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: H990 instruction manual

### Component identification

- **Minute hand**
- **24-hour indication**
- **Area name / time zone**
- **Reception-in-progress indication (RX)**
- **Date indication**
- **Hour hand**
- **Second hand**
- **Reception result indication (OK / NO)**
- **Button A**
- **Button B**
- **Crown**

- 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 “OK” or “NO” after moving clockwise</td>
<td>Power reserve is sufficient.</td>
</tr>
<tr>
<td>Pointing “OK” or “NO” after moving counterclockwise</td>
<td>Charge immediately</td>
</tr>
</tbody>
</table>

- “OK” and “NO” indicate the satellite 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.**
   - It returns to current time indication automatically in about 10 seconds without pressing the button.

### Setting the world time

#### Checking the world time

1. **Push the crown in to position 0**.
2. **Press and release the upper right button B**.
   - The second hand moves to point the area currently set.
3. **Press and release the upper right button B to finish checking.**
   - It returns to current time indication automatically in about 10 seconds without pressing the button.

#### Setting the world time

Select an area from 26 worldwide areas to indicate its time.

1. **Pull the crown out to position 1**.
   - The second hand indicates the current world time setting and the function hand indicates the summer time information.
2. **Rotate the crown to select an area.**
3. **Push the crown in to position 0 to finish the procedure.**

### Table of time zones and representative areas

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.
- When setting the world time to the summer time while the area selected is in the summer time period, select an area and then set the summer time.

<table>
<thead>
<tr>
<th>Time zone</th>
<th>Second hand</th>
<th>Area name / time zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>LON London</td>
</tr>
<tr>
<td>+1</td>
<td>2</td>
<td>PAR Paris</td>
</tr>
<tr>
<td>+2</td>
<td>4</td>
<td>ATH Athens</td>
</tr>
<tr>
<td>+3</td>
<td>7</td>
<td>RUH Riyadh</td>
</tr>
<tr>
<td>+4</td>
<td>9</td>
<td>DXB Dubai</td>
</tr>
<tr>
<td>+5</td>
<td>11</td>
<td>KHI Karachi</td>
</tr>
<tr>
<td>+5.5</td>
<td>14</td>
<td>DEL Delhi</td>
</tr>
<tr>
<td>+6</td>
<td>16</td>
<td>DAC Dhaka</td>
</tr>
<tr>
<td>+7</td>
<td>18</td>
<td>BKK Bangkok</td>
</tr>
<tr>
<td>+8</td>
<td>21</td>
<td>BJS Beijing</td>
</tr>
<tr>
<td>+9</td>
<td>23</td>
<td>TYO Tokyo</td>
</tr>
<tr>
<td>+9.5</td>
<td>25</td>
<td>ADL Adelaide</td>
</tr>
<tr>
<td>+10</td>
<td>28</td>
<td>SYD Sydney</td>
</tr>
<tr>
<td>+11</td>
<td>30</td>
<td>NOU Noumea</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time zone</th>
<th>Second hand</th>
<th>Area name / time zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>+12</td>
<td>32</td>
<td>AKL Auckland</td>
</tr>
<tr>
<td>-11</td>
<td>35</td>
<td>MDY Midway</td>
</tr>
<tr>
<td>-10</td>
<td>37</td>
<td>HNL Honolulu</td>
</tr>
<tr>
<td>-9</td>
<td>39</td>
<td>ANC Anchorage</td>
</tr>
<tr>
<td>-8</td>
<td>42</td>
<td>LAX Los Angeles</td>
</tr>
<tr>
<td>-7</td>
<td>44</td>
<td>DEN Denver</td>
</tr>
<tr>
<td>-6</td>
<td>46</td>
<td>CHI Chicago</td>
</tr>
<tr>
<td>-5</td>
<td>49</td>
<td>NYC New York</td>
</tr>
<tr>
<td>-4</td>
<td>51</td>
<td>SCL Santiago</td>
</tr>
<tr>
<td>-3</td>
<td>53</td>
<td>RIO Rio de Janeiro</td>
</tr>
<tr>
<td>-2</td>
<td>56</td>
<td>FEN Fernando de Noronha</td>
</tr>
<tr>
<td>-1</td>
<td>58</td>
<td>PDL Azores</td>
</tr>
</tbody>
</table>
Switching the summer time and standard time

**Checking the summer time setting**

1. Push the crown in to position 0.
2. Press and release the upper right button B.
   - The function indication indicates the current summer time setting.

<table>
<thead>
<tr>
<th>Summer time setting</th>
<th>Function indication</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ON</td>
<td>![ON Icon]</td>
<td>Summer time is indicated.</td>
</tr>
<tr>
<td>OFF</td>
<td>![OFF Icon]</td>
<td>The standard time is indicated.</td>
</tr>
</tbody>
</table>

3. Press and release the upper right button B to finish checking.
   - It returns to current time indication automatically in about 10 seconds without pressing the button.

