CASIO

Contents

Before Getting Started...

Watch Face and Display Indicators

Navigating Between Modes

Cycling Between Timekeeping Mode Digital Display Contents

Shifting the Hands

Solar Charging

Connecting with a Phone

Using Mobile Link with a Mobile Phone

Connection

Connecting with a Phone

Disconnecting from a Phone

Using the Watch in a Medical Facility or Aircraft

- Unpairing
- If you purchase another phone

Auto Time Adjustment

Configuring World Time Settings

Phone Finder

Configuring Watch Settings

Changing the Home City Summer Time Setting

Checking the Watch Charge Level

World Time

Checking World Time

World Time City Setting

Selecting UTC (Coordinated Universal Time) as Your World Time City

Swapping Your Home Time and World Time

Stopwatch

Measuring Elapsed Time

Measuring a Split Time

Timing the First and Second Place Finishers

Timer

Setting the Countdown Start Time

Using the Timer

Alarms and Hourly Time Signal

Configuring Alarm Settings

Enabling/Disabling an Alarm or the Hourly Time Signal

Displaying an Alarm Countdown

Displaying Time Remaining to an Alarm in the Timekeeping Mode

Stopping an Alarm

Determining an Alarm's On/Off Status

Adjusting Time Settings Manually

Setting a Home Time City

Setting the Time/Date

Selecting UTC (Coordinated Universal Time) as Your Home City

Switching between 12-hour and 24-hour Timekeeping

Changing the Date Display Format

Specifying the Day of the Week Language

Light

Illuminating the Display Manually

Auto Light

Configuring the Auto Light Setting

Specifying the Illumination Duration

Hand Alignment Adjustment

Adjusting Hand Alignment

Other Settings

Enabling the Button Operation Tone

Configuring Power Saving Function Settings

Resetting Watch Settings

Moving to Another Time Zone

Other Information

City Table

Summer Time Table

Supported Phone Models

Specifications

Mobile Link Precautions

Copyrights and Registered Copyrights

Troubleshooting

CASIO

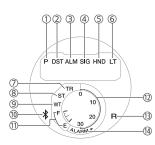
Before Getting Started...

This section provides an overview of your watch and explains how to connect with a phone. While there is a connection with a phone, the watch time setting is adjusted automatically. You can also change the watch's other settings.

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



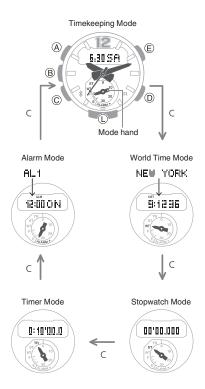
- Displayed during p.m. times while 12-hour timekeeping is being used.
- ② Displayed while the watch is indicating summer time.
- (3) Displayed while an alarm is turned on.
- ④ Displayed while the hourly time signal is enabled.
- (5) Displayed while the watch's hands are shifted for easier reading.
- (6) Displayed while Auto Light is enabled.
- In the Timer Mode, the mode hand points to [TR].
- (8) In the Stopwatch Mode, the mode hand points to [ST].
- (9) In the World Time Mode, the mode hand points to [WT].
- When the watch is connected with a phone, the second hand points to \$.

- (1) Battery level In the Timekeeping Mode, the current charge level is indicated by the mode hand.
- In any mode, the mode hand will perform a countdown operation when 30 minutes or less remain until any one of the alarm times. This operation is performed even for alarms that are turned off.
- (13) When the watch is standing by for connection with a phone, the second hand points to [R].
- In the Alarm Mode, the mode hand points to [ALARM].

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.



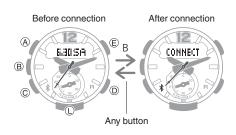
Note

• The mode hand performs a countdown operation when 30 minutes or less remain until an alarm time is about to be reached. Because of this, the mode hand does not indicate the watch's mode or battery level at this time.

Connecting with a Phone

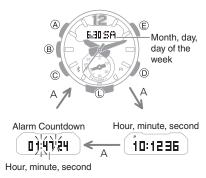
Hold down (B) for at least 1.5 seconds to establish a connection with a phone.

• To disconnect, press any button.



Cycling Between Timekeeping Mode Digital Display Contents

Each press of (A) in the Timekeeping Mode toggles between the display information as shown below.



Note

- The alarm countdown shows how much time remains until the next upcoming alarm. The countdown is shown even if the next upcoming alarm is turned off.
- For details about the alarm countdown display, refer to the information below.
 Displaying Time Remaining to an Alarm in the Timekeeping Mode

CASIO

• Displaying the Current Home City

Pressing (D) while the Timekeeping Mode display shows information other than an alarm countdown will display the name of the currently selected Home City. After a while, display will return to what was shown before the Home City name.

