

# MyFertilityCycle

## MyFertilityCycle



# Mobile Device Manual

*No cellular internet service needed!  
Receive instant text messaging results!  
View and update your results on your home computer!*

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## What is this all about?

Technology is the wonderment of our time. At the same time, however, the same can be said of breakthroughs in the scientific knowledge of “the language of the female body.” Little do most women (and even their doctors) know how much can be learned about a woman’s health just by making very simple and routine observations of menstrual cycle events. As you use MyFertilityCycle 1.0 Cellular, we are hoping that you will make this important discovery yourself. And since all you need is a cellular enabled device, what you are about to learn has never been easier! If you are new to all this, the discoveries you will make about your body will take time and there will be many “ahah!” moments as you go along. But now the benefits of all this are only a text message away!

Consider what you can find out about your body by using MyFertilityCycle:

### ***Fertility***

Are you fertile today? Why not find out right now. MyFertilityCycle 1.0 Cellular can tell you. Forget about over the counter fertility testing, we want to give you the tools to really know what is going on. By learning to interpret the language of your body, you can make true family planning decisions and you will never have to rely on artificial hormones, devices, or surgical procedures ever again.

### ***Gynecology***

The best part about MyFertilityCycle 1.0 Cellular, is all that you will learn about the functioning of the female body. The vast majority of “Women’s” health problems occur because of something abnormal in the reproductive system. Trying to figure out most women’s health problems, including infertility, without the information that you can only get from MyFertilityCycle is about the same as trying to do cardiology without an EKG! Don’t wait for your doctor to tell you about this because he probably doesn’t know. It is up to you—now—to take charge of your own health—and fertility!

Cheers!

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## What is MyFertilityCycle?

MyFertilityCycle is an internet based application that will teach you about your fertility and gynecological health based on simple systematic observations that you make during the course of your menstrual cycle. Interestingly, the secrets to understanding: (a) when you are fertile and when you are not, (b) gynecological health, and (c) the cause of many infertility conditions, are encoded into these simple observations. MyFertilityCycle sorts this out for you.

There are many systems of fertility charting, but MyFertilityCycle is not the same. What makes MyFertilityCycle so different is:

1. You don't have to learn a complicated set of rules. Just answer a few simple targeted questions every day and MyFertilityCycle will take care of the rest. Now you can do this on your cellular handset.
2. There are no instructional courses to take. Our educational materials can be found online at our website in the carting area.
3. MyFertilityCycle 1.0 Cellular gives you the option to input your data from your cellular handset in addition to using the internet at home on your personal computer (PC). Not only that, you will receive an instantaneous reply.
4. We have an online forum of experts and users of MyFertilityCycle where you can post questions, get the latest information, and learn from our staff as well as other members. You can search the forum for current knowledge about any question you may have.
5. MyFertilityCycle is much more than a record of fertile and infertile days. It is a tool that can be used permanently to monitor gynecological health.
6. MyFertilityCycle is FREE.

The bottom line is that by using MyFertilityCycle, your fertility doesn't have to be a mystery. You now have access to an incredibly accurate tool that will take the mystery and worry out of the equation in a way that allows you to take charge of your reproductive destiny and gynecological health. Once you start using it, you will wonder how you ever got by without it.

## Getting Started

Here is a list of what you will need to get started:

1. A FREE MyFertilityCycle user account. Open the account online from our website at: <http://myfertilitycycle.net>
2. An e-mail address. Once you register, we will send an account activation link to your e-mail box. Click on the link to log in to your FREE account.
3. Complete our online tutorials and tasks that are required to start entering your data. This will be in the MyFertilityCycle charting area of your on line account.
4. Register the address of your cellular handset with your online account.
5. Install the MyFertilityCycle 1.0 Cellular Java MIDlet on your cellular device.
6. You are ready to use MyFertilityCycle

It is important to note, that the technology is evolving in cellular communications. This is even truer when it comes to using cellular communication devices that are integrated with other communication platforms such as internet web servers and home personal computers. As time goes on, the procedures required to make this all work are only getting easier. If you are having trouble completing any of these tasks, please feel free to contact us through the website and we will find a way of helping you. Once your account is established and working, the rest is the next best thing to magic!

