LADY-COMP®

Instructions:

The intelligent fertility computer.

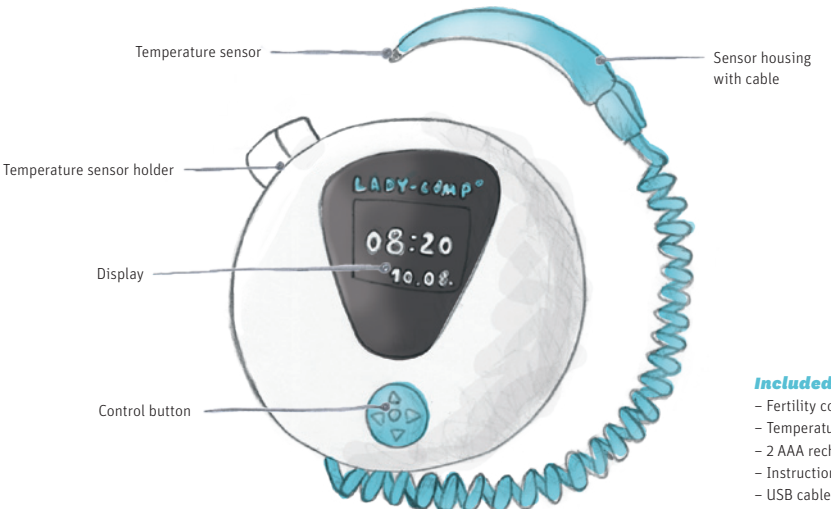
Lady-Comp

Congratulations on choosing **Lady-Comp**, your own personal family planning computer. With more than 25 years of experience in women's fertility monitoring, you can rest assured that **Lady-Comp** and **Lady-Comp baby** offer you complete confidence in your family planning goals.

Please read these instructions carefully and follow the easy steps. You will find everything that you need to know about your device in the table of contents or in the alphabetical index.

We wish you a successful start to your confident life ahead.

1. Lady-Comp at a Glance



Included

- Fertility computer
- Temperature Sensor
- 2 AAA rechargeable batteries
- Instructions
- USB cable (optional)
- Battery charger (optional)

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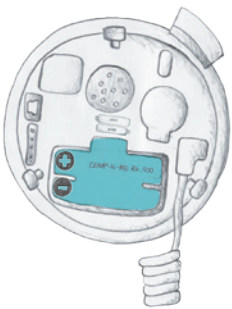
2. Getting started

Insert batteries

Batteries must be inserted before operating the device. 2 AAA rechargeable batteries are included, but commercial AAA batteries (1.5 V) can also be used. The included 2 batteries (type AAA) must be recharged for 12 hours before inserting. The serial number of the device is inside the battery box.

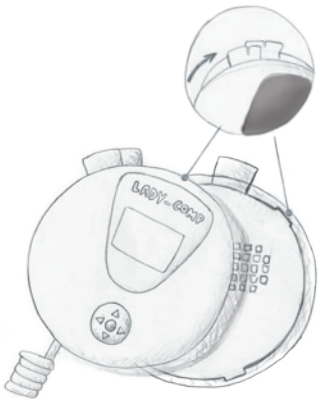
1. Remove the temperature sensor
2. Open the device

Open the device by unscrewing the top cover in a counterclockwise direction.



3. Insert the batteries

Insert the appropriate batteries.



4. Close the device

Align the two notches with each other and screw the top in a clockwise direction.

Home screen display

The time, date, and year will be set when you receive the fertility computer.

Control button / On switch

Press the control button until the time/date appears in the display. All menus can be reached by tapping ▲ up/ ▼ down or ▶ right/◀ left on the control button. Press on the center of the control button "ok" to select the corresponding menus and to confirm selection.

Back to home screen

Press and hold the "ok" key for 3 seconds to return to the time/date display.

Automatic switch-off

If no button is pressed for 60 seconds, the device will switch off automatically. The display will remain off until it is activated again or the alarm goes off.

Operating the control button

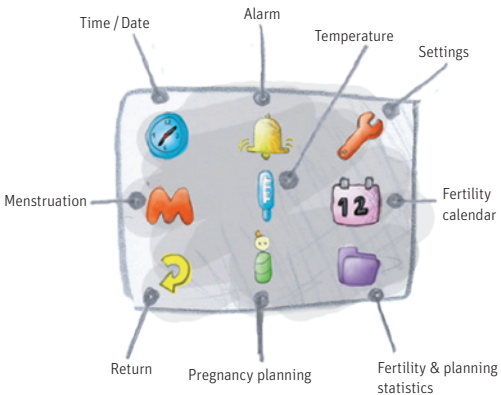
	Select menu by using the control button, left, right, up, down
	forward/back left/right
	yes/no date/time forward/back up/down
	Confirm menu selection Confirm entry
	Hold down for 3 seconds = Return to home screen
	"Return" activated (blue square highlighted) + "ok" key (confirms entry) = return to the previous menu level

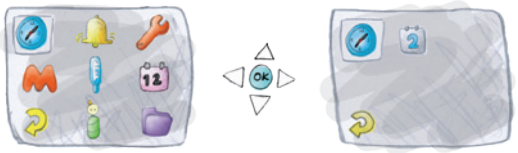
Main menus for the Lady-Comp models

The different menu levels of **Lady-Comp** and **Lady-Comp baby**.

