SEIKO

N851
Bluetooth Link Watch

INSTRUCTION MANUAL

Thank you very much for choosing a SEIKO watch. For proper and safe use of your SEIKO watch, please read carefully the instructions in this booklet before using it.

Keep this manual handy for easy reference.

※ Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER.
The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.

※ If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

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Handling Precautions (1)

⚠ WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

・Immediately stop wearing the watch in the following cases.

◯ If the watch body or band becomes edged by corrosion, etc.

◯ If the pins protrude from the band

※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.

・Keep the watch and accessories out of the reach of babies and children.

Care should be taken to prevent a baby or a child from accidentally swallowing accessories.
If a baby or a child swallows the battery or accessories, immediately consult a doctor as it will be harmful to the health of the baby or child.

・Do not remove the battery from the watch.

Replacement of the battery requires professional knowledge and skill. For battery replacement, please ask the retailer from whom the watch was purchased .
Do not charge the battery.
It may explode, generate heat or catch fire.

⚠ CAUTION

To indicate the risks of light injuries or material damage unless the following safety regulations are strictly observed.

・Avoid wearing or storing the watch in the following places.

◯Places where volatile agents (such as polish remover, bug repellent, thinners, etc.) are vaporizing
◯Places where the temperature drops below 5 ℃ or rises above 35 ℃ for a long time
◯Places of high humidity ◯Places affected by strong magnetism or static electricity
◯Dusty places ◯Places affected by strong vibrations

※Do not leave the old battery inside the watch for a long time. Battery leakage may occur.

・If you observe any allergic symptoms or skin irritation,

Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

・Other cautions

◯ Replacement of the metal band requires professional knowledge and skill. Please ask the retailer from whom the watch was purchased for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts.
◯ Do not disassemble or tamper with the watch.
◯ Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
◯ When disposing of used batteries, follow the instructions of your local authorities.
◯ If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

Handling Precautions (2)

⚠ WARNING

Do not use the watch for scuba diving or saturation diving.

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on this watch. For diving, use special watches for diving.

The radio waves emitted from this product may have a negative impact and cause an accident due to a malfunction.

- Do not use this product near medical equipment. The radio waves may affect pacemakers and electric medical equipment . Do not use it in crowded places such as packed trains, and inside of medical institutions.
- Do not use this product near automatic control devices such as automatic doors and fire alarm systems.

In the places where transmission of radio waves is prohibited, such as in airplanes, turn off the automatic reception function of the watch, and do not perform manual reception.

The radio waves emitted from this product may adversely affect other devices.

⚠ CAUTION

Do not pour running water directly from faucet onto the watch.

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

Do not push the buttons when the watch is wet.

Water may get inside of the watch.

※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER .

Do not leave moisture, sweat and dirt on the watch for a long time.

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

Do not wear the watch while taking a bath or a sauna.

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.

About the Radio Act (1)

About the Radio Act

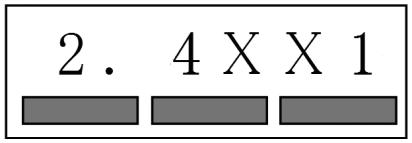
This product is certified as a low power data communication system based on the Radio Act in Japan.
It is not necessary to obtain a license, etc., to use this product in Japan.
It is illegal to disassemble and modify this product.

[Certification No.]

About Radio frequency

The frequency used by this product may be used also by other wireless equipment. To prevent radio wave interference with other radio equipment, be careful about the following when using this product.

This radio product uses the 2.4 GHz band. As a modulation method, the GFSK modulation method is adopted, and the interference distance is 10 m.



Cautions for Use of 2.4 GHz Equipment

The operation frequency of this product is 2.4 GHz band.
In this frequency band, besides industrial/scientific/medical equipment such as microwave ovens, other similar radio stations, in-plant radio stations for mobile object identification that require licenses used for manufacturing lines, etc., of plants, specific low power radio stations that do not require licenses, amateur radio stations, etc. (hereinafter referred to as "other radio stations") are operated.

- Before using this product, make sure that "other radio stations" are not operating nearby.
- If radio wave interference occurs between this product and "other radio stations", change the location in which this product is used or stop using this product (stop emitting radio waves) immediately.
- If you have any questions or troubles, please contact the SEIKO CUSTOMER SERVICE CENTER.

Use of Bluetooth Communication Function of the Watch outside Japan

This watch connects with a smartphone using the Bluetooth wireless technology to perform time synchronization. To use its Bluetooth function in countries or regions outside Japan, the watch must be certified by the radio law thereof. Use of the function in a country or region where such certification has not been obtained may subject the user to punishment.

Use of the Bluetooth function of the watch other than the following countries and regions may be illegal (as of November 2019).

Japan, U. S. A., Canada, Australia, New Zealand, Korea, Belgium, Bulgaria, Czech, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, the Netherlands, Austria, Poland, Portugal, Rumania, Slovenia, Slovakia, Finland, Sweden, U. K., Turkey, Norway, Iceland, Liechtenstein, Hong Kong, Macau, Ecuador, Colombia, Vietnam, and Peru

When the watch is used in countries or regions other than those above, turn off the automatic reception function, and refrain from using the manual reception function.
For details, visit our website: https://www.seikowatches.com/jp-ja/customerservice/bluetooth

About the Radio Act (2)

REGULATORY COMPLIANCE/ CONFORMITÉ RÉGLEMENTAIRE/ 규정 준수

USA

FCC Notice

This device complies with Part 15 of the FCC Rules. 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.

FCC Caution

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

Canada

IC Notice

This device complies with Industry Canada's applicable licence-exempt RSSs. 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 the device.

IC Avis

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;

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

EU

This product is in compliance with the essential requirements and other relevant provisions of the RE Directive (2014/53/EU) & RoHS Directive (2011/65/EU).

https://www.seikowatches.com/global-en/products/declaration-conformity

대한민국

- 등록번호 : R-C-skW-N851
- 신청자 : SEIKO WATCH CORPORATION
- 제조자 : SEIKO WATCH CORPORATION
- 제품명 : Bluetooth watch
- 모델명 : N851, N855
- 제조 년월 : 구입처에 문의해주십시오
- 제조국 : 중국

Australia

New Zealand

R-NZ

About the Radio Act (3)

REGULATORY COMPLIANCE FOR USA/CANADA

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules and Industry Canada licence-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.

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.

FCC & IC Radiation Exposure Statement:

This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Déclaration d'IC sur l'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés.
Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

About Bluetooth®

Specifications of Bluetooth

- Communication method: Bluetooth Standard Ver. 5.0
- Frequency band used: 2.4 GHz band (2,402 to 2,480 MHz)
- Modulation method: GFSK (1 MHz)

Caution for Use of Bluetooth Connection

- The range in which the Bluetooth connection of this product is possible varies depending on obstacles (human bodies, metal, walls, etc.) and the surrounding radio wave state.
  Under the following conditions, the Bluetooth connection may take a long time or a connection error may occur.

  Places where a wireless LAN exists;
  Around microwave ovens in use; and
  When other products with a communication function are used.

  In such cases, data sending/receiving may fail, however, it is not a malfunction.
  Use the product in other environment.
- The radio waves emitted by this product may affect operations of electronic medical equipment, etc.

  In some cases, this may lead to serious accidents. Therefore, avoid Bluetooth connections in the following places:

  Hospitals; near priority seats in trains; airplanes; places such as gas stations where flammable gas is generated; near automatic doors; and fire alarm systems.
- Note that we are not liable for any information leakage that may occur with the Bluetooth connection.

