

# Operation Guide 5560

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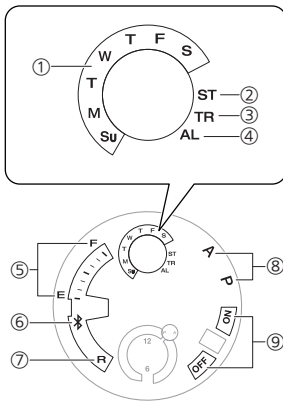
## Basic Operations

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



### ① Day of week

In the Calendar Mode, the mode hand points to the current day of the week.

### ② [ST]

In the Stopwatch Mode, the mode hand points to [ST].

### ③ [TR]

In the Timer Mode, the mode hand points to [TR].

### ④ [AL]

In the Alarm Mode, the mode hand points to [AL].

### ⑤ Charge level

The second hand indicates the current battery charge level in this area when (D) is pressed in the Calendar Mode.

### ⑥

When the watch is connected with a phone, the second hand points to .

### ⑦ [R]

When the watch is standing by for connection with a phone, the second hand points to [R].

### ⑧ [A] / [P]

When configuring time settings in your current location (Home City), the second hand indicates whether it is an a.m. time or a p.m. time.

[A]: AM

[P]: PM

### ⑨ Alarm settings

In the Alarm Mode, the second hand indicates if the alarm turned on or off.

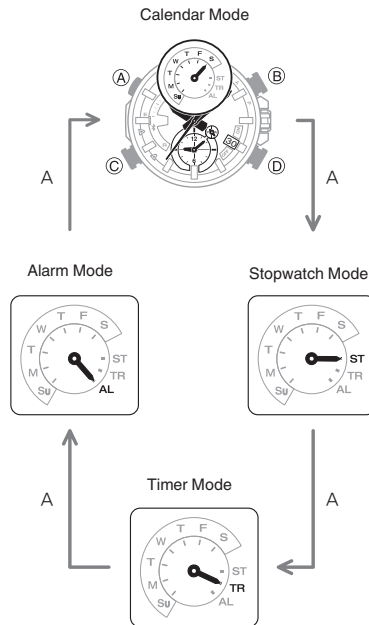
[ON]: Alarm turned on

[OFF]: Alarm turned off

## Navigating Between Modes

Press (A) to cycle between modes.

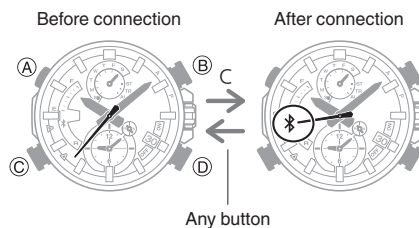
- Hold down (A) for about two seconds to enter the Calendar Mode.



### ● Connecting with a Phone

Hold down (C) for about two seconds to establish a connection with a phone.

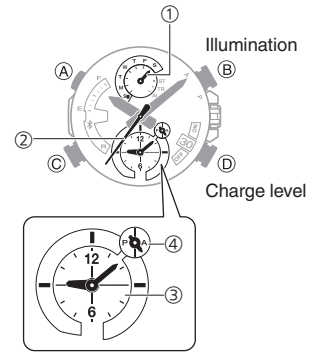
- To disconnect, press any button.
- The watch cannot connect with a phone while a stopwatch measurement or timer operation is in progress.



## 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).



① Current day of the week in your current location (Home City)

② Current second in your current location (Home City)

③ Dual Time

④ Dual Time 24-hour hand

The hand points to the A-side for a.m. times, and to the P-side for p.m. times.

### Checking the Charge Level

Press (D) to have the second hand indicate the current battery charge level.

[Checking the Charge Level](#)

### Swapping the Current Location Time and World Time

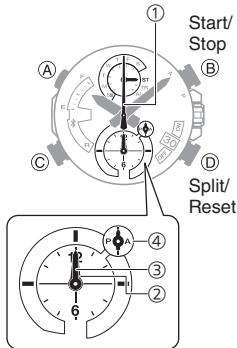
Hold down (B) for about three seconds.

### Phone Finder

Hold down (D) for about 1.5 seconds.

## ● Stopwatch Mode

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

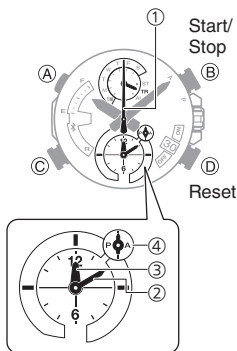


- ① Stopwatch seconds
- ② Stopwatch hours
- ③ Stopwatch minutes
- ④ Stopwatch 24-hour hand

The hand points to the A-side for hours 0 through 11, and to the P-side for hours 12 through 23.

## ● Timer Mode

The main hour and minute hands indicate the current time.  
The second hand, and the small hour and minute hands indicate the current countdown time.