## Installing MyFertilityCycle on Your Handset

### *Installation*

There are two methods to install new applications on your cellular device:

1. Download the application directly over the internet.
2. Using a Cable or Bluetooth connection between your device and your PC.

The easiest method is wireless internet (instructions below), but this *does* require that you are able to access an internet address from your handset. Check with your cellular provider if you are not sure how to do this.

Downloading MyFertilityCycle to your PC and transferring it yourself via cable or Bluetooth is a bit more complicated as it requires that you have the device drivers and software from the maker of your cellular handset that allow you to get the job done. If you cannot access the internet from your device for some reason and need to download to your PC, please let us know so that we can direct you to the appropriate resources for your handset.

### *Instructions for the Wireless Internet Method*

You can download and install MyFertilityCycle 1.0 by pointing your handset to:

**c4l.mobi**

The extension .mobi specifies that the website address is for a handheld wireless device. When you get there, you will see the download menu of mobile applications that are available. Just follow the prompts. It is that simple.

You may also use the following internet address to view a short movie of a live installation on a Motorola RAZR V3:

<http://c4l.mobi/install.php>

## Help Wanted

We need your help! We are so confident that you are going to love being able to access these services, that we would appreciate your help in making this available to as many women as possible.

There are a few ways that you can help us to reach other women just like you.

1. Tell-a-friend. If you like our FREE services, then of course, it will come naturally to share this information with your friends. If you want to use the internet to get the word out, feel free to access our tell-a-friend link: <http://fertilityweb.net/tell-a-friend.html>
2. Link to our website. If you have a BLOG or website of your own you can make these services available to your friends and readers by posting a link.
3. Use our website address in the signature line of your e-mail messages.
4. Visit our website often. Visiting our website often has two effects. First, it helps us to achieve “traffic” rankings on internet watchdog websites like Alexa. Websites with higher traffic rankings have higher relative “importance” and attract more visitors. Second, it helps us to be more effective in distributing the latest information and software updates for the mobile applications that our members use.
5. Consider being involved in our “women helping women” initiative. Admittedly, we have limited staff to address the rapidly growing needs of our new members. The greatest need is to help other women to get started using our mobile application. We are developing a voluntary network of women who are willing to help other women to set up the same cellular handset as the one that they are using (using the same method they used to set up a device). This is will be done on a “return the favor” type basis which is also somewhat familiar to “pass the baton.” If this sounds confusing, please feel free to ask us for more information.

Once again, we know that you will be thrilled with this one-of-a-kind service that is not available anywhere else. We don't require you to become actively involved in any of these strategies as a condition of using our FREE services. We believe, however, that as you begin to realize the full benefits of MyFertilityCycle, you will have a natural desire to do so for the benefit of other women who need this information and service just as much as you do.

## Charting Your Fertility



Recording fertility observations has never been easier. We have designed MyFertilityCycle 1.0 Cellular with one primary consideration in mind:

### User friendliness!

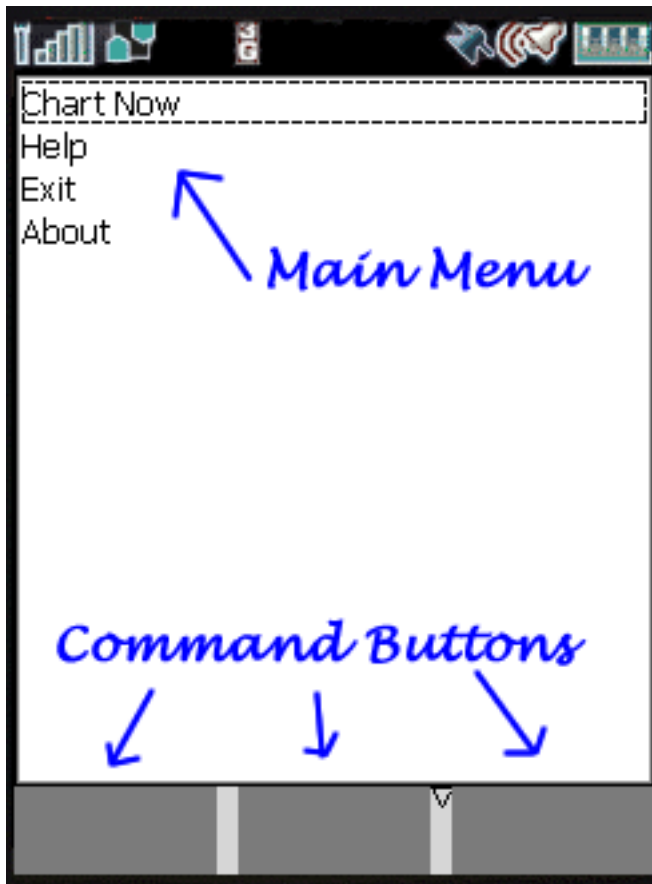
In the remainder of this document, we will walk you through the different screens so that you will know exactly what kind of information you will be asked for.

