

Quick Guide for **e-pill**[®] CADEX[®] Alarm Watch

As easy as 1-2-3-4

Your setting controls are **ADJUST**, **FORWARD**, **REVERSE** and **MODE**. Let's get started!



1. Set Time & Date (CLOCK)

1. Press and Hold **ADJUST** until *Hour* starts to flash then
2. Tap **FORWARD/REVERSE** to set current hour
3. Press **MODE** and *Minute* will flash then
4. Tap **FORWARD/REVERSE** to set current minutes
5. Press **MODE** and *Seconds* will flash then
6. Tap **FORWARD/REVERSE** to set current seconds (not necessary)
7. Press **MODE** and *Year* will flash then
8. Tap **FORWARD/REVERSE** until current year is set then
9. Press **MODE** and *Month* will flash then
10. Tap **FORWARD/REVERSE** until current month (1=Jan, 2=Feb etc.) is set
11. Press **MODE** and *Date* will flash then
12. Tap **FORWARD/REVERSE** until current date (1-31) is set then
13. Press **ADJUST** to save time & date settings ("stores your settings").

2. Set your Alarms (ALARM BANK)



1. Tap **MODE** until **ALARM BANK** appears then
2. Press **FORWARD** this will 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 your alarm, Press and Hold **ADJUST** until AL1 starts to flash
4. Press **FORWARD** and symbol ((.)) will appear above AL1 (**this symbol indicates your alarm is turned ON**)

5. Press **MODE** and *Hour* will flash then
6. Tap **FORWARD/REVERSE** until the desired alarm hour is reached
7. To set alarm minutes or text, press **MODE** and *Minute* will flash
8. Tap **FORWARD/REVERSE** until the desired alarm minute is reached

To set an Alarm Text Message (up to 36 characters long) for AL1 (or any alarm), go to step #9. If not skip to step #11.

9. Press **MODE** and a blinking line (“cursor”) will appear above the hour. Spell the message by pressing **FORWARD /REVERSE** to select each desired letter (Possible letters / Caps only); ABCDEFGHIJKLMNOPQRSTUVWXYZ0123456789.#+-[space]
10. Press mode after each Letter (“move one space to the right”) until the entire message is complete
11. Press **ADJUST** to save AL1 (“stores your settings”).

To set more alarms (AL2, AL3, AL4 up to AL12) tap FORWARD and repeat.

3. Enter your Medical Alert Information (DATA BANK)



1. Tap **MODE** until **DATA BANK** appears then
2. Tap **FORWARD** until *NAME* appears
3. Press and Hold **ADJUST** until a blinking line (“cursor”) appears
4. Spell the patient’s name by pressing **FORWARD/REVERSE** to select desired letter (possible letters see above)
5. Press **MODE** to move to the next letter
6. Once *NAME* is entered completely, press **ADJUST** to save setting (*very important*).

To enter all your Electronic Medical Alert information, simply tap FORWARD and repeat.

Information that can be kept in the Medical Alert Data Bank is: NAME, ALERT, ALLERGIC, DOCTOR, CONTACT, BLOOD, BIRTHDAY, INSURER, POLICY#, S.S.#, CARD#

4. Turn ON all Alarms (ACTIVATE)

1. Tap **MODE** until **ACTIVATE** appears then
2. Press **FORWARD/REVERSE** for YES (or NO to turn all of the alarms OFF)
3. Press **MODE** once and the normal display (time, day of the week and date) re-appears.

For additional help please contact:
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