e-pill® MeDose™ PARKINSON Alarm Watch

Vibrating 12 Alarm Watch and Auto-Reset Count-Down Interval Timer

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Instruction Manual

The only alarm watch designed for patients with Parkinson's Disease (PD)

Thank you for choosing the e-pill MeDose PARKINSON Vibrating 12 Alarm Watch and Auto-Reset Count-Down Interval Timer. This e-pill Medication Reminder has been designed primarily for patients with Parkinson's disease and that need to take medications multiple times per day (and sometimes also during the night). Now with 12 Alarms, Run Reserve and Long Alarm Duration.

- Up to 12 DAILY VIBRATING ALARMS that automatically reset every day at midnight. This feature is used by patients taking medication(s) on the same schedule each day (**Fixed daily schedule**).

- LONG Interval Auto-Reset Count-Down Timer. INTERVAL up to 99 hours and 59 minutes. This feature is used by patients starting their first dose at a different time each day, yet need to take their medications on a fixed interval (for example every 3.5 hours) (**Varying daily schedule).**

- Vibrating Alarm / Sound Alarm or BOTH Alarms at the same time.

- Alarm Duration (20 Seconds) in both alarm modes.

- Run Reserve allows the battery to be changed without re-programing your alarm watch.

- Time display shows Number of Alarms set and Day-of Week.

- Pressing B button gives you the Date.

- Smart contemporary European styling.

Models available:

SKU 981231 e-pill MeDose 12 Alarm BLACK VELCRO Strap

Never forget to take your Parkinson's Medications again!™

Watch Display (TMR / ALM / CDT)

Regardless if which display is shown all functions will continue to run in the background. This e-pill Medication Reminder Alarm Watch allows you to use up to 12 Daily Alarms and the Count-Down Interval Timer at the same time (in parallel).

Tap button C to move between the three (3) possible displays (MODES):
=> "TIME" (TMR) => "ALARM" (ALM 1-12) => "TIMER" (CDT Count Down Timer) =>

TIME / How to set the correct TIME and DATE (TMR)

Tap (press repeatedly) button C until mode TIME is reached (normal time and date is shown).

- Press & hold button D for 5 seconds to enter the setting mode. TMR is shown the HOUR is flashing. Tap A or B (up or down) until the correct HOUR is reached. Please pay attention to AM and PM on the left side of the display.
- Tap C
- Minutes are flashing. Tap A or B (up or down) until the correct MINUTE is reached.
- Tap C
- Year is flashing. Tap A or B (up or down) until the correct YEAR is reached.
- Tab C
- Month is flashing. Month (1=January, 2=February … 12=December). Tap A or B (up or down) until the correct MONTH is reached.
- Tap C
- Day of the Month (1 – 31) is flashing. Tap A or B until the correct DATE is reached.
- Tap C
- Tap A to select 12 hour mode (AM or PM is shown) or 24-hour mode (Military time). DAY of the WEEK will automatically be set (Auto Calendar).
- Done. Tap D to leave the setting mode and store your Time and Date settings.

VIBRATING ALARM, SOUND ALARM or BOTH
Press and hold button A when in TIME mode, to toggle between Vibrating Alarm (vibration symbol shown on display) or Sound Alarm (bell symbol shown on display) or Both (vibration symbol and bell symbol shown on display). This alarm type setting applies to all alarms and the count-down timer. Alarm duration is 20 Seconds.

BACK LIGHT
Tap button D for Back Light (3 seconds illumination). Please note that using the backlight often will reduce the battery life significantly.

How to Set Alarms

The e-pill MeDose PARKINSON Vibrating 12 Alarm Watch and Auto-Reset Count-Down Interval Timer offers the patient <u>Two (2) Different Ways</u> of helping to remember to take medications on a daily schedule.


Fixed Daily Schedule: For PD patients starting their day at the <u>SAME TIME</u>, use 1 - 12 DAILY Auto-Reset ALARMS (use ALM setting 1 thru 12). This feature is used by patients taking medication(s) on the <u>same schedule</u> each day (TRUE Alarm Timer).

Varying Daily Schedule: For PD patients starting their day at a <u>DIFFERENT TIME</u> each day, use the Auto-Reset Count-Down INTERVAL TIMER (use CDT / REP setting). This feature is used by patients taking medication(s) at different times each day.

No Alarm Reset Required: When the alarm "goes off", simply take your medication(s) as instructed by your healthcare professional. You will be reminded by a 20 Seconds long; Vibrating Alarm, Beep (sound) Alarm or BOTH alarms at the same time (see TIME section). No extra steps required by the patient – this e-pill Medication Reminder Alarm Watch will continue on the pre-set FIXED DAILY or VARYING DAILY schedule.

