e-pill® Medication Reminders

e-pill⁰ Vibrating

12 Alarm Pager

MEDICATION REMINDER

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.

NOTES:

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….

Display

TIME   DATE
T I M E R   S E T

Mode button

Enter button

Alarm Switch
V = vibration
O = off
B = beep

Lite: Press once and stays on for 12 seconds

To **Exit from Timer and Meeting Timer modes** push simultaneously, then press Mode button to exit

Set button
Hold down for rapid counting

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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 <u>Timer</u>, <u>Meeting Timer</u> and <u>Custom Timer</u> 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.
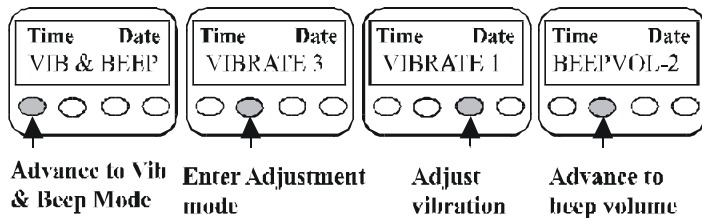
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1. Time, Date and Daylight Saving Settings

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

Time Date TIME&DATE	pm5:12 SET TIME	pm6:12 SET TIME	pm6:12 SET TIME
Advance to Time & Date	Press twice, hours will blink	Select hour (note AM/PM)	Advance to minutes

pm6:15 SET TIME	8-14 SET TIME	9-14 SET TIME	9-14 SET TIME
Adjust minutes	Advance to month	Select month	Advance to day

9-15 SET TIME	Time Date YEAR=2003	Time Date YEAR=2003	**TIP:** If you go past the year you want, continue counting past 2040, to begin again at 2003.
Adjust Day	Advance to Year	Select Year (do not push if correct year is shown)	

Time Date DAYLSAV=T?	Time Date DAYLSAV= on	ON = on OFF = T?	Time Date TIME&DATE
Hold for 3 seconds to access daylight savings time on/off	Press to turn daylight savings time on or off		Press twice to save all settings

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)

Time Date VIB & BEEP	Time Date VIBRATE 3	Time Date VIBRATE 1	Time Date BEEPVOL-2
Advance to Vib & Beep Mode	Enter Adjustment mode	Adjust vibration	Advance to beep volume

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. See "Care of your Vibrating Pager…" on page 3.

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.
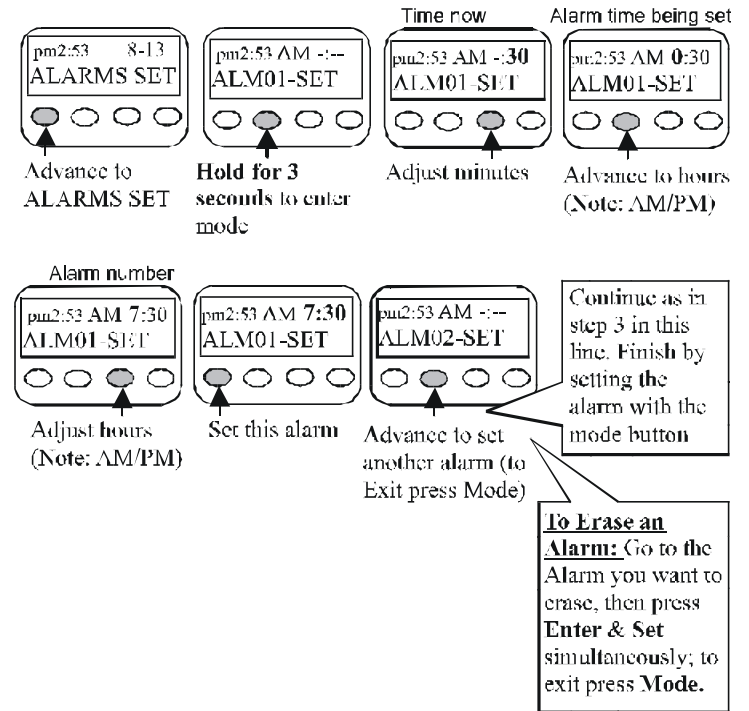
7. Stopwatch

(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.

