

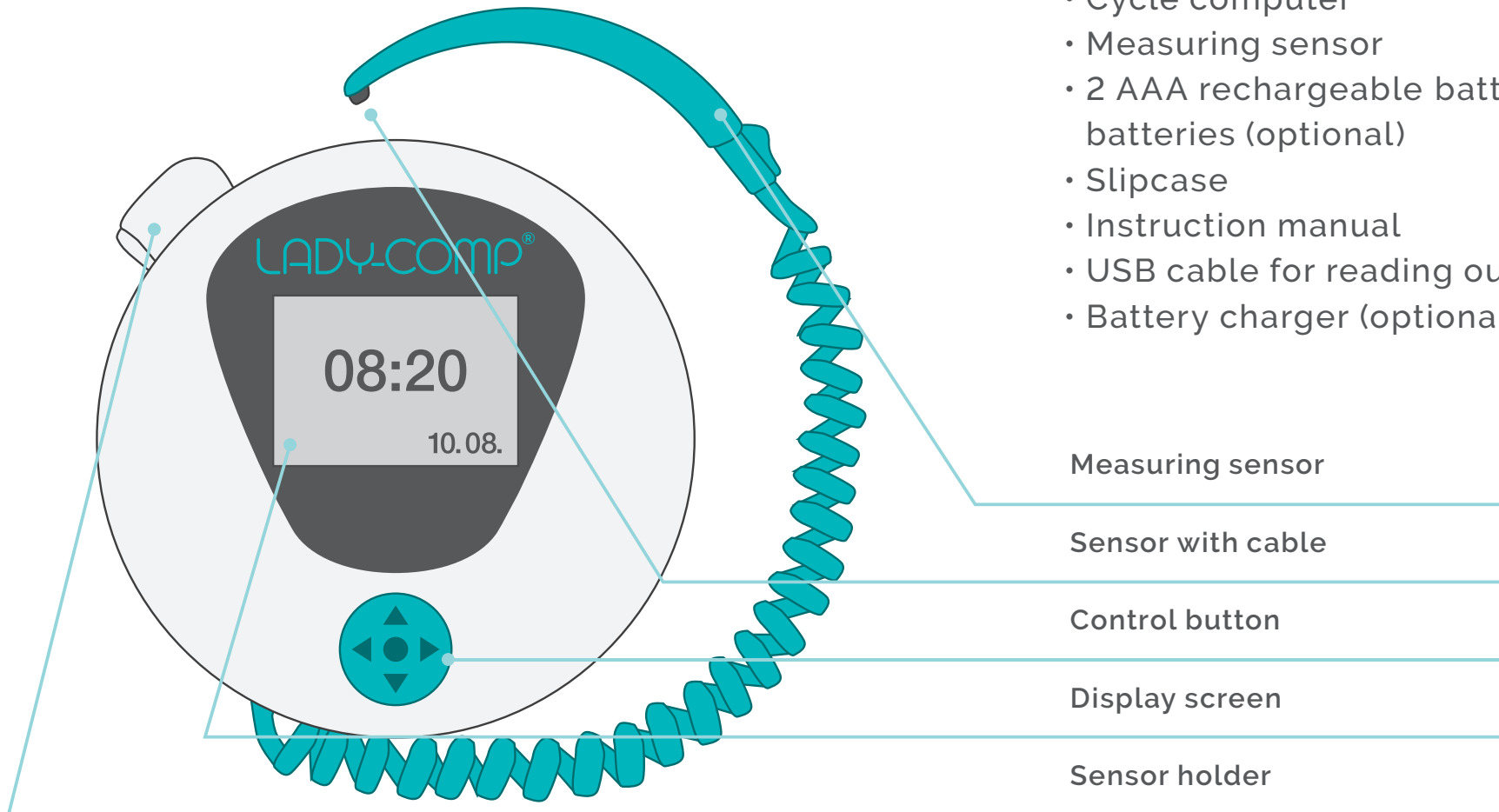


INSTRUCTIONS

LADY-COMP®. YOUR ULTRA-PRECISE DAILY COMPANION.

Thank you for choosing the natural option as your way of planning a family in the future. Whether LADY-COMP® or LADY-COMP® baby – in any case you have made a good decision. And ten thousands of women have done so before you. They have all been satisfied with this method that is both natural and safe. Please read these instructions carefully and completely, for your own safety. For comprehensive details about this device, refer to the Table of Contents or the Alphabetical Index. Should you have any more questions about a technical term or two, then go to our LADYpedia at www.lady-comp.de for a comprehensive answer. Now you are ready to go!

LADY-COMP® AT A GLANCE



- Cycle computer
- Measuring sensor
- 2 AAA rechargeable batteries/
batteries (optional)
- Slipcase
- Instruction manual
- USB cable for reading out data
- Battery charger (optional)

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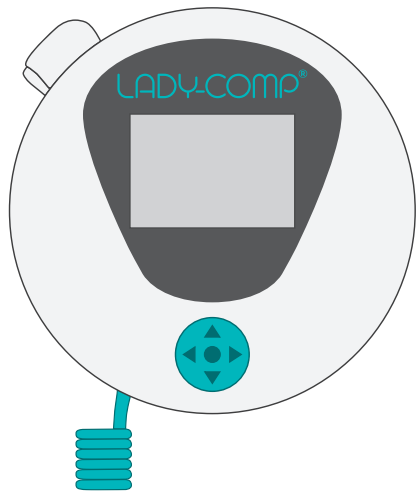
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2. BEFORE YOU BEGIN

Rechargeable batteries/batteries

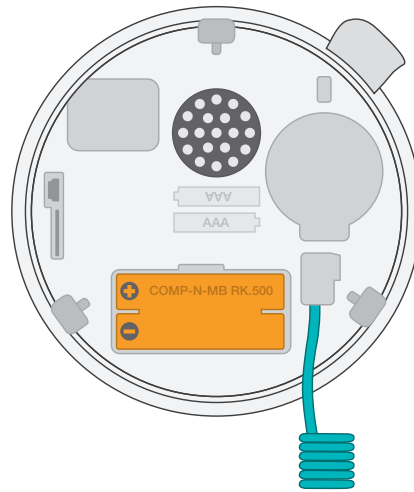
Before you start using the device, you will have to insert the batteries. 2 (AAA type) rechargeable batteries are included with your LADY-COMP® computer. You may also use normal AAA batteries that are available anywhere (1.5V). The two (AAA type) rechargeable batteries must be charged for 12 hours before inserting them. The serial number of the device is written in the battery compartment.



1. Remove the measuring sensor

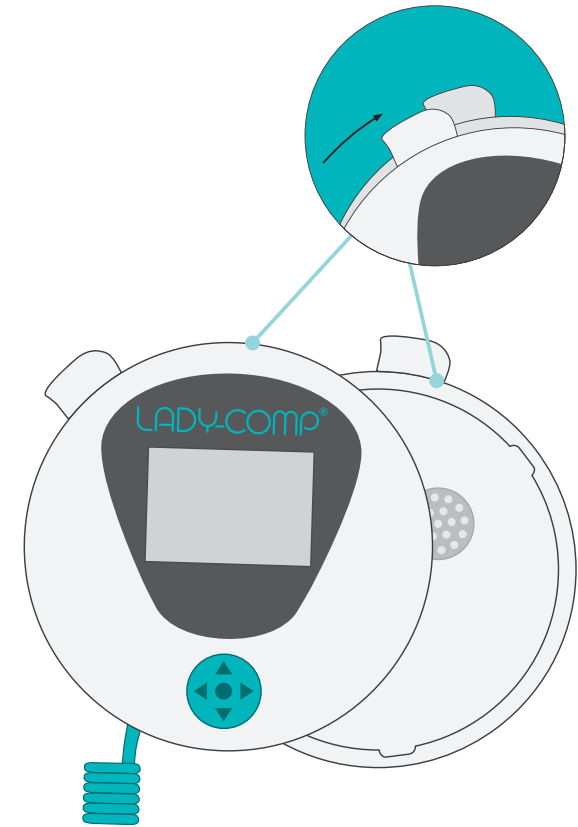
2. Open the device

Screw the device open in counter-clockwise fashion.



3. Insert the batteries

Insert the rechargeable batteries/batteries as required.



4. Close the device

Put the two parts together at the notches and screw the device closed clockwise.

Home screen

You will receive your cycle computer with the time, date and year, already pre-set.

Control button / switch on

Keep the control button pressed until you see the time/date come up on screen. All menus can be accessed by pushing the control button ▲up/▼down or ►right/◀left. To activate the menus and confirm inputs click the centre of the button.

Back to home screen

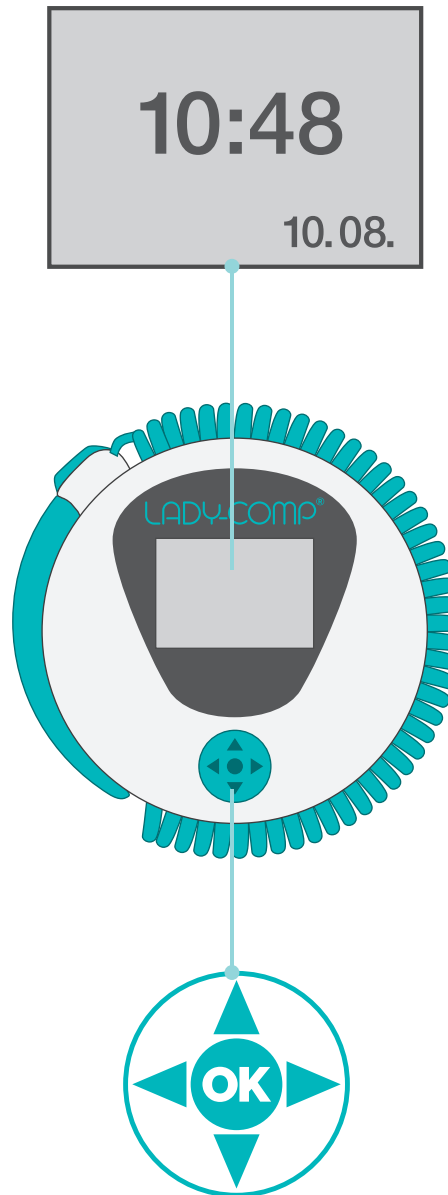
Keep the centre button pressed for 3 seconds to return to the time/date home screen.

Automatic switch off

The device will completely switch off within 60 seconds if no button is pressed. The screen will then go dark until a button is pressed or the alarm rings.

Default values

Your cycle computer comes with default values pre-set before you start. These are automatically erased as soon as you do your first measurement or input your own menstruation data. The default values will reappear as soon as your own data is erased.



