
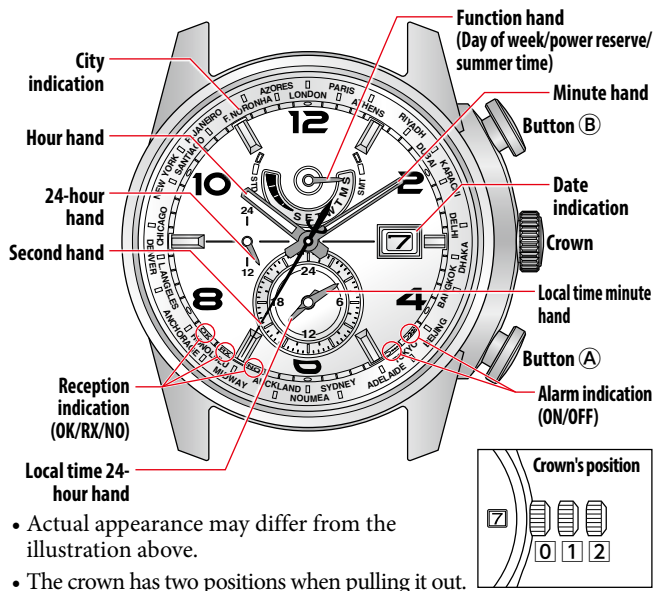


H82* Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:  H82* instruction manual

Component identification



- Actual appearance may differ from the illustration above.
- The crown has two positions when pulling it out.

Checking the power reserve

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.
The function hand indicates the power reserve amount.

Indication				
Duration	About 180 - 130 days	About 130 - 30 days	About 30 - 2 days	Approximately 2 days
Power reserve	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Insufficient charge
			Charge immediately.	

3. Press and release the lower right button **(A)** to finish checking.
 - The hand automatically returns to indicate current time in 10 seconds.

Checking the signal reception result

This watch receives the time signal automatically at night.

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.
The second hand indicates the result of the last reception.

Indication	Reception result
OK	The reception was successful.
NO	The reception failed.

- Try signal reception following the steps in “Receiving the signal manually (on-demand reception)” if the last reception failed.

3. Press and release the lower right button **(A)** to finish checking.

- The hand automatically returns to indicate current time in 10 seconds without executing any operation.

Setting the world time

- This watch can indicate the home time and local time at the same time.
- The local time is indicated with the 24-hour hand. Keep this in mind when checking.

Checking the settings of the home time and local time

1. Push the crown in to position **0**.
2. Press and release the upper right button **(B)**.
The second hand indicates the current home time city and the function hand indicates the summer time information. (For information of summer time, see “Setting summer time”.)
3. Press and release the upper right button **(B)**.
The second hand indicates the current local time city and the function hand indicates the summer time information.
 - Each time you press button **(B)**, indication of the second hand changes as follows:
① Home time city → ② local time city → ③ normal movement → (Back to the top)
4. Press and release the upper right button **(B)** to finish checking.

Setting the home time and local time

1. Pull the crown out to position **1**.
The second hand indicates the current city setting of the home time and the function hand indicates the summer time information.
2. Rotate the crown to select a city.
Select the home time city.
3. Press and release the lower right button **(A)**.
The second hand indicates the current city setting of the local time and the function hand indicates the summer time information.
 - Each time you press button **(A)**, indication changes between the home time city and local time city alternately.
4. Rotate the crown to select a city.
Select the local time city.
5. Push the crown in to position **0** to finish the procedure.

Table of the city names

Indication	City name and second hand's position	Time zone	Signal station
LON	*London	0 sec. 0	Germany
PAR	*Paris	2 sec. +1	
ATH	*Athens	4 sec. +2	Germany◆
RUH	Riyadh	7 sec. +3	
DXB	Dubai	9 sec. +4	
KHI	Karachi	11 sec. +5	
DEL	Delhi	14 sec. +5.5	China◆
DAC	Dhaka	16 sec. +6	
BKK	Bangkok	18 sec. +7	
BJS/HKG	Beijing/Hong Kong	21 sec. +8	China
TYO	Tokyo	23 sec. +9	Japan
ADL	Adelaide	25 sec. +9.5	Japan◆
SYD	Sydney	28 sec. +10	
NOU	Noumea	30 sec. +11	
AKL	Auckland	32 sec. +12	
MDY	Midway	35 sec. -11	USA◆
HNL	Honolulu	37 sec. -10	
ANC	**Anchorage	39 sec. -9	
LAX	**Los Angeles	42 sec. -8	USA
DEN	**Denver	44 sec. -7	
CHI	**Chicago	46 sec. -6	
NYC	**New York	49 sec. -5	
SCL	Santiago	51 sec. -4	USA◆
RIO	Rio de Janeiro	53 sec. -3	
FEN	Fernando de Noronha	56 sec. -2	Germany◆
PDL	*Azores	58 sec. -1	

