

pearly[®]

Instructions



.....the small, safe, intelligent contraception computer



Quality Management

Voluntary participation in regular
monitoring
EN ISO13485:2003 + AC:2007



Quality Management

Medical Device
Directive 93/42/EEC

Revision status 11.08

..... Congratulations

We would like to congratulate you on your decision to have a natural contraception in future.

With pearly® you have a very reasonable and healthy and environmentally friendly alternative to conventional contraception methods along with the optimal safety on “green days”.

Please read these instructions attentively and completely for your own safety. Everything you should know about the device can be found in the Table of Contents or in the Alphabetic Index.

We wish you a good start.

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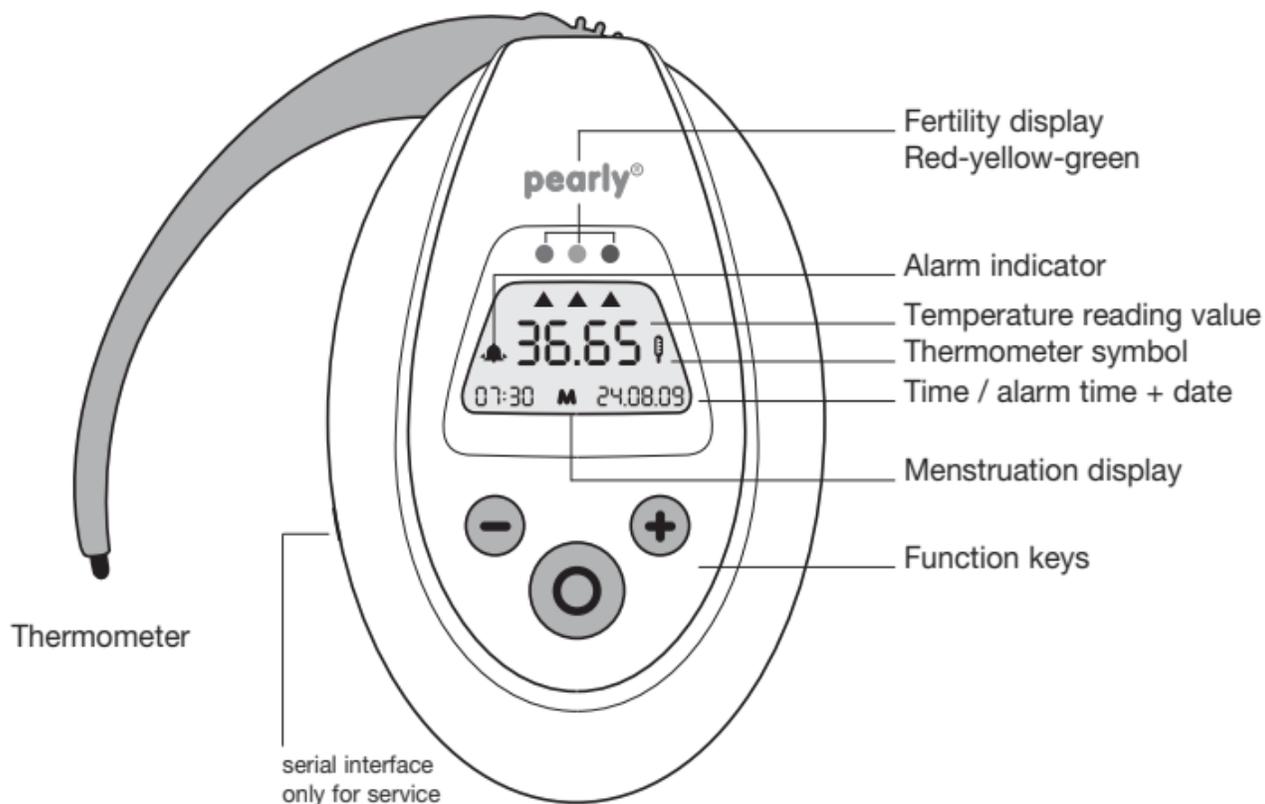
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..... The most important things first

