

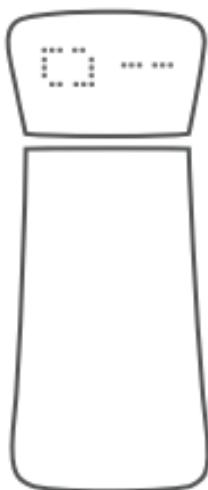


wink
by **KINDARA**

QUICK START GUIDE



Hello, I'm Wink.



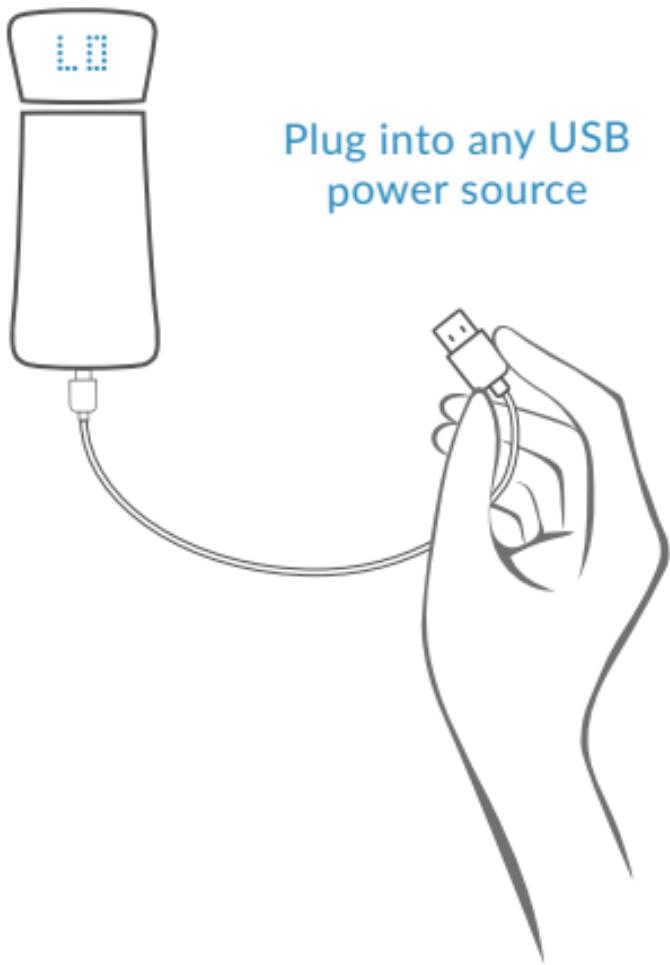
GETTING STARTED



- 1 DOWNLOAD KINDARA**
Create an account, if you don't already have one. Kindara is available on iOS and Android.

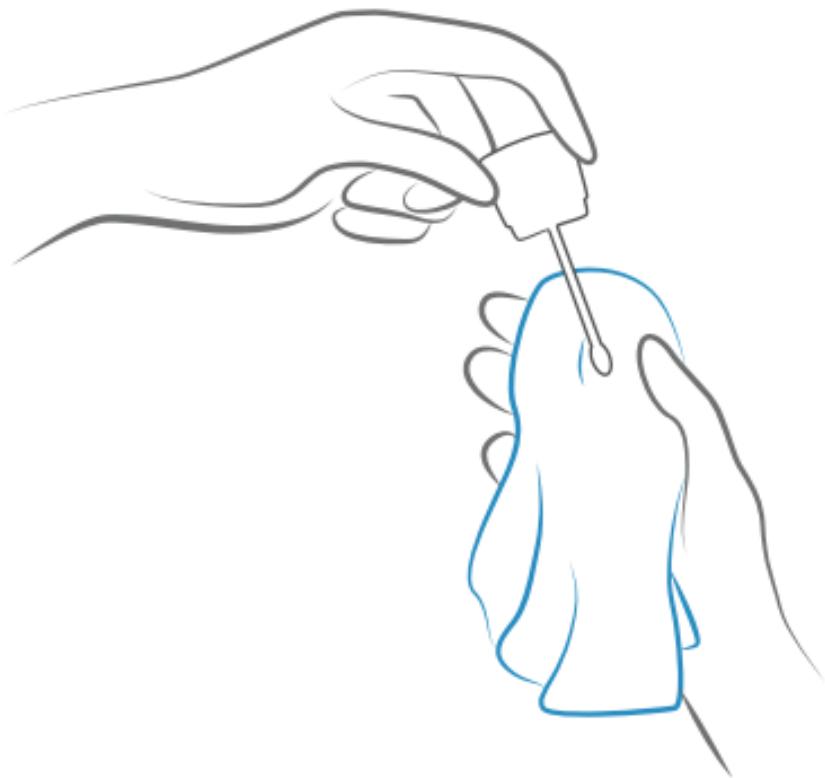


- 2 PAIR WINK TO APP**
Follow the steps in the Kindara app inside *More > Wink > Pair*. Make sure to turn on Wink and have it close to your device.



