

# SYSTEM MANUAL

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# 1. Introduction

## **ABOUT THIS DOCUMENT**

This SYSTEM MANUAL contains important information about how to use the inne SYSTEM. Read it carefully prior to using the inne SYSTEM for the first time and keep it for future reference. This manual describes the proper procedures for operation and maintenance. The inne SYSTEM must not be used for any purpose other than that which is specified in this document.

## **INTENDED USE**

The inne SYSTEM is a fertility monitoring device that measures progesterone in saliva throughout the menstrual cycle. It is designed for self-testing by female laypersons at home.

## **ABOUT INNE**

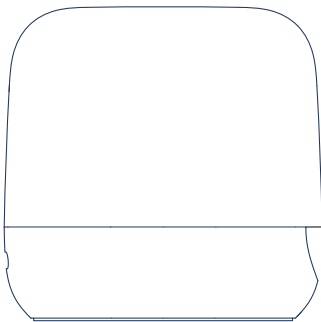
When we see the female reproductive system we see beauty and we see logic.

Our mission is to help women see the same and provide a way to get reliable information about their personal fertility. Our system combines science, technology and design to help women understand the rhythms of their bodies and how they influence fertility.

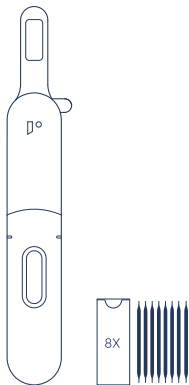
The rhythms of a woman's body are controlled by hormones. These hormones, oestrogen and progesterone in particular, regulate the menstrual cycle and trigger ovulation. By measuring progesterone levels at different times in the cycle, the inne SYSTEM is able to identify the days in which a woman has a high chance of getting pregnant and provide insights into her fertility.

## ABOUT THE INNE SYSTEM

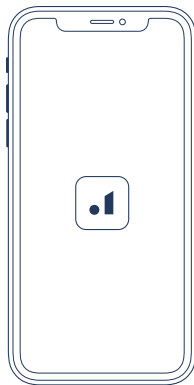
In order to use the inne SYSTEM, you need to carry out a daily saliva collection using an inne STRIP. Perform a measurement using the inne READER, and finally review the results and view your fertility status on your inne APP. Our system's algorithm calculates your fertility status by taking into account the progesterone concentration found in your saliva, the dates of your previous periods, the maximum lifespan of an unfertilised egg and the lifespan of sperm. The inne APP displays this fertility status by indicating whether you have a high or a low chance of pregnancy. Since every woman's cycle is individual and each cycle can vary, the inne SYSTEM has to be used every day in order to accurately predict and monitor your fertility.



inne READER to measure the progesterone level in your saliva by reading the inne STRIPS



inne STRIPS (Pack of 8) for collecting and analyzing your saliva sample (one inne STRIP per day)



inne APP for viewing your data measured by the inne READER and your fertility status

## THE SCIENCE BEHIND THE INNE SYSTEM

The inne SYSTEM enables women to understand their hormones, specifically progesterone. These hormones are secreted by the pituitary gland in the brain and ovaries. Progesterone influences many aspects of the body in a cyclic pattern. Along with informing the body about when to ovulate and when to menstruate these hormones also influence the cervical fluid pattern.

Additionally, we recommend observing cervical fluid as a secondary sign of fertility. The primary function of the cervical fluid is to support and transport sperm as you approach ovulation. Around ovulation, the cervix will release large amounts of runny and stretchy fluid that assists sperm to fertilize the egg. Once ovulation has taken place your fluids will reduce in quantity until the next cycle begins. (More information about cervical fluids and how to identify them can be found in the 'resources' tab of the inne APP).

Understanding these signs – i.e. the progesterone hormone and the cervical fluid - provides incredible insight into the female body.

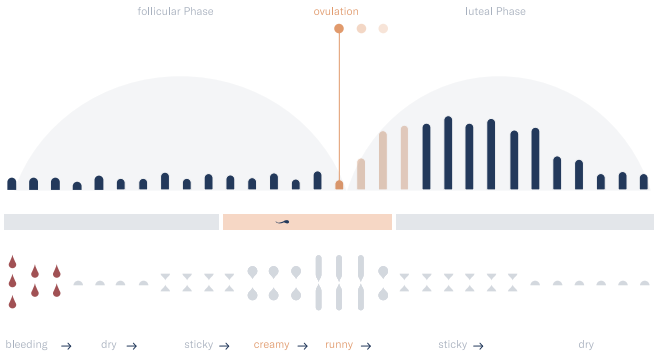


## MENSTRUAL PHASES

PROGESTERONE  
LEVEL

CHANCE OF  
PREGNANCY

CERVICAL  
FLUIDS



## WHEN THE INNE SYSTEM MUST NOT BE USED

Before using the inne SYSTEM for fertility monitoring, make sure none of the following statements applies:

---

You are younger than 18 years of age

---

Your menstrual cycles are shorter than 22 days or longer than 35 days

---

You are undergoing hormone treatment such as hormonal contraception, fertility treatments or hormone replacement therapy

---

You are in or have recently undergone a treatment which may affect your menstrual cycle (this would be mentioned in the patient information leaflet of the treatment)

---

You suffer from polycystic ovarian syndrome or endometriosis

---

You must avoid pregnancy at all costs

---

You are currently or have recently been pregnant (until after the third consecutive period, even if the pregnancy was not carried to term)

---

You are breastfeeding or have recently breastfed

---

You have had or have menopausal symptoms such as hot flashes or night sweats

---

## PRECAUTIONS

---

For in vitro diagnostic use.

---

Not for internal use.

---

For self-testing at home.

---

Keep out of the reach of children.

---

Read the SYSTEM MANUAL carefully before performing the test.

---

Do not use the inne STRIP after the expiration date printed on the pouch.

---

Do not use the inne STRIP if the pouch is punctured or damaged.

---

Use the inne STRIP immediately after removing from the pouch.

---

Pay attention to collection time and procedure of activation of the inne STRIP.

---

The inne STRIP cannot be used if blood is detected on the inne STRIP as it interferes with the result.

---

The inne STRIP is for single-use only and cannot be reused.

---

The inne STRIPs can only be read by the inne READER.

---

The inne reader does only work with original inne STRIPs.

---

Test results may vary for different individuals.

---

Use the test only for the purpose described in the SYSTEM MANUAL.

---

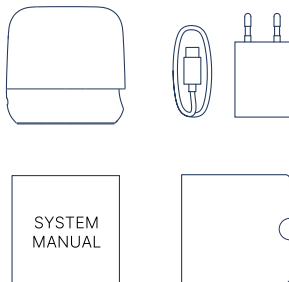
Do not take any decision of medical relevance without first consulting the appropriate healthcare professional.

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## 2. The inne SYSTEM – Overview

### COMPONENTS OF 'THE READER' BOX

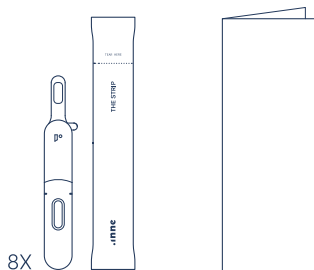
The inne READER box includes the following components. If something is missing, please contact Feral GmbH .



- inne READER
- Charge Kit
- SYSTEM MANUAL
- Quick Guide

### COMPONENTS OF 'THE STRIPS' BOX

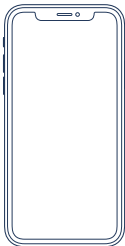
The inne STRIP box includes the following components. If something is missing, please contact Feral GmbH.