Select the menus via the control button
left, right, up, down



Forward/backward
Select left, right



Select yes, no
Date/time set ahead/set back
Select up, down



Confirm
Confirm input



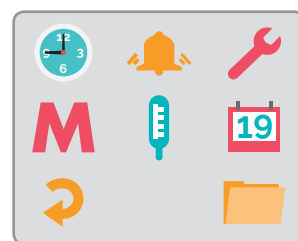
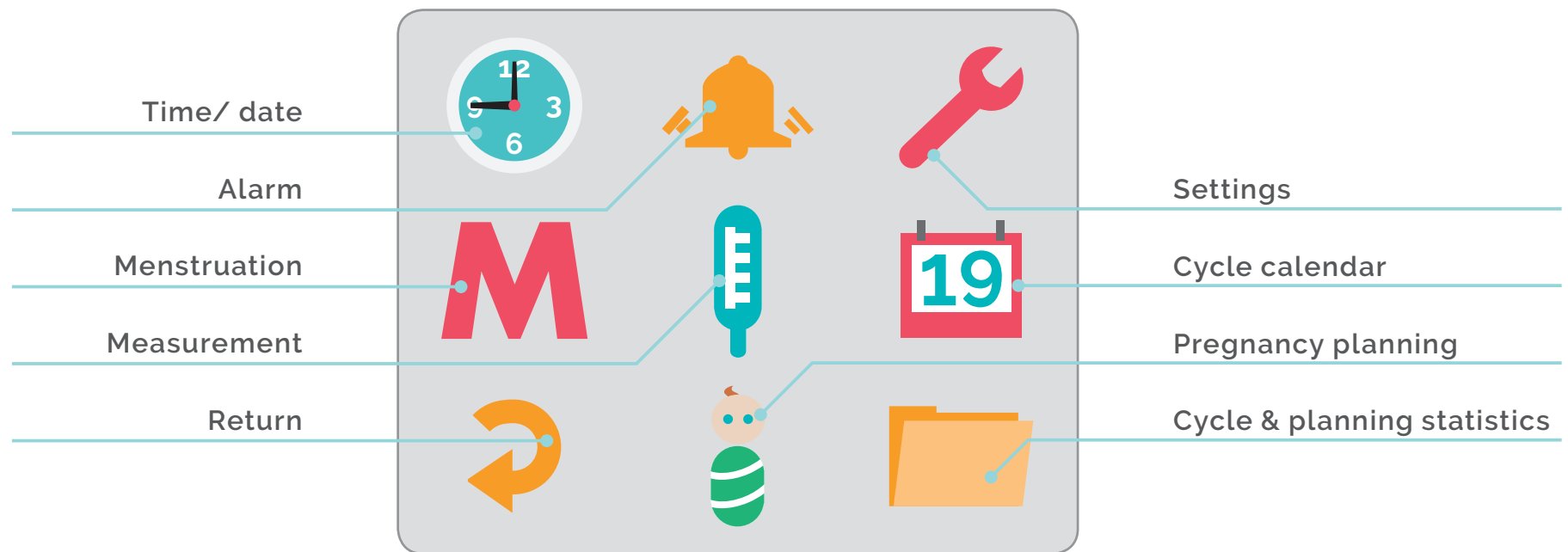
Keep button pressed for 3 seconds
= back to home



«Return» = on (blue square) and
«OK button» (confirm)
= return to prior menu level

THE MAIN MENUS OF THE DIFFERENT LADY-COMP® MODELS AND THEIR SYMBOLS

The available menu levels may vary depending on which LADY-COMP® model you use.

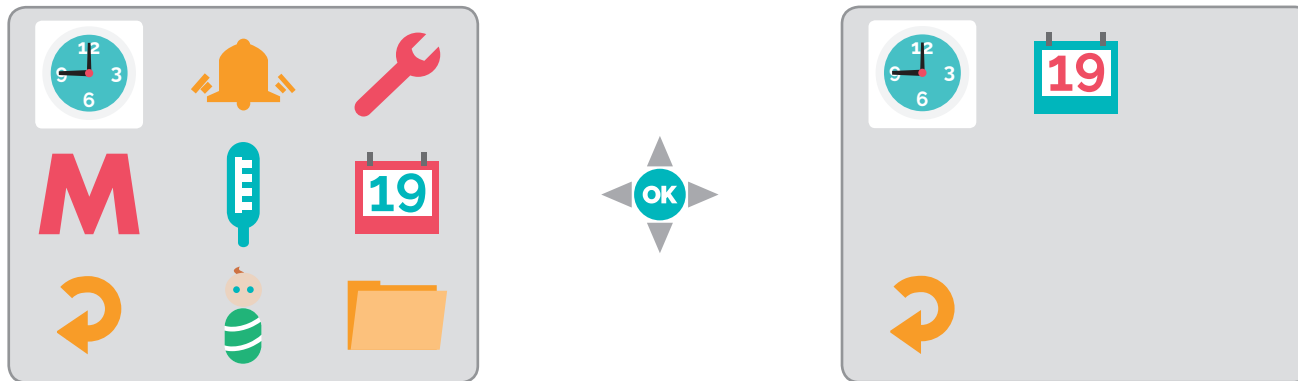


LADY-COMP®

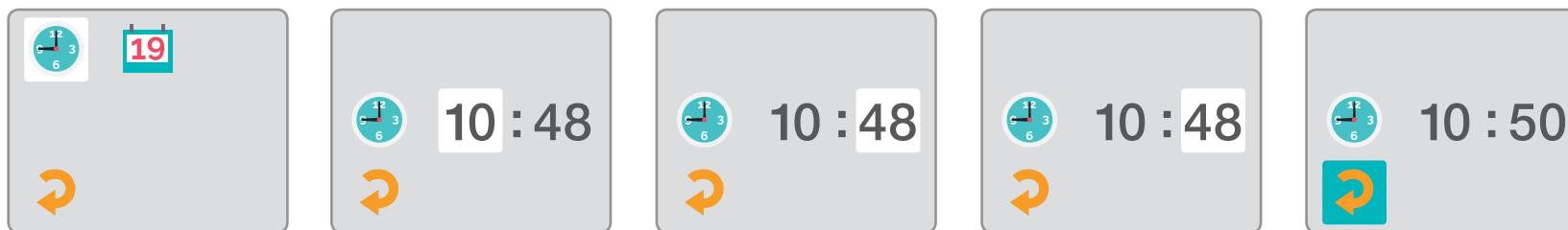


LADY-COMP® baby

3. TIME/DATE



Setting the time



<<Return>> is on



Click



Set the hour



Go to minutes

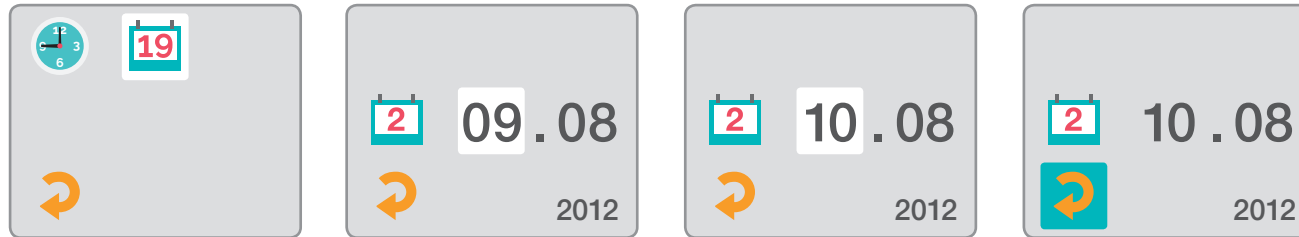


Set the minutes



Press
<<Return>>

Setting the date



<<Return>> is on

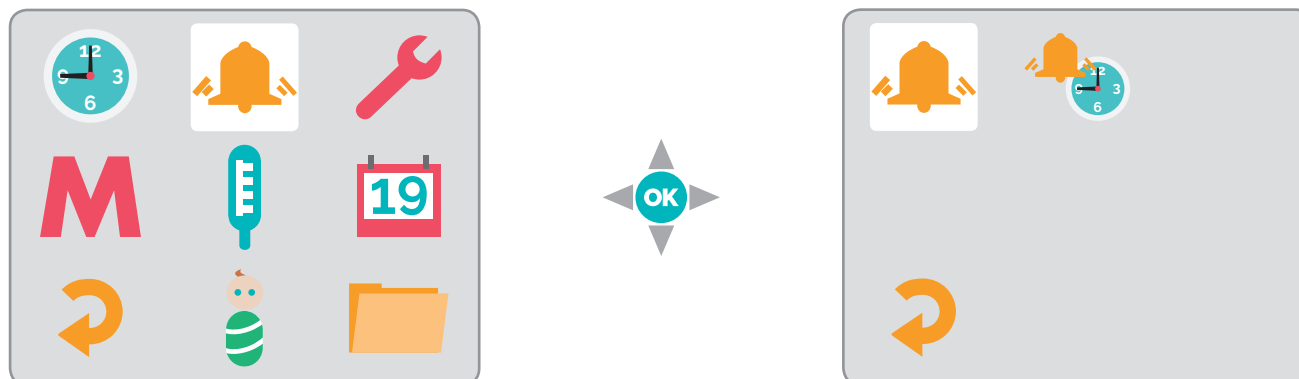


Please note:

Once your device has stored one measurement or more, you may set back the date by only one day. If you set the date back, no measurement can be recorded the next day. You can also set the date ahead by only one day. It is thus impossible to enter a false date. This enables you to correct the date when travelling to other time zones. Make sure, though, to skip the measurement on the travelling day.

4. ALARM

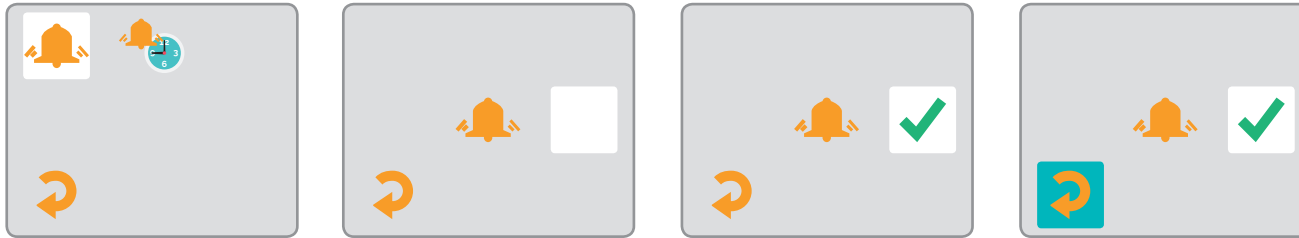
Before you begin with your first measurement, you should set and activate the alarm.



Please note:

To enter any previous menstruation data, make sure you do this the day before your first measurement (before 11 pm, see page 12).

Alarm on/off

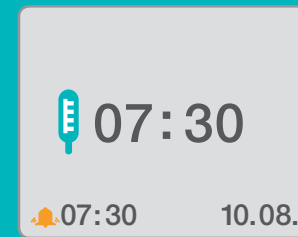


«Return» is on

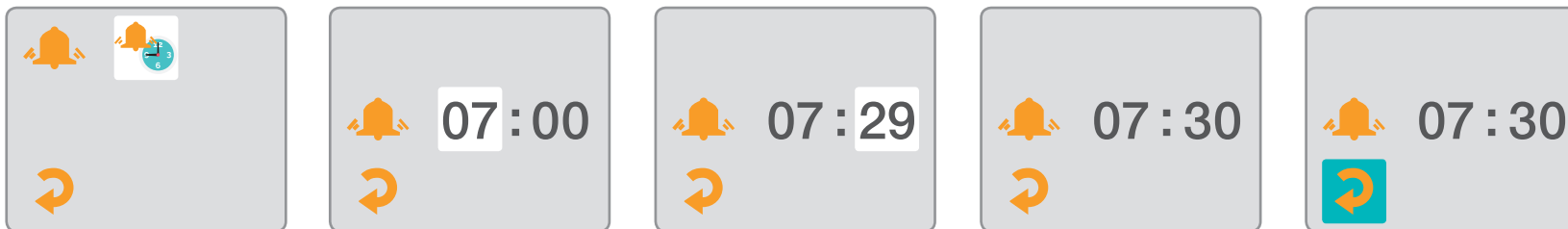


Good to know:

An alarm indicator appears on the home screen once the alarm has been activated.



Setting the alarm



«Return» is on



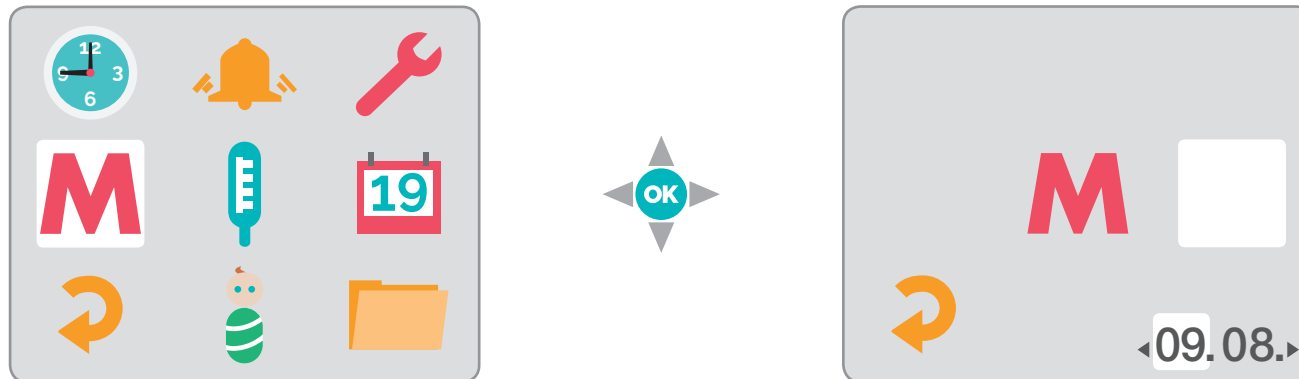
5. MENSTRUATION

Menstruation data:

If you have previously recorded your «M»= menstruation data, please enter them **before your first measurement**. Activate «M» as described below.

