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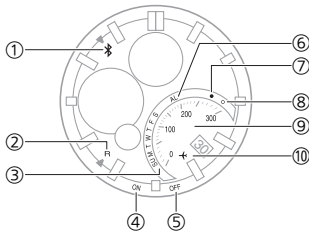
## Basic Operations

This section provides an overview of the watch and its operations.

### 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 Items



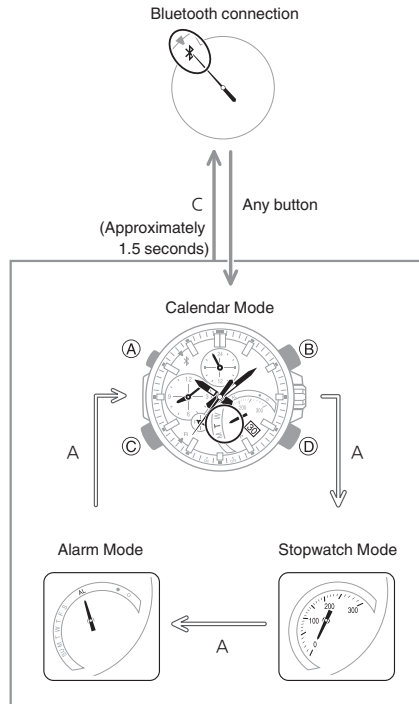
- Bluetooth symbol**  
When the watch is connected with a phone, the second hand points to .
- R mark**  
When the watch is standing by for connection with a phone, the second hand points to "R".
- Day of week**  
In the Calendar Mode, the mode hand points to the current day of the week.
- ON mark**  
When the watch is in the Alarm Mode and the alarm is enabled, the second hand points to "ON".
- OFF mark**  
When the watch is in the Alarm Mode and the alarm is disabled, the second hand points to "OFF".
- AL mark**  
When the watch is in the Alarm Mode, the mode hand points to "AL".
- Mode hand**  
The mode hand will point to "●" when your phone has new mail.
- Mode hand**  
The mode hand will point to "○" when your phone has no new mail.
- 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.\*
- Airplane Mode**  
When the watch is in the Airplane Mode, the mode hand points to .

\* Requires specification of the distance traveled and a distance unit with CASIO WATCH+.

[Viewing Speed Data](#)

## Navigating Between Modes

Your watch has the modes shown below.

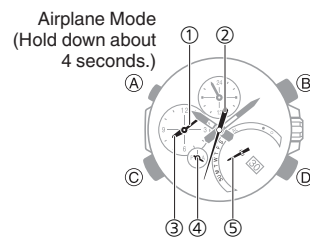


Use (A) to navigate between modes. Hold down (A) for about two seconds to enter the Calendar Mode. To connect with a phone, hold down (C) for about 1.5 seconds.

## Mode Overview

### Calendar Mode

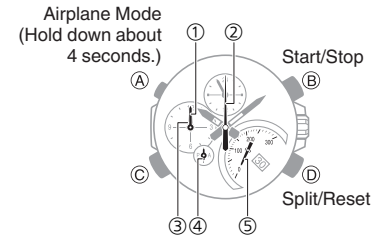
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the dial hour and minute hands show another time (Dual Time).



- Dual Time minute
- Current second in your current location (Home City)
- Dual Time hour
- Dual Time 24-hour hand  
The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.
- Current day of the week in your current location (Home City)

### Stopwatch Mode

In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the dial hour and minute hands show elapsed time as measured by the stopwatch.

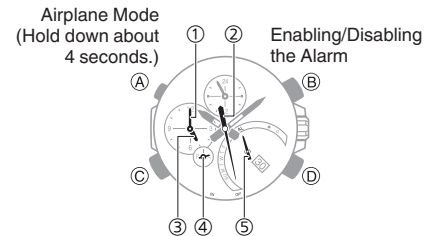


- Stopwatch minutes
- Stopwatch seconds
- Stopwatch hours
- Stopwatch 24-hour hand  
The A-side of the dial indicates hours 0 through 12, while the P-side indicates hours 12 through 24.
- Average speed (unit per hour)  
If you use CASIO WATCH+ to specify the travel distance and unit, the mode hand will indicate your average speed. The initial default setting of the travel distance is 1.