- You can take your temperature early in the morning right after waking up.
- **Always** take your temperature immediately after waking up, before getting up, i.e. before becoming active in any way. (morning temperature = basal body temperature)
- If you have past menstruation data, please enter it before the first temperature reading.
- For the first day of application the alarm clock must be set on the previous day before 12 p.m. and must be activated.
- If a temperature reading is left out, the alarm clock must be activated again for the following day.
- Please stop taking the pill before using pearly®.
Because: The programme is based on the fact that the ovulation is accurately identified. The pill, however, prevents the ovulation.
- Hormone loops **must** be removed before beginning.
In case of a copper loop it is recommended to remove it.

Right from the beginning the programme works with entered historical data. The more regularly you take your temperature, the faster the device learns to know your individual cycle.

It shows more and more green days (infertile days) and the red days (fertile days) are more and more limited.



..... Operating levels

 **press shortly** = switch it on

TIME LEVEL

| ALARM CLOCK | ALARM TIME | TIME | DATE |
|---|---|---|-----------------------------------|
|  | 07:30 | 13:46 | 24.08.09 |
| off / on | set alarm time | set time | set date |
| |  5 seconds |  5 seconds | via time display ± 12.00 am/pm |
| hours   | hours   | hours   | |
|  shortly |  shortly |  shortly | |
| minutes   | minutes   | minutes   | |
|  5 seconds |  5 seconds |  5 seconds | |

 **press shortly**

FERTILITY LEVEL

| FERTILITY | TEMPERATURE READING / VALUE + FERTILITY | CYCLE DAY | FERTILITY |
|--------------------------------------|---|---------------------------------|-----------|
| 36.63 | 36.65 / .14 | | . |
| Retroactive display up to 99 days | enter menstruation data   5 seconds   | Advance display up to 6 days | |

pearly® switches off after 30 seconds of inactivity

 **press shortly** / back to the time level

Round button

- With the round button you can choose between time level and fertility level.
- With the round button you can prepare individual settings.
- Ready for setting: press and hold the round button for 5 seconds
- The display flashes, it is ready for setting. The respective data can be advanced or reversed by pressing the plus or minus button.
- Setting completed: press and hold the round button for 5 seconds
- Confirmation of the desired input: the flashing stops and there is an acoustic signal for confirmation.

Back to the starting position

- By pressing the plus and minus buttons simultaneously, you can always return to the starting position.

Plus button

- With the plus button you can advance and enter data (for example to confirm menstruation).
- One press on the plus button advances the display by one unit respectively.

Minus button

- With the minus button you can go backwards (for example displays of past temperature reading values).
- One press on the minus button reverses the display by one day respectively.

Fast mode

- By pressing and holding the plus or minus button, you can fast advance or go backwards.

10 Switching on and off and self-testing

When putting into operation sample values are saved in your pearly®. These values are automatically deleted as soon as you have made your own first temperature reading or have already entered your menstruation data. The sample values appear again if you ever delete your data.

Switching on pearly®

Press any button.

Automatic switching off and automatic return to the time display

- If you do not press any button for 30 seconds, the device is automatically switched off.
- When you press the plus and the minus button simultaneously, the device automatically returns to the time display.

Self-testing and initial temperature reading

pearly® shows you all displays in a self-testing.

Proceeding from the time display:

- Press and hold the plus button for 5 seconds.
- pearly® now runs through all its symbols independently. The symbols are visible.
- Now press any button, the thermometer symbol flashes and is ready for an initial temperature reading. The initial temperature reading value is shown but not saved.
- By pressing the minus and plus button simultaneously the procedure is completed.

- 1. Setting the alarm**
- 2. Activate the alarm clock**
- 3. Enter past menstruation data, if any**
- 4. Temperature reading next morning**
- 5. Reading fertility**
- 6. Enter "M" when menstruating**

When you receive pearly®, the year, date and time are already correctly set.

When travelling in different time zones you have the possibility to change the date and time to the local time.

Before you begin

The alarm clock must be set on the previous day before 12 p.m. and must be activated for the first day of application.

