



Ava App Guide

Version 1.3

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INDICATIONS FOR USE

The Ava Fertility Tracker is intended to monitor a woman's fertility by measuring and recording physiological parameters (body temperature, resting pulse rate, heart rate variability, and breathing rate) as an aid in ovulation prediction to aid in conception (not to be used for contraception).

INTENDED USE

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

Temperature is the most important measurement in support of the Ava Fertility Tracker's prediction of the fertile window. This, in combination with historical menstrual cycle data, is the basis for the Fertility Tracker technology and the intended use of the device.

The Ava device (bracelet) is combined with smartphone applications to display the physiological parameters and to gather user inputs.

Mobile device compatibility

Ava syncs with the following operating systems and devices:

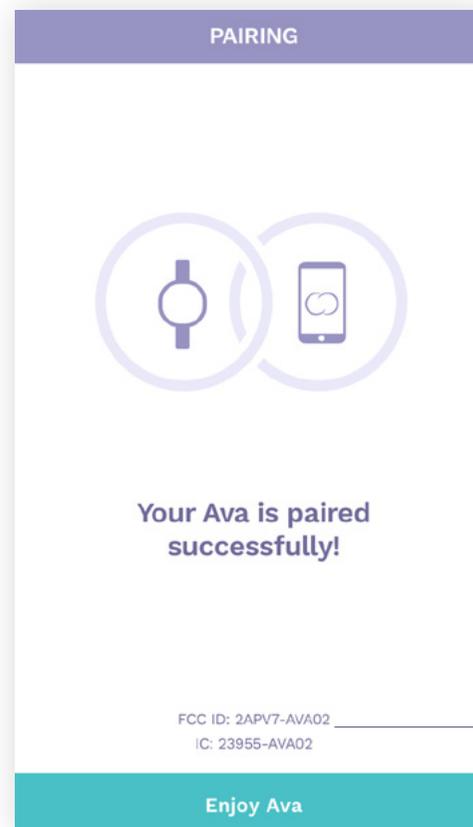
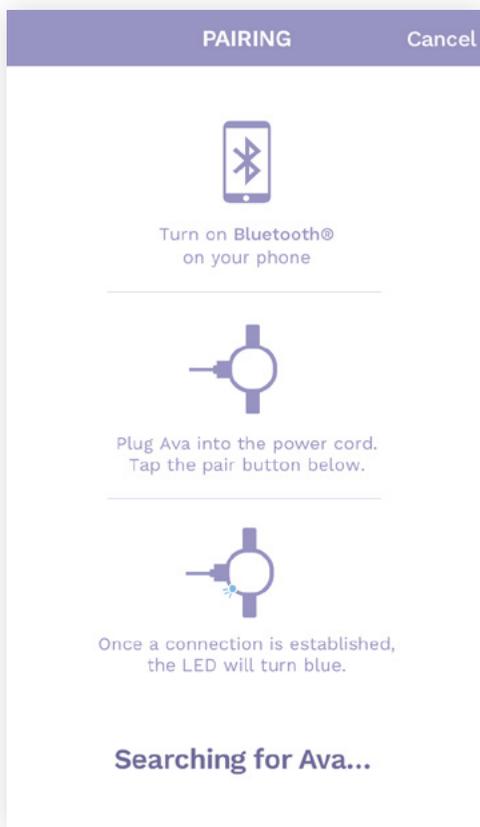
 iOS 10.0 or later

 Android 5.0 or later



PAIRING

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



FCC ID: 2APV7-AVA02
IC: 23955-AVA02

Regulatory information
[\[See Regulatory - p. 14\]](#)