[Viewing Speed Data](#)

### Alarm Mode

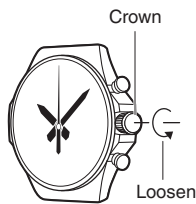
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the dial hour and minute hands show the alarm time setting.



- Alarm minute
- Alarm enable/disable  
The second hand will point to "ON" while the alarm is turned on, and to "OFF" while it is turned off.
- Alarm hour
- Alarm 24-hour hand  
The A-side of the dial indicates an a.m. time, while the P-side indicates a p.m. time.
- Mode

## 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.



### ● Pulling Out and Pushing In the Crown

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

#### First click

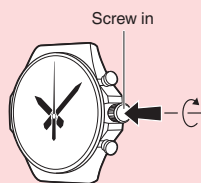


#### Second click



### Important!

- To prevent loss of water resistance and/or damage due to impact, be sure to screw the crown in by rotating it away from you as you push it in.



- 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 cause the hands to move forward or back at high speed. While the hands are moving forward at high speed, quickly rotating the crown in succession again will increase the speed even further.

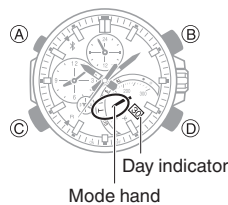
### ● Stopping Fast Forward/Fast Reverse

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.

## Hands and the Day Indicator Movement



### ● Mode Hand and Day Indicator Movement

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

#### ● Day

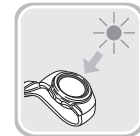
- It can take anywhere from about 90 seconds to three minutes for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day may not be indicated correctly while the watch's crown is pulled out.

## Solar Charging

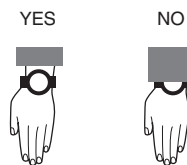
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

### ● 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

### ● Remaining Charge and Dead Battery

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

### Important!

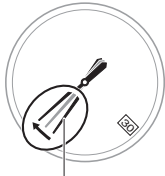
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

## 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

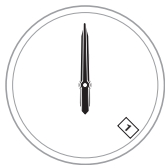
The second hand jumps at two-second intervals.



Second hand

## Dead Battery

All hands and the day indicator are stopped.



## ● Charging Time Guidelines

The table below shows guidelines for approximate charging times.

### Charging Times Required for 1 Day of Operation

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

## Charge Recovery Times

Light Intensity	Approximate Charging Time	
	Charge Level 1	Charge Level 2
High ↓ Low	①	3 hours
	②	9 hours
	③	13 hours
	④	153 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

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

## Note

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

## ● Power Saving

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 will enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands (except for the mode hand) 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 function is available only while CASIO WATCH+ is running on the phone.
- This section describes watch and phone operations.
  - ⌚ : Watch operation
  - 📱 : Phone operation

## Getting Ready

### ① Installing applications

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.

## Note

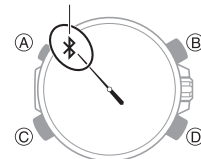
- For details about setting procedures, see your phone documentation.

### 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.

- Move the phone to be paired with close to (within one meter of) the watch.
- 📱 On the Home Screen, tap the "CASIO WATCH+" icon.
- 📱 Tap "EDIFICE".
- 📱 Tap "EQB-501".
- 📱 Perform operations as instructed by the app.
  - If a pairing prompt message appears, perform the operation shown on the phone screen.
  - When pairing starts, the second hand will move to 12 o'clock or to the "R" mark. When pairing is complete, the second hand will move to ⌚.

Bluetooth mark



## Note

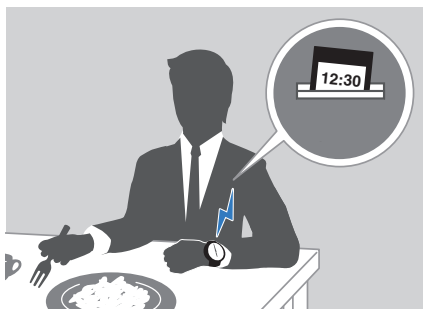
- You also need to perform the above pairing procedure after switching to a different phone or whenever connecting to any phone for the first time. In such cases you do not need to unpair with the phone you have been previously paired with.

## 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

Your watch adjusts its time setting four times a day. It performs 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 setting 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 there is a World Time City specified with CASIO WATCH+, 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.

