

Thank you for your purchase of this Citizen watch.

Before using the watch, read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

* The case has different features depending on the model.

Details of the case features are not contained in this manual, see
“<http://www.citizenwatch.jp/support/default.htm>”.

To check the movement number

A case number is engraved on the case back.

(Figure on the right)

The first 4 digits of the case number represent the movement number of the watch.

In the example on the right, “1234” is the movement number.

Engraving position example






The engraving position may differ depending on watch model.



Safety precautions

This manual contains the following instructions that should be strictly followed at all times to prevent injury to yourself and other persons as well as damage to property.

- Injuries and damage that might be caused by using the watch improperly or neglecting any of the instructions or precautions contained in this manual are classified with the following symbols.

 DANGER	Highly likely to cause death or serious injury
 WARNING	Can cause serious injury or death
 CAUTION	Can or will cause minor or moderate injury or damage

- Important instructions that should be followed are classified with the following symbols.

	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.
	Warning (caution) symbol followed by prohibited matters.

<Notes before use—Protective stickers>

Prior to the watch being shipped from the manufacturing plant, its glass, case, metal band, and metal parts of the clasp are covered with stickers to protect them from getting fingerprints or scratches during transit from the plant to the store.

If the watch is worn without first removing these stickers, 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.

For this reason, please be sure to peel off the stickers before wearing the watch.

Features

“Radio controlled watch”

Receiving a time signal from the five signal stations located in four regions and automatically adjusts the time.



“City setting”

Easy to see the time and calendar of cities all over the world.



“Eco-Drive”

Friendly to the environment.

Perfex
パーフェックス

“Perfex”

Supports the accuracy of the radio controlled watch more.



“Perpetual calendar”

No need for date correction at the end of each month.

* “Eco-Drive” and “Perfex” are Citizen original technologies.

Before using the watch

The following must be done before using the watch:

- **Checking the power reserve** → **Page 10**
Check the charge level of the watch.
- **Setting the city** → **Page 12**
Select the city for which you want to indicate the time and date.
- **Checking the time signal reception** → **Page 11**
Check the result of the time signal reception.



Expose the dial to light regularly to charge the watch.
For details of charging, see page 32.

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Component identification



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

How to use the screw down crown and screw down push button

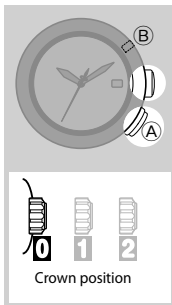
Some models feature a screw down crown and/or screw down push button. Locking the crown and/or button prevents accidental operation. These must be unlocked prior to using certain features of your watch such as setting the time or date.

	Unlock	Lock
Screw down crown	 <p>Rotate the crown counterclockwise until it releases from the case.</p>	 <p>Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.</p>
Screw down push button	 <p>Rotate the locking screw counterclockwise, and loosen until it stops.</p>	 <p>Rotate the locking screw clockwise, and tighten firmly.</p>

Some models feature a recessed button.

Press the button with a narrow-tipped object such as a wooden toothpick.

Checking the power reserve



1. Ensure that the crown is in position **0**.

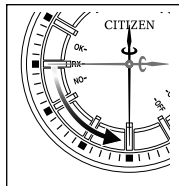
2. Press the lower right button **(A)** briefly.

- When the charge of the watch is low, the second hand rotates a quarter counterclockwise. You need to charge the watch. See page 32.

3. Press the lower right button **(A)** briefly to finish the procedure.

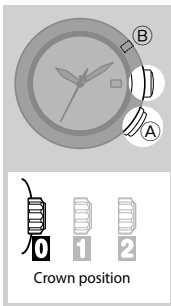
The current time is indicated.

- The current time will be indicated automatically after 10 seconds even without pressing the button.



The second hand indicates “OK” or “NO” at the end of this procedure to show the reception result of the time signal.

Checking the time signal reception



1. Ensure that the crown is in position **0**.
2. Press the lower right button **(A)** briefly.

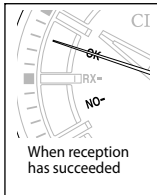
The second hand moves and indicates the reception result.

OK	Reception has succeeded.
NO	Reception has failed.

When reception has failed, see page 24.

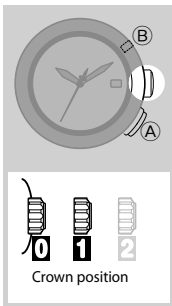
3. Press the lower right button **(A)** briefly to finish the procedure.
- The current time is indicated.

- The current time will be indicated automatically after 10 seconds even without pressing the button.



