

# USER GUIDE

**ChoiceMMed**...

Ver 1.0



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#### Intended Use and Indications

The MyMed-Reminder is the first medication reminder that can be worn on the wrist with Bluetooth connection to your smartphone/device. It should be worn at all times so that you do not miss a reminder.

MyMed-Reminder is IPX5 waterproof. It can be worn in light rain and in the shower. It should not be submerged or exposed to large amounts of liquid, as this may damage the device. (ie: bath or pool)

#### **FCC Statement**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this product does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following

- —Reorient or relocate the receiving antenna.
- —Increase the separation between the equipment and receiver.
- —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- —Consult the dealer or an experienced radio/TV technician for help.

Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the use's authority to operate the equipment.

# **READ BEFORE USE**

The MyMed-Reminder wristband requires a smartphone/device to set up and sync reminders.

You must download the free iChoice Meds App to your smartphone/device to set up and program your medication reminders to the MyMed-Reminder wristband.

After the initial set up/programming, the smartphone/ device is not necessary, unless you wish to use the "smart notifications" feature or other features the iChoice Meds App offers. See page 20 for more details.

If you do not have a smartphone/device, ask a friend or relative to set up your MyMed-Reminder wristband via their smartphone/device.

The MyMed-Reminder wristband must be set up/programmed via the free iChoice Meds App on a smartphone/device.

#### MyMed-Reminder is compatible with:



#### iOS7 and above

- iPhone 4S iPhone 5
- iPhone 5C iPhone 5S
- iPhone 6
- iPhone 6 Plus

- iPad Air iPad Mini
- iPad 4

iPod Touch 5

# Samsung

# Android 4.3 and above

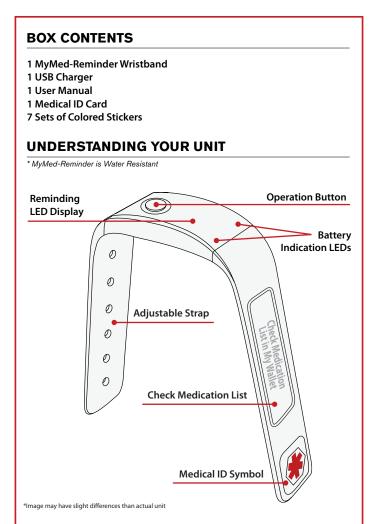
- Galaxy S5
- Galaxy S4 Active
- Galaxy S4 Mini
- Galaxy S4
- Galaxy S3 Mini
- Galaxy S3
- Galaxy Note III Galaxy Note II
- Galaxy Note 10.1

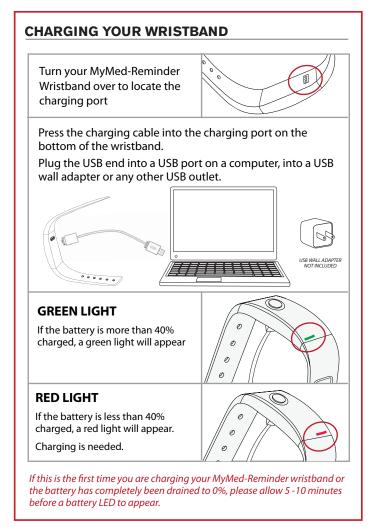
# HTC

- HTC One
- LG Nexus 5
- G2 • G3
- Motorola
- Moto G Moto X

Visit www.ichoicelife.com/support/devices for the latest list of compatible devices

NOTE: The iChoice Meds App is continually updated and improved. Therefore, screen images included in this manual may be slightly different than the current App





#### **BATTERY INDICATION LED**

MyMed-Reminder allows you to check the battery life of your wristband at any time.

When a reminder is not present, **Press the button once.** 

#### **GREEN LIGHT**

will appear

If the battery is more than 40% charged, a green light

#### RED LIGHT

If the battery is less than 40% charged, a red light will appear. Charging is needed.

#### **BLINKING GREEN & RED LIGHT**

If the red and green lights flash simultaneously, this is an indication that the internal time of the wristband is incorrect. The wristband must be synced with the App to fix this issue. See page 7.

