



## The Active Daily Reminder Clock

CHOICE OF TIME DISPLAY FORMATS

CHOICE OF TIME SCREEN COLOUR

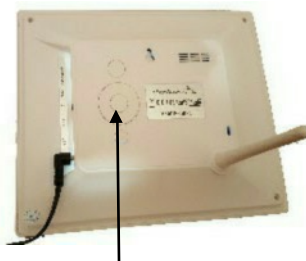
20 PROGRAMMABLE ALARMS

CREATE REMINDERS WITH PHOTOS, AUDIO OR VIDEO

PRE-INSTALLED READY-TO-USE REMINDER FILES

**IN THE BOX** This manual, 1 x MemRabel 2 Screen, 1 x A/C Power adaptor, 1 x Remote Control, 1 x Stand Attachment.

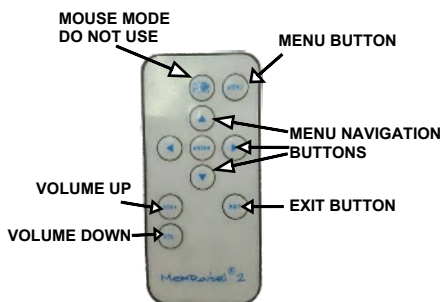
First insert the stand attachment into the stand socket and tighten. Next insert the A/C power supply jack plug into the socket marked DC. Plug the power adaptor into a convenient mains power socket. MemRabel 2 will perform a start-up sequence and after a few seconds will revert to the default time display screen. You can change it later if you wish.





**NO FUNCTION**

MemRabel 2 must be connected to a mains power supply at all times. In the event of a power failure or accidental removal of the power adaptor from the mains, when power is reconnected the correct time and alarm settings will be restored automatically. During a power down, MemRabel 2 alarms are inactive.

Locate the remote control. Gently pull out the plastic battery isolator tab to activate the remote control. Note: The remote control is solely for the purpose of setting the time and alarm time reminders. When all settings are complete please store the remote control in a safe place to prevent tampering or accidental switching off of the MemRabel 2.



## SETTING THE TIME AND DATE

Press the button on the remote control marked MENU. You will see 3 boxes appear on the screen. Press the remote control down arrow  button to highlight SETTINGS at the bottom right of the screen. Press the ENTER button. You will now see the main settings screen with alarms 1 – 20 in red text. Top right you will see “Set the time and date”. Use the remote control right arrow  button to move the cursor over to the “Set time and date” box. Press ENTER. The next screen allows you to set the date and time. Use the remote control arrow buttons (UP DOWN LEFT RIGHT) to move the highlight box over the entry you wish to change. Example – Change Day. Either side of the Day is a highlight box. To increase the day, highlight the + (plus) box then press the remote control ENTER button to advance the date. To decrease the date, highlight the – (minus) button then press enter to decrease the date. Repeat this process for Month, Year and Time. NOTE: When setting the time, it will advance in 24 hour mode, so 2PM becomes 14:00 etc. Actual clock time will be displayed in 12 Hour mode. When all settings are complete highlight SAVE then press the remote control ENTER button. The Display will return to Alarm Settings Screen.

Press EXIT button to return to time display screen. **Now hold the on/off button on the back for 2 seconds to restart the Memrabel and store/save your new time.**

## CHOOSING TIME DISPLAY AND BACKGROUND COLOUR

Press remote control MENU button. Use remote control UP or DOWN buttons to highlight CHANGE COLOUR or CHANGE DISPLAY. Press the remote control ENTER button repeatedly to select your choice of time display type, then repeat for colour display.

## SETTING YOUR FIRST ALARM REMINDER

Press MENU button, then use down arrow to highlight SETTINGS at the bottom right of the display. Press ENTER. Use the remote control arrow buttons to highlight Alarm 1. Press enter on the remote control. You will now see the setting screen for alarms 1 – 20. Highlight Alarm 1, press ENTER.

### ALARM TIME

Use the remote control arrow buttons to highlight alarm time +/- boxes. Press enter on remote to increase or decrease hour and minutes.

### ALARM DATE


Use the remote control arrow buttons to set the first date you wish the alarm to play from. If the alarm is for daily repeat you do not need to change Alarm date.