- For cities with * or **, indication of summer time and that of standard time are linked together.
- The time zone in the table is based on UTC (Coordinated Universal Time).
- When using the watch in an area not listed in the table, choose and set the city of the same time zone.
- Countries or regions may change time zones for various reasons.
- Cities with ◆ mark are out of receivable range and signals cannot be received. (The watch tries to receive signals from the target signal station though.)
- It may be difficult to receive signals in certain environment where it is hard for signals to reach.

Interchanging the home time and local time

1. Push the crown in to position **0**.
2. Press and release both the lower right button **(A)** and upper right button **(B)** at the same time.
A confirmation tone sounds and the home time and local time interchange.

Receiving the signal manually (on-demand reception)

- The target signal station depends on the city set.
1. Push the crown in to position **0**.
 2. Press and hold lower right button **(A)** for 2 seconds or more.
The previous signal reception result is indicated.
The second hand points "RX" after that and on-demand reception starts. (2 - 15 minutes)
 - Press and hold button **(A)** for 2 seconds or more to cancel reception.

Setting summer time

- This watch can automatically switch the summer time setting between "SMT" and "STD" when receiving signals including summer time information.
- In regions utilizing summer time, the time signal includes summer time check signal.

Checking the summer time setting

1. Push the crown in to position **0**.
2. Press and release the upper right button **(B)**.
The second hand indicates the current city setting of the home time and the function hand indicates the summer time information.

3. Press and release the upper right button **(B)**.

The second hand indicates the current city setting of the local time and the function hand indicates the summer time information.

- The summer time setting has the four modes as follows:

STD-AU	SMT-AU
Standard time (STD)	Summer time (SMT)
Automatic (AU)	
Standard time is indicated based on the summer time information included in the signal received. The mode is switched to summer time (SMT-AU) automatically when the signal received includes summer time activation cue.	Summer time is indicated based on the summer time information included in the signal received. The mode is switched to standard time (STD-AU) automatically when the signal received includes summer time deactivation cue.
Set to standard time (STD) 	Set to summer time (SMT)
Switched automatically	

STD-MA	SMT-MA
Standard time (STD)	Summer time (SMT)
Manual (MA)	
Standard time is always indicated regardless what summer time information is included in the signal received.	Summer time is always indicated regardless what summer time information is included in the signal received.
Set to standard time (STD) 	Set to summer time (SMT)

4. Press and release the upper right button **(B)** to finish checking.

Switching "SMT/STD" of summer time setting

1. Pull the crown out to position **1**.
The second hand indicates the current city setting of the home time and the function hand indicates the summer time information.
2. Press and release the upper right button **(B)**.
 - Each time you press button **(B)**, indication of the function hand changes between "STD-AU" and "SMT-AU" or "STD-MA" and "SMT-MA" and the summer time setting of the home time changes between SMT and STD.
3. Press and release the lower right button **(A)**.
The second hand indicates the current city setting of the local time and the function hand indicates the summer time information.
4. Press and release the upper right button **(B)**.
 - Each time you press button **(B)**, indication of the function hand changes between "STD-AU" and "SMT-AU" or "STD-MA" and "SMT-MA" and the summer time setting of the local time changes between SMT and STD.
5. Push the crown in to position **0** to finish the procedure.

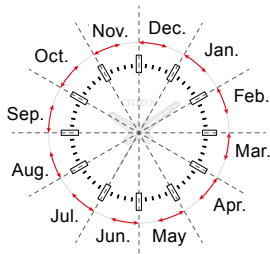
Switching the summer time auto/manual setting

1. Pull the crown out to position **1**.
The second hand indicates the current city setting of the home time and the function hand indicates the summer time information.
2. Press and hold lower right button **(A)** for 2 seconds or more.
 - Each time you press and hold button **(A)** for 2 seconds or more, indication of the function hand changes between "STD-AU" and "STD-MA" or "SMT-AU" and "SMT-MA" and the summer time setting of the home time changes between SMT and STD.
3. Press and release the lower right button **(A)**.
The second hand indicates the current city setting of the local time and the function hand indicates the summer time information.
4. Press and hold lower right button **(A)** for 2 seconds or more.
 - Each time you press and hold button **(A)** for 2 seconds or more, indication of the function hand changes between "STD-AU" and "STD-MA" or "SMT-AU" and "SMT-MA" and the summer time setting of the local time changes between SMT and STD.
5. Push the crown in to position **0** to finish the procedure.