You will be able to record your information and receive an interpretive reply from our server. However, we do not intend for the cellular handset to completely replace the use of your home or office computer and a means of managing your FREE MyFertilityCycle account.

At the same time, because it is so easy, you will probably use your cellular handset most of the time, but to get the most out of this service, you will need to visit our website on occasion.

Ultimately, you will decide how you want to access and use these services and it is all up to you!

## The Main Menu



When you start MyFertilityCycle 1.0 Cellular, this is the first screen you will see.

This is the screen from a Motorola RAZR V3, which is probably different than the screen on your cellular handset unless you have the same device.

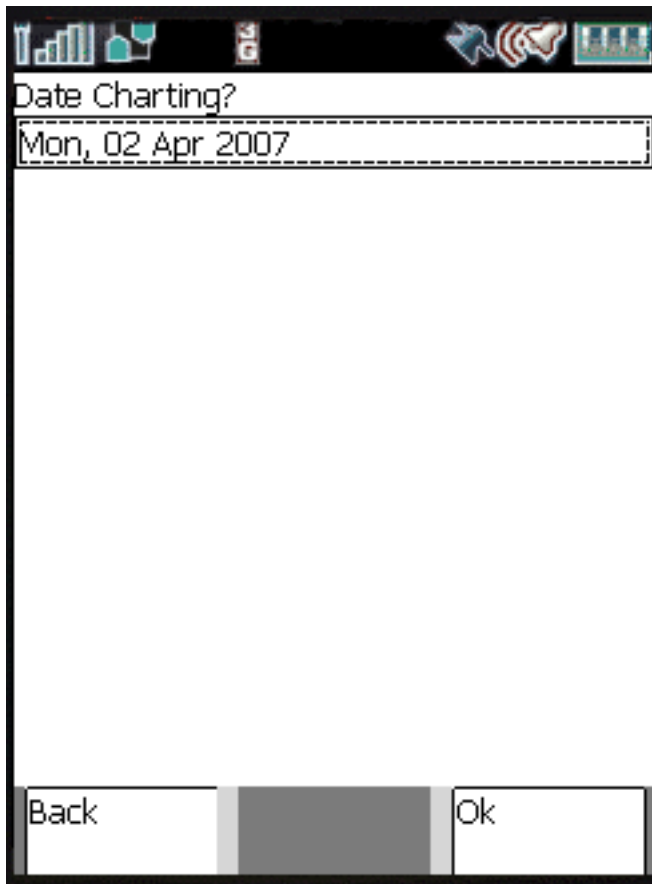
The main menu will appear at the top of the screen as shown.

The bottom three boxes on the screen are where you will see menu button commands.

To begin entering your data, simply select “chart now.” The other items on this screen are self explanatory.

Use the main selector button on your cellular handset to select the menu item that you want to use. The *exit* option will close the application.

## **Date Charting**



The first charting screen will ask you for the date you would like to use to record your observations.

By default, the date shown is the current date. If you want to change the date, use the main selector button on your cellular handset and you can change the date to whatever you want.

