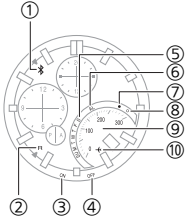


Basic Operations

This section provides an overview of the watch and explains operations that are common to all modes.

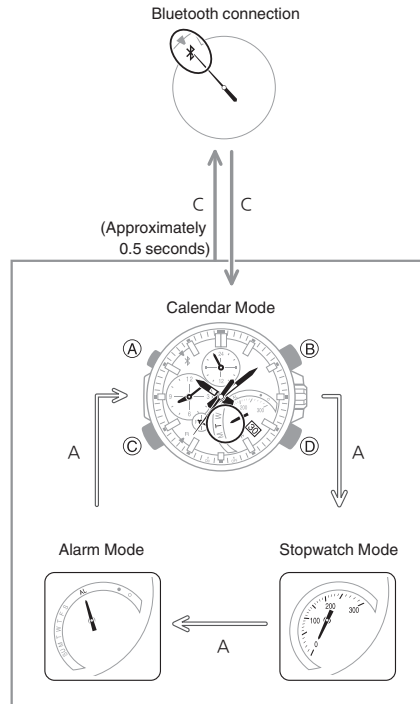
Watch Face Items



- ① ✂ mark
When the watch is connected with a phone, the second hand points to ✂.
- ② R mark
When the watch is standing by for connection with a phone, the second hand points to "R".
- ③ ON mark
When the watch is in the Alarm Mode and the alarm is enabled, the second hand points to "ON".
- ④ OFF mark
When the watch is in the Alarm Mode and the alarm is disabled, the second hand points to "OFF".
- ⑤ Day of week
In the Calendar Mode, the mode hand points to the current day of the week.
- ⑥ AL mark
When the watch is in the Alarm Mode, the mode hand points to "AL".
- ⑦ ● mark
The mode hand will point to "●" when your phone has new mail.
- ⑧ ○ mark
The mode hand will point to "○" when your phone has no new mail.
- ⑨ Speedometer
When the watch is in the Stopwatch Mode, the mode hand will point to a speed value after an elapsed time measurement is complete.*
* Requires specification of the distance traveled and a distance unit with CASIO WATCH+.
[Viewing Speed Data](#)
- ⑩ Airplane Mode
When the watch is in the Airplane Mode, the mode hand points to ✈.

Navigating Between Modes

Your watch has the modes shown below.

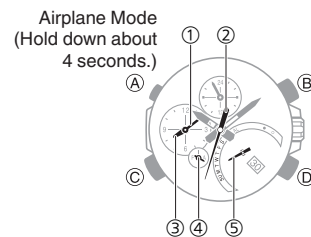


Use (A) to navigate between modes. Hold down (A) for about two seconds to enter the Calendar Mode. To connect with a phone, hold down (C) for about 0.5 seconds.

Mode Overview

Calendar Mode

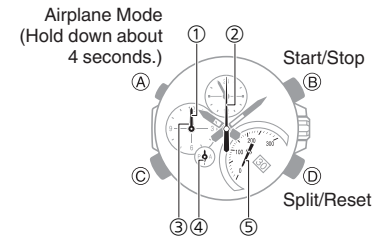
In this mode, the main hour and minute hands indicate the current time, while the small hour and minute hands show another time (Dual Time).



- ① Dual Time minute
 - ② Current time second
 - ③ Dual Time hour
 - ④ Dual Time 24-hour hand*
 - ⑤ Day of the week at current location
- * The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.

Stopwatch Mode

In this mode, the main hour and minute hands indicate the current time, while the small hour and minute hands show elapsed time as measured by the stopwatch.

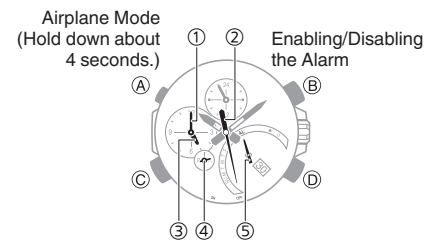


- ① Stopwatch minutes
- ② Stopwatch seconds
- ③ Stopwatch hours
- ④ Stopwatch 24-hour hand*
- ⑤ Split speed

* The A-side of the dial indicates hours 0 through 12, while the P-side indicates hours 12 through 24.

Alarm Mode

In this mode, the main hour and minute hands indicate the current time, while the small hour and minute hands show the alarm time setting.

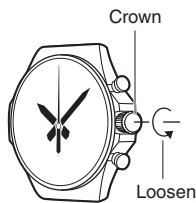


- ① Alarm minute
- ② Alarm enable/disable
- ③ Alarm hour
- ④ Alarm 24-hour hand*
- ⑤ Mode

* The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.

Using the Crown

The watch's crown is a screw-in (screw lock) type. To use the crown, you first need to rotate it towards you (leftwards) to loosen it.

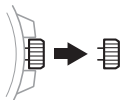


Before performing a crown operation, you need to pull it out to the first or second click. Do not pull the crown with too much force.

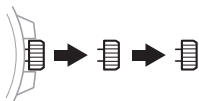
Normal timekeeping



First click

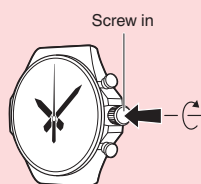


Second click



Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to push the crown in and lock it when not in use.



- When pushing the crown back in, take care not to apply too much force.

● Fast Forward/Fast Reverse

After pulling out the crown, rotating it quickly in succession in either direction will start a fast forward or fast reverse operation. While a fast forward operation is in progress, quickly rotating the crown in succession again will increase the speed even further.

- The fast reverse operation speed is fixed and cannot be changed.

