Thank you for your purchase of this product.
Before using the watch, read this instruction manual carefully to ensure correct use.

Accessing the latest information (Cal. No.: YF30)

You can access the latest information of this watch using the QR code.
https://www.citizenwatch-global.com/support/html/en/yf30/yf30.html

- Access also here to see notices.
- You can also see how to use enhanced features and functions such as slide rules and tachymeters on the web site. It depends on models whether they are equipped with enhanced features and functions or not.

Safety precautions

"Precautions" provided with the product contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property.
Make sure to read it through before using the product.

Features

Connection with a smartphone through the dedicated app
Time and calendar are synchronized with those on the smartphone. To get the dedicated app, access a download site of apps for your smartphone.

Measurement of activity, heart rate and blood oxygen levels (SPO2)
The watch records data of measurement above and shows them on the dedicated app and send them to health care apps.

Amazon Alexa ready
You can use Alexa through the microphone on the watch.

User-configurable buttons
You can assign two functions to the buttons of the watch as you want by setting them on the dedicated app.

- [ADD FEATURES]
- [WORKOUT MODE]
- [WELLNESS DASHBOARD]
- [STOPWATCH]
- [NOTIFICATIONS]
- [MUSIC CONTROL]
- [TIMER]
- [WEATHER]
- [RING PHONE]
- [SET UP ALEXA]

Permanent indication on the display
The watch is equipped with an electronic paper display. It can always indicate up to 4 items you choose from the information items below.

- iiideas of Riiiver
- [SECOND TIMEZONE]
- [DAY-DATE]
- [CURRENT TEMPERATURE]
- [STEPS]
- [HEART RATE]
- [CHANCE OF RAIN]
- [ACTIVE MINUTES]
- [CALORIES]
- [BATTERY]

Appearance of the display (watch face) can freely be customized.

Enhanced functions using Riiiver

Riiiver is a unique service platform which provides connection between watches and the Internet through a special app on your smartphone.
On this watch, you can add functions prepared (called "iiidea" on the Riiiver platform) by assigning them to watch buttons or using [ADD FEATURES] from the display items.

- It is limited that regions where the Riiiver service is available. You cannot use Riiiver in areas where the service is not provided.

- Amazon, Alexa and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

CONTENTS

Before using this watch

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

Charging your watch

Charge the built-in secondary battery using the special battery charger to use this watch.
For details, see "Quick start guide" and "Charging cord" provided with the product.

Component identification
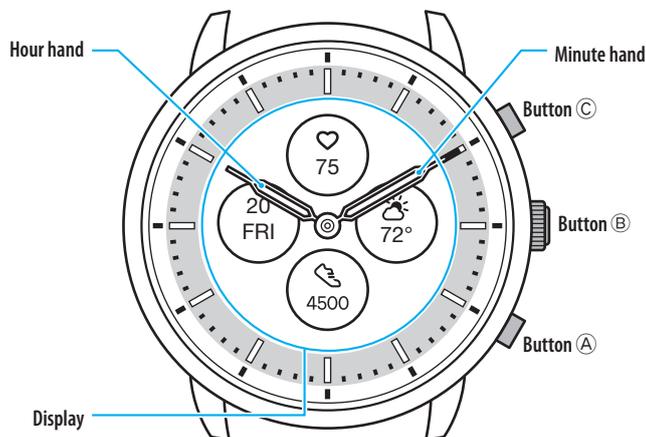
- The illustrations in this instruction manual may differ from the actual appearance of your watch.

About the display of the watch

This watch is equipped with an electronic paper display. Owing to the display, the watch can always indicate various information with little consumption of power reserve. On the other hand, unlike an ordinary LCD, indication is not always renewed.
To see current total steps or other real-time data, you need to renew indication intentionally.

Renewing indication on the display
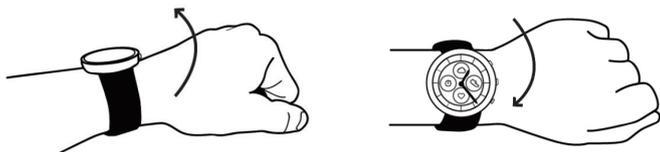
Twist your wrist quickly, and the hands on the watch move and the indication on the display is refreshed.
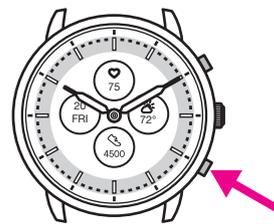- Try the twist again if the hands do not move.

Turning on the light

Tap the center of the display twice to turn on the light.
- The light is turned off in a few seconds automatically without any operation.
- You can change the setting not to turn on the light on the watch. For details, see "Settings on the watch body" (→ page **5**).

Indicating notifications

Press and hold the lower button Ⓐ of the watch to indicate notifications on the display of the watch.
- For details of Notifications, see "Setting notification" (→ page **16**).

Hiding information on the display

Press and hold the upper button Ⓒ of the watch to hide information on the display of the watch.
- You can also hide the information through the setting of the watch. For details, see "About the menu on the watch" (→ page **19**).

Before connecting with a smartphone

You must install the dedicated app "CITIZEN CONNECTED" on your smartphone and start it to make pairing between the phone and the watch to connect them.
The flow of connection is as follows.

- This watch communicates with smartphones through Bluetooth® Low Energy power-saving communication technology.
- The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.
- Google, Wear OS by Google, Google Play and Google Play logo, Google Fit, Google Assistant, Google Calendar, Gmail, Android and Android Go Edition, Android One, Google Pixel, Google Nest Thermostat are trademarks of Google LLC.
- IOS is a trademark or registered trademark of Cisco Systems, Inc. or its affiliates in the United States and other countries, and is used under license.
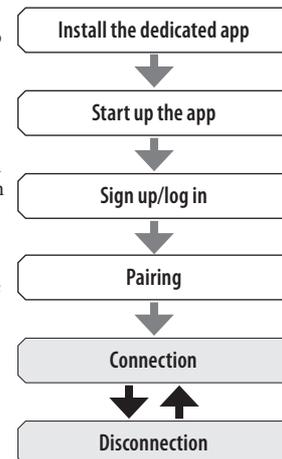
Requirements for connection

Android	Android OS 7.0 -
iPhone	iOS 15.0 -
Bluetooth®	**Bluetooth smart** compatible/ **4.2 Low Energy**

- You cannot install the dedicated app when your smartphone is not compatible with it.
- Fulfillment of the requirements of your smartphone does not warrant normal operation of the app.
- Update of the dedicated app may be stopped after manufacturing of the watch is ended.

Actual screens and/or indication of the dedicated app may differ from those on this manual depending on your usage conditions and/or changes of specifications at update of the app.
In that case, follow instructions on the actual screen of the app.

Execute pairing with the smartphone

Execute pairing at first when connecting the watch and your smartphone.
- Unique pairing information is saved on the watch and smartphone as pairing is executed.
- Make an account at the startup of the dedicated app. An e-mail address which can be used for e-mail reception is required for making an account.
- Keep the mail address and password for the account in case they are required.

Executing pairing

- For pairing, you have to operate both the watch and the smartphone.
- Charge the watch and the smartphone sufficiently beforehand.
- Turn on functions related with Bluetooth® and location information on your smartphone.

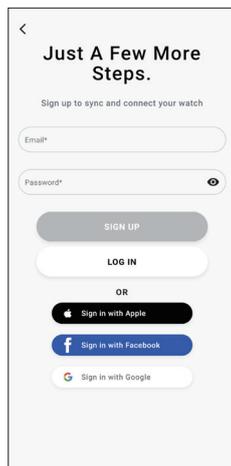**1** **Download the dedicated app "CITIZEN CONNECTED" at an app site and install it.**

2 **Start the dedicated app.**
- Keep the app screen displayed until pairing is finished.

3 **Tap [HYBRID].**

4 **Make an account.**

- Proceed to authentication process when you made an account. An authentication number will be sent to the mail address you registered here.
- Tap [LOG IN] if you had logged out without executing pairing after making an account before.
- Once signed up, the status (login status) is kept regardless whether the app is activated or deactivated.

5 **Press the middle button Ⓑ and tap [CONTINUE] on the screen of the app as the [Start Pairing] screen is shown.**
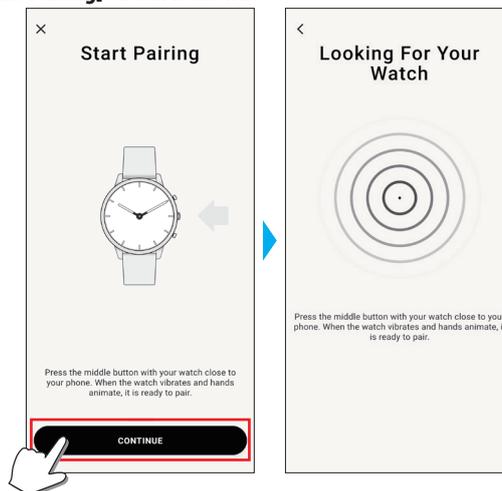
6 **Tap [THIS IS MY WATCH].**

- The watch displayed on the screen may look different from the actual one you use.
- Tap [I DON'T SEE MY WATCH] when not only its color but whole appearance looks different from yours.
- When update of the watch has started, wait until it is finished.

7 **Press the middle button Ⓑ of the watch within time limit.**

Pairing starts.

