Thank you for your purchase of this Citizen watch.
Before using the watch, read this guide carefully to ensure correct use.

Refer to precautions before using the watch.
■ Using the watch for the first time → “Precautions”

Refer to the guide below when using basic functions of the watch.
■ Using basic functions of the watch → “Basic guide”
Important: Before using

In this guide, it is mainly explained that the usage of the dedicated app, “Proximity 2.5”.
Check the version of your Citizen Proximity and update the app and firmware of your watch before using.

■ About the firmware version of the watch → page 18
■ Updating the firmware of the watch → page 19

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TWITTER, TWEET and the Bird Logo are trademarks of Twitter, Inc. or its affiliates.
You can update the firmware of the watch through the “Proximity 2.5” app. In the combination of an updated watch and the iPhone which registered it, you can establish Bluetooth connection only using Bluetooth setting on the iPhone.
In addition, once Bluetooth connection is established between the watch and iPhone, you do not have to keep “Proximity 2.5” activated since the iPhone sends notification to the watch following its own notification setting set by the app.
You can configure notification setting of each supported app from the iPhone to the watch separately through “Proximity 2.5” as well as other settings.
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Component identification

1. Hour hand
2. Notification indication when connected to an iPhone
3. 24-hour hand on the upper left sub dial
4. Second hand/Chronograph second hand
5. Function hand and function indications on the upper right sub dial
   - Connection status (ON/OFF)/Power reserve level (page 23)
   - Chronograph minute hand
   - Day of the week
6. Minute hand
7. Date
8. Mode hand

The illustrations in this instruction manual may differ from the actual appearance of your watch.
Registering (Pairing) with your iPhone [PR]

When connecting the watch and your iPhone for the first time, registration (pairing) is required.

**Before registration (pairing)**
- **Version check and update of firmware of the watch is required.** (page 18)
- For registration (pairing), you must operate both the watch and the iPhone.
- Be sure that the watch and the iPhone are fully charged.
  - Check the power reserve indication of the watch (page 23) and charge it before registration (pairing) if the power reserve level is “1” or “0”.
- The watch and the iPhone are connected after registration (pairing).
  - The time and date on the watch are updated after the time information is obtained from the iPhone.
- You cannot register (pair) the watch with multiple iPhones.
Registering (pairing) with the iPhone

- Registration (pairing) must be completed within about 2 minutes. If more than 2 minutes has elapsed before finishing registration (pairing), the watch returns to the normal operation.

1. Turn on Bluetooth on the iPhone.
2. Change the mode of the watch to [PR].
3. Tap “Eco Drive Proximity” on the “DEVICES” list in the Bluetooth setting of the iPhone.
   A dialog requesting pairing permission appears.
4. Tap “Pair”.
   The watch and the iPhone are connected and the function hand on the upper right sub dial of the watch points to the area (“ON” area) illustrated on the right.
5. Change the mode to [TME] to finish the procedure.
Registering (Pairing) with your iPhone [PR]

When you want to update the app or register (pair) a different iPhone
In the following cases, you must remove the current registration (pairing) and execute a new registration (pairing).
See page 17 for more details about removing stored registration (pairing).
• When registration (pairing) information is lost either on the watch or the iPhone.
• When you want to register (pair) your watch to a different iPhone.
• When you cannot connect the watch and iPhone again after registration (pairing) even after doing correct steps.
• When registration (pairing) fails.
Disconnecting the iPhone [DCT]

You can close the Bluetooth connection between the watch and iPhone.

1 **Change the mode of the watch to [DCT]**.

The connection is closed and the function hand on the upper right sub dial points the “OFF” area.

Maximum continuous connection time

To conserve energy, the connection is automatically terminated when approximately six hours has elapsed since the connection started.

- You may however connect again and start a new six-hour period. (See page 11)

Set the mode to [DCT] to use this watch as a standard one in places such as an airplane, where electronic devices are limited to use.
Connecting to the registered (paired) iPhone [CT]

You can re-connect with the registered iPhone in the following cases:

- When the watch mode is set to [TME], [L-TM] or [CT]
- When the second hand indicates the second.

