CITIZEN®

INSTRUCTION MANUAL

Eco-Drive®

European Union Directives Conformance Statement

CE Hereby, CITIZEN WATCH CO., LTD., declares that this H15 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC and RoHS Directive 2011/65/EU.

You can view your product's Declaration of Conformity (DoC) to Directive 1999/5/EC (the R&TTE Directive) and 2011/65/EU (the RoHS Directive) at the Citizen Watch global site:
http://www.citizenwatch-global.com/declaration/index.html

RF Exposure Information according to 2.1091/2.1093/OET bulletin 65

Radio frequency radiation exposure Information:

The radiated output power of the device is for below the FCC radio frequency exposure limits.

FCC statements

This device complies with part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Citizen Eco-Drive Proximity

Thank you for your purchase of this Citizen watch. Before using the watch, read all information in this guide carefully to ensure correct use.

- Section 1: Precautions and general use
- Section 2: Watch Setting and basic use
- Section 3: Firmware identification guide
- Section 4: Firmware v1.0, 1.1 and 2.0: Bluetooth Guide. Compatible with iOS5, iOS6 and iOS7. Requires Proximity App v1.0 - 1.2 (white icon).
- Section 5: Firmware v2.5 And Proximty App 2.5 Bluetooth Use guide Requires iOS7 (7.04 or higher) and Proximity App v2.5 (blue icon).
- Section 6: Firmware v2.0 to firmware v2.5 self-update guide. Requires iOS7 (7.04 or higher) and Proximity App v2.5 (blue icon).

Section 1
Precautions and General Use

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Safety precautions — IMPORTANT

This manual 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. We encourage you to read the entire booklet and understand the meaning of the following symbols:

- Safety advisories are categorized and depicted in this manual as follows:

⚠ **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 are categorized and depicted in this manual as follows:

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

Eco-Drive watch handling precautions

<Always Make Sure to Recharge Frequently>

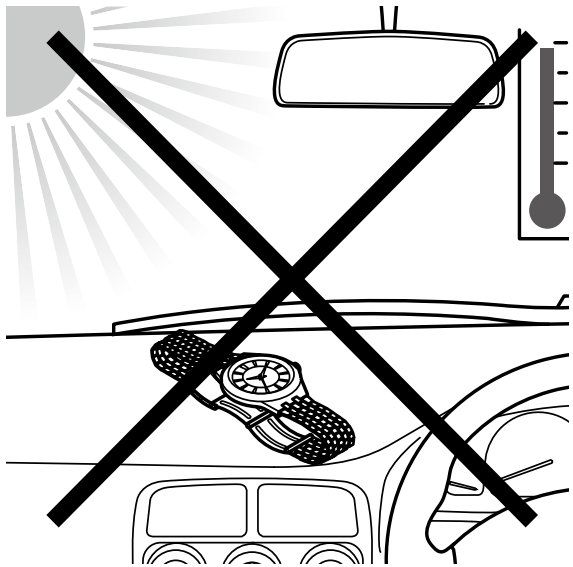
- For optimal performance, your watch should remain fully charged.
- Long sleeves may inhibit light transmission to your watch. This may result in your watch loosing charge. In these cases supplemental charging may be necessary.
- When you take off the watch, place it in a bright location to ensure optimal performance.

⚠ CAUTION Recharging Precautions

- Do not charge the watch at a high temperature (about 60 °C (140 °F) 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 (20 inches) 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.



<Replacement of Rechargeable Cell>

- This watch utilizes a special rechargeable cell that does not require periodical replacement. However power consumption may increase after using the watch for a number of years due to wear of internal components and deterioration of oils. This may cause stored power to be depleted at a faster rate. For optimal performance, we recommend having your watch inspected every 2-3 years for proper operation and condition check.

⚠ 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 conventional watch 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

- 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.)
- W. R. ×× bar may also be indicated as WATER RESIST(ANT) ×× bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- 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	Water resistant	Water-related use				
	Dial or Case back		Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Operate the crown or button when the watch is wet
Non-water resistant	–	–	**NO**	**NO**	**NO**	**NO**	**NO**
Everyday-use water resistant watch	W. R.	Up to 3 atmospheres	**OK**	**NO**	**NO**	**NO**	**NO**
Upgraded everyday use water resistant watch	W. R. 5 bar	Up to 5 atmospheres	**OK**	**OK**	**NO**	**NO**	**NO**
	W. R. 10 bar	Up to 10 atmospheres	**OK**	**OK**	**OK**	**NO**	**NO**
	W. R. 20 bar	Up to 20 atmospheres	**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.
- Take off your watch before going to bed.

⚠ 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 or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- 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.
- Even if your watch has a high level of water resistance, please be careful of the following.
  - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
  - Do not pour water from a tap directly onto your watch.
  - Take off your watch before taking a bath.
- 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.

⚠ CAUTION When Wearing Your Watch

<Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration dirt. Because of the natural materials, leather band will be worn, deformed, and discolored over time. It is recommended to replace the band periodically.
- 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.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- 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.

- Please request adjustment or repair of the band in the following cases:
  - You notice an abnormality with the band due to corrosion.
  - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury.
  Consult your nearest authorized Citizen service center. Other shops may charge for, or may not provide, the service.

<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.

<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 keeping time accurately.
  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.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note the watch may operate erratically or not at all if exposed to intense static electricity.

<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.

<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.

⚠ 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. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration. Be sure to keep your watch clean at all times.
- Be sure to periodically clean the bracelet and case of your watch to remove accumulated dirt and foreign matter. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you notice this, discontinue wearing the watch and consult your physician.
- Be sure to periodically clean foreign matter and accumulated materials from the metal band, synthetic rubber strap (polyurethane) and/or metal case using a soft brush and mild soap. Be careful not to allow moisture on the case if your watch is not water resistant.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For metallic, plastic or synthetic rubber (polyurethane) band, clean it with soap and a soft toothbrush. Be sure to thoroughly rinse the band after cleaning to remove any soap residue.
- For a leather band, wipe off dirt using a dry cloth.
- 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.

<When Luminous Paint is used for your watch>

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 will appear bright at first and then diminish 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.

Section 2
Watch Setting, Recharging and Basic Use

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iPhone is a trademark of Apple, Inc., registered in the U.S. and other countries.
The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

Before using this watch

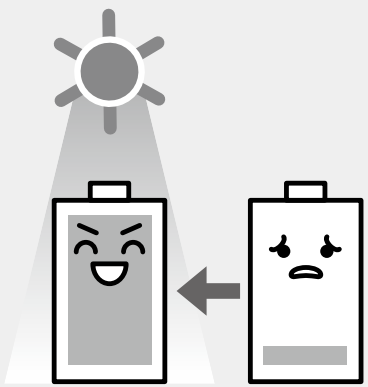
The following must be done before using the watch:

- **Checking the current power reserve → page 14**

For optimal performance, ensure your watch is fully charged (level 3) prior to use.

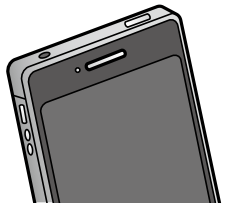
- **Setting the correct time and date for your locale**

The time may be adjusted either manually (page ***36***), or by receiving time information when connected with iPhone, a mobile digital device, using the app available from the App Store. (See “Communication feature guide”.)



This watch has a rechargeable cell which is charged by exposing the dial to light.
Expose the dial to direct sunlight regularly to charge the watch.
For details of charging, see page ***7***.

Features



Bluetooth®

Connectable with your iPhone using Bluetooth 4.0 through the dedicated app (see “Communication feature guide” for detail), and equipped with the following features:

- Automatic Time Sync
- Incoming Call Alert
- Link Loss Alert
- iPhone Search
- Email/SMS/calendar Alert
- Alart from other apps



Eco-Drive
Never needs a new battery. This watch is fueled by light.



Perpetual calendar:
Once set, the date will automatically adjust for months shorter than 31 days as well as leap years.



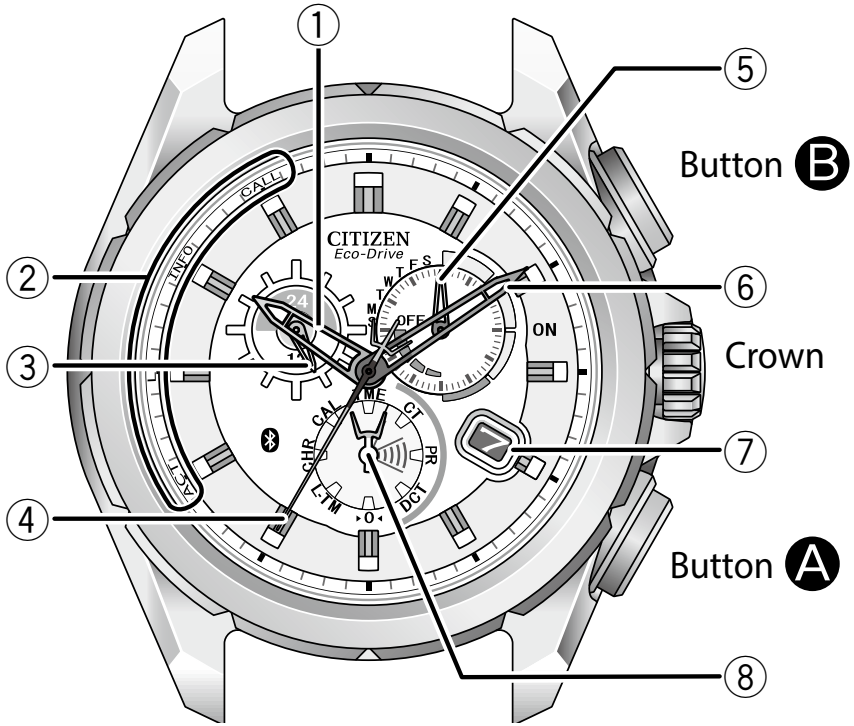
Chronograph:
Measure elapsed time up to 60 minutes.



Local time:
Easy to see the time for a second time zone, anywhere in the world.

* “Eco-Drive” is an original technology of Citizen.

Component identification



① Hour hand
② Notification indication for connecting to iPhone (see page **29**)
③ 24-hour hand on the upper left sub dial
④ Second hand/Chronograph second hand
⑤ Function hand and function indications on the upper right sub dial
- Connection status (see page **29**)/ Power reserve level (see page **14**)
- Chronograph minute hand
- Day of the week

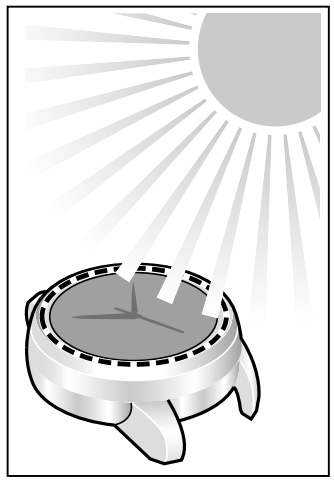
⑥ Minute hand
⑦ Date
⑧ Mode hand on the lower sub dial (see page **16**)

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

Charging your watch

This watch has a rechargeable cell which is charged by exposing the dial to light, such as direct sunlight or fluorescent lamps (refer to pages *9* to *11* for charging guidelines).
After taking off the watch, put it in a location where the dial is exposed to bright light, such as by a window.
For optimal performance, be sure to:

- Expose the watch to direct sunlight half a day at least once a week.
- Avoid leaving it in dark places for long periods of time.

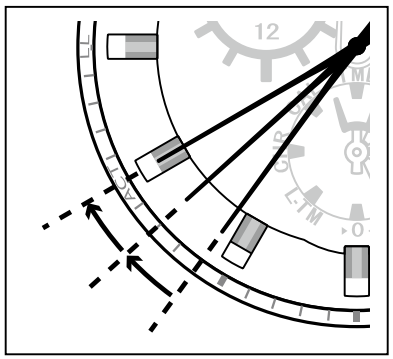


CAUTION

- Do not charge the watch at high temperature (about 60°C (140°F) or higher).
- If the watch is obscured from light by long sleeves frequently, supplemental charging may be needed to ensure continual operation.

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. Be sure to fully charge your watch.



- When the watch is sufficiently charged, the second hand will move normally.
- If you do not charge the watch for 10 days or longer after the insufficient charge warning movement has begun, the watch will be depleted of all power and stop.

CAUTION

- Even when the second hand moves once every two seconds, the current time and date are indicated. However, other features and functions of the watch will not be available for use.

Charging time by environment

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

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	12 minutes	3.5 hours	13 hours
Outdoors (cloudy)	10,000	30 minutes	6.5 hours	30 hours
20 cm (8 inches) away from a fluorescent lamp (30W)	3,000	1.5 hours	15 hours	90 hours
Interior lighting	500	8 hours	80 hours	600 hours

- Exposing to direct sunlight is recommended to charge your watch.
  A fluorescent lamp or interior lighting does not have sufficient illumination to charge your watch efficiently. Many hours are required to charge the watch fully when using this type of light.

After charged fully, the watch runs without additional charging

With connecting to iPhone	Without connecting to iPhone
About 8 months*	About 17 months

* When the watch is connected to your iPhone about 6 hours a day and received messages about 10 times a day, you can use the connecting feature between the watch and your iPhone about 30 days in 8 months. For details, see page ***15***.

Caution when connecting to iPhone

- Connecting to iPhone requires a substantial amount of power, especially if receiving many notifications. Be sure to keep your watch fully charged when utilizing this feature.
- We recommend disconnecting with iPhone when not needed.
- Connecting feature does affect battery usage on your iPhone. Be sure to check the charge level of your iPhone.

Power save function

If your watch is not exposed to light sufficient for charging for 30 minutes or more, the second hand will stop in order to conserve power. Although the second hand is not moving, the correct seconds are stored in memory.

The power save function cannot be activated manually; it is an automatic feature only.
The power save function does not operate under the following conditions:

- The crown is in position **1** or **2**.
- The current mode is Chronograph [**CHR**] or Calendar [**CAL**].
- The second hand is indicating a notification ("**MAIL***"/ "**CALL**"/ "**LL**").

* "**INFO**" is used instead of "**MAIL**" on some models.

Canceling the power save function

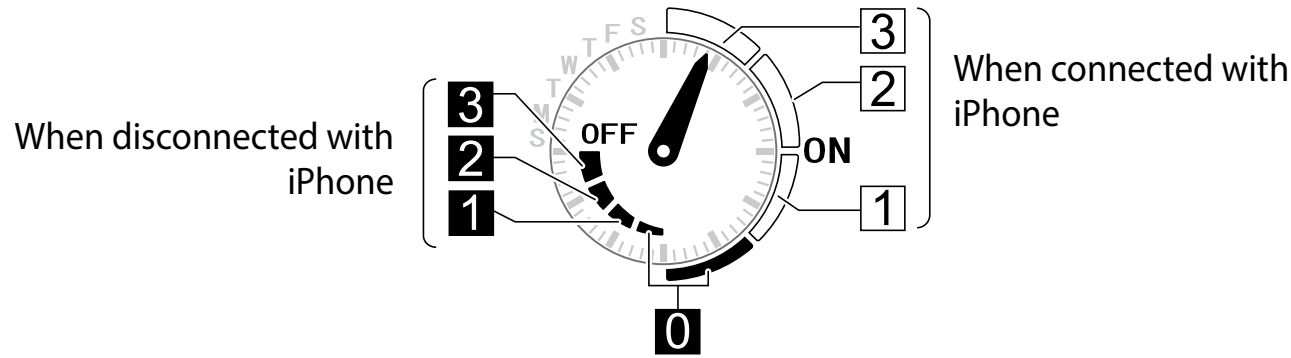
The power save function is automatically canceled when the watch is exposed to light sufficient for charging. The second hand will then resume normal movement.

- The power save function will also be canceled if a notification is received from your iPhone.
- If the watch is in the power save state for long period of time, adjust the time and date before use through the iPhone connection (see “Communication feature guide”) or manually (see page ***36***).

Checking the current power reserve

This watch has a power reserve display feature when in [**TME**], [**L-TM**], [**PR**], [**CT**], or [**DCT**] mode.

Power reserve indication (Function hand on the upper right sub dial)



- If the current power reserve is not displayed (the watch is in [**CAL**] or [**CHR**] mode), change the mode. (page ***16***)
- When connecting to iPhone, pay particular attention to the power reserve to ensure sufficient power is available. Power consumption increases as amount of notification increases.

