

# The Gen5 MotivAider®



*The ultimate tool for people who are serious about changing their own behavior and habits*

## USER'S GUIDE

- Sections marked with an asterisk deal with advanced settings and features. If you wish to use the MotivAider in its most basic way, you can skip these sections.
- For abbreviated printable operating instructions (4 pages), [click here](#)

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# The Gen5 MotivAider®

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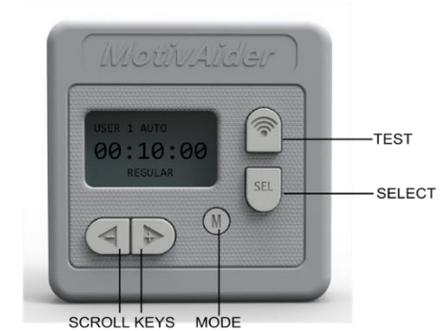
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*The MotivAider* is a remarkably simple device that enables people of all ages to make desired changes in their own behavior and habits. Invented by a clinical psychologist, the MotivAider® has been continuously improved since its introduction in the 1980's.

The MotivAider facilitates behavior change by using an automatically repeated private vibration signal to keep its user's mind focused on making whatever change the user wishes to make.

The Gen5 MotivAider has advanced features and capabilities that make it ideal not only for individuals who wish to change their own behavior and habits, but also for teachers, behavior change professionals, behavioral scientists and others who are engaged in helping others make behavioral changes.

The MotivAider comes preset to operate in a simple way that works well for most users. However, by accessing the Gen5 MotivAider's Advanced Settings, users can exercise greater control over how the device works so they so they can respond to special needs, preferences and circumstances and achieve the best possible results.



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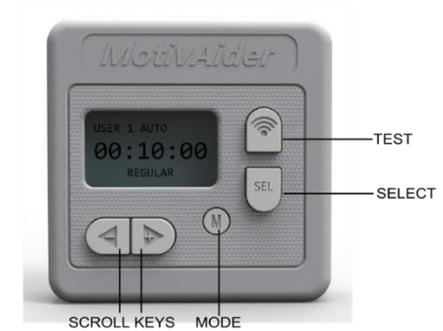
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## The MotivAider Method

- (1) Decide on a specific behavioral objective or goal.
- (2) Determine what action you must take to achieve that behavioral objective or goal.
- (3) Devise a brief *personal message* – a word, a phrase, a short sentence, even a mental picture – that will get you to take action necessary to achieve your goal. For example, if your goal is to improve your posture, you might try a straightforward personal message like “Straighten up,” or a more motivating personal message like “I’m no slouch!” ([Learn more](#))
- (4) *Mentally associate* your personal message with the MotivAider’s vibration signal so that whenever you *feel* the vibration, you’ll *think* your message and be urged to take the desired action.
- (5) Set the MotivAider to send you vibration signals as often as necessary to keep your mind focused on your chosen behavioral objective or goal.



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## Basic Operation

First, don't be alarmed if the screen goes blank. To conserve battery power, your MotivAider is designed to automatically go to "sleep" when there's no activity for approximately 15 seconds. To wake it up, just hold down the Mode (M) key for a couple of seconds until the display is no longer blank, then release the M key.

You're now at the HOME screen. What you see on the screen is *the prompting interval*. The prompting interval is what determines how often you'll get vibration signals. This is the MotivAider's most basic setting, and it's the only setting that many users will ever have to change.



**The Prompting Interval:** The prompting interval is expressed as the number of *Hours:Minutes:Seconds* that will pass between vibration signals or prompts. The shorter the interval, the more frequent the prompts. For example, a prompting interval of 00:10:00 means that you'll get vibration signals every 10 minutes, while a prompting interval of 00:00:10 means that you'll get vibration signals every 10 seconds.

You'll notice that "REGULAR" appears below the prompting interval. REGULAR refers to the *type* of interval. REGULAR means that you'll be getting vibration signals at *fixed* intervals, that is, intervals of uniform length rather than varying lengths. We'll explain later how you can set your MotivAider to send vibration signals at average or random intervals.