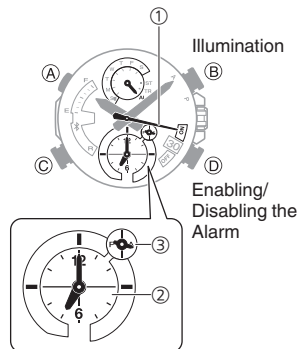


- ① Timer seconds
- ② Timer minutes
- ③ Timer hours
- ④ Timer 24-hour hand

The hand points to the A-side for hours 0 through 11, and to the P-side for hours 12 through 23.

## ● Alarm Mode

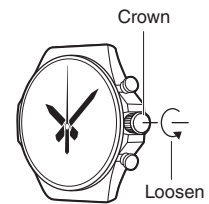
In this mode, the main hour and minute hands indicate the current time in your current location (Home City), while the dial hour and minute hands show the alarm time setting.



- ① Alarm enable/disable  
The second hand will point to [ON] while the alarm is turned on, and to [OFF] while it is turned off.  
[Turning the Alarm On or Off](#)
- ② Alarm time
- ③ Alarm 24-hour hand  
The hand points to the A-side for a.m. times, and to the P-side for p.m. times.

## 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

To perform a crown operation, pull it out to the first or second click and then rotate it. Do not pull the crown with too much force.

### First click

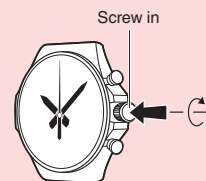


### Second click



## 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.

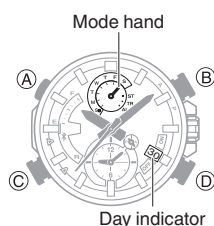
## ● Stopping Fast Forward/Fast Reverse

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.

## Hand and 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 15 to 30 seconds for the day indicator to change after timekeeping reaches midnight. The mode hand moves as the day indicator changes.
- The day indicator will not change while a time measurement operation is in progress in the Stopwatch Mode.

## Solar Charging

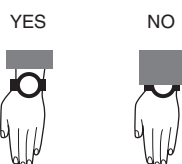
This watch runs on power supplied from a rechargeable (secondary) battery that is charged by a solar panel. The solar panel is integrated into the face of the watch, and power is generated whenever the face is exposed to light.

### ● 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 the light by the sleeve of your clothing. Power generation efficiency is reduced even when the face of the watch is blocked only partially.



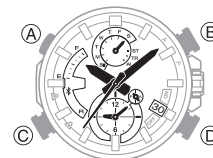
### Important!

- 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

## ● Checking the Charge Level

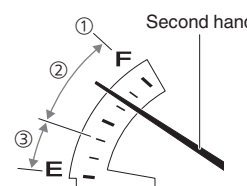
You can determine the watch's current charge level by checking the second hand.

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



2. Press (D).

This will cause the second hand to indicate the current charge level.



- ① Fully charged
- ② Charged
- ③ Low

### ● 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!

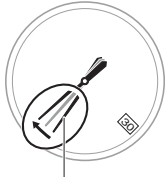
- Should the battery go low or go dead, expose the face (solar panel) to light as soon as possible.

### Note

- Exposing the watch face to light after the battery goes dead will cause the 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.

### Required Charging Time for 1-day Use

| Light Intensity  | Approximate Charging Time |            |
|------------------|---------------------------|------------|
| High<br>↓<br>Low | ①                         | 8 minutes  |
|                  | ②                         | 30 minutes |
|                  | ③                         | 48 minutes |
|                  | ④                         | 8 hours    |

### Time Required to Achieve Next Charge Level

| Light Intensity  | Approximate Charging Time |                |                |
|------------------|---------------------------|----------------|----------------|
|                  | Charge Level              | Charge Level 1 | Charge Level 2 |
| High<br>↓<br>Low | ①                         | 2 hours        | 22 hours       |
|                  | ②                         | 5 hours        | 82 hours       |
|                  | ③                         | 8 hours        | 132 hours      |
|                  | ④                         | 90 hours       | -              |

Light Intensity

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

Charge Level 1 :

Time from dead battery until hand movement starts

Charge Level 2 :

Time from hand movement start until a full charge

## Note

- The charge level is indicated by the second hand.
- 🔍 [Checking the Charge Level](#)
- Actual charging time depends on the local charging environment.

## ● 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 to enter Level 1 power saving. If the watch is left in this condition for six or seven days, all hands will stop at 12 o'clock and the watch will enter Level 2 power saving.

Level 1 :

Second hand stops to save power.

Level 2 :

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

## Recovering from Power Saving Operation

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

## Using Mobile Link with a Mobile Phone

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

## 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 Install the required app on your phone.

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

### ② Configure Bluetooth settings.

Enable the phone's Bluetooth.