Once the e-pill MeDose Vibrating 12 Alarm Watch has been set, it will repeat the alarms every day at the same time (ALM) or with a certain interval (CDT). When the vibration / sound get weak, you need to replace the CR2032 battery (see section below).
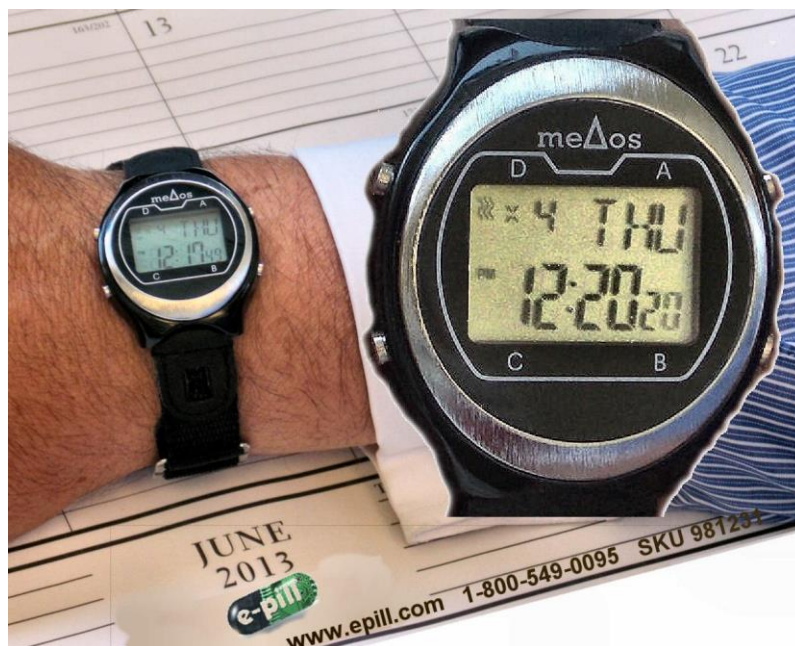
Fixed Daily Schedule (ALM 1 - 12)

Your e-pill MeDose PARKINSON has up to twelve (12) Individual Alarms ("multiple alarm clocks"). No alarm reset is required by the patient once the alarm(s) have been set. Alarms reset automatically each day at midnight.

This setting works best for Parkinson's patients that _start their day at the same time_ every day. The maximum number of daily alarms is twelve (12). Alarm duration is 20 Seconds.

- Tap button C until mode "ALM" is shown with a number N (N=1 thru 12) on the display.
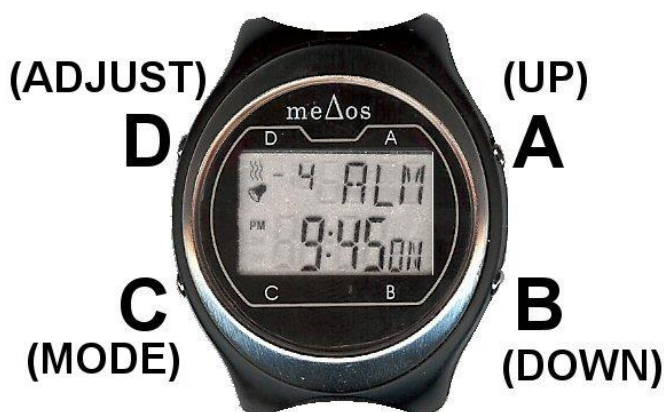
Tap button B to go to the alarm you want to be set. AL1 (first alarm), AL2 (second alarm) …..to AL12 (last alarm).

Alarms should be set in consecutive order starting with the earliest alarm. For each DAILY alarm (1 ALM – 12 ALM) that you need to set, do the following:

- Press and hold button D for 5 seconds to enter the setting (programming) mode.

The HOURS will start flashing and "ON" will appear next to the minutes (lower right hand corner, see picture).

- Tap A (increase) or B (decrease) until the correct HOUR is reached. Please note the PM indicator or AM indicator (lower left side of display). The AM / PM may be hard to read (a magnifier may help) if your watch is set for AM/PM time.
- Tap C
- Tap A (increase) or B (decrease) until the correct MINUTE is reached.
- Tap D to leave setting mode and store the alarm setting.

Proceed to your next alarm by tapping button B. You may set up to 12 auto repeating daily alarms. Please make sure ON is displayed next to the minutes in the lower right hand corner. If "OF" (alarm OFF) is showing you can toggle to "ON" (alarm ON) by tapping D.

The Alarm can be set to Vibrating Alarm, Sound Alarm or Both (Vibration AND Sound).

Note: To turn OFF an alarm already set, tap the D button when the alarm is shown on the display.

