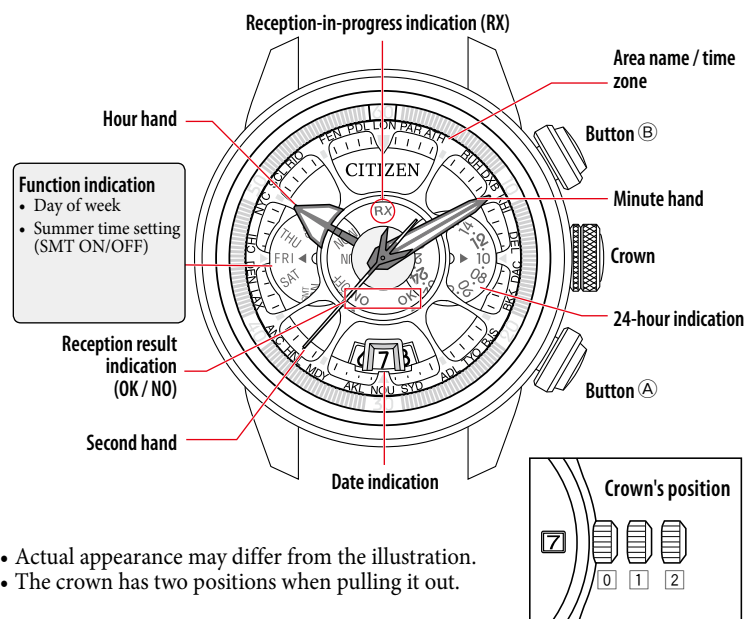


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications, and operations, refer to the instruction manual:  H990 instruction manual

Component identification



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.

Checking the power reserve

1. Push the crown in to position 0.
2. Press and release the lower right button (A).

The second hand moves to indicate the power reserve.

Second hand movement	Power reserve status
Pointing "OK" or "NO" after moving clockwise	Power reserve is sufficient.
Pointing "OK" or "NO" after moving counterclockwise	Charge immediately

- "OK" and "NO" indicate the satellite time signal reception result. They have no relation to the charge level.

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

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Setting the world time

Checking the world time

1. Push the crown in to position 0.
2. Press and release the upper right button (B).
The second hand moves to point the area currently set.
3. Press and release the upper right button (B) to finish checking.
• It returns to current time indication automatically in about 10 seconds without pressing the button.

Setting the world time

Select an area from 26 worldwide areas to indicate its time.

1. Pull the crown out to position 1.
The second hand indicates the current world time setting and the function hand indicates the summer time information.
2. Rotate the crown to select an area.
3. Push the crown in to position 0 to finish the procedure.

Table of time zones and representative areas

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.
- When setting the world time to the summer time while the area selected is in the summer time period, select an area and then set the summer time.

Time zone	Second hand	Area name	Representative area
0	0	LON	London
+1	2	PAR	Paris
+2	4	ATH	Athens
+3	7	RUH	Riyadh
+4	9	DXB	Dubai
+5	11	KHI	Karachi
+5.5	14	DEL	Delhi
+6	16	DAC	Dhaka
+7	18	BKK	Bangkok
+8	21	BJS	Beijing
+9	23	TYO	Tokyo
+9.5	25	ADL	Adelaide
+10	28	SYD	Sydney
+11	30	NOU	Noumea

Time zone	Second hand	Area name	Representative area
+12	32	AKL	Auckland
-11	35	MDY	Midway
-10	37	HNL	Honolulu
-9	39	ANC	Anchorage
-8	42	LAX	Los Angeles
-7	44	DEN	Denver
-6	46	CHI	Chicago
-5	49	NYC	New York
-4	51	SCL	Santiago
-3	53	RIO	Rio de Janeiro
-2	56	FEN	Fernando de Noronha
-1	58	PDL	Azores

Switching the summer time and standard time

Checking the summer time setting

1. Push the crown in to position 0.

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

The function indication indicates the current summer time setting.

Summer time setting	Function indication	Description
ON		Summer time is indicated.
OFF		The standard time is indicated.

3. Press and release the upper right button (B) to finish checking.

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Switching summer time and standard time

1. Pull the crown out to position 1.

The function indication indicates the current summer time setting.

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

- Each time you press button (A), the summer time ON and OFF changes alternately.

3. Push the crown in to position 0 to finish the procedure.

Checking the reception result of the satellite signal

1. Push the crown in to position 0.

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

The tail of the second hand indicates the result of the last reception.

OK	The reception was successful.
NO	The reception failed.

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

- It returns to current time indication automatically in about 10 seconds without pressing the button.

Receiving the satellite time signal

- To cancel the reception, press and hold the lower right button (A) until the second hand returns to indicate the seconds.

