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# Watch Operation Guide 3564

CASIO

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# Precautions

## Operating Precautions

### ● Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

**Water Resistance Under Daily Use**

| | |
|---|---|
| Marking on watch front or on back cover | No BAR mark |

Example of Daily Use

| | |
|---|---|
| Hand washing, rain | Yes |
| Water-related work, swimming | No |
| Windsurfing | No |
| Skin diving | No |

**Enhanced Water Resistance Under Daily Use**

**5 Atmospheres**

| | |
|---|---|
| Marking on watch front or on back cover | 5BAR |

Example of Daily Use

| | |
|---|---|
| Hand washing, rain | Yes |
| Water-related work, swimming | Yes |
| Windsurfing | No |
| Skin diving | No |

**10 Atmospheres**

| | |
|---|---|
| Marking on watch front or on back cover | 10BAR |

Example of Daily Use

| | |
|---|---|
| Hand washing, rain | Yes |
| Water-related work, swimming | Yes |
| Windsurfing | Yes |
| Skin diving | Yes |

**20 Atmospheres**

| | |
|---|---|
| Marking on watch front or on back cover | 20BAR |

Example of Daily Use

| | |
|---|---|
| Hand washing, rain | Yes |
| Water-related work, swimming | Yes |
| Windsurfing | Yes |
| Skin diving | Yes |

- Do not use your watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
  - Do not operate the crown or buttons while your watch is submersed in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
  - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will inspect your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO service center.
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

### ● Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

### ● Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving your watch in an area hotter than +60 °C (140 °F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0 °C (32 °F) and greater than +40 °C (104 °F).

### ● Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, BABY-G, G-MS) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaging in strenuous sports activities (motocross, etc.)

### ● Magnetism

- Though a digital watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

### ● Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.
- Electrostatic charge may cause temporary blotching in blank areas of the LCD.

### ● Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

### ● Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

### ● Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

### ● Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

  **CAUTION:**
  Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

### ● Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

### ● Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

● **Liquid Crystal Display**

- Display figures may be difficult to read when viewed from an angle.

● **Watch with Data Memory**

- Allowing the battery to go dead, replacing the battery, or having your watch repaired can cause all data in watch memory to be lost. Note that CASIO Computer Co., Ltd. assumes no responsibility for any damages or losses caused by data lost due to malfunction or repair of your watch, replacement of the battery, etc. Be sure to keep separate written copies of all important data.

● **Watch Sensors**

- A watch sensor is a precision instrument. Never try to take it apart. Never try to insert any objects into the openings of a sensor, and take care to ensure that dirt, dust, or other foreign matter does not get into it. After using your watch where it has been immersed in saltwater, rinse it thoroughly with fresh water.

Note that CASIO Computer Co., Ltd. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

## User Maintenance

● **Caring for Your Watch**

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

● **Dangers of Poor Watch Care**

**Rust**

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

**Premature Wear**

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

**Skin Irritation**

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

## Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the “Specifications”. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

### ● Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life noted in the “Specifications”. Note that you will be charged for replacement of this battery, even if replacement is required within your watch’s warranty period.

### ● Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

## Mobile Link Precautions

### ● Legal Precautions

- This watch complies with or has received approval under the radio laws of various countries and geographical areas. Using this watch in an area where it does not comply with or has not received approval under applicable radio laws may be a criminal offense. For details, visit the CASIO Website.
  https://world.casio.com/ce/BLE/
- Use of this watch inside of aircraft is restricted under the aviation laws of each country. Be sure to follow the instructions of airline personnel.

### ● Precautions when using Mobile Link

- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can be affected by other devices (electrical devices, audio-visual equipment, office equipment, etc.) In particular, it can be affected by operation of a microwave oven. The watch may not be able to communicate normally with a phone if a microwave oven is operating nearby. Conversely, this watch may cause noise in radio reception and the video image of a TV.
- Bluetooth of this watch uses the same frequency band (2.4 GHz) as wireless LAN devices, and use of such devices in close proximity of this watch may result in radio interference, slower communication speeds and noise for the watch and the wireless LAN device, or even communication failure.

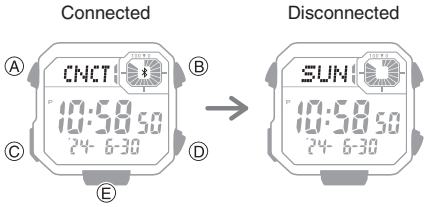
### ● Stopping Radio Wave Emission by This Watch

The watch is emitting radio waves whenever ᛒ is flashing or displayed.
In addition, the watch also connects phone automatically four times a day to correct its time setting.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, use the operation below to stop radio wave generation.

- Stopping Radio Wave Generation

  Press any button besides (B) to terminate the Bluetooth connection.




- Disabling Auto Time Correction
  Configure CASIO WATCHES phone app settings to disable synchronization between the watch and phone.
  Using the Watch in a Medical Facility or Aircraft

## Before Getting Started...

This section provides an overview of the watch and introduces convenient ways it can be used.

### Watch Features

- Phone Linking

  The watch supports connection and communication with a Bluetooth capable phone.

- Dual Time

  Dual Time lets you keep track of the current time in another time zone in addition to your current location's time.

- Alarm

  An alarm sounds whenever a time specified by you is reached.

- Stopwatch

  The stopwatch measures elapsed time in units of one second (1/100 second for the first hour) up to 24 hours.

- Timer

  Countdown from a start time specified by you. An alarm sounds when the countdown reaches zero.

- Step Count

  The step counter counts your steps as you walk or run.

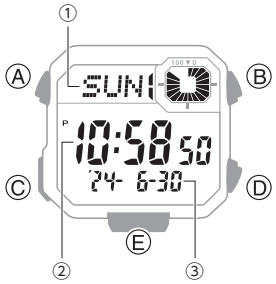
- Power Saving

  If you do not use your watch for a certain amount of time, it will turn off its display to save power.

**Note**

- The illustrations included in this operation guide have been created to facilitate explanation. An illustration may differ somewhat from the item it represents.

## General Guide




① Day of the week
② Hour, minute, second
③ Year, month, day

**A button**

Holding down this button for at least two seconds in any mode displays the setting screen.

**B button**

Press to turn on illumination.

**C button**

Each press cycles between watch modes.

In any mode, hold down this button for at least one second to return to the Timekeeping Mode.

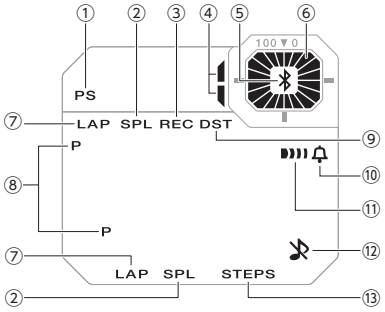
**D button**

Pressing this button while any setting screen is displayed will change the setting.

**E button**

Pressing this button while any setting screen is displayed will change the setting.

## Indicators




① Indicates power saving is enabled.

② Displayed while a split time is displayed.

③ Displayed while the watch is in the Recall Mode.

④ Indicates the current step count status.

⑤ Displayed while there is a Bluetooth connection between the watch and a phone.

⑥ Graphic display area operation is linked with operations in each mode.

⑦ Displayed while a lap time is displayed.

⑧ Displayed during p.m. times while 12-hour timekeeping is being used.

⑨ Displayed while the current time is a summer time (DST).

⑩ Displayed while the hourly time signal is enabled.

⑪ Displayed while an alarm is turned on.

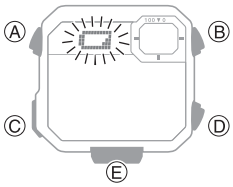
⑫ Displayed while the button operation tone is disabled.

⑬ Displayed while the step count is displayed.

● **Battery Replacement**

When battery power goes low, ▭ will start to flash and some functions will become disabled. If ▭ continues to flash, replace the battery.

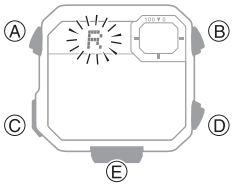
Request battery replacement from a CASIO service center or your original retailer.




● **If [R] is flashing on the display**

If [R] is flashing, it means that all functions, except for timekeeping, are disabled due to high momentary battery power consumption.

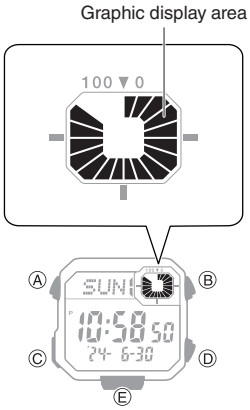
[R] is flashing on the display.




## Graphic Display Area

Graphic display area operation is linked with operations in each watch mode.

- The graphic display area is blank in the Recall Mode and the Alarm Mode.




**Timekeeping Mode**

While a step count is displayed, the graphic display area shows your progress. For other types of display, it changes with the count of the current time's seconds.

**Stopwatch Mode**

Movement is synchronized with the stopwatch seconds.

**Timer Mode**

Movement is synchronized with the timer seconds.

