

WatchMinder2: Training and Reminder System



Key Features Presentation

www.WatchMinder.com

Key Features

- Unique training and reminder modes...
- Discreet silent vibrating reminder...
- Repeating countdown timer and stopwatch...
- Large easy-to-read LCD display
- Excellent customer service...



Product Information Overview

Who invented the WatchMinder2?

- The WatchMinder2 was invented by a child psychologist and AD/HD specialist...
- The WatchMinder2 has been used for AD/HD and related issues, but also for a host of other daily life reminder and training needs...

Product Information Overview

What is the WatchMinder2?

- The WatchMinder2 is a simple reminder device with countless uses for everyday life...
- The WatchMinder2 utilizes a silent vibration so that reminders are always discreet and never disruptive...
- Examples of potential uses: AD/HD, Medication Compliance, Relaxation Therapy...



Product Information Overview

How does the WatchMinder2 work?

- The WatchMinder2 is a programmable wristwatch that uses a vibration instead of a beeping alarm.
- The WatchMinder2 allows the user to program personalized messages which can be used as reminder cues or training messages for various uses.
 - For example...someone using the watch for AD/HD might set up a program that prompts him to "stay focused" every 30 minutes in addition to cuing various important reminders throughout the day...such as medications, homework, or daily chores.
 - For example...someone using the watch as a medication reminder might set up a program to remind him to "take meds" at specific times throughout a day.

Product Information Overview: Training and Reminder Modes

- The WatchMinder2 has two modes, the reminder mode and the training mode. Both modes can be operational at the same time.
- The reminder mode is useful for remembering specific tasks like taking medication and doing homework or chores.
- The training mode is useful for behavior change and self-monitoring.
- The watch has 30 daily alarms. Reminders can repeat daily or can be scheduled for the future dates and times.

Product Information Overview: Who uses the WatchMinder2?

The WatchMinder2 has been used to assist...

- AD/HD and LD related issues
- IDEA Compliance
- Clinical Trials Studies
- Memory and Vocational Therapy
- Behavior Modification and Self Monitoring
- Bedwetting and Incontinence issues
- Rehabilitation and Physical Therapy
- Deaf and Hard of Hearing
- Diet and Lifestyle Issues



Sample WatchMinder2 Program: AD/HD

- For parent / teacher w/ AD/HD child...
 - In Training Mode, Fixed (every 30 minutes)
 - GIVPOS – Give Positive Feedback
- For child with AD/HD...
 - Training Mode, Fixed (every 15 minutes)
 - FOCUS
 - Reminder Mode
 - 7:00AM BCKPCK
 - 7:30AM MEDS
 - 7:45AM TURN HW
 - 8:30AM TALKTCH
 - 10:15AM DO HW
 - 6:00PM FEED PET
 - 9:10PM TEETH



Sample WatchMinder2 Program: Behavior Modification / Self Monitoring

- Anxiety / Relaxation
 - Training Mode (Random)
 - RELAX
 - Reminder Mode
 - 8:15AM BREATH – Breathing exercise
 - 9:00AM EXRCSE - Exercise
 - 11:00AM REST
 - 12:00PM READ
 - 1:30PM TV
 - 3:00PM BREATH – Breathing exercise
- Can add...mediation, yoga, or other relaxation therapy messages.
- Teacher / Parent...
 - Training Mode Fixed (every 30 minutes)
 - GIVE POS
- Meditation
 - Training Mode Fixed (every 4 hours)
 - RELAX
 - Reminder Mode
 - 9:00 AM – MEDIT1 – 1st Meditation
 - 11:00 AM – MEDIT2 – 2nd Meditation
 - 3:00 PM – MEDIT1 – 1st Meditation
 - 7:00 PM – MEDIT2 – 2nd Meditation

Beneficial Uses: IDEA Compliance

- The WatchMinder2 was invented by a child psychologist who works with children and adults with attention disorders.
- The WatchMinder2 facilitates IDEA compliance. The watch is an excellent tool for functional behavioral assessment and behavioral intervention.

Beneficial Uses: Self Monitoring

- The WatchMinder2 is being used by behavior therapists and behavior specialists as a tool to modify behavior.
- The training mode was developed specifically for behavior modification and self-monitoring.
- The watch has two schedules for messages, fixed and random.
 - Example of messages uses for self monitoring: "Stop swearing", "Be positive", "Relax", "Don't Smoke".

Product Reviews

- "It's very effective and to my knowledge, is the only one of its kind..."
 - ADDitude Magazine
- "In no time you will be develop the knack of knowing what time it is by feel..."
 - ADD Resources
- "The Watchminder2 is a great way for asthmatics who take multiple medications to keep track of when to take their medications..."
 - About.com

Testimonials

"This system has changed my life, it's great..."

- Joe in Ottawa

"The watch has helped my 13 year old. The sense of control it gives him really helps his attitude and his organizational skills have improved greatly..."

- Cheryl in Mansfield, MA

"This watch has helped my father with Parkinson's. What a great product..."

- Stephanie in Denver, CO



Contact and Ordering Information

To learn more about the WatchMinder2, please visit:

www.WatchMinder.com

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