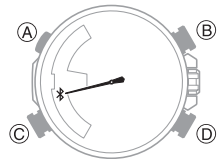
## Note

- 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. 📱 On the Home Screen, tap the "CASIO WATCH+" icon.
3. 🕒 Perform the operation shown on the screen of the phone to be paired with.
  - 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. When pairing is complete, the second hand will move to 🕒.

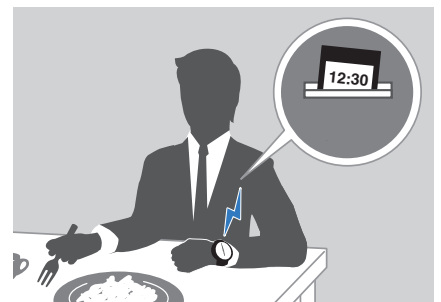


## Auto Time Adjustment

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 Auto Adjust

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



## Important!

- Note that the watch will not perform auto time adjustment if it enters the Calendar Mode while any one of the conditions below exists.
  - While a stopwatch elapsed time measurement or timer countdown operation is in progress
  - Battery power is low.
  - Watch is in Level 2 power saving.
  - 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 it is able to connect with a phone, correct the hand and date indicator positions.

### Adjusting Hand and Day Indicator Alignment

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

- Adjusting 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 synchronize its time setting to that of the phone immediately when they are connected with each other. Whenever you want to adjust the watch's time setting based on your phone's time, perform the procedure below to connect with a phone.

- Press (C).

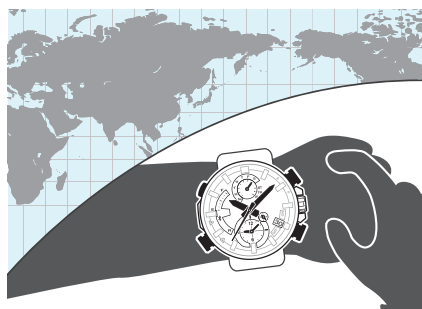
This causes the second hand to move to [R]. When the watch connects with a phone, the second hand will normally move to  $\frac{1}{2}$  and then the watch's time setting will synchronize with the phone's time.

- The watch will disconnect from the phone automatically after time synchronization is complete.



## 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.

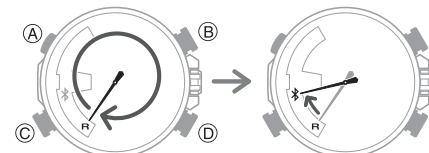


## Note

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

## Selecting a World Time City

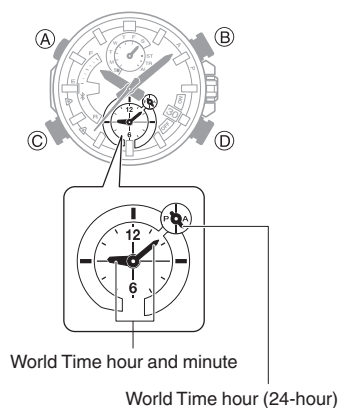
- On the Home Screen, tap the "CASIO WATCH+" icon.
- Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to  $\frac{1}{2}$  when a connection is established between the watch and phone.



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

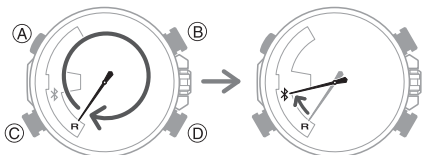
The dial hour and minute hands, and the small 24-hour hand indicate the current time in the selected city and time zone.

- 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. On the Home Screen, tap the “CASIO WATCH+” icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



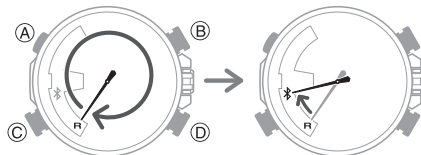
3. Perform the operation shown on the phone screen to configure the summer time setting.

### 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

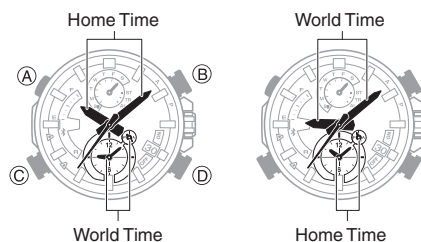
1. Tap the “CASIO WATCH+” icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



3. 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.

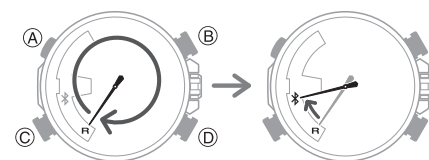
## Viewing Stopwatch Data

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

### ● Sending Stopwatch Data to a Phone

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

1. Tap the “CASIO WATCH+” icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



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

After data transfer is complete, a list of the measurement data will appear on the phone display.

- Tapping a stopwatch data item displays its details.

### ● Checking a Lap Time

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

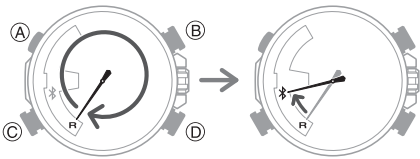
1. Tap the “CASIO WATCH+” icon.
2. Perform the operation shown on the phone screen to view the measurement data you want.