3 CHARGING WINK

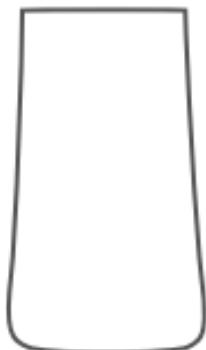
Wink will stay charged for up to a month and will tell you when it's Low. A full charge will take at about 4 hours.



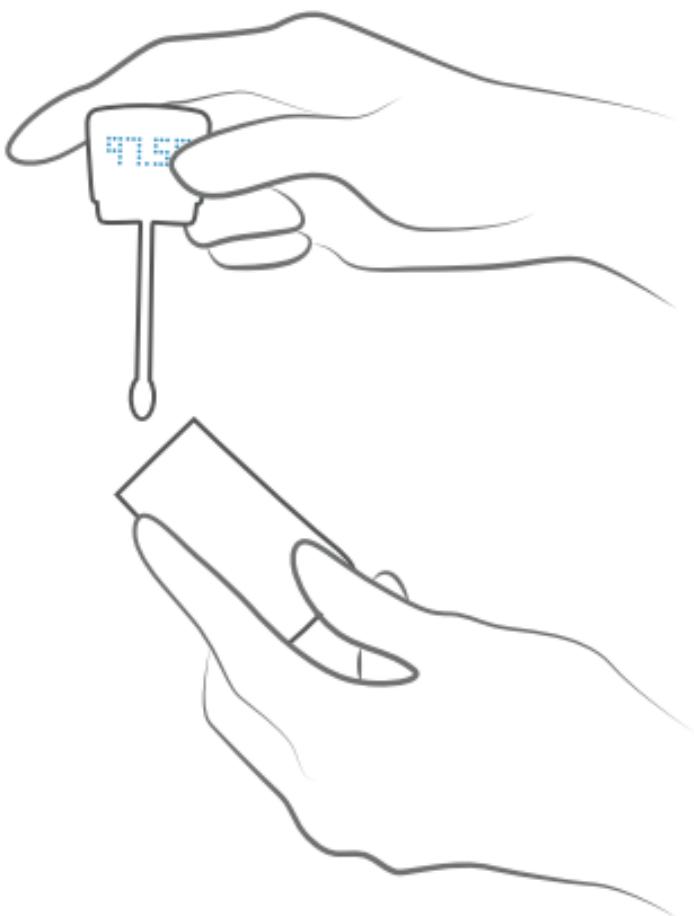
4 CLEANING WINK

Wash and dry Wink regularly with a clean, damp cloth and gentle soap. Do not wash or hold under running water.

I know my degrees.



TEMPING TIPS



1 WAKING UP WITH WINK

Set an alarm through Data or Wink settings menu. Wink will wake you up and the alarm will turn off once top is removed.

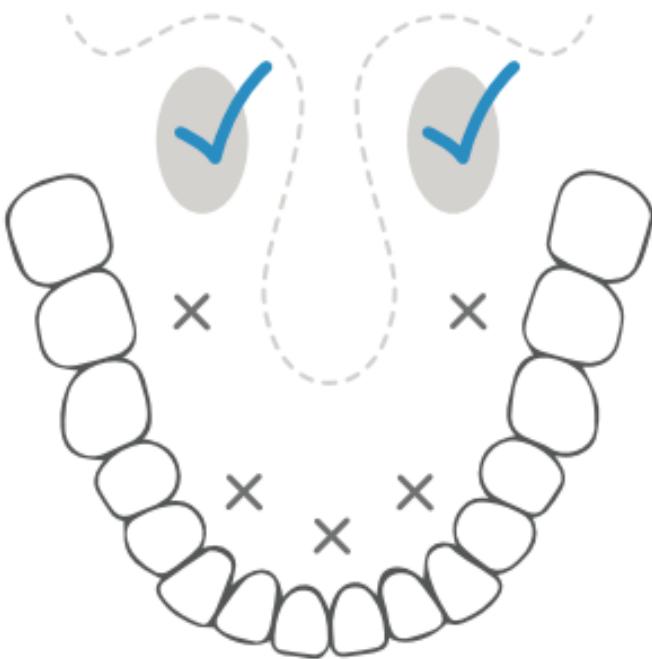


Wink will gently buzz when temperature has been taken

2 TO ENSURE ACCURATE TEMPERATURE READINGS

Take your temperature around the same time every morning, first thing upon waking.