1. Setting the alarm

Proceeding from the time display:

- Press the minus button once and the alarm time appears on the display.
- Now press and hold the round button for 5 seconds.
- The hours setting flashes.
- Adjust the hours by advancing or reversing the plus button or minus button.
- Press the round button shortly.
- The minutes setting flashes.
- Adjust the minutes by advancing or reversing the plus button or minus button.
- Input completed: press and hold the round button for 5 seconds.
- The input is confirmed by a short acoustic signal.

2. Activate the alarm clock

Switch on the device. You can see the time display down left.

- Press the minus button once and the alarm setting appears.
- Press the minus button again, the alarm symbol flashes.
- Activate the alarm by pressing the plus button and deactivate the alarm by pressing the minus button.
- **On the first day of application you have to be woken up by pearly®.** On all other days you can, but you do not have to be woken up by the device.
- If a temperature reading is left out, **the alarm clock must be activated again for the following day.**

3. Enter past menstruation data, if any

If you have past “M” data about your cycle, you can enter it in your pearly® before the first temperature reading. Retroactively this is possible up to 99 days.

Only the first “M” day is to be entered per cycle, the device saves automatically the following two “M” days.

This retroactive input of one “M” day per cycle is only applicable for the input before taking the device into operation.

- Proceed as described under “Retroactive fertility displays” (page 21) and Activating “M” (page 19).
- **Begin with the input of the furthest menstruation back in time.**

4. Temperature reading next morning

Take your **basal body temperature** after waking up in the morning. The basal body temperature is the temperature of the body just after waking up, before getting up and before becoming active in any way. More information on temperature reading on page 16.

The device is ready to take a temperature reading

- +3 / -3 hours before or after the previous temperature reading time. (see page 14)

5. Reading fertility

The device shows your temperature reading value and your fertility for the day:

red fertile

green infertile

yellow learning area and transition area

arrow flashes prognosis ovulation day

on red (= ovulation)

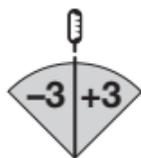
6. Enter "M" when menstruating

After the temperature reading the "M" = menstruation possibly flashes.

- If you are menstruating, press the plus button, "M" remains illuminated.
- If you are not menstruating, press the minus button, "M" disappears from the display.
- **Enter "M" on at least three consecutive days.**
- **If you are menstruating and the device does not ask you for input, activate "M"** (see page 19).

Temperature reading time limit

pearly® controls the temperature reading time limit. It is based on the actual reading time and determines the reading time for the next day.



The temperature reading time limit comprises **6 hours**, beginning and ending **three hours before and after the last temperature reading time**, if differing from the alarm setting time.

Temperature can only be taken once a day, within the temperature reading time limit.

Before the first temperature reading, the alarm clock must be activated.



You can identify the reading time from the **continually illuminated** reading symbol.

The reading time limit is independent of the alarm and is calculated from the measurement time on the previous day (+3 / -3 hours).

Example:

- 1st day Reading at 06.00 hr
- 2nd day *Reading time limit 03.00 – 09.00 hr*
Reading at 07.00 hr
- 3rd day *Reading time limit 04.00 – 10.00 hr*
Reading at 09.00 hr
- 4th day *Reading time limit 06.00 – 12.00 hr*
etc.

Normally the alarm setting time and the temperature reading time are both the same. We recommend that you allow pearly® to wake you up.

If you wake up within the temperature reading time limit, e.g. to look after your child, take your temperature.

If you get up late and the temperature reading time limit is over, there is **no temperature reading** for that day. The alarm clock must be activated again for the following day.

Changing the temperature reading time limit

The temperature reading time limit is changed by the alarm, e.g. at the weekend or for shift work.

Clearing the temperature reading time limit

If no reading is taken for one day, the **temperature reading time limit is cleared** and has to be set again using the alarm.

General information

Taking your basal body temperature reliably every day is one of the key elements of our system. The **basal body temperature** is the temperature immediately after waking up, before getting up, before becoming active in any way.