### Note

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

## Configuring Timer Settings

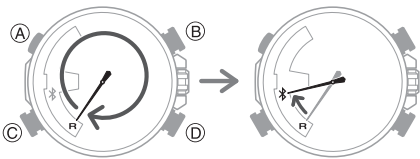
1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to configure the timer time setting.

## Setting the Alarm

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.

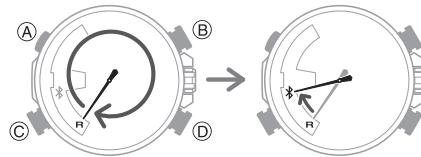


3. Perform the operation shown on the phone screen to configure alarm time settings.

## Adjusting Hand and Day Indicator Alignment

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

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



3. Perform the operation shown on the phone screen to correct hand and day indicator alignment.

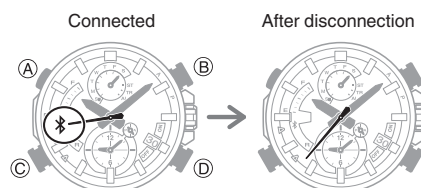
## Phone Finder

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.

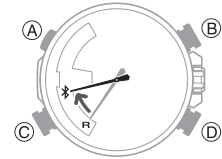


2. Hold down (A) for about two seconds. This will cause the watch to enter the Calendar Mode.

3. Hold down (D) for about 1.5 seconds until the second hand points to [R].

The second hand will move to when a connection is established between the watch and phone, and then the phone's ringtone will sound.

- It will take a few seconds before the phone tone sounds.

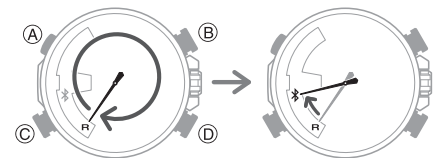


4. Press any button to stop the tone.
  - You can press any watch button to stop the phone tone only during the first 30 seconds after it starts to sound.

## Configuring Watch Settings

You can use CASIO WATCH+ to specify the amount of time until a Bluetooth connection is automatically terminated, to enable or disable the watch operation tone, and to configure other settings.

1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



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

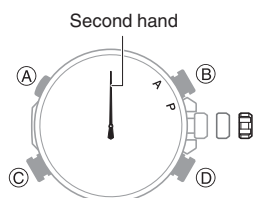


## Returning the Watch to Its Factory Default Settings

Using CASIO WATCH+ to reset the watch returns to the settings below.

- Stopwatch elapsed time: 0 hours, 0 minutes, 0 seconds
- Countdown Timer time: 0 hours, 10 minutes
- Alarm
  - Alarm time: 12:00 midnight
  - Alarm setting: Off
- Mute setting: Off
- Connection time: 3 minutes
- Auto adjust: Off

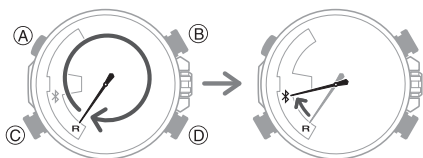
1. Pull out the crown to the second click.
2. Hold down (C) for about five seconds.  
Resetting watch settings causes the second hand to move to 12 o'clock.



3. Push the crown back in.

## Changing the Home City Summer Time Setting

1. On the Home Screen, tap the “CASIO WATCH+” icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.

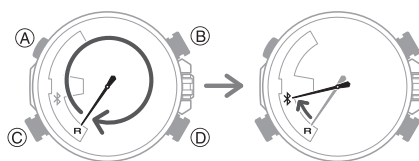


3. Perform the operation shown on the phone screen to change the summer time setting.

## 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 (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



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

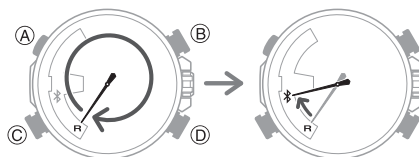
## Connection

### 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 Pair the watch with a phone.](#)” to pair them.

1. Move the phone close to (within one meter of) the watch.
2. While the second hand is not pointing to , hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



### Important!

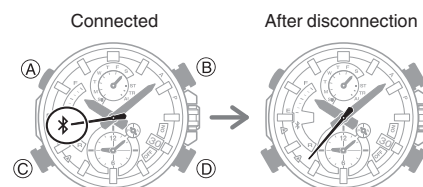
- The watch cannot connect with a phone while a stopwatch time measurement or timer countdown operation is in progress.
- If you have problems establishing a connection, it could mean that CASIO WATCH+ is not running on the phone. On the phone's home screen, tap the “CASIO WATCH+” icon. After the app starts up, hold down the watch's (C) button for about two 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.