■ When pairing finished successfully
The screen of finish is displayed.
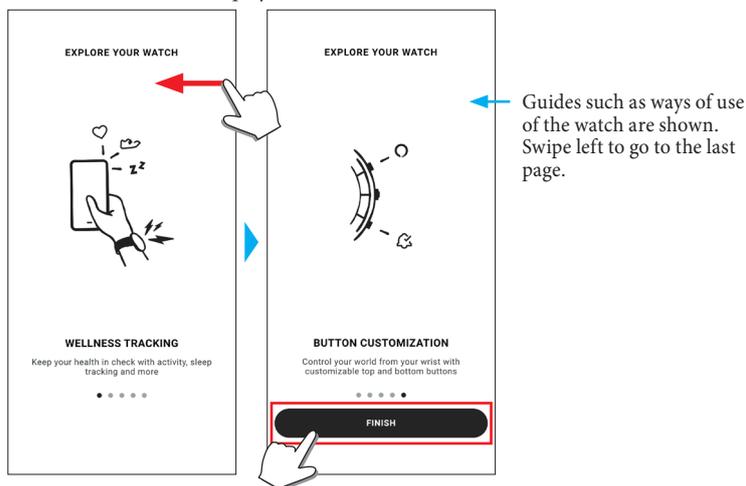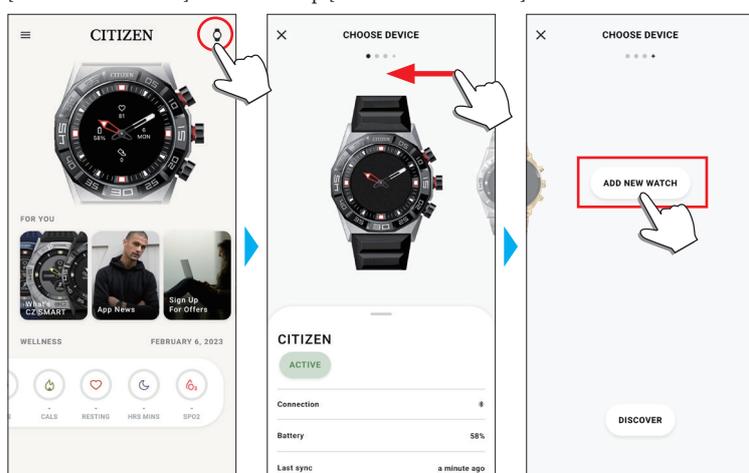

Guides such as ways of use of the watch are shown. Swipe left to go to the last page.

■ To start pairing on the screen of the app
Tap the watch icon (⌚) on the upper right of the home screen, swipe left on the [CHOOSE DEVICE] screen and tap [ADD NEW WATCH].


When pairing fails
When pairing fails and the target watch does not appear on the dedicated app, try pairing again following the steps below.
1 **Remove "CITIZEN CONNECTED HR 2.1" on Bluetooth® setting of your smartphone.**
2 **Turn off the Bluetooth function on your smartphone and turn it on again.**
3 **Execute pairing between the watch and the smartphone again.**

When connection fails after pairing (canceling pairing)
Try pairing again following the steps below.
1 **Tap the watch icon (⌚) on the upper right of the home screen.**
2 **Swipe left or right on the [CHOOSE DEVICE] screen to display the watch with which you want to connect your smartphone.**
3 **Swipe up the bottom tab on the [CHOOSE DEVICE] screen to display the menu.**
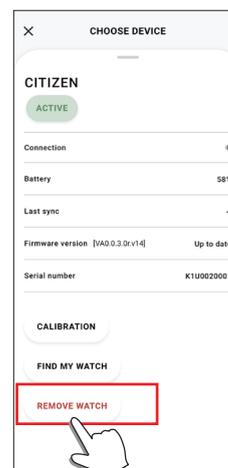
4 **Tap [REMOVE WATCH].**
5 **Remove "CITIZEN CONNECTED HR 2.1" on Bluetooth® setting of your smartphone.**
6 **Turn off the Bluetooth function on your smartphone and turn it on again.**
7 **Execute pairing between the watch and the smartphone again.**

Synchronizing your watch and smartphone

After pairing, the watch and your smartphone are connected and synchronized automatically as the dedicated app is started up or displayed on the phone.
- All the hands of the watch turn fully around when synchronization starts.
- The time and calendar on the watch are also synchronized with those on the smartphone.
- It may take a certain period of time for data synchronization.
- Some operations of the app such as change of settings are accompanied with data synchronization.
- Synchronization does not start when the watch is not charged enough.
- Synchronization does not start if distance between the smartphone and the watch is 10 m (30 feet) or more or there is any obstacle between them.

Swiping down the home screen also starts data synchronization.

Adjustment of the time and calendar

This watch receives time information from your smartphone at every connection and adjusts the time and calendar automatically.
• You cannot adjust time and calendar on the watch only by itself.

Acceleration sensor and optical sensor

This watch is equipped with a built-in acceleration sensor and an optical sensor. They always execute measurement while you wear the watch.
• The acceleration sensor measures your action such as steps and the optical sensor measures your heart rate and blood oxygen levels (SPO2).
• If you hold something in the hand of watch-wearing side, the sensors may measure wrongly.

You can check measured data in real-time on the watch. On the [WELLNESS] screen of the dedicated app, the data are shown in graphs as daily/weekly/monthly records.
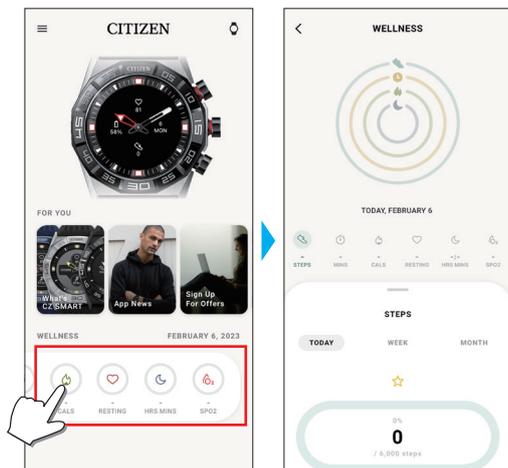
In addition, on the screen of dedicated app, you can check status of activities categorized by types, activity time, calorie consumption derived from your height and weight, sleep time, etc.
• Activity data recorded in the watch is transferred to the dedicated app when the watch and the smartphone are synchronized and it is stored in the app.
• Up to about 40-day data of activity is saved on the watch.
• Data gathered with this product can be sent to other apps and browsed.
• This product interprets actual movement of the watch detected through its acceleration sensor with its special way to figure out your activities such as your steps or sleep.
  It is a kind of estimation and its results may differ from actual activities.
• Heart rate and blood oxygen levels got through the optical sensor on this watch are mere estimation calculated and derived from measurement, not for medical or remedial use.
• You cannot edit data. You cannot also display activity data collected through other devices on the dedicated app of this watch.

Settings on the watch body

You can execute settings for the watch and utilize its various functiions only by the watch itself.
• Some settings and functions are not available without connection between the watch and the smartphone through the dedicated app.

We introduce settings on the watch body here.
• See "About the menu on the watch" (→ page) for other functions.

1 **Press the middle button Ⓑ of the watch.**
   The hands of the watch point one of the function icons on the display.

   • [Home] is pointed immediately after indication.
   • The indication automatically returns to normal indication in about 3 minutes without executing any operation.

2 **Press the lower button Ⓐ.**
   The hands of the watch point the [Settings] icon.

   • In this time, pressing the lower button Ⓐ of the watch moves the hands clockwise to point each function icon one by one. Pressing the upper button Ⓒ of the watch moves the hands counterclockwise.

3 **Press the middle button Ⓑ of the watch.**
   The menu of [Settings] appears on the watch.

   • [Back] is chosen when the menu appears.

4 **Press and release the lower button Ⓐ or the upper button Ⓒ repeatedly to choose a menu item.**

[About]	Use it to see the serial number and the firmware version of the watch. • This item has no setting values. • Press the lower button Ⓐ/the upper button Ⓒ of the watch to scroll indication up/down.
[Watch Mode]	You can set which wrist you wear the watch on. Choose [RIGHTIE] or [LEFTIE]. • Each time you change the setting, the display indication turns upside down.
[Dial Info]	You can set whether information is indicated on the display of the watch or not. • Pressing and holding the upper button Ⓒ switches its [ON]/[OFF].
[Heart Rate]	You can activate/deactivate the optical sensor.
[Vibration]	You can set vibration strength of the watch. You can choose one from [OFF], [MILD], [MEDIUM] and [STRONG]. • Each time you change the setting, the watch actually vibrates in the new setting.
[Notification Size]	You can set text size of notifications on the display of the watch. You can choose one from [SMALL], [MEDIUM] and [BIG].
[Do Not Disturb]	You can activate/deactivate notifications to the watch temporarily. You can choose one from [ON], [MIRROR PHONE] and [OFF]. • It does not affect alarm settings.
[Back]	The [Settings] menu is closed.
[Front Light]	You can activate/deactivate the light.

5 **Press the middle button Ⓑ of the watch.**
The setting of the menu item you chose is changed.
• Each time you press button, the setting is changed.

6 **Repeat steps 4 and 5 to adjust settings of other items.**

7 **After finishing setting, press and release the lower button Ⓐ or the upper button Ⓒ of the watch repeatedly to choose [Back].**

8 **Press the middle button Ⓑ of the watch.**
The hands of the watch point the [Settings] icon.

9 **Press the upper button Ⓒ.**
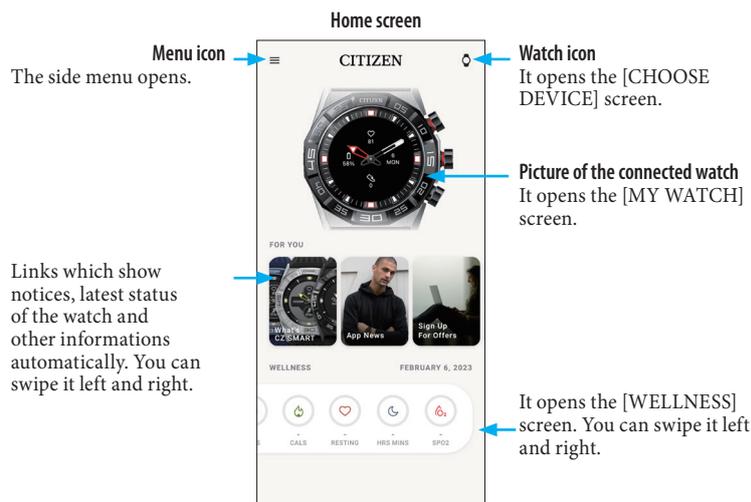The hands of the watch point the [Home] icon.

