

取扱説明書  
INSTRUCTION

JCC01  
5Y67C  
F34

該当機種

5Y66・5Y67・  
VD72・VD73・VD74・VD75・VD76・VD77  
VD78・VD79・VD84・VD85・VD86・VD87  
VH61・VH63・VH64・VH65・VH67・VH68  
VH83・VH88

2507

●お問い合わせ窓口

セイコーウオッチ株式会社 お客様相談室

0120-612-911 通話料無料

お客様相談室の現住所は下記にてご確認をお願いいたします。

<https://www.seikowatches.com/jp-ja/customerservice/contact/servicecenter>



■FEATURES

5Y66/5Y67/VD74/VD84/VH63/VH67/VH68/VH83/VH88 : time display + 24-hour hand + date hand + day hand type

VD77 : time display + 24-hour hand type

VD78 : time display type

VD72/VD73 : time display + date hand type

VD75/VD76/VD79/VD85/VD86/VD87/VH64 : time display + date hand + day hand type

VH61 : time display + 24-hour hand + date hand type

VH65 : time display + date hand type

※Small window for day has 2 types

Round shape : VD74/VD75/VD76/VD79/VH63/VH67/VH68

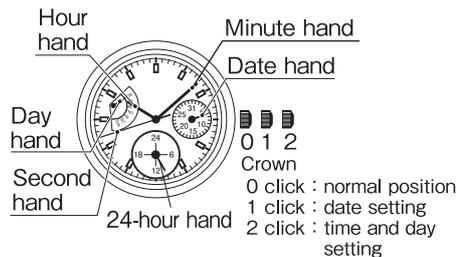
Fan shape : 5Y66/5Y67/VD84/VD85/VD86/VD87/VH83/VH88

The operation procedure for these is same.

※The hand indicating the day of the week has no correction mechanism, therefore, it is to be adjusted by turning the hour hand and minute hand when setting the time. Please refer to "HOW TO USE".

■DISPLAY AND CROWN/BUTTON OPERATION

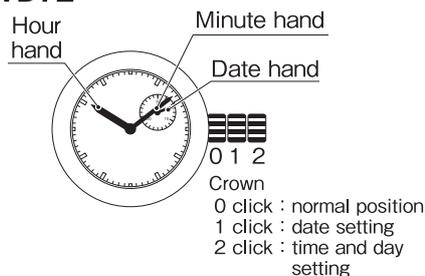
●5Y66/VH83



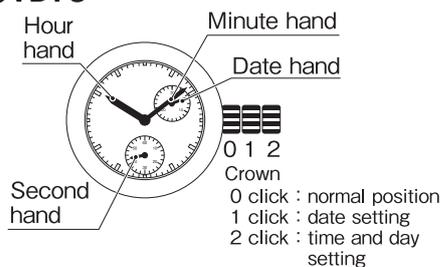
●5Y67



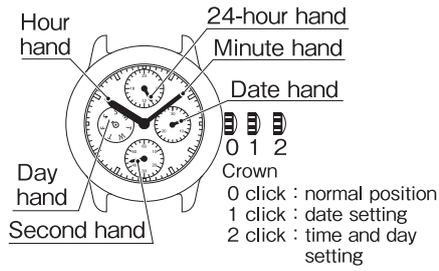
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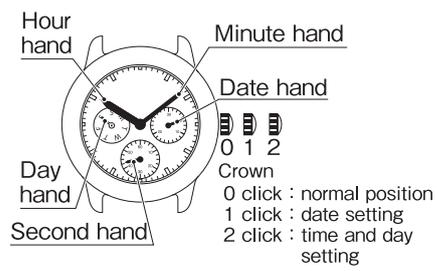
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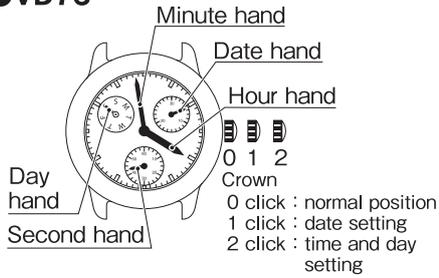
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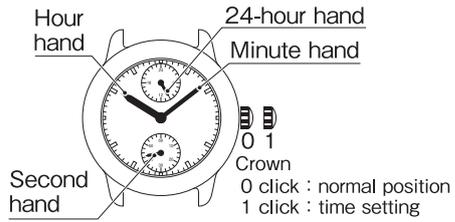
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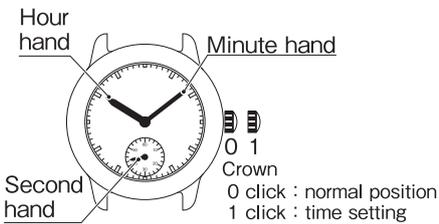
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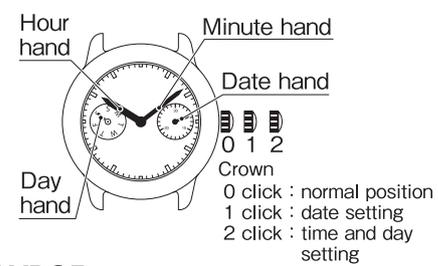
●VD77



