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ProSense 17/57 User's Guide

Contents

ProSense 17/57 User's Guide

Welcome to the ProSense 17/57 *User's Guide*.

If you prefer a *User's Guide* in a different file format, go to epson.com/support (U.S.) or epson.ca/support (Canada), select your product, and select the **Manuals and Warranty** tab.

Introduction to Your Product

Refer to these sections to learn more about your product and this manual.

Product Box Contents
Optional Accessories and Replacement Parts
Notations Used in the Documentation
Product Buttons
Screen Icons
Smartphone Notification Icons

Product Box Contents

Save all the packaging in case you need to ship your product. Always use the original packaging (or equivalent) when shipping.

Make sure your product box included all of these parts:
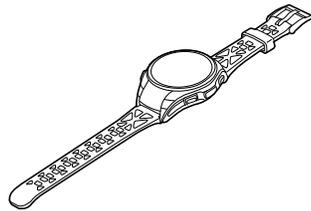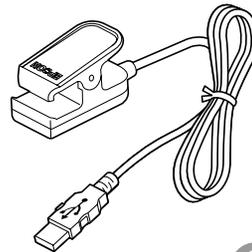
| 1 | ProSense 17 or ProSense 57 watch |
| 2 | USB charging clip |

Parent topic: Introduction to Your Product

Optional Accessories and Replacement Parts

Epson offers the following optional accessories and replacement parts for your product:

• AC adapter, model SFAC04 (ProSense 17; part number E12E204001)
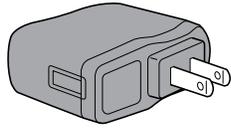
• USB charging clip, model WPCLP01 (part number E12E220202)
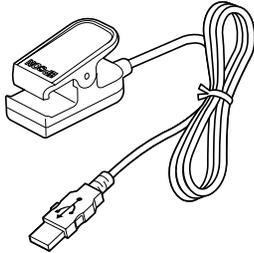
• Heart rate chest strap, model SFHRM01 (ProSense 17; part number E12E204104)
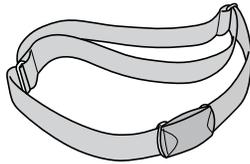
Parent topic: Introduction to Your Product

Notations Used in the Documentation

Follow the guidelines in these notations as you read your documentation:

• **Warnings** must be followed carefully to avoid bodily injury.

• **Cautions** must be observed to avoid damage to your equipment.

- **Notes** contain important information about your product.

Product Buttons

1   ⏎ Back button

     Press to display the previous screen.

2   ⏻ Start/Stop button

     Hold for 2 seconds to turn the power on or off.

     Press to start, pause, or restart workout measurements.

3   ⌃ Up button

     Press to highlight the option above the current option.

     Hold for 2 seconds to lock or unlock the product buttons.

     On the Time screen, press to display the Activity screen.

     On the Measurement and Activity screens, press to switch between available information screens.

4   ➲ Enter button

Press to select the highlighted option.

On the Time screen, press to display the Menu screen.

On the Measurement screen, press to record laps.

On the Activity screen, press to display your activity history.

5   ⮟ Down button

Press to highlight the option below the current option.

On the Time screen, press to display the Activity Selection screen.

On the Measurement and Activity screens, press to switch between available information screens.

Parent topic: Introduction to Your Product

Screen Icons

The icons in the table here may appear on your watch display screen.

Icon	Description
🏃	Measuring in run mode
🚶	Measuring in walking mode
🏃	Measuring in treadmill mode
📡	GPS connected (watch is locating a GPS signal when the icon is flashing)
ᛤ	Communicating with smartphone via Bluetooth
♥	Measuring heart rate (ProSense 17 requires optional heart rate monitor chest strap)
♥	Maximum heart rate (ProSense 57)
VO2 max	VO$_2$ max (ProSense 57)
🕐	Average pace
📍	Distance
🔥	Calories burned
⏱	Stopwatch

Icon	Description
⏱	Time
👣	Steps
👣	Average stride
⚡	Sprint interval
⏸	Rest interval
🔋	Charging
⌚	Communicating via USB
🔒	Buttons locked
🔓	Buttons unlocked
🔋	Battery level
🔋	Battery level warning
🔋	Charging error

Parent topic: Introduction to Your Product

Smartphone Notification Icons

The icons in the table here may appear on your watch display screen when your watch is paired with your smartphone and you receive a phone, email or other service notification.

Icon	Text	Description
📞	Calling or Missed Call	Your watch displays the first 10 characters of the caller's name if your watch's display language is **English** and the caller's contact information is saved in your smartphone. If your watch is set to another language or the contact isn't saved, the caller's phone number is displayed.
✉	Mail	Your watch displays the first 10 characters of the sender's email address and subject.
💬	Text	Your watch displays the first 10 characters of the sender's text message.

Icon	Text	Description
📋	Schedule	Displays a scheduled event if your watch is set up to trigger a schedule notification.
💬	Facebook	Your watch displays the first 10 characters of the notification text if your watch's display language is **English**. If your watch is set to another language, only the notification icon appears on your watch.
	Twitter	
	LINE	
	Weibo	
	WeChat	
	Other	

Parent topic: Introduction to Your Product

Setting Up the Product

Follow the instructions in these sections to set up your product for use.

Charging the Watch

Before using your watch, you need to charge its battery using the USB charging clip and either the optional AC adapter or a computer with a USB port capable of charging external devices.

It takes approximately 2.5 to 3.5 hours to fully charge your watch, depending on your charging method.

Charge your watch in an environment with a temperature from 41 to 95 °F (5 to 35 °C).

Note: If you charge your watch in an environment outside the required temperature range, you see this screen on your watch:
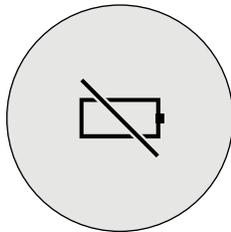
1. Attach the USB charging clip to your watch as shown below. The charging clip should fit into the groove at the back of your watch.
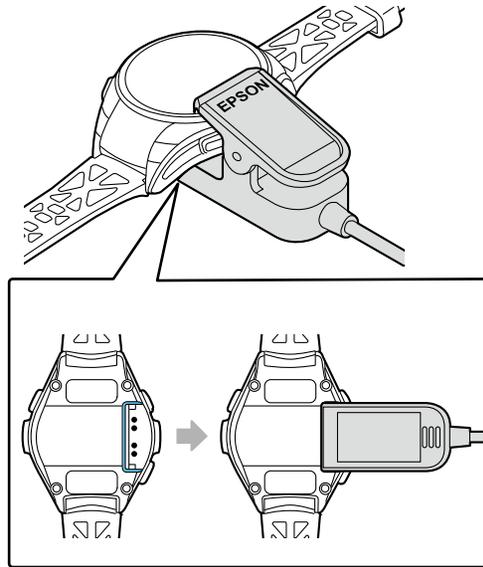
Caution: Do not attach the USB charging clip to your watch if either the clip or your watch are wet or dirty. This may cause corrosion, communication failures, or other problems.

2. Connect the USB charging clip to one of the following devices:

   • AC adapter: Connect the USB charging clip to the USB port on the optional AC adapter and plug the AC adapter into an electrical outlet.

Caution: Only use the optional AC adapter that is compatible with your product to charge your watch, or the watch may not charge or operate correctly.

• Computer: Connect the USB charging clip to a USB port on your computer that is capable of charging external devices.

Note: USB charging from a computer port may not work with all computers. Do not connect the USB charging clip to a USB hub or other intermediate device.

Charging begins and you see a screen displaying the battery level on your watch.
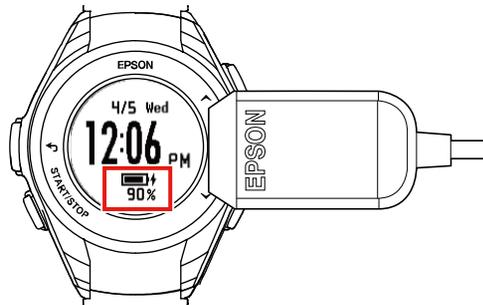
If you connected your watch to a computer where you have already installed the Epson View Uploader software, the software starts automatically on your computer. Close the software window as necessary.

3. When charging is complete and the watch screen shows the battery level at 100%, you can open the clip fully and disconnect the USB charging clip from your watch.
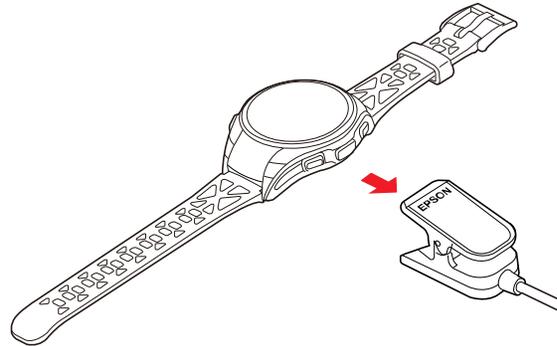
Note: If you continue to charge the watch after the battery level reaches 100%, the watch engages an overcharge prevention feature to protect your watch.

4. Disconnect the USB cable from the AC adapter or your computer, and unplug the AC adapter if you used it.

   If this is the first time you have charged your watch, you see the Language screen:

5. Press the ⌃ Up or ⌄ Down button to select your language and press the ➡ Enter button.

You see the Settings screen:

SETTINGS
Set by PC/Mac
Set by Watch

6. Configure your watch using one of the available methods.

Battery Level Display

Parent topic: Setting Up the Product

Related concepts
Battery Life

Related references
Solutions to Watch Charging Problems

Related topics
Configuring Your Watch

Battery Level Display

The battery icon on your watch screen displays the remaining level of power in the battery.

