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

Instruction manual on the web (Cal. No. YF20)

You can access the web instruction manual of this watch using the QR code.
https://www.citizenwatch-global.com/support/html/en/yf20/yf20.html

- Refer to the web manual to check the latest news and information.
- 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 three functions to the buttons of the watch as you want by setting them on the dedicated app.

- [Riiiver]
- [WORKOUT MODE]
- [WELLNESS DASHBOARD]
- [STOPWATCH]
- [PAST NOTIFICATIONS]
- [MUSIC CONTROL]
- [TIMER]
- [WEATHER]
- [COMMUNE TIME]
- [CONNECT CHALLENGE]

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.

- [Riiiver]
- [SECOND TIMEZONE]
- [DAY-DATE]
- [CURRENT TEMPERATURE]
- [HEART RATE]
- [CHANCE OF RAIN]
- [STEPS]
- [CALORIES]
- [ACTIVE MINUTES]
- [BATTERY]

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

What is Riiiver?

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 functions prepared on the Riiiver platform to the watch by choosing "Riiiver" when assigning functions to watch buttons or 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.

## CONTENTS

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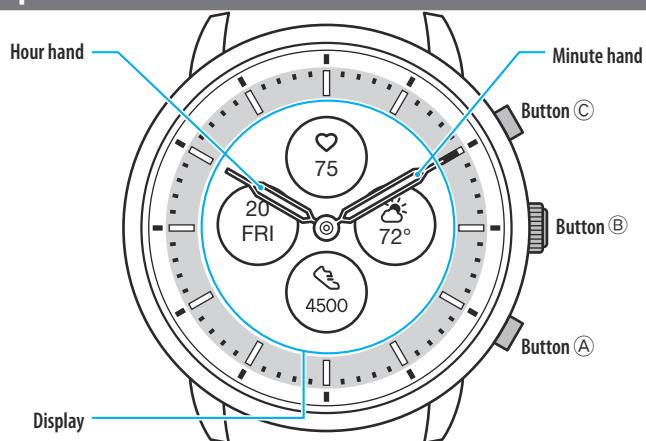
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

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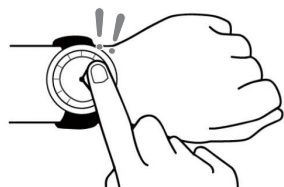To see current total steps or other real-time data, you need to renew indication intentionally.

Renewing indication on the display
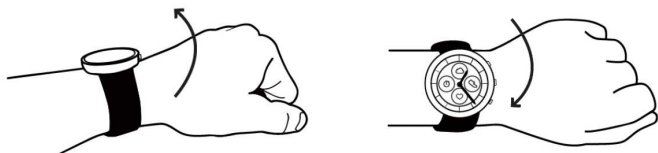
Twist your wrist quickly, and the hands on the watch move and the indication on the display is refreshed.
- Try the twist again if the hands do not move.

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.

Before connecting with a smartphone

This watch communicates with smartphones through Bluetooth® Low Energy power-saving communication technology.
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.

- The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.
- Android is a registered trade mark of Google LLC.
- iOS is a name of an operating system of Apple Inc. IOS is a trademark or registered trademark of Cisco Systems, Inc. or its affiliates in the U.S. and other countries, and is used under license.

Install the dedicated app
↓
Start up the app
↓
Sign up/log in
↓
Pairing
↓
Connection
↓ ↑
Disconnection
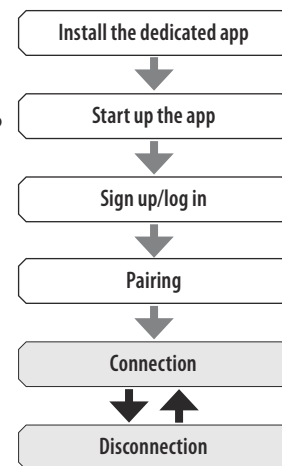
Requirements for connection

Android	Android OS 5.0 - 11.0
iPhone	iOS 10.0 - 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.
- 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 **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 in, the status (login status) is kept regardless whether the app is activated or deactivated.

4 **Press the right middle button Ⓑ and tap [CONTINUE] on the screen of the app as the [START PAIRING] screen is shown.**
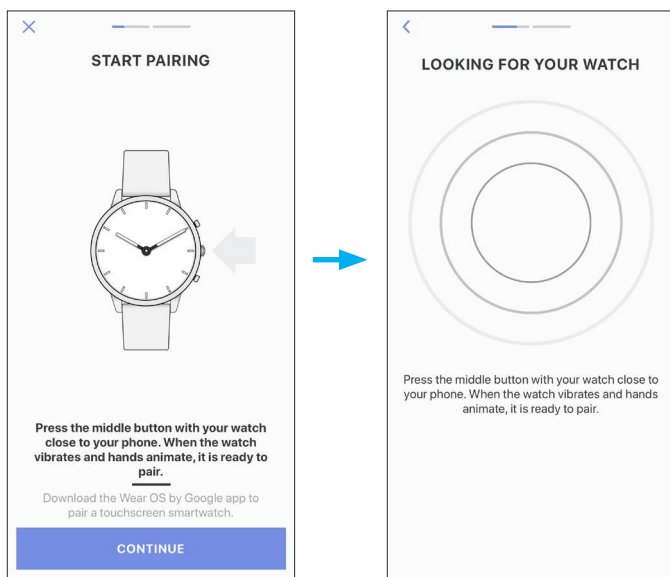
5 **Tap [THIS IS MY WATCH].**
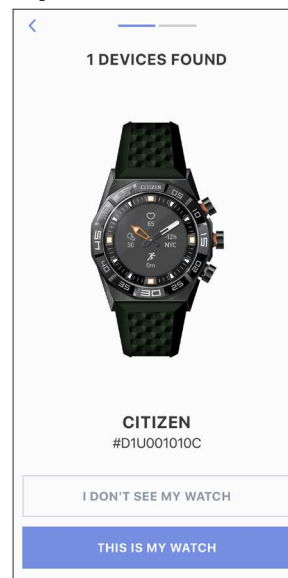
- The watch displayed on the screen may look different from the actual one you use.
- Tap [I DON'T SEE MY WATCH] when not only its color but whole appearance looks different from yours.
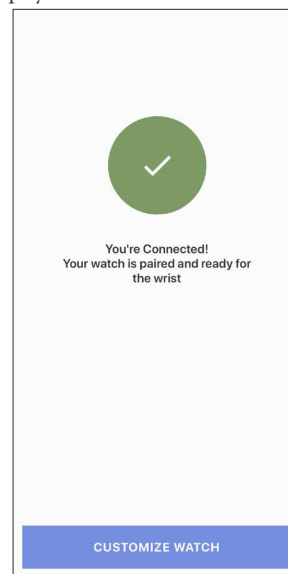- When update of the watch has started, wait until it is finished.

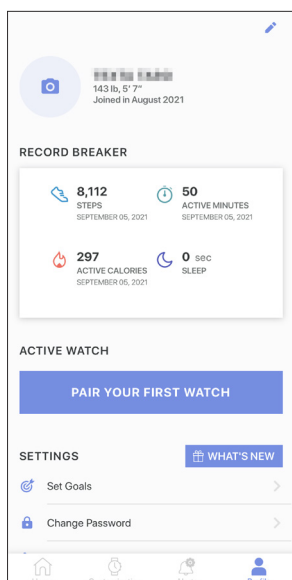**6** **Press and hold the middle right button Ⓑ within time limit.**

Pairing starts.

■ **When pairing finished successfully**
The screen of finish is displayed.

