

# Verbalise pocket medication reminder (DH457)

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Please retain these instructions for future reference. These instructions are also available in other formats.

## Special warning

This clock is to be used only as an organisational aid in taking your medication and the responsibility for correct medication compliance is solely the responsibility of the consumer.

## General description

This clock will help you to keep on top of medication regimes with its five daily alarms and two voice settings. The clock is radio-controlled (UK and US only) which means the time and date are set automatically by radio signal (time can be set manually in other parts of the world but may require sighted assistance). This also means the clock will automatically update when the clocks change for British Summertime.

Supplied with a carabiner clip and a lanyard.

### Main Features

* Atomic radio controlled time and date reception
* Global signals available for UK and USA (60KHz only)
* Signal strength indicator
* Manual signal reception
* Signal reception success or failure Indicator
* Five daily alarms
* 12/24 hour LCD display and voice announcement
* Interchangeable keychain or lanyard
* Easy to change battery: CR2032 (included)
* Dual voice: male 24 hour – female 12 hour.

## Orientation

The clock has a metal loop on the top to attach the included carabiner clip.

On the front is the rectangular display and an oval button. This is the ‘**Talk**’ button.

* Press it once to announce the time
* Press it twice to announce the date
* Press it three times to announce the alarm time
* Press it four times to announce the signal reception status
* Hold it to manually search for the radio signal.

On the back of the clock, from top to bottom there is a speaker grill, four small setting buttons and the battery compartment.

Setting buttons, from left to right:

* **Hour** button: to set the hour
* **Alarm** button: to announce and display the alarm time for 30 seconds (short press) and to set the alarm (long press)
* **Minute** button: to set the minutes
* **Time Zone** button: press this button to select your local time zone.

Note: the **Time Zone** button is flush with the case and you will need to press this with a pointer (such as a pen or opened out paper clip).

## Using the product

Your radio controlled medication reminder may arrive in sleep mode to save the battery. To wake it up press the talk button situated at the front of the clock for around two seconds.

### Setting the time zone (for UK and USA only)

**Please note**: sighted assistance might be required.

The time zone button is flush with the clock case. You will need a pointer like a pen or opened out paper clip. Press and release the button several times until you hear “UK” for UK or “USA-Pacific, USA-Mountain, USA-Central, USA-Eastern” if resident in that location.

UK users select UK and USA users set the clock to the appropriate US time zone.

### Reception Status Check

There is a radio tower icon on the LCD indicating the signal reception status of the clock. When the icon is switched on, the clock was able to update the signal in the last 24 hours. If the clock is not able to pick up signal the icon is off.

You can also check the reception status by pressing the **Talk** button four times.

If the reception was successful, the clock will announce, “Country Name” followed by “Time Updated”. If the reception failed, the Keychain will announce ”Country Name” follow by “Time Not Updated”.

(In some poor reception areas, the signal may not up-date every night. Try moving the clock to a new location.

The clock is very accurate and can miss a few updates without any serious loss of accuracy.

### Manual signal reception

The clock must be set to the right country before you can do the following manual signal setting (see the “Set Time Zone” section).

Place your clock on a table nearby a non-metallic window when you need a manual signal reception. Don’t hold it in your hand.

Please note: if you have pressed any buttons, wait one minute before doing this.

While the clock is in the normal time mode:

1. Press and hold the **Talk** button until the LCD display shows the blinking antenna strength icon (the colon of the clock frozen while the signal is retrieved)

2. The clock takes about five to 14 minutes to pick up the signal. Wait until the clock has finished the signal receiving procedure.

3. After the signal reception, push the **Talk** button four times. If the reception was successful, a small antenna icon will be displayed and the clock will announce “Country Name” followed by “Time Updated”. If the reception failed, the clock will say ”Country Name” follow by “Time Not Updated.”

### Automatic time settings

Your radio controlled talking clock retrieves your selected atomic clock signal automatically at 03:00AM every morning. After receiving a signal it will show the accurate local time on the clock. Everything is done automatically. However, your clock can also be manually set (see Manual Time Setting section).

At night position the clock face down on a flat surface near a non-metallic window. The signal will be retrieved at 03:00AM. You can test this using the country signal button. If your clock is unable to make contact with the Atomic signal, it will continue to function in the same way as a standard watch. The time will then be corrected the next time your clock receives the time signal.

Make sure the overnight position for the clock is at least six feet away from any household electrical appliances as they could cause interference with the signal.

Never let metal (including the metal clasp touch the case back, as it will affect the signal).

**Please note**: the clock must be set to the right country before it can receive a signal.

### Manual Time Setting

**Hour setting**

1. Press the **Hour** button once. The LCD displays “Hour: Minute” flashing (the clock will exit the setting mode if the **Hour** button is pressed again).

2. Press the **Talk** button to select the correct hour (the voice will announce the hour).

3. Press the **Hour** button once to confirm the setting (the voice will announce the new time).

**Minute setting**

1. Press the **Minute** button once. The LCD shows “Hour: Minute” flashing (the clock will exit the setting mode if the **Minute** button is pressed again).