**Changing the prompting interval:** To change the prompting interval from its default value of 00:10:00 (10 minutes), press the Select key (SEL) to reach a time field (Hours, Minutes or Seconds) you wish to change. With the selected field blinking, use the Scroll keys (<- and +>) to enter the desired value for that field. Then press SEL again to save the value you entered and move to the next time field. [**TIP:** To zero out the entire prompting interval, press and hold down both Scroll keys at the same time.]

**Using the MotivAider with basic settings only:** Once your desired time interval is displayed, you're ready to use the MotivAider in its most basic way.

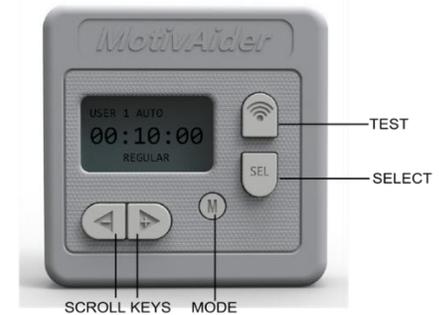
Press and hold M for a couple of seconds until you see that the MotivAider is counting down. The MotivAider will send you a vibration signal when the countdown reaches zero. Then it will automatically start counting down again from the time interval you entered, and it will send you another vibration signal when the countdown reaches zero. The MotivAider will keep repeating this process until you *tell* it to stop.

Note that to prevent accidental input, some keys are automatically disabled during prompting.

When you want the MotivAider to stop prompting, just hold down M for a couple of seconds until you're back at the HOME screen with the display blinking.

When you're not using your MotivAider, leave it at the HOME screen. Remember, to conserve battery power, it will go to sleep if there's no input after about 15 seconds.

Whenever you're ready to use the MotivAider again, hold down M for a couple of seconds until you see the HOME screen. The MotivAider will have remembered the prompting interval you previously set, so to start prompting again using the same interval, all you need to do is hold down M again for a couple of seconds until the countdown appears on the screen.



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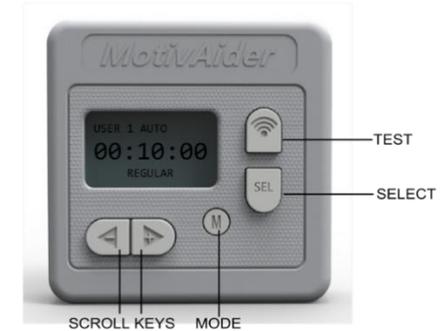
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## Getting Started

Once you've decided on a specific behavioral objective or goal, determined what action you must take to achieve that behavioral objective or goal, and devised a brief *personal message* that will remind and motivate you to take that action, you're ready to *mentally associate* your personal message with the MotivAider's vibration signal so that whenever you *feel* the vibration, you'll *think* your message and be reminded and urged to take the desired action.

1. With your MotivAider at the HOME screen, repeat to yourself several times, "When I *feel* the vibration, I will *think*, {your personal message}."
2. Press and release the TEST key while holding the MotivAider against your body. While feeling the vibration, recite your personal message. Repeat this several times.
3. Now, decide on a prompting interval and enter it. If you have no idea how often to send vibration signals, start with the default prompting interval of 10 minutes (00:10:00). You can change the prompting interval at any time. [**TIP:** Although you can enter prompting intervals as short as you wish in combination with any interval type you choose, be aware that vibration signals could overlap if the time between any two vibration signals is 10 seconds or less.]
4. Start prompting. hold down M for a couple of seconds until you see the time counting down to the next vibration signal.
5. Now, clip the MotivAider to your waistband or belt, or place it in your pocket. (You can either remove the clip or use the clip *facing out* to secure the MotivAider to your pocket.) When the countdown reaches 00:00:00, you'll feel the vibration, and your MotivAider will start counting down again.
6. During the first few hours of use with a new personal message, make a point of reciting the message to yourself whenever you feel the vibration. This will reinforce the connection between the vibration and your personal message.
7. Prompting will continue as long as you want it to. Whenever you want prompting to stop, just hold down M for a couple of seconds until you return to the HOME screen.
8. Make adjustments as needed, for example, in how often you receive signals or in the wording of your personal message. Make only one change at a time and check results after each change.
9. Once you're getting good results, you can gradually phase out the MotivAider by sending signals less and less often. You can discontinue using the MotivAider when prompting is no longer necessary to maintain the desired behavior.