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

How to take your temperature

Place the thermometer under your tongue, right at the back, either to the left or the right of the frenulum and close your mouth. While taking your temperature, the thermometer should not be moved. You will get the best results when choosing the same thermometer position every day.

Temperature reading



pearly® wakes you up with a signal tone. By pressing any button, the alarm tone can be switched off. If you want to take your temperature, press a button subsequently again.



The symbol “temperature reading” flashes, pearly® is ready for a temperature reading.

- Now place the thermometer under your tongue and close your mouth.
- The measuring procedure takes approx. 1-2 mins, if no measurement is possible after 3 mins the procedure is automatically stopped.
- The display shows temperature reading values from 34.50 to 41.00 degree Celsius.
- If your temperature is above 37.8°, the reading alternates with “F” for fever.



When finishing the temperature reading you hear a signal tone and the ascertained temperature reading value appears on the display.

- Your fertility is displayed for that day.

Interruptions when taking your temperature

See page 29 “Problems and Troubleshooting”

Terminating a temperature reading

If you do not take your temperature or you would like to terminate the temperature reading, you can terminate a temperature reading by simultaneously pressing the minus and plus button. An acoustic signal can be heard. The device terminates the temperature reading. The temperature reading is left out for this day.

Reading symbol doesn't light up

If the reading symbol doesn't light up in the morning, set the alarm clock for the next morning. pearly® will be ready to take a reading again.

No readings taken

In the event of a raised temperature due to a cold, flu, fever, lack of sleep, excessive alcohol consumption, please read page 24

Basically, you enter “M” on the days that you have “M”. However, this should be on **at least three consecutive days**.

Entering menstruation data at the beginning



After the temperature reading the “M” = menstruation symbol possibly flashes.

- If you are menstruating, press the plus button, “M” remains illuminated.
- If you are not menstruating, press the minus button, “M” disappears from the display.
- A signal confirms the input, the current cycle day appears on the display alternating with the temperature reading value.

Entering “M” after some time of use

When pearly® knows your cycle, the device only asks about “M” when menstruation is expected.

- It begins to ask 2 days before (“M” flashes).
- When “M” is finished, pearly® stops asking for “M”.

The first bleeding after stopping the pill is no menstruation, but a pill-conditioned withdrawal bleeding. Do not enter “M” for this bleeding.

Correcting “M”

Incorrect “M” data can only be retroactively corrected for the last three days. If you want to correct or add “M” days, begin with the furthest menstruation day back in time (see page 19).

Activating "M"

If you have "M" on a day that pearly® does not ask for "M", please activate "M" yourself.

Proceeding from the time display:

- Press the round button. You see today's temperature reading with the fertility report.
- Now press and hold the round button for 5 seconds. "M" flashes.
- Enter "M" by pressing the plus button. "M" remains illuminated.

The following days pearly® will ask for "M" automatically.

Entering "M" retrospectively / at a later time

1. It is possible to enter M data you have already recorded before you start using the device.

2. If you have not taken a temperature reading for some time (e.g. on holiday), but menstruated during this time, you can retro-actively enter this data.

As long as no temperature reading values are recorded, you can go as far back in time as you wish. **Begin with the furthest day back in time.** If readings are recorded, you can always correct "M" for up to three previous days.

Starting from the time:

- Press the round button once.
- You go backwards with the minus button to the desired date.
- Now hold the round button for 5 seconds. "M" flashes.
- Press the plus button and enter "M". "M" remains illuminated.
- In case of correction: negate "M" with the minus button.

Fertility display

The fertility is indicated by three colours:

- **green** infertile
- **yellow** learning area and transition area, missing temperature reading value (e.g. at the beginning of the application or interruption of use)

- **red** fertile

- ▲ **arrow flashes on red** prognosis ovulation day



TEMPERATURE READING VALUE



CYCLE DAY

Proceeding from the time display, press the round button once.

- The temperature reading value of the day, alternating with the current cycle day and the possibly entered “M” data is shown.
- The triangular arrows show the respective fertility of the day: red, yellow or green.

The device gets to know your cycle

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle. The number of “green days” increases cautiously and systematically.

