

**Development, Manufacturing,
Worldwide Distribution**

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Contact your local distributor for assistance and support.



Instructions for use.



What do the indicators mean?



fertile



infertile



learning/
fluctuation



pregnant

Check out www.daysy.me/tutorials to see videos of how to use Daysy.



A **blinking violet light** means *Daisy* is expecting your period. To confirm, hold down the button for 2 seconds.



A **solid violet light** means you have confirmed your period. If you confirmed menstruation by mistake, you can hold down the button for 2 seconds.



Rotating blue lights mean a measurement is taking place. Hold down the button for 2 seconds if you want to cancel.


Daysy has an App.

daysyView will give you valuable information about your menstrual cycle. You also have the option to share information with your partner.



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Congratulations on your *Daysy*[®], the latest fertility monitor on the market.

Our experience over more than 30 years in the monitoring of the female cycle has enabled us to develop this sophisticated and reliable fertility monitor. *Daysy*, a fertility monitor at its best. Understand your cycle and change your life. Do you have any questions or would like to get more information about *Daysy*? Then visit our website **daysy.me** or get in touch with our customer service. You can view instructional videos online at: **daysy.me/tutorials**

We wish you a successful start.

About Daysy.

With *Daysy* you measure your waking temperature under the tongue every morning. *Daysy's* algorithm calculates your fertility based on the digitally measured temperature data. *Daysy* is **99.3% safe from the first measurement on**. In addition to your daily temperature measurement, *Daysy* will ask you to enter the days you are menstruating. *Daysy* also has an App (*daysyView*) that gives you additional information about your cycle. You can download *daysyView* from your App Store or on our website **daysy.me**.

Included:

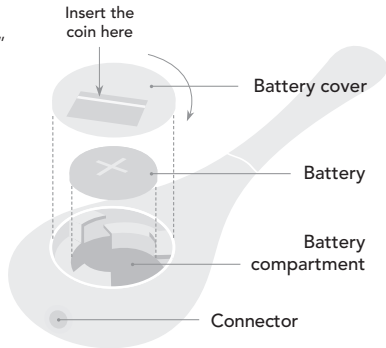
- Coin Cell Battery (CR2032)
- Sensor protection cap
- TRRS Audio Cable

Precautions.

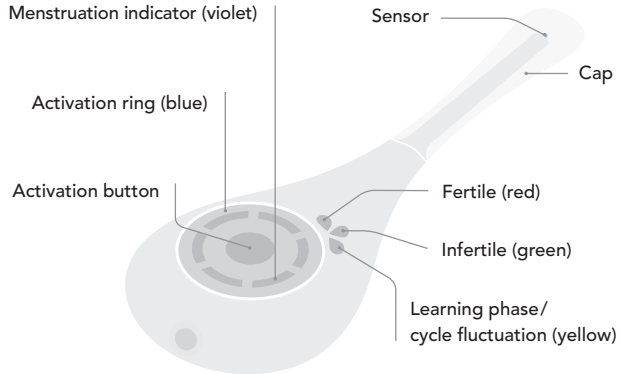
- Please read this manual before you start using *Daysy*. Additional information about *Daysy* can be found at **daysy.me**.
- Please stop taking hormonal contraceptives before starting with *Daysy*.
- *Daysy* does not provide protection against sexually transmitted diseases in any way.
- *Daysy* can only be used by women with menstrual cycles lasting between 19 – 40 days.
- *Daysy* is not suitable if you are experiencing symptoms of menopause, taking hormonal treatments or using hormonal birth control.
- *Daysy* may be less effective in identifying fertile days if you experience irregular menstrual cycles.
- Only remove/replace the battery when *Daysy* is switched **OFF**.

First things first: the battery.

1. Place the supplied battery into the **battery compartment** with the “+” sign facing you. Close the **battery cover** with a coin by rotating the cover clockwise.
2. *Daysy* will now start a self-test: All the lights will come on once.
3. *Daysy* turns off automatically after 30 seconds.
4. You can switch *Daysy* ON by briefly pressing her activation button.



Indicators and their meaning.*



*You can find the different fertility indicators on the cover page

How to Use.

1. Every morning - before you get out of bed - pick up *Daysy* and briefly press the activation button. The activation ring will light up quickly, and your predicted fertility status will be displayed.
2. Press the button once more, and the lights of the activation ring will start rotating clockwise. The measurement can begin.
3. Place the sensor tip under your tongue, as far back as possible to the left or right, and close your mouth.
4. 2 beeps will mark the end of your measurement.*
5. After measuring, the fertility status displayed is valid for a maximum of 24 hours or until the next measurement in the morning. 18 hours after the last measurement, *Daysy* will switch to the prognosis. You can review your fertility status later in the day by pressing the activation button once.

