



INSTRUCTIONS FOR USE

A GOOD CHOICE!

We are glad to see you decided to rely on natural cycle control in the future. pearly® is good for your health and the environment. Please read these instructions carefully and completely for your own safety. For more information about how to use the device, please refer to the table of contents or to the alpha-betical index.

pearly® is here to make your life easier throughout!

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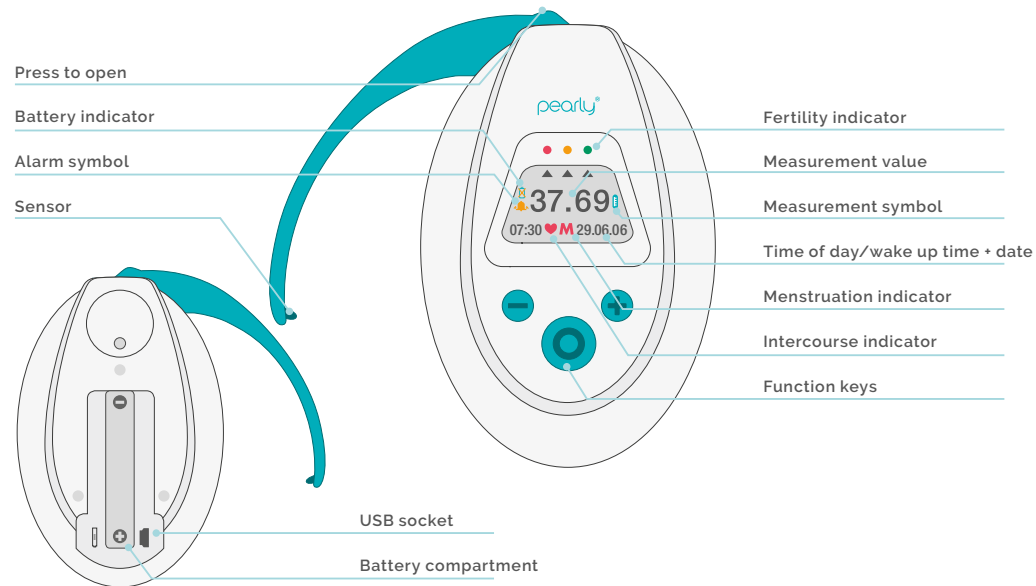
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1. FIRST THINGS FIRST

- Before using pearly® you should discontinue taking the pill: to be fully effective, the software must exactly determine the time of ovulation. The pill, however, hinders ovulation.
- Remove your hormone spiral before you begin. This is also recommended in case you use a copper spiral.
- You may start measuring your temperature at any time during your cycle.
- Measure your temperature immediately after waking up before getting out of bed, thus before being active in any way (wake-temperature - basal body temperature).
- If you have recorded your menstruation data in the past, then please input them into the device before taking the first measurement.
- Set and activate the alarm before you start using the application.
- In case of a measurement-free day, reactivate the alarm for the following day.

The software uses your base data right from the start. The more regularly you measure your temperature, the sooner pearly® will be familiar with your specific cycle. With increasing «knowledge», the red (-fertile) days will become fewer and the more green (-infertile) days will be available.

2. BASICS



3. USER LEVELS

Time level

Device is off
 Press briefly = switch on

Alarm	Wake-up time	Time of day	Serial number/trial measurement
<input type="checkbox"/> off/on <input checked="" type="checkbox"/> on <input type="radio"/> 5 sec. <input type="radio"/> hrs. <input type="radio"/> press briefly <input type="radio"/> Min. <input type="radio"/> 5 sec.	07:30 Set wake-up time <input type="radio"/> 5 sec. <input type="radio"/> hrs. <input type="radio"/> press briefly <input type="radio"/> Min. <input type="radio"/> 5 sec.	13:46 Set time <input type="radio"/> 5 sec. <input type="radio"/> hrs. <input type="radio"/> press briefly <input type="radio"/> Min. <input type="radio"/> press briefly	5 Sec. 0100 Software and serial number <input type="radio"/> press briefly Trial measurement

