



breathelo

Your Fertilitytracker

User Manual

Version 2.0

Not approved for contraception.



EN

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Congratulations!

You have purchased breathe ilo, 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!

Contents

breathe ilo device
Mouthpiece Nose
clip
USB charging cable



Application

The breathe ilo device syncs with the following smartphone operating systems:

iOS Version 11 or later

Android Version 6 or later

Please find more information about data privacy on our website:
www.breatheilo.com

Instructions for safe use

- This application is not intended to be used by children. It 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.

- Since this device is an electrical appliance, children should not play with it.
- This appliance contains non-replaceable batteries.

WARNING: for the purpose of recharging the battery, only use a certified and short circuit protected charger with a USB Type A output (5V DC / 500mA minimum current) in combination with the provided USB cable.

For the purpose of recharging the battery, the appliance must only be supplied at safety extra low voltage corresponding to the marking on the appliance.

- This device contains small parts—keep away from children.
- The device is intended to be used by adults only.
- Only use indoors to achieve best measurement results.
- Avoid dropping the device. Do not use the device after dropping it since calibration might be misaligned.
- Do not press the power button with sharp objects or fingernails.
- Do not use the device if it's visibly damaged.
- Proper disposal of breathe ilo is very important for the environment. Please only dispose of the device to at your collection point for electrical and electronic devices and in accordance to your local legal situation.

Safety during Measurement

- Please note: During the charging process of your breathe ilo device it is not possible to take a measurement. The measurement must be taken with the provided mouthpiece.
- Please don't look into the sensors or insert your finger or tongue into the measuring tube (e.g. skin irritation).

1. The breathe ilo device

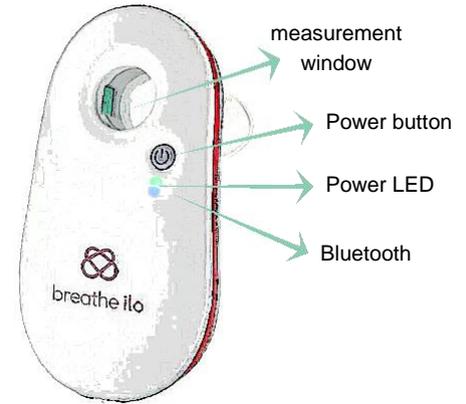
1.1. Handling and function display

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

Green: Battery full

Yellow: Battery low

Red: Battery empty



1.2. Charging the breathe ilo device

To charge your device please connect it to a certified 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. Please make sure to charge the device before using it for the first time.

1.3. Cleaning of the device

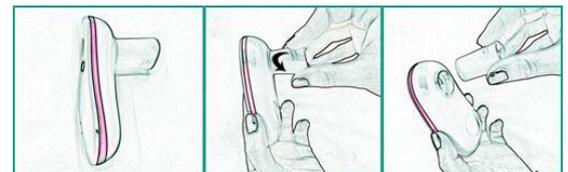
To clean your breathe ilo device, simply wipe it with a moist cloth. The mouthpiece is dishwasher safe.

1.4. The Mouthpiece

At the back of the device you'll 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. The breathe ilo app

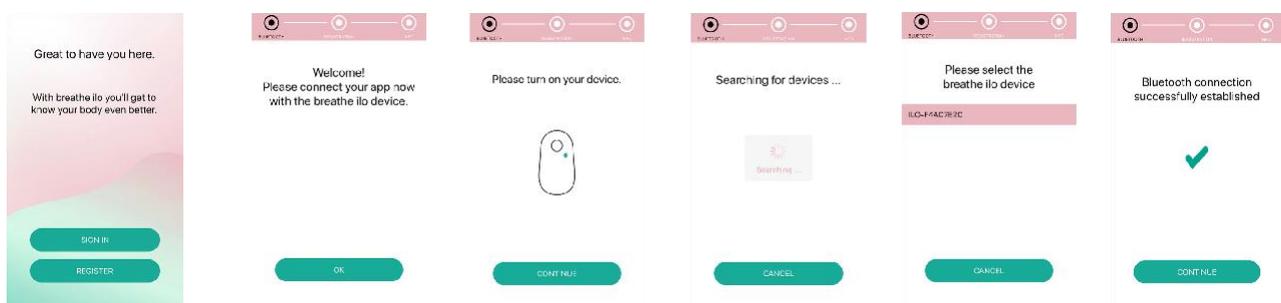
Your breathe ilo device can only be used in combination with the app. The breathe ilo app shows you all the measurement results as well as more information about your cycle. Please download the breathe ilo app in the App Store or Google Play Store.