(While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button `A` or upper right button `B` for two seconds.)

1 Turn on Bluetooth on the iPhone.

2 Press and release the upper right button `B`.

   The watch and the iPhone are connected and the function hand on the upper right sub dial of the watch points to the area (“ON” area) illustrated on the right.
   - The watch is also connected when its mode is changed to [CT].
Setting notification preferences

The apps on the list on the right can send notifications to the watch.

- Notification is not sent to the watch when the “Notification Center” setting on iPhone is deactivated even if an app’s own notification setting is activated.
  Refer to the user guide of iPhone for details on “Notification Center”.
- Some SNS apps have their own settings for notification. Confirm the notification settings on your apps.
- Apps other than those on the list are not supported and cannot send notification to the watch.

<table>
<thead>
<tr>
<th>Supported apps</th>
<th>Made by</th>
<th>Notification type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>Apple</td>
<td>CALL</td>
</tr>
<tr>
<td>Mail</td>
<td></td>
<td>MAIL</td>
</tr>
<tr>
<td>Messages</td>
<td></td>
<td>MAIL</td>
</tr>
<tr>
<td>Calendar</td>
<td></td>
<td>MAIL</td>
</tr>
<tr>
<td>Reminders</td>
<td></td>
<td>MAIL</td>
</tr>
<tr>
<td>FaceTime</td>
<td></td>
<td>CALL</td>
</tr>
<tr>
<td>Facebook</td>
<td></td>
<td>MAIL</td>
</tr>
<tr>
<td>Facebook messenger</td>
<td>Third party</td>
<td>MAIL</td>
</tr>
<tr>
<td>Twitter</td>
<td></td>
<td>MAIL</td>
</tr>
</tbody>
</table>

- “INFO” is used instead of “MAIL” on some models.
You can activate/deactivate notification to the watch from supported apps on the iPhone.

1 Tap the icon of the “Proximity 2.5” app.
2 Tap “Notification Setting”.
3 Slide the switches of apps to off which you do not want to get notification from.
   • See the previous page for supported apps.

Caution

• Power consumption increases as the amount of notifications increases. If you receive many notifications, you may need to provide supplemental charging of your Proximity watch.
Using Time Sync

When "Time Sync" is enabled (default setting), the watch receives the time and calendar information (year, month, date, day, hour, minute, second) from the iPhone and adjusts the time following it each time they are connected or upon a time change.

- The time on the watch is adjusted automatically each time they are connected or the time setting of your iPhone is changed during connection.
- The local time (see Basic guide) is also adjusted based on the time difference set as the time is adjusted.
- This watch keeps ±15-second monthly accuracy even if no time information is received.

Receiving the time information manually

You can receive the time info manually by pressing and holding the lower right button for 2 seconds.

Time info reception is executed when the mode is [TME], [L-TM] or [CT] and the second hand indicate second.
Using Link Loss Alert

When “Link Loss Alert” is enabled (default setting), the watch alerts when the Bluetooth communication with the iPhone is closed due to the iPhone location or other unintentional reasons.

- No notification is sent to the watch if the iPhone and other Bluetooth devices are disconnected.

When “Link Loss” occurs (Bluetooth connection with the iPhone is lost)
The watch vibrates and the second hand points “LL”.

- The watch automatically tries to reconnect with the iPhone, but close connection if the reconnection failed and the function hand points the “OFF” area.
- To return the second hand to normal movement, press and hold either the lower right button A or upper right button B for two seconds.
Using iPhone Search

When “iPhone Search” is enabled (default setting), you can send signals to the registered (paired) iPhone that is within Bluetooth range with the watch to make the iPhone sound.

- The “Proximity 2.5” app and Bluetooth on the iPhone must be turned on in advance.
- If the iPhone is in a Bluetooth-connectable area, you can make it sound even if it is disconnected.
- The iPhone sounds even when it is in “Silent”.
- The iPhone does not sound when “Volume” is 0 or the earphones are plugged.

