

Quick Guide for e-pill® MeDose Watch

**MeDose
Six (6) Alarm
Vibrating
Medication
Reminder
Watch**

Simple as A, C, D (forget B for now)!

Your time and date are set.

Follow these simple directions and you will easily learn how to set your alarms.

Your setting controls are the A, B, C, and D buttons around the watch. For most of your alarm settings, you will rely on A, C, and D.

First, select between vibration and sound. Press and Hold **A** to select between sound and vibration. When the watch is set on vibration, a small "W" will appear in the upper left just below the letter D.

To set your first alarm, Press and Hold **C** until the watch displays **AL1**. Next, the watch will show the time.

Press and Hold **D**. First the backlight will show, then the hour will flash.

While the number flashes, Press and toggle **A** to change the hour. When you reach the selected hour, Press **C** and the minutes will flash. Again, Press and toggle **A** until you reach the selected minutes.

The alarm is set when you see the word **ON** to the right of the time in the alarm mode. If your watch does not display the word **ON**, you need to Press **A**. This button will switch the watch between **ON** and **--**. If the **--** is displayed then your watch will not alert at that time.

When you finish setting the alarm time, Press **D** to stop the flashing. Then, Press **C** until the watch displays the Time (first it shows Tmr, then Chron).

If you need to set more than one alarm, move to the next alarm by Pressing **B**. Begin again with your setting instructions.

If you have returned to the Time, Press **C**. Then, Press **B** to switch from **AL1** to **AL2** to **AL3**, etc...



(photo of watch)

Tips and Quick Troubleshooting

Test: Set your watch alarm for a time within ten minutes of the present time.

If your watch does not alarm, make certain the time of day is correct (PM will show). Also, be certain that the alarm is **ON**.

If the watch is set for 6 am, the watch will display 6:00 **ON**.

If the watch is set for 6 pm, the watch will display 6:00 **PM ON**.



The e-pill MeDose watch set for a 6:00 PM reminder with indicator **ON** visible in lower right corner.



Quick-Set Directions.

- Press and Hold **C**. **1**
You will see AL1.
- Press and Hold **D**. **2**
Hour will flash.
- Press & toggle **A** **3**
to change hour.
- Press **C**. Minutes **4**
will flash.
- Press & toggle **A** **5**
to change
- Press **D** to stop **6**
the flashing.

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Your MeDose Watch is one of many medication reminder devices available from e-pill Medication Reminders.

Call our customer service with any questions about this watch or to learn about other e-pills.

e-pill, LLC
49 Walnut Street Bldg 4
Wellesley, MA 02481, USA
Phone +1 781 239-2941
Toll-free 1-800-549-0095

www.epill.com