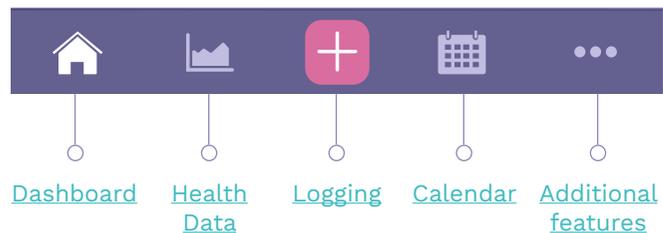


AVA FOR

Trying to conceive & Cycle tracking

NAVIGATION

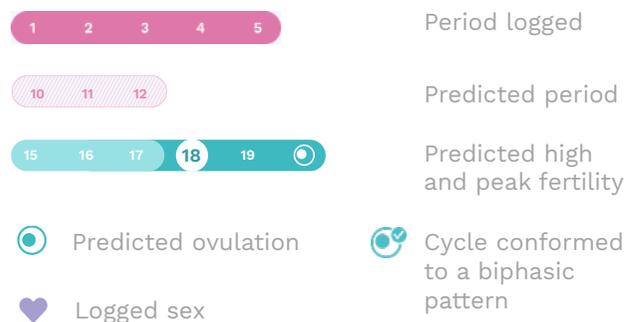
iOS Devices



Logging



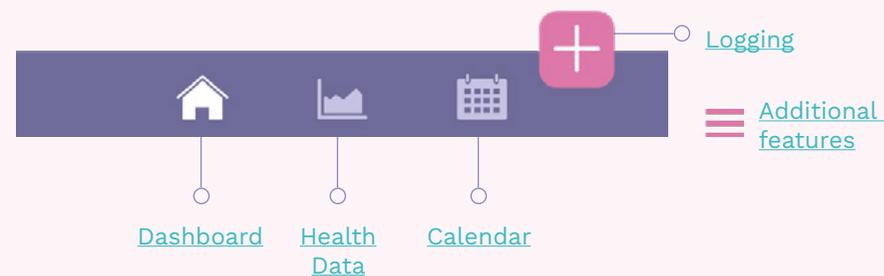
Calendar



Health charts



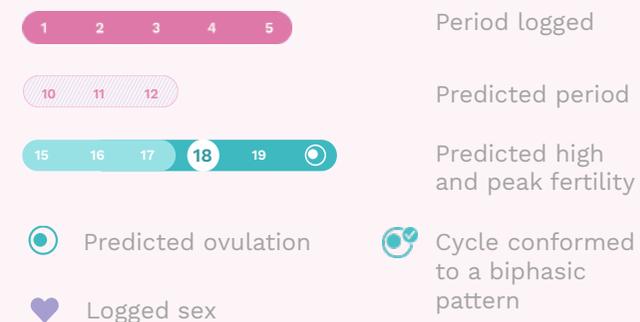
Android Devices



Logging



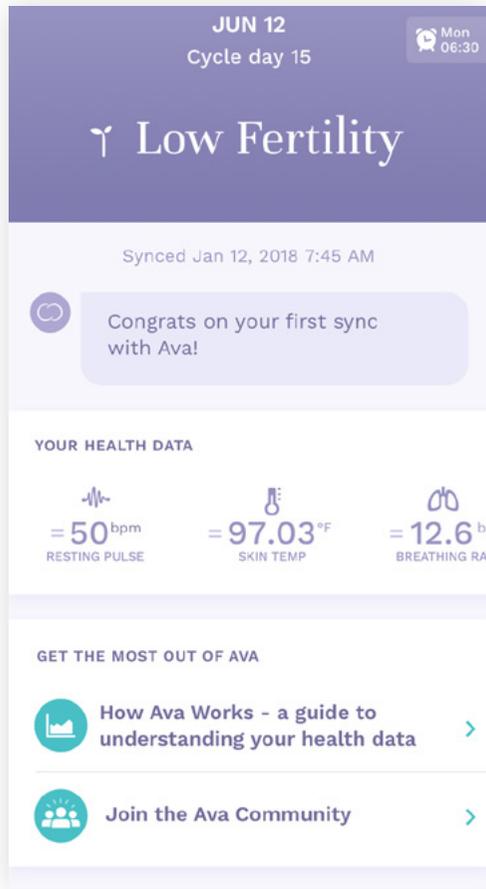
Calendar



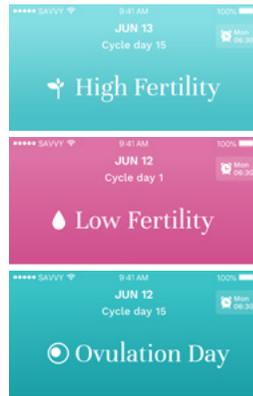
Health charts



DASHBOARD



Different cards you can see in this section:

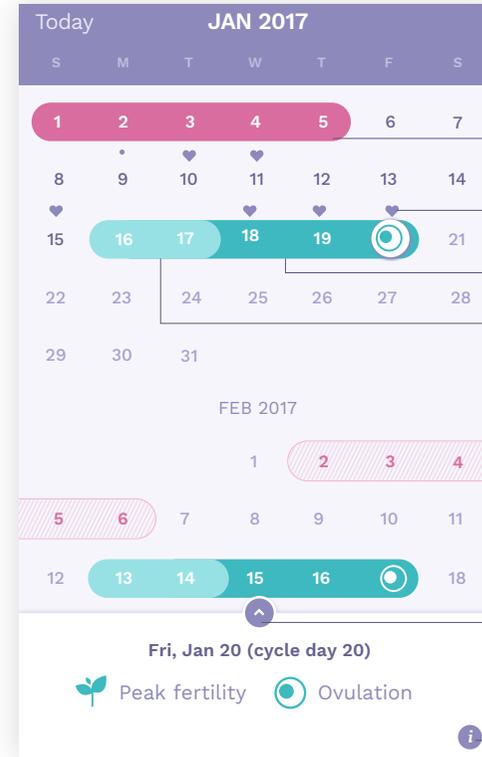


Measurement of the day

Swipe down to see more



CALENDAR



Period logged

Sex logged

Peak fertility

High fertility

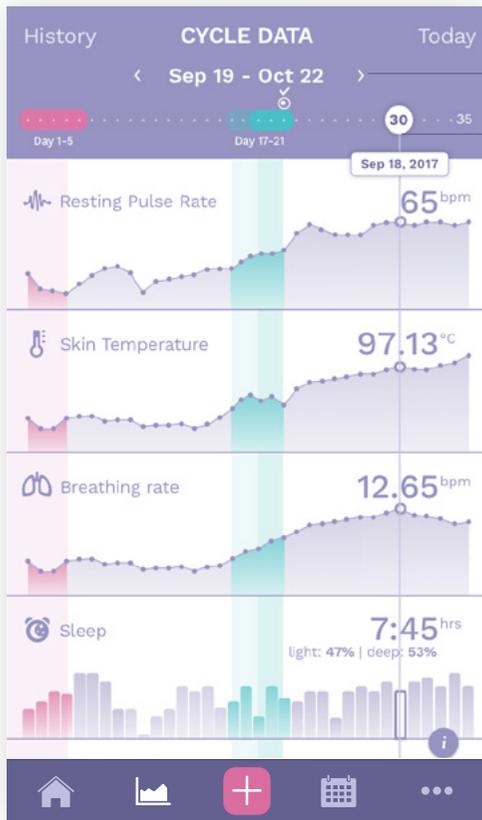
Period predicted

Tap to see logged items

Tap for calendar key

HEALTH DATA

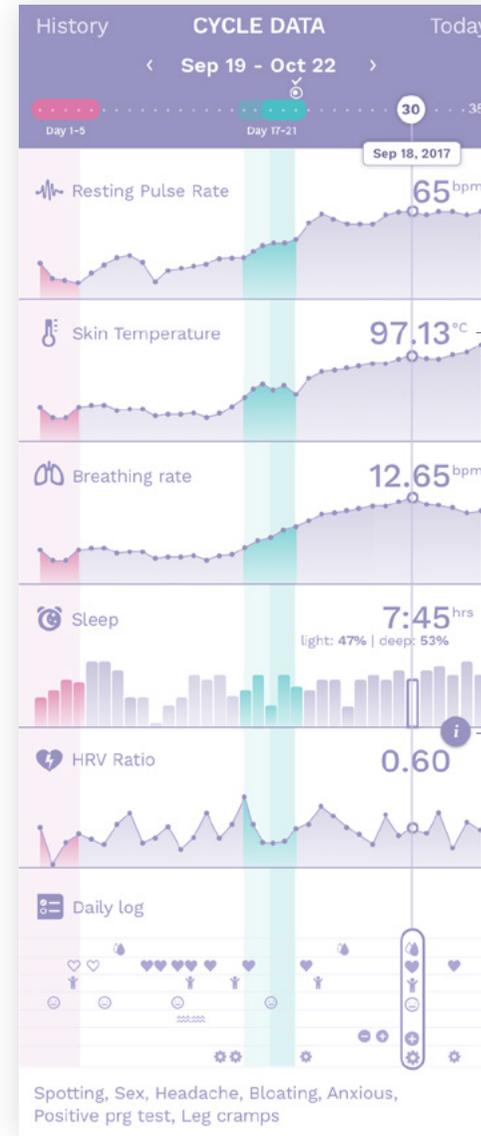
The Health data view enables you to see your parameter values for a specific day and visualize your data throughout your cycle. You can also see what you've logged in correlation to your health data.