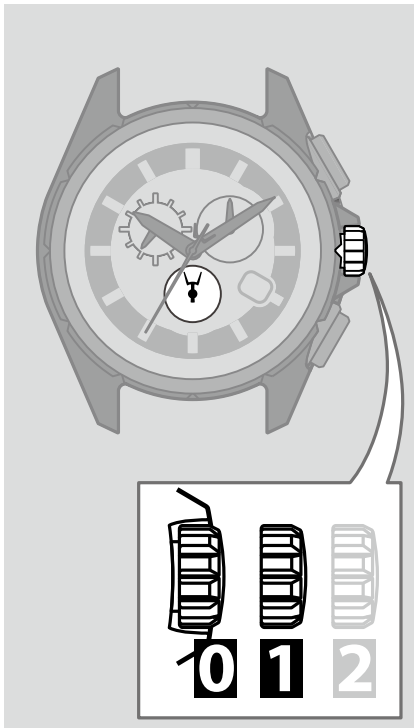
The power reserve level

<table>
<tr><th>Level</th><th>3</th><th>2</th><th>1</th><th>0</th></tr>
<tr><td rowspan="4">Approximate duration of at this level</td><td colspan="3">With connecting to iPhone within 6 hours a day</td><td rowspan="2">7 months*</td></tr>
<tr><td>Up to 10 days</td><td>Up to 15 days</td><td>Up to 5 days</td></tr>
<tr><td colspan="3">Without connecting to iPhone</td><td rowspan="2"></td></tr>
<tr><td>Up to 3 months</td><td>Up to 5 months</td><td>Up to 2 months</td></tr>
<tr><td>Power reserve is sufficient.</td><td>Power reserve is OK.</td><td>Power reserve is getting low.</td><td>Power reserve is insufficient. Insufficient charge warning may function.</td></tr>
<tr><td colspan="2">OK for normal use</td><td colspan="2">Charge immediately.</td></tr>
</table>

* When the power reserve is at level “0”, basic watch functions can be used. However, communication functions will not be available.

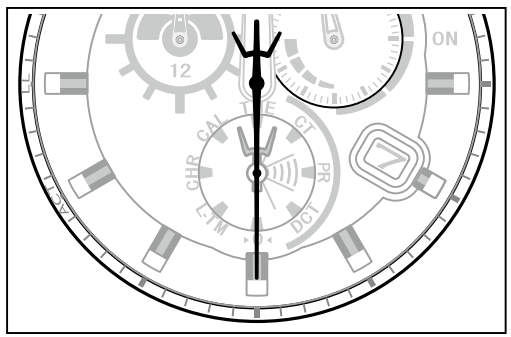
Changing the mode

This watch features eight different modes (functions).
Change the mode by rotating the mode hand on the lower sub dial before using each mode.



1 Pull the crown out to position 1.

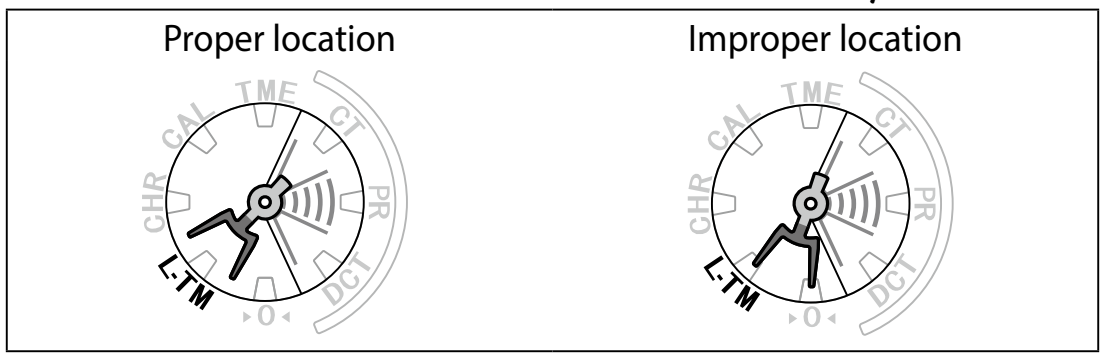
The second hand moves to indicate the 30 seconds position.



The second hand indicates the 30 seconds position.

2 Rotate the crown to select a mode.

- Each time you rotate the crown, the mode hand on the lower sub dial moves. Rotate the crown until the mode hand indicates the mode you wish to use.

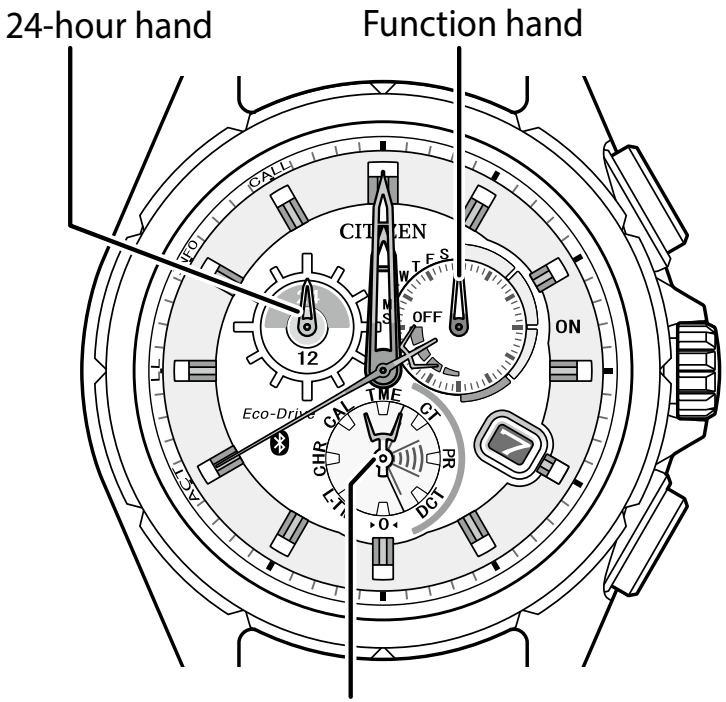


Ex. When selecting [L-TM]

- You may turn the mode hand either clockwise or counterclockwise.
- The hands/indications function differently in each mode. See page ***18*** for more details of each mode and the functions of the hands/indications in each mode.

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

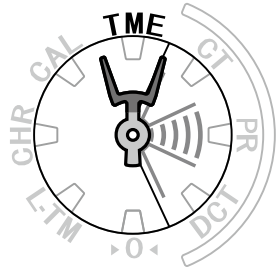
Mode indications and functions



Time — [TME]

- Normally, use the watch in [**TME**] or [**L-TM**] mode.

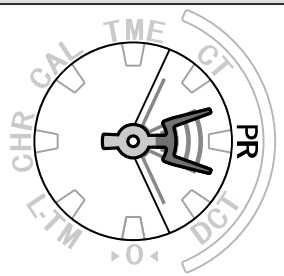
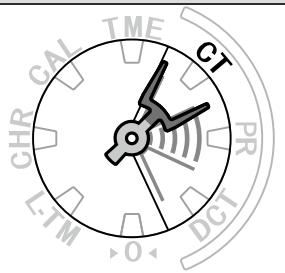
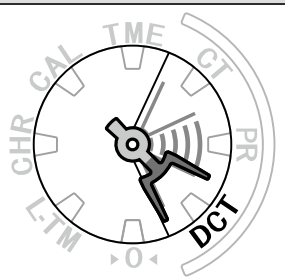
[TME]



The currently set time is displayed.

- The function hand on the upper right sub dial indicates the power reserve in this mode.

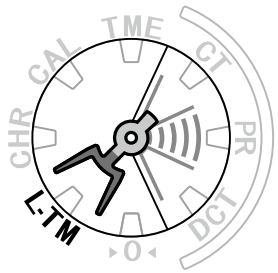
Pairing/Connecting/Disconnecting of iPhone—[PR]/[CT]/[DCT] (Refer also to “Communication feature guide”.)

[PR] (Pairing)	[CT] (Connect)	[DCT] (Disconnect)
		
Select this when you want to connect (pair/register) the watch to your iPhone for the first time.	Select this mode when you want to connect your watch to your iPhone after initial pairing.	Select this when you disconnect the watch from your iPhone.

- Time indication is same as either [**TME**] or [**L-TM**].
- The function hand on the upper right sub dial indicates the power reserve in this mode.

Local time — [L-TM]

[L-TM]



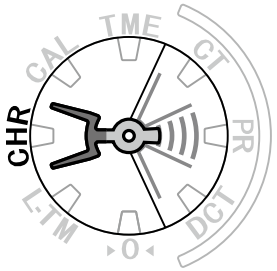
Select this to display the time of another area (local time). (page ***42***)

- The 24-hour hand on the upper left sub dial, date and day of the week display local time.
- The function hand on the upper right sub dial indicates the power reserve in this mode.

- Normally, use the watch in [**L-TM**] or [**TME**] mode.

Chronograph — [CHR]

[CHR]

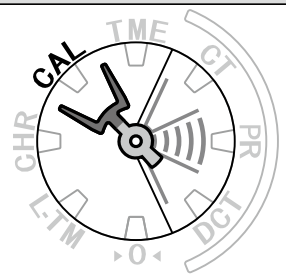


Select this when you want to use the chronograph. (page ***44***)

- The second hand: Indicates the chronograph seconds.
- The function hand on the upper right sub dial: Indicates the chronograph minutes.
- The hour, minute and 24-hour hands will continue to reflect the time set in [**TME**] or [**L-TM**] mode.

Calendar — [CAL]

[CAL]



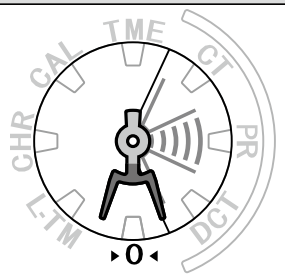
Select this to display the calendar. (page ***36***)

- The second hand: Indicates the year/month.
- The function hand on the upper right sub dial: Indicates the day of the week.

The hour, minute and 24-hour hands will continue to reflect the current time set in [**TME**] mode.

The reference position — [▸0◂]

[▸0◂]



The current reference position of each hand/indication is indicated. (page ***46***)

About connection to iPhone

This watch communicates with iPhone through the connection of Bluetooth 4.0, which is featured Bluetooth Low Energy (BLE) power-saving technology.
Features available when the watch is connected to your iPhone are described here.

- It is required for connection to install a dedicated app on a compatible iPhone.

iPhone connectable with this watch

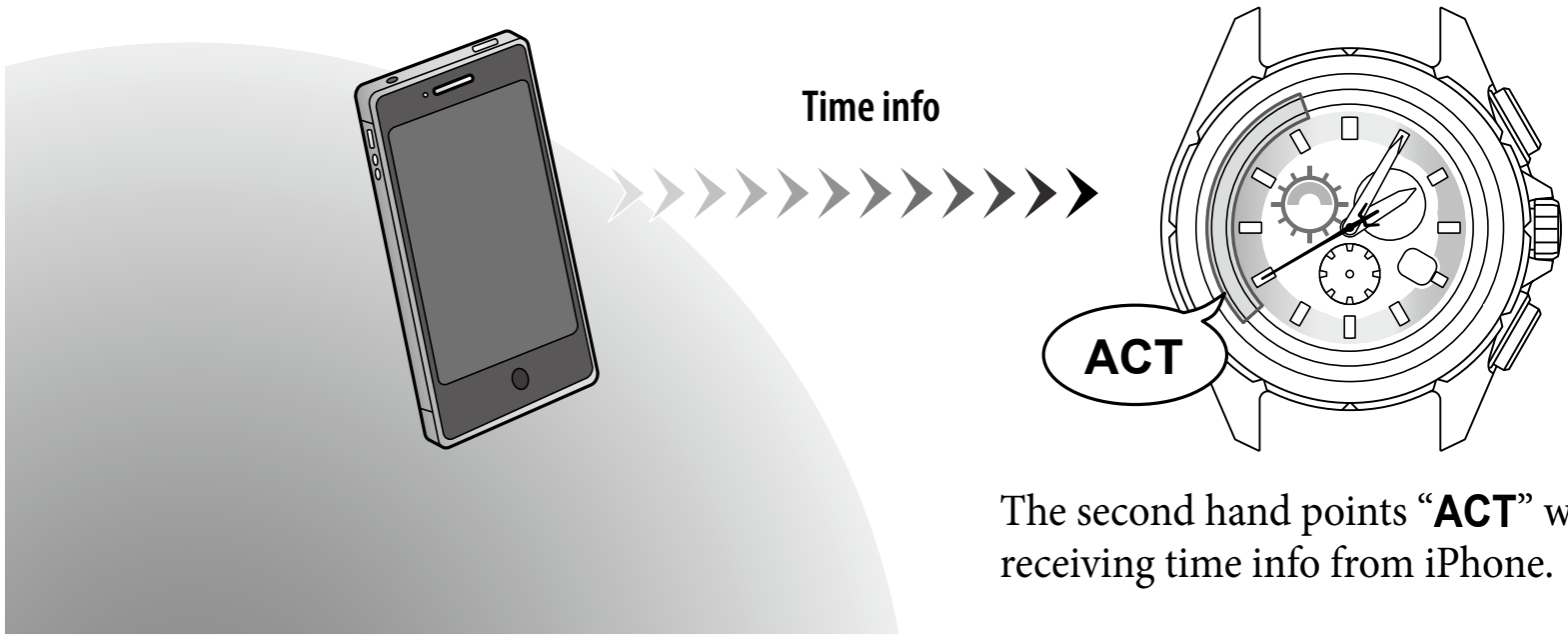
It depends on the firmware of the watch and the version of the dedicated app.
See “Communication feature guide” for details.

Set the mode to [**DCT**] (see page ***19***) to use this watch as a standard one in places such as an airplane, where electronic devices are limited to use.

Functions available with the connection

Automatic adjustment of time and calendar

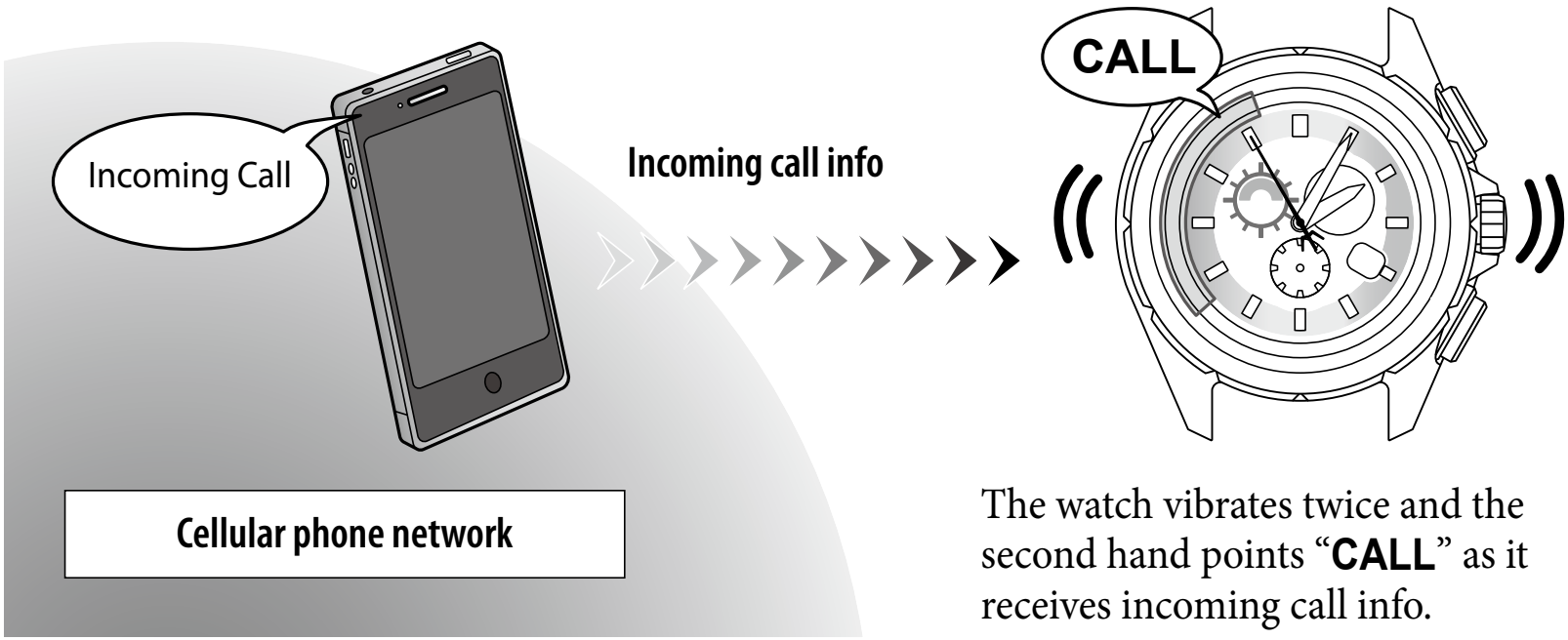
The watch adjusts time and calendar automatically using time info provided from the iPhone.



