WATCHMINDER2

Thank you for purchasing the WatchMinder2. The watch was invented by a psychologist who works with children and adults who have attention deficit hyperactivity disorder (AD/HD). The watch has a number of other applications (see www.watchminder. com).

- AD/HD
- LD
- Elderly
- Chronic Illness
- Brain Injury and Stroke
- Medication Compliance
- Deaf and Hard of Hearing
- Behavior Modification and Self-Monitoring
- Independence Training and Vocational Rehabilitation
- Research, Data Collection and Clinical Trials Studies
- Assistive Device for 504 Plans

The WatchMinder2 has the following functions:

- TM & DT (real-time calendar clock) (**P7-P8**)
- B OR V (bell or vibration alarm) (**P8-P9**)
- TRAINING mode (use to train or improve a behavior) (**P9-P17**)
- REMINDER mode (use to remember a specific task or chore) (**P18-P26**)
- TMR (countdown timer) (**P26-P28**)
- SW (stopwatch) (**P28-P29**)

SPECIAL OPERATING NOTES

1. The power consumption of the vibrator and EL backlight are quite high. A battery should last several months under normal circumstances. If you use a large number of vibration alerts, you will need to change the battery more frequently.

2. The bell/vibration alert for all modes will last

for 10 seconds (one second bell/vibration with one second interval) unless it is turned off by a push of any button.

3. In setting time in all modes, a 24-hour system will be applied, but it will be displayed in a 12-hour system. (1 pm is "13")

4. Push LIGHT button, which is left blank without a label "LIGHT", the backlight comes on for 5 seconds and turns off automatically.

5. Push and hold down SW/+ or TMR/- button to count up/down rapidly after 3 seconds while setting.

6. Push TRAIN/SET and REMIND/GO TO at the same time to view current date.

7. Push SW/+ or TMR/- to exit TRAINING and REMINDER modes.

8. Push TRAIN/SET to exit TM & DT, TMR, SW and B OR V.

9. The watch is water resistant, NOT water

proof. **DO NOT IMMERSE IN WATER.**

10. **Pressing RESET will delete all stored information in watch except personalized messages.**
11. **TRAINING and REMINDER modes can operate at the same time.**
12. **Messages repeat daily and there is no need to re-program the watch.**
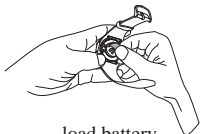
HOW TO CHANGE BATTERY

1. One CR-2032 battery powers the watch (CPU, bell/vibrator and light). A capacitor is installed as back up power to allow an owner 4 to 6 seconds to replace battery. If it takes more than 4 to 6 seconds to replace a battery, all settings will be erased except the personalized messages.
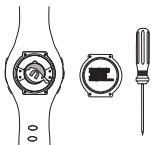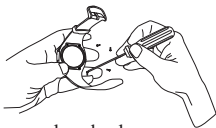
open back cover · unload battety

load battery · close back cover

2. Low battery warning: A symbol of low battery
   will appear at the 4th line at times when battery
   is low. An owner should replace the battery as
   soon as possible in this case. **(Note: The symbol
   may only display while vibration/bell goes off
   or light is on. In case the backlight looks dim,
   the vibration is weak, the watch resets itself
   or one of the modes stops working, an owner
   must replace the battery ASAP, even if symbol
   of low battery is NOT on.)**

SPECIAL NOTES FOR ALL MODES

1. **A 60- second duration is allowed for an owner to make decision while setting.**
2. **A blank space and the following letters/ numbers/symbols (hereinafter referred to as characters) are in memory for an owner to create personalized messages. A message is limited to 9 letters/numbers/symbols and a blank space is counted as one character.**

A to Z English capital alphabet
   N with ~ on top after Z for Spanish
   0 to 9 numbers
   Blank space next to the left of letter "A"
   Symbols include ! @ # $ & ? < > . , - + =

3. **If a message contains more than 6 characters, it will move slowly across the screen.**

I. TM&DT

1. Push TRAIN/SET and TMR/- buttons together to go to TM&DT. **(Note: Push TMR/- first and then TRAIN/SET)** LCD displays Y00 M00 in the 2nd line and D00 W00 in the 3rd line; Year digit begins to blink.

