

TRUME

WATCH
MODEL:TR-MB8

Accessory
MODEL:MB00

Product Features

GPS wave watch functionality (SATELLITE LINK)

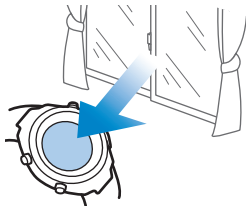
Accurately adjust your watch to the correct time based on GPS satellite waves. Note that you will still need to adjust for DST (summer time) manually.



Solar charge your watch when exposed to light (LIGHT CHARGE)

You can charge your watch by casting solar or fluorescent light on the dial plate.

Make sure to keep exposing the dial plate to light where possible as it may take a while to build up a sufficient charge once the remaining battery supply runs out.



Altimeter/barometer functions using an air pressure sensor

The air pressure sensor installed inside the device enables altitude and air pressure readings.

Azimuth meter function using a magnetic sensor

The magnetic sensor installed inside the device makes it easy to check for north.

Measurement functions using external sensors (accessory)

Use the product accessory to measure the UV index, temperature, the number of steps taken and used calories.

Simple navigation functions using GPS satellite waves and the magnetic sensor

Use GPS satellite waves to acquire positional information and establish the direction and linear distance from your current location to a previously set home point (goal point). (User's Guide)




Cautions for Use



Please read through the contents of this product manual before using this product to use it in a safe manner.

Using this product in a manner other than that described in this manual could lead to product failures and accidents.

Signs Used in this Manual

This product manual uses the following signs to express warnings concerning dangerous use and handling of this product in order to prevent harm to the customer and other persons, or damage to property before they occur. Please read this manual with a complete understanding of what each of these signs mean.

 Danger	<p>This sign indicates instances where ignoring this sign and handling the product in an erroneous manner brings with it impending risks to life and limb.</p>
 Warning	<p>This sign indicates instances where ignoring this sign and handling the product in an erroneous manner could lead to the loss of life or serious injury.</p>
 Caution	<p>This sign indicates instances where ignoring this sign and handling the product in an erroneous manner could lead to injury or property damage.</p>

	<p>Indicates matters (instructions/actions) that must be adhered to.</p>		<p>Indicates actions that must not be performed under any circumstances (prohibited actions).</p>
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	<p>Indicates cautions regarding this product.</p>		<p>Indicates cautions regarding the product accessory.</p>
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Cautions for Use

Warning



Do not use this product when damaged.

Doing so may lead to injury, product failure or fire. Stop use and bring this product into a repairs center under the following circumstances.

- When the watch or the watch band has sharpened due to corrosion or some other factor
- When the pin on the watch band has come off

Do not leave this product or product parts within the reach of small children.

- Small children touching this product or product accessory may result in injury, and may cause allergies, inflammation or other issues.
If an injury or skin abnormalities occur, consult a specialist doctor immediately.
- Accidentally ingesting product parts may cause negative physical effects.
If product parts are accidentally ingested, consult a specialist doctor immediately.







Do not attempt to disassemble or repair this product yourself.

Doing so may lead to electric shock or other accidents.




Do not use when scuba diving or when saturation diving.

Doing so may lead to accidents or damage to the product. Use a watch designed for diving when scuba diving or saturation diving.

⚠ Caution



			<p>Carefully wipe off any moisture, sweat or grime adhered to this product.</p> <ul style="list-style-type: none">• Continuing to use this product while moisture, sweat, grime or other impurities are on this product may result in itching, inflammation, or other conditions. If skin abnormalities occur, immediately stop use and consult a specialist doctor.• Leaving moisture, sweat, grime or other impurities on this product may result in reduced waterproofing functionality.
		--	<p>Cover this product with a soft cloth or other similar material when removing this product.</p> <p>Removing this product and placing it down as is may result in the back cover scratching against the watch band or fastening strap, causing damage to the back cover of the watch.</p>
		--	<p>Do not attempt to adjust the metal band yourself.</p> <p>Doing so may lead to an injury.</p> <p>Adjusting the metal band requires specialist knowledge and technical skills. Please inquire with the place of purchase if such adjustments are required.</p>
		--	<p>Immediately stop using this product if skin abnormalities occur.</p> <p>Allergies or skin itching, inflammation, etc. may occur depending on how this product is used.</p> <p>If skin abnormalities occur, immediately stop using this product and consult a specialist doctor.</p>
	--		<p>Make sure that the accessory attachment clip is securely fastened.</p> <p>A loose clip may result in product damage or injury.</p>

Caution



			<p>Do not store or leave in the following locations.</p> <ul style="list-style-type: none">• Places with extreme temperature/humidity changes• Places with extremely high temperatures, low temperatures, or high humidity• Places with volatile materials• Places with large amounts of soot and dust• Places with an open flame• Places with strong vibration• Places susceptible to magnetism and static electricity <p>Doing so may lead to electric shock or fires. This may also result in unsatisfactory product performance or product failure.</p>
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Charging and Battery-related Cautions




Danger

	--		<p>Do not store or leave batteries within the reach of small children.</p> <p>Accidentally ingesting batteries, or touching leaking battery fluid or having it enter your eyes or mouth may cause negative physical effects.</p> <p>If product parts are accidentally ingested, consult a specialist doctor immediately.</p>
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Warning

