User Manual

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Not approved for contraception.
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1 General

breathe ilo is the first fertility tracker worldwide, which uses CO₂ measurements to identify your fertile days. breathe ilo shows you the highest probability to conceive and helps you to understand your body better. With breathe ilo you have found your personal companion to evaluate your individual cycle pattern.

Please read the manual and the safety regulations carefully to gain the best results possible. Have fun with the breathe ilo device and App!

1.1 Scope of delivery

1x breathe ilo device
1x mouthpiece
1x nose clip
1x USB-C charging cable
1x Quick Guide to user manual

Please note: For charging, you require a standard charger with USB-A output.

Recommended specification:

- Output 5 V DC
- 500 mA minimum current

1.2 Compatibility with mobile devices

The requirements for using the breathe ilo device and the breathe ilo app are:

- Apple Version iOS 11.0 or later
- Android Version 6.0 or later

In addition, you require a stable internet connection (3G or WIFI) as well as Bluetooth LE. You can find out whether your smartphone is compatible in the device information of your smartphone.
1.3 Instructions for safe use

- breathe ilo can be used by individuals with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.
- To charge the battery, please only supply the device with a protective low voltage that corresponds to the marking on the device.
- This device contains a non-replaceable rechargeable battery.
- Only use indoors to achieve the best measurement results.
- Do not use the device after dropping it since calibration might be misaligned.
- Do not use the device if it is visibly damaged.
- Do not press the power button with sharp objects or fingernails.
- During the charging process it is not possible to take a measurement.
- The measurement must be taken with the provided mouthpiece and noseclip.
- Please do not look into the sensors or insert your finger or tongue into the measuring tube as this can lead to skin irritations.
- This application is not intended for children. It contains small parts and should therefore be kept out of their reach at all times.

1.4 Scope of application

breathe ilo is a device designed to monitor the CO₂ partial pressure during the female cycle to help predict ovulation and aid in conception. The CO₂ partial pressure is the most important measurement value to predict the fertile days, since changes in the CO₂ partial pressure during the cycle correlate directly with the fertile phase.

To accurately determine the fertile days, the measurement should be carried out daily - ideally - within the same time frame. Although the measurement is independent of the time of day, we highly recommend integrating the measurement into your morning routine. That way there is no danger of forgetting to take a measurement.

The device is used in combination with the breathe ilo smartphone App to display the results of the measurement. In addition, body symptoms can be entered in the form of a cycle diary. This input helps, among other things, to get to know your own body better.
1.5 Contraindication

breathe ilo is meant to be used by people between 18 and 45 years of age. Since breathe ilo is not approved as a contraceptive, please do not attempt to use it for contraception purposes.

breathe ilo does not work for women who suffer from respiratory illnesses (e.g. Asthma, COPD), use hormonal contraceptive methods or excessively consume alcohol and/or drugs.

breathe ilo has been tested with women, whose average cycle length lies between 24 and 35 days. Measurement results may not be valid for women with severely irregular cycles, cycle disorders (e.g. PCOS) and in case of acute disease.

Do not consume any carbonated beverages, exercise or smoke within 15 minutes before performing the measurement.

During the measurement it is important to avoid nasal breathing, so please always use the nose clip or hold your nose closed for best results.

Please note that breathe ilo is a product for laymen. Should you discover any anomalies or similar during use, please contact your expert team.
2 The breathe ilo device

2.1 Handling and function display

The device can be turned on and off by pressing the power button once. The measurement windows are located on the inside of the measuring tube. When the device is turned on or during charging the color of the power LED has the following meanings:

- Green: battery is full
- Yellow: battery is low
- Red: battery nearly empty. Use/measurement may no longer be possible.

2.2 Charging

To charge your device please connect it to a commercial USB charging device using the provided USB cable. Please note that the device cannot be switched off during charging. Charging stops automatically when the battery is full. If the LED stops blinking and shows the green light, the battery is full. To stop charging manually, simply disconnect the device from the charger.

Important: Please make sure to charge the device before using it the first time.

2.3 Assembly

At the back of the device you will find the opening for the mouthpiece. Insert the mouthpiece and lock it with a slight rotation clockwise.