The second hand points "**ACT**" while receiving time info from iPhone.

Incoming call notification

Incoming call alert comes to the watch since iPhone's call reception.

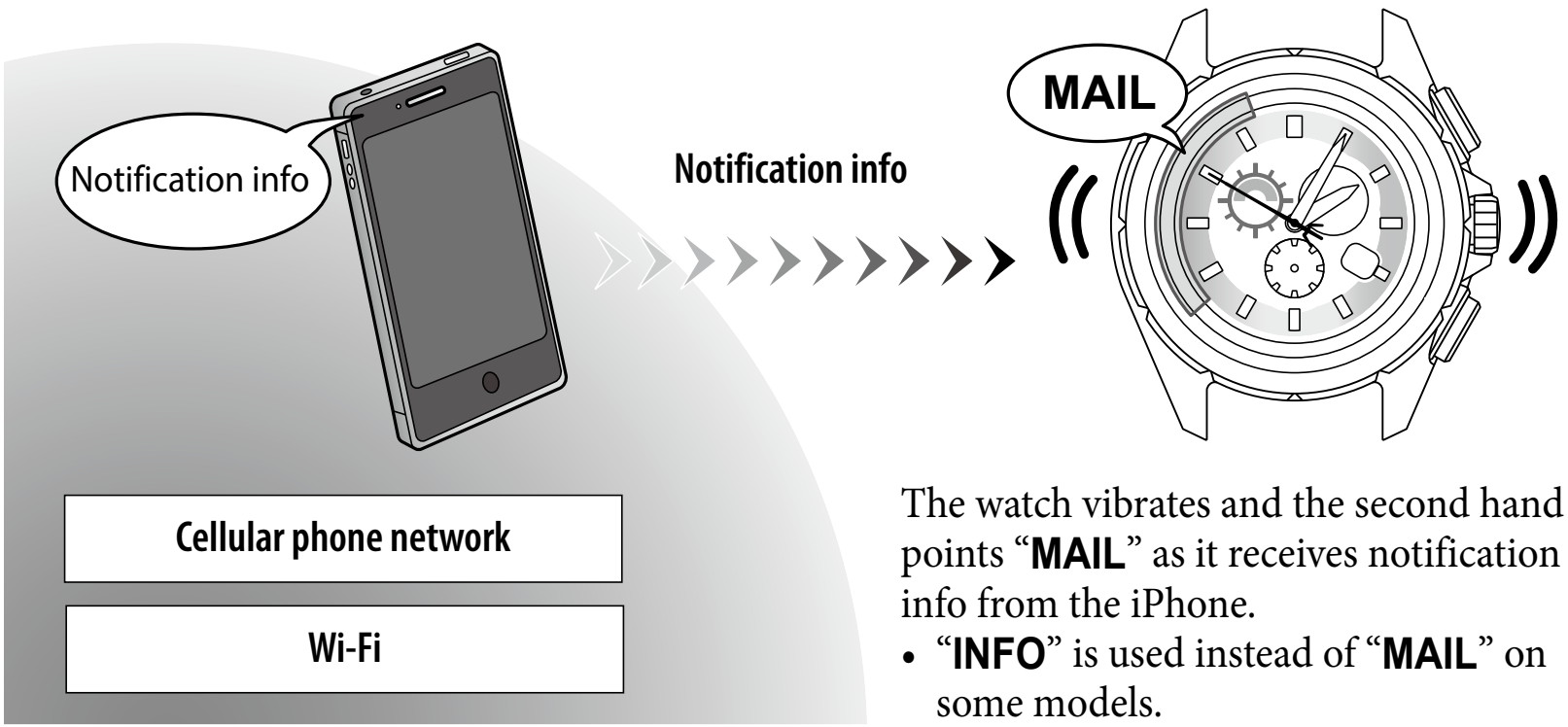


The watch vibrates twice and the second hand points "**CALL**" as it receives incoming call info.

Notification from Mail/Messages/Calendar/other supported apps*

The watch receives notification from iPhone apps such as Mail/Messages/Calendar corresponding to the settings on the iPhone.

* See “Communication feature guide” for details.

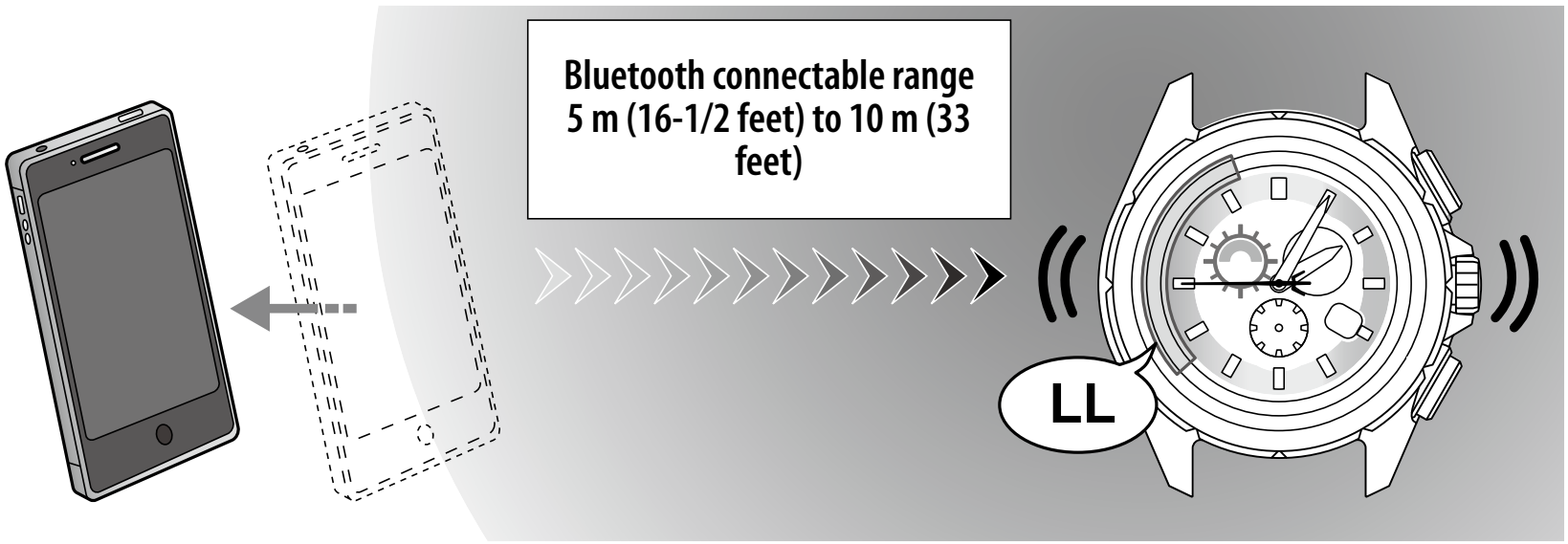


The watch vibrates and the second hand points “**MAIL**” as it receives notification info from the iPhone.

- “**INFO**” is used instead of “**MAIL**” on some models.

Link Loss alert (Bluetooth disconnection notification)

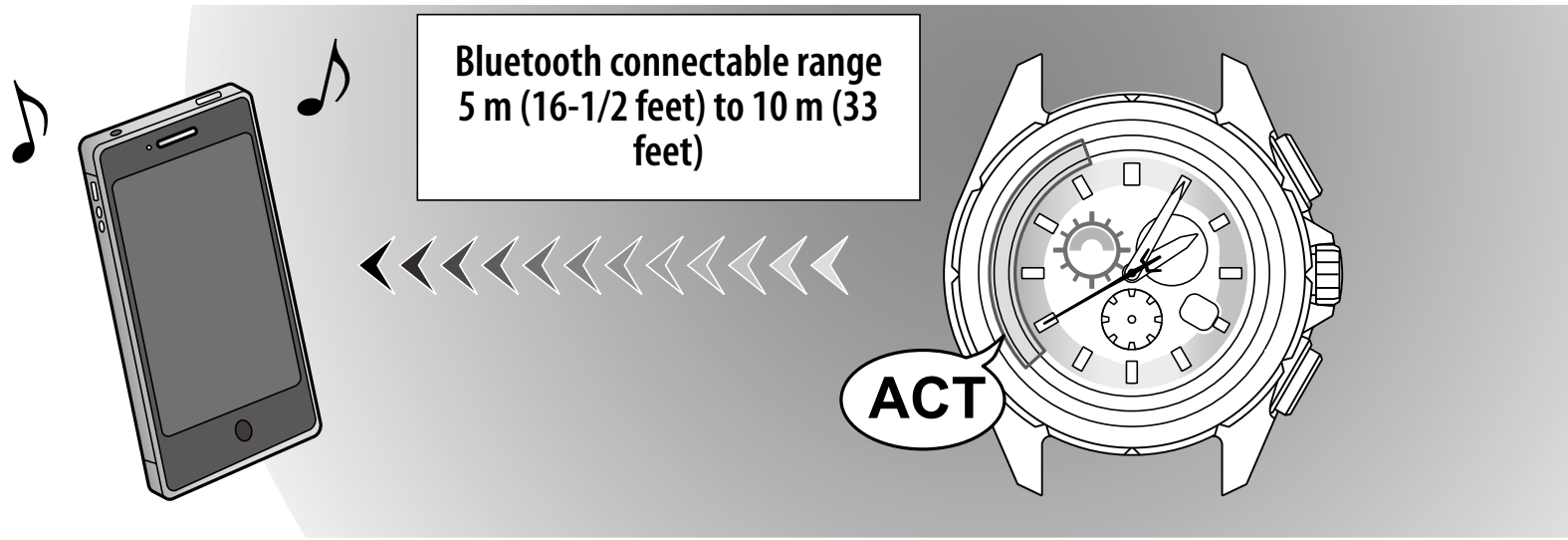
The watch notifies iPhone's disconnection due to their distance.



The watch vibrates twice and the second hand points "**LL**" as it detects disconnection.

iPhone Search

The watch sends signals to the registered (paired) iPhone within the connectable range. This function is also available when they are disconnected.



The iPhone sounds (depending on the setting) as it receives the signal.

The second hand points "**ACT**" as it starts to send signals.

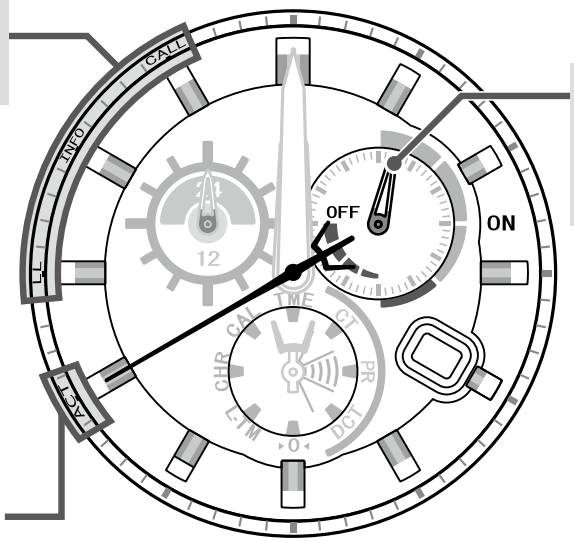
Connection and notification indication on the watch

Because the watch vibrates gently for the notification, it is recommended to check the vibration in advance. (page ***31***)

- You cannot control ON/OFF, strength or duration of the vibration of the watch.

Notification position of the second hand

CALL	Incoming phone calls
MAIL	Emails and schedule info
LL	Disconnection (Link Loss)
ACT	The watch is waiting to be connected or processing communication (Activation)



Connection status (the function hand on the upper right sub dial)

ON	Connected
OFF	Not connected.

- Since the actual pointing position of the hand varies depending on the amount of charge, distinguish "**ON**" and "**OFF**" by the area the hand points.

- "**INFO**" is used instead of "**MAIL**" on some models.

- The maximum connectable range is about 10 m (33 feet). Connectable range may be shorter due to obstacles such as walls as well as placement of the iPhone and/or watch.
  Do not block the watch with your body such as your arm.
- When [►**0**◄], [**CHR**] or [**CAL**] mode is selected, only vibration gives you notification. The indication by the second hand will be made with another vibration when you change the mode to [**TME**], [**L-TM**] or [**CT**].
- When the watch receives a new info while the second hand indicates a notification type, the hand's indication is updated corresponding to the new info.

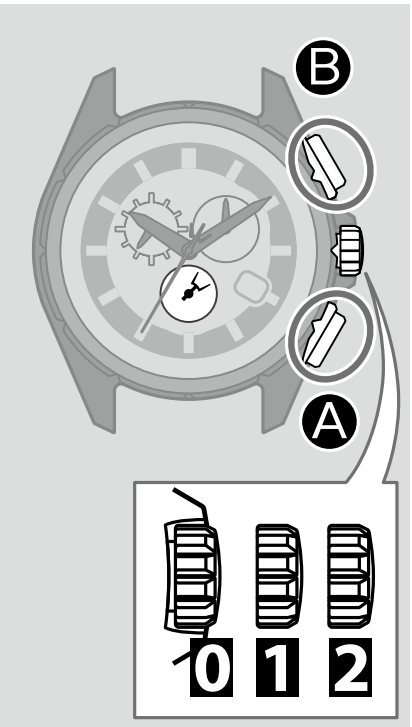
Stopping the notification indication

Press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds while the second hand indicates a notification, and the second hand stops the notification indication and return to the normal movement.

Testing the vibration of the watch

You can check the vibration for notification in advance.

- You cannot control ON/OFF, strength or duration of the vibration of the watch.



1. **Change the mode to [CT]. (See page 16)**
2. **Pull the crown out to position 2.**
3. **Press and release either the lower right button Ⓐ or upper right button Ⓑ.**
   The watch starts vibrating.
   - The vibration is different from the actual notification vibration.
4. **Push the crown in to position 0.**
5. **Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 16)**

Bluetooth 4.0 wireless technology

Bluetooth is a type of wireless communication technology used over distances of about 5 m (16-1/2 feet) to 10 m (33 feet) from handheld information products such as smartphones, head sets and game gadgets.

- This watch supports the Bluetooth 4.0 utilizing the electricity saving technology, Bluetooth 4.0 (Bluetooth Low Energy).
- The communication distance using Bluetooth may be reduced when obstacles such as walls exist. It may be particularly affected by the human body such as your arms.

The Bluetooth communication technology of this watch may not be usable depending on the law of the country. For a list of countries where it can be used, visit the following web page. If using this watch in a country other than those listed, you may be punished by the law of the country. Please confirm before use.

Citizen Watch global site: "**http://www.citizenwatch-global.com/** " → "**Service & Support**"

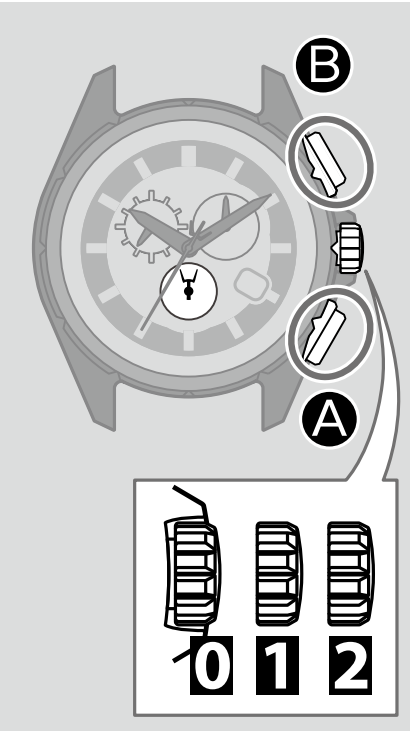
Within the frequency band (2.4 GHz) used by this watch, local area wireless stations (wireless stations requiring a license) for identifying the mobile objects used on the production lines of factories, etc. in addition to industrial, scientific and medical applications such as microwaves, specific low electric power wireless stations (wireless stations not requiring a license), and amateur radio stations (wireless stations requiring a license) are operated.

- Please make sure that neither local area wireless stations for identifying mobile objects, specific low electric power wireless stations, nor amateur radio stations are being operated nearby before using this watch.
- Should any case of harmful radio wave interference from this watch to local area wireless station for identifying mobile objects occur, please stop using Bluetooth 4.0 immediately and consult the nearest Authorized Citizen Service Center for necessary steps to avoid interference.
- Should any trouble including other cases of harmful radio wave interference from this watch to specific low electric power wireless stations or amateur radio stations, please consult the nearest Authorized Citizen Service Center.
- The connectable distance for the Bluetooth 4.0 is approximately 10 m (33 feet) in an ideal location. Placing the transmitter and receiver behind reinforced concrete or metallic walls may block radio waves and disrupt sufficient communication. The communication distance may shorten depending on the environment where this watch is used.

