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CASCHO P125

CASCHO Smart Watch P125 User Manual

Model: P125

INTRODUCTION

Thank you for choosing the CASCHO Smart Watch P125. This device is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart communication features. This manual provides essential information for setting up, operating, and maintaining your smartwatch.

The CASCHO Smart Watch P125 features a 1.85-inch HD full-touch screen, a gold-tone metal bezel, and comes with two interchangeable straps (one metal mesh, one silicone). It offers 24/7 health monitoring including heart rate, blood oxygen (SpO2), blood pressure, and sleep patterns. With over 120 sports modes, Bluetooth 5.4 for calls and messages, and an AI voice assistant, it's a versatile companion for both Android and iOS users.



Image: CASCHO Smart Watch P125 in Lilac Pink with both mesh and silicone bands.

1. SETUP

1.1 Charging the Smart Watch

Before initial use, fully charge your smartwatch. The watch uses a magnetic charging cable. Ensure the charging pins align correctly with the magnetic contacts on the back of the watch. A full charge typically takes approximately 2 hours.

Your browser does not support the video tag.

Video: Demonstrates how to correctly use the magnetic data cable to charge the CASCHO Smart Watch P125. The video highlights the magnetic poles for proper connection.

1.2 App Download and Pairing

1. Scan the QR code provided in the user manual or on the watch screen to download the 'VeryFit' app from your device's app store (App Store for iOS, Google Play for Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 'VeryFit' app, register or log in, and follow the on-screen instructions to add your device.

Select 'P125' from the list of available devices to pair.

4. Confirm the pairing request on both your phone and the smartwatch.

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Video: Guide on how to connect the CASCHO Smart Watch P125 to your smartphone using the companion app.

1.3 Power On/Off

- **Power On:** Press and hold the side button for a few seconds until the screen lights up.
- **Power Off:** From the watch face, swipe down to access the quick settings, tap the settings icon, then navigate to 'System' > 'Power Off'. Confirm to shut down.

2. OPERATING YOUR SMART WATCH

2.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the main watch face or wake the screen.

2.2 Health Monitoring

The CASCHO Smart Watch P125 continuously monitors key health metrics:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Blood Pressure:** Provides estimated blood pressure readings.
- **Sleep Tracking:** Automatically monitors sleep patterns (deep sleep, light sleep, wakefulness) and provides comprehensive analysis in the app.
- **Stress Detection:** Helps you understand your stress levels throughout the day.
- **Female Menstrual Cycle Tracking:** Supports tracking and predictions for menstrual cycles.

2.3 Fitness Tracking (120+ Sports Modes)

Track your workouts with precision across a wide range of activities:

- **Modes include:** Walking, Running, Cycling, Swimming, Yoga, Basketball, Rock Climbing, Skateboarding, Roller Skating, Strength Training, HIIT, and many more.
- The watch accurately records steps, calories burned, and distance covered.
- Synchronize data with the 'VeryFit' app for detailed analysis and progress tracking.

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Video: Overview of the multifunctional features of the CASCHO Smart Watch P125, including health and fitness tracking.

2.4 Communication Features

- **Bluetooth Calls:** Make and answer calls directly from your wrist via Bluetooth 5.4.

- **Message Notifications:** Receive alerts for incoming calls, SMS, and app notifications (e.g., WhatsApp, Facebook) directly on your watch.
- **AI Voice Assistant:** Utilize the built-in AI voice assistant for quick commands and information retrieval.

2.5 Customization

- **Watch Faces:** Choose from over 200 watch face styles via the 'VeryFit' app or customize with your own photos.
- **Interchangeable Straps:** Easily swap between the included metal mesh and silicone straps to match your style or activity.

3. MAINTENANCE

- **Cleaning:** Regularly clean your watch and straps with a soft, damp cloth. Avoid harsh chemicals.
- **Water Resistance:** The watch is IP68 water-resistant, suitable for daily use and light water exposure (e.g., hand washing, rain). Avoid hot water, saunas, or deep diving.
- **Battery Care:** To prolong battery life, avoid extreme temperatures and do not leave the watch fully discharged for extended periods.

4. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Check if Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try again. Ensure the 'VeryFit' app is updated.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Avoid excessive movement during measurements.
- **Notifications not received:** Check app notification settings on your phone and within the 'VeryFit' app. Ensure the app is running in the background.

5. SPECIFICATIONS

Brand	CASCHO
Model Number	P125
Screen Size	1.85 Inches
Operating System	Wear OS 1.0
Connectivity Technology	Bluetooth 5.4

Battery Cell Composition	Lithium Ion (300mAh)
Water Resistance	IP68
Item Weight	80 Grams (2.82 ounces)
Memory Storage Capacity	1 GB
Special Feature	Alarm Clock, Heart Rate Monitor, Sleep Monitor, Blood Oxygen Monitor, Activity Tracker, AI Voice Assistant

6. WARRANTY

Your CASCHO Smart Watch P125 comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions. Keep your proof of purchase for any warranty claims.

7. SUPPORT

For further assistance, technical support, or to provide feedback, please contact CASCHO customer service through the 'VeryFit' app or visit the official CASCHO website. You can also refer to the FAQ section within the app for common questions.