○ Navigate through your cycles

○ Drag it left or right to see more data values for different days

○ Swipe down to see more data



○ Data value for a selected day

○ Tap for more info about the parameters

○ See your logged items

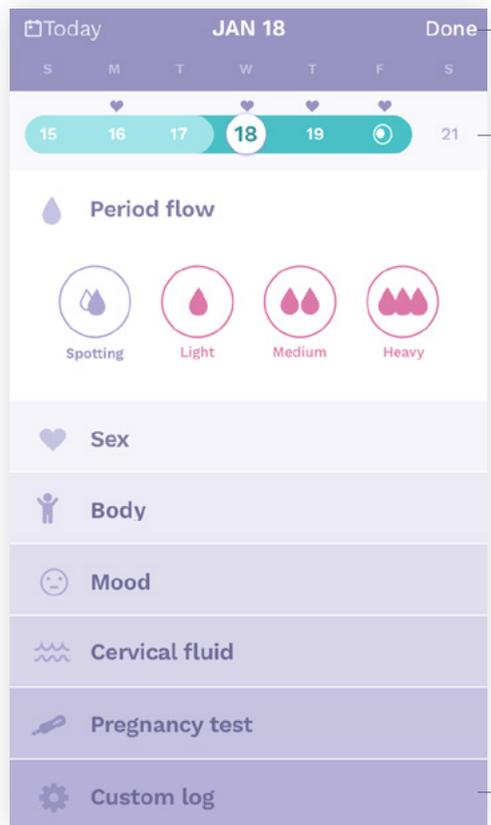
Complete view

LOGGING

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

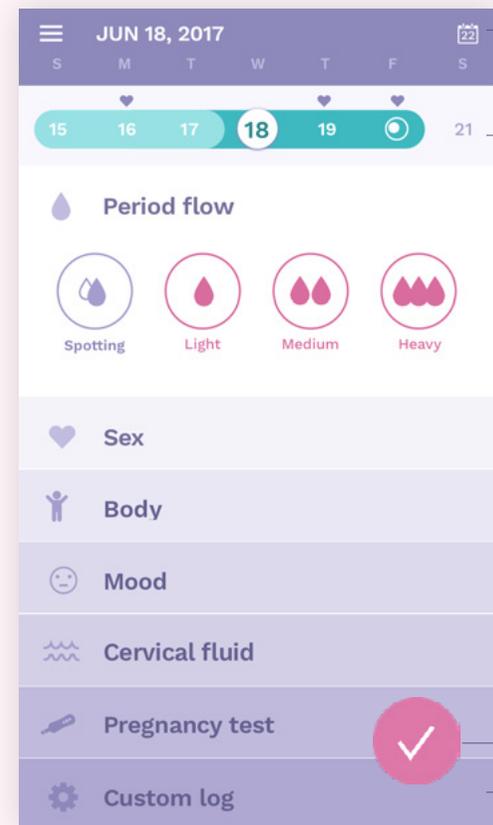
Make sure you always log your period in order for Ava to make accurate predictions.

🍏 iOS Devices



- Confirm log
- Swipe left or right to navigate through days
- Add your period by tapping on the icon. Tap again to remove it.
- Additional logging options
- Tap to create your own customized log. You can create up to 10 logs.

🤖 Android Devices



- Go to today
- Swipe left or right to navigate through days
- Add your period by tapping on the icon. Tap again to remove it.
- Additional logging options
- Confirm log
- Tap to create your own customized log. You can create up to 10 logs.

