

# USER'S GUIDE



**QUITTING TIME WATCH**  
Smoking Cessation System

DEVELOPED BY

**ElectroMed**<sup>TM</sup>  
Technologies

Your guide to becoming a non-smoker.

**Notice to Users of the QT-Watch**

This product is intended as a tool to assist you in your efforts to control your smoking habit. This product does not replace the advice of a qualified health professional who is familiar with your medical needs.

## Congratulations!

***You have never been closer to becoming a non-smoker.***

### ***Let's face it:***

Kicking the nicotine habit is one of the hardest things you will ever accomplish in your life. Odds are you have tried before, most likely employing the "cold-turkey" method, but also very possibly with the help of medications and/or other quitting aids and services.

The fact you are reading this guide means two things:

- 1) None of these methods have worked.
- 2) You are still very determined to quit.

### ***The good news:***

It is possible to quit. Millions of people succeed every year. But it will take diligence and determination. It will take constant monitoring.

This is precisely why the QT-Watch was invented. To help you take best advantage of your determination and to help monitor your efforts to quit smoking. It has also been designed to make it easier for you to quit.

### ***The better news:***

Quitting is worth it.

- You could add years to your life
- You will breathe easier and feel better
- You will dramatically improve your health
- You will have more money to spend on the things you enjoy
- You will substantially decrease your risk of cancer, heart disease, emphysema or strokes



### ***How the QT-Watch can help:***

The QT-Watch is designed to help you monitor and stick to your quitting regimen. If you wear and use the QT-Watch – and keep to the goals you set – you will become a non-smoker.

We are not asking you to make any other changes to your life or your quitting efforts. You can – *and should* – continue to utilize all the other quitting medications, services and techniques you are currently using. In fact, the QT-Watch can be set to remind you to take your patches and pills.

### ***The QT-Watch...***

- is programmed to your smoking habits and desired Quitting Date
- will provide incentives, advice, and information based on how well you are meeting the goals you set
- becomes your personal quitting coach, keeping track of your statistics and helping you past any hurdles
- is medically-designed to help you – at your own pace – become a non-smoker

It is also designed to help you remain a non-smoker for years to come.

If you are still unsure the QT-Watch can help you quit, see "Why You/Your Loved Ones Should Quit." Otherwise, put on the QT-Watch, read this entire guide, and get set to become a non-smoker.

***You CAN quit smoking. The QT-Watch can help.***

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## Why Quit?

### ***Why You Should Quit:***

Plainly and simply, you need to quit smoking to improve your health and preserve your life. Millions of people have already died from lung cancer, heart attacks, strokes, and emphysema caused by smoking. You do not have to be one of them.

Beyond the health-related cost of smoking, this addiction also results in substantial and direct monetary costs. A pack a day smoker will spend about \$15,000 in ten years on cigarettes alone. Smokers also pay higher health and life insurance premiums, and generally have more costly medical, dental, and pharmaceutical expenses than do non-smokers.

### ***Why Your Loved One(s) Should Quit:***

For all the same reasons that you should. By quitting smoking, your loved ones will dramatically decrease the risk of incurring a broad range of serious illnesses, including various cancers, heart disease, emphysema. His or her projected life-span will increase, and the life he or she leads will be healthier.

## Dr. Perlman's Overview



### **Using the QT-Watch is simple.**

Initially, the user enters in brief information about his or her smoking habits, including the number of cigarettes smoked per day, the cost of cigarettes per pack, and whether the user is also using any medication (pill or patch) to aid in smoking cessation. Once programmed, the user must only press two buttons to use the QT-Watch effectively.

First, the user presses the “cigarette” button to record when a cigarette is being smoked. This information is used by the QT-Watch to select appropriate motivational messages for the user, and to compute the user’s Quitting Score™ (as described later).

Second, the user presses the “information” button to receive motivational smoking cessation messages, or, by pressing that button and holding it for 2 seconds, the user can view the statistics of his or her smoking cessation progress. The QT-Watch will also continually display motivational quitting messages on its face, which will change every few minutes.

## The Medical Science Behind The QT-Watch

Despite 36 years of Surgeon General warnings on the dangers of smoking, 23.3% of adults in the United States still smoke tobacco. An estimated 430,700 Americans die each year from diseases caused by smoking. Moreover, smoking costs the U.S. at least \$97.2 billion annually in health care expenses and lost productivity<sup>[1]</sup>.

Every year, about 70% of American smokers try to kick the habit. Of these, only 4.7% succeed<sup>[2]</sup>. Although pharmaceutical companies have introduced a variety of smoking cessation products such as a nicotine replacement patch, nicotine gum, nicotine nasal spray, and oral medications, none of these products has facilitated a high rate of long-term smoking cessation.<sup>[3,4]</sup> Studies show, however, that when smokers combine various cessation techniques, quit rates increase. Accordingly, just as diseases like hypertension and diabetes often require more than one medication for adequate control, successful smoking cessation may require multiple therapies for success<sup>[5]</sup>.

Studies have also shown that regardless of what methods smokers use to quit smoking, their efforts are more successful when teamed with some type of positive reinforcement. Quit rates increase when smokers receive support such as verbal or written physician encouragement, smoking cessation literature, customized computer generated messages, or behavioral therapy. When smoking cessation plans incorporate positive reinforcement on a long-term basis, quit rates can significantly increase<sup>[6,7,8]</sup>.



The QT-Watch has been developed to give smokers immediate and long-term positive reinforcement of their efforts to quit smoking. The QT-Watch looks like an ordinary wristwatch, with standard functions such as time, date and chronograph. It also tracks cigarette use and displays different messages every few minutes to encourage the wearer to quit smoking. The messages are tailored to the individual smoker, based upon the user's current rate of smoking, the initial cigarette usage, and the designated quit date. The QT-Watch also features a timer to encourage the wearer to delay lighting a new cigarette. The timer adjusts its commands based on the wearer's recommended smoking rate. Moreover, the QT-Watch features a smoking alarm, which sounds randomly once a cigarette is lit, signaling the wearer to extinguish his or her cigarette. The frequency of the smoking alarm increases if the daily number of cigarettes smoked exceeds the smoker's daily goal.



Once smoking cessation has been achieved, the QT-Watch will continue to display positive messages encouraging the user to refrain from ever smoking again. Research indicates a relapse-prevention component significantly improves long-term rates of abstinence<sup>9,10</sup>. Thus automatic, 24-hour relapse-prevention messages should serve to increase quit rates over time.

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6. Strecher, V.J., Krauter, M., Den Boer, D.J., et al. (1994). The effects of computer tailored smoking cessation messages in family practice settings. *J Fam Pract*; 39:262-270.
7. Lennox A.S., Osman, L.M., Reiter, E., Robertson, R., et al. (2001). Cost effectiveness of computer tailored and non-tailored smoking cessation letters in general practice: Randomized controlled trial. *BMJ*; 322(7299):1396-1400.
8. Russell, M.A.H., Stapelton, J.A., Hajek, P., et al. (1988). District programme to reduce smoking: can sustained intervention by general practitioners affect prevalence? *J Epidemiol Community Health*; 42:111-115.
9. Fiore, M.C. (2000). A clinical practice guideline for treating tobacco use and dependence: A US Public Health Service report. *JAMA*; 283:3244-3254.
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## Special Features

The QT-Watch independently performs a variety of sophisticated functions designed to motivate the user to quit smoking:



**Quitting Score™:** The QT-Watch computes a daily Quitting Score to give the smoker a “grade” indicating the success of his or her quitting efforts. The Quitting Score is a function based on a smoker’s then-current cigarette use. For example, a ten cigarette per day smoker will be tapered over ten days, while a 1-1/2 pack per day smoker will be tapered over 30 days. On that basis, the QT-Watch determines the number of cigarettes that a user may smoke per day while working toward cessation. That number is used by the QT-Watch to compute a daily Quitting Score, which compares the user’s quitting success to his or her daily goals. Simply, if a user smokes fewer cigarettes than allowed on a given day, the Quitting Score rises; if that individual smokes more than the stated goal, the Quitting Score falls. The user should thus be motivated to keep the Quitting Score high.



