

GPS Running Watch
ProSense 17

Quick Start Guide

Make sure to read the *Notices* sheet and online *User's Guide* before using the product to ensure safe use.



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Buttons



- Back
- Start/Stop
- Up
- Enter
- Down

1 Charging the Watch

Use the included USB charging clip to charge the watch.

- 1 Connect the USB charging clip to the watch.



- 2 Connect the USB cable to your PC or the optional AC adapter.

Make sure the watch is fully charged before you remove the clip.

2 Setting Up the Watch and App

The Settings screen appears on the watch after you remove the USB charging clip.

- 1 On the watch, select your language and press **Enter**.



- 2 Select **Set by Phone** and press **Enter**.



Note: You can also use a PC to configure the watch or you can configure the watch on its own. See the online *User's Guide* for more information.

- 3 Download and install the Epson View app from your smartphone's app store.
- 4 Launch the Epson View app and create an account or log in. After you finish this process, the initial Settings screen appears on your smartphone.



3 Using Your Watch

- 5 Note the code that appears on the watch.



- 6 Select **ProSense 17** from the list on your smartphone, then follow the instructions to pair your watch and your phone.



The Time screen appears on the watch when the process is complete.

Note: You can pair the watch with your smartphone at any time by selecting **My Watch** in the Epson View app.

3 Using Your Watch

Selecting a Workout Mode

- 1 Press down on the Time screen to display the workout mode screen.



Note: You can press **Start/Stop** on the Time screen to quickly start a workout.



- 2 Press up or down to select the desired activity.

The following workout modes are available:

Run Walk Treadmill



- 3 Press **Start/Stop** while outdoors with no obstacles overhead to start GPS calibration.



You can start your workout when the Measurement screen appears.

For increased GPS accuracy, wait at least 15 minutes before starting your workout. You only need to perform this extended GPS calibration the first time you use the watch or if you do not use it for a few months.

Note: If you see the message below, do one of the following:

- Move to an area with no obstructions overhead and then press back to restart GPS calibration.
- Press **Enter** to start the workout. Distance traveled will be estimated until the GPS signal is fully acquired.



Starting a Workout

Press **Start/Stop** on the Measurement screen to start a workout.



Note: You can press **Enter** during a workout to start and record a new lap.



Press up or down during a workout to change the measurements that appear. See the online *User's Guide* for more information.



3 Using Your Watch (Continued)

Saving a Workout

1 Press **Start/Stop** to pause the workout.



2 Select **Save** and then press **Enter**.



The workout summary appears.

3 Press **Up** and **Down** to scroll through the workout summary.



4 Press **Enter** to return to the Time screen.

Viewing Your Workout History

1 On the Time screen, press **Enter** and select **History**.



2 Select the desired workout and then press **Enter**. The workout data appears.



3 Press **Up** and **Down** to scroll through the workout summary.



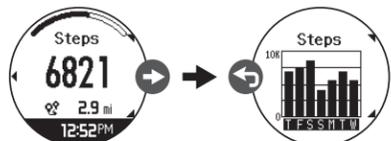
Note: To return to the Time screen, press and hold **Back**.

Checking Daily Activity Data

Press **Up** on the Time screen to display the distance traveled, number of steps, calories burned, and sleep time for the current day.



Press **Enter** on the Track Activity screen to display a graph of your weekly activity including the current day.



Press **Back** to display the previous screen.

Additional Tips

- To turn the watch on or off, press and hold **Start/Stop**.
- To return to the Time Screen at any time, press and hold **Back**.
- To start a new lap during a workout, press **Enter**.
- To turn on the backlight during a workout, press **Back**.

Updating the Firmware

You can update your watch's firmware from the Epson View app. Select **My Watch**, then select the arrow next to the firmware version to update your watch.

You can also visit www.epson.com/support (U.S.) or www.epson.ca/support (Canada) and search for your product to download the latest firmware.

To check the version of the firmware on your watch, press **Enter** on the Time screen and then select **Settings > System > Ver. Info**.

Caring for Your Watch

Your ProSense product is made from materials commonly used in watches and other consumer products. Since you may wear your product over extended periods, including when you are exercising and sweating, it is important that you take care of your skin and your product according to these instructions. Prolonged wearing of your product without proper care could lead to skin irritation or rash.

Please follow the precautions below to ensure full enjoyment and benefit of your ProSense product:

- Keep your product and skin clean.
- Keep your product and skin dry.
- Give skin a rest and some air.

Proper wear and care of your product is an important part of your enjoyment of this product. Make sure to see the online *User's Guide* for more detailed information on caring for your product.

Where to Get Help

Internet Support

Visit www.epson.com/support (U.S.) or www.epson.ca/support (Canada) and search for your product to find solutions to common problems. You can get tips, usage information, and FAQs, download utilities, view the *User's Guide*, or e-mail Epson.

Telephone Support

Call (800) 241-5789, (562) 276-4394 (U.S.), or (905) 709-3839 (Canada). Support hours are 6 AM to 8 PM, Pacific Time, Monday through Friday, and 7 AM to 4 PM, Pacific Time, Saturday. Days and hours of support are subject to change without notice. Toll or long distance charges may apply.



Certification information



GPS Sports Monitor
Model : J-17

FCC ID : BKMAP008

CAN ICES-3 (B) /NMB-3 (B)
IC : 1052F-AP008

FCC/IC Notices

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

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

Le présent appareil est conforme aux la partie 15 des règles de la FCC et 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.

Caution:
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

****Explanation that an SAR examination is unnecessary with Portable equipment****

This equipment complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the IC radio frequency (RF) Exposure rules. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR).

Cet équipement est conforme aux limites d'exposition aux rayonnements énoncées pour un environnement non contrôlé et respecte les règles les radioélectriques (RF) de la FCC lignes directrices d'exposition et d'exposition aux fréquences radioélectriques (RF) CNR-102 de l'IC. Cet équipement émet une énergie RF très faible qui est considérée conforme sans évaluation du débit d'absorption spécifique (DAS).

****Explanation of the EMC demand part of the United States. ****
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.

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