• To return to what was shown before the Home City manually, press (D).



• Displaying an Alarm Number (Title)

Pressing (D) while an alarm countdown is shown will display the number (title) of the alarm being counted down. After a while, the alarm countdown screen will reappear.

• To return to the alarm countdown screen manually from the alarm number (title), press (D).



Shifting the Hands

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

- 1. While holding down (L), 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 (L) 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.

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.

NO



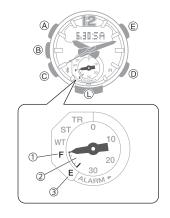
YES

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 hightemperature 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

• Checking the Charge Level

In the Timekeeping Mode, the current charge level is indicated by the mode hand.



- (1) Good (high charge)
- 2 Good (medium charge)
- Low Battery

CASIO

• Remaining Charge and Dead Battery

You can determine if the charge level is low by checking the 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 [CHARGE] indicator to appear and the second hand to rotate counterclockwise until it stops at second 57. This indicates charging has started.

Low Battery Power

The second hand jumps at two-second intervals.



Dead Battery All hands are stopped.



Charging Time Guidelines

The table below shows guidelines for approximate charging times.

Charging Times Required for 1 Day of Operation

Light Level (Lux)	Approximate Charging Time
50,000	8 minutes
10,000	30 minutes
5,000	48 minutes
500	8 hours

Charge Recovery Times

• Sunny day, outdoors (50,000 lux)

Dead battery → Medium charge	2 hours
Medium charge → High charge	20 hours
High charge \rightarrow Full charge	6 hours

• Sunny day, near a window (10,000 lux)

Dead battery → Medium charge	6 hours
Medium charge \rightarrow High charge	73 hours
High charge → Full charge	20 hours

• Overcast day, near a window (5,000 lux)

Dead battery → Medium charge	9 hours
Medium charge → High charge	119 hours
High charge → Full charge	32 hours

Indoor fluorescent lighting (500 lux)

Dead battery → Medium charge	113 hours
Medium charge → High charge	-
High charge \rightarrow Full charge	-

Note

• Actual charging time depends on the charging environment, watch settings, and other factors.

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 display to go blank, and the watch to enter Level 1 power saving. If the watch is left in this condition for six or seven days, the watch will enter Level 2 power saving.

Power Saving Level 1 :

The second hand stops at 12 o'clock and the digital display goes blank to save power. The watch can connect with a phone at this level.

Power Saving Level 2 :

All hands stop and the digital display goes blank to save power. All functions are disabled.

Recovering from Power Saving Operation

Use one of the operations below to exit power saving.

- Press any button.
- Move the watch to a bright location.
- Trigger auto light by angling the watch towards your face.

Note

- The watch will not enter power saving in the cases below.
 - Alarm Mode
 - -While in the Stopwatch Mode
 - While in the Timer Mode
- You can enable or disable Power Saving.
 - Configuring Power Saving Function Settings
- Note that the watch also may enter power saving if its face is blocked from light by your sleeve while you are wearing it.

Connecting with a Phone

To connect the watch with a phone, first install the CASIO "CASIO WATCHES" app on the phone and then use Bluetooth to pair the watch with the phone.

 \bullet (1) Install the app on your phone.

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

• 2 Configure Bluetooth settings.

Enable the phone's Bluetooth.

Note

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

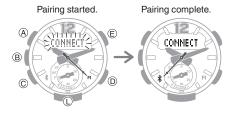
• ③ Pair the watch with a phone.

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

- 1. Move the phone to be paired with close to (within one meter of) the watch.
- 2. 🗍 Tap the "CASIO WATCHES" icon.
- 3. 🗍 Tap the 🕂 of the "My Watch" tab.
- Perform the operation shown on the phone screen to register the watch to the CASIO WATCHES phone app.
- 5. O Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to **≵**.

 If pairing fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the pairing procedure. Perform the pairing procedure again from the beginning.



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.

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.
- C: Watch operation
- : Phone operation

Connection

Connecting with a Phone

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

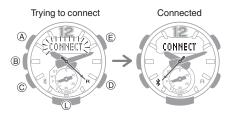
• If the watch is not paired with the phone you want to connect with, refer to the information below and pair them.

 \mathcal{P} (3) Pair the watch with a phone.

- 1. Move the phone close to (within one meter of) the watch.
- 2. O Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.

 If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



Important!