### **BACK**

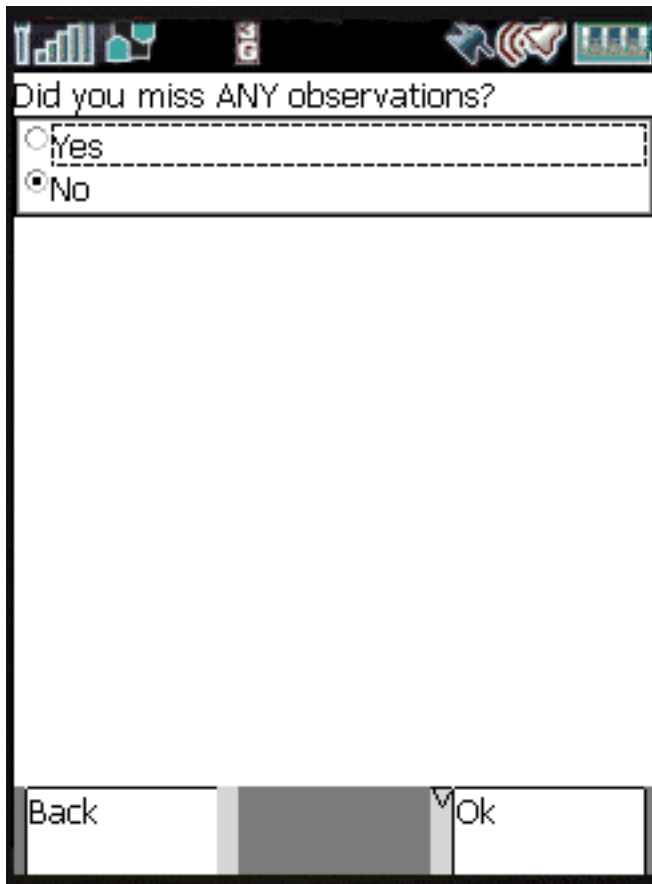
The back button will go back to the main menu.

### **OK**

The OK button will accept the date you have selected and advance the screen to the next question.

By now, you must be amazed at how easy this is. Just wait until you are done sending and you get a response!

## Quality Assurance



The screenshot shows a mobile application interface. At the top, there is a status bar with various icons. Below it, the question "Did you miss ANY observations?" is displayed. Underneath the question, there are two radio button options: "Yes" (unselected) and "No" (selected). At the bottom of the screen, there are two buttons: "Back" on the left and "OK" on the right. The "OK" button is highlighted with a grey background.

On this screen, you will be presented with a “quality assurance” question.

The main purpose of this question, actually, is to remind you—every time—about how important it is that you are making 100% of the observations that you are supposed to make to get the best results with MyFertilityCycle.

If you have any questions about this, review the educational charting materials in your FREE online user account or post a question in our forums.

### **BACK**

The back button will go back to the date charting question.

### **OK**

The OK button will accept the data you have entered and go to the next question.

### **DEFAULT**

The default answer is “no” which is already selected. Most of the time, you will use the default answer and you can just press OK to continue on to the next screen.

## Vaginal Bleeding

Bleeding?

none

heavy

moderate

light

very light

brown

Back Ok

If you noticed any vaginal bleeding, select the option which most appropriately describes what you observed for the day on which you are charting.

There are very specific definitions for each one of the bleeding choices. If there is any confusion, you should go back and review the educational materials in your FREE online user account or post a question in our forums.

Put a check mark on “brown” bleeding box if the bleeding has a brown discoloration.

### BACK

The back button will go back to the quality assurance question.

### OK

The OK button will accept the data you have entered and go to the next question.

### DEFAULT

The default answer is “none” which is already selected. Once again, most of the time, this will be the answer, so you can just press OK to continue on to the next screen.

This is so simple, that after a while you can just press keys without having to think about it!

**Sensation**

Lubrication?

Yes

No

Back OK

Lubrication tends to be somewhat of a trick question. Frequently, women think they are lubricative at the time that they wipe when they are not.

Chances are that YOU ARE NOT LUBRICATIVE!

Once again, there is a very specific definition for this, so if there is any confusion, you should go back and review the educational materials in your FREE online user account or post a question in our forums.

This point can't be emphasized enough!

**BACK**

The back button will go back to the vaginal bleeding question.

**OK**

The OK button will accept the data you have entered and go to the next question.

**DEFAULT**

The default answer, once again, is "no" which is already selected. When in doubt, leave it as "no" and just press OK to continue on to the next screen.

## ***The Stretchability Quality***

The screenshot shows a mobile application interface. At the top, there is a status bar with various icons. Below it, the title 'Stretch?' is displayed. A list of radio button options is shown: 'none' (selected), 'up to 1/4 inch', 'up to 3/4 inch', and '1 inch or more'. At the bottom of the screen, there are two buttons: 'Back' and 'Ok'.

When you observe cervical mucus, how far does it stretch?

Remember that you must finger test cervical mucus according to the procedures that are outlined in the instructional manual that is in your FREE online account.

On this screen, simply choose the answer that describes the “longest stretch” that you noticed for the day.

You do not need a ruler to answer this question correctly.

### **BACK**

The back button will go back to the sensation question.

### **OK**

The OK button will accept the data you have entered and go to the next question.

### **DEFAULT**

The default answer, once again, is “no” which is already selected. If you were not able to lift any mucus from the tissue paper when you wiped, simply choose OK to go to the last question.

## The Color Quality

The screenshot shows a mobile application interface. At the top, there is a status bar with various icons. Below it, the title 'Color?' is displayed. The main content area contains a list of radio button options: 'none' (selected), 'cloudy', 'cloudy-clear', and 'clear'. At the bottom of the screen, there are two buttons: 'Back' on the left and 'Send' on the right.

The last piece of information to record is the color of the cervical mucus you observed for the day.

Remember that you must observe the mucus at eye level with enough light to make the correct determination.

Clear mucus is like “saran wrap” because you can see through it, while cloudy mucus is more like wax paper.

Frequently, the clear and cloudy mucus are “mixed” (i.e., clear-cloudy). If you cannot lift up the mucus as described here, then do not give it a color.

### BACK

The back button will go back to the stretchability question.

### SEND

The send button will accept the data you have entered so far and transmit your answers to the internet server for MyFertilityCycle in the form of a formatted text message.



Do not press the send button until you are satisfied that you have answered all questions correctly. In general, your text message should be received by the server and processed with the appropriate reply sent back to you in less than one minute. Depending on how busy the server is, it may take longer. Text messages are limited to 160 characters or less, so the answer you get will only indicate: (a) success or failure, (b) fertile or infertile, and (c) a description of what image is on your chart.

## ***Transmitting Your Message***

There are a few things you should know about how your message is transmitted. The most important point is that your message is not being sent using the internet. Instead, the transmission is in the form of a standard text message.

## ***Using the Internet versus Cellular Text Messaging***

These two forms of transmission are very different. Most people would be shocked to find out that Internet on a cellular handset is still working with technology that is more than 10 years old. Remember the old “modem” or “dial-up” days before we used terms like “broadband?” Well, cellular devices still use the old modem system. That is why internet via cellular, is very disappointing. As long as your handset is using a modem, don’t believe a word that your cellular provider says when they tell you how fast the internet connection is.

So what is text messaging? Good question. A text message is a very small text only data packet sent over a cellular communications system (also called SMS). These packets are limited to 160 characters which is actually plenty for MyFertilityCycle. Because the message originated on a known cellular handset that belongs to a known user, there is really no way to hide or fake the identity of the person who is sending the message. This is also the main reason why there is no “spam” in text messaging.

Suffice it to say that the text messaging system has many advantages that make it the ideal system for MyFertilityCycle to communicate with you your mobile device. The only real disadvantage is that it is not free. The commercial industry already has a solid lock on commerce in the text messaging world. This is not as bad as it sounds. Actually, it is another reason why you don’t get spam on your cellular device because sending you messages, once again, is not free. People who send spam hate paying for things and they don’t want you to know who they really are.

If you consider that the average charge for a text message is 10 cents, and assuming that you will use MyFertilityCycle once a day (probably less if you use the internet), then it will cost approximately \$3 per month to use this service. If you wind up getting hooked on text messaging (like me) once you get started and see how great it is, you may also find that it is worth it to invest in the “unlimited” option (usually less than \$10) from your cellular provider.

You will have to check with your cellular provider, but as far as we know, there is no cost for receiving a message, only transmitting one.

## Getting Results

There are many reasons to use MyFertilityCycle. No matter if you are trying to achieve pregnancy, trying to avoid pregnancy, or neither of the two, there are a few simple guidelines that you should follow.

Monitoring your fertility must become a habit!

It is easy to get the idea that technological innovations like fertility monitors, and now even the use of your mobile device to transmit and receive information, will somehow make you more accurate or effective in monitoring and using your fertility information. Nothing could be farther from the truth! No matter how you look at it, you will need to make sure that you do a good job of learning how to make complete and accurate observations in order to guarantee that your chart is producing the most accurate picture of your fertility.

The closer you can get to perfectly following the instructions that are in the educational materials of the charting area on your FREE account, the more accurate you will be. Missing observations will dramatically reduce your ability to produce good information. Don't expect fertility monitoring to come naturally. The more you practice, the easier this will get and the more you will form a habit of monitoring the biological signs of your fertility. Eventually, it will become so natural that you won't even have to think about it.

Over time, you will gain confidence in your ability to monitor your fertility naturally. If this is new to you, you may want to visit our website often. Browse through the user profiles of other members who are charting their fertility to see what type of information they have chosen to share. You can also search through the online forums for answers to questions you have or even ask some of your own. By becoming familiar with all the tools that are available to you through the various internet and cellular applications that make up MyFertilityCycle, you will discover that monitoring your fertility has never been easier, more fun, or exciting. MyFertilityCycle is a great way to take personal control of your family planning desires and your reproductive and health.

## **Spread the Word**

Once you get started with this new way of charting your fertility and getting to know more about your body, you are going to see how exciting and fun this is. With traditional “once a day” methods of charting fertility, you are always waiting for the time of the day that you normally record your observations. With this method, however, it is so easy that there is actually no reason why you couldn’t record your observations multiple times throughout the day—as often as you want.

Using MyFertilityCycle is also a great thing to talk about with your friends. You will be surprised at how many women are struggling with infertility or wish that they had a better option for family planning. Now, you have some great answers. Why not share this information with other women such as yourself?

There are many ways to spread the word about MyFertilityCycle, but the way we like most is the internet. You may want to check back with our website from time to time to see what kind of promotional materials and incentives we are offering. We are always planning events and incentive programs to make this a win-win situation for everybody.

Here is the location of our tell-a-friend link:

<http://fertilityweb.net/tell-a-friend.html>

## Summary

In this short manual, you have been introduced to the capability of putting your cellular handset to work as your personal fertility monitoring assistant. Clearly, a cellular phone is not just for making calls anymore. Undoubtedly, this is just the beginning! We live in an exciting age of information technologies that are changing the way we think about (and do) just about everything—and now fertility monitoring has just been added to the list!

Once you get started using your mobile handset, this manual should be pretty straight forward. If there are any problems, they will most likely be simple issues related to getting this all to work. Please feel free to contact us if you have any questions about anything presented in the manual or if you are having any technical difficulties.

Happy wireless fertility charting!

David Picella, NP, PhD(c)  
david@fertilityweb.net

## Getting Help

MyFertilityCycle 1.0 Cellular Technical Support Forum

<http://fertilityweb.net/viewforum.php?f=15>

Current Mobile Device Downloads from FertilityWeb

<http://c4l.mobi/fertilityweb.php>

Cellular Handset Support Forum: Almost any question answered.

<http://www.mobiledia.com/>

### ***Mobile Cellular Phone and Other Handset Support Links***

Apple - iPhone

<http://www.apple.com/iphone/>

LG Electronics USA

<http://us.lge.com/support/support.jsp>

Motorola Customer Support - United States

<http://www.motorola.com/content.jsp?globalObjectId=7193>

<http://developer.motorola.com/>

Nokia USA: Product Support

<http://www.nokiausa.com/support/main/1,2835,,00.html>

Palm - Support

<http://www.palm.com/us/support/>

SAMSUNG Digital World - Support

<http://www.samsung.com/sg/support/productsupport/download/index.aspx>

SANYO Wireless Handsets

<http://us.sanyo.com/wireless/handsets/index.cfm>

Siemens USA

<http://www.benq.us/support/downloads/index.cfm?productline=26>

Sony Ericsson - US - Home page

<http://www.sonyericsson.com/spg.jsp?cc=us&lc=en&ver=4000&template=ph1&zone=ph>