- 8x inne STRIP in single pouches
- 'How to use' instructions

## ADDITIONAL EQUIPMENT REQUIRED

In order to install the inne APP and connect to the inne READER.



- Apple iPhone (model 5s or later)
- 2.4 GHz Wi-Fi (in order to perform reader software updates)

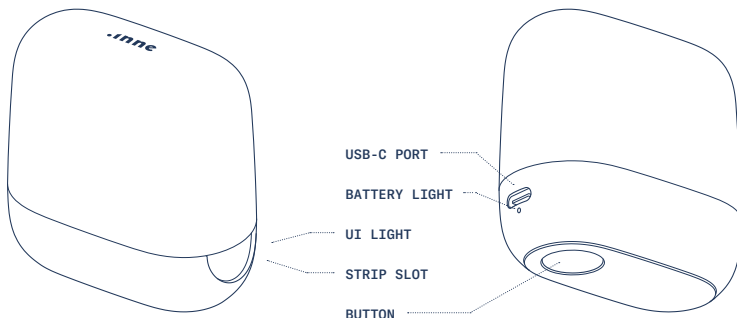
Please download the free inne APP (latest software version) from the Apple App Store.

## 2. The inne SYSTEM – Component names and functions










### INNE READER

The inne READER is designed with Wi-Fi connectivity so it can integrate into a home environment and connect seamlessly with the inne APP. But we know that life today takes place in

more locations than at home. So we made sure the inne READER is also a perfect travel companion by giving it a compact form and the ability to connect via Bluetooth.



## UI LIGHT

<b>White breathing</b>		Reading in progress - do not take out the inne STRIP!
<b>White solid</b>		Reading successfully done
<b>Red solid</b>		Measurement error: the inne READER battery is too low or has encountered an error while analysing your daily reading. For more information see p.73
<b>Green blinking</b>		Unable to send the reading to the inne APP - caused by a connection error. Make sure to have an established connection via Bluetooth and open the APP to retrieve data. See how to retrieve data from the inne READER on p.74
<b>Blue blinking</b>		Searching for Bluetooth connection The inne READER is searching for an available Bluetooth connection.
<b>Blue solid</b>		Bluetooth connected The inne READER has established a Bluetooth connection to the inne APP.
<b>Yellow blinking</b>		Setup mode: searching for connection The inne READER is trying to establish a connection to the inne APP.
<b>Yellow solid</b>		Setup mode: connected The inne READER has established a connection to the inne APP. To exit from this mode, press the inne READER button.
<b>Yellow breathing</b>		Setup mode: inne READER software update in progress. Do not press the inne READER button or insert an inne STRIP during this process.






## STRIP SLOT

<b>Slot for inne strip</b>	Insert the activated inne STRIP by placing the window side inside the STRIP SLOT (see image on p.20) until you feel it is firmly in place.
----------------------------	--

## BUTTON

<b>Short Press</b>	Wake up: inne READER attempts to send data
<b>3-Second press long press</b>	Setup mode: start the following actions from the inne APP → unlink the inne READER from the inne account by following the on-screen instructions in the inne APP → update the inne READER software by following the on-screen instructions in the inne APP
<b>10-Second press</b>	Reset: inne READER will revert to factory default settings

## BATTERY LIFE

<b>Green Solid</b>		On - battery sufficiently charged
<b>Yellow Solid</b>		On - battery status low (below 20%)
<b>Red Solid</b>		On - battery status critically low (below 10%) inne READER cannot measure an inne STRIP due to insufficient battery level
<b>Red blinking</b>		Charging - battery level critically low (below 10%) wait until battery light turns yellow (above 10%) to measure an inne STRIP
<b>Yellow blinking</b>		Charging - battery level above 10%

## USB-C PORT

<b>Battery charging port</b>	Connect a USB-C cable to this USB-C-port, and connect the other end of the cable to the Adaptor or Computer.
------------------------------	--



## IMPORTANT INFORMATION OF THE INNE READER

- Store at 5°-30°C,
- Maximum altitude 2000 meter
- The inne READER is for indoor use only
- The equipment is supplied by protected and limited USB-C in compliance to IEC 61010-1 Limited-Energy- Circuit (LEC) or IEC 60950-1 Limited Power Supply (LPS)

Rated 3.5 V  4.4 V max.

Inout 4.75 V  5.25 V max.

4w

→ inne READER dimensions:

Height: 67mm

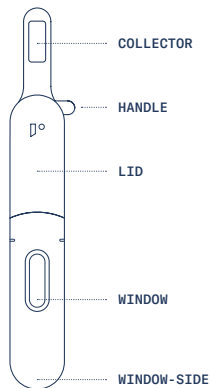
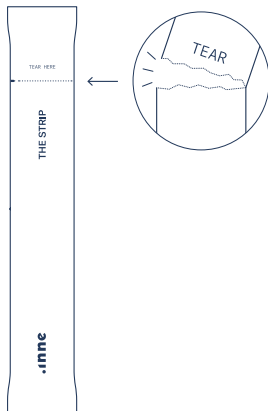
Width: 38mm

Length: 68mm

Weight: 86g

## INNE STRIP

The inne STRIP is designed for single-use only. Each inne STRIP is packaged in a pouch. To take out the inne STRIP, tear open the pouch by pinching and pulling firmly where indicated.



NAME	DESCRIPTION	INSTRUCTION
<b>Collector</b>	The collector holds a collector pad to retrieve a saliva sample.	Use the collector to collect a saliva sample by holding it in your mouth for 30 seconds. See more details p.50 (Collect).
<b>Handle</b>	The handle is used to fold the collector before activating the inne STRIP.	Use the handle to fold in the collector after you have collected a sample. See more details p.52 (Activate).
<b>Lid</b>	The lid starts the development of the inne STRIP by releasing the saliva.	Open the lid before folding in the collector and close it back afterwards to activate the inne STRIP. See more details in p.52 (Activate).
<b>Window</b>	The window is used by the inne READER to analyse the progesterone concentration in your saliva and verify the quality control inherent of the inne STRIP.	Make sure the inne STRIP window is clean and is never covered by anything.
<b>Window side</b>	This side of the inne STRIP marks the side which goes into the inne READER.	Only insert activated inne STRIP inside the inne READER. See more details on p.54 (Measure).

## STORAGE AND STABILITY OF THE INNE STRIP

Store at 15°-30°C

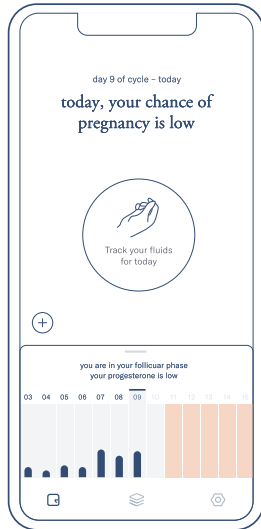
Stable in the sealed pouch up to the expiration date printed on the pouch.

Keep away from direct sunlight, moisture and heat.

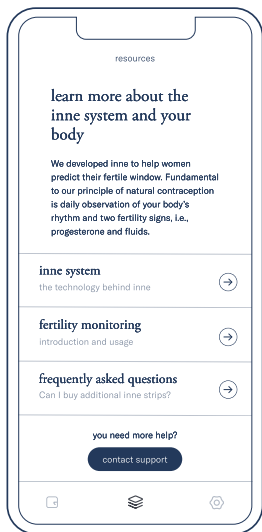
CAUTION: DO NOT FREEZE

## INNE APP

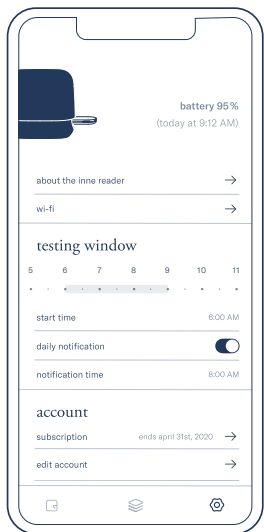
The inne APP is structured in three main tabs: 'lab', 'resources' and 'settings'.



