

User Manual: Perimenopause Wearable Device

Congratulations on your purchase of the identifyHer Perimenopausal Symptom Tracker!

This innovative device is designed to help women like you going through perimenopause to detect and track your symptoms effectively.

Please read this user manual carefully to ensure proper usage and maximum benefit from your device. We want you to get the most out of your experience.

Please read this information carefully before using your device and mobile app. Failure to follow the instructions below could result in product damage or malfunction, or even injury.

GETTING STARTED

Package Contents:

- Wearable Sensor Device
- Double-sided adhesive patches
- Battery x 2
- Charging dock
- USB-C cable
- User Manual

Batteries

- You have been provided with TWO batteries to allow for continuous wear of the device. You don't have to think about taking the device off to charge. Instead you can have one battery charging while the other is worn on the device and then swap when needed.

Battery Installation and Removal

- Place the sensor device on a flat surface
- Take one of the batteries and align the center of the battery with the guide rail at the back of the device.
- Gently push the battery along the guide rail until it clicks into place and connects to the device
- To remove the battery from the device, gently push on the buttons either side of the device. This will release the battery and you can slide it off the guide rail.

SETTING UP YOUR IDENTIFYHER SENSOR

Creating an account:

- Download and install the identifyHer app from the App Store or Google Play Store.
- Create an account
 - Open the identifyHer app
 - Confirm you have an identifyHer device
 - Tap Create an Account
 - Enter an email and password
 - Verify your email address by checking your email account
 - Follow the prompts on-screen to complete setting up your new account.

Pair your Device:

- After you have created your account, you will be prompted to pair the device
- Ensure your phone has Bluetooth turned on
- Confirm the battery has been inserted
- Follow the on-screen instructions to pair the device with your smartphone via Bluetooth.
- Click 'Find my Device'
- Confirm that you want to pair your phone with the device
- The device will be connected automatically during the onboarding process and whenever the battery is replaced.
- After successfully connecting the device, you will be asked to confirm you are wearing the device. Instructions on Device placement are provided below.
- The app confirms the device is detected
- You will be asked additional health related questions to allow you get the most relevant information from your device.

Log in after initial account creation

- After creating your account, you will be able to log in to your account using your email and password when you open the app.

USING THE DEVICE

Device Placement:

- The sensor is worn under the breast using the double-sided adhesive patch. The device adhesive has a single covering whereas the skin side adhesive has two separate coverings.
- Device side adhesive
 - Once the battery is installed, turn it over with the sensors facing up.
 - Take one of the adhesives and identify the device side which has one continuous paper covering.
 - Peel back the adhesive covering and place over the device. Be careful to ensure the adhesive does not overlap with the sensors.
 - Gently press down on the adhesive to ensure it is in full contact with the device.
- Skin side adhesive and placement of the device on the skin
 - Ensure the skin under the breast is clean and dry before applying the adhesive.
 - Peel back the small adhesive covering first and then the larger one.
 - Place the device on the area under the breast as shown in the diagram and gently press against the skin until fully secured, ensuring it sits comfortably against your skin.

Daily Use of the Device

- Once the device has been placed on the skin, you can go about your daily life and forget about it.
- The device does not have an on/off button and remains active once secured to the body and connected through the app.
- The device is waterproof and can be worn during exercise, showering, and daily activities.
- You will receive a notification on the app when the battery power reaches 20%
- To replace the battery, press on the buttons at either side of the device, slide the battery off and insert the fully charged second battery. Remember to charge the battery you removed from the device.
- The app will confirm that the new battery has been inserted and is working.
- The adhesive has a 7-10 day wear time but can be changed more frequently if desired.
- The sensor data is securely transferred via the mobile phone app so it is important to ensure your smartphone has an active internet connection for seamless data transfer. You will be sent a notification if the data has not been transferred.

MOBILE APP USAGE

Home Dashboard:

- Upon opening the app, you will be brought to the Home screen containing a dashboard of your daily perimenopause symptoms.
- You can view information on the frequency and severity of hot flashes, night sweats, anxiety levels, and sleep efficiency.
- If you tap on any of the symptoms, you can access weekly and, by swiping left, monthly symptom trends, detailed reports and insights.
- You can return to the daily report by tapping the 'Home' button at the bottom of the screen

Physical activity

- Your daily step count will be reported on the Home dashboard but you can also get more detailed information from the 'Activity' tab at the bottom of the screen.
- You can monitor changes in step count by looking at weekly or monthly trends
- You will get insights about your activity levels and how they relate to your symptoms.

Diary

- The purpose of the 'Diary' tab is to allow you track additional information that could be impacting your symptoms. Now you can track these changes and get valuable insights about managing your symptoms.
- You can log a range of symptoms that are not passively detected and track those that are most relevant for you. You may be experiencing a range of symptoms and can now learn more about these.
- You can track the start and end of your menstrual cycle and track if the number of days between periods is changing
- Changes in some dietary choices can impact your symptoms. We have identified some of the most important that you can track on a weekly basis. Your dietary patterns over time may impact your symptoms and now you can find out how.
- Additional exercise sessions can also be logged. In particular, if you participate in an exercise class, go for a brisk walk, play tennis or go to the gym, now you can log those additional activities.
- Supplements and medication play an important role in dealing with menopausal symptoms. You can add the HRT you prescribed or if there is a change, you can add the use of contraceptives, other medication or supplements you take.
- These additional logs can be overlaid with symptom data for a holistic view of your health.

