

OvuSense™ User Guide

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1.0 Essential Information & Setup

1.1 Safety Information

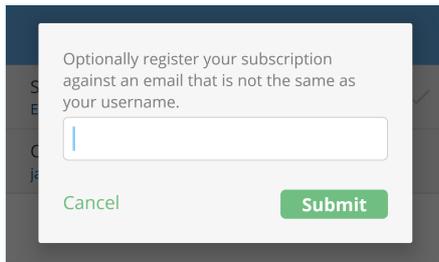
Prior to use it is essential you read the Safety Information guide provided with your OvuSense Starter Pack. You can also read it online here: [OvuSense Safety Information](#).

1.2 Starting Your Subscription

In order to use the OvuSense app to download data from your **OvuCore** or **OvuFirst** sensor, you will need a valid subscription. The app will periodically check your subscription status and should update automatically.

If your app Username does not match the email registered when the subscription was purchased, you may enter an alternate email to register your subscription.

To enter or change the subscription email, tap on the '**Subscription**' option under '**Settings**' and then tap '**Enter/Change subscription email**'. Enter the alternate email in the form and tap '**Submit**'.



The OvuSense app will warn you when your subscription is about to expire, prompting you to order a new subscription when necessary. You will always be able to keep all the data uploaded up to the point at which your subscription expires.

If you have any problems with your subscription please contact customer support at www.ovusense.com/getsupport.

1.3 Registering a New Sensor

Before using OvuSense to measure your fertility you will need to register your sensor to your account. Carefully remove the sensor from the sealed pouch and ensure you are signed into the OvuSense app and then tap on the '**Sensors**' tab.

Sensor Registration Checklist:

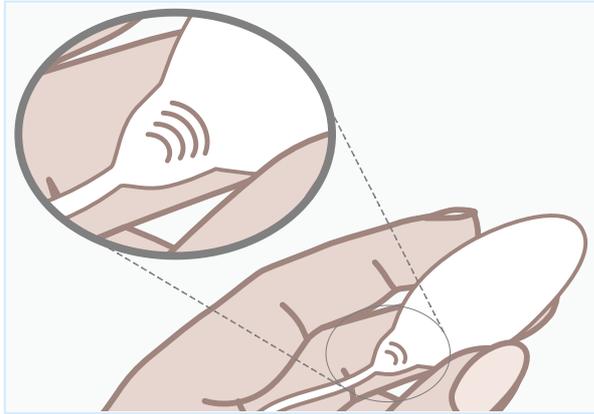
- ✓ Your phone/tablet is connected to the internet
- ✓ Your phone/tablet is not in power-saving mode
- ✓ Any protective case is not interfering with the phone's NFC antenna

NOTE: Each time you register a new sensor for the first time your phone must be connected to the internet. However, an internet connection is not required for you to successfully download data each morning.

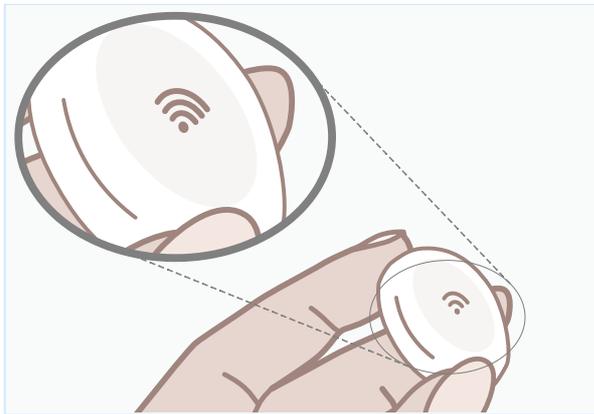
1. **Orientating the sensor.** Before you begin connecting the sensor, you will need to find the side to point at the receiving device.

For **OvuCore**, if you feel carefully on the sensor at the point where the body joins the tail, there is a small raised marking on one side. Ensure this side faces towards

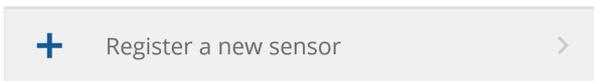
the phone.



For **OvuFirst**, ensure the bevelled side with the connection markings is facing the phone.

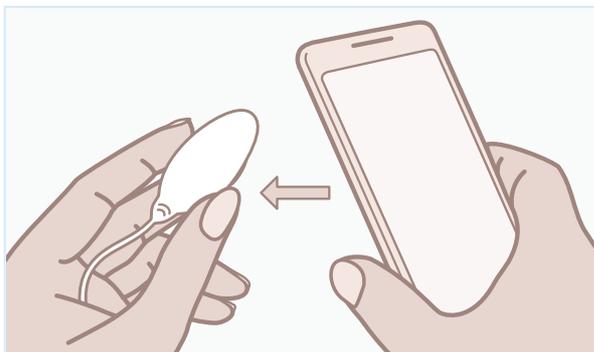


2. **Tap on the 'Register a new sensor' option** on the '**Sensors**' page for the appropriate sensor type and follow the on screen instructions.

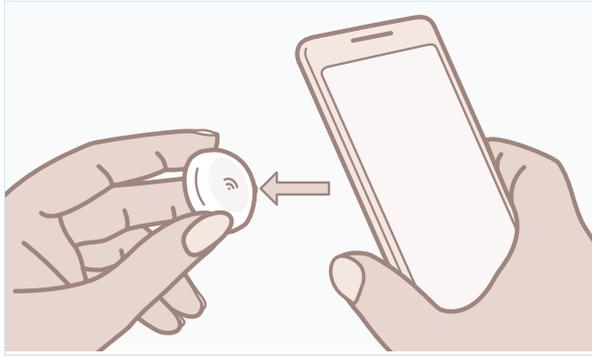


3. **Tap your phone onto the widest part of the sensor.** Typically, the best connection is made near the logo or fingerprint sensor on the back of the phone, but the best location will depend on where the phone's native NFC antenna is located.

