

Instruction Manual

Main Features



Display Modes: The watch has four display modes: normal time and calendar, medication alarmbank, medical databank, and watch activate switch. To change from one display mode to another, press the MODE button repeatedly. Do this now.

Time and Calendar Display / TIME



When the TIME mode is selected, the watch will display current time in HOURS, MINUTES, and SECONDS. The calendar will display DAY, MONTH, and DATE.

How to Set Time and Date:

- 1) Select TIME mode by pressing the MODE button (repeatedly if necessary). When your watch is in the TIME mode, press and hold the ADJUST button for two seconds. This will cause the Hour to begin flashing.
- 2) Use the FORWARD or REVERSE buttons to select the Hour. PLEASE MIND THE "A" OR THE "P" IN THE LOWER LEFT CORNER INDICATING AM AND PM. Press MODE button to record the Hour and move on to Minutes.
- 3) Press the FORWARD or REVERSE buttons to select the Minutes. Press MODE button to record the Minutes, and move on to Seconds.
- 4) Repeat these steps to set the seconds, year, month, and date. The watch automatically calculates the day of week.
- 5) Press ADJUST at any time to accept your changes and return to TIME mode.

Medication Alarmbank Display / ALARM BANK



The CADEX watch has 12 daily alarms available. They are numbered 1 through 12. This numbering is for reference only. Alarm number 1 does not have to be the first alarm of the day and so on.

The watch allows up to 36 characters to be recorded in each Medication Alarm. If you take multiple medications at a given time, we recommend you abbreviate if necessary. You may also want to set alarms to remind you to perform a certain test daily, or to perform a specific exercise.

Tips: If you are normally away from home during the day, we recommend you make an alarm for the early part of the day that says "SETUP MEDS". You should set this alarm for the time that you are normally doing your morning routine (breakfast, coffee, etc.), this will remind you to get your medications together and into your pocket or purse so you will not forget them.

How to Set Medication Alarms:

- 1) Select the ALARM mode by pressing the MODE button (repeatedly if necessary). When the watch displays "ALARMBANK", you are in the correct mode. Press the FORWARD or REVERSE buttons to select the alarm you wish to view or set.
- 2) When you are at the alarm you wish to set, press the ADJUST button for two seconds, this will cause the Alarm Number (AL 1, AL 2, AL 3 ...) to begin flashing. Press FORWARD or REVERSE to toggle the Alarm Indicator (*) on and off. When the Alarm indicator is on the screen, it means the alarm is enabled. The absence of this symbol indicates the alarm is disabled. Make your selection, and press MODE to move on to alarm Hour.
- 3) Press the FORWARD or REVERSE buttons to select the Hour. Press MODE to move on to Minutes.
- 4) Press the FORWARD or REVERSE buttons to select the Minutes. Press MODE to move on to Medication Name
- 5) Press the FORWARD or REVERSE buttons to select the first letter of the Medication Name. *TIP: PRESSING AND HOLDING THE FORWARD OR REVERSE BUTTONS WILL ALLOW THE CHARACTERS TO INCREMENT QUICKLY.*
- 6) Press MODE to move on to the next character in the Medication Name. *TIP: PRESSING AND HOLDING THE MODE BUTTON WILL ALLOW THE PREVIOUS CHARACTERS TO BE ACCESSED AGAIN.*
- 7) Repeat these steps as many times as necessary to spell out the Medication Name. Press ADJUST at any time to save your changes and return to ALARMBANK mode. Your setting will scroll across the screen. Press MODE to return to time, or press FORWARD or REVERSE to access more alarms.

Medical Databank Display / DATA BANK



The CADEX watch is capable of recording the following pieces of information at your option:
NAME - Your name and phone number
ALERT - Alert information (user conditions, i.e. diabetic, pace maker, hemophiliac, etc.).
ALLERGIC - Allergic reactions (i.e. penicillin, bee sting, etc.)