	--		<p>When replacing batteries make sure that + and - sides of the battery are facing the right way.</p> <p>Forcing a battery in the wrong direction may cause the battery to crack and battery fluid to leak, and could cause a fire or an injury.</p> <p>Follow the instructions provided by your local municipality when disposing of any batteries used in the accessory.</p>
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Warning



		--	<p>Do not take out the rechargeable battery inside this product.</p> <p>Using a regular silver oxide battery with this product may result in cracking, heat buildup and fires.</p> <p>Replacing the rechargeable battery requires specialist knowledge and technical skills. Please inquire with the place of purchase if the battery needs replacing.</p>
			<p>Do not charge this product while under incandescent light or a spotlight, or on the dashboard of a car.</p> <p>Doing so can cause the product to overheat, damaging the product.</p>
	--		<p>Do not keep or leave batteries in locations where they could overheat, and do not put them in fires.</p> <p>Doing so can cause a battery to burst, causing a fire or injuries.</p>

Cautions Regarding Water-proofing





The water-proofing specifications for this product are as follows.

Watch	10 atm water-proofing WATER RESISTANT 10BAR	Can be used during water sports (swimming, fishing, yachting, etc.) and free diving (skin diving).
Accessory	Drip-proof	Can be used in inclement weather and other environments susceptible to splashes and sprays of water.

Warning

	--		<p>Check that the battery cover is securely closed before using the accessory.</p> <p>This product cannot exhibit effective water-proofing performance if the battery cover is not closed.</p>
			<p>The customer is responsible for ensuring that the battery cover is securely closed when replacing the battery for the accessory.</p>

⚠ Warning

		--	Do not use the winding crown or other buttons on this product while it is submerged in water or while wet. Doing so may degrade water-proofing performance or lead to product failure.
			Do not directly expose this product or the accessory to water from a water faucet. A characteristic of tap water is its extremely high water pressure which can degrade the water-proofing performance of even highly water-resistant products.
		Do not use this product or the accessory while bathing or while in a sauna. Doing so may degrade water-proofing performance, or lead to rusting or product failure.	
	--		Do not use the accessory while in water. Do not leave the accessory for extended periods of time when wet. Doing so may degrade water-proofing performance or lead to product failure.
			Do not wash the accessory with water. Doing so may cause damage to the accessory.
			Do not remove the packing for the accessory battery cover.
Do not allow the packing for the accessory battery cover to become dirty, or directly touch the packing. Damaging or deforming the packing may reduce water-proofing performance or cause damage. If the packing has been damaged or deformed, immediately stop use and bring this product into a repairs center.			
	Do not open and close the accessory battery cover with wet hands. Do not open and close the accessory battery cover while in water or while wet. Doing so may degrade water-proofing performance or lead to product failure.		

Electromagnetic Wave-related Cautions

This product is equipped with Bluetooth® technology. This only functions to transmit waves with the accessory packaged with this product.

This product has been authorized for use as a low power data communications system according to the Radio Act. Therefore, a wireless station license is not required to use this product.

However, be aware that the following acts may be punishable by law.

- Disassembling or modifying this product
- Removing product certification and authentication numbers

Frequencies

This product uses frequencies between 2.402GHz to 2.480GHz.

Note that other wireless devices may use the same frequency. Be aware of the following matters when using this product to avoid interference with other wireless devices.

2. 4 XX 1

Notes Regarding the Use of Wireless Communications







This product operates on the 2.4GHz frequency band.

This frequency band is used by microwaves and other industrial, scientific and medical devices, private mobile object identification radio stations used in factory manufacturing lines (wireless stations that require a license), specified low power radio stations (wireless stations that do not require a license), and amateur radio stations (wireless stations that require a license).




- 1 Before using this product check for any private mobile object identification radio stations, specified low power radio stations or amateur radio stations used in the area.

- 2 If there are instances of harmful radio wave interference with a private mobile object identification radio station immediately either change the frequency band in use or stop transmitting radio waves, and then use the "Inquiries" form to consult with the customer inquiries center on potential interference avoidance measures, etc. that can be pursued (for example, establishing partitions, etc.).
- 3 Additionally, if issues with harmful interference with specified mobile object identification low power radio stations and amateur radio stations arise, contact the customer inquiries center using the "Inquiries" form.

Warning




			If skin abnormalities occur, immediately stop use and consult a specialist doctor.
			In airplanes, hospitals and other areas where use may be restricted, follow the instructions provided on-site (via in-flight announcements, etc.) with regard to use.
			Do not bring this product into surgery rooms, intensive care units, etc., and do not use this product near electric medical equipment. Radio waves from this product may negatively affect the use of electric medical equipment, leading to malfunctions and accidents.

Caution




			Follow the instructions and cautions provided with implantable medical devices when using this product. Radio waves from this product may negatively affect cardiac pacemakers and other implantable medical devices.
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Measurement-related Cautions

Caution

			Users are responsible for acting on their own discretion with regard to the use of this product's measurement functions. This product is not a specialized measuring instrument. Measurement results and simple navigation functions may differ from actual values or circumstances at hand. Further, accurate measurements may not be possible depending on GPS signal reception and pressure, altitude, temperature or other environmental factors. Use the measurement and simple navigation functions provided with this product as a guide. We cannot accept responsibility for any damages incurred by the customer or a third party due to the use of this product.
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Caution

			<p>Do not use this product when devices that generate magnetic fields are nearby, or in areas where there is a strong magnetic field.</p> <p>This may stop clock functions and prevent accurate measurements. This could also cause damage to the product.</p>
			<p>Do not use this product in environments where rapid changes in altitude are experienced (in tall buildings, and in sports that involve rapid changes in elevation in a short period of time, etc.).</p> <p>Rapid environmental changes may prevent accurate measurements.</p>

Refer to the User's Guide for cautions regarding each measuring mode.