**Alarm Type** – Highlight this box using remote control buttons. Press ENTER to scroll through: Alarm Off – Daily – Weekly – Monthly – Single. When you see the option you want press the right arrow button to highlight Alarm Repeats.

**Weekly Alarm** - When you select a weekly alarm you need to set the Alarm Date for the day of the week for alarm repeat. Example today is November 5<sup>th</sup> 2015 (Thursday) to select an alarm to play every Monday set the Date to 9 November 2015 (you only need to change the date). The alarm will repeat every Monday.

**Monthly Alarm** – When you select a Monthly alarm you need to set the date for the Monthly repeat.

**Alarm Repeats** – Pressing the remote control ENTER button with Alarm Repeats highlighted, allows you to select 1, 2, 3, 4, (the number of times your selected files will repeat at alarm time). Alternatively, you can ignore Alarm Repeats and move down to Alarm Duration.

**Alarm Duration** – With Alarm Duration highlighted press ENTER on the remote control button. As you repeatedly press ENTER you can scroll through: Repeat Mode (plays the selected alarm files the number of times selected by Alarm Repeats button), 5 min, 10 min, 15 min, 20 min, 25 min. When you have the desired alarm playback time showing, press the remote control DOWN  arrow button to move down to **Image**

NOTE: In videos you will find a listing of pre-prepared reminder video files which, contain the more popular daily reminders covering: Appointments, Diabetes, Drink, Food, Home, Medication, and Safety. Each message is preceded by a pre-alarm tone, reminder notice followed by the actual reminder message. Selecting a file from this list makes it quick and easy to set your daily Reminders.

***For information on how to transfer personalised images or videos on to the MemRabel 2, please call the help line on 01536 264869.***

**Image** – Highlight IMAGE then press the remote control ENTER button. The next screen allows you to select pre-installed reminder files, or external media from an SD card or USB flash drive. You will see file selection titles:

VIDEO   AUDIO   IMAGE                      CANCEL

(pre-installed reminders) Use the remote control arrow buttons to highlight the top file selection title: IMAGE. Press enter on the remote control. A list of files will appear arranged in category groups, Appointments, Diabetes, Drink, Food, Home, Medication, and Safety. Scroll down the list using the down arrow button until you see the reminder type required. Press enter on the remote control to select the file. The screen will return to the previous menu where your file selection will be shown next to Image, Audio, or Video, depending on the file type selected. Use the remote control down arrow button to move to audio file selection.

**AUDIO** – (pre-installed reminders) Repeat the instruction for IMAGE above after selecting AUDIO.

**VIDEO** - (pre-installed reminders) Repeat the instruction for IMAGE above after selecting VIDEO.

NOTE: You cannot select AUDIO + IMAGE + VIDEO for a reminder. It can be VIDEO only or AUDIO + IMAGE.

**WHEN ALL ALARM SETTINGS ARE COMPLETE HIGHLIGHT SAVE AT THE BOTTOM OF THE SCREEN THEN PRESS ENTER TO SAVE THE ALARM. PRESS EXIT BUTTON TO RETURN TO ALARMS SCREEN**

When you press save the display will go back to the alarm setting screen where your set alarms will be highlighted in green. To check the settings for any set alarm, highlight the alarm using the remote DOWN/UP arrows. As you highlight an alarm, the settings, including selected files will be shown below the alarm buttons. Press the remote control exit button to return to time display screen.

## **CLEARING ALL YOUR SET ALARMS**

If you wish to clear all previously set alarms, go to the alarms screen. Use the remote control arrow buttons to highlight CLEAR ALL ALARMS. Press enter. When you see the message "This will clear all alarms ARE YOU SURE?????" Highlight NO or YES then press enter. If you do not want to clear all alarms press EXIT button.

## **CHANGING PREVIOUSLY SET ALARMS**

To change the time or frequency of an alarm, highlight the alarm box then press enter. Change the time and alarm type. To replace an alarm file you must use the REMOVE button (it will appear next to selected files). Highlight it, press enter, then click save at the bottom of the screen. You can now select new reminder files.

**How to setup video available at [www.memrabel.co.uk](http://www.memrabel.co.uk)**

Alternatively scan the QR code below for a direct link to the instructional video:

