Arkel Products, Inc.

Pregnancy Assistant User Guide
Version 1.00

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1   Getting Started

Pregnancy Assistant is an application to help you monitor the duration and intervals of your contractions. If the rate of your contractions exceed the user configurable thresholds alarms are generated. These alarms can be used as indicators to call your doctor or to start your journey to the hospital. When the alarm is displayed, key phone numbers will be shown to assist you in making the necessary call(s). In-addition to monitoring your contractions, this application can be used to calculate your due date and to keep you informed as to which week you are in your pregnancy.

1.1   System Requirements

Pregnancy Assistant is compatible with all devices running Palm OS 3.1 or above.

1.2   Installation

Prior to installation you must read and agree to the license agreement (license.txt) that is included in the archive (zip file).

Unzip the archive and install the 'PregAsst.prc' file using your Palm Desktop software. If you need additional details on software installation, please review your palm manual or handbook for information on installing applications.

1.3   Registering Software

Initial operation of the Pregnancy Assistant does not require registration. The software will function fully until 15 contractions are recorded. If the software is not registered before recording the 15th contraction, all key functionality will be disabled until the software is registered.

To register this software please visit www.arkelproducts.com to purchase a registration key.

2   Using Software

2.1   Main Screen

The Main Screen provides the launching pad to the six functional areas of the software. These areas can be entered by pressing/tapping the buttons in the Main Screen or by using the menu bar entries.   In-addition, the Main Screen will display the Pregnancy Information section providing your due date and the current week of your pregnancy.
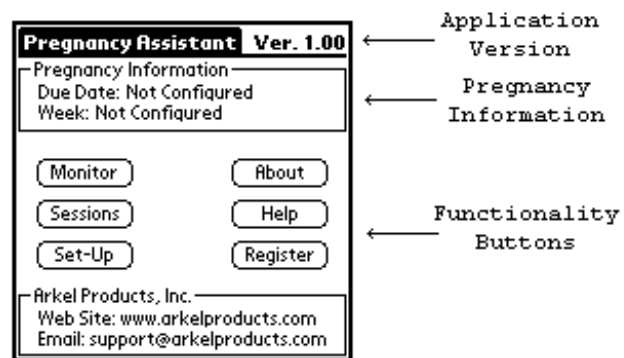

Figure 1 - Main Screen

2.1.1   Buttons

The following list provides a brief description of the functionality/information provided when the button is used.

Buttons
- *Monitor* - Monitor screen is displayed to record the beginning and ending times of your contractions.
  See *Monitoring Contractions* section for additional details.
- *Sessions* - Session List screen is displayed to review previous sets of contractions.
  See *Session Management* section for additional details.
- *Set-Up* - Set-Up screen is displayed to configure general parameters/information used by the rest of the application. See *Set-Up/Configuration* section for additional details.
- *About* - About dialog is displayed with version information about the application.
- *Help* - Help dialog is displayed with a reference to the user guide for the application.
- *Register* - Register screen is displayed to manage your registration key for the application.
  See *Registration* section for additional details.

2.1.2 Menu Bar

The following list provides a brief description of the functionality/information provided when the menu entries are selected.

Menu Bar
- *View Menu*
    - Ø <u>*Sessions*</u> - Session List screen is displayed to review previous sets of contractions. See *Session Management* section for additional details.

- *Tools Menu*
    - Ø <u>*Monitor*</u> - Monitor screen is displayed to record the beginning and ending times of your contractions. See *Monitoring Contractions* section for additional details.
    - Ø <u>*Set-Up*</u> - Set-Up screen is displayed to configure the general parameters/information used by the rest of the application. See *Set-Up/Configuration* section for additional details.
    - Ø <u>*Register*</u> - Register screen is displayed to manage your registration key for the application. See *Registration* section for additional details.

- *Help Menu*
    - Ø <u>*Contents*</u> - Help dialog is displayed with a reference to the user guide for the application.
    - Ø <u>*Technical Support*</u> - Technical Support dialog is displayed with references for technical support.
    - Ø <u>*About Pregnancy Assistant*</u> - About dialog is displayed with version information about the application.

2.2   Set-Up / Configuration

The Set-Up screen provides means for you to configure the application with data that will be used by other parts of the application. There are three basic sets of information to be configured: Due Date, Contact Numbers, and Alarm Configuration.