**Motivational Messages:** The QT-Watch will display a variety of motivational quitting messages custom-selected for the user based on the Quitting Score.

Over 500 messages in six categories are stored in the QT-Watch.

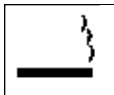
The highest range of Quitting Scores generates very congratulatory messages: the second highest Quitting Score range mixes congratulatory messages with more motivational themes; the third Quitting Score range mixes positive motivational messages with some cautionary themes; the lowest Quitting Score range features messages that are not only encouraging and cautionary, but are specifically designed to prevent hopelessness. A fifth category of messages is strictly factual, and is sent to all Quitting Score ranges. The final message category is sent to successful non-smokers and is designed to maintain smoking cessation.

These messages are displayed randomly every few minutes, as well as generated by pressing the “cigarette” or “information” buttons.

Before lighting a cigarette, press the “information” button. Read the message and then decide if you still want to smoke the next cigarette.

### The cigarette meter, including the cigarette animation and cigarette alarm:

The QT-Watch features a “cigarette delay timer” and “cigarette alarm” to help decrease the total number of cigarettes smoked.



5 – 20 Minutes

When a user presses the “cigarette” button, indicating that he or she has begun a cigarette, the icon will display for up to five minutes without the “X”.

A random cigarette alarm may trigger, encouraging the user to put the cigarette out early. The frequency of the alarm increases if the user has smoked more than his or her recommended daily goal.

The cigarette delay timer encourages a user to delay lighting a new cigarette.

This period will last between 15 – 60 minutes.

This is designed to convert a heavy smoker into a light smoker and to prevent chain smoking.



5 – 20 Minutes

This timer is represented by an icon on the face of the QT-Watch that looks like a cigarette.

This icon will gradually increase in size until a full-lit cigarette is displayed.

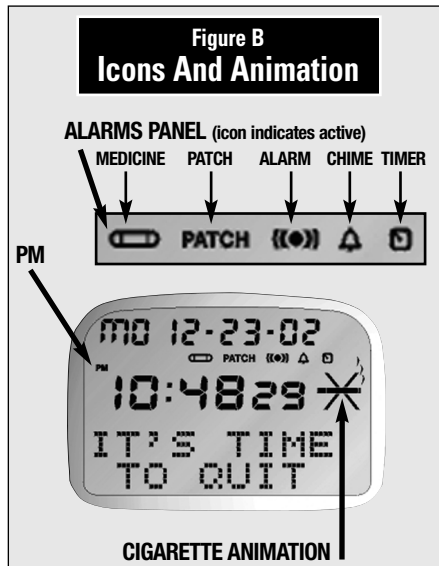
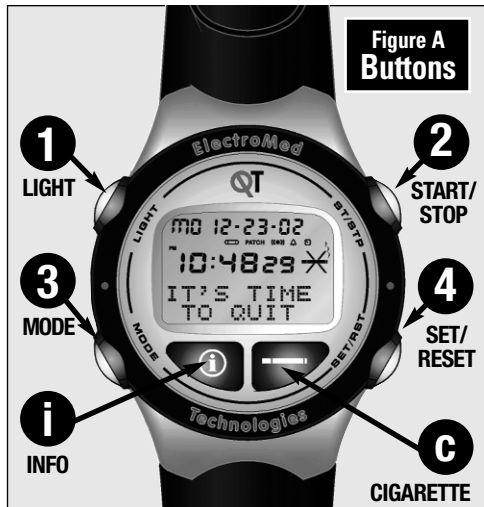
When a blinking “X” covers the icon, the smoker is to refrain from smoking. After a designated period of time, based on the recommended daily goal, the X will stop blinking.

Although the recommended non-smoking period is over, the X will remain lit, symbolizing the overall goal of complete smoking cessation.



5 – 20 Minutes





## Getting Started - Setting Up Your QT-Watch

### Setting the date and time...



Step 1) Press and hold 4 until **SECOND SETTING** appears.



#### Setting the seconds...

Step 2) Press 2 to reset the seconds to 00. Then press 4. **12 HR SETTING** should appear.



#### Choosing between 12 and 24 hour mode...

Step 3) Press 2 or 1 to choose between **12 HR** and **24 HR SETTING**. Then press 4. **HOUR SETTING** should appear.

*(Note: in 12 HR mode, a small PM will appear to the top left of the hour to indicate PM. In the 24 hour mode, a small 24 H will appear above the hour.)*



#### Setting the current time...

Step 4a) Enter the current hour. Press 2 to advance or 1 to go backwards. Then press 4. **MINUTE SETTING** should appear.



Step 4b) Enter the current minutes. Press 2 to advance or 1 to go backwards. Then press 4. **YEAR SETTING** should appear.



#### Setting today's date...

Step 5a) Enter the current year. Press 2 to advance or 1 to go backwards. Then press 4. **MONTH SETTING** should appear.



Step 5b) Enter the current month. Press 2 to advance or 1 to go backwards. Then press 4. **DATE SETTING** should appear.



Step 5c) Enter the current day. Press 2 to advance or 1 to go backwards. Then press 4. **CHIME OFF SETTING** should appear.



#### Setting the chime...

Step 6) Activating the chime feature. Press 2 or 1 to choose between **CHIME OFF** and **CHIME ON**.



#### Saving entered settings...

Step 7) Press 4 again. **SECOND SETTING** should appear. Then press 3 to return to normal watch mode.

## Getting Started - Entering Your Personal Profile

Step 1) Press and hold the 2 button until **NEW? MODIFY?** appears.

Step 2) Press and hold the 2 button until **NAME?** appears. Warning: only press and hold the 2 button to enter new profile, press 4 to modify current profile.

### Entering your name...

Step 3a) Press 2 to advance forward through ABC...123....To go backwards, press the 1 button. When you have selected the correct first character, press the 3 button to move to the next character.



Step 3b) Continue choosing letters, repeating step 3a, until your entire first name is complete (there is no need to enter your last name) then press 4. **CIG A DAY?** 20 should appear.



### Entering your current smoking habit...

Step 4) Press 2 to increase the number or 1 to decrease the number until you have entered the number of cigarettes you currently smoke each day. Then press 4. **QUIT DATE?** 02-06-2003 should appear.



### Entering your desired quit date...

The QT-Watch provides a suggested Quit Date. If this is OK, press 4. **CIG COST?** \$4.0 should appear, then proceed to Step 6.

If you would like to change the suggested Quit Date, proceed to Step 5a.



Step 5a) Enter the year. Press 2 to advance the year or 1 to go backwards. Then press 3.