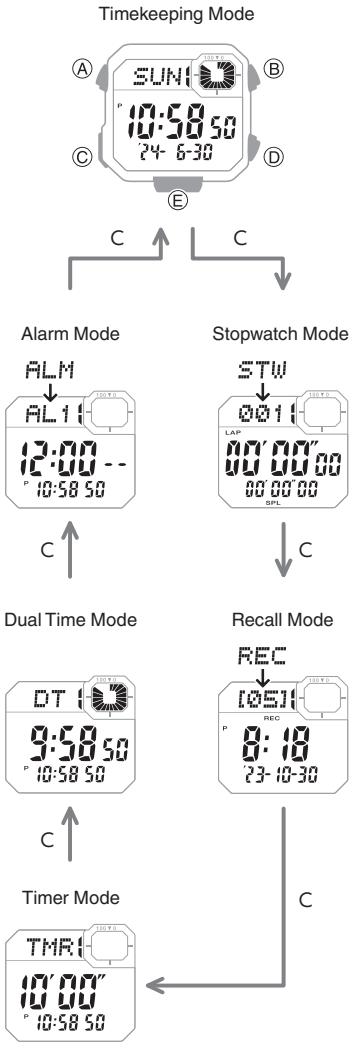
**Dual Time**

Movement is synchronized with the Dual Time seconds.

## Navigating Between Modes

Each press of (C) cycles between watch modes.

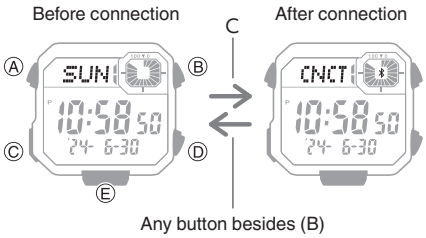
- In any mode, hold down (C) for at least one second to return to the Timekeeping Mode.




● **Connecting with a Phone**

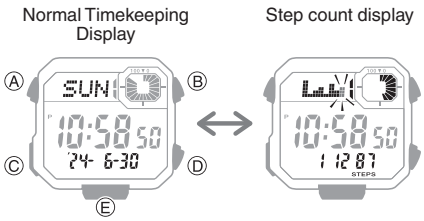
In the Timekeeping Mode, hold down (C) for at least three seconds to connect with a phone.

- To terminate a connection between a phone and the watch, press any watch button besides (B).



## Selecting a Timekeeping Mode Digital Display Format

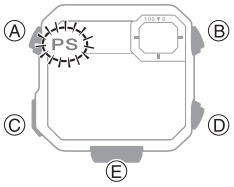
Each press of (E) in the Timekeeping Mode cycles display contents as shown below.




## Power Saving

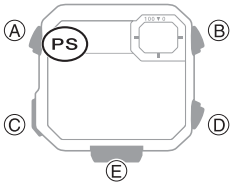
If power saving is enabled, the watch will turn off its display and enter Level 1 power saving if it is left unused for approximately 150 minutes between 10 p.m. and 6 a.m. If the watch is left in this condition for six or seven days, it will then enter Level 2 power saving.

Power Saving Level 1 :




Digital display goes blank to save power. The watch can connect with a phone at this level.

Power Saving Level 2 :




Digital display goes blank to save power. All functions are disabled.

**Battery life (new battery)**

Power Saving On (Worn 5 days a week, 6 hours per day, Power Saving Level 1, not worn two days a week) :

Approximately 44 months

Power Saving Off :

Approximately 33 months

**Recovering from Power Saving Operation**

Use one of the operations below to exit power saving.

- Press any button.
- Wearing the watch

### Note

- Under the conditions below, the display does not change even if the power saving Level 1 conditions are met.
  - While in the Stopwatch Mode
  - While in the Timer Mode

  When six to seven days elapse with the Stopwatch or Timer Mode currently displayed on the screen in the reset state, the watch enters the Level 2 power-saving state.
  Stopwatch
  Timer
- You can enable or disable Power Saving.
  Using CASIO WATCHES to Configure Settings
  Using Watch Operations to Configure Settings
- The watch may enter a power-saving state while you are wearing it if you do not move your arm.

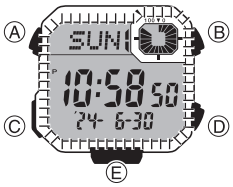
## Viewing the Face in the Dark

The watch has a light that illuminates the face for viewing in the dark.

**● Turning On Display Illumination**

Press (B) to turn on illumination.

- Illumination turns off automatically if an alarm starts to sound.




### Important!

- Frequent use of illumination runs down the battery.

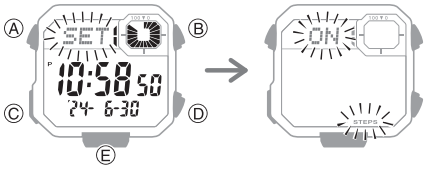
### Note

- Display illumination is disabled when any one of the conditions below exists.
  - While an alarm, timer alert, or other beeper is sounding

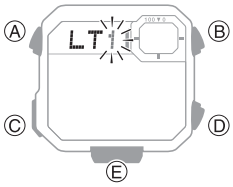
● **Specifying the Illumination Duration**

You can select either 1.5 seconds or three seconds as the illumination duration.

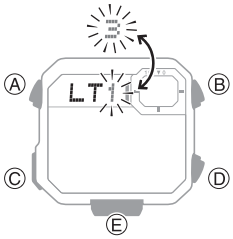
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (C) 10 times to display [LT].




4. Press (D) to select an illumination duration.
   [1]: 1.5-second illumination
   [3]: 3-second illumination




5. Press (A) to exit the setting screen.

## Useful Features

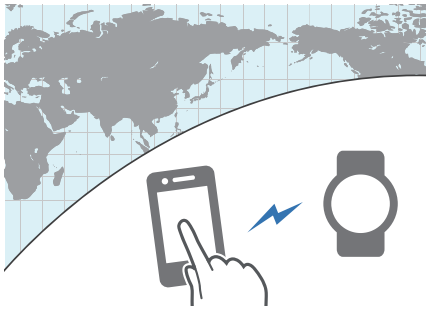
Pairing the watch with your phone makes a number of the watch's features easier to use.

**Auto time correction**

Auto Time Correction

**Selection of More Than 300 World Time cities**

Configuring World Time Settings



In addition, a number of other watch settings can be configured using your phone.

**To transfer data to a watch and to configure settings, you first need to pair the watch with your phone.**

Getting Ready

- Your phone needs to have the "CASIO WATCHES" phone app installed to pair with the watch.

## Linking with a Phone

While there is a Bluetooth connection between the watch and phone (Mobile Link), the watch's current time setting is corrected automatically. You can also change the watch's other settings.

**Note**

- This function is available only while the CASIO WATCHES phone app is running on the phone.
- This section describes watch and phone operations.
  : Watch operation
  : Phone operation

## Getting Ready

To use your watch in combination with a phone, you first need to pair them. Perform the steps below to pair the watch with a phone.

● ① **Install the app on your phone.**

In Google Play or the App Store, search for the "CASIO WATCHES" phone app and install it on your phone.

● ② **Configure Bluetooth settings.**

Enable the phone's Bluetooth.

**Note**

- For details about setting procedures, see your phone documentation.

● ③ **Pair the watch with a phone.**

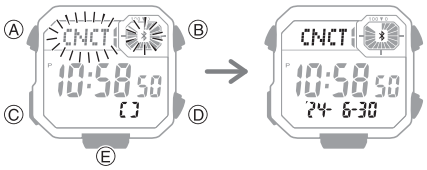
Before you can use the watch in combination with a phone, you first need to pair them.

1. Move the phone to be paired with close to (within one meter of) the watch.
2. Tap the “CASIO WATCHES” icon.
3. Tap the ⊕ of the “My Watch” tab.
4. Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.
5. Hold down (C) for at least three seconds. Release the button when ᛒ and [CNCT] start to flash.

   When a connection is established between the watch and phone, ᛒ and [CNCT] stop flashing and remain on the display.

   • If pairing fails for some reason, [ERR] appears on the display momentarily and then the watch returns to the Timekeeping Mode. Perform the pairing procedure again from the beginning.

Pairing started Pairing complete




**Note**

• The first time you start up the CASIO WATCHES phone app, a message will appear on your phone asking if you want to enable location information acquisition. Configure settings to allow background use of location information.

## Auto Time Correction

Your watch connects with a phone at preset times each day and correct its time settings automatically.

● **Using This Function**

Your watch corrects its time setting four times a day according to a preset schedule. If you leave your watch in the Timekeeping Mode, it will perform the correction operation automatically as you go about your daily life, without any operation required by you.

**Important!**

• The watch may not be able to perform auto time correction under the conditions described below.
  – While the watch is too far away from its paired phone
  – While communication is not possible due to radio interference, etc.
  – While the phone is updating its system
  – While the CASIO WATCHES phone app is not running on the phone

**Note**

• If there is a World Time City specified with the CASIO WATCHES phone app, its time will also be corrected automatically.
• The watch connects with the phone and performs auto time correction at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time correction is complete.

