



..... the small, safe, intelligent cycle computer

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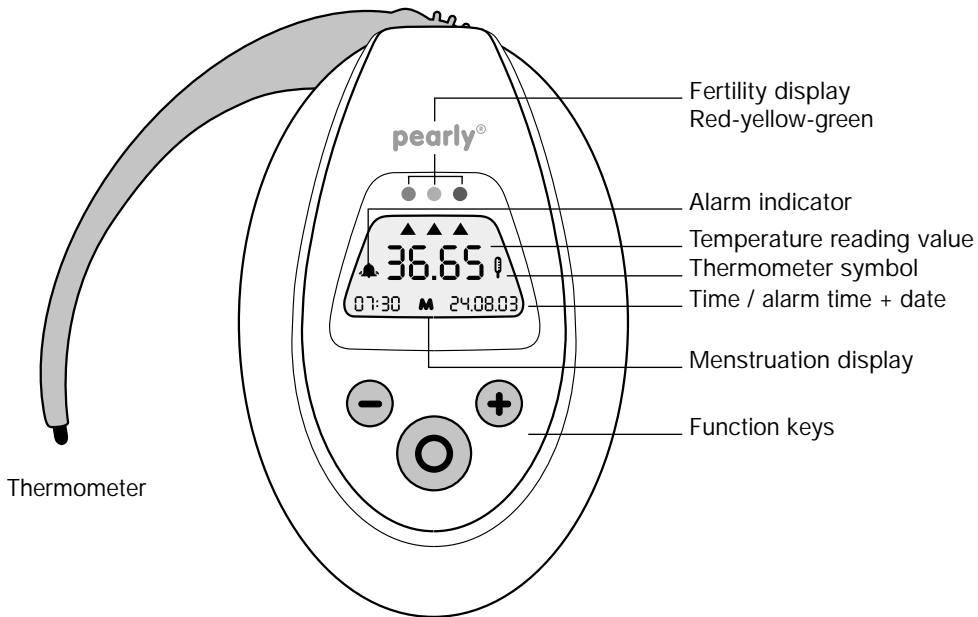
..... Congratulations

We would like to congratulate you on your decision to have a natural contraception in future.

With pearly you have a very reasonable and healthy and environmentally friendly alternative to conventional contraception methods along with the optimal safety on “green days”.

Please read these instructions attentively and completely for your own safety. Everything you should know about the device can be found in the Table of Contents or in the Alphabetic Index.

We wish you a good start.



- You can take your temperature early in the morning right after waking up.
- **Always** take your temperature immediately after waking up, before getting up, i.e. before becoming active in any way.
(morning temperature = basal body temperature)
- If you have past menstruation data, please enter it before the first temperature reading.
- The alarm clock must be set on the previous day before 12 p.m. and must be activated for the first day of application.
- Please stop taking the pill before using pearly.
Because: The programme is based on the fact that the ovulation is accurately identified. The pill, however, prevents the ovulation.
- The coil which is doped with hormones **must** be removed before beginning.
In case of a copper coil it is recommended to remove it.

Right from the beginning the programme works with entered historical data. The more regularly you take your temperature, the faster the device learns to know your individual cycle. It shows more and more green days (infertile days) and the red days (fertile days) are more and more limited.

.... Operating levels

TIME LEVEL



press shortly = switch it on

ALARM CLOCK 	ALARM TIME 07:30	TIME 13:46 DATE 24.08.03	
off / on	set alarm time 5 seconds <hr/> hours shortly <hr/> minutes 5 seconds	set time 5 seconds <hr/> hours shortly <hr/> minutes 5 seconds via time display ± 12.00 am/pm	

FERTILITY LEVEL



press shortly

FERTILITY 36.6 1 up to 99 days retroactive	TEMPERATURE READING VALUE + FERTILITY / CYCLE DAY 36.63 / .14 "M" no "M" yes enter menstruation data 5 seconds M	FERTILITY . advance display up to 6 days
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pearly switches off after 30 seconds of inactivity



press shortly / back to the time level

Round button 

- With the round button you can choose between time level and fertility level.
- With the round button you can prepare individual settings.
- Ready for setting: press and hold the round button for 5 seconds
- The display flashes, it is ready for setting. The respective data can be advanced or reversed by pressing the plus or minus button.
- Setting completed: press and hold the round button for 5 seconds
- Confirmation of the desired input: the flashing stops and there is an acoustic signal for confirmation.

Back to the starting position

- By pressing two buttons simultaneously you can always return to the starting position.

