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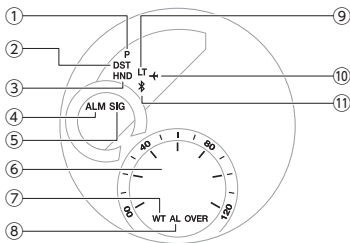
## Before Getting Started...

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

### Note

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

## Watch Face and Display Indicators

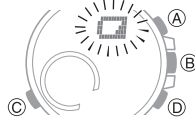


- Displayed during p.m. times while 12-hour timekeeping is being used.
- Displayed while the watch is indicating summer time.
- Flashes while the watch's hands are shifted for easier reading.
- Displayed while an alarm is turned on.
- Displayed while the hourly time signal is enabled.
- Mode hand movement depends on the current watch mode.
- In the World Time Mode, the mode hand points to [WT].
- In the Alarm Mode, the mode hand points to [AL].
- Displayed while Auto Light is enabled.
- Displayed while the Airplane Mode is enabled.
- Displayed while there is connection between the watch and a phone.

### Battery Replacement

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

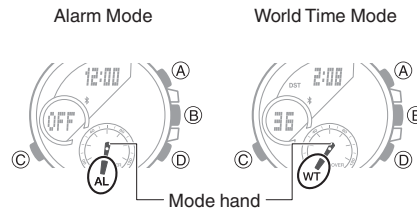
Request battery replacement from a CASIO service center or your original retailer.



## Mode Hand

Mode hand movement depends on the current watch mode.

- In the Alarm Mode and World Time Mode, the mode hand indicates the current mode.



### Timekeeping Mode

In the Timekeeping Mode, the mode hand indicates the number of minutes remaining in the currently ongoing event. The mode hand points to [OVER] when there are more than 120 minutes remaining.

[Using the Schedule Timer](#)

### Stopwatch Mode

In the Stopwatch Mode, the mode hand indicates the lap time seconds.

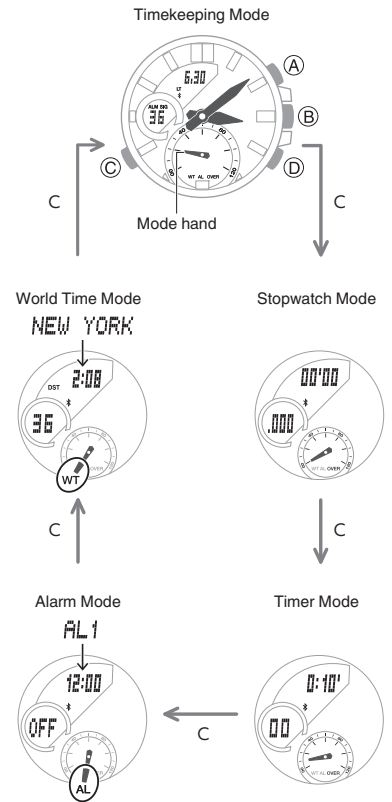
### Timer Mode

In the Timer Mode, the mode hand indicates the minutes, which are also shown on the digital display.

## Navigating Between Modes

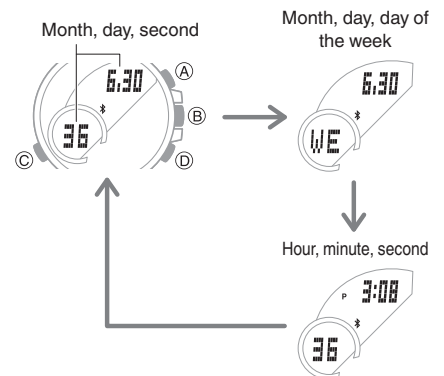
Press (C) to cycle between modes.

- In any mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.



## Cycling Between Timekeeping Mode Digital Display Contents

Each press of (B) in the Timekeeping Mode cycles the display through the information shown below.



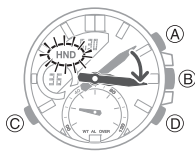
Press (D) to display the Schedule Timer.

[Using the Schedule Timer](#)

## Shifting the Hands

Hand shift moves the hands out of the way for easy viewing of display information.

- While holding down (A), press (C).
  - This will shift the analog hands to allow easy viewing of display information.



- To return the hands to their normal timekeeping positions, hold down (A) as you press (C) again, or press (C) to change to another mode.

### Note

- If you leave the watch with its hands shifted and do not perform any operation for about one hour, the hands will resume normal timekeeping automatically.

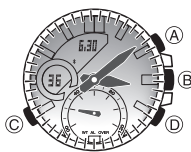
## Viewing the Face in the Dark

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

### ● To illuminate the face manually

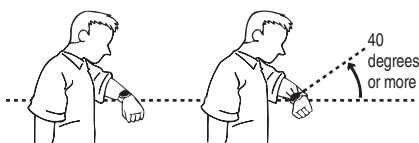
Pressing (A) turns on illumination.

- Illumination will turn off automatically if an alarm starts to sound.



### ● To illuminate the face when Auto Light is enabled

If Auto Light is enabled, face illumination will turn on automatically whenever the watch is positioned at an angle of 40 degrees or more.



### Important!

- Auto Light may not operate properly when the watch is at a horizontal angle of 15 degrees or greater from horizontal as shown in the illustration below.



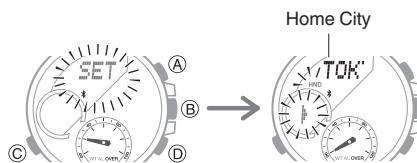
- Electro-static charge or magnetism can interfere with proper auto light operation. If this happens, try lowering your arm and then angle it towards your face again.
- When moving the watch you may note a slight rattling sound. This is due to operation of the auto light switch, which determines the current orientation of the watch. It does not indicate malfunction.

### Note

- Auto Light is disabled when any one of the conditions below exists.
  - Alarm, timer alert, or other beeper sounding

### ● Configuring the Auto Light Setting

- Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
- Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



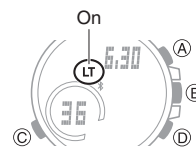
- Press (C) 13 times to display [AUTO].



- Press (D) to toggle Auto Light between enable and disable.
  - [ON]: Illumination turns on when the watch is angled towards the face.
  - [OFF]: Illumination does not turn on when the watch is angled towards the face.

- Press (B) to exit the setting screen.