If the device does not receive any more data for a long period of time or receives information that it cannot evaluate, the number of “yellow” days increases.

Potential fertility display

Proceeding from the current temperature reading value

- Press the plus button once to see tomorrow's fertility to be expected.
- Press the plus button several times to see the fertility of the following 6 days.

Every prediction is a prognosis. The fertility of a "prognosis day" may deviate from the fertility ascertained on the respective day. The current fertility shown is applicable.

Retroactive fertility display

All previous fertility displays can be retrieved up to 99 days.

Proceeding from the current temperature reading value

- Press the minus button once. By pressing several times you return into the past fertility displays step by step. By holding the minus button you go to the fast mode.
- By pressing the plus button you return to the starting position on a day-to-day basis or in the fast mode.
- The fertility and temperature reading value of the respective date is shown respectively.
- By pressing the plus and minus buttons simultaneously, you return to the starting position.

Setting the time

By pressing the round button you can choose the time level with “time” and “date”.

- Press and hold the round button for 5 seconds.
- The hour setting flashes.
- Adjust the hours with the plus or minus button advancing or reversing.
- Press shortly the round button.
- The minute setting flashes.
- Adjust the minutes with the plus or minus button advancing or reversing.
- Input completed: press and hold the round button for 5 seconds.
- The input is confirmed by a short acoustic signal.

Setting the date

Via hours input +/- 24 hours.

Back in operation after interruption

The date, the year and the time continue to work automatically until the battery is flat. The temperature reading time limit is left open due to the fact that no temperature readings were made and must be reset via the alarm clock. Data remains stored, even if the battery is run-down.

After taking the pill

Before beginning you have to stop taking the pill. The first bleeding after stopping the pill is no menstruation, but a pill-conditioned withdrawal bleeding. Do not enter “M” for this bleeding.

Summer and winter time

You advance or reverse the time to summer or winter time.

Travelling / Time zones

When travelling in different time zones you have the possibility to change the date and time to the local time. Set and activate the alarm to the desired new reading time.

pearly® will be ready to take a reading the next morning. Repeat the procedure when you return home.

Shift work

Set and activate the alarm to the desired new reading time. pearly® will be ready to take a reading the next morning. Repeat the procedure for your next shift change (see pages 11/12 and 15).

Pregnancy display

pearly® indicates a pregnancy starting from the 18th day following fertilisation by the simultaneous constant illumination of the red, yellow and green indicators.

Mono-phases

If there is no ovulation in a cycle, pearly® indicates this with "red".

Back in operation after pregnancy

You are not fertile during the first six weeks after the birth. We recommend you to recommence temperature readings **no later than 6 weeks** after the birth.

At first pearly® shows "yellow". Slight fluctuations in temperature indicate that normal cycle is re-establishing itself. pearly® begins to show the usual fertility display.

No temperature reading

The devices calculate from the available values the future cycle course and resulting from this the fertility.

Increase in temperature by a cold, flu, lack of sleep, excessive consumption of alcohol and / or medication with thermal effect are “abnormal” and are recognised as such by the device.

Fever: If the temperature reading value indicates that the temperature is too high (higher than 37.80), an “F” for fever appears on the display alternating with the temperature reading.

In general it is recommended to interrupt the daily temperature reading in case of feverish cold, taking of medication or if celebrating all night long. So it can be avoided to enter “abnormal” values into the device.

Data print-out

The last 99 days of your cycle data stored in your pearly® can be printed out at your producer and can be analysed afterwards.

Deleting saved data

User data can be completely deleted and the device can be set into an initial state.

- Press the plus button for 5 seconds, then the test run will start.
- During the test run press all 3 buttons simultaneously for 5 seconds.
- L-:09 appears.
- You must count down by pressing the minus button until the display shows L-:00.

Your data is now completely deleted. You will hear an acoustic signal. The sample values are shown on the display again, as it is the case at the beginning of the application.

Device

Size: 9.7 cm long, 6.3 cm wide,
2.4 cm high.

