SIMPLE WATCH INSTRUCTIONS CADEX

FUNCTIONS OF THE WATCH

- CALENDAR/TIME
- ALARM (up to 12 per day)
- DATA BANK (Name, Alert, Allergies, Doctor, Contact, Blood Type, Birthday, Health Insurance, Policy#, Social Security/Medicare, Card #)
- SOUND ACTIVATION (On/OFF)

MODE – allows you to move around the different functions listed above
and is also used in programming mode to move around the options within each function

ADJUST – allows you to enter into programming mode and exit the programming mode

FORWARD/REVERSE – allows you to change the settings of the numbers/times
when in programming mode

FACTORY RESET – NOTE: this resets the watch and all programming and settings are lost.
Holding all four buttons in for 3-4 seconds erases all settings and restarts the watch.

TO SET THE TIME

1. When you are on the normal date and time screen
   – to enter programming mode, press and hold 'ADJUST' until the hours flash.

2. To change the hour press 'FORWARD/REVERSE' until you reach the correct hour.

   (Ensure that the 'A' (am) or 'P' (pm) indicator is showing as required.
   The 'A' (am) or 'P' (pm) indicator appears to the left of the hours)

3. Press 'MODE' to move to the minutes

4. To change the minutes press 'FORWARD/REVERSE' until you reach the correct minutes

5. Press the 'MODE' to move to the seconds
   – if required, reset the seconds to '00' by pressing 'FORWARD/REVERSE'

6. Press 'MODE' to move to the YEAR and press 'FORWARD/REVERSE' to change the year

7. Press 'MODE' to move to the month and press 'FORWARD/REVERSE' to change the month

8. Press 'MODE' to move to the date and press 'FORWARD/REVERSE' to change the date

9. Press 'MODE' and you will return to the hours flashing

10. If you are happy with the settings you just programmed
    - press 'ADJUST' to exit programming mode.

TO SET THE ALARMS

1. When you are on the normal date and time screen
   – press 'MODE' once to move to the ALARM BANK function

2. Press 'FORWARD' to move to the first alarm – 'AL 1'

3. To enter programming mode, press and hold 'ADJUST'
   - 'AL 1' should be flashing

4. Press 'FORWARD' to turn the alarm ON/OFF
   A set of brackets and diamonds that looks like a squiggle '(◊◊)' appears above 'AL 1'
   This indicates that the alarm is turned on. Or if this symbol is not showing the alarm is off

5. Press 'MODE' to move to the hours flashing

6. To change the hour for the alarm press the 'FORWARD/REVERSE' button

   (Ensure that the 'A' (am) or 'P' (pm) indicator is showing as required.
   The 'A' (am) or 'P' (pm) indicator appears to the left of the hours)

7. Press 'MODE' to move to the minutes

8. Press 'FORWARD/REVERSE' to change the minutes of the alarm

9. If you do not need a text message to appear on the screen when the alarm sounds
   - then press 'ADJUST' to exit the programming of the alarm.

   - OR Alternatively, if you do need a text message on the screen when the alarm sounds press
     'MODE' to move to the text message input. Use 'FORWARD/REVERSE' to select each character
     and 'MODE' to move along to the next character (up to 36 characters). Press 'ADJUST' to exit
     the programming of the alarm.

10. If you have finished setting alarms press 'MODE' 3 times to return to the normal date and time screen

    OR to set additional alarms press 'FORWARD/REVERSE' to move to the next alarm
        and then press and hold 'ADJUST' to enter programming mode for that alarm.
        Continue from point 4 above.

11. Once you have set all alarms – press 'MODE' 3 times to return to the normal date and time

TO ACTIVATE THE ALARM SOUND ON/OFF

1. From the normal date and time display setting
   – press 'MODE' 3 times until you reach 'ACTIVATE' mode

2. YES or NO will be displayed (YES = Sound activated , NO = Sound NOT activated)

3. Press 'FORWARD/REVERSE' to toggle the Sound ON or OFF as you choose

4. Press 'MODE' to return to the normal date and time