2.1. Pairing breathe ilo for the first time

Please open the app for connecting your 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.

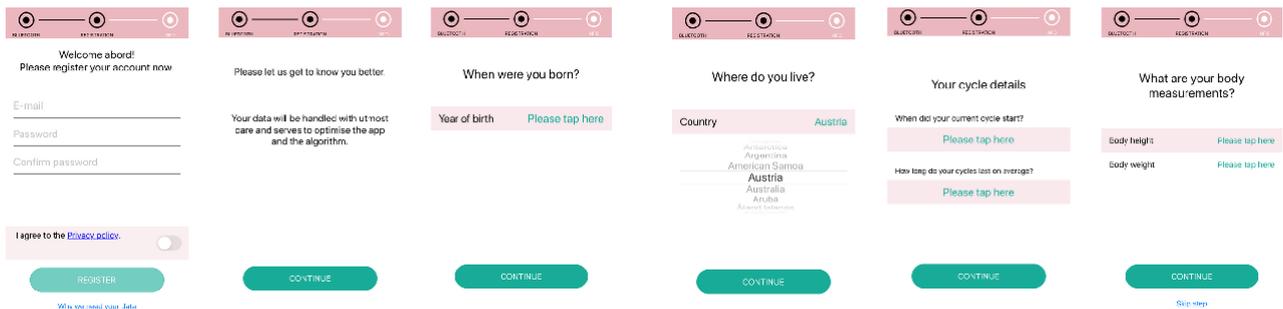
2.1.1. Bluetooth Pairing

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



2.1.2. Signing up

Now please sign up and create your personalized breathe ilo 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. You can find and change the settings later under “Settings” in the app.

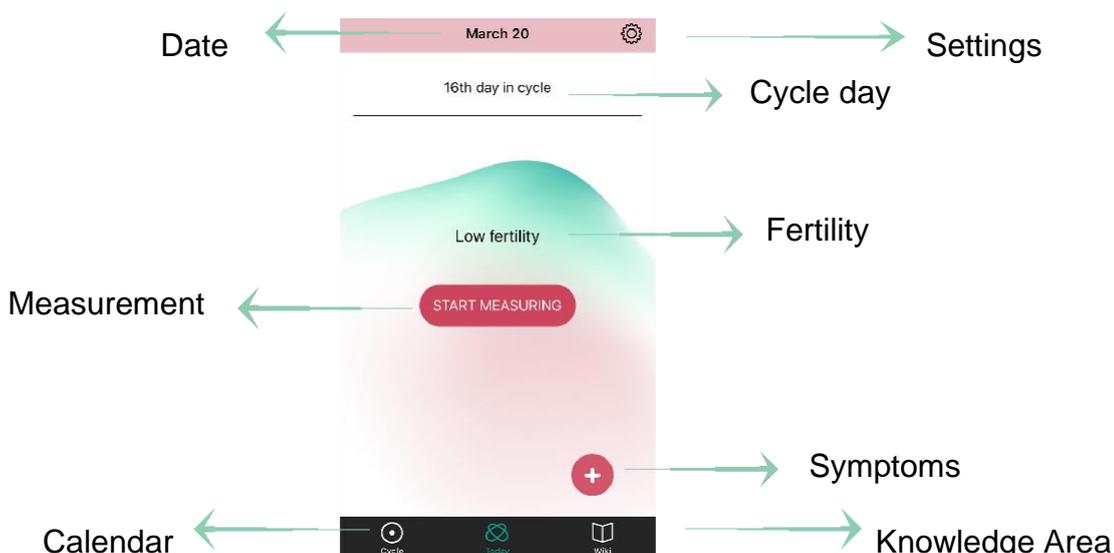


2.1.3. The first cycle

Please note: 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 to wait for your next cycle to start, if you are further along and want to start using breathe ilo.

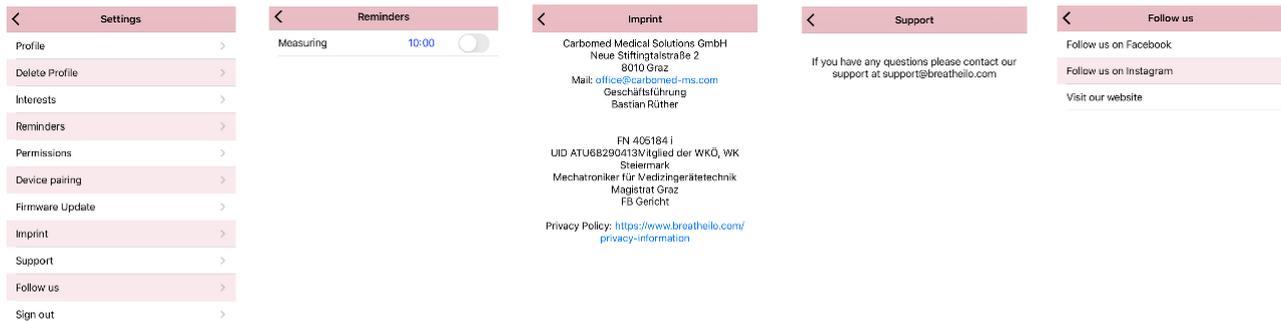
2.2. Main Menu

On the main screen you can find all important information about your cycle, you can enter your period and start the daily measurement.



