

It's that simple

EN

 cyclotest

mySense

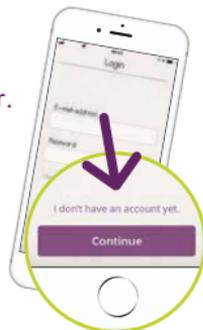
1 Install the app

Download the cyclotest mySense app.



2 Create an account

Tap on "I don't have an account yet" to register. You must register to continue.



3 Enter the activation code

You will find your personal activation code on the piece of paper enclosed with the thermometer.

THIS CODE IS IMPORTANT! KEEP IT SAFE!

Note: To pair the app with your thermometer, you will need to allow the app to access your location/GPS. Once the devices are paired, you can disable location services.



**PLEASE ALSO REFER TO THE DETAILED INSTRUCTIONS FOR USE
FOR THE THERMOMETER FROM PAGE 5**

4

Connecting the thermometer

Press and hold the M/Bluetooth button on the thermometer for 1–5 seconds. On the thermometer display, “ON” and the Bluetooth symbol begin to flash. Once the thermometer has been successfully connected, tap “Continue”.



5

Perform a test measurement

- Press the On/Off button on the thermometer.
- Wait until the thermometer emits a signal (optical and/or acoustic). Your thermometer is now ready to perform a measurement.
- Place the thermometer under your tongue in the pocket on the left or the pocket on the right.
- If the temperature measurement was successful, the thermometer emits another signal.
- In the app, tap “Transfer test measurement”.



Note: You can repeat the test at any time by selecting Menu > Settings > Test measurement

6

Enter cycle data

Now enter your cycle data, such as the first day of your menstrual cycle.

Caution: This day is also your first cycle start date. You can also enter extra information if you wish.

7

First steps

Finding out your fertility status

You can view the most important information about your cycle in your Daily chart. To view past or future days, move the highlighted day around the edge of the cycle triangle.



Entering data

To enter cycle data, tap in the centre of the large cycle triangle. You can only enter data for the current day or past days.



Note: You cannot enter your basal temperature manually. This is transmitted by the thermometer via Bluetooth.

Transferring temperature data

There are two ways to transfer your basal body temperature to the app:

- Immediately after a measurement, when the app is open and Bluetooth is enabled.
- Manually at any time. To do so, open the app and press the M/Bluetooth button on the switched-off thermometer for 1–5 seconds.



Note about the battery indicator

When you switch on the thermometer, it will perform a self-test during which all segments of the display light up briefly. Please do not confuse this with the “battery low” or “battery drained” display.



Full-segment display during self-test: everything OK.



Battery low: you can still take a few more measurements, but you should have a new battery ready.



Battery drained: you cannot take any more measurements. Change the battery.

Still have questions?

Visit our website: www.cyclotest.com/cyclotest-mysense/first-steps-with-cyclotest-mysense



For more information, visit www.cyclotest.com/cyclotest-mysense or complete our contact form at www.cyclotest.com/contact.

Alternatively, you can contact customer service at info@cyclotest.de.

The following pages contain the instructions for use for the thermometer. Please read the instructions carefully to ensure that you are using the app correctly.

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The cyclotest mySense is a medical digital thermometer (direct mode) for the self-measurement of human basal body temperature.

The device transmits the measured values to the cyclotest mySense app via a Bluetooth 4.0 interface.

The device is intended exclusively for use with the cyclotest mySense app. The device cannot be operated without the cyclotest mySense app or with other apps.

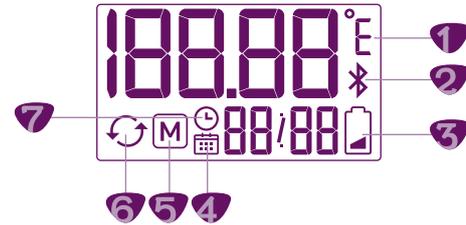
- The device must be used solely for the purpose described in these operating instructions. The manufacturer shall not be held liable for any damages resulting from improper use.
- Do not allow the thermometer to fall on the floor. The thermometer is not shock-resistant or impact-resistant.
- Protect the device from dirt, dust and strong sunlight and keep the device away from excessive heat or cold.
- Using the thermometer in a way that does not comply with the intended operating conditions can result in inaccurate measurement values.
- Before each measurement, check the integrity of the measuring tip. A damaged measuring tip can cause injuries.
- Do not bite or bend the sensor. This can cause damage and lead to malfunctions.
- The use of this device near mobile phones, radios or other strong electromagnetic fields can cause errors and malfunctions. Maintain a distance of at least 3.3 metres from such devices when using the device.
- The thermometer contains small parts that could be swallowed by children. Do not leave the device unattended with children.
- Do not open the device (except when changing the battery).
- If the device is not being used for an extended period of time, remove the battery.
- Always store the thermometer in the protective cover.
- If the device has been stored at temperatures below 10°C or above 40°C, allow it to stand at room temperature for at least 2 hours before using it.

