

myLotus Frequently Asked Questions

| myLotus FAQ's |
|--|
| A. What is myLotus? |
| 1. <u>What is myLotus?</u> <ul style="list-style-type: none">• myLotus is a new home use (self-test) fertility tracking and pregnancy testing device, which increases your chances of getting pregnant naturally.• It shows what is happening in your body with your fertility hormones, how these change over your monthly cycle and when you are most fertile.• It measures your fertility hormone levels in the privacy of your home giving you greater insight and understanding of your monthly cycle. |
| 2. <u>What does myLotus consist of?</u> <ul style="list-style-type: none">• myLotus consists of the myLotus Fertility Monitor, the myLotus Ovulation (LH) Test, the myLotus Pregnancy (hCG) Test and the myLotus Fertility App.• The myLotus Starter Pack consists of a Monitor, 3 packs (3 x 20 tests) of Ovulation Tests (LH) and 3 packs (3 x 3 tests) of Pregnancy Tests (hCG). The tests can be re-ordered separately. The test results can only be interpreted by the myLotus Fertility Monitor. The app is available for FREE and works in combination with the myLotus Fertility Monitor, but can be used as a stand alone fertility tracker. |
| 3. <u>How does myLotus work?</u> <ul style="list-style-type: none">• The myLotus Fertility Monitor is a small hand-held dual purpose monitor that allows self-testing to identify the timing of ovulation (LH test) and pregnancy (hCG test). The myLotus Fertility Monitor detects when you are about to ovulate by displaying a "+" sign. It does so when it sees your body's "surge" in the Luteinising Hormone (LH) level, a key fertility hormone present in your urine. It also provides your base level of LH before the surge and the rate-of-change in your LH level over your cycle. If you have difficulty conceiving it will be useful for your doctor to know whether your LH base level is low, high or normal and its rate-of-change over your cycle.• You can enter your results into the FREE downloadable app, view your profile, check your trends and establish your most fertile time for sex. Data is stored personally in your app and can be shared with your doctor to help improve your chance of conception.• The myLotus Fertility Monitor also allows testing for pregnancy. A number of days after the LH surge is detected the monitor will request an hCG test. If no pregnancy is detected the monitor will request another hCG test 2 days later. |
| 4. <u>How is myLotus different to other conventional ovulation tests/ fertility monitors?</u> <ul style="list-style-type: none">• myLotus is the only home-use fertility monitor that provides clear quantitative results equivalent to lab based testing.• myLotus measures your Luteinising Hormone (LH) concentration levels from your urine. It allows women with LH base levels above or below the normal range to identify their most fertile days. (see Q.7)• |
| 5. <u>Who can use myLotus?</u> <ul style="list-style-type: none">• Women trying to conceive who wish to identify their most fertile phase.• Women trying to conceive who cannot readily identify their fertile days with traditional ovulation tests.• Women who have been diagnosed with unexplained infertility. To find out if the cause of their problem conceiving could be due to their LH base level being above or below the normal range. |

- Women with irregular cycles and periods, women with no periods or those with great cycle irregularity as well as women who suffer from PCOS.
- Women who wish to better understand their hormonal patterns or changes in their patterns, timings and menstrual cycle.

6. Does myLotus work for all ages?

- myLotus works for all women at a reproductive age.

7. If you have used ovulation tests before and haven't got pregnant, will myLotus work for you?

- Studies show that there are variations in the range of LH concentrations in women, many women have LH base levels that are above or below the 'normal' range. There are also huge variations across individual LH levels, their surge times and profile. e.g. 19% of women have a reduced LH peaks, which will not be detected by traditional ovulation test methods i.e. they would receive false negative results.
- If your LH base level is above or below the normal range, myLotus provides a measured (quantitative) result which differs from traditional (qualitative) ovulation tests. Traditional tests only provide a qualitative result, i.e. they compare two lines in a urine test and indicate a positive - smiley face" or negative - no smiley face". Many women will not be able to measure their LH surge nor their LH profiles using traditional test methods as the threshold of these tests are based on an average woman's data.
- If you have an LH base level that is above or below the normal range and this is the reason why you are having problems conceiving, myLotus will help you to identify your fertile days and increase your chances of getting pregnant – naturally.