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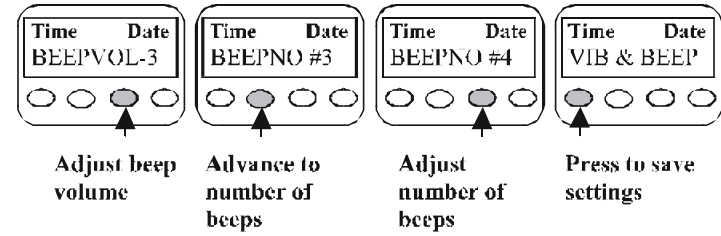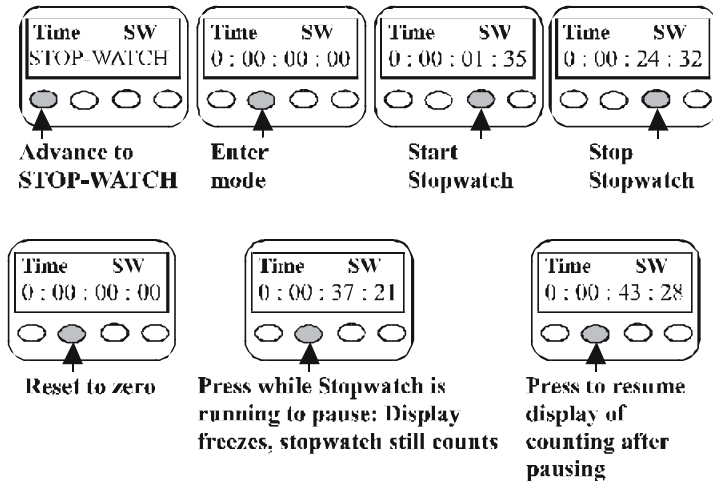
3. Alarm Settings

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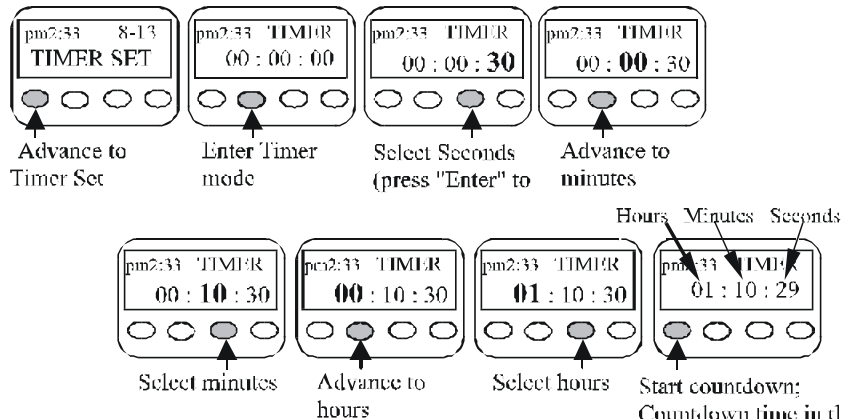
Note 3. **SNOOZE button** - When an alarm signals, press the light button to turn off the alarm and engage the snooze feature; the alarm turns back on automatically after 5 minutes. You can only do this once with each alarm.

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.
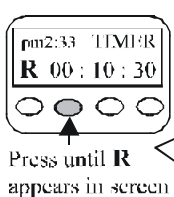
Changing the Time of an Existing Alarm: To change the time of an existing alarm, (a) use the **Mode** button to advance to "ALARMS SET"; (b) Use the **Enter** button to select the number of the alarm that you wish to modify; (c) Use the **Set** button to change the minutes, then press the **Enter** button 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

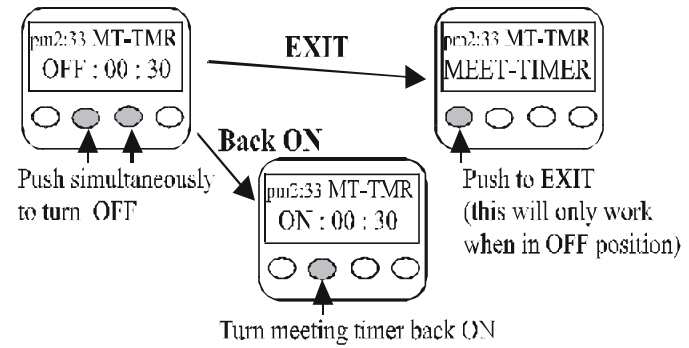The Timer can be set to countdown once, or set to repeat over and over.

Advance to Timer Set — Enter Timer mode — Select Seconds (press "Enter" to — Advance to minutes

Hours Minutes Seconds

Select minutes — Advance to hours — Select hours — Start countdown: Countdown time in this example =1hour, 10 minutes, 30 seconds. When countdown = 0, alarm vibrates or beeps
NOTE: Vibration alert lasts for 20 seconds. Press any button to turn off vibration or beep.

How to set the Timer to **Repeat** over & over.

