Temp**drop**®

Fertility Tracking Wearable

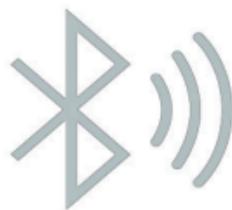**Table of contents**

What is included?

1 Tempdrop Sensor
1 Elastic Armband
1 User Manual
1 Carrying Pouch

Bluetooth connectivity & radiation

Putting your safety first, Tempdrop will not transmit any data while you wear it. Instead, Tempdrop will only transmit data after you manually initiate a data sync.

Clarifications and restrictions

Tempdrop is a personalized user-specific thermometer that learns how each woman's minute, daily temperature variations correlate with her specific hormonal fluctuations throughout the ovulatory cycle. It is intended for use with fertility apps or other approaches to fertility monitoring and allows daily, hassle-free, and accurate tracking of your sleeping temperature.

Powered by our patented Active Temperature-Noise Cancellation™ (ATNC) technology, Tempdrop's accuracy is achieved using multiple sensors and an algorithm developed by top engineers and doctors.

When using sympto-thermal based methods to track fertility and predict ovulation, reliability depends on daily and accurate input of sleeping temperature (also known as BBT). The accuracy of Tempdrop's data allows you to identify recurring temperature patterns up to 5 days before ovulation.

Important notice

Alcohol consumption, medications, and various medical conditions may alter your sleeping temperature. If you have been drinking alcohol a few hours before sleeping, make a note on that in your fertility app or notebook and examine the effect on your sleeping temperature. We advise you to track your sleeping temperature with Tempdrop for two full ovulatory cycles so you can clearly identify the temperature shift and pattern before and after your ovulation day.

For your information

• Tempdrop is not a medical device
• Tempdrop is not a waterproof or water-resistant product
• Do not drop the Tempdrop sensor
• Ideal operating temperatures are 32-104°F (0-40°C)
• Extreme heat or cold may damage Tempdrop or its accessories
• Keep Tempdrop away from sources of heat and fire
• Do not expose your Tempdrop to direct sunlight (such as on a car dashboard) for prolonged periods
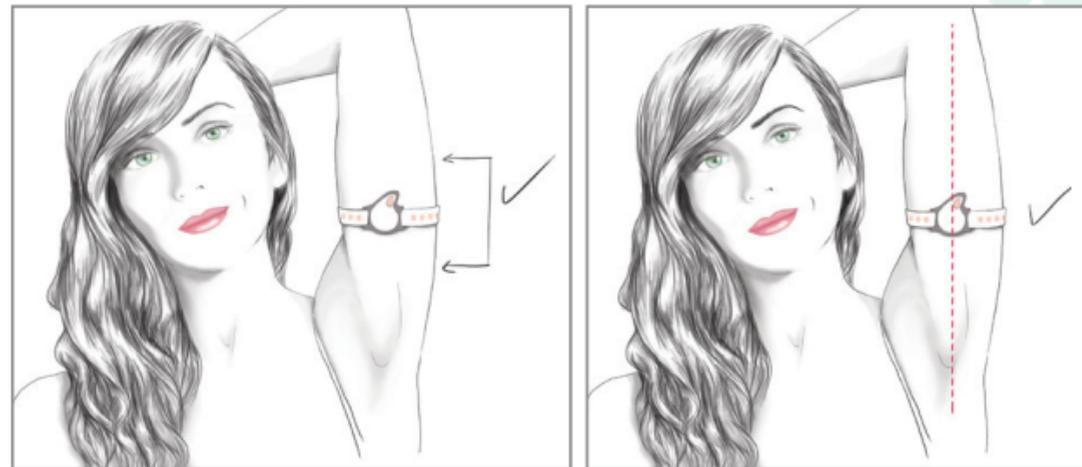• Tempdrop is not for children!

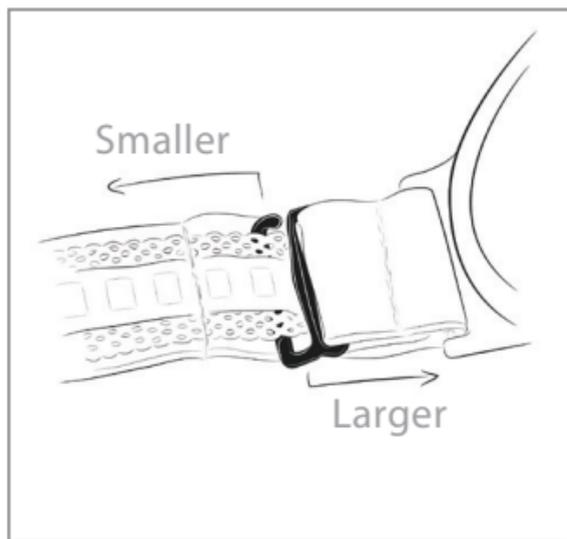Not for children   No Humidity

Wearing your Tempdrop for the first time

Snap the Tempdrop sensor into the armband. The sensor should be worn underneath your armpit with the tip of the sensor pointing towards your elbow as illustrated below:

Slide the metal latch along the grooves to change the size of the armband. This is needed only until you find your 'sweetspot' where the armband is the most comfortable. The armband's elasticity makes it easy to slide it up your arm.

It is best to wear Tempdrop on the same arm every time • The armband should hold the sensor securely in place • The armband should only be tight enough to stay on during sleep without sliding towards your elbow by the morning, but no tighter.

Installing Tempdrop's application

Tempdrop's mobile application is needed to sync the data from the sensor with our algorithm server and to display the calculated temperature.