OvuCore



OvuFirst



TIP: If the phone beeps but does not connect, move the sensor well away from the phone for 5 seconds and then replace it. This helps the sensor detect the presence of the device.

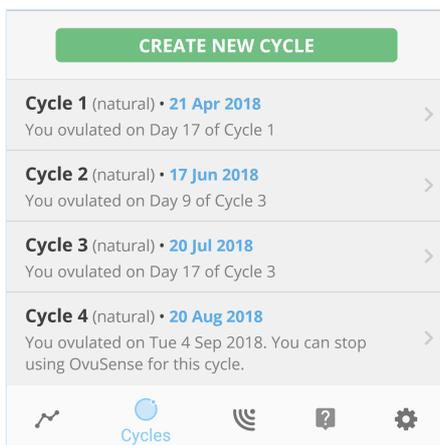
As soon as the sensor is added successfully, you'll receive a message: Congratulations your sensor has been registered. You can now continue using OvuSense.

NOTE: If you lose your sensor or it has expired you can easily register a new sensor to continue use. Whether it is a replacement sensor or a new sensor of different type, just repeat these same steps using the appropriate '**Register a new sensor**' link for the new sensor.

1.4 Start New Cycle, Edit Cycle and Delete Cycle

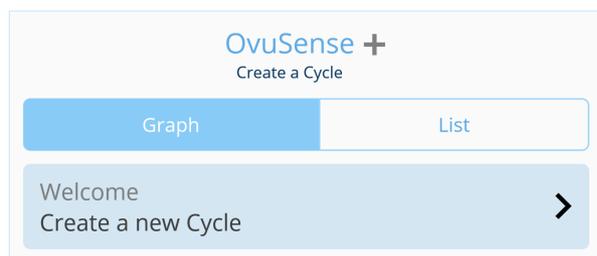
Each cycle, including the first cycle of use, you will need to tell the OvuSense app the day on which the cycle started. The start day for each cycle is **the first day on which full menstrual bleeding occurs**, do not include days before this on which minor blood spotting occurs. Cycles can be added and edited at any time so you can keep track of your periods and other Events, even if you are not using your sensor at that time.

Cycles are managed from the '**Cycles**' page, which shows a list of each Cycle's number, type, start date and its respective ovulation message.

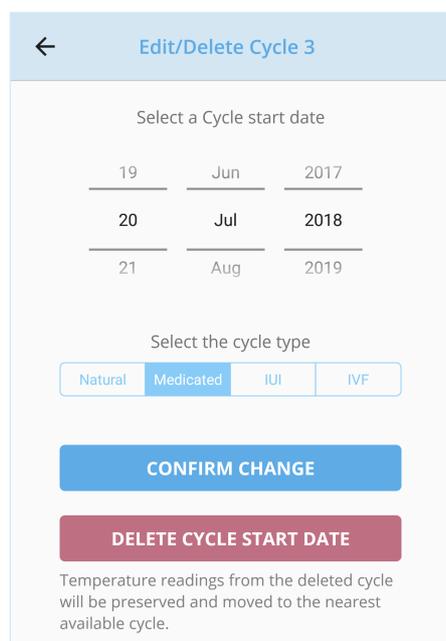


Create a new Cycle by tapping on the '**CREATE NEW CYCLE**' button at the top of the '**Cycles**' page.

TIP: You can also create your first Cycle by tapping on '**Welcome: Create a new Cycle**', or '**Create a Cycle +**' on the '**Data**' page.



Edit a Cycle at any time by tapping on the appropriate cycle in list on the '**Cycles**' page. Recordings for your sensor will automatically be moved to the previous cycle. Use the roller bar as described above and tap the '**CONFIRM CHANGE**' button.



TIP: If you enter the wrong date you can also edit the date of the first day of your menstrual cycle by tapping on the pencil icon next to the Cycle information at the top of your '**Data**' page, or by tapping the appropriate Cycle on the '**Cycles**' page.

Current Cycle : Cycle 4 
Natural cycle : Began 17 Sep 2018

Delete a Cycle at any time by tapping on the appropriate cycle in list on the '**Cycles**' page, and then tapping on the '**DELETE CYCLE START DATE**' button.

TIP: If you have a collected data points in a cycle you wish to delete, the data points will not be deleted. Instead, they will be appended to the previous cycle.

2.1 Cleaning the Sensor

Your sensor should be cleaned on first use, and before or after each use by washing it with unscented and fragrance free soap in warm water.

When you are not using the sensor, clean it, dry it and store it in the carry case - this will keep it clean and secure. Do not leave your sensor near a radiator or other heat source, and keep it out of direct sunlight.

2.2a At Night - OvuCore

For **OvuFirst** see [2.2b At Night - OvuFirst](#)

The OvuCore sensor is designed to be placed in the vagina overnight for the complete night. If you wish to have sex, remove the sensor and thoroughly wash it before reinserting it.

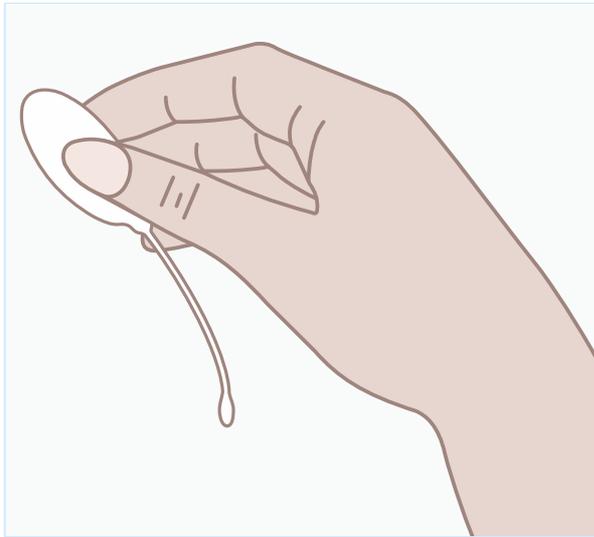
If you forget to insert the sensor on one night, do not worry; continue to use the sensor on subsequent nights.