*Don't worry if you don't notice every single vibration signal. You can achieve excellent results without being fully aware of all the signals the MotivAider*



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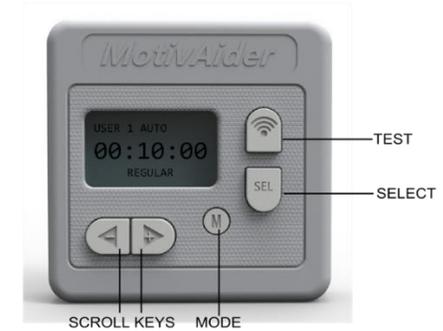
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## Advanced Settings \*

Here's an overview of how to make changes in the MotivAider's Advanced Settings:

1. From the HOME screen, press and release M to access the Advanced Settings menu. Use the +> key to scroll through the available setting categories, which include INTERVAL, SIGNAL, SCREEN, AUTO, USERS and UTILITY. [**TIP:** You can also use the <- key to go back to a category you passed.]
2. When you reach a desired category, press SEL to access the options available within that category, then use the +> key to scroll through the available options. [**TIP:** If you see the category name again before you've selected a desired option, just press SEL and you'll be able to scroll through the options again.]
3. With a desired option or feature on the screen, press SEL to enable that feature or option, or in some cases, to see the available values (such as *On* and *Off*) for the selected option or feature. Use the +> key to move through the available values until you see the one you want (use the <- key to back up if necessary), then press SEL to save that value.
4. After making a change, press and release M to return to the HOME screen, or scroll through the other categories and options to make more changes. Once you're done making changes, you can either return to the HOME screen to check or change the prompting interval, or you can start prompting directly from any Advanced Settings screen.
5. Whether you're at the HOME screen or an Advanced Setting screen, to start prompting, press and hold M for a couple of seconds until you see the MotivAider counting down.

<u>INTERVAL</u>	<u>SIGNAL</u>	<u>SCREEN</u>	<u>AUTO</u>	<u>USERS</u>	<u>UTILITY</u>
<u>Regular</u>	Strength: >>>>	<u>Count(down)</u>	Session: On <u>Off</u>	Save: <u>1234</u>	Reset (ALL)
Average	Length: <u>12345</u>	Hide		Load: <u>1234</u>	
Random	Pulse: On <u>Off</u>			Reset (User)	
<u>Default settings are underlined</u>					



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## How to Change the Interval Type \*

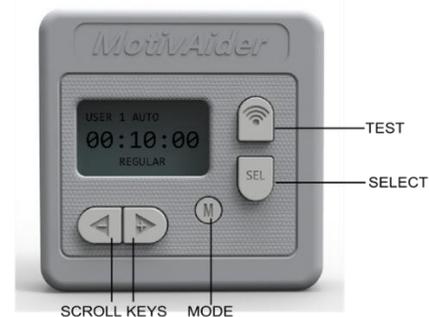
Your MotivAider is capable of sending signals at *regular*, *average* or *random* intervals.

- Select REGULAR to receive prompts at uniform intervals, such as every 10 minutes.
- Select AVERAGE to receive prompts at intervals that vary in length from half as long to twice as long as the interval you enter.
- Select RANDOM to receive prompts at intervals of random lengths that fall between the minimum and the maximum interval length you specify.

To change the interval type, from the HOME screen, press and release M. You'll see INTERVAL on the screen. Now press SEL to access the available interval types. You'll see REGULAR, which is the default interval type, on the screen. To access the remaining two interval types, use the +> key. When the interval type you want is on the screen, press SEL to save your selection.

The interval type you select will be displayed on the screen when you return to the HOME screen.

If you've selected RANDOM, when you return to the HOME screen, you'll be prompted to enter a minimum ("RAN MIN") and maximum ("RAN MAX") time interval.]



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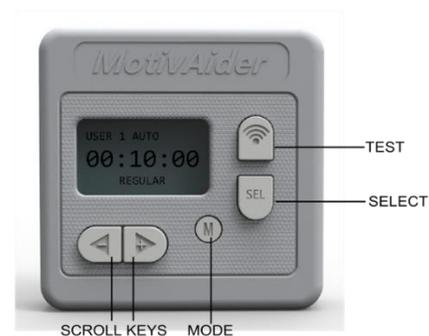
## How to Customize the Vibration Signal \*

You can adjust three properties of the vibration signal.

