

Ava Fertility App Guide

Version 1.6

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Representative in the EU

Emergo Europe Prinsessegracht 20 2514 AP The Hague, NL Representative in the USA

Ava Science, Inc. 77 Geary Street San Francisco, CA 94108, USA

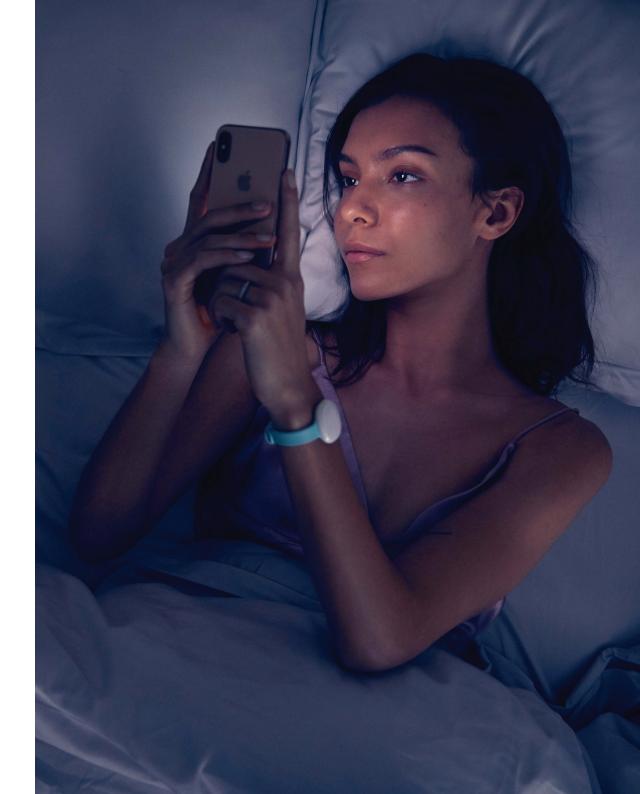


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INDICATIONS FOR USE

Ava Fertility is intended to measure and display physiological parameters (body temperature, resting pulse rate, heart rate variability, and breathing rate) as an aid in ovulation prediction to facilitate conception (not to be used for contraception).

INTENDED USE

Ava Fertility is a non-invasive device intended to measure and display physiological parameters to aid women in ovulation prediction to facilitate conception. Additionally, physiological parameters are collected to improve the quality of the prediction of the fertile window and to provide general information on health and wellness to users of Ava Fertility.

CONTRAINDICATIONS

Do not use Ava Fertility if you have an electronic implanted device (e.g. a pacemaker)

Not for contraceptive use.

Not for use by women with PCOS or cycles outside of 24-35 days.

Mobile device compatibility

Ava Fertility syncs with the following operating systems and devices:



iOS 10.0 or later



Android 5.0 or later

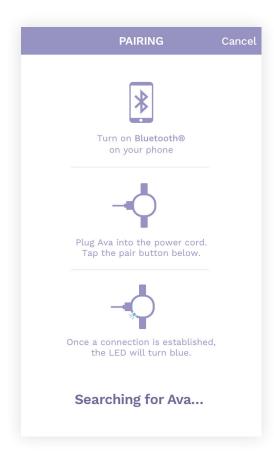


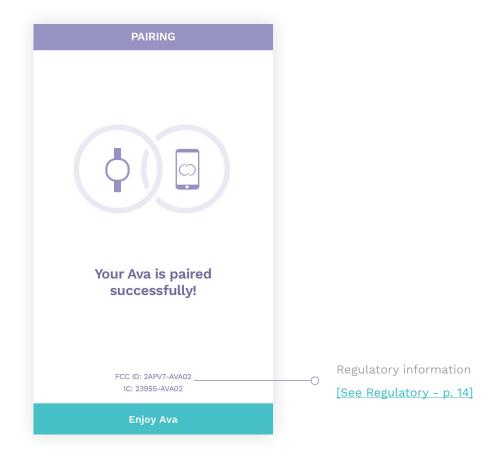




PAIRING

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







NAVIGATION

iOS Devices



Logging



Add Sex







Add period

Calendar ____



Period logged



Predicted period



Predicted high and peak fertility

Predicted ovulation

Cycle conformed to a biphasic pattern



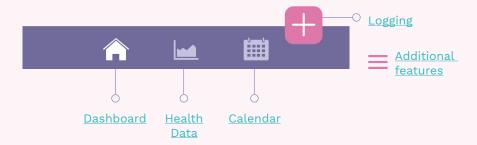
Health charts __



High and peak fertility



Android Devices



Logging _____



Add Sex

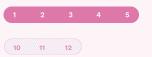






Add period

Calendar __



Period logged



Predicted period



Predicted high and peak fertility



Cycle conformed to a biphasic pattern



Logged sex

Health charts _____



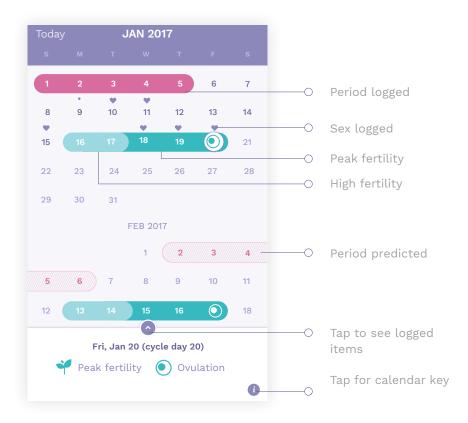
High and peak fertility



Menstruation

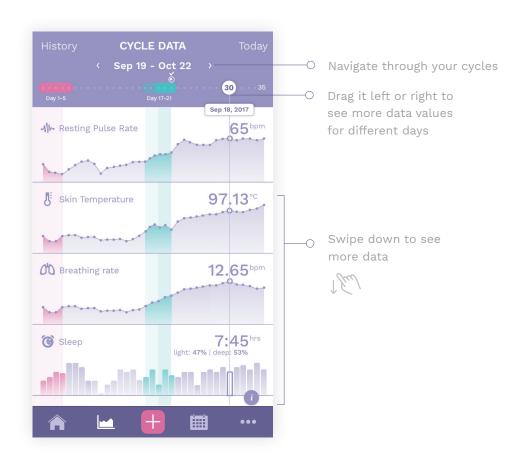
CALENDAR

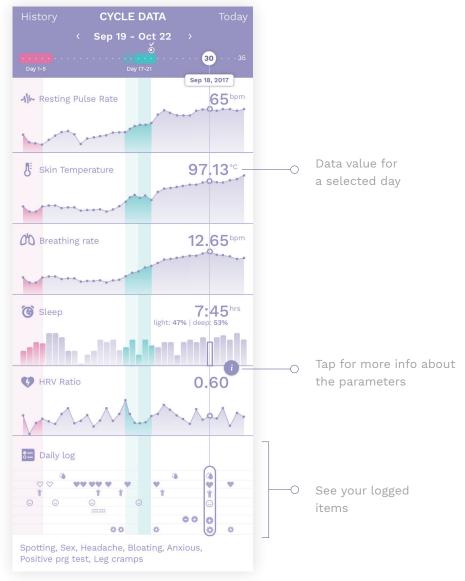




HEALTH DATA

The Health data view enables you to see your parameter values for a specific day and visualize your data throughout your cycle. You can also see what you've logged in correlation to your health data.



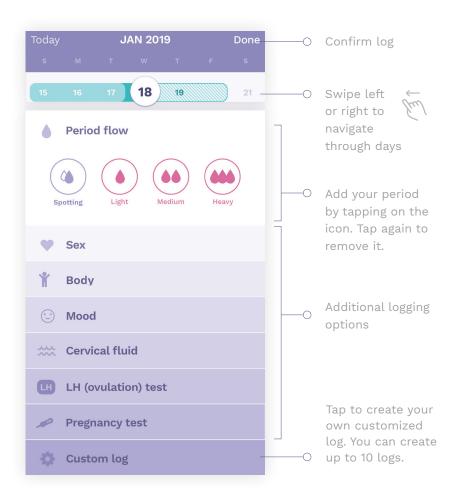


LOGGING

Log items during your cycle and see your logging pattern in the calendar and health data view.