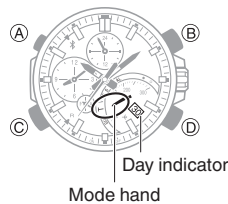
● Stopping Fast Forward/Fast Reverse

Rotate the crown in the direction opposite that of the ongoing operation or press any button.

Note

- If you do not perform any operation for about two minutes after pulling out the crown, crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

Changing Hand and the Day Indicator Settings



● Mode Hand and Day Indicator Movement

Changing the day setting of the watch will also cause the mode hand to move.

● Day

- It can take anywhere from about 90 seconds to three minutes for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

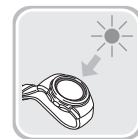
Solar Charging

What is solar charging?

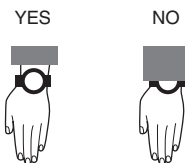
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

Charging the Watch

When you are not wearing the watch, put it in a location where it is exposed to bright light.



While you are wearing the watch, make sure that its face (solar panel) is not blocked from light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.



Important!

- Depending on light intensity and local conditions, the watch may become hot to the touch when exposed to light for charging. Take care to avoid burn injury after charging. Also, avoid charging the watch under high-temperature conditions like the ones described below.
 - On the dashboard of a vehicle parked in the sun
 - Near an incandescent light bulb or other source of heat
 - Under direct sunlight or in other hot areas for long periods

Charging Times

The table below shows general guidelines for charging times under various light sources. Actual charging time depends on your local environment.

Charging Times Required for 1 Day of Operation

Light Intensity	Approximate Charging Time	
High	①	8 minutes
	②	30 minutes
Low	③	48 minutes
	④	8 hours

Charge Recovery Times

Light Intensity	Approximate Charging Time	
	Charge Level 1	Charge Level 2
High	①	3 hours
	②	8 hours
Low	③	12 hours
	④	133 hours

Charge Level 1 :

Time from dead battery until watch operation starts.

Charge Level 2 :

Time from watch operation start until a full charge.

Light Intensity

- ① Sunny day, outdoors (50,000 lux)
- ② Sunny day, near a window (10,000 lux)
- ③ Overcast day, near a window (5,000 lux)
- ④ Indoor fluorescent lighting (500 lux)

Remaining Charge and Dead Battery

The charge level is indicated by watch hand movement. Functions become disabled as battery power goes low.

Important!

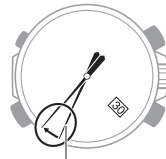
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

Note

- Exposing the watch face to light after the battery goes dead will cause the second hand to revolve counterclockwise until it stops at second 57. This indicates charging has started.

Low Battery Power

The second hand jumps at two-second intervals.



Second Hand

Dead Battery

All hands are stopped at 12 o'clock and the day indicator shows "1".



Power Saving Function

Leaving the watch in a dark location for about one hour between the hours of 10 p.m. and 6 a.m. will cause the second hand to stop, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop at 12 o'clock and the watch will enter Level 2 power saving.

Level 1 :

Second hand stops to save power.

Level 2 :

The following operations are stopped to save power: all hand movement (excluding the day indicator), Bluetooth connection, and alarm alerts.

Recovering from Power Saving Operation

Press any button or place the watch in a well-lit area to recover from power saving.

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 in accordance with the phone's time setting.

Note

- This section describes watch and phone operations.
- 📱 : Watch operation
- 📲 : Phone operation

Getting Ready

① Installing required app on your phone

To use the watch with a phone, first tap one of the links below and install the "CASIO WATCH+" app on the phone.

• iOS (iPhone) Users

<https://itunes.apple.com/us/app/id760165998?ls=1&mt=8>

• Android™ (GALAXY, etc.) Users

<https://play.google.com/store/apps/details?id=com.casio.watchplus>

② Configuring Bluetooth settings

Enable the phone's Bluetooth.

iPhone Users

1. 📱 On the Home Screen, tap "Settings" → "Bluetooth".
2. 📱 Enable "Bluetooth".
3. 📱 Tap "Settings" to return to the "Settings" screen.
4. 📱 Tap in the following sequence: "Privacy" → "Bluetooth Sharing".
5. 📱 Enable "CASIO WATCH+".

Android Users

☑ Enable Bluetooth.

- If you are presented with a choice between “Bluetooth” and “Bluetooth Smart”, select “Bluetooth Smart”.

Note

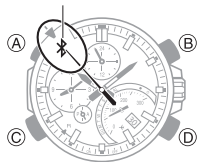
- For details about setting procedures, see your phone documentation.

③ Pairing the watch with a phone

Before you can use the watch in combination with a phone, you first need to pair them. Once the watch is paired with a phone, you normally do not need to pair them again.

1. Move the phone to be paired with close to (within one meter of) the watch.
2. ☑ On the Home Screen, tap the “CASIO WATCH+” icon.
3. ☑ Tap “EDIFICE”.
4. ☑ Tap “EQB-500”.
5. ☑ Perform operations as instructed by the app.
 - If a pairing prompt message appears, perform the operation shown on the phone screen.
 - When pairing is complete, the second hand will move to ⌘ to indicate connection.

Bluetooth mark



Note

- If pairing fails for some reason, perform the procedure again from step 2.

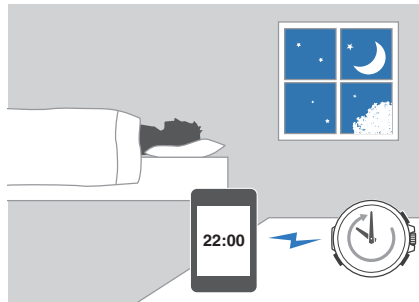
Auto Time Adjustment

You can configure watch settings to connect with a phone at preset times each day and adjust its time settings in accordance with information obtained from an online time server.

