INSTRUCTIONS

BIOS living

INSERT 2 AAA BATTERIES

To open the unit, place one finger inside the open space in the back of the unit, and press firmly against the cover to open. User should exercise care when opening the cover on the back of the unit.

SET THE CLOCK

1. Press **SET** to enter the clock mode. The "HOUR" will blink, press ▲ ▼ button until the desired hour is reached.

2. Press **SET** . The "MINUTE" will be blinking. Press ▲ ▼ button until the desired minute is reached.

3. When you have finished setting, the time, press **SET** button or wait for 1 minute to lock the time.

PROGRAM THE REMINDERS

1. Press **MODE** : *one time* (Bell 1); *two times* (Bell 2); *three times* (Bell 3); and/or *four times* (Bell 4).

2. Press **SET** → ▲ ▼ (FOR HOURS) → Press **SET** → ▲ ▼ (FOR MINUTES) → Press **SET** .

DISABLE / ENABLE ANY OR ALL OF THE PROGRAMMED REMINDERS

1. Press **MODE** *one time* (Bell 1); *two times* (Bell 2); *three times* (Bell 3); and/or *four times* (Bell 4).

2. Press ▼ TO TURN OFF THE ALARM. Press ▲ TO TURN ON THE ALARM.

TO SET THE COUNTDOWN TIMER

1. Press **MODE** *five times* → Press **SET** → ▲ ▼ (FOR HOURS) → Press **SET** → ▲ ▼ (FOR MINUTES) → Press **SET** .

2. Press **ALM OFF** to activate countdown timer.

TO TURN OFF THE ALARM WHEN IT SOUNDS

Press **ALM OFF** once the alarm sounds. NOTE: Alarm will turn off automatically after one minute.

Not Waterproof
Clean with a damp cloth before use