



Ava Fertility Tracker

User Manual

Version 6.0

Not for contraceptive use.

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 Legal manufacturer: Ava AG, Gutstrasse 73, 8055 Zurich, Switzerland

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Indications for use

The Ava Fertility Tracker is for women who want to monitor their health for trying to conceive or getting to know their bodies. It is for women with regular or irregular cycles between 24 – 35 days. It is not for women with infertility issues.

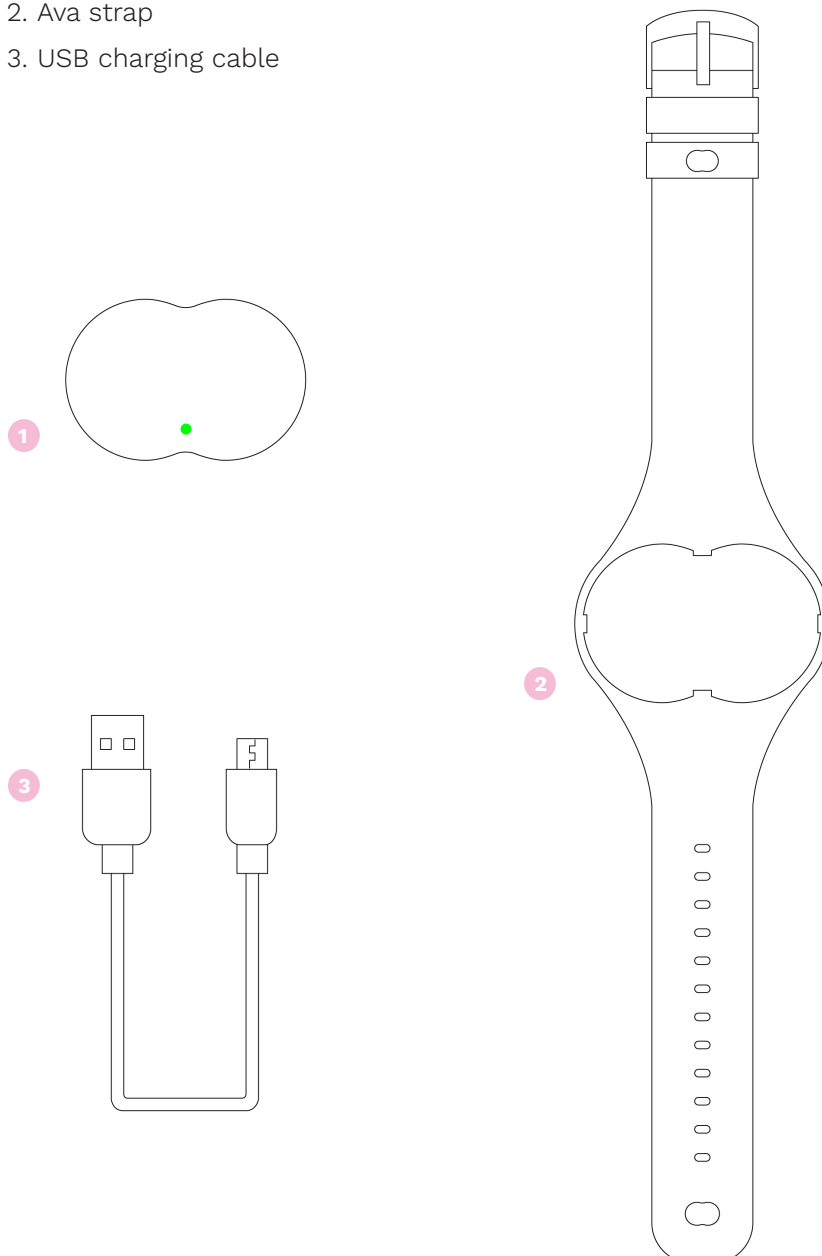
Ava is not a contraceptive and cannot be used to prevent pregnancy.