Workout time remaining (approximate)

Battery icon	ProSense 17	ProSense 57
	8 to 13 hours	6 to 10 hours
	5 to 8 hours	4 to 6 hours
	2.5 to 5 hours	2 to 4 hours
	0 to 2.5 hours	0 to 2 hours

When the battery is low, you see this screen:
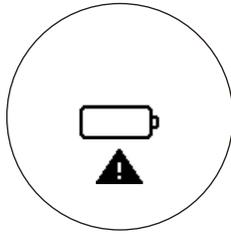
(Press any button to return to the Time screen.)

When the battery is too low, the screen may go blank.

Caution: Charge your watch at least once every 6 months when you are not using the watch; long-term storage of the watch with a low battery may degrade battery performance.

Note: Operation time also varies depending on the operating environment's effects on GPS reception and watch settings, such as backlighting.

Operating Time

When you are not using the watch for a workout, the remaining operating time for your watch varies, depending on the features enabled on your watch.

Display time remaining; ProSense 17

Setting	30 days	7 days
Daily Activity Tracking	Off	On
Auto Sleep	On	On
Seconds display	Off	Off
Auto Search	Off	Off
Bluetooth	Off	On

Display time remaining; ProSense 57

Setting	30 days	4 days	2 days
Daily Activity Tracking	Off	On	On
Heart rate measuring	—	Off (Normal)	Off (Advanced)
Auto Sleep	On	On	On
Seconds display	—	Off	Off
Auto Search	Off	Off	Off
Bluetooth	Off	On	On

Parent topic: Charging the Watch

Related concepts

Battery Life

Related references

Solutions to Watch Charging Problems

Turning the Watch On or Off

To turn on the watch, press and hold the 🔘 Start/Stop button for at least 2 seconds.
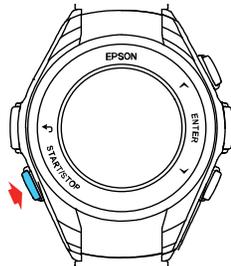
The watch also turns on automatically when you connect the USB charging clip connected to a power source.

At the Time screen, press and hold the 🔘 Start/Stop button for at least 2 seconds and select **Yes** to turn it off.

Parent topic: Setting Up the Product

Configuring Your Watch

Before using your watch, you need to configure it for use by selecting basic settings. Follow the instructions in these sections to configure your watch.

Configuring the Watch Using the Buttons
Configuring the Watch Using a Smartphone

Parent topic: Setting Up the Product

Configuring the Watch Using the Buttons

You can configure your watch using the watch buttons.

Note: You can change these settings after you complete initial setup from the **Settings** menu on the **My Watch** screen in the Epson View app. For more information on using the Epson View app, see the online help.

1. After charging your watch and selecting the language of the screens, you see the Settings screen.

2. Press the ⬤ Enter button to select **Set by Watch**.

3. Press the ⬤ Up or ⬤ Down button to highlight the options you want for the following settings, and press the ⬤ Enter button to select them.

   • **Height**

   • **Weight**

   • **Gender**

   • **Current date**

   • **DST** (Daylight Savings Time)

   • **Time Zone**

- **Current time**

Note: If you need to edit any selected settings, press the ⟲ Back button.

4. When you see this screen, you can select to set the current time automatically or manually.

- Select **Set by GPS** to set the time automatically

  Note: To set the time automatically, you must be outdoors with no obstacles overhead.

- Select **Manual** to set the time manually

5. When you finish selecting settings, select **Completed**.

You see the Time screen:

Parent topic: Configuring Your Watch

Related references
Time Screen Menus

Configuring the Watch Using a Smartphone

You can configure your watch using the Epson View app on your smartphone.

1. After charging your watch or resetting it, you see the Language screen. Select your language and press the ➡ Enter button.

   You see this screen:

2. Select **Set by Phone** and press the ➡ Enter button.

   A screen displaying a code appears on the watch screen. Make a note of the code.

3. Download the Epson View app from your smartphone's app store.

4. Do one of the following:

   • Launch the app and follow the on-screen instructions to create an account.

   • Log in to your existing Epson View account.

   You see the Initial Settings screen on your smartphone.

5. Select your watch model from the list on your smartphone.

6. Follow the on-screen instructions to pair your watch and your smartphone.

7. Follow the on-screen instructions to configure these settings:

   • **Height**

   • **Weight**

- **Gender**
- **Current date**
- **Current time**

When you finish setting the time and see this screen on your watch, configuration is complete:

Parent topic: Configuring Your Watch

Acquiring a GPS Signal

To ensure the accuracy of the measurements taken by your watch, you must position yourself to acquire a strong GPS signal. GPS positioning allows your watch to receive a GPS signal and timing information so it can correctly track your routes, distance, pace, and other workout and activity data.

For increased GPS accuracy, wait at least 15 minutes before starting your workout. You only need to perform this extended GPS calibration the first time you use the watch or if you do not use it for a few months.
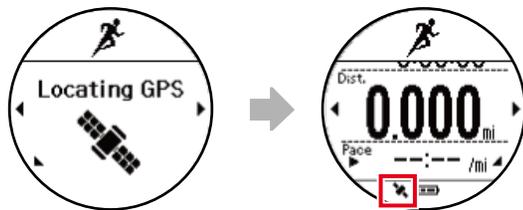
Note: To reduce the time it takes to locate the GPS signal, you can use the AGPS feature in the Epson View app on your smartphone. If you keep your watch connected to your smartphone, your watch automatically downloads GPS updates once an hour.

When positioning yourself to acquire a GPS signal, avoid the following environments:

- Inside buildings or rooms, or underground areas or tunnels
- Near high-voltage wires, television towers, tall buildings, tall trees, or overhead electrical wires for trains or buses
- Locations with concentrated electronic interference, such as construction sites and heavy traffic
- Under water or floating on water

If you have issues acquiring a signal, move into as open an area as possible. If you still cannot acquire a signal, select **Skip** on the GPS screen to start your workout. Distance traveled will be estimated based on your stride until the GPS signal is fully acquired.

Parent topic: Setting Up the Product

Related references

Solutions to GPS Signal Problems

Connecting the Watch to a Smartphone Using Bluetooth

You can connect your watch to a smartphone using Bluetooth. Before you begin, be sure to download the Epson View app on your smartphone.

Note: Do not directly connect to your watch from the Bluetooth settings on your smartphone. The Epson View app will pair your smartphone with your watch.

1. At the Time screen, press the ⊜ Enter button.

   You see a screen like this:

2. Select **Bluetooth**.
3. Select **Pairing**.

Your watch displays a code number you will use for pairing.

4. Start the Epson View app on your smartphone and select **Pairing**.

   Note the code that appears on your watch.

5. Select your product from the list on your smartphone, then follow the instructions to pair your watch and your phone.

   When your watch and smartphone are successfully paired, you see a ⁂ Bluetooth icon at the bottom of the Time screen on your watch. (If the ⁂ icon is flashing, pairing is not completed.)

   ProSense 17

   ProSense 57

Note: If you need to disable the Bluetooth connection, set the **Bluetooth** option to **Off**. If you need to unpair the watch and smartphone, set the **Bluetooth** > **Forget Device** option to **Forget Device**.

Parent topic:

Related references

Measuring Your Heart Rate

Your watch includes a sensor on the back to detect your heart rate (ProSense57).
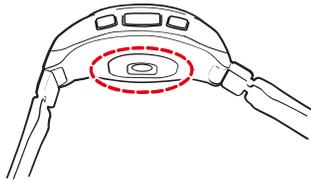
Caution: The sensor light causes no adverse effects on your skin, but you should not look directly at the light.

Wear the product snugly around your wrist as shown. Tighten the watch if your heart rate is not measured correctly.

Note: Do not wear the product too tight. You should still be able to fit your little finger under the watch band. If you feel any discomfort, loosen the wristband.

Note: Do not wear the watch on the underside of your wrist or covering the ulna bone.
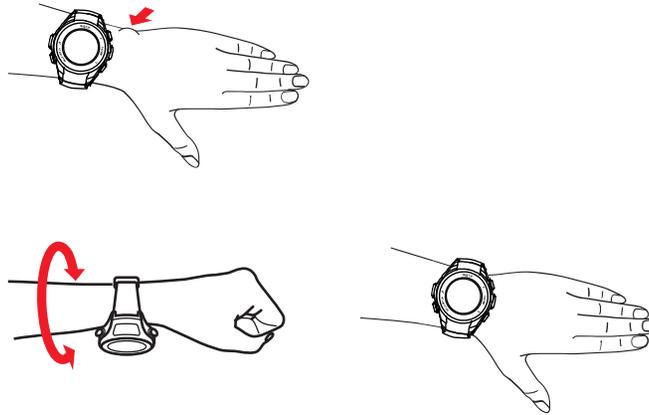
Once the watch has detected your heart rate, it displays your heart rate, heart rate zone, and the **HR** icon on the Time screen.

You can also press the ⌃ Up button to display the Heart Rate screen.
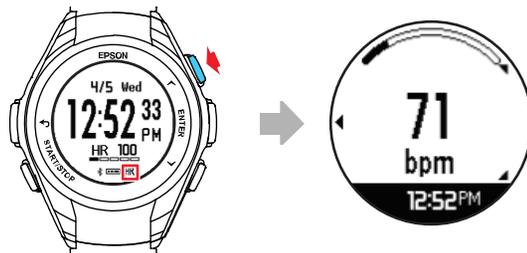
Note: If you see ▬▬ on the display or the **HR** icon is flashing, the watch has not detected your heart rate. Make sure you are wearing the watch correctly and try again. If your heart rate often reads less than 120 beats while running or 70 beats while walking, you may have a naturally low heart rate. This can cause incorrect heart rate measurements. Set the **HR Measurement** option to **Settings 2** in the Epson View app to correct the issue.