### Summer Time

Once the watch is connected with a phone and its time is adjusted with the phone time, its Home City time and World Time will automatically switch between standard time and summer time as required, even if the watch is no longer connected with the phone.

#### Summer Time Switching

- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- A CASIO WATCH+ screen shows information about summer time periods.

### 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.

- On the Home Screen, tap the "CASIO WATCH+" icon.
- Press (C).

This causes the second hand to move to "R". The second hand will move to  $\frac{1}{2}$  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.

- The connection is terminated automatically after time adjustment is complete.



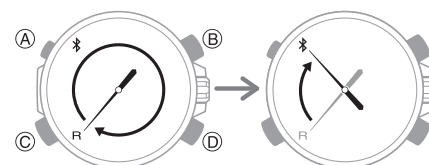
### Disabling Auto Time Correction

To stop the watch from automatically connecting of your phone to adjust its time settings, perform the operation below to disable auto time correction.

- On the Home Screen, tap the "CASIO WATCH+" icon.

- Hold down the (C) button for about 1.5 seconds.

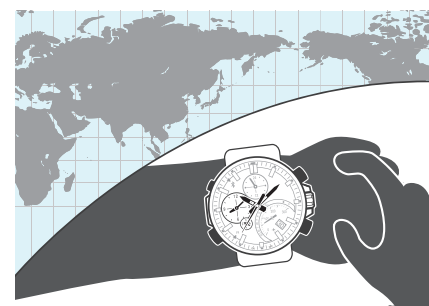
- The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
- The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



- Tap in the following sequence:  $\equiv \rightarrow$  "Watch settings".
- Tap "Time adjustment".
- Perform the operation shown on the phone screen.

## Configuring World Time Settings

Specifying a World Time City with CASIO WATCH+ causes the city's time to be indicated by the small hour and minute hands. Watch settings can be configured for auto summer time switching for the World Time City.

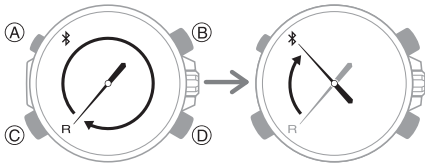


## Note

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

## ● To select a World Time City

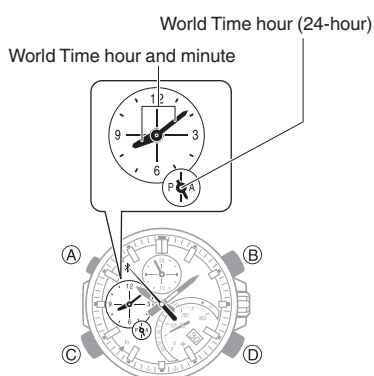
1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



3. Tap "World time".
4. Specify a World Time City by inputting a city name or by tapping its location on the on-screen map.
5. Perform the operation shown on the phone screen. The World Time setting will be reflected on the watch.

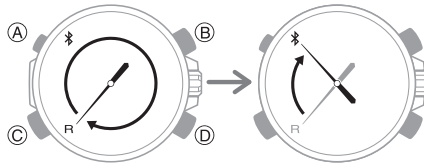
The dial hour and minute hands, and the small 24-hour hand indicate the current time in the selected city and time zone.

- You can determine whether a World Time is a.m. or p.m. by checking the position of the small 24-hour hand.



## ● Configuring the Summer Time Setting

1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



3. Tap "World time".
4. Specify a World Time City by inputting a city name or by tapping its location on the on-screen map.

If your currently specified World Time City observes summer time, the summer time period will appear on the display.

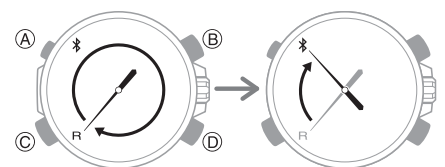
5. Select the summer time switching method you want to use.
  - "Auto"
    - The watch switches between standard time and summer time automatically.
  - "OFF"
    - The watch always indicates standard time.
  - "ON"
    - The watch always indicates summer time.
6. Perform the operation shown on the phone screen.

## Note

- When "Auto" is selected for standard/summer time switching, the watch will switch between standard time and summer time automatically. You do not need to change the time setting manually for changes between summer time and standard time. Even if you are in an area that does not observe summer time, you can leave the watch's summertime setting as "Auto".
- Changing the time setting manually with a watch operation will cancel auto standard time/summer time switching.
- A CASIO WATCH+ screen shows information about summer time periods.