● **Triggering Immediate Time Correction**

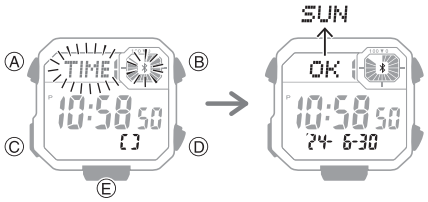
The watch’s time setting is corrected automatically whenever you establish a connection between the watch and a phone. Whenever you want to trigger immediate time correction, perform the procedure below to connect with a phone.

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Move the phone close to (within one meter of) the watch.
3. Press (D).

   [TIME] flashes to indicate that the watch has started the connection operation. Once the watch and phone are connected, [OK] will appear, and then the watch will correct its time setting based on information from the phone.

   • At this time your current location is recorded by your phone.

Trying to connect After time correction




**Note**

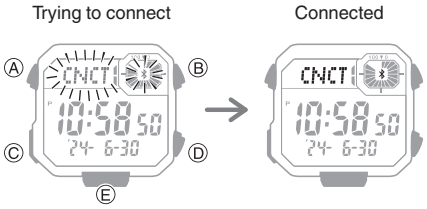
• The connection is terminated automatically after time correction is complete.
• If time correction fails for some reason, [ERR] will appear.

## Configuring Power Saving Function Settings

You can use the CASIO WATCHES phone app to enable or disable power saving.

- For details about power saving, refer to the information below.
  Power Saving

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when ✱ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ✱ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.



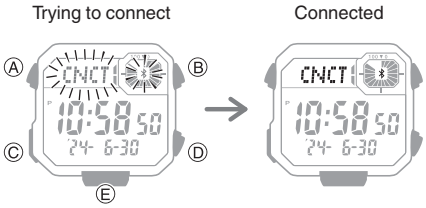

3. Follow the displayed instructions to turn power saving on or off.

## Viewing Step Count Data

You can use the CASIO WATCHES phone app to view the data below, which is measured by the watch.

- 24-hour step count, calories burned
- Weekly step count, calories burned

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when ✱ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ✱ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.




3. Follow the instructions on the screen to display step count data.

**Note**

- You can also use CASIO WATCHES to specify a daily step target.
- Though the step count displayed by the watch changes in real time, there is a delay before it is transferred to the CASIO WATCHES phone app. Because of this, the step counts displayed by the CASIO WATCHES phone app may be different from those displayed by the watch.

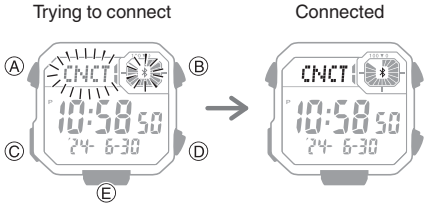
## Viewing Stopwatch Data

This section explains how to send lap times and split times (up to 200 records) stored in watch memory, and other data to your phone for viewing with the CASIO WATCHES phone app.

### ● Sending Stopwatch Data to a Phone

Use the procedure below to send data from the watch to a phone.

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when ✱ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ✱ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.




3. Perform the operation shown on the phone screen to transfer data measured by the watch to the phone.

   After data transfer is complete, a list of the measurement data will appear on the phone display.
   - Tapping a stopwatch data item displays its details.

### ● Checking Sent Data

Use the CASIO WATCHES phone app to check the data you sent to the phone.

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen to view the measurement data you want.

**Note**

- You can delete data by tapping “Edit”.

## Configuring World Time Settings

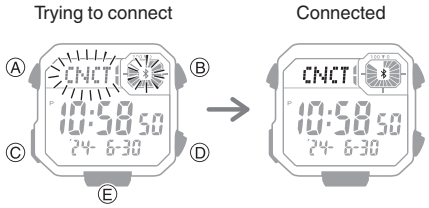
Specifying a World Time City with the CASIO WATCHES phone app causes the watch's World Time City to change accordingly. Settings can be configured to perform auto summer time switching for the World Time City.

### Note

- The CASIO WATCHES phone app World Time lets you select from among approximately 300 cities as the World Time City.
- You can use the CASIO WATCHES phone app to configure settings for user cities that are not included in the watch's built-in World Time Cities. You must use the CASIO WATCHES phone app to select a user city as your World Time City.

### ● To select a World Time City

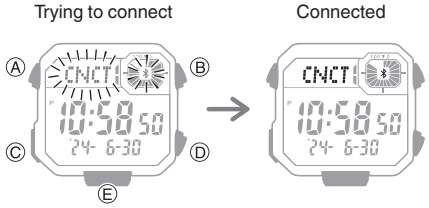
1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least three seconds. Release the button when ᛒ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ᛒ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.




3. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.
   - You can check the World Time by entering the Dual Time Mode.

### ● Configuring the Summer Time Setting

1. Tap the "CASIO WATCHES" icon.
2. Hold down (C) for at least three seconds. Release the button when ᛒ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ᛒ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.



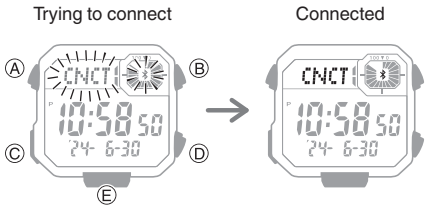

3. Perform the operation shown on the phone screen to select a summer time setting.
   - "Auto"
     The watch switches between standard time and summer time automatically.
   - "OFF"
     The watch always indicates standard time.
   - "ON"
     The watch always indicates summer time.

### Note

- While the summer time setting is "Auto", the watch switches between standard time and summer time automatically. You do not need to switch between standard time and summer time manually. Even if you are in an area that does not observe summer time, you can leave the watch's summer time setting as "Auto".
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- The CASIO WATCHES phone app screen shows information about summer time periods.

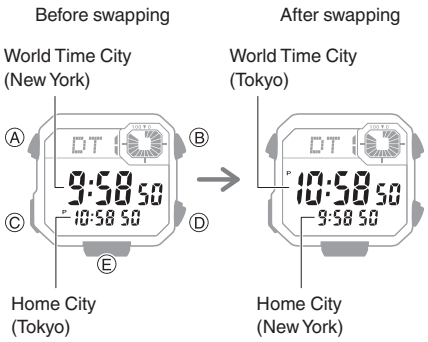
### ● Swapping Your World Time and Home Time

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when and [CNCT] start to flash.
   - When a connection is established between the watch and phone, and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.




3. Perform the operation shown on the phone screen to swap your Home Time with your World Time.

   For example, if your Home City is Tokyo and the World Time City is New York, they will be swapped as shown below.




**Note**

- Auto time correction does not work for 24 hours after swapping the Home Time and World Time.

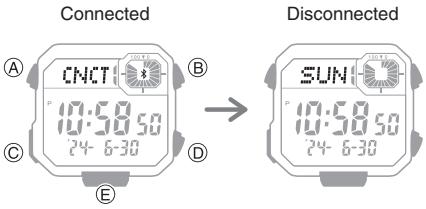
## Phone Finder

You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

**Important!**

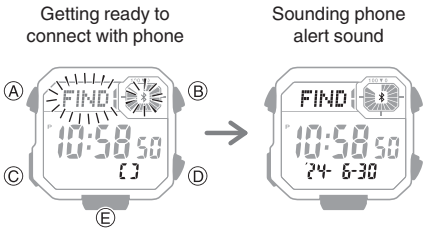
- Do not use this function in areas where phone call tones are restricted.
- The tone sounds at a high volume. Do not use this function when listening to phone output over earphones.

1. If the watch is connected with a phone, press any button besides (B) to terminate the connection.




2. If the watch is in any mode besides the Timekeeping Mode, hold down (C) for at least one second to enter the Timekeeping Mode.
3. Hold down (D) for at least three seconds. Release the button when and [FIND] start to flash.

   The phone sounds a tone when it establishes a connection with the watch.
   - It takes a few seconds before the phone tone sounds.

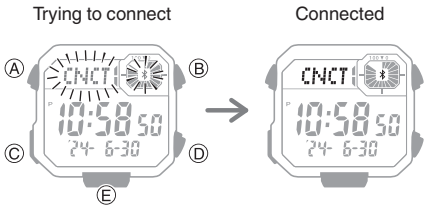



4. Press any button besides (B) to stop the tone.
   - You can press any watch button to stop the phone tone only during the first 30 seconds after it starts to sound.

## Configuring Watch Settings

Alarm time, timer start time, and other settings can also be configured using the CASIO WATCHES phone app.

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when and [CNCT] start to flash.
   - When a connection is established between the watch and phone, and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.