Inputting «M» post hoc:

If you have not taken a measurement for quite some time (e.g. because you forgot to) and you have meanwhile had your period, you may input «M» retrospectively. Please do this with care since erroneous inputs may only be corrected 3 days back. Start with the most remote menstruation date.



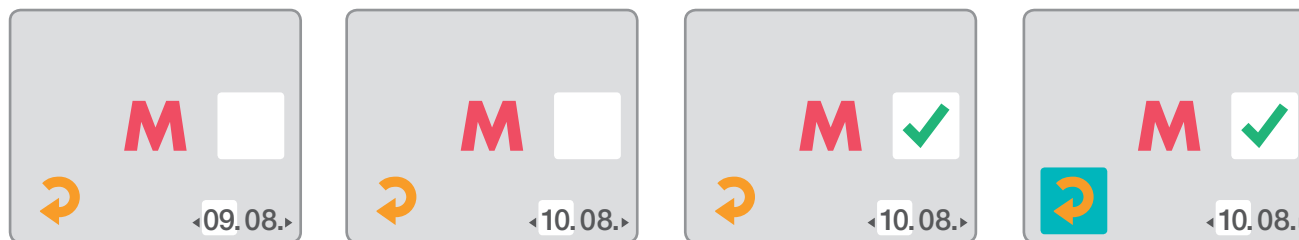
Please note:

«M» input: check (?M) If your device has not received any measurement or «M» input for some time (4 days) and a new cycle was expected to begin during this time period, this warning will remind you to catch up with your inputs. To do: activate «M» post hoc.

In the event of such a retrospective menstruation input, only the first «M» day needs to be activated per cycle. The device will automatically save three «M» days. Begin with the most remote menstruation date.

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

Activating «M» or correcting «M»

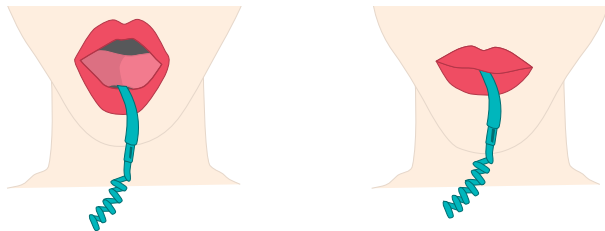


«Return» is on

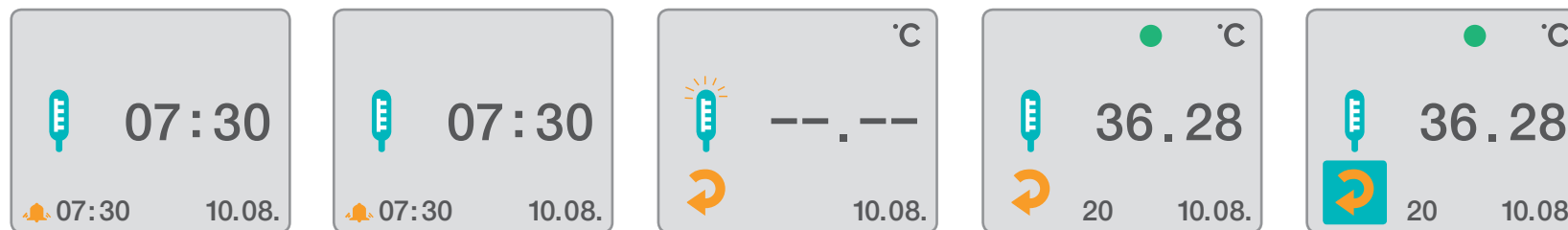


6. MEASURING YOUR TEMPERATURE

Our system ultimately relies on the daily measurement of your basal body temperature. The basal body temperature is the temperature you have immediately after waking up, i.e. before getting up and before being active in whatever form. The more regularly you measure your temperature – especially in the first months getting started – the quicker your device will become familiar with your personal cycle. Place the measuring sensor left or right under your tongue and close your mouth. The sensor should not be moved during the measurement process.



Measuring your temperature in the morning



Measurement symbol is on, alarm rings



Click button to switch off alarm



Click button to start measurement

Measurement symbol blinking

Place sensor under tongue

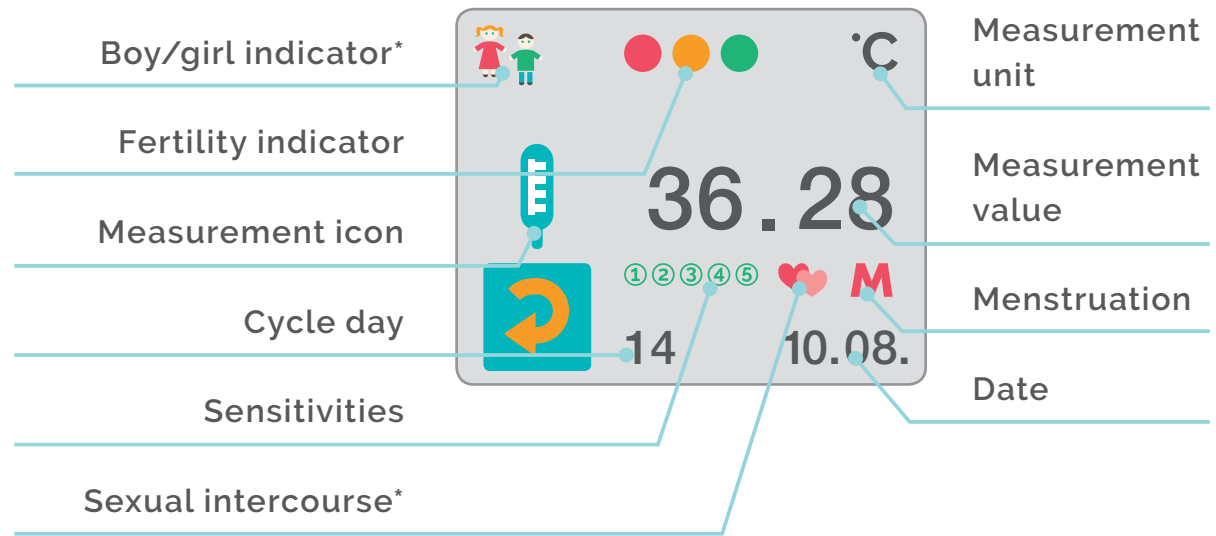
Audible signal marks the end of the measurement

Measurement value and fertility are displayed

Is switched off automatically or «Return» is on



Click «Return»



*LADY-COMP® baby

Tips for measuring your temperature

LADY-COMP® will wake you up with a tone. To switch off the tone, click the control button. To measure your temperature, just press any button on the home screen. LADY-COMP® will be ready to measure when the "Measurement" symbol starts to blink.

- Now place the sensor under your tongue and close your mouth.
- Measurement will take approx. 60 seconds. If no measurement value can be determined after 3 minutes, the measurement will be cancelled automatically.
- The display shows measurement values from 34.5 to 41.0°C.
- From 37.8°C upwards, the measurement value will alternate with F for fever.
- Once the measurement is completed, you will hear a tone and your current temperature will appear on the screen. It will also show your fertility status for that day.

After three measurement-free days, the measurement period will be cleared again and measurement will only be possible the day after, in conjunction with an activated alarm. The measurement period will then again depend on the wake-up time (-3/+3 hours).



Measurement period

The measurement period is the time span in which you may proceed to measure your basal body temperature every day. This time span is monitored by the LADY-COMP® device. The measurement period is independent of the alarm and is calculated based on the time you took your measurement on the previous day (-3/+3 hours). The measurement period extends over 6 hours and begins/ends three hours before and after the last measurement time, if this point in time does not coincide with the time you wake up the next day.

Tips for the measurement period:

- The measurement period is displayed in form of a measurement symbol on the home screen.
- Within the measurement period, pressing any button on the home screen will start the measuring process.
- We recommend using the LADY-COMP® alarm to wake you.
- Should you wake up any time within the measurement period, e.g. because you have to nurse your child, start to measure your temperature.
- Should you get up after the measurement period is over, skip that measurement.
- You may redefine the measurement period at any time by resetting the alarm (e.g. on weekends or in case of working nightshifts).

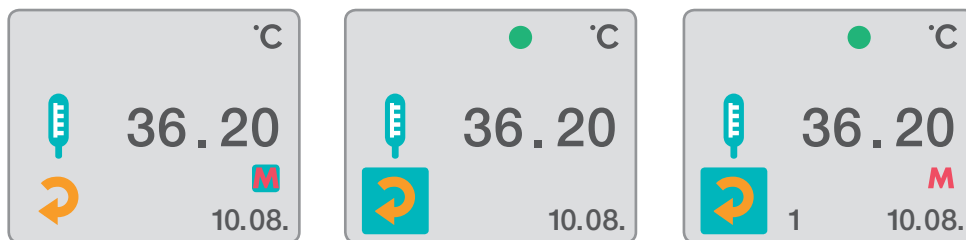
As soon as LADY-COMP® knows everything about your cycle, the device will prompt you for «M» on days that «M» is expected.

- The prompting for «M» («M» blinking) starts two days prior to «M».
- Once «M» is over, LADY-COMP® will stop prompting for «M».

After measurement, you will possibly see «M» = menstruation blinking.

- In case of «M» yes, confirm «M» with ▲«up» yes.
- In case of «M» no, reject «M» with ▼«down» no.

«M» input after measurement



«M» blinks when «M» is expected



«Return» is on



«Return» is on



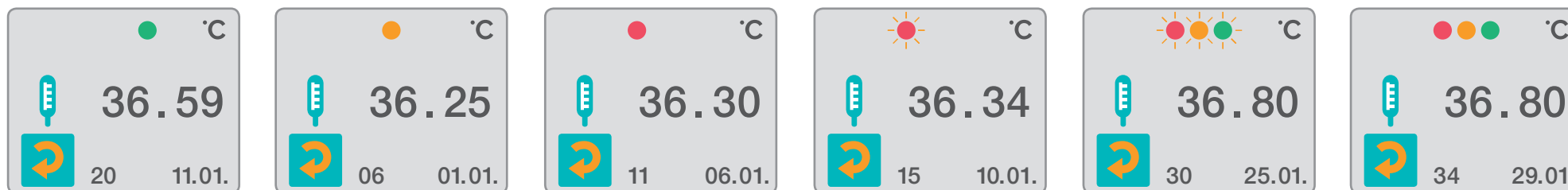
Please note:

Confirm «M» on at least three successive days. If you have «M» without being prompted by your device, activate «M» as described. Should you have erroneously input «M», you may correct «M» on the same day and three days backwards.

Fertility indicator

The device shows your measurement value and fertility for that day, these remain valid for 24 hours and are safe from day 1 onwards. The number of «green» days will increase slowly though systematically. «Red» days will be increasingly narrowed down.

If the device receives no input or receives information that cannot be evaluated, the number of «yellow» days will increase.



