

# Welcome to **Teena**

## **About Teena**

Teena measures your daily basal body temperature. Teena connects to an app to interpret and store your measurements to track your cycle, signs, symptoms, and help predict your periods. Teena is not a medical thermometer.

## **Table of Contents**

Page 2 to 3 | Precautions  
What you need to know.

Page 4 to 10 | Operation  
How to use Teena.

Page 11 to 12 | Technical notes  
and warranty

Everything else you need to know.

## **Included in delivery**

- Teena Tracker
- Case
- Quick Guide  
including link to the  
Instructions for Use



## **⚠ Precautions**

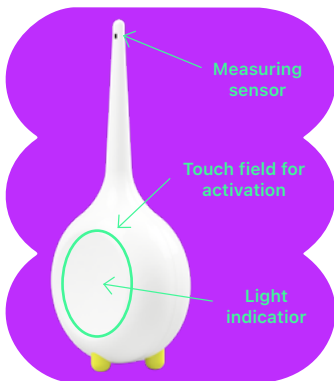
- Before using your Teena for the first time, please read these instructions carefully.
- Teena is not suitable for use if you are undergoing hormonal treatment.
- Before using Teena for the first time, clean the sensor with water or alcohol.
- Never open the housing.
- Never chew on the sensor.
- Make sure that the device or its individual parts are not swallowed.
- **WARNING:** The device must not be modified.
- **WARNING:** Avoid using Teena at or less than 30 cm away from other electrical equipment, as this could result in improper operation.



- Do not expose your Teena to high temperatures (e.g. boiling water).
- Do not expose your Teena to direct sunlight for long periods of time.
- Do not expose your Teena to liquids such as running water.

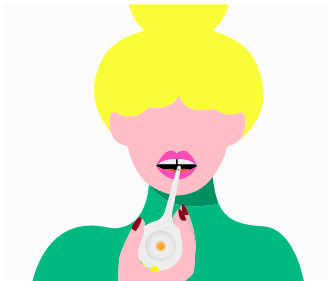
- Only take measurements in your mouth.
- Do not insert the measuring sensor too far into your mouth.
- Do not take measurements if the housing and / or sensor is broken.
- Do not take measurements if you have an injury in your mouth.
- Do not expose your Teena to heavy mechanical loads.
- If your Teena causes irritation to your skin, we recommend you stop using it immediately and contact our Customer Support as soon as possible.
- Do not stick sharp objects into your Teena.
- Your Teena is intended for you alone. You should not share her.  
If you do wish to pass it on to a friend, you will need to unpair Teena in the app.
- Keep Teena away from pets.

### **All the features at a glance**



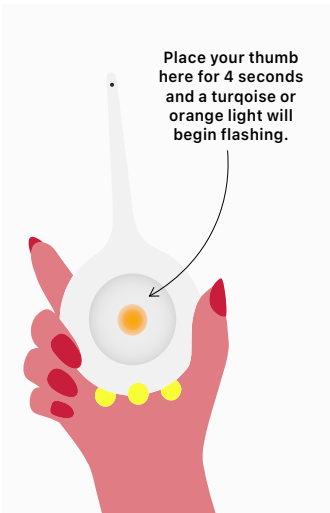
## How to use Teena

- Use your Teena every day after waking up and before you get out of bed.
- Please be sure to sleep at least one hour before taking your temperature.




### **Set up**

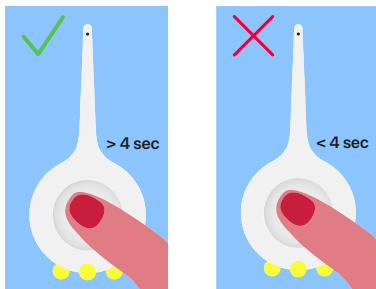
1. Before you can begin using Teena, you must first synchronize with the Teena App to activate your device and create an account. The links to the Apple App Store or Google Play Store to download the Teena app for iOS or Android can be found at: [myteena.com/start](https://myteena.com/start)
2. To turn Teena on, please place your thumb on the touch field (for 4 seconds) until you see a slowly flashing turquoise light. Teena is now ready to connect to the app.
3. Open the Teena App and follow the on-screen instructions to pair your Teena. If you have already been using Teena App in Free Mode, open the Account menu and select Register, then follow the on-screen instructions.



