

# Gen5 MotivAider®

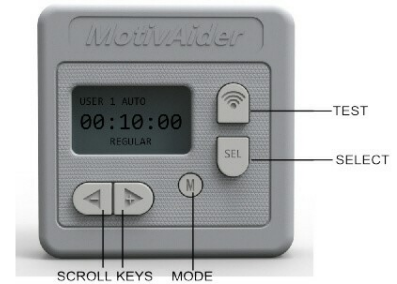
## QuickStart Instructions

### Preparation

- If your MotivAider arrived with a battery pull tab, pull out and discard the tab, then press firmly down on the battery compartment cover until the screen lights up.
- Make sure the Phillips head screw that secures the belt clip is as tight as it can be.

### Basic Operation

- If the screen is blank, hold down the M key until the screen lights up. (To conserve battery power, the MotivAider automatically goes to sleep when it's not busy.)
- To set the time interval, which is the amount of time in *Hours: Minutes: Seconds* that you want to pass between vibration signals, press the **SEL** key to reach a time field (*Hours, Minutes or Seconds*) you want to change. Then, with the field blinking, use the Scroll keys (<- and +>) to enter the desired value for that field. Then press SEL to save the value and move to the next field you want to change.
- To start prompting, hold down **M** until you see the device counting down.
- To stop prompting, hold down **M** until you're back at the Home screen with the *Hours* field blinking.



### Advanced Settings

- From the Home screen, press and release **M** to access the advanced settings menus.
- Use the Scroll buttons to scroll through the categories, which include:
  - **INTERVAL.** Options: Regular, Average or Random.
  - **SIGNAL.** Options: Change the Strength, Length and/or Pulse of vibration signal.
  - **SCREEN.** Options: Have screen display the countdown or go blank while prompting.
  - **AUTO.** Options: Choose whether to have prompting stop automatically.
  - **USERS.** Options: Save, Load or Reset up to 4 user profiles, which are complete sets of settings.
  - **UTILITIES.** Options: Restore ALL factory default settings.
- When you reach a category you want to explore, press **SEL**, then use the Scroll keys to move through the options, then press **SEL** again to select an option and make/save a change. If you're presented with more options/values, use the Scroll buttons to move through them and press **SEL** to save the desired option/value.
- To return to the Home screen any time, press and release **M**.

For more detailed instructions and to learn about additional features, please see the User's Guide at <https://habitchange.com/g5usersguide.php>

For help making the transition from an earlier MotivAider to the Gen5 MotivAider, please visit [https://habitchange.com/g5\\_transition.php](https://habitchange.com/g5_transition.php)

For live help, please don't hesitate to call us at 218-681-6033 or 1-800-356-1506.