Press until **R** appears in screen

First set the countdown time as shown in the above steps, then before starting the timer, press the "Enter" button until R appears in the left of the display, then press Mode button to start the timer.


EXIT — Back ON

Push simultaneously to turn OFF — Turn meeting timer back ON — Push to EXIT (this will only work when in OFF position)

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.
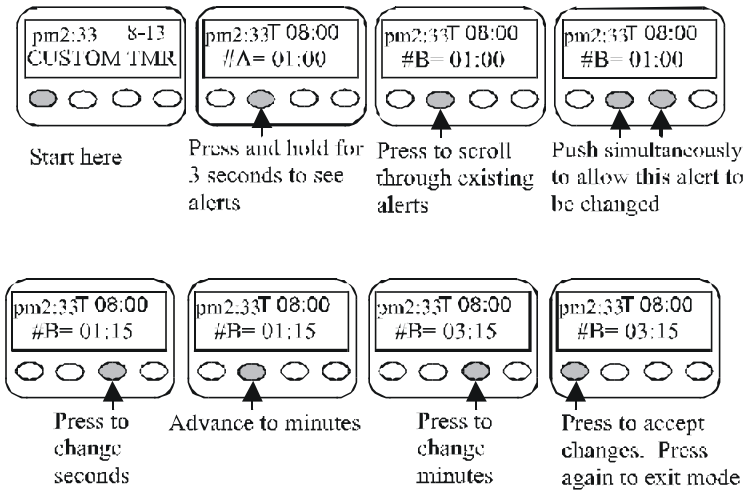

TIP #1: The meeting time that was last programmed is saved when you exit. When you return to this mode and wish to re-use this meeting time, follow these steps.

Advance to MEET-TIMER — Enter adjustment mode — Start meeting timer
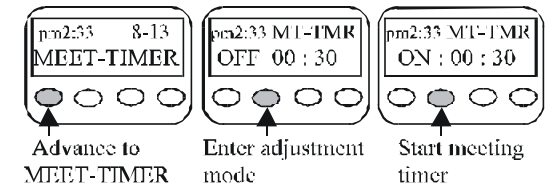
TIP #2: To **ERASE a meeting time** go to MEET-TIMER, press **Enter**, press **Set**; this will erase the last used meeting time and allow you to set a new time by pressing **Set** again. Hold **Set** button down for rapid counting.
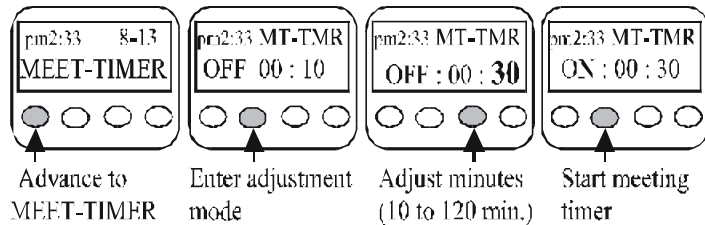
Checking Custom Timer programming

pm2:33   8-13
CUSTOM TMR
○ ○ ○ ○
Start here

pm2:33T 08:00
//A= 01:00
○ ● ○ ○
Press and hold for 3 seconds to see alerts

pm2:33T 08:00
#B= 01:00
○ ○ ● ○
Press to scroll through existing alerts

pm2:33T 08:00
#B= 01:00
○ ○ ● ●
Push simultaneously to allow this alert to be changed

pm2:33T 08:00
#B= 01:15
○ ○ ● ○
Press to change seconds

pm2:33T 08:00
#B= 01:15
○ ● ○ ○
Advance to minutes

pm2:33T 08:00
#B= 03:15
○ ○ ● ○
Press to change minutes

pm2:33T 08:00
#B= 03:15
● ○ ○ ○
Press to accept changes. Press again to exit mode
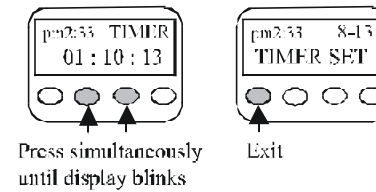

