

EN



breathe ilo

USER MANUAL

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Not approved for contraception.



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breathe ilo

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1 General

breathe ilo is the first fertility tracker worldwide, which uses CO2 measurements to identify your fertile days. breathe ilo shows you the highest probability to conceive and helps you to understand your body better. With breathe ilo you have found your personal companion to evaluate your individual cycle pattern.

Please read the user manual and the safety regulations carefully to gain the best possible results. Have fun with the breathe ilo cycle tracker and App!

1.1 Scope of delivery

- 1x breathe ilo cycle tracker
- 1x mouthpiece
- 1x nose clip
- 1x charging cable
- 1x Quick Guide to user manual



1.2 Compatibility with mobile devices

The requirements for using the breathe ilo cycle tracker and the breathe ilo App are:

- Apple version iOS 11.0 or later
- Android version 6.0 or later

In addition, you require a stable internet connection (3G or WIFI) as well as Bluetooth LE for pairing with the cycle tracker. You can find out whether your smartphone is compatible in the device information of your smartphone.

1.3 Safety instructions

Failing to comply with safety instructions can lead to dangerous situations. Therefore, please follow the following instructions to use breathe ilo safely.

- breathe ilo can be used by individuals with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.
- To charge the battery, please only supply the device with a protective low voltage that corresponds to the marking on the device.
- This device contains a non-replaceable rechargeable battery.
- Only use indoors to achieve the best measurement results.
- Do not use the device after dropping it since calibration might be misaligned.
- Do not use the device if it is visibly damaged.
- Do not press the power button with sharp objects or fingernails.
- During the charging process it is not possible to take a measurement.
- The measurement must be taken with the provided mouthpiece and noseclip.
- Please do not look into the sensors or insert your finger or tongue into the measuring tube as this can lead to skin irritations.
- This application is not intended for children. It contains small parts and should therefore be kept out of their reach at all times.

1.4 Scope of application

Breathe ilo is a device designed to monitor the CO₂ partial pressure during the female cycle to help predict ovulation and aid in conception. The CO₂ partial pressure is the most important measurement value to predict the fertile days since changes in the CO₂ partial pressure during the cycle correlate directly with the fertile phase.

To accurately determine the cycle phases, the measurements should be carried out daily – ideally – within the same time frame. Although the measurement is independent of the time of day, we highly recommend integrating the measurement into your morning routine. That way there is no danger of forgetting to take a measurement.

The device is used in combination with the breathe ilo smartphone App to display the results of a measurement. In addition, body symptoms can be entered in the

form of a journal. This input helps, among other things, to get to know your body better.

Important: breathe ilo requires at least one complete learning cycle to get to know your individual breathing curve and to provide you with accurate results. This means you must have completed at least one complete cycle without missing measurements from the first day to the last. If you skip measurements, it will take longer for the learning cycle to be complete and to get accurate results and predictions.

1.5 Contraindication

breathe ilo is meant to be used by people 18 years or older. Individuals outside these age groups are not allowed to use breathe ilo.

breathe ilo is not approved as a contraceptive, please do not attempt to use it for contraception purposes.

breathe ilo does not work for women who suffer from respiratory illnesses (e.g. Asthma, COPD), use hormonal contraceptive methods or excessively consume alcohol and/or drugs.

Breathe ilo has been tested with women, whose average cycle length lies between 24 and 35 days. Please note that we're not able to evaluate cycles with a length of less than 21 days or more than 40 days correctly. Measurement results may not be valid for women with severely irregular cycles, cycle disorders (e.g. PCOS) and in case of acute disease (e.g. influenza).

Do not consume any carbonated beverages, exercise or smoke within 15 minutes before performing the measurement.

During the measurement it is important to avoid nasal breathing, so please always use the nose clip or hold your nose closed for best results.

Please note that breathe ilo is a product for laymen. Should you discover any anomalies or similar during use, please contact your expert team.

2 The breathe ilo device

2.1 Handling and function display



- 1 Measuring tube
- 2 Sensor window
- 3 Mouthpiece, applied part type BF
- 4 On/off switch
- 5 Charge level indicator
- 6 Bluetooth indicator
- 7 Device body, applied part type BF

The device can be turned on and off by pressing the power button once. The measurement windows are located on the inside of the measuring tube.

When the device is switched on, both the Bluetooth-LED (blue) and the power LED light up. The power LED has the following meaning:

- White: initialization of the device
- Green: charge level is high/full
- Yellow: charge level is low
- Magenta: charge level almost empty. Use/measurement may no longer be possible.

