



First steps with *EndoTherm*[®] Basal

A short notice to those who like to skip manuals:

- free software download: <http://basalupdate.endotherm.ch>
- editing by **right click** is possible in almost all fields
- by connecting the USB adapter to your device or inserting the chip into the connected USB adapter synchronization will automatically start.
- please remember to adjust the settings to your personal needs and preferences before starting the first measurement

Purpose

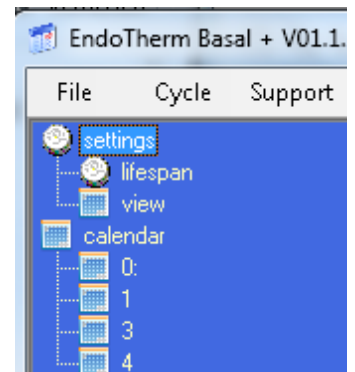
The *EndoTherm*[®] Basal fertility calendar helps you monitor your cycle based on Sensiplan. Nightly temperature measurements can (alternatively to a classic thermometer) be made using the *EndoTherm*[®] Basal chip in order to determine your genuine basal body temperature (lowest temperature during sleep). Measurements will synchronize with the calendar as soon as the adapter with inserted chip is connected to your PC. We have been eager to keep as close to the original Sensiplan[®] calendar as possible. Therefore fertile days won't be determined automatically by this program. Please refer to „Natürlich & Sicher – Das Praxisbuch“¹ (in German) for further information on how to correctly determine your fertile days. We hope that you find this program easy to use and we have tried to lower the chances you'll even have to read this manual as far as possible by making the program self explanatory. :)

Installation

At the moment this software is only compatible with Windows[®]. You can download it here: <http://basalupdate.endotherm.ch>. Installation will be started by double clicking *Basal000.msi*². Stick to the installation wizard (please note that Windows[®] 8 users are required to activate Net 2.0 before the installation process. You can find a detailed manual here <http://endotherm.ch/win8>)

First Startup

At first startup drivers suitable for your windows version will be installed. Please stick to the installation wizard here as well. Once drivers have been successfully installed, a plain calendar with menu will pop up.³



¹ Natürlich & Sicher – Das Praxisbuch, ISBN (EPub) 978-3-8304-6163-0

Also recommended: Raith-Paula E., Frank-Herrmann, P., Freundl, G., Strowitzki, Th.: Natürliche Familienplanung heute; Springer Medizin Verlag, Heidelberg 2008. ISBN: 978-3-540-73439-0 (both books in German)

² 000 replace the digits with the actual version no.

³ If the installation does not work: Start this installation via “Start – EndoTherm – Installation Treiber“



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On first startup a wizard will start and guide you through the settings of your first cycle to be monitored.

If you purchased an *EndoTherm*[®] Basal set, or own an *iButton*[®] with USB connector, select *EndoTherm Basal* as your monitoring method. By doing so the drivers will be installed.

If you choose to monitor your cycle without using the *iButton*[®], all *iButton*[®] exclusive functions will be disabled.

