OPERATING INSTRUCTIONS

e-pill® Vibrating
12 Alarm Pager
MEDICATION REMINDER

Re-order information:
e-pill Vibrating 12 Alarm Pager SKU: 771085
includes pager, belt clip, leather pouch, manual and batteries
e-pill Vibrating 12 Alarm Pager
General Information

Thank you for purchasing an e-pill Medication Reminder. This section provides important general information about your new e-pill Vibrating 12 Alarm Pager. In this manual we will refer to your e-pill Medication Reminder device as the “Vibrating Pager Reminder”.

Beep or Vibration Switch (B O V)
Your Vibrating Pager Reminder has a switch on the side labeled B O V. This switch is used to make the Vibrating Pager Reminder Vibrate (V), Beep (B) or turn off the alerts Off (O). The Vibrating Pager Reminder cannot beep and vibrate at the same time (see picture).

Timer and Alarms - Your Vibrating Pager Reminder has many timing modes

Press the MODE (red) key to toggle between timing modes

12 Alarms (ALARMS SET) – You can set up to 12 different alarms to vibrate or beep at various times during the day. Use the ENTER button to scroll through set alarms – alarms are displayed in order of next to signal. Any alarm programmed in this mode will signal no matter what other mode the unit is in. No alarm reset is required—the alarms will repeat every day. This is the mode patients find most helpful.

Count Down Timer (TIMER SET) – (This option is often used by Parkinson’s patients) You can set it to alert once, or set it to repeat itself, vibrating or beeping at any interval you choose for as long as you like. Use for simple timing or for pacing any repetitive need. Great for building new habits, as a memory aid or for pacing presentations.

Meeting Timer / Interval Timer (MEET-TIMER) – Vibrates at the halfway point, again five minutes before time’s up, and at time’s up, for any time interval you set between 10 – 120 minutes. Each of the three vibrations is distinct. Once time’s up, the Meeting Timer automatically resets and repeats on the half hour or hour, depending on the setting. Great for meetings, counseling sessions or presentations.

Custom Timer (CUSTOM TMR) – Use to set any countdown time of up to 60 minutes, and program with up to six custom alerts to go off at any time in this period. You can also set it to repeat, or count-up after countdown is complete.

Stopwatch (STOP-WATCH) – The Stopwatch can be used for counting time for any event. No alarm can be set with the Stopwatch, however, any alarm that has been set in the 12 Alarms mode will signal if the unit is in the Stopwatch mode.

Adjustments
Time and Date adjustment (TIME & DATE) is used to set the time, date and year. Vibration and Beep adjustment (VIB & BEEP) is used to set the vibration intensity, the beep volume and number of beeps.

Limited Warranty

The Manufacturer warrants this timer is free from defects in material and workmanship that result in product failure during normal use, according to the following terms and conditions: The limited warranty for this product extends for 1 year beginning on the date of purchase of the product. The limited warranty extends to the original purchaser of the product and is not assignable or transferable to any subsequent purchaser/user. During the limited warranty, TNC will repair, or replace the timer unit, at TNC’s option; or replace any defective parts, or any parts that will not properly operate for their intended use with new items if such repair or replacement is needed because of product malfunction or failure during normal usage. No charge will be made to the consumer for any such parts or repair labor. The limited warranty does not cover defects in appearance, cosmetic, decorative or structural items. TNC shall not be liable for any other losses or damages. These remedies are the consumer’s exclusive remedies for breach of warranty. The consumer shall have no coverage or benefits under this limited warranty if any of the following conditions are applicable: (a) The product has been subject to abnormal use, abnormal conditions, improper storage, exposure to moisture or dampness, unauthorized modifications, unauthorized repair, misuse, neglect, abuse, accident, alteration, improper installation, or other acts which are not the fault of TNC, including damage caused by shipping; (b) the product has been damaged from external causes such as collision with an object, or from fire, flooding, sand, dirt, wind-storm, lightning, earthquake or damage from exposure to weather conditions, an Act of God, or battery leakage, or theft. If a problem develops during the limited warranty period, the consumer shall take the following procedure: Return the product to TNC, 207 Terrace Ave., San Rafael, CA 94901. Include a return address, phone #, description of the problem. TNC will repair or replace the product under the limited warranty within 15 days after receipt of the product by TNC. TNC shall not be liable for special, incidental or consequential damages, including but not limited to, loss of anticipated benefits or profits, loss of savings or revenue, punitive damages, loss of use of the product or any associated equipment, cost of capital, cost of any substitute equipment, downtime, the claims of any third parties including customers, and injury to property, resulting from the purchase or use of the product or arising from breach of the warranty, breach of contract, negligence, strict tort, or any other legal or equitable theory, even if TNC knew of the likelihood of such damages. TNC shall not be liable for delay in rendering service under the limited warranty, or loss of use during the period that the product is being repaired.