## ● Swapping Your World Time and Home Time

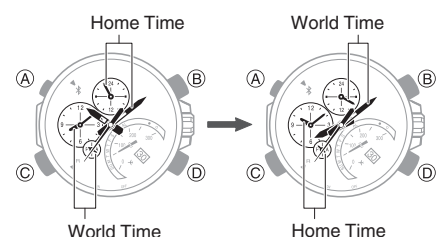
1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



3. Tap "World time".
4. Tap  $\rightleftarrows$ .
5. Perform the operation shown on the phone screen to swap your Home Time with your World Time.

Before swapping

After swapping



## Note

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

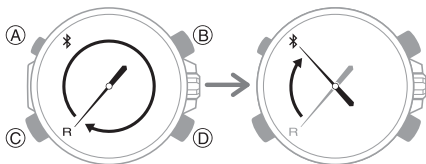
## Viewing Stopwatch Data

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 the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{1000}$  when a connection is established between the watch and phone.



3. Tap in the following sequence:  $\equiv \rightarrow$  "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+  $\frac{1}{1000}$  icon.
3. Tap in the following sequence: "Data Box"  $\rightarrow$  "EQB-501".
4. On the list of stopwatch data, tap the item you want to look up.
 

This displays the details of the tapped stopwatch data.

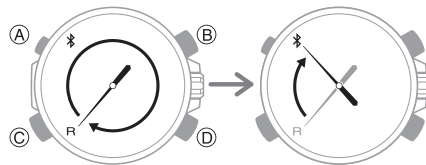
## Note

- 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.

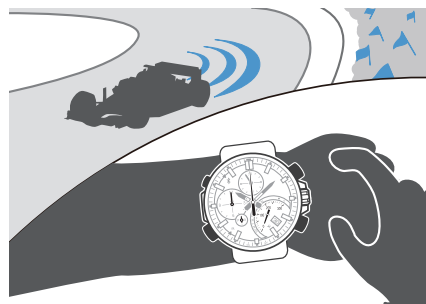
1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{1000}$  when a connection is established between the 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.

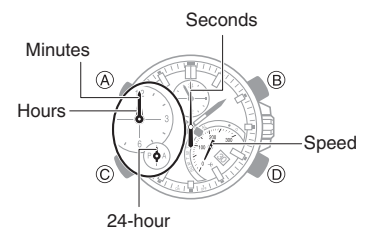
1. Hold down (A) for about 2 seconds.
 

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

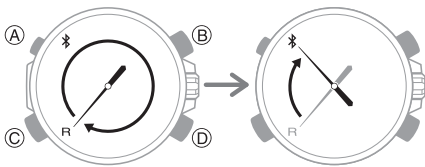
Check the measured lap times.

[Sending Stopwatch Data to a Phone](#)

[Checking a Lap Time](#)

## Setting the Alarm

1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.

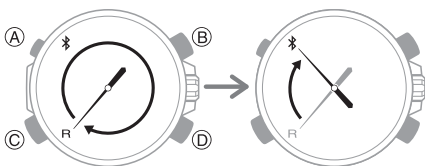


3. Tap "Alarm".
4. Perform the operation shown on the phone screen.

## Correcting 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 the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



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

## Checking for Mail

### Important!

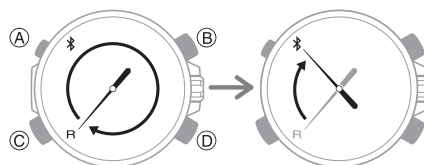
- This feature was developed as of 2017, so access may currently be restricted depending on the email service you are using.
- To access email with the CASIO WATCH+ phone app, you may need to lower the security level of your email. Refer to the setup instructions for your email service for details on 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 the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to  $\frac{1}{2}$  when a connection is established between the watch and phone.



3. Tap in the following sequence:  $\equiv \rightarrow$  "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 1.5 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.

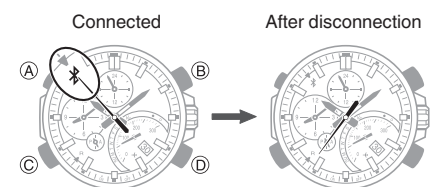
## Phone Finder

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 any button to terminate the connection.

