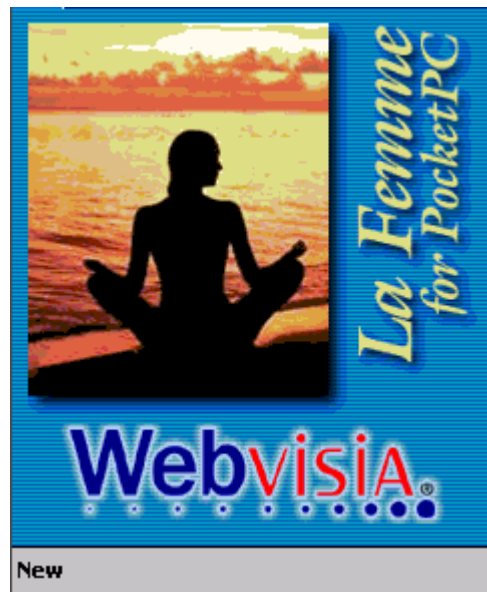


La Femme

by Webvisia LLC



User Guide

www.webvisia.com

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Version 2.10
November 2003
English

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E-mail: support@webvisia.com

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Reporting Bugs

If you find a bug in our software, it would be helpful if you reported the bug to us. To report a bug, please e-mail us with Bug Report Request in the subject line. In your e-mail, include the following information:

What type of Pocket PC you are using (i.e. Personal).

The software name and version number (i.e. La Femme 2.10).

The error number and the exact contents of the error message.

A brief description of how we can recreate the error.

Your name and e-mail address so we can contact you when the bug is fixed.

It is best to report bugs by e-mail, so that the programmers have a written record of the information they need to solve the problem. As soon as we receive your e-mail, we will examine the problem, and fix it. Because our programmers are busy creating software, it can take a while for them to reply, but they will release a new version of the software that fixes the bug as soon as they can.

La Femme – User Manual

Welcome and Registration

Welcome to La Femme

La Femme is a powerful tool to help all mobile and organized women enjoy a more natural life and yet have control over it.



Included in this archive are the following packages:

App.ppc30_mips.CAB, app.ppc30_sh3.CAB, app.ppc_arm.CAB ,
app.ppc_arm2002.CAB app.ppc_arm2003.CAB and Setup.exe. This is the software
package that you need to install on your Pocket PC and after that run Setup.exe.

La Femme.pdf - This is the User Manual for La Femme. You are reading it right now.

System Requirements

Pocket PC, Pocket PC 2002, Pocket PC 2003

410+ KB free memory

Registering La Femme

La Femme is a downloadable shareware - it costs \$9.95.

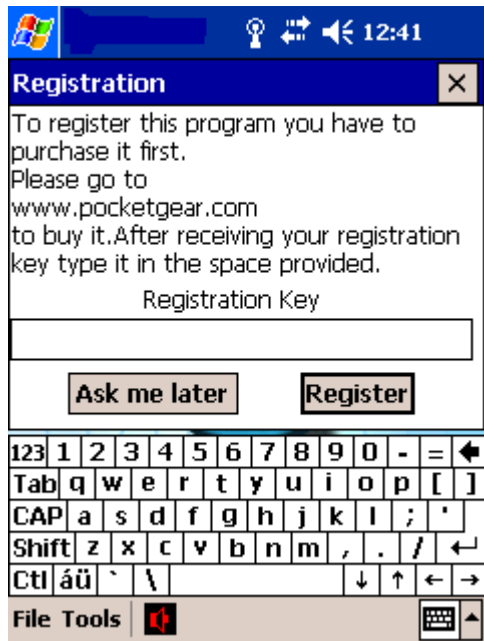
Its demo version is completely functional except that there is a limit to the data you can enter – only 4 cycles, 120 temperature readings and 120 pill records.

After purchasing the product, you will receive a registration key.

NB! The program will store your records and they will be ready for use upon purchasing/registering your copy.

You can purchase / register your software at www.pocketgear.com,

After purchasing the product you will receive a registration key. To register this program first tap on the Menu silkscreen button. Then, select Help, and tap Registration. Finally, enter your Registration Key in the space provided.



About La Femme

La Femme is a Pocket PC supplement - a medical calendar that helps all modern women to keep accurate records of their menstrual cycle. It is a handy assistant when it comes to contraception, family planning and getting control over one's body (and life).

La Femme is an excellent aid for the supporters of the natural contraception method. Nevertheless, counseling with a Doctor, Health Worker or with a Family Planning Clinic is recommended. Natural methods offer no protection from STDs and there is also an increased risk of pregnancy.

La Femme is here to help, assist and advise...