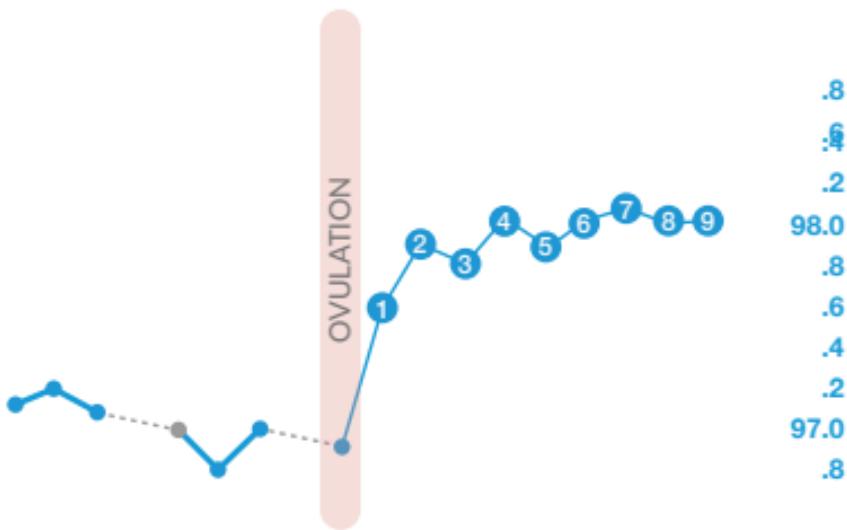
Place thermometer tip in
Heat Pockets



3 TAKING TEMPERATURE

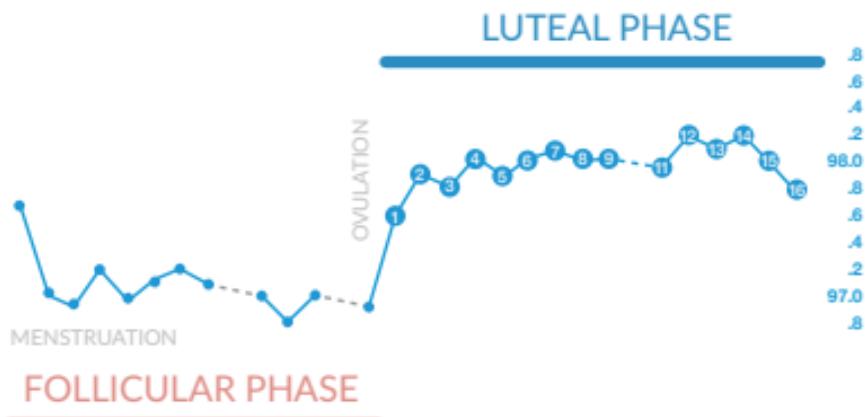
Wink syncs the time it was taken to the app. View and edit your temperatures in *More > Wink > Wink Temperatures*.

WHAT IS BASAL BODY TEMPERATURE?



BBT is the lowest body temperature attained during rest (usually during sleep)

Charting your BBT daily will allow you to identify *if and when* you ovulate during your cycle helping you understand any cycle irregularities caused by stress, PCOS, etc.



Your temperatures are generally lower during the first half of your cycle, usually between 97.0°F to 97.6°F (36.11°C to 36.44°C).

After ovulation your temperatures will rise (called a Temperature Shift) and will remain until your period. These temperatures are usually between 97.7°F to 98.3°F (36.5°C to 36.83°C).

Charting your BBT along with other key signs allows you to understand and track your fertility and cycle.

For more detailed instructions,
please visit:

www.kindara.com/UsersGuide

Questions?
We're happy to help.
help@kindara.com

Kindara is dedicated to helping
women take charge of their health
and understand their bodies.
Contact us with any questions
about charting or Wink.

HAPPY TEMPING!



KINDARA
www.kindara.com



Compliance

Wink is designed and manufactured by:
Wink est conçu et fabriqué par:

Kindara, Inc.
2560 28th St, Ste. 202
Boulder, CO 80301
USA

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.