«green» is on
= not fertile

«yellow» is on
= computer learning phase

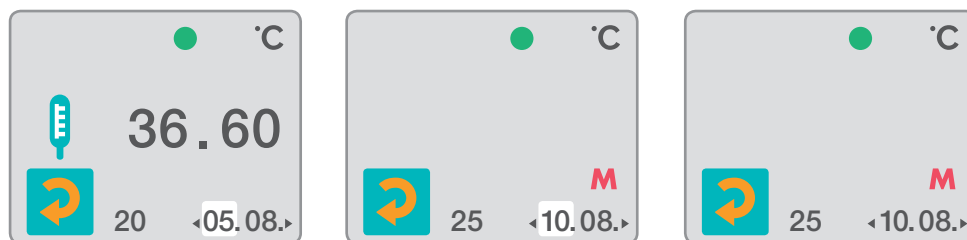
«red» is on
= fertile

«red» blinking
= ovulation day

«red» «yellow» «green»
blinking
= probable pregnancy

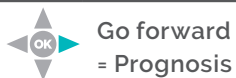
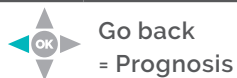
«red» «yellow»
«green» on constantly
= pregnancy

Review / Preview - Fertility indicator / Prognoses



To display all previous measurement values, press the button ◀ «left» several times. You may also call up a six-day prognosis by pressing the button ▶ «right» several times.

«Return» is on



Fever indicator

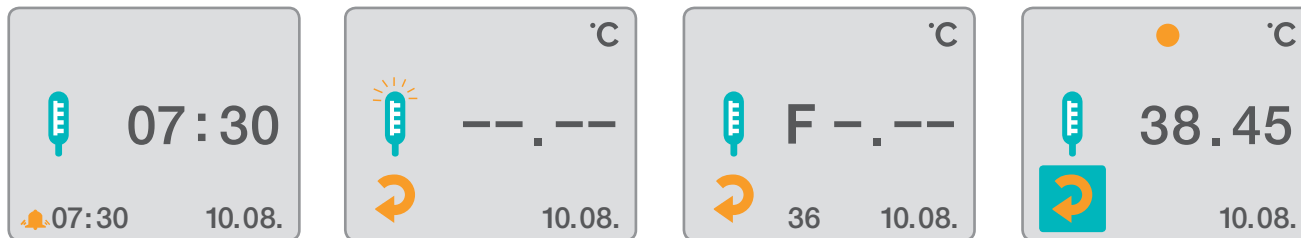
From 37.8°C upward, the measurement value will alternate with «F» for fever. Fever will then be stored as measurement value and also shown in the review. The fever values will, however, not be used for analysis.

Cancel the measurement process

You may cancel the measurement process by holding the «OK» button down for 3 seconds; this will take you back to the main menu. You may then repeat the measurement at any time within the measurement period.

No measurement taken

The device calculates the expected cycle curve and your fertility status, based on existing values. Temperature increases due to the flu, a lack of sleep, excessive alcohol consumption and/or the use of medicinal drugs with a thermal effect are «misleading» and are identified by the device. It is generally recommended to interrupt your daily measurements in case of a cold with fever, the use of medicine, or a late night to avoid the input of «misleading» values.




Measurement symbol is on - Alarm is on


Measurement symbol blinking

«Fever» alternates with the temperature value

«Return» is on

 Press button to switch off alarm + start measurement

Place the sensor under your tongue

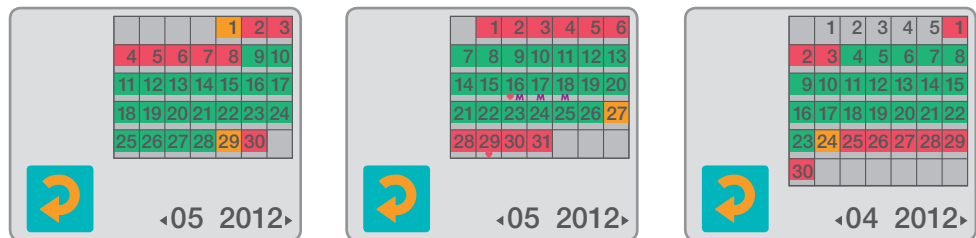
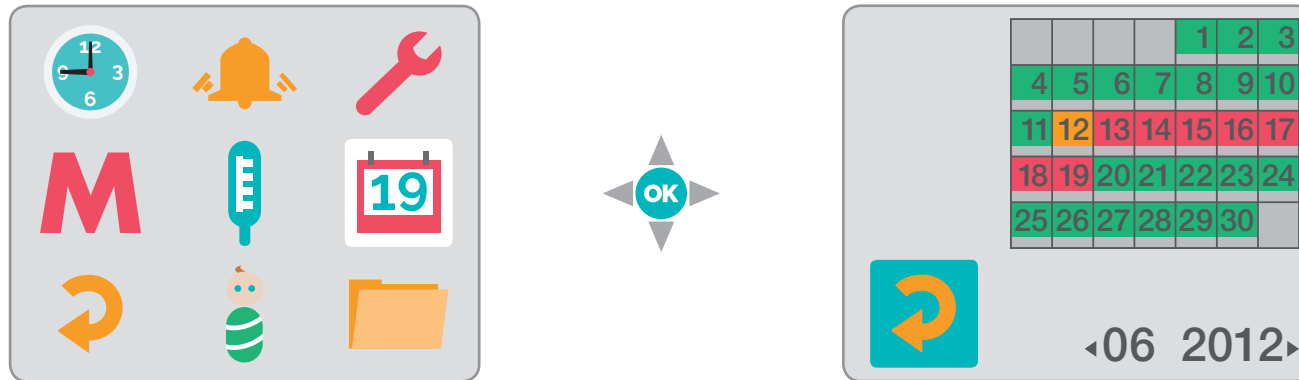
 To cancel a measuring process, keep button pressed for 3 sec.

 Press «Return»

Please note:

LADY-COMP® is not intended for controlling the body temperature as part of a self-health check, this should be done with a thermometer.

7. CYCLE CALENDAR



The cycle calendar shows you the fertility curve of your cycles as measured in the last months. You may also call up a menstruation prognosis for the coming 6 months.

«Return» is on

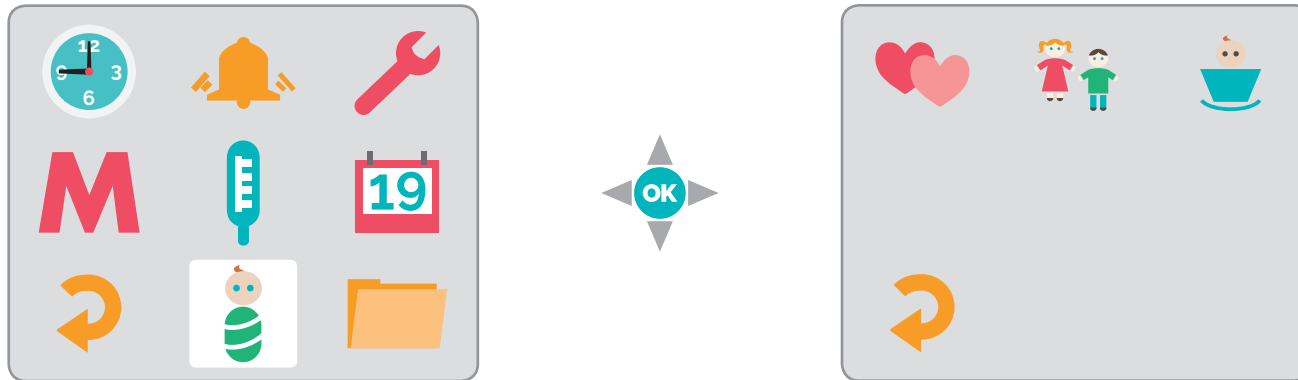


Flip through months



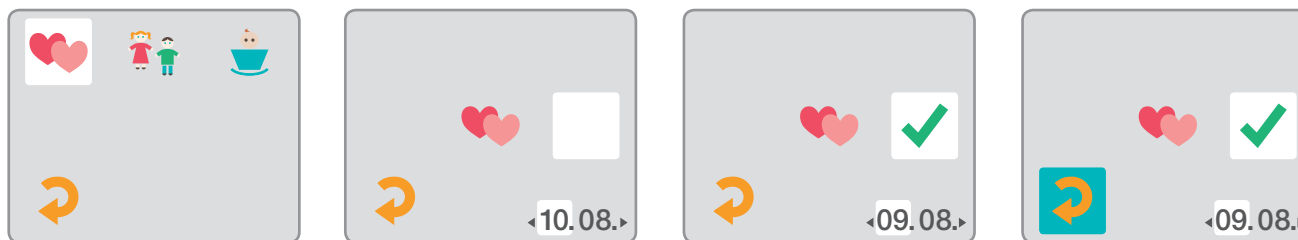
Press «Return»

8. PLANNING PREGNANCY



Since the introduction of LADY-COMP® baby in 1986, we have supported countless couples in planning a child. LADY-COMP® baby shows you the ideal time to become pregnant.

Inputting intercourse «SI»



If you are planning for pregnancy, then inform your LADY-COMP® baby when sexual intercourse has taken place «SI»:

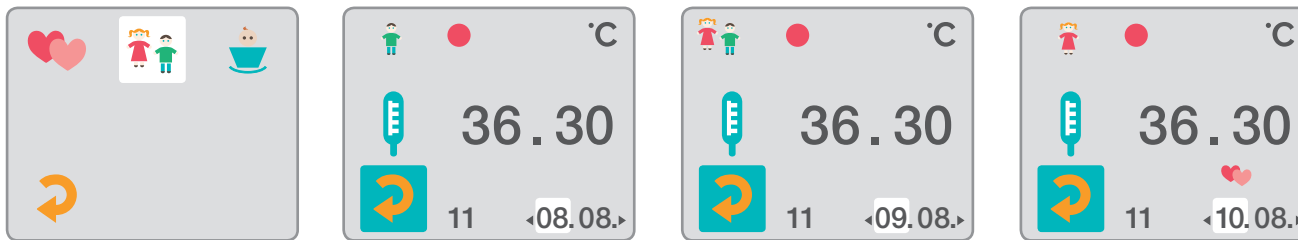
- Enter «SI» the day after your measurement.
- You may enter «SI» up to three days backwards.

«Return» is on



Gender prognosis

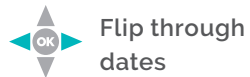
To rather plan for a boy, restrict sexual intercourse to the two days in which the «boy» symbol is displayed alone. To rather plan for a girl, restrict intercourse to the two days in which the «girl» symbol is displayed. The first «boy» symbol will appear two days before the ideal conception date. The «girl» symbol appears on the day after the ideal conception date. «Boy» and «girl» come up on the ideal conception date itself. This prognosis is based on calculation.



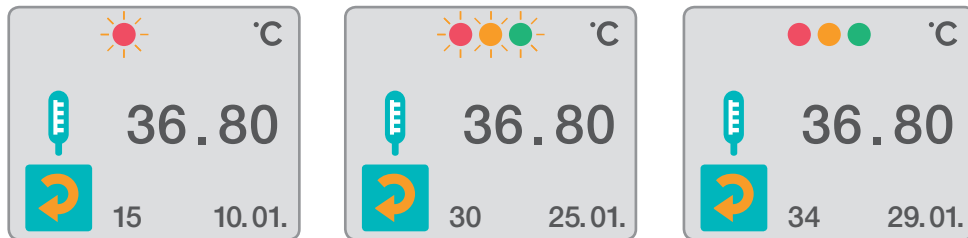
Please note:

LADY-COMP® baby displays the boy/girl gender prognosis in addition to the fertility indicator.

«Return» is on



Pregnancy indicator

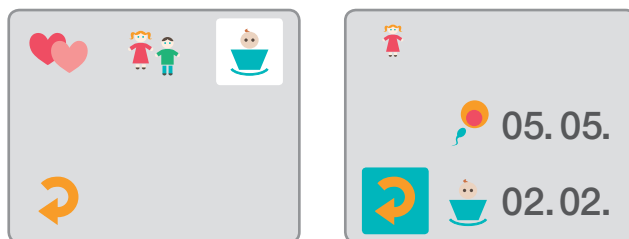


«Red» «yellow» «green» blinking alternately = possible pregnancy
 «Red» «yellow» «green» blinking = probable pregnancy
 «Red» «yellow» «green» on = pregnancy

Good to know:

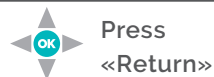
- «possible pregnancy» is indicated after 4-5 days. «Red - yellow - green» alternate (if sexual intercourse SI input was made). This early indication is particularly important since the user may wish to change her lifestyle and e.g. do without alcohol or certain medicines.
- After day 15, LADY-COMP® baby indicates a «probable pregnancy». The fertility symbols blink simultaneously «red - yellow - green».
- If pregnancy is confirmed, this will be displayed starting from day 18 after fertilization. All three colours are on continuously.