 If you have problems establishing a connection, it could mean that CASIO WATCHES is not running on the phone. On the phone's home screen, tap the "CASIO WATCHES" icon. After the app starts up, hold down the watch's (B) button for at least 1.5 seconds.

Note

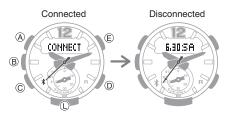
• The connection will be terminated if you do not perform any operation on the watch or phone for a fixed amount of time.

To specify the connection limit time, perform the following operation with CASIO WATCHES: "Watch settings"

→ "Connection time with the app". Next, select a setting of 3 minutes, 5 minutes, or 10 minutes.

Disconnecting from a Phone

Pressing any button will terminate a Bluetooth connection and return to the Timekeeping Mode.

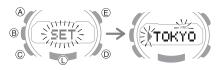


CASIO

Using the Watch in a Medical Facility or Aircraft

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

- G If the watch is in any mode besides the Timekeeping Mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.
- O Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



 Press (C) 14 times. This displays [RCV].



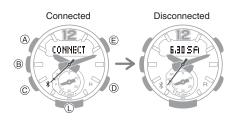
- 4. Press (D) to select the auto time adjustment setting you want.
 [OFF]: Auto time adjustment disabled.
 [ON]: Auto time adjustment enabled.
- 5. Oress (A) to exit the setting screen.

Note

• The auto time adjustment setting can be changed only while the watch is paired with a phone.

Unpairing

 ^G If the watch is connected with a phone, press any button to terminate the connection.



- 2. 🗍 Tap the "CASIO WATCHES" icon.
- 3. Derform the operation shown on the phone screen to unpair.

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.

 \mathcal{P} ⁽³⁾ Pair the watch with a phone.

Auto Time Adjustment

Your watch will connect with a phone at preset times each day and adjust its time settings automatically.

Using This Function

Your watch adjusts its time setting four times a day according to a preset schedule. If you leave your watch in the Timekeeping Mode, it will perform the 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

Note

• If the watch does not indicate the correct time even if is able to connect with a phone, adjust the hand and date indicator positions.

O Adjusting Hand Alignment

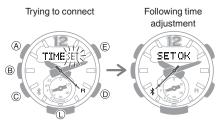
- If there is a World Time City specified with CASIO WATCHES, its time will also be adjusted automatically.
- The watch will connect with the phone and perform auto time adjustment at around 12:30 a.m., 6:30 a.m., 12:30 p.m. and 6:30 p.m. The connection is automatically terminated after auto time adjustment is complete.
- The watch cannot connect with a phone for time adjustment while a stopwatch measurement or timer operation is in progress.

Triggering Immediate Time Adjustment

The watch's time setting will be adjusted automatically whenever you establish a connection between the watch and a phone. Whenever you want to trigger immediate time adjustment, perform the procedure below to connect with a phone.

- 1. Move the phone close to (within one meter of) the watch.
- 2. 🕒 Press (B).

[SET] 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 the phone.



Note

- You can perform the above operation for time adjustment from any watch mode.
- The connection is terminated automatically after time adjustment is complete.
- If time adjustment fails for some reason, [ERR] will appear.

CASIO

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 for auto summer time switching for the World Time City.

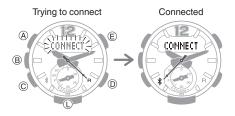


Note

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

• To select a World Time City

- 1. Tap the "CASIO WATCHES" icon.
- 2. G Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.
 When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.
 - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



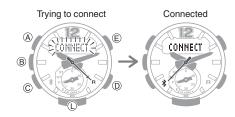
 Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.

• Configuring the Summer Time Setting

- 1. Tap the "CASIO WATCHES" icon.
- 2. Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.

 If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



- 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.

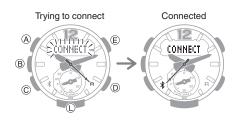
Note

- 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.
- Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.

 If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Derform 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.

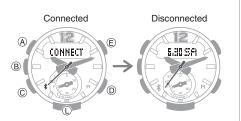
CASIO

Phone Finder

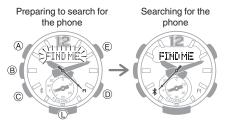
You can use phone finder to trigger a tone on the phone to make it easy to find. The tone is forced to sound even if the phone is in vibrate mode.

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.
- If the watch is connected with a phone, press any button to terminate the connection.



- If the watch is in any mode besides the Timekeeping Mode, hold down (C) for at least two seconds to enter the Timekeeping Mode.
- G Hold down (D) for at least 1.5 seconds until the second hand moves to [R]. 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.



