

WATCHMINDER2



TO START A NEW WATCH OR TO START A WATCH AFTER REPLACING THE BATTERY:

- 1. PUSH RECESSED RESET BUTTON ON RIGHT SIDE OF WATCH WITH A POINTED OBJECT (PAPER CLIP).**
- 2. SCREEN WILL GO BLANK AND THEN COME BACK ON WITH THE CLOCK RUNNING.**
- 3. IF THIS DOES NOT WORK, TRY A NEW BATTERY (INCLUDED IN METAL CASE). SEE SECTION "HOW TO CHANGE BATTERY".**
- 4. FOR TECH SUPPORT, CALL 800-961-0023 (2#) OR EMAIL US AT CUSTOMERSUPPORT@WATCHMINDER.COM**

Thank you for purchasing the WatchMinder2. The watch was invented by a psychologist who works with children and adults who have attention deficit hyperactivity disorder (AD/HD). The watch has a number of other applications (See www.watchminder.com).

- AD/HD
- LD
- Elderly
- Chronic Illness
- Brain Injury and Stroke
- Medication Compliance
- Deaf and Hard of Hearing
- Behavior Modification and Self-Monitoring
- Independence Training and Vocational Rehabilitation
- Research, Data Collection and Clinical Trials Studies
- Assistive Device for 504 Plans

THE WatchMinder2 HAS THE FOLLOWING FUNCTIONS

- **TM & DT (real-time calendar clock with time and date)(P6-P8)**
- **B OR V (bell or vibration alarm)(P8-P10)**
- **TRAINING mode (use to train or improve a behavior)(P10-P21)**

- **REMINDER mode** (use to remember a specific task or chore)(P21-P30)
- **TMR** (countdown timer)(P30-P32)
- **SW** (stopwatch)(P33)

SPECIAL OPERATING NOTES

- 1. The power consumption of the vibrator and EL backlight is quite high. A battery should last several months under normal circumstances. If you use a large number of vibration alerts, you will need to change the battery more frequently.**
- 2. The bell/vibration alert will last 10 seconds.**
- 3. In setting time, a 24-hour system will be used. (2 pm is "14")**
- 4. The LIGHT will stay on 5 seconds.**
- 5. Push and hold down + or - button to count up/down rapidly while setting.**
- 6. Push TRAIN and REMIND buttons at the same time to view current date.**
- 7. Push SW or TMR to exit TRAINING and REMINDER modes.**

- 8. Push TRAIN to exit TM & DT, TMR, SW and B or V.**
- 9. The watch is water resistant, NOT water proof. DO NOT IMMERSE IN WATER.**
- 10. Pressing RESET will delete all stored information in watch except personalized messages.**
- 11. To RESET or restart the watch, push the recessed RESET button firmly with a pointed object, like a paper clip. The screen must go blank and then come back on with the clock running.**
- 12. TRAINING and REMINDER modes can operate at the same time.**
- 13. Messages repeat daily and there is no need to re-program the watch.**
- 14. A 60-second duration is allowed for an owner to make decisions while setting the watch.**
- 15. A blank space and the following letters/numbers/symbols (hereinafter referred to as characters) are in memory for an owner to create personalized messages. A message is limited to 9 characters and a blank space is counted as one character.**

A to Z English capital alphabet

N with~ on top after Z for Spanish

0 to 9 numbers

Blank space next to letter "A"

Symbols include ! @ # \$ & ? < > . , - + =

- 16. If a message contains more than 6 characters, it will move slowly across the screen.**

HOW TO CHANGE BATTERY

1. One CR-2032 battery powers the watch (CPU, bell/vibrator and light). A capacitor is installed as back up power to allow an owner 4 to 6 seconds to replace battery. If it takes more than 4 to 6 seconds to replace a battery, all settings will be erased.
2. Low battery warning: A symbol of low battery will appear at the 4th line at times when battery is low. An owner should replace the battery as soon as possible in this case. **(Note: The symbol may only display while vibration/bell goes off or light is on. In case the back-light looks dim, the vibration is weak, the watch reset itself or one of the modes stops working, an owner**

must replace the battery ASAP, even if symbol of low battery is NOT on.)

3. Take out the four screws with the screwdriver that is provided, and take off the back of the watch. Take the battery out of the battery compartment and quickly replace with a new battery. **In a rapid fashion, first place one edge of the battery in the battery compartment opposite the small opening and then push the battery flat into the compartment.** Replace the back and tighten the four screws.
4. **After replacing the battery, you need to RESET the watch (see number 11 above) if the clock is not operational.**

I. TM&DT-HOW TO SET TIME AND DATE



1. Start by pushing and holding down TRAIN, then immediately push TMR.
2. Y will appear with a number blinking. Push + or - to adjust the Year up or down. Push REMIND to set Year.
3. M will appear with a number blinking. Push + or - to adjust the Month up or down. Push REMIND to set Month.
4. D will appear with a number blinking. Push + or - to adjust the Day up or down. Push REMIND to set Day.
5. W will appear. DO NOT PUSH + or -. Immediately push REMIND.



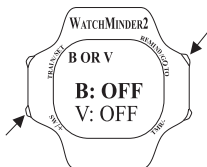
6. H will appear with a number blinking. Push + or - to adjust the Hour up or down. This is a 24-hour clock; so add 12 to the PM time (3 PM is 15). Push REMIND to set Hour.

7. M will appear with a number blinking. Push + or - to adjust the Minute up or down. Push REMIND to set Minute.
8. S will appear with a number blinking. Push + or - to adjust the Second up or down. Push TRAIN to set Second.



9. The correct time will appear.

II. B OR V-HOW TO TURN ON BELL OR VIBRATOR



1. Start by pushing and holding down REMIND, then immediately push SW.

BELL ALERT



VIBRATION ALERT



2. B (bell alert) will appear with OFF blinking. To set B, push + or - and ON will appear. Push TRAIN. Bell alert is set and icon appears at the bottom of the screen.
3. To select V (vibration alert), leave B OFF and push REMIND. V will appear with OFF blinking. Push + or - and ON will appear. Push TRAIN. Vibration alert is set and icon will appear at the bottom of the screen.

4. The correct time will appear.

III.TRAIN-HOW TO SET UP TRAINING MODE

SPECIAL NOTES

a. There are 19 preset messages in memory as follows: BATHRM (bathroom); BE POS (be positive); BREATH (breathe); COUGH; FOLDIR (follow directions); FOLRUL (follow rules); GIVPOS (give positive reinforcement); GOODJB (good job); HANDUP (raise hand); IGNORE; POSIMG (positive image); POSTUR (posture); PRAY; PYATTN (pay attention); RELAX; REST; SIT; STOP; STRTCH (stretch).

b. There are two alarm schedules FIXED (every 2,3,5, 10,15,20,30,45 or 60 minutes) or RANDOM (CPU randomly chooses from 2,3,5,10,15,30 and 60 minutes). You can choose one of these (FIX or RDM) and the daily start (S) time and end (E) time.

c. Once the TRAINING mode is set, it operates simultaneously with other modes and repeats every 24 hours unless it is reset. Owner should delete a training set-

ting before he/she sets a new one.

d. If a TRAINING message is not responded to by pushing any button, except LIGHT and RESET buttons, it will come back with an alert in 30 seconds. This "snooze" feature is limited to one additional time.

e. If the start time is set before current time, the TRAINING mode will not work for that day and will be activated the next day.

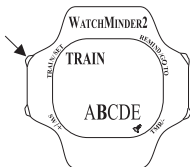
f. If a TRAINING alert and a REMINDER alert are activated at the same time, TRAINING will win and REMINDER message will come on screen after TRAINING message disappears.

CREATING PERSONALIZED MESSAGES (3 maximum)

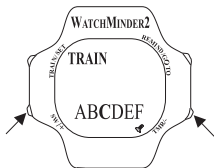


1. Push TRAIN to go to TRAIN. LCD displays sub-modes:

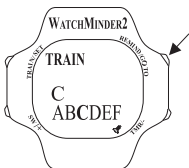
NEW (create personalized message) DEL (delete personalized message) SET (set up training mode) REV (review or delete current training mode set up) in the 2nd and 3rd lines. Sub-mode NEW begins to blink.



2. Push TRAIN. LCD displays in the 3rd line the first six characters of the table of characters in memory. The 3rd character begins to blink.



3. Push + or - to find a character for your message. This selected character begins to blink.



4. Push REMIND. The selected character will appear in the 2nd line and it begins to blink again in the 3rd line.



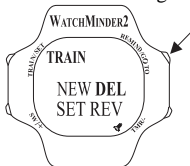
5. Repeat steps 3 and 4 until your personalized message appears in the 2nd line of the screen. (**Note: In editing a personalized message, an owner should delete the whole message to correct a mistake.**)
6. Push TRAIN to enter the personalized message into memory. LCD returns to step 1.
7. Repeat the above steps 2 to 6 to create two additional personalized messages. The 3 personalized messages will be saved in memory before the factory preset

messages.

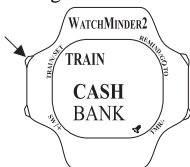
8. Push + or - button to go back to current time.

DELETING PERSONALIZED MESSAGES

1. To delete a personalized message, push TRAIN. LCD displays sub-modes: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.



2. Push REMIND to go to sub-mode DEL.



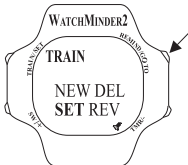
3. Push TRAIN. LCD displays the first personalized message in the 2nd line, and the second personalized mes-

sage in the 3rd line. (**Note: If there is no personalized message in memory, the sub-mode DEL will not be activated.**)

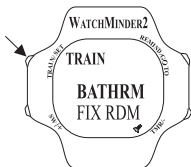
4. Push REMIND to go to the personalized message you would like to delete.
5. Push TRAIN to delete it while it is blinking/scrolling. LCD returns to step 1.
6. Repeat steps 2 to 5 to delete the other 2 personalized messages.
7. Push + or - to go back to current time.

SETTING UP TRAINING MODE

1. Push TRAIN. LCD displays sub-modes: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.



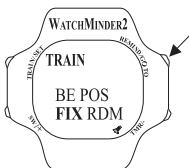
2. Push REMIND to go to sub-mode SET.



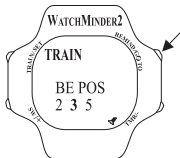
3. Push TRAIN. **IF YOU CANNOT GO TO SET, YOU WILL NEED TO GO TO REV AND DELETE THE MEMORY-SEE SECTION ON REVIEWING YOUR SETTINGS BELOW.** LCD displays the first preset message in the 2nd line, which begins to blink/scroll, and sub-modes FIX RDM in the 3rd line.



4. Push + or - to select a message you would like to use.

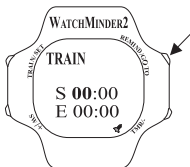


5. Push REMIND to set your message and to go to FIX, which begins to blink in the 3rd line.

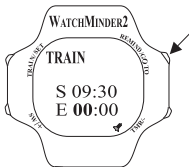


6. Push REMIND to go to fixed intervals. Fixed interval minutes begin to blink.
7. Push + or - to select an interval (2,3,5,10,15,20,30,45 or 60 minutes) you would like to use and push REMIND. **If you would like to use random sub-mode RDM, skip step 6 and push + or - button to select sub-mode RDM. Sub-mode RDM begins to blink. (In random sub-mode, CPU randomly chooses from**

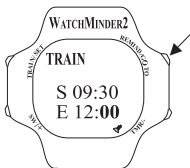
these time intervals: 3,5,10,15,20,30 and 60 minutes.)
Push REMIND.



8. The next screen shows the START (S) and END (E) times for your TRAINING program.



9. The Start hour 00 will appear blinking. Push + or - until the desired Start hour appears. Add 12 for 24-hour clock. Push REMIND to set.
10. The Start minutes 00 will appear blinking. Push + or - until the desired Start minutes appear. Push REMIND to set.



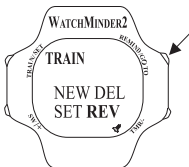
11. The End hour 00 will appear blinking. Push + or - until the desired End hour appear. Push REMIND to set.
12. The End minutes 00 will appear blinking. Push + or - until the desired End minutes appear. Push TRAIN to set.

(Please remember, your programmed training cycle will begin after the appointed START time. This may be the next day.)

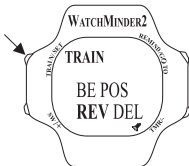
13. Push + or - to go back to current time.

REVIEWING SETTINGS

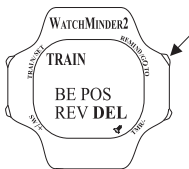
1. To review/delete your settings, push TRAIN. LCD displays sub-modes: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink.



2. Push REMIND to go to REV.



3. Push TRAIN. LCD displays your selected message in the 2nd line and sub-mode REV DEL in the 3rd line with REV blinking.



4. Push TRAIN to review your setting item by item, or push REMIND to go to DEL. If you would like to delete a setting, push TRAIN to delete it. LCD returns to step 1.
5. Push + or - to go back to current time.

IV. REMIND-HOW TO SET UP REMINDER MODE

SPECIAL NOTES

- a. There are 59 preset messages in memory as follows:
BANK; BATH; BATHRM (bathroom); BCKPCK (backpack); BOOKS; CALL; CALHME (call home); CALWRK (call work); CATH (catheter); CHORES; CK APL (check appliance); CLEAN; COPYHW (copy homework assignment); COUGH; DESK; DO HW (do homework); DRESS; EAT;

EMAIL; EXRCSE (exercise); GO BED; GO DR; GOHOME (go home); GO MTG (go meeting); GO WRK (go work); HELP; MAIL; MKFOOD (make food); MEDS1 (medication number one); MEDS2; MEDS3; MEDS4; MEDS5; MEDS6; ORGNZR (organizer); PAYBIL (pay bills); PET; PLAY; PRAY; PRCTCE (practice); PU KID (pick up kids); READ; REST; SCHOOL; SNACK; STOP; STORE;STRTCH (stretch); STUDY; TEETH; TEST; TLKTCH(talk to teacher); TRASH; TURNHW(turn in homework); TV; VIDEO; WAKEUP; WATER; WRITE.

b. You are allowed to set up to 30 reminder messages and you can use the same message multiple times. If two messages are activated at the same time, they will come on screen in turn. Once the mode is set, it operates simultaneously with other modes and repeats daily, weekly, monthly or annually. It is recommended that you keep a written record of your reminder settings to facilitate revision of your reminder settings or in case your settings are lost.

c. IF YOU SET THE TIME ONLY FOR A REMINDER MESSAGE, IT WILL REPEAT DAILY.

d. If you set year, month, date and time for a reminder

message, it will be activated on the appointed time of the date in that particular year OR it will repeat annually without a year setting (00). If you set month, date and time for a reminder message, it will be activated on the appointed time of the date in that particular month OR it will repeat monthly without a month setting (00). If you would like to set a reminder message to repeat weekly, skip year, month and date (00) and set the day of week (01=Mon....07=Sun.) and time only.

e. If a REMINDER message is not responded to by pushing any button except LIGHT and RESET buttons, it will come back with an alert in 30 seconds. This "snooze" feature is limited to one additional time.

f. If an alarm time is set before current time, it will not work for that day and will be activated the next day.

g. If a TRAINING alert and a REMINDER alert are activated at the same time, TRAINING will win and REMINDER message will come on screen after TRAINING message disappears.

h. If you use a pocket organizer or PDA, use the WatchMinder2 to remind you to check your organizer (ORGNZR). You can have greater detail of the task to be performed in your organizer.

CREATING PERSONALIZED MESSAGES (12 maximum)



1. Push REMIND. LCD displays sub-modes: NEW (create personalized message) DEL (delete personalized message) SET (set up reminder mode) REV (review or delete current reminder mode set up) in the 2nd and 3rd lines. Sub-mode NEW begins to blink.
2. Follow steps 2 to 8 under TRAINING (see pages 12-14) to create your 12 personalized REMINDER messages.

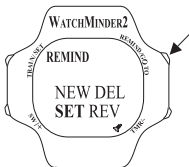
DELETING PERSONALIZED MESSAGES



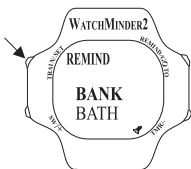
1. To delete a personalized message, push REMIND. LCD displays sub-modes: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink. Push REMIND to go to DEL.
2. Follow steps 2 to 7 under TRAINING (see pages 14, 15) to delete your 12 personalized reminder messages.

SETTING UP REMINDER MODE (REPEATING DAILY REMINDERS)

Please read Note c. & d. on P22-P23 before setting REMINDER messages.



1. Start by pushing REMIND. NEW blinks. Push REMIND until SET appears. Push TRAIN.

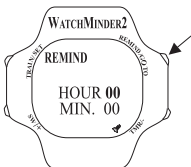


2. First message will be blinking. Push + or- to scroll through the list of messages. Push REMIND to choose a desired message.



3. YEAR 00 will blink. If you do not need to set the year, push REMIND.
4. MO 00 will appear blinking. If you do not need to set the month, push REMIND.
5. DATE 00 will appear blinking. If you do not need to set the date, push REMIND.
6. WEEK 00 will appear blinking. If you do not need to

set the week, push REMIND.



7. HOUR 00 will appear blinking. Push + or - until the desired hour appears for your REMINDER. Push REMIND.



8. MIN 00 will appear blinking. Push + or - until desired minute appears for your REMINDER. Push TRAIN to set. Push + or - to exit REMINDER mode and go back to current time of day.

(If you wish to program another REMINDER, you continue by pushing REMIND until SET appears. Push TRAIN and re-do steps 2 through 8 again, see pages 26, 27.)

(Note: The reminder setting is saved with a number in the order that a reminder message is set. You can push REMIND button to view the number of a setting while your selected message appears.)

REVIEWING SETTINGS



1. To Review/delete your settings push REMIND. LCD displays sub-modes: NEW DEL SET REV in the 2nd and 3rd lines. Sub-mode NEW begins to blink. Push REMIND to go to sub-mode REV.



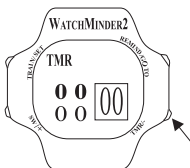
2. Push TRAIN. LCD displays the first selected message in the 2nd line and sub-modes: REV DEL in the 3rd line with the first selected message blinking/scrolling.
3. Push + or - to select the selected message you would like to review/delete. (**Note: You can push REMIND to view the number of a setting while your selected message appears.**)
4. Push TRAIN to review your setting item by item.



5. Push REMIND to go to DEL. If you would like to delete a setting, push TRAIN to delete it. LCD returns to step 1.

6. Push + or - to go back to current time.

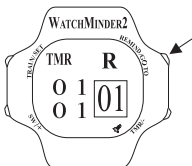
V. TMR-HOW TO SET COUNTDOWN TIMER



1. Push TMR to go to TMR. LCD displays seconds digit in the 2nd and 3rd lines to the right, minute digit in the 3rd line to the left and hour digit in the 2nd line to the left. The hour digit begins to blink.



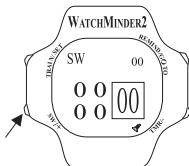
2. Push + or - to adjust hour up or down. Push REMIND to go to the minute digit. Push + or - to adjust minute up or down. Push REMIND to go to seconds digit. Push + or - to adjust seconds up or down.
3. Push TRAIN to start countdown.



4. If you would like to engage an automatic repeat (R) feature, before pushing TRAIN to start the countdown, push REMIND until the "R" notation appears in the first line. Then push TRAIN.
5. Push TMR to pause and to stop the TMR. Push TMR again to continue.
6. Bell or vibration goes off at the end of countdown. The countdown function repeats after alert if repeat feature is engaged ("R"). If not, the TMR is turned off automatically at the end of alert and LCD returns to current time.
7. Push SW to reset to zero during countdown and the TMR is ready to be set again or push TRAIN to interrupt and to go back to current time during countdown.

Note: TRAIN or REMIND will win if it is activated while the TMR is running, and the TMR will be turned off automatically.

VI. SW-HOW TO USE STOPWATCH



1. Push SW to go to SW. LCD displays hundredth of second digit: 00 at the far right hand corner, second digit: 00 in the 2nd and 3rd lines to the right, minute digit: 00 in the 3rd line to the left and hour digit: 00 in the 2nd line to the left.
2. Push SW to start the SW.
3. Push TMR to pause and to stop the SW. Push TMR again to continue.
4. Push SW to stop the SW. Push SW again to reset to zero. The SW is ready to be re-started again.
5. Push TRAIN to interrupt and to go back to current time.

Note: TRAIN or REMIND will win if it is activated while the SW is running, and the SW will be turned off automatically.

WARRANTY

The WatchMinder2 is warranted to be free of manufacturing defects for one year from the date of purchase. This warranty does not apply to any watch which has been misused, neglected or damaged in an accident or in the replacement of batteries, or the back cover of the watch. The warranty is void if the watch has been tampered with by any person other than an authorized service center of WatchMinder2. The owner assumes full responsibility for damages incurred while changing batteries, the back cover and the wrist band. Should you experience a manufacturer's defect during the warranty period, please ship the watch to WatchMinder2 at the address listed below, in a secure package with original packing materials and with a copy of the original invoice showing date of purchase. Your package should be insured. Please indicate the problem with the watch. Also include \$6.00 in check, money order or credit card to cover the return shipping charges.

Ship to: WatchMinder2
PMB #278
5405 Alton Parkway #5A
Irvine, CA 92604-3718 USA

**IF YOU NEED TECHNICAL SUPPORT, CALL
800-961-0023 (2#) OR EMAIL US AT
CUSTOMERSUPPORT@WATCHMINDER.COM**

WATCHMINDER2 DOES NOT ASSUME RESPONSIBILITY FOR AN INCIDENTAL OR CONSEQUENTIAL DAMAGES, INCLUDING WITHOUT LIMITATIONS, DAMAGES OR INJURIES RESULTING FROM INACCURACY OR FAILURE OF THIS WATCH. THE WATCHMINDER2 IS NOT A SUBSTITUTE FOR PROFESSIONAL HELP. PLEASE USE THIS DEVICE IN CONSULTATION WITH YOUR DOCTOR OR CLINICIAN.

IF YOU BOUGHT THE WATCH FROM A COMPANY OTHER THAN WATCHMINDER, INC., PLEASE CONTACT THEM DIRECTLY FOR A

REFUND.

30 DAY MONEY BACK GUARANTEE (APPLIES ONLY TO WATCHES PURCHASED DIRECTLY FROM WATCHMINDER, INC.). YOU MAY RETURN THE WATCHMINDER2 FOR A REFUND OF THE PURCHASE PRICE WITHIN 30 DAYS AFTER RECEIVING THE WATCH. TO OBTAIN THE REFUND, YOU MUST CALL 800-961-0023 (2#) AND GET A RETURN AUTHORIZATION NUMBER. RETURN THE WATCH WITH ALL PARTS AND PACKING MATERIALS, FREIGHT PREPAID, WITH A COPY OF THE ORIGINAL INVOICE. YOU MUST PAY THE SHIPPING BOTH WAYS.

WATCHMINDER2 IS THE REGISTERED TRADEMARK OF WATCHMINDER, INC.
US PATENT NUMBER 5,861,797 AND OTHER PATENTS PENDING.