Weight: 70 g

Casing: ABS based impact resistant plastic

Measurement range: 34.5 – 41.0°C

Accuracy of measurement: 0.05°C

Terms of use: 5 – 35°C

Storage and transport:

Store between –10° and 60°C,
max. air pressure 1500 hPa,
relative air humidity 25 – 90 %.

Battery

The lifetime of the battery of pearly® is 2 years. After expiry of this time we ask you to send the device in to replace the battery.

If the battery is no longer fully charged, this will be shown when switching on the device:

BA 09 reminder to change the battery soon

BA 01 the battery is run-down
(Delete display: press plus and minus button simultaneously)

Loss of data

If the battery goes flat, the data stored in the pearly® will not be lost.

Disposal

Public collection point for electrical equipment.

Cleaning

Temperature sensor: To clean the probe, please use only tepid water, do not use alcohol or chemical products.

Casing: Wipe gently with a cloth dampened with glass cleaner.

Care and Maintenance

Your computer has been designed and manufactured with great care and should also be handled with care. If you follow the advice below, you will be able to enjoy your pearly® for a long time.

- Protect your computer from wet and damp. Rain, moisture and liquids contain minerals which corrode electronic circuits.

Do not place the device on / in any heat source (even to dry it) such as in a microwave oven or on a radiator.

- Do not keep your computer in a hot place (e.g. car dashboard in summer). High temperatures can shorten the life of electronic devices, damage batteries and deform or melt certain plastics.
- Do not keep your computer in a cold place. When it warms up again (to its normal operating temperature), condensation can form inside which damages electrical contacts.

- Do not drop the device, knock it or bang it and do not shake it. Rough handling like this could damage delicate components inside the device.
- Do not use abrasive chemicals, cleaning solutions or strong cleaning products to clean the pearly®.

All the advice above applies equally to the temperature sensor, battery and mains unit. If one of these parts does not work properly, contact our sales agents for fast and reliable help.

Safety advice

Strong electromagnetic fields (e.g. from mobile phones, amateur radios or micro-waves) may affect the functioning of the device.

Device designation



Manufacturer's name



Date of manufacture



Application type B



Follow enclosed instructions



Do not dispose of in household waste!



Product safety corresponds to European directives

0124 Declaration of conformity
 Conformity assessment procedures according to Annex II of Directive 93/42 EEC with named centre Dekra Certification GmbH

Made in Germany

Indications:

pearly®: contraception

Contraindications:

No contraindications are known.

Purpose:

The contraception computer pearly® is a rechargeable minicomputer designed for measuring body temperature on waking (Basal Body Temperature). This allows women to identify fertile periods via an optical display. The calculation of the fertile period is possible using the morning temperature which is taken orally. A thermometer probe is used and the result saved and automatically assessed by the contraception computer. Together with the manual input of menstruation the device is used to identify the fertile and infertile phases of the monthly cycle. This allows natural contraception.

Readings impossible,
or unwanted interruption in reading

- Check whether the temperature reading time limit has been cleared (reading symbol does not light up).
- Carry out self-test (P. 10 Self-Test)
- Check sensor for damage

Alarm did not go off

- Check whether the alarm is set and activated (P. 11).
- Carry out self-test to see whether beeper functions (P. 10).

Time is wrong

- Correct time (P. 22)

Date is wrong

- Correct date (P. 22)

Retrospective “M” entry not possible

- Retrospective entry older than 3 days and readings exist

BA Display

- Device to be sent in for servicing, battery change and re-activating of system.
-

Guidelines and Manufacturer's Information – Electromagnetic Emissions

The pearly® device is intended for use in the electromagnetic environments specified below. The customer or user of the pearly® device should ensure that it is used in such an environment.

| Emission Measurements | Conformity | Electromagnetic Environment – Guidelines |
|---|------------|---|
| HF Emissions acc. CISPR 11 | Group 1 | The pearly® device uses HF energy solely for its internal functions. As a result, HF emissions are very low and it is unlikely that nearby electronic equipment will be affected. |
| HF Emissions acc. CISPR 11 | Class B | The pearly® device is intended for use in all structures including homes and such which are connected directly to a public electricity supply network that also supplies buildings which are used for residential purposes. |
| Harmonic oscillations acc. IEC 6100-3-2 | Class A | |
| Voltage fluctuations / flicker acc. IEC 6100-3-3 | fulfilled | |