- 4. 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.

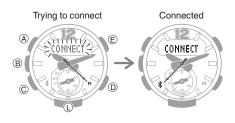
Configuring Watch Settings

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

- 1. 🗍 Tap the "CASIO WATCHES" icon.
- Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.

When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.

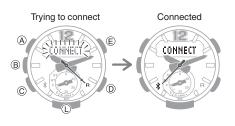
• If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



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

Changing the Home City Summer Time Setting

- 1. 🗍 Tap the "CASIO WATCHES" icon.
- G Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.
 When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.
 - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.

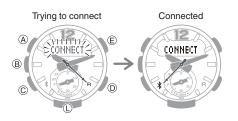


3. Derform the operation shown on the phone screen to change your Home City summer time setting.

Checking the Watch Charge Level

Use the procedure below to check the current charge level with CASIO WATCHES.

- 1. 🗍 Tap the "CASIO WATCHES" icon.
- Q Hold down (B) for at least 1.5 seconds until [CONNECT] starts to flash.
 When a connection is established between the watch and phone, [CONNECT] will stop flashing and the second hand will move from [R] to \$.
 - If connection fails for some reason, [ERR] will appear on the display momentarily and then the watch will return to the mode it was in before you started the connection procedure.



3. Use CASIO WATCHES to check the charge level.

CASIO

World Time

World Time lets you look up the current time in any one of 39 cities around the globe, and UTC (Coordinated Universal Time).



Getting Ready Enter the World Time Mode. **O** Navigating Between Modes

> NEW YORK 9:1236

Checking World Time

Entering the World Time Mode will initially display the name of the currently selected World Time City, followed by the current time in that city.



• To display the World Time City while in the World Time Mode, press (A).

Note

• 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 is deleted from the watch. O Configuring World Time Settings

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 enable or disable summer time.

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. Use (D) and (E) to display the city you want.



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



3. 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.
- 4. Press (A) 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.

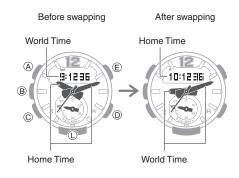
Selecting UTC (Coordinated Universal Time) as Your **World Time City**

You can set UTC (Universal Coordinated Time) as the World Time City and display its current time by pressing (D) and (E) at the same time.



Swapping Your Home Time and World Time

Press (A) and (L) at the same time to swap your Home Time and World Time.



Note

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

O Moving to Another Time Zone

CASIO

Stopwatch

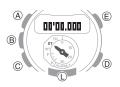
The stopwatch measures elapsed time in 1/1000-second units for the first hour, and in 1/10-second units after that for up to 24 hours.

Getting ready

Enter the Stopwatch Mode. **Q** Navigating Between Modes



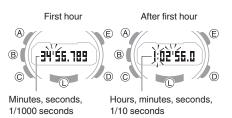
Measuring Elapsed Time



1. Use the operations below to measure elapsed time.



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



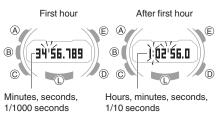
2. Press (E) to reset the elapsed time to all zeros.



- 1. Use the operations below to measure elapsed time.
 - Pressing (E) causes the elapsed time up to that point (split time) to be indicated.



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



2. Press (E) to reset the elapsed time to all zeros.

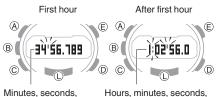
Timing the First and Second Place Finishers



1. Use the operations below to measure elapsed time.



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



1/1000 seconds

1/10 seconds

- 2. Press (E) to display the time of the second finisher.
- 3. Press (E) to reset the elapsed time to all zeros.

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 is muted in the cases described below.
 - When battery power is low

Getting Ready

Enter the Timer Mode. **O** Navigating Between Modes



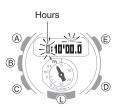
CASIO

Setting the Countdown Start Time

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

- If a timer countdown operation is in progress, reset the timer to its current start time before performing this operation.
 O Using the Timer
- Hold down (A) for at least two seconds. Release the button when the hour digits start to flash.

This causes the hours digit to flash.



- 2. Use (D) and (E) to change the timer hours setting.
- 3. Press (C).

This causes the minutes digits to flash.



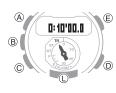
- Use (D) and (E) to change the timer minutes setting.
- 5. Press (C).

This causes the seconds digits to flash.



- 6. Use (D) and (E) to change the timer seconds setting.
- 7. Press (A) to exit the setting screen.

Using the Timer



1. 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 (E).
- 2. Press any button to stop the tone.