Date
 24.10.14
 Set date
 5 sec.

press briefly = fertility level

press simultaneously - back to time level

Fertility level

Review	Measurement value - Fertility indicator / cycle day	Prognosis
36.63 Displays last 99 days	36.65 .14 5 sec.	. Displays next 6 days
	<input type="radio"/> 5 sec. <input type="radio"/> «M» no <input checked="" type="radio"/> «M» yes <input type="radio"/> press briefly	
	<input type="radio"/> «IC» no <input checked="" type="radio"/> «IC» yes	

press briefly

Bluetooth

Bluetooth	Initialised	Partner device found - connected	Data transmission
BLUE Bluetooth not activated	ln l Partner device found - connected	cOnnEc Partner device found - connected	54nc Starting data synchronisation

For details see page 22

4. FUNCTION KEYS

Circle key

- Use the circle key to switch between the menu levels time, fertility, and Bluetooth.
- The circle key allows you to prepare for individual settings.

- Ready to accept settings:

Hold the circle key down for 5 seconds.

- The display blinks once and is now ready to accept a setting. Settings can then be set forward or backward using the plus or minus key.

- To confirm:

Hold the circle key down for 5 seconds.

- Setting confirmed: The display stops blinking and sounds a tone to confirm acceptance of this setting.

Plus key

- Use the plus key to move to the next field and make an input (e.g. confirm your period).
- Press the plus key to move to the next field in one step.

Minus key

- Use the minus key to move to the previous field (e.g. display past measurement values).
- Press the minus key to move backward by one day.



Return to home

- Press the plus and minus keys simultaneously to return to home.

Fast forward/fast backward

- Press and hold the plus or minus key to fast forward or fast backward.

5. BEFORE YOU BEGIN

- 1. Insert the battery**
- 2. Set the time/date**
- 3. Setting the alarm time**
- 4. Activate the alarm**

1. Insert the battery

Please insert the battery as soon as you receive your pearly®. For more details about the battery types see page 25.

2. Set the time/date

With the insertion of a new battery, you may not only set the time and day but also the month and year.

Please insert the battery once you have received your pearly®. Then set the time, date and year (see p. 22). You may wish to set the date and time to the local time when travelling to other time zones.

5. Input menstruation data post-hoc (optional)

6. Measurement the next morning

7. Read your fertility status

8. Input «M» for menstruation

2. Setting the alarm time

Starting from the time of day:

- Briefly press the minus key to display the wake-up time.
- Hold the circle key down for 5 seconds.
- The hour setting should be blinking.
- Set the hour forward or backward using the plus or minus key.
- Briefly press the circle key.
- The minute setting should be blinking.
- Set the minutes forward or backward using the plus or minus key.
- To confirm settings:
 - Hold the circle key down for 5 seconds.
- A short tone will confirm your settings.

4. Activate the alarm

Switch on the device. The time will appear at the bottom left.

- Now press the minus key to display the wake-up time.
- Press the minus key again and the wake-up signal will start to blink.
- Activate the alarm using the plus key or deactivate it using the minus key.
- **Ensure that pearly® wakes you up on the first day of using the application.** You are then free to choose if you want to be woken by pearly® on the other days.
- **Do not forget to reactivate the alarm**, in case a measurement is skipped.

The volume of the alarm sounds louder when you leave the sensor unfolded.

5. Input menstruation data

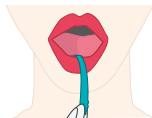
«M» post-hoc

If you have recorded «M» (menstruation data), input them into the device before taking the first measurement. Activate «M» as indicated below. If you have had a few measurement-free days and you have had your period during that time, you may wish to input «M» post-hoc. Please proceed carefully with the input as incorrect values can only be corrected for the past three days.

- Proceed as described under Inputting «M» post-hoc (p. 18).
- Enter your post-hoc «M» inputs starting with the least recent menstruation.