10 **Press the middle button Ⓑ of the watch to finish the procedure.**
The watch returns to normal indication.

• After step 5, press and hold the middle button Ⓑ of the watch to skip to step 8.

The screen of the dedicated app

We call the screen just below the home screen, which appears immediately after starting the dedicated app.

Home screen

Menu icon
The side menu opens.

Watch icon
It opens the [CHOOSE DEVICE] screen.

Picture of the connected watch
It opens the [MY WATCH] screen.

Links which show notices, latest status of the watch and other informations automatically. You can swipe it left and right.

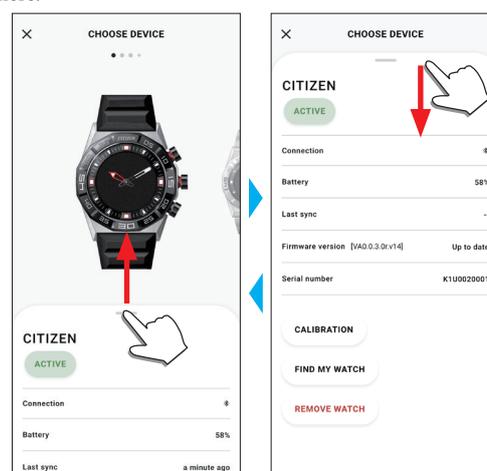It opens the [WELLNESS] screen. You can swipe it left and right.

Side menu

You can control your account, settings of activity goals and those for the dedicated app here.
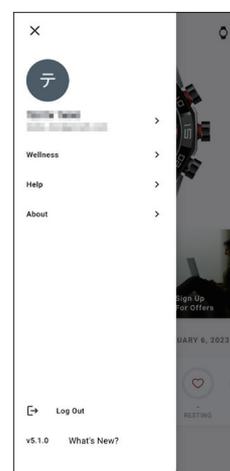

[CHOOSE DEVICE] screen

You can add watches, manage connection and adjust the reference position of the watch hands here.
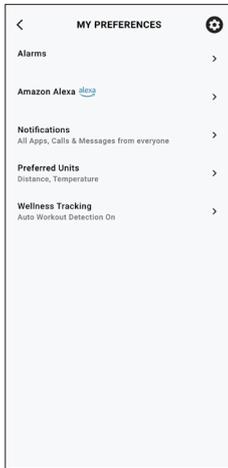
[MY WATCH] screen

You can customize watch face indication and assign function to buttons of the watch here. You can also control settings of notifications and alarm.
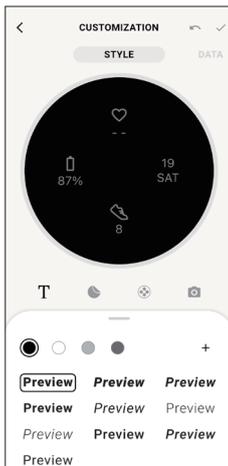
Settings icon
It opens the [MY PREFERENCES] screen.

It opens the [CUSTOMIZATION] screen.
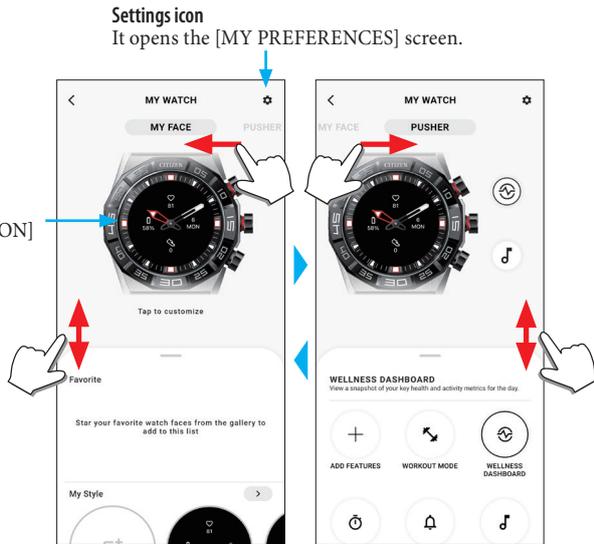
■ [MY PREFERENCES] screen

You can control settings of alarm, Alexa, notifications, unit, etc. here.

■ [CUSTOMIZATION] screen

You can control display indication of the watch here.

[WELLNESS] screen

It is the screen for indicating the data of the activity monitor on the watch.
The screen has the six following sub menus: [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CALS)], [HEART RATE (RESTING)], [SLEEP (HRS MINS)] and [SPO2].

Tap to switch to an item you want to indicate.
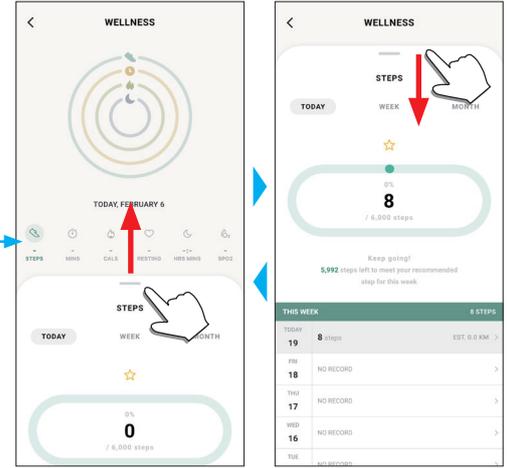
- Activity amount is indicated by percentage where the target value set is supposed 100 %. One whole circle means 100 % on a circle graph. For bar graphs, the 100 % line is indicated in the graph field.
- For details of Target value, see "Changing goal values of activities" (→ page 8).

Changing settings of the dedicated app

1 **Start the dedicated app.**

The watch and the smartphone are connected.

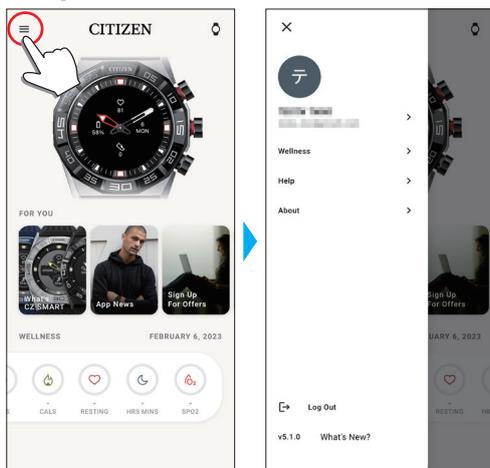• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap the menu icon (≡) on the upper left of the home screen.**

The side menu opens.

| Account name	Tap to change account name.
[Wellness]	You can change connected apps, hight, weight, gender and settings of activity goals here.
[Help]	You can access FAQ and contact us here.
[About]	You can control data sharing setting for software improvement and browse terms of use and privacy policy here. You can also remove your account here.
[Log Out]	Use this to log out of the dedicated app. Your account is not removed.
Version indication	Version of this dedicated app is indicated.
[What's New?]	You can access the latest information of this dedicated app and other topics.

Changing goal values of activities

1 **Start the dedicated app.**

The watch and the smartphone are connected.

• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap the menu icon (≡) on the upper left of the home screen, then tap [Wellness] on the side menu.**
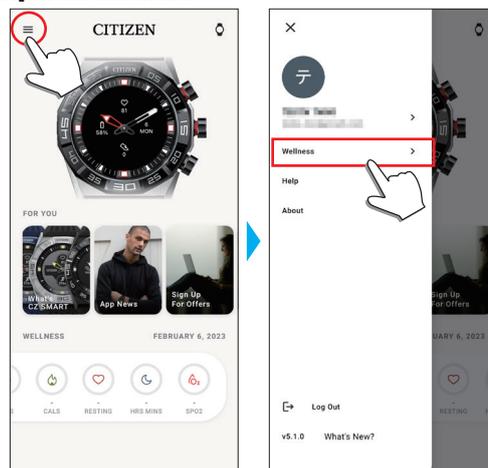
The [WELLNESS] screen is opened.

3 **Tap [Set Goals] on the [WELLNESS] screen.**

The [SET GOALS] screen is opened.
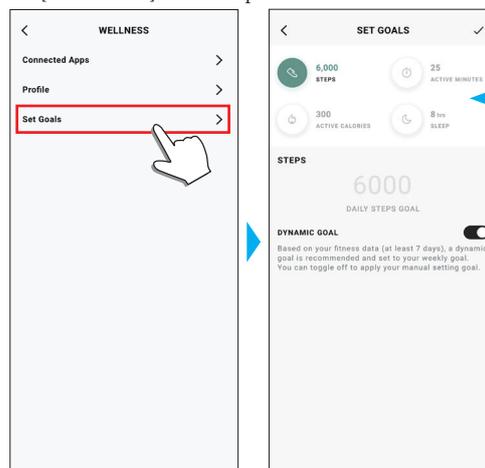
The current setting values are indicated. Tap an item whose setting value you want to change.