Make sure you always log your period in order for Ava to make accurate predictions.

iOS Devices



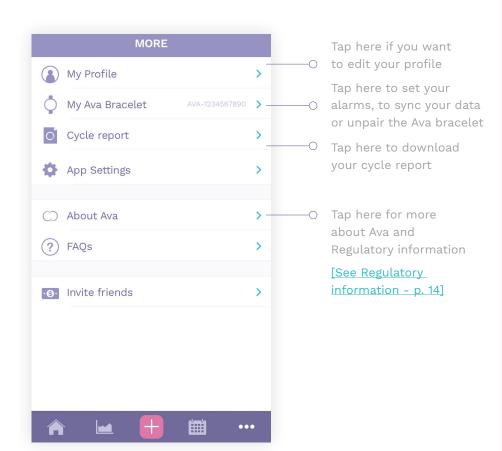
Android Devices



ADDITIONAL FEATURES



••• Tap on the more icon to access additional menu items.

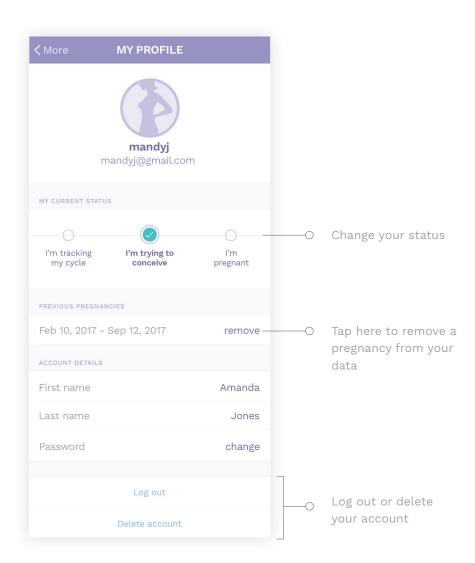


Android Device

Tap on the menu icon to access additional menu items.

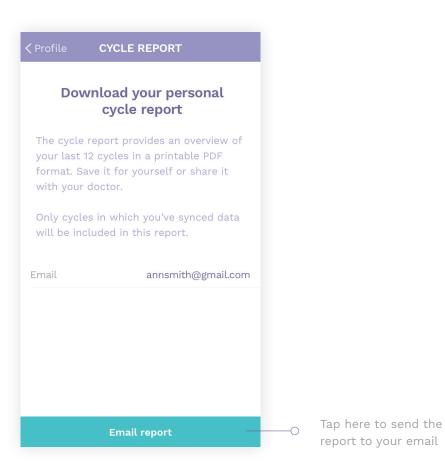


PROFILE



CYCLE REPORT

Once you have completed one cycle with Ava Fertility, a link to your cycle report will appear within the <u>additional features</u>. By tapping this link, you can email a personal cycle report (PDF) to yourself or your doctor.

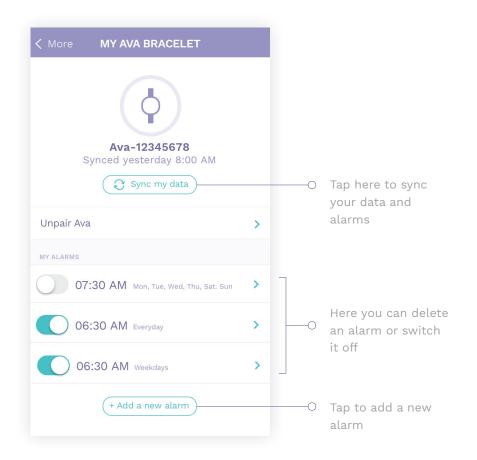


ALARM

The Ava bracelet gently wakes you up with a vibration.

