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## ADDIESDIVE MY-H2-2

# ADDIESDIVE Automatic Watch MY-H2-2 Instruction Manual

Model: MY-H2-2

## 1. Overview

The ADDIESDIVE MY-H2-2 is an automatic watch designed for reliability and style. It features a robust NH35A automatic movement, a durable 316L stainless steel case, and a synthetic sapphire crystal. With 200 meters of water resistance and luminescent hands and markers, it is suitable for various activities.




Front view of the ADDIESDIVE MY-H2-2 automatic watch with a black dial, luminescent markers, and a black leather strap.

### Key Features:

- **Movement:** NH35A automatic with 24 jewels, offering accurate timekeeping.
- **Water Resistance:** Up to 20 ATM / 200 meters / 655 feet.
- **Luminescence:** Luminescent hands and indexes for excellent visibility in low light conditions.
- **Materials:** Premium 316L stainless steel case, synthetic sapphire crystal, and a black leather strap.
- **Size:** Designed to fit wrists from approximately 152 mm to 228 mm.

▶ **Watch video online**
ADDIESDIVE Automatic Watch For Men and Women

An official product video showcasing the ADDIESDIVE automatic watch, highlighting its design, features, and movement.

## 2. Setup

### Setting the Time and Date:

1. **Unscrew the Crown:** Gently unscrew the crown counter-clockwise until it pops out to the first position.

2. **Set the Date:** Pull the crown out to the second position. Turn the crown clockwise to adjust the date. Avoid setting the date between 9 PM and 3 AM, as this can damage the movement.
3. **Set the Time:** Pull the crown out to the third position. Turn the crown to set the hour and minute hands. Ensure the AM/PM is correctly set by observing if the date changes when the hour hand passes midnight.
4. **Push and Screw Down the Crown:** Once the time and date are set, push the crown back in and screw it down clockwise firmly against the case to ensure water resistance.



Close-up of the screw-down crown on the side of the ADDIESDIVE MY-H2-2 watch case.

### Winding the Watch:

This watch features an automatic movement that winds itself with the motion of your wrist. If the watch has stopped or its power reserve is low, you can manually wind it. With the crown in the first (unscrewed) position, turn it clockwise approximately 20-30 times. This will provide enough power for the watch to start running and build up its power reserve through normal wear.

### Strap Adjustment:

The black leather strap is designed to fit a wide range of wrist sizes. Adjust the buckle to the desired hole for a comfortable and secure fit. Ensure the strap is not too tight to allow for proper blood circulation, nor too loose to prevent the watch from moving excessively on your wrist.



Close-up of the black leather strap with white stitching and a silver buckle.

## 3. Operating the Watch

### Automatic Movement:

The NH35A movement is a self-winding mechanical movement. It harnesses the kinetic energy from your arm and wrist movements to power the watch. When fully wound, the watch has a power reserve of approximately 41 hours. If the watch is not worn for an extended period, it will stop. Simply wind it manually or wear it to restart.




Rear view of the ADDIESDIVE MY-H2-2 watch with the case back removed, revealing the NH35A automatic movement.

### Water Resistance (200M):

The ADDIESDIVE MY-H2-2 watch is water resistant up to 200 meters (20 ATM), making it suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure the crown is fully screwed down before exposing the watch to water. Avoid exposing the watch to hot water or steam (e.g., in showers, saunas, or hot tubs) as this can compromise the seals and water resistance.

### Luminescent Dial:

The watch features luminescent material on its hands and hour markers. This material absorbs light during the day and emits a glow in low-light conditions, allowing for easy readability in the dark. The intensity and duration of the glow depend on the exposure to light.




The ADDIESDIVE MY-H2-2 watch dial glowing brightly in the dark, showcasing its luminescent hands and hour markers.

## 4. Maintenance

### Cleaning:

To maintain the appearance of your watch, wipe the case and crystal with a soft, dry cloth regularly. For the leather strap, avoid prolonged exposure to water, direct sunlight, and harsh chemicals to prevent damage and discoloration. If the strap gets wet, allow it to air dry naturally.

### Service Intervals:

Mechanical watches, including those with NH35A movements, benefit from periodic servicing to ensure optimal performance and longevity. It is recommended to have your watch serviced by a qualified watchmaker every 3-5 years. This typically involves cleaning, lubricating, and regulating the movement, as well as checking and replacing seals to maintain water resistance.

### Storage:

When not wearing your watch, store it in a cool, dry place away from direct sunlight, extreme temperatures, and strong magnetic

fields. A watch box or pouch can protect it from dust and scratches.

## 5. Troubleshooting

### Watch Not Running:

- **Low Power Reserve:** If the watch has not been worn for a while, it may have run out of power. Manually wind the watch by turning the crown clockwise 20-30 times in the unscrewed position, then wear it.
- **Crown Not Screwed Down:** Ensure the crown is fully screwed down. If it's pulled out, the movement will not operate.

### Inaccurate Time:

- **Magnetism:** Exposure to strong magnetic fields (e.g., from speakers, smartphones, or certain electronic devices) can affect the watch's accuracy. If you suspect magnetism, a watchmaker can demagnetize it.
- **Service Needed:** If the watch consistently runs too fast or too slow despite regular wear and no magnetic exposure, it may require servicing.

### Water Inside the Crystal:

If you notice condensation or water droplets inside the watch crystal, this indicates a breach in water resistance. Immediately take the watch to a qualified watchmaker for inspection and repair to prevent further damage to the movement. This is not covered under normal wear and tear.

## 6. Specifications

| Feature | Detail |
|---|---|
| Model Number | MY-H2-2 |
| Movement | NH35A Automatic, 24 Jewels |
| Case Material | 316L Stainless Steel |
| Crystal | Synthetic Sapphire |
| Water Resistance | 20 ATM / 200 Meters / 655 Feet |
| Luminescence | Hands and Indexes |
| Strap Material | Black Leather |
| Clasp Type | Buckle |
| Case Diameter | 39mm |
| Lug-to-Lug Length | 49mm |
| Case Thickness | 12mm |
| Strap Width | 20mm |
| Weight | 72g |
| Wrist Fit | 152 mm to 228 mm |




Diagram illustrating the dimensions of the ADDIESDIVE MY-H2-2 watch.




Engraved stainless steel case back of the ADDIESDIVE MY-H2-2 watch.

## 7. Warranty and Support

### Warranty Information:

ADDIESDIVE watches are manufactured to high-quality standards. This product comes with a limited warranty covering manufacturing defects. The warranty does not cover damage resulting from improper handling, accidents, normal wear and tear, or unauthorized repairs. Please retain your proof of purchase for warranty claims.

### Customer Support:

For any questions, technical assistance, or warranty claims, please contact ADDIESDIVE customer support through the retailer where the product was purchased or visit the official ADDIESDIVE website for contact details. When contacting support, please have your model number (MY-H2-2) and purchase information ready.

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