# SIMPLE INSTRUCTIONS - TT8-0SQ - 8 Alarm TabTimer

### **FUNCTIONS OF THE TIMER**



- TIME The current time is shown on the device
- ALARM (up to 8 per day) Repeats at same times each day without reprogramming
- COUNTDOWN TIMER Alarms when set time reached zero. i.e. 2 hour countdown
- DURATION Alarm sounds 40 seconds, then stops
- EASY STOP simply press any button to stop the alarm



TabTimer alarms up to 8 times per day at the exact times required & remembers your alarm times everyday. TabTimer also has a countdown function if you want to set regular reoccurring alarms i.e. every 2hours etc.

There are 3 control buttons MODE – HOUR – MINUTE. The MODE button controls all the functions.

The HOUR and MINUTE buttons are only used to set the time and to cancel the alarm.

TabTimer has a 12 or 24 hour clock and all settings start in the AM. A large P on the left hand of the screen indicates the PM. Choose the 12 or 24 hour clock by pressing the HOUR or MINUTE button

NOTE: the countdown function cannot be used in conjunction with the 8 variable alarms

#### **TO SET THE TIME**

- 1. When you are on the normal date and time screen
  - to enter programming mode, press and hold 'MODE' the display will flash
- 2. To change the hour press 'HOUR' until you reach the correct hour.
- 3. To change the minutes press 'MINUTE' until you reach the correct minutes
- 4. Press 'MODE' to lock in the settings and you will return to the current time with colon ':' flashing **PLEASE NOTE:** If you do not press anything for 60 seconds the device will return to the current time setting and you will need to start again.

#### **TO SET THE ALARMS**

**PLEASE NOTE:** If you do not press anything for 60 seconds the device will return to the current time setting and you will need to start again.

- 1. When you are on the normal date and time screen, numbered bells along the top of the LCD screen indicate if the alarms are on or off. If you see no bells then all alarms are turned off.
- 2. When you are on the normal date and time screen
  - press 'MODE' once to move to the ALARM function
  - The alarm number 1-8 will be shown along the top of the LCD screen with a bell symbol
- 3. To change the alarm time, press and hold the 'MODE' button. The display will flash.
- 4. To change the hour for the alarm press the 'HOUR' button
- 5. Press 'MINUTE' to change the minutes of the alarm
- 6. Press 'MODE' to confirm the alarm time
- 7. To set another alarm press 'MODE' to move to the next alarm number
- 8. To set additional alarms continue from point 3 above
- 9. Once you have set all alarms press 'MODE' to return to the current time display with colon ':' flashing

# **CANCELLING AN ALARM**

- 1. Press the 'MODE' button to go to the alarm 1-8 that you wish to delete
- 2. Press the 'MINUTE' button to delete that alarm.
- 3. To change all settings take the battery out for a few minutes and reinsert.

## **TO SET THE COUNTDOWN TIMER**

- When you are on the normal date and time screen, Press 'MODE' nine times to reach the countdown function
- 2. You should see '00H:00M' and an egg timer in the top left corner
- 3. Press and hold 'MODE' until the display flashes
- 4. Press 'MINUTE' once to reach 1 minute
- 5. Press 'MODE' to lock in the setting
- 6. Press 'MINUTE' to commence the countdown (you will see the clock start to countdown)
- 7. Wait one minute for the light to flash and alarm to sound
- 8. To stop the alarm simply press any button
- 9. To restart the alarm simply press 'MINUTE'
- 10. When finished press 'MODE' to return to the current time display

TabTimer™ helps keep medications on time™ | www.TabTimer.com.au | 1300 TAB TIMER (1300 822 846)