Manufacturer:
TNC, 207 Terrace Avenue, San Rafael CA 94901, USA
12-Second Delay
When entering a timing or adjustment mode, you have twelve seconds to enter a new setting. If you make no change within 12 seconds, the display will revert back to the mode name – if this happens, simply press the ENTER button again to return to the mode being set and begin programming again. One push of the light button and the light stays on for 10 seconds and then turns off automatically. It cannot be turned off manually.

Key Lock for Timer, Meeting Timer and 12 Alarms
To protect settings from accidental erasure (by accidental button presses) the Vibrating Pager Reminder has a “button auto-lock” feature for the Timer, Meeting Timer, Custom Timer and the 12 Alarms. The “button auto-lock” only becomes active when one of these three timer functions is programmed. To override this feature and change a setting, both the ENTER and SET buttons must be pressed simultaneously (see operation instructions for details).

Meeting Timers – How to start the Timers
When you enter into the “TIMER SET” and “MEET-TIMER” modes by pressing ENTER button, one additional button-press is required before the timer can be started. For example, after entering into one of these timer modes by pressing ENTER, you may see a setting on the display that you would like to use. Simply press the MODE button and the timer will begin.

Care of Your Vibrating Pager Reminder

Batteries
Your Vibrating Pager Reminder uses one alkaline AAA battery. Rechargeable batteries of any type are not recommended. If you need to replace the battery and no alkaline battery is available, you may use an ordinary or “heavy-duty” traditional carbon-zinc battery. These types will work, but the useful life will be shorter. Never use a battery that shows signs of leakage. How long a battery will last depends upon how often the light and the alarms are used - these functions consume the most electricity from the battery. An alkaline battery should last for approximately 3-9 months. The e-pill Vibrating Pager will retain your programming for a short time (30 seconds to 1 minute) while you change your battery.

Keep your Vibrating Pager Reminder safe
Ensure that your Vibrating Pager Reminder is not exposed to excessive heat. Avoid keeping the e-pill in direct sunlight, near a radiator, in the glove compartment of your car, or in other hot places. Your Vibrating Pager Reminder is neither waterproof nor water-resistant. Your warranty does not cover damage caused by heat, a leaking battery, or liquids.

Cleaning
The Vibrating Pager Reminder, and its garment clip, may be safely cleaned with ordinary isopropyl rubbing alcohol (do not use on the leather pouch). Liquids must not be allowed to enter the device.
Many Uses for the Vibrating Pager Reminder

- Your Vibrating Pager Reminder is great for reminding you to take medications (Rx/OTC) or vitamins. You can set multiple Alarms (up to 12 daily alarms—no reset required) for this purpose, or you can use the Timer set to repeat (R) the interval between medication doses.
- Use the Meeting Timer to track time during meetings, presentations, or during any interval from 10 to 120 minutes.
- Use the Timer function to time anything; cooking, exercise, meditation, work projects…
- Use your Vibrating Pager Reminder to practice a new habit. Set the Timer to any interval you’d like, then to repeat (R), and you will be reminded to practice your new habit over and over.
- Use multiple Alarms to structure the many things you have to remember throughout the day.
- Use your Vibrating Pager Reminder as a silent alarm clock. Set an Alarm time and vibration to 1=low and place under your pillow. Be sure to set vibration switch to V for vibration.
- Use the Stopwatch to count billable time on work projects.
- The Vibrating Pager Reminder is perfect for people with attention deficit disorders (ADD/ADHD), memory problems, or people who have a hard time hearing an audio alarm.
- Excellent for psychotherapists, counselors, MD’s, lawyers, accountants, masseuses, physical trainers, physical therapists, business people, teachers, speakers, chiropractors, chefs, lab personnel, shop workers….
Operating Modes

Your Vibrating Pager Reminder has seven operating modes (accessed by the Mode button) as described on the following pages.

