• This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
• To see details of charging time, specifications, and operations, refer to the instruction manual: H149 instruction manual

Component identification

- Area name / time zone
- Hour hand
- Minute hand
- Reception result indication: O (OK)/N (NO)
- Reception-in-progress indication: (R/RX)
- Button A
- Button B
- Date indication
- Crown
- Second hand
- Summer time setting: SMT ON/OFF

• Actual appearance may differ from the illustration.
• 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 second hand moves to indicate the power reserve.

<table>
<thead>
<tr>
<th>Second hand movement</th>
<th>Power reserve status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pointing “O (OK)” or “N (NO)” after moving clockwise</td>
<td>Power reserve is sufficient.</td>
</tr>
<tr>
<td>Pointing “O (OK)” or “N (NO)” after moving counterclockwise</td>
<td>Charge immediately</td>
</tr>
</tbody>
</table>

• “O (OK)” and “N (NO)” indicate the time signal reception result. They have no relation to the charge level.

3. Press and release the lower right button A to finish the procedure.
   The indication returns to current time.
   • It returns to current time indication automatically in about 10 seconds without pressing the button.

Checking the signal reception result

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

<table>
<thead>
<tr>
<th>Indication</th>
<th>Reception result</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 (OK)</td>
<td>The reception was successful.</td>
</tr>
<tr>
<td>N (NO)</td>
<td>The reception failed.</td>
</tr>
</tbody>
</table>

• 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 the procedure.
The indication returns to current time.
   • It returns to current time indication automatically in about 10 seconds without pressing the button.

Setting the world time

• The world time setting controls the target station from which the watch tries to receive signals.

1. Pull the crown out to position 1.
The second hand moves to point the area currently set.

2. Rotate the crown to select an area.
   • Select an area from Table of time zones and representative areas
   • Each time you change the area, the time and date of the selected area is shown.

3. Push the crown in to position 0 to finish the procedure.
The indication returns to current time.
Receiving the signal manually (on-demand reception)

- It takes 2-15 minutes to finish reception.

1. **Push the crown in to position 0**.

2. **Press and hold the lower right button A for 2 seconds or more.**

   The second hand points “R (RX)” and signal reception starts. The second hand returns to normal movement after finishing reception.

   - **Reception was successful**
     - The time will be updated.
   - **Reception failed**
     - The time is not corrected and the previously set time resumes.
     - Press and hold button A for 2 seconds or more to cancel reception.

Switching the summer time and standard time

1. **Pull the crown out to position 2**.

2. **Rotate the crown to change the summer time setting.**

   - **SMT ON**
     - Summer time is indicated.
     - The watch automatically switches between standard time and summer time depending whether the summer time check signal is contained or not in the signal received.

   - **SMT OFF**
     - The standard time is indicated.
     - The standard time is kept indicated even when the summer time check signal is received.