The sensor is shaped like a tampon and made of a special medical grade material. This material is naturally slippery, but if you find that the sensor is 'dry' to insert, apply a very small amount of standard water-based lubricant gel approved for vaginal use, such as K-Y Jelly®. DO NOT use gels with 'warming' or 'cooling' additives.

1. Remove the sensor from the carry case. Clean the sensor as outlined in [Section 2.1](#). Then wash your hands.



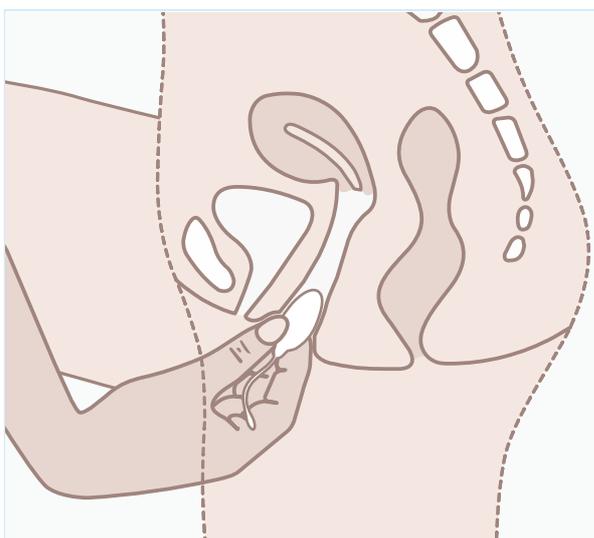
2. Hold the sensor where the tail joins the main body.

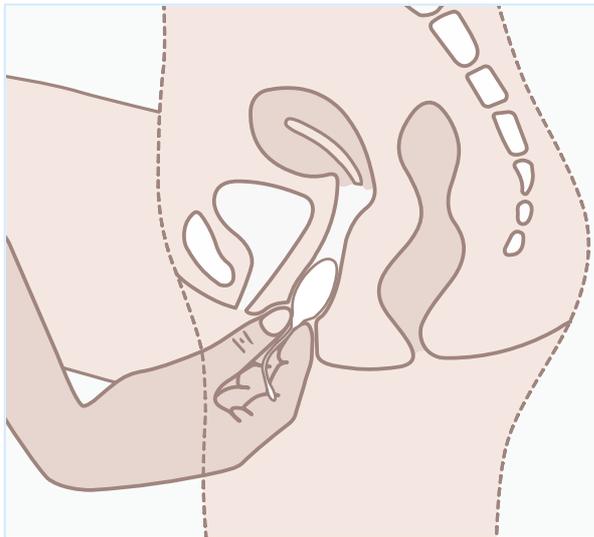


3. Get into a comfortable position.

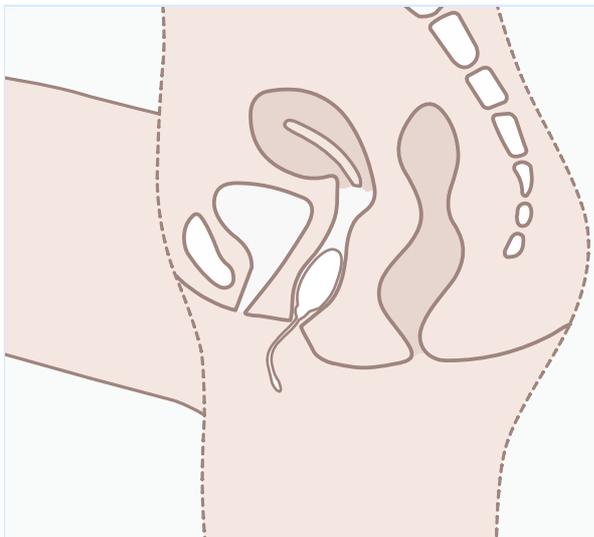


4. The sensor is inserted just as you would a tampon





5. The sensor tail is designed to hang loosely, and part of it may be outside of your body. If the sensor is inserted correctly, you should not feel it. If wearing the sensor feels uncomfortable, gently remove and reinsert it making sure that the 'main body' of the sensor is pushed up past the muscle.

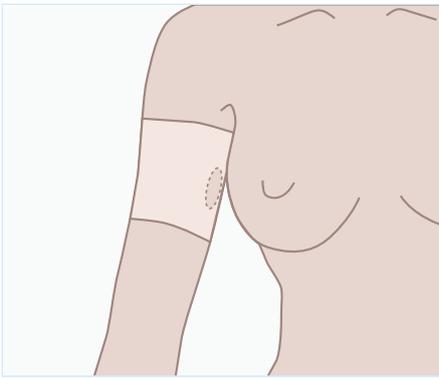


NOTE: Do not attempt to download data before you go to sleep, you only need to download each morning after you wake up.

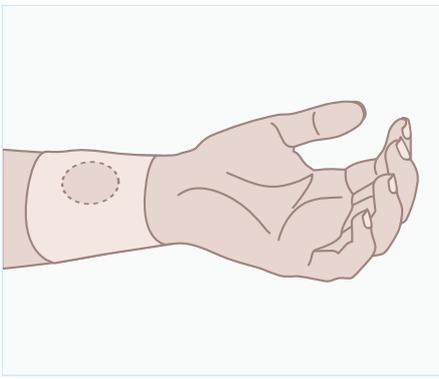
2.2b At Night - Ovufirst

The **Ovufirst** sensor is designed to be placed with the metal disc next to the skin. To obtain best results it is recommended you wear the Ovufirst sensor consistently in the same location on your body, either under the armpit of one arm, on the underside side of your wrist, or tucked close to your breast under a brastrap. If you decide to change the location of the Ovufirst sensor it's recommended to do so only when you start a new cycle.