License and Trademark

Bluetooth® is a trademark or registered trademark of Bluetooth SIG, Inc.
Seiko Watch Corporation uses this logo mark under license.

Features

Your watch is a Bluetooth® Link Watch that corrects the time automatically by connecting with a smartphone using the dedicated application Time Connect※.
To transmit data between the watch and the smartphone, make sure that the smartphone is installed with Time Connect.
In addition to the time display function, the watch is equipped with perpetual calendar and 3-minute countdown timer functions.

Time Synchronization via Bluetooth Communication

Time data is transmitted between the watch and the dedicated application via Bluetooth communication to correct the time/calendar of the watch. The data can be received either automatically or manually as required by operating the button. The watch indicates whether the reception has succeeded or failed.

Perpetual Calendar

The date is indicated by the second hand. The calendar adjusts automatically for odd and even months including February of leap years up to February 28, 2100.

3-Minute Countdown Timer

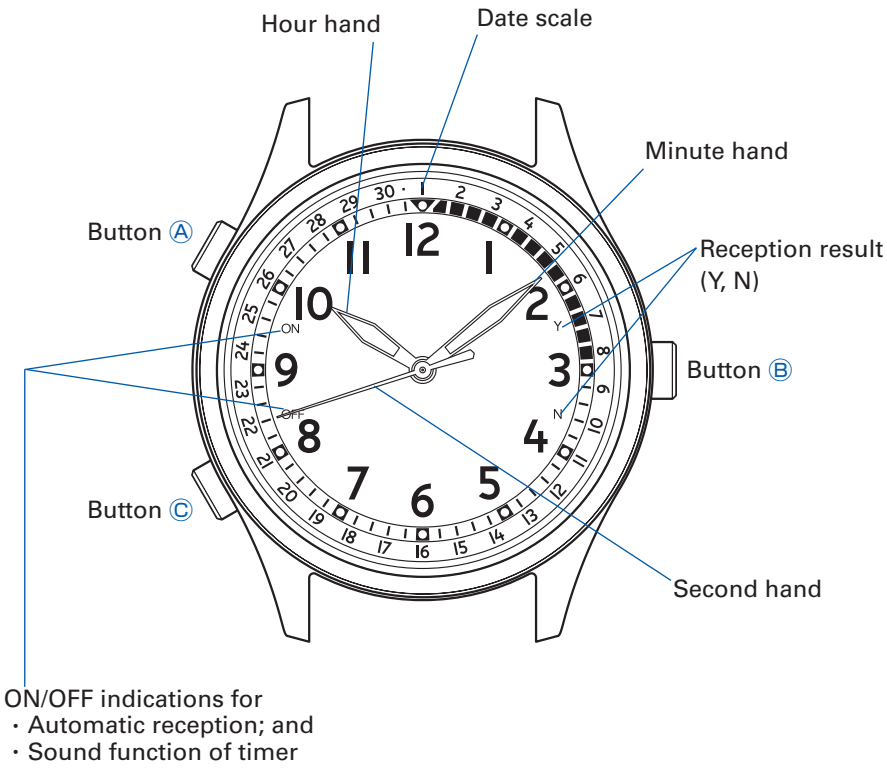
The timer counts down the preset 3 minutes. The hour and minute hands turn counterclockwise to indicate the remaining time. The sound function for warning beeps during measurement and time-up beeps can be turned on and off as required.

Battery Life Indicator

When the battery nears its end, the second hand starts moving at 2-second intervals to warn that it needs to be replaced with a new one immediately.

※Time Connect supports the following OSs (as of November 2019).
・iOS 11 or later ・Android Ver. 7 or later
For the latest information on the supported OS, please visit our web-site below:
https://www.seikowatches.com/jp-ja/customerservice/bluetooth

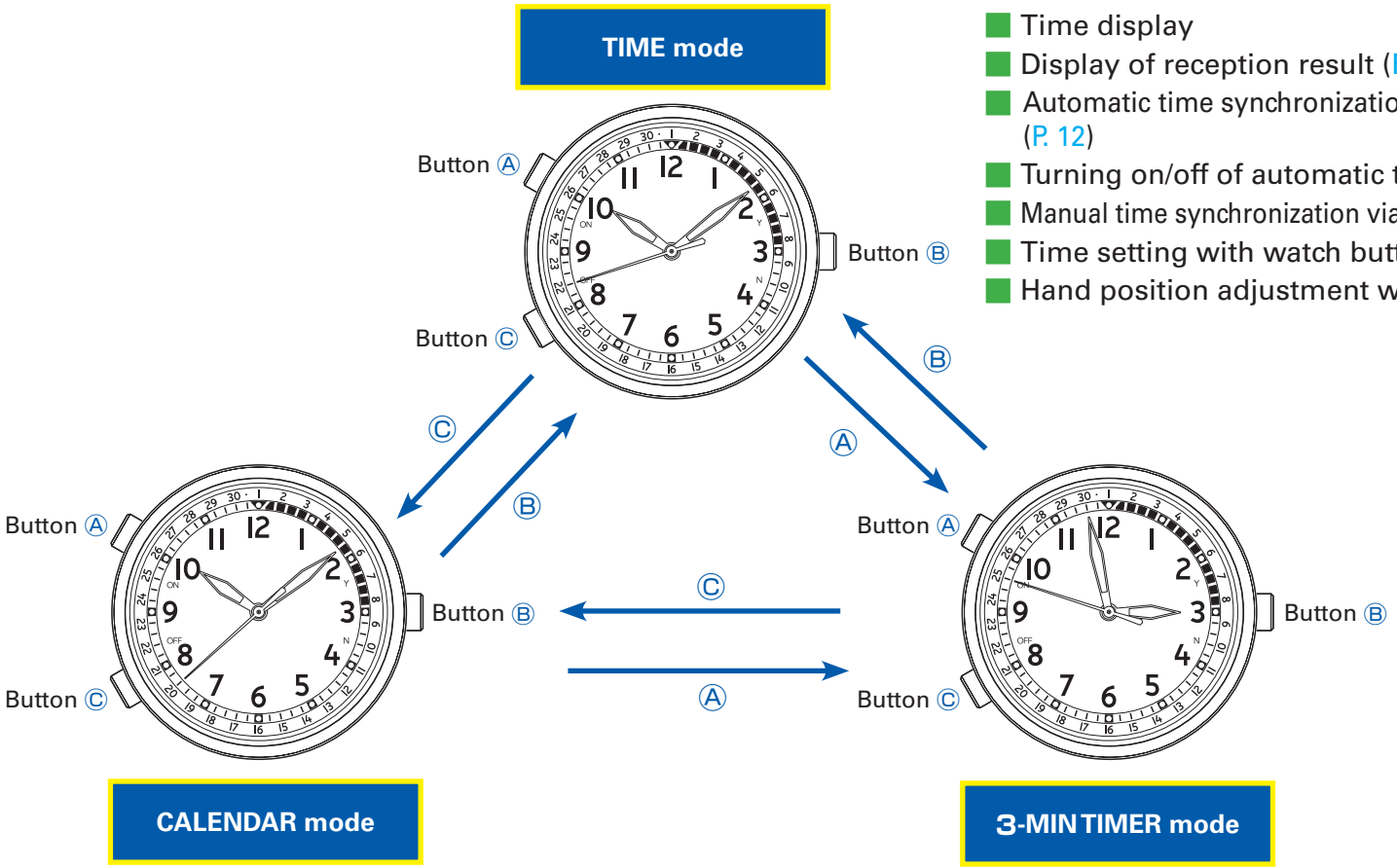
Names of Parts



※The markings on the bezels and the design of the watch may differ from model to model.

