WATCHMINDER3

1 Mode/Set

4 Light–Stays on
for 5 seconds
Negative Pole
for Recharging

2 ↑
Scroll Up–Push
and hold down
to scroll up
quickly

3 ↓
Scroll Down–Push
and hold down to
scroll down
quickly

TO START AND MAINTAIN A WM3:

1. THE WM3 SHOULD BE RECHARGED
    MONTHLY, AT A MINIMUM.
2. A WM3 SHOULD BE CHARGED FOR AT LEAST
    2 TO 3 HOURS.
3. PUSH ALL 4 BUTTONS AT THE SAME TIME
    TO IMPROVE SCREEN CONTRAST.

4. Place WM3 on the charger as shown on page 2 & 3. Metal to metal contact is needed. WM3 logo on the top of the charger.

5. The battery icon may be moving up & down or appear full with three bars. Keep the WM3 on the charger for a full 2–3 hour charge.

6. WM3 should be recharged when the battery icon gets to one bar or when the battery icon starts to blink.

7. Pushing buttons 2 and 4 at the same time resets the watch.

8. WM3 is waterproof. Diving, ocean swimming and rough play is not recommended.

WATCHMINDER 3
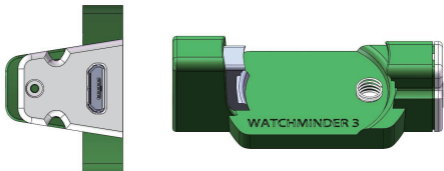
IMPORTANT: If the watch display does not come on when it is placed on the charger, please remove the watch from the charger. Push buttons one and three at the same time for five seconds. The screen will come on. Then, place the watch on the charger and the charging process will begin.
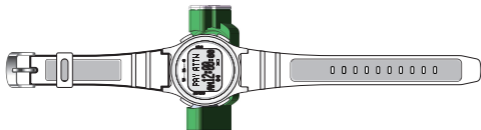
Watch faces up with WM3 logo at the top. Push sliding part on the left side of the charger with the left edge of the watch to place the watch on the charger before connecting the USB wire to a computer USB port or an electical home outlet. Do not touch the springs on the charger while charging. Do not wear the watch while charging. Be careful to avoid water and electrical shock. The springs must touch the back of the watch and the flat middle button on the right side of the watch. If there is any problem with the charging unit, please immedia– tely unplug and contact us (see information below) so that we can send you a new charger.

Call: 800-961-0023
Email: customersupport@watchminder.com

Thank you for purchasing WatchMinder3. 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 application (See www.watchminder.com).

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

The watch has two basic modes that can operate at the same time:

1. TRAINING MODE-You select one self help message and you are alerted at a fixed interval throughout the day to, for example, RELAX every 15 minutes.

2. REMINDER MODE-You can select up to 30 reminders a day. These alerts remind you to do specific tasks throughout the day at pre-specified times. These alerts repeat daily.

THE WATCHMINDER3 HAS THE FOLLOWING FUNCTIONS

- TIME & DATE (real-time calendar with time and date) (P8-P13)
- VIBRATION ALERT (P14-P15)
- TRAINING MODE (P16-P24)
- REMINDER MODE (P25-P32)
- PERSONALIZED MESSAGES (P33-P39)
- REPEATING COUNTDOWN TIMER (TMR) (P40-P46)

SPECIAL OPERATING NOTES FOR WATCHMINDER3

1. A 24 hour clock is used in setting the watch. The display will be in a regular 12 hour clock. AM or PM and day of a week will appear on the screen automatically after time, date and year are set.

2. Vibration alert:
   a. Training Mode: A training alert will last 10 seconds and will automatically repeat again in 20 seconds. Pushing any button, EXCEPT FOR LIGHT BUTTON, will stop the vibration.

   b. Reminder Mode: A reminder alert will last 10 seconds and will automatically repeat again in 20 seconds. There is also a "snooze feature". The alert will automatically repeat the first cycle in 2 minutes. Pushing any button, EXCEPT FOR LIGHT BUTTON, will stop the vibration and eliminate the automatic repeat snooze feature.

3. While setting the watch,if you do not push any button within 30 seconds, the screen will automatically return to the time of day.

4. In case a Training Mode alert and a Reminder Mode alert are activated at the same time,the Reminder Mode alert will "win" and Training Mode alert will activate right after Reminder Mode alert stops.