### Canceling a Connection with a Phone

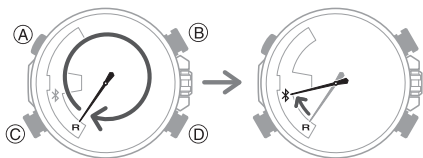
Pressing any button terminates the Bluetooth connection and returns the second hand to its normal operation.



## 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.

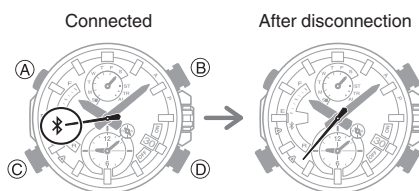
1. On the Home Screen, tap the "CASIO WATCH+" icon.
2. Hold down (C) for about two seconds.
  - The second hand will move to [R]. Keep (C) depressed until the second hand starts moving again and completes one full revolution, stopping again at [R].
  - The second hand will move from [R] to when a connection is established between the watch and phone.



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

## Unpairing

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

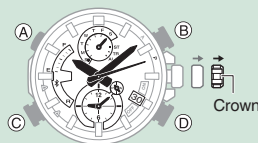


2. On the Home Screen, tap the "CASIO WATCH+" icon.
3. Perform the operation shown on the phone screen to unpair.

### 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 five seconds.

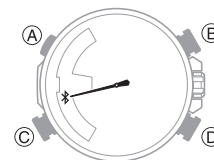
This causes the second hand to perform one revolution and deletes the pairing information.

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.

1. Move the phone to be paired with close to (within one meter of) the watch.
2. On the Home Screen, tap the "CASIO WATCH+" icon.
3. Perform the operation shown on the screen of the phone to be paired with.
  - If a pairing prompt message appears, perform the operation shown on the phone screen.
  - When pairing starts, the second hand will point to [R]. When pairing is complete, the second hand will move to .



### Note

- If your previous phone is near the watch while you are trying to pair with a new phone, the watch will pair with the previous phone, which makes it impossible to pair with the new phone. If this happens, delete the previous pairing information from the watch. Also, unregister the watch from the CASIO WATCH+ app of the phone you will no longer connect with.

[Unpairing](#)

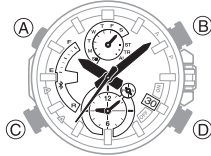
## Watch Settings

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

### Getting ready

Enter the Calendar Mode.

[Navigating Between Modes](#)

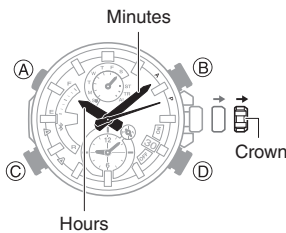


### Setting the Time/Date

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 [A] if the watch's current time setting is a.m., or [P] if it is p.m., and enables the hour and minute setting operation.



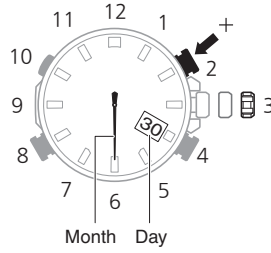
2. Rotate the crown to adjust the hour and minute settings.

- The Dual Time setting also changes in accordance with the current time setting. Crown operation is disabled while the Dual Time hour and minute hands are moving.

3. Press (A).

This enables the month and day setting operation.

4. Press (B) to change the month.

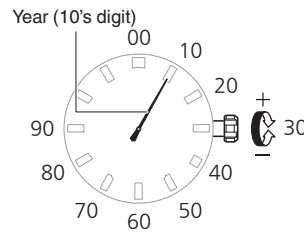


5. Rotate the crown to change the day.

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.



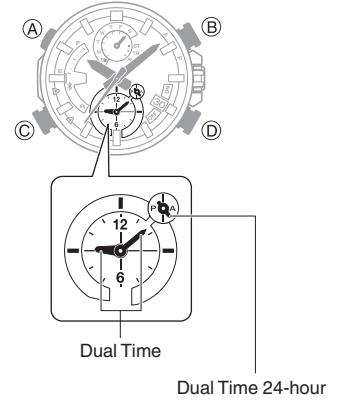
10. On a time signal at the top of a minute, push the crown back in.

### Note

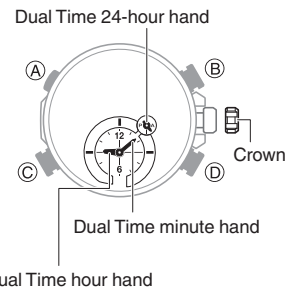
- The day of the week is set automatically in accordance with the year, month, and day settings.

## Configuring Dual Time Settings

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



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

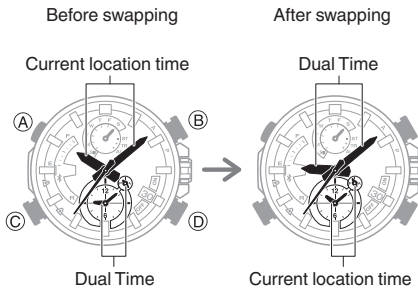


3. Push the crown back in.

## Swapping Your Current Location Time and Dual Time Settings

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

- Pressing (B) will cause illumination to turn on. Keep the button depressed for three seconds.