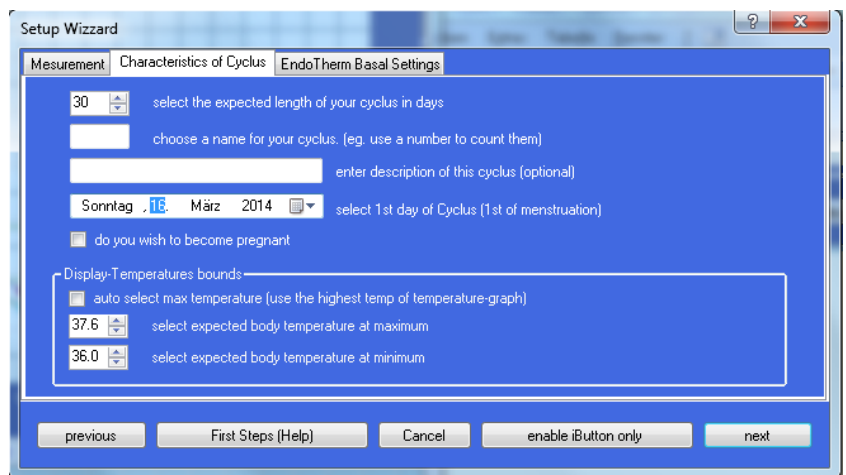
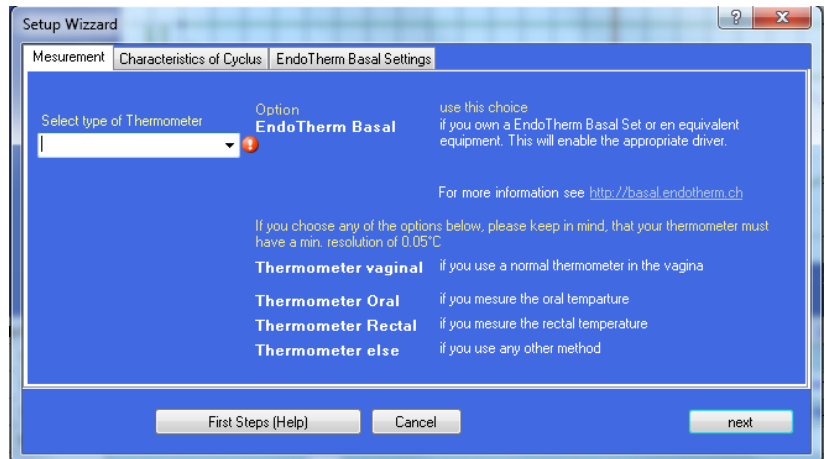
In case you want to look up this guide in the future, you can access it anytime by clicking the [first steps / help](#) button on the bottom of this window.

If you selected *EndoTherm*[®] as your preferred method for monitoring, there will, additionally, be

a "[only display chip data](#)" button at the bottom. If you have already monitored your cycle using an alternative method and want to only view data collected by your *iButton*[®], please check this.

Next hit continue which will create a new cycle. Stick to the wizard. If "[Child](#)" is selected, your fertile days (bottom field in your calendar) will be marked green, otherwise they will be marked red. When adjusting temperature please select the lowest temperature as your expected basal body temperate. Basal body temperature is an individual thing and you can adjust the setting whenever necessary (manual adjustment is possible for all measurements within this program. You can find it in [Settings = format](#)).

The highest temperature setting will influence the intensity of temperature peaks and will make temperatures within a certain level valid or invalid. This can be set to "[auto](#)" which will result in maximum tolerance of even extremely low and high temperatures for your cycle.

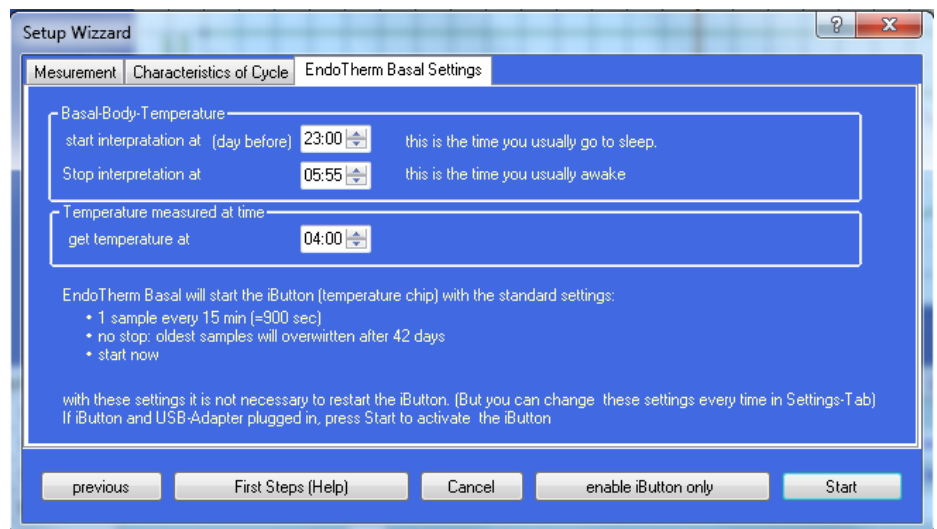




In case you selected **EndoTherm® Basal** as your means of measurement, the following passage will explain correct setting as well as interpretation of your temperature chart.