- If you have chosen the natural contraception method;
- If you want to keep your pill intake under control;
- If you wish to help your family planning;
- If you would like to take notes to help your next medical check-up;
- Don't get caught by surprise – especially if you suffer from cramps and discomfort;
- Be in control of your life (not only intimate).

La Femme and your Cycle

Each time a girl gets her period, a new cycle begins. The cycle usually lasts about 28 days, but the length of the cycle varies. Each girl's menstrual cycle can be different. La Femme visualizes data of no more than 40 days and no less than 14 days.

Enter Cycle Data

Tap the **Add** button on this screen if you are new to La Femme.



Alternatively, tap **Add** in the main screen. The following **Add New Cycle** screen is displayed

Feb

Start 2/20/04

Period 5 days

End 2/24/04

Add

Edit

Start 3/5/04

Ovulation

End 3/10/04

Mar

End 3/21/04

Length 31

Main Tools Help

Add New Cycle

Start date 11/6/03

Period length 5

Presumed cycle length 28

Predicted end date 12/3/03

OK Cancel

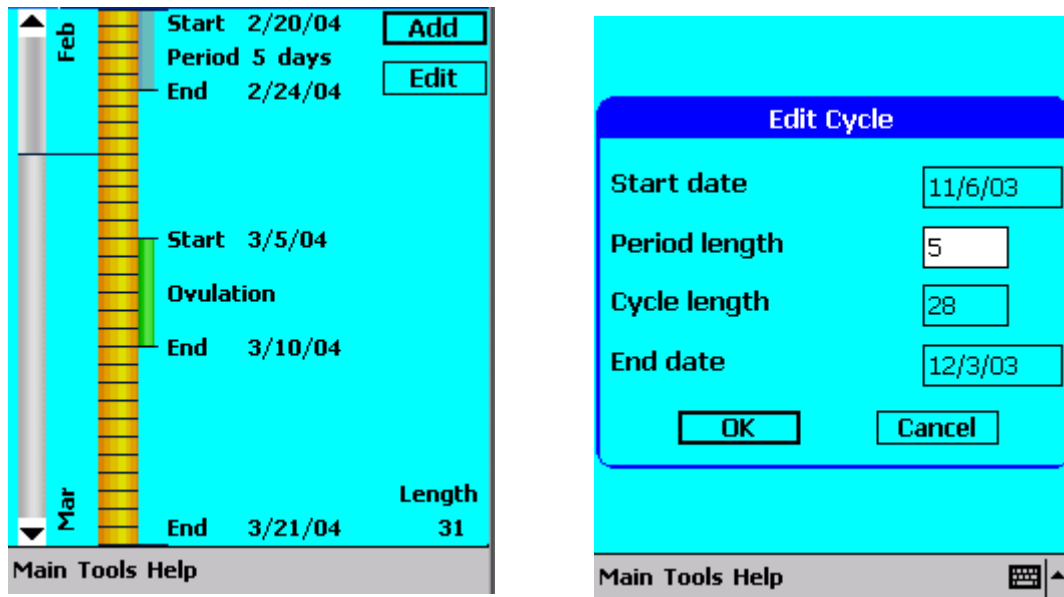
Main Tools Help

By default the current date will appear in the field 'Start date'. Tap on a definite date to choose your start date from the calendar. Use the arrows at the top to scroll through the months/years, tap on the box with the required month and date. Alternatively, tap **Today** or **Cancel**, if you want to abort the action.

In the **Add New Cycle** screen enter the period length and presumed cycle length (select the sample data and replace it using the 123 keyboard of your device). La Femme will automatically calculate the corresponding predicted end day.

Tap **OK** to confirm the entry – the program will display your records on its main screen or **Cancel** to return to the previous screen.

You can edit an existing cycle record by tapping on the **Edit** button in the main screen:



Make the necessary changes in the **Edit Cycle** window and tap **OK** to confirm or **Cancel** to abort the action.

NB! This program will visualize only cycles with length between 14 and 40 days. Should any different data are entered, a message informing that the entered data are incorrect will appear on the screen.

View Cycle Data

Go to **Menu|Main|Cycle View** to view your records. If you want to enter new records – tap **Add** and fill in the information in the space provided.