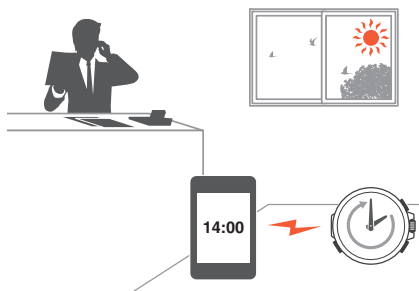
● Using This Function

Schedule auto adjust for times the watch and phone are normally close to each other as shown in the illustration below.

- While you sleep at night



- While you work at your desk in the afternoon



Important!

- Even if there is no Bluetooth connection when the auto adjust time is reached, a connection is established and adjustment is performed automatically. The connection is automatically terminated after time adjustment is complete.

Note

- If there is a World Time City specified with CASIO WATCH+, its time will also be adjusted automatically.

● Setting the Auto Adjust Time

Use CASIO WATCH+ on the phone to set the auto adjust time.

1. ☑ On the Home Screen, tap the “CASIO WATCH+” icon.
2. ☑ Hold down (C) for about 0.5 seconds until the second hand points to the R mark. The second hand will move to ⌘ when a connection is established between the watch and phone.



3. ☑ Tap in the following sequence: ☰ → “Watch settings”.
4. ☑ Tap “Time adjustment”.
 - Perform the operation shown on the phone screen.

Note

- Actual adjustment of the watch time setting will occur about 30 seconds after the auto adjust time. Example: When 22:00 is set as the auto adjust time, watch time setting adjustment will start 30 seconds after 22:00.

● Triggering Immediate Time Adjustment

The watch will adjust its time setting to that of the phone immediately after they are connected with each other. Whenever you want to adjust the watch's time setting perform the procedure below to connect with a phone.

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to the R mark. The second hand will move to when a connection is established between the watch and phone, and the time setting of the watch will adjust to the phone's time setting.



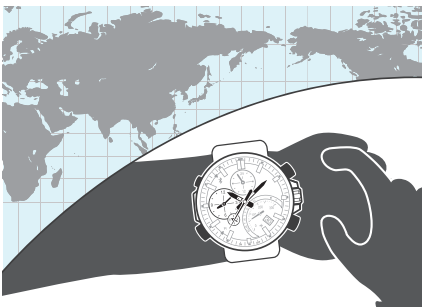
Note

- If there is a World Time City specified with CASIO WATCH+, its time adjustment will also be performed automatically upon connection.

World Time City Settings

Features

Specifying a World Time City with CASIO WATCH+ causes the city's time to be indicated by the small hour and minute hands.



Note

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

Specifying a World Time City

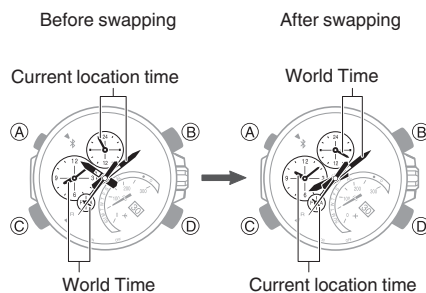
1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to R. The second hand will move to when a connection is established between the watch and phone.



3. Tap "World time".
4. Perform the operation shown on the phone screen.

Swapping Your Home Time and World Time

1. Hold down (A) for about two seconds to enter the Calendar Mode.
2. Hold down (B) for about three seconds. The watch's main hour hand and minute hand will move to the current World Time.



Note

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

Viewing Stopwatch Data

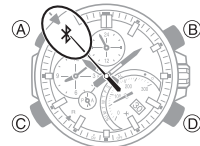
Features

This section explains how to send lap times and split times (up to 100 records) stored in watch memory, as well as the best lap, average speed, and other data to your phone for viewing with CASIO WATCH+.

Sending Stopwatch Data to a Phone

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

1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to R. The second hand will move to when a connection is established between the watch and phone.



3. Tap in the following sequence: → "Data Box".
4. Tap "Data transfer".

This displays a list of stopwatch data on the phone.

- Tapping a stopwatch data item displays its details.

Checking a Lap Time

Use CASIO WATCH+ to check the data you sent to the phone.

1. Tap the "CASIO WATCH+" icon.
2. Tap the CASIO WATCH+ icon.
3. Tap in the following sequence: "Data Box" → "EQB-500".
4. On the list of stopwatch data, tap the item you want to look up. This displays the details of the tapped stopwatch data.

Note

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

Viewing Speed Data

Use the procedure below to configure the watch to indicate speeds.

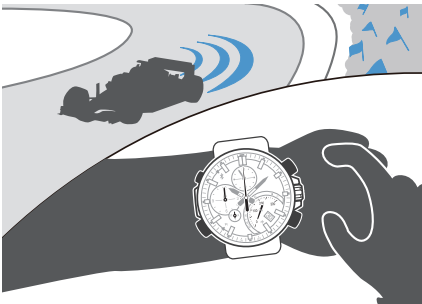
1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to R.
The second hand will move to R when a connection is established between the watch and phone.



3. Tap "Stopwatch".
4. Use the screen that appears to specify the distance and distance unit.

Example: Recording a Race Lap Time

This section explains how to record lap times while watching a race, and then review the results using CASIO WATCH+.



● Before a race

Configure course length and speed unit settings.