Read more about Ava at: www.avawomen.com/welcome

Contents and Compatibility

What is included

1. Ava sensor pod
2. Ava strap
3. USB charging cable



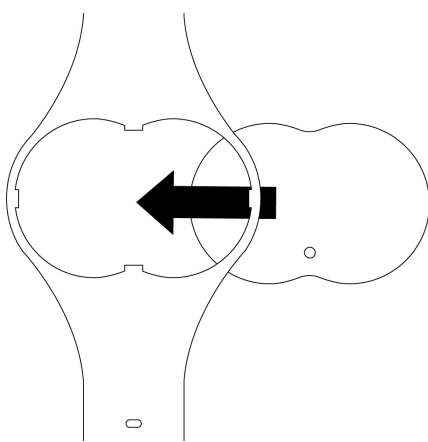
Mobile device compatibility

Ava syncs with the following operating systems and devices:

- iOS 9.0 or later
- Android 5.0 or later

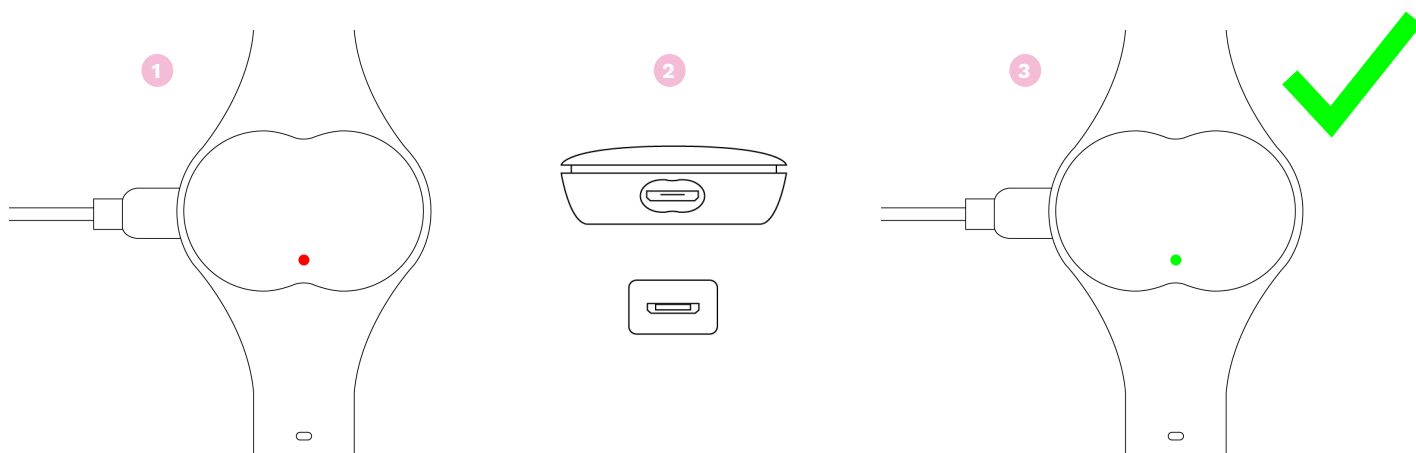
Getting Started

Attaching the sensor pod to the bracelet



Attach the sensor pod to the bracelet by aligning the front of the pod with the braces of the band and pressing it into the strap from the underside.

Charging Ava



1. Connect Ava to power through the USB cable that is provided.
2. The USB cable can only be inserted into the Ava in (1) way. Please ensure you match the USB cable head and align it with the corresponding trapezoid shape of Ava's USB port before inserting the cable.
3. Wait until the LED turns green (this will not take longer than 2 hours).

Signing up with the app

Download the Ava app from the App Store.

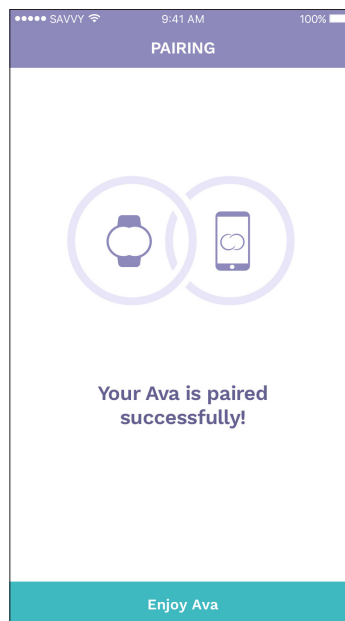
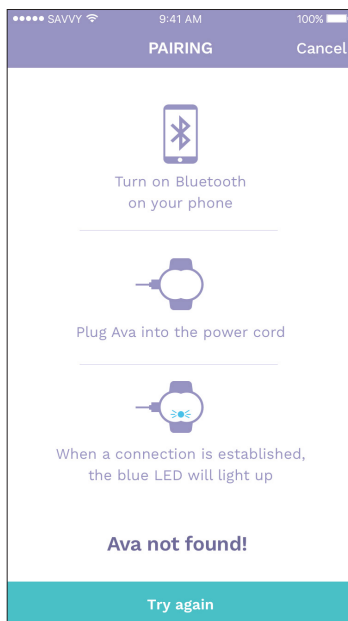


Open the app and follow the instructions to create an account or log in. All the information you provide is confidential.