Product Usage Restrictions and Taking this Product Outside Japan

Be aware that certain countries and regions prohibit the use of Bluetooth® by law.

Visit our website before using this product to find a list of countries where Bluetooth® use is permitted.

<URL: Link TBD>

- Using this product in countries that do not permit use may be punishable by law.
- Bluetooth® communications may be intercepted by a third party either intentionally or unintentionally.

Preparation

1. Confirm Packaged Contents

Please confirm the contents of the product package purchased. Please contact the place of purchase if there are items missing or if defects are found. We apologize for the inconvenience caused.



Watch



Accessory

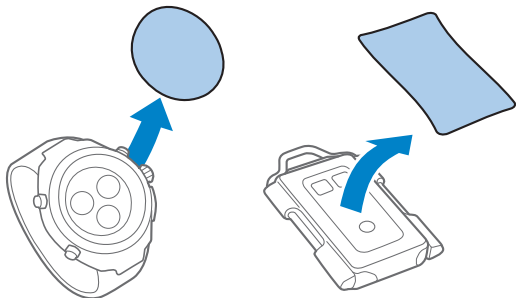
Reference manual (this manual)

Warranty

2. Remove the Protective Seal

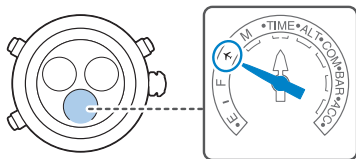
Remove the protective seal on the product (back cover) and the accessory (front surface) before use.

Using this product with the protective seal in place may cause sweat, grime, moisture or other impurities to build up, causing rust. When left on the accessory you may not be able to perform measurements.



3. Remove Flight Mode

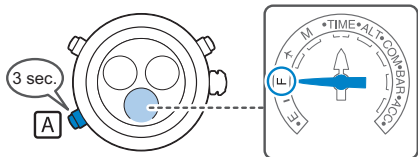
This product has been shipped in Flight Mode (✈) as required under the provisions of the Civil Aeronautics Act.



If this product has been set to Flight Mode when purchasing the product, turn off Flight Mode before using the product.

How to turn off Flight Mode: Hold down the “A” button (around three seconds)

When Flight Mode is turned off the indicator hand will point to the remaining battery level.



Reference

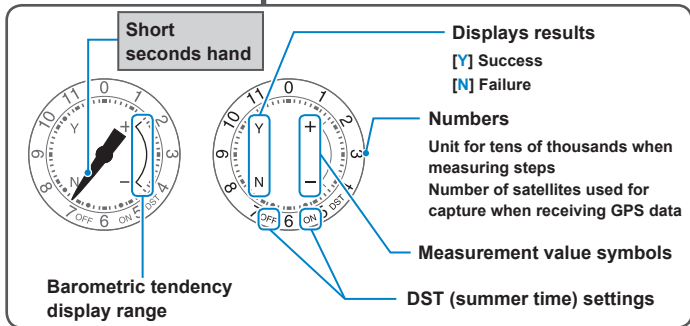
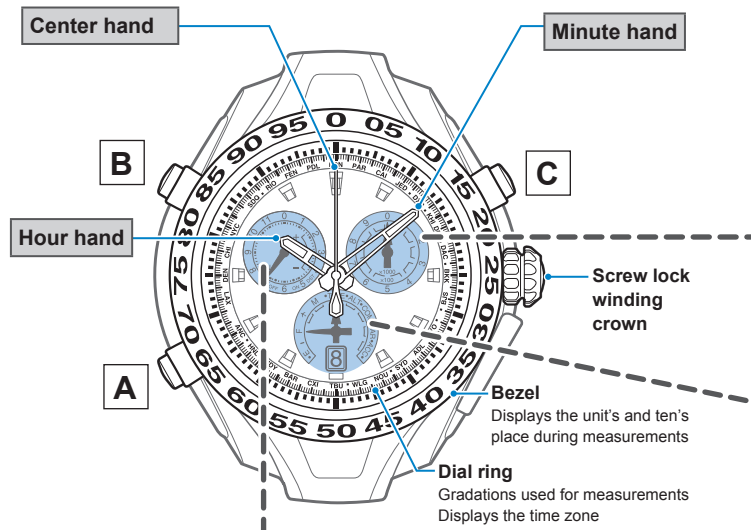
When set to Flight Mode you will no longer be able to receive GPS waves, communicate with the accessory or use sensor functions, etc.