**If you hear a grumble buzz the measurement was not successful and you must take your temperature again.*

Inputting menstruation.

When the violet light «menstruation» is blinking, *Daysy* is asking for your menstruation.

- If you are menstruating, press and hold the activation button until the violet light remains illuminated and you hear a beep. Confirm menstruation for each day that you have it for at least 3 consecutive days.
- If you are not menstruating, don't do anything, the light will remain blinking.
- If you are menstruating and *Daysy* does not ask you, input menstruation by pressing and holding down the activation button until the violet light is illuminated.

Important: *The first bleeding after stopping hormonal contraceptives is not a menstruation, but a hormone-conditioned withdrawal bleeding. Do not enter menstruation for this bleeding.*

Important.

- Be sure to measure first thing in the morning, **before getting out of bed.** If you already got out of bed and then remember, skip the measurement for that day.
- **Be sure to input when you have your period.**
- The more regularly you measure, the more quickly *Daysy* can learn your cycle.
- In the beginning, you will see a lot of yellow and red. *Daysy* has to get to know you first and she requires about 3 - 4 measured cycles for this. We know this can be frustrating, but please be patient. Once *Daysy* knows your cycle, your patience will be rewarded.

Cleaning.

Clean *Daysy* carefully with a damp cloth. Alcohol and soap can be used in small amounts. Take care that *Daysy* does not come into contact with too much liquid, as she is not waterproof.

Battery.

The supplied battery lasts approximately 2 years. If the battery is nearly empty, *Daysy's* activation ring will blink frantically. Please change the battery within 2 days, so your fertility calculations will not be affected. If the battery depletes completely, *Daysy* will have to relearn where you are in your current cycle.

Note: Be sure *Daysy* is "OFF" before removing/replacing her battery.

Problems and troubleshooting.

***Daysy* gives many yellow days.**

- *Daysy* needs some time to get to know your cycle. During the first 3 to 4 cycles *Daysy* has to get to know you and gives you many days of yellow and red. The more regularly you measure every morning, the faster *Daysy* gets to know you.
- If you have a lot of yellow days after you have already been measuring a long time, it means that you have fluctuations in your cycle. This is completely normal. Not every woman always ovulates on the same day in the cycle, and the period sometimes comes sooner or later.

***Daysy* does not react when the activation button is pressed.**

Please contact customer service before removing the battery.

***Daysy's* activation ring blinks blue frantically.**

Be sure *Daysy* is off, then replace the battery.

***Daysy* does not start measuring, but grumble buzzes instead.**

Remove the cable before measuring. Please always remove the cable after each synchronization, while *Daysy* is still switched on.

For further information, please visit our website's FAQ section at daysy.me or contact our customer care department.

Daysy ends the measurement with a grumble buzz instead of beep-beep.

The measurement timed out and was aborted or the measurement was not successful. Try to follow these tips:

- Place the sensor tip under your tongue, as far back as possible to the left or right.
- Close your mouth.
- After starting a measurement, do not take *Daysy* out of your mouth until you hear a beep-beep.
- If you have a fever, *Daysy* may not accept the measurement. Please skip the measurements during illness.

After inserting the battery the red indicator and the activation ring are blinking frantically.

Something is wrong with *Daysy*. Please contact our customer care department.

I am not going to use *Daysy* in the coming months. What do I need to do?

If you plan not to use *Daysy* for an extended period of time, clean her, remove the battery and store *Daysy* in a dry and cool place.

How does *Daysy* speak to me?

- Beep-Beep: *Daysy* is happy. The measurement was a success.
- Grumble buzz: *Daysy* is not happy. The measurement was not successful.
- Beep: *Daysy* beeps when you press the activation button.

For further questions regarding use, please visit our website's FAQ section at daysy.me or contact our customer care department.

Technical data.

Intended use: *Daisy* is a battery-operated fertility monitor intended for measuring daily basal body temperature. *Daisy* can be used by women to detect their fertile window. The fertility status is indicated via an optical display.

Significant performance characteristics: Measurement of basal body temperature, evaluation and display of fertility status.

Indications/Contraindications.

Indications: *Daisy* fertility monitor can be used by women with regular menstrual cycles with a length between 19 and 40 days.

Contraindications:

- You have a medical condition that makes becoming pregnant dangerous - such as high or low blood pressure or a heart condition.
- There could potentially be a health risk to the baby if you got pregnant, for example, if you are dependent on drugs or alcohol, or taking medications known to cause birth defects.
- You are experiencing symptoms of menopause, or taking hormonal treatments or birth control hormones.
- You are having irregular periods so predicting your fertile time may be hard or impossible.

