



MODEL 150 QUICK START GUIDE

Please read this guide! There are many valuable tips here on using this watch that you might not otherwise discover.

When you install the Timex Data Link™ software, the complete "Watch Guide", "Software Guide" and "WristApp™ Guide" will be loaded onto your computer automatically.

WHAT YOU NEED

To use the Timex Data Link watch, you need:

- The included Timex Data Link PC software.
- Microsoft® Windows® 3.1, 3.11, Windows® 95 or Windows NT.
- A CRT (Cathode Ray Tube) monitor with VGA resolution or better (the usual type of monitor for a desktop computer).
- 2.5 MB of free hard disk space.

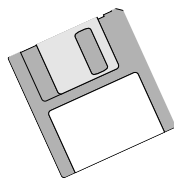
Note: Will not work with Apple computers. Will not work with any laptop PC displays. Laptops will work if connected to a CRT monitor.

If you plan to use this watch with Microsoft Schedule+ for Windows 95:

- (1) You must install this Timex software to use the Model 150 watch.
- (2) Install Schedule+ first, Timex software second, or watch downloads won't work.
- (3) Use this Timex software to download WristApps, Watch Sounds, and also to select different watch models to load. Use Schedule+ for everything else.

1 Install

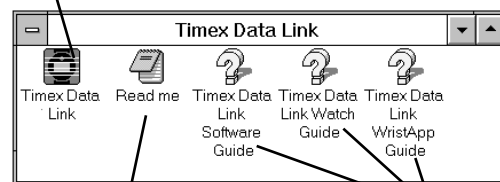
To install the software, follow the instructions provided on the diskette label.



2 Run

After installation, the following Timex Data Link program group will appear on your computer:

Click here to start the Timex Data Link software

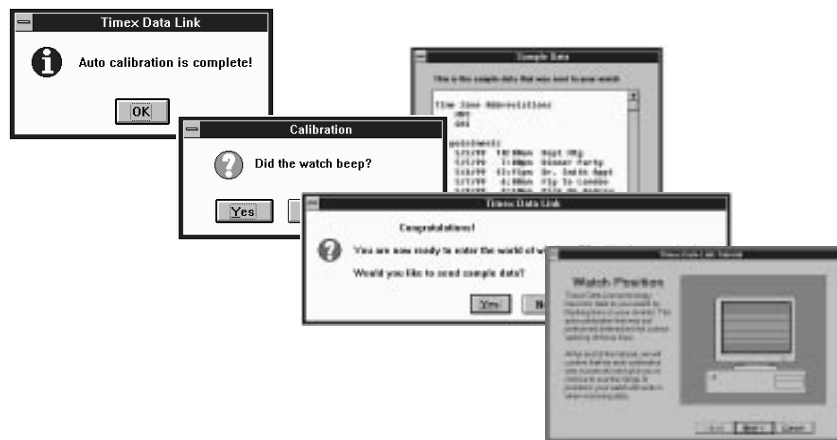


Click here to read important information

Click here to access complete Timex Data Link Help information

3 Take the tutorial !!!

Start the Timex Data Link software. The first time you do, it will:
a: Auto calibrate your monitor
b: Run a very quick tutorial on how to download to the watch properly
c: Test out PC to watch communications



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4 Type in your information

Using this software, you can create appointment, anniversary, birthday, phone number, and list databases. Then you can download to your Timex Data Link watch the information you will find most useful for a given week, month, trip, etc. In addition, this software allows you to set the watch's alarms, time zones and even watch sounds from the computer. Watch-setting made easy!

Click here to store up to 250 appointments: time, date and message. Select which to send to watch.

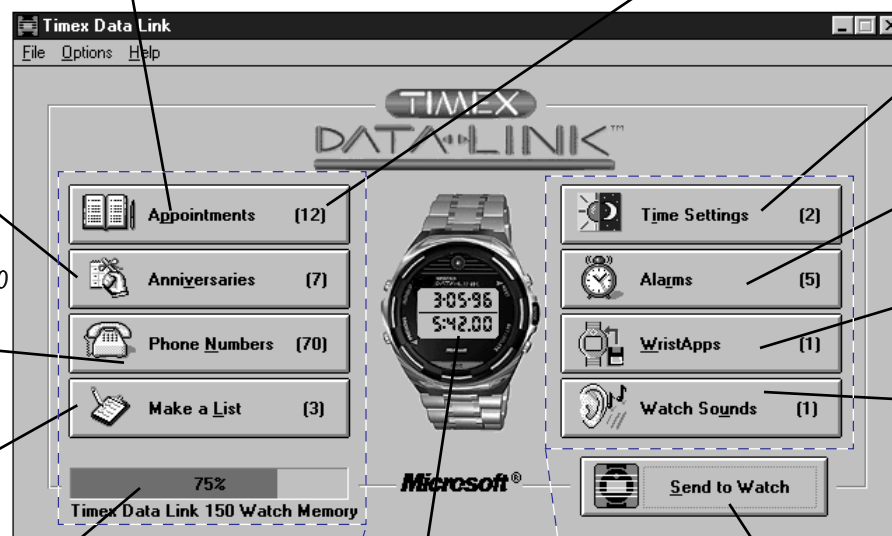
Click here to store up to 250 reminders for birthdays, anniversaries, car inspection, etc. Select which to send to watch.

