

# 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 - Leather Strap



407.1 - Metal Bracelet



407.1E - 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 S3 and S4 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, when pressed the watch will announce the time
- S2: Located at 4 o'clock, when pressed the watch will announce the date
- S3: Recessed at 10 o'clock, when pressed the watch will announce the alarm time, if no alarm is set it will say "Alarm is off"
- S4: Recessed at 8 o'clock, when pressed the watch will announce the country signal the unit is set to receive and whether the time has been updated.



# Watch Menu Mode

To enter Menu Mode, press and hold S4 until the watch says “Set alarm, press 10 o'clock button to set”. Each subsequent press of S4 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)
6. Second Hand Alignment	To resynchronise the watch hands (if the watch hands becomes out of sync)

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 S3
- Press S1 to select hour
- Press S2 to select minute
- Press S4 to confirm time



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 S3
- To turn the alarm ON press S1
- To turn the alarm OFF press S2
- Press S4 to confirm



To check the status of the alarm press S3 in NORMAL mode.

## 3. Chime On/Off

- Enter the menu mode (see Watch Menu Mode)
- Choose the option CHIME ON/OFF and confirm with S3
- To turn the chime ON press S1
- To turn the chime OFF press S2
- Press S4 to 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.

- a. Enter the menu mode (see Watch Menu Mode)
- b. Choose the option GLOBAL SIGNAL SELECTION and confirm with S3
- c. Choose the required time zone by repeatedly pressing the S1 button
- d. Press S4 to confirm selection.



**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.

- a. Enter the menu mode (see Watch Menu Mode)
- b. Choose the option SET TIME and confirm with S3
- c. Press S1 to select hour
- d. Press S2 to select minute
- e. Press S4 to confirm time.

**Confirm**



The hands will spin rapidly to adjust to the selected time and then resume as normal. Please be patient while the hands adjust.

## 6. Second Hand Alignment (Resynchronisation)

After replacing your watch battery, or following a sudden shock to your watch, it may be necessary to resynchronise the hands and speech on your watch.

**Confirm**

- a. Ensure the watch is running
- b. Enter the menu mode (see Watch Menu Mode)
- c. Choose the option SECOND HAND ALIGNMENT and confirm with S3. The second hand will move forward and then stop
- d. Press S2 to begin alignment
- e. Press and hold S2 for approx 10 seconds. The second hand will begin to spin.
- f. For calibration all the hands must be in the 12 o'clock position. Just before the hands reach 12 o'clock press the S2 button to stop the fast movement.
- g. Adjust the second hand slowly to the 12 o'clock position by pressing the S1.  
**DO NOT HOLD THE S1 BUTTON DOWN**
- h. Once all the hands are at the 12 o'clock position, press and hold S3 for 3 seconds
- i. Your watch is now ready to receive the atomic time signal. Place the watch by a window to ensure the strongest reception.



Once your watch has received the time signal the hands will spin rapidly to adjust to the correct time and then resume as normal. Please be patient while the hands adjust.

## 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 407.1) is adjustable. We recommend that this is done by a jeweller or watch maker.

## Battery Replacement

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 clip down and 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. Press and hold S3 until the second hand starts to move and follow the instructions to resynchronise watch hands (6. Second Hand Alignment - Resynchronisation).**

## 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'?**

Press and hold button S3 until the second hand stops and place the watch in a window. When the watch restarts it will adjust to the correct time.

### **The suggestion above does not solve my problem?**

Please follow the instructions to resynchronise watch hands.

## Lifemax Limited

1 Pipers Court, Thatcham, RG19 4ER.

[www.lifemaxuk.co.uk](http://www.lifemaxuk.co.uk)

Retain for future reference.

