

QW-3210 User's Guide

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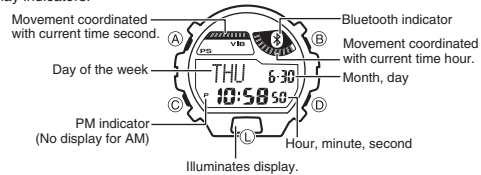
About this User's Guide

Unless specifically noted otherwise, all operation described in this manual are performed on the watch.

E-4

General Guide

Operations on this watch are performed using five buttons, named (A) through (E), and (L). The illustration below shows their locations and the meanings of the different display indicators.



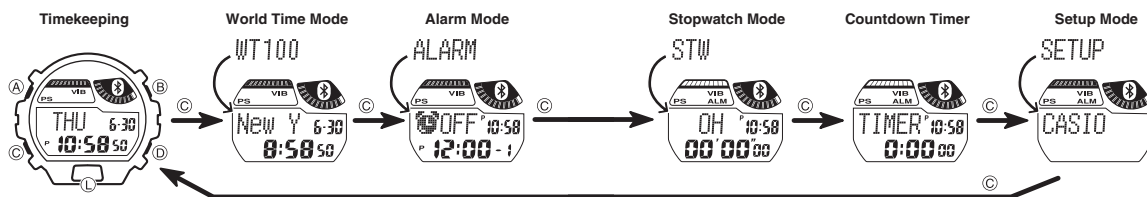
Note

- The names shown above are used in the explanations throughout this User's Guide.
- Note that the watch illustrations in this manual are intended for reference only. The actual watch may appear somewhat different than depicted the illustrations.

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Using Modes

Each press of (C) cycles between modes as shown in the illustration below. Pressing (L) will illuminate the display.



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Mode Overview

In this mode:	You can do this:	Go here for more info:
Timekeeping Mode	<ul style="list-style-type: none"> Display regular timekeeping Configure time, date, and summer time settings Communicate with a Bluetooth enabled device Perform time sync 	Page E-6
World Time Mode	Display the current time in 100 cities (35 time zones) around the globe	Page E-27
Alarm Mode	<ul style="list-style-type: none"> Set an alarm time Turn the hourly time signal on or off 	Page E-30
Stopwatch Mode	Measure elapsed time	Page E-36
Countdown Timer Mode	Set a start time and perform a countdown	Page E-38

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In this mode:	You can do this:	Go here for more info:
Setup Mode	<ul style="list-style-type: none"> Check the device name, device address, and enabled services Configure ALERT ON/OFF settings Configure incoming call animation ON/OFF settings Configure the ALERT method 	Page E-41

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Bluetooth Connection

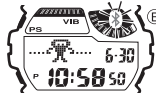
This watch supports connection and communication with a Bluetooth enabled device. Before using the communication for the first time, you need to first pair the connection.

To pair a connection with a Bluetooth enabled device

1. Situate the watch and the mobile phone so they are within the distance required for Bluetooth communication.
2. Put the mobile phone into discoverable mode.

Note

For details about the operation you need to perform during pairing, see the user documentation that comes with your cell phone.



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3. On the watch, enter the Timekeeping Mode and then hold down (B) for at least two seconds.
 - The watch will beep and then automatically start looking for the phone.
 - To interrupt the operation part way through, press the watch's (B) button.



Note

If one minute elapses and the watch is still unable to pair with the phone that was put into discoverable mode, it will switch to the Timekeeping Mode without displaying the Bluetooth icon. If this happens, restart the above procedure from step 1.

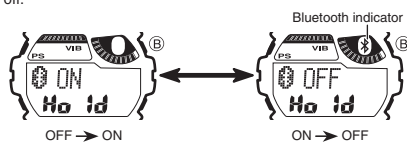
4. When pairing is complete, the watch displays a Bluetooth icon and switches to the Timekeeping Mode.
 - If the watch is unable to find a device to pair with or if the connection is interrupted, the watch display changes a shown below. After about one minute, the watch switches to the Timekeeping Mode.
 - The display shown below appears if the watch is unable to find a valid service. The watch will switch to the Timekeeping Mode if you press any button or if two or three minutes pass without any button operation.

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Disconnecting and Reconnecting with a Bluetooth Enabled Device (Mobile Phone)

1. In the Timekeeping Mode, hold down (B) for at least two seconds.

- This will cause the operation tone to sound and toggle the connection between on and off.



- The Bluetooth indicator is displayed while the connection setting is ON.