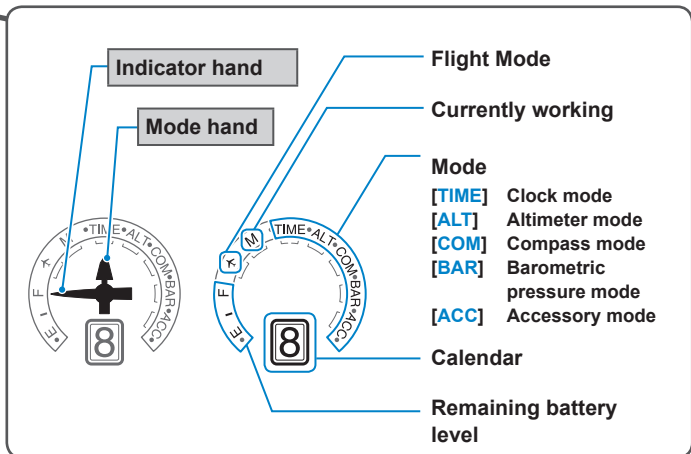
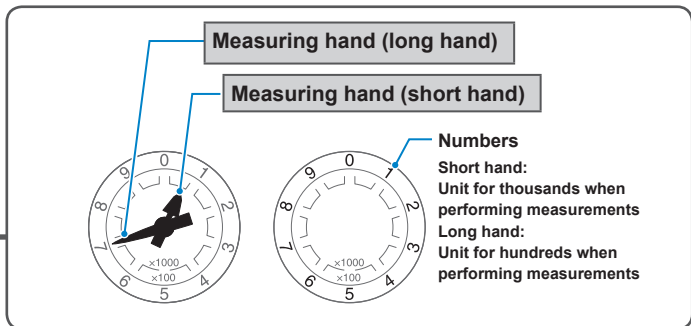


Names of Each Part and How to Use Them

Watch

The dial plate may vary depending on the model of watch.





Using the Screw Lock Winding Crown

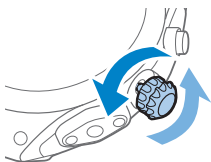
The winding crown uses a screw-type lock mechanism. Unlock/set the lock in the following manner.

Important

Make sure to lock the winding crown again once adjustments are complete. Continuing to use the watch while the winding crown is unlocked may degrade water-proofing performance and lead to product failure.

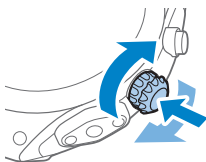
Removing the lock

Rotate the winding crown to the left
(Until the winding crown pops out)

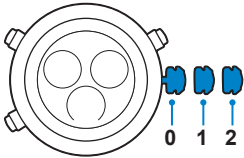


Locking the winding crown

Press the winding crown in and rotate it to the right
(Fasten securely)



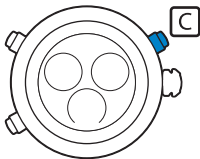
Removing the lock on the winding crown allows you to pull out and rotate the winding crown.

Pulling out	<p>The winding crown is pulled out in two stages. Each stage results in a different action.</p>  <p>The diagram shows a top-down view of a winding crown. To its right, three blue rectangular tabs are shown in a row, labeled 0, 1, and 2 from left to right. Blue arrows point from each tab to the corresponding position on the crown's edge.</p>
Rotating	<p>Quickly move the hand forwards or backwards by rapidly turning the winding crown. To stop this, either turn the winding crown once more, or rotate it in the opposite direction.</p>
Pushing back	<p>Push the winding crown into the watch to return it to its original state.</p>

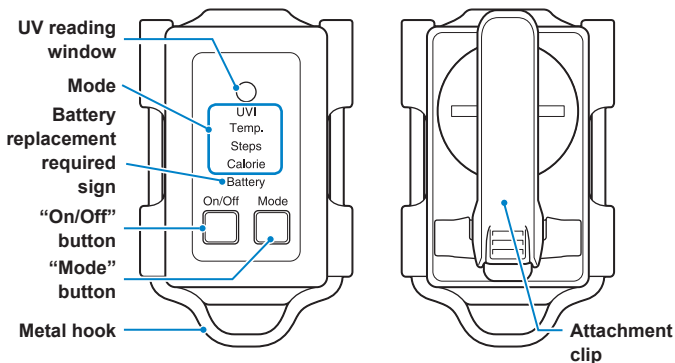
Wireless Functions

Press and release the “C” button while the watch is in **[ACC]** mode to begin transmission with the accessory.

Press and release the “C” button once more to stop transmission.



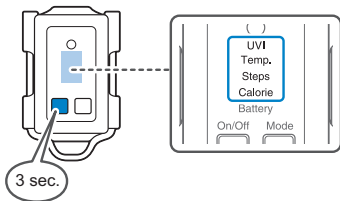
Accessory



Accessory Power On/Off

Press and hold the “On/Off” button on the accessory (around three seconds).

Power On	One of the modes lights up for around two seconds.
Power Off	All modes flash three times.



Turning the power off will stop all functions, including the wireless communications function.

Confirming Remaining Battery Power

Remaining Battery for the Watch

Check the indicator hand on the watch to see the remaining battery for the watch.

Remaining battery level 4 (70% or higher)

All functions available for use.

Remaining battery level 3 (around 30 ~ 70%)

All functions available for use.

Remaining battery level 2 (around 5 ~ 30%)

While all functions remain available for use, remember to recharge the battery as soon as possible. The watch may enter "Power Saving 2" mode when used in low temperature conditions.

Remaining battery level 1 (around 5% and under)

Some functions are unavailable for use. Please recharge the watch.

At level 1 the following constraints are placed on the movement of the short seconds hand (seen in the diagram below).