Warnings.

- Do not read today's fertility status in the App, **read it on *Daysy* herself.**
- Do not open the housing.
- Do not chew on the sensor housing.
- Do not bite/swallow housing or parts of it.
- Do not modify this device.
- Do not expose to high temperatures (i.e. boiling water)
- Do not expose to direct sunlight for extended periods of time.
- Measurements should only be taken orally.
- Take care not to over-insert the sensor into your mouth.
- Do not use when the housing is broken.

- Measurements cannot take place while the cable is connected.
- *Daysy* cannot be connected to anything but a smartphone or tablet.
- As long as *Daysy* is connected to a smartphone or tablet, the smartphone or tablet should not be connected to anything else.
- If the device is causing skin irritations, we recommend to discontinue use and contact our customer service immediately.
- *Daysy* is a personal device. She cannot be shared with other people. If you want to give *Daysy* to a friend, you must first delete all of your data.
- *Daysy* is not contraception*. Improper use can result in an unwanted pregnancy.

Daysy indicates the days you are fertile so you can use a method of contraception during this time in order to avoid a pregnancy.

Information on electromagnetic compatibility.

Medical electrical equipment is subject to special precautions in terms of electromagnetic compatibility (EMC). Such devices can only be installed and used according to the EMC information provided in the accompanying documents.

Portable and mobile RF communications equipment can affect medical electrical equipment. So that there is no malfunction, Daysy must be operated and stored at least 3.3m away from such devices.

Important: As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2W yields $d=3.3$ m at an IMMUNITY LEVEL of 3 V/m.

Intended user profile: Women aged 15 years or older with 9+ years of public school, capable of reading and writing

Weight: 42 g, **Battery type:** CR2032

Device label.



The label to the left is a larger version of that included on the back of *Daysy* for better readability.

General information.



Manufacturer



Date of Manufacture



Consult Instructions for Use



Caution



CE Mark



Applied Part Type BF



Daysy's Smiley: The Smiley means that we hope you are enjoying using our product as much as we have enjoyed designing it for you.



WEEE: Please dispose of the device at a public collection point for electrical appliances. According to local laws / regulations the equipment and / or the battery must not be disposed of separately from household waste.



Lot Number



Ingress Protection Rating: Protected against >12.5mm objects and splashing water when the enclosure is tilted at an angle up to 15° from its normal position.

Storage and operating conditions.



Temperature limitation:
The device can be safely stored at temperatures between -25°C and 70°C.



Temperature limitation:
The device can be safely used at temperatures between 5°C and 40°C.



Humidity limitation:
The device can be safely stored at relative humidities up to 93%.



Humidity limitation:
The device can be safely used at relative humidities between 15% and 93%.



Pressure limitation:
The device can be safely stored at pressures between 700 hPa and 1060 hPa.



Pressure limitation:
The device can be safely used at pressures between 700 hPa and 1060 hPa.

Warranty information.

Daysy consists of modern materials and high quality components that have been developed and processed with high quality standards. Each *Daysy* has been controlled and tested before being shipped.

1. We therefore guarantee the original purchaser that *Daysy* stays free from defects of materials or manufacturing during the warranty.
2. This warranty extends only to the original purchaser of a new *Daysy* from an **authorised Valley Electronics dealer***. The warranty starts on the date of purchase of *Daysy* and lasts 2 years.
3. During the warranty, we guarantee repairs, exchange or refund of a faulty product. Further claims, in particular for losses and damages, including consequential damages, are excluded. Indirect damage is not covered by warranty.

4. The warranty does not cover damages caused by improper handling, especially opening the device or damage done to the device label, or external influences.
5. Warranty claims are only valid if the user indicates the defect **immediately in writing within 2 weeks** after such defect is discovered. Usage must be discontinued after the realization of the defect. *Daysy* must be returned to us via insured delivery.

**Please note that our manufacturer's warranty only applies if you purchased your *Daysy* from an authorized Valley Electronics dealer.*

What the lights mean.

Fertility Indicators			M-LED	Activation Ring	State
red	green	yellow	violet	blue	
on	-	-	-	-	Fertile phase
blinking	-	-	-	-	Ovulating
-	on	-	-	-	Infertile phase
-	-	on	-	-	Learning phase or your cycle is fluctuating
on	on	on	-	-	Pregnant
blinking	blinking	blinking	-	-	Possibly pregnant
-	-	-	blinking	-	Daysy is asking for menstruation
-	-	-	on	-	Menstruation has been entered for the day
-	-	-	-	blinking	Change battery