Click here to store up to 500 names and numbers. Select which to send to the watch.

Click here to store up to 250 to-do or list items. Select which to send to the watch

Indicates how much of the watch data memory will be used up by the data you have selected to send. (If more than 100%, select less data to send)

Appointments, Anniversaries, Phone Numbers, and List items fill up the "Data Memory" in the watch. Use the computer to hold all of your data. Send to the watch only what you need for a day, week, trip, whatever!



PC clock date & time

The number in ()'s indicates how many entries are selected to be sent to the watch

Click here to set time and date for two time zones.

Click here to set up to 5 alarms, and arm/disarm the alarms.

Click here to choose and load an extra function (such as a timer) into the watch.

Click here to choose watch sounds easiest for you to hear (or sounds that differentiate your watch from others).

Click here to send data from the computer to the watch.

WristApps, Time Settings, and Alarms do not use up any "Data Memory". Using these features does not affect the watch memory "fuel gauge".

5 Send to watch

Just in case you missed something in the tutorial, please review the Communications Summary.

6

Learn how to look at the data in your watch
Read the info on the back of this guide.

7

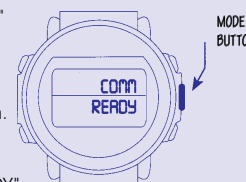
Don't miss out on the Hints & Tips
Read the info on the back of this guide.

COMMUNICATIONS SUMMARY

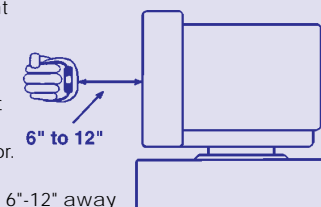
1. Enter your information on the PC.
2. Verify that you actually have data selected to be sent to the watch.

3. Click "Send to Watch"

4. Press the "MODE" button repeatedly until it reads "COMM MODE". Release the button. After 2 seconds your watch will read "COMM READY".



5. Point the watch at the center of the monitor.



- Hold 6"-12" away from a 14" monitor.
- For larger monitors try up to 24" away.
- Your arm may be horizontal or vertical.
- Timex Data Link transfer works best in a well-lit room with a bright monitor.

Successful Transmission (READ THIS!)

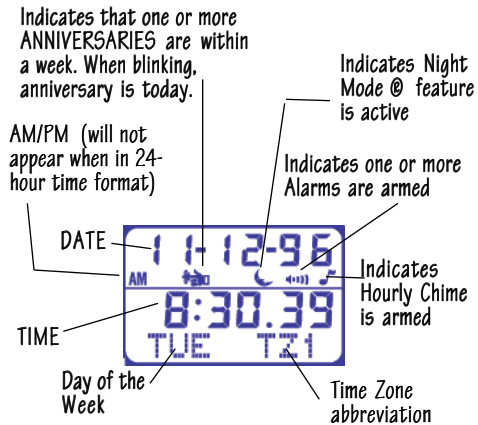
When the watch is receiving data, it will beep periodically. Then, upon successful completion of the transmission, it will give one long beep. Then for 4 seconds the watch will display:



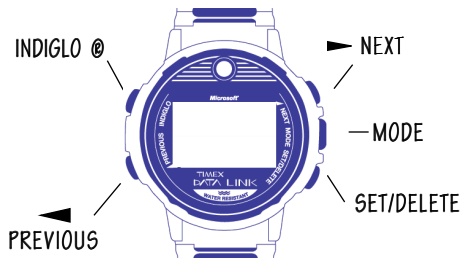
If you don't get this message, the download was not completed properly.

If an error occurs during transmission, the watch will sound an alternating tone, similar to a European siren. Try sending again with your arm positioned at a different distance from the screen. If you cannot transmit successfully, refer to the Watch Guide topic: **If the PC and Watch do not communicate.**

HOW TO READ THE WATCH



THE WATCH BUTTONS



INDIGLO® NIGHT-LIGHT BUTTON

- Press to turn on the night light
- Hold for three seconds to activate the Night-Mode® feature for six hours.
- Hold again to deactivate the Night-Mode® feature.

With Night-Mode® feature active, pressing any button will keep the night-light on for three seconds!

Reminder: Do not press watch buttons underwater as the watch will not remain water resistant.

HOW TO VIEW WATCH INFORMATION

■ MODE BUTTON

Pressing the MODE button allows you to change modes in the following rotation:

1st <i>press</i>	Alarm
<i>press</i> again	Appointment
<i>press</i> again	Anniversary
<i>press</i> again	Phone Number
<i>press</i> again	List
<i>press</i> again	Communication
<i>press</i> again	WristApp

The next *press* returns you to Time of Day mode.

