

Fertility monitoring system

The box contains one DuoFertility-2 sensor.

Indication for use: The DuoFertility-2 should be used by women who are interested in measuring physiological information that is likely to correspond to their time of ovulation. This will indicate the best time for them to try for a baby.

Contraindications for use: The DuoFertility-2 device must not be used as a contraceptive; unintended pregnancy may occur as a result. It should not be used as a medical thermometer to detect fever; as this could result in a delay in detecting serious illness. It is not suitable if you have reached menopause.

This device is for home use: During normal operation of the DuoFertility-2 Sensor, the temperature should be between +5°C and +40°C, the atmospheric pressure range should be between 700hPa to 1060hPa and the relative humidity range should be between 15% and 93%, Non-condensing.

Transportation and storage conditions should not exceed an atmospheric pressure of 1060hPa, 70°C (and not below -25°C) and up to 93% humidity Non-condensing.

Keep out of reach of children and pets
Not made with natural rubber latex



app and onto our servers as long as you have the DuoFertility-2 app running on your device, your Bluetooth is active and you have not disabled the auto-sync for your sensor.

I have a missing temperature point, what do I do?

There are several possible reasons for this. If you have been wearing the sensor every night and enabled the device to synchronise automatically, then we would recommend that you synchronise your data with our fertility centre manually and contact the customer care line who will be able to help.

How do I get in touch with a fertility expert and how can I contact DuoFertility-2?

The best way to get in touch with a fertility expert is to send an email with your question (support.en@duofertility.com), and your fertility expert will get in touch with you. If it is urgent, you may also call and be directed to the first fertility expert available. (Careline +44 (0)1223 967703)

Will sleeping with a hot water bottle affect my temperature measurements?

This should not affect your temperature measurements unless the hot water bottle is very close to where you are wearing the sensor.

Can I use DuoFertility-2 in the shower? Is it safe?

Yes, the sensor can be worn in the shower.

1.2.Industry Canada IC

This device has Industry Canada ID IC: 10842A-CTCBLE-This Class B digital apparatus complies with Canadian ICES-003. Operation is subject to the following two conditions:

- this device may not cause interference, and
- this device must accept any interference, including interference that may cause undesired operation of the device.

IC - This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

1.Regulatory Information:

1.1.FCC

This device has FCC ID: WWO-CTCBLE-This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- this device may not cause harmful interference, and
- this device must accept any interference received, including interference that may cause undesired operation.

FCC - This device complies with the FCC safety requirements for RF exposure in accordance with FCC rule part §2.1093 and KDB447498 D01. for portable use conditions.

No changes shall be made to the equipment without the manufacturer's permission as this may void the user's authority to operate the equipment.

5.3.3 Frequently asked questions about DuoFertility-2

When should I start using DuoFertility-2?

We suggest that you start using DuoFertility-2 as soon as you receive it, rather than waiting until the beginning of your next cycle. This will allow the sensor to collect as much valuable temperature data as possible which will help to ensure the accuracy of all the fertility predictions that you are given. However, don't forget to activate the sensor before you start wearing it, by using the DuoFertility-2 app on a phone/tablet or the Sensor Sync Tool on a computer.

Do I have to use all the information tabs on the app?

For most people, the correct measurement of BBT is enough to reliably identify the fertile window. Nevertheless, recording additional information will increase the accuracy of detection of your fertile window, especially if your cycles are very irregular.

Does DuoFertility-2 keep my private data secure?

We ensure that all data is kept secure and completely confidential. All data that you upload to our servers is encrypted.

How do I transfer my data to the DuoFertility-2 centre?

Data is downloaded automatically from your sensor to your

5.3 Further Information:

5.3.1 Contents of the DuoFertility-2 box

The DuoFertility-2 box should contain:

- The DuoFertility-2 sensor
- The instructions for use
- A plugable USB Bluetooth Low Energy dongle (if applicable)
- A pack of 20 DuoFertility-2 adhesives

If any of those are missing, please call the DuoFertility-2 careline.

5.3.2 Contact us:

 The DuoFertility-2 product is Manufactured and Distributed by: Cambridge Temperature Concepts Ltd.
Unit 23
Cambridge Science Park
Milton Road
Cambridge
Cb4 0EY
United Kingdom
Website: www.duofertility.com
Email: support.en@duofertility.com
Care line: +44(0)1223 967 703

this to the DuoFertility-2 support team.

As DuoFertility-2 is learning from each woman's menstrual cycle in order to accurately identify fertility, it is not possible for the sensor to be used by more than one woman as the results would be erroneous. DuoFertility-2 should only ever be used by one woman.

The DuoFertility-2 sensor must NOT be used internally.