Step 5b) Enter the month. Press 2 to advance the month or 1 to go backwards. Then press 3.

Step 5c) Enter the day. Press 2 to advance the month or 1 to go backwards. Then press 4. **CIG COST?** \$4.0 should appear.

### Entering the cost of a pack of cigarettes...

Step 6) Press 2 to increase the cost or 1 to decrease it until you have reached the current amount you pay for a **PACK** of cigarettes. Then press 4. **PATCH ALM** OFF should appear.



*Note: The Patch and Medication Alarms are optional functions of your QT-Watch and can be set-up and modified at any time. See the Smoking Cessation Functions and Features section of this guide for instructions.*

### Saving your entered profile...

Step 7) Press 4 twice more to advance past three alarm options of **PATCH ALM**, **MED1 AL**, and **MED2 AL** until **NEW? MODIFY?** appears. Then press 3 to return to normal watch mode and to begin using your QT-Watch. **DON'T SMOKE** should appear.



**Congratulations!** You have completed initializing your QT-Watch. From now on, you will only need to press either the **I (info)** or **C (cigarette)** buttons to monitor your quitting progress.

## Smoking Cessation Functions And Features



### The cigarette button

The purpose of the cigarette button is to help you keep track of your smoking habits – including the number of cigarettes you smoke each day and the times when you smoke.

The cigarette button is simple to use: **Simply press it once before you smoke a cigarette.**

### Smoking a cigarette?



Press the **C cigarette** button. **GOAL:# COUNT:#** should appear. **GOAL** is the maximum number of cigarettes you can have today and still remain on track to meet your Quitting Date. **COUNT** is how many you have had so far today.

*Note: The X on the cigarette icon will disappear while you are smoking. You cannot register another cigarette during this time. After a few minutes, a blinking X will appear and remain for 15-60 minutes as the cigarette slowly grows to full size. Do not smoke while the X is blinking.*

### New day? First cigarette of the day?



Each morning, you will see **NEW DAY, PRESS (I)** (this actually occurs at midnight so if you are out late, you will see this screen at 12:00:00). Press the **(I) info** button. You will see a short message. This will start today's program. Then you can press the **C cigarette** button to indicate your first cigarette.

*If you press the C cigarette button first, that's okay. Just press the C cigarette button again to record your first cigarette of the day.*

If you would like to see whether or not your current cigarette has been counted, simply press and hold the **(I) information** button. Your daily count should have increased by one.

*Important notes: Make sure to press the cigarette button only when you are having a cigarette. When the cigarette button is pressed, your cigarette count will increase by one. This cannot be undone.*

*If you do not press the information button to start a new day, your Quitting Score will decrease the following day. To prevent this from happening, the QT-Watch will sound a short reminder alarm at 9 am, 12 noon, and 6 pm. This alarm will occur starting on the second day you stopped wearing the watch. This alarm is designed to encourage you to continue to use the QT-Watch.*



### The information button:

The **(I) information** button provides a variety of statistics about your current efforts to quit smoking.

### To view a motivation message...

Press the **(I) information** button once. A customized motivational message based on your current Quitting Score™ will appear.



**A Quitting Tip:** *Before lighting a cigarette, press the (I) information button first. Read the message. Then decide if you still want to smoke the next cigarette.*

## Smoking Cessation Functions And Features continued

### To view your current quitting statistics...



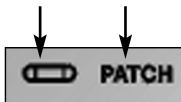
Press and hold the **i** **information** button for 2 seconds. GOAL:# COUNT:# will appear.

In succession, you will see: the time of your LAST CIG, how long you have remained SMOKE FREE, your current QUITTING SCORE, and how much money you have SAVED since you started using the QT-Watch.

### Patch and Medication Reminders (alarms)

MED1  
and/or MED2

PATCH



Note: icon indicates active

The QT-Watch features three separate medication alarms. These are designed to increase compliance with the nicotine patch and other smoking cessation pills. Icons on the face of the QT-Watch indicate whether or not these alarms are activated.

An alarm will sound at the set time and a message will appear indicating the action specified. See further explanations and examples below.



*Important note: When setting the Patch and Medication alarms, you will need to enter the Modify Profile mode. It is possible in this mode to reset the QT-Watch's saved data. Be very careful to only edit the patch and medication alarms.*

### Patch alarm

The patch alarm can be set when entering the personal profile, (See 'Entering Your Personal Profile') or at any time.

#### To set the PATCH alarm, follow these steps:

- Step 1 Press and hold 2 until NEW? MODIFY? appears.
- Step 2 Press 4 five times. (You will go through the NAME?, CIG A DAY?, QUIT DATE?, and CIG COST? screens.) PATCH ALM OFF will appear.

*Important note: Take extra care not to press any other buttons during Step 2 or you might undo your settings and delete the QT-Watch's saved data.*

- Step 3 Press 2 to turn the Patch alarm ON (or OFF if it is already on).

*Note: If you are deactivating the patch alarm, you will now see MED 1 AL. Press 4 twice more and skip to step 7.*

- Step 4 Press 4 once. You will then see SET PATCH ALM 10:00 (or the time previously set). The hours will be blinking.
- Step 5 Setting the Hours: To change the hours, press 2 to advance or 1 to go backwards until you have the hours you desire. Then press 3.
- Step 6 Setting the Minutes: To change the minutes, press 2 to advance or 1 to go backwards until you have the minutes you desire. Then press 4. You will see MED 1 AL. You can set the "Medication Alarms" at this

## Smoking Cessation Functions And Features continued

time (see below) or Press 4 twice more to get back to the **NEW? MODIFY?** screen.

Step 7) Press 3 once to return to the normal watch mode. If you have set the alarm, you will now see the **PATCH** icon illuminated in the alarms panel.

At the preset time, the alarm will sound four times and the words **PUT ON PATCH** will appear. Press any button – *except the cigarette button* – to eliminate the message. **Make sure you only press the cigarette button when you are having a cigarette.**

### Medication Alarms (ALM 1 and ALM 2)



The QT-Watch features two medication alarms. Both medication alarms can be activated while “Setting Up Your Personal Profile” or at any time.

To set Medication Alarm(s), follow these steps:

- Step 1) Press and hold 2 until **NEW? MODIFY?** appears.
- Step 2) Press 4 six times (or seven times if patch alarm is already set). **MED 1 AL** will appear (You will go through the **NAME?**, **CIG A DAY?**, **QUIT DATE?**, **CIG COST?**, and **SET PATCH ALM** screens.)

*Important note: Take extra care not to press any other buttons during Step 2 or you might undo your settings and delete the QT-Watch's saved data.*

Step 3) Press 2 to turn the Medication 1 alarm on (or off if it is already on).

Step 4) Press 4 once. You will then see **SET MED AL 10:00**. The hours will be blinking.

Step 5) Setting the Hours: To change the hours, press 2 to advance or 1 to go backwards until you have the hours you desire. Then press 3 Mode once.

*Note: If you are deactivating the MED 1 alarm, you will now see **MED 2 AL**. Press 4 once more and skip to step 7.*

Step 6) Setting the Minutes: To change the minutes, press 2 to advance or 1 to go backwards until you have the minutes you desire. Then press 4 . You will see **MED 2 AL**. You can set the **MEDICATION 2 ALARM** at this time or Press 4 once more to get back to the **NEW? MODIFY?** screen.

