

MedWatchDog User Manual

CONTENT

INTRODUCTION.....	3
IMPORTANT SAFETY ISSUES	4
YOUR MEDWATCHDOG	5
KEYS AND BUTTONS	5
KEY DESCRIPTIONS.....	6 - 7
DISPLAY	8
WARN SIGNALS.....	9
FIRST STEPS	10
INSTALL AND CHARGING THE BATTERY	10 - 11
BASIC SETTINGS	12 - 14
TEXT ENTRY.....	15 - 16
MENUS	17
REMINDERS.....	18
CREATING A NEW REMINDER	18
ADD A MEDICATION TO AN EXISTING REMINDER.....	19
ADD AN ACTION TO AN EXISTING REMINDER	19
SET/CHANGE AN ACTIVATIONTIME	19
REMOVE A REMINDER.....	20

SETTINGS	21
REMINDERS	21,37
CHECK GLUCOSE	23,31
CARBOHYDRATES	24
DOCTORS	25
CONTACTS	25
TONE SIGNALS	26
VIBRATION	27
LIGHT SIGNAL	27
SET DATE AND TIME	27 - 28
ALARM INTERVALL	29
EMERGENCY TEST	3
RESET	30
PERSONAL DATA	22
LANGUAGE	36
STOPWATCH FUNCTIONS	36 - 37
CARB. CALCULATOR	38 - 39
CHECKS HISTORY	40
MAINTENANCE AND CARE	41
TIME ZONES	42-44

 **Introduction**

The usage of the MWD MedWatchDog is designed around the specific requirements of an individual diabetes therapy, incorporating targets and a doctor's therapy. Without the need of technical knowledge and easy operating features The MedWatchDog provides many data entry and validating options as well as multiple reminder and alarm options. With these options your MedWatchDog will be your reliable companion, helping you to organize your daily routines as easy as possible.

- The most comfortable way to enter data or change settings into the MWD is the use of the MWD Manager Software which is part of the delivery package.
- The USB data transfer cable is used to transfer device settings, reminders and therapy information from and to the device.
- Data transfer and saving data on the external server may authorize doctors to have access to the patient's data and therapy.

Important notice:

If you have authorized your doctor to have access to your data and therapy, he/she can change targets and settings. With every synchronization of your MWD with the MWD Manager or the external server the newest data will come available.

Important safety issues

Before your start using your MedWatchDog please read these safety issues carefully.

General

- Do not open the device. It can be damaged in such a way that you can loose your warranty claim.
- Safety in traffic comes first.
- Do not operate your MedWatchDog while steering a vehicle.

Water proof

- Your MedWatchDog is NOT water proof. Protect it from water and wet environments.

Accessories and Battery



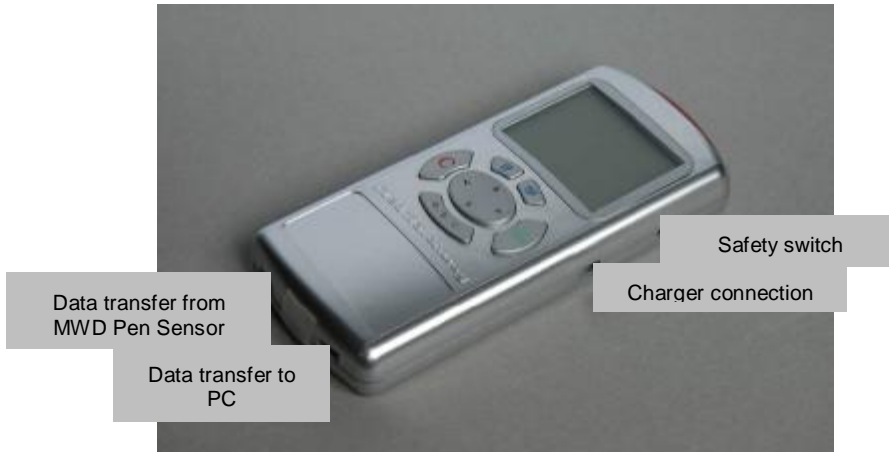
- 1 Backplate (Connectionplate)
- 1 CD with MWD Manager Software
- 1 Extra battery
- 1 charger
- 1 USB Cabel
- 1 User manual

Your MedWatchDog

Device description:

Your MedWatchdog can – according to your requirements – collect, store and display many informations. For this purpose several keys and connections are available.

