



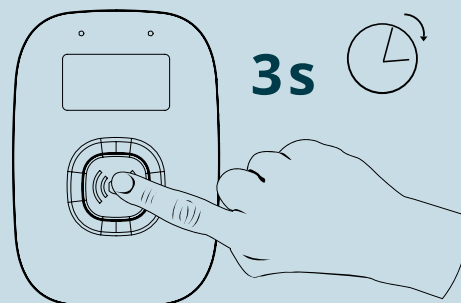
CAREIUM ABBY

HOW TO USE GUIDE

This guide is for customers and family members.
It explains how to use the Careium Abby alarm.

HOW IT WORKS

- Press and hold the **help button** for 3 seconds
- The device will make a call to the monitoring centre
- You can speak to the operator through the device speaker
- It works **at home and when you are out and about**



LOCATION AND FINDING YOU

The device has a **location feature** to help find you if you need help.

- When you press the **help button**, it can share your **location** with the monitoring centre
 - This helps them send the **right help to the right place**, especially if you are out and about
 - The location is only used **when needed**, such as during an alarm call
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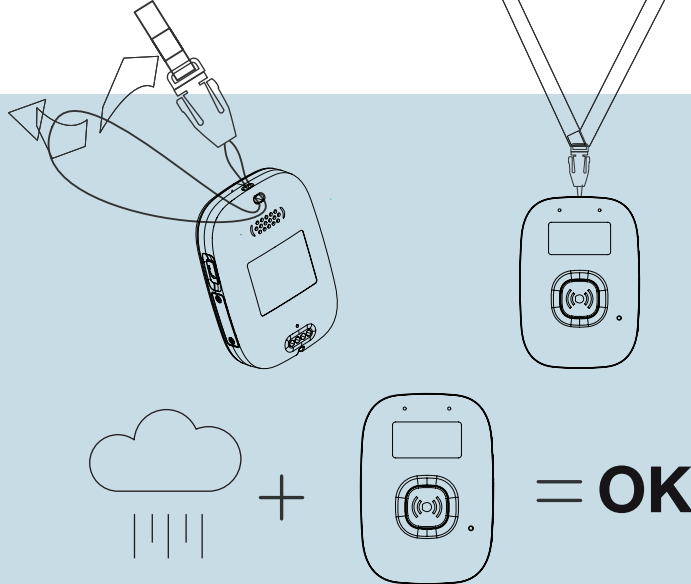
WHEN TO PRESS THE HELP BUTTON

- ✓ **Have a fall** ✓ **Feel unwell**
- ✓ **Need help or reassurance**



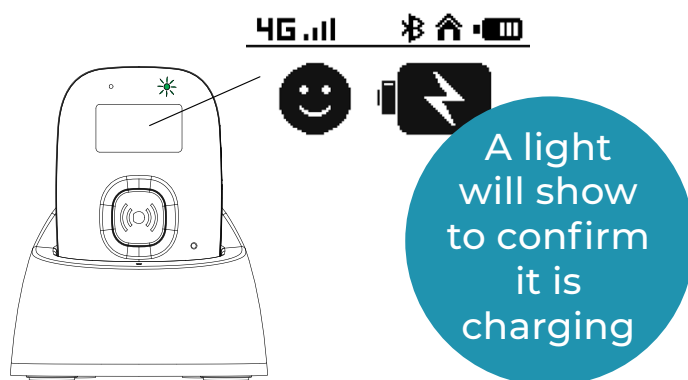
WEARING YOUR ALARM

- Wear using the **lanyard**, or carry it in a pocket or bag
- Keep it with you **at all times**, including when you go out
- It is **water-resistant** and can be worn in the rain or the shower, but do not wear in the bath



CHARGING

- Return it to the charging cradle every day
- Charge overnight if possible
- A low battery warning means it needs charging soon



TESTING YOUR ALARM

- Test your alarm **once a month**
- Choose an easy date to remember
- Always tell the operator it is a **test call**

IF IT SHOWS WARNING LIGHTS OR MESSAGES

This may mean:

- Low battery
- No mobile signal

Move to an area with better mobile signal or place it back in the charger

IMPORTANT TIPS

- Keep it charged
- Do not leave it in the charging cradle all day if you are going out
- Do not cover the speaker or microphone

NEED HELP?

If you are unsure or something is not working:

- Please contact us on **0300 333 2222**
- We recommend you keep this guide near the charging cradle