6. Measuring your temperature the next morning

Measure your basal body temperature daily after waking up. The basal body temperature is the temperature you have immediately after waking up, before getting out of bed, i.e. before being active in any form. For more information about the measuring process, please go to page 15.



The device is ready for measuring: within 3 hours before or after the time you last measured your temperature or since you last set the alarm.

7. Reading your fertility status

The device displays your measurement value and your fertility for the day:

- red fertile
 - green infertile
 - yellow learning or transition zone
 - Arrow blinking red
- Ovulation day forecast (=ovulation)

8. Entering «M» in case of menstruation

After measuring, you will see «M» menstruation blinking if the case may be.

- In case of «M» yes (you have your period), press the plus key. M is on.
- In case of «M» no (you don't have your period), press the minus key. M will disappear from the display.
- Please input «M» on three successive days at least.
- If you have «M» (your period) without being prompted by the device, then activate «M» (see p. 18).

6. SELF-TEST, SERIAL NUMBER AND TRIAL MEASUREMENT

When you begin, pearly® will give you default values. These will be automatically deleted as soon as you have taken your own first measurement or input your previous menstruation data. The default values will come up again if you delete your own user data.

To switch on pearly®

Press any key.

Automatic switch-off and automatic return to the time view.

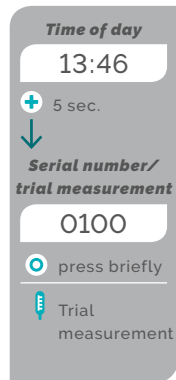
- If no key is pressed for 30 seconds, the device turns off automatically.
- Press the plus key and the minus key simultaneously to automatically return to the time view.

Starting from the time view

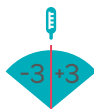
- Hold the plus key down for 5 seconds.
- In the first 5 seconds after turning on the device, the display shows the **serial number** of the device and the **software status**.
- If no key is pressed, a self-test is run and all symbols are displayed successively and disappear shortly.
- Press the circle key during the serial number view or during the **self-test** in order to start a **trial measurement**. The result of the trial measurement will be displayed but not stored.

Cancel/back

- To cancel the process, press the plus key and minus key simultaneously to return to the time view.



7. MEASUREMENT PERIOD



Measurement period

pearly® monitors the measurement period. Based on the factual time you measured your temperature, it determines the measurement period for the upcoming days.

The measurement period is **six hours** and **starts / ends three hours before / after the time point you last measured your temperature**, if it deviates from the alarm settings.

Measurements can only be taken once a day and must fall within this measurement period.

Do not forget to activate the alarm before taking your first measurement.



The measurement period is displayed beside a permanent symbol. The measurement period is calculated based on the factual measurement time from the previous day (-3/+3 hrs.)

Example:

Day 1: Measurement taken at 6 am
Day 2: Measurement period 3am – 9am
Measurement taken at 7 am
Day 3: Measurement period 4am – 10 am
Measurement taken at 9 am
Day 4: Measurement period 6 am – 12 am
Etc.

As a rule, the wake-up time and measurement time will be identical and we recommend to let pearly® wake you.

Should you wake up within the measurement period, e.g. because you have to care for your child, then measure your temperature right away.

Should you wake up after the measurement period has expired, you will have to reset and reactivate the alarm before you can measure your temperature.

Changing the measurement period

The measurement period changes with the alarm settings, e.g. on weekends or when working shifts.

Measurement period cleared

If you skip a day, then the measurement period **will be cleared** and must be reset using the alarm.

8. MEASURING YOUR TEMPERATURE

Measurement – general information

Our system ultimately relies on the daily consistent measurement of your basal body temperature. The basal body temperature is the temperature you have immediately after waking up, before getting out of bed, thus before being active in any way. The more regularly you measure your temperature especially in the early phase, the faster the device will get to know your personal cycle.