[Viewing Speed Data](#)

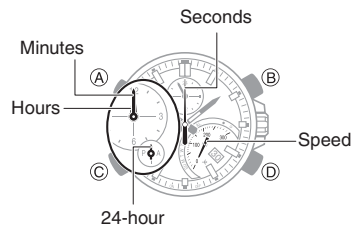
● During a race

Measure lap times.

1. Hold down (A) for about 2 seconds.
This will cause the watch to enter the Calendar Mode.



2. Press (A) once.
This will cause the watch to enter the Stopwatch Mode.



3. Use the operations below to measure elapsed time.



Pressing (D) at the end of each lap will record the lap time.

- Lap times are recorded in units of 1/1000 seconds.

4. Press (D) to reset the elapsed time to zero.
5. Press (A) twice to return to the Calendar Mode.

● After a race

Check the measured lap times.

[Sending Stopwatch Data to a Phone](#)

[Checking a Lap Time](#)

Setting the Alarm

1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to the R mark.

The second hand will move to R when a connection is established between the watch and phone.



3. Tap "Alarm".
4. Perform the operation shown on the phone screen.

Adjusting Hand Alignment

If the hands are out of alignment even though auto time adjustment is being performed, use CASIO WATCH+ to adjust them.

1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to the R mark.
The second hand will move to R when a connection is established between the watch and phone.



3. Tap in the following sequence: → "Watch settings".
4. Tap "Adjusting home positions".
5. Perform the operation shown on the phone screen.

Checking for Mail

Important!

- This feature was developed as of 2017, so access may currently be restricted depending on the email service you are using.
- To access email with the CASIO WATCH+ phone app, you may need to lower the security level of your email. Refer to the setup instructions for your email service for details on how to do this. If you do not wish to lower the security level of your email, please do not use this function.
- This function may become unavailable due to termination of service or modification of specifications by your mail service provider.

You can use the watch to check if you have new mail on your phone.

Getting ready

Register your mail address account with CASIO WATCH+.

1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to R. The second hand will move to R when a connection is established between the watch and phone.



3. Tap in the following sequence: → "Alert settings".
4. Perform the operation shown on the phone screen. Refer to your mail service provider's mail setup instructions for information about how to set up your mail account.
 - Some accounts may not be supported.

● Checking for Mail

1. If the watch is connected with a phone, press (D). If the watch is not connected with a phone, hold down (C) for about 0.5 seconds. The mode hand will move to ● or ○.
 - : You've got new mail.
 - : No new mail.

● If you've got new mail

Use your phone to view your mail.

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 (C) to terminate the connection.
2. Hold down (A) for about two seconds. This will cause the watch to enter the Calendar Mode.



3. Hold down (D) for about 0.5 seconds until the second hand points to R. The second hand will move to R when a connection is established between the watch and phone, and then the phone's ringtone will sound.
 - It will take a few seconds before the phone tone sounds.



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

Configuring Watch Settings

You can use CASIO WATCH+ to specify the Bluetooth connection auto disconnect time, auto time adjustment timing and other settings.

1. Tap the "CASIO WATCH+" icon.
2. Hold down (C) for about 0.5 seconds until the second hand points to the R mark. The second hand will move to R when a connection is established between the watch and phone.



3. Tap in the following sequence: → "Watch settings".
4. Select the setting you want to change and then perform the operation shown on the phone screen.

Returning the Watch to Its Factory Default Settings

This section explains how to use CASIO WATCH+ to return the watch settings below to their initial factory defaults.

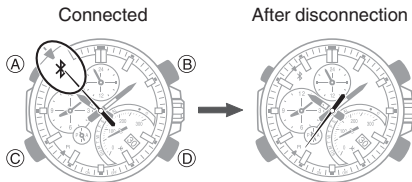
- Time adjustment
- World time
- Alarm
- Stopwatch
- Connection time

1. Pull out the crown to the second click.
2. Hold down (C) for about 5 seconds. This will cause the second hand to perform one revolution and return the applicable settings to their factory defaults.

Connection

Cancelling a Connection with a Phone


Pressing (C) terminates the Bluetooth connection and return the second hand to its normal operation.




Connecting with a Phone

This section explains how to establish a Bluetooth connection with a phone that is paired with the watch.

- If the watch is not paired with the phone you want to connect with, perform the procedure under “③ Pairing the watch with a phone” to pair them.

1. Move the phone close to (within one meter of) the watch.
2. While the second hand is not pointing to , hold down (C) for about 0.5 seconds until the second hand moves to R.

The second hand will move to  when a connection is established between the watch and phone.



Important!

- If you have problems establishing a connection, it could mean that CASIO WATCH+ is not running on the phone. On the phone's home screen, tap the “CASIO WATCH+” icon. Then on the watch, hold down the (C) button for about 0.5 seconds.

Note

- The connection will be 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: use CASIO WATCH+ to select “Watch settings” → “Connection time”, and then specify a setting of 3 minutes, 5 minutes, or 10 minutes.

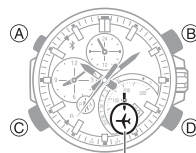
Entering the Watch Airplane Mode

Use the Airplane Mode to disable Bluetooth radio wave emissions. Put the watch into its Airplane Mode when in a hospital, in an aircraft, or anywhere else where radio wave emissions are restricted. When you need to connect with a phone again, exit the watch Airplane Mode.

Important!

- The functions below are disabled while the watch is in the Airplane Mode.
 - Auto adjust
 - Checking for new mail
 - Phone finder
 - Bluetooth connection

1. If the watch is connected with a phone, press (C) to terminate the connection.
 2. Hold down (A) for about four seconds.
The watch will enter the Airplane Mode and the mode hand will move to the Airplane Mode mark.
- To exit the watch Airplane Mode, hold down (A) for about four seconds.