English

Setting the city



Select the city for which you want to indicate the time and date.

1. Pull the crown out to position 1.

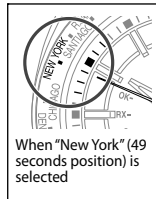
The second hand moves and indicates the city currently selected.

2. Rotate the crown to select the city for which you want to indicate the time and date.

- For details of the selection of cities, see pages 13 to 15.
- Each time you select a city, the time and date of the city you have selected will be indicated.

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

The current time is indicated.



After setting the city, check the displayed time—Summer Time or standard time. (See pages 26 to 31.)

Table of selectable cities

- The indications in the table below are written differently on some models.
- The signal station is changed depending on the selected city. Some cities cannot receive the signal though the signal station is assigned in the list.
- When you use the watch in a place which is not shown in the table below, select the city in the same time zone as the city you want to indicate.
- The time difference in the table below is based on UTC.
- For cities indicated by /, the watch shows Summer Time/standard time in common.

Indication		Second hand position	City name	Time difference	Signal from...
LONDON	LON	0	London	0	Germany
PARIS	PAR	2	Paris	+1	
ATHENS	ATH	4	Athens	+2	
MOSCOW	MOW	7	Moscow	+3	
DUBAI	DXB	9	Dubai	+4	

Continued on the next page **13**

Setting the city

Indication		Second hand position	City name	Time difference	Signal from...
KARACHI	KHI	11	Karachi	+5	China
DELHI	DEL	14	Delhi	+5.5	
DHAKA	DAC	16	Dhaka	+6	
BANGKOK	BKK	18	Bangkok	+7	
BEIJING	BJS	21	Beijing	+8	
TOKYO	TYO	23	Tokyo	+9	Japan
ADELAIDE	ADL	25	Adelaide	+9.5	
SYDNEY	SYD	28	Sydney	+10	
NOUMEA	NOU	30	Noumea	+11	
AUCKLAND	AKL	32	Auckland	+12	

Setting the city

Indication		Second hand position	City name	Time difference	Signal from...
MIDWAY	MDY	35	Midway Island	-11	USA
HONOLULU	HNL	37	Honolulu	-10	
ANCHORAGE	ANC	39	Anchorage	-9	
L.ANGELES	LAX	42	Los Angeles	-8	
DENVER	DEN	44	Denver	-7	
CHICAGO	CHI	46	Chicago	-6	
NEW YORK	NYC	49	New York	-5	
SANTIAGO	SCL	51	Santiago	-4	
R.JANEIRO	RIO	53	Rio de Janeiro	-3	
F.NORONHA	FEN	56	Fernando de Noronha	-2	Germany
AZORES	PDL	58	Azores	-1	

English

For details of each signal station, see pages **18** to **21**.

Notes on the time signal reception

Receiving the time signal

There are three ways to receive the time signal:

Methods	Explanations
Automatic reception	Receives the signal at 2:00 a.m. every day. If reception is unsuccessful, the watch tries to receive at 3:00 a.m. and 4:00 a.m.
On demand reception	Receives the signal when you want to adjust the time and date. See page 24.
Recovery automatic reception	Receives the signal automatically after charging when the watch stops due to insufficient charge.

* These reception methods are possible only when the crown is in position **0**.

The second hand indicates the reception result (OK/NO). (See page 11.)

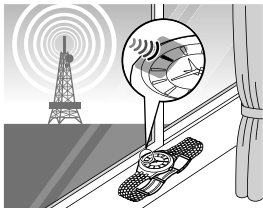
Notes on the time signal reception

- The time signal reception function cannot be deactivated.
- Even when this watch receives a time signal successfully, the accuracy of the displayed time will be dependent on the reception environment and internal processing.
- If the watch is not able to receive the signal, it will operate normally within an accuracy range of ± 15 seconds per month.

When receiving the time signal

Remove the watch and place it on a stable surface where it can receive the signal better, such as next to a window.

- The reception antenna is located at the 9:00 position of the watch. Place the watch with the 9:00 position facing toward the station.
- Do not move the watch during time signal reception.
- The watch will not receive a time signal when in a low charge state as indicated by the second hand moving in two second increments (the insufficient charge warning). Charge the watch before reception.