- DOCTOR** - Doctor and phone number
- CONTACT** - Emergency contact person and phone number
- BLOOD** - Blood type
- BIRTHDAY** - Date of birth
- INSURER** - Health insurance company and phone number
- POLICY#** - Health insurance policy number
- S.S.#** - Social Security number (Optional)
- CARD#** - Charge card number and expiration date

How to Set Databank Items:

- 1) Select the DATABANK mode by pressing the MODE button (repeatedly if necessary). When the watch displays "DATABANK", you are in the correct mode. Press the FORWARD or REVERSE buttons to select the Data Item you wish to view or set.
- 2) When you are at the Data Item you wish to set, press the ADJUST button for two seconds. The first letter of the Data Item will begin flashing. Press the FORWARD or REVERSE buttons to select the first letter of the Data Item. *TIP: PRESSING AND HOLDING THE FORWARD OR REVERSE BUTTONS WILL ALLOW THE CHARACTERS TO INCREMENT QUICKLY.*
- 3) Press MODE to move on to the next character for this Data Item. *TIP: PRESSING AND HOLDING THE MODE BUTTON WILL ALLOW THE PREVIOUS CHARACTERS TO BE ACCESSED AGAIN.*
- 4) Repeat these steps as many times as necessary to spell out the Data Item. Press ADJUST at any time to save your changes and return to DATABANK mode. Press MODE to return to time or press FORWARD or REVERSE to access the next Data Item.

Activate Display / ACTIVATE



This watch contains an electronic master switch that will turn all alarms on or off. This switch can be used to save battery life if the watch is not to be used for an extended length of time, or to quiet the watch during sensitive occasions.

How to set the Master Switch:

- 1) Select the ACTIVATE mode by pressing the MODE button (repeatedly if necessary). When the watch displays "ACTIVATE" you are in the correct mode. Press the FORWARD or REVERSE buttons to toggle between "YES" and "NO". NOTE: "YES" MEANS ALL OF THE INDIVIDUALLY ENABLED ALARMS WILL FUNCTION. "NO" MEANS ALL OF THE INDIVIDUALLY ENABLED ALARMS WILL NOT FUNCTION, HOWEVER THEY ARE ALL RETAINED IN MEMORY. WHENEVER YOU TAKE YOUR WATCH OUT OF STORAGE, BE SURE TO SET THE ACTIVATE SWITCH TO "YES".

How to Change the Battery in your Cadex Watch

1. Use a CR2032 Lithium Button Cell, found at most department stores and drug stores.
2. You will need a very small Phillips head screwdriver.
3. Turn the watch over so the backside is facing up. The word "CADEX" engraved on the backing plate should read correctly.
4. Remove the four screws from the backing plate of the watch. Place the backing plate to the side.
5. Observe the inside of the watch. There will be a circular sticker on the battery holder. This sticker is crucial for the watch to function properly. Notice that there is a brass spring sticking up through a hole in the sticker to the right of the battery. There should also be a small metal "finger" on the battery holder to the upper left. The inside of the watch must look like this after the battery has been replaced.
6. The sticker can be left on the battery holder while changing the battery. Simply remove the two tiny screws that secure the battery holder. Now the battery holder (with sticker on it) can be picked up, so the battery can be removed.
7. Install the new battery, making sure the battery information and the "+" sign are facing up.
8. Replace battery holder exactly as you found it.
9. IMPORTANT: If you remove the sticker, be sure to replace it properly. Make sure the brass spring is not covered by the circular sticker. Make sure the metal "finger" to the upper left is not covered by the sticker. Please read # 5 above before replacing the backing plate.
10. Replace backing plate so that the word "CADEX" on the back reads correctly (i.e., not upside down). If it is upside down, the alarm will not make the beeping sound.

e-pill® CADEX® 12 Alarm Medication Reminder Watch & Electronic Medical Alert

Medical Snooze / REMINDER MODE

When one of the medication alarms "goes off". The watch will begin to beep continuously for one minute and the name of the medication will scroll across the face of the watch. This continuous beeping can be turned off by pressing either of the FORWARD or REVERSE buttons. The watch will enter REMINDER MODE. In this mode, the name of the medication will continue to scroll across the face of the watch, and the watch will give two beeps every three minutes. This will subtly remind you to take your medications in the event that you get sidetracked while on your way to get your medications. This REMINDER MODE can be turned off by pressing either of the FORWARD or REVERSE buttons. We recommend that you only do this after you have taken your medication. If there are multiple alarms existing in REMINDER MODE, each alarm entry will scroll across the face of the watch in turn. A medication alarm may be removed from the REMINDER MODE by pressing either of the FORWARD or REVERSE buttons while that medication alarm is on the display. Multiple alarms in reminder mode may cause the watch to do its reminder beep more often than every three minutes.