2. Push SW/+ or TMR/- to adjust year. **(Note: Number of year begins at 00 and ends at 99, i.e. when you go pass 99, it returns to 00.)**

3. Push REMIND/GO TO button to go to month digit, which begins to blink.

4. Push SW/+ or TMR/- to adjust month.

5. Push REMIND/GO TO button to go to date digit, which begins to blink.

6. Push SW/+ or TMR/- button to adjust date. **(Note: You do not need to set the day of a week. It comes on the screen automatically after you set date.)**

7. Push REMIND/GO TO button to go to hour digit (remember-24 hour clock), which begins to blink.
8. Push SW/+ or TMR/- button to adjust hour.
9. Push REMIND/GO TO button to go to minute digit, which begins to blink.
10. Push SW/+ or TMR/- button to adjust minute.
11. Push REMIND/GO TO button to go to second digit, which begins to blink.
12. Push SW/+ or TMR/- to adjust second.
13. Push TRAIN/SET button to enter. LCD displays current time.

II. B OR V

1. Push SW/+ and REMIND/GO TO buttons together to go to B OR V **(Note: Push SW/+ first and then REMIND/GO TO).** LCD displays sub-modes B OFF and V OFF. Submode

B OFF begins to blink.

2. Push REMIND/GO TO button to go to B OR V.
3. Push SW/+ or TMR/- to scroll OFF or ON.
4. Push TRAIN/SET to enter. If you turn B ON, you are in sub-mode BEEP. Symbol of beep displays in the 4th line. If you turn V ON, you are in sub-mode VIBRATION. Symbol of vibration displays in the 4th line. If you turn off beep and vibration, both symbols of beep and vibration disappear. When you turn on B OR V, you will hear a bell or feel a vibration.

III. TRAINING

SPECIAL NOTES FOR TRAINING MODE

a. There are 19 preset messages in memory as follows:
BATHRM (bathroom); BE POS (be positive);

BREATH (breathe); COUGH; FOLDIR (follow directions); FOLRUL (follow rules); GIVPOS (give positive reinforcement); GOODJB (good job); HANDUP (raise hand); IGNORE; POSIMG (positive image); POSTUR (posture); PRAY; PYATTN (pay attention); RELAX; REST; SIT; STOP; STRTCH (stretch).

b. **There are two alarm schedules FIXED (every 2,3,5,10,15,20,30,45 or 60 minutes) or RANDOM (CPU randomly chooses from 2,3,5,10,15,30 and 60 minutes). You can shoose one of these (FIX or RDM) and the daily start (S) time and end (E) time.**

c. **Once the TRAINING mode is set, it operates simultaneously with other modes and repeats every 24 hours unless it is reset. An owner should delete a training setting before he/she sets a new one.**

d. If a TRAINING message is not responded to by pushing any button, except LIGHT and RESET buttons, it will come back with an alert in 30 seconds. This "snooze" feature is limited to one additional time.

e. If the start time is set before current time, the TRAINING mode will not work for that day and will be activated the next day.

f. If a TRAINING alert and a REMINDER alert are activated at the same time, TRAINING will win and REMINDER message will come on screen after TRAINING message disappears.

CREATING PERSONALIZED MESSAGES (3 maximum)

1. Push TRAIN/SET button to go to TRAIN. LCD displays sub-mode: NEW (create personalized message) DEL (delete personalized message)

11

SET (set up training mode) REV (review or delete current training mode set up) in the 2nd and 3rd lines. Sub-mode NEW begins to blink.

2. Push TRAIN/SET button to enter. LCD displays in the 3rd line the first six characters of the table of characters in memory. The 3rd character begins to blink.

3. Push SW/+ or TMR/- button to select a character you would like to use. This selected character begins to blink.

4. Push REMIND/GO TO button to enter. The selected character will appear in the 2nd line and it begins to blink again in the 3rd line. **(e.g. Enter "B" and "B" begins to blink again.)**

5. Repeat steps 3 and 4 until your personalized message appears in the 2nd line of the screen. **(Note: In editing a personalized message, an owner should delete the whole message to correct a mistake in case of an error.)**

6. Push TRAIN/SET button to enter the personalized message into memory. LCD returns to step 1.

7. Repeat the above steps 2 to 6 to create two additional personalized messages. The 3 personalized messages will be saved in memory before the factory preset messages.

8. Push SW/+ or TMR/- button to go back to current time while sub-modes appear.

DELETING PERSONALIZED MESSAGES

1. To delete a personalized message, push TRAIN/SET button to go to TRAIN. LCD displays sub-mode NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.