In order to evaluate your basal body temperature (lowest temperature during sleep), you have to select a start and end time for your nightly measurement during which the chip will auto-

automatically record your temperature at regular intervals. Your selection doesn't have to be very accurate and can be adjusted manually any time afterwards. (View bottom of this manual for further detail)

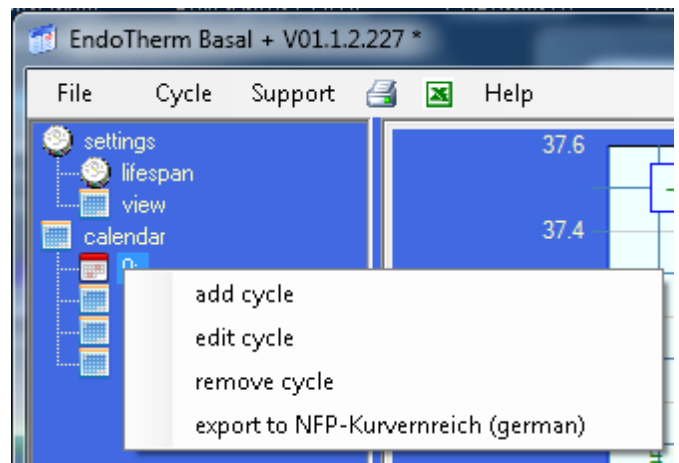


The chip will start up without needing any further information or settings. It is capable of saving the data of up to 42 days. Once this period has passed, it will start overwriting from the oldest data onward. (This methods drawback is that, since with every synchronization the complete data of 4095 days will be transferred, the synchronization process can take some time.)

For more infos on iButton® settings, please have a look at the bottom of this manual. The setup is now completed and your chip, if existent, is ready for use. You might be asked for a password at this point (for further info please refer to the bottom of this manual)

Add or edit new cycle

A right click on the drop down calendar menu will make a menu pop up. By selecting **edit** you will be moved to an editing window where you can adjust the selected cycle s specs.





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You can adjust settings to your preferences here. It is important to set the beginning of your cycle (**first day** of your menses)

By selecting "**trying to conceive**" your fertile days will be marked green. If this option is deselected (highly recommended if you are monitoring your cycle to avoid pregnancy!) your fertile days will be

marked red which means that the risk of pregnancy is high in that period if you choose not to use contraceptives (condoms /femidoms/diaphragms recommended!)

You can choose between the following ways of measuring:

- [EndoTherm® Basal](#)
- [Thermometer Vaginal](#)
- [Thermometer Rectal](#)
- [Thermometer else](#)

You can use the **memo field** to add more fertility symptoms to your cycle.

HL stands for the first day where (counting from the start of your current cycle) a temperature noticeably higher compared to former measurements has been detected and recorded. (This sign of fertility can only be added into an ongoing cycle)

Cycle days describes your typical cycle length (the time that passes from one start of your menses to the next)

Selecting **edit cycle** will return you to the main screen.

Password

Once you connect the (blue) USB adapter to your PC, you might be requested to enter a password to proof the legacy of your license.

Please enter the 12 digit code which you can find on the adapter.

If you haven't purchased a license yet, the fertility chart will be free of charge for 30 days. Once that trial period has passed you have the possibility to purchase an unlimited license (30€) on our website ([register](#)).



Calendar overview

In your fertility chart cycle days are arranged next to each other from left to right.

In the title field you'll find the current cycle days **date** (Saturdays and Sundays will be marked red) All fields are linked to your temperature chart above.

Jan/Feb 1	1	2	3
► T Manual			
T at Time			
T Basal			
Mittelschmerz			
Mucus			
Menses			
cervix			
S. of Breasts			
Intercourse			
Memo			
Fertility			

Tmanual is your temperature measured manually /using an alternative method

Tbasal stands for the lowest temperature during sleep as evaluated by the program. (Start and stop of monitoring time can be adjusted in [settings](#))

Ttime refers to your temperature at the time selected in the setup (p.e. every morning at five o'clock. For further info check [settings](#) and preferences)

Manual temperature editing can be done by right clicking the field you want to edit. An editing window showing the current date will pop up. Please enter [temperature](#) and [time](#) here. In case you want to mark a measurement as invalid (p.e. when

Sonntag, der 2/9/2014 - Temperature

Temperature at (Time) hM: high Temp

Manual hM not valid

Basal 36.356 11:36 PM hM not valid

at Set-Time 36.543 4:06 AM hM not valid

Delete all Temps of this Day OK Cancel

having a fever), activate [exclude data](#). This results in changing this measurement's color in your temperature chart to yellow and marking it red in the calendar. If you want to make a measurement valid again, make sure to check [hM](#).