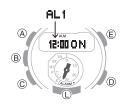
Alarms and Hourly Time Signal

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 alarm sound is muted in the cases described below.
 - When battery power is low
 - When watch is at Level 2 power saving Power Saving Function

Getting ready

Enter the Alarm Mode. Q Navigating Between Modes

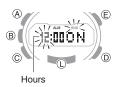


Configuring Alarm Settings

 Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to configure is displayed.



 Hold down (A) for at least two seconds. Release the button when the hours digits start to flash.



- 3. Use (D) and (E) to change the hours setting.
 - If you are using 12-hour timekeeping, [P] indicates p.m.



4. Press (C).

This causes the minutes digits to flash.



- 5. Use (D) and (E) to change the minutes setting.
- 6. Press (C).
 - This causes the alarm type to flash.



CASIO

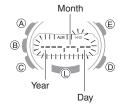
7. Use (D) to select the alarm type.

[DAILY]: Alarm sounds every day at the alarm time.

[1 TIME]: Alarm sounds only once at the alarm time.

[SCHEDULE]: Alarm sounds on the specified date.

- If you select [SCHEDULE] as the alarm type, you will need to press (A) and then use the operations described below to specify the alarm date.
 - (D) and (E): Use these buttons to change the currently selected value.
 - (C): Use this button to move the flashing between the year, month, and day digits.



- 8. Press (A) to exit the setting screen.
- 9. Press (C) to return to the Timekeeping Mode.

Example Setting

Digital Display Contents

Example 1: Meeting at 3:00 p.m. on June 30, 2019

Alarm number: [AL1]

Alarm type: [SCHEDULE]

• Alarm time and date: 3:00 p.m. on June 30, 2019

Alarm numbers: [AL2] to [AL5]

- Alarm type: [SCHEDULE]
- Alarm time and date: Past

Example 2: Daily alarm at 9:00 a.m.

- Alarm number: [AL1]
- Alarm type: [DAILY]
- Alarm time: 9:00 a.m.

Alarm numbers: [AL2] to [AL5]

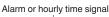
- Alarm type: [SCHEDULE]
- Alarm time and date: Past

Note

- The mode hand performs a countdown operation when 30 minutes or less remain until an alarm time is about to be reached. A 10-second alarm sounds at the alarm time. During an alarm countdown, the mode hand does not indicate the watch's mode or battery level.
- If a [1 TIME] alarm is set within the period from 00:01 a.m. to 00:29 a.m., the mode hand will start its remaining time countdown from midnight instead of from 30 minutes before the alarm time. For example, if the alarm time setting is 00:15 a.m., the countdown will be 15 minutes long, starting from midnight.
- If you do not want the mode hand to indicate the alarm countdown time, change the alarm type setting of all five alarms to [SCHEDULE], and set dates that come before the current date for all of them.

Enabling/Disabling an Alarm or the Hourly Time Signal

 Press (D) to scroll through alarm numbers ([AL1] to [AL5]) and the hourly time signal ([SIGNAL]) screens until the one you want to configure is displayed.





 Press (E) to toggle the displayed alarm or the hourly time signal between on and off.

Note

• Note that you will not be able to turn on a [SCHEDULE] alarm whose date has already passed.

Displaying an Alarm Countdown

You can use the procedure below to check how much time remains until an alarm time you set is reached.

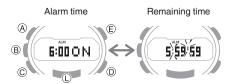
 Press (D) to scroll through alarm numbers ([AL1] to [AL5]) until the number of the alarm you want to view is displayed.



2. Press (A).

This shows the remaining time until the time of the alarm you selected.

• Each press of (A) will toggle the display between the alarm time and the remaining time until it is reached.



Note

- The alarm countdown is shown even if the next upcoming alarm is turned off.
- When the time set for a [SCHEDULE] alarm passes, the elapsed time since the alarm time is counted up and shown on white-on-black screen.



• As with a [SCHEDULE] alarm, when the time set for a [1 TIME] alarm time passes, the elapsed time since the alarm time starts to be counted up. In this case, however, this will switch back to an alarm countdown from midnight at the beginning of the next day. This makes it easy for you to determine whether the alarm time is before or after the current time during the day.

CASIO

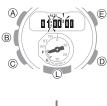
Displaying Time Remaining to an Alarm in the Timekeeping Mode

If you have two alarms set, one for 10:00 a.m. and one for 5:30 p.m., the alarm countdown display in the Timekeeping Mode will appear as described below.

Cycling Between Timekeeping Mode Digital Display Contents

Home City time: 9:00 a.m.