The Bluetooth LED has the following meaning:

- Turquoise: initialization of the Bluetooth module.
- Blue flashing: Bluetooth module is ready for pairing
- Blue: Bluetooth connection established
- Magenta: there is an error with the Bluetooth module. In this case, please contact our support.

After the device is connected to the app, the charging status can be read via a charge level indicator, which is also displayed in the app during the measurement.

2.2 Charging

Connect the breathe ilo to the USB charger via the supplied USB cable as soon as the charging lamp lights up in the color magenta. The power LED lights up white briefly at the beginning and flashes in the color of the current charging status during the charging process. When the LED lights up green and then switches off, the battery is fully charged. Note that the device cannot be switched off during the charging process. Charging stops automatically when the battery is full. To stop charging manually, the device must be disconnected from the charger.

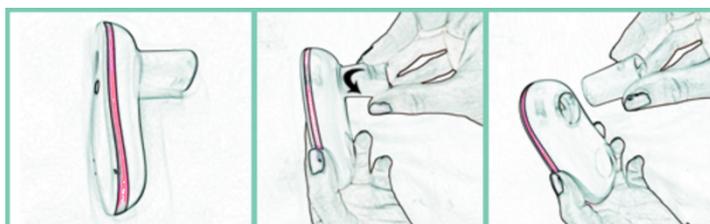
Important: Please charge the device fully before using it for the first time. Charge the device fully at least every 4 months even if you do not use it for a longer period of time to avoid deep discharge of the battery.

2.3 Assembly

At the back of the device you will find the opening for the mouthpiece. Insert the mouthpiece and lock it with a slight rotation clockwise.



To remove the mouthpiece from the device, simply turn it slightly counterclockwise.



2.4 Cleaning and disinfection

Please clean the device once a week carefully with a soft, clean, and dry cloth that is free of lint. The result of the measurement can be negatively influenced by dirty windows.

Dirt can also be removed with a damp cloth (water or neutral detergent). Please note that breathe ilo is not waterproof and moisture and humidity penetration can cause damage. Make sure to dry the device afterwards with a soft, dry cloth.

Alcohol (up to 70%) can also be used for disinfection. Disinfection of the device and mouthpiece is recommended once a month.

The mouthpiece is dishwasher safe and may be cleaned in the dishwasher. The nose clip can be cleaned with soap and water.

Important: Please do not share the device with another person due to hygienic reasons.

3 The breathe ilo App

The breathe ilo device is operated via an app and shows you the desired information about your cycle. It is also possible to use the breathe ilo app without using the breathe ilo cycle tracker.

3.1 Installation and start-up

Please open the app and follow the instructions to create a user account and connect to the breathe ilo device. Your data will be protected and not forwarded to third parties. The device and the App communicate via Bluetooth. The pairing process therefore is necessary before the first use. Afterwards the device and the App connect automatically. If you decide to use the breathe ilo device later in time, you can always perform the pairing process in the settings.

Please note that Android smartphones require location to be enabled in order to use Bluetooth Low Energy. Don't worry, we will never use or store your personal location data.

3.2 Registration

3.2.1 Signing up

First register to create your breathe ilo account. You can register with a valid email address, Google account or Apple account (iOS only). You will then be asked to answer a few personal questions. It is also necessary to enter your cycle data so that the algorithm can respond to you individually. Therefore, please consider carefully how long your cycle is and how long your period lasts on average.

Important: The cycle data cannot be edited afterwards.



3.2.2 Bluetooth Pairing

The next step in the registration process is to pair a breathe ilo device or to continue without a device. If you have a breathe ilo device, please switch it on and select it in the breathe ilo app. You will find the Bluetooth name on the back of your breathe ilo device. The pairing between the device and the app is now complete.