Note

- Connection is automatically canceled whenever the distance between the watch and mobile phone exceeds 10 meters. However, the watch automatically attempts to reconnect every 10 minutes for 60 minutes. If the two devices are brought in communication distance during that time, they will be reconnected.
- Activation of power saving will automatically switch connection to OFF and enter the sleep state. The connection will be re-established when the watch exits the sleep state.

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Using the Communication Functions

Incoming Mobile Phone Call

1. The watch will perform the operations described below when an incoming call is received on the mobile phone.
 - Beep and vibrate to alert the wearer of the call.
 - Display an incoming call icon, and then show the caller's name or number.



Note

When incoming animation is enabled, the incoming animation is played following display of the incoming call icon.

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2. Pressing any one of the watch buttons or tapping the center of the watch display twice with your fingertip will stop the paging operation on the mobile phone and the watch.
 - The watch will switch to the Timekeeping Mode.
 - The screen shown below will appear if you display the missed calls screen.

Note

- Pressing a watch button or tapping the display to stop a paging operation does not affect the mobile phone's connection to the call. If you want to answer the call or put it on hold, you need to do so performing the required mobile phone operation.
- An incoming call alert is not performed while the watch is in the sleep state.

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Incoming Mail

1. The watch will perform the operations described below when mail is received on the mobile phone.
 - Beep and vibrate to alert the wearer of the mail.
 - Display an incoming mail icon, and then show the sender's name, address, or number.



- The type of mail received can be determined by the header icon.

Header Icon	Mail Type
[E]	Email
[S]	SMS
[V]	Voice mail
[I]	Instant Message

Note

When incoming animation is enabled, the incoming animation is played following display of the incoming call icon.

2. Pressing any one of the watch buttons or tapping the center of the watch display twice with your fingertip will stop the incoming call operation on the mobile phone and the watch.
 - The watch will switch to the Timekeeping Mode.

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Other Incoming Information Operations

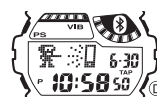
The watch performs the same operations as those for received calls and mail when other information is received.



- An incoming info operation can be stopped using the same procedure as that for incoming calls and incoming mail.

Sounding the Mobile Phone Ringtone

You can sound the mobile phone ringtone by performing an operation on the watch. You can also force sounding of the ringtone even when the mobile phone is in the manner mode, which comes in handy when you are looking for your mobile phone.



1. In the Timekeeping Mode, press (D).
 - The screen shown below appears and the mobile phone's ringtone sounds for about 10 seconds.
2. Tapping the center of the watch display twice with your fingertip while [TAP] is displayed (for about 15 seconds) will stop the ringtone.
 - Note that you will be able to stop the ringtone by tapping only while [TAP] is displayed. After [TAP] disappears, you will need to perform the require mobile phone operation to stop the ringtone.

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Adjusting the Current Time Setting

Having Bluetooth connection turned on while adjusting the time will automatically display the date and time synchronized with the connected device (mobile phone).

Adjusting the Time Setting with Bluetooth Connection Turned On

Perform the following procedure when the time shown in the watch's Timekeeping Mode does not match the time shown with the connected device (mobile phone).

- In the Timekeeping Mode, hold down the watch's (A) button for at least five seconds.
 - [SET hold] will initially appear on the watch's display to indicate the Timekeeping Mode setting screen. Keep (A) depressed until the watch changes to the time sync screen shown below, which indicates that time syncing has started.
- To exit the time sync screen and return to the timekeeping screen at any time, press any button.
 - After time syncing is complete, the watch will return to the timekeeping screen.

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Note

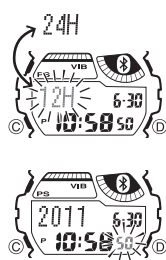
Even if the watch and mobile phone are paired, configure the watch's time zone area and summer time settings manually if your mobile phone does not support Local Time Information.

- In the Timekeeping Mode, hold down (A) for about two seconds until the time zone area setting screen appears.
 - [SET hold] will appear on the watch display, following by the time zone area setting screen.
- Use (B) (+) and (D) (-) to scroll through offsets until the time zone that corresponds to the area where you will be using the watch is displayed.
 - Holding down either button scrolls at high speed.

Note

For information about the UTC offsets for different areas, see the "City Code Table" (page E-74).

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- Use (C) to navigate to the 12/24-hour Timekeeping setting screen.
- Press (D) to toggle between [12H] (12-hour timekeeping) and [24H] (24-hour timekeeping).
 - When [12H] (12-hour timekeeping) is selected, a [P] (p.m.) indicator will appear on the display for times from noon until 11:59 p.m.
- Use (C) to navigate to the Seconds Reset screen.
- Press (D) to reset the seconds to [00].