Plus button 

- With the plus button you can advance and enter data (for example to confirm menstruation).
- One press on the plus button advances the display by one unit respectively.

Minus button 

- With the minus button you can go backwards (for example displays of past temperature reading values).
- One press on the minus button reverses the display by one day respectively.

Fast mode

- By pressing and holding the plus or minus button, you can fast advance or go backwards.

Fertility displays

The fertility is indicated by three colours:

- **green** infertile
- **yellow** learning area and transition area, missing temperature reading value (e.g. at the beginning of the application or interruption of use)

- **red** fertile

- ▲ **arrow flashes on red** prognosis ovulation day

Proceeding from the time display, press the round button once.

- The temperature reading value of the day, alternating with the current cycle day and the possibly entered "M" data is shown.
- The triangular arrows show the respective fertility of the day: red, yellow or green.



TEMPERATURE
READING VALUE



CYCLE DAY

Potential fertility display

Proceeding from the temperature reading value

- Press the plus button once to see tomorrow's fertility to be expected.
- Press the plus button several times to see the fertility of the following 6 days.

Every prediction is a prognosis. The fertility of a "prognosis day" may deviate from the fertility ascertained on the respective day. The current fertility shown is applicable.

Retroactive fertility display

All previous temperature reading values can be retrieved up to 99 days.

Proceeding from the temperature reading value

- Press the minus button once. By pressing several times you return into the past fertility displays step by step. By holding the minus button you go to the fast mode.
- By pressing the plus button you return to the starting position on a day-to-day basis or in the fast mode.
- The fertility and temperature reading value of the respective date is shown respectively.
- By pressing two buttons simultaneously, you return to the starting position.

Self-testing and initial temperature reading

pearly shows you all displays in a self-testing.

Proceeding from the time display:

- Press and hold the plus button for 5 seconds.
- pearly now runs through all its symbols independently. The symbols are visible.
- Now press any button, the thermometer symbol flashes and is ready for an initial temperature reading. The initial temperature reading value is shown but not saved.
- By pressing the minus and plus button simultaneously the procedure is completed.

Switching on pearly

Press any button.

Automatic switching off and automatic return into the time display

- If you do not press any button for 30 seconds, the device automatically returns to the time display.
- When you press the plus and the minus button simultaneously, the device automatically returns to the time display.
- The device is automatically switched off after 30 seconds when the time display is reached.

1. **Setting the time**
2. **Enter menstruation data**
3. **Setting the alarm time**
4. **Activate the alarm clock**

5. **Basal temperature reading**
6. **Enter "M" when menstruation**

When you receive pearly, the year, date and time are already correctly set.

When travelling in different time zones you have the possibility to change the date and time to the local time.

Setting the time

By pressing the round button you can choose the time level with "time" and "date".

- Press and hold the round button for 5 seconds.
- The hour setting flashes.
- Adjust the hours with the plus or minus button advancing or reversing.
- Press shortly the round button.
- The minute setting flashes.
- Adjust the minutes with the plus or minus button advancing or reversing.
- Input completed: press and hold the round button for 5 seconds.
- The input is confirmed by a short acoustic signal.

Setting the date

Via hours input = 24 hours.

Enter past menstruation data “M”

If you have past “M” data about your cycle, you can enter it in your pearly. Retroactively this is possible up to 99 days.

Only the first “M” day is to be entered per cycle, the device saves automatically the following two “M” days.

This retroactive input of one “M” day per cycle is only applicable for the input before taking the device into operation.

- Proceed as described under “Retroactive fertility displays” (page 9) and Activating “M” (page 16).
- Begin with the input of the furthest menstruation back in time.

The alarm clock must be set on the previous day before 12 p.m. and must be activated for the first day of application.

Setting the alarm time

Proceeding from the time display:

- Press the minus button once and the alarm time appears on the display.
- Now press and hold the round button for 5 seconds.
- The hours setting flashes.
- Adjust the hours by advancing or reversing the plus button or minus button.
- Press the round button shortly.
- The minutes setting flashes.
- Adjust the minutes by advancing or reversing the plus button or the minus button.
- Input completed: press and hold the round button for 5 seconds.
- The input is confirmed by a short acoustic signal.

Activating the alarm

Switch on the device. You can see the time display down left.

- Press the minus button once and the alarm setting appears.
- Press the minus button again, the alarm symbol flashes.
- Activate the alarm by pressing the plus button and deactivate the alarm by pressing the minus button.
- On the first day of application you have to be woken up by pearly. On all other days you can, but you do not have to be woken up by the device.