Tips for measuring your temperature

Put the sensor under your tongue, right or left of the frenulum, and close your mouth. The sensor should stay firmly in place during the measurement process. The best results are achieved if you choose the same position every time.

Measuring your temperature



pearly® wakes you with a tone. Press any button to switch the alarm tone off. To start measuring, you must press another button.



The «Measurement» symbol starts blinking, pearly® is now ready to measure your temperature.

- Now put the sensor under your tongue and close your mouth.
- The measuring process will take approx. 1-2 minutes. Should no measurement value be taken after 3 minutes, the process will be cancelled automatically.
- The display shows a range from 34.5 to 41.0 degrees C.
- For values above 37.8°C, the displayed value will alternate with «F» for fever.

Once you are finished, you will hear a tone and the measurement value will appear.

- The fertility status for the day will also be displayed.

Measurement errors

See page 28 «Errors and corrective action»

Cancel / repeat

measurement process

To skip a measurement or cancel the measurement process, stop the process by pressing the minus and the plus key simultaneously. You will hear a tone. The device is now cancelling the measurement process. If you wish to repeat the measurement at a later stage, wait for the device to switch off. If it is switched on again during the measurement period, pearly® will be ready to measure again.

Measurement symbol not on

If the measurement symbol is not on in the morning, activate the alarm. pearly® will be ready to take your measurement again.

Measurement-free days

In case of temperature increases, e.g. in case of a cold, the flu, fever, lack of sleep, excessive alcohol consumption etc., please read page 24.



9. INPUTTING MENSTRUATION DATA

Just enter «M» on all days that your period lasts, at least on three consecutive days.

Inputting menstruation data after starting the application



After the measurement process, «M» (menstruation) will be blinking as the case may be.

- In case of «M» yes (you have your period), press the plus key. «M» is on.
- In case of «M» no (you don't have your period), press the minus key. «M» disappears.
- A tone confirms the input, the current cycle day is displayed alternately with the measurement value.

Inputting «M» after using the application for some time

As soon as pearly® knows your cycle, the device will prompt you for «M» on the day «M» is expected.

- The «M» prompt («M» blinking) begins 2 days before your expected period.
- Once «M» is over, pearly® will stop prompting you for it.

The first bleeding after discontinuing the pill is a pill-induced withdrawal bleeding, not a period. Do not input «M» in this case.

Correcting «M»

Erroneous «M» inputs can only be corrected for the current day and three days before. To input or correct several «M» days post-hoc, please always start with the least recent «M» day (see p. 18).

Activating «M»

If you have «M» on a date unprompted by pearly®, you should activate «M».

Starting from the clock display:

- Press the circle key. You see today's temperature and fertility indicator.
- Hold the circle key down for 5 seconds. «M» is blinking.
- Press the plus key and input «M». «M» is on.
- Now pearly® will prompt you for «M» in the next days.

Inputting «M» post-hoc

1. It is possible to input previously recorded «M» data before starting the application.

2. If you had a few measurement-free days (e.g. holidays) and you had the period, you may wish to input «M» post-hoc. If no measurement values have been entered, you may start max. 99 days back. Start with the least recent day. If you already have entered some measurement values, you may correct «M» for the past three days.

Starting from the clock display:

- Press the circle key once.
- Turn back to the required date using the minus key.
- Now hold the circle key down for 5 seconds. «M» is blinking.
- Confirm «M» by pressing the plus key. «M» is on.
- To correct: use the minus key to deny «M».

10. INPUTTING INTERCOURSE

Starting from the time view:

- Press the circle key once.
- To input for yesterday, press the minus key once.
- Now hold the circle key down until you see a blinking M.
- Release the circle key and press briefly again: you see a blinking heart.
- Press the plus key: confirm intercourse, heart is on.
- Or press the minus key: delete intercourse, heart disappears.

Input only for the previous day:

You may only input intercourse for the current day or the day before; it has no bearing on the results.