Use the scroll button to scroll through the months

The screenshot shows the Cycle View app interface. On the left, a vertical scroll bar with up and down arrows is labeled 'Nov' and 'Dec'. The main area is a light blue grid. The first row is labeled 'Start' with the date '11/6/03', 'Period 5 days', and 'End' with the date '11/10/03'. To the right of this row are 'Add' and 'Edit' buttons. The second row is labeled 'Start' with the date '11/19/03', 'Ovulation', and 'End' with the date '11/24/03'. The third row is labeled 'End' with the date '12/3/03' and 'Length' with the value '28'. Annotations with red lines point to various elements: 'Length of period' points to '5 days'; 'Start date of period' points to '11/6/03'; 'End date of period' points to '11/10/03'; 'Start of of ovulation phase' points to '11/19/03'; 'End of ovulation phase' points to '11/24/03'; 'End of cycle' points to '12/3/03'; 'Length of cycle' points to '28'; and 'Length of ovulation phase' points to the 'Ovulation' text. A bottom bar contains the text 'Main Tools Help'.

Phase	Start Date	End Date	Duration / Length
Period	11/6/03	11/10/03	5 days
Ovulation	11/19/03	11/24/03	
Cycle		12/3/03	28

Use the scroll button to scroll through the months

Length of ovulation phase

Cycle History

To view the already entered cycles go to **Menu|Main|Cycle history**.

A screen appears displaying a list of all cycles entered in the program. The cycle length is displayed next the start date of the cycle. Only the length of the last cycle will be N/A since it will be calculated when it is entered.

The screenshot shows a window titled "Cycle History". Inside, there is a table with two columns: "Start date" and "Cycle length". The first row contains the date "11/6/03" and "N/A". Below the table, it says "Average cycle length N/A days". At the bottom of the window are three buttons: "Add", "Delete", and "Delete All". The window has a blue header and a grey footer with "Main Tools Help" and a keyboard icon.

Start date	Cycle length
11/6/03	N/A

Average cycle length N/A days

Add Delete Delete All

Use the **Menu** to go to a different screen.

Delete Cycle Records

Go to **Menu|Main|Cycle history**

If you wish to delete a cycle, tap on its record and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm the deletion or **Cancel** to abort the action

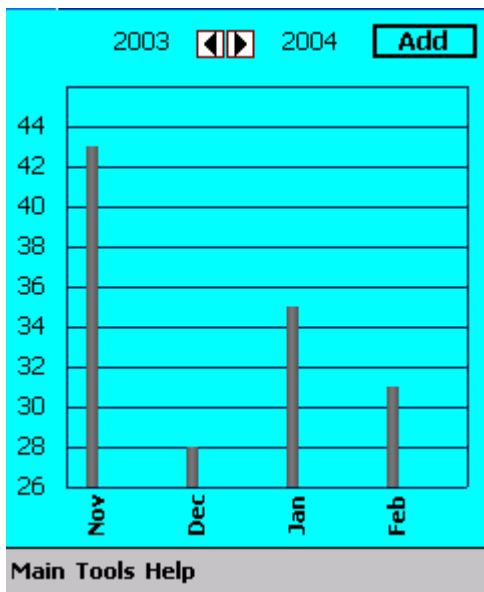
Use the **Delete All** button to delete all cycles entered so far. Tap **OK** to confirm the deletion or **Cancel** to abort the action.

Cycle Charts

You may also view your records in a different form.

Go to **Menu|Main|Cycle Charts**.

The screen displays a graph of all cycle lengths. On the left-hand side you will find a chart of the dates arranged chronologically on a monthly basis. The arrows at the top of screen will enable you to move along the calendar.



To set the cycle chart to display your minimum/maximum cycle length as a permanent lower/upper limit, go to **Menu|Tools|Options**.

Check the **Show min/max length** box. Tap **OK** to confirm or **Cancel** to abort the action.

Cycle Notes

The dates and the length may not always be sufficient especially if you are planning a visit to your doctor. For more detailed data entry go to **Menu|Tools|Schedule Edit**. Choose a date and tap it. In the screen that appears select the respective boxes with the intensity of bleeding. Add free notes if you wish as well.

The arrows at the top of screen enable you to move round the calendar.

11/27/02

Bleeding:

☐ heavy ☒ Pill

☒ normal 17:40

☐ slight

Notes:

Done Delete Cancel

Special icons signifying the intensity of bleeding, notes, as well as pill (if the option is checked) will appear on the calendar for further reference.