Conception date and birth date



The possible conception date and expected birth date will blink – as a forecast – from day 4 of your cycle until ovulation has taken place and been confirmed. After ovulation, they no longer blink and the colours will remain on. If a SI input is available, gender prognosis will appear (if it was activated under Settings). In case of mono-phase and/or atypical cycles, or of late ovulation, the display will only show a line.

«Return» is on



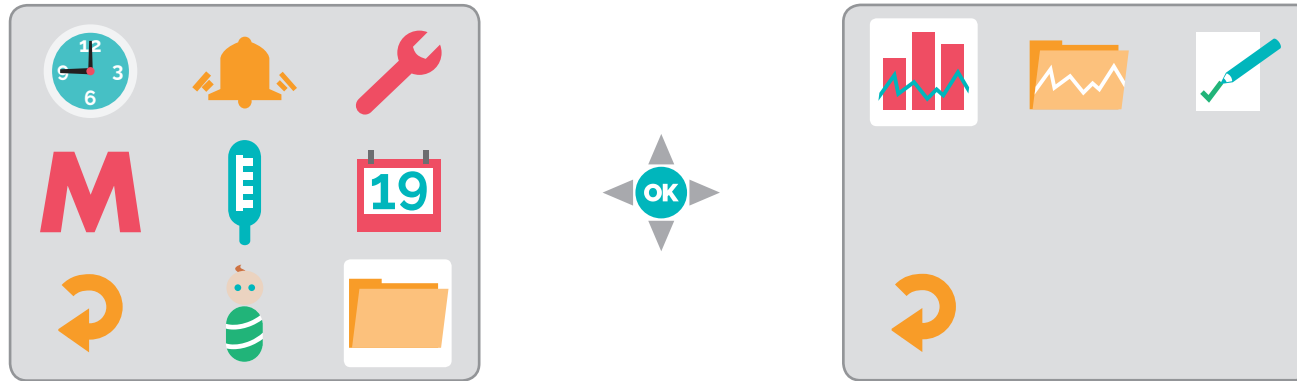
Restart after pregnancy

In the first weeks after birth, fertility is down to zero. Thereafter and in all other cases, we recommend to resume your measurements six weeks after giving birth at the latest.

Please note:

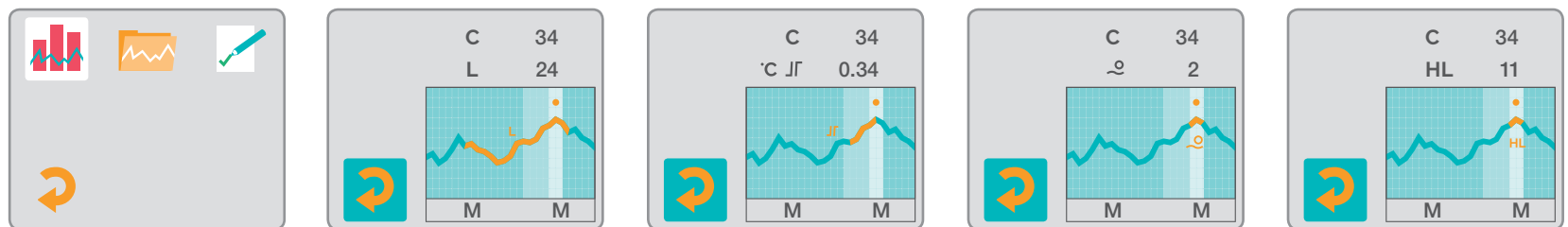
To display the gender prognosis on the screen, activate this item in the «Settings menu» (see page 31).

9. CYCLE AND PLANNING STATISTICS



The cycle and planning statistics provide you with valuable information about your cycle or information for planning a child. Statistical values are significant after three measured cycles. The overview includes all cycles from when you started your measurements. All other visualizations relate to the last 20 cycles since any older data would be irrelevant for analysis.

Cycle statistics



1. Length of cycle

2. Temperature increase

3. Ovulation – fluctuation margin

4. Length of high-temperature phase



Click



Flip through statistics



Flip through statistics



Flip through statistics



Flip through statistics

1. Average cycle length

Displays the average cycle length of your measured cycles.

2. Average temperature increase after ovulation

Displays the average temperature increase after ovulation.

3. Ovulation spread in days

Displays the ovulation spread in days.

4. Average length of high-temperature phase

Displays the average length of the high-temperature phase.

5. Number of mono-phase cycles

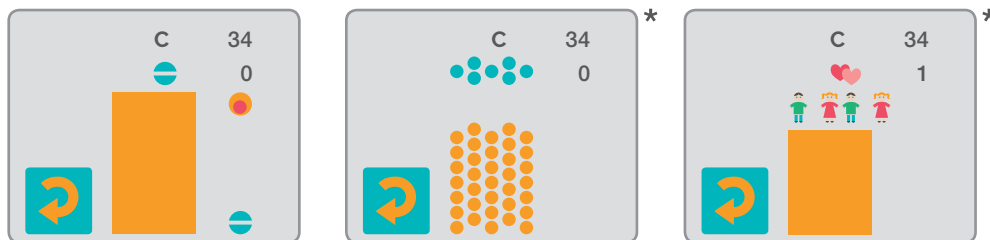
Displays the mono-phase cycles. If no ovulation takes place in a particular cycle, this will be shown on the screen. The indicator will remain on «red» in this case.

6. Number of cycles with CLI* (CLI = corpus luteum insufficiency)

LADY-COMP® baby is able to identify corpus luteum insufficiency (CLI). This phenomenon is characterized by a shorter high-temperature phase and/or a lower temperature increase. This information is important when planning for a child, and for an exact analysis of your cycle curve.

7. Planning hits*

This feature records the planning hits (number of hits in the last 20 cycles). This is, however, only displayed on your LADY-COMP® baby if you have sexual intercourse «SI» activated.



5. Mono-phase cycles

6. CLI*

7. Planning hits*
«Return» is on



Flip through
statistics



Flip through
statistics

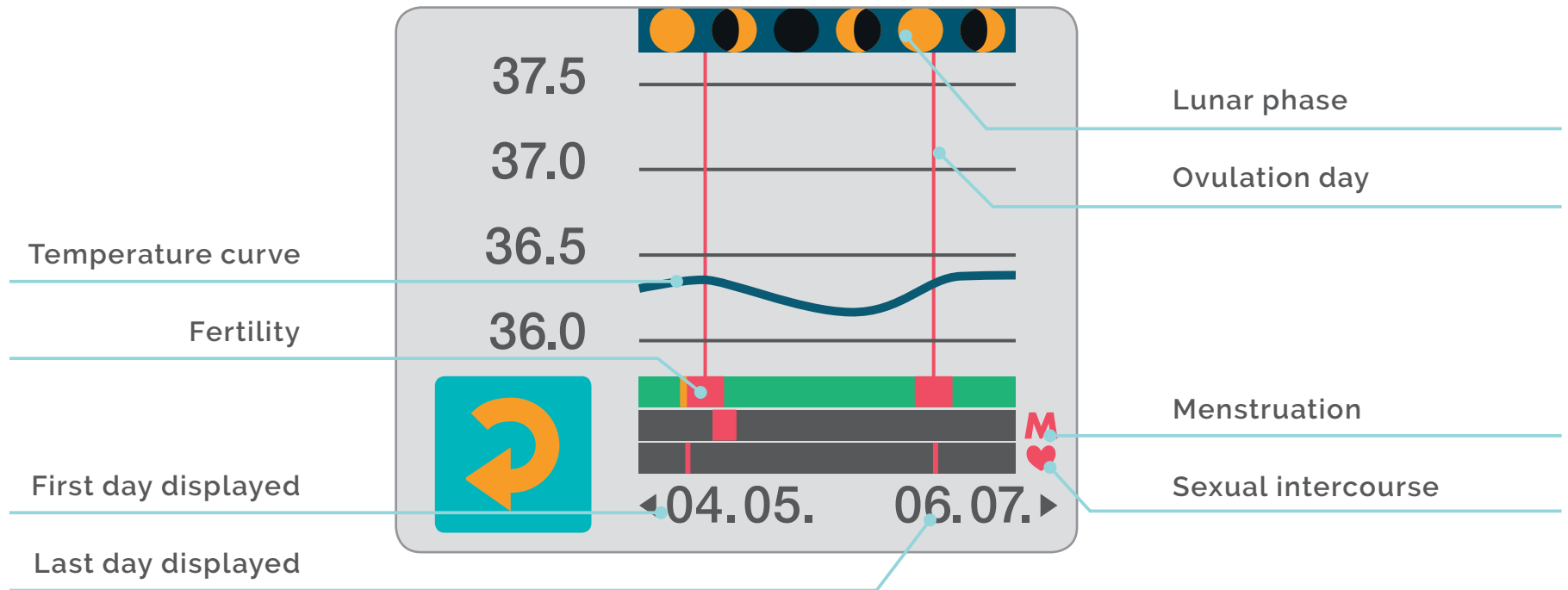


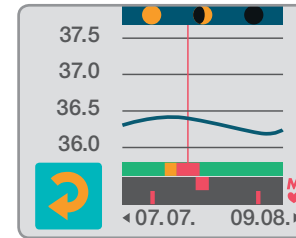
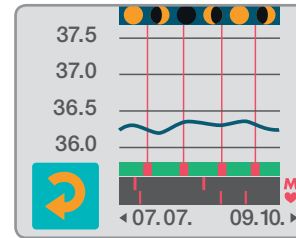
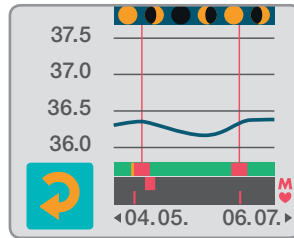
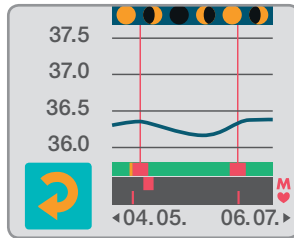
Press
«Return»

*LADY-COMP® baby only

Cycle curve

This feature allows you to monitor your temperature curve.





Display: 50 days

Time line
zoom in/out

Display: 100 days

Display options:
25 days/14 days/7 days



Click



Forward-/back
+/- 7 days



Show more
show less



Show more



Show less,
1x = 25 days

Personal inputs



Click



Select input field



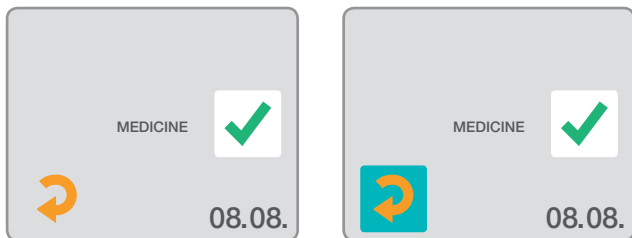
Click



Select date



Yes



«Return» is on



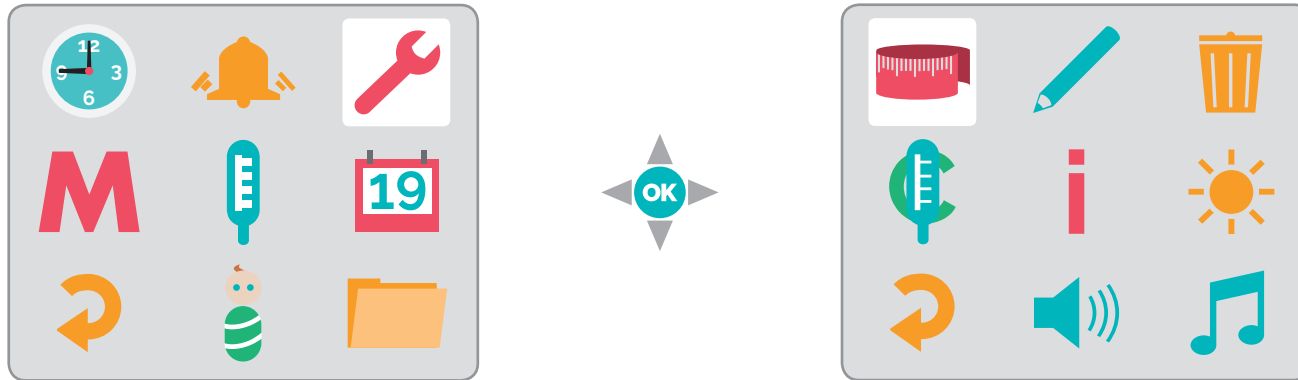
Click



Press «Return»

This menu lets you set 5 markers. You may define the comments yourself under «Personal comments» (page 30) and change them if required. **These inputs have no impact on your cycle analysis.** Inputs may be given up to three days later.

