

Understanding your Results



Peak Fertility

You will ovulate within the next 24 to 36 hours. You should have sex today.



High Fertility

Your fertility level is high. In this window, you should have sex every other day.



Low Fertility

Your fertility level is low for today. Take your next test when prompted by the app.



Ovulation Confirmed

You have successfully ovulated this cycle.

Frequently Asked Questions



Why do I need to take a test on day 6 of my cycle?

The app will ask you to test on day 6 of your cycle to gain the reference levels of your hormones before they begin to rise. This allows Inito to learn your hormone levels and provide fertile days specific to your body.

Can I use the test strip more than once?

No, it has to be disposed off after a single use. In case your test failed, you may try again by reusing the same test strip and urine sample within 20 minutes of your first test.

When should I start testing with the fertility monitor?

Take a reference test on day 6 of your cycle. As you move toward your fertile window, the app will send you reminders to take tests when your hormone levels are expected to rise. If your cycle is delayed or ahead, the app updates the test days.

Why is my fertility monitor blinking?

The blinking lights inside the monitor indicate that the battery is adequately charged. The monitor is expected to have a battery life between 3-6 months. The green light on the side blinks when the test strip has been inserted into the fertility monitor.

Have a new phone that doesn't fit the Mounting Clip?

Call us at the number below to order a custom-made Mounting Clip.

Replacements and warranty:

<https://www.inito.com/replacements-and-warranty>

Inquiry, feedback or suggestions:

E-mail: help@inito.com



Helpful Tips

- Take a test on day 6 of your cycle. (Day 1 of your cycle is the first day of your period.) The app considers this a reference test and uses the insight to analyze future tests.
- Test your first urine of the day.
- Avoid drinking too much water the night before you test. It can cause a variation in hormone concentration that may lead to inaccurate results.
- Don't miss the tests in your calendar. You might miss the high and peak fertile window or ovulation confirmation.
- Continually update your period dates.
- After receiving "peak fertility" results, continue testing over the next few days to confirm ovulation.

inito

User Guide

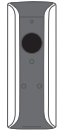
Read carefully before use



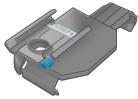
Do not dip the test strip in urine before reading the instructions.

To get started, you need:

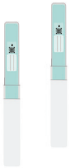
1 Inito Fertility Monitor



2 Mounting Clip for your phone



3 Inito Test Strips



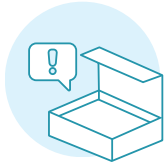
4 Test Cup for collecting urine



5 Smartphone model you specified at the time of order



Do not discard the Inito Monitor Box or the Test Strip Box
They contain important codes you may need later.



(1) Register with the Inito App

- Using your smartphone, download the “**Inito Fertility & Ovulation**” app from the App Store. Complete the sign-up steps.
- Swipe through the introduction. If you have already signed up, select “**I Have Inito Monitor**” on the last page. Next, navigate to “**Settings**” and select “**Add your Monitor**”.
- Scan the QR code printed inside the Inito box, or enter the code manually. Click on “**Add Fertility Monitor**”.
- Enter the known start dates of your last periods in the app. For best results, make sure the dates are accurate.



You're now onboard!

(2) Set Up Your Monitor

Removing the pull out tab

- Hold the pull up tab.
- Pull the tab out to turn your monitor on. Do not reinsert the tab.
- Continue with clip attachment.



Clip attachment

If the Mounting Clip is already attached to the Inito Fertility Monitor, skip **step A** and review **step C**.

A Align the monitor with the clip.



B Slide the monitor into the clip.

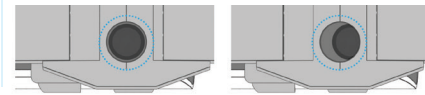


C Lock till you hear the click.



The assembled monitor should reflect the image below. The hole in the mounting clip should be aligned with the glass window on the device

Mounting Clip attached correctly Mounting Clip attached incorrectly

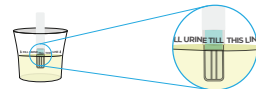


You're all set to take a test! Check the calendar on the app to know your next test date.

(3) Take a Test

Click on “**Take a Test**” in the app

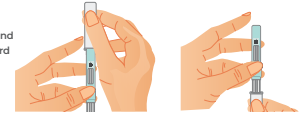
- In the morning, collect your first urine of the day in the provided test cup. Collect enough to reach the line marked on the cup.
- Dip the paper end of an Inito Test Strip in the urine sample for 15 seconds. Use the timer in the app to make sure you dip it for exactly 15 seconds.



Be sure to fully submerge the paper end of the test strip

C Remove the test strip from the urine. Place the cap, found on the other end of the strip, over the paper end. Do NOT insert the test strip yet.

Keep the paper end pointed downward while replacing the cap.



D Remove your phone case and screen guard before use. Attach the monitor onto the phone by sliding the phone into the Mounting Clip until it stops. A little force may be required for a snug fit. Do not use the monitor without the Mounting Clip. This can give inaccurate results.



E Fully insert the plastic end of the test strip into the monitor. The monitor will light up when the strip has been correctly inserted.

NEVER insert the urine-dipped paper end into the monitor. This will damage the device and void your warranty.

Always insert the plastic end of the strip

Do not insert the paper end of the strip



F The Inito Fertility Monitor will measure the hormones in your urine sample. On the app, you'll be given your fertility status along with suggestions for conceiving.

G Remove the test strip and dispose of with your household waste. Do NOT flush it down the toilet. Detach the monitor from your phone and store it in the Inito box.

You've successfully completed your test!