MemRabel MR3 User Instructions (V1.1-24)

MemRabeL MR3 is a perfect aid for people with failing memory, impaired cognition after a Stroke or Brain Injury. MR3 can also assist people living with Autism and impaired learning.

- **Customisable clock display - screen and digit colours, clock layout, Analogue or Digital time and Calendar views**

- **Unlimited memory prompting alarms creation - choose video, graphic with text, or audio playback at alarm time.**

- **Use the task planner to create daily schedules and To-Do lists (with timed display)**

- **Create memory inspiring photo slideshows**

- **Create a collection of favourite music for the Easy Music Player**

- **Create one-touch video playback tiles - Instructional, Family Events, Films, Favourite Holidays etc.**

Fig 1.

Setting up MR3 from the box.

Attach the stand (Fig 1.) Insert the bracket clamp into the slot so that the bracket is flat against the clock back. Rotate the bracket clockwise until it clicks into place.
Insert the power adaptor jack plug into the DC socket (fig 2.). Now plug the power adaptor into a mains socket.
Wait for MR3 to boot up until the clock is displayed. Usually, the time and date will be correct, if not see set time/date.

Fig 2.

Settings Menus

Tap the screen one time. On the bottom of the screen, you will see:
MP3 Player – Change Colour – Settings
Tap settings > Main settings menu displayed. The Blue headings are links to the category settings menu.

1. Alarms

Alarms > Alarm Wizard > Tap ALARM TYPE to select: Daily, Weekly, Monthly, Single, or Yearly playback. Tap NEXT > Set the required alarm time: Tap AM/PM > Tap Hour/Min to highlight in red digits to set. Set required alarm time then tap NEXT > Select number of times the alarm will repeat.

Repeat/Duration > Tap the number of times the alarm will repeat: 1, 2, ,3, ,4, 5 or tap Duration for the length of time in 5-minute increments, 5, 10, 15, 20, or 25. Note: Setting a reminder for unnecessary lengths of time may be annoying to the user. Duration time is useful if you personalise a slideshow, MP3 playlist or video.

> CHIME, select Chime off, Chime 1, Chime 2, Chime 3. Chimes are played before playback of alarm media to attract attention to the message. Tap NEXT > tap ADD MEDIA. Here, you can select from preinstalled Images with text title, short videos containing graphic, text, and voice recording, Audio – voice reminder only, or import your own files from a flash drive or SD card.
Notes on creating your own media files.

If you are creating videos on a modern Smartphone, keep the videos as short as possible or the file size may be too large to import. Also, try to title the video so that you can locate it easily.

Use a preinstalled video as an example.

Tap video > press and hold the word MemRabel for 3 seconds, when you take your finger away the file list is displayed. Scroll through the list until you see a suitable reminder. Tapping the file name once will preview the file. Tapping the same file again will select the file and display the filename on the next screen. Tap next. The next screen shows the settings you have chosen. You can PREVIEW the alarm, go BACK to make any changes or tap NEXT to complete the alarm setting.

You can check, edit, delete, or switch off alarms – here's how.
From the time screen: Tap screen > SETTINGS > ALARMS > VIEW ALARM. From the list of alarms tap the one you want to change or remove. Tap EDIT to make any changes, then save to confirm.

Create Alarm Manually

> Create Alarm Manually. This menu provides quick setup of alarms. > Set the required alarm time (use 24-hour clock time only). > Select first alarm date. > Choose Alarm Type: Daily, Weekly, Monthly, Single, or Yearly. > Select Alarm Repeat, or Alarm Duration. > Select Alarm Chime. > Add Media (Images, Video, Audio, or USB transfer) tap MemRabel word 2 times to view files > tap File Title 2 times to select file for alarm > Tap SAVE to complete alarm settings, CANCEL to clear the alarm completely, or CLEAR to remove the media file only, reselect Media then SAVE to complete alarm setting.

2. Setup Clock

> **Setup Clock** > Time/Date (if the time and or date needs changing reset the time in 24-hour clock time) Change the date. Select Time Zone for your region for automatic daylight saving time changes. Note: When the time is changed MR3 will reboot.
Setup Clock> Clock Setup. In the menu you can select Analogue clockface or digital time display, 12/24 hour clock mode, and customise the look of your clock display. Tap Clock Layout > Tap CHANGE. You will see the layout changes each time you tap change. You can do the same with Date Format and Time of Day. When you are happy with your clock layout design, tap NEXT then at the top of the screen tap SAVE, CHANGE, or BACK to make changes.

Volume Setting (Caution MR3 is capable of producing loud audio, check the level by previewing an alarm) Tap and slide the dot right to increase volume or left to decrease volume.

Alarm countdown > tap the switch to toggle countdown on and off. This is a feature to aid the hearing impaired. If set to on the time screen will show a numeric countdown before playback of a reminder.

