

CADEX User Guide



BENEFITS

Welcome to your brand new CADEX prescription and vitamin reminder. CADEX offers a convenient way to always be on the perfect dosing schedule. Designed and built for those wanting an on-the-wrist solution, custom reminder messages allow for visual confirmation synced with each alarm. The messages are used to display each medication's name and any additional dosing requirements prescribed such as "take with food" etc. It's a simple way to Live Healthier, Safer & Longer by always taking prescriptions, supplements and vitamins as prescribed. The one-press digital ICE (In Case of Emergency) read-out allows for your most vital information (your name, DOB, medical information, allergic reactions, emergency contact and insurance information) to be stored in the watch. This allows for quick referencing for proper medical treatment in the event of an accident and the best way for emergency personnel to view the contact information of your loved ones.

Note: Do not wear while bathing.

Note: Not suitable for Hearing Impaired.

FEATURES

Up to 12 daily auditory alarms Large text display

Medical snooze

- Alarm sequence repeats every 3 minutes until dose is taken

Custom reminder message

- Up to 36 characters

One-Press digital ICE read-out

- Name
- Date of birth
- Medical information (diabetes, asthma, etc.)
- Allergic reactions (bee sting, peanut oil, etc.)
- Emergency contact name and phone
- Insurance information

Used in clinical trials

- Large scale trails throughout the United States

Set-up

CLOCK - Setting the Clock and Date

- 1. Press MODE repeatedly until the time and date appears if not already shown.
- **2.** Press and hold ADJUST until Hours digits start to flash. Press FORWARD or REVERSE to select the Hour. Please note the P for PM and A for AM.
- 3. Press MODE to record the Hour.
- 4. Press FORWARD or REVERSE to select the Minutes.
- **5.** Press MODE to record the Minutes.
- **6.** Repeat the steps to set the Seconds, Year, Month and Date.
- 7. Press ADJUST to accept your settings and return to Time mode.

ALARM TIME(S) - Setting the Alarm Time(s):

- 1. Press MODE repeatedly until ALARM BANK appears.
- 2. Press FORWARD to bring you to AL1 (Alarm 1) or to the alarm you want to set.
- You may set up to twelve (12) daily auto repeating alarms.
- 3. To set Alarm 1, Press and Hold ADJUST until AL1 starts to flash.
- **4.** Press FORWARD and the Alarm Symbol will appear above AL1.

Note: You must see this symbol $\{ \{ \} \}$ for the alarm to beep.

- **5.** Press MODE to record the Alarm Symbol.
- **6.** Press FORWARD or REVERSE to select the Alarm Hour.
- 7. Press MODE to record the Alarm Hour.
- **8.** Press FORWARD or REVERSE to select the Alarm Minutes.
- **9.** Press ADJUST to accept your settings. To set more alarms (AL2 up to AL12) Press FORWARD and repeat. To get back to Time display, press MODE three times.



REMINDER MESSAGE - Setting the Reminder Message:

If you are not already in the ALARM BANK display, redo steps 1-3 in the 'ALARM TIME(S)' section to bring you to the alarm (AL1 up to AL12) you want to set a reminder message for.

- 1. Press MODE repeatedly until a blinking line (cursor) appears.
- **2.** Spell the message by pressing FORWARD or REVERSE to select each desired letter, number, character or space between words.
- **3.** Press MODE to move to the next character. To go back and correct a previous character, press and hold MODE and the cursor will go backwards.
- **4.** Once the Reminder Message is entered completely, press ADJUST to accept your settings. To set more Reminder Messages press FORWARD and repeat.
- 5. To get back to Time display, press MODE three times.



ACTIVATE/DEACTIVTE ALL ALARMS - Turn on/off all alarm(s):

- 1. Press MODE repeatedly until ACTIVATE appears.
- **2.** Press FORWARD or REVERSE to select YES (all alarms to be turned on/beep) or NO (all alarms to be turned off/not beep).
- **3.** To get back to Time display, press MODE one time.



Digital ICE (In Case of Emergency) - Setting up your ICE Information

INPUT YOUR INFORMTAION – How to:

NOTE: All information is stored on the watch and only those who have access to your watch will be able to view the information entered.

Information Fields: NAME, ALERT (Medical Condition), ALLERGIC, DOCTOR, CONTACT, BLOOD (Type), BIRTHDAY, INSURER, POLICY#, S.S.# (Optional), CREDIT CARD# (Optional)

- 1. Press MODE repeatedly until DATA BANK appears.
- 2. Press FORWARD until NAME or the information you want to enter appears.
- **3.** Press and Hold ADJUST until a blinking line (cursor) appears.
- **4.** Enter your information by pressing FORWARD or REVERSE to select desired letter, number, character or space between words.
- **5.** Press MODE to move to the next character. To go back and correct a previous character, press and hold MODE and the cursor will go backwards.
- ${\bf 6.}$ Once NAME is entered completely, press ADJUST to accept your settings.
- 7. To enter your next piece of information, press FORWARD and repeat.
- 8. To get back to Time display, press MODE two times.



Reminder Time - How to use

ALARM BEEP - What to do when the ALARM goes OFF:

- **1.** Alarm will beep continuously for one minute and the Reminder Message (if set) will scroll across the face of the watch.
- **2.** Press either FORWARD or REVERSE. The watch will then enter Medical Snooze. In this mode:
- a. The Reminder Message (if set) will continue to scroll across the face of the watch. If there are multiple alarms existing in Medical Snooze, each alarm entry will scroll across the face of the watch in turn.
- b. 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. (Multiple alarms in Medical Snooze may cause the watch to reminder beep more than every three minutes.)
 - c. The watch will remain in medical snooze for up to 4 hours for each alarm.
- 3. TAKE your MEDICATION(S).
- **4.** Press either FORWARD or REVERSE to turn off alarm. (Only do this after you have taken your medications.)

Tip: If you do not want the Medical Snooze, press the FORWARD or REVERSE buttons two (2) times during the continuous alarm.

Other

BATTERY – How to Replace the Batteries:

CADEX runs on a CR2032 button cell.

- **1.** At the first sign of low power (dim display), have the battery replaced. We strongly recommend that you take your CADEX to a jeweler for battery replacement. This is usually a free service with a battery purchase.
- **2.** Once the battery is replaced, in order for the watch to function properly, you need to reset the watch. PRESS and hold in the 4 side buttons simultaneously until the watch display goes blank. Release the buttons and the watch will beep.
- **3.** Program your watch after the reset by following the 'Set-Up' and 'Digital ICE (In Case of Emergency)' sections.

RESET – How to reset:

- **1.** Press and hold in the 4 side buttons simultaneously until the watch display goes blank. Release the buttons and the watch will beep.
- **2.** Program your watch after the reset by following the 'Set-Up' and 'Digital ICE (In Case of Emergency)' sections.