- Placing this watch and the following electronic devices within close range may cause problems such as malfunction due to radio wave interference and production of noise.
  - Devices utilizing the 2.4 GHz frequency range including wireless LAN, microwaves, and digital cordless phones. Radio wave interference may cause cutting off of the sound.
  - Audio video equipment with an antenna input terminal including radios, TVs, video recorders, and satellite tuners. Noise may occur in the sound and image.
- Due to the use of radio waves, messages transmitted through this watch may be eavesdropped by third parties intentionally or accidentally. Do not use this watch for important communication or any communication involving human lives.

Adjusting the time and calendar manually [TME]/[CAL]

Adjusting the time — [TME]



1 Change the mode to [TME]. (See page 16)

2 Pull the crown out to position 2.
The second hand rotates to indicate the current time.

3 Press and release either the lower right button Ⓐ or upper right button Ⓑ.
The second hand moves to indicate the 0 seconds position.

4 Rotate the crown to set the time.

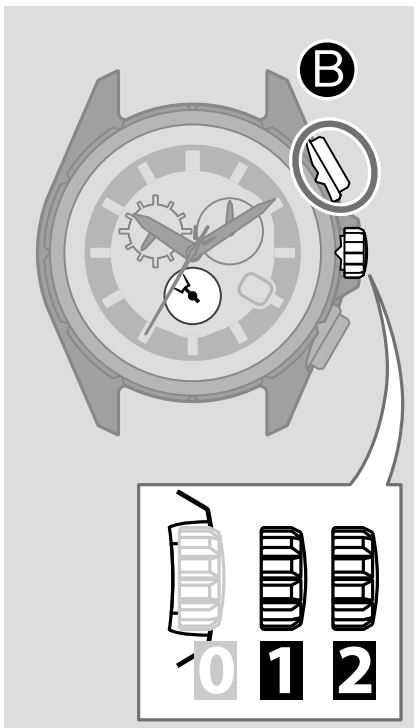
- You can adjust the time in one minute increments.
- The hour and minute hands and 24-hour hand on the upper left sub dial move in conjunction with one another.
- When adjusting the time, be sure to pay particular attention to the 24-hour hand to ensure AM or PM time is set properly.
- If you spin the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.

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

This completes manual time adjustment.

Adjusting the Calendar — [CAL]

- The hour and minute hands and 24-hour hand on the upper left sub dial will indicate the time set in [**TME**] mode.
- While in [**CAL**] mode, notifications will be through watch vibration only. Visual notification by the second hand occurs only in [**TME**], [**L-TM**] or [**CT**] mode.



1 Change the mode to [CAL]. (See page 16)

2 Pull the crown out to position 2.

The second hand rotates to indicate the current month and leap year set in memory, while the function hand on the upper right sub dial rotates to indicate the current day of the week set in memory.

3 Rotate the crown clockwise to adjust the month and leap year.

- See page ***40*** for instructions on how to read the month and leap year setting.
- Each time you rotate the crown, the second hand moves by one step.

4 Press and release the upper right button Ⓑ.

The function hand on the upper right sub dial will move slightly to indicate that the date can be set.

5 Rotate the crown to adjust the date.

- Each time you rotate the crown fully clockwise, the function hand on the upper right sub dial will rotate five times and the date will advance by one day. When you rotate the crown fully counterclockwise, it will go back by one day.
- If you spin the crown quickly a few times, the date will move continuously.

6 Press and release the upper right button Ⓑ.

The function hand on the upper right sub dial will move slightly to indicate that the day of the week can be set.

7 Rotate the crown to adjust the day of the week.

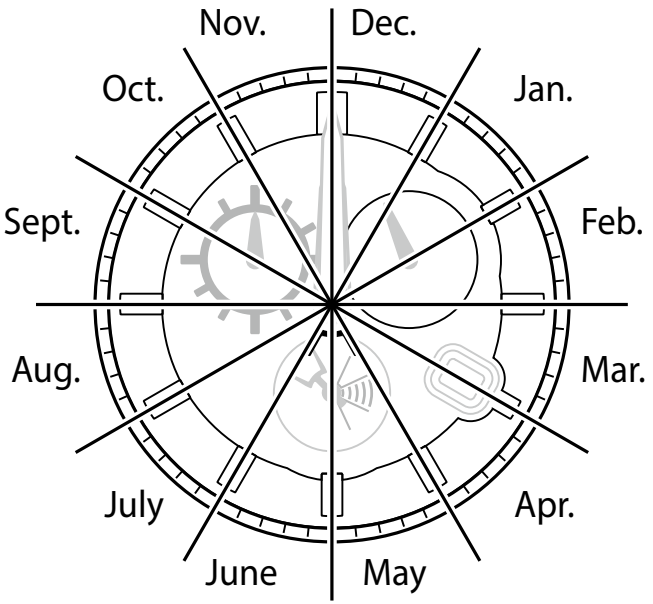
- Each time you rotate the crown fully clockwise, the day of the week will advance by one day. When you rotate the crown fully counterclockwise, it will go back by one day.
- When pressing and releasing the upper right button Ⓑ after setting the day of the week, you can return to setting the month and leap year.

8 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 16)

Month and year indications

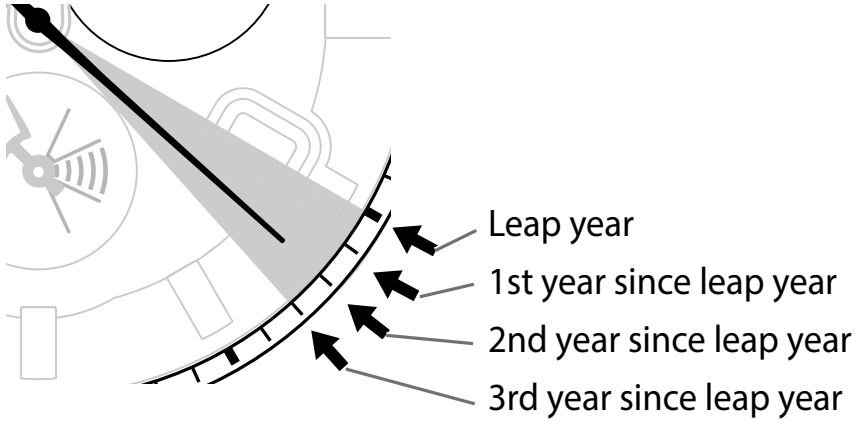
The month and leap year are indicated by the position of the second hand when in [**CAL**] mode. When set correctly, the watch will be automatically adjusted for months shorter than 31 days as well as for leap years.

The month and leap year are indicated by the hour and minute indices. The years since the last leap year are indicated by the first three minute indices past each hour.



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

In the example above, the second hand indicates April and 2 years since the last leap year.



Quick reference chart for number of years passed since leap year

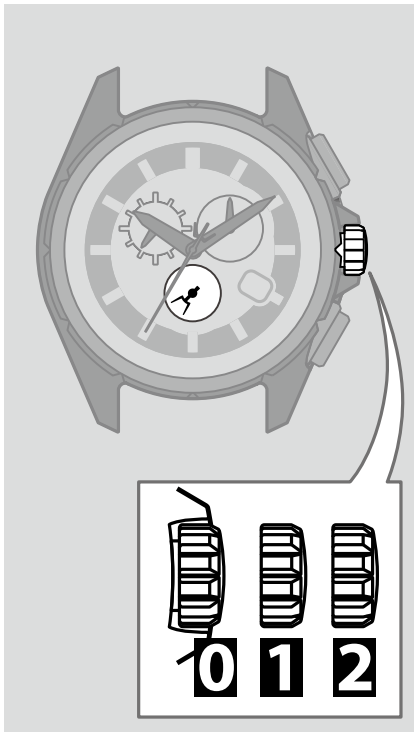
Indication of the second hand	Leap Year/Years since leap year	Actual year
Hour marker	Leap year	2012, 2016, 2020
1st min. marker	1st year	2013, 2017, 2021
2nd min. marker	2nd year	2014, 2018, 2022
3rd min. marker	3rd year	2015, 2019, 2023

Using local time [L-TM]

Indicating local time (secondary time)

The watch can indicate the time of another time zone (known as local time) using [**L-TM**] mode.

1 Change the mode to [L-TM]. (See page 16)



The currently set local time (secondary time) is displayed.

- The hour, minute, 24-hour, date and day of week are displayed.
- If a local time (secondary time) has not been set, the time reflected will be that of the time set in [**TME**] mode.

Setting the local time

The setting range of the time difference from the time set in [**TME**] mode is ±27 hours in 15-minute increments.

1 Change the mode to [L-TM]. (See page 16)

2 Pull the crown out to position 2.

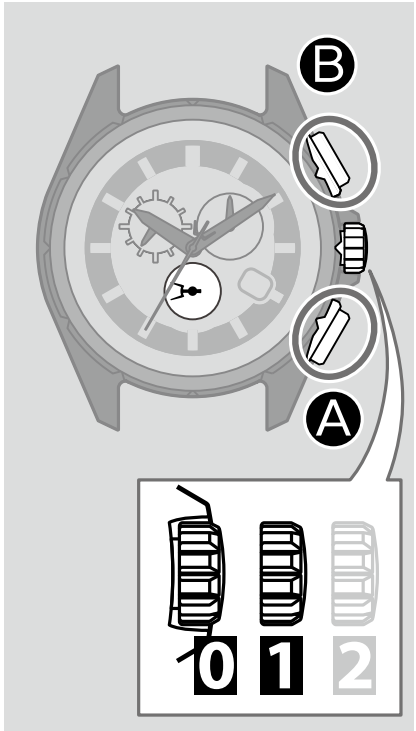
3 Rotate the crown to set the time in 15-minute increments .

- If you spin the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.

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

Using the chronograph [CHR]

The 60-minute chronograph can indicate a maximum of 59’ 59”.



- While in [**CHR**] mode, notifications will be through watch vibration only. Visual notification by the second hand occurs only in [**TME**], [**L-TM**], [**PR**] or [**CT**] mode.

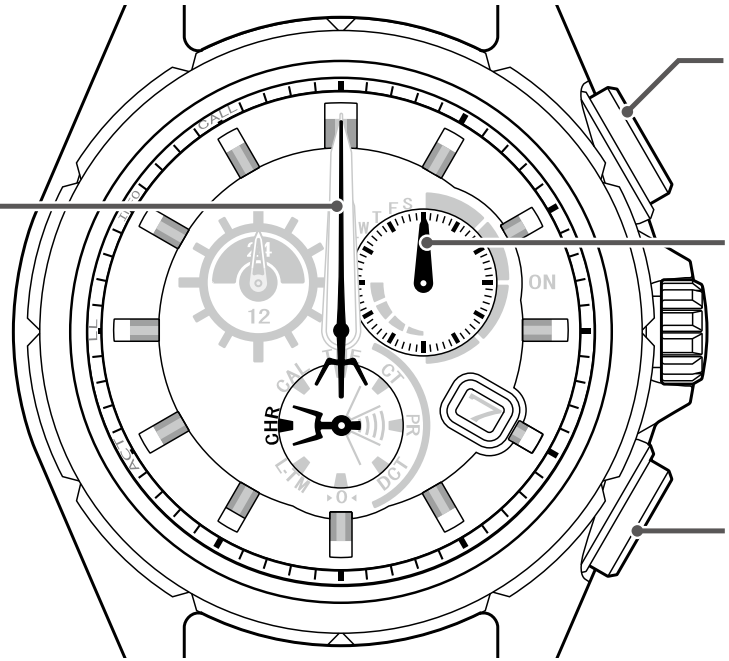
1 Change the mode to [CHR]. (See page 16)

The second hand moves to indicate the 0 seconds position to enable you to measure time.

2 Use the chronograph.

- See page 45 for the method of measurement.

3 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 16)



- After one hour of continuous chronograph operation, the chronograph automatically stops and is reset. Pulling out the crown will also stop and reset the chronograph.
- The time reflected by the hour and minute hands and 24-hour hand on the upper left sub dial will be that of the time set in [TME] or [L-TM] mode.

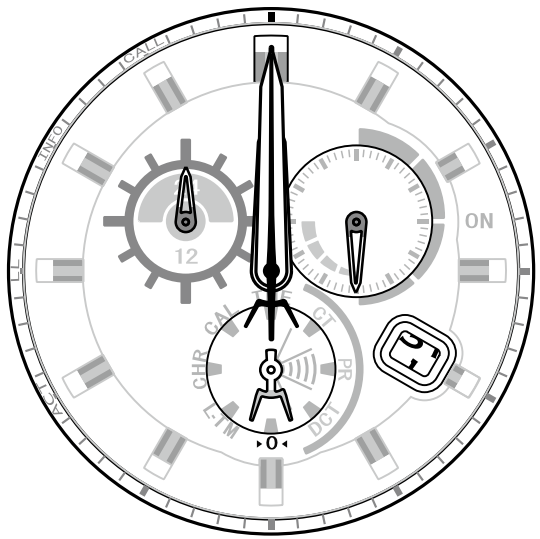
Checking and correcting the reference position [►0◄]

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

What is the reference position?
The base position of all hands and date to properly indicate the various functions of this watch.

- Position of the hour hand: 12:00
- Position of the minute hand: 12:00
- Position of the second hand: 12:00
- Position of the 24-hour hand on the upper left sub dial: 24:00
- Position of date: Midway between 31 and 1
- Position of the function hand on the upper right sub dial: Directed towards 6:00

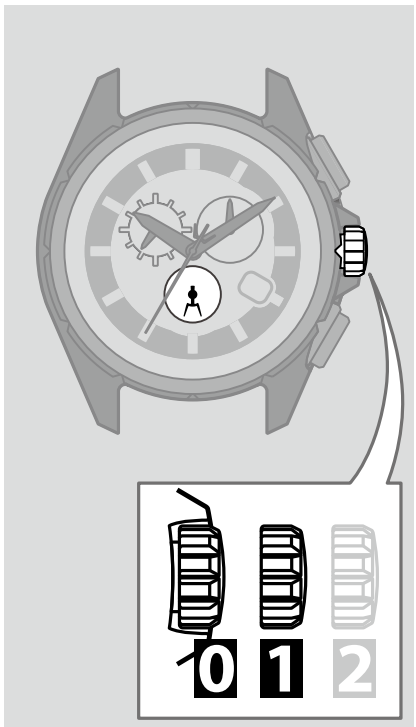
Correct reference positions



- If the hands and/or date do not reflect the correct reference position, the time, date, and other indications will not be displayed accurately, even if you synchronize the time with your iPhone.

Checking the reference position

Check whether the reference position of each hand and indication is accurate.



1 Change the mode to [►0◄]. (See page 16)

The hands and date will rotate to the current reference positions stored in memory.

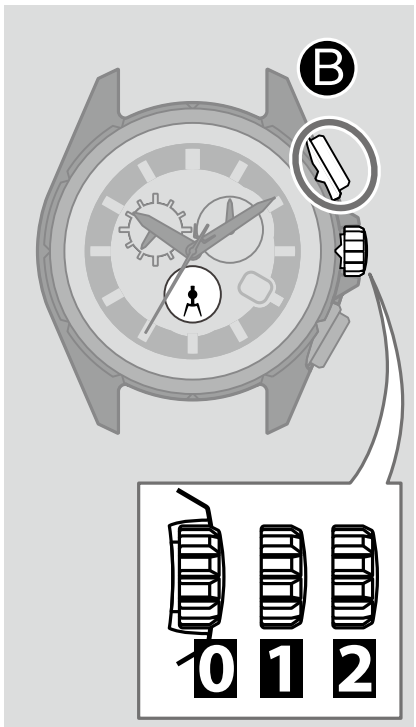
2 Check the current reference position.

By referring to the chart on page ***46***, ensure the reference position of each hand and the date are correct.
If any reference position is incorrect, correct it following step 2 and after on page ***48***.

3 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 16)

Correcting the reference position

Correct the hands and indication to make them show their correct reference positions.



1 Change the mode to [►0◄]. (See page 16)

The hands and date will rotate to the current reference positions stored in memory.

2 Pull the crown out to position 2.

This will enable you to correct the reference position.

3 Press and release the upper right button B.

Each time you press and release the upper right button B, the active hand will move slightly indicating that hand (or date) may be set.