4 **Choose the item which you want to change goal value of on the top of the screen and enter the value.**

The screen keyboard appears.
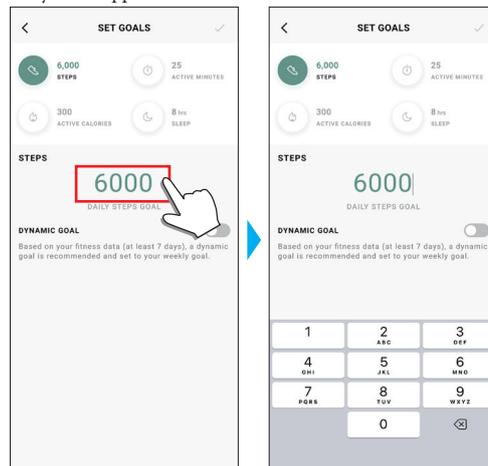
• When [DYNAMIC GOAL] is active on [STEPS], you cannot change its goal value. The goal value is automatically set based on your past activity history (at least records of your 7-day activity is required to activate the function).

5 **Tap the check icon (✓) on the upper right of the [SET GOALS] screen to finish the procedure.**

Checking the status of the connected watch

1 **Start the dedicated app.**
The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap the watch icon (⌂) on the upper right of the home screen.**
The [CHOOSE DEVICE] screen is opened.

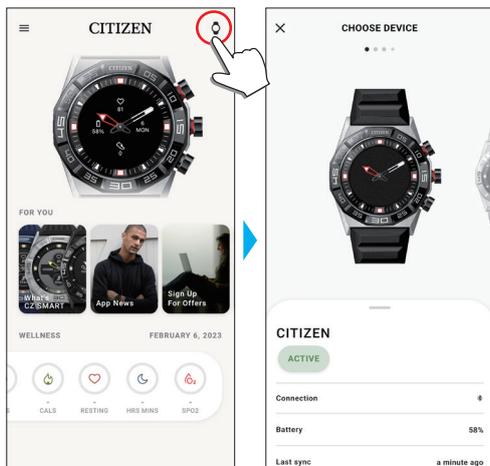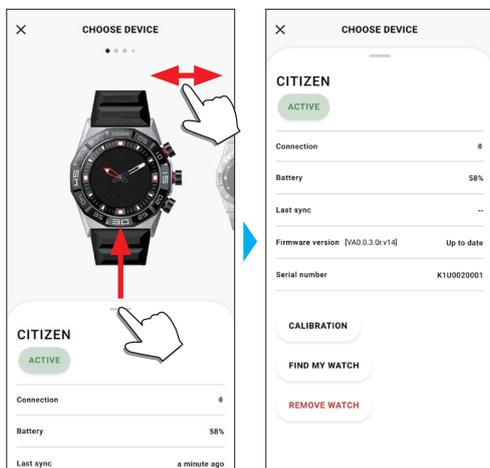*3* **Swipe left or right on the screen to display the connected watch and swipe up the tab on the bottom of the screen.**

|	
[ACTIVE]	[ACTIVE] is indicated for the currently connected watch. • When you use two or more watches, you can switch the watch to be connected by tapping [MAKE ACTIVE].
[Connection]	The current connection status is indicated.
	✳: Connected / 🚫: Disconnected
[Battery]	You can check power reserve of the connected watch here.
[Last sync]	The time elapsed since the last connection is indicated.
[Firmware version]	The current firmware version of the watch is indicated.
[Serial number]	The serial number of the watch is indicated.
[CALIBRATION]	Check and correct the reference position of the hour and minute hands. For details, see "Checking and correcting the reference position" (→ page 18).
[FIND MY WATCH]	Use this to search the watch. A rough-estimated position of the watch where it lastly synchronized with the smartwatch can be indicated on the map. • Permission for access to the positional information of your smartphone is needed.
[REMOVE WATCH]	Use this to cancel pairing between the watch and the smartphone and reset the watch. • Keep the watch and the smartphone within connectible distance.

Using Amazon Alexa

You can operate the watch using Alexa through voice operation and the watch display to control the alarm and the timer of the watch and to check notifications.
• Use the built-in microphone of the watch to talk to Alexa.
• An Amazon account is required.

Setting Amazon Alexa

• If you had executed settings on the screens shown below in the course of pairing, you do not have to execute the steps below.
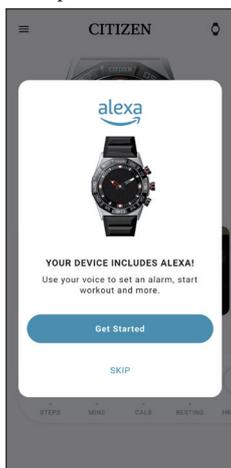
1   Start the dedicated app.

The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2   Tap the picture of the connected watch on the home screen.

The [MY WATCH] screen is opened.
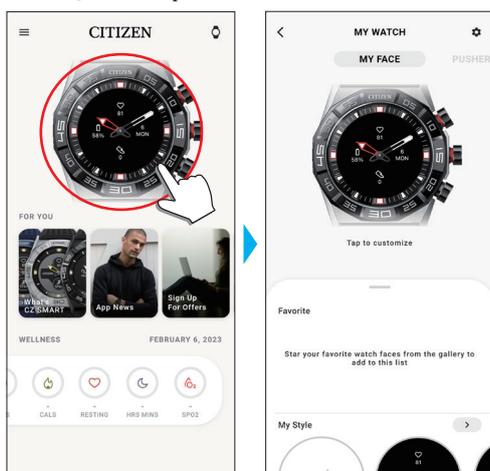
3   Tap the setting icon (⚙) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.
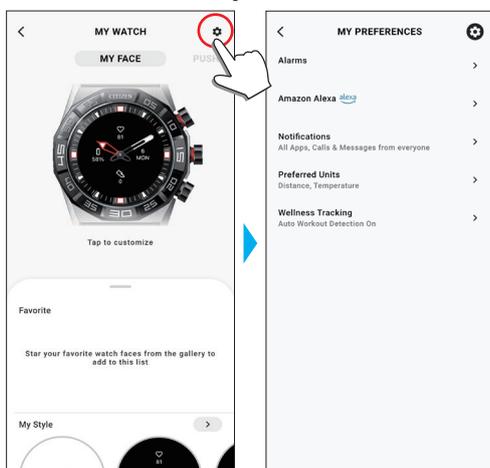
4   Tap [Amazon Alexa] on the [MY PREFERENCES] screen.

The Alexa screen is opened.
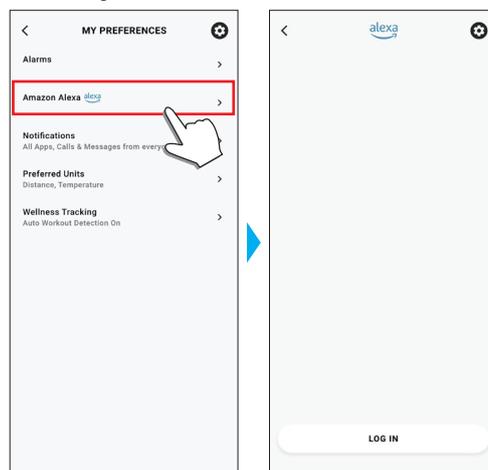
5   Tap [LOG IN] on the bottom of the Alexa screen.
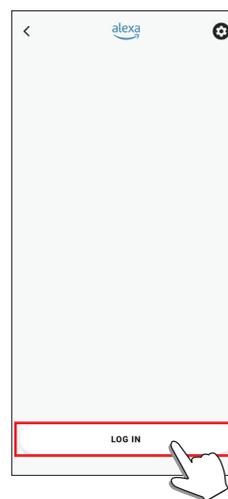
The setting screen appears. Proceed operation hereafter following instructions on the screen of the app.
After finishing the setting, the screen below appears.
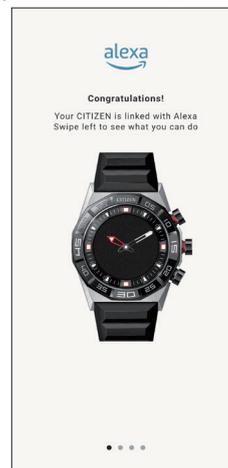
Using Amazon Alexa

1 **Press the upper button Ⓒ of the watch.**
The Alexa screen appears and the watch gets into the [Listening] status.

2 **Talk to Alexa.**
• Talk to Alexa in the language you set for controlling it.
• You can change the language by using [Amazon Alexa] on the [MY PREFERENCES] screen after logging in.
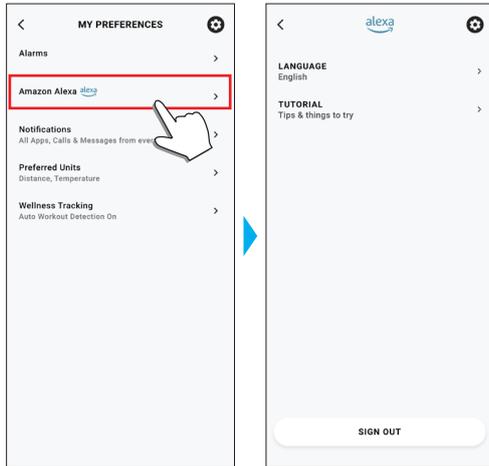
3 **Press the upper button Ⓒ of the watch.**
The status of Alexa change to [Thinking] and the hands of the watch start rotating.

• The status automatically changes without pressing the button.
• Each time you press the upper button Ⓒ, the status switches between [Listening] and [Thinking].

4 **Press the middle button Ⓑ of the watch to finish Alexa operation.**
The watch returns to normal indication.

When Alexa is not assigned to a button of the watch

Assign Alexa to a button referring to "Executing settings for functions and assigning them to the buttons of the watch" (→ page 12).
You can activate Alexa through the menu of the watch following the steps below.

1 **Press the middle button Ⓑ of the watch.**
The hands of the watch point one of the function icons on the display.