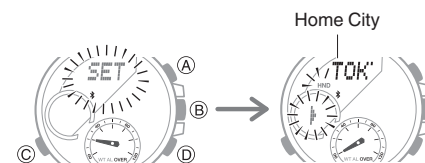
- [LT] is displayed while Auto Light is enabled.
- If you do not disable it manually, Auto Light remains enabled for approximately six hours. After that, it becomes disabled automatically.



### ● Specifying the Illumination Duration

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

- Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
- Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



- Press (C) 14 times to display [LIGHT].



- Press (D) to toggle between the two illumination duration settings.

- [1]: 1.5-second illumination
- [3]: 3-second illumination



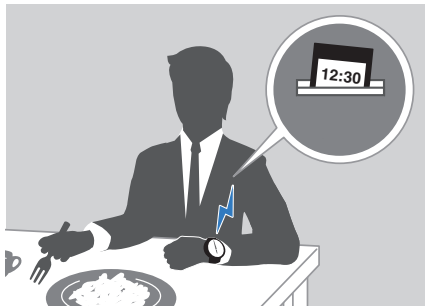
- Press (B) to exit the setting screen.

## Useful Features

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

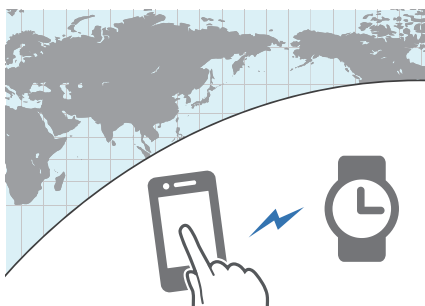
### Auto time adjustment

[Auto Time Adjustment](#)



### Selection of More Than 300 World Time cities

[Configuring World Time Settings](#)



### Stopwatch Data Transfer to the Phone

[Viewing Stopwatch Data](#)



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 "CASIO WATCHES" app installed to pair with the watch.

## Time Adjustment

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

### Important!

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

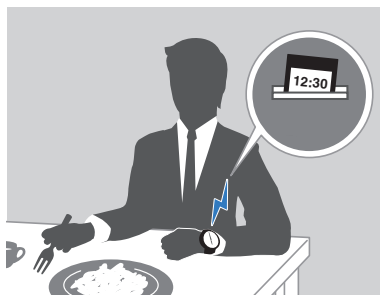
[Using the Watch in a Medical Facility or Aircraft](#)

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 adjustment by connecting with your phone is recommended.

[Auto Time Adjustment](#)



If your phone cannot connect with the watch

You can adjust time settings by performing operations on the watch.

[Using Watch Operations to Adjust the Time Setting](#)



## Using Watch Operations to Adjust the Time Setting

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

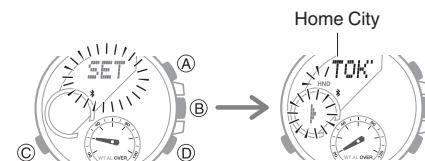
### ● Setting a Home City

Use the procedure in this section to select a city to use as your Home City. If you are in an area that observes summer time, you can also configure a summer time setting.

### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, the [AUTO] setting lets you use the watch without switching between summer time and standard time.

- Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
- Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



- Use (A) and (D) to change the Home City.  
  - For details refer to the information below.  
[City Table](#)

4. Press (C).
5. Use (D) to select a summer time setting.  
Each press of (D) cycles through available settings in the sequence shown below.

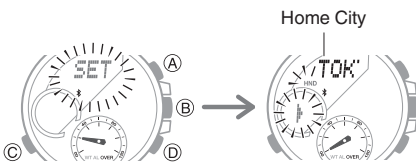
- [AUTO]  
The watch switches between standard time and summer time automatically.
- [OFF]  
The watch always indicates standard time.
- [ON]  
The watch always indicates summer time.



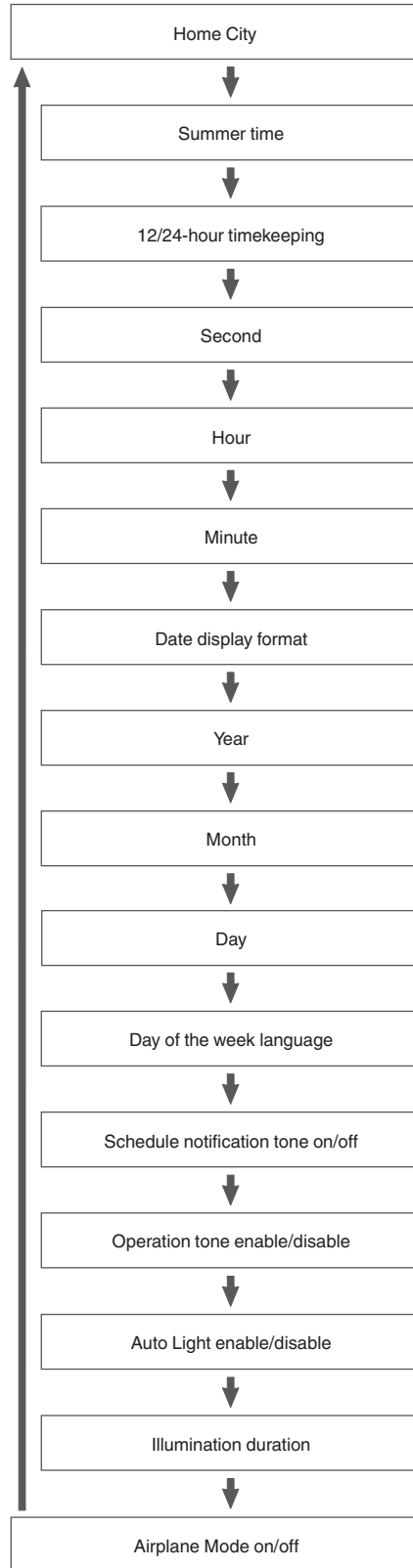
6. Press (B) to exit the setting screen.

### ● Setting the Time/Date

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears 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.

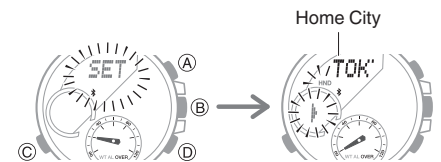


4. Configure the date and time settings.
  - To reset the seconds to 00: Press (D). 1 is added to the minutes when the current count is between 30 and 59 seconds.
  - Use (A) and (D) to change the other settings.
5. Repeat steps 3 and 4 to select time and date settings.
6. Press (B) to exit the setting screen.