This image shows the main connections to your MedWatchDog:



Key description:



At menu control: Selection of menu items / select current menu item.

At Text entry: Cursor control left, right, up and down.

C

At menu control: Cancel/Return to previous item or snooze.

OK

At menu control: Select a menu function or save data.

(e.g. a name or address).

a..b..c..

At Text entry: Insert a selected character.



At menu control: opens text entry modus.

At Text entry: delete a character.



At menu control: Activates a menu or list.

Ø

To the right / next

x

To the left / back

Ù

up

Ú

down

Display


Acoustic Alarm activated



Vibrating Alarm activated



Optic Alarm activated



Stopwatch is running



Reminders activ



Battery status



More menu items available

The display language is set to German or English by default. If you want to select another language, use the menu item *Language.

Warning signals

See also page 25

Your MedWatchDog is equipped with 3 different alarm signals, which can be activated individually or all together at the same time.

- a. An acoustic alarm signal
- b. Vibrating alarm signal (for a discrete alarm in a theatre or movie)
- c. An optical alarm signal (flasher)

If one of the alarm signals activate, press the **OK** button for a few seconds until the alarm deactivates. The alarm will deactivate itself after ca. 20 seconds, but will reactivate depending on the device settings after 1, 2 or three minutes.

If an alarm has not been responded to with the **OK** button for 15 times in a row, ALL alarms will activate with maximum power and a personal emergency message will be displayed. Pressing the **OK** button will stop the alarm signals but the message will remain on the display until the **C** button will be pressed for several seconds.

First steps - Installation and charging of the battery

Installation of the battery

- Open the battery door on the backside of your MWD by pressing and lifting the lock key.
- Place the battery with the contact points to the inside.
- If your MWD does not automatically switch on, check the correct placement of the battery first.



Charging of the battery

- Your MWD is equipped with a rechargeable battery as well as with a charger. Please use original batteries and chargers only for your MWD.
- You can use your MWD during charging. The charging time can be slower in such a case.
- The charger connector is located in the side of your MWD.
- The charging time is approx. 12 hours if the battery was completely empty.

Low battery indicator

Low condition of your battery is shown on the display.

- If your battery is discharged to only a few minutes of operating time, an alarm tone will be activated. You will also see a corresponding message on your display.
- If your battery condition will be too low, your MWD will automatically switch to power save mode. Reminders will only be activated with an acoustic signal.
- Recharge your battery as soon as possible.

Basics

Your MWD is designed for continuous use and therefore does not have to be switched on and off.

- Even when the battery is empty, date and time settings will remain available for a few more minutes until you replace or recharge the battery or. All other saved data will NOT be lost.

Key lock

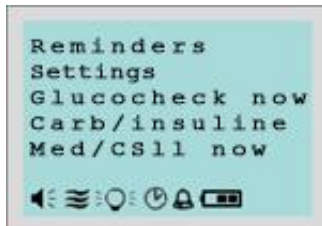
- To prevent accidental key strokes, the device will automatically lock the keys depending on the device settings. The display will show the message „ **Keypad locked** “.
- To release the keypad for entry press the **OK** until the message disappears. The device is ready for data entry.


Data entry

- The most comfortable way to enter data or change settings into the MWD is the use of the MWD Manager Software which is part of the delivery package.
- The USB data transfer cable is used to transfer device settings, reminders and therapy information from and to the device.

Glucose check

Example:

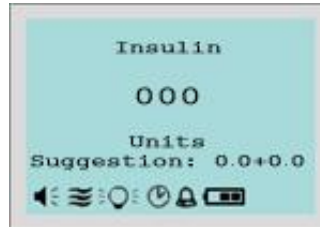


By pressing the  key you will gain access to the main menu. Select **Glucose check now** and press the **OK** key.



The device will prompt you to enter the various Data. (Or connect your Pen Sensor with the Backplate)

Confirm your manual entry or transfer from the MWD Pen Sensor pressing the **OK** key:



After you have confirmed your entry or transfer with the **OK** key, your data has been saved.