■ To start pairing on the screen of the app

When you canceled pairing before, tap [PAIR YOUR FIRST WATCH] or [+ADD] on the [Profile] screen.


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 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.
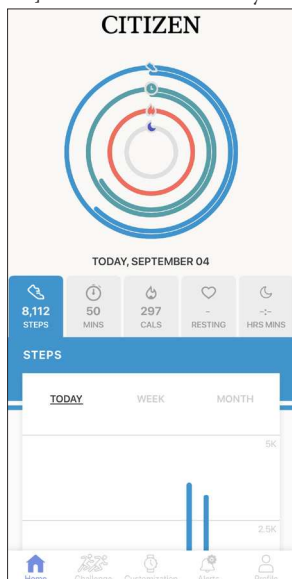
Adjustment of the time and calendar

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 acceleration sensor may measure wrongly.

You can see the measurement data in real time on the watch. Also, on the [Home] 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 15) for functions.

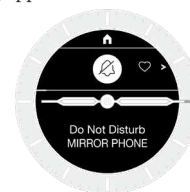**1 Press and hold the middle right button Ⓑ of the watch.**
The hands of the watch line horizontally and the menu appears on the display.

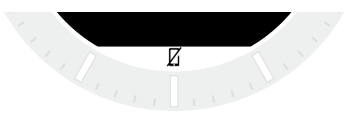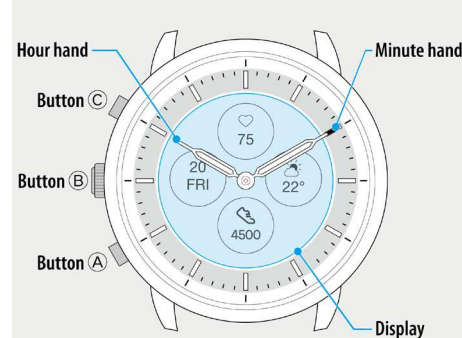- [Settings] is chosen when the menu appears.
  Pressing the lower right button Ⓐ moves the menu to the next item this time.
  Pressing the upper right button Ⓒ move the menu to the previous item.
- The indication automatically returns to normal indication in 3 minutes without executing any operation.

2 Press the middle right button Ⓑ of the watch while [Settings] is chosen.
The sub menu of [Settings] appears.

3 **Press and release the lower right button Ⓐ or the upper right button Ⓒ repeatedly to choose an item of the sub menu.**

[Do Not Disturb]	You can set whether notifications to the watch are stopped temporarily. You can choose one from [ALWAYS ON], [ALWAYS OFF] and [MIRROR PHONE]. The setting does not affect action of alarm.
[Heart Rate]	You can set whether you use the heart rate sensor.
[Front Light]	You can set whether you use the light.
[Unread Notifications]	You can set whether notifying unread notifications again. Pressing and holding the lower right button Ⓐ while the display shows normal indication shows unread notifications. Press and hold the middle right button Ⓑ to return to normal indication.
[Disconnected Icon]	You can set whether an icon is indicated on the bottom of the display of the watch when it is disconnected with your smartphone.
[Vibration]	You can set vibration strength of the watch. Choose [MEDIUM] or [STRONG]. Each time you change the setting, the watch actually vibrates in the new setting.
[Dial Info]	You can set whether information is indicated on the display. Pressing and holding the upper right button Ⓒ switches its on and off. Press and hold the middle right button Ⓑ to return to normal indication.
[Watch Mode]	You can set which wrist you wear the watch on. Choose [RIGHTIE] or [LEFTIE]. Each time you change the setting, indication on the display rotates upside down. When you choose [LEFTIE], read "middle right", "upper right" and "lower right" on this web manual as "middle left", "upper left" and "lower left" respectively.
[Notification Text]	You can set text size of notifications on the display. You can choose one from [SMALL], [NORMAL], [BIG] and [HUGE]. Each time you change the setting, text size of the icon names on the display.

4 **Press the middle right button Ⓑ of the watch.**
The setting of the sub menu item you chose is changed.
• Each time you press button , the setting is changed.

5 **Repeat steps 3 and 4 to adjust settings of other items.**

6 **After finishing settings, press the upper right button Ⓒ of the watch.**
[Go to Home] appears.

7 **Press the middle right button Ⓑ of the watch to finish the procedure.**
The watch returns to normal indication.

• Pressing the middle right button Ⓑ of the watch instead of the upper right button Ⓒ in step 6 returns the indication to [Settings]. Pressing and holding the button Ⓑ after that returns indication to normal.

The screen of the dedicated app

The dedicated app has the following 5 different screens.
Tap the five icons at the bottom of the display to switch the screens.

Home　Challenge　Customization　Alerts　Profile

[Home] 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 (CALS)], [HEART RATE (RESTING)] and [SLEEP (HRS MINS)].
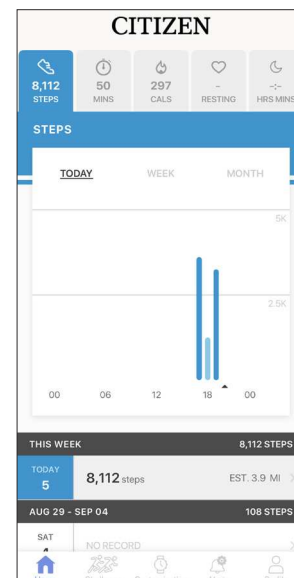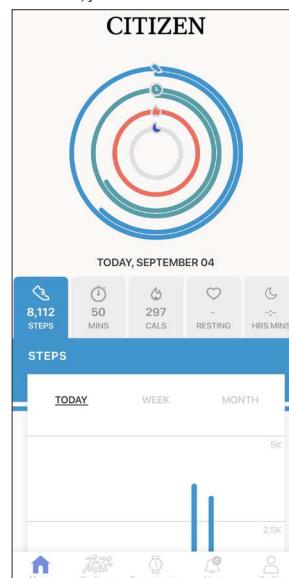
• Activity amount is indicated by percentage where the target value set is supposed 100 %. One whole circle means 100 % on a circle graph. For bar graphs, the 100 % line is indicated in the graph field.
• The target value can be changed at [[Set Goals] on the [Profile] screen.

[Challenge] screen

You can set goals for your exercise such as time trial on this screen as a challenge. You can share progress of the challenge with your friends in real time as well as try it only by yourself. You can compete with your friends in "Who takes most steps within an assigned period of time?" or "Who reaches the goal within 72 hours?"
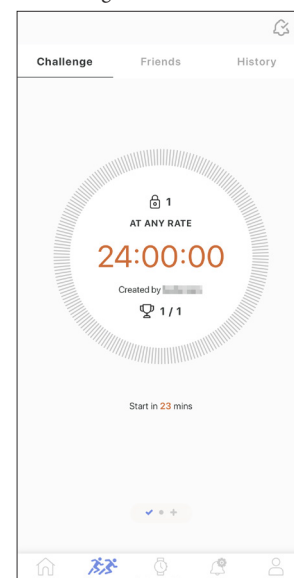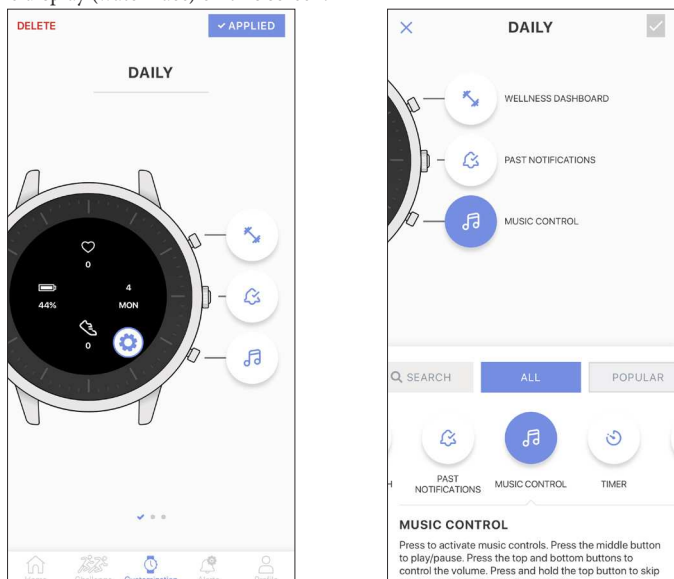
[Customization] screen

You can assign various functions to the buttons of the watch and change indication of the display (watch face) on this screen.