Notes on the time signal reception

Note on the time signal

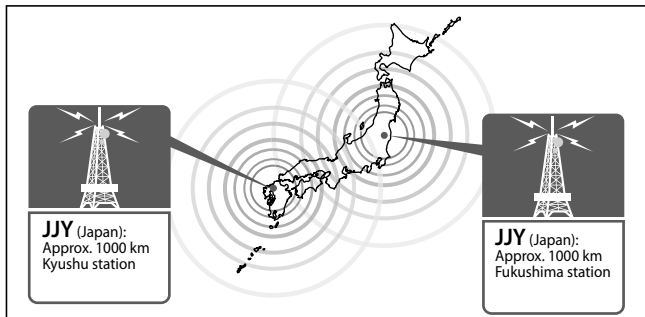
This watch receives the time signal from the five signal stations located in four regions and automatically adjusts the time and date. The receivable signal stations are listed as follows:

Signal stations	Kind of the time signal
Fukushima station, Japan	JJY
Kyushu station, Japan	
Fort Collins station, Denver, Colorado, USA	WWVB
Mainflingen station, Southeast Frankfurt, Germany	DCF77
Shangqiu station, Henan, China	BPC

Refer to the maps on pages **19** to **21** to see the locations of the signal stations and their receivable area roughly.

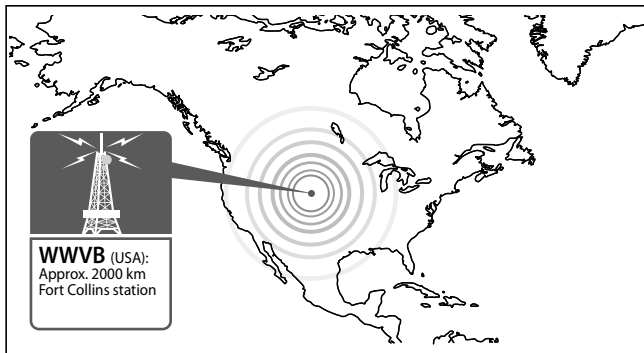
Approximate receivable area

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.



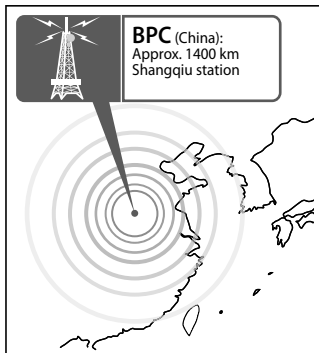
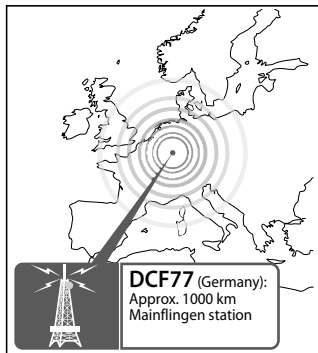
Notes on the time signal reception

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.



Notes on the time signal reception

The distance of receivable range is only used as an approximate value. It is often affected by the receiving environment and weather.



English

Notes on the time signal reception

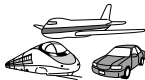
Poor reception areas

It may be difficult to receive the time signal properly under certain environmental conditions or in areas susceptible to radio noise.

- Extremely hot or cold locations



- Inside vehicles



- Near electrical equipment or office appliances



- Near high-tension electrical lines, railway overhead wires or communication facilities



- Inside reinforced concrete buildings, between tall buildings, mountains, or underground



- Near mobile phones that are in use



When signal reception is poor

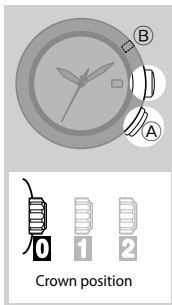
High-tension electrical lines or other structures near your house may block the path to the signal location. This may cause a poor environment for receiving the time signal.

With reference to pages **19** to **21**, search for a better place for reception.

Then, attempt to receive the time signal following the procedure on pages **24** and **25**.

If the signal reception is still poor,
consult the Citizen Consumer Help Desk (TEL: 0120-78-4807).
We will provide a map showing the locations of the signal stations.

Receiving the time signal manually



You can adjust the watch by receiving the time signal any time when the time and date are not correct or the reception result is “NO.”

- The watch will not start to receive if the second hand is moving once every two seconds (this is the insufficient charge warning). Charge the watch beforehand.
- When you want to receive the signal, you must be in an area where you can receive the signal. Confirm the city is selected correctly. See pages **12** to **15**.

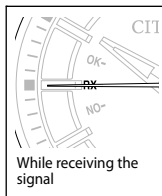
Receiving the time signal manually

1. Ensure that the crown is in position **0**.
2. Press and hold the lower right button **(A)** for two or more seconds.

The second hand moves to “RX” and the watch starts receiving. After receiving the time signal, the second hand will move normally.