**Switching summer time and standard time**

1. Pull the crown out to position 1.
   - The function indication indicates the current summer time setting.
2. Press and release the lower right button A.
   - Each time you press button A, the summer time ON and OFF changes alternately.
3. Push the crown in to position 0 to finish the procedure.

**Checking the reception result of the satellite signal**

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

<table>
<thead>
<tr>
<th>Reception result</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>OK</td>
<td>The reception was successful.</td>
</tr>
<tr>
<td>NO</td>
<td>The reception failed.</td>
</tr>
</tbody>
</table>

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

Receiving the satellite time signal

- To cancel the reception, press and hold the lower right button A until the second hand returns to indicate the seconds.

**Manual reception 1**

1. Push the crown in to position 0.
2. Press and hold the lower right button A until the tail of the second hand points "RX" (about 2 seconds).
   - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

**Manual reception 2**

- Use this method when the leap second has been updated or when all reset has been performed.
- It may take 35 seconds to 13 minutes to receive time information.

1. Push the crown in to position 0.
2. Press and hold the lower right button A for 7 seconds.
   - Release the button after the tail of the second hand points "RX" and turns fully around to point "RX" again.
   - Reception starts.
   - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

**Checking and adjusting the leap second setting**

1. Pull the crown out to position 2.
2. Press and release the upper right button B.
   - Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.
   - The leap second setting is specified according to the time of shipment.
   - Ex.)

<table>
<thead>
<tr>
<th>When the leap second setting is &quot;−34 seconds&quot;</th>
<th>When the leap second setting is &quot;−65 seconds&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>The hands point to &quot;0 minute 34 seconds&quot;.</td>
<td>The hands point to &quot;1 minute 5 seconds&quot;.</td>
</tr>
</tbody>
</table>

*as of January 2011

Turn the crown to adjust the setting if the leap second is not correct.

3. Push the crown in to position 0 to finish the procedure.
   - The second hand returns to time indication.
Adjusting the time and calendar manually

1. **Pull the crown out to position 2.**
   The second hand points to 30 seconds and stops.
2. **Press and release the lower right button A.**
   The second hand points 0 second and time and calendar become adjustable.
3. **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/24-hour → day → month/year → day of week → (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.**
   - Date and the function indication (day of week) move synchronously.
   - 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.
   - Year and month are indicated with the second hand.

```
<table>
<thead>
<tr>
<th>Actual year</th>
<th>Years since leap year</th>
<th>Second hand position</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>0</td>
<td>Hour marker</td>
</tr>
<tr>
<td>2017</td>
<td>1</td>
<td>1st min. marker</td>
</tr>
<tr>
<td>2018</td>
<td>2</td>
<td>2nd min. marker</td>
</tr>
<tr>
<td>2019</td>
<td>3</td>
<td>3rd min. marker</td>
</tr>
</tbody>
</table>
```

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.**
   The second hand starts moving from 0 second.

Checking the reference position

1. **Push the crown in to position 0.**
2. **Press and hold the upper right button B for 7 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.**
   - Hour, minute and second hands: 0 hour 00 minute 0 second
   - 24-hour indication: 24
   - Day of week (function indication): "SUN" (Sunday)
   - 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".
4. **Press and release the upper right button B to finish the procedure.**

Correcting the reference position

1. **Push the crown in to position 0.**
2. **Press and hold the upper right button B for 7 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.**
   Day of week (function indication) and date indication become adjustable.
4. **Press and release the lower right button A repeatedly to change the hand/indication to be corrected.**
   - Each time you press the button, the target changes as follows:
     - Day of week (function indication)/date indication → hour hand/24-hour indication → second/minute hands → (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.
   - Date indication changes to the next as the day of week indication rotates 5 times.
6. Repeat steps 4 and 5.
7. **Push the crown in to position 0.**
8. **Press and release the upper right button B to finish the procedure.**
   - After pushing the crown in to position 0, it returns to current time indication automatically in about 2 minutes without pressing the button.
### Resetting the watch - All Reset

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

2. **Press and hold buttons A and B at the same time for 3 seconds or more and release them.**
   The second hand moves to the 0 second position and other hands and date indication move slightly, and All Reset is executed.

<table>
<thead>
<tr>
<th>The setting values after All Reset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calendar</td>
</tr>
<tr>
<td>World time</td>
</tr>
<tr>
<td>Summer time</td>
</tr>
<tr>
<td>Leap seconds</td>
</tr>
<tr>
<td>Rollover number</td>
</tr>
</tbody>
</table>

**After All Reset**

After All Reset, adjust the reference position, set the world time and time/calendar.