- When you choose [LEFTIE] at [Watch Mode] on the settings of the watch itself, consider the buttons of the watch figure are to be on the left side keeping their from-top-to-bottom order.

[Alerts] screen

It is the screen for setting the alarm time and notifications. This watch has three types of notification: notification of incoming calls ([Call & Messages]), that from app ([Apps]) and that not to keep sitting for a long time ([Move Alerts]).
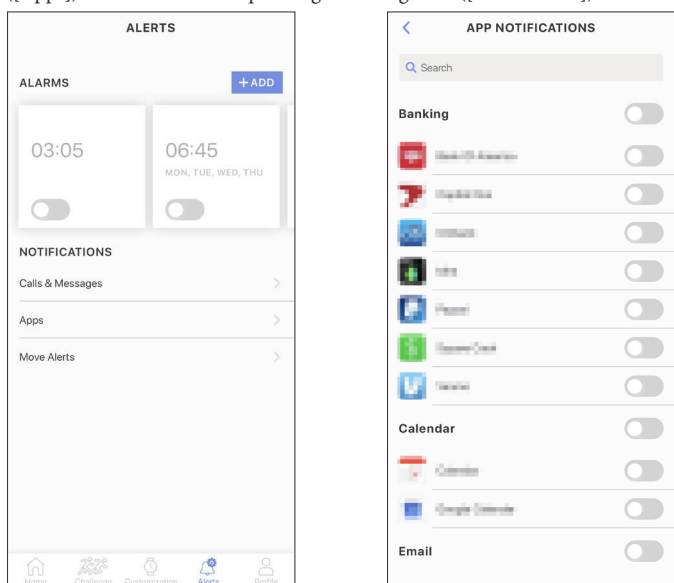
[Profile] screen

It is the screen for setting the account, adding watches, referring to the help and changing other settings.

- You can check battery remaining of the watch.
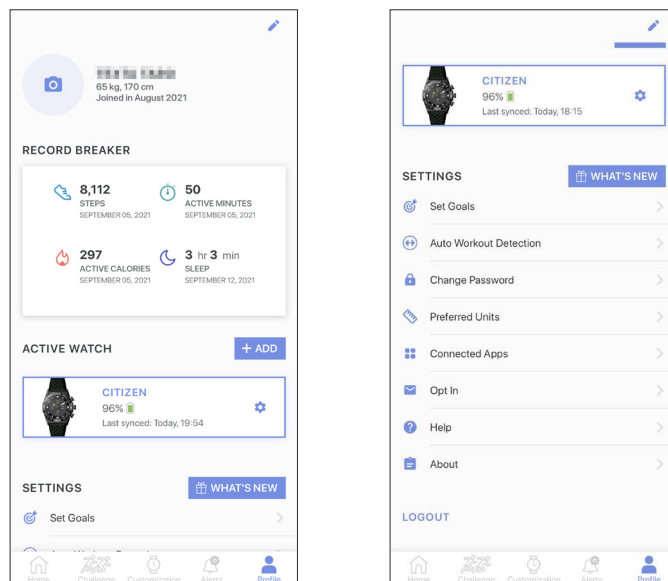
- Canceling pairing and logging out are also executed on the screen.

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.
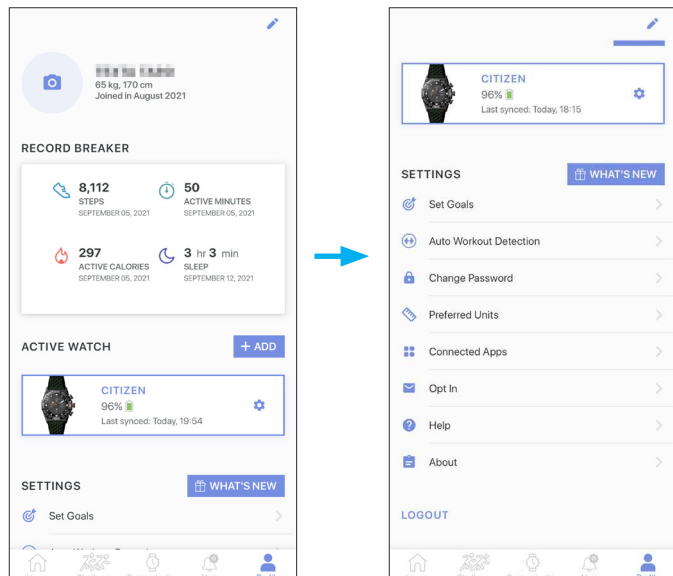• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap [Profile] on the bottom of the screen.**

| Home | Challenge | Customization | Alerts | Profile |

3 **Swipe the [Profile] screen upward to access [SETTINGS] at the bottom of the screen.**

[Set Goals]	Use this to change goal value settings of [STEPS], [ACTIVE MINUTES], [ACTIVE CALORIES] and [SLEEP].
[Auto Workout Detection]	Use this to activate/deactivate automatic detecting and measurement starting of [Run], [Cycle], [Walk], [Row Machine] during exercise.
[Change Password]	Use this to change the password of the account your made for this watch.
[Preferred Units]	Use this to change units of indication such as weight, height, distance and temperature.
[Connected Apps]	Use this to set smartphone's apps which data of the watch is linked with.
[Opt In]	Use this to change setting whether you receive mails for update announcement of the dedicated app, hints of usage of this watch, and so on.
[Help]	Use this to see FAQs and information of repair.
[About]	Use this to see terms of use and privacy policy.
[LOGOUT]	Use this to log out of the account you currently use.
Profile information	Tap the icon (✏) on the top right of the screen to see profile.

Checking the status of the connected watch

1 **Start the dedicated app.**
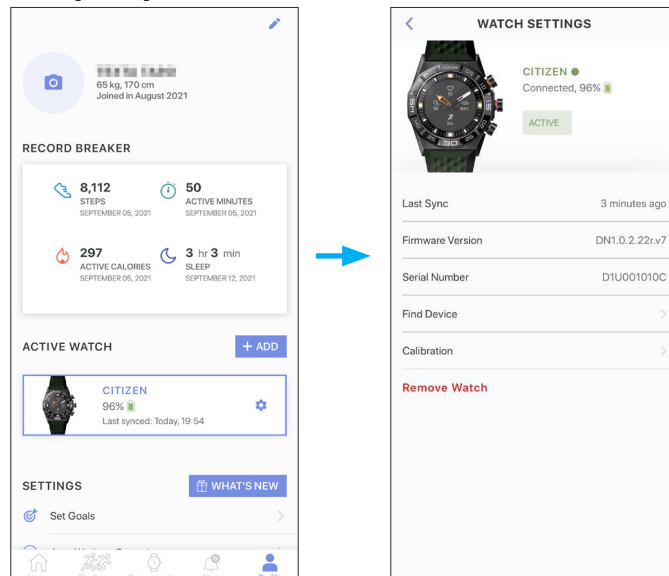The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap [Profile] on the bottom of the screen.**

| Home | Challenge | Customization | Alerts | Profile |

3 **Tap the icon (⚙) on the right of the image of the watch at [ACTIVE WATCH] on the [Profile] screen.**

The [WATCH SETTINGS] screen is opened.