ADDITIONAL FEATURES

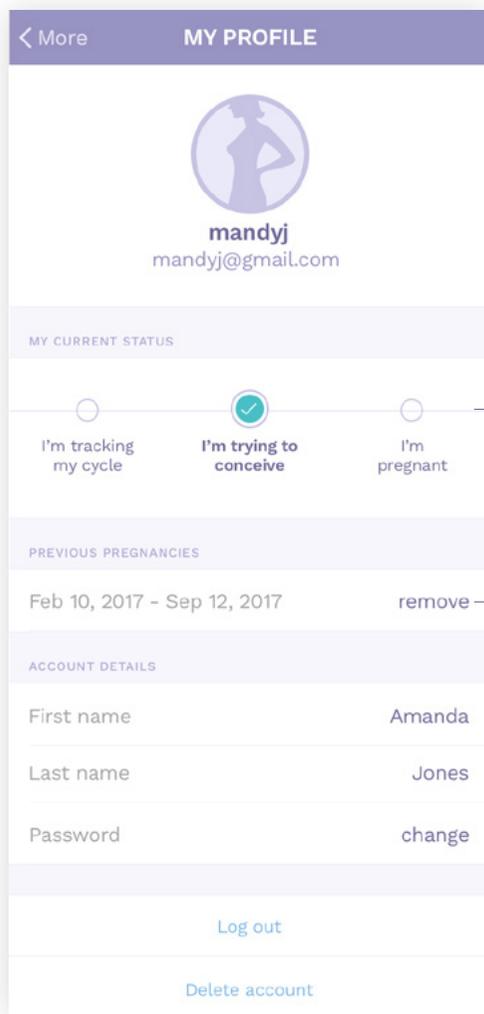
iOS Device

Tap on the more icon to access additional menu items.

Android Device

Tap on the menu icon to access additional menu items.

PROFILE



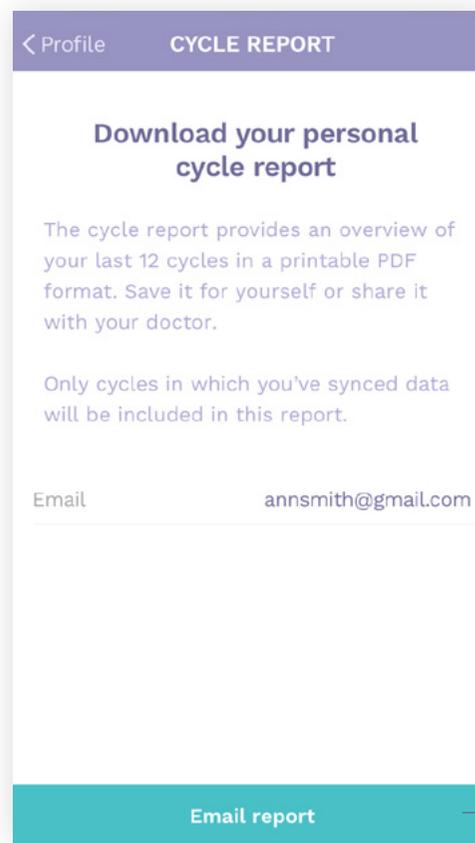
Change your status

Tap here to remove a pregnancy from your data

Log out or delete your account

CYCLE REPORT

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

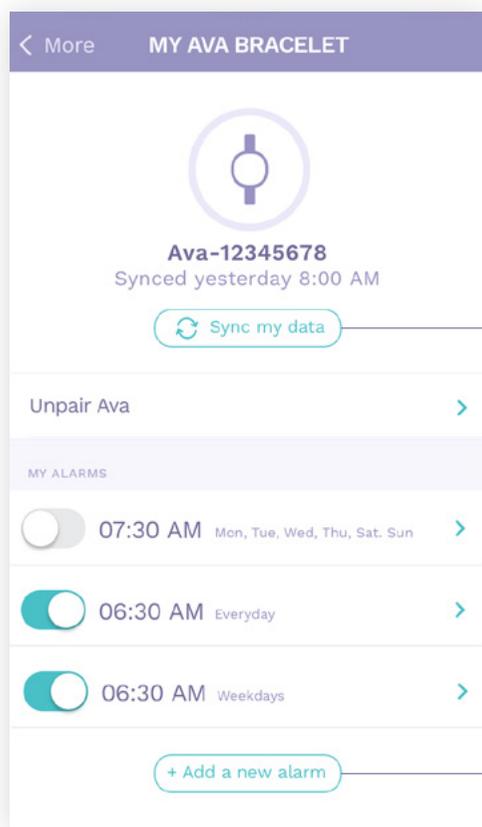


Tap here to send the report to your email

ALARM

The Ava bracelet gently wakes you up with a vibration. Once you've woken up, tap the bracelet twice to stop the alarm from vibrating.