Functions of Each Mode

●The mode changes as follows by pressing Button Ⓐ, Button Ⓑ or Button Ⓒ.



- Time display
- Display of reception result (P. 13)
- Automatic time synchronization via Bluetooth communication (P. 12)
- Turning on/off of automatic time synchronization function
- Manual time synchronization via Bluetooth communication (P. 12)
- Time setting with watch buttons (P. 14)
- Hand position adjustment with watch buttons (P. 19)

Even if the mode is changed from TIMER to another while the measurement is in progress, the countdown continues. Automatic/manual time synchronization, time/calendar adjustment with watch buttons, and hand position adjustment, however, cannot be performed while the timer is counting. At 10 seconds before time-up, the mode automatically returns to TIMER.

- Date display with second hand (P. 15)
- Time display (hour and minute hands)
- Automatic time synchronization via Bluetooth communication (P. 12)
- Calendar setting with watch buttons (P. 16)

- Countdown of preset 3 minutes (P. 17)
- Turning on/off of sound function of timer (P. 18)
- Automatic time synchronization via Bluetooth communication (P. 12)

※ The timer counts down the preset 3 minutes only. The count down time cannot be set as desired.

Registration of Watch

Precautions on Using Time Synchronization Function via Bluetooth Communication

When using the time synchronization function via Bluetooth communication, please observe the following:

⚠ CAUTION

※ Keep the dedicated application running at all times.
※ Keep your smartphone within 3 meters from the watch.
※ In the places where use of radio waves is prohibited, such as in airplanes and hospitals, turn off the automatic reception function of the watch, and do not perform manual reception.
※ Your watch is compliant with or certified by the radio law of various countries and regions. Use of it in areas other than those may be illegal and subject you to punishment. (Refer to P. 5.)

- Before using the watch with a smartphone for the first time, be sure to register it to the dedicated application. Registration procedure is no longer required for Bluetooth communication thereafter.

Before Registering the Watch

- For the information on downloading and installation of the dedicated application "Time Connect," refer to the "Application Operating Guide for N8 Series Watches".
  (https://www.seikowatches.com/jp-ja/customerservice/bluetooth)

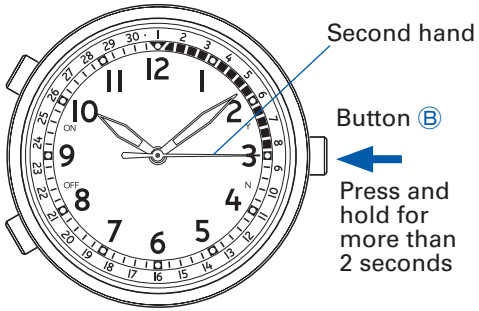
1. Enable the Bluetooth function on the smartphone.
   ※The method of enabling the Bluetooth function differs depending on the model of the smartphone. For details, please refer to the instruction manual for your smartphone.
2. Start up the dedicated application "Time Connect."
   While registering the watch, make sure that the application screen is kept displayed on the smartphone.

To Start Registration

① Checking that the watch is in TIME mode, press and hold Button Ⓑ at the 3 o'clock position for more than 2 seconds. The second hand points to the 3 o'clock position, and the communication with the smartphone starts.

※ If the watch is in CALENDAR or 3-MIN TIMER, press Button Ⓑ to change the mode to TIME.

※ While the timer is counting, the Bluetooth communication cannot be performed. Make sure that the timer is stopped or reset.



[Press and hold Button Ⓑ for more than 2 seconds in TIME mode]

② Check that the registration of the watch is completed successfully.

When the watch connects with the application of the smartphone, "Watch registered" is shown on the application screen, indicating that the watch has been successfully registered to the application.

Each time the watch is used with a new smartphone, be sure to install the dedicated application on the smartphone, and follow the procedure in “Registration of Watch” above.

How to Receive Time/Calendar Data (1)

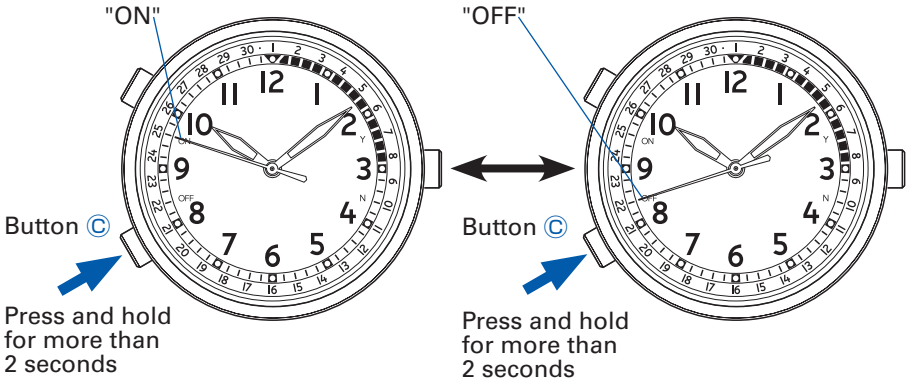
Automatic Reception

- To enable the automatic reception function, follow the procedure below to turn it ON.

① Press and hold Button Ⓒ for more than 2 seconds. The second hand points to “ON” or "OFF," indicating the current setting status of the automatic reception function for 5 seconds.

② With each continuous press of Button Ⓒ for more than 2 seconds during the setting status display, the automatic reception function is turned “ON” and “OFF” alternately.

※ When the automatic reception function is turned on, the watch automatically receives the time data once in 24 hours at the same time of day when the time synchronization was performed previously.



[Automatic reception is turned ON] [Automatic reception is turned OFF]

※ While the 3-min timer is counting, the Bluetooth communication will not be performed.

※ If the time of automatic reception comes while the watch is in 3-MIN TIMER mode with the timer being stopped or reset, the reception will not be performed at that occasion, but will be performed regularly starting from the next occasion 24 hours later.

※ If the time of automatic reception comes while in CALENDAR mode, the mode changes over to TIME after the communication is completed.

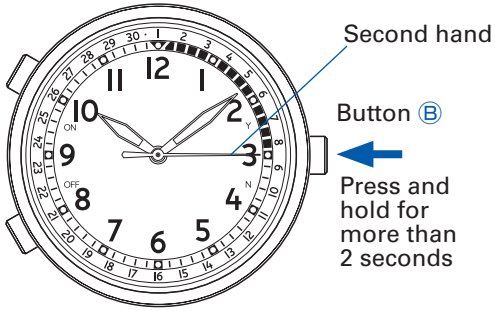
※ If the time of automatic reception comes while the manual adjustment of time (see P. 14) or calendar (see P. 16), or hand position adjustment (see P. 19) is being made, the reception is performed after the adjustment procedure is completed.

Manual Reception

- Checking that the watch is in TIME mode, press and hold Button Ⓑ at the 3 o'clock position for more than 2 seconds. The second hand points to the 3 o'clock position, and the communication with the smartphone starts.

※ If the watch is in CALENDAR or 3-MIN TIMER, press Button Ⓑ to change the mode to TIME.

※ While the timer is counting, the Bluetooth communication cannot be performed. Make sure that the timer is stopped or reset.



[TIME mode]

The manual reception can be performed whenever necessary irrespective of whether the automatic reception function is turned on or off.

