



VIBRATION WATCH with:

**Vibration Alarm** won't disturb others.

**Beep Alarm** option

**Auto Reload Countdown Timer** can be set for seconds, minutes & hours. Use for reminders such as medical conditions, medication, timing presentations or procedures, parking, cooking. Will automatically reload to preset countdown time.

**Electro-Luminescent backlight**

For viewing display at night

**Second Clock** great when traveling in a different time zone.

**Two Alarm Settings** use for daily reminders, wake up, snooze, medication

## Hourly Alert/Chime Option

## 12 or 24 Hour clock

## Stopwatch



## OPERATING MODES

Your watch has six operating modes:

1) CALENDAR CLOCK      2) STOPWATCH



3) SECOND CLOCK      4) 1ST ALARM



5) 2ND ALARM      6) COUNTDOWN TIMER



To go from one operating mode to another, repeat pressing the MODE button for each

mode to be displayed. The operating modes will rotate in the order as listed above.

TO BECOME FAMILIAR WITH THE OPERATING MODES & THEIR SYMBOLS, ROTATE THROUGH EACH MODE BY PRESSING THE ‘MODE’ BUTTON.

## **FIRST TIME SETTING OF YOUR CALENDAR/CLOCK**

*(You must have this set for your Alarm Settings to be accurate.)*

When setting the Calendar & Clock, the rotation for setting is Seconds, Hour, Minutes, 12/24Hr, Date, Month, Day of Week. **ONLY** when the digits are BLINKING can you set or change the setting. The clock will stop blinking when no button is pressed for two minutes. You cannot switch to another mode of operation while the

display is blinking. To exit and stop the blinking, push LAP/RESET button.

1. Repeat pressing the MODE button until the **CALENDAR CLOCK** operating mode shows on the display.

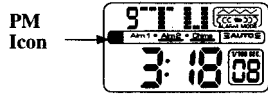
2. Press & Hold the LAP/RESET button until the second's digits begin to BLINK.  
Press the START/STOP button to reset the second's display to **00**.

3. Press the MODE button. The hour digits will begin to BLINK.

Press the START/STOP button to rotate to correct hour of the day.

WHEN IN THE 12 HR MODE, A PM INDICATOR WILL APPEAR ON THE DISPLAY ABOVE AND LEFT OF THE HOUR DIGITS. AS YOU ROTATE TO 12 HOURS THE PM MUST SHOW FOR SETTING CORRECT TIME FOR AFTERNOON OR EVENING. BE SURE TO SET

CORRECTLY FOR THE CURRENT TIME OF DAY.



4. Press the MODE button to go to the minute digits. The minute digits will begin to BLINK.  
Press the START/STOP button to rotate to the correct minute.
5. Press the MODE button and the 12H or 24H will show and BLINK on the display.  
Press the START/STOP button to change from 12H to 24H or from 24H to 12H.
6. Press the MODE button for the date of the month. A number will BLINK at the top left corner of the display. Press the START/STOP button to rotate to the correct date of the month. (1 - 31)
7. Press the MODE button for the Month. A number will BLINK on the display. Press the START/STOP button to rotate to the

current month of the year. (Example; 6 for Jun, 9 for Sept)

8. Press the MODE button for the Day of the Week. A two-letter abbreviation at the top of the display will BLINK. Press the START/STOP button to rotate to the correct day. (Example **TU** for Tuesday; **TH** for Thursday)
9. Press the LAP/RESET button when you have finished the correct set up. The display will stop blinking.

## **HOW TO SET AN ALARM CLOCK** *(Setting procedure is the same for BOTH alarms)*

1. Repeat Pressing the MODE button to rotate to the alarm operating mode you want: **A1 = 1st ALARM or A2 = 2ND ALARM.**

2. Press & Hold the LAP/RESET button until the hour digits BLINK.

Press the START/STOP button to rotate to the hour wanted.

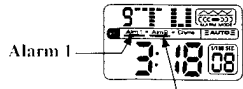
*Note: In the **12 Hr Mode**, remember to use the **PM** indicator for correct setting.*

3. Press the MODE button to go to the minutes. The minutes will BLINK. Press the START/STOP button to rotate to the minute wanted.