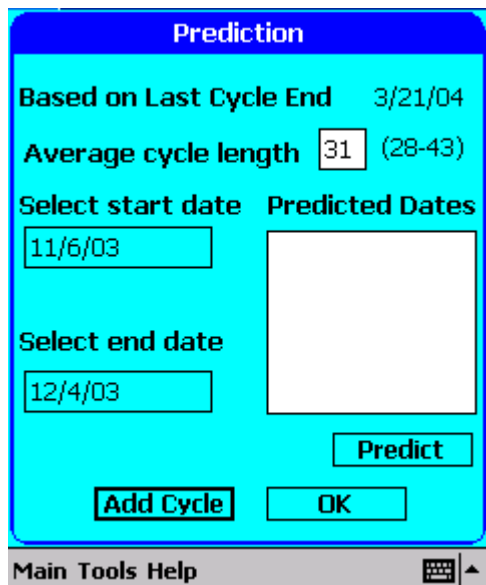
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Cycle Prediction

La Femme can predict your future cycles on the basis of the previously entered data. To activate this option of the program go to **Menu/Tools/Prediction**. The program uses the date of your last cycle and your average cycle length and calculates your future cycles for a specific period of time. Enter the date of the beginning/end of the cycle and tap **Predict**. The program will calculate and display on the right-hand side the estimated dates of the beginning of all new cycles for the specified period of time.

Tap **OK** to return to the main screen.

You may use the **Add cycle** button to add a new cycle start date, if the predicted one coincides with the actual one. Select the desired date from the **Predicted dates** list and tap the button.

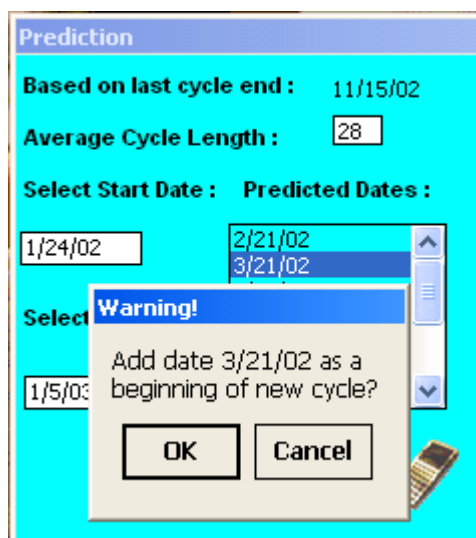


The screenshot shows the 'Prediction' screen with a blue header. It contains the following fields and buttons:

- Based on Last Cycle End:** 3/21/04
- Average cycle length:** 31 (28-43)
- Select start date:** 11/6/03
- Select end date:** 12/4/03
- Predicted Dates:** An empty list box.
- Predict:** A button at the bottom right.
- Add Cycle:** A button at the bottom left.
- OK:** A button at the bottom center.

At the bottom of the screen, there is a navigation bar with 'Main Tools Help' and a small calculator icon.

In the **Warning** window tap **OK** to confirm or **Cancel** to abort the action.



This screenshot shows the same 'Prediction' screen as above, but with a 'Warning!' dialog box overlaid. The dialog box contains the following text and buttons:

- Warning!** (Title)
- Text: 'Add date 3/21/02 as a beginning of new cycle?'
- OK** and **Cancel** buttons.

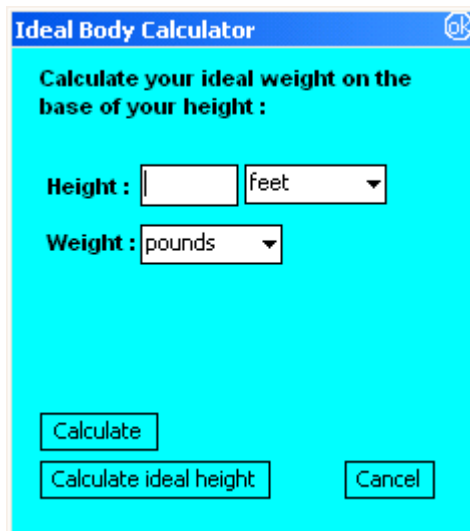
In the background, the 'Prediction' screen shows the following updated values:

- Based on last cycle end:** 11/15/02
- Average Cycle Length:** 28
- Select Start Date:** 1/24/02
- Predicted Dates:** A list containing 2/21/02 and 3/21/02.

Calculate your ideal Weight/Height

La Femme can calculate your weight or height on the base of your height/weight. To do this you have to choose **Menu | Tools | Weight/Height scale**. After activating it you have to enter your height and then tap on **Calculate**.

To calculate your ideal height tap on the **Calculate ideal height** button.