11. FERTILITY INDICATOR

Fertility indicator

Fertility will be displayed in three colours:

- Green** infertile
- Yellow** learning and transition zone, no measurement values available (e.g. starting or discontinuing the application)
- Red** fertile
- Arrow blinking red** Ovulation day forecast (ovulation)

Starting from the time view, press the circle key once.

- You will see the measurement value of the day, alternating with the current cycle day and your input for «M», if any.
- The triangular arrows and the colour of the display will show your fertility status for the day: red, yellow or green.

The device gets to know your cycle

The more regularly you measure the faster the device will get to know your personal cycle. The number of «green days» will continually and prudently increase.

If the device receives no information or invalid information for some time, the number of «yellow days» will gradually increase.

Fertility preview

Starting from the current measurement value:

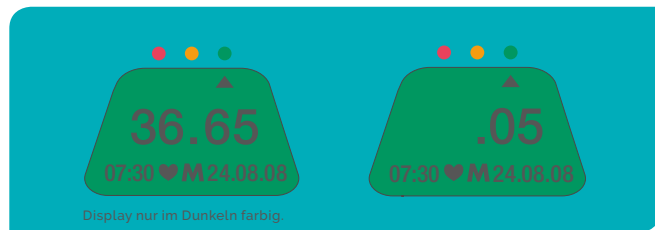
- Press the plus key once to see your fertility status for tomorrow.
- Press the plus key several times to see your fertility status for the coming 6 days.

Fertility review

You may review your fertility status for the last 99 days.

Starting from the actual measurement value

- Press the minus key once. By pressing this key repeatedly, you will go back to the previous fertility statuses step by step. Hold the minus key down for a fast backward.
- Use the plus key to fast forward to home day after day.
- You will see the fertility status and measurement values of the relevant days.
- Press the plus key and the minus key simultaneously to return to the time view.



Each forecast is a prognosis. The fertility of a prognosis day may deviate from the actual fertility status determined on the relevant day. In case of doubt, only rely on the fertility status displayed for the current day!

12. ALSO GOOD TO KNOW

Printing your data

The stored data may be read out if you wish using:

- A mini-USB cable and a PC or tablet
- Or a Bluetooth Smart Ready® device and the corresponding app.
- In «App Stores» for Android and iOS devices our «pearly® cycle» app is available for download.

Reading out analysed cycle data:

Register on the website www.lady-comp.de. You will receive your personal access code. You may now read out your data using a mini-USB cable.

Our experienced staff will be glad to help you analyse your data and inform you personally about your cycle.

info@lady-comp.de or give us a call.

Bluetooth

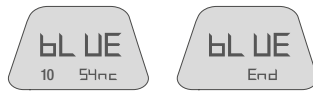
- Plus key, initialising interface.



- Interface initialised: Look for partner device (e.g. cell phone) until the connection is active.



- Synchronize data (progress indicated in %).



- Transfer complete (Bluetooth off), if connection times out: back to item 2.

Setting the time and date

Press the circle key to select the time view with «Time and date».

- Hold the circle key down for 5 seconds.
- The time setting should be blinking.
- Correct the hours using the plus key (forward) or minus key (backward).
- Press the circle key briefly.
- The minute setting should be blinking.
- Correct the minutes using the plus key (forward) or minus key (backward).
- Hold the circle key down for 5 seconds to confirm your time settings.
- Or press briefly, day blinking, to move forward with the plus or backward with the minus key.
- Finish settings: hold the circle key down for another 5 seconds.
- A brief signal will confirm your input.

If you have not used pearly® for a long time (for example during pregnancy) and the battery has been removed or has become discharged, you will also need to set the month and the year.

Fever

If the measurement value indicates a fever (higher than 37.80°C), «F» for fever will be displayed alternatingly with the measurement value. Our recommendation is to skip a measurement on the day of a feverous cold, medical drug consumption, or a party night in order to avoid atypical values. Important: Do not use pearly® to control your health status, this should be done with a medical thermometer.

Deleting stored data

It is possible to completely delete all user data and use the device from anew.