- STRENGTH determines the intensity of the vibration signal
- LENGTH determines how long each vibration signal lasts
- PULSE determines whether each vibration signal consists of a continuous vibration (Pulse *OFF*) or distinct < 1 second pulses (Pulse *ON*).

To change the SIGNAL settings, from the HOME screen, press and release M, then use the +> key to reach SIGNAL. Press SEL, and you'll see the first signal property, STRENGTH, on the screen. Use the +> key to reach the other two properties. With any property you wish to change on the screen, press SEL, then use the Scroll keys until the level or value you want is blinking, then press SEL to save that level or value.

To make it easier to configure the vibration to your liking, you can preview the effect that any changes you make will have on the vibration. Just press and release the TEST key to immediately get a vibration signal that reflects all your current SIGNAL settings.



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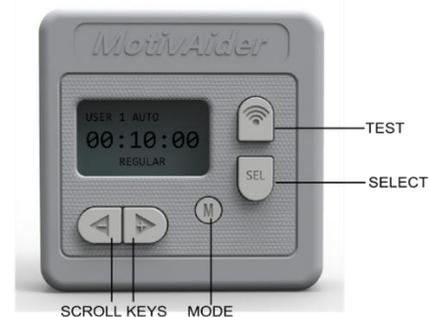
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## How to Change What Appears on The Screen During Prompting \*

When the MotivAider is prompting, by default, it will display the amount of time remaining until the next prompt. However, for greater privacy and/or to extend battery life, you can use the HIDE feature to prevent the MotivAider from showing anything at all on the screen while it's prompting.

- With COUNT (the default) active, the countdown to the next prompt is continuously displayed.
- With HIDE active, the countdown will be displayed for around 15 seconds, and then the display will go blank. However, even with HIDE active, you can check on the countdown progress anytime by pressing and holding M for a couple of seconds until the countdown appears. The countdown will remain visible for around 15 seconds. [**TIP:** Remember, using HIDE will extend battery life.]

To change the SCREEN setting, from the HOME screen, press and release M, then use the +> key to scroll to SCREEN. Press SEL, and you'll see COUNT. To reach HIDE, press the +> key. With whichever setting you want on the screen, press SEL to save your selection.



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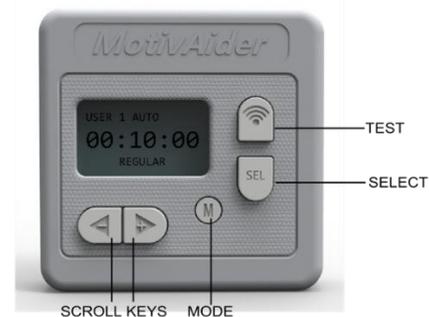
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## How to Set Up a Prompting Session \*

You can use the SESSION feature to have prompting stop on its own after prompting for a desired period of time. For example, suppose you've set the MotivAider to send vibration signals every 10 minutes. If you enable SESSION and enter a SESSION length of two hours, you'll get vibration signals every 10 minutes for the next two hours. The MotivAider will then stop prompting and return to the Home screen. If you enable SESSION, "AUTO" will appear on the screen to remind you that the MotivAider is set to stop prompting on its own.

To use the SESSION feature, from the HOME screen, press and release M, then press +> until you reach AUTO, then press SEL. When you see SESSION, press SEL again, then use the +> key to scroll between *On* and *Off*. With the value you want on the screen, press SEL.

If you select *On*, you'll be prompted to enter the desired session length ("set period"). After you enter the length in Hours:Minutes:Seconds, press SEL to save it. [**TIP:** You can pause a session that's already in progress by pressing and holding M for a couple of seconds to return to the HOME screen. The next time you start prompting, your session will continue from where it left off.]



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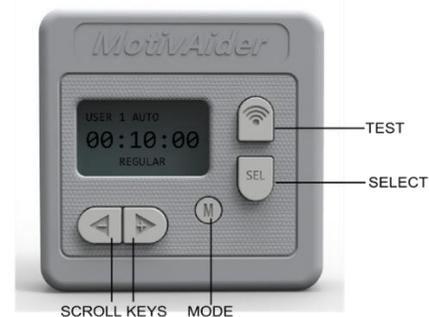
## How to Create and Manage User Profiles \*

The Gen5 MotivAider allows you to create and manage up to four *User Profiles*, which are complete collections of settings. You can create distinct user profiles for different individuals who use the same MotivAider, different behavior change projects, different days of the week, different situations (such as work vs. home), or anything else you choose. The active user profile is always displayed on the screen as "USER #."