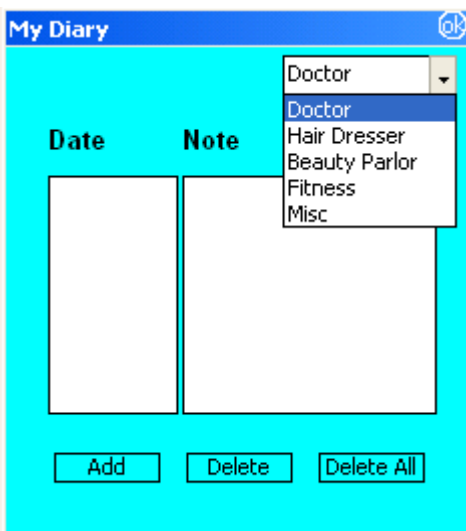
The image shows a screenshot of a software dialog box titled "Ideal Body Calculator". The dialog has a blue header bar with the title and a small "OK" icon in the top right corner. The main area has a light blue background and contains the text "Calculate your ideal weight on the base of your height :". Below this text are two input fields: "Height :" followed by a text box and a dropdown menu showing "feet", and "Weight :" followed by a text box and a dropdown menu showing "pounds". At the bottom of the dialog, there are three buttons: "Calculate", "Calculate ideal height", and "Cancel".

Note: The calculations may have +/- 10% diversion because of your body type.

La Femme as a Diary

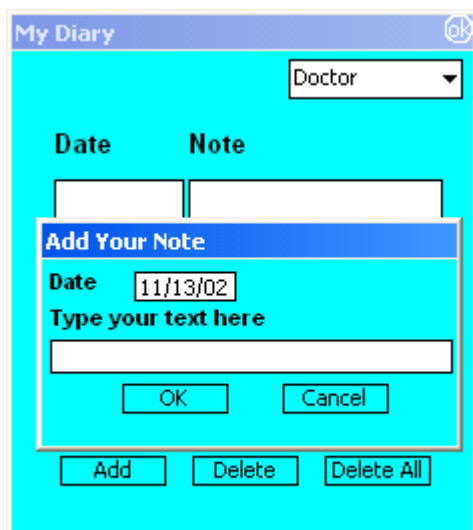
Add a Note

La Femme allows you to take short notes about your regular events, such as medical check-ups or fitness training. To add notes go to **Menu|Tools|My Diary**. From the popup list in the upper right corner of the screen select the type of event you will record.



The screenshot shows the 'My Diary' application window. At the top right, there is a dropdown menu currently displaying 'Doctor'. The menu is open, showing a list of options: 'Doctor', 'Hair Dresser', 'Beauty Parlor', 'Fitness', and 'Misc'. Below the menu, there are two large empty rectangular boxes labeled 'Date' and 'Note'. At the bottom of the window, there are three buttons: 'Add', 'Delete', and 'Delete All'.

Tap the **Add** button to start writing your note. In the window that appears tap the date field to select a date. In the space provided below **Date** type your text. Tap **OK** to confirm or **Cancel** to abort the action.



This screenshot shows the 'My Diary' application window with an 'Add Your Note' dialog box open in the foreground. The dialog box has a title bar 'Add Your Note'. Inside, there is a 'Date' field with the value '11/13/02' and a text area labeled 'Type your text here'. At the bottom of the dialog are 'OK' and 'Cancel' buttons. In the background, the 'My Diary' window is visible, showing the 'Doctor' dropdown menu, the 'Date' and 'Note' input fields, and the 'Add', 'Delete', and 'Delete All' buttons at the bottom.

Delete a Note

To delete a note from your diary go to **Menu|Tools|My Diary**. Select the record you wish to remove and tap the **Delete** button at the bottom of the screen. Tap the **Delete All** button if you wish to delete all your notes.

La Femme And Your Temperature Readings

The Temperature Method is another natural contraception method that relies on the fact that around the time of ovulation the temperature of the woman rises by about 0.3 degrees Celsius or 0.5 degrees Fahrenheit and remains there for about 14 days of the cycle.