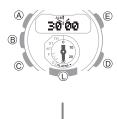
The alarm countdown time until the 10:00 a.m. alarm time (one hour) is displayed.





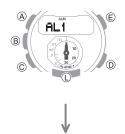
Home City time: 9:30 a.m.

The alarm countdown time until the 10:00 a.m. alarm time (30 minutes) is displayed.



Home City time: 10:00 a.m. (alarm sounding)

The alarm number (title) of the currently sounding alarm is displayed.



Home City time: 10:00 a.m. plus 10 seconds

The alarm countdown time until the 5:30 p.m. alarm time (7 hours, 29 minutes, 50 seconds) is displayed.

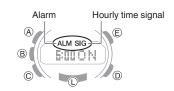


Stopping an Alarm

Pressing any button while the beeper is sounding stops it.

Determining an Alarm's On/Off Status

Turning on an alarm or the hourly time signal causes the corresponding indicator to appear on the display.



Adjusting Time Settings Manually

When there is no communication with a mobile phone, the time and date can be adjusted with the procedure below.

Getting Ready

Enter the Timekeeping Mode. *O* Navigating Between Modes



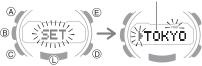
Setting a Home Time City

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 enable or disable summer time.

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. Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.

Home City



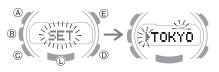
- 2. Use (D) and (E) to change the Home City.
 - For details refer to the information below.
 Q City Table
- 3. Press (C).
- Use (D) to select a summer time setting.
 Each press of (D) cycles through available settings in the sequence shown below.
 - [AUTO] The watch switches between standard time and summer time automatically.
 - [OFF] The watch always indicates standard time.
 - [ON] The watch always indicates summer time.



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

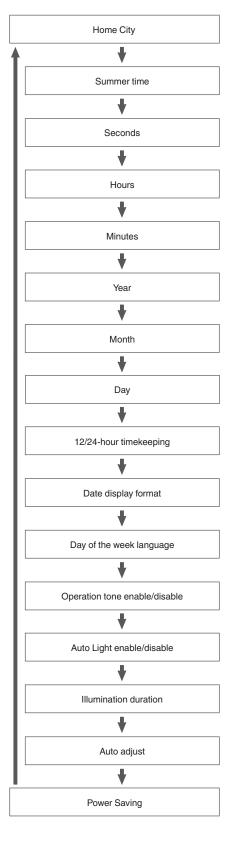
Setting the Time/Date

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



CASIO

- 2. 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.



- 3. 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 (D) and (E) to change the other settings.
- 4. Repeat steps 2 and 3 to configure the other settings.
- 5. Press (A) to exit the setting screen.

Selecting UTC (Coordinated Universal Time) as Your Home City

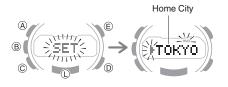
You can set UTC (Universal Coordinated Time) as the Home City and have the hands indicate its current time by pressing (D) and (E) at the same time.



Switching between 12-hour and 24-hour Timekeeping

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

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.

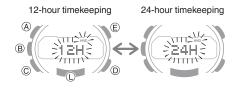


2. Press (C) eight times.

This causes [12H] or [24H] to flash on the display.



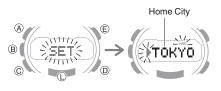
 Press (D) to toggle the setting between [12H] (12-hour timekeeping) or [24H] (24hour timekeeping).



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

Changing the Date Display Format

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (C) nine times.

This displays a screen for selecting the date display format.



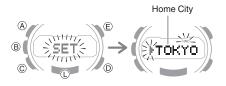
- Use (D) to select a date display format. YYYY: Year
 Month
 DD: Day
- 4. Press (A) to exit the setting screen.

CASIO

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.

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (C) 10 times.

This causes the language setting to flash.



- 3. Use (D) to select a language.
 - [ENG]: English [ESP]: Spanish [FRA]: French [DEU]: German [ITA]: Italian [PyC]: Russian
- 4. Press (A) to exit the setting screen.

Light

The watch has an LED light that you can turn on for viewing in the dark.

The watch also has an auto light function that automatically illuminates the display whenever the watch is angled for reading in the dark.

Illuminating the Display Manually

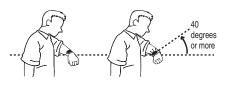
Pressing (L) turns on illumination.



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

Auto Light

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



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.



- Auto Light may operate unintentionally and run down the battery if the watch is blocked from light by your sleeve.
- 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

- 1. Enter the Timekeeping Mode. Q Navigating Between Modes
- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.