Airplane mark

Unpairing


To unpair the watch from a phone, delete the pairing information from CASIO WATCH+, the phone, and the watch.

Deleting Pairing Information from CASIO WATCH+

1. If the watch is connected with a phone, press (C) to terminate the connection.
2. On the Home Screen, tap the “CASIO WATCH+” icon.
3. Tap the CASIO WATCH+  icon.
4. In the “Previously registered watch” list, tap the watch you want to unpair.
5. Tap “Delete pairing registration”.
6. Perform the operation shown on the phone screen.



Deleting Pairing Information from a Phone

iPhone Users

1. On the Home Screen, tap “Settings” → “Bluetooth”.
2. Tap  next to “CASIO EQB-500”.
3. Tap “Forget this Device”.
4. Tap “Forget Device”.

This deletes the watch's pairing information from the phone.

Android Users

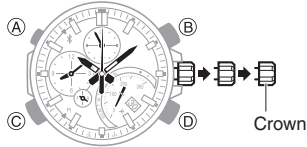
1. On the App screen tap: “Settings” → “Bluetooth”.
2. Tap  next to “CASIO EQB-500”.
3. Tap “Unpair”.
This deletes the watch's pairing information from the phone.
4. Scroll the status bar downwards and open the notification panel.
5. Tap  (Bluetooth) to disable Bluetooth, and then re-enable it.



Note

- Note that the actual operation you need to perform depends on the type of phone you are using. For details, see your phone documentation.

● Deleting Pairing Information from the Watch



1.  Pull out the crown to the second click.



2.  Hold down (D) for about 5 seconds.
This causes the second hand to perform one revolution and deletes the pairing information.
3.  Push the crown back in.

■ If you purchase another phone






You need to perform the operation below whenever you want to establish a Bluetooth connection with a phone that is different from the one you are currently connected with.

1. Unpair the watch from your current (old) phone.
 [Clear the current pairing info.](#)
2. Pair the watch with your new phone.
 [Pair the watch with the other phone.](#)




■ Connecting a Different Watch to a Phone

You should perform the steps below before pairing a different watch with the phone, such as after you buy a new watch.

● Pairing the Watch with a Phone

1.  On the Home Screen, tap the “CASIO WATCH+” icon.
2.  In the upper left corner of the screen, tap .
3.  On the list that appears, tap the brand of the phone you want to connect with.
4.  On the list that appears, tap the model name of the watch you want to connect with.
 - From this point, follow the instructions that appear on your phone’s screen to complete the pairing operation.

● Connecting with a Watch that is Already Paired

1.  On the Home Screen, tap the “CASIO WATCH+” icon.
2.  Swipe the screen to scroll through available watches and display the one you want to connect with.
3.  Perform watch operations in accordance with the instructions that appear on the phone screen.

Important!

- A phone can be connected with only one watch at a time. To connect to another watch, you need to terminate the current connection.

Watch Settings

Use the procedure below to configure current location time and Dual Time settings manually.

Getting ready

Perform this procedure in the Calendar Mode. Use (A) to navigate to the Calendar Mode.

Navigating Between Modes

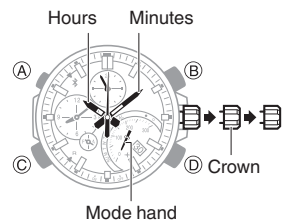
Calendar Mode



■ Setting the Time and Day

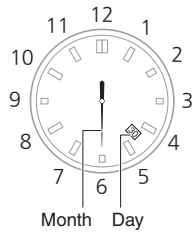
While the watch is connected to a phone, it will automatically adjust its day and time settings to those of the phone. If the watch is not connected to a phone, use the procedure below to adjust its day and time settings.

1. Pull out the crown to the second click.
This causes the second hand to move to 12 o’clock and the mode hand to move to 0, and enables the hour and minute setting operation.
 - Crown operation is disabled while the mode hand is moving.



2. Rotate the crown to adjust the hour and minute settings.
 - The Dual Time setting is also adjusted in accordance with the current time setting. Crown operation is disabled while the Dual Time setting is being adjusted.
3. Press (A).
This enables the month and day setting operation.

4. Press (B) to change the month.

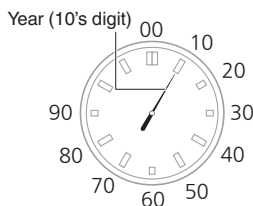


5. Rotate the crown to change the day.

6. Press (A).

This enables the year 10's digit setting operation.

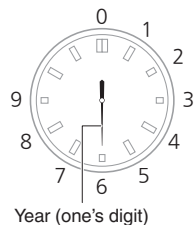
7. Rotate the crown to change the year 10's digit.



8. Press (A).

This enables the year one's digit setting operation.

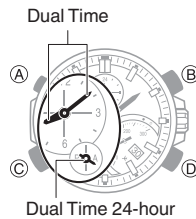
9. Rotate the crown to change the year one's digit.



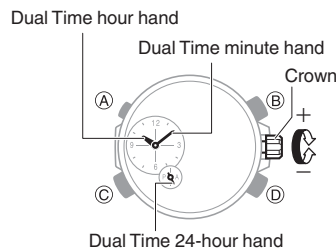
10. On a time signal at the top of a minute, push the crown back in.

Configuring Dual Time Settings

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



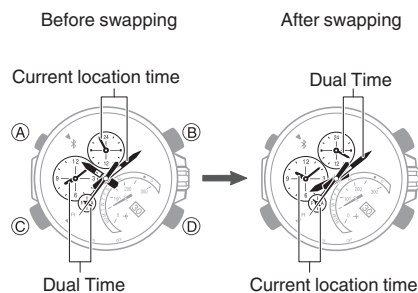
1. Pull out the crown to the first click.
This causes the second hand to move to 12 o'clock.
2. Rotate the crown to change the Dual Time setting.
 - You can set the Dual Time in 15-minute increments.



