

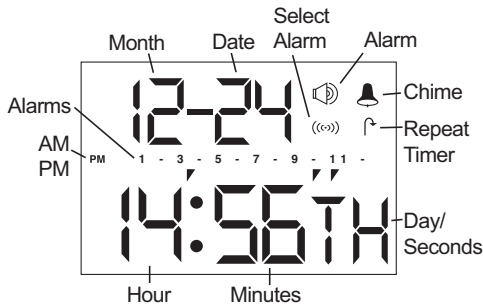


# Malem Vibro-Watch<sup>®</sup> Information Sheet

Model: MO-10

**IMPORTANT**  
Please read this instruction sheet  
before use

## 1. The Display:



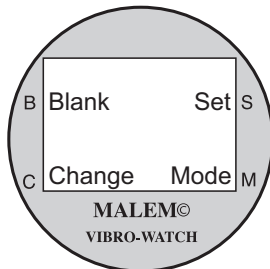
The ALARM icon is visible when any of the 12 alarms is **set**, **selected** and **activated**.

The CHIME icon is visible when the hourly chime is activated (Vibration only).

ALARM SELECTION icon is visible during the setting mode when the chosen alarm time is selected. During normal Real Time display this icon is NOT visible.

The PERIODIC AUTO-REPEAT ALARM icon is visible when the periodic timer is **set** and **activated**.

## 2. Key Assignments



**"S"- Set key:** Press and hold to change setting

**"M"- Mode select key:** Press for Stopwatch, Auto-Repeat Timer, Alarm & Alarm/Timer On/Off

**"C"- Change key:** Press to change, adjust settings and activate Chime

**"B"- Blank key:** No function

## 3. How to set the correct Time & Date:

- press and hold **S** until seconds start flashing
- press **C** to zero second
- press **S** once, minute start flashing
- press **C** to advance to correct time
- press **S** once, hour starts flashing
- press **C** to advance to correct time, toggle am/pm using **M**
- press **S** once, month starts flashing
- press **C** to select correct month
- press **S** once, day of month is flashing
- press **C** to select correct day of month
- press **S** once, day of week starts flashing
- press **C** to select correct day of week
- press **S** to end and display normal time, date and day of week or seconds
- press **S** to toggle day of week or seconds

## 4. Stopwatch:

- press **M** once
- start timer by pressing **S**
- stop timer by pressing **S**
- zero timer by pressing **C**

## 5. Periodic Auto-Repeat Timer setting:

- press **M** twice
  - press and hold **C** to zero the display
  - press and hold **S** until minutes start flashing
  - press **C** to select minute timer setting (Range 1 min to 59 minutes)
  - press **S** once, hour start flashing
  - press **C** to select hour timer setting (Range 0 to 23 hours)
  - press **S** to start timer
  - press **C** once to display original selected timer setting
  - press and hold **C** to zero the timer
  - press **M** to go back to real time display
- To activate, make sure Auto-Repeat Timer () is showing in the activate/deactivate vibrating alarm window (see 7). Once activated, the symbol will show in the normal time display window.

## 6. 12 Specific Time Vibrating Alarm setting:

- press **M** three times
- press **S** repeatedly until the desired alarm number (1 to 12) is displayed (1-3-5-7-9-11)
- press and hold **S** until minutes start flashing
- press **C** to adjust minutes alarm setting
- press **S** once, hour starts flashing
- press **C** to adjust hour alarm setting
- press **S** to set the alarm time
- press **C** to select the set alarm (symbol will show )
- to de-select the alarm press **C** again (no symbol)
- press **S** to move to the next alarm number
- repeat as above
- press **M** to go back to real time display

To **activate**, the selected make sure Specific Time Vibrating Alarm () is showing in the activate/deactivate vibrating alarm window (see 7). Once activated, the symbol and the alarm numbers will show in the normal time window.

## 7. To activate/deactivate selected Specific-Time Vibrating Alarms or Periodic Auto-Repeat Vibrating Alarm:

### Alarm Activation/Deactivation

- press **M** four times until or () or () is displayed.
  - press **S** to select () to activate the 12 specific time alarms (or the selected ones that are set and selected).
  - press **S** to select () to activate the periodic auto-repeat alarm.
  - press **S** to select () to deactivate both alarm systems without losing the settings.
- Useful if not to be disturbed during the night with periodic auto - repeat timer.

If either Specific-Time alarm or Periodic Auto-Repeat alarm is not set and selected, then the option for that alarm will not be visible.

**Please note that you can not activate both alarm systems at the same time.**

## 8. Chime Alarm:

- press **C** when real time is displayed on the hour vibrating chime will be set and activated
- press **C** again to deactivate and cancel vibrating chime

## 9. Vibrating Alarm duration & deactivation

the vibrating alarm will last for 15 seconds

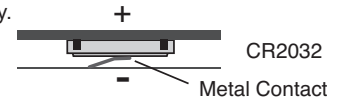
press any of the four keys (**B**, **C**, **S** or **M**) to stop the vibration

**Please note that the Malem Vibro-Watch has no back light nor sound.**

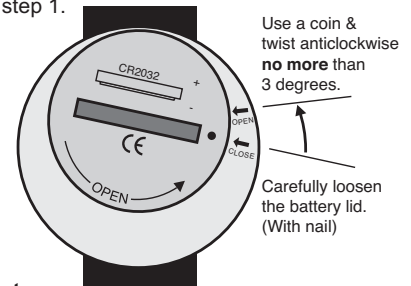
## 10. Battery replacement: It is best to use a watch repair shop to prevent damage to the watch. Battery: CR2032 (Battery life is about 3 months when new).

- Twist battery cover (3 degrees, see arrows by the right hand sides of the battery cover) anti-clockwise to remove the old battery (use appropriate coin). Ease/loosen cover.
- Press all four buttons at the same time for three seconds and release.
- Make sure you do NOT lose the O ring.
- Pull metal contact strip in base of the watch slightly upwards to ensure good battery contact.

Place new battery in battery cover with the correct polarity.



- Line up dot on cover with open arrow on back.
- Insert in battery compartment making sure that contact is made once and not repeatedly as this may blank or corrupt the display and prevent the watch from working (watch will vibrate).
- Turn cover with coin to closed position.
- If the watch display is blank or corrupted, start at step 1.



## 11. Guarantee:

The Malem Vibro-Watch guarantee covers manufacturing defects for one year from date of purchase. It does NOT cover battery, glass, strap discolouration or damage caused by wear and tear, water, abuse or misuse.

## 12. Disclaimer:

Please note that the Malem Vibro-Watch is designed as a helpful and discreet vibration reminder. It is not intended to replace human care or supervision and the manufacturer, Malem Medical, is not responsible for any consequences resulting from watch use, misuse or failure.

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