Adjusting the time and calendar manually

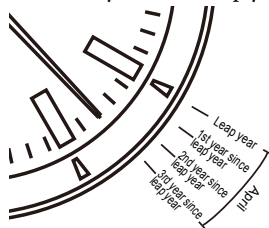
- The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

- Pull the crown out to position 1.**
- Press and hold the upper right button (B) for 2 seconds or more.**
The second hand points the 30-second position.
- Pull the crown out to position 2.**
The second hand points 0 second and time and calendar become adjustable.
- Press and release the upper right button (B) repeatedly to change the hand/indication to be corrected.**
 - Each time you press button (B), the target of adjustment changes as follows and it moves slightly.
Minute/hour/24-hour hands → Date indication → Day of week → Year/month → (Back to the top)
- Rotate the crown to adjust time, date indication, day of week, year and month.**
 - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown.
 - Year and month are indicated with the second hand. The month is indicated by the hour area.



The year corresponds to the years since leap year and is indicated with the position of the second hand.

EX.: to set to April 2015
April → 4 o'clock area
2015 → 3rd year since leap year



- Repeat steps 4 and 5.**
- Push the crown in to position 0 in accordance with a reliable time source.**
The second hand starts moving.

Using the alarm

- The alarm function uses a 24-hour clock and, once set, the alarm sounds once a day.
- The alarm is based on the home time. It cannot be set based on the local time.

Setting the alarm

The local time 24-hour hand and local time minute hand are used for alarm time setting.

- Pull the crown out to position 2.**
The local time 24-hour and local time minute hands indicate the current alarm time set.
- Rotate the crown to set the alarm time.**
 - When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
- Push the crown in to position 0 to finish the procedure.**

Turning the alarm on/off

- Pull the crown out to position 2.**
The second hand indicates the on/off setting of the alarm and the function hand indicates power reserve.
- Press and release the lower right button (A).**
 - Each time you press button (A), on/off of the setting changes alternately.
- Push the crown in to position 0 to finish the procedure.**

To stop alarm

Press button (A) or (B).

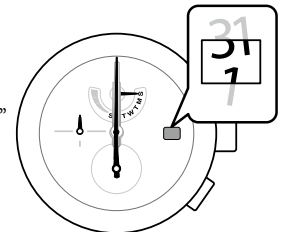
- The alarm sounds for 15 seconds.

Checking the alarm

- Pull the crown out to position 2.**
- Press and hold the lower right button (A) for 2 seconds or more.**
The alarm sounds while button (A) is pressed and held.

Checking the reference position

- Push the crown in to position 0.**
- Press and hold the upper right button (B) for 10 seconds.**
The hands and date indication move to the current reference positions stored in memory.
Correct reference positions:
Function hand: S (Sunday)
All other hands: 12 o'clock position
Date indication: midway between "31" and "1"
When the current reference position is different from the correct one, adjust the position following the steps of "Correcting the reference position".
- Press and release the upper right button (B) to finish checking.**



Correcting the reference position

- Push the crown in to position 0.**
- Press and hold the upper right button (B) for 10 seconds or more.**
The hands and date indication move to the current reference positions stored in memory.
- Pull the crown out to position 2.**
This will enable you to correct the reference position.
- Press and release the upper right button (B).**
Each time you press button (B), the target of adjustment changes as follows and it moves slightly.
Local time minute/24-hour hands → Function hand/date indication → Minute/hour/24-hour hands → Second hand → (Back to the top)
- Rotate the crown to correct the reference position of the active hand/indication.**
When you rotate the crown quickly, the hand will move continuously. To stop the rapid movement, rotate the crown.
- Push the crown in to position 0.**
- Press and release the upper right button (B) to finish the procedure.**

Resetting the watch — All Reset

- Pull the crown out to position 2.**
- Press and hold buttons (A) and (B) at the same time for 4 seconds or more and release them.**
All reset is executed.

After All Reset

After All Reset, adjust the reference position. Execute the city setting and receive signals manually (on-demand reception) to adjust the time and calendar after that.