Step 7) Press 3 Mode once to return to the normal watch mode. If you have set the alarm, you will now see the **MEDICINE** icon (see Figure A) illuminated in the alarms panel.

*Note: The medicine icon will activate when EITHER the MED1 or MED2 alarm is turned on.*

At the preset time(s), the alarm will sound four times and the words **TAKE YOUR MEDICINE** will appear. Press any button – *except the cigarette button* – to eliminate the message. Do not press the cigarette button.

## Normal Watch Functions And Features



### Hourly chime function

When you are setting up the time and day for the first time you will see the following screen:

CHIME OFF SETTING

Press 2 **Start/Stop** to turn the CHIME function on. Press 2 **Start/Stop** again to turn it off. Then continue the time/date set-up as normal.

When the CHIME is on, you will see a small bell icon in the alarms panel and the QT-Watch will chime once (a short, soft beep) every hour. This will continue until the CHIME is deactivated.

### To activate/deactivate the chime after initial setup:

- Step 1) Press and hold 4 until SECOND SETTING appears.
- Step 2) Press 4 seven more times until CHIME OFF SETTING appears. (You will pass through 12 HR SETTING, HOUR SETTING, MINUTE SETTING, YEAR SETTING, MONTH SETTING, and DATE SETTING.)
- Step 3) Press 2 **Start/Stop** to turn the CHIME function on/off.
- Step 4) Press 3 **Mode** once to return to normal watch functions.



### Electro-luminescent display (light)

The QT-Watch includes an electro-luminescent display – also called a backlight.

To activate the backlight, simply press the 1 **Light** Button in any mode. The light will illuminate for three seconds. There is no need to hold the button.

Notes: 1) The backlight will automatically turn off whenever an alarm sounds.  
2) Frequent use of the light will shorten the battery life.



### The alarm function:

The QT-Watch features a handy standard alarm that can be activated during initial set-up or at any time.

*Note: The QT-Watch also features three separate medication alarms. (see "Smoking Cessation Functions and Features, Medication Alarms.")*

### Setting the alarm:

- Step 1) Press the 3 **MODE** button once for alarm mode. ALARM should appear.
- Step 2) Press and hold 4 until HOUR ALM SETTING appears and the hour starts flashing.
- Step 3) Setting the hour: Press 2 to advance the hour forward or 1 to go backwards. Then press 4. MINUTES ALM SETTING should appear and the minutes will start flashing.

## Normal Watch Functions And Features continued

- Step 4) Setting the minutes: Press 2 to advance the minutes forward or 1 to go backwards. Then press 4 . HOUR ALM SETTING should appear.
- Step 5) Press 3 . ALARM should appear as well as the alarm time you just set.
- Step 6) Press 3 three more times to return to normal watch mode. Check to make sure the alarm icon ((•)) is visible in the alarms panel.

*Note: At the set time, the alarm will chime for 30 seconds or until you press any button.*

### Turning the alarm off:

- Step 1) Press the 3 **MODE** button once for alarm mode. ALARM will appear.
- Step 2) Press 2 once. The alarm icon ((•)) will disappear.
- Step 3) Press 3 three more times to return to normal watch mode.

*Note: To turn the alarm back on again – at the previous set time – repeat above instructions.*

*For patch and medication alarms, see “Smoking Cessation Functions and Features.”*

### Sports watch features, including the chronograph and timer functions:

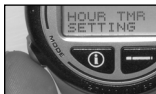
The QT-Watch includes both a chronograph (stopwatch) and a timer in order to help you take best advantage of your increasingly healthy lifestyle.

### Using the chronograph function:



- Step 1) Press 3 **MODE** twice for chrono mode. CHRONO should appear.
- Step 2) Press 2 **ST/STP** button to start the chrono and again to stop it.
- Step 3) Press 4 **SET/RST** to reset the chrono to 00 00 00.
- Step 4) Press 3 **MODE** twice to return to normal watch mode.

### Using the timer function:



- Step 1) Press the 3 **MODE** button three times for timer mode. TIMER should appear.
- Step 2) Press and hold 4 until HOUR TMR SETTING appears and the hour starts flashing.
- Step 3) Setting the hours: Press 2 to advance the hours forward or 1 to go backwards. Then press 4 . MINUTE TMR SETTING should appear and the minutes will start flashing.
- Step 4) Setting the minutes: Press 2 to advance the minutes forward or 1 to go backwards. Then press 4 . SECOND TMR SETTING should appear.
- Step 5) Setting the seconds: Press 2 to advance the seconds forward or 1 to go backwards. Then press 3 . TIMER STOP should appear.
- Step 6) Starting the timer: Press 2 **ST/STP** to start the timer TIMER RUN should appear and again to stop it. TIMER STOP should appear.
- Step 7) You can return to the normal watch mode – even when the timer is running – by pressing the 3 **MODE** once.



## A Day In The Life or "Pete Quits On The QT"

**We thought it would be helpful if we walked you through what a day would be like using your QT-Watch.**

This journal is an example. When Pete, our fictional smoker, started wearing the QT-Watch he had a 1-1/2 pack habit (30 cigarettes/day). He is currently on Day #15 of a 30-day quit schedule. His doctor recommended he try the Patch and Pete felt that monitoring his quitting would help him stay on track. He asked his doctor about the QT-Watch and his doctor agreed it was a good idea.

Pete is 38 years old and has been smoking since he was 16. This is his fourth time trying to quit.

*Note: Since the QT-Watch uses your personal profile to monitor your success, your quitting information and messages will likely vary from "Pete's."*

### Good morning, Pete!

**6:45:00 AM** - Time to wake up. Pete showers and gets ready for his day. He puts on his QT-Watch. He looks at the watch and sees...

He presses the **i** information button and receives a short message:

STOP BURNING MONEY - QUIT SMOKING.

Pete then sees the following screens, in this order:

GOAL: 15 COUNT: 0

LAST CIG: 9-20, 10:15 PM

SMOKE FREE FOR...

8 HOURS 30 MINUTES



QUITTING SCORE: 91 His highest score yet!

SAVED \$27.00

DON'T SMOKE.

Well done! He is halfway there. He feels better and he has saved some money. He is going to do this! He can feel it.

**7:15:32 AM** - With his coffee, Pete has his first cigarette of the day.

**He presses the C cigarette button prior to lighting up.**

He sees the following message

GOAL: 15 COUNT: 1

The cigarette animation becomes a cigarette with no X. This indicates that Pete is currently smoking.



**7:22:25 AM** - Pete looks at his pack of cigarettes, remembering that he used to have two or three cigarettes with his morning coffee. He looks at his QT-Watch to see if he is "allowed" to have another cigarette.

## A Day In The Life *continued*

The cigarette animation is a partial cigarette with a blinking X. He knows that if he really wants to become a non-smoker, he must not smoke while the X is blinking.

*Note: The QT-Watch is not designed to tell you when you can smoke. The blinking X is designed to defeat chain smoking and to increase the time between cigarettes.*

He presses the **i** button instead for a quick message.

It reads: **MILLIONS OF SMOKERS QUIT EACH YEAR – JOIN THE CLUB**

Instead of having another cigarette, he grabs a stick of gum and begins to collect his things for work.

**7:30:00 AM** – The QT-Watch's alarm goes off. Pete looks at the screen.

The screen reads: **PUT YOUR PATCH ON**

Pete applies his patch.

'This is working,' he thinks. 'In two more weeks, I will be able to throw my cigarette lighter in the trash.'