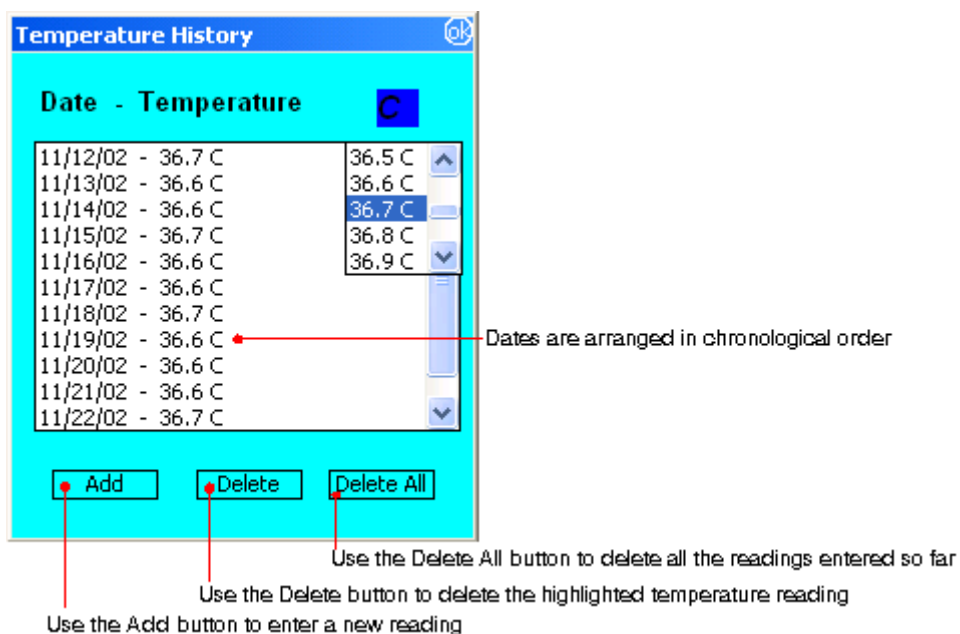
Entering Temperature Data

To enter your temperature readings go to **Menu|Main|Temperature History**.

Tap on the desired scale symbol - °C or °F. Tap on the **Add** button.

By default today's date will appear highlighted in the calendar. Use the arrows at the top to scroll through the calendar, tap the box with the required month and then choose the date to enter your temperature readings. Alternatively, tap **Today** or **Cancel**, if you want to abort the action.

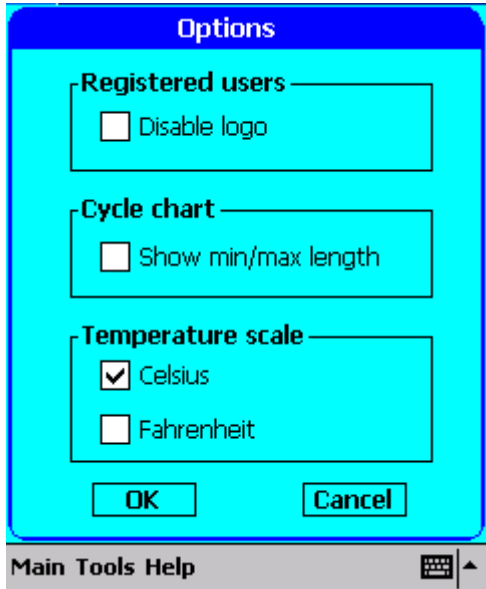
A new **Temperature History** screen will appear. From the popup list select your readings. They will appear immediately in a chronological list.



Tap **Add** if you wish to enter more data and repeat the above steps.

Use **Menu** to go to a different screen.

NB! You can also set the preferred temperature scale for your readings from the **Options** screen. Go to **Menu|Tools|Options**.



Select the respective box and tap **OK** to continue or **Cancel** to abort the action.

View Temperature Data

Go to **Menu|Main|Temperature History** to view all your temperature readings entered so far. They are arranged in ascending chronological order.

Delete/Edit Temperature Records

Go to **Menu|Main|Temperature History**

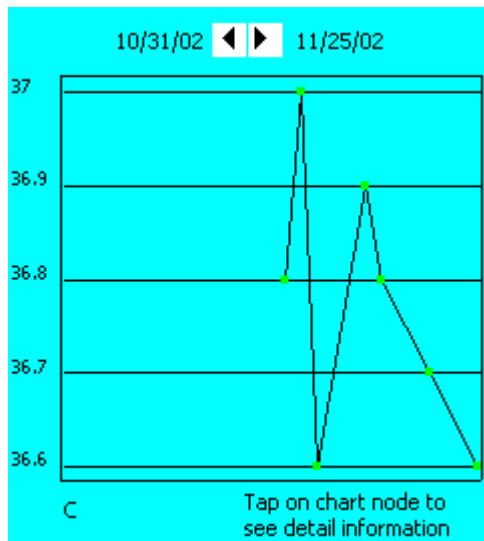
If you wish to delete a reading, tap on the corresponding record and when it gets highlighted tap on the **Delete** button. Tap **OK** to confirm the action or **Cancel** to abort it.

Use the **Delete All** button to delete all readings entered so far. Tap **OK** to confirm the action or **Cancel** to abort it.

Temperature Charts

You may also view your records in a different form.

Go to **Menu|Main|TempCharts**.



The screen displays a graph of your temperature readings. Use the arrows at the top of the screen to move along the chart. To find out the exact date of a specific temperature reading, tap the node and the date with the respective reading will appear at the bottom of the screen.

La Femme and Your Pill

La Femme is your Pocket PC prompter when it comes to taking your pill.

Schedule your medication

Go to **Menu|Tools|Schedule Edit**.