- It takes from two to fifteen minutes to complete the time signal reception.

Successful signal reception	The time will be updated and the watch will resume normal operation.
Failed signal reception	Normal operation resumes with previously set time.



English

I To cancel the reception

Press and hold the lower right button **(A)** for two or more seconds.

Cancel the reception and the current time will be indicated.

Switching Summer Time and standard time

Summer Time is a system adopted in some countries/areas to gain an extra hour of daylight during summer by advancing clocks by one hour.

- The summer time rules may change depending on the country or area.

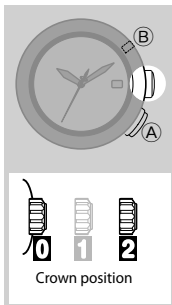
While the summer time is in effect, some time signals include the summer time check signal. By receiving the time signal, the watch automatically switches between Summer Time and standard time in accordance with the summer time check signal (automatic switching function).

- Before and after the summer time season, confirm the watch shows Summer Time or standard time correctly.

Switching Summer Time and standard time

Checking the time currently shown

Check whether the watch shows Summer Time or standard time.



1. Pull the crown out to position 2.

The second hand moves and indicates which time is currently shown.

ON	Summer Time is shown
OFF	The standard time is shown

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

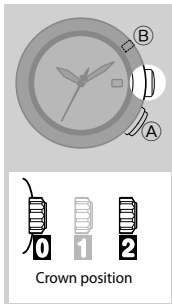


English

To change the time to show, see page 28.

Switching Summer Time and standard time

Changing the time to show



1. Pull the crown out to position 2.
2. Rotate the crown to change the time to show.

To show Summer Time:

Rotate the crown to the right to select "ON."

To show the standard time:

Rotate the crown to the left to select "OFF."

- If you show the standard time manually, the watch will not show Summer Time when receiving the time signal. See page 30.

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

Switching Summer Time and standard time

<Time shown for each city>

The watch shows and memorizes Summer Time/standard time in common for the following cities in each area so you do not need to change them for each city.

- If you show the standard time manually for a city, the watch always shows the standard time for that city regardless of the time shown for other cities in the same area.

Areas receiving the signal from USA	Anchorage (ANCHORAGE/ANC), Los Angeles (L.ANGELES/LAX), Denver (DENVER/DEN), Chicago (CHICAGO/CHI), New York (NEW YORK/NYC)
Areas receiving the signal from Germany	London (LONDON/LON), Paris (PARIS/PAR), Athens (ATHENS/ATH), Moscow (MOSCOW/MOW), Azores (AZORES/PDL)

For cities other than those listed above, the time shown last is memorized for each city.

Switching Summer Time and standard time

To cancel the automatic switching function

If you manually show the standard time in step 2 on page **28**, the automatic switching function is deactivated and the watch will not show Summer Time by signal reception.

If you are in an area that receives the summer time check signal but does not adopt Summer Time, deactivate the automatic switching function.

Switching Summer Time and standard time

To activate the automatic switching function again

Select "ON" in step 2 on page **28** to show Summer Time.

- This operation also activates the automatic switching function.
- If you activate the automatic switching function when Summer Time season is not in effect, receive the time signal to show the standard time.

Recharging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light such as direct sunlight or fluorescent lamps.

For optimal performance:

- Expose the watch with the dial facing towards direct sunlight for five to six hours at least once a month.
- After taking off the watch, put it in a position where the dial is exposed to bright light, such as by a window.
- Before storing the watch in a dark place for an extended period of time, be sure to charge it fully.

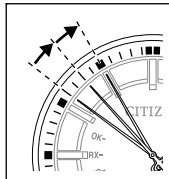
When the watch is regularly covered with long sleeves, it may not be charged sufficiently. Try to keep the watch exposed to light sufficient for charging.

Do not charge the watch at a high temperature (about 60°C or higher).

When the watch reaches a low charge state—insufficient charge warning function

When the power reserve becomes low, the second hand moves once every two seconds—This is the insufficient charge warning function. Charge the watch by exposing the dial to light.

- After the watch is charged, the second hand will move normally.
- If you have not charged the watch for three days or more since the insufficient charge warning movement began, the watch will run out of power and stop.



English

Caution

- Even when the second hand moves once every two seconds, the current time and date are indicated. However, no operations are available.
- When you check the power reserve (page 10) or the time signal reception (page 11) and the second hand rotates a quarter counterclockwise, you can operate the watch as usual. However, the watch needs to be charged.