#### **GETTING STARTED**

#### STEP 1 Download the free iChoice Meds App

To download the free *iChoice Meds* App to your smartphone or device:

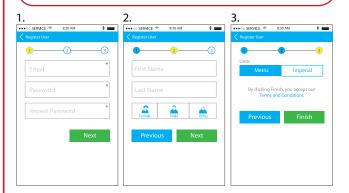
- 1. Scan the QR code on the bottom of the box
- 2. Visit www.ichoicelife.com/app/pillreminder
- 3. Search for *iChoice Meds* in the App Store or Google Play Store

# STEP 2 Sign Up for an Account with iChoice Meds

The *iChoice Meds* App allows you to set up medication reminders, send medication notifications to others, view medication history and stay connected with other *iChoice Meds* users.

The <u>only</u> way to set up your medication reminders is via the *iChoice Meds* App. You must sign up for a free account to program your MyMed-Reminder wristband.

NOTE: Once the reminders are programmed onto the MyMed-Reminder wristband using the free *iChoice Meds* App, you do not need to have the smartphone/device in your possession. Some advanced features will be unavailable but the medication reminders will still go off as scheduled. If you do not have a smartphone/device, ask a friend or relative to set up your MyMed-Reminder wristband via their smartphone/device.



When registering for a free account, you must use a unique email address and password. You will also be prompted to enter other personal information.

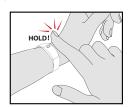
#### **STEP 3** Sync MyMed-Reminder to iChoice Account

MyMed-Reminder uses Bluetooth Technology to connect your smartphone/device to the wristband.

\*Make sure your Bluetooth setting on your smartphone is turned on.

#### 1. Turn on Your Wristband

Press & hold the button on the wristband for 5 seconds. The wristband will vibrate twice. This indicates the unit is in the proper working condition.



#### 2. Sync Your Wristband to Account

Using the *iChoice Meds* App on your smartphone/device, Tap "Tap to Link New Device" on the bottom of the screen.



#### 3. Connect via Bluetooth

Tap "Add to my Devices". The App will begin looking for a compatible device within range.

While the App looks for a device, press and hold the button on your MyMed-Reminder wristband until the wristband vibrates. This will pair your device with the App.



#### 4. Sync Complete

The bottom of the dashboard will indicate the time the wristband was synced, when your schedule was updated last and the current battery life of the wristband.





#### **NAVIGATING THE APP**

Tapping on  $\equiv$  in the upper left hand corner will slide out your navigation panel.





#### Dashboard

Brings you back to the main screen where you can see your past and future reminders.

#### As a Caregiver

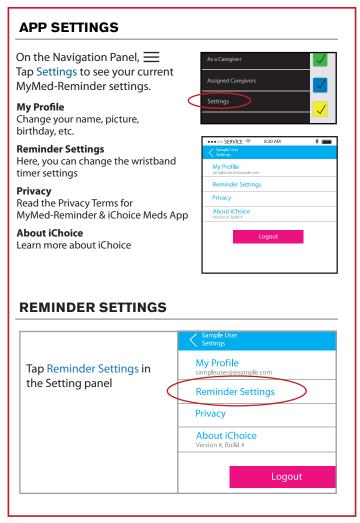
Here, you can see all of the *iChoice Meds* users who have labeled you as their caregiver. These are users who have given you access to their profile and reminders. Tapping on a user will allow you to access their dashboard. You can add, remove or edit their reminders here. You will receive emails or push notifications when they take or miss a medication.

#### **Assigned Caregivers**

Here, you can see a list of all the *iChoice Meds* users who have accepted an invitation from you to be your caregiver. These caregivers have access to your dashboard. They can add, remove and edit your reminders. Assigned caregivers receive emails and/or push notifications when you take or miss a medication. You can also send invitations to new caregivers on this page. (See page 21 for more information on how to invite new caregivers)

#### Settings

View/Change your profile, change reminder settings, read privacy terms and conditions, learn more about iChoice, etc. (See page 9 for more information on the Settings)



# **REMINDER SETTINGS (cont.)**

#### **Vibration Time**

The amount of time the wristband will vibrate at the time of a reminder.

Pressing the button on the wristband during this time will turn off the vibration and the assigned color LED will begin to flash.



If the button is not pressed before this assigned vibration time ends, the wristband will automatically turn off the reminder, record as missed in the app and send a missed notification to the assigned caregiver.

#### **Confirmation Time**

This is the duration the colored LED will flash on the wristband. You have this assigned time to press the button to confirm you have taken the medication.