Recommended spacing between portable and mobile HF telecommunications equipment and the pearly® device

The pearly® device is intended for use in the electromagnetic environments specified below. The customer or user of the pearly® device can help to avoid electromagnetic interference by maintaining the minimum spacing between portable and mobile HF telecommunications devices (transmitters) and the pearly® device, depending on the output of the communications device, as specified below.

| Nominal Transmitter Output [W] | Protective Spacing according to Transmission Frequency [m] | | |
|--------------------------------|--|--------------------|--------------------|
| | 150 kHz to 80 MHz | 80 MHz to 800 MHz | 800 MHz to 2,5 GHz |
| | d = 1,2 □P | d = 0,35 □P | d = 0,7 □P |
| 0.01 | 0.12 | 0.04 | 0.07 |
| 0.1 | 0.38 | 0.11 | 0.22 |
| 1 | 1.20 | 0.35 | 0.70 |
| 10 | 3.79 | 1.11 | 2.21 |
| 100 | 12.00 | 3.50 | 7.00 |

For transmitters whose nominal output is not shown in the above table, the spacing can be worked out by using the figure shown in each column, where P is the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information.

Note 1: To calculate the recommended protective spacing for transmitters in the frequency range from 80 MHz to 2.5 GHz, an additional factor of 10/3 was used to reduce the likelihood that a mobile / portable communications device inadvertently brought into the vicinity of the patient will cause any interference.

Note 2: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

Guidelines and Manufacturer's Information – Electromagnetic Interference

The pearly® device is intended for use in the electromagnetic environments specified below. The customer or user of the pearly® device should ensure that it is used in such an environment.

| Interference test | IEC 60601 – Test level | Conformity level | Electromagnetic environment - guidelines |
|--|--|--|---|
| Electrostatic discharge (ESD) acc. IEC 61000-4-2 | ± 6 kV contact discharge (indirect) ± 8 kV air discharge | ± 6 kV contact discharge ± 8 kV air discharge | Floors should be made of wood or concrete or covered with ceramic tiles. If the floor is covered with synthetic material, the relative air humidity must be at least 30 %. |
| Rapid transient electrical disturbances / bursts acc. IEC 61000-4-4 | ± 2 kV for mains connections ± 1 kV for input and output wires | ± 2 kV for mains connections ± 1 kV for input and output wires | The quality of the supply voltage should correspond to that of a typical business or hospital environment. |
| Surges acc. IEC 61000-4-5 | => not applicable ± 1 kV push-pull voltage (symmetrical) | => not applicable ± 1 kV push-pull voltage (symmetrical) | The quality of the supply voltage should correspond to that of a typical business or hospital environment. |
| Voltage interruptions, short term interruptions and fluctuations in the supply voltage acc. IEC 61000-4-11 | < 5 % UT for ½ period (> 95 % interruption) 40 % UT for 5 periods (60 % interruption) 70 % UT for 25 periods (30 % interruption) < 5 % UT for 5 s (> 95 % interruption) | < 5 % UT for ½ period (> 95 % interruption) 40 % UT for 5 periods (60 % interruption) 70 % UT for 25 periods (30 % interruption) < 5 % UT for 5 s (> 95 % interruption) | The quality of the supply voltage should correspond to that of a typical business or hospital environment. If the user of the pearly® device wishes to continue using the device during a power cut, we recommend connecting the pearly® device to an uninterruptible power supply or a battery. |
| Magnetic field at the supply frequency (50 / 60 Hz) acc. IEC 61000-4-8 | 3 A/m | 3 A/m | Magnetic fields at mains frequency should correspond to the typical values seen in a typical business or hospital environment. |

Note 1: UT is the alternative current voltage before the application of the test level.