Device description



- 1 Gold-plated measuring tip
- 2 Data transfer and memory recall button
- 3 Illuminated display
- 4 On/off button
- 5 Battery compartment

Display



- 1 Temperature unit
- 2 Bluetooth data connection
- 3 Battery display
- 4 Date
- 5 Memory mode
- 6 Synchronising
- 7 Time

Initial device setup

You must install the cyclotest mySense app on your smartphone before setting up the device for the first time. The cyclotest mySense basal body temperature thermometer cannot be set up without the cyclotest mySense app.

Download the cyclotest mySense app from the App Store or Google Play.



Open the cyclotest mySense app and complete the user registration. Follow the instructions in the app.

During the registration process, you will be asked to enter an activation code for the thermometer. You will find this activation code in the packaging of your cyclotest mySense basal body temperature thermometer.

Once you have successfully completed user registration, the Bluetooth function on your smartphone will be enabled and the app will search for available devices.

Now switch the thermometer on. To do this, press and hold the on/off button  for at least 1 second.

The device switches on and automatically does into SET mode, where you can set the date and time (Figure 1).



Figure 1

The date and time are synchronised automatically from the mySense app. To do this, the device connects to the app via Bluetooth (Figure 2).



Figure 2

If the connection is successful, the “APP” indicator appears (Figure 3).



Figure 3

Once the device is connected successfully, you will be prompted to perform a test measurement. This test measurement is used to ensure that the thermometer and app are functioning correctly and is not saved.

To perform the test measurement, please follow the instructions in the app and refer to the instructions for measuring wake-up temperature starting on page 12.

Temperature measuring

- Remove the transparent protective cover from the thermometer before taking a measurement.
- Switch on the device by pressing and holding the on/off button  for at least 1 second. The word “On” will appear on the display (Figure 1).
- The device now performs an internal self-test; all display elements are displayed (Figure 2).



Figure 1

Checking the transfer status

The device now checks whether all previous measurement values have already been transferred to the mySense app. The device can temporarily store up to 30 measurements.

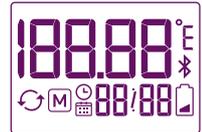


Figure 2

The number of measurement values not yet transferred is shown on the display (Figure 3).



Figure 3

- If more than 25 saved measurements have not been transferred to the mySense App, the message “APP/FULL” (Figures 4 and 5) appears on the display to remind you to transfer the measurement values to the app as soon as possible.
- If you perform more than 30 measurements without transferring the values to the mySense app, the oldest value is deleted to make room for a new measurement.



Figure 4

Once the transfer status has been checked, the display flashes and/or a beep is sounded. The device is now ready to perform a new measurement.



Figure 5

Never begin a measurement before the display flashes and/or the beep sounds (if the sound is activated). The thermometer must already be in measurement mode when you start measuring to be able to correctly record the progress of the measurement.

Note: In the “Settings” section of the mySense app, you can find out whether your thermometer emits an acoustic and/or an optical signal when it is ready to perform the measurement and at the end of the measurement.

Measuring wake-up temperature

Take the measurement within the selected measurement timeframe immediately after waking up. Take the measurement even before you get up. Measured values determined outside the measurement timeframe will not be transferred to the mySense app.

You must have slept for at least five hours before taking a measurement and must not have stood up in the last hour before the measurement. If you have not had enough sleep, skip the measurement.

- Place the probe tip underneath your tongue on either the left-hand or right-hand side. The temperature sensor must make good contact with the tissue.
- Close your mouth and breathe calmly through your nose so that the measurement result is not affected by the air that you breathe.
- As long as the measured temperature remains below the measuring range (32.00°C to 43.99°C), the display shows L (low) (Figure 6). Have a little patience during the measurement. The sensor must first warm up from room temperature to body temperature.



Figure 6

- During the measurement, the current temperature is shown on the display. You must wait until the measurement is complete to ensure the accuracy of the temperature value.
- A long beep indicates that the measurement is complete. If the sound is deactivated, the display flashes to indicate that the measurement is complete. The measurement value is shown on the display (Figure 7).
- If the thermometer measures an elevated temperature of 37.50 °C or above, the display will illuminate red and/or 10 beeps will sound in rapid succession. The display switches between showing the temperature and “HI” (fever alert, Figure 8). This measurement will not be included in the cyclotest mySense app’s cycle calculations.