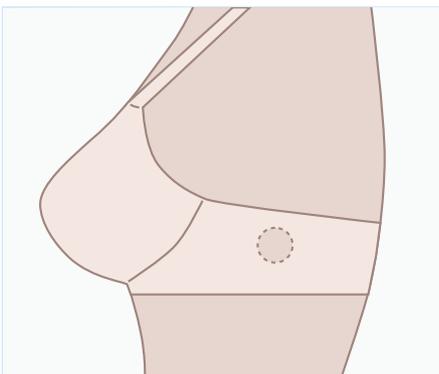
Ideally, wear the sensor on your upper arm using the Ovufirst Armband, or a 10cm strip of support bandage. The sensor should be placed under your arm - on the side closest to your body, as high up the arm as possible. If you wear a top over the sensor it will help keep it in place during the night.



Alternatively, you can wear the sensor on the underside of your wrist using the OvuSense Wristband, or an 8cm strip of support bandage. The metal disc side of the sensor should be placed directly onto the skin - on the same side as your palm. This position may well give more varied readings as it is far from your body's core, but is an option should the alternatives be unsuitable.



It may also be placed inside a bra-strap, directly under one armpit. If you sleep on one side more than another put it on that side as it should provide more consistent measurements.



If you forget to use the sensor on one night, don't worry; continue to use it on subsequent nights.

Just before you go to bed, place the sensor in your preferred location.

Placement Checklist:

- ✓ Always place the side with the metal disc next to your skin.

- ✓ Always place the sensor in the same position, on the same side of your body, for your entire cycle. This will maintain as much consistency as possible.
- ✓ Place the sensor on the same side you prefer to sleep on.

NOTE: Do not attempt to download data before you go to sleep, you only need to download each morning after you wake up.

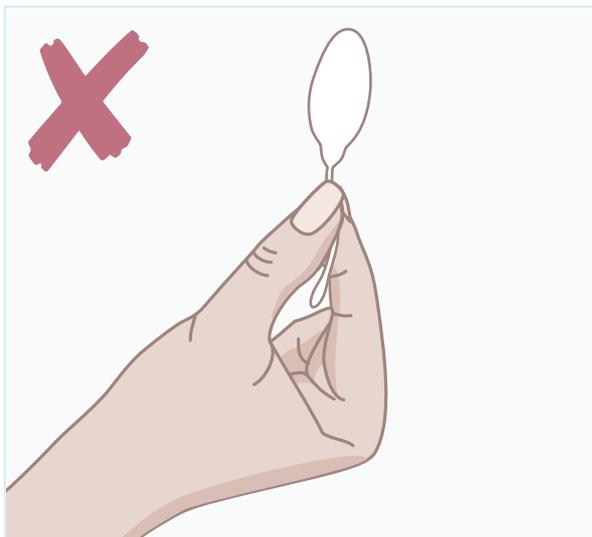
2.3 In the Morning

Remove your sensor in the morning when you wake up. Do not wear the sensor in the shower. Do not leave it on a radiator or in direct sunlight.

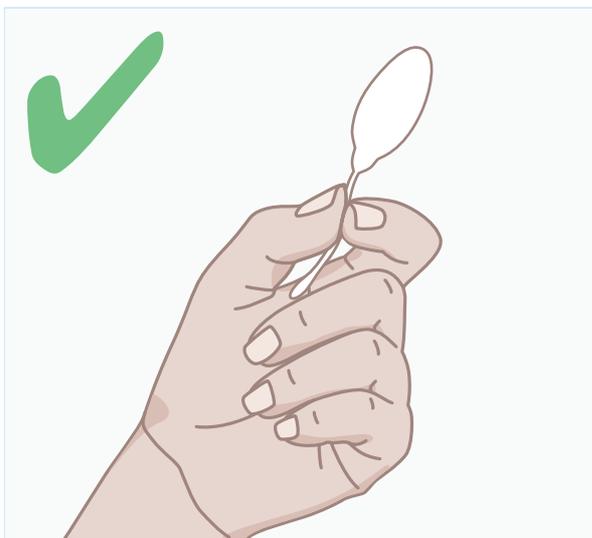
If you have an **OvuCore** sensor, remove it by gently pulling on its tail from the closest point to the sensor you can reach.

Note: Care should be taken when handling the tail to prevent any nicks or cuts which may cause it to weaken.

1. When removing the **OvuCore** sensor ensure your fingers are not gripping along the tail, as this can accidentally lead to the finger nails cutting the tail material.



2. Use the pads of your finger and thumb to grip across the tail. This helps prevent accidental damage by your finger nails.



Once you have removed your sensor, thoroughly wash it as instructed in [2.1 Cleaning the Sensor](#). Do not leave your sensor near a radiator or other heat source, and keep it out of direct sunlight.

If you notice a tear in the sensor tail, please stop using it, take a picture and submit the picture to customer support at www.ovusense.com/getsupport.

2.4 Downloading Data

The OvuSense sensors are designed to collect data during a minimum period of 6 hours sleep. The data should be downloaded to your OvuSense app **within an hour or so of when you remove the sensor and wash it after waking up**.

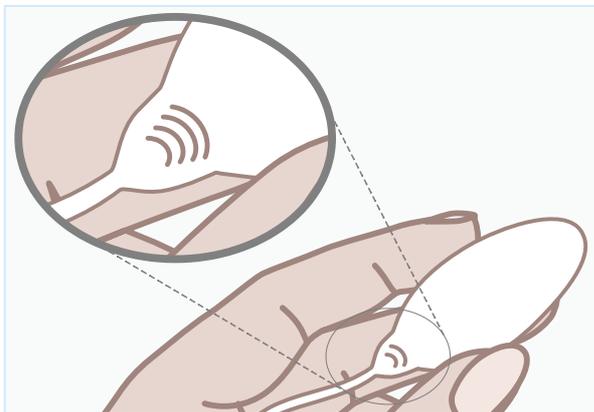
To download data from your sensor go to the '**Sensors**' page. The icons on the '**Sensors**' page shows the status of your subscription and data transfer to the OvuSense database. If subscription status is green and you have a valid sensor you can download your data by tapping on the '**Download sensor data**' option for your appropriate sensor type.