Lady-Comp

Lady-Comp baby





Set the time

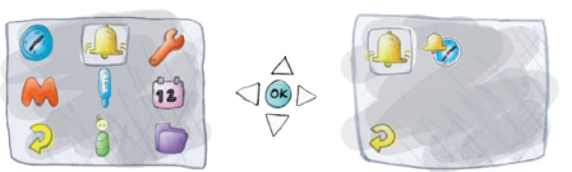
"Return" illuminated

Press "ok" | Set hour | Go to minutes | Set minutes | Press "ok" "Return"

Set the date

Important:
If the device has already received one or more temperature measurements, it is only possible to change the date setting by one day. If the date is reversed, no temperature measurement can be made the following day. The date cannot be changed accidentally. The date may also be adjusted when traveling in different time zones. Do not take your temperature on the day of travel.

4. Alarm



Prior to the first temperature measurement, set the alarm time and activate the alarm.

Alarm on/off

"Return" illuminated

Press "ok" | Alarm on / Alarm off | Press "ok" "Confirm" | Press "ok" "Return"

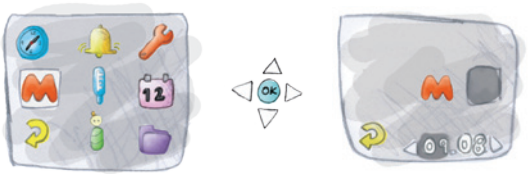
Important Note:
If the alarm is on, it is shown on the home screen.

Set the alarm time

"Return" illuminated

Press "ok" | Set hour | Go to minutes | Set minutes | Press "ok" "Return"

5. Menstruation



Activate “M” or edit “M”

“Return” illuminated

Select date | “M” Yes “M” No | Press “ok” “Return”

Past menstruation data

If you have records of past menstruations, you can enter this data into the device **prior to the first temperature measurement.** Activate “M” as described above.

Enter “M” retrospectively

If you have not taken a temperature for an extended time and had your period during that time, you can enter it retrospectively. Please input carefully, as incorrect entries can be corrected only for the previous 3 days. Start with the first day of menstruation.

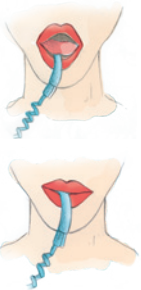
Important:
Only the first “M” day has to be activated for each cycle when entering “M” data retroactively. The device automatically stores three “M” days. Start with the input of the furthest menstruation back in time.

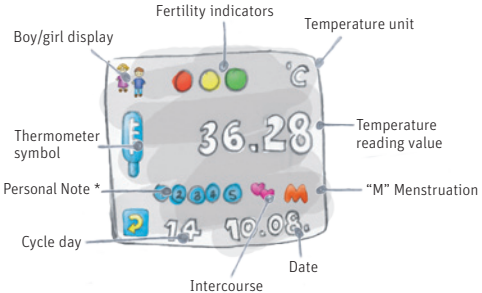
Important:
“M” entry after stopping hormonal contraception: The first bleeding after stopping hormonal contraception is not a menstruation but a hormone – conditioned withdrawal bleeding. Do not enter “M” for this bleeding.

6. Take your Temperature

Taking your basal body temperature reliably every morning is one of the key elements of our system. The basal body temperature is the temperature immediately after waking up, before getting up, before becoming active in any way. The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

Place the temperature sensor under your tongue, right at the back, either to the left or the right and close your mouth. While taking your temperature, the temperature sensor should not be moved.





Measuring every morning

Temperature symbol illuminated Alarm goes off		Temperature symbol blinks	Signal tone signifies the end of the temperature measurement	Automatically turns off, or "Return" is illuminated
Press button to turn the alarm off	Press button to start temperature measurement	Place sensor under the tongue	Temperature value and fertility are displayed	Press "ok" "Return"

Tips for taking your temperature

Lady-Comp wakes you with the alarm. Press the button to turn the alarm off. To take your temperature, press the button again. The "thermometer" symbol is blinking; Lady-Comp is ready to take your temperature.

- Now place the sensor under your tongue and close your mouth.
- It will take 30 to 60 seconds to take your temperature. If no temperature can be taken after 3 minutes the process is automatically terminated.
- The display will show temperature values between 34.5 to 41.0 degrees Celsius or 94.20 to 105.00 degrees Fahrenheit.
- If your temperature value is above 37.8 °C or 99.9 °F, the temperature display alternates with the letter "F" for fever.
- When finishing the temperature reading, you hear a signal tone and the ascertained temperature value appears on the display. Your fertility is displayed for that day.