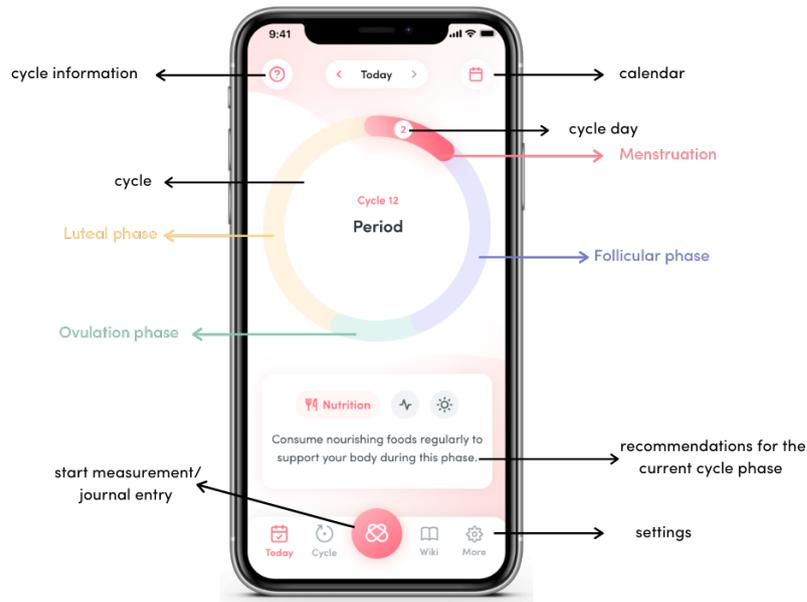
3.2.3 First cycle input

The first cycle can only be measured correctly if you start using breathe ilo between the first and third day of your cycle. The first day of menstruation always marks the first day of your cycle. We do recommend waiting for your next cycle to start if you are further along and want to start using breathe ilo. A correct evaluation of your data is no longer possible if the measurement starts after the 4th day of the cycle. This is especially important if you want to use the app in combination with the breathe ilo device.

3.3 Handling

3.3.1 Main menu

On the main screen you can find all important information about your cycle. This overview always shows you the current day.



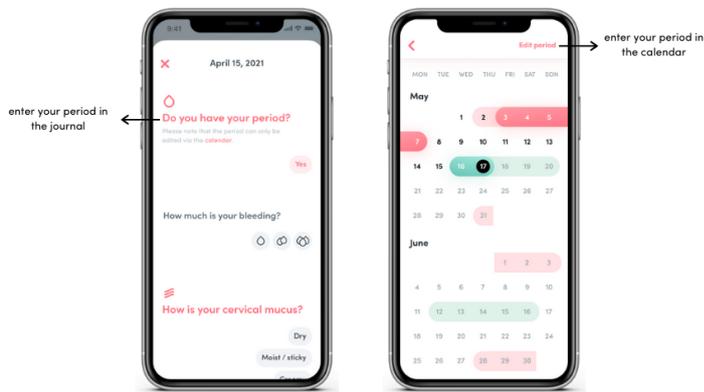
How to find your way around the main menu:

- Cycle information: here you will find information about your current cycle phase
- Cycle: your cycle is displayed in a circle
- Calendar: here you get to the calendar view
- Cycle day: the current cycle day is shown here
- Menstruation: your period is displayed in pink
- Follicular phase: your follicular phase is displayed in purple
- Ovulation phase: your fertile phase is displayed in green. This is the phase in which pregnancy is most likely to occur.
- Luteal phase: your luteal phase is displayed in yellow
- Recommendations for the current cycle phase: here you will find daily tips and helpful recommendations for the cycle phase you are currently in. The recommendations are based on nutrition, exercise, and everyday life. Please note that the recommendations are only displayed if you have taken a measurement or made an entry in the journal.
- Start measurement / journal entry: Here you can start the measurement. If you do not use the app in combination with the breathe ilo cycle tracker, you will get directly to the journal.
- Settings: Here you can access the settings

Worth knowing: the graphic in the app also changes as your cycle progresses. The cycle phase you are currently in is always shown in the darker color in the main menu.

3.3.2 Enter your period

The first day of your period must be entered for the algorithm to be able to give you accurate results. You can enter and/or edit your period in the calendar or in the journal. To do this, click on "Yes" in the Period section and then select the intensity of your bleeding.



your bleeding. In the calendar, you can add or remove your period by tapping on the day you'd like to select. If you want to edit your period, please note that you can only change the start and end of your bleeding.

Note: Please remember to always enter your period correctly for best results. The earliest you can start a new cycle is the 20th day of your cycle. Also note that your period can only be edited 3 months back.

