**Gents Talking Calendar Alarm Wristwatch Gold Stretch Band**

**(ES7129)**

**Instructions**

**Setting it up**

Your watch has a sleep mode to activate the watch from sleep mode press in and hold the bottom right recessed button for 5 seconds your watch will then speak the time/date.

**Button layout**

There is 1 button on this watch as described below, plus the crown to change the time of the hands.

Top right button: In normal time mode; announces the time.

There is also a recessed button which is situated below the crown. You will need a small pointed object to operate the recessed button.

**To hear the spoken Time and Date**

Press the top right button once the watch will announce the time. Press the top right button again and the watch will announce the date.

Please note: when in setting mode if no buttons are pressed for 5 seconds you will hear a beep and the watch has gone back to normal time mode.

**To Change the Watch Hands**

The Crown is situated on the right hand side of the watch. It is the 2nd button from the top right. Pull the crown out to adjust the hands to the desired time. Please note you will need a sighted person to help with this.

**To set the time**

Use a pointed object to push in the recessed button which is situated under the crown on the right side of the watch. Press once and the watch will say set hour you will then need to use the time button which is situated on the top right side of the watch (the time and date button) press the button until you reach your desired hour.

To set the minutes you will need to press the Recessed button again and the watch will say set minute. Again use the top right button and scroll through to your desired minute.

**To set the Date**

You will need to use a pointed object as you did in the time set procedure.

Press the recessed button until the watch says; Set year use the top right button to scroll through the years once you have the desired year you will need to press the recessed button again and the watch will say Set Month use the top right button to scroll through the months.

Press the recessed button to change the date the watch will say Set date press the top right button to scroll through the numbers until you reach your desired date.

**To set Alarm**

You will need to press the recessed button again. The Alarm Settings will be spoken after setting the date as above. After pressing the recessed button continuously the watch will scroll through the settings, keep pressing until you hear Set Alarm Hour, to change the hour you will need to press the top right button, until you reach your desired hour.

To set the minutes you will need to press the recessed button again, after setting the hours the watch will say Set Alarm Minutes. Again press the top right button to scroll through the minutes.

**To set the Alarm On / Off**

Press the recessed button until you hear Alarm. This is situated just after the Alarm hours and Minutes.

To turn the Alarm on or off press the top right button and this will say Either Alarm off or Alarm time then the relevant Alarm time. This means the alarm is on.

Once you have set your watch please do not press any buttons. After 5 seconds you will hear a beep and the watch has then gone back to normal mode. The top right button should now speak the time and date.

The watch uses 1 x 377 lithium battery, plus 1 x CR2025 silver oxide battery.