• [Home] is pointed immediately after indication.
• The indication automatically returns to normal indication in about 3 minutes without executing any operation.

2 **Press the upper button Ⓒ of the watch twice to make the hands of the watch point [Alexa].**

• Press the lower button Ⓐ or the upper button Ⓒ of the watch to move the hands clockwise or counterclockwise respectively.

3 **Press the middle button Ⓑ of the watch.**
The Alexa screen appears and the watch gets into the [Listening] status.

Executing settings for functions and assigning them to the buttons of the watch

You can assign various functions to the lower button Ⓐ and the upper button Ⓒ of the watch. Some functions need settings on the dedicated app.

1 **Start the dedicated app.**

The watch and the smartphone are connected.
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.
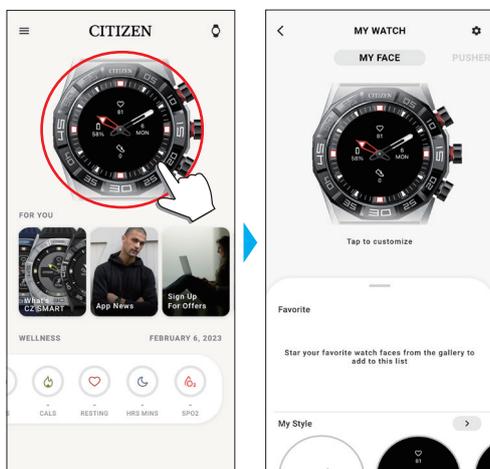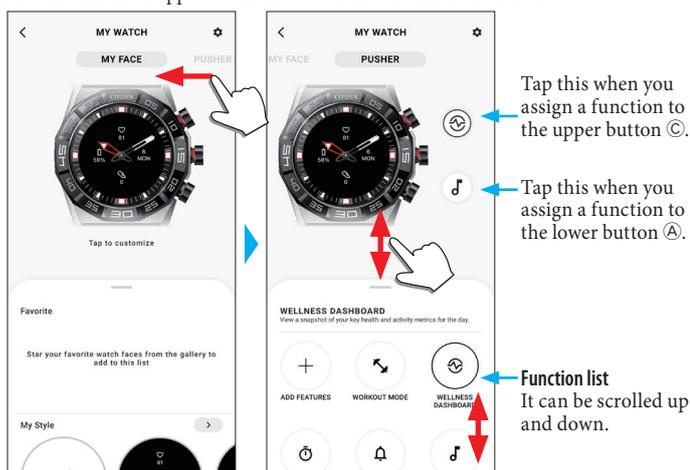
2 **Tap the picture of the connected watch on the home screen.**

The [MY WATCH] screen is opened.

3 **Swipe left on the [MY WATCH] screen to indicate [PUSHER].**

The function list is appeared on the tab on the bottom of the screen.

Tap this when you assign a function to the upper button Ⓒ.

Tap this when you assign a function to the lower button Ⓐ.

Function list
It can be scrolled up and down.

- The example above shows when the upper button Ⓒ is tapped.

4 **Tap the button which you want to assign a function to and tap a function on the bottom of the screen.**

- Items on function list may differ depending on status of the watch.

[ADD FEATURES]	You can assign an iiidea of Riiiver as a function. Function setting: Turn on iiideas on [IIIDEA LIST] and execute required settings to make iiideas of Riiiver appear on the bottom of the screen. • The items including individual iiideas do not appear in areas where Riiiver is unavailable. Even after assignment, any function related with Riiiver does not appear in areas where the Riiiver service is not provided.
[WORKOUT MODE]	You can measure activities by types and make measurement results indicated. Results of activities are also indicated on the dedicated app.
[WELLNESS DASHBOARD]	It indicates [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CALS)], [HEART RATE (RESTING)], [SLEEP (HRS MINS)] and [SPO2] of a day. You can measure heart rate and blood oxygen levels (SPO2).
[STOPWATCH]	You can execute time measurement. The hour and minute hands take the same motion and move as the second hand.
[NOTIFICATIONS]	Notifications are indicated. Function setting: it is required to execute settings for notifications on [Notifications] on the [MY PREFERENCES] screen.

[MUSIC CONTROL]	You can control music playback through the watch while using the music app: can command play/pause/go next. Play/pause: press and hold the upper button Ⓒ of the watch. Volume up: press the upper button Ⓒ once. Volume down: press the lower button Ⓐ once. Go to the next tune: press and hold the lower button Ⓐ.
[TIMER]	You can use a countdown timer. The hour and minute hands take the same motion and move counterclockwise as the second hand. Countdown time can be set in 1-minute increments. The watch vibrates when countdown is finished. Function setting: countdown time must be set with operation on the watch.
[WEATHER]	It indicates weather reports of up to two places including current one. Function setting: choose places on [ADD LOCATION]. • Permission for access to the positional information of your smartphone is needed.
[RING PHONE]	It makes your smartphone emit sound to help you when looking for the phone. Press the middle button Ⓑ of the watch to stop the sound.
[SET UP ALEXA]	You can use Alexa.

Functions available with [ADD FEATURES]:

[UV Index]	It indicates UV index of 3 places including current one.
[Surf Report]	It indicates surfing-focused weather reports.
[Hue Light]	It controls Hue, a Philips' smart light. • This function is available only on iOS.
[Golf Report]	It indicates golf-play-focused weather reports.
[Golf Course]	It indicates information of each hole, such as yards and handicap.
[Flight Information]	It indicates flight information such as arrival and dispatch.
[Delivery Tracking]	It indicates tracking information of your parcel.
[Google Nest Thermostat]	You can control room temperature management tool.
[Yard to Hole]	You can check distance to a hole on a golf course.

5 **Tap the back icon (〈) on the upper right of the [MY WATCH] screen to finish the procedure.**

- Follow instructions on the screen.

The selected function is assigned to the button.

■ **To try the assigned function**

Press the function-assigned button. The screen for the assigned function appears on the display of the watch.
• Some functions need Internet access through the dedicated app.

■ **After using the function**

Press and hold the middle button Ⓑ to return to normal indication.
• Measurement and countdown of time continue even after returning to normal indication.
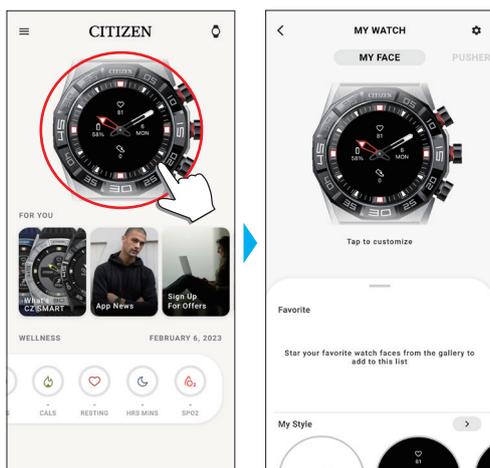
Customizing watch face

1 Start the dedicated app.
The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.
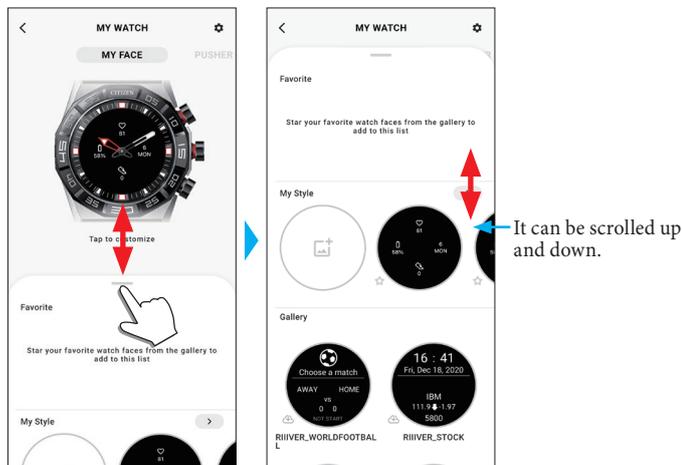
2 Tap the picture of the connected watch on the home screen.
The [MY WATCH] screen is opened.

3 Swipe up the tab on the bottom of the screen while [MY FACE] is indicated.
• Swipe right on the screen when [PUSHER] is shown.
• Proceed to step 5 when you want to customize the current watch face.
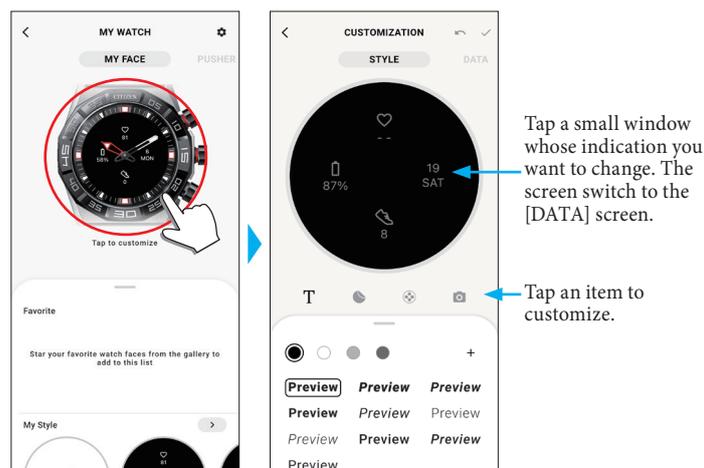

It can be scrolled up and down.

4 Choose and tap a watch face you like.
The face you chose appears on the display of the watch and the screen of the smartphone.

Proceed to the next when you want to customize the watch face.

5 Tap the picture of the watch on the [MY WATCH] screen.
The [CUSTOMIZATION] screen is opened.

Tap a small window whose indication you want to change. The screen switch to the [DATA] screen.

Tap an item to customize.

• Some faces cannot be customized.