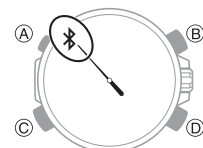


2. Hold down (A) for about two seconds.
 

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  $\frac{1}{2}$  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.



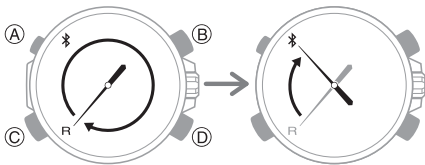
4. Press any button to stop the tone.
  - You can press any watch button to stop the phone tone, but only during the first 30 seconds after it starts to sound.



## Configuring Watch Settings

You can use CASIO WATCH+ to specify the amount of time until the Bluetooth connection is automatically terminated, and to configure other settings.

1. Tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to ⌘ when a connection is established between the watch and phone.



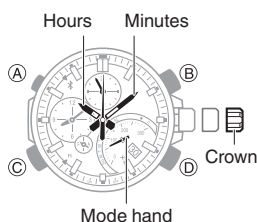
3. Tap in the following sequence: ≡ → "Watch settings".
4. Select the setting you want to change and then perform the operation shown on the phone screen.

## 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.

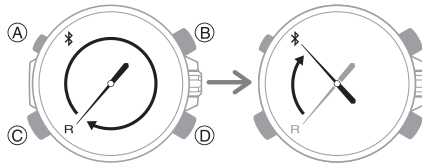
- Time adjustment
- World time
- Alarm
- Stopwatch
- Connection time

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.



## Changing the Home City Summer Time Setting

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to ⌘ when a connection is established between the watch and phone.

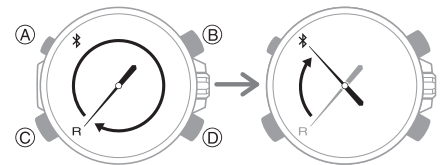


3. Tap in the following sequence: ≡ → "Watch settings".
4. Tap "Summer time setting".
5. Select the summer time switching method you want to use.
  - "Auto"  
The watch switches between standard time and summer time automatically.
  - "OFF"  
The watch always indicates standard time.
  - "ON"  
The watch always indicates summer time.
6. Perform the operation shown on the phone screen.

## Checking the Watch Charge Level

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

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "R".
  - The second hand will move to ⌘ when a connection is established between the watch and phone.



3. Use CASIO WATCH+ to check the charge level.

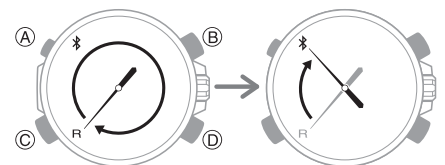
## Connection

### 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, 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 the (C) button for about 1.5 seconds.
  - The second hand will move to "R". Keep (C) depressed until the second hand starts moving again and then stop at "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. After the app starts up, hold down the watch's (C) button for about 1.5 seconds.

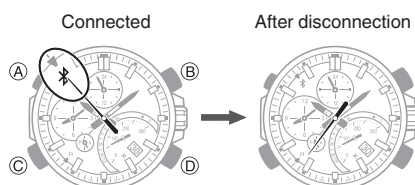
## Note

- 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: use CASIO WATCH+ to select "Watch settings" → "Connection time", and then specify a setting of 3 minutes, 5 minutes, or 10 minutes.

## Disconnecting from a Phone

Pressing any button terminates the Bluetooth connection and returns the second hand to its normal operation.



## 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!

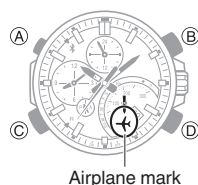
- The functions below are disabled while the watch is in the Airplane Mode.

- Auto adjust
- Checking for new mail
- Phone finder
- Bluetooth connection

1. If the watch is connected with a phone, press any button to terminate the connection.
2. Hold down (A) for about four seconds.

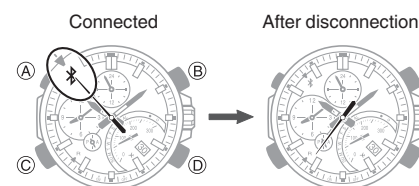
The watch will enter the Airplane Mode and the mode hand will move to the Airplane Mode mark.

- To exit the watch Airplane Mode, hold down (A) for about four seconds.