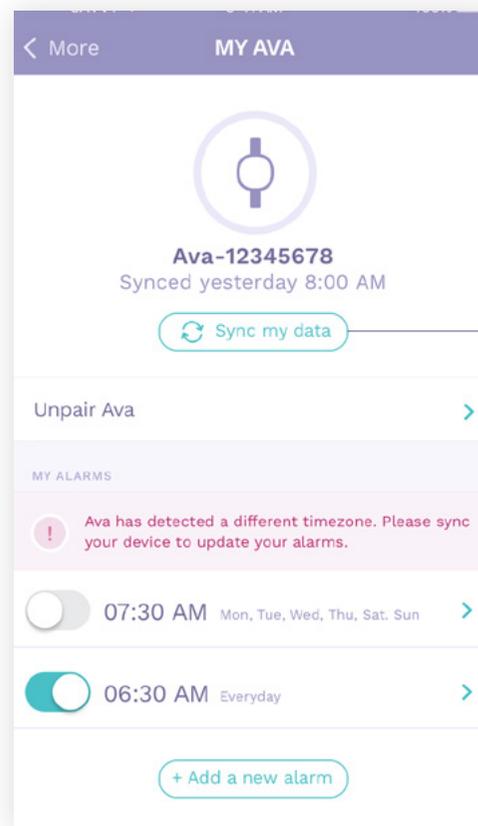
You can set up to 10 alarms.



- Tap here to sync your data and alarms
- Here you can delete an alarm or switch it off
- Tap to add a new alarm

ALARM - NEW TIMEZONE

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

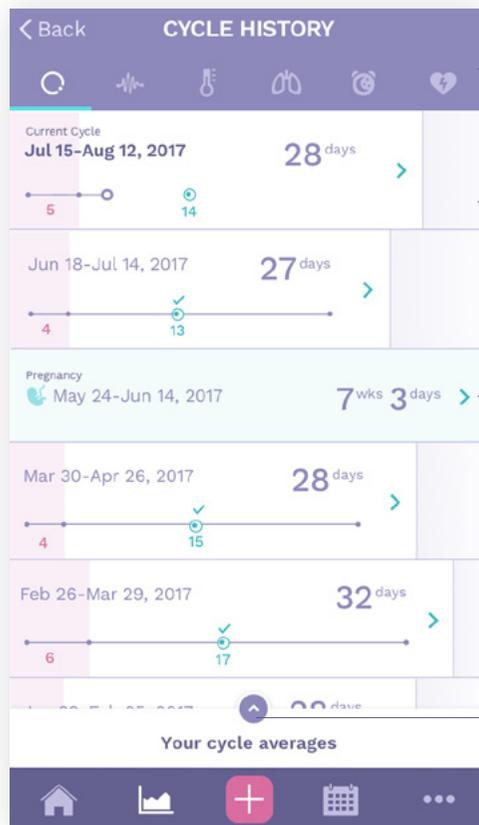


- Tap here to sync your device to update your alarms
- If you enter a new timezone, you need to force sync in order to adjust your alarms to the new timezone. Before you sync and error message will appear.

HISTORY VIEW

🍏 iOS Device

History Tap “history” in the upper left of the [Health Data View](#) in order to see a complete history of your cycles and their corresponding health data. You will need to complete at least one cycle to see this view.



Navigate through your cycle details and parameters (Resting Pulse Rate, Skin Temperature...)

Your current cycle, tap on it to go to the corresponding health data view

Example of a Pregnancy

Tap here to see your averages

🤖 Android Device

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



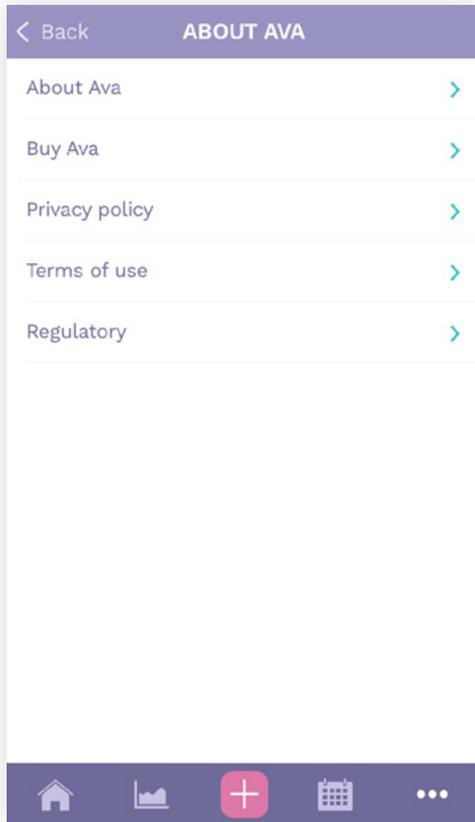
Navigate through your cycle details and parameters (Resting Pulse Rate, Skin Temperature...)

