

Congratulations on the purchase of *daysy*^{®*}, the latest fertility monitor on the market.

Our experience over the last 25 years has enabled us to develop this sophisticated and reliable fertility monitor for the way you live. No drugs, no intrusive devices, just a natural method of fertility planning with the assurance of the latest technology. Being in control with *daysy* will change your life. If you have any questions, please feel free to call us, or use our extensive FAQ on www.daysy.me. You can also view instructional videos online at www.daysy.me/tutorials

We wish you a successful start and a confident life ahead.

About daysy.

Daysy is your fertility monitor. Take your morning body temperature daily, under your tongue. When you are menstruating input these days. *Daysy* will help you track your menstrual cycle and determine when you are fertile and when you are not.

Daysy also has an App. You can download the *daysyView* App from the App Store or our website www.daysy.me. This App gives you additional information about your cycle.

Daysy is delivered with all necessary parts

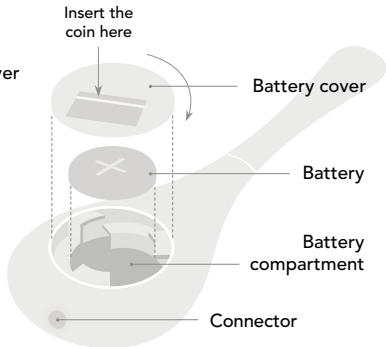
- Coin Cell Battery (CR2032)
- Sensor cap
- TRRS Audio Cable

Precautions.

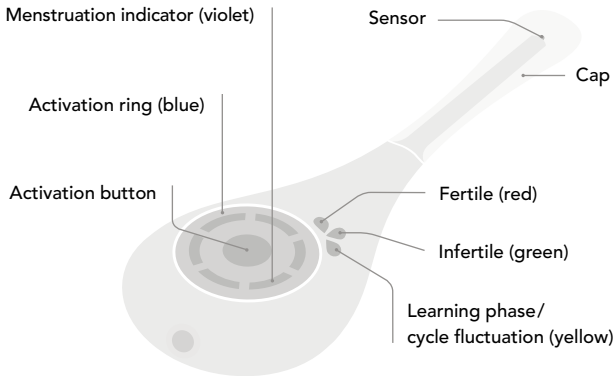
- Please read this manual before you start using *daysy*. Additional information about *daysy* can be found on www.daysy.me.
- Please stop taking hormonal contraceptives **before** starting with *daysy*.
- *Daysy* does not provide protection against sexually transmitted diseases in any way.
- *Daysy* can only be used by women with menstrual cycles lasting between 19 – 34 days.
- You should not use *daysy* while you are experiencing symptoms of menopause, or taking hormonal treatments.
- *Daysy* may be less effective in identifying fertile days if you experience irregular menstrual cycles.
- When changing *daysy*'s battery, be sure she is "OFF" before removing/replacing her battery.

First things first: Power daysy.

1. Place the battery into the **battery compartment** with the “+” sign facing you. Close the **battery cover** with a coin by rotating the cover clockwise until it locks in place.
2. *Daysy* will start a self-test clearly visible by the flashing lights.
3. *Daysy* does not have an OFF button. *Daysy* turns off automatically after 30 seconds.
4. You can switch *daysy* ON by pressing her activation button.



Indicators and their meaning.*



*Cover page shows the different fertility indicators

How to Use.

1. Every morning before you get out of bed, pick up *daysy* and press the activation button. The activation ring will light up quickly, and your fertility status from your last measurement will be displayed.
2. Press the button once more, and the lights of the activation ring will start rotating clockwise.
3. Put the sensor tip under your tongue, as far back as possible, and close your lips around the neck of *daysy*.
4. Wait until you hear 2 beeps.*
5. *Daysy* now shows today's fertility status. To review your fertility status later in the day, simply press the activation button, and your status will display.

**If daysy did not successfully take your temperature you will hear a grumble buzz.
If this happens please try again. Measurements normally take around 90s.*

Inputting menstruation.

After the temperature reading, the violet light may be blinking. This means that *daysy* expects menstruation to start soon.

- If you are menstruating, press and hold the activation button until the violet light remains illuminated and you hear a beep.
- If you are not menstruating, don't do anything, the light remains blinking.
- Enter menstruation for each day. Menstruation must be entered for at least 3 consecutive days.
- If you are menstruating and *daysy* does not ask you for menstruation, activate menstruation by pressing and holding down the activation button until the violet light is illuminated. This confirms menstruation.