To remove the mouthpiece from the device, simply turn it slightly counterclockwise.
2.4 Cleaning and disinfection

The breathe ilo device is splash-proof and can be wiped with a damp cloth if necessary. In addition, up to 70% alcohol can be used for disinfection. Please make sure to clean the measuring tube and the measuring windows regularly. Dirty windows can negatively influence the result. Do not clean the device in a dishwasher.

Only the mouthpiece is dishwasher safe and may be cleaned in the dishwasher. You can clean the nose clip with soap and water.

**Important**: Please don’t share the device with another person due to hygienic factors.
3 The breathe ilo App

Your breathe ilo device can only be used in combination with the App. The breathe ilo App shows you all the measurement results as well as more information about your cycle.

3.1 Pairing breathe ilo for the first time

Please open the App for connecting the breathe ilo device to your smartphone. Follow the instructions and set up an account. Your data will be protected and not forwarded to third parties. The device and the App communicate via Bluetooth. The pairing process therefore is necessary before the first use. Afterwards the device and the App connect automatically.

3.2 Registration

3.2.1 Bluetooth Pairing

Please turn on Bluetooth on your smartphone and open the breathe ilo App. Then switch on the breathe ilo device. Select the device on your smartphone. You can find the Bluetooth name on the back side of your device. Now your breathe ilo is paired and ready to be used.

3.2.2 Signing up

Now please sign up and create your personalized breathe ilo account. You can register with a valid email address, your Google Account or Apple Account. This step is necessary to be able to enter your cycle data and use the personalized algorithm. Please make sure to enter your cycle length carefully.

Important: The cycle data cannot be changed afterwards.
3.2.3 First cycle

The first cycle can only be measured correctly if you start using breathe ilo between the first and third day of your cycle. The first day of menstruation always marks the first day of your cycle. We do recommend waiting for your next cycle to start if you are further along and want to start using breathe ilo. A correct evaluation of your data is no longer possible if the measurement starts after the 4th day of the cycle.

3.3 Handling

3.3.1 Main Menu

On the main screen you can find all important information about your cycle. This overview always shows you the current day.

3.3.2 Enter your period

The first day of your period must be entered for the algorithm to be able to give you accurate results. You can also track the length and intensity of your period. Enter your first cycle day as “first day” using the according button. You can enter all other days of your period by selecting the intensity of your bleeding for the corresponding day.

Please note: If your period didn’t start on this day, you can easily change the day by clicking on “First day” again and remove the start of your period. Do not forget to enter the correct first day of your cycle.

3.3.3 The daily breath measurement

1. To execute a measurement, please sit down.
2. Put the mouthpiece onto the device.
3. Put on the nose clip to avoid nasal breathing.
4. Open the breathe ilo App.
5. Tap „start measurement“ once to start the process.
6. Follow the instructions on the App:
a. Switch on your breathe ilo device.

b. Bring the device to your mouth. Please bite directly onto the mouthpiece. Your teeth should not hinder the measurement.

c. Breathe (inhale and exhale) calmly into the device for 60 seconds and try to move as little as possible while measuring.

3.3.3.1 Measuring results

After a correct measurement, the App will show you your current fertility status. The days before and during your ovulation will be marked with „High Fertility“. On these days your chances to conceive are high. The other days in your cycle will be marked with „Low Fertility“. The chances of getting pregnant are pretty low on these days.

**Please note:** The graphics in the App also change as your fertile phase progresses and, as you approach ovulation, change from a wave to a circle.

3.3.4 Troubleshooting

Please repeat the measurement if the App displays an error or if you feel that the measurement was not correct (e.g. because of coughing). An accurate prediction is not possible, if you do not track on a daily basis or forget more than one measurement per cycle. Do not switch devices during a cycle.

If no connection can be established between your breathe ilo device and the App, please switch the device off and on again. If the device cannot be switched off due to an error, it can be switched off by pressing the power button for at least 6 seconds.

If troubleshooting doesn’t seem to work, please contact our support. You can find our contact details under **4.7 Help**.
3.4 Additional menu items

3.4.1 Cycle

Here you will find the overview of your calendar and your cycles. The color of the letters changes according to your conception probability. The days of menstruation will be displayed in red. The fertile phase will be displayed in green. Days without a measurement will appear grey.