*Note: The QT-Watch can also be set to remind you to take medications up to twice each day.*

**12:12:19 PM** – It's time for lunch. Pete has had a few more cigarettes today, but not nearly as many as he used to. He looks at his QT-Watch. The message now reads: **BELIEVE IN YOURSELF**. Two weeks ago, he would have laughed at this message, but now Pete decides to wait another few minutes before having the next cigarette.

Instead, he presses and holds the **i** button to see how well he did this morning.

**GOAL: 15 COUNT: 4**

Only four cigarettes before lunch? That's a record low! He feels positive and decides he is going to smoke fewer than the allotted 15 today. Maybe even only 12.

**LAST CIG: 9-21, 11:17 AM**

**SMOKE FREE FOR...**

**55 MINUTES**

Almost an hour. "I'll have my next one in five minutes," Pete decides.

**QUITTING SCORE: 91**

**SAVED \$27.00**

**DON'T SMOKE.**

**12:16:53 PM** – Almost five minutes later, he has his fifth cigarette of the day. 'Those were a long four minutes and it feels good to be smoking' Pete thinks. 'Maybe this won't be so easy.'

He presses the **C cigarette** button prior to lighting up.

He sees the following message

**GOAL: 15 COUNT: 5**

The message that follows reads: **YOU ARE STRONG ENOUGH TO QUIT.**

He chuckles to himself. 'Funny how the watch seems to know what I am feeling,' he thinks.

## A Day In The Life *continued*

**12:18:21 pm** – An associate asks Pete for the time. Pete tilts his wrist towards her so she can read his watch.

“Thanks,” she says. She has no idea that the watch Pete is wearing is anything other than a standard sports watch.

“Does that watch have a timer?” she asks.

“And a stopwatch,” Pete responds.

“Nice,” she says and goes on her way.

A few seconds later, he glances at his QT-Watch. The message reads: **PETE, GOOD JOB.** He agrees. At times it's been tough, but he has never been this close to quitting before and he feels fairly strongly that he can do it this time. ‘Fifth time's the charm,’ he thinks.

**2:24:34 pm** – It has been two hours and six minutes since Pete's last cigarette. How does he know? He checked the QT-Watch. Two weeks ago, he could barely last an hour. He's not a non-smoker yet, but he's come a long way.

He lights a cigarette and presses the **C cigarette** button. He watches the message: **YOU HAVE THE POWER TO QUIT SMOKING.** He wonders how many different messages there are.

**2:26:34 pm** – Pete is startled by the QT-Watch's alarm. It beeps 5 times. He looks at the watch and sees that the message says: **PUT OUT CIGARETTE.** The User Manual said this would happen, even if the user was doing well.

‘OK,’ he thinks. ‘I'll play along.’ He puts out the cigarette. It is only half done. He presses and holds the **I** button to see his current count.

**GOAL: 15 COUNT: 6**

But it has really only been 5-1/2.

It's well after noon and he's only had five and a half cigarettes this day. Even with the patch, he feels as though he is stronger than nicotine for the first time in many, many years.

**8:17:21 pm** – Pete is sitting on the sofa watching television. He reaches over to his pack of cigarettes to light one up, but first glances at his QT-Watch. It's dark in the living room, so he presses the light button. The QT-Watch illuminates nicely.

Pete sees that the ‘X’ on the cigarette animation is blinking, which he knows means **DON'T SMOKE.**

When did he last have a cigarette? ‘Surely it must have been at least a half hour since I smoked one,’ he thinks. But he doesn't have to guess or keep track. That's what the QT-Watch is for.

Pete presses and holds the **I** button and learns that he had his last cigarette only 11 minutes ago.

‘Now I know how I smoked so many cigarettes,’ he thinks. ‘I never really paid this much attention before and just kept lighting up and lighting up.’

Pete looks at the QT-Watch and it asks: **WHAT WILL YOU DO WITH THE EXTRA LUNG POWER?** ‘Probably spend more time outside,’ he thinks, and then decides that's a good idea. He turns off the television, grabs a can of cola, and goes out into the backyard for few minutes. It's a warm fall night. He takes a deep breath of fresh air. ‘Does it smell better out here now that I've cut my habit in half’ he wonders, ‘or is it just my imagination?’

## A Day In The Life *continued*

**10:11:41 PM** – Pete is getting ready for bed. Before he places his QT-Watch on the night table he presses and holds the **i** button to see how well he did that day.

GOAL: 15 COUNT: 13

'But it was really 12 and a half,' he thinks, remembering that cigarette he put out early. From 30 to 12-1/2 in just two weeks. Pete feels proud of his achievements. But he knows there is still work to do.

LAST CIG: 9-21, 10:01 PM

SMOKE FREE FOR...

10 MINUTES

'Not very impressive,' Pete thinks, 'but that cigarette has to last for the next eight hours.'

QUITTING SCORE: 91

SAVED \$27.00

DON'T SMOKE.

Pete washes his face, brushes his teeth and climbs into bed.

Lying in bed, Pete mentally prepares himself for the next day. He thinks about what he needs to accomplish at work and the personal errands he has to run.

He also thinks about his smoking habit. 'Another day down. Only fourteen more to go. Two weeks from tonight,' he says to himself, 'I'll be lying in bed without having had a cigarette all day.'

Until just a few days ago, Pete never believed he would be able to quit, but now he does. A habit he has had for nearly twenty years is about to be broken. Pete feels now that he is stronger than his nicotine habit. It's a good feeling.

Pete's last thought before drifting off to sleep is this: At \$4.80 a pack, he used to spend over \$50 a week on cigarettes. That's over \$2,500 every year. He has already cut that in half and when he breaks this habit, he'll save enough for a week's vacation somewhere really nice. Perhaps Cancun.

Pete can almost smell the salt water as he falls asleep.

## Your Quitting Date

### Setting your quitting date:

In order for the QT-Watch to function properly, you need to enter your Quitting Date during the initial set-up. (See *Entering Your Personal Profile*.)

The QT-Watch provides a default Quitting Date during the initial set-up. The default Quitting Date will be as many days from today's date as the number of cigarettes you entered as your current smoking habit.

For example: If you enter 30 cigarettes per day as your smoking habit, the QT-Watch will set your Quitting Date 30 days in the future.

Says Doctor Neil Perlman, "I believe that decreasing a smoking habit by one cigarette a day is the most manageable method of slowly weaning a patient off of nicotine. It sets the achievable and realistic goal of smoking just one fewer cigarette than the day before. People can do that. I know. I've seen it happen many times.

"Cutting down more than one per day is very tough, but certainly achievable if you are strongly motivated. Fewer than that, I believe, unnecessarily delays the process without increasing the likelihood for success."

That being said, you can set your Quitting Date to any date you determine.

### Some tips:

- 1) The sooner you become a non-smoker, the better.
- 2) Setting your Quitting Date too far in the future (for example: six months from now) might actually decrease your likelihood for success, even for the heaviest of smokers.
- 3) If you are unsure what Quitting Date to set, we suggest you consult your doctor.

*Note: Whatever Quitting Date you set, the QT-Watch will create daily goals for you to meet and help you track your success.*

### On your quitting day:

#### What the QT-Watch Does Today.

As on all previous days, you will be greeted with the **NEW DAY PRESS** {} message when you look at your watch for the first time.

Press **i** information as on any normal day.