1. **Time and date adjustment** (TIME & DATE): Use to set time and date.
2. **Vibration and Beep adjustment** (VIB & BEEP): Use to adjust Vibration Speed (1 = low, 2 = medium, 3 = high), Beep Volume (1-3), Number of beeps (1-6).
3. **12 Alarms** (ALARMS SET): Use to set up to 12 alarms in a 24-hour period. Alarms programmed in this mode will signal no matter what other mode the unit is in.
4. **Timer** (TIMER SET): Use for simple timing or to repeat a time over and over.
5. **Custom Timer** (CUSTOM TMR): Use to set any countdown time of up to 60 minutes, and program with up to six custom alerts to go off at any time in this period. Can also set it to repeat, or count-up after countdown is complete.
6. **Meeting Timer** (MEET-TIMER): Use for meetings, presentations or to track time during any interval. The Meeting Timer vibrates at ½ way, at 5 minutes before time’s up, and at time’s up, for any time interval set between 10–120 min.
7. **Stopwatch** (STOP-WATCH): use to count time for any event.

**Setting Protection:** (Setting protection engage automatically)

To protect the Timer, Meeting Timer and Custom Timer settings from erasure by accidental button presses, the Vibrating Pager Reminder has a "button auto-lock" feature (which engages automatically). To **exit from the Timer or Meeting Timer** you have to press the two middle buttons simultaneously, and then press the Mode button to exit. To **exit from the Custom Timer** you only have to press and hold the two middle buttons simultaneously for 2 seconds.
1. **Time, Date and Daylight Saving Settings**

The e-pill Vibrating Pager Reminder will automatically adjust the time for daylight saving time; please see details below on how to turn this feature on or off. **(TIP: Hold Set button down to rapidly advance counting)**.

2. **Vibration Speed, Beep Volume and Number of Beeps**

Vibration Speed (1 = low, 2 = medium, 3 = high), Beep Volume (1-3), Number of beeps (1-6). **(Factory settings are Vibration = 3; Beep volume = 3; Beep number = 3)**

<table>
<thead>
<tr>
<th>Time Date</th>
<th>pm5:12</th>
<th>pm6:12</th>
<th>pm6:12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TIME &amp; DATE</strong></td>
<td>SET TIME</td>
<td>SET TIME</td>
<td>SET TIME</td>
</tr>
<tr>
<td>Advance to</td>
<td>Press twice, hours will blink</td>
<td>Select hour (note AM/PM)</td>
<td>Advance to minutes</td>
</tr>
<tr>
<td>Time &amp; Date</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pm6:15</td>
<td>8:14</td>
<td>9:14</td>
<td></td>
</tr>
<tr>
<td>SET TIME</td>
<td>SET TIME</td>
<td>SET TIME</td>
<td></td>
</tr>
<tr>
<td>Adjust minutes</td>
<td>Advance to month</td>
<td>Select month</td>
<td>Advance to day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.15</td>
<td>Year = 2003</td>
<td>Time Date YEAR = 2003</td>
<td></td>
</tr>
<tr>
<td>SET TIME</td>
<td></td>
<td>Time Date YEAR = 2003</td>
<td></td>
</tr>
<tr>
<td>Adjust Day</td>
<td>Advance to Year</td>
<td>Select Year (do not push if correct year is shown)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time Date</td>
<td>DAY.SAV = Y</td>
<td>Time Date</td>
<td>DAY.SAV = on</td>
</tr>
<tr>
<td>D A Y. S A V - ?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hold for 3 seconds to access daylight savings time on/off</td>
<td>Press to turn daylight savings time on or off</td>
<td>ON = on OFF = T?</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time Date</td>
<td>VIB &amp; BEEP</td>
<td>Time Date</td>
<td>VIBRATE: 3</td>
</tr>
<tr>
<td>V I B &amp; B E E P</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advance to Vib &amp; Beep Mode</td>
<td>Enter Adjustment mode</td>
<td>Adjust vibration</td>
<td>Advance to beep volume</td>
</tr>
</tbody>
</table>