10. SETTINGS

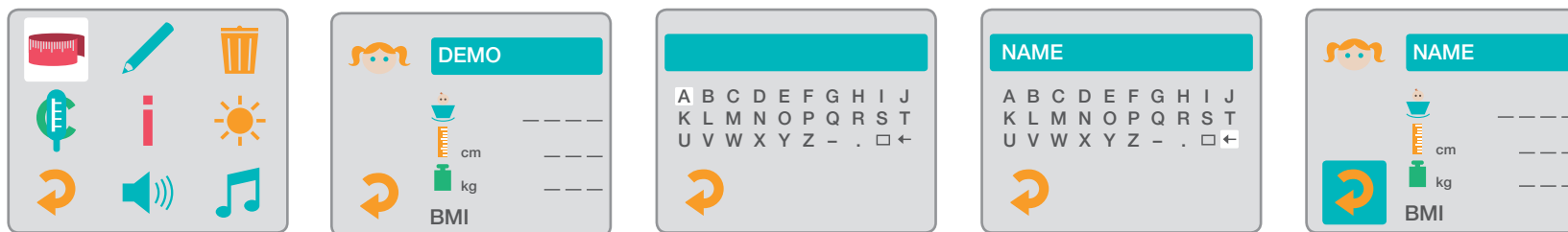


Setting the Body Mass Index (BMI)

Body Mass Index: date of birth, height and weight.

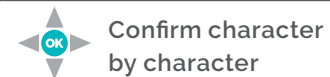
This feature allows you to calculate your body mass index.

BMI – Enter name

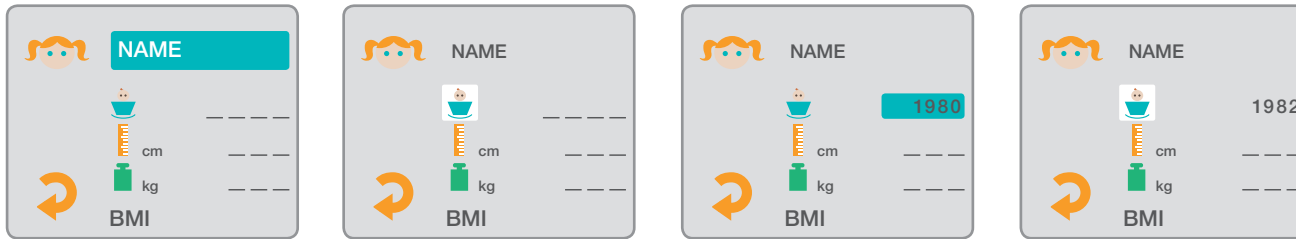


Arrow to the left deletes one character.

«Return» is on



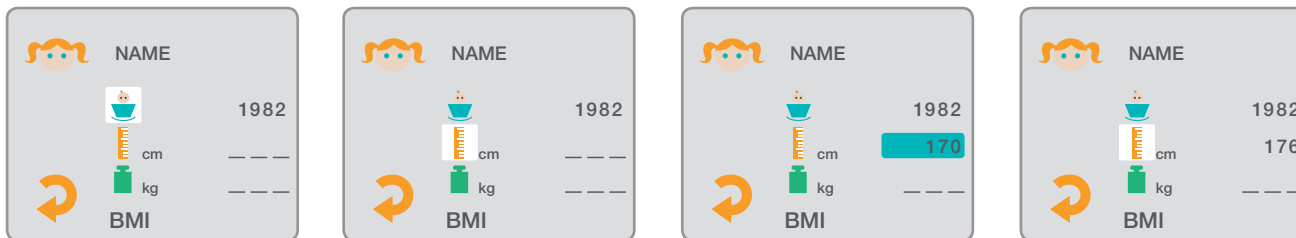
BMI – Enter birth year



Default setting 1980



BMI – Enter height



Default setting 170



BMI – Enter weight

Default setting 60

To calculate the BMI



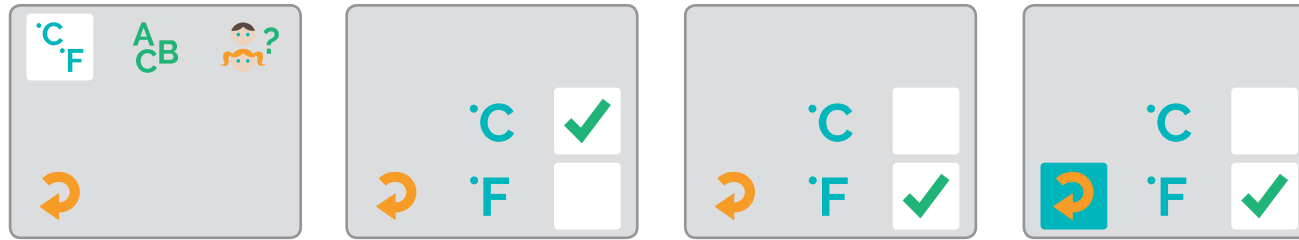
Factory settings

Good to know:

Home screen Fahrenheit
12 h am/pm | Month/day

Home screen Celsius
24 h | Day/Month

Temperature/time unit



This feature enables you to set your device to Celsius or Fahrenheit. Once set, the time and date format will be adapted automatically.
 °C: Time in 24h format and date with day/month (e.g. 13:25 and 25.03.).
 °F: Time in 12h format and date with month/day (e.g. 01:35 pm and 03/25).

°C = Celsius

°F = Fahrenheit

<<Return>> is on



Click



Celsius

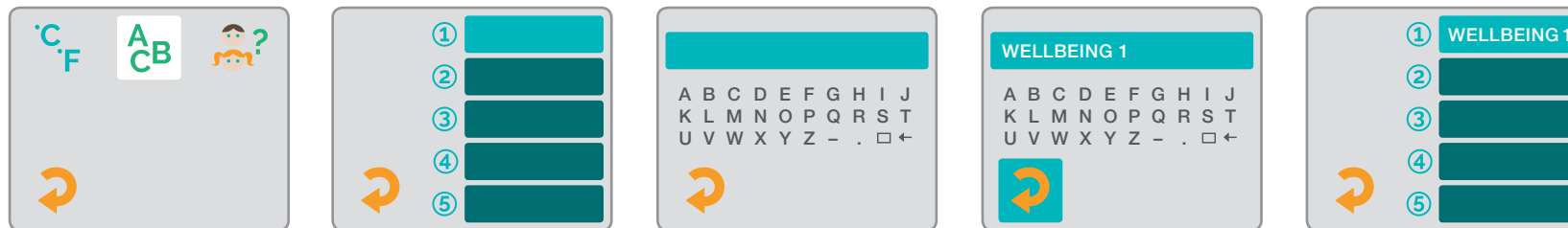


Fahrenheit



<<Return>>
Select

Personal comments



<<Return>> is on



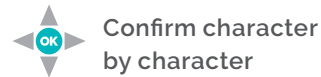
Click



Select
input field



Enter text



Confirm character
by character

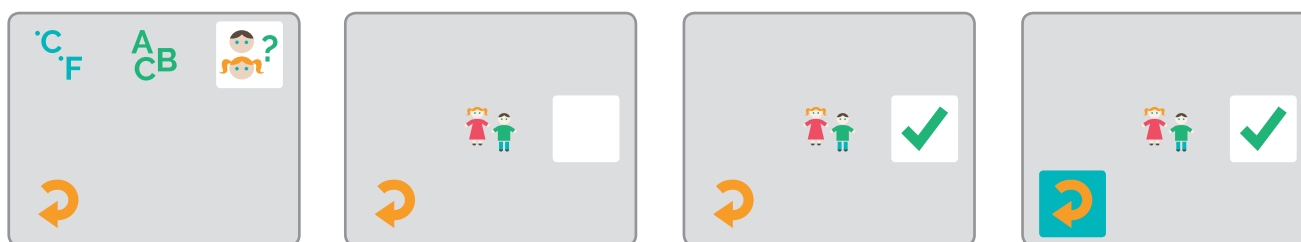


Press
<<Return>>

This feature allows you to input personal information about what might influence your cycle. If you are taking medicine that you suppose might influence your cycle you may enter it here. This menu allows you to set 5 markers. We recommend not to change the comments after you input them in order to avoid any erroneous allocation of your inputs.

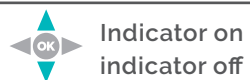
You may input these comments up to three days later. You may activate the input options if needed, under the menu Cycle curve/ personal inputs.

Gender prognosis on/off

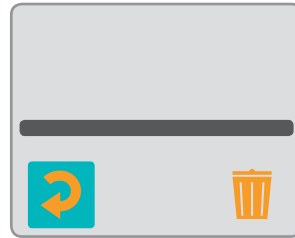
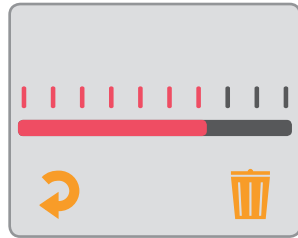
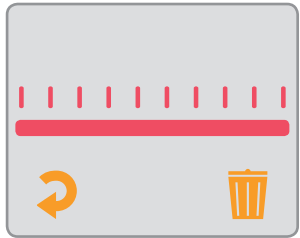


The «fertility» indicator comes with the option of displaying a boy/girl prognosis. To display this prognosis, switch on this option here.

«Return» is on

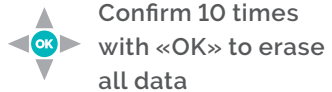
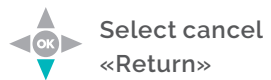


Erase data



To erase all input data, you will have to press «OK» ten times in a row in the «Delete» menu. In so doing, the display bar will shrink step by step. If you input any other data (left, right, up, down), the display bar jumps back to the initial position and you will have to press «OK» 10 times again in order to erase all your data. After erasing the data, you will find the very default values in the various indicators that were there when the device was new. Once you start measuring again, the default values will disappear automatically.

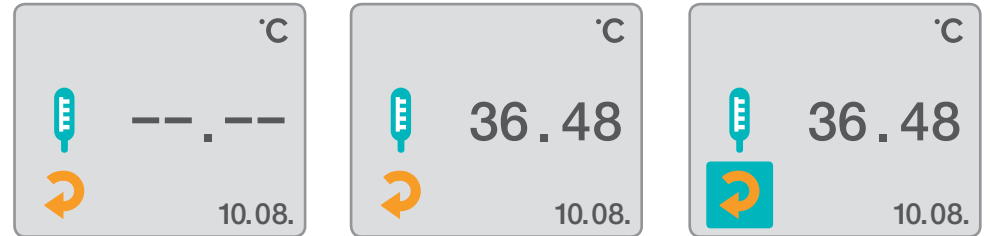
«Return» is on



Test measurement



You may do a test measurement to check whether the measurement process is functioning. To cancel the measurement process, keep the «OK» button pressed for 3 seconds.