Important notes:

Temperature reading time period

The temperature reading time limit is the time during which you can perform the daily temperature measurement. Lady-Comp monitors the daily temperature measuring time period. The temperature measuring time period is generally independent of the alarm and is calculated from the time you took your temperature previously (+/- 3 hours). The temperature measuring time period comprises 6 hours and begins and ends three hours before and after the last temperature measuring time if this is different from the alarm time.

Tips for temperature reading time period:

- You can identify the reading time period from the illuminated thermometer symbol on the home screen.
- During the temperature reading time period pressing any key will start a temperature reading.
- We recommend that you allow Lady-Comp to wake you up.
- If you wake up during the temperature reading time period, i.e. to look after your child, take your temperature.
- If you wake up after the temperature reading time period, don't take your temperature.
- You may reset the temperature reading time period at any point by changing the alarm time (i.e. on weekends or for shift work).

If your temperature is not taken over a three-day period, then the temperature reading time period is cleared, and the temperature can be taken the next day only by activating the alarm. The temperature measuring time period will then be set by the alarm time (+/- 3 hours).

Activate “M” after temperature measurement

If “M” is expected, “M” will blink	“Return” illuminated	“Return” illuminated
“M” Yes “M” No	“M” Display No	“M” Display Yes

After taking your temperature, it is possible that the “M” for menstruation will blink.

– To confirm “M” press the key ▲up for Yes.
– To not confirm “M” press the key ▼down for No.

Once Lady-Comp knows your cycle, the device will ask you about “M” on the days that menstruation is expected.

– It begins to ask (“M” blinking) two days before menstruation is expected.
– When “M” is done, Lady-Comp will stop asking for “M”.

Important:

Please confirm “M” on at least three consecutive days. If you have “M” without being asked by the device, activate “M” as described. If you have accidentally entered “M”, you may return to “M” to edit it for the past three days.

Fertility indicators

“Green” illuminated = infertile	“Yellow” illuminated = learning phase	“Red” illuminated = fertile	“Red” blinking = ovulation day	“Red” “Yellow” “Green” blinking = probable pregnancy	“Red” “Yellow” “Green” illuminated = pregnancy confirmed

The device displays your temperature and your fertility for the day; this data is valid for 24 hours, and accurate from the very first day. The number of “green” days increases cautiously and systematically, while the “red” days are narrowed down. The Pearl Index is calculated as 0.7 (99.3%) from the first day on. If the device has not received any input for a long period of time, or receives information that it cannot evaluate, the number of “yellow” days increases.

Past and future fertility display / prediction

You can view all previous temperatures by repeatedly pressing the key to the ◁“left” on the temperature display. You can also view a six-day forecast by repeatedly pressing the ▷“right” key.

“Return” illuminated

Go back

Go forward = Prediction

Press “ok” “Return”

Fever display

If your temperature value is above 37.8 °C or 99.9 °F, the temperature display alternates with the letter “F” for fever. Fever is recorded, however, the fever temperature value is not included in the fertility calculation.

Temperature symbol and alarm illuminated	Thermometer symbol blinks	“Fever” display alternating with temperature value	“Return” illuminated
Pressing the button switches alarm off + starts measurement	Place temperature sensor under your tongue	Hold button for 3 sec. after beginning to stop measurement	Press “ok” “Return”

Cancel temperature measurement

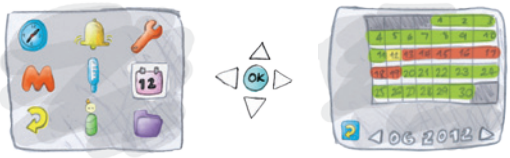
By pressing the “OK” button for 3 seconds the temperature reading will be canceled and you return to the home screen. The temperature may be taken again while still within the temperature measuring time period.

When not to take your temperature

Lady-Comp uses its knowledge of your cycle and available temperature values to calculate the future cycle course and resulting from this, the fertility.

Increases in temperature due to flu, lack of sleep, excess alcohol consumption and/or medication with thermal effects are “abnormal” and will be recognized by the device as such. Generally, it is recommended to cancel the daily temperature measurement in case of a fever, when taking medication, or after a night of partying, so as not to enter too many “abnormal” temperatures into the device.

7. Fertility calendar



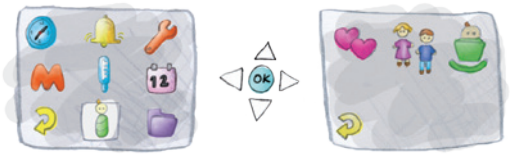
The calendar displays your past and future fertility pattern. You can also view your menstruation forecast for the next 6 months.

"Return" illuminated

Browse month

Press "ok"
"Return"

8. Pregnancy planning



Since the introduction of Baby-Comp in 1986, we have assisted countless couples in planning a child. **Lady-Comp baby** shows you the best time to get pregnant.