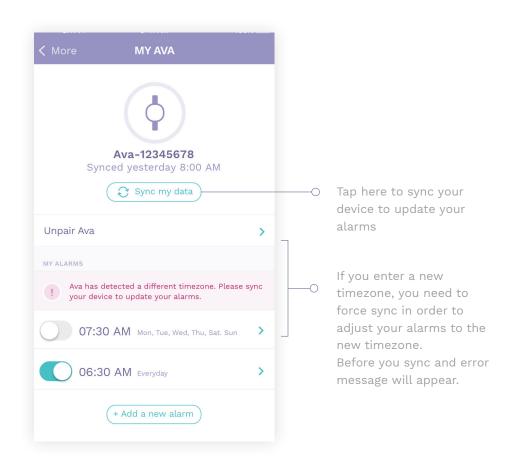
Once you've woken up, tap the bracelet twice to stop the alarm from vibrating.

You can set up to 10 alarms.



ALARM - NEW TIMEZONE

When Ava detects a new timezone it will warn you with a message.

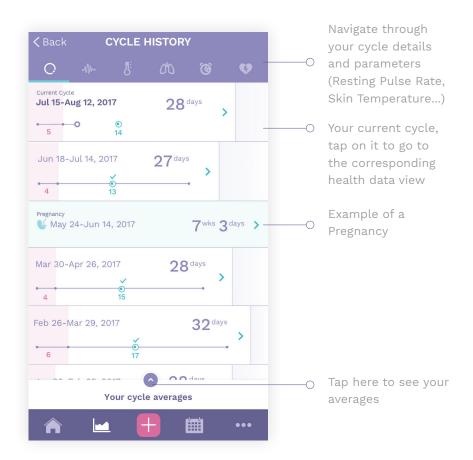


HISTORY VIEW

iOS Device



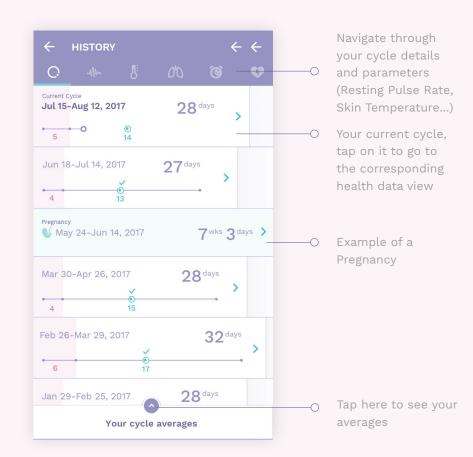
Tap "history" in the upper left of the <u>Health Data View</u> in order to see a complete history of your cycles and their corresponding health data. You will need to complete at least one cycle to see this view.



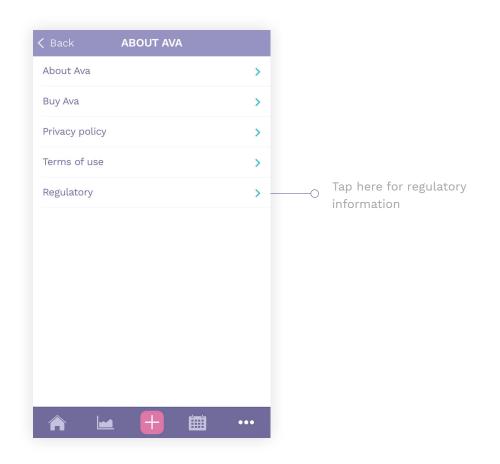
Android Device

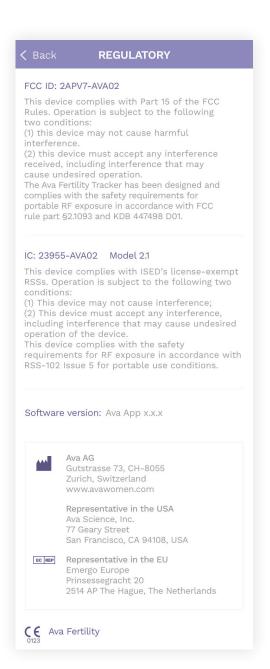


Tap Cycle history in the main navigation drawer to see cycle history. [See "Additional features" - p. 10]