Manual reception 1

- It may take 6 to 26 seconds to receive time information.

1. Push the crown in to position 0.

2. Press and hold the lower right button (A) until the tail of the second hand points "RX" (about 2 seconds).

- After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Manual reception 2

- Use this method when the leap second has been updated or when all reset has been performed.
- It may take 35 seconds to 13 minutes to receive time information.

1. Push the crown in to position 0.

2. Press and hold the lower right button (A) for 7 seconds.

Release the button after the tail of the second hand points "RX" and turns fully around to point "RX" again.

Reception starts.

- After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Checking and adjusting the leap second setting

1. Pull the crown out to position 2.

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

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

The leap second setting is specified according to the time of shipment.

Ex.)	When the leap second setting is "-34 seconds"*	When the leap second setting is "-65 seconds"
	The hands point to "0 minute 34 seconds".	The hands point to "1 minute 5 seconds".

*as of January 2011

Turn the crown to adjust the setting if the leap second is not correct.

3. Push the crown in to position 0 to finish the procedure.

The second hand returns to time indication.

Adjusting the time and calendar manually

- Check world time setting in [Setting the world time](#) beforehand.

1. Pull the crown out to position [2].

The second hand points to 30 seconds and stops.

2. Press and release the lower right button [A].

The second hand points 0 second and time and calendar become adjustable.

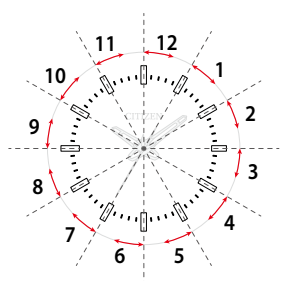
3. Press and release the lower right button [A] repeatedly to change the hand/indication to be corrected.

- Each time you press button [A], the target changes as follows:
Minute → hour/24-hour → date → year/month → day of week → (back to the top)
- The hands and indications slightly move when selected to show they become adjustable.

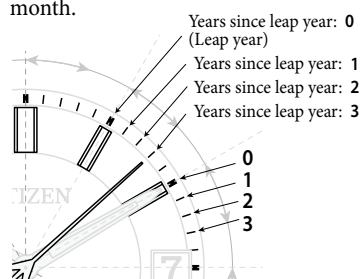
4. Rotate the crown to adjust the hand/indication.

- Date and the function indication (day of week) move synchronously.
- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- Year and month are indicated with the second hand.

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



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



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

5. Repeat steps 3 and 4.

6. Push the crown in to position [0] in accordance with a reliable time source to finish the procedure.

The second hand starts moving from 0 second.

Checking the reference position

1. Push the crown in to position [0].

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

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

- Release the button as the hands start to move.

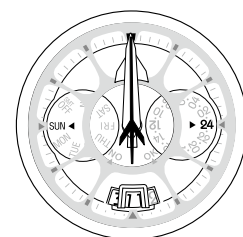
3. Check the reference positions.

Hour, minute and second hands: 0 hour 00 minute 0 second

24-hour indication: 24

Day of week (function indication) : "SUN" (Sunday)

Date indication: midway between "31" and "1"



When the current reference position is different from the correct one, adjust the position following the steps of "Correcting the reference position".

4. Press and release the upper right button [B] to finish the procedure.

Correcting the reference position

1. Push the crown in to position [0].

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

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

- Release the button as the hands start to move.

3. When all the hands stop moving, pull the crown out to position [2].

Day of week (function indication) and date indication become adjustable.

4. Press and release the lower right button [A] repeatedly to change the hand/indication to be corrected.

- Each time you press the button, the target changes as follows:
Day of week (function indication)/date indication → hour hand/24-hour indication → second/minute hands → (back to the top)
- The hands and indications slightly move when selected to show they become adjustable.

5. Rotate the crown to adjust the hand/indication.

- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- Date indication changes to the next as the day of week indication rotates 5 times.

6. Repeat steps 4 and 5.

7. Push the crown in to position [0].

8. Press and release the upper right button [B] to finish the procedure.

- After pushing the crown in to position [0], it returns to current time indication automatically in about 2 minutes without pressing the button.

Resetting the watch - All Reset

1. Pull the crown out to position .
2. Press and hold buttons  and  at the same time for 3 seconds or more and release them.

The second hand moves to the 0 second position and other hands and date indication move slightly, and All Reset is executed.

The setting values after All Reset	
Calendar	January of leap year (5 seconds position)
World time	±0 from UTC (LON), London
Summer time	Off at all areas
Leap seconds	No change after All Reset
Rollover number	

After All Reset

After All Reset, adjust the reference position, set the world time and time/calendar.