Enter sexual intercourse (SI)

If you are planning a pregnancy, tell **Lady-Comp baby** when sexual intercourse "SI" took place.

- Enter "SI" the following morning after you take your temperature.
- It is possible to enter "SI" retrospectively for up to three previous days.

			"Return" illuminated
Press "ok"	Select date	Yes	Press "ok" "Return"

Gender prediction

If you wish to conceive a boy, only have intercourse on the two days when only the “boy” symbol is shown. If you wish to conceive a girl, only have intercourse on the two days when only the “girl” symbol is shown. The first “boy” symbol lights up two days before the optimum conception day. The “girl” symbol lights up one day after the optimum conception day. During the optimum conception day, both “boy” and “girl” are illuminated. This is a calculated prognosis.

Pregnancy display

"Red", "Yellow", "Green" blink alternately = possible pregnancy

"Red", "Yellow", "Green" blink = probable pregnancy

"Red", "Yellow", "Green" illuminated constantly = pregnant

Important notes:

- As early as 4 to 5 days after fertilization, "red - yellow - green" **blink alternately** (if an "SI" entry was made). This early display is especially valuable to allow you to begin changing your lifestyle to prepare for baby's arrival.
- After the 15th day, **Lady-Comp baby** will display "probable pregnancy." The fertility symbol will **blink** "red – yellow – green".
- After the 18th day post fertilization, **Lady-Comp baby** confirms pregnancy. All three colors will be **illuminated**.

Conception date and birth date

"Return" illuminated

Press "ok"

Press "ok" "Return"

This menu indicates the conception date and date of birth of your planned baby. Initially it will be a prediction derived from the expected ovulation day within your cycle. The prediction will blink beginning on the 4th cycle day. After ovulation has been confirmed, the calculated dates of conception and birth will remain static. If "SI" has been entered, a gender prediction will also appear.

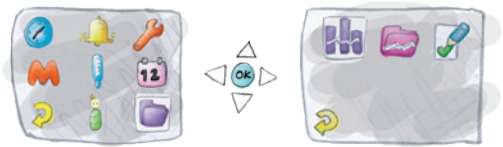
Restart after pregnancy

In the first weeks after birth you will not be fertile. We recommend resuming your temperature measurement six weeks after the birth of your child. At first **Lady-Comp baby** shows "yellow". Slight fluctuations in temperature indicate that the normal cycle is re-establishing itself. Once the first ovulation has occurred, **Lady-Comp baby** will begin to show the calculated fertility display.

Important:

Gender prediction must be activated in the "settings" menu (page 31) in order to receive the prognosis.

9. Fertility and planning statistics



With the fertility and planning statistics you have the opportunity to retrieve important information about planning a child successfully. After three cycles the computer has enough information to assist with your family planning goals.

Fertility statistics

	1. Cycle length	2. Temperature increase	3. Ovulation range	4. Length of luteal phase
Press “ok”	Browse statistics	Browse statistics	Browse statistics	Browse statistics

1. Average cycle length

The average length of your menstrual cycle is shown.

2. Average temperature rise after ovulation

The average temperature rise after ovulation is shown.

3. Ovulation range in days

The ovulation fluctuation in days is shown.

4. Length of luteal phase

The average length of the luteal phase is shown.

5. Number of monophase cycles

The number of monophasic cycles are shown. If no ovulation takes place during a cycle, **Lady-Comp** will indicate this by displaying the "red" fertility indicator each day.

6. Number of cycles with CLI (CLI = Corpus Luteum Insufficiency)*

A corpus luteum insufficiency (CLI) will be detected by **Lady-Comp baby.** The fertility computer is able to recognize that the length of the high level after ovulation is too short or the temperature increase is low. This information is important for planning a child.

7. Planning hits*

Lady-Comp baby displays planning hits. This is the number of times sexual intercourse has corresponded with ovulation. The number of hits over the last 20 cycles is only shown when you activate "SI" Sexual Intercourse.

5. Monophase

Browse statistics

6. CLI*

Browse statistics

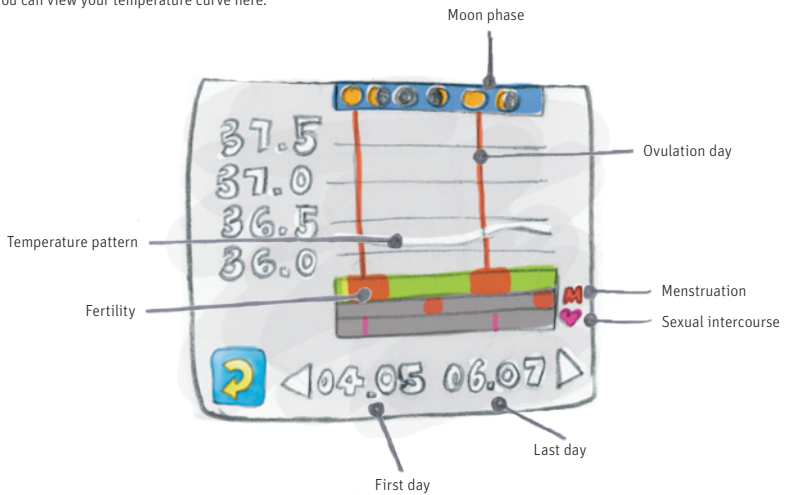
7. Planning hits* "Return" illuminated

Press "ok" "Return"

*Only for **Lady-Comp baby**

Temperature curve

You can view your temperature curve here.