The order of movement is: Date/Function hand → Hour, minute and 24-hour hand → Second hand → return to date/function hand

4 Rotate the crown to correct the reference position of the active hand/ indication.

- When you rotate the crown quickly a few times, the hands and indications will move continuously.
  The second hand will move one full rotation, and the other hands and indications will move until you rotate the crown either clockwise or counterclockwise.

5 Repeat steps 3 and 4 as required.

6 Push the crown in to position 0.

7 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 16)

Troubleshooting

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

Symptom	Remedies	Page
Movement of a hand seems strange.		
The hands rotate rapidly soon after you expose the watch to light sufficient for charging (out of a case or pocket, from under a shirt sleeve, etc.).	The power save function is canceled. Wait until the current time is displayed.	*12*
The hands move in an unexpected direction.	Check the current mode.	*16*
The second hand does not move.	Check the current mode.	*16*
	Press and release either the lower right button Ⓐ or upper right button Ⓑ to cancel the notification indication.	–

Symptom	Remedies	Page
The second hand moves once every two seconds.	Charge the watch.	*7*

The time and/or date is incorrect.

The indication of the time and date is incorrect.	Change the mode to [**TME**].	*16, 18*
	Adjust the time and calendar manually.	*36*
	Check and correct the reference position.	*46*

Resetting the watch — All Reset

When the watch hands move in an unusual manner (e.g. the hand does not stop moving, or the watch does not operate even though it has been recharged) due to strong shock or static, etc., we recommend resetting the watch (All Reset).

CAUTION

When you reset the watch (All Reset), the settings of the watch will change as follows:

- Calendar: January 1st (Sunday) (Leap year)
- Local time: ±0 hours

Be sure to adjust the current reference position and time before use.

- When using iPhone with an active connection, iPhone is disconnected when performing All Reset.

Be sure to perform the following operations after All Reset.

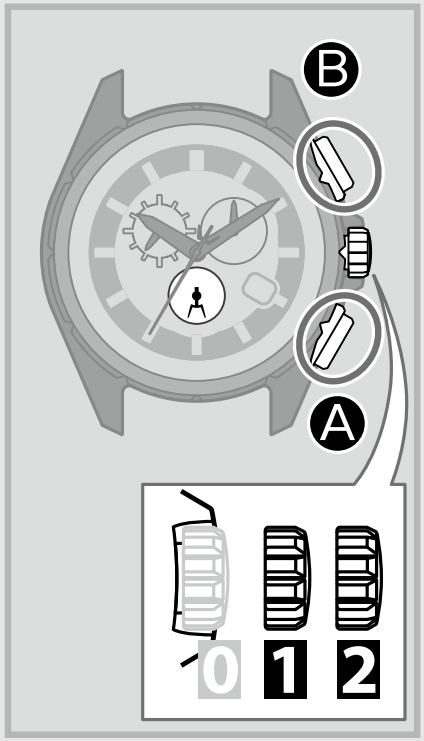
1. Correct the reference positions.

After All Reset, the watch is in the reference position adjustment mode.
Refer to step 3 and after on page ***48***.

2. Adjust the time and calendar.

- When adjusting using iPhone:
  Connect an iPhone and obtain the time info after referring to “Communication feature guide”.
- When adjusting manually:
  → See page ***36***.

Make sure the watch is fully charged before doing the All Reset. (page *7*)



1 Pull the crown out to position 1.
The second hand moves to indicate the 30 seconds position.

2 Rotate the crown to change the mode to [►0◄].
All hands and identifications other than the second hand will indicate the current reference position stored in memory. Do not operate the watch until all hands/indications stop moving.

3 Pull the crown out to position 2.
The second hand indicates the current reference position.

4 Press and release both the lower right button A and upper right button B simultaneously.
When you release the buttons, the watch will vibrate and all hands will move indicating All Reset is successful.

Specifications

Model	W760	**Type**	Analog solar-powered watch
Timekeeping accuracy (without reception)	Average monthly accuracy: ±15 seconds when worn at normal operation temperatures between +5°C (41°F) - +35°C (95°F)		
Operating temperature range	-10°C (14°F) to +60°C (140°F)		
Display functions	• Time: Hours, minutes, seconds, 24-hour • Calendar: Date, day of the week		
Maximum run time from full charge	• Fully charged to fully discharged (when power save feature works about 7.5 hours a day): Approximately 8 months (with using iPhone) Approximately 17 months (without using iPhone) • Power reserve upon insufficient charge warning function: Approximately 10 days		
Battery	Rechargeable cell (lithium button cell), 1pc.		

Additional functions	• Solar power function • Power reserve indication (in four levels) • Overcharging prevention function • Insufficient charge warning function (two-second interval movement) • Energy saving function (power save feature) • Indications relative to iPhone Connection status indication (**ON**/**OFF**) Indication of ongoing communication processing (**ACT**) Notification indication (**CALL**/**MAIL***/**LL**) • Chronograph (up to 60 minutes in one second increments) • Local time • Perpetual calendar (until February 28th, 2100)

* "**INFO**" is used instead of "**MAIL**" on some models.

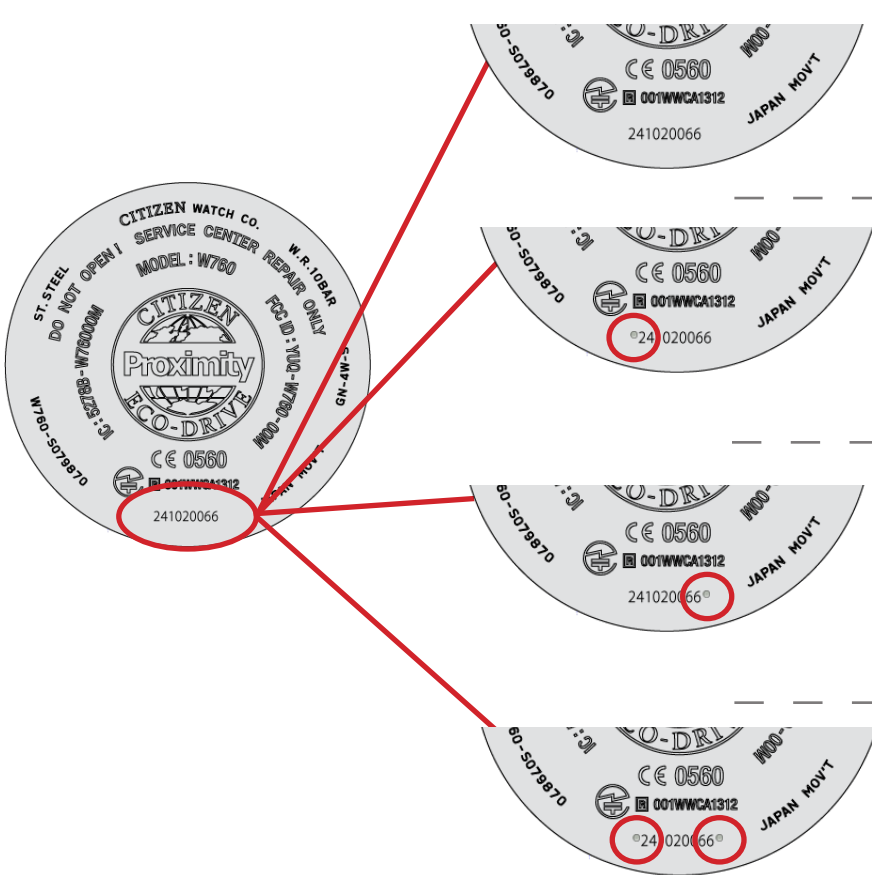
Specifications and contents of this booklet are subject to change without prior notice.

Section 3
Firmware Identification

Proximity Firmware Identification

Checking firmware versions based on markings on the back of your watch.

NOTE: If your Proximity watch features firmware v2.0, Citizen has upgraded your Proximity watch firmware to 2.0 or v2.5 or you have self-upgraded to firmware from v2.0 to v2.5, you will need to refer to the Proximity App v1.1.9 or higher for firmware version determination.



No "Dot" before or after serial number: Original Firmware (v1.0). Recommend updating to firmware v2.0 for users of iOS5 or iOS6, 2.5 for users of iOS7.
Contact Citizen to upgrade your firmware.

"Dot" mark before serial number with no "Dot" after the serial number indicates firmware v1.1 installed. Recommend updating to firmware v2.0 for users of iOS5/ iOS6. 2.5 for users of iOS7.
Contact Citizen to upgrade your firmware.

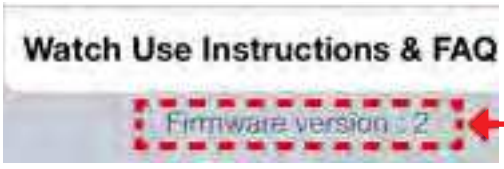
"Dot" mark after serial number indicates firmware v2.0 or higher installed. If your iPhone® features iOS5/iOS6, this is your final update. If your iPhone® features iOS7, you may self update to firmware v2.5 through Proximity App v2.5.

"Dot" mark before and after serial number indicates firmware v2.0 or higher installed. If your iPhone® features iOS5/iOS56, this is your final update. If your iPhone® features iOS7, you may self update to firmware v2.5 through Proximity App v2.5.

Checking Proximity firmware versions through Proximity App v1.1.9 or higher

With your Proximity App v1.1.9 or higher open and your Proximity watch actively connected to your iPhone® via Bluetooth®, you can determine the firmware in your Proximity watch. Referring to the main screen of the app, scroll down the bottom of the screen (App v1.1.9-2.0) or to "Firmware Information" (App v2.5):

App v1.1.9 to v1.2.0 (at bottom of screen)



App v2.5



1.0 - Contact Citizen to upgrade to v2.0 (iOS5 or iOS6) or v2.5 (iOS7 (7.0.4 or later)

1.1 - Contact Citizen to upgrade to v2.0 (iOS5 or iOS6) or v2.5 (iOS7 (7.0.4 or later)

2.0 - Compatiblity with iOS7 (last update for users of iOS5 or iOS6). Self-update to firmware v2.5 through Proximity App v2.5 (iOS7 users only)

2.5 - iOS7 (7.0.4 or higher) - Self-update future firmware versions through the Proximity App

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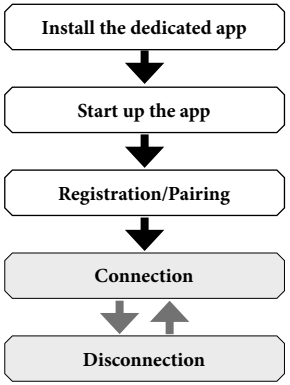
Section 4
Firmware v1.0, v1.2 and v2.0
and
Proximity App v1.0 - 1.2 (white icon)
Use Guide

Before connecting to iPhone

This watch communicates with iPhone through the connection of Bluetooth 4.0, which is featured Bluetooth Low Energy (BLE) power-saving technology.
It is required for connection to install and start up a dedicated app "**CITIZEN ECO-DRIVE Proximity**" on a compatible iPhone.
The flow for connection is shown as follows.



• Screen in this manual may differ from the actual app.

iPhone connectable with this watch

To check the latest information on compatible iPhone and iOS, visit the following sites:
• Citizen Watch global site: "**http://www.citizenwatch-global.com/**" → "**Service & Support**"

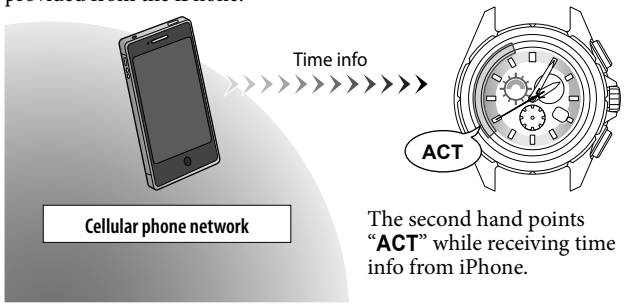
Set the mode to [**DCT**] (see page ***6a***) to use this watch as a standard one in places such as an airplane, where electronic devices are limited to use.

iPhone is a trademark of Apple Inc., registered in the U.S. and other countries. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

Functions available with the connection

Automatic adjustment of time and calendar [Time Sync]

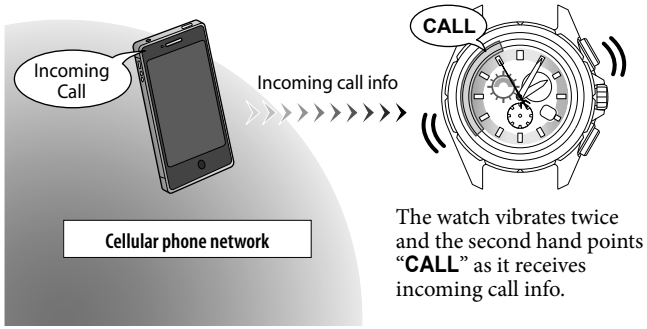
The watch adjusts time and calendar automatically using time info provided from the iPhone.



The second hand points "**ACT**" while receiving time info from iPhone.

Incoming call notification [Incoming Call]

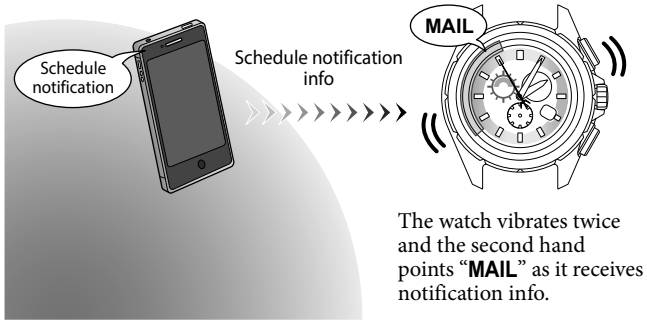
Incoming call alert comes to the watch since iPhone's call reception.



The watch vibrates twice and the second hand points "**CALL**" as it receives incoming call info.

Schedule notification [Schedule Alert]

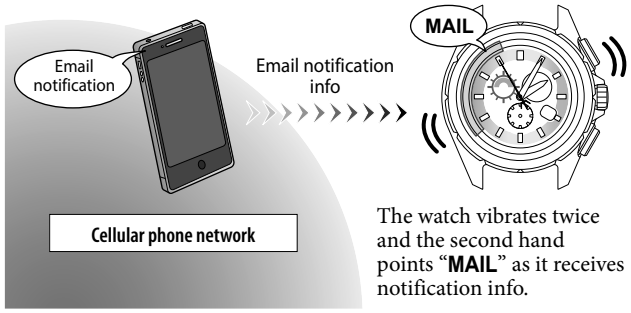
The watch receives schedule notification from the built-in Calendar app on your iPhone, corresponding to the setting of the app.



The watch vibrates twice and the second hand points "**MAIL**" as it receives notification info.

Email reception notification [Email Alert]

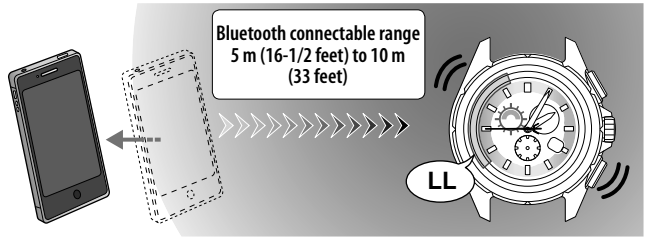
Email alert comes to the watch since iPhone's email reception to the account set on the dedicated app.



The watch vibrates twice and the second hand points "**MAIL**" as it receives notification info.

Link Loss alart (Bluetooth disconnection notification) [Bluetooth Link Loss Alert]

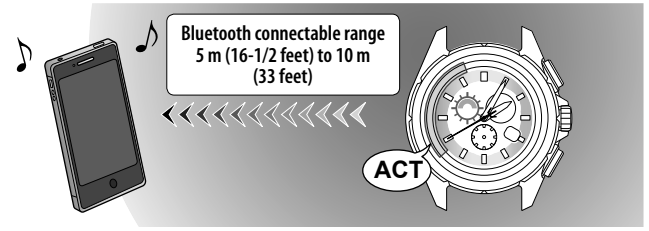
The watch notifies iPhone's disconnection due to their distance.



The watch vibrates twice and the second hand points "**LL**" as it detects disconnection.

iPhone search [iPhone Search]

The watch sends signals to the registered iPhone within the connectable range.
• This function is also available when they are disconnected.



The iPhone sounds (depending on the setting) as it receives the signal.

The second hand points "**ACT**" as it starts to send signals.