During this confirmation time, the wristband will



vibrate twice, every 3 minutes to remind you to press the button again and take your medication.

A "missed notification" is sent to the assigned caregiver if the button is not pressed during this time interval.

NOTE: Choosing a longer confirmation time may drain the battery.

#### **ADD MEDICATION REMINDERS**

MyMed-Reminder Wristband **MUST** be programmed via the FREE *iChoice Meds* App. (See page 2 for a list of compatible devices and how to download the *iChoice Meds App*).

\*\*\* Although MyMed-Reminder requires a smartphone/device to setup your device, the wristband will operate independently once the reminders are programmed and synced with device.

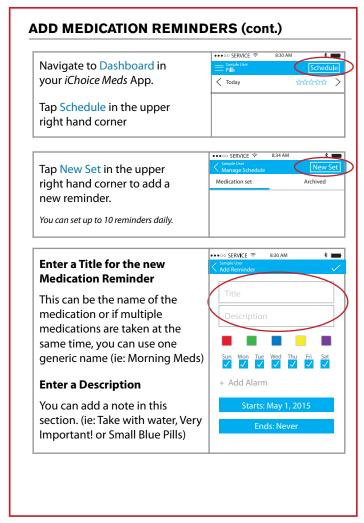
You do not need to have the smartphone/device in your possession. Some features will be unavailable but the alerts will still go off as scheduled. If you do not have a smartphone/device, ask a friend or relative to set up your MyMed-Reminder via their smartphone/device.

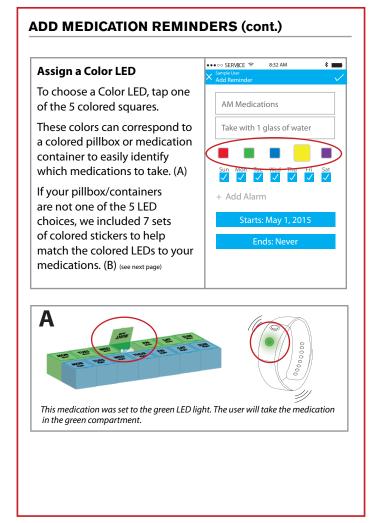
Once your medication reminders are programmed to your wristband - it will alert you based on the alarms set via the *iChoice Meds* App. At the given alert time, the wristband will vibrate and show a steady colored LED light that you have assigned. (See page 13) In the below example, a blue LED light has been assigned to this medication reminder.

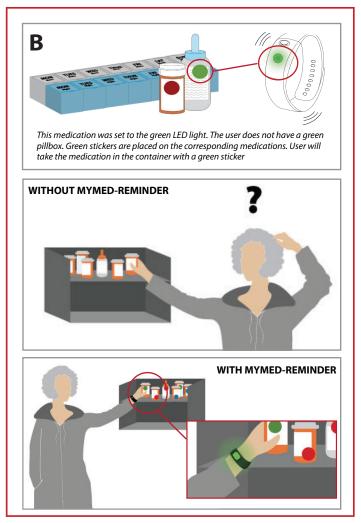
The wristband will vibrate and a steady assigned colored LED light will appear.

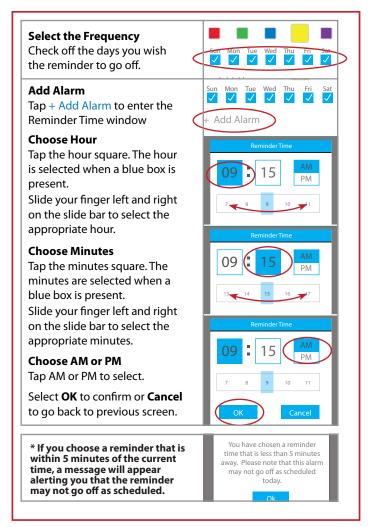
When the button on the wristband is pressed the vibration will stop and the LED will begin to flash until the medication is taken and button is pressed again or the confirmation time runs out.