- LAB** → Follow the daily testing process  
→ View progesterone reading and fertility status  
→ Track cervical fluids  
→ View the current cycle  
→ Access past menstrual cycles

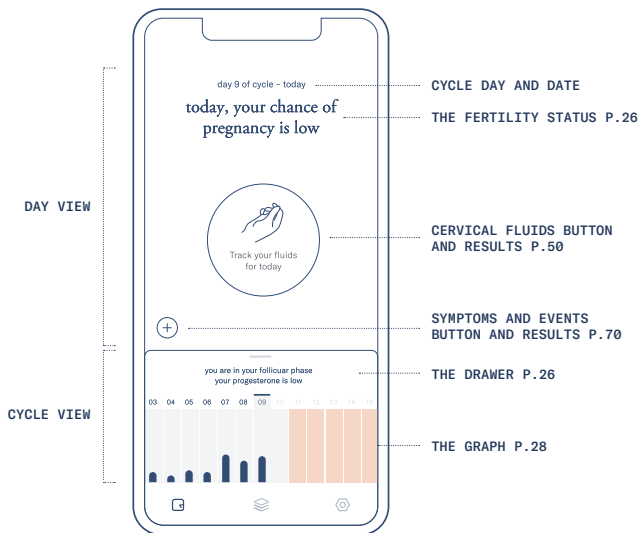


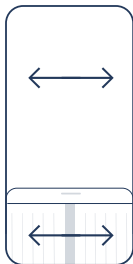
**RESOURCES** → Access educational content about fertility monitoring  
 → Access information on how to use the inne SYSTEM and FAQs  
 → Contact the inne support team



**SETTINGS** → Information and maintenance of your inne READER  
 → Set alarm and testing window  
 → Access account details, and legal information

## THE 'LAB' TAB IN DETAIL





Access past and future days of the cycle by swiping on the 'day view' or on the 'cycle view'.



Access 'past cycles' by swiping all the way to the left on the 'cycle view'.

## THE FERTILITY STATUS

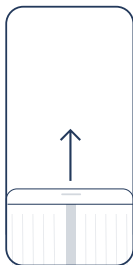
Based on the progesterone measurements, the inne APP identifies the fertility window and displays it as two possible fertility statuses.

today, you have a high  
chance of pregnancy

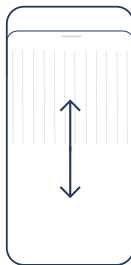
today, you have a low  
chance of pregnancy

In order for the algorithm to more precisely predict ovulation, it is important to be consistent with the progesterone measurements. The longer the inne SYSTEM is used regularly, the shorter the fertile window can become.

## THE DRAWER



Access more information about the current cycle by dragging the 'drawer' up.



Swipe up or down to see all information available in the 'drawer'.



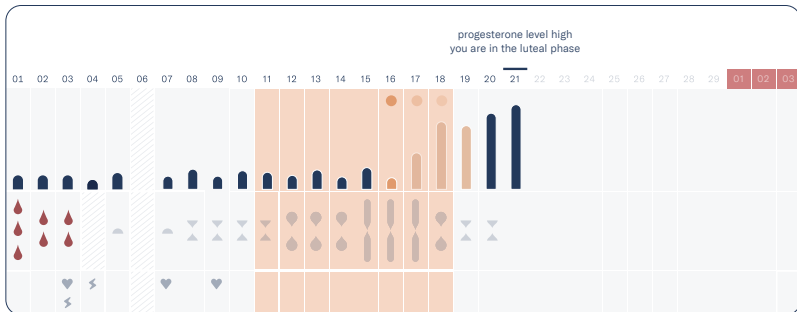
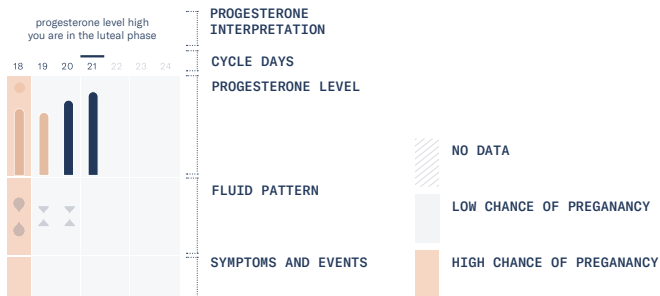
Drag the 'drawer' down to minimise it and go back to 'day view'.










## THE GRAPH

The graph displays 13 days of the current cycle at a time. The current day is automatically shown in the middle, providing context on the previous and upcoming cycle days.



<b>PROGESTERONE INTERPRETATION</b>	The progesterone interpretation provides information about the progesterone trend and the occurrence of ovulation. It is updated every time a new measurement comes in.
<b>CYCLE DAYS</b>	<p>The timeline of the graph is structured in cycle days.</p>  <p>The diagram shows a horizontal timeline of cycle days. A thick black bar represents the current day (21). To its left, a grey bar represents past days (20). To its right, a red bar represents the predicted start of a new cycle (01). Below the timeline, the numbers 21, 20, 22, and 01 are placed under their respective labels: 'the current day', 'past days', 'future days', and 'predicted start of a new cycle'.</p>
<b>CONFIRMED OVULATION</b>	 Ovulation is displayed once it has been confirmed based on the progesterone trend.
<b>PROGESTERONE LEVEL</b>	 Displays the fluctuations throughout the cycle.  Rising progesterone is highlighted in nude color.
<b>FLUID PATTERN</b>	<p>Tracked stages of cervical fluids. See more on how to track cervical fluids on p.66</p>  <p>The diagram shows five stages of cervical fluid patterns: 'period' (a red teardrop), 'dry' (a small grey semi-circle), 'sticky' (a grey inverted triangle), 'creamy' (a grey teardrop), and 'runny' (a tall, thin grey vertical bar). Each icon is placed above its corresponding label.</p>
<b>SYMPTOMS AND EVENTS</b>	Summary of tracked symptoms and events. Tap 'show more' to view all details. See more on how to log symptoms and events on p.70.

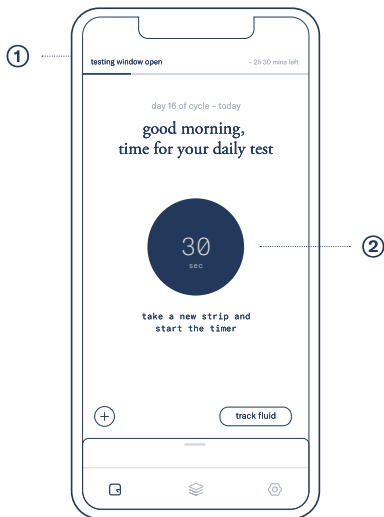
## TESTING WINDOW AND TIMER

To ensure accurate results, the daily progesterone test should be done every morning during the same 3-hour testing window which can be set between 5:00 am - 11:00 am (see more information on page 46).

The window will be displayed while open and until a successful reading has been done.

The timer can be used to ensure that the saliva sample is collected for 30 seconds (see page 51).

**WARNING:** measurements taken outside the 3-hour window are not recorded by the inne APP.



Once the testing window is open, it is displayed in a banner ❶ on the top part of the inne APP showing how much time is left to perform the test. The timer ❷ can be started from the 'lab' tab while the testing window is open.

## 2. The inne SYSTEM – General principles of the test

The inne SYSTEM is based on measuring progesterone in saliva samples with a competitive lateral flow assay (the inne STRIP) which is further analyzed by the inne READER.

By monitoring changes in the salivary levels of progesterone, the inne SYSTEM identifies the days with a higher risk of pregnancy and the days with lower risk of pregnancy. The days with higher risk of pregnancy are around ovulation and take into account the lifespan of the egg and sperm.

The rise of progesterone always occurs after ovulation has happened and characterizes the beginning of the luteal phase of the menstrual cycle. A sustained elevation in the salivary progesterone is measurable for at least 3 consecutive days to confirm the occurred ovulation and indicates the end of the fertility window and thus, the beginning of the non-fertile phase.

### **TEST PROCEDURE**

For the saliva sample collection, please refer to p.46. Upon sample collection and strip activation, the saliva fluid migrates through the capillary bed and initiates the reaction. The test result is displayed by a test line and a control line. For a competitive assay, the Test Line (TL) will show as a full colored line when the progesterone in the saliva sample is below the limit of detection. A colored line for the Control Line (CL) will demonstrate the test's validity.

### **CONTROL PROCEDURE**

The inne SYSTEM does not require the user to do any additional controls or use calibrators to assure the accuracy of the test. Therefore no controls and calibrators are provided.

## BIOLOGICAL REFERENCE RANGE

Not applicable as no quantitative results are provided to the users.

## BIBLIOGRAPHICAL REFERENCE

Regulation of the human menstrual cycle. Chabbert Buffet N, Djakoure C, Maitre SC, Bouchard P, Front Neuroendocrinol. 1998 Jul;19(3):151-86. Review.

The Effect of Steroid Hormones on Ovarian Follicle Development. Chou CH, Chen MJ., Vitam Horm. 2018;107:155-175. doi: 10.1016/bs.vh.2018.01.013. Epub 2018 Feb 9. Review.

Saliva as a medium for investigating intra- and interindividual differences in sex hormone levels in premenopausal women. Gann PH, Giovanazzi S, Van Horn L, Branning A, Chatterton RT Jr., Cancer Epidemiol Biomarkers Prev. 2001 Jan;10(1):59-64.

Salivary measurement of episodic progesterone release. O'Rourke MT, Ellison PT., Am J Phys Anthropol. 1990 Mar;81(3):423-8.

Salivary steroids and natural variation in human ovarian function. Ellison PT., Ann N Y Acad Sci. 1994 Feb 18;709:287-98. Review. No abstract available.

Characteristics of salivary profiles of oestradiol and progesterone in premenopausal women. Chatterton RT Jr, Mateo ET, Hou N, Rademaker AW, Acharya S, Jordan VC, Morrow M., J Endocrinol. 2005 Jul;186(1):77-84.

## 2. The inne SYSTEM – Performance characteristics

### **DYNAMIC RANGE**

The range of the assay is 100.5 – 1450 pg/mL

### **ANALYTICAL SPECIFICITY**

From the different substances evaluated for cross-reactivity and interference, Caffeine and Ethanol have been identified as possible interferents.

Respecting the saliva collection guidelines as explained in the section Daily Progesterone Test in the SYSTEM MANUAL on p. 48, mitigates the possible interference of caffeine and ethanol.

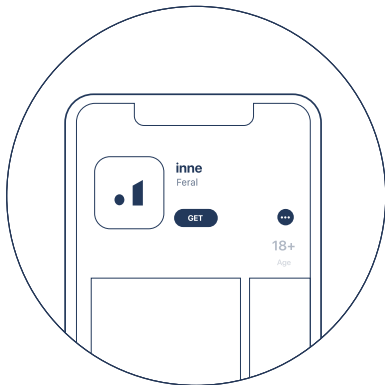
### **REPRODUCIBILITY**

Since the between-lot variability is estimated above 20%, using strips from the same lot and not crossing between lots is recommended within the same menstrual cycle.

### 3. Setup

#### DOWNLOAD THE INNE APP AND CREATE AN INNE ACCOUNT

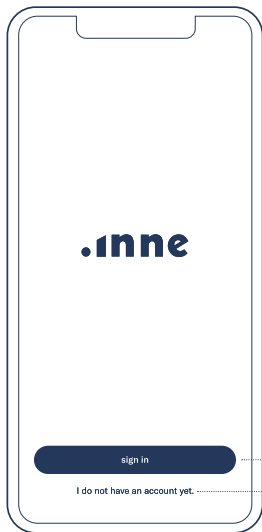
Prior to the first use, download and install the free inne APP from the Apple AppStore on your iPhone. Follow the on-screen instructions to sign in with your existing inne account or create a new inne account.



The inne APP on the Apple AppStore



When launching the inne APP for the first time, it is possible to:

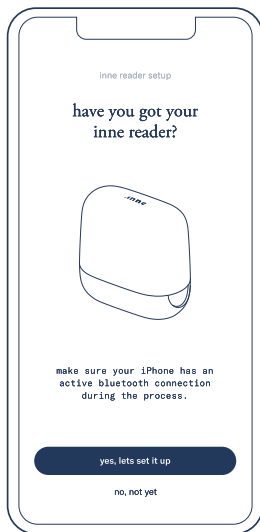


- 
- |                  |   |
|------------------|---|
| <b>① Sign in</b> | Click 'sign in' to log in with your existing inne account |
|------------------|---|
- 
- |                  |  |
|------------------|--|
| <b>② Sign Up</b> | Click 'sign up' and follow the on-screen instructions to create a new inne account. For the account creation you need to enter the following information and set a password.<br>→ First and last name<br>→ E-mail<br>→ Date of birth |
|------------------|--|
- 

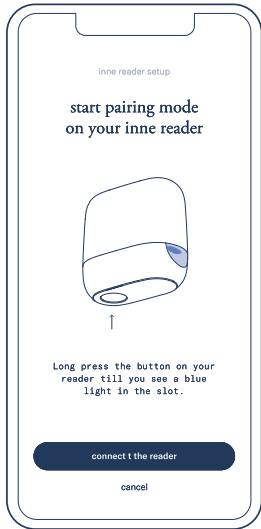
Sign in / Sign up screen

## PAIR AND LINK YOUR INNE READER

In order to use the inne APP, the inne READER must be paired with an iPhone and linked with an inne account. The inne READER is designed for a single user's use and therefore can only be linked to one account at a time. After setting up an account, the inne APP will automatically lead to the following steps:



Click 'yes, let's set it up' to start the 'inne reader setup'. Make sure the iPhone has Bluetooth connectivity turned on.



Long press (3 seconds) the button on the inne READER until the UI light starts blinking blue. Tap 'connect reader' to establish a connection between the iPhone and the inne READER.



Once pairing is complete the inne READER will automatically be linked to the inne account.

## SETUP WI-FI

The inne READER can function with just a Bluetooth connection, but we highly recommend to set it up with your home Wi-Fi for more seamless and convenient use. The Wi-Fi communication will allow the inne READER to send readings and notifications to your inne APP even when you are not in proximity to the device. The inne READER also needs to be connected to a Wi-Fi to update its firmware.

We recommend to set up the Wi-Fi during the set up process of your inne READER:

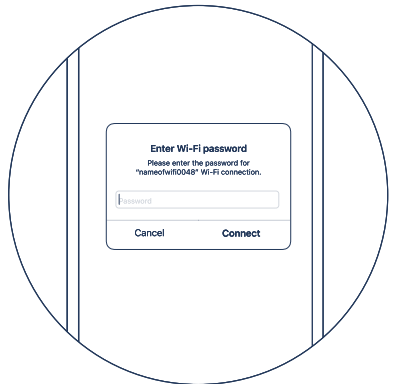


Setup a Wi-Fi connection for the inne READER after successfully pairing it with the inne account. Tap 'set up Wi-Fi' to start the process.



The inne READER is searching for a compatible Wi-Fi.

**IMPORTANT:** The inne READER can only connect to secure Wi-Fi networks which work on 2.4 GHz (not to open hotspots)



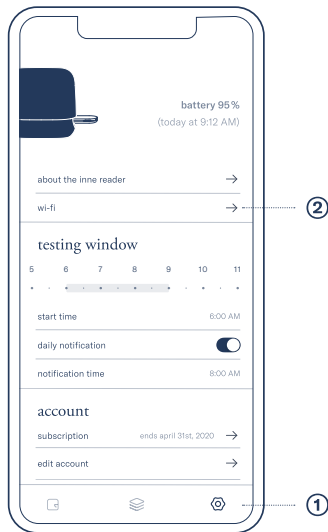
Select the Wi-Fi you want the inne READER to pair with and fill in the Wi-Fi password.



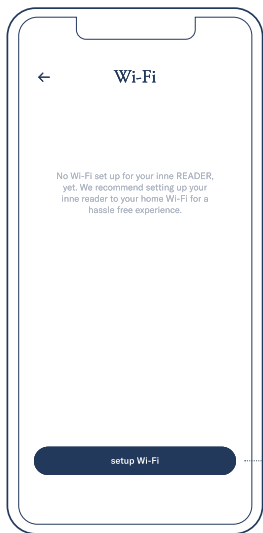
A Wi-Fi has been successfully set up for the inne READER.

## ADD WI-FI

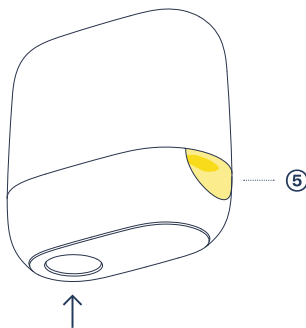
The inne READER can be setup with several Wi-Fi networks. To add an additional Wi-Fi, go to the 'settings' -> 'wi-fi' -> set up new Wi-Fi.



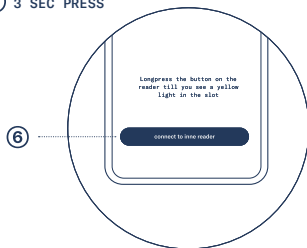
Go to the 'settings' ① tab of the inne APP  
and click on 'wi-fi' ②



Tap 'set up new Wi-Fi' ③



④ 3 SEC PRESS



Long press the button ④ on your Inne READER until the UI light is blinking yellow ⑤. Tap 'connect to inne reader' ⑥ and follow the on-screen instructions.



## SET UP YOUR DAILY ALARM WITHIN THE TESTING WINDOW

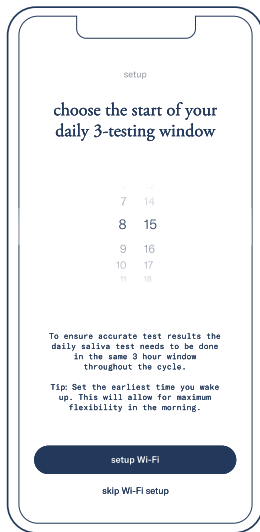
To ensure accurate test results, the inne STRIP should be used every morning within the same 3-hour testing window which can be set between 5:00 am - 11:00 am. The inne SYSTEM will only take into account the first successful reading which is made within the testing window.

More information about daily use of the testing window can be found on page 30.

For ease of use, we recommend doing the test shortly after waking up and using the daily alarm as a reminder.

The daily alarm and the testing window are setup during the sign-up process. In addition, the daily alarm can be modified in the 'settings' tab.

**WARNING:** measurements taken outside the 3-hour window are not recorded by the inne APP



Choose the testing window during the setup process.



To set the daily alarm, go to the settings tab, turn on the daily notification ① and select the preferred notification time ②.

## 4. Fertility monitoring – Daily progesterone test

The inne SYSTEM requires a daily saliva test to understand the progesterone level in the body. This test should be done in the morning, ideally shortly after waking up. In order to guarantee accurate results, the inne SYSTEM only takes readings into account which are done within your 3-hour testing window every day.

### **RULES**

In order to record accurate progesterone levels, it is important to ensure two key things:

- take the test inside your set daily 3-hour testing window
- no foreign substances have been in your mouth since 30 minutes prior to testing

**NOTE** If you taste blood in your mouth, you can rinse your mouth with clean water and wait for another 10 minutes before doing the test.

## DAILY ALARM

You will receive the daily alarm by the inne APP, within the set 3-hour testing window when it is time for the test. Click on the alarm to launch the inne APP on the iPhone.

## FOUR STEPS OF THE DAILY PROGESTERONE TEST

In order to make it easy to remember the process of daily testing, we have divided them into the following consecutive steps. Each step will be explained in detail.

① COLLECT

② ACTIVATE

③ MEASURE

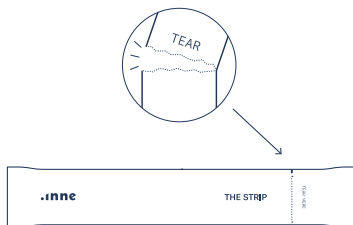
④ REVIEW

## COLLECT

In order to collect a saliva sample accurately with an inne STRIP, please follow these steps:

### Take a new inne STRIP

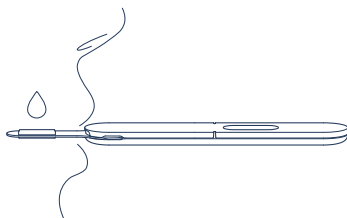
Make sure the pouch is intact before using the inne STRIP, then tear the pouch by pinching and pulling to open it.



**CAUTION** If the pouch is damaged this inne STRIP cannot be used. Please take another one.

### Collect saliva

Place the collector of the inne STRIP on top of your tongue. Close your mouth.



**CAUTION** Make sure to not bite or suck the collector.

### Start the timer

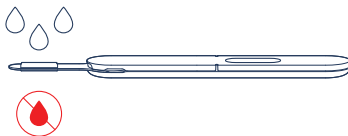
Start the timer in the inne APP to make sure collection is done for 30 seconds.



**TIP** The timer is accessible on the 'Lab' screen while the testing window is open.

### Check collected sample

Make sure the collector pad is wet after taking it out of the mouth.



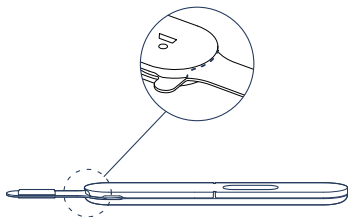
**CAUTION** Make sure there is no blood on the collector pad.

## ACTIVATE

The inne STRIP must be activated after saliva collection in order to develop a test result.

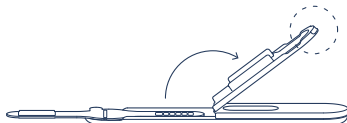
### Start here

Start the activation after having successfully collected a saliva sample. To open the lid, locate the small dent in the front of the lid:



### Open Lid

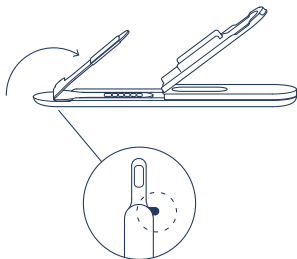
Use the small dent to pull the lid open as shown below:



**CAUTION** Make sure not to touch the 'collector' pad with your fingers during the activation process.

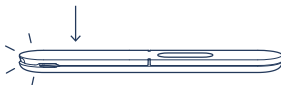
### Fold

Use the 'handle' to fold in the 'collector' as seen below:



### Activate

Close the 'lid' again and press until it 'clicks', indicating that the inne STRIP is activated.



**CAUTION** The inne STRIP needs to be inserted into the inne READER right after activation. See p.54.

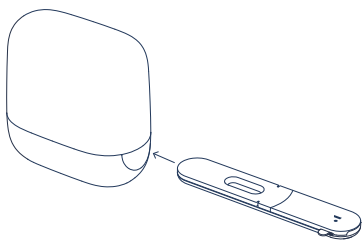


## MEASURE

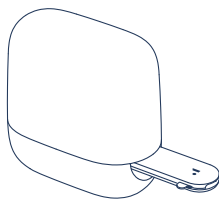
Insert the activated inne STRIP into the inne READER to start measurement of the collected sample.

### Start Reading

Reading automatically starts when an inne STRIP is inserted into the inne READER as shown below:



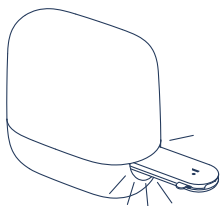
**TIP** Make sure to insert the window side of the inne STRIP first as shown and check that nothing is covering the strip window.



**CAUTION** The inne STRIP needs to be inserted into the inne READER right after it has been activated to ensure accurate results.

### Reading in progress

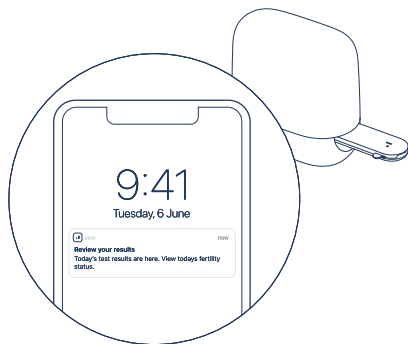
The white pulsating UI light indicates the reading is in process.



**CAUTION** Do not take the inne STRIP out of the inne READER while the measurement is in progress.

### Reading successful

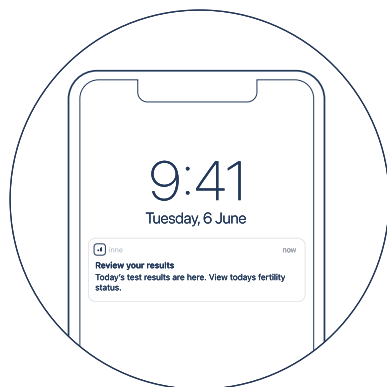
When the measurement is done, the UI light will turn solid white. The result is automatically sent to the inne APP. The inne READER will go to deep sleep, which is indicated by the UI light turning off.



**TIP** If you are connected via Bluetooth, make sure your iPhone is in the same room (10-meter reach) and has the inne APP running.

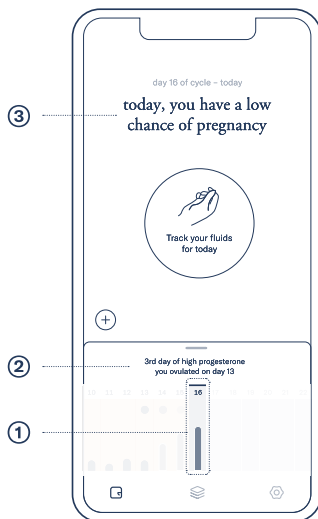
## Receive Results

Launch the inne APP by clicking on the notification on your iPhone informing about a successful reading.



## Review the results on home screen

- ① Today's progesterone reading shown on the graph.
- ② Today's progesterone trend in context of past days.
- ③ Today's 'chance of pregnancy', taking today's reading into account.



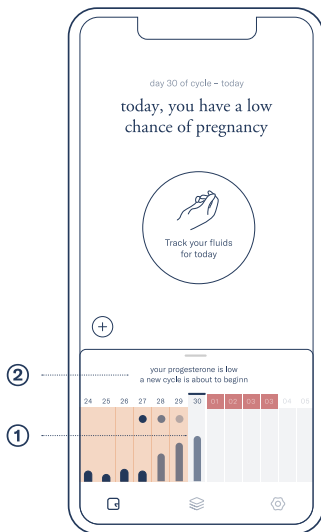
#### **DISCARD USED INNE STRIP**

The inne STRIPS are made for single-use only. After the measurement has been done, the inne STRIP can be removed from the inne READER and discarded in the residual waste.

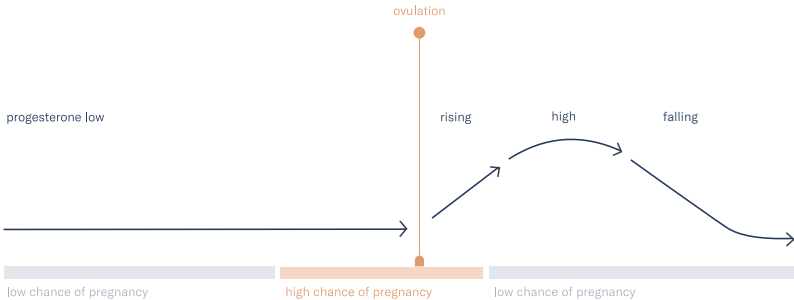
## 4. Fertility monitoring – Interpret progesterone results

The measurement results ① are charted in the graph on the 'lab' tab showing the daily changes in progesterone levels throughout the cycle.

The algorithm interprets the progesterone measurement results and displays them as a trend ②.



The behavior of progesterone throughout the menstrual cycle is displayed below in a simplified graph.

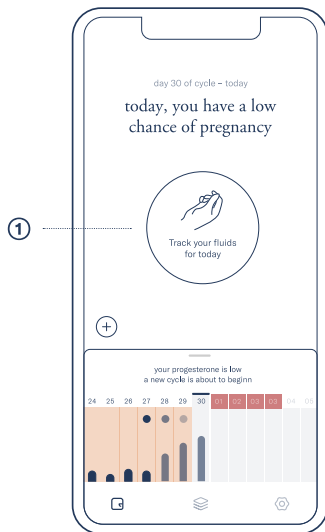


<b>Low</b>	Progesterone level is low in the follicular phase and stays low until ovulation occurs
<b>Rising</b>	progesterone rise can be seen right after ovulation and when entering the luteal phase
<b>High</b>	Progesterone level is high during the luteal phase. Ovulation has taken place
<b>Falling</b>	Progesterone level decreases as the cycle ends

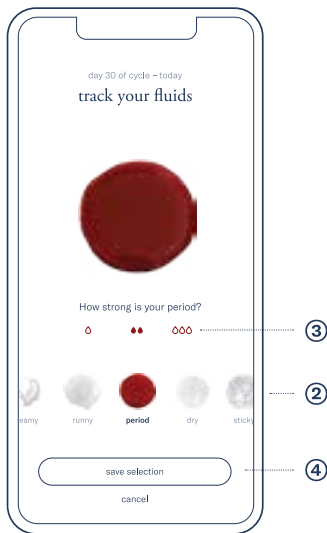
## 4. Fertility monitoring – Cycle

### START A NEW CYCLE

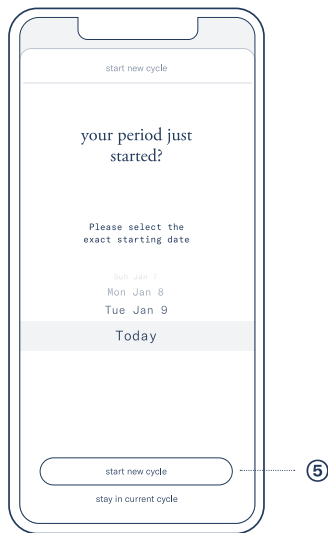
Set the start of a new cycle for each menstrual cycle. Do this on day 1, which is the first day of your period. The first day of your period is the first day of blood flow – spotting should be ignored.



Click on 'Cervical fluid button' ① on the day the cycle has started.

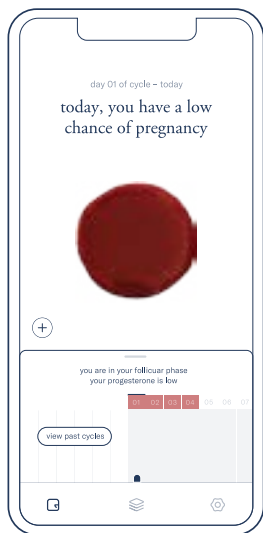


Select 'period' in the fluid menu ② ,  
select the intensity ③ of the period and  
click 'save selection' ④.



Confirm by tapping on 'start new cycle' ⑤.





A new cycle has been started

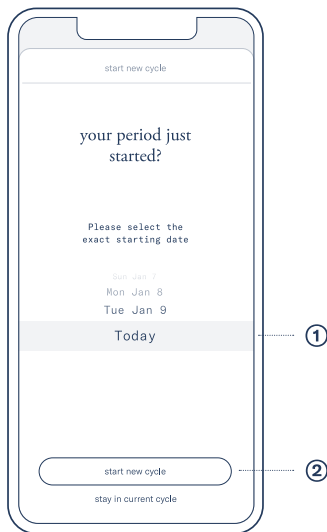
## IF YOU FORGET TO START A NEW CYCLE

A new cycle can always be started by logging period as your current fluid. The App will open a window which allows you to select and confirm the start date of a new cycle.

### STEPS

- ① Set the correct start date
- ② Click 'start new cycle' to confirm

**CAUTION** It is important to remember the day your period started, and track it in the inne APP. The inne SYSTEM takes the first day of your cycle into your fertility calculation. Not tracking a new cycle will result in inaccurate fertility information.



## PAST CYCLES

'Past cycles' gives an overview of previous cycles, their start date, duration, progesterone measured and ovulation detected. The inne APP differentiates between the cycles which have been manually put in and the ones which are recorded while using the inne SYSTEM.

### GO TO PAST CYCLES

- 1 Scroll to the left of your current cycle on the 'home' screen and tap on 'past cycles' to view and add past cycles

### VIEW AND ADD PAST CYCLES

- 2 Current and past cycles recorded with the inne SYSTEM
- 3 Past cycles input by you, the user
- 4 Add missing cycle:  
Tap 'add missing cycle'
- 5 View cycle details:

Click on the arrow of a past cycle to view it in detail



## EDIT AND DELETE PAST CYCLES

⑥

→ Delete cycle :

Press and hold on the cycle to see the option 'delete'. When pressing 'delete' the cycle will be removed and the days of this cycle will be added to the previous cycle.

CAUTION: You can only delete the most recent cycle, and cycles which have been manually inputted.

→ Change start date of past cycle:

Press and hold to see the option 'edit'.



## 4. Fertility monitoring – Tracking cervical fluids

Tracking cervical fluids is an important parameter for accurate fertility monitoring with the inne SYSTEM. Cervical fluids provide information about where you are at in your menstrual cycle and inform how long sperm will survive in your vagina.

### HOW TO OBSERVE AND CLASSIFY CERVICAL FLUIDS

The inne APP contains instructions on three different methods on how to observe and classify cervical fluids

1. The toilet paper method
2. The insertion method
3. The touch method

Read these instructions in the inne APP by going to the 'resources' tab, 'fertility monitoring' and open 'tracking fluids'

## CERVICAL FLUID IN THE INNE SYSTEM

The inne SYSTEM allows to track four different cervical fluid states (dry, sticky, creamy and runny) spotting, period bleeding and abnormal fluid.

Additional to the cervical fluid visuals the inne APP uses icons to represent the fluid pattern in the graph. icons as in the cycle view.

DRY



STICKY



CREAMY



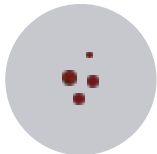
RUNNY



PERIOD



SPOTTING



ABNORMAL



## HOW TO TRACK CERVICAL FLUIDS IN THE INNE APP

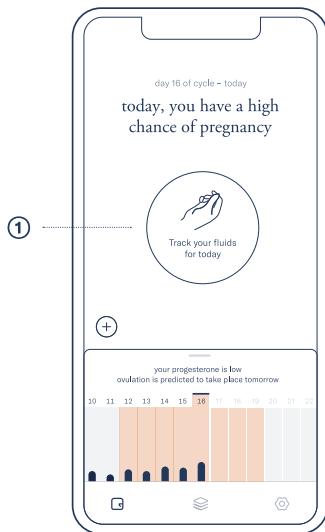
Once you have classified your cervical fluids you can track them on the 'home' screen of your inne APP.

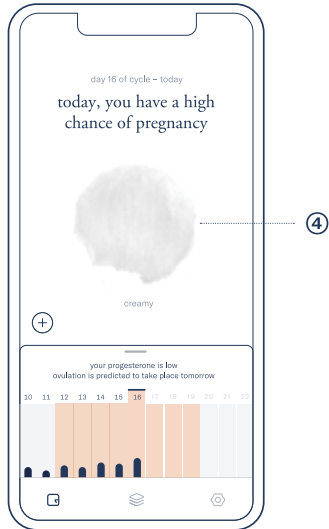
### STEPS.

- ① Tap on the 'cervical fluid button'
- ② Select the cervical fluid you have observed.

**TIP** The short description underneath the fluid visual will help you to make sure you are selecting the right one.

- ③ Tap 'save selection'
- ④ The cervical fluid will be shown on the 'day card'



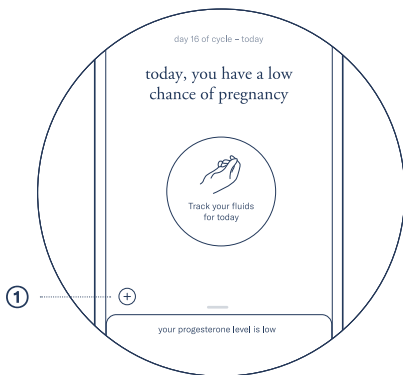




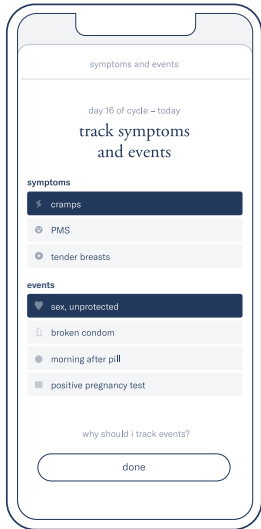
## 4. Fertility monitoring – Additional features

### SYMPTOMS AND EVENTS

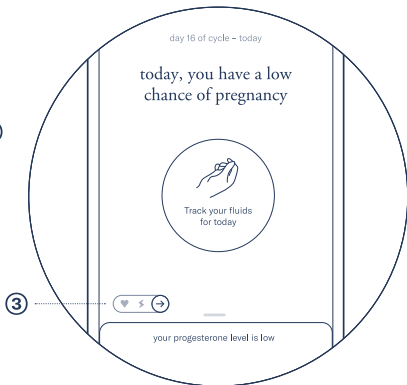
With inne APP, it is possible to track different symptoms and events which are relevant when monitoring fertility.



Click on '+' icon ① on the 'Day view'



Tap to select the symptoms or events to track ②.



Selected items ③ will appear next to the plus icon on the 'Day view'.

## 5. Maintenance – Troubleshooting

The troubleshooting guide in this chapter is applicable to both the inne READER and the inne APP.

The described troubleshooting is only for problems which can be solved by you, the user. If any other problems or defects occur with the inne READER, you should immediately contact customer care (see p.76) and ship the inne READER to the manufacturer for servicing.

There is no maintenance or service procedure to be performed by you, the user.

Cleaning of the inne READER is not recommended - if you want to clean the outer shell, you must use a dry cloth and no chemical detergents

### **I HAVE MISSED MY 3-HOUR TESTING WINDOW**

If you have missed taking your reading within the 3-hour testing window, you cannot take a measurement for that day.

### **I HAVE FORGOTTEN TO ACTIVATE THE INNE STRIP BEFORE STARTING A READING**

If you started your reading before activating your inne STRIP, please follow the steps below

- Take out the inne STRIP from the inne READER
- Take a new inne STRIP and follow all the steps under Daily progesterone test (p.48) to take a new measurement

## **MY INNE READER IS SHOWING A RED UI LIGHT RED STATIC LIGHT**

If the inne READER shows a solid red UI light, it means the device has encountered an error. The error could either be a too low battery level or an error when analysing your saliva sample. In order to identify the error type please follow the steps below

1. Check the inne READER's battery level:  
Press the button on the inne READER shortly and check the battery light of the inne READER.

→ RED BATTERY LIGHT or NO BATTERY LIGHT:

Battery level is too low to take a measurement.

STEPS: Connect the inne READER to a charger and wait till the battery light changes from red to yellow. Then take a new inne STRIP and repeat the progesterone measurement.

→ YELLOW / GREEN BATTERY LIGHT:

Battery level is sufficient to do a reading. Problem with the collected sample or the inne STRIP.

STEPS: Repeat the test with a new inne STRIP to get the daily progesterone reading. Follow the steps outlined in p.48

## **RED BLINKING LIGHT**

If the inne READER shows you a blinking red light and goes off afterwards, it means that it has encountered a system error. Please contact customer service by sending an email to [support@inne.io](mailto:support@inne.io)

## MY READINGS HAVE NOT SYNCHRONISED WITH MY INNE APP

If you have done your daily saliva test and the inne APP does not display your readings, turn on the inne READER by pressing the button shortly. If the inne READER shows a green blinking UI light, it means that it could not send readings to your iPhone due to a lack of connection.

## DATA SYNCHRONISATION

The inne READER sends the results automatically via Wi-Fi or Bluetooth to the inne APP. If results cannot be sent, the inne READER has the capacity to store the 10 most recent measurements.

When the inne READER has over 10 unsynchronised readings in memory, it will overwrite the oldest readings with the latest one.

To see if there are unsynchronised results, press the button of the inne READER. A green light in the strip slot indicates unsynchronised readings on the inne READER.

To transfer unsynchronised results make sure the iPhone is within reach, that Bluetooth connection is enabled and the inne APP is launched, when pressing the button on the inne READER.

**WARNING** Not synchronising the test results daily will prevent you from using the inne SYSTEM for its intended use of fertility monitoring.

## UPDATES – INNE APP

Once a new update is available, it will be shown automatically upon launch of the inne APP. All updates are made available on the Apple AppStore.

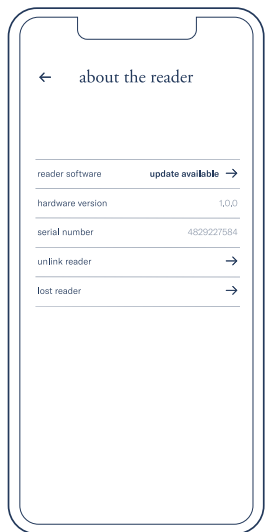
### INNE READER SOFTWARE

If a software update for the inne READER is available, it will be shown through a notification in the inne APP.

To see if new updates are available for the inne READER go to the 'settings' tab and tap on 'about the inne READER'.

What is needed to update the inne READER software?

- The inne APP on your iPhone with connection to the internet
- The inne READER with connection to an active Wi-Fi
- The inne READER, sufficiently charged or connected to a charging point.



To update the inne READER software when an update is available, click on 'update' and follow the on-screen instructions.

## 5. Maintenance – General Information

### READER REPAIR

Your inne READER contains no user-serviceable parts. Don't attempt to open or disassemble your inne READER or remove, crush, or puncture the battery in your inne READER, expose it to high temperatures or liquids. Disassembling your inne READER may damage it or cause injury to you.

### WARRANTY INFORMATION

Feral GmbH warrants the inne READER, and only the inne READER, against defects in materials and workmanship under normal use for a period of three years from the date of purchase by the original purchaser. Defects discovered within the warranty period should be reported to Feral GmbH. Feral GmbH reserves the right to a period of investigation to establish the cause of the defect and may exercise its discretion in determining whether or not to replace free of charge. This warranty does not cover cosmetic deterioration or damage caused by general wear and tear, physical or natural destruction, accident, misuse, neglect or other external causes. Any attempt to take the READER apart will invalidate this warranty. Any warranty claims must be supported with reasonable evidence, including proof of date of purchase, alongside these warranty

conditions. In the event that Feral decides to provide a replacement, any replacement will not extend the life of this warranty.

### CUSTOMER CARE

If you have any questions or require assistance with your inne READER, inne STRIP, inne APP, inne account, if you need support with your inne order, or if you want to share some feedback or complaints with us, please contact:

→ Via email  
support@inne.io

→ Via post  
Feral GmbH  
Muellerstrasse 178,  
c/o CoLaborator, Building S141  
13353 Berlin,  
GERMANY

Return authorisation: All returns must be pre-approved by Feral GmbH before sending the device.

## REGIONAL DISPOSAL AND RECYCLING INFORMATION



The symbol above indicates that the inne READER and/or its battery should not be disposed of with household waste. When you decide to dispose of the inne READER and/or its battery, do so in accordance with local environmental laws and guidelines.

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## REGULATORY COMPLIANCE INFORMATION

This system was developed in compliance with the following standards:

ISO 13485:2016  
IVD Directive 98/79/EC (IVDD)  
ISO 14971:2007  
IEC 62366-1:2015  
IEC 62304:2006+A1:2015  
IEC 61010-1:2010  
IEC 61010-1-2010/AMD1:2016  
IEC 61010-2-101:2018  
ISO 18113-1:2009  
ISO 18113-4:2009  
ISO 18113-5:2009



## LEGEND



Consult the SYSTEM MANUAL for important information such as warnings and precautions



Do not use if package is damaged



Batch code



Do not reuse



Temperature limit to which the inner STRIP can be safely exposed



In vitro diagnostic Medical device

## MANUFACTURER DETAILS

Designed and manufactured by

Feral GmbH  
Muellerstr. 178  
13353, Berlin  
GERMANY

**CE**  
0483