After that, select the description that matches best with your physical condition.

Important information related to the function 'Suggested-Insulin'

Dear customer,

Your MedWatchDog offers within the therapy parameters set by your doctor related to food intake and glucose value a suggestion for insulin.

Because the calculation for a needed insulin quantity may also depend on more factors, like the composition of a meal, physical activity, type of insulin, additional medication, physical condition and many more, the shown suggestion can only be considered as an indication.

The insulin suggestions are meant as indication and do not replace the insulin calculation based on your training and therapy from your doctor. Injecting the suggested insulin quantity is done at your own risk and responsibility.

Please follow your doctor's instructions and therapy.




Your doctor can set one or more insulin correction rules in a therapy which can be transferred to your MedWatchDog. If only ONE correction rule for glucose value and ONE correction rule for carbohydrate intake is transferred your MedWatchDog can calculate a suggested quantity.

If MORE than one rule for glucose value and or MORE than one correction rule for carbohydrate intake is transferred this function in your MedWatchDog will be DISABLED for safety reasons.

If you have any questions to your therapy, always consult your doctor first.

Registering you MedWatchDog at www.MedWatchDog.de will give you access to the latest information about your device as well as news letters by eMail.



The table below describes the functions of the keys for text entry.

To ...	Press ...
select a wanted character	
Insert a character	„ a..b..c..“-
switch between lower case or capitals or special characters	
change or delete your entry	
save your entry	OK
exit without saving your entries	C


Text entry

All options entering text follow the sequence below:



- Select the wanted character with the navigation key. 
- Insert the character with the „**a..b..c.**“ -key .
- Delete a character with the  key.



- Select lower case, CAPITALS or special characters with the  key.
- After completion save your entry with the **OK** key.
- Exit **without** saving your entry with the **C** key.

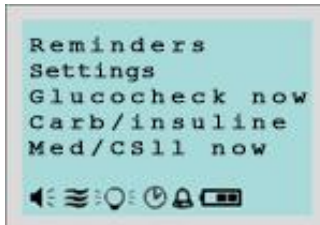


Main menu

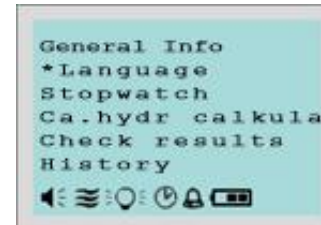
Press the **OK**-key until the message ,Keypad locked' disappears

Main menu:

Press the  key:

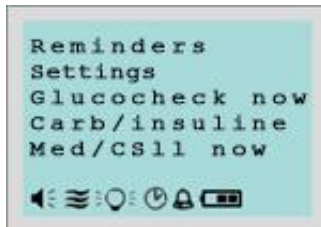


- Reminders
- Settings
- Gluco check now
- Insulin now
- Med/CSII now
- General Info
- *Language
- Stopwatch
- Carbo hydrate calculator
- Checks
- History




Reminders

To enter a new reminder manually:




If you select the Option „Reminders“ with **OK**, the Display will show the option ‘missed reminders’ for processing and the various reminder options:

Select for a new reminder the time frame in which you want the new reminder to be repeated.

Select the desired function with the navigation keys and press: . Already existing entries in this time frame will be displayed.



To add a new reminder, press the  key and select „Add“ Confirm with **OK**. You will be prompted to enter the starting time with the navigation keys. Confirm your entries with **OK**.

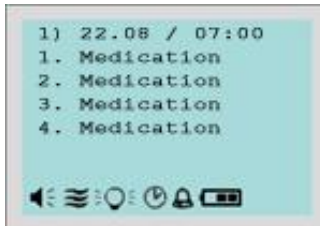
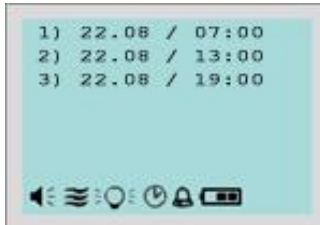
You will be prompted to select a category for your new reminder. (Diabetes, Allergy, Other). Use the navigation keys and confirm your entries with **OK**. Further selections offer you the option to specify the type of reminder: Doctors visit, pick up a prescription or medicine, or anything other.