| Interference test | IEC 60601 – Test level | Conformity level | Electromagnetic environment - guidelines |
|--|--|--------------------|--|
| | | | <p>Portable and mobile communications devices may be used a short distance from the pearly® device provided that the recommended protective spacing is used, as calculated according to the transmission frequency equivalent</p> <p>Recommended protective spacing:</p> $d = [3,5/3]\sqrt{P} = 1,2\sqrt{P}$ $d = [3,5/10]\sqrt{P} = 0,35\sqrt{P}$ for 80 MHz to 800 MHz |
| Directed HF interference acc. IEC 61000-4-6 | 3 V _{eff} 150 kHz to 80 MHz | 3 V _{eff} | |
| Radiated HF interference acc. IEC 61000-4-3 | 3 V/m 80 MHz to 2,5 GHz | 3 V/m | $d = [7,0/10]\sqrt{P} = 0,7\sqrt{P}$ for 800 MHz to 2,5 GHz |
| | | | <p>with P being the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information and d as the recommended protective spacing in metres (m).</p> <p>The field strengths of stationary radio transmitters should be lower than the agreed level at all frequencies according to on site tests.</p> <p>Interference is possible in the vicinity of equipment that carries the following symbol.</p> |



Note 2: The higher frequency range applies at 80 MHz and 800 MHz

Note 3: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

a) The field strengths of stationary transmitters, e.g. base stations for mobile telephones and mobile radio equipment, amateur radio stations, AM and FM radio and television transmitters could theoretically be imprecisely defined in advance. In order to determine the electromagnetic environment with regard to stationary transmitters, a study of the location should be carried out. If the field strengths measured at the location where the device will be used exceed the agreed levels above, the device should be monitored to see that it operates properly.

If unwanted performance characteristics are observed, additional measures may be necessary, such as an exchange or a change of location for the device.

b) Above the frequency range from 150 kHz to 80 MHz, the field strengths should be lower than $[V1]V/m$.

| | | | |
|---|----|--|----|
| Activating "M" | 19 | Disposal | 25 |
| Alarm, activating it | 12 | Electromagnetic Compatibility | 30 |
| switching it off | 16 | Enter past menstruation data "M" | 12 |
| Automatic switching off and automatic return to the time display | 10 | Fertility displays | 20 |
| Back to the starting position | 9 | Fertility indicators | 13 |
| Back in operation after an interruption .. | 22 | Fast mode | 9 |
| Back in operation after pregnancy | 23 | Fever | 24 |
| Basal body temperature | 13 | Function keys | 9 |
| Basics | 7 | Increase in temperature | 24 |
| Battery | 25 | Indication / Contraindication | 28 |
| Care and Maintenance | 26 | Loss of data | 25 |
| Cleaning | 26 | Menstruation data | 13 |
| Correcting "M" | 18 | Menstruation data "M" | 19 |
| Data print-out | 24 | activating "M" | 19 |
| Deleting saved data | 24 | after using for some time | 18 |
| Device | 25 | | |
| Device designation | 27 | | |

| | | | |
|---|----|---------------------------------------|----|
| Menstruation data "M" | | Self-testing and initial | |
| at the beginning | 18 | temperature reading | 10 |
| enter retrospectively / at a later time . | 19 | Setting the alarm | 11 |
| enter past menstruation data | | Setting the date | 22 |
| Mono-phases | 23 | Setting the time | 22 |
| Necessary settings before | | Switching on and off | 10 |
| commencement | 11 | Shift work | 23 |
| No loss of data | 26 | Summer and winter time | 22 |
| No temperature readings | 24 | Technical | 25 |
| Operating levels | 8 | Temperature reading time limit | 14 |
| Pill and pearly® | 22 | changing | 15 |
| Potential fertility display | 21 | clearing | 15 |
| Pregnancy display | 23 | Temperature reading | 16 |
| Problems and Troubleshooting | 29 | reading symbol doesn't light up | 17 |
| Retroactive fertility display | 21 | Interruption | 29 |
| Safety advice | 27 | no readings taken | 17 |
| | | terminating a reading | 17 |
| | | the next morning | 13 |
| | | Temperature sensor: cleaning | 26 |
| | | Travelling / Time zones | 23 |



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