Note: *After the pill or other hormone-based contraceptives: The first bleeding after stopping hormonal contraceptives is not a menstruation, but a pill-conditioned withdrawal bleeding. Do not enter menstruation for this bleeding.*

Important.

- Be sure to measure first thing in the morning. This means measure **before getting out of bed**. If you get out of bed and then remember, it is better to skip the measurement for that day.
- Be sure **to input when you have your period**.
- The more regularly you measure, the better *daysy* can track your cycle.
- In the beginning, you will see a lot of yellow and red because *daysy* requires about 3 cycles to pinpoint your individual fertile window. We know this can be frustrating, but please be patient. Once *daysy* knows your cycle, you will see the benefit.

Cleaning daysy.

Clean *daysy* with a damp cloth when needed. Avoid using too much water, as *daysy* is not waterproof. Alcohol and soap can be used in small amounts if necessary.

Battery.

The battery lasts approximately 2 years. If the battery is nearly empty, *daysy's* activation ring will blink frantically. If you change the battery within a day or two, your fertility calculations will not be affected. If the battery depletes completely, *daysy* will have to relearn where you are in your current cycle.

Note: When changing *daysy's* battery, be sure she is "OFF" before removing/replacing her battery.

Problems and troubleshooting.

***Daysy* learning phase – gives many yellow days.**

- *Daysy* needs to get to know your cycle. The more regularly you measure, the faster *daysy* knows your individual cycle. The first 2–3 cycles, *daysy* will be cautious and give you many days of yellow. To speed up this process, measure every morning. If you miss lots of measurements, *daysy* will show you yellow more often.
- *Daysy* will also show yellow when your cycle is fluctuating. Ovulation and menstruation can vary from cycle to cycle, so *daysy* will display this with the yellow indicator.
- Please check out our more detailed FAQ on www.daysy.me or contact our hotline.

The device does not do anything when the button is pressed.

Replace the battery. CR2032, available everywhere batteries are sold.

The ring blinks frantically.

Replace the battery as soon as possible.

Daysy does not start measuring, but grumble buzzes instead.

Remove the cable before measuring.

Daysy ends the measurement with a grumble buzz instead of beep-beep.

The measurement timed out and was not successful. Use these tips and retake your temperature:

- Put the tip of *daysy* all the way under your tongue. The tip must be nicely surrounded by body tissue to get a good measurement.
- Close your mouth while measuring.
- After starting a measurement, do not take *daysy* out of your mouth until you hear a beep-beep.
- If you have a fever, *daysy* may not accept the temperature.
- Please check out our more detailed FAQ on www.daysy.me or contact our hotline.

After I have pressed the button, or after inserting the battery, daysy shows the red indicator and the ring is blinking frantically. Something is wrong with daysy. Please contact our customer care department.

I am not going to use daysy in the coming months. What do I need to do?

If you plan not to use daysy for an extended period of time, clean her, remove the battery and store daysy in a dry place. Your data will not be lost.

How does daysy speak to me?

- Beep-Beep: Daysy is happy with the result, measurement was a success.
- Brrrrrrp (grumble buzz): Daysy is not happy. Measurement went wrong. or there is a problem during the self-test.
- Beep: Any button pressed is confirmed with a short beep.

For further questions of use, please visit our website's extensive FAQ section at daysy.me.

Technical data.

Intended use: *Daysy* is intended for measuring and recording basal body temperature (BBT) as an aid in ovulation prediction to facilitate conception (not to be used for contraception). *DaysyView* is a software accessory for *daysy* intended for displaying the fertility status processed, stored, and calculated by *daysy*.

Significant performance characteristics: Measurement of basal body temperature, estimation of fertility status, display of fertility status.

Indications/Contraindications.

Indications: *Daysy* fertility monitor can be used by women with regular menstrual cycles with a length between 19 and 34 days.

Contraindication:

- You have a medical condition that makes becoming pregnant dangerous - such as poorly controlled high blood pressure or heart disease.
- There could potentially be a health risk to the baby if you got pregnant, for example if you are dependent on drugs or alcohol, or taking medications known to cause birth defects.
- You are experiencing symptoms of menopause, or taking hormonal treatments and/or birth control hormones.
- You are having irregular periods so predicting your fertile time may be hard or impossible.