Before using the DuoFertility-2 monitor, it is important that you read the instructions in detail. Do not attempt to change or modify any part of the product.



The DuoFertility-2 monitor complies with the safety regulations for the protection against Electrical Shock.



Cambridge Temperature Concepts recognises its responsibilities and obligations under current National and European legislation and regulations and is committed to compliance with the European Union Directives on Waste Electrical and Electronic Equipment (WEEE).

As part of our responsibility towards caring for the environment, Cambridge Temperature Concepts offers all customers of

2. Indications for use

The DuoFertility-2 Monitor is intended for measuring and recording basal body temperature (BBT) as an aid in ovulation prediction to aid in conception (not to be used for contraception).

3. Contraindications for use:

THIS PRODUCT IS NOT FOR CONTRACEPTIVE USE; Unintended pregnancy may occur as a result. It must NOT be used as a medical thermometer to detect fever as this could result in a delay in detecting serious illness. It is not suitable if you have reached menopause. The temperature measurement is accurate to 0.05°C

4. Warnings and Precautions

If you have been actively using DuoFertility-2 and having regular intercourse during your predicted fertile days for six months without managing to conceive, please contact your doctor for further advice if you have not previously done so.

DuoFertility-2 is suitable for women with a wide range of conditions, such as hormonal disorders (including polycystic ovarian syndrome) and irregular menstrual cycles. The use of DuoFertility-2 may cause irritation to the skin from wearing the adhesive. If irritation persists, please discontinue use and contact your doctor. Also, please report

- The sensor can be immersed into up to 1m of water. You should keep it away from sources of heat.
- The sensor must also be kept away from strong magnetic fields (such as MRI scanners in hospitals).
- Please do not bend the sensor.


5.2.1 Cleaning the sensor

The sensor must be cleaned with soapy water at least once a month to avoid a build-up of residue that can cause skin irritation. The sensor can be used for the whole of its lifetime, which is determined by the battery lifetime. If your sensor needs replacing, you will be sent a replacement free of charge. We will provide a return envelope for you to send us your old sensor so that we can dispose of it responsibly.

5.2.2 What to do if you lose the sensor

If you lose the sensor, you will need to purchase a new one. Contact our team to ensure that it is paired with your app.

DuoFertility-2 the option of disposing of their DuoFertility-2 sensor on their behalf. Please do not discard your product along with normal household waste. Please contact us if you wish to return your unwanted DuoFertility-2 equipment for appropriate disposal.

 DuoFertility-2 complies with the European Directives regarding consumer safety, health or environmental requirements and is approved for sale within the EU. The audits are performed by SGS United Kingdom Ltd.

IP67 The DuoFertility-2 sensor is dust tight and can be immersed in 1m of water.

During normal operation of the DuoFertility-2 sensor, the temperature should be between +5°C and +40°C, the atmospheric pressure range should be between 700hPa to 1060hPa and the relative humidity range should be between 15% and 93%, non-condensing.

Transport and storage conditions should not exceed an atmospheric pressure of 1060hPa, 70°C (and not below -25°C) and up to 93% humidity, non-condensing. The expected shelf life of the DuoFertility-2 sensor is 6 months from the date of manufacture, the expected service life is 5 years.

- 'Download', 'Install' and 'Run' the DuoFertility Sensor Sync Tool as prompted (this is separate from the App).
- 'Log in' using the same account details as before, then click on 'Activate Sensor' in the Sensor Sync Tool, and follow the instructions to activate your sensor.
- Your sensor is now ready to wear. The Sensor Sync Tool will keep running in the background on your computer to automatically sync approximately every hour, provided that your sensor is in range. **

5.1.2 Getting started on a phone/tablet

- 'Download' the DuoFertility-2 App from the App Store*, 'launch' the app and 'log in' with your account details;
- 'Complete' the welcome process as guided by the app, then activate your sensor as prompted; ensure Bluetooth is switched on.
- The sensor is now ready to wear. The app will keep running in the background on your device to automatically sync approximately every hour, provided that your sensor is in range, and you have not disabled auto-sync. **

*Download the DuoFertility-2 App. Available for Windows, Mac, iOS and Android

**You can see your fertility chart and enter other data in the DuoFertility-2 web-app at <http://app.duofertility.com> on any device.

Keep out of reach of children and pets. Choking may result from a child (or a pet) swallowing the sensor, or other small parts of the DuoFertility-2 product.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATION TO THIS EQUIPMENT. SUCH MODIFICATION COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

5. Instructions for Use

5.1 Quick Start Guide

5.1.1 Getting started on a computer

You can start to use DuoFertility-2 at any point during your cycle. A plugable USB dongle is provided for use with PC and Mac.

- Go to <https://app.duofertility.com>, log in with your account details and complete the welcome process as guided by the software.