- To do this, press the plus key for 5 seconds to start the test run.
- During the test run, press all 3 keys simultaneously for 5 seconds.
- The display will show L-:09:
- Use the minus key to count down to L-:00.
- You have now completely deleted all your data. You will hear a tone. The display now shows the default values, as before you started the application (temperature 36.65, day 14 of cycle).

Skipping a measurement

If you skip one or several measurements, the device will determine your fertility based on existing data. The more regularly you measure your temperature, the better the device will analyse your cycle and the more green days you will have.

Mini-USB cable

To read out your data, only use devices that support reading USB «mass storage devices». Most PCs, laptops, and many tablet computers will support this function. The USB socket may only be used for connections with devices of this type. You may not access pearly® while it is connected to a USB application.

Mono-phases

If you don't ovulate in a certain cycle, pearly® will show this throughout in red.

After the pill

You will have to discontinue taking the pill before you begin using pearly®. The first bleeding after discontinuing the pill is a pill-induced withdrawal bleeding. Do not input «M» in this case.

Travelling/time zones

If travelling to other time zones, you may wish to set the date and time to the local time. Set and activate the alarm using the new measurement time. pearly® will be ready for measuring the next morning. The same should be done after you return home.

Shift work

Set and activate the alarm to the new measurement time. pearly® will be ready to measure. Do likewise at the next change of shift (see p. 11 and 14).

Pregnancy indicator

Normally pearly® will indicate a pregnancy starting from the 18th day after fertilization, by showing the arrows pointing to red, yellow and green simultaneously, the arrows will be on.

Summer and winter time

Set the time forward to summer time or backward to winter time.

Temperature increases (colds)

A flu, lack of sleep, excessive alcohol consumption and/or medicinal drugs with a thermic effect are «atypical» and will be recognised as such by the device.

Restarting the application after an interruption

The date, year and time will continue to run automatically until the battery is empty. The measurement period is cleared on measurement-free days and must then be set anew via the alarm. The data will remain stored also when the battery is empty. In this case, it may be necessary to correct the date and time or to re-input «M» for the last three days.

Restarting the application after a pregnancy

In the first six weeks after a pregnancy there is no fertility risk. We recommend starting to measure from the sixth week after giving birth at the latest.

The device will display «yellow» until further notice. The restarting cycle will be recognized by slight temperature fluctuations. pearly® will then resume its fertility indication.

13. TECHNICAL SPECS AND DISPOSAL

Device

- **Dimensions:** length 9.7 cm, width 6.3 cm, height 2.4 cm
- **Weight:** 70 grams
- **Housing:** reinforced ABS plastic
- **Measurement range:** from 34.5 to 41.0°C
- **Precision of measurement:** device 0.06°C; sensor 0.08°C
- **Storage and transport conditions:** at -10 to +60° C, max. air pressure 1500 hPa rel. 25 to 90%.
- **Conditions of use:** + 5°C to + 40°C at a humidity of 15% to 93%. - Reliability checked for a max. altitude of 2000 m. According to experience, it is possible to use the application at altitudes higher than 2000 m asl.
- **Air pressure:** 750 hPa up to a maximum of 1500 hPa.

Battery

1 micro AAA 1.5 V battery of good quality (leakage protected) or 1.2V nickel metal hydride cell with a low rated self-discharge. Please adhere to the recommended disposal method!

The battery status will be displayed when switching on the device: if the battery symbol is blinking, you should replace the battery as quickly as possible! Tip: Make sure you have the new battery ready before you remove the old one to avoid having to re-set the time and date.

Loss of data

In case of an empty battery, no data will be lost. You may however wish to check the «M» inputs for the last three days.

Disposal

Public collection sites for electrical devices.

14. MAINTENANCE AND SAFETY

Cleaning

- Measuring sensor: Please only use lukewarm water to clean the sensor; keep away from water; avoid aggressive cleaning products.
- Housing: Wipe with a slightly moist cloth and glass cleaner.
- Please keep water or any other liquids from getting on/in the device or sensor as this can lead to a defect or malfunction.
- Do not use irritating chemicals, cleaner liquids, or aggressive cleaning products to clean your pearly®.

