

MANUAL FOR



[WWW.KEGG.TECH](http://WWW.KEGG.TECH)



### **Note to consumers:**

kegg is a fertility tracking monitor that measures the changes in electrolyte levels of the vaginal fluids throughout the fertility cycle. This product was developed for women within reproductive age for personal use. It is recommended that you read through this manual prior to use.

kegg must be used in accordance with the instructions contained in this manual. Use of this product does not guarantee success in achieving pregnancy. kegg is not intended to diagnose, treat, cure, or prevent any disease or health condition. kegg is not recommended to be used as a contraceptive or proceptive device.

### **kegg is recommended for women who:**

- Are trying to conceive
- Are not using hormonal birth control or IUD of any kind, and have not used either within 2 months prior
- Do not experience or have a pelvic floor dysfunction
- Do not have an active sexually transmitted disease or infection
- Are not within six weeks of giving birth or post partum without the return of cycles
- Are not currently lactating (producing breast milk)
- Do not use any type of internal vaginal creams, medications, or ointments

Always consult a physician before using kegg or if you have any concerns regarding the use of this product.

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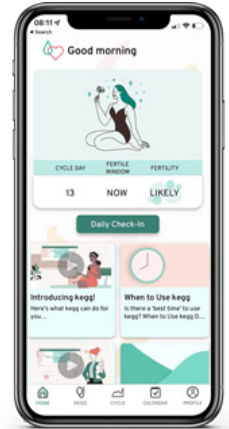


## In the box

- kegg
- manual
- charging cradle
- charging cable and block

## Download the kegg app

The kegg app is available on Apple iOS and Android, through the app store on your phone.



## Register your kegg and set up your account

After you download the kegg app, create an account to begin using your kegg for once daily readings. During the onboarding process you will register your kegg by scanning the QR code or by typing in the serial number shown on the inside of your kegg's box or on the cover of this manual.

## Turning your kegg on and off

The kegg app will let you know when it is time to turn on your kegg.

**To turn your kegg ON**, press the button on the side of your kegg. Your kegg will vibrate once and slowly flash green.

When your daily reading is complete, the app will instruct you to remove kegg and it will automatically turn off. To manually **turn your kegg OFF**, hold the button until it vibrates twice.

## Charging your kegg

If your kegg needs to be charged, the app will alert you or the kegg will flash yellow when it is turned on. Gently press your clean and dry kegg all the way into its charging cradle and firmly connect the cable to the cradle and charging block. kegg will slowly flash yellow when charging and turn green once fully charged. It is best to charge your kegg only when the app prompts you to. You may store your clean and dry kegg in the unplugged cradle if you wish.

# HOW TO USE KEGG

## Your daily reading with kegg

- 1 On non-bleeding days, take your kegg readings within the same 2 hour window, no more than 1 hour before or after your target measurement time. You may choose your target measurement time in PROFILE. **Consistent timing is key.**
- 2 Using your kegg app, tap on the KEGG icon and follow the instructions to begin taking your reading. Use the same comfortable position daily to take your reading. When the app instructs you, insert the ball shaped end of your kegg into your vagina, leaving the tail end outside and facing forward. Try to avoid movement once the two minute reading begins. Do not use lubricant for insertion. If desired, you may rinse kegg in warm water to help with insertion.
- 3 After insertion is detected, **you will feel one vibration** to signal that the reading has begun. In less than one minute, **you will feel two vibrations** when the reading is complete. Remove kegg when instructed to do so. Keep kegg in close proximity to your phone. After the app confirms your reading is complete, you may rinse your kegg.

### **Three quick vibrations from kegg indicates an error has occurred.**

The app will instruct you to try again. “Out-of-range” errors may be caused by movement during the reading, removing kegg before the reading is complete, attempting to take multiple readings consecutively, foreign substances (such as lubricants and ointments), lactation, infections, illness, and medications that can impact the body’s electrolytes.

**Note:** If you feel your kegg slipping out after insertion, place your hand on the kegg tail at the vaginal opening to keep it in place during the reading.

## When it's time for your reading

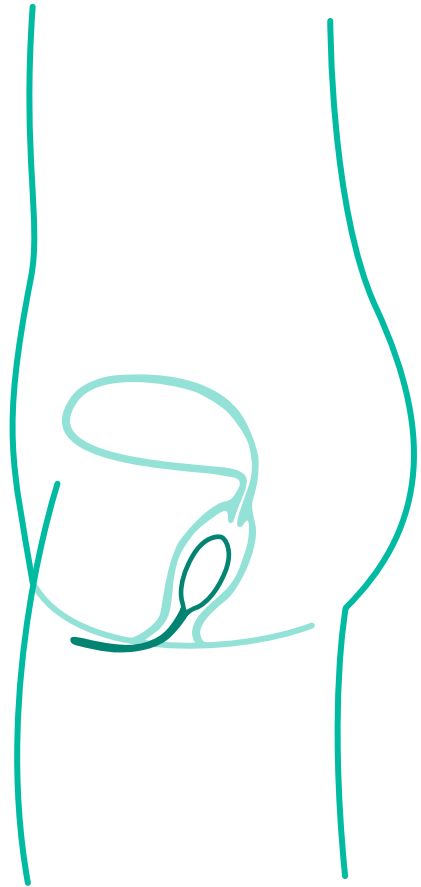
Insert the ball shaped end of the kegg into your vagina, leaving the tail end outside and facing forward as shown.