When your goal is 0 you will be greeted with a special message.

**Stay strong!** This is the day you have been working towards. You are now, officially, a non-smoker. Don't have any cigarettes today and continue to wear your QT-Watch.

While your daily goal is now 0, your quitting score may still be less than 100. The QT-Watch will provide you with special "non-smoking" messages once your daily goal = 0 and your quitting score = 100. Each day you do not smoke, your Quitting Score will increase by one. This delay was built in on purpose, since the highest failure rates are within the first two weeks. You will continue to receive factual and motivational messages until your quitting score climbs to 100. Once you have proven your success and reached this goal, we will show you only the special "non-smoking" messages. If you do start smoking again, the QT-Watch will automatically revert back to the factual and motivational messages that helped you achieve your initial success.

If you get the urge to light up a cigarette, press the **i** information button for a motivational message or press and hold the **i** information button to see how long it has been since your last cigarette and how much money you have save by being a non-smoker.

### *Remaining a non-smoker:*

#### **Continue wearing and using your QT-Watch even after you have quit smoking.**

The QT-Watch is designed to help provide the motivation to help you remain a non-smoker. You will continue to receive motivational messages (customized to your smoke-free life) and the QT-Watch will continue to track the time since you became a non-smoker. It will also keep track of how much money you have saved since you began using your QT-Watch.

**As you watch the time since your last cigarette increase...** you should become more and more proud of how long you have been able to stay smoke free.

**As you watch the money you have saved increase...** you should be happy at just how much money you were able to keep in your pocket. Instead of sending it up in smoke.

### **Congratulations!**

#### **Want to review or change your Quitting Date and other Profile information?**

*BE CAREFUL! Read all five steps prior to attempting this!*

- Step 1) Press and *hold* 2 until New? Modify? appears.
- Step 2) Press 4 . NAME? and the name you entered appears. (NOTE: Do not press and hold 2 at this stage or all your personalized information will be lost.)
- Step 3) Press 4 twice to see CIG A DAY and QUIT DATE.

*IMPORTANT NOTE: Make sure you do not press 2 or 1 while CIG A DAY or QUIT DATE are showing or you might lose all the quitting data your QT-Watch has captured so far.*

- Step 4) Press 4 to see PATCH ALN, MED 1 AL, and MED 2 AL. Feel free to make any changes to these settings.
- Step 5) Continue pressing 4 until the New? Modify? Screen appears. Then press 3 to return to normal watch mode.

## FAQ And Answers

Here are the most frequently asked questions we have been asked to date. The answers have been written by Neil Bradford Perlman, MD.

*Note: The FAQ is constantly being updated and revised. For the most current version, visit [www.QT-Watch.com/faq](http://www.QT-Watch.com/faq).*

### **Q: Why a watch?**

**A:** The short answer: because people are constantly looking at their watches.

Let me explain. To quit smoking, half the battle is breaking the physical nicotine addiction. The other half is the psychological smoking habit. These challenges are not the same.

After ten years of working as a physician, I know that patients are more successful in quitting smoking when the physical act of quitting is paired with some type of psychological therapy – whether it's provided by a physician, a pharmacist, a smoking cessation class, or even a personalized message mailed to the smoker. These personal observations have been affirmed time and time again by clinical studies (see *"The Medical Science Behind The QT-Watch"*).

However, very few people attend support groups or consult professionals on a consistent basis.

Providing ongoing psychological reinforcement works but until now, no one has developed a way to provide this reinforcement on a long term, continuous, and cost effective basis. That's why I thought of a watch. Because most people already wear a watch, it would be unobtrusive. Since people look at their watches regularly, I could put a message – as well as other helpful features – where and when people need them most.

Also, by changing messages frequently, users will be able to see different messages every time they checked their watches.

### **Q: What's the best way to quit smoking? "Cold turkey" or gradually?**

**A:** The 'best way' to quit is cold turkey. Flush your cigarettes down the toilet and resist the temptation to ever light up again.

However, it's rarely that easy. You should do whatever works for you. Try cold turkey first and if that doesn't work, keep trying methods until you find one that does.

In my experience, I have seen the highest level of success from 'combination' therapy.

**Cold Turkey** – The good news here is that the nicotine withdrawal (cravings) will only last a week. The bad news is that very few people manage to quit and stay quit from the cold turkey approach.

**Nicotine Replacement Therapy (NRT)** – Patches, gums, and sprays fall into this category. Instead of getting your nicotine from a cigarette, you get it from another source – in increasingly smaller and smaller doses.

**Medications** – The most common drug combats your brain's desire for dopamine in order to fight cravings and minimize nicotine withdrawal symptoms.

**Counseling** – Medical and lifestyle therapists – even acupuncturists and hypnotists – try to strengthen your willpower and provide – one hopes – positive feedback.

**Combination Therapy** – Multiple studies have shown that combining several therapies works much better than any one alone. Overall, medications and nicotine replacement therapies have shown better results when combined with each other and/or counseling.

### **Q: How many people who quit begin smoking again?**

**A:** Far too many. While it depends on the program, most studies show that at least 50% of the people who successfully quit smoking will begin smoking again within 6 months. Some of the studies show relapse rates over 90%.

This high relapse rate is the major reason for continuing supportive therapy long after a person quits smoking. This can be done through monthly physician visits, regularly attending smoking cessation classes, or some other form of follow-up care.

This is also the major reason I invented the QT-Watch.

**Q: Why is nicotine so addictive?**

**A:** Inhaled nicotine is rapidly absorbed into a smoker's blood stream. The absorbed nicotine then causes the brain to increase its level of the neurotransmitter dopamine. This causes a pleasurable sensation.

After prolonged cigarette use, the brain will come to expect and desire a higher level of dopamine. If a person stops smoking, the level of dopamine falls, causing a craving for nicotine.

The more you smoke, the higher the brain sets your dopamine level and the more you will crave nicotine.

**Q: What if I only decrease my habit from, say, two packs to one pack a day?**

**A:** Do it.

The less you smoke, the less damage you are doing to your body. It will slow up the progression of emphysema and lower the amount of carbon monoxide in the body. Studies show that 1 pack per day smokers have a slightly lower rate of cancers than 2 pack per day smokers.

Additionally, the less you smoke, the easier it will be to eventually break your smoking habit. If you smoke a pack a day or less, you can – with commitment and assistance – break the habit. If you smoke two packs a day you still can quit, but it will be far, far harder. As a doctor, I have had much less success breaking the habits of patients who smoke more than one pack a day.

So if you can smoke less, do so. Smoking one pack a day vs. two packs is a good start. You'll feel better, decrease your odds of cancers, be less harmful to the people around you, and are more likely to be able to quit entirely.

Since there is a considerable decrease in the risk of cancer by going from a 1 pack a day smoker to nothing, that should be your ultimate goal.

**Q: Is chewing tobacco more or less addictive than cigarettes?  
And what about cigars?**

**A:** Like cigarettes, chewing tobacco contains nicotine. The nicotine is absorbed through the cheeks and gums, instead of through the lungs like from cigarettes. Don't fool yourself thinking chewing tobacco is less addictive. It is not. You are simply trading one nicotine delivery method for another.

You didn't ask about cancer, but I will tell you anyway. Since chewing tobacco releases no smoke, you have less of a chance of developing lung cancer than smokers who inhale. However, you will increase your risk of developing mouth and gum cancer.