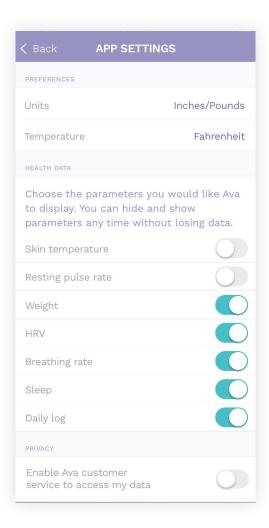
REGULATORY INFORMATION





APP SETTINGS

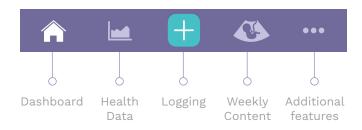
Here you can select which parameters you would like to display on the health data view and dashboard.





NAVIGATION

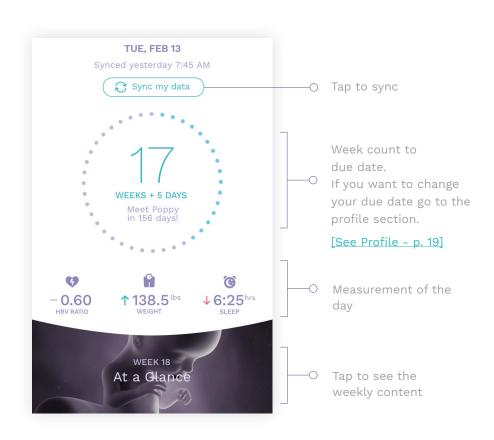
iOS Devices

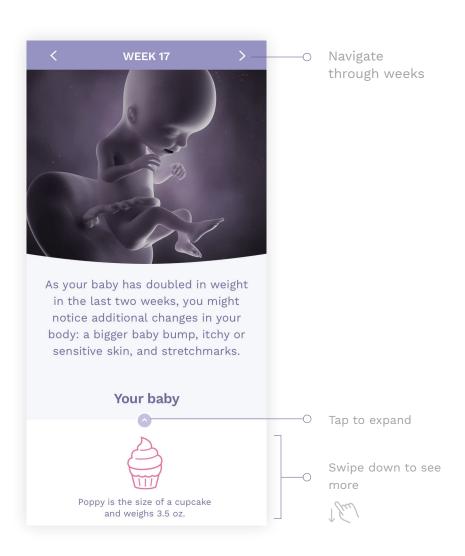


Android Devices



WEEKLY CONTENT



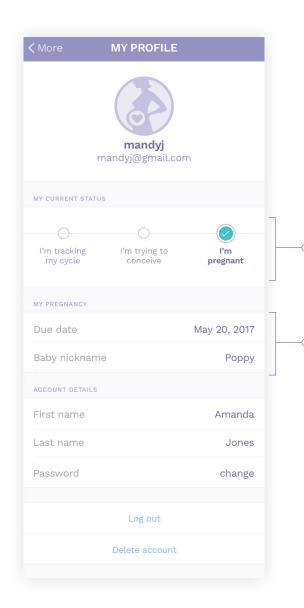


HEALTH DATA AND LOGGING

The Health data view enables you to see your parameter values for a specific day and visualize your data throughout your pregnancy. You can also log and track your weight.



PROFILE



You can remove a pregnancy by switching to "Trying to conceive" or "tracking my cycle".

After you've switched back to "Trying to conceive" mode, you can remove a pregnancy on the profile screen.

[See TTC Profile - p. 11]

Edit / adjust your due date and your baby nickname

ava

Ava Science, Inc.

77 Geary Street - 5th Floor

San Francisco, CA 94108

USA

Ava AG

Gutstrasse 73

8055 Zurich

Switzerland