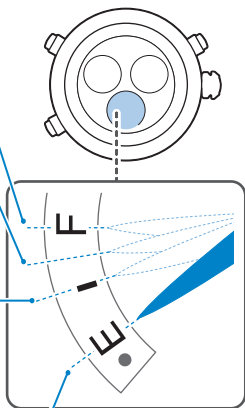
Two second hand movements

While the hour hand keeps moving, button functions are unavailable.



Five second hand movements

The hour hand does not move, and button functions are unavailable.



Watch Power Saving Functions

This product is equipped with power saving functions to limit battery power consumption.

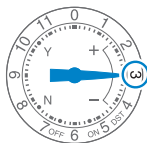
There are two types of power saving functions, with each used when certain conditions are met.

Note that while the hour and minute hands will stop moving, this does not indicate damage to the product.

■ Power Saving 1

The watch will go into “Power Saving 1” mode when kept away from light for at least 72 hours. In this mode the short seconds hand will stop at the 15 seconds mark. All other displays besides the short seconds hand will also stop.

The clock will start again showing the current time after exposing the watch to light for at least five seconds, or by pressing a button.



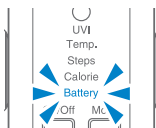
■ Power Saving 2

The watch will go into “Power Saving 2” mode when in a poor state of charge. In this mode the short seconds hand will stop at the 45 seconds mark. Provide a sufficient charge to the watch and then readjust the time as necessary.



Remaining Battery Power for the Accessory

[Battery] will start flashing when the accessory is low on battery charge. We recommend replacing the battery as soon as possible. (User's Guide)



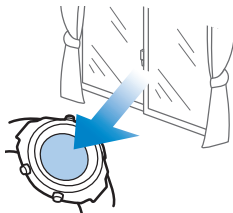
Charging

A solar power function (LIGHT CHARGE) has been included in the dial plate of this device. Frequently exposing this product to solar and fluorescent light allows for extended use over long periods of time.

How to Charge this Product

Charge this product by exposing the dial plate to light.

Use and keep this product in well-lit environments.



Warning

Please be aware that some light source conditions and environments may cause the product to overheat, causing fires, malfunctions or damage to the product.

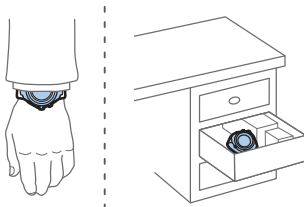
Avoid charging this product under the following high temperature conditions.

- On the dashboard of a car parked under the blazing sun
- Locations close to light bulbs and other heat sources
- Hot locations where the product is exposed to direct sunlight for long periods of time

Reference

Charging may take a while in dark areas and other environments that are not very well lit. (Under the shade of clothing garments, etc.)

Also note that you cannot charge this product in environments with no light. (Inside drawers, etc.)





Setting the Time

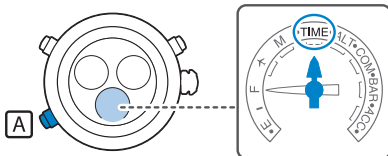
You can set the time to the time zone set based on GPS satellite waves.

Reference

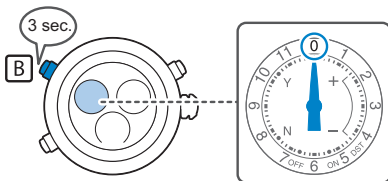
You will need to set the correct time zone when adjusting the time to your travel destination.

1 Move to an area suitable for receiving GPS information

2 Keep pressing the “A” button to set the mode to [TIME]



3 Press and hold down the “B” button (around three seconds) and release when the short seconds hand points to the 0 seconds mark



Reference

If the short seconds hand points to [Y] or [N] without pointing to the 0 seconds mark the device is not receiving data.

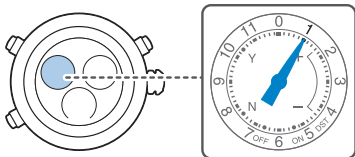
Press and hold down the “B” button again (around three seconds) and release when the short seconds hand points to the 0 seconds mark.

4 Point the watch upwards and wait until the data transmission results appear (the short seconds hand points to [Y] or [N])

It will take anywhere from 10 seconds to 1 minute for data to be received.

■ Receiving data

The short seconds hand will show the number of GPS data sources acquired.



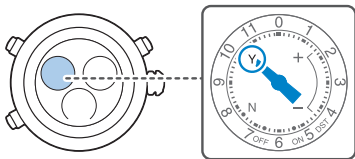
Reference

- In general at least one GPS data acquisition site is needed to acquire time information.
- Press and release the “B” button during the acquisition process to cancel it.

■ Ending data transmissions

Data has been successfully received when the short seconds hand points to [Y].

The time and date will be adjusted automatically based on the time information acquired.



Reference

The data transmission has failed if the short seconds hand points to [N]. Move to a location more suited to receiving data and try again.

Refer to the “User’s Guide” for information on other time setting functions.

Matching Time Zones and Time Settings

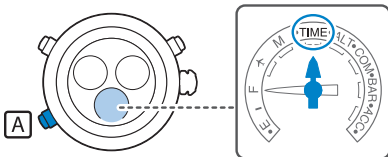
Receive GPS data to acquire positional information on your current location. You can use the positional information acquired to identify the time zone and set the time and date for your location.