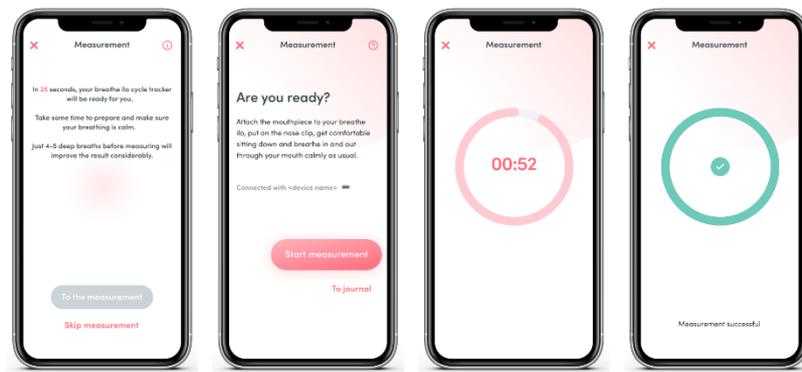
3.3.3 Taking a measurement

Please note that you can only perform a measurement if you use the app in combination with the breathe ilo device and have signed up for a monthly or annual measurement subscription. Without using the breathe ilo device, it is only possible to make entries in the journal.

1. To execute a measurement, please sit down
2. Open the breathe ilo App
3. Tap on the breathe ilo button to start the process
4. Follow the instructions on the App:
 - a. Switch on your breathe ilo device
 - b. Connect device and smartphone via Bluetooth
 - c. Sign up for a monthly or annual subscription (screen appears once when creating a subscription; the subscription can also be set up in

advance in the settings. Even if the first two months are free, it is necessary to set up a subscription with a payment option).

- d. Wait until the end of the countdown, sit down comfortably, and prepare for the measurement
- e. Put the mouthpiece onto the device
- f. Put on the nose clip to avoid nasal breathing
- g. Bring the device to your mouth. Please bite directly onto the mouthpiece. Your teeth should not hinder the measurement.
- h. Breathe (inhale and exhale) calmly into the device for 60 seconds and try to move as little as possible while measuring.
- i. Enter your symptoms / activities into the journal



Note: The countdown before the measurement is to prepare you and the device for the measurement. We have noticed that a minimal amount of preparation time gives even better results, so we ask you to consciously take this time. Take this time, sit quietly, and breathe in and out calmly before the measurement.

Important: breathe ilo requires at least one complete learning cycle to get to know your individual breathing curve and to provide you with accurate results. This means you must have completed at least one complete cycle without missing measurements from the first day to the last. If you skip measurements, it will take longer for the learning cycle to be complete and to get accurate results and predictions.

3.3.3.1 Measuring results

Important: Please note that the measurement can only be performed if you use the app in combination with the breathe ilo device.

After a successful measurement, your current cycle phase is displayed on your home screen. The days with the highest probability of conception are displayed as the ovulation phase. On the other days, you will be shown the other cycle phases, as conception is less likely during that time.

3.3.3.2 Troubleshooting

Important: Please note that the measurement can only be performed if you use the app in combination with the breathe ilo device.

Please repeat the measurement if the App displays an error or if you feel that the measurement was not correct (e.g. because of coughing). Accurate results are not possible if you have not measured daily or if more than two measurements per cycle have been missed. Please do not change the breathe ilo device during the cycle.

If no connection can be established between your breathe ilo device and the App, please switch the device off and on again. If the device cannot be switched off due to an error, it can be switched off by pressing the power button for at least 6 seconds.

Reliable results are only possible if you have diligently entered your cycle in the cycle calendar and have not missed any of your daily measurements. If you are unable to solve the problem, please contact our support.

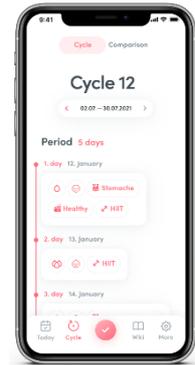
3.3.3.3 Measurement pause

Please note that your cycle may change after taking a break from measurements, e.g. due to pregnancy or surgery or if you're not using the device for an extended period of time for other reasons. This means that the first cycle after a longer measurement pause will be considered a learning cycle again. During a measurement pause, also make sure that your device is stored correctly. You will find more detailed information on this in chapter 4.2.

3.4 Further menu items

3.4.1 Cycle

Under "Cycle" you will find an overview of your current cycle. All symptoms and activities that you enter during the cycle are clearly displayed here. Under "Comparison" you can compare all your cycles with each other. Here you will also find the average duration of your cycle phases.



3.4.2 Calendar

In the calendar you will find a monthly overview where you can keep track of your cycles and see forecasts for upcoming cycles.

The colors in the calendar view should be interpreted as follows:

- Light pink: Menstruation forecast
- Dark pink: Period entry (real data)
- Light green: Forecast ovulation phase
- Dark green: Confirmation of ovulation phase
- Current day: black border



Important: Please note that confirmation of the ovulation phase is only possible if you use the app in combination with the breathe ilo device.

