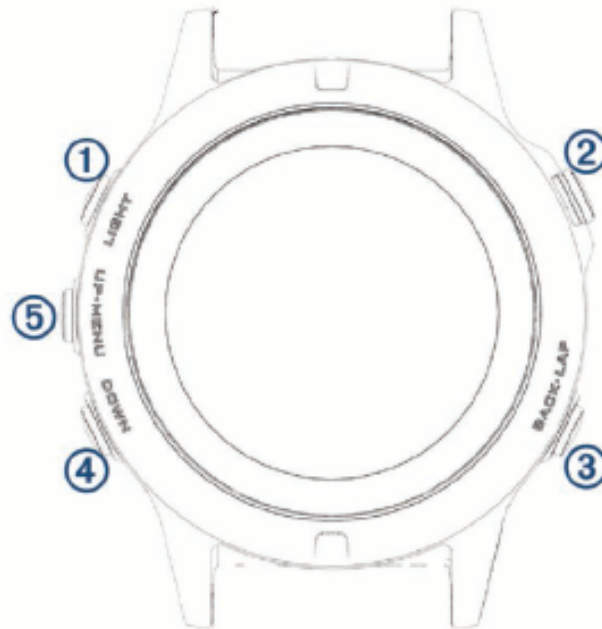**E-Label Access Instructions -AA3119-10 (page 23 of User Manual)**

The E-Label can be found by a press and hold of the Menu Key. Holding the Menu Key will bring up the "Menu" for all watch functions. In the Menu the user will can scroll down with the "Down" key and select "Settings". The select operation is made by pressing the "Start/Stop" key. Under settings there is an entry called "About." It is here in the "About" page that the user can access the E-Label and all of the model specific information.

Device Overview

① LIGHT	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
② ▲	Select to view the activity list and start or stop an activity. Select to choose an option in a menu.
③ BACK LAP	Select to return to the previous screen. Select to record a lap, rest, or transition during an activity.
④ DOWN	Select to scroll through the widget loop and menus. Hold to view the watch face from any screen.
⑤ UP MENU	Select to scroll through the widget loop and menus. Hold to view the menu.

PMN Engraved on the back of unit