Important

Note that your watch may be set to a neighboring time zone if you use this function near the boundary between time zones. Avoid being near the boundary between time zones when setting the time zone if possible. Check the time displayed on your watch to see if the correct time zone has been set. Set the time zone and time manually if the time zone has been set incorrectly. (User's Guide)

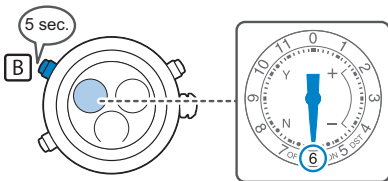
1 Move to an area suitable for receiving GPS information

2 Keep pressing the “A” button to set the mode to [TIME]



3 Press and hold down the “B” button (around five seconds) and release when the short seconds hand points to the 30 seconds mark

The short seconds hand will point to the 0 seconds mark three seconds after pressing the “B” button. Ignore this and keep holding the button down.

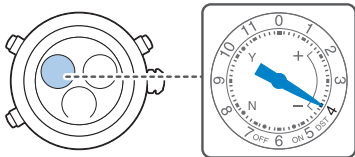


4 Point the watch upwards and wait until the data transmission results appear (the short seconds hand points to [Y] or [N])

It will take anywhere from 30 seconds to 2 minutes for data to be received.

■ Receiving data

The short seconds hand will show the number of GPS data sources acquired.

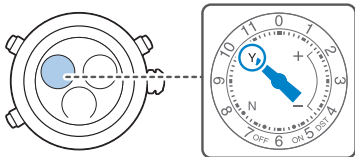


Reference

- In general four GPS data acquisition sites are needed to acquire positional information. However, you may not be able to receive data correctly even if four or more sites are displayed.
- Press and release the “B” button during the acquisition process to cancel it.

■ Ending data transmissions

Data has been successfully received when the short seconds hand points to [Y]. The time and date will be adjusted automatically based on the positional information acquired.



Reference

The data transmission has failed if the short seconds hand points to [N]. Move to a location more suited to receiving data and try again.

- Manually adjust for DST (summer time) as required. (User’s Guide)
- Refer to the “User’s Guide” for information on other time setting functions.

Measuring Altitude/Barometric Pressure

The air pressure sensor installed inside the device enables altitude and air pressure readings.

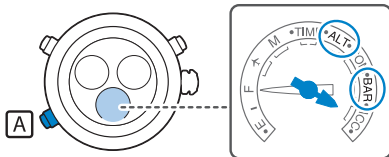
Altitude readings are taken when in [ALT] mode, and barometric pressure readings are taken when in [BAR] mode.

Important

This product uses an air pressure sensor to calculate altitude readings. Note that changes in air pressure will result in different altitude readings even when standing in the same location. This may result in discrepancies in altitude readings from the actual elevation height. Make sure to calibrate altitude readings (set the standard altitude) before use.

Measurement

- 1 Keep pressing the “A” button to set the mode to [ALT] or [BAR]



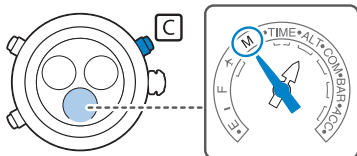
Reference

This product automatically measures the altitude and barometric pressure in intervals of around 10. Switching between [ALT] and [BAR] modes will display the last measured value. Proceed to step 2 to measure values for your current location in real time.

2 Press and release the “C” button to perform a measurement

When measurements are being performed (one minute) the indicator hand will point to [M].

After measurements are complete measurement results will be updated around once every 10 minutes.



3 Confirm the measurement results

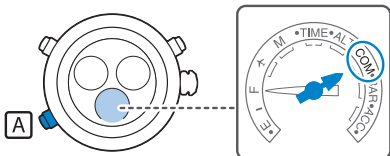
Checking Direction

The magnetic sensor installed inside the device makes it easy to check for north.

Important

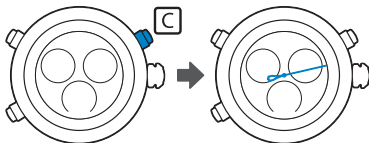
Make sure to calibrate the magnetic sensor when first using this product, or whenever you feel that the measured results diverge from true north.

1 Keep pressing the “A” button to set the mode to [COM]



2 Press and release the “C” button while keeping the watch level

The center hand will point to north (one minute).



Important

Note that directional readings may be incorrect when using this function near products with a strong magnetic discharge or in strong magnetic fields.

Avoid the following locations when using this function.

- Near magnets
- Near electric products
- Near metallic products
- Near modes of transport or inside motor vehicles
- Near high-voltage wires, overhead railway lines, etc.
- Indoors, or within buildings built using reinforced concrete structures and steel structures

Calibrating the Magnetic Sensor

Placing this product in environments with strong magnetic fields may prevent it from showing north.

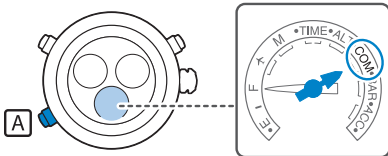
Make sure to calibrate the magnetic sensor when first using this product, or whenever you feel that the measured results diverge from true north.