By selecting “[delete all collected data for day](#)”, all notes and collected data for that day (including temperature during sleep) can be deleted.

You can choose to show or hide all three temperatures or fewer according to your preferences in the [settings](#) menu.

Mucus Montag, der 1/1/0001

visibile:

t t: nothing to see

s s: thick s: white
 s: creamy s: sticky
 s: klumpig s: yellow
 s: cremig s: milchig
 s: zäh, nicht ziehbar (s): exclude data

s+ s+: glasig s+: liquid
 s+: glasklar s+: egg white
 s+: dehnbar, spinnbar s+: Faden ziehend
 s+: rötlich s+: reddish brown
 s+: glasig, mit weissen Fäden durchsetzt (s+) exclude data

s++ s++: (see memo)

felt:

t t: dry t: rough
 t: itchy, uncomfortable

f f: wet

s+ s+: weich s+: wet
 s+: schlüpfrig s+: slippery
 s+: glitschig s+: oily

s++ s++: (see memo)

OK Cancel

The following changes can be applied by right clicking on a field:

Mittelschmerz: Abdominal pain typically experienced prior to ovulation

Mucus: You can add mucus characteristics by selecting the accurate description from the options menu

Menses: Here you can select your menses intensity

36.3... 36.0... 36.0... 36.0... 36.17 36.1... 36.0...

m

s+

mB

none

m: Mittelschmerz

mP

w.

B

ug

1

no bleeding

sB: spotting bleeding

LB: light bleeding

mB: medium bleeding

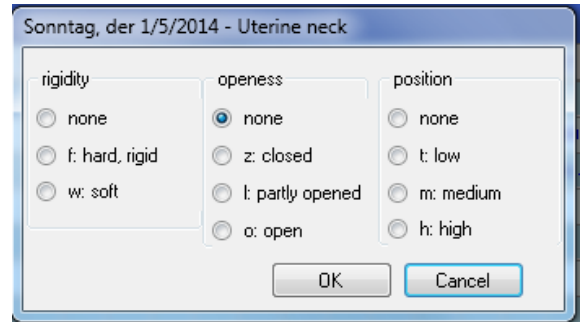
hB: heavy bleeding



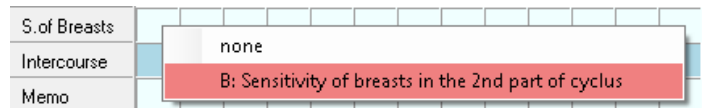
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Cervix: Position and rigidity /openness of your cervix



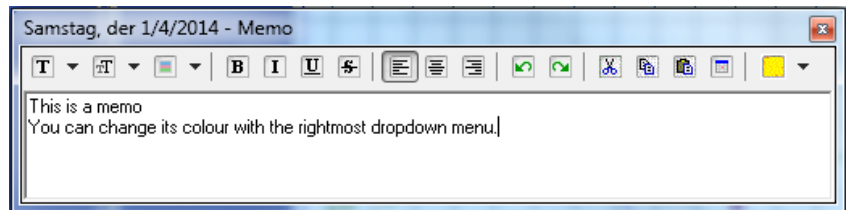
Sensitive breasts: Sensation of enlargement, heaviness or sensitivity typically experienced in the second half of your cycle



Intercourse: Enter notes about protected or unprotected intercourse here

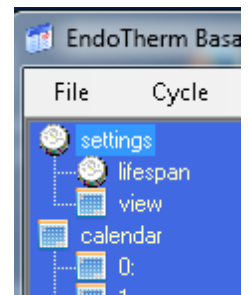


Memo: Feel free to use this field for all kind of notes or diary entries. The yellow field in the menu bar lets you choose the color for the first three letters of your memo to be shown in your calendar (you can access the entire memo by clicking the memo field.)