## Unpairing

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

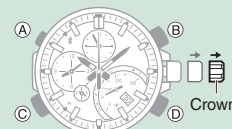


2. On the Home Screen, tap the "CASIO WATCH+" icon.
3. Tap the CASIO WATCH+ gear icon.
4. In the "Previously registered watch" list, tap the watch you want to unpair.
5. Tap "Delete pairing registration".
6. Perform the operation shown on the phone screen.

## Note

- If you are unable to re-pair the watch with a phone after unpairing them, use the procedure below to delete pairing information from the watch and then perform the pairing operation again.

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.

## After Purchasing Another Phone

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

[Pairing the Watch with a phone](#)

## 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

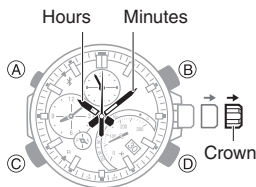
Calendar Mode



## Setting the Time and Date

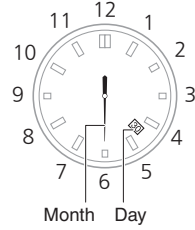
While the watch is connected to a phone, it will automatically adjust its day and time settings to those of the phone. If the watch is not connected to a phone, use the procedure below to adjust its day and time settings.

1. Pull out the crown to the second click. This causes the second hand to move to 12 o'clock and enables the hour and minute setting operation.

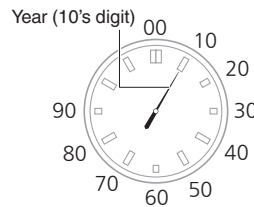


2. Rotate the crown to adjust the hour and minute settings.
  - The Dual Time setting is also adjusted in accordance with the current time setting. Crown operation is disabled while the Dual Time setting is being adjusted.
3. Press (A). This enables the month and day setting operation.

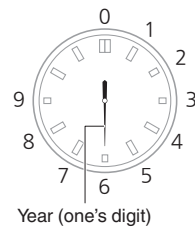
4. Press (B) to change the month.



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.

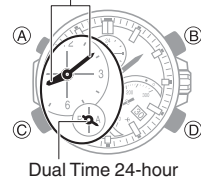
### Note

- The day of the week is set automatically in accordance with the year, month, and day settings.

## Configuring Dual Time Settings

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

Dual Time

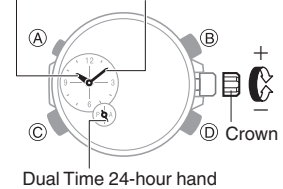


Dual Time 24-hour

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.

Dual Time hour hand

Dual Time minute hand



Dual Time 24-hour hand

3. Push the crown back in.

## Swapping Your Current Location Time and Dual Time Settings

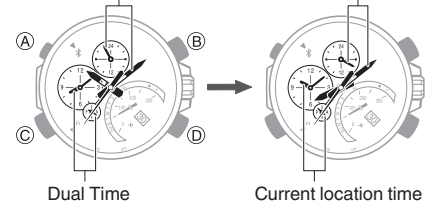
You can swap the time in your current location with the Dual Time by holding down (B) for about three seconds.

Before swapping

After swapping

Current location time

Dual Time



### 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

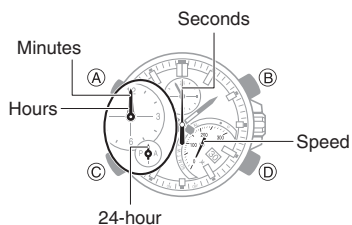
Perform this procedure in the Stopwatch Mode. Use (A) to navigate to the Stopwatch Mode.

#### Navigating Between Modes

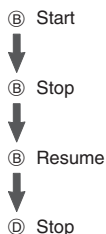
Stopwatch Mode



## Measuring Elapsed Time

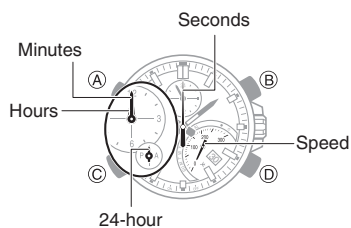


- Use the operations below to measure elapsed time.



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

## Taking a Split Time Reading



- 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.

## Alarms

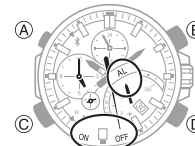
The watch will beep when the alarm time is reached.