Important

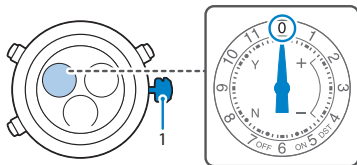
- Avoid areas close to products with a strong magnetic discharge or strong magnetic fields when calibrating the magnetic sensor.
- When calibrating the magnetic sensor keep the watch level and make sure that the metal part of the watch band does not come into contact with the clock part of the watch.



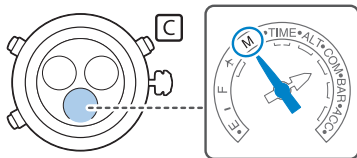
1 Keep pressing the “A” button to set the mode to [COM]



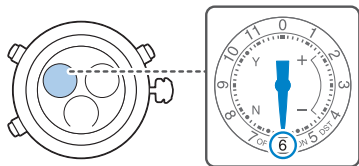
2 Unlock the winding crown and pull it out one level



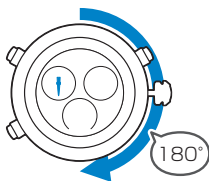
3 Press and release the “C” button while keeping the watch level



When performing the first calibration the short seconds hand will move from the 0 seconds mark to the 30 seconds mark.

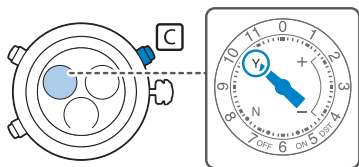


4 Rotate the watch 180 degrees as accurately as possible while keeping the watch level



5 Keep the watch as it is in step 4 and press and release the “C” button once more

When performing the second calibration the short seconds hand will point to [Y].



Reference

If the short seconds hand points to [N] check to see if there any products giving of a strong magnetic discharge nearby, or if you are in an area with a strong magnetic field. Following this, press and release the “C” button again and repeat this process from step 3.

If the short seconds hand continues to point to [N] even after repeated calibration attempts, please contact our customer support center.

6 Push the winding crown back in to lock it into place

Measuring the UV Index

You can use the product accessory to measure the UV index. The UV index indicates the strength of UV light.

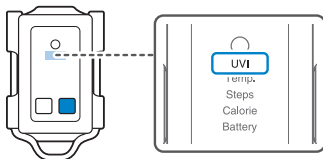
Measurement results are sent from the accessory to the watch and displayed using the watch hands.

Measurement

1 Turn the accessory on

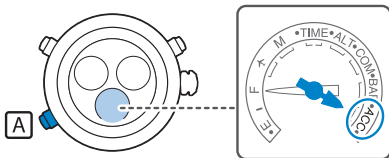
When on, pressing and releasing the “Mode” button will light up a mode for around two seconds.

2 Keep pressing the “Mode” button on the accessory to set the mode to [UVI]



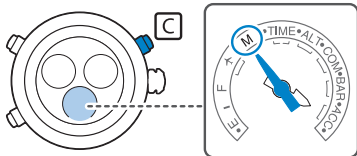
3 Keep pressing the “A” button to set the mode to [ACC]

Switching to the [ACC] mode will display details of the last connection with the accessory.



4 Press and release the “C” button to start a connection between the watch and the accessory

When transmitting (one minute) the indicator hand will point to [M].



5 Point the UV reading window on the accessory (the sensor used to measure UV light) directly at the sunlight



6 Confirm the measurement results

Measuring the Temperature

You can use the product accessory to measure the temperature. Measurement results are sent from the accessory to the watch and displayed using the watch hands.

Important

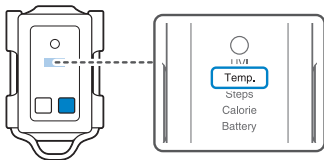
- Temperature readings are affected by direct sunlight, body temperature, humidity and other environmental factors.
- While temperature changes are roughly reflected in the temperature displayed within minutes, it may take around 30 minutes for the temperature displayed to stabilize.

Measurement

1 Turn the accessory on

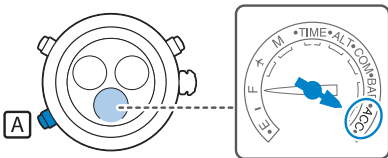
When on, pressing and releasing the “Mode” button will light up a mode for around two seconds.

2 Keep pressing the “Mode” button on the accessory to set the mode to [Temp.]



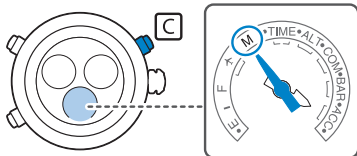
3 Keep pressing the “A” button to set the mode to [ACC]

Switching to the [ACC] mode will display details of the last connection with the accessory.



4 Press and release the “C” button to start a connection between the watch and the accessory

When transmitting (one minute) the indicator hand will point to [M].



5 Confirm the measurement results

Measuring Steps Taken and Calories Used

You can use the product accessory to measure steps taken and calories used.

Check the number of steps taken in the [Steps] mode, and the number of calories used in the [Calorie] mode.

Measurement results are sent from the accessory to the watch and displayed using the watch hands.

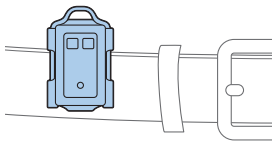
Before Measurement

1 Turn the accessory on

When on, pressing and releasing the “Mode” button will light up a mode for around two seconds.