3. Press (C) 12 times to display [AUTO].



4. 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.

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

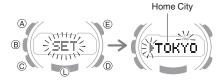
Specifying the Illumination Duration

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

1. Enter the Timekeeping Mode. Navigating Between Modes



 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



CASIO

3. Press (C) 13 times to display [LIGHT].



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

[1]: 1.5-second illumination

[3]: 3-second illumination



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

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.

Getting Ready

Enter the Timekeeping Mode. *Q* Navigating Between Modes



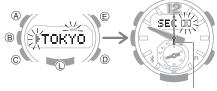
Adjusting Hand Alignment

- 1. Enter the Timekeeping Mode. *O* Navigating Between Modes
- Hold down (A) for at least 5 seconds. Release the button when [00] starts to flash.

This enables adjustment of second hand alignment.

After two seconds

After five seconds



- Second hand
- If the second hand is not at 12 o'clock, use
 (D) and (E) to align it.
- 4. Press (C).

This enables adjustment of mode hand alignment.



- If the mode hand is not at 12 o'clock, use
 (D) and (E) to align it.
- 6. Press (C).

This enables adjustment of the hour and minute hands.



- 7. If the hour hand and minute hand are not at 12 o'clock, use (D) and (E) to align them.
- 8. Press (A) to exit the setting screen.

Other Settings

Getting Ready

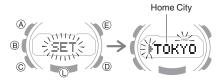
Enter the Timekeeping Mode. Navigating Between Modes



Enabling the Button Operation Tone

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

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



 Press (C) 11 times. This causes [KEY J] or [MUTE] to flash on the display.



 Use (D) to select [KEY J] or [MUTE]. [KEY J]: Operation tone enabled. [MUTE]: Operation tone muted.



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

Note

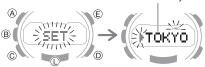
• Note that alarm and timer tones will still sound even while the operation tone is muted.

CASIO

Configuring Power Saving Function Settings

 Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.

Home City



Press (C) 15 times.
 This displays [P.SAVE].



- Press (D) to toggle the setting between enabled (on) and disabled (off).
 [ON]: Power Saving enabled.
 [OFF]: Power Saving disabled.
- 4. Press (A) to exit the setting screen.

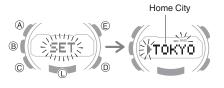
Note

 For details about Power Saving, refer to the information below.
 O Power Saving Function

Resetting Watch Settings

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

- Watch Settings
- Stopwatch
- Timer
- Alarm
- Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.



2. Press (C) twice.

This causes the seconds to flash.



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



Note

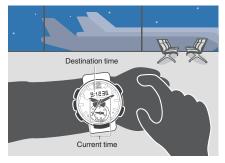
• Resetting the watch will also delete information for pairing the watch with a phone, and unpair them.

Moving to Another Time Zone

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

Before Boarding

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



- Using CASIO WATCHES to Configure Settings
- Using Watch Operations to Configure Settings
- 2. Disable auto time adjustment.



O Using the Watch in a Medical Facility or Aircraft

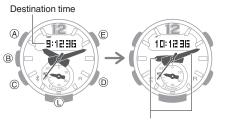
CASIO

• In the aircraft, before arriving at your destination

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



After swapping



Destination time

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

After Arriving

 Enable auto time adjustment.
 O Using the Watch in a Medical Facility or Aircraft

Other Information

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

City Table

Cit	ty	Offset
UTC	Coordinated	0
010	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
PYONGYANG	Pyongyang	+8.5
EUCLA	Eucla	+8.75
токуо	Tokyo	+9
ADELAIDE	Adelaide	+9.5
SYDNEY	Sydney	+10
LORD HOWE	Lord Howe	
ISLAND	Island	+10.5
NOUMEA	Noumea	+11
WELLINGTON	Wellington	+12
CHATHAM	Chatham	10.75
ISLAND	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	Marquesas	0 F
ISLANDS	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		-3
	Fernando de	
F. DE NORONHA	Noronha	-2
PRAIA	Praia	-1

- The information in the above table is current as of January 2018.
- 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.

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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

• The information in the above table is current as of January 2018.