3.4.2 Wiki

In our breathe ilo knowledge area we want to inform you about interesting facts about the female cycle, ovulation and, simply put, everything you need to know if you wish to conceive. In addition, our „Myth-Check“ section clears up myths and prejudices.

3.5 Settings

3.5.1 Profile

Here you can view your profile data and change your email address and password. It is also possible to make changes to your height, weight or year of birth in case you made a mistake during the sign-in.

If you want to delete your profile, please contact our support. Only our team can delete a user profile from the server.

3.5.2 Reminder

Here you can activate the reminder function to make sure you never forget a measurement.
3.5.3 Firmware Update

Here you can find firmware updates for breathe ilo. To check for an update please follow the instructions in the App. Please make sure that your breathe ilo device is charged before checking for updates.

We strongly recommend to regularly check for updates and to install all available updates.

Please note that an update can take up to 15 minutes.

3.5.4 Add/Remove sign-in option

Here you can make changes to your chosen sign-in options.
4  Technical data and additional information

4.1  Technical data

<table>
<thead>
<tr>
<th>Weight</th>
<th>80g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charging</td>
<td>short-circuit proof charger</td>
</tr>
<tr>
<td>Power supply</td>
<td>Minimum requirements: USB-Type A Stecker, Output 5V DC and 500mA</td>
</tr>
<tr>
<td>Battery</td>
<td>Lithium-Polymer rechargeable battery 750mA/3.7 V complies with EN 62133-2:2017 and UN 38.3</td>
</tr>
<tr>
<td>Frequency band of operation</td>
<td>2400 - 2483.5 MHz HF RF output power: &lt; 4 dBm EIRP (&lt; 2.5mW, BT-LE Class 2)</td>
</tr>
</tbody>
</table>

4.2  Storage and operating conditions

<table>
<thead>
<tr>
<th>Operation</th>
<th>The device is maintenance-free. No preparation time for initial operation is necessary.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental temperature/air pressure for operation</td>
<td>10 to 35 centigrade / 700 - 1060 mbar</td>
</tr>
<tr>
<td>Storage</td>
<td>Please protect device from moisture.</td>
</tr>
<tr>
<td>Environmental temperature/air pressure for storage</td>
<td>-20 to 50 Grad centigrade / 600 - 1060 mbar</td>
</tr>
</tbody>
</table>

4.3  Packaging symbols

- Products with CE marking comply with the specified EU directives on product safety
- Do not dispose of this product in household waste
- Device uses Bluetooth for data transmission

4.4  Maintenance

breathe ilo is a maintenance-free product. We ask you to handle the device with care. Please don’t try to open the device under any circumstances, as this would lead to the destruction of the device. All other parts are also maintenance-free.
4.5 Disposal of waste

The proper disposal of breathe ilo and its accessories is very important for the environment. Since the measuring device uses a rechargeable battery as its energy source, it must not be disposed of with regular household waste. Please dispose of the measuring device according to your regional disposal regulations. The remaining consumables (nose clip, mouthpiece) can be disposed of in the household waste.

4.6 Order of consumable materials

If you would like to replace the mouthpiece or nose clip, you can simply re-order them in our online shop.

4.7 Help

If you encounter any malfunctions during use or need our help, please contact us via email: support@breatheilo.com. Our website will also provide you with further information.

4.8 Contact

If you have any questions or need assistance, please don’t hesitate to reach out to our team of experts via email: support@breatheilo.com.

You’d like to stay up to date at all times? Then follow us on our social media channels:

 بصورة Instagram

Facebook
5 Declaration of conformity

Product model
breathe ilo
Version 01

Manufacturer
Carbomed Medical Solutions GmbH
Neue Stiftungtalstrasse 2
8010 Graz
Austria

This declaration of conformity is issued under the sole responsibility of the manufacturer who declares that the above described device is in conformity with the following relevant Union harmonization legislations:
- 2014/35/EU (LVD)
- 2014/53/EU (RED)
- 2011/65/EU (RoHS)

Applied harmonized standards:
- EN 60335-1:2012 (LVD)
- EN 62479:2010 (LVD, EMF)
- EN 301 489-1 V2.1.1 (RED, EMC)
- EN 301 489-17 V3.1.1 (RED, EMC)
- EN 300 328 V2.1.1 (RED, Radio)

Signature: [Signature Image]