2. Push REMIND/GO TO button to go to sub-mode DEL.

3. Push TRAIN/SET button to enter. LCD displays

the first personalized message in the 2nd line, which begins to blink/scroll, and the second personalized message in the 3rd line. **(Note: If there is no personalized message in memory, the sub-mode DEL will not be activated.)**

4. Push REMIND/GO TO button to go to the personalized message you would like to delete.
5. Push TRAIN/SET button to delete it while it is blinking/scrolling. LCD returns to step 1.
6. Repeat steps 2 to 5 to delete the other 2 personalized messages if necessary.
7. Push SW/+ or TMR/- button to go back to current time while sub-modes appear.

SETTING UP TRAINING MODE

1. Push TRAIN/SET button to go to TRAIN. LCD displays sub-mode: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to

blink.

2. Push REMIND/GO TO button to go to sub-mode SET.

3. Push TRAIN/SET button to enter. LCD displays the first preset message in the 2nd line, which begins to blink/scroll, and sub-modes FIX RDM in the 3rd line.

4. Push SW/+ or TMR/- to select a message you would like to have (see note a. on P9-P10 above).

5. Push REMIND/GO TO button to go to FIX, which begins to blink in the 3rd line.

6. Push REMIND/GO TO button to go to fixed intervals if you would like to use FIX sub-mode. Fixed interval "3" begins to blink.

7. Push SW/+ or TMR/- button to select an interval (2,3,5,10,15,20,30,45 or 60 minutes) you would like to use and push REMIND/GO TO button to go to time setting. If you would like to use random sub-mode RDM, skip step 6 and push

SW/+ or TMR/- button to select sub-mode RDM while FIX is blinking. Sub-mode RDM begins to blink.

8. Push REMIND/GO TO button to go to time setting. (In random sub-mode, CPU randomly chooses from these time intervals:(3,5,10,15, 20,30 and 60 minutes.) The start hour digit begins to blink in the 2nd line. You will see a letter "S" (meaning start time) right before the hour digit and a letter "E" (meaning end time) right before the hour digit in the 3rd line.

9. Push REMIND/GO TO button to go to start hour digit (remember-24 hour clock), start minute digit, end hour digit or end minute digit you would like to adjust and push SW/+ or TMR/- to adjust them.

10. Push TRAIN/SET button to enter. LCD returns to step 1.

11. Push SW/+ or TMR/- to go back to current time

while sub-modes appear.

REVIEWING SETTINGS

1. To review/delete your settings, push TRAIN/SET button to go to TRAIN. LCD displays sub-mode: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.
2. Push REMIND/GO TO button to go to REV.
3. Push TRAIN/SET button to enter. LCD displays your selected message in the 2nd line and sub-mode REV DEL in the 3rd line with REV blinking.
4. Push TRAIN/SET button to review your setting item by item, or push REMIND/GO TO button to go to DEL while REV is blinking if you would like to delete a setting and push TRAIN/SET to confirm. LCD returns to step 1.
5. Push SW/+ or TMR/- button to go back to current time while sub-modes appear.

IV.   REMINDER

SPECIAL NOTES FOR REMINDER MODE

a. There are 59 preset messages in memory as follows:
BANK; BATH; BATHRM (bathroom); BCKPCK(backpack); BOOKS; CALL; CALHME (call home); CALWRK (call work); CATH (catheter); CHORES; CK APL (check appliance); CLEAN; COPYHW (copy homework assignment); COUGH; DESK; DO HW (do homework); DRESS; EAT; EMAIL; EXRCSE (exercise); GO BED; GO DR; GOHOME (go home); GO MTG (go meeting); GO WRK (go work); HELP; MAIL; MKFOOD (make food); MEDS1 (medication number one); MEDS2; MEDS3; MEDS4; MEDS5; MEDS6; ORGNZR (organizer); PAYBIL (pay bills); PET;

PLAY; PRAY; PRCTCE (practice); PU KID (pick up kids); READ; REST; SCHOOL; SNACK;STOP; STORE;STRTCH(stretch); STUDY; TEETH; TEST; TLKTCH(talk to teacher); TRASH;TURNHW(turn in homework); TV ; VIDEO; WAKEUP; WATER; WRITE.

b. You are allowed to set up to 30 reminder messages and you can use the same message multiple times. If two messages are activated at the same time, they will come on screen in turn. Once it is set, it operates simultaneously with other modes and repeats daily, weekly, monthly or annually as the case may be. It is recommended that you keep a written record of your reminder settings to facilitate revision of your reminder settings or in case your settings are lost.

c. If you set year, month, date and time for a reminder message, it will be activated on the

appointed time of the date in that particular year OR it will repeat annually underline without a year setting (00). If you set month, date and time for a reminder message, it will be activated on the appointed time of the date in that particular month OR it will repeat monthly underline without a month setting (00). If you would like to set a reminder message to repeat weekly, skip year, month and date (00) settings and set the day of week (01=Mon....07=Sun.) and time only.