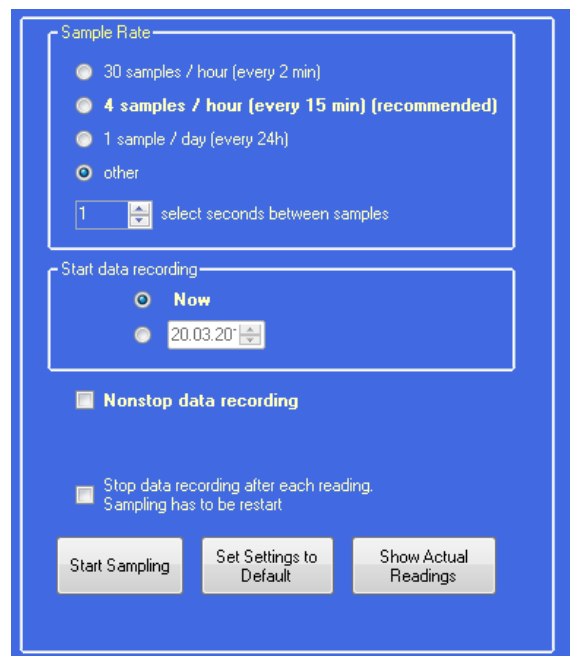
Settings

Applying settings correctly is essential to ensure correct monitoring of your cycle. Therefore, please handle the settings with care. When clicking on settings the menu will pop open.



The following changes can be applied here:

Sample Rate: Refers to the time passed between measurements. An interval of 15 minutes has proven to be most useful and economic (especially as far as accuracy and battery consumption is concerned. Your chip s estimated lifetime can be checked in the window [lifespan](#))



Start data recording: If necessary, it is possible to postpone the recording start (please note that times between 12am and 12pm refer to the next day)

Nonstop data recording: If you don't want to activate your chip every day, please check this box in addition. Like this the chip will measure non stop. ever, it is important to restart the chip in your



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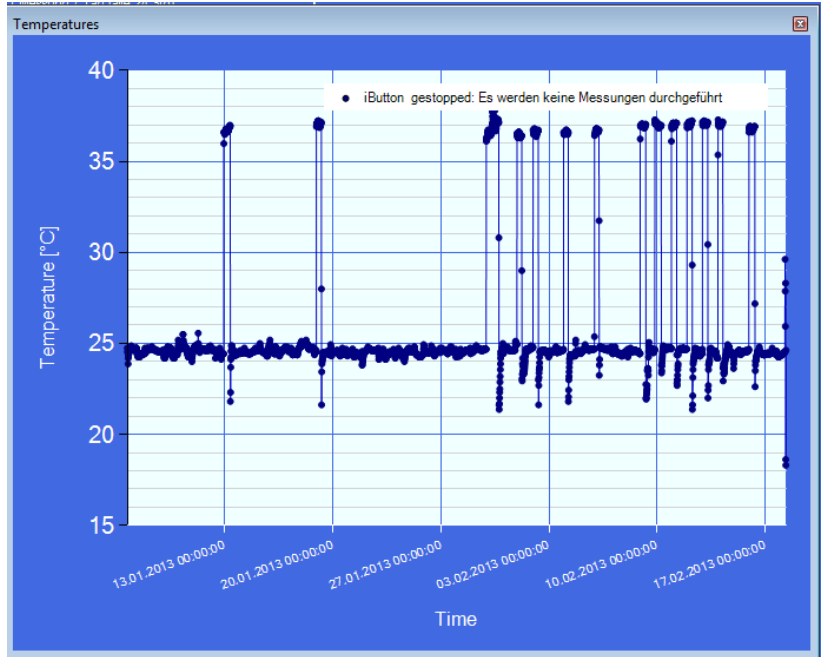
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dar after 4095 data recordings (42 days at a recording interval of 15 minutes) If you do not restart it by then, former recordings will be continuously overwritten.

Stop recording after each reading: By choosing this option, the chip will stop after synchronization which helps to save battery. However, it is of great importance to remember to start the chip again by pressing **Start Sampling** before the next use.

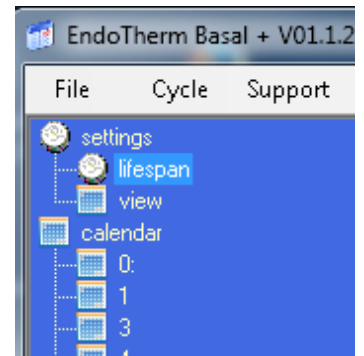
Start Sampling: Programs your chip with the data shown above and starts it. The bottom toolbar will notify you about the settings programmed.