3.4.3 Library

Attention: all videos are in German only

In our breathe ilo Knowledge Area, you can watch videos on the topics of fertility and menstruation in our Pro Feature. The videos always relate to your current cycle phase and cover the areas of nutrition, lifestyle and sport. Interesting articles on these topics can also be read in our blog area. The aim here is to clear up prejudices and provide clarity on misunderstood topics.

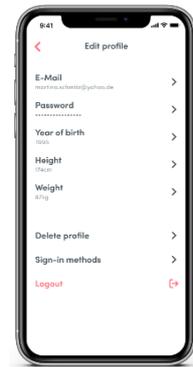


3.4.4 Settings

3.4.4.1 Profile

Here you can review your profile data and make changes to your email address, password, height, weight, or year of birth if you made a mistake during registration.

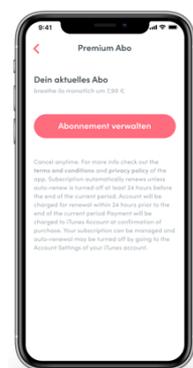
If you want to delete your profile, please contact our support. Only our team can delete a user profile from the server.



3.4.4.2 Subscribe and cancel subscription

Attention: all videos are in German only

You can take out subscriptions for measurement and the knowledge library (videos). You can find the settings under Profile options > Premium subscription. If you have not yet signed up for a subscription, you will see a paywall that allows you to sign up for an annual or monthly subscription.

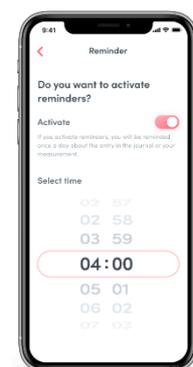


You can recognize a concluded subscription in the settings by the information "Your current subscription".

The subscription can be cancelled via the respective App Store - click on "Manage subscription". The subscription for measurement with breathe ilo must also be cancelled via the respective app store.

3.4.4.3 Reminder

Here you can activate the reminder function to make sure you never forget a measurement or a journal entry. You will receive the reminder on your lock screen at whatever time you set.



3.4.4.4 Delete profile

Your profile and all data can be deleted directly in the app. Click on "Profile options" in the settings and then on "Delete profile". To use the app again, you need to register again.

4 Technical data and additional information

4.1 Technical Data

Weight	78g
Dimensions (L x W x H)	112 mm x 62 mm x 24 mm
Power supply	Minimum requirements: USB-Type A plug, Output 5V DC and 500mA
Battery	Lithium-Polymer rechargeable battery 750mA/3.7 V complies with EN 62133-2:2017 and UN 38.3
Frequency band of operation	2400 - 2483.5 MHz HF RF output power: < 4 dBm EIRP (< 2.5mW, BT-LE Class 2)

4.2 Storage and operating conditions

Operation	The device is maintenance-free. No preparation time for initial operation is necessary.
Environmental temperature / air pressure / Humidity for operation	15 bis 35 Grad centigrade / 700 - 1060 mbar / 15 - 75% RH non-condensing
Storage and transport	Please protect the device from moisture and do not store it for more than three months at the specified conditions, as the battery life may be shortened. Note that the unit must be fully charged at least every four months and before the first use.
Environmental temperature / air pressure / humidity for storage and transport	-10 to 50 Grad centigrade / 600 - 1060 mbar / 15 - 75% RH non-condensing

4.3 Packaging symbols



Products with CE marking comply with the specified EU directives on product safety



Do not dispose this product in household waste



Device uses Bluetooth for data transmission

4.4 Maintenance

breathe ilo is a maintenance-free product. We ask you to handle the device with care. Please do not try to open the device or make technical changes under any circumstances, as this would lead to destruction or functional impairment of the device.

4.5 Disposal of waste

The proper disposal of breathe ilo and its accessories is very important for the environment. Since the measuring device uses a rechargeable battery as its energy source, it must not be disposed of with regular household waste. Please dispose of the measuring device according to your regional disposal regulations. The remaining consumables (nose clip, mouthpiece) can be disposed of in the household waste.

4.6 Order of consumable materials

If you would like to replace the mouthpiece or nose clip, you can simply re-order them in our [Onlineshop](#).

4.7 Warranty & return

You can find information about it on our [website](#).

4.8 Help & contact

If you encounter any malfunctions during use or need our help, please contact us via our helpdesk www.breatheilo.com/support. Our [Website](#) will also provide you with further information.