Your current cycle, tap on it to go to the corresponding health data view

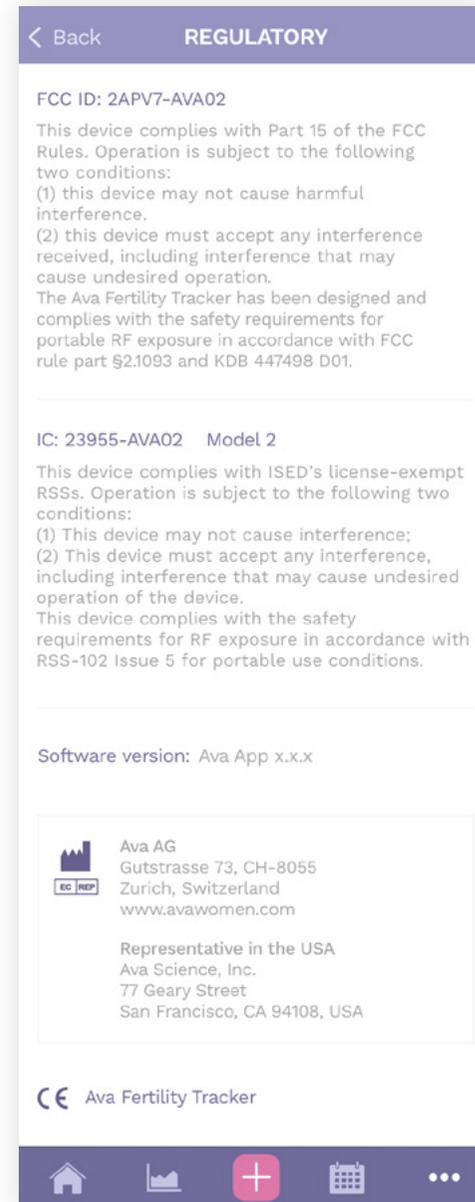
Example of a Pregnancy

Tap here to see your averages

REGULATORY INFORMATION

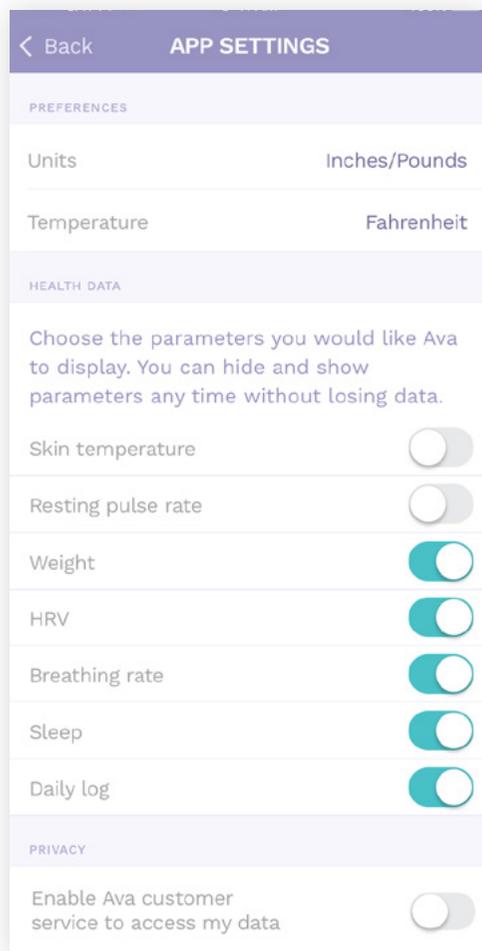


Tap here for regulatory information



APP SETTINGS

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

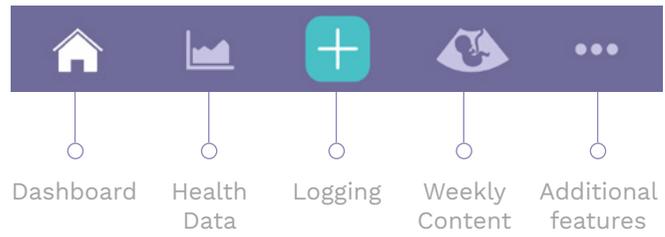


AVA FOR
Pregnancy

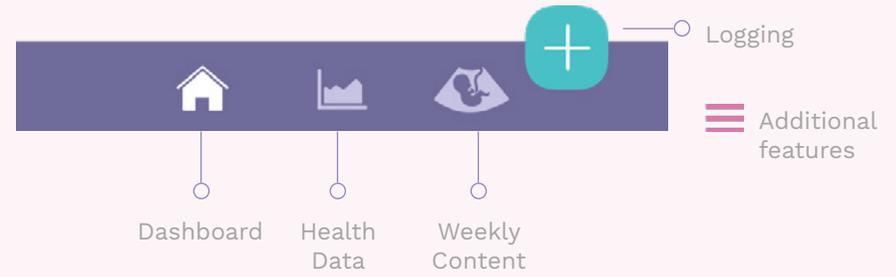


NAVIGATION

🍏 iOS Devices



🤖 Android Devices



DASHBOARD



Sync my data

17

WEEKS + 5 DAYS

Meet Poppy
in 156 days!

HRV RATIO
-0.60

WEIGHT
↑138.5 lbs

SLEEP
↓6:25 hrs

WEEK 18
At a Glance

Tap to sync

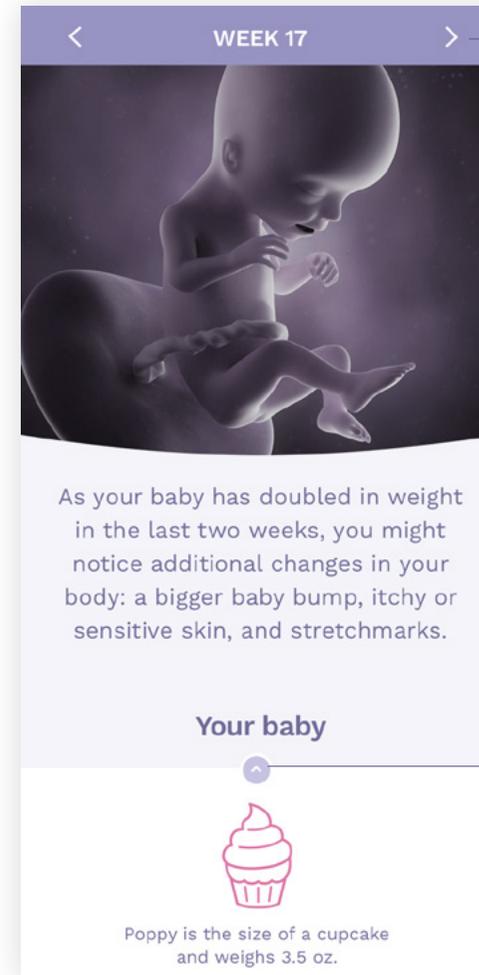
Week count to due date.
If you want to change your due date go to the profile section.

[\[See Profile - p. 19\]](#)

Measurement of the day

Tap to see the weekly content

WEEKLY CONTENT



WEEK 17



As your baby has doubled in weight in the last two weeks, you might notice additional changes in your body: a bigger baby bump, itchy or sensitive skin, and stretchmarks.

Your baby



Poppy is the size of a cupcake and weighs 3.5 oz.

Navigate through weeks

Tap to expand

Swipe down to see more



HEALTH DATA AND LOGGING

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

History **CYCLE DATA** Today

< Prg week 1-4 >

1 2 3 4

Sep 18, 2017

Resting Pulse Rate 65 bpm

Skin Temperature 36.13°C

Breathing rate 12.65 bpm

HRV Ratio 0.60

Sleep 7:45 hrs
light: 47% | deep: 53%

Weight 138 lbs

Data Quality is Great

Tap for more info

Log and track your weight

Navigate through weeks

Drag left or right to see more data values for different days

Data value for a selected day

PROFILE

< More **MY PROFILE**

mandyj
mandyj@gmail.com

MY CURRENT STATUS

I'm tracking my cycle I'm trying to conceive **I'm pregnant**

MY PREGNANCY

Due date May 20, 2017

Baby nickname Poppy

ACCOUNT DETAILS

First name Amanda

Last name Jones

Password change

Log out

Delete account

You can remove a pregnancy by switching to "Trying to conceive" or "tracking my cycle". After you've switched back to "Trying to conceive" mode, you can remove a pregnancy on the profile screen. [\[See TTC Profile - p. 11\]](#)

Edit / adjust your due date and your baby nickname