2. Press the **Talk** button to select the correct minute (the voice will announce the minute).

3. Press the **Minute** button once to confirm the setting (the voice will announce the new time).

## Daily alarms

You can set up to five daily alarms.

### Turning the alarm on/off

1. Press the **Alarm** button (long press) until the LCD displays the alarm number one (AL1).

2. Press **Alarm** to select the alarm number you wish to set (AL1 to AL5. There are five alarms in total).

3. Once the right alarm number is found, press the **Talk** button to turn the alarm icon On/Off (the icon will disappear when it’s off).

4. Press the alarm button to confirm. The clock will beep and will exit to normal time mode.

When the alarm is confirmed as off, the voice will announce “Alarm off.”

### Setting the alarm

1. Press the **Alarm** button (long press) until the LCD displays the alarm number one (AL1).

2. Press **Alarm** to select the alarm number you wish to set (AL1 to AL5. There are five alarms in total).

3. Once the right alarm number is found, press the **Hour** button to set the alarm hour (the voice will announce the alarm hour).

4. Press the **Minute** button to set the alarm minute (the voice will announce the alarm minute).

5. Press the **Alarm** button to confirm after the alarm hour and minute are set. If you don’t press the Alarm button, the clock will confirm your new setting after one minute.

6. After confirmation, the voice will announce the new alarm time.

**Notes:**

* The alarm beeps for 30 seconds. You can turn off the alarm by pressing any button.
* The alarm is a daily alarm, so when you turn off the beeping sound, the alarm will sound again on the next day.
* To turn off the daily alarm, follow the Alarm Off setting below.
* Each time you stop the beeping, the clock will announce the alarm time.

## Battery Replacement

This atomic clock uses a CR2032 type battery. To replace it, open the battery cover situated at the back of the clock with a coin by turning it anti-clockwise.

Carefully remove the old battery and replace it with a new one (noting the polarity ‘+’ is up).

Cover the battery with the battery cover and align the two dots. Then, lock the cover with the coin (turn clockwise).

### Low Battery indicator

When the battery is low, the LCD shows a blinking low battery icon. The voice, signal reception and backlight functions will not operate. These will resume to normal after the battery is replaced.

### After battery replacement

The clock will not work after a battery is replaced until the following has been done:

1. Set your time zone according to the “Set Time Zone” instruction.

2. Position your clock face down on a flat surface near a non-metallic window.

3. The atomic clock will start to update its first signal. It will continue attempting to update for 24 hours if the first signal reception is not successful.

4. After receiving a valid time signal the clock will show the correct time.

## Troubleshooting:

If your clock is unable to make contact with the radio signal, it will continue to function in the same way as a standard clock. The time will then be corrected the next time your clock receives the time signal.

Possible causes for the clock not receiving the time signal:

* Clock not placed near a window
* Clock not placed face down
* Clock placed on its side
* Outside the radio signal area
* Being in a built up area
* Metal objects blocking the radio signal
* Interference from a computer monitor or TV.

Solution: place the clock near a window, as this gives the best reception. Try different windows in the house to see which is best. You can test this using the reception status test described earlier. Please note that reception is always better at night.

## Technical specification

* Automatically updates when the clocks change
* 12/24 hour LCD display and voice announcement
* Five daily alarms
* Clear English male (24-hr) or female (12-hr) voice
* Carabiner and lanyard included
* Battery: CR2032 (included).

## How to contact RNIB

Phone: 0303 123 9999

Email: shop@rnib.org.uk

Address: RNIB, Northminster House, Northminster, Peterborough PE1 1YN

Online Shop: shop.rnib.org.uk

Email for international customers: exports@rnib.org.uk

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Please do not throw items marked with this symbol in your bin. Recycle your electricals and electronic devices **free** at your local recycling centre. Search for your nearest recycling centre by visiting [www.recyclenow.com](http://www.recyclenow.com).

### Why recycle?

Unwanted electrical equipment is the UK’s fastest growing type of waste.

Many electrical items can be repaired or recycled, saving natural resources and the environment. If you do not recycle, electrical equipment will end up in landfill where hazardous substances will leak out and cause soil and water contamination – harming wildlife and human health.

RNIB are proud to support your local authority in providing local recycling facilities for electrical equipment.

To remind you that old electrical equipment can be recycled, it is now marked with the crossed-out wheeled bin symbol. Please do not throw any electrical equipment (including those marked with this symbol) in your bin.

### What is WEEE?

The Waste Electrical or Electronic Equipment (WEEE) Directive requires countries to maximise separate collection and environmentally friendly processing of these items.

### How are we helping?

In the UK, distributors including retailers must provide a system which allows all customers buying new electrical equipment the opportunity to recycle their old items free of charge. As a responsible retailer, we have met the requirements placed on us by financially supporting the national network of WEEE recycling centres established by local authorities. This is achieved through membership of the national Distributor Take-back scheme (DTS).

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