Parent topic:

Related references
Related tasks

Calculating Your Stride Length

Your watch automatically calculates your stride length so it can accurately measure distance and pace data in locations with poor GPS signal reception, such as indoors or in tunnels.

The first time you use your watch, run or walk outdoors in an open area for approximately 10 minutes. You can also run or walk between tall buildings or trees for at least 30 minutes. This allows your watch to learn your normal stride length. You should only need to perform this step once.

Note: Do not cross your arms or hold onto the treadmill handles or the stride sensor may not detect your movement.

Parent topic:

Adjusting the Watch Display

You can adjust the display on your watch to suit your environment and other preferences. You can also customize the watch's vibration settings.

1. At the Time screen, press the ⏩ Enter button.

You see a screen like this:

2. Select **Settings** > **Display**.

3. Select the following settings as necessary to adjust the watch display:

   • The watch shuts off the display automatically after a period of time without activity. To turn off this feature, select **Auto Sleep**, press the 🔵 Enter button, select **Off**, and press the 🔵 Enter button.

   • To adjust the display contrast, select **Contrast**, press the 🔵 Enter button, select a contrast option, and press the 🔵 Enter button.

   • To turn on the backlight during workouts, notifications, or button operations, or whenever you turn your wrist to view the display, select **Light**, press the 🔵 Enter button, select a backlight option for each activity, and press the 🔵 Enter button.

   • To display or hide the number of seconds on the Time screen, select **Display Seconds**, press the 🔵 Enter button, select **On** or **Off**, and press the 🔵 Enter button.

4. To adjust the conditions under which your watch vibrates to alert you, select **Vibration**, press the 🔵 Enter button, select a vibration option for each activity, and press the 🔵 Enter button.

Parent topic: Setting Up the Product

Related references
Time Screen Menus

Locking and Unlocking the Watch Buttons

You can lock the buttons on your watch to prevent it from responding if you press the buttons accidentally.

Press and hold the ⌃ Up button for at least 2 seconds. The 🔒 lock icon appears at the top of the screen.

When the watch is locked, press and hold the ⌃ Up button for at least 2 seconds to unlock it.

Note: You cannot lock the buttons locating a GPS signal, recording laps, pausing measurements, or displaying the recall screen.

Parent topic: Setting Up the Product

Measuring and Reviewing Workouts

Follow the instructions in these sections to measure workouts with your watch and review the workout data it collects.

Measuring Workouts
Controlling Music Playback
Using the Stopwatch
Reviewing Workout Data

Measuring Workouts

Follow the instructions in these sections to measure workouts with your watch.

Displayable Workout Measurements
Starting Workout Measurement
Stopping Workout Measurement and Saving the Data
Recording Laps During a Workout
Pausing and Resuming Workout Measurement
Monitoring Current Workout Data
Customizing Workout Measurements with Epson View
Estimating VO2 Max

Parent topic: Measuring and Reviewing Workouts

Displayable Workout Measurements

You can display a variety of measurements on your watch in these workout modes:

- 🏃 Run mode

- 🚶 Walk mode

- 🏃 Treadmill mode

Note: You can use your watch while swimming since it is water resistant up to 5 bars (51 meters of water) of pressure. However, the watch cannot receive GPS signals and you cannot press any watch buttons while underwater.

Information	Description
Time	Total time from the start of measurement
Lap time	Time for the current lap
Distance	Total distance from the start of measurement
Lap distance	Distance for the current lap
Pace	Current pace in time per mile/km
Lap pace	Pace for the current lap
Clock	Current time
Calories burned	Total calories burned from the start of measurement
Steps	Total number of steps from the start of measurement
Stride	Current stride
Cadence	Current number of steps per minute
Heart rate (HR)	Current heart rate per minute
	ProSense 17: displayed only when using the optional heart rate monitor chest strap and you select heart rate display settings in the Epson View app
	ProSense 57: displayed on the workout screen only when selected in the Workout Settings menu in the Epson View app
Heart rate zone (ProSense 57)	Current heart rate zone; displayed at the top of the measurement screen. For more detailed target heart rate zone measurements, select a **Target HR** option in the Workout Settings menu in the Epson View app
Estimated distance	Estimated distance completed at the end of the configured time; displayed only when the **hours** setting is selected in Training mode
Estimated time	Estimated time at the end of the configured distance; displayed only when the **Dist.** setting is selected in Training mode

Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the online help.

Parent topic: Measuring Workouts

Starting Workout Measurement

Before using your watch to measure a workout, you need to select a workout mode and locate the watch's GPS signal.

1. At the Time screen, press the ⌄ Down button.

   You see the Activity selection screen.

2. Press the ⌃ Up or ⌄ Down button to select one of these workout modes and press the ⏻ Start/Stop button.

   • 🏃 Run mode

   • 🚶 Walk mode

   • 🏃 Treadmill mode

   • Other 1

   • Other 2

   Note: Not all workout modes appear by default. You can configure the workout modes that appear from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the online help.

   Your watch locates the GPS signal and displays a screen like this when it is finished (except in Treadmill mode):
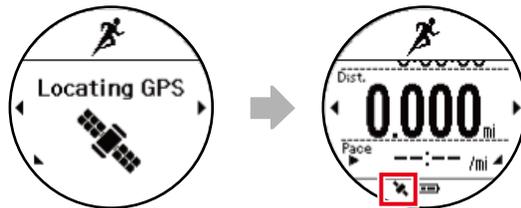
Note: If you must start a workout before GPS location is complete, press the 🔵 Start/Stop button. Your watch continues locating and begins measuring your workout with the built-in stride sensor. The watch will not record some measurements that require GPS signals, such as your workout route, until GPS location is complete.

3. Press the 🔵 Start/Stop button to start workout measurement.
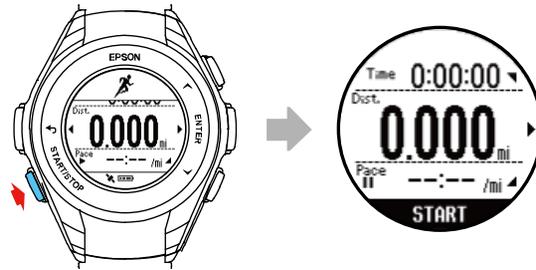
If your watch displays this screen, GPS location has failed:

Move to an outdoor area with no overhead obstructions and press the 🔵 Back button to try again.

Parent topic: Measuring Workouts

Related references
Measurement Screen Menus

Related tasks
Stopping Workout Measurement and Saving the Data
Recording Laps During a Workout
Pausing and Resuming Workout Measurement
Monitoring Current Workout Data
Customizing Workout Measurements with Epson View

Related topics

Stopping Workout Measurement and Saving the Data

You can save up to 64 sessions of workout data.

Note: You can save up to 13 hours for each lap. If you exceed this time, workout measurement stops.

1. At the Measurement screen, press the ⓘ Start/Stop button to pause workout measurement.
2. Press the ➲ Enter button or wait 3 seconds.

   Your watch displays the Stop screen:

3. Press the ⌃ Up or ⌄ Down button to select **Save** and press the ➲ Enter button.

   Your watch saves your workout data and displays a screen like this:

4. Press the ⌃ Up or ⌄ Down button to display each available screen of workout data.
5. Press the ➲ Enter button to return to the Time screen.

Note: If you want to clear the current workout data when viewing the Stop screen, select **Delete** > **Yes**.

Parent topic:

Related tasks

Related topics

Recording Laps During a Workout

You can record laps during your workout either automatically or manually.

- At the Measurement screen, press the ⮕ Enter button to begin recording a lap manually.

- To record laps automatically, select **AT Lap** from the Settings screen and select a preset. When your workout reaches the time or distance defined by that preset, your watch automatically begins recording laps. You can configure the AT Lap presets in the Workout Settings menu in the Epson View app.

When your watch records a lap, it displays the Lap screen for a few seconds.

The Lap screen displays the lap number, lap time, and time for the current lap.

Related references

Measurement Screen Menus

Pausing and Resuming Workout Measurement

During your workout, you can start, pause, and resume workout measurements as necessary.

At the Measurement screen, press the 🔘 Start/Stop button to pause workout measurement. Press the 🔘 Start/Stop button again within 3 seconds to resume workout measurement.

If you pause your workout measurement for more than 3 seconds, your watch displays the Stop screen:

Press the 🔘 Up or 🔘 Down button to select **Resume** and press the 🔘 Enter button to resume workout measurement.

Related tasks

Starting Workout Measurement

Stopping Workout Measurement and Saving the Data

Monitoring Current Workout Data

During your workout, you can monitor the current workout data your watch has collected.

At the Measurement screen, press the ⌃ Up or ⌄ Down button to display the current workout data screens.
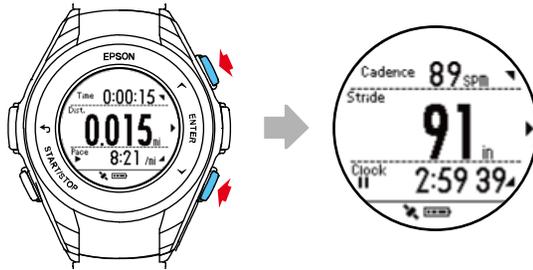
Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the online help.

Parent topic: Measuring Workouts

Related references
Displayable Workout Measurements

Customizing Workout Measurements with Epson View

You can use the Epson View app on your smartphone to customize the workout measurement settings to suit your preferences.

Note: For information on using the Epson View app, see the online help.