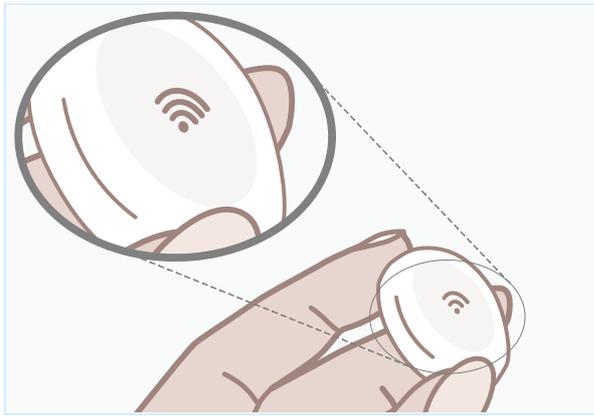
The app will display the connection page and guide you through the download process. This process is very similar to registering the sensor, and you should make the same checks before you start.

1. **Orientating the sensor.** Before you begin connecting the sensor, you will need to find the side to point at the receiving device.

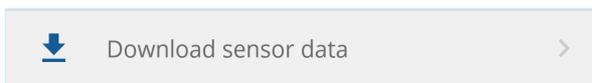
For **OvuCore**, if you feel carefully on the sensor at the point where the body joins the tail, there is a small raised marking on one side. Ensure this side faces towards the phone.



For **OvuFirst**, ensure the bevelled side with the connection markings is facing the phone.

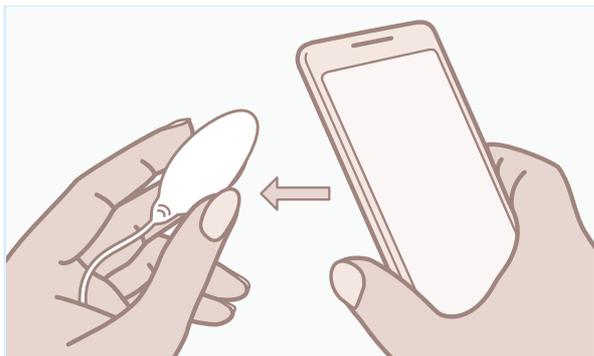


2. **Tap on the 'Download sensor data' option** on the '**Sensors**' page for the appropriate sensor type and follow the on screen instructions.

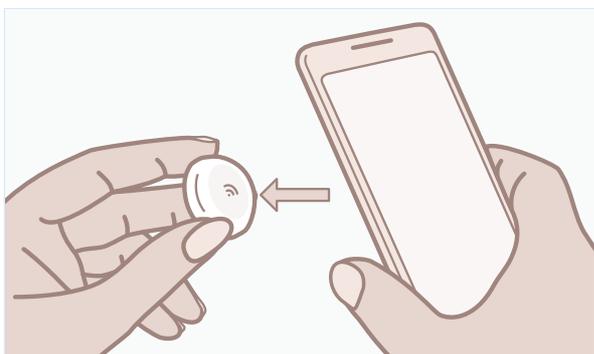


3. **Tap your phone onto the widest part of the sensor.** Typically, the best connection is made near the logo or fingerprint sensor on the back of the phone, but the best location will depend on where the phone's native NFC antenna is located.

OvuCore



OvuFirst



TIP: If the phone beeps but does not connect, move the sensor well away from the phone for 5 seconds and then replace it. This helps the sensor detect the presence of the phone, so it can begin transmitting your data.

NOTE: You don't need to be connected to the internet when you download your data, as the readings will be stored on your phone. However, at some point in the next 30 days you will need to open the app whilst it is connected to the internet, so the data can be registered with the OvuSense servers. Otherwise, you may lose your data and you will not be able to see the latest readings on other devices, or share the data with other users.

Once the connection is made, the data will be downloaded and the app will calculate your ovulation status. The temperature reading is taken and calculated from a window of the last 13 hours 40 minutes of data immediately before the download.

As soon as the data download is complete, you'll receive a message: "Data downloaded successfully" and will be returned to the '**Sensors**' page. The '**Download sensor data**' action will be replaced with '**Downloaded**'. The latest temperature reading, (if there is one), will be shown at the bottom of the '**Sensors**' page options, and tapping it will take you to the '**Data**' page.



NOTE: After successful download, you won't be allowed to download again until another 13 hours and 40 minutes has passed. This is to ensure you do not use the same data twice. The '**Sensors**' page will show the '**Downloaded**' option, which will display the time after which you can next download.

If you attempt to download again after the window has passed, you are quite likely to get an "Insufficient data" message and no data point will show on your graph. These occur when the recording has less than 4 hours of usable data, or when you have missed the recording window and the data are mostly or entirely room temperature recordings.

If you get a zero result, *do not* try and download again during the day. Use your sensor when you sleep again and then download to your OvuSense app when you wake up. This should get you back in sync.

You can now leave your sensor in the carry case until you use it again. Please ensure you thoroughly dry your sensor before storing it in the carry case. Do not leave your sensor near a radiator or other heat source, and keep it out of direct sunlight. Begin each night with the At Night step outlined in Section 2.2: At Night for your appropriate sensor.

2.5 Adding, Removing & Editing Events

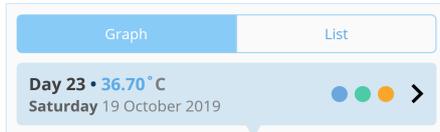
You can add events to your chart to show the days you had a period or cervical secretions, diagnostic tests and medications. In addition diary notes can be added such as when you had sex and when you have felt unwell or had a fever.