	Display: 50 days	Time span: zoom in/out	Display: 100 days	Display range of: 25 days / 14 days / 7 days
Press “ok”	Forward/back +/- 7 days	Show more Show less	Show more	Show less 1x = 25 days

Personal notes

Press “ok” | Select input | Press “ok” | Select date | Yes

“Return” illuminated

Press “ok” | Press “ok” “Return”

This menu gives you the option of making up to 5 notes. You can enter the texts yourself under “settings” (page 31) and change them if necessary. **These inputs have no effect on the evaluation of the cycles by the device** and can be entered retroactively for up to three previous days.

Body Mass Index (BMI) settings

Body Mass Index: Year of birth, height, and weight.
Lady-Comp calculates your Body Mass Index.

BMI – enter name

Left arrow deletes one letter

"Return" illuminated

Press "ok"

Enter text

Press "ok" to confirm each letter

Press "ok"

BMI – enter birth year

Default = 1980

Select year of birth → Press “ok” → Enter year → Confirm year

BMI – enter height

Default = 170cm

Select height → Press “ok” → Enter height → Confirm height

BMI – enter weight

Default = 60kg

BMI calculated

Select weight

Press “ok”

Enter weight

Select “Return”
Press “ok”

Device settings

Important Note:

Home screen Fahrenheit
12 hour am/pm | month/day

Home screen Celsius
24 hour | day/month

Temperature / time units

°C = Celsius | °F = Fahrenheit | "Return" illuminated

Press "ok" | Celsius | Fahrenheit | Select "Return" Press "ok"

Here, you can set your device to Celsius or Fahrenheit. This will automatically change the time and date format as follows:
°C: Time in 24-hour format and date with day / month (i.e. 13:25 and 25.03.).
°F: Time in 12-hour format and date with month / day (i.e. 01:35 pm and 03/25).

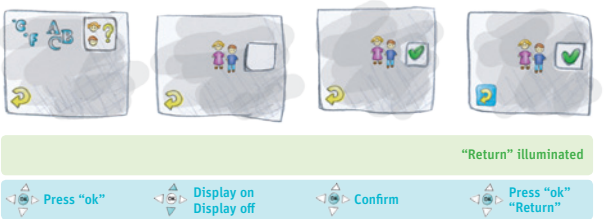
Enter Personal Notes

"Return" illuminated

Press "ok" | Select input field | Enter text | Confirm each letter | Press "ok" "Return"

Here you can make personal notes on items that might affect your cycle. For example, if you take medication which you suspect may affect your cycle, enter this medication here. This menu allows you to enter up to 5 notes. To avoid changes in the order of the entries, we recommend that you do not change the text after it has been saved. The notes may be entered retroactively for up to 3 days. The entries may be activated under personal notes (page 26).

Gender prediction on/off



You can choose to view the boy/girl prognosis with the fertility display. If you want this display to appear, turn it on here.

Deleting data

“Return” illuminated

Cancel “Return”

Confirm by pressing “OK” 10 times to completely delete data.

Press “ok” “Return”

To delete all your personal data and measurements press the “OK” button in the delete menu 10x in a row. The indicator bar will decrease step by step. If you press another key (left, right, up, down), the indicator bar will revert back to the starting position and you have to press the “OK” button 10x again in order to do the deletion. After deletion, the individual displays will only show the sample values like a new device. After the first new temperature measurement, the sample data will be automatically deleted.

Temperature self test

The thermometer starts to blink automatically	Signal tone indicates end of measurement	"Return" illuminated
Please measure		Press "ok" "Return"

The temperature self-test can be conducted to see if the temperature sensor is working properly. The self-test can be canceled by pressing and holding the "OK" button for 3 seconds.

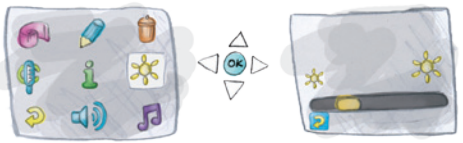
Device information

	"Return" illuminated
	Press "ok" "Return"

Important Note:

Device information includes:
- The device serial number (13547206).
- The software version designated by the last two numbers (-31).
- The battery display.
- Brightness displayed as a percentage.

If the device has an error or a warning, this will be displayed. For a list of possible errors see page 38.