4. Press the LAP/RESET Button when finished. The display will stop blinking. The set icon will show on the display. Your alarm is set.

*When A1 Alarm is set the icon shows beside the **PM** indicator under **Alm1**.*

*When **A2** Alarm is set the icon shows on the display beside the **A1** icon under **Alm2**.*

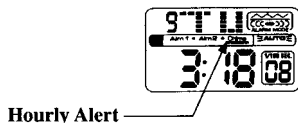


**Note:** Calendar Clock Time must be set for Alarm Time activation to be correct.

## HOW TO TURN ON AND OFF THE HOURLY ALERT

**Note:** Hourly Alert is a short single reminder

1. Repeat Pressing the MODE button and select either 1st ALARM=A1 or 2<sup>ND</sup> ALARM=A2
2. Repeat Pressing START/STOP button until the Hourly Alert indicator (located beside the Alm2 indicator) shows on the display. Hourly alert is on when icon shows. Hourly alert is off when icon doesn't show.





## **ON/OFF SETTINGS OF ALARMS**

*Note: To turn on or off First Alarm you must be in the **A1** mode.*

*To turn on or off Second Alarm you must be in the **A2** mode.*

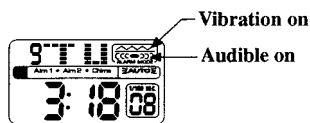
Repeat Pressing the MODE button to show **alarm you wish to turn off or on: 1ST OR 2ND ALARM.**

Repeat Pressing the START /STOP button to rotate, alarm on (hourly alert) & alarm off. When Icon(s) shows, alarm is set. Alarm is off when icon does not show. (See previous illustration)

## **HOW TO ACTIVATE OR DEACTIVATE VIBRATION AND BEEP FUNCTION**

1. Repeat Pressing the MODE button to the **CALENDAR CLOCK** mode.
2. Repeat Pressing the START/STOP button to rotate through the selection of settings.

When a function is activated, its respective icon will be highlighted, at the top right corner of the display. Rotation will be: Vibration ON, Beep ON, Vibration and Beep ON, Vibration & Beep OFF. Select one of the four functions that you desire. This can be changed at anytime by following steps 1 and 2.



*Alarm will stop automatically after approximately 20 seconds. To stop alarm before the automatic stop, press any button. **NOTE:** To check setting the watch is in at any time, press the MODE button. With each press of the button the vibration and/or beep will respond if set.*

## HOW TO USE THE COUNTDOWN TIMER

1. Repeat Pressing the MODE button to display **TR (COUNTDOWN TIMER)** operating mode.
2. Press & Hold the LAP/RESET Button until the Seconds digits BLINK. Press the START/STOP button to set to the seconds wanted. You can select from 0 to 59 seconds. If you do not wish to set the seconds, go to #3 below.
3. Press the MODE Button to go to the hours. The hour digits will BLINK. Press the START/STOP button to set the number of hours wanted. You can select from **0** to **23** hours.
4. Press the MODE Button to go to the minutes. The minute digits will BLINK. Press the START/STOP button to set the

number of minutes wanted. You can select from **0** to **59** minutes.

5. Press LAP/RESET button when you have finished. The display will stop blinking.

**To reset the Countdown Timer for a different time see "How to Use the Countdown Timer" and follow instructions.**

### **TO START THE COUNTDOWN TIMER,**

Press the START/STOP button (after the countdown timer is set).

The timer will start to countdown.

To interrupt, press the START/STOP button.

Pressing the START/STOP button again will start the countdown from where it last left off.

Note: When Countdown Timer is set for more than ten minutes, a short single

reminder will advise you of 10 minutes remaining and then at 5 minutes remaining.

**AUTO RELOAD COUNTDOWN TIMER** will automatically reload for the time preset, when the timer reaches “0”

If you do not wish to start the countdown again immediately, press the START/ STOP button twice, if alarm is activated. Press once to stop the countdown if alarm is not activated.

To restart the preset countdown at any time, press the START/STOP button while in the COUNTDOWN - **TR** mode.

## **TO USE THE REPEATABLE COUNTDOWN TIMER WITH PAUSES IN BETWEEN**

When the auto-repeat countdown timer reaches zero it automatically alarms and

starts to countdown again for the preset time. You can cancel the countdown before it reaches zero and return to the original countdown time as needed.