## **Use Teena every morning**

1. Turn Teena on by placing your thumb on the touch field (for 4 seconds) until you see a quick flashing orange light. Teena is now ready to take a measurement.
2. Within 6 seconds, place the sensor as far back as is comfortable under the right or left side of your tongue and then close your mouth. Make sure the sensor tip is touching the bottom of your tongue. The orange light will continue to flash during measurement.
3. A slowly flashing turquoise light means that the measurement phase has been successfully completed. If you see alternating flashing orange and turquoise lights or Teena changes into turquoise flashing after the 6 seconds, it means that the measurement was unsuccessful and you will need to try again after the device has turned off.
4. The displayed confirmed measurement status is valid until midnight. You can view your measurement status again later in the day by briefly touching the touch field once again. The next day, your Teena switches to the measurement ready status.
5. Confirm each menstruation day by selecting the Plus button  in the Teena App.

## **Dos and Dont's**



## **What each indicator means**

Flashing orange

↳ Measurement ready / running

Slowly flashing turquoise

↳ Measurement successful and/or ready to sync/  
new Teena waiting for activation

Alternating flash turquoise and orange

↳ Measurement unsuccessful and ready for synchronization

Alternating flash red and turquoise

↳ Error

## **Synchronizing with the App**

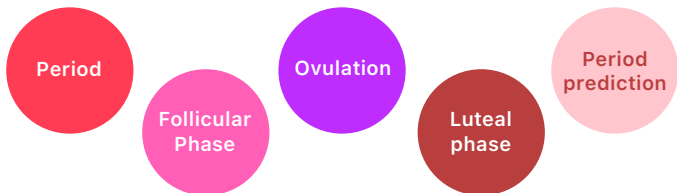
1. Turn on Bluetooth® on your smartphone, open Teena App and select the Synchronization button on the right side of the screen.



2. Turn Teena on. A slowly flashing turquoise light will illuminate on your Teena and synchronization begins automatically.
3. The Teena App will display your temperature measurement after a successful synchronization.



## **What the different colors in the app mean**



## **Important**

### **How to you use your Teena correctly**

- Make sure the first thing you do is take your temperature every morning before you get out of bed. For optimal use of Teena, we recommend that you sleep at least one hour before measuring. If you forget, and have already gotten out of bed, it is best to skip your temperature for the day.
- If you are menstruating, enter this input accordingly in the App. It is important to begin with the first day of active red blood flow.
- The more regularly you take your temperature, the faster Teena will get to know your cycle.
- Over the course of the next 3 – 4 cycles, Teena learns your unique rhythm.

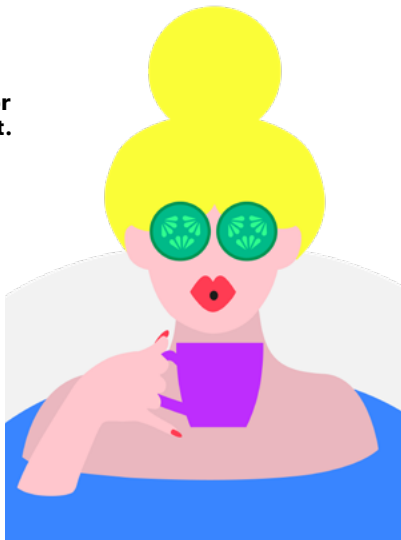
## **Cleaning**

- Clean Teena before and after every use.
- Use a damp cloth to carefully clean the sensor on your Teena. You can also use a little alcohol or soap if you wish. Since your Teena is not waterproof, make sure that only the neck of the sensor, and not the whole device, comes into contact with water. Do not clean under running water.

## **Battery**

- The battery does not need to be charged or replaced since Teena is a low power device. Under ideal conditions the battery lasts up to 7 years or more.

**For more information, read our FAQ at [myteena.com/faq](https://myteena.com/faq) or contact our Customer Support.**





## **Error messages / Problems during use**

My Teena won't turn on. What should I do?

↳ If your Teena won't turn on, turn the device around and press firmly in the middle of the back above the label on the casing. You should feel and hear the click of a button. Your Teena is now reset and you can turn it on as usual. Please note that resetting will delete any current measurements from your device, and you will need to sync with the Teena app before taking your next measurement. If none of the above works, please contact our Customer Support at [hello@myteena.com](mailto:hello@myteena.com).



Teena alternately flashes red and turquoise.

↳ Please synchronize your Teena and contact our Customer Support.

My Teena flashes turquoise as soon as I turn it on.

↳ The flashing turquoise light means you have already successfully taken a measurement today, or if your Teena is new, you must sync to the app to activate your Teena and create an account.

The indicator light flashes orange a few times and changes to slowly flashing turquoise before I can place Teena under my tongue.

↳ Please synchronize and contact our Customer Support.

My Teena ends the measurement with an alternately flashing orange and turquoise light instead of a slowly flashing turquoise light.

↳ The measurement took too long, was interrupted, or was unsuccessful.

Try following these tips:

- As before, place the sensor as far back as is comfortable under the right or left side of your tongue.
- Close your mouth.
- Do not remove your Teena from your mouth until you see the slowly flashing turquoise light.
- Teena may not accept the measurement if you have a fever. Stop taking measurements if you are sick.
- If the sensor gets dirty, simply clean it with a damp cloth.



# Technical data

## Key features

Name and model: Teena  
Power supply: Internal power source  
Contains FCC ID: ZAT26M1  
IC: 451H-26M1

### **Dimensions:**

**H / W / D 10.8 / 4.9 / 2.4 cm**  
**Weight: ca. 26 g**

## Compatibility

Compatibility at date of manufacture.  
Current compatibilities available on the website and app store descriptions.  
iOS: version 14.0 and higher  
Android: Google Android version 8.0 and higher  
Bluetooth®: version 4.0 and higher

## Technical information

You need a Bluetooth®-enabled smartphone or a tablet running iOS 14.0 / Android 8.0 or higher to be able to use the Teena App.

Bluetooth®: Bluetooth® 5.1  
Frequency band: 2400 – 2480 MHz  
GFSK modulation: Output Power up to: -21 dBm

## Note on electromagnetic compatibility

Electrical appliances are subject to special precautions regarding electromagnetic compatibility (EMC).  
Teena is intended for non-commercial home use only. Portable and mobile RF communication appliances may affect electrical equipment.

Hereby, Valley Electronics GmbH declares that the radio equipment Teena is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available from our Customer Support or at: [myteena.com/downloads](https://myteena.com/downloads)



**CE Label**



**Attention**



**Read these instructions**



**WEEE:** Please dispose of this appliance at public recycling depots for electrical appliances. Local laws / regulations prohibit disposing of this appliance with your general domestic garbage.

## **Warranty information**

Teena has been manufactured with the utmost care using premium-quality, state-of-the-art materials. Each Teena is subjected to numerous controls and inspections prior to delivery.

1. We guarantee to the original purchaser that Teena is free of defects in materials and workmanship during the warranty period.
2. The warranty period begins on the day the new Teena is sold to the end user by an authorized dealer.\* The warranty is valid for two years.
3. We undertake to either repair a defective device or replace it with a new one. Further claims, and in particular, claims for losses and damages, including consequential damages, are excluded. The warranty does not cover indirect damages.
4. The warranty does not cover any damage caused by improper handling, especially by opening the device, or by other external influences.
5. Warranty claims are only valid if the user indicates the defect immediately in writing within two weeks after such a defect is discovered. Once the defect is discovered, the user should no longer use the Teena, but return it to the authorized distributor with a copy of the original purchase invoice via insured delivery. If you have any questions or require further information, please do not hesitate to contact your Teena dealer.

\* Please note that our limited warranty applies only if you purchased your Teena from an authorized Valley Electronics dealer.

## **Storage and operating conditions**

**Temperature limit:** This device can be stored at temperatures between -4 °F and 113 °F / -20 °C and 45 °C.

**Temperature limit:** This device can be used without restriction at temperatures between 41 °F and 104 °F / 5 °C and 40 °C.

**Humidity limit:** This device can be stored without restriction at a relative humidity up to 93 %.

**Humidity limit:** This device can be used without restriction at a relative humidity of between 15 % and 93 %.

**Pressure limit:** This device can be stored at pressures of between 700 hPa and 1060 hPa.

**Pressure limit:** This device can be subjected to pressures of between 700 hPa and 1060 hPa.