2.2.1. Settings

This is where you can find all your profile data. You can also activate the reminder function, change your mail address or your password. Here you can also find our contact details and the customer service for further instructions or information.



Version 1.5.0

2.2.2. Enter your period in the cycle diary

Please note: 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. You can change this in the cycle diary at any time.



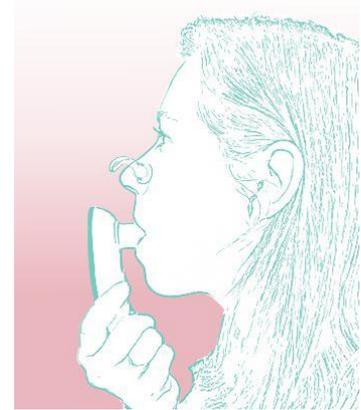
2.2.3. The daily breath measurement

The measurement can be done anytime each day. Based on our tests, the best results are shown in the morning. We recommend integrating breathe ilo into your daily morning routine. That way you are less likely to forget a measurement.

Please note: The measurement should not be performed right after waking up. Do not consume any carbonated beverages, exercise or smoke within 15 minutes before performing the measurement, since that will impair the result. For best results it is important to avoid nasal breathing. Please use the provided nose clip to perform the measurement. Sit down calmly while measuring and do not engage in other activities. Avoid direct sunlight during the measurement. No warm-up time is necessary prior to usage.

Execution of a measurement

- To execute a measurement, please sit down.
- Put the mouthpiece onto the device.
- Put on the provided nose clip to avoid nasal breathing.
- Open the breathe ilo app.
- Tap „Start measurement" once to start the process.
- Follow the instructions on the app:
 - Switch on your breathe ilo device.
 - Bring the device to your mouth. Please bite directly onto the mouthpiece. Your teeth should not hinder the measurement.
 - Breathe (inhale and exhale) calmly into the device for 60 seconds and try to move as little as possible while measuring.



Incorrect measurement and accuracy

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. The device should not be shared with another person.

2.2.4. Fertility status

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.

2.2.5. Menu Overview

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. The days on which you took measurements will be shown in black. Days without a measurement will appear grey.



2.2.6. Menu Wiki - breathe ilo knowledge area

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. Regulatory and Safety Notices

Please read, follow and keep this user manual with care. For more information and/or help visit our website: www.breatheilo.com

If you ever need support, please feel free to contact our customer service team via e-mail: support@breatheilo.com

3.1. Fields of Application and Exclusions

Since breathe ilo is not approved as a contraceptive, please do not attempt to use it for contraception purposes.

Furthermore, 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.

Please note: 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.

3.2. Troubleshooting

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.

3.3. EU Directives

The breathe ilo device complies with the following EU directives:

- 2014/53/EU (RED)
- 2011/65/EU (RoHS)

3.4. General Information

Storage and Operating Conditions

The device is maintenance-free. Please protect the device from moisture.
Environmental temperature/air pressure for use: 10 to 35 centigrade / 700 - 1060 mbar
Environmental temperature/air pressure for use: -20 to 50 centigrade / 600 - 1060 mbar

Technical Data

Weight: 80g

Battery: Lithium-Polymer rechargeable battery 750mA / 3.7 V, complies with IEC 62133-2:2017 and UN 38.3

Frequency band of operation: 2400 - 2483.5 MHz

RF output power: < 4 dBm EIRP (< 2.5mW, BT-LE Class 2)

Degree of protection: IP 32

4. Return policy and Warranty

Please find all information on our return policy and warranty online at www.breatheilo.com/shop/ or contact us via e-mail: shop@breatheilo.com

5. Declaration of Conformity

Product Model: breathe ilo

Version 01

Manufacturer: Carbomed Medical Solutions GmbH

Neue Stiftingtalstrasse 2 8010 Graz

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:





Not for contraception!

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Carbomed Medical Solutions GmbH

Patent approved.



Keep out of reach of children!

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