How to Receive Time/Calendar Data (2)

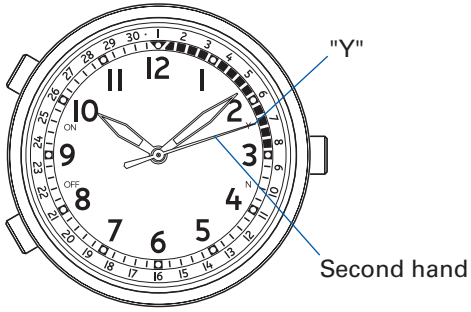
Display of Reception Result

- After the communication was performed either automatically or manually, the second hand indicates the reception result for 5 seconds.

※ If the time of automatic reception comes while in CALENDAR mode, the mode changes over to TIME after the reception result is displayed.

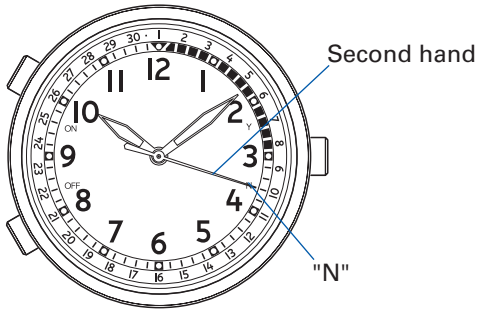
[When the reception was successful]

When the data was received normally, the second hand points "Y" near the 2 o'clock position.

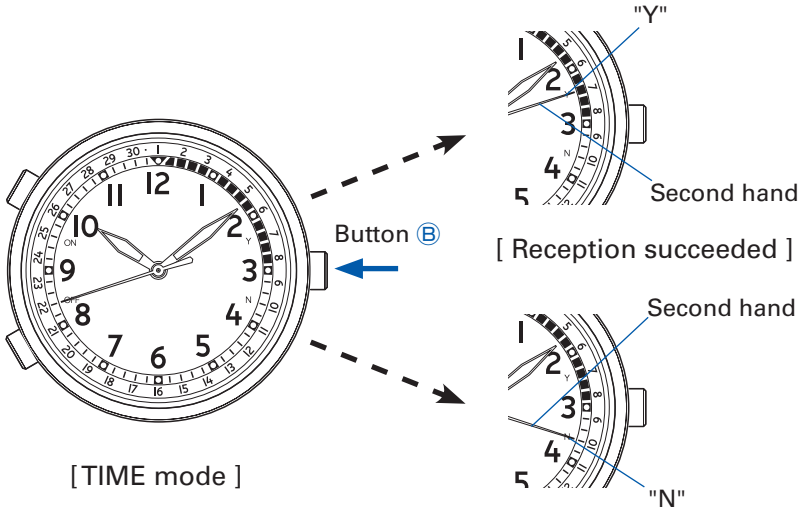


[When the reception failed]

When the data reception failed, the second hand points "N" near the 4 o'clock position.



- Press Button Ⓑ while in TIME mode. The second hand points to "Y" or "N" to indicate the result of the last reception performed in the past 24 hours.



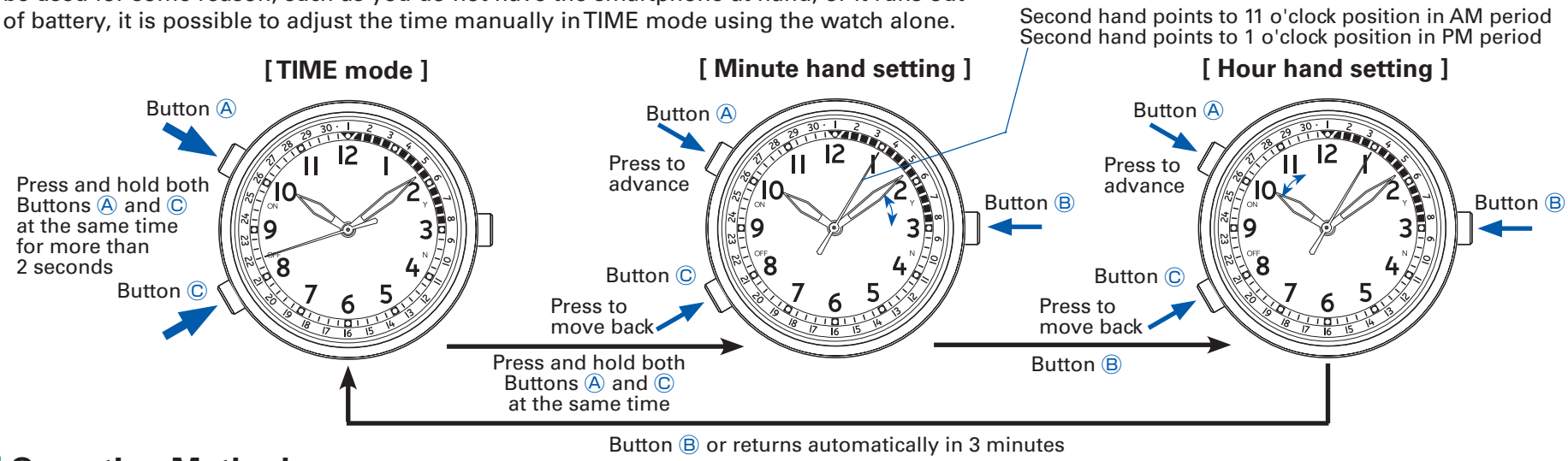
※ If no reception succeeded or no communication was performed in the past 24 hours, the second hand points to "N."

If the reception failed, check the following before performing manual reception again:

- Is the smartphone kept within 3 meters from the watch?
- Is the dedicated application on the smartphone kept running?
- Is the watch registered to the dedicated application, and is the application configured properly?

How to Adjust Time Manually

If the time synchronization function of the watch via the Bluetooth communication cannot be used for some reason, such as you do not have the smartphone at hand, or it runs out of battery, it is possible to adjust the time manually in TIME mode using the watch alone.



Operation Method

① Press Button Ⓑ to change the mode to TIME.
※ While the 3-min timer is counting, manual time setting procedure cannot be carried out. Stop or reset the timer (see P. 17).

② Press and hold both Buttons Ⓐ and Ⓒ at the same time for more than 2 seconds to activate the manual time setting function.
The minute hand moves to the "0 second" position of the minute next to the one currently displayed, and the second hand points to the 11 or 1 o'clock position. Then, the minute hand moves to indicate that it is ready for setting.
※ The second hand points to the 11 or 1 o'clock position depending on whether the time is in the AM or PM period, respectively.
[Ex.) If the time is 10:08 PM when the time adjustment function is activated]
By pressing and holding Buttons Ⓐ and Ⓒ simultaneously for more than 2 seconds, the hour and minute hands move to the positions indicating "10:09 oo," and the second hand points to the 1 o'clock position.

③ Press Button Ⓐ or Ⓒ to set the minute hand.
※ With each press of Button Ⓐ or Ⓒ, the minute hand advances or moves back 1 minute, respectively. It moves quickly if the respective buttons are kept pressed.

④ After the minute hand setting is completed, press Button Ⓑ.
The hour hand moves to indicate that it is ready for setting.