When putting into operation sample values are saved in your pearly. These values are automatically deleted as soon as you have made your own first temperature reading. The sample values appear again if you ever delete your user data.

Temperature reading time limit

pearly controls the temperature reading time limit. **It comprises 6 hours**, beginning and ending three hours before and after the temperature reading time, if differing from the alarm setting time.

Temperature can **only** be taken once a day, **within** the temperature reading time limit.

You recognise the temperature reading time limit by the constantly illuminated temperature reading symbol.

Taking your temperature, general information

Taking your **basal body temperature** reliably every day is one of the key elements of our system. The basal body temperature is the temperature immediately after waking up, before getting up, before becoming active in any way.

The more regularly you take your temperature, particularly at the beginning of the application, the faster the device gets to know your personal cycle.

Information on taking your temperature

Place the thermometer under your tongue, right at the back, either to the left or the right of the frenulum and close your mouth. While taking your temperature, the thermometer should not be moved. You will get the best results when choosing the same thermometer position every day.



Temperature reading



pearly wakes you up with a signal tone. By pressing any button, the alarm tone can be switched off. If you want to take your temperature, press a button subsequently again.



The symbol “temperature reading” flashes, pearly is ready for a temperature reading.

- Now place the thermometer under your tongue and close your mouth.
- The temperature reading takes approx. 50 - 60 seconds.
- Should there be interruptions when taking your temperature, e.g. by moving the thermometer in your mouth, the temperature reading is automatically extended.
- You can hear an acoustic signal when the temperature reading is completed.

Enter menstruation data "M"



After the temperature reading the "M" = menstruation symbol possibly flashes.

- If you are menstruating, press the plus button and if you are not menstruating, press the minus button.
- In the further cycle course pearly asks only for menstruation if it is expected.
- The "M" query begins two days before the menstruation is to be expected, so you can adapt yourself.
- Should you menstruate later than expected, negate the question regarding "M" by pressing the minus button.



"?" appears if no plausible data is entered. Please repeat input correctly.

Activating "M"

If you menstruate earlier than expected and pearly does not ask for "M", you have the possibility to activate "M" yourself.

Proceeding from the window "temperature reading value":

- If you press and hold the round button for 5 seconds, "M" flashes.
- Confirm "M" for this day by pressing the plus button.
- As confirmation "M" remains illuminated.

Entering "M" at a later time

If you have not entered "M" after an interruption of use (e.g. because you were ill or on holiday) and you would like to supplement the data, this is possible within the first three days of back in operation (see Activating "M" and Entering past menstruation data page 12).

Travelling/Time zones

When travelling in different time zones you have the possibility to change the date and time to the local time. The temperature reading does not apply on the first day.

Shift work

In case of shift work the alarm setting and therefore the temperature reading time limit is directed towards the real sleep time. Basically the basal body temperature (wake up temperature) must be recorded.

Pregnancy display

pearly indicates a pregnancy starting from the 18th day following fertilisation by the simultaneous constant illumination of the red, yellow and green indicators.

Mono-phases

If there is no ovulation in a cycle, pearly indicates this with •red•.

Back in operation after an interruption

The date, the year and the time continue to work automatically unless the battery is flat. The temperature reading time limit is left open due to the fact that no temperature readings were made and must be reset via the alarm clock. Data remains to be stored, even if the battery is run-down.

Cleaning the thermometer

The tip of the thermometer can be cleaned with lukewarm water. Please **do not** use chemical substances and **no** alcohol.

Battery

The lifetime of the battery of pearly is 2 to 3 years. After expiry of this time we ask you to send the device in to replace the battery.

We save your data, replace the battery, load the latest software, if any, and send the device back to you. Then pearly operates again for a period of 2 to 3 years.

If the complete state of charge of the battery is not given any longer, this will be shown when switching on the device:

BA:09 BA:09 request to recharge
the battery

BA:01 the battery is run-down

(Delete display:
press plus and minus button
simultaneously)

Print-out

The last 99 days of your cycle data stored in your pearly can be printed out at your producer and can be analysed afterwards.

Deleting saved data

User data can be completely deleted and the device can be set into an initial state.

- Press the plus button for 5 seconds, then the test run will start.
- During the test run press all 3 buttons simultaneously for 5 seconds.
- L-:09 appears.
- You must count down by pressing the minus button until the display shows L-:00.

Your data is now completely deleted. You will hear an acoustic signal. The sample values are shown on the display again, as it is the case at the beginning of the application.

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