Cigars are basically overly-large cigarettes, and therefore each cigar contains far more nicotine than a single cigarette. While you may smoke fewer in a day – perhaps even a single one after dinner – you are still creating the same addiction. When it comes to nicotine, there is no good choice

**Q: I don't inhale, so I'm OK. Right?**

**A:** Wrong. You are breathing in your own second-hand smoke and, though somewhat less-efficiently, are still getting more than enough nicotine into your blood stream to become addicted.

And as far as cancer goes, studies clearly show that second-hand smokers (this would be you as the non-inhale — as well as those around you) have shown higher rates of cancers than non-smokers.



Here's a test you can take: Don't smoke a cigarette for a full day. If you can do this, then you are a non-smoker and should stay that way – while you still have the choice. If the cravings are too bad and you cannot stop yourself from lighting up, then you are an addicted smoker – whether you inhale or not – and should quit.

### **Q: Why is it so hard to quit smoking?**

**A:** Because smoking cigarettes is a powerful combination of drug addiction and social activity. You need to break both the social habit and the craving (called 'nicotine withdrawal') in order to quit and stay quit.

The nicotine addiction can be overcome by gradual reduction, nicotine replacement, or the cold turkey method.

The other problem is the psychological addiction. This can be treated with a strong desire to quit plus positive reinforcement. I believe that a major reason for failure is that other smokers wittingly or unwittingly encourage the recently quit smoker to start up again.

If your partner or best friend smokes, convince that person to quit at the same time and you will have a far easier time of it.

### **Q: I've quit. How long until I start seeing any improvements to my health and what will they be?**

**A:** After the first day, the effect nicotine has on your blood pressure resolves.

After 2 days, your senses of smell and taste will start to improve.

After one week the amount of carbon monoxide in your body will start to decrease and the level of oxygen in your blood will increase.

After 1 year your risk of heart disease goes to half normal.

After 5 years your risk of a stroke returns to normal.

After 10 years your risk of lung, mouth and throat cancer returns to normal.

After 15 years, your risk of heart disease returns goes back to normal.

### **Q: Does smoking really cause cancer?**

**A:** A big yes.

Smoking has been directly linked to cancers of the lungs, larynx, esophagus, mouth, and bladder. In addition, smoking contributes to cancer of the cervix, pancreas, and kidneys. On average, smoking causes 430,000\* deaths each year, in the United States. (That's one every 82 seconds!) 155,000 of these deaths are cancer related and 79% of these are from lung cancer.

Every four and a half minutes, in the United States alone, someone dies from lung cancer caused by smoking.

\* AVERAGE ANNUAL NUMBER OF DEATHS, 1990-1994, CDC, MMWR Mar 3 1999; 48; 131-38

### **Q: I've been smoking for over 20 years. Should I even bother quitting?**

**A:** Yes.

Assuming you are an average smoker, you started smoking at the age of 18 and now smoke a pack of cigarettes a day. This would make you 38 years old with a "20 pack year" history of smoking.

A "pack year" is the number of years you have smoked multiplied by the number of packs of cigarettes per day (20 years x 1 pack per day = 20 pack years)

Since emphysema does not usually develop until someone has accumulated 50 pack years, quitting today may prevent you from ever getting emphysema.

Since most men do not start having heart attacks until their mid 40's, stopping cigarettes should delay or prevent your risk of heart attacks. Furthermore, should you quit now, by the time you are 50 years old, not only will your risk of dying from a heart attack decrease, but so will your risk of lung, throat and esophageal cancers.

**Q: I'm over 50 and I have emphysema. I might as well keep smoking. Right?**

**A:** Wrong. Even if you have emphysema, you will benefit by quitting.

Smoking will make your emphysema much worse. I see patients that have lost 60% of their lung capacity due to emphysema. While these patients can still go to work, drive a car and even walk up one flight of stairs, every percent of lung capacity is precious to them. Which is why I try the hardest to get these patients to quit.

Every percent decline in your lung capacity will significantly decrease your quality of life. If you quit right now, you might save yourself from requiring oxygen or becoming housebound in the very near future.

**Q: I quit smoking after my heart attack. Will I live longer?**

**A:** Most likely.

If you have had a heart attack, your biggest risk of dying is the next heart attack. By quitting smoking, that risk is significantly decreased.

**Q: What if I cheat while quitting?**

**A:** There is a big difference between cheating and failing, yet repeated cheating will lead to failure.

The goal of smoking cessation therapy is to alter a person's daily routine for the better. A plan must be specifically designed for each individual, since one plan will not work for everybody. If an occasional cigarette is smoked beyond what the plan called for, that may be called cheating. If this is a one-time occurrence, no long-term harm is done. However, if this "cheating" is frequent, the plan could be considered a failure.

The QT-Watch was designed to help people quit, even if they begin to "cheat". When you begin using your QT-Watch, you will establish your goals for quitting. The QT-Watch will then monitor how well you stick to your plan, and will assign you a Quitting Score™ based on your level of success. If you begin to cheat, your Quitting Score will decrease and the messages you receive from the QT-Watch will adjust accordingly. Different groups of messages are designed for different stages of success in the smoking cessation program. All of the messages have the ultimate goal of long-term smoking cessation.

**Q: How many times do I try to quit and fail before I'm wasting my time even trying?**

**A:** Keep trying until you succeed. You are never wasting your time when you try to quit smoking.

On average, a person will try *seven* times before they ultimately succeed in quitting smoking. That's on average, meaning many of people have succeeded after a dozen or more attempts, while others find success more quickly.

**Q: How long does it take to get the nicotine out of my body?**

**A:** Nicotine is processed very quickly – it will exit your body within a day of its consumption. However, this rapid metabolism also causes nicotine withdrawal symptoms to start the day you quit. Fortunately, these symptoms can be controlled with nicotine replacement therapy or will resolve on their own within a week.

**Q: What is NRT? Should I use it?**

**A:** NRT stands for 'Nicotine Replacement Therapy'. If NRT is what it will take you to quit smoking, then you should try it.

NRT is the provision of nicotine by a means other than a tobacco product. Currently available methods are a nicotine patch, nicotine gum, nicotine nasal inhaler and nicotine lung inhaler.

NRTs provide a way of reducing nicotine withdrawal symptoms, by gradually weaning the amount of nicotine consumed each day. When studied, about 1/3 of all people using NRT have been able to quit smoking. The type of NRT to select is an individual choice. The gum is tougher to chew than regular chewing gum. It is just chewed a few times, releasing a burst of nicotine. Then it is held between the cheek and gum until needed again. The nasal inhaler is used as needed instead of a cigarette. The lung inhaler is shaped like a cigarette and inhaled to replace a cigarette.

Although 1/3 of people using NRT report success, many if not most of these people start smoking again within one year. That is why follow-up therapy with a physician, a smoking cessation class or the QT-Watch should be continued long after you quit.

### ***Technical Specifications of the QT-Watch:***

**Accuracy:**  $\pm 30$  seconds a month, when operated under temperature of  $-5^{\circ}\text{C}$  to  $45^{\circ}\text{C}$

**Battery:** One lithium battery; type: CR2025

**Battery Life:** Approx. 2 years under normal use

### ***Water resistance:***

- The wrist-worn version is rated to 100 feet.
- The key-clip version is rated to 30 feet.