See our Privacy Policy at: www.avawomen.com/privacy
and Terms of Service at: www.avawomen.com/terms-of-service

Pairing Ava for the first time

After you set up your account you will be asked to pair your Ava with the app. **Pair the Ava before you wear it for the first night.** In order to do so, follow the instructions on the screen:



- Turn on your phone's Bluetooth
- Connect Ava to power through the USB cable.
The LED on your Ava should be flashing blue when the device is in pairing mode. If you do not see this light, unplug the device from the charger and plug it again.
- After your device is recognized, tap "Pair Ava"

Your Ava is paired and ready to be used.

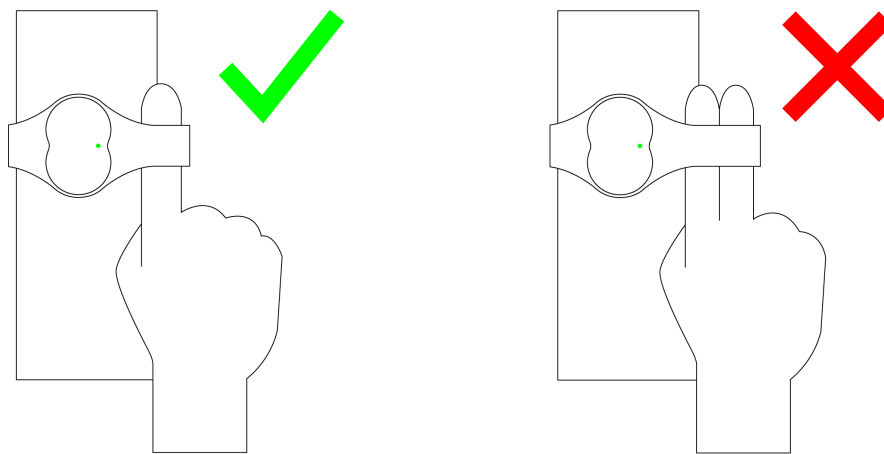
Wearing Ava

Ava is designed to be worn only while you're sleeping.

Ava must be worn for at least **four hours** per night. After three hours of sleep, your physiological signs become stable and accurate measurements can be taken.

If you wear your Ava for at least four hours but do not sleep, we will still show you your physiological data but the data quality is poor so we will not consider it in our algorithm.

Wrist placement

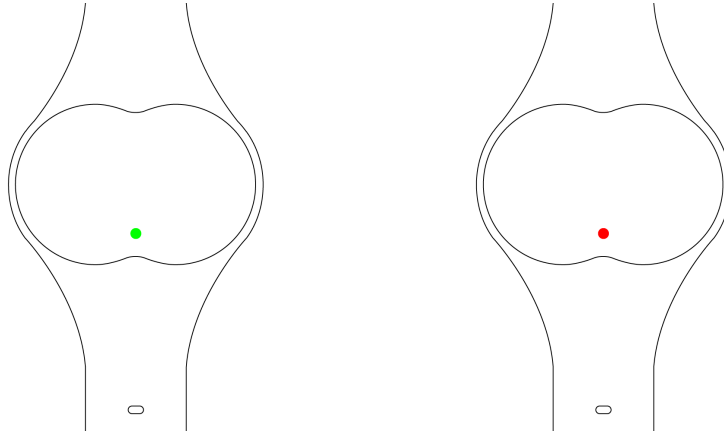


To get accurate data, Ava should fit snugly on top of your wrist, right below your wrist bone.

- Do not wear the device while it is connected to power
- Ava has been tested for biocompatibility and should not cause allergic reactions.
- If you have tendonitis, carpal tunnel syndrome, or other musculoskeletal disorders, consult your doctor prior to use. If you feel any discomfort on your wrists while or after wearing the product, please discontinue use.

Recording data

The device automatically detects that it is being worn and starts recording data. When you start wearing the device you will see:



Green LED for five seconds, which means that the device has started recording and you can go to sleep or...

Red LED that flashes every 10 seconds, which means that the memory of your Ava is full or its battery is empty. In any case, connect your Ava to the power cord, connect it with the app and wait for the green light to appear on your Ava.