IF YOU SET THE TIME ONLY FOR A REMINDER MESSAGE, IT WILL REPEAT DAILY.

d. If a REMINDER message is not responded to by pushing any button except LIGHT and RESET buttons, it will come back with an alert in 30 seconds. This "snooze" feature is limited to one additional time.

e. If an alarm time is set before current time, it

will not work for the day and will be activated the next day.

f. If a TRAINING alert and a REMINDER alert are activated at the same time, TRAINING will win and REMINDER message will come on screen after TRAINING message disappears.

g. If you use a pocket organizer or PDA, use the WatchMinder2 to remind you to check your organizer (ORGNZR). You can have greater detail of the task to be performed in your organizer.

CREATING PERSONALIZED MESSAGES (12 maximum)

1. Push REMIND/GO TO button to go to REMIND. LCD displays sub-mode: NEW (create personalized message) DEL (delete personalized message) SET (set up reminder mode) REV (review or delete current reminder mode set up)

in the 2nd and 3rd lines. Sub- mode NEW begins to blink.

2. Follow steps 2 to 8 under TRAINING to set your 12 personalized reminder messages.

DELETING PERSONALIZED MESSAGES

1. To delete a personalized message, push REMIND/GO TO button to go to REMIND. LCD displays sub-mode: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.

2. Follow steps 2 to 7 under TRAINING to delete your 12 personalized reminder messages.

SETTING UP REMINDER MODE

Please read Note c. on P19-P20 carefully before setting a reminder message.

1. Push REMIND/GO TO button to go to REMIND. LCD displays sub-mode: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.
2. Push REMIND/GO TO button to go to sub-mode SET.
3. Push TRAIN/SET button to enter. LCD displays the first preset message in the 2nd line, which begins to blink.
4. Push SW/+ or TMR/- to select a message.
5. Push REMIND/GO TO button to go to time setting. LCD displays YEAR: 00 (2nd line) MO: 00 (3rd line). Year digit begins to blink.
6. Push SW/+ or TMR/- button to adjust year or push REMIND/GO TO button to skip year (00). Month digit begins to blink.
7. Push SW/+ or TMR/- button to adjust month or push REMIND/GO TO button to skip month (00). Date digit begins to blink.

8. If you would like to set a reminder message for it to repeat weekly, push REMIND/GO TO button again to skip date (00) and the week digit (01=Mon....07=Sun.) begins to blink.

9. Push SW/+ or TMR/- button to adjust day of a week (01-07) and push REMIND/GO TO button to go to hour digit. Hour digit begins to blink.

10. Push SW/+ or TMR/- to adjust hour and push REMIND/GO TO button to go to minute digit. Minute digit begins to blink.

11. Push SW/+ or TMR/- button to adjust minute and push TRAIN/SET to enter. LCD returns to step 1. You are ready to set the other reminder message. **(Note: The reminder settings are saved in the order that a reminder message is set.)**

12. Push SW/+ or TMR/- button to return to current time while sub-modes appear.

REVIEWING SETTINGS

1. To Review/delete your settings push REMIND/GO TO button to go to REMIND. LCD displays sub-mode: NEW DEL SET REV in the 2nd and 3rd lines. Su-mode NEW begins to blinks.

2. Push REMIND/GO TO button to go to sub-mode REV.

3. Push TRAIN/SET button to enter. LCD displays the first selected message in the 2nd line and sub-mode REV DEL in the 3rd line with the first selected message blinking/scrolling.

4. Push SW/+ or TMR/- to select the selected message you would like to review/delete. **(Note: You can push REMIND/GO TO button to view the number of a setting while your selected message appears.)**

5. Push TRAIN/SET button to review your setting

item by item, or push REMIND/GO TO button to go to DEL if you would like to delete a setting and push TRAIN/SET to delete it. LCD returns to step 1.

6. Push SW/+ or TMR/- button to go back to current time while sub-modes appear.

V. TMR (You can set TMR up to 99 hours 59 minutes and 59 seconds)

1. Push TMR/- button to go to TMR. LCD displays second digit in the 2nd and 3rd lines to the right, minute digit in the 3rd line to the left and hour digit in the 2nd line to the left. The hour digit begins to blinks.

2. Push SW/+ or TMR/- to adjust hour digit or push REMIND/GO TO button to go to the minute digit or second digit you would like to adjust, which begins to blink.