3. Push the crown back in.

Swapping Your Current Location Time and Dual Time Settings

You can swap the time in your current location with the Dual Time by holding down (B) for about three seconds.



Note

- If you are using the small hour and minute hands for Dual Time, only the time in your current location will be swapped with Dual Time. Dates are not swapped.

Stopwatch

The stopwatch can measure elapsed time up to 23 hours, 59 minutes, 59 seconds.

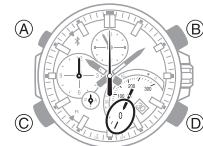
It can also measure split times.

Getting ready

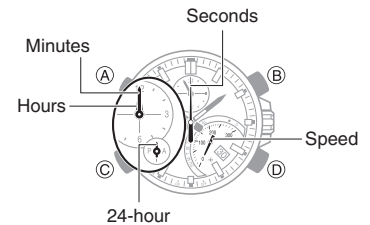
Perform this procedure in the Stopwatch Mode. Use (A) to navigate to the Stopwatch Mode.

⌚ Navigating Between Modes

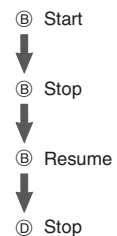
Stopwatch Mode



Measuring Elapsed Time

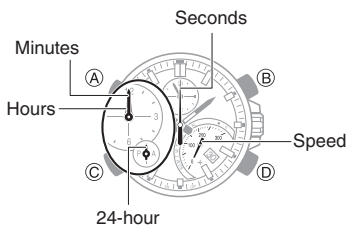


1. Use the operations below to measure elapsed time.



2. Press (D) to reset the elapsed time to all zeroes.
3. Press (A) twice to return to the Calendar Mode.

Measuring a Split Time



- Use the operations below to measure elapsed time.



* Each press of (D) causes the elapsed time up to that point (split time) to be indicated for 10 seconds.

- Press (D) to reset the elapsed time to all zeroes.
- Press (A) twice to return to the Calendar Mode.

Note

- The watch has enough memory to store up to 100 split time records. You can use CASIO WATCH+ to view split time records.

Alarm

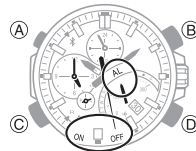
The watch will beep when the alarm time is reached.

Getting ready

Perform this procedure in the Alarm Mode. Use (A) to navigate to the Alarm Mode.

⌚ Navigating Between Modes

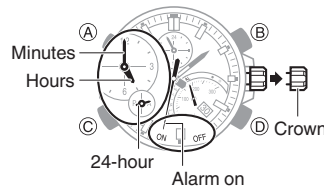
Alarm Mode



Configuring Alarm Settings

- Pull out the crown to the first click.

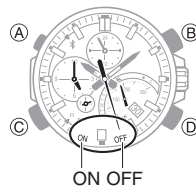
This turns on the alarm.



- Rotate the crown to change the alarm time setting.
- Push the crown back in.
- Press (A) once to return to the Calendar Mode.

Enabling/Disabling the Alarm

Each press of (B) toggles the alarm between on and off.



Stopping an Alarm

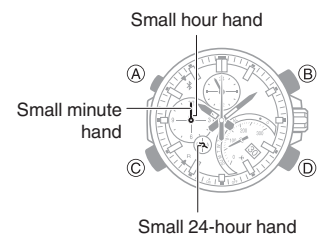
While the alarm is sounding, press any button to stop it.

Hand Alignment Correction

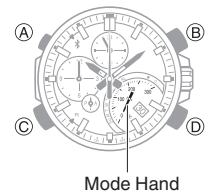
Strong magnetism or impact can cause the time indicated by the hands and the day indicator to go out of alignment. If this happens, correct hand alignment.

Adjusting Hand Alignment

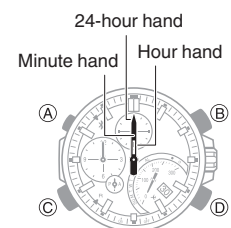
- Pull out the crown to the first click.
- Hold down (D) for about five seconds. This enables adjustment of small hour hand, small minute hand, and small 24-hour hand alignment.



- Rotate the crown to align the small hour hand, small minute hand, and small 24-hour hand with 12 o'clock.
- Press (A). This enables adjustment of mode hand alignment.



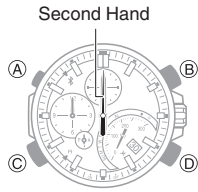
- Rotate the crown to align the mode hand with 0.
- Press (A). This enables adjustment of hour hand, minute hand, and 24-hour hand alignment.



- Rotate the crown to align the hour and minute hands with 12 o'clock.

8. Press (A).

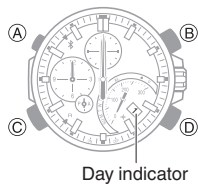
This enables adjustment of second hand alignment.



9. Rotate the crown to align the second hand with 12 o'clock.

10. Press (A).

This enables adjustment of day indicator alignment.



11. Rotate the crown to align "1" in the center of the day indicator.

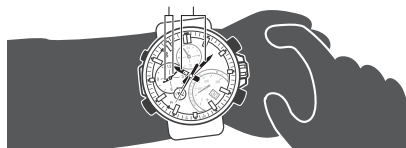
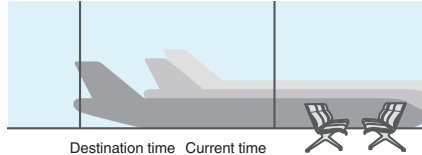
12. Push the crown back in.