NOTE: adding a Period event does not automatically start a new cycle. Follow the steps in [Section 1.4: Start New Cycle, Edit Cycle and Delete Cycle](#) to tell OvuSense when you start a new cycle.

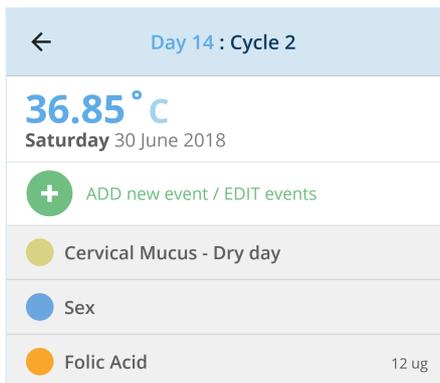
Event tokens will be displayed beneath your chart. They are colour-coded depending on the type of events, as follows:

- Period
- Cervical Mucus
- Sex/Diary
- Diagnostic Test
- Medication

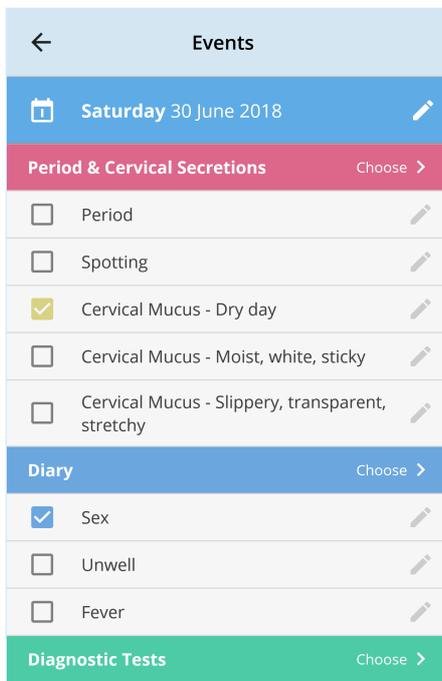
To add events tap on the info bar at the top of the data graph, or on a day in the List view.



This will display the Day page, with details of the temperature reading(s) and any events for that day.

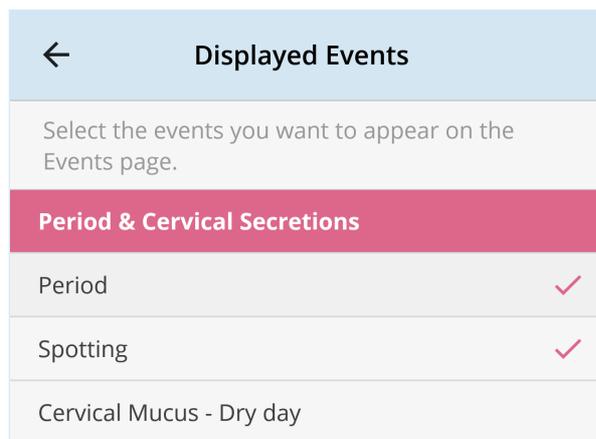


To add events to the day, tap on the '**ADD new event / EDIT events**' button near the top of the page. This takes you to the Events page.



Here you can add an event by tapping on its checkbox.

TIP: Not all events are displayed on the Events page. To choose which events are displayed tap on the coloured Header banner for the event group, which takes you to the Displayed Events page for that event group. You can select/deselect which events are shown on the Events page by tapping the respective row.



NOTE: Some events are compulsory and cannot be hidden. These are indicated by a slightly darker background.

The date of the Events page can be adjusted to make it easier to add consecutive events. Tap the date at the top of the page to open the date picker.

Saturday 30 June 2018		
29	May	2017
30	Jun	2018
01	Jul	
Period & Cervical Secretions Choose >		
<input type="checkbox"/>	Period	
<input type="checkbox"/>	Spotting	
<input checked="" type="checkbox"/>	Cervical Mucus - Dry day	

Event details can be added and edited by tapping on the pencil icon on the Events page. This displays the event information page and allows you to enter information which includes notes, test results with a unit selector (for diagnostic tests) and dose/value with a unit selector (medications). You will need to make sure the checkbox is checked for the event.

← Event	
<input checked="" type="checkbox"/>	Folic Acid
	Saturday 30 June 2018
	Dose/Value
<input type="text" value="5"/>	mgs
	Notes
<input type="text"/>	

The same event can be added over consecutive days by tapping on the icon on the right of the date selector. This will create a second date, so that the event will be applied from the start date to the end date, inclusive. Tapping either date opens up their respective scrollers for you to select both dates.

← Event	
<input checked="" type="checkbox"/>	Folic Acid
	Saturday 30 June 2018
	Saturday 30 June 2018
	Dose/Value
<input type="text" value="5"/>	mgs

To remove a selected event, tap on its checkbox to de-select it. This will remove the event.

2.6 Connecting to the Internet

You will need to connect your OvuSense app to the internet every 30 days to ensure your data are backed up and your subscription is still valid. OvuSense uses state of the art encryption to ensure your data is secure. Any valid internet connection will work: Wifi, 4G or 3G should all enable a rapid connection. You can check the status of data transfer to the OvuSense database on the '**Sensors**' page. If your data has been successfully backed up the icon will be highlighted green.



NOTE: each time you add a new sensor for the first time you also need to be connected to the internet, but an internet connection is **not** required for you to successfully download data each morning.

Your OvuSense app will work offline for up to 30 days, and you will receive a number of warnings up to that point reminding you to connect to the internet:

1. After 14 days, and up to 21 days after your last connection to the internet you will receive the message: "You haven't connected to the internet in xx days. To ensure uninterrupted use of your sensor please connect at least once every 30 days."
2. After 22 days, and up to 30 days after your last connection to the internet you will receive the message: "You haven't connected to the internet in yy days. Please connect within zz days or your sensor will stop working."
3. After 30 days you will receive the message: "You haven't connected to the internet in over 30 days. To continue using your sensor you must connect to the internet before restarting this app." After this point you will not be able to download sensor data to your OvuSense app.