Current settings: You can check your chip s current settings here.



Lifespan: Will open a window containing information on your chips estimated remaining lifetime. The battery is typically capable of storing the data of approximately 100'000 measurements. Unfortunately it is impossible to predict the ibutton s exact lifespan for it is dependent upon various factors such as temperature or waiting time before data recording.

In addition you can get an insight on the last date of calibration here (Only available if the purchase was made at the EndoTherm® or meluna shop).



number of samples so far
157604

The iButtons lifespan is approx. 100'000 samples according to its manufacturer

Calibration adjusted to 0.1°C at: 9/26/2012

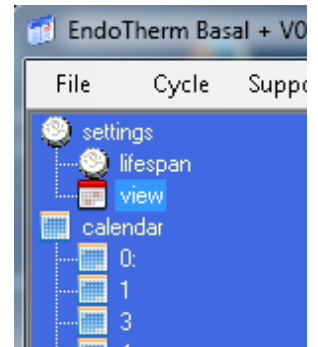
calibrated range: -40.1°C ... 85.6°C



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View: Here you can adjust chart settings to your preference. This is an important function to ensure correct interpretation. Only temperatures between the **highest and lowest temperature displayed** will be considered valid and be taken in for analysis. You can adjust your highest and lowest expected temperature level. Alternatively auto mode can be selected.

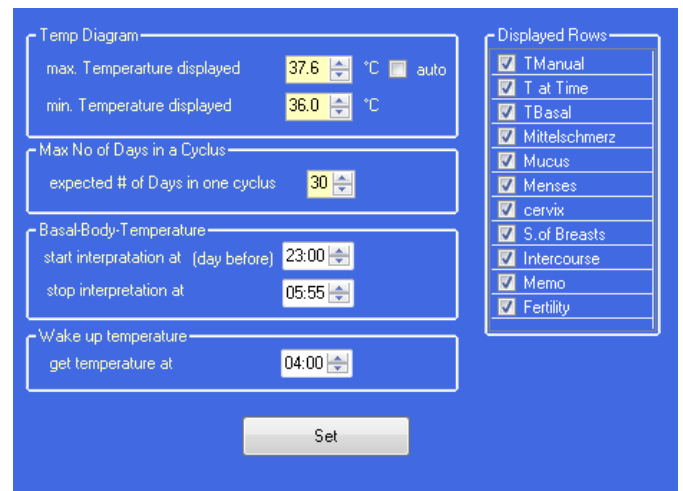


You can select **three options** to be shown or hidden in your calendar :

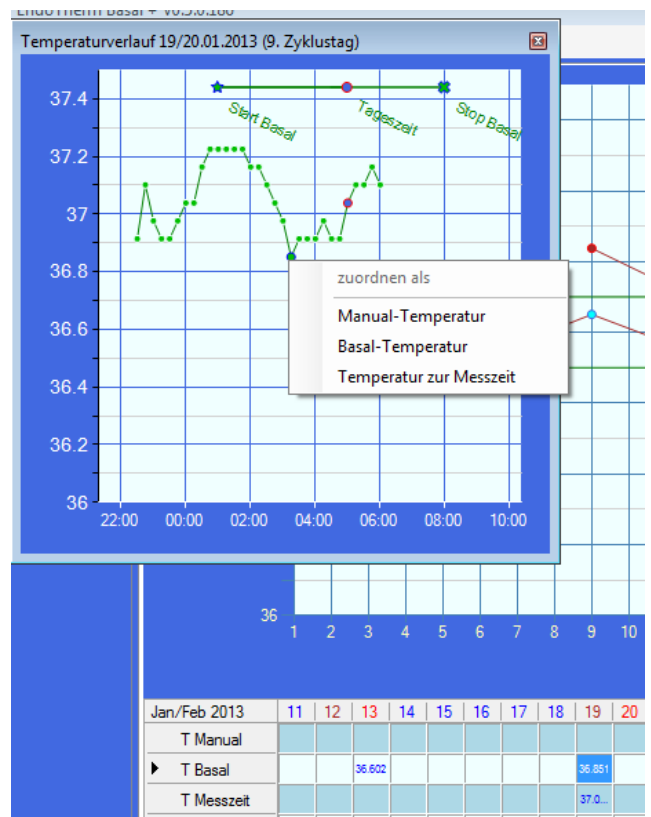
- *Additionally monitored temperature
- *Wake up temperature
- *Basal body temperature

Wake up temperature at

Lets you choose a specified time for morning temperature recordings. It is important to choose a time within the general data recording period. Otherwise no data will be available for this option.