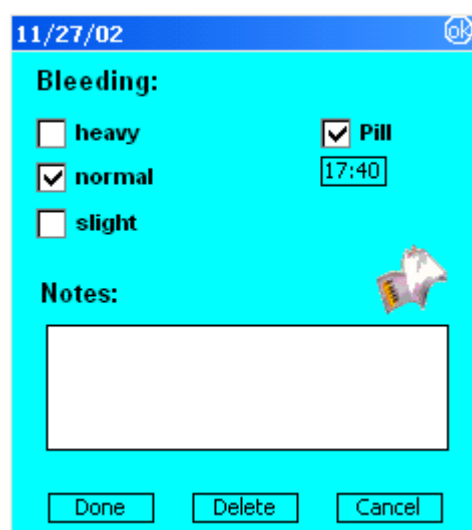


A calendar interface for November 2002. At the top, there are navigation arrows, a 'Today' button, the text 'Nov 2002', a 'Cancel' button, and more navigation arrows. Below this is a header row with the days of the week: S, M, T, W, T, F, S. The calendar grid shows dates from 1 to 30. The date 13 is highlighted in blue.

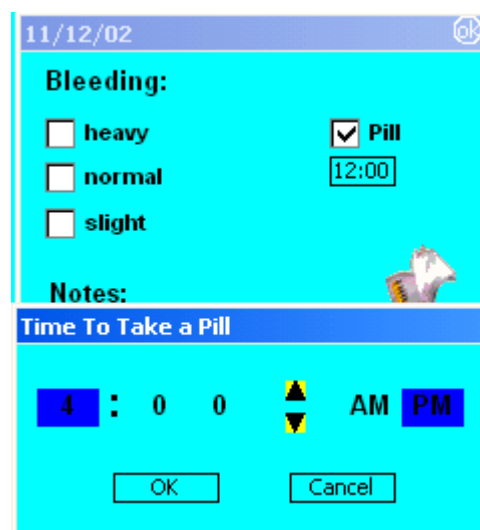
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Choose a date and tap it.

In the screen that appears check the pill box.



A screen titled '11/27/02' with a blue header and an 'OK' button in the top right. It has a cyan background. Under the heading 'Bleeding:', there are three options: 'heavy' (unchecked), 'normal' (checked), and 'slight' (unchecked). To the right of these is a 'Pill' checkbox which is checked, and a time input field showing '17:40'. Below this is a 'Notes:' section with a large empty text box. At the bottom are three buttons: 'Done', 'Delete', and 'Cancel'. There is a small icon of a horse in the bottom right corner.



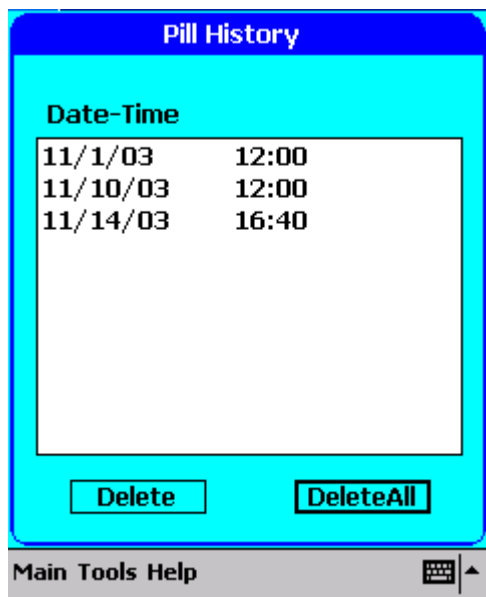
A screen titled '11/12/02' with a blue header and an 'OK' button in the top right. It has a cyan background. Under the heading 'Bleeding:', there are three options: 'heavy' (unchecked), 'normal' (unchecked), and 'slight' (unchecked). To the right of these is a 'Pill' checkbox which is checked, and a time input field showing '12:00'. Below this is a 'Notes:' section. Under the heading 'Time To Take a Pill', there is a time picker showing '4 : 0 0' with up and down arrows, followed by 'AM' and 'PM' buttons. At the bottom are two buttons: 'OK' and 'Cancel'. There is a small icon of a horse in the bottom right corner.

If you schedule a pill, an icon will appear in the calendar for your further reference.

NB! You can enter data in your Pill schedule for any date (past, present, or future).

View your pill history

Go to **Menu|Tools|Pill History**. This screen displays the dates and times for taking your pills. All the dates are arranged chronologically.