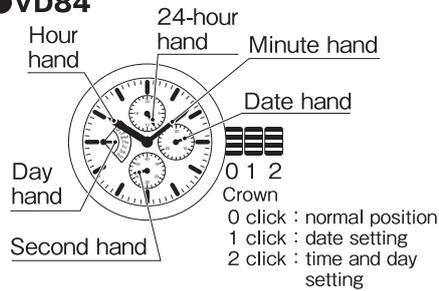
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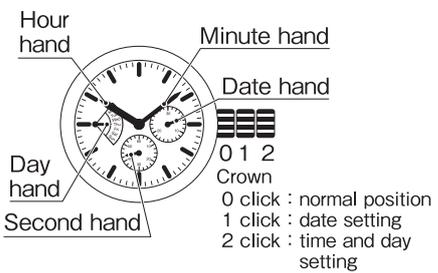
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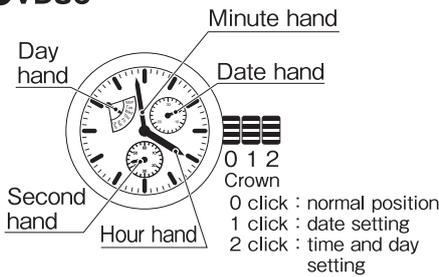
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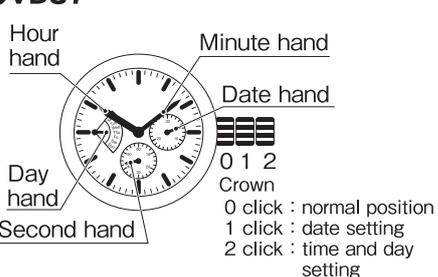
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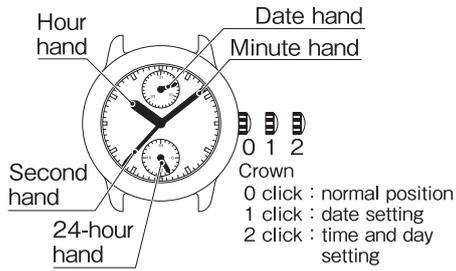
●VD86



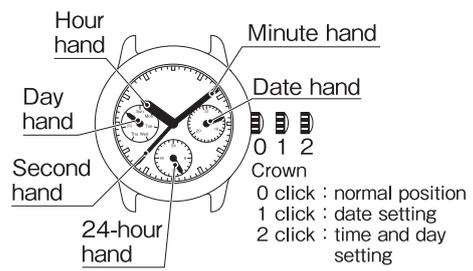
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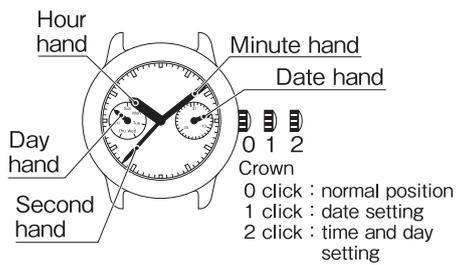
●VH61