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

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

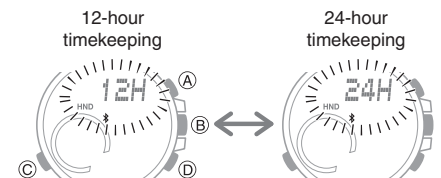
1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) twice.  
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).

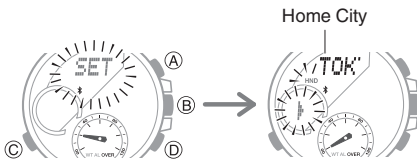


5. Press (B) to exit the setting screen.

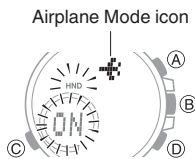
## Using the Watch in a Medical Facility or Aircraft

When you are in a hospital, on an aircraft, or in any other location where radio signals may cause problems, you can perform the procedure below to disconnect the watch from your phone so they can't communicate with each other (Airplane Mode). Use the same procedure when you want to disable the Airplane Mode.

1. Enter the Timekeeping Mode.  
 [Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 15 times.  
 This displays the Airplane Mode icon.





4. Press (D) to toggle between the Airplane Mode settings.  
 [ON]: Airplane Mode enabled.  
 [OFF]: Airplane Mode disabled.
5. Press (B) to exit the setting screen.

## Using Mobile Link with a Mobile Phone

While there is a Bluetooth connection between the watch and phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

### Note

- This function is available only while CASIO WATCHES 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 required 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

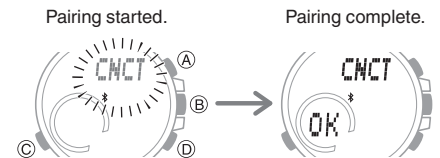
- For details about setting procedures, see your phone documentation.

- 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 (D) for at least two seconds. Release the button when [CNCT] changes from high speed flashing to slow flashing.

[CNCT] will flash on the watch display when pairing starts. [OK] will be displayed when pairing is complete.



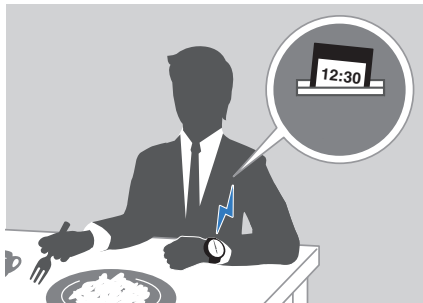
### Note

- The first time you start up 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 Adjustment

Your watch can connect with your phone to adjust the watch's time setting.

If you leave your watch in the Timekeeping Mode, it will perform the adjustment 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 adjustment 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 the watch does not indicate the correct time even if it is able to connect with a phone, adjust the hand and date indicator positions.
  - [Adjusting Hand Alignment](#)
- If there is a World Time City specified with CASIO WATCHES, its time will also be adjusted automatically.
- Auto time adjustment is performed at the times described below.
  - After your phone's time zone or summer time setting is changed
  - After 24 hours or more have passed since the last time adjustment using Bluetooth connection
  - After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
  - After 24 hours or more have passed since the last home city change or time adjustment using watch operation
- Watch operation can be performed even while it is connected with your phone.

## ● Triggering Immediate Time Adjustment

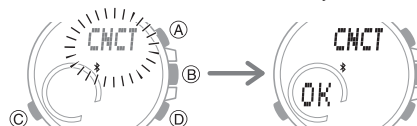
After the watch is paired with a phone, you can connect with the phone to adjust the time setting of the watch. Perform the operation below to connect with the paired phone and perform an immediate time adjustment operation.

1. Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)
2. Move the phone close to (within one meter of) the watch.
3. Hold down (D) for at least two seconds.
 

[CNCT] 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 adjust its time setting based on information from your phone.

Trying to connect

After time adjustment



### Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.
  - [Using the Watch in a Medical Facility or Aircraft](#)
- The watch remains connected with your phone even after time adjustment is complete.
- If time adjustment fails for some reason, [ERR] will appear.

## Using the Schedule Timer

The schedule timer can be linked with the calendar of a paired phone, so the watch can display the remaining time of the currently ongoing scheduled event and/or its ending time.

### Note

- The schedule timer corresponds to the built-in calendar of your phone's OS and Google calendar.
- The scheduled start time or end time is alerted by a beep and on the watch display.
- Up to five scheduled events can be sent from your phone to the watch.

## ● Transferring Scheduled Event

Scheduled events can be transferred from your phone to the watch.

- While the watch is connected with your phone, scheduled events are periodically transferred to the watch automatically.
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.
  - [Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to transfer phone scheduled events to the watch.

## ● Displaying an Scheduled Event

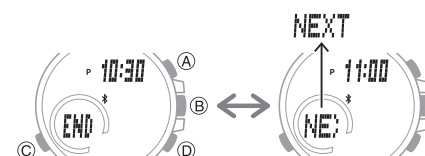
1. Enter the Timekeeping Mode.
  - [Navigating Between Modes](#)

2. Press (D).

- This causes the display to change from the current time to an event.

Each press of (B) switches between the information as described below.

Current ongoing scheduled event end time      Next scheduled event start time



- The mode hand indicates the time remaining until the currently ongoing event is complete. The mode hand points to [OVER] when the remaining time exceeds 120 minutes.



Mode hand

- When the remaining time of the currently ongoing scheduled event is 10 minutes or less, the watch display shows the remaining time, and counts it down in one-second units.
- A beeper sounds for two seconds when the time setting is reached.

## Viewing Stopwatch Data

This section explains how to send lap times (up to 200 records) that are stored in watch memory, as well as other data to your phone for viewing with CASIO WATCHES.

### ● Sending Stopwatch Data to a Phone

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

- While the watch is connected with your phone, lap times being recorded by the watch are periodically transferred to the phone automatically.
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. 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 a Lap Time

Use CASIO WATCHES 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

- Tapping “Edit” displays a screen that you can use to change the data item title and to delete lap time data.

## Configuring Timer Settings

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen to configure the timer time setting.

## Setting the Alarm

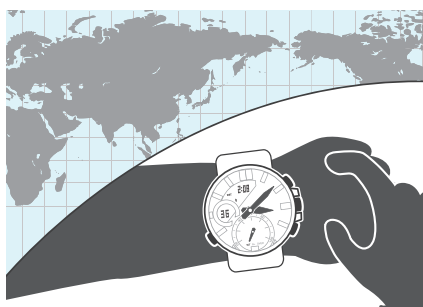
- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen to configure alarm time settings.