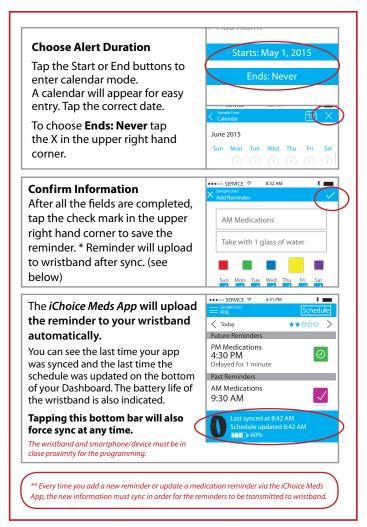
\*The default vibration time is 1 minute. The default confirmation time is 30 minutes. Both of these times can be changed in the Settings option of the App. 000000000











If you wish to enter in another medication reminder, navigate back to ADD MEDICATION REMINDERS (See page 12)

\*\* If at any time, you change time zones, the App on your smartphone will automatically alert you. You will have the option of changing the alert to the new time zone or use the original setting time.



#### **HOW TO USE**

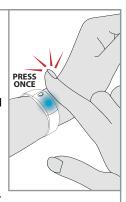
# STEP 1

#### TURN OFF VIBRATION/ENTER CONFIRM STAGE

When a reminder goes off, the wristband will vibrate and the steady assigned color LED light will appear.

Press the button once to turn off the vibration. The wristband will now enter the Confirmation stage and the colored LED light will flash for the assigned confirmation time. The wristband will also vibrate twice every 3 minutes to remind you to take your medication.

You can change the confirmation time from 5 to 60 minutes in the Settings. See page 10.



If no action is taken during the vibration time interval, the reminder will turn off and the medication will be logged as missed in the iChoice Meds App. If you have an assigned caregiver, a missed notification will be sent to him/her.

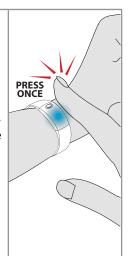


You must take your medication during the assigned Confirmation time. When you have taken the medication, press the button on the wristband a second time. The LED light will stop flashing and the reminder will turn off. The app will record the medication as taken and if you have an assigned caregiver, he/she will receive a taken notification.

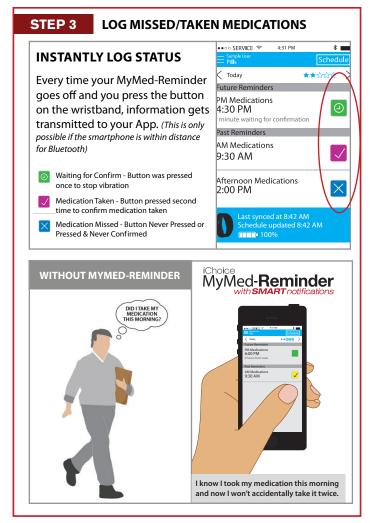
The wristband and smartphone/device must be in close proximity for the app to record status.

If no action is taken during the Confirmation time, the reminder will turn off and a missed notification will be sent to your assigned caregiver.

\*\*Reminders cannot overlap one another (ie: If a reminder is set for 8:00am and the confirmation time is set for 30 min, the next reminder cannot be set before 8:30am. A window will pop up alerting you of this issue before finalizing the reminder.







#### **SMART NOTIFICATIONS**

MyMed-Reminder allows you to send out smart notifications instantly. You can set up caregivers, family members and friends to receive Smart Notifications via email and/or push notifications in the iChoice Meds App.

When a medication is taken, missed, unknown or currently being taken, an email notification is sent out to the assigned caregiver automatically.

Caregivers can also download the iChoice Meds App and receive Push Notifications instantly.

#### Caregivers receive four types of notifications:

1. Taken

3. Unknown

2. Missed

4. Taking

Smart Notifications is an optional feature and <u>does not</u> need to be used for MyMed-Reminder to operate.

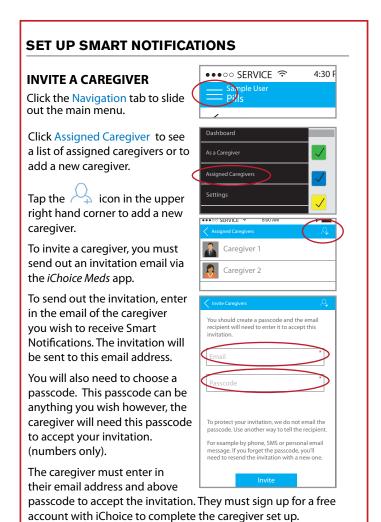
Assigned caregivers will need to sign up for a free account with iChoice. Once an account is made, they will begin receiving email notifications automatically.