Parent topic: Measuring Workouts

Estimating VO$_2$ Max

Your watch calculates the estimated maximum quantity of oxygen that your body can process, called VO$_2$ max (ProSense 57). This estimate can be an indicator of your fitness level and should increase with improved athletic performance.

Your watch uses your heart rate and GPS measurements to accurately calculate the VO_2 max under the following conditions:

- Your profile information must be set up correctly.

  VO_2 max is only measured in Run Mode.

- Your watch is connected to GPS and you run with the watch for at least 10 minutes.

- You turned on heart rate measurement and the **AT Pause** setting is turned off.

- Your running pace is 16 min/mile (10 min/km) or faster.

- You are running at an elevated heart rate at moderate intensity.

Your watch cannot accurately estimate the VO_2 max if the following occurs:

- You stop running before 10 minutes have elapsed.

- Your heart rate cannot be measured.

- Your running speed slowed to a walk or you stopped for a traffic signal, and your heart rate dropped too low for estimation.

Parent topic: Measuring Workouts

Related references
Measurement Screen Menus

Related tasks
Measuring Your Heart Rate

Controlling Music Playback

You can play audio on your smartphone and control it with your watch via a Bluetooth connection.

Note: On Android, you need to leave the Epson View app running in the background on your smartphone to use the audio playback controls.

Note: You cannot use this feature when you have paired your watch with the heart rate monitor chest strap to monitor your heart rate (ProSense 17).

1. At the Time screen, press and hold the ⏎ Back button for at least 2 seconds.

You see a screen like this:
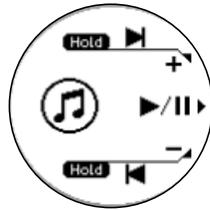
2. Do the following to play audio and control playback as necessary:

- To start or stop playing the current track, press the ⊙ Enter button.
- To play the next track, press and hold the ⊙ Up button for at least two seconds.
- To play the previous track, press and hold the ⊙ Down button for at least two seconds.
- To adjust the volume, press the ⊙ Up button to raise it or the ⊙ Down button to lower it.
- To exit audio playback and return to the Time screen, press and hold the ⊙ Back button for at least 2 seconds.

Parent topic:

Using the Stopwatch

You can use the stopwatch on your watch to measure time without saving any of the information as workout data.

1. At the Time screen, press the ⊙ Down button.

2. Press the ⊙ Down button to highlight **Stopwatch** and press the ⊙ Enter button.

3. Press the ⊙ Start/Stop button.

You see the Stopwatch screen:

4. To start measuring time, press the ⏱ Start/Stop button.
5. Do the following to control the stopwatch as necessary:
   - To stop measuring time, press the ⏱ Start/Stop button.
   - To reset the stopwatch when paused, press the ➲ Enter button.
   - To exit the stopwatch and return to the Time screen, press the ↩ Back button.

Parent topic: Measuring and Reviewing Workouts

Reviewing Workout Data

Follow the instructions in these sections to review the workout data you have collected with your watch.

Viewing Workout Data History on Your Watch

Parent topic: Measuring and Reviewing Workouts

Viewing Workout Data History on Your Watch

You can view the history of your workout data on your watch and delete it as necessary.

1. At the Time screen, press the ➲ Enter button.

   You see this screen:

2. Press the ⬆ Up or ⬇ Down button to select **History** and press the ➡ Enter button.

    You see a workout history screen like this:

3. Press the ⬆ Up or ⬇ Down button to select a workout date and press the ➡ Enter button.

    You see the workout data for that date on a screen like this:

4. Press the ⬆ Up or ⬇ Down button to view each of the available workout data screens.

    Note: If you want to delete the currently displayed workout data from your watch, press the ➡ Enter button, select **Delete**, and press the ➡ Enter button.

5. When you finish viewing your workout data history, press and hold the ↩ Back button for at least 2 seconds to return to the Time screen.

    Note: You can also view workout history data in the Epson View app. For information, see the online help.

Parent topic: Reviewing Workout Data

Related references

Displayable Workout Measurements

Measuring and Reviewing Daily Activities

Follow the instructions in these sections to measure daily activities with your watch and review the activity data it collects.

Activity Measurement and Data Collection

Your watch records activity data that you can then view on your watch, or view using the Epson View app on your smartphone. You can view activity data for the current day or a 7-day activity chart for the previous week.

Note: Daily activity data starts at 12:01 AM each day.

You can also set a target number of steps and calories to burn (ProSense 57), and check your progress toward reaching the target on your watch.

Parent topic: Measuring and Reviewing Daily Activities

Starting Activity Measurement

You can enable activity measurement and select the type of activity you want to measure on your watch.

1. At the Time screen, press the ⊙ Enter button.

    You see a screen like this:
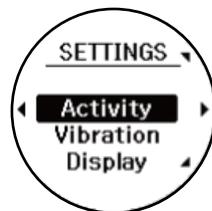
2. Press the ⌃ Up or ⌄ Down button to select **Settings** > **Activity** > **Meas. Activity** > **On**.

3. For the ProSense 57, select one of the following as the **Meas.HR** setting:

    • **Auto** mode measures heart rate intermittently (not available for certain activities).

    • **Continuous** mode measures heart rate every second during an activity.

   Your watch enables activity monitoring and displays this screen when it is finished:

4. Press and hold the ⬅ Back button for at least 2 seconds to return to the Time screen.

Activity Data Displayed on Your Watch

Parent topic: Measuring and Reviewing Daily Activities

Related references
Time Screen Menus

Activity Data Displayed on Your Watch

You can view the following activity data screens on your watch, depending on the activity you are measuring.

Screen	Data displayed
Heart rate (ProSense 57)	1: Heart rate zone 2: Current heart rate

Screen	Data displayed
Steps Steps 6821 4.8 mi 6:08PM ① ② ③	1: Progress toward target number of steps 2: Current number of steps 3: Distance traveled
Calories burned **ProSense 17** Calories 176 Cal 2:34AM ② **ProSense 57** Calories 1245 Cal 6:08PM ① ②	1: Progress toward target number of calories (ProSense 57) 2: Current calories burned

Screen	Data displayed
Exercise* (ProSense 57)	1: Current exercise time
	Exercise time is calculated by your watch from time spent walking slowly and similar activity.
Sleep* (ProSense 17)	1: Sleep time
	To record sleep time, enable waking and sleep time in the Epson View app.
Sleep* (ProSense 57)	1: Light sleep time
	2: Deep sleep time
	To record sleep time, enable waking and sleep time in the Epson View app.
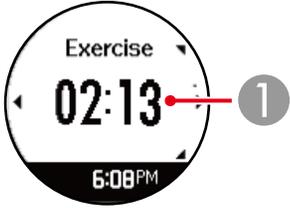
* Automatically calculated from activity measurement results (ProSense 17) or heart rate and activity data (ProSense 57).

Note that the watch does not include naps or sleep times shorter than 1 hour as sleep time.

Parent topic: Starting Activity Measurement

Related tasks

Reviewing Activity Data on Your Watch
Reviewing Activity Data Using the Epson View App

Selecting Heart Rate Mode for Activities

You can select the mode in which you want to measure your heart rate during daily activities (ProSense 57).

- **Auto** mode measures heart rate intermittently (not available for certain activities).
- **Continuous** mode measures heart rate every second.

1. At the Time screen, press the ⊙ Enter button.

   You see a screen like this:

2. Press the ⌃ Up or ⌄ Down button to select **Settings Activity** > **Meas. Activity** > **On**.

   Your watch enables activity monitoring and displays this screen when it is finished:

3. Press the ⌃ Up or ⌄ Down button to select **Meas.HR** (for measure heart rate mode) and press the ⊙ Enter button.

You see a screen like this:

4. Select either **Continuous** or **Auto** as the heart rate mode setting and press the ➡ Enter button.

   Note: In **Auto** mode, your heart rate is tracked for two minutes of every 10 minute long activity period. In **Continuous** mode, your heart rate is tracked every second (even while resting).

5. Press and hold the ↩ Back button for at least 2 seconds to return to the Time screen.

Parent topic: Measuring and Reviewing Daily Activities

Related references
Time Screen Menus

Configuring a Target Number of Steps

You can configure a target number of steps you want to reach in a day and check your progress in reaching that target on your watch screen. The default target number is 10000 steps per day.

Note: You can also configure a target number of steps using the Epson View app on your smartphone.

1. At the Time screen, press the ➡ Enter button.

   You see a screen like this:

2. Press the ⌃ Up or ⌄ Down button to select **Settings** > **Activity** > **Step Target**.

   You see this screen:

   STEP TARGET
   14900
   15000
   15100
   15200

3. Press the ⌃ Up or ⌄ Down button to select the number of steps you want to target and press the ⊙ Enter button.

   You see the Activity screen:

   ACTIVITY
   Step Target
   Meas. Activity
   15000 stp

4. Press and hold the ⊙ Back button for at least 2 seconds to return to the Time screen.

Parent topic: Measuring and Reviewing Daily Activities

Configuring a Target Number of Calories to Burn

You can configure a target number of calories that you want to burn in a day and check your progress in reaching that target on your watch screen. You can set the target number of calories in the Epson View app.

Note: For information on using the Epson View app, see the online help.

Parent topic: Measuring and Reviewing Daily Activities

Reviewing Activity Data on Your Watch

You can view the activity data you have collected on your watch while your activity is in progress or view a 7-day activity chart for the previous week.

1. At the Time screen, press the ⌃ Up button.

   You see a screen like this, showing data for your current activity:
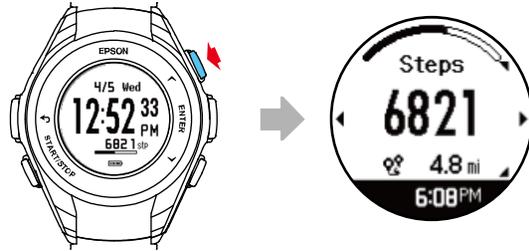
2. To view a 7-day activity chart for the previous week, press the ◉ Enter button.

   You see a screen like this:

3. Press the ⌃ Up or ⌄ Down button to view each available activity data screen.

4. Do one of the following when you are finished:

   • When viewing the Daily Activity screen, press and hold the ↩ Back button for at least 2 seconds to return to the Time screen.

   • When viewing the 7-day activity chart, press the ↩ Back button to return to the Daily Activity screen. Then press and hold the ↩ Back button for at least 2 seconds to return to the Time screen.

Parent topic: Measuring and Reviewing Daily Activities

Related references

Activity Data Displayed on Your Watch

Related tasks

Selecting Heart Rate Mode for Activities

Configuring a Target Number of Steps

Configuring a Target Number of Calories to Burn

Reviewing Activity Data Using the Epson View App

Reviewing Activity Data Using the Epson View App

You can review the activity data you have collected using the Epson View app on your smartphone. You can view activity data while your activity is in progress or view a 7-day activity chart for the previous week.

Note: For information on using the Epson View app, see the online help.

Parent topic: Measuring and Reviewing Daily Activities
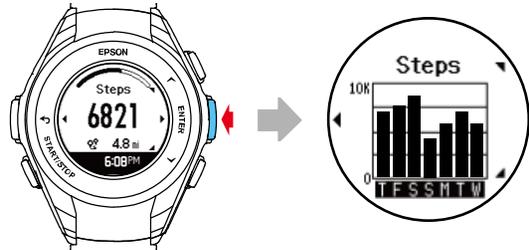
Related references

Activity Data Displayed on Your Watch

Related tasks

Selecting Heart Rate Mode for Activities

Configuring a Target Number of Steps

Configuring a Target Number of Calories to Burn

Reviewing Activity Data on Your Watch

Watch Menu Settings

See these sections to view the available settings on the watch menus.

Time Screen Menus
Measurement Screen Menus

Time Screen Menus

You can select these settings by pressing ⊃ Enter the button on the Time screen.

Menu	Settings	Options
Bluetooth	**On** **Off**	Turns Bluetooth on or off to connect peer-to-peer with your smartphone or the optional heart rate chest strap (ProSense 17)
	HR Strap (ProSense 17)	**Status** **Register**
	Forget Device	—

Menu	Settings	Options
Settings	Activity	Sets up a target number of steps or turns activity measurement on or off
	Vibration	Sets up alarms and notifications you want to use for smartphone functions and various milestones in your workouts; you can use the Epson View app to configure alarms
	Display	Sets the display of items on the watch screen, controls the display quality in certain conditions, and enables/disables sleep mode
	System	Configures or displays general watch information **Set time** sets the time manually or automatically using synchronization **Reset** resets all watch settings to their defaults, resets the stride sensor, and deletes all workout and activity data **Ver. Info** displays the watch's firmware version information
History	—	Displays workout history information
Turn off	—	Turns the watch off

Parent topic:

Measurement Screen Menus

You can select these settings by pressing the ● Enter button on the Measurement screen or when a measurement is paused. Then select the **Settings** menu.

Settings	Options/Description
AT Lap	Automatically records laps when you reach a pre-configured time or distance; you can use the Epson View app to configure lap times or distances

Settings	Options/Description
AT Pause	Automatically pauses/resumes workout measurement when you stop and resume workout activity
Training	Sets up alerts for when you reach pre-configured targets for training; you can use the Epson View app to configure training targets **Time** **Distance** **Interval** **Race**
Meas. HR	Turns heart rate measuring on or off; turn off heart rate measuring when you are not using the heart rate monitor (ProSense 57) or optional heart rate chest strap (ProSense 17) to conserve battery life

Parent topic: Watch Menu Settings

Using the Optional Heart Rate Chest Strap

You can use your product to monitor your heart rate using the heart rate chest strap (optional with the ProSense 17).

See these sections to use the heart rate chest strap.

Attaching the Heart Rate Chest Strap
Registering the Heart Rate Chest Strap
Resetting the Heart Rate Chest Strap and Replacing Its Battery
Cleaning the Heart Rate Chest Strap

Attaching the Heart Rate Chest Strap

The heart rate chest strap attaches to your chest and communicates with your device using Bluetooth. For best results, slightly dampen the electrodes shown here before attaching it.
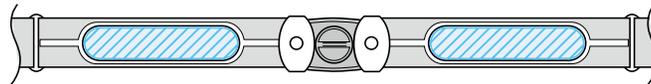
Attach the heart rate chest strap as shown here with the electrodes against your chest.
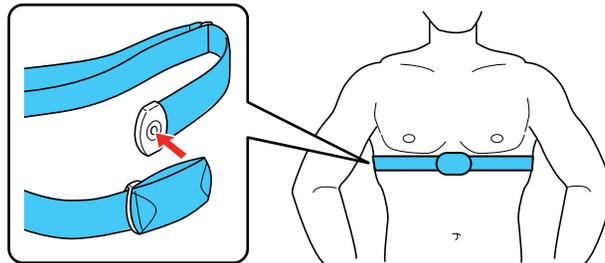
Caution: You cannot use the optional heart rate chest strap underwater; it is not water resistant and will be damaged if used in water.

Parent topic: Using the Optional Heart Rate Chest Strap

Registering the Heart Rate Chest Strap

Before using the heart rate chest strap, you must attach the strap and pair it with your watch. Before you begin, make sure there are no other heart rate chest straps in the surrounding area.

1. Attach the heart rate chest strap to your chest.

2. Turn on your watch and press the ⏩ Enter button.

   You see this screen:

3. Press the ⏩ Enter button to select **Bluetooth**.

4. Select **HR Strap** > **Register**.

   You see a screen like this:

5. Select the name of the heart rate chest strap and press the ⏩ Enter button.

   Your watch registers the heart rate chest strap and returns to the HR Monitor screen.

   Note: If you cannot register the heart rate chest strap, try resetting it. If that does not work, you may need to replace the battery in the heart rate chest strap.

6. Press and hold the ⏪ Back button for at least 2 seconds to return to the Time screen.

The heart icon on the Time screen indicates the connection status:

- If the heart icon is on, the chest strap and your watch are connected.
- If the heart icon is flashing, they are not connected. Make sure you are wearing the heart rate chest strap correctly and pair the chest strap again.

Parent topic: Using the Optional Heart Rate Chest Strap

Related references
Time Screen Menus

Resetting the Heart Rate Chest Strap and Replacing Its Battery

If you have problems pairing the heart rate chest strap with your watch, or the monitoring performance degrades, you can reset the heart rate chest strap or replace its battery.

Note: Make sure there are no other heart rate monitor chest straps in the surrounding area that are interfering with your product.

The battery in the heart rate chest strap lasts approximately 1.5 years when used for one hour per day. Follow these precautions when replacing the battery:

- Use only the specified battery type.
- Be sure to insert the new battery in the correct direction, as described here.
- Dispose of the used battery according to local regulations.

Warning: Do not expose the battery or the heart rate chest strap to fire, or you could be injured. If the battery is swallowed accidentally, seek immediate medical attention.

1. Remove the battery cover from the heart rate chest strap using a flat tool or coin by turning it as shown.
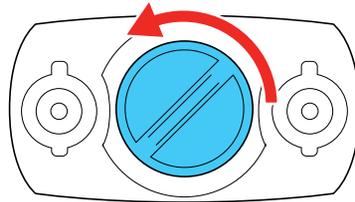
   Caution: Wrap the tool you use in a thin cloth to protect the battery cover from damage.

2. Remove the battery, then do one of the following as necessary:

   • If you are resetting the chest strap, turn the battery over, and reinsert it with the negative (**–**) side facing up. Then wait three seconds to dissipate the charge in the battery and reset the heart rate chest strap.
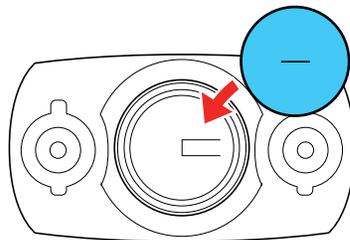
• Insert a new battery with the positive (+) side facing up and go to step 4.
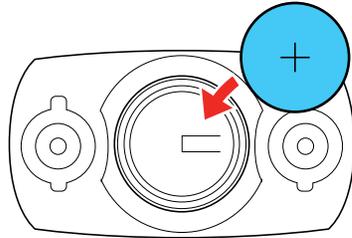
Note: If the internal seal shown here comes out with the battery, replace it as shown. If the seal is broken or seated incorrectly, moisture could enter the heart rate chest strap and cause it to malfunction.
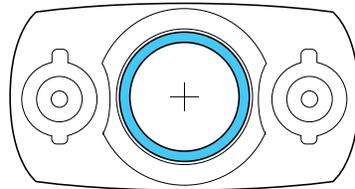
3. Remove the battery again, turn it over, and reinsert it with the positive (**+**) side facing up. Then wait three seconds.
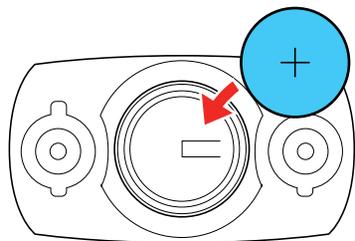
4. Replace the battery cover and turn it as shown using the same tool as step 1.
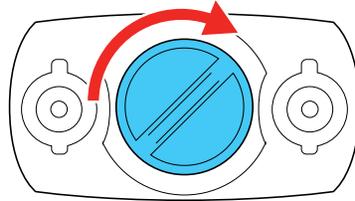
Parent topic: Using the Optional Heart Rate Chest Strap

Cleaning the Heart Rate Chest Strap

After exercising, remove the heart rate chest strap and carefully wipe it off with water. Then thoroughly dry off the heart rate monitor with a dry cloth.