## Configuring World Time Settings

Specifying a World Time City with CASIO WATCHES causes the watch’s World Time City to change accordingly. Watch settings can be configured to perform auto summer time switching for the World Time City.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)



#### Note

- CASIO WATCHES World Time lets you select from among approximately 300 cities as the World Time City.

### ● To select a World Time City

1. Tap the “CASIO WATCHES” icon.
2. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.

#### Note

- You can use CASIO WATCHES to select from among World Time cities in addition to those built into the watch. The additional cities can be selected only by using CASIO WATCHES.

### ● Configuring the Summer Time Setting

1. Tap the “CASIO WATCHES” icon.
2. 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 will switch 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”.
- For information about summer time periods, refer the “Summer Time Table” or CASIO WATCHES.

## ● Swapping Your World Time and Home Time

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to swap your Home Time with your World Time.

### Note

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

## Adjusting Hand Alignment

If the hands are out of alignment even though the watch is connected with your phone, use CASIO WATCHES to adjust them.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to correct hand alignment.

## Phone Finder

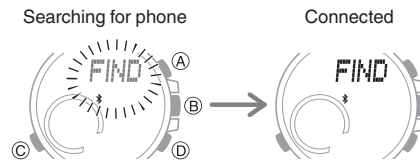
You can use phone finder to trigger a tone on the paired phone to help you find it. The tone is forced to sound even if your phone is in vibrate mode.

### Important!

- Phone finder will not sound the tone unless the CASIO WATCHES phone app is running on the phone.
- 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 in any mode besides the Timekeeping Mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.

2. Hold down (D) for at least five seconds.  
The phone will sound a tone when it establishes a connection with the watch.
  - It will take a few seconds before the phone tone sounds.



3. Press any button 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.

### Note

- Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.  
[Using the Watch in a Medical Facility or Aircraft](#)

## Configuring Watch Settings

You can use CASIO WATCHES to specify the interval for acquiring the latest schedule from your phone, to enable or disable the watch operation tone, and to configure other settings.

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Select the setting you want to change and then perform the operation shown on the phone screen.



## Changing the Home City Summer Time Setting

- Make sure that the symbol is shown on the watch display when you perform the procedure below.
- If is not displayed, refer to the information at the link below.  
[Connecting with a Phone](#)

1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to change your Home City summer time setting.

## 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.  
[Pair the watch with a phone.](#)

### ● Connecting with a Phone

If does not appear on the watch display even though it is paired with your phone, hold down (D) for at least two seconds to connect with your phone.

- Once the watch and phone are connected, the connection is maintained.

### Important!

- If you have problems establishing a connection, it could mean that CASIO WATCHES 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 (D) button for at least two seconds.

## Unpairing

Unpairing the watch from a phone requires both CASIO WATCHES phone app and watch operations.

### Note

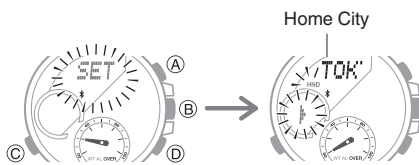
- If you are using an iPhone, also delete the pairing information stored on the phone.

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

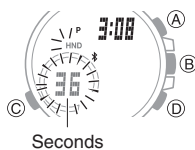
1. Tap the "CASIO WATCHES" icon.
2. Perform the operation shown on the phone screen to unpair.

## ● Deleting Pairing Information from the Watch

1. Hold down (C) for at least two seconds to enter the Timekeeping Mode.
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



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



4. Hold down (A) for at least two seconds. Release it when [CLR] stops flashing.  
This deletes the pairing information from the watch.



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

## ● iPhone Only 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](#)

🔗 [Pair the watch with a phone.](#)

## Stopwatch

The stopwatch measures elapsed time in 1/1000-second units for the first hour, and in 1/10-second units after that for up to 24 hours.

In addition to normal elapsed time measurements, the stopwatch also lets you measure lap times.



### Note

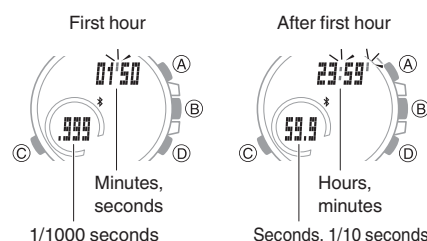
- Up to 200 lap time records can be stored in watch memory. Performing a split time operation while there are already 200 records in memory will cause the oldest record to be deleted automatically to make room for the new one.
- You can use CASIO WATCHES to view past measurement data.

## Measuring Elapsed Time

1. Enter the Stopwatch Mode.  
🔗 [Navigating Between Modes](#)
2. Use the operations below to measure elapsed time.

- ⓓ Start
- ↓
- ⓓ Stop
- ↓
- ⓓ Resume
- ↓
- ⓓ Stop

- Elapsed time is shown in 1/1000-second units for the first hour of the measurement session. After the first hour, elapsed time is shown in 1/10-second units.



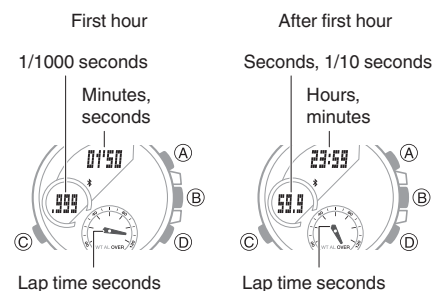
3. Press (B) to reset the elapsed time to all zeros.

## Measuring Lap Times

1. Enter the Stopwatch Mode.  
🔗 [Navigating Between Modes](#)
2. Use the operations below to measure elapsed time.
  - Each press of (B) causes the elapsed time of the section (lap time) to be shown for eight seconds.

- ⓓ Start
- ↓
- ⓓ Lap
- ↓
- ⓓ Stop

- Elapsed time is shown in 1/1000-second units for the first hour of the measurement session. After the first hour, elapsed time is shown in 1/10-second units.

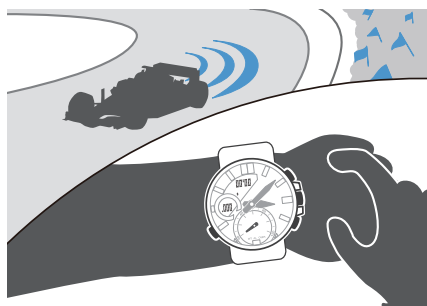


3. Press (B) to reset the elapsed time to all zeros.

## Example: Recording a Race Lap Time

This section explains how to record lap times while watching a race. It also shows how you can view lap times with CASIO WATCHES after the race is over.