5. Push and hold down buttons 2 and 4 for THREE seconds to reset the watch.（PUSH 2 FIRST AND IMMEDIATELY PUSH 4 AND HOLD THEM DOWN FOR 3 SECONDS）
Pushing these two buttons resets the watch to the original factory settings and this will delete your program.

6. There are 15 preset Training Mode messages (**BATHROOM, BEPOSITIVE, BREATHE, COUGH, GIVE POSITIVE, I CAN DO IT, IGNORE, PAY ATTN, POSTURE, PRAY, RELAX, SLOW DOWN, SMILE, STOP, STRETCH**) and 50 preset Reminder Mode messages (**BACKPACK, BANK/BILLS, BATHE, BATHROOM, BED TIME, BOOKS, CALL/TEXT, CHORES, CLEAN, COOK, DIABETIC TEST, DOCTOR, DRESS, EAT, EXERCISE, GET KIDS, GO HOME, GO LESSON, GO MEETING, GO SCHOOL, GO SPORT, GO WORK, HW/STUDY,**

MAIL/EMAIL, MEDS 1, MEDS 2, MEDS 3, MEDS 4, MEDS 5, MEDS 6, MEDS 7, MEDS 8, PET CARE, PLANNER, PLAY TIME, PRAY, READ/WRITE, RECHARGE, REST, SNACK, STORE/GAS, STRETCH, TALK TEACHER, TEETH, TRASH, TURN IN HW, TV/DVR/DVD, WATER, WRITE, WRITE HW) in memory. If a message contains more than 10 letters , it will scroll across the screen when activated.

7. Hold down buttons 2 or 3 for rapid scrolling through the numbers/messages.

8. **You can create 12 PERSONALIZED MESSAGES (PERS MSG)** up to eight characters in length and they are stored with the preprogrammed messages in the Training and Reminder Modes.

TO SET TIME

1 Mode/Set   4 Light

JAN 01 THU

AM12:00:00

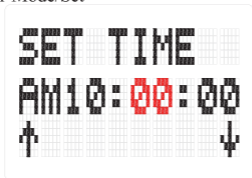2   3

PUSH 1

1 Mode/Set   4 Light

SET

TIME DATE

2   3

PUSH 2

8

1 Mode/Set   4 Light

```
SET TIME
AM12:00:00
```

2   3

HOUR BLINKS

Push 2 or 3 to adjust HOUR and push 1 to set.
HOUR uses 24 hour clock (1pm = 13).

```
SET TIME
AM10:00:00
```

2   3

MINUTES BLINK

Push 2 or 3 to adjust MINUTES and push 1 to set.

```
SET TIME
AM10:14:00
```

2   3

SECONDS BLINK

Push 2 or 3 to adjust SECONDS and push
1 to set and to exit to time of day.

TO SET DATE

JAN 01 THU

AM12:00:00

PUSH 1

SET

TIME DATE

PUSH 3

1 Mode/Set   4 Light

SET DATE
JAN-01-09

2   3

MONTH BLINKS
Push 2 or 3 to adjust MONTH and push 1 to set.

1 Mode/Set   4 Light

SET DATE
APR-01-09

2   3

DATE BLINKS
Push 2 or 3 to adjust DATE and push 1 to set.

SET DATE
APR-08-09
↑   ↓
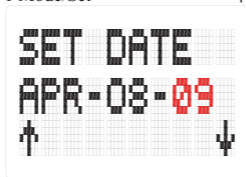
2   3

YEAR BLINKS
Push 2 or 3 to adjust YEAR and push
1 to set and to exit to time of day.

APR 08 WED
AM10:14:23
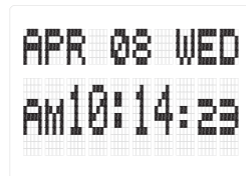
2   3

TURN ON/OFF VIBRATION

```
APR 08 WED

AM10:14:23
```

2   3

PUSH 1 TWO TIMES

```
SET

VIBRATION
ON        OFF
```
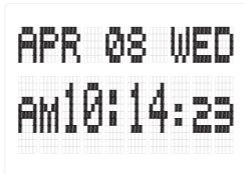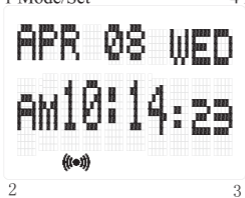
2   3

Push 2 to turn ON vibration and push 1 to set and to exit to time of day.   OR   Push 3 to turn OFF vibration and push 1 to set and to exit to time of day.