8. How often should I use myLotus?

The myLotus Fertility Monitor is easy to use once you have familiarised yourself with how it works. Check your Monitor each day to see whether you should take a test. During first few days of your cycle you will be asked to confirm whether you are bleeding (in your period) or not. In your first cycle you will be asked on day 8 to perform an Ovulation Test (LH). Each day the Monitor will ask you to perform another Ovulation Test (LH) until a surge is detected. It will do this for a maximum of 20 days. 12 days after the LH surge is detected the Monitor will request a Pregnancy Test (hCG).. After your first cycle, the Monitor algorithm will learn your personalised hormone profile and will forecast your next cycle testing days for LH and hCG.

9. Do I use myLotus during my menstrual cycle?

It is best to check myLotus every day It will tell you whether you need to test on that day or not. Mylotus will learn about your individual cycle trends and you can keep a record of your sexual activity and diary notes.

10. Why don't I get the same readings every month?

There are standard expectations of what a "normal" cycle is. These are based on averages from thousands of women's cycles to estimate an expected norm. In fact there is significant variability between women and also between monthly cycles. It is perfectly normal for readings to vary from cycle-to-cycle. The ability to measure your personal hormone levels and the rate of change in the hormone level can help women understand their cycle and type of variance.

11. If the Monitor doesn't detect LH, does that mean that I am infertile?

No. Everybody has some level of LH and the monitor can detect what that level is. Some women will not see the rapid LH surge as an indication that ovulation is about to happen. myLotus will detect this LH surge in women with a small peak that can not be detected with traditional ovulation tests. Some women have long cycles and myLotus allows you to keep testing. If you are not ovulating myLotus will provide the most complete pattern of your LH hormone results that will be of interest to your doctor.

12. Should I tell my doctor that I am using myLotus?

Yes, you can share your results with your doctor to help you improve your chances of getting pregnant.

13. My LH surge has not shown up in previous tests, why is this?

There is great variability in hormone patterns, hormone levels, LH surges across all women and cycles. myLotus allows you to test your hormone levels whenever you wish. This means you can build a picture of your hormone profile across each cycle and see how regular or irregular you are. You can enter notes on the app so that you can relate to your lifestyle, eating habits or healthcare (e.g. are you taking medication) which could effect your hormones. One-off events may be difficult to relate to a cause, but tracking your hormone levels may provide you or your doctor with important informatio.

14. I am considering IVF treatment to get pregnant, would knowing when my LH surge is be useful?

There are different types of IVF procedures and IVF specialists could be interested in your hormone profile. They will often do these tests themselves so it is worthwhile to take them through the information you have gathered with myLotus.

15. Where do I get more test sticks from?

You can order myLotus Ovulation (LH) and Pregancy (hCG) tests via the myLotus shop on mylotus.com

B. Fertility

16. What is ovulation and why is it important to know when it happens?

Ovulation is when your ovary releases a mature egg. Your day of ovulation can vary from cycle-to-cycle and is different from woman-to-woman. An accurate way to identify your personal fertile days is to measure the changes in your fertility hormones. One of your key fertility hormones is Luteinising Hormone (LH), which is the most reliable indicator of ovulation happening within the next 24-48 hours.

17. What is LH and why is it so important?

The timing of the fertile window can be highly unpredictable, even if you have regular cycles. This high variability makes it important to measure your fertility hormones when you are trying for a baby. The Luteinising Hormone (LH) is an accepted marker for impending ovulation. LH is present in your body at a certain base level and your LH base levels are usually low. LH begins to surge just prior to ovulation. The peak in LH levels triggers ovulation, which occurs approximately 24-48 hours later. **The day of the LH surge and the day after are your two most fertile days in your cycle.** If you have unprotected intercourse within your most fertile days you maximise your chances of becoming pregnant. Identifying your LH surge is therefore important to determine your most fertile days.

18. What is my fertile period?

Your fertile period is a period of about 6 days running up to and ending on the day of ovulation. This period combines both the survival times of the sperm and the egg. Studies have shown that there is a rapid drop in the likelihood of conception after ovulation which suggests a short survival time for the mature egg. It is therefore important to determine the time of ovulation to maximise your chances of conception.