### Note

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

## Stopwatch

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

### Note

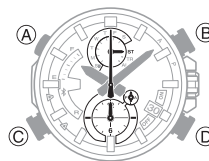
- If an ongoing elapsed time measurement operation continues for 24 hours, the measurement will stop and the stopwatch will reset to all zeros automatically.

### Getting ready

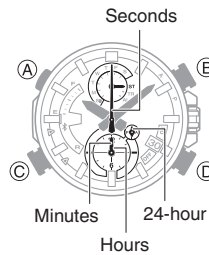
Enter the Stopwatch Mode.

[Navigating Between Modes](#)

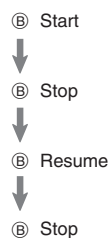
Stopwatch Mode



## Measuring

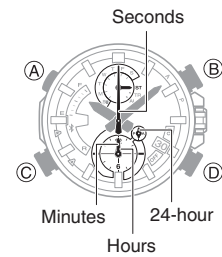


- Use the operations below to measure elapsed time.



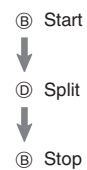
- Press (D) to reset the elapsed time to all zeroes.
- Press (A) three times to return to the Calendar Mode.

## Measuring a Split Time



- Use the operations below to measure elapsed time.

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



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

### Note

- Up to 100 split times can be measured during a single elapsed time operation.
- Starting a new elapsed time measurement operation deletes the data of the previous operation. If you want to retain the data of the previous elapsed time measurement operation, transfer it to a phone before starting the next operation.

[Viewing Stopwatch Data](#)

- Taking a split time reading also takes a lap time reading. You can view recorded lap times with CASIO WATCH+.

## Timer

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

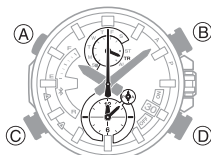
- The beeper is muted in the cases described below.
  - When battery power is low

### Getting ready

Enter the Timer Mode.

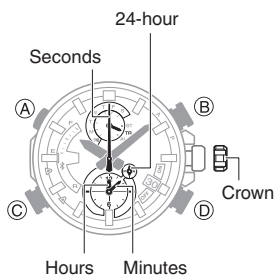
[Navigating Between Modes](#)

Timer Mode



## Setting the Time

- Pull out the crown to the first click.
- Rotate the crown to change the countdown start time setting.
  - The countdown start time can be set in 1-minute units up to 24 hours.



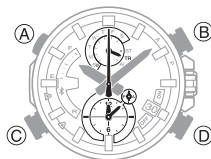
- Push the crown back in.

### Note

- You can set a countdown start time of 24 hours by aligning the small 24-hour hand with 24.

## Using the Timer

- Press (B) to start the countdown.



A beeper will sound for 10 seconds to let you know when the end of a countdown is reached.

- To pause an ongoing countdown, press (B). To reset a paused countdown to the start time, press (D).
- Press any button to stop the tone.
  - Press (A) twice to return to the Timekeeping Mode.

## Alarm

The watch will beep when the alarm time is reached.

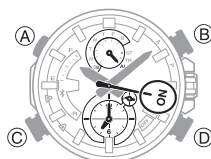
- The beeper is muted in the cases described below.
    - When battery power is low
    - When watch is at Level 2 power saving
- [Power Saving](#)

### Getting ready

Enter the Alarm Mode.

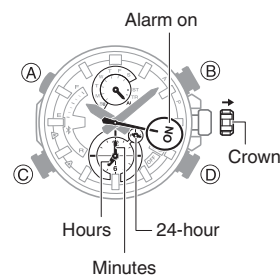
[Navigating Between Modes](#)

Alarm Mode



## Configuring Alarm Settings

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



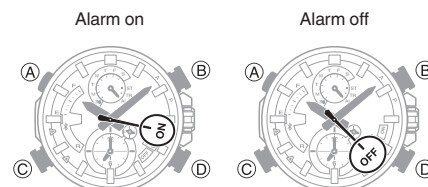
- Rotate the crown to change the alarm time setting.
- Push the crown back in.
- Press (A) once to return to the Calendar Mode.

### Note

- A beeper will sound for 10 seconds to let you know when the alarm time is reached.

## Turning the Alarm On or Off

Press (D) to toggle the alarm between on and off.



## Stopping the Alarm

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

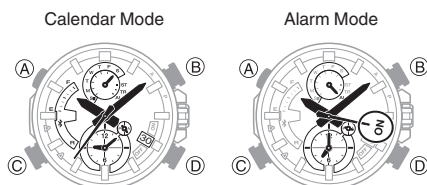
## Light

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

### Getting ready

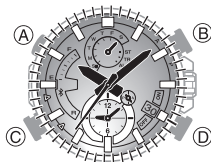
Enter the Calendar Mode or Alarm Mode.