Figure 7



Figure 8

- The device now tries to establish a Bluetooth connection to transfer the measured value to the mySense app. Make sure that the smartphone is within range, Bluetooth is enabled and the mySense app is running.
- If the connection is successful, the “APP” indicator appears (Figure 9). Once the data has been transferred, the thermometer switches off automatically (Figure 10).
- If the device cannot establish a connection, the measurement value is stored on the device to be transferred later. The device can temporarily store up to 30 measurement values. The thermometer then switches itself off (Figure 10).



Figure 9



Figure 10

Manually transferring data to the mySense app

If the measurements cannot be transferred to the mySense app immediately after the measurement (e.g. if your smartphone is not within Bluetooth range or the mySense app is not open), you can transfer the measurements to the mySense app at a later date. To do so, proceed as follows:

- Open the mySense app on your smartphone.
- With the device switched off, press and hold the data transfer button  for at least 1 second, but no more than 5 seconds, until the Bluetooth symbol  appears in the display. If you hold down the button for more than 5 seconds, you will enter memory recall mode.
- The device now connects to the app via Bluetooth (Figure 1).
- If the connection is successful, the “APP” indicator appears (Figure 2).



Figure 1

If the device cannot connect to the mySense app, it switches itself off after 60 seconds. If this occurs, check whether Bluetooth is enabled on your smartphone and that the mySense app is running, then try again.



Figure 2

Recalling saved measurement values

The thermometer has a measurement value memory with 30 save slots. The measurement values are saved automatically together with the date and time of the measurement. The most recently measured value is stored in save slot 1; the value measured prior to that is stored in save slot 2, and so on. If more than 30 measurements are taken, the oldest value (no. 30) is deleted so that the most recent value (no. 1) can be saved.

The measurement values and lots of additional information are saved in the mySense app, where they can be analysed with ease.

You can also recall the last 30 readings directly from the mySense basal body temperature thermometer. To do so, proceed as follows:

- With the device switched off, press and hold the memory recall button  for at least 5 seconds until the  icon appears on the display. The device switches to memory mode (Figure 1).
- The most recently measured value, no. 1, is now displayed (Figure 2, Figure 3). The display switches between the measurement value and the year, month/day and time. For measurement values that have been transferred to the mySense app, the symbol  is displayed.
- By repeatedly pressing the memory recall key , you can call up the previous measurements (no. 2, no. 3 ...).
- If no measurement values are saved, the following appears on the display (Figure 4):



Figure 1



Figure 2

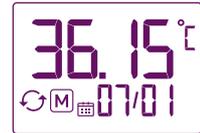


Figure 3



Figure 4

Battery display/changing the battery

The device is equipped with a CR2032 lithium battery.

If the battery icon  flashes on the display while the thermometer is in use, the battery is low (Figure 1). You can still perform some temperature measurements at this point, but you should have a spare battery ready.



Figure 1

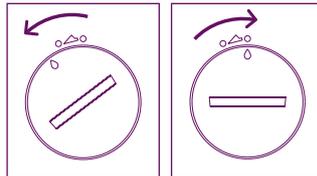
Change the battery if:

- After switching on the device, the “battery flat” indicator (Figure 2) appears on the display. You must insert a new battery before you can take any temperature measurements.
- Nothing is shown on the display despite pressing the on/off button.



Figure 2

- Unlock the battery cover by turning it past the marker to the left. Then lift the cover off.
- Remove the old battery and insert a new battery (CR2032) with the “+” symbol facing up.
- Place the cover back on the battery compartment and lock it in place.



Battery compartment cover unlocked

Battery compartment cover locked

After changing the battery, the thermometer must be connected to the mySense app so that the date and time can be resynchronised. To do this, open the mySense app and turn on the thermometer. Until you have done this, you cannot take any new temperature measurements.

Measurement values stored on the device are retained when the battery is changed.

Changing devices

Each mySense basal body temperature thermometer has a unique signature assigned to a specific user. Signatures are assigned during initial setup when the device is synchronised with the mySense app for the first time.

If your device is lost or faulty, you can assign a new mySense basal body temperature thermometer to your user account.

To do this, go to “Menu → Settings → Replace thermometer” in the mySense app and follow the instructions.

Please note: If you change device during a cycle, the current cycle becomes inactive in the mySense app. For your safety, the mySense app only accepts measurement data from a single device during a cycle.

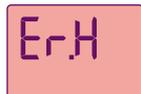
Error messages



The measured temperature is above 43.99°C and is therefore outside the measuring range.



The measured temperature is below 32.00°C and is therefore outside the measuring range.



The ambient temperature is above 40.00°C and is therefore outside the permissible operating conditions.



The ambient temperature is below 10.00°C and is therefore outside the permissible operating conditions.



Fever warning. Temperature higher than 37.5°C measured.



Device memory is full. Connect the thermometer to the cyclotest mySense app to transfer the measured values to the app.



Battery low. Have a spare battery ready.