Use the navigation keys and confirm your entries with **OK**. Complete your reminder by selecting the option to activate your reminder 1 or two day before your doctor's visit is scheduled.



Use the navigation keys for selecting and confirm your entries with **OK**



To change a reminder:




Existing reminders in this time frame will be displayed as to the left.


- To view the corresponding details of a reminder navigate through the list with **V** and **^**. Select the wanted reminder and press . The corresponding details will be displayed.
- To change the details of a reminder, select it and press . You can add or change actions and or medications.
- Use the navigation keys for selecting and confirm your entries with **OK**. Follow the same procedures as for adding a new reminder.

The table below describes some functions of the keys:

To ...	Press ...
remove characters, remove a complete entry	
add selected characters	„ a..b..c..“-
save a complete(d) entry	OK
switch between upper-lower case or select special characters	
leave the current function without saving	C

If the -Symbol shows on the display, reminders are active. If reminders exist, but the symbol is not visible, you have switched OFF the function reminders under settings, reminders.

To remove a reminder

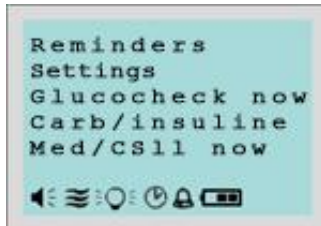
- Select the reminder you wish to remove and press . Now select ‚delete‘. The selected reminder will be deleted and the remaining reminders will be displayed.

Process missed reminders

- Reminders which were not activated at the scheduled time can be processed with missing values and data later. Select the option missed reminders and add the missing data the same way as you do with activated reminders. Select the next reminder with the navigation key „V“.


Settings

Many of the MWD's functions can be set to your personal requirements. The main menu item ,Settings' gives you access to these functions.



Activation of the reminder function:



- Pressing the **OK** key toggles between switching reminders on and off.
- If reminders are switched ,off', the  Alarm symbol will disappear from the display.

Personal data

To enter/change data do the following:

1. Select the Option „**Personal Data**“ and press. 
2. Use the navigation keys  and  to select the wanted item to process.

- Name
- Main medical indication
- Emergency text
- Emergency-Tel. number.
- Insurance number
- Insurance company
- Main medication
- Street
- City
- Country
- Email
- Gender
- Birthday
- Length
- Glucose tester



Press  to start the entry mode.




Use the text entry mode to select characters which can be inserted directly into your MWD with the „**a..b..c..**“ key.

Glukose measuring unit:



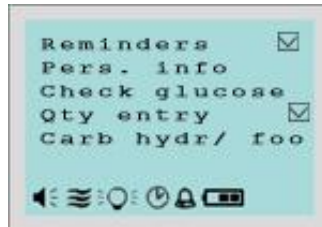
Glucose values are measured in mg/dl or in mmol/l.

Select the menu item with  and the navigation key to select the measuring unit.

Conversion: **mmol/l x 18 = mg/ dl** or mmol/l x 18,02 = mg/dl

Example: **5 mmol/l = 90 mg/ dl** or 7,8 mmol/l x 18,02 = 140 mg/dl

Quantity:



The quantity function is preset to ,on'. If set to ,off' you will not be prompted for quantity at medication intake. (Combo-Checks ALWAYS prompt for a quantity!!)

Carbo hydrate calculation unit:


- For food containing carbo hydrates we use the measuring unit: **BE**. (10,11 or 12 gramm)
- **1 BE = 10 gramm** available carbo hydrates (**only** carbo hydrates)
- With this calculation unit you can estimate the insulin units to be injected to compensate for carbo hydrate intakes if your therapy is based on Intensified Conventional Therapy **ICT** (Insulin treatment)
- Here you can set the valid carbo hydrate calculation factor.

Address information from your doctors and private contacts are managed as described below.




Doctors:

Select the menu item ,Doctors' to enter or manage the corresponding address information.

Contacts:

Select the menu item ,Contacts' to enter or manage the corresponding address information. Press  to view all the listed doctors or private contacts.