Brightness

You can adjust the brightness of the displays.

“Return” illuminated

Move the brightness control

Press “ok” “Return”

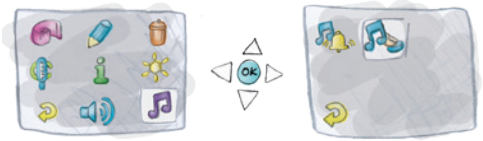
Volume

You can adjust the volume of the **Lady-Comp**.

“Return” illuminated

Move the volume control

Press “ok” “Return”



Alarm tone and key tone

Alarm tone

You can choose an alarm tone or melody.

"Return" illuminated

Press "ok" | Choose tone | Press "ok" "Return"

Key tone on/off

You can turn the key tone on and off.

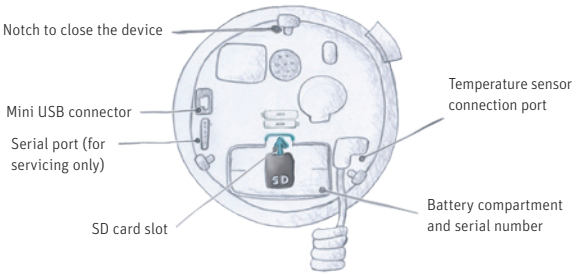
Press "ok" | Key tone on | Key tone off

"Return" illuminated

Confirm | Press "ok" "Return"

11. Important notes:

Insert SD card



Analysis of your fertility data / data read out:

Log on to the website: www.lady-comp.com. You will receive your personal access code when purchasing your cycle computer. Via a mini USB cable you can view your data on your computer.

If you have any questions about your cycle please don't hesitate to contact us.

Please send us an email: info@lady-comp.com or call us.

Mini USB cable

The mini USB cable is not included, but it can be purchased from us. Use the mini USB cable to upload your data to your PC. You, as well as your distributor or Valley Electronics GmbH, can analyze and evaluate your cycle data. This can be done through our website or per email.

Upgrades: Micro SD card

If you wish to get a software update and/or an upgrade for more functions at a later date, we will send you an SD card.

- Open the unit as described on page 6.
- Remove batteries.
- Insert the SD card.
- After successful completion of updates/ upgrades, we recommend that you remove the SD card again to avoid unnecessary power consumption.

AAA battery charger

The corresponding battery charger can be ordered from us. Insert 2 AAA batteries into the charger. The charging status is displayed on the charger.

Sample values

Lady-Comp comes with pre-set example values. These are automatically deleted once you have taken your first temperature or entered menstruation data. The sample values will appear again if you delete all of your data.

Loss of data

There is no risk of accidentally losing your data, even if the batteries are depleted.

After the pill (or hormonal contraception)

Prior to starting with Lady-Comp, you must stop taking any form of hormonal contraception. The first bleeding after stopping hormonal contraception is not a menstruation, but a hormone-conditioned withdrawal bleeding. Do not enter "M" for this bleeding.

Pearl-Index

The Pearl Index is the value by which the safety of a contraceptive method is specified in medicine. The daily fertility displays of Lady-Comp have a Pearl Index of 0.7, or in other words, 99.3%.

Example:

If 100 women use contraception for one year and one of them becomes pregnant, this corresponds to a Pearl Index of 1.0.

Program

The program is based on all natural family planning research data. It contains a database of more then 1 million cycles and uses biomathematical forecasting calculations as well as the very latest computer techniques. The more regularly you measure, the faster the device gets to know and interpret your individual cycle. It will show more and more green days (infertile) and the red days (fertile days) will decrease as the device learns your individual rhythm. Depending on your individual cycle pattern you will have between 7 and 12 red days per cycle.

Prognosis

Our displays in relation to ovulation and planning are calculated prognoses. Once a menstrual cycle is completed and a new one begins with menstruation, Lady-Comp will confirm the day of ovulation retrospectively. The confirmed ovulation day will be recognized after the 4th cycle day of your next menstrual cycle.

Travel and time zones

When travelling in different time zones you have the ability to change the date and time to the local time. Set and activate the alarm to the desired new reading time. Lady-Comp will be ready to take your measurement the next morning. Repeat the procedure when you return home.

Daylight Saving Time

Set the time forward or backward in the summer or in winter, as described on page 9.

Shift work

Set and activate the alarm to the desired new wake up time. Your computer will be ready to take your measurement the next day. Do the same at the next shift change.

Restart after interruption in use

The time, date, and year continue to work automatically. The measurement period is disabled when you don't take your temperature and needs to be reset by activating the alarm clock. Set the alarm for the next morning (before midnight) and continue as normal.

12. Trouble-shooting and error messages

Charge batteries

If the batteries are low, a warning is displayed on the home screen.

Batteries low. Please recharge the rechargeable batteries or replace the batteries.

Batteries depleted (112-11)

When the batteries are completely depleted, reliable function of the device is no longer guaranteed. Upon this message, no further operation is possible.