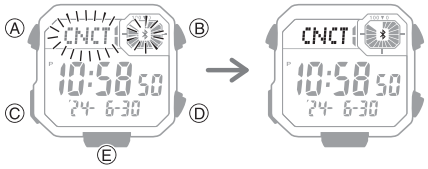



3. Select the setting you want to change and then perform the operation shown on the phone screen.

## Changing the Home City Summer Time Setting

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when and [CNCT] start to flash.
   - When a connection is established between the watch and phone, and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.

Trying to connect Connected




3. Perform the operation shown on the phone screen to change your Home City summer time setting.

## Recording Your Current Location (TIME&PLACE)

While traveling or otherwise on the go, you can use the procedure below to record your current location, along with the time and date, on your phone. Recorded location information can be viewed on the CASIO WATCHES phone app map.

**● Recording Your Current Location**

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. When you are in the location you want to record, press (D).

   This records, in phone memory, the latitude and longitude of the location you are in when you press the button, along with the date and time.
   - [OK] appears when registration is complete. [ERR] appears when registration fails.
   - At this time, the time settings of your phone and watch are synced with each other.

**● Viewing a Recorded Location on a Map**

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen to view recorded location information.

**Note**

- You can use the CASIO WATCHES phone app to delete recorded location information.

## Connection

### Connecting with a Phone

Your watch can connect with a phone that is paired with it.

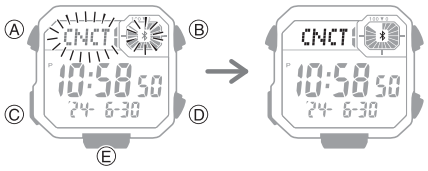
- If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

③ Pair the watch with a phone.

**● Connecting with a Phone**

1. Move the phone close to (within one meter of) the watch.
2. Hold down (C) for at least three seconds. Release the button when and [CNCT] start to flash.
   - When a connection is established between the watch and phone, and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.

Trying to connect Connected




**Important!**

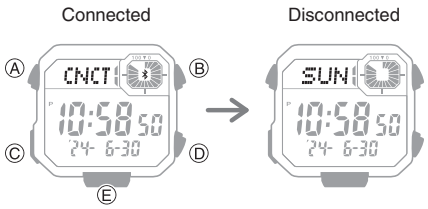
- If you have problems establishing a connection, it could mean that the CASIO WATCHES phone app is not running on your phone. On your phone’s home screen, tap the “CASIO WATCHES” icon. After the app starts up, hold down the watch’s (C) button for at least three seconds.

**Note**

- The connection is terminated if you do not perform any operation on the watch or phone for a fixed amount of time.
  To specify the connection limit time, perform the following operation with the CASIO WATCHES phone app:
  “Watch settings” → “Connection time with the app”. Next, select a setting of 3 minutes, 5 minutes, or 10 minutes.

## Disconnecting from Your Phone

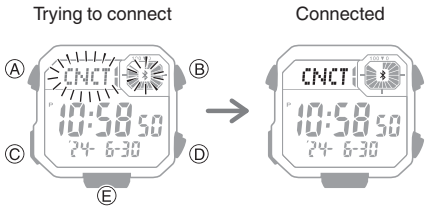
Pressing any button besides (B) terminates the Bluetooth connection and returns to the Timekeeping Mode.




## Using the Watch in a Medical Facility or Aircraft

Whenever you are in a hospital, on an aircraft, or in any other location where connection with a phone may cause problems, you can perform the procedure below to disable auto time correction. To re-enable auto time correction, perform the same operation again.

1. Tap the “CASIO WATCHES” icon.
2. Hold down (C) for at least three seconds. Release the button when ✱ and [CNCT] start to flash.
   - When a connection is established between the watch and phone, ✱ and [CNCT] stop flashing and remain on the display.
   - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the Timekeeping Mode.




3. Perform the operation shown on the phone screen to enable or disable auto time correction.

## Unpairing

To unpair the watch from a phone, delete the pairing information from the CASIO WATCHES phone app, the phone, and the watch.

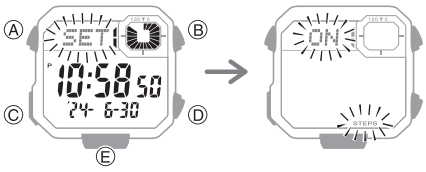
### ● Deleting Pairing Information from the CASIO WATCHES phone app

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen to unpair.

### ● Deleting Pairing Information from the Watch

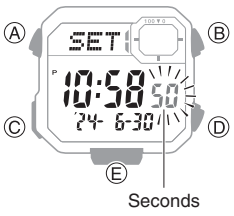
1. Hold down (C) for at least one second to enter the Timekeeping Mode.
2. Hold down (A) for at least two seconds.

   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.



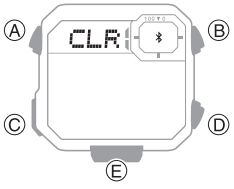

3. Press (C) twice.

   This causes the seconds to flash.




4. Hold down (E) for at least two seconds. Release when ✱ and [CLR] stop flashing.

   This deletes the pairing information from the watch and returns to the timekeeping display.




5. Press (A) to return to the Timekeeping Mode.

### ● Deleting the phone’s pairing information

For details about setting procedures, see your phone documentation.

“Settings” → “Bluetooth” → Cancel the watch’s device registration.

## If you purchase another phone

You need to perform the pairing operation whenever you want to establish a Bluetooth connection with a phone for the first time.

Deleting Pairing Information from the Watch
③ Pair the watch with a phone.

## Time Correction

Your watch can connect with a phone to obtain information that it uses to correct its date and time setting.

**Important!**

- When you are on an aircraft or in any other location where radio signals may cause problems, enable the watch's Airplane Mode to disable connection with your phone.
  Using the Watch in a Medical Facility or Aircraft

Referring to the information below, configure the time setting in accordance with the method that suits your own lifestyle.

Do you use a phone?

Time correction by connecting with your phone is recommended.
Auto Time Correction

If your phone cannot connect with the watch

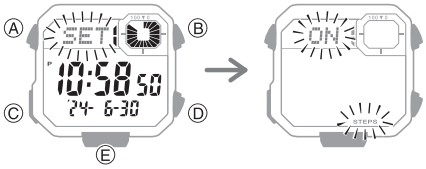
You can correct time settings by performing operations on the watch.
Using Watch Operations to Correct the Time Setting

## Using Watch Operations to Correct the Time Setting

If your watch cannot connect with your phone for some reason, you can use watch operations to adjust date and time settings.

**● Setting the Time/Date**

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Keep pressing (C) until the setting you want to change is flashing.
   - Each press of (C) moves the flashing to the next setting in the sequence shown below.

- Step Reminder On/Off
- Daily step target
- Seconds
- Hours
- Minutes
- 12/24-hour timekeeping
- Year
- Month
- Day
- Operation tone enable/disable
- Illumination duration
- Power Saving On/Off

4. Configure the date and time settings.
   - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
   - For all the other settings, use (D) and (E) to change the flashing setting.
     Holding down (D) or (E) scrolls through settings at high speed.
5. Repeat steps 3 and 4 to select time and date settings.
6. Press (A) to complete the setting operation.

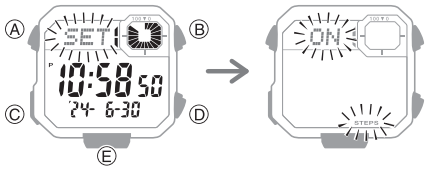
**Note**

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

● **Switching between 12-hour and 24-hour Timekeeping**

You can specify either 12-hour format or 24-hour format for the time display.

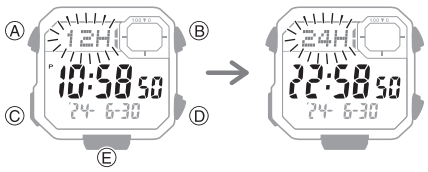
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (C) five times.
   This causes [12H] or [24H] to flash on the display.

4. Press (D) to toggle the setting between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).

12-hour timekeeping / 24-hour timekeeping




5. Press (A) to complete the setting operation.

**Note**

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.

# Dual Time

Dual Time lets you look up the current time in various time zones around the globe.

## Using CASIO WATCHES to Configure World Time City Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set the World Time city.
Configuring World Time Settings

**Note**

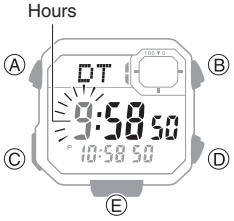
- World Time cities that can be selected only by using the CASIO WATCHES phone app cannot be selected using watch operations.

## Configuring Dual Time Settings

Dual Time lets you set the current time in another time zone in addition to your current location time.

1. Enter the Dual Time Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds. Release the button when the hour setting starts to flash.

Hours




3. Use (D) and (E) to set the hour setting.
4. Press (C).
   This causes the minutes digits to flash.

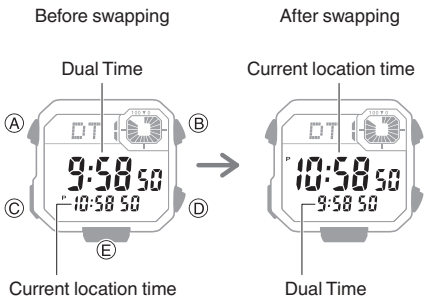
Minutes

5. Use (D) and (E) to set the minute setting.
   - You can change the setting in 15-minute increments.
6. Press (A) to complete the setting operation.