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

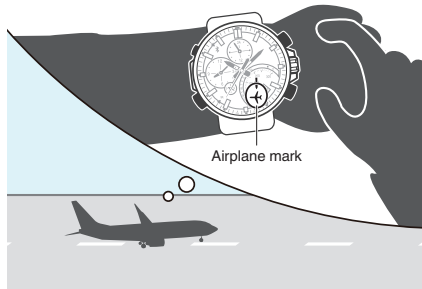
Configure the World Time (Dual Time) to the current time at your destination.



- 🔗 [World Time City Settings](#)
- 🔗 [Configuring Dual Time Settings](#)

● Prior to Takeoff

Enter the watch's Airplane Mode when instructed to do so by airline personnel.



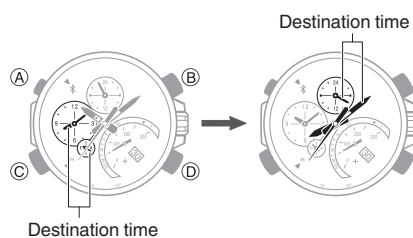
- 🔗 [Entering the Watch Airplane Mode](#)

● After Arriving

1. Exit the Airplane Mode.
 - 🔗 [Entering the Watch Airplane Mode](#)
2. Swap the origin time zone time with the destination time zone time.

Before swapping

After swapping



- 🔗 [Swapping Your Home Time and World Time](#)
- 🔗 [Swapping Your Current Location Time and Dual Time Settings](#)

Other Information

Supported Phone Models

For information about supported phone models, visit the CASIO Website.

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

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

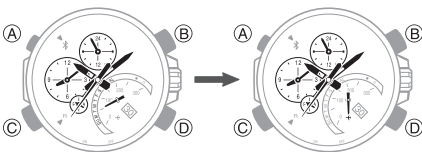
- When using this watch in combination with a phone, keep the watch and phone close to each other. A range of two meters is recommended as a guideline, but the local environment (walls, furniture, etc.), the structure of a building, and other factors may require a much closer range.
- This watch can 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 the second hand is pointing to ⌘ (Bluetooth connected) or R (Bluetooth connection standby). Even if the second hand is not pointing at ⌘ or “R”, the watch will attempt to connect with a phone once a day to update its time settings.

When in a hospital, on an aircraft, or in any other area where the use of radio waves is not allowed, disable radio wave emission by pressing the (C) button to terminate the Bluetooth connection. Next, hold down the (A) button for about four seconds to enter the Airplane Mode.

Normal timekeeping Airplane Mode enabled



For details, see “Entering the Watch Airplane Mode”.

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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/

Is CASIO WATCH+ installed on your phone?

The CASIO WATCH+ needs to be installed in order to connect with the watch.

🔗 ① [Installing 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 Sharing” → “CASIO WATCH+” → On

Android Users

- Enable Bluetooth.

Other than the above.

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

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

Q2 I can't establish a connection (pairing) between the watch and a newly purchased phone.

To connect with a newly purchased phone, you will need to perform the pairing operation again with the new phone. Use CASIO WATCH+ to delete the pairing information from your current (old) phone, and then pair the watch with the new phone.

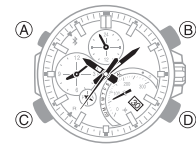
🔗 [If you purchase another phone](#)

I can't reconnect the watch and phone.

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

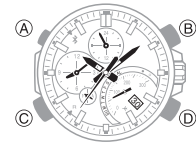
Is CASIO WATCH+ running on your phone?

Check if CASIO WATCH+ is running on the phone. On the phone's Home Screen, tap the CASIO WATCH+ icon. Then on the watch, hold down the CONNECT button (C) for about 0.5 seconds.



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

Turn the phone off and then back on, and then tap the CASIO WATCH+ icon. Next, on the watch, hold down the CONNECT button (C) for about 0.5 seconds.



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

Connection with the watch is not possible while the phone is in the Airplane Mode. After exiting the phone's Airplane Mode, go to its Home Screen and tap the “CASIO WATCH+” icon. Then on the watch, hold down the CONNECT button (C) for about 0.5 seconds.

Q3 I can't connect while the watch is in the Airplane Mode.

Exit the watch's Airplane Mode. Then hold down the CONNECT button (C) for about 0.5 seconds.



Q4 I changed the phone's Bluetooth from enabled to disabled, and now I can't connect anymore.

On the phone, disable and then re-enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCH+" icon. Next, on the watch, hold down the CONNECT button (C) for about 0.5 seconds.



Q5 I can't connect after turning off the phone.

Turn on the phone and tap the CASIO WATCH+ icon. Then on the watch, hold down the CONNECT button (C) for about 0.5 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 the phone off and then back on, and then tap the CASIO WATCH+ icon. Next, on the watch, hold down the CONNECT button (C) for about 0.5 seconds.



Has the watch been re-paired with the phone?

Perform the procedure below and then re-pair the watch and phone.

- ① Delete the pairing information from CASIO WATCH+.
- ② Delete the phone pairing information.
- ③ Delete the pairing information from the watch.

Unpairing

Changing to a Different Phone Model

Q1 Connecting the current watch to another phone.

Clear pairing information from the watch you are currently using, and then pair with another phone.

[If you purchase another phone](#)

Phone Finder

Q1 Phone Finder does not work.

Are the phone and watch disconnected?

Phone Finder does not work during Bluetooth connection.

Is CASIO WATCH+ running on your phone?

