

Quick Set-Up Guide

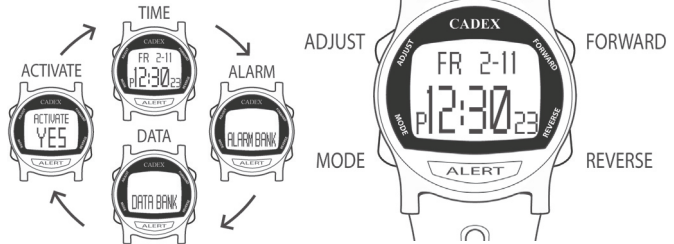
e-pill® CADEX®

12 Alarm Medication Reminder & Medical Alert Watch



Please follow these instructions for a quick set-up. For full description of usage and settings please see the instruction manual included with your **e-pill CADEX Alarm Watch**.

The watch has four (4) different modes. To change from one mode to another, press **MODE** repeatedly.




TIME Set Time & Date

1. Press **MODE** repeatedly until the time and date appears if not already shown.
2. Press and hold **ADJUST** until Hours digits start to flash. Press **FORWARD** or **REVERSE** to select the Hour. Please note the **P** for PM and **A** for AM.
3. Press **MODE** to record the Hour.
4. Press **FORWARD** or **REVERSE** to select the Minutes.
5. Press **MODE** to record the Minutes.
6. Repeat the steps to set the Seconds, Year, Month and Date.
7. Press **ADJUST** to accept your settings and return to **TIME** mode.



ALARM Set Your Alarm Times

1. Press **MODE** repeatedly until **ALARM BANK** appears.
2. Press **FORWARD** to bring you to AL1 (Alarm 1) or to the alarm you want to set. You may set up to twelve (12) daily auto repeating alarms.
3. To set Alarm 1, Press and Hold **ADJUST** until AL1 starts to flash.
4. Press **FORWARD** and the Alarm Symbol  will appear above AL1. **YOU MUST SEE THIS SYMBOL IF YOU WANT THE ALARM TO BEEP.**
5. Press **MODE** to record the Alarm Symbol.
6. Press **FORWARD** or **REVERSE** to select the Alarm Hour.
7. Press **MODE** to record the Alarm Hour.
8. Press **FORWARD** or **REVERSE** to select the Alarm Minutes.
9. Press **ADJUST** to accept your settings. To set more alarms (AL2 up to AL12) press **FORWARD** and repeat. To get back to **TIME** display, press **MODE** three times.
10. To set a Text Message for each Alarm, please see next page (optional).



When an Alarm Goes Off

Take your medications and press either **FORWARD** or **REVERSE** to turn off the Alarm.

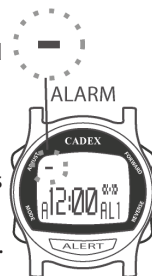
ALARM TEXT Set Alarm Text Messages (Optional)

You can set an optional Text Message (up to 36 characters long) for each of the 12 alarms. If you are not already in the **ALARM BANK** display, redo steps 1-3 in previous section to bring you to the Alarm (AL1 up to AL12) you want to set a Text Message for.

1. Press **MODE** repeatedly until a blinking line (cursor) appears.
2. Spell the message by pressing **FORWARD** or **REVERSE** to select each desired letter, number, character or space between words.

Possible Characters: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
0 1 2 3 4 5 6 7 8 9 . # + - ! [space]

3. Press **MODE** to move to the next character. To go back and correct a previous character, press and hold **MODE** and the cursor will go backwards.
4. Once Text Message is entered completely, press **ADJUST** to accept your settings. To set more Text Messages press **FORWARD** and repeat.
5. To get back to **TIME** display, press **MODE** three times.

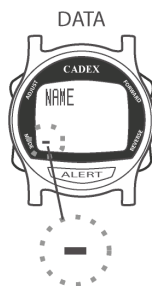


DATA Enter Your Medical Alert (ICE) Information

1. Press **MODE** repeatedly until **DATA BANK** appears.
2. Press **FORWARD** until **NAME** or the Data you want to enter appears.
3. Press and Hold **ADJUST** until a blinking line (cursor) appears.
4. Enter your Data by pressing **FORWARD** or **REVERSE** to select desired letter, number, character or space between words.
5. Press **MODE** to move to the next character. To go back and correct a previous character, press and hold **MODE** and the cursor will go backwards.
6. Once **NAME** is entered completely, press **ADJUST** to accept your settings.
7. To enter your next Data, press **FORWARD** and repeat.

Possible Data: NAME, ALERT (Medical Condition), ALLERGIC, DOCTOR, CONTACT, BLOOD (Type), BIRTHDAY, INSURER, POLICY#, S.S.# (Optional), CREDIT CARD#

8. To get back to **TIME** display, press **MODE** two times.



ACTIVATE Turn ON All Alarms

With the **ACTIVATE** setting you can choose to have your Alarms to beep (**YES**) or to be quiet (**NO**). The quiet mode (**NO**) can be used during sensitive occasions such as in church or during meetings.

1. Press **MODE** repeatedly until **ACTIVATE** appears.
2. Press **FORWARD** or **REVERSE** to select **YES** for **ALL ALARMS TO BEEP** or **NO** for **ALL ALARMS TO BE QUIET**.
3. To get back to **TIME** display, press **MODE** one time.



Reset ALL Settings

If you want to start over with your settings, or if you have changed the battery, you must **RESET** the watch by pressing and holding down all four (4) buttons on the side at once for five (5) seconds.

NOTE: THIS WILL ERASE ALL YOUR SETTINGS.