NOTES for the Custom Timer:
1. When programming, if you have selected all the alerts you need, you can press Mode at any time to save your programming. To start the timer, press **Enter** once, then **Mode** once.
2. Once the custom timer is programmed, it will remain programmed until all programming 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**.
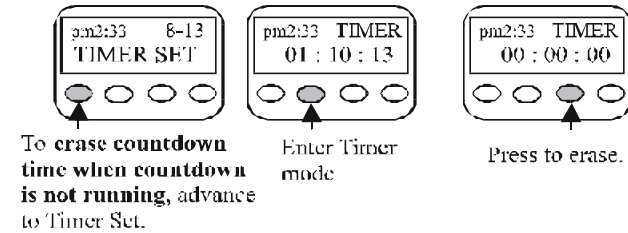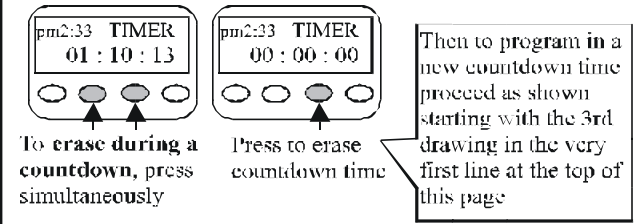
6. Meeting Timer
Set for any time between 10 minutes and 120 minutes. Signals at 1/2 way through, 5 minutes before the end, and at the end of meeting time. Each signal is unique. Repeats on the 1/2 hour, 1 hour, or every 2 hours.

pm2:33   8-13
MEET-TIMER
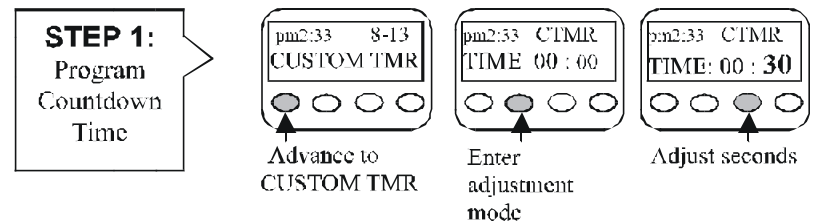● ○ ○ ○
Advance to MEET-TIMER

pm2:33 MT-TMR
OFF 00 : 10
○ ● ○ ○
Enter adjustment mode

pm2:33 MT-TMR
OFF : 00 : 30
○ ○ ● ○
Adjust minutes (10 to 120 min.)

pm2:33 MT-TMR
ON : 00 : 30
○ ○ ● ○
Start meeting timer

To EXIT during a countdown

pm2:33   TIMER
01 : 10 : 13
○ ● ● ○
Press simultaneously until display blinks

pm2:33   8-13
TIMER SET
● ○ ○ ○
Exit

How to ERASE a countdown time and program a new one

pm2:33   TIMER
01 : 10 : 13
○ ● ● ○
To erase during a countdown, press simultaneously

pm2:33   TIMER
00 : 00 : 00
○ ○ ● ○
Press to erase countdown time

Then to program in a new countdown time proceed as shown starting with the 3rd drawing in the very first line at the top of this page

pm2:33   8-13
TIMER SET
● ○ ○ ○
To erase countdown time when countdown is not running, advance to Timer Set.

pm2:33   TIMER
01 : 10 : 13
○ ● ○ ○
Enter Timer mode

pm2:33   TIMER
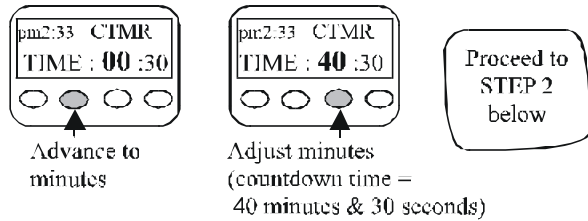00 : 00 : 00
○ ○ ● ○
Press to erase.

NOTE: The Timer saves the last programmed time. When countdown is complete, this saved time is displayed. To use this time again, press **Mode** to start the timer with this time. If you wish to use this time again but have gone to another mode, go to TIMER SET via the **Mode** button, press **Enter** once and press **Mode** to start this countdown time (you can wait as long as you wish to press **Mode** to start the countdown).
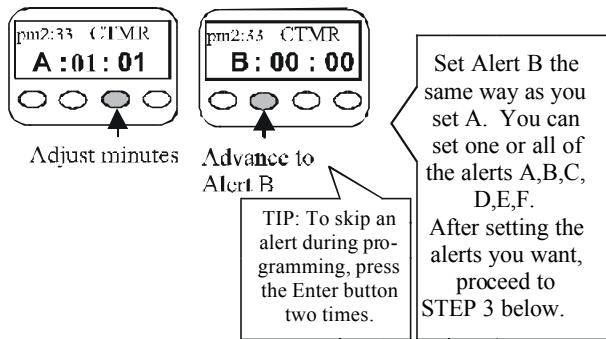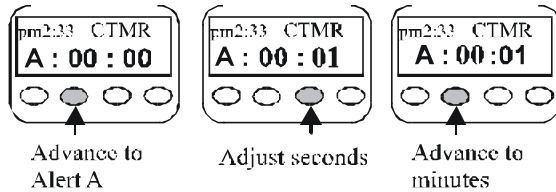
5. Custom Timer
You can program up to 6 unique alerts to signal anywhere within the countdown time. Set a countdown time of from 2 seconds to 60 minutes. Then within this time, program up to 6 unique alerts to signal at any time within the countdown time period. The countdown time period can be set to 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).
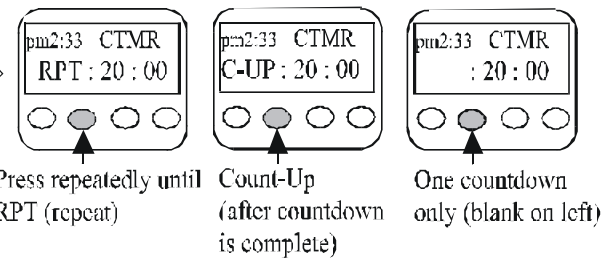

