

# Quick Reference Manual 5556



Congratulations upon your selection of this CASIO watch.

Bluetooth® is a registered trademark or trademark of Bluetooth SIG, Inc. of the United States.

Your watch has a Mobile Link function that allows it to communicate with a Bluetooth® mobile phone and adjust its time settings to match those of the mobile phone.

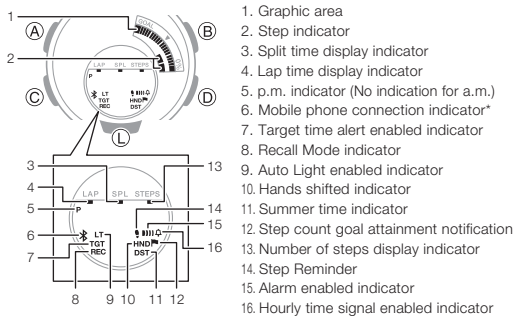
- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit <http://world.casio.com/ce/BLE/>.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

Visit the website below for the operation manual (Operation Guide) of this watch.  
<http://world.casio.com/manual/wat/>



## Using the Watch

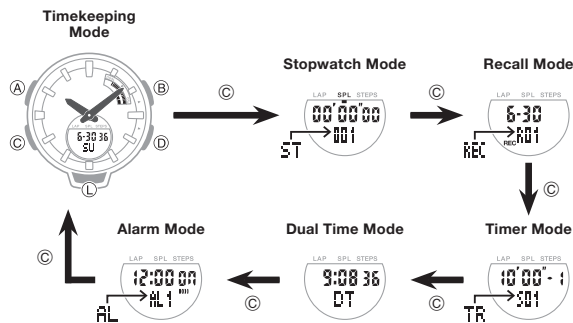
### General Guide



\* In the Timekeeping Mode, hold down (D) for about two seconds to establish a Bluetooth connection with a phone.

### Selecting a Mode

Each press of (C) cycles between modes as shown below.  
 • Hold down (C) for about two seconds to enter the Timekeeping Mode.



### Setting the Time

- In the Timekeeping Mode, hold down (A) for about two seconds.
- Press (C) twice to display the seconds setting screen.
  - This causes the seconds count to flash.
- Press (D) to reset the seconds count to 00.
  - 30 to 59 seconds: Adds 1 to minutes.
- Press (C) to move the flashing to the hour setting.
  - Use (D) and (B) to change the hour setting.
- Press (C) to move the flashing to the minute setting.
  - Use (D) and (B) to change the minute setting.
- Press (C) to move the flashing to the year setting.
  - Use (D) and (B) to change the year setting.
- Press (C) to move the flashing to the month setting.
  - Use (D) and (B) to change the month setting.
- Press (C) to move the flashing to the day setting.
  - Use (D) and (B) to change the day setting.
- After all the settings are the way you want, press (A) to exit.

## Specifications

Accuracy at Normal Temperature:	±15 seconds per month average when time adjustment by communication with a phone is not possible.
Analog Timekeeping:	Hour, minute (moves every 20 seconds)
Digital Timekeeping:	Hour, minute, second, month, day, day of the week, a.m./p.m. (P)/24-hour timekeeping, Full Auto Calendar (2000 to 2099), Summer Time
Pedometer:	Step count using a 3-axis accelerometer Step count display range: 0 to 999,999 Step indicator Step count graph Step count reset Auto zero-reset at midnight each day Manual reset Daily step goal setting Step count setting unit: 1,000 steps Step count setting range: 1,000 to 50,000 steps Goal attainment notification Step Reminder Step count accuracy: ±3% (According to vibration testing) Power Saving
Stopwatch/Data Recall:	Measurement unit: 1/100 seconds (first hour); 1 second (after first hour) Measurement range: 23 hours, 59 minutes, 59 seconds Measurement functions: Normal elapsed time; cumulative time; lap/split times; 200-record data memory
Target time alarm:	Up to 10 time settings; watch beeps (10 seconds) when a target time is reached
Timer:	Unit: 1 second Range: 60 minutes Number of intervals: 1 to 5 Number of auto repeats: 1 to 20 Time setting unit: 1 second Time setting range: 1 second to 60 minutes Beep every second for final 5 seconds, alert beeper at the end of the countdown. Auto Start
Dual Time:	Hour, minute, second Swapping with Home Time
Alarms:	Daily Alarms Number of alarms: 5 Setting units: Hours, minutes Alarm tone duration: 10 seconds Hourly time signal: Beep every hour on the hour
Mobile Link:	Auto time correction Time setting adjusted automatically at preset time. One-touch time correction Manual connection and time adjustment Phone finder Watch operation sounds the alert sound of the mobile phone. World Time Current time for approximately 300 cities selected for the watch Home Time/World Time swapping Step count data transfer Step count, calories Stopwatch data transfer 200 lap/split time records (date and time, lap/split time, lap number) Auto summer time switching Automatic switching between standard time and summer time Timer setting Alarm setting Hand position correction Data Communication Specifications Bluetooth® Frequency band: 2400 MHz to 2480 MHz Maximum transmission: 0 dBm (1 mW) Communication range: 2 meters max. (depends on environment)
Other:	High-brightness LED light; illumination duration setting; Auto Light; operation tone on/off; Hand Shift; Low Battery Alert
Power Supply:	One lithium battery (CR2016) Battery life: Approximately 2 years Conditions: • Auto time correction: 4 times/day • Alarm: Once (10 seconds)/day • Illumination: Once (1.5 seconds)/day • Step counting: 12 hours/day

Specifications are subject to change without notice.

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