If a caregiver wishes to add, edit or view your medication reminders, they must download the *iChoice Meds* App.

Caregivers using the *iChoice Meds* app can navigate to "As a Caregiver" and access your dashboard remotely. They can edit your current and future reminders as well as add new reminders from their own *iChoice Meds* App.







# **SET UP SMART NOTIFICATIONS (cont.)**

Click the Invite button on the bottom of the screen to send out the Caregiver invitation email.

The email address that you entered will receive an invitation with information on how to receive notifications of your medication status'.



Caregivers can receive two types of notifications.

#### VIA FMAII

To receive notifications via email, caregivers will need to sign up for an account with iChoice by clicking the corresponding link inside the email and entering the passcode you had chosen. (see page 21)

#### VIA APP

To receive medication status' via Push Notifications, caregivers must download the *iChoice Meds* app by clicking on the link in the email. They will be notified by alerts in the *iChoice Meds* app.

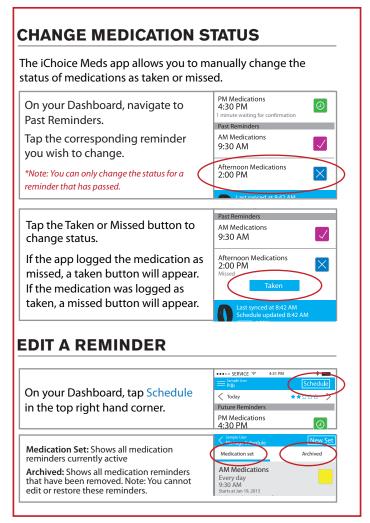
#### **REMOVE A CAREGIVER**

Tap the caregiver you wish to remove.

Tap Revoke to remove this caregiver.

This caregiver will no longer receive notifications and will be removed from the Assigned Caregiver list.





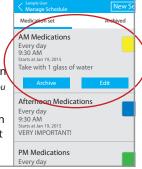


Tap the medication reminder you wish to edit.

Two buttons will appear.

Archive: will remove this medication from all future instances. Note: Once you archive a reminder you cannot restore it.

**Edit:** Will bring you back to the main reminder screen where you can edit name, date, time, etc. (See page 12)



#### **MEDICATION TRENDS**

The *iChoice Meds* App allows you to track your performance of taken vs. missed medications.

This is indicated by the 5 stars located in the upper right hand corner on your dashboard.



You will start with 5 empty stars each day because there are no past scheduled reminders. You are 100% compliant when the 5 stars are filled.

The stars act as daily averages based on your ratio of taken vs. missed reminders.

#### Example

You have 5 medication reminders scheduled (7am, 10am, 1pm, 5pm and 8pm)



It is now 2pm. I have taken my 7am, 10am and 1pm medications. 3/3. I will have 5 stars.



It is now 8:30pm. I took all my medications except the 8pm. 4/5. I will have 4 stars.

If you click the 5 star graphic in the upper right hand corner of your dashboard you can view your medication compliance through easy to read charts and graphics.

You can break down your view by last week, last month or last 3 months.



#### **TROUBLESHOOTING**

If your MyMed-Reminder wristband does not work for unexpected reasons try re-setting the wristband.

- 1. Charge the MyMed-Reminder wristband by plugging the wristband into a USB port. (see page 4)
- 2. While the wristband is charging, hold down the button on the wristband for more than 8 seconds to restart the device. (NOTE: The time will be wrong after the wristband restarts. Both red and green LEDs will blink indicating the time is wrong. (see page 5)

Still having trouble?

Contact customer service: (215)-874-0458

# **MEDICAL ID**

#### **WRISTBAND**

The MyMed-Reminder Wristband is specially designed with an engraved Medical Identification emblem on the end.

It will inform others, in an emergency, that the user wearing the wristband has a medical condition and may need special assistance.



We also included the statement " Check Medication List in My Wallet" on the side of the wristband.

#### **EMERGENCY MEDICAL ID CARD**

For your convenience, we have included a Wallet Card inside the box. Please fill it out and keep in your wallet at all times.