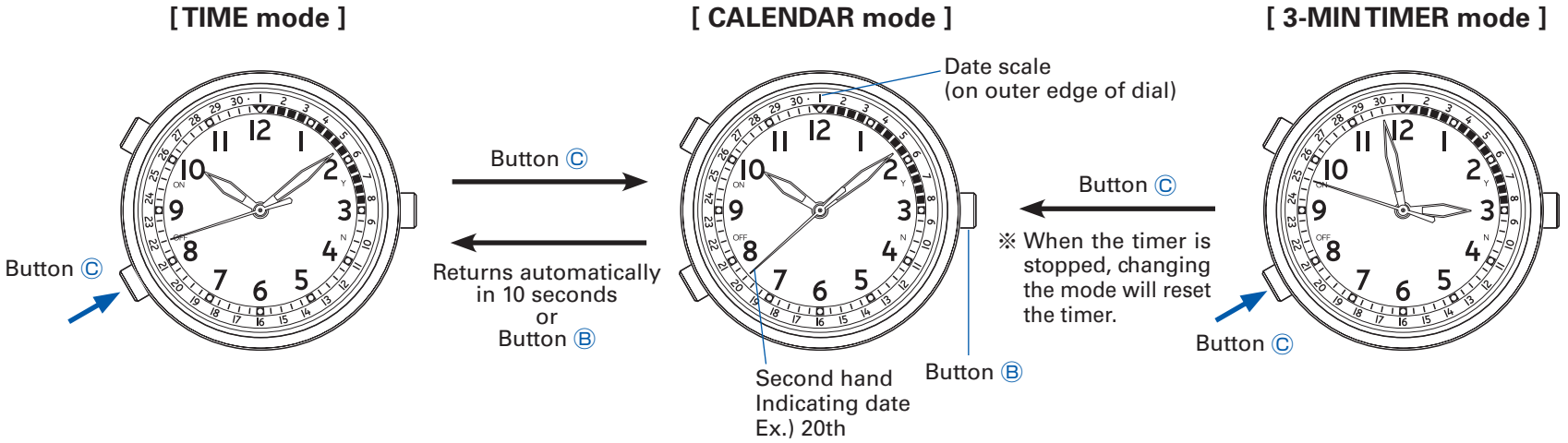
⑤ Press Button Ⓐ or Ⓒ to set the hour hand.
※ With each press of Button Ⓐ or Ⓒ, the hour hand advances or moves back 1 hour, respectively. It moves quickly if the respective buttons are kept pressed.
※ If the time period changes from AM to PM or vice versa by advancing the hour and minute hands, the position the second hand points to changes accordingly. The calendar display, however, will not change even if the time is advanced from PM to AM period. To set the calendar manually, use the calendar adjustment function (see P. 16).

⑥ After all the time setting procedure is completed, press Button Ⓑ in accordance with a time signal. The time setting function is deactivated, and the display returns to the time as the second hand starts counting exactly from “0” second. If the watch is left untouched for 3 minutes, the time setting function is also deactivated, and the time you have set is registered.

How to Show Calendar Display

Calendar Display

The date is indicated by the second hand. The watch is equipped with a perpetual calendar function that adjusts automatically for odd and even months including February of leap years up to February 28, 2100.



Operation Method

① Press Button Ⓒ in TIME or 3-MIN TIMER mode to change the mode to CALENDAR.

※ When the timer countdown is in progress in 3-MIN TIMER mode, it continues counting even if the mode is changed to CALENDAR. Please note, however, that when the timer is stopped, changing the mode to CALENDAR will reset it. (Refer to P. 18.)

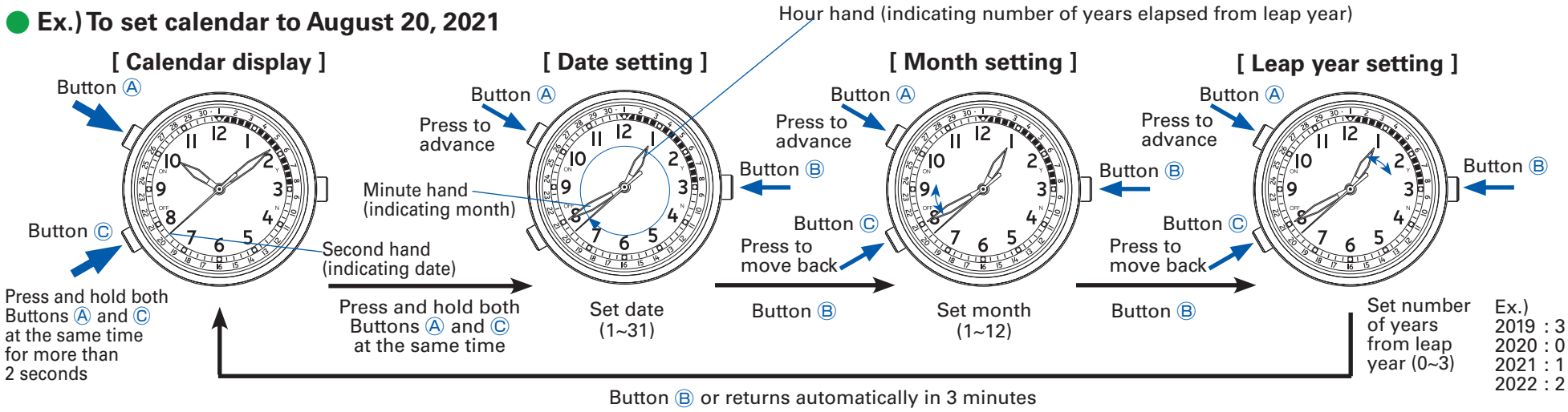
② The second hand indicates "date." Read the date scale on the outer edge of the dial that the second hand points to.
The hour and minute hands indicate the the time.
The mode automatically returns from CALENDAR to TIME in 10 seconds.

※ Pressing Button Ⓑ while in CALENDAR mode also returns the mode to TIME.

How to Adjust Calendar Manually

● If the time synchronization function of the watch via the Bluetooth communication cannot be used, it is possible to adjust the calendar manually using the watch alone.

● **Ex.) To set calendar to August 20, 2021**



■ Operation Method

① Press Button Ⓒ to change the mode to CALENDAR. (Refer to P. 15.)
※ While the 3-min timer is counting, manual calendar setting procedure cannot be carried out. Stop or reset the timer (see P. 17).

② Press and hold both Buttons Ⓐ and Ⓒ at the same time for more than 2 seconds to activate the manual calendar setting function.
The second hand remains indicating "date," while the minute and hour hands indicate "month" and the number of years elapsed from the leap year ("1" in the example above), respectively. Then, the second hand turns a full circle, indicating that it is ready for date setting.

③ Press Button Ⓐ to set the second hand to the proper date.
※ With each press of Button Ⓐ, the second hand advances 1 day. It moves quickly if the button is kept pressed.
※ If the date is advanced from "31st" to "1st," the month will not be advanced by one.

④ After the date setting is completed, press Button Ⓑ.
The minute hand moves to indicate that it is ready for month setting.

⑤ Press Button Ⓐ or Ⓒ to set the minute hand to the proper month.
※ With each press of Button Ⓐ or Ⓒ, the minute hand advances or moves back 1 month, respectively. It moves quickly if the respective buttons are kept pressed.
※ If the month is advanced from "December (12)" to "January (1)," the number of years elapsed from leap year will not be advanced by one.