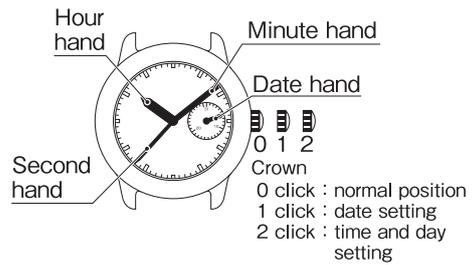
●VH63/VH68



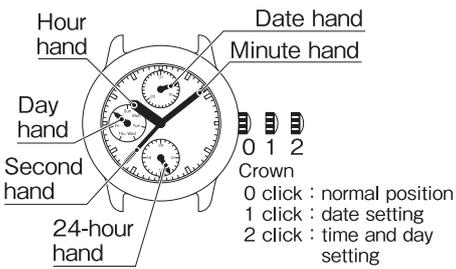
●VH64



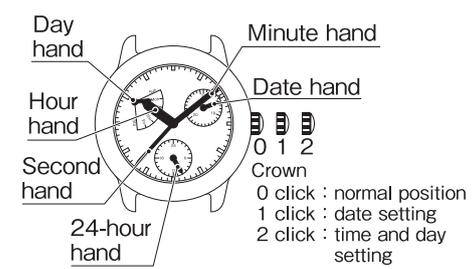
●VH65



●VH67

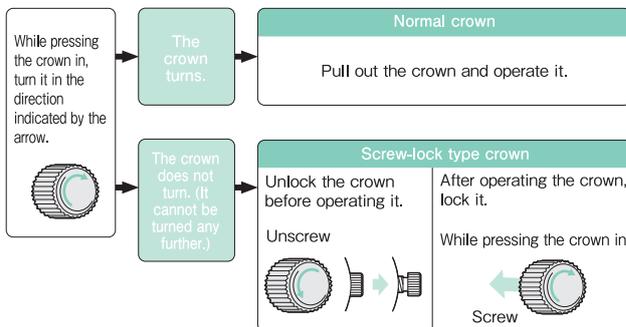


●VH88



■ CROWN

There are two types of crown, a normal crown and a screw-lock type crown.  
Please check the type of the crown of your watch.



- ※ If your watch has a screw-lock type crown, the crown screws into the watch to prevent malfunction and increase water resistance.
- ※ Be careful not to screw the crown in by force as it may damage the slots of the crown.

## HOW TO USE

### ● How to set the day and time

The day hand that shows the day has no adjustment mechanism. When setting the time, first turn the hour hand and minute hand to set the day.

- ① Pull out the crown to the second click when the second hand is at the 12 o'clock position (0 seconds). The watch stops.

※ Some models may not have the Day of the week.



- ② Turn the crown to the right (clockwise) to advance the hour hand and the minute hand.

When the hands pass the 0 o'clock position, the day hand starts to move.

Further advance the hour hand and the minute hand until the day hand shows the next day.

If it is necessary to further advance the day hand, turn the hour hand and the minute hand back by 4 or 5 hours and then advance them again so that the day hand can be advanced earlier.

By repeating this, set the day. (Turn the hands forward and backward between around 11:00 p.m. and around 4:00 a.m. to set the day.)



- ③ Set the time after setting the day. If the watch has a 24-hour hand, set the time so that AM/PM is correctly set.

※ Set AM/PM correctly. (Date and day are designed to change once every 24 hours.)

※ To correctly set the time, advance the minute hand 4 to 5 minutes ahead of the correct time and then return it to the correct time.

※ The telephone time signal service (in Japan, Tel. 117) is convenient for setting the time.



- ④ Wait for the time signal of the set time and then push in the crown in accordance with the time signal.

### ● How to set the date

When setting a date again after setting the time.

When the previous month is a 30-day month or February and the first date of this month is adjusted, perform the procedure as follows:

- ① Pull out the crown to the first click.

- ② Set the date by turning the crown counterclockwise.

※ Slowly turn the crown by checking the movement of the date hand.

※ If the hands are pointing at the time between 9:00 p.m. and 1:00 a.m., do not set the date. The date may not be set or even if it can be set, it may not change to the next date.



- ③ After setting the date, push in the crown.

## SPECIFICATIONS

1. Frequency of crystal oscillator .....32,768Hz (Hz = Hertz ... Cycles per second)
2. Loss/gain (monthly rate) .....VH Calibers : Less than 15 seconds  
Other Calibers : Less than 20 seconds  
(worn on the wrist within normal temperature range -5°C to +50°C )
3. Operational temperature range .....Between -5°C and +50°C
4. Driving system .....Step motor, 1 piece
5. Power source .....Silver oxide battery, 1 piece  
For 5Y66/5Y67/VH Calibers : SB-AN (SR920SW)  
Others : SB-AW (SR626SW)
6. Battery life .....VH Calibers : Approximately 2 years  
Other Calibers : Approximately 3 years
7. IC .....C-MOS-IC : 1 unit

※The above specifications are subject to change without notice.

