



Welcome

This re-mind helps you improve your oral posture with the Habit Reversal Training method. Do this together with your Speech Therapist and follow his/her instructions carefully.

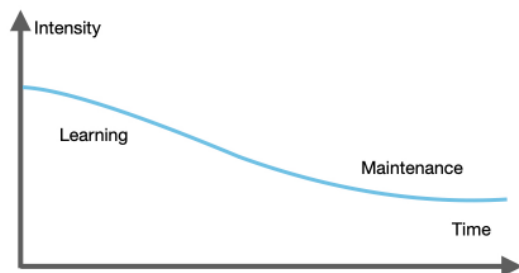
Also realize that it has often taken you years to get rid of that wrong mouth position (unconsciously). to learn. It really takes a while to complete it to unlearn.

Instructions

- Step 1:** Briefly press the button to turn the re-mind **on** (vibrates once) or **off** (vibrates twice).
- Step 2:** Put the re-mind in your pocket, use a wristband or put it on the table.
- Step 3:** Be aware of your mouth and tongue posture. Do the exercise you discussed with your speech therapist.

Learning curve

The re-mind is standard on a learning curve where you are initially reminded 10 times per hour. Over approximately 2 -3 months the intensity decreases to approximately 5 times per hour. You then use the re-mind to maintain the correct position of your mouth and tongue.



Choose your own program

You can also set the interval yourself if you don't want to use the built-in learning curve.

The programs:

1. Intensive (1.5 min)
2. Frequent (3 min)
3. Regularly (6 min)
4. Normal (12 min)
5. Supportive (24 min)
6. Learning curve

This is how you select a program

- Step 1:** Keep the button pressed until the re-mind vibrates.
- Step 2:** Select a program: for example, press 4 times for the “Normal” program.
- Step 3:** The re-mind now vibrates this program. (so 4 times for “Normal”)

Set vibration time

If you want to make the re-mind vibrate longer so that you feel it better, press and hold the button until it vibrates. Then press the button **again for a long time** until it vibrates again.

(repeat this procedure to make the re-mind vibrate briefly again).

Replace battery

The battery lasts 3 months with daily use. If you feel that the re-mind vibrates less strongly, replace the battery (loosen the lid of the re-mind with a skewer, replace the battery and click it closed again).

The battery type is a **CR2032** button cell and is available at a drugstore or supermarket.