

## Rodger Buddy Vibration Watch Instructions

### STEP 1 - TO BE DONE *PRIOR* TO SETTING THE TIME AND *PRIOR* TO SETTING THE ALARM(S)

UNLOCK SETTING: Your watch will automatically lock after 3 minutes of unlocking your watch. **You must unlock your watch before you set your alarms.** To unlock:

1. The screen is dark
2. Press and hold the 'button' (black circle on the bottom of the watch screen) until 'A1' pops up on the screen
3. If it says 'ON', press and hold the 'button' again until two lines '--' start flashing
4. Release the button. The watch will start to count from 10 to 50 in increments of 10.
5. When it reaches 50, press the button once. It will then count from 50 to 55 in increments of 1.
6. When it reaches 55, press the button once again
7. The alarm is now unlocked for approximately 3 minutes

### STEP 2 - SETTING THE TIME & DATE

ONCE UNLOCKED, we are ready to set the time.

1. Choose 12 or 24 hour notation. Quickly swipe the 'button' to toggle between the two. Once you are ready to choose, press and hold the 'button' while on the notation you choose.
2. Then the hour digits will populate. Quickly swipe the 'button' to filter through the hours and choose your time. *If you choose the 12 hour notation, please be advised to look for 'A' for AM and 'P' for PM after 12 to make sure you are properly setting the time.*
3. Press and hold the 'button' to set the minutes. Quickly swipe the 'button' to filter through the minutes.
4. Press and hold the 'button' to set the date. Quickly swipe the 'button' to find the proper date.
5. Press and hold the 'button' to set the month. Quickly swipe the 'button' to find the proper month.
6. Press and hold the 'button' to set the year. Quickly swipe the 'button' to find the proper year.

### STEP 3 - SETTING THE ALARMS. (Watch should be unlocked first. Refer to Step 1.)

1. Press and hold the 'button' and you will see 'A1' for Alarm 1
2. You will see two dashes '--' on the bottom of the screen which shows that Alarm 1 is not on
3. Press and hold the 'button' and the dashes will start blinking. If you quickly swipe the 'button' you will see the dashes change to 'on' which shows that you have turned Alarm 1 on. Then press and hold the 'button' to set the time for the alarm

4. The hours will start blinking. Quickly swipe the 'button' to change the hours. Once you are at the hour you wish to choose, press and hold to change the minutes.
5. Once the minutes start blinking, quickly press the 'button' to change the minutes
6. Press and hold the 'button' to go to the next alarm
7. Repeat the steps above starting #3 for each alarm you wish to set. You can set a total of 8 alarms.

#### **TO TOGGLE BETWEEN THE ALARMS**

1. Press and hold the 'button'
2. 'A1' will populate
3. If you see two dashes '--' blinking underneath 'A1', press and hold the 'button' to go to the next alarm.
4. If you see that the alarm is on and 'on' is underneath 'A1', quickly swipe the 'button' to go to the alarm time set and then quickly swipe to go to the next alarm