

How *VibraLITE*[®] can help with:

TRAVELING

Traveling makes controlling your life difficult. You often have to deal with different time zones, busy schedules, eating challenges, different routine, High noise levels and Jet Lag. Help is available by using the "VibraLITE" vibration alarm watch with auto repeat countdown timer. Vibrations on your wrist alert you to get up on time, take Medication, keep on schedule, eat regularly and Exercise. With the vibration feature set you do not need to alert or disturb others and will be reminded even when an audible alarm cannot be heard.

Set the Countdown Timer for the required amount of time (i.e. every 3 hours; every 4 hours) and the Vibrations on the wrist will remind you that it is time to eat, to take medication etc.. The Auto-Repeat Feature on the Countdown Timer will automatically reset and countdown for the preset time each time it reaches zero. These "interval" reminders are preset once and continue to repeat until you turn the countdown OFF with a push of a button.

You can preset alarms for various daily reminders. (i.e. Waking up, Medications, Departure times, being on time, keeping on schedule.) Alarms can be turned OFF easily when not wanted.

Exercise is still necessary when traveling. "VibraLITE" will help you get started and follow through. Set an alarm to get you going. It is proven that doing your exercise at the same time daily is a sure way to condition yourself to getting it done. Use the Countdown Timer to time your exercise routine (i.e. 30 minutes or 60 minutes). When traveling and unsure of the distance needed to complete my 3 miles, I set my watch for 30 minutes when starting my brisk walk and head back when the countdown reaches zero.

Select a model of "VibraLITE" for the amount of Time Zones that you want. Consider using one for current location, one for home location, and one for traveling to location or GMT. A feature worth considering for the traveler is being able to select the time zone that you want showing in the calendar mode to keep you on schedule when in a different time zone. This feature is so convenient as there is no need to reset your daily alarms as they will respond to the time in the calendar mode. VibraLITE 12 models have this feature.

Economy Class Syndrome (Travel Thrombosis) is a condition that can be fatal. Sitting in a cramped position for too long can cause a Blood Clot to develop in a deep vein (usually in the thigh or calf). Timing your movement and water intake can be very helpful to prevent this. Set the Countdown Timer to repeat every 30 minutes to remind you to flex your legs while sitting. Every 90 minutes you should stretch your legs by walking around the aircraft. To remind you to drink 8 oz. of Bottled Water every hour, the hourly alert feature would be a quick reminder that is a short 1 second Vibration.

DISCLAIMER

GLOBAL ASSISTIVE DEVICES, INC. DOES NOT ACCEPT ANY RESPONSIBILITY WHATSOEVER FOR ANY INCONVENIENCE OR NONCOMPLIANCE FOR MEDICATION OR ANY OTHER PURPOSE THE "VibraLITE" WATCH IS USED FOR.

CONSULTATION WITH YOUR MEDICAL PROVIDER SHOULD ALWAYS BE DONE WHEN ATTEMPTING TO CONTROL OR TREAT ANY MEDICAL CONDITION.