Phone Finder will not work unless CASIO WATCH+ is running. On the Home Screen, tap the CASIO WATCH+ icon.

Other than the above.

If the phone does not respond after a few seconds, it could mean that the phone is located too far from the watch. Change to a different location and try again.

Q2 It takes some time before the phone responds.

The phone will emit a tone when a connection is established with the watch, which takes a few seconds.

Q3 The phone cannot be found even when it is close to the watch.

Since communication is performed using radio waves, the watch may not be able to find the phone even if it is within two meters.

Certain environments may make the allowable communication range very short.

Checking Email

Q1 What types of mail accounts can be checked for mail?

@gmail.com, @yahoo.com, @yahoo.co.jp, @icloud.com, @aol.jp, @aol.com, @aim.com, @i.softbank.jp, @outlook.jp, @outlook.com, etc.

To access email with the CASIO WATCH+ phone app, you may need to lower the security level of your email. Refer to the setup instructions for your email service for details on how to do this.

This function may become unavailable due to termination of service or modification of specifications by your mail service provider.

Q2 How many mail accounts can be configured for incoming mail alert?

The CASIO WATCH+ supports registration of up to five mail accounts.

Q3 What mail information does the watch show?

The watch's mode hand indicates whether or not you have new mail on your phone.

- If the mode hand is pointing at ●, it means you've got new mail.
- If the mode hand is pointing at ○, it means you do not have any new mail.

Q4 It takes time before mail check information is indicated by the watch.

The email check operation takes about 10 seconds.

Q5 The watch is not checking for email.

Did you register your account?

Use the CASIO WATCH+ to register the email account you want to check.

Do you receive a message stating that your user name (account) or password is incorrect even though you entered your account and password correctly?

To access email with the CASIO WATCH+ phone app, you may need to lower the security level of your email. Refer to the setup instructions for your email service for details on how to do this.

Is the CASIO WATCH+ running?

Check if CASIO WATCH+ is running on the phone. On the Home Screen, tap the CASIO WATCH+ icon.

Auto Time Adjustment

Q1 When does the watch sync its time setting with the phone?

The time is adjusted automatically at the auto adjust time specified with CASIO WATCH+. The watch will also automatically sync its time with the phone time when they are connected.

Q2 Time is not adjusted when the auto adjust time is reached.

About 30 seconds after the specified auto adjust time is reached, the watch will connect with the phone and adjust its time setting accordingly.

Q3 Time is not displayed correctly.

The phone's time setting may not be correct.

① Correct the phone's time setting.

iPhone Users

- "Settings" → "Privacy" → Turn on "Location Services" → "System Services" → Turn on "Setting Time Zone".

Android Users

- Refer to your phone's user documentation.

② Establish a connection between the watch and phone, and correct the time setting.

[Auto Time Adjustment](#)

Q4 The indicated time and World Time are off by one hour.

There may have been a change in your area between standard time and summer time. Establish a connection between the phone and watch and correct the time setting.

World Time

Q1 The time for a World Time City is not correct.

The summer time start date and time, end date and time, or other rules were changed by authorities.

Q2 After swapping Home Time City with World Time City, the World Time City time is not correct.

Use the CASIO WATCH+ to specify a World Time City.

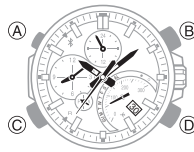
Hand Movement and Indications

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

You tell which mode the watch is currently in by checking the position of the mode hand.

[Navigating Between Modes](#)

- Hold down (A) for about two seconds to enter the Calendar Mode.



Q2 Why can't I perform any button operations while high-speed hand movement is in progress?

Except for the mode navigation button, button operation is disabled while high-speed hand movement is in progress after a watch setting is changed, etc. Wait until the hands stop moving before performing button operations.

Q3 The second hand is jumping at two-second intervals.

Battery power is low. Keep the watch exposed to light until it recharges sufficiently.

[Charging the Watch](#)

Q4 All hands are stopped at 12 o'clock and buttons do not work.

The battery is dead. Keep the watch exposed to light until the battery recharges sufficiently.

[Charging the Watch](#)

Q5 The hands suddenly start moving at high speed.

This is due to one of the reasons below, and does not indicate malfunction. Simply wait until normal hand movement resumes.

- The watch is recovering from a power saving state.

[Power Saving Function](#)

- Watch is connected with a phone to adjust its time setting.

[Auto Time Adjustment](#)

Q6 Hands are stopped and buttons do not work.

The watch is in the charge recovery mode. Wait until the recovery process is complete (for about 15 minutes). The watch will recover more quickly if you place it in a brightly lit location.

Q7 Hands and the day indicator are out of alignment.

Strong magnetism or impact may cause the hands of the watch to go out of alignment. Use CASIO WATCH+ to correct hand alignment.

[Adjusting Hand Alignment](#)

Q8 The time setting is correct, but the day indicator is between days.

The day is in the process of changing. For information about how the day changes, see the section below.

[Changing Hand and the Day Indicator Settings](#)

Crown Operations

Q1 Nothing happens when I rotate the crown.

If you do not perform any operation for about two minutes after pulling out the crown (approximately 30 minutes in the case of hand and day indicator alignment operations), crown operations will automatically become disabled. If that happens, push the crown back in and then pull it out again.

[🔗 Using the Crown](#)

Q2 Crown operation does not work.

Crown operation is disabled while high-speed hand movement is in progress after a watch setting is changed, etc. Wait until the hands stop moving before performing crown operations.

Charging

Q1 The watch does not work even though it is exposed to light.

The watch stops operating whenever the battery goes dead. Keep the watch exposed to light until it recharges sufficiently.

[🔗 Charging the Watch](#)