3. Push SW/+ or TMR/- to count up or down to the number you would like to have. Push REMIND/GO TO button to advance to the next item you would like to adjust and push SW/+ or TMR/- to count up or down to the number you would like to have. Repeat until you set the countdown time you wish.

4. Push TRAIN/SET button to start countdown.

5. If you would like to engage an automatic repeat feature, skip step 3 and 4 and push REMIND/GO TO button until REPEAT notation "R" appears in the first line. **(Note: Push REMIND/GO TO button again to turn off repeat feature.)**

6. Push TRAIN/SET button to start countdown.

7. Push TMR/- button to pause and to stop the TMR. Push TMR/- button again to continue.

8. Bell or vibration goes off at the end of countdown and the countdown function repeats after alert if repeat feature is engaged. The TMR is turned

off automatically at the end of alert and LCD returns to current time.

9. Push SW/+ button to reset to zero during countdown and the TMR is ready to be set again or push TRAIN/SET button to interrupt and to go back to current time during countdown.

Note: TRAIN or REMIND will win if it is activated while the TMR is running, and the TMR will be turned off automatically.

VI. SW

(You can time an event up to 99 hours, 59 minutes, 59 seconds and 99/100 second.)

1. Push SW/+ button to go to SW. LCD displays hundredth of second digit: 00 at the far right hand corner, second digit: 00 in the 2nd and 3rd

lines to the right, minute digit: 00 in the 3rd line to the left and hour digit: 00 in the 2nd line to the left.

2. Push SW/+ button to start the SW.
3. Push TMR/- button to pause and to stop the SW. Push TMR/- button again to continue.
4. Push SW/+ button to pause and to stop the SW and push SW/+ again to reset to zero. The SW is ready to be re-started again. Push TRAIN/SET button to interrupt and to go back to current time.

Note: TRAIN or REMIND will win if it is activated while the SW is running, and the SW will be turned off automatically.

WARRANTY

The WatchMinder2 is warranted to be free of manufacturing defects for one year from the date

of purchase. This warranty does not apply to any watch which has been misused, neglected or damaged in an accident or in the replacement of batteries, or the back cover of the watch. The warranty is void if the watch has been tampered with by any person other than an authorized service center of WatchMinder2. The owner assumes full responsibility for damages incurred while changing batteries, the back cover and the wrist band. Should you experience a manufacturer's defect during the warranty period, please ship the watch to WatchMinder2 at the address listed below, in a secure package with original packing materials and with a copy of the original invoice showing date of purchase. Your package should be insured. Please indicate the problem with the watch. Also include $6.00 in check, money order or credit card to cover the return shipping charges.

Ship to: WATCHMINDER
PMB #278
5405 Alton Parkway #5A
Irvine, CA 92604-3718 USA

IF YOU NEED TECHNICAL SUPPORT, CALL 800-961-0023.

WATCHMINDER2 DOES NOT ASSUME RESPONSIBILITY FOR AN INCIDENTAL OR CONSEQUENTIAL DAMAGES, INCLUDING WITHOUT LIMITATIONS, DAMAGES OR INJURIES RESULTING FROM INACCURACY OR FAILURE OF THIS WATCH. THE WATCHMINDER2 IS NOT A SUBSTITUTE FOR PROFESSIONAL HELP. PLEASE USE THIS DEVICE IN CONSULTATION WITH YOUR DOCTOR OR CLINICIAN.

IF YOU BOUGHT THE WATCH FROM A COMPANY OTHER THAN WATCHMINDER,

INC., PLEASE CONTACT THEM DIRECTLY FOR A REFUND.

30 DAY MONEY BACK GUARANTEE (APPLIES ONLY TO WATCHES PURCHASED DIRECTLY FROM WATCHMINDER, INC.). YOU MAY RETURN THE WATCHMINDER2 FOR A REFUND OF THE PURCHASE PRICE WITHIN 30 DAYS AFTER RECEIVING THE WATCH. TO OBTAIN THE REFUND, YOU MUST CALL 800-961-0023 (2#) AND GET A RETURN AUTHORIZATION UNMBER. RETURN THE WATCH WITH ALL PARTS AND PACKING MATERIALS, FREIGHT PREPAID, WITH A COPY OF THE ORIGINAL INVOICE. YOU MUST PAY THE SHIPPING BOTH WAYS.

WATCHMINDER2 IS THE REGISTERED TRADEMARK OF WATCHMINDER, INC.
US PATENT NUMBER 5,861,797 AND OTHER PATENTS PENDING.