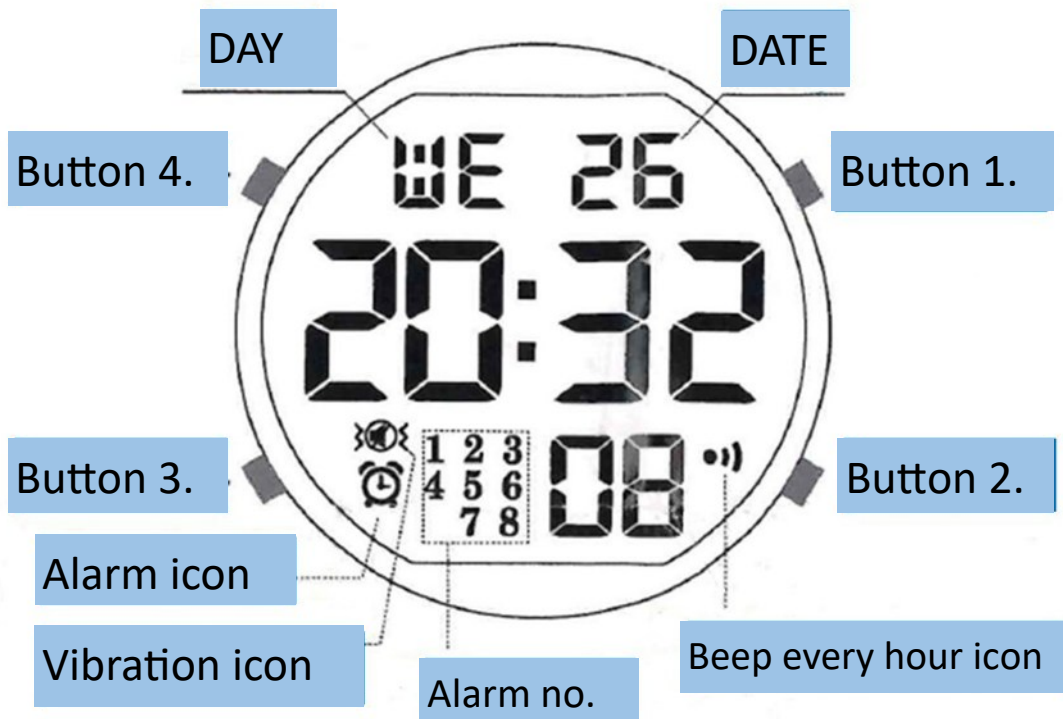


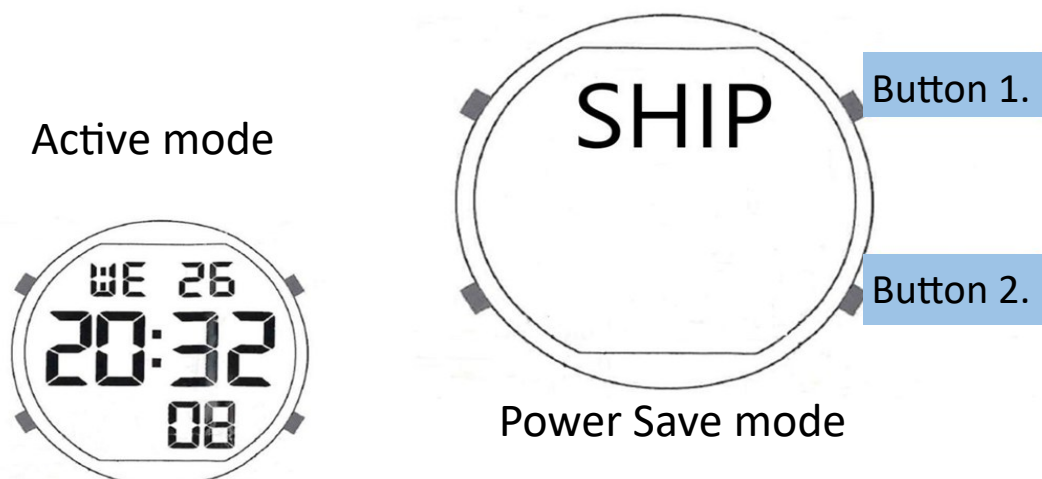


REMINDER WATCH WITH 8 ALARMS

The Watch Display



- When you receive the watch, it may be in power save mode.
- The display will show **SHIP** (see below).
- To activate the watch, press and hold buttons **1 and 2 together** for **3 seconds**. The time/day/date will then display on the screen.
- The watch is now active.



Setting the Time and Date

A) Clock Display

Press button 4 for 5 seconds to enter the settings function:

24 H or 12H is displayed (24-hour or AM/PM clock).

To change clock display, **short press on button 1**.

Short press on button 3 moves to the time setting.

B) Set Time/Date

Time will display. **Seconds will flash**. If you wish to change the seconds this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Minutes will flash. To change the minutes this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Hour will flash. To change the hour this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Year will flash. To change the year this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Month will flash. To change the month this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Date will flash. To change the date this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save and leave this function or after 10 seconds of inactivity display will automatically exit the setting.

Setting - Alarms

C) Countdown Timer mode

If you wish to have a countdown timer alarm which repeats through the day, eg. every 4 hours for medication/water.

To enter the setting: **Short press of button 3**

C/D (countdown) - 0:00 00 is displayed

To change, press button 4 for 5 seconds:

Minutes will flash. To change the minutes this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Hour will flash. To change the hour this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Short press of button 3 to leave this function or after 10 seconds of inactivity display will automatically exit the setting.

Once Countdown Timer has been set, to turn **ON/OFF** during the day, press button 3 until you see **C/D** on the display. **Short press button 1** to turn ON/OFF.

D) Hourly Chime (from 6am to 8pm only)

If you wish to have an hourly chime reminder through the day, eg. Reminders to drink water or get up / out of a chair.

This can be easily turned on/off as required.

To enter the setting:

Press button 3 repeatedly until CHI (chime) is displayed

To change to either ON/OFF this is done with a **short press of button 1**.

Short press of button 3 to save.

When Hourly Chime is **ON**,  icon displays on the screen.

D) Pre-set Alarms

It is possible to set 8 alarms through the day. These can each be set to vibrate or beep.

To enter the alarm setting: **Two short presses of button 3**

AL - 1 and Time will display.

To change the alarm time, press button 4 for 5 seconds:

Minutes will flash. To change the minutes this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Hour will flash. To change the hour this is done with short presses of button 1 or 2 (up/down).

Short press of button 3 to save.

Another short press of button 3 to move to the next alarm (**AL 2-8**).

Repeat for each alarm as required.

Short press of button 3 to **save and leave this function** or **after 10 seconds of inactivity display will automatically exit the setting.**

To set the Vibrate or Beep option

Once alarm times have been set.

Press button 3 repeatedly to reach the required alarm (AL 1-8).

Short presses of button 1 to choose : BEEP / VIBRATE / OFF.



Beep icon



Vibrate icon

When alarms are set, all that are set to **ON** will display on the watch face.

At any alarm time - to silence the alarm sound or vibration, press button 1.

Other information

Backlight

To use the backlight, **short press button 4**. Duration 5 seconds.



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