Warnings.

- Do not read today's fertility status in the App.
The most accurate reading is always on *daysy*.
- Do not measure while the cable is connected.
- Do not connect to anything but a smartphone or tablet.
- Do not connect to a smartphone or tablet while it is connected to anything else.
- Do not use when the housing is broken.
- Do not chew on the sensor.

- Do not bite/swallow housing or parts of it.
- Do not use with irregular menstrual cycles.
- Do not open the housing.
- Do not modify this device.
- Do not expose to high temperatures (i.e. boiling water)
- Do not expose to direct sunlight for extended periods of time.
- Measure only in your mouth.
- Do not over-insert the sensor into your mouth.
- Daysy is not contraception. If you chose to have sexual intercourse, Daysy can in no way prevent pregnancy.

Information on electromagnetic compatibility.

Medical electrical equipment needs special precautions regarding EMC for installation and use according to the EMC information provided in this user manual. Wireless communication equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations or walkie-talkies can affect this equipment and should be kept at least a distance of 3.3 m away from the equipment.

Note: As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2W yields $d=3.3$ m at an IMMUNITY LEVEL of 3V/m.

Intended user profile: Users are expected to be 15 years or older with 9+ years of public school, capable of reading and understanding this document.

Weight of device: 42 g, **Battery type:** CR2032

Device label.



The label to the left is a larger version of that included on the back of *daysy* for better readability.

General information.



Manufacturer



Date of Manufacture



Consult Instructions
for Use



Caution



CE Mark



Applied Part Type BF



Daysy's Smiley: The Smiley means that we hope you are enjoying using our product as much as we have enjoyed designing it for you.



WEEE: According to local laws and regulations, your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health.



Lot Number



Ingress Protection Rating: Protected against > 12.5mm objects. Vertically dripping water shall have no harmful effect when the enclosure is tilted at an angle up to 15° from its normal position.

Storage and operating conditions.



Temperature limitation:
Indicates the device can be safely stored at temperatures between -25°C and 70°C.



Temperature limitation:
Indicates the device can be safely used at temperatures between 5°C and 40°C.



Humidity limitation:
Indicates the device can be safely stored at relative humidities up to 93%.



Humidity limitation:
Indicates the device can be safely used at relative humidities between 15% and 93%.



Pressure limitation:
Indicates the device can be safely stored at pressures between 700 hPa and 1060 hPa.



Pressure limitation:
Indicates the device can be safely used at pressures between 700 hPa and 1060 hPa.

Warranty information.

Daysy consists of modern materials and high quality components that have been developed and processed with high quality standards. Each device has been controlled and tested.

1. We therefore guarantee that *daysy* stays free from defects of materials or manufacturing for a period of 2 years.
2. This warranty extends only to the original purchaser of a NEW Fertility Monitor and not to any subsequent acquirer. The warranty starts on the date of purchase of *daysy* by the original consumer.*
3. During the warranty, we guarantee repairs, exchange or refund of products with defaults according to our determination of the best option. We are not

**Please note that our manufacturer's warranty applies only to units purchased from authorized Valley Electronics dealers.*

liable for other claims like external force or follow up damage. We are not liable for claims resulting from improper usage, cleaning, handling or storage.

4. Warranty is voided by improper use or opening the device.
5. Warranty claims are only valid if the user indicates the defect immediately in writing within 2 weeks after such defect is discovered. Usage must be discontinued after the realization of the defect. Return the product, all accessories, and a copy of the original invoice via insured delivery to the authorized distributor from whom you purchased.

What the lights mean.

Fertility Indicators			M-LED	Activation Ring	State
red	green	yellow	violet	blue	
on	-	-	-	-	Fertile phase
blinking	-	-	-	-	Ovulating
-	on	-	-	-	Infertile phase
-	-	on	-	-	Learning phase or your cycle is fluctuating
on	on	on	-	-	Pregnant
blinking	blinking	blinking	-	-	Possibly pregnant
-	-	-	blinking	-	<i>Daysy</i> is asking for menstruation
-	-	-	on	-	Menstruation has been entered for the day
-	-	-	-	blinking	Low battery