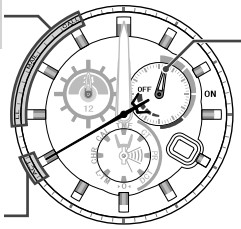
Before connecting to iPhone (continued)

Connection and notification indication on the watch

- Because the watch vibrates gently for the notification, it is recommended to check the vibration in advance. (See page ***5a***.)

Notification position of the second hand

CALL	Incoming phone calls
MAIL	Emails and schedule info
LL	Disconnection (Link Loss)
ACT	The watch is waiting to be connected or processing communication (Activation)



Connection status (the function hand on the upper right sub dial)

ON	Connected
OFF	Not connected.

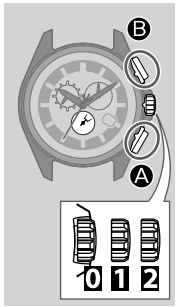
- Since the actual pointing position of the hand varies depending on the amount of charge, distinguish "**ON**" and "**OFF**" by the area the hand points.

- The maximum connectable range is about 10 m (33 feet). Connectable range may be shorter due to obstacles such as walls. Do not block the watch with your body such as your arm.
- When [**▶0◀**], [**CHR**] or [**CAL**] mode is selected, only vibration gives you notification. The indication by the second hand will be made with another vibration when you change the mode to [**TME**], [**L-TM**], [**PR**] or [**CT**].
  You can check how the watch vibrates in advance. (See page ***5a***.)
- When the watch receives a new info while the second hand indicates a notification type, the hand's indication is updated corresponding to the new info.

Stopping the notification indication

Press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds while the second hand indicates a notification, and the second hand stops the notification indication and return to the normal movement.

Testing the vibration of the watch



1 **Change the mode to [CT].** (See page ***3b***.)
2 **Pull the crown out to position 2.**
3 **Press and release either the lower right button Ⓐ or upper right button Ⓑ.**
The watch starts vibrating.
- The vibration is different from the actual notification vibration.

4 **Push the crown in to position 0.**
5 **Change the mode to either [TME] (or [L-TM]) to finish the procedure.** (See page ***3b***.)

Registering (Pairing) your iPhone [PR]

When connecting the watch and your iPhone for the first time, mutual registration (pairing) is required.

Before registration

- For registration, you have to operate both the watch and the iPhone.
- Be sure that the watch and the iPhone are charged enough. Especially, check the power reserve indication of the watch (see page ***3a***) and charge it before registration if the power reserve level is "1" or "0".
- The watch and the iPhone is connected after registration.

Connection after registration

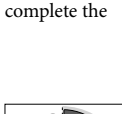
Once the registration has been completed, re-registration (pairing) is not required except for the cases below. Execute reconnection (see page ***6b***) when disconnected.

- After registering with another iPhone
- After uninstalling the dedicated app from the iPhone
- After restoring iPhone to the factory setting

Registering the iPhone

The iPhone registration on the watch must be completed within about 2 minutes. If about 2 minutes have passed before finishing the registration, the watch returns to the normal movement.

- The installed app is shown as the icon.
- After registration, set the functions to "**ON**" on the app's screen on the iPhone. (See page ***6c***.)



App icon

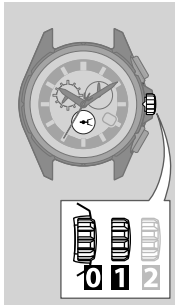


<Operation on iPhone>

1 **Download and install the dedicated app "CITIZEN ECO-DRIVE Proximity" from App Store.**
2 **Tap the app icon to start up the app.**
3 **Slide the switch of "Scan" to "ON" on the app's screen.**



The iPhone starts to detect the watch.
- Do not change the app screen until the registration is completed.
- When "**Waiting for Reconnection**" is shown, slide the switch to "**OFF**".
- When the iPhone's Bluetooth setting is "**OFF**", an activation dialog appears.

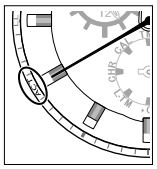


<Operation on the watch>

4 **Pull the crown out to position 1.**
The second hand moves to indicate the 30 seconds position.

5 **Rotate the crown to change the mode to [PR].**

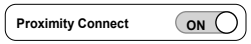
6 **Push the crown in to position 0.**
The second hand moves to indicate the "**ACT**" position, allowing the watch to be detected for two minutes.
- The last register information will delete in this step.



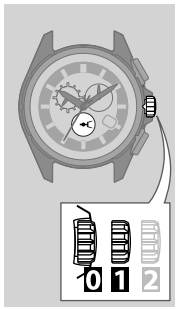


<Operation on iPhone>

7 **Tap "Pair" when the permission request of Bluetooth connection appears on the app's screen.**
Registration completes successfully when "**Proximity Connect**" appears on the screen.

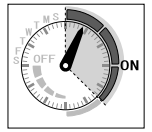


- It may take up 20 to 30 seconds to complete the registration.



<Operation on the watch>

The function hand on the upper right sub dial points the area shown on the right ("**ON**" area) when registration completes successfully and the watch is connected with the iPhone. "**ACT**" indication ends and the second hand returns to second indication.



8 **Change the mode to either [TME] (or [L-TM]) to finish the procedure.** (See page ***3b***.)

Disconnecting with iPhone [DCT]

You can close the connection with the iPhone in the following cases:
- When the function hand on the upper right sub dial indicates "**ON**" area.
- When the watch mode is set to [**TME**], [**L-TM**], [**PR**] or [**CT**].
- When the second hand indicates the second.
  (While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button Ⓐ or upper right button Ⓑ for two seconds.)

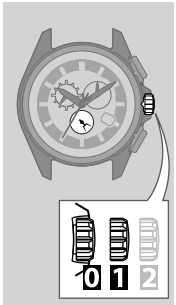
1 **Press and hold the upper right button Ⓑ for seven seconds or more.**

The connection is closed and the function hand on the upper right sub dial points the "**OFF**" area.
- To close connection from the iPhone, slide the switch of "**Proximity Connect**" to "**OFF**". The switch name changes to "**Scan**".



Function hand on the upper right sub dial





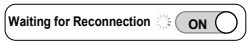
You can also close connection by changing the mode of the watch.

1 **Change the mode to [DCT].** (See page ***3b***.)

The connection is closed and the function hand on the upper right sub dial indicates "**OFF**" area.
- In this case, the switch name changes from "**Proximity Connect**" to "**Waiting for Reconnection**".



Function hand on the upper right sub dial



2 **Change the mode to either [TME] (or [L-TM]) to finish the procedure.** (See page ***3b***.)

Checking the connection status on the app screen

While connected	Proximity Connect ON	You can use the functions with the setting "**ON**".
Disconnected	Waiting for Reconnection ON Shown when the disconnection is done by the watch operation or intentionally. In this case, you cannot register the iPhone.	Only the following operations are available: • Reconnection with the operation on the watch (see page ***6b***) • Searching for your iPhone (see page ***7a***)
	Scan ON Shown when the disconnection is done by the app operation.	It is recommended to stop or quit the app to save the batteries of the watch and/or the iPhone when leaving them disconnected for a long time.
App in rest	Scan OFF The app does not consume the iPhone battery.	• The Bluetooth setting on the iPhone remains "**ON**" even when "**Scan**" is set to "**OFF**" or the app is not active.

Connecting to the registered iPhone [CT]

You can reconnect with the registered iPhone again in the following cases:
- When the function hand on the upper right sub dial indicates "**OFF**" area.
- When the watch mode is set to [**TME**], [**L-TM**], [**PR**] or [**CT**].
- When the second hand indicates the second.
  (While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button Ⓐ or upper right button Ⓑ for two seconds.)

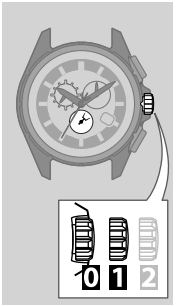
1 **Confirm the switch of "Scan" or "Waiting for Reconnection" is "ON" on the app's screen.**

2 **Press and release the upper right button Ⓑ.**

The second hand moves to indicate "**ACT**". When successfully connected, the movement of the second hand returns to normal and the function hand on the upper right sub dial indicates "**ON**" area.
- It may take up 20 to 30 seconds to complete the reconnection.



Function hand on the upper right sub dial



You can also reconnect the watch and the iPhone by changing the mode of the watch.

1 **Change the mode to [CT].**
(See page ***3b***.)

The second hand moves to indicate "**ACT**".
When successfully connected, the movement of the second hand returns to normal and the function hand on the upper right sub dial indicates "**ON**" area.
- It may take up 20 to 30 seconds to complete the reconnection.



Function hand on the upper right sub dial

2 **Change the mode to either [TME] (or [L-TM]) to finish the procedure.** (See page ***3b***.)

Activating the functions of the dedicated app

You can set functions to "**ON**" or "**OFF**" on the app's screen during connection. For the details of each function, refer to the pages shown below.

Function	Page	Description
Time Sync	***6c***	Sends time/calendar info.
Incoming Call	***6c***	Sends notification of incoming call.
Schedule Alert	***7a***	Sends notification of schedule from the built-in Calendar app on the iPhone.
Email Alert	***7b***	Sends notification of email reception for the account registered to the app.
Bluetooth Link Loss Alert	***7a***	Notifies when the connection is interrupted.
iPhone Search	***7a***	Makes the iPhone sounding to answer the signal from the watch.

Automatic adjustment of time and calendar [Time sync]

When you set "**Time Sync**" to "**ON**", the watch receives the time info (year, month, date, day, hour, minute, second) from the iPhone and adjust the time following it each time they are connected.



- The time on the watch is adjusted automatically each time they are connected and the time setting of your iPhone is changed during connection.
- The local time (see page ***9a***) is also adjusted based on the time difference set as the time is adjusted.
- If the watch cannot receive the time information from the iPhone, a message will appear on the iPhone.
- This watch keeps ±15-second monthly accuracy even if no time info is received.

Receiving the time info manually

You can receive the time info manually by pressing and holding the lower right button Ⓐ for 2 seconds. Time info reception is executed when the mode is [**TME**], [**L-TM**], [**PR**] or [**CT**] and the second hand indicate second.

Receiving incoming call notification [Incoming Call]

When you set "**Incoming Call**" to "**ON**", the watch receives incoming call info from the iPhone connected.



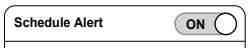
When receiving incoming call info

The watch vibrates twice and the second hand points "**CALL**".
- To return the second hand to normal movement, press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds.

Activating the functions of the dedicated app (continued)

Receiving schedule notification [Schedule Alert]

When you set "**Schedule Alert**" to "**ON**", the watch receives schedule notification from the iPhone connected.



- For schedule alert setting, set it on the alert setting of the iPhone's Calendar.

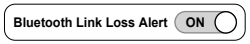
When receiving schedule notification

The watch vibrates twice and the second hand points "**MAIL**".

- To return the second hand to normal movement, press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds.

Receiving the leaving-iPhone alert (Bluetooth disconnection notification) [Bluetooth Link Loss Alert]

When you set "**Bluetooth Link Loss Alert**" to "**ON**", the watch alerts when the communication with the iPhone is closed due to the iPhone location or other unintentional reasons.



- No notification is sent to the watch if the iPhone and other Bluetooth devices are disconnected.

When the iPhone is disconnected

The watch vibrates twice and the second hand points "**LL**".
The watch automatically tries to reconnect with the iPhone once (The second hand points "**ACT**".), but close connection if the reconnection failed and the function hand points the "**OFF**" area.

- To return the second hand to normal movement, press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds.

Searching for the iPhone [iPhone Search]

When you set "**iPhone Search**" to "**ON**", you can send signals to the registered iPhone in the connectable range with the watch.
When receiving the signal, the iPhone sounds depending on its setting.



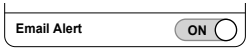
Locating your iPhone using sounds

Press and release both the lower right button Ⓐ and the upper right button Ⓑ simultaneously when the mode of the watch is [**TME**], [**L-TM**], [**PR**] or [**CT**] and the second hand indicate second.
The second hand points "**ACT**" and the signals are started to send.

- It may take up 20 to 30 seconds to start sounding.
- When the switch of "**Scan**" or "**Waiting for Reconnection**" is "**ON**", the signals can be sent to the disconnected iPhone.
- iPhone sounds even when the muting switch is activated or the sound volume is set to 0.
- When the earphones are plugged, iPhone does not sound.

Receiving email reception notification [Email Alert]

When you set "**Email Alert**" to "**ON**", the watch receives email notification at email arrival to the account set on the dedicated app "**CITIZEN ECO-DRIVE Proximity**".



- You can enter up to five mail accounts.
- This function does not notify the receptions of iPhone's Mail and SMS.
- This app only check existence of new unread mails on mail servers. You cannot browse mails on it.

When receiving email reception notification

The watch vibrates twice and the second hand points "**MAIL**".

- To return the second hand to normal movement, press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds.

Setting the mail account

To send the mail reception info to the watch, you have to set mail accounts on the dedicated app.

- This function is only available for accounts whose mail servers are compatible with IMAP.
- Prepare IMAP mail account, IMAP mail server addresses for sending and receiving, user name and password before setting. Consult your mail service provider for the information required.
- You can set the mail accounts before connection.

1 **Tap the app icon to start up the app and tap "Mail Accounts".**



2 **Tap "+" to add an account.**



- Tap an existing account to edit its setting.

3 **Select an IMAP mail service you use on the list and tap its name.**

- If your mail service is not listed, tap "Other".

4 **Enter items required and tap "Done".**

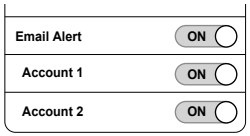


Connection test to the mail server starts immediately and the mail account entered is verified. When the test ends successfully, the screen of step 2 appears again.

- When the test fails, a failure message appears. Enter items required again.

5 **Repeat steps 2 to 4 to set other accounts.**

- The accounts set are listed under "**Email Alert**".



6 **Tap "Back" to finish the setting.**

To delete an existing mail account from the app

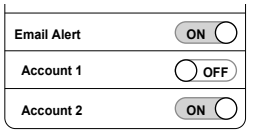
Tap "Delete Account" on the screen of an existing account.

- All the settings are deleted as the dedicate app is uninstalled on the iPhone.

Selecting accounts for which mail reception notification is sent

You can select accounts for mail reception notification by setting them to "**ON**" or "**OFF**".

1 **Tap the app icon to start up the app.**



2 **Slide the switch for each account under "Email Alert" to "ON" or "OFF".**

Adjusting the interval of mail reception notification

You can adjust the interval of mail reception notification.

- The interval set is common to all mail accounts.

1 **Tap the app icon to start up the app and tap "Mail Accounts".**

2 **Tap "Polling Interval".**



3 **Tap the interval you prefer.**

- Increased use of this feature may affect battery life.
  To save power consumption, decrease the polling interval to a less frequent setting of 15 minutes or more.

4 **Tap "Mail Accounts" → "Back" to finish the setting.**

Shortcut for registration (pairing)

The registration (see page ***5b***) can also be performed by the simple operation below.

- Make sure the watch is sufficiently charged before registration. (See page ***3a***.)

Registration [PR]	When the function hand on the upper right sub dial indicates "**OFF**", **press and hold the upper right button Ⓑ for seven seconds or more.**

- You can operate the buttons while the mode is set to [**TME**], [**L-TM**], [**PR**] or [**CT**], and the second hand indicates the second.
- If the second hand indicates "**CALL**", "**MAIL**", "**LL**", or "**ACT**", press and hold the lower right button Ⓐ or upper right button Ⓑ for two seconds to cancel the indication.

Bluetooth 4.0 wireless technology

Bluetooth is a type of wireless communication technology used over distances of about 5 m (16-1/2 feet) to 10 m (33 feet) from handheld information products such as smartphones, head sets and game gadgets.

- This watch supports the Bluetooth 4.0 utilizing the electricity saving technology, Bluetooth 4.0 (Bluetooth Low Energy).
- The communication distance using Bluetooth may become smaller when obstacles such as walls exist. It may be particularly affected by the human body such as your arms.

The Bluetooth communication technology of this watch may not be usable depending on the law of the country. For a list of countries where it can be used, visit the following web page. If using this watch in a country other than those listed, you may be punished by the law of the country. Please confirm before use.
Citizen Watch global site: "**http://www.citizenwatch-global.com/** " → "**Service & Support**".

Within the frequency band (2.4 GHz) used by this watch, local area wireless stations (wireless stations requiring a license) for identifying the mobile objects used on the production lines of factories, etc. in addition to industrial, scientific and medical applications such as microwaves, specific low electric power wireless stations (wireless stations not requiring a license), and amateur radio stations (wireless stations requiring a license) are operated.

