

Talking Atomic Watch

Speaks the time and date in a clear voice with radio controlled accuracy

40 pence (exc. VAT) per product sold is paid to REL, which covenants all its taxable profits to RNIB, registered charity (no. 226227).



407.2 - Leather Strap



407.3 - Metal Bracelet



407.3E - Expanding Bracelet

Thank you for purchasing your Lifemax Talking Atomic Watch. Your watch is radio controlled, enabling it to set the time and date automatically, as well as adjust for daylight savings. It announces the time and date in a natural male English voice at the touch of a button.

Your watch is preset to receive the UK time signal. The UK transmitter is located in Anthorn, Cumbria and broadcasts up to 620 miles (approx 1,000km). In addition to the UK, an atomic signal is available in Germany, Japan and USA (Pacific, Mountain, Central and Eastern).

In regions where an atomic signal cannot be received, the time can be set manually. **The date function is only available when the watch has received the atomic signal.**

IMPORTANT- THIS WATCH IS IN POWER SAVING MODE WHEN RECEIVED

In the power saving mode the hands are stopped at the 1 o'clock position. To turn the watch on, press and hold the button at 2 o'clock until the hands start to spin. The hands will stop when they match the internal timekeeping.

To return the watch to power saving mode, press and hold S1 and S2 at the same time until the second hand start spinning. Release both buttons and the watch will stop at 1 o'clock to confirm.

Button Functions

The following functions are applicable when the watch is in NORMAL mode

- S1: Located at 2 o'clock, the watch will announce the time when pressed once and the date when pressed twice. If pressed three times, the watch will announce the country signal it is set to receive and whether this has been updated.
- S2: Recessed at 4 o'clock, when pressed the watch will announce the alarm time and whether the alarm is on or off.
- C: Located at 3 o'clock, pulling out the crown will stop the watch and reset the hands. **You should not use the crown when the hands are turning quickly**



S1

C

S2

Watch Menu Mode

To enter Menu Mode, press and hold S2 until the watch says “Set alarm, press 10 o'clock button to set”. Each subsequent press of S2 will move to the next option of the menu, as follows:

- | | | |
|----|-------------------------|--|
| 1. | Set Alarm | To set a time for the daily alarm |
| 2. | Alarm On/Off | To turn the daily alarm On or Off |
| 3. | Chime On/Off | To turn the hourly announcement On or Off |
| 4. | Global Signal Selection | To select the required time signal |
| 5. | Set Time | To manually set the time
(when an atomic signal cannot be received) |

Whilst in menu mode the 10 o'clock button (S3) acts as a CONFIRM button, it is used to select the required menu option.

1. Set Alarm

- Enter the menu mode (see Watch Menu Mode)
- Choose the option SET ALARM and confirm with S1
- Press S1 to select hour and confirm with S2, listen carefully for AM or PM
- Press S1 to select minute and confirm with S2
- Press S2 to confirm time



**Select hour
or minute**

Confirm

When turned on, the alarm will sound for 30 seconds at the selected time. Press any button to silence the alarm. The alarm will sound every day until it has been deactivated. To deactivate follow the Alarm On/Off instructions below.

2. Alarm On/Off

- Enter the menu mode (see Watch Menu Mode)
- Choose the option ALARM ON/OFF and confirm with S2
- To turn the alarm ON or OFF press S1
- Press S2 to confirm



**Select alarm
on or off**

Confirm

To check the status of the alarm press S2 in NORMAL mode.

3. Chime On/Off

- Enter the menu mode (see Watch Menu Mode)
- Choose the option CHIME ON/OFF and confirm with S2
- To turn the chime ON or OFF press S1
- Press S2 to confirm



**Select chime
on or off**

Confirm

When the chime is on the watch will make an hourly announcement of the time.

4. Global Signal Selection

You can set your watch to receive Germany, Japan, USA (PST, MST, CST, EST) or UK time signals. When you select a new country, the hands will move quickly during the adjustment and then return to normal.

- Enter the menu mode (see Watch Menu Mode)
- Choose the option GLOBAL SIGNAL SELECTION and confirm with S2
- Choose the required time zone by repeatedly pressing the S1 button
- Press S2 to confirm selection.



Select time zone

Confirm

5. Set Time (Manual Time Setting)

Use this function in regions where an atomic signal is unavailable, such as when travelling. Your watch will need to be reset when returning to a region with a signal.

- Enter the menu mode (see Watch Menu Mode)
- Choose the option SET TIME and confirm with S2
- Press S1 to select hour and confirm with S2, listen carefully for AM or PM
- Press S1 to select minute and confirm with S2
- Press S2 to confirm time



Set hour or minute

Confirm

The hands will spin rapidly to adjust to the selected time and then resume as normal. Please be patient while the hands adjust. It is not possible to manually set the date.

Resynchronising Watch Hands

Following a sudden shock to your watch, it may be necessary to resynchronise the hands and speech on your watch. To achieve this, simply pull out the crown and adjust the hands to the speaking time, as you would a normal watch.

After battery replacement, please follow the instructions below to allow the watch to function.

- Ensure the crown is pushed in and press S1 to start the watch.
- Pull the crown out when the second hand reaches the 12 o'clock position.
- Adjust the watch hands to 12 o'clock.
- With all hands at 12 o'clock, push the crown in. The watch will now start to run.
- Place the watch face-down near a window. The watch search for a time signal and adjust the hands automatically.

Caring for your watch

Your watch is not water-resistant and should not be immersed in water. Should the watch accidentally become wet, wipe dry quickly and do not operate until dry. When not being used for a long period of time, keep the watch in a cool dry place.

The metallic bracelet (model 407.3) is adjustable. We recommend that this is done by a jeweller or watch maker.

Battery Replacement

If the watch hands move one step for every two seconds and there is no talking function, that battery is low and requires replacing. It is recommended that this watch be returned to Lifemax for any battery replacement or watch service that is needed. This service is available for £10, inclusive of return P&P within the UK.

Please see instructions below for guidance on battery replacement. This watch uses a CR2032 type battery.

- a. Remove the four screws on the back of the watch with a small cross headed screwdriver.
- b. Remove the watch back (speaker) making sure you do not lose the waterproof seal.
- c. Taking care not to damage the two springs that make contact with the speaker, release the battery clip from the right hand side.
- d. Remove the battery and insert a replacement CR2032 noting the polarity (positive faced up).
- e. Push the battery down into the clip being careful no to bend the casing. Replace the watch back (speaker) making sure the waterproof seal is correctly in place.
- f. Refit and tighten the four screws.

Following battery replacement it will be necessary to restart the watch. Please refer to 'Resynchronising Watch Hands' for guidance.

Troubleshooting

My watch is not receiving a time update?

You are outside of the UK, Germany, USA or Japan and cannot receive a signal

Please follow the instructions for manual time setting
(**5. Set Time** - Manual Time Setting).

Your watch is set to the incorrect time zone for your location

Please follow the instructions for global signal selection
(**5. Global Signal Selection**).

You are in a built up area/signal is affected by interference from electronic devices.

To receive a time update place the watch by a window overnight to get the strongest signal. If your watch is unable to receive an update it will continue to function as a standard watch. The time will be corrected the next time it receives the time signal.

The voice/hands on my watch are out of sync but the watch says 'UK time updated'?

Please refer to 'Resynchronising Watch Hands'.

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Retain for future reference.