[Navigating Between Modes](#)



## Turning On the Illumination Light

Pressing (B) turns on the light.



- The LED light will turn off automatically if the alarm starts to sound.
- The LED light is disabled while the hands are moving at high speed.
- The illumination is disabled while the battery charge is low.

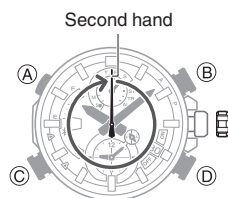
[Solar Charging](#)

## Adjusting Hand and Day Indicator Alignment

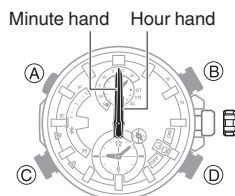
Strong magnetism or impact can cause the hands and/or the day indicator to go out of alignment. If this happens, adjust hand and day indicator alignment.

### Adjusting Hand and Day Indicator Alignment

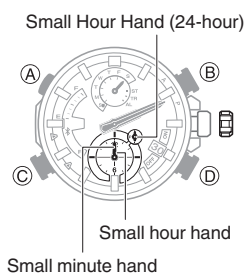
1. Pull out the crown to the first click.
2. Hold down (D) for about five seconds.  
This causes the second hand to perform one full revolution and enables adjustment of second hand alignment.



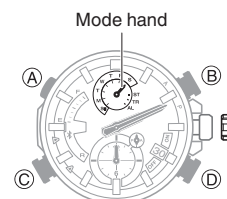
3. Rotate the crown to align the second hand with 12 o'clock.
4. Press (A).  
This enables adjustment of hour and minute hand alignment.



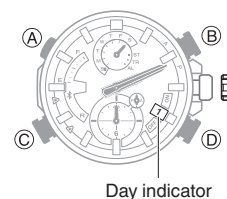
5. Rotate the crown to align the hour and minute hands with 12 o'clock.
6. Press (A).  
This enables adjustment of small hour hand, small minute hand, and small 24-hour hand alignment.



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



9. Rotate the crown to align the mode hand with [S].
10. Press (A).  
This enables adjustment of day indicator alignment.



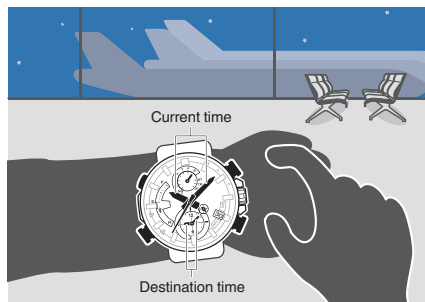
11. Rotate the crown to align [1] in the center of the day indicator.
  - The mode hand moves in conjunction with crown rotation. Align the mode hand with [S].
12. Push the crown back in.

## 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

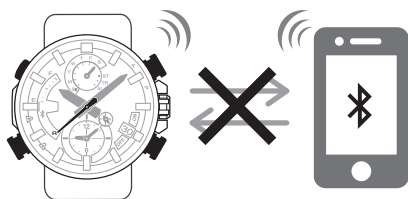
1. Configure the World Time (Dual Time) to the current time at your destination.



🔗 [Using CASIO WATCH+ to Configure Settings](#)

🔗 [Using Watch Operations to Configure Settings](#)

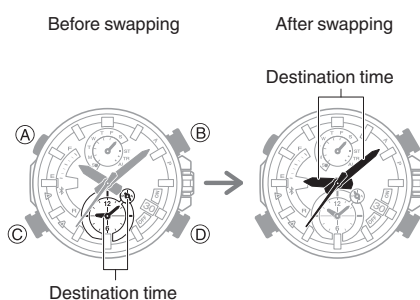
2. Disable auto time adjustment.



🔗 [Using CASIO WATCH+ to Configure Settings](#)

### ● After Arriving

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



🔗 [Using CASIO WATCH+ to Configure Settings](#)

🔗 [Using Watch Operations to Configure Settings](#)

2. Enable auto time adjustment.

🔗 [Using CASIO WATCH+ to Configure Settings](#)

## 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 Phones

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

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

## Specifications

### Accuracy at normal temperature :

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

### Timekeeping :

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

### Dual Time :

Hour, minute, swapping with Home City time

### Stopwatch :

Measuring unit: 1 second

Measuring capacity: 23:59'59" (24 hours)

Measurement functions: Elapsed time, split times

### Timer :

Measuring unit: 1 second

Countdown range: 24 hours

Setting unit: 1 minute

Time up: 10-second beeper

### Alarm :

Setting units: Hours, minutes

Beeper: 10 seconds

### 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 phone.

World Time

Current time for a selection of approximately 300 cities

Home Time/World Time swapping

Auto Summer Time Switching

Automatic switching between standard time and summer time.