T	You can enter text you want to show on the watch display. Tap [+] to add text. You can choose text color. Drag it to change its position; Pinch it in/out to change its size.
🌙	You can add prepared stickers on the watch face. Tap the sticker you placed to change its color. Drag it to change its position; Pinch it in/out to change its size.
⊛	Use it to choose a background for the watch face.
📷	You can place a photo stored on the smartphone as watch face. The previous watch face is overwritten.

• For some watch faces, some items of edit menu are not available (not indicated).
• To remove text and stickers, select one you want to remove and tap the trash icon.

To change indication of small windows

Tap a window whose indication you want to change.
- On the example below, the watch face has four small windows on 3, 6, 9 and 12 o'clock positions.
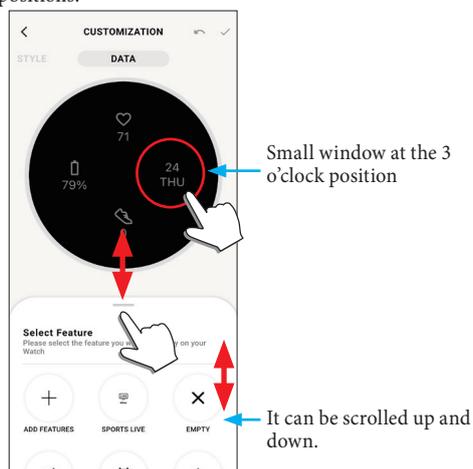
Small window at the 3 o'clock position

It can be scrolled up and down.

Choose a function you want to indicate from the tab on the bottom of the screen.
- You can add [GOAL RING] to a window when it shows indication with a goal value such as [STEPS].

[ADD FEATURES]	Use this to choose information to indicate from iiideas of Riiiver. Turn on iiideas on [IIIDEA LIST] to make information items of Riiiver appear on the bottom of the screen. The items including individual iiideas do not appear in areas where Riiiver is unavailable. Even after choosing, any information related with Riiiver is not indicated in areas where the Riiiver service is not provided.
[SECOND TIMEZONE]	It indicates the time of the place you chose. The selected place is indicated on the bottom of the screen. Tap it to change the place.
[EMPTY]	Choose this when you want to display no indication.
[DAY-DATE]	It indicates date and day of the week.
[CURRENT TEMPERATURE]	It indicates temperature of the current place. Permission for access to the positional information of your smartphone is needed.
[STEPS]	It indicates current total steps of the day.
[HEART RATE]	It indicates the latest-measured heart rate.
[CHANCE OF RAIN]	It indicates chance of rain in the current place. Permission for access to the positional information of your smartphone is needed.
[ACTIVE MINUTES]	It indicates current total time of activities of the day.
[CALORIES]	It indicates current total calorie consumption of the day.
[BATTERY]	It indicates the current power reserve of the watch.

Functions available with [ADD FEATURES]:

[Sports Live]	Flash reports of a sport you chose are indicated.
[UV Index]	It indicates UV index of the current place.
[Stock price]	It indicates stock price condition of a company you assigned.
[World Football]	Flash reports of a soccer team you chose are indicated.

6 After finishing customization, tap the check icon (✓) on the upper left of the [CUSTOMIZATION] screen.

The [Settings] screen is displayed.

7 Tap the check icon (✓) on the upper right of the [APPLY] screen to finish the procedure.

The customized watch face is shown on the display of the watch.
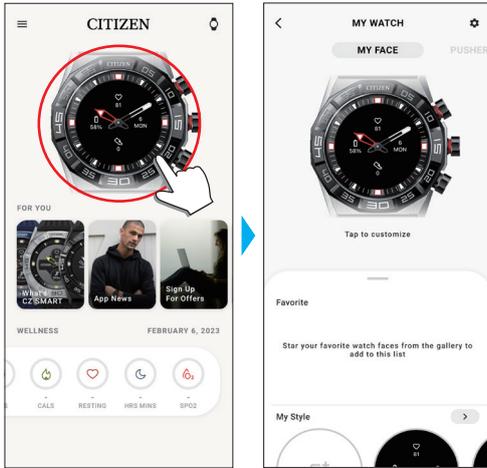
Setting alarm

1 Start the dedicated app.
The watch and the smartphone are connected.
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.

2 Tap the picture of the connected watch on the home screen.
The [MY WATCH] screen is opened.

3 Tap the setting icon (⚙) on the [MY WATCH] screen.
The [MY PREFERENCES] screen is opened.
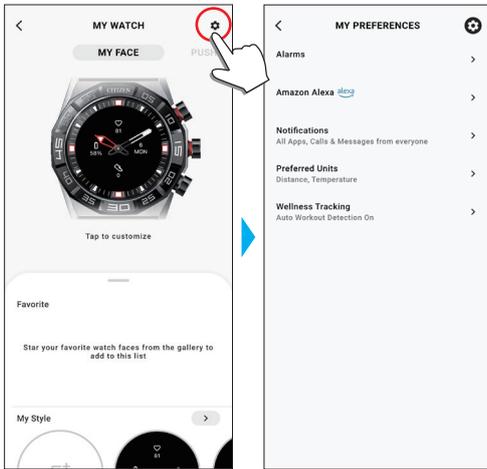
4 Tap [Alarms] on the [MY PREFERENCES] screen.
The [ALARMS] screen is opened.

Alarm time currently activated

Tap here when setting a new alarm time.
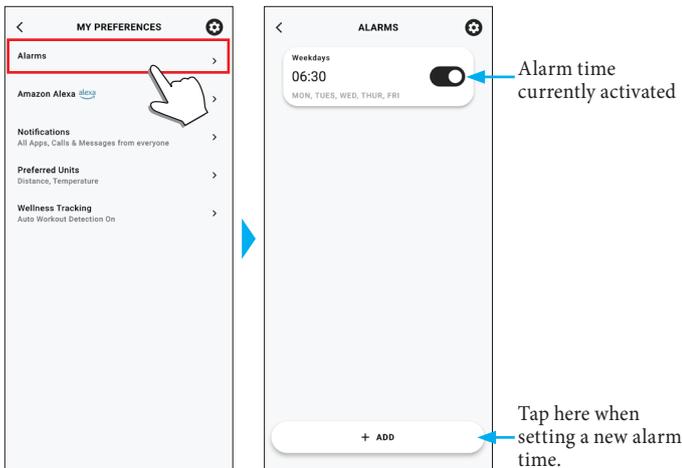
5 Tap [ADD] on the bottom of the [ALARMS] screen.
The [ADD ALARM] screen is opened.

Tap here to give a title to an alarm setting.

Tap here after finishing setting.

Tap days of week on which you want to activate alarm weekly.

Scroll up/down to set hour and minute of alarm time.

Tap here to give a comment to an alarm setting.

- Tap days of week on [REPEAT] on which you want to use alarm repeatedly. On the example below, Monday - Friday are selected.

6 After finishing setting of alarm time, tap the check icon (✓) on the upper right of the [ADD ALARM] screen to finish the procedure.

The alarm time newly set is indicated in the activated status.

■ When alarm time comes
The watch vibrates.
- Press any button to stop vibration.

■ Turning on/off the alarm
Tap the switch of alarm setting to turn on/off on the [ALARMS] screen.

Each time you tap it, the alarm is turned on/off.

■ Changing alarm setting
Tap alarm setting on the [ALARMS] screen to open the [EDIT ALARM] screen.

Tap here after finishing change of settings.

Tap here when removing the alarm setting.
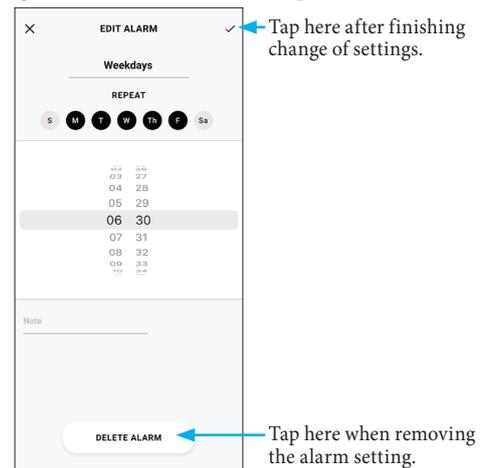
Setting notification

- Notifications may not be received if distance between the smartphone and the watch is 10 m (30 feet) or more or there is any obstacle between them.