- To enter a new contact or change contact information select the name and press .
- Use the navigation key  to select the wanted item like street, City, tel number, Fax, eMail, etc..
- To start the ,add' or 'change' mode press .
- For text entry use the navigation keys for character selection and the „a..b..c..“-key for inserting a character. Confirm with **OK** after you have inserted **all** text.
- With **OK** you will save the new or changed information.
- Select a contact and press **OK** to view the contact's detailed information.

Alarm signals

See also Page 8

The MedWatchDog is equipped with 3 different alarm signals, which can be activated all at the same time or individually.


1. An **acoustic** Alarm Signal.
2. A **vibrating** Alarm Signal. (e.g. for the discrete alarm in cinema or concert)
3. An **optical** Alarm Signal. (flasher)

When an alarm (reminder) activates press OK for a few seconds until you can enter a value. If you do NOT press **OK**, the alarm (reminder) will fire again after 1, 2 or 3 minutes, depending on the alarm interval settings.

If a reminder is not processed within 15 recurring activations of the alarm, all 3 alarms will be fired on maximum strength and the stored emergency text(s) will appear on the display. Press **OK** or **C** to stop the alarms.

Acoustic signal:



- The **acoustic** Alarm Signal is strong enough to draw people's attention if the emergency alarm fires.
- Select from one of 3 available tone signals.
- Open the option „Tone“ with the **OK** key from the 'settings' menu.
- Select a tone with the navigation key , save with **OK**.

Volume:

Set the desired volume with the navigation keys **V** and **^**. Save with **OK**.

**Vibration / Flash:**

Here you can activate the Vibration alarm or Flash-alarm. To set or change press **>**.

**Set Datum/Time:**

Here you can set date and time.

With **>** and **<** you can switch between Day, Month, Year, Hours and Minutes. With **V** and **^** you can change date and time. Save with **OK**.



Set time zone:

Here you can set your time zone (see time zones at the end of this document).

With **V** and **^** you can select your time zone **Time zone UK: GMT + 0:00**



Smooth time change:

You can easily recalculate your reminders activation to a new time zone. Also in how many days the events should be activated.

Procedure:

1. Select the new time zone, e.g.. GMT – 7:00
2. The system clock will change to the local time.
3. Select the 'smooth' period.

To set or change the period to smooth press **➤**, Confirm with **OK**.




Summer time, winter time:

Here you can switch between Summer time and winter time.

To set or change press **➤**, Confirm with **OK**

**Alarm interval:**

If you do not start an activated reminder, the alarm will activate again after 1,2 or 3 minutes. To set or change the alarm interval press , Confirm with **OK**

Lock device:

You can protect your MedWatchDog against unauthorized use by setting a password. Reminders will activate normally. To unlock the device a password is nessecary.

Set password:

Enter you password under this menu item.

**Drop or loss connection:**

A safety cable(accessory) can be connected to the device. If the connection is interrupted all alarms will be activated immediately at maximum strength..

**Emergency test:**

Press **OK** for testing the emergency function. Press **C** to stop. The emergency text(s) will scroll on your display.

**Reset:**

This function allows you to reset the MedWatchDog to its initial settings.

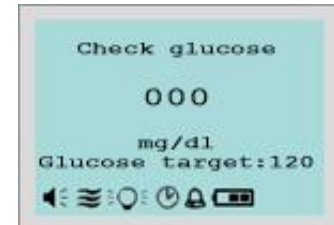
Select ,settings' from the main menu, than ,reset'. A message will appear. Keep **OK** pressed for a few seconds.

CAUTION: a reset will delete all saved data and settings.

Glucose measuring

The combined use of the MWD Pen Sensor and the MedWatchDog Data System has the big advantage that the measured glucose values can be stored directly with the Carbo hydrate intakes and injected insulin. Many more 'circumstances' can be added and stored together for analysis with The MWD Manager or the Doctors version on the Internet.

- The main menu item '**Glucocheck now**' offers direct capturing from the MWD PenSensor or manual entry with the navigation keys
- You will be prompted to enter the value or transfer the measurement from The MWD Pen Sensor. Just slip the Pen Sensor on to the socket in the backplate. The MedWatchDog also must be connected to the backplate. The arrow below points to the connector which will connects to the Pen Sensor socket in the backplate.