Actions:

– Recharge/change batteries.

– If the message appears again, even though newly recharged batteries or new batteries are inserted, the batteries are possibly defective and/or the batteries are depleted and should be replaced. The batteries can be easily removed and replaced. Please note the polarity (see page 6).

Button battery low (112-12)

The device contains a button battery to ensure that the clock continues to run even when the batteries are depleted or not inserted. The capacity is designed so that in normal use this battery lasts about 7 years. When the voltage gradually becomes too low toward the end of the battery life, it displays this warning, but further use is still possible.

Actions:

– The unit should be sent for service in the near future, so that the button battery can be replaced.

– This message can also be shown when the device has been exposed to extremely low temperatures, and therefore the voltage is greatly reduced. In this case, the device should be maintained at room temperature for about one hour. When the message switches off, the device can be used normally.

Button battery depleted (112-13)

The button battery is fully depleted. No further use is possible.

USB: improper function (117-1)

The device is connected via USB, but no communications can be established.

Action:

If you do not need any data transfer via USB, you can simply unplug the USB cable. If the device does not automatically restart, please remove the batteries and reinsert them. If you want to make a data transfer via USB, check the function of the connecting cable. USB communication is only possible with those devices that allow connec-

tion to a USB mass storage device with FAT data file system, for example PCs running Windows or Linux, and many other devices.

M input: check (111-10)

If the device has not taken any temperature measurements or M input for a long period of time (4 days) and a new cycle start is expected during this time, it will remind the user to enter any possibly forgotten data retroactively.

Action:

– Activate M retroactively.

Memory almost full (111-11)

Action:

The existing data should be backed up via USB connection or by saving to an SD card. The data can then be deleted from the device and the compressed data can be re-entered.

Memory full (111-12)

The memory of the device is sufficient for 20 years of records. If this period is exceeded, this error message will appear.

Action:

The existing data should be backed up via USB connection. The data can then be deleted from the device and the compressed data can be reentered. Further details can be found on our website or by calling support.

Error message/bootloader error (120-1)

If a software update is canceled and the program has not been fully resaved (i.e. dead battery) this error message will appear. The number after the dash will indicate the exact cause of the error.

Error message:

120-2 to 120-7 inclusive, please contact technical support.

Action:

The bootloader is able to reprogram the device even without a utilization program. To do this, insert the micro SD update card and the batteries into the device. The bootloader will erase the program memory first and then reinstall the update. You can follow the progress on the indicator bar. Make sure that you use fully charged batteries for the update so that the process can be completed.

Maintenance, care and safety

Technical issues

Device

– Dimensions: 9 cm diameter, approx. 2.7 cm height.
– Weight: approx. 130 g. w/ batteries.
– Housing: impact-resistant acrylic plastic.
– Temperature measurement range: 34.5 to 41.0°C.
– Accuracy: Device: 0.06°C; Sensor: 0.08°C.
– Storage and transport conditions: –10 to 60°C, max. pressure 1500 hPa, 25 to 90% humidity.
– Operating conditions: 5 to 40°C at 15 to 93% humidity.
– Do not use above altitudes of 2000 m. Max. pressure 750 hPa. to 1500 hPa.

Batteries

– 2x Micro AAA NiMH rechargeable batteries included.
– Use of AAA 1.5 V batteries possible.
– Please follow disposal instructions!

Battery charger - optional

– Since battery chargers are country-specific, an interchangeable plug adapter for Europe, US, UK, and Australia is available.

Disposal

– Please use the public waste system for electrical devices.

No risk of loss of data

The data is preserved with depleted batteries.

Care – maintenance – safety

Cleaning – visible dirt

– Measuring sensor: to clean the sensor, use only lukewarm water and avoid water penetration; do not treat with aggressive cleaning agents.
– Housing: use a slightly damp cloth with glass cleaner.
– Please ensure that no water or other liquids enter the device or the sensor as this may cause failure or malfunction of the device.
– Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the **Lady-Comp.**

Care and maintenance

Your computer was developed and produced with great care and therefore should also be treated with care. By regarding the following notes you will be able to appreciate your **Lady-Comp** for many years to come.

– The computers have a minimum lifespan of seven years.
– Protect your computer from moisture and humidity to prevent damage to the device.

– Do not place the device (even to dry) on/in a heat source such as in a microwave oven, in an oven, or on a radiator.
– Do not leave the computer in hot areas. Do not place your computer for a long time in strong sunlight or other UV light sources. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt plastic materials.
– Do not store the device in cold areas. If it is then warmed again (back to its normal temperature), drops of moisture can form in the interior, which can damage the unit.
– Do not drop the device and protect it from strong impacts or shocks to avoid equipment damage.
– If the sensor, the sensor cable or the housing is damaged, the appliance should not be used further. A replacement sensor can be ordered from your local distributor if it is defective, dirty, or damaged.
– If these instructions are lost, they can be reordered at any time via our website or by phone.
– The product is not intended for outdoor use.
– A damaged sensor and excessive dust can impair its function.