## TO PRESERVE THE QUALITY OF YOUR WATCH

### WARNING

- Immediately stop wearing the watch in the following cases :
  - if corrosion appears on the watch body or band, etc.
  - if the pins protrude from the band
- ※ Immediately consult the retailer from whom the watch was purchased or a 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 accidentally swallowing any accessories.
- Do not use the watch for scuba diving or saturation diving.  
The various inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with a BAR (barometric pressure) display. For diving, use special watches.

### CAUTION

- Avoid wearing or storing the watch in the following places :
  - Places where volatile agents (cosmetics such as polish remover, insect repellent, thinners etc.) are vaporizing
  - Places where the temperature drops below 5 °C or rises above 35 °C for a long time
  - Places of high humidity
  - Places affected by strong magnetism or static electricity
  - Dusty places
  - Places affected by strong vibrations
- ※ For watches with batteries, do not leave a dead battery in the compartment for a long time as it may cause battery leakage.
- 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.
- Do not let running water from a faucet hit 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 use.
- Do not turn or pull out the crown 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 a SEIKO CUSTOMER SERVICE CENTER.
- Do not leave moisture, sweat and dirt on the watch for a long time.  
Be aware of the risk that a water resistant watch may have its water resistant performance lessened 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 the water resistant performance of the watch.
- Other cautions
  - 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 risk of 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.



● **Magnetic resistance**

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

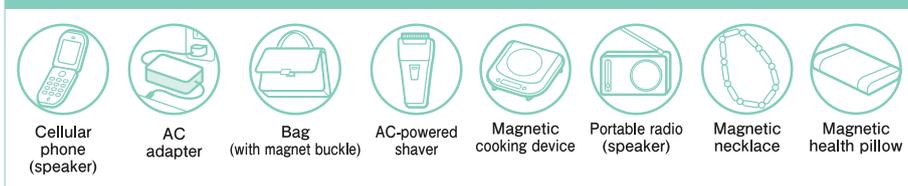
Indication on the case back	Condition of use
No indication	Keep the watch more than 10 cm away from magnetic products.
	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.

The reason why watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

**Examples of common magnetic products that may affect watches**



● **Daily care**

The watch requires good daily care.

- Do not wash the watch when the crown is pull out.
- 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 daily use,” do not wash the watch.

● **Turn the crown**

- To prevent rusting of the crown, please sometimes turning the crown.
- Please do the same for screw-lock type crown.

● **Water resistance**

Refer the table below for the description of each degree of water resistant performance of your watch before using.

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 use	The watch can withstand accidental contact with water in everyday life.  <b>WARNING</b> Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday use at 5 barometric pressures.	The watch is suitable for sports such as swimming.
WATER RESISTANT 10(20) BAR	Water resistance for everyday use 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 a sleeve cuff. The watch requires a lot of attention for long usage.

### 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 a sleeve cuff 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 and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- Because some titanium 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 with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with a light-colored band, as dirt or stains are likely to show.
- 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-BAR water resistant).

### Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and it 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 off dirt in water and clean the band with a dry cloth. (Protect the watch body from water splashes by wrapping it 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.

Note on skin irritation and allergy:

Skin irritation caused by a band has various reasons such as an allergy to metals or leather, or skin reactions against friction or 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.

## ■ LUMIBRITE

### If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.

For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Lumibrite can emit light for 3 to 5 hours.

Please note, however, that, as Lumibrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

※ In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)

※ Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

Condition		illumination
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoor (Window-sided during daytime)	Fine weather	more than 3,000 lux
	Cloudy weather	1,000 to 3,000 lux
	Rainy weather	less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)	Distance to the watch: 1m	1,000 lux
	Distance to the watch: 3m	500 lux (average room luminance)
	Distance to the watch: 4m	250 lux

## ■ AFTER-SALES SERVICE

### ● Notes on guarantee and repair

- Contact the retailer the watch was purchased from or a SEIKO CUSTOMER SERVICE CENTER for repair.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read it 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 for maintaining the functional integrity of the watch.
- When repairing your watch, please keep in mind that if original parts are not available, parts may be replaced with substitutes whose outward appearance may differ from the originals. Also note that the complete set of parts with the case or band may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.