1 Start the dedicated app.

The watch and the smartphone are connected.
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.
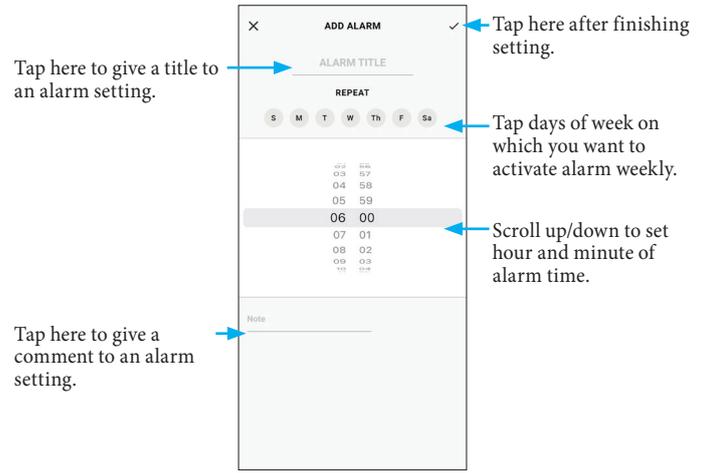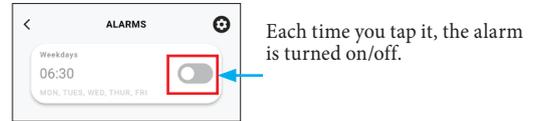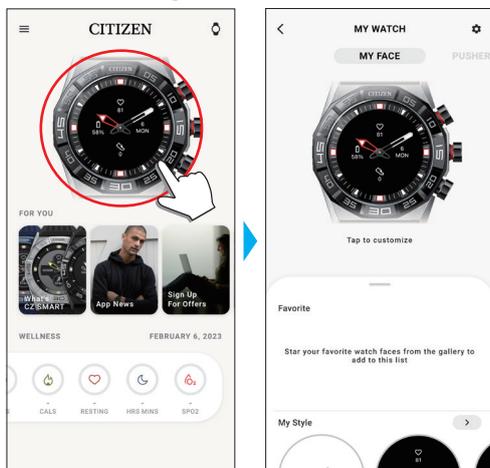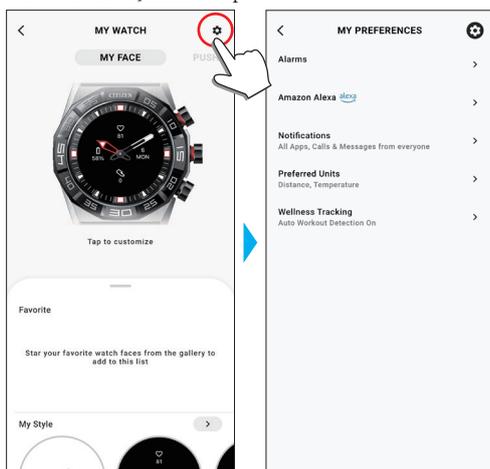
2 Tap the picture of the connected watch on the home screen.
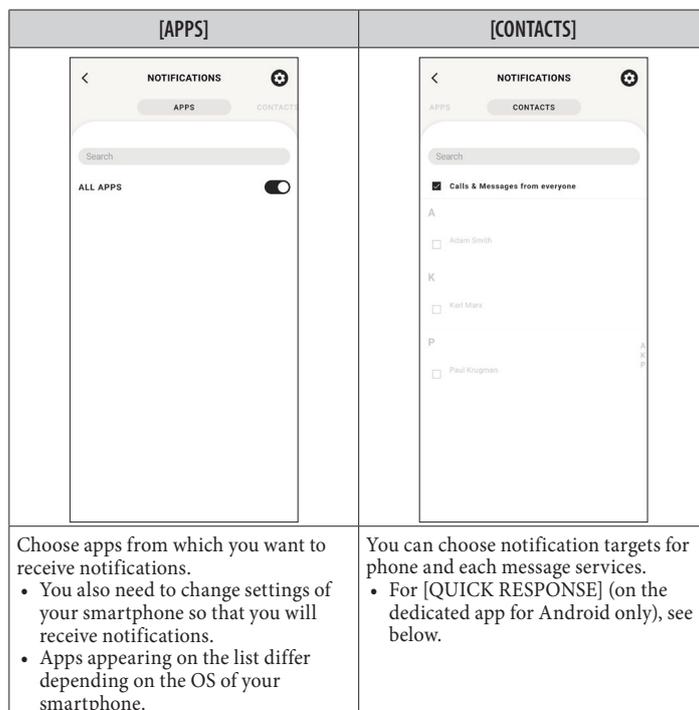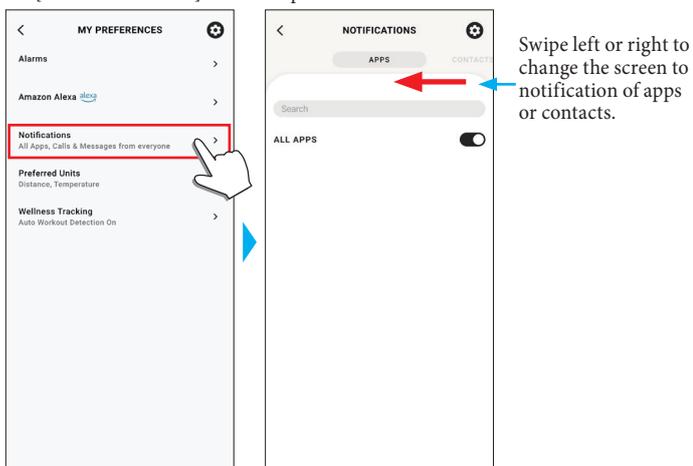
The [MY WATCH] screen is opened.

3 Tap the setting icon (⚙) on the [MY WATCH] screen.

The [MY PREFERENCES] screen is opened.

4 Tap [Notifications] on the [MY PREFERENCES] screen.

The [NOTIFICATIONS] screen is opened.

Swipe left or right to change the screen to notification of apps or contacts.

[APPS]	[CONTACTS]
Choose apps from which you want to receive notifications. • You also need to change settings of your smartphone so that you will receive notifications. • Apps appearing on the list differ depending on the OS of your smartphone.	You can choose notification targets for phone and each message services. • For [QUICK RESPONSE] (on the dedicated app for Android only), see below.

- Access right setting is required when accessing an address management app on your smartphone.
  On Android OS, you can tap items with "!" and control their access right.

■ About [QUICK RESPONSE]

When a call comes in from one of notification targets, you can answer it with a message using [QUICK RESPONSE] (the dedicated app for Android only).
You can make and stock up to two messages beforehand.
When you use [QUICK RESPONSE], as a call comes in, choose a message from the stocked ones by using the lower button Ⓐ or the upper button Ⓒ on the watch and send it by using the middle button Ⓑ.

Detecting activities automatically

For the four activities,[Run], [Bike], [Walk] and [Row Machine], you can set the watch to detect them automatically and start measurement. ([Auto Workout Detection])
In addition, this watch has the notification function to tell you to stand up when it detect that you have had no action a certain period time while studying or working. ([Move Alerts])
- Notifications may not be received if distance between the smartphone and the watch is 10 m (30 feet) or more or there is any obstacle between them.
- The [MOVE ALERTS] function works when the acceleration sensor of the watch has detected no action for a certain period of time.
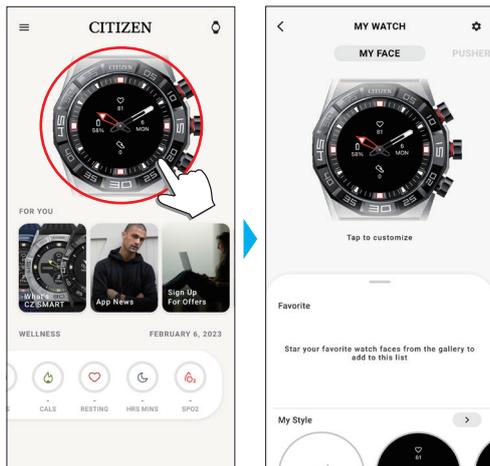
1 Start the dedicated app.
The watch and the smartphone are connected.
- If you have not signed up, sign up.
- If synchronization of the watch and the smartphone starts, wait until it is finished.
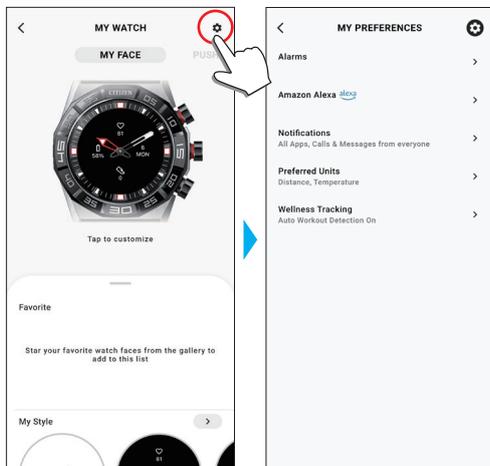
2 Tap the picture of the connected watch on the home screen.
The [MY WATCH] screen is opened.

3 Tap the setting icon (⚙) on the [MY WATCH] screen.
The [MY PREFERENCES] screen is opened.

4 Tap [Wellness Tracking] on the [MY PREFERENCES] screen.
The [WELLNESS TRACKING] screen is opened.
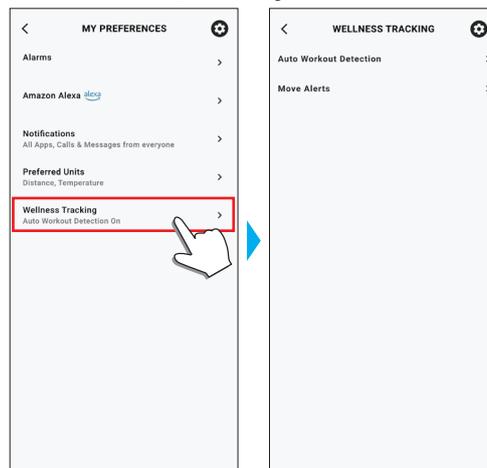
[AUTO WORKOUT DETECTION]	[MOVE ALERTS]
Tap switches of activities for which you want to start measurement automatically. • When you check [Ask me first], a notification comes when measurememt starts.	Use [Start] and [End] to set the time period when the function is active. The function is inactive and no notifications are sent when it is out of the time period you set. Use [Alert me if I'm inactive for] to set interval between the last detection of action and sending the notification.

Checking and correcting the reference position

Check and adjust the reference position through the dedicated app.

If the time or calendar is not shown correctly even after connecting with the smartphone, check whether the reference position of the watch hands is correct.
• If the hands do not reflect the correct reference position, the time will not be indicated accurately.

1 **Start the dedicated app.**

The watch and the smartphone are connected.
• If you have not signed up, sign up.
• If synchronization of the watch and the smartphone starts, wait until it is finished.