Recharging your watch

Charging time by environment

Below are the approximate times needed for charging when exposing the watch dial to light continuously. Please use this table as a reference only.

Environment	Illuminance (Lx)	Charging time to work for one day	Charging time to start working normally when the rechargeable cell is empty
Under direct sunlight or cloudy weather	10000 to 100000	4 to 12 minutes	40 minutes to 1 hour
20 cm (7-7/8 inches) away from a fluorescent lamp (30 W)	3000	40 minutes	2.5 hours
Interior lighting	500	4 hours	14 hours

Your watch will run for approximately six months from a full charge or up to two years with the power save feature engaged.

After the second hand starts moving once every two seconds, it will last for approximately three days.

Power save feature

When the watch is not exposed to light for more than seven days such as when you store it in the dark, the minute hand and second hand automatically stop to save power. However, the watch still keeps the time.

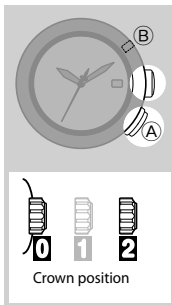
- When the crown position is **1** or **2**, the power save feature will not activate.
- The power save feature can not be activated manually.

To cancel the power save feature




When the watch is exposed to light sufficient for charging, the power save feature is automatically disengaged and normal time indication will resume.

After the power save feature is disengaged, you should receive the time signal manually. See pages **24** and **25**.

Adjusting the time/calendar manually



- 1. Pull the crown out to position 2.**
- 2. Press the lower right button (A) briefly.**
The second hand moves to the 0 second position.
- 3. Rotate the crown to adjust the minute.**
 - The second hand rotates around once and the minute hand moves one minute.
 - When it passes “0:00:00,” the date advances by one day.
Be aware of the AM/PM status when you adjust the time.
- 4. Press the lower right button (A) briefly.**
The hour hand moves slightly.
- 5. Rotate the crown to adjust the hour.**
 - When it passes “0:00:00,” the date advances by one day.
Be aware of the AM/PM status when you adjust the time.

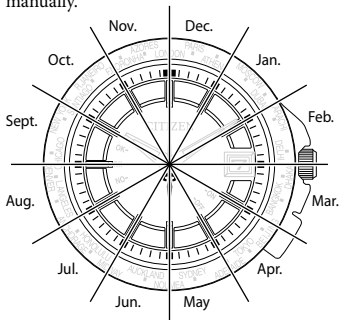
- 6. Press the lower right button  briefly.**
The date indicator moves slightly.
- 7. Rotate the crown to adjust the date.**
- 8. Press the lower right button  briefly.**
The second hand indicates the current setting of the month and year.
- 9. Rotate the crown to adjust the month and year.**
 - See pages **38** and **39** for how to read the year and month.
- 10. Push the crown in to position  to finish the procedure.**
The current time is indicated.

When adjusting the minute/hour/date, you can move the hands or date indicator continuously by spinning the crown quickly a few times. To stop them, rotate the crown in either direction.

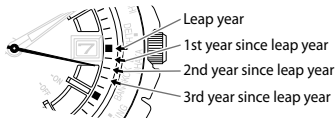
Adjusting the time/calendar manually

Month and year indications

The year and month are indicated by the second hand when you adjust the time and calendar manually.



The position of the second hand shows the month.



e.g.
When it is March in the second year since the leap year.

Each minute mark denotes the number of years since a leap year.

Adjusting the time/calendar manually



The figure shows April in the 3rd year since the recent leap year (e.g. 2011).



The figure shows August in the 2nd year since the recent leap year (e.g. 2014).

Quick reference chart for number of years passed since leap year

Indication of the second hand	Passed year	Year
Hour marker	Leap year	2012, 2016, 2020
1st min. marker	1st year	2013, 2017, 2021
2nd min. marker	2nd year	2014, 2018, 2022
3rd min. marker	3rd year	2011, 2015, 2019

Checking and correcting the current reference position

If the time or date is not shown correctly even after proper reception of the time signal, check whether the reference position is correct or not.

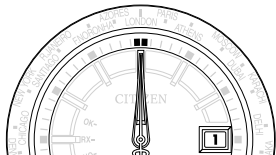
What is the reference position?

The base position for all the hands to indicate the time and date.

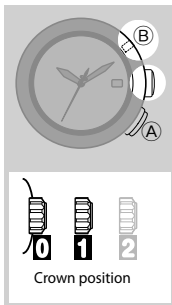
- For the time indication: “0:00:00”
- For the date indication: “1”

If the time and date indications are off from the correct reference position, the watch will not indicate the time and date correctly.

