

## Chapter 3

# Operating the MotivAider

### Standard (Default) Mode

The MotivAider is factory pre-set to operate in a simple manner that will allow most users to achieve excellent results. You can, however, customize certain aspects of the MotivAider's operation to satisfy special needs or preferences.



### Setting the MotivAider

When you *set* the MotivAider, you are essentially telling the device how often to send you reminders. You do this by entering the amount of time between vibration signals. So, for example, if you want the MotivAider to send you a signal/reminder every 10 minutes, you would enter 10 minutes. The shorter the time interval you enter, the more often the MotivAider will send you signals/reminders.

To set the MotivAider, place the slide switch in the SET position and use the  $\Delta$  and  $\nabla$  keys to enter the desired time interval between signals. In the standard (default) mode, you can enter any time interval from 1 minute (0: 01) to 23 hours and 59 minutes (23:59).

Each time you press and release the  $\Delta$  key, the displayed interval advances 1 minute. Each time you press and release the  $\nabla$  key, the displayed time interval goes backwards 1 minute. You can change the displayed time interval rapidly in either direction by pressing and holding the appropriate key for a couple of seconds.

*NOTE: To immediately return the displayed time interval to 0:00, make sure the slide switch is at SET, then press both timer control keys at the same time.*

## Activating the MotivAider

To activate the MotivAider, place the slide switch in the RUN position. The MotivAider will count down to 0:00 from the most recently set time interval, vibrate briefly, then automatically reset itself and begin counting down again. It will keep repeating this cycle until you return the slide switch to the SET position.

## The Display

In standard (default) mode, the display shows how much time is left until the next vibration. If there are fewer than 60 minutes to go, the display shows minutes and seconds remaining. If there are more than 60 minutes to go, the display shows hours and minutes remaining. A small blinking + in the lower right hand corner of the screen tells you that the MotivAider is counting down.

### *NOTES & TIPS*

1. To prevent accidental resetting of the MotivAider's timer, the timer control keys are automatically disabled whenever the slide switch is in the RUN position.
2. Because the MotivAider automatically remembers the last between-signals time interval you set, there's no need to reset the MotivAider unless you wish to change how often it sends you vibrations.
3. To extend battery life (and to keep the MotivAider from vibrating its way around your house at night!), keep the slide switch at SET whenever you're not using the MotivAider. With the switch at SET, the current between-signals time interval is displayed on the screen.

## Advanced User Settings

You can customize the MotivAider in the following ways:

- You can increase or decrease the strength of the vibration.
- You can make the vibration last longer. Increasing the duration of the signal may help you notice more signals.
- You can have the MotivAider send you signals on a less predictable basis.
- You can enable the MotivAider to send signals more often than once a minute.
- You can change what's displayed on the screen while the MotivAider is operating.
- You can quickly restore all factory default settings.

## How to Change Settings

1. Decide which function(s) you want to change. The table on page 5 of this chapter lists the user-programmable functions and the settings available for each. Default settings for each function are shown in red.
2. With the slide switch at SET, press the AF key as many times as necessary to reach the first function you wish to change.
3. Press the  $\triangle$  and/or  $\nabla$  key(s) until the setting you prefer for that function appears on the screen. (The currently active setting for each function appears first.)
4. Press the AF key as many times as necessary to move to the next function you wish to change, then repeat Step 3 to select the setting you prefer for that function.
3. Continue in the same manner until you've selected settings for all the functions you wish to change. Then move the slide switch to RUN to save the new settings and exit the Advanced User Settings menu. (See Note 2 below.)

## NOTES & TIPS

1. The factory default setting for each function is indicated by a small **DEF** in the upper right corner of the screen.
2. If you'd prefer to review all the changes you've made before saving them, advance to the final function, Save/Restore/Review. Select **REV**, then use the AF key to move through the menu again. As you move through the menu, the setting you selected for each function will appear on the screen. Follow Steps 3-5 above to make and save any further changes.
3. You can immediately restore *all* factory default settings by advancing to the Save/Restore/Review function, selecting **DEF**, then moving the slide switch to RUN.
4. Any settings you save will remain active until/unless you change them.
5. Always check and reset settings after removing and replacing the battery.