[Last Sync]	The time when the watch and the smartphone were previously synchronized is indicated.
[Firmware Version]	The current firmware version of the watch is indicated.
[Serial Number]	The serial number of the watch is indicated.
[Find Device]	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.
[Calibration]	Check and correct the reference position of the hour and minute hands.
[Remove Watch]	Use this to cancel pairing between the watch and the smartphone. The watch and the smartphone must be in their connectible range.

• Permission for access to the positional information of your smartphone is needed to indicate the position of the watch on the map of smartphone using [Find Device].

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

You can assign various functions to the three buttons of the watch. Some functions need setting on the dedicated app.
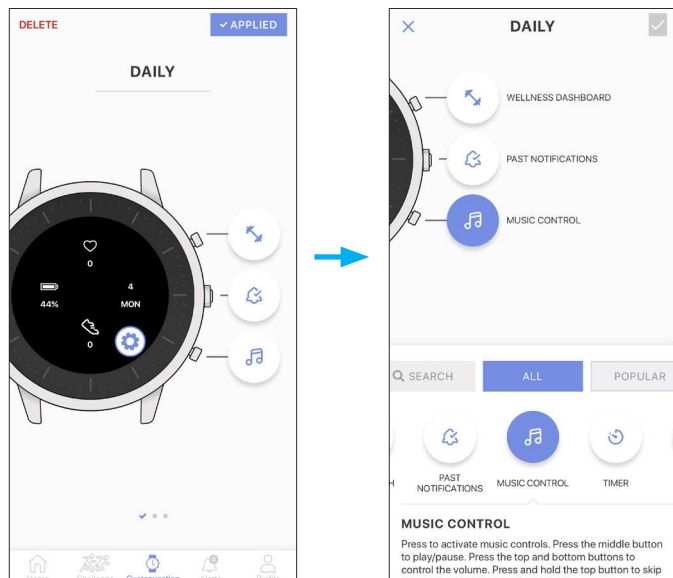
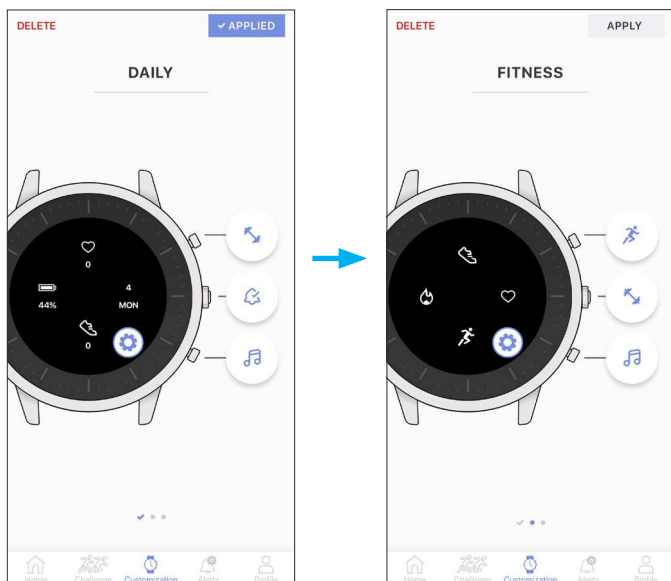**1 Start the dedicated app.**
The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap [Customization] on the bottom of the screen.

3 Tap the button which you want to assign a function on the [Customization] screen.

The list of functions is shown on the bottom of the screen.
• The example above shows when the lower right button Ⓐ is tapped.
• When you want to assign a function to a button in another set, swipe the screen aside before tapping the button and choose one.

4 Tap the function you want to assign on the bottom of the screen.
You can choose one from the functions below.

[Riiiver]	Use this to assign an iiidea of Riiiver to a button as a function. Function setting: turn on iiideas on [iiidea List] to make iiideas of Riiiver appear on the bottom of the screen. Riiiver and iiideas are not shown on the list in places where the Riiiver service is not available. Even after assigning an iiidea, it is not shown in places where the Riiiver 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], [ACTIVE CALORIES], [HEART RATE] and [SLEEP] 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.
[PAST NOTIFICATIONS]	It indicates notifications. Function setting: it is required to execute settings for notifications on [NOTIFICATIONS] on the [Alerts] 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 the middle right button Ⓑ once. Volume up: press the upper right button Ⓒ once. Volume down: press the lower right button Ⓐ once. Back to the previous tune: Press and hold the upper right button Ⓒ. Forward to the next tune: Press and hold the lower right button Ⓐ.
[TIMER]	It provides a countdown timer. The minute hand overlaps the hour hand and they moves counterclockwise to countdown seconds. You can set up to 60 minutes in 1-minute increments as countdown time. 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 three places including the current one. Function setting: choose places on [ADD LOCATION].
[COMMUNE TIME]	Time required from the current place to the destination is displayed. Function setting: assign the destination on [SAVED DESTINATIONS].
[CONNECT CHALLENGE]	It indicates progress of [Challenge] you join and records of past challenges. You can see information of the last five [Challenge]s. Function setting: settings on the [Challenge] screen are required.

• You can search functions and narrow down items using [SEARCH], [ALL], [POPULAR], [ACTIVITY], [SCHEDULE] and [ENVIRONMENT] on the function list.
• Items shown on the function list may differ depending on status of the watch.

5 Tap the check box on the upper right of the screen to finish the procedure.

The selected function is assigned to the button.
• Tap [X] on the left to cancel setting.

■ 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.

Switching the set of the buttons

It is convenient to make function sets for the buttons for various purposes and switch the sets to fit to scenes.
- The dedicated app has the three sets below in advance: [DAILY], [FITNESS] and [TRAVEL].
- You can remove sets as well as make new ones.

*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 [Customization] on the bottom of the screen.**

3 **Swipe the screen aside on the [Customization] screen.**
    - [APPLIED] is indicated when the currently selected set is displayed.

- The example above is when switching the set from [DAILY] to [FITNESS].

4 **Tap [APPLY] on the upper right of the screen to finish the procedure.**

■ Removing the set
Tap [DELETE] on the upper left of the screen to remove the set displayed on the screen.

■ To make a new set
Make a watch face to make a new set.

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.

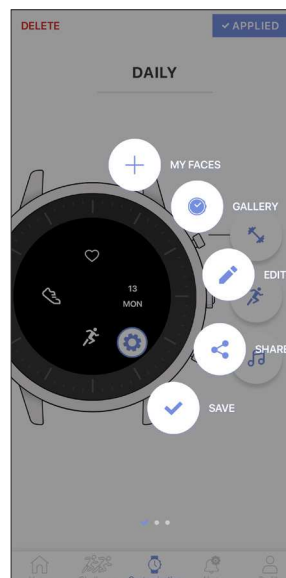*2* **Tap [Customization] on the bottom of the screen.**