Install Tempdrop's app on Google Play (Android) or Apple's App Store. If you are having difficulty finding it, visit our website for help.

First-Time Users:

Sign up with a valid email address and username. These details are linked to your Tempdrop history data. Keep them to yourself!

We will not send you any spam emails or sell your information.

Using Tempdrop

1. Every night, before you go to sleep, press the pink, drop-shaped button for 3-5 seconds until the button is blinking green and put on Tempdrop as instructed above.

2. **Attention!**
Do not wear Tempdrop when it is in the process of data syncing. If the sensor gets stuck while data syncing and won't stop rapidly blinking, first terminate the process by pressing the button for 3-5 seconds. If the sensor still doesn't stop, turn off your smartphone's Bluetooth to disconnect the sensor.

3. After you wake up, take off Tempdrop and place it next to your smartphone for optimal data sync. Make sure that the Tempdrop app is open and Bluetooth is enabled. Press Tempdrop's button for 3-5 seconds. It will blink slowly at first. When the button on Tempdrop starts blinking rapidly and Tempdrop's logo starts spinning in the app, the sync is taking place.

4. Wait until the syncing process is done and the blinking stops (it should take 2-4 minutes for an 8-hour sleep).

5. Your calculated temperature will be displayed on the Tempdrop app.

6. Please refer to the troubleshooting guide on this manual if you have any issues.

Cleaning and maintenance

The Sensor - You can use alcohol wipes or a clean, soft cloth to clean the Tempdrop sensor.

The Armband - Make sure you remove the sensor from its frame. You may wash the textile armband and the plastic frame with lukewarm water and some laundry soap.
Make sure the armband is completely dry before inserting the Tempdrop sensor.

Replacing the battery

If you have been using Tempdrop every day **for at least six months** and it has stopped working, you may need to replace its battery. In order to replace Tempdrop's battery, you will need to separate the top and bottom plastic shells. Please visit our website for detailed video instructions.

Specifications

Dimensions: 45 x 32 x 10.5 mm
Weight: 7 grams
Armband Circumference Length: min-max = 6"-12"/15-30 cm
Power Source and Connectivity: CR2032 Coin Cell Battery
Wireless Low Energy Bluetooth.
Sensors: Temperature (multichannel), Tri-axis Acceleration.

Important notice

In the event of an equipment malfunction, all repairs must be performed either by Tempdrop or by an authorized agent. It is the customer's responsibility to report the need for service to Tempdrop or to one of its authorized agents. For service information, contact Tempdrop customer support: support@temp-drop.com

Troubleshooting - Issues related to data sync

Issue 1

The syncing process ends immediately and a "No data on device" message is displayed on the app even though you think that the sensor has data on it that wasn't synced.

Solution

Restart the data sync process by pressing the button for 3-5 seconds.

If the problem persists, force close the app (remove from memory), restart the app, and then restart the data-sync process.

Issue 2

The sensor is blinking rapidly and seems "stuck" in data sync mode but Tempdrop's logo in the app is not spinning. One of these messages may be displayed:

"No Data on the device, starting to record" "Error occurred during the process. Try again"

Solution

Press Tempdrop's button for 3-5 seconds to terminate the data sync process and press it again to restart the syncing process. Don't worry, if the sensor contains data, it will be uploaded on the next successful sync.

If the problem persists, force close the app, start the app, and restart the data sync process.

Safety information for the battery

This product contains an internal replicable Li-On battery (CR2032 Lithium coin cell battery). In exceptional circumstances, batteries may leak fluids that can cause a chemical burn injury or ruin the product.

To avoid battery leakage:

• Insert batteries as indicated inside the battery compartment.
• Dispose of batteries safely. Do not dispose of this product in a fire. The batteries inside may explode or leak.
• Never short-circuit the battery terminals.
• Use only batteries of the same or equivalent type, as recommended.
• Do not charge non-rechargeable batteries.

This symbol on the product or on its packaging indicates that this product should not be treated as household waste. Instead it should be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health. The recycling of these materials will help to conserve natural resources. For more detailed information about the recycling of this product, please contact: **support@temp-drop.com.**

Warning! Choking hazard

Store the product out of reach of children, infants, and pets. Tempdrop is not a toy – never allow children to play with the sensor and/or armband as they may cause child suffocation. Always store the product out of reach of children.

Certification

Tempdrop was designed and tested to meet the applicable standards for Electrical Safety, Electromagnetic Compatibility, Sustainability and other regulatory requirements.
For questions related to the regulation compliance of this product, contact:

Tempdrop Ltd.
20 Hata'as st. Bell House, PO Box 209
Kfar Saba, 44425, Israel
contact@temp-drop.com
www.temp-drop.com

Federal Communications Commission (FCC) Statement
Labeling Requirements (FCC 15.19)

This device complies with Part 15 of 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.

Radio Frequency Interference (RFI) (FCC 15.105)

This equipment has been tested and found to comply with the limits for Class B digital devices pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential environment. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

Modifications (FCC 15.21)

Changes or modifications to this equipment not expressly approved by Tempdrop Ltd may void the user's authority to operate this equipment.

RF Exposure info(FCC 2.1093)

The device meets the exemption from the routine evaluation limits in section 4.3.1 of KDB 447498 D01. Users can obtain information on RF exposure and compliance in the FCC website.

FCC ID: 2AMAS-TD1   C€

Made In Israel

Contact Us

For any inquiry, help, or troubleshooting,
email us at: support@temp-drop.com

You may also visit the FAQ page on our website:
www.temp-drop.com