There should be no difficulty swimming or showering/bathing with your QT-Watch, but do not operate the buttons at these times, or at any times when the watch is wet or water may penetrate the watch and damage the inner workings.

Note: Make sure to remove your watch before entering a sauna as the excessive humidity might damage the watch.

### ***Replacing the QT-Watch's Battery.***

The battery is fitted at the time of manufacture and should be replaced at the first sign of low power (no light or dim display) by your dealer or an authorized QT-Watch distributor.

### ***Care of Your QT-Watch:***

- Never try to open the case or remove the back cover.
- Do not operate the watch when it is wet or water may penetrate the watch and damage the inner workings.
- Do not wear the watch in a sauna.
- Remove the watch prior to entering any locations with extremely high or low temperatures or excessive humidity.
- Should moisture appear inside the watch, have it checked immediately by your dealer or an authorized QT-Watch distributor.

## Technical Specs And Care *continued*

- Avoid exposing the watch to temperature extremes.
- Though the watch is designed to withstand normal use, you should avoid rough use, dropping the watch, or subjecting the watch to any other strong impact.
- Do not fasten the band too tightly. You should be able to insert your finger between the band and your wrist.
- To clean the watch and band, use a dry soft cloth or soft cloth moistened in a solution of water and mild neutral detergent. Never use volatile agents (such as benzene, thinner, spray cleaners, etc.)
- Painted finishes can be discolored and worn by very strong pressure, long-term rubbing, scraping, friction, etc.
- Avoid allowing the watch to come into direct contact with hair, liquids, colognes, sun block creams, and other toiletries, which can cause deterioration of the plastic parts of the watch. Whenever the watch comes into contact with these or other toiletries, wipe it off immediately with a soft dry cloth.
- Store your watch in a dry place when you are not using it.
- Avoid exposing the watch to gasoline, cleaning agents, aerosol sprays, adhesive agents, paint, etc. Chemical reaction with such agents will destroy seals, case, and finish.
- The integrated circuits used in the watch are sensitive to static electricity. If exposed to intense static electricity, the watch's display may become incorrect.
- Do not leave a dead battery in the watch for an extended period of time; make sure to replace the watch with a fresh battery.
- Keep this manual and other documentation that comes with the watch in a safe place for future reference.

### ***Resetting the QT-Watch to Factory Settings:***

If you are setting up your QT-Watch for the first time, or are resetting it to a new profile or for a second quitting attempt, please follow the instructions for "Setting Your Personal Profile".

To reset the watch to "Ready" mode, which are the original factory settings...

Press and hold 1, 2, 3, and 4 at the same time.

*Note: this will erase all settings and all data from the QT-Watch.*

### ***Problems With Your QT-Watch Not Explained Here?***

First of all, check our web site at [www.QT-Watch.com](http://www.QT-Watch.com). You will likely find your answer there, as we are updating the site with any new information and tips that we accumulate.

If this fails, or if you do not have web access, call our toll-free number at 866-760-5311 and we will help you determine the cause of and solution for your problem.

**ELECTROMED TECHNOLOGIES, LLC assumes no responsibility for any loss, or any claims by third parties that may arise through the use of this watch.**

## Warranty Information

### ***ElectroMed Technologies' Limited Warranty:***

THIS WARRANTY CERTIFICATE IS VALID ONLY FOR SERVICE IN THE COUNTRY OF PURCHASE.

This product, except the case, band, glass and battery, is warranted by ElectroMed Technologies to the original purchaser to be free from defects in material and workmanship under normal use for a period of one year from the date of purchase. During the warranty period and upon proof of purchase the product will be repaired using ElectroMed Technologies reconditioned/replacement parts or the product will be replaced with the same or similar reconditioned replacement model at ElectroMed Technologies' discretion. To obtain warranty service, you must first contact our customer support center to obtain an RMA number. Then you must send the product, postage-paid, with a copy of your sales receipt or other proof of purchase that shows the date of purchase, to an ElectroMed Technologies service center. Please indicate the RMA number on the package. There will be no parts or labor charge to you. Due to the possibility of damage or loss during shipping, it is recommended when sending the product to ElectroMed Technologies that you package the product securely and send it insured, return receipt requested.

The customer shall NOT have any claim under this warranty for repair or adjustment expenses if:

- (1) The problem is caused by improper, rough, or careless treatment.
- (2) The problem is caused by a fire or other natural calamity.
- (3) The problem is caused by improper repair or adjustment made by anyone other than ElectroMed Technologies.
- (4) The case, band, glass, or battery is damaged or worn.
- (5) The proof of purchase is not presented when requesting service.
- (6) The warranty period has expired.

NEITHER THIS WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED STATUTORY OR OTHERWISE, INCLUDING ANY IMPLIED WARRANTY OR CONDITION OF MERCHANT ABILITY OR OF FITNESS FOR A PARTICULAR PURPOSE, SHALL EXTEND BEYOND THE WARRANTY PERIOD. NO RESPONSIBILITY IS ASSUMED FOR ANY ACCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, WITHOUT LIMITATION, DAMAGES RESULTING FROM INACCURACY OR MATHEMATICAL INACCURACY OF THE PRODUCT OR LOSS OF STORED DATA. SOME STATES OR JURISDICTIONS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS AND SOME STATES OR JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR THE EXCLUSION OR LIMITATION BY A PARTY OF LIABILITY FOR DEATH OR PERSONAL INJURY CAUSED BY THAT PARTY'S NEGLIGENCE. SO THE ABOVE LIMITATIONS OR EXCLUSION DO NOT APPLY TO YOU WHERE THEY ARE SO PROMISED. THIS WARRANTY GIVES YOU SPECIFIC RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE, JURISDICTION TO JURISDICTION OR COUNTRY TO COUNTRY. NOTHING IN THIS WARRANTY AFFECTS YOUR STATUTORY RIGHTS.

### ***Registering Your QT-Watch:***

To register your QT-Watch – in order to activate your warranty and to receive other valuable benefits – complete and mail the enclosed registration card or visit [www.qt-watch.com/register](http://www.qt-watch.com/register) to complete the registration process online.

### ***Service Information:***

**ElectroMed Technologies is here to help.**

If you have any problems with this product, please contact our Customer Support Center . . .

**Phone: 1-866-760-5311**

**E-mail: [support@ElectroMedTechnologies.com](mailto:support@ElectroMedTechnologies.com)**

**Website: [www.ElectroMedTechnologies.com](http://www.ElectroMedTechnologies.com)**

*Note: If for any reason the QT-Watch is to be returned to the store where it is purchased, it MUST be placed in the original carton/package.*

***Thank You For Choosing ElectroMed Technologies!***

## Background Information



### ***About Neil Bradford Perlman, MD "The Quit Doctor"***

Dr. Perlman is a practicing physician board certified in Internal Medicine. He is actively involved in pharmaceutical research studies, and is an Assistant Professor of Medicine at Rush University in Chicago where he is pursuing smoking cessation research. Before that, Dr. Perlman was active in health promotion when he joined the University of North Carolina Chapel Hill as an Assistant Professor, and was appointed Medical Director of the North Carolina State Highway Patrol. He attended the University of

Illinois for medical school and Northwestern University for Residency Training. He received his undergraduate degree in Bio-Engineering from the University of Illinois.

### ***About ElectroMed Technologies***

ElectroMed Technologies LLC is a manufacturer of innovative and easy-to-use compact, electronic products designed to improve the health of their users.

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