Reports

- The Report section allows you to overlay different symptoms to identify patterns and trends.
- You can also compare symptom trends over time to evaluate the effectiveness of management strategies, whether they are physical activity, dietary or the use of HRT.

Sharing with Clinician:

- You can choose to share your symptom reports with your clinician directly from the app.
- However, this choice is yours and all of the data is yours. You can choose who to share the information with.
- This feature facilitates better communication and informed decision-making during consultations.

TROUBLESHOOTING

Bluetooth Connection Issues:

- Ensure Bluetooth is enabled on your smartphone and the device is within range.
- Restart both your smartphone and the device if connection issues persist.

Battery Life:

- If the battery drains quickly, check for any background apps consuming excessive power on your smartphone.
- Replace the battery with a new one if needed.

Skin Irritation:

- If you experience any skin irritation or discomfort, discontinue use and consult with a healthcare professional.
- Ensure proper skin cleaning and drying before reapplying the device.

5. IMPORTANT SAFETY & PRODUCT INFORMATION

Use, care and maintenance

- Use a soft cloth or hand wash with mild soap and water to clean the device.
- Your identifyHer device can be worn during showers and baths but try to avoid wearing when swimming, or snorkelling.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using the identifyHer wearable device.
- The identifyHer device, accessories and related data are intended only for information purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- You should always consult a physician if you have any questions regarding a medical condition or any changes you intend to make to your lifestyle choices based on information or guidance from identifyHer. Never disregard or delay in seeking professional medical advice because of something you've read from the identifyHer service.
- The reporting of hot flushes, night sweats, sleep disturbance, anxiety and other readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- The information and guidance provided by identifyHer may be misleading if your physiological functions and responses differ significantly from population averages due to medical conditions or rare natural differences.
- identifyHer rely on sensors that track your motion, skin conductivity, temperature, blood volume changes, and other metrics. The translation of this data into menopausal symptoms is intended to be a close estimation of your activity and symptoms, but may not be completely accurate.
- Please be cautious that the device you wear does not get caught on fixed structures or heavy objects when moving yourself or said heavier objects.
- If you experience redness or skin irritation under the device, remove it immediately. If symptoms persist longer than 2-3 days of not using your identifyHer product, please contact a dermatologist.

Battery Warnings

- Lithium-ion polymer batteries are used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, or injury.
- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazard.
- Do not immerse or expose removed batteries to water or other liquids.
- Do not use a sharp object to remove the removable batteries.
- KEEP BATTERIES AWAY FROM CHILDREN. NEVER PUT BATTERIES IN MOUTH. Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 hours of ingestion. Seek medical attention immediately.
- Do not use a charging cable that is not approved or supplied by identifyHer.
- Do not operate the device outside of the temperature range of 0-60 C.
- When storing the device for an extended time period, store within the temperature range of 0-35°C.

- Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.

FCC AND ISED INFORMATION

FCC ID: 2BFPM-PERI-1 IC: 32314-PERI01

This device complies with Part 15 of the FCC Rules

Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be installed and operated with a minimum separation distance of ≤ 5 mm between the equipment and users/bystanders.

Déclaration d'exposition aux radiations:

Cet équipement est conforme aux limites d'exposition aux rayonnements ISED établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé à une distance minimale de ≤ 5 mm de l'utilisateur et des personnes qui l'entourent.

DISPOSAL AND RECYCLING INFORMATION

Information for users on collection and disposal of old equipment and used batteries:



In the European Union

- This symbol on the products, packaging and/or accompanying documents means that used electrical and electronics equipment and batteries should not be mixed with general household waste.
- Used electrical/electronic equipment and batteries must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of these products.
- By disposing of these products correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

For more information about collection and recycling of used products, please contact your local authorities, your waste disposal services or the point of sale where you purchased the products.

In other countries outside the EU

These symbols are only valid in the European Union. The United States does not have an official federal e-waste regulation system, yet certain states have implemented state regulatory systems. If you wish to discard used products, please contact your local authorities or dealer and ask for the correct method of disposal.

REGULATORY INFORMATION



identifyHer complies with Directive 2014/53/EU and other EU Directives. identifyHer complies with BS 62368-1 and other UK Regulations. A copy of the EU and UK Declarations of Conformity are available at [XXXX](#)

WARRANTY INFORMATION

- Your Perimenopause Wearable Device comes with a limited warranty.
- Please refer to the warranty card included in the package for detailed terms and conditions.

Contact Information

- For any inquiries, technical support, or feedback, please contact our customer service team:
- Email: info@identifyher.ai
- Phone: +353-87-4735322