**IF YOU HAVE THE NEW 2009 (SILVER)  
MODEL, PLEASE CLICK ON THIS LINK  
FOR INSTRUCTIONS ON CHANGING  
ADVANCED SETTINGS.**

↓ Number of Times AF Key is Pressed	
1	<b>Vibration Strength.</b> Choose from five vibration settings ranging from a slow, gentle <i>tapping</i> (1) to a strong, steady vibration (5). The default setting (3) works best for most users. <i>The vibration mechanism will operate so that you can actually feel each setting before choosing one.</i>
2	<b>Vibration Length.</b> You can choose to have the vibration last for 2, 3 or 4 seconds.
3	<b>Schedule Type.</b> With the <b>REG</b> setting active, the MotivAider sends signals at <i>regular</i> time intervals, for example, every 10 minutes. To receive signals on a variable basis ranging from half as often to twice as often as whatever time interval you set, select <b>AVE</b> . (See Note 3 on page 30.)
4	<b>Input Units.</b> With the <b>HM</b> (Hours/Minutes) setting active, the time between signals is entered in <i>minutes</i> . To enter the time between signals in <i>seconds</i> , choose <b>SEC</b> . (See Note 3 on page 30.)
5	<b>Display.</b> With the <b>CD</b> (Countdown) setting active, the display shows the progress of each countdown. To instead display the time of day during countdowns, choose <b>CI</b> (Clock). To display only a simple graphic during countdowns, choose <b>GR</b> (Graphic). (See Note 4 on page 30.)
6	<b>Time of Day - Hour.</b> If you choose the <b>CI</b> (Clock) setting for the Display, use the $\Delta$ and $\nabla$ keys to set the current hour of day, then press the AF key to save the hour setting and advance to the minutes function.
7	<b>Time of Day - Minutes.</b> If you choose the <b>CI</b> (Clock) setting for the Display, use the $\Delta$ and $\nabla$ keys to set minutes.
8	<b>Save/Restore/Review.</b> To save all the settings you've chosen, select <b>NEW</b> . To restore all factory default settings, select <b>DEF</b> (Default). To review new settings before saving them, select <b>REV</b> (Review), then use the AF key to move through the menu again.

## NOTES & TIPS

1. You can reach all the available settings for a given function by pressing *either* timer control key repeatedly.
2. Remember that the setting that appears on the screen when you move the slide switch to RUN or press the AF key is the setting that will be saved.
3. If you wish to change Input Units to Seconds (SEC) or change Schedule Type to Average Interval (AVE), you may have to adjust the time between signals. The table below shows maximum allowable time intervals for various combinations of Input Units and Schedule Type settings. An **ERR** (Error) will appear on the screen if you try to select SEC or AVE with too long a time set between signals. If this happens, just wait a few seconds for the **ERR** to clear, then move the slide switch to RUN to exit the advanced user settings menu. After setting a shorter time between signals, return to the menu to select the desired Time Input or Schedule Type setting(s).
4. With the **CI** or **GR** setting active, a blinking + in the lower right hand corner of the screen tells you that the MotivAider is counting down.

**Maximum Time Between Signals**

	HM	SEC
REG	23 hrs 59 mins	9999 secs (2hrs 46mins)
AVE	11 hrs 59 mins	4999 secs (1hr 23mins)

## Changing the battery

The MotivAider requires one AA battery (alkaline recommended). A faded display or a weak vibration usually indicates that the battery needs to be replaced.

To change the battery, unlatch the battery compartment cover by gently pushing it outward, then rotate it back on its hinges. Push the battery towards the negative (-) end of the battery compartment (the bottom of the case) and then lift the battery out from the + (top) side. When installing a new battery, install the negative end - the end without the *bump* - first.

*TIP:* The battery compartment is designed to hold the battery very snugly. If you have trouble removing the battery, a paper clip inserted between the top (+) of the battery and the case makes a fine micro crow bar!

## Removing and Reinstalling the Belt Clip

You can remove the belt clip by inserting the point of a ballpoint pen in the base of the belt clip while pushing the belt clip up the tracks.

To reinstall the belt clip, insert the base of the belt clip (one corner at a time) into the tracks on the MotivAider's back, and slide the belt clip down the tracks. When the top of the clip is about even with the top of the case, the clip will snap into place.

## Carrying/wearing the MotivAider

The MotivAider should be carried/worn in a way that is comfortable and secure and that allows you to reliably feel the vibration. You may want to experiment with carrying methods before you settle on the one(s) that best suit(s) you. Don't hesitate to be creative!

The most common way to carry the MotivAider is to suspend it from a belt or waistband the way you would a pager. You can also carry your MotivAider inside a shirt, jacket or coat pocket (with or without the clip removed). For greater privacy, you can wear the MotivAider "invisibly" on the *inside* of your waistband (tucked between your waistband and your body) with only the belt clip visible from the outside.

## **Troubleshooting**

Most problems can be solved by removing and reinstalling the battery. Detailed troubleshooting instructions are available at <http://fix.motivaider.com>. If you are unable to get your MotivAider to operate properly, please contact Behavioral Dynamics for help. Please do not send your MotivAider to us without contacting us first.

**Email:** [support@habitchange.com](mailto:support@habitchange.com)

**Phone:** Call 1-800-356-1506

**Behavioral Dynamics, Inc.**

P.O. Box 66

Thief River Falls, MN 56701