**Q&A**

**e-pill Vibrating 12 Alarm Pager**

1. **The Unit appears stuck in the Timer or Meeting Timer:** try pushing the two middle buttons simultaneously (just for a second) until the display blinks, and then press the mode button to exit. **To EXIT the Custom Timer, press and hold the two middle buttons for 2 seconds.**

2. **The Meeting Timer does not appear to be working:** The Meeting Timer does not show countdown when in operation. It only shows "ON" and the total time of the meeting or interval set.

3. **No alert is vibrating for the Meeting Timer:** Make sure you have a meeting time set & the Meeting Timer is ON; the display should show for example: “ON 00:45”. Also, make sure the vibration switch on the side of the unit is set to “V” for vibration.

4. **The vibration strength is not strong enough:** Try setting the vibration to “3, high”. See “1. How to set vibration speed…” on page 6. You can also try to change battery. Make sure to use an alkaline battery. **Note: The e-pill Vibrating Pager will retain your programming for a short time (30 seconds to 1 minute) while you change your battery.**

5. **Alarms do not appear to organize correctly when setting multiple alarms:** The unit automatically organizes the set alarms in the order of next to go off. So when you set or check your alarms, the unit will display Alarm 01 as the next to signal, and Alarm 02 as the next after that one and so on.

6. **You cannot enter the Alarms mode to set alarms:** Hold down the Enter button for 3 seconds to enter the Alarms mode (this protects alarms from accidental erasure).

7. **The vibration is too long for the Timer and Alarms:** Vibrations in these modes = 20 seconds. To stop the vibration, push any button. In the Alarms mode, one push of the "Lite" button stops the alert and also engages the snooze feature, and an alert will signal again in 5 minutes.

8. **Can I set alarms with the stop watch:** The Stopwatch cannot be used to set an alarm.

9. **When do I change the Battery:** The battery is low when the backlight becomes dim and the vibration is noticeably slower / or the beep volume is lower. **The e-pill Vibrating 12 Alarm Pager will retain your programming for a short time (30 seconds to 1 minute) while you change your battery.**
MEETING TIMER NOTES:
1. Once a meeting time is started, it will repeat every 1/2 hour for durations of 10-30 minutes, and repeat every hour for durations of 31-60 minutes, and repeat every other hour for durations of 61-120 minutes. For example, program a meeting time of 50 minutes and start it on the hour, it will go for 50 minutes, wait 10 minutes and then begin again on the next hour. If you start this 50 minute meeting time at 10 minutes after the hour, it will go for 50 minutes, wait 10 minutes and begin again at 10 minutes after the next hour.
2. Meeting times of 30, 60, 120 minutes will repeat back to back automatically. For all other meeting times, there will be a space before the meeting timer repeats. For example, for a meeting time of 25 minutes, it will go for 25 minutes, wait 5 minutes and begin again. For a meeting time of 40 minutes it will go for 40 minutes, wait 20 minutes and begin again. If you want a meeting time to repeat back to back and it is not 30, 60 or 120 minutes, you will need to restart the meeting timer manually at the end of each meeting time by pressing the two middle buttons simultaneously, and then pressing the Enter button to re-start the meeting timer at that time.
3. When the meeting timer is in operation, it does not show countdown. It only shows "ON" and the total meeting duration.

7. Stopwatch
(TIP: You can start the Stopwatch and then leave this mode and it will continue to count. If you do not need the stopwatch to run while using other functions, stop it before leaving this mode.)

3. Alarm Settings
Up to 12 Daily Alarms may be set. NOTE: The Alarm auto-protect feature requires that you hold the Enter button down for 3 seconds to enter the Alarms mode.

TIP 1: To set multiple alarms or to check your alarms, use the Enter button to scroll through the alarms. To set additional alarms go to a blank setting, then continue as described above.

TIP 2: Vibration alert = 20 seconds. Press any button to stop alert. If you press the Lite button, it stops the alarm and engages the snooze feature - see Note 3 below about the snooze button.
Note 1. A set alarm will signal in all other modes unless alarm switch (on side of unit) is set to O (off). An alarm remains set after its time has passed, and will sound again every successive day until it is erased.