Supported Phone Models

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

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

Specifications

Accuracy at normal temperature :

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

Timekeeping :

Analog

Hour, minute (moves every 10 seconds), second 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

World Time :

39 cities (39 time zones) and Coordinated Universal Time (UTC) Summer time Home Time swapping Direct UTC recall

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: Normal elapsed time, split times, 1st and 2nd place finisher times

Timer :

Unit: 1/10 seconds Range: 24 hours Time setting unit: 1 second Time setting range: 1 second to 24 hours 10-second beeper when the end of the countdown is reached

Alarm :

Time alarm

Number of alarms 5 (DAILY, 1 TIME, SCHEDULE)

Setting units Hour, minute (DAILY, 1 TIME)

Year, month, day, hour, minute (SCHEDULE)

Alarm tone duration: 10 seconds Hourly time signal: Beep every hour on the

hour

Mobile Link :

- Auto Time Correction
 - Time setting adjusted automatically at preset time
- **One-touch Time Correction**

Manual connection and time adjustment Phone finder

Watch operation sounds the alert sound of the mobile phone

World Time

Current time for approximately 300 cities selected for the watch

Home Time/World Time swapping

Auto Summer Time Switching

Automatic switching between standard time and summer time

Timer Settings

Alarm Settings

- Hand alignment correction
- 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 :

High-brightness DOUBLE LED light, illumination duration setting, Auto Light, Power saving, Battery power indicator, operation tone on/off, Hand shift, Alarm countdown

Power Supply :

Solar panel and one rechargeable battery Battery operating time: Approximately 6 months

Conditions:

Auto time correction: 4 times/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

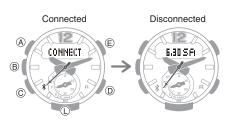
The watch is emitting radio waves whenever the second hand is pointing to [R] or \$.

In addition, the watch also connects phone automatically four times a day to adjust its time setting.

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

Stopping Radio Wave Generation

Press any button to terminate the Bluetooth connection.



• Disabling Auto Time Adjustment Configure CASIO WATCHES settings to disable time adjustment between the watch and phone.

O Using the Watch in a Medical Facility or Aircraft

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Troubleshooting

CASIO

I can't pair the watch with a phone.

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

Are you using a supported phone model?

Check if the phone model and its operating system are supported by the watch.

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

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

Did you install CASIO WATCHES on your phone?

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

, \mathcal{P} (1) Install the app on your phone.

Are your phone's Bluetooth settings configured correctly?

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

iPhone Users

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

Android Users

• Enable Bluetooth.

Other than the above.

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

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

CASIO

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 the phone unless CASIO WATCHES is running on the phone. On the phone's Home Screen, tap the "CASIO WATCHES" icon. Then on the watch, hold down (B) for at least 1.5 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 WATCHES" icon. Next, on the watch, hold down (B) for at least 1.5 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 WATCHES" icon. Then on the watch, hold down (B) for at least 1.5 seconds.



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

On the phone, re-enable Bluetooth, and then go to the Home Screen and tap the "CASIO WATCHES" icon. Next, on the watch, hold down (B) for at least 1.5 seconds.



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

Turn on the phone and tap the "CASIO WATCHES" icon. Then on the watch, hold down (B) for at least 1.5 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 WATCHES" icon. Next, on the watch, hold down (B) for at least 1.5 seconds.



Has the watch been re-paired with the phone?

After deleting pairing information from CASIO WATCHES, re-pair them.

 $\downarrow \mathcal{O}$ Unpairing

If you are unable to establish a connection...

Use the procedure below to delete the pairing information from the watch, and then re-pair the watch and phone.

- Hold down (C) for at least two seconds to enter the Timekeeping Mode.
- (2) Hold down (A) for at least two seconds until the name of the currently selected Home City is displayed.
- (3) Press (C) twice so the seconds digits are flashing.
- (4) Hold down (E) for at least two seconds. Release the button when [CLR] stops flashing. This deletes the pairing information from the watch and returns to the timekeeping display.

Changing to a Different Phone Model

Q1 Connecting the current watch to another phone.

Pair the watch with the phone. \mathcal{O} If you purchase another phone

Auto Time Adjustment by Bluetooth Connection (Time Adjustment)

Q1 When does the watch adjust its time?

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

Q2 Auto time adjustment is not performed at a scheduled time.

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

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

Is a stopwatch or timer operation being performed?

🖌 🔎 Timer

Is auto time adjustment enabled?

Auto time adjustment will not be performed at the scheduled times unless it is enabled. Enable auto time adjustment.

O Using the Watch in a Medical Facility or Aircraft Q3 The watch does not connect with a phone and adjust its time when I press (B).

The watch will not adjust its time if you press (B) while a stopwatch or timer operation is in progress. Stop the stopwatch or timer operation and then press (B) again.

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.

Alarms

Q1 The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

Is the alarm enabled?

Enable the alarm.

© Enabling/Disabling an Alarm or the Hourly Time Signal