2 Attach the accessory to your waist

Use the attachment clip for the accessory to attach it to a belt, pocket or elsewhere. Fully insert the accessory to the base of the attachment clip so that it does not fall off.

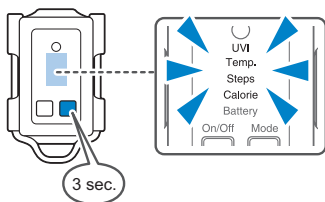


Reference

- The number of steps taken and calories used are always being tracked regardless of the measurement mode used on the watch provided that the accessory is turned on.
- Measurement results are cumulative. To begin measurements from 0, reset the measurement results.

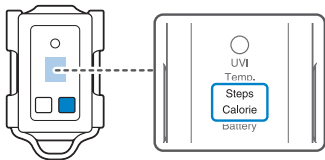
Set the accessory mode to [Steps] or [Calorie], and then press and hold down the “Mode” button. (Around three seconds)

After each mode begins flashing in order, all modes will light up for around three seconds to indicate that measurement results for the number of steps taken and calories used are being simultaneously reset.



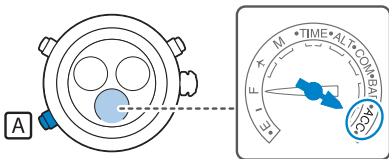
Confirming Measurement Results

- 1** Keep pressing the “Mode” button on the accessory to set the mode to [Steps] or [Calorie]



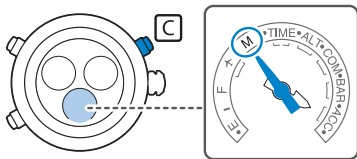
2 Keep pressing the “A” button to set the mode to [ACC]

Switching to the [ACC] mode will display details of the last connection with the accessory.



3 Press and release the “C” button to start a connection between the watch and the accessory

When transmitting (one minute) the indicator hand will point to [M].



4 Confirm the measurement results



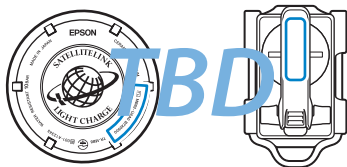
Customer Service and Support

After-sales Support

- Please contact the place where you purchased this product or our repairs center for repairs and parts cleaning (overhaul work) for tuning.
- If a defect occurs within the warranty period, make sure to bring the warranty form when dealing with the place where you purchased this product or our repairs center.

If needed we can provide repair services for a fee for issues occurring past the warranty period where repair work can restore product functions. Please contact the place where you purchased this product or our repairs center for further details.

- Warranty content is written on the warranty form. Please read the warranty form carefully and keep it in a safe place.
- Serial numbers for the watch and the accessory are marked on the reverse side of each.



Reference

- The watch band, rechargeable battery and batteries for the accessory are outside the scope of the warranty provided.
To purchase replacements, please contact a retailer or our customer service center.
 - Customers can replace batteries for the accessory themselves.
Battery in use: Coin type lithium battery CR2032
Refer to the "User's Guide" for information on replacing batteries.
-

Repair Parts

- The standard warranty period for repair parts used for the watch is seven years.
The standard warranty period for repair parts used for the accessory is six years after the end of manufacturing.
- Please note that replacement parts with a different appearance may be used for repairs.

Parts Cleaning (Overhaul Work) for Tuning

- To ensure that this product stands up to regular use over an extended period of time, we recommend sending this product in for parts cleaning (overhaul work) for tuning once every three to four years. Depending on the manner in which this product is used, a drop in the oil-holding properties in the machinery used within this product (due to degradation, oxidation, lack of oil, etc.) may result in wear and tear between parts, causing a malfunction. Further, degradation to the packing, etc. used may result in sweat and moisture seeping into this product, reducing its water-proofing performance.
Sending this product in to be overhauled helps check and maintain the timekeeping elements of the watch and keep the watch in good working order.
- When sending this product in to be overhauled, specify that “genuine parts” are to be used when contacting the place where you purchased this product or our repairs center.
Also request that the packing and spring rods used are replaced.
- Note that depending on the state of the watch, the watch movement may also be replaced when sending this product in to be overhauled.

Replacing the Packing Used for the Accessory Battery Cover

To ensure that the accessory stands up to regular use over an extended period of time, we recommend replacing the packing used for the battery cover once every two years.

Packing degradation may result in reduced water-proofing performance or lead to product failure.

Measurement Data

- Data stored within this device is not covered under warranty should the watch or the accessory break down.
- All data will be formatted without being backed up when product replacements are performed at our repairs center.

Inquiries

Product, Warranty and Repairs-related Inquiries

Customer Service Center

Hours: 9:30 ~ 17:00 Monday ~ Friday (excluding public holidays, company holidays)

TEL: TBD

Site for Repairs

Watch and Wearable Repairs Center

421-8 Hino, Hino-shi, Tokyo 191-8510

TEL: +81 42-847-3378

FAX: +81 42-847-3381

Please visit our website for up to date information on product support.

<URL: Link TBD>

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Seiko Epson Corporation
3-3-5 Owa, Suwa-shi, Nagano 392-8502

TEL: +81 266-52-3131 (Main)

Distributor

Epson Sales Japan Corporation
29F JR Shinjuku Miraina Tower, 4-1-6 Shinjuku,
Shinjuku-ku, Tokyo 160-8801

TEL: +81 3-5919-5211 (Main)

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