### Lap Times



### During a race

Measure lap times.

1. Enter the Stopwatch Mode.  
[Navigating Between Modes](#)
2. Use the operations below to perform a timer operation.



Pressing (B) at the end of each lap will record them in watch memory.

- Lap times are recorded in 1/1000-second units during the first hour of an elapsed time measurement session. After one hour, times are recorded in 1/10-second units.
3. Press (B) to reset the elapsed time to all zeros.
  4. Hold down (C) for at least two seconds to return to the Timekeeping Mode.

### After a race

After the race is finished, you can view the measured lap times with CASIO WATCHES.

- [Sending Stopwatch Data to a Phone](#)
- [Checking a Lap Time](#)

## Lap Times

A lap time is the time elapsed during a specific lap or segment. Lap times are recorded internally by the watch. The watch displays the elapsed time of the current lap.



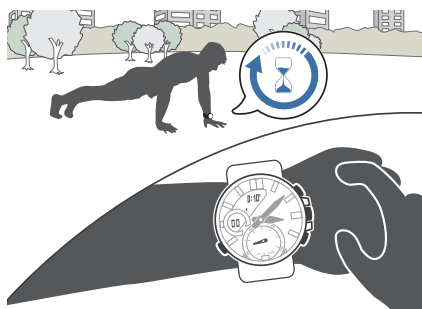
### Note

- Lap times can be viewed with CASIO WATCHES after measurement is complete.  
[Viewing Stopwatch Data](#)

## Timer

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

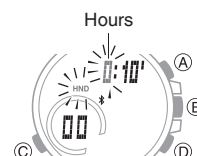
- The beeper will not sound if battery power is low.



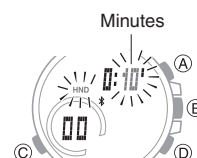
## Setting the Countdown Start Time

The countdown start time can be set in 1-second units up to 24 hours.

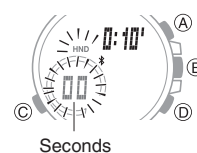
1. Enter the Timer Mode.  
[Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the hour digits start to flash.



3. Use (A) and (D) to change the timer hours setting.
4. Press (C).  
This causes the minutes digits to flash.



5. Use (A) and (D) to change the timer minutes setting.
6. Press (C).  
This causes the seconds digits to flash.



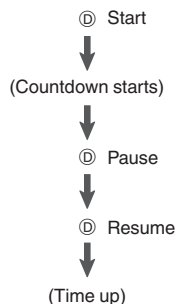
7. Use (A) and (D) to change the timer seconds setting.
8. Press (B) to exit the setting screen.

### Note

- You can also use CASIO WATCHES to configure timer settings.

## Using the Timer

1. Enter the Timer Mode.  
[🔍 Navigating Between Modes](#)
2. Use the operations below to perform a timer operation.



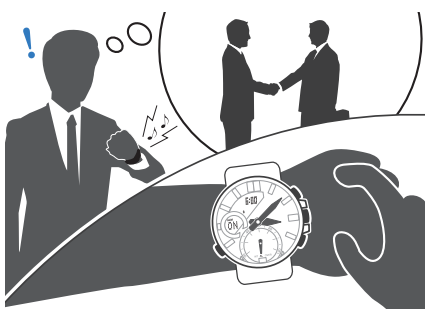
- A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.
- To reset a paused countdown to the start time, press (B).

3. Press any button to stop the tone.

## Alarms and Hourly Time Signal

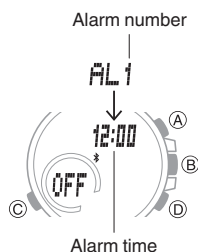
The watch will beep when an alarm time is reached. You can set up to five different alarms. The hourly time signal causes the watch to beep every hour on the hour.

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



## Configuring Alarm Settings

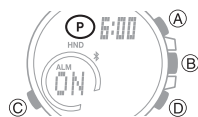
1. Enter the Alarm Mode.  
[🔍 Navigating Between Modes](#)
2. Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



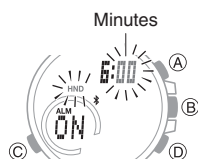
3. Hold down (B) for at least two seconds. Release the button when the hour digits start to flash.



4. Use (A) and (D) to set the alarm hour.
  - If you are using 12-hour timekeeping, [P] indicates p.m.



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



6. Use (A) and (D) to set the alarm minute.
7. Press (B) to exit the setting screen.
8. Hold down (C) for at least two seconds to return to the Timekeeping Mode.

### • To stop the alarm

To stop the alarm after it starts to sound when an alarm time is reached, press any button.

### Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.
- You can also use CASIO WATCHES to configure alarm time settings.

## Configuring the Hourly Time Signal Setting

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



3. Press (B) to toggle the hourly time signal between enabled (on) and disabled (off).
  - [SIG] (hourly time signal) is shown on the display while the hourly time signal is enabled.



4. Hold down (C) for at least two seconds to return to the Timekeeping Mode.

### Note

- You can also use CASIO WATCHES to configure the hourly time signal setting.

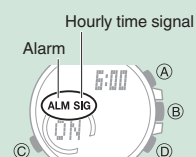
## Turning Off an Alarm or the Hourly Time Signal

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.

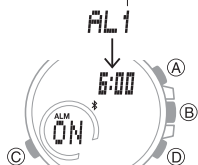


1. Enter the Alarm Mode.

[🔍 Navigating Between Modes](#)

2. Use (D) to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIG]) screens until the one whose setting you want to change is displayed.

Alarm or hourly time signal



3. Press (B) to turn off the displayed alarm or the hourly time signal.

- Each press of (B) toggles between ON and OFF.
- Turning off all alarms will cause [ALM] (alarm) to disappear from the display, while disabling the hourly time signal causes [SIG] (hourly time signal) to disappear from the display.



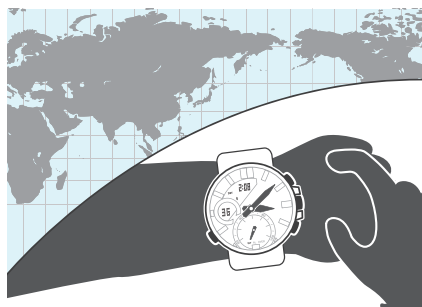
4. Hold down (C) for at least two seconds to return to the Timekeeping Mode.