USB

– To read the data, only devices that are able to read a “Mass Storage Device” USB device are suitable. T his applies to most standard PCs, laptops, and many tablet computers. The USB connector may be used exclusively for connection to such devices. While the Lady-Comp is connected via USB, no use of the device is possible.

The notes above apply equally to the temperature sensor, the batteries, and the charger. If any of them are not working properly, you can receive fast and reliable help from our distribution companies.

Safety

– Strong electromagnetic fields (i.e. mobile phones, amateur radio, or microwaves) can affect the device function. The minimum safety distance is 1.5 m.
– The device must not be connected to devices other than those specified. These must comply with the standard IEC60950-1, as this could otherwise lead to the damage of the device or risks (e.g. electric shock).
– Keep the device away from small children and pets.
– Make no modifications to the device.
– Use only within the specified operating conditions and temperature range.

Device identification

– Vendor name – VE Valley Electronics GmbH.
– BF device type.
– Power supply 1.2 – 1.5 V.
– See accompanying documents.
– Do not dispose of in household waste!
– Product safety according to European guidelines (Declaration of Conformity).
– Made in Germany.

Indications

– Lady-Comp: for family planning.
– Lady-Comp baby: for advanced family planning.

Contraindications

There are no known contraindications.

Purpose:

The Lady-Comp intelligent fertility computer is a battery-operated mini computer for taking your basal body temperature, with which women can identify their fertile periods. This is displayed on a visual display. The calculation of the fertility period is based on the oral morning temperature, using the integrated temperature sensor. The results are then stored and automatically analyzed. Along with the manual input of menstruation and sexual intercourse (only for Lady-Comp baby), these devices are used to determine the fertile and infertile phases of the cycle, in which the calculations can be used to plan or prevent pregnancy. Lady-Comp baby has additional functions which indicate the optimal time for pregnancy planning, gender prognosis and the calculation of the conception and birth dates.

Service and support

– For unforeseen events and problems arising from use, the manufacturer may be contacted at any time.
– A replacement temperature sensor may be ordered from the local distributor in your country.
– For questions about your menstrual cycle please contact your local distributor.
– Find your distributor at: www.lady-comp.com.

Name of manufacturer

Date of manufacture

BF device type

See accompanying documents

Do not dispose of in household waste!

Product safety according to European guidelines

IP22
Foreign body protection: finger-sized items.
Water protection: oblique dripping water

0124
Declaration of conformity
Conformity assessment process in accordance with Annex II of EEC Guidelines 93/42 with designated Stelle Dekra Certification GmbH

Notes on electromagnetic compatibility

Guidance and manufacturer's declaration on electromagnetic emissions

The **Lady-Comp** device is intended for use in the electromagnetic environment specified below. Customers or users of the **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** device 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 Harmonics per IEC 61000-3-2 Voltage fluctuations/flicker per IEC 61000-3-3	Class B Class A Meets	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.

Recommended safety distances between portable and mobile RF devices and the Lady-Comp® device

The **Lady-Comp** devices are intended for use in the electromagnetic environment specified below. The customer or the user of the **Lady-Comp** device can prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF devices (transmitters) and the **Lady-Comp** depending on the output of the other RF device, such as specified below.

"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 transmitters not specified in the above table, the distance can be determined using the equation based on the transmitter, where P is the power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Comment 1

For calculating the recommended minimum distance of transmitters in the frequency range from 80MHz to 2.5 GHz, an additional factor of 10/3 was used to reduce the likelihood that a mobile/portable RF device inadvertently brought into patient areas could result in a malfunction.

Comment 2

These guidelines may not apply in all cases. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

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 accumulators.
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 accumulators.
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 accumulators.

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 Radiated RF per IEC 61000-4-3	3 Veff 150 kHz to 80 MHz 3 V/m 80 MHz to 2.5 GHz	3 Veff 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: $d = [3.5/3]\sqrt{P} = 1.2\sqrt{P}$ $d = [3.5/10]\sqrt{P} = 0.35\sqrt{P}$ for 80 MHz to 800 MHz $d = [7.0/10]\sqrt{P} = 0.7\sqrt{P}$ 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.

Comment 1
UT is the a.c. mains voltage prior to the application of the test level.

Comment 2
For 80 MHz and 800 MHz the higher frequency range is applicable.

Comment 3
These guidelines may not apply in all cases. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

a) Field strengths from fixed transmitters, such as base stations for cordless telephones and land mobile radios, amateur radio, AM and FM radio, and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the above compliance level, then the device should be observed to verify normal function. If abnormal performance is observed, additional measures may be necessary, such as a change of or relocating of the device.
b) Above the frequency range of 150 kHz to 80 MHz, the field strengths should be less than [V1] V/m.

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LADY-COMP®

LADY-COMP® baby

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