

# VibraLITE 3™

MODEL VL300 VIBRATION WATCH equipped 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 (EL) backlight

For viewing display at night **EL LIGHT AUTO ON Option** turns on by tilting your wrist. **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**

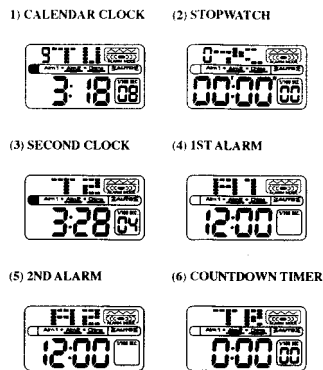


## BEFORE YOU BEGIN

Press the MODE, START/STOP, LAP/RESET buttons at the same time and hold until display clears. Release buttons. The clock time will be at 12:00 A.M. with the Alarms, Hourly Alert, Beeping and Vibration functions not set. The date will be January 1 and the display will show **MO** for Monday.

## OPERATING MODES

Your watch has six operating modes:



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

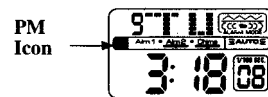
(You must have this set for your Alarm Settings to be accurate.)

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 **(1) 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 (12 Hour) mode will show and BLINK on the display. To select the 24 Hour Mode, press the START/STOP button once. 24H will show on display.
6. Press the MODE button for the date. The number 1 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. The No. 1 will BLINK on the display. Press the START/STOP button to rotate to the current month of the year. (Example; 6 for June, 9 for September)
8. Press the MODE button for the Day of the Week. MO will BLINK on the display. 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 bedside the PM indicator under the A.*

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



## HOW TO TURN ON AND OFF THE HOURLY ALERT

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



## Hourly Alert

### 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)

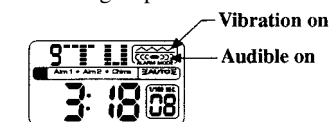
## HOW TO ACTIVATE OR DEACTIVATE VIBRATION AND BEEP FUNCTION

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 INBETWEEN

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 and return to the original countdown time.

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.
4. 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.

### **To set the EL Light AUTO ON Light feature,**

Press and hold the EL light button (approximately 2 seconds), until the **AUTO** icon shows on the right of the display (above the seconds digits.) Tilting your arm will automatically turn on the EL light. The light will automatically turn off after approximately 3 seconds. To turn off the Auto On Feature, push and hold the LIGHT button. The **AUTO** icon will go out. To conserve the battery, the Auto On feature will shut off within 2 to 3 hours itself. (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. Batteries should be replaced by a qualified person to maintain water resistance.

## DISCLAIMER

**GLOBAL does not accept any responsibility what so ever for any inconvenience or non-compliance for medication or any other reminder the watch may be used for.**

## SERVICE

This unit should be serviced by qualified service personnel. The

user should not attempt to service the unit. Servicing should be referred to: Global Assistive Devices, Inc. 4950 North Dixie Highway, Fort Lauderdale FL USA 33334 Before sending your unit for service, have the battery checked and/or try resetting by pressing the MODE, START/STOP and LAP/RESET buttons at the same time and hold until the display clears.

**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. 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 \$7.50 (check, money order, Visa, MasterCard, American Express, or Discover) for shipping and handling in the USA. Other Countries please contact us for pricing.

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