14

1 Mode/Set   4 Light

APR 08 WED

AM10:14:23

((•))

2   3

TO SET FIXED INTERVAL DAILY TRAINING MODE (You will choose a message, start and end time, and a time interval.)
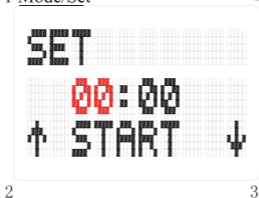
1 Mode/Set   4 Light

```
APR 03 WED
AM10:14:23
```

2   3

PUSH 1 THREE TIMES

1 Mode/Set   4 Light

SET TRAIN

MSG

2   3

PUSH 2 (NOTE-If Training Mode is not set, only MSG will appear on the lower left hand corner.)

1 Mode/Set   4 Light

SET TRAIN

BATHROOM

2   3

BATHROOM BLINKS

Push 2 or 3 to scroll through 15 preset training/self−help MESSAGES (MSG) and your PERSONALIZED MESSAGES (PERS MSG). Then, push 1 to set your message. ONLY ONE training message can be used at a time.
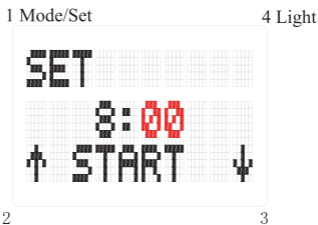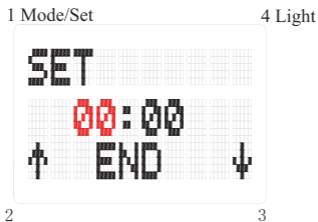
17

1 <u>Mode/Set</u>   4 Light

SET

00:00

⬆ START ⬇

2   3

START HOUR BLINKS

Push 2 or 3 to adjust START HOUR (24 hour clock) and push 1 to set.

1 Mode/Set   4 Light

SET
8:**00**
↑ START ↓

2   3

START MINUTES BLINK

Push 2 or 3 to adjust START MINUTES and push 1 to set.

1 Mode/Set   4 Light

SET
00:00
↑ END ↓

2   3
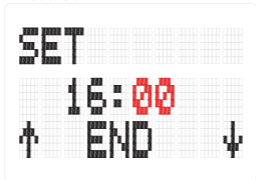
END HOUR BLINKS

Push 2 or 3 to adjust END HOUR and push 1 to set.

SET

16:00

↑ END ↓
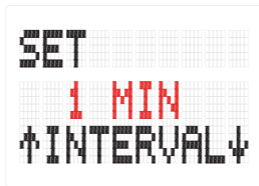
END MINUTES BLINK

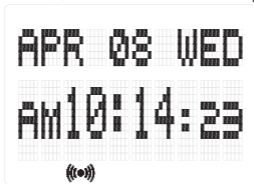Push 2 or 3 to adjust END MINUTES and push 1 to set.

SET

1 MIN

↑INTERVAL↓

1 MINUTE INTERVAL BLINKS

Push 2 or 3 to scroll through FIXED INTERVALS
(1, 2, 3, 5, 10, 15, 20, 30, 60 minutes) and push 1 to
set and exit to time of day.

1 Mode/Set   4 Light

APR 08 WED

AM10:14:23

((•))

2   3

TO REVIEW/DELETE TRAINING MODE

1 Mode/Set   4 Light

APR 08 WED

AM10:14:23

((•))

2   3

PUSH 1 THREE TIMES

1 Mode/Set   4 Light

```
SET TRAIN


              REV
```

2   3

Push 3 to REVIEW Training Mode setting (NOTE-If Training Mode is set, only REV will appear on the lower right hand corner.)
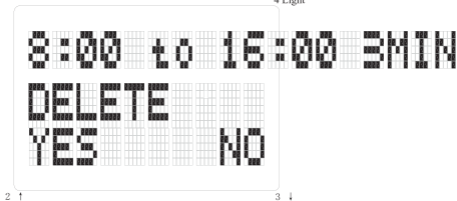
```
8:00to16:00 3 MIN
      PY ATTN
DEL     EXIT
```