Note: If any button is pressed while in a mode, the next press of the **MODE** button will return you to Time of Day.

If any database (Appointment, Phone, etc.) has no entries, it will not appear in the list of modes.

Time of Day Mode

<i>Press</i> ◀ PREVIOUS	to peek at 2nd time zone
<i>Hold</i> ◀ PREVIOUS	to switch to 2nd time zone
<i>Press</i> ▶ NEXT	peek at next appointment
<i>Hold</i> SET/DELETE	to set time manually

Appointments, Anniversaries, Phone Numbers & Lists

<i>Press</i> ▶ NEXT	to display next entry
<i>Hold</i> ▶ NEXT	to scan list forward
<i>Press</i> ◀ PREVIOUS	to display previous entry
<i>Hold</i> ◀ PREVIOUS	to scan list backward
<i>Hold</i> SET/DELETE	to delete entry (or mark list item's "DONE")

Alarm Mode

<i>Press</i> ▶ NEXT	to display next alarm
<i>Press</i> ◀ PREVIOUS	Cycle thru Alarm and Hourly Chime arm/disarm
<i>Press</i> SET/DELETE	to set alarm manually

When sounding, alarm and appointment tones can be silenced by pressing any watch button.

IMPORTANT TO UNDERSTAND! (HINT & TIPS)

■ Each time you send data to the watch it erases and replaces all previous data, so you always know what is in the watch.

■ If you do not send a database (such as Phone Numbers) to the watch, that Mode will not appear on the watch.

■ Use your watch memory wisely! Longer text fields use up more memory than shorter ones. If you want the watch to hold more entries, use as little text as possible. If you want more text, put in fewer entries.

Examples of what the watch will hold:

- 150 phone numbers if the names are 11 characters in length.
- 70 phone numbers if the names are 31 characters in length.

■ To scan quicker thru phone #'s on the watch **press** and **hold** the Next or Previous button. The watch will scroll the alphabet forward or backward.

■ Appointments have a selectable Pre-Alarm time of 0 - 30 minutes. Set it in Appointments.

■ Refer to the Help Guides for details on the following topics:

- Importing data from other software
- Moving data from one PC to another

■ If you want to use this software with a different model Timex Data Link watch, select the correct watch model under **File, Advanced**.

■ If several people want to use this software on the same PC, simply install it several times into different directories. Each person will have their own copy.

■ Your watch came from the factory with sample data and a WristApp program installed. This special "Demo Mode" is, as the name implies, for demo only. Once you download a different WristApp into your watch, Demo Mode is gone forever.

About WristApps

A WristApp™ is a software program that can be loaded into your Timex Data Link watch. It gives the watch additional function. (Several are included).

The Timex Data Link 150 watch can store and run one WristApp at a time. Choose one to use, then send it to the watch.

For descriptions of the included WristApp programs, and directions on how to use them, click on the WristApps button, then select Help.

WristApps are different from user data. Once a WristApp is loaded into the watch it stays there, permanently, until a different WristApp is loaded.

TIP: Download your watch faster: Download a WristApp once, then un-check it (do not send it again).

NOTE: The Timex Data Link watch is not a medical device. Users should not rely on the watch for reminders to take medication, obtain medical treatment, attend medical appointments and other similar uses. Users should have alternate methods for such purposes.

Indiglo is a registered trademark of Indiglo Corporation.
Night-Mode is a registered trademark and Timex Data Link and WristApp are trademarks of Timex Corporation in the U.S. and other countries.
U.S. PATENT NUMBERS: 4,527,096 5,488,571

SETTING THE WATCH MANUALLY

Tip: The easiest way to set the watch time, date and alarms is to use the computer!

To set the Time or Alarms manually:

- (1) From Time or Alarm mode, Press **SET/DELETE**
- (2) Press **MODE** to select the digits to be set (Changes which digits are flashing)
- (3) Press ▶ **NEXT** to increase digits being set or press ◀ **PREVIOUS** to decrease the digits being set (these digits will be flashing)
- (4) Press **SET/DELETE** to exit Set mode

Only Date, Time and Alarms can be set manually.

Appointments, Anniversaries, Phone Numbers, and List's must be downloaded from your computer.

Battery life is 3 years, with typical use. Timex strongly recommends battery replacement to be done by a jeweler. For full battery details refer to the Watch Help in the software.

TECHNICAL SUPPORT

Should you have any questions on the operation of this product please refer to the **Watch Guide** and the **Software Guide** in the software. Should you have any additional questions:

- Call our technical support line
US and Canada: **1-800-328-2677**
- E-Mail: **data.link.support@timex.com**
- CompuServe: **74774,557**
- Web site: **http://www.timex.com**