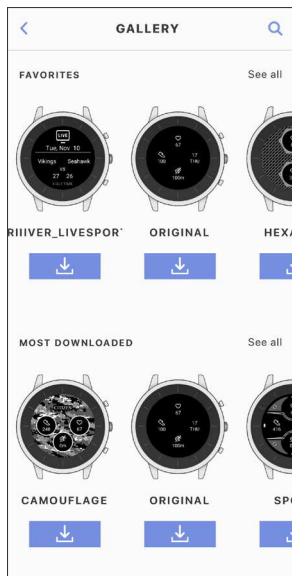*3* **Tap the icon ( ) on the display of the watch figure on the [Customization] screen.**
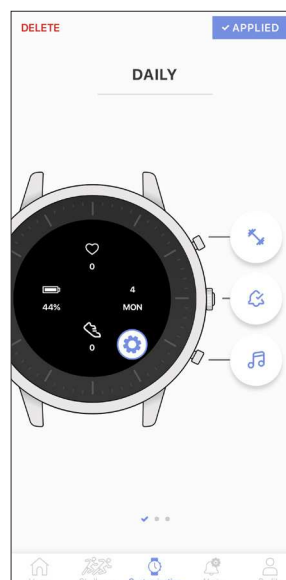
The menu for editing the watch face appears.
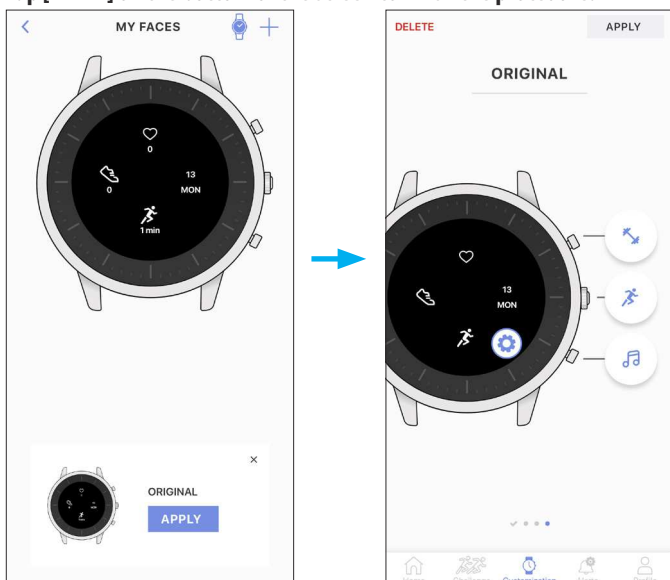
4 **Tap .**

- is also available if you have any downloaded watch face.

5 **Choose a watch face you want to use for the display of your watch and tap its download icon.**

Download of the watch face starts.

6 **Tap [APPLY] on the bottom of the screen to finish the procedure.**

- Here [ORIGINAL] is downloaded for example.
- The set applied for buttons of the newly downloaded watch face is the same as the previous one. Change function assignment to the buttons if needed.
- You can change the name of the set by tapping [ORIGINAL] on the top of the screen.

Customizing the watch face
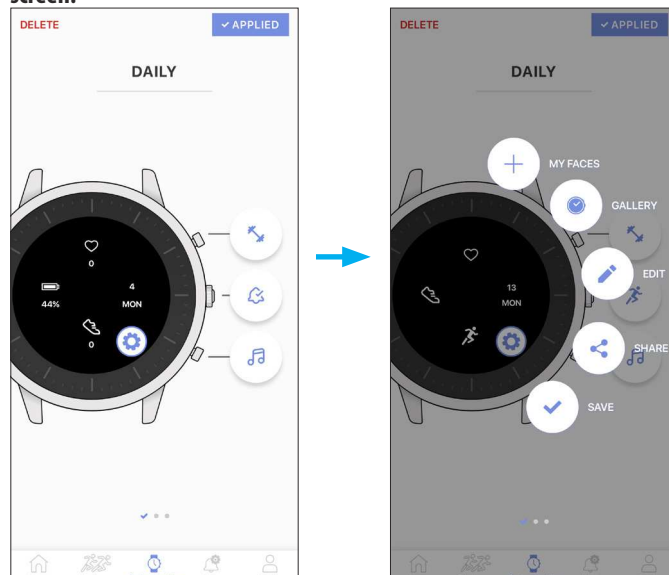
1 **Start the dedicated app.**

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 [Customization] on the bottom of the screen.**

**3** **Tap the icon (⚙) on the display of the watch figure on the [Customization] screen.**

The menu for editing the watch face appears.

⊕	Use it when you make a new watch face. You can also choose one on [GALLERY] if you downloaded any watch face before.
◉	Use it when you download a watch face. Displayable information may differ depending on types of watch faces. After downloading one, it moves to the screen for editing a watch face.
✎	Use it to edit the watch face currently shown. Some watch faces are not editable.
⤴	Use it when you share a watch face you made. Some watch faces are not shareable.
✓	Use it when you save a watch face you made.

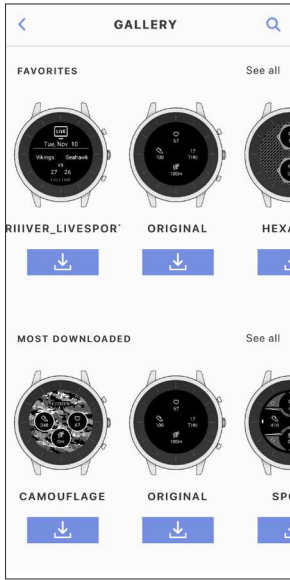- Some menu items do not appear for some watch faces.

We show making and editing of a new watch face below for example.

4 **Tap ⊕.**
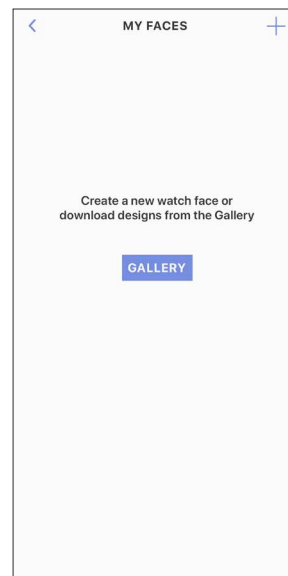
- Swipe the screen to the left when an existing watch face is shown.

5   **Tap [GALLERY] on the bottom of the screen.**

- Watch faces for indicating information through Riiiver are not shown on the list in places where the Riiiver service is not available. Even after choosing a watch face for Riiiver, it is not shown in places where the Riiiver service is not provided.

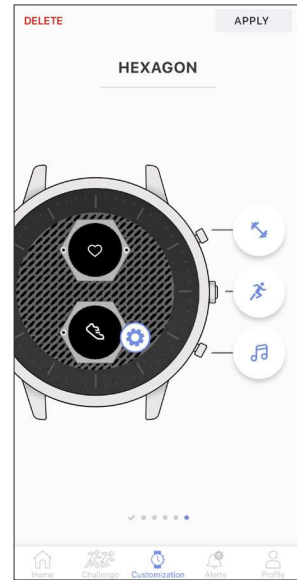**6**   **Tap the download icon of [HEXAGON].**
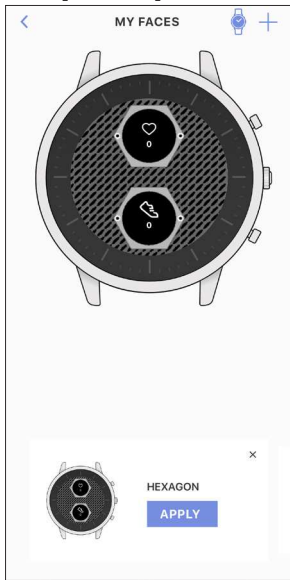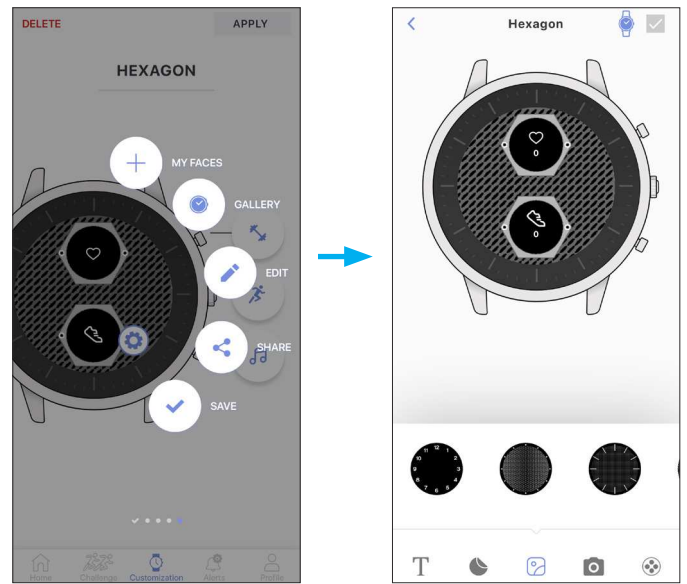

7   **Tap [APPLY] on the bottom of the screen.**
A new watch face is made here.