You must be in the Countdown Timer Mode to reset to the original countdown time.

PUSH the LAP/RESET button and HOLD IT for approximately 2 to 3 seconds. Digits will flash showing the amount of time that the countdown was set for originally.

Push the LAP/RESET button once, and the digits will stop flashing. (If you do not push the LAP/RESET button to stop the flashing, the digits will stop flashing automatically after 2 minutes.)

To activate the start of the countdown when you need it, push the START/STOP button once.

## HOW TO USE THE STOPWATCH

1. Repeat Pressing the MODE button to show **STOPWATCH** on the display.
2. To start the Stopwatch press the START/STOP button. The Stopwatch will start keeping time and the Icon (symbol at the top of the display) will flicker to show the action.

TO STOP THE STOPWATCH, press the START/STOP button. Pressing the START/STOP button again will start the stopwatch running from where it last left off. The Stopwatch can count up to **23** hours, **59** minutes and **59.99** seconds. Each hour accumulated shows at the top left of the display.

To RESET the stopwatch to zeros, press the LAP/RESET button, when it is in a stop position.

### Split Timing on Stopwatch

1. Start the Stopwatch by pressing the START/STOP button. The stopwatch will start keeping time.
2. Press the LAP/RESET button. The watch will continue counting the time even though you do not see it on the display. The Icon at the top of the display will continue to flicker to show action and that counting continues.
3. Press the LAP/RESET button again and the display will change and show the time that has accumulated in total.



To RESET the Stopwatch, press the START/STOP button and then press the LAP/RESET button.

## **HOW TO SET THE SECOND CLOCK**

1. Repeat Pressing the MODE button to show **SECOND CLOCK (T2)**
2. Press & Hold the LAP/RESET button until the Hours digits BLINK.  
Press the START/STOP button to rotate to the hour you wish to set. (In **12** Hr Mode, use **PM** indicator for correct setting of afternoon or evening.)
3. Press the LAP/RESET button when desired hour has been set.

*NOTE: Only the hour can be set in second clock mode. (The minutes and seconds will be the same as the Calendar Clock)*

## **HOW TO USE THE EL BACK LIGHT**

Press the LIGHT button to light up the LCD display at any time. The screen will be lit for approximately 3 seconds before going off automatically.

The EL back light will flash when an alarm is activated

## **BATTERY INFORMATION**

Your watch uses a Standard 3 volt lithium CR2032 or equivalent battery. Battery life will vary due to how often the EL back light and vibration function are used. To maintain water resistance, a qualified person should replace the battery

## **ONE YEAR LIMITED WARRANTY**

Your VibraLITE 3 is warranted to be free from defects in material or workmanship

for One Year from the date of purchase. This is a limited warranty and covers watch functions only. This warranty does not apply to the battery, band or to any unit which has been subject to misuse, negligence or accident. This warranty is void if the watch has been tampered with, altered, or repaired other than by a qualified service center. VibraLITE watches are not intended to be worn during swimming, diving, or showering. At its option, GLOBAL ASSISTIVE DEVICES, INC. may select to replace the unit, rather than repair it. During the warranty period, return the watch, with dated proof of purchase, in a secure package, insured and with shipping charges prepaid. No C.O.D. packages will be accepted. Please include a note describing the service required and include \$10.00 (check, money order, Visa, MasterCard,

American Express, or Discover) for shipping and handling in the USA. Other Countries please contact us for pricing.

## **OUT OF WARRANTY SERVICE**

Follow the same procedure for shipping to us as you would for warranty service. Be sure to include a description of the problem. An estimate will be submitted for your approval for any labor or parts not covered by the warranty before any work is performed.

## **SERVICE:**

Before sending your unit for service, have the battery checked and/or try resetting by pushing all four buttons at the same time and hold until the display clears. Qualified service personnel should service this unit.

The user should not attempt to service the unit.

Servicing should be referred to:

GLOBAL ASSISTIVE DEVICES, INC.  
1121 East Commercial Boulevard  
Oakland Park FL US 33334

**DISCLAIMER:**

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