Stopwatch data transfer

1/1000-second Stopwatch:

100 lap/split time records (date and time, lap/split time, lap number)

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 :

Power saving, battery level indicator, LED light (Super Illuminator, afterglow)

## Power Supply :

Solar panel and one rechargeable battery

## Approximate Battery Life :

Approximately 5 months  
Conditions

- Auto Time Adjustment: 4 times/day
- Alarm: Once (10 seconds)/day
- Illumination: Once (1.5 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.

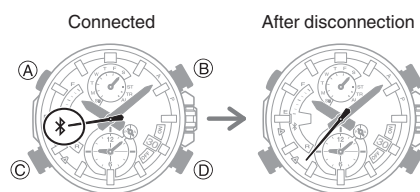
### ● Stopping Radio Wave Emission by This Watch

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 operations 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.

🔗 [Using CASIO WATCH+ to Configure Settings](#)

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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.

🔗 [Install the required app on your phone.](#)

Are your phone's Bluetooth settings configured correctly?

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

#### iPhone Users

- "Settings" → "Bluetooth" → On

#### Android Users

- Enable Bluetooth.

Is a stopwatch or timer operation being performed?

The watch cannot pair with a phone while a stopwatch time measurement operation is in progress. Stop the measurement operation and then pair with a phone.

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".

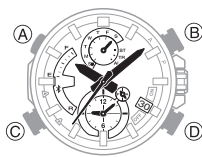


## I can't reconnect the watch and phone.

**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 two seconds.



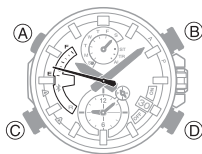
Have you tried turning your phone off and then back on again?

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 two seconds.



Is the watch's battery charged sufficiently?

Connection with a phone is not possible while the charge is low. Charge the watch and then connect with the phone.



Is a stopwatch or timer operation being performed?

The watch cannot connect with a phone while a stopwatch time measurement operation is in progress. Stop the measurement operation and then hold down the CONNECT button (C) for about two seconds.



**Q2** 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 WATCH+" icon. Next, on the watch, hold down the CONNECT button (C) for about two seconds.



**Q3** 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 two seconds.

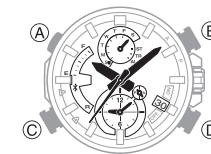


## Phone-Watch Connection

**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 on the phone and tap the "CASIO WATCH+" icon. Then on the watch, hold down the CONNECT button (C) for about two seconds.



Has the watch been re-paired with the phone?

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

↙ [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 "Unpairing"](#).

## Changing to a Different Phone Model

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

Pair the watch with the phone.

↙ [After Purchasing Another Phone](#)

## Phone Finder

**Q1** Phone Finder does not work.

Are the phone and watch disconnected?

Phone Finder does not work during Bluetooth connection.

Is CASIO WATCH+ running on your phone?

Phone Finder will not work unless CASIO WATCH+ is running. On the Home Screen, tap the "CASIO WATCH+" icon to start up the app.

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.

## 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** Auto time adjustment is performed, but the time setting is not correct.

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 auto time adjustment enabled?

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

☞ [Using CASIO WATCH+ to Configure Settings](#)

Is the watch's battery charged sufficiently?

Connection with a phone is not possible while the charge is low. Charge the watch.



Is a stopwatch or timer operation being performed?

Auto time adjustment will not start at the scheduled times if a stopwatch time measurement operation is in progress. Stop the measurement operation.

**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.

## Alarm

**Q1** The alarm does not sound.

Is the watch's battery charged?

Keep the watch exposed to light until it recharges sufficiently.

☞ [Solar Charging](#)

The crown is pulled out.

The alarm will not sound while the crown is pulled out. Push the crown back in to its normal position.

Is the alarm enabled?

Enable the alarm.

☞ [Turning the Alarm On or Off](#)

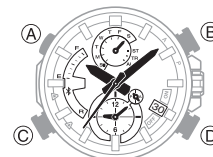
## Hand Movement and Indications

**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** The indicated current time and date are not correct.

Strong magnetism or impact can cause the hands and/or the indicator to go out of alignment. Adjust hand and/or day indicator alignment.

[Adjusting Hand and Day Indicator Alignment](#)

- Check the information below to find out how to align the hands and/or day indicator manually.

[Adjusting Hand and Day Indicator Alignment](#)

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

Is the date setting being updated?

For information about how the day changes, see the section below.

[Hand and Day Indicator Movement](#)

Other than the above.

The day indicator is not aligned correctly. Adjust day indicator alignment.

[Adjusting Hand and Day Indicator Alignment](#)

- Check the information below to find out how to align the hands and/or day indicator manually.

[Adjusting Hand and Day Indicator Alignment](#)

## 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), crown operations will automatically become disabled. Push the crown back in to its normal position and then pull it out again to re-enable crown operations.

[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](#)

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