Locating your iPhone using sounds

Press and release both the lower right button A and the upper right button B simultaneously when the mode of the watch is [TME], [L-TM] or [CT] and the second hand indicate second.

- To stop the sound, open the Proximity app and follow its instruction.
Removing registration (pairing)

Delete the registration (pairing) information on both the watch and iPhone to remove registration (pairing).

To remove the registration (pairing) information on the iPhone

1 Delete “Eco-Drive Proximity” on the “DEVICES” list on the Bluetooth setting.

To remove the registration (pairing) information on the watch

You can execute it when the following conditions are filled.

- When the watch mode is set to [TME], [L-TM] or [CT]
- When the second hand indicates the second.
  (While the second hand indicates a notification type, stop the notification indication by pressing and holding either the lower right button 🔄️ or upper right button 🔄️ for two seconds.)

1 Press and hold the upper right button 🔄️ for 7 seconds or more.
  The second hand makes a full rotation around, then returns to normal operation.
About the firmware version of the watch

The following conditions are required to make the “Proximity 2.5” app work properly.

- **Watch**: version 2.5 firmware
- **iPhone**: iOS 7 (7.0.4-)

You can view the firmware version of the watch by checking the type of message appearing after activating the app and starting firmware update.

- **When the screen for updating firmware to 2.5 is displayed**, the firmware version of the watch is 2.0. Continue firmware update following the messages on the screen.

- **When the message displayed refers to the Citizen support web site**, the firmware version of the watch is 1.xx. Manufacturer update of the firmware is required. Contact your nearest Authorized Citizen Service Center.
Updating the firmware of the watch

You can update the firmware of the watch through the app.
• The app cannot update the firmware if the firmware version on your watch is not 2.0. For details, see page 18.

Important: If you have a previous version of the Proximity app
Remove registration on the watch and iPhone before starting update (page 17). Otherwise, firmware update may fail.
• Delete any previous versions of the Proximity app (white icon).
• You cannot use previous version of the Proximity app (white icon) after updating the firmware version of the watch to 2.5.
• You cannot roll back the updated firmware (version 2.5) to any previous version.
Updating the firmware of the watch

**Preparation for firmware update**

Execute the following:

- Keep the iPhone plugged to the power until update is finished.
- Keep the iPhone charged to 50% or more.
- Be sure not to move your watch or iPhone during the update process.
- Charge the watch completely.
  Even though the power reserve indicator reflects level 3, additional charging may be needed to ensure maximum power capacity is available. This is to ensure sufficient power is available throughout the update process.
- Press and hold the lower right button [A] or the upper right button [B] for 2 seconds to clear notification if the second hand indicates some. (to normal movement)
1 Turn on Bluetooth on the iPhone.
2 Tap the icon of the app.
3 Tap “Check for Update” on the bottom of the screen.
   Firmware information and instruction for the update appear on the screen.
   • When starting the app for the first time, the firmware information and instruction for
     the update appear automatically without tapping it.
4 Change the mode of the watch to [PR].
   • Charge of the watch is not enough if the second hand points “LL” and the update is
     stopped. Charge the watch and try to update again.
5 Tap “YES” to start update.

The progress bar appears and shows progress of the update.

- Be sure not to move your watch or iPhone during the update process.
- It takes about 10 minutes to complete the update.
- Register (pair) your iPhone after finishing the update. (page 7)

When the update fails

When the previous registration (pairing) information remains in the watch or iPhone, remove it (page 17) and try again.
Checking the current power reserve level

Take enough care of the power reserve level of the watch. Power consumption increases as amount of notifications increases. Be sure to keep your watch sufficiently charged.

- If the current power reserve is not displayed (the watch is in [CAL] or [CHR] mode), change the mode.

Power reserve indication (Function hand on the upper right sub dial)

- See “Basic guide” for details about charging.
Checking the current power reserve level

The power reserve level

We recommend the power reserve to be a level 3 to ensure optimal operation.