- Please make sure that neither local area wireless stations for identifying mobile objects, specific low electric power wireless stations, nor amateur radio stations are being operated nearby before using this watch.
- Should any case of harmful radio wave interference from this watch to local area wireless station for identifying mobile objects occur, please stop using Bluetooth 4.0 immediately and consult the nearest Authorized Citizen Service Center for necessary steps to avoid interference.
- Should any trouble including other cases of harmful radio wave interference from this watch to specific low electric power wireless stations or amateur radio stations, please consult the nearest Authorized Citizen Service Center.
- The connectable distance for the Bluetooth 4.0 is approximately 10 m (33 feet) in an ideal location. Placing the transmitter and receiver behind reinforced concrete or metallic walls may block radio waves and disrupt sufficient communication. The communication distance may shorten depending on the environment where this watch is used.
- Placing this watch and the following electronic devices within close range may cause problems such as malfunction due to radio wave interference and production of noise.
  - Devices utilizing the 2.4 GHz frequency range including wireless LAN, microwaves, and digital cordless phones. Radio wave interference may cause cutting off of the sound.
  - Audio video equipment with an antenna input terminal including radios, TVs, video recorders, and satellite tuners. Noise may occur in the sound and image.
- Due to the use of radio waves, messages transmitted through this watch may be eavesdropped by third parties intentionally or accidentally. Do not use this watch for important communication or any communication involving human lives.

Troubleshooting.

Symptoms	Remedies	Page
Connection with iPhone		
Connection is unsuccessful • If you cannot solve your problem with the remedies shown on the right, consult the nearest Authorized Citizen Service Center.	Check the power reserve.	***3a***
	Check the mode of the watch.	***3bc***
	Press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds to cancel the notification indication.	***5a***
	Push the crown in to position **0**.	
	Avoid anything that will block out the radio wave or generate noise.	–
	Check the versions of your iPhone and iOS.	***4a***
	Restart the dedicated app.	***4a***
Not notified within connectable distance	Check the connection status ("**ON**", "**OFF**").	***5a***
	Check the power reserve.	***3a***
	Ensure your iPhone is not being obscured such as by being in a pocket or purse.	–
	When in [**▶0◀**], [**CHR**] or [**CAL**] mode, notification of iPhone is through vibration only. The visual indication by the second hand is available only in [**TME**], [**L-TM**], [**PR**] or [**CT**] mode.	***5a***
	Turn "**ON**" of the functions on the app's screen.	***6c*** to ***7a***
	Check the setting of mail accounts is "**ON**" on the app's screen.	***7c***
Registration is unsuccessful	Set the switch of "**Waiting for Reconnection**" to "**OFF**".	***5bc***
Time info cannot be obtained automatically.	Check if your iPhone is in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet) and avoid obstacles between the watch and the iPhone.	–
	Check the connection status ("**ON**", "**OFF**").	***5a***
	Check if the watch is ready to receive the time info (the mode is set to [**TME**], [**L-TM**], [**PR**] or [**CT**] and the crown is in position **0**).	***3bc***
	Check the status of your iPhone (charging or sleep mode).	–
iPhone does not sound using iPhone Search.	The switch of "**Scan**" on the app is "**OFF**" or the app is not active on the iPhone.	***7a***
	Your iPhone is not in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet).	***4c***
	Earphones are plugged in.	***7a***
	Your iPhone is not registered yet.	***5bc***
The second hand remains indicating "**ACT**" and does not move at all.	This may occur as a result of a pairing (registration) or connection failure. Pull the crown out to position **1** or **2**, then push it in to position **0**. If this does not work, leave the watch for about two or more minutes. If the second hand still does not move, consult the nearest Authorized Citizen Service Center.	–

About Bluetooth

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

Some countries may prohibit the usage of the Bluetooth. See page ***8a***.

European Union Directives Conformance Statement

CE Hereby, CITIZEN WATCH CO., LTD., declares that this H15 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
You can view your product's Declaration of Conformity (DoC) to Directive 1999/5/EC (the R&TTE Directive) at Citizen Watch global site:
"**http://www.citizenwatch-global.com/** " → "**Service & Support**"

RF Exposure Information according to 2.1091/2.1093/OET bulletin 65

Radio frequency radiation exposure Information:
The radiated output power of the device is for below the FCC radio frequency exposure limits.

FCC statements

This device complies with part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
(1) l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Specifications and contents of this booklet are subject to change without prior notice.

Section 5
Firmware v2.5
and
Proximity App 2.5 (blue icon)
Use Guide

Important: Before using

In this guide, it is mainly explained that the usage of the dedicated app, “Proximity 2.5”.
Check the version of your Citizen Proximity and update the app and firmware of your watch before using.



Proximity 2.5

■ About the firmware version of the watch → page *18*

■ Updating the firmware of the watch → page *19*

iPhone and FaceTime are trademarks of Apple, Inc., registered in the U.S. and other countries.
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TWITTER, TWEET and the Bird Logo are trademarks of Twitter, Inc. or its affiliates.

About “Proximity 2.5” app



Proximity 2.5

You can update the firmware of the watch through the “Proximity 2.5” app.
In the combination of an updated watch and the iPhone which registered it, you can establish Bluetooth connection only using Bluetooth setting on the iPhone.
In addition, once Bluetooth connection is established between the watch and iPhone, you do not have to keep “Proximity 2.5” activated since the iPhone sends notification to the watch following its own notification setting set by the app.
You can configure notification setting of each supported app from the iPhone to the watch separately through “Proximity 2.5” as well as other settings.

CONTENTS

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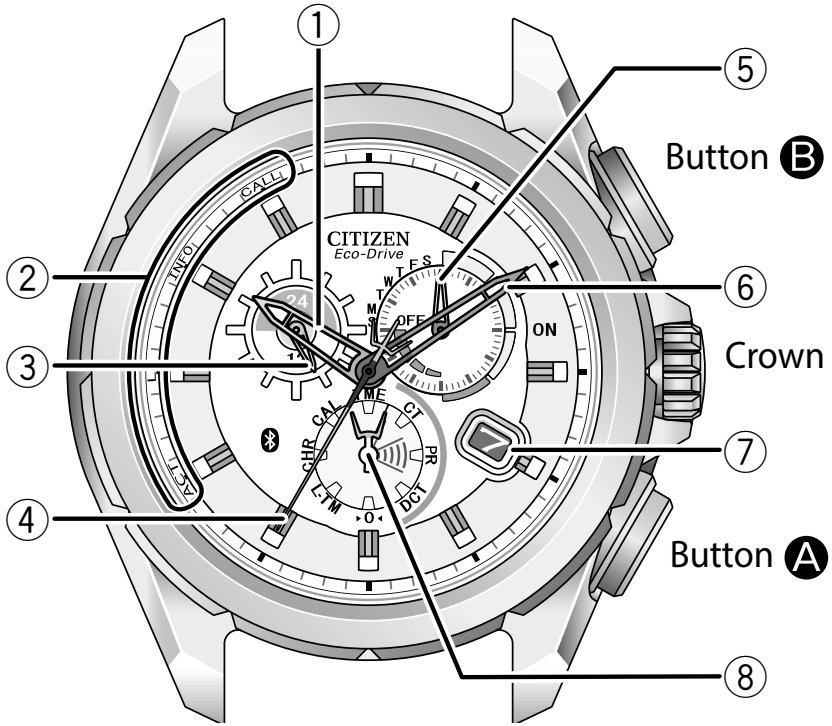
Component identification



① Hour hand
② Notification indication when connected to an iPhone
③ 24-hour hand on the upper left sub dial
④ Second hand/Chronograph second hand
⑤ Function hand and function indications on the upper right sub dial
- Connection status (**ON/OFF**)/Power reserve level (page 23)
- Chronograph minute hand
- Day of the week

⑥ Minute hand
⑦ Date
⑧ Mode hand

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

Registering (Pairing) with your iPhone [PR]

When connecting the watch and your iPhone for the first time, registration (**pairing**) is required.

Before registration (pairing)

- **Version check and update of firmware of the watch is required.** (page ***18***)
- For registration (pairing), you must operate both the watch and the iPhone.
- Be sure that the watch and the iPhone are fully charged.
  Check the power reserve indication of the watch (page ***23***) and charge it before registration (pairing) if the power reserve level is “1” or “0”.
- The watch and the iPhone are connected after registration (pairing).
  The time and date on the watch are updated after the time information is obtained from the iPhone.
- You cannot register (pair) the watch with multiple iPhones.

Registering (pairing) with the iPhone

- Registration (pairing) must be completed within about 2 minutes. If more than 2 minutes has elapsed before finishing registration (pairing), the watch returns to the normal operation.

1 Turn on Bluetooth on the iPhone.

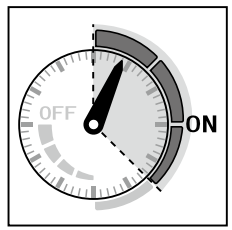
2 Change the mode of the watch to [PR].

3 Tap "Eco Drive Proximity" on the "DEVICES" list in the Bluetooth setting of the iPhone.

A dialog requesting pairing permission appears.

4 Tap "Pair".

The watch and the iPhone are connected and the function hand on the upper right sub dial of the watch points to the area ("**ON**" area) illustrated on the right.



Function hand on the upper right sub dial

5 Change the mode to [TME] to finish the procedure.

When you want to update the app or register (pair) a different iPhone

In the following cases, you must remove the current registration (pairing) and execute a new registration (pairing).

See page ***17*** for more details about removing stored registration (pairing).

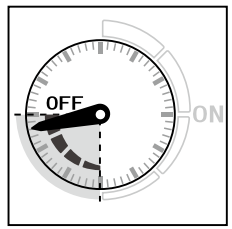
- When registration (pairing) information is lost either on the watch or the iPhone.
- When you want to register (pair) your watch to a different iPhone.
- When you cannot connect the watch and iPhone again after registration (pairing) even after doing correct steps.
- When registration (pairing) fails.

Disconnecting the iPhone [DCT]

You can close the Bluetooth connection between the watch and iPhone.

1 Change the mode of the watch to [DCT].

The connection is closed and the function hand on the upper right sub dial points the "**OFF**" area.



Function hand on the upper right sub dial

Maximum continuous connection time

To conserve energy, the connection is automatically terminated when approximately six hours has elapsed since the connection started.

- You may however connect again and start a new six-hour period. (See page ***11***)

Set the mode to [**DCT**] to use this watch as a standard one in places such as an airplane, where electronic devices are limited to use.

Connecting to the registered (paired) iPhone [CT]

You can re-connect with the registered iPhone in the following cases:

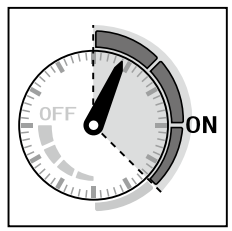
- When the watch mode is set to [**TME**], [**L-TM**] or [**CT**]
- When the second hand indicates the second.
  (While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button Ⓐ or upper right button Ⓑ for two seconds.)

1 Turn on Bluetooth on the iPhone.

2 Press and release the upper right button Ⓑ.

The watch and the iPhone are connected and the function hand on the upper right sub dial of the watch points to the area ("**ON**" area) illustrated on the right.

- The watch is also connected when its mode is changed to [**CT**].



Function hand on the upper right sub dial

Setting notification preferences

The apps on the list on the right can send notifications to the watch.

- Notification is not sent to the watch when the "Notification Center" setting on iPhone is deactivated even if an app's own notification setting is activated.
  Refer to the user guide of iPhone for details on "Notification Center".
- Some SNS apps have their own settings for notification. Confirm the notification settings on your apps.
- Apps other than those on the list are not supported and cannot send notification to the watch.

Supported apps		Notification type
Name	Made by	
Phone	Apple	**CALL**
Mail		**MAIL**
Messages		**MAIL**
Calendar		**MAIL**
Reminders		**MAIL**
FaceTime		**CALL**
Facebook	Third party	**MAIL**
Facebook messenger		**MAIL**
Twitter		**MAIL**

- "**INFO**" is used instead of "**MAIL**" on some models.

You can activate/deactivate notification to the watch from supported apps on the iPhone.

1 Tap the icon of the "Proximity 2.5" app.

2 Tap "Notification Setting".

3 Slide the switches of apps to off which you do not want to get notification from.

- See the previous page for supported apps.

Caution

- Power consumption increases as the amount of notifications increases. If you receive many notifications, you may need to provide supplemental charging of your Proximity watch.

Using Time Sync

When "**Time Sync**" is enabled (default setting), the watch receives the time and calendar information (year, month, date, day, hour, minute, second) from the iPhone and adjusts the time following it each time they are connected or upon a time change.

- The time on the watch is adjusted automatically each time they are connected or the time setting of your iPhone is changed during connection.
- The local time (see Basic guide) is also adjusted based on the time difference set as the time is adjusted.
- This watch keeps ±15-second monthly accuracy even if no time information is received.

Receiving the time information manually

You can receive the time info manually by pressing and holding the lower right button Ⓐ for 2 seconds.

Time info reception is executed when the mode is [**TME**], [**L-TM**] or [**CT**] and the second hand indicate second.

Using Link Loss Alert

When "**Link Loss Alert**" is enabled (default setting), the watch alerts when the Bluetooth communication with the iPhone is closed due to the iPhone location or other unintentional reasons.

- No notification is sent to the watch if the iPhone and other Bluetooth devices are disconnected.

When "Link Loss" occurs (Bluetooth connection with the iPhone is lost)

The watch vibrates and the second hand points "**LL**".

- The watch automatically tries to reconnect with the iPhone, but close connection if the reconnection failed and the function hand points the "**OFF**" area.
- To return the second hand to normal movement, press and hold either the lower right button Ⓐ or upper right button Ⓑ for two seconds.

Using iPhone Search

When "**iPhone Search**" is enabled (default setting), you can send signals to the registered (paired) iPhone that is within Bluetooth range with the watch to make the iPhone sound.

- The "Proximity 2.5" app and Bluetooth on the iPhone must be turned on in advance.
- If the iPhone is in a Bluetooth-connectable area, you can make it sound even if it is disconnected.
- The iPhone sounds even when it is in "Silent".
- The iPhone does not sound when "Volume" is 0 or the earphones are plugged.

Locating your iPhone using sounds

Press and release both the lower right button Ⓐ and the upper right button Ⓑ simultaneously when the mode of the watch is [**TME**], [**L-TM**] or [**CT**] and the second hand indicate second.

- To stop the sound, open the Proximity app and follow its instruction.

Removing registration (pairing)

Delete the registration (pairing) information on both the watch and iPhone to remove registration (pairing).

To remove the registration (pairing) information on the iPhone

1 Delete "Eco-Drive Proximity" on the "DEVICES" list on the Bluetooth setting.

To remove the registration (pairing) information on the watch

You can execute it when the following conditions are filled.

- When the watch mode is set to [**TME**], [**L-TM**] or [**CT**]
- When the second hand indicates the second.
  (While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button Ⓐ or upper right button Ⓑ for two seconds.)

1 Press and hold the upper right button Ⓑ for 7 seconds or more.

The second hand makes a full rotation around, then returns to normal operation.

About the firmware version of the watch

The following conditions are required to make the “Proximity 2.5” app work properly.

- **Watch:** version 2.5 firmware
- **iPhone:** iOS 7 (7.0.4-)

You can view the firmware version of the watch by checking the type of message appearing after activating the app and starting firmware update.

- **When the screen for updating firmware to 2.5 is displayed,**
  the firmware version of the watch is 2.0. Continue firmware update following the messages on the screen.
- **When the message displayed refers to the Citizen support web site,**
  the firmware version of the watch is 1.xx. Manufacturer update of the firmware is required. Contact your nearest Authorized Citizen Service Center.

Updating the firmware of the watch

You can update the firmware of the watch through the app.

- The app cannot update the firmware if the firmware version on your watch is not 2.0. For details, see page ***18***.

Important: If you have a previous version of the Proximity app

Remove registration on the watch and iPhone before starting update (page ***17***).
Otherwise, firmware update may fail.

- Delete any previous versions of the Proximity app (white icon).
- You cannot use previous version of the Proximity app (white icon) after updating the firmware version of the watch to 2.5.
- You cannot roll back the updated firmware (version 2.5) to any previous version.

Preparation for firmware update

Execute the following:

- Keep the iPhone plugged to the power until update is finished.
- Keep the iPhone charged to 50% or more.
- Be sure not to move your watch or iPhone during the update process.
- Charge the watch completely.
  Even though the power reserve indicator reflects level 3, additional charging may be needed to ensure maximum power capacity is available. This is to ensure sufficient power is available throughout the update process.
- Press and hold the lower right button Ⓐ or the upper right button Ⓑ for 2 seconds to clear notification if the second hand indicates some. (to normal movement)

1 Turn on Bluetooth on the iPhone.

2 Tap the icon of the app.

3 Tap "Check for Update" on the bottom of the screen.

Firmware information and instruction for the update appear on the screen.