Starts automatically - Measurement symbol is blinking

Audible signal indicates end of measurement

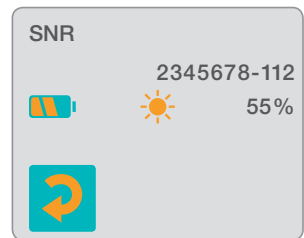
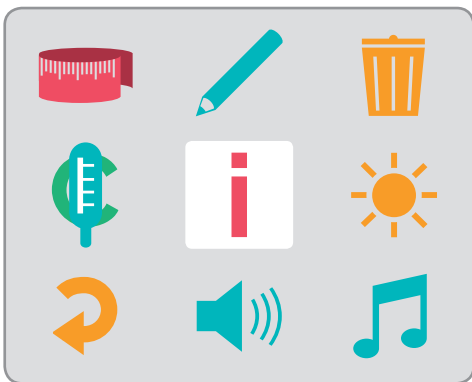
«Return» is on

Now measure your temperature



Press «Return»

Product information



«Return» is on



Press «Return»

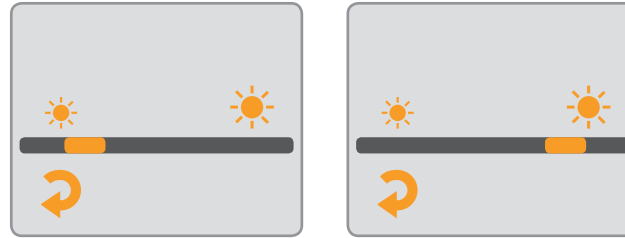
Good to know:

- The product information contains:
- The serial number of the device (13547206)
 - The software status, shown by the last three digits (-112)
 - The rechargeable battery / battery status
 - The surrounding brightness in per cent

Any device error or alert signal is displayed. For a list of possible errors, please refer to page 38.

Luminosity

Use this feature to change the luminosity of the screen.



«Return» is on



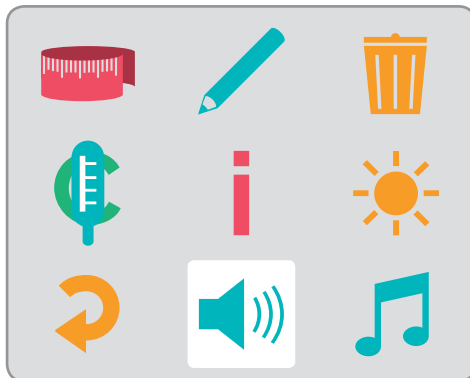
Displace
luminosity control



Press
«Return»

Volume

Use this feature to change the volume of the LADY-COMP® device.



«Return» is on



Displace volume
control

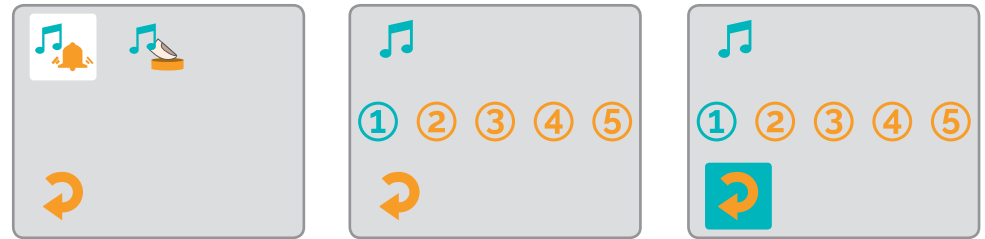


Press
«Return»



Alarm tone

Use this feature to activate a customized alarm tone.



<<Return>> is on



Click



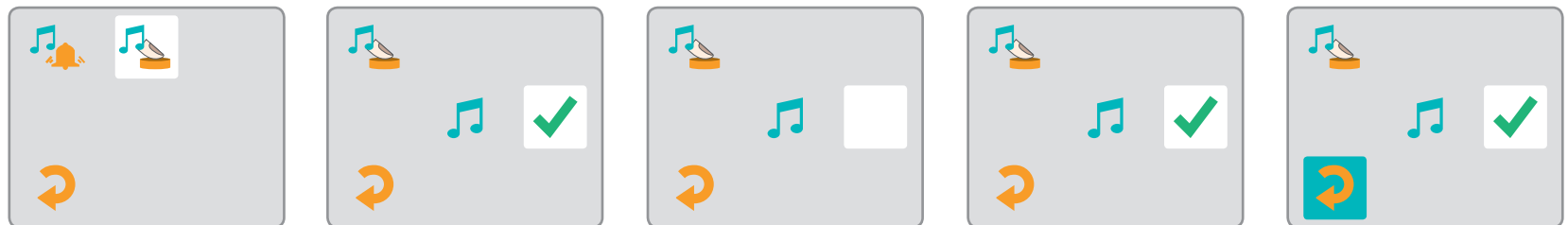
Select tone



Press <<Return>>

Button click tone

Use this feature to switch on/off the button click tone.



<<Return>> is on



Click



Button click tone on



Button click tone off



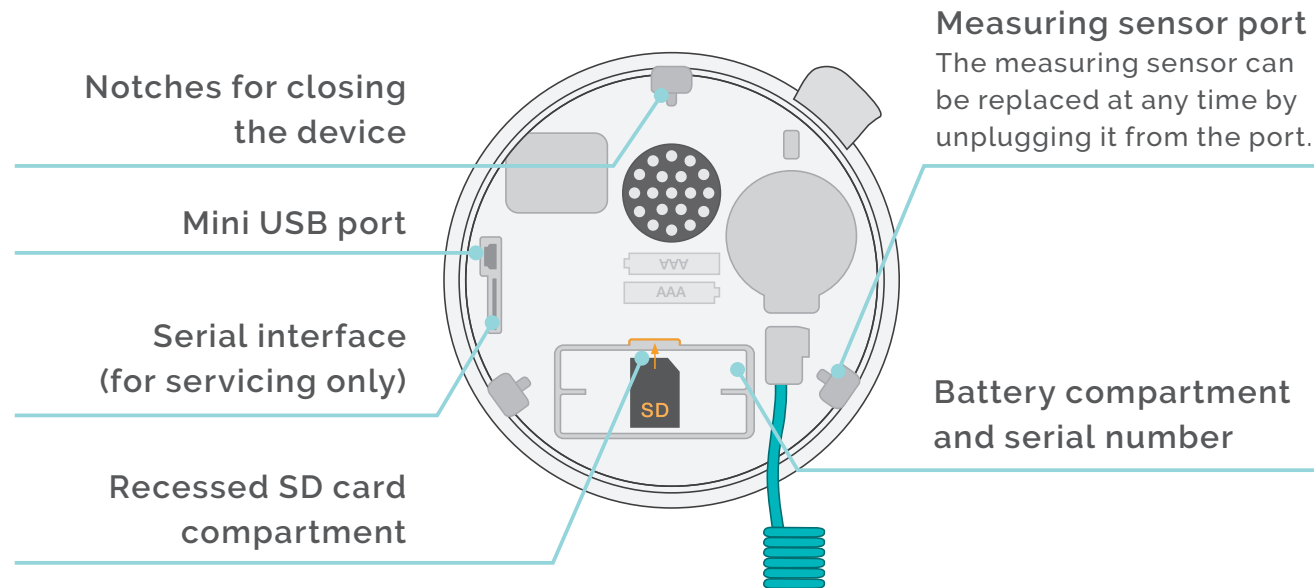
Confirm



Press <<Return>>

11. IMPORTANT INFORMATION

Insert SD card



Analyzing cycle data – reading out data:

Register at www.lady-comp.de. You will receive your personal access code. You can read out your data via a mini USB cable from there. Our experienced support team will help you with analysing your data and be happy to advise you on your personal cycle curve.

info@lady-comp.de or call us for any further queries

Mini USB cable

Your LADY-COMP® comes with a mini USB cable included in the product box. This cable allows you to transfer your data to a PC.

Upgrades: Micro SD card

Should you wish to update the software at a later stage or to upgrade it for further functionality, we will send you an SD card against charge.

- Open device as described on page 6.
- Remove batteries.
- Insert SD card.
- After completing your update/upgrade, we recommend removing the SD card in order to avoid unnecessary power consumption and ensure a quick reboot of the device.

AAA battery charger

You may order the required charger from us. Insert 2 AAA rechargeable batteries in the charger. The progress will then be displayed on the charger.

Risk of data loss excluded

Any risk of loss of data stored on your computer due to empty rechargeable batteries / batteries can be excluded.

After the pill**(or other hormone preparations)**

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

Software programme

The software uses previously input base data, right from the start. The more regularly you measure your temperature, the faster the device will become familiar with your individual cycle and be able to interpret it. It will show more and more green (infertile) days and the red (fertile) days will be increasingly narrowed down.

Prognosis

The indicators used to predict ovulation and/or for family planning (boy/girl) are forecasts and based on the data gathered from previous cycles. Once a cycle is complete and the next period commences, the device recalculates the previous cycle, as it is now possible to define the exact time of ovulation. This is done on day 4 of the new cycle.

Travel and time zones

When travelling to other time zones you may reset the date and time to the current local time. Your computer will be ready for measuring the next day, at the desired time of day.

Summer and winter time

Set the clock to summer or winter time, as described on page 9.

Nightshifts

Set and activate the alarm by entering the required measurement time. Let yourself be woken by the tone the next morning and measure your temperature as usual. Do likewise the next time you change shifts.

Restart after interruption

The date, year, and time will continue to run automatically. The measurement period will be unblocked for a new input as soon as you stop measuring, and has to be re-set by setting the alarm. To do this, set the alarm for the following morning (before 12pm) and continue the use as usual.

12. ERROR MESSAGES & CORRECTIVE ACTIONS

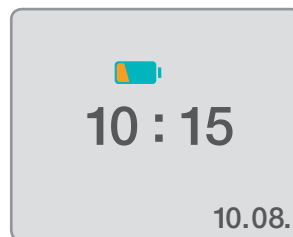


«M» input: check

If your device has not received any measurement or «M» input for some time (4 days) and a new cycle was expected to begin during this time period, this warning will remind you to catch up with your inputs.

What to do:

- activate «M» post hoc



Battery charge condition

As the batteries start to run out, you will see an alert on the home screen.



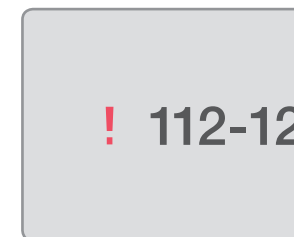
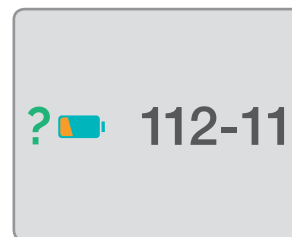
Batteries running out. Please charge or replace the batteries.

Batteries empty (112-11)

The rechargeable batteries / batteries are completely empty and the device no longer functions reliably. If this alert comes up, the device cannot be further used.

What to do:

- Charge the rechargeable batteries / replace the batteries
- Should the alert come up again despite freshly charged batteries or newly replaced batteries, the batteries are probably defective or empty and should be charged/replaced. Normal batteries can be easily removed and replaced. Please make sure to insert them with the right +/- orientation (see p. 6). Make sure not to short-circuit the batteries.



Clock battery running out (112-12)

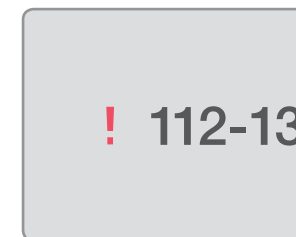
The device includes a clock battery to keep the time running even when the batteries are empty or not installed. The capacity is dimensioned for a use of approx. 7 years based on a normal utilization rate. As the battery voltage decreases toward the end of the product life cycle, an alarm will come up: Device cannot be used.