19. I do not have periods or have them with great irregularity. Can I still use myLotus?

If you are not pregnant and do not have periods or have them with great irregularity you can still use myLotus to monitor your LH hormone levels to determine your fertile phase. You can include your results in the myLotus Fertility App or plot your LH results on the graph provided in the ovulation test stick pack. The profile of your LH hormone fluctuations that may be of interest to your doctor. For full instructions of how to use the myLotus Fertility Monitor and Ovulation Tests please refer to the **Instructions for Use** leaflets.

20. Why is it important to know my base LH level?

Only 44% of women have a 'normal' LH curve profile and 19% of women have reduced or small LH peak. Knowing your personal LH concentration level profile is therefore important to improve your chances of getting pregnant.

Low Base LH Levels:

Many women have low base levels of LH, which could result in an LH surge that does not reach the detection level of traditional ovulation tests. With myLotus you can detect your surge even if you have a low LH base level.

High Base LH Levels:

If you have high base levels of LH there is a high chance that you will not get pregnant in that cycle. Being able to see your high base LH levels with myLotus allows you to discuss these results with your doctor and may be useful in the management of your fertility journey.

21. How accurate is the myLotus Ovulation test?

The myLotus ovulation test is over 99% accurate versus those based on laboratory testing showing a positive result at 40 mIU/mL.

22. I have been diagnosed with unexplained infertility. What does this mean?

Unexplained infertility means that doctors are unable to find a clinical reason why you can't conceive and often the advice is to continue to have regular unprotected sex or to consider IVF. A high base level of LH might be a potential cause of unexplained infertility. Measuring your personal LH hormone concentration levels throughout your monthly cycle will provide valuable information for you and your doctor to help improve your chance of conception.

C. Pregnancy

23. What is the estimated chance of naturally getting pregnant?

For fertile couples, the average chance of getting pregnant is 20% in any given cycle. In studies 73% of women that aren't pregnant after 6 months go on to conceive within the next 18 months. By 30 months this has risen to 77%. This can mean a potentially long and frustrating wait, not knowing whether anything is wrong or not.

24. I think I am pregnant, what should I do?

If egg fertilisation (conception) is successful, then around 12 days later, the pregnancy hormone human Chorionic Gonadotropin (hCG) level will begin to increase. The myLotus Monitor will calculate your hCG testing day based on your testing and the detection of your LH surge. All you need to do is to look at your Monitor to see if an hCG test is requested. It is usually requested 12 days after a '+' LH measurement or LH surge.

If no pregnancy is detected the Monitor will ask you for another pregnancy test 2 days later and again 2 days after that. You also have the personal choice to do an hCG test at any time you wish.

25. How accurate is the myLotus pregnancy test?

The myLotus pregnancy test has been shown in laboratory testing to be over 99% accurate in detecting pregnancy from the day the period is due.

D. myLotus Fertility App

26. Where can I download the myLotus Fertility App?

The app can be downloaded from the mylotus website mylotus.com or directly from the app store.

27. I need to uninstall and reinstall the app. Will I lose my data?

If you are using our cloud server for data storage, your data can be restored.

28. The app keeps crashing. What do I do?

Contact us on info@mylotus.com or call our support helpline on 0800 xxx xxxx.

29. I want to change my test results. How do I do this?

You can change the results at any time. You simply tap on the day where you want to change the test result and change it.

30. I entered the wrong information when I logged in. How do I change this?

You go into **user settings** and you can change any information like your password, name, e-mail address, etc.

31. How do I add or edit my period?

You just tap on the day you want to add or edit any information related to your period and make any change you want to make or when it is your first cycle with an empty calendar you just tap on the day of your first bleeding and press "confirm".

32. What can I see in my History view?

In your **history** view you see the historic cycles where you have added information. You see the cycle length, the dates your cycles have started and ended as well as your period days, your fertile days with a positive LH result and if you have entered a positive pregnancy result. You can also see your name, e-mail, age and BMI in the top section of the history. The app also provides a notes diary for your sexual activity.

33. How many cycles can I see in my History view?

The app stores your current cycle and previous 12 cycles.