



AVA

Ava Fertility Bracelet

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Did you know that there are only six days per month when it's possible to conceive? Ava is clinically proven to recognize five of them.

The Ava bracelet is a completely unprecedented method of tracking a woman's cycle. While you're sleeping, Ava's sensors collect data on different physiological parameters. Ava's algorithm then detects your fertile window, physiological stress level, sleep quality, and more.

Many other methods of fertility tracking rely on only a single parameter, and thus cannot

provide a complete picture of your fertility in real time. Ava detects the very first signs that the fertile window is beginning and confirms when it ends. And when you time intercourse during your fertile window with Ava, you increase your chances of conceiving each month.

To learn more visit www.avawomen.com



Take Charge of Your Health

Many women don't start learning about their fertility until they start trying to get pregnant. Knowing when you're ovulating is just plain cool. And when you decide you are ready to try for a baby, you'll be way ahead of the game.

With graphs, charts, and trend analysis, Ava makes it easy to compare your health parameters and cycle details month to month.

- ✓ **Tested for 24 – 35 day cycles**
- ✓ **Used when breastfeeding once a woman's cycle returns.**
- ✗ **Not tested for PCOS.**
- ✗ **Not for use as a contraceptive.**

The Science of Ava

Ava's sensor technology measures the following physiological parameters whilst you sleep.






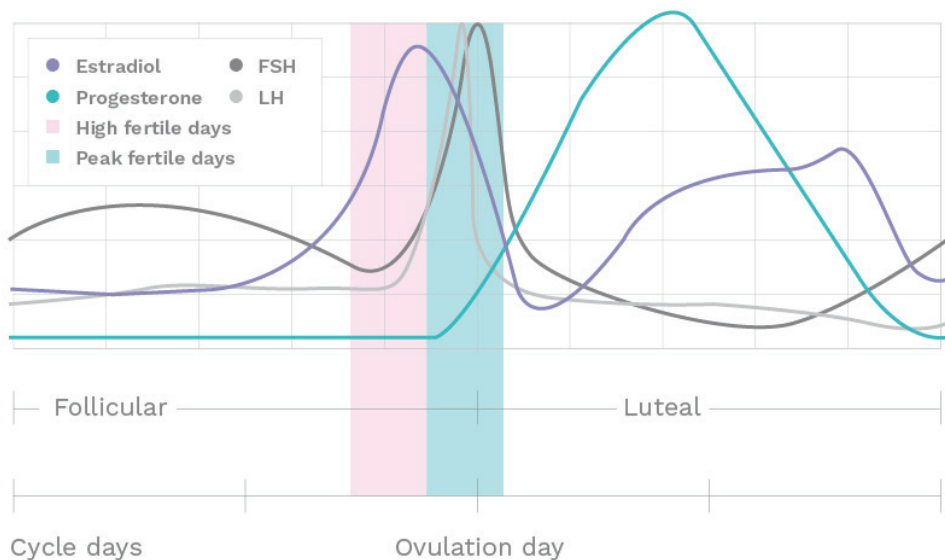
-  Skin temperature
-  HRV Heart Rate Variability Ratio
-  Movement
-  Resting pulse rate
-  Perfusion
-  Sleep
-  Breathing rate

Illustration of a Woman's Cycle



The menstrual cycle is regulated by varying hormonal levels. The influence of these changing hormonal levels on a woman's physiology is measured at the wrist and during sleep using Ava's sensor technology bracelet. Unlike LH urine tests which detect a 1 or 2 day window prior to ovulation or the temperature method, which only tells you when you've already ovulated and are

no longer fertile, Ava can detect the beginning of the fertile window in real time. With Ava, there's no need to wake up early to take your temperature or remember to pee on a stick. Just wear it at night and sync with the app in the morning to see your fertility status in real time.

Reasons To Choose Ava

- Ava has been shown to detect 5.3 fertile days per cycle with an accuracy of 89 per-cent.
- Ava was tested as part of a one-year clinical trial at the University Hospital Zurich.
- Ava detects your fertile window in real time.
- Ava syncs with iPhone and Android.
- Ava is both FDA registered and CE certified.
- Ava is smart, practical and easy.

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