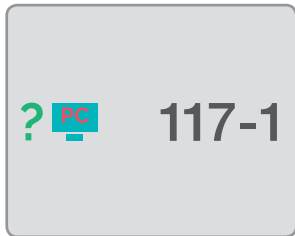
What to do:

- You should send in the device for servicing as soon as possible to have the clock battery replaced.
- This alert can also appear if the device is exposed to extremely low temperatures and the voltage is strongly reduced. In this case, store the device at room temperature for about an hour. The device can then be used as usual once the alert has gone off.

Clock battery empty (112-13)

If the clock battery is empty, the device cannot be used.



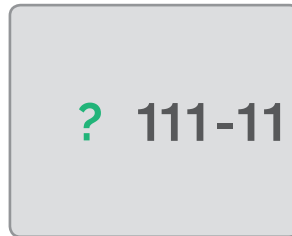


USB: No function (117-1)

The device was connected to a USB port but it was not possible to establish a connection.

What to do:

If no data transfer via USB is intended for the time being, you may simply disconnect the USB cable. Should the device not reboot automatically, please remove the rechargeable batteries / batteries for a moment and reinsert them after a while. To transfer data via USB, check if the cable is functioning and connected properly. USB communication will only function with master devices compatible with a USB mass storage device and FAT data system. This applies e.g. to PCs using Windows or Linux and many other devices.



Storage nearly full (111-11)

What to do:

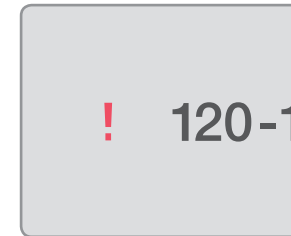
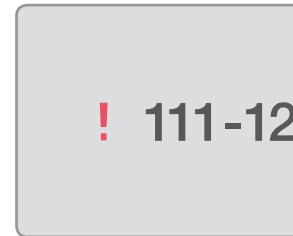
You should save the existing data by reading them out or transferring them via the USB port. Thereafter, the data on the device may be deleted and the compacted data may be read in again.

Storage full (111-12)

The storage of the device has been dimensioned for a recording time of approx. 20 years. This error message appears if this time span is exceeded.

What to do:

Any existing data should be saved by reading them out via USB. Thereafter the data can be erased and the compacted data be read in again.



Error message/ bootloader error (120-1)

This error message will appear if a software update is interrupted and the software cannot be completely restored (e.g. because the batteries are empty). The code following the dash indicates the exact error cause.

Error message:

For errors 120-2 to 120-7 please refer to our technical support.

What to do:

Use the bootloader to reprogram the device even without the application software in place. To do this, insert an SD card to update the device and replace the rechargeable batteries / batteries. The bootloader will first delete the program memory and then complete the update. You will be able to follow progress on the display bar. Please make sure to use fully charged batteries for the update so the process can be successfully completed.

TECHNICS, MAINTENANCE AND SAFETY

Disposal

Device

- Dimensions: diameter 9 cm, height approx. 2.7 cm
- Weight: approx. 130 grs incl. batteries
- 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%.
- Application checked for a max. altitude of 2000 m. According to experience, it is possible to use the application at altitudes higher than 2000 m. Air pressure 750 hPa up to a maximum of 1500 hPa.

Batteries

- 2 micro AAA NiMH rechargeable batteries are included.
- AAA 1.5 V micro-batteries may be used.
- Please adhere to the recommended disposal method!

Battery charger - optional

A battery charger with country-specific adapter plugs for Europe and the U.S.A. is available as an accessory.

Disposal

Public collecting points for electronic devices.

Risk of data loss excluded

Your data will be safe even when the rechargeable batterie is empty.

Maintenance-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 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 cycle computer.

Maintenance

Your computer has been designed and produced with great care and should thus be used with care. If you adhere to the instructions below, your LADY-COMP® will last for many years.

- The device has a minimum lifespan of 7 years.
- Do not let your computer get moist or wet 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. Do not expose it to the sun or other UV light sources for a longer period of time.

High temperatures can shorten the life of electronic devices, 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 inside the device.

- Do not drop the computer on the floor or expose it to shocks or impacts, to prevent it from damage.

- Do not use the device in the event of damage to the sensor, the sensor cable, or housing.

Instead order a replacement sensor from our support team if it is defective, dirty, or smudged.

- If you have lost the instruction manual, you may download it from our homepage at any time or order it per telephone.

- Please use the device in closed rooms only. The temperature sensor is the most sensitive part.

- A damaged sensor and excessive dust on the sensor may keep the device from functioning correctly.

USB

- To read out the data, you should only use devices that are capable to read a USB mass storage device. This applies to most PCs, laptops and many tablet computers available on the market. The USB port may only be used for connection to such devices. LADY-COMP® cannot be used as long as it is connected via USB.

All instructions given above likewise apply to the measuring sensor, the rechargeable batteries / batteries and the charger. Should one of these parts fail, please refer to our distribution partners for quick and reliable support.

Safety

- Strong electromagnetic fields (e.g. from mobile phones, CB radio or microwaves) may make the device function improperly. The safety distance should be 1.5m.

- 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 or other).

- Keep toddlers and pets away from the computer.

- Do not make any modifications to the computer yourself.

- Use the device only in the specified service and temperature range.

- LADY-COMP® is not intended for controlling the body temperature as part of a self-health check, this should be done with a thermometer, e.g. when you are ill.

Product labelling:

- Name of manufacturer - VE Valley Electronics GmbH
- Application type BF
- Power supply: 1.2 V – 1.5 V
- Read the instructions carefully
- Do not dispose of with household waste!
- Product safety in compliance with European directives
- Made in Germany

Purpose and description:

The LADY-COMP® cycle computer is a battery-powered minicomputer used to measure a woman's daily wake-up temperature (basal body temperature) in order to determine her fertile days. The fertility period is visualized using green and/or red LCDs (liquid crystal display). The fertile period is calculated based on the body temperature that is measured orally right after waking up using the sensor of the cycle computer, then saved and automatically analysed. Together with the manual input of data on menstruation and sexual intercourse (LADY-COMP® baby only), the devices help to determine the fertile and infertile cycle phases by calculation in order to ensure natural family planning. LADY-COMP® baby has additional functions to display the ideal moment for a planned pregnancy, gender prognosis, and the conception date, as well as to calculate the birth date.

Service and support

- To replace a defective measuring sensor, you may order it from our distribution partner in your home country.
- For any further questions about your cycle, please refer to the distribution partner in your home country.
- To find out about your distribution partner, go to www.lady-comp.de



Name of manufacturer



Production date



Application elements of the BF type



Please read the instructions for use carefully



Do not dispose of with household waste!



Protection from foreign bodies: finger-sized objects.
Protection against the ingress of water: water dripping on the device when tilted



Product safety pursuant to European Directives

ELECTROMAGNETIC COMPATIBILITY

Guidance and manufacturer's declaration on electromagnetic emissions

LADY-COMP® devices are intended for use in the electromagnetic environment given below. Customers or user of a LADY-COMP® device should ensure that it is used in such an environment.

Broadcast emissions	Compliance	Electromagnetic environment - guidelines
RF emissions per CISPR 11	Group 1	The LADY-COMP® devices uses RF energy only for its internal function. Hence its RF emissions are very low and it is unlikely that it will interfere with nearby electronic devices.
RF emissions per CISPR 11	Class B	The LADY-COMP® devices are designed for use in all facilities, including residential areas and those that are directly connected to the public supply network that supplies buildings used for domestic purposes.
Harmonics per IEC 61000-3-2	Class A	
Voltage fluctuations/flicker per IEC 61000-3-3	Meets	

Recommended safety distances between portable and mobile devices, HF telecommunication appliances and LADY-COMP® computers

LADY-COMP® computers are intended for use in electromagnetic environments as given below. The client or user of LADY-COMP® devices can help to avoid electromagnetic interferences by respecting the minimum distance between portable and mobile HF telecommunication appliances (transmitters) and the LADY-COMP® device, depending on the rated output of the communication appliance as given below.

Annotation 1

To calculate the recommended distance from transmitters operating in a frequency range between 80MHz and 2.5GHz, we used an additional factor of 10/3 in order to reduce the likelihood of a mobile/portable communication appliance involuntarily introduced into the patient area causing interference.

Annotation 2

This guidance may not apply to all cases. The diffusion of electromagnetic waves may be influenced by absorption and reflection from buildings, objects, and human bodies.

«W»-rating transmitters	Minimum distance depends on transmission frequency «M»		
	150 kHz to 80 MHz, $d = 1.2\sqrt{P}$	80 MHz to 800 MHz, $d = 0.35\sqrt{P}$	800 MHz to 2.5 GHz, $d = 0.7\sqrt{P}$
0.01	0.12	0.04	0.07
0.1	0.38	0.11	0.22
1	1.20	0.35	0.70
10	3.79	1.11	2.21
100	12.00	3.50	7.00

For any other transmitters the rated output of which is not listed in the above table, the distance may be calculated using the equation in the relevant column, with P being the rated output of the transmitter in Watt (W) as indicated by the manufacturer of the transmitter.

Guidelines and manufacturer's declaration on electromagnetic immunity

The LADY-COMP® devices are intended for use in the electromagnetic environment specified below. The customer or the user of the LADY-COMP® device should ensure that it is used in such an environment.

Immunity test	IEC 60601- standard	Level of compliance	Electromagnetic environment – guidelines
Static discharge Electrostatic discharge (ESD) per IEC 61000-4-2	± 6 kV contact discharge (indirect) ± 8 kV air discharge	± 6 kV contact discharge ± 8 kV air discharge	Floors should be wood, concrete, or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/ burst immunity test per IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input and output lines => not applicable	± 2 kV for power supply lines ± 1 kV for input and output lines => not applicable	The device is powered by batteries and/or rechargeable batteries.
Surge voltages per IEC 61000-4-5	± 1 kV Differential mode (symmetrical)	± 1 kV Differential mode (symmetrical)	The device is powered by batteries and/or rechargeable batteries.
Voltage dips, short interruptions, and voltage variations per IEC 61000-4-11	< 5% UT for ½ period (> 95% onset) 40% UT for 5 periods (60% onset) 70% UT for 25 periods (30 % onset) < 5% UT for 5 s. (> 95 % onset)	< 5% UT for ½ period (> 95% onset) 40% UT for 5 periods (60 % onset) 70% UT for 25 periods (30% onset) < 5% UT for 5 s. (> 95 % onset)	The device is powered by batteries and/or rechargeable batteries.

Magnetic field at supply frequency (50/60 Hz) per IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should have the typical values as can be found in the commercial and/or hospital environment.
Conducted RF per IEC 61000-4-6	3 V _{eff} 150 kHz to 80 MHz	3 V _{eff} 10 V/m	Portable and mobile RF communications equipment should be used no closer to the LADY-COMP® devices and are calculated including the line utilized as the recommended minimum distance, per the equation applicable to the transmission frequency. Recommended separation distance: d = [3.5/3]√P = 1.2√P d = [3.5/10]√P = 0.35√P for 80 MHz to 800 MHz d = [7.0/10]√P = 0.7√P for 800 MHz to 2.5 GHz where P is the power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). The field strength of stationary radio transmitters should be in accordance with a site survey, less than the compliance level in each frequency range. Interference is possible in the vicinity of equipment marked with the following symbol.
Radiated RF per IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz		

Annotation 1

UT is the a.c. mains voltage prior to application of test levels.

Annotation 2

In case of 80MHz and 800MHz, the higher frequency range applies.

Annotation 3

This guidance may not apply to all cases. The diffusion of electromagnetic waves is influenced by absorption and reflection from buildings, objects, and human bodies.

a) The field intensity of stationary transmitters, such as base stations of wireless telephones and mobile radio equipment, CB radio stations, AM and FM radio and TV broadcasts cannot be exactly predicted. To determine the electromagnetic environment with regard to stationary transmitters, you may wish to evaluate the site. If the field intensity measured at the location of use exceeds the conformity level, the device should be monitored in order to ensure the intended function. In the event of unusual characteristics in behaviour, additional measures may be required such as the modification of the device or its use at a different location.

b) Across the frequency range 150kHz to 80MHz, the field intensity should be lower than [V1] V/m.

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