- You can **SAVE** all your current settings – including the prompting interval – as a user profile.
- You can **LOAD** any of four user profiles that you previously created and saved.
- You can **RESET** the active user profile to all factory-default settings without affecting the other user profiles.

To access User Profiles, from the HOME screen, press and release M, then use the +> key to scroll to USERS. Next, press SEL, and you'll see SAVE. Use the +> key to reach the other two options, LOAD and RESET.

With an option you want on the screen, press SEL. For SAVE or LOAD, you'll be prompted to enter a user profile number. Use the Scroll keys until the desired profile number is blinking, then press SEL to enter it. For RESET, just press SEL to restore all factory default settings for the active user only.



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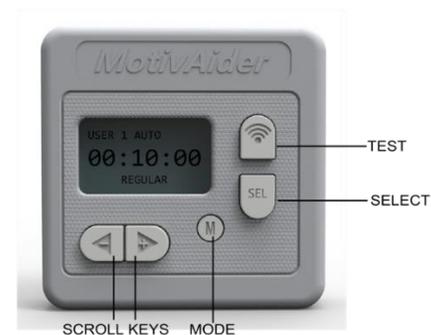
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## How to Restore ALL Original Settings \*

RESET allows you to easily restore *all* factory default settings for all user profiles.

To initiate a complete reset, from the HOME screen, press and release M, then use the +> key to scroll to UTILITY. Press SEL. When you see RESET on the screen, press SEL again.



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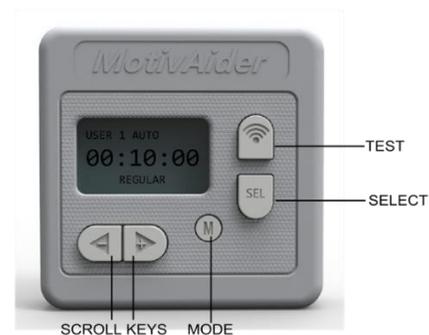
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## How to Prevent Unwanted Access to Advanced Settings \*

If you'd like, you can prevent unwanted access to all of the MotivAider's Advanced Settings. (A teacher, for example, might use this feature when setting up a MotivAider for use by a student.)

To enable LOCK, from the HOME screen, hold down TEST and SEL at the same time until "LOCK" appears on the screen. To UNLOCK, hold down TEST and SEL at the same time until "LOCK" disappears.



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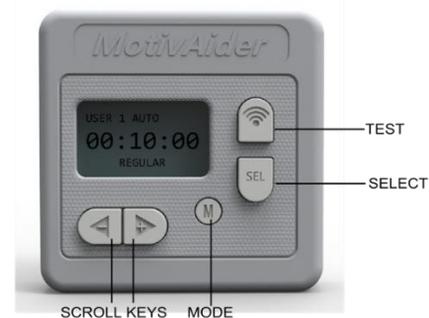
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## How to Pause and Resume Prompting \*

The Gen5 MotivAider allows you to pause prompting during a countdown and then resume the countdown (and prompting) whenever you're ready.

To PAUSE, hold down SEL and M at the same time until the countdown stops (it will take a couple of seconds). To resume the countdown, hold down SEL and M at the same time until the countdown starts again. [**TIP:** PAUSE/RESUME is best for relatively brief pauses. To stop prompting for an extended period of time, such as overnight, hold down M for a couple of seconds to go to the HOME screen.]



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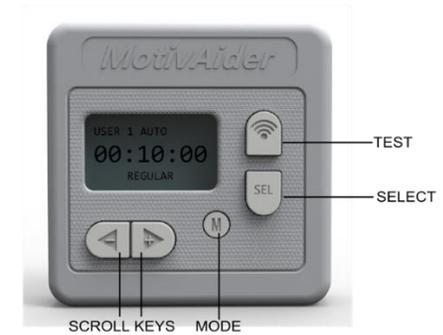
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## Installing and Removing the Belt Clip

To remove the belt clip, use a screwdriver to loosen the screw that secures the belt clip to the case, then push the clip downward towards the bottom of the case to free the clip. [**IMPORTANT:** If you're going to use the MotivAider without the clip, be sure to tighten the screw after removing the clip.]