## Swapping the Home City Time and Dual Time

1. Enter the Dual Time Mode.
   Navigating Between Modes
2. Hold down (D) for at least two seconds.
   This swaps the Home City time and Dual Time.

Before swapping / After swapping



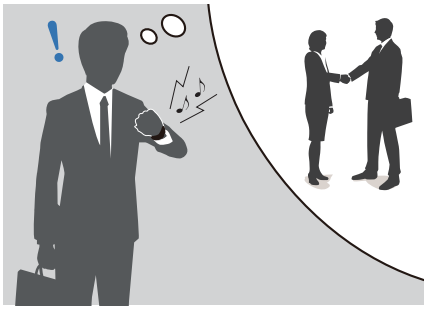

**Note**

- This function comes in handy when you need to move to another time zone. For details about how to use it, go to the section below.
  Moving to Another Time Zone

# Alarm

The watch beeps when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

- An alarm will not sound if the battery is low.



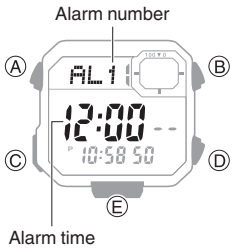
## Using CASIO WATCHES to Configure Alarm Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set alarms.

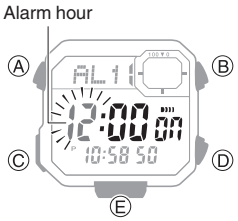
Configuring Watch Settings

## Configuring Alarm Settings

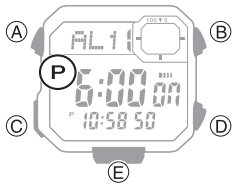
1. Enter the Alarm Mode.
   Navigating Between Modes
2. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the alarm you want to configure is displayed.



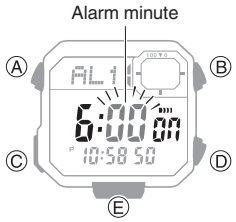

3. Hold down (A) for at least two seconds. Release the button when the hours digits start to flash.
   - While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.



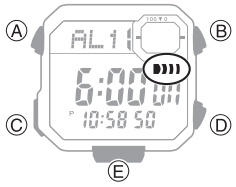

4. Use (D) and (E) to set the hour setting.
   - Holding down (D) or (E) scrolls through settings at high speed.
   - If you are using 12-hour timekeeping, [P] indicates p.m.




5. Press (C).
   This causes the minutes digits to flash.




6. Use (D) and (E) to set the minute setting.
7. Press (A) to exit the setting screen.
   - (alarm) is shown on the display while an alarm is turned on.




### Note

- A beeper sounds for 10 seconds when an alarm time is reached.
- The watch automatically returns from the Alarm Mode to the Timekeeping Mode if you do not perform any operation for about two or three minutes.

**● Testing the alarm**

In the Alarm Mode, hold down (D) to sound the alarm.

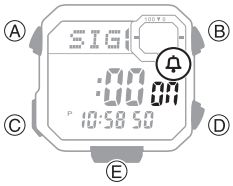
**● To stop the alarm**

Pressing any button while the beeper is sounding stops it.

## Enabling the Hourly Time Signal

1. Enter the Alarm Mode.
   Navigating Between Modes
2. Use (D) to display the hourly time signal screen ([SIG]).

3. Press (A) to toggle the hourly time signal between enabled and disabled.
   - (hourly time signal) is shown on the display while the hourly time signal is turned on.



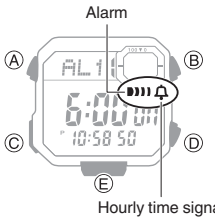

## Turning Off an Alarm or the Hourly Time Signal

To stop an alarm or the hourly time signal from sounding, perform the steps below to turn it off.

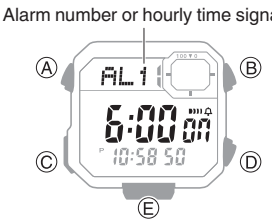
- To have an alarm or hourly time signal sound again, turn it back on.

### Note

- Indicators are displayed while any of the alarms or the hourly time signal is turned on.
- The applicable indicators are not displayed while all of the alarms are turned off and/or the hourly time signal is turned off.




1. Enter the Alarm Mode.
   Navigating Between Modes
2. Use (D) to scroll through the alarm ([AL1] to [AL5]) and hourly time signal ([SIG]) screens until the one you want to turn off is displayed.




3. Press (A) to turn off the displayed alarm or the hourly time signal.
   - Each press of (A) toggles between on and off.
   - Turning off an alarm causes (alarm) to disappear from the display. Turning off the hourly time signal causes (hourly time signal) to disappear.

### Note

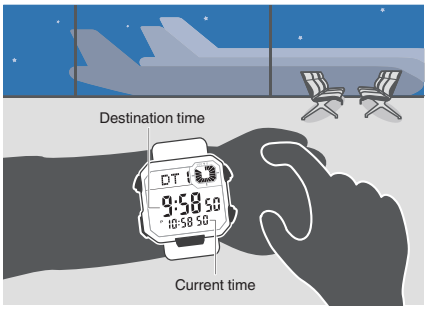
- If (alarm) is still displayed after you turn off an alarm, it means that at least one of the other alarms is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the (alarm) indicator is no longer displayed.

## Moving to Another Time Zone

Use the procedure below to easily change day and time settings of the watch to a destination location.

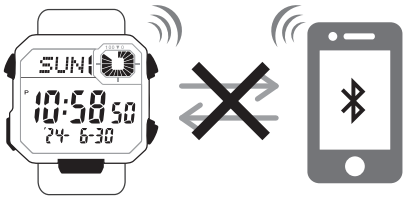
**● Before Boarding**

1. Configure the World Time (Dual Time) to the current time at your destination.




Using CASIO WATCHES to Configure Settings
Using Watch Operations to Configure Settings

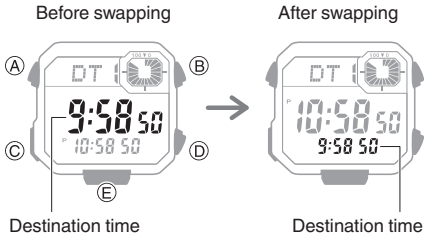
2. Disable auto time correction.




Using the Watch in a Medical Facility or Aircraft

● **After Arriving**

1. Swap the origin time zone time with the destination time zone time.




Using CASIO WATCHES to Configure Settings
Using Watch Operations to Configure Settings

2. Enable auto time correction.
Using the Watch in a Medical Facility or Aircraft

3. Correct the time setting.
Triggering Immediate Time Correction

## Stopwatch

The stopwatch measures elapsed time in 1/100-second units for the first hour, and in 1-second units after that for up to 24 hours.

In addition to normal elapsed time measurements, the stopwatch also lets you take split time and lap time readings.

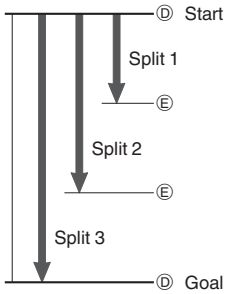
**Note**

- Up to 200 split time and lap time records can be stored in watch memory. Perform a lap or split time operation while there are already 200 records in memory will cause the oldest record to be deleted automatically to make room for the new one.
- You can use the Recall Mode to view the latest measurement data.
Viewing Saved Data
- You can use the CASIO WATCHES phone app to view past measurement data.

### Split Times and Lap Times

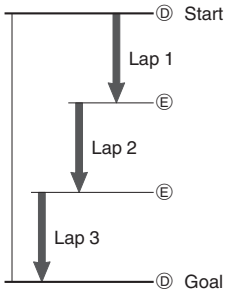
● **Split time**

A split time is the time elapsed from the start, up to any point along the course of an event.




● **Lap time**

A lap time shows the time elapsed during a specific lap around a track, etc.

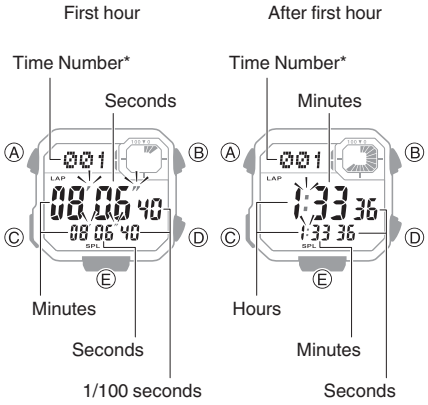



### Measuring Elapsed Time

1. Enter the Stopwatch Mode.
Navigating Between Modes

2. Use the operations below to measure elapsed time.

- Elapsed time is shown in 1/100-second units for the first hour of the measurement. After the first hour, elapsed time is shown in one-second units.