2 **Tap the watch icon (◇) on the upper right of the home screen.**

The [CHOOSE DEVICE] screen is opened.
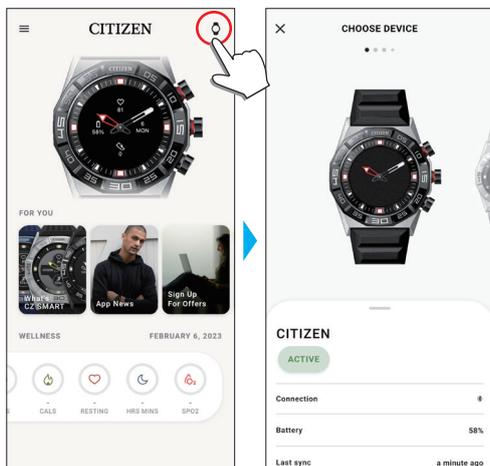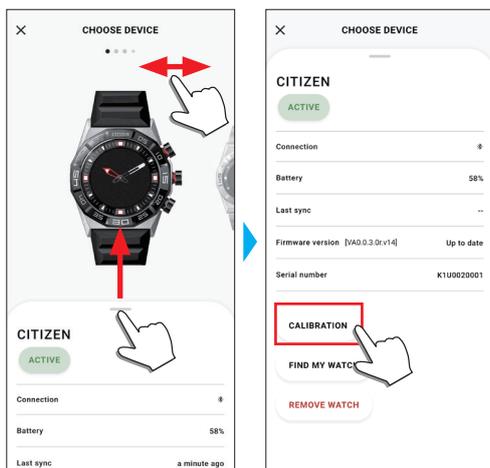
3 **Swipe left or right on the screen to display the connected watch and swipe up the tab on the bottom of the screen.**

4 **Tap [CALIBRATION].**

The reference position of the hour hand becomes adjustable.

Hour hand	Minute hand

Tap here when finishing adjustment of reference position of all hands.

Tap the buttons to adjust the reference position of each hand.
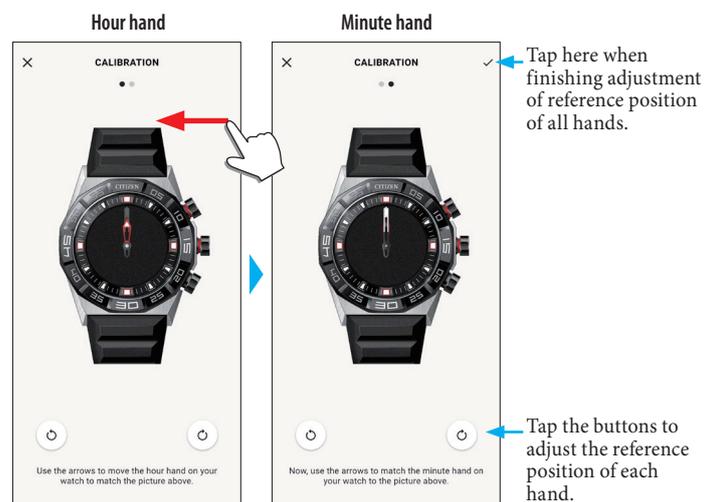
5 **Correct the reference position of watch hands following instructions on the screen.**

• Use the buttons below the image of the watch to move the watch hands.

6 **Swipe left after finishing adjustment of the hour hand.**

The reference position of the minute hand becomes adjustable.

7 **Adjust the reference position of the minute hand of the watch through the same steps.**

8 **Tap the check icon (✓) on the upper right of the screen to finish the procedure.**

• The check icon (✓) appears on the screen of adjustment of reference position of the minute hand.

About the menu on the watch

You can choose a function and use it through the menu on the watch.

- Some functions are not available without connection between the watch and the smartphone through the dedicated app.

1 Press the middle button Ⓑ of the watch.

The hands of the watch point one of the function icons on the display.

- [Home] is pointed immediately after indication.
- The indication automatically returns to normal indication in about 3 minutes without executing any operation.

2 Press and release the lower button Ⓐ or the upper button Ⓒ of the watch repeatedly to switch the function to use.

The hands of the watch point one of the function icons.

- Press and hold the lower button Ⓐ or the upper button Ⓒ of the watch to move the hands continuously.
- The black icon in the white circle shows the currently-selected function.
- You cannot use iiideas in areas where the Riiiver service is not provided.

[Weather]	It indicates weather reports of up to two places including current one. • Settings on the dedicated app are needed to use it. For details, see "Executing settings for functions and assigning them to the buttons of the watch" (→ page 12).
[Ring Phone]	You can make the smartphone connected with the watch emit sound. It is useful when searching the smartphone. Press the middle button Ⓑ of the watch to stop the sound.
[Music Control]	You can control music playback through the watch while using the music app: can command volume up/down and play/pause/go next. Play/pause: press and hold the upper button Ⓒ of the watch. Volume up: press the upper button Ⓒ once. Volume down: press the lower button Ⓐ once. Go to the next tune: press and hold the lower button Ⓐ.
[Alexa]	[You can use [Alexa].
[Notifications]	Notifications are indicated. • Settings on the dedicated app are needed to use it. For details, see "Setting notification" (→ page 16).
[Home]	The watch returns to normal screen.
[Settings]	Use it to control settings of the watch. • For details, see "Settings on the watch body" (→ page 5).
[Wellness]	It indicates [STEPS], [ACTIVE MINUTES (MINS)], [ACTIVE CALORIES (CALS)], [HEART RATE (RESTING)] and [SLEEP (HRS MINS)] of a day. Heart rate and blood oxygen levels (SPO2) are measured.
[Workout]	You can choose type of activities from 10 categories and execute measurement of the chosen activity. For some activities, you can make your exercise course indicated on a map. • For [Run], [Bike], [Walk] and [Row Machine], you can set the watch to detect them automatically and start measurement. For details, see "Detecting activities automatically" (→ page 17).
[Timer]	You can use a countdown timer. For details, see "Using the timer" (→ page 19).
[Stopwatch]	You can execute time measurement. The hour and minute hands take the same motion and move as the second hand.

3 Press the middle button Ⓑ of the watch.

The display is switched to the screen of the chosen function.
- Some functions immediately start working.

■ To return to the normal indication

Press and hold the middle button Ⓑ of the watch to return to normal indication.
- Press and hold the middle button Ⓑ again when the menu screen appeared.

Using the timer

The timer on this watch can set countdown time in 1-minute increments.
- Countdown time adjustment must be executed on the watch.

1 Press the middle button Ⓑ of the watch.

The hands of the watch point one of the function icons on the display.

- The indication automatically returns to normal indication in about 3 minutes without executing any operation.

2 Press and release the lower button Ⓐ or the upper button Ⓒ of the watch repeatedly to indicate [Timer].

3 Press the middle button Ⓑ of the watch.

The watch shows the [Timer] display and the previous countdown time is indicated.

Button guide
"+": Upper button Ⓒ
"►": middle button Ⓑ.
"-": Lower button Ⓐ
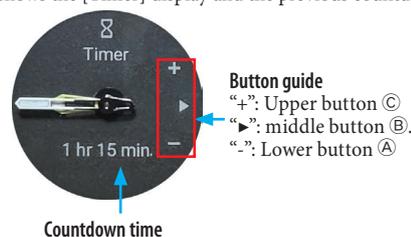
Countdown time

Here we change the countdown time to 25 minutes for example.

4 Press and release the lower button Ⓐ repeatedly to change countdown time to [25 min].

- Countdown time changes continuously in 10-minute increments while you are pressing and holding one of the buttons.

5 Press the middle button Ⓑ of the watch.

The hands of the watch start moving from 12 o'clock position and countdown timer starts.

Remaining time

- Press the middle button Ⓑ of the watch to return to normal indication. The timer keeps countdown.

■ After finishing countdown

The watch vibrates and tell you time is up.

■ **To cancel countdown**
Countdown of the timer continues even after switching screen. To cancel it, follow the steps below.

1 **Call the [Timer] display by executing steps 1 - 3 of "Using the timer" (→ page 19).**

2 **Press the lower button Ⓐ of the watch.**
Countdown of the timer is paused.
• Press the lower button Ⓐ of the watch again to restart.

3 **Press the upper button Ⓒ of the watch to reset the timer.**
The timer's remaining time becomes [0 min] and countdown is ended.

4 **Press the middle button Ⓑ of the watch to finish the procedure.**
The watch returns to normal indication.
• The countdown time set is kept.
• Pressing the upper button Ⓒ at step 3 above updates countdown time.

Bluetooth wireless technology

■ **Regulatory concerning to Bluetooth (Areas where Bluetooth is available)**
Use of the Bluetooth communication technology is not legally permitted in some countries or regions.

• Using this watch in a country where it is not permitted may be punished under its law.
• Communication using Bluetooth may be monitored intentionally or accidentally. Do not use this watch for important communication or any communication involving human lives.

For details of Bluetooth, see the following items.
https://www.citizenwatch-global.com/support/pdf/bluetooth_restrictions.pdf

Specifications

Model	YF30	
Type	Analog-digital combination smart watch	
Display functions	Analog section	Hour, minute
	Display section	Indicates various functions permanently
Duration	About 2 weeks - 4 weeks (vary depending on conditions of use)	
Battery	Rechargeable cell (lithium ion cell), 1pc.	
Additional functions	• Connection function (through the dedicated app) • Vibration function (for alarm and so on, setting through the dedicated app) • Activity monitor function • Heart rate measurement function • Blood oxygen level measurement function • Alexa • Riiiver function • Indications based on functions equipped with the watch: Steps/time and achievement of each type of workout/heart rate/calorie consumption/hours of sleep notification of incoming calls/notification from apps/move alerts stopwatch/timer Music control weather/temperature/chance of rain second time zone (local time)/date and days-of-week indication assigning functions to buttons/editing watch faces Searching the smartphone	

Specifications and contents are subject to change without prior notice.