### Getting ready

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

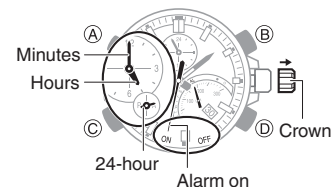
#### Navigating Between Modes

Alarm Mode



## Configuring Alarm Settings

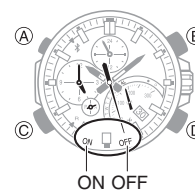
- Pull out the crown to the first click. This turns on the alarm.



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

## Turning the Alarm On or Off

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



## Stopping an Alarm

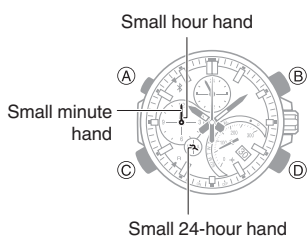
While the alarm is sounding, press any button to stop it.

## Hand Alignment Adjustment

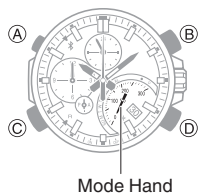
Strong magnetism or impact can cause the time indicated by the hands and the day indicator to go out of alignment. If this happens, correct hand alignment.

### Correcting Hand Alignment

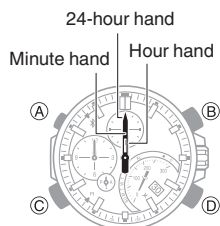
1. Pull out the crown to the first click.
2. Hold down (D) for about five seconds.  
This enables adjustment of small hour hand, small minute hand, and small 24-hour hand alignment.



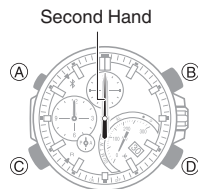
3. Rotate the crown to align the small hour hand, small minute hand, and small 24-hour hand with 12 o'clock.
4. Press (A).  
This enables adjustment of mode hand alignment.



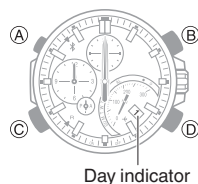
5. Rotate the crown to align the mode hand with 0.
6. Press (A).  
This enables adjustment of hour hand, minute hand, and 24-hour hand alignment.



7. 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.



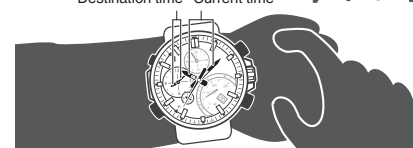
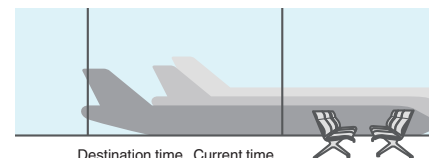
11. Rotate the crown to align "1" in the center of the day indicator.
12. Push the crown back in.

## 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

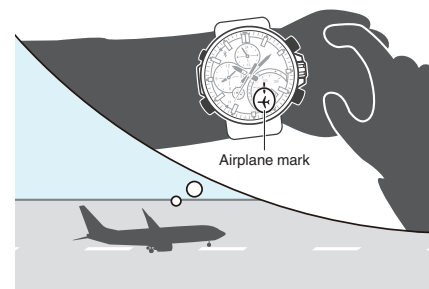
Configure the World Time (Dual Time) to the current time at your destination.



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

### ● Prior to Takeoff

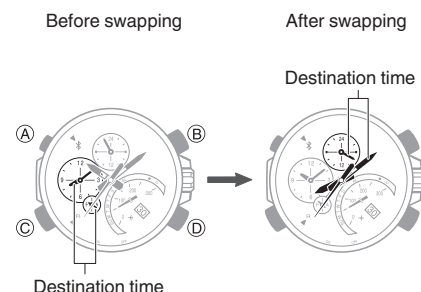
Enter the watch's Airplane Mode when instructed to do so by airline personnel.



- [Entering the Watch Airplane Mode](#)

### ● After Arriving

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



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

2. Exit the Airplane Mode.  
[Entering the Watch Airplane Mode](#)

## Other Information

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

### Summer Time Switching

#### ● Connecting with a Phone to Switch

After the watch is connected with a phone, summer time switching of Home City time and World Time is performed in accordance with the CASIO WATCH+ setting (Auto/ON/OFF) as described below.