Correct reference position



Checking and correcting the current reference position



1. Pull the crown out to position **1**.
2. Press and hold the upper right button **(B)** for five or more seconds.

All hands and the date indicator move to indicate the current reference position.

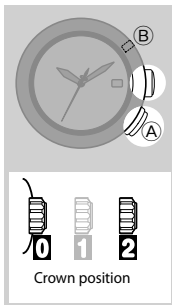
- No operations are available while the hands and date indicator are moving.

Reference position	Next operation
Correct	Push the crown in to position 0 to finish the procedure. (You do not need to correct the reference position.)
Incorrect	Correct the reference position. (Proceed to step 3 on page 42 .)

English

Continued on the next page

Checking and correcting the current reference position



- 3. Pull the crown out to position 2.**
- 4. Press the lower right button (A) briefly.**
The hour hand moves slightly.
- 5. Rotate the crown to adjust the hour hand to the "0:00:00" position.**
 - If you spin the crown quickly a few times, the hand will move continuously. To stop it, rotate the crown in either direction.
- 6. Press the lower right button (A) briefly.**
The minute hand and second hand move slightly.

Checking and correcting the current reference position

- 7. Rotate the crown to adjust the minute hand and second hand to the "0:00:00" position.**
 - If you spin the crown quickly a few times, the hands will move continuously. To stop them, rotate the crown in either direction.
- 8. Press the lower right button (A) briefly.**

The date indicator moves slightly.
- 9. Rotate the crown to adjust the date to the "1" position.**
 - If you spin the crown quickly a few times, the date indicator will move continuously. To stop it, rotate the crown in either direction.
- 10. Push the crown in to position (U) to finish the procedure.**

Correction of the current reference position is finished and the time is indicated.

Troubleshooting

If you have a problem with your watch, check the table below.

Symptoms	Remedies	Page
----------	----------	------

Problems with time signal reception.

Reception is unsuccessful in a receivable area.	Push the crown in to position 0 .	–
	Check the city setting.	12 to 15
	Avoid things likely to interfere with the time signal and place the watch with the 9:00 position facing toward the station.	17 and 22
	Do not move the watch until the reception is finished.	17
	When the second hand moves once every two seconds, the watch cannot receive the time signal. Charge the watch.	34
	Contact the Citizen Consumer Help Desk.	67

Troubleshooting

Symptoms	Remedies	Page
The correct time and date are not indicated after successful reception.	Check the city setting.	12 to 15
	Check and correct the current reference position.	40 to 43

The hands do not work properly.

The second hand rotates a quarter counterclockwise when you check the reception result.	Charge the watch.	32
The second hand moves once every two seconds.	Charge the watch.	33
All hands stop moving.	Push the crown in to position 0 .	–
	Charge the watch by exposing it to direct sunlight for five to six hours.	34

Continued on the next page

Troubleshooting

Symptoms	Remedies	Page
The hands do not work properly.		
The hands start turning rapidly as you take the watch out of the case.	The watch is canceling the power save feature. Wait until the rapid movement stops.	35

The time and/or date is not correct.

The time and/or date is wrong.	Check the city setting.	12 to 15
	Check and correct the current reference position.	40 to 43
	Receive the time signal manually to adjust the time and date.	24 and 25
	Set the time and date manually.	36 to 39
Summer Time is not shown.	Select "ON" manually or receive the time signal.	26 to 31

Troubleshooting

Symptoms	Remedies	Page
The time is wrong even though the city setting is correct and the signal reception was successful.	Check the displayed time—Summer Time or the standard time—and change it if necessary.	26 to 31
	Check and correct the current reference position.	40 to 43
The date changes at around 12:00 p.m.	Receive the time signal manually to adjust the time and date.	24 and 25
	Adjust the time by 12 hours manually.	36 to 39

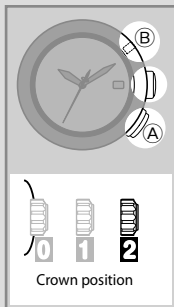
English

Others

The hands do not move even if the watch is charged.	Charge the watch by exposing it to direct sunlight for five to six hours. If the trouble is not solved after charging, contact the Customer Support Center or the store where you purchased your watch.	34 and 66
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Troubleshooting

Resetting the watch



The watch may not work properly if it is affected by static electricity or shock. In this case, you must reset the watch.

Caution

- Be sure to charge the watch fully before resetting it. (Page 34)
- You must correct the current reference position after resetting the watch.