Maintenance

- Your computer has been designed and produced with great care and should thus also be used with care. If you adhere to the instructions below, your pearly® will last for many years.
- Do not let your computer get moist or wet in order to avoid damage to the device. Do not place the device onto/into a heat source (not even to dry), such as a microwave, an oven, or a radiator.
 - Do not store your computer in a hot environment (e.g. on a hot dashboard in summer). High temperatures can damage the batteries and deform or melt certain plastics.
 - Do not keep the device in a cold environment. While it heats up to normal service temperature, condensation may occur and cause damage to the inside of the device.
 - Do not drop the computer on the floor or expose it to shocks or impacts.
 - Do not use irritating chemicals, cleaning solutions or aggressive cleaning products.

Life span

- The devices have a shelf-life of max. 7 years.









Safety

- Strong electro-magnetic fields (e.g. from cell phones, CB radio, or microwaves) can make the device function improperly. The safety distance should be 30 cm.
- The computer may only be connected to the devices listed above. These should comply with the IEC60950-1 standard in order to avoid any damage to the device or other hazards (such as electrocution hazards).
- Keep toddlers and pets away from the device.
- Do not make any modifications to the computer yourself.

15. PURPOSE AND DESCRIPTION

The pearly® cycle computer is a battery-powered minicomputer used to measure a woman's daily wake-up temperature (basal body temperature) in order to determine and visualize her fertile days. The fertile period is calculated based on the body temperature that is measured orally right after waking up with the cycle computer sensor, then saved and automatically analysed. Together with the manual input of data on menstruation, the device helps to determine the fertile and infertile cycle phases which allows for natural birth control.

Product labelling

-  Name of manufacturer
 -  Date manufactured
 -  Applied parts class BF
 -  Read the enclosed instructions carefully
 -  Do not dispose of with household waste!
 -  Ingress protection: against medium-size foreign bodies and water dripping up to 15°
 -  Product safety in accordance with European guidelines
 -  FCC ID: WAP 2001
- Made in Germany

16. TROUBLE-SHOOTING – SERVICE AND HELP

Readings impossible, or unwanted interruption in reading	<ul style="list-style-type: none"> – Check whether the temperature reading time limit has been cleared (thermometer symbol not blinking) – Carry out a trial measurement (see p. 13 trial measurement) – Check sensor for damage
Alarm did not go off	<ul style="list-style-type: none"> – Check whether the alarm is set (see p. 11). – Carry out self-test to determine if the signal tone functions (see p. 13).
Time is wrong	<ul style="list-style-type: none"> – To change the time see p. 22
Date is wrong	<ul style="list-style-type: none"> – To change the date see p. 22
Retrospective «M» entry not possible	<ul style="list-style-type: none"> – If the retrospective entry is more than 3 days old and measurements have already been entered, an entry is not possible.
Battery symbol is blinking	<ul style="list-style-type: none"> – Replace battery.
Service and support	<ul style="list-style-type: none"> – For any unexpected occurrences or issues arising from use, please contact the product manufacturer. – In case of a sensor defect, contact your country distributor. – For questions about the cycle, please contact your country distributor. – Find your country distributor at: www.lady-comp.de
Bluetooth connection not possible	<ul style="list-style-type: none"> – Bluetooth must be activated on both devices. – If the display stays on SEARCH, check the device. Is Bluetooth activated? Is the app properly installed? – If the connection has been interrupted with a change from SYNC to SEARCH, check reading device and battery status. In surroundings with strong interference (radio equipment), the transfer may be interrupted.
USB connection not possible	<ul style="list-style-type: none"> – Check the connecting cable. Only devices that are compatible with a USB mass storage device with a FAT data system as a master can be used as remote stations, e.g. PC's with Windows, Linux, and many other devices.

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