Alert Button / ALERT

All of the Medication Alarms and Data Items stored in the CADEX watch can be displayed by pressing the red ALERT button on the face of the watch repeatedly. The only item that will not display is the charge card entry. This is for your protection. If you need to view this item, do it through the Databank setting procedure.

How to Erase Information:

You can erase information in two ways. Most commonly you may want to erase a medication name. To do this, you must overwrite the medication name with "spaces". There is a "space" character just before the letter A. It looks like a blinking underline. You must overwrite each letter in the medication name with this "space" character. The other way to erase information is to press and hold all four buttons until the watch display goes blank. Release the buttons and the watch will beep. This method will erase all information from your watch, and you will need to reprogram your medications and alert information.

Read This Important Information

IF YOU CURRENTLY WEAR A MEDICAL ALERT IDENTIFICATION BRACELET OR NECKLACE, YOU SHOULD CONTINUE TO WEAR IT. THIS WATCH IS AN ELECTRONIC DEVICE. IF THE WATCH'S ELECTRONIC PARTS OR BATTERY FAIL, NO ONE WILL BE ABLE TO ACCESS YOUR IMPORTANT MEDICAL INFORMATION. DO NOT TAKE THIS RISK.

Battery: At the first sign of low power (dim display), have the battery replaced. When replacing the battery use CR2032 or equivalent. **CAUTION: DEAD BATTERY, REPLACEMENT OF BATTERY, MALFUNCTION, OR REPAIRS WILL CAUSE ALL DATA STORED IN THE MEMORY OF THE WATCH TO BE DELETED. IT IS RECOMMENDED THAT YOU KEEP SEPARATE WRITTEN COPIES OF ALL IMPORTANT DATA. IN NO EVENT WILL E-PILL BE LIABLE FOR LOSS OF DATA OR DAMAGES ARISING OUT OF SUCH LOSS.**

Water Resistance: This watch is water resistant. It will withstand splashes and rain, swimming, bathing, and showering. It will not withstand snorkeling and diving or scuba diving. Do not operate the buttons underwater.

Care of Your Watch: Avoid exposing the watch to temperature extremes. Avoid dropping the watch. Avoid exposing the watch to gasoline, cleaning solvents, adhesive agents, paint, or aerosol sprays. Some watches have silk screened logos on the band. Be careful when cleaning such bands that you do not rub too hard on the logo.

CADEX®

Medication Reminder
And
Medical Alert Databank

Thank you for purchasing the CADEX Medication Reminder and Medical Alert Databank. The CADEX Watch has the following functions:

- 12 daily medication alarms
- Medical snooze (3 minute interval)
- 11 item medical alert databank
- ALERT button for displaying medical information
- Real-time calendar clock



WARRANTY

The inner components of this watch are warranted to be free from defects in materials and manufacturer's workmanship for one year from the original date of purchase. This warranty does not cover the band, buckle, battery, case, buttons, or crystal. This warranty expressly excludes incidental and consequential damage caused by use, misuse, neglect, accident, unauthorized modification, or any defects resulting from service by anyone other than the manufacturer. During the warranty period, and upon proof of purchase, this watch will be repaired or replaced (with the same or a similar model) at the manufacturer's option.

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THE CADEX WATCH IS ONLY A SUPPLEMENT TO ANY MEMORY SYSTEM THAT YOU CURRENTLY USE TO REMIND YOURSELF TO TAKE MEDICATIONS OR PERFORM MEDICAL TASKS. THE USER MAINTAINS FULL RESPONSIBILITY TO ADMINISTER MEDICATIONS OR PERFORM MEDICAL TESTS AT THE APPROPRIATE TIMES. E-PILL ASSUMES NO RESPONSIBILITY FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES, INCLUDING BUT WITHOUT LIMITATION, DAMAGES OR INJURIES RESULTING FROM MALFUNCTION OF THE PRODUCT, MATHEMATICAL INACCURACY, OR LOSS OF STORED DATA.

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