After resetting the watch, the settings are changed as follows:

- Calender: 1 January (leap year)
- City: London
- Summer time: "OFF" for all cities (automatic switching)

1. Pull the crown out to position **2**.
2. Press the upper and lower right buttons **A** and **B**, then release them.

The second hand moves to the "0" second position, the hour hand and date indicator move slightly, and the watch is now reset.

After resetting the watch

You must set the watch again following the procedure below.

1. Correct the current reference position.

See from step 4 on page 42.

2. Select a city.

See pages 12 to 15.

3. Adjust the time/calendar.

- When adjusting by receiving the time signal manually:
 - See pages 24 and 25.
- When adjusting manually:
 - See pages 36 to 39.

Solar-powered watch handling precautions

<Always Make Sure to Recharge Frequently>

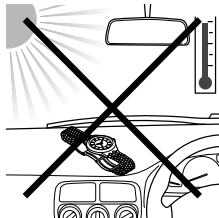
- Please note that if you wear long sleeves, the watch may stop as a result of being covered by your sleeve and blocked from the light.
- When you take off the watch, try to place it in as bright a location as possible. This will ensure that it will continue to run properly.

CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60°C or higher) as doing so may cause the movement to malfunction.

Examples:

- Charging the watch too close to a light source which generates a large amount of heat such as an incandescent lamp or halogen lamp.
 - * When charging under an incandescent lamp, be sure to leave 50 cm or more between the lamp and the watch to avoid exposing the watch to excessive heat.
- Charging the watch in a location where the temperature may become extremely high such as on the dashboard of a vehicle.



Solar-powered watch handling precautions

<Replacement of Rechargeable Cell>

- Because the watch uses a rechargeable cell, you do not need periodical cell replacement. However, power consumption may increase after using for an extended period of time due to deterioration, and the power may run out earlier than expected. To avoid this, we recommend that you have your watch inspected (Charge basis) periodically.

WARNING Handling of Rechargeable Cell

- The rechargeable cell should never be removed from the watch.
If for any reason it becomes necessary to remove the rechargeable cell from the watch, keep out of the reach of children to prevent accidental swallowing.
If the rechargeable cell is accidentally swallowed, consult a doctor immediately.
- Do not dispose of the rechargeable cell with ordinary garbage. Please follow the instructions of your municipality regarding collection of batteries to prevent the risk of fire or environmental contamination.

WARNING Use Only the Specified Battery

- Never use a battery other than the rechargeable cell specified for use in this watch. Although the watch structure is designed so that it will not operate when another type of battery is installed, if a silver battery or other type of battery is installed in the watch and the watch is recharged, there is the risk of overcharging which may cause the battery to rupture. This can cause damage to the watch and injury to the wearer.
When replacing the rechargeable cell, always make sure to use the designated rechargeable cell.

Water resistance








WARNING Water Resistance

- Non-water resistant watches cannot be used underwater or in environments in contact with water.
- Water-resistance for daily use (to 3 atmospheres) means that the watch may be worn while washing your face or in the rain, but is not to be immersed in water.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Name	Indication	Specification
	Watch dial and Case back	
Non-water-resistant watch	—————	Non-water-resistant
Everyday-use water-resistant watch	WATER RESIST(ANT)	Water-resistant to 3 atmospheres
Upgraded everyday-use water-resistant watch	WATER RESIST(ANT) 5 bar	Water-resistant to 5 atmospheres
Upgraded everyday-use water-resistant watch	WATER RESIST(ANT) 10/20 bar	Water-resistant to 10 or 20 atmospheres

Water resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) $\times\times$ bar may also be indicated as W.R. $\times\times$ bar.

Water-related use				
				
Minor exposure to water (washing face, rain, etc.)	Moderate exposure to water (washing, kitchen work, swimming, etc.)	Skin diving, marine sports	Scuba diving using an air tank	Pulling out the crown when the watch is wet
NO	NO	NO	NO	NO
OK	NO	NO	NO	NO
OK	OK	NO	NO	NO
OK	OK	OK	NO	NO

Precautionary items and usage limitations



CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do NOT operate the crown when the watch is wet. Water may penetrate into the watch, causing deterioration of water resistance.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or Customer Support Center for inspection and/or repair.
- If a watch of upgraded water resistance for daily use is immersed in sea water or subjected to excessive perspiration, thoroughly rinse with fresh water and wipe completely dry with a soft cloth.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

Precautionary items and usage limitations

CAUTION When Wearing Your Watch

<Band>

- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do Not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may not indicate the correct time if exposed to intense static electricity.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from indicating the correct time. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

Precautionary items and usage limitations



CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin.
Rust, dirt or perspiration present on the watch's body or band may cause itching or a rash on your skin. Such problems may also occur if you have an allergy to certain metals or leather.
If you think there is something wrong, discontinue wearing the watch immediately and consult your physician.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

CAUTION Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

<About Luminous Paint>

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light (“glow”) will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

Warranty and service

<Free Guarantee>

In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.