To reinstall the clip, first loosen the screw, then position the clip against the case back between the vertical guides with the round opening in the clip over the screw. Next, push the clip up as far as it will go, then fully tighten the screw.



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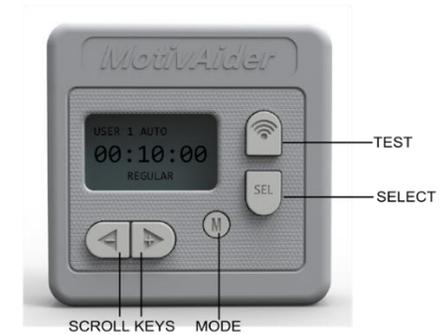
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## About the Battery

The Gen5 MotivAider comes with a single industrial alkaline AA battery. We strongly recommend, however, that you replace this battery with a longer-lasting 1.5 volt, 3000 mAh AA *non-rechargeable* lithium battery, such as the Energizer® Ultimate Lithium battery (L91).

When battery power is low, you'll see a "LO BATT" warning on the screen. However, the battery should be replaced sooner if you notice significant fading of the display or weakening of the vibration signal. [**TIP:** Storing the MotivAider at temperatures well below room temperature will reduce battery life.]

To change the battery, first loosen the screw that secures the belt clip, then push the clip downward towards the bottom of the case so you can access the battery compartment by pushing up on its cover. After installing a new battery, close the battery compartment cover, then slide the belt clip all the way back up into place, then fully tighten the screw. [**TIP:** The MotivAider will retain all your settings when you remove the battery, so there's no need for you to reset it.]



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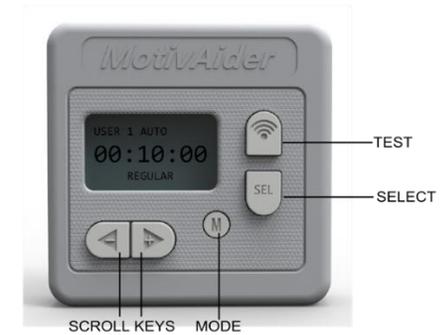
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## Warranty

Behavioral Dynamics, Inc. warrants the MotivAider® (except battery) to be free of defects in materials and workmanship for a period of three years from the date of purchase. Subject to the conditions below, we will promptly repair or replace (our option) any defective unit that was purchased from us or one of our authorized resellers.

This warranty does not cover defects caused by unreasonable use or damage. The warranty is void if repairs are attempted by anyone but our own service personnel. Except where state law prohibits such exclusion, Behavioral Dynamics, Inc. assumes no responsibility for any special, incidental or consequential damages.



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## Support

Click [here](#) or visit [HabitChange.com](http://HabitChange.com) and click on the User Help tab to

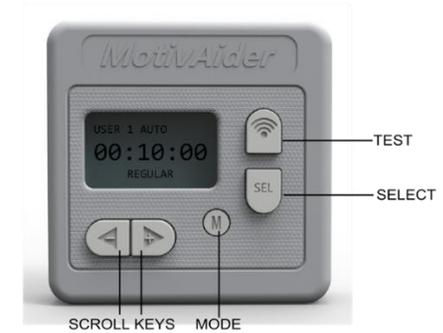
- Get help and free resources
- Register your MotivAider
- Join one of our email lists to receive updates, user tips and news

## Contact Us

### Questions, Comments, Problems?

Please, please, please don't ever hesitate to contact us. We're always eager to help!

<b>Email:</b>	<a href="mailto:info@habitchange.com">info@habitchange.com</a>
<b>Phone:</b>	1-800-356-1506 +1 218-681-6033
<b>Fax:</b>	+1 612-437-4784
<b>Web:</b>	<a href="http://HabitChange.com">HabitChange.com</a>
<b>Mail:</b>	Behavioral Dynamics, Inc. 202 LaBree Avenue North P.O. Box 66 Thief River Falls, MN 56701 U.S.A.



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