Auto :

After the watch is connected with a phone, summer time is displayed for the current location time or World Time when it is within the summer time period. Otherwise standard time is displayed.

ON :

The watch always displays summer time.

OFF :

The watch always displays standard time.

#### ● Auto Summer Time Switching

When the watch is connected to a phone, it is sent summer time period information for your Home City. If there is a World Time City specified with CASIO WATCH+, information for that city will also be sent. If the CASIO WATCH+ summer time setting is "Auto", the watch will automatically keep track of the summer time period and perform summer time switching automatically, even if it is not connected with the phone.

### Supported Phone Models

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

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

## Specifications

#### Accuracy at normal temperature :

±15 seconds a month

#### Timekeeping :

Hour and minute (move at 10-second intervals), second, day (2000 to 2099 full auto calendar), day of the week

#### Dual Time :

Hour, minute, 24-hour hand, swapping with Home City time

#### Stopwatch :

Measuring unit: 1 second  
 Measuring capacity: 23:59'59" (24 hours)  
 Measurement functions: Elapsed time, split times  
 Speed Display: 0 to 300 units/hour

#### Alarm :

Setting Units: Hour, minute  
 Beeper: 10 seconds

#### Mobile Link :

Auto Time Correction  
 Time setting adjusted automatically at preset time  
 Mail checking  
 Check for incoming mail from the watch  
 Phone finder  
 Watch operation sounds the alert sound of the phone.  
 Auto Summer Time Switching  
 Automatic switching between standard time and summer time  
 Stopwatch data transfer  
 Transfers up to 100 1/1000-second lap/split data records to phone for viewing.  
 Hand position 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 :

Power Saving, Low Battery Alert, Airplane Mode (disables data communication)

#### Power Supply :

Solar panel and one rechargeable battery

#### Approximate Battery Life :

Approximately 8 months  
 Conditions  
 Mobile Link: 4 times (40 seconds)/day  
 Alarm: Once (10 seconds)/day  
 Power Saving: 6 hours/day

## 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

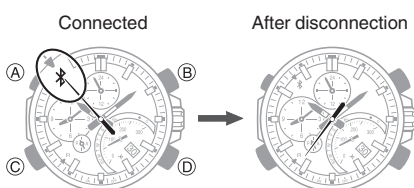
The watch is emitting radio waves whenever the second hand is pointing to (Bluetooth connected) or "R" (Bluetooth connection standby).

Even if the second hand is not pointing at or "R", the watch will automatically attempt to connect with a phone four times a day to adjust its time settings.

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 WATCH+ settings to disable synchronization between the watch and phone.

[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/](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 applications](#)

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.

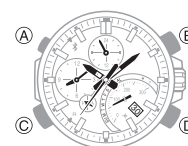
On the Home Screen, tap: "Menu" → "Settings" → "Bluetooth" → "Menu" → "BT Smart settings" → "Disable".

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

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

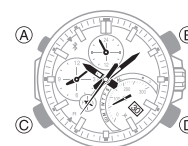
Is CASIO WATCH+ running on your phone?

The watch cannot re-connect with the phone unless 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 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 WATCH+ icon. Next, on the watch, hold down the CONNECT button (C) for about 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 WATCH+" icon. Then on the watch, hold down the CONNECT button (C) for about 1.5 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 1.5 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 1.5 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 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 WATCH+ icon. Next, on the watch, hold down the CONNECT button (C) for about 1.5 seconds.



Has the watch been re-paired with the phone?

After unpairing the watch and phone, re-pair them again.

🔗 [Unpairing](#)

If you are unable to establish a connection...

Delete the pairing information from the watch, and then re-pair the watch and phone.

🔗 [See the Note under "Unpairing".](#)

## Changing to a Different Phone Model

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

Pair the watch with the phone.

🔗 [③ Pairing the watch with a 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 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** The watch time setting is not adjusted when an auto adjustment time is reached.

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 the watch in the Airplane Mode?

Auto time adjustment will not be performed at the scheduled times if the watch is in the Airplane Mode. Exit the watch's Airplane Mode.

[Entering the Watch Airplane Mode](#)

**Q3** 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.

## 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 your current location (Home City) time with the World Time, 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.

[Solar Charging](#)

**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.

[Solar Charging](#)

**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](#)
- 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.

[Correcting 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.

[Hands and the Day Indicator Movement](#)

## 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.

[Solar Charging](#)