3.0 Features

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3.1 Your Data View

There are two options in which you can view your data – graph view and list view.

Graph View: The graph view shows you temperature data in a graph format with your temperature displayed on the vertical scale and cycle day on the horizontal scale. You event markers are displayed below your cycle day and your ovulation messages will be displayed on the left hand side at the top of your graph.



List View: The list view shows significant cycle days, (ones with events and/or recordings), with their respective dates. Your temperature is displayed next to your cycle day. If you have a logged an event for a particular day, the corresponding event marker will be displayed.

Graph	List
Day 22 • 36.67 °C Friday 18 October 2019	• >
Day 23 • 36.70 °C Saturday 19 October 2019	• • • >
Day 24 • 36.70 °C Sunday 20 October 2019	• >
Day 25 • 36.65 °C Monday 21 October 2019	>
Day 26 • 36.76 °C Tuesday 22 October 2019	>
Day 27 • 36.84 °C Wednesday 23 October 2019	>
Day 28 • 36.70 °C Thursday 24 October 2019	• >
Day 29 • 36.65 °C Friday 25 October 2019	>

You can tap on each of the days to display a more detailed account of your events entered for that cycle day.

← Day 14 : Cycle 2

36.85 °C
Saturday 30 June 2018

+ ADD new event / EDIT events

• Cervical Mucus - Dry day

• Sex

• Folic Acid 12 ug

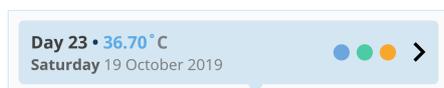
3.2 Chart Days Scale

There is no limit to the number of days each cycle can contain.

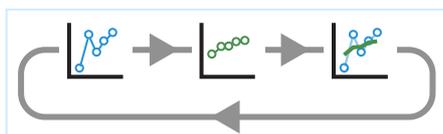
3.3 Changing the Chart View

The OvuSense app has a number of handy features to help you look at your charts in more detail.

Graph Point Info View: you can view the details of any individual point on the graph by dragging the chart to the left or right. The details of your temperature will be displayed at the top of your graph as well as the markers for the events you have entered for that day. This is particularly useful when looking back at the details of previous cycles.

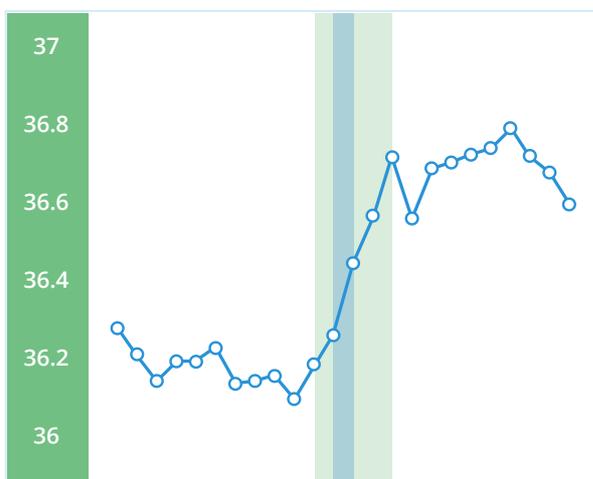


Graph Type: you can display your graph in one of three different types: 'raw', 'smooth', or 'combined'. Tap the graph icon to toggle between these three types. The icon will change to reflect the current type. These graph types are very useful for understanding your chart in more detail.



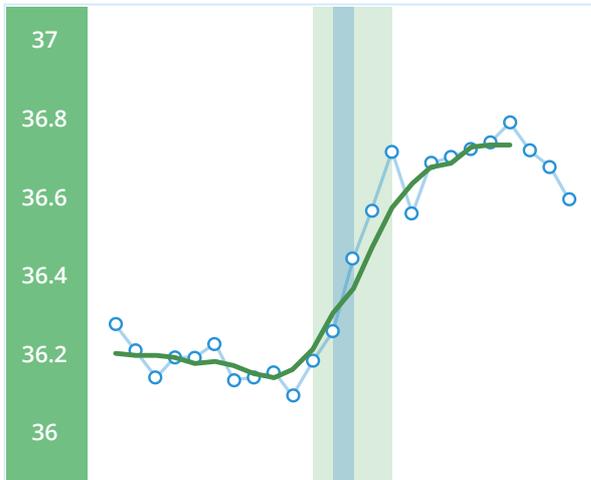
- *Raw Data:* The 'raw' graph type has a blue line and plots the overnight temperature values you record from your sensor. This is the type of chart you will be used to if you've used BBT measurement. Use this to understand the daily fluctuations in temperature.

OvuCore

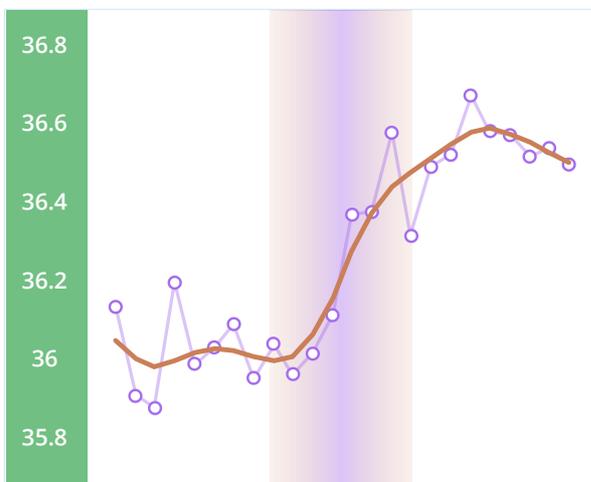


- *Combined Data*: The 'combined' graph type plots a green line of 'smooth' points, over the the 'raw' graph data.

