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## CASCHO P125

# CASCHO P125 Smartwatch User Manual

Model: P125 | Brand: CASCHO

## INTRODUCTION

Welcome to the CASCHO P125 Smartwatch user manual. This guide provides detailed instructions for setting up, operating, and maintaining your new smartwatch. The CASCHO P125 features a 1.85-inch HD display, Bluetooth 5.4 calling, 120+ sports modes, 24-hour health monitoring, and IP68 waterproofing. Please read this manual carefully to ensure proper use and to maximize your device's potential.

## PACKAGE CONTENTS

Upon opening your CASCHO P125 Smartwatch package, please verify that all items listed below are included:

- CASCHO P125 Smartwatch (with one metal strap attached)
- Additional Silicone Strap
- Magnetic Charging Cable
- User Manual

## Smart Notifications

Once connected, the smart watch can receive message notifications such as email, Facebook, SMS, and social apps, etc.

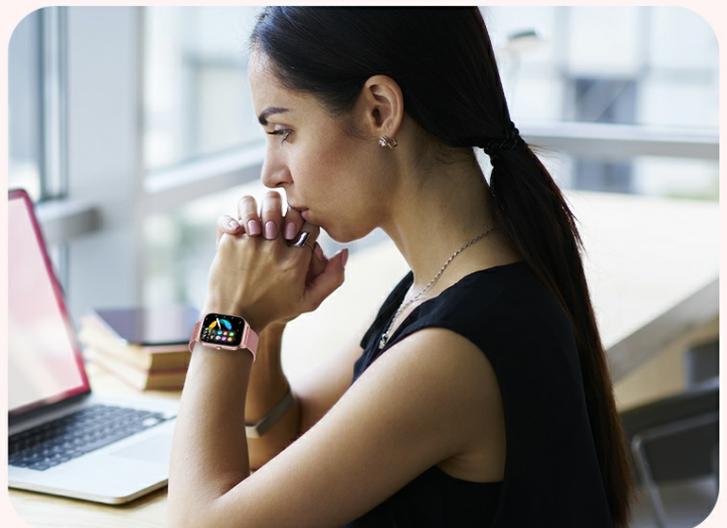


Image: Contents of the CASCHO P125 Smartwatch package, showing the smartwatch, two interchangeable straps (metal and silicone), a magnetic charging cable, and the user manual.

## SETUP

### 1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes about 1.5 hours.

# Ultra-long Battery life

 **30 Days Standby Time**

 **7 Days Battery Life**

 **2 Hours Charging Time**



Image: The CASCHO P125 Smartwatch connected to its magnetic charging cable, illustrating the charging process.

### 2. Downloading the Da Fit App

The CASCHO P125 Smartwatch requires the "Da Fit" application for full functionality.

1. Scan the QR code provided in the manual or on the watch packaging, or search for "Da Fit" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the "Da Fit" app on your smartphone.

# Package Contents & Size

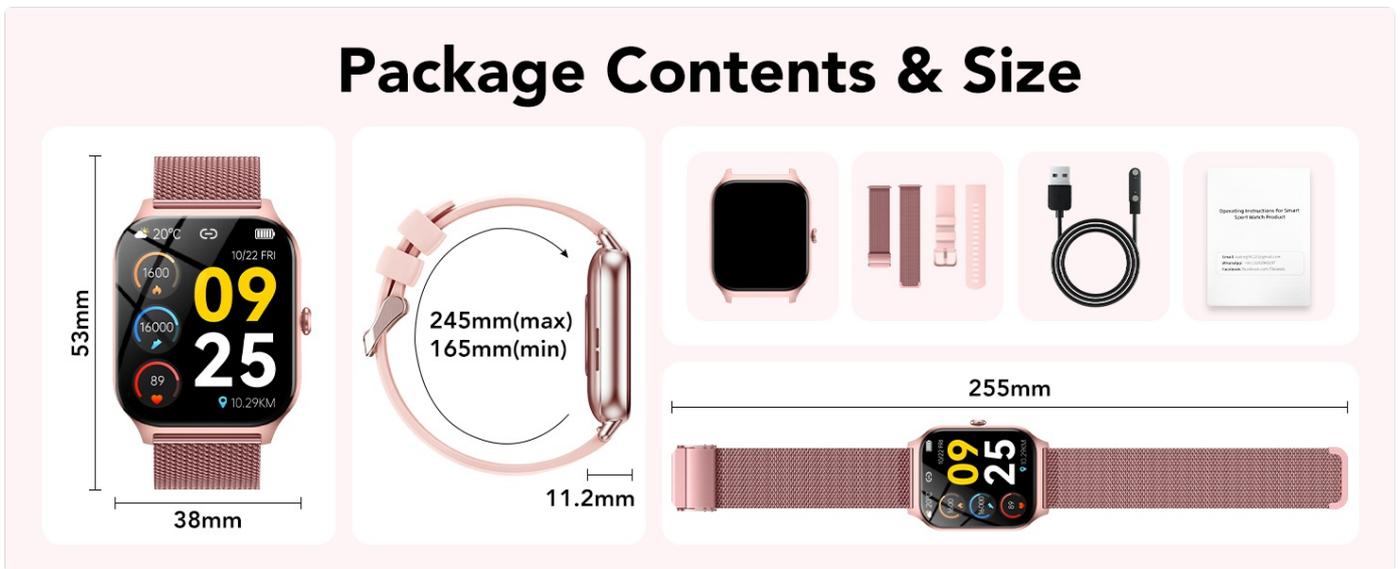


Image: A four-step visual guide demonstrating how to download the Da Fit app and connect the CASCHO P125 Smartwatch via Bluetooth. Steps include enabling Bluetooth, downloading the app, searching for "Da Fit", and adding device "P125".

## 3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Da Fit" app.
3. Navigate to the "Add Device" section within the app.
4. The app will search for available devices. Select "P125" from the list to initiate pairing.
5. Follow any on-screen prompts to complete the pairing process.

## OPERATING INSTRUCTIONS

### Display and Watch Faces

The CASCHO P125 features a 1.85-inch HD full-touch screen. You can customize your watch face through the "Da Fit" app, choosing from over 200 options or using your own photos.



Image: The 1.85-inch HD screen of the CASCHO P125 Smartwatch, showcasing its broad color range, wide vision (IPS), and color saturation, along with multiple customizable watch face designs.

## 200+ Watch Faces

Change it anytime different everyday

More Than 200 watch face options for you to choose from or just customize the watch face with photos from your own album. So it's easy to find your favorite watch face

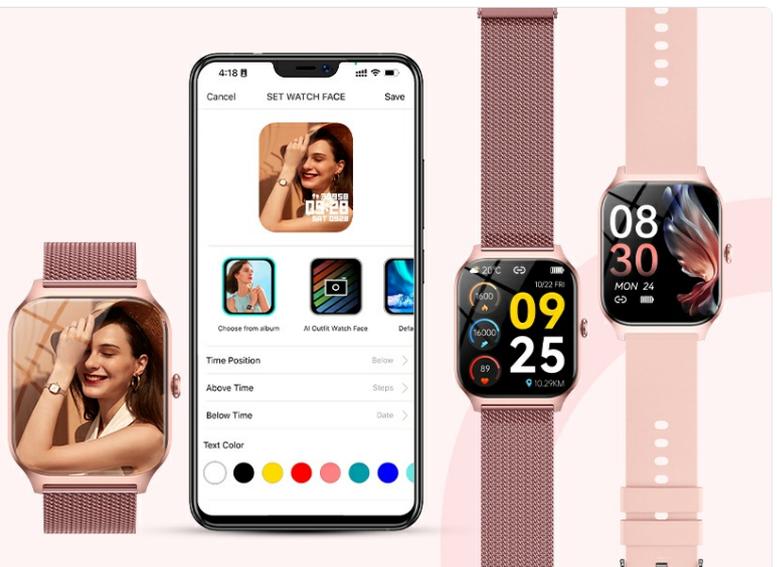


Image: A visual representation of the CASCHO P125 Smartwatch's customizable watch faces, showing several designs and the "Da Fit" app interface for selecting or creating personalized watch faces.

## Bluetooth Calling and Notifications

With Bluetooth 5.4, you can make and receive calls directly from your smartwatch. It also displays notifications for incoming calls, text messages, and social media apps.

- **Making Calls:** Access the dial pad or contacts on your watch to initiate a call.
- **Receiving Calls:** Answer or reject incoming calls directly from the watch screen.
- **Notifications:** Ensure app notifications are enabled in the "Da Fit" app settings to receive alerts on your watch.

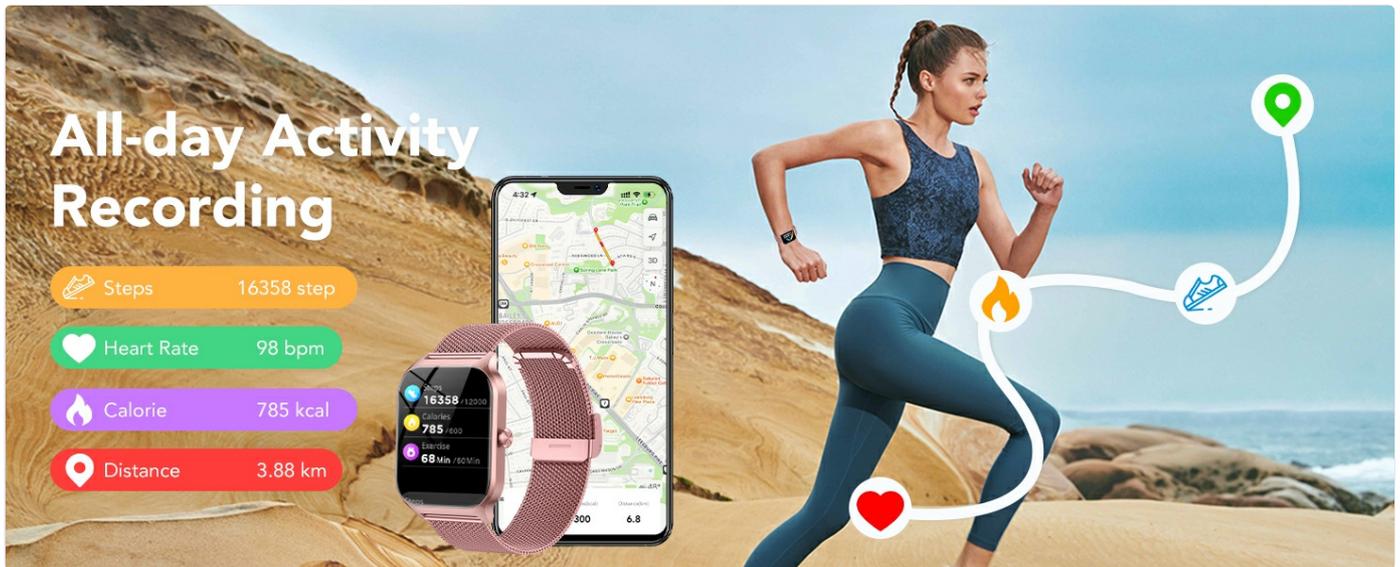


Image: A user interacting with the CASCHO P125 Smartwatch to manage a Bluetooth call. Insets show the watch's call list, dial pad, and call history interfaces.

# 1.85 Inch HD Screen



Broad Color Range



Wide Vision



Color Saturation



Image: A user on a bicycle interacting with the CASCHO P125 Smartwatch to manage a Bluetooth call. Insets show the watch's dial pad, incoming call screen, and various app icons for message notifications.



Image: A woman looking at her CASCHO P125 Smartwatch, which displays icons for various social media and messaging apps, indicating its smart notification capabilities.

## Health Monitoring

The smartwatch provides 24-hour health monitoring features to help you track your well-being.

- **Heart Rate Monitoring:** Real-time heart rate tracking.
- **Sleep Monitoring:** Tracks deep sleep, light sleep, and awake times.
- **Stress Level Monitoring:** Provides insights into your stress levels.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation.
- **Women's Health Tracking:** Helps track menstrual regularity.

# 120+ SPORT MODES

1.29km      77kcal      12.5min

Steps: 1563 / 12000  
Calories: 77 / 600  
Exercise: 12.5 Min / 60 Min

Active Activity: This week has accumulated 25 MET-min. Recommended effective MET-min is 600.

Image: A woman stretching while wearing the CASCHO P125 Smartwatch, which shows real-time health monitoring data for heart rate, blood pressure, and stress levels.

# 24H Health Monitoring

Real-time health monitoring helps you keep track of your physical condition at all times.

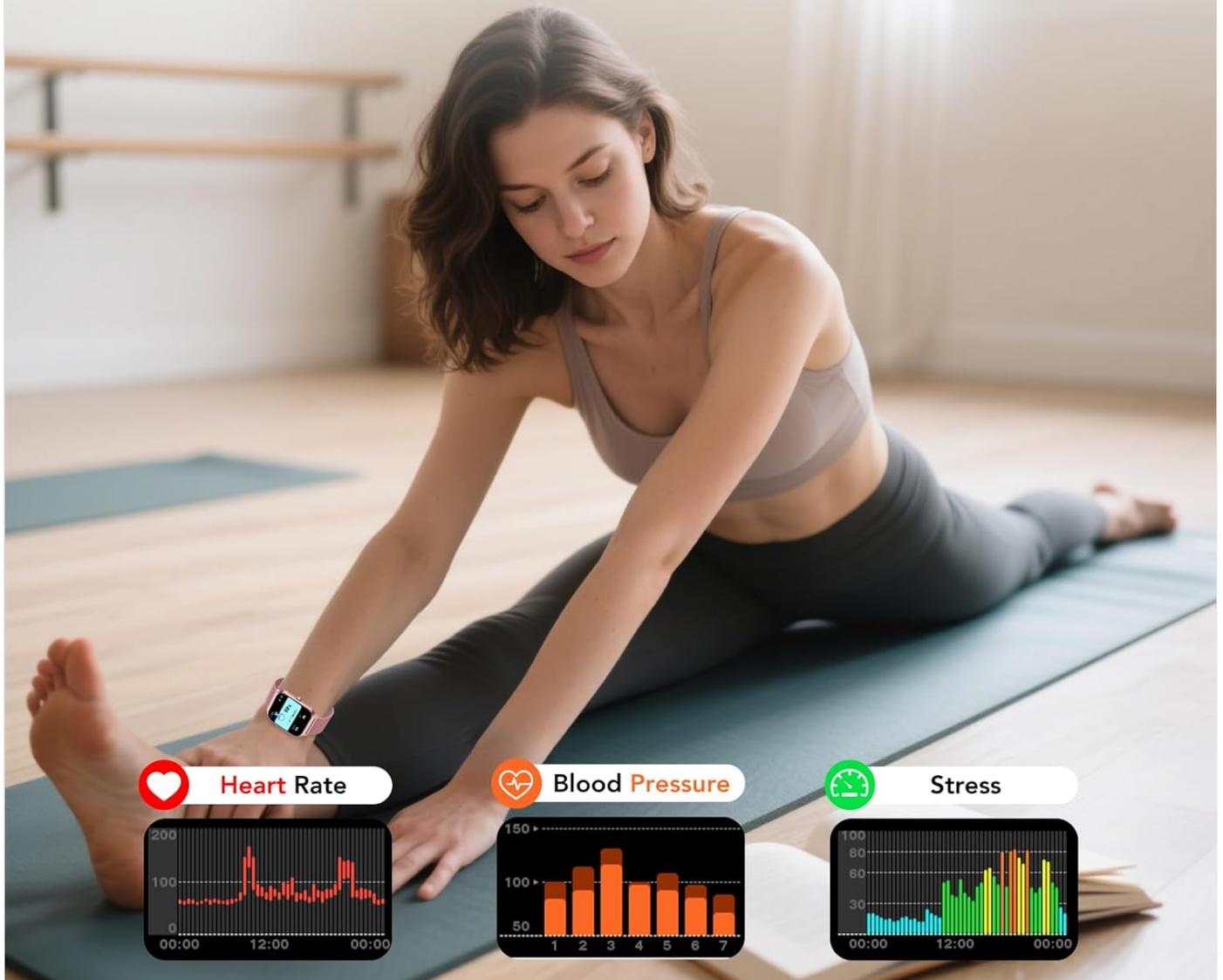


Image: A woman sleeping, with the CASCHO P125 Smartwatch displaying detailed sleep monitoring data, including awake time, light sleep, and deep sleep duration, along with a graph from the companion app.



Image: Three panels illustrating the CASCHO P125 Smartwatch's all-day health tracking capabilities: heart rate monitoring during exercise, sleep tracking while resting, and stress level monitoring during daily activities.

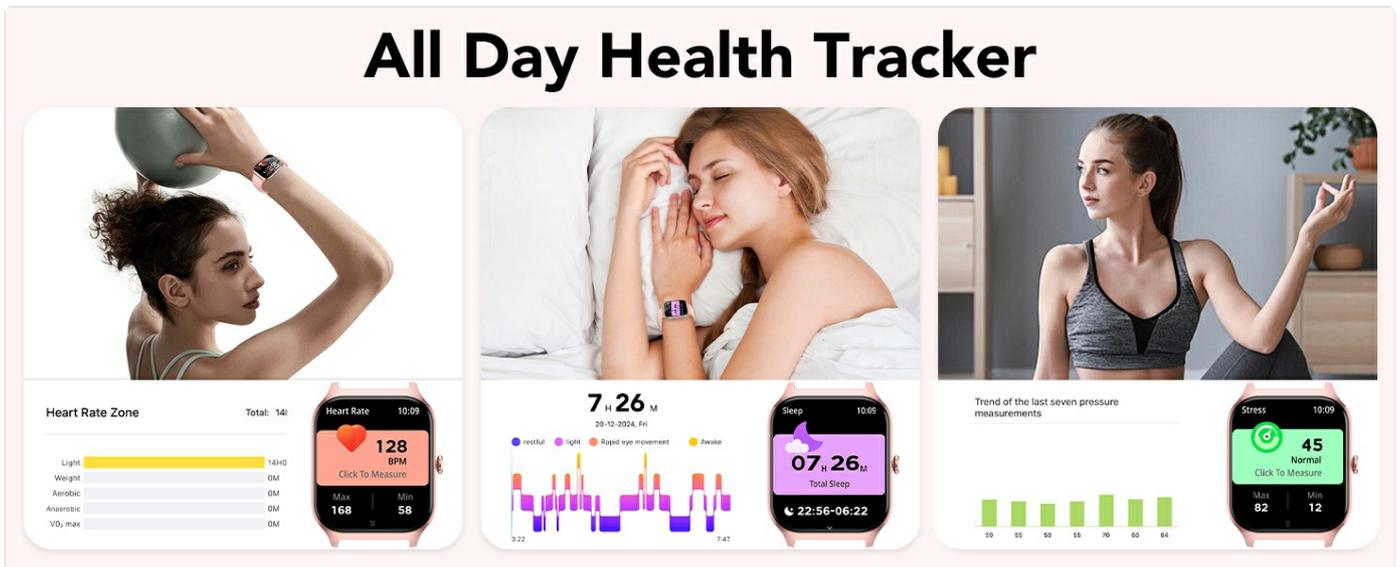


Image: A woman wearing the CASCHO P125 Smartwatch, with an overlay showing the women's health tracking interface, including menstrual cycle, prediction, and ovulation tracking.

## Sports Modes

The smartwatch supports over 120 professional sports modes, allowing you to track various activities and monitor key data such as calorie consumption, distance, duration, and steps.

# Bluetooth Making Call and Answer



## Bluetooth Call

-  Microphone
-  Dialpad
-  Calling
-  Call History
-  Contacts



## Text & Message Notification



## Voice Assistant

Click the screen to start

Open the camera

Call Lucy



Image: The CASCHO P125 Smartwatch showcasing its 120+ sports modes, with icons representing various activities. The image also includes visuals of individuals engaging in tennis, running, and cycling, demonstrating the watch's fitness tracking capabilities.

# 120+ Sport Modes Fitness Tracker



Image: Three women engaged in different sports activities (running, cycling) with the CASCHO P125 Smartwatch, emphasizing its 120+ sport modes for comprehensive fitness tracking.

## Caring for Women's Health

Helping Women Better Track Menstrual Regularity



Image: A woman running outdoors with the CASCHO P125 Smartwatch, which displays all-day activity recording data including steps, heart rate, calories burned, and distance covered, alongside a map view from the companion app.

### Additional Functions

The CASCHO P125 Smartwatch offers a variety of other useful features:

- **Sedentary Reminders:** Prompts you to move after periods of inactivity.
- **Music Playback Control:** Control your smartphone's music directly from your watch.
- **Weather Forecasts:** Get real-time weather updates.
- **Alarms, Stopwatch, Timer:** Essential time management tools.
- **Phone Locator:** Helps you find your paired smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera.
- **Voice Assistant:** Interact with your watch using voice commands.

# Multifunctional Smartwatch



Image: The CASCHO P125 Smartwatch showcasing its multifunctional capabilities, including music control, stopwatch, alarm clock, meditation, Bluetooth 5.3, weather report, message reminder, camera control, DIY watch face, call list, find phone, and 120+ sport modes.



Image: A collage of screens from the CASCHO P125 Smartwatch demonstrating various functions such as music control, weather display, women's health tracking, stopwatch, timer, remote camera control, calculator, and alarm clock.

## Ultra-long Battery Life

 <b>1.5 Hours Charging Time</b>	 <b>7 Days Battery Life</b>	 <b>30 Days Standby Time</b>
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Image: A user interacting with the CASCHO P125 Smartwatch's voice assistant feature, with speech bubbles showing commands like "Set an alarm for 6am" and "What's the weather like today?", alongside music control on a smartphone.

## MAINTENANCE

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### Water Resistance (IP68)

The CASCHO P125 Smartwatch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, such as washing hands, rain, and swimming in shallow water. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.

# Three Protection Designs



IP68  
Waterproof



Shockproof



Dustproof



Image: Three panels illustrating the CASCHO P125 Smartwatch's protective features: IP68 waterproof with water splashing on the watch, shockproof with the watch on a rocky surface, and dustproof with dust particles around the watch.

## Battery Life and Charging

The smartwatch is equipped with a 350mAh battery. A full charge takes approximately 1.5 hours, providing 5-7 days of typical daily usage and up to 30 days of standby time.

- Use the provided magnetic charging cable.
- Avoid exposing the charging contacts to metal objects to prevent short circuits.
- Do not use damaged charging cables or adapters.

# How to Download Da Fit app and Connect Watch via Bluetooth

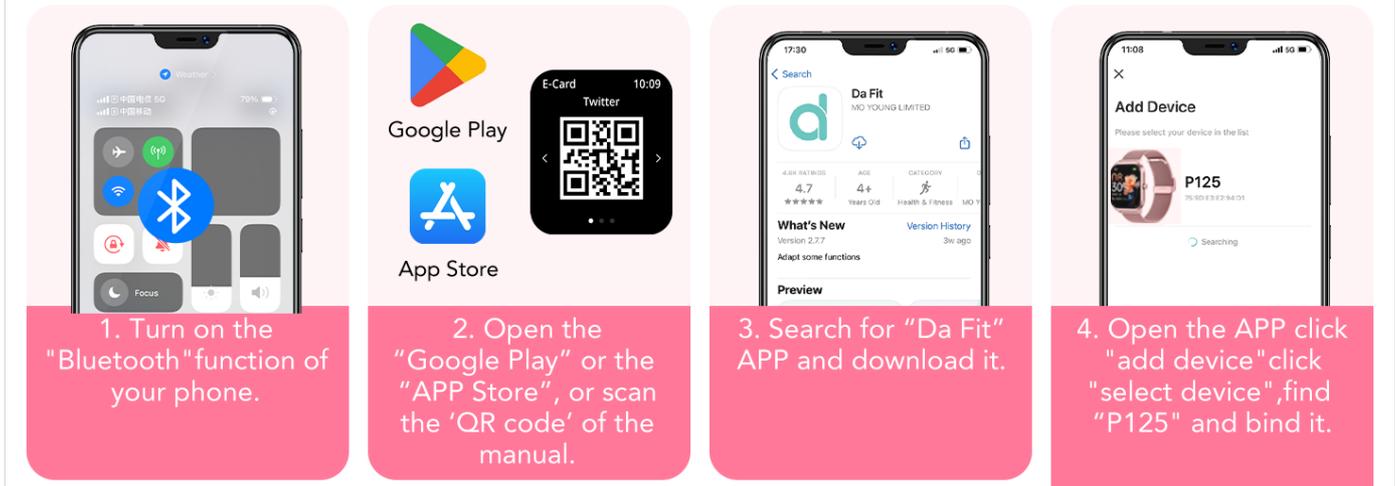


Image: The CASCHO P125 Smartwatch showcasing its ultra-long battery life with icons for 1.5 hours charging time, 7 days battery life, and 30 days standby time. It also illustrates charging methods via a wall adapter and a laptop USB port.

## Cleaning

Regularly clean your smartwatch and straps to prevent skin irritation and maintain performance.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For silicone straps, wash with mild soap and water, then rinse thoroughly and dry.
- For metal straps, wipe with a soft, dry cloth. Avoid harsh chemicals.

## TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with phone:**
  - a. Ensure Bluetooth is enabled on your phone.
  - b. Make sure the watch is within range of your phone.
  - c. Restart both your phone and the smartwatch.
  - d. Check if the "Da Fit" app is updated to the latest version.
  - e. If previously paired, try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.
- **Inaccurate health data:**
  - a. Ensure the watch is worn snugly on your wrist, not too tight or too loose.
  - b. Clean the sensor on the back of the watch.
  - c. Avoid excessive movement during measurements.
- **Notifications not received:**
  - a. Verify that notifications are enabled in the "Da Fit" app.
  - b. Check your phone's system settings to ensure the "Da Fit" app has permission to send notifications.
  - c. Ensure the watch is connected via Bluetooth.

## SPECIFICATIONS

Feature	Detail
Model Number	P125
Screen Size	1.85 Inches
Display Resolution	240*284
Connectivity	Bluetooth 5.4
Battery Capacity	350 mAh
Charging Time	Approx. 1.5 hours
Battery Life (Daily Use)	5-7 days
Standby Time	Up to 30 days
Waterproof Rating	IP68
Operating System	Wear OS 1.0
Compatibility	Android 5.0+ / iOS 9.0+ with Bluetooth 4.0+
Item Weight	3.52 ounces (approx. 100g)

## OFFICIAL PRODUCT VIDEO

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Watch this official video for a visual overview of the CASCHO P125 Smartwatch's features and design.

Your browser does not support the video tag.

Video: An overview of the CASCHO P125 Smartwatch, showcasing its 1.85-inch HD screen, Bluetooth 5.4 calling, 24/7 health tracking, 120+ sports modes, IP68 waterproofing, and magnetic charging. The video highlights the watch's versatility and key functionalities.

## WARRANTY AND SUPPORT

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The CASCHO P125 Smartwatch comes with a standard manufacturer's warranty. For specific warranty details, please refer to the warranty card included in your package or contact CASCHO customer support.

For further assistance, technical support, or inquiries, please visit the official CASCHO website or contact their customer service department.