STEP 1: Program Countdown Time

pm2:33   8-13
CUSTOM TMR
● ○ ○ ○
Advance to CUSTOM TMR

pm2:33 CTMR
TIME 00 : 00
○ ● ○ ○
Enter adjustment mode

pm2:33 CTMR
TIME: 00 : 30
○ ○ ● ○
Adjust seconds

pm2:33 CTMR
TIME : 00 :30
Advance to minutes

pm2:33 CTMR
TIME : 40 :30
Adjust minutes (countdown time = 40 minutes & 30 seconds)

Proceed to STEP 2 below

STEP 2: Program up to 6 alerts within countdown time

pm2:33 CTMR
A : 00 : 00
Advance to Alert A

pm2:33 CTMR
A : 00 : 01
Adjust seconds

pm2:33 CTMR
A : 00 :01
Advance to minutes

pm2:33 CTMR
A :01 : 01
Adjust minutes

pm2:33 CTMR
B : 00 : 00
Advance to Alert B

Set Alert B the same way as you set A. You can set one or all of the alerts A,B,C,D,E,F. After setting the alerts you want, proceed to STEP 3 below.

TIP: To skip an alert during programming, press the Enter button two times.
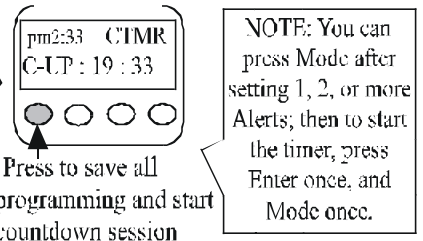
Alert A = 5 second vibration... or if alert switch (on the side of the unit) is set to beep = 1 beep
Alert B = 5 second vibration, 5 second space, 5 second vibration…………or……….. = 2 beeps
Alert C = 10 second vibration……………………………………………………or………. = 3 beeps
Alert D = 10 second vibration, 7 second space, 10 second vibration………or……… = 4 beeps
Alert E = 20 second vibration……………………………………………or……… = 5 beeps
Alert F = 2 second vibration………………………………………… or……… = 6 beeps

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

pm2:33 CTMR
RPT : 20 : 00
Press repeatedly until RPT (repeat)

pm2:33 CTMR
C-UP : 20 : 00
Count-Up (after countdown is complete)

pm2:33 CTMR
: 20 : 00
One countdown only (blank on left)

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STEP 4: Start Countdown (if timer doesn't start, press Enter then press Mode to start)

pm2:33 CTMR
C-UP : 19 : 33
Press to save all programming and start countdown session

NOTE: You can press Mode after setting 1, 2, or more Alerts; then to start the timer, press Enter once, and Mode once.

Stop Count-down

pm2:33 CTMR
C-UP : 20 : 00
Press two middle buttons simultaneously **for 1 second or less** to stop countdown

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

Then **Restart count-down**

pm2:33 CTMR
C-UP : 19 : 49
Press to restart countdown

Exit Mode

pm2:33 8-13
CUSTOM TMR
Press two middle buttons simultaneously **and hold for 2 seconds** to exit mode
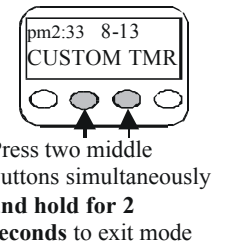
Restarting Timer when it is programmed

pm2:33 8-13
CUSTOM TMR
Start here

pm2:33 T 08:00
ADB
Press to enter

pm2:33 CTMR
C-UP : 19 : 49
Press to start

ERASE ALL programming

pm2:33 8-13
CUSTOM TMR
Start from here

pm2:33 CTMR
ERASEALL=T
Hold for 3 seconds

pm2:33 CTMR
ERASED ALL
Press to erase