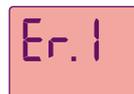
Battery flat. Please change the battery.



No display after switching on. Check whether the battery is positioned correctly and the polarity (+/-) is correct. If the error persists, change the battery.



Bluetooth connection error



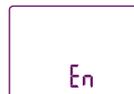
Sensor error. If this occurs repeatedly, please contact the cyclotest service hotline.



Measurement was cancelled prematurely. Repeat the measurement and wait until the measurement is complete before removing the thermometer from the measurement point.



Calibration error. If this occurs repeatedly, please contact the cyclotest service hotline.



The device is in technical test mode. Switch it off and on again after a few seconds to return to normal mode.

Technical data

Type:	Maximum thermometer, direct mode
Measuring points/body reference points:	rectal, oral, vaginal
Temperature unit:	°C
Measuring range:	32.00°C to 43.99°C
Measurement accuracy:	± 0.05°C between 35.00°C and 38.00°C ± 0.10°C in other temperature ranges

Memory:	30 measurement values with date and time can be recalled in memory mode
Operating conditions:	Ambient temperature 10°C to 40°C, maximum relative humidity 15% to 95%
Conditions for storage and transport:	-25°C to +55°C, maximum relative humidity 15% to 95%
Time to adjust from minimum/maximum storage temperature to operating temperature:	30 minutes
Battery:	1 x CR2032, 3.0 V, mercury-free
Battery life:	approx. 400 measurements
Data transfer:	Bluetooth 4.0 LE (low energy)
IP classification:	IP67: dust tight, protection against temporary submersion
Expected service life:	5 years
Dimensions:	137 mm (L) x 32 mm (W) x 15 mm (H)
Weight:	27 g with battery

Customer service

Device repairs may only be performed by the manufacturer or an expressly authorised body. Please contact:

UEBE Medical GmbH info@uebe.com
 Bürgermeister-Kuhn-Straße 22 www.uebe.com
 97900 Kulsheim, Germany

We recommend a technical inspection of the device every 5 years. This inspection can be carried out either by UEBE Medical GmbH or by authorised maintenance services.

Explanation of symbols

 This product complies with Council Directive 93/42/EEC of 5 September 2007 concerning medical devices and bears the mark CE 0123 (TÜV SÜD Product Service GmbH).

0123



Degree of protection against electric shock TYPE BF



Consult the instructions for use



Fabricant

IP 67

Dust tight, protection against temporary submersion

LOT

Lot number/Batch number

REF

Reference number = item number

Disposal



Technical equipment and batteries do not belong in household waste. They must be disposed of at appropriate collection and disposal points.

Clean the thermometer with a soft cloth and isopropyl alcohol diluted with water or cold, soapy water.

Do not use aggressive cleaning agents, solvents or petroleum spirit to clean the device.

The thermometer can be immersed in water or a disinfectant solution when cleaning. Do not sterilise the device by boiling it, using gas or placing it in a steam autoclave.

Make sure that the surface of the measuring sensor and the display do not get scratched.

After cleaning the measuring sensor with alcohol, wait 5 minutes before taking the next temperature measurement so that the thermometer can return to the required operating temperature.

The device has been manufactured and tested with all due care. Nevertheless, in the event of defects upon delivery, we provide a warranty under the following conditions:

During the warranty period of 2 years from the date of purchase, we remedy such defects at our discretion and at our expense in our plant through repair work or replacement delivery of a defect-free device.

The warranty does not cover normal wear and tear of wearing parts or damage caused by failure to observe the instructions for use, improper handling (e.g. unsuitable power sources, breakage, leaking batteries) and/or disassembly of the device by the buyer. Furthermore, the warranty does not constitute grounds for asserting claims for damages against us.

Warranty claims can only be asserted during the warranty period and upon presentation of the proof of purchase. In the case of a warranty claim, the device along with the proof of purchase and a description of the complaint must be sent to:

UEBE Medical GmbH
Service-Center
Zum Schlag 18
97877 Wertheim
Germany

The cost of returning the device to our factory shall be borne by the sender. Complaints that are sent back without prepayment will not be accepted by UEBE.

The statutory claims and rights of the buyer against the seller (for example, defect claims, producer liability) are not restricted by this warranty.

Please note: In the case of a warranty claim, please make sure to enclose the proof of purchase.

cyclotest service hotline

You have undoubtedly read our instructions on the use of cyclotest mySense carefully and have familiarised yourself with its characteristics.

If you have any further questions, please visit our website at www.cyclotest.com or send an email to info@cyclotest.de.

For customers from Switzerland:



0 52/ 224 41 47
www.cyclotest.ch

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mySense

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Bürgermeister-Kuhn-Straße 22
97900 Kilsheim, Germany
info@uebe.com
www.uebe.com

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