OvuCore



OvuFirst



You can choose your default graph type to view on the **'Data'** page. Just tap on **'Default Graph Type'** which is located in **'Preferences'** from the **'Settings'** page.

NOTE: If you happen to have overlapping data from two different sensors types you can use the **'sensor data shown on graph'** option also in **'Preferences'** from the **'Settings'** page.

Scroll between cycles: you can tap the arrows at the edge of the chart to scroll between cycles.



3.4 Chart Temperature Scale

You can also choose which temperature scale you would like to use: Celsius or Fahrenheit. Just tap on **'Temperature Units'** which is located in **'Preferences'** from the **'Settings'** page.

3.5 Chart Temperature Range

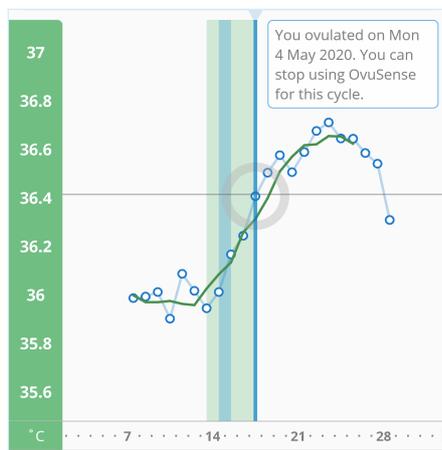
Your chart temperature range adjusts automatically to center the points within your phone screen. If your temperature readings move beyond the visible range, you will need to move the graph up or down to see them. As you scroll past points that are off the chart, the highlighting circle transforms into an arrow indicating the direction of the data point.

3.6 Chart Cover Line

You can add a 'Cover Line' to your charts by activating the '**Cover Line**' option in '**Preferences**' from the '**Settings**' page.

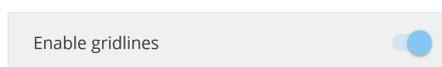


When the '**Cover Line**' option is toggled on, a thin line will be displayed across all your charts - at the same temperature for every chart. You can change the position of the cover line, by sliding your finger up and down the temperature scale on the left-hand-side of the screen.

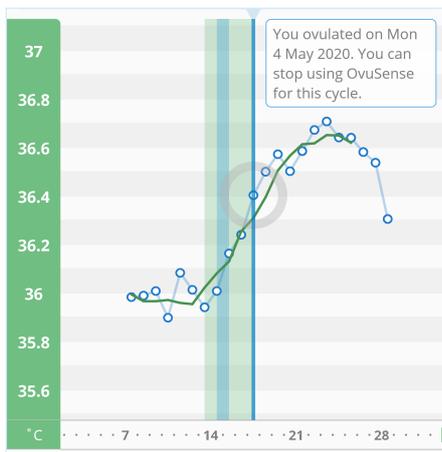


3.7 Chart Gridlines

You can add gridlines to your charts by activating the '**Gridlines**' option in '**Preferences**' from the '**Settings**' page.

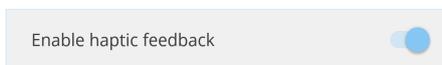


When the '**Gridlines**' option is toggled on, light grey stripes will be added to the background of all your charts indicating the temperature scale intervals.



3.8 Chart Haptic Feedback

You can enable haptic feedback when using your charts by activating the **'Haptic Feedback'** option in **'Preferences'** from the **'Settings'** page.



When the **'Haptic Feedback'** option is toggled on, your phone will lightly vibrate as the day changes when scrolling the graph along the time axis. This option will only function on phones with haptic capability.

3.9 Sharing Your Data

You can share your data with your doctor(s) or other people that are helping in your fertility journey such as your nutritionist, acupuncturist or your partner simply by adding their email address in **'Share your data'** from the **'Data Sharing'** section of the **'Settings'** page.

If you have an OvuSense[®] Pro subscription, sharing your data will allow those people to view your OvuSense charts and enhanced cycle pattern analysis in the OvuSense[®] Pro portal. You can send them more information by [tapping here](#).

You share your data as follows: From the **'Settings'** page, tap on **'Data Sharing'** and then **'Share your data'**, enter the email address of the person you wish to share with, and then tap **'Send Invitation'**.

If they do not have an OvuSense account they will receive an email with a temporary password. They can access your data by installing the OvuSense app or from the OvuSense[®] Pro portal (<https://pro.ovusense.com/>). You can also cancel their access by tapping on the email address of the user you want to remove and selecting **'Delete'**.

Once a user has been added they will be able to view your data on their device running OvuSense by tapping on the email address displayed in '**Data Sharing**' on their '**Settings**' page. This will place a green tick next to the email address and the data for the OvuSense account will now be displayed on the '**Data**' page.



4.0 Your Account

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4.1 Adding Another Sensor

If your sensor has been lost, damaged or has expired, a new sensor can be registered to your account. Simply follow the instructions in [Section 1.3: Registering a New Sensor](#), and the OvuSense app will pick up measuring and charting from where you left off with the previous sensor.

4.2 Account Settings



Tap the '**Settings**' tab for access to the following:

- '**Account**' - manage your app email and password
- '**About Me**' - manage your personal information
- '**Subscription**' - check your subscription and add alternate emails
- '**Preferences**' - various display settings
- '**Data Sharing**' - share your data and select inbound data
- '**LOG OUT**' - sign out of the app

4.3 Help



Tap the '**Help**' tab for access to the following resources and information:

- Safety Information
- User Guide
- Understanding Your Charts and Cycles

- [Before Use](#)
- [Technical Details](#)
- [OvuSense Website](#)
- [OvuSense Support](#)
- [Facebook Group](#)
- [Twitter](#)
- [Instagram](#)
- [Contact Customer Support](#)

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