

**ENTERING A NEW PROFILE**

- Press and hold the **2** button until **NEW? MODIFY?** appears.
- Press and hold the **2** button until **NAME?** appears.

**Step 1 Entering your name...**

- 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.
- Continue choosing letters 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.

**Step 2 Entering your current smoking habit...**

- 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?** should appear.

**Step 3 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 4. To set your own Quit Date:
- Enter the year. Press **2** to advance the year or **1** to go backwards. Then press **3**.
  - Enter the month. Press **2** to advance the month or **1** to go backwards. Then press **3**.
  - Enter the day. Press **2** to advance the month or **1** to go backwards. Then press **4**.

**Step 4 Entering the cost of a pack of cigarettes...**

- Press **2** to increase the cost or **1** to decrease it until you have reached the amount you pay for a **PACK** of cigarettes.

**Step 5 Saving your entered profile...**

- Either set the medication and patch alarms as desired (refer to User's Guide if you need help) or press **4** three times to advance past the three alarm options (**PATCH ALM**, **MED1 AL**, and **MED2 AL**) until **NEW? MODIFY?** appears. Press **3** to return to normal watch mode. **DON'T SMOKE** should appear.

**CONGRATULATIONS!**

You have completed initializing your QT-Watch. From now on, you will only need to press either the **1** and **3** buttons to monitor your quitting progress.

PERSONAL PROFILE



**Starting your day? First cigarette of the day?**

Each morning, you will see **NEW DAY, PRESS (3)**. Press **1** **info**. You will see a short message. This will start today's program.

Note: You must do this every morning so your watch knows you are still using it. If you forget and press **3** **cigarette** first, that's okay. Just press **3** again to record your first cigarette of the day.

**Smoking a cigarette?**

Press **3** **cigarette**. **GOAL:# COUNT:#** should appear. **GOAL** is the maximum number of cigarettes you can have today and still 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. Then a blinking X will appear as the cigarette slowly grows to full size. Try not to smoke while the X is blinking.

**Want to see how well you are doing?**

Press and hold the **1** **info**. **GOAL:# COUNT:#** will appear. You will also 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.

**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** to see **CIG A DAY**, **QUIT DATE**, **CIG COST**, **PATCH ALM**, **MED 1 AL**, and **MED 2 AL**.

**IMPORTANT NOTE:** Make sure you do not press **2** or **1** during this process or you might lose all the quitting data your QT-Watch has captured so far.

**Step 4** Continue pressing **4** until the **NEW? MODIFY?** Screen appears. Then press **3** to return to normal watch mode.

**Need a quick reason to stick to your goals?**

Press **1** **info**.

A customized message will appear providing the advice or motivation you need — based on your Quitting Date and current Quitting Score™.

## CONGRATULATIONS!

"You've taken a very big step to kicking your nicotine habit. Now, it's only a matter of time until you become a non-smoker."

You have also purchased a quality watch that should provide years of service, long after you have quit smoking."



Neil Bradford Perlman, M.D.  
The "Quit Doctor" and  
Inventor of the QT-Watch

## For more information...

This QT-Watch Quick Start Guide is designed to help you set up your QT-Watch for the first time and to outline some of the QT-Watch's key functions.

To get the most out of your QT-Watch Smoking Cessation System, make sure you read the QT-Watch User's Guide in its entirety, especially the section titled "A Day In The Life."

For the very latest information, visit [www.QT-Watch.com](http://www.QT-Watch.com), where you will find the most up-to-date QT-Watch guides, QT-Watch tips & techniques, as well as links to other recommended smoking cessation websites.

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

ElectroMed Technologies, LLC  
685 West Ohio St., Chicago, IL 60610  
Phone: 312/458-9769 Fax: 312/432-0099  
[www.ElectroMedTechnologies.com](http://www.ElectroMedTechnologies.com)

## Electro-luminescent display:

Note: A fancy word for what is, actually, a very nice backlight.

Press the 'light' button ① once. No need to hold. The light will remain on for 3 seconds.

## Setting the alarm:

**Step 1** Press the 'MODE' button ③ 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.

**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 ⑤. 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 'MODE' button ③ 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 previously set time — repeat above instructions.



## Using the chronograph function:

**Step 1** Press the 'MODE' button ③ twice for chrono mode. CHRONO should appear.

**Step 2** Press the 'ST/STP' button ② to start the chrono and again to stop it.

**Step 3** Press the 'SET/RST' button ④ to restart the chrono to 00:00:00.

**Step 4** Press the 'MODE' button ③ twice to return to normal watch mode.

## Using the timer function:

**Step 1** Press the 'MODE' button ③ three times for timer mode. TIMER should appear.

**Step 2** Press and hold ④ until HOUR TIM 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 TIM 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 TIM SETTING should appear.

**Step 5** Setting the seconds: Press ② to advance the seconds forward or ① to go backwards. Then press ⑤. TIMER STOP should appear.

**Step 6** Starting the timer: Press the 'ST/STP' button ② to start the timer and again to stop it.

**Step 7** You can return to the normal watch mode — even when the timer is running — by pressing the 'MODE' button ③ once.

Note: When the timer reaches 00:00:00, the alarm will chime for 10 seconds. Press any button to stop it.

OTHER USEFUL FEATURES  
QUICK START GUIDE



QUITTING TIME WATCH  
Smoking Cessation System

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## SETTING THE DATE & 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.

## Setting the current time...

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

**Step 4**

- Enter the current hour.\* Press ② to advance or ① to go backwards. (Note: in 12 HR mode, a small PM will appear on the top left of the hour.) Then press ④. MINUTE SETTING should appear.
- Enter the current minutes.\* Then press ④. YEAR SETTING should appear.

## Setting today's date...

**Step 5**

- Enter the current year.\* Then press ④. MONTH SETTING should appear.
- Enter the current month.\* Then press ④. DATE SETTING should appear.
- Enter the current day.\* Then press ④. CHIME OFF SETTING should appear.

## Setting the chime...

**Step 6** Press ① or ② to choose between CHIME OFF and CHIME ON.

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

\*Note: Press ② to advance and ① to go backwards.

DATE AND TIME