Training Mode setting will display on the top two lines of the screen for your review. Push 2 to DELETE Training Mode setting or push 3 to exit to time of day.

```
8:00 to 16:00 3MIN
DELETE
YES        NO
```

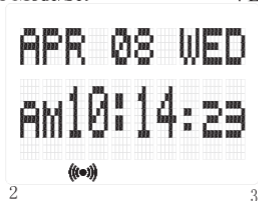2 ↑   3 ↓

Push and hold down 2 (YES) for 3 seconds to DELETE the Training mode setting and exit to time of day or push 3 (NO) to go back to the above screen and push 3 to exit to time of day.

1 Mode/Set   4 Light

```
APR 08 WED
AM10:14:23
```

(((•)))

2   3

TO SET REMINDER MODE (Set up to 30 daily reminders. Any two of reminder messages must be set at least 4 minutes apart.)

1 Mode/Set   4 Light

APR 08 WED

AM10:14:23

((•))

2   3

PUSH 1 FOUR TIMES

1 Mode/Set   4 Light

```
SET
    REMINDER
MSG     REV
```

2   3

PUSH 2

1 Mode/Set   4 Light

```
SET
BACKPACK
```

2   3

BACKPACK BLINKS

Push 2 or 3 to scroll through 50 preset MESSAGES (MSG)
**and your PERSONALIZED MESSAGES (PERS MSG).
Then, push 1 to set your message.**

1 Mode/Set   4 Light

SET

MEDS 1

↑ 00:00 ↓

2   3

REMINDER HOUR BLINKS

Push 2 or 3 to adjust HOUR (24 hour clock) and
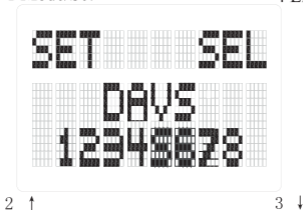push 1 to set.

1 Mode/Set   4 Light

SET

1. MEDS 1

↑ 9:00 ↓

2   3

REMINDER MINUTES BLINK

Push 2 or 3 to adjust MINUTES and push 1 to set.

27

```
SET        SEL
      DAYS
12345678
```

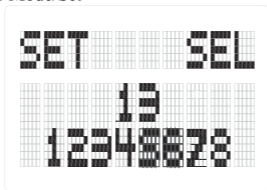2 ↑   3 ↓

Mon=1 Tues=2 Wed=3 Thurs=4
Fri=5 Sat=6 Sun=7 Daily=8

The number 1 will blink. Push button 2 or 3 to scroll through the days of the week (see numbers and days above). Push SEL to select a day for your reminder message. Repeat these same steps to choose all of your reminder days (1-7) for your message.Choose the number 8 if you want a daily reminder.

When you have chosen the days for your reminder message, push button 1 to SET.

THE DAY OF WEEK WILL STOP BLINKING. PUSH BUTTON 1 TO EXIT TO THE TIME OF DAY OR PUSH BUTTON NUMBER 2 TO SET UP YOUR NEXT REMINDER MESSAGE.Repeat the steps from pages 26 through 29. Choose the message, time and day(s) of the week.

REMEMBER, YOU CAN SET UP 30 REMINDER MESSAGES.

TO REVIEW/ DELETE A REMINDER

1 Mode/Set   4 Light

```
APR 08 WED
AM10:14:23
```
(((•)))

2   PUSH 1 FOUR TIMES   3

1 Mode/Set   4 Light

```
SET
   REMINDER
MSG      REV
```
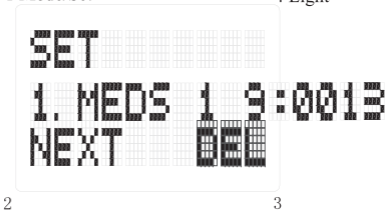
2   3

PUSH 3 TO REVIEW (REV) (Note: If you have set 30
reminder messages, only REV will appear on the lower
right hand corner.)

30

SET
1.MEDS 1 9:0013
NEXT DEL
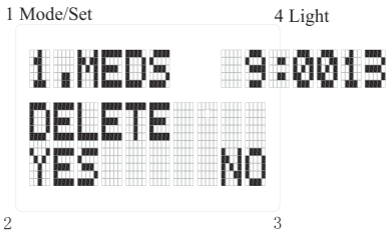
2   3

The first message and time in your Reminder Mode is displayed.