Caution: Do not place the heart rate chest strap in a washing machine or dryer, and do not iron or dry clean it.

Parent topic: Using the Optional Heart Rate Chest Strap

Caring for Your Watch

Follow the instructions in these sections to properly maintain your watch.

Cleaning Your Watch
Battery Life

Cleaning Your Watch

Clean your watch after each use as described here. If you have problems charging your watch, you can also clean the contact points on your watch and the USB charging clip.

Caution: During cleaning, do not press on the glass or buttons too hard to avoid damaging them and causing the watch to malfunction. Do not use benzine, thinner, alcohol, harsh detergent, or any other organic solvent or you may damage your product.

1. After each use, clean your watch by wiping it gently with water and drying it completely using a dry cloth. You can also clean the watch band with mild, diluted detergent.

Note: The color of the wristband may naturally fade or lose elasticity after years of use.

2. If you experience charging problems, use a damp cotton swab to clean the contact points (and sensor; ProSense 57) on your watch and the USB charging clip as shown here.

ProSense 17
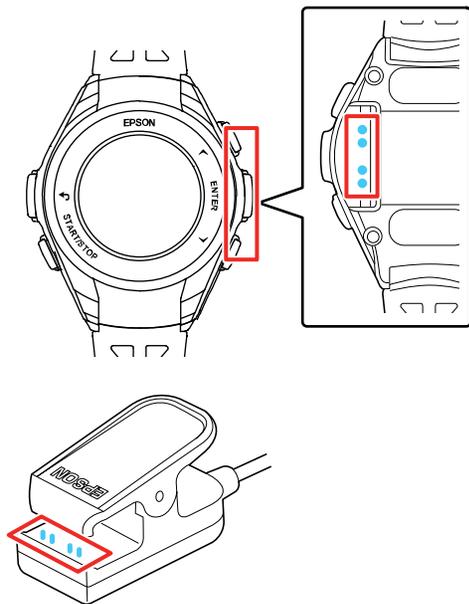
ProSense 57
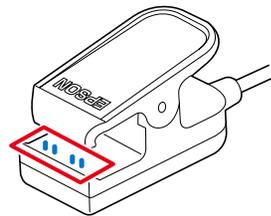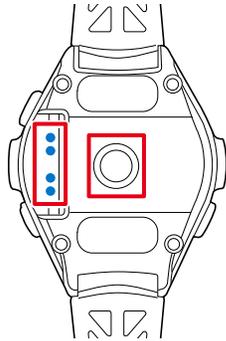
Caution: Do not attach the USB charging clip to your watch while the contact points are wet or dirty, or they may corrode and cause communication failures or watch malfunctions.

Parent topic: Caring for Your Watch

Battery Life

The built-in rechargeable battery in your watch has an average service life of four years, depending on usage conditions. The battery is not user-replaceable.

If the battery does not retain a charge as long as it used to, it has likely reached the end of its service life. Contact Epson Support to replace the battery.

Parent topic: Caring for Your Watch

Solving Problems

See the solutions in these sections if you have issues using your watch.

Solving Problems Using Your Watch

Check the solutions in these sections if you have any problems using your watch.

Parent topic: Solving Problems

Solutions to Watch Screen Problems

If you experience problems with your watch screen, try the following solutions:

• If the screen is blank, the battery may be running low or exhausted, or you may not have charged the battery yet. Charge the battery before using your watch and whenever the battery runs low.

• If the screen turns blue or turns off while you are using your watch, try restarting your watch.

• If the screen does not change when you press a button on your watch, the battery may be running low. Charge the battery. If the watch still does not respond to commands, try restarting the watch.

• If the inside of the glass becomes cloudy, condensation may have occurred temporarily due to abrupt changes in temperature. Temporary condensation does not harm your watch and you can continue using it. If condensation persists for a long time, water may have entered your watch; contact Epson Support for help.

Parent topic:

Related tasks

Solutions to Watch Charging Problems

If you experience problems charging the battery in your watch, try the following solutions:

- If the watch does not charge when you attach the USB charging clip, check the following:
  - Make sure you fully charge the watch. Partially charging the watch can affect battery life.
  - Make sure the USB charging clip is attached correctly.
  - Clean the contact points on your watch and the USB charging clip and attach the clip again.
  - If the battery was exhausted when you attached the USB charging clip, the charging screen may not appear for 1 or 2 minutes. Wait for the screen to appear.
  - Make sure you are using a compatible USB charger or USB port.
  - If you still cannot charge your watch's battery, detach the USB charging clip and contact Epson Support for help.
- If the watch and the USB charging clip become hot during charging, stop charging the watch, detach the USB charging clip, and contact Epson Support for help.
- If you see an error screen indicating a charging error, stop charging the watch and move to an environment with a temperature within the operating temperature range.

Parent topic:

Related tasks

Solutions to Watch Settings Problems

If you experience problems with the settings on your watch, try the following solutions:

- If the clock information disappears from the screen, the watch may have entered sleep mode and turned off the time display. Press any button on the watch to wake it up. If the display does not turn on, charge the watch's battery.
- If the time is set incorrectly, reset the time.
- If measurement stops while exercising, you may be moving slowly. In this case, turn off the **AT Pause** setting.

- If heart rate measurement stops (ProSense 57), check to make sure that you are wearing the watch correctly. If your body surface is cold, cover your wrist with clothing or wipe sweat away beneath the watch to stabilize heart rate measurement.

Parent topic: Solving Problems Using Your Watch

Related references
Time Screen Menus
Measurement Screen Menus

Related tasks
Measuring Your Heart Rate

Solutions to GPS Signal Problems

If you experience problems acquiring or maintaining a GPS connection, try the following solutions:

- If you cannot locate a GPS signal, take the watch outdoors for at least 15 minutes. Make sure there are no overhead obstructions, stand still, and try acquiring a GPS signal again. The GPS signal may be interrupted by tall buildings, tall trees, or mountainsides, so try to move into as open an area as possible.

- Make sure your watch is paired with your smartphone. Your watch will automatically download your GPS location information from your smartphone.

- If you still cannot acquire a signal, select **Skip** on the GPS screen to start your workout. Distance traveled will be estimated based on your stride until the GPS signal is fully acquired.

Parent topic: Solving Problems Using Your Watch

Related tasks
Acquiring a GPS Signal

Solutions to Heart Rate Chest Strap Problems

If you experience problems with the heart rate chest strap (ProSense 17), try the following solutions:

- If you cannot pair the heart rate chest strap to your watch, try it.

- If the heart rate chest strap does not correctly monitor your heart rate, check the following:

  - Make sure you are wearing the heart rate chest strap correctly.

  - Make sure you have paired the heart rate chest strap to your watch correctly. Try registering it again.

  - Make sure you enabled heart rate monitoring on your watch.

- If the heart rate chest strap still does not work, its battery may be low or exhausted. Replace the battery.

- If you still cannot monitor your heart rate, try resetting or restarting your watch.

Parent topic: Solving Problems Using Your Watch

Related tasks

Attaching the Heart Rate Chest Strap

Registering the Heart Rate Chest Strap

Resetting the Heart Rate Chest Strap and Replacing Its Battery

Cleaning the Heart Rate Chest Strap

Solving Problems Using Epson View

Check the solutions in these sections if you have any problems using the Epson View app on your smartphone.

Solutions to Problems Using Epson View

Parent topic: Solving Problems

Solutions to Problems Using Epson View

If you experience problems using the Epson View app on your smartphone or the Epson View Uploader on your computer, try the following solutions:

- If you see an error screen while your watch is communicating with your smartphone or computer, do not move your watch or the USB charging clip during communications. Remove and reattach the USB charging clip and try communicating with your smartphone or computer again.

- If your computer does not recognize your watch, check the USB connection. Also clean the contact points on the watch and the USB charging clip, then try restarting your watch.

If you still have problems using Epson View app or the Epson View Uploader, see the online help.

Parent topic: Solving Problems Using Epson View

Related tasks

Cleaning Your Watch

Charging the Watch

Restarting the Watch

If you experience problems with your watch, you may need to restart it. Restarting your watch retains your data and settings, except the activity data for the current day.

To restart your watch, press the following buttons simultaneously:

- ⏎ Back
- ⏱ Start/Stop
- ⌃ Up
- ⌄ Down

The screen disappears for a moment and the watch restarts.

Parent topic: Solving Problems

Resetting the Watch

If you need to delete all the data and settings from your watch's memory, you can reset the watch.

Note: You may want to upload your workout and activity data to your smartphone using the Epson View app before resetting your watch.

1. Press the ➡ Enter button.

    You see a screen like this:

2. Press the ⌃ Up or ⌄ Down button to select **Settings** > **System** > **Reset** > **Yes**.

   Your watch resets. When it is finished, it restarts and displays the Language screen.

3. Now you can configure your watch again.

Parent topic: Solving Problems

Related references
Time Screen Menus

Checking the Firmware Version of Your Watch

You can check the firmware version of your watch by displaying it on the watch screen.

1. Press the ➲ Enter button.

   You see this screen:

2. Press the ⌃ Up or ⌄ Down button to select **Settings** > **System** > **Ver. Info**.

   Your watch screen displays the firmware version information.

3. Press and hold the ↩ Back button for at least 2 seconds to return to the Time screen.

Parent topic: Solving Problems

Updating Your Watch's Firmware from the Epson View App

If you experience problems with your watch, you may need to update the firmware using the Epson View app.