Let's edit it below.

8   **Tap the icon ( ) on the display of the watch figure.**

9   **Tap .**

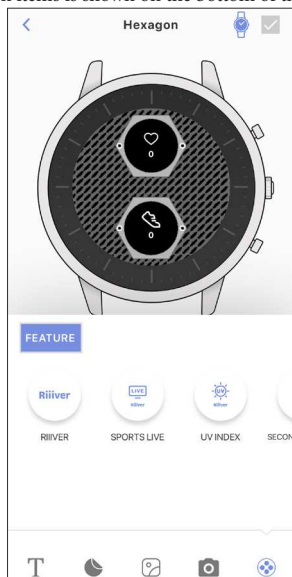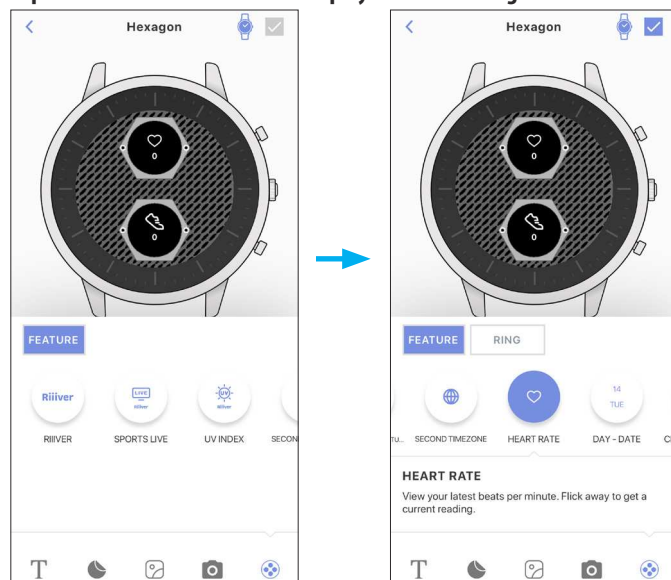The menu for editing a watch face is shown on the bottom of the screen.

|	
T	Use it when you add any text on the watch face. You can drag the added text.
🌙	Use it when you add one of sticker prepared for watch faces. You can drag the added sticker.
🖼	Use it when you change forms of the second markers on the dial of the watch.
📷	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.
⊛	Use it to change information items shown. You cannot change how many items are shown.

Here we change information items shown.

10 **Tap the icon ( ) on the bottom of the screen.**

The list of information items is shown on the bottom of the screen.

[Riiiver]	Use it when you choose an information item from iiideas of Riiiver. Turn on iiideas on [iiidea List] to make information items of Riiiver appear on the bottom of the screen. Riiiver and iiideas are not shown on the list in places where the Riiiver service is not available. Even after choosing an iiidea for indication, it is not shown in places where the Riiiver service is not provided.
[CURRENT TEMPERATURE]	It indicates temperature of the current place.
[STEPS]	It indicates how many steps you have taken today.
[SECOND TIMEZONE]	It indicates the current tome of the place you chose. The chosen place is shown on the bottom of the screen. Tap it to change the place.
[HEART RATE]	It indicates the heart rate lastly measured.
[DAY-DATE]	It indicates date and day of week.
[CHANCE OF RAIN]	It indicates chance of rain of the current place.
[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.

11 **Tap an information item on the display of the watch figure.**

- The example shows when you tap the upper item, [HEART RATE].
- When you tap [RING], the fringe around information items becomes selectable. [GOAL RING] also becomes selectable for information items which you can set goal on such as [STEPS]. [GOAL RING] also works as progress indication.
- Tap twice to remove an information item. It also removes an information item to drag it toward the bottom of the screen and put it into the trash icon appearing while dragging.

12 **Choose an information item you want from the list of information items.**
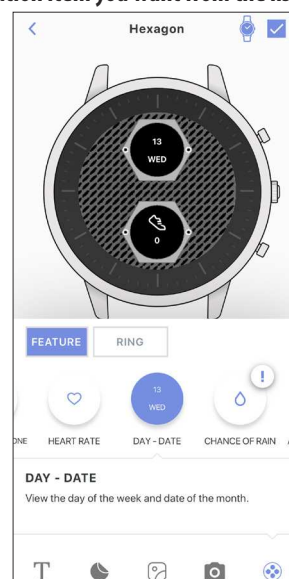
- The example shows when you choose [DAY-DATE].

13 **Tap the check box on the upper right of the screen.**

- Tap the watch icon on the upper right of the screen to see preview of the watch face you are editing on the display of the watch figure.

14 **Tap [APPLY] on the bottom of the screen to finish the procedure.**
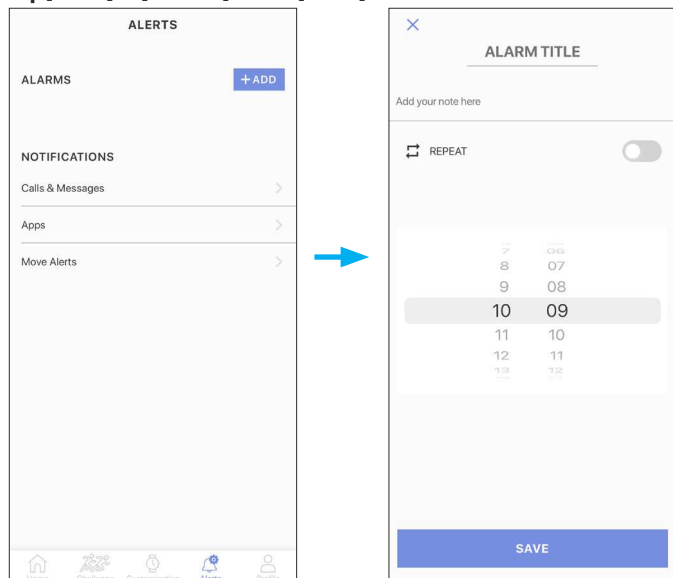
Setting alarm

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 [Alerts] on the bottom of the screen.

3 Tap [+ADD] of [ALARMS] on the [Alerts] screen.

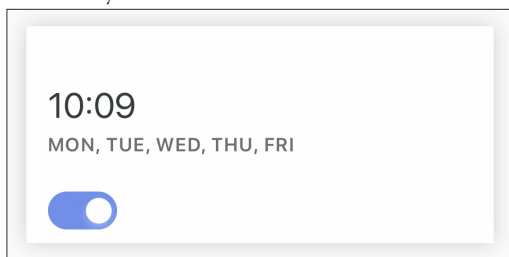• Days of week appear when you tap the [REPEAT] switch. Tap days of week on which you want to use alarm repeatedly.
On the example below, days from Monday to Friday are selected.