The reminder setting with the time closest to current time will be shown as the first setting. The settings are arranged in terms of time sequence.

Push 2 to see your NEXT reminder message.
or push 3 to DELETE it.

1 Mode/Set   4 Light

```
1.MEDS      9:0013
DELETE
YES         NO
```

2   3

Push and hold down 2 (YES) for 3 seconds to
DELETE the Reminder setting and go to the next
Reminder setting / exit to time of day or
push 3 (NO) to go back to the above screen and
push 1 to exit to time of day.

1 Mode/Set   4 Light

```
APR 08 WED

AM10:14:23
     ((•))
```

2   3

TO CREATE A PERSONALIZED MESSAGE (Create up to 12 PERS MSG)

1 Mode/Set   4 Light

APR 08 WED

AM10:14:25

2   3

Push 1 five times to go to PERS MSG (personalized message)

```
SET
PERS MSG
PGM    REV
```

2 ↑   3 ↓

If there are no messages programmed, REV will not display.

Push 2 to program (PGM) a personalized message (PERS MSG).

Display shows the first 10 letters of the 26 letters of the alphabet AND a blank space (shown as an underline) after the letter "Z".

Letter "A" blinks. Push 2 or 3 to scroll up and down through the 26 letters of the alphabet and push 4 to SEL (SELECT) a letter.

The selected letter will display (blinking) on the 2nd line. To delete/correct a selected letter push and hold down button 4 for 3 seconds.

Repeat this sequence to SELECT up to 8 letters for your personalized message (PERS MSG).

```
SET        SEL
1.AIRPORT
ABCDEFGHI I
```

2 ↑   3 ↓

Push 1 to SET your PERS MSG

```
SET
PERS MSG
PGM       REV
```

2 ↑   3 ↓

You can exit to time of day by pushing 1 OR you can repeat steps on pages 34 and 35 to set up the remaining personalized messages (up to 12 messages). These messages will be stored with all of the preset messages for both the TRAINING and REMINDER modes.

TO REVIEW PERS MSG

1 Mode/Set   4 Light

```
APR  03  WED
AM10:14:29
      ((•))
```

2 ↑   3 ↓

Push 1 five times to go to PERS MSG

1 Mode/Set   4 Light

```
SET
PERS MSG
PGM      REV
```

2 ↑   3 ↓

If there are 12 PERS MSG, PGM will not display.
Push 3 to REVIEW

1 Mode/Set   4 Light

```
SET
1.AIRPORT
NEXT    DEL
```

2 ↑   3 ↓

Push 2 to see NEXT PERS MSG OR PUSH 3 to DELETE a PERS MSG.

1 Mode/Set   4 Light

```
1.AIRPORT
DELETE
YES    NO
```

2 ↑   3 ↓

Push and hold down 2 (YES) for 3 seconds to delete the PERS MSG and go to the next PERS MSG or exit to time of day. Push 3 (NO) to go to the screen at the top of this page. Push 1 to exit to time of day.

1 Mode/Set   4 Light

APR 08 WED

Am10:14:23

((•))
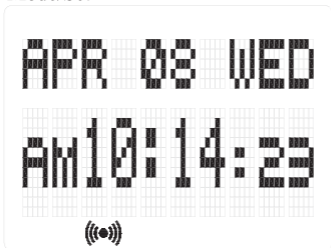
2   3

TO START COUNTDOWN TMR MODE (Up to 12 hours, 59 minutes and 59 seconds). A REPEATING COUNTDOWN TIMER CAN BE ENGAGED.

1. Training Mode or Reminder Mode will "win" if activated during the TMR countdown. TMR will resume after Training or Reminder alerts.

