

How OV-Watch Works

The OV-Watch is a wrist-mounted fertility predictor that comprises a timepiece, a biosensor that measures sweat ion changes on the surface of the skin, and an advanced microcomputer that tracks your fertility status to predict the days when you are most likely to conceive. The sensor on the underside of the device makes contact with the skin when you wear the watch on your wrist. The sensor contains a non-allergenic gel that is released slowly and mixes with the light moisture that develops between the sensor and your skin. This gel provides electrical contact to allow the watch to follow the progressive changes in your body's hormone levels during your menstrual cycle.

While wearing the watch, automatic readings are taken every 30 minutes, gathering up to 12 readings per day. **YOU WILL NOT BE ABLE TO SEE THESE READINGS TAKING PLACE.** Generally it has a full compliment of readings after 6 hours. OV-Watch® measures changes in the Sodium Chloride ions secreted in your perspiration. The end of the Chloride surge indicates 4 days to ovulation. There is some uncertainty as to the exact time of ovulation, since the egg can be released 12-36 hours after the LH surge, which is why the watch will show two days of ovulation followed by two days of less fertility as described in the Fertility Status Screens.

For a limited time only, when you purchase the OV Watch Starter Kit (includes one month of sensors) , you will receive a FREE BONUS sensor (a retail value of \$43) for 2 months of use. This OV-Watch special promotion item is ONLY available in retail stores.

Please note that the OV Watch can be used with Clomid to find your best days to conceive.

IMPORTANT INFORMATION YOU MUST KNOW BEFORE GETTING STARTED

- You must start using the watch on the 1st, 2nd, or 3rd day of your period
- DO NOT miss more than two days (consecutive or not) wearing the watch during the pre-fertility phase of the cycle. The watch will forfeit the cycle if it does not have sufficient data to process.
- Try to wear the watch at least 2 hours prior to midnight of the day you set the new cycle so it can acquire some data and not count that day as one of the "missed" days.
- Each sensor is good for one cycle only
- DO NOT get the watch wet & remove the watch prior to exercising to avoid excessive skin moisture
- The wristband comes already laced through the buckle. Just loosen enough to slip over your wrist and then pull elastic end to tighten.

Real women and real couples have used this product while trying to get pregnant - read about their success stories [here](#).

The price for the OV Watch is \$99.98, but must be ordered directly through our pharmacy. Please contact Village Fertility Pharmacy at 877-334-1610 for ordering information.