* [F] is displayed for the final time number when an elapsed time measurement operation is stopped.

3. Press (E) to reset the measurement time to all zeros.

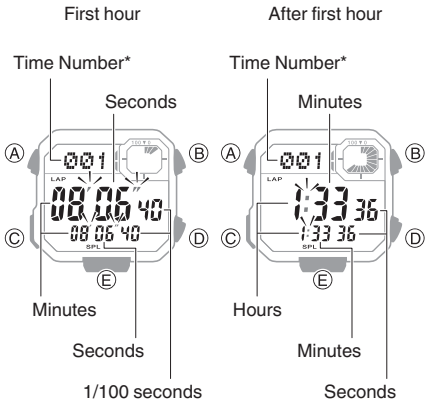
## Measuring a Split Time or Lap Time

1. Enter the Stopwatch Mode.
   Navigating Between Modes
2. Use the operations below to measure elapsed time.
   - Each press of (A) displays the time elapsed from the start of the stopwatch operation up to that point (split time) and the elapsed time for a specific segment (lap time).

   - Split times and lap times are both displayed at the same time. Lap and split times up to the one hour are shown in 1/100-second units. Subsequent measurements after one hour are shown in 1-second units.

     [SPL]: Split time

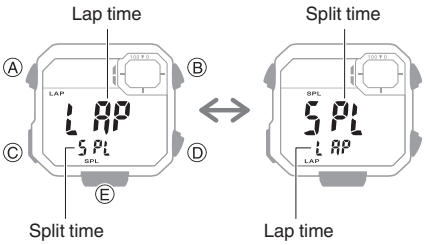
     [LAP]: Lap time




   * [F] is displayed for the final time number when an elapsed time measurement operation is stopped.
3. Press (E) to reset the measurement time to all zeros.

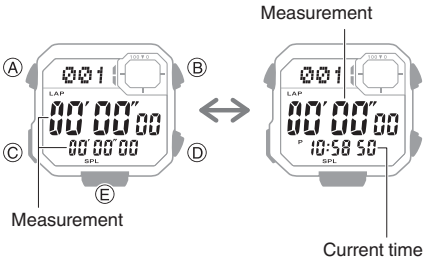
## Swapping the Display Positions of the Split Time and Lap Time

While the stopwatch is reset to all zeros, hold down (E) for at least two seconds to swap the lap and split time display locations.




## Displaying the Current Time During Stopwatch Measurement

Press (A) to display the current timekeeping time in the lower display. Press (A) again to return to the normal stopwatch display.

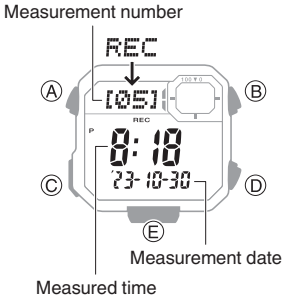



## Viewing Measured Time Data

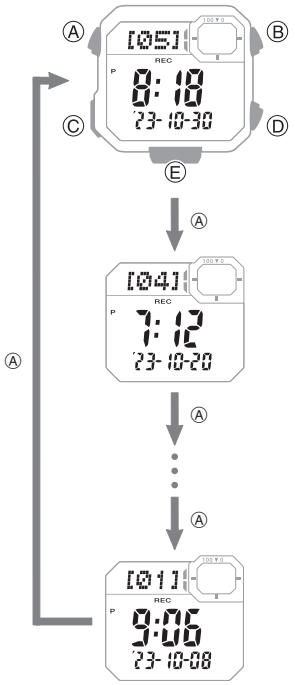
### Viewing Saved Data

You can use the operation below to view split times and lap times.

1. Enter the Recall Mode.
   Navigating Between Modes
   - This causes the latest measurement number and date to appear.



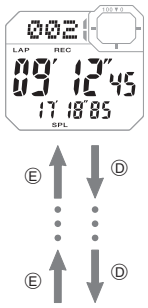

2. Press (A) to cycle through measurement numbers.
   - Each time you press (A), the previous measurement number appears.



3. Use (D) and (E) to display the record you want to view.
   [LAP]: Lap time
   [SPL]: Split time

Oldest data

Second oldest data




Newest data

- Split and lap times up to the one hour are shown in 1/100-second units. Subsequent measurements after one hour are shown in 1-second units.

**Note**

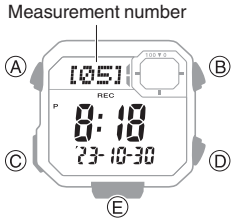
- A record of the measured data is created and assigned a number for each measurement operation (from start to stop).

## Deleting a Particular Record

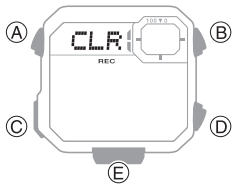
Use the procedure below to delete a selected data record.

1. Enter the Recall Mode.
   Navigating Between Modes
2. Press (A) to display the number of the measurement you want to delete.
   - Each press of (A) advances to the next measurement number.

Measurement number




3. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] stops flashing.
   This deletes the displayed data.




**Note**

- You cannot delete data while an elapsed time measurement operation is in progress.

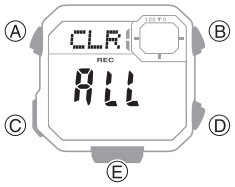
## Deleting All Records

You can use the procedure below to clear all data records in watch memory.

**Important!**

- The all record delete operation cannot be performed while a stopwatch measurement operation is in progress.

1. Enter the Recall Mode.
   Navigating Between Modes
2. Hold down (D) and (E) at the same time for at least five seconds. Release the buttons when [CLR ALL] stops flashing.
   [CLR] flashes and then stops flashing to indicate that the displayed data record was deleted. Keeping the buttons depressed will cause [ALL] to flash and then stop flashing to indicate that all data has been deleted.



# Timer

The timer counts down from a start time specified by you. A beeper sounds when the end of the countdown is reached.

- The beeper will not sound if the battery is low.

## Using CASIO WATCHES to Configure Timer Settings

If the watch is paired with a phone, you can also use the CASIO WATCHES phone app to set the timer start time.

Configuring Watch Settings

## Setting the Countdown Start Time

The start time can be set in 1-second units up to 60 minutes.

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.

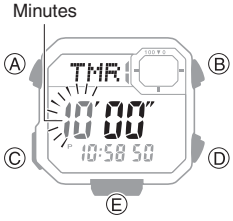
Using the Timer

1. Enter the Timer Mode.

Navigating Between Modes

2. Hold down (A) for at least two seconds.

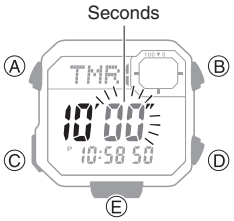
   This causes the minutes digits to flash.




3. Use (D) and (E) to set the timer minutes setting.
   - Holding down (D) or (E) scrolls through settings at high speed.

4. Press (C).

   This causes the seconds digits to flash.




5. Use (D) and (E) to set the timer seconds setting.

6. Press (A) to complete the setting operation.

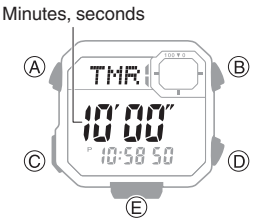
**Note**

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Setting a start time of 00'00" performs a countdown of 60 minutes.

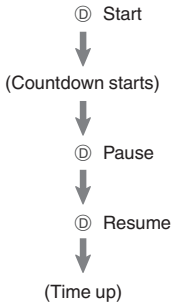
## Using the Timer

1. Enter the Timer Mode.

Navigating Between Modes




2. Use the operations below to perform a timer operation.




   - A beeper sounds for 10 seconds to let you know when the end of a countdown is reached.
   - You can reset a paused countdown to its start time by pressing (E).

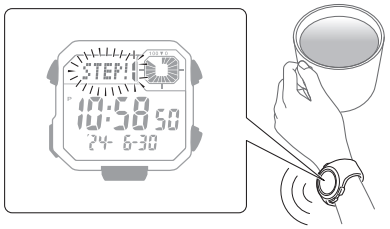
3. Press any button to stop the tone.

# Step Count

You can use your watch to keep track of your step count while walking, engaging in your normal daily activities, etc.

**● Step Reminder**

Studies suggest that sitting too much is bad for the health.
Step Reminder displays an indicator and sounds an alert when it determines you have not walked enough during a specific period. This is valuable feedback that helps achieve your exercise goals.
If the watch performs a Step Reminder alert operation, get up and walk for about five minutes.




## Counting Steps

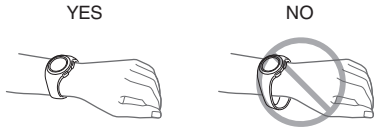
If you are wearing the watch correctly, the watch will count your steps as you walk or engage in your normal daily activities.

**Important!**

- Since this watch is a wrist-worn device, it may detect non-step movements and count them as steps. Also, abnormal arm movements while walking may cause a miss count of steps.

### ● Getting Ready

To enable the most accurate step count, wear the watch with the face on the outside of your wrist and tighten the band securely. A loose band may make it impossible to obtain correct measurement.

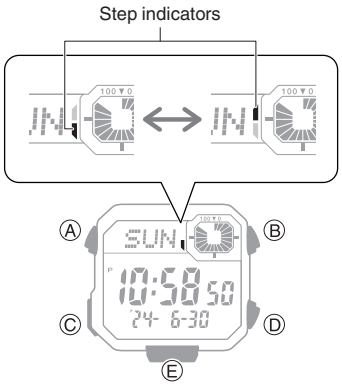



### ● Performing Measurement

The watch starts counting your steps when you start walking. The step indicators show whether or not the step count is being incremented.

Alternating at one-second intervals: Walking (step count being incremented)

Both displayed: Not walking (step count not being incremented)

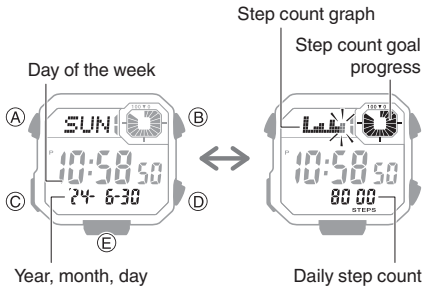



### ● To check the step count

Displaying the Step Count

## Displaying the Step Count

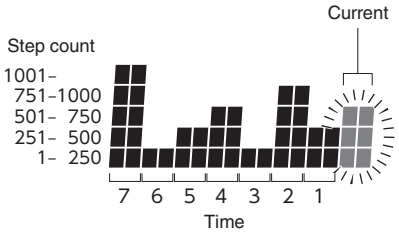
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Use (E) to change to the step count display.




### ● Interpreting the Step Count Graph

The Step Count Graph shows the number of steps (up to 1,000) you have taken each hour. This lets you easily check your walking pace over the past 7 or 8 hours.

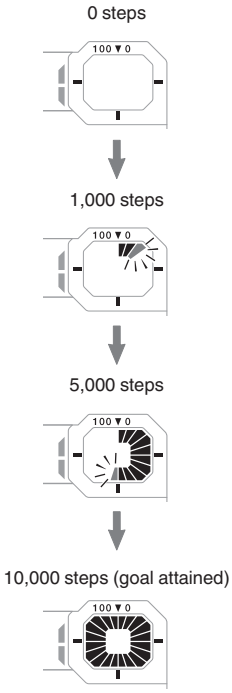
- The Step Count Graph is not displayed while the step count is zero.
- Graph contents are normally updated at the top of each hour.




### ● Checking Your Progress to Your Daily Step Target

The graphic display area shows your current progress toward achieving the daily step target specified by you.

Example: Daily target of 10,000 steps




### Note

- The step count can show a value up to 999,999 steps. If the step count exceeds 999,999, the maximum value (999,999) remains on the display.
- To prevent miscounts, the displayed count does not increase for about 18 seconds after you start walking. After you have been walking for about 18 seconds, the correct count appears, including the steps you took during the previous 18 seconds.
- The step count is reset to zero at midnight each day.
- To save power, step counting stops automatically if the watch is removed from the wrist and no movement is detected for about two to three minutes.
- Graph contents are also updated when any one of the events below occurs.
  - When the step counting is disabled to save power
  - When counting is not possible due to accelerometer error or insufficient power

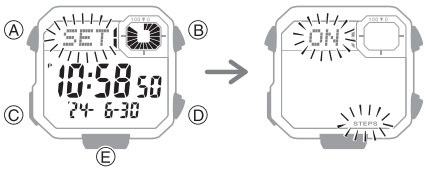
## Resetting Today's Step Count

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (D) and (E) at the same time for at least two seconds. Release the buttons when [CLR] and the step count stop flashing.
   This resets the step count.

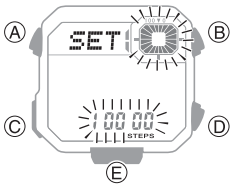
## Specifying a Daily Step Target

You can specify a daily step goal within the range of 1,000 to 50,000, in units of 1,000 steps.

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.



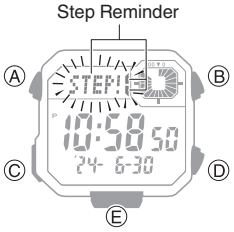

3. Press (C).
   This causes the current daily step target to flash.




4. Use (D) and (E) to specify a step count target value.
5. Press (A) to complete the setting operation.

## Step Reminder

If the watch determines that you have not walked for a preset amount of time, it will sound a tone and display a flashing Step Reminder indicator. If the watch performs this Step Reminder alert operation, get up and walk for five minutes to clear it.

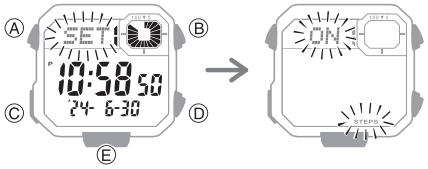



## Clearing a Step Reminder Alert Indicator

To clear the step reminder alert indicator ([STEP!]), press any button besides (B).

## Enabling/Disabling Step Reminder

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (D) to toggle Step Reminder between enabled and disabled.
   [ON]: Enabled
   [OFF]: Disabled
4. Press (A) to complete the setting operation.

## Causes of Incorrect Step Count

Any of the conditions below may make proper counting impossible.

- Walking while wearing slippers, sandals, or other footwear that encourages a shuffling gait
- Walking on tile, carpeting, snow, or other surface that causes a shuffling gait
- Irregular walking (in a crowded location, in a line where walking stops and starts at short intervals, etc.)
- Extremely slow walking or extremely fast running
- Pushing a shopping cart or baby stroller
- In a location where there is a lot of vibration, or riding on a bicycle or in a vehicle
- Frequent movement of the hand or arm (clapping, fanning movement, etc.)
- Walking while holding hands, walking with a cane or stick, or engaging in any other movement in which your hand and leg movements are not coordinated with each other
- Normal daily non-walking activities (cleaning, etc.)
- Wearing the watch on your dominant hand
- Walking for 18 seconds or less

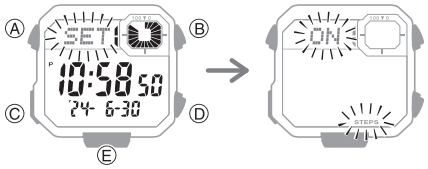
# Other Settings

This section explains other watch settings you can configure.

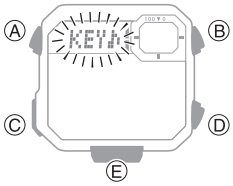
## Enabling the Button Operation Tone

Use the procedure below to enable or disable the tone that sounds when you press a button.

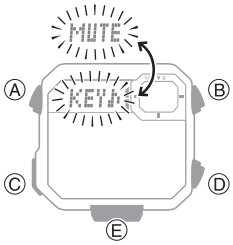
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (C) nine times.
   This causes [KEY♪] or [MUTE] to flash on the display.




4. Press (D) to select [KEY♪] or [MUTE].
   [KEY♪]: Operation tone enabled.
   [MUTE]: Operation tone muted.



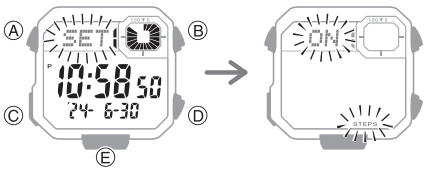

5. Press (A) to complete the setting operation.

### Note

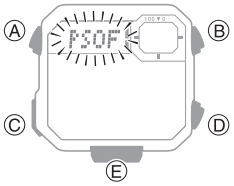
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Note that alarm and timer tones still sound even while the operation tone is muted.

## Configuring Power Saving Function Settings

1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (C) 11 times.
   This causes [PSOF] or [PSON] to flash on the display.




4. Press (D) to toggle between on and off.
   [PSON]: Power Saving enabled.
   [PSOF]: Power Saving disabled.
5. Press (A) to complete the setting operation.

### Note

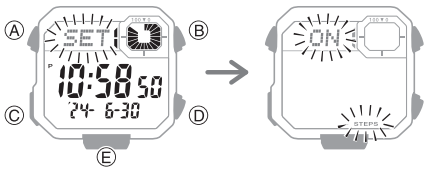
- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- For details about Power Saving, refer to the information below.
  Power Saving

## Resetting Watch Settings

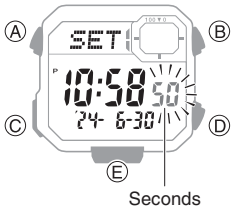
This section explains how to return the watch settings below to their initial factory defaults.

- Watch Settings
- Step Count
- Stopwatch
- Timer
- Alarm

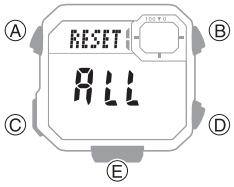
1. Enter the Timekeeping Mode.
   Navigating Between Modes
2. Hold down (A) for at least two seconds.
   This causes the current step reminder setting ([ON] or [OFF]) to flash on the display.