• Tap [ALARM TITLE] to give a title to an alarm setting.

4 Set the alarm time and tap [SAVE] on the bottom of the screen to finish the procedure.
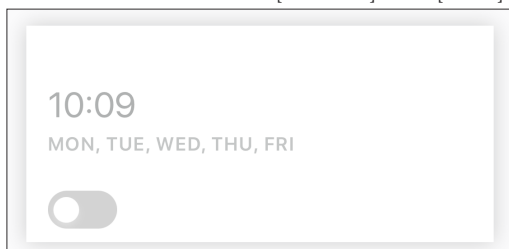The alarm time newly set is indicated in the activated status.

■ When alarm time comes
The watch vibrates.
• Press any button to stop vibration.
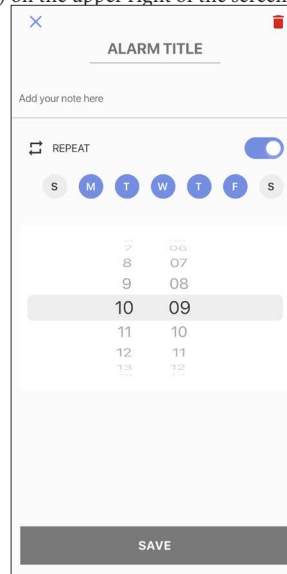
■ Turning on/off the alarm
Turn on/off the switch of the alarm time on [ALARMS] of the [Alerts] screen.

■ Changing alarm setting
Tap the alarm time on [ALARMS] of the [Alerts] screen and change the time setting.
• Tap the trash icon (🗑) on the upper right of the screen to remove setting.

Setting notification

This watch has three types of notification: notification of incoming calls ([Call & Messages]), that from app ([Apps]) and that not to keep sitting for a long time ([Move Alerts]). We introduce [Call & Messages] and [Apps] here.
• 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.
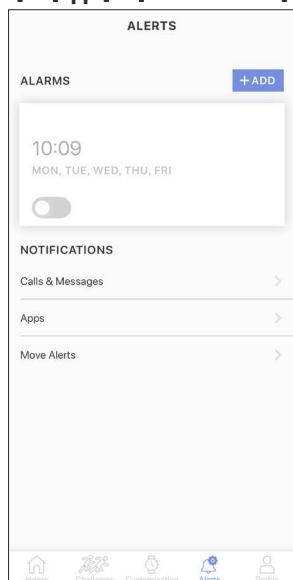The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap [Alerts] on the bottom of the screen.

3 Tap [Call & Messages] or [Apps] of [NOTIFICATIONS] on the [Alerts] screen.

[Calls & Messages]	[Apps]
You can choose one of three following notification targets for phone and each message services: [EVERYONE], [FAVORITE CONTACTS] and [NO ONE]. When you choose [FAVORITE CONTACTS], make a target list based on the [Contacts] app of your smartphone using [+ADD] after choosing. For [QUICK RESPONSE] (on the dedicated app for Android only), see below.	Choose apps for receiving notifications. You can activate/deactivate notifications based on categories of apps. You need to enable notification reception also on the settings of your smartphone. Apps shown may differ depending the OS of your smartphone.

• 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.

4 Tap the check box on the upper right of the screen to finish the procedure when setting [Call & Messages].

■ **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 three 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 Ⓐ or the upper right button Ⓒ on the watch and send it by using the middle right button Ⓑ.

Setting notification not to keep sitting for a long time

This watch has the notification function to tell you to stand up when it detect that you have had no action a certain period time while studying or working.
• 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.
• This notification works when the acceleration sensor of the watch has detected no action for a certain period of time.
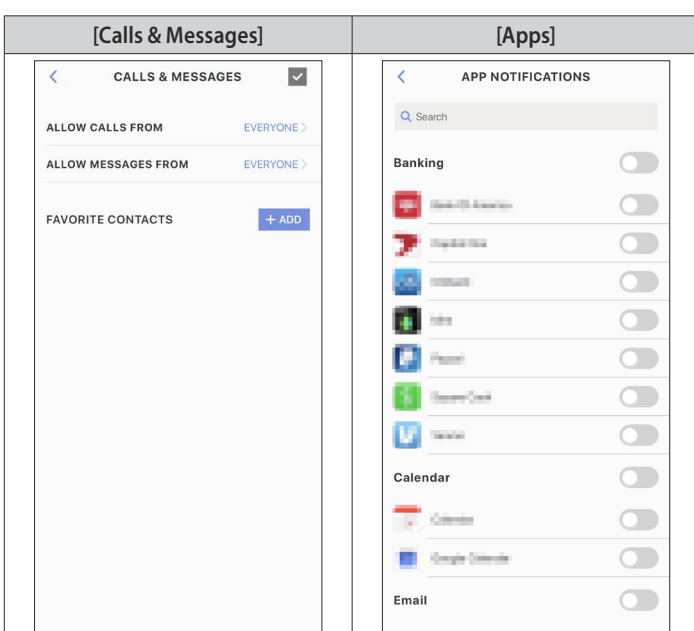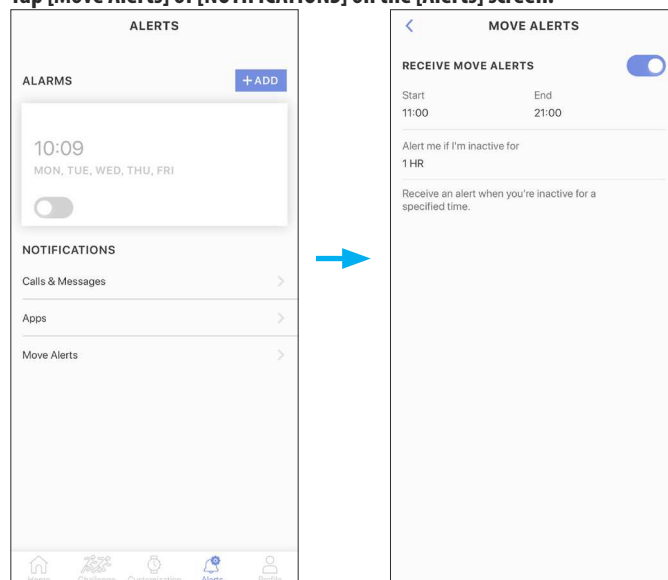
1 Start the dedicated app.
The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap [Alerts] on the bottom of the screen.

3 Tap [Move Alerts] of [NOTIFICATIONS] on the [Alerts] screen.

[RECEIVE MOVE ALERTS]	Use it to activate/deactivate notification not to keep sitting for a long time.
[Start/End]	Use it to set when you use the notification. The notification is not sent while it is out of the time you set.
[Alert me if I'm inactive for]	Use it to set interval between the last detection of action and sending the notification.

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 is correct.

• If the hands do not reflect the correct reference position, the time will not be indicated accurately.
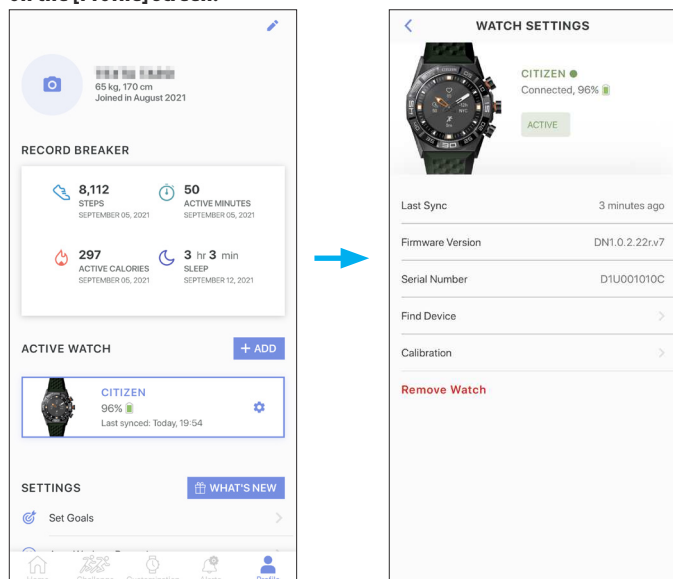
1 Start the dedicated app.