Before updating the firmware, you may also want to backup your workout and activity data to your smartphone using the Epson View app; the firmware update may reset the data and settings stored in your watch's memory.

1. Select **My Watch** at the bottom of the app screen.

2. Select your current firmware version underneath the **Firmware** heading.

3. Do one of the following:

   • AC adapter: Connect the USB charging clip to the USB port on the optional AC adapter and plug the AC adapter into an electrical outlet.

   Caution: Only use the optional AC adapter that is compatible with your product to charge your watch, or the watch may not charge or operate correctly.

- Computer: Connect the USB charging clip to a USB port on your computer that is capable of charging external devices.

Note: USB charging from a computer port may not work with all computers. Do not connect the USB charging clip to a USB hub or other intermediate device.

4. Follow the on-screen instructions on your smartphone to update your watch's firmware.

Parent topic: Solving Problems
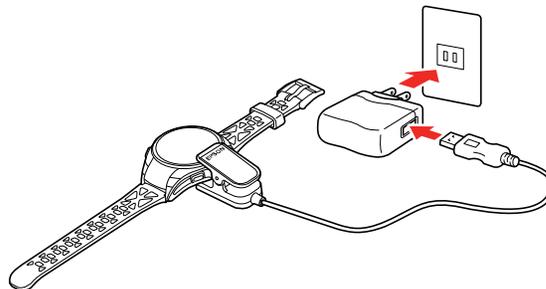
Updating Your Watch's Firmware from Your Computer

If you experience problems with your watch, you may need to update the firmware using your computer.

Before updating the firmware, you may also want to backup your workout and activity data to your smartphone using the Epson View app; the firmware update may reset the data and settings stored in your watch's memory.

1. To download the latest version of your watch's firmware, visit epson.com/support (U.S.) or epson.ca/support (Canada) and select your product.

2. Attach the USB charging clip to your watch and to the USB port on the computer on which you downloaded the watch firmware.
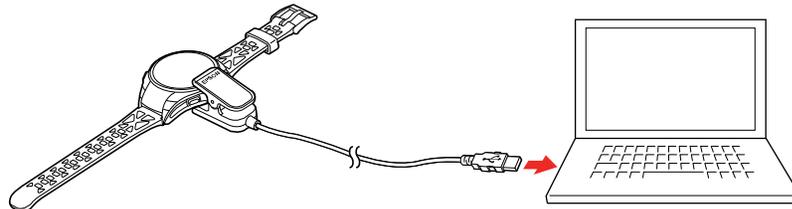
3. Run the downloaded firmware file and follow the on-screen instructions to update the watch's firmware.

   Note: If the firmware updater does not start, make sure the USB charging clip is attached correctly and that you do not have multiple instances of the firmware updater running on your computer.

Parent topic: Solving Problems

Where to Get Help

If you need to contact Epson for technical support services, use the following support options.

Internet Support

Visit Epson's support website at epson.com/support (U.S.) or epson.ca/support (Canada), and select your product for solutions to common problems. You can download utilities and documentation, get FAQs and troubleshooting advice, or e-mail Epson with your questions.

Speak to a Support Representative

Call (800) 241-5789 or (562) 276-4394 (U.S) or (905) 709-3839 (Canada).

Support hours are 6 AM to 8 PM, Pacific Time, Monday through Friday and 7 AM to 4 PM, Pacific Time, Saturday.

Days and hours of support are subject to change without notice. Toll or long distance charges may apply.

Before you call, have the following information ready:

• Product name

• Product serial number

• Proof of purchase (such as a store receipt) and date of purchase

• Computer configuration

• Smartphone model and OS version

• Description of the problem

Parent topic: Solving Problems

Technical Specifications

These sections list the technical specifications of your product.

Watch Specifications

Watch thickness	0.55 inch (14 mm)
Weight	**ProSense 17**:
	Approximately 1.4 ounces (40 g)
	ProSense 57:
	Approximately 1.5 ounces (42 g)
Water resistance	Up to 5 bars of pressure
Operating time	**ProSense 17**:
	Clock display (Daily Activity and Bluetooth enabled):
	Up to 7 days
	Clock display (Daily Activity and Bluetooth disabled):
	Up to 30 days
	Note: To reduce the initial GPS positioning time, the watch periodically receives a GPS signal.
	GPS enabled (Daily Activity disabled):
	Up to 13 hours
	Note: Operating time varies depending on GPS signal reception quality and watch settings. Operating time is significantly reduced when the GPS signal reception is poor. Settings that affect battery life include notifications, backlight, and optional heart rate chest strap settings.

ProSense 57:

Clock display (Daily Activity and Bluetooth enabled):

Up to 2 days

Clock display (Daily Activity and Bluetooth disabled):

Up to 30 days

Note: To reduce the initial GPS positioning time, the watch periodically receives a GPS signal.

GPS enabled (Daily Activity disabled):

Up to 10 hours

Note: Operating time varies depending on GPS signal reception quality and watch settings. Operating time is significantly reduced when the GPS signal reception is poor. Settings that affect battery life include notifications, backlight, and heart rate monitor settings.

Operating temperature	23 to 122 °F (–5 to 50 °C)
Maximum measurement time	**ProSense 17**: Approximately 13 hours **ProSense 57**: Approximately 10 hours
Maximum daily activity records	Current day + previous 6 days
Maximum records	64
Maximum lap records	**ProSense 17**: 200 per workout **ProSense 57**: 200 per workout

Display ranges	Distance/Lap distance: 0 to 999.99 miles or km
	Pace/Lap pace/Average pace: 1 inch to 45 ft per mile (1 inch to 30 ft per km)
	Split/Lap time: 0:0:0 to 13:00:00
	Pitch/Average Pitch: 0 to 255 spm
	Stride/Average stride: 0 to 100 inches (0 to 255 cm)
	Steps: 0 to 999,999 steps
	Calories burned: 0 to 9999 kcal
	Heart rate: 30 to 240 bpm; ProSense 17 requires optional heart rate chest strap
	Estimated end time: 0:00:00 to 11:59:59 PM
	Estimated end distance: 0 to 999.999 miles or km

Parent topic:

Optional Accessory Specifications

USB Charging Clip

Model number	WPCLP01 (part # E12E220202)
Operating temperature	41 to 95 °F (5 to 35 °C)

AC Adapter

Model number	SFAC04 (part # E12E204001)
Input voltage	100 VAC, 50/60 Hz
Output frequency	5 VDC, 1.0 A

Heart Rate Chest Strap (ProSense 17)

Model number	SFHRM01 (part # E12E204104)
Water resistance	Water resistant to 5 ATM (pressure equivalent to a depth of 51 meters)

Parent topic:

Viewing Safety and Approval Specifications

You can view your watch's safety and approval specifications on the watch screen.

1. At the Time screen, press the ⮞ Enter button.

    You see this screen:

2. Press the ⮝ Up or ⮟ Down button to select **Certification** and press the ⮞ Enter button.

    You see your watch's certification information.

3. Hold the ↩ Back button for at least 2 seconds to return to the Time screen.

Parent topic:

Notices

Check these sections for important notices about your product.

Note: Epson offers a recycling program for end of life Epson products. Please go to this site (U.S) or this site (Canada) for information on how to return your Epson products for proper disposal.

Notes on Electromagnetic Waves
Copyright Notice
Binding Arbitration and Class Waiver
Trademarks
Copyright Attribution

Notes on Electromagnetic Waves

This device is equipped with Bluetooth Smart technology. This function enables wireless communication of measurement data between the device and the HR monitor or a smartphone.

This device has been classified as a low electronic data communication system based on Radio Law. Therefore, this device does not require a radio station license. The following acts may be punishable by law.

• Disassembling or remodeling the device

• Removing the verification or certification number for the device

VCCI Class B Information Technology Device

This device is a class B information technology device. This device is designed for home use, but interference could occur when using in close proximity to radios or television aerials.

Frequency

This device uses the frequency band from 2.402 to 2.480 GHz. Other wireless devices may use the same frequency. Note the following points to avoid wireless interference with other wireless devices.

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 2. 4  XX 1
▮▬▬  ▬▬  ▬▬▮
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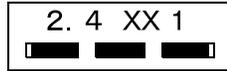
Precautions When Performing Wireless Communication

This device operates on the 2.4 GHz band.

This device operates in the same frequency bandwidth as industrial, scientific, and medical devices such as microwave ovens and mobile object identification (RF-ID) systems (licensed radio stations, and amateur, unlicensed low-power radio stations [hereinafter referred to as "other radio stations"]) used in factory production lines.

1. Before using this device, make sure there are no other radio stations being used in the vicinity.

2. If this device causes RF interference between the device and other radio stations, promptly move to a different location, stop using the device, and contact your local reseller by referring to "Contacting us about this product" to ask for advice on preventing interference, such as setting up partitions.

3. In addition, when harmful radio wave interference occurs between the device and "other radio stations", and refer to "Contacting us about this product" to contact our service center.

Warning:

• If you notice any skin irritation or other adverse reactions, stop using the device immediately and seek medical attention.

• In areas in which usage is restricted, such as on airplanes and in hospitals, follow the rules and regulations provided (such as in-flight announcements).

• Do not bring the device into an operating room, intensive care unit, or other such environment. Do not use the device near medical equipment; radio waves from the device may interfere with electronic medical equipment causing the equipment to malfunction and cause an accident.

• Radio waves from the device may interfere with surgically implanted medical devices such as a cardiac pacemaker. If you have a surgically implanted medical device, follow the instructions and warnings supplied with your device.