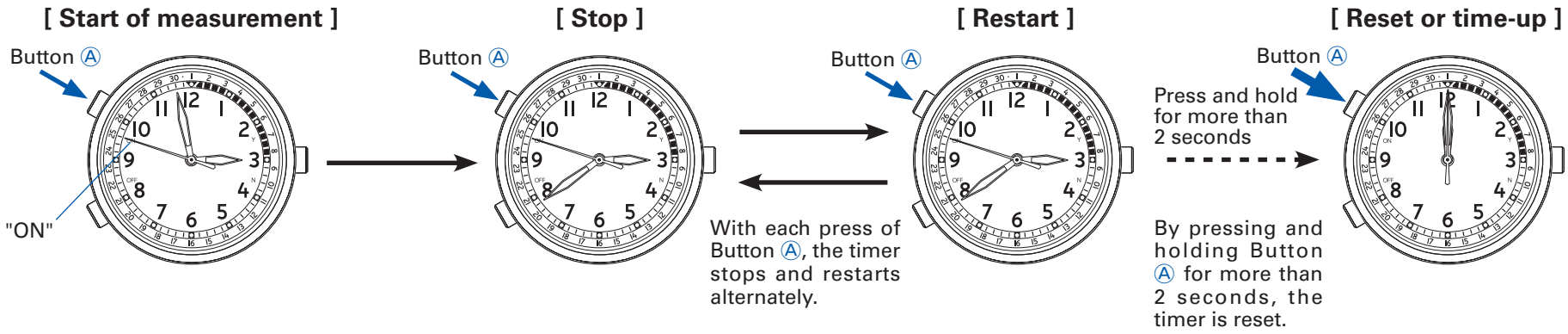
⑥ After the month setting is completed, press Button Ⓑ.
The hour hand moves to indicate that it is ready for leap year setting.

⑦ Press Button Ⓐ or Ⓒ to set the hour hand to the proper number of years elapsed from leap year.
※ With each press of Button Ⓐ or Ⓒ, the hour hand advances or moves back one year. It moves quickly if the button is kept pressed.

⑧ After the leap year setting is completed, press Button Ⓑ. The calendar setting function is deactivated, and the display returns to the calendar. If the watch is left untouched for 3 minutes, the calendar setting function is also deactivated, and the calendar you have set is registered.
※ When the display returns to the calendar, it returns to the time in 10 seconds. The display also returns to the time by pressing Button Ⓑ while the calendar is displayed.

How to Use Countdown Timer (1)

● The 3-Min Timer counts down the preset 3 minutes. The hour and minute hands turn counterclockwise to indicate the remaining minutes and seconds, respectively. It is equipped with a sound function that gives out warning beeps during countdown and time-up beeps when the countdown is over. The sound function can be turned on and off as necessary.



Operation Method

① Press Button Ⓐ in TIME or CALENDAR mode.
The hour and minute hands move to the 3 o'clock and 12 o'clock position, respectively, and start moving counterclockwise to start the countdown. The sound function is turned on, and the second hand points to "ON."
※ The hour and minute hands indicate the remaining minutes and seconds, respectively.

② By pressing Button Ⓐ while the measurement is in progress, the measurement stops.

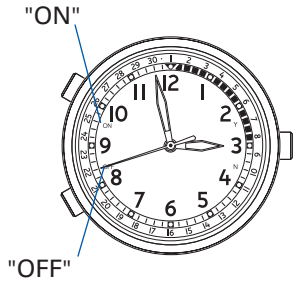
③ By pressing Button Ⓐ while the measurement is stopped, the measurement is restarted.
※ The measurement can be stopped and restarted as many times as necessary by pressing Button Ⓐ.

④ When 3 minutes have elapsed from the start of countdown, the hands show the time-up movement, and stop at the 12 o'clock potion.
※ To reset the timer before time-up, press Button Ⓐ to stop the timer, and then, press and hold Button Ⓐ for more than 2 seconds. All the hands are reset to the 12 o'clock position and stop moving.

How to Use Countdown Timer (2)

Sound Function of Timer

- When the sound function is turned ON, the timer beeps after one and two minutes have elapsed after the start of the countdown. Starting from 3 seconds before the measurement ends, the warning beeps start sounding, and when the countdown is over, a long time-up beep sounds, followed by other beeps signaling the end of the countdown.



- When the timer is started by pressing Button Ⓐ , the sound function of the timer is turned on automatically, and the second hand points to "ON."
  To turn off the sound function, start the timer by pressing and holding Button Ⓐ for more than 2 seconds. The second hand points to "OFF."
- Once the timer countdown has started, the sound function cannot be turned either ON or OFF.
- By pressing any one of the three buttons while the warning beeps or time-up beep is sounding, the beeping sound stops, and the beeps to follow will all be canceled.

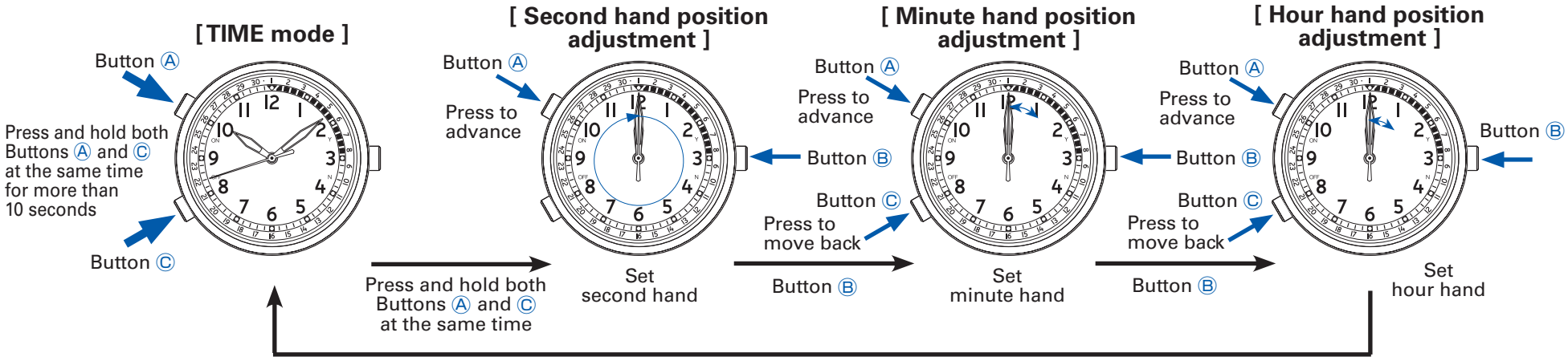
Changeover of Mode from TIMER

- Even if the mode is changed from 3-MIN TIMER to another while the countdown is in progress, the measurement continues. To return to TIMER mode, press Button Ⓐ. While the timer countdown is in progress, however, Bluetooth communication, manual time and calendar adjustment, and hand position adjustment cannot be performed in the respective modes. To use those functions, stop the timer before changing the mode.
- Please note, however, that if the mode is changed from TIMER to another while the countdown is stopped, the timer will be reset.
- If the mode is changed from 3-MIN TIMER to another while the countdown is in progress, the mode will return to TIMER automatically when the countdown remaining time has reached 10 seconds.
- Within 10 seconds before time-up, the mode cannot be changed from TIMER to another.

How to Adjust Hand Position

● In the following cases, the hand position data stored in the built-in IC and the positions the hands actually point to do not correspond with each other. Follow the procedure below to adjust the hand position.

1)The hands do not point to the proper positions, being affected by strong shocks, magnetism, etc.;
2)The hands do not indicate the time properly after the time synchronization via Bluetooth communication; and
3) After Bluetooth communication, the second hand does not indicate the reception result, "Y" or "N," properly.



Operation Method

① Press Button Ⓑ to change the mode to TIME.
※ While the 3-min timer is counting, the hand position adjustment procedure cannot be carried out. Stop or reset the timer (see P. 17).

② Press and hold both Buttons Ⓐ and Ⓒ at the same time for more than 10 seconds. The hand position adjustment function is activated, and all the hands move toward the 12 o'clock position. Then, the second hand turns a full circle to indicate that it is ready for hand position adjustment. If any of the three hands do not point to the 12 o'clock position exactly, follow the procedure below to set it to the 12 o'clock position.
※ While Buttons Ⓐ and Ⓒ are kept pressed to activate the hand position adjustment function, the minute hand setting display of the manual time setting function appears temporarily. Be sure to keep the button pressed for more than 10 second until all the hands move toward the 12 o'clock position. (Refer to "How to Adjust Time Manually" on P. 14.)