Your **basal body temperature** (lowest temperature during sleep) will be selected from the data recorded within the period between start and stop time (for further info please go to **settings**) . In case the chip was removed during that period, the chance the recorded temperature will be lower than your basal body temperature is high. Since this can lead to misinterpretations, it is recommended to mark such data as invalid and adjust it manually. To do so, simply click on the temperature you wish to edit in your calendar, and the temperature chart will open in a separate window. All necessary editing can be done there.

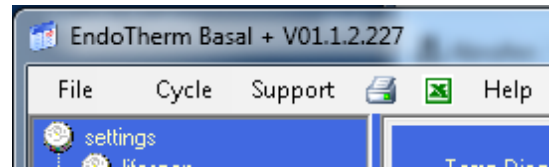




Convert to Excel/Print

You will find icons for [printing](#) and [excel conversion](#) in the toolbar.

You can print screenshots of your calendar /chart.



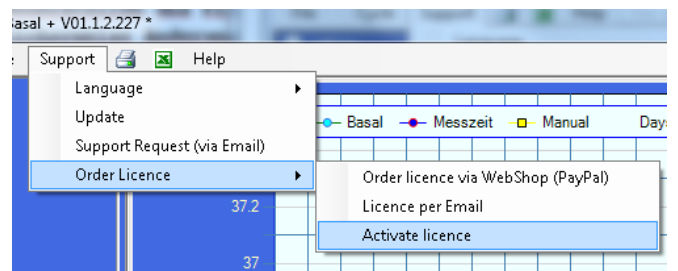
Excel conversion will export the program s raw data as well as the chart to excel for further editing. (Users of Microsoft Office 2003 or older will need to install format converter in order to do so.)

Support and registration

Open this menu to:

Change [Language](#) preferences

[Update](#) (Usually EndoTherm® basal will conduct all necessary updates automatically on startup)



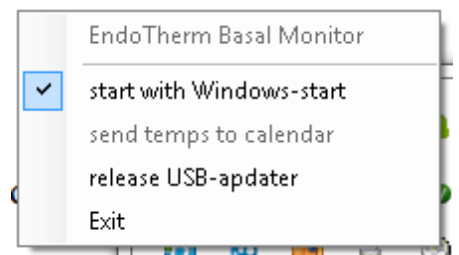
- Contact EndoTherm® for [support](#) via mail (most recent protocols will be attached. These can be viewed by clicking the link on the bottom of this page. Additionally a copy of the data currently stored in your iButton will be attached). Please note that all personal data will not be used for any purpose other than support.
- In case you need a [license](#), it can be [ordered via WebShop \(PayPal\)](#) or [via Email](#) and [activated here](#). When ordering your license via our website, we ensure immediate email delivery upon receipt of your PayPal payment. (Upon successful payment receipt, the license code will automatically show up in the password field and unlock the program for unlimited use.)

Basal-Monitor

To make the use of this software as comfortable as possible, a program run in the background will scan for an available iButton. To close this program simply right click the symbol on your desktop toolbar and select [exit](#).

If you deselect [start with Windows-start](#), the program won't start running upon startup.

(However ,if this function is inactive, it also won't launch automatically once your chip is inserted. You can revert this by selecting automated startup again.) The monitor will start, if you run the Calendar.



[Send temps to calendar](#)

Starts your calendar and re-syncs with your chip.

[Release USB-Adapter](#)

Lets you use the adapter for other software such as *EndoTherm® med* or *OneWireViewer*.



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BIC: PBNKDEFF IBAN: DE038 6010 0900 3822 3190 9

Releases:

Version	Date	Change
1	21.03.2014	Startversion (translated form German Version 2)

released: