Timed Alert® Medical Reminder Watch
User's Guide

Included:

1 Medical Reminder Watch (w/batteries)

1 USD RF Dongle

1 Important / Quick Start Pamphlet

Battery used: 4 x 1.5V LR44 <u>or</u> 1.5V AG43

Water Resistant

Web: www.timedalert.com

Software Required: In order to program your Watch, please download the free Watch Software from our Website at:
www.timedalert.com/software

Product Registration: Please register your product online in order to receive the latest product updates and support.
Registration can be done at: www.timedalert.com/registration

I. Introduction

- **The Reminder "Watch" is programmed via a PC/Mac.** After downloading the programming software from our website www.timedalert.com/software, you can program the Watch from the following software menus:
  a) Initial Setup (for programming the current Time, Date, Alarm Preference, and Alarm Duration)
  b) Medication Schedule (for programming one or more prescription schedules)
  c) User Information (for programming your desired personal information) *Optional*

- Only the following **basic** settings can be programmed <u>directly</u> from the Watch (the rest must be programmed from the PC/Mac):
  a) Time
  b) 12 or 24 Hr display preference
  c) Alarm preference
 d) Alarm duration

II. How to Program the "Watch"

- **Step 1:** Download the PC or Mac version of the free Watch software from our web site at: www.timedalert.com/software
- **Step 2:** Install the software by double clicking on the downloaded file and following the installation instructions
- **Step 3:** After successful installation, run the software to access the <u>Main Menu screen</u> where you can access each of the following sub-menus: "Initial Setup", "Medication Schedule", and "User Information" (*see below for details on each of these sub-menus)

TIMEDALERT Medical Reminder Watch

Main Menu screen ⟶

Initial Setup

Medication Schedule

User Information

Print Medication Schedule
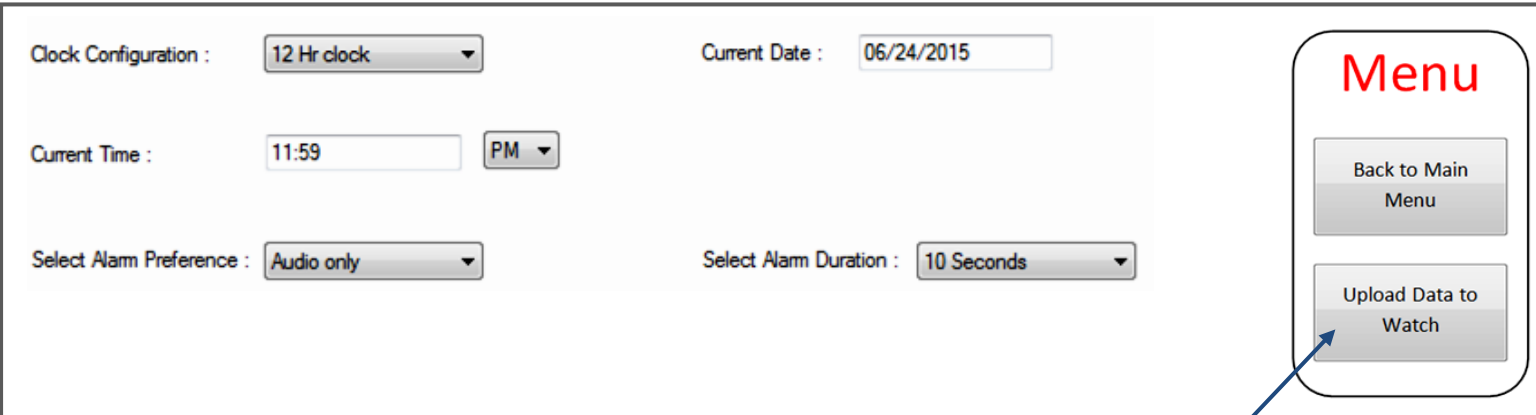
Print User Information

[2]
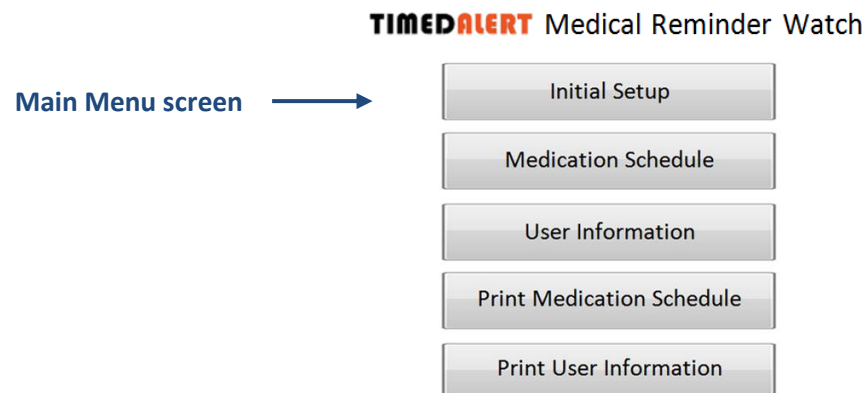
- **Step 4:** Enter your settings into the "Initial Setup" sub-menu fields
- **Step 5:** Upload the settings to the "Watch" by doing the following:

    a) Insert the RF Dongle into your computer's USB port

USB Port

Dongle
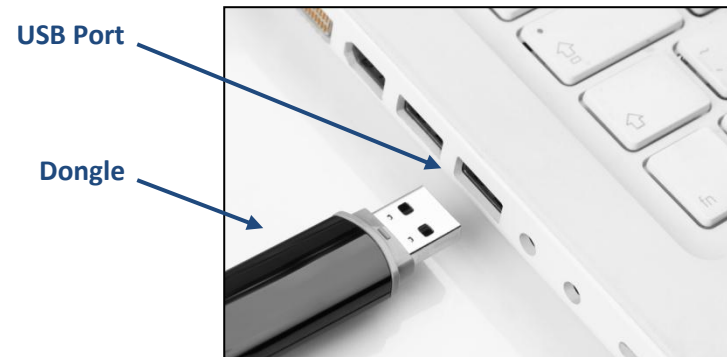
    b) Use your computer mouse to click on the "Upload Data to Watch" button located in the upper right corner of the "Initial Setup" sub-menu

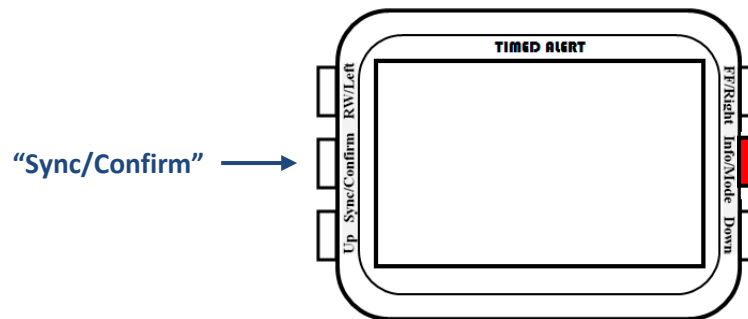| Clock Configuration : | 12 Hr clock | | | Current Date : | 06/24/2015 |
| Current Time : | 11:59 | PM | | | |
| Select Alarm Preference : | Audio only | | | Select Alarm Duration : | 10 Seconds |

Menu

Back to Main Menu

Upload Data to Watch

"Upload Data to Watch" button

[3]

c) From the "Watch", Press and HOLD Down the "Sync/Confirm" (Left Middle) button for 3 seconds

"Sync/Confirm"

d) Place the "Watch" **NEXT** to the Dongle (preferably **no more than 3 feet away**) so that it can be detected by your computer

-- When the "Watch" is detected you will see the "Watch" ID number on your screen --

Press and hold down the "Sync" Button on the Watch for it to be detected

Searching

The following Watch is detected

Please click on the Watch ID number in order for it to Sync with your computer

Back to Main Menu

Watch ID No.

Watch ID: C0A85566

e) Use your mouse to click on the "Watch" ID no. to start the Data Upload. After the data is uploaded, the computer screen will indicate that the Upload was "Successful" and you will hear a beep from the "Watch".

Step 6: Repeat **Steps 4** & **5** above for programming the "Medication Schedule" and "User Information" sub-menus. Please refer to section **III.** below for details on programming the "Medication Schedule" sub-menu.

III. Programming the "Medication Schedule" Sub-Menu

*From the "Main Menu" screen, enter the "Medication Schedule" sub-menu and follow the steps below:

- **Step 1:** Add a first "Medication Schedule" by clicking on the "Add Medication Schedule" button located in the upper right corner of the sub-menu. You can add additional "Medication Schedules" by clicking on this button again.
- **Step 2:** Enter the "Medication Name and Dose" in the corresponding field
- **Step 3:** Enter the "Prescription Duration" start and end dates in the corresponding field
- **Step 4:** Enter the "Daily Schedule" by clicking on the particular day of the week you would like to receive the alerts. If daily, click "Daily"
- **Step 5:** Select the "Time Schedule" for when the alerts are to be delivered. The two features for doing this are as follows:

  Equal Time Schedule: Delivers alerts on equal intervals from the <u>start time</u> entered. Intervals can be set 2, 3, 4, 6, 8, 12, or 24 hours apart.

      - To program: 1) enter a start hour and minute, and   2) the desired time frequency (interval)

  Custom Time Schedule: Delivers alerts on the particular hour(s) indicated

      - To program: 1) enter a start hour and minute, and 2) click on "Add". Repeat to add additional "Custom" times

- **Step 6 (Optional):** If desired, enter "Instructions" for taking medication such as dosage or "take with food" in the corresponding field
- **Step 7 (Optional):** If desired, enter a "Refill Date Alert" in the corresponding field
- **Step 8 (Optional):** If desired, enter the "Pharmacy Name" and "Pharmacy Phone" number in the corresponding field
- **Step 9:** Check the "Item" box next to each completed schedule(s) that you wish to upload to the "Watch"
- **Step 10:** Upload the Schedule(s) to the "Watch" by following the process described in **II (Step 5)** on page 2 above

IV. Accessing Features & Functions DIRECTLY from the "Watch"
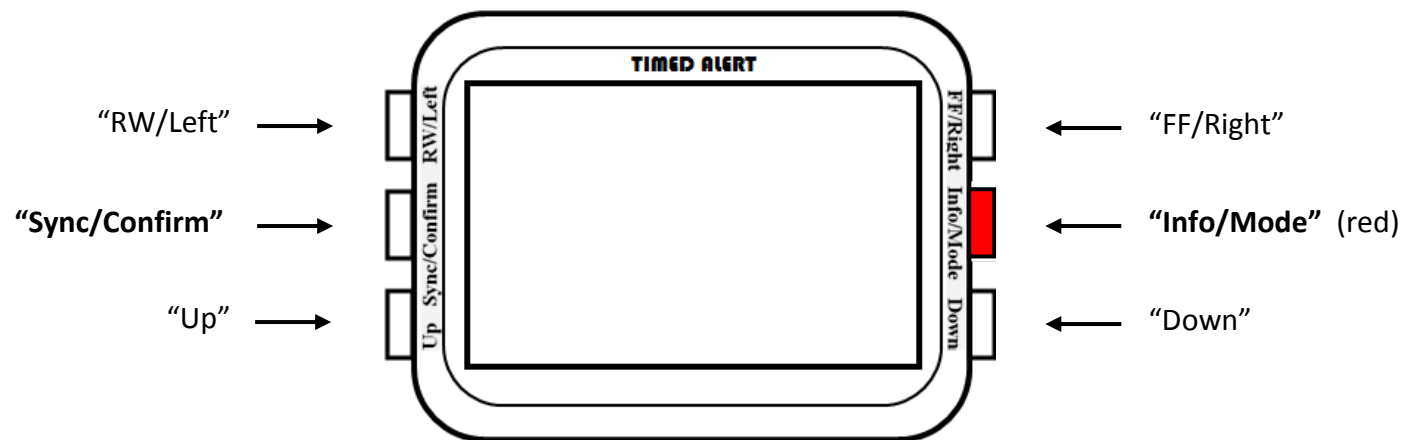
- **Scrolling "Fast Forward" and "Fast Rewind" for text displayed during an alert**
  When an alert is being displayed on the LCD, you can press the "FF" and "RW" buttons to view the scrolling text fast forward or fast rewind. These buttons are inactive at all other times.

- **Illuminating the LCD**
  Press the **"Sync/Confirm"** button once

- **Viewing the User Information that you programmed into the "Watch" from the computer**
  Step 1: Press the red **"Info/Mode"** button once
  Step 2: Use the "UP" and "Down" buttons to switch from the following menu categories:

  a) Pharmacy: (displays the Pharmacy Name that you programmed into the User Information menu)
  b) Pharmacy Phone: (displays the Pharmacy Phone number that you programmed into the User Information menu)
  c) User Name: (displays the User Name that you programmed into the User Information menu)
  d) User Phone: (displays the User Phone number that you programmed into the User Information menu)
  e) User DOB (Date of Birth):   (displays the User Date of Birth you programmed into the User Information menu)
  f) Last Alert received: (displays that Last Alert that was issued from the Watch)

- **Adjusting Settings DIRECTLY from the "Watch"**

Step 1: Press the red **"Info/Mode"** button for 3 seconds

Step 2: Press the "FF/Right" and "RW/Left" buttons to switch from the following sub-menu categories:
a) Set Time: <Enables you to set the current time and date>
b) Disp 12/24:   <Enables you to set the Watch to 12 or 24 hour display preference>
c) Alarm Type: <Enables you to set the alert method to Audio only, Vibration only, Silence, or Vibration + Audio>
d) Alarm Time: <Enables you to set the alert duration to 2,5, or 10 seconds>
e) Loudness: <Enables you to select between 2 available alert tones>

Step 3: Press the **"Sync/Confirm"** button to enter the selected sub menu

Step 4: For the "Set Time" sub menu **ONLY**, press the "FF/Right" or "RW/Left" buttons to move to the desired setting you would like to change

Step 5: Press the "Down" or "Up" button to adjust the setting

Step 6: Press the **"Sync/Confirm"** button to confirm the setting and exit the sub-menu

* Repeat **Steps 3** to **5** for adjusting other settings in different sub-menus

Step 7: Press the "Info/Mode" button to exit and go into normal time mode

V. Receiving Multiple Alerts for Two or More Medications Scheduled AT THE SAME TIME

*The Watch is capable of displaying alerts for multiple medications on the same time and date schedule. This will occur when you program two or more medication schedule alerts for the same date and time.

For example: Schedules 1 and 2 <u>below</u> are programmed to deliver an alert on the same date and time for different medications:
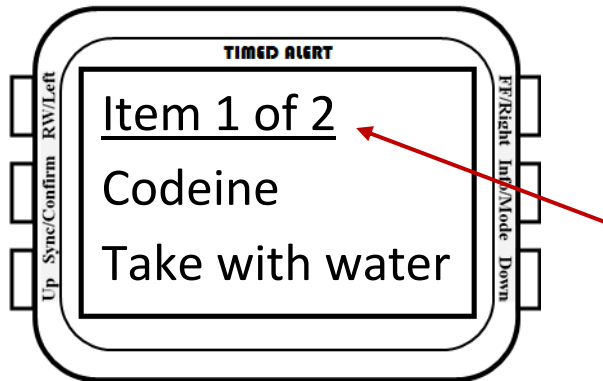
| Item	Medication	Prescription Duration	Daily Schedule <Click Day to Select>	Time Schedule	Instructions	Refill Date Alert	Pharmacy
1 ☐	Codeine	06/12/2015 to 06/19/2015	M T W Th F Sa Su Daily	Custom Time Schedule ▾ / 02 ▾ 30 ▾ PM ▾ / 02:30 PM Delete Add Time	Take with water	mm/dd/yyyy / Enter HR ▾	<Enter Pharmacy Name> / <Enter Pharmacy Phone>
2 ☐	Tylenol	06/12/2015 to 06/19/2015	M T W Th F Sa Su Daily	Custom Time Schedule ▾ / 02 ▾ 30 ▾ PM ▾ / 02:30 PM Delete Add Time	Take with water	mm/dd/yyyy / Enter HR ▾	<Enter Pharmacy Name> / <Enter Pharmacy Phone>

Different Medications

Same Date and Time

● Multiple alerts scheduled to be delivered at the same time will be presented as 1 of 2, 1 of 3, 1 of 4, etc., depending on how many alerts were scheduled for the same date and time.

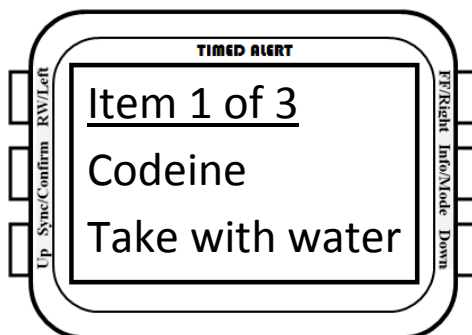**For example:**   if 1 of 2 Alerts were scheduled   if 1 of 3 Alerts were scheduled

TIMED ALERT

Item 1 of 2
Codeine
Take with water

TIMED ALERT

Item 1 of 3
Codeine
Take with water
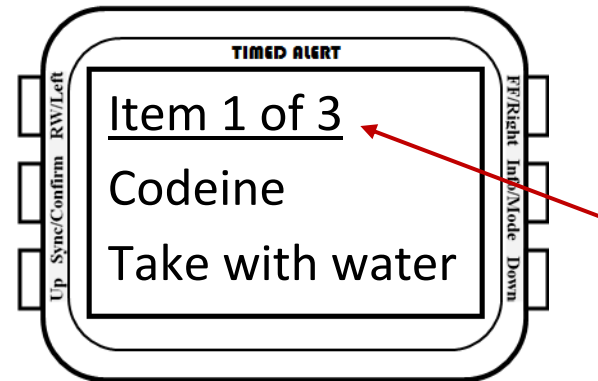
● To view the next alert after the 1st one is displayed on the LCD (i.e. the 2nd, 3rd, etc.), press the "Down" button during the 1st alert. The watch LCD will switch to display the next medication alert (i.e. 2nd). Keep pressing the "Down" button for the next alert until you have viewed all of the multiple alerts. The go back to the previous alert, press the "Up" button.
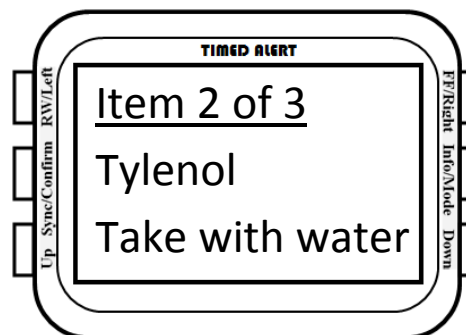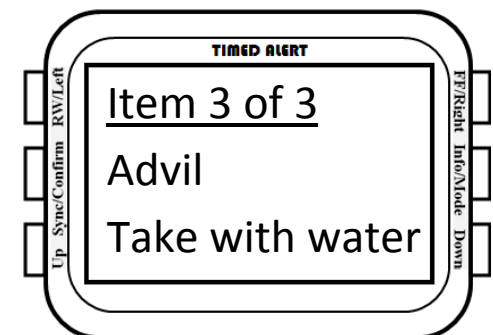
For example:

1 of 3 Alerts

Press Down Button

2 of 3 Alerts

Press Down Button

3 of 3 Alerts

TIMED ALERT

Item 1 of 3
Codeine
Take with water

TIMED ALERT

Item 2 of 3
Tylenol
Take with water

TIMED ALERT

Item 3 of 3
Advil
Take with water

FCC Statement

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.

This device complies with part 15 of the FCC Rules. 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.