③ Press Button Ⓐ to set the second hand to the 12 o'clock position.
※ The second hand moves quickly if Button Ⓐ is kept pressed.

④ After the second hand position adjustment is completed, press Button Ⓑ. The minute hand moves to indicate that it is ready for hand position adjustment.

⑤ Press Button Ⓐ or Ⓒ to set the minute hand to the 12 o'clock position.
※ With each press of Button Ⓐ or Ⓒ, the minute hand advances or moves back, respectively. It moves quickly if the respective buttons are kept pressed.

⑥ After the minute hand position adjustment is completed, press Button Ⓑ. The hour hand moves to indicate that it is ready for hand position adjustment.

⑦ Press Button Ⓐ or Ⓒ to set the hour hand to the 12 o'clock position.
※ With each press of Button Ⓐ or Ⓒ, the hour hand advances or moves back, respectively. It moves quickly if the respective buttons are kept pressed.

⑧ After the hour hand position adjustment is completed, press Button Ⓑ. The hand position adjustment function is deactivated, and the display returns to the time. If the watch is left untouched for 3 minutes, the hand position adjustment function is also deactivated, and the hand position you have set is registered.

Daily Care

The watch requires good daily care.

- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.

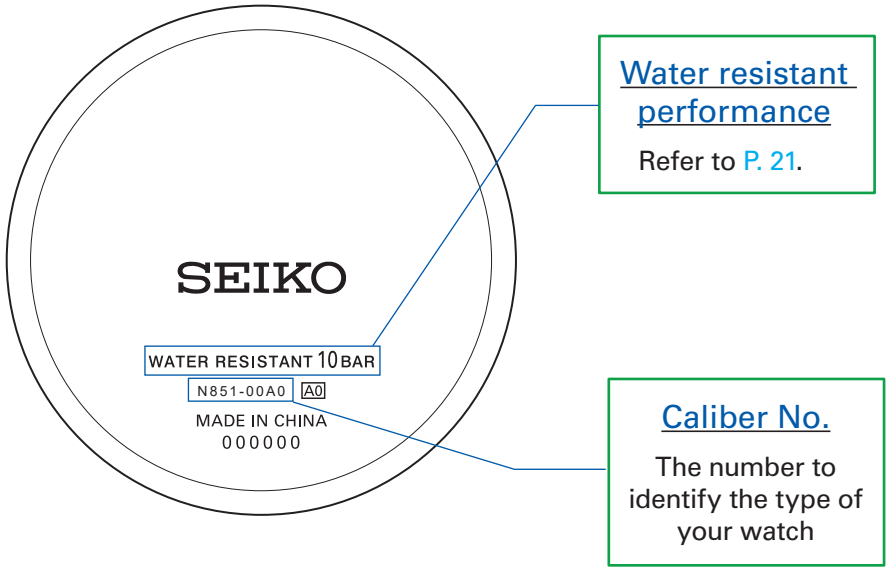
※ If your watch is rated as "Non-water resistant" or "water resistant for everyday life," do not wash the watch. Do not pour running water directly from faucet onto the watch. Put some water into a bowl first, and them soak the watch in the water to wash it.

→ "Performance and Type" on P. 20

→ "Water Resistance" on P. 21

Performance and Type

The case back shows the caliber No. and performance of your watch.



※The case back design differs from model to model, and the case back illustrated above may not be the same as that of your watch.

Water Resistance

Refer to the table below for the water resistant performance of your watch before use.

(Refer to P. 20.)

Indication on the Case Back	Water Resistant Performance	Condition of Use
No indication	Non-water resistance	Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life. ⚠WARNING Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for sports such as swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10 (20) barometric pressures	The watch is suitable for diving not using an air cylinder.

Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for longer use.

Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
  (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10- or 20-BAR water resistant).

Silicone band

- As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth.
  (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

Notes on skin irritation and allergy	Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.
Notes on the length of the band	Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

Remarks on Battery

1. Notes on the battery

(1) Battery life

This watch keeps operating for approximately 7 years if a new normal battery is inserted in it.

※If the time synchronization via the Bluetooth communication is used more than once a day and/or the 3-min countdown timer more than once a week, however, the watch may run down in less than 7 years.

(2) Monitor battery

The battery in your watch is a monitor battery which is inserted at the factory to check the function and performance of the watch. Its actual life once in your possession may be less than the specified period.

(3) Battery replacement

- For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, specifying a genuine SEIKO battery.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is made at cost even if it runs down within the guarantee period.
- Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test suitable for the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please confirm the period required for it.
- If the watch stops operating soon after the battery is replaced with a new one, it needs to be overhauled. (Refer to P. 24.)

2. Battery life indicator

The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.

※When the second hand starts moving at 2-second intervals, the watch may run down in a week or so. Have the battery replaced with a new one as soon as possible by the retailer from whom the watch was purchased.

⚠ **WARNING**	● Do not open the case back to take out the battery. ● If the battery is removed from the case back for any unavoidable reason, put it in a place beyond the reach of children. If it is swallowed by a child, consult the doctor immediately.
⚠ **CAUTION**	● Never short-circuit, heat or disassemble the battery. Never put it close to a fire. It may explode, generate an intense heat or catch fire. ● The battery inserted in your watch is not rechargeable. Never attempt to recharge it. If it is recharged accidentally, it may explode. ● Use only the battery specified for your watch. If a battery other than specified is inserted in the watch, it may explode. ● When disposing of an old battery, observe the regulations of the local authorities concerned.

After-Sales Service

Notes on guarantee and repair

- Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

Replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch.
- Please note that if original parts are not available, they may be replaced with substitutes whose external appearance may differ from the originals.

Disassembly and cleaning (overhaul) for checking and adjustment purpose

It is recommended that disassembly and cleaning (overhaul) for checking and adjustment purpose be performed periodically approximately once every 3 to 4 years, in order to maintain optimal performance of the watch for a long time.

- The watch is a precision device. It may stop operating or lose time if its parts run low on oil or wear out.
- The watch may also stop operating due to battery leakage depending on the condition of use.
- Its water resistant quality may be impaired due to entry of perspiration or moisture as the gasket or other parts deteriorate.

If any of the above should occur, please contact the retailer from whom the watch was purchased for disassembly and cleaning (overhaul) for checking and adjustment purpose. For replacement of parts, please specify "SEIKO GENUINE PARTS." When requesting overhaul, be sure to have the gasket and push pin replaced with new ones.

※Please note that the movement of your watch may be replaced with a new one when it is overhauled.