### Note

- If [ALM] (alarm) is still displayed, it means that another alarm is still turned on. To turn off all of the alarms, repeat steps 2 and 3 until the [ALM] (alarm) indicator is no longer displayed.

## World Time

World Time lets you look up the current time in any one of 38 cities around the globe, and UTC (Coordinated Universal Time).



### Note

- World Time cities that can be selected only by using CASIO WATCHES cannot be selected using watch operations.
- [🔍 Configuring World Time Settings](#)

## Checking World Time

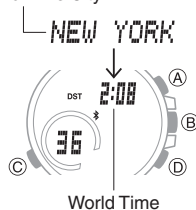
1. Enter the World Time Mode.

[🔍 Navigating Between Modes](#)

After the currently selected World Time City name appears, the watch will display the current time in that city.

- To display the World Time City name while in the World Time Mode, press (B).

World Time City



## World Time City Setting

Use the procedure in this section to select a World Time city. If you are in an area that observes summer time, you can also configure a summer time setting.

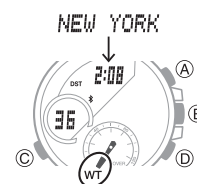
### Note

- The initial factory default summer time setting for all cities is [AUTO]. In many cases, the [AUTO] setting lets you use the watch without switching between summer time and standard time.

1. Enter the World Time Mode.

[🔍 Navigating Between Modes](#)

2. Use (D) to display the city you want.



3. To change the summer time setting, hold down (B) for at least two seconds. Release the button when [AUTO] starts to flash.



4. Use (D) to select a summer time setting.

Each press of (D) cycles through available settings in the sequence shown below.

- [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.

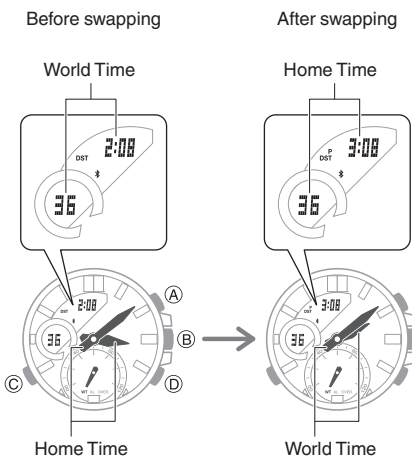
5. Press (B) to exit the setting screen.

## Note

- While [UTC] is selected as the city, you will not be able to change or check the summer time setting.
- If you select a World Time City with CASIO WATCHES and then change to a different city with a watch operation, the CASIO WATCHES city information will be deleted from the watch.  
[Configuring World Time Settings](#)

## Swapping Your Home Time and World Time

In the World Time mode, hold down (A) for at least two seconds to swap your Home City time with your World Time.



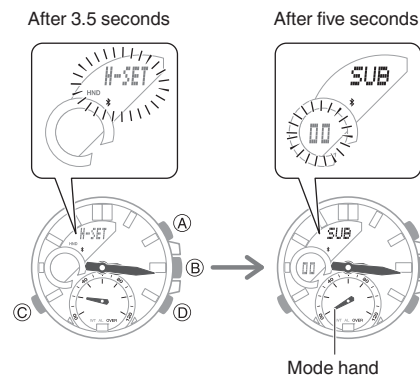
## Hand Alignment Adjustment

Strong magnetism or impact can cause the time indicated by the analog hands to become different from the time on the digital display. If this happens, adjust hand alignment.

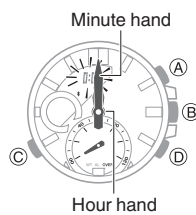
### Adjusting Hand Alignment

1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (B) for at least five seconds. Release the button when [00] starts to flash.

This enables adjustment of mode hand alignment.



3. If the mode hand is not aligned with [00], use (A) and (D) to align it with [00].
4. Press (C).  
 This enables adjustment of the hour and minute hands.



5. If the hour hand and minute hand are not at 12 o'clock, use (A) and (D) to align them.

## Note

- The hour hand moves in accordance with minute hand movement. Your button operations control movement of the minute hand only.

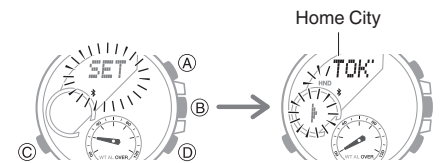
6. Press (B) to exit the setting screen.

## Other Settings

This section explains other watch settings you can configure.

### Changing the Date Display Format

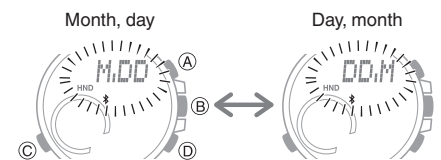
1. Enter the Timekeeping Mode.  
[Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) six times.  
 This displays a screen for selecting the date display format.



4. Use (D) to select a date display format.  
 M: Month  
 DD: Day

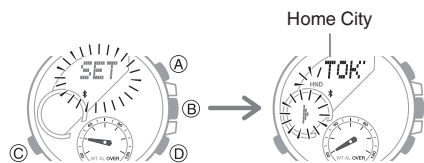


5. Press (B) to exit the setting screen.

## Specifying the Day of the Week Language

You can select any one of six languages for the day of the week display in the Timekeeping Mode.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



3. Press (C) 10 times. This causes the language setting to flash.



4. Use (D) to select a language.

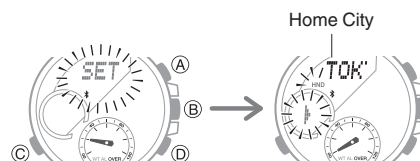
[ENG]: English  
 [ESP]: Spanish  
 [FRA]: French  
 [DEU]: German  
 [ITA]: Italian  
 [PyC]: Russian

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

## Enabling or Disabling the Schedule Timer Notification Sound

Use the procedure below to enable or disable the schedule timer notification sound.

1. Enter the Timekeeping Mode.  
[🔍 Navigating Between Modes](#)
2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.

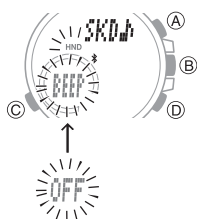


3. Press (C) 11 times. This causes [BEEP] or [OFF] to flash on the display.



4. Use (D) to select [BEEP] or [OFF].

[BEEP]: Beep enabled.  
 [OFF]: Beep disabled.

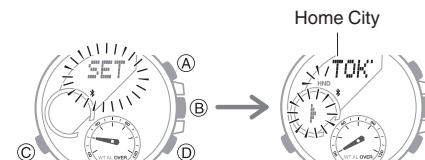


5. Press (B) to exit the setting screen.

## 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 (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.

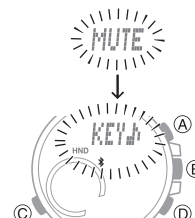


3. Press (C) 12 times. This causes [KEY♪] or [MUTE] to flash on the display.



4. Use (D) to select [KEY♪] or [MUTE].

[KEY♪]: Operation tone enabled.  
 [MUTE]: Operation tone muted.



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

### Note

- Note that alarm and timer tones will still sound even while the operation tone is muted.

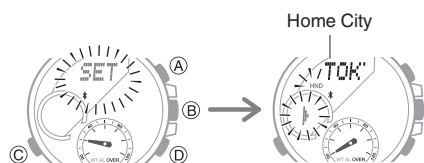
## Resetting Watch Settings

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

- Watch Settings
- Stopwatch
- Timer
- Alarm

1. Enter the Timekeeping Mode.  
[🔗 Navigating Between Modes](#)

2. Hold down (B) for at least two seconds. Release the button when the name of the currently selected Home City appears on the display.



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



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

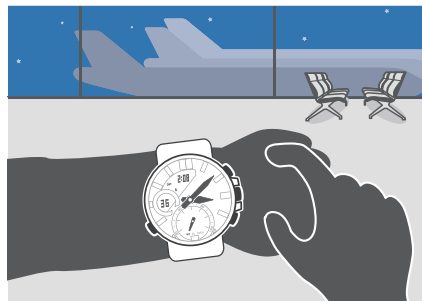


### Note

- Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

## Moving to Another Time Zone

When you enter another time zone, the watch will adjust its time setting to your current location in accordance with the time zone of your phone. When you reach your destination, disable the watch Airplane Mode.



1. When you reach your destination, establish a connection between the watch and your phone.  
[🔗 Using the Watch in a Medical Facility or Aircraft](#)

After you disable the watch's Airplane Mode, it will adjust its time setting to the time in your current location.

- If you want to trigger immediate time adjustment, refer to the information at the link below.

[🔗 Triggering Immediate Time Adjustment](#)

## Other Information

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

### City Table

City	Offset
UTC	Coordinated Universal Time 0
LONDON	London 0
PARIS	Paris +1
ATHENS	Athens +2
JEDDAH	Jeddah +3
TEHRAN	Tehran +3.5
DUBAI	Dubai +4
KABUL	Kabul +4.5
KARACHI	Karachi +5
DELHI	Delhi +5.5
KATHMANDU	Kathmandu +5.75
DHAKA	Dhaka +6
YANGON	Yangon +6.5
BANGKOK	Bangkok +7
HONG KONG	Hong Kong +8
EUCLA	Eucla +8.75
TOKYO	Tokyo +9
ADELAIDE	Adelaide +9.5
SYDNEY	Sydney +10
LORD HOWE ISLAND	Lord Howe Island +10.5
NOUMEA	Noumea +11
WELLINGTON	Wellington +12
CHATHAM ISLANDS	Chatham Islands +12.75
NUKU'ALOFA	Nuku'alofa +13
KIRITIMATI	Kiritimati +14
BAKER ISLAND	Baker Island -12
PAGO PAGO	Pago Pago -11
HONOLULU	Honolulu -10
MARQUESAS ISLANDS	Marquesas Islands -9.5
ANCHORAGE	Anchorage -9
LOS ANGELES	Los Angeles -8
DENVER	Denver -7
CHICAGO	Chicago -6
NEW YORK	New York -5
HALIFAX	Halifax -4
ST. JOHN'S	St. John's -3.5
RIO DE JANEIRO	Rio de Janeiro -3
F. DE NORONHA	Fernando de Noronha -2
PRAIA	Praia -1

- The information in the above table is current as of January 2020.
- Time zones may change and UTC differentials may become different from those shown in the table above. If this happens, connect the watch with a phone to update the watch with the latest time zone information.

## Summer Time Table

When [AUTO] is selected for a city that observes summer time, switching between standard time and summer time will be performed automatically at the timing shown in the table below.

### Note

- Summer time start and end dates for your current location may be different from those shown below. If this happens, you can have new summer time information for your Home City and World Time City sent to the watch by connecting the watch with a phone. If the watch is not connected with a phone, you can change the summer time setting manually.

City Name	Summer Time Start	Summer Time End
London	01:00, last Sunday in March	02:00, last Sunday in October
Paris	02:00, last Sunday in March	03:00, last Sunday in October
Athens	03:00, last Sunday in March	04:00, last Sunday in October
Tehran	00:00, March 22 or 21	00:00, September 22 or 21
Sydney, Adelaide	02:00, first Sunday in October	03:00, first Sunday in April
Lord Howe Island	02:00, first Sunday in October	02:00, first Sunday in April
Wellington	02:00, last Sunday in September	03:00, first Sunday in April
Chatham Islands	02:45, last Sunday in September	03:45, first Sunday in April
Anchorage	02:00, second Sunday in March	02:00, first Sunday in November
Los Angeles	02:00, second Sunday in March	02:00, first Sunday in November
Denver	02:00, second Sunday in March	02:00, first Sunday in November
Chicago	02:00, second Sunday in March	02:00, first Sunday in November
New York	02:00, second Sunday in March	02:00, first Sunday in November
Halifax	02:00, second Sunday in March	02:00, first Sunday in November
St. John's	02:00, second Sunday in March	02:00, first Sunday in November
Rio de Janeiro*	00:00, third Sunday in October	00:00, third Sunday in February or 00:00, fourth Sunday in February

\* As of January 2020, summer time has been halted in Brazil (Rio de Janeiro). However, the Auto DST operation of this watch does not reflect this change.

## Supported Phones

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

[https://world.casio.com/os\\_mobile/wat/](https://world.casio.com/os_mobile/wat/)

## Specifications

### Accuracy at normal temperature :

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

### Timekeeping :

Analog

Hour, minute (moves every 20 seconds)

Digital

Hour, minute, second, month, day, day of the week

a.m./p.m.(P)/24-hour timekeeping

Full Auto Calendar (2000 to 2099)

Summer Time

### Stopwatch :

Measurement unit:

1/1000 seconds (first hour)

1/10 seconds (after first hour)

Measurement range: 23 hours 59 minutes 59.9 seconds

Measurement Functions:

Elapsed time, lap times

### Timer :

Measuring unit: 1 second

Range: 24 hours

Time setting unit: 1 second

10-second beeper when the end of the countdown is reached

### Alarm :

Time alarms: 5

Setting units: Hours, minutes

Alarm tone duration: 10 seconds

Hourly time signal: Beep every hour on the hour

### World Time :

38 cities (38 time zones) and Coordinated Universal Time (UTC)

Summer time

Home Time swapping

## Mobile Link :

Auto Time Correction

Phone finder

Watch operation sounds the alert sound of the mobile phone

World Time

A selection of more than 300 World Time cities

Home Time/World Time swapping

Stopwatch data transfer

200 lap time records (date and time, lap time, lap number)

Auto Summer Time Switching

Automatic switching between standard time and summer time

Timer Settings

Alarm Settings

Hand alignment correction

Schedule timer

Links with your phone's calendar, and uses the watch's hands and digital display to show time remaining to an event, ending time, etc.

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 :

Double LED Illumination: Face LED and digital display LED with Auto Light, Super Illuminator, afterglow, selectable illumination duration (1.5 seconds, 3 seconds); button operation tone on/off; schedule notification tone on/off; date display (month/day, day/month); day of the week display (6 languages); Airplane Mode; Hand Shift; low battery alert

## Power Supply :

CR2016 x 1

Battery operating time: Approximately 2 years

Conditions:

Bluetooth Connection Time: 12 hours/day

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Specifications are subject to change without notice.

## 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  on the display indicates that the watch is emitting radio waves.

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.

- Enter the watch Airplane Mode

 [Using the Watch in a Medical Facility or Aircraft](#)

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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/](https://world.casio.com/os_mobile/wat/)

Did you install CASIO WATCHES on your phone?

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

① [Install the required 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 CASIO WATCHES. For details about setting procedures, see your phone documentation.

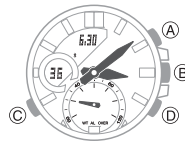
On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

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

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

Is CASIO WATCHES running?

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



**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 your phone's Airplane Mode, go to its Home Screen and tap the "CASIO WATCHES" icon. Then on the watch, hold down (D) for at least two 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 the (D) for at least two 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 (D) for at least two seconds.



**Q5** ✂ Is not displayed, and the watch is not connected with my phone.

Is a setting operation in progress?

Bluetooth connection is temporarily disabled while any setting operation (time setting, alarm setting, etc.) is in progress. Exit the setting operation to re-connect.

Have you performed some watch operation within the past hour?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Adjustment is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

## 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 (D) for at least two seconds.



Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

Has the watch been re-paired with the phone?

Delete the pairing information from the CASIO WATCHES phone app and your phone (iPhone only), and then re-pair them.

[Deleting Pairing Information from the CASIO WATCHES phone app](#)

[iPhone Only](#)

[Deleting the phone's pairing information](#)

[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](#)

[Pair the watch with a phone.](#)

## Changing to a Different Phone Model

**Q1** How do I connect my watch to a different 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 Adjustment by Bluetooth Connection (Time Adjustment)

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

Your watch can connect with a paired phone to adjust its time setting. Auto time adjustment is performed at the times described below.

- After your phone's time zone or summer time setting is changed
- After 24 hours or more have passed since the last time adjustment using Bluetooth connection
- After 24 hours or more have passed since city swapping using CASIO WATCHES or watch operation
- After 24 hours or more have passed since the last home city change or time adjustment using watch operation

**Q2** Auto time setting is not correct.

Is displayed?

To preserve battery power, the watch will automatically terminate Bluetooth connection with your phone temporarily if it detects the connection has been unused for approximately one hour. Auto Time Adjustment is disabled while there is no connection. To reconnect, press any watch button or angle the watch towards your face.

Have 24 hours or more passed since the last time adjustment using Bluetooth connection?

Time adjustment using Bluetooth connection is performed once every 24 hours. Auto time adjustment will be performed when 24 hours or more have elapsed since the last time adjustment operation.

Have 24 hours or more has passed since the last manual time adjustment, city change, or city swapping operation?

Auto time adjustment is not performed for 24 hours after a manual time adjustment, city change, or city swapping operation. Auto time adjustment will resume after 24 hours or more have elapsed after either of the above operations is performed.

Is the watch's Airplane Mode enabled?

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

**Q3** The watch does not synchronize its time setting with my phone when I hold down (D) for at least two seconds.

Connection with your phone is not possible while the watch's Airplane Mode is enabled. To connect with your phone, disable the Airplane Mode.

[Using the Watch in a Medical Facility or Aircraft](#)

**Q4** Time is not displayed correctly.

The phone's time setting may be incorrect because it is unable to connect with its network due to being out of range, etc. If this happens, connect the phone to its network and then adjust the time setting.

## Schedule timer

**Q1** How do I disable the schedule timer notification sound?

Use the procedure below to disable the schedule timer notification sound.

[Enabling or Disabling the Schedule Timer Notification Sound](#)

**Q2** The schedule timer notification sound does not sound.

Is schedule timer notification sound turned on? If it isn't, turn it on so it will sound.

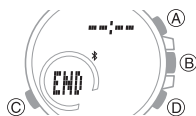
[Enabling or Disabling the Schedule Timer Notification Sound](#)

**Q3** The schedule timer function does not work.

The schedule timer becomes disabled if you manually adjust the watch's time setting. Before using the Schedule Timer, connect the watch with your phone and sync their time settings.

[Connecting with a Phone](#)

**Q4** [--:-- END] remains on the display and I cannot use the schedule timer even though settings are configured to allow use of the schedule timer.



Have you adjusted time settings manually?

The schedule timer becomes disabled if you manually adjust the watch's time setting. Before using the Schedule Timer, connect the watch with your phone and sync their time settings.

🔗 [Connecting with a Phone](#)

Is the scheduled event within 24 hours from your current time?

Up to five scheduled events, scheduled within 24 hours from your current time are sent from your phone to the watch.


## Alarms

**Q1** The alarm does not sound.

Is the alarm setting turned on? If it isn't, turn it on so it will sound.

🔗 [Configuring Alarm Settings](#)

## Battery

**Q1**  is flashing on the digital display.

This indicates that battery power is getting low.

Have the battery replaced.

🔗 [Battery Replacement](#)

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

[R] may appear on the display when the watch's battery power is low, or if you use the light or other function 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, are disabled.

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