<Stock Period of Repair Parts>

Our standard period for stocking repair parts for each model is generally seven years. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.

<Repair Period>

Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. However, you will be charged for these repairs. Please take the watch to the shop where you purchased it and ask whether it can be repaired because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-term use.

<Change of Address or Receiving as a Gift>

In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for service, please consult Customer Support Center.

<Periodic Inspection (Charge Basis)>

You should have your watch inspected every 2-3 years to extend its life and ensure safety (charge basis). When replacing parts, always make sure to request genuine parts. When it becomes necessary to replace packings and springs, it may sometimes also be necessary to inspect other parts or to make repairs in addition to replacing the parts. Please ask for more detailed information on repair or replacement expenses at the shop where you purchased your watch or Customer Support Center.

<Request to Customers>

All parts of this watch, except for the band, are to be repaired only at CITIZEN. This is because special technologies and equipment are required to perform repairs, inspections and adjustments. Please make requests for repairs to Customer Support Center when having your watch repaired.

<Other Inquiries>

If you have any questions regarding the way warranty, repairs or other matters, please inquire at the shop where you purchased your watch or Customer Support Center.

Information

The time signal

The time signal is broadcast almost continuously 24-hours a day, but may occasionally be interrupted due to maintenance. The broadcasting conditions of the time signal for Japan can be checked on the English web site of Japan Standard Time Project (<http://jy.nict.go.jp/index-e.html>).

The time signal has no effect on the human body or medical equipment.

To avoid hand misalignment by impacts or magnetism—Perfex

JIS Type-1 antimagnetic performance:

This watch maintains its time functionality as close as 5 cm away from devices that generate a magnetic field during normal use.

Impact detection function:

This function prevents unwanted movement of the hour, minute and second hands when the watch receives an impact.

Automatic hand correction function (hand reference position auto-correction function):

The reference position of the hands is checked at regular intervals, and if there is any misalignment, the hour, minute and second hands are rapidly corrected to maintain the correct time.

English

Perfex
パーフェックス

Specifications

Model	H149	Type	Analog solar-powered watch
Timekeeping accuracy (without the time signal reception)	Within ± 15 seconds per month when worn at normal operation temperatures (between $+5^{\circ}\text{C}$ and $+35^{\circ}\text{C}$)		
Operating temperature range	-10°C to $+60^{\circ}\text{C}$		
Display functions	<ul style="list-style-type: none">• Time: Hours, minutes, seconds• Calendar: Date• City		
Maximum run time from full charge	<ul style="list-style-type: none">• Fully charged to fully discharged: Approximately two years (with power save feature) Approximately six months (without power save feature)• Power reserve upon insufficient charge warning function: Approximately three days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions	<ul style="list-style-type: none">• Solar power function• Power reserve indication• Overcharging prevention function• Insufficient charge warning function (two-second interval movement)• Energy saving function (power save feature)• Receiving time signal (automatic, on demand, automatic recovery)• Confirming reception status (RX)• Automatic selection of time signal stations (JJY only)• Indicating the result of the last reception (OK/NO)• Summer Time (ON/OFF)• City setting (26 cities)• Perpetual calendar (until February 28th, 2100)• Perfex (JIS Type-1 antimagnetic performance/Impact detection function/ Automatic hand correction function)
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Specifications are subject to change without prior notice.

Customer support center

Repair service

Citizen Customer Service

TEL: **0120-977-867**

Business hours: 9:30-12:00/13:00-17:00

(Monday thru Friday excluding holidays)

1-14-1 Higashi ayase, Adachi-ku, Tokyo (〒120-0004)

Citizen Consumer Help Desk

TEL: **0120-78-4807**

Business hours: 9:30-17:30 (Monday thru Friday excluding holidays)

URL: **<http://citizen.jp/>**

English

TOKYO SUPPORT SERVICE TEL: 03-6327-3894

2F Citizen Nakano Bldg., 5-68-10, Nakano, Nakano-ku, Tokyo (〒164-8726)

OSAKA SUPPORT SERVICE TEL: 06-6252-1432

3-8-9 Minami-Senba, Chuo-ku, Osaka (〒542-0081)