# **SYMBOL DEFINITION**

Symbol	Definition			
<b>C</b>	The package can recycle			
IPX5	The degrees of waterproof provided by enclosure			
i	Follow instruction for use			
CE	European union approval			
RoHS	The device conforms to the requirements of RoHS			
X	Product disposal instruction for the WEEE directive 2012/19/EU			
+60°C <u>max</u> -20°C RH<95% non-condensing	Storage temperature and relative humidity			

#### MyMed-Reminder Disclaimer

Content on this device including the app is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem.

This product is only a supplement to any memory system that you currently use to remind yourself to take medications. The user maintains full responsibility to administer medication at the appropriate times. The user should be aware that when the location of the smart phone on which the App is installed changes to a different time zone, the App will send out an automatic time change reminder to the smart phone to alert the user to change the time of taking a prescription. Furthermore, a user may initiate an invitation to a third party who can monitor the status through the App and remind the user to take medication at the appropriate time. It remains a user's responsibility to take medication and a third party's failure to remind in itself does not absolve that responsibility.

The Product is not in the business of, and does not provide, monitoring services, medical care or direct medical care for patients. Product does not provide medical advice and does not prescribe or dispense medications. Only physicians, pharmacists, or other licensed and authorized learned intermediaries may set or change the prescription drug taking instructions, and information delivered to patients as determined by law and license protocols. Product shall not be liable for any claim or demand against Product by the user and/or by any third party, based on the provision, or lack of provision of, medical care to you or any other party.

Product shall not be responsible for any misplacement of medicine, removal of medicine, wrong dosage, failure to refill or take medicine, or for drug interactions. It is the patient's responsibility to take his or her medicine. Product does not know if a patient actually took his or her medicine, or if a patient filled the correct medicine in the relevant compartments and in the right dosage. Although this product provides the ability for a user to enter medication names, dosages and time, Product is not a decision support system and does not have the ability to check for drug to drug interactions, drug to food interactions, drug dosages, drug frequencies or any way to determine if the drug(s) are safe, effective or appropriate for any given patient.

Product shall not be liable for failures due to causes beyond its control, including, but not limited to, acts of god, acts of government, fire, flood, strikes, terrorism, war, or acts or omissions of carriers

Except as specifically provided in this license, there are no other warranties, expressed or implied.

The App is intended for educational purposes only. You must not rely on this application alone to remember to take medication or provide warnings including but not limited to overdose and schedule warnings. This application does not provide medical advice, diagnosis and treatment.

We assume no responsibility for any incidental or consequential damages, including but without limitation, damages or injuries resulting from dysfunction of the product due to loss of power, water leakage, or change of time zone, or misuse by the user such as wrongful set-up, not reading carefully or following the instruction manual, or improper use. In addition, discontinuation of internet service or WIFI connection may cause data unable to be uploaded to the server and to be transmitted to the remote third party supervising the use of the product. We assume no responsibility for damages resulted from the above mentioned misuse. Our liability shall in no circumstances exceed three times of the price paid by the user for the product.

Manufactured by: Beijing Choice Electronic Technology Co., Ltd Room 4104, No. A12 Yuquan Road, Haidian District, Beijing 100143, P.R.China.

Service Phone: 86-010-88204630 Customer Service Representatives are available Monday through Friday - 9:00am to 6:00pm (Beijing Time)

> All Rights Reserved Revised date: July, 22 2015

#### Warranty Conditions

Beijing Choice Electronic Technology Co., Ltd(hereafter named as Beijing Choice) warrants to the original purchaser that this equipment will be free from defects in materials and workmanship for a period of one year from the date of purchase. This warranty shall be limited to the repair adjustment and/or replacement at the manufacturer's option of defective parts free of charge except the cost of transportation to Beijing Choice. Manufacturer's responsibility is limited to actual cost of item. When returning equipment for warranty service, all shipping and insurance charges must be prepaid and the proof of purchase must be enclosed. Beijing Choice will not be responsible for expenses or inconveniences, or consequential damages occasioned by equipment or by breach of any expressed or implied warranty with respect thereto.

#### Limitations

This warranty covers all defects encountered in normal use of the equipment and does not apply in the following cases.

- 1. If the equipment has been serviced by other than a certified center.
- Damage to the equipment due to mishandling, abuse, accident or failure to follow the operating instructions.
- INSTRUMENTS: Warranty does not extend to display face, batteries and other accessories.

Customer Service Representatives are available Monday through Friday - 9:30am to 4:30pm EST

Service Phone: 86-010-88204630 Email: service@choicemmed.com