Varying Daily Schedule (CDT up to 99 hours)
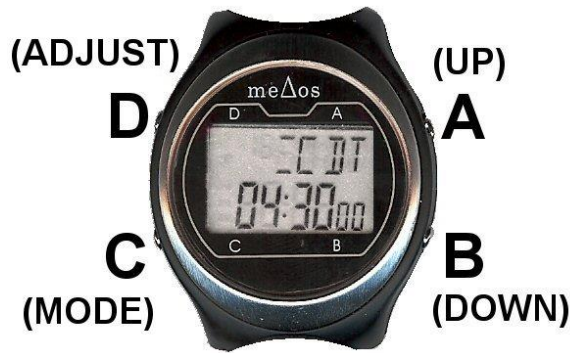
The e-pill MeDose PARKINSON has a <u>Count Down Timer</u> (CDT / Interval Timer). The Count-Down Interval Timer can be put in Auto-Reset mode. The alarm duration is 20 Seconds. No alarm reset is required by the patient once the interval has been set and the count-down has started in auto-reset mode. *When in this mode, the e-pill alarm watch is in an "end-less" loop";*

→ count-down → alarm →re-set →

Example: your Doctor wants you to take your Parkinson's medications every 4 ½ hours.
The picture shows the Auto Re-Set Count-Down Interval Timer turned On (CDT is shown with the upper and lower line in front of it). The interval in the picture is set to 4 Hours and 30 Minutes and it will auto-repeat.

The CSDT setting works best for Parkinson's patients that start their day at a ***different time each day***, yet need to take medication(s) on a <u>FIXED INTERVAL</u> (Hours and Minutes).

The Alarm can be set to Vibrating Alarm, Sound Alarm or Both (Vibration and Sound).

This setting CDT works best for Parkinson's patients that do NOT start their day at the same time every day AND are taking medications on a fixed interval basis.

- Tap button C until mode "CDT" is shown on the display.

You can set the Count-Down Interval Timer for "ONE count-down" or for "REPEAT" count-down ("endless loop"). When in "endless loop" two line are shown on the display in front of the word CDT / REP. To set or change the CDT timer settings:

- Press and Hold button D for 5 seconds and the Interval HOUR will begin to flash.
- Tap A (increase) or B (decrease) until the correct HOUR is reached to set Interval duration in Hour(s) (up to 99 Hours).
- Tap C to go to MINUTES. The Interval MINUTES will begin to flash.
- Tap A (increase) or B (decrease) until the correct MINUTES are reached to set the Interval duration in Minute(s).
- Tap C to go to REP (Repeat Interval). REP will begin to flash.
- Tap A to Turn ON Repeat (two lines are shown before REP) or Turn OFF Repeat (NO lines are shown before REP)
- Tap D to confirm and store your interval alarm time settings.

- Tap A to start the countdown timer. If the Two Lines are shown before the word CDT the Auto-Repeat function is turned on.
- Tap C to go back to real time.

Tap button A to Stop. When timer is stopped, press button B and the preset interval will be reloaded (Repeat Timer). Press button A to start / re-start the count-down interval timer.

The interval timer (Count-Down Timer duration) can be set in Hours and Minutes up to a maximum of 99 Hours and 59 Minutes (over 4 days). Once the count-down timer has reached "zero" the watch will alarm for 20 seconds. You will also get a "heads-up" notification when 3 minutes (3 pulses) are left, 2 minutes (2 pulses) are left and 1 minute (1 pulse) is left ("3 – 2 – 1 then 20 Seconds Alarm") .

To save battery life, you may want to turn off the count-down interval timer during the night. To stop the Count-Down timer Tap button A. Tap button B to re-load the previous interval.

Note: This alarm watch will sound 3 beeps/vibration at 3 minutes, 2 beeps/vibration at 2 minutes and 1 beep/vibration at 1 minute before the timer counts down to zero. The watch will alarm for 20 seconds when the count-down timer reaches zero.

BATTERY REPLACEMENT / RUN RESERVE

Our e-pill MeDose PARKINSON 12 Alarm Watch runs on a CR2032 button cell. At the first sign of low power (dim display, low vibration), have the battery replaced. We strongly recommend that you take your e-pill alarm watch to a jeweler for battery replacement, instead of changing it on your own.

Run Reserve: You can change the battery without losing the settings.
The run reserve is One (1) minute.

IMPORTANT: The battery can be replaced without re-programing the alarm watch.

If you need to re-set the watch connect the two contact points labeled "AC" on the circuit board inside the watch. You will need to reprogram your watch after the reset.

This e-pill Medication Reminder Alarm Watch uses a CR2032 3 Volt Lithium Battery.

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Models available:

SKU 981231 e-pill MeDose 12 Alarm BLACK VELCRO Strap

This watch is designed to help the wearer to remember her/his medication on time. The manufacturer ROLAND the apple pro production HB assumes no responsibility whatsoever for any inconvenience or non-compliance to medication in the event the watch fails to function.

WARRANTY: ROLAND the apple pro production inc. covers manufacturing defects for One (1) Year from date of purchase. Battery, straps, glass or damage caused by misuse are not covered. In case of defect, send the watch to:

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Sweden
roland@theapple.se +4646 247 888

or contact your authorized distributor or dealer.