3. **Push the crown in to position 0 to finish the procedure.**

---

### Table of time zones and representative areas

<table>
<thead>
<tr>
<th>Time zone</th>
<th>Second hand</th>
<th>Area name</th>
<th>Representative area</th>
<th>Signal station</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>LON</td>
<td>* London</td>
<td>Germany</td>
</tr>
<tr>
<td>+1</td>
<td>2</td>
<td>PAR</td>
<td>* Paris</td>
<td></td>
</tr>
<tr>
<td>+2</td>
<td>4</td>
<td>ATH</td>
<td>* Athens</td>
<td></td>
</tr>
<tr>
<td>+3</td>
<td>7</td>
<td>MOW/RIH</td>
<td>* Moscow/Riyadh</td>
<td>Germany</td>
</tr>
<tr>
<td>+4</td>
<td>9</td>
<td>DXB</td>
<td>Dubai</td>
<td></td>
</tr>
<tr>
<td>+5</td>
<td>11</td>
<td>KHI</td>
<td>Karachi</td>
<td></td>
</tr>
<tr>
<td>+5.5</td>
<td>14</td>
<td>DEL</td>
<td>Delhi</td>
<td></td>
</tr>
<tr>
<td>+6</td>
<td>16</td>
<td>DAC</td>
<td>Dhaka</td>
<td></td>
</tr>
<tr>
<td>+7</td>
<td>18</td>
<td>BKK</td>
<td>Bangkok</td>
<td></td>
</tr>
<tr>
<td>+8</td>
<td>21</td>
<td>BJS</td>
<td>Beijing</td>
<td>China</td>
</tr>
<tr>
<td>+9</td>
<td>23</td>
<td>TYO</td>
<td>Tokyo</td>
<td>Japan</td>
</tr>
<tr>
<td>+9.5</td>
<td>25</td>
<td>ADL</td>
<td>Adelaide</td>
<td></td>
</tr>
<tr>
<td>+10</td>
<td>28</td>
<td>SYD</td>
<td>Sydney</td>
<td>Japan</td>
</tr>
<tr>
<td>+11</td>
<td>30</td>
<td>NOU</td>
<td>Noumea</td>
<td></td>
</tr>
<tr>
<td>+12</td>
<td>32</td>
<td>AKL</td>
<td>Auckland</td>
<td></td>
</tr>
<tr>
<td>-11</td>
<td>35</td>
<td>MDY</td>
<td>Midway</td>
<td>USA</td>
</tr>
<tr>
<td>-10</td>
<td>37</td>
<td>HNL</td>
<td>Honolulu</td>
<td></td>
</tr>
<tr>
<td>-9</td>
<td>39</td>
<td>ANC</td>
<td>Anchorage</td>
<td>USA</td>
</tr>
<tr>
<td>-8</td>
<td>42</td>
<td>LAX</td>
<td>Los Angeles</td>
<td></td>
</tr>
<tr>
<td>-7</td>
<td>44</td>
<td>DEN</td>
<td>Denver</td>
<td></td>
</tr>
<tr>
<td>-6</td>
<td>46</td>
<td>CHI</td>
<td>Chicago</td>
<td>USA</td>
</tr>
<tr>
<td>-5</td>
<td>49</td>
<td>NYC</td>
<td>New York</td>
<td>USA</td>
</tr>
<tr>
<td>-4</td>
<td>51</td>
<td>SCL</td>
<td>Santiago</td>
<td></td>
</tr>
<tr>
<td>-3</td>
<td>53</td>
<td>RIO</td>
<td>Rio de Janeiro</td>
<td></td>
</tr>
<tr>
<td>-2</td>
<td>56</td>
<td>FEN</td>
<td>Fernando de Noronha</td>
<td>Germany</td>
</tr>
<tr>
<td>-1</td>
<td>58</td>
<td>PDL</td>
<td>Azores</td>
<td></td>
</tr>
</tbody>
</table>

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.
- For an area with * or **, indication of summer time and that of standard time are linked together.
- Areas with * mark are out of receivable range and signals cannot be received.
  (The watch tries to receive signals from the target signal station though.)
Adjusting the time and calendar manually

• Check world time setting in Setting the world time beforehand.

1. Pull the crown out to position 2.

2. Press and release the lower right button A.

The second hand points to 0 second.

3. Press and release the lower right button B repeatedly to change the hand/indication to be corrected.
   • Each time you press button A, the target changes as follows:
     Minute -> hour -> date -> year/month -> (back to the top)
   • The hands and indications slightly move when selected to show they become adjustable.

4. Rotate the crown to adjust the hand/indication.
   • When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
   • Change of date indication shows it just became AM. Take care the time set is AM or PM.
   • Year and month are indicated with the second hand.

5. Repeat steps 3 and 4.

6. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

Checking the reference position

1. Pull the crown out to position 1.

2. Press and hold the upper right button B for 5 seconds or more.

   The hands and indication start to move to the current reference positions stored in memory.
   • Release the button as the hands start to move.

3. Check the reference positions.

   Correct reference positions:
   • Hour, minute and second hands: 0 hour 00 minute 0 second
   • Date indication: "1"

   When the current reference position is different from the correct one, adjust the position following the steps of “Correcting the reference position”.

4. Push the crown in to position 0 to finish the procedure.

Correcting the reference position

1. Pull the crown out to position 1.

2. Press and hold the upper right button B for 5 seconds or more.

   The hands and indication start to move to the current reference positions stored in memory.
   • Release the button as the hands start to move.

3. When all the hands stop moving, pull the crown out to position 2.

4. Press and release the lower right button A repeatedly to change the hand/indication to be corrected.

   • Each time you press button A, the target changes as follows:
     Minute -> hour -> date -> year/month -> (back to the top)
   • The hands and indications slightly move when selected to show they become adjustable.

5. Rotate the crown to adjust the hand/indication.

   • When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
   • Change of date indication shows it just became AM. Take care the time set is AM or PM.
   • Year and month are indicated with the second hand.

6. Repeat steps 4 and 5.

7. Push the crown in to position 0 to finish the procedure.

Resetting the watch - All Reset

1. Pull the crown out to position 2.

2. Press and release both the lower right button A and upper right button B at the same time.

   The second hand moves to the 0 second position and other hands and date indication move slightly, and All Reset is executed.

After All Reset

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