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.
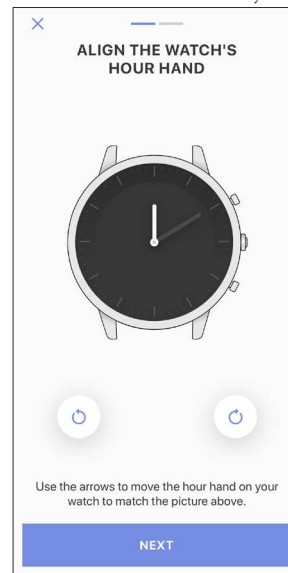
2 Tap [Profile] on the bottom of the screen.

3 Tap the icon (⚙) on the right of the image of the watch at [ACTIVE WATCH] on the [Profile] screen.

The [WATCH SETTINGS] screen is opened.

4 Tap [Calibration].

The reference position of the hour hand becomes adjustable.

5 Correcting the reference position following instructions on the screen.

• Use the buttons below the figure of the watch on the screen to move the hand of the watch.
Tap [NEXT] after finishing the adjustment.

6 Adjust the reference position of the minute hand through the same steps.

• Tap the [DONE] button after adjusting the minute hand to finish the procedure.

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 and hold the middle right button Ⓑ of the watch.

The hands of the watch line horizontally and the menu appears on the display.
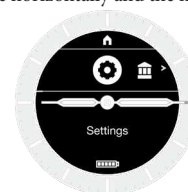
• The indication automatically returns to normal indication in 3 minutes without executing any operation.

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

Function icons move left or right.
• Press and hold the lower right button Ⓐ or the upper right button Ⓒ of the watch to skip to skip to the items at the ends.
• 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.

[Settings]	Use it to execute settings on the watch. For details, see "Settings on the watch body" (page 4).
[Regulatory]	Use it to see rules and regulations related with the watch.
[About]	Use it to see the serial number and the firmware version of the watch. You can also check them on the [Profile] screen of the dedicated app.
[Ring my 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 Ⓑ of the watch.
[Connect Challenge]	It indicates progress of [Challenge] you join and records of past challenges. Settings on the [Challenge] screen of the dedicated app are required.
[Commute Time]	Time required from the current place to the destination is displayed. Function settings on the dedicated app are needed to use it.
[Music]	You can control music playback through the watch while using the music app: can command play/pause/go previous/go next. Play/pause: Press the middle right button Ⓑ. Volume up: Press the upper right button Ⓒ once. Volume down: Press the lower right button Ⓐ once. Back to the previous tune: Press and hold the upper right button Ⓒ. Forward to the next tune: Press and hold the lower right button Ⓐ.
[Notifications]	It indicates notifications. Settings on the [Alerts] screen of the dedicated app are required.
[Stopwatch]	It provides stopwatch measurement. The minute hand overlaps the hour hand and they moves to indicate seconds.
[Timer]	It provides a countdown timer. For details, see "Using the timer" (page 16).
[Weather]	It indicates weather reports of up to three places including the current one. Function settings on the dedicated app are needed to use it.
[Wellness]	It indicates [STEPS], [ACTIVE MINUTES], [ACTIVE CALORIES], [HEART RATE] and [SLEEP] 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 [Run], [Cycle], [Hike] and [Walk], you can make your exercise course indicated on a map. You can start recording of [Run], [Cycle], [Walk] and [Row Machine] automatically by arranging settings of [Auto Workout Detection] of [SETTINGS] on the [Profile] screen.

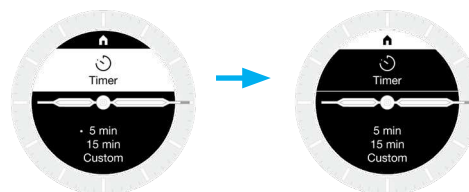**3** **Press the middle right button Ⓑ of the watch.**

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 Ⓑ 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 Ⓑ again.
• When the home icon is indicated on the top of the display, press and release the upper right button Ⓒ of the watch repeatedly to make the icon black on white back, then press the middle right button Ⓑ. The watch returns to normal indication.
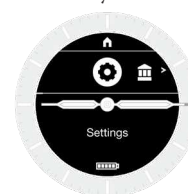

Using the timer

The timer on this watch can measure up to 60 minutes in 1-minute increments.
• Countdown time of the timer must be changed on the watch.

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

The hands of the watch line horizontally and the menu appears 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 Ⓐ or the upper right button Ⓒ of the watch repeatedly to indicate [Timer].**

• When "<", ">", "ᐱ" and "ᐯ" is indicated on the watch screen, you can switch indication by pressing the lower right button Ⓐ or the upper right button Ⓒ of the watch.

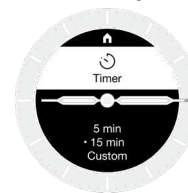**3** **Press the middle right button Ⓑ of the watch.**

The screen switch to the [Timer] screen.
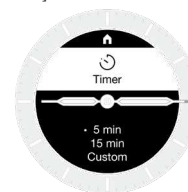
On the figure just above, 5 minutes is set as countdown time.
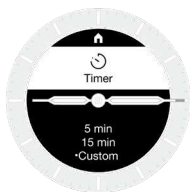Here we change the countdown time to 3 minutes for example.

4 **Press the lower right button Ⓐ of the watch.**
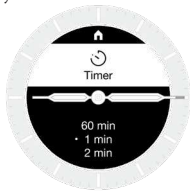
"·" at the left of [5 min] moves to the left of [15 min].

• "·" is works as a cursor. Use the lower right button Ⓐ and the upper right button Ⓒ of the watch to move the cursor.

5   Press the lower right button Ⓐ of the watch.
"•" at the left of [15 min] moves to the left of [Custom].

6   Press the middle right button Ⓑ of the watch.
Countdown time become adjustable in 1-minute increments.

- The middle right button Ⓑ works here as the "OK" button.

7   Press and release the lower right button Ⓐ or the upper right button Ⓒ of the watch repeatedly to choose [3 min].

- Each time you press the buttons, countdown time changes.
- It keeps changing while you are pressing and holding one of the buttons.

8   Press the middle right button Ⓑ of the watch.
[3 min] is set as countdown time.
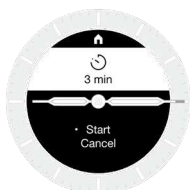
9   Press the middle right button Ⓑ of the watch.
The minute hand overlaps the hour hand and they starts to rotate counterclockwise as the second hand to start countdown.
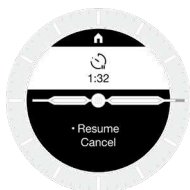
■ After measurement
The watch vibrates to tell you time is up.

■ 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   Press the middle right button Ⓑ of the watch during measurement.

The time remaining and the alternatives, [Resume] and [Cancel], appear on the display.
- In some types of measurement, the alternatives may be [Resume] and [End].

2   Press the lower right button Ⓐ of the watch during measurement.
[Cancel] is chosen.

3   Press the middle right button Ⓑ of the watch during measurement.
Measurement is stopped.

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

- The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

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	• 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/notification to prevent from keeping sitting 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.