Auto dim > Toggle this feature on/off by tapping the switch. When toggled to on the screen will automatically dim at 10PM and return to bright at 6AM.

Screen lock active > Setting this function to on will prevent anyone from accessing the settings menus (anti-tamper). If you set this feature to on the password for unlock is 1524. When you tap the time display a keypad opens for entering the unlock code 1524.

Setting up Split Screen for Tasks/Video Tiles/Slide Show

> Settings > Setup Clock > Clock Setup, > select Analogue or Digital clock > choose Clock Layout > Choose Date Format > Choose Time of Day > tap Next > tap CHANGE (at the top) > tap Touch here to customise. From the list choose Slide Show, Video Tiles, Task List > tap OK > tap SAVE. Use "Back" to return to clock main screen. Your screen will now have your selected clock type on the left with the video thumbnails, Tasks, or Slideshow on the right. To use a different feature, repeat the steps above.

3. File Copy

> File copy allows copying media files from a flash drive or SD card. Insert the storage device into the appropriate port of the MR3 then select file copy. Any useable files or folders will display. To select individual files, tap the file name (confirmed by green tick box). To remove the file, tap the file name again. To copy an entire folder (for alarm media only), tap the folder name one time, to remove, tap the filename again. To view contents of a folder, tap and hold the folder name for 2-3 seconds to open the folder, then select files by tapping filename.

Delete Files

If you import too many large movie files you may use up the available internal storage. Your files will be stored in the MR3 as Images, Video, or Audio. To delete files:
> Delete Files > Select Images/Video/Audio tab, tap and hold MemRabel word. Find and select your files (green tick) then press delete. This operation cannot be undone so double check before you press delete.

4. New Task

The task list allows a list of daily activities to display at set times or all day. The list is useful for schedule building and behavioural training. SETTINGS > NEW TASK > Tap Enter name of the task here. Use the keyboard to give the task a brief title (Make your breakfast as example). Tap the TYPE tab to change from Daily, Weekly, Monthly, Single, Yearly, Off, Date range. You will see a Start and End Date calendar on the right. Use the calendars to select when and for how long to display the task.

Example, applying a medical cream every day for one week only. > Title task, Time to put your cream on > TYPE Date range > Select Start Date > Select End Date (7 days on) > Task display time 10.00 AM > Task hidden time 10.30am tap SAVE to complete settings. Result – every day for 7 days task will display at 10.00 AM Time to put your cream on, the display will clear at 10.30.
Use View task to remove unwanted tasks.

5. Video Tiles

Step 1. Copy the video files you want to use for one-tap video playback (Video Tiles) to a flash drive or SD card. MR3 will play HD full length movies from internal storage or from a flash drive (must remain plugged into MR3).

Step 2. Tap screen > Settings > Video Tiles > You can import up to 4 video files and assign them to Tile 1, 2, 3, 4. Tap Tile 1to access Media preview window. You can import images/photos for a slideshow, MP3's for Easy Music Player and videos for Video Tiles.

Step 3. Tap USB/SD Tab > Select up to 4 video files. If the files are in a folder press and hold the folder to view files. Select files (green tick) then press copy. Large video files may take a while to import. Press copy. The popup asks where to copy files. Alarms, Slideshow, or MP3 Player. For video select alarms. Press OK and wait until MR3 returns to Media preview window. Tap the video Tab. Your imported video files will list above MemRabel word. Tap the file title to launch preview, tap the file again to select the file for the selected Video Tile.

Note: Tiles will create a thumbnail from the video. If the video starts with a black screen the tile will display a black rectangle only.

Easy MP3 Music Player

Step 1. See (3) above File copy when you are ready to import your selected music files. The player offers basic playback of music tracks. To get an idea of how it works tap the time screen then tap MP3 player (bottom left). You will see the playback options: Shuffle, Repeat (single track), Play All (sequentially). Choose the music playback option. The controls are STOP, PREVIOUS, NEXT, PLAY. Use the back button top left to exit music player.

Step 2. When you have your music files ready to import, pop the flash drive in and follow the instructions for (3) file copy. File copy does not support copy folder for MP3 player, you need to open the folder (press and hold) then select the files you want to import then press copy, on the pop-up screen tap on Select for MP3 player.

To leave the music playing tap BACK to return to time. To stop playback, tap MP3 player, tap STOP, then tap back to return to clock display.

Slideshow Setup

Step 1. Copy your images into a folder on a Flash Drive or SD Card.
Insert the storage device into MR3. > Tap time screen > tap SETTINGS > tap FILE Copy. Locate the folder containing your slideshow images. > Tap the folder (confirmed by green tick) > Tap COPY > On pop up screen select Slideshow > Tap OK. Wait for the files to copy. > Refer to (2) Setting UP Split Screen and choose Slideshow (remember to save your selection. Use Back to return to time screen.