- When starting the app for the first time, the firmware information and instruction for the update appear automatically without tapping it.

4 Change the mode of the watch to [PR].

- Charge of the watch is not enough if the second hand points "**LL**" and the update is stopped. Charge the watch and try to update again.

5 Tap "YES" to start update.

The progress bar appears and shows progress of the update.

Updating the firmware...



- Be sure not to move your watch or iPhone during the update process.
- It takes about 10 minutes to complete the update.
- Register (pair) your iPhone after finishing the update. (page ***7***)

When the update fails

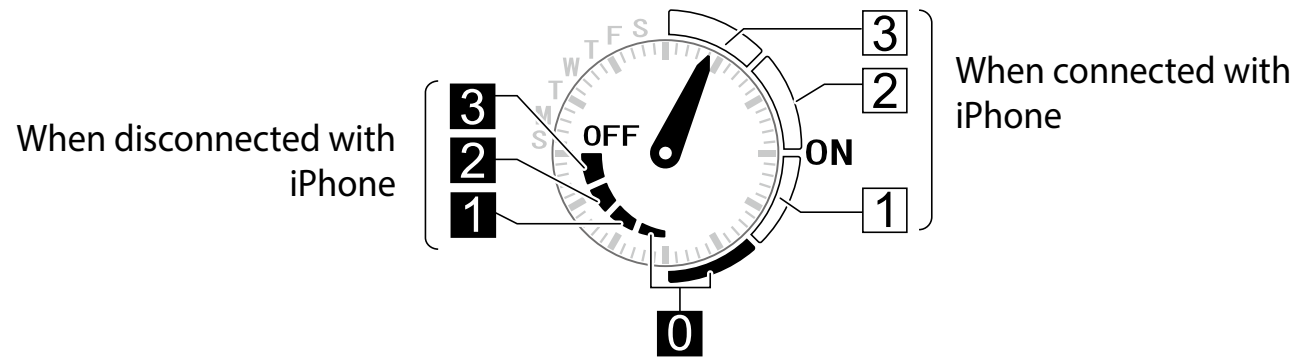
When the previous registration (pairing) information remains in the watch or iPhone, remove it (page ***17***) and try again.

Checking the current power reserve level

Take enough care of the power reserve level of the watch.
Power consumption increases as amount of notifications increases. Be sure to keep your watch sufficiently charged.

- If the current power reserve is not displayed (the watch is in [**CAL**] or [**CHR**] mode), change the mode.

Power reserve indication (Function hand on the upper right sub dial)



- See “Basic guide” for details about charging.

The power reserve level

We recommend the power reserve to be a level 3 to ensure optimal operation.

<table>
<tr><th>Level</th><th>3</th><th>2</th><th>1</th><th>0</th></tr>
<tr><td rowspan="3">Approximate duration of at this level</td><td colspan="3">With connecting to iPhone within 6 hours a day
Up to 10 days | Up to 15 days | Up to 5 days</td><td rowspan="2">7 months</td></tr>
<tr><td colspan="3">Without connecting to iPhone
Up to 3 months | Up to 5 months | Up to 2 months</td></tr>
<tr><td colspan="2">OK for normal use</td><td colspan="2">Charge immediately.</td></tr>
</table>

- The connection is automatically closed and reconnection becomes unavailable when the power reserve level gets to “0”. However, basic function of the watch is still available.
- Duration when connected is based on a 6-hour connection with the iPhone and about 10 notifications a day.

Troubleshooting

If you have a problem concerning Bluetooth connection, check the items below.

- See “Basic guide” for problems concerning basic functions of the watch.

Symptom	Remedies	Page
Connection is unsuccessful. • If you cannot solve your problem with the remedies shown on the right, consult the nearest Authorized Citizen Service Center.	Your iPhone is not in range. Bluetooth connectable range: 5 m (16-1/2 feet) to 10 m (33 feet)	–
	Push the crown in to position **0**.	–
	Check the power reserve.	***23***
	Check the current watch mode.	–
	Press and release either the lower right button Ⓐ or upper right button Ⓑ to cancel the notification indication.	–
	Check the Bluetooth setting on your iPhone.	–
	Restart the Proximity app.	

Symptom	Remedies	Page
Connection is unsuccessful. • If you cannot solve your problem with the remedies shown on the right, consult the nearest Authorized Citizen Service Center.	Avoid anything that will block out the Bluetooth connection; crossing your arms, carrying your iPhone in your back, etc.	–
	Avoid anything that will generate radio noise.	
	Check the versions of your iPhone and iOS.	18

Symptom	Remedies	Page
Not notified within connectable distance	Check the connection status (“**ON**”, “**OFF**”).	–
	Check the power reserve.	***23***
	Ensure your iPhone is not being obscured such as by being in a pocket or purse.	–
	When [►**0**◄], [**CHR**] or [**CAL**] mode is selected, only vibration gives you notification. Visual notification by the second hand occurs only in [**TME**], [**L-TM**] or [**CT**] mode.	–
	Confirm the setting of “Notification Center” on your iPhone.	–
	Confirm the notification settings on supported apps.	–
	Check the notification preferences on the “Proximity 2.5” app.	***12 - 16***

Symptom	Remedies	Page
Time info cannot be obtained automatically.	Check if your iPhone is in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet) and avoid obstacles between the watch and the iPhone.	–
	Check if the watch is ready to receive the time info (the mode is set to [**TME**], [**L-TM**] or [**CT**] and the crown is in position **0**).	–
	Check the status of your iPhone (charging or sleep mode).	–
iPhone does not sound using iPhone Search.	The “Proximity 2.5” app and Bluetooth on the iPhone must be turned on in advance.	*16*
	Your iPhone is not in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet).	*16*
	iPhone’ s volume is “0” or earphones are plugged in.	*16*
	Your iPhone and Proximity watch have not been registered (paired).	*7*

Symptom	Remedies	Page
The second hand remains indicating "**ACT**" and does not move at all.	This may occur as a result of a pairing (registration) or connection failure. Pull the crown out to position **1** or **2**, then push it in to position **0**. If this does not work, leave the watch for about two or more minutes. If the second hand still does not move, consult the nearest Authorized Citizen Service Center.	–

Specifications and contents of this booklet are subject to change without prior notice.

Citizen Eco-Drive Proximity

Thank you for your purchase of this Citizen watch. Before using the watch, read all information in this guide carefully to ensure correct use.

- Section 1: Precautions and general use
- Section 2: Firmware identification guide
- Section 3: Watch Setting and basic use
- Section 4: Firmware v1.0, 1.1 and 2.0: Bluetooth Guide. Compatible with iOS5, iOS6 and iOS7. Requires Proximity App v1.0 - 1.2 (white icon).
- Section 5: Firmware v2.5 And Proximty App 2.5 Bluetooth Use guide Requires iOS7 (7.04 or higher) and Proximity App v2.5 (blue icon).
- Section 6: Firmware v2.0 to firmware v2.5 self-update guide. Requires iOS7 (7.04 or higher) and Proximity App v2.5 (blue icon).

Updating Proximity Watch Firmware from V2.0 to v2.5 with Proximity App v2.5

Before commencing the upgrade of your firmware, be sure to read this guide completely. The firmware update process will take from 10 to 15 minutes during which your watch and iPhone should not be moved. Be sure to set aside a quiet and uninterrupted time for firmware updating.

Your Proximity watch must be running firmware v2.0 or higher and your iPhone must be on iOS 7 (7.04 or higher) to self-upgrade to firmware v2.5 through Proximity App v2.5. Proximity Firmware v2.5 and Proximity App v2.5 is compatible with iOS 7 (7.04 or higher) only.

If your watch has been updated to v2.0 or higher , there will be a small 'punch mark' or laser engraved dot at the end of the serial number. Graphic shows approximate marking location: 

If your Proximity watch does not feature firmware v2.0 or higher, please contact Citizen for upgrading information.

Fully charge your Proximity watch.
Although the power reserve indicator on your watch may indicate level 3, your watch may require additional charging for the update process. This is because your watch is not charged to its maximum full power reserve and additional charging is needed. Maximum power reserve is needed for the update process to ensure sufficient power during the update process.

Your iPhone® must be running iOS 7 (7.0.4 or higher).

Be sure your iPhone® is charged to at least 50 percent capacity and that it is plugged into a power source.

Use of the Proximity App v2.5 has significantly changed from previous versions. Be sure to review the Proximity App v2.5 user guide befor use. You may download this from:

http://www.citizenwatch.com/en-us/files/2014/02/Proximity-App-v2.5-User-Guide.pdf

STEPS FOR FIRMWARE UPDATING

1) If your Proximity watch is actively connected to your iPhone®, disconnect the Bluetooth connection:

Pull the crown out one click and rotate to move the mode hand to 'DCT' mode.  Push the crown back in one click. After a few seconds, your Proximity watch will disconnect.

2) Pull the crown out one click, then rotate the crown to move the mode hand to the 'TME' mode.  Push the crown in one click.

3) Clear any stored pairing information from your Proximity watch:
Press and hold the upper right button for 7 to 8 seconds until the second hand makes a full revolution.

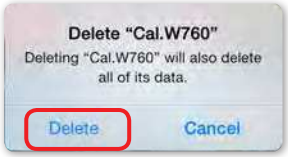
4) Delete the original Proximity App from your iPhone® 

(white icon):

a) Tap and hold the Proximity App icon until an 'X' appears in the upper left corner. 

b) Tap on the  to delete the Proximity App.

c)A message will show asking you to confirm deleting the App. Tap on 'Delete'.



d) Press and release the iPhone® home button to exit 'Delete/Move' function.

5) Delete the Proximity Bluetooth® device from your iPhone®:

Tap on iPhone® Settings: 

Tap on Bluetooth: 

Tap the  to the right of the Eco-Drive Proximity device.

Tap on 'Forget this Device' at the top of the screen. 

Tap on 'Forget Device' in red at the bottom of the screen. 

Tap on 

in the upper left corner of the screen.

Press and release the home button on your iPhone® to exit Settings.

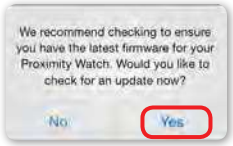
6) Download the Proximity App v2.5 from the App Store. App v2.5 features a blue icon: 

7) Tap on and open the Citizen Eco-Drive Proximity App v2.5

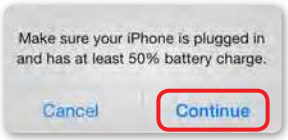
continued next page

STEPS FOR FIRMWARE UPDATING *(cont'd)*

8) You will see a notification screen asking if you want to check for a firmware update. Tap 'Yes':



9) If your iPhone® is not plugged into a power source you will see a notification asking you to plug your phone in. Plug in your iPhone® to a power source and tap 'Continue':



10) Pull the crown out one click and rotate to turn the mode hand to 'PR' mode: 



11) Push the crown in one click. If your watch is already in 'PR' mode, pull the crown out one click, then push back in. When your Proximity watch connects, a notification confirming current firmware and new firmware will show as available. Tap on 'Yes':



12) A caution message will show advising you to place your watch near your iPhone® and do not move your watch or iPhone during the update process. Tap on 'Proceed':



13) Firmware updating commences:



continued next page

STEPS FOR FIRMWARE UPDATING *(cont'd)*

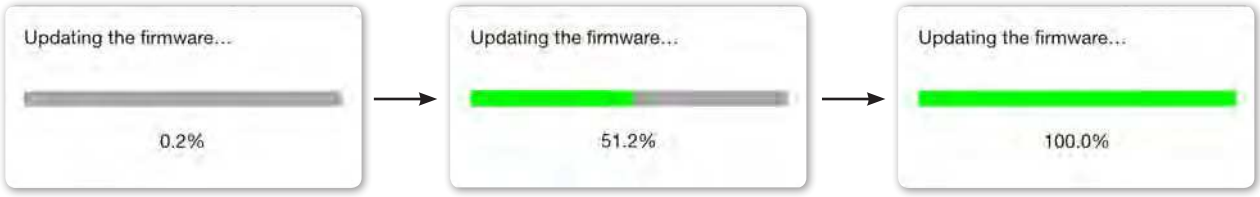
14) At this time, the Proximity App measures the power reserve (voltage) of the watch. If the voltage is not high enough to continue, you will see a message advising you to charge your watch.

Although power reserve may show maximum, voltage may not be to maximum capacity. This is much like a fuel gauge that shows a full tank, but there is still room for an additional gallon or two of fuel.

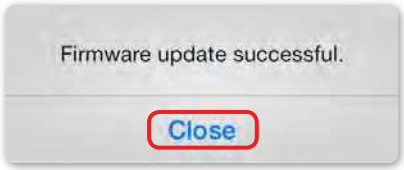


Tap on 'Close'. Charge your watch and try again. From the open App. Tap 'Check For Update', then continue from step 9.

15) If the power reserve (voltage) of the watch is sufficient, firmware updating commences. This process takes approximately 10-minutes. Remember, do not move your watch or iPhone® during this process:



16) Upon successful firmware updating, you will see a confirmation notification. Tap on 'Close':



17) You will be returned to the App main screen and your Proximity watch will disconnect. This completes updating your firmware. You must now pair your Proximity watch with your iPhone®.

18) Press and release the home button on your iPhone®.

19) Tap on iPhone® Settings: 

20) Tap on Bluetooth: 

continued next page

STEPS FOR FIRMWARE UPDATING *(cont'd)*

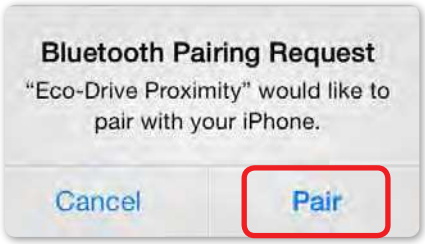
The Bluetooth screen is shown. Be sure Bluetooth® is turned on. Note: you may have other devices showing in this screen:



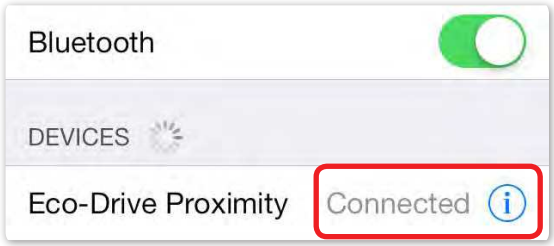
21) With your Proximity watch already in 'PR' mode from previous steps, pull the crown out one click, then push back in one click. This activates the pairing process. Your Eco Drive Proximity Device will show on the iPhone® Bluetooth® devices with a status of 'not paired' to the right:



22) Tap on 'Eco-Drive Proximity'. A pairing request will be presented. Tap on 'Pair':



23) Upon successful pairing, the Eco-Drive Proximity device status will change to 'Connected':



The upper right sub-dial hand on your Proximity watch will rotate to reflect the Bluetooth® connected power reserve level:



24) Tap on 'Settings' at the top left of the screen: 

25) Press and release the home button on your iPhone®. This completes pairing.

26) Pull the crown out one click and rotate to move the mode hand to 'TME' mode. 

27) Push the crown in one click to the closed position next to the case. You may now use your Proximity watch updated to firmware v2.5 with the Proximity App v2.5.

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EU Declaration of Conformity

We declare, under our sole responsibility, that the product:

Product Bluetooth watch
Model Code AT7030-05E

to which this declaration relates complies with the provisions of following European Directives:

1999/5/EC OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL
of 9 March 1999

2011/65/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL
of 8 June 2011

Applied Harmonized Standards:

IEC 60950-1:2005+A1:2009
EN 301 489-17 V1.3.2, EN 301 489-1 V1.8.1
EN 300 328 V1.7.1
EN 50581:2012

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Date of Issue: 1 May, 2012

AT7030 -05E/2012/01

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EU Declaration of Conformity

We declare, under our sole responsibility, that the product:

Product Bluetooth watch

Model Code AT7035-01E

to which this declaration relates complies with the provisions of following European Directives:

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Date of Issue: 1 May, 2012

AT7035 -01E/2012/01

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EU Declaration of Conformity

We declare, under our sole responsibility, that the product:

Product Bluetooth watch

Model Code AT7036-09E

to which this declaration relates complies with the provisions of following European Directives:

1999/5/EC OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL
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2011/65/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL
of 8 June 2011

Applied Harmonized Standards:

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Date of Issue: 1 Apr, 2013

AT7036 -09E/2013/01