3. Press (C) twice.
   This causes the seconds to flash.




4. Hold down (E) for at least five seconds. Release the button when [ALL] stops flashing.




### Note

- While the setting is being configured, the watch will exit the setting operation automatically after about two or three minutes of non-operation.
- Resetting the watch also deletes information for pairing the watch with a phone, and unpair them.

# Other Information

This section provides non-operational information you also need to know. Refer to this information as required.

## Supported Phones

For information about phones that can connect with the watch, visit the CASIO website.

https://world.casio.com/os_mobile/wat/

## Specifications

**Accuracy at normal temperature :**

±15 seconds per month when time correction by communication with a phone is not possible.

**Timekeeping :**

Hour, minute, second, year, month, day, day of the week
a.m./p.m.(P)/24-hour timekeeping
Full Auto Calendar (2000 to 2099)

**Step Count :**

Step count measurement using a 3-axis accelerometer
Step count display range: 0 to 999,999 steps
Step indicator
Step count graph
Step count reset
  Auto zero-reset at midnight each day
  Manual reset
Daily step goal setting
  Step count setting unit: 1,000 steps
  Step count setting range: 1,000 to 50,000 steps
Step Reminder
Step count accuracy
  ±3% (According to vibration testing)

**Stopwatch/Data Recall :**

Measuring unit
  1/100 seconds (first hour); 1 second (after first hour)
Measuring range: 23 hours 59 minutes 59 seconds
Measurement Functions:
  Elapsed time; lap/split times; 200-record data memory

**Timer :**

Measuring unit: 1 second
Measuring range: 60 minutes
Setting unit: 1 second
10-second beeper when the end of the countdown is reached

**Dual Time :**

Hour, minute, second
Home Time swapping

**Alarm :**

Daily alarm
  Number of alarms: 5
  Setting units: Hours, minutes
  Alarm tone duration: 10 seconds
Hourly time signal: Beep every hour on the hour

**Mobile Link :**

Auto Time Correction
  Time setting corrected automatically at preset time
One-touch Time Correction
  Manual connection and time correction
Phone finder
  Watch operation sounds the alert sound of the mobile phone
World Time
  Current time for approximately 300 cities selected for the watch
  Home Time/World Time swapping
Step count data transfer
  Step count, calories
Stopwatch data transfer
  200 lap/split time records (date and time, lap time/split time, lap number)
Auto Summer Time Switching
  Automatic switching between standard time and summer time
Timer Settings
Alarm Settings
TIME&PLACE
Data Communication Specifications
  Bluetooth®
  Frequency Band: 2400MHz to 2480MHz
  Maximum Transmission: 0 dBm (1 mW)
  Communication range: Up to 2 meters (depends on environment)

**Other :**

LED backlight (afterglow, 1.5 or 3-second selectable illumination duration); Power Saving on/off; operation tone on/off; low battery alert

**Power Supply :**

CR2016 x 1
Battery nominal voltage: 3V
Battery life: Approximately 2 years
Conditions:
  Auto time correction using a smartphone: 4 times/day
  Alarm: Once (10 seconds)/day
  Illumination: Once (1.5 seconds)/day
  Step counting: 12 hours/day
  Power Saving Off

Specifications are subject to change without notice.

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# Troubleshooting

## I can't pair the watch with a phone.

**Q1** I've never been able to establish a (pairing) connection between the watch and phone.

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.
For information about supported phone models, visit the CASIO Website.
https://world.casio.com/os_mobile/wat/

Did you install the CASIO WATCHES phone app on your phone?

The CASIO WATCHES phone app needs to be installed on your phone in order to connect with the watch.
① Install the app on your phone.

Are your phone's Bluetooth settings configured correctly?

Configure the phone's Bluetooth settings. For details about setting procedures, see your phone documentation.

**iPhone Users**

- "Settings" → "Bluetooth" → On
- "Settings" → "Privacy" → "Bluetooth" → "CASIO WATCHES" → On

**Android Users**

- Enable Bluetooth.

Other than the above.

Some phones need to have BT Smart disabled to use the CASIO WATCHES phone app. For details about setting procedures, see your phone documentation.

On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

## I can't reconnect the watch and phone.

**Q1** The watch will not re-connect with the phone after they are disconnected.

Is the CASIO WATCHES phone app running?

The watch cannot re-connect with your phone unless the CASIO WATCHES phone app is running on the phone. On your phone's Home Screen, tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

Is a timer countdown operation in progress?

Connection with a phone is not possible while there is 30 seconds or less remaining on a countdown timer operation. Stop the countdown operation before connecting with the phone.

**Q2** I can't connect while my phone is in the Airplane Mode.

Connection with the watch is not possible while the phone's Airplane Mode is enabled. After disabling the phone's Airplane Mode, go to the phone's Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

**Q3** I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On your phone, re-enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

**Q4** I can't connect after turning off the phone.

Turn your phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

## Phone-Watch Connection

**Q1** I can't establish a connection between the phone and watch.

Have you tried turning your phone off and then back on again?

Turn your phone off and then back on, and then tap the "CASIO WATCHES" icon. Next, on the watch, hold down (C) for at least three seconds.

Has the watch been re-paired with the phone?

After deleting the pairing information from the CASIO WATCHES phone app and your phone, re-pair the watch and phone.

Deleting Pairing Information from the CASIO WATCHES phone app
Deleting the phone's pairing information
③ Pair the watch with a phone.

If you are unable to establish a connection...

After deleting pairing information from the watch, re-pair it with your phone.

Deleting Pairing Information from the Watch
③ Pair the watch with a phone.

## Changing to a Different Phone Model

**Q1** Connecting the current watch to another phone.

Delete the pairing information from your watch and then pair it with the phone you want to connect with.

If you purchase another phone

## Auto Time Correction by Bluetooth Connection

**Q1** When does the watch correct its time?

The watch connects with the phone and perform auto time correction at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time correction is complete.

**Q2** Auto time correction is not performed at a scheduled time.

Is auto time correction not being performed according to its normal schedule?

Note that auto time correction is not performed for 24 hours after swapping of the Home Time and World Time, or after the time setting is corrected manually on the watch. Auto time correction will resume 24 hours after either of the above operations is performed.

Is auto time correction enabled?

Auto time correction is not performed at the scheduled times if it is not enabled. Enable auto time correction.

Using the Watch in a Medical Facility or Aircraft

**Q3** The watch does not connect with a phone and correct its time when I press (D).

A time correction operation will not start if you press (D) while the remaining countdown time is 30 seconds or less. Stop the timer operation and then press (D) again.

**Q4** Time is not displayed correctly.

If your phone is unable to receive a signal because you are outside its service range or for some other reason, the watch may not be able to display the correct time. If this happens, connect the phone to its network and then correct the time setting.

## Step Count

**Q1** Displayed step count is not correct.

While the watch is on your wrist, it may detect non-step movements and count them as steps.

Step Count

Also, step count problems can also be caused by how the watch is being worn and abnormal arm movement while walking.

Counting Steps

**Q2** The step count does not increase.

To avoid miscounting non-walking movements, the step count or distance value is not displayed for about 18 seconds after you start to walk.

It appears only after you have continued walking for about 18 seconds, with the number of steps you took during the first 18 seconds included in the total.

**Q3** [ERR] appears when counting steps.

[ERR] (error) indicates that sensor operation is disabled because of sensor or internal circuitry malfunction.

If the indicator remains on the display for more than three minutes or if it frequently appears, it could indicate a faulty sensor.

Contact a CASIO service center or your original retailer.

## Alarm and Hourly Time Signal

**Q1** An alarm does not sound.

The alarm's settings may not be configured. Configure the alarm settings.

Configuring Alarm Settings

**Q2** The hourly time signal does not sound.

The hourly time signal may be disabled. Enable the hourly time signal.

Enabling the Hourly Time Signal

## Indicators

**Q1** I don't know what mode the watch is in.

You can determine the current mode by checking the watch display. Use (C) to navigate between modes.

Navigating Between Modes

**Q2** The current time indicated by the watch is off by one hour or 30 minutes.

The summer time setting is not correct. Select the correct setting.

Changing the Home City Summer Time Setting

## Battery

**Q1** is flashing on the display.

This indicates that battery power is getting low.

Request battery replacement from a CASIO service center or your original retailer.

Battery Replacement

**Q2** [R] is flashing on the display.

[R] may appear on the display when the watch's battery power is low, or if you use the light or other functions a number of times during a short period, which momentarily causes the battery level to go low. If this happens, all watch functions, except for timekeeping, become disabled.

If [R] remains on the display or if it keeps appearing, it may indicate that the battery needs to be replaced.

Request battery replacement from a CASIO service center or your original retailer.

## Other

**Q1** I can't find the information I need here.

Visit the website below.

https://world.casio.com/support/