Troubleshooting (1)

Problem	Possible Cause	Solution	Refer to
The watch has stopped operating.	The battery has run down.	Immediately request the retailer from whom the watch was purchased to replace the battery with a new one.	
The second hand moves at 2-second intervals.	The battery nears its end.		
Bluetooth communication will not start when manual reception is performed. (The second hand points to "N.")			
Bluetooth communication cannot be performed.	The application is not running.	Start up the application. If your smartphone runs on iOS, it is necessary to start up the application each time the smartphone is rebooted.	P. 3 of Application Operating Guide
	The watch is not registered to the application.	Register the watch to the application.	P. 5 of Application Operating Guide
	The airplane mode of the smartphone is turned on.	Turn off the airplane mode of the smartphone, and then, start up the application. For such operation, refer to the instruction manual, etc. of the smartphone.	
	The Bluetooth function of the smartphone is turned off.	Turn on the Bluetooth function of the smartphone. For such operation, refer to the instruction manual, etc. of the smartphone.	P. 3 of Application Operating Guide
	The location function of the smartphone is turned off (for Android smartphone only).	Turn on the location function of the smartphone. For such operation, refer to the instruction manual, etc. of the smartphone.	P. 4 of Application Operating Guide
	The application is not allowed to access the location information (for Android smartphone only).	Configure the smartphone so that the application is allowed to access the location information.	P. 4 of Application Operating Guide
	The watch is used with a new smartphone.	The watch may attempt to communicate with the old smartphone. Uninstall the application on the old smartphone, or delete the watch registered to it.	P. 7 of Application Operating Guide

Troubleshooting (2)

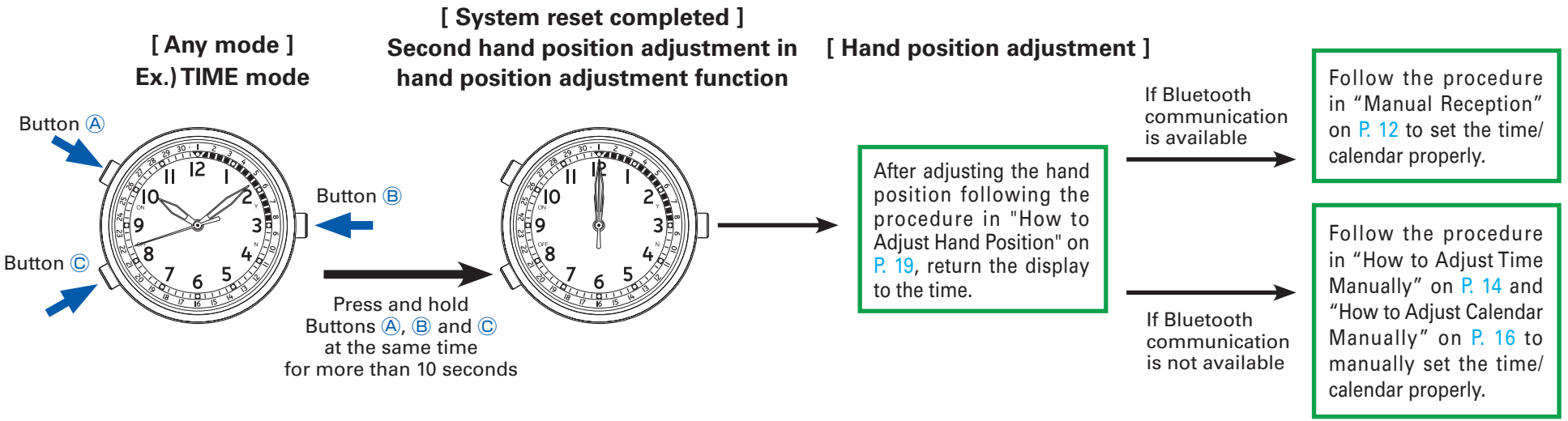
Problem	Possible Cause	Solution	Refer to
Bluetooth communication cannot be performed.	A battery saving application is affecting the operation of the application dedicated for the watch.	Configure applications for saving battery consumption or improving battery life to exclude the dedicated application. For such operation, refer to the instruction manual, etc. of those applications.	
	The smartphone and the watch are placed wide apart from each other.	The automatic reception is performed at a time of day when the previous manual reception was performed. Place the smartphone and the watch within 3 m from each other during that time period.	
	There is some object between the smartphone and the watch that interferes with the Bluetooth communication.	Place the smartphone and the watch at a place where there is no obstruction between them. While in use, do not put any of them in a metal case or the like.	
	Radio wave interference affecting the Bluetooth communication has occurred around the place of use.	Perform the Bluetooth communication at a place sufficiently away from devices emitting radio wave, such as electric machine emitting strong electromagnetic field and information household appliances having communication function.	
The automatic reception function will not work.	The automatic reception function of the watch is turned off.	Turn on the automatic reception function of the watch.	P. 12 of this Instruction Manual
	The countdown measurement of the timer is in progress.	Stop the countdown of the timer or reset it.	P. 17 of this Instruction Manual

Troubleshooting (3)

Problem	Possible Cause	Solution	Refer to
Any of the hands will not point to its proper position. Ex.) ・The second hand does not exactly point to the reception result position, "Y" or "N." ・The hands do not indicate month and date properly.	The hands have become misaligned from the original position due to strong magnetism, shock or other external cause.	Use the hand position adjustment mode to check if the hand position needs to be adjusted. If any of the hands do not point to the 12 o'clock position exactly, adjust its hand position.	P. 19 of this Instruction Manual
The watch does not indicate the local time properly during travel abroad, irrespective of whether the time synchronization is performed via manual or automatic reception method.	The smartphone is not configured to indicate the local time properly.	・Check the time indicated by the smartphone. ・Configure the smartphone to indicate the proper local time. ・For the operation and configuration of the smartphone, refer to the instruction manual of the smartphone.	
Blur on the watch glass persists.	Water has entered inside the watch due to a deteriorated gasket or for any other reason.	Consult the retailer from whom the watch was purchased.	

How to Reset Built-In IC (System Reset)

● If the watch should function improperly, follow the procedure below to reset the built-in IC (system reset). It will return to normal. After the system reset is performed, the time/calendar returns to its default setting. Be sure to set the time/calendar properly before use.



Operation Method

① Press and hold Buttons Ⓐ, Ⓑ Ⓒ and at the same time for more than 10 seconds in any mode, TIME, CALENDAR or 3-MIN TIMER. The built-in IC is reset (system reset), and the hand position adjustment function is activated. Then, the second hand turns a full circle to indicate that it is ready for hand position adjustment.

② Follow the procedure in "How to Adjust Hand Position" on P. 19 to set the hands that are misaligned from the 12 o'clock position exactly in position.

③ After the hand position adjustment of all the hands is completed, press Button Ⓑ to return to the time display.

※ After the system reset procedure, the watch will not return to the time display automatically in 3 minutes.

※ When the time display resumes, the watch starts indicating the time from the default setting below:
Time : AM12 : 00 : 00
Calendar : January 1st, with the number of years elapsed from leap year "0"

④ If you have your smartphone at hand, and the time synchronization with the dedicated application via Bluetooth communication is available, perform the manual reception to set the time/calendar properly. (Refer to "Manual Reception" on P. 12.)

⑤ If you cannot use your smartphone, and the time synchronization with the dedicated application via Bluetooth communication is not available, manually set the time/calendar properly on the watch alone. (Refer to "How to Adjust Time Manually" on P. 14 and "How to Adjust Calendar Manually" on P. 16.)

Specifications

1. Basic functions
   - Basic watch function (hour, minute and second hands)
   - Perpetual calendar (date display)
   - Timer function (3-min countdown timer)
   - Time synchronization function via Bluetooth communication (automatic/manual reception, and reception result display)
2. Frequency of crystal oscillator ..... 32,768 Hz (Hz = Hertz ... Cycles per second)
3. Loss/gain (monthly rate)..... Less than 15 seconds (when the watch is worn on the wrist at normal temperature range between 5℃ and 35℃)
4. Operational temperature range ..... −5℃～+50℃
5. Driving system ..... Step motor, 3 pieces
6. Battery ..... Lithium battery, SB-T11 (CR2016), 1 piece
7. Battery life..... Approximately 7 years (on condition that the 3-min countdown timer is used less than once per week and/or the time synchronization via Bluetooth communication less than once per day)
8. IC (Integrated Circuit)..... Oscillator, frequency divider, driving and reception circuit: C-MOS-IC, 2 piece

※The specifications above are subject to change without prior notice for product improvements.