Figure 2 - Set-Up Screen

2.2.1 Due Date Configuration

Specifying your Due Date allows the application to properly inform you of the current week of your pregnancy in the Main Screen. Your Due Date can be enter if your physician has provided you with a date or your Due Date can be calculated by the Pregnancy Assistant based on the first day of your last menstrual period. By tapping on the date field next to the Due Date label, a calendar dialog will be displayed and allow you to enter your expected Due Date. To calculate your Due Date, press/tap the Calculate button which displays the dialog to prompt you for the first day of you're last menstrual period.
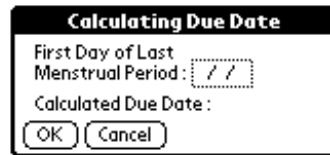

Figure 3 - Calculate Due Date Dialog

Note: The calculation method used is the 280-day principal.

2.2.2 Contact Number Configuration

Specifying the Contact Numbers allows the application to display this information in the Alarm dialog when the rate of your contractions exceed your personalized alarm configuration thresholds. You can also view these contact numbers at any time by bringing up the Set-Up screen.

2.2.3 Alarm Configuration

Specifying the Contraction Monitoring Thresholds (number of contractions in a specific time frame measured in minutes) allows the application to monitor the actual rate of contractions and generate an alarm when the thresholds are exceeded. <u>These thresholds should be configured based on your doctor's recommendations.</u> Default thresholds are set at 12 Contractions in 60 Minutes.

2.3 Monitoring Contractions

The Monitor screen provides means for you to track and time your contractions. As you monitor one or more contractions, these are grouped together and this grouping is called a Session. Sessions can be viewed at any time in the Session screen. To begin monitoring your contractions, press/tap the Contraction Begins button located on the bottom right of the screen when you begin to feel a contraction. When the contraction stops, press/tap the Contraction Ends button also located on the bottom right of the screen. These actions not only allow the application to time the duration of each contraction but also to calculate the time between the contractions (intervals). This information along with several averages is presented in the Analysis section of the screen. See the Analysis section for detailed descriptions of each of the values in the analysis table. Along with this number crunching functionality there is also the monitoring of the rate of contractions based on the thresholds defined in the Set-Up screen. If the number of contractions exceed the thresholds in a specific time frame, an alarm will sound and an alarm indicator will be displayed on the screen. Pressing the alarm indicator will display the Alarm screen, which contains your contact numbers along with additional information.

Note: The program is capable of viewing different screens of this application or running different applications all together during the monitoring of a contraction. However, be cautious when doing so because you do want actual starting and ending times for your contractions. When you return to the Monitor screen, you will be asked either to create a new session or use the previous session. If you choose to use the previous session, the screen will be updated to appear as if you had never exited the screen.
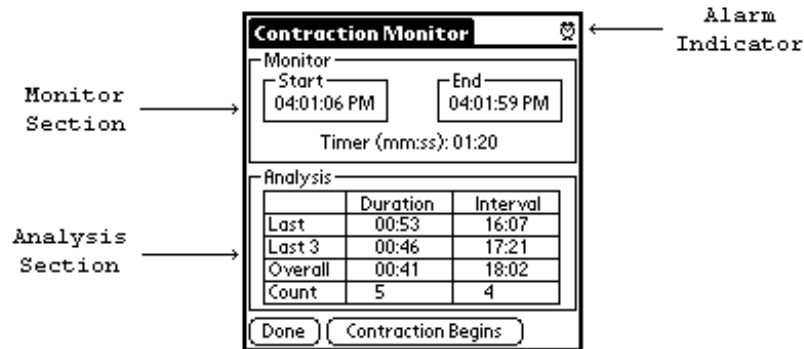

Figure 4 - Contraction Monitor Screen

2.3.1 Analysis Section

The analysis section of the Monitor screen provides useful information regarding your monitored contractions. In addition to the actual values displayed in the analysis section you can determine the basic trends of your contractions and intervals. For example, when the *Last* duration value is larger than *the Last 3* value, and the *Last 3* value is larger than the *Overall* value, this is an indicator that the duration of your contractions are getting longer. The same holds true for your intervals. When you see the intervals getting smaller, then your contractions are coming more frequently. The following lists give a brief explanation of the values.

Duration Column
- *Last* - The duration of the last contraction that was recorded during a session.
- *Last 3* - The average duration of the last 3 contractions that were recorded during a session.
- *Overall* - The average duration of all of the contractions that were recorded during a session.
- *Count* - The number of contractions that were recorded during a session.

Interval Column
- *Last* - The interval between the last two contractions that were recorded during a session.
- *Last 3* - The average of the last 3 intervals recorded during a session.
- *Overall* - The average of all of the intervals recorded during a session.
- *Count* - The number of intervals recorded during a session.

