

10 Things to know BEFORE starting with Mira

1. Day 1 is the first day of your period. Ovulation generally happens on/around day 14. If you have PCOS, your cycle including the day of Ovulation is less predictable.
2. Sperm can live inside your body for up to 5 days. Following Ovulation, your egg is capable of fertilization for only 12 to 24 hours. This means you need to prioritize having sex on the days leading up to Ovulation. Ideally, the sperm should be inside your body, waiting for the egg to release. Chances of getting pregnant are highest 4 days before and 1 day after ovulation.
3. Mira provides a Fertility Score (from 1/10 to 10/10) every day, even if you don't test that day. These are predictions that become more accurate as you continue to test.
4. In Month 1 with Mira, do not assume that the Fertility Score is accurate. The first few months are to establish a baseline. You may observe that the predicted Ovulation date changes and it can all seem very confusing. During Month 3, Ovulation predictions become more accurate and have fewer changes.
5. Your period dates are predicted based on the information you provided but are not affected by test results. You can edit those every month to create an accurate record of your cycle.
6. Mira tests can be invalid due to a variety of reasons. The only way to know if your test is valid or invalid is to email Mira Support (support@miracare.com) and ask them to check the backend system. They do not proactively inform you of invalid test results. Because of this inefficiency, I email them after each test to ensure that it is valid. I eventually gave up on Mira.
7. **Definitions to know:** **LH** is **Luteinizing Hormone** and it triggers Ovulation. **PdG** is **Progesterone**, which is the hormone released by the ovary after Ovulation. Ignore the other hormones on the chart.



8. Typical chart >>

First, LOOK FOR **sudden increase in LH** because it triggers Ovulation.
Then, LOOK FOR **PdG to rise for 3 consecutive days** to confirm Ovulation.

9. The exact numbers are not as important as the overall pattern. Once the LH surge happens (Day 13 in the chart above), you will ovulate within 24-36 hours. The day with the LH surge will be marked as your Ovulation Day on the chart with a **green circle**. You are most fertile for 24 hours after the surge.
10. Fertility Score on the Ovulation day is 10/10. Do not wait until this point to start having sex! You should start having sex every other day when Fertility Score is above 5/10, which will be a few days before Ovulation Day.