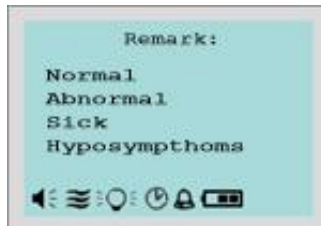


- To transfer **ALL** stored values in from the MWD PenSensor together, open the Memory in the Pen Sensor and connect to the backplate while the MedWatchDog has the 'Glucocheck now' menu item open.
- Confirm your manual input or transfer from the PenSensor with the **OK** key:

After the glucose value(s) has been entered or transferred from the MWD Pen Sensor and confirmed with **OK**, you will be prompted to enter further information. From the entered or transferred information and based on the stored therapy information your MedWatchDog will calculate an insulin dose and display this value as a suggestion.



After completing the values enter a remark:



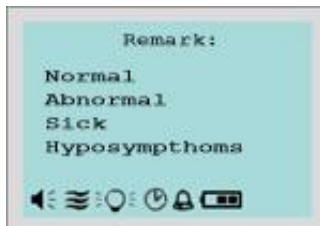
All entries will be stored together with the corresponding glucose value. For your doctor, immediate and extensive information comes available. More precise and with less effort than ever before.

The Menu option „**Carb/Insuline now**“ offers manual entry of **BE** units **without** a glucose check (see page 22/23).

From the entered or transferred information and based on the stored therapy information your MedWatchDog will calculate an insulin dose and display this value as a suggestion.



After completing the values enter a remark:





All entries will be stored together with the corresponding **BE** value. For your doctor, immediate and extensive information comes available. More precise and with less effort than ever before..

Text entry (see also page 14)

Enter a medication:

The following procedure applies to all options which prompt for or allow for text entry:

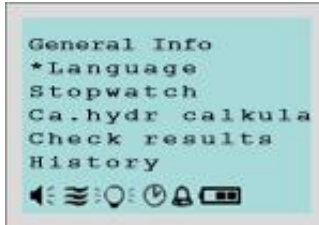


- To enter text, select the character you want to insert with the navigation keys.
- Insert the wanted characters with the „a..b..c..“ key.
- Remove the wanted characters with the  key.
- Switch between upper and lower case with the  key. (Or special characters)
- Save your completed entry with **OK**.
- Press **C** to leave the entry **without** saving the entry.



General info

The menu option „General Info“ stores your personal values as well as your target values. This information can also be transferred from the MWD Manager.



To enter the values, do the following:

Select the menu item 'General Info' and press .

Use the navigation keys  and  to select the item you want to work on:

Weight

Weight target

Blood pressure

Target blood pressure


HbA1c

HbA1c target

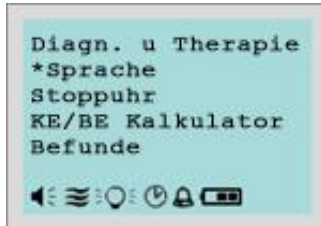
Puls

Glucose target



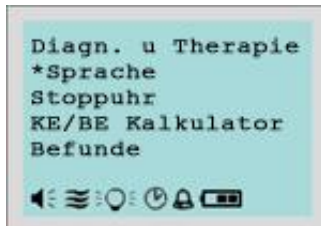
- Press  to start the entry mode.
- Use the text entry functions together with the navigation keys and insert your text or values with the „a..b..c..“ key..
- Save your completed entries with **OK**

Language selection

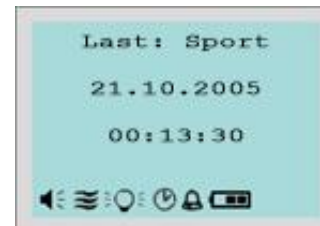


- Select your language from the menu and confirm with **OK**.
- For better recognition the option 'Language' has been marked with a 'star' so it can be found also, when an unfamiliar language was chosen by accident
- More languages can be downloaded from you MWD Manager software.

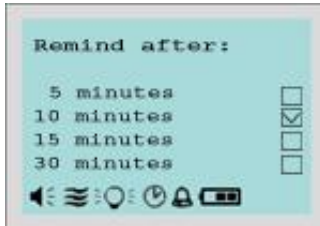
Stopwatch



With the stopwatch functionality you can remind yourself to additional checks before or after sport or travel or just log time and endurance. To start the stopwatch, select the item from the press OK.



The display shows the last stopwatch event.




Press **OK** to open the reminder interval list.

Select the wanted interval with the navigation keys **▼** and **▲**. Confirm with **OK**.



Select the type of event with the navigation keys **▼** and **▲**. Confirm with **OK**.

The stopwatch is started. The display shows the elapsed time as well as the blinking.  Symbol

During a stopwatch event you can use the Med Watchdog's other functions.



To stop the stopwatch again before the set interval, select the function again from the main menu and press **OK**. The stopwatch will be deactivated.

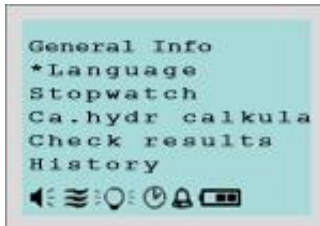
You will be prompted to select the intensity of the event.


Pressing the **OK** key will also save the data in your MWD.



Carbo hydrate calculator

Your MedWatchDog has a built in Carbo hydrate calculator with which you can calculate the **BE** of ca 300 food products to estimate the insulin need. This list can be individually adapted with the MWD Manager software.

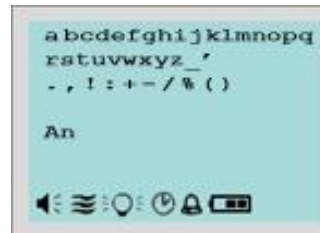


You can activate this function from the main menu with the **OK** key or during the food unit entry with the  key.

To select a food product:

Enter some of the starting characters of the food product name with the „a...b..c..“ key and press **OK**.

E.g.:



The display will show a list of food products from which you can select with the navigation keys the one you took.

Confirm your selection with **OK**.



You will be prompted to enter a value x 100 gram of the food product.

Confirm with **OK**. On the display a summary of your entry will appear.

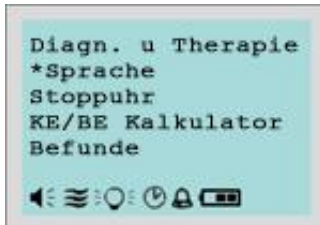


Press **OK** again and the BE will be calculated and displayed.

If you would have used this function using the key during a glucose check sequence, after another **OK** the result will be transferred to the insulin mask and depending on the therapy settings an insulin suggestion will be given.

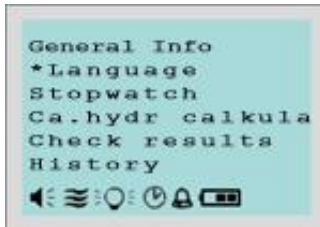
Checks

This function offers storing and changing of check information.

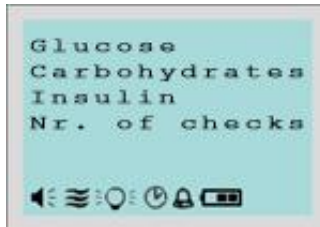


To enter check information select the category and the text mode with the  key.
(see also text entry)

History



Select this function from the main menu with the **OK** key.



Depending on your selection values are displayed from::



Yesterday
 Last 7 days
 Last 30 days
 All / today

Much more detailed statistics are available in the MWD Manager

 **Maintenance and care**

Your MedWatchDog is the result of excellent design and production standards and should be handled with care.

The following recommendations will help you to comply with the warranty conditions and enjoy the qualities of your MedWatchDog for many years.

- Keep your MedWatchDog out of reach of little children.
- Protect your MedWatchDog from moisture. Rain, high humidity and fluids containing minerals can cause corrosion of the Printed Circuit Board (PCB)
- Do not store you MedWatchDog at dusty or dirty places.
- Do not store you MedWatchDog at very hot places. Hot temperatures can reduce the lifetime of electronic components; damage the rechargeable battery or the body parts.
- Do not store you MedWatchDog at very cold places. When the MedWatchDog warms up, moisture van build up and can damage the electronic components.
- Please do not drop your MedWatchDog on hard surfaces or apply heavy shocks..
- Do not use any chemical cleaners. A soft towel with some soap will be sufficient in most cases.
- Do not put your MedWatchDog on a heater of any kind. The device could get overheated and the battery could get heavily damaged and rendered useless.

In case your MedWatchDog or an accessory is not functioning correctly, please contact your supplier.

 **Time zones**

(GMT -12:00)	International Date Border (Western)
(GMT -11:00)	Midway-Isle, Samoa
(GMT -10:00)	Hawaii
(GMT -09:00)	Alaska
(GMT -08:00)	Tijuana, Los Angeles, Seattle, Vancouver
(GMT -07:00)	Arizona
(GMT -07:00)	Chihuahua, La Paz, Mazatlan
(GMT -07:00)	Denver, Salt Lake City, Calgary
(GMT -06:00)	Chicago, Dallas, Kansas City, Winnipeg
(GMT -06:00)	Guadalajara, Mexico City, Monterrey
(GMT -06:00)	Saskatchewan
(GMT -06:00)	Central America
(GMT -05:00)	Bogota, Lima, Quito
(GMT -05:00)	Indiana (east)
(GMT -05:00)	New York, Miami, Atlanta, Detroit, Toronto
(GMT -04:00)	Atlantic (Canada)
(GMT -04:00)	Caracas, La Paz
(GMT -04:00)	Santiago
(GMT -03:00)	Brasilia
(GMT -03:00)	Buenos Aires, Georgetown
(GMT -03:00)	Greenland

 **Time zones**

(GMT -02:00)	Middle Atlantic
(GMT -01:00)	Azores
(GMT -01:00)	Cap Verdi Isles
(GMT)	Casablanca, Monrovia
(GMT)	Dublin, Edinburgh, Lisbon, London
(GMT +01:00)	Amsterdam, Berlin, Bern, Rom, Stockholm, Wien
(GMT +01:00)	Belgrade, Bratislava, Budapest, Ljubljana, Prague
(GMT +01:00)	Brussels, Copenhagen, Madrid, Paris
(GMT +01:00)	Sarajevo, Skopje, Warsaw, Zagreb
(GMT +01:00)	West-Central Africa
(GMT +02:00)	Athens, Istanbul, Minsk
(GMT +02:00)	Bucharest
(GMT +02:00)	Harare, Pretoria
(GMT +02:00)	Helsinki, Kiev Riga, Sofia, Tallinn, Wilna
(GMT +02:00)	Jerusalem
(GMT +02:00)	Cairo
(GMT +03:00)	Bagdad
(GMT +03:00)	Kuwait, El Ryad
(GMT +03:00)	Moscow, St. Petersburg, Volgograd
(GMT +03:00)	Nairobi
(GMT +04:00)	Abu Dhabi, Muscat
(GMT +04:00)	Baku, Tiflis, Erivan


Time zones

(GMT +05:00)	Islamabad, Karachi, Tashkent
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- (GMT +05:00) Yekaterinburg
- (GMT +06:00) Almaty, Novosibirsk
- (GMT +06:00) Astana, Dhaka
- (GMT +06:00) Sri Jayavardenepura
- (GMT +07:00) Bangkok, Hanoi, Jakarta
- (GMT +07:00) Krasnoyarsk
- (GMT +08:00) Irkutsk, Ulan Bator
- (GMT +08:00) Kuala Lumpur, Singapore
- (GMT +08:00) Peking, Chongqing, Hong Kong, Urumchi
- (GMT +08:00) Perth
- (GMT +08:00) Taipei
- (GMT +09:00) Yakutsk
- (GMT +09:00) Osaka, Sapporo, Tokyo
- (GMT +09:00) Seoul
- (GMT +10:00) Brisbane
- (GMT +10:00) Canberra, Melbourne, Sydney
- (GMT +10:00) Guam, Port Moresby
- (GMT +10:00) Hobart
- (GMT +10:00) Vladivostok
- (GMT +11:00) Macadam, Salomon, New Caledonia
- (GMT +12:00) Auckland, Wellington
- (GMT +12:00) Fidji, Camtschatka, Marshall-Isles