2.3.2 Alarms

Alarms are generated when the thresholds specified in the Set-Up screen are exceeded. The alarm screen provides information on the thresholds, the current contraction rate, and the contact numbers. . Once the thresholds have been exceeded, subsequent contractions may cause the alarm to sound, this can be deactivated by toggling off the *Sound Consecutive Alms* button. If the rate of your contraction is reduced such that it no longer exceeds the specified threshold, the alarm icon will be removed. However, if the threshold is exceeded again, the alarm will sound.

Figure 5 - Alarm Screen

2.4 Session Management

The Session List screen provides means for you to review or delete previous sessions of monitored contractions. The list displays basic details of all of the recorded sessions with the most resent session displayed at the top.

Figure 6 - Session List Screen

2.4.1 Reviewing Previous Sessions

To view previous sessions, select the desired session in the Session List and press/tap the Details button. The screen displayed is similar to the Monitor screen. To view a detailed list of each of the contractions recorded in a session, press/tap the Details button and the Contraction List screen will be displayed.
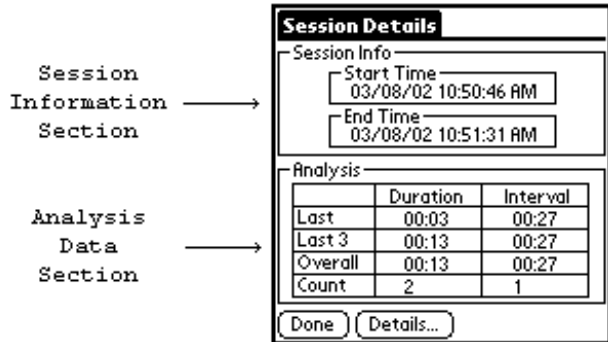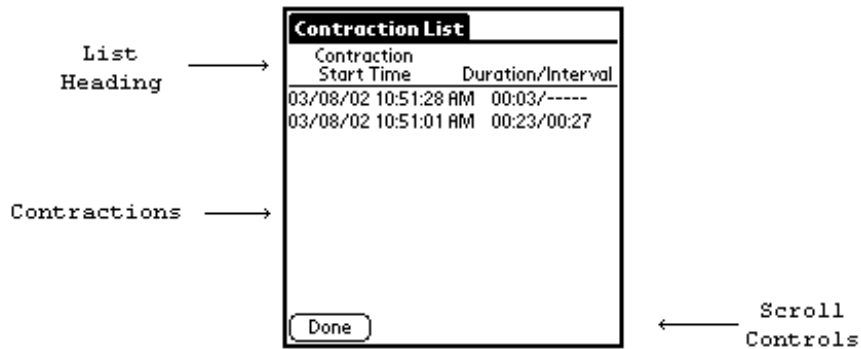
Figure 7 - Session Details Screen

Figure 8 - Contraction List Screen

2.4.2 Deleting Sessions

To delete a session, select the desired session in the Session List and press/tap the Delete button. For reassurance you will be asked to confirm your wish to delete the selected session. If you confirm the delete request, the session will be deleted and the Session List will be updated. Once a session is deleted it cannot be recovered.

2.5 Registration

The Registration screen provides means for you to manage your Registration Key. The User Name field displays the user name that is configured on your Palm device. The Registration Key initially contains a trial key, once you are registered you will receive a permanent Registration Key that should be entered in this field.

Figure 9 - Registration Screen

3   Administrative Operations

3.1   Backup

Every time you perform a HotSync, the HotSync manager will automatically make a copy of your Pregnancy Assistant databases and place them on your desktop computer.

The names of the databases are:
- ContractionDB-Api1.PDB - Contains Contraction information
- SessionDB-Api1.PDB - Contains Session information

These files are located in the backup directory of the user directory. If the Palm software is installed in C:\Palm\, then the name of your user backup directory is:

C:\Palm\<userDirName>\backup\

Where <userDirName> will have a name made out of your Palm User Name. If your user name is John Doe, then <userDirName> will be either: jdoe or doej

It is recommended to occasionally make a copy of the backup directory in case the hard drive or the Palm Desktop Software has a problem.

3.2   Restoring a Backup

Your Palm device can be restored to a previously saved back up as follows:

1. Make a copy of the current database files (ContractionDB-Api1.PDB and SessionDB-Api1.PDB) if possible.
2. If the Pregnancy Assistant is not installed on your Palm device, install it. See Installation section for details.
3. Install the database files (ContractionDB-Api1.PDB and SessionDB-Api1.PDB) as if they were applications. See Installation section for details.