## Optional kegel exercises

Before taking a reading, you can opt to do kegel exercises. You will be guided through the exercise sequence by the app. Doing kegel exercises can help strengthen your pelvic floor muscles. It is always good to discuss doing kegel exercises with your physician if you have any concerns or experience any discomfort.

## Cleaning your kegg

Clean your kegg before and after every use with warm water. Dry gently and thoroughly with a towel taking care not to scratch the surface of the metal electrodes. kegg is water resistant, but avoid submerging your kegg in water.



# TROUBLESHOOTING

## Connecting your kegg to the app

Make sure your phone's operating system and kegg app are up-to-date. In order to connect to the app, your phone's Bluetooth and location services must be enabled on your phone. When your kegg is turned on, the button will glow green. Allow the app permission to connect with your kegg.

## Charging

- Your kegg should be thoroughly clean and dry before charging.
- Check to be sure the inside of your charging cradle is free of debris.
- The charging cord should be firmly connected to the cradle.
- Connect your charging block to a wall outlet.
- Be sure your kegg is firmly seated in its cradle.

Your kegg's light will gently pulse yellow while charging and turn solid green when complete.

## Errors during use: Common causes

- Movement during the reading
- Removing kegg before the app instructs
- kegg not being fully inserted
- Infection or use of medication for an infection
- Presence of blood, lubricants, semen, ointments or creams
- Being post birth or hormonal birth control, without the return of cycles
- Lactation (producing breast milk)
- Current or recent use of hormonal birth control or IUD of any kind
- Current or recent use of medications that impact the body's electrolyte levels

## kegg user support

Have a question? We are here to help! You can contact us 24/7  
[kegg.tech/support](https://kegg.tech/support)



## Tips for accurate readings

- Choose a time that works well for you everyday. We recommend either in the morning or evening. A kegg reading should not be taken within 8 hours after intercourse so consider this detail when you choose your target time.
- Take readings within the same 2 hour time frame. It is best to skip the day's reading if you will be outside of your 2 hour time frame.
- Ensure kegg is fully inserted and avoid movement during your reading.
- Keep the kegg app open on your phone during the full 2 minute reading. The app will let you know when it is time to remove your kegg.



**Kristina Cahojova**  
CEO & Founder



## **A note from Kristina**

I used to struggle with tracking my fertility; my cycles are often irregular due to stress and travel. LH tests and temperature methods provided limited information about my ovulation and nothing about my full fertile window. A fertility specialist recommended I learn to track my cervical mucus. I was happy for this potential alternative but shocked that there was no technology to help. For many women, fertility tracking methods can be difficult and time consuming to learn.

I decided to pursue kegg with a mission and passion to equip women with meaningful insights about their bodies. For decades, we've been taught that our fertility is a mystery and nuisance. As my friend put it "Women know their bodies are able to tell a bigger story. It's time we listen."

## **kegg's mission**

Our small and mighty team of engineers, physicians, and designers believe that all women deserve to understand their fertility. We encourage everyone to embrace knowledge, push for a better standard of care, and not leave fertility up to chance.

# IMPORTANT INFORMATION

## Safety Information

Do not use kegg if you are experiencing vaginal pain, have an infection, while menstruating, or during pregnancy. Discontinue using kegg if you experience discomfort or pain when inserting or using kegg. Consult a physician if pain occurs. kegg should only be used once daily and is not intended to be used as a pelvic floor trainer.

## Warnings

- kegg is internally powered equipment (1x4.2v)
- Charging block DC 5.0V 1.0A 5.0W
- Equipment has a type BF applied part
- Equipment type is continuous operation
- If the equipment is receiving interference or causing interference, the equipment should be relocated away from other equipment
- Environmental requirements for storage and transport:
  - Ambient temperature: -25C to +55C
  - Relative humidity: 15% to 95%
  - Atmospheric pressure: 500hPa to 1060hPa

## Battery Disposal and Package Recycling

This product contains a rechargeable battery. Please do not dispose of kegg with normal household waste. Please dispose of this product at the appropriate electrical and electronic recycling facilities in accordance with local regulations. The appropriate recycling of this product (and its packaging) will help protect our environment.



Follow local government requirements when disposing of equipment  
**CAUTION:** General Warning - refer to accompanying documents.





## Warranty Information

Lady Technologies warrants this product for a period of one (1) year, from the date of original purchase, against defects due to faulty workmanship or materials. In the event that this product fails during the warranty period, simply contact us at [kegg.tech/support](https://kegg.tech/support) and provide us with a valid proof of the date of original purchase and we will replace the faulty product at no extra charge.

This warranty does not cover cosmetic deterioration caused by normal wear and tear or damage caused by accident or misuse, neglect or other use not in accordance with this instruction manual. Any attempt to open or take apart this product or its accessories will void the warranty.

Disclaimer: Users of this product do so at their own risk. Neither Lady Technologies nor its retailers or assigns assume any responsibility or liability for the use of this product. Lady Technologies may make changes to improve this product or this manual without notice.

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### kegg user support

You can contact us 24/7 at [kegg.tech/support](https://kegg.tech/support)



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FCC ID: 2AVWMK1  
Manual Rev C

Made in Taiwan, Designed in the US

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. 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.

- 2565 3rd St. South Building, Suite 318, San Francisco, CA 94107 -