Parent topic: Notices

Copyright Notice

Parent topic: Notices

Binding Arbitration and Class Waiver

1. DISPUTES, BINDING INDIVIDUAL ARBITRATION, AND WAIVER OF CLASS ACTIONS AND CLASS ARBITRATIONS

1.1 **Disputes**. The terms of this Section 1 shall apply to all Disputes between you and Epson. The term "Dispute" is meant to have the broadest meaning permissible under law and includes any dispute, claim, controversy or action between you and Epson arising out of or relating to this Agreement, Epson branded products (hardware and including any related software), or other transaction involving you and Epson, whether in contract, warranty, misrepresentation, fraud, tort, intentional tort, statute, regulation, ordinance, or any other legal or equitable basis. "DISPUTE" DOES NOT INCLUDE IP CLAIMS, or more specifically, a claim or cause of action for (a) trademark infringement or dilution, (b) patent infringement, (c) copyright infringement or misuse, or (d) trade secret misappropriation (an "IP Claim"). You and Epson also agree, notwithstanding Section 1.6,that a court, not an arbitrator, may decide if a claim or cause of action is for an IP Claim.

1.2 **Binding Arbitration**. You and Epson agree that all Disputes shall be resolved by binding arbitration according to this Agreement. **ARBITRATION MEANS THAT YOU WAIVE YOUR RIGHT TO A JUDGE**

OR JURY IN A COURT PROCEEDING AND YOUR GROUNDS FOR APPEAL ARE LIMITED. Pursuant to this Agreement, binding arbitration shall be administered by JAMS, a nationally recognized arbitration authority, pursuant to its code of procedures then in effect for consumer related disputes, but excluding any rules that permit joinder or class actions in arbitration (for more detail on procedure, see Section 1.6 below). You and Epson understand and agree that (a) the Federal Arbitration Act (9 U.S.C. §1, et seq.) governs the interpretation and enforcement of this Section 1, (b) this Agreement memorializes a transaction in interstate commerce, and (c) this Section 1 shall survive termination of this Agreement.

1.3 **Pre-Arbitration Steps and Notice**. Before submitting a claim for arbitration, you and Epson agree to try, for sixty (60) days, to resolve any Dispute informally. If Epson and you do not reach an agreement to resolve the Dispute within the sixty (60) days), you or Epson may commence an arbitration. Notice to Epson must be addressed to: Epson America, Inc., ATTN: Legal Department, 3840 Kilroy Airport Way, Long Beach, CA 90806 (the "Epson Address"). The Dispute Notice to you will be sent to the most recent address Epson has in its records for you. For this reason, it is important to notify us if your address changes by emailing us at EAILegal@ea.epson.com or writing us at the Epson Address above. Notice of the Dispute shall include the sender's name, address and contact information, the facts giving rise to the Dispute, and the relief requested (the "Dispute Notice"). Following receipt of the Dispute Notice, Epson and you agree to act in good faith to resolve the Dispute before commencing arbitration.

1.4 **Small Claims Court**. Notwithstanding the foregoing, you may bring an individual action in the small claims court of your state or municipality if the action is within that court's jurisdiction and is pending only in that court.

1.5 **WAIVER OF CLASS ACTIONS AND CLASS ARBITRATIONS. YOU AND EPSON AGREE THAT EACH PARTY MAY BRING DISPUTES AGAINST THE OTHER PARTY ONLY IN AN INDIVIDUAL CAPACITY, AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY CLASS OR REPRESENTATIVE PROCEEDING, INCLUDING WITHOUT LIMITATION FEDERAL OR STATE CLASS ACTIONS, OR CLASS ARBITRATIONS. CLASS ACTION LAWSUITS, CLASS-WIDE ARBITRATIONS, PRIVATE ATTORNEY-GENERAL ACTIONS, AND ANY OTHER PROCEEDING WHERE SOMEONE ACTS IN A REPRESENTATIVE CAPACITY ARE NOT ALLOWED. ACCORDINGLY, UNDER THE ARBITRATION PROCEDURES OUTLINED IN THIS SECTION, AN ARBITRATOR SHALL NOT COMBINE OR CONSOLIDATE MORE THAN ONE PARTY'S CLAIMS WITHOUT THE WRITTEN CONSENT OF ALL AFFECTED PARTIES TO AN ARBITRATION PROCEEDING.**

1.6 **Arbitration Procedure**. If you or Epson commences arbitration, the arbitration shall be governed by the rules of JAMS that are in effect when the arbitration is filed, excluding any rules that permit arbitration on a class or representative basis (the "JAMS Rules"), available at http://www.jamsadr.com or by calling 1-800-352-5267, and under the rules set forth in this Agreement. All Disputes shall be resolved by a single neutral arbitrator, and both parties shall have a reasonable opportunity to participate in the selection of the arbitrator. The arbitrator is bound by the terms of this Agreement. The arbitrator, and not any federal, state or local court or agency, shall have exclusive authority to resolve all disputes arising

out of or relating to the interpretation, applicability, enforceability or formation of this Agreement, including any claim that all or any part of this Agreement is void or voidable. Notwithstanding this broad delegation of authority to the arbitrator, a court may determine the limited question of whether a claim or cause of action is for an IP Claim, which is excluded from the definition of "Disputes" in Section 1.1 above. The arbitrator shall be empowered to grant whatever relief would be available in a court under law or in equity. The arbitrator may award you the same damages as a court could, and may award declaratory or injunctive relief only in favor of the individual party seeking relief and only to the extent necessary to provide relief warranted by that party's individual claim. In some instances, the costs of arbitration can exceed the costs of litigation and the right to discovery may be more limited in arbitration than in court. The arbitrator's award is binding and may be entered as a judgment in any court of competent jurisdiction.

You may choose to engage in arbitration hearings by telephone. Arbitration hearings not conducted by telephone shall take place in a location reasonably accessible from your primary residence, or in Orange County, California, at your option.

a) Initiation of Arbitration Proceeding. If either you or Epson decides to arbitrate a Dispute, both parties agree to the following procedure:

(i) Write a Demand for Arbitration. The demand must include a description of the Dispute and the amount of damages sought to be recovered. You can find a copy of a Demand for Arbitration at http://www.jamsadr.com ("Demand for Arbitration").

(ii) Send three copies of the Demand for Arbitration, plus the appropriate filing fee, to: JAMS, 500 North State College Blvd., Suite 600 Orange, CA 92868, U.S.A.

(iii) Send one copy of the Demand for Arbitration to the other party (same address as the Dispute Notice), or as otherwise agreed by the parties.

b) Hearing Format. During the arbitration, the amount of any settlement offer made shall not be disclosed to the arbitrator until after the arbitrator determines the amount, if any, to which you or Epson is entitled. The discovery or exchange of non-privileged information relevant to the Dispute may be allowed during the arbitration.

c) Arbitration Fees. Epson shall pay, or (if applicable) reimburse you for, all JAMS filings and arbitrator fees for any arbitration commenced (by you or Epson) pursuant to provisions of this Agreement.

d) Award in Your Favor. For Disputes in which you or Epson seeks $75,000 or less in damages exclusive of attorney's fees and costs, if the arbitrator's decision results in an award to you in an amount greater than Epson's last written offer, if any, to settle the Dispute, Epson will: (i) pay you $1,000 or the amount of the award, whichever is greater; (ii) pay you twice the amount of your reasonable attorney's fees, if any; and (iii) reimburse you for any expenses (including expert witness fees and costs) that your attorney reasonably accrues for investigating, preparing, and pursuing the Dispute in arbitration. Except as agreed upon by you and Epson in writing, the arbitrator shall determine the amount of fees, costs, and expenses to be paid by Epson pursuant to this Section 1.6d).

e) Attorney's Fees. Epson will not seek its attorney's fees and expenses for any arbitration commenced involving a Dispute under this Agreement. Your right to attorney's fees and expenses under Section 1.6d) above does not limit your rights to attorney's fees and expenses under applicable law; notwithstanding the foregoing, the arbitrator may not award duplicative awards of attorney's fees and expenses.

1.7 **Opt-out. You may elect to opt-out (exclude yourself) from the final, binding, individual arbitration procedure and waiver of class and representative proceedings specified in this Agreement by sending a written letter to the Epson Address within thirty (30) days of your assent to this Agreement (including without limitation the purchase, download, installation of the Software or other applicable use of Epson Hardware, products and services) that specifies (i) your name, (ii) your mailing address, and (iii) your request to be excluded from the final, binding individual arbitration procedure and waiver of class and representative proceedings specified in this Section 1. In the event that you opt-out consistent with the procedure set forth above, all other terms shall continue to apply, including the requirement to provide notice prior to litigation.**

1.8 **Amendments to Section 1**. Notwithstanding any provision in this Agreement to the contrary, you and Epson agree that if Epson makes any future amendments to the dispute resolution procedure and class action waiver provisions (other than a change to Epson's address) in this Agreement, Epson will obtain your affirmative assent to the applicable amendment. If you do not affirmatively assent to the applicable amendment, you are agreeing that you will arbitrate any Dispute between the parties in accordance with the language of this Section 1 (or resolve disputes as provided for in Section 1.7, if you timely elected to opt-out when you first assented to this Agreement).

1.9 **Severability**. If any provision in this Section 1 is found to be unenforceable, that provision shall be severed with the remainder of this Agreement remaining in full force and effect. **The foregoing shall not apply to the prohibition against class or representative actions as provided in Section 1.5. This means that if Section 1.5 is found to be unenforceable, the entire Section 1 (but only Section 1) shall be null and void.**

Parent topic: Notices

Trademarks

EPSON® is a registered trademark, EPSON Exceed Your Vision is a registered logomark, and ProSense is a trademark of Seiko Epson Corporation.

Google® is a registered trademark and Android™ is a trademark of Google Inc.

The Bluetooth wordmark is owned by Bluetooth SIG, Inc.

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EXCEED YOUR VISION

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