Note 2. Set alarms are automatically organized in the order of next to go off, according to the time of day. In other words, when you check your set alarms, ALARM 01 will be the next to signal, then ALARM 02...etc.

Note 3. SNOOZE button - When an alarm signals, press the light button to turn off the alarm and engage the snooze feature; the alarm turns back on automatically after 5 minutes. You can only do this once with each alarm.

Erasing an Alarm: To erase an existing alarm, (a) use the Mode button to advance to “ALARMS SET”; (b) use the Enter button to select the number of the alarm that you wish to erase; (c) Press both the Enter and Set buttons simultaneously. This will erase the alarm’s time, and therefore will erase the alarm itself.

Changing the Time of an Existing Alarm: To change the time of an existing alarm, (a) use the Mode button to advance to “ALARMS SET”; (b) Use the Enter button to select the number of the alarm that you wish to modify; (c) Use the Set button to change the minutes, then press the Enter button to shift to the hours, which you may change with the Set button; (d) Press the Mode button to accept the change.

4. Count Down Timer Settings
The Timer can be set to countdown once, or set to repeat over and over.

When the meeting timer is in operation, it does not show countdown. It only shows "ON" and the total meeting duration.

Once a meeting time is started, it will repeat every 1/2 hour for durations of 10-30 minutes, and repeat every hour for durations of 31-60 minutes, and repeat every other hour for durations of 61-120 minutes.

TIP #1: The meeting time that was last programmed is saved when you exit. When you return to this mode and wish to re-use this meeting time, follow these steps.

TIP #2: To ERASE a meeting time go to MEET-TIMER, press Enter, press Set; this will erase the last used meeting time and allow you to set a new time by pressing Set again. Hold Set button down for rapid counting.
NOTES for the Custom Timer:
1. When programming, if you have selected all the alerts you need, you can press Mode at any time to save your programming. To start the timer, press Enter once, then Mode once.
2. Once the custom timer is programmed, it will remain programmed until all programming is erased.
3. To restart timer after countdown completes for one-time countdown or for count-up, press M to restart (at any time during count-up).
4. Set any alert to 1 second to have a signal at end of countdown.
5. From "CUSTOM TIMER" you can press Enter and wait until ready to start countdown by pressing Mode.

6. Meeting Timer
Set for any time between 10 minutes and 120 minutes. Signals at 1/2 way through, 5 minutes before the end, and at the end of meeting time. Each signal is unique. Repeats on the 1/2 hour, 1 hour, or every 2 hours.

5. Custom Timer
You can program up to 6 unique alerts to signal anywhere within the countdown time. Set a countdown time of from 2 seconds to 60 minutes. Then within this time, program up to 6 unique alerts to signal at any time within the countdown time period. The countdown time period can be set to countdown once, or set to repeat over and over, or set for a count-up after countdown is finished (so you can see how much time has elapsed since countdown completed).
STEP 2: Program up to 6 alerts within countdown time

Alert A = 5 second vibration... or if alert switch (on the side of the unit) is set to beep = 1 beep
Alert B = 5 second vibration, 5 second space, 5 second vibration... or... = 2 beeps
Alert C = 10 second vibration... or... = 3 beeps
Alert D = 10 second vibration, 7 second space, 10 second vibration... or... = 4 beeps
Alert E = 20 second vibration... or... = 5 beeps
Alert F = 2 second vibration... or... = 6 beeps

Stop Countdown

This action stops the timer and puts it in the ready position to start again

STEP 3: Set to One Countdown, to Repeat, or to Count-Up

Alert A = 5 second vibration... or if alert switch (on the side of the unit) is set to beep = 1 beep
Alert B = 5 second vibration, 5 second space, 5 second vibration... or... = 2 beeps
Alert C = 10 second vibration... or... = 3 beeps
Alert D = 10 second vibration, 7 second space, 10 second vibration... or... = 4 beeps
Alert E = 20 second vibration... or... = 5 beeps
Alert F = 2 second vibration... or... = 6 beeps

Alert A

Alert B

Alert C

Alert D

Alert E

Alert F