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- Use (C) to navigate to the Month setting screen.
- Use (B) (+) and (D) (-) to change the month setting.
 - Holding down either button scrolls the setting at high speed.
- Use (C) to navigate to the Day setting screen, and then use (B) (+) and (D) (-) to change the setting.

Note

The watch's Full Auto Calendar automatically makes adjustments in the day setting to account for different length months and leap year.

- After all the settings are the way you want, press (A) to return to the Timekeeping Mode.
 - Pressing (C) switches to the Operation Tone On/Off screen.

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- Holding down either button scrolls at high speed.
 - To display the UTC city code (UTC differential 0), press (B) and (D) at the same time.
 - To restart scrolling city code name scrolling from the beginning of the currently selected name, press the (A) button.
- To return to the Timekeeping Mode, press (C) five times.

Note

The watch will not be able to display World Time information correctly if the mobile phone you are using does not support Local Time Information. In this case, use the procedure under "Adjusting the Time Setting with Bluetooth Connection Turned Off" (page E-21) to configure Home Time zone and summer time settings manually.

Configuring the Summer Time (DST) Setting

- In the World Time Mode, hold down (A) for about two seconds.
 - [DST hold] will appear on the display. After that, the summer time setting will toggle to either on or off.
 - [DST] next to the time indicates that summer time is turned on.

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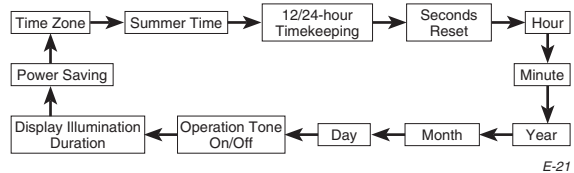
Note

The start of any communication operation will cause time sync to pause. It will resume after the communication operation is complete.

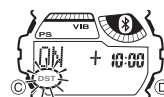
Adjusting the Time Setting with Bluetooth Connection Turned Off

When the time setting cannot be synced using Bluetooth for some reason, you can use the procedure in this section to adjust it manually.

After you display the time zone setting screen, you can use the watch's (C) button to cycle through the different settings in the sequence shown below.



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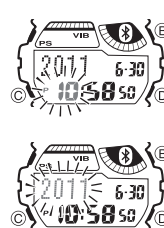


- Use (C) to navigate to the Summer Time screen.
- Press (D) to toggle the summer time setting between ON and OFF.
 - The [DST] indicator is displayed while summer time is turned on.

Note

- Summer time, or Daylight Saving Time (DST) as it is known in some countries, calls for setting clocks ahead one hour from standard time during the summer season. Note that the period during which and the areas where summertime is applied depend on each country. Some countries or geographic areas may not use summer time.
- The summer time setting cannot be changed for the UTC World Time zone.
- The summer time setting is applied to the currently selected time zone only. A setting configured for one time zone does not affect any other time zone.

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- Use (C) to navigate to the Hour setting screen.
- Use (B) (+) and (D) (-) to change the hour setting.
 - Holding down either button scrolls the setting at high speed.
- Use (C) to navigate to the Minute setting screen, and then use (B) (+) and (D) (-) to change the setting.
- Use (C) to navigate to the Year setting screen.
- Use (B) (+) and (D) (-) to change the year setting.
 - Holding down either button scrolls the setting at high speed.

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World Time

World Time lets you display the current time in any one of 100 cities (35 time zones) around the world. The city that is currently selected in the World Time mode is called the "World Time City".

Viewing the Times in Other Time Zones

- In the Timekeeping Mode, press (C) to enter the World Time Mode.
 - [WT100] will appear on the display for about one second, and then the screen for the currently selected World Time City will appear.
- Use (B) (+) and (D) (-) to scroll through the World Time Mode city codes.
 - Scrolling to a city code displays the current time in that city.

Note

- Summer time, or Daylight Saving Time (DST) as it is known in some countries, calls for setting clocks ahead one hour from standard time during the summer season. Note that the period during which and the areas where summertime is applied depend on each country. Some countries or geographic areas may not use summer time.
- The summer time setting cannot be changed for the UTC World Time zone.
- The summer time setting is applied to the currently selected time zone only. A setting configured for one time zone does not affect any other time zone.

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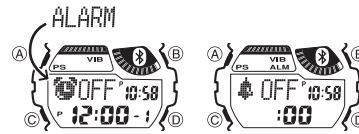
E-29

Alarms and Hourly Time Signal

You can set up to five different alarms. When any one of the alarm times is reached in the Timekeeping Mode, the watch will sound an alarm beeper or vibrate for about 10 seconds. The hourly time signal causes the watch to beep or vibrate every hour on the hour.

Entering the Alarm Mode

- In the Timekeeping Mode, press **C** twice to enter the Alarm Mode.
 - [ALARM] will appear on the display for about one second, and then an alarm setting screen (Alarm 1 through Alarm 5) will appear.



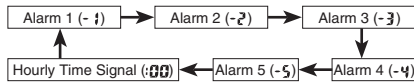
Alarm setting screen Hourly time signal screen

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Changing the Alarm Time Setting

- In the Alarm Mode, use the **D** button to select the alarm (1 through 5) whose time setting you want to change.



- Use **B** to select the alarm time or to turn the hourly time signal on or off.

Alarm Types	
OFF	: Alarm does not sound. (Alarm off)
1TIME	: Alarm sounds only once at the preset time and does not sound again after that.
DAILY	: Alarm sounds at the preset time each day.

Hourly Time Signal	
OFF	: Hourly time signal does not sound.
ON	: Hourly time signal sounds every hour on the hour.

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- Hold down **A** for about two seconds until the hour digits of the current alarm time start to flash.
 - [SET hold] will appear on the display. After that, the alarm time setting screen will appear.



- Each press of **C** causes the flashing to move between the hour and the minute digits.
 - The flashing digits are the ones that are selected.
- Use **B** (+) and **D** (-) to change the hour and minute settings.
 - Holding down either button scrolls the setting at high speed.
 - If you are using 12-hour timekeeping, the [P] indicator will appear for times between noon and 11:59 p.m.

- After all the settings are the way you want, press **A** to exit the setting screen.
 - The alarm icon appears when an alarm is turned on, while the hourly time signal icon appears when the hourly time signal is turned on.



Alarm On



Hourly Time Signal On

- To return to the Timekeeping Mode, press **C** four times.

Stopping the Alarm

- Pressing any button while the alarm tone is sounding will stop it.

Testing the Alarm

- In the Alarm Mode, hold down **D** to sound the alarm.

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Stopwatch

The stopwatch measures elapsed time in units of 1/100 seconds up to 23 hours, 59 minutes, 59.95 seconds. Elapsed time returns to zero automatically and timing continues from there when the maximum limit is reached.

Entering the Stopwatch Mode



- In the Timekeeping Mode, press **C** three times to enter the Stopwatch Mode.
 - [STW] will appear on the display for about one second, and then the stopwatch screen will appear.

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Measuring Elapsed Time

The following shows button operations for elapsed time measurements.

Elapsed Time Measurement



Split Time Measurement



Note

- Once started, elapsed time measurement continues until you press the **B** button to stop it, even if you change to a different mode and even if the stopwatch reaches the elapsed time measurement limit.
- If you change to another mode while a split time is frozen on the display, the split will be released.

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Timer

The timer start time can be set in one-minute increments up to 24 hours. The watch will sound a beeper or vibrate for about 10 seconds when the end of the timer countdown is reached.

Entering the Timer Mode



- In the Timekeeping Mode, press **C** four times to enter the Timer Mode.

Setting the Timer Start Time

- In the Timer Mode, hold down **A** for about two seconds until the hour digits of the start time start to flash.
 - [SET hold] will appear on the display. After that, the timer start time setting screen will appear.
 - If a timer countdown operation is in progress, press **D** to stop it and then press **B** to reset the timer to its start time before performing the above step.
 - If a timer countdown operation is paused, press **B** to reset the timer to its start time before performing the above step.
- Each press of **C** causes the flashing to move between the hour and the minute digits.
 - The flashing digits are the ones that are selected.
- Use **B** (+) and **D** (-) to change the hour and minute settings.
 - Holding down either button scrolls the setting at high speed.
 - To specify a timer start time of 24 hours, set the time to 0H 00'00 on the display.



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4. After all the settings are the way you want, press (A) to exit the setting screen.

Performing a Countdown

The following shows button operations for a timer countdown operation.



Note

- An alarm sounds for 10 seconds when the end of the countdown is reached. The countdown time is reset to its starting value automatically when the alarm sounds.
- The time up alarm will sound even if the watch is not in the Timer Mode.

Stopping the Time Up Alarm

1. Pressing any button while the time up alarm is sounding will stop it.

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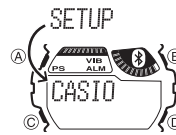
Using the Setup Mode

You can use the Setup Mode to check device information and to configure various settings.

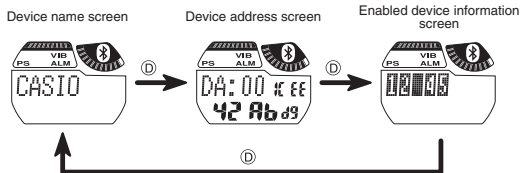
Checking Device Information and Enabled Service Information

In the Timekeeping Mode, press (C) five times to enter the Setup Mode.

- [SET UP] will appear on the display for about one second, and then the device name screen will appear.



1. Press the (D) button to cycle between the device name screen, device address screen, and enabled device information screen as shown below.



- To delete pairing information, hold down (B) for about two seconds.
 - The device address will not appear if there is no pairing information. Also, the message "NO PAIRED!" will scroll across the screen on the enabled device information screen.
2. To return to the Timekeeping Mode, press (C).

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Enabled Device Information

The following shows the meanings of the numbers that appear on the enabled device information screen and the applicable services.

Number	Service Name	What it does
1	Find Me	Searches for a mobile phone.
2	Time	Corrects the current time setting.
3	Local Time Information	Corrects summer time and time zone settings.
4	Phone Alert Status	Sounds a ringtone and/or vibrates when a call is received.
5	Alert Notification	Informs you about number of calls received by the mobile phone and their details.
6	Other	Other functions

E-41

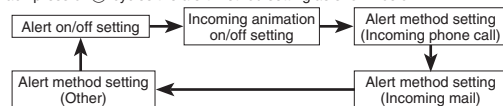
Configuring Option Function Settings

1. In the Setup Mode, hold down (A) for about two seconds.
 - [SET UP] will appear on the display. After that, the alert on/off screen will appear.
 - The functions described below can be configured as option settings.

Function	Description
Alert on/off setting	Turns the alert function on or off for incoming phone calls, incoming mail, etc.
Incoming animation on/off setting	Turns animation display on or off for incoming phone calls, incoming mail, etc.
Alert method setting	Selects one of the following methods as the alert for incoming calls, incoming mail, etc.: Display only, Vibration only, Sound only, Vibration and sound
Alarm/timer alert method setting	Specifies an alert method for alarms and the timer time up alarm.

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2. Each press of (C) cycles the alert method setting as shown below.



Turning the Alert Function On or Off

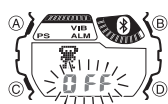
1. Press (D) to toggle alert function between on and off.
2. If you want to configure the incoming animation setting next, press (C).
 - If you want to exit the setting operation, press (A).



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Turning Alert Animation On or Off

1. Press (D) to toggle alert animation between on and off.
2. If you want to select the alert method for incoming calls next, press (C).
 - If you want to exit the setting operation, press (A).



Selecting the Alert Method for Incoming Calls

1. Use (D) to select the alert method.

	: Alert by text only.
	: Alert by vibration.
	: Alert by sound.
	: Alert by vibration and sound.

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2. If you want to select the alert method for incoming mail next, press (C).
 - If you want to exit the setting operation, press (A).

Selecting the Alert Method for Incoming Mail

1. As with the incoming call alert method, use (D) to select the alert method.
2. If you want to select the alert method for other incoming info next, press (C).
 - If you want to exit the setting operation, press (A).

Selecting the Alert Method for Other Incoming Info

1. As with the incoming call alert method, use (D) to select the alert method.
2. If you want to specify the alarm/timer alert method next, press (C).
 - If you want to exit the setting operation, press (A).

Selecting the Alarm/Timer Alert Method

1. Use (D) to select the alert method.

BEEP	: Beeper alert
VIB	: Vibration alert

2. After all the settings are the way you want, press (A) to exit the setting screen.
 - Pressing (C) instead of (A) displays the alert on/off setting screen.

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Button Operation Tone

You can use the procedure below to turn the tone that sounds when you press a button on or off.

Turning the Button Operation Tone On or Off

1. In the Timekeeping Mode, hold down (A) for about two seconds until the time zone area setting screen appears.
2. Press (C) nine times to display the button operation tone setting screen.
 - The screen will show either [KEY?] (on) or [MUTE] (off).
3. Press (D) to toggle the button operation tone setting between [KEY?] (on) and [MUTE] (off).
 - [MUTE] is displayed when the button operation tone setting is [MUTE] (off).
4. To return to the Timekeeping Mode, press (A).



Note

Even if you turn off the button operation tone, the alarm, hourly time signal, and time up alarm will continue to sound.

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Illumination

Pressing the **L** button illuminates the display for easy reading in the dark.

Illuminating the Display

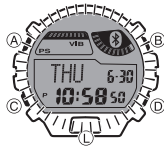
1. Press **L** to turn on illumination.

Note

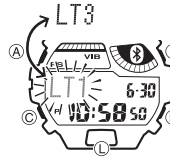
Illumination will turn off automatically if an alarm starts to sound.

Light Use Precautions

Frequent use of the light can shorten battery life.



Specifying the Illumination Duration



1. In the Timekeeping Mode, hold down **A** for about two seconds until the time zone area setting screen appears.
2. Press **C** 10 times to display the illumination duration setting screen.
 - The screen will show either [LT1] or [LT3].
3. Press **D** to toggle the illumination duration setting between [LT1] (1.5 seconds) and [LT3] (3 seconds).
4. To return to the Timekeeping Mode, press **A**.

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Power Saving

Power saving automatically puts the watch into a sleep state whenever it is not used for some time. You can turn power saving on or off. The following explains the conditions that trigger power saving and put the watch into a sleep state.

- No watch button operation or watch movement for about one hour
- The following describes how the sleep state affects watch functions.

Screen	Indicator and Functions
	<ul style="list-style-type: none"> • Display goes blank, except for a flashing [PS] indicator. • Bluetooth connection turned off, but all other functions continue to operate. • Alarms, hourly time signal, time up sounds/vibration continue to function.

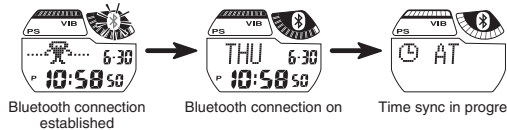
Note

The watch does not enter the sleep state if it is in the Stopwatch Mode or Timer Mode.

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Exiting the Sleep State

While the watch is in the sleep state, angling it towards your face for reading or operating any of its buttons will exit the sleep state. Exiting the sleep state automatically establishes a Bluetooth connection and syncs the time setting.

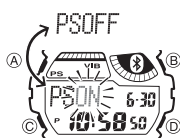


Note

- If Bluetooth connection has been manually turned off by a button operation, it is not established by exiting the sleep state.
- If there is no pairing information or if the connection fails for some reason, Bluetooth connection remains OFF (no Bluetooth indicator displayed) and the watch enters the Timekeeping Mode.

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Turning Power Saving On or Off



1. In the Timekeeping Mode, hold down **A** for about two seconds until the time zone area setting screen appears.
2. Press **C** 11 times to display the power saving setting screen.
 - The screen will show either [PS ON] or [PS OFF].
3. Press **D** to toggle the power saving setting between ON and OFF.
 - [PS] is displayed while power saving is turned on.
 - The watch will not enter the sleep state while power saving is turned off.
4. To return to the Timekeeping Mode, press **A**.

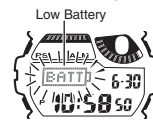
E-54

Battery Replacement

A low battery indicator appears on the display when battery voltage drops below a certain level. Availability of some functions becomes limited when the low battery indicator appears. Replace the battery as soon as possible after the low battery indicator appears.

Note

- For information about battery life guidelines and supported battery types, see "Specifications" (page E-57).
- When replacing the battery, follow the procedure under "Replacing the Battery".



- The following describes how display of the low battery indicator affects watch operation.
- The watch enters the Timekeeping Mode.
 - Bluetooth connection turns off and Bluetooth communication is disabled.
 - Display illumination is disabled.
 - Alert sound and vibration are disabled.
 - Watch operation by tapping the display is disabled.

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Note

Repeated use of Bluetooth connection, display illumination, alarm sounds, vibration, or other power intensive functions over a short period can cause a momentary drop in battery voltage. This can cause temporary display of the low battery indicator and limited availability of some watch functions.

E-56

Specifications

Quartz Oscillation Frequency: 32,768 Hz

Accuracy: Within ±00 seconds average per month

Basic Functions: Hour, minute, second, a.m./p.m. (P), 12/24-hour time format, month, day, day of the week, full auto calendar (2000 to 2099), summer time setting

Data Communication: Bluetooth Core Specification Ver. 4.0

Data rate = 1 Mbps

Transmission output = 0dBm (1mW)

Output class/Communication range = Class 3/2 to 5m (Depends on environment.)

Encryption = 128bit AES

Time sync function: Date, time

Alert Function: Incoming calls, incoming mail, etc.

World Time: Current time in 100 cities (35 time zones) + UTC (Universal Coordinated Time) time display, summer time

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Alarm Function:

Alarms: 5

Setting Units: Hour, minute

Beeper or vibration = 10 seconds

Hourly Time Signal: Beeps twice every hour on the hour

Stopwatch:

Measuring unit: 1/100 second

Measuring Capacity: 23:59'59.99" (24 hours)

Measurement Functions: Elapsed time, cumulative time, split times

Timer:

Unit: 1 second

Countdown range: 24 hours

Setting Unit: 1 minute

Beeper or vibration = 10 seconds

Time up alarm = Beeper for vibration

Other: Auto return to Timekeeping Mode, power saving, LED backlight, selectable illumination duration, operation tone on/off, 12/14-hour timekeeping

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Main Element: Tuning fork type high-performance quartz oscillator; one-chip CMOS-LSI

Battery: CR2032 (sold separately)

Approximate Battery Life: 2 years (one communication operation, 12 hours of use per day)

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Operating Precautions

Water Resistance

- The following applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Marking	On watch front or on back cover	Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
	No BAR mark	No	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

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- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. If the fogging does not clear or if water has gotten into the watch, take it in for repair immediately.
- Continued use of the watch with water inside can result in damage to electronic and mechanical components, the face of the watch, etc.

Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.

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Impact

- Your watch is designed to withstand impact incurred during normal daily use and light activity such as playing catch, tennis, etc. Dropping the watch or otherwise subjecting it to strong impact, however, can lead to malfunction. Note that watches with shock-resistant designs (G-SHOCK, Baby-G, G-ms) can be worn while operating a chain saw or engaging in other activities that generate strong vibration, or while engaged in strenuous sports activities (motocross, etc.).

Magnetism

- Though your watch normally is not affected by magnetism, very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction and damage to electronic components.

Electrostatic Charge

- Exposure to very strong electrostatic charge can cause the watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

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- Leaving the watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from the watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (frequent external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Failure to clean dirt from the watch for long periods can cause fluorescent color to fade. Wash dirt off with water as soon as possible and then dry the watch.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures for long periods.
- Contact an authorized CASIO Service Center to have resin components replaced. Note that you will be charged for replacement costs.

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Metal Components

- Failure to clean dirt from a metal band can lead to formation of rust, even if the band is stainless steel or plated. If the watch is exposed to sweat or water, wipe it thoroughly with a soft, absorbent cloth and then store it in a well-ventilated location to dry.
- To clean the band, use a soft toothbrush or similar tool to scrub it with a weak solution of water and a mild neutral detergent. Take care to avoid getting solution on the watch case.

Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures good comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to wipe the band clean of dirt, sweat, and moisture. The bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

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- Do not use this watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water-resistant, do not operate its buttons or crown while it is submerged in water or wet.
- Even if a watch is water-resistant, avoid wearing it in the bath or in areas where detergents (soap, shampoo, etc.) are being used. Such conditions can reduce water resistance.
- After submersion in seawater, use plain water to rinse all salt and dirt from the watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- A trained technician will know how to check your watch for proper water resistance whenever you have its battery replaced. Battery replacement requires the use of special tools. Always request battery replacement from your original retailer or from an authorized CASIO Service Center.

- Deterioration, rust, or corrosion of the band can cause it to break, which may result in the watch falling off your wrist and becoming lost. Be sure to take good care of the band and keep it clean. Should you notice any breakage, discoloration, looseness or other problem with the band, immediately contact your original retailer or an authorized CASIO Service Center to have it checked, repaired, or replaced. Note that you will be charged for any repair or replacement of the band.

Temperature

- Never leave the watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave the watch where it will be exposed to very low temperatures, either. Temperature extremes can cause the watch to lose or gain time, to stop, or otherwise malfunction.
- Leaving the watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its LCD. The LCD may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F).

- Electrostatic charge can cause the display to go blank momentarily or cause a rainbow effect on the display.

Chemicals

- Do not allow the watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the case, resin band, leather band, and other parts.

Storage

- If you do not plan to use the watch for a long time, wipe it thoroughly free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components

- Allowing the watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the other items to transfer to the resin components of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is not in contact with other items.

Natural Leather and Imitation Leather Bands

- Allowing the watch to remain in contact with other items or storing it together with other items while it is wet for long periods can cause the color of the other items to transfer to the natural leather or imitation leather band of the watch. Be sure to dry off the watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.

Important!

- Subjecting a natural leather or imitation leather band to rubbing or dirt can cause color transfer and discoloration.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of this product or its malfunction.

User Maintenance

Caring for Your Watch

- A dirty or rusty case or band can soil the sleeve of your clothing, cause skin irritation, and even interfere with watch performance. Be sure to keep the case and band clean at all times. Rust tends to form easily after the watch is exposed to seawater and then left without cleaning.
- Sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any affect on your skin or clothing. Wipe the band with a cloth to clean it.
- Keep a leather band clean by wiping it with a dry cloth. Both resin bands and leather band can become worn and cracked over time when subjected to normal daily use.
- Should your band become badly cracked or worn, be sure to have it replaced with a new one. Request band replacement from your original retailer or an authorized CASIO Service Center. Note that you will be charged for band replacement costs, even if your watch is still covered by its warranty.

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- Remember that you wear your watch next to your skin, just like a piece of clothing. Because of this, you should always keep your watch clean. Use a soft, absorbent cloth to wipe off any dirt, sweat, water, or other foreign matter from the case and band.

Dangers of Poor Watch Care

Rust

- Though the stainless steel used for the watch is highly rust-resistant, rust can form if the watch is not cleaned after it becomes dirty. Failure of oxygen to come into contact with the metal because it is dirty causes breakdown of the oxidization layer on the metal surface, which leads to the formation of rust.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or storing it in an area subject to high moisture can lead to premature wear, cuts, and breaks.

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Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean, or switch to a metal band. Should you ever experience a rash or other skin irritation, immediately remove the watch and contact a skin care professional.

Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO Service Center.
- Have the battery replaced only with the type specified by in this manual. Use of another type of battery can cause malfunction.
- When replacing the battery, also request a check for proper water resistance. Note that you will be charged separately for water resistance inspection.

Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.

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- This type of test battery may go dead quicker than the normally rated battery life as noted in the User's Guide. Note that you will be charged for replacement of this battery, even if replacement is required within the watch's warranty period.

Low Battery Power

- Low battery power is indicated by large timekeeping error, when display contents are dim, or when the display does blank.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

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City Code Table

City Code	UTC Offset/ GMT Differential	Other major cities in same time zone
London	0	Reykjavik, Lisbon, Casablanca
Paris	+1	Madrid, Algiers, Brussels, Amsterdam, Zurich, Frankfurt, Oslo, Rome, Copenhagen, Berlin, Stockholm, Budapest, Warsaw
Cairo	+2	Jerusalem, Cape Town, Sofia, Athens, Helsinki, Istanbul, Kyiv
Jeddah	+3	Moscow, Addis Ababa
Tehran	+3.5	
Dubai	+4	
Kabul	+4.5	
Karachi	+5	
Delhi	+5.5	
Kathmandu	+5.75	
Dhaka	+6	Novosibirsk
Yangon	+6.5	

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City Code	UTC Offset/ GMT Differential	Other major cities in same time zone
Bangkok	+7	Hanoi, Jakarta
Hong Kong	+8	Kuala Lumpur, Singapore, Perth, Beijing, Manila, Shanghai, Taipei
Tokyo	+9	Seoul
Adelaide	+9.5	
Sydney	+10	Vladivostok, Guam,
Noumea	+11	
Wellington	+12	Suva
Chatham Islands	+12.75	
Nukualofa	+13	
Kiritimati	+14	
Pago Pago	-11	
Honolulu	-10	
Anchorage	-9	
Los Angeles	-8	Vancouver, Seattle, San Francisco, Tijuana
Denver	-7	Edmonton, Phoenix, Chihuahua

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City Code	UTC Offset/ GMT Differential	Other major cities in same time zone
Chicago	-6	Mexico City, Winnipeg, Dallas, Houston, Guatemala City
New York	-5	Atlanta, Havana, Toronto, Lima, Washington DC, Kingston, Philadelphia, Bogota, Boston
Caracas	-4.5	
Santiago	-4	La Paz, San Juan, Halifax
St. Johns	-3.5	
Rio De Janeiro	-3	Buenos Aires, Montevideo
F. De Noronha	-2	
Praia	-1	

- Based on data as of December 2010.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

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FCC statements

Statement according to Part 15.19 / RSS-210

This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada.

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Statement according to Part 15.21

Changes or modifications made to this equipment not expressly approved by CASIO COMPUTER CO., LTD. may void the FCC authorization to operate this equipment.

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Statement according to Part 15.105

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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RF Exposure Information according to 2.1091 / 2.1093 / OET bulletin 65

Radiofrequency radiation exposure information:

The radiated output power of the device is far below the FCC radio frequency exposure limits.

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