<table>
<thead>
<tr>
<th>Level</th>
<th>3</th>
<th>2</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Approximate duration of at this level</td>
<td>With connecting to iPhone within 6 hours a day</td>
<td>Up to 10 days</td>
<td>Up to 15 days</td>
<td>Up to 5 days</td>
</tr>
<tr>
<td></td>
<td>Without connecting to iPhone</td>
<td>Up to 3 months</td>
<td>Up to 5 months</td>
<td>Up to 2 months</td>
</tr>
<tr>
<td></td>
<td>OK for normal use</td>
<td>Charge immediately.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- The connection is automatically closed and reconnection becomes unavailable when the power reserve level gets to “0”. However, basic function of the watch is still available.
- Duration when connected is based on a 6-hour connection with the iPhone and about 10 notifications a day.
## Troubleshooting

If you have a problem concerning Bluetooth connection, check the items below.
- See “Basic guide” for problems concerning basic functions of the watch.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedies</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connection is unsuccessful. If you cannot solve your problem with the remedies shown on the right, consult the nearest Authorized Citizen Service Center.</td>
<td>Your iPhone is not in range. Bluetooth connectable range: 5 m (16-1/2 feet) to 10 m (33 feet)</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Push the crown in to position Ø.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Check the power reserve.</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>Check the current watch mode.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Press and release either the lower right button A or upper right button B to cancel the notification indication.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Check the Bluetooth setting on your iPhone.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>Restart the Proximity app.</td>
<td>—</td>
</tr>
<tr>
<td>Symptom</td>
<td>Remedies</td>
<td>Page</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Connection is unsuccessful.</td>
<td>Avoid anything that will block out the Bluetooth connection; crossing your arms, carrying your iPhone in your back, etc.</td>
<td>18</td>
</tr>
<tr>
<td>• If you cannot solve your problem with the remedies shown on the right, consult the nearest Authorized Citizen Service Center.</td>
<td>Avoid anything that will generate radio noise.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Check the versions of your iPhone and iOS.</td>
<td></td>
</tr>
<tr>
<td>Symptom</td>
<td>Remedies</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Not notified within connectable distance</td>
<td>Check the connection status (&quot;ON&quot;, &quot;OFF&quot;).</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>Check the power reserve.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ensure your iPhone is not being obscured such as by being in a pocket or purse.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>When [►0◄], [CHR] or [CAL] mode is selected, only vibration gives you notification. Visual notification by the second hand occurs only in [TME], [L-TM] or [CT] mode.</td>
<td>12-16</td>
</tr>
<tr>
<td></td>
<td>Confirm the setting of “Notification Center” on your iPhone.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Confirm the notification settings on supported apps.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Check the notification preferences on the “Proximity 2.5” app.</td>
<td>12-16</td>
</tr>
<tr>
<td>Symptom</td>
<td>Remedies</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Time info cannot be obtained automatically.</td>
<td>Check if your iPhone is in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet) and avoid obstacles between the watch and the iPhone.</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>Check if the watch is ready to receive the time info (the mode is set to [TME], [L-TM] or [CT] and the crown is in position 0).</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>Check the status of your iPhone (charging or sleep mode).</td>
<td>–</td>
</tr>
<tr>
<td>iPhone does not sound using iPhone Search.</td>
<td>The “Proximity 2.5” app and Bluetooth on the iPhone must be turned on in advance.</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Your iPhone is not in communication distance (5 m / 16-1/2 feet to 10 m / 33 feet).</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>iPhone’s volume is “0” or earphones are plugged in.</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Your iPhone and Proximity watch have not been registered (paired).</td>
<td>7</td>
</tr>
</tbody>
</table>
### Troubleshooting

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedies</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The second hand remains indicating “ACT” and does not move at all.</td>
<td>This may occur as a result of a pairing (registration) or connection failure. Pull the crown out to position 1 or 2, then push it in to position 0. If this does not work, leave the watch for about two or more minutes. If the second hand still does not move, consult the nearest Authorized Citizen Service Center.</td>
<td>—</td>
</tr>
</tbody>
</table>

Specifications and contents of this booklet are subject to change without prior notice.