Synchronize Ava with the app



When you wake up in the morning:

1. Connect the device to the power cable
2. Make sure that the Bluetooth on your mobile phone is enabled and you are connected to internet.
3. Open the Ava app
4. Synchronization will take place automatically and after a few moments you can see all the data of the previous night on your smartphone.

Since Ava records more than 3 million data points every night you should **synchronize every day** to ensure that you get the most accurate prediction. Also, do not forget to **charge Ava** during the day so that it will be ready to be used at night.

Using the app

Navigation & icon definition – iOS

Navigation Icons



Action Buttons



Events

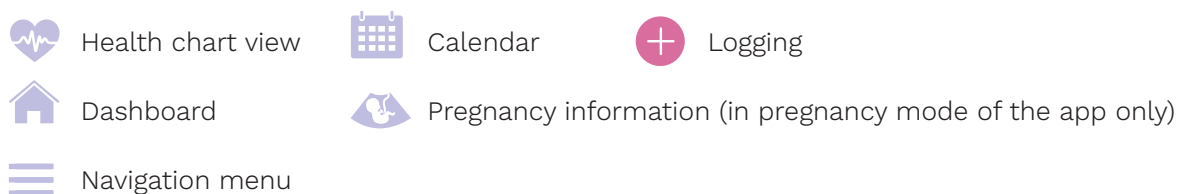


Shading



Navigation & icon definition – Android

Navigation Icons



Action Buttons



Events



Predicted ovulation



Recorded sex

Shading



Menstruation



Predicted period



High and peak fertility



Predicted high and peak fertility

Dashboard

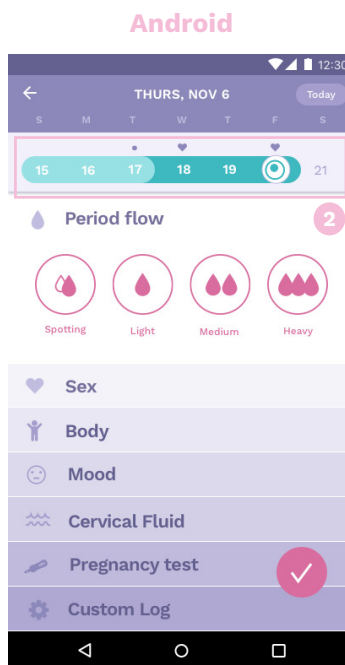
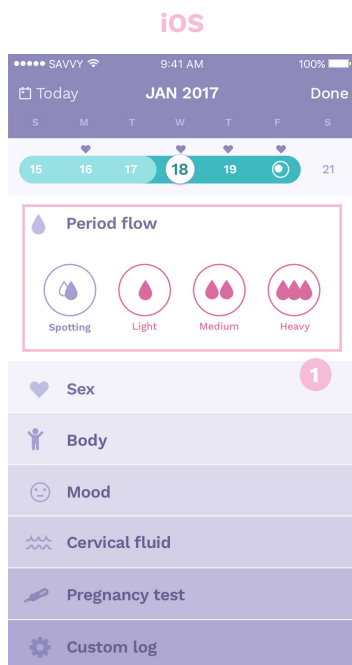
On the dashboard, you can see Information about your menstrual cycle and today.



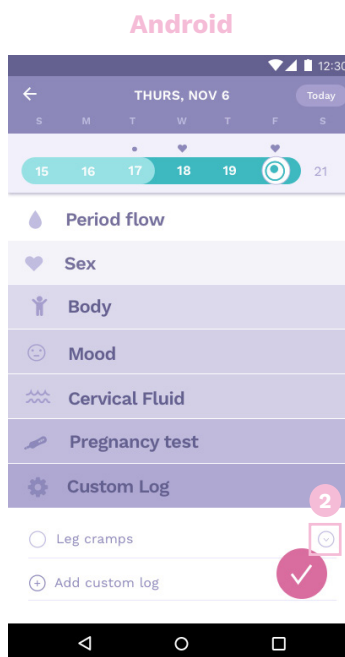
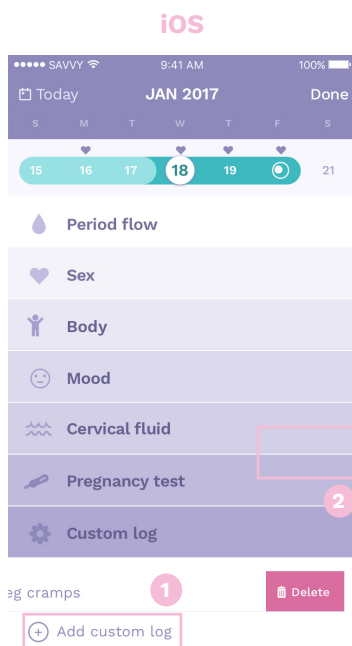
1. Cycle Information
2. Measurements for the day
3. Trend Indication – Comparison to last day

Logging

You can log items during your cycle and see your logging pattern in your calendar and health view. Make sure you always log your period in order for Ava to work properly.



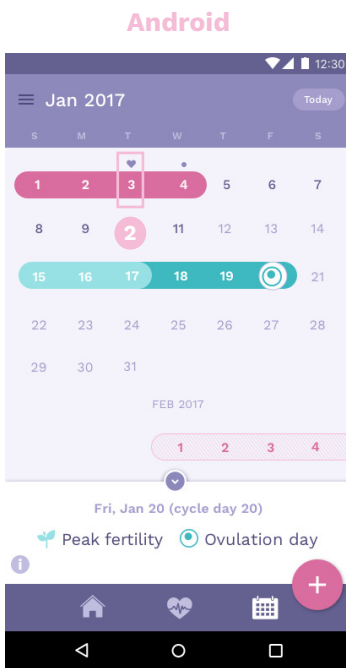
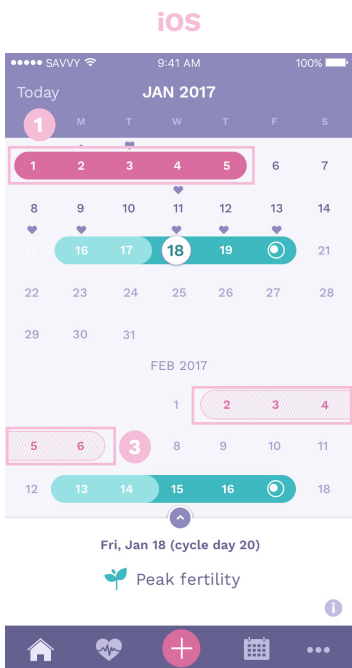
1. Add you period.
Spotting is not part of your period but can occur at any time during your cycle.
2. Drag to navigate through days.



1. Press to create your own customized log. You can create up to 10 logs.
2. Swipe/Press to delete a log from all records.

Calendar

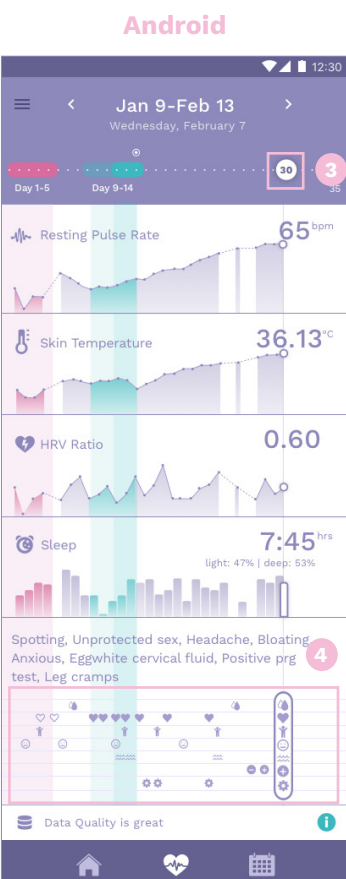
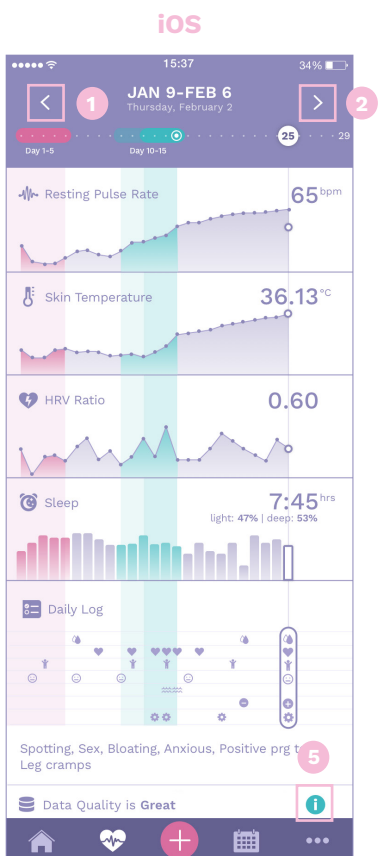
The Calendar view features an extended overview of events recorded or predicted in your menstrual cycle.



1. Period recorded
2. Sex recorded
3. Period predicted

Health chart view

The Health chart view features detailed physiological parameter data for your nights in a graphic view. You can also see your logs and how they occur over the time of one cycle. You can see data values for a selected day. To get information on each parameter and what change to look for in your cycle, click on the information button.



1. See previous cycle
2. See next cycle
3. Move left/right to see more data values for different days
4. See your logged items
5. Click for information

Profile

Edit your first or last name, password, preferences. Log out or delete your account.

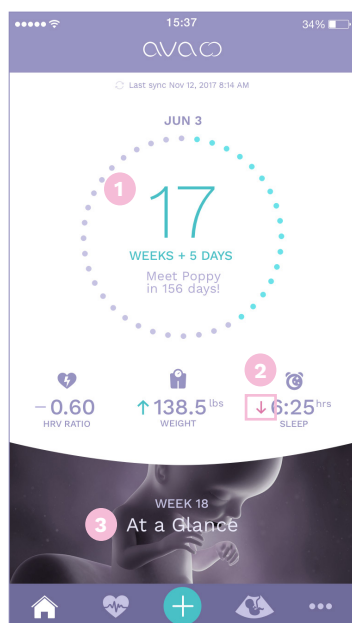


1. Change your status for your use
2. Remove your pregnancy from your data.

Pregnancy mode

You can get detailed explanations about what to expect in each week of pregnancy. Track your physiological parameters and countdown to your due date.

Dashboard



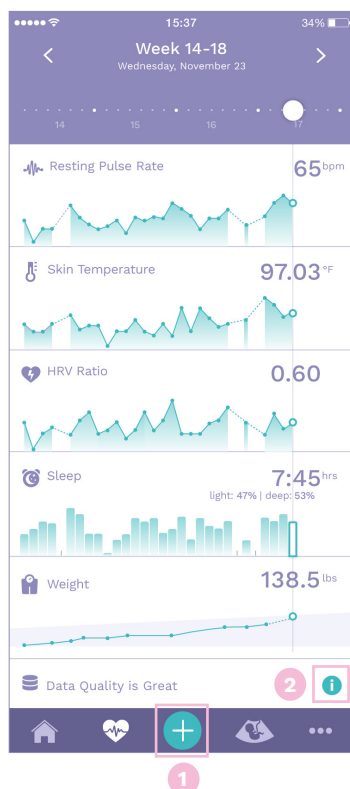
1. Week count to due date
2. Trend Indication – Comparison to last day
3. Click for information

Profile



1. Edit / adjust

Logging



1. Log and track your weight
2. Click for information

Specifications and other information

Environmental conditions

Operating temperature: 59° to 113°F (15° to 45°C)

Water resistance

Ava is not waterproof. Do not submerge it in liquids.
Do not shower or swim with your Ava.

Cleaning Ava

We recommend that you occasionally clean the sensors on your Ava to ensure that they record the best possible signal quality. To do so use a dry cloth. Make sure not to scrape the sensors with a wire brush or anything metal, since this can damage the plating.

Sizes

Ava is suitable for wrist sizes from **140 mm / 5.5 in.** circumference to **200 mm / 7.9 in.**

Battery

Ava's battery is rechargeable and doesn't have to be replaced.
The battery should last up to 2 years if stored in ambient temperature and is fully charged every time before use.

In order to maximize Ava's battery life keep the app up to date and wear Ava only while you are sleeping.

Disposal and recycling

Ava is considered electronic waste and should be disposed of at your local electronic equipment collection facility. Do not dispose of Ava with common household waste.

Return policy and warranty

For information visit: www.avawomen.com/terms-of-service

Regulatory and safety notices

Regulatory information

For information visit: www.avawomen.com/quality

Read, follow and keep this user manual and all safety instructions. Improper installation, use or disposal of Ava could be hazardous to your health and put others at risk.

Still have questions?

Then visit our FAQs at www.avawomen.com/support

Other ways to keep up to date and get additional support:

Email us at support@avawomen.com

Like us on Facebook www.facebook.com/avabracelet

Safety related symbols

Safety related symbols indicate all important instructions for safe use of this device. Ignoring these indications can lead to serious damage on the device or safety exposure for the user.



Not for pacemaker wearers. Consult your doctor prior to use.



Type BF applied part. This device has three metal contact points used by the Ava Sensor.



Avoid humidity.



Not intended for children.



Capable of being recycled.



Not to be placed in general waste.