Delete Pill records

Go to **Menu|Main|Pill history**

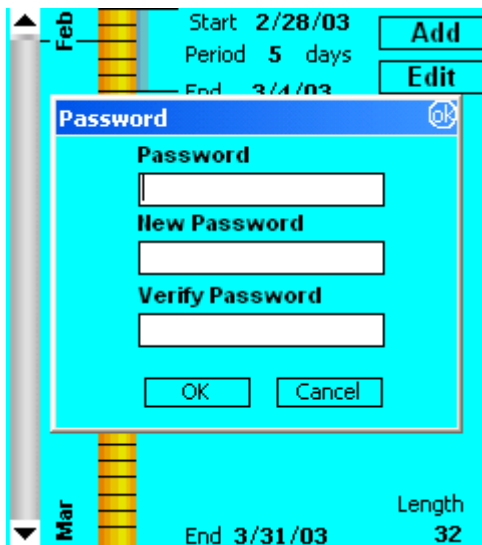
If you want to delete a record, tap on it and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm the deletion or **Cancel** to abort the action

Use the **Delete All** button to delete all entered records for pills taken so far. Tap **OK** to confirm the deletion or **Cancel** to abort the action.

Password

La Femme takes care of the privacy of your records. Go to **Menu/Tools/Password** and enter your password. Tap **OK** to confirm or **Cancel** to abort the action.

If you decide to change your password go to the same screen. Enter your old password, enter your new password and verify/retype it. Tap **OK** to confirm or **Cancel** to abort the action.



The screenshot shows a mobile application interface with a calendar view. The calendar displays February and March 2003. A 'Password' dialog box is overlaid on the calendar. The dialog box has a title bar with 'Password' and a close button. It contains three text input fields labeled 'Password', 'New Password', and 'Verify Password'. Below the fields are 'OK' and 'Cancel' buttons. The background calendar shows 'Feb' at the top, 'Start 2/28/03', 'Period 5 days', and 'End 3/4/03'. At the bottom, it shows 'Mar', 'End 3/31/03', and 'Length 32'. There are 'Add' and 'Edit' buttons in the top right of the calendar area.

Get Help with La Femme

Some basic tips about the way of work with the program are available in **Menu|Help**.

Main Help

– provides some tips for working with the program's main screen.

This is the main screen of the program. The beginning and the length of your current cycle (period) can be seen in. In the bottom right corner of the screen the program shows the length of the current cycle or the supposed length of the last cycle (calculated by the program!). Use the Add button to add a new cycle. The arrows on the left-hand of the screen enable you to view the previous or the following cycle from the chronologically loaded data..

Cycle History

– provides some tips for working with the **Cycle History** screen of the program.

The screen displays a list of all cycles entered in the program in ascending order. Its real length follows every cycle whereas the last cycle is followed by N/A since its length will be calculated after entering it. Use the Delete button to delete the highlighted cycle. Use the Delete all button to delete all cycles entered so far.

Tap **Done** to exit the screen.

Cycle Charts

– provides some tips for working with the **Cycle Charts** screen of the program.

The screen displays a graph of all cycle lengths. On the left-hand side you will find a chart displaying the dates chronologically arranged on a monthly basis. The arrows at the top of the screen enable you to view the whole data.

Tap **Done** to exit the screen.

Temp History

– provides some tips for working with the **Temp History** screen of the program.

Here you can enter your daily temperature readings. The dates are arranged in a chronological order. Use the Add button to enter a new reading and it will immediately appear in the list. Use the Delete button to delete the highlighted record. Use the Delete All button to delete all readings entered so far.

Tap **Done** to exit the screen.

Temp Charts

– provides some tips for working with the **Temp Charts** screen of the program.

The screen displays a graph of the temperature readings. On the left-hand side there is a chart with a chronological list of all readings. Use the arrows at the top of the screen to move along the chart. To find out the exact date of a specific temperature reading, tap on it and the date with the respective record will appear at the bottom of the screen.

Tap **Done** to exit the screen.

Schedule Edit

– provides some tips for working with the **Schedule Edit** screen of the program.

Use this screen to enter information about your contraceptive pills, the intensity of your bleeding as well as any other remarks. Choose a date, tap on it and enter the necessary data.

Tap **Done** to exit the screen.

Pill History

– provides some tips for working with the **Pill History** screen of the program.

This screen shows the corresponding date\time for taking your pills. All dates are arranged chronologically. Use the Delete button to delete the highlighted record. Use the Delete All button to delete all records entered so far. Use the **Delete All** button to delete all the entered pills so far. Use the arrows to scroll up and down through the text.

Prediction

– provides some tips for working with the **Prediction** screen of the program.

Use this screen to predict your future cycles. The program uses the dates of your last cycle and your average cycle length and calculates the beginning of your future cycles for a specific period of time. Enter the start/end dates of the respective period and the program will calculate and display on the right-hand side the estimated start dates of all new cycles for the specified period of time.

Tap **Done** to exit the screen.

The End

Well, that's all for now. Enjoy your time with La Femme.

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