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Contents and Compatibility

What is included
1. Ava sensor pod
2. Ava bracelet
3. USB charging cable

Mobile device compatibility
Ava syncs with the following operating systems and devices:
• iOS 9.0 or later on iPhone 4s or later
Getting Started

Charging Ava

1. Connect Ava to power through the USB cable that is provided
2. 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. 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”

Now 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 of sleep per night. After four hours of sleep, your physiological signs become stable and accurate measurements can be taken.

Attaching the sensor pod to the bracelet

Attach the sensor pod to the bracelet by aligning front of the pod with the wrist side of the band and pressing it into the strap.

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 a:

- **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, synchronize it and wait for the green light to appear.

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

**Editing your Profile**

To edit your profile, open the menu and tap on “My profile.”

There you may edit your first or last name and password, log out, or delete your account.

**Dashboard**

On the dashboard, you can see your conception probability and your cycle day.

From this view, you can scroll through the dates to see data from previous nights. You can add the date of your period by clicking on the **drop icon**. You can mark the days when you have sex by clicking on the **heart icon**.
Attention: In order to see your conception probability you must add the date of your last period. If you don't know the date, enter it when you get your next period.

The background color changes according to your conception probability. The display is purple on low fertility days, pink on high fertility days, and mint-green on peak fertility days. This color reflects the fertility level of today. So, when you are currently in peak fertility and display data of a low – fertility day it will still be green.

To see a more detailed view of the data collected the previous night, tap the heart icon in the upper right corner of the screen.

To navigate to the menu, tap the menu icon in the upper left corner of the screen, or simply swipe left.

Health

The Health view displays detailed data from the selected night.

Tap the icon in the upper right corner of your screen to return to the dashboard.

Tap the icon on the upper left screen to access the menu.
What Ava tracks

In the Health view, you can see your resting pulse rate, skin temperature, heart rate variability, and sleep quality from the selected night of recorded data.

**Resting Pulse Rate:** Pulse rate is an accurate estimation of how often your heart beats per minute (bpm). Typical resting pulse rates for adults are between 40 and 80 bpm. Like many other physiological parameters, pulse rate is influenced by the changing hormonal levels and typically is higher in the second half of the menstrual cycle. Small variations in pulse rate throughout your cycle can help identify your fertile window.

**Skin temperature:** Skin temperature reflects your basal body temperature (BBT). Just as when you take your oral temperature with a BBT thermometer, tracking skin temperature can reflect your menstrual cycle, i.e. a small drop in temperature just before ovulation and a larger rise in temperature after ovulation has occurred.

**HRV ratio:** HRV ratio is one of the HRV parameters and the best one to monitor your physiological stress level. HRV or Heart Rate Variability means the variation in time interval from one heartbeat to the next. It gives an indication of how good your heart and body can adapt to changing demands in the environment and about the energy reserve of your body. A high ratio indicates a higher stress level, while a low ratio is associated with lower stress levels. The individual values vary a lot from person to person, so an increase or decrease from your average baseline value will tell you the most about your personal stress level. HRV parameters also change during the menstrual cycle, Ava measures these changes in combination with your daily values in order to predict your fertile window and your personal stress level.

**Sleep:** Ava measures your total sleep time and the time spent in different sleep phases. Chronic sleep deprivation has a negative impact on general health, including fertility. Ava also uses data about your sleep to better understand the other physiological signals.
Specifications and other information

Environmental conditions / Water resistance
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.

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.

Return policy and warranty
For information visit: [www.avawomen.com/terms-of-service](http://www.avawomen.com/terms-of-service)

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.
Regulatory and safety notices

**Regulatory information**
For information visit: [www.avawomen.com/quality](http://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.support.avawomen.com](http://www.support.avawomen.com)

**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](http://www.facebook.com/avabracelet)

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**Ava Science, Inc.**  
965 Mission St.  
San Francisco, CA 94103  
USA

**Ava AG**  
Räffelstrasse 26  
8045 Zurich  
Switzerland

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