2. When TMR is counting down, you can check time of day by pushing button 1. When out of the TMR mode, the countdown continues. Push 1 to go back to TMR countdown

3. The watch vibrates at the end of the TMR countdown (on and off for one minute, similar to Training and Reminder Mode vibration alert pattern). The LCD displays 00:00:00 (blinking). During this one minute TMR vibration alert, you can stop the alert by pushing DEL (delete). Push and hold down button 3 for 3 seconds to DEL (delete).**The repeating countdown timer starts over, as soon as the vibration alert is activated. The vibration alert of the repeating countdown TMR mode is a 3-second continuous vibration.**

4. IMPORTANT- If you enter the TMR mode and begin to program (PGM) a countdown time, the only way you can exit this screen is to set the hours, minutes and seconds. Then, you can either START the TMR and DEL (delete) the TMR. Push and hold down button 3 for 3 seconds to DEL (delete). This will allow you to view the other screens on the WatchMinder3.
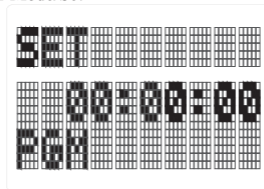
1 Mode/Set   4 Light

APR 03 WED

Am10:14:23

(((•)))

2   3

Push 1 six times to go to TMR

1 Mode/Set   4 Light

SET

00:00:00

PGM

2 ↑   3 ↓

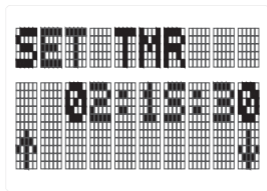Push 2 to program (PGM) countdown The
hour digit begins to blink.
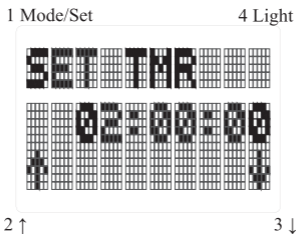
Push 2 or 3 to adjust hour and push 1 to set hour. The minute digit begins to blink.
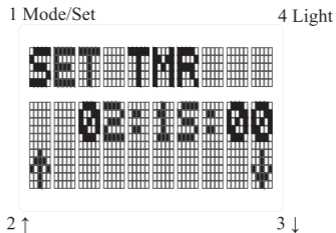
Push 2 or 3 to adjust minute and push 1 to set minute.   The second digit begins to blink.

1 Mode/Set   4 Light

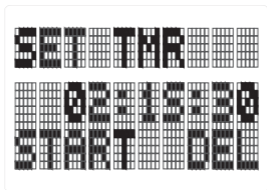2 ↑   3 ↓

Push 2 or 3 to adjust second and push 1 to
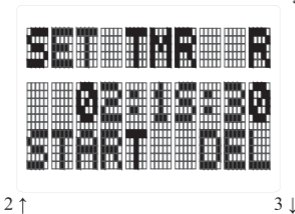set second.

1 Mode/Set   4 Light

2 ↑   3 ↓

Push 2 to START countdown. If you want to
engage a repeat function, push 1 again to engage a
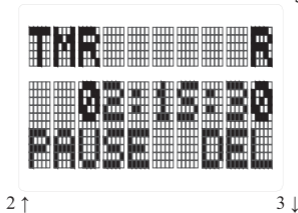repeat function. " R " will appear in the upper right
hand corner.

SET TMR

0:01:30

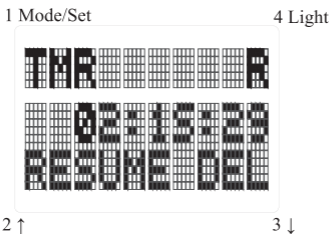START SEL

Push 2 to start repeating countdown TMR.

TMR

0:01:30

PAUSE SEL

Push 2 to PAUSE.

1 Mode/Set   4 Light

TMR   R
OFTIMER
RESUME DEL
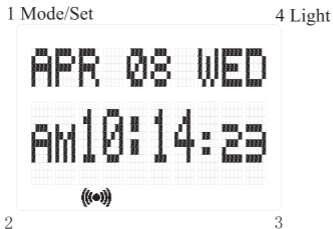
2 ↑   3 ↓

Push 2 to RESUME or push and hold down
button 3 (DEL) for 3 seconds to delete TMR.
LCD will go back to normal display (time and
date) when TMR is deleted.

1 Mode/Set   4 Light

APR 03 WED

am10:14:23

((•))

2   3

46

WARRANTY

The WatchMinder3 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.The warranty is void if the watch has been tampered with by any person other than an authorized service center of WatchMinder3.The owner assumes full responsibility for damages incurred while changing the wrist band. Should you experience a manufacturer's defect during